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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 \hin a, dawngdah taka nun hmang \hin pawh hlawhchhamnain a hmuak \hin bawk a ni. Hetiang ang bawk hian kan taksa hriselna chungchangah pawh mahni taksa 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 ta ang? A chhan dang vak awmin a lang lo, heng Zu, Meizial, Sahnah, Kuhva etc. te hi mi thiam zawkten taksa tana a \hatlohzia an sawi mawlh mawlh lai pawha insumna 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 site hi engati nge natna kan vei hun kher khera sim kan tum chauh \hin ni ang le?

A tawp berah chuan mi thiam ten Cancer, Thisen sang, Zunthlum, Lungna etc. awmtir theitu an sawi \hin, heng zuk leh hmuamte hi hnawl ngam ta vek ila, natna vei hnem lamah khawvel record kan siam bik hauh lovang tih i hre nawn \heuh ang u. ■

METHAMPHETAMINE: RUIHHLO HLAUHAWM TAK CHU

Dr. Eric Zomawia

METHAMPHETAMINE CHU ENG NGE NI?

Methamphetamine (Meth) chu sawrkar khap ruihhlo chikhat, mihring tâna hlauhawm ber zinga mi a ni. Meth chu drugs \hen hlâwm pakhat ATS (Amphetamine Type Stimulants) an tih zinga mi a ni a, ATS hnuaiah chuan Methamphetamine leh Amphetamine bakah methcathinone, fenetylline, ephedrine, pseudoephedrine, methylphenidate leh MDMA (Ecstasy) an tel a ni.

Methamphetamine chu chemicals dang a\anga siam chawp (synthetic drug) niin, kawng hrang hrang - ei, hnara hip, zuk leh inchiu-in ruih nan a hman theih. Addict a awl em em a, ruih chuan hlimna, nawmna, phûrna, hah hara inhriatna a siam a, mut chhuak lova rei tak tak awm nan te an hmang thin a; mahse, taksain a haw em em thung si.

Addict awl tak, rei lo têa taksa châkna zawng zawng hip zo vek \hin a ni. An tih tirhah nuam ti mah se addict tawhte chuan hrehawm an ti em em a, a damdawi tih leh \hin loh chu

an hrehawm chhawkna dang a awm lo. A ngawl vei chuan ruih nan a mamawh hnem tial tial \hin a, a tawpah chuan rui thei tak tak tawh si lo, nghei thei bawk si lovin hrehawm takin an awm \hin. Meth addict te hi enkawl an har em em a, nunna chan phah an tam hle.

METHAMPHETAMINE LAN DAN:

Meth hi chi thumin a awm tlangpui a: pakhatnaah chuan chhangphut dip **(powder)** vâr angin a awm a, rim nei lo, kha deuh hlek, tui leh alcohol a zawp ral duh tak a ni. A vâr bâkah rawng dang

- a uk, sending leh a eng pawhin a awm thei. A pahnihnaah chuan damdawi mum (**pills/tablets**) angin an siam bawk a; shape hrang hrang, intiati lo leh rawng hrang hrang - a uk, a eng, a sen, a pawl leh sendang te in a awm \hin. Damdawi mumah hian sign chi hrang hrang an chhu \hin. A pathumna chu rial chini (crystals) ang a ni a - vûr tlang leh dip inpawlh angin a awm \hin; hei hi Crystal Meth an ti a, darthlalang keh nawi a an avangin 'glass' an ti \hin a; vur a an bawk avangin 'ice' te pawh an ti bawk. Crystal Meth hi \halai hovin party-naah an hmang nasa a, an zu tlangpui.

METH-IN TAKSA A TIHCHHIAT DAN:

Meth la tih rei vak loh hnu a taksa a khawih dan (Short-term effect): Meth tih chuan dam riau leh chak riauva inhriatna an nei a; an taksa tâna \ha lo khawpin an mengin an che vak vak \hin; mahse, an taksa \in a chhiat pah hle. A tâwpah, an chauh tawp-khâwkah 'crash' neiin an kulcho \hin. Meth chuan chaw

ei tui lohna a siam a, thil an ei tlem a, an chèr phah vek \hin. Mut \hat theih lohna, awm hle hle theih lohna, luak chhuak, thil ti thei deuh ni-a inhriatna, thinchhiatna leh mi dang tihbuai châkna, bawraw taka chet duhna an nei \hin. Heng rilrua harsatna hrang hrang - muthilh theih loh (insomnia), rilru buai (confusion), thil hmuh mak (hallucinations), rilru mangang (anxiety), mi dangte rinhlehna/hlahna (paranoia) an nei duh a, kaih (con-vulsions) leh thihna hial a thlen thei.

Meth tih rei hnu a taksa a chhiat dan (Long-term damage) An tih rei chuan Meth hian kawng hrang hrangin taksa a tichhe duh hle: lungphu rang, BP sâng, lungphu châwl, thluak leh lunga a thisenzâm chhiatna leh stroke leh heart attack, thin, kal leh chuap that lohna hrang hrang a thlen \hin. Thluak chhiat hlenna, memory loss (tunhma thil hriat tawh lohna), mood inthlak zung zung te, âtna (psychosis) te leh a chung a rilrua harsatna hrang hrangte khi a awm duh hle.

Meth ti \hangte zinga hluar deuh, ka chhunga natna an vei \hin chu “**Meth mouth**” an ti a; ha dum, ha muat, ha ngét leh ha-hni hrisel lo an nei a; pitar/putar ha bal so ang hian an awm \hin.

Meth ti \hangte chu an hm>I a chhe vek a, an z<r vek a, \halaite pawh tar hrisel lo tak ang maiin an lang thin.

METH TI | HINTE AWM DAN STAGE HRANG HRANG:

1) The Rush–(Nawm chem chemna; rush = rawn awm pup pup) - Rush chu miin Meth-a inchiu emaw, a zuk emaw veleha nawm chuaina a neih a ni a; a lungphu a rang >m >m a, a BP a sâng baw. Cocaine an tih hnua minutes 2-5 lek awm \hin kha Meth-ah chuan rush hi dârkâr chanve lai a awm thei.

2) The High–(High = Rui) - Rush a zawh chuan ‘high,’ ‘the shoulder’ an tih baw, a ruih hun a lo awm ve leh ta a. High an neih lai chuan fing deuh niin an inhria a, mi hnial

leh tihbuai an hrât em em a, mi thusawi lai te pawh pawt chatin an lo sawi zawm sak zung zung \hin. An awm hle hle thei lo va, thil pakhat ringawt an buaipui ngut ngut chang a awm. Entir nan: tukverh pakhat ringawt pawh rei tak an tifai nawn tlut tlut \hin. The high hi darkar 4-16 lai a awm thei.

3) The Binge–(‘BINJ’ tia lam tur: inthunun lova tih chhonzawm zat). Miin inthunun lova zu emaw, drugs emaw an tih vak vak hi ‘binge’ an ti. Meth hmang \hin chuan ruih nan Meth zûk emaw, inchiu emaw a chhonzawm ta zel a. Hemi chh<ng hian taksa leh rilru, chak riauvin an inhria a, mut a chhuak har a, rei tak tak mutchhuak lovin an awm thei a, “an phur over” kan tih ang chi hian an awm \hin. Mahse, Meth a tih apianga ‘rush’ a neih \hin chu a nep tial tial a; a dose a sângin Meth a mamawh hnem tial tial a, a tawpah chuan ‘rush’ pawh a nei thei tawh lo va, ‘high’ pawh a nei thei tawh lo \hin. Binge stage hi ni 3-15 hun chh<ng a awm tlângpui.

4) Tweaking- Meth ti \hinte an hlauhawm lai ber chu "tweaking" an tih stage an neih lai hian a ni. Meth an tih khan 'rush' leh 'high' a pe thei tawh lo va, hrehawm an ti em em a, ruih an chak a, an nun a ruak ngawih ngawih a, an rilru a buai zo vek a ni mai. An vun hnuaih hrik vak vel chiam angin an hria a, an inhiat vak vak a, an vut an hiat pilh hrup \hin. Thil an hmu mak (hallucinations an nei) a, an thil hmuhte chu a tak nge tak lo an hre hrang lo va, an muhil thei lo va, mumang ramah an chéng a, an mahni leh mi dangte tan an hlauhawm >em >m a ni. An mahni intihnat leh mi dangte tihnat an ching a, 'tweakers' (Tweaking nei mekte) chu an hlauhawm em em a, an bulah fimkhur hle tur a ni.

5) The Crash- Hetah chuan an taksain a tlin tawh ngang lo va, an zawi ngawih ngawih a, an kulcho va, rei tawh an mu tawp tawh \hin. Meth addict hlauhawmna ber pawh an mu zawi ngawih ngawih \hin. He hun hian ni 1-3 a aw h \hin.

6) Meth Hangover-An mu chu an lo harh leh chuan chau ngawih ngawih, taksa chak lo em emin, nun ngui em emin an lo tho chhuak ve leh a. He 'hangover' (pen\áwng) stage hian ni 2-14 vel a aw h \hin. Hrehawm an ti em em a, an tuar thei lo va, Meth tih leh mai loh chu an tan kawng dang awm lovin an hria a, an ti leh mai \hin. Zu leh ruih theih dang an ti duh hle bawh.

