

<b>Editorial Board :</b>	
<b>Editor-in-chief</b>	: Dr. F. Lallianhlira, Principal Director, H&FW
<b>Editors</b>	: 1) Dr. H. Lalchungnunga, DHS 2) Dr. T. Lalhmangaihi, DHME 3) Dr. Eric Zomawia, MD (NHM)
<b>News Editor</b>	: Pu C. Lalmuankima, SMEMO ☎ : 2322498 (O) Dr. Zorinsangi, Nodal Officer (Training)
<b>Members</b>	: Dr. Vanlalsawma, JD (FW), DHS Dr. P.C. Lalramliana, JD, (P), DHME Pu Lalsawma, JD (FDA), DHS Pi Lalremmawii, DD (Nursing), DHME Dr. Mara Thansiami, DD (AYUSH) Linda Lalsanghliri, Consultant IEC, NHM
<b>Asst. Editors</b>	: Pu C. Lalthanchhunga, BEE ☎ : 9862791814 (M) Pu H. Zothankhuma, BEE ☎ : 9612715524 (M)
<b>Cir. Manager</b>	: Pu M.S. Dawngkima Ralte, AE ☎ : 9436199510 (M)
<b>Asst. Cir. Mngr.</b>	: Pu K. Lalrinsiana, Proj. ☎ : 9436198379 (M)
<b>Correspondence</b>	: Pu Lalchhanchhuaha, Proj. ☎ : 8974304288 (M)

### A chhunga thu awnte

1. Editorial .....	2
2. Cancer \henkhat inlar chhuah dan .....	3
3. Damlo enkawl kawnga hriat tur \ul zual te .....	6
4. Mawngmirh .....	11
5. Vun natna .....	12
6. Zunkawng hnai/I^wng .....	15
7. Septiceamia .....	19
8. National Health Mission & Family Welfare Department .....	23
9. I insawisel em? .....	26
10. Dulkiar hi hlauhawm a tam bik .....	31
11. Tonsilitis .....	32
12. Cancer ven nana kan tih ve theih te .....	34
13. Hepatitis 'B' & 'C' chanchin tlangpui .....	36
14. Vaihlo... Mizote hmelma .....	39
15. Mumang hi!! .....	43
16. HIV lakah inchungkua in him ve em? .....	45
17. Keimahni .....	47



## Editorial

Mihring kan nih chung hian kan tuhrah \heuh kan seng \hin tih hi phat rual a ni lo. Taima taka hnathawktu chuan hlawhtlinna a hmu nge nge \hin a, dawngdah taka nun hmang \hin pawh hlawhchhamna leh beidawnnain a hmuak \hin bawk a ni. Hetiang ang bawk hian kan taksa hriselna chungchangah pawh mahni taksa tana tha tur ngaihtuah mi chu hrisel tha taka a awm lain, taksa tana tha lo tur leh ngeihloh zawng inbarh lui tlat \hintu chuan a tawpah taksa harsatna a tawk nge nge \hin a ni.

Engati nge Mizote hi kan hrisel loh tak em em a, engati nge Cancer, thisen sang, zunthlum etc. vei kan tam tak em em a, kan thihpui tak zawih zawih mai ni ang le? A chhan dang vak awmin a lang lo, heng **Zu, Meizial, Sahdah, Kuhva** etc. te hi mi thiam zawkten taksa tana a \hatlohzia an sawi mawlh mawlh lai pawha insumkar na leh timna chhete pawh nei lova kan la inbarh luih mawlh mawlh reng \hin vang hi a bul ber chu a ni lo thei lo. Heng taksa tana thil \ha lo, keimahni ngei pawhin a \ha lo tih kan hriat reng si te hi engati nge kan tih luih tlat a, natna kan tawrh hun khera sim kan tum chauh \hin ni ang le?

Hawh u, kan taksa nghaisa thin tu leh mi tam tak thihna hial thlentir thin tu natna, heng, Cancer, Thisen sang, Zunthlum, Lungna etc. te laka kan lo fihlim theihna tura kan mi thiam ten an thur^wn min pek thin ei leh ei loh tur hrang hrangte hi zawm theuh tum ila, tichuan cancer natna vei hnem lamah khawvel record kan siam bik hauh lovang tih i hre nawn \heuh ang u. ■

## CANCER | HENKHAT INLAR CHHUAH DAN

(ENT - Beng, hn<sup>^</sup>r, hrawk leh nghawng)

Dr. R. Zodingliana,  
Dept. of ENT, Civil Hospital,

Mizoram hi pumpui cancer tam em emna hmun a ni a, tun hma deuh pheih chuan phai mi thiam ten kan record neih te pawh an ringhlel rum rum \hin a nih kha. Hetih rual hian kan hriat tur pawimawh deuh chu ENT cancer hi kan tam em em in a pung chak em em tih hi a ni. ENT doctor te hian kumtluan hian ENT cancer damlo te hi cancer enkawlna lamah hian kan thawh mawlh mawlh reng mai a ni.

Mizo mipuite tlem tala cancer lam hawia kan beng a lo var phah mial takin.

ENT cancer \henkhatte lan chhuah dan tarlang ila.

### A. NASAL and SINUS CANCER (Hnarkua leh Sinus). (Case a tam lo hle)

- Hritlang awm si lova thla tam hnar ping.
- Hnarhi/hnap a thi tel reh duh lo deuh.
- Biang khing hik mup mup.
- Ha chunglam na.
- Mit vun vung.
- Hmaikhing vung.

### B. NASOPHARYNGEAL CANCER

(Hnar hnung, dang chung area)

Helai hmun cancer hi Mizo zingah kan tam em em a ni.

- Nghawng a bawk awm - awr bawk level chung lam, na miah lo, ruh deuh \alh, in ang lo. A awm tih kan hriat chuan zungpui tiat lai a lo ni reng (anti tlangpui).

- Hnap hnit a thi tel leh zauh \hin.
- Chil leh khak a thi tel zauh zauh \hin.
- Bek leh luphel na em em thin.

- Bek leh biang lehlamah hik mu churh churh.
- Thil hmu phir hmasawn thei lo.
- Hritlang awm der si lova beng ping leh phui mup.
- Beng na reh lawk duh lo.
- Hnar lehlam ping tlat(Thla tam tak awh).
- Aw chhang- enkawl na dawn hnu pawh a zual zel zawk.
- Boruak thawk luh, thawk chhuah ri ring riau leh zual zel chi.
- Thaw chham hma em em, thla hnih khat aw chhan hnuah.

### **C. OESOPHAGUS CANCER (Chaw dawt)**

Chaw dawt cancer hi kan tam hle.

- Chaw helh ngun tulh tulh.
- Chaw tuiril ni lo chil lem harsa (Tuiril hi chu rei tak chhung an lem thei).
- Chaw helh na em em (thawk tibuai dawn emaw tih tur khawp).
- Thil lem tawh irh chhuah leh \hin.
- Thil lem zawnga awm leh hnungzang na.

### **D. CANCER CARYNX (Aw bawm leh a hnai vai tisa te).**

- Aw chhang- thla hnih khat aw dim hnuah pawh reh duh lo.

NB: AW BAWM BAWK (Vocal module) cancer ni hauh lo avang hian a kum a kum aw a chhang thei tih hriat tel tur. Meizu tha takin a chung a mi te hi i neih chuan awm hle hle suh.

### **E. PYRIFORM SINUS CANCER (Hrawk kaw tawp)**

- Chaw dawt in tanna bul, dinglam leh vei lamah a khwar deuh kukin a awm).

Mizo zingah helai hmun cancer hi kan tam em em ringawt mai a ni e. In sawiselna te hi hrawk baw level hnuailam an ni a.

- Ka, hrawk helai zawnah hian kuhva hnah t^ng ang a awm reng mai.
- Ka, hrawk helai hi thil lemin a nuam lo/ na lek lek thin.

- Ka, hrawk a na a, a na lampang beng a na tel thin.
- Ka, hrawk hi a nuam thei lo.
- Ka, hrawk hi thil lemin thil a t^ng \hinin an hria.
- Thil an hak ngun tulh tulh.
- Engtik lai emaw a\ang khan an hrawkah hian sangha ruh/ sa ruh tang tlatin an hria a reh thei lo.
- Hrawk na dam chiang kuang thei lo rei tak awh chi.

**F. TONGUE BASE/ VALLECULA CANCER (Lei bul lam, lei chhuah vak a lang pha lo si lai a ni).**

- Hrawk tawt (tight) deuh ul.
- Hrawk khat deuh ul.
- Hrawk na viau reh duh lo, damdawi ei a, hrawk thuah ngial pawh a sawt thei lo chi. Heng sawiselna te hi awr bawk chung lam a ni hlawm.

**G. TONGUE and ORAL CANCER (Ka chung).**

- Ka chung lawng hi a na hran lo va, hmarcha leh

mosala eiin a hriat ve deuh.

- Ka chung lawng damdawi ei a hnawih ngial hnuah pawh dam a hnek a thuk zau hret hret.
- Ka chung lawng thla engemaw zat awh cancer ni si lo chi an awm bawk, biang chung lam an ni tlangpui.

Sawi zui \ul dang a tam viau chungin tawp dawn mai ila. Heng cancer Mizo mipui ngawi reng a min suat miah miah tu rawn thlentu ber ni a lang number one chu zuk leh hmuam kan uar em em mai hi a ni. Mizo hnam aia zuk leh hmuam insum thei lo hi khawvelah an awm awm lo ve. Khawvelah hian ber kan kaina chhun te pawh a ni mahna, zirbingna phei zawng a awm lova, Tuikuk, Takam leh Midum- kawnglai (Santal) te tak ngial pawh hian insum tur a nih chuan an nghei nghal mai thin. Kan tluk loh leh phak loh mihring an ni e. I indah sang vak lo ang u. I hmusit lovang u. ■

DAMDAWI inah chuan medical lam mi thiamte vilna hnuaiah damlote'n enkawlina an dawng a, kalphung mumal tak an zawm a, mawhphurhna hrang \heuh neiin damlo mamawh dan azirin enkawlina an pe \hin a. Home based care erawh in lama enkawlina inpek a nih vangin hun nei remchang ber emaw, remchang kher lo pawh a \ulna avanga enkawltu 'caregiver' a an awm a \ul avangin kalphung mumal tak neih a theih ve loh a ni. Chuti chung chuan tih dan phung felfai tak a zawm ve theih tho a, medical lam mi ni kher lo pawhin damlo hi \ha takin enkawlina an pe thei a ni.

Damlo enkawltu ber a\ang te hi an rim duh hle. Inchwak thiam a pawimawh a, chutih rualin kalphung leh tihdan inang an zawm theih a pawimawh. In lama inenkawl kawnga hriattur tul zual te chu:

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

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

3. Damlo buaipui ngai zual, khumbet a na te hi an damloh lai chuan a enkawltute'n glove hman reng theih ni se a \ha hle. An taksa hruk fai, chaw pek/ barh, damdawi pek, leh

thawmhnaw thlaksak ngai apiangah te hman zel ni thei se.

4. Damlo buaipui laia tarmit vuah hian tuihn<sup>^</sup>ng leh thisen per lakah te mit a veng a, tih theih chuan a \ha hle.

5. Mutbu enkawl uluk a \ha a, ni hnih emaw danah suk fai a, nisa hnuaiah phoro \hat chauh hman ni thei se. Mutbu leh thawmhnaw hn<sup>^</sup>wng hian fungal infection (ringworm ang chi te) a thlen duh hle.

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

7. Kan taksa hian chaw \ha (nutrition) a mamawh hle a, damloh pheh chuan mamawh a nasa leh zual. Chuvangin chaw an ei thei thlawt lo te a nih hran loh chuan hunbi mumal tak siana ei tur pek \hin a

pawimawh hle. Tlem tal an ei phawt chuan ril a ti che a, ek mumal lo (ek khal) lakah a veng thei bawh a ni.

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

9. I/V Fluid (Drip khai) inpek chungchang: Kan chin \han deuh mai chu damlo an chau zual deuh nia hriat vanga drip khai sak mai hi a ni. Drip khai hi ei leh in lam an ti hlei thei thlawt lo va, an BP a hniam pah te a nih hran loh chuan khai hrih loh hram ni se a

duhawm hle. Damlo che thei lovah phei chuan taksoa tui tam lutuk (fluid overload) a awm palh thei a, chu chuan harsatna nasa zawk, kal function lo (kidney failure) te, lung function tha lo (cardiac failure) te leh chuap a tui tling (pleural effusion) a siam fo thin a ni.

