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A chhunga thu awmte

1. Editorial	2
2. Zu chhe in leh a damdawiah zu	3
3. Pumpui Cancer (Stomach cancer/Gastric cancer) leh Mizoram 6	
4. Rai laia taksa insawizawi a ṭha em?	9
5. Hriselna vawng ṭhat nan– Aieng ei rawh	11
6. Chhul leh naute	15
7. I rit lutuk a ni lo maw?.....	18
8. Thisen pek hi a hlauhawm lo	20
9. I taksa leh natna hrik chungchang	22
10. Kan taksa mamawh (Vitamins)	24
11. AIDS hmuhchhuah dan leh a lan dan	27
12. Lungna (Coronary Heart Disease).....	31
13. Chaw paiṭawihna khawl	33
14. Kawṭhalo	37
15. Facial	40
16. Mizoram State Cancer Institute	41
17. Mei zukin taksa peng hrang hrang a tihchhiat dan	42
18. Kang enkawl dan	46
19. Keimahni	47

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Editorial

Sap thufing chuan 'Prevention is better than cure' a ti a. Mipuited hian a hun takah lo inveng ila chuan tuna kan buaina tak tak, natna kan tuar leh sum kan hloh phahna tam tak hi chu kan pumpelh ngei ang. Se bo hnuase kawngkhar leh hnuhnawh ai chuan a huang chhunga a awm lai, a bo hma ngei hian a kawng hi khar vat ila a finthlak zawk fe ngei ang.

Hriselna leh thianghlimna hi thil inkawp thlat a ni a. Kut bal tak chunga thil eiin natna a thlen theih thua hian kan chian tawh viau laiin hna thawh leh ram chhuahnaah ngaihthah lui tlat ching kan la tam ang reng hle. Ram lei a tenawm lo tih ngaihdan kan la nei tlat angte hi sim a hun tawh hle a ni. Tin, changkang tawh viau e ti lo chuan ek in, tho leh rannung dangte'n an bawm theih leh rim na fe fe a inthiar \hin kan la bo lo te, ek zawha tuia mawng sil nachang hre lo pawh kan la tam, chumai a ni hleinem, ek zawha kut sahbawna silfai nachang hre lo kan la kat nuk a ni. Natna tam tak hi mahni invawn thianghlim loh avanga awm a ni a, hemi kawngah hian nasa taka \an lak a ngai a ni.

Sawi tak zelah chuan khawlaia inpenparh ve hle si, mutbu bal tak hnuasia zan lama inthawlh leh ta mai te, College hial rap tawh si, mawza uih lutuk bun ching tlat te, Ram thei leh Bazara thil zawrh silfai lem loa ei ta mai mai pawh kan la kat nuk mai. Heng kan sawi bak tam tak, mahni invawnfaina kawng hrang hrangahte hian \an kan lak loh chuan natna tam tak kan pumpelh theih rengte pawh kan la tuar zel dawn niin a lang. Vantlang hrisel nana pawimawh ber chu mipuited hi kan ni.

.....

ZU CHHE IN LEH A DAMDAWIAH ZU

- Lalsawma
Deputy Drug Controller, DHS

Kan Zoram zimte, a chhunga chengte pawh tlemte zingah hian zu chhe in vanga thi sawi tur kan awm ta zeuh zeuh va, sawi nuam ber leh sawi chakawm tak ni mah suh se, mi thil chik mi leh mi vanduaite tan a \angkai takin tih leh kan Doctor ten zu chhe in an enkawl dan ringhlel lek leka ngaihdan lo nei thinte ngaihthatna pawh a ni thei ang chu maw? tiin, 'Zu chhe in leh a damdawiah Zu' tih hi kan rawn puak chhuahpui ve ang e.

Zu chu eng nge a nih chiah : Zu hi Organic Compound chi khat,

'Alliphatic Alcohols,' an tih chhungkaw zinga mi an ni a. A Compound len dan azirin hming indawt thliai pek an ni a, chumi zinga compound te ber leh a dawttu te chu zu chhia kan tih leh a zu lai bera te chu an ni. Zu chhia kan tih hi Methyl Alcohol an ti a, zu ni ta bera hi Ethyl Alcohol an ti leh a ni.

A nihna dik takah chuan zu chhia leh tha hi a awm tak tak lo va, a hmanna tur dik taka hman chuan tangkai leh tha tak an ni. Damdawi siam nan te, Antiseptic-ah te, hnim leh thlai atanga damdawi lakchhuah nante compound tangkai tak an ni a, a hmanlohna tura kan hman hian kan

chhiatpuiin kan thihpui mai chauh a ni.

Engtiangin nge Zu chhia chuan taksa a khawih: Miin Zu chhia a lo in chuan, a hmasa berah pumpui a thleng a, pumpuia hian kan taksain a lo pai sa enzyme chikhat Dehydrogenase Enzyme an tih chu a lo awm a, he Dehydrogenase Enzyme hian kha zu kha a lo man nghal chat a, chutichuan Chemical Reaction lo awmin kha zu chhia kha compound chi hnih Formaldehyde leh Formic Acid-ah a lo phel darh ta a. Heng compound chi hnihte hi a Molecule a tet tawh em avangin kan pumpui atang hian thisen zamah leh timurah hipluh theih a lo ni ta a, heta tang chiah hian zu chhe hna-

thawh chu a lo intan ta a ni.

Formaldehyde hian kan thisen zam a luh atang hian mit lam a pan ta char char a, mit a thlen ve leh mit naute khawih nghalin, khawhmuh a tifah lo va, hun a lo rei a, mit thleng a tam tawlh tawlh, a tawpah mitdelna thlentu chu Formaldehyde hi a ni.

Formic Acid pawh hi a hming atang reng hian a thur hmel bawk a, thisen zam a luh hma hauh atang pawhin thawm lian tak a nei nghal a, pumpui bang a kang pilh a, pumna em em a thleng nghal a, Formic Acid avanga mihringa natna lo thleng hi a medical term chuan, 'Acidosis' an ti. Thur tam lutuk vanga natna lo thleng a ni a, pumna lutuk tawrh harsa khawp a thlen a, thisen a ti thur a, hei hian kan taksa bung hrang hrangte mamawh Oxygen thisenin a sem darh thinte kha a luahlan avangin timur ten Oxygen an kham khawp lo va, taksa hnathawh zawng zawng a chawkbuai a, a tawpah chuan thihna a thlen ta thin a ni.

Zu chu engtin nge dam-

dawi a nih theih : A hma lama kan sawi tak ang khan zu chhia leh zu tha chu chhulkhat kual inchhang-bung chiah a ni kan ti a, Carbon Chain pakhat chiahin an Molecule te hi an in len hleih a, in ang tak pumraw in len hleih chauh an ni.

Kan pumpuia lo awm, Dehydrogenase Enzyme kan tih khan a lo hmelhriat ve ve a, mahse he Enzyme hi a 'phakar' kan ti dawn nge a 'tunlaimi' kan ti dawn, 'a lian lian hmeltha' a ti teh chek a ni ang chu, zu chi hnih, duh zawk thlan tura 'bel chhunga sa hminsa' a lo awm takah chuan a molecule lian zawk, Ethyl Alcohol kan tih zawk, a zu lai ber a kha a thlang ta chat chat mai a, Methyl Alcohol kha a thleng hmasa zawk mah ni se sirah hnawlin an 'kut chilo hawi' ta vak vak mai a ni. Chutia Methyl Alcohol chu enzyme hian a tihkeh tak lovah chuan kan taksa tan a hlauhawm Formaldehyde leh Formic Acid insiam zel kha a tawp ta a. Hun a lo kal a, darkar hnih khat hnuah chuan kha Methyl Alcohol kha a ngai ngaiin pumpui a\angin ril lamah a tawlh liam ta a,

pawikhawih nei lovin zun leh ek-ah kan lo paih chhuak leh ta a ni.

Heta tanga chiang taka kan hmuh chu zu hian dam-dawi angina a thihna tur, zu chhia atanga lo insiak chhuak kha a khawih danglam lo va, tur insiam belh tur kha a veng ta mai chauh a ni. Chuvang chuan kan taksa a tur awm, Formaldehyde leh Formic Acid-te kha kan taksaah a la awm reng a, chuvang chuan paih chhuah fai a ngai a, chumi ti tur chuan Medical thiam thil a ngai tawh. Hospital lian pan pui ngei tur a ni. Hospital-ah hian Dialysis hmangin heng thihna tur hi a rang thei ang bera paih fai a

ngai a. Chutianga tih hman a nih chuan nunna hlu tak hi a chhan theih.

A tawp berah chuan heng thil zawng zawng thleng lo tur chuan Zu in loh mai hi a him.

Mawitea huang

- @ A han daw thiam lo laileng khawpa, "Vawiin ka ramvak chu, mupui lian em em mai, hmeithai in tiat vel zet tur hi ka hmu a, hmunphiah kungah hian alo fu lurh lurh mai a!" zuk ti a..
- @ "Mama, pawnah sawn va chhuak la, khua a dur leh dur loh va en teh," a ti a,...a fapa chu ava chhuak a, "Ka pa, chhum a zing nasa lutuk a, engmah ka hmu thei lo," zuk ti roh va ...

nan Refrigerator an uar tak vang a ni.

- o Mizoramah ICMR ten en Research 2001-2004 khan nei a, Pumpui cancer vei mi 329 leh vei lo (Control) mi 658 kan zir a, chuta kan hmuh danin heng thil a hnuai a mite hi ei/ zuk/Pumpui cancer a let 2.5 atanga a let 3.5-in a tihluar – Sa-um, Sa Rep, Sangha Rep, Meizuk, Tubur, Sahdah.

A LAN CHHUAH DAN (Symptoms):

- o Luak chhuak, pum na, thin thip, kaw puar, cher telh telh, dawl dang (Hb tlem), thi-a luak ek dum.
- o Natna dang a an theih em avangin inngaihthah a awl a, Pumpui cancer vei 80% lai chu an natna hmuhchhuah a nihin Stage III/IV a lo ni hman tawh a, tihdam a buaithlak tawh thin.

A HMUHCHHUAH DAN (Diagnosis):

- o Endoscopy (Khawl hman-ga pumpui en)
- o Barium meal X-Ray
- o Heta a landan a zirin Bi-

opsy tih \hin a ni.

- o Insawisel hmaa inentir \hin a \ha.
- o Khing a chunga a lan chhuah dank an sawi khi kan neih pheih chuan a rang thei anga Endoscope tih a tha.
- o A bikin Mizo mipa kum 40 chunglamin a chhan hriat loh a Hb hniam (dawl-dang/Anaemia) a neih chuan Pumpui entir ngei ngei tur.
- o Japan leh Korea ramah Screening an ti a, insawisel kher lo pawh kum tin Barium Meal X-Ray emaw Endoscopy-in emaw kum 40 chunglam chu an inentir thin a, Pumpui cancer a lo awm pawhin a tir deuh (Early Gastric cancer/Stage I/II) tihdam a la awlsam laiin an hmuchhuak hma thei thin. Hei hi a man/senso erawh a to deuh.

A ENKAWLNA:

- o A tlangpuiin zai (Surgery), Chemotherapy (Dam-dawia enkawl) an hmanga, hengte hi Mizoramah a tih theih vek.