7) Withdrawal-Hangover dawtah chuan withdrawal an nei leh \hin a; Meth an nghei a\anga ni 30 a\anga ni 90 hn<ah daih pawh a awm thei. Depression (rilru nguaina) an nei a, thil tih chákna leh peihna an nei lo va, eng mah nuam an ti thei lo. Meth an chak >m >m a, mahni nunna lâk mai duhna an nei duh hle. Withdrawal hi a hrehawm >m avangin enkawlna dawng zinga 93% zet chuan Meth hi an ti leh mai thin a ni.

Tlângkawmna :

Meth hi Mizoramah tun dinhmunah tak chuan addict an la tam tehchiam lo niin a lang; mahse, Heroin te aiin a tlawm

a, a ruih chung a rei a, ei chi thlengin a lo awm bawk nen - kan fimkhur viau loh chuan thalai tam takin an bàwr leh mai ang tih a hlauhawm hle a ni. A \antirah châkna te, thathona te leh men rei theihna te min pe bawk mah se taksain a haw em em a, rei lo t>ah an tar bawih bawih mai a ni. Addict a awlin a ngaih a na >m >m bawk si. A thahna damdawi leh enkawl na fak a awm loh bakah Meth addict- te hi enkawl harsa tak an ni a; thihpui an tam thei hle.

| halaite'n kan hriat reng tur chu Ruihlote hian a chang chuan hlimna min pe ve bawk thin, mahse chu hlimna chu a rei lo lulai lutuk a, a man kan pek tur a to lutuk bawk. Drugs

hi zuam sual hlauhawm tak a ni a, tih chhin miah loh hi a him ber. Khawvelah hian Pathian \ihtute tan chuan tlâkchhamna a awm lo va, amah zuitute tan chuan thil \ha tinr>ng Lalpa hian a ui lo va (Sam 34). | halaite chu duh thlang thei dinhmunah kan ding a, kan thlan fuh chuan hlimna te, lawmna te ;eh thil \ha tinr>ng neihna a ni a; kan thlan fuh lohva ruihhlovah te kan tlân chuan lungngaihna te, harsatna te, manganna te, hrehawmna te lo chu hmabâk kan nei lo. "Kan buante hi tisa leh thisen an ni si lo, lalnate leh, thuneihnate leh, he thim chung a khawvel roretute leh, van hmunahte thlarau sualho awmte an ni zawk e." (Ephesi 6:12).

MOTOR RUIH LOH DAN

Zenetac 300 tab mum i
Vertidon tab mum 1
Emigo tab mum 1

Heng ho hi motor chuan hma darkar chanve velah a ruala eitur a ni. Nilenga motor chuang tur i nih pheih chuan kawng lakah pawh ei leh mai tur a ni.

ENT CANCER | HENKHAT INLAR CHHUAH DAN (ENT - Beng, hn^r, hrawk leh nghawng)

Dr. R. Zodingliana, M.S
Dept. of ENT, Civil Hospital, Aizawl

MIZORAM hi pumpui cancer tam em emna hmun a ni a, tun hma deuh phei chuan phai mithiam 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 thawn 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 chhuh 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.
- Hmaiphel na.
- 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 (an ti 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 aw h).
- 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 daw t)

Chaw daw t 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.
- Aw chhang- enkawlna dawn hnu pawh a zual zel zawk.

NB: AW BAWM BAWK (Vocal module) cancer ni hau 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 daw t in tanna bul, dinglam leh vei lamah a khuar deuh kukin a awm).

Mizo zingah helai hmun cancer hi kan tam em em ringawt mai a ni e. In sawiselna te hi hrawk bawk 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.
- 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 tul 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 theilo hi khawvelah an awm awm love. 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.

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.



DAMLO ENKAWL KAWNGA HRIAT TUR | UL ZUAL TE

Damdawi inah chuan medical lam mi thiamte vilna hnuaiah damlote'n enkawl na an dawng a, kalphung mumal tak an zawm a, mawhphurhna hrang \heuh neiin damlo mamawh dan azirin enkawl na an pe \hin a. Home based care erawh in lama enkawl na 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 enkawl na an pe thei a ni.

Damlo enkawltu ber a\ang te hi an rim duh hle. Inchhawk 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 nise. 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 nise 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[^]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 hnuaiyah phoro \hat chauh hman ni thei se. Mutbu leh thawmhnaw hn[^]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 pheih chuan mamawh a nasa lehzual. Chuvangin chaw an ei thei thlawt lo te a nih hran loh chuan hunbi mumal tak siama 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 khum bula dah hi a awlsam bawh. Tin, mawng/hnungzang vela pan insiam (bedsore) hi ven a tul 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 nise a

duhawm hle. Damlo che thei lovah phei chuan takxaa 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 (takxa 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 takxa 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 takxa 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 nise, 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 takxa 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 nise.

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 paih tur a ni a. Hmanrua la hman theih ang chi te a awm a nih chuan bleaching powder tui a pawh a chiah hian a sterilize mai theih bawk. Thil hriam chi erawh fimkhur a ngai a, tuiso ah 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 nachhawknaw/ 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 vengaw 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 chungte 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, chuvangin 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!

E “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!!

E 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!!

RAMHNIM DAMDAWI SIAM DAN

Dr. Lalnunthara
Scientific Officer
State Drug Testing Laboratory (AYUSH)
Zemabawk, Mizoram

Tunlai hian Zoramah Ramhnim Damdawi siam kan uar thar hle niin a lang, a siamtu te pawh kum dang aiin kan pung niin a lang. Kan chhehvela Pathian in damna tur a dahsa te hman \angkai nachang kan hria hi a \ha hle mai a, i uar thar zel ang u.

Kan Zoram chhung ah ngei hian Ramhnim damdawi hi a tam hle mai a, thatna tam tak neiin an thatna te erawh a inang vek kher lo a, mihringa a thawh dan pawh a in ang vek kher lo. Chuvangin kan damdawi siamte hi a thianghlim hle tur a ni a, kan tui hman te a thianghlim em, kan siam dawnin kan chheh vel a fai tha em, kan bungrua leh hmanraw hman te a fai tha tawk em tih hi kan ngaipawimawh hle tur a ni. A chhan chu kan damdawi siam a thianghlim tawk loh chuan a that tur angin emaw a thawh tur ang takin a thawk thei dawn lo a ni.

Ramhnim damdawi kan siam dawna hriat tur pawimawh leh kan siam dan tur te han sawi dawn ila.

1. A lak hun leh a lakna

hmun: Ramhnim damdawi te hian an damdawi (medicinal value) chak ber hunlai an nei theuh a. Entir nan, a hnah a kha damdawia kan siam dawn chuan a puitlin hma (mature stage/flowering stage) in kan la tur a ni a, a bul ho (rhizome) ang chi ho damdawi a kan siam dawn chuan a kunga kha a puitlin ngei a ngai thung. Tin, a hmun azir hian a tui na (taste) leh a chakna (medicinal strength) te a danglam ve thei bawk a. Ramhnuai ngaw kar a mi emaw, tuma enkawl loh hmun a mi lak ai chuan mahni ngei a huan (herbal garden) siam a, hman dawn huna lak mai hi a awlsam in a tha zawk a ni.

2. Siam hma a dahthat

dan: Kan damdawi lakhawm sa kan dahthatna tur hi kan uluk hle tur a ni a. Polythene emaw newspaper emaw in kan tuamin kan dahtha tur a ni lo. Boruak dangin a pawlhbuai theih lohna tur, heng tupperware, fridge, plastic bag etc ang chi-ah te hian kan dah tha tur a ni.

3. Siam dawna hriat tur pawimawh te:

Kan damdawi dah sa siam a nih dawn hian kan dahthatna hmun atangin kutkawr bun ngeiin kan la chhuak tur a ni a, tap water emaw, tui lum chhuan so dah daih emaw, filter tui hmangin uluk takin kan silfai \hin tur a ni . A zung a lei lo kai te pawh uluk takin kan silfai thin tur ani.

4. Siam dan: Ramhnim damdawi hi siam dan hrang hrang a awm a, a tlangpui in in lama siam thin kan nih avangin, in lama kan hmanraw neih ang ang hmangin kan siam ve thei a. Chung zinga a lar zual leh siam dan awlsam te chu,

- A mum (tablet): Tablet siam dawn hian hnimhnah kan

rawt sawm hmasa tur a ni a, binding agent (gum olibanum, tapioca starch, guar gum, gelatin, sucrose, polyvinylpyrrolidone etc.) hmangin kan hlum khawm thin tur a ni. (a len zawng leh a tet zawng chu a siam tur te duhdan ang nise). Hei hian a sawm tur leh a keh tur a veng a. Chemical hmang kher lo Natural products (bahra hnai, bawrhsaibe hnai) hmang te pawn a siam theih a ni.

- Ointment (A diak): Ointment kan siam dawn hian a ti diak tur leh a ti mawm reng turin gelling agent (paraffins, petrolatum, white petroleum jelly, wool fat, carbo waxes etc.) kan hmang tur a ni a. Hengte hi vunin a hip lut awlsam bik a, rei tak chhung a bei nghet thei bawk a ni

- Powder (adip): A dip a damdawi kan siam dawn chuan mortar & pestle (porcelain/granite) kan hmang thin tur a ni a, a chhan chu a kar vela damdawi bet tur a veng a, a sawm \ha bik in hman a awlsam bawk a. Mortar & pestle hi hmarcha rawtna ang deuh a ni a, chi

hrang tam tak a awm a, porcelain emaw granite atanga siam ngei hman thin tur a ni.