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

Damlo na rei tawh, drip khai fo ngai an nih chuan thisen zam 'vein' chungchang hi hriat a pawimawh viau mai bawk. Duhthusamah chuan ruh

chuktuah hnaih lo thei lai berah hriau vih luh ni se, chet sek a tulin drip line a chhe har deuh. Tin, drip inpek nan chuan venflon (plastic hriau tiin sawi mai ila) te a awm tawh a, hman zel theih nise a tha hle. Drip khai rei vang hian vein vung an tih mai "thrombophlebitis" a awm fo va, chutiangah chuan "Thrombophobe Ointment" te hi hnawih ila a tiziaawm fo bawk.

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

10. Input output chart vawn chungchangah hian damlo che thei lo an nih chuan an zun teh a har \hin a, tin, tarlan tak angin zuncheh vanga bedsore te pawh a awm hma bawk a, zunsiaakna "catheter" dah mai hi a samkhai viau; medical lam



mi ni lo tan erawh mahni a lo dah ve ngawt chi chu a ni lo thung. Catheter kan vuah a nih chuan kar thum danah thlak ni se.

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

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

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

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

15. A enkawl tute hi damlo chhungte emaw \hiante emaw an ni fova, damlo ni tin mamawh hriatpui te, zun/ek

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

16. Mihring kan in ang lova, damlo \henkhat chuan bul hnaia chhungte leh laina te awm

deuh reng turin an duh a, kantu an neih tam te hian an rilru a hlim phah thei. Chutih laiin \henkhat erawh chu thawm ngaithei lo deuh, kantu awm luai luai ngai thei lo leh chauh phah te pawh an awm ve leh thung. Damlo duh dan leh a nawmna hi a pawimawh ber a, chuangin a chhungte zinga amah hnaih bertu in a duhdan te zawt thei se a \ha hle. In \awng\aisak te hi a lawmawm a, mahse damlo an ni tih hre chung a thawm dim thei ang bera \awng\ai te hi kan zir a hun ta hle.

---

### **Mawitea huang!**

◆ “Ka pa, kan vawkte khu thlathum lai kan vulh tawh si a, a ngai reng ala ni mai, a \hang miah lo a nih khu” a ti a, a pa lah chuan “Mai mai a, a lian zawngin a \hang lo mai mai a nih khu” zuk ti duh lek a!!

◆ An pa inhrosa khan, “Dengzik, ka thinrim tak tak chuan ka hlau bik lo che a nia aw” a ti rawk mai a. An nu chuan, “E e e... i sawi ngam zawk ka ti, min hlau a ni ang chu, min rawn rim hmasak ber \um pawh khan \hian panga lai i rawn hruai a nih kha, kan inneih ni lahin in khaw thalai zawng zawng leh in chhungte zawng zawng punkhawmin in kohhran zaipawl lamin i rawn hruai tel a nih kha..... kei a hlau lo zawk che chuan hmelhriat awm lohna khual khuaah mahni chauh lehnghalin ka rawn lawi khum ngam che a nia” an ti mai chuh!!

## MAWNGMIRH

Dr. Lalkhawngaihsanga

Mawngmirh hi rulhlut chi khat (thread worm /pin worm), te tak tē tē vanga lo awm a ni a. He rulhlut te reuh tē hi a tui dawnin rilpui a\anga chhuk thlain, mawngkaw kam velah a tui \hin a, hei hian mawngkua a ti thak ta vak \hin a ni.

Miin a mawng thak a hiahin a tin karah a tui hi a kai ta \hin a. Kut silfai lova chaw leh thil dang a eiin he'ng tuite hi a ei tel a, a kai leh \hin a ni.

Naupangah muthilh \hat theih lohna, tlei lohna leh zuncheh te a thlen fo a. Hmeichhiaah chuan serhah te vāk lutin serh thak leh serh a\anga bawlhhlawh chhuakte a awmtir thei bawk a ni.

A enkawlina hi chu rulhlut damdawi pangngai hi a ni mai a. \henkhat, a bik takin naupangah hian albendazole hi a tâwk lo fo va, pyrantel pamoate pêk a \ul fo a; hetiangah hian naupang doctor râwn a \ha. Naupangah chuan an mawngkua te puan nēm, tuia ti huhin hrûksak \hin tur a ni a. Kut tin bül \ha taka hleh tur a ni a. Chaw leh thil dang ei dawnin sahbon nen fai taka kut sil \hin tur a ni.

### **In lama inenkawlina:**

Purun vâr ni tina ei \hin hian mawngmirh a ti reh thei a. Purun vâr tih sawm leh olive oil chawhpawlhin, mawngkuaah a hnawih theih bawk a.

Zîng tina coconut oil thirfiante 1 in \hin hi a \ha a, zân mut dawna mawngkuaa coconut oil hnawih \hin a \ha bawk a.

Carrot silfaia ei \hin hi mawngmirh nei tan a \haa hriat a ni a. Mai mu ei hi mawngmirh nei tan a \haa hriat a ni. ■

## V U N      N A T N A

### **Khawihli leh \hoh p^n dangte :-**

Khawihli leh \hoh p^n hi vun hnuai in \hoh hnai hlawm insiam, a chang chuan vun pem a \angin emaw inchiuna hriau bawlhhlawh a \angin emaw a lo awm \hin. A na duh hle a, a bul vel te chu a sen tun a, a sa huai huai \hin a, \hal a ti \hohvin kuate a tisik \hin a ni.

### **Enkawl dan :-**

Puan tuisa a chiahhuhin nikhatah vawi tam tak deh tur. Amahin hnai rawh se. A hnai hnu pawhin tuisa chuan deh zui zel tur a ni. Hnai a awm chung chu amahin hnai chu chhuahtir zel la, sawr reng reng suh. Taksa danga a darh loh nan fimkhur hle ang che, a darh duh hle a ni. | hal \hoh leh khawsik te a lo tel chuan Penicillin mum emaw Erythrorrycin emaw nikhatah vawi thum emaw vawli emaw ei tur.

### **Thil eng emaw huat vanga bawl thak :**

Thil huat nei mi chuan eng emaw an khawih vang te, hip luh vangte leh ei vang te hian

an bawl vak thei \hin a. An taksa pum pui a vual chhuak thei \hin a ni. Hetianga an awm hian an vual vak a, khuai seh ang maiin an thak vak \hin a ni. A lo awm thut a, a reh leh duak thei a, a nih loh leh taksa dangah a insawn thei a ni. Damdawite pawh hi huat theih an ni a, a bikin penicillin te, Antivenins or Antitoxin te hi huat an awl bik a, ei/pek hnu minutes reilote a \anga ni sawm vel thleng bawl emaw vual emaw hi a awm thei a ni. (Thil ei sualah hiang thingfanghma hel ei a \ha hle.)

### **Thak enkawl dan :**

- 1) Tui vawta inbual emaw puan vawt huhin emaw deh tur.
- 2) Oatmeal tihvawha deh pawhin thak a tikiam thei. Oatmeal chu chhum so la, thli fai leh la, a vawh hnuah hmang rawh. Tin, Oatmeal aiah buhtuihnang pawh a hman theih.
- 3) Thak chu a reh mai lohva a nasat deuh chuan

Antihis-tamine mum ei rawh.

**A lo lan dan:**

Awmze nei takin emaw val deuh pup pup in emaw, durh na takin vawi leh khatah taksa khawi laiah emaw a lo awm \hin. Hnungzang te, nghawng te, hmai te hi a awm duhna lai a ni a. A durh hian kar hnih emaw a awh deuh ber \hin a, a chang chuan a reh mai a, mahse a reh hnu pawh hian na chu a la awm reng thei a, a nih loh vek chuan a p<sup>n</sup> reh hnu chu a rawn thual leh \hin a ni. He natna hi tangseh awm tirtu natna hrik virus kaihawih niin a lang, chuvangin tangseh vei tawh ten an vei duh bik a ni. Natna hlauhawm chu a ni lo na in upat lama vei a nih chuan cancer hmahruai a ni mai ang tih a hlauhawm thei a ni.

**Enkaw dan :**

A na lai chu puanin a nek loh nan p<sup>n</sup> tuamna chi bandage in tuam rawh. A na chhawk nan aspirin a tha tawk a, penicillin leh sulfonamides ten \angkaina an nei lo.

**Ringworm :**

Fungus infection hi Pa kan tih hrik a\anga lo awm a ni a. Taksa khawilaiah pawh hian an awm thei a, an awm duhna buk deuhte chu lu vunah, hmul \o lohnaah, kut leh keah leh kap karah te a ni. Hetiang natna tam ber chi hi chu a val bial, thak tak a ni thin a. Lu-ah a awm chuan bial val thluah thluah a, a phuhlip chuan samte a ti tla kawlh \hin a ni. Kut leh ke kar vela a awm chuan vun a tichhah \hin a ni.

**A enkawl dan :**

- 1) A awmna lai chu ngun takin tui leh sahbon in tihfai reng a, a theih chuan Hexachlorophen telna sahbon hman tur a ni.
- 2) Tih hul reng a, ni eng hmuh tir ngun reng tur. Khawlumah thlante a lo chhuah chuan kawrhnuai leh mawza te thlak ngun hle tur a ni.
- 3) Kat (sulphur) leh vawkhriak hnawih a \ha. (Kat thirfiante khat leh vawkhriak thirfian sawm pawlh tur)

- 4) Kutzungtang leh kezung-  
\ang kar vel, kap kar  
velah chuan Salicylic  
emaw Undercyleni emaw  
hnawih a \ha.

- 5) Lu vunah a awm a, a nasat  
hle chuan leh a chung a kan  
saw ang a enakwl pawha  
a sawt loh chuan  
Griseofulyin ei tel tir tur.  
Puitlingah 1mg, nau-  
pangah 1/2mg ni khatah  
vawikhat zelin, a dam  
chian thlengin ei tir tur.

**| hek, Lu-ah leh taksa hmun  
danga a varin a kah chuk :**

Awmah te, nghawngah te,  
hnungah te val te tak te te in a

kah chuk, a sir vel rualrem lo  
tak thak tel si lo hi fungal  
infection Tinea Vesicolor an tih  
hi a ni duh hle a ni.

**A enkawl dan :**

- 1) Kat (sulphur) leh  
vawkhriak chawhpawl  
hnawih a tha.
- 2) Sodium thiosulfate thirfian  
lian khat leh tui no khat  
pawlh hnawih a tha,  
hnawih hnuah vinegar  
tuah lapua chiah huhin  
hruk leh tur a ni. Sodium  
Thiosulfate hi thlalatuten  
thlalak silfai nana an hman  
'Hypo' an tih hi a ni.  
Damdawi \ha tak a ni.

**Mawitea huang!**

◆ A pasala nu nen chauh a khawsa chung khan indan a rawt  
reng mai a, a pasal lah chuan chutia kan indan daihin ka nu hi  
amah chauhin a awm a ngai dawn asin" a ti a, an nu chuan,  
"Aw.... i nu te chu kan awmpui anga a ni mai lawm" a lo ti then  
a, ani pawh chuan, "Nia, a remchang viau tak ang chu, in luah  
tur chu zawn vat tur a nih chu," zuk ti leh lawi si a!

◆ A han sual thiam lehpek khawpah..  
"Ka pu, sangha kan zuara lei ve ru..Dil sangha a nia, a thar tha  
a nia..."

"Akhai kan lei hrih lo phawt ang e..." "Ngati maw.....?"

"Aaaaaa..... mikhual kan nei hrih tlat a..."

Zunkawng hnai/l<sup>^</sup>wng han tih hian a awmzia tak chu a hming hian a hrii thei mai awm e, chumi awmzia chu i zunkawngah khan natna hrikin bu khuarin, natna a thlen a nih chu. Zunkawng chung (ureters) phing, leh zunkawng hnuai (Urethra), heng hmun eng pawhah hian natna hrikin bu a khuar chuan zunkawng hnai/lawng kan ti mai \hin, a tam zawk chu a hnuai lampang - phing leh zunkawng hnuai a te hian awm thin a ni. Hmeichhia hi mipa aiin zunkawng hnai/l<sup>^</sup>wng nei nasa zawk anga ngaih an ni a. Phing l<sup>^</sup>wng bik hi a ninawmin a hrehawm viau thei a, mahse natna hrikin kal a khawih tawh chuan hlauhawm khawpin he natna hi a thawk thei \hin a ni. Antibiotics hi he natna enkawl na bulpui ber chu a ni mai a, tin, he natna vei lo tur hian kan inveng ve thei tih hriat a tha khawp mai.