A INVENNA:

- o Kan ei leh inah fimkhur ila-
 - o Thil rep, al, UM ei tlem
 - o Thlai hring (Fresh Vegetables) leh Thei (Fresh fruits) ei tam/ei zin. Thei hi nikhatah vawi 4-5 (helpings) ei a tul. Sa/ Chawhmeh dahthat nan Rep leh Chi aiin Refrigerator uar ila.
 - o Meizuk loh. Tuibur leh sahdah hmuam loh.
 - o Endoscopy hmangin emaw, thisen a\angin emaw H.Pylori natna hrik
- kan pail eh pail oh entir a, kan lo pai chuan Damdawi hmangin tih reh theih a ni a, hei hian pumpui cancer eng emaw zat chu a veng tura ngaih a ni.
- o Kum 40 chin chunglam tan kum 2/3 dan tala Endoscopy hmanga pumpui entir thin.

Mawitea huang

- @ Pa inti rem hre deuh mai hi a ni roh va, \umkhat chu, mibo chungchang hi anrawn puang a... "Amah chu feet nga leh inchis ruk vela sang a ni a..." anrawn ti a. A bu nghut nghut a, measuring tape leh chawfun chu a iptepuiaha khung a, mibo zawng tur chuan zuk chhuak ve roh va!!
- @ Sa hi an han hmeh khat ve mai mai khawp a, Krismas bak chu miin Pathian an chawimawi chang chiahin sa hmel zuk hmu ve a!!!

RAI LAIA TAKSA INSAWIZAWI A THA EM?

-Robert Zoliana

HMEICHHE rai reng reng te hian mahni leh mahni zawhna in-siamin, 'ka naupai \ha taka ka neih theih nan eng nge tih a, tih loh tur?' an ti chawk thin.

Rai lai hian a paitu nuin, taksa hrisel \ha tak a neihin, a naupai chu a hrisel tha duh a ni tih chu tlang hriat a ni a. Hei mai bakah hian, naupai tu nu chu kawng phawt tur a ni a. Exer pangngai engkimah a hrisel a, a fit \hat lo deuh emaw, uchuak deuh chuan naute tan mai ni lo, nau emaw ang chi chu exercise neih pawh a awlsam duh bik a lak tan kar 12 chung chuan ni. Chuvang chuan, nu naupai tih miah loh tur a ni a. Tin, kar bakah, taksa hrisel an neih khatah vawithum exer lak hi rai theih nan, a tam thei ang ber lai tan chuan a tawk hle a ni. exercise an lak a tha em em a ni tih hriat tur a ni.

Rai laia exercise lak hian thatna tam tak a nei a. Exercise lak hian energy level a ti tam a, pawn lam landan a tih that mai bakah, rilru a ti tha tho thei a. Rilru hah leh nuam lo te a chhawk thei. Taksa leh rilru a hrisel chuan nau neih hnuah pawh a awlsam lehzual bik.

Taksa hriselna hi exer lak that leh lak that lohah thui tak a innghat a. Chuvang chuan, exer \ha taka la chu mut pawh an mu tha bik bawka ni.

Rai lai reng rengte chuan, pangngai taka exer an lak hmian doctor anrawn hmasa

Tin, exer lak pawhin, rai lai tana hriat ngei ngei tur chu, ruh chuktuah bawr vel khawih lo ber a exer hi lak tur a ni a. Hah kutuk a lak bawka loh tur a ni. Lungphu hi a tam berah minute khatah vawi 130 phu (heart beat) thei se, hei aia tam chu hriselna atan a pawhi thei tih hriat a tha.

Tin, chhuata zangthal zawnga mut ngai ang chi exer te hi tih miah loh a thaw zawka. A chhan chu, chhul innghak chhungah, thisen an luan luh theih vang a ni. Exer lak lai leh lak zawh hnuah, a tam thei ang ber tui in thin bawka tur a ni a. Taksa herhkual leh ing euh ngai ang chi te chu pumpelh

hram hram tur a ni.

Rai laia exer lak hi a that rualin, sawi tawh angin, a lutuk leh taksa tana pawl thei a awm vangin, fimkhur taka tih tur a ni a. Rai lai nu chuan zawi dam dap a lak chi leh, tihrawl tana tha tur ang chi te lak uar tur a ni a. Taksa han zik kual vel ang chi te hi a tha hle.

Rai laia exer lak hian tak-saa thisen kal kual vel a siam tha thei a. Tihrawl a thisen kal te chu mumal takin a kal tir a. Lung (Heart) atanga thisen inpe chhuak a ti tam a, lung hnathawh a siam tha thei. Mihring lung (Heart) hian hnathawh nan sugar aiin lactic acid a mamawh zawk a. Exer lak tam poh leh lactic acid chu a inseam tam a, chu chuan hnathawh a pui thei ta thin a ni.

Rai laia exer lak hian hnungzang na leh kham them thum te a tidam thei a. Naute thang lian chho zel vanga hma lama rihna kal tam lutuk chuan hnungzang na a rawn siam thuai thuai thin. Dul lam kiar chho zel chuan, hnungzang ruh chu hma lamah a pawt kaw a, hei hi uluk taka exer la chung a, na them thumte chu tih zangkhai thei a ni a. Mahse fimkhur taka exer er-

awh chu lak thin tur a ni.

Exer hian taksa a tuihnang awm te a ti tam thei bawk a. Taksa a tuihnang tlem lutuk hi rai lai chuan thil tha a ni lem lo. Exer lak awm chi tak rai lain a lak chuan, a taksa a tuihnang awm te chu tha pangngai takin a semkual thei a. Chuvang chuan timur chung a tuihnang inchhek-khawl tur te chu an insem darh theih phah a. Taksa rihna pung lutuk tur leh, engemaw hlek a hah vanga thawk huam huam te pawh exert ha taka lak hian a veng thei a ni.

Rai laia exer lak hi nu tan mai bakah, a naute hriselna atan paw'n a tha tih kan sawi tawh a. Tha taka nau neih leh naute hriselna atan chauh ni lovin, nau neih hnuah pawh exer hi lak reng tur a ni a. A bikin, nau neih atanga thla ruk chung hian tha tak leh pangngai taka lak chhunzawm tur a ni. ■

Hriselna Vawn That Nan

AIENG EI RAWH

- Dr. Vanlalhuma Royte, DMRD

DAMCHHUNG REILOTE A HRISEL LO TAKA NUN AI CHUAN,
HRISEL TAKA HMAN A THLANAWM ZAWK

America ramah ringawt khuan vawi 688 chuang an mithiam (scientist) ten an lo zir tawh a, kum engemaw lek kal ta chung ringawt khan a chungchang hiziakin lehkhah vawi 400 chuang a chanchin \ ha hi an lo chhuah tawh a ni.

A \hatna chhan ber chu amaha hlo awm 'CURCUMIN' tih hi a ni. A phut a ni emaw, tel-a kan a ni emaw, a tui sawr a ni emaw, he a thatna ber hlo 'curcumin' hi a chhe chuang lo a ni.

CURCUMIN hian thil tha lo kan taksa a awmthei te a veng a, chungte chu :-

1. Ruhseh – ruh chuktuah vung.(arthritis)
2. Thisena thau chhia (VLDL & LDL) sang lutuk tur a dang.
3. Hmeichhiaah hnute leh (ovaries) cancer a veng.
4. Ril cancer, chuap cancer, tai cancer. Cancer a ven theih nachhan chu 'FREE RADICAL' a

then fai vang a ni. (Free Radical chu oxygen atanga insiamchhuak, kan timur (cell) ti chhe thei a ni, hemi avang hian cancer a lo awm thei).

5. Ril vung natna (inflammatory bowel disease).

6. Kan taksa atanga bawhlhlawh insem chhuak nasa tak leh kan ril atanga hlo tha lo (toxin) kan lakluh hi thinah hian an lut a, thin hian a lo thlifim thin a, he hna a thawhnaah hian thin hi a hliam ve fo thin. Kan damdawi ei atang tein leh natna hrik vang te pawhin hemi tlenfai hna hi aieng hian a thawk tha hle, chuvangin thin natna nei hepatitis/thinro, etc tih angreng te hian han ei se a duhawm hle mai.

7. Thisen hngang lutuk emaw thisen khal hun lova khal, pem awm si lo va thisen zam chhungah chutianga buaina a lo awmin. Mi thau lutuk te hi an ni duh chawk, mei zu

nasa hote nen. Mei zu mi-ah hian an tam ber, chuvangin lung thisen zam a inhnawh pin avangin zai te an ni chawk thin ('BYPASS SURGERY' tih thu hi kan hre nual tawh awm e). Chubakah 'STROKE' (thluaka thisen zam chat emaw hnawh-ping), DEEP VEIN 'THROMBOSIS' (ke thisen zam inhnawh ping – hemi avang hian ke te a tawihin pan dam thei lo te a lo awm thei, chubakah thisen khal thenkhat hi chuapah te a lut chho va, chuap thisen zam a hnawh thei (PULMONARY EMBOLISM). Aieng hian thisen hngang lutuk tur leh khal lutuk tur hi a veng a ni.

8. Kawpuar atan a tha – natna hrik gas (vawih) siam chhuaktu an tam lutuk hian kua a puar thin, chungho chu han ti rem deuh ilangin vawih a tlem phah viau mai.

9. Pumpui chaklo tan (Pai tawih lama harsatna nei te) pai tawihna hngang pumpuiah hian a siam chhuak a, mit (bile) a rawn sawr chhuak a ni ber e, hriak pai tawih hleithei lo tan te a \ha a nih chu. Thil mawm ei avanga kawthalo ziah atan te pawh a hman \angkai theih

viau.

10. Natna hrik a that thei ('Volatile oil' an tih mai amah hian hriak pawimawh tak natna hrik thahna hlo a awm vang a ni).

11. BP sang a veng – a chhan chu khita kan sawi taw hang khian, thisen khal/hngang lutuk tur te a veng a, thosen zam timur (cell) fip lutuk tur te a veng (free radical vang hian thisen zam hi a fip (fibrose) tulh tulh thei a).

12. Tar at a veng (Alzheimer's disease) he natna hi vai ho zingah khuan a tlem em em mai a, a chhan an hmuh chhuah tak chu aieng an ei nasat em vang a ni. He natna lo awm chhan chu thluakah 'beta amyloid' (hei hi taksa atanga insiamchhuak hngang chikhat) tawm khawm vang a ni. USA President hlui thih chhan ber pawh kha a ni.

13. Nachhawknain pumpui a hliam/tih pilh theihna tur a veng. Chuvangin damdawi ei nasa te tan a ei ngei ngei chi a ni.

14. Taksa vung a ti reh thei,

hliam na te (interleukin-1, vung siamna atan pawimawh em em kan taksa a rawn in-seam chhuak thin a chu a tlenfai vang a ni).

15. Kal vung (nephritis) natna atan pawh eng emaw chen thatna a nei, a chung a kan tarlan ang khian.

16. Rulhut thenkhat te pawh a ti hlum thei.

17. 'Psoriasis' vun natna chikhat atan pawh hman a ni. He natnaah hian vun a puhlip hrup a, han ziat deuh ila a hnuai a hian vun hi pan tein a pilh ser ser thin, kan tisa timur laimu (DNA) khawlohna avanga awm a ni deuh ber.

18. Chauhna benvawn nei tan pawh a tha, ka chau riau mai han ti deuh reng te tan pawh hian han ei sela a duhawm hle.

19. Prostate cancer pawh hi thui taka veng thei nia hriat a ni (Prostate hi mipa chi a chhuah ruala hngang siamtu pawimawh tak, zun leh chi chhuahna kawng hawng a khar pingtu a ni; phingleh serh inkara awm a ni a, upat hnuah

a vung duh chawk).

