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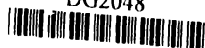
HRISELNA LEH DAMREINA

A. C. Selmon, M.D.

Ennawna belhchhahtu

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Thuhmahruai

DAMDAWI LAMA FINNA hian inzawmna pheikhawk pasarih a bun a. Hmalam panin a kal chak em em a. Tunhnai maia ziaktu pakhat chuan, thlaruk dan zelah thil thar lang tham tak dai chhuah a ni zel a ni tiin a puang a.

Hetianga chak taka hmasawmna hian, eng emaw tiin, hun kal taa finna kha engmahloah a siam ta tihna erawh chu a ni lo. Thilbulte hi thlak an ni lo. Taksa invuah dan hmanh leh an nun chhoh zel dan leh chung hriatnate chu an danglam chuang lo. Dr. A. C. Selmon, M.D., he HRISLNA LEH DAMREINA ziake hmasabertun kum sawmnga lai kaltaa, hriselna dan tlangpui a lo ziake kha wawin thleng hian an la pangngai ta reng a ni.

He HRISLNA LEH DAMREINA lekhabu ennawna chhuah tharnaah hian, chhuah hmasaka thu chuangte kha lak an ni a. Chuvang chuan, tum sawmhih leh paruk lai lo ennawn tawhnaa thu chuangte kha thiat an ni lo a, tihdanglam erawh chu an ni nual hlawm.

He lehkhabin tangkaina a neihna tur ruahmanna kawng lam atangin thlirin, damlohna enkawlna leh taksa vawn dan te hmuhchhuah thar zel a nih avangin, a chhunga thu chuangte hi ennawn chhoh zel an ngai reng a. Tun tuma he lehkhabin ennawntu hi Dr. Phillip S. Nelson, M.D., D.N.B. a ni a, daktawr hna thawk lai mek a ni a, inzai thiam mi a ni; thiam takin tunlai hriatna thar leh hmasawmna hmuhchhuah tharte hi hriatna leh th dan lo awm tawh sa nen inmil takin a ziake a. Chu a thawh rah avang chuan, he lehkhabin hi a thar ang hlauh a ni. Entinna tamtak pawh a thar an ni hlawm a ni.

Chung bakah, he lehkhabin damdawite hi Asia ramah an awm remchang em tih ngun taka thlira ennawna ziah an ni bawh a. He mi lehkhabin lo hmanh tawhte duh dan lak tel a ni bawh. Chhungkaw tinten damdawi lama harsatna an neihnte phuhrukna hna thawh theih a ni ngei tur a ni

HRISELNA LEH DAMREINA

Kum 1924 kum khan he HRISELNA LEH DAMREINA hi chhut tan a ni a. Chu mi hun atang chuan a Saptawngbuin nuai thum aia tam hralhchhuah a ni tawh a. Asia chhimlam ram bung hrang hranga tawng chi hrang hrang—Bengali, Burmese, Gujarati, Hindi, Kannada, Tamil, Khasi, Malayalam, Punjabi (Gurmukhi), Sinhalese, Telegu leh Urdu-tea chhuah a ni bawh. Asia khawmualpui chhimlam ram mai bakah, Asia chhimchhak leh Asia ram lailia miten an duh em em bawh a ni.

Sawi tawh ziah thin angin, he hriselna lehkhabu hi daktawrte luahlan tura chhuah a ni lo tih tunah pawh sawi leh a ni. Natna hriat theih dan kawng leh hrisel lohna chhante hriattitin, daktawr puitling rawn an tul huna rawn tur te, daktawr te, damdawi semna te, damdawiin te an hlutzia chhiartuten an hriat zawkna tura he lehkhabu hi ziaak a ni.

He lehkhabu hian, ram tamtaka he lahkhabu chhiartute hriselna leh thatna a thlen ngei ang tih rinna leh beiseina neia he lehkhabu hi ennawna chhuah a ni.

—CHHUAHTUTE

A Chhunga Thu Awamie

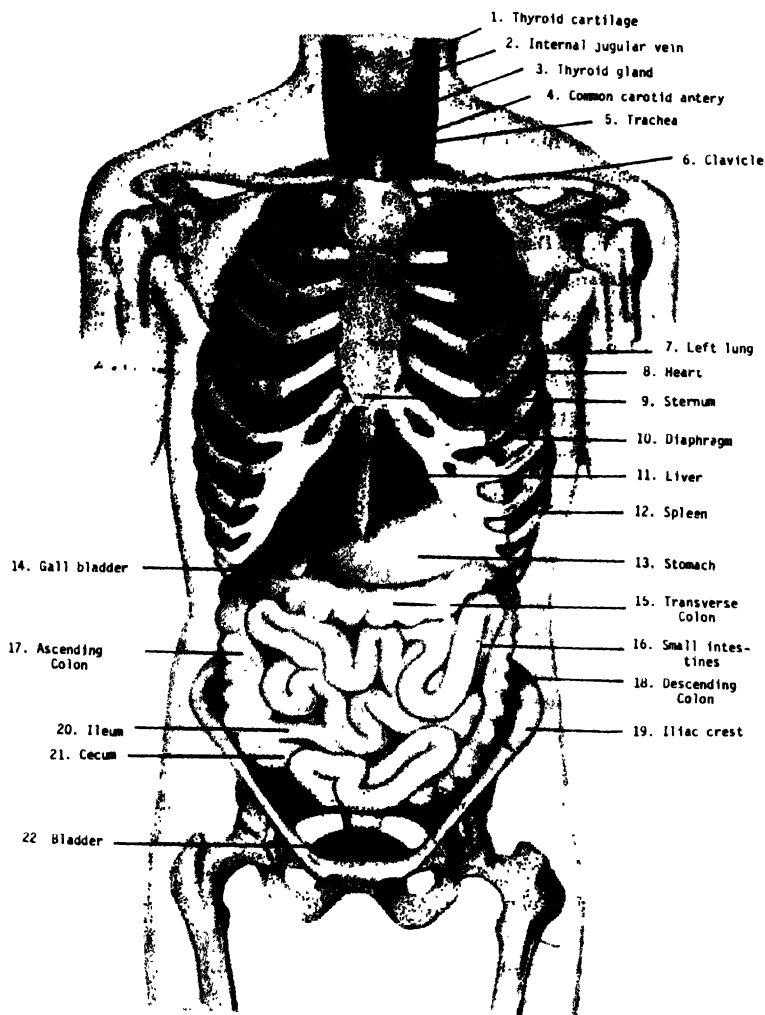
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Drawn by B. Edward Samuel

PLATE I

KAWCHHUNG LEH A TUAMTU RUH RUANGAM
 (Himalam atanga thirin)

Nunna - Kan Ro Hlu Ber

NUNNA HI MIHRING thil neih hlu ber a hi a a dawttu chu hrisêlna a ni Hrisêlna tel lo chuan nunna hian a tangkaina hi a hloh deuh vek chang ni lovin himna leh nawmsakna te chen pawhin a tibo thin a ni Taksa a hrisêl ver vawr loh chuan mahni duhnaah a kal theih lohva mahni hna duh zâwng a thawh theih loh va, mahni tui tih zâwng leh châk zâwng pawh a ei theih loh

Damlo hian natna a tuarin amah a hrehawm a, a intodelh theilo chang a ni lo va, mi dang pilnih khat hna thulha enkawltu awm a tul thin a Amah enkawla ei tûr leh silh tûrte ngaihtuah saktu tan pawh phurrit a lo ni thin a ni

Damlote Hlahawmna

Natna tam zâwkte hi awl taka inkaichhâwn theih an nih avangin thenawm khawvêngte tân a hlaulawm thin a Chhûngkaw khata tuemaw a lo nâ a a dangin an lo kai ve a, an vai tlûk thinte pawh kan hmu tawh thin hlawm, ti rawh u maw? Chutichuan, chutianga chhûngkaw lo damlote atang chuan an natna kha a lo darh a, mi dang tam takin an lo nat phah ve

thin a ni. Tin, damlote chuan hna an thawk thei lo va, an sumdâwng thei lo va, sum leh pãi te pawh an lo hloh thin a; chu chang chu ni lo vin hloh azawnga rapthlâk ber an nunna ngei pawh an lo hloh ta thin a ni.

Tin, hriselna hi a lo chhiat vaih chuan, ni khat thil thua siamthat leh mai theih a ni lo va. Damdawi tîem a zâwng han ei hleka dam leh mai theih alâwm, tia natna ngaihthah ngawtte hi ngaihdân dik lo tak a ni. Natna tam zâwk tidam tur hian ni tam tak leh tha tam tak sên a ngai a. Heti taka han ngaihtuah hi chuan vantlâng leh ni malte pawh hian hriselna hi hlut a ngai nasa hlê tih chu a lang nghâl a ni.

Mi tin hian mahni taksa enkawl that leh hriselna tha neih hi an tihtûr hmasa ber a ni a. Mahni tân bākah chungkaw tân, thenawm khawvêng leh ram pum tâna an tihtûr a ni. Tin, chu ai pawha ropui zâwk, anmahni Siamtu laka an bat a ni baw. Pathian emaw, ramhuài emaw, ram awmdânin emaw natnate hi an rawn thlen a, chuangin pumpelh rual a ni lo tih rinna te hi a diklo nasâ a. Chutiang bawkin nunna leh thihbate pawh hi chantâwka khawrel sa ve rêng a nih avanga lo thleng mai mai ani baw nek lo.

Natna lo awmna chhan

Natna hi hriselna dân bawhchhiat avanga lo chhuak a ni. Mipui vantlâng tam zâwk natna zawng zawng hmun zaa hmun sawmriat hi chu hriselna dân zawha, taksa enkawl nguntu chuan a pumpelh thei a ni. Hriselna dân zawm chu mi zawng zawng duhthusam theuh damreina a lo ni baw a. Tin, hriselna dân zawm loh chuan mi zawng zawngin an hlauh, natna leh thih hmana a lo thleng thin a ni.

Taksa ngaihthahna:

Dân narânin mi tẽn an hrisel laiin an taksa enkawl an ngaihthah thin a, mahse an lo nat a, an lo chak loh va, thihte an lo hnaih hlê hunah taksa enkawl dân an zir tan chauh va,

chu chu lungchhiatthlâk takin a lo tlai lutuk tawh thîn a ni. Se bo hnua se kawng khâr tih ang chuah a ni. Taksa enkawl tan hun chu naupan têt lai aţangin a ni a. Naupangte hian taksa hrisêl leh tantha nei sela tia duhsaktu apiangte chuan, an pian hma aţangin an enkawl tan tawh tûr a ni. Nu leh pate hian hrisêlna tha an nei ngei tûr a ni a; nu leh pa chaklo leh hrisêl lote'n fa hrisêl leh chak an hring ngai lo.

Tuna he lehkhahu chhiartu tam zâwkte hi chu puitling in ni mai thei a, a then chu taksa chaklo têt têt te, bawrhsâwm tak takte pawh in ni thei e. Chuti anih chuan hrisêlna dan te, hrisel laia taksa enkawl dân te leh natna vei hnua inenkawl leh intundin leh dan te zir chu a lo pawimawh zual dân a ni.

He lehkhahu hian a chhiartuten natna an pumpelh theih dân tûr te, anmahni leh an chhungte hrisêl taka an awm theih dân tûrte hrih a tum ber a ni. Daktawr ni ve si lo pawhin a natna tlangâwn deuh deuh te hi mahni in lama enkawl dân zir-tîrna a ni a. Natna khirhah te chuan a theih phawt chuan daktawr rawih tûr chu a ni ngei a; lehkhahute hian daktawr ai an awh thei lo tih te chu sawi pawh a ngai zawk lo a ni.

Natna Bul:

Mi tamtak chuan dik lo takin, natna hi vanduaia pumpelh theih loh vah an ngai a. Daktawr leh mi thiamte erawh chuan natnain chhan bulbâl a neihzia te hi an hriain an entîr thei a ni. Natna thenkhat 'Beri-Beri' an tih angte hi chu taksa tiţhatu taksain a dawn tlêm vâng a lo ni a. Natna thenkhat dang chu taksa tûr engemaw lût avângte a ni. Phosphorus tûr, nawhalh siamnaa thawktuteh an vei thîn ang te hi. Tin, thil chin tha lo hian natna a tichhuak bawk a; entîr nân, chaw ei dân tha lo hian pumpui chak lohna (indigestion) a awmtîr a ni. Natna tam tak chu hrik chi hrang hrang virus te, amoebae (santen hrik) te worms (rûlhût) te hian an awmtîr a. Mahse taksa sawngnawina tam berte hi chu a bul takah chuan rilru put dân dik lo avânga lo piangchhuak an ni.

Mihring hmêlma lian ber:

Natna hrikte hi mihring hmêlma lian ber an ni, ni tin mai hian mi sing tam tak an that a. Hritlâng, ngawr, âwmnâ-khawsikpui, kawkhawh, santên, khawsikpui, tuihri, sakawrêkhrik, khuhhîp, sikserh, phâr, hripui leh zawnghri te leh natna dang tamtakte hi natna hrik hnathawh an ni.

Natna hrik hi chi hnih a awm a. Chi khat chu thlai lam chi a ni a, a dang chu ran leh ramsa lam chi an ni. Chûng hrikte chu an te em em mai a, mit hau chuan hmuh theih an ni lo. Thenkhat phei chu an tê khawp a, anmahni let sangkhata tihlena enlennaa han en meuh pawhin anţam chi tiatin an lang chauh a ni.

Tin, natna hrikte chu an pung chak êm êm mai. Tuihri hrik emaw, khawsikpui (Typhoid) hrik pakhat emaw hi đarkâr sâwm chhûngin maktaduai khatin a pung thei. Tin, an têt êm avang leh an pun chak êm avang chuan an insem sawm zau thei hlê bawk a ni. Tuichhunchhuahah te lui leh tuikhuahah te, khawlai leh bang leh chhuata vaivutah te, kan chaw ei leh kan tui inah te pawh hian an awm thei a, chuvangin mi tam tak chên khawmnaah te chuan natna hrik hi khawiah pawh a awm ti ila, a sual lo vang. Chuvangin mi tin hian taksaa kaitîr loh dân leh, a kai palh pawhin a tihhlum dân an hre ngei tûr a ni. He lehkhabu bung dangah chûng chu ziaak a ni.

Taksa Khâwl

TAKSA hi hmun thumah then a ni - lû, taksa, kut leh keah te. Taksa hi a laiah a kawrawng a, a chhûngah chuan tisa hmanraw pawimawh zawng zawng tih mai tûr hi a awm. Tin, a kawrawng chu hmun khatah ham (diaphragm) an tih chuan a ping dang a. pindan chungnung leh pindan hnuaishnuug a lo awm ta a ni. Pindan chungnung zâwk chu 'Âwm' kan tih hi a ni a, a chhûngah chuan lung leh chuap a awm a, an hliahah hrawkhrui leh hrawkhrâwl (gullet & trachea) a awm baw. Pindan hnuaishnung zâwk chu pum kan tih hi a ni a, a chhûngah chuan thin, pumpui, la (pancreas) rîlpui leh rîlfâng te an awm; tin hengho hnung lamah hian kal pahnih an awm.

Heng taksa bung hrang hrangte hi thawh nei hrang theuh an ni a, 'Organ' an vuah a. Tin, organ hrang hrangte chuan hna pakhat an thawkho thei baw. Kâ te, hâ te, hrawkhrui te, pumpui te, rîlfâng leh rîlpui te, 'pancreas' te pawh hian chaw pai tawihna hna an thawk hova, chungte chu "Pai tawihna khâwl" an vuah nghê nghê. Tin, hnar te, hrawk te, hrawkhrâwl te leh chuapte hian taksa boruak tha hip luh leh, taksa atanga boruak chhia (Carbon diixide) paih chhuah hna an thawk ho va, (Bung 6 en la). Chuvangin heng organ te hi "Thâwkna khâwl" an vuah.

Lung te, thisen kawng lian leh tê chite hian taksaa thisen sem darh hna an thawk hova, chuvangin hengho hi “Thisen semtu khâwl” an vuah bawk a ni. Tin, kal te, vun te, chuap te, thin te leh rilpuite hian kawchhûnga thil bawlhhlawh tângkai lote paih chhuah hna an thawk ho bawk a, chuvangin” Taksa thianfaitu khâwl” an vuah. Thluâk te, hnungzâng thlîng te leh hriatna thazâm lian chi leh tê chi te hian taksa khâwl dang zawng zawng hi an hruiin an thunun tlâng a, hei hi “hriatna khâwl” chu a ni. Hêng bâkah hian taksa ruangam reltu ber ruh leh taksa zawng zawng chettirtu tihrâwlte chu an la awm bawk a ni.

Miin a taksa bunghrangte an humhim a, taksa mamawh an phuhruk chuan, an lo hrisêl tha êm êm ang.

HRISELNA DÂN PARUK

Taksa enkawi nâna pawimawh leh hrisêlna atâna tulte chu heng a hnuaia ziaak dan parukte hian a khaikhawm:

1. Taksa hian ei leh in tûr diktak a dawng tûr a ni.
2. Taksa hian ni êng leh boruak tha a dawng hnem tawk tûr a ni.
3. Taksa hian a chhûnga bawlhhlawhte a tlengfai reng tûr a ni.
4. Vawt leh lumin a tihnat theihloh nân taksa hi vên that tûr a ni.
5. Ni tinin taksa hian insawizawi hun leh chawlh hun dik takin a nei tûr a ni.
6. Tûr leh natna hrik a luh lohna tûrin taksa hi englai pawha vên that thin tûr a ni.

Hêng dan parukte hi zawm avangin natna a pumpelth theih a, damreina a ni bawk. A eng ber emaw pawh hi bawhchhia ila tun mai -ah kan nat nghâl loh pawhin, hun rei deuhvah tal kan nat phah ngêi ngêi ang.

Taksa Hrisêl Nâna Chaw Tha

“APPETITE” an tih hi mi mawlte chuan chaw châkna emaw, chaw ei tuina tih nân emawa hman a ni ber a. Diktak chuan “appetite” tih hi tema tui tihna leh, rim hriat atanga châkna lo chhuak inkawp a ni. A lo awmna chhan hi hriat chian a ni lo va, rilâam tih ngawtte ai hi chuan hrilhfiâh pawh harsa zâwk tak a ni. Chaw tlakchhamna hian rilâamna leh chaw châkna a rawn siam ve ve a. Tin, chaw han ei hian hengte hi a tireh leh ve ve bawk a ni. Miin rei deuh mai chaw nghei ta sela chaw châkna chu nasa takin a lo kiam a, ril erawh chu a tâm reng tho si. Tin, hrawkhrâwla kan chaw ei kal tlang hian chaw châkna chu a chawm a, mahse ril chu a lo tâm reng thei tho si a ni. Pumpui hi ruak ta vek sela chaw châkna chu a lo chhuak leh mai a, mahse ril a tam ve nghal lem hauh si lo. Chuvangin “appetite” chu teni loh, hnim vânga hriatna engemaw kan lo neih hi a ni a, kan tema kan châkna leh a rimhriata kan châkna a reh chuan a bo ve zui mai a ni. Hei hi kawng tam takin a pawimawh ta a ni.

1. Bawlhlo nena chaw emaw, hmeh emaw siam tui vak te, chaw thlum emaw te chaw ei tih lamah ei tan ila, taksa tâna tha tûr kan la ei hmian chaw châkna kha a reh hlauh thei. Naupangin chaw dang an ei hmaa thil thlumte an lo ei chuan hetiang hi an ni chaw tih hriat a ni a.

2. Bawlhlo tam tak nêna kan hmuï chukte hi miin an ei ðan chuan taksain a ðatpui tûr zâwk thil ei tûrte kha a lo chak loh phah tial tial thei ðin a ni.

3. Miin chaw ða pangngai puar takin ei sela, taksa ðatna tûr chi pawh ei tel hlê tawh sela, chutah thildang îtawm leh tuihnai zet zeta siam kha ei tûr lo awm leh ta sela, a ei puar lutuk daih mai ang. Heihi mi tamtakte tih dân a ni.

4. Chutianga chaw bawl rimtui vak ang chi chuan mi a tirvir zual a, chuvangin ei belh emaw, in belh tûr emaw an duh châwk ðin. Mosola tam tak nêna siam hmuï chite miin an ei chuan zû emaw an lo châk phah a, hêng thilte hi an inlaichin tawn viau a ni.

5. Thil thlum ei luâtin taksa a thunun theih dân hi miten an hriat tawh loh fo pakhat chu a ni. Naupangah hian a lang chiang ngawt mai. Chithlum leh miðhai ei vak vak chîngte hi chuan an chaw pawh a thlum ve hlê loh chuan an ei ða duh lo. A tawpah chuan chaw pangngai duhloh tlat hun an nei mai a ni. Chutih hunah chuan châk zâwng bik riau an lo nei tawh a, chaw leh hmeh pangngai an ei duh lohna chhan lah nu leh paten an hre mai thei si lo.

Damloh lai atân leh natna laka inven nân rêng rêng pawh chaw chi hrang ei pawlh dân dik hi a pawimawh takzet a ni. Chaw chi hrang ei pawlh dân dik chu, thûra chang chi leh ala chang chu an nih dân zir a ni a. Thûra chang leh chi chu han rawh vâp ila, a vâpah khan thûr a tam bik a. Chutiang chu sa te, chhangphut lam chite hi an ni a. A vâpa al tam zâwk chi hi al siamtu chu a ni. Heng thil pahnih hi an insual tawn a, a tawh chauhva chawpawlh chuan an intida tawn bawh. Ala chang leh chi chu thlai te, thei te, be lam chite hi an ni ve thung. Tin, chaw chi ðenkhath chu thûr emaw, al emaw pawh tam lutuk a pai lo ve ve chi an awm bawh. Chung chu Starch te, chithlum te, thau leh hriak lamte hi an ni. Ngaihtuah tûr pawimawh chu, thûr lam chi aiin al lam chi a tam zâwk êm loh pawhin a inzât tal tûr a ni a. Tin, kan chaw pai tawihna khâwlah te rei tak awm renga natna hrik punna siam thei tûr chite chu kan pumpelh hram hram tûr a ni.

Kan chaw thlankhawm chu mawl tê tê ni se, tuiiril lam chi tam vak lo se, chaw ei laiin tui in tam lutuk loh ni bawk se a tha ang. Kan chaw chi hrang ei pawlh dânah chuan pumpuia insual tawnlo leh pai tawihna hna tibuai lo tûr lam apiang ni se a tha ang. Paitawih that theih tûr lam ngaihtuahin hêngte hi ei pawlh dân tha a ni.

1. Chhangphut lam chi leh chaw dang engpawh.
2. Thil laimu leh pil sak (badam ang) chite leh chaw dang engpawh.
3. Artui leh chaw chi dang engpawh.
4. Thei te, chhangphut lam chi leh pil sak chi.
5. Hnute tui leh chhangphut lam, thûr tîemna thei te.
6. Thlai, chhangphut lam leh laimu lam nen.

Tin, hengte hi paitawih that tûr ngaihtuahin ei pawlh atâna tha lo chite chu an ni.

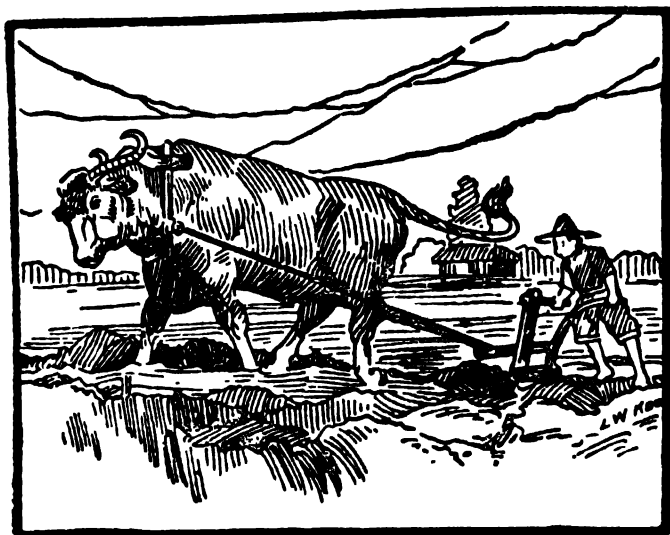
1. Hnute tui tamtak leh chithlum.
2. Thei chhum hmin leh chithlum leh hnute tui.
3. Chaw vawikhat eia chi hrang tam lutuk rêng rêng.
4. Thil chi tam tak inchawpawlh rêng rêng.

Ei leh in lam thua chin dân hlauhawm ber mai pakhat chu ruih theih thil te, nguai theihna te leh mi chawk harh vak chi eng-emaw ei tel chin hi a ni. Heng zinga a tha lo zualte chu zû te, vaihlo te, "caffeine" tel tamna thilte hi a ni a. Zû hi hmanlai chuan mi thenkhat -in chaw zingah an chhiar tel thin a, mahse a hnathawh dân heta târlante atang hian chawa chhiar tel chi anih lohzia chu a hriat mai.

1. Mi a tirui thei.
2. Tisa a tichhe thei.
3. Hriatna thazâm laipui a timu thei.
4. Chin dawlak a awl.

Hengte atang hian zû chu chaw ni lovin tûr a lo ni zâwk tui a lang.

Zû chuan ngaihtuah chak theihna a tichhia a, hriatrengna a ti chak lova, hna pangngai pawh thawk tha thei lovin mi a sian thin. Tihrawl chakna a tikiam a, lungphu a tizawi a, thisen kal



Bawngpa chakna hi thlaia mi a ni.

vêlin a buai phah a, taksain natna a do theihna a tihtâwp sak thei ðhin. Hnimhlumin mi zai tûrtea a thawh dân ang chiahin hriatna khâwlah hna a thawk ðhin a ni.

Mi nunna dahkhamtu kawmpani te hian an chîk ngunin zu hian tlênte chauh pawh in ðhin ni mah se nunna a titâwi ðhin tih an hre chhuak a ni.

Tûr chi khat, “caffeine” telna in lam chi chu thingpui te, coffee te, cola an tihte hi a ni. Coffee siam dân pangngaia siamah hian caffein chu buh fang khat leh a chanve aţanga fang thum ang zât thleng te a awm a, chu chu mi tikhawlo tham tak a ni. Thingpui no khatah hian he tûr hi buh fang khat emaw fang hnih emaw hu a tel bawk. Damdawi atana ei tawp pangngai chu fang khat aţanga fang nga hu thleng a ni. Tichuan miin thingpui emaw, coffee emaw hi no thum lai lo in ta sela damdawi ei tâwk pangngai aia tam daih a lo ei tawh reng dâwn a lo ni a. He damdawi hi ei nasat chuan tûr a ni, tih a ni si.

Bân (sim) leh harsa khawpa chin dawklak chi tak mai a ni lehngghâl a. Thingpui phei hi chuan caffeine bâkah pawh hlauhawm dang pakhat “tannic acid” an tih chu a la pai a, chu chuan chaw jawihna khawla tisate a pawt sâwng thei a. Tichuan chaw pai jawihna a dâl a, a luan phâk chinah chuan thisen insem tha tûr pawh a tibuai khawlo thei a ni.

Chawhmeh kan pawlh atâna an hman thin mosola te, thingmarcha te, sawhthing te lawngpâr leh hetiang lam thil dang rêng rêngte hi chaw atân chuan hlutna rêng nei lo an ni a. Chaw châkna leh chaw pajawih theihna siâm tûrin hlutna an nei emaw tih a ni fo thin a. Chutianga thawk theia rinna chu rîl leh pumpui bang velte chu an zu rûn a, an tithak emaw an tihzat theih avâng a ni a. Chaw châkna a tichhe tial tial zâwk a, a hmanq thangte phei chuan chaw narân châkna hi an nei lo dêr thei a ni. Tin, heng thilte hian chaw a tihtui avangin ei tam lutuk phah a awl êm êm. Mi an tithatho anga lanna chu chaw tha an nihna a ni lo; mi tamtak tân phei chuan mi tinguai leh tichautu an ni zâwk. Tin, tûr ang ziazânga hlauhawm an ni a, chuvangin taksa atanga bawlhhlawh pajhchhuaktu khâwl, thin leh kalte hian an hahphahin an rim phah nasa a ni. Mi hrisêlte chuan an mamawh lo va, mi bawrhshâwnte tân lah chhiat lehzuâl nâna hman a hlauhawm hê bawk si. Damlo tân pawh dam tân pawh ei atân tangkaina rêng rêng an nei lo. Chuvangin hrisêlna humhim duhtute dawhkan atang rêng rêng chuan pajh bo vek tûr a ni.

Chaw ei paha tui tamtak in te, ser thûr tui leh thei tuisâwr in te leh chutianga siam in tûr chi dang rêng rêng in tel vak vak te hi chaw pai jawih that theih lohna a ni a. Chaw tlen luh nân tih loh, thil tuiril tlem azawng in tel erawh chu a pawl lêm lo. In tam erawh chuan chil leh puma tui thûr awmsain hna an thawh that theih loh phaha, chaw pawh thial chip loh a ni ngê nge thin. In lam chi rêng rêng inna hun tha ber chu zing takah leh chaw ei hun bi kâr lakahte a ni.

Chaw ei inkar hi darkar ngâ tal chu a ni ngei tûr a ni. Chumi chhûng chuan ei hmasak kha pumpuiin a lo tiral hman

tawh ang a. Thenkhat tân chuan nikhata chaw vawihnih chauh ei hi a tha zăwk ang; vawithum an ei pawhin zanriah chu tlêm tê chauh ei ni se a tha. Hei hi sumdâwng mite zingah phei chuan tih dân a ni hauh lo mai a, mahse ngaih pawimawh tlăk tak mai a ni. Chaw vawithumna, zanriah chu chaw narân mai mai, thei emaw te ni sela a tha. Tin, chaw ei hun chhông rei lam hi thil pawimawh tak a ni leh bawk. Sumdâwng mite phei hi chu an tul thei thîn bawk a, hmanhmawh taka chaw an ei thîn avangte hian an chaw ei chu an thatpui tûr angin an thatpui thîn lo. Minit sâwm emaw, sâwm pangâ emaw lek ni lovin dârkâr chanve chhông tal chu chaw ei nân hmang thei ilangin, chaw kan lo hman tângkai zăwkna tûr a ni ang a, pumpui lam natna pawh a lo tlêm sawt dâwn a ni.

Laboratory-a endiknaah te, hriat thán hrim hrim tawhna aţangte pawhin, hah chung leh rilru engto nei râna chaw kan ei hian pumpuiin chaw paiţawihna hna a thawh kha a chawl thîn tih hriat fiah a ni tawh a ni. Chuvangin, ni tin hna leh sumdâwnna thute emaw, rilru tihah thei thil dang rêng rêngte pawh chaw eina hmunah sawi loh a tha. Chaw ei paha lehkha chhiar leh zirte pawh hi pumpuiin a hua a ni. Chaw ei dân tha ber mai chu rilru hlim tak leh engto nei huah lova ei hi a ni. Tin, chaw ei siam dân hmang hian a zir thei hlê bawk a, ei siam dân a tuihnai chuan chaw lâkte hi a nuam bik a ni. Chaw ei pawh a titui nge nge a, tin, pumpui lam pawhin hna a thawh that theih phah bawk. Rilru put dân leh ngaihtuah dânin a zir loh thung erawh chuan pumpuiin chaw a lo pai dân pawh a dang daih thei mai a ni. “Khawsak dân thianghlim leh rilru thianghlim hi a inkawp a ni”, tih a ni rêng a; rilru leh thlarau lam chen pawhin taksa thianghlim chu an lo thatphah a ni tih hi phat rual a ni love.

Chaw Pai Tawihna Khâwl

Kan taksa hi thil chi hrang tamtak phuah khâwm a ni a, ruh te, vun te leh hriatna tha zâmte hi thil chi hrang thiau an ni. Kan mut pawhin, kan harh pawhin kan taksa bung thenkhat hi chu a che reng a; tin, a ral zêl bawk a ni. Chutia ral zêl chu thawmphui leh zêlna tûr kan mamawh ta a, chu thil kan mamawh chu chaw eiah hian a awm a ni. Kan thil ei atang hian kan taksa hian chakna a lo dawng a, tichuan kan lûngte a lo phu thei a, kan kut leh kête a che thei a; tin, taksa bung hrang hrang dangte pawhin anmahni hna theuh an lo thawk thei ta bawk a ni. Tichuan, kan chaw ei hian hna pawimawh tak tak pahnih a thawk a. A hmasain taksa hi a tilumin a tichak a, tin, a dawt lehah chuan taksa ral a tiphuisui a, a than zêlna tûra mamawhte a pe nghâl bawk a.