**A lan dan :** Zunkawng hnai/l<sup>^</sup>wng hi hriat mai si lohvin a awm ve reng thei a, \henkhatah phei chuan engtin nge i tlun hluah hluah loh zawk le te pawh kan ti fo. A landan tlangpui han tarlang ila :-

- \*\* Zun chhuak reng.
- \*\* Zun zawnga na emaw sa em em.
- \*\* Zun chhuak zing, zung tam \ha thei si lo.
- \*\* Zun rawng paw deuh phut.
- \*\* Zun rawng sen deuh emaw coca cola rawng ang a

dum uk deuh khuk-zunah thisen a tel tih lanna.

- \*\* Zun rimchhe deuh emaw dang deuh.
- \*\* Tai na a bikin hmeichhiaah.
- \*\* Mawng bawrna, a bikin mipaah.

**Zunkawng bung/peng lawng lai lan chhuah dan :-**

Kal (Acute pyelonephritis)

- \*\* Nak nem na.
- \*\* Khawsik sang tak.
- \*\* Tlun (Khawsik tlun)
- \*\* Luak chhuak nghulh.
- \*\* Luak.

Phing (Cystitis)

\*\* Tai nuam lo.

\*\* Pum nuam lam nuam lo/na.

\*\* Zunin.

\*\* Zun thi.

Zunkawng hnua (urethritis)

\*\* Zunin (zun zawng emaw zun zawh a sa/thip)

**Zunkawng hnai/lawng nei duh bikte** :- Mi \henkhat mi dang aia zunkawng l^wng nei hma riau an awm a, he natna nei duh bikte chu:-

1) Hmeichhia: Kan sawi tawh ang khan hmeichhiaah he natna hi a tam bik a, a chhan pawh an pianken a ni kan tih kha, hmeichhia reng reng hian an dam chungin vawihnih khat tal he natna hi nei tura ngaih an ni awm e.

2) Hmeichhiat/mipatna hman: Hmeichhia pasal nei emaw, nei kher lo pawh sex hmang \hang chuan a hmang ngai lo aiin he natna hi an nei awlsam zawk.

3) Indanna hman: Nau pai lo tura indanna \henkhat, diaphragm leh spermicidal

agents kan tih hmang \hinah a sang hret mai thei.

4) Thi hul: Thi hul hnua he natna hi a tam phah mai thei, hmeichhe hormone estrogen a lo tlem tawh vangin zunkawng a lo dang lam hret a, hei hian zunkawng lawng a ti tam thei a ni.

5) Zunkawng lama pian\o fel lo: Zunkawng lama pian\o fel loh vanga zun a luan dan tur anga luan loh hian hetiang anga zunkawng pian\o fel lovah hian a tam duh bik.

6) Zunkawng ping/tha lo: Zunkawng a lungte awm emaw mipaah prostate vung vangin zunkawng hnai a awm thei.

7) Taksa chak lo: Zunthlum emaw natna \henkhat taksain hrik a beih vena tihniam thei natna avangin a tam thei bawk.

8) Pipe vuah (Catheter): Eng vang emaw a mahni a zung thei lo te hi a zunkawngah pipe vuah sak an ni \hin a, hei hian he natna hi a awm tir thei bawk a ni.

Enkaw l ran chuan zunkawng hnai hian harsatna dang a thlen tlem hle a, mahse enkaw l \hat loh erawh chuan



nunna atan pawh a hlauhawm thei khawpin a nasa thei a ni. Enkawl \hat lohva harsatna dang awm theite chu, Kal vung/I^wng - hei hian kal a tichhe vek thei a ni. Nu nau paiah naupiang te (Low birth weight) emaw thla kim lova piang a thlen thei a ni.

### TEST LEH DIAGNOSIS

Natna hriat chhuah nan heng test \henkhat hi an ti thin.

- 1) Zun Exam: Zun lak dawn hian hmeichhiaah chuan serh biang kuta keu \hen phawt hnuah tlem zun phawt tur a ni a, zun vanglai vel tak kha dawh tur a ni.
- 2) Zun Culture (Kui tiak): Hei hian kan damdawi hman tur chu natna hrik huat ber eng nge ni ang tih hriat theihna a ni.
- 3) Ultrasound leh X-ray: Zunkawngah chuan fel lo eng emaw a awm em en fiahna turin hei hi tih a ni chawk bawk \hin.
- 4) Phing en: Zunkawng hnai nei ngun lutuk i nih chuan Cytoscopy an tih hmangin phing en/exam a ngai mai thei bawk a ni.

### ENKAWL DAN

Antibiotics hi he natna enkawl dan ber chu a ni kan tih tawh kha. Damdawi ei rei zawng erawh chu i natna a nasat danah a innghat ang. Natna naran zunkawng I^wng naran deuhah chuan hengte hi hman a ni tlangpui:-

- 1) Sul f a m e t h o x a z o l e - trimethoprim (Bactrim, Septran etc.)
- 2) Amoxicillin.
- 3) Nitrofurantoin (martifur. etc)
- 4) Ampicillin
- 5) Ciprofloxacin (Cipro)
- 6) Levofloxacin (Levoday etc)

A tlangpui chuan ni 5 a\anga ni 7 velah hetiang hi chu a dam mai tura ngaih a ni. Hei bakah hian nachhawka te hi zunkawng na hriatna ti tlem deuh tur damdawi chawh tel i ni mai thei bawk, zun rawng a danglam hret pawhin buai loh tur.

Zunkawng I^wng/hnai nei zing : A hmaa kan tarlan tawh

damdawi te kha hun rei zawk ei ngai pawh a ni thei a, tin, damdawi ei \an hmain culture tih hmasak a \ul thei, hei bakah hian a chhan zawn chhuah nan test dang kan sawi tawhte pawh kha tih a ngai phawt thei a ni.

Natna nasa (Severe): Natna a nasat chuan damdawi inah awmin damdawi chiu a ngai mai thei.

Tualchher damdawi: Cranberry Juice – hei hi a Mizo \awngin eng nge ka hre mai bik lo va, he juice in hian zunkawng I^wng/hnai a veng thei ni awmin study \henkhat chuan an tarlang. Eng ti anga in tur nge engzat a tam nge in tur tih pawh a chuang chuang lo va, a tui i tih zawng a nih chuan in \hin la a pawina a tlem khawp mai, harsatna awm ve thei chu kua a ti nuam lo ve thei tih mi \henkhat chuan an sawi. Amaherawhchu, i lung lam vang emaw a Warfarin/ Acitrom etc. i ei a nih chuan in loh a him ber tih hria ang che, thi put a siam vak thei.

## TIH THEIH

Zunin hi a hrehawm viau thin a, mahse tlema a ziaawm ve dan chu :-

- 1) Tui in tam rawh (to dilute your urine and help flush out bacteria)
- 2) Coffee, zu, limbu tui in loh tur. Zun thip/sa a tizual thei.
- 3) Tui lum ip. Tai na laia tuilum ip lum (sa lo se) dah a nuam thei.

## INVEN DAN

Hengte hi zunkawng hnai/ I^wng laka inven theihna awlsam te chu an ni:-

- 1) Tui in tam: Ni tin tui litre 2 tal a tlem berah in tum rawh.
- 2) Mawng sil dan: I daikal zawha i mawng i sil reng rengin hmalam a\angin hnunglam hawi zawngin kut nuai \hin ang che. (Hmeichhe tan bik)
- 3) Nupa nun hman zawhin zun tur: Hmeichhe tan a pawimawh zual.
- 4) In hnawih rimmtui: Hmeichhe tam takin an kumkar tih rimmtui nan powder leh hnawih chi thenkhat an hman thin hi fimkhur a \ha hle bawk. ■

## SEPTICEAMIA

Dr. C. Laldinpuia (Mapuia)

SEPTICEAMIA kan tih hi Mizoten kan hmelhriatna a la rei lo hle awm e, mi tam tak ina an hlauh em em natna hlauhawm tak kan chhungkua thlenga min phel darha min vel fo \hintu hi i lo bihchiang dawn teh ang u.

Septiceamia chu a mawlmang thei ang berin "natna hrik (bacteria) thisena a lut," tihna a ni a, thisena natna hrik lut chuan kan taksaah tihchhiat tam tak neiin septiceamia hi a rawn siam ta \hin a ni. Hming hrang hrang an vuah a chungte chu-Bactereamia, blood poisoning, systemic inflammatory response syndrome etc. te an ni. Eng hming pawhin ko se a hming hi a pu zo em em \hin zel a ni. Khawvel hriat lar mi \henkhat - Christopher Reeve (superman-a changtupa), Maurice Gibb (Bee Gees) leh Pope Paul II te takngial pawh kha septicaemia vang hian an lo fam ve tawh reng a lo ni.

### **Engtia lo awm ngawt nge?:**

Kan sawi tawh angin natna hrik (bacteria) vanga awm a ni a, mahse natna hrik hi kan

thisenah a lut zen zen chuang lo a, a luh pawhin septicaemia a siam ziah kher hek lo. A bul berah chuan natna hrik a awm a ngai a, natna hrik chu kan taksa khawi hmunah pawh (zunkawng, chuap, lung, pumchhung, ruh, vun etc.) a awm thei a ni. Chumi hmunah chuan bukte siamin a inthlah pung ta vak \hin a, chu chuan mihringah natna a rawn siam ta phawt \hin a ni (Natna tam zawk hi chu hetih hunah hian enkawl \hat a nih chuan a dam leh mai zel \hin a ni). Chutia natna hrik chu enkawl dam (thah) a nih loh chuan an inthlahpung zel a, an bukte-a leng lo khawp hialin an lo inthlahpung ta \hin a, a kuanga leng lo khawp an nih takah chuan an \henawm hnai (taksa peng dangah) emaw thisenah an pem ta hul hul \hin a,

thisena pmlut rual chuan septiceamia hi an lo siam ta \hin a ni. Thisena an luh tawh miao chuan 'thisen hlu ka kawng hruaitu' ti niawm takin thisen chu kawngpuiah hmangin taksa hmun pawimawh hrang hrangah an kal ta zung zung a, an thlenna apiang taksa peng (organ) chu an khawih chhe hmiah hmiah a, a tawpah chuan thihna hial a lo thleng ta \hin a ni. Hetia thisen hmanga an vah darh mai bakah hian, kan taksa natna hrik dotu khawlpui (immune system) chu fuihpawrhin immune system chuan a hmaa a \hian kawmngaih em em leh a theih tawka a lo venhim \hin mihring taksa chu a khawih chhe zawngin a bei ta chiam \hin bawka ni.

**Tute nge nei duh bik?:** Septicaemia hi tupawhin kan nei thei a mahse nei duh zual bik (high risk) an awm a, chungte chu a tlangpuiin-

- Kum upa lam leh naupang lam.
- Taksaa natna benvawn neite - zunthlum, lung \ha lo, kal \ha lo, etc.

- Taksa natna hrik dotu chaklo (HIV, Hepatitis etc)
- Damdawia enkawl nasat avanga taksa natna hrik dotu chak lo.
- Taksaa natna benvawn awm engpawh.
- Taksa sawngnawi (malnutrition).
- IVDU (ruih nana inchiu \hinte).
- A \hen chu a chhan hriat miah loh vang pawhin septicaemia hi a awm ve \hin bawka ni.

**Entiang chiaha hlauhawm**

**nge?:** Ram changkangah pawh septiceamia hi chu an lo thihpui nasa ve em em a, a veite zingah mi 4-ah 1 zelin thihpuia ngaih a ni a, natna hrik \henkhat bikah phei chuan 50% thihpui an awm anga chhut a ni. Ram changkangah pawh cancer leh lung natna tihlohah chuan mihring nunna suat hnem bera ngaih hial a ni. Natna hrik tam tak vangin awm thei mahse a lar zual \henkhatte chu - E.coli, Pneumoco ccus, Klebsiella, Psuedomonas, Meningo-

coccus, Streptococcus, Staphylococcus etc te an ni.