20. Zunthlum avanga mitdel tur a veng (Zun thlum natna avang hian mit chhungah thisen zam a thang duh hle a, thisen zam zam lohna turah a zamtir thei a, mit chhung lam a tichhiain mit a ti del thei a ni).

21. Kawthalovah/ ek phuan-ah, natna hrika thah mai bakah, kan taksa atanga tui kan chan hnem lutuk tur a veng.

22. Taksaah pem/hliam a lo awmin thisen zam a tit hang chak a, hliam a ti dam thuai thuai thei.

23. Irhfiak atan a tha hle.

Engtia ei tur nge ni ta ang le?

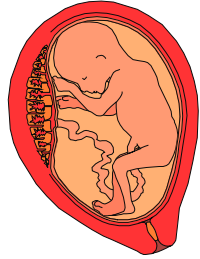
- Kan ramah aieng kan ngah thova (pawlh dal loh); chuvangin ni tin zailep hnih chaw ei lain emaw chaw ei khamah ei/dawlh thei ilang chuan a tha ang. Tui ti lo an nuk avang hian zailep han dawlh mai hi a remchang hle.

- America-ah chuan a tui a nih (a sawr tui) chuan, 5ml ni tin vawi thum in tur tiin an sawi a, dei pawh in tur tiin an sawi a, hei pawh hi a tha, vawi thum a harsat chuan chaw

CHHUL LEH NAUTE

Dr. R. Lalthanga

Nuin nau a paiin, a nau paina lai bawr vel kha 'CHHUL' kan ti vek mai thin a, a dik tho na-chungin hei aia chipchiar zawk deuha thliarin a hriat a awlsam lehzualin a rinawm. Naute tuamtu pumpui hi 'chhulbawm' (Uterus) a ni a, naute rawn pianchhuah hnu lawka rawn chhuak ve thin hi 'CHHUL' (Placenta) a ni ti ila a chiang ber mai awm e. Tichuan heta kan sawi tum taka pawh hi he chhul (placenta) kan tih leh naute Nu pumchhunga a la awm laia an inlaichin dan mak tak mai hi a ni.



Nuin nau a pai hian naute leh chhul chu chhulbawm chhungleam bangah a bet a, chu chu thisen bawmin a thlunzawm tuak a, a lehlamah chhul kha naute nen Laihrui kan tih hian a thlunzawm ve leh a ni. Naute chuan a taksa insiam puitlinna tur leh thanlenna tura thil pawm-mawh engkim mai kha laihrui atang hian chhul ami kha a la thin a ni.

He chhul, naute lo pianchhuah hnu lawka lo chhuak ve mai thin, a lo chhuah hnuatangkaina nei ta lem lo hi, naute lo awm tan atanga a lo pianchhuah dawn thlenga naute tana a lo tangkaizia hi chhuttham fe a tling a ni. Hetih hun chhunga naute mamawh engkim petu leh enkawltu

pawimawh ber a ni kan ti thei hial ang. Naute hian amah ngawtin a Nu thisen atangin a mamawh thil reng reng a la ngawt thei lo va, chung a mamawh zawng zawng lo petu leh lo ngaihtuah saktu chu chhul hi a ni. Naute khan a taksa rawn insiam puitling tur leh tha taka thang chho zel turin thil tam tak a mamawh a, chutiang thil a mamawh apiangte chu chhul hnenah a va order ta thin a, chu veleh chhul khan naute mamawh zawng zawngte kha a lo chhinchhiah thlap a, chung a mamawhte ngaih-tuahsak tur chuan a che ta vat vat thin a ni. Chutah naute mamawh a lakkhawm

ang ang kha a pek mai chuan naute tan a tam lutuk emaw a tlem lutuk emaw a nih chuan a pawl theih dawn avangin naute mamawh tur tawh chiah chiah kha a chhutchhuahsak te te a, a pe ta chauh thin a ni. Chubakah naute tana thil tha lo tur reng reng naute va thleng tur chi kha chu a theih chen chen a lo dang ve thin a, chuvangin amahin a tawrh phah fo bawh a ni. Naute tan chuan vengtu rinawm tak a tling a ni.

Chhul hnathawh ber chu naute enkawl a nih avangin a pawimawh em em a, chhul a that loh chuan naute pawh a tha lo ve nghal mai thin. Chuvangin naute tha taka nei thei tur chuan chhul tichhe thei tur thil laka kan fimkhur a ngai tihna a ni. Chuta tana kan hriat tur leh tih tur pawimawh zual deuh deuh te chu i han sawi dawn teh ang:

1. Mi tam tak chuan nau an pai laiin, meizial, tuibur, sahdah, drugs leh zu thlengin naute tan a pawl ang tih ngaih-tuah lem lovin tih an ching thin. Hengte hian mihring tana tha lo 'TUR' an pai vek a, kha khan chhul hnathawh an

tibuai thei tih hriat reng a tha. Hei hi Scientist-hoten a that loh dan an finfiahnaah chuan, sazu no pailai thisenah damdawi chikhat an thun a, tha takin no a han hring chhuak ve nain, an thin lam a that loh avangin ni rei loteah an thi leh vek a ni. Hei hi ngun taka an enin kha damdawi, a pui thisena an thun khan naute a thleng tur kha Chhul khan naute tan a tha lo tih hriain a lo hip bet a, chu chu amahin a tawrh phah ta a, naute mamawh ang chaw kha a pek theih loh avangin naute khan a lo tawrh phah ta a ni tih an hmuchhuak a ni. Chutiang bawkin naupai laia nute'n ruihtheih thil an chin thinte khan chhul hnathawh an tibuai a, naute tan a lo pawl thin a ni. Chubakah naupai laia damdawi engpawh mahni duhdan ang anga kan ei mai thinte pawh hi a pawl leh zual a ni tih hriat reng tur a ni.

2. Natna chi hrang hrang avangin chhul hnawthawh kha a buai thei bawh a, natna kha chhulin a dangzo tak tak lo va, chhul a tihchhiat theih mai bakah naute pawh an tichhe thei a ni. Chuvangin naupai lai chuan fimkhur em em tur a ni.

Chuvangin Doctor-te rawn vat zel hi a finthlak ber a ni.

3. Jawng upain 'Kawi pawh a kawm a that leh a rah a tha' an tih angin naute hrisel hring tur chuan, nu hriselna hi a pawimawh em em a ni. Nu a hrisel loh chuan chhul pawh kha a tha lo duh bik a, chhul invuahna tha lo te, hna tha taka a thawh theihna tura a taksa khawl that loh vangtein naute kha a enkawl tha thei lo ve bawk thin. Chuvangin nu hriselna hi a pawimawh em em a ni.

Naute nu chu pum chhunga an awm laia an hriselna _____

Mawitea huang

@ 'Arpui hian an note chhan hi an lo tina ngawt mai, an note bula han kal hlek te hian min lim awrh zel mai nia' a ti a. A bula mi chuan 'Sakei tak hian asin note chhan chu tina chu ni, an note hi, man der han tum dek dek ila, kan hrawkah hian an rawn seh nghal chat mai nia' zuk lo ti ve a!!!

* "Kan pa hi chu ni ang hi a ni tawp mai," a ti a, "E heu! I va tehkhin ropui em em ve, eng nge a chhan? "Engdang vang ni lo ve, zan lamah a bo daih a, zing lamah hian alo lang chhuak leh hlawl \hin a lawm," zuk han ti a.!!

hian an nakin hnu thlenga an nihna tur a hril em em a, chu chu a nu leh pate mawhah thui tak a innghat a ni tih i hre reng ang u.

I RIT LUTUK A NI LO MAW

Lalhruaitluanga

Ruh na (Osteoarthritis):

Hean G-ott chu kum 67 vela upa, kg 90 laia rit a ni. Vand-uaithlak takin leilawn atanga a tlaknaah a ke ruh a titliak palh a. A ke ruh tliak dam hnuah pawh kum 2 tal tawp chu a la tuar a, Calorie hniam lam deuh chauh ein kg 5 lai a hloh hnu chuan, "Ka nate kha a dam vek, hnara hlit phawi ang hlauh a ni," tiin a dam tak daih thu a sawi. Dr. Roland, American University-a Medicine Professor chuan, "Kg 1 zela i rih belh khan i khup ruh khan kg 3 atanga kg 5 vel zel rit a phurh belh," tih hi a sawi dan a ni. Zirchiannaah chuan rit uchuak/thau lutuk ho hian a let ruk(6) laiin ruh lam natna hi an vei duh, a bik takin hmeichhiaah hian a hluar tih an lo hmuchhuak tawh bawk. Dr. Davie Felson, Boston University-a Medicine Professor chuan hmeichhia 800 lai mai a zirchiannaah kg 5 vela rihna hloh ho hian zaa sawmnga (50%) vel laiin ruh lam natna atangin an fihlim tih a hmuchhuak bawk a ni.

Zunthlum (Diabetes):

Zunthlum (Type II) vei zingah a tam zawk hi chu rit uchuak lutuk an ni. Jim Copeland chu kum 54-a upa kg197 laia rit, zunthlum vei a ni. A doctor-in damdawi a chawhte ei thain, a rihna tihnam tura a rawnna chu pawmin, thau nei tlem leh calorie hniam lam deuh chauh ein, nitin km 9 a kal ziah thin a, "Kg 5 ka hloh hnu chuan ka doctor chuan ka damdawi eite tittlemin, kg 7 ka hloh zet chuan eng damdawi mah ei a ngai

tawh lo," tiin tunah chuan kg 20 lai a rihna chu a hloh thei ta...

Hnar (Snoring):

Dr. Kingman Strohl, US University-a chuap lam thiam mi chuan kan mut hian kan hrawk vela thau awm hian kan thaw lakluhte tibuaiin, kan mut hialte a tibuai thei tih leh kan kawchunga thau tam lutuk hian kan chuap chu a hna-thawh tur aia tam thawhtirin

harsatna tam tak a thlen thei tiin a sawi bawk. Heng kan mut laia kan thawk that loh hian kan hnar ta vak thin a. Kum 1995-a US-a mipa 19 hnar vak thinte an zirchiannaah chuan kg 3-a rihna hloh ho chuan an hnar chu a zahve vel an hloh nghal a, kg 7 vel hloh phei chu an hnar lo tawp tih an hmuchhuak bawk. I pa emaw, i pasal

emaw a hnar rin lutuk avanga mutmu i hmu tha lo a nih chuan a rihna hloh turin tan lakpui mai tur tihna a nih chu. (Courtesy : Chhemdam Thli)



AIZAWL CIVIL HOSPITAL OCTOBER THLA REPORT

OPD.....23640

Casualty.....4339

Total admission

OPD..... 1085

Casualty.....177

Investigationns & follow Up

X-Ray.....2218

Laboratory.....34935

Ultrasound..... 517

Endoscopy.....183

Bronchoscopy8

ECG.....401

EEG..... 16

.....Dietician0

PFT..... 15

.....Dialysis8

Operations

(a) Major486

(b) Minor789

Total..... 1275

Naupiang

Mipa..... 199

Hmeichhia208

Mizoram pawna referred. 114

THISEN PEK HI A HLAUHAWM LO



Dr. C. Lily Chhakchhuak
Blood Bank Officer
Civil Hospital, Aizawl

Tunlaiin Blood Bank tih te, thisen pek tihte hi a lar hle a, a la lar zual zel dawn ni pawhin a lang.