- Liquid (a tui): A tui ang chi hi Mizo hian kan siam hnem leh kan uar ber niin a lang a, a fir leh fir lo, chhuan lum leh chhuan lum loh hi kan siam hnem ber niin a lang. A tui anga siam hi a harsa lo va, ramhnm rawtsawm emaw sawm lo emaw hmang pawn a siam theih a, a hing hma in a chhiat hma em avangin, a vawn \hat nan preservative kan pawlh thin tur a ni.

5. Vawn \hat dan (Preservatives): Preservatives kan tih hi kan damdawi siam tawh sa hun rei tak chhunga vawn that dan tihna a ni a. Preservatives-ah hian chi hnih a awm a, chungte chu:

Natural - Chini, chi, khawizu, vinegar, vegetable oil, neem oil, rosemary extract, citric acid, ferulic acid, ascorbic acid, natural tocopherol etc.

Synthetic - boric acid, benzoic acid, sorbic acid, potassium sorbate, phenol, nitromersol.

6. Flavouring & Colouring Agent: Flavouring & colouring agent kan tih hian a tuina leh a landan tihdanglam dan tihna a ni a, kan damdawi siam kha ei chak awm loh khawpin a rawng a mawi lo thei a, chuvangin eitur a rawng tihdanglamna colouring agent hi pawlh thin tur a ni, tin kan damdawi kha a lo thur viau in emaw a lo kha viau mai thei a, hemi tan pawh hian a tih tui/ eitui nan flavouring agent kan telh thin tur a ni.

7. Labelling: | henkhat chuan an damdawi siam te, bottle mawi hnai lo lutukah te, zu bur hlui, mineral water bottle hlui angah te an thun mai thin a, hengte hi tih miah loh tur a ni. Kan damdawi siamte chu bottle thar, thil danga la hman loh, emaw mineral water bottle tharah thun chhuakin, nghet takin boruak dang in a pawlh buai theih loh turin kan dah anga, nghet takin kan chhin thin tur a ni. Tin, a kawmah mawi takin kan damdawi chungchang kim chang takin kan ziak lang bawh tur a ni. Hetiangin,

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Damdawi hming (Name of the drug) 2. Kan siam ni leh thla (Mfg date) 3. A chhiat hun tur (Exp. date) 4. A tam zawng (weight/ml) 5. A siamtu te (Manufactured by) 6. A semtu tu (Supplied by) 7. A siamtu Ph. No 8. A man zat (hralh chhuah a nih dawn chuan) 9. A damdawi thatna te (Usage/Indications) 10. A ei dan tur (Dose) | <p>Bungkawn-ah form la in a test tir duh te chuan engtik pawn a test tir theih reng a ni.</p> <p>Mizorama Ramhnim Damdawi thenkhat kan hman lar em em te han tarlang ve leh bawk ila</p> <ol style="list-style-type: none"> 1. Archangkawm 2. Aieng 3. Artukkhuan 4. Buhpawl 5. Changkalrit 6. Chawng 7. Derhken 8. Fartuah 9. Nghalenglutar 10. Herhse 11. Hlohnuar 12. Hnahkhat 13. Hruivankai 14. Japanhlo 15. Kangthai 16. Kawrthindeng 17. Kungpuimuthi 18. Laikingtuibur 19. Lambak 20. Makpazangkang 21. Midumpangpar 22. Paihte-maian 23. Pasaltakaza 24. Perhpawngpawchaw 25. Purunsen, Purunvar 26. Saiekhlo 27. Saisiak 28. Sekhupthur 29. Sumbul 30. Tawitaw 31. Tawtawrawtpar 32. Thasuih 33. Theisawntlung 34. Tlangsam 35. huamriat 36. Vakep 37. Vawihuihru 38. Zamzo 39. Zawngaleilawn 40. Zihngal 41. Zihhaw. |
|--|--|
- Kan damdawi siam te hi a thain a thianghlim tawk em, mihring ei atan a tawk em tih te hi hriat leh a ngai a. Chuvangin kan damdawi siamte hian test an pal tlang leh ngei ngei tur a ni. STATE DRUG TESTING LABORATORY, Zemabawk, near Cancer Hospital-ah engtik lai pawn test tir theih a ni a, AYUSH Main Office,



GASTRITIS

- Martin Chawngsailova

He natna hi Mizote zingah pawh a tam hle mai a. amaherawhchu 'Gastritis' tih hi Mizo lawnga chiang taka sawina kan nei lem lo va. A chang chuan pumpui lawng (peptic ulcer) kan tih te nen pawh hian kan hman pawlh deuh \hin niin a lang a, pumpui lawng hi Sap lawnga 'gastritis' kan tih hi chu a ni lo tih kan hriat a \ha awm e. Engpawh nise gastritis chu kan hriatthiam theih dan tur berin pumpui \hat lohna, vunna tih te pawhin sawi ta ila a \ha ber awm e.

Gastritis chu eng nge?

Gastritis hi pumpui natna chikhat a ni a, kan pumpui hian tuamtu 'mucosa' a nei a, chu kan pumpui tuamtu chu natna hrik emaw, damdawi a bik takin NSAIDs leh thil dang eng emaw avang tein a chhe thei a. Kan pumpui hian acid leh enzyme kan thil ei pai lawih nana pawimawh tak mai a siam chhuak a. Tin, thil hn^ng chi khat 'mucus' a siamchhuak bawk a, hei hian acid-ina kan pumpui ei chhe tur a veng a ni.

Tichuan gastritis hi hlawm hnihah \hen a ni a - Acute gastritis leh Chronic Gastritis. Acute kan tih chuan na takin, vawilekhatah emaw, rinloh takin, lo awm thut tih te

pawn hrihfiah ila hriatfiah a awlsam mai awm e. Chronic gastritis erawh chu hun rei zawk emaw, a benvawn emaw ti ila a fiah mai awm e. Chronic gastritis hi enkawl \hat a nih loh chuan dam chung pawn a awm thei a ni.

Gastritis natna nei \henkhatte chuan na leh nawm lohna neuh neuh an dul chung lam pangah nei niin an inhria a, amaherawhchu \henkhat hetiang ang nei ve miah lo pawh hi an awm tho a ni.

Gastritis tih hi \henkhat chuan dul chung lam panga na nazawng leh nawmlohna sawi nan kan hmang fo \hin a. Mahse hei hi a dik vek lem lo a, natna dang tam tak avangin

hetiang harsatna hi a awm ve thei tho tih kan hriat tel a \ha.

Gastritis thlen theitu -

Helicobacter pylori (H.pylori) hi natna chikhat a ni a, Chronic gastritis thlentu langsar zual a ni. He natna hrik hian kan pumpui tuamtu a ei chhia a, hmun thianghlim lo leh tui thianghlim lo ei a in avang tein he natna hrik hi a kai theih a ni.

Erosive gastritis (acute leh chronic) hi NSAIDs damdawi (Aspirin leh Ibuprofen) rei tak chhung hman avangin a awm thei a. Tin, zu in mite leh cocaine hmang \hin te pawn an nei thei a ni.

Taksa hliam te, damlohna nasa tak avang te, taksa kangte leh zai pui tawk tawh te hian Acute erosive gastritis an nei thei bawk a, a chang chuan Stress gastritis an ti bawk a ni.

Gastritis lanchhuah dan -

Gastritis natna vei \henkhatte chuan harsatna Chiang taka sawi fak fak tur an nei lem lo a. Mi \henkhatah erawh chuan kan sawi tak ang

pum chung lam pang na emaw nawmlohna te, awm nawm lohna vanga luakchhuah hluina te an nei thei a ni. Pumpui \hat lohna vangin chaw pai \awih theih lohna pawh a awm thei bawk a ni.

Erosive gastritis hian pumpui tuamtuah I^wng a thlen thei a, chu chuan thi a siam thei a. Pumpuia thisen a awm chuan thia luak te, thi a ek te leh ek dum emaw ek ban te a awm thei bawk a ni.

Gastritis vanga natna dang lo awm thei te -

Chronic gastritis neite hian pumpui I^wng te, pumpui chawr emaw b^wk kan tih ang chi te hi a thlen thei bawk a. Mi \henkhat Chronic H. pylori gastritis emaw Autoimmune gastritis nei te hian Atrophic gastritis an nei zui thei a. Astropic gastritis hian cancer chi hnih a thlen thei a - Gastritis ulcer leh Gastric Mucosa Associated Lymphoid Tissue (MALT).

Gastritis endik nana thil \ul te-

A hmasa berin miin gastritis a neih leh neih loh hriat

nana thil paimawh tak mai chu 'Endoscopy' tih hi a ni a, hei hi hman lar ber pawh a ni bawk, a chang chuan 'biopsy' pawh tih \hin a ni. Endoscopy tih lovah chuan X-ray (barium meal) te pawh a tih theih a. Blood test pawh an ti tel ve \hin a, anaemia a awm chuan pumpuiah thi (bleeding) a lo awm tel thei \hin a ni. Tin, Stool (ek) test pawh a tih theih bawk a, ek ah thi a awm leh awm loh hriatna a ni. Natna hrik H. pylori endik nan chuan thisen leh ek test pawh a tih theih a, biopsy hmang pawh a hmuh chhuah theih a ni.

Gastritis enkawl dan -

Kan pumpuia acid in siamchhuak hnem lutuk chuan pumpui a tichhe thei a, chuvangin damdawi \henkhat acid insiam ti tlem thei tu pek a ni thin a ni. Chungte chu -

Antacids - sodium bicarbonate, citric acid, alumina and magnesia (Maalox), Calcium carbonate and magnesia (Rolaids).

Histamine 2 (H2) blockers - Famotidine (Pepcid

AC), Ranitidine (Zantac 75), Proton pump inhibitor (PPI) - Omeprazole, Lansoprazole, Pantoprazole, Rabeprazole.

H. pylori natna hrik hi enkawl uluk a ngai a, a chhan chu cancer emaw pumpui l^wngte a thlen theih vang a ni. He natna hrik that tur hian damdawi chi hnih chawhpawlh PPI leh antibiotic chi hnih (Amoxicillin leh Clarithromycin) te hman dan a ni tlangpui. Damdawi ei hun chung tura ei zawh tawh chuan Doctor-te hnenah natna hrik a la awm loh endik tir tura pan keh ngei a \ha.

Gastritis hi a thlentun azirin inenkawlina kawngah thil dang eng emaw belh a \ul \hin a. Entir nan, NSAIDs damdawi hman vanga lo awm a nih chuan hman chhunzawm loh a \ha a, a nih loh pawhin a dose tih hniam deuh emaw nachhawkna dang hman mai te pawh a tha.

Hetah hian duhtawk mai ila, engpawh nise insawiselna kan nei a nih chuan mahnia inenkawl dam tum mai lova Doctor-te r^wn vat hi a finthlak ber a ni. ■

PNEUMONIA

(Chuapa khawsikpui natna)

Pneumonia natna hi Mizo lawng chuan, "Chuapa khawsikpui natna," emaw "Awmnapui natna," te kan ti bawk a. Pneumonia hi chuapa natna hrik chi dang dang bacteria te, virus te, fungi te leh parasites te ina chuapa natna an lo awmtir thut vangte a ni a. Pneumonia hi hritlang awmna satliah a ni mai lo va, chuapa natna rang tak maia thawk a nih avang hian hriat chiana enkawl hma a nih loh chuan awlsam taka nunna hial la thut thei dinhmuna a veitu a awmtir avang hian natna \ihbaiawm tak a ni. Mi thiamte chhut danah chuan khawvel puma lakah chuan ram changkang leh changkang lovah pawh thuhmun rengin kum tinin nausen/naupang kum 5 hnuailam maktaduai 4 vel nunna latu a ni, an ti. Puitlingah pawh mi taksa chak vak lovah a awm duh hle a, chin \ha lo zu leh drugs te, zuk leh hmuam uar miahte leh HIV/AIDS natna veiahte hian a hluar hle a ni.

Pneumonia natna awmdan tlangpui:

Pneumonia natna chu chi hnihin a awm thei a "Lobar Pneumonia" leh "Broncho Pneumonia" te an ni a. Lobar Pneumonia hi puitlingin an vei duh bik a, Broncho Pneumonia chu nausen/naupang leh upa lam chak vak tawh lovin an vei duh tlangpui a ni. Heng Pneumonia chi hnihah hian thawk a harsa tlangpui a, chutih rualin khuh leh khak te an ngah a, boruak \ha oxygen

tlakchham avangin an taksate a duk a, a lanna berte chu an hmuiah leh hnarachte a ni a, an awm hi a na an ti hle bawk \hin a ni. Heng natna chi hnih a in an lohna laite chu an khawsik danah a ni a. Lobar Pneumonia-ah chuan khawsik a sang a, an tlun tel bawk \hin. Broncho Pneumonia-ah chuan khawsik hi sang vak lovin a khat tawkin a awm zeuh zeuh chauh thin a ni.

Pneumonia natna hriat dan:

Pneumonia natna hi a thawh ran em avangin a veite

hi hriat ran a, enkawl hi mi tin mawhphurhna a ni a, a bik takin naute nausen/naupang kum 5 hnuai lam neite tan a ni bik zual a, nausen chu a lo upat tial tialin a thawlak te a lo tlem chho ve zel a, chuvangin a kumzat azirin a thawk lak zat pawh a lo danglam ve zel a ni. An thawk lak zat chhiar tur chuan nausen/naupang dul chu hlim a, tichuan an thawk lak zat chu chhiar mai tur a ni. Nausen thla 2 hnuai lamte hi an thawk lak zat chhiar a awlai lo hle a, a chhan chu nausen \henkhatah chuan an han thawk hnu hian second tlemte hi a han chawl a, chumi hnuah rei vak lo rang takin an thaw zui leh nghal \hin a, chuvangin thla 2 hnuai lamte thawk zat chhiar chuan vawi 2, vawi 3 te tihnawn a ngai \hin. Pneumonia an vei leh vei lo chu an thawk zat a\angin heti an hian a hria theih a ni.

(a) Nausen thla 2 hnuai lamah chuan minute khat chungin vawi 60 aia tlem lo.

(b) Nausen thla 2 leh thla 12 (kum 1) inkarah chuan minute khat chungin vawi 50 aia tlem lo.

(c) Nausen kum 1 leh kum 5 inkarte chu minute khat chungin vawi 40 aia tlem lo.

Pneumo natna enkawl dan:

Pneumonia natna chu thawklak zat a\anga hriat hnuin damdawi ina kalpui a ngaih leh ngaih loh te hriat chian a \ha.

Damlo ina enkawl theihte chu awmna leh khuh neite thawklak harsat mahse an thawte a ran chuan nausen/naupang chu damdawi pek hran a ngai lo va, amaherawhchu, inah lum taka awmtir a, pawn khawvawta vah chhuahpui loh tur a ni a. Hetiang naupang chu kar 2 khat hnuin a \ha leh mai \hin a, amaherawhchu, an khuhte thla 1 aia tamte an nei chhunzawm zat a nih chuan, TB te a ni thei bawka, chu lo leha chuan Asthma te leh khuhhip vang a ni thei bawka, a rang lamin doctor thiamte rawn vat tur a ni.

Nausen/naupang kum 5 hnuai lam pneumonia veite tan sub centre-ah damdawi mum cotrimoxa-zole lak mai theih a ni a, cotrimoxazole damdawi te hi damdawi ina kalpui hmaa

pek phawt tur a ni a. Damlo chu an kum zat leh buk rih zat azirin eitir tur a ni a, an ei hun darkar 48 (ni hnih) chhung enthlak phawt hnuah \hat lam an pan zel chuan ni 3 (thum) dang pek chhonzawm leh tur a ni. Amaherawhchu, a natna chu a zual zel chuan a rang lama damdawi in panpui tur a ni. Damdawi ina kalpuina mai tur emaw, doctor hanrawn mai tur remchang lote tan Health Workerte arawn chhonzawm

theih a, an niin hetiangin an lo enkawl zui dawn nia -Kum 5 hnuai naupang te chu Cotrimoxazole mum ei chungala \ha chuang lo te chu Amoxycilin emaw Ampicillin te leh Inj. Procaine penicillin te an kum zat leh a buk rih zat a zira pek \hin tur a ni. Tin, Cotrimoxazole damdawi peka hriateng tur chu nausen thla 2 hnuai lam thla kim lova piangte leh mitliam (Joundice) veite chu pek miah loh tur a ni. ■

Mawitea huang!!

n An pa kha an ho ve mai mai, a fapa damlo kha damdawi inah a awmpui a, a thi ta hlauh mai a, in lama an nu kha a va phone a, "Hei damdawi in atangin a nia, kan fapa hi a ala dam nge i rin a thih tawh?" te a va ti vel....

n Khawkhat pa huaisen pawh kha, mikhual tlangvalin a lo cho ngawt mai a "Vala, kan insual dawn a nih chuan, insual hmain mitthi dar vuak tir phawt ila..... kan insual zawhah mitthi hming chu puan ni rawh se" a ti chhek chhek mai a!!

n An khua kha an han thawkmawh tlang awm mai mai, Khawtlang hnatlang an ko va, mi pahnih chiah an thawkchhuak tih tawh tawh nak alaiin a pakhat zawk khan 'hetiang hnatlan nikhua hi chuan a zelthel pawl hi awm a ni ngai' tiin a thawk ve peih lo va, chutah a pakhat zawk pawh chuan 'a ni chiah, hetiang hnatlan nikhua hi chuan a haw hma pawl awm a ni ngai' tiin zuk haw daih a!

FOOD POISONING (EI LEH IN TAKSA TANA A PAWI THEIH DAN)

R. Vanlalhlmpuia Health Educator,
Directorate of Health Services.

Kan thil ei leh in thianghlim tawk loh avanga kan taksaah natna a awm theih dan tlangpui kan hriat hi thil pawimawh tak a ni a. Damlohna tam tak kan hmachhawn \hin te hi kan pumpelth theih nan kan ei leh in tur thianghlim taka kan vawn \hin hi mitin te mawhphurhna a ni tih kan hriat reng a \ha. Mizote hi ngaihsam tak mai kan nihna lai a awm a, ei leh in chungchang thuah pawh kan taksa hrisel taka a awm theih nan duhtui deuh zawk a hmalakna kan kalpui hi a \ul tak meuh a ni. Entir nan-bungbel fai leh fai loh pawh ngaihtuah hauh lova chawhmeh siam nan a han hman tawp mai te, chawhmeh \hing chhuang lum lem lova tawng pawng ei leh tawp mai te, thlai hnah hel ei leh rawt chi te bakah thei rah te silfai \ha lova kan ei \hin te hian taksaah natna a thlen theih dan hrereng chung a ngaihdan thar siam a thil \ha zawk tih tumna nei a hmalakna kan kalpui hi a \ul hle tawh a ni.

Food Poisoning awmzia: Food poisoning kan tih hi kan thil eiah bacteria te leh toxin te an awm avanga damlohna awm tir thei tu hi a ni a, luak leh kaw\halo hri te hi a langsar zual deuh te chu an ni.

Ei tur thianghlim lo (contaminated food) kan ei hian kan taksaah natna chi hrang hrang kan kai pah thei a, hei hi a chhan chu virus te, bacteria te leh chemical lam thil

avangte a ni. Ei tur thianghlim lo kan ei hian natna ho te a\angin harsatna nasa zawk kan tawrh pah thei a, a hlimchhawn lai a enkawl vat a nih loh phei chuan thihna hial pawh a thlen pah thei a ni. Natna ho te ang a lang (mild cases) kan tih pawh hi darkar rei lo te chung emaw ni khat emaw ni hnih emaw chung nawmsam lohna a thlen tir thei a. | henkhat ve thung erawh

chu ei tur thianghlim lo bacteria tamna leh chemical lam thil avang te in taksaah natna tam tak a awm tir thei a, heng natna te hi enkawl vat an nih loh chuan thihna hial a thlen tir thei a ni.

Food poisoning awmtir thei tu: Bacteria tam tak te hian kan ei tur hi taksa tana thil \haloah an siam thei a. Damloin natna hri vei chung a ei tur an siam a nih chuan staphylococcus bacteria avangi an thil siamah khan natna hri an thehdarh thei a ni. Miin ei tur thianghlim lo a ei emaw a in emaw a nih chuan kaw\halo hri leh natna dang a vei phah thei a, hetiang natna thlen thei tu chu bacterium E.Coli a ni. Samonella poisoning kan tih hi arsa te, artui te leh sa dang thianghlim lo kan ei a\ang te in a awm thei a, hei hian taksaah nawm-samlohna chi hrang hrang a thlen theih bakah thihna hial pawh a thlen tir ve thei a ni.

Taksa tana pawh thei bacteria kan tih te hi ei tur chhum tawh saah te, sa hel leh

sangha-ah te bakah bawng-hnute a\anga thil siamchhuah chi hrang hrangah te an inthlah paung \hin. Bacteria inthlah-pun duhna bik te chu - Ei tur a siam tawh sa ei loh va hun reitak chhung dah \hin te artui te, bawnghnute te, hriak lam te leh vinegar a\angte bakah \in/bur chung a ei tur kan dah \hatah te hian bacteria oxygen tel lo a nung thei (Anaerobic bacteria) awm duhna leh an inthlahpun theihna hmun \ha tak a ni a, heng bacteria te hi kan thil ei tur la tih thianghlim lohah an \hanglian a taksa tan tur (poison) an siam thei a, hei hian thihna thlen lem lo mahse taksa tan thil pawh tak a ni thei a ni. Naupang kum tling loten khawizu an ei avangin taksaah natna an neih phah thei a, a chhan chu puitling te anga an pai\awihna (digestive system) a la thanpuitlin loh (immature) vang a ni.

Lui lam sa abik takin tuamtu kawr nei te hi a thianghlim tawh lo thei a, hetiang hi kan ei tel a nih chuan kan taksaah virus avanga natna (virus food poisoning) an

siam thei a ni. Thlai hnah kan hriat loh te, pa (mushroom) \henkhat te leh theihmu (berries) \henkhat kan hriat chian loh te chu kan taksa tan a ei loh hi a him ber a ni tih kan hriat a \ha. Alu zik no leh a \iak \an tirah te pawh toxin (t<r) a awm avangin kan ei a nih chuan kan taksa tan a paw thei a ni. Ei tur taksa tan a paw thei (toxic mold) siam thei tu chu - thei \henkhat te, thlai hnah te, buh leh badam lam chi te hmun thianghlim tawk lo a kan dah avang a ni thei. Damdawi lam a\anga siam taksa tan thil \ha lo thlen thei tu (chemical food poisoning) kan tih rannung thahna hlo (pesticides) avangte leh kan thil ei tur hmun thianghlim tawk lova kan dah avangte hian damlohna kawng tam takah kan hmachhawn pah thei a. Chuvangin, kan ei leh in tur te fimkhur turin \an kan lak thar leh a \ul tak zet a ni.

MITEN MIN CHHIAR MIN THLIR RENG E

n USSR ram \hen darh a nih hma khan an ram hruaitu Khrushcheve kha Moscow khawpuia thlalakna dawr lian berah hian a lenglut ve a, dawr chhungah chuan ama thlalak chi hrang hrang hi an lo tar dul mai a, Khrushcheve chu a lawm vur vur hle mai a, intithei tak hian dawr neitupa hnenah "Engati nge hruaitu ropui dang tam tak Lennin te, Stalin te, Marx-a te thlalak hi ka va hmu ve lo em?" a han ti lung lung a, dawr nghaktu lah chuan tunge a nih hre hek lo, "Nia, hruaitu dang ho thlalak hi chu tupawh mai hian an ngaisangin an hlut hlawm em em a, an lei zo zung zung zel mai a, a awm rei hman ve lo a ni, Khrushcheve a thlalak erawh hi chu tumah in an ngaisang ve vak lo a ni ang tumah hian zuk lei ve duh miah lo va," tiin a lo chhang daih a sin!

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 bukthe 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 bukthe-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

septicemia hi an lo siam ta \hin a ni. Thisena an luh tawh miau 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 bawk a 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 tlangpuin-

- Kum upa lam leh naupang lam.
- Taksa 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.
- Taksa 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 bawk a ni.

Entiang chiaha hlauhawm nge?: Ram changkangah pawh septicaemia 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 talbui reng.
- Hriatna chiang lo, harh chiang thei lo/a ruai.
- Taksa sin t> t>a rawn bawl sen tet.
- Nikhawhrela 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 kaihhawih vanga thi, a chhan kan hriatloh tam tak a awm thei a, septicemia tiha vui liam an awm nual thei baww awm e. Septicemia confirm (finfiah) tawh zat hi hriat tur a awm em le tih zawhnate pawh ka rilru chhungriah chuan min kik na ve hle ve baww \hin a.

Engpawh nise septicemia hi mihring thih chhana puan hi a dik ber em?: Ram \henkhatah chuan septicaemia vanga thi te hi an death certificate-ah chuan 'septicemia' ni lovin, septicemia siamtu natna hming an ziak 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 luangkawmin 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 septicemia 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.

n |umkhat chu Hitlera khan miin amah an ngaihdan dik tak hriat tumin, hmel inthup chungin theatre-ah a kal ve a, ennawm chhuah hma chuan Hitlera thla chu an rawn tilang ta a, chuveleh mi zawng zawng chu amah zahna entir nan an ding \hup mai a, Hitlera chu a ding ve lo va, chuveleh a bula mi chuan "Mi ^ pa, ding ve vat rawh, heta awm zawng zawng hi amah kan zah vang leh ngaihsan vanga ding kan ni bik hlei nem, hrem kan hlauh vang chauh a ding vek asin kan nih," zuk ti a!

N A M A I L O

K. Hawla

Vawi khat chu, paho inkawmkhawm hian, "Kan lai, Pu Saihnuna hi nge Pu Hranghleia hi keipui hliam umnaah kan rin zawk ang?" an ti a. | henkhat chuan "Lalpa hi sakei chu a kap tam zawk a, mahse Kulha pa hi a \uan a rang em mai a, a rinawm zawk ang," an ti a. Hranghleia \uan ran dan tlem han sawi hmasa ila.

Vawi khat chu nghalchang hliam an um a, chau viau e ti lo chuan a kal thei zel a, an bawh rawk ngam meuh si lo va. Fing thum zet an um hnu chuan, mei zuk siamin an chawhisan a. Hruihzawl hluiah hian an \hu a, \henkhat thlang lamah, \henkhat chhak lamah an \hu a, nghalchang hliam luhna pawh chu \ul pik bawn hnuaiah a kaw phei pam mai a. Chutia inring lo taka an \hut lai chuan, nghalchang kha a rawn h^wk dawt a, a luhna kaw ral mai a \ang chuan anmahni beih tumin a rawn lim phei puat mai a. Silai chuh nachang hre lovin, \hu chung chuan an hnung lamah an tlu thluai hlawm a. A kaw zawnah tak \hu an lo awm lo hlauh a, lo awm hlauh se chuan a phur

thlu zawt zawt hlawm ngei ang. Hranghleia erawh chuan hnung lama tlu awn da chung chuan silai a chuh a, nghalchang rawn lim phei thut mai chu a rawn inher phei leh hmain a bekah a lo kap hman a ni. Ani chu awm lo se chuan an ril a tla hnu hlawm ta ve ang.

Tin, vawi khat dang leh pawh Hranghleia hovin mi sawm rual lai hi zan thum riakin an ramvak a. Ni thum sa kah tur zawnga an vah nilen pawhin a hnu thar tak ngial pawh an hmu lo va. An hawn dawn tuk Inrinni zing chuan hawn mai an rawt a, "Zing chaw ei hma na na na chu vak leh ila," an ti a, tui uk lo chuan an vak leh hlawm a. | henkhat beidawng chu zing dar 8-ah an b<k an lo thleng a, a rei ber dar 9

velah. Hranghleia erawh chu dar 10-ah pawh a lo la haw lo fo mai a, tleirawlho ril\am chuan, "A rawn kap bik awm tawp si lo va, chaw i ei san mai ang," an ti chamchi tawh mai a. Dar 11-ah chuan chauh hmel deuh mai hian a rawn haw hnuang hnuang a. "Khu a lo hawng e, siam r'u siam r'u," an ti a, chaw ei an siam ta sun sun a.

Chaw chu an ei ta rum rum a, ani pawh chuan ngawi rengin a rawn kil ve a. Bar nga lai an bar tawh hnu chuan tleirawl pakhat chuan, "Ka pu a hnu thar i hmu em?" a ti a. Ani chuan "Hmu e," ti ringawtin a chhang a, "I kap em?" a ti leh a. "Kap e," tiin a chhang a. "Zukchal em ni?" a ti a. "Ni e," ti ringawtin a chhang a. Ei kham veleha haw nal nal tum lo nih tawh nak alaia, an hlim hle ta mai a. "Amah chauhin em ni a lo awm?" tiin a zawt zui zel a. "Ni lo, a pui pawh a awm..." a ti a. "Chu pawh chu i kap elo?" a ti a. Ani chuan "Kap e," a ti a. An hlim nasa ta mai a. Sawi zawm lo chuan

Hranghleia pawh chuan chaw a bar leh mawlh mawlh a. "An nupa chuan an lo awm a maw?" tiin a zawt zui a. "A patuai pawh a tel ve," a ti leh a. "Chu pawh chu i kap elo?" a ti leh a. "Kap e," a han ti leh chu, \henkhat an Haleluiah vel a, an vai chuan kut an beng a, chaw ei thei reng reng an awm ta lo mai a.

Hranghleia sawi dan chuan, sazuk 3 chu an lo bawk a. A pachal \hu vung mai chu a lu-ah tak a kap a, hniak phawi lovin a thi a. A pui tlan tum han ding chu a kap thlu leh nghal a. A patuai tlan liam tur chu a kap thlu leh hman a ni. U\hbun phir mah ni se pasal\ha nazawng chuan pahnih bak an kah hman a rinawm lo a ni. Chutiang taka Hranghleia chu hawlh rawk kah thiam a nih avangin an lalpa ai pawh chuan an ring zawk mah a ni.

Mualcheng khaw pasal\ha, Biaktluanga erawh chuan, "Ngawi teh u, kan lalpa phawi ranzia ka'n sawi ve teh ang. Kan pahnihin a nghalchang kah hliam hnu kan chhui a.

Nghalchang chu rang mang khengin a rawn tlan let vut a, min rawn bei ta mai a. Lalpa (Saihnuna) chuan a han kap a, ka rawn a, chumi zawhah chuan a kap leh ta niin ka ngai a. Sanghal chu a let tawp mai nia. Lalpa chuan vaw hnih a kap hman niin ka hria a, mahse kartut mu li a kap ruak hman der mai zuk nia," a ti ve thung a.

Tin, ka pa, Saihnuna hian a sawi \hin dan chuan, "Ka tlangval laiin, mupuiin ka inthemthiam a. Yard (Metre) Mawitea huang!

50 vela hlaa tlangsam zik ka kap chhawk hmawk a. 'Tihpalh em ni aw?' tiin ka kap nawn leh a, a chhawk leh hmawk a. 'Tihpalh emaw ni zozai chu?' ka ti a, ka kap leh ta ngat a, a chhawk leh hmak a. Ta \ang chuan silai kahah hian inrintawkna ka nei ta a ni," a ti \hin a ni. Silai a kah reng rengin a tin veng veng ve ngai lo. 'Hawlh rawk kah emaw tin rawk kah,' an tih ang hi a thiam a. "Silai kah hi sairawkherh perh angin ka ngai a ni," a ti \hin a ni.

n | umkhat chu concert naah hian nula pakhat hi a zai a, a entu zinga pakhat chuan a bula mi hnenah, "Saw nula chu a va han zaithiam lo em em" a han ti a, a bula mi chuan, "Ka fanu a nih saw" a lo ti a, inthiam lo ru tak chung chuan, "A... zaithiam lo em em chu a nih loh saw, a hla sak sawn a zir thlawt lo baw a nih saw" a han ti leh a, a bula mi baw chuan, "Ka phuah a nih saw!" lo la ti fo a.

n Zurui pawr zet hian khawlaiah "Sualna nei lo chuan min rawn deng rawh se.... " tiin a au vak vak mai a, an veng pa ho chuan an ning tawh baw a ni ang.... "Sualna nei lo kan awm si lova a den chuan kan deng thei si lo va, hawh u, a ben in i beng mai ang u," an tia, an beng hrep nia!

n An football khel kha an han fair tlang awm mai mai asin, penalty an hmu a, lehlam pawl team captain te kha pet sak turin an sawm vel a!

HMANGCHANG TOOTHPASTE HMANG |ANGKAI RAWH LE

- 1) **Toothpaste:** Kut tihthianglim nan... i kuta natna hrik awm kha tihbo i duh em? Toothpaste chu tlem han hmet chhuak la, tui nen pawlh la, i kutah khan han nuai rawh le. Natna hrik lak a\angin a tifa mai a ni lo va, i kuta purun sen leh sawhthing rim nam pawh a that bawk ang.
- 2) Piono tih fai nan a \ha.... I piono, i hmeh bal khak tlur tawh chu i ha i brush ang chiah khan han brush la, chumi hnuah puan themin hrufai leh la, a var sur mai ang.
- 3) I banga perek phawina kua khan i bang a tilang mawi lo va, tihdan i hre mai si lo. Tihian ti rawh, a kuaah khan toothpaste chu hmet lut la, a ro hunah rawng han hnawih la, a lang mawi sawt mai ang.
- 4) Kawr bal tifaitsu \ha tak a ni. Pentui (ink), lipstick, leh ketchup ho hi a bal nghet zek a. A kainaah khan toothpaste chu han hnawih la, uluk takin han nuai la, han tleuh leh la, a lo fai mai ang. Chutiang chiah chuan carpet a kai pawh ti thin ang che.
- 5) Arngeng tana damdawi \ha tak a ni. I arngeng kha a dam nghal vat i duh em? Awl lutuk, i arngengah khan zanaah toothpaste tat la, chiah la, zingah phihfai leh ang che. Zing a nih meuh chuan a lo bo daih mai ang. Toothpaste hian arngeng a oil awm kha a hip a, a tithep bawk a ni. I rilru a i vawn reng tur chu hetiang thil hi karkhatah vawikhat aia tam tih miah loh tur, a chhan chu i vun kha a ti ro viau thei a ni. Tin, i vunah khan test hmasa \hin bawk ang che, a chhan chu i lo ngeih vak lo thei a ni.
- 6) I Compact Disc (CD) kha a rang ve deuh a nih chuan toothpaste han hnawih la, puan thianghlimin hrufai leh ang che....a zia sawt mai ang.
- 7) I gold emaw diamond kha dawrah a tifa tura ken a ngai kher lo, toothpaste kha han hnawih la, brush in han nawt la, chumi

zawhah tuiin han tleuh la, a thar tle sur mai ang, chutiang chiah chuan silver ho pawh a tihfai theih a ni. Siai ang deuhin toothpaste hi a hman theih bawk. I savun pheikhawk a rang deuh tawh chu a ranna laiah tlem han hnawih la, pawn chhe themin han chul mam la, chumi hnuah pawncchhe hn^wngin i hrufai dawn nia. I pheikhawk chu a thar ang mai a lo ni ang. Sneeker leh rubber pheikhawka a rubber lai tifaitu atan pawh a \ha.

9) I banga naupangin colour an thai ran chu a tih ngaihna i hre lo a ni mai thei... A ranna lai kha toothpaste han tat la, puanchhe huhin han nawt teh le.

10) Naute hnute hnekna bur tihthianghlina tih rimtui nan toothpaste hi a \ha hle bawk. Regular taka hman a nih chuan hnute bur hi a rimtui lo hle \hin a. Uluk takin han brush la, tui thianghlina i thuahfai leh dawn nia. A rim a fresh chak mai ang.

11) Ei rawngbawltute hian an kut vel bawr hi an ti kang fo va, i kut i ti kang palh leh a nih chuan a kanna laiah khan toothpaste hnawih ang che. Toothpaste a bawlhlo awm zingah eucalyptus awm hian kang kha a tidai dawn a ni. Rannungin a seh che a nih chuan a sehna laiah hnawih la, a zia duh khawp mai. Heng thosi, uihli leh fanghmirah te hian a \ha zual bik.

12) Kuttin tihfai nan a \ha khawp mai. Ha leh kut tin hi a insiam dan kalhmang a inang chiah a, i ha i tihfai ang chiah khan han nawt ve la, mi dang i pana sum i sen tur kha i save a ni mai.

13) Glass paw riaiah teah te hian tlem han tat la, puan hn^wngin han hru la a fai kuar mai ang.

14) I roomah Poster tar i duh a, a charna tur i nei si lo va, chutah chuan toothpaste kha han hmang chhin teh. | ha ve tak a ni.

15) Thingpui leh tui avanga i furniture \ial rek ruk kha toothpaste tlem han tat la, puan chhe hn^wng thianghlina han hru fai teh. Rei lo teah a reh mai ang. ■

BRONCHITIS (Âwm na pui)

Kan chuap ding lam hi a tawi deuh a, a chhan chu kan thin (liver) tan hmun awl a siam a ngaih vang in. Kan chuap vei lam hi a tawm te leh deuh a, kan lung (heart) dip dal a duh loh vang in. Minute khatah vawi 15-20 vel kan thaw a, nikhatah vawi sing chuan kan thaw \hin. Kan chuap hian kan han thawk chhuah rual hian boruak chhia kan thaw chhuak a, boruak thianghlim kan hip lut leh a. A puar pup a, a thep leh suai \hin.

Kan thawkna d^wt, chuap d^wtah natna hrik ten hliam an siam hian Âwmna Pui, Bronchitis an tih chu kan lo nei ta \hin. Bronchitis-ah hian a benvawn leh benvawn lo a awm.

A lo lan chhuah dan tlangpui te

Khak ban, fim/var emaw, khak eng/hring emaw

Thisen in a pawlh emaw a awm \hin.

Chau, zawi, thawk tawi, khawsik ser ser, awm bawr vel khat na deuh ul, nuam lo.

Kar eng emaw zat hnu a khuh leh awmna a reh loh a, a thla a thla, thla thum aia tam a awh chuan, A benvawn, Chr Bronchitis a ni tihna.

TUTE NGE VEI AWL

Zuk leh hmuam ti mi.

Tar leh upa leh naupang leh natna khirkhan neih vanga taksa chak lo te.

Heng vaivut khu, buh leh thildang khu khawih nasa te,

Bawlhhlawh hal khu hip nasa te.

Chawkawng lam ulcer nei nasa te.

A tawp ber ah chuan kan ka vel (oral) hygiene hi kan ngaih pawimawh a \ha. Tunlaih allergy te kan ngah tawh si.

Hriat chian loh kiss chawt te hi tih loh a \ha. An ha an lo nawt peih vak lo thei. ■



IN DAM TLANG EM?

- Dr. Liantluanga

DAM tlang e, mahse kan chungkaw zinga mi pakhat chu ruihtheih thilah a inhnamhnawih avangin harsatna kan tawk a, chu chu kan dam tlan lohna ber a ni.

Eng ruihtheih thil maw?

Zu : Zu a ruih thin avangin.

Zu hi khawvelah hian engtiklaia awm nge tih hriat mang loh laiin a lo awm ve ngawt mai a, tun thleng hian khawvel mihringte leh chungkua leh sorkar tibuaitu leh hrisel loh leh retheia min siamtu a ni reng a ni. Thuthlunglui a kan hmuh Lota fanu pahninte pawh khan an pa an hrai rui a, an inpawltir a nih kha. Zu han ruih hian min ti ^ in chhia leh \ha hriatna min hloh tir a, hei vang hian a ni ang Lota ngei pawhin a fanu te a pawl kha. Ram hrang hrangah hian Zu hi siam dan a inang lo thluah a, Mizo te'n kan siam dan ber hi chu buh a\angin a ni. Tunlai pheichuan kurtai ek chhia a\angte pawhin an siam ni awm tak a ni. K - chuang kan tih hi. Zu hian natna tam

tak min thlen thei a. A lar zual te i lo sawi teh ang.

1. Pum puar :

Mizovin pum puar kan tih mai hi zu in miah hian an tam em em bik a, a lo awm tirtu chu Thinro kan tih Sapin Chrosils of Liver an tih hi a ni a. Zu in mi chuan a tirah chaw ei tui nan tiin in mah sela, a tawpah chaw ei tui loh nan an hmang chawk si a, an in tam telh telh a, an thinah khan thau chhia a lo tam a, chu chuan an thin a tivungin thinlian a lo siam a. Chu thinlian Fatty Liver chu Fibre Tissue angin a lo inthlak a, chumi awmzia chu thin kha a lo chhe tan tihna a ni.

Tichuan, kha Fibre Tissue khan a lo pawt sawng a, an thin a lo te telh telh a, thinro kan tih hi an lo nei thin a ni. Hetiang hunah hi chuan an

pumah khan tui a lo tling \an a, an dul a lo kiar tulh tulh a, an laikhuar te a lo p^wng a, an ke hmawr te a lo vung duh baw k a, chak lohna chi hrang hrang an lo nei thin a ni. Zu in mi pum puar tawh hi chu enkawl dam hleih theih lohah ngaih a ni. An nun a lo titawi a, dulkiar luah chungin thlasik nilum an ai mai mai theih chauh a ni.

Zu in mi chuan pumpui p^n te an nei duh a, pumpui Cancer te pawh an nei duh em em a ni. Mizote zingah pawh hian engvanga Cancer tam ta em em nge kan nih kan tih chuan, Zu in vang a ni ang e, a tih theih hial a ni. Pumpui p^n avangin damdawi chi hrang hrang an ei a, chhungkaw retheihna an thlen a ni. Tin, mit fiah lohna te, luna te pawh a siam thei a ni.

Zu hian thluak a khawih nasa em em a, ngaihtuahna a tibuai thuai a, in tam deuh chuan mut a tichhuak a, thih mai pawh awl tak a ni. Thisen d^wt a tilian a, in tam deuh hian lung hnathawh a ti khawlo thuai a ni.

Thin tan poison ang a ni a, thinro a lo siam a, mitliam a lo thlen a, pum puarna a thlen baw k a. Chumi hnuah chuan thihna a thlen baw k a ni. Mithiamten an chhut danin zurui awm dan hrang hrang hetiangin an dah a ni.

- 1) Thisenah 0.01% a awmin tih theng-thawngna a awm thin.
- 2) 0.02% a awmin min tilum deuh hapin an hria.
- 3) 0.03% a awmin ngaihtuahna a chiang lo \an.
- 4) 0.04% a nihin chak tawkin an inhria.
- 5) 0.05% a nihin khawvela chak ber niin an inhre ta thin a, hlauh an nei ngai lo.
- 6) 0.1% a nihin an lo kal pai tan a.
- 7) 0.2% a nihin inkuangkuah ten kal ngil tumin an kal.
- 8) 0.3% a nihin nikhua an hrelo tan viau a, an a bual tan thin a ni.
- 9) 0.4% a nihin an mut a chhuak a, an lo mu bawrh bawrh tawh thin.

10) 0.5% - 0.8% a nihin a thih theih.

Zu in ngai lo, rui thut buai em em enkawl dan \ha ber chu, an pumpui pipe-a \huah fai (stomach wash) a tha ber a ni. Zu in nasa tawh phei chu kut ke vung te, kut ke mu churh churh te, zana ke hmawr sa te an nei duh em em a, hetiang hi chu vitamin leh protein pek tam tur a ni. Zu in a tih at tawh ho hi, zu ngawl vei kan ti a, huat tur an zawng a, thil pawl leh pawl lo pawh an hre tawh lo va, thil zahthlak pawh an hre tawh lo, chhungkaw tibwaitu, nupui pasal in\hen tirtu, chhungkua retheihna thlentu a ni a, thlengthlawkthei te hi an ngah tawh em em \hin a, an mit te hi a lo a tawh thin a, ramhuai te tak te te bang rela kal them them te an hmu thei em em a ni.

2. Zu nghei dan :

Zu nghei nan hian damdawi chi khat a awm a,

Mawitea huang!

@ Mitthi tho leh kha a thenawm hmeithai hovin an zuk kawm ve a, "E... lo leng rawh u, in pa te ho pawh meidil kotlangan an then-\ha hlawm kha," zuk ti roh a!

chu chu a hming chu Tetraethul - Theuram Disulchide a ni a, lamtawi chuan TETD an ti bawk. Jawng tual lengah chuan Disulphuram emaw Antabuse emaw an ti bawk thin. He damdawi hi tuia han chiah pawn a kehsawm thei a, engmah rim leh tui leh tui lo pawh a awm lo. He damdawi hian taksaah nawm lohna thenkhat eng eng emaw - thak sep sep te, sen ten tun na te, mit val/meng phar te, luna te, tlun ang renga awmna te leh thawk harsat deuhna te leh luhai leh ngahtuah at ruaina/ rilru chian lohna te, thlan deuh hluam hluamna te a rawn siam thei a, mahse heng hi a rei lemlo a ni. Heng nawm lohna thil thleng avang hian zu in mi pawh hian an zu in an sim phah thin a ni. Zu ka a thunluh loh hrim hrim hi ngheina chu a ni mai. Engpawh nise damdawi eidawn reng reng hian Doctor rawn thin hi a finthlak ber. ■

Editor hmena Leikhathawn

Subj : Lawmthu sawina.



Ka pu,

A hmasain Magazine buatsaitute in vaiin chibai ka buk a che u.

Chanchinbu hming ka hriat leh hmuh tawh azawnga hming mawi ka la tih ber HRISELNA Magazine hi ka lo chhiar ve thin a, chhiar a manhla ka tiin hlawkthlak ka ti thei hle mai. Keini hi Thingtlang khaw chengker hla tak, kawngpuiin a tlawhpawh phak loh leh electric pawh thlen ve phak lohna khuaa cheng kan la niin hriselna kawngah pawh hian tan lak kan la ngai hle a ni. Hriselna lam hawi mithiam zawk te thuziak tha tak tak te, kan banphak maia awm ve te ramhmul damdawi hman \angkai dan te leh hmangchang \ha dang te mai bakah Health department hmalakna chhuanawm tak tak te leh Hringnun min tihlim em em \hin Mawitea huang te nen lama min hlui \hin hi Zoram mipui kan vannei tak meuh meuh a ni. Hetiang magazine \ha leh tlawm tak si a mihring nun atana thil \angkai in rawn khung reng thei \hin hi a ropuiin a lawmawm tak zet zet a ni.

Tluang taka kal zel turin duhsakna ka hlan a che u.

L.B. SANGA VAIPHEI
Selam Govt. P/S

Ka pu,

In department tihchhuah Hriselna hi ka lo chhiar ve thin a, chhiar a manhla in kan chungkuain kan \angkaipui ang hian mi dang pawhin an \angkaipui ve ka ring tlat a ni. Hetiang ang mipuite tana leikhabu \angkai in tichhuak \hin hi a lawmawm tak zet zet a ni. In hmalakna hi mipui tan namen lovin malsawmna a ni tih hrereng ula, \an la sauh sauh zel turin ka rawn ngen duh che u a ni.

Hetianga leikhabu chhawrnahawm tak hmanga hma in la hi a ropuiin a finthlak tak meuh meuh a ni. Department hotute leh a buatsaitute dam reng rawh u.

In chanchinbu hlut em em tu
Kapchhunga, Ratu

MEIZIAL ZUK I BANSAN AVANGA I HLEP TUR TE

- + Meizial zuk i bansan a\anga minute 20 chhungin i blood pressure leh thisen insem vel te chuan a pangngai lam a pan a, i kut leh ke lum zawng pawhin pangngai lam a pan.
- + Darkar 8 i nghei hnuah phei chuan nangmah a Carbon monoxide level chu tlahniam nghalin Oxygen a pung thung a, a pahnih hian dinhmun tha pangngaiah a awm nghal.
- + Darkar 24 i bansan hnuah chuan lungphu chawla thih thut theihna a tlahniam
- + Darkar 48 hnuah phei chuan Nerve tha lote a lo in siam thar leh nghal a, i rim hriatna leh tui i hriatna te chu dinhmun pangngaiah an awm leh tawh.
- + Kar 2 a\anga kar 3 hnuah chuan thisen insem kual vel te chuan ngai a awm fel der tawhin i chuap hnathawh dan pawh 30% zet in hma a sawn nghal.
- + Thla 1-9 i bansan hnuah phei chuan i tha hrui pawh a pangngai leh tan tawh a. Hritlang khuh leh thawk lam a harsatna i neih te a ziaawm hle tawh a, i lung hnathawh leh natna a do theihna pawh a sang tawh bawk.
- + Kum 10 i bansan hnuah chuan lung lam natna neih theihna chance i neih \hin chu meizial la zu mek te nena khaikhinin 50% zet in a tlahniam dawrh tawh ang. Kum 10 i bansan hnuah phei chuan Caner vanga thih theihna i neih chu meizial zu ve lo te nen ang khat reng in ni tawh a ni. I taksa a zial hnathawh avanga Cell \ha lote a \ha leh vek tawh a, Stroke i neih theihna te pawh a tlahniam in Meizial zu ve lote nen ang khat inni reng tawh. Ka, hrawk, kal, phing etc Cancer theih na pawh a tlahniam leh vek ta. I Meizial zuk kha lo bansan ve ta che.



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. 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.
2. I taksa che tam rawh se. Nikhatah minute 30 tal i taksa chu sawizawi \hin ang che. Taksa sawizawi hian lung a ti hrisel 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,
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 tawk nei la, bi tuk nei ang che. Sciencetist-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 chhung, 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 chhung tal hnute pe ngei \hin ang che, chumi hnuah chuan thil tuiril dang a chawah 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!

E A pasala nu nen chauh a khawsa chung khan In dan 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!

KHUAI ZUK / SEH DAMDAWI

K. Lalrinsiam, Projectionist,
MEMSection, Dte. of H.S

He kan thu rawn chhuah hi uluk takin lo chhiar la, nangmah emaw i chhungte emaw, i thenawm/\hiante chungah a lo thlen palh hunah han hmang ve chhin teh le, a \angkai ve khawp ang.

Khuaiin kan taksa pumua min zuk emaw, min seh emaw hian a haw zual deuh pheih tan chuan nunna hial a ch^n theih phah \hin a, chutiang em a thleng lo a nih pawhin hrehawm nasa tak a tawrh phah theih \hin a ni. Hetianga khuaiin kan taksa pum a min zuk a nih chuan a hnuai mi ang hi han siam ve chhin la, a tihdan tur kan sawi ang hian han ti ve chhin teh le, a tha ve khawp mai.

1. A rang thei ang berin Arpa emaw Ar nu (eng ar pawh ni rawh se) talh nghal la, chhum nghal la, a tuiso thleng nghak phawt rawh.
2. A tuiso atanga 3 minutes velah a tui chu suak chhuak la, i thlah daih hnuah i theih anga tam a tui chu in rawh.
3. A sa a hmin hun velah chuan a tui chu suak chhuak leh la, i thlah daih hnuah puan thianghlumah chiah la, khuaiin a zukna/sehna laiah chuan hnawih rawh le.

Hetianga i tih hnu hi chuan i taksa a khuaiin a zuk/sehna kha a lo dam/nuam huai huai tawh mai ang. Amaherawhchu, damdawi in hnaia awm kan nih chuan damdawi in hi pan ngei ngei tur a ni a, damdawi hmangin khuai zukna/sehna hi an lo enkawl zui bawkdawn a ni. He a damdawi kan rawn chhuah hi hmunhnih khat lekah min zuk/seh a nih chuan hetiang ang em em a buaipui hi chu a ngai lo thei a, damdawi in pan mai hi a tawh mai ang. ■

K E I M A H N I

t Oct. ni 3 khan Mizoram State AIDS Control Society (MSACS) leh Association for Voluntary Blood Donation huaihawtin Aizawl, Lunglei leh Serchhipah te National Voluntary Blood Donation Day hman a ni a, mi 239 in thisen an pe. Aizawlah chuan he ni hi MSACS leh AVBD bakah J.Thankima college NSS huaihawtin J. Thankima college-ah hman a ni a. Health & FW Deptt. Principal Director Dr F. Lallianhlira chuan he hun hi a hmanpui.

t Oct. ni 8 khan Health Minister Lalthanzara chuan CMO courtyard-ah Lunglei, Lawngtlai leh Mamit District huam chung a hrivenna a bikim a lak a nih ngei theihna tur atana duan Intensified Mission Indradhanush a launched.

t Mizoram College of Nursing (MCON) chuan an College Day(11th October) wawi 12-na denchhenin Ni 18th October,2017 khan an college campus, Falkawn-ah Blood

Donation Camp an buatsaih a, MCON thawktu leh zirlai ten a mamawhtu apiangte hman turin thisen unit 41 lai an pe a ni. Heng an thisen pek te hi Civil Hospital, Aizawl Blood Bank thawktuten a hmunah kal chilhin a tul angin an buaipui a ni.

t Food& Drugs Administration, H&FW Dept buatsaih in Aizawl khawpui chung a Restaurant leh Catering siam te tan ni 18.10.2017 khan Archives Hall, Babutlang-ah Training on Good Hygienic Practices for Food Service Establishment buatsaih a ni a. Dr. F. Lallianhlira, Principal Director cum Jt. Food Commissioner, H&FW Dept chu Chief Guest niin, Pi Lalrinkimi Pachuau Food Safety Officer in "Good Hygienic Practice" chungchang zirtirna a nei a, H.T. Lalruatdiki, Nutritionist in "Food Safety" chungchang zirtirna a nei bawk. He programme hi NEDP hnuai a Food & Drugs Strengthening component a\anga buatsaih a ni.

t October ni 23, 2017 khan National Health Mission (NHM), Mizoram hnuai programme pakhat Rashtriya Bal Swasthya Karyakram (RBSK) chuan natna khirh zual zai ngai natna 13 a puih theihthe zinga pakhat Congenital Heart Disease nei naupang 15 (sawm panga) Manipal Hospitals, Bangalore ah a tir. Heng naupang kal hmasa tura thlanhhuah 1st batch te inenkawlina tur senso, Guwahatito Bangalore inkarel chuan man, Bangalore a thlen man leh Manipal Hospitals, Bangalore-a inenkawlina senso zawng zawng hi NHM, Mizoram chuan RBSK kaltlangin a tum dawn a ni. He inremna ang hian naupang kum 7 hnuailam tan awmpuitu (attendant) 2 leh kum 7 chunglam tan awmpuitu (attendant) 1 te kalkawng senso leh thlenna a tumsak tel bawka ni.

t November, ni 3, 2017 khan Mizoram College of Nursing, Falkawnah 30th Graduation & Lamp Lighting Ceremony neih a ni a, he hun

hi Bialtu MLA leh Minister ni bawka Pu K.S. Thanga chuan a hmanpui. Pi Lalbiakangi, Jt. Director (N) chu khual zahawm a ni bawka. He hunah hian zirlai thar tur mi 32 te hnenah Capping & lamp lighting Pi Zothankimi Sailo, PNO, Kulikawn chuan a nei a, B.Sc (N) mi 25 zirchhuak tharte hnenah Graduation Certificate pek an ni bawka.

H R I A T I R N A

Heng a hnuai natna tarlan vei te tan hian Ministry of Social Justice and Empowerment, Dr Ambedkar Foundation, New Delhi-ah tanpuina engtik lai pawhin dil theih a ni. BPL chhungkua emaw, sorkar hnathawk awmlohna chhungkaw tan a ni.

1. Brain surgery,
2. Heart surgery,
3. Kidney / Dialysis.
4. Cancer.
5. Organ Transplant.
6. Spinal surgery.
7. Other life threatening diseases.

Dilna form hi Medical Superintendent office, Civil Hospital Aizawl atangin lakchhuah theih a ni. ■