Lanchhuah dan tlangpui (a tir lamah):

- Khawsik sang leh tlun vak vak.
- Taksa vawt dai thler, thlan daiin-a bual.
- Lungphu rang.
- Thawhah emaw thawk rang (thaw rang hrawk hrawk).
- BP tlahniam.
- Awm ngaihna hre lo a talbuai reng.
- Hriatna chiang lo, harh chiang thei lo/a ruai.
- Taksaa sin t> t>a rawn bawl sen tet.
- Nikhawhrelo a awm.

**Engtin nge kan hriat theih ang?:** Septicaemia chu kan hriat tawh angin thisena natna hrik a luh vanga awm a ni a. Chuvangin a hriat theih dan awlsam ber chu Blood culture tih a ni a, hei hian a natna a finfiah mai bakah a enkawl na kawngah pawh a pawimawh ber ti ila kan sawi sual awm lo ve. Thisena awm natna hrik chu

kawng hrang hrang pawhin a test theih awm e mahse Blood culture hi ram chang-kangah pawh chiang tawka ngaih a ni. A enkawl dan hi chu sawi tur tam tak a awm a, kan sawi vek seng lo ang. Enkawl hma hian kawngro a su a, mi nung leh mitthi thliar hrangtu pawimawh tak a ni awm e. Mipuiten a hlauh-awmzia kan hriat hi a pawimawh a inenkawl vat a pawimawhzia kan hriatthar a \ul takzet a ni.

**Septiceamia leh Mizoram:** Mizoramah hian septicaemia vanga thi kan tam tawhzia chu sawi ngai lovin kan TV hmaiah pawh a lang zing hle a. Blood culture result a natna hrik hmuh (confirm) emaw pawh sawi tur awm mang miah lo a septicaemia kan ti \hin hian mipui min tihlauthawng thlawn mah mah lo mo? Septicaemia hi a awm tak tak fo a nih chuan a natna hrik hming te puanzara invenna lampanga damdawi in tin inzirtir a hun tawh hle awm si a, nge thisenah natna hrik a lut ngei tih hi finfiah a la awm lo zawk. Khawsik leh a kaihhnawih vanga thi, a chhan

kan hriatloh tam tak a awm thei a, septiceamia tiha vui liam an awm nual thei bawk awm e. Septiceamia confirm (finfiah) tawh zat hi hriat tur a awm em le tih zawhnate pawh ka rilru chhungrihlah chuan min kik na ve hle ve bawk \hin a.

**Engpawh nise septiceamia hi mihring thih chhana puan hi a dik ber em?:** Ram \henkhatah chuan septicaemia vanga thi te hi an death certificate-ah chuan 'septiceamia' ni lovin, septiceamia siamtu natna hming an ziaak zawk \hin a, natna hminga pawm lo mi thiam tam tak an awm a ni. Septicaemia hi natna hranpa a ni lo va, natna hrang

hrang tawpna a ni zawk thung. Lui te tam tak luangkhwamin luipui a siam a luipui tam tak infinin tuifinriat a siam tih kan hre chiang a, luit> zawng zawng luipui hmingin ka ko ngai hauh lo. Malaria hi thluaka a luh hnu pawh hian malaria tho a la ni a, TB pawh thluaka a luh hnu pawhin a TB nihna a la humhim reng tho a, rulhut hi thluaka a luh hnu pawhin rulhut a la ni reng tho a ni. Chuvangin septiceamia hi hranpaa hlauh tur a awm lo va, natna dang tawpna (end stage) ve mai a ni tih hriain septicaemia hi hlauh tawh lo in septicaemia siam theitu hlauh nachang kan hriata inentir/inenkawl vat hi a pawimawh ber a ni.

### **Mawitea huang!**

◆ Nula ho khan vai film star hmelthatzia an lo sawi laih laih a, an bula tlangval lo awm ve chuan " nangni vai film star sawi ho ve mai mai te kha chu Sap film star Tom Cruse chuan hmu na se chuan hmelchhia a ti lutuk anga a beng hrep duh ang" zuk ti sak a....

◆ An In hnuai luahtu te fapa kha a thi hlauh mai a. Chumi thuah chuan pa ber khan " A zia lo hle mai; hei, in Inah te kan thi ngawt maia" tiin thupha a han chawi a, Ani pek chuan " E khai in inthlahrung a nih chu, thi mawlh mawlh mah ula pawh kan ti reng reng lo" zuk ti a!!

## NATIONAL HEALTH MISSION HEALTH & FAMILY WELFARE DEPARTMENT

Naute thihna (IMR)-ah Mizoram 15 niin, point 12 zetin a hma aiin hma kan sawn! (Source: SRS 2019)

Mizoram in **Infant Mortality Rate** (IMR/Naute kum 1 hnuai lam thihna) ti tlem tura hma a laknaah hlawhtlinna duhawm tak a hmu chho zel a, **Sample Registration Survey (SRS) Bulletin**, Registrar General & Census Commissioner, Govt of India in **May 2019 a tih chhuahah** Mizoram chu IMR (Infant Mortality Rate)-ah 15 a ni a, kum hmasa SRS 2017 Report aiin IMR-ah point 12 laiin kan tlahniam a ni. IMR hi naupiang 1000 zel atanga naute kumkhat hnuailam thi zat chhutna niin hriselna kawngah hma kan sawn em tih tehna pawimawh tak pakhat a ni. SRS 2019 Report hi 2017 a kan nih dan chhuichianna a ni a, hemi hmaa mi SRS 2017 Report ah chuan kan State IMR chu 27 a ni a, 15 ah kan tlak thlak hian point 12 laiin hma kan sawn a ni.

Mizoram Infant Mortality Rate chu 15 anih lai hian India ram pum IMR chu 33 a ni.

Hetiang hlawhtlinna kan neih theihna chhan hi Health Department a thawktu zawng zawngte'n nasa taka hemi kawnga tan kan lak tlang vang a ni. Hotu berte a\angin, Hospital, CHC, PHC, Sub-Centre a thawktute, ASHA thlengin theihtawp chhuah tlan a ni a. Hetiang kan thlen theihna hi Hriselna lamah kawng engkimah hma kan sawn chhoh vang niin a lang. Sorkar lama hruaitute, Damdawiina specialists hrang hrangte, Health department hnuai programme hrang hrang te, District hrang hrang a thawktute mai bakah department dang hrang hrangte thawhhona vang a ni.

x pawhin theihtawpin helam kawngah hian hma a la a.

### **Reproductive & Child Health (RCH) programme**

hnuai ah nu leh nau tan hamthatna scheme tha tak tak a awm a. **PMSA** (Prime Minister Safe Motherhood Scheme) - Nu in nau a pai laia Doctor ngei hnen a inentirna leh Ultra Sound leh Damdawi te a thlawna dawn theihna avangte, **JSSK** hnuai Nu leh Naute tan a enkawl na a thlawna a siam sak an nih avangte in Naupiang thi leh Nausen kum khat hnuai lam thi kan neih tlem phah hle a ni. Mithiamte kut ngeia nu in fa a neih theihna atan leh a hun tak zela hrivena la tur a sub-center hman tangkai nachang kan hriat theihna tur atan **JSY** hnuai a Nau neite lawmman siam sak an ni hian nasa takin naupiang thi tih tlemna ah hian a pui bawk. Nausen an pian atanga in lama an hawn hnu ah pawh enkawl zuina pek thin a ni a, chu mi atan chuan **Home Based Newborn Care** kalpui a ni a, hei hian Nu leh nausen hriselna kawngah nasa takin a pui bawk. Tin, High priority District ah **Sick Newborn Care Unit** - Nausen Damlo a

bik a enkawl na hmun Siaha, Lawngtlai leh Lunglei, Aizawl District Hospital ah te siam a niin, hemi pual hian SNCU Nurse te pawh dah vek an ni a, a theih ang chin chin ah District Hospital ah te Naupiang lam Specialist leh Hmeichhe lam Specialist te dah an lo nih tak avang a ni bawk.

Heng kan sawi tak te bakah a programe hrang hrang a thawktute inpekna leh thawhrimna te, inlungrual tlanna avangte a ni kan ti lo thei lovang. Hri laka invenna pek runpui a ni emaw, Rulhut leh Kawthalo dona a ni emaw, kawng hrang hrang a Health Department in a thawhpui thin te Social Welfare, School Education, Rural Development, PHE Department, AMC leh a dangte nen a thawhhona leh inpawhna avangin hetiang hmasawna hi kan lonei thei a ni.

Health Department hnuai a thawktute zawng zawng, Accredited Social Health Activist (ASHA) atanga a lu ber thleng a thawhho thatna leh inpekna te, NGO hrang hrangte nen a thawhhona leh



thlawpna te chuan hmasawna rah duhawm tak min neihtir a, IMR Rate hi digit hnih atanga digit khat a kan tlak thuai theih nan leh Naupang kumkhat hnuai lam thi awmlohna state kan nih thuai theih nan mithiam zawk te programme siam leh an thu te kan zawm a, result tha leh zual kan neih ngei Health Department chuan a beisei tlat a ni.

A bul leh a tawp dinhmun chelhtu Pathian kaihruaina leh

Mizoram sawrkar hotu lu zawng zawng (policy maker) te in pekna leh \hahnemngaihna vang ani a. Tin, Ministry of Health & family welfare, Gol, UNICEF leh Development partner dang te support na tha tak vang a ni. Heng zawng zawng bak a tarlan sen loh tam tak la awm te nen, he achievement ropui tak hi tun dinhmun aia sang zawk thleng turin Mizoram mipuite thlawpna kan ngen takzet a ni.

## HMANGCHANG

By : HRIATA KHIANGTE

1. A tui neia chawhmeh i kan chuan coffee tlem thlak la, a rawng a mawi duh a, a rim a danglam phah chuang lo.
2. Khawizu fir/a tak leh tak lo i hriat duh chuan tuiah tlem far la, a ral mai chuan khawizu fir a ni lo. Khawizu reng reng tui-ah a ral thei lo.
3. Atta i kan dawnin maida ?ham khat vel telh la, kan puar a ti awl duh.
4. Thingpui i lum dangdai deuh a tih rimtui i duh chuan thingpui i lum laiin serthlum kawr tlem thlak ang che.
5. I chini dahna a hnawng anih chuan a bur-ah toilet paper dah tel ang che.
6. I thil kan in tel a hip nasat i duh loh chuan tel-ah khan chi tlem thlak hmasa ang che.
7. Artui pum chhum zai lep nan chemte aiah khawlla hmang la, a pan nalh duh zawk. ?angkai dan a in ang reng.

## I INSAWISEL EM?

Dr. Ngurnunzami Sailo

### Engtin nge kan taksa hian a damloh thu a sawi ve theih ang?

Kan taksa hi khawl ang mai a ni a, amaherawhchu mihring siamchhuah khawl ai hi chuan a chungnung daih tih kan hre \heuh awm e. Motor te pawh hi a \hat loh chuan a ri a\angte, tin, a chhunga chuan hrim hrimin a dik zan lo tih kan hre thei \hin a, hetiang bawk hian kan taksa pawh hi a lo \hat loh chuan mahniah inhriatna dangdai tak a lo awm \hin a ni.

### PUM LAMA INSAWISSELNA

1) Pum puar lung: Hei hi a awm tirtu chu kan pum chhunga boruak emaw tuihn^ng lo inkhawlkhawm a ni a. Mi \henkhat chu boruak hip luh nghek nghek kan hrat vang te pawh a ni mahna. Hemi bakah hian kan chaw eiin, pumpui leh ril a thlen hian pai\awih a nihna kawngah boruak tam tak a insiam belh bawk a, mahse heng hi kan irh chhuah loh pawhin kan vawih chhuak leh mai \hin a ni. Hetiang ang pum puar hi chu 'Flatulance' kan ti a ni. Pum ti puar thei \henkhatte chu - zikhlum, fanghma, purun,

bean, brocoli, cold drinks, zu etc. Zamna, hlauhthawwna, bubble gum \hialte hian boruak min hip luh hnemtir a ni. Tin, natna \henkhat vangin pumpui puar hi a awm thei a, chungte chu Gastritis, intestinal obstruction, sprue etc. an ni. Pum a tuihn^ng inkawl vanga pum puar hi natna vanga lo awm thin a ni a, lung \ha lo, kal \ha lo, thin sawng, cancer etc. te hian a thlen thei a ni.