Chaw chu paiṭawih ngei tûr a ni:

Tisa tihlum nân leh chak nân leh taksa siam nâna hman theih anih hmain kan chaw ei hi kan pai tawih hmasak a ṭul a ni. Paiṭawih tih hi tisa tilum thei tûr leh tichak thei tûr te, tisa ral luah phui leh tûr te, taksa ṭiṭhang puitling thei tûr tea tak-

sain a chhawr theih tûra kan ei leh in zawng zawng, kawchhûnga a insiam dân hi a ni. Chutia taksain a siam peih hma chuan tisa tân hman theih a la ni lo.

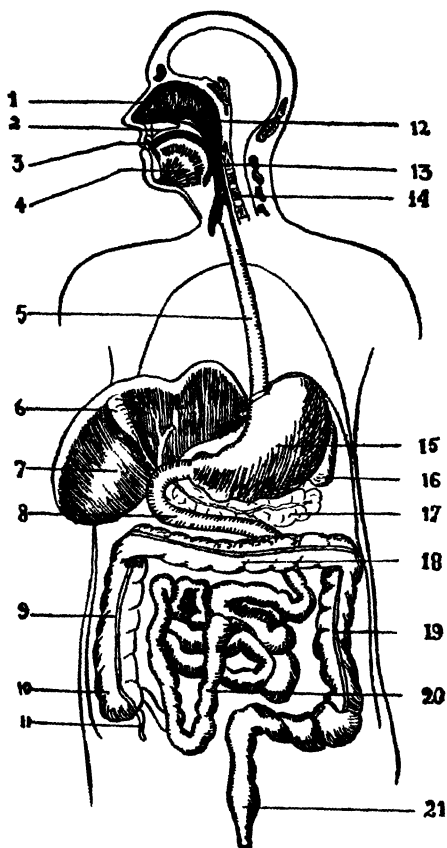
Chaw kawng:

Kan taksaa chaw paitawih hna thawkhu chu chaw kawng hi a ni. Kawrawng sei tak a ni a, ka aţangin rilpui tawp thlengin a ni. A laili lai chu a inkual a, a seilam chu puitling taksaah chuan ft. 30 vêl lai a ni. Thil tlawn khat mah ni se. hming hran hran a nei a, kâ, hrawkhrui, pumpui, rilfâng leh rilpui te an ni.

Chaw hi a hmasa berin kâah a lût phawt a, tha taka thialsawm a ngai a ni. Chutia thial lai chuan chil nêa a inpawlh a, chil chu taksa pêng tuak thum "glands" an tih aţang chuan a lo chhuak zêl a ni, chu chu chil bâwm (salivary gland) an vuah. Milemah hian chil bâwm awmna lai chu a hriat theih. Chaw leh chil inpawlh chu chaw paitawih that theihna anih avangin chaw hi dawlh zung zung tûr a ni lo ve, kâ a pelh hmaa chil nêa a inpawlh that theihna tûrin kan thial ngunin kan hmuam rei tâwk tûr a ni. Tin, chaw kan han lem hian hrawkhrâwlah a chhuk a, pumpuiaah a lût thla thin a ni.

Pumpui:

Pumpui hi hrawkhrui tâwp hnuaillama awm, ipte hampuar ang deuh tak a ni a, a hmêl lan dân leh awmna lai chu (phêk 15-naa) milemah hian a hriat thei ang. Puitling pumpui hian pava 5 aţanga pava 6 vêl a dawng a; a chhûng lam thuahna chu ka chhûng thuahna ang deuh hi a ni. Enin emaw kuta han khawih emaw chuan velvet puan ang deuh hi a ni a, hmul sîn, nêl thep ang deuhva lo kawh chhuak siau hi a awm a, chu chuan chaw pai tawih tirtu tui thûr a rawn tichhuak thin a ni. Chil ang bawkin he tui thûr hian chaw a pai tawihtir a, taksain a hman tûrin chaw chu a lo buatsaih thin a ni.



CHAW KALNA KAWNG (THE ALIMENTARY CANAL)

1. Hnar kua. 2. Dang chung. 3. Ka chhûng. 4. Lei. 5. Hrawkhrâwl.
 6. Mit. 7. Thin. 8. Pumpui hnûn. 9. Rilpui chho. 10. Ril mawngping.
 11. Rilphîr. 12. Hnarkawchhûng. 13. Aw-kawng (oral pharynx)
 14. Laryngeal pharynx. 15. Pumpui. 16. La. 17. Pancreas. 18. Rilpui
 khamphei (Transverse colon) 19. Rilpui chhuk. 20. Ril te (Small
 intestine) 21. Mawngkua.

Pumpui chhûng lam thuahnain tui a siam lai chu hmuh theih ni sela, thlan sat laia vun nen hian a in ang viau ang. Vun ațanga thlan lo chhuak ang tak hian pumpui tui chu pumpui thuahna ațangin a lo chhuak thin a ni.

Pumpuiina hna a thawh that theihna tûr chuan a chhûnga chaw lo lûtte rêng rêng chu hmin taka chhum leh thialsawm an ni ngei tûr a ni.

Zû hian pumpui chhûng lam chu a hlîam thin a; thingpui leh meizûk hian a tichau baw. Thinghmarcha te, sawhthingte, hmarcha te leh pânkhawrte pawh hian pumpui thuahna a hlîam thin. Ka chhûngah hian thinghmarcha emaw, sawhthing emaw, hmarcha emaw han daha thak kan tih hi a kâng a ni a. Mahse, chuti vak chuan kan pawisa lo. Ka hian thilthak hi a tawn zin chuan a lo ngawng thei thin, thirdêng meisa tawng thangin sa tak pawh na hre lova a keng reng thei ang hi a ni. Tin, thil thak hi kâah hian rei a awm ngai lo baw rêng rêng a. Hetiang thil thak hi ka aiin pumpuiin a haw zawk a, mahse pumpui chuan kâ angin a theh thang bo ve mai thei si lo. Tichuan, pumpuia a awm chhûng zawng chuan, a rei emaw, a reilo emaw a kâng ta ngat ngat mai thin a ni. Hêng thil thakte hian taksa tâna thatna an nei hauh lo va, an tichhe zâwk a ni a, chuwangin ei tûr a ni lo.

Rîlfâng:

Chaw chu a chhum dân leh a thial dân leh amah chaw awm dânin a rêlin dârkâr chanve ațanga dârkâr tam tak thle-
ngin pumpui chhûngah a awm thin. Tin, chuta tâng chuan rîlfângah a tam zâwk chu a tla thla thin a ni. Rîlfâng hi thil kawrawng ft. 20 laia sei a ni a, pum chhûngah a inkual a ni..

Tin, dâwt tê tak tê, thin leh mît bawm ațanga rîlfânga lût a awm baw a, mît tui hi chumiah chuan luangin rîlfângah a lût a ni. Chu mît tui chu, chaw min pai tawihîrtu a ni a. Pumpui chung a 'pancreas' ațanga chhuak dâwt tê tak tê a awm baw a, chu pawh chu rîlfâng bul lamah a lût baw a, chu pawh chu chaw pai tawihîrtu pawimawh tak a ni ve.

Chaw pai tawih hnu a insemral dân:

Chaw pai tawih zawh tawh chu tuiril a lo chang tawh a, chu chu thisen dâwt pumpui banga mite leh rîlfânga thisen dâwt te hian an lo la thîn a ni. Tuiah chithlum chawk ral ila, chu tui chu puan chhah tak tak inthuah t̃euhvah pawh han leih ila a kal tlang thîn ang deuh hi a ni. Tin, chutia chaw paitawih hnu taksaa insem ral chu thinah a lut a, taksa pum puin an lo hman t̃euh theih tûrin thin chuan a lo siam tha leh thîn a ni. Taksain "protein" a hman ral chu "amino acid" ah a chang a, tisa ral chhe zo mai tûr siamthar that leh nân an kal darh leh a, naupang leh tleirâwl thanglâite tân chuan tih-râwl leh taksa dangte siamtu ber a ni. Taksain a mamawh dan ang zelin thau chu glucose-ah a chang a, glucose chu thauah a chang lêt leh thîn a ni.

Bawlhawh paihchhuahna:

Rîlfânga kan thil paiin a mawng lam a thlen thlak a, rilpuia lût tûra a han inpeih meuh hi chaun taksa tâna tha tûr zawng zawng chu thisenah a lo kal ral zo tawh a. Rîlpuia lût tûr la awm chhunte taksain a paitawih theih loh thilte a ni tawh thîn. Chu thil chu a lo tawih a, rîlpuiah a lût thla a, thil rim-chhe takah a lo chang ta thîn a ni. Heng bawlhhlawh paih-chhuak tûr hian nitinin dailen ziah a tul a ni. Tin, he thil hian rilpui tawplam (colin) a lo thlen chuan tui ril nên a la inpawlh rih a. Rilfang khan taksa tana hmantlâk leh tha tûr zawng zawng chu a dâwt fai zo tawha. Chuvangin rîlfâng lam a tang chuan paihchhuah tûra peih diam a ni tawh. Colon chuan a tui ril la awm chu a lo dâwt kang leh zual a. A tawpah chuan thil sakhal deuhvah a lo chang ta a, chu chu a lo kal chhuk zêl a, dailênnaah a rawn inpaih chhuak ta thîn a ni.

Rectum chu dailen chhuah hmaa taksa bawlhhlawh paih tûr lo awmkhâwmna a ni a. Mi thenkhat tuisik in tîem deuh te

leh chaw hmui lam deuh ei thinte tân chuan rîlpuiah chuan dailên tîtha tûr khawp tui a awm tâwk duh lo viau mai a. Dailên hun a lo khawtlai chuan êk a ro duh in a lo khal a, dailên that theih lohna a lo awm duh bik thîn a ni. Chuva-ngin, nitina tuisik in t̄euh t̄euh tûr a ni.

Kan taksa hi kan chaw chi hrang eite inbelhkhâwm a ni a. Taksa fai leh hrisêl kan neih theihna tûr chuan chaw fai leh thianghlim chauh kan ei tûr a ni. Buhfai emaw, chhangphut emaw kan eite hi tisaah leh ruhah te, hriatna thazâmah te a chang thei mai chu a mak hlê mai; mahse a chang zel miau si a ni. Hetiangte han ngaihtuah chian hian mihring taksa hi vana Pathian, finna tinrêng leh thiltihtheihna zawng zawng neitu siam chu a ni tih hi a lang fiah thîn a ni. Kan taksa siamthatna tûra t̄ul engkim, lumna leh chaknate chena min p̄ek z̄el dân kawng fel tak mai te hi lo awm p̄alh ringawt chu han ni zia-zâng a ni lo va, mihring finnaa siam chhuah ziazâng lah a ni bawh hek lo.

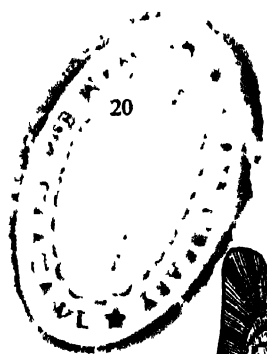
Hâ Hrisêlna

Hâ hi nausên thla ruk emaw, thla sarih emaw an nihin a lo ʔo ʔan a, kum hnih leh a chanvêah chuan ha hlam zawng zawng sawmhni h vel a nei tûr a ni. Kum 6 an tlin vele h ha ʔha a lo ʔo ʔan ʔhin.

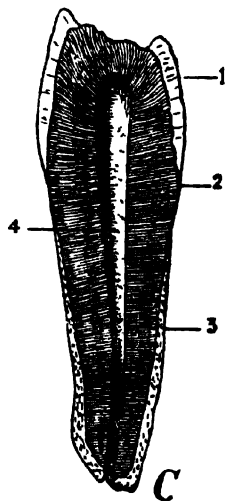
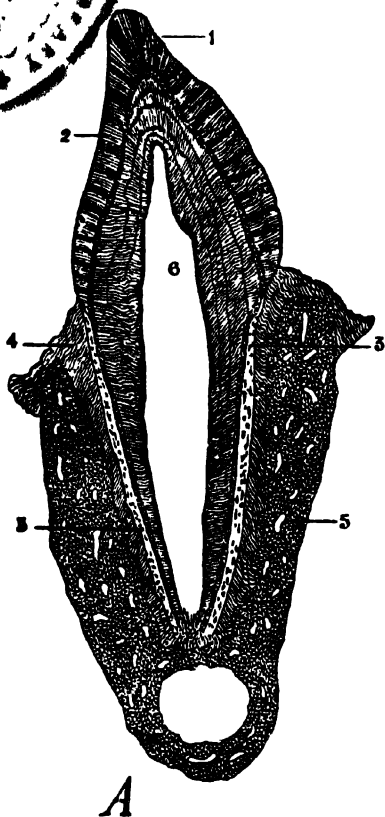
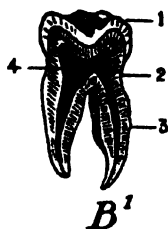
Naupang tê te hâ chu enkawl nguna tihfai fo tûr a ni. Ha tharin a rawn thlâk hun thlengin ha hlam hian a dai h tûr a ni.

Bung 20-na lamah hian ha hlam mawih hun leh tlâk hun entîrna a awm a. Chuta ʔang chuan kum 6 mi an nihin a bal ʔan a, kum 11 an nih thleng lai a awh ʔhin tih a lang ang. Naupang chu kum 6 emaw, kum 7 emaw a nihin a ha hlam chu a bal a, ha hmai nghet tûr chu a lo ʔo ʔan ʔhin a. Tin, chutih hun lâi vêk chuan hapui nghet tûr pawh a lo ʔo ʔan ʔhin a ni.

Nu leh pa tam takin hei hi an hriat loh avangin hapui lo ʔo hmasate hi ha hlam emaw an ti a, lo ngêt mahse an ngai-hthah a, a lo ʔo ʔar leh mai dâwn emaw an ti ʔhin. A ngêt kawrawng emaw chu hnawh phui a nih loh chuan a bal ang a, hâ chu hloh hlen a ni mai ang. Tin, ha dangte awmdân khân a lo dik loh phah ang a, dam chhûngin chaw an ʔhial ʔat theih loh phah mai ang.



HRISELNA LEH DAMREINA



HÂ INRUAHMAN DÂN ENTÎRNA

Hâhni bul lama hnai lo awm bi hâ natna leh hâ chhiatna lo awm
tanna a ni fo thin

Ha hnathawh chu chaw thial sawm a ni a, chu chu thial chip dep a, chil nêh chawhpawlha paiṭawih tûra buatsaih tihna a ni. Tin, hâ hi ṭawng theihna pawh a ni bawk a; hâte hi an bal chuan thu thenkhat chu a lam fiah theih hauh loh a ni. Hâ hmanna chu a pawimawh êm êm mai a, a chhiat leh a ṭhat hian taksa hrisêlna kawngro a su nasa takzet a ni.

Hâ ngêṭ:

Hâ ngêṭ ṭhin hi inthlahchhâwn a ni thei a, enkawl ṭhat loh vang a ni thei bawk. Pianpui chu engtia tih ngaihna mah a awm chuang lova, enkawl ṭhat kawngah erawh chuan tih thei kan ngah êm êm a ni.

Hâin chithlum a huata a chhiat phah duhzia hi chu Chiang taka hriat a ni a. Sazu hmanga endiknaah pawh chithlumin hâ a tichhia tih chu hriatfiah a ni tawh. Chhinna pakhatat chuan sazu note ha chu a lo to chhuah hmain a chhe hman tawh reng a ni. Chu chhianaah chuan a sen chu hnute tuithlum pangngai ngheitirin rialchini pêk an ni a.

Naupang hi an hâ a ngêṭ duh êm êm mai a, chithlum mum leh ei tûr in tûr thlum lam rêng rêng hi an duh bera te an ni bawk si. Bawnghnute chen hian thlum sak an ni mawlh mai a. Hetiang hi pumpui tân a ṭhat loh bâkah hâin a haw êm êm mai. Thelret thial pawh hi a ṭha lo, chithlumin an hâ an ti huh rêng ang mai a ni.

Hâ enkawl dân

Miin a hâ vawnṭhat a duh chuan chaw ei kham apiangin a nawt fai ziah tûr a ni. Hâ pangah leh hâ kârahte rêng rêng chaw them a tăng reng tûr a ni lo.

Ram thenkhata an chin dân chu thingtang hmawr an seh pawr a, chu chuan an nawt ṭhin a, thil chin tlak loh tak a ni. Chutiang pawr chuan hâ kâr a hawlh thei lova, hâ tan zâwnga nawhin chaw them chu ha kârah an nawr lût zâwk a. Chulovah



Hahni puam hi natna tam tak a ni a, natna hlahawm tamktakte zinga a eng ber emaw miin a vei tih rawn entîr lâwktu a ni.

pawh ha thîr (enamel) an nâwt pan zêl a, an nawh ral phei chuan hâ a lo ngêl mai thîn. Tin, ha bula a chelh nghettu chu a hêk a, thenkhat phei chuan an nâwt ral thîn.

Thenkhat chuan an kut zungtangin an nâwt a. Hei pawh hi chin dân tha lo tak tho a ni, hahni a tawm duh a, ha bul lang khawp khawp tein thenkhat chuan an nâwt filh thîn. Chaw them nawh fai a hnêkin ha kârah an nawr bet mai mai a ni bawk. Hâ tihfai dân tha chu kawng khat chauh a awm a, chu chu ha nawhnain chaw eikham apianga nawhfai tûr a ni. Ha nawhna chuan ha kêr a fai theih nân a chhuk chho zâwnge nawh tûr a ni. Tin, hahni nâwt tel lo ziaa nawh tûr a ni. Ha hlo hian kêr a tifaiin a titui bawk a.

Miin a hanawhna awm lohna hmuna chaw a ei chuan tuia kam thuah ngawt emaw, carrot thial emaw a tha viau vang.

Kuva thial chin hi hâ atân a hlahawm avangin sawi tel ve kher a ngai a. Chaw thial chip nân ringawt pawh hian ha hi a rim hîe a ni a. Ni tin vawithum kan thial a, kum veiin kan thial a, kumkhuain kan thial ta reng mai a ni a. Kan thial zawng zawng hi chu belhkhâwm îla kahpathîr thaber pawhin a tuar hauh lovang. Heti khawpa ha a rim tawh hnua khuva sak ber bur han thial leh zêk mai hi chu hâ a rim lutuk a, ha thîr a khawt ta thîn a ni. Chutah ha tak chu a lo chhe zui a, hahni sehchinah te a bung ta thîn a. Chumi bâkah kuhva

khawra a t^u chu taksain a lo dawng a, a dang ch^hak leh zêlna a tichhuak a, an lo zawng chhang t^hin. Thil zawngchhang zui chi rêng rêng hi chu ch^hin loh t^huai a t^ha mai. A mawi lovin a tuihnai lo rêng rêng a, puipunna leh vantl^hang hmuna chil ch^hak a ngai fo mai rêng rêng pawh hi a t^hat lohna pakhat chu a ni bawk.

Ha ngê^t hi engnge a chhan hrechhuak t^urin nasa taka beihna a awm tawh a. A chhan pawimawh tak tak lo lang chhuak chu hêngte hi an ni:

(1) H^ha pian^ha lo (2) Hrik a awm vang (3) Chithlum a awm vang. Pakhatna chungch^hangah hi chuan mi t^henkhat chu an ha ngai^ht^huah lo lêka an duh api^hang ei thei zêl mai, an h^ha chhe chuang si lo te an awm. An ha pian a t^ha a ni ber e. Pahnihna a hrik kan tih mai hi h^ha tichhetu an ni ve a. Mahse, eng ang chauh nge an nih hriatfiah theih a la ni rih lo va, chuvangin sawi tam t^u a awm rih lo. Pathumna hi a pawimawh ber mai. Sazu ha chhi^hat dân kan sawi tawh kha, an h^ha t^ho hmaa chithlum pêk v^hang a ni a. Mihring z^hingah pawh naupang chithlum ei nas^ha chu an h^ha a muat duh b^hik a ni. Puitling zawng ha a muat lo deuh ve.

Ha d^haktawr (Dentist)-in, theih a nih chuan, kumtin vawikhat tal h^ha chu endik t^hin sela a t^ha. Chuti a nih loh vêk leh mahni inenkawl ngun a, ha t^ha lo a lo lan t^han vele^h Detnist chu pan vat mai t^u a ni. A na lai vêl chu tihfai a, a ngê^t chu hnawh vat a t^hul êm êm a ni. A ngê^t chu ngai^hthah chuan a lo kawrawng zau zêl ang a, tih t^hat thei loh khawpin a lo awm mai ang.

Thâwkna

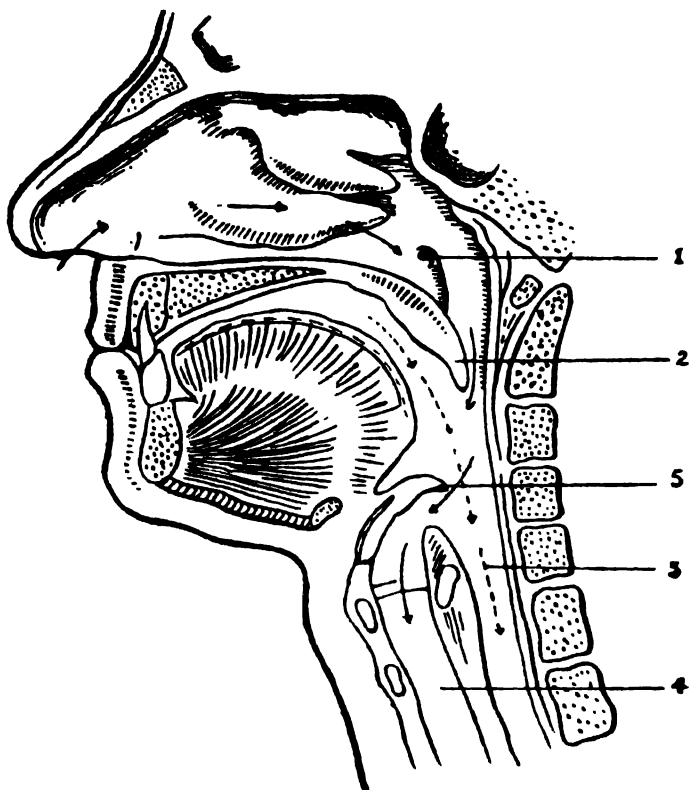
Mihring hi chaw lovin hapta tam tak leh tui lovin ni tam tak nun theih mah se boruak tel lo chuan mit khap kâr tlêmtê pawh a nun theih loh, tui tlak leh boruak awm lohna hmuna inup te hian a hriat mai thin.

Hei hian nunna atân boruak thianghlim a pawimawhzia a lan-tîr a ni.

Boruaka oxygen awm hi dawng tûrin kan chuapah boruak chu kan hîp lût a (oxygen chu boruak, hmuh theih si loh a ni) Oxygen chu thisenah a kal a, tichuan kan taksa bung hrang zawng zawng hi a fan chhuak thin. Nunna atân leh kan taksa hian lumna leh chakna a neih theih nân Oxygen hi kan taksain boruak pakhat a mamawh chu a ni. Kan boruak hîp hian Oxygen a ngah êm êm a, mahse kan thâwk chhuah hi chuan a nei tlem hlê a, chuvangin hîp luh nawn tûr a ni lo.

Chuapa zuk awm zet a, hnara lo chhuak leh boruak hi, kan boruak hîp luh nêh a in ang lo. Boruak thianghlim chu za zêla Oxygen 21 a ni a, Carbon dioxide erawh chu a hming lekin a tel ve a ni. Chuap a chhuahsan leh hnu hian Oxygen chu a lo kiam ta a, za zêla 16 vel chuah a lo ni ta a, Carbon dioxide erawh chu a lo pung ve thung a, a lêt za hial pawhin

a ni thei. Pindan kawngkhar leh tukverhte khar phui tlatnaah chuan a boruak thăwk chhuah hnu kha vaw tam tak híp lút nawn sekin, mihring chuan rei lo têah Oxygen chu a hmang zo thuai thei a. Hei hian dân narânin, boruak tsâkchhamna avângin luhaina a awmtir thîn. Meihaw! emaw, thing emaw,



HNAR LEH HRAWK

Chhun han thliah thliah thalte hi chaw kawng entirna a ni. Rina thalte hi boruak kawng entirna:

1. Bengkua, hrawka boruak kawng zawmtu 2. Lei bul zuih 3. Chaw kawng 4. Thăwkna hrawk 5. Hrawk boruak kawng chhîntu.

hriak lam emaw hmanga pindan khar phui tlat chhûnga mei chhêm hian oxygen chu a kangral bawk thin a, chu chu boruak tha tlachhama thihna chhan a ni fo. Mi tam takin hetiang hian nun an hloh tawh, zan muthilh hlanin a ni duh lehzuai. Pindan tinah hian tukverh pakhat emaw, a aia tam emaw a awm ngei tûr a ni. Chung tukverhte chu, pindanin ni eng leh boruak thianghlim tam tâwk a hmuh theih nân a lian tâwk tûr a ni. Silhfênte leh tukverh puanzarte hi êng leh boruak luhna dâl tûr chiin tukverhah zâr tûr a ni lo.

Thawkna Khâw

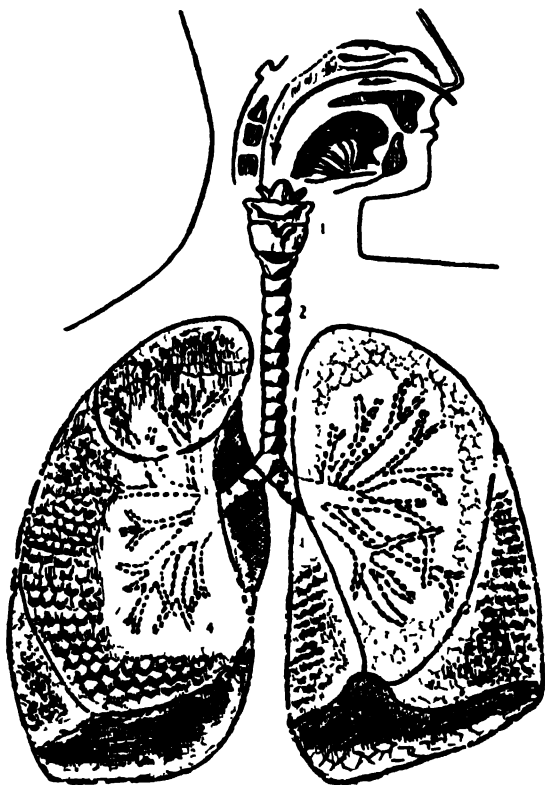
Boruak kan hîp luh hi hnar kuaah a lut phawt a; tin, hrawkah a lût a, hrawkhrâwlah a lût zêl a, chuta tângin hrawkhrawl zawmtu dâwtah a lut zel a ni. Hrawkhrâwl chu awr han khawiha sak deuh hi a ni a. Tin, a hnuai lam tâwpnaah pahnihin a inthen phawk a, pêng khat chuan chuap dinglem pêng khatin chuap vei lam. Chuap chu boruak fun thei ip te tak tê tê awm khâwm a ni a. Kan thâwk hian hêng boruak pai thei iptê hi kan tikhatin kan tiruak thin a ni.

Thâwk dân

Minit khatah hian wavi sâwm paruk emaw, wavi sâwm-pariat emaw kan thaw thin. Thâwk wawikhat lak chhûng hian lung chu wavi li a phu hman zêl a. Insawizawi leh khawsik hian thâwk zât a ti tam thin.

Hnim emaw, ran emaw nunna nei tawh phawt chu an thaw vek a ni. Mihring siam tantirh dan Bible in Genesis 2-a a sawi danah chuan, "Lalpa Pathianin leia vaivutin mihring a siam a, tin, hnarah chuan nunna thaw chu a thaw lût a, ti-chuan mihring chu mi nung a lo ni ta a" a ti a. Tin, Bible hian, "Pathianin nunna leh thâwk nate thil zawng zawng hnênah a pe a, tin, mihring zawng zawng nunna pawh hi a kutah a awm," a ti a.

Pathian Engkimtitheia chuan kan thâwkna hi a enkawl ngei tih chu kan muthilh hlân pawha kan chuapin boruak thar a hîp lût a, a t̃ha lo a paihchhuak zêl hian a lanchianîr hîe mai. Chutiang ni lovin, kan thawk hian kair̃ hriat zêl ngai ni ta sela, kan muthilh hlân chuan engmah kan hriat loh



THAWKNA KHAWLTE

1 Hrawkhrâwlin ka a rawn zawmna 2. Hrawkhrâwl fualthia lam emaw, thli dâwt 3. Chuapa boruak luhna kâkpui 4. Chuap.

avangin kan thi nghal mai ang. Kan lungphu leh thăwk hi kan duhthua kan tichawp a ni lo, anmahnia thawk ve hrim hrim an ni, hriatna tha zâm bulpui khawilai emaw hian a awp a ni. Kan thaw leh lungphû hi kan tichawp a ni lo tih pawng-pui ngawt chu a dik chiah bik lo, chu chu bung tawp lamah kan la hmu ang. Thăwk hi tēm chuan thunun deuh hlek theih zawng a ni e.

Thăwkna leh lungphu lo inṭan dân hi hriatchhuah phăk a ni rih lo. A inṭantirh dân te, a inenkawl dân leh hman dân te ngun taka han chhui han chhui hian, thil dang, mihring aia ropui leh thiltitheih, mihring aia chung a awm ngei a, chu chuan kan thăwkna khăwl nunna petu hi a siamin a enkawl a ni tih loh chu, thil dang han puh tûr a awm lo. Chu chu Pathian a ni, thiltihtheihna leh a khawngaihna in kan nunnate hi a enkawlin a vêng a ni. Chutiang Pathian, khawngaihnaa kan nunna min venhim saktu chuan rinawm taka kan zah a va phu em



1. Thut dân dik

2. Thut dân dik lo



3. Din dan dik lo. 4. Din dan dik.

THÂWKNA KHÂWLTE

- 1 Hrawkhrâwlin kê a rawn zawmna.
2. Hrawkhrâwl fualthla lam emaw, thli dâwt
3. Chuapa boruak luhna kêkpui.
4. Chuap

Thut dân leh dân dân ủa:

Kan thut leh kan dân in kan taksa ngil taka a awm a pawimawh a nì; Chutia a awm chuan, thâwk luh zawng apia-ngin, chuap tân inhampuarna hmun a awm thei ang a, kan

taksain boruak thar tha a dawn tam phah ang. Kun taka thut leh dinte hi a mawi lo chang ni lovin, chuap inhampuar nân hmun a zau tâwk thei lo va, taksain boruak thar tha a dawng tam tâwk lo va, kan lo chak lo thin a, hritlâng leh ngawrna (T. B.) pawh kai a lo awlsam thin a ni.

Inchhûnga hnathawk mite, thu chung a thawk mite lek phei chu, ni tin vawi tam tak ngil taka din a, thawk lak vak fo a tul a ni. Chuapah boruak thar tha zuk thun khah a, boruak chhia umbo vek a pawimawh avangin. (Thut dân leh din dân dik entîrna hi en teh.)

Carbon dioxide chu chuapin a paih chhuah poruak hming a ni. Meihawl kângin a siam ang bawkin kan taksaa chaw kângin a siam a ni. He boruak hi hmuh theih loh leh rim nei lo a ni a, boruak thâwkchhuah hian rim a nei miah lo tihna crawh chu a ni love. Hei hi mi thâwah chuan taksa atângin bawlhhlawh dang a lo tel vang leh, ha ngêl leh ha -hnibeh tam leh tonsil na leh pân hnai khawimaw laia awmte vanga rim chhia a ni.

Thawk Dân Dik Lo

Hnar hi boruak luhna tûra siam a ni. Hnar hi hmul tam taka thuan a ni a, chûng hmulte chuan kan boruak híp luh zinga vaivut te leh natna hrik emaw te chu a lo dang thin. Tin, boruak kha hnar chhûnga a awm lai chuan, hnar chuan a lo tihnâwng a. Kâa híp luh hi chuan boruak chuan hrawk a thlen hmian tih lum a tâwk ve lova, tihhnâwn pawh a ni lo va; chuwang chuan khâk a ti tam a, hritlâng te, khuh te a hring thin. Naupang kaa thaw thin an awm chuan daktawr hnenah hrui thui tûr a ni. Daktawr chuan a hnarkua leh a hrawkte a lo en ang a, a tha lo lai a paih thui ang. (He natna lo awm chhan leh vên dân leh enkawl dân chu bung 29-ah sawifiah a ni)

Zû leh mei zukin thawkna khâwl a tichhia

Mei zuk hian thawkna khâwl hmun tinrêng a tichhia a ni. Hnar kawchhông vun nê̄m te, hrawkhruì te, hrawkhrâwl te leh chuap te a tivông a, khuh a tichhuak thìn a ni. Chuap chhung lam phei chu a tichhe nasa thei hî̄ mai a, chuvang chuan chuap ngâwt (kansar) leh natna dangte pawh kai a ti awl bik a ni.