Mi tlawmngai tam takin thisen pek ngaite pein, nunna tam tak chhanchhuaha an awm bakah, mi tam takin zai (operation) an neih theih phah a. Heng thisen pete zinga tam zawk hi chu a hlahawm lohzia hria leh a tul huna pek hreh miah lote an ni. Hetih lai hian mi thenkhat chuan thisen pek hi sakei hlahu takin kan hlau a. La pe ve hauh si lote rin thu leh dawt thuthang awihin thisen pekte chu kumkhaw chawr lohna, natna chi hrang hrang min veitir theitu, kum 5 – kum 10 kal taa thisen pek vanga tun maia natna chi tin, kawngna thlenga min veitir theitu ang hrima ngai kan la awm ta cheu mai.

Thisen pek hi a hlahawm lo a ni. Thisen i pek avangin eng natna mah i vei lovang. A hlahawm lohzia lo chhui ta ila :-

1) Mihring hrisel pang-ngai-

in thisen 4000-5000 ml. kan neih atanga 300 ml. emaw lek kan pek hian eng tham mah a ni lo. Kan taksa peng hrang hrang atangin kan pek ang zat chu darkar 24-48-ah a rawn insiam leh nghal zel. Hliam tuarte pawh 1000 ml. aia tlem thisen an hloh chuan thisen pek an ngai lo.

2) Kan thisen hi amahin englai pawhin a then a chhia a, a then insiam reng a nih avangin thisen kan pek ang zat vel chu thla 2,3 chhung hian a tharin a rawn thlak leh zat zat zel a ni.

Chumi awmzia chu ` 5,000/- i neih zingah ` 300/- kha tu emaw chhanhim nan i lo hmang tihna mai a ni. Chu pawh chu a thar tha zawkin thla hnih-khat hnuah amahin a rawn inrul leh dawn a ni.

3) Blood Bank-a doctor-te'n thisen pe thei turin kan hrisel

tawk em tih chu an lo enfiah hmasa phawt thin.

4) Chuvangin, mi hrisel pangngai tan chuan thla 3 danah thisen hi a pek theih zel a. Ei tihthat pawh a ngai reng reng lo. Kum 18 atanga 60 inkar chuan an pe thei tih hriain thalaite chauh ni lovin nu leh pate tan pawh a hlauhawm chuang lo a ni.

A hlauhawm theih dan ber chu pumruak chung a pekin luhai a awm thei a, phungzawl nei tan an phungzawl a chhuak thei baw. Chubak chu mi hrisel pangngai tan chuan hlauh tur a awm lo.

Chuvangin thisen pek chu

Mawitea huang

* Tlangval pakhat hian pheikhawk nalh zet mai hi a rawn keng vu vu a, "Kha i pheikhawk ken chu ava nalh em em ve, khawi lai dawra mi nge? A dawr pawh a lun viau ang a," tiin an lo zawt a. Ani chuan, "Sawlai dawra mi saw a nia, dawr lun lo tak a ni, a nghaktu pawh an awm lo," zuk ti a.

* Furniture dawrah hian pa pakhat hi a lo ang piap piap mai a, "Nimin khan, in dawra mi chair pakhat kan lei a, nikhat pawh a daih lo," alo ti phiar phiar mai a. A neitupa lah chuan, "E...in \ hut a ni ang chu," alo ti awlsam et a!!

tumahin i hlauhawm lo ang u. Mizoramah ngei pawh thisen pek hlauhawm lohzia hria kan pung tual tual tawh a, thisen vawi 10 chuang pe pawh kan awm nual tawh a ni. Hmun dangah chuan vawi 140 lai pe tawha la chhonzawm mekte pawh an awm nawk mai. Kan hlauhna chhan chu kan hriat-chian lo vang mai mai a lo ni.

Awle, mi dangte nunna hlu tak chhanchhuah nan thisen l pe \hin ang u, "NANG MALSAWMNA NI ANG CHE."

I TAKSA LEH NATNA HRIK CHUNGCHANG

Khawvelah hian ram leh ram, hnam leh hnamte an indo thin, mimal leh mimal pawh sumdawnnaah te, hna chungchangah te, politics-ahthe an intibuai fo thin a ni. Chutiang deuh bawk chuan kan taksaah indona chikhat 'taksa leh natna' inkarah hian a awm reng thin a ni. Chu indonaa hnehtu ni tur chuan kan taksa hi a chak thei ang bera kan awmtir reng a pawimawh a ni.

Pathian hian kan taksa hi a siam ropui em em a, natna hrik lakah te, intihpalh leh a neitu (keimahni) ngei atangtea tih-duhdahna nasa tak a tuar thin chung pawh hian, tlawm mai lovin a tuar tang tang thei thin a ni. Dik tak chuan kan taksate hi hrisel tura kan duh ang huin kan enkawl tha lo tih chu tuma'n kan pha awm lo ve. Aw le, kan taksa hian chak taka awm turin hna a thawk nasa em em thin a, chu chu kan hri-atthiam leh kan tanpui reng a pawimawh dawn a ni. Tichuan kan taksa hnathawh dan tlem azawnga leh kan tanpui theih dante lo sawi ila:

Kan taksain natna hrikte a lo do dan: Natna hrik te tak te te hian mi chak pui puite hi awlsam takin a tichhe thei thin. Mahse mi chak fe tan pawh natna hrik te tak te pakhat pawh tihhlum a harsa hle a ni. Natna hrik hi chi tam tak a awm a, taksaah natna an thlen

dan pawh chi tam tak a ni. Kan sawi seng awm lo ve. Mahse, kan taksaah an lo kai dan hi kawng thumah then theih a ni. Chungte chu :-

- (i) Hip luh
- (ii) Ei leh in leh
- (iii) Vun pem/kak atangtein.

Hetah hian kan hriat tur pakhat chu natna zawng zawng hi natna hrik vang a ni kher lo va. Kan taksa peng eng ber emawin an thawh tur ang an thawh loh changte leh kan intihpalh changte pawh hian natna kan tuar thin a ni. Tin, cancer natna kan taksaah a lo awm dan pawh hi hriat chian a ni lo bawk.

Kan taksaah hian natna hrik do pawl (Immune system) an awm a, thisen var (WBC) kan tihte hi an ni. Thisen bakah nghawng, zak leh \halbe leh taksa peng hrang hrangahte awmin an duty kual reng thin

a ni. Heng taksa sipaite hian natna hrik tihboralna hmanraw tha tak (Anti-bodies) a siam chhuak thei a, tichuan natna hrik chi hrang hrang leh kan thil ei dik lote an lo do thin a ni. An indo nasat chuan taksa pawh a lo lum chhuak a, temperature a lo sang thin a ni.

Tichuan, heng natna hrik do pawlthe an lo chak tawh loh chuan heng a\ang hian a inhriat theih ang :-

- (1) Pan/pem dam thei lo.
- (2) Chauh hma viau.
- (3) Tin bul var kual awm.
- (4) Tha kham leh khur der der.
- (5) Lei bal, hahni thi leh ka rimchhia.
- (6) Hritlang benvawn.
- (7) Vun ro leh sam phut nasa.

Heng point 7 zinga 2 emaw a aia tam emaw i tuar mek a nih chuan inenkawl vat i mamawh a ni.

INENKAWL DANTE CHU:

1. Ei leh in lam : Protein tamna sangha, arsa leh be lam chite kan ei tam tur a ni a, mahse, thil kan mawm leh thau lam insum a tha.

2. Vitamins : Vit 'B' 5, 'B' 6, 'B' 12 te folic acid te a pawimawh a, thlai thar tha leh thei rah atangte hian kan hmu thei. Tin, Vit 'C' leh 'A' & 'E' te an pawimawh. Hengte hi chu thei thur, carrot, tomato, sa thin leh kal-ahte kan hmu thei ang.

3. Exercise : Ni tin minute 10 tal exercise lak thin tur a ni. Hei hian thisen zamte a tichak a, natna hrik do pawl sipaite taksa peng hrang hrangah an kal chak thei thin a ni.

4. Ni eng : Ni tin minute hnih khat tal ni eng dawn thin tur a ni.

5. Mut that : Hei hi a pawimawh hle. Muthilh hlan hiantaksa hmanrawpawimawh (e.g. hormone te ang) te hi an intuai thar ve thin a ni.

6. Boruak bawlhhlawh leh khawl thil bula awm tam loh tur.

7. Zu leh ruih theih thiltan heng taksa sipaite hi an tihbuai theih thin avangin insum hram hram tur a ni.■

KAN TAKSA MAMAWH (Vitamins)

Dr. Rotluanga

VITAMIN hi damdawi chi khat anga sawi, kan taksain a mamawh em em zinga mi a ni a, kan taksa hrisel taka vawng theitu damdawi ti mai ila a sual tampui lovang chu. Vitamin hi chi hrang hrang a awm a, kan taksa hian a mamawh tawh a siam theih loh avangin ei leh in atanga kan phuhruk a ngai a ni.

Kan taksa hian Vitamin chi hrang hrang sawm pathum lai a mamawh a. Ei leh in atanga kan dawn bak phuhruk nan hian damdawi kan hmang lar hle a. Vitamin chi hrang hrang hian tangkaina an nei diat diat a, Vitamin tlakchham avanga taksa hrisel lohna lo lang pawh a inang lo hle hlawm a ni. Kan taksain a mamawh zual deuh leh tlakchham avanga that lohna awm thei lar deuhte lo thlir ila.

1. VITAMIN 'A'

Vitamin 'A' hi vun hrisel nan te, khaw hmuhfiah (mitfiah nan) te a tangkai hle. Ng-hapui thau, artui, bawngnhnute, sathin chi hrang hrang leh thlai hnah hring chi-ah te, mai, theihai leh thingfanghmahte hian a tam a. Nu nau pawmlai leh naupang thanglai hian an mamawh tam zual. Vitamin 'A'

tlakchham avanga hrisel lohna hi naupang kum 1-5 inkarah a hluar ber. Naupang chu an thang thei lo em em a, natna an kai zung zung thin. Vitamin 'A' tlakchham avangin a tirah : MITMAL (Night Blindness) a awm thei a; miin hetiang a neih chuan thimthamah leh eng dul deuhah mi hmuh angin a hmu ve thei lo. Thenkhat phei chuan chaw einaah ei turte an ban sual fo thin. Chumi hnuah chuan mit a rova, mitmu var chuan tletna a hlohva, a lo zur deuh thin. Mitah chuan durh tek tek ang a rawn insiam zui ang. Enkawh vat anih loh chuan a zual zel a, mit tuamtu rang (Cornea) pawh chu a lo rova, a lo nem em em a, a keh hial thei a ni. Chutiang thlenga enkawh loh anih chuan mit chu a lo del der tawh thin a ni.

Tin, vun landante pawh a danglam thei. Vun chu a lo rova, bawl te tak te a lo chhuak a, a mar khauh them thei. Hetiang vun hrisel loah hian natna hrikte awlsam takin an lut thei thin.

INVEN DAN LEH ENKAWL DAN : India ramah mitdel pali zela pakhat hi Vitamin 'A' tlakchham vang a ni a, chuvang chuan naupang kum 5 hnuailam hi ngaihsak an ngai em em a ni.

Nausen/naupang chu Vitamin 'A' pai tam chi thlai hnah hring, thei, bawng-hnute, artui, sathinte pe fo thin ang che.

Health Worker-ten thlaruk dan zelah Vit 'A' Soln. an sem thin a, i fain mitmal a neih chuan an pe ang che, (a remchang lo a nih pawhin lei mai tur).

Thil tha lo zawk a thlen mai loh nan Doctor thiam bikte entir ngei ngei tur a ni.

2. VITAMIN 'D'

Vitamin 'D' hi ni zungin kan vunah a siam thei a, Vitamin 'D' tlachhamte chu ni eng hmu ngai lova chengte leh mahni

hnam dan zawma inkhuh tlatte an ni duh. Butter, artui, bawnghnute, sathin, sangha thau tam tawkahte hian a tam em em a, thlai lamah hian a awm ve lo thung.

Taksa tan a atangkaina: Mineral zingah chuan calcium leh phosphorus-te taksa a kal ral that theih nan leh than nan. Hei vang hian naupang thanglaiten an mamaswh hle a ni.

Kan taksa mamawh anga he damdawi hi kan neih loh chuan ruhrel a nghet tawk thei lo va, ruh pawh a thang tha thei lo. Nau sawngnawite pawh hi Vitamin 'D' tlakchham vanga awm a ni.

NI TINA KAN MA-MAWH ZAT :

- a) Naupang kum nga chin hnuai lam leh raipuar/ Naupawm tan : 10 micrograms.
- b) Thalai puitling dang tan : 2.5 mgs.

Vitamin 'D' kan tlakchhamna chhante chu :-

- 1) Chenna in, ni hmu ngai lova kan chen vangte,
- 2) Tlai hringa a awm ve loh

avangin mi tam takin Vita-
min 'D' tamna kan ei pha
lo.

chhuak a awm hian Vit. 'K'
tlakchham vang a ni duh hle
a, pek tur a ni.

3. VITAMIN 'K'

Vitamin 'K' hi theirah leh
thlai chi hrang hrang te, be leh
ran thin leh thau atanga neih a
ni. Rilchhung natna hrikte hian
tlem tlem an siam ve.

Vitamin 'K' hi thisen
tikhangtu siam nan pawimawh
tak a ni.

Nau-pianghlim taksa
khawimaw laiah emaw thisen

H & FW DEPTT. STAFF WELFARE MAMIT DISTRICT KUM 2013 HRUAITUTE

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AIDS HMUHCHHUAH DAN LEH A LAN DAN

Dr. Lalthanliana

Dr. M.S. Gotlieb-a chu natna taksain a do dan, Immunity lama Specialists Immunologist a ni. Tum khat chu a thawhna U.C.L.A Medical Centre, Los Angeles, USA-ah January 1981-ah khan damlo pakhat a lo kal a. Damlo chu kum 31-a upa chauh a la ni a. Mizovin mawngkawhur (homo-sexual) kan tih mai chi a ni a. Homo-sexuals hi mingo zingah chuan an thahnem khawp mai a, zalen takin an khawsa ve mai mai a, sumdawng mi hausa te, film star hmingthang tak tak te, khawtlang hriat thama nihna sang tak tak neite pawh an zingah hian an awm ve a ni.

He damlo hi a chauin a chak lo hle mai a. Dr. M.S Gotlieb-a'n a hrawk a en chuan a hrawk chung chu pasi \o khawm ang mai hian a var tuar a. A chaw ei kawng a hnawh ping lo chauh a ni. A hrawk awm dan chu natna hrik chi khat 'Fangus' vei chhinchhiahna a ni a. Taksaa natna do lettu chak tawk lote vei thin a ni. A cher em em mai bawka. Damdawi ina thla hnih chauh a la awm hnu chuan chuap natna, awmna pui chhe ber chi, Virus hrik vanga lo awm Pneumocystic-Caronia Pneumonia (P.C.P) chu a vei zui a, a thi ta a.

He damlo a enkawl hnu reiloteah chuan Dr. Gotlieb-a hnenah chuan a hmaa mi ang chiah damlo pahni (ho-

mosexual) an lo kal leh ta a. Dawktawr chuan mak a ti hle a, eng natna nge an vei puh mai tur a hre si lo.

USA thlang tawp, Pacific tuifinriat kam lama Dr. Gotlieb-a'n natna danglam tak a enkawl lai mek hian USA chhak kil tawp, New York khawpui lamah pawh Dr. A.V. Kien-a chuan natna danglam tak baw enkawl lai pahni a nei a. Dr. Kien-a hi New York University Medical Centre-ah vun natna specialist, Dermatologist a ni. A damlo pahnihte chu Homo-sexual baw an ni a. Khawsik reh tha duh mang lo an nei reng a, an taksa hmun hrang hranga be (glands) te chu a vung a. An chawn leh malpui

vunah chuan bawl lian pui pui senduk deuh hi a awm thluah a, chu chu vun cancer chi khat Kaposi Sarcoma (K.S) lan chhuah dan a ni. K.S chu cancer nep deuh chi, kum upa lam deuhin an neih thin a ni a. Mahse, he damlo pahnihte hi chu pa valai an la ni si a ni.

Homo-sexuals ho hi California velah khuan an tam hle tih chu Dr. Gotlieb-a hian a hria a. A damlo enkawl laite natna, eng na nge ni a hriat chian theih loh ang chu California velah chuan an awm ve teh reng emaw hriat duhin Dr. Conant-a chu a zu zawt ta chawt a. Dr. Conant-a chu California University Medical Centre-a vun natna specialist a ni ve a, telephone-a a thawhpui thu zawh chu a rawn chhang nghal a. California-ah chuan Homosexuals baw, chu natna ang nei chu an kaw, ve thu a rawn hrih nghal a. Natna danglam tak eng emaw lengvel a awm a ni tih chu a Chiang ta hle a ni.

1. MEDICAL DETECTIVE RUAL AN CHE TA

USA ram pum huapa vantlang hriselna vawnhim nana

thawktu pui ber chu Centre for Diseases Control (C.D.C), Atlanta khawpuia awm a ni. Dr. Gotlieb-a leh Dr. Kean-a te inthuralina an thil hmuh-chhuah C.D.C an han hriattir chuan natna thar leh hlauhawm tak man chhuah ngai a awm a nih chu an hria a. Chu natna man chhuak tur chuan Medical Detectives dawktawr 100 rual vel chuan tan an la ta a. Kimchang takin he natna an chhui dan chu sawi lo mai ila. April 1983 a lo thlen chuan he natna awmdan hi thui tak an man chhuak ta a ni.

Heng damlote thisen ngun taka an enfiaha thil pakhat lo lang chu, taksaa natna venna (Immunity) lo tlahniam (deficiency) landan (syndrome) a ni tih chu an hrechhuak a. Chuvang chuan, chu natna hmingah chuan Acquired Immune Deficiency Syndrome an vuah ta a, a hming lamtawi AIDS chu chu natna hmingah chuan hman larzawkah a tang ta a ni.

2. AIDS HRIK HMUH-CHHUAH A NITA

AIDS chu taksa vengtu khaw, a mumal loh vanga natna hrik

chi hrang hrangtena taksa an sawisak a nih thu chu hriat ni ta mah sela, a pawimawh ber hmuhchhuah tul chu a tichhetu dap chhuah a ni. Mi tam takte thihna thlen thintu hmuhchhuah tum chuan khawvel hmun hrang hranga medical detectives chuan tan an la zel a, an zinga mi pawimawh berte chu natna hrik lama spspecialist, Microbiologist hote an ni. Kum hnih zet hah tak leh research atana sum tam tak senga an zawn an zawn hnu chuan kum 1983-ah chuan he natna siamtu hrik hi an dap chhuak ta a ni.

T.B hrik leh hrik dang, mihring tana huatthlala tak takte an man chhuahna hmun hmingthang tak chu Pastuer Institute, Paris-a mi khu a ni. He mi hmuna thawk, Professor Luc Montegnier-a chuan 1983 November khan AIDS hrik chu a hmuchhuak a. Hrik zinga huatthlala ber, Virus chungkuua mi a nih thu a puang ta a, Virus hmingah chuan Lymphodenapathy Associated Virus (L.A.V) a vuah a. A hmuhchhuah hnu rei loteah chuan a hranga lo zawng vetu, Natonal Institute of Cancer, Bethesda,

USA chuan AIDS siamtu Virus an hmuhchhuah thu chu an puang ve a, a hrik hmingah chuan H.T.L.V-III (Human T-cell Lymphotropic Virus type three) an vuah a, Kum 1986 atang khan a hming chu H.I.V (Human Immune-Deficiency Virus) a thlak a ni ta a ni.

3. AIDS VEITE LANDAN (SYNDROME)

AIDS natna awm dan hian natna dangte awm dan a pawl vek mai a. A veite thisen endikna tel lo chuan dawktawrte tan pawh buaithlak tak a tling a. Zawi zawiin a veite chu an chau tual tual a, chaw ei a tui lo a, khawsik sek sek reh tha duh mang lo an nei tel bawk a. Zan thlan sat an nei fo a, kawthalo an nei fo bawk. Taksaa be (glands) thala mi te, zaka mi te, nghawnga mite chu a lo vung chhuak a, na an ti viau a. Chung karah chuan Virus hrik leng vel chi hrang hrang, hritlang leh awmna te, awmvelte fangus infection an nei tel thin bawk.

Natna chu a kal zel a, kawng thumin thihna a lo thleng thin. Hmun thuma \ hena hmun khat chu vun

Cancer – K.S-in an thi a, a dang tam zawkte chu awmna pui P.C.P tuar lovin an thi a, then-khatte chu 'awmvel' (herpis) hlauhawm chi an thihpui a. He natna (herpis) hian taksaatha zam zawh a, vun lo durh chhuaka, kawchhung lama tha zam a zui chuan an thihpui thin a ni. AIDS veite hi thluak natna chi khat. Toxiplas-mosis veia thi an awm bawk. Natna dotu ber a chhiat tak avang chuan natna hrik eng chi pawh hi an tuar lo fo a; T.B vei pawh an \ hahnem hle a ni.

Mawitea huang

* Urlawk zan khan ruihna tur nei hek lo, thlanlung inziak sa a zuar kual ve nasa mai mawle.....

* Pasaltha pakhat leh tlangval hi an ramchhuak dun a, ngaw an thleng chauh maw tihah chuan savawm lian deuh mai hi an tawk ta thut mai a, pasal\ha zawk chuan 'Vala, in lam panin chak deuhin i tlan ang le' tih leh tlan a rual ta a. Thui fe an tlan hnu chuan, a tlangval zawk chu a tlawmngai ta deuh a ni ang, alo ding a savawm chu alo kap ta a. Chu veleh pasal\ha chuan thinrim tak hian, "Bengtalo lutuk..., engati nge ilo kah thawt thawt a, kan khaw daia kah atan ka kheka nih kha, engtin nge keini pahnih ringawtin heta \angin kan zawn haw zawh teh lul ang ni," zuk ti daih a!!!!

LUNGNA (CORONARY HEART DISEASE)

Lung natna chi hrang tam tak zingah, Coronary Heart Diseases (C.H.D) hi i lo sawi dawn teh ang.

He natna hi lung chawmtu thisen zam (Coronary artery) phuï emaw, zim vang emawa lungin thisen kham khawp a hmuh loh vanga lo awm a ni. He natna hi ram changkang apiangah a tam a, "Modern Epidemic," ti hialin an vuah.

Khawthlang rama mipa thi 30% leh hmeichhe thi 25% chu he natna vang hi a ni. Lungphu chawl (Heart attack) a thi 25-28% te chu rei lote chhunga thi nghal an ni a, 55% te chu Darkar khat (1) chhungin an thi a ni.

Kum 30 chunglam, Chandigarh khawpuia an zirnaa an hmuh dan chu Mipa 6.5% leh hmeichhia 4.7% in he natna hi an vei.

RISK FACTOR (A awmtir theitute) :

1. Meizuk : Mi tlemte chu in-awkhumin an inthat a. Chutih laiin mi tam takte chu meizuk vangin an inthat a ni. Meikhua Carbon monoxide hian thisen dawl chhung hriselna a tibuai

a (atherogenesis), vaihlo t<r (Nicotine) hian Blood Pressure leh lung tihrawl Oxygen mamawh a ti sang a (adrenergic drive). Thau (lipid) pawimawh tak – High Density Lipoprotein (H.D.L) a tihnam bawk. Meizuk hi bansanna a rei poh leh a risk a tlahniam a. Hetiang natna (attack) nei tawhte chu meizuk an bansan chuan attack dang neih lehna chance 50% in a tlahniam thei.

2. Blood Pressure (Hypertension) : Hei hi he natna awmtirtu pui ber pakhat a ni a. Thisenah thau (cholesterol) a san pheï chuan a hlauhawm leh zual.

3. Thisena thau (Serum cholesterol) : Tunlai mi neinungho buaipui ber chu thisena thau tam hi a ni. Sa thau, butter, Coconut hriak, Artui (abik takin a chhungmu) te hian thisena thau (Serum cholesterol) an ti sang a. Thlai chi (seed) atanga hriak kan hmuh leh sangha a\ anga hriak kan hmuhte an tih-niam thei thung. Low Density

leh very low density Lipoprotein te hi he C.H.D awmtirtu pui ber a ni. Heng thaute hi thisen dawt chungah betin a kua an lo tizimin an tiphui thei a ni.

4. Chhandangte: Zun-thlum natna nei ten he natna hi a nei lo aiin a let 2- 3 in an vei awl bik. Tin, mi awm awl exercise la bawk si lote tan hian a hlauhawm bawk a, mi rilru hmang nasa, thinchhia, thil ngaihtuah vak vak mite leh zu in nasate tan a risk a sang bawk.

A INVEN DAN :

1. Naute/Naupang an kum phu lova thau leh ei duhte hi enkawl fimkhur an ngai, an puitlin hunah heng natna hi an nei awlsam bik. Ei tur chintawk pek a tha.

2. Thau, a bik takin ran (Animal) atanga kan hmuh hi a tlem thei ang ber ei a \ha. Thlai, _____

thei, buh leh be (legumes) lam ei tam tur. Chi (Salt) hi nikhata lo ei thin a zatve a ti tlahniam tur leh zu in bansan tur.

3. Meizuk bansan tur, Norway ramte chuan Smoke free Society an puang tawh a ni.

4. Blood Pressure sang neiten an B.P. Control that hle tur, rih zawng Control a, taksa exercise (physical activity) neih a, chi (Salt) ei tlem tur.

5. Exercise la ngun tura naupang zirtir a, an practice hian an puitlin hnuah pawh an chhonzawm zel duh bik.

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CHAW PAI |AWIHNA KHAWL

Kan taksa hi thil chi hrang tam tak phuah khawm a ni a, ruh te, vun te leh hriatna thazamte hi thil chi hrang thiau an ni. Kan mut pawhin, kan harh pawhin kan taksa bung thenkhat hi chu a che reng a; tin, a ral zel bawk a ni. Kan thil ei atang hian kan taksa hian chakna a lo dawng a, tichuan kan lungte a lo phu thei a, kan kut leh kete a che thei a; tin, taksa bung hrang hrang dangte pawhin anmahni hna theuh an lo thawk thei ta bawk a ni. Tichuan, kan chaw ei hian hna pawimawh tak tak pahnih a thawk a. A hmasain taksa hi a tilumin a tichak a, tin, a dawt lehah chuan taksa ral a tiphuisui a, a \han zelna tura mamawhte a pe nghal bawk a ni.

Chaw chu pawtawih ngei tur a ni : Tisa tihlum nan leh chak nan leh taksa siam nana hman theih anih hmain kan chaw ei hi kan pai tawih hmasak a tul a ni. Pai \awih tih hi tisa tilum thei leh tichak thei tur te, tisa ral luah phui leh tur te, taksa tithang puitling thei tur tea taksain a chhawr theih tura kan ei leh in zawng zawng, kawchhunga a insiam dan hi a ni. Chutia taksain a peih hma chuan tisa tan hman theih a la ni lo.

Chaw kawng : Kan taksa chaw pai tawih hna thawktu chu chaw kawng hi a ni. Kawrawng sei tak a ni a, ka atangin rilpui tawp thlengin a ni. A laili lai chu a inkual a, a seilam chu puitling taksaah chuan ft. 30 vel lai a ni. Thil tlawn khat mah

ni se, hming hran hran a nei a, ka, hrawkhrui, pumpui, rilfang leh rilpuite an ni.

Chaw hi a hmasa berin kaah a lut phawt a, tha taka thial sawm a ngai a ni. Chutia thial lai chuan chil nen a inpawlh a, chil chu taksa peng tuak thum 'glands' an tih atang chuan a lo chhuak zel a ni. Chaw leh chil inpawlh chu chaw pai tawih that theihna a nih avangin chaw hi dawlh zung zung tur a ni lo va, ka a pelh hmaa chil nen a inpawlh \hat theihna turin kan \hial ngunin kan hmuam rei tawk tur a ni. Tin, chaw kan han lem hian hrawkhrulah a chhuk a, pumpuiaah a lut thla thin a ni.

Pumpui: Pumpui hi hrawkhrui tawp hnuailama awm, ipte hampuar ang deuh tak a ni a. Puitling pumpui hian pava 5 a\anga pava 6 vel a dawng a; a chhung lam thuahna chu ka chhung thuahna ang deuh hi a ni. Enin emaw kuta han khawih emaw chuan velvet puan ang deuh hi a ni a, hmulsin, nel thep ang deuha lo kawh chhuak siau hi a awm a, chu chuan chaw pai tawihirtu tui thur a rawn tichhuak thin a ni. Chil ang bawkin he tui thur hian chaw a pai tawihirtu a, tak-sain a hman turin chaw chu a lo buatsaih thin a ni.

Pumpui chhung lam thuahna nain tui a siam lai chu hmuh theih ni sela, thlan sat laia vun nen hian a in ang viau ang. Vun atanga thlan lo chhuak ang tak hian pumpui tui chu pumpui thuahna atangin a lo chhuak thin a ni.

Zu hian pumpui chhung lam chu a hliam thin a; thingpui leh meizuk hian a tichau baw, thinghmarcha te, sawhthing te, hmarcha te leh pankhawrte pawh hian pumpui thuahna a hliam thin. Ka chhungah hian thing-hmarcha emaw,

sawhthing emaw, hmarcha emaw han daha thak kan tih hi a kang a ni a. Mahse, chuti vak chuan kan pawisa lo. Ka hian thil thak hi a tawn zin chuan a lo ngawng thei thin, thirdeng meisa tawng \hangin sa tak pawh na hre lova a keng reng thei ang hi a ni. Tin, thil thak hi ka aiin pumpuiin a haw zawk a, mahse pumpui chuan ka angin a theh thang bo ve mai thei si lo. Tichuan, pumpuia a awm chhung zawng chuan, a rei emaw rei lo emaw a kang ta ngat ngat mai thin a ni. He'ng thil thakte hian taksa tana thatna an nei hauh lo va, an tichhe zawk a ni.

Rilfang: Chaw chu chhum dan leh a thial dan leh amah chaw awm dan azirin darkar chanve atanga darkar tam tak thlengin pumpui chhungah a awm \hin. Tin, chuta \ang chuan rilfangah a tam zawk chu a tla thla thin a ni. Rilfang hi thil kawrawng ft. 20 laia sei a ni a, pum chhungah a inkual a ni.

Tin, dawt te tak te, thin leh mit bawm atanga rilfanga lut a awm bawka, mit tui hi chumiah chuan luangin rilfanga lut a ni. Chu mit tui chu

chaw min pai \awihtirtu chu a ni a. Pumpui chung a 'pancreas' atanga chhuak dawt te tak te a awm baw k a, chu pawh chu rilfang bul lamah a luang lut baw k a, chu pawh chu chaw pai tawih tirtu pawimawh tak a ni ve a ni.

Bawlhhlawh paihchhuah-na : Rilfanga kan thil paiin a mawng lam a thlen thlak a, rilpuia lut tura a han inpeih meuh hi chuan taksa tana tha tur zawng zawng chu thisenah a lo kal ral zo tawh a. Rilpuia lut tur la awm chhunte chu taksain a pai tawih theih loh thilte a ni tawh thin. Chu thil chu a lo tawih a, rilpuiah a lut thla a, thil rimchhe takah a lo chang ta thin a ni. He'ng bawlhhlawh paihchhuak tur hian ni tinin dailen ziah a tul a ni. Tin, he thil hian rilpui tawplam (colon) a lo thlen chuan tuiril nen a la inpawlh rih a. Rilfang khan taksa tana hmantlak leh tha tur atang chuan paihchhuah turapeih diam a ni tawh. Colon chuan a tuiril la awm chu a lo dawt kang leh zual a. A tawpah chuan thil sakhat deuhah a lo chang ta a, chu chu a lo kal chhuak zela, dailennaah arawn inpaih chhuak ta thin a ni.

Rectum chu dailen chhuah hmaa taksa bawlhhlawh paih tur a lo awmkhawmna a ni a. Mi thenkhat tuisik in tlem deuhte leh chaw hmui lam deuh ei thinte tan chuan rilpuiah chuan dailen titha tur khawp tui a awm taw k duh lo viau mai a. Dailen hun a lo khawtlai chuan ek a ro duhin a lo khal a, dailen a lo harsa thei thin a ni. Chuvangin, ni tina tuisik in teuh teuh tur a ni.

Kan taksa hi kan chaw hrang eite inbelkhawm a ni a. Taksa fai leh hrisel kan neih theihna tur chuan chaw fai leh thianghlim chauh kan ei tur a ni. Buhfai emaw, chhangphut emaw kan eite hi tisaah leh ruhah te, hriatna thazamahte a chang thei mai chu a mak hle mai; mahse a chang zel miao si a ni. Hetiangte han ngaihtuah chian hi chuan mihring taksa hi vana Pathian, finna tinreng leh thiltihtheihna zawng zawng neitu siam chu a ni tih hi a lang fiah thin a ni. Kan taksa siam thatna tura tul engkim, lumna leh chaknate chena min pek zel dan kawng fel tak maite hi amaha lo awm palh ringawt chu han ni ziazang a ni lova,

mihring finnaa siam chhuah
ziasang lah a ni bawk hek lo.

* Health Directorate Driver-te chuan an zing \awng\ai inkhawm thawhlawm a\angin damlo harsa zual Cancer Hospital-a awm mek mi 3 hnenah ` 2000/- \heuhin \anpuina an pe a. Hei bakah hian Samari mi \ha sum bawmah ` 5000/- an pe bawk. Health Directorate Driver-te hi kar tin Thawh\anni leh Zirtawpni hian \awng\ai inkhawm an hmang thin a, thawhlawmte an thawh thin a, chumi tlingkhawm chu mi harsate tanpui nan an hmang thin a ni. Mite tanpui theia Pathian malsawmna an dawn avangin an lawmin an hlim hle a, an phak tawka an rawngbawlna Lalpa'n malsawm sak se tih hi an tawngtaina a niin, Pathian hnenah lawmthu an sawi a ni.

Sd/-Hrangchhunga
President
Health Department Drivers' Association

KAW|HALO

Rohmingmawia

(Kaw\halo natna tam zawk za zela 90 zet hi mahni in lama enkawl dam mai theih a ni. Enkawl dan turte he article-ah hian tarlan a ni.)

Bihchiang te te ila mawle:

'Kaw\halo' han tih ngawt pawhin hre lo fa kan awm lo hial awm e! Chuti khawpa natna lar leh tlanglawn chu i lo bih chiang dawn teh ang. Kaw\halo tih hian mi, ni khat (darkar 4) chhunga vawi 3 emaw, a aia tam emaw tuirila daikal hi a huam a. Natna hrikin, ril chhung lama awmhmun khuara taksa a beih avanga lo awm a ni. Nausen atanga naupang kum 2 thlengin an vei nasa ber a. Tin, nu hnute hne tha lo, hnute phut (powder) emaw bawnghnute emawa chawmte'n an vei duh bik leh zual. Chuvangin he article hi naupang lam thlur bing deuhva ziah a ni.

A hlauhawm viau em?

Mihring taksa hmun za zela 80 vel lai hi tuia siam a ni a, kaw\halo avang hian kan taksaah tui leh chi (sodium leh potassium salts) kha ek tuiah

a kal chhuak teuh thin a. Hei vang hian taksa a lo chauvin, taksa bung hrang hrang hna-thawh a kal buai phah vek thin a ni. He tui tlakchham avanga chauhna (dehydration) hi tute tan pawh a hlauhawm zual bik a ni. Enkawl vat lohva ngaihthah a nih pheih chuan thihna hial a thlen thei a ni.

Eng nge kan tih tak ang :

Tih tur pawimawh hmasa ber chu tui tlakchham avanga chauhna laka inven hi a ni. Kan ek chhuah phuhruk tur, kan mamawh zat tui leh chi inpawlh in/pekin kan inveng thei a. Hriat tur chu mamawh zat tui leh chi kan taksa a luh chhung chuan kawthalo hi a hlauhawm loh a ni.

Chutianga kan mamawh, tui leh chi inpawlh chu Oral Rehydration Solution (ORS) an ti a, a hriat awlsam nan "Tui damdawi" ti zel tawh mai ila. Tui damdawi hi siamsa, a

funin Primary Health Centre (PHC) emaw Sub-Centre emaw atangin a thlawna lak theihin a awm a. Fun 1 hi tui thianghlim pava 4 (litre 1) velah chawh-pawlh a, in mai theih a ni.

In lama siam chawp dan :

A hnuai tarlan ang hian Tui damdawi hi awlsam takin mahni in lamah pawh siam mai theih a ni :-

1. Tui minit 5 tal chhuanso dah vawh pava 4 (litre 1) nopui fai takah chung lut la.
2. Kutzungtang fai leh hul takin chi (common salt) thianghlim leh dip tha tak sawk chhuak la, tuiah chuan phul a, thirfian thianghlim takin chawk sawm ang che.
3. Chi tui al i siam chu han tem chin la, mittui emaw thlantui emaw aiin a al tur a ni lo.
4. Chi tui alah chuan chini vei khat (a awm loh chuan kurtai pawh a hman theih) telh la, chawk sawm leh ang che.

Tui damdawi bakah hian

heng tuiril dang chi hrang hrang- theitui chini pawlh te, chaw tuihnang te, bawng-hnute khar chi al te, thingpui-sen dal te, chhangphut tuirila chhum tuite pawh hi pek atan a tha ve tho a ni.

Tui damdawi pek dan tur:

Ni tin tui damdawi hi a thara siam tur a ni a. A hma nia in bang a awm a nih chuan paih a, a thara siam leh mai tur a ni. Kawthalo nasa leh nasa lovah pawh daikal zawh apiangin tui damdawi thahnem tak damlo chu pek thin tur a ni. Naupang kum 2 hnuailam bikah chuan fian 1 minit 1 emaw minit 2 emaw chungin, a zing thei anga pek tur a ni a, darkar 4 chungin an mamawh zat no 3 vel (200-800ml) pek zawh theih ni se. Hnute hne lai an nih chuan hnute hnek chawlh tir loh tur a ni. Tin, naute/naupang chuan tui damdawi chu a lo in duh viau a nih chuan a mamawh aia tam a in pawh a hlauhawm hran lo bawk. Damlo chu a luak a nih pawhin minit 10 vel ng-hah lailawka, pek chhunzawm leh mai tur a ni.

Damdawi In pan hun :

A hnuai a mi anga damlo a awm a nih chuan ngaih-tuahawm a ni a, ngaihthah mai lova a rang lama Daktawr/ Damdawi In panpui vat tur a ni.

1. Nautechuankhamkhwap-in nu hnute a hne tur a ni. Hnute phut emaw, bawnghnute emawa chawm nautete'n kawthalo an vei hma bik tih hriat reng a tha.
2. Naute, chaw tak pek har lutuk hian kawthalo an vei duh bik a. Thla 6 a tlin chuan chaw tak pek ngei tawh tur a ni a, hmanrua a fai tha tur a ni bawk.
3. Sentut (Measles) laka in-vennain naute chu chiutir thulh tur ani lo (Thla 9-ah an chiu thin). Hei hian eng emaw chen kaw\halo a ven theih rualin, sentut vei zawha kaw\halo kai hi a hlauhawm zual bik hle tih hriat a tha.
4. Ei leh in tur tho bawm theih loh tura chhin phui tlat tur.
5. Tui chhuanso chauh in thin tur.
6. Thil thing ei dawnin tha taka chhuanso hmasak zel tur.
7. Ei tur siam dawnin leh ei dawnin kut silfai theihng-hilh loh tur. 'Hmuh theih renga Tuipui Lian dai kai theihna tur Lei a awm reng lai a, tui a thuk lo nia a lan avang maia Hleuh kaih talh tumtu chung chu a va pik em.'



FACIAL

Engemaw chen chu Facial hi mahni pawhin a tih theih a, a nuai dan hmang tlem azawng lo tarlang ila :-

Hmai i nuai dan tur chu a hnuai a tarlan ang hi a ni.

1. Khabe atanga chhho zawngin, hnarkawn kal tlangin mit hrul chungah kal thlain biangah i kutphah hmangin a bial zawngin nuai ang che.
2. I hnar hmawr atanga tanin, i kut zunglaiin a chho zawngin i hnar ngulah nuai leh ang che.
3. I kut zung lai hmang bawkin i hnar sir chu a bial zawngin nuai leh la, chumi zawhah hnarngul chu i kut hmang bawkin a kawkalhin nuai chho leh ang che, a tawpnaah chuan i khabe kha i kutphah hmangin a sir tawn tawnin i nuai dawn nia.
4. A dawt leh chu a hnuai kha i kut zungtang hmangin a chho zawngin na vak lovin i beng ang a, chumi zawhah i kut kha humin pariat angin a inziak dawn nia. A dawt lehah chuan na vak lovin i kut zungtang hmang bawkin i tham leh ang a, chumi i tih zawh chuan i hmaiah i kut zungtang kha a inchhawkin i beng dawn nia.
5. I mit lam ve thung chu, i kuttang hmangin a kualin nuai la, chumi zawhah i kutzungpui hmangin i mit hnuai chu dim tein a phei zawngin nuai leh la, i mitmu kha zawi tein sana vir zawng leh vir loh zawngin nuai leh ang che.
6. I chal lam chu, i mithmul kha i kut zungtangin i zut leh ang a, tichuan i mit leh mit inkarah a kawkalhin kut zunglaiin i zut chho leh ang. A dawtah i challai chu a chho zawngin i zut chho leh ang a, i kut pahnih tikakin a karah a laiah i kut zungchalin pariat i zut leh ang a, chumi zawhah i chalah bawkwungchal hmangin i nuai leh dawn nia. A tawpnan mit hnuai atanga tanin mithmul chungah tikualin biang thlengin i zut dawn nia.
7. Khabeah ve thung chuan, i kut zungtang hmangin lehlam lehlamah nuai leh la, tichuan chunglam zawngin i nuai leh ang a, chumi zawhah khabe kual chu zawi tein i sik neuh neuh dawn nia, tichuan a tawpaha a kual zawngin i nuai leh dawn nia.
8. I nghawng chu a phei zawngin nuai thuak la, chumi zawhah chunglam zawngin i kut chuan i nuai leh dawn nia.
9. I awm atanga i zak lamah nuai phei la, a dawtah i dar chu sik leh neuh neuh ang che, a tawpnaah chuan i nghawng atangin a chhuk zawngin

MIZORAM STATE CANCER INSTITUTE

Kum 2012 chhunga Mizoram State Cancer Institute-a cancer damlote hnena thilpek petute leh an thil pek te.

Sl. No.	Petu	Thilpek
1.	Laldinmawii, Lunglei	` 14,470/-
2.	Lalrinkhuma, Serchhip	` 1,000/-
3.	Mizo Footballers' Association	` 50,000/-
4.	Mizoram Cancer Care Foundation	` 5,000/-
5.	Saithanga, Dawrpui Vengthar	` 1,000/-
6.	Lalhriatpuii, Sakawrdai	` 1,500/-
7.	Electric Veng Presbyterian Kohhran Hmeichhia	` 10,000/-
8.	Apollo School of Nursing, Aizawl	` 1,000/-
9.	College Veng Presbyterian Kohhran Hmeichhia	` 10,000/-
10.	B. Lalzela, Venghlui	` 2,000/-
11.	Ramhlun Vengchung Presbyterian Kohhran Hmeichhia	` 10,000/-
12.	RIPANS Staff Welfare Association	` 10,000/-
13.	Hmingthup	` 5,000/-
14.	Health Directorate Drivers Zing Tawngtai Pawl	` 5,000/-
15.	Nagaland Agri Mizo Zirlai Pawl	` 7,200/-
16.	C. Lalduhzuali, Dawrpui Vengthar	` 5,000/-
17.	Dr. Saichhingpuii, Ramhlun Venglai	` 3,000/-
18.	Chhinga Vengthlang Branch KTP	` 6,000/-
19.	UPC (NEI) Electric Veng Bazar Kohhran, Aizawl	` 1,500/-
20.	Zemabawk Presbyterian Kohhran	` 1,000/-
21.	Zemabawk Presbyterian Kohhran Hmeichhia	` 3,500/-
22.	Zemabawk Vengthar Pres. Kohhran Hmeichhia	Mitthi puan (10 nos)
23.	Zemabawk MHIP, Pi Hmuaki Bial	Zanriah (vawi 1)
24.	Zemabawk Vengthar Presbyterian Kohhran	Zanriah (vawi 1)
25.	Zemabawk Vengthar KTP Evangelical Cell	Artui 7 leh bawng-hnute packet 1 theuh
26.	Zemabawk MHIP Lianchhiari Bial	Wall clock (2 nos)
27.	Partei & Vanneihthangi, Tuikual	Damlo te hnenah thilpek an hlan
28.	Zemabawk Presbyterian Kohhran	Long bench (5 nos) Short bench (5 nos)
29.	Chaltlang Presbyterian Kohhran KTP	Short bench (10 nos)
30.	MULCO – Bawnghnute packet 1 leh an thilsiam	hrang hrang 1 theuh
31.	Ramhlun Vengthlang Pres. Kohhran Junior Department	Short bench (5 nos)

MEI ZUKIN TAKSA PENG HRANG HRANG A TIH- CHHIAT DAN

Dr. C. Biakmawia

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

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

Mei zukin kan taksa peng hrang hrang a tihchhiat dan :

Chuap : Mei zuk hian chuap a tibal a, taksa sipaite'n paih fai zel lo se chu kum khatah vaihlo ek (tar) litre 1 vel a tling thei ang. Paih fai hna hi thawkna

dawta thil te tak te te, 'cilia' an tih hian an thawk a, he'ng bakah 'khuh' in thenfai tum a ni thin. Chuap a lo balh chuan khuh benvawn, damdawi pawha enkawl sawt thei lo 'Smoker's cough' an tih chu an lo vei thin. Chuap cancer 100 zela 95-te chu mei heh tak vek an ni.

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

Pumpui : Vaihlo-a t<r awm (nicotine) hian pumpuia thur a tihchhuah hnem avang leh thur tidal thei tihchhuahna a tihtawp theih avangin pumpui na a siam emaw, a tizual thei thin. Mei zuk thlah si

lova pumpui na inentir thin chu a sawt har hle.

Hmeichhia bikah : Naupai tan pum chhunga naute \han a ti\ hu thei a, mei zu fa chu pum chhung atangin an sawngnawin ghali thei. Nauchhiat, thla kim lova nau neih, nau zang tak neih leh naute thla khat hnuailam thihbate hi mei zu zingah a letin a zing bik a, a chhan chu boruak thianghlim (oxygen) aiah tur khu (carbon dioxide & carbon monoxide) a naute an ur thin vang a ni.

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

Mit (eye) : Khawhmuh a tifiaw lo va, mei zuk vanga mit fiaw lo leh mitdelna hi a thlang thei.

Thluak : Mahni tawkah mei zuk hian ngaihtuahna a tichak lo thin.

Sahdah, tobacco leh tuiburte pawh a t<r avanga hman leh hmuam vek an ni. A rim hrim hrim ngainat vangte chu ni sela chuan, a awrha awrhte pawh duhtawh mai awm tak a ni.

Kuhva : Kum 60 hma lama kan chin meuh loh, tun laia kan chin lar tak chu kuhva ei hi a ni. Thalaho zingah phei chuan kuhva ei loh chu mi danglam, pa rualpawh lo deuhah kan ngai hial awm e. Kuhva hi a tui vang emaw, a that vang emawa ei a ni lova, tur a neih avangin miin an ei dawklakin an thlah thei lo thin a ni zawk.

Thenkhatte chu kuhva bawih an luh chian tawh em avangin darkar hnih khat lek pawh ei lovin awm harsa an ti a, hunserh emaw, inkhawm rei deuh emawte hi an ngaithei lo tan zawng a nih hi. Kuhva ei atang hian thatna kan taksain a chhar chhuak lova, ka chhunga cancer a awm tir thei a, hei hi a ei lo aiin a let 4-in a tam a ni. Ka chhung bakah hrawk, chaw kalkawng, pumpui leh thawkna dawt cancer a tichhuak thei a ni. Pumpui na a tichhuakin a tizual thei bawh a, pumpui insawisel tan chuan kuhva nghei nghal a tha a ni. Hriselna a tihchhiat bakah rilru ngaihtuahna a tipeng a, sum tam tak kan sen phah bawh a ni.

Khaini : Khaini pawh hi Mizovin

kan thil chin thar pakhat a ni leh a. India ram vai hnam hnia-mte thil chin, puithu takin kan lo uarpui ni berin a lang. Ram chang-kang leh hnam chang-kang zingah khaini hmuam hmuh tur a vang hle. Khaini pawh hi a t<r avanga hmuam dawklaka ni. T<r awm lo tlang-sam hnah ro nuai dipte chu tumahin an hmuam reng duh lo.

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

Khaini t<r thawh chak-dan i hriat duh chuan khaini fun tihhnawnin vangvat dep la, a thi khawng nghal thei an ti. Mihringin kan chhiatpui nghal mai lohna chu, kan taksa len ang hua kan hmuam tlem vang a ni. Chu bakah kan taksa sipaite'n he tur hi nasa takin an do a, an lo tidal hram hram thin a ni.

Nau chhiatna thlentu a ni em? : Ram danga doctor-te la sawi chhuah loh, kan Kohhrana thawktuten ngaihbel lian tak an neih chu nauchhiat leh khaini hmuam thu hi a ni. Nau

chhiat thinte an han zawh-chian chuan khaini leh sahdah heh takte an lo ni fo thin. Inzawmna a awm ang em? Taksaa tur anga thawk thin chuan nu pum chhunga naute insiam leh than that leh than that loh thlengin a tibuai thei a ni ngei ang.

He'ng kan zuk leh hmuam leh zu leh drugs-te hi chin dawklak awm thei, addict theih vek a nih avanga sim leh thlah harsa pawh a ni reng a ni. Kan taksa mi bawih tawh avangin mi tam tak a tel lovin kan awm thei lova, thlah duh chung chungin kan thlah thei lo zawng a nih hi.

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

Meizial intheh te, kuhva inthehte hi induhsakna a tling lova, taksaa natna leh tawrhna thleng tura inbumna a ni zawk. Kuhva inthehte pawh 'Han ei

ngat teh, i ei ang a, ka chhung cancer i la vei dawn nia' intihna ang lek a ni. Huatzawng leh hmelmate lo chu theh loh tur ni awm tak a ni.

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

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

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 Ringtute hi tha tak

Mawitea huang

* Police pakhat hian rukru hi a um a, a umpha ngang si lo va, a thin rim chu a ang buan buan mai a, an hotupa chuan, "A umtu zawk i ni a, i vannei hle a lawm. Nangmah zawk kha rukru hian man tumin um zawk che sela chuan i him hauh lo vang," zuk tih san a.

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

KANG ENKAWL DAN

Lalbiaksangi Rawihtē

Kâng han tih ringawt hi chuan kan rilruah chuan ut rêm ruam, dum tlek tluk turah kan ngaihtuahna kan han kuai awn nghal ringawt thin. A ni lah taka, Mizote hi kan pi pute aṭangin lo nei thin kan ni a; kum tinin lo halnaa lo intikang tawkte pawh an awm thei a, chungte chu: meialh vang te, tuiso vang te, acid kan te, electric kan te, X-ray, UV, laser (radiation) vangtein a awm thei a ni. Tun ṭumah erawh hi chuan Mizo tena kan hriat lar em em, mei kan hi a enkawl dan kan rawn chhuichiang deuh bik dawn a ni. Thil thleng thut thei a nih avangin kan hriat a pawimawh em em a ni.

Kang a lo awm reng rengin a rang thei ang berin a kanna hmun atangin laksawn vat tur a ni, electric vanga kang a nih chuan a mihringa laksawn hmain, live current kha ‘off’ phawt tur a ni. Chutichuan, a rang thei ang berin tui thianghlina leih tur a ni. Hei hian mihring tisa chhe mai tur a veng thui hle a ni. Amaherawhchu taksa vawt tur chu ven tur a ni a, vur emaw tui dah vawh emaw hman miah loh tur a ni.

Kangah hian thawmhnaaw hak lai a kan tel a, taksa a beh chuan lak thlak loh tur a ni. A kang bang lam chu hleh thlak zawk tur a ni. Vun hi natna hrik laka min vengtu pawimawh tak a nih avangin, a lo kang tel a nih pawhin tihchhiat loh hram tur a ni, durhte hi tihkeh loh tur a ni. Taksa kang lai chu antiseptic cream 1% Silver sulphadiazine cream hnawih tur a ni. Kang hian awm a tihnaawm loh phah chuan nachhawka mum khat pumpui ruah loh (puar) laia pek tur a ni.

A chungka kan han tarlan takte khi kang nasa lo, damdawi in panpui ngai lo va mahni in chhunga enkawl theihthe a ni a, kang nasa lutukah chuan a rang thei ang bera damdawi in panpui nghal tur a ni a, a nasa zualah chuan tuia leih miah loh tur a ni. Kan awmna aṭangin damdawi in panna a hla a nih chuan damlo chu puan chhah ṭha, kawmawl emaw blanket emawa tuam tur a ni a, drip khai nghal bawk tur a ni. ■

KEIMAHNI

CHATUAN RAM PAN TA

* Ni 9.1.3013 khan kan thawhpui Pu F.Lalchhuanawma LDC, Health Care Society a thawk chuan thawhah avangin charuan ram a lo pan ta a, a kalsan tak a chhungkhat lainate kan tuarpui tak zet zet a ni.

* Ni 22 khan ram puma Zeng hri danna pek a ni a, hemi hawwna inkhawm hi Civil Hospital Auditorium-ah Health Minister Pu Lalrinliana Sailo hova neih a ni, Dr. K. Ropari JD (P) chuan kal khawmte hmaah he ni hman chhan leh a pawimawhna a tarlang.

* Jan. ni 7 khan Directorate of Health Services leh Director Hospital & Medical Education hnuai Officers leh staff ten kumthar meeting an nei, kumthar a Office kalphung \ha zawka kal dan tur pawimawh tak tak an rel.

@ Sorkar kum kal mekah Mizoramah phar natna vei mi 14 hmuhchhuah thar an ni a, a hma a lo hmuhchhuah tawh

nen Mizoramah phar natna vei mi 21 an awm a, heng phar natna nvein te hi a tlangpuiin khawthlang lam Mamit, Lawmgltai leh Lunglei district-ah a hluar a, Mizo zingah pawh he natna hi hmuhchhuah zeuh zeuh a niin a, mahse kumtinin he natna hmuhchhuahna tlahniam hret hret a ni. Health department chuan phar natna vei mi 1435 an tidam tawh a ni, Mizorama phar damdawi in awm chhun Tlabungah chuan Phar natna vei mi 3 enkawl mek an ni.

* February 5-7 hian Health Directorate Conference Hall-ah NRHM hnuai Programme hrang hrang kalpui dan review meeting neih a ni a, District hrang hrang a \angin report ngaihthlak a nih hnuah kalphung \ha zawka kalpui dan tur sawiho a ni.

RSBY LEH STATE HEALTH CARE SCHEME

Sawrkar bul tum Health Insurance Scheme pahnih RSBY leh State Health Care Scheme chu kal pui ve zel a ni a. Mi tam takin an chhawr \angkai tawh a; September, 2011 leh December, 2012 chhunga bill pekchhuah tawh chu cheng nuaih sangkhat (1000 lakhs) zet a tling a ni. Hei hian heng Insurance scheme pahnihte hi a hmantlak a, a ti thei category-a awm mi \hahnem takin a zar an zo nasa hle tawh tih a ti lang chiang awm e. Chhan hrang hrang vanga tih fuh lohte chu thil awm thei a ni nachungin mipui tana thil \angkai tak a nihna hi a bo chuang lo va, a pung telh telh zawk tura beisei a ni.

Tunah hian RSBY thlalak (enrolment) leh APL enrolment kalpui mek a ni a. Thil \ha tak leh thil tak tak a ni tih a chian viau tawh hnuah pawh a hmang tur lam hian duh anga an ngaihsak vak tlat lo thin hi thil mak tak a ni tel awm e. State Health Care Scheme ngat phei hi chu a senso mil ngaihtuaha a aia

\ha hi khawvel zau zawk thlir pawhin a vang viau ang! RSBY pawh ram dang zir chian tlak leh copy tlak a ni a, tunah hian foreign ram hrang hrangin an ramah an kal pui ve \an hial dawn a ni.

Mizote hi inhmakhua lama pachhe tak kan ni a; abikin hriselna lamah. Nunna nei hlei lo kan motor-te, huan te leh khawl thil dangte kan insure zat zat laiin kan taksa hriselna ber insure hi kan ngaihsak vak lo thin hi chu a pawl ngawt mai. Motor kan insure hian accident kher kan tum chuang lo, kan duh lo vek zawk ang. Chutiang chiah chuan Medical Insurance kan tih hian dam loh kher tur tihna a ni lo va, dam loh palhah thlaveng lo insiam kan ni mai zawk. Chuvang chuan, enrolment hun chhung hi ngaih pawimawha kan taksa hriselna insure hi kan tih makmawh niawm tak a ni.//