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## Editorial

Pathian thil siam ropuizia leh kan thatna tur zawk a kawng min siam sak zo zaite hi a van ropui tehlu em! Keini duh taka a siam te hian hrefiahin zawm fo thei ila a duhawm hle mai. Chumi hlen tur chuan nang leh kei hi kan pawimawh a ni tih hre thar leh ila.

Rei tak khua a ro a, ruahtui alo tlak leh hian kan tui inah te fimkhur zual a ngai hle. Chutiang zelin kan ei leh in thlengin fimkhur a ngai a, tho a rawn pung leh tan a, chu chuan kan ei tur te tibawlhhlawh in kawthalo leh luak te, leh natna dang dang a thlen thei a ni tih kan hriat nawn leh a tul awm e. Chumi lak ata kan lo him tlan theih nan kan chenna leh a vel te kan vawn thianghlim a pawimawh a, kan tui in tur pawh filter that emaw, chhuanso emaw chauh in thin tur a ni.

Pathian hian kan dam khawchhuah theih nan thil tha tam tak kan velah hian a dah a, chung thil tha tak tak a dah te pawchhuak thei tur erawh chuan kan thawh ve a ngai. Thianghlimna kawngah pawh kan tladah viau a nih chuan kan hrisel thei ngai lovang. In leh a vel te vawngfai ila, Pathianin duh taka a siamte dim thiamin hman tangkai thiam ila, chuti a nih chuan natna tam tak kan kai thin te pawh kan lo pumpelh thei dawn alo ni.

Ruahtui te alo tlak leh tan tak avangin Malaria te pawh alo hluar leh palh thei. Chumi laka kan inven theihna awlsam leh tha deuh chu kan in leh a vel te kan vawnfai that a ngai a, Thosi inthlahpun theihna chi tui chhe tlin theihna kan tihbo a ngai a, ram kan riahna a ni emaw, zan kan mutna ah te Thosilen tha takin zar thin ila, chu chuan thihpui mai thei Malaria lakah min veng thei a ni tih kan hriatnawn leh fo a tul takzet a ni. ■

## BRONCHITIS

*Dr Lalnuntluanga Sailo,  
Assistant Professor,  
Respiratory Medicine,  
Zoram Medical College, Falkawn*

### Eng nge a nih?

"*Bronchitis*" han tih hian thâwkna dâwt lian zawk (*bronchi*) kha a lâwng (*inflamed*) tihna a ni mai a. He natna hi chi hnihah an then a, chûngte chu *Acute* (awm thut chi) leh *Chronic* (hun rei aw hchi) *Bronchitis* te an ni.

Mi in a zâwnin kum hnih chhûng thla thum chhûng ve ve khuh leh khâk a neih chuan *Chronic bronchitis* kan ti thin a, tin, a thlen tu pawimawh ber leh vên theih ni bawk si chu meizial zûk hi a ni. Engpawhnise, tun tumah erawh hi chuan *Acute Bronchitis* zâwkah hian kan inthlûrbing dawn a ni.

*Acute Bronchitis* hi khawvela natna tam berte zing ami a ni a, a bik takin naupangah a tam a ni. Chawhrualin kum khatah naupang hian vawi 2 atanga vawi 6 vel an vei thin a, puitlingin vawi 2 atanga vawi 3 vel an vei thin a ni. Khawvawh hunlai hian a hluar zâwk nghe nghe. He natna hi amaha reh leh mai (Self-limiting) natna a ni.

### Engtin nge a lanchhuah thin? Doctor râwn a ngai em?

Khuh ninawm tak (khâk tel emaw tel lo pawhin), kar 1 atanga kar 3, a châng chuan kar 8 thleng pawh a awm thin a; tam

tak chuan a tirah hritlâng (*common cold*) an nei thin a ni. Khuh bâkah heng te hi a awm tel chuan doctor I pan dawn nia:-

- o khawsik (100.4 aia sâng),
- o thâw hah leh thâwk ri ring emaw ri trêp trêp (wheezing),
- o khuh zâwng a âwmbâwr na emaw khuh thi,
- o aw chhâng,
- o nawmhnaï loh ngawih ngawihna ,
- o rihna tlahniam,
- o kar thum hnuah pawh zia lam la pan loh chuan.

### Engtianga lo awm nge?

A tam zâwkah chuan Respiratory viruses (natna hrik tê chi) thâwkna kawngah a kâi vang a ni. Favâng laiin *parainfluenza virus* te, *enterovirus* leh *rhinovirus* ten an thlen tlângpui a; thlasik lai in *influenza virus* te, *coronavirus* te leh *respiratory syncytial virus* ten an thlen thin a ni. Hei vang hian he natna hian hritlâng (common cold) a zui fo thin a ni. Heng bakah hian zâ a sâwm aia tlemah bacteria pawn a thlen bawk a ni.

### Test tih a ngai em?

A ngai lêm lo. I nat dân te, *examination* leh natna belhchhahna (*complications*) awm dân amangte in doctor-in test tur lamah chuan thuthlûkna a siam mai dawn a ni.

### Engtia enkawl tur nge?

Sawi tawh angin *Acute bronchitis* chu *self-limiting disease*, amaha reh ve leh mai chi (a tlângpuiin kar 1 atanga kar 3) a ni a, tin, a thlentu tam zâwk chu *virus* a nih avângin **ANTIBIOTIC**, entir nan *Azithromycin* te mahniin lo in chawh loh hram tur, a chhan

chu antibiotic khan dam vatna a thlen lêm lo a, tin, *complications* tur a vêng hran bawk lo a, buaina a siam belhchhah thei zâwk mah a ni. *Acute bronchitis* hi khawvelah (Mizoram chhûngah ngei pawh) hleihluâka *antibiotic* hman tam ber na natna a ni.

I khawsik dan azir te, natna benvawn neih dan azir te, i thawhah leh khuh dan zir ten i doctor chuan *antibiotic* te, inhaler te etc., a lo chawh belh mai dawn che a ni.

### Entin nge ka lo inenkawl ve ang?

Awm hahdam te, tui in tam te, thingpui sa in te, tui hu hip te, a tûl anga nachhâwkna ei te, meizial zûk loh leh a zu bulah pawh awm loh te a lo tih ve theih a ni.

### Engtin nge keimah leh midang ka vên ang?

Tui leh sahbawnin kut fâi taka sil thin tur, tui awm remchân loh chuan *alcohol-based hand-rub* a hman theih bawk. Khuh/hahchhiau apiangin kiu chhûnglamin kâ hup tur (kutah natna hrik a kâi loh nan), *tissue* hman chuan

tissue kha paih a kut sil tur. Kâ hup lova Khuh/hahchhiau khan natna hrik kha feet 6 bial thlengin a darh thei tih hria a tha.

Khuh awm thut chi (*acute cough*) siam thei natna dang kan hriat atâna pawimawh te:

- a) *Pneumonia* (khawsik sâng, thinphu leh thâwk rang etc., a awm thei)
- b) *Post-nasal drip syndrome* (aw then reng a ngai thin)

- c) *Gastroesophageal reflux disorder* (thinthip, ka thûr etc., a awm thei)
- c) *Asthma* (thawhah, thâwk ri ring etc., a awm thei)
- d) Thisen sâng damdawi chikhat (*ACE inhibitor*) hman vangin
- e) *Heart failure* (Lung tha lo)
- f) *Pulmonary embolism* (chuap thisen zâm ping)
- g) *Chuap cancer* (meizial zu mi ah, khuh thi etc ., a awm thei).

## RIHNA HLOH DAN THA

*Thâu duh leh chêr duh kan inpel suau suau a ni ta ber e. Thau dan kawng chu dah tha phawt ila.*

*'Intihcher nan dieting, taksa sawizawi, cherna damdawi ei' tiin kawng kan dap nasa hlawm hle.*

*Mithiamte chuan purunsen hi engtikawng pawhin- a hlanga ei, bâwl, a tui in te hi rihna tihhniam/intihcher nan a tha lâwt-lak e an tih chu.*

*<http://jlremsanga.blogspot.com/2017/11/rihna-hloh-dan-tha.html>*

A fapa Sam meh tir kha a nalh lo a ti ngang a ni ang, In a thleng chu a Pa in "I Sam i meh tir lai hian i awm lo a ni mai lawng maw? Nge an chhawk thlak nasat dawn nen a tla ri tal pawh ngaihven tur che alawm le" alo ti bai bai.....

## **KUM NGA (2012-2017) CHHUNGA MIZORAMA KANG ENKAWLTE ZIRCHIANNA**

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India-ah hian Malaria leh TB natna aiin kang vanga thihna a tam zawk tih hmuhchhuah a lo ni tawh a. National Academy of Burns India (NABI) record-ah chuan, India-a kumtin mi maktaduaikhat kang zinga nuai sarhih vel chu hospital admit ngai an ni a. Chung zinga mi nuaihnih leh singli vel chu ramtuileilao awm phah a record an ni bawk.

Invenna leh inenkawlina that zawkna ram changkangah te chuan kang vanga harsatna hian tlem lam a pan zel laiin, ram rethei zawk; India leh a dangah te chuan a pung tual tual thung lawi a. Hei vang hian WHO pawhin invenna leh enkawlina lamah nasa takin tan a la a, khawvel puma hman tur 'Burn Registry System' a lo duanchhuah phah ta hial a ni.

Heti khawpa India rama harsatna thlentliu lian tak a nih avang hian kan state dinhmun bik hriat a chakawmin zirchian tul tihna a awm a. Burn patient-

te hi admit tur a khat tawkin awm thin mahse state dang ang em em in an tam lo em tih hi zawhna a ni fo reng a. National Academy of Burn India (NABI) President ngena angin, Mizoram bik zirchianna nei tura hmala in district tina sawrkar leh private hospitalte kan tlawh chhuak a. January 2012 atanga October 2017 chhunga hospital record atangin kan danglamna bik hmuhchhuah a ni ta nual reng a ni.

Record-a alan danin kum nga chhungin damlo 449 (male 61.9%, female 37.4%) admit an

ni a, chung zinga thi zat chu 17 (4.2%) an ni. Burn patient-te hi a tam ber chu kum 20-40 inkar an ni bawk.

Tuisa-kan (Scald burn) a tam bera (54.3%), a dangte chu Mei-kan (flame burn) 27.8%, Electric-kan 15.8%, Chemical burn (acid etc.) 0.89% te an ni a. Thlasik lai, November atanga February thla inkara admit an tam ber a, July thla a admit an tlem ber thung.

Taksa kan zau zawng (percentage) leh thuk-zawng (degree) hi treatment tan dan tur hriat nan a pawimawh a. Kan-thuk zawng hi degree a thenin, kan hmuh zinga a zatve (55.7%) hi second degree burns an ni. Tin, kan hmuh tam ber chu taksa kan-zauzawng (Total burn surface area, TBSA) za a sawmhnih vel (20.90%) an ni tlangpui.

Damdawi ina admit tam zawk hi intikang palh (accidental 81.78%) an ni a, mahni inhal mi-pariat (suicidal 1.76%) an awm lain midang-hal hi pathum (homicidal 0.67%) an awm bawk.

A tam ber hi zai ngai lova dressing dam theih (77.9%) an

nih lain zai a vun-bel ngai an awm ve nual bawk (13.35%).

Damdawi ina inenkawl rei zawng hi ni 13 bawr vela chhuta ni a. Tuisa-kante hi chhuah hma theih an ni tlangpui a, electric- kan hi a thuk thin avangin, an damdawi in awm chhung pawh a rei duh bik a ni.

### Civil hospital Aizawl leh state dang hospital khai-khinnate:

Kanar tikte	Govt. Medical College, Singa*	Total Min Hospital, Jansheepur**	District Hospital, Aizawl
Zhuh dthung	2 years (Jan 2008 to Dec 2014)	5 years (Jan 2009 to Dec 2013)	5 years (Jan 2008 to Mar 2017)
Kang dambzat	698	1975	78
Damo Kumat (chawhual)	3 years	29.16 years	24.01 years
Mie feab ratio	1:1.56	1:1.05	1.8:1*
Kanzu an (percentage)	34%	42.5%	28.1%
Mi-kan	57.44%	65.16%	33.86%
Tuisa-kan	18.62%	15.8%	36.46%
Electric kan	4.87%	10.37%	25.66%
Hospital awm dthung	9 days	6.64 days	6 days
Thizat (percentage)	36.82%	40.8%	11.56%

\* Mizoram danglamna

### Mizoram leh state dang in anlohnate:

1. Tuisa inleih/intih buak palh vanga kang (scald burn) hi a tam fal hle, mei-kan (flame burn) erawh state dang aiin a tlem thung.
2. State dang ang lo takin hmeichhia aiin mipa admitta tam zawk bawk.
3. Electric burn hi state dang nena khaikhin in a tam fal hle a ni.
4. State danga hmeichhiate chung a hleilenna thleng thin paw em em mai 'acid

Kan zir pakhat chu lo-hal hun lain kang vanga hliam tuarte damdawi ina admit an tam pah em tih a ni a. Record a kan hmuh dan chuan lo-hal hunlai (February to April) hian kang- admit hi vanneihthlak takin an tam chuang lo hlah mai. Amaherawhchu, lo-hal laia kang hlum palh hi report tlem chu a awm ve bawk a. A bak zawng chu hliam tenau hospital admit ngailoa

attack' hi vanneihthlak takin Mizoramah chuan a awm ngai lo tluk a ni.

### District tin a kang case leh thih puite:

Districts	Cases	Thi zat (%)
Aizawl	212	8 (3.8)
Lunglei	58	3 (5.2)
Kolasib	31	2 (6.5)
Serchhip	29	1 (3.4)
Champhai	46	1 (2.2)
Mamit	25	-
Lawngtlai	22	-
Siaha	19	-

enkawl theihte an ni deuh tlangpui a ni.

Hospital admit ngai tam zawk hi chu thlasik khawvawt laia thleng te an ni a. Kan hmuh tam ber tuisa tih buak palh vanga kangte hi naupang kumkhat leh kumnga inkar a tam zawk an ni a. Ven theih, nu leh pa, chhungte fimkhur loh vanga thleng an nih deuh vek mai.

Mei-kan (flame burn) leh kan hmuh tam em em



electric-kan te hi an kan thuk thin em avangin enkawl chhung a reia, piansual phah an tam hle bawk. Kan hmuh tam ber tuisa- kan (scald burn) hi chu a thuk ngai loh avangin dressing a dam thei an ni tlangpui.

Kang enkawl hi hun duhrei em em leh tha leh zung sen ngai tak a nih avang hian damlo te leh enkawl tute tan a hautak hle a. Patient-te hi burn unit (sterile ward) bika enkawl tur ni mahse, harsatna hrang hrang vangin tun

thlengin general ward a enkawl thin an la ni a. Enkawlna tha leh changlung zawk "Burn unit/ward' hi kan state a nei thei turin hmalakna a kal mek a ni.

Kang vanga damdawi ina admit tam lamah chuan state lian zawkte aain Mizoram bik dinhmunhi ziaawm zawkin lang mahse heti em em a electric-kan leh naupang zingah tuiso-kan tam lutuk hian kan fimkhur ngaihna lai a tilang chiang hle awm e.

## HRIATTIRNA

**Hriselna Magazine minlo hlutsak thin tu te zawng zawng chungah lawmthu kan sawi e. Kum 2022-2023 atan renew alo hun leh ta, June 2022 hma a renew leh vek turin kan inhriattir e. Hemi hun chhunga renew hman lo te chu pek chhunzawm theih a ni dawn lo. A kawm hnungah renew-na tur kimchang tarlan a ni e.**

**"Circulation Manager**

## COVID-19 VACCINATION CERTIFICATE-A DIK LO THIN LANGSAR ZUAL HRANG HRANGTE

*Universal Immunisation Programme  
Directorate of Health Services  
Mizoram*

1. Hming dik lo
  2. Kum dik lo
  3. Gender (Mipa/Hmeichhia nihna) dik lo
  4. Photo ID Proof kan hman number dik lo.
- A chunga tarlan te khi siamtha turin hetiang hian tih tur a ni.
1. Browser-ah **[www.cowin.gov.in](http://www.cowin.gov.in)** tih i type ang.
  2. I vaccine lakna mobile number i chhulut leh ang.
  3. 'Get OTP' tih hmeh tur alo awm ang.
  4. OTP number i dawn kha i chhu lut anga, 'Verify & Proceed' tih i hmet ang.
  5. Tichuan, 'Raise an Issue' tih hmeh tur alo awm anga, chu chu i hmet leh ang.
  6. Correct-na thlan tur hming, kum, gender, photo ID a lo awm anga, a tih dik ngai ber kha i thlang ang.
  7. 'View Certificate' tih i hmet leh ang.
  8. 'Change' tih i hmet leh anga
  9. A diklo laiah a dik kha i chhu lut anga chumi zawhah 'Continue' tih kha i hmet leh anga chumi zawhah 'Submit' tih i hmet leh dawn nia.

### **Certificate a diklo dang te a tihdik dan:**

#### **1. 1st dose leh 2nd dose Certificate a vaccine lak ni (date) in ang chungchang:**

1st dose leh 2nd dose tana Mobile number hran ve ve hman avanga, 2nd dose Certificate-ah pawh 1st dose lak ni chauh a lan chuan 'Raise an Issue' kha i hmet anga

A pahnihnaa 'Merge Multiple Dose Certificate' kha i hmet leh ang.

Member hming kha i hmet anga, tichuan 1st dose Vaccination detail a lo lang ang.

2nd dose certificate tan detail enter tur a lo awm anga, 2nd dose lakna a Beneficiary Reference ID leh 2nd dose laknaa Mobile Number te i chhu lut ang.

Declaration tick tur kha i hmet leh ang.

Amaherawhchu Hming, Pian kum, Gender, Vaccine type, 1st dose leh 2nd dose inkar te a in an loh chuan Certificate tih dik khi a theih loh thin a, chutiang a nih chuan bialtu District Immunization Officer (DIO) te hriattir tur a ni.

## **2. Passport Detail Vaccination Certificate a belh chungchang:**

'Raise an Issue' kha I hmet leh ang.

A pathumna a 'Add Passport Detail to my vaccination certificate for travelling abroad' kha I hmet leh ang.

Member hming kha I hmet anga,

Passport Number I chhu lut leh ang.

Declaration tick tur I hmet leh anga

'Submit Request' kha I hmet leh dawn nia

## **3. Final Certificate neih dan:**

Final Certificate a batch no leh date a dikloh chuan

'Raise an Issue' I hmet anga

'Regenerate your final certificate' I hmet leh anga

Member hming kha I thlang anga

'Generate Certificate' kha I hmet leh dawn nia

## **4. Vaccine lak ni siamthat dan:**

Vaccine dose lak hnukung zawk ni dikloh chauh a siamthat theih a, chumi tihdan chu hetiang hi a ni.

'Raise an Issue' I hmet anga  
 'Vaccination Date Correction' i hmet leh anga  
 Member hming tihdik ngai kha i thlang anga  
 Vaccination date dik kha date thlanna lo langah khan i thlang ang

Beneficiary (Vaccine la tu) in a la ngei a ni tih document a upload-na tur a lo awm anga a upload ang

Tichuan Declaration tick tur kha I tick leh ang

### **5. Vaccination 'Status' siam that dan:**

Vaccination Status diklo 'Fully Vaccinated' tawh 'Partially Vaccinated' anga lang te, 'Partially Vaccinated pawh 'Fully Vaccinated anga lang leh Vaccine la la lo 'Partially Vaccinated anga lang siamthat dan chu:

'Raise an Issue' i hmet anga

'Revoke Vaccination' tih i hmet leh ang.

Member hming kha i thlang anga.

C hange tih kha thlan tur lo awm ang.

Vaccination Status dik kha thlan tur lo awm leh anga

Chumi zawhah Declaration tick tur lo awm anga i tick leh dawn nia.

Tichuan 'Submit Request' tih kha i hmet dawn nia

### **Certificate a siamthat ngai kan thehluk chhui zui dan:**

Certificate a siamthat ngai kan thehluk reng rengin kan CoWIN Account-ah 'Track Issue' tih hmeh tur a lo awm zel ang 'Raise Issue' bulah a lo awm ang.

Chumi i hmeh chuan i certificate siamthat a ni tawh nge tawh lo a lo lang thei ang

**Note: Date Correction hi vawi 1 chauh a siamthat theih a, a dang zawng chu tum khatah vawi khat chauh a siamthat theih a ni.**

## **Director of Health Services, Medical Superintendent, SRHF & ZMC leh Dy. Director(Adm.) te thlahna neih a ni.**

Dr. H. Lalchungnunga, Director of Health Services hi ni 10.9.1984 khan Civil Hospital, Aizawl-ah M&HO niin Sawrkarah a lut tan a, Lunglei (CH), Tlabung, Zawlnuam, Kawlkulh, PPU Kulikawn, Aizawl ah te, Cherhlun leh Kolasib Hospital ah te a awm hnuin SMO, Tlabung, CMO, Siaha & Kolasib ah te a awm hnuin Dy. Director, CMS leh Blindness ah te a awm bawk a, ni 22.4.2016 khan Jt. DHS(FW) ah a awm leh hnuin Mizoram-a Health Department a awm hnu a Director of Health Services ni rei thei ber a nihna ni 1.4.2017 a tanin kum 5 chung Pathian zarah dam taka Director of Health Services a nih hnuin ni 30.4.2022 khan ngai leh thlahlel takin Superannuation Pension a min lo chhuahsan a tul tak avangin kan thlah ta a ni.

Dr. HC. Laldina, Medical Superintendent hi ni 16.8.1985 khan Asst. Surgeon- I (AS-I) Tuipang PHC ah a thawk tan a, Civil Hospital, Lunglei-a a awm hnuah Champhai leh Aizawl-ah te Dy. Med. Supdt. in a awm tawh a. Hemi hnu hian DHME ah Dy. DHME hna a chelh leh a, Ni 8.6.2017 a Dy. Medical Supdt. in Kulikawn Hospital-a a awm leh hnuin February ni 26, 2019 atanga 30.4.2022 a pension thlengin Medical Superintendent-in ZMC-SRH, Falkawn-ah a awm a ni.

Pu C. Lalmuankima, MSS, Dy. Director of Health Services (Administration) hi ni 7.8.1986 khan Mizoram Sawrkar hnuai ah lutin Department hrang hrangah tangkai taka a thawh hnuah ni 2.9.2019 khan Directorate of Health Services-ah Dy. Director of Health Services, Administration-in a awm leh a, Health Department-ah a awm chung hian Service hrang hrangte tan a thawhhlawk hle. Sawrkar-in kum bituk a neih miao si avangin ni 30.4.2022 khan ui tak chungin kan thlah ta a ni. ■

## ZU LEH DAMDAWI HMANPAWLH

*Dr. C. Zothanmawia, Pharm.D.  
Dept. Of Pharmacy, RIPANS*

Tunlai in Mizoramahkawng chi hrang hrangin zu kan buaipui nasa khawp mai a, kan ram rorelna in sangberah thleng kan sawichhuak fo chu a nih hi, hetiang atanga thil chiang tak lo lang ta chu Mizote zingah zu in kan tam hle tih hi a ni. A thatna leh thatlohna emaw lam sawi lovin buaipui dan dang deuhin i han tarlang veteh ang.

Mi zawng zawng hriselna hi engtik niah emaw pan thei, damlo thei theuh kan ni a, zu in mi emaw in ngai lemlo pawhin damdawi mamawh hun an nei theuh thin. Mamawh huna kan damdawi ei chu a tangkai in a hlu emem thin a nih hi. Damdawi hlu leh tha tak ni si chu kan hman tam lutuk emaw, tul lo a kan hman chuan nghawng thalo tak tak kan taksaah a awm thin a, fimkhur pawha ngai emem reng a ni. Zu in thin tan phei chuan fimkhur a ngai leh zual a, zu leh damdawi tam tak hi a rual emaw hun inhnaih lutuk a hman a hlauhawm emem a, mii in ruihna atana zu leh damdawi a hman pawlh phei chuan a hlauhawm leh zual. Kum rei lote kal taah pawh khan tleirawl thenkhatin damdawi ruih theih leh zu chikhat (grape wine, etc) an ei/in pawlh avanga muhil kai hthawh theih loh a nunna ch<sup>^</sup>n ta pawh an awm kha, a pawh a, a pawh takzet a ni. Kan taksaah chaw emaw thil engpawh kan lakluh reng reng hi taksa in a hman ban emaw hman lem loh te chu taksa atanga a inpaihchhuah ngei ngei a ngai a, inpaihchhuak zel lo se chu a dam rei theih hauh lovang. Chutianga inpaihchhuak zel tur zingah chuan damdawi leh zu hi a tel ve a, he mite pahnih phei hi chu taksa in a mamawh leh a lo sawngbawl theih bak taksa chhunga a awm reng chuan a pawh thui thei a, taksa penghrang hrang tan a pawh thei in, nunna ch<sup>^</sup>n mai hlauhawm in mi a awm pah theih a ni. Damdawi leh zu chu kan taksa atanga paihchhuah theih tura sawngbawltu taksa penghrang hrang a awm a, chutiang zinga

langsar ber leh thawhhlawk ber chu kanthin (liver) hi a ni. Thinah hian kan taksa a kan thil lakluh hrang hrangte, zu leh damdawi pawh telin taksa chhunga chambangreng lovin awlsam taka zun chhuah emaw ekchhuah thei a siam danglamtu (metabolising enzymes) a awm a, chumite zinga pawimawh em em chu Cytochrome P 450 (CYP450) enzymes a ni.

CYP450 hi chi hrang hrang a awm leh a, a chi azirin an damdawi/zu taksa atanga paihchhuah thei ha an siam pawh a in anglothin a ni. Zu, taksa atanga a in paihchhuah thei hna tur atan chuan CYP2E1 a pawimawh em em a, CYP3A4 leh CYP1A2 pawhin hnathawh a nei niahriat a ni. Zu ang chiah hian damdawi chi hrang hrang pawh hi taksa atanga paihchhuah turasiam danglamtu CYP450 chi hrang hrang a mamawh ve avangin mi in zu leh damdawi a rual emaw, hun inhnaih lutuka a ei in CYP450 te kha an inchuh (competitive metabolism) ta thin a, chu chuan damdawi tam tak kha taksaah la chambang turin a awm tir phah thei a, hei hian damdawi nghawng thalo pui pui a

thlen tir vak thei a ni. Kawng dang lehah chuan damdawi chu a nih dan tur pangngai aia tam in paihchhuakin, damdawi hnathawh a tlakhniam duai phah thei baw, CYP2E1 hmang ve damdawi hovah nghawng duhawmlo a tam zual. Hei bakah hian damdawi thenkhat thluak a hnathawk chi, mut tichhuak thei nena zu hman a nih chuan an hnathawh a inti chak tawn a, nghawng duhawmloh ber thihna hial a thlen phah thei !!

Zu (ethanol) hi mi in a in hian chemical chikhat aldehyde-ah (chemical hlauhawm, cancer thlen thei) a insiam danglam a, Aldehyde atang hian rang takin chemical hlauhawmlo deuh hlek zawk Acetate-ah insiam lehin tui (H<sub>2</sub>O) leh Carbon dioxide-ah a in thlak leh ta thin a ni. Damdawi thenkhat disulfiram, metronidazole, chlorpropamide, etc te hian zu atanga insiam chemical hlauhawm tak Aldehyde chu hlauhawm lo zawka thlak danglamtu (ALDH1 & 2) a tih buai thei avangin taksaah harsatna hmai leh nghawng vel sen leh vual nasa, luakchhuak, luhai, thisen hniam, lungphu diklo a thlen thei.

Ziah zel dawn chuan a thui lutuk dawn e, tih vek vek senni lo mah se zu nena HMANPAWLH RENG RENG LOH tur damdawi thenkhat i han tarlang teh ang.

NACHHAWKNA - Paracetamol, Aspirin, Ibuprofen, etc.

KAIH DAMDAWI-Phenytoin, Gabapentin, Clonazepam, Pregabalin, etc.

BP SANG DAMDAWI-Amlodipine, Enalapril, Losartan, Hydrochlorothiazide, etc.

THAU (Cholesterol) TIH TLEMNA DAMDAWI-Atorvastatin, Rosuvastatin, Niacin, etc.

RILRU LAM ENKAWLNA - Alprazolam, diazepam, etc.

DEPRESSION DAMDAWI-Escitalopram, Amitriptylin, Phenelzine, etc.

ZUNTHLUM DAMDAWI-Metformin, Glipizide, Chlorpropamide, etc.

KHUH DAMDAWI- Dextromethorphan, Codeine, etc.

MOTOR RUIH LOHNA DAMDAWI - Meclizine, Promethazine, Dimenhydrinate, etc.

PUM DAMDAWI- Cimetidine, Metoclopramide, Ranitidine, etc.

ANTIMICROBIALS / ANTIBIOTICS- Nitrofurantoin, Metronidazole, Azithromycin, Isoniazid, etc

Kan damdawi hman nasat zingah zan lama zu in avanga pentawng (hangover) damdawi atan paracetamol hman hian thin tan a hlauhawm zual theih em avangin ei reng reng loh tur a ni. Damdawi reng reng fimkhur leh dik takin hmang la, DAM LA, HIM LA HLIM RAWH. Damdawi chungchangah hriatchian duh i neih chuan heng a hnuai address-ah ah te hian biakpawh theih ani e.

sms: 8730955168, e-mail:

[dicripans@gmail.com](mailto:dicripans@gmail.com)

facebook page: DRUG INFORMATION CENTRE, RIPANS

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**Sunday School Zirtirtu** : Khawvela damrei ber kha tungeni kha?

Rang tawkin Sunday School naupang pakhat khan " Ele Mihrisela" a rawn ti vat .....



## FIRST AID

### HLIAM

“HLIAM” hi tihluihna avang reng leh tahsual palah vun pem emaw, a kak emaw hi a ni.

Hliam chu a thuk zawh poh leh tihfai a harsat avangin thisen chhuak leh natna hrik luh a awlsam a. Thisen chhuak chu tihtawp tur a ni a, a theih pawt chuan natna hrik a lut tur a ni lo.

Hliam hian thisen chhuak awmtirin natna hrik luhna kawng a hawng tih hre reng la, thisen chhuak chu kan titawp tur a ni a, theih tawpin natna hrik lut tur kan veng tur a ni.

#### Vun pem chhan te:

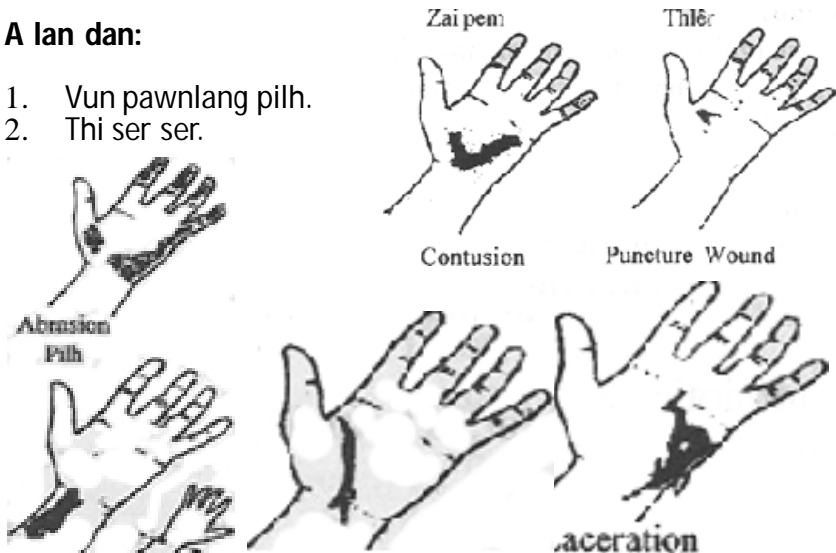
1. Hmanraw hriama zaiin eg. - Chemte, darthlalang, lung etc.
2. Hmanraw bil hmanga chhut eg. - tiang, lung etc.
3. Ruh tliak hmawr zum leh hriamin chhung lam atanga vun a pir thlerin (open fracture).

#### Hliam chi hrang hrang te :

**Vun pilh (abration) :** Vun pilh hi vun pawnglang khawk a ni. Dan naranin taksaah hliam a awm thin a ni.

#### A lan dan:

1. Vun pawnglang pilh.
2. Thi ser ser.



**Enkawlna :**

1. Tui-chhuanso leh sahbawn-a a pilh lai silfai tur.
2. Bawlhhlawh kai tih fai tur
3. Anti-septic lotion-a silfai tur.
4. Guaze thianghlina khuhin - lapua dah chhah la, tuam rawh.
5. Pilh chu a nasat emaw bawlhhlawh kai a tam chuan Antibiotics/  
Triple Sulpha pe rawh.

**Enkawl zuina:**

1. A pilh chu a fai that chuan ni nga hnuah a tuamna chu phelh rawh.
2. A hil chuan tuam tawh lo la, a dam mai ang.
3. A bawlhhlawh chu a hil a, a fai hma chuan ni hnih danah a tuamna thlak ziah rawh.
4. Pilh chu a bawlhhlawh chuan –  
A thianghlim hma chuan ni hnih danah tuamna thlak tur.  
Triple Sulpha/Antibiotics mum pek tur, ni li chung emaw enkawl tur.

**Zai pem (Incised wound) :**

Zai pem hi thil hriama zai a ni. Zaina hmuam hma chu a ngil a, dan tlangpuiin thisen a chhuak nasa a, chu chuan natna hrik lut tur a tleng fai.

**Thler (Lacerated wound):**

Lacerated Wound hi hmanraw bila inhliam vang a ni. A hnu hma a ngil lovin a vel chu a duk thin. Dan naranin hetiang hliamah hian thi a chhuak vak vak lo va, bawlhhlawh lo lut te pawh kha a thuah faitu a awm lo a ni.

**Hliam thuk (punctured wound) :**

Hetiang hliam hi chemtea vih te, zum leh perek lut te, silai kah angte hi a ni a, a tein a thuk a ni. Thi a chhuah tlem avangin a taksa hliama bawlhhlawh kha tlangfaitu tur a awm lo va. Chuvangin, hetiang hliamah hian natna hrika lut duh hle a, sakawrek hrik luh a hlauhawm em em a ni. A hliam a thuk avang hian taksa thil pawimawh dang pawh a hliam tel thei bawk ani.

**Enkawlna :**

1. A hliam lai chu a dim thei ang leh a tlem thei ang berin khawih ang che.
2. Dam lo chu thuttir/muttir la, a hliam lai chu chawi kang la.
3. Thisen chhuak chu titawp rawh.
4. Thisen khang chu khawih danglam suh
5. Bawlhhlawh a awm chuan a dim thei ang berin tifa rawh.
6. Antiseptic lotion-in pem chu tifa rawh.
7. Thisen chhuak chu nemin emaw tourniquet hmangin emaw tihtawp tur ani.
8. A pem chu a nasat viau chuan a hmuamhma inchip theih nan adhesive plaster bel rawh.
9. Dressing leh bandage-a tuam tur
10. A tul danin shock pawh enkawl tur.
11. Paracetamol mum pe rawh.
12. A tul chuan a ban awrhtir rawh.

**Ulh leh Pelh :**

Ulh leh pelh hi ruh che thei chiah a awm thin a, ruh chuktuah han herh thut hian ulh leh pelh hi a awm thei a, a vela tisa a hliam thin a ni.

**Ulh :**

Ulh hi ruh chuktuah tuamtu a thler vang a ni, nimahsela pelh a awm chuang lo. Ruh tuamtu - a then chauh a thler a ni thei, a vai pawhin a thler thei.

**A landan:**

1. Inhliam laiin a na em em a, a hnu deuhvah a na nep leh a; nimahsela, a lo duk a - a zual zel ang bawkin na a zual a, darkar li (4) hnu velah a vawrtawp a thleng thin.
2. Ruh chuktuah vung a awmtir.
3. Thi tling vel avangin ruh chuktuah vel a lo duk thin.
4. Ruh chuktuah a che thei lo.

**Enkawlna :**

1. Ruh chuktuah chu dawm rawh.
2. Minute 15-20 chung tui vawta chiah emaw tui vawta deh tur.

3. Gauze emaw lapua emaw -pawntthem fai/romawl emaw tihhuhin vet la, nghet takin tuam hnan rawh.
4. Ban lampang ulh anih chuan awrhtir rawh.
5. Ruh tliak awm anga rinhlelh deuh a nih chuan ruh tliak- enkawlin enkawl ang che.
6. Ni thum hnuah tuamna chu phelh la.
7. Ruh chuktuah chu tui lumin dep rawh.
8. Nghet takin tuam leh rawh.
9. Chawlh hahdamtir hmiah rawh.
10. Ni hnih hnuah - tuamna chu phelh la. A duk chu a reh chuan dim tein hriak chulh la, ruh chuktuah chu dim takin tiche thin rawh. Chet vel phal tawh rawh. A dam viah hma chu hriakin zut thin rawh.

**Pelh :**

Pelh chu ruh chuktuah pelhsawlh a ni a. Hliam avangin ruh hmawrte chu an awmna pangngai lovah tihsawn a lo ni. Ruh chuktuah kar chu tui leh thisenin a lo khat a, pelh hi - dar, kiu, khabe, kutzungtang leh kezungtang ruh chuktuahah a awm deuh ber.

**A lan dan :**

1. Ruh chuktuah emaw a vel emaw na tak.
2. Ruh chuktuah a chet dan pangngaia che thei lo.
3. A lehlam nena en tawna hmel danglam.
4. Thisen tlingkhawm avanga vung.

**Enkawl dan :**

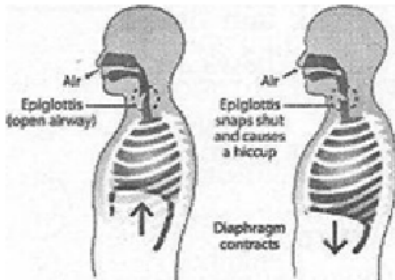
1. Shock chu enkawl la.
2. Ruh chuktuah chu a chet loh nan a nuam thei ang bera dawm tur a ni. Pelh chu siam dik tum suh.
3. Damdawi In hnai berah dah tur a ni. Phili buai mai lovin tanpui tu au thin ang che.



## IRHFIK (HICCUP)

*Dr. Lalnuntluanga*

Irhfiak kan tih mai hi tum reng vang pawh ni lo, thaw han lak luh nana min puitu tihrawl ho leh diaphragm (pum leh awm daidangtu tihrawl) te rawn tang thutin (spasmodic contraction) thli-dawt khar pingtu (glottis) rang taka a rawn inkhartir vanga rawn awm a ni a, chu inkhar chuan ri rawn siamin, awm leh pum a rawn che ta thin a ni. French nau chhar thiamte chuan nau an pian hnu rei vak lova an irhfiak chuan, "An hrisel tha dawn a nih hi," an ti thin (enfant hoquetant, enfant bien-portant) a, amaherawhchu, irhfiak hian mihringah hna pawimawh tia sawi tur thawh a neih hriat a ni lem lo.



### Normal Breathing Hiccups

Nausen, naupang leh puitlingah hun reilote chhung irhfiak hi a awm thin a, inentir leh mithiamte rawn kher ngai lem lovin amahin a reh leh mai thin. Chhan hrang hrang avangin irhfiak hi a awmthei a, amaherawhchu, ni 2 emaw, a aia rei emaw a awm erawh chuan natna dang vanga rawn awm a ni fo thin a ni.

### A intan dan:

Irhfiak rawn intan dan leh taksa bung hrang hrang nena a inkaihnawih dan hi chiang taka hriat a ni lo a, amaherawhchu, nerve (hriatna thazam) leh taksa chhunga thil che velin pum leh awm daidangtu (diaphragm) hi va tiphuin, a lo tangmar thut thin a, chumi rual chuan kan thaw lakna tihrawl rawn phu vein irhfiak a rawn insiam ta thin a ni.

Irhfiak hi a tlangpuiin minute 1-ah vawi 4 atanga vawi 60 thleng te a awm thei a ni. Irhfiak rawn intan tur hian nerve hrang hrang an inrawlh

a, chumi zingah chuan vagus nerve hi a thlentu bul bera ngaih a ni. He nerve hi awm chung, pum chung leh lu leh nghawng velah a inzam chhuak a; a bik takin chaw kawng leh pumpuia a inzam nasa em em a, a hnuai a chhan hrang hrangte hian he nerve hi an va titho thin a, chu chuan irhfiak a thlen fo thin a ni. Irhfiak tam zawk thlentu hi he nerve hi a ni tlangpui a, tin, hemi bak ah hian thlentu tam tak a awm bawk.

### **A thlentute:**

A. Dam tha pangngai a -

- 1) Chaw ei hnem lutuk
- 2) Hmanhmawh taka thil ei
- 3) Carbonated drinks (Fanta, Sprite, Coca Cola)
- 4) Hmawmsawm thak lutuk ei (Kurkure, Wai wai)
- 5) Thil vawt lutuk emaw, sa lutuk emaw ei
- 6) Zu in
- 7) Pumpui leh chawkawng enna endoscopy tih atang
- 8) Rilru lam (thil duh neih, phutzaw, nuih nasat lutuk emaw, hlim lutuk emaw avangte in)

Heti a ngirhfiak hi chuan hun rei lo te chauh a awm thin a, a tlangpuiin amahin a reh leh mai thin. Darkar 1 emaw, a aia rei emaw hnuai a la reh lo a nih chuan a hnuai a kan tarlante hmang hian a tihreh theih thin a ni.

### **A enkawl dan:**

- 1) Second 10-15 thaw loa awm (breath holding)
- 2) Rang taka tui tam taw in thut
- 3) Polythene bag chung a thawk
- 4) Thu chung a ke tih char a khaisan
- 5) Hnarchung lam a kuta hmeh vak
- 6) Chini fian khat thial lova lem

B. Natna dang in a kaihnawih avangin -

- 1) Pum lam kaihnawih:
  - i) GERD (Pumpuia thur-in chawkawng a tihlawn avangin)
  - ii) Peptic ulcer
  - iii) Pancreatitis
  - iv) Ascitis (Pum chung a tui tling)
  - v) Cholecystitis (Mit thalo)

2) Lung natna (Cardiovascular disorder):

i) Myocardial infarction/ischaemia

ii) Lunga tui tling

3) Chuap natna:

i) Pneumonia

ii) Chuapa tui tling (Pleural effusion)

4) Pangtimur hnathawh that theih loh avangin (metaplastic derangement):

i) Zunthlum (Diabetes mellitus)

ii) Kal thalo (Renal failure)

5) Thluak lam natna:

i) Thluaka bawk awm

ii) Stroke

iii) Thluaka thisen tling

6) Cancer:

i) Chaw kawng cancer

ii) Rilpui cancer

iii) Thin cancer

iv) Chuap cancer

v) Kal cancer

vi) Thisen cancer (leukemia/lymphoma)

7) Inzaipui hnuah/hnimhlum vangin (Post-operative hiccup/General anaesthesia)

8) Rilru lam buaina (Psychogenic or hysterical hiccup)

C. Damdawi thenkhat vangin-

i) Benzodiazepines

ii) Corticosteroids iif) Anabolic steroids

iv) General inhalational anaesthesia

v) Chemotherapeutic agents

Heng a chungka kan tarlan natnate hian ni 2 aia rei te irhfiak an thlen thin a, a thlentu dik tak zawncchuah a nih loh pheih chuan thla/ kum tam tak chawl lova irhfiak nei theih a ni. Heng natna tam tak zingah hian pum, chuap leh thluak lam natna hian irhfiak hi a thlen nasa duh zual bik a ni.

### **A enkawl dan**

1) Damdawi hman thinte:

i) Proton pump inhibitor (PPI) -Omeprazole, Pantoprazole

ii) Buclofen

iii) Chlorpromazine

iv) Gabapentin

v) Nifedipine

2) Rubber catheter hmanga ka chung hnunglam tihzat (Pharyngeal stimulation)

3) DRS (Digital Rectal Stimulation)

4) Acupuncture

## Tlipna

Irhfiak benvawn ni 2 aia rei a awm tawh chuan ngaithah mai chi a ni lo, hei hian a tuartu chungah thil tha lo zawngin nghawng a nei thei a ni. Mut that theih loh, chauh ngawih ngawih, depression, ka tui lo, rihna tla hniam leh thli-dawta thil sakhat hip luh palh te a thlen thei a, mithiamte rawnin, a thlentü dik tak hriat a nih chuan inenkawlnain natna leh irhfiak a tihreh theih a ni. Inenkawl hnu pawha a la awm fo a nih chuan damlo nat dan azira

uluk zawka enkawl (symptomatic treatment) a ngai ta thin a ni.

**Note** : A chungka kan tarlan damdawite khi Doctor-te rawn lova mahnia lo ei loh tur a ni.

*Reference:*

1. Mark A. Merinella, MD, FA CP: Diagnosis and Management of Hiccups in the Patient with Advanced Cancer.

2. S. Launois, etal: Hiccup in adults.

EmiliaN. Moretto, etal: Interventions for treating persistent and intractable hiccups in adults

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## THAKTHING LEH PATIL

Thakthing hi a tui in tih ve ngei ka ring. Tunlaiah chuan thil rintui atan leh damdawi atan an hmang nasa tawh hle a ni. A hmanna hrang hrang awm zingah chi khat chauh lo sawi ila:-

Thakthing hian chemical chi khat "Cinnamaldehyde" a siam chhuak a, chu chuan Progesterone a tichhuak a, Testosterone insiam tur erawh a dang thung. Progesterone hi hmeichhia tinutu hormone a ni a, Testosterone hi chu mipa timipatu a ni thung.

Chuvangin hmeichhe pian ni si, inla mipa tlat thin "Patil" ho hian Thakthing hi ei tam ta se an inla mipa hauh awm lo asin mawle! In veng/khuaah patil an awm chuan Thakthing hi lo eitir fo ta che. Hairehai... :-)

<http://jlremsanga.blogspot.com/2016/09/thakthing-leh-patil.html>



## TUI TLA VENNA

*Dr.Thangchungnunga, M.S.Ortho*

Tunlaih thal leh favang lai vel a, pawl ho, thian ho, chhungkaw rual te a lui a in picnic kan ching ta hle a. Hetiang hun a tui tla hi an tam hle kum tin mai a, a pawl hle. Tin, thian ho a len deng te pawh an awm bawk a. Hetiang a, pawl ang leh a hu ho a tlawngah te, tui rial ah te kan picnic dawn a nih chuan a hmun thlen veleh, a hotu deuh in mau pum te sei deuh emaw, a phel tet pawh feet 15 vel tal a sei lak tur zawn a, pahnih vel picnic na bulah chuan dah tur a ni. Tla an awm palh chuan mau hmawr chu pek vat tur a ni a, tui tla chuan an vawn apiang nghet takin thlah hlau in an vuan tlat a, hnuh chhuah mai tur. Hetiang hian keimah ngei pawhin mi ka chhanchhuak tawh a, thil harsa lo, tih kan tum miah loh, ziah pawh ka ziak hnem tawh. Tui lian leh chak te a nih loh chuan tlem a an chauh deuhah tui thiam in zu luh a, a theih chuan sam a tham chhuah a tha ber a, tunlai naupang hi lu an in met kawlh deuh vek a a har deuh maithei. Pawl 9 kan nih lai khan, tui khuah ah St. Pauls school ho kan picnic a. Kan thianpa, chu mei kan chhem tan tirh chuan a tla ta mai a. Kan zirtirtute (ADC pension tawh) Dominic Lalhmangaiha, u Domia kan ti mai a, a zuang lut ve nghal a, keini lawngah kan thu a. Rei ngial an pil a, a tawpah lawng bulah a rawn lang chhuak lawp a, kan lo pawt lut a, 'eng nge i zu tih' kan tia, 'tal chhuah ka tum a, hei ka lo chhuak hram a ni' a ti a.

Tui tla a mawng ami engmah hre tawh lo an nih chuan a lu lam hniam lamah dah a, a ka keu an a, a thin dip, awm ruh tel deuh in i thawk rual khan i kut pahnih in nem la, tui a lo chhuak ang a, a rawn khuh chhuak mai ang. Thi tawh nia ngaih pawh tih

tho tur, a pum leh awm zawn a nem inkarah a ka keu an a, ham tur a ni. Rin loh deuh in rawn dam chhuah leh an awm nual tih record a ni. Mahse darkar 1 hnu lam tawhah chuan beisei tur a awm tawh lo.

Tunlai a picnic spot anghah phei hi chuan, tlak hlum thiang lo a ni a, tui tla vengtu an awm ang a, bladder puar sa pali panga kil tin ah a awm bawk tur a ni a, man to taka a hmun hman an nih avangin, consumer protection act ah an thiam lo sa

a ni. Chuvangin, picnic spot neitu te pawh hian a hmanthu te himna leh nawmsak ve na ngaihtuah a , englai pawh a enkawl that a pawimawh hle. Ka kal ve tawh naah chuan enkawl mumal loh hmun hnih laiah ka hmu tawh a, a manhla lo hle.

### **BP SANG TANA EI LOH TUR**

- \* Chi, Sodium tamna eg. Chips, Pickle, Preserved foods, Bakery items leh Cold drinks lam chi
- \* Bawngsa, Vawksa thau, Sa kawchhung, Artui chungmu
- \* Tel leh thil mawm lutuk, Oil khang thei chi - Butter, Dalda, Ghee, Vanaspati
- \* Soda leh Saum telna Bai
- \* Ajinomoto (Monosodium glutamate, Baking powder, Sodium bi-carbonate)
- \* Sahdah, Tuibur, Meizial, Kuhva leh Chinai al

### **BP SANG TANA EI TUR**

- \* Thlai hnah hring leh thlai rah
- \* Thei eg. Balhla, Avocado(Butter fruit) Sunhlu, Dawnfawh, Pomegranate, Nimbu etc
- \* Sangha, Arsa (a vun tel lo in)
- \* Lei hnuai to chi eg. Alu, Bal, Pangbal etc.
- \* Skimmed Milk (Bawnghnute khar tel lo in)
- \* Be lam chi - Dal, Chana, Soyabean

## NAUSEN ENKAWL DAN

*Dr. Lalhmuchhuaka, MD(Paed.)*

**N**aupang zun cheh (enuresis) hi nausen let atanga cheh tluan parh (primary) leh thla eng emaw zat hulhar tawh hnuacheh thar leh (secondary) an awm thin. Chhunah te, zanah te, muthilh lai leh men lai pawhin zun an cheh thei a ni. Naupang hi kum 5 an tlin tawh chuan mumal nei taka zun-ram thiar thei tura beisei an ni. Kum khat tling lo hulhar te, tleirawl leh rawlthar nih thlenga zun la cheh chhunzawm pawh an awm tho. Zun cheh rei te chu an hriselna endiktir a tha.

### **Enkawlna :**

- \* Tlai lamah tuiril reng reng pek tlem tur.
- \* Mut dawnah zun tir ziah tur.
- \* Zun cheh lo tura zantin fuih ziah te, an cheh loh avanga lawmman pek te a sawt hle.
- \* Mut hnuacheh zun tir tura kaih thawh fo te, hunbi neia zun tir ang hi a sawt lem lo.
- \* Zun an cheh avang hauh fo te, mi dang hriat tura sawi thinte hi chin loh tur a ni, tha taka fuih leh zirtir zawk tur a ni.
- \* Naupang zun cheh mi dang hriat laia zak taka siam chuan zun cheh a tizual thei a ni.
- \* Damdawi Imipramine pek theih a ni.

Meihawl leh lei ei ching (pica): Naupang kum 2 hnuai lam hian meihawl te, lei te leh an ban phak apiang ei an ching thin a, an awm dan pangngai ve reng a ni. Thil bawlhhlawh mai mai an ei loh nan fimkhur a tul khawp mai a, fimkhur sen erawh a har deuh mai thei. Kum 2 chung lam hetiang ei ching chu an hriselna enfiah a tul mai thei. Tlakchham neih vang a ni lem lo. Rilru chak lo hrim hrim te, nute ngaihsak hlawh tawh loh vang te leh chungkaw mumal loh vang a ni thei. Damdawi pek a tul lem lo va, naupang chu ngaihsak taka enkawl leh an rilru fuih chak a pawimawh. Puitling pawh meihawl te, lei te leh meivap nen lam ei ching an awm ve fo thin.



**Kut fawp (thumb sucking):**

Nausen kut fawp chu nihphung pangngai, an inawm tleina a ni. Ngaih mawh lutuk tur a ni lo. Reh hun a nei leh mai. An rilru thil danga lak pensak a tangkai. Thil kha hnawih a sawt lem lo.

**Hmai rau, ka na leh kamsir pan :**

Hetiang natna nei reng reng 'pumpui chak loh vang a ni ang' tih vek mai hi khawi atanga lo chhuak nge ni ang aw....? Hmai leh kaah hian pumpui a awm lo asin maw le! Inhlak tak an ni a, kawchhung daiha pumpui chak lovin hmai rau te, ka na te, kamsir pan te a siam pha lo hrim hrim. Ka chhungah hian natna hrik tam tak an awm a, chung chuan taksa raldotu chak loh lai chuhin ka chhung pan leh hmuar an siam a ni zawk. Hmawmsawm leh kamram te, antibiotics rei tak hman te, ka tipilh thei chinai

etc. avang te, HIV hrik pai te leh ka chhung vawng thianghlim lo hian an vei awlsam a ni.

**Nausen leh naupang hri-danna (immunization) hi**

**laktir ngei ngei tur :**

Hri danna hi Sub Centre tinah pek thin a ni. 'Tihdam aiin inven a tha zawk\* tih a ni. Nausen hri-danna lak hi damloh tawh hnua inenkawl ai chuan hun a heh lovin senso pawh a tlem daih zawk. Hri-danna pek hian an hri-danna lak natna lakah a veng chauh ni lovin, natna tlanglawn dang pawh an tuar chak nge nge tura chhut a ni. Khawsik leh hritlang an vei lai pawhin lak theih a ni. Hriat tur erawh hridanna hian zaah za a veng lo. A ven famkim loh vanga lak loh tur tihna a ni lo. Lak hi a tangkai em em tho. Tunah chuan man chawiin natna

hlauhawm zual thenkhat hri-danna lak tur pawh a awm ta nual, chung pawh chu lak theih chuan a tangkai em em a ni.



Naupang hri danna chiu lai hian a dawmtu khan a vuan nghet zo ngei ngei tur a ni. Nu tam takin an vawn ngheh ngam lohvangin chiu sual a awm thei a, fimkhur a tul khawp mai. Mahni fate vuan nghet ngam lo

leh vuan nghet zo lo an tam khawp mai lehngal.

### **Nausen buchip hi tihlum that an ngai hle :**

Lukhum te, mawza te, kutkawr te leh thawmhnaw lum tha tak an mamawh. Khawvawtah phei chuan a tul leh zual. Mawza leh kutkawr an bun hian endiksak fo a tha. An kut leh ke hi an chet neuh neuh thin a, samzai leh lazam an hum tel palh hlauh chuan an kut leh ke zungtang a hreng nain an tlei loh phah thin.



**Naupang thaw uih leh rimchhia hi** pumpui chak lo a ni ang tih a ni chawk, mahse a dik lo. Hanget te, hahni na te, ha nawhfai uluk tawk loh vang te, tawnsil na te leh hrawk lawng te hi thaw rimchhia siamtu an ni zawk. Pumpui rim hi thawkah nam chhuak thei tak tak se, rimchhia kan inti tawn viau ang a, mihring hi kan khawsa ho thei miah lo vang.

**Nausen leh naupang hi mahnia nung an ni :**

Nausen leh naupang te hi mahnia nung leh duh dan nei (self regulated) an ni. Nuam an tih zawng te, an ei duh zawng te, an mut hun leh khawsakna te leh thil dang reng reng pawh an zai ngai chung a enkawl a tha. Chutih rual erawh chuan kaihhruai nuam tak an nih avangin kawng dika hruai an tul hle. Nausen hian puitling mitmei hi an hre em em a, in chik thin em ka hre lo va...engkimah hian mitmei hi an zirin an hre hma hle a ni.

An tet lai hian puitling nena khaikhin chuan kawng tinrengah an danglam tih theih a ni. Ei leh inah te, mut hun te, tih duh

zawngah te, khawsak phungah te an hrang hlak a ni her mai. An tana tha tur leh pawimawh an hre lo va, anmahni kha engkim laimu niin an inhre thin a, thiam taka kawng dik lama hruai ngei ngei tur a ni a, kaihhruai pawh awlsam tak an ni. Naupang tin mai hian mize hrang an nei tih erawh hriat a tha ang.

Nuin lum a tih chuan a naupawm kha a thuam thawl deuh a, vawt a tih erawh chuan a tilum thin a, nausen mamawh tawk a ni lem lo fo.

Nausen chu hnute leh chaw, nuin ama duh zat pek a tum thin a, anni lahin an mamawh bak ei luih tum hek lo, a hraitu zawk an mangan chang a tam mai. A bikin kum khat an tlin velah phei chuan naupang hian chaw an ei tlem fo thin a, an awm dan pangngai a ni tih hre lo khan chaw barh luih tumin an in-um kawi nasa thei thin hle mai tiraw. Nausente hi hunbi nei thlip thlepa enkawl a tul ber lem lo. Khauh tak maia hunbi neihtir hi a enkawl tute tan a buaithlak bakah nausen tan pawh a thatna a awm chuang lo. ■

## World Malaria Day 2022 Thuchah



**Minister**  
**H&FW, H&TE, C&I Department**  
**Government of Mizoram**



**Dr. R. Lalthangliana**

April ni 25 hi 'World Malaria Day' Khawvel pum huap Malaria Dona Ni' a ni a. World Health Organisation (WHO) hnuai World Health Assembly chuan kum 2007 khan Malaria (Sikserh) chungchanga inzirtirna leh hriat tur tul te inhrilh hriat thinna hun atan World Malaria Day hman a rel a. Tichuan, kum 2008 atang khan kum tin thupui neiin World Malaria Day hi April ni 25- a hman thin a lo ni ta a ni.

Kum 2022 a World Malaria Day thupui chu, '*Harness Innovation to Reduce the Global Malaria Disease Burden and Save Lives*', Mizotawng chuan '***Ruahmanna thar nen, Khawvel puma Malaria avanga harsatna leh thihna tih hniam***', tih a ni.

Khawvel pum puiah Malaria vei an la tam hle a. WHO-in 2020 a World Malaria Report a tih chhuahah chuan; Kum 2020 khan khawvel pumah mi maktaduaih 241 (241 millions)-in veiin mi 6,27,000 (Nuaih ruk sing hnih leh sang sarih) zet in nunna an chan a ni.

Kum 2021 khan India ramah Malaria vei zat chu mi 1,58,326 (Nuaih khat sing nga sangriat za thum leh sawmhnih paruk) niin mi 80 an boral a. India ramah hian India hmarchhak (North East) States te bakah, Odisha, Andhra Pradesh, Maharashtra, Madhya Pradesh, Karnataka, West Bengal, Jharkhand leh Bihar te hi Malaria tamna hmun niin; Mizoram-ah chuan Mamit, Saha, Lawngtlai leh Lunglei District-te hi Malaria vei tamna an ni. Mizoram-ah kum 2021 khan

Malaria vei mi 5637 (Sang nga za ruk sawmthum leh pasarih) awmin, mi 10 in an nunna hlu tak an chan a; a pawihle a ni. Kumin 2022 Jan-March chhungin Malaria natna vei mi 367 (PV 92, PF 275) an awm a, vanneithlak takin nunna chan an awm lo a ni.

Malaria hi damlo thisen exam hmanga finfiah (diagnose) theih a ni a. Mizoram sawrkar leh National Vector Borne Diseases Control Programme (NVBDCP) hmalakna in, mipuiten a thlawna an hman theih turin; thisen exam-na leh Malaria damdawi te chu ASHA, Sub-Centre bakah; Sorkar damdawi in hrang hrang – UPHC, PHC, CHC, Sub-Divisional Hospital leh District Hospital hrang hrangah te dah a ni.

Sorkar hmalakna chi hrang hrang hlawhtlin theih nan; kan in theuh Thosi kah (DDT/Indoor Residual Spray) hun laia lo kah tirte, Damdawi a thosi len chiah te, Thosilen damdawia chiah sa (LLIN – Long Lasting Insecticidal Treated Nets) kan dawn tha taka zar zui te hi kan tih ve theih a ni. Tin, heng bakah hian kan in leh a chheh vela, thosi pian theihna awm reng reng tih bo leh khawsik kan neih apianga rang taka thisen exam tir leh damdawi tha taka ei te hi he natna kan do hneh theihna tur a kan mawhpurhna a ni tih mipuiten hre tharin, he natna kan do hlawhtlin theih na tur chuan sawrkar hmalakna hrang hrang te hi mipuite tawiamna tel lo chuan a hlawhtling tak tak thei lo a ni. Malaria natna hluar hun lo intan chho mek ah hian, mitin in theihtawp a Malaria natna laka inveng tur a tan lak lehzual a pawimawh hle. Kan hun awl neih te hmang tangkai in mahni in leh a vel te tihfai a, thosi pian theihna tur reng reng ti bo tur a tan lo lak theuh a tul hle. Kan sawilan tawh ang in khawvel pumah leh Mizoram ah ngei pawh Malaria natna vei kan la tam em em a, hemi anih avang hian theihtawp chhuah a Malaria natna umbo tur a bei tlang turin mipui te ka sawm a ni.



NHM/Health Department hmalakna Intersectoral Convergence atan a thawhona kawngah hmalak mek zel a ni a. Mizoram sorkar dept hrang hrangte leh pawl leh kohhran telna State Task Force Committee on Malaria Elimination din niin, he meeting hi vawi engemaw zah neih tawh a ni a. Mizoram District zawng zawngah pawh District Task Force Committe on Malaria Elimination hi din a ni bawk. Malaria dona kawnga hmalak dan tur te thlr ho thin a ni. He committee in a tum ber chu Mizoram a Malaria umbo tur a thawh ho leh hmalakna kalpui a ni. Kan hriat theuh angin Department mal tan hmalak sen a ni lova, mahni phak ang tawk theuah hma la tur a inzirtir thin a ni. Heng pawl leh department te hian mipuite zirtirna kawngah te, hriselna kawng tha zawk zawh kawngah te, thosilen zar taihmak, khawsik nei reng reng thisen exam vat te leh dept hnuai hnathawk te Malaria laka veng tur a dept mawhphurhna hlenchhuah kawngah te in pui tawn tura beisei an ni. He hmalakna kal zelah hian pawl, kohhran leh department te nen thawhona tha hle a, mahni huangchhungah Malaria do turin hma kan la ho chho zel a, tun aia tha zawk leh sawt zawka hma kan lak ho zel pawh kan beisei a ni. Malaria tam bikna district-te chuan mahni thahnem ngaihna zawn theuh ah hma lak nghal mawlh mawlh mai tur a ni.

India Sorkar chuan kum 2030-ah chuan India ram hi Malaria natna awm tawh lohna rama siam a tum mek a, chumi rual chuan Mizoram Sorkar pawhin theihtawpin hma a la mek a ni. Malaria natna titlema um bo tur hian Health Department-a thawkte inpekna chauh a tawk lova. Zoram mipui leh chungkaw tin te leh Kohhran leh Pawl hrang hrang ten tih theih leh tih tur kan nei tih hriain, theihtawp chhuaha tang ho turin ka sawm a che u. ■

## Thyroid natna nei tana ei tur leh ei loh tur te

*Dr. Joel Lairemsanga*

Kan taksaah hian thalbe chi khat 'Thyroid Gland' a awm a, hei hian tuihnang 'Thyroxine' a siam chhuak thin a, thyroxine hi kan taksa tana pawimawh em em niin taksa hnathawh vawng thatu pawimawh ber zinga mi a tih theih hial awm e. Kan taksaah Thyroxine hi mamawh tawk aia tam a awm chuan kan taksa rihna a tlahniam thin a; mamawh aia tlem a awm erawh chuan taksa rihna a lo pung thur thur thin. Hemi hi a nih avangin Thyroid Gland hian taksa mamawh tawk chauha Thyroxine hi a siam chhuah a pawimawh hle tih a chiang. Tun tumah hian Thyroid natna (Thyroid disorders - Taksa mamawh tawk aia tam emaw tlem emaw Thyroxine neih natna) nei tana ei tur chi leh ei tam loh tur chi tlem azawng tarlan kan tum ang;-

**Iodine Chi (iodised salt)** : Kan sawi tawh angin Thyroid Gland hian Thyroxine tuihnang a siam chhuak a; amaherawhchu Thyroxine siam chhuak tur hian Thyroid Gland hian hmanrua mamawh a nei a, chu chu Iodine Chi hi a ni teh tlat!. Hemi hi a nih avang hian kan taksain iodine a tlakchham chuan Thyroid Gland hnathawh a lo pung hlui thin a ni. Chuvangin Iodine tlakchham hi kan hlau tur a ni. Iodine pai tam chi (Iodised Salt) ei tam tur a ni.

**Bekang** : Mi tam tak chuan Bekang hi tui kan tiin kan ei nasa hle hlawm a nih hi. Kan hriat tur erawh chu Bekang hian Thyroid Gland hnathawh tibuai thei damdawi chi khat 'Goitrogens' a pai tam tlat nia!. Bekang i ei uar a nih chuan i taksa mamawh aia tam emaw a aia tlem emaw Thyroxine kha i taksaah a awm thei tihna a ni. Chuvangin Thyroid natna nei i nih chuan Bekang hi lo ei vak lo phawt mai teh.

**Zikhlum, Parbawr, Buhtun, Broccoli leh Pangbal Bul** : Heng thlaih pawh hian Thyroid Gland hnathawh tibuai thei Goitrogens a tam hle. Thyroid natna nei i nih chuan Zikhlum leh Parbawr, Buhtun, Broccoli leh Pangbal pawh hi lo ei uar lo phawt bawk teh le. ■

# ROB A WM

## THEIHNGHILH A HAR NGEI E

*K.L.Liana*

Pawl sawm kan zirlai a ni a, kum tam a liam ta, mahse nimina thil thleng ang maiin ka tan chuan a la Chiang si. Khuangchawi thla a ni a, khua chu a thiang em em mai a, chu chu ni khatna a ni tih pawh ka la theihnghilh lo. Tlai dar thum velah chuan van khi a thiang em em a, van dumpawl ruih mai chu ka han thlir thin a, ka lung hi a leng vawng vawng a, aw kha mi tlaia khaw han thianzia tak kha chu aw. Thla de tir kawlkila seki ang maia kual reih fiah vak si lo chu ka thlir reng lai chuan engtizia nge tih reng ka hre lo, ka la en reng emaw ka tih lai chuan a thim ta khup ni mai hian ka hria a, a ngaihna hi ka hre lo khawp mai a, ka pi Lalchhungi [Ka Pu S.R. Vala IAS (Rtd.) nupui chu ka ko va, ka pi khua hi tinge a thim tak em em a, engmah ka hmu thei lo, nang i hmu thei em? ka

ti a. Ani chu a lo tlan thuai a, Liana eng nge i sawi? a ti a. Kei chuan ka pi a thim lutuk engmah pawh ka hmu thei lo, i hmu thei bik em ni? ka ti a. Ani chu a ngaih a tha lo em em a, hnai teah ka mit chu a en niin ka hria, i mit a mim a ni ang nuai teh, a ti a, ka han nuai thin a, engmah a danglam si lo. Ka pi chu a tawngkam chhuak atang chuan min ngaihtuahin a tap deuh niin ka hria. Liana engtin nge i awm, i tha em? tiin min zawt sek mai a, kei lahin engmah na reng ka nei lo, mahse khua erawh ka hmu thei lo thung a ni.

Hmanhmawh takin Aizawl Civil Hospital lamah chuan min phur pheih a, Doctor-te chuan hmehen hian ka mit chu an chhunin an keu a, a that si hi mawle, an ti a, damdawite chu eng eng emaw hi min pe a, mahse ka tan chuan maimitchhin ang chauh hi a ni ber mai. Damdawi inah chuan ni sawmpanga lai ka awm hnu pawh chuan eng vak ka ang thei lo va, an hnena lehkha zira awm ka nih avangin ka pi chuan min hmangaihin min duat a, a fapa ang mai hian min ngai a,

thla eng a ka lunglen theih thinzia te leh ka lawmzia thin lah chu a hrereng a, chunglai chu Mizoten kum khat chhunga thla en ber thla kan lo tih thin Khuangchawi thla a nih avangin thla en lai a lo ni bawk nen, Liana thla a eng asin i thlir dawn lawm ni, a ti a, a mittui hi a tla zawih zawih mai thin a.

Ka pu chu chunglai chuan Health Department Secretary a ni a, lo ni ta lo pawh nise doctor leh nurse-te chuan min ngaihtuahin ka chunga an thatzia kha a dang chuang lo vang, tih erawh ka chhia leh tha hriatna hian a hai si lo. J.L. High School-a pawl sawm ka zirpuite chuan minrawn kan thin a, an hmel hmu lo mah ila an tawng ri atang chuan ka hre mai thei thin a, mitdel han nih chu a zahthlakin a hrehawm thin hle a. Chung hun lai chuan tuna damdawi in cement ina a chhawnga an sak khi a la awm lo va, private ward an tihte phei khi chu a la awm lo mai pawh a ni lo, khitiang khian a awm dawn a ni, tih pawh inlarna ram atanga hmu pawh tumah an awm hek lo.

He laia ka awm hi ka dam chhunga ka theihngihlh ngai tawh loh tur ka tawanna hmun a ni ang, tih erawh ka hre lo. Taivela'n, *Ka tanni leh thla reng a eng tawh lo, thimin min bawm e...* a tih kha ka chantawk chu a ni ta, thla eng lawma lungleng thin kha, ka tan thla engin awmzia reng a nei lo. Duhsak tak leh duat taka min enkawltu doctor hmel chu ka hmu lo va, a aw atang erawh chuan ka hre hle thung a. Damdawi ni tina min pe a, a ni, duat taka min buala ka samte min khuihsak thintu nurse, Pui tia an koh aw zang vah mai leh mawi em em pawh chu a aw atangin ka hre hneh hle tawh a, a aw ri atang chuan nula hmeltha leh rilru tha tak a ni ang, tih erawh ka hre si thin. Aw doctor leh nurse-te, damlo min enkawl thintute pawimawhzia hi tun thleng hian ka hriatthiam phah hlen ta a nih hi. An awka vina mi biak chuan damlote tan natna belhchhatu damdawi-lo mum lianpui an chang a, hmangaih leh khawngaihna nena awka nem dam diaia min biak ringawt pawh hi damlote

chuan damna sawng sawng a tlingin damdawi mum lian an chang thei a ni, tihte anmahni hian inhre ve tak ang maw!

Chu nurse awka zang vah min enkawltu nen chuan kan inchul nel hneh tain a hmel hmu ve thei mah suh la, mak tak mai hian a aw atang chuan ka thinlung chhungril hi a fan chhuakin a zunah chuan ka lo uai ta der mai a. A lo kal hun hi ka nghakhlal em em a, mahse a lo kal meuh hi chuan engtin emaw hian ka awm a, ka zam a, ka zak a, ka bing leh chuk chuk si thin. Eng nge i lo an, kha min hmu thei a ni maw? tia nui chung a min han fiam thinte ka zak em em a, kal bo daih thuai thuai se ka ti a, a awm loh chuan ka ngai em em lawi baw si, ka awmdan chu a hria ang tih hi ka hlauh ber a niin ka hria. A lo kal hi chuan darthlalangah inhmu theiin inen ta ila, ka hmel hi a sen awp awp thinin ka ring. Ka ngaizawng, ni lo, ka hmangaih tih tur a ni zawk ang, tih hi a lo hre ru palh ang tih mawlh chu ka hlau em em a, a chang chuan ka zak hian min biak pawhin ka chhang lo fo

thin, aw ka awmdan atang khan hre tak ang maw!

Keini pawl sawm zirlai, tleirawl chhuak ve er er chauh ka la niin zahzum hun lai a ni bawk a, hmangaih thu han hrilha han sawite zawng hla tak a ni. Chu ai chuan nghalpui hliam chem tuma beih pawh ka thlang zawk ngei ang. Aw Nurse-te hi damlo an enkawla an buaipuina lamah hian an va lo pawimawhin an va lo tangkai em, awka vin leh thinrima damlo biak emaw tlema hmuhsit deuh lama an biak maite pawh hi damlo tan phurrit leh na tizualtu an tling theiin nui sang leh awka nem nelawm taka min bia mai pawh hi damna a tling tihte hi an inhre ve tho ang chu maw.

Awle, ni sawmpanga ka awm ta der mai, chu chu ni 15-10-1975 tihna a nih chu. Khuangchawi thla hleinga zan a ni a, chu mi hrereng chuan leh min ngaihtuah avangin zannah chuan ka pi pawh chu a lo kal a, Nurse Puii pawh chu a night zan a lo ni bawk a. Ka pi chu ka bulah chuan a lo thu a, pi e, ti

lo chuan kei pawhin nu anga ka en a niin ani lahin fa anga a en ka lo ni a, mi hi a hmangaih em em a, chuvang chuan chu Khuangchawi thla bial zanah chuan mi ngaihtuah avanga lo kal pawh a ni a. Liana, thla bial zan a ni a, chhum reng reng hmuh tur a awm lo asin, a eng teh a nia, i thlir leh dawn lawm ni? Min ti a, a inhnit hlawp hlawp a, kei pawh chu chutia ka pi a han awm takah chuan ka mittui hi a hruka hruk sen rual loh hian ka biangah hian a sur hian a sur zung zung a, ka tawng thei lo, zak hauh lova awrawl tawpa tah hawm hawm hi ka chak ber mai.

Chutia kan pitua lungchhe taka kan awm lai chuan nurse nu chu a lo kal a, ni danga awka zang vah, hlim thei tak mai leh nuh duh tak awka nem leh mawi tak mai min fiam hlut thin pawh chu ngawi rengin kan bulah chuan a ding a, tawngkam pakhat pawh a chhak chhuak lo, hmu ve lo mah ila, ka hriat dan chuan a mittui hi a tla zawih zawih a, min bial min fiam turin aw a chhuah thei bik lo niin ka hria. Ka thiante, ka pawlpuite

chuan lehkha an zir ang a, a changin thla eng chu an han thlir leh zawk thin ang a, tihte chu ka ngaihtuah a, ka lung hi a chhe ngawih ngawih mai a, hmuh theiha thla eng chu han thlir ve ka duhin ka chak a ni, mahse thlir mah ila ka tan a eng ve tawh dawn si lo.

Zawi te thawp sit set aw tham tiak hian Puii chuan, hetia awm ringawt chu a tha dawn lo, hawh teh u, sawlai damdawi in hnung lam, kham ko thawveng atang sawn thla eng chu i va thlir teh ang u, Liana pawhin a hmu thei em em ang, tih leh ka bana kaih a rual ta mai a. Ka pi erawh chuan, a kei zawng ka duh lo, Liana hian a han thlir ve ang a, a hmu thei dawn si lo va, ka insum zo lo vang ka tap reu reu ang, va hruai ta mai che, i hreh em? a ti a, Puii chuan, hreh hran lo ve a, tiin damdawi in hnung lam pang thla eng lan chianna lamah chuan min kai phei a. Chunglai chuan tuna rangva in hlui tak nau neihna ward atana an hman khi kan awmna a ni a. Phaitualhnim chungah chuan kan thu a, ka bul set min si deuhthaw hian ani

chu a rawnthu a, hawh i tawngtai ang aw, Pathian chuan tih theih loh a nei lo, i mitvarna turin kan dil ang a, a var em em ang, a ti a.

Ka rilrua lo lang chu, Pastor Chhawna kum 1924-a a mit a del avanga Sialsuk damdawi ina a awm kha a ni a. A hma zawng pawha del si lo, a mit kha a del ta mai a, tichuan Sialsuk damdawi inah chuan an dah ta a. Hun a lo kal zel a, Doctor hnenah chuan ka pu ka haw tawh mai ang e, a ti a, mahse doctor chuan a phal si lo va. A nih veng lu-ah khian ka han daikal tang e, a ti a. Doctor chuan i kal theih chuan kal ta che, a ti a. Tichuan a kal ta a, a tawngtai a, a mit chu a var ta mai a, a lawm em em mai a, chuvang chuan:-

Lungngai hmel reng reng a awm lo,  
 Angelte lai lennaah chuan;  
 Khawvel lungngaih tuara rum tur,  
 Tah lai bangin Lalpa an bel.  
 tih hla hia hi a phuah ta kha.

Mahse khawvel lungngaih tuara **rum tur**, a tih chu **rumte**

tia thlaksak a ni ta thung. Chuta tang chuan he hla hi ka duh ta em em mai a, ka duh tawp thei ta lo. Pastor Chhawna pawh a tawngtai a, a mit a var a, kei pawh kan tawngtai ang a, ka mit a var ang a, thla eng ka hmu thei ang, tih hi ka thinlungah chuan a lian em em a, a khah hian a khat tlat a ni ber e.

Tichuan Puii nen chuan zawi te, mahse thinlung zawng zawng leh tihtak meuhin kan tawngtai a, ka mit a varna turin kan dil a, ka tan chuan maimitchhin hranpa ngai lo mah sela, kan lo tihdan leh chin than a nih avangin hmu thei lo mah ila ka maimitchhing tho va, kan han Amena ka han meng chu, sawia awihawm loh, mahse a tak ni si damna chu ka lo chang ta, van thiang ruih maia Khuangchawi thla lo bial eng var pup ka hmu ta a nih chu! Puii ka hmu thei ta, ka han ti chu ani chuan min en tlawk tlawk a, engmah a sawi lo, a biangah chua mittui hi a lo luang ngiai ngiai a, hruk pahin, Lalpa chu fakin awm rawh se, a ti a, a insut ta hlawp hlawp mai a. Aw thinlung leh rilru

tihtakmeuha damlo enkawltu Nurse-te hian an damlo enkawlte hi khawngaihna leh hmangaihna nena an enkawl hi damna a lo tling a ni, tih hi hrethiam uar uarin ka inhria. Pa sumnga tualleng leh huih hmawka phai lam deuhten hmangaih leh duat taka anmahni enkawltu nurse-ten an ngaizawng ta mai emaw an lo ti fo pawh hi a lo awm lo lem lo. Chu chu an rawngbawl dan leh tihtur pawh nurse-te tan chuan a lo ni reng lahtak si a.

Kan phei ta chu ka hlim em em mai a, Ka rilru lawmin a lo khat, Leah (chu chu khawvel mawina leh nawmna hi a ni a) ka cheng rei lo'ng, tih chu ka rilruah hian a lo lang a, sa lo thei ka ni lo. Kan awmna ward kan va thleng chu kawngka ka luh hma hma chuan, ka pi ka hmu thei tawh.... Ka han ti chu ani chuan mak ti leh phawk fe hian min rawn en a, a lo tlan phei a, Liana eng nge i sawi, a ti a, a mittui chu a luang zung zung mai a, ka pi ka dam tawh, thla eng pawh ka hmu thei tawh, nang pawh ka hmu che, ka ti a. Puii, ka pi leh kei chu

kan inkuah a, engmah sawi thei kan awm lo, kan tap tlang a ni ber e. Damlo dang awm vete chuan min en thup mai a, kan thawm chu hriain doctor leh nurse dang an lo tlan khawm bawk, chutia ka mit a lo va ta mai chu min han en thin a, awih harsa an ti, mahse ka hmuthei miau si, a va mak ve mawle, engtin nge maw in tih chu le? An ti a. Chutianga min han zawh lai chuan Puii nen chuan ngawi rengin kan inen a, mahse engtin mah kan chhang si lo.

Min enkawltu doctor chuan. A makhle mai a, hetiang hi ka la hre ngai reng reng lo, engtin chiah nge in tiha a lo var tak mai? tiin min zawt leh thin a. A tawpah chuan ka hriih ta a, ani chuan a ni maw, ka hriatthiam ve phak bak a nih chu, hetia i mit ber a var tawh si chuan eng nge awm reng tul, i haw thei a ni mai a lawm, a ti a. Keini pawh chu phur tak leh lawm em em chungin leh hmanhmawh takin kan haw ta nghal a.

Khawvel finna leh thiamnate pawh hi Pathianin a



dah sa, keini a anpui ngeia a siam mihringte hai chhuah leh hmuh chhuah tura a dah a niin doctor leh nurse-te pawh a hmanrua an lo ni, tih hi hrethiam ta uar hian ka inhria a, chutihruah chuan a chang chuan Pathian pawh hian mak taka han tihdamte pawh hi a nei fo thin, tih pawh chu ka lo hrethiam ve ta niin ka hria a. Hei erawh han sawi nawn leh ka duh, nurse-te hian damlo an enkawla an biakin tawngka vin emaw thinrimin emaw an biain an ti tur a ni lo va, nelawm leh nui hmel puin awka nem leh ngaihnopei taka an biaka an tawng ringawt pawh hi damlote tan damna a tlingin an tisa na a dam tak tak kher lo pawh a ni ang, mahse an thinlung lam a damin a lawm a, a hlim a, chu chu damna tak zawk a ni, tih hi an hriat hnu mah nise hre nawn fo thin se, tih hi.

Taksa na chuan dam hun a nei thin a, rilru hliam leh tihnat erawh chuan dam hun a nei lo fo va, a lo dam hunah pawh a thinlung leh rilru, ngaihtuahna mitthlaah damlo enkawltu chu

a hmuin a lang fo a, i tawngkam leh awmdan avang khan eng angin nge i damlo enkawl thinten an hriatring dawn che, tih erawh chu nangmahah a inngat a nih chu. Mizo thufingin, tawngkam thain sial a man, tih hi a lo dik khawp mai. Kha mi zan kha, aw kha mi zan mawlh mai kha, ka tan chuan theihngihl chi rual a ni lo va, theihngihl theih lah a ni hek lo, ka nuna ka thil tawnah chuan kei pawhin mak ka tih ber pakhat a ni si thin. Hetianga Khuangchawi thla a ni emaw a eng thla pawh nise, zana thla a han eng bial kulh hi chuan kha mi zan kha ka hre chhuak lo thei thin lo.

(Thinche em em kha tihthinrim theih loh khawpa zaidam a nih theih a. Keini pawh kan nungchang tha lo laite he article kan chhiar a tang hi an in en let nan hmang thei ila a duhawm hle mai.)

\* Sakhuana tel lova inzirtirna chu mifing sual siamna mai a ni \*

## April 2022 Covid-19 daily cases report

DATE	POSITIVE	SAMPLES	DEATHS	POSITIVE RATE	DISCHARGED
1.4.2022	112	896	0	12.50%	95
2.4.2022	120	563	1	21.31%	178
3.4.2022	34	453	1	7.51%	53
4.4.2022	175	1067	0	16.40%	202
5.4.2022	149	1423	0	10.47%	188
6.4.2022	101	738	0	13.69%	157
7.4.2022	123	721	0	17.06%	143
8.4.2022	122	533	0	22.89%	102
9.4.2022	75	437	1	17.16%	154
10.4.2022	50	142	0	35.21%	31
11.4.2022	149	1175	1	12.68%	115
12.4.2022	91	1126	0	8.08%	194
13.4.2022	78	745	0	10.47%	120
14.4.2022	61	631	1	9.67%	101
15.4.2022	53	138	1	38.41%	125
16.4.2022	96	617	1	15.56%	110
17.4.2022	61	173	0	35.26%	26
18.4.2022	99	1178	0	8.40%	129
19.4.2022	125	758	1	16.49%	98
20.4.2022	103	1927	1	5.35%	89
21.4.2022	91	1014	0	8.97%	75
22.4.2022	112	858	0	13.05%	54
23.4.2022	77	477	0	16.14%	87
24.4.2022	107	299	1	35.79%	68
25.4.2022	102	743	0	13.73%	105
26.4.2022	164	907	1	18.08%	101
27.4.2022	85	1135	0	7.49%	114
28.4.2022	99	990	0	10.00%	85
29.4.2022	83	537	0	15.27%	113
30.4.2022	34	609	0	5.58%	80
<b>TOTAL</b>	<b>2931</b>	<b>23010</b>	<b>11</b>	<b>12.74%</b>	<b>3292</b>

## KEIMAHNI

– Ministry of Health and Family Welfare, Govt. of India in a ruahmanna ang in India ram chungh a State zawng zawngah India Independence vawi 75-na Azadika Amrit Mahotsav denchhen in April ni 18 atanga ni 29 khan Mizoram chungh a Block tinah Health Mela (Hriselna Kutpui) hlawhtling taka neih a ni.

He hunah hian Damlo inentir zawng zawngte tan damdawi ina an health record hrang hrang an dahthatna tur Health ID (ABHA ID) leh Healthcare hnuai health insurance card (Ayushman Bharat PM-JAY Card) siamsak an ni a, Non-Communicable Diseases (NCD) screening (zunthlum, BP sang, ka chungh, hnute leh chhul Cancer) a thlawn vek a test sak an ni bawk. Heng mai bakah hian Specialist Doctor hrang hrang, Medicine, Surgery, ENT, Eye, Dental, Obs & Gynae, Paediatrics ah te damlo a thlawn a endik annih bakah, a tul dan anga Investigation leh damdawi a thlawn a sem a ni bawk. Taksa hriselna atan a thil pawimawh

chi hrang hrang te zirtirna hun hman a ni a, Taksa sawizawi/exercise/Yoga emaw tih nan hun hman a ni bawk ang. Natna leh hrileng hrang hrangte tikhian nan a National Health Program hrang hrang (Nu leh naute hriselna te, indanna chungchangte, HIV/AIDS te, Zuk leh hmuam leh ruihhlo tihrehna tur te, Cancer program te, Leprosy, TB, Malaria leh Vun natna, Mit (Eye) leh a dang te) in hrilh hriat na tur IEC semchhuah a ni bawk.

– April ni 7, 2022 khan World Health Day hman a ni a, kum 2022 thupuih hian Our Planet, Our Health tih hman a ni a. Climate Change avanga khawvelin harsatna a tawh nasat tawh dan leh he harsatna hi zual zel lohna tur te, thing leh mau, ram ngaw leh kan lui bakah kan tuihna te a lo thianghlim theih nana inzirtirna hun atan kumin World Health Day hi hman a ni. Hemi ni hian Dr.H.Lalchungnunga, Director of Health Services hovin thingphunna Officer leh Staff ten an nei bawk a ni.

– April ni 22, 2022 khan Government Mizo High School, MacDonald Hill, Aizawlah Mizoram pum huapa Rulhut dona beihpui thlakna ni 'National De-worming Day (NDD) 2022' hman a ni. He beihpui thlakna hi Sikul Naupang thlan chhuah te hna Rulhut hlo ei tur pe in School Education Minister Pu Lalchhandama Ralte chuan a hawng. NDD atan hian Health & Family Welfare Department chu Nodal Department a ni a, School Education Department, Women & Child Department, UD&PA, RD leh PHED te chu stakeholder department an ni tung a ni.

– April ni 19, 2022 khan Mizoram State Medicinal Plants Board, Executive Body chu Chairman Dr. R. Lalthangliana, Health Minister kaihhruaina hnuaiah thutkhawmna neih a ni. He thutkhawmnaah hian Ramhmul damdawi chung-chang a hmalakna hrang hrang leh thurel pawimawh thahnem tak sawiho a ni. He hunah hian Health Minister chuan Pathian min pek leilung hausakna ramhmul damdawi leh maute kan ram hmasawna atana hman tangkai an nih zel theih

nan ngaihtuahna seng lehzualturin Board members te ngen

– Ni 22.4.2022 khan Tourist Lodge, Chaltlang-ah Mizoram Govt. Pharmacist Association chuan kum 2022 - 2024 chung atana hruaitu thar thlanna an nei a, heng mite hi thlan chhuah te an ni.

President : Pu R. Rodingliana  
Vice President : Pu Lalvuana  
Gen. Secy. : Pu C. Lianchhunga  
Jt. Secy : Tv. Malsawmzuala  
Pachau

Treasurer : Pi Lalthasangi  
Fin. Secretary : Pi Vanlahluti

– April ni 30, 2022 khan Health Minister Dr. R. Lalthangliana hovin Health Directorate Conference Hall, Dinthar, Aizawlah World Malaria Day hman a ni. World Malaria Day hi kumtin April ni 25-ah thupui thlan bik nei a hman thin a ni a, kuminah chuan remchan zawkna avangin April ni 30 ah hman a ni. Kum 2022 thupui chu "Harness Innovation to Reduce the Global Malaria Disease Burden and Save Lives" tih a ni a, he thupui in a tum ber chu "Ruahmanna thar nen a, Khawvel puma Malaria natna avanga harsatna leh thihna tih hniam" a ni. ■