Zû rêng rêng hian taksa a tichhe thìn. Miin zû a in chuan, a in hnu lawkah a thawah a rim a hriat nghâl theih. Hei hî̄ zû chu thisena a luh veleh, thisen chuan chuapah a rawn kal-pui a, chung chuan tûr chu a rang thei ang bera paih bo a tum vâng a ni. Zu in hian chuap natna mi a kai awltir bik tih hî̄ Chiang taka hriat fiah a ni tawh.

Kaihtawina

1. I in, a chhûn a zânin boruak lût tha thei tâwkin siam rawh.
2. Chhûn laiin boruak tha dawng tûrin a theih anga rei pânah vâk chhuak la, zâna i mut dâwnin mutna pindan tukverh chu boruak tha luh tam tâwk nân hawng ang che.
3. I thawk luh apiangin i chuap boruakin tikhat la, chu mi ti tûr chuan ngî̄l takin thuin ding bawk ang che.
4. Vaivut khu dawn loh hram tum rawh.
5. Eng kawng mahin vaihlo zûk emaw, hmuam emaw chîng suh.
6. Zû rêng rêng in suh.
7. Hnârin thaw rawh.
8. Kawnghrên tâwt takin hrêng suh.
9. Nî tin thawk lak vak vak fo chîng rawh.
10. Inlukhûpin mu suh.

Thisen leh Thisen Kawng

Thisen far khat lek pawh hi enlennaa han en chuan, thil mum sen te tak tê tê hlir a ni a. Chu chu 'thisen sen mûr' an vuah a. Tin, chu mi bâkah chuan, he thisen far khat lek zingah hian thil mum vâh a awm teuh bawh a, chung chu thisenah hian an luang vel a, luia nghate mum tam tak luang tel vêl hi an ang viau mai.

Chuapin boruak (oxygen) a lâk luh kha thisen chuan tak-saah hian a kalpui a, pumpui leh rilin a lo paitawih hnu chaw pawh chu a luan pui bawh a. Chumi bâkah chuan taksa bung hrang tin ahang hian taksa tâna thil tha lote leh carbon dioxide te chu a rawn la khawm a, chuapah te, vunah te, kalah te a rawn thlen kîr a; tin, kan thâwk chhuahnaah te, kan thlanah te, kan zunah te paihchhuah a lo ni leh thin a.

Thisen chu a kawngah te hian, lungin rawn sawr chhuak rengin englai pawhin a luntir reng a. Lung chu a neitu kut tum tia vel, a chhûng kawrawng deuh a ni a. Kahchik anga thil kâpchhuâk thei chak tak, taksa pêng hrang zawng zawnga thisen kap chhuak rengtu chu a ni.

Mi puitling lung chu minit khatah wawi sawmsarih vêl a phu a. Insawizawina hian a tiphu rang leh zual thei a. Khaw-

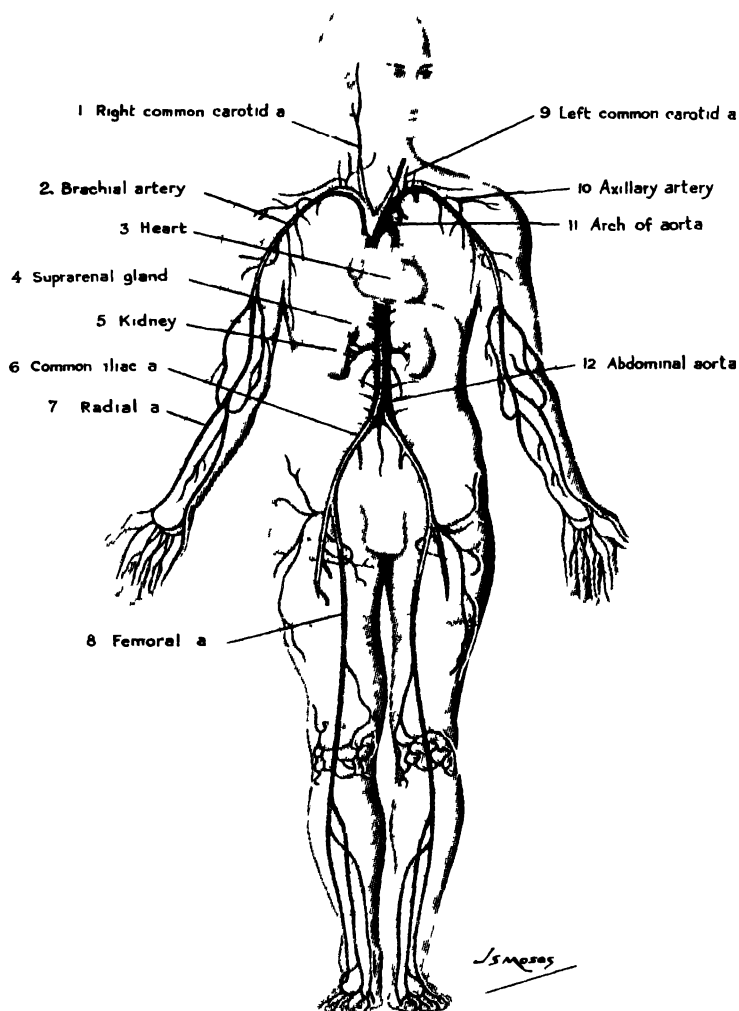


PLATE IX

THISEN KALLAM KALKAWNG

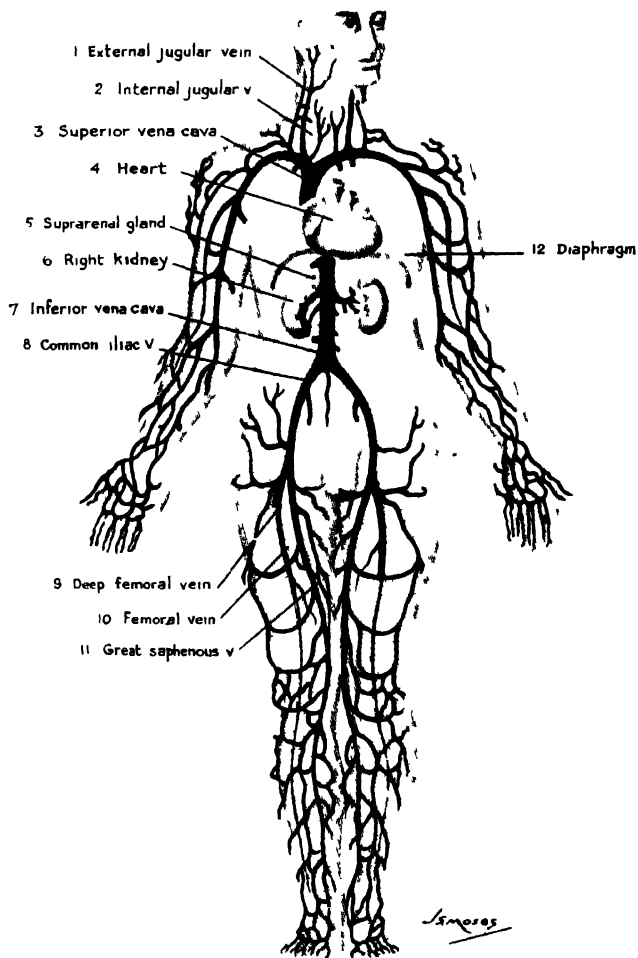


PLATE X

THISEN HAWLAM KALKAWNG

sik pawh hian nasa takin minit khatah a phû̄t rantir th̄in a ni.

Lung hian thisen chu chuapah hian a han kâp lû̄t phawt a, chutah chuan oxygen thar a han dawng a, a carbon dioxide kha a hnutchhiah thung a. Thisen thianghlim chu a kir leh a, chuta tang chuan taksa pêng tin rêngah kah chhuah a ni leh a. Lunga a lo kir leh hunah chuan carbon dioxide a rawn phur t̄euh va, chu chu chuapa thawn leh tû̄r a ni a. Chu chu thisen kal kual vêl dân leh nunna kal zêl dân a ni.

Taksa pêng eng pawh hi a thisen kal tihchah sak chuan a thi mai th̄in a, chuvangin taksa pêng tin nunna chu thiesn hi a ni tih a Chiang Hlê. Kum sang tam tak kal taah khan Siamtu chuan, "Tisa zawng zawng nunna chu thisenah hian a awm a ni," tih Bible-a a sawi hi a lo dik ngei mai.

Thisen leh lungah hian Pathian thiltihtheihna mak tak mai chu a lang Chiang a ni. Naute lung chu nu chhula a la awm lai a tangin a phu tan a, a pian hnu pawhin, a dam chhung kum sawmsarih, sawmriat, sawmkaw thleng pawhin. Minit tinin vawi sawmsarih vêl a phu ta zêl a. Kan muthilh hlân pawh hian nunna siamtu thisen chu lung chuan taksa pêng tinah hian a kâp chhuak reng a. Mi a chawlhpuî ve mai ngai lo. Lung phu tû̄r leh phu zêl tû̄ra, kan men lai leh muthilh lai pawha nun tungnungtu atana tul em em, thisen luang kual vel zel tura lo remtu hi Siamtu, Pathian ngei chu a ni.

Thisen pawimawhna hi nunna a tunnun reng chauh avang hi ni lovin natna do tû̄r leh taksa chhe lai siam tha leh tû̄ra thiltihtheihna mak tak a neih pawh hi a ni. Taksa khawilai pawh lo hliam sela, chu hliam tidamtu chu thisen hi a ni. Natna hrik kan taksa an lo luh pawhin, thisen vâ̄r mû̄rte khan, sipai huai tak angin humhim nan an lo do va, an lo man a, an lo that th̄in a. Amaherawhchu zû̄ in vang emaw, mei zû̄k vang emaw leh thil tha lo dang ei leh in avangtea thisen vâ̄r mû̄rte chu tih chauva an lo awm hian, do tû̄rin an chak tâwk th̄in lo va; natna hrik emaw, tû̄r emaw pawh do rual lohva chakin a lo lû̄t thei baw̄k a ni.

Thisen hi nunna leh tidamtu anih kawp avangin, thisen tha neih hi a pawimawh êm êm a ni. Thisen chu kan chaw ei leh tui inin a siam a ni deuh ber a. Chuvangin tuisik thianghlim tam tâwk tak ni tin kan in tûr a ni. Kan chaw ei hi a tam tâwkin, taksa ngeih zâwng tak a ni tûr a ni. Anih loh chuan thisen mûrte chu an tamchhâwl ang a, taksa pêng tin hian an tuar phah mai ang.

Thisena thil sak tak, cholesterol an tih kan chaw ei-a zira lo awm a ni a, thisen tha kawng tih-sak theihna a neih avangin he zirlai atân hian a pawimawh êm êm a ni. Thisen kal that theih lohna, tarna chhan ber pakhat hi lung natna (arterio-sclerosis) vang a ni fo va. He thisen kawng tihchhiatna leh chaw atanga cholesterol lo awm thin hi a inzawm tlat avangin, min titartu hi, fîng taka chaw tha ei dân dik zawmna avang chuan chelh din theih pawh a ni. 4

Thisen dâwt panga cholesterol lo pung ta hi, chawa thau thalo (saturated fats) kan ei tel avang hian a ni deuh ber a. Chutiang thil lo awm chuan, thisen tlêmtê chauh a luan hram hram theih thlengin zawi zawiin thisen tha kawng chu a tiping thin. Thisen kawng then khat chu he hawrawb 'o' tia lai hi emaw, a ai maha lian emaw ni si, mahse hriau hmawr zum pawh leng tawh mang si lote pawh kan hmu tawh a. Chutiang thisen tha dâwt chuan, chuti taka thawk rim lung hi engtinng a châwm zawh ang? Chutiang natna vei tân chuan âwm tâwt tlâta hriat te leh hnathawh chawhhsan tula hriat tlat mai te hi chu a mak em ni? Chutiang bawk chu kalahte leh thluakhte pawh a lo awm thei a ni. Chutianga thisen dâwt cholesterol-in a tihpin phawt chuan, hêng taksa pêng pawimawh tak taka thisen kal vêl te hi an chawl hmiah mai ang. Lungah hetiang natna hi a awm chuan lung natna kan vuah a, thluakah a nih erawh chuan stroke kan vuah thin

Tunah chutiang thau thalo kan tih mai chu engtiziaa lo awm nge? A chhan ber chu sa atangin a ni;sa, vawk thau, mawkhawn, artui, hawngnhnute dak te an ni, hydrogen nêna chawhpawh nargarine-ah pawh a awm. Thau hriseî (unsatu-

rated fats) erawh chu, thil chi safflower chi aṭanga siamte hi a ni. Badam leh vaimin leh thil chi chi dang aṭanga hriak siamte pawh kan nei a, mahse safflower emaw, Kardi emaw aṭanga siam hi a ṭha ber chu a ni.

Thisen dâwt lo ping tûr venhimna ṭha tak pakhat chu in-sawizawi hi a ni. A inhawn reng theih nân thisen chu chak takin kan luan-tîr tûr a ni. Ni tin chak fêa kea kal hi ṭha tâwk tak a ni. Rang takin che vat vat la, i lung chu thisen kâp chhuak parh parh tûrin ṭanpui rawh.

Taksain Bawlhhlawh a Then Dân

Kalte chu

Ni tin mai hian thil kan ei leh in chu taksaah hian kan thun lût a, chûng thil lûtte chu kan taksa chhûngah hian a lo kang ral a, vâp te pawh nei angah i lo teh ang. Chung vâp te chu thenfai zêl a tûl ta a ni. Taksa hi a bung hrang hrangte nên hian an che reng a; chê chê ta chu a ral nge nge a, tin, a ral khân meiin a vâp a hnutchhiah angin, hnutchhiah a lo awm thin. Chutiang thil chhia paih chhuah chu kal hnathawh a ni. Kalin chu chu lo ti thei lo ta ang sela chuan, chu mi chuan bawlhhlawh chambâng avânga natna (uremic coma) a veiin a thi mai ang.

Kal hi bepui mu ang deuh pahnih a ni a hnung zâng ruh ding lam leh veilamah hian, hnunglam pum bangah hian, nâk-ruh hnung berin a zât ve a zuk chhîn phâk tâwkin an awm a. Thisen chu chuâpa a luan tlang lai chuan, thil bawlhhlawh-tûrte chu, an lo dang a, thisen aţanga kalin tui lakchhuah te nên chuan zunah an chang ta thin a ni. Kal aţang hian dâwt pahnih a chhuak a, chutah chuan zun chu a luang a, zun bâwm, anih erawh chuan nikhaw hre lova awm thutna (stroke) kan phingah a lut a, chuta tang chuan kan zung chhuak leh thin a ni.

Puitling chuan ni khatah ser chanve aṭanga ser khat leh a chanve inkâr a zung ṭhin a. Mi chu a hrisêlna a ṭhat a, a in tûr zât ang tui a in bawk chuan zun chu a eng deuh hlek chauh ang a, tin, tuiṭim ang hial pawhin a ṭim sar fo bawk ang. Zun chu a en nasat hê chuan, tui in a tam tâwk lo tih a entir a ni.

Natna engah pawh hian khawsik a tel phawt chuan kal hna chu nasa takin a lo pung a, chuvangin tui thianghlim tam tak, damlo tân in a pawimawh êm êm a ni. Awlsam taka a in fo theih nân a bul lawka tui chhawp reng hi a ṭha a ni.

Zû hian kal a tichhe nasa hê mai. Thisena thil bawlhhlawh awm, taksa aṭanga paih chhuah hi kal hna pakhat a ni a. Thisen aṭanga thil thalo paih chhuahnaah hian kalte chuan an thawk rim lutukin an inhliam ṭhin a ni.

Vun

Taksa aṭanga thil chhia paih chhuahnaa ṭangkai tak pakhat chu vun a ni. Vun hi taksa pâwnlam khuhtu leh chhûng lama mi vengtu a ni. Kawrchhung thuah nei ang deuh hian vun pawnlâng zâwk leh chhûng -nung zâwk chu a inthuah a. Tui-soin vun a kan durh palh hian, vun pâwn zâwk leh chhûng zawk inkârah tui a tling ṭhin a ni.

Vun chhûngril zâwkah hian thlan siamtu thal, tê tak tê tê a awm ṭeuh mai a. Chung chuan vun pawnlâng zâwka inhawng tlang dâwt tê an nei fer ṭeuh va. Thlanah hian, zun ang bawkin chi (salt) leh thil tuiiril bawlhhlawh a chhuak ṭhin a ni.

Kalte leh vun hian hêng thil chhiate hi paihchhuak lo sela chuan tûrah an chang thuai mai ang. Taksaa thlan siamtu thal zawng zawng aṭang chuan thlan hi a chhuak reng ṭhin a. Lumna leh insawizawina hian thlan a ti tam ṭhin. Ṭha taka thlan a chhuah theih nân ni tina insawizawina ṭha tâwk neih ziah hi a ṭha a ni; chu chuan vun a tiharin a tihrisêl chuah a ni lo va, thisen pawh a vawng thianghlim a ni.

Hrisêl taka awm reng duhte chuan natna umbo nân an inbual fo ṭhin. Inbual fo hian bâl a tîngfai ringawt a ni lo

va, natna awm^{tur} thei hrik tam tak, a awm ang tih pawh rin loh va lo awm si kha a tiêng fai bawk a ni. Thlan siamtu thalin a rawn tihchhuah bawlhhlawh tam tak hi inbual hian a tifaí bawk a ni.

Faina ^{tur} chuan tui lum leh sabawna inbual hi a ^{tha} ber a. Tui vâwta inbuala, inhrûkna puana na taka inhrûk fai leh vak hi taksa tichak nân leh hritlâng leh natna dang awlsam taka kai loh nân min tichak ^{turin} a ^{tha} êm êm a ni. Tui vâwta inbual hun ^{tha} ber chu zing hi a ni.

Damlote chu an damloh chhûnga an vuna bawlhhlawh lo awm^{khawm} chu tlen fai nân nî tina bual ^{tur} an ni. Damlo tam ber chu nî tina bual hian an dam leh hmâ bik a ni. Dân dik taka bual chuan, damlo tân hritlân a hlauhawm chuang lo. Tui chu a lum ^{tur} a ni. A hmasa berin a bân ding lam bual phawt la, hru hul la, khuh la, chutah a ban vei lam bual leh la, hru hulin khuh leh la, chutah a ^{awm} bual la, hru hul leh la; chutiang zêl chuan bual chhuak ang che.

Vun hian hna tam tak a thawk a, hrisêlna leh hmêl thatna atân thawh ^{tur} a ngah êm êm bawk avangin, ^{tha} taka vawn ^{tur} a ni. Inbual zina apawn lam vawn fai ringawt hi a tâwk lo va, mei zûk leh thil tha lo dang, an ral hnua an vâp tawp hnawk vuna paihchhuah leh ngai ^{tur} chîte bânсанin taksa chhûnglam pawh vawn thianghlim ^{tur} a ni.

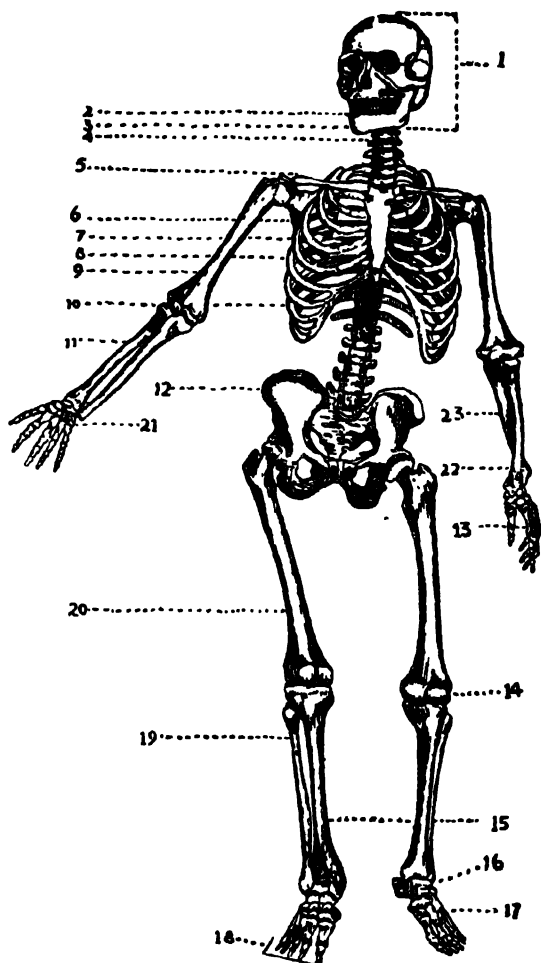
Hmul bul sîr tinah hian thal tê tak tê mawm rawn tichhuak thei an awm a. He mawm (hriak) hi vunah chuan a lo chhuak a, vun chu ro lo ^{tur} leh châr lo ^{turin} a vawng mawm thin a ni. He hriak hian hmul leh sam a ti ^{tha} thin. Lûa sam mawi taka vawn dân ^{tha} ber pakhat chu ni tina khuih fo hi a ni. Vaivut leh hriak tiêngfai ^{turin}, sam chu tui lum leh sahbonin sûk fo ^{tur} a ni.

Ruhte leh Tihrawlt

Phek 38-a entîrna hi mihring ruhrêl entîrna a ni. Ruhrêl hi ruh 206 inchuktuah khâwmin a siam a ni. Nausên ruhte chu a nê̄m ê̄m ê̄m avangin dim dawî viau tû̄r a ni. Nau piang hlim hi sî̄r khat ngawt delhin mut tî̄r reng ta ila, lû̄ chu a hmelhem mai ang; sî̄r khat a pê̄r ang a, sî̄r khat chu a lo pawng pû̄r baw̄k ang. Chuvangin nausente hi an muta an delh'lam sawn sak fo tû̄r a ni. Skula naupang thuthlê̄ngte pawh hi ngenchhan neia siam ngei tû̄r a ni. An ke leia inngat tha tâwka siam a ni ngei tû̄r a ni. Skul naupang tam tak, zâng kû̄l takte an awm a, chu chu skula an thutthlê̄ng a sâ̄n lutuk leh ngenchhan a neih loh vang a ni thîn.

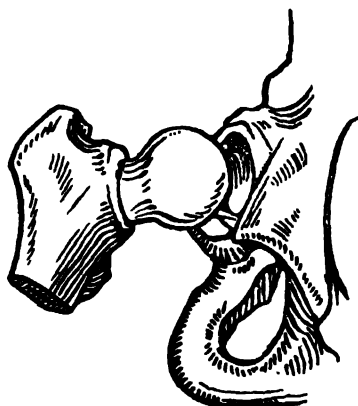
Nau an sawngnawî a, hriat tham khawpa an ruh a têt a, an chak loh baw̄k chuan an chaw ei a thât tâw̄k loh vang a ni. Ruh siamtu chaw an ei tû̄r a ni. Chhangphut (wheat) te, bê̄ te, bepui te dailuah te, buhtun te, bekang te leh bawng leh kel hnute te hi ruh tân an tha a, hê̄ngte hi an ei thîn tû̄r a ni.

Ruhchuktuah siam tû̄ra ruh pahnīh an inzawmna lai hi duar fei taka phuar ngheh a ni zê̄l a. Chutiang ruhchuktuah han tihchet luih sawlh hian duar chu a ti têt thei a. Chu chu ulh kan tih hi a ni.

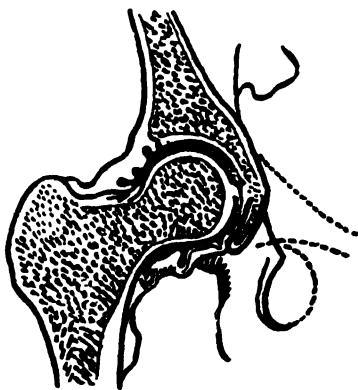


TAKSA RUHTE.

1 Luruh 2, 3. Khabe ruh kuâlte. 4. Nghâwng ruh 5. Khingkhah ruh. 6. Darphêng ruh. 7, 8, 10. Nâkruhe. 9. Banpuâm ruh. 11 Kiu leh kut inkâr bân ruh. 12. Kâwng ruh. 13. Kutzungtang ruh. 14. Khûpkâwi ruh. 15. Ngalruh hma lam. 16. Kerêk ruh. 17 Kephah ruh. 18. Kezungtang ruh. 19. Ngalruh hnung lam. 20. Malpui ruh. 21. Bân, Ban rêk ruh. 22. Kiu leh kut inkâr ruh hnunglam. 23. Kiu leh kut inkâr ruh hma lam.



**KĀWNGA RUH HMAWR
BĀWK INCHUKTAUH-
NA:** Malpui ruh leh Kum-
kuruh.



**KUMKURUHA MALPUI
RUH HAN INVUAH DAN:**
Thling tihlan a ni.

A châng chuan ruhte hi a tliak a. Mahse fimkhur taka enkhawl a nih chuan, thing zâr tliak amah leh amah a intidam leh mai ang hian, tha takin a intidam ve leh mai thin. Ulh leh ruhtliak enkawl dân chu bung 41-ah a chuang.

Ruhchuktuah Enkaw! Dân:

Taksaa ruhchuktuahte hi thisen kal hian a fang ve lo va. Ruhchuktuahe ruhno thlen dawn khan thisen dâwtte chu an bo zo va. Rit dotu ruh chuktuahe te hian a ni bik nghe nghe. Ruhtuahte hi tui chi khat (synovial liquid) hian a chawm a, a hnawih mâm bawk a. Entîr nân, ke a chêt hian, chu tui chu khûp kawi ruhah hian a darh thin. Kan fuke thenkhatte hi an tlin ang tâwkin kan lo tiche tâwk thin lo hi a pawî ngawt a ni, chuang chuan ruhtuah thenkhatte chuan chu tui chawmna chu an dawng tha tâwk thin lo a ni. Entîr nân, mi tam tak chuan an koki ruhtuah chhîpah hian na an nei tan mêk a ni. He lai bawk taksa hian ni tam tak insawizawina tha tâwk a

lo neih tawh loh vang a ni duh hle, mi thenkhatte hian ngî takin bân an phar chho khât hlê a ni. Entîrna dang tha tak chu kâwng ruhtuah hi a ni. Hei pawh hi a tlin tâwka tihchêto fo a ni zen zen lo.

Engnge kan tihtûr pawimawh chu ni ta? Ni tin hian kan fukê hi an tlin tâwk zet hlirin kan sâwi zawi tûr a ni. Nasa taka insâwizawi thei lo tân pawh hei hi chu tihtheih a ni. A hmasa berin kutzungtangte leh banrêkte chu han tiche phawt la, chutah kiu leh bânthe chu an tlin tâwk tâwkin han phar vêl la. Koki ruh chuktuah hi ngai pawimawh bîk ula. Chunglam ban vak ula, bân chu hnung lam leh hma lamah vai kual chhuak parh parh rawh u. In bânthe chu a tlin tâwk zet hlirin herh lêt tuak rawh u. Chutiang baw chuan fuke hnuailamte pawh chu ti ula, kâwngruh chuktuah famkim a chêtna tur mawlh ngaihtuah leh zual rawh u. Chutah luah tan ula. Kâ pawh vawi tam tak a tlin tâwk zet hlirin âng ula, chu chuan khabe chet that theih nân, khabe bul ruhtuah kha a timawmin a sâwizawi baw a ni. Tin, in lû thle kual, ula, lehlam leh lamah thle kual ula. A dawtah chuan hmalamah taksa kun phei ula, sîr zâwngin er kuâl chhuak ula, chutah hnunglamah er vak ula, a lêt zâwngin invai kuâl chhuak leh ula, hmalamah tawp thung sela. In theih ang tâwk zêlin lam tin hawiin inthlep ula, a lêt zâwngin ti lêt leh ziah zêl ula. Hei hi insawizawina hahdam ber, ruhtuah zâwng zâwng vawng tha thei chu a ni tih in hre mai ang. Hei hi ruhtuah atân a ni a, tihrâwl atân a ni lo va, mahse an hlawkpui ve ve ang

Tihrâwl Hlawm Chu

Vun hnuai tisa hi tihrâwl hlawm a ni vek a. Tihrâwl nung chu a sen a Bawng sa emaw, beram sa sen emaw hi tihrâwl chu a ni. Taksaah hian tihrâwl chi hrang zanga aia tam a awm a. Tihrâwlte chu landan leh landan hrang tam tak a ni a. Tihrâwl lemah hian a then chu a mum a, a then a sei a, a then a tawî a, a then chu a lian a, a têt baw tih hmuh theih a ni.

Tihrawl hnathawh chu fukê taksa pêng dang dangte tih-chêh hi a ni. Kan chêt vêl chauh hian tihrawlte hian hna an thawk a ni lo va, ngîl taka kan din lâite pawh hian tihrawl tam tak chu kan taksa dawm ngîl tûrin an tâng reng a ni. Mi tam takin an thut leh din emaw hian an hnung lam tihrawl an chawlhîr thîn. Chuvang chuan an hnungzâng a kûlin hma-lamah an dar a kum lût thîn. Chu chang ni lovin, âwm pang hian chuap a va nêk chêp a, chu chuan thâwk lâk thât theihna



BÂN TIHRAWLTE.



LU LEH NGHAWNG TIHRAWL

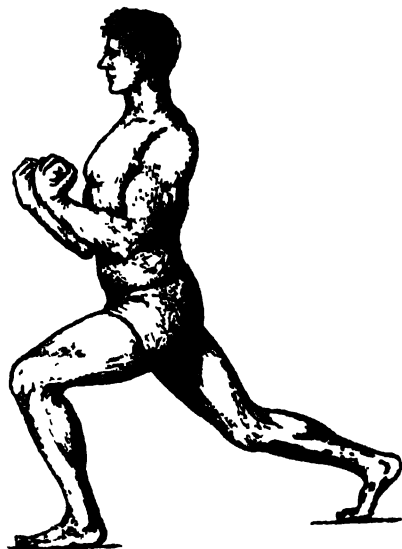
a dâl ðhin a ni. Saphthutthlêngah emaw ðhut lai te hian taksa a ngil tûr a ni. Din hian intihsân theih ang tâwka din sâh tûr a ni. Pum hi hma lamah a poh tûr a ni lo va, hnung lamah ip beh angin a awm zât tûr a ni. Hei hi ti thei tûr chuan ðhal bê awmna lai vêl hi a kum tûr a ni lo. Chu chuan hma lamah kumkuruh a chawikâng a. Koki hi hnung lamah kan tiparh tûr a ni.

Ngil taka ðhut leh din a pawimawhzia hi uar lutuk theih a ni lo. A mamawh chaw ðha pein thisen chu kan tithianghlim thei, mahse kan awmdân a dikloh fo chuan thisen kawng chu kan lo tichhe thei a, tichuan nunna ber thisen chu taksa hmun tinah a kal thei lo vang a, kan lo hrisel lo ngei ang. Nu leh pa leh zirtirtute hian an naupangte chu ngil taka ðhut leh din-tûr ngei tûr a ni. Tin, ðha taka châwm naupangte chu an awmdân pawh a dik deuh ngê ngê a ni.



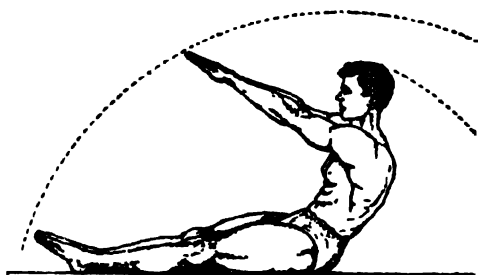
THUT CHHUAH

Dân: Ban phar kâk hara mu zangthala tan tûr a ni. Chutah dul lam tihrawl ip sâwrin, mawngtam chin ke lamin chhuat khawih thlap chungin hma lama kut ban kawpin thut chhuah a, ke zungtang hmawr khawih tûr a ni. Englai pawhin ke ngil taka awm tir tûr.



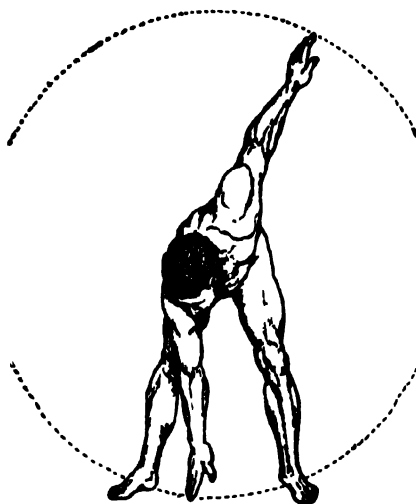
LEIA INNEM KÂN:

Hei hi nghâwng leh hmung, ngil khauh auh-va tih tûr a ni. Kâwng tihkawih tûr a ni lo. Chhuat sia âwm zu tih-hniam a, bân mar at tâwka tihkan leh tûr a ni.