2) Pum a pawng lo awm: Rai puarah a awm tih kan hre \heuh awm e, a hnuai lama in\anin a lian telh telh a, a rawn sang telh telh \hin a ni. Phing a zun a lo khah lung hian dul hnuai lampangah b^wk nem tak a

awm thei. Ek lama harsatna neiah chuan dul veilam pangah hian ek hlawm niawm tak hi a awm thei bawk.

### **CHAW EI LAM**

1) Chaw ei tui lo: Rilru lama vei neih emaw, huphurh tak kan neihte hian chaw ei hi a harsa chawk \hin a, damdawi \henkhat chaw ei ti tui lo theite pawh a awm nual a, zuk leh hmuam te pawh hian chaw ei a ti tui lo bawk a, pumpui cancer leh infectious hepatitis vei te hian chaw ei har an ti hle bawk \hin.

2) Chaw ei tui leh lutuk: Rim taka hnathawh emaw infiamte hian chaw ei a ti tui thei hle a, naupai lai hian taksa mamawh a tam avangin chaw an heh thei hle bawk a ni. Thyroid Gland chak lutuk (Hyperthyroidism) neite hian chaw an heh em em a, rilbawh (pancreas) cancer veite pawh hian chaw an heh hle bawk. Tin, rulhut pai te pawh hian an heh ve hle bawk thin a ni.

### **THAW HAH (DYSPTNOEA)**

1) Thawkna dawt hnawh vanga thaw hah: Hnar a\anga

chuap thlenga boruak kal-kawng a hnawhtu a awm reng reng hian thaw a hah \hin a. Chaw lemsual avang te, taksa huatzawng hipluh avangte, asthma vei avangte hian a awm tlangpui.

2) Chuap vanga thaw hah: Pneumonia vangin a tam hle a, chuap lam natna Chronic Obstructive Pulmonary Disease (COPD) an tih mai vangte hian a tam hle.

3) Lung vanga thaw hah: Lung chak lovah hian thawhah hi a tam hle a, a tirah chuan hna hahthlak thawh chauhin a awm \hin a, lung chu a lo chak loh chhoh zel chuan awm mai mai pawhin thaw a hah \hin a ni.

4) Dawldanna avanga thaw hah: Dawldanna (Anemia) reng reng a awm hian taksa thisenin boruak a keng tam thei lo va, taksa a thawh rim viau chuan thisenah boruak a kal tam theih loh avangin tihrawlte chuan kham khawp a hmu lo va, boruak tam zawk hipluh tumin an thaw nghek nghek ta \hin a ni.

5) Zam lutuk emaw thil huphurh tak kan hmachhawn te hian thaw a lo rang ve thin a ni.

#### **KHUH :**

Kan taksaa ka a\anga thil duhawm lo a lo luh hian a paih chhuah nan kan khuh \hin a, heng thil lo lut hian kan hrawk a tiza a, mi hrisel pangngai chuan kan khuh \hin a ni. Boruak kalna kawng hi pipe ang mai hi a ni a, timur tam takin a siam a ni a, he dawtte hian a huatzawng thil lo lut a awm vaih chuan mihring chu a khuh tir ta \hin a ni. Meikhu te, boruak hrisel lo te pawh a hre thei vek a ni. Tin, natna chi hrang hrang vangin a awm thei bawk a, a lar zual chauh lo tarlang ila, chungte chu – hritlang, awmna, bronchitis, laryngtis te an ni. Tin, khuh hi chuap natna chi hrang hrangah a awm ve bawk \hin a, chungte chu – Pneumonia, TB, Emphysema, cancer etc. te an ni. Chuap cancer chi khat Bronchogenic Carcinoma an tih maiah hi chuan khuh leh khak thi hi a nasa zual a ni. Lungphu chawl (Heart Failure)

kan tih maiah pawh hian khuh a awm ve thei bawk a, thisen zam peng lian tak pakhat Thoracic aorta an tih mai piansualna awmin thawkna dawt a nekchep hian khuh a siam thei bawk a ni. Tin, thisen cancer kan tih maiah pawh hian khuh a tel thei bawk a ni.

#### **CHAW EI PAI | AWIH THEIH LOH (INDIGESTION)**

Mi tam takah chuan chaw pai \awih theih loh hi ze chi hrang hrangin a awm thei a, kan pumpui chak zawng a inang vek kher lo tih chu kan hre chiang \heuh awm e. Kan pumpuiin chaw a pai\awih theihloh chuan pum a lo puar pung a, vawih leh irh a lo nasa a, a \henah pheih chuan kaw\halo te hial a thlen thin a ni. Mi \henkhatah hi chuan 'lactase' pianpui loh vang a ni thin a, he enzyme hi chaw pai \awih kawngah a pawimawh hle a ni. Bawnghnute hi abikin 'lactase' tel lo hian pai\awih lohvin a in up thur a, chu chuan pum a tinuam lo ta thin a ni. Hetianga pum nuam lo a lo

awm hi chuan chaw ei loh vang vang a, pumpui hahchawlh tir a \ha ber a, darkar 24 chhung chu chaw khal lam chi ei miah lova tui leh thei tui ang vel chauh ei rih tur a ni. A hnu a rawn awm leh chuan bawng-hnute chi reng reng insum a, a la \hat loh cheu chuan mi thiamte r^wn vat tur a ni.

### **MIT LIAM (JAUNDICE)**

Taksa a bilirubin lo tam lutuk vanga vun leh mit a lo eng hian Mit liam an ti a. Kan thisen hi ni 120 chhung chauh an dam a, an lo upat hnu hian an lo kehsawm ta \hin a, an chhungrila Hb chu a lo zalenta a, he Hb \henkhat hi chu Hb thar siam nan hman a ni a, thenkhat erawh hi chu biliverdin leh bilirubin-ah siam an ni a, hengte hi rawng nei chi an nih avangin an lo tam viau chuan taksaah a lo langchhuak ta \hin a ni. Mit liam thlen theitute lo thlirho ila :

1) Thisen (RBC) tam tak tihchhiat an nihin: Hetianga thisen timur tam tak a lo kehchhiat hian taksaah bilirubin a lo tam a, hei hian vun

leh mit vel leh taksa hmun dang dang a lo ti eng ta \hin a ni. Natna chi hrang hrang a awm thin a, a langsar zualte chu - Malaria Haemolyticanaemia. Pneumococcal pneumonia te an ni.

2) Thin a lo bawrhsawmin: Biliburin (taksa ti engtu) tlem azawng hi chu thin hian a lo \hiatdarh mai theih loh avangin thisen a lo tam a, mit liam a thlen ta \hin a ni. Natna \henkhat lar zual chauh han tarlang ila - Thin sawng leh viral hepatitis te an ni.

3) Mit tui luanchhuahna a inhnawhin: Hei hi chhan chi hrang hrang vangin a awm thei a, chungte chu - Damdawi (Indanna) hman avangin. Mit a lung a awm avangin. Rilbawh cancer avangin.

### **THIL LEM HARSAT (DYSPHAGIA)**

Thil lem hi hrisel pangngai tan pawh thil harsa tak a ni a, kan hmai, lei, hrawk leh chaw dawt a tihrawl zawng zawngte intuahrem a ngai a, tin, heng tihrawlte hi hriatna thazam chi hrang hrang panga (5) in a

chawm avangin thil awlai tak chu a ni lo hrim hrim a ni. A thlen theitu lo thlirho dawn ila:-

a) Chaw dawt hliam: Chaw dawt hi acid in vang emaw thil dang hlauhawm in vangin a lo pem awlsam em em a, hetia a lo pilh emaw hian thil reng reng a lem hleih theih thin lo va, thisen zam a\anga chaw (chiu chi) pek a ngai \hin a ni. Tin, a lo dam zel pah hian chaw dawt chu a lo zim telh telh thin bawk a, chu chuan thil lem a ti harsa \hin a ni.

b) Chaw dawt cancer: Chaw dawt cancer hi a hmawr lampangah a awm \hin tlangpui a, hei hian a kua chu hnawh chepin chaw lem a lo harsa ta \hin a ni.

c) Kan sawi tawh ang khan chaw lem tur hian tihrawl chi hrang hrang a ngai a, heng zinga khawi emaw ber a lo zeng hian thil lem a harsa \hin a ni.

d) Chaw dawt nekchep thei reng reng, a bul vela thil hrang hrang awmte hi a len thut emaw a lo \han thut hian chaw dawt chu a nekchep \hin a, chu chuan thil lem a ti harsa ta \hin a ni.

e) Lei cancer, ka chhung leh a bawr vela p^n a lo awm hian thil lem a harsa bawk \hin.

f) Chaw dawta thil tang avangin (Chaw ni lo)

g) Hlauhawm lutuk emaw rilru hah lutuk hian thil lem a harsa thin bawk a ni.

### **Mawitea huang!**

◆ Sunday tlaia a leng kha monday tlaia a chhungte chaw ei laiin a haw ve chiah a..

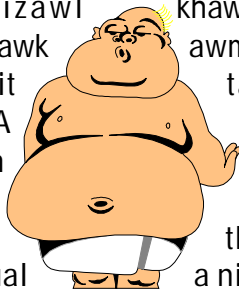
A chhungte'n an hauh hmain.. 'Ka rawn haw loh te chuan khawng e awm? ti te'n min ron call ve ta che u min va ngaihsak lo em em ve..a zawn pawh min lo zawng miah nange' a la ti zawk zaw mah..

◆ A thawnthu phuah kha a'n ngaihnawm hmel loh rem rem "khua chu thim tawh hle mahse Ni chu a la eng ut a" tih atangin an tan a.....

## DULKIAR HI HLAUHAWM A TAM BIK

By: Dr. Thangchungnunga,  
M.S.Ortho (ToM)

Dulkiar hi Aizawl khawlaiah hian hmuh tur an tamin an ni deuh vek zawk awm e. Pian timawi lotu a nih mai bakah, taksa fit tawk lo leh hrisel lo entirna pakhat a ni. A hmasa berah chuan ei leh in hi a tawk chin in siam ve tur. Tui tih avanga ei teuh chin hi thil tha lo tak a ni. Kan pumpui hi savun ip fan thei a ni ve mai a, thun hnem leh a lian tual tual a ni mai, kan ei tam chuan thukhat, a hmanral lehna kan nei si lo a. Kan hnathawh ten a zir bawk si lo, thlan tlakna khawp tih tur a vang hle a ni.



Heng kan ei atanga a chuang a liam hi thluakin taksa a tih buai lohna ber hmun tur, kan ril bawh, a hlap kan tih maiah hian a chhek khawm tam ber a. Pumpuia acid lah hian a tichhe ve si lova, mit (Bile) hi thau tiraltu ber a ni a. A tih ral sen loh khawp kan ei thin a ni. Khawpuia kan awm dan tlangpui chu, chaw ei kham veleha kuhva ei a, mu zal deuh emaw, thu awn deuha vaihlo zuk nen kan han chhonzawm hi dulkiar tizualtu leh hriselna tihniamtu a ni.

Lo in chik ve teh, chaw ei kham veleh hi chuan mu zal lo hram ang che. Hetiang dulkiar ho tan hian hlauhawm a tam bik a, Cholesterol sang, Stroke, Heart Attack, Zunthlum, BP sang leh thil dang tam tak a awm. Thau lutuk hian lung (Heart) phu pawh a tibuai duh hle. Kan theih ang angin exercise, mahni inah emaw, hall-ah inkhelh te, zing kal te ngaihtuah chhuah tur, mahni hna nena in mil thei ang ber leh, a huna i tih ziah theih tur thlang ang che. Zing kal te hian, kal mai mai lovin, insang phek a, hmai te pawh tihsek a, thuk taka thawk te tum tur. Kal hne hne ai chuan veranda-ah kalkual la a hlawk zawk, thau hian min hnawh hlum thei tih pawh hi i hria ang u. ■

## TONSILITIS

Mi tinin dangmawn (tonsil) hi kan nei vek a, kan thil ei tinreng kaltlangna kawng pawimawh lai takah a awm avangin natna hrik a kai awlsam bik em em a ni. Sahbona silfai ve mai mai theih a nih si loh avangin tuisa chial a hrawk \huahfai (gargle) fo leh ha nawhfai ziah mai hi a inven theihna kawng awlsam leh \ha deuh ber chu a ni mai. Kan thil ei leh in a natna hrik lo tel palh te leh kan taksa a lo lut palh ten thluak bawm an luh mai loh nan a danna leh venna hmun pui, checkgate tam tak Pathianin min dahsak a, zakhnuai, kapah leh khabe hnuaiah te, nghawngah te hian Army Camp lian leh changtlung tak a dah a ni. He kan tonsil awmna pawh hi chung zinga pawimawh tak chu a ni ve a, mahse unarmed police ho ang deuhvin hmelma beihna tur ralthuam erawh a nei chau hle thung a ni. Tonsil vûng nâ chu zau deuhva kâ han ân tira nguntaka han enin, a pangngai aiin a sen deuh hlar emaw, a var deuhvin a lo bawh

\hin. Chil lem harsa tak leh na deuh \alh te, thil ei lem zawnga nâ te a siam in khua a tisik ve nasa thei hle \hin a ni. Chutiangah chuan kan dangmawn (Tonsil) chu a lo vûng lian a, natna hrikin bu an lo khuarin an lo inthlah pung lo ni \hin.

### ENGTIN NGE KAN ENKAWL ANG LE?

1. Tuisa chial, ngam tawka sâ in hrawk \huah rik bawrh bawrh (gargle) vat tur a ni a, nikhatah voi 4/5 tih theih tum a \ha.

2. Antibiotics chi hrang hrang, heng e.g – Septran/Septinic/Cifran/Cefixime/Ciplox /Wymox/Septicare/Althrocin/Martidox etc. Ieia hman mai theih tur tam tak a awm reng. Puitling dose leh naupang dose a in ang lova, an natdan azir leh an kum zat a zirte, a taksa len leh tetdan te, an bûk rihzawng azir te in a ei dan tur dosage a danglam thei. A damdawi chak dan miligram content leh an hna thawh theih dan te a inang vek lova, an



hnathawh rei hun chung te leh harsatna awm palh thei thil contraindications te pawh a in ang lo ve thliah a ni. Chuvangin damlo chu doktor entir ngei ngei a \ha a ni. Zai ngai tur chi a nih leh nih loh te pawh enfiah chian ve a \ul hmasa fo \hin.

3. Damlo chu nisa, thli thaw lutuk, vaivut khu leh meikhu hnaiah awmtir lovin, hmun fai leh boruak thianglim awmna hmun rehah dah tur. A khuh leh hahchhiau te in a kâ leh hnâr, a hmai te rawmol a inkhuhtir zel tur.

4. Thil tuiril, fluids lam chi, theitui, buh tui hngang, sertui, squash lam chi reng reng chu a tam thei ang ber damlo chu in tir a \ha.

5. Nachhawka Paracetamol tui/tablets a \ul dan azirin khawsik a san loh nan ei tir tur.

6. Antibiotics kan pekin damlo upat dan a zir leh nat rei tawh dan azirin, ni 5 -7 chung pek a \ul \hin a, zingah leh tlai chawei khamah pek a ni tlangpui. Kan damdawi pek chi a zirin a ei hun bi tur erawh a in anglo thei bawh.

7. Damlo taksa tichak turin leh a damdawi eiin hna athawh chak leh zual theih nan damdawi chi dang pek tel a \ul thei bawh.

8. Hrawknâ tonsilitis benvawn dam\ha thei lo (chronic) case te chu zaia paihfai sak an \ul bawh \hin.

Damdawi dang pek tel theih leh poi lo te chu, vitamin chi hrang hrang vit C te, Vit.B complex te, Calcium lam leh minerals lam chi te leh pumpui chakna antacid lam chi te.

He hrawk natna hi boruak bawlh hlawh a\anga kan hip luh leh, ei leh in thianglimlo a\anga kai theih te an nih avangin kan kai nasa in kan kai zing ber hial awm e. Chuvangin kan khawi ilo chhuahvah naah hmaikhuhna puan Mask vuah te, thil ei dawn apiang leh daikal zawh apianga sahbon nena kut silfaite, tho leh vaivut bawmhnu thil reng reng ei loh te, ei leh in tur chi thil reng reng a thianglim leh fai thei ang ber tur a dah te chauh hman leh,eiin hi mitin tan invendan tur kawng \ha ber a ni ngei ang. ■

## **CANCER VEN NANA KAN TIH VE THEIH TE** **American Institute for Cancer Research(AICR)**

1. Pian mawi tak nei turin bei la, i taksa tichhe thei tur khawp erawh chuan i rihna kha ti hniam suh ang che. I taksa rihna i vawn \hat chuan (i san zawng leh i rih zawng kha a in mil tur a ni) Cancer mai bakah lung natna leh Diabetes lakah pawh a veng dawn che a ni. Kan rih lutuk chuan Cancer natna te hi kan vei awl bik.
2. I taksa che tam rawh se. Nikhatah minute 30 tal i taksa chu sawizawi \hin ang che. Taksa sawizawi hian lung a tihrisel a, lung cancer lakah min veng thei bawk a ni. Chumi piah lamah chuan kan rit lutuk tur pawh min veng a, zir mite chuan taksa sawizawi hian amah ringawt pawhin Cancer venna kawngah nasa takin minpui a ni an ti.
3. Chaw leh ei tur dang, mawm/thau pai tlem apiang eiin thlang \hin ang che. Chaw ei tur tinrengah hian kan taksa tana \ha lo tur khawp a tam, mawm pai tam zual bik a awm a, hetiang lam chi hi chu ei tam lo hram ang che. Thil thlum lam pang in chi te pawh tih loh ngam a pawimawh. Thil tuiril thlum lam chi, soda, ice-tea, energy drink-Cocacola kan tih te hian thau a pai a tam avangin Cancer vei theihna chance a tisang thei a ni. Heng aia in tur hrisel ) tui thianghlim, thingpui hang etc. te in tam ang che.
4. Thlai hring lam pang ei uar ang che. Thlai hring chi hrang hrang te, thei thar lam te, be lam pang chi reng reng te ei tam ang che. Chaw ei apiangin thlai hring a tam thei ang ber ei tum la, chu chuan Cancer lakah min veng. Heng thlai hring hian Fiber te, tuiril te, chakna te a pai tam a, thau a pai tlemin taksa rit lutuk tur vengtu atan a tangkai em em bawk a ni.
5. Sati sen lam chi - Bawngsa, vawksa, beramsa ei tam suh ang che, heng sate hian taksa ti chaktu an pai tam

avangin taksa tan a tha em em a, kar khat a kg 1 vel ei chuan Cancer a thlen lo va, chu aia tam erawh ei chuan rilpui cancer a thlen thei a ni. Sa dah \hat leh vawt \hat ang chi te pawh hi ei tam loh tur a ni. Sa vawn\hatna atan hian chemical chi hrang hrang an hmang thin a, tin, an rep thin bawka, heng hian cancer veina chance a tisang a, ei loh hram a tha a ni. Sa i ei a nih pawhin sa hring ngei ei thin ang che.

6. Zu in loh a tha ber a, zu i lo in thin a nih pawhin a chin taw nei la, bi tuk nei ang che. Scientist-te chuan zu hian Cancer natna Chiang takin a thlen thei tih an hmuchhuak a, zu hian chawp leh chilh in DNA a tichhia in ka chung, aw bawm, hrawk, chawkawng leh hnute cancer te a thlen thei a ni. Thin Cancer te a siam a,

tin, hmeihchhiaah chuan rilpui cancer a thlen thei bawka ni.

7. Chi ei tlem ang che. Chi hmang a eitur hmanga an vawt that te ei tam suh ang che. Chi al ei tam lutuk hian pumpui cancer neihna chance a tisang hle a ni.

8. A theih hram chuan naute chu thla 6 chung tal hnute pe ngei \hin ang che, chumi hnuah chuan thil tuiril dang a chawh i chawm thin dawn nia, nu hnute tui hian naute than a ti \ha a, natna tam tak lakah a venghim bawka ni. Tin, naute hnute pek hian nu hnute Cancer lakah a veng a, naute hnute pek hian hormones atanga Cancer in siam theihna chance a tihnia a, chu chuan nu in hnute cancer a neih theihna lakah pawh nasa takin a veng a ni.

---

### Mawitea huang!

- ◆ An Bawngsa chhum kha, a hang awm lo a sin, an mikhualpa phei kha chuan...a hawp ?helh emaw te a ti vel....
- ◆ Pa ber khan"Bawiha, thenawm inah va leng la, ring tawkin "A pa.., vawksa kha i chhum hmin tep tawh em..?rawn ti teh!"te kha ati vel...

## HEPATITIS 'B' & 'C' CHANCHIN TLANGPUI

(Source : World Health Organisation & CDC, Atlanta, USA)

- Dr. Eric Zomawia

### Eng nge a nih?

Hepatitis (thin - liver thatlohna) hi thil tam takin a siam thei. Eg. zu (alcohol) leh natna hrik hrang hrang, Virus (natna hrik zinga te ber) thenkhat chu thin khawih duh bik an awm. Chung chu Hepatitis Viruses an ti.

Hepatitis Viruses -ah hian A, B, C, D, E, F leh G hmuhchhuah tawh an ni. A, E, F leh G hi chu benvawn (chronic) a awm ngai lo va, Hepatitis D viruses hi chu Hepatitis B veiah chauh a awm thei.

Chuvangin Hepatitis B leh C hi lo chhui chiang bik ila.

Khawvelah vei an tam: Hepatitis B hi khawvel mihring maktaduai 350 zetin an vei nia chhut a ni; India hi a tam lamah a laihawl (intermediate) kan ni a, mihring 5% vei hian kan vei.

Hepatitis C hi India ram mihring zawng zawng 1-2% velin kan vei nia hriat a ni. Mizoram pawh chutiang tho chu kan ni.

### A inkaichhawn dan :

- 1) Thisen thianghlim lo dawn atangin Hepatitis B leh C a kai theih.
- 2) Drugs tihna hmanrua intawm atangin Hepatitis B leh C a kai theih.
- 3) Inchiuna thianghlim lo hman, tatoo/bengverhna thianghlim lo hman, toothbrush leh inmeahna inhman tawm, thisen dawn (transfusion) leh dialysis atangin Hepatitis B leh C a kai theih.
- 4) Doctor leh Nurse ten intihpalh thil thuah Hepatitis B leh C an kai thei.
- 5) Sex atangin Hepatitis B kai a awl a, Hepatitis C chu kai a har deuh zawk.

- 6) Nuin a naupaiah Hepatitis B a kai awl a, Hepatitis C chu kai a har deuh zawk.
- 7) Rei tak chengho chhung-kuaah Hepatitis B leh C inkai a awl.
- 8) Eng emaw zat chu an kaina chhan hriat theih mai loh a awm.
- 4) A benvawn zinga tlemte chauhvin thin lam \hatlohna benvawn an nei. Tam zawk chu an insawisel lo va, chauh ngawih ngawihte a siam thei.
- 5) Cirrhosis & Thin Cancer: Cirrhosis (thin sawng) leh thin cancer hi mi tlem tein rei tak, kum 20 hnuachte an vei thei.

#### **Taksaa hna a thawh dan :**

Thihpui nghai rum rum chi natna ni lem lo, hetiangin a awm thei:

- 1) Asymptomatic: Tam zawk chuan insawiselna an nei lo va, an kai tih pawh an inhre lo.
- 2) Jaundice: Thenkhatin mitliam an nei thei a, 1% aia tlemin Jaundice nasa, nunna atana hlauhawm an vei thei.
- 3) Chronic carrier: Hepatitis B - Nausen laia kai 90%, puitlin hnu a kai 10%-in an benvawn a, a bak zawng chu an dam leh a, a hrik pawh a bo leh. Thisena hmuh tan tirh atmanga thla 6 hnu pawha thisena a hrik a la awm chauh in Benvawn a ni.

Hepatitis C - A vei zawng zawng 80%-in an benvawn a, a bak zawng chu an dam leh.

#### **A inven dan :**

- 1) Fimkhur: Drugs leh sex hmansualna laka fihlim a, inchiuna/tatoo/beng-verhna thianghlim chauh hman.
- 2) Vaccine: Hepatitis B Vaccine tha tak tak a awm tawh a, a hlauhawm loh. Nausen pianghlim zawng zawng leh nau-pang, a thei apiangin la thei se.

Puitlingah chuan kan zavaia lak a ngai lo va, a kai hlauhawm bik - Damdawi in hnathawk, drugs leh sex hmansual ching, hepatitis B vei chhungkuaa chenpui leh thisen dawng fo thinte chuan la ngei se a tha.

Hepatitis C erawh hi chu Vaccine a la awm rih lo.

**Heng atangte hian Hepatitis B leh C a kai theih loh :**

- a) Khuh leh hahchhiau.
- b) In fawh, inchibai leh inkuah.
- c) Ei leh inna hmanraw inhman tawm.
- d) Ei leh in atangin.
- e) Nu hnute tui atangin.
- f) Ruang kil leh boruak atangin.

Hepatitis B leh C i lo vei path hlauh a nih chuan -

- a) Hepatitis B veite tan - sex i hmanpuiten Hepatitis B vaccine an lak a ngai a, a nih loh chuan condom i hmang ngei tur a ni.

b) Hepatitis B vei chhungkuaa chenpuiho zawng zawngin Hepatitis B vaccine lak a ngai.

c) Thisen kai theihna - toohbrush, hmul mehna, tatoo-na, bengverhna leh nail-cutter tumah tawmpui suh.

d) Pem leh pan i neihin tha takin tuam la, i thisen chhuak miin an kai loh nan fimkhur ang che.

e) Drugs ti thin i nih chuan sim vat rawh.

f) I thin (liver) kha i duat hle a ngai. Zu (alcohol) in lo la.

**Mawitea huang!!**

Mawitean a tia lawm, 'Ram buai laia Mizo sipaia kan \an laia kan hotupa sipai bang khan 'India sipai nena kan inkah reng rengin vei lamah thlek zeuh zeuh thin tur' a ti chamchi thin a, a chhan kan han zawh nak chuan, ti hian zuk sawi a.. "Pakistan sipai nena kan inkah tumin ka thianpa hi a mitko dinglamah hian an rawn kap fuh a, vei lamah chuan lo thle zeuh se chuan an kap thelh mai tur hi a lo ni a, churang chuan nangni pawh veilama thlek zeuh kha in nunna chhanhimna a ni tih hriat reng tur" zuk ti a!!

### Thuhmahruai:

World Health Organization (WHO) chuan second 6 dan zelah vaihlo hman avangin thi an awm zel niin a sawi. Zir chianna a\anga a lan dan chuan tleirawl lai a\anga mei zu \hin chu a zu ve ngai lo te aiin kum 20-25 vel laiin an thi hma zawk thin an ti hial a ni. India ramah hian vaihlo hman avang hian ni tin mi 2200-3000 velin nunna an ch^n \hin a, kum khatah phei chuan mi nuai 8 vel lai an tling hial \hin a ni. Hei mai bakah hian khawvel pumah pawh mi nuai 49 laiin an thih phah \hin a, hetiang renga kan kal a nih chuan kum 2020-ah chuan mi maktaduai 1 vel laiin an thih phah hial rin a ni.

**Vaihlo hman vanga natna thleng thei te:** Vaihlo hman avang hian taksa, rilru leh khawsaknaah harsatna chi hrang hrang a thlen thei a, a hlauhawm hle a ni. Taksa a vaihlo hmanin harsatna chi hrang hrang a thlen theih tlangpui te chu:

- 1) Cancer chi hrang hrang-ka chung, chaw dawl, hrawk bawr, pumpui, chuap, chhul hmawr te hi a thlen nasat zual an ni.
- 2) Lung lam natna, lungphu chawla thih thutna (Heart attack)
- 3) Pangkhing zeng thut (Stroke)

- 4) Thisen sang
- 5) Tuberculosis (TB)
- 6) Zunthlum
- 7) Chuap natna chi hrang hrang.

Heng kan sawi bakah pawh hian natna chi hrang hrang a thlen thei a ni tih kan hriat a pawimawh hle awm e. Vaihlo hmang \hin chu an hmela \ha tak tak thei lo va, vun te a chuar hma in a thu duh em em bawk a ni. Mipa tan bik phei chuan pa theihlohna hial a thlen thei a ni. Hmeichhe tan pawh a hlauhawm em em a naupai an harsat phah a, a then te phei chuan an pai theihloh

phah thin a ni. Hei bakah hian miin a naupai laia vaihlo eng chi pawh hman a chin chuan ama tan mai ni lo a naupai tan pawh dinhmun hlauhawm takah a dintir phah theia a hlauhawm em em a ni. Miin nau a pai laia vaihlo a hman chuan a naupai tan a hlauhawm hle a - nau a hun hma a hrin te, naupiang zang lutuk te, nausen laia thih thutna te a thlen thei a ni. Nu in a naupai laia vaihlo a hman chuan chuan a naupai lai tan a hlauhawm mai bakah naute chu a lo pian chhuah a\angin a hrisel lova a lo \hanlen hnuah pawh vaihlo hmang miah lo mahse a nu in a pai lai a vaihlo a hman thin avang khan cancer leh natna dang an vei theih phah thin a a hlauhawm em em a ni.

**Second Hand Smoke:** Meizu lo ten mi dang meizuk khu an lo hipluh ve hi Second Hand Smoke an ti a, a hlauhawm em em tho a ni. Miin mei a zuk khan a meizuk khu hmun thuma \hena hmun khat chauh kha a hip lut \hin a, a bak zang chu boruakah a leng darh ta a, a bul vela awmtan an lo hip lut ve ta thin a hei vang hian ama

tan mai bakah a bul vel a awmte tan harsatna a thlen phah nasa hle thin a ni.

Miin mei a zuk hian ama tan mai bakah a bul vel a awm te, a chenpui ten natna chi hrang hrang an vei thei thin a chungte chu lo tarlang leh ila:

1) Naupangah : Mi mei zuk khu hip fo thin nausen leh naupangte chu nausen laia thih thut (sudden infant death syndrome), hritlang awm na benvawn, pneumonia, bronchitis, beng kherh leh lawng bakah asthma te an vei duh bik. America-a zirchianna atanga an hmuh danin naupang rilru ngaihtuahna leh thluak hnathawh (mental development) a khawih buai nasa a ni.

2) Puitlingah: Puitling mei zu ngai lo, mi mei zuk khu hip fo \hin zingah lung leh thisen zam natna chi hrang hrang leh chuap cancer te a thlen thei.

3) Nau pai laiah: Naute thla kim loa hrin te, nau zang leh te bik (low birth weight) hrin te, naute hrisel lohna leh bawrhsawmna a thlen te hi a ni.



**Gutkha:** Vaihlo hi Mizote tan chuan thil thar a ni lo tih chu kan hre vek awm e. Amah-erawhchu vaihlo kan han tih hian meizial hi kan kawh tir ber thin a, a e ichi/hmuam chi te pawh a huam tel vek tih hi kan hriat a pawimawh hle awm e. Chung zingah chuan hmanlaia kan hriat \han vak loh tunlai kan naupangte leh \halaite tibuai em em tu pakhat chu gutkha kan tih hi a ni. Gutkha hi chi hrang hrang a awm a Mizorama kan hmuh theih langsar zual te chu Tiranga, Pan parag, Tulsi, shikhar, leh bahar te a ni a. Gutkha hi thil chi hrang hrang kuhva rah, vaihlo, chinai, thil thlum, a rim tih tuinan leh mi hip thei tura rawng an siam leh chemical chi hrang hrang inchawhpawlh a\anga siam a ni tlangpui a ni. Naupang zawkte pawhin an lei theih nan aman tlawm zawka an siam a ni a ,cheng khat atanga cheng ruk, cheng sawm man thleng in a awm a ni. Gutkha chi hrang hrang tam tak awm zingah Zoroma kan buaipui ber chu TIRANGA hi a ni a, Tiranga bakah hian

gutkha chi hrang hrang kan han sawi tak te kha an hlauhawm em em vek tho va, vaihlo a tel vek avangin taksa tan a \hatloh dan a inang vek tih erawh chu kan hriat tel a tul hle a ni.

Gutkha kan tih hi vaihlo nen in ang renga ngaih a ni a, vaihlo (tobacco) hi tam tak telh a ni thin. Vaihlo t<r (nicotine) a vang hian a ngaih (Addict) theih a, tin, cancer thlen thei tu a awm tel bawk avangin cancer chi hrang hrang a thlen thei a pumpui cancer, pumpui lawng, chaw dawt cancer, heart attack, kachhung p^ndam thei lo enkawl that a nih loh phei chuan cancer-ah a chang thei, sub mucous fibrosis (ka bawr velah p^n ang deuhin a awm a, a an that theih , a rei hnu chuan cancer ah a chang thei) te pawh a thlen thei a ni. Uttar Pradesh ah phei chuan kum tam tak an lo buaipui tawh a, naupang zingah gutkha hi a hluar hle a, heng gutkha ei \hin zaa sawm paruk (16%) lai hian ka chhunga a var cancer hmahruai kan tih ang hi an vei tawh a ni. Mizoramah ngei pawh tiranga

ei nasat avanga ka chung cancer case hi kan nei tawh bawk. Gutkha hmuam/ei nasaah chuan mut hun mumal loh te, ngaihtuah bing na (concentration) te nasa takin an hloh thin a ni. Tin, ka chung leh ha hni te a tidum in a ti bal a, a tenawm duh hle bawk a ni. Tin, gutkha (tiranga)-ah hian Magnesium carbonate a awm a chu chuan kal lam \ha lo te, tha na te leh thluak lamah te hna a thawh theih avangin ahlahawm em em a ni.

Gutkha hi a siam chhuak tu te hian naupang zawk te hip nan an siam thiam hle a, a \henah phei chuan vaihlo a tel tih hi an tilang lo va, ka rim tih tuina a nih thu te an tarlang

zawk \hin a, hei hian naupang tam tak te a hip in an ei chak phah nasa em em a ni. Amaherawhchu a nihna takah chuan a hlahawm em em a, a ngaih theih a, naupang tan phei chuan thisen cancer vei mai pawh a hlahawm em em a ni. Hetiang taka hlahawm a nih avang hian nu leh pate an pawimawh hle bawk a, kan fate hetiang ei ching an lo awm a nih chuan an khawsa ziaah te chik ila, an thisen dawldang leh dawldang lohah te chik ila, thin thip, pumpui l^wng, irh thur, tha na, kal tha lo leh chauh nghulh te an neih chuan heng Gutkha kaih hnawihah an fihlim loh vang pawh a ni thei a, churang chuan ti lo tura kan fuih thar pawh a pawimawh hle bawk a ni.

### **Mawitea huang!**

- ◆ Boxing ah khan National level-ah Gold a la a, an khua khan an han ngaisang mai mai khawpa, zaipawl intihsiak a endik tu ah te an ruat vel...
- ◆ Restaurant-ah eitur a order a, "Hlawh lak hunah kan inpe mai dawn nia..." a ti a, restaurant nghaktu chuan, "Engtikah nge hlawh in lak dawn dawn?" a lo ti a.

Chupa chuan, "Hei, interview turin ka kal dawn chiah a..."

### C. Lalthanchhunga BEE

Pathian thilsiam tinreng hi han chik neuh neuh ila, Pathian ropuizia a lang chiang telh telh thin. Pathian thilsiam zinga ropui ber mihring taksa bung hrang hrangte tak hian asin Pathian ropuizia chu tarlang ni! Hei hi a hrechiang bertu chu doctor-te hi an ni awm e. A chhan chu, mihring taksa bung hrang hrang zinga pakhat lek pawh hrechiang tura zir nasat a ngaih thinzia atangin a lang chiang hle awm e.

Awle, Pathianin mihring taksa a siam dan ropuizia chu lo dah tha ta ila, mumang chena min han thuan leh zelte hi chu a ropui zual a ni. Mumang hi thil mak tawp chu a tling ve hial awm e. Hmanlai Pharoa hun lai daih tawh atanga an lo buaipui tawh thin a niin, Pathian pawhin a mite hnena a thuchah sawi nante hial alo hmang thin a, a hrilhfiagna lah chu thlarau lam atanga finna a pekte tan chauh lo chuan hriatthiam theih rual a ni bawk si lo. Chuvangin, mumang hi thil mak chungchuang mihringte hriatthiam phak rual loh a ni.

Hmanlai atang tawh khan mumang hi mi tam takin an lo buaipui em em tawh thin a, a hrilhfiagna bute hial an lo siam ve thin. Mahse, mihring finna hian

a chhui chhuak thei mawlh lo zawng a nih hi! A nih leh mumang chu eng nge a nih teh reng? Mi tam takin a awmzia an hrilhfiagn thin a, chung zinga pakhat chu i lo tarlang teh ang, i pawm zawng a ni ve emaw.....!

Kan taksa hi khawl ropui tak tak inzawmkhawm a ni a, tha taka hna an thawh theih nan hahchawlhna hun an mamawh ve thin a. Chuvangin mut hahchawlh kan mamawh thin a ni. Hetia kan taksa khawl a hahchawlh thuap lai hi chuhin kan thlarau hi dimtein kan taksa atang hian a thlawk chhuak ve thin a, mahse hetia a thlawh chhuah pawh hian kan taksa nen (Lehkhachaih kan chaih a, lazai nena kan inthlunzawm ang hian) ala inthlunzawm reng a. Tin, kan

thlarau hi a harhvangin a \i em em mai bawk a, chutia kan taksa a hahchawlh laia thawm eng emaw hlekin taksa a han tih harh veleh hian a rang a rangin kan thlarau chu kan taksaah a rawn lut leh vat thin a ni.

Awle, chutia kan taksa a hahchawlh laia kan thlarau leng chhuak ta chu a duh duhna hmunah zalen takin a leng kual ve thin a, thlarau ngang a nih avangin thlarau khawvelahte pawh a leng kual ve ni ngei tur a ni, a chhan chu, mihringte hriatthiam phak rual loha mak mumang kan neih fo atang hian a rin theih a ni. Tin, taksa rilru leh thlaraute hi hmunkhata khawsa an nih miau avangin an thil tawrh leh vei zawngte hian mumang a tidanglam thei thin niin an sawi bawk.

Tichuan, kan muthilh laia kan thlarau lenkualna kha 'Mumang' kan tih chu a lo ni ta a. Chuvang chu alawm, hmun thenkhat tunhma lama kan la kal/ hmuh ngai miah lohna a kan kal changa, tunhmaa chulai hmun kal tawh leh hmu tawh ang tlata kan inhriat thinna te, a nih loh leh hetiang chiah hian hmanah kan awm tawh tlata ka hria kan tih

fo thin te hi kan thlarauin alo fan/ awm tawhna (mumang) vang a lo ni. Amaherawhchu, hriatthiam theih loh khawpa mak pui pui tam tak chu a awm a, chung erawh chu thlarau lam thil a nih miau avangin damlai tan chuan hriatthiam phak rual a ni ve lo a ni. Amaherawhchu, kan thlarau zalen taka a lenkual theihna tur chuan thawm ri bengchheng awm miah lohna hmunte a mamawh a, chutilo chuan, thawm riin min tihharh veleh khan kan thlarau leng tui lai kha rang takin kan taksa-ah a kir leh thin a ni.

Kan hriateng tur chu, taksa, rilru, thlaraute hi hmunkhata cheng an nih miau avangin kan taksa leh rilru tawrhna/hrehawmnate hian kan thlarau pawh a ti chau/tina ve thin a, chu chuan zalen takin a lenkual tir thei loh avangin 'mumang' kan tih chen hian a nghawng ta thin niin a lang.

Engpawh ni se, mumang kan tih hi chu he leihringnuna kan chamchung hi chuan hriatthiam phak rual ani dawn lo, Pathian ropuizia erawh hriat phah nan i hmang ang u.

Eng nge i ngaihve dan le?

## HIV LAKAH INCHHUNGKUA IN HIM VE EM?

MSACS Status thar ber 1990 atanga 2019 chhunga Mizoram dinhmun hi lo bih chiang ve teh.

**MIZORAM STATUS OF HIV/AIDS Since Oct 1990 upto March 2019**

### No. of found HIV Positive at ICTC

	General client (since 1990)	ANC (since 2005)	Total
HIV Positive	17897	1734	19631

### Care Support & Treatment (Since 2006)

	M	F	Children	Total
Pre-ART Reg.	8440	5809	495	14744
Started ART	6728	4780	436	11944
On ART alive	4726	3498	344	8568
PHLIV Death	924	518	32	1474

### Route of Transmission of Positive Case (General Clients)

	M	F	Total	%
Hetrosexual	6827	5000	11827	66.08%
Homosexual/Bisexual	185	0	185	1.03%
Infected	4372	668	5040	28.16%
Parent to child	257	272	529	2.96%
Not specified	187	129	316	1.77%
<b>TOTAL</b>	<b>11828</b>	<b>6069</b>	<b>17897</b>	<b>100.00%</b>

### AGE SEX PROPORTION OF HIV POSITIVE CASES

(General clients)

AGE GROUP	M	F	Total	%
Less than 14	275	293	568	3.17%
15-24	2686	1435	4121	23.03%
25-34	5314	2271	7585	42.38%
35-49	2971	1765	4736	26.46%
50+	582	305	887	4.96%
<b>TOTAL</b>	<b>11828</b>	<b>6069</b>	<b>17897</b>	<b>100.00%</b>

**Yearwise Status of Tested & Found HIV +ve General Clients  
(Excluding ANC)**

**Yearwise Status of Tested & Found HIV +ve ANC  
(Pregnant woman)**

	Tested	HIV+ve	%		Tested	HIV+ve	%
2004-05	7442	280	6.36%	2004-05	22	1	4.55%
2005-06	6396	369	5.77%	2005-06	1374	9	0.66%
2006-07	8571	412	4.81%	2006-07	495	4	0.90%
2007-08	4987	233	4.67%	2007-08	860	104	12.0%
2008-09	20741	737	3.55%	2008-09	15284	120	0.79%
2009-10	30813	1088	3.53%	2009-10	17738	149	0.84%
2010-11	37646	1165	3.09%	2010-11	21248	138	0.65%
2011-12	48220	1280	2.65%	2011-12	24369	152	0.62%
2012-13	37715	1022	2.71%	2012-13	20880	127	0.61%
2013-14	4645	1045	22.5%	2013-14	20941	136	0.65%
2014-15	39823	1159	2.91%	2014-15	23570	121	0.51%
2015-16	42689	1325	3.10%	2015-16	24882	130	0.52%
2016-17	46009	1898	4.13%	2016-17	21548	150	0.70%
2017-18	48130	2093	4.35%	2017-18	19910	143	0.72%
2018-19	44649	2557	5.73%	2018-19	20972	208	0.99%
<b>Total</b>	<b>467276</b>	<b>16663</b>	<b>3.57%</b>	<b>Total</b>	<b>246323</b>	<b>1732</b>	<b>0.70%</b>

### Mawitea huang

“ | hiannu, i hmel\hat \hat nen, he mihausa putar thi \ep tawh hi engtin nge i duh zawk a!!?”

“ Pawisa i dawn dawnin engtik kum a siam nge a nih? Chumi kum lo chu ka duh lo i ti ngai em ni?”

□ June ni 3, 2019 kha khawvel puma Ke Lek (Club Foot) te puala ni bik. World Club Foot Day a nih angin hemi ni puala inkhawm hi tlai lam dar 4:00 khan Aijal Club-ah neih a ni.

He hun hi Rev Dr. V. Kapenga'n kaihruiin Captain Charles Chalrimawian hunserh a hmang a. Pi Zohmingthangi Sailo, Chairman Cure Clubfoot Mizoram chuan Cure Club foot kalphung leh Mizorama bu\an a nih dan te sawiin hun a hmang a. Hemi hnu hian Dr. Lalngakliana, Orthopedic Surgeon, Civil Hospital-in Kelek awmzia leh enkawl dan powerpoint presentation hmangin a pe bawk. Dr. TC Hmingthangi, State Programme Officer (RBSK) pawhin thusawina hun hmangin RBSK leh Cure Club Foot ten thawhona tha tak an nei chu lawmawm a tih thu a sawi.

□ Date 6.6.2019 hian Directorate of Health Services, Dinthar Aizawl-ah ni hnih awh tur Kayakalp External Assessors cum Swaach Bharat Abhyaan Master Training chu tan niin Dr. Eric Zomawia, Mission Director, NHM-in a hmanpui. He training hi Dr. Lalchhuanawma, State

Nodal Officer, Quality Assurance in kaihruiin Kayakalp chungchang a sawi fiah a. Hemi hnu hian Dr. Eric Zomawia, Mission Director, National Health Mission, Mizoram chuan Welcome address a sawi a. Dr. Eric Zomawia chuan Damdawi in faina zirho tura kalkhawm an nih anga hun duhawm hmang tlang tur te, damdawiin faina leh thianghlimna hian kan damlo enkawlte damna kawngah nasa takin kori a tu a ni tiin hemi kawnga nasa lehzuala tan lak a ngaih thu a sawi.

□ 7<sup>th</sup>, June 2019 hi khawvel puma ei tur vawn thianghlim leh ei in hriselna inzirtirna ni World Safety Day a nih angin hemi puala thutiam sawi rualna Directorate of Health Services Office, Dinthar, Aizawl-ah neih a ni a. He hunah hian staff kalkhawm ten faina kawnga thutiam sawi rualin hun an hmang a. Hemi hnu chhhun dar 12:30 hian Principal Director, Health & Family Welfare Office Chamber-ah World Food safety pualin hun hmanho leh a ni bawk.

□ 17<sup>th</sup>, June 2019 chawhma dar 10:30 khan Directorate of Health Services Conference

Hall-ah tun hnaia doctor lak thar mi 31-te tan Induction Training buatsaih a ni.

He Induction Training hi Dr. Lalchungnunga, Director, DHS in kaihruiiin kalkhawmte lawmna thu a sawi a. Hemi hnu hian Dr. F. Lallianhlira, Principal Director, H&FW chuan training hawna thu sawi leh in doctor lak tharte lawmpuina leh fuihna thu a sawi a. Dr. F. Lallianhlira, Principal Director chuan doctor kalkhawmte chu an awmna hmun theuhvah nelawm leh zahawm taka awm a, khawtlang hruaitute leh mipuite nena relation tha tak an neih theihna tura hma la nghal turin a chah a. Tin, mahni bial chhung visit ngai pawimawh tur leh Sub Centre thawktute nen inpawhna tha zawk siam turin a chah bawk a ni.

▣ 20<sup>th</sup>, June 2019 chawhnu dar 1:00 khan Directorate of Health Services Conference Hall-ah Doctor lak thar mi 31 leh Specialist 5-te tana buatsaih, ni li chhung awh Induction Training kharna hun hman a ni a, he hun hi Pu H. Lalengmawia, IAS, Secretary, H&FW chuan Khuallian niin hun a hmanpui.

He Induction Training kharna inkhawm hi hi Dr. H. Lal-

chungnunga, Director of Health Services-in a kaihrui a. Secretary, Health and Family Welfare chuan fuihna thu tha tak tak sawiin doctor-te chu thuhnuai-rawlh leh inngaitlawm taka mite dawr thin tur leh, rinawm taka mahni hnaa inpumpek turin a chah a. Doctor hna tizahawmtu ni tur leh englai pawha damlo harsatna tawh ten an pana an koh ngam, mamawhtute tana che chhuak thei reng turin a fuih a ni.

▣ National Tobacco Control Programme Mizoram, Indian Society on Tobacco and Health Mizoram, Mizoram College of Nursing, Zoram Medical College leh Indian Dental Association (Mizoram State Branch) tangkawpte buatsaihin 31<sup>st</sup> May 2019 khan World No Tobacco Day chu Mizoram College of Nursing Auditorium, Falkawnah hman a ni.

#### **TAWRHPUINA**

Pu C. Lalmuankima, MEMO, DHS (MEM Section) chu ni 27.6.2019 khan cancer natna vangin a boral a, a tuk ni 28.6.2019 khan an chenna Ramhlun 'N' ah vui a ni. Health Department-a a thawhpui ten kan uiin a kalsan tak a nupui fanau te kan tawrhpu takzet a ni. ■