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Editorial

Khawvel finna leh thiamnate, remhriatnate hian nasa takin hma a sawn a, hetia nasa taka hma kan sawn mek lai hian hmasawn mavhna deuh erawh kan nei tel niin alang A ia upate zahna kawngah te, mahni thu duhna kawngah te, hre ber niavm leh zirchhuak zawk niavm fahran a, mi dangte hnen a \ha leh \ha lo pawh ngaihtuah lova damdawi te lo chawh dhawn kan chinna kawngah te pawh a ni ang chu.

A ia upate kan endan leh kan zah thiamna kawngah kan chhia leh \ha hriatna mai bakah heng leh kha kan zirsanna te, kan chhiar zauna te hi kan hmang \angkai zawk tur a ni dawn lawm ni. Kan tun din munah erawh chuan kan ni tin nun hman tamna kan hnathawhna hmun thlengah pawh aia upate in zahna a tem sawt ta viau niin a lang. Hei hi a chhan tam tak a avm thei a, kan din hmun a san tak viau avang emaw, kan rual u te din hmun a hniam tak zawk viau vang emaw te pawh a ni thei ang chu. A eng a pawh chu nise, heng kan thiam, kan finna te hi mi dang hmuh hniamna atan ni lovin, kan ni tin nunah hmasawnna min thlensaktu atan kan hman a pawmavh hle awme. Chu nun chu kan nunah la lutin kan aia u te hi andin hmun a hniam avang emaw a hmuit mai lovin, zah tak chunga kan enkawli thiam a pawmavh hle a ni. Hei hian kan hnathawhna theuhah pawh, in lung rual na leh thawh hona \ha zawk a thlen mai bakah hmasawnna rah duhawm tak a chhuah phah dawn si a.

Mahni thuduhna hian hriselna hmasawnna kawngah nasa takin mi a ti \huanawp thei. Thu tha tak tak, kan ni tin nuna kan zawm mai thei ni si, kei mahni ngaihdan te a \ha zawk nia kan hriatna hian harsatna tam tak mi a thlen thei a pawm tawh hnuah sum leh pai tam tak inenkawlna atan te kan sen leh phah thin mai ni lo in thihna hial a thlen phah thei. Chutiang bawkin mihring in ang lo tak tak, tui tih zawngte, tawrh theih zawng te pawh a ni ang chu, chutiang zelin kan taksa in a natna a do theih pawh a in chen lo bawka, hetih lai erawh, Doctor in damdawi a chawh a ngeih em ang, mi dangin a ngei ve ngei tur a ngaihna tlat awm thin te hi bansan a hun tawh hle a ni.

Eng pawh nise, kan thlen chinah hmasawn tum \heuh ila, kan mit hmuh leh benghriat te hian kan ni tin khawsak phungah hma min sawn tir se, kan tih dan phung leh chin dan thalo te sim a, a tha zawk a thlak duhna thin lung put thar theuh tum ta bawka ila, Rilru Hrisel, Taksa Hrisel, Ram hrisel, Nun dan tha nei, Pathian thuawih kan lo ni mai dawn a ni. Pathian thuawih chu Damreina a ni si a. ■

MALARIA hi natna chi khat, tun thlenga khawvel hmun hrang hranga an la buaipui em em a ni a. Khawvel hmun hrang hranga mi maktaduai 300-500 vel hian kum tin Malaria avang hian harsatna an la tawkreng a, hemi zinga zaa sawmkua (90%) vel hi chu African ho an ni. India ramah chuan a bikin North-East States ho hi Malaria tam deuhna bik chu a ni. Mizoramah pawh buaipui a la ngaiin Health Department pawhin theihtawp chhuahin a buaipui mekreng a ni.

Malaria hi kumkhat chhung hian dan tlangpui chuan May a\anga October thla chhung hi a hluar hun lai a ni \hin a. Mahse keini Mizoram bikah hi chuan he natna hian min chenchilh tlat avangin kumtluanin a vei tawkreng a, chuvangin Malaria laka inven leh a do hna hi kan tih makmawh a ni.

Malaria tam duh bikna chu boruak lum leh hn^wng, Temperature Celsius Degree 20 a\anga 30 inkar hi a ni deuh ber a, tin chawhma lama ruah a sur zawh a ni lo sa zui leh thin te hi Malaria semdarhtu thosi pianna atan duhthusam a ni ve tlat a ni.

Malaria thlentu hi chi li a awm a, chungte chu :

1. Plasmodium Vivax (plasmodium vaivaks)
2. Plasmodium Falciparam (plasmawdium falsiparam)
3. Plasmodium Ovale
4. Plasmodium Malarie te an ni.

Thosi zawng zawng hian Malaria an thlen thei lo va, a thlentu bik chu Anopheles nû a ni. Tin, Malaria hrik pai thosiin mihring a seh hian Malaria an vei nghal mai lo va, a chhan chu kha Malaria hrik kha natna siam turin taksaah a inthlah pun phawt a ngaih \hin vang a ni. Chuvangin Malaria PF hi thosiin mi a seh a\anga ni 12-na velah a lang chhuak tlangpui a, PV erawh hi chu ni 14-na hnuah a rawn lang chhuak ve thung a ni.

Tin, Malaria hrik hian kum bithliah bik a nei lo va, hmeichhia aiin mipaah a tam zawk a ni. Tin, nu naupai laiah Malaria hi a awm awlsam bik a, naute pum chhunga thi emaw thla kim lova fa hrin a awm phah thei bawk. Heng bakah hian Lo nei mite zingah te, ram la hnufual deuh leh in leh a vel tawp takah te a tam tlangpui a ni.

Malaria Natna lan chhuah dan :

A tir berah chuan taksa a rawn vawt a, lu na, luak leh tlun tein a rawn zui a. Taksa temperature a rawn sang a, hetih hun lai hi Cold Stage an ti a, darkar khat vel a awh ber thin. Hetianga khawsik a awm tawh phawt chuan, Malaria vang a ni lo tih chianguang taka finfiah a nih si loh chuan Malaria vang nia ngaih phawt a, thisen laktir phawt a him ber.

A dawt leh hi Hot Stage an ti a, taksa a rawn sa a, lu na hi ala awm reng a, mahse luak chhuak erawh a reh thung. Hei hian Darkar 2-6 vel a awh ber.

A tawp ber hi Sweating Stage an ti a, khawsik a reh a, thlan a rawn chhuak a, taksa lum dan pawh a rawn pangngai tan a, damlo pawh pangngai takin a muhil thei ta thin a ni. Hemi hun hi Darkar 2-4 vel a rei a ni thin.

Aw le, Malaria PF vanga lo awm a nih chuan khawsik khan hunbi a nei hranpa lo va, a inchnunzawm char char thei bawk. Lu na leh luakchhuak a keng tel bawk thin ani. Hei bakah Mitliam, Anaemia, Delirium (rilru buai/ mumal lo, rei lote chhung) te a rawn awmtir thei bawk. Chuvangin Malaria PF hi a hlauhawm em em a, thluak a khawih tel thei a, 'Khawsik thluaka lut' an tih mai hi a thlen thei a ni. Amaherawhchu Malaria PF hi vawi khat enkawl dam tawh chuan a lang nawn leh tawh ngai lo thung a ni.

Malaria PV hi PF nen a landan chu a inang a, mahse a nat dan a nep zawk a, mahse a dam tawh anga a lan hnu kum 3 velah pawh a rawn lang leh thei lawi si a ni.

Malaria hrik inthlahpun dan:

Malaria hrik paitu thosi ten mihring an seh hian thisenah lutin, thinah an lut leh a, tichuan an inthlahpun ta thin a ni. Heta tang hian thisenah baw an kal leh a, thisena Cell-ah punghawmin Cell te chu an tichhia a, hei vang hian thisen tlakchhamna a awm phah thei thin. Hemi hnu hian Malaria hrikte chu Merozoite an ti tawh a, taksa hmun hrang hrangah vak darhin tlun-na an thlen ta thin a ni.

Malaria inkaichhawn dan tlangpui te chu hengte hi an ni :

1. Malaria hrik pai thosi seh a\angin. Hetiang thosi pakhat lek pawh hian mi tam tak hnenah Malaria natna a thlen thei tawh thin a ni.
2. Malaria hrik pai thisen dawn atanga he natna hi kaichhawn thin a ni baw.
3. Nuin a nau paiah a kai thei baw.

Awle, malaria hlauhawm dan leh a vei theih dan te kan hre ta baw a, chuvangin he

natna laka kan lo fihlim theihna turin thosi tihrem dan kawngah leh thosi seh laka invenna kawngah mi tin \an la in, i fimkhur theuh ang u.

A do dan :

Sikserh do nan hian kan mi thiamten ruahmanna tha tak tak an siam chho mek zel a, chung zinga kan hriat lar em em thosi kah hi a hmanrua pakhat chu a ni. Thosi kah hi mipuite tawiamna tel lo chuan engtik lai mahin a hlawhtling thei dawn lo tih kan hre theuh awm e. A thawktuten theitawp chhuahin tan la mahse chung tin ten phal taka an in leh lo, mutna pindante an kahtir phal si loh chuan a thlawn mai a ni dawn a ni. Chuvangin hemi kawngah hian tlawmngai pawl hrang hrangte, khawtlang hruaitute leh kohhran hruaitute thlengin hma min lakpui a, theitawp chhuaha tan min lakpui turin Health Department chuan a sawm tak meuh meuh a ni.

A dawt lehah chuan Damdawia thosilen chiah hi a ni. Hei hi a hman dan kan uluk

leh zual a kan hman thiam a pawimawh hle a ni. A chiah dan dik taka chiah a, a hmanna tur dik taka hman hi a tul hle bawk.

Hemi rual hian thosilen hman uar hi he natna laka kan lo fihlim theihna tura hmanraw pawimawh tak a ni tih hre reng theuh ila, a bik takin ram riahnaah thosilen zar hi uar ila, a theih pheih chuan thosilen damdawia chiah ngei hmang ila duhthusam leh zual a ni.

A dawt lehah chuan in leh a vel vawn thianghlim hi a pawimawh hle bawk. Kan hriat theuh angin sikserh hi thosiin a thehdarh thin a, thosi hi tuitling awm naah a piang thin tih pawh kan hre tlangpui awm e. chuvangin he natna laka kan fihlim theihna kawng pakhat leh chu thosi pian theihna tur tuitling awmtir loh hi a ni. Kan in leh a vel kan vawn faia thosi pianna tur tuitling kan tih rêm chuan sikserh natna pawh a tlem ngei ang.

Hemi bakah hian kan khua a lo sik palh hlauh a nih chuan a rang lama Health Sub-

Centre hnai berah emaw damdawi inah emaw FTD-ah emaw thisen laktir a, sikserh a nih leh nih loh finfiah vat a pawimawh hle a ni. Sikserh kan lo vei palh hlauh a nih pheih chuan mi thiamte r[^]wn vata damdawi an chawh ang dik tak a ei a, kan inenkawl dam thuai a pawimawh hle bawk a ni. Mizote hi mahni a damdawi inchawh chawp hi kan chingin, mahni duh dana ei mai kan ching viau a, chuvangin mi thiam zawk te damdawi chawh ang a, a dose dik taka damdawi ei hi uar deuh deuh ila hei hian he natna laka min ti fihlim thei kawng tha ber a ni.

Malaria vanga kan nunna hlu tak kan chân fona chhan chu kan inenkawl dan dik tawh loh bakah tlai khaw hnuah chauh kan inenkawl thin vangte a ni fo thin. Chuvangin a hun tak leh dik takah mi thiamte rawna enkawl dan tur dik taka kan inenkawl chuan sikserh lo vei palh hlauh pawh ni ila nun leh sum tam tak khawhral hman lovin kan dam ngei a rinawm bawk. ■

HRIAT SUALTE

Dr. Lalhmuchhuaka M.D

Damdawi leh natna chungchanga hriat sual te, ni-a hriat tlat te, mi sawi avanga tih chhin ve tak ngawt tam tak a awm. Bansan thei kan awm tak hlauhvin han tarlang teh ang :-

- ❖ Lei durh leh ka chhung na pumpui chak lo hnathawh emaw kan ti hi a ni lo, amaha lo na ve zawk a ni.
- ❖ Nausen bual dawna bualna tur tui pek hi chin loh tur, dam lohna thlen thei a ni.
- ❖ Nau thimhlim sual, zan \ah vei kan tih thin hi thil dang vang ni lovin an puar that tawk loh vang te, an lum that tawk loh vang te, hnute hnek laia boruak an lemin pum a tihnat vangte a ni fo. Puar tak leh dik thlapa hnute hnektirin a reh mai. Nau hnute sual thin pawh pawm dan dika hnektirin a reh mai.
- ❖ Ha \o dawna kawthalo hi ha \o hrim hrim vang ni lovin, ha ziau vangin thil tinreng an ei thin avanga kawthalo a ni zawk.
- ❖ Naupang ha \hial hi rulhhut pai vang ni lovin tlakchham neih vang zawk a ni. Tlakchham siamtu hrang hrang zingah rulhut pai hi a ni ve thei mai zawk a ni.
- ❖ Sentut leh tangseh vei saisiak tuia bual hi a damdawi ni lovin a tipuntu mai a ni. MB damdawi pekin kawchhunga tla tur a veng lo baw. Tin, biangboha siai hnawih pawh chin dan atthlak, sawngsawhlawt miah si lo a ni baw.
- ❖ Naupang thinlian hlauh vanga eitur \ha – artui, bawnghnute, sa, hmuihmer tinreng hrek chin loh tur. Kan taksa hian dam loh laiin eitur tha a mamawh tam sawt zawk.
- ❖ Tumbu leh chakai den pawlh hi thinlian damdawi a ni lo. Thinlian (Jaundice/ Hepatitis) vei chu a chaw pai \awihna a chak lo thin a, tumbu hi chawhmeh pai \awih awl tak a ni lem lo. Thinlian vei

tana ei theih leh ei theih loh thu-ah daktawr rawn a fuh ber.

❖ Saisu rah awrhin nau-pang kaih a veng lo. Naupang kaih tam ber (Febrile convulsion) hi amaha reh mai thin a ni.

❖ Awm na veng tura saphu kawr awrh, ruhseh atana hauhuk ruh, kal na atan chhuangtuar sa ei, Swine flu leh rul chuk ven nan la sen bun tih angte hi awmze nei lo, chin dan atthlak leh hnam mawl zia rang a ni. Thil insawihmuh kan peih ngawt mai!

❖ Vitamin hi chaw ei duhna, \han duhna leh len thur thurna a ni lo. Mamawh lo pek kan ching. Than duhna chu dam that, hmawmsawm ei loh, chaw ei hnem, thei ei tam etc. te hi a ni zawk.

❖ Thinlian (Jaundice/ Hepatitis A) hi vei nawn fo chi a ni lo. A thinlian thin, thinlen ka hlau, tih fo loh tur.

❖ Awmnapui (Pneumonia) pawh hi mi tam ber chuan an vei nawn sek lo. Awm na leng thin tam ber hi Viral leh Allergy vang a ni zawk. Rei tak khuh

phai chu Pneumonia ni lovin thil dang vang a ni chawk.

❖ Buh her dip, buh leh dal her pawlhte hi nau chaw atan hman loh tur. Her dip hian a chakna a bo theih bakah a hmin rual lova, nau tan chaw tha a ni lo. A hmin sa rawt pawlh a tha tawk.

❖ Damdawi chhin hi nau damdawi pekna tur a ni lo. A chhin fim (plastic) hi tehna tura siam a ni a, hman zawk tur a ni.

❖ Nu-in a chhang tur a paisan hian nu hnutetui a chhe chuang lo. Nautein a hne chhunzawm zel tur a ni zawk. Nau nuhah kan tih pawh hi hnutetui leh eitur tha kham-khawp pek loh vang a ni zawk.

❖ Naupang kum khat an pelh hian an than a lo muangin chaw an ei tlem fo thin (physiological anorexia). Thenawm in thlenga chaw nena umzui a \ul lo. An ei tui hun a lo awm ve leh mai.

Malsawmna hlu ber mai damna leh hriselna kan duh vek, chumi nei tur chuan tih tur dik tak tih a, tih loh tur kan hawisan theih a hun ta e. ■

Chi hi sa chi hrang hrang
chhiat mai loh nan leh hun eng
emaw chen rim chhe mai lova
vawng \hatu atan thil \angkai
tak a ni.

Chi hi darthlalang siam
nan te, puan rawng thlak nan
te, hlum bungbel siam nan te,
sahbawn siam nan, insukna hlo
siam nan leh hmai cheimawina
siam nan te an hmang.

Sea salt hi vun enkawl
\hat nan leh vun timawitu atana
atana hman lar em em leh \ha
tak a ni. Sea salt leh rock salt
te hi ei rawngbawl nan an
hmang \hin.

Thlai hnah hring leh
theirah te hi tuiah chi tlem
phulin eng emaw chen han dah
la, silfai leh la, hetianga
sawngbawl hian thlai hnah leh
theirah a bawlhhlawh leh natna
hrik lakah min veng a, hun eng
emaw chen fresh takin a vawn
\hat theih a ni.

Thei vel sa a rawng dik
taka lantir duh i dah \hat
dawnah tuiah chi tlem phul la
ti thin rawh.

Bawnghnute nilenga i
dah \hat duh chuan chi tlem
phul \hin rawh.

I ha kha a bal emaw a
eng hlui a nih chuan chi tlemte
leh baking soda kha chawh-
pawlh la, tuktin nawt \hin la,
ha a tivar duh hle.

Thingpui inna no leh
glass rawng da lam tawh leh
hlui tawh te hi chi tlem leh
vinegar nen mix la, tui nen hun
eng emaw chen chiah la, a
tilang thar leh var thei.

I rawmawl/hanky-ah
bawlhhlawh leh thil reh thei lo
a awm hian i suk hmain tuiah
chi tlem phulin chiah hmasa
\hin rawh.

Bawnghnute dahna bel
emaw no emaw i silfai dawnin chi
nen silfai la, a ti rimmtui duh bik.

Milk coffee, red tea,
cold beverage-ah te hian chi
(salt) tlem an phul thin.

Refrigerator rimchhia leh
bal tihfai nan chi leh soda
chawhpawlh a, tihfai hian
fridge a rimchhia leh bal kha a
tifai tha duh hle bawk.

Ei rawngbawl na thuk hi a rimchhiat viau chuan thakthing (cinnamon) nen tifaï thin rawh.

I thuamhnaw \ha ulukah engine oil emaw a kai chuan chi leh alcohol chawhpawlh la, chiah deuh la, rehthei lo kaiah chuan hnawih rawh.

In in leh loah fanghmirin a tihbuai che chuan chi phul rawh.

Carpet-ah rehthei lo kai hi chi tat la, hun eng emaw chen chiah la, a fai duak mai ang.

Sangha phulhlip i tihfai hmain chi tuiah chiah hmasa la, sangha phuhlip kha tihfai a awlsam bik.

I oven kha a bawlhhlawh viau chuan chi phul la, tihfai a awlsam phah sawt ang.

Frying pan mawm tak leh bal tak kha chi tlem phul la, lehkha chhia emaw puan chhiain hrufai la, a fai a awlsam duh.

Artui i chhumin chi tlem telh la, artui kheh a ti awlsam a, a tihmin hma bawk.

Ei rawng i bawlin chi tlem telh \hin la, a hmin hma duh bik.

I mit a nat chuan chi leh tui chawhpawlh in phih fai la, a tidam hma duh hle.

Hrawkna, hrawk nuam lo, hrawk za, tonsil na, hahni vung leh ha na i neih chuan tui lum pep pepah chi tlem pawlh la, kam \huah nan hmang ang che.

Toothbrush thar i hman hmain tuiah chi tlem pawlhah chiah la, a \ha rei duh bik.

I glass no kha i hman hmain tuiah chi tlem pawlh in chiah la, a titlo ang.

Wood-a siam i furniture kha a bawlhhlawh a, a eng hlui chuan tuiah chi tlem pawlh in chiah \hin rawh. A tilang thar sar duh.

I thuamhnaw suk kha i pho hmain tui, chi tlem pawlhah chiah hmasa la, a ro hnuah a chuar lo vang.

Artui i lei dawna a \ha leh a \ha lo i hriat duh chuan tuiah chi tlem pawlh la, artui kha dah la, artui \ha a nih chuan tuiah a pil ang a, a pil loh chuan a chhia a ni ang.

Artui a pawn var ringawt omlette i siam dawnin chi tlem

telh la, a lo thawp lian ang a, a hmui tui bik baw a ni.

Tarpintel leh chi mix la, toilet leh thleng silna hmun rimchhia leh bawlhhlawh tihfai nan thil chin tlak tak a ni.

Soup i siam a, a al viau chuan alu zai lep kha thlak rawh.

I pangpar khawi kha a \hat rei mai bakah pangpar a tihlan thar reng theih nan pangpar khawina pot-ah khan chi tlem phul rawh.

Apple i chhum hmian chi tlem phul la, a ti hmin \ha duh bik a, a tui baw a.

Nuts i ei hmian tuiah chi tlem pawlh la, chiah deuh vang vang la, a kheh a tiawlsam bik.

Iodine pai tam chi tuk tina 200 mcg aia tam i ei chuan, Doctor r^wn hmasa phawt ang che.

I taksa a thak chuan i inbualna tur tuiah chi tlem pawlh la, i sam suk nan erawh hmang lovang che, i sam a titla ang.

A tawp tak tak nan i chi bawmte kha thil sa leh ni saah dah lo ang che. I chi bawm

chhin kha inhawnga i dah chuan i iodine chi kha a ral hma duh bik.

Iodine i taksain a tlakchham vang ringawt ni lovin iodine chi hi lo ei \hin la, thlai hnah hring leh theirah a tam thei ang ber ei \hin baw ang che. |halbe (Thyroid) natna chi hrang hrang hi tunlai hian kan society-ah a tam hle mai a, a vei tlangpui chu hmeichhia, la naupang ve deuh deuh te an ni. He article lo chhiar zawng zawngte ka chah duh chu rilru hahna nei leh rilru chawl hahdam thei hlawl lote hian hian, an harsatna chu up bet mai lova sawichhuak zel turin duhsakna ka hlan a ni. Kan rilruin kan tuktin nunphung nasa taka min tihbuaina kan up beh rei chuan kan taksa chhunga thisen chawm \hatu tuihn^ng paina bawm kha hna a thawh tur angin a tithawk \ha thei lo va. hetianga harsatna neite hian a chhan leh a vang leh a insiam tan dan an hre ta \hin lo a ni. He article hian chi kawng hrang hrang a hman \angkai dan leh a pawimawh dante a hriatthiam tir ngei che u ka beisei. ■

SANTEN

Dr. Thangchungnunga. M.S (Ortho)

Fur tui a lo tlak hun lai hi santen kaw\halo awm duh hun lai a ni fo \hin a, chuvangin hetih hunlai hian ei leh inah kan fimkhur a ngai zual em em a ni. Mizo in santen kan tih mai hi chu tlem te tea e zing si, pum nuam lo deuh reng, mi ti nguai thei tak a ni a. Chaw ei te a ti tui lo viau thei baw, puar deuh ula inhriatna a awm baw si a ni. Thil ho ang reng taka lang si, mahse a tuartu tana tawrh hrehawm tak si a ni ber mai.

Hetiang hi kan tam em em mai a. A chhan bulpui ber pakhatna chu Mizote hi thildanga changkang viau si, thianghlimna kawnga hnufual tak si kan ni tih a chiang a, khawlai leh kawr vel bal hi sawi lo mah ila, kan hre tlang vek tho a. Mahni mi mal hriselna pawh hi kan enkawl\ha peih meuh lo a ni. Hmeichhia phei chu serh a\anga bawlhhlawh chhuak nei an ni deuh vek emaw tih mai tur an ni.

A chhan pakhat chu santen benvawn hi kan thil ei leh in fimkhur loh avangin kan kai awlsam em em a. Chutih laiin hmeichhia phei chu ekna leh zunna hi a inhnaih em em avangin santen hrik (candy-diasis etc.) te hi a lut phei vat a, bawlhhlawh chhuak, serh thak, etc. te a siam ta \hin a ni. Hei vang hian hmeichhia bik phei chu inthiar zawh apiangin fai taka mawng leh serh silfai hi a venna pakhat a ni.

Khawlaia vaivut zinga thei (fruit), chana, thei den etc. siamchawp te kut bal chung a ei te hi santen kaina awlsam tak a ni. Chumi rual chuan chhungtina eirawng bawltu bik hi kaina bulpui an ni fo baw. Chuvangin kan awmpui emaw ei siamtu reng rengte hi rullhut hlo thla 3 danah eitir bakah Doctor te rawna santen damdawi kha pek a \ha baw. Heng thin thip, kawpuar etc. kan tih tam zawk (pumpui na) awmtirtu hi chu he natna Amebiasis hi a ni tam ber zawk a. Mit (Gall Bladder) a lungte awm vang te pawh a ni thei tho na a, ei leh in leh a siamtu hi tun a\ang chuan thianghlim leh hriselna ngaih pawimawh hi chhungkaw hriselna bul \an nan i hmang ang u. A damdawi lam chu Doctor rawn a, ei tur bik hriat a ngai ang. ■

Dr. Lalruatlina

1. Pumpui lawng (Acid peptic disease) -

A lanchhuah dan tlangpui :-

a) Thin hnunah (Epigastrium) hian a rawn na chhuah deuh ber. Thip veng veng, sa deuh hut hut a nih loh pawn mi a hamte an ti bawk. A \hen chu lai (umblicus) bawr vel leh lai a \anga sir ding lamahte a na bawk thin.

b) An luak pawh a chhuak thei bawk.

c) Hetiang anga rawn na thut hi zu in mi emaw, zu in zawh hlim (a bikin pum ruakin) te hian a awm duh hle.

d) A chang chuan, mut hnu, zan rei tawh, pum ruak hnuahte mi a kai thova, a ziaktu pawh hian chungte chu a lo attend ve fo tawh thin.

A bikin zu in mi-ah irhfiak reh hlei thei lo te pawn a rawn lang chhuak thin.

a) Pum ruah laiin emaw (Gastric ulcer), chawi ei khamah (Deudonal ulcer) emawte a rawn na bawk thin.

b) A nasa leh deuhah te chuan thi-in an e a, thi-in an luak bawk.

c) A nasa leh deuhah te chuan pumpui pawp (Perforation) hial a thlen thei. Hetiang a awm te hi chuan na an ti thei \iah \iah hle. An pumpui hi han hmet ila, a ruh hian a ruh \ulh \hin (Guarding) mai a ni. Hetianga awm te chi chu an zai nghal thin. Hnuk a hnaih deuh hlek tihna a nih chu!

A chhan tlangpui : Khatiang a khawi emaw bera i awm a, heng a thlen theitu awmte hi i keng tel a nih chuan APD i nei a ni mahna, lo in en ve mah teh.

a) H.Pylori-Natna hrik chi khat (mucuos layer hnuaiah) pumpui leh rilfang inzawmna laiah a awm deuh ber. 50-70% vel chu he natna hrik vang hi a ni.

b) Nachhawkna (NSAIDS - Aspirin, Brufen etc.) ei te hian a thlen thei a bikin pum ruakah leh ei nasaah.

c) Zu (alcohol) in mi teah hian a tam bik a ni tih ziaak a nih bakah a ziaktu hian hei hi a dik ngei a ni tih damlote atangin a hrechiang.

d) Inthlahchhawn (Hereditary) thilte pawh a ni ve thei tho awm e.

e) Rilru hah (Stress)-ah te - entir nan exam nei laiah te hian a awm ve fo thin bawk.

f) Damdawi e.g. steroids leh Iron lam chi ei teah hian a tam bawk.

g) Meizial (Smoking) zu mi ah a tam hle. Hei vang hi a ni mahna APD nei kan tam em em. Meizial zuk hian pumpui lawng hi a thlen mai a ni lo va, a dam lehna zel turah a ti pam\ul thei a ni.

A enkawl lam : Ranitidine (i.v.) Diclofenac (i.m.) injection kan pek mai bakah, an puma acid thur kha neutralise turin Antacid te kan in tir pawp a, an tha ve leh mai. A thente chu nachhawka chak deuh chi pek ngaite pawh an awm. Mahse pumpui l^wng (APD) mai hi chuan hnuk a hlat deuh. Tichuan a dam chian nan

Ppi (omeprezole, pantorazole, etc) leh antacid te ei chhunzawm a ngai a, a ei dan tur leh ei hun chhung turte han ziah law law a chakawm viau nangin, a zir a zir ve lo tan chuan hriatthiam chin leh chin lo te a awm awm leh si a, Doctor lo rawn chhunzawm tawh mai la, mahni a lo in chawh ve ngawt ai chuan a ngaihthat thlak deuh alawm mawle.

I lo tih ve theih : I tan damdawi in panna a harsa emaw, injection te a tih ve theih mai si loh chuan, Antacid (Mucaine, Tricaine, Ulgel, Solacid, Welcid gel etc) tui angte hi lo in ve tawp mai teh.

Tih loh tur : Pumpui l^wng (APD) nia i inhriat chuan a chhawk nan nachhawka (Magadol, Brufen, Nise, etc) lampang chi reng reng ei loh tur. A tizual thei bakah internal bleeding hial a thlen phah thei.

2. Zun kawng lawng (Urinary Tract Infection/UTI):-

A nat dan tlangpui :

1) Inrin lawkna awm lem lovin a rawn na tlangpui.

2) A rawn na thut lo a nih pawhin, lu na, luakchhuak leh ti deuh nghulh ten a rawn tham phawt thin.

3) Nak nem, hnung lam deuh siah emaw a rawn na tan a, a leh lam a nih loh chuan dinglam a ni duh hle.

4) Taiah leh a sir lampang deuhah (Iliac fossa) te emaw a rawn na \an bawk thin.

5) Zun zawnga na zun in, sa deuh hut hut, zun deuh tlut tlut emaw, zung zo tha thei lo leh zun thi te pawhin an awm thin.

6) An khua a sik a, an tlun bakah an luak tel fo bawk.

7) Zun a nawiin a nut phut loh leh a fim kak lo.

8) A na hi a na ve reuh khawp a ni ang, puitlingte pawh an thaw a sa a, thlan tui ten a bual a, an kun ve ngawih ngawih mai nia. Zun kawnga lungte awm (Ureteric Colic) nen te pawn hriat hran a har chang a awm thin.

9) Naupangah chuan hmeichhiaah a tam bik a, puitlingah pawh hmeichhe zun dawt

(Urethra) hi a tawi bik avangin a hluar bik a, heng, hmeichhiat-mipat hmanna atang te leh raipuar lai ten a hluar bik. Mahse a ziaktu hi a la junior deuh nge, a hmuh ve tawh chinah mipa leh hmeichhia a inzat deuh thuak.

10) Kan sawi tak anga a na viau lo a nih pawhin a then chauh pawh nise, UTI a ni thova, a treatment pawh a thuhmun

A chhan tlangpui : Natna tin hian chhan an nei neuh neuh ang bawkin hei te pawh hian chhan a nei ve neuh neuh reuh.

1) Natna hrik chikhat - E-Coli hi a thlentu tam ber a ni. A dang - Strep faecalis, Klebsiella, Staph.aures. faecalis, Klebsiella, Staph-aures, Proteus spp. Etc. te pawn an thlen thei bawk.

2) Zun dawt vuah chawp (catheter) a\angin.

3) Thlanah tui a chhuah tam avangin khawlum laiin a hluar.

4) An zun dawt (Urethra) tawi bik avangin hmeichhiaah a hluar bik.

5) Thisen atangin - e.g. Tonsil, ha nget, khawihli, panchhia etc. vang tein.

6) Phing (bladder) atanga zun kawng (Ureter) a zun kir let (reflux) vangte.

7) Phinga zun chambang (stasis) leh kal a lungte awm vang ten a awm thei bawk.

A enkawlina lam : Keini chuan Diclofenac leh Cyclopam injection hi kan pe tlangpui. Hemi hnuah hi chuan a tha ve leh mai zel a, mahse, damdawite ei zui a ngai. A treatment tak chu Urine culture & sensitivity test (damdawi ngeih zawng tur enna) Urine R/E te tih hnua a Antibiotic ei a him ber. Tin, ni tin tui litre 2 tal in ngei ngei tur. Heng hi kan thei ngang lo a nih chuan Antibiotic \henkhat (eg. Ciprofloxacin, Gatifloxacin etc.) te hian a control tha hle. Kan sawi tawh angin Doctor rawn chhun-zawmna a him ber fo.

I lo tih ve theih : Heng kan sawi atangte hian UTI ni tlata i inhriat si chuan nachhawka engpawh (Magadol, Parace-

tamol etc.) leh Antispasmodic lampang (Cyclopam, Anaspas, Cataspa, Spamodart) mum khat ve ve lo ei la, tichuan, luakchhuak hlui khawpin tui lo in vak vak mai teh. Nachhawka hi pum ruak lo a ei hram a tha.

Tih loh tur : Mizote hi kan tuarchhelin, damdawi in kalte hi tlawmpa ek tehah kan nei a, chuvangin, i lo tih ve theih i lo tih hnu pawha a ziaawm thei ngang lo a nih chuan i khum lai zawlah i let reng ringawt tur a ni lo. Thildang vangte pawh a lo ni thei a, damdawi in lam i rawn pan mai dawn nia. Nang aia VIP kan nei chuang lo tih i hre dawn nia.

3. Zun kawnga lungte awm (Ureteric Colic) :-

Hei pawh hi case tam pawla mi a ni ve, mahse hnuk erawh a hlat.

A lanchhuah dan tlangpui :-

1) Vawilekhatah a rawn na thut thin. A tlangpuiin nak nem laiah in\anin, mi a rawn \ham \awng \awng a, zunkawng zawh thlain, a natna lam tai

sirah a zui a, mipaah chuan - til muah, hmeichhiah chuan natna lampang zawk serh biangah (Labium Majus) a na thla rawng rawng \hin.

2) An thlante a tla a, an luak bawh thin.

3) A na em a, din pawh an ding mar tha thei ngai mang lo a ni.

4) Zun zawngin a na em em thin bawh.

5) Zunte pawh a thi zui chawh bawh, hmuh tham emaw, hmuh tham loh emaw.

6) Hetianga na tawh thin leh kal a lungte pai ten an nei duh bik thin a ni.

A chhan tlangpui : A chhan hi han sawi vak a chakawm, Mizote zingah vei an tam a, a chhan tak, han sawi bawrh bawrh a chakawm tehlul nen, han sawi dawn tak tak chuan a buaithlak chin a awm leh thin si a, chu mai bakah, kan sawi tum hrim hrim pawh hi topic ropui lutuk a nih vangin a tawi thei ang berin sawi i tum mai teh ang aw.

1. A tir berah chuan lungte vang a ni tih chu a chiang phawt mai.

2. Kan kal atanga lungte awmin zun kawnga chhukthlak a tum, leng chiah si lo, zun kawng in nawk puar vel vanga na a ni ber mai.

3. Kan sawi tawh angin, sawi chak viau mah ila, lungte kala rawn awm chhan chu nidanga sawiah emaw, mi dang sawiah kheh rih phawt mai ang aw.

A enkawlina lam :-

Keini chuan Diclofenac leh Cyclopam injection kan lo pe thin. Mahse a chhawk mawh ang reng phian nia, a chhawk deuh a nih pawhin na deuh telh telh hi chu a awm zui duh ang reng khawp nia. Tui tam tawh in a \ul leh pek hle. A chhan chu a len dan azirin zun chhuah mai theih pawh a ni. Mahse chutiang maite a nih si loh chuan surgeon i rawn a, anin investigation \ul ang ang tih hnuah zai a \ul leh \ul loh chu an hre thei ang chu. ■

Mawitea huang!!!

DAMLO ENKAWL KAWNGA HRIAT TUL ZUALTE

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 bera \ang te hi an rim duh hle. Inchwak thiam a pawimawh a, chutih rualin kalphung leh tihdan in ang an zawm theih a pawimawh. In lama inenkawl kawnga hriattur \ul 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 tha thei ngei hman thin ni se. Tin, in chhunga boruak virvel (air circulation) hi a pawimawh avangin an mutna hmun chu boruak dawng \ha \ha ni thei baw 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 belhchhahtu a ni fo. Mizote hi damlo kan kan taima a, a lawmawm rual rualin hemi kawngah hian fimkhour 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 thlak sak 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 hnuaiah 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 lehkhah fiah lian \ha 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 phei chuan mamawh a nasa leh zual. Chuvangin chaw an ei thei thlawt lote 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 hren tir mai hian enkawl a ti zangkhai 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 p[^]n insiam (bedsore) hi ven a \ul hle a, ni tin an hnung leh mawngbawr puan huh (tuilum a tih huh) a hruk te hi a \ha a, zu (rum kher) a hnung hruk te hian a veng \ha viau bawh. Tin, mutna pawh chang lutuk emaw dup lutuk lo ni thei se, tunlaiin mawng zawna tube dah tur ang chite 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 kai sak mai hi a ni. Drip khai hi ei leh in lam an ti hlei thei thlawt lo va, an BP a hniam phah te a nih hran loh chuan khai hrih loh hram nise a duhawm hle. Damlo che thei lovah phei chuan tak saa tui tam lutuk (fluid overload) a awm palh thei a, chu chuan

harsatna nasa zawk, kal function lo (kidney failure) te, lung function \ha lo (cardiac failure) te leh chuap a tui tling (pleural effusion) a siam fo \hin a ni.

Drip kan khai a nih pawhin input output chart (taksa a tui pek luh zat leh chhuak zat) hi vawng thei ila duhthusam a ni. Kal leh lung \ha lovah pheii 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 taksa 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 taksa 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. Duhtusamah chuan ruh chuktuah hnaih lo thei lai berah hriau vih luh nise, chet sek a \ulin 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 \ha 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 ti ziaawm 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 aiiin Ringer Lactate (RL)-te hi hetiangah chuan hman a \ha zawk a, 10% Dextrose khai vanga taksa tui tlachham (dehydration) a awm theih a ni.

10. Input output chart vawn chungchangah hian damlo che thei lo an nih chuan an zun teh a har \hin a, tin, tarlan tak angin zuncheh vanga bedsore te pawh a awm hma bawk a, zunsiaakna "catheter" dah mai hi a samkhai viau; medical lam mi ni lo tan erawh mahni a lo dah ve ngawt chi chu a ni lo thung. Catheter kan vuah a nih chuan kar thum danah thlak ni se.

11. Khawsik leh sik loh en dan (thermometer hman dan) hi thil har lo tak a ni a, 100^oF vel ang te hi chu a la pawm zam theih a, 102^oF chin chung lam 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 \angkai 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 pawlh a chiah hian a sterilize mai theih bawk. Thil hriam chi erawh fimkhur a ngai a, tuisoah uluk taka chhuan so ni thei se a \ha. Dispo syringe ang chi erawh hman nawn loh hram ni thei se a \ha. Hmanrua reng reng chu an expiry date check hi chin \hanah neih a \ha bawk.

13. “Home Care/First Aid Kits” tia an sawi mai hi neih theih nise a \angkai hle. Chumi atan chuan nachhawka/

khawsik damdawi (eg. Paracetamol, Magadol, Hifenac adt) te, pum lam damdawi (ulgel, digene, zinetac emaw omeprazole/ pantoprazole adt), ORS packet, antifungal cream (cloben-g, ciprolar-fc tih ang te), allergy leh vun thak/vual atana ei tur avil/cetirizine te leh dressing hmanrua - lapua, bandage, plaster, dettol, betadine ang te hi bawm khatah khung khawm in felfai taka vawn that nise.

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

15. A enkawltute hi damlo chhungte emaw \hianta emaw an ni fo va, 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 \hin. An ni tin mamawh leh tih

tur pawimawh leh \ul zual hriat sak a \angkai. Eng emaw harsatna a awm thut pawha chhungte contact tur hriat sak te hi a \angkai leh zual a, emergency emaw \ul huna biak mai remchang turin phone number banga tar nise a \angkai duh hle.

16. Mihring kan in ang lo va, 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 phahte 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\aithe hi kan zir a hun ta hle.

Mawitea huang!!!

* “Ka pu hei kut ka rawn dawh a” a va ti dek deka, in neitupa chuan....

“E.... min lo nghak rawh, keipawh kutdawh turin ka chhuak dawn chiah a, i kal rual ang khai,” zuk ti a!!

* An pafaa serthlum an ruk lai khan a neitute an lokal hlauh mai a, a pa zawk chuan timna neih miah lo hian, “E in rawn kal hlauh chu ava tihzia em!! lokal lo ula chuan ru chan tak kan chang mai awm si a!” zuk ti a!

* An thianza ho khan zu chhia an in palh a, pakhat kha a boral hlauh mai a, a vuinaah khan “Tunah a zu chhe in pui te... heng an hming kan lam te hian an lakpui ang..” an han ti ngei a!!

* Khawhar inah hla thlan a duh ve si a, a bul ami kawm zauh pahin “Eng hla nge, puanpho ro nana tha deuh kha” a ti a, a hnu deuha an hriatchhuah leh meuh chuan... ‘Ni tla ngai lo’ tih lek kha a lo ni a...

FOOT CARE (KE ENKAWL DAN)

*Dr. Lalawmpuia Khiangte,
Diabetologist.*

unthlum (Diabetes) hian ke-a hriatna thazam (nerve) leh thisen zam (blood vessels) te a khawih chhiat thin avangin, ke (foot) hi ven fimkhur a ngai hle a. Khawvela ke tan (amputation) tam ber hi accident vang a ni a, a dawttu chu zunthlum avanga ke pan enkawl dam theih loh, ke tan ngaite hi an ni. Zunthlum vei ten ke tan pumpelh nan ke hi ven fimkhur em em tur a ni.

I THEIH CHUAN :

1. Ni tinin i ke enfiah ziah thin ang che. I hmuh fiah theih loh chuan i chhungte hmu fiah thei zawk enfiah tir thin ang che.

En chian tur bik :-

- a) Pem/Pⁿ (wound/cut)
- b) Vun rawng danglam (Discolouration)
- c) Vun leh ke hnuai chhah bik (callious)
- d) Ke ro/Ke sir khi (crack)
- e) Tin lut/hnai la
- f) Vung
- g) A lum leh vawh dan (temperature)
- h) Na/khawiha hriat leh hriat loh (sensation)

Heng a chung a mite hi mi pangngai aia a danglamna a

awm chuan zunthlum Doctor hriattir thuai ni se.

2. Ke a ro lutuk loh nan leh ke karte thianghlim taka enkawl a nih theih nan, Sahbawn leh tuilum pip pepa sil \hin tur a ni. A lum dan zawng hi kuk ngeia fiah phawt tur, ke a hriat tum tur a ni lo.

3. Ke kar leh ke sirte fai taka sil thin tur a ni.

4. Zunthlum vei chu ke lawnga kal loh tur a ni.

5. Pheikhawk-chappal, a chhuat dup emaw a theih chuan sneaker chhung dup bun hram tur a ni. Tin, pheikhawk chu tawt lutuk lo, thawl lutuk lo bun tur a ni. Pheikhawk i bun dawnin a chhung a faiin, lungte

emaw thil them leh hriam emaw a ni. Zunthlum veiin a chung a awm lo tih hriat fiah hnuah mite hi tha taka a zawm chuan, chauh bun thin tur a ni. ke pan leh ke tan tur lakah

6. Ke tin (nails) rualrem lo nasa takin a veng theiin a leh ke tin lutte enkawl thuai tur pumpelh theih a ni.

THOSI HNAWH BO DAN

Nipui a lo ni a, khua a lum a, thosilen zar a peih awm loh hun tak hi thosi tam hun a ni ve tlat bawk si. Thosi seh avangin malaria in kan nat phah thei a, a seh tu a tet tet nen tia ngaihthah ngawt ngam chi lah a ni der bawk si lo. Times of India health section in thosi hnawhbo dan \ha nia an sawi te lo tarlang ila, a chhawr a mual mual kan awm tak in.

1. *Neem oil* : Neem oil leh coconut oil a inzatin chawhpawlh la, chu chu inhnawih rawh. Hetianga i tih chuan darkar 8 chhung thosi lakah a venghim ang che.

2. *Camphor* : Mizo in kapur kan ti mai a, room khar phui la, kapur chu halin a khuin room chu minute 20 vel ur la, tichuan thosi an thlawk bo ang.

3. *Tulsi*: Bedroom tukverh bulah tulsi khawi la, chu chuan room a thosi thlawk lut tur a veng.

4. *Purun var*: Purun var chhum so la, i chhumna tui chu room-ah theh kual \het \het rawh (a rim i tuar thei a nih phei chuan i taksaah pawh in chulh la a paw lo) tichuan thosi an thlawk bo ang.

5. *Lavender*: Lavender hi pangpar chi khat a ni a, a rim pawh a tui khawp mai, thosi in a haw riau bawk. Lavender oil leh cream chawhpawlh i taksaah inhnawih la, chu chuan thosi a hnawt bo ang. Lavender oil chu room-ah ti nam chem chem la, chu chuan thosi a hnawt bo bawk ang. ■

HRISEL NAN TOMATO

Tomato hi hrisel nana chaw \ha tak a ni a, a tui bawk a, ei hmiah hmiah mai rawh le. Mahse, tomato chu i kan emaw, i rawh emaw a nih chuan a \hatna tam tak a bo dawn a, hel ei a tha ber tih hre reng ang che.

Tomato hian vitamin A leh C a pai hnem a, beta-carotene a pai hnem bawk, hei vang hian anti-oxidant \ha tak a ni a, thisena free radicals te tibotu a ni a, (free radical chu atom electron in-pair lo pakhat emaw a aia tam emaw pai a ni. Free radical chu lung natna thlen thei a ni a, cancer thenkhat pawh a siam thei. Mi tilang upa hmatu a ni bawk). Tomato tisentu Lycopene pawh anti-oxidant tha tak a ni. Vitamin A a pai hnem vangin mit tan pawh \ha hle a, night blindness nei tan pawh ei chi tak a ni.



Tomato tisentu an tih mai Lycopene hi cancer thenkhat tan damdawi a ni a, a bikin mipa serh cancer (prostrate cancer), pum cancer (stomach) leh colorectal cancer risk te a tihnam thei. Lycopene hian cancer cell thang lian tur leh tai darh tur pawh a veng thei. Mak ang reng takin tomato chu han chhum hmin hian Lycopene chu a hma aiin a lo tam sawt zawk dawn a ni. Chuvangin tomato soup te pawh a tha hle dawn a nih chu.

Tomato hian potassium leh vitamin B pawh a pai hnem a, BP leh cholesterol level te pawh a tihnam thei. Chuvangin stroke (thluaka thisenzam chat/block) risk a tihnam a, heart attack leh lunglam natna dang risk te pawh a tihnam thei.

Lycopene chu vun tan pawh a tha hle a, tomato kawr i velna khan i vun chu han hru la, minute 10 vel i chiah hnuah phihfai leh la, regular taka i tih chuan i vun a tieng thei ang. Vitamin A chuan sam a tichakin a title thei a, mit leh ha bakah vun tan pawh a tha hle. Tomato-ah hian vitamin K leh calcium pawh a awm a, chu chu ruh tichaktu \ha tak a ni. ■

ENGVANGININGE

Dr. Ngurnunzami Sailo

THAW HAH

1. *Thawkna d^{wt} hnawh avanga thaw hah* : Hnar a\anga chuap thlenga boruak kalkawnga hnawhtu a awm reng reng hian thaw a hah thin a. Chaw lemsual avang te, taksa huatzawng hipluh avang te, asthma vei avangte hian a awm tlangpui.

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

3. *Lung vanga thaw hah*: Lung chak loah hian thaw hah hi a tam hle a, a tirah chuan hna hahthlak thawh chauhin a awm thin a, lung chu a lo chak loh chhoh zel chuan awm mai mai pawhin thaw a hah thin a ni.

4. *Dawldanna avanga thaw hah*: Dawldanna reng reng reng a awm hian taksa thisenin boruak (O₂) a keng tam thei lo va, taksa a thawhrim

viau chuan thisenah boruak a kal tam theih loh avangin tihrawlte chuan kham khawp an hmu lo va, boruak tam zawk hipluh tumin an thaw nghek nghek ta thin a ni.

5. Zam lutuk emaw thil huphurh tak kan hmachhawnte hian thaw hi amahin a lo rang ve mai thin a ni.

KHUH :

Kan taksaa ka atanga thil duhawm lo a lo luh hian a paih chhuah nan kan khuh thin a, heng thil lo lut hian kan hrawk a tiza a, mi hrisel pangngai chu kan khuh \hin a ni. Boruak kalna kawng hi pipe ang mai hi a ni a, timur tam takin a siam a ni a, he dawtte hian a huatzawng thil lo lut a awm vaih chuan mihring chu a khuhtir ta \hin a ni. Meikhu te, boruak hrisel lote pawh a hre thei vek a ni. Tin, natna chi hrang hrang vangin a awm thei bawk a, a lar zual chauh lo tarlang ila, chungte chu :-

hritlang, awm na, *bronchitis*, *laryngitis* te an ni.

Tin, khuh hi chuap natna chi hrang hrangah a awm ve bawk \hin a, chungte chu *pneumonia*, *TB*, *emphysema*, *cancer* etc. Chuap cancer chi khat *bronchogenic carcinoma* an tih maiah hi chuan khuh leh khak thi hi a nasa zual a ni. Lungphu chawl kan tih maiah pawh hian khuh hi a awm ve thei bawk, thisenzam peng lian tak pakhat *thoracic aorta* an tih mai piansualna awmin thawkna dawt a nekchep hian khuh a tel thei bawk a ni.

CHAW EI PAI |AWIH THEIH LOH :

Mi tam takah chuan chaw pai tawih theih loh hi ze chi hrang hrangin a awm thei a, kan pumpui chak zawng a inang vek kher lo tih chu kan hre chiang theuh awm e. Kan pumpuiin chaw a paitawih theih loh chuan pum a lo puar pung a, vawih leh irh a lo nasa a, a thenah pheh chuan kawthalote hial a thlen thei a ni. Mi \henkhatih hi chuan '*Lactase*'

pianpui loh vang a ni thin a, he *enzyme* hi chaw pai tawih kawngah a pawimawh hle a ni. Bawnghnute hi a bikin '*Lactase*' tel lo hian pai\awih lohvin a in up thur a, chu chuan pum a tinuam lo ta thin a ni.

Enkaw dan : Hetianga pum nuam lo a awm hi chuan chaw ei loh vang vang a, pumpui hahchawlhthir a \ha ber a, darkar 24 chhung chu chaw khal lam chi ei miah lo va, tui leh thei tui ang vel chauh ei rih tur a ni. A hnua a rawn awm leh chuan bawnghnute chi reng reng insum a, a la that loh cheu chuan mi thiamte rawn vat tur a ni ang.

THIL LEM HARSAT :

Thil lem hi hrisel pangngai tan pawh harsa tak a ni a, kan hmai, lei, hrawk leh chaw dawta tihrawl zawng zawngte intuahrem a ngai a, tin, heng tihrawlte hi hriatna thazam chi hrang hrang panga (5) in a chawm avangin thil awlai tak chu a ni lo hrim hrim a ni. A thlen theitute lo thlir ho dawn ila :-

- a) *Chaw dawt hliam:* Chaw dawt hi acid in vang emaw thil dang hlauhawm in vang emawin a lo pem awlsam em em a, hetia a lo pilh emaw hian thil reng reng a lem hleih theih thin lo va, thisenzam atanga chaw (chiu chi) pek a ngai thin a ni. Tin, a lo dam zel pah hian chawdawt chu a lo zim telh telh thin bawk a, chu chuan thil lem a tiharsa thin a ni.
- b) *Chaw dawt cancer:* Chaw dawt cancer hi a hmawr lampangah a awm thin tlangpui a, hei hian a kua chu hnawh chepin chaw lem a lo harsa ta thin a ni.
- c) Kan sawi tawh ang khan chaw lem tur hian tihrawl chi
- hrang hrang a ngai a, heng zingah khawi emaw ber a lo zeng hian thil lem a harsa ta thin a ni.
- d) *Chaw dawt nekchep thei reng reng:* a bul vela thil hrang hrang awmte hi a len thut emaw a lo \han thut hian chaw dawt chu a nekchep ta thin a, chu chuan thil lem a tiharsa ta \hin a ni.
- e) Lei cancer, ka chhung leh a bawr vela pan a lo awm hian thil lem a harsa bawk thin.
- f) Chaw dawta thil tang vangin thil lem a harsa thei bawk.
- g) Hlauhthawn lutuk emaw rilru hah lutuk emaw hian thil lem a harsa bawk thin a ni.

Mawitea huang!!!

* A pa muttui lai takin a fapain a va kaitho a “Ka pa i muttuina damdawi i ei theihngilh daih alawm” zuk ti a!

* Sa kha a kap \helh hnai awm mai mai asin “A vuak khan ka lo vaw thla zawk lo a ni aw...!!” zuk ti a!!

* Naupang pahnih examna a ziah tur hre lo pawh khan an paper kha a ruakin an dah a, an chhuah pah chuan pakhat zawk chuan, "Kan chhanna paper kha a in ang chiah si a, kan hotupa khan kan in entawn emaw a ti ngei ngei ang," zuk ti hram pek a!!!!

POSTMORTEM

Prof. L. Fimate

‘MITTHI ZAI’ kan tih mai Postmortem examination hi hna pawimawh tak a ni. Mitthi tawhte an thihna chhan hriat nana tih a ni. Chumi bakah a thih dan- Sarthi nge thih dan pangngai nge mi thah nge mahni inthat tihte a hriat theih a. A thihna engtia rei tawh nge? Hliam chu eng ang hmanrua a tihhliam nge? A hliam atanga engtia rei nge a nun tihte a hriat theih a ni.

Thihna chungchanga zawhna engkim postmortem hian a lo chhan theih \hin avangin thih dan mak deuh leh sarthi zawng zawng postmortem tih a ngai \hin. **Sarthite** chu postmortem certificate a awm loh chuan insurance claim-te hmuh a har duh viau \hin a. Chuvangin postmortem hi chakawm vak lo mahse a lo pawimawh char char hle a ni. A pawimawhna leh tulna a tam em avangin phal lo chung chung pawhin tih hram hram tur a ni.

Postmortem kan han tih hian mitthi chungchanga zawhna zawng zawng chhan theih vek a tul \hin avangin chipchiar taka zai vek a ngai thin. Chuvangin taksa pawn lam (external exam) ngunthluk taka kan exam zawh vek hnuin luruh te, awm (chest) te, dul (abdomen) te kan zai hawng vek thin. Tichuan taksa bung hrang hrang kan lachhuak ta a. Chipchiar taka kan exam hnuin kan zai sawm leh vek a; a chhungah natnate a awm takin tiin natna kan la zawng lehzel thin. Postmortem tih hi hmanna tur awm tawh hek lo chu a pawl lem lo ve. Mahse, mi tam tak chuan chu chu an duh miah lo. An chhungte, an khawngaih ngawih ngawihte chu thi tawh mahse an lainatna a reh chuang lo va, chuti maia han zai sawm chu an tuar ngam lul lo a ni. Phal lo thei ni se an phal tawp lovang. Mahse an phal loh theih si loh avangin zai tho tho an ni thin. Phal anga thlah liam a ngai mai thin a ni. Postmortem hi a tulna chhan chu nakin zela inrinhlelhna a awm loh nan leh a thihna chhan chhut nawn leh fo a tul loh nan a hunlaia enfel law law chu a tha ber a ni. ■

FIMKHUR TAKIN ANTIBIOTIC DAMDAWI I HMANG ZEL ANG U

*Rema Vanphawng
Pharmacist*

ANTIBIOTIC damdawite hi natna hrik tihlumtu emaw natna hrik inthlahpung zel tur danna emaw atana hman thin niin heng natna: Pneumonia, TB, vun natna, kawthalo, etc enkawl nan kan hmang uar hle. Antibiotic tih hming hi kan hre lar hle nachungin eng damdawi berte nge an nih hriat loh a awm thei a, chuvangin, Zorama kan hmuh lar deuhte an brand hming (kualkhung chhungah generic hmingin) han tarlang ila: **Wymox (Amoxicillin), Pancef-O (Cefixime), Azithral (Azithromycin), Indclav/Augmentin (Amoxicillin + Clavulanic acid), Taxim (Cefotaxime), Monocef (Ceftriaxone), Phenicol (Chloramphenicol), Tetra (Tetracycline), Neosporin (Neomycin/polymyxin), (Ampicillin), (Doxycycline), (Penicillin), (Metronidazole), (Ciprofloxacin), etc.**

Antibiotic-te hi fimkhur taka hman an nih loh chuan, damdawi kan hman chhan natna hrik te hi thilsiam phakar leh fing ve tak mai an ni a, anmahni lo insiam danglam vein damdawi kha an lo do let thei a, hmantlak lohin antibiotic damdawite hi an awm phah \hin. Hei hi tuna hriselna kawnga khawvelin a buaipui mek Antibiotic Resistance an tih chu a ni. **Tul**

miah lo a antibiotic kan hman avangte, damloin mumal lo taka antibiotic a ei avangte, tul miah lo a kan ran vulhte leh thlai chinahte antibiotic kan hman avangte, damdawi in leh damlo enkawl na hmuna kan fimkhur tawk loh avangte, mimal kan inenkawl uluk loh avangte leh a tul huna thisen, zun, ek test-te kan ngaihthah avangin Antibiotic

Resistance hi a hluar phah mek zel a ni.

Antibiotic Resistance avang hian rante pawn an tuar baw k a ni. Mihringah chuan TB, pneumonia, sepsis (septicaemia), hmeichhiat-mipatna hman khawloh avanga natnate, kaw\halo, etc te harsa taka enkawl a ngaih phah a, a chang pheh chuan antibiotic hmang a enkawl theih tawh loh natnate a awm phah hial thin. Sum tam tak sen a ngaih phah a, Damdawi inah hun rei tak awm a ngaih phah baw k a, a paw ber mai, mi tam tak thihna kan ram ngeiah leh khawvel ram hrang hrangah a thleng chho mek zel a, hei hi mithiamte lu ti hai mektu a ni baw k.

Antibiotic Resistance avanga harsatna kan tih tlem theih nana tangkaite:

1. Kan natna avanga doctor-in antibiotic min chawh chauhin ei tur a ni a, mahni thu a inchawh a ei ve ngawt loh tur.
2. Damdawi chawhtuin a ei dan tur a sawi ang thlapin,

hunbi fel tak nei a ei thin tur a ni a, a ei hun chhung tura ruat chu ngai pawimawh la, i duh hunah tawpsan mai suh ang che.

3. Damdawi chungchanga hriat chian loh i neih emaw damdawi side-effect emaw avanga harsatna i neih phawt chuan Doctor leh Pharmacist-te zawh lehrawn hreh suh la, i hriat chian loh i zawha irawn kha i dikna chanvo a ni.

4. Kan damdawi ei bangte mi dang ei tura pek loh tur.

5. Kan ran vulhte antibiotic kan pek dawnin Veterinary doctor-te kaihhruaina hnuaiah chauh pek thin tur a ni.

6. Kan hriselna vawng thain, thil kan ei dawnah kan kutte fai takin sil thin ila, kan ei turte pawh thianghlim taka sawngbawl thin tur a ni baw k. Damlo kan kanin anmahni hnaih lutuk a awm loh nise, hmeichhiat-mipat hmanna kawngah fimkhur baw k ila, vaccine lak ngaite tan hunbi dik taka vawn thin baw k tur a ni. ■

ZUNTHLUM

Mary Zothanpuii

DIABETES MELLITUS, Mizote'na zunthlum tia kan hriat lar em em hi hmanlai chuan mi hausate natna tih a ni a, tunlaih erawh chuan hausa leh rethei pawh thliar chuang lovin a tam ta hle a. Mizoramah pawh natna kan buaipui ber pawl a ni awm e. He natna hi miin vawikhat a neih tawh chuan tihdam theih loh tluk a nih mai bakah ei leh in insum reng ngai a nih avangin natna \ihbaiawm tak a ni.

Kan rilbawh (pancreas) hian insulin a pe chhuak a, kan thill eia thill hrang hrang awm; heng carbohydrates (chaw thil), fats (thau thil) leh proteins (tha thil) kan lakluhte hi kan taksain a hman tangkai theih nan hna pawimawh tak a thawk a. He Insulin hi taksaa a awm tur ang aia tlema a awm chuan kan thisenah glucose level a lo sang a. Hetiang a lo awm hian miin zunthlum a vei kan lo ti ta a ni. Zunthlum hi khawvel pum puia natna lar ber pawl leh thihna thlen hnem bertu a ni thei awm e. Khawvel mi za zelah mi pakhat zelin he natna hi kan vei anga ngaih a ni a, a bik takin ram changkangahte ei leh in that lutuk avangin he natna hi a

hluar lehzual a ni. Zunthlum vanga taksa a harsatna dang lo awm thei te, kephah pan leh vung, mitdelnate a thlen theih avangin natna buaipuiawm bera ngaih a ni.

A \hen hran dan (classification) : A tlangpuiin zunthlum hi chi hniha then hran a ni a, chu'ngte chu :-

1. Type I Diabetes Mellitus (DM): Zunthlum zaa sawm (10%) a huam a, hmun hniha \hen hran leh a ni.

Sub-Type I A: Kan taksaa natna do let theituin pawnlam thil a hriat hran theihna a hloh avangin Insulin siam chhuaktu a lo tichhe ta a, hemi hian taksaa Insulin level a tihhniam avangin he natna hi a siam ta a ni.

Sub-Type I B: Kan taksaa natna do let theitu Immune System-in pawn lam thil (foreign bodies) a do theihna chhe chuang si lovin, Insulin level a chhan dang hriat si lova a lo hniamin he natna hi a lo awm thei. Thisenah thau (fats) sang lutuk a awm thei bawk a ni.

Type DM hi kum 30 hnu lam mi-ah a tam hle a, amah-erawhchu rilbawh chhiatna hi eng kumah pawh a thleng thei a ni.

2. *Type II DM:* Zunthlum zinga zaa sawmriat (80%) hi he natna hian a huam a ni. Kum upa lamin hemi hi an vei tlangpui a, amaherawhchu naupang leh tleirawl thau uchuak (obese)-ah a awm thei bawk a ni.

Hemi pahnih bakah hian zunthlum chi dang awm leh thei chu :

3. *Gestational Diabetes :* Nu, raipuar zinga zaa pali (4%) zelin taksaa thil inthlak danglam avangin zunthlum an lo vei a. He'ng mite hi an hma hun zelah zunthlum vei theihna chance sang tak an nei a ni.

Taksaa a lanchhuah dante:

1) *Type I DM:* Kum 35 hnuai lamah a lang chhuak tlangpui a, vawilehkhatah a lang chhuak thut thin (acute). Zun tam lutuk te, tuihal huam huam te, thil ei chak huam huamte a awm thei a, he'ng mite hi thau uchuak lutuk chu an ni chuang lo a, zawi zawiin an cher tual tual \hin. Heng mite hi taksaa glucose level hniam lutuk avanga harsatna awm theite entir nan- lu nat vak te, chhan awm lova rilru hah vak te, rilru buai te, thlan bawrh bawrh te, tawng fiah loh te, nikhaw hre lova awm (coma)-te leh thih hial theihna chance an nei sang bik.

2) *Type II DM:* Hei hi kum 40 chung lamah a awm tlangpui a, zawi zawiin a lang chhuak thin (chronic). Zunthlum nei reng siin, taksaah harsatna lang chhuak chuang si lovin a awm thei a, amaherawhchu zun tam lutuk leh tuihal huam huam a awm tel thei. Heng mite hi a tlangpuiin an thau uchuak lutuk a, a chhan hriat si lohvin chauh ngawih ngawihna leh taksa

rihna hniam tual tual an nei tel bawk. Nikhaw hre lova awm leh thihna erawh a thlen meuh lo.

Zunthlum vanga natna dang awm thei te :

Zunthlum vanga natnate hi chi hnihah a \hen hran theih a, chu'ngte chu :

1. Natna lo langchhuak thut chi te:

a) Thisena acid level sang lutuk (Diabetic Ketoacidosis): A lan chhuah dante chu- Chaw ei tui lohna te, luak chhuak te, luak te, thawk hlawp hlawpna te, rilru buai leh nikhaw hre lova awm te.

b) Zun hnem lutuk vangin taksaah tui a nih tur ang aiin a tlem a, tui in teuh pawhin a sawt chuang lo. Rilru hah te, rilru buai te, lu nate a awm bawk. Thisenah glucose level a sang vak.

2. Zunthlum neih rei hnua natna lo awm thei te (chronic): Thisen zam a lo chhah vanga thisen kal tha thei lo (atherosclerosis) leh BP sang, kal natna (nephropathy) te, mit that lohna leh mittel

hialna te (diabetic retinopathy), hriatna thazam chhia (neuropathy) leh natna khirh khan tak tak dangte.

Zunthlum a ni ngei a ni tih hriat dan: Thisena glucose level sang (hyperglycemia), plasma glucose 200mg/dl aia sang leh zuna glucose level a san chuan zunthlum nei tiha sawi theih a ni. Tuihal huam huam leh zun tam lutuk neih chuan inringhlela inentir tur a ni.

Inenkawl dan te: Ei leh in fimkhur, nunphung tih danglam, zunthlum damdawi ei leh Insulin-a inchiutein a inenkawl theih a. Type I DM neia inringhlel chuan Insulin-a inchiu a, Doctor, a bik takin medicine specialist emaw Diabetologist hnenah emaw inentir thuai tur a ni. Type II DM inringhlel chuan ei leh in fimkhur leh nunphung tihdanglam tur a ni. Thau lutuk zunthlum nei tan intihcher a pawimawh hle. Dulkiar tan a bik takin insawizawi tur ani. Exercise ni tin nasa lutuk lovin a hun bi neiin lak tur a ni. Ni tin darkar chanve tal

insawizawi a tha. Chi ei tlem a tha a, ni khatah gram 6 aia tam ei loh tur a ni. Zu in tan zu nghei hmak a tha a, nghei theih loh paw'n a tlem thei ang ber in tur a ni. Mei zu tan mei zuk sim tur a ni.

Inven dan te: Zunthlum hi ei tam lutuk leh insawizawi tlem lutuk avanga awm thei a ni a, chuvangin ei leh in fimkhura insawizawi tam a tha. Nu leh

pa emaw chhungkhat hnai emawsa zunthlum nei an awm chuan fimkhur leh zual tur a ni. Thil thlum lampangte entir nan-biscuit, chocolate, cake, sa, mawm lampang, cold drinks, hmawmsawmte ei tlem a tha. Thlaihnhah te, thlairah te, theite ei tam tur a ni. Ni tin darkar chanve tal insawizawi thin tur a ni. Nu, naupai tan chaw, pangngai taka ei leh ni tin insawizawi tur a ni.

Mawitea huang!!!

* Nula hmel\ha deuh mai kha scooty in a tlu palh hlauh maia... a bula tlangval khan eng khaw sawi set set lovin a ‘a thawk theih loh takin’ tiin a ka va ham sak zuk tum hram pek a!

* Dumka pakhat pawh kha doctor-ten “I nupui hi zai a ngai dawn a, cheng singthum vel sen a ngai ang,” an ti a, ani chu a ngawi vung vung a, chutah, “Ka pu, pawisa a ngai hnem em mai, zai lo mai ang, a thar ngaihtuah leh zawk mai ang,” zuk ti daih a!

* Mawitean a tia lawm...“Mizo chu, a huhova awm khawmnaah hian, politics emaw kohhran chungchang emaw han sawi ho hlek ila awki sang tak takin kan inhnial luai luai zela, zahmawh kan han sawi tlan erawh hi chuan awki kan hniam a, kan vai nuih dur dur zel mai nia” zuk ti a!

* “Ka nu, nizanah nupui ka rawn ru ve asin” a ti a, a nu chuan “Leh ta mai mai \hin a.... engtin nge chawm i tum reng reng a?” a ti a, ani chuan, “E...a pension hlauh kan ring mai dawn alawm” zuk ti a!! senior ve tawh awm....

THISENSANG (HYPERTENSION)

“Thisen sang” han tih hian kan hrethiam deuh vek tawh awm e. Tunlai Mizote pawh hi kan ei kan ti \ha ta deuh nge thisen sang (high blod pressure) nei kan awm ve ta fur mai. Amaherawhchu, ei \hat vang ringawta thisen sang hi lo insiam a ni lo va, chhan tam tak a awm thei a ni.

Thisen sang awmna chhan \henkhatte: chik miten an chhut danin Australia aborigines te, Greenland-a Eskimo hote leh Africa, Central leh South America rama cheng Tribal-te hian thisen sang natna hi an vei mang lo va. A chhan nia an hriat chu CHI an ei tlem vang a ni.

Tuipui kama chengte leh Japan ho, ei tur dah \hat nana chi hmangete erawh chu zaa 60 zelin thisen sang an nei a, “Stroke” hi an thih chhan ber a ni tlangpui bawka ni.

Puitling hian ni khatah a tlangpuiin chi hi 500mg (thirfiante khat hmun sawma \hena hmun khat) chauh kan hriselnan kan mamawh a. Amaherawhchu ni khatah hian gram 10 a \anga gram 20 (10,000mg - 20,000mg) kan ei ber a ni. Ni khatah hian chi hi

gram 5 emaw chauh chu ei thei ila, thisen sang natna hian min tlakbuak tehchiam awm lo ve.

Tin, arterial plaque an tih, thisen kawng hnawhtu avang hian thisen sang hi a awm thei bawka. Hetiang thisen hnawhtu hi thau a ni ber a. Hemi laka fihlim tur chuan thau leh mawm lam a tawka chauha ei a \ha a ni.

A pathumnaah chuan Overweight, a lo aluata thau hian B.P. chu a ti sang nghal a. Kan thaute hi taksa peng dang ang bawka thisena chawm a ngai a. He thisen chawmtu tur hian harsa takin thau chu a sutlang thei chauh a. Hetianga \an la tur chuan high blood pressure, pressure sang tak leh chak tak a ngai a ni. Thau dan tur pangngai aia 20% aia thaute reng reng chuan engtik hunah emaw

chuan B.P. sang hi an nei hrim hrim a ni.

Naupai danna, birth control pills, a eie ei chi-ah hian thil pakhat Estrogen an tih hi a tel a. Estrogen hian chi al hi a khawl duh avangin hetiang damdawi ei hmeichhe ho zingah hian thisen sang eng hunah emaw chuan a siam nge nge thin.

Thisen sang hi eng nge?:

Mihring taksaah hian thisen hi a luang kual reng a. Hemi ti luangtu hi kan lung a niin lung hian tui pump khawl ang deuhin hna a thawk a. Kan lung an phut dat hian thisen a pump a, hei hi “Systolic B.P.” a sang zawk kan tih hi a ni a, tin, a phu inkar, a chawl lai tak hi “Diastolic B.P.” a hniam zawk kan tih hi a ni leh a. Tichuan thisen pressure a sang zawk Systolic hian 140 leh a chung lam a thlena a hniam zawk Diastolic hian 90 leh a chung lam a thlen hian thisen sang, high blood pressure/hypertension a awm a tih theih a ni. ‘Normal’ hi dan naranin a chung lam 110/120, a hnuai lam 70/80 a ni deuh ber.

Engtianga enkawl tur nge?:

B.P. sang damdawite chu a awm na a, hetiang damdawi ring renga khawsak ai chuan thil eite leh khawsakzia a hnuai a mi anga tihdanglam hian a hrisel zawk mah a ni.

1. Chi leh thil al ei tlem.
2. Hmawmsawm ei tlem.
3. Thau, mawm leh thil thlum ei tlem.
4. Sa ei tlem (Soup tiamin).
5. Zu lam khawih loha intih cher.
6. Alu, thlai hring leh thei lam chi ei tam.
7. Ni tin khawng veh vawha minute 30 a\anga darkar khat chhung tal exercise laa kea kal.
8. Chawhmeh, Ajinomoto (M o n o s o d i u m glutamate) telna ei loh.

(*Thau lutuk hlauhawm chin hriatna chu kawnga inteh hian a hriat theih. Hmeichhiaah inchis 34.5 aia a lenin. Mipaah inchis 40 aia a lenin.)

HAHNI PUAM

Hahni hi eng emaw vangin a puamin a thi duh hle thin. Heng hahni hrisel loh chhan hi chi tam tak a awm a, a tlangpuite chu :

1. Ha leh hahni enkawl fai loh vangin. **A enkawl dan :**
A tlangpuiin hahni puamte hi a nat rei hnuah a awm ber thin a ni. A enkawl dan tlangpui chu hetiang hi a ni :
 2. Hanget a lo thuk deuhin hahni a lo hnai chhuak \hin.
 3. Damdawi hnathawh vangin, abikin Phenytoin (luhaia tlu thin) damdawi avang hian hahni a puam vak thei a ni.
 4. Taksa chak loh laiin a lo puam thei bawk. Entir nan, tleirawl (Puberty) hunlai leh naupai laite'n a awm duh hle.
 5. Thisen cancer kan tih mai (Leukemia) avangte leh hrawk lam natna avangtein hapui tawp bul vela hahnite a puam duh hle.
 6. Hahni-ah hian chawr (Tumor) a awm thei bawk.
 7. Ha leh hahni piansualna vangin hahni puam reh thei lo a awm thei bawk.
 8. Vitamin 'C' tlakchham vang pawhin hnahni hi a puam thin a ni.
1. Ha leh hahnite tihfai fo tur a ni.
 2. Hanget reng reng hnawh (filling) vat tur a ni.
 3. Damdawi ei vanga hahni puamte chuan an bansan mai tur a ni a, chutiang damdawi Phenytoin te an la mamawh a nih pawhin Doctor-te an r^wn zel tur a ni. Tunlaiin tleirawlte'n khuh damdawi Ephedrex leh na chhawkna Relipen leh Spasmolar leh eng damdawi daw emawte ruih nan an hmang nasa hle. Hengte hi a hlauhawm em em a, taksa dang- thluak leh thildangte a tihchhiat dan kan sawi hman lovang a, mahse ha nghing nasa tak, ha bal vek theihna hial a awm theih avangin damdawi pawngpaw ei mai mai loh tur a ni.

4. Naupai laia hahni thi leh puam hi rai vang hrim hrim ni lovin, ha leh hahni tunhmaa lo enkawl uluk loh vang a ni ber. Taksa a lo chak loh khan hahnite a lo puam ta mai \hin a ni.
5. Natna dang (Lukemia) leh thisen dang that lohna avanga hahni dik lote hi chu a damna tura pawimwh ber chu
- heng an natnate hi enkawl dam thuai a ni mai.
6. Vitamin 'C' tlakchham vang leh chawtha ei loh vangtea hahni puam chu ei leh in tih \hat bakah theilam ei tam tur a ni a, Vitamin 'C' ni tin 500mg ei \hin tur a ni.
- Hahni puam leh chawr ruh deuh, thang thei bawk a awm chuan Doctor-te zaitir a, Biopsy tih tir tur a ni.

Mawitea huang!!!

* Amtea pawh hi a han indaihzei ve mai mai khawp a, Aizawl veng hrang hranga huau huau awm nikhua a... "Khai le, lam hla tan a kil theih ta e..." an tihna hmunah tawh hi chuan a hmasa berah hian a lo intlar hman ziah nia!!!

* Pi Zovi sana hmuh pawh kha a lian awm mai mai asin. Nilengin minute 5 chauh zu han kal a!!!!

* Pi Zovi tho Badminton khel en pawh kha an thiam awm mai mai asin. Cock tla miah lo in an game thak thak thei mawle!!

* A sakhi chan kha alo chhuak lawk si lo va, a tihtur hre lo chuan a silai kaw hmawrah a kutzungchal a rawlh a, a phawi ri leh pang thin a.... chutia a tih a tih lai chuan sakhi chu a rawn chhuak ta zan zan mai a, ani a kut zungchal a lo thun laklawh si, phawi mai an tum a, a kut changah chuan a tang ta tlat mai a, sakhi lah chuan rawn thlek dak dak pahin muangchangin a kal liam san ta a... a liam chiah maw tihah chuan a kut chu a phawi ri leh ta pang mai a....!

* An khaw kawng kha an chhe awm mai mai asin, an Sumo driver ber khan, 'ke in kal tawh mai ang u, kan thleng hma zawk ang' zuk ti tawp a!!

(Early Detection and Prevention)

Lalrinchhana Pachuau

Cancer han ti tawp mai ila sawifiah vak pawh a ngai awm lo ve. Mizoram mai pawh ni lo khawvel pum puiah kan natna buaipui ber a ni a, ram changkangah chuan thihna thlentu natna tam ber dawttu a ni. A nihna takah chuan cancer thlentu cancer timur (cell) hi mihring tupawh hian kan nei vek a, kan taksaah hian hna thawk lovin an muthlu mai mai a. Kan taksaah natna hrik awm vang te, kan awmdanin a zir loh vang te, ei loh tur kan ei vang te, ei tur kan ei loh vang te, kan chhehvelah changkannain a ken tel boruak chhia leh thil bawlhhlawh a lo tam zel avangtein cancer timur (cell) te chu a lo \hangharh a, hna rawn thawkin cancer kan lo vei ta \hin a ni. Ven theih loh cancer thenkhat a awm (e.g. thisen cancer, naupan laia mit, kal, etc. Cancer). Amaherawhchu, Mizorama kan cancer vei zawng zawng za zela sawmriat (80%) dawn hi chu inven theih a ni.

Cancer laka inveng tur chuan thil pawimawh tam tak hriat tur hmasa a awm, cancer vei duh bik (high risk) zingah ka tel em? Ka thil ei leh in, ka nun dan hian cancer a siam thei em? Cancer lo vei ve dawn ta ila a tirah engtin nge a lo lanchhuah ang? Cancer vei loh nan engtin nge ka nun ka hman ang, eng nge eia eng nge ei loh tur, etc. Tihte kan hriat hmasak a tul a ni. Ven theih cancer chi hrang hrangte lo lanchhuah

dan, engin nge thlen a, tute nge vei duh bik tih chungchang kan rawn tarlang zuai zuai dawn a ni.

1. Chhul cancer: Thi put reh thei lo te, thi neih hun mumal lo te, inpawl zawha serh a\anga thi rawn put thin te, thi neih hun (period) laia thi chhuak hnem lutukte i neih chuan chhul cancer a ni thei. Nawhchizuar te, mi tin mi tang mutpui hnem lutuk te, Pathlawi (a nupui hmasa chhul cancer a thi tawh) pasala nei te,

naupang lutuka hmeichhiat mipatna hmang te, meizu mi te, rai lohna damdawi ei nasa lutuk te, ei leh in \ha lo te, Vit A, B, C tlachham te leh mahni invawngfai peih lo miten chhul cancer an vei duh bik a; high risk group an ni.

2. Chaw kawng (oesophagus) cancer: A lo lanchhuah dan tlangpuite chu, chaw lem \hat theih loh te, chaw helh reng mai te, chaw ei sa luak chhuah leh te, chaw lem zawnga na te, kawpuar leh chaw pai tawih theih loh te, taksa rihna tlahniamte an ni. Chaw kawng cancer siamtu ber chu zu in nasat lutuk leh meizial zuk nasat lutuk hi a ni. Zu in bawk zial zu bawk (Sap hovin double pleasure an ti) phei hi chu a haw hle. Vitamin A, B, C leh Zinc tlakchham vangte paw'n a awm thei a ni.

3. Hnute cancer: Hnute-a b^wk (ruh/hard) awm te, hnute vung te, hnute chuar te, khuar awm te, a vunrawng inthlak (a senin emaw) te, hnute thak reh thei lo te, khawih zawnga na te, hnute hmur a\anga hnai ang

deuh rawn chhuak te, hnute hmur tlum lut te i neih chuan cancer a ni thei. I nu emaw, i unau dangte emaw hnute cancer-a lo boral tawh i neih chuan hnute cancer i neih theihna chance a sang hle. Taksa peng danga cancer lo nei tawh te, \hanthi nei hma lutuk te, thi hul har lutuk te, fa hring lo te, kum 30 hnua fa pakhatna hring ve chauh te, kum 50 chung lam ten hnute cancer an nei duh bik.

4. Pumpui (stomach) cancer: Pumpui cancer lo lanchhuah dan tlangpuite chu-kawpuar leh luak chhuak neih reng mai te, chaw ei khama pumpui sa vut vut thin te, tawt ula inhriatna te, chaw ei tui lo leh taksa rihna tlahniam te an ni. Blood Group A leh Pernicious anaemia nei ho zingah pumpui cancer a awm duh bik. Thil al ei nasat lutuk te, sarep leh sa kan ro ei nasat lutuk te, nghathu leh pickle lam ei nasat te, zuk leh hmuam tuibur tih nasat lutuk te, thei leh thlai hring ei tlemten pumpui cancer a thlen thei. Tin, pumpui ulcer neiten cancer thlen thei

hrik H.pylori kan pai nge pai lo exam thin a tha.

5. Hrawk (larynx/nasopharynx) cancer: Aw chhang reh thei lo te, hrawk thip leh na reng mai te, hrawka b[^]wk awm tlata hriatna te, chaw lem that theih loh te i neih chuan hrawk cancer a ni thei. Zuk leh hmuam ti nasa te, zu in mi te, sarep, sa kan ro, nghathu, ngha-al leh thil al lam hrim hrim ei nasa lutuk te, factory-a hnathawk (abestos leh nickel tamna) te tan hrawk cancer vei a awlsam bik.

6. Thin (liver) cancer : Thin cancer hi mipa kum 50 chung lamah a tam ber a. Mihang (Negro) ho te, zu in nasa te, kuhva ei nasa te, thisen lampanga diklohna nei (haemophollia) te, rai lohna damdawi ei nasa te, drugs a inchiu \hinte leh hepatitis B/C vei te'n an nei duh bik. A lo lanchhuah dan tlangpui chu chaw ei tui loh te, zawi ngawih ngawih te, khawsik ser ser neih te a ni. Mit liam a siam thei bawk.

Letter to editor

Ka pu,

In chanchinbu hi ka lo chhiar thin a, chhiar a manhla thin kher mai. Hetianga kan damchhung atana mamawh leh pawimawh ber HRISELNA mi tin chhiar theih a in tichhuak thin hi in department hming in pu zo kher mai. Hetiang chanchinbu tihchhuah nachang hria hotu in nei hi mipuiin kan vanneih phah a nih hi. Sum tam tak chu in seng ngeiin ka ring a, mahse chung in sum sente chu a thlawnin a luangral lo tih hi in lo hre dawn nia. In chanchinbu zarah Zoram mipuite hian hriselna lamah hma kan sawn ngei ngeiin ka ring tlat a ni. A tawp berah chuan mipui tana in rawngbawlna hi Pathianin malsawm zel che u rawh se.

Lalramliana, Vairengte

HRISELNA LAKNA MAN CHUNGCHANGA HRIATTIRNA LEH NGENNA

A hnuai registration no. tarlante hian kum 2016 atangin Hriselna chanchinbu lak man in pe tawh lo va, July, 2018 ral hmain pe ngei tura hriattir in ni. Hun tiam ral hmaa pe lote chu thawn in ni tawh lo ang. Tin, registration no. hi siam \hat vek a nih avangin subscriber ten in no. lo enchiang theuh turin hriattir in ni bawk e. (Pek zat tur : 2016-2018 = Rs 180/-)

AZ48	AZ49	AZ61	AZ63	AZ65	AZ71	AZ72
AZ76	AZ83	AZ84	AZ85	AZ95	AZ119	AZ131
AZ132	AZ143	AZ144	AZ145	AZ152	AZ157	AZ159
AZ161	AZ162	AZ164	AZ172	AZ190	AZ199	AZ206
AZ215	AZ216	AZ219	AZ220	AZ221	AZ222	AZ226
AZ235	AZ242	AZ245	AZ247	AZ238	AZ260	AZ263
AZ264	AZ272	AZ275	AZ280	AZ284	AZ288	AZ296
AZ298	AZ299	AZ305	AZ312	AZ313	AZ314	AZ315
AZ316	AZ333	AZ345	AZ347	AZ353	AZ354	AZ355
AZ364	AZ380	AZ384	AZ388	AZ398	AZ391	AZ392
AZ406	AZ409	AZ411	AZ412	AZ414	AZ416	AZ418
AZ419	AZ425	AZ428	AZ430	AZ439	AZ446	AZ449
AZ454	AZ460	AZ463	AZ475	AZ487	AZ488	AZ498
AZ504	AZ505	AZ507	AZ513	AZ514	AZ515	AZ517
AZ525	AZ530	AZ538	AZ542	AZ543	AZ547	AZ555
AZ556	AZ560	AZ565	AZ569	AZ577	AZ581	AZ590
AZ597	AZ599	AZ603	AZ609	AZ621	AZ622	AZ626
AZ646	AZ653	AZ662	AZ663	AZ676	AZ682	AZ688
AZ691	AZ692	AZ695	AZ701	AZ702	AZ703	AZ704
AZ722	AZ723	AZ724	AZ741	AZ743	AZ745	AZ748
AZ756	AZ769	AZ772	AZ773	AZ774	AZ783	AZ784
AZ786	AZ788	AZ789	AZ790	AZ797	AZ805	AZ809
AZ824	AZ827	AZ833	AZ836	AZ838	AZ842	AZ843

AZ844	AZ845	AZ846	AZ847	AZ849	AZ850	AZ851
AZ852	AZ854	AZ855	AZ856	AZ888	AZ889	AZ860
AZ861	AZ862	AZ865	AZ866	AZ867	AZ868	AZ869
AZ870	AZ871	AZ872	AZ875	AZ876	AZ877	AZ878
AZ879	AZ880	AZ881	AZ882	AZ886	AZ887	AZ891
AZ897	AZ898	AZ899	AZ900	AZ901	AZ902	AZ903
AZ904	AZ905	AZ906	AZ907	AZ908	AZ911	AZ912
AZ914	AZ915	AZ916	AZ917	AZ918	AZ919	AZ920
AZ921	AZ922	AZ926	AZ928	AZ929	AZ930	AZ932
AZ934	AZ935	AZ936	AZ937	AZ938	AZ939	AZ940
AZ941	AZ942	AZ943	AZ945	AZ946	AZ947	AZ950
AZ952	AZ955	AZ960	AZ961	AZ963	AZ964	AZ966
AZ969	AZ970	AZ974	AZ975	AZ976	AZ977	AZ978
AZ979	AZ981	AZ985	AZ986	AZ992	AZ994	AZ996
AZ998	AZ999	AZ1000	AZ1001	AZ1002	AZ1003	AZ1004
AZ1006	AZ1007	AZ1014	AZ1015	AZ1016	AZ1017	AZ1020
AZ1020	AZ1021	AZ1022	AZ1023	AZ1025	AZ1026	AZ1028
AZ1030	AZ1033	AZ1040	AZ1041	AZ1042	AZ1043	AZ1047
AZ1050	AZ1051	AZ1053	AZ1055	AZ1057	AZ1058	AZ1061
AZ1064	AZ1067	AZ1068	AZ1069	AZ1075	AZ1076	AZ1077
AZ1078	AZ1079	AZ1083	AZ1084	AZ1085	AZ1087	AZ1088
AZ1089	AZ1090	AZ1092	AZ1093	AZ1094	AZ1095	AZ1098
AZ1099	AZ1100	AZ1102	AZ1103	AZ1109	AZ1110	AZ1111
AZ1112	AZ1114	AZ1115	AZ1117	AZ1118	AZ1120	AZ1121
AZ1122	AZ1123	AZ1126	AZ1127	AZ1130	AZ1133	AZ1134
AZ1135	AZ1136	AZ1139	AZ1141	AZ1143	AZ1145	AZ1146
AZ1147	AZ1151	AZ1153	AZ1165	AZ1166	AZ1167	AZ1304
AZ1314	AZ1315	AZ1324	AZ1326	AZ1328	AZ1330	AZ1331
AZ1355	AZ1370	AZ1374	AZ1375	AZ1380	AZ1385	AZ1389
AZ1392	AZ1403	AZ1407	AZ1415	AZ1417	AZ1418	AZ1419
AZ1420	AZ1421	AZ1424	AZ1427	AZ1430	AZ1431	AZ1433
AZ1438	AZ1440	AZ1442	AZ1549	MZ8	MZ8	MZ9
MZ2	MZ3	MZ4	MZ5	MZ3		

HA HRIAM

- *Dr.Thangchungnunga, M.S.Ortho*

North East-ah hian lei cancer kan tam em em a, hei hi a chhan pui ber chu ha hriam leh zum, ther, pir emaw tifa lova kum 20 lai a lo awm a nih chuan cancer a siam thin a. Kei ngei pawh hi ka ha hriam tih bil tur ti reng in kum 20 dawn ka lo pai a, a bul lei kha a cancer ta a, ka lei tlem an paih phah ta a ni. Chuvangin ha hriam leh thap, zum reng reng hi chu, tunlaiah khawl a tha tawh a, tih mam vat vat tur. Thingtlangah pawh surai hmawr kar bung la, nawt mam mai rawh. Survey hnukung bera a lan dan chuan, ka chhung leh hrawk, chaw dawt cancer hi a tam ber an ni.

Lei cancer chu ha hriam vang a ni tam ber a. Ha hni cancer hi sahdah leh khaini, rajnigandha etc hmuam vang a tam a ang ber a, chaw dawt cancer hi tuibur hmuamah hian a tam zualin a lang bawk. Chuap leh pumpui cancer hi chu vaihlo leh a dang a tam mai. Tih tak takah chuan bai, sarep, tih vel hi chu cancer siam tham em chuan kan ei in ka ring lo.

Ha hrim hrim hi a hrisel pangngai a nih chuan a tha a. Tunhma deuh khawnvartui pawl hma kha chuan kuhva ro kan ei a, ha in a chakloh phah nge a chak phah tih pawh a hriat loh. A pawl ber chu Mizo te hi kan vir nge, englai pawh a thil \hial, hmuam, ei leh zuk hi kan tih dan a ni a. Biak in chhung thlengin sahdah hnukung leh sweet kawr te hmuh tur awm hi chu 'Pathian bia in kan kal khawm nge, kan inkhawm satliah' tih hi ngaihtuah ve \hin ang u.

Mawitea huang

* Motor an siam tir ve a, a siam zo chiah chu a part vel a chuang ta nuaih mai, a tih ngaihna hre lo lutuk chuan "Company ho hian part tul lo hi an vuah hnem lutuk a nih hi..." an tiah.

SAM|UAK TIREH DAN THURUK

Mihringte in cheinaah hian sam hi a tel ngei ngei thin. Make up eng ang tha pawh hmang mah ila kan sam kan ngaihthah chuan awmzia a nei chuang lo ang.

Tuna kan sawitur chu sam hi a hun lova a \uak chuan rilru te hi a na in ti dum zelte a ngaia a hnawksak thin em a ni. Mahse tuna kan sawi ang chiah hian lo ti ve la mi dang hre ve lo te pawh lo hrilh chhawng leh zel ang che. Mahse tar tawh vanga \uak erawh chuan duhthu a sam lo deuh ve thung mai thei nia.

Alu pum nga kha fai deuhin silfai phawt rawh. A kawr vela chu a kawr chu tui tlemte chuan chhuangso rawh. Minute sawm vel i chhuanso hnuah chuan dahthla la tidai rawh. A daih hnuah chuan a kawr kha la la paih rawh. A tui kha i lu ah chuan hnawih kim rawh. Minute 20 hnu velah sufai rawh. Chawlh karkhatah vawi khat in thlakhat vel i suk hnuah chuan sam\uak chu zawn hmuh tur a awm leh tawh lo ang.

MIPUITE TAN AMBULANCE RATE

29.01.2018 : Mipui mamawhna avangin Civil Hospital, Aizawl- a Advance Life Support Ambulance leh Basic Life Support Ambulance chu a hnuai tarlan ang hian hire theih a ni :-

Advance Life Support Ambulance:

1. Civil Hospital, Aizawl to Helipad, |huampui - ` 800
2. Civil Hospital, Aizawl to Lengpui - ` 4,200/-

Basic Life Support Ambulance :

1. Civil Hospital, Aizawl to Helipad, |huampui - ` 800/-
2. Civil Hospital, Aizawl to Lengpui - ` 3,500

▲ Ni 9.4.2018 (Monday) khan Health Directorate Conference Hall, Dinthar, Aizawl-ah World Health Day hman a ni. Dr. Lalchungnunga, Director of Health Services in a kaihruai a, Dr. Lalnunluangi, MO, Planning kum 2018 thupui Health for All tih hmangin kalkhawm te zirtirna a pe a, Dr. F. Lallianhlira, Principal Director, Health & Family Welfare Department chuan World Health Day 2018 thuchah a sawi baw. Zaithiam te zai ngaih thlak a nih hnuin Dr. Vanlalsawma, JD(FW) in lawmthu sawina neiin hun hnung a chang a ni. World Health Day hi kum 1950 atang khan kumtin chatlak lovin thupui thlanbik neiin April ni 7 ah hman thin a ni a, hemi ni hian Hriselna lama in zirtirna leh infuih tharna te uar taka kalpui thin a ni baw. Tun kum ah hian Inrinni a nih avangin remchan zawkna avangin ni 9 ah hman a ni ta zawk a ni.

▲ Mipuite natna inkai-chhawn theih loh chi Non Communicable Diseases NCD natna ho: Cancer, Zunthlum, BP sang, Heart attack, Stroke laka an fihlim theihna tur leh taksaa paw a khawih hmaa hmuh-

chhuah zung zung a, enkawlina pek vat a nih theih nana hmalakna pawimawh tak mai Universal NCD Screening tia hriat, Population Based Screening tih baw, tihhlawhtlin nana pawimawh tak NCD Screening software/app chu Dt.14.4.2018 khan India ram pum huapin tlangzarh a ni. Mizoramah pawh Dr. Lalrozama, IAS, Mission Director, NHM hovi'n Aibawh PHC ah neih a ni. He Universal NCD Screening-ah hian kum 30 chin chunglam tawh phawt chu NCD natna 5 chhul cancer, hnute cancer, ka chhung cancer, BP sang leh zunthlum an neih leh neih loh enfiah vek an ni dawn a. Hei hian a tum ber chu NCD natna hluar ta lutuk miin an vei loh nan te, an vei a nih pawhin taksa a khawih chhiat hmaa hmuhchhuah vat leh enkawlina pek vat a ni.

▲ Ni 20.4.2018 khan Pu T. Lalvulmawia, JE, NHM chuan Thin thalo avangin min lo boral san ta a, hemi ni vek hian a chenna in Bawngkawn-ah vui a ni. Pu Vula hian a Nupui leh fate te fapa 3 leh fanu 2 a boral san a ni, Lusun khawhar te engkima Pa nihna neitu Pathianin awmpui zel se tih hi kan tawngtaina a ni e.

▲ Ni 24.4.2018 khan Health Minister Pu Lal Thanzara chuan Kolasib District Hospital-ah mipuiten man tlawm zawka damdawi an lei theihna tur Damdawi dawr Jan-aushadhi Kendra Store a hawng. Health Minister chuan Pradhan Mantri Bhartiya Jan-Aushadhi Kendra Store, Mizo te'n Damdawi Mantlawm Dawr tia kan hriat lar tak hi, Prime Minister Healthcare Scheme pawimawh tak a ni a, damdawi quality tha niin, man tlawm zawka zawrh a nih avang hian mi harsa zawk leh BPL chungkua te tan phei chuan malsawmna hlu tak a ni a ti. Jan-Aushadi Store hi tun dinhmunah Mizoramah chuan 9 a awm a (Kolasib nen) Tunah hian District Hospital zawng zawnga hawng turin ruahmanna kalpui mek a ni a. kumin chung ngei hian District Hospital zawng zawngah he damdawi mantlawm leh, quality tha zawrhna hi din vek turin ruahmanna siam a nih thu a tarlang a, CHC thlenga dah turin ruahmanna an siam mek a ni a ti bawk.

Hemi ni vek hian Health Minister Pu Lal Thanzara'n Kolasib Diakkawn YMA Hall-ah Cancer leh Natna chi hrang hrang inkaichhawn thei loh

NCD Screening Mela a hawng nghal. Cancer leh NCD Screening Mela hi Ministry of DONER bultum niin Mizoram Sawrkar Health Department, Swasth Uttar Purv, Public Health Foundation of India leh National Health Mission Mizoram te thawhhona a huaihawt a ni a, hetiang ang hi District dangah pawh neih vek tum a ni.

▲ Ni 25.4.2018 zing dar 7 khan SVBDCP bul tumin Khawvel pum a Malaria dona ni Govt. Mizo High School Field, MC Hill, Zarkawtah Health Minister ho a hman a ni. Kumin thupuih hian Ready to Beat Malaria tih hman a ni.

▲ Mizoram Sawrkar chuan April ni 1, 2018 atanga Sawrkar hnathawk MR Bill lo Screen vek tawh turin MSHCS chu a ruat a, hemi atan hian thawktu eng emaw zat lak belh a nih bakah Software te pawh hman tur a peihfel a ni. Sawrkar hnathawkte MR Bill hi mahni thawhna Department kaltlangin Society-ah a lo lut anga, Society-in uluk taka a lo Screen hnuah Department-ah thawn let leh a ni anga, Payment erawhchu a hma a mi ang tho a kalpui tur a ni ang. ■