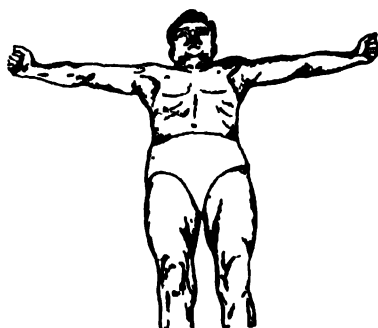


KE TIHRÂWL SAWIZAWI

DÂN: Kut leh lam leh lam hma lamah tawm la, i taksa rihna chu i ke vei lamah dahin, ke dinglam pên chhuak la, tichuan su la, chu mi zawhah i ke vei-lam pên chhuakin i tihdân thlâk-thleng rawh.



KOKI SAWIZAWINA: Kam-kâ-in dîng la, khûp thlep lovin kun la, 1 bân chhuat lamah phar chhuak la. Chutichung chuan i bân vei lam pang chu phar chho thung la. I bân chu phar kawh chho at la, 1 kiu pawh thlep suh la, 1 tâiah kun thlep la. Bân dînglam leh vei lam chu chutiang chuan tihthlâk la, insâwizawina chu tizo la.



ÂWM TIHRAWL SAWIZAWI DÂN: Bân pharin mu zangthal la; tin, thûk taka thâwk la pahin 1 bân pahnih chu char atin 1 âwm chungah insik tîr la, thâw ip chungin muâng têin i bân chu chhuatah la kir leh la, tin, thâwchhuak ang che.

Insâwizawina hian Tihrawl A Tithang

Taksa tihchak nân leh hrisêl nân insâwizawi hi thil tul êm êm a ni. Insâwizawi lai hian lungphû pawh a chak a, chuti-chuan taksa pêng tin hian thisen a lo dawng tam thîn. Insâwizawi lai chuan kan lo thaw tam bawk a, taksa pêng tin hian boruak tha (oxygen) pawh a dawng tam ngê ngê a ni. Tihrawl hi sâwizawi fo loh chuan rilru pawh a chak lo va, chuvangin taima taka zir thiam thuai thuai duh chuan ni tin a tihrawl a sâwi zawi ngêi ngêi tîr a ni.

Thirdêng bân chu a lianin a chak a, ni tin a hman vang a ni. Tiângmi rit phû mite chu an ke a lianin a chak a, an kal tam vang a ni. Chutih lai chuan zir lai tam takte leh sum-dâwngtute kut leh ke leh taksa chu a tẽn a chak lo va, an thut tam leh kutkê an sawizawi loh vang a ni. Mi tam tak chuan lehkha thiam sângte chuan hna thawk lovin kuli ho chauh hian an kutin hna an thawk tûr emaw an ti a. Chu chu a diklo nasâ a ni. Tihrâwl hmanga hnathawh hi a ropuiin a zahawm a ni. Tihrâwl sâwizawi hi hmeichhe naupang leh nutling leh mipa naupang leh patling tân pawh a tûl a ni. Tih-râwl nêh chaklo neih hi tû tân pawh a zahthlâk a ni tih hriat tûr a ni.

Pathianin mihring A siam hian, a taksa chuan hrisêl nan leh chak nân engnge a mamawh a hre êm êm a, taksa chawm nân ei tûr A pe chauh ni lovin, chaw hmuh nân hnathawk tûrin a ti a, chu chu a taksa a sawizawi nân a ni.

Insâwizawi Dân Pariatna: (A) Feet khat vêla inhlat tûrin kephah dinglam chhep sawn la Zangphar rawh; tin, i taksa chu i kâwng aţangin veilamah her la, i vei lam chiah i hawi thlengin zangphar reng la, i hân dinglam chuan ngîl takin hina lam kâwk se, vei lam chuan ngîl takin hnung lam (Fig. 8-A en la)

Naupangte hi an lehkha zirna dawhkâna ngawi renga hun engemawti chen an han thut hnu hian, an thaw a lo chau va, boruak tlemte chauh an hîp lût a, an lungphû pawh a lo muang a, an rilru pawh a lo chau va, an zir tha thei thin lo a ni. He mi avang hian zirtirtute chuan naupangte chu an tlan a. an infiam nân, pawnah chawhlawk an neih -tîr thin tûr a ni. Infiâm leh intihharhna tûra chawhlawk pangngai bâkah, nau-pangte chu chawhma lamin minit thum leh li inkâr vêl zik marna leh thaw sawizawina hun vawi khat emaw, vawi hnih emaw an neih tîr tûr a ni; tin, chutiang bawkin chawhnu lamah pawh. Chutiang insâwizawina chuan naupangte chu a thâwk thattir a, thaw a rang bawk a, chu chuan an rilru a tiharh thin a ni.

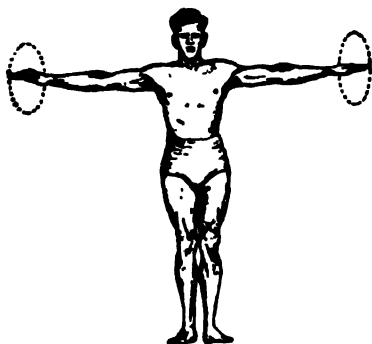


FIG. 1.

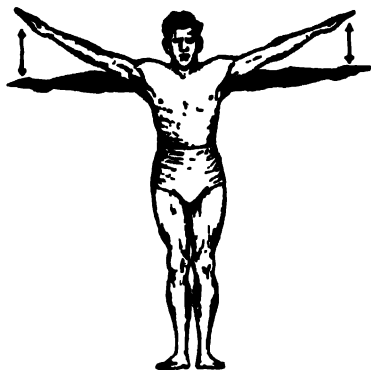


FIG. 2.

Chak theih Nana Insawizawinate

Heng insawizawinate hi tih tan dâwn chuan ngîl taka din tûr a ni; ke artui insiin, kephah hmâwr lam kâk deuh hlekin, kâwnga taksa ngîl auhvin, hmalam tlêma âwn deuh hretin, koki zâwl dap, bân uai thla ngîl zânin awm tûr a ni. A bul tan nâna insawizawina pathumte chu awlsam tak a ni; Kut chu ngîl takin zangphar la, chutah ngîl takin lu chungah phar chho la, tihniam thla leh rawh. Pahnihnaah chuan i kiu hnung lamah thlepin i kâwng dawm la, chutah i kut thlakthla leh rawh. Pathumnaah chuan i kut chu ngîl takin phar chho la, i kiu tithlepin i tukkhum lama nghawng zawnah i zungtang insîk tûr la. Heng hi vawi tam fe theuh tinawn rawh.

Insawizawi Dân Pakhatna: I bân-te ngîl takin sir tuâkah phar chhuak la, i kutphah chunglam hawitir la; i bân chu hnung lamah, i theih ang tâwka hnungah dah la, chutichung chuan i kut hmâwr chu fit khat vêla zauvin vai kual ve ve la, i bân chu i koki invuahna lai aţang chauhvin chêtûr ang che. I vaikual nêna inrem chuan pakhat, pahnih, sâwm thlengin chhiâr la. Chutiang bawc chuan a lêt zâwnga vei kualin chhiâr leh la. (Fig. 1. hi en la)

Insawizawi Dân Pahnihna: Pakhatna ang bawk khan ngil takin phar kawh la. Chutah thâwk la vak la, i bân chu chung lamah kâk deuh hâkin phar chho la, i kephah hmâwra i din thlengin, i keartui pawh chawikâng bawk la. Chutah i thâwk chhuah laiin, a hmaa i din angin ding la, i kephaha lei rap thlarhin, i bân la phar la. I bân chu degree 45 aia sânga phar lo tûrin fimkhur la, tin, a kham pheih chiah aia hnuai lamah ti thla bawk suh. Hei hi wawi sawm ti rawh. (Fig. 2. en la)

Insawizawi Dân Pathumna: A ngaiin zangpharin han tan leh phawt la, i nghâwng hnunglamah i zunglai insiin i kiu thlepin i bân dah leh la. Chutichung chuan muâng chatin i kâwng chin chauh hmalamah kun la, ding ngil leh la, hnung lamah en rawh. Rang tak leh na takin tih tûr a ni lo. Hetiang hian wawi ngâ tih tûr a ni. (Fig. 3. en la).

Insawizawina Dân Palina: A ngai angin ngil takin han zangphar phawt la, I veilam kutphah chu chunglam hawitîr la; tin, i bân veilam chu phar chho la, chumi rual chuan i pang-remi i bân dinglam chu phar chhuk la, i veilam chuan i lu chung thleng rawh se. Tichuan i kâwng chinah dinglam zawn-

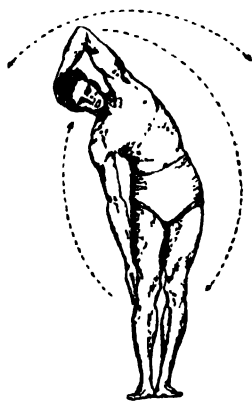


FIG. 3.

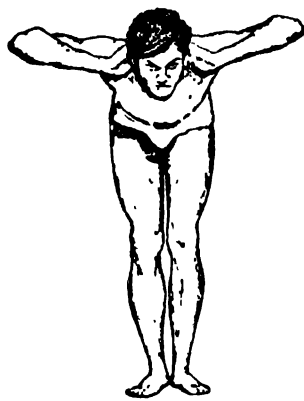


FIG. 4.



FIG 5

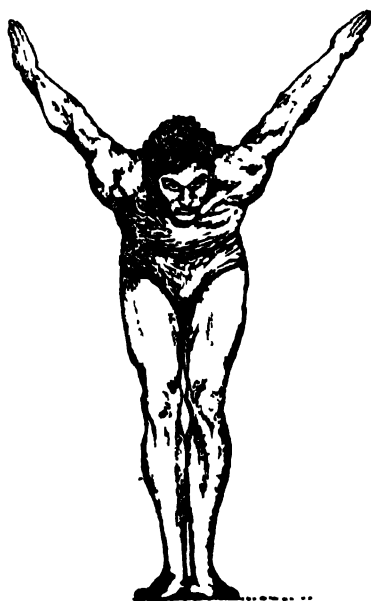


FIG 6

gin i taksa thlep la, i bân dinglyamin i khûp vêl a thlen a, i vei lam zungtangin i beng dinglyam a khawih thlengin. Tin, i awm dan pangngaiin awm leh la, a lêtzâwngin ti leh la. Heti-ang hian vawî nga ti rawh. (Fig. 4. en la).

Insawizawina Dân Pangâna: (A) A ngai angin ngîl takin han zangphar leh phawt la, kephah vei lam kha ding lam aţanga fit khat vêla hlâah chhep sawn la I kut hum ruh la, i kiu thlepin chhuk zâwngin uaitir la, i kuttum chu i zakhnuaiah tikawi chho leh la, dâk la, ngîl takin chung lam en rawh. I dah lai chuan thâw hip lut la, i lû tingîl pahin thaw chhuak leh la, i awm dân i tantirh lai angin zangphar leh ang che (Fig 5. en la).

(B) Chutah châwl lovin, hma lamah koki zâwl takin. kut-phah hnua lam hawiin, phar pheî la, lû tungin hma lam enin,

kâwng aţangin taksa chu kûn phei la, i taksain a tlin tawk thleng rawkin, i bante pawh i sirah a hniam thei ang berin dah la, chutah a theih ang tawkin thlep chho ang che. I kûn lai chuan thaw chhuak la, i din ngil chhok pahin thaw lût la. Insâwizawina A leh B hi a vaiin vawi ngâ vê vetchhuak rawh. (Entirna 5 B en la).

Insâwizawi Dân Parukna: Ke artui inkâr fit khat vêla a inhlath thlengin ke dinglam chu chhep sawn la, zangphar leh rawh. I khûp thlep la, i kezungtangah i rihna ngath la, i taksa chu keartui thleng theihin tihnam la, i taksa chu a ngil thei ang berin awmtîr reng rawh. Hei hi vawi sâwm ti rawh. (Fig. 6. en la).

Insâwizawi Dân Pasarihna: Zangphar leh phawt rawh. I bante chu i lu chung lamah phar chho la, i bânin i beng a khawih thlengin kutzungtangte chu inkalhin suih rawh. Chutah



FIG. 6.



FIG. 7.

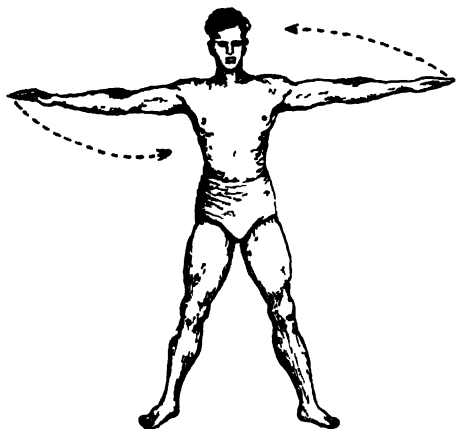


FIG. 8

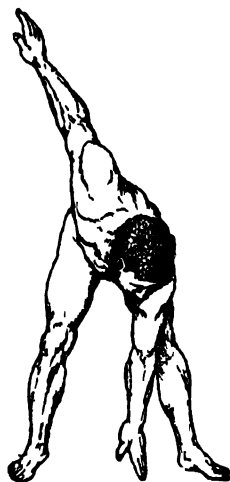


FIG.8-B.

kutzungtang chuan fit hnih vêla zau tûrin vai kual rawh. Hei hi vawi ngâ ti rawh. Chutah leh lama awn thungin, tinawn leh vek rawh. A bul atangin tichhuak leh vek la, i vaikual vênnaah chuan kawng chin chunglam chauh chêtîr hrâm rawh. (Fig. 7. en la).

Insawizawi Dân Pariatna: (A) Feet khat vêla inhlat tûrin kephah dinglam chhep sawn la. Zangphar rawh; tin, i taksa chu i kâwng atangin veilamah her la, i vei lam chiah i hawi thlengin zangphar reng la, i bân dinglam chuan ngîl takin hma lam kâwk se, vei lam chuan ngîl takin hnung lam. (Fig. 8-A en la).

(B) Hetia i awm lai hian, i kâwng chinah kun la, i bân dinglam kutin i ke inkâr laia lei a khawih a, vei lam chhunglama phar chho chungin i bân tingîl la. Hei hi i tih theih nân khûp dinglam chu tlêmin thlep rawh se. Tunah a let zâwngin ti leh thung la, ke artui chu fit khat vêla inhlat khawpin kear-

tui vei lam chhep sawn la; tin, tun tum chuan i taksa chu ding lamah her la, i kut vei lamin hma lam chiaa a kawh thlengin, chutah kun la, i kut vei lamin chhuat a khawih thlengin. I tih zawh apiangin zangphar chungin ding ngîl auh zêl rawh. Hei hi tihthiam chian zân hnuah, A leh B hi indawtin i tihzawm thin dawn nia. A leh B hi a tirah dinglema tanin, chutah vei lamah vawi sâwm ti nawn ang che.

Insawizawi Dân Pakuana: Zangphar leh phawt la; chutah lu chunglamah ngîl takin phar chho la, chutah hmalamah tla thlain hnuai lamah thlâk thla la, chutichung chuan kâwng chinah taksa chu hmalamah thlep phei la, tin, hnung lamah a theih tâwka sângin bân chu phar let chho la, insawizawin Dân Pangânaa Entirna 5-B ang hian. Hma lama i kun phei hian dâk la, mit chuan hma lam en reng rawh se. I taksa chu tichar la, bân chunglamah phar chho chungin. Chutah kutphah chunglam hawitîr chungin zangphar leh la, bân leh koki chu hnunglamah i theih tawpin tikun rawh. (bân ngîl chungin). Chutah bân chu chung lamah phar chho leh la, a bul aţangin tinawn leh rawh. Hetiang hian vawinga ti la, hma lama i taksa i kun phei apiangin i chuâp aţangin boruak tichhuak la, i din char leh apiângin i chuâp chu tikhat leh ang che.

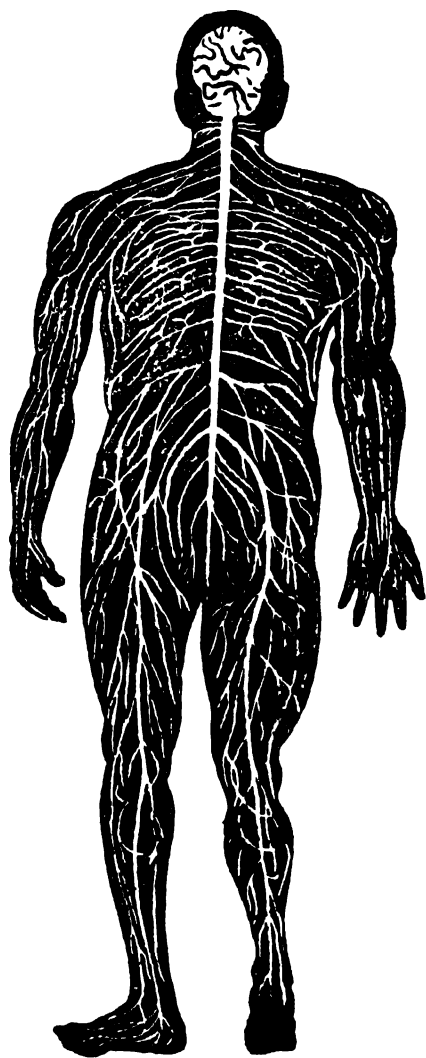
Hriatna Khâwl

Taksa hian khâwl tam tak a nei a. Khâwl tin hian hna-thawh tûr an nei. Pumpui chuan chaw a paitawih a, kal chuan thil chhia tûrte chu a paih chhûak a, vun chuan taksa lumna hi a vawngtha a, lung hian thisen chu a kapchhuak thin a. Khâwl tin hian mahni hna theuh, a hun takah tam tâwk a thawk theuh tur a ni; tin, khawl zawng zawngte chuan inrem takin an thawkho tûr a ni, anih loh chuan taksa a dam lovang. Hriatna khâwl, (pangtia hriatna thazâm) hnathawh chu, a hun takah, anih tûr ang taka, a tâwk chauhva taksa peng tin hna-thawhtûr hi a ni.

Thluak leh Zâng Thling:

Hriatna khâwlpui pahnihte chu thluak leh zang thling hi an ni. Thluak chu luruh hian a vawng him a.

Hriatna thazâm, thluak sîr tuaka mi chu hnuailamah hian an rawn intâwk khâwm a. Hetah hian an insulpêl dun a, awmna an inthlâk a, chhuk zawngin zâng thling siam turin an kal chhuk ta a. An insulpel tih hriatreng hi a tûl a ni, chu chuan



HRIATNA KHÂWL

pang vei lam hi thluak dinglam sîrín a thunun tih leh chutiang bawkin dinglamin veilam pang a thunun tih a lanfiatîr avangin.

Chung thazâmte chuan luruh chu a hnuai lama âwngah chuan an chhuahsan a, zâng ruh inchherchhuan thliah hnungah hian, hnung zâng ruh an zui thla a.

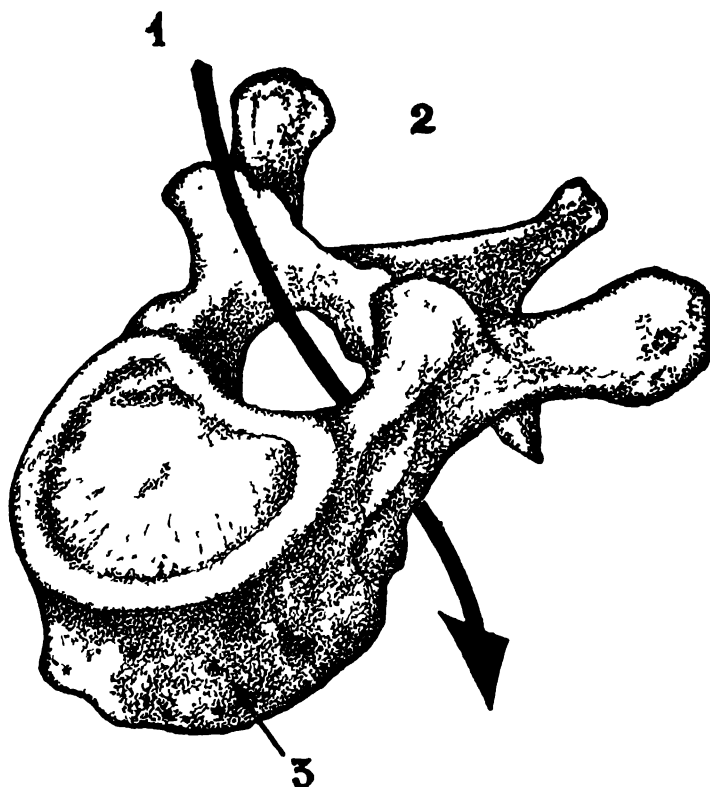
Heng Hriatna thazâm infinkhawm, zâng thling kan tih mai hi, zâng ruh inchherchhuan zêl kawrawng chhûngah hian him takin a inkhung a, tichuan kâwng chu a inzawm tha pát a ni. He ruh chung, hnung lam pangah hian ruh tlêmin a chawr chhuak deuhva, chu chu zângah hian chhuk zâwng emaw chho zâwng emaw a kuta han zût hian chhui theihin a awm zêl thîn.

Zâng ruh inchherchhuan, insíkna sîr tuâkah chuan, hriatna thazâm chu a kal chhuk leh sung mai a. Chûng chu a inthen sawm leh chhawng zêl a, taksa puma tihrâwl awm zawng zawng thunun tûr hian an inzam chhuak dap mai a ni. Hriatna thazâm inthen sawm tê berte chu mit ngawt chuan hmuh rual a ni lo. Hriatna thazâm thenkhat khawih pawî lo leh thluak lamin a hriat loh turin taksa englai mah hi hliam theih a ni lo.

Thluak leh Zâng Thling Hnathawhte:

Thluak leh zâng thling chu, ram bial khat awptu larsâp, khawpuia a pisaa a awm ang hi a ni. Taksa puma hriatna thazâm chhuakte hi, ram chhûng khawpui pawimawh tinrêng nêna larsâp pisa zawmtu thirhruî ang an ni a. Engnge lo thleng tih hrilh nân khawpui aţangte chuan larsâp hnênah chuan thirhruî lehkhate chu a lo thleng thîn a. Anin chawplehchilhin tualchhûng roreltute hnênah chuan engtia tihîr nge hrilhin thirhruî lehkhâ a thawn chhuak leh vat zêl a.

Thluak hian taksa bung hrang hrang aţang hian thuchah a lo dawng satliah mai lo va, thuchahte a thawn chhuakin tih-râwlte chu a chettir thîn a ni. Kal kan duhte hian kelama tih-râwlte chu, kête leh kephahte kalsawntîr tûrin thluak hian thu a zuk pe thîn a ni.



HNUNGZANG RUH LEM HRIATNA THLING KAL DAN ENTIRNA

1 Hnungzang ruh kua 2 number 2 ziahna hnuaia lo lawr chhawk hi kutahnung zang ruh kan han khawih kan va khawih ruh pawng hi a ni 3 Hnungzang ruh baw

Note Hriatna thahrui thluak dinglam leh veilama atanga lo chhuak chu thluak inngahna hnuaiah an inthlung lut a Hetah hian an in kalkana dinglam ami kha veilamah veilam ami kha dinglamah inthlung thlain hnungzang ruh chhunga thling (spinal cord) an zawma In in kalkan a ni tih hriat a pawnmawhna chhan chu taksa veilampang hi thluak dinglam in a thunun a chuhang bawkin taksa dinglampang hi thluak veilamin Chutiangin thluakah natna (stroke) thluak dinglama a lo awm hian taksa neilamin a tuar a veilana a lo awm in dinglam in

Zanna (polio) hian hnungzang ruh chhunga hriatna thazam englai pawh hi a khawih thei a Hriatna thazam thluak atanga taksa sem chhuaktu chu a tichhia a Taksa chu a pumin emaw a then chauh emaw hriatna thahrui thluak ami tichhhiat a nih ang zelin tichhhiatin a lo awm thin a ni

Thluak hi kan nunna hmunpui ber a ni a. Hmangaih leh huat te, ngaihtuah leh hriat te, remruat leh duhthlan leh taksa hnathawh zawng zawng deuhthaw thunun hi a hna a ni. Taksa hnathawh thenkhat a thunun lohte pawh a awm bawk. Chung chu rilruin a thunun lo a ni. Kan men leh muthilh lai pawhin lung chu a phu zêl a. Thu kan pe thei lo va. Kan chawhltir thei hek lo. Pumpui leh ril te pawh chutiang deuh bawk chu a ni. Kan thaw erawh hi chu thunun theih loh theih loh a ni kawp. Entîr nân tuia liluh emaw, thil rimchhe zet bula kan awm emaw chuan, kan thaw kan chelh thei a, mahse kan muthilh chuan thaw chu thunun lohvin a thaw zêl tho si.

Thluakina a thunun leh chetna thenkhat, (rifleks) mak tak an awm bawk. Hriau hmawr zum deuh emaw, thuk sa tak emaw nem palh ta ang ila, ngaihtuah hman lêk lovin kan la leh vat mai thin. Thuk sa deuh mai ațanga kut la sawn tûr chuan thluak lam ațanga thupêk chu nghêk dawn ila chuan, kan kâng chhe hman viau zêl ang. Mahse reflex tanpuinain, kut chu kan la sawn nghal vat a, chu chuan a kan chhiatna a tinep thin a ni. Hei hi thil, awm dân chu a ni. Kâng hriatna chu hriatna thazâm chi khat (sensory nerve) an tih ațang chuan zâng thlingah chuan a kal chho a. Chutah chuan hriatna khâwl rang ber chu a rang thei ang berin a han hrih a, chu chuan kut lam thununtu tihrâwl chu chawp leh chilha kut la sawn tûrin a rawn hrih ta mai a ni.

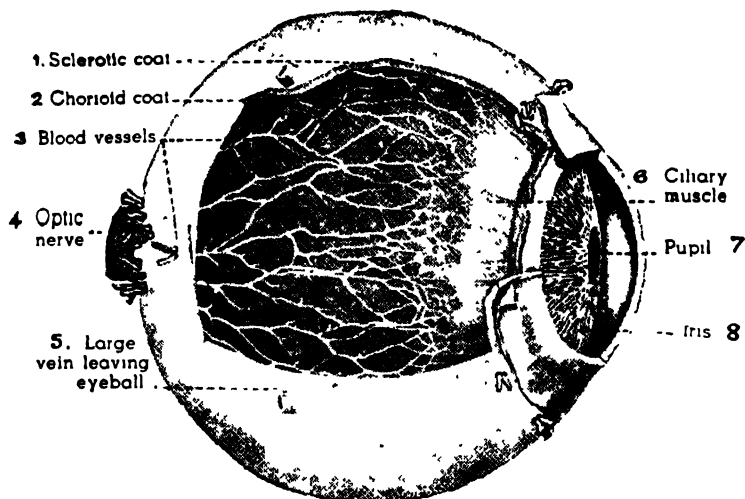
Hriatna Hmuhna

Mit hi khawl mak tak a ni. A hmuh apiang thla hi a la zel a, heng thlalakte chanchin hi mita hriatna (nerve) chuan thluak a hrih zel a. Mit hi a hliam awl em avangin an him nan luruh hmalama ruh khuarah an inphum a; tin, mitvun leh mit hmul leh mi kote hi a venghimtute an ni.

Mit Hriselna:

Nausen mit chu enkawl ngun hle tur a ni. (Bung 18-a kawhhmuhna hi chhiar la). Nausen a muthilh laiin, a mita tho a fuka, natna a rawn hnawih loh nan thosilenin zar hnan rawh.

Naupang lehkha zirna skul pindan chu a eng tawk tur a ni. Naupang kete chuan rem taka chhuat a rah phak nan an thutna pawh a hniam tawk tur a ni; an dawhkan pawh hniam deuh ni rawh se, naupangte chuan thu ngil auhva dawhkana lehkhabu an chhiar huna an mit chu fit khat vela hlaah a awm theih nan. Lehkhabu ziak hraw chiang kek kawh tak naupang chu pek tur a ni. Naupang chuan sentut emaw, khawsik sen emaw zawnghri emaw a vei chuan a dam chian var hma loh chuan skul kaitir tur a ni lo, heng natnate hian mit leh taksa dang reng reng pawh a tihchakloh thin avangin.



MITMU AWM DĀN

1. Sclerotic coat 2. Chorioid coat 3. Thisen dāwt 4. Optic nerve (hmuh theihna) 5. Thisen dāwt lian mit aṭanga chhuak 6. Ciliary tihṛawl 7. Mit naute 8. Fris.

Hliamna leh natna laka mit humhim nân kan sawi tawh bâkah hian hengte hi kan ngaihpawimawh a ṭul a ni.

1. Eng fiah tâwk lovah chuan ngun deuhva en ngai, puan ṭhui mawi angte hi ti rêng rêng suh.

2. Lehkha chhiarin khawnvar lam hawiin ṭhu suh la, koki chung lam, tukkhum lam aṭanga êng chuan lehkhahu a rawn ên hi a ṭha zâwk a ni.

3. Lehkha chhiar laiin emaw, êng hna pawh rilru hman fo ṭulna chiah phawt chuan, second tîemtê han chhîn sek emaw, tukverha dah chhuah a, van dumpawl thiâng emaw, thing hring emaw, hlobet hring emaw minit tîem han melhin, mit chu chawhlhîr zeuh zeuh tûr a ni.

4. Vaivut emaw, bawlhhlawh engpawh mita a luh phawt chuan, mit chu nuai suh la, saline tuiin bawlhhlawh awm chu tleuh chhuak mai zâwk rawh. Saline naran a awm mai loh chuan tuiso dah daih lum pip pep hmang rawh.

5. Vantlâng hman tawm chawhtawhlte, inhrûk puan te, sabon te, hmai phihna puan te hmang suh. A hmang hmasa-tuten "mit nâ" an lo vei mai thei, i hman ve avangin chûng natna thenkhatte chu i kai thei a ni.

6. Meikhu hian mit a tichhe viau thei a ni. Thuk (stove) chuan meikhu chhuahna tha tâwk a neih loh chuan, inchhûng chu mit tithîp thei meikhu chuan a khat mup mup mai ang. Ni tin vawi thum ni tin maia tihkhûk mup mup fo chuan chhungkuua mi tin mit chu a hliam thin. Senso tam vak ngai lovin, meikhu chhuahna chu a siam mai theih a, chuvangin he hrehawmna leh inhliamna tireh tur hian meikhu chhuahnate chu siam ngei tûr a ni.

Beng Hrisêlna:

Ngun taka beng hi enchian chuan bung hrang pathumah a inthen tih ahmuh theih. Pâwn lama lang thei zawng hi chu chingalthlawrbûr ang deuhva siam, beng chung lam leh lairil lama ri lo dawnglûttu atân siam a ni. Beng lai hi hrawk nê, dâwt tê tak tê (Eustachian tube) -in a zawm a. Mi a lo hritlan a, hnar leh hrawka hnep a lo awm hian hrawk vun chhûnglam pan takte chu an lo vûng a, chu chuan dâwt chu a tiping a. Hei hi rei lo te chhûng beng tingawngtu pakhat chu a ni.

Eustachian tube-in natna a neih chuan beng lai pawh a rawn kai a. Hnâi a lâka beng lai a khah hian, beng chu a nâ thin a ni. Hnâi a lo tam lutuk chuan beng dâr (tympanic membrane) chu a rawn tâwn a, a rawn su têt a. Chutah beng hnâi lo chhuak chu kan hmu thin a ni. Hetiang enkawl dân chu Bung 34-ah a chuang.

Beng enkawlnaah hian heng hi zawm tûr a ni:

1. Beng êk hian pawimawhna riau a nei. A kha êm êm a, chuvangin ran nung rêng rêng an lût duh lo, an thlâwk lût palh a nih ngawt loh chuan, beng êk hi kher tûr a ni lo. Beng êk chu a lo khal a, beng a tih ngawn erawh chuan Bung 34-a sawi dân ang hian tihfai tûr a ni. Heng kawrawng chhûnga hmul hian rannung leh vaivut lût tûr lo dân, hna pawimawh tak a thawk a ni. Heng hmul hi lu mettute meh tûr suh.

2. Benga rannung a luh chuan, a tih chhuah dân tha ber chu chhawhchhi hriak emaw, hriak thlum thianghlim dang emaw, lum deuh pip pep beng a far luhtîr hi a ni. Hei hian rannung chu a chiah chhuah loh vêk pawhin a tihlum a, chu chu tuilum pawhin a thuah chhuah theih a ni.

3. Hnap hnî⁴t vak suh; hei hian hnar leh hrawk natna hrikte chu Eustachian tube kal tlangin beng laiah a rawn hâm lût ang a, beng a ngawng mai ang.

4. Naupangte hi an beng hupin bêng rêng rêng suh. Chutianga tih chuan an beng a hliamin a ngawng hlahu thei a ni.

Zû leh Vaihlo

Zû (alcohol) hi chaw a ni lo. Thil jawhin a siam a ni. Chhangphut buh te, vaimin te, Oats (awts) te, buhsanghar te, buh te, grêp te leh tûm tui atangte hian siam theih a ni. Zû bilhnaa dawidim tel ve hian chaw leh thei raha thil hnang leh thil thlum awm kha zûah a chantir a. Zû chi eng pawh hi, uain, whisky, brandy, gin, zu pui, rakzû, eng hming pawh vuah ila, zû (Alcohol) an ni theuh a ni.

Alcohol hi tûr chak tak, mihring taksa leh rilru tichhe zo vek thei a ni. Hriâtna khâwl hmunpui hian a tuar hmasa ber thin. Intu chuan a rui dâwn leh pai dâwna a inhriât hma daih hian thluâk hnathawh hi a lo timuang hman daih tawh a. Hriatrengna leh ngaihtuah ding theihna a tichhia a. Tûan a tifum a, dik taka thil tih tûlna chiah hian mi a tihnufum fo. Alcohol tlêmtê pawh hian mi a tichut a, tihrâwl leh hriâtna thazâmten rang taka an chetna kha a timuang zo a ni. He mi avang hian motor leh thlawhtheihna khalhtute tân chuan zû tlêmtê han in hlek pawh hi a hlauhawm êm êm a ni. Zû pui um khat lek pawh hian thil hlâ leh hniam thliar hran theihna a tihniam a, tûan a tifumin rilru a tingaihsam zo thin. Zû an in tûeh phei chuan motor khalhtute chu an fimkhur lo va,

alcohol chuan tițuanfum tehreng mahse, zû rui chuan mi azawnga fel berah an inngai a, huphurh pawh an nei tawh țin lo.

Zû chuan vuna thisen dăwtte chu a tilian a, thisen a kal tamtîr avangin, vun te pawh a lo sâr a. Chu chuan luma inhriatna a neihtîr a, mi tam tak chuan puan su tûra tui vâwta an dîn reng dăwn hian intihlum nân zû an in țin. Mahse a dik tak chuan zû hian mi a tivâwt zăwk a ni. Thisen chu vun pawn lăngah a lût tam a, chutah chuan a lo vawh avangin taksa lumna a bo va, tisa chhûnglam lumna chu a lo hniam țin a ni.

Zû hian chhia leh țin hriatna leh insûm theihna a tichau va. Mi sual tam tak hian pawh an khawih hmăin zû an in țin. An chhia leh țin hriatna chu a ti chhe țin a ni. Răwlthar tam takte hi zû an nam deuh lai hian sualah hrui luhin an awm țin. An nungchang thunun țin fămkim duhte chuan matheilovin zû ruih theih lam chi rêng rêng chu an nghei vek tûr a ni.

Zu hian nasa takin pumpui, țin, thisen kawng, kal leh hriatna khăwlte a tichhe thei a ni. Taksain natna a do theihna avmna- khawsikpui (Pneumonia) leh T.B. leh chuap lam natna do theihna lek phei chu a tichhe lehzual a ni.

Tin, Kawmpani thenkhat, Insurance company ang ten an chhutchhu-ahnaah pawh, chawh rualin, zû in lo mite chu a in mite ai chuan an dam rei zăwk tih hmuh chhuah an ni.

Mifing Solomonan zu rui a sawi hi ngaithla teh, "Tute nge chungpik țin? Tute nge lungngai țin? Tute nge inhau țin? Tute nge phunnawi țin? Zu hmuna rei tak tap ținthe chu." Tin, he zilhna hian a chhonzawm a, "Zû chu a sen laiin en suh la, nova a zia a chhuah lai te hian, A tawpah chuan rûl angin mi a chû a, rûl tûr țin mi angin mi a chuk țin."

Zu In Bansen Dan:

Thil tul hmăsa ber chu he thil sual tak hneh ngei tumna nghet tak neihi a ni. Mi chuan vana Pathian hnena ținpuina

a dil duh chuan, zû chākna hneh tûrin chakna a dawng thei a ni.

Zu in chākna hi chaw ei thenkhat hian a siam thei tih hriat chian a ni tawha. He mi avâng hian zu in bansan duhtu chuan sa leh mosola telhna chawhmeh rêng rêng a nghei vek hi a tûl a ni. Zû in chakna hneh tûr chuan meizûk bānsan pawh a tûl takmeuh a ni, meizûk hian zû in chākna a puntîr si a. Thei hrisêl thar tam tak ei la, tui thianghlim in teuh teuh bawh rawh. Thingpui leh kawfi in suh. Tui sâin ni tin inbual la, tuisâa inbual zawh veleu tuivawtin inleih puat la, rang takin inhru hul zui rawh. A tam thei ang berin pāwnah awm rawh. Thlan chhuak zawih zawih khawpin ni tin insawizawi rawh. In chhûngah zû rêng rêng kawh suh la, zû dāwrah kal hek suh. Miin zû nghei a duh takzet chuan a chungā dānte khi zāwm se, a nghei mawlh ang.

Vaihlo:

Thil tha lo zawng zawngah hian mei zûk tluka bawi ngah a awm lo. Vaihlo chu zûk emaw, hnim emaw, hmuam emaw, a tui hmuam emaw pawh nise, mi a tichhe thei tho a ni. He hnim tûr nei hman hi mihring tân a thatna sawitûr pakhat mah a awm lo. Anih ahnu, engvanginngē chuti fakauva zû an tam? Mite hian meiêk tûr hnathawh mi tinuam thei hi an ngāi a ni. Thluāk leh hriatna khāwl a tihchawlawl hian, rilru leh taksa hahna, rilāmna leh hrehawmna rei lote atân a tih reh sak a, a thatlohziā hre chhuak khawpa miin a lo zûk rei tawh hnuah chuan, chu sual bawiah chuan a tang fuh khawp a, chhuah leh duhna pawh a nei tawh thin lo.

VAIHLO TÛR: Vaihlova tûr awm (nicotine) chu tûr chak ber pakhat a ni. Nicotine fir ngat far chanve chauh pawh hi patling tihlum thei khawpa chak, sût leh ngaihna awm lo chu a ni. Zu ngai lovin a zûk tan tîr chuan luak a tichhuak a, lû a tihai a, a luak phah bawh thin. Tin, he tûr hi taksain a lo dawn than

hnuah chuan luhai leh luak chhuahna te chu a lo lang nêp a, tûrin taksa a fanna erawh chu a ngaiin a kal zêl a ni. Vaihlo tur hnathawh, kamchhe tihrehna chu a lo nei ta a. Tichuan vaihlo zu mi chuan, damdawi tûr awmna ei thang tawh ang maiin, chu nawmna chu dawng zêl tûr chuan a zûk tam deuh deuh a tûl thîn. Tin, a pawî ber mai chu, a tel lo chuan nun pawh nuam a ti ta lo hi a ni.

MEIZÛK PAWIZIA: Damdawi lam aţanga han thlirin, vaihlo chu eng anga taksa lakluh pawh nise. (vaibêl, churut leh sikret) hmuam pawh ni se, nicotine chuan taksa a tichhe tho tho a ni. A pawina chu a zuk khawih lai apiang, hriatna thazâm, thisen kawng leh hmuî leh kâah te hian a hnathawh tha lo chu hmuî theih a ni.

Hriatna thazâm a khawih chhiat theih avangin vaihlo zûk hi chin dawklak awl tak a ni. An hriatna awm hîê hîê thei tawh lo tih reh nân zu dawklak tawh chuan thil dang zawng ai pawhin an châk ber thîn. Chutianga nawm huai huaina chu sikret han tan hian an hmu thîn. A pakhatnaah chuan nicotine tlêmtê chauh a lo tel a, mahse chu chu an awm tinuam huai tûrin a tâwk viau thei. Chutichuan, hlim takin sikret chu a zu zo vek a; tin, nicotine chuan amah chu a chiah puam a, sikret dang zuk leh châkna a siam zêl thîn tih pawh a hre thei lo. Chutiang chuan meizu mi chu chu sualna chuan a manin, salah a siam thîn a ni.

Chu chang a ni lo. Vaibel êk leh nicotine, mei zûknaa lo tel ve ziah hian hrawkh râwl leh chuap vun chhunglamah hian panchhe hlauhawmber (cancer) siam thînin nasa takin pawî a khawih tih hi rinhlel h rual lohvin hriat chian a ni tawh. Tunlai damdawi thar zawng chhuaktu pâwlte pawhin an hlauh ber mai pakhat chu hei hi a ni. Mei zu mi tân hian a zu lo mi ai chuan chuap cancer vei a hlauhawm bîk a ni. Mei zu mi cancer vei sâwm an awmin a zu lo mi chu pakhat an awm ve chauh tluk a ni. Enfi ahna hmunah te fiah a ni tawh a, thihna chhan chhinchhiah khâwmna aţanga chhut chhuah pawh

a ni tawh bawk a, chuvangin, hei ngawt pawh hi, engtikawng zâwng pawha vaihlo hman pâwnghnâwl thlawrhna tham a ni.

Sahdah hmuam pawh hian cancer a tichhuak duh êm êm. Biâng leh hahni inkara sahdah hmuam hian, vaibêl êk leh vaihlo tûr chuan a deptu tisa chu a tichhia a, hei hi sahdah hmuam chîngte zînga khabe cancer tamna chhan ber pakhat chu a ni. Sazu pui bengah hian hun engngemawti chhung lek vaibel ek hnawihin cancer a lo awm nghal thin tih hi, thil tiha finfiah hnu a ni e.

Damdawi lama hmasâwnna zawngtute chuan, vaihlo hian thisen kawngte hi a khawih pawl theih zia an hmu tawh bawk. Nicotine hi tûr chak tak chawplehchilha thisen kawng ti sâwng thei a ni. Sikret tlâwn khat zuk atanga vaihlo tûr (nicotine) taksaa lo tel hian, thisen kawngte chu rawn ti sâwngin, ke lam lumna chu 1.8 C in a ti hniam thei a ni. He thil hlauhawm tak hi upa deuh, lung natnain an thisen kawng a lo sâwr zim sak tawhte chuan an hre awl bîka, chutianga sâwnna chuan lung atanga thisen tha inkahchhuahna dâwt pui chu a ti ping hmiah thei a; tin, zenna te, lung natna te leh ke lam thihna te pawh a thlen thei a ni.

Nu pum chhûnga nausên la awm hrisêlna chu vaihlo hian eng ang chiahin nge a zuk khawih pawl hriat fiah harsa hlê mahse, pai tantirh atanga tûr chak tak, nicotine-a han chawm tel nghal ngawt chu, pak khat chauh pawh an pak hma hian, a pawl dân tûr nu tân ngaihtuah hmasak ngei chi a ni. Tin, nau hnute hnektîr lai nuin, nau hnute pêknaah hian tûr chak tâwk tak a pe tel zêl a ni. Chu mi awmzia chu nausên hnute hnein, hnute tui atanga nicotine, a taksa rihna phu tawka a dawn tel tluka tam, patling hian ei ve ta sela an nat phah ang. Mahse a pian hma atanga tlêm tê tê a lo pêk than tawh anih avangin nausen chu a na lo chauh zâwk a ni. Chuvangin, nu meuh pawhin pawl a tiha a in chhîr vawng vawngna tûrin, mei zûk chîng nute hian, an fateah hian, an naupan têt atanga mei zuk an chakna tûrin, lungphum chu hre si lovin an lo rem zêl a ni.

Zuk Leh Hmuam Sim Dân:

A chng dawklak tawhte tân chuan zûk leh hmuam sim hi thil harsa tak a tling a, sim theih loh erawh zawng a ni lo. Sim duhna neih ringawt hi a tha tawh lova, kawng dang dang dap vêl a ngai a ni. Sim duhna neih chu a rahbi pakhatna a ni a, chutia sim duhna neih a nih tawh chuan zûk leh hmuam châkna bengdai thei tûrin puitu dang dang a awm zêl thei tawh thin a ni. Zûk leh hmuam la chngte han kawm loh vang vang hi a sâwt hle. Chutianga zûk leh hmuam la chngte zînga kan awm loh na nâ nâ chuan, kam a lo chhiat deuh pawhin, do zawh a harsa vak tawh lo. Tuisik tam tâwk leh thei tui, um tawih loh in hian zûk leh hmuam nghei tirha taksa châkna lo awm theite hi a la bo hlauh thei a. Ni tina tuisik no 8 atanga no 10 lai in a tul thin tih a nghei hlen tawhten an sawi. Tuisik leh thei tui aiah hian, thingpui, kawfi leh ruih theih thil dang rêng rêng hman hauh loh tûr a ni. Tin, kan chaw ei hian korî a tu hlê baw. Hetianga thil chin thalo sim tûra beih vak lai hi chuan thei te, chhangphut buh (wheat) te leh protein pai leh bê te hi ei berah neih ni sela, kanhmu leh mawm lam hi thlah ni thung sela. Tin, sa, thingpui, kawfi leh mawsola tel tamna chawte hi hriatna thazâm khawih buai thin te an nih avangin sa tel lo chaw hi a thlan awm zâwk a ni.

Heng thil mamawhten taksa pêng hrang hrang an va thlen kimlohna hmunah thisen leh oxegen te an va thlen theih nân taksa sâwizawi leh mumal taka thaw lăk vak vak a pawimawh hlê. Thil chin dawklak thlah thutna a awm hian, dân narânin ni engemawti chhâng chu awm nawm lohna a awm thei a, chuangin, chawh hahdam a tul baw. Sim tawhte an fimkhur êm êm na tûr dang chu thian kawmteah hian a ni. Mei nghei hlimte chu an thianten vawikhat chauh mei han zu leh ve tûrin an sâwm thin a, chu laiah tak chuan an invên that hlê a tul. Thiante sawmna chu an do zawh loh chuan a hma aiin mei nghei a harsa zual sauh dân tihna a ni.

Zûk leh hmuam hian a chîng dawklak tawhte a phuar ngheh theih êm avangin chu thil aţanga inthiar fihlim hlauh tûra ţhalaite kan zirtir ngun leh an entawn tlâka kan nun a pawimawh a. Mahni inenkawl ţhat a ţulzia leh a pawimawhzia zirtir fo ula, hrisêlna ţha ngaisâng tûrin leh hrisêlna tha ngaisâng mite kâwm ţhin tûrin fuih rawh u. An thian kawmte ang ang hi an nih ngê ngê zêl avangin, tutenge an kawm ţhin tih hi a pawimawh hlê a ni. Zûk leh hmuam laka ţhangtharte inthiar fihlim tûra kan beihna hi a hlawh tlin kan duh tak zet chuan keini nu leh pate hi entawn tlâk kan ni hmasa phawt tûr a ni.

Taksa Tichak Tur Chawte

Thil nung tinrêng hian, than nân te, chak nân te, tisa chêt nân te, taksa ral luah khat leh tûrin chaw tam tâwk leh chi hrang hrang an mamawh a. Mi thiamte chuan kan taksain a mamawh chawte chu hetiang hian an thliar hrang a: tui te; proteins te, carbohydrates te, thau te, vitamin te, leh mineral te hi an ni.

Mineral chi thenkhat leh tui tih lohah chuan mihring chaw awmna bulpui ber chu thlai a ni. Thlai hian ni êng aţanga chakna te, boruak ami oxygen leh carbon dioxide te, tui leh chi (al) te nêh hian leia mi carbohydrates, thau, protein leh vitamin, mihring chaw tûr siam nân a hmang thîn a.

Hei hi, Lehkhabu Thianghlîma, Siamtu fîng beran mihring A Siam lai chuan an chaw atân thei te, fang te, thlai te leh theipilsak nei te chu a pêk thu kan hmuh nen hian a inrem thlap a ni. Mihring Siamtu chuan, a taksa tâna chaw tha ber chu a hrechiang ber tih a lang chiang êm êm a ni.

Carbohydrates chuan taksa tân lumna leh chakna a siam a. Theiah te, thlaiah te hian a awm a; mahse, buhah te, spaghetti-ah te, alûah te, chithlumah te leh chhangah te hian a tam ber a ni.

Thau pawh hian lumna leh chakna a siam a. Tin, ran atanga thau hmuh theih te chu mawkhawn te, bawnghnute dak te, artui te, ghiu te hi a ni, thlai atanga hmuh theih te erawh chu coconut te, olive te, badam te, la mu te, anam chi te, bekang leh safflower (kardi antih) hriak te hi a ni.

Proteins chuan chakna a pe bawk a, mahse a thawh ber chu taksa thantir zel leh tisa ral lai lo siamthat zel hi a ni. Chaw zawng zawng deuhthawah hian proteins chu a awm a, mahse a tamna berte chu sa, sangha, artui, bawnghnute, cheese, thingsemin lam chi reng reng, chhangphut buh, be lam chi reng reng, badam leh dailuahah te hian a ni.

Taksa tithang tur leh a ral lai phuhruk nan minerals hi a tul a. Minerals zawng zawngte hi an pawimawh vek a, thei rah thar leh thlaiah te hian a tam em em a ni. Calcium leh phosphorus te hi mineral dangte ai chuan taksaah hian a tam bik a. Naupangte leh tarte hian heng mineral chi hnihte hi thalaite ai chuan a letin an mamawh tam a ni. Chawah chuan artui te, cheese te, dhoi te, thlai te leh bawnghnute te a tel chuan heng mineral te hi chu tam tawh hmuh theih a ni ang. Chawah chuan thir (iron) a tam tawh ngei tur a ni. Hei hi chu thlai hnah hringah te leh grip ro leh ro lovahte, sa thinah leh sa tiaah te leh artui chhungmuah te leh kurtaiah te hian a awm a ni. (Entina phik 76, 77-a mi en la).

Vitamin te hi taksa tan hian chaw ang bawka pawimawh a ni. Chawah chuan thei rah thar tam tak leh thlaite leh fang (grain) pumte chu a tel tam tawh chuan heng vitamin-te hi chu a awm tawh mai ang.

Tui hi chaw a ni lo va, mahse, kan chaw ei hi kan taksain a insem darh tur a sawm that theih nan chawah hian a pawimawh ve a ni. Mihring taksain tui a mamawh zat hi, kum leh hnathawh leh chenna ram sik leh sa azirin a inzat lo. Chaw ei hunbi fel tak inkar lai velah hian tuisik no tam tak in teuh teuh fo tur a ni.

Heng thu atangte hian chaw tha leh inbuk tawkah chuan theirah leh thlai tharlam tak, a hel leh chhum hminte leh fang

pum leh thingsemîm lam chi an tel tûr a ni tih hriattheih a ni.

Chaw chutiang chu thlai ngawt ring mite chaw tih a ni a. Tin, chawah chuan artuite leh bawngnhute atanga thil siamte a tel chuan leh chutiang chaw chu kan ei fo chuan chaw atana thil tha bulpuite chu inchawih tawk chauhvaw dawn a harsa nep deuh a ni. Mineral thenkhatte leh vitamin te a tam a, protein leh thau leh carbohydrates siamtu a tam bawk avangin bawngnhute hi chaw hrisel tak a ni.

Chawa Thau A Pawimawhna

Tun thang khat liam taah khân, chawa thau tel hi ngun taka chhui a ni tawh a. Lung atanga thisen tha chikchhuahna kawng lo buaina hi, thisena cholesterol lo pun ang zêl hian a pung a ni tih chu chhûichhuah a ni tawh a. Thisena cholesterol a lo tamna chhan chu thau phalo (saturated fat) kan ei tel hi thau pha (unsaturated fats) aia a lo tam zâwk hian a ni, chawa thau leh cholesterol tam lam chu a ngai reng a nih pawhin. Chuvangin unsaturated thau chu miin chawa a ei tel tam viau chuan thisena cholesterol chu a lo kiam ang a, lungnatna (arteriosclerosis) hmasawn tûr pawh dâl a ni ang.

He mi avang hian saturated leh unsaturated thaute kan hriat hran a tul a ni. A inanlohna chu hei hi a ni; Saturated thaute chu ran atanga siam, sa, bawngnhute, artui leh bawngnhute dak atanga mi a ni. Coconut hriak chauh lo chu thlai hriak dang zawng zawng hi chu unsaturated thau vek a ni mai. A pha ber pakhat chu vaimin hriak hi a ni a. A pha ber erawh chu Asia chhim lam ram pawha awm vê bawk si chu, saflower hriak, 'kardi hriak' an tih mai hi a ni. Hetah hian 92% chu thau pha a awm a. Ei tûr buatsaih nâna hriak kan hman duh a nih chuan hei hi hman tûr a ni. Margarine hi unsaturated thau atanga siam, mahse pindan chhûng lum narân tûar zo lo deuh a ni a. Butter anga hman chuan a nêl lutuk a, chuvangin a siamtuten hydrogen nena chawhpawhlhin kan siam

tha e, an tihna lamah thlai hriak chu ta thau angah an chantir
ta a, butter leh ran thau dang aia tha chuang lovah an siam
ta a ni. Sangha thau hi thlai hriak ang a ni ve.

Sa Thung Hi Le?:

Thau thu kan sawi tawh atang khan sa ei that leh that
loh zawhna a lo awm thei ta a ni. Sa tam ber hi chuan protein
zât tal chu thau pawh a nei zêl a, chu chu za zêla sawmnhih
(20%) vêl tluk a ni ber. Vawksa hian za zêlah 55% thau a nei.
Sa ei mite tân hian thau ei tel tam lutuk a awl hlê a ni. He
mi avang hian sa heh mi tam takte hian lung natna an vei
duh bik a ni. An rihna pawh a pung chak a, chu chu he natna
hian a thlawp zui deuh ziah bawk.

Ei atâna ran an talh tam ber hi chuan natna chi hrang
hrang an pai thin. A eitu tân chu chu hriat mai theih a ni si
lo va, chuvangin sa tha zawrhna bazârah hri vei nei sate
pawh lei palh fo theih a ni. Sa talhna inah chuan invawm
thianghlîm sên a ni lo va, tho leh chukchû te an pung duhin
an bawm duh hlê a ni. Vûr bawma dah thatte a ni zen zen
si lo va, chuvangin natna hrik (bacteria) pawh a pung chak
thin a ni. Sa chu hmin taka chhum ngawt loh chuan, hêng
hrikte hi an thi lo va a nungin ei tel a ni mai thin. Heng
avang hian trichina rûlhût te rûlhût puite leh thin lam ei chi
rûlhûtte pawh kai theih a ni.

Ran tam takah hian cancer a awm a ni tih hmuhchhuah
a nia. A zawngtute chuan hrik chikhat 'virus' an tih mai sazu
a awm an hmu chhuaka. Chu sazu chuan mihring ah thisen
natna Leukhemia a kâi tîr thei a ni. Ârte pawhin hei hi an
kai thei a, ranrual tam tak pawh hian an pai tih hmuhchhuah
a ni tawh bawk. Vawikhat a lo awm (kai) tawh chuan dân
ngaihna a la awm rih lo

Chuvangin virus hi mihringah chuan an la dah chhin lo
a ni. Hetiang vei sava sa ei hian he virus hi mihring tân kai
theih a ni. Chhum bawrh bawrh chuan natna hrik thenkhat

leh rûlhûtte chu a chhumhlum theih na a, virus-te erawh chu chuti maia chhumhlum ve theih a ni lo.

Sa ei leh lung natna inkûngkaihzia fiahna leh sa thianglelim lo aţanga natna kai theih a nihna hi, thlai chauh ring mi nih chhan tlâk a ni.

Ran Natnate:

Lehkha zaiktu pakhat chuan, "Sa eitute hian ran ţhenkhat hi chu an nun laia an awm dân chiah hmu sela chuan ten êm êm an hawisan daih ang" a ti.

Mihringin an ei ţhin, ar, sangha leh rante zingah hian natna hi a punlun zêl a ni. Hêng ranahte hian T. B. te, cancer te, ngâwt chi tinrêng te, rûlhût leh Bang's disease an tih (khawsik hniama sang leh thut ţhin emaw bruceſſosis an tih mihringa awmtirtu natna hrik ang kha) an pung chak êm êm a ni tih hmuh chhuah a ni iawh. Hêng sa deh vel leh chhum hmin hneh loh deuh ei aţangte hian mihring tân kai chhâwn theih a ni.

Sa ei mi Aţanga Thlai Chauh Ei mia Chan Dân:

Sa ei ţhang, heh tak maiin sa a nghei chuan chaklo sawt leh viak ţha lo sawtin a inhre ţhin. Hei hi sain mi a chiah puam theih vang a ni. Hun engemawti hnuah chuan chaklova inhriatna hi a reh ang a, sa ei 'lo pawhin pianpui chakna ţha pangngai chu neih theih a ni tih a hria ang.

Sa ei a hlauhawmzia hriatchhuah ruala, sa tel lo pawha chaw ţha tâwk tak neih theih a nihzia hriat hi a thlamuanawm e. America ram Loma Linda University-a zirtirtu, Dr. M.G Hardinge M.D., chuan taksa châwmna atâna chaw ţha hun rei fê chhung nasa taka a zir hnuin, hetiang hian a sawi: "Thlai fang pum te, thei pil sak chi te, zung leh thlai hnahno ei chi aţang te leh thei chhum leh chhum lohva ei mi aţang te hian **mineral** leh **vitamin** tam tawk hmuh theih a ni a, chu chauh

ni lovin mihring taksain a mamawh **protein** pawh thahnem tâwk fê a awm a ni," tiin.

Phek 78-naa entirnaah hian an protein avânga chaw tha bîkte chu târchhuah a ni a. Saa protein awm zât chu dân narânin 20% a ni a, mahse thei pil sak chi te leh châna te hian an ngah lehzuah a, bekang phei chuan sa aiin a let hnihin a nei tam.

Pulse ro hian tui a heh êm êm a, chhum tawh hnu chuan gramme 100 hian, a ro laia protein a neih zât hmunlia thena hmun khat leh hmun ngâ a thena hmun khat inkâr vêl chauh a nei tawh a ni. Entîr nân; red kidney, be sen chiknat hian, a ro laia gramme 100-ah hian protein gramme 23.1 a nei a. Mahse chhum hnuah chuan tui an pawm tam tawh êm avangin gramme 100-ah chuan protein gramme 5.7 chauh a awm tawh a ni. A awmzia chu he be ro gramme 25 hian, chhum hnua gramme 100 a hen tihna a ni, chu chu chhumnaah tui a pawm tam vang a ni.

Minerals:

Sodium (sawdiam): Hei hi chaw zawng zawngah hian a awm a; tin, chlorine (klawrin) nêna chawhpawlh chuan sodium chloride emaw, chi (al) narân emaw hi a lo chhuak thin. Chaw tih tui nân a pawimawh a ni. A tel lo chuan thil a tui lo.

Mi pakhatin ni khata chi a liah hi gramme 7 ațanga 15 inkar a ni ber a, a tui tâwka chawhmeh al hian hetiang zat hi chu ei a ni deuh ber mai. Chu aia tam kan ei chuan kal tân phurrit kan belhchhah mai chauh a ni. Khawvêl hmun thenkhatah chuan chi ei tam hian high blood pressure (he mi hian lu a tihai a, mi a tichau va, a nasat chuan a mitsulh theih a, a nasat viau chuan lungphû a châwlin a thih mai theih) a siam tih hriat fiah a ni tawh. Chi hian tisa a tivûng thei a, chuvangin lung natna leh high blood pressure nei chuan ei tâwk neih riau tûr a ni.

Tâwk chin nei deuhva chi liah hi chhông tinin inzirtîr tûr a ni. Ram vawt aţanga ram luma lokalte hian lum vanga chauh an nei thin, chuvangin an thlana luangral tikhat leh tûrin hun engemawti chhông chu chi an liah uar bîk a ngai thei a ni.

Ram luma han awm rei deuh hnuah chuan taksa chuan a lo ngeih ve chhawm a, thlansâa chi kal ral pawh a nêp ve chhawm thin. Chutih hunah chuan chi liah tam bik a ţul tawh lo va, chawhmeh al dan pangngai chu taksa mamawh phu hru tâwk a ni mai ang.

Calcium leh phosphorus: Naupang ţang lai tân chuan ruh tiţhang turin calcium leh phosphorus ei a pawimawh a ni. Ruhin chinai a tlâkchham tûr vên nân puitling leh tar tân pawh a tâwk a fang ei tûr a ni. Hetianga chinai tlâkchhamna hi tar tha ţhum vanga lo awm a ni a, zahmawh leh paitawihna taksaabung hrang aţanga ţui chhuak thin pawh a tikiam a ni. Tarte hian ţhalaite ang bawkin calcium an duh tam a ni. Calcium hian thisen tha kawng (artery) hi a tiping ngai lo. Calcium leh phosphorus bâkah hian naupangte hian Vitamin D an mamawh belh a ni, he thil pawimawh tak hi, mineral dangte chu ruh ţhantirtu atân hman ţhat a nih theih nân a tul a ni. Puitlingte hian vitamin D hi naupangte mamawh zât ang chu a mamawh ve lo. Dr. Speis of Louisiana, U.S.A. chuan kum 12 chhông ngun taka a lo chhui hnuin puitling tawhte ruhte chu an tiram (tichaklo) ni ngeiin a hre ta.

Iodine (Aidin): Hmun thenkhatah chuan Iodine hi a tlêm hlê a. Chungah chuan awr pûar an tam duh. Dâwra iodine leh chi inpawh an zawrh hi chawhmeh al nân hman ila a tâwk mai. Chu chu a awm loh chuan potassium iodine, tui ounce khata pawh ni tin vawikhat in nise, chu chu a tawk êm êm ang.

Flourine: Mite tui tlana he thil hi tlêmte pawh a tel hlek chuan an hâ a ngêt duh lo bîk a ni. Ha siamtute hian hei hian hâ an enkawl thei a, ha ngêt pawh an tinêp thei a ni.

Iron (Thir): Ni tina thir kan mamawh zât hi tlêmtê chauh a ni, thi a chhuah zeuh zeuh avang leh rûlhû kawm emaw, natna dang emaw vang a thisen heuna a awm hian mamawh a ni deuh ber thin. A tâwk chauhva ei tûr chuan fimkhur a ngai êm êm a ni.

Chaw tha pângngai chuan heng thil tûl zawnz zawnge hi pe thei mahse, taksain ni tina iron, calcium leh vitamin A a mamawh zât hriat hi thil tha tak a ni. Chaw tha tâwk awm lohna hmuna lehkha zir mi tâte pheï chuan a tûl lehzuat a, chuvangin he bung tâwpah hian hêng thil pathum an neih theihna tûr chawte chu kan ziaak chhuak a ni. Heng pathum pawimawh tak te hi hmuh harsa berate an ni a, tam tâwk hmuh theih phawt chuan taksa châwmna atâna tha dangte chu a tam tâwk thei zel ang.

Thau Lutuk

Rihna tihtlêm hi thil harsa tak a ni châwk. Thênkhatte chuan chaw ei kham lama thil tuihnai dang ei te mawkhawn leh thau dangte ei an sim hian an titlêm thei thin.

Mi thenkhatte erawh chuan thlai hnah te, bânghnute khâr tel lo te, bânghnute siam thûr te leh cottage cheese te eiin, taksa rihna chu an titlêm thei bawk ang.

Bung 4-na a protein tamna chi chaw kan han târlanah khân, thau ngah bîk riaute chu kan han tilang nghal bawk a. Cottage (kawtej) cheese (chis) hian protein chu a ngah ber a, mahse thau a nei tlêm ber a. Thlai hnah han bûk ngawta gramme 100-a ritah hian gramme 90 tuisik a tel zuk ni a. Tin, dân narânin protein chu chutah chuan, gramme 2 leh gramme 3 vêt a awm ber a, thau ngaihmawh tham vak loh nê. An tam pâr bawr chi hian gramme 91.7 tuisik a pai a. Tin, protein leh thau leh carbohydrate leh mineral leh vitamin gramme 8.3 vêt a nei bawk. Tin, he mi gramme 8.3-ah hian gramme 2.4 chu protein a ni. Gramme 100 atanga taksa châwmtu hi a tam vak loh vei nê, protein erawh hi chu kan rin aia tam a lo

awm reng zuk nia. Bâwnghnute ngan hlakah hian protein gramme 3.5 leh carbohydrate gramme 4.9 leh thau gramme 3.9 a awm a. Chuti-chuan chaw mi tilum tehchiam lo, protein leh mineral tam tâwk duh bawk ai chuan, lumna nei tlêm chaw kha ei a tha a ni. Bâwnghnute thûr (Buttermilk) leh a dak lak tawhna hian thau an ngah lova. Chutiang bawkin cottage cheese chuan gramme 19.5 protein a nei a, carbohydrate erawh chu gramme 2 chauh. A thau neih chu pawisak tham a ni lo.

An rihna tihtlêm duhte chuan thlai hring a tâwk lekin ei sela; Tin, bâwnghnute thûr leh cottage cheese te eiin protein chu a tâwk lek chu neih theih a ni bawk. An chaw eiah chuan protein tam zawk an nei ngêi tûr a ni.

Ei tûr Buatsaih Dan:

Chaw tam tak hi chu ei hmaa chhum tûr a ni. Chhum hian thatna pathum a nei. Pakhatnaah chuan ei tûr tam takah hian, amah hian a ni leh zual bik, natna awmtîr thei hrikte kha, a tihhlum avangin. Pahnihnaah chuan chhum hian chaw chu paitawih a tiawlsam a ni. Chaw thenkhat, chhangphut buh te, dailuah te, bê lam chi te hi, chhum hmin zet loh chuan mihring pumin a pai tawih zo lo. Pathumnaah chuan chhum hian ei a tinuam a ni, chaw tam tak, buh, bepui, chhangphut buh leh buhtun te hi a hela ei chuan chhum hmîna a tuina ang kha a nei lo a ni.

Chhum dan tlângpui pathum a awm, chhum (ngâna âwm pawh), ur (hemhmin pawh) leh kan ro (hriaka kan ro) te an ni.

Kan ro hi ei tûr siam dân tha lo tak a ni, hetiang hian ei tûr chu rang taka buatsaih theih pawh ni se, paitawih a harsa bik a ni. Kan ro laiin hriak khan kâwr angin a tuam a, hriaka chulh ang mai a lo ni a. Chutiang hriaka tuam chaw chuan pumpui a zuk thlen hian paitawih nghal mai theih a ni ve lo. Kan ro ei dawklak hi paitawih that theih lohna bul pakhat a nt.

Chaw chhum In (Choka)

Dik taka ei tur buatsaih hi chhũngkaw hrisêl nân a pawimawh êm êm a ni. Ei siam in tha tak neih hi ngaih pawimawh hiê tûr a ni. Ei siam in chu inah chuan pindan fai ber ni rawh se. Ni êng tam tak a luh theih nân tukverh tha tak tak a nei tûr a ni. Chhuat leh bang leh inchũngte chu a fai tûr a ni. Bảtĩn leh tĩn dang chhin tha tak nei, bawlhhlawh leh tui chhe khawl nân a awm tûr a ni. Bawlhhlawh leh tui chhia chu kawtah emaw, kawngkhar hnuaiah emaw, inhnuaiyah emaw paih vêl mai tûr a ni lo, chu chuan hmun a tĩtawp a, tho leh natna hrik chi dang rang takin chungah chuan an piang thĩn si a.

Almira tha tak, a sir leh a hmai atana thirlên sĩn vuah neih tûr a ni, chaw leh ei tur thil dangte tho leh rannung bawm theih lohva khung that nân. Sazu te, chaichim te tho te, chuk-chũ te leh rannung dangte hi an bawlhhlawh êm êm vek a ni. An taksa leh kâah te hian natna hrik leh natna kai theih dangte an pu a, chu bawlhhlawh chu chawah an tikai thĩn. Êk bảwm hnu tho, chokâ chhũnga lo thlảwk lũta, chawa rawn fu leh mai hi an tam êm êm a ni. He mi avang hian. ei tûr rêng rêngte chu sazu leh chaichĩm leh tho leh rannung dang luh theihlohnaa dahthat tûr a ni.

Rawngbawltu Apiangina Hriat Tulte:

Natna thenkhatte hi chu chawchhumtu hian chhungkua a kaitĩr vek thei a ni. He mi hian hrisêlna dân pawimawh zualte hi chu a zawm ngei tûr a ni.

Rawngbảwl hmain kut chu fai taka sil phawt tûr a ni. Chutah chuan zungtang tin kảrte lam pawh sabon leh khui-hnain fai taka silfai phawt tûr a ni, chu chuan, tin kảra natna hrik awmte chu ei tur khawih hmain a tibo dảwn a ni.

Rawngbảwlna hmun chu a fai thei ang bera vawn tûr a ni. Chaw ei kham apiang hian dawhkân chung leh tuichhe paih-



NO CHU A MAWNG BULA
CHELH TUR A NI.

nate chu fai taka sil ziah tûr a ni. Paihbo hma loh chuan bâwm chhin neiah thil khehna leh hnâwmhnê zawng zawng chu in chhûnghah emaw, pâwnah emaw khâwl zêl tûr a ni Tukverhte leh kawngkhârte chu tho luh loh nân puan zâr tûr a ni.

Chu chu a theih ngang loh chuan bâwm tha tak (duli) an tih, rannung leh tho luh theih loh tûra thirlên sîna siam chu matheilova neih ngêi ngêi tûr a ni. Ei tûr dahnaah chuan sazu te, chaichîm te, chukchû te leh fanghmîr te an luh theih loh nân fimkhur taka enkawl tûr a ni.

Rawngbawltu chu no leh thlêng leh bungbêl dang hrûkna puan hrang, fai tak hmang tûra zirtir tûr a ni. Hrisêlna lam aţanga han thlîr chuan, rawngbawltuin a thlantui hrûkpuan vêka chaw ei dawhkân a han hru leh mai hi chu, a mak tih lohruai a ni lo. Chutianga thil tihna chuan natna a thehdarh thîn. Chawchhumtu chuan a khuh leh hahchhiau châng a

hmui leh hnar hup nân chuan rawmawl bik nei se, chu chu thil dang atân chuan hmang rêng rêng suh se.

Thlai leh thei zawng zawng chu chhum hmain emaw, ei tûra inhlui hmain emaw, sabon leh tuia ngun taka silfai ngêi ngêi tûr a ni. Hei hi chhum lohva ei chi, (salads) te leh kheh lohva ei chi thei, grêp te angah hian a pawimawh lehzual a ni. Kheh theih chu silfai zeta, chuta kheh tûr chu a ni. Tunhma lam deuhva an chin viau, tuisen (potassium permanganate solution)-a sil hi tunah chuan a hmantlâk lohzia hmuh a ni ta. A hela ei tûr chi tihthianghlim dân tha ber chu chlorine tui tak deuhva dârkâr chanve emaw vel chiaah a, chumi hnuah tui thianghlima silfai leh hlarh hi a ni.

Tangkarua emaw, darthlalang no emaw rêng rêngte hi hmuamna lâi tûr khawiha jnhlan hi chin tawp loh tûr a ni. No chu a mawng bulah dawm a, hmuamna lâi tûr chu kut-zungtanga khawih tûr a ni lo.

Chaw ei kham veleth thleng leh chaw eina hmanraw bâlte chu silfai nghal vat zêl tûr a ni. Hei hi tui sâa sil a, sabona hneh taka nawh tûr a ni. Tuisova fai taka chiaah hnuah hruk-puan faia hruk hula, bawm him tak chhunga dah leh thlap zêl tûr a ni.

Rawngbâwltu thar ruai tûr chuan dâktawr ruaiin a hrisêlna enfiah sak phawt sela a tha a ni. Santên benvawn emaw, rulhut emaw a pai em tih hriat nân a êkte pawh endik hmasak tûr a ni; chutilochuan heng natnate hi a rawngbawl sa ei tûrte hnênah a thehdarh mai ang tih a hlaubawm a ni. Âwm lam X-ray-a exam pawh hi a tha. Chhûng tam berah chuan nute hi rawngbâwltu an ni a, anni pawh chuan he fimkhurna dân an zawm hi a tha a ni.

Chaw Ei Dân:

Chhûng kimin chaw hlui kila, hlim taka titi siah siah tûr a ni. Rilru a nuam a, hlim chuan chawei pawh a tui bik a,

pai tawih pawh a nuam thin a ni. Muangchânga ei a, chip taka thial tûr a ni. Ni khatah vawi hnih emaw, vawi thum emaw pawh ei ila, hun bi neia ei tûr a ni. Zanriah hi chaw ei tlem hun ni sela, dâr sarih aia tlai lovah ei ni thin rawh se. Chaw paihawihna khawlte hi zanah chuan an lo hah ve tawh avangin, taksa peng dangte ang bawkin hahchawltir ve tûr a ni. Pum-pui chaklohna leh chaw pai tawihna khawl thatlohna tam ber hi chu tlai taka zanriah ei tuih va, ei kham veleha mut nghal mai chin vang a ni duh hle. Puitling leh naupang kum sarih chin chunglam tan chuan ni khata chaw vawithum ei hi a tawk a: tin, chaw ei kar lakah engmah ei tûr a ni lo.

(Ni tina vitamin A, Iron leh Calcium mamawh zât)

	<i>Vitamin A</i> (I.U)	<i>Iron</i> (mg.)	<i>Calcium</i> (mg.)
Nausên	1,500	6	600-1,000
Naupang	2,000-3,500	7-10	1,000
Tleirawl	4,500-5,000	12-15	1,200-1,400
Puitling	5,000	12	800-1,000
Naupai lai	6,000	15	1,500
Naupawm lai	8,000	15	2,000

VITAMIN 'A', IRON LEH CALCIUM AWM TAMNA CHAWTE

A ei theih lai Gramme 100 zêla awm zât a tlangpuiin

	<i>Vitamin A</i> (I.U)	<i>Iron</i> (mg.)	<i>Calcium</i> (mg.)
Almonds	0	4.4	254
Amaranth Hnah	2,500-11,000	21.4	0.50
Apple, chhum loh	90	.3	6
Appricots (tina mi)	1,350	.3	10

Apricots (a ro)	7430	4.9	86
Asparagus chhum hmin	600	.5	16
Avacado	290	1.0	19
Beet Hring	6,700	.6	10
Mawkhawn	3,300	3.2	118
Carrots	4,000	—	20
Cashewnuts	—	.8	39
Antam Pârbâwr	90	5.0	46
Cheddar Cheese	1,400	1.1	22
Coconut	—	3.6	43
Coriander hnah	10,000-12000	10.0	—
Vaimîn	390	.5	5
Cottage Cheese	20	.3	6
Cream Cheese	1,450	.2	68
Bâwnghnutê Tihthûr	130	—	—
Dates (dets) ro	60	2.1	72
Drumstick hnah	11,300	—	0.44
Artui pâwnvâr	—	.2	6
Artui Chhûngmu	2,210	7.2	147
Theipui ro	80	3.0	186
Grape rah	trace	.2	22
Kawlthei (kawiâm chhumloh)	80	.6	30
Khawizû	—	.9	5
Ice Cream	520	.1	123
Sər	-	.6	40
Lentils râwt.	570	7.4	34
Lima bepui ro	—	6.9	163
Theihâi	4,800	- -	—
Bâwnghnute Tak	160	—	20
Margarine	3,300	.1	118
Oatmeal Cereal	—	4.1	160
Olive hmin	60	1.6	87
Purun No hring	50	.9	135
Serthlum	350	.4	33
Thingfanghmâ (nuhnûn)	2,000	—	—

Parseley	8,232	4.3	193
Theitê	250	.7	8
Theite ro	3,250	6.9	44
Badam	—	1.9	74
Bepui ro	370	5.1	33
Bepui Hring	680	1.9	22
Alu vâ	20	.7	11
Prunes ro	1,890	3.9	54
Mâi	1,000	.8	21
Radishes	30	1.0	37
Raisin ro	50	3.3	78
Red Kidney Bepui	—	6.9	163
Buh vâ	—	.8	42
Rhubarb	83	.8	99
Bekang umloh ro			
teh khat	110	8.0	227
Spinach chhumhmin	5,500	5.0	124
Strawberries	60	.8	28
Kâwlbahrâ	7,700	.7	30
Tomato Tui	1,050	.4	7
Tomato hel	1,000	.6	11
Khawkherh	30	2.1	83
Dawnfawh	590	.2	7
Wheat pum	—	2.2	96

PROTEIN TAMNA CHAWTE

(A EITHEIH LAI GRAMME 100 ZELA PROTEIN AWM
ZAT GRAMME - IN)

Eitûr hming	Protein awm zat
BÂWNGHNUTE LEH THEI	
Bâwnghnute tihthur (0.1 thau)	3.5
Cheddar cheese (30 thau)	25.0

Cottage cheese (0.5 thau)	19.5
Bâwnghnute tihthûr khal	2.9
Theipui ro	4.0
Thei ro	2.5
Ice Cream mawl (12.5 thau)	4.0
Bâwnghnute tak (3.9 thau)	3.5
Thau tel lo Bâwnghnute Dip	35.6

BUH LEH MIM LAM

Buhsanghar (Barley) ro	11.5
Vaimin châr	11.5
Oatmeal chhumhmin	2.3
Oatmeal ro	13.6
Ragi leh Buhtun dangte	7-10
Buh ro	7.5
Maida (chhangphut dip tha)	10.2
Wheat pum ro	11.8

THEI PIL SAKTE (Chawhrualin 45-60% thau a awm)

Almond	18.6
Cashew (sazu pumpui thei)	18.5
Coconut	3.6
Badam	26.9
Khawkherh	15.0

ARTUI (artui pumkhatah protein gramme 7)

A pâwn vâr	10.8
Chhûng mu	16.3

BE LAM CHI (PULSES)

Bepui chhumhmin	5.7
Bepui chidang ro (chawhrualin)	21.0
Bepui Red Kidney (ro)	23.1
Grams leh dailuah	20-28
Peas (bepui chi bawk) chhum hmin	4.9
Peas ro zaiphel	24.5
Bekang (um loh) ro (chawhrualin)	40.0

Natna Bul

He lehkhabu bung hmasaahte khân natna siamtu natna hrikte sawi lan a ni tawh a. Hêng natna hrikte hi an têt êm avangin enlenna nêh lo chuan hmuh theih pawh a ni lo. Thisen mûr (cell) khatah hian sawmpahni an leng a, chu thisen mûr maktaduai ngâ chu cubic millimetre ah khung theih a ni, chumi zau lam chu heta hawrawb mal 'Q' tia vêl hi a ni ang. Natna hrik (germs) thenkhatte chu an bial a, a thente chu an sawl a, thenkhatte chu anmahni vang lêh hnih let thum laia seite pawh an ni. A then, rul ang maia sei an awm bawh a, thenkhat dang chu churut ang deuh hi an ni bawh. Thenkhatte chu an chesawn thei lova thenkhatte erawh chu an kête hmul ang tak chu hmangin an chesawn thei.

Natna hrik chu an pung chak êm êm a. Thlai chi chuan tuh anih ațanga la tiaka, thanglian a, chi dang rawn chhuah leh tûr chuan thla tam tak a duh a. Mahse natna hrik pakhat hian hmun luma a awm chuan inthenin, dârkâr chanve chhûn-gin a puitling pahniha a insiam hman a, tin, dârkâr chanve dang lehah chuan pahnihte chu pali an lo ni hman ang a, dârkâr chanve dang lehah chuan pariat an lo tling tawh ang.

Chutiang zêla a pun chak chuan dârkâr sâwm chhûng chuan pakhatin maktaduai khat a thlah chhâwng hman dâwn a ni.

Hmun lum hnâwng deuhah tawh phawt chuan natna hrik chu a thang thei a. An thán duha an pun chak duh berna lai cawh chu hmun lum, hnâwng thim deuh hi a ni. Thlai tinrêng leh ran tinrêng deuhthaw hian thán nan ni êng an mamawh a, mahse ni êng nasa tak chuan natna hrik te chu a tihlum si thín. Thlai tawih leh ran tawih emaw a awmna hmunah hian natna hrikte chu nasa takin an pung chak thín. Chuvangin, dân tlangpui thuah, hmun chu a faia a ên zawh poh leh natna hrikte chu an tlêm ting mai dâwn a ni.

Natna hrikte chu an têt a, an zân êm êm a, an pun chak a, khawi kip deuhthawa an thán theih avangin, an darhzau êm êm a ni. A dik takin khawiah pawh hian an awm a ni ber mai. Kâah te leh hnarah te pawh hian an awm a. Kan



(Tui nutna chhan hi, tuichhunchhuahna hmun fimkhur lo taka siam anih vang a ni fo. Tuichhunchhuah laiha siam entirnaa mi hi chu, tuibawhlhlawh lo pûtin a tihnut a ni a, mahse a verha verh chhuaha mi hi chu bawhlhlawh lakah a fihlim bik a ni)

chaw eiah te leh tui inah te pawh hian an awm a. Kan chhuat leh bang leh tual vêlah te, inbula dilah te, tuichhunchhuah leh luiah te leh boruak kan hîp ðhinah te pawh hian an awm vek mai. Mi tam tak an awmna apiangah hian natna hrik tam tak chu an awm zêl mai a ni.

Natna hrik kan tih (Germ) zawng zawng hian min tina kher lo va, mahse min tina thei an tam êm avangin germ zawng zawng laka invênhim hi kawng thaber chu a ni.

Germ-ten Natna An Siam Dân:

Germ-in natna, tuihri, khawsikpui, hrilâwn, T. B., hripui, khawihli, khawsik sen, dadû leh saihi etc a siam dân chu hetiang hi a ni. Germ hi taksaa an luh a, an than hian chutah chuan tûr an siam a, tûr chuan khawsik, lunâ, nâ, kawthalo etc., min tihrehawmtute hi a siam a ni.

Natna Germ Lokalnate:

Natna awmtirtu germ te hi kan taksa atanga lo piang ve rêng lovin, pawns lam atanga lo lût a ni.

Damlote emaw, ran damlote emaw atanga lo kai a ni. Entirân tuihri vei chuan a taksaah chuan tuihri awmtirtu germ te chu a nei a. A chaw ei thleng hman hnuah chuan, a kut leh a kâa mi tuihri hrikte chu an kai a; mi tupawhin chu chu tuisova sil hmasa zet lova a hman phawt chuan tuihri hrikte chu a ei tel ngêi ngêi ang. A chaw kalkawng -ah chuan natna hrikte chu an pung phut phut ang a, rei lotê hnuah chuan khawsik leh kawthalo leh tuihri chhinchhiahna dangte amaha lo lang khawpin tûr a rawn siam chhuak ang. Tin germ kal darh dân kawng dang chu êkah a ni. Tuihri vei êk chu tuihri hrikin a khat a. Chutiang êk chu dilah emaw, luiah emaw, tuichhunchhuah kiangah te emaw paih anih chuan. germte chu an pung zêl ang a; chutiang êk paihna dil emaw. lui emaw, tuichhunchhuah emaw atanga tui intute chuan an

taksaah chuan chung natna hrikte chu an la lut ang a, chung chuan chaw kawng chu an thleng thla thuai ang a; reilo tēah chutiang mi chuan tuihri an vei nghal ang.

Vântlâng hrisêlna atâna thil hlauhawm tak pakhat chu natna pu darhtute hi an ni. Natna pu darhtu chu, germ pai reng a, mahse natpui si lote hi a ni. Mi pakhat chuan tuihri, mi dangin hrlâwn, mi dangin khawsikpui emaw santên emaw a pu thei a ni. Hengho hian pu darhtute anni tih an in hre lo. Natpui dur durte ang bawkin hengho hi an hlauhawm a ni. Chu chang ni lovin, natna kai awlsam veitute laka mi fimkhur tak takte pawh, mi chutiange chu dam viaha an lan avangin hlauh ngaihna an hre thin lo va, chuvangin natpui dur durte ai pawhin an hlauhawm zâwk thei a ni. Hei avang hian hri a lêng chiam a, tuman khawi atanga lo chhuak nge tih an hre si lo. Hei hian vantlâng ei leh inna, kâr laka tui vawta sîl ringawt no leh thlêngte hman loh hrâm a tulzia a lantir Chiang hle. Tuikhuah leh tuichhunchhuah chhin loh atanga tui kan chawi, kan chhuanso si loh emaw, damdawia tiththianghlim loh emaw te hi chu in loh a tha a ni.

Chuapa T.B. veite khâkah hian natna siam thei hrikte chu a tam êm êm a. Heng hian an khâk chu chhuatah emaw, leiah emaw an chhak mai mai hian, khâk chu a ro thuai a, vaivut nêh a inchawhpawlh thin. Tichuan natna hrikte chu vaivut zîngah boruakah chuan an lêng a, chutiang vaivut lo hîp lûtute chuan T.B. siam thei natna hrikte chu an hîp lût thin. Chutianga hîp lûtute chu an hrisêl that hle loh chuan rang takin natna hrikte chu an pung ang a, chuap T.B. an rawn siam nghâl mai ang. Hêngte hian natna hrikte hi khawi atanga lokal nge an nih a lanchiantir tâwk hle tawh ang.

Tin, ran atang hian natna thenkhatte hi chu mihring hian kai a ni tih han sawi leh hlek ila. Rabies (atna) chu ui atangin, plague (hripui) chu sazu atangin, trichinosis chu vawk atangin, a châng chuan T.B. chu ran atangte pawhin kai theih an ni. Vun natna thenkhat ringworm te hi zawhte leh ui atangte pawhin a kai theih a ni.

Natna hrikte Taksaa An Luhna:

Natna hrikte hi hetiang kawngte hian kan taksaah an lût thei a ni:

1. **Kâah-** Naupang zawng zawng deuhthaw leh puitling tam tak pawh hian zungtang hmuam hi chin a ni a. Naupangte hi simtir chu harsa tak ni mah se, simtir tuma beih ngei tûr chu a ni. Kut leh zungtang tinte hian hmun bawlhhlawh tam tak a dek thin a, natna hrik chi tin reng a kai lek luk thin a ni. Kutzungtang hmuam hian natna hrikten hmun lum, hnawng si, an awm duhna zâwng tak maiah luhna awlsam tak a siam thin. He thil hlauhawm atang hian naupangte chu vên that an tûl a ni.

Daikiânga êk mai mai chinna hian dai vêl lei chu natna kai theihna bawlhhlawh tam takin a tibawlhhlawh zo thin a ni.

Chutiang hmun leh mihring êk lei thaaw chawm thlaite chu chhum loh chuan ei mai hi a him lo a ni. Salads leh thlai hel ei chîte chu sabon tuiah ei hmam ngun taka sil phawt tûr a ni. Tuisen a sil hi engmah a sâwt lo. A tihdân tha ber chu damdawi (chlorine) tui tak tâwk takah darkar chanve emaw lai chiah hi a ni.

Bul ei chi, carrot-te, Bul-bâwksen (radish) te leh turnip te hi silfai zeta kheh leh hi a tha a ni. Chaw zawrhna inahte hian chhum hmin chauh ei tûr a ni, chu pawh chu la thar leh la sa tak ni ngei rawh se.

Thei lamah pawh chu dân vêk chu la zawm tûr a ni. A hela ei hmam silfaia kheh leh zet tûr a ni. Chaw petute chu khawsikpui, ameoba emaw natna dang putute pawh an lo ni reng mai thei. An kut atangin natna hrikte chu theiah chuan a kâi a. Tui pawh hi natna in kai chhâwna tha tak a ni. Him tak zet tûr chuan chhuanso ngei emaw thlitfim emaw, tui tihthianghlamna chlorin emaw, telh tûr a ni.

2. **Hnarah-** Vaivut hi boruakah hian a lêng reng a, thâl lai hian a nasa lehzual a. Natna hrik putu a ni. Lei leh kawng sîr vêla mihring leh ran zun leh êk atanga natna hrik kaiin

boruakah chuan chhem lenin a awm a. Chu lo rêngah mite hi boruakah an khuhin an hahchhiau bawk thin a. Hritlâng te, hrawknâte, sentût leh T.B. te hi chutianga bawlhhlawh kai hnu boruak chu hip lûtin mi hriselte pawhin an lo kai thin a ni. Hei hian dâmlote tân chuan khuh zâwnga hmui hup leh hahchhiau zâwnga hnar, rawmawla hup a pawimawhzia a tilang êm êm a ni.

3. **Vun Hliamna Ațangin:** Zai leh pilh hlek pawh nise, pem rêng rêng chu sahbôn leh tua, a pem sîr vêlte nen silfai ngêi ngêi tûr a ni. Hliâm chu a thûk lohva, pawnlâng deuhva pilh leh duk mai a nih a, a thi lêm loh chuan, kan sawi tawh anga sil faia, damdawi iodine emaw hnawiha, tuam lohva awmtîr mai hi a tâwk a ni. Mahse, chutah pawh chuan a pem lai chu vaivut lût lo tûra vênhim tûr a ni. Tin, pem chu a thûk chuan tihfaia, enkawl dân pângngaia enkawl a, bawlhhlawh a luh lohna tûra puan thianghlîma tuam a khuh tlat tûr a ni. Tûr dânna lam, a hnawiha hnawih chi pawh hi hliâm tuam vêl naah hian hman theih a ni.

4. **Vun Pem Lo aTangin:** Vunah hian englo chawr a lo awm ringawt thin. Hei hian dân narânin kephah leh ke hniam lam, lei khawiha bawlhhlawh kâi laite hi a bawh bîk a. A châng chuan ro deuh, thak deuh leh pilh deuhthe pawhin a lo pawng chhuak thin. Tih reh harsa tak a ni.

Vun him lai ațanga taksaa natna lût tam ber chu rulhût kawm hi a ni. Ke phahah hian a lût a, thisen kawngrawn zawhin chuapah a lût thin.

5. **Zahmawh Natna lam Vei Nêna Inpâwna Ațangin:** Saihri, dadu leh tâi sîra thalbe natna te hi inpâwna ațanga kai chi an ni deuh ber a. A hmasaber hi a na ber a, taksa khawî lai pawh a tichhe thei. Mît a tidelin, beng a tingawng thei a, mi a ti â thei bawk; tin, taksa englai pawh na takin a hîam thei a ni. Natna zawng zawng zînga hrehawm ber pakhat a ni thei a, mi che pawlawh apiang tân kai a hlauhawm a ni. A dang pahnihte pawh hi hrehawm tak an ni ve ve a, Chiang taka hriat phawt chuan vei theihna tûr tawh phawt chu

hawisan hlauh loh rual a ni lo. Nupa rinawm dún tak tân chuan, he natna hi hlauh a tul lo. Nupui pasal nei lo tân chuan thianghlímna hi himna kawng awm chhun chu a ni.

6. **Seh Aťangin:** Thil awm fo lêm lo mahse, pawí thei fê sí chu ran seh hi a ni. Uí te leh síhal te hi a hlauhawm berte chu an ni. Chutiáng seh chu enkawl ngun loh chuan an thì ngêi ngêi deuh zêl a ni. An thì nghal mai lova, chu tûr chuan hriatna thazâm zuiin thluak thlen nân hapta tam deuh emaw, thla enge maw zât laite pawh a châng chuan a duh thin a ni. Hetih chhûng hian tûr chuan thluak a thlen loh nan wawí tam tak injection lâk theih a ni. Inthenawm vêla mi vanduai chutiáng chu an lo awm hlauh chuan, chiu tûra dâktawr hnêna chawp-lehchilha i hruai nghâl vat chuan nunna chhandamtu i ni thei ang. Ní sâwmpali chhûng indawt zata injection lâk hi a tihdân chu a ni.

Rannung, thoší, uihlí, hrik, khumfâ leh saphihrik sehna aťangin natna hrikte chu taksaah an lût thei bawk a ni. Hêng rannung hian mi an seh hian thisen chu tlêm an fâwp chhuak a. An va seha khar sikserh emaw khawsikpui emaw an vêi chuan, a zûktu rannung chuan chung natna hrikte chu an taksaah tlêm an la lut a. Chumi hnuah chu rannung vêk chuan mi hrisêl tuemaw a seh lehin, damlo taksa atanga a fawhchhu-ah natna hrikte chu chu mi taksaah chuan tlêm a thun leh hleka. Hei hi natna khirhkhân tak tak, tam tak kaina bul chu a ni. Rûlchuk chu bung 41-ah sawi a ni.

Natna Hrik Kai Loh Dân:

Natna siamtu hrik zawng zawng deuhthaw hi natna vêi neite hnên aťanga lo chhuak anih avangin damlo chu an rawn chhuahsan veleha lo tihhlum zêl hi thil pawimawber a ní, chutiáng chuan natna hrikte chu a darh tûr vên tûr a ni. Natna engpawh, tuihri, khawsikpui, hripui, hrilâwn (diphtheria) etc. angah te hi chuan damlo chu amaha pindana khung fâl tûr a ni. Chu ai pawha la tha zawk chu, a awm phawt chuan khung-

fal theihna hmun awmna damdawiinah dah ngêi tûr a ni. Amaherawhchu, khawiah pawh lo damlo ni ta ang se, damlo chu amah chauhva khung fal a, a enkawltu chauh chu pindanah chuan luh tîr tûr a ni. Thlêngte leh bungbêl dang damlo hman hnu chu dahkhâwma, hman zawh apianga tui sova silfai ziah tûr a ni. Enkawltu chuan a kut fai takin sil fo sela, damlo pindanah chuan chaw a ei tûr a ni lo.

Natna hrik tihlum thei damdawi nêna chawhpawlh anih phawt loh chuan damlo zun leh êk chu paih chhuah mai tûr a ni lo. Khâk leh hnapahte pawh hian natna hrikte chu a awm avangin, damlo chu lehkhâ themah emaw a khuhin a hahchhiau tûr a ni a, chung lehkhate chu halral leh tûr a ni.

A fimkhur theih dân kawng tinrênga fimkhur hnu pawhin, natna hrikte chu a châng chuan taksaah an la lût thei tho va. Amaherawhchu, kan Pa Vâna mi, hmangaih taka min vengtu avang chuan kan taksate hi chutiang hrikte tihlum theihna (hrite chu an tam lutuk emaw an chak lutuk emaw loh chuan) chu pêk anih avangin lăwm thu A hnênah awm rawh se. Hetianga natna do theihna leh hrik tûr pai chi tihlum theihna hi thisenah chuan a awm a ni. Mi chuan chaw tha a ei loh emaw boruak thianghlim lo a hîp emaw, chau der khawpa a thawhrim lutuk reng emaw, zu in leh mei zûk a chin emaw, a lutuka nupui pasal inpawl -na emaw tih a chin chuan, heng natna hrikte do va, tihlum tûr hian thisen chuan a thiltihtheihna tam tak a hloh thin a ni. Chuvangin natna hrik in min hneh lohna tûrin, chaw tha ei te, boruak thianghlim hîp te, zantina dârkâr sarih emaw riat emaw muthilh te, engti kawng pawha zû leh vaihlo taksaa lâk luh loh te, chhûngril lam thatna dân anga nun te hi a pawimawh êm êm a ni. Chutiang chuan taksa chu a lo chakin a lo hrisêl ang a, a châng châng kan taksaa hrik lo lûtte pawh chu kan thisen chuan a lo tihlum thei deuh zêl ang.

I Hmêlma -Tho

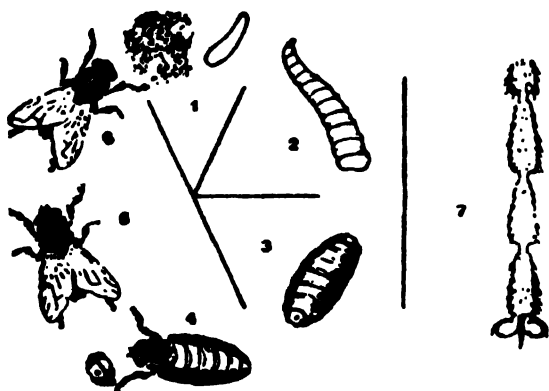
Tho hi a têt tehlul nênn engtinngê mi a thah thei ang? kan ti ðhin.

Tho hian tûr (natna kai theih) a put avangin mi a that ðhin a ni. Khawvêlah hian kumtinin mi tam tak, a sing têt têtlin that ðhin mahse tho chu tualthattu anih mi tlêm-tê chauhvin an ring si.

Thovin mi a tihhlum nasatzia hre chhuak tûr chuan a nun dân leh a nungchang hriat a ðul a ni.

Tho nu hi a tui a, tui chu lungah a chang a. Lung chu thovah a lo chang leh a. A tui a-tanga tho puitling lo nihna tûrin ni sawm leh sâwmpangâ inkâr vel a duh ðhin. Tho nu pakhat hian a tlêmberah pawh tui 120 a nei thei a; tin, hapta hnih vel chhûngin chung tui chu thovah a lo chang leh vek hman a. Tichuan thla reilote chhûngin, tho pakhat atang hian tho chu nuai tam tak an lo tling ðhin a ni.

Tho pianna hmun ber chu ran êk dûrah hian a ni. Mihring êkahte pawh a lo piang thei a, thlai tawih chitinrêng pawh hi tho pianna hmun ðha tak a ni. Bawhlhlawh awmkhâwmna hmunah tawh chuan tho hi a lo piang deuh zêl a ni.



THO THAN DAN:

1. Ni khata tho tui. 2. Lung a nih lai. 3. A buhchiûm lai (ni 3 atanga ni 5 chhûng) 4. A buhchiûm atanga tho lo chhuak lai 5. Tho puitling. 6. A bial chhuak ta, tunah tho chu chi dang thlah pung tûin a inpeih ta, ni sarih leh ni sawmpangâ inkâr lekah. 7. Tho kê.

Tho chu bawlhhlawhah a lo keu va, bawlhhlawh a ei a, hmun bawlhhlawha awm a duh zâwk bawk a. Tho taksa leh a kê parukte chu hmul tam takin a khuh a. Tho kê paruk hmâwr tinah hian kephah dup bial deuh a awm vek a. Hêng kephahte hi thil ban takin a tuam vek a. Tho chu a taksa leh a ke a hmul dura, a kephahah chuan thil ban a neih bawk avangin natna hrik pu darhtu tha tak a ni.

Lei tha vum chung leh ekin inhawng leh bawlhhlawh tawih leh pân tuam loh atangte hian a lo thlâwk chhuak a, mihring chênna inah a lo lût a, châwah te, a fuin bâwngnutê te a rawn in a, nausên kâahte a fu a, chutichuan kawthalo te, santên te, khawsikpui te leh tuihrî te a pu darh thin a ni.

Tho pianna hmun bawlhhlawh tibovin, inchhûnga tho luh lohna tûra thîrlên tea kawngkâ siamin, a lo lût palhte chu vaw hlumin, tho tihrêm hi mitin tih tûr a ni. Mihring hmêlma hlauhawm ber- tho lakah hian indopui puang rawh u!

Dam Reina Thuruk

Hmanlai mifing chuan, “Mihring hi a thi lo va, amah a inthat a ni” a ti. Hei hi mi tam takah chuan a dik a ni. Mi zawng zawng hi thi tûr zawng ni mahse, mi tlêmtê chauh hian dam chen tûr hi an dam tlingtla a ni.

Hnamtin chanchinah hian damrei chanchin a chuang a; thenkhatte phei chu kum za chuang laite pawh an dam bawk. Amaherawh chu, heng kum za damhote hian an naupan lai atangin an hrisêlna an lo duât tawh thin a ni.

Mipa leh hmeichhe tamber hi an naupan lai chuan hrisêl leh chak tak an ni deuh vek a. Hrisêlna tichhe thei thil laka fimkhur tûra han zilhte hian, “vânglai a ni a, hei hian mi ti chhe chuang lo vang,” mi an tihsan mai thin. Ván leh khawvêl chungá thuneitu Pathian hian mihring thiltih zawng zawng hi nghawng nei tûrin dân nghet tak a ruat a. “Miin a theh apiang, chu mi vek chu a seng leh ang” tih a puang a. Mi chuan chhangphut buh a tuh chuan, chhangphut buh a seng ang a, dailuah a tuh chuan dailuah a seng leh bawk ang. Tleirâwl, nundân tha lova nun chingtu chuan a taksaah chuan natna chi a tuh a, chuangin, eng hunah emaw chuan bawrhsâwmna a la sêng ngêi ngêi ang tih chu a chiang sa reng mai a ni. Bung

17-ah hian inpawl zin lutuk leh, inhman ral lutuk avanga natna te hian nun a tihtawi zia târlan a ni a. Zû leh vaihlo heh dawklak pawh hi bawrhsawmna chi thehna a ni a, nun a ti tawi a ni.

He lehkhahu chhiartu tam tak chuan an vanglai an lo pel tawh a, natna chu an lo tuar reng tawh mai thei. Ka naupan leh vanglai nia ka hrisêlna ka lo ven fimkhur tâwk loh avangin, ka tân dam rei beiseina a la awm thei rêng em? te pawh an ti ngei ang. An taksa an lo tichhiat nasat tawh danah a innghat viau ang. Engpawh ni se, hrisêlna tichhe thei thilte bânsan nghal vek a, dam reina tûr ziaa khawsa tan tawh phawt chuan, nasa takin an nun an tisei theuh ngei ang. Mi kum sawmli emaw, a aia tam emaw liam tawh, bawrhsawm tak tak, an nun siam tha leh a, kum sawmsarih pangâ emaw, sawmriat emaw lai dam leh tate pawh an tam mai.

Damrei Tur Chuan Insûm Tur A ni:

Insumna hi damreina tûra thil tul pakhat chu a ni. A hmei a pain, kum za dam kai chin chi chuan lutuka thil tih engmah an lo ching ngai lo thin a ni. Ei leh inahte an lo insûm thin a. Insûmna dân leh tisa châkna leh tui hriatna khuahk-hirhna dân hi a inkungkaih hlê tih an hre kiau thin a. Thin-rimna te, thikna te, khakna te hian hrisêlna an tichhe thei theuh va, nun a titawi thin. Rilru ngilnei leh rilru lungâwina hi nun tiseitute an ni. Van leh khawvêl chungâ rorelu, Engki-mtitheia nêna inrem taka nunga, thil tia chuan, nunna hnâr a zawm a ni. Hei hian a nun a tisei thei a ni.

Damreina Atana Chaw:

Thlai chaw hian nun a tisei thin. Hei hi hun rei tak chhûng atang tawh khan hriat a ni a, mahse ran thau leh thlai hriak ten thisen a tih khawloh dân tunhnai lawka an hriat chhuah hma kha chuan ei tûr tha ngaihtuhtute hian a chhan an hre

thiam lo. Tunah chuan a chhan bulpui tak chu an lo hre ta, thlai chaw hian thisen khal tûr hi a dâl thin vang a lo ni e.

Thlai ring mite thihna chhan chhuinaah chuan, tunhnai lawk khân hei hi an hmu, mi 8000 lai an chhui hnuin: Thil dang zingah lungna avang emaw, luhaia tlûk vang emawa, thlai ring mite thihna hi mi naran aiin kum sâwmpangâ vêlin a tlai zâwk thin a ni tih hi.

Damreina Dan

1. I awmna pindan thli lût tha tâwk takin siam rawh.
2. Pâwna hnathawh leh infiam harh ching rawh.
3. I theih chuan pawnah mu rawh.
4. Thaw la vak vak rawh.
5. Ei tam lutuk chîng suh.
6. Sa leh thil thak (mosola telh tam) tlemtê chauh ei rawh.
7. Muang chângin ei la, chip takin thial rawh.
8. Nitin dailên ziah tûr a ni.
9. Din leh kal leh thutin taksa tihngîl tûr a ni.
10. Hâ, hahni leh lei, nîtin nâwt faiin vawng fai reng rawh.
11. Natna siam thei hrikte taksa a luh loh nân hrisêlna dân zâwm rawh.
12. Thawkrim lutuk suh. I hah hunah chawl rawh. Nitin dârkâr 7 leh 9 inkâr vel, i mamawh dân a zirin muhil rawh.
13. Thinrim leh vei neih bânsan rawh-Rilru dam takin vawng rawh. (A chungâ dante hi hrisêl leh damrei duhte tâna Scientist ho dân siam a ni)

Note: Heta mifingho thurawnah hian, "Sa tlemte ei rawh" tih hi kan ngaihdan chuan ei loh tawp a tha zawk. A.C.S.

Heti chung hian mi thenkhatte chuan chaw inbûk tâwk ei loh an hlauh avangin sa ei an la bânsan hreh zuk nia. Protein tlâkchham an hlau niin a lang a, mahse thlai chaw chuan thei leh thlai leh thei pilsak leh fang thiah loh chi hrang tam tak a huap phawt chuan, protein emaw, element tul dangte emaw tlâkchhamna chu a awm chuang lo vang tih dik taka fiah chiah a ni tawh a.

Insâwizawina:

Dam rei tûr chuan nîtna insâwizawi hi a tul a ni. Taksa hi khâwl ang a ni a; khâwl chu hman fo loh chuan a tuiêk thuai a; tin, khâwl tuiêk chu a tliak awl êm êm tih pawh mitinin an hria. Mi a insawizawi loh chuan a taksa a lo khawng thin. Tarte phei chu an insawizawi loh chuan an taksa a khawng nasa a, an kête pawh kal nân an hmang thei lo mai thin. Mi hmingthang, dam rei thenkhatte chu an damchhung zawngin an lo insâwizawi thin a, an tar êm êm hnu thleng pawhin boruak thianghlim dawngin an lêng chhuak nîtin thin.

Thil pawimawh chhiar leh ngaihtuahin rilru pawh hi sâwizawi tûr a ni. Upa zâwkte chu an tuar zawh tawkin an insawizawi fo tûr a ni. Hei hian thluak lama thisen kal a vawng tha a, rilru kimlohna lo awm tûr pawh a vêng thin a ni.

In Thlah Chhâwnna

Chi inthlah chhâwn dân leh zahmawh hrisêlna he lehk-habua sawifah anihna chhan chu, heng thîl hriatlohna hi natna rapthlâk ber te leh suaana zahthlâk ber bulpui anih vang a ni.

Mipa naupang chu kum sâwmpali emaw, sawmpangâ emaw a lo nih hian a taksaah chuan danglamna a lo awm a. Puitlin khat chuan a lo puitling ta a ni. Mahse hêng kumah hian mipa puitling a la ni tak tak lo va, mipa puitling zên zâwn ni tûr chuan kum riat emaw lai a la duh belh a ni; Chuvangin kum sawmhnih pathum emaw tal anih hma loh chuan nupui neia, pa ni tûrin mipa chu a la tling lo a ni.

Mipa zahmawh Chhnglam leh Inrel Dan:

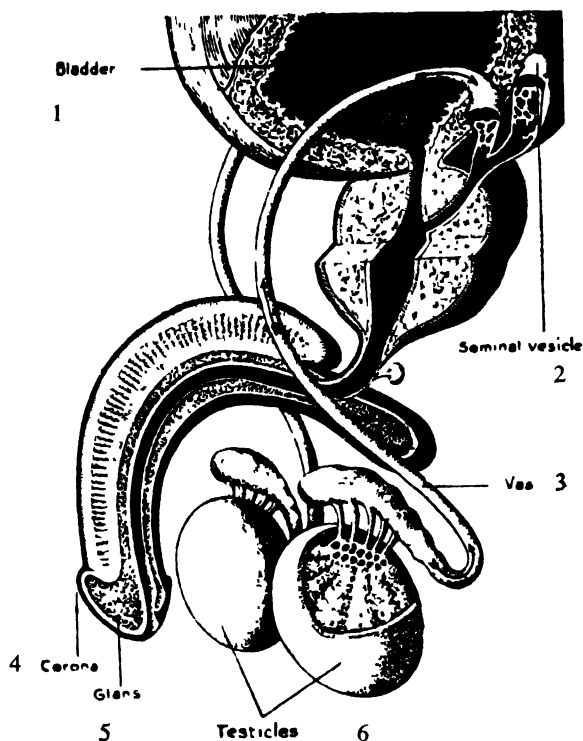
Mipa zahmawh pawnlama lang thei chu, zang leh til hi a ni. Til chhungah chuan tilmu pahnih a awm a.

Zang hmawr chu a bial deuh va, vun lip awl tak, lîk vun hian a tuam a. Chu vun chu lîk lang Chiang var khawpin a tuai lip theih a. Lik hmaiah hian zunna kua a awm a.

Lik vun hi han lik Chian chuan inzial khawm mum deuhin lik chu a kual khung a, chumi bula lik lawk lam chu “Corona”

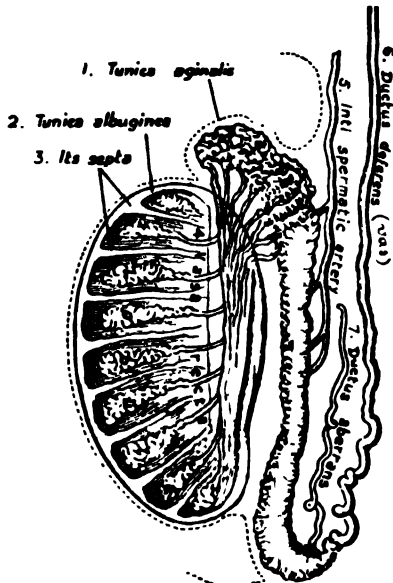
an vuah. Chumi bul tak chu hrui a hren ang deuh hian a lo rek deuh ngât a ni.

Tin, lik Chiang tâwk taka lang tûra vun chu awlsawm taka a lip theih loh chuan, a fel tawklo a ni a, dâktawr thiam tak enkawl tîr tîr a ni. He mi lik vun chungah hian lik beh a awm thin a, chu chu silfai fo loh chuan a lo rimchhianin a thak thin. Hetianga lik vawn fai tâwk loh avanga thak hi mipa naupangte zang hrawt chin phahna a ni fo.



MIPA ZAHMAWH

1. Phing. 2. baw bawm, 3. baw kawng, 4. liklawk, 5. Lik, 6. Tilmu.



Hei hian tilmu chu lobules ah sept hian a then hrang tih a en tîr. Tilmu pakhatat hian lobules chu 250 leh 490 inkâr a awm zêl ni. Lobules tinah hian dawt (tube) convulsion a awm hlawm a, hei hi bawrawn siam chhuahna hmun a ni.

MIHRING TUI BAWM TANBUN LAN DAN

1. Tunica Vaginalis, 2. Tunica albuginea, 3. Septa, 4. Vasa recta, 5. Spermatic artery chhunglam, 6. Ductus deferens (vas) 7 Ductus aberrans.

Tilmu pahnihte chu vun ip (scrotum) chhungah an awm a. Baw (chi nung) an siam a ni. Heng baw mur mal khat ngawt mai hi chu a têt êm avangin enlenna tel lo chuan hmuh theih a ni lo. Baw a lo chhuah hian heng chi nung hi a dâwtah a lo chhuak a, zunna kua a rawn fina, chuta tângin likah a chhuak thin a ni. He chi nung (spermatozoa) hi inpâwl hian hmeichhe zamawhah chuan a inkhung thin a. An zinga

pakhat chuan hmeichhia aţanga chhuak chi nung (ovum) chu a va zawm a. Tin, spermatozoa leh ovum chu an infin veleh, ovum chu a  hang  an a; tin, ni 280-ah chuan naute puitling a lo ni  hin.

Zanghrawt:

Mipa naupangin, a taksaa mihring inthlah chhawanna awm-te an lo  han chhoh z l angin, a zahmawh awm d n hriatna thar leh zuk ngaihsakna a nei thar ve z l a. Chu chu nupui a la neih hun atana a lo inbuatsaih l wkna pakhat a ni r ng a ni.

Mihring inthlanch  awanna taksa p wn lama awmte (serh) hi chawhthawh awlsam tak a ni; zang phei hi chu han khawih deuh hleka fuk thei mai a ni. Chutianga miin a nawmna  ma zahmawh a khawih  hin hi zanghrawt kan t h hi a ni.

Zanghrawt chu thil t h nuam tak a ni a. Mipa naupangin wawi khat lek pawh a lo t h tawh chuan t h leh  hin ch  kna lian tak a nei nghal  hin a, a hriat loh hlan t h mai t rah zanghrawt   ng a lo ni mai  hin a ni.

Mi tam takin zanghrawt hi thil pawl lo tak, atth  k tak erawh chu ni si-ah an ngai a.  henkhat phei chuan taksa nawm lohna leh rilru hahna chi hrang hrang t hreh n na  a emaw an ti hial.

Hris lna at n leh nun d n pangngaia nung t   n zanghrawt hi   alaite t n a   l hauh lo t h hi mi thiamte chuan an lo hmu chhuak daih tawh a. Serh a anga t h chhuah   l awm   n te chu zanghrawt kher lovin, mihring taksa awm d n pangngai hian zana muthilh hlana chhuak t   n a lo rel sa diam zawk a ni. Chuvangin, zanghrawt   lna chhan  a r ng a awm hauh lo. Chu chauh ni lovin, zanghrawtna avangin taksa leh rilruin a tuar phah thei ng   ng   a ni.

A hmasain zanghrawtna hian taksa chakna a tiki m phawt a, chu mi b  kah lehkha mi a zir       r thei lova, infiam, inelna  a chi hrang hranga miin a mamawh, chakna leh thathona a a l  k bo sak baw k.

A pahnihnaah chuan thalaiina mahni inzahna leh inngai-hsâna tawkfang a neih ve chu a khawih khawlo a, insitna a lo nei zâwk thin. Zanghrawt hi hmun fianriala neih a ni deuh ber a, zanghrawt ching mi dangte nêna neih a ni bawk thin. Zanghrawt chingte chuan mitena an hriat emaw, an hmuh emaw an hlau zêl a, thil tih zahthlâk tak a ni tih hriatna an nei châwk. Chutiang rilru pu chu an nih avangin inthiam lohna nei lova nunna mawphurhna huai taka phur thei mi an ni thin lo.

A pathumnaah chuan zanghrawt chinna hian mahni duh zawng thil dang tîhtir thei lo khawpin mi siam thei. Miin a chin dawklak tawh chuan zanghrawtna hun remchang zawng rêng rêngin a ni lêng ni tin mai thin. Zanghrawt châk hliah hliahna ang, thil chin dang rêng rêngte pawhin, tha taka mahni inenkawlina mi a neih tîr thei ngai lo. Chuvangin, zanghrawt chinna hian, zû te, mei zialte leh ruih theih thil dang te hmanna ang bawkin nun phung tha leh mihring ze pangngai hi a khawih chhe thin a ni.

A palinaah chuan vanduai thlâk takin inneih hlawhtlinna kawng dâltu a ni thei bawk. Zanghrawt chinna hi mahni hmasialnaa inngat hun rei lote chhûng pawh nise, mahni nuam tih zâwng chauh zawna mai a ni. Inneihnaah hian erawh chu nupa kawpchawiin mahni hmasialna tel lova, an hlim dunna tûr leh nuam an chen dun theih nân an in hman-gaih tawna chu an hman dun zâwk a ni. Tichuan nu leh paten an chhan ngei tûr zawhna a lo awm ta. Ka fain zanghrawt a chin loh nân, a ven theih lai hian engtingge ka ven ang? tih hi.

A chhanna awm thei tam tak zinga a pakhatnaah chuan nu leh pa leh an fate inkârah inlaichinna tha tak leh inkawm-geihna a awm phawt a tul a ni, chu chuan fate hnênah nu leh pate rin tâwkna leh an thurâwn pêkte chu zawm tlak a ni ngêi tih hriat chianna a neih tîr ang.

A pahnihnaah chuan nu leh paten an fa lo thang zêl tlin tâwk tîn an taksa bung hrang hrang chanchin leh an tangkaina

te leh engtianga enkawl that tûr nge tih te an hrihl thin tûr a ni a, an zahmawh thu pawh an hrihl tel tûr a ni.

Naupang lo thang lian zêlin a zahmawh chanchin hriat chian zâwkna a neih a, a enkawl that bawh chuan leh, ama la hlimna leh lâwmna tûr ani tih hriat thiamna a neih chuan, a dilchhutna pawh a lo nep deuh ang a, a hlimna leh lawmna tichhe thei tûra inhman khawloh duhna a nei lo mai ang.

Pathumnaah chuan naupang chu mumal taka a nî tin thil tih tûr ruat fel sak a, thil tangkai lam hlii ngaihsakna neihtîr tûrziâa a hunte hmantir tûr a ni; a duh ang anga thil a tih nân hun âwl pêk tam tûr a ni lo. Naupang hun âwl ngah, mahnia chetla bawh si chuan a zahmawh a khal a khal duh hlê a ni. Mahse naupangin thawh tûr a neih a, infiam lam a ngaihsan bawh a, a hun awla thil tangkai engemaw tih tûr pêk a nih bawh chuan, a zahmawh khalh fô ching mi a ni lo vang.

Naupang tâna tha dang leh chu a kawmrual thian tha thlang tûra tanpui a ni. Naupang tam tak chu an rilru tha hlê mahse, an thian kawmten an zir lova, zanghrawt lo ching dawklak tawhte an kawma, chung mite hruai leh zirtîr khawloh chuan an awm ta thîn a ni.

A tawp berah chuan tleirawl tirtle tlakhawlhna thin laka vengtu tha ber chu fate entawn tlaka nu leh pa an nun a ni. Tawng kam hnih khat lek hmanna te, thu sawi awm lem lova an lawm zâwng leh lawm loh zâwng lan-tîrna te leh fate zir tlaka khawsakna hian fate hnênah nun dân tha a kawhmuh hlê.

Naupangte hian an nu leh paten an hrihl dawt kher loh pawhin an nu leh pate chuan nulat tlangvâlna hi eng ang takin nge an en dân, chu lamah chuan lo kal thuk deuh ta ang sela, an pawiti ang nge, pawiti lo vang, tihte chu an lo hre thuai mai a. Nu leh pa, fiamthu thianghlim lo tak lawm mi, nulat tlangvâlna chanchin sawi ching tak leh nupui pasal nei tawh an nihna ngai pawimawh lo ang hrima kawppui dang la nei tho maite hi chuan nun bawhlhlawha nung tûrin an

fanaute an zirtîr a lo ni reng mai. Thil mawi leh thianghlim ngaisâng leh ngainatu nu leh pa, mihring taksa hman dik tum tlat leh zah thiamte erawh chuan, an rilru put dân chu fanaute hnênah an hlan chhawng zêl a. Tichuan, naupangte chu nun-naa thil hlute hmang tha leh hrethiamin an lo seilian ngê ngê thîn a ni.

Insûmna:

Nupui nei lo tân chuan insumna awmzia chu hmeichhe pawl hauh loh tihna a ni. Nupui nei tan chuan, insumna tih awmzia chu khât tâwk taka inpâwlina neih zeuh zeuh hi a ni. Tlangvâl tin hi an insûm tûr a ni. Tlangvâl hrisêl tak tawh phawt chuan, pupui a neih hmain, hmeichhe pâwl châkna lian tak a châng chuan a nei ngei ang; mahse mi hmantlâk, hlim thei, engtikah emawa nupui tha leh fa hrisêl tak neih duh mi a nih chuan, a insûm tûr a ni. Chutiang ti tûr chuan rilru thunun hneh a ngai a ni. Tlangvâl tam tak chuan an châkna an inthununtîr zâwk a, chuvangin zang an hrawt loh vêk pawh-in, dân lo angin hmeichhia an pâwl thîn. A eng zâwk zâwk pawh chu mahni intihhniamna a ni.

Insûm Dân

Mipa, nupui nei emaw, nei lo emaw pawh, inpâwl châkna hneh duh chuan hêngte hi zawm tûr a ni:-

1. Nîtin pâwnah insâwizawi tûr.
2. Thlai hring tam tâwk tak ei thîn sela, hmarcha, sa leh artuite ei suh se, tlâi lamah phei chuan ei lo bik ngat rawh se.
3. Zû in suh se. Mi fîng pakhat chuan, zu thatlohna ber leh huatthlâkna ber chu, mihring a ti hur leh in thunun theihna a tih bo hi a ni, a ti..
4. Tui tam tak in rawh, chu chuan taksa atanga thil tha lo a paih chhuah that tir thîn.

5. Inbual fo rawh. Tui vawta inbual hian hurna a tireh thei.
6. Lehkhabu thate chauh chhiarin, i rilruin thil tha chauh ngaihtuah zir la, hmasâwnna tûr thu tha chauh ti tiah hmang rawh. Inpâwl zin lutuk hi sualna chak taka pung zêl a ni a, mi tam tak hman tlâkna tibotu a ni. Chithlahna pangti pêng hman khawlohna hian nun a titawi thin. Sathau khawnvar a hmawr leh lam leh lam a chhit ang a ni.
7. Thi neih laiin pasal chuan a nupui a pâwl tûr a ni lo. Naupai tan aţanga thlâ sarih thleng chuan, nupa chu khât tawk fe chauh an inpawl thei ang. Nau hrin dawn hnaih thla hnih chhûng erawh chuan, an inpâwl lo fithla thak tûr a ni, chutilochuan nau chhiat mai theih a ni.

Hmeichhe Zahmawh:

Hmeichhia leh mipa hian inthlah chhâwn dân ropui takah hian chanvo nei ve ve mah se, hmeichhe mawhphurhna chu a lian zâwk daih a. Nu pum chhûngah hian him taka venin naupang nunna chu a rawn intan theuh va, hetah hian nausên chu a rawn insiam aţanga kum khat leh a chanve thleng chuan, enkawlina leh châwmna atân nu ringawt a la rinchhan ber a. Naupang chuan hnute hnêk a bânsan hnu pawhin, kum tam fê chhung a nu enkawlina hnuaiah a la awm zêl thin.

Chuvangin nu hian pa aiin nakin hnua an fate awm dân tûr rel lawknaah hian, thawh tûr an ngah zâwk daih a ni. Naupaina hna ropui zâwk leh châwmna leh enkawlina hna chu a chanvo anih avangin, hmeichhia chu ngaihsân loh rual em ni dawn? Tin, naupang taksa leh rilru leh nungchang siamnaah hian nuin chutifakauva chanvo an ngah si chuan, an hna pawimawh ber mai hi an thawh that theih nân an inzir thiam hmasak te, an buai lutuk avanga nun nuam lo leh hrehawm khawpa an awmlohna tûr te, nutling an nih tak tak hnu chauhva an kova nu mawhphurhna rit tak ngah chauh tûr a nihzia te hi, thil azawnga pawimawh bera neih tûr a nihzia hi sawiin a siaklo a ni lawm ni?

Hmeichhe Zahmawh Bung Hrangte:

Hmeichhe zahmawhah chuan tuibâwm leh chhûl inngâk hi an pawimawh ber a. Tuibâwm chu thil mum te deuh pahnih an ni a. Dul hnuai deuhah an awm a. Phek 102 naa a lema entîr-naah hian an awmna hmun lantîr a ni. Tuibâwm hian tui (ova) chu an rawn siam a. Tui chu a têt êm avangin, insi thatin 125 dah tlar ta ila, inchi khat an awh hrâm chauh ang.

Tin, chhûl-inngâk sîr tuakah hian tui kalna dâwt pahnih (Fallopian tube) chu an awm a. Inchi lî leh inchi ngâ vêla sei an ni a, tichuan tuibâwm lam hawiin an kuai ve ve a, an va zawm a, an hmâwr lehlam erawh chuan engmah a zawm lo. He bung tâwp lama hrihfiah ang hian, Tuibawm atanga tui lo chhuak chu tui dawt a hmâwr zawm nei lo pakhat zawkah chuan a lo lut a, chu dâwtah chuan lokal thleng zêlin chhûl inngâkah a lût thin a.

Chhûl inngâk chu a hnuai a lem entir ang hi a ni. Nula thianglim chhul inngâk chu inchi $2\frac{1}{4}$ vela sei, a vanglam inchi $1\frac{1}{4}$ vel a ni, a hmawr hnuai lam chuan chhukua a zuk kâwk a.

Chhukua chu rang pan tak (hymen) an tih hian a khar ping vek thelh a. Chu rang chu inpawlna hmasa berah a têt deuh ziah thin. Hmeichhe thenkhat chu he rang hian an zahmawh kua a khar pin hlauh te pawh an awm. Chutiang chu zahmawh kaw chhungah bawhlhlawh a tâng khâwm a, chu chuan a tivungin a tina thei. Chutiang hmeichhia chu enkawl tûrin dâktawr hnênah hruai tûr a ni.

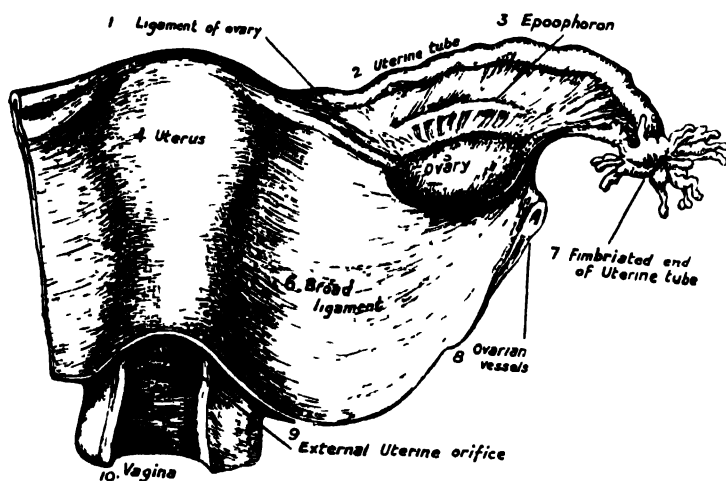
Puitlinna leh Thi Neih:

Hmeichhe naupang hian kum kua leh kum sâwmpanga inkâr annih hian puitlin khatna an thleng thin. Hetih hun hian naupai thei tûrin a taksa a rawm insiam danglam a. Zakhnuai leh zahmawh bulte a lo hmul a; hnute a lo um a, taksa pum a lo thanglian zawt a, thi a rawn nei tan thin.

Dân narânin ni 28 dan zêlah thi neih a ni a, ni ngâ vêl chhûng a ni ber. Thi neih chhûng chuan chhûl inngâk inthua-

hna chu a a inlip a, thi neiha thil lo chhuak hi a tam ber chu thisen leh chu mi inlip nawi chu a ni ber. Rai chhûng leh nauvin hnute an hnèk chhûng hian thi an nei ngai zên zen lo. Kum 45 vêlah thi a hul hlen thin, chumi hnuah chuan naupai theih a ni tawh ngai lo.

Hmeichhianin thi a neih velah nau a pai thei ta tihna a nih avangin, nau a pai kher tûr a ni chuang lo. Naupang tin hian naupan lai leh nulat hun pangngai an chen theuh tûr a ni. Nu nihna mawh a kova a inngah hmain, a taksa leh a rilru puitlin nân hun pêk tûr a ni. Nula tâna pasal neih hun tha ber chu kum 18 leh 23 inkâr hi a ni.



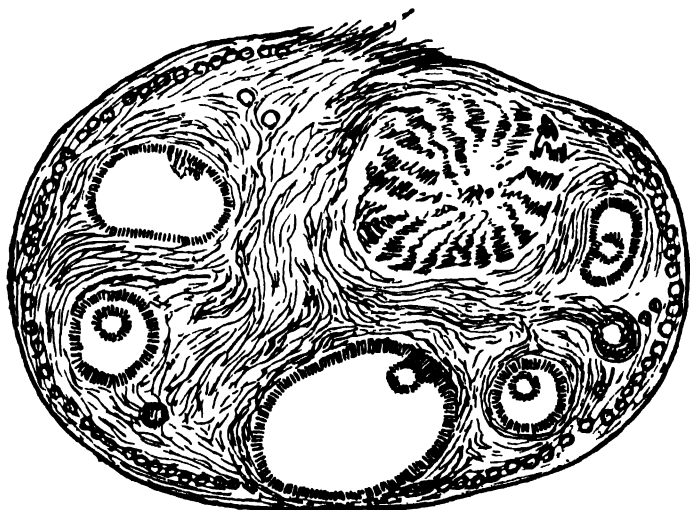
Chhûl inngîhâk hnunglam leh chhûl dâwt leh tuibawm dinglam. Tuibâwm chu thahrui hlai hnungah, chhûl inngîhâk dâwt inhawna (Fallopian) bulah a awm.

1 Tuibâwm Thahrui, 2. Chhûl inngîhâk dâwt, 3. Epoopharan, 4 Chhul inngîhâk. 5. Tuibâwm, 6. Thahrui hlai, 7. Chhûl inngîhâk dâwt tâwp. 8. Ovarian Vessels, 9. Chhûl inngîhâk hmâwr pawn lam kua, 10 Chhu kua.

Hmeichhe Chi (Ovum) a Mipa Chi a Luh Dân:

Mihring pakhata chí awmte hi an in ang lo veka, mihring chí (sex cell) hian tih tûr pawimawh tak pakhat chauh a nei a, chu chu nupui pasal inneih huna chí dang nena inzawma nunna chí inthlah chhâwn zêl hi a ni.

Hmeichhe chí (Ovum) an tih chu chí in siamna bâwm (Ovary) chhûngah a in siam puitlinga, hampuar ang deuhin a bet a, hmeichhianin thla tinin thi a nei a, a hun takah he chí

**MIHRING TUI BÂWM TANBUN LAN DÂN**

A chung a entirna sir chunglamah khian hmun awl bial zau deuh veilam sir hnuaia ovum lo lût a awm a. He ip hi tui bâwm kal tlangin kumkuruh chhûngah a puak keh dawn t̃ep, chutah chuan ovumah a in vawm lût ang. Ovum dangte pawh a la rawn in siam mêk zela, tin, t̃ibawm chhûnga hi tui dangte pawh a la in tlar tiar tuara, heng hi ovum la puitling lote an ni, an zînga pakhat hi thla tin a puitling ziah ang.

bawm hi a keh hawnga, tichuan chi chu a lo chhuak ta a ni. Mak tak maiin chi chu bo thlau mai lovin chhûl dâwt (Uterine tube) kaw tawpah chuan a tawlh pheia, chu dâwt chuan chhûl inngâk (Uterus) chhûngah a hruai lût ta a ni.

Chhûl inngâk kua vela zungtang ang hmul tê tak tê tê tam tak chuan hmeichhe chi chu chhûl inngâk chhûng lamah a phiat lût a ni.

Hmeichhe chí chu chhûl inngâk dâwta a kal mêk lai a, hmeichhia leh mipa inpâwl na a awm chuan, mipa chí nên in zawm remchanna hun a lo awm thîn a ni. Mipa chí a awm loh erawh chuan hmeichhe chhûl inngâk chhûngah chuan a kal zêla, rei lotê ah a boral ta thîn a ni. Mipa chí nên a lo in zawm erawh chuan, nunna thar a lo in țana, chutia in zawm chung chuan a tawlh luta, chutah chuan thla kua chhûngin nausen ah a lo in siam puitling ta a ni.

Zahmawh Hriselna:

Hmeichhe naupang zahmawh hi, naupangte pawh nise, zing taka bualin, bual pahin silfai sak ziah tûr a ni, chutilo-chuan a lo rimchhianin, a lo thaka, an nuai phah thei a ni. Hetianga nuai hian naupang chu zahmawh hrawt a chîntir thei bawk a ni. Mipa naupang chu zang lik leh lik vun leh lik vawnfai thiamtûr ngêi ngêi tûr a ni. Bung 17-naa "Mipa Zahmawh Chhûnglam leh Inrêl Dân" chungchânga thurawn zawm hi a pawimawh êm êm a ni. Lik chu, zang hmâwr a vun han liha lo lang hi a ni a. Zang aiin hei hi a vang a lian zâwk a, zang nêna a inzawmna laiah hian a rek thut a ni. A vun han lih hian, helai rek hi a lang râwt tûr a ni. Helai hian zang tih rek nan an tawn vak emaw tih tûr a ni a, He mi lik rêk thleng râwt lo hian an li fo thîn.

Naupang chu zahmawh lang renga a len vêl phal tûr a ni lo. Mipa leh hmeichhe naupang hmun khatah mut hotûr tûr a ni lo. Naupang kum tlêm te chauh pawh nise, khum khatah an mut ho chuan thil sual an zir thuai thîn.

Naupangte Hnêna Nunna Thutak Zirtir Dân:

Nu leh pa tam takte chuan an fate hnênah nunna awm dan dik tak hi eng tika hrilh tûr nge ni ang tiin an ngaihtuah êm êm thin. Chhûngkhat zingah pawh naupang thenkhatte chu naupang dangte aiin hmeichhiatna leh mipatna thu zirtîr an mamawh hma bik thin. In kawhhmuhna kawng tha ber chu, naupang zawhna hi a ni mai awm e. Naupang zawhna chuan a chhânna pawh dawng tlâk tûrin a in peih tawh tihna a ni. Nu leh pa te chuan naupang hriat duh chhânna tûrin tawngkam bungrua fel tak haih-chham deuh mahsela, ngawih san mai lovin, hun tha tak anga ngai zâwkin, hriat thiamna tha tak an neih theihna tûrin a tha thei ang bera chhan tûr a ni.

A zau zâwng ngaihtuah chuan, hmeichhiatna leh mipatna hi nausên lai atanga in zirtîr tan a ni a, he tih hun lai hi chuan zawhna leh chhânnaa in zirtîr a ni lo. Nimahsela naupangte than len pui zêl tûrin, thil sawi chhuah tûr leh zêp tûr kawngah emaw, insûm theihlohna leh tawngkam bawlhhlawh chinna kawngahte nu leh pa nun dân atangin lungphûm chu phum tan a ni tawh.

Naupang chu zawhna zâwt thei khawpa a lo len tawh chuan, nu leh pa chhânna chu ngun takin a ngaihtuah ang. Nu leh pa ten zahmawh pawimawhnate sawi pui duh lova, an ngawih san mai chuan naupang chuan hmeichhia leh mipa danglamna leh zahmawh leh taksa pêng dang in anlohnate mak a lo ti anga, he thurûk hi hrilh fiah loha a awm reng chuan, amaha hriat chhuah tumna a lo nei mai ang.

Hmeichhia leh mipa pianzia in an lohna chungchang thua nu leh pa te chuan hetiang hian hrilh mai sela, "mipa leh hmeichhe taksa in an lohna chhan chu, mipate chu nakinah pa an la ni dâwna, hmeichhiate chu nu an la ni dâwn a lawm" ti in. Chutiang chhânna chu kim chang lo hle mahsela, reilotê atan chuan a tha tâwk a ni.

Engtikah emaw, engemaw ti kawngin naupangte hian, “Khawi atangin nge nausente hi an lo kal?” tih zawhna hi an zawt fo thin. Mawlte a chhâna tûr chu, “Naute chu Nu pum chhûngah a thang lian a ni” tih mai tûr a ni. Hei hi chhâna dik tak a ni a, nakinah naupangin zawhna dilchhût zâwk a awm hunah pawh sawi danglam leh a ngai lo vang.

Naupang chuan “nautê chu engtinge nu pum chhûng atangin a lo chhuah?” tia zawhna a neih zel chuan, “Lo chhuahna kâwng bik a awm a ni” tih hi a tira chhanna tûr chu a ni.

Hetianga naupang hriatna than hun lai hian, hmeichhie taksa lem (diagram) mawl tak entir a, chhûl inngâk hi naupang than lenna hmun a nih ziate hrilh hi thil tih awm tak a ni.

Naupang chu a lo len deuha, zawhna khirkhân tak takte a zawh hunah chuan, hmeichhia leh mipa taksa bung hrang hrangte danglamna chu hrilh a hun ta tihna a ni. Mitin taksa ah hian bê (glands) a awm theuha, taksain, an hna pawimawh an thawh theuh theihna tûrin chung bê atang chuan tui hngang (chemicals) a lo chhuah dân atangin hrilhfiah theih a ni. Heng bête zingah hian, hmeichhe serh be (sex gland) atangin Naurawn siam turin tuihnâng a lo chhuak a, mipa serh bê atangin Paarawn siam turin tuihnâng a lo chhuak bawh a ni.

Serh-be atang chuan nunna pai chi (Cells) nu leh pa ten fate hnêna an thlah chhâwn zel thil chu a siam chhuak bawh. Hetiang cell danglam bikte hi chí (sex cell or germ cell) tiin an vuah.

Nausên pakhat nun intan tûrin, chi pahnih, pa atangin pakhat leh nu atangin pakhat an inzawm tûr a ni. Naupang chu a lo thanlen hun a nu leh pa chu hmêlah leh nungchang lama a an theihna tûrin, chu chi pahnih inzawmnaah chuan a nei tel vek tawh a ni. Nu pum chhûngah chu chí pahnih chu an inzawm a ni.

Mihring chi chu tê tak tê a ni a, a tirah chuan nautê la. piang lo chu a tê êm êm a, mihring ang tûrin a tê lutuk a ni. Naute chu a pian hmain nu pum chhûngah thla kaw chhûng a

thanlen phawt a mamawh a ni. Thla kua ral hunah nautê chu nau chhuahna kua ațangin a lo chhuaka, chu chu nau piang kan ti a ni. Tichuan nautê chu, hmeichhia nge mipa anih a, a cher nge a thau tih leh a ngo nge a hâng tih kan hriat theihna hmasa ber a ni.

A țulna awm hranpa lova, nu leh pa ten hetiang lam thila naupangte an fuih hi tha ka ti lo. Amaherawh chu kum sawmpakhat emaw, sawmpahnih vel an lo nih hunah chuan, an taksa a danglamna lo awmte chu an hriat thiam theihna turin, a hmain lo hriattîr tawh an ni ngêi ngêi tûr a ni. A bik takin hmeichhia thi neih hun tawh, thi neih dân kal hmang hre miah lova an awm hi a pawî êm êm a ni. Hrilhlâwk an nih loh chuan, thi an neih hunah an hlau mai ang. Chutiang bawk-in mipa naupang pawh a lo puitlin dân hun a awm dân tûr leh a zahmawh a lo khawng hun a châkna lo awm dân tûrte engemaw chen chu lo hre lâwk sela a tha a ni.

Naupang thenkhat hetiang zahmawh lam thil zawt ve lem lo nu leh pa te chuan, he lehkhabu a mihring taksa peng hrang hrang hna thawh dan lem hi hrilh fiah tûrin ka fuih a ni. Hêng te hi an zahmawh lama puitlinna a lo lan hma, kum sâwmpakhat emaw sâwmpahnih hma ngeia hrilh tûr a ni.

Nauhrinnaa Harsatnate

Mihring lo chhuah tan dân a bul taka chhuina rintlak awmchhun chu Pathian Lehkhabu hmasaber Genesis a mi hi a ni. "Pathian chuan kan anpuin mihring i siam ang u, anni chu tuifinriata sangha chungah te, chunglêng sava chungah te ran chungah tê lei chung zawng zawng ah te, rannung leia bawkvâka kal zawng zawng chungah te, thu i neihtîr ang u, a ti a. Tichuan Pathianin ama anpuin mihring a siam a, Pathian anpui ngeiin a ni a siam ni; mipa leh hmeichhia a siam a. . . . Tin, Lalpa Pathianin leia vaivutin mihring a siam a, a hnênah chuan nunna thaw chu a thaw lût a; tichuan mihring chu mi nung a lo ni ta a," tih kan hmu.

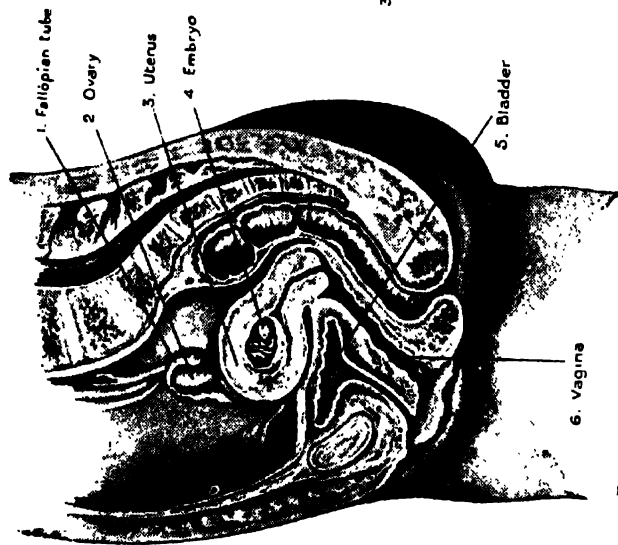
He Genesis bu thu atang hian hnim leh ran tinrêng hi chi thlah chhâwn theihna pèk anni vek tih leh an chi timang lo tûra tih an ni tih kan hmu a. Mihring chungchâng thuah erawh hi chuan Siamtun, "Lo pung ula, leflung hi luah khat rawh u" tiin mal A sâwm a. Pathian chuan nupa tuakte chuan duh sela chu khawvel hi a tikhat mai thei à. Mahse mihring A pe ve a. Hemi avang hian mipa leh hmenchhiate chuan an chi thlahna taksa pêngte chu tisa châkna tling tlak nân ngawta hman tûr emaw ti suh se, mahse engngemawti zâwna Pathian anna angah an ngai zawk tûr a ni.

Bung 17-ah khan mipa nupui nei tân, nupui pawl zin lutuk loh a tulzia kan sawi tawh a. Nupa chu inpâwl tûr rêng ni mah se, dân leh chhia leh tha hriatnain rem a tih ang chauh zela inpâwl tûr an ni. Inpâwl zin lutuk châkna khuahkirh tulzia hi rilâm leh tuihâlna nên tehkhin theih a ni. Rilâm leh tuihâl chu mihring pianpui ve rêng niin, chu mi tihtlai chu tihtûr tak pawh ni mahse, a lutuka ei leh zû ruihte chu a dik chuang lo. Chutiang bawkin, duh hun huna inpawl thei nih vang ngawta, a lutuk khawpa inpâwl zin chu a dik chuang lo a ni.

Chhûl Inngâka Naute Lo Insiam Dân:

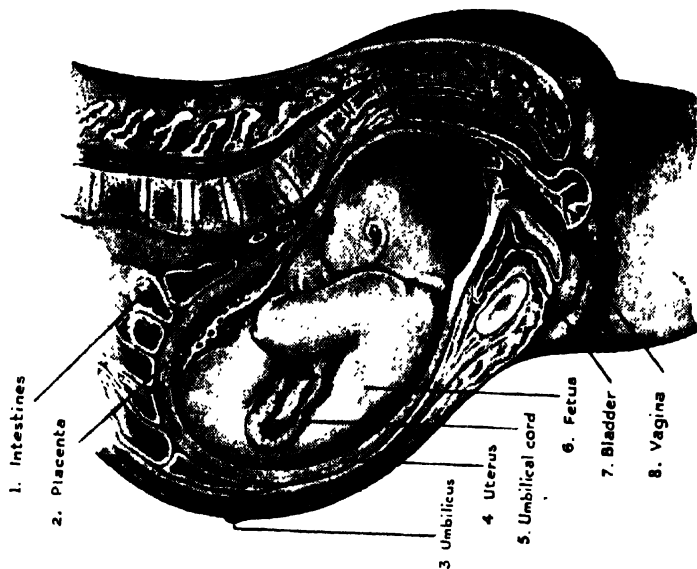
Hmeichhia chu a lo rai veleh tui (ovum), anâm chi ai pawha te daih (0.2 mm. diameter) chu a lo thang tan ta a. Ni rei lo deuh hnuah chuan thing theihmû ang deuh hian chutiang tia awm vel chuan a lo awm a. Hapta lâah chuan parva tui tia vêl a lo ni a. Thla hnihna tawpah chuan artui tia vel lo niin mihring a rawn ang tan ta a. Chhûl inngâk chhûnglama thisen dâwt nên chuan a inzawma, chuta tang chuan nu chaw ei pai tawih kha embryo (chhûl inngâk chhûnga nautê insiam tir) ah chuan a lût a, chu chuan a tiṭhang a. Nautê-ah chuan nu thisen erawh chu a circulate (luangkual) lo. Nausên thisenah chuan rang taka kal tlangin châwmna chu a lo lût a. Chutia a lo intihdanglamna chu hlam (placenta) ah hian a ni.

Thil tê tak tê tê infinkhâwm, thingtheihmu rah ang tak, ruh 206 leh tihrawl 500 aia tam leh mit leh hnar leh lung leh thluak etc. neia, mihringa a rawn insiam ta mai hi thilmak ber chu a ni. Hei hi Chungnungbera chuan mihring chu a siam a, thil tê taktê chu taksa tha famkimah a chantîr ngêi a ni tih lanfiahna dang chu a ni. Hmanlai Hebrai lai Davidachuan, “Hlahawm tak leh mak tak maiin siam ka nih avangin ka fak ang che; a rûka siam ka nih lai khân ka taksa chu i lakah thupin a awm si lo. . . . Ka rilru chu i siam a, ka nu chhûlah chuan mi lo telkhâwm ta si a,” a ti a.



RAI TIRHA NAUSEN AWMDAN.

1. Fallopian dāwt 2. Tuibāwm 3. Chhūl inngħak
4. Embryo 5. Phing 6. Chhukua.



1. Rîl 2. Hlam 3. Lai 4. Chhūl inngħak 5. Lai Hruì
6. Nautê 7. Phing 8. Chhukua.

Thla lina tâwpah chuan nautê chu inchi ngâ a sei a lo ni a. Thla rukna tâwpah chuan pound nhieh leh a chanve a buk tawh a Thla rukna tawpah hian piang ta sela chuan an dam duh lo viau mai. Thla riatna tâwpah (ni 252) chuan naute chu pound li leh ruk inkâr vel a ni a, inchi 18 vela sei a ni ta. Hetih hun hian piang ta sela, thiam taka enkawl anih chuan nautê chu a dam ang. Thla kuana tâwp (ni 280) -ah chuan nautê chu a lo insiam famkim ta zân a. Pound ruk leh sawm inkar vêl a rit a ni ang a, inchi 20 vêla sei a ni bawk ang.

Rai Chhung:

Rai chung hi ni 280 te a ni ber a. Nau pian hun tûr chu hetiang hian a chhut theih a ni. Thi neih hnuehberintanna ni atengin calendar thla kua chhiar la, chutah chuan ni sarih belh rawh Entirnan, thi neih hnueh ber chu January 1-ah intan sela, naute pian ni atâna beisei tûr chu October 8 a ni ang. (a pêk dawta mi hi en la).

A chhiar dân awlsam tak pakhat chu thi neih hnueh ber intan ni atanga ni 280 chhiar hi a ni mai. Engti kawng mahin a ni chiah tûr chu chhûtchhuah theih a ni lo. Hapta nhieh laiin a hmain a tlai thei bawk a ni.

Rai tih Hriatnate:

Hmeichhia chuan a rai a ni tih engtinng a inhriat theih ang? A inhriat theihna tûr tam tak a awm. Hmeichhia pasal nei, hunbi fel taka thi nei zat zat thin kha, a thi a hul chuan, a rai a ni tih a Chiang tawh hle; mahse a Chiang lutuk chiah lo thei bawk; hmeichhia chuan nau hnute a la pêk a, a nau hrin hnueh ber atanga thi a neih leh hma pawhin a rai thei tlat si a.

Rai tih lamah hian zîng natna hapta rei lo deuh chhûng neih theih a ni. Zîng thawh tirhin a rui riauvin a ni hre thut ang a, a luak a chhuakin a law hrep bawk ang

Number tlar chhungnung zâwkah hian thi neih haunhuan ber inñanna ni zawng chhuak la, a hnwai chiahna namber khi nau neih beisei hun tûr chu a ni. Thi neih fan ni chu March 1 ni seia chuan, December 6 ab chuan a hin beisei theih a ni.

NAU NEIH HUN TUR CHHUTNA

January	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
October	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
February	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
November	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
March	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
December	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	
April	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
January	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
February	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	
June	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
March	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
July	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
April	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7
August	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
May	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
September	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
June	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	
October	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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December	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
January	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25												

Hapta tam fê chu nitin hetiang hian a awm theih bawk.
Hei hi rai hriatna Chiang tâwk tak chu a ni.

Rai ațanga thla hnihna leh thumnaah chuan hnute a lianin,
a ẵang ẵin. Hnute hmuw pawh a lo ẵang lian deuh ẵin.

Rai thla thumna chinah chuan dul pawh zawi zawiin a
lo lian ẵin ẵin.

Thla li leh a chanve vêl rai chinah chuan dân nârânin chê
chu hmeichhia chuan a hre ẵin ẵin a ni.

Rai Dan Hlahawm Hriatnate:

1. Luak fo emaw, luak vak vak emaw.
2. Lunâ reh thei lo emaw nasa taka lu nat vak emaw.
3. Luhai reh ẵa thei lo.
4. Khaw hmuh fiah lo emaw hmuh dân dik lo emaw.
5. Hmai vâng, mit vun hnuailam vâng a ni bîk.
6. Kephah, kerêk emaw kutkê emaw vâng.
7. Thinhnun leh naknêm na zawk zawk.
8. Kâr khat emaw a aia rei emaw nau che chawh.
9. Chhukuaa thi chhuak.
10. Pumnâ, kawng nâ nêna inkawp.
11. Rilru ngui leh ningkhawng inthlâk (thinrimnate).

Hêng chhinchhiahnate hi a lo awm phawt chuan dânaw
rawn nghâl vat tûr a ni.

Naupai Enkawl Dan:

Rai chuan, mi pahnih, amah leh a chhûla naute tân ei a
ẵul avângin, chak theihna chu a ei tam tâwk tûr a ni. Nitin
dailen hi a pawimawh êm êm a ni. Êk ẵat theih loh chuan
Bung 25-a kaihhruaina hi a hmang tûr a ni.

Pindan thengthaw nuam tâwk takah a riak tûr a ni.

Tihrâwl sâwizawina nitin a nei ziah tûr a ni, chutilo-chuan
a tihrâwl a chaklovin a nêw ang a, nautê chu a chaklo ang a,
nau hrin pawh a harsat êm êm ang.

Nitin tuisik thianghlim in teuh ziah tûr a ni.

Zu leh vaihlo leh kuhva khâwr a nghei tûr a ni.

A ãnbual fai fo tûr a ni.

Nau hrin hma thla hnih chhung chu inpawl loh tawp tûr a ni, a hma thla sarih chhûng pawhin a khât thei ang ber a tha.

Nauhrin Inbautsaih ðan (Nauvei)

Nauhrin ðawn chuan, a hrinna tûr pindan chu fai taka phiah phawt tûr a ni. Bang thil in khai zawng zawng chu hlip bo vek la, pindan bang chu chinaiin hnawih var rawh. Chhuat chu nawbfai tur a ni, lei chhuat a nih erawh chuan phiah fai a, kil tin leh bungrua leh khum ilo hnuai chu chinai theh vek tûr a ni. Khum dawhkân tih loh chu pindan ata engkim dah bo tûr a ni. In chu pindan awm chuang lo va tlaw mai anih erawh chuan, pindan siam nân chuan zâmpher fai emaw te pawh hman a, nau neihna tûr khum chu pindan hran mai tûr a ni.

Heng thilte hi a awm tûr a ni:

1. Lapaw thianghlim kg chanve vêl, thi hruk fai nân leh naupian hnua naupianna kua tuamna tûr.

2. Puanthem thar tha tak pahnih emaw pathum emaw, inchi 10 a hlâi, feet li a sei, naupian hnua nu dul tawnna tûr.

3. Puanchhe them sukfai leh chhumso thianghlim hnu tam tâwk tak, heng hi thi leh tui dang hipkang tûrin nu delh atân.

4. Puan lum nem tha tak. Sukfai leh tuisova chhum tawh. Nautê tuam nân.

5. Puan them pahnih inchi 4½ a hlâi, feet hnih a sei. Hei hi tuisova chhum thianghlim hnu a ni tûr a ni. Naute dul tuamna tûr a ni.

6. Sabon leh brush tê tak tê, nauchhartu kut silfai nân.

7. Dettol tiêm azâwng. Dettol thirfiante chanve vel chu tui pint khat (pava thum vêl) nêp pawlhin, nau chhartu kut sil nân.

8. Puanthem fai tiêm azâwng, tuisova chhum hnu. A dung leh vang inchi thum ve ve zêl, naute lai hlehna bul lo chhuahna tûra a lai reh âwng sa diam vek.

9. Naute mit sil nân saline solution ounce chanve vêl; penicillin ophthalmic hnawih chi emaw, 1% silver nitrate tui emaw pawh.

10. Nau piang tir tih faina tûrin vaseline ounce tlêm azâwng emaw, hriak thlum tlêm azawng.

11. Nu leh naute dul tuamna kîlh nân pin khauh tha tâwk tlêm azâwng.

12. Naute hrên kaih tûr puan fai tlêm azawng.

13. Hruì pahni h inchi ruk emaw riat emaw a sei, la zai sâwm emaw sâwmpahni h emaw vel hrual fip. Hei hi lai hruì hrênna tûr a ni. Lai hruì tan nân sakawr bakcheh hriam tak. Hêngte hi lo neih lâwk diam tûr a ni. Puan tuisova chhum thianghlim hnu zawng zawng chu puan faia fûn khâwm tûr. Hêngte hi kut silfai zet lo chuan khawih loh tûr.

Nu leh nautê hman tûra lo buatsaih tawh puan leh khum puante chu a fai tûr a ni a, buatsaih hnuin vaivut kai lohna tûra dah that tûr a ni.

Thil engkim fai vek hi a pawimawh ber a ni. Nausên thi tam tak hi chu an pian aţanga hapta hnih vêlah an thi ber a. Hei hi nau pian laia engkim vawn fai tâwk loh vâng a ni thei. Nu tam tak nau an neih hnuin an khua a sik thin a, an dam lo bawk. Hei pawh hi nau pian lai vêla engkim vawn fai vek loh vâng a ni bawk.

Nu chuan nau a nei dâwn tih a inhriat vele h chuan a khum chu buatsaih sak nghal tûr a ni. Awngphah chhah chu a huh loh nân lehkhah tam tâwk emaw plastic puan emaw phah a, chumi chungah awngphah fai chu phah tûr a ni. Thisen fâwp kang tûrin puanchhe bal rêng rêng chu hmang suh.

Bel lian takah tui chhuanso ţeuh tûr a ni. A then chu bualthlêng emaw, bel fai dangah emaw dah daiha khuh thianghlim tûr a ni. A then erawh chu vawn sat reng tûr a ni. Pindanah chuan dawhkân te a awm tûr a ni. He dawhkân chung hi sabon leh tuiso chuan silfai a, a chungah thil ţulte hi dah tûr a ni. Chawhtawlh pahni h emaw, tuisa leh sabona silfai sa diam neih bawk tur a ni.

Nauvei:

Nauvei tan hriatna pahni a awm; Zahmawh ațanga bawlh-hlawh sen deuh lo chhuak leh nauvei pumnâ. Nauvei pumna tak chu a tirah chuan minit 15 emaw 30 emaw inkâr danah, hunbi neiin a lo nâ a, nauvei nasat dân ang zelin a na zing deuh deuh zêl a.

Dâktawr thiam tak koh theih chuan rawih ngei a ța. Daktawr an awm loh erawh chuan nauchhar zir thiam tawh nurse koh a ța. Dâktawr thiam chu koh anih chuan engtia tihtûr nge a hria ang. Heta kaihhruainate hi daktawr thiam tak koh tûr awm lohnaa hman tûra tih a ni.

Pindanah chuan tlawhtu rêng rêng an luh phal tûr a ni lo. Nauchhartu bakah chuan midang pahni aia tam awm tûr a ni lo.

Nu chu tuilumin inbual rawh se. Zahmawh pawh tuilum leh sabonin fai takin sil rawh se. Nau vei chhung chuan zun fo tur a ni. Darkar ruk emaw riat emaw lai a êk tawh loh chuan kaw tihruahna tuiluma kahek tûr a ni. (Bung 32-a kahêk dân kha en la).

A nat tan tih lamah chuan, a duh ang angin nu chu a mû emaw a țathu emaw a ni thei e. A nâ a lo zual hunah erawh chuan ke tawmin a mu dawrh tûr a ni. Nau hrin laia țahut emaw din emaw chin hi nu tân inhliam a awl a, nautê a bawlhhlawh duh bawk a ni.

Nau chhartu chuan a kut leh a bânthe a silfai ngun êm êm tûr a ni. Kiu thlengin kawrbân thleh chhin tûr a ni. Zungtang tin hleh mam a, tin kara bawlhhlawhte pawh tihfai vek tûr a ni. Tuilum leh sabona sil satliah mai hi a tâwk lo. Kut leh tin nawfai nân brush te hman tûr a ni. Silhfen fai inbel tûr a ni. Apron atân puan hlai fai tak hman a ța.

Nau awl nân tiin nau vei laiin eng damdawi mah nu chu pe suh. Damdawi engmah a mamawh lo, a tel lovin a ța zâwk ang. Nu dulah chuan hrui emaw, puanin emaw tawn suh. Hei hian puih aiin a hartîr zâwk thin. Nau chhartu chuan zahmawh

kua chu a zen tûr a ni lo. Natna hrik a tilútín, nasa taka khawsikna chu chuan a thlen duh êm êm a ni.

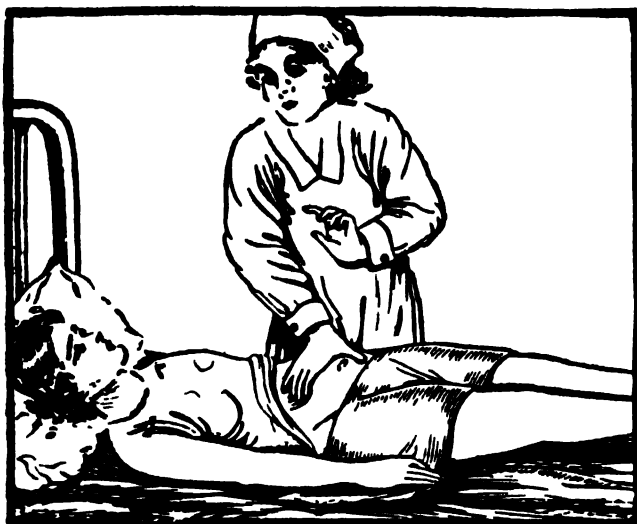
‘Tuibâwm a keh’ hnuin, zahmawh kuaah chuan nau lu chu a lo lawr thín. Nau awmdân chu a dik chuan, nau hmai chuan hnuailam emaw, nu hnunglam emaw a hawiin, tin, lu chhip chu a lo lang hmasa ber ang. Lû chu a lo chhuah ran lutuk chuan nu chu nasa takin a inhliâm vak thei bawk a ni. Chuvangin lû a lo lan vêleh, zungtangin lo dawm la, a pum a a nat lai apiangin nem chhuk zêl ang che. Chutichuan naute lû chu a âwm lamah a kun a, zahmawh kuaah chuan a lo chhuak awlsam zâwk ang. Lû lo chhuak tûr pawh minit tlêm azâwngin hetiang hian a tihtlai hret theih a ni. Nau vei pumnat kârah chuan tihrâwl chu a chawl thín. Chutia a lo dul veleh chuan lû chu a lo chhuah phal tûr a ni. He dân hi zawm chuan inhliam vak tûr kha a nêp hlê thei bawk a ni.

Lû a lo chhuah hnu hian, taksa lo chhuah hmain tlêmin chawlh a awm thín a. Naute lû a lo chhuah fel veleh chuan a laihruiin a nghawng a vêt nge vêt lo tih dap thuai tûr a ni. Lai hruiin nghâwng a veh a, a thâwk loh chuan nautê chu rang taka lakchhuah tûr a ni. Laihruiin a nghâwng a veh loh chuan, lapaw thianghlim emaw, puan nêin thianghlim emaw chuan nauchhartu chuan naute mit chu hru fai sela, a kê pawh keuvín hrukfai sak bawh rawh se.

Nautê chu a lo pian veleh puan nêin fai takin tuam lum rawh. A hmai chu thi ah inchiahtîr suh. Nauchhartu chuan a mitkhing hnihah penicillin opthalmic hnawihmi chu hnawih ve ve rawh se. “Opthalmic” tih a chúang ngei tûr a ni. Chu chu mita hman tûr tihna a ni. Chutianga chhinchhiah loh chu eng-dang mah hmang suh. Penicillin chu a awm loh erawh chuan 1 per cent silver nitrate mit leh lam leh lamah far khat thlawr ve ve rawh.

An pian tirha hetiang a enkawl an nih loh avang hian nau-sên sang tam tak mit a del thín a ni.

Nautê chu a pian veleh nauchhar tanpuitu chuan nu dul chu chhûl inngghâk tisâwng tûrin hmet rawh se. Dulah chuan sak

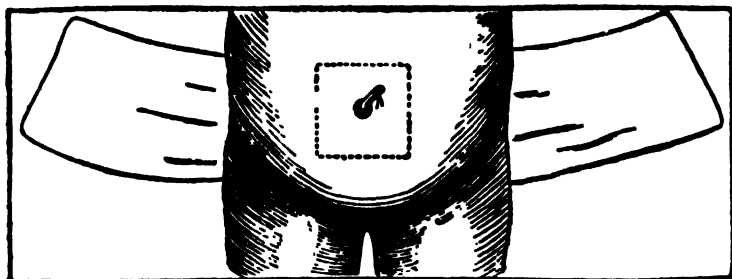


Chhûl inngâk tawmna tûra hmech dân

deuh runin a khawih fuh mai theih a ni. Dim takin hmet la. Thlah hlek suh ang che, hetia hmech hian chhûl inngâk lo ruak ta chu a tisâwng a, thi chhuak a vêng bawk a ni.

Lai hruia mar phû chu a tâwp velel hrêna tân tûr a ni. Hruia pahni buatsaih sa kha hmang rawh. He hruia pahni leh sakawrbakcheh, lai tanna tûr hi rei fe lo chhum lawk reng tûr a ni. I hman dâwn thlengin tui saah chuan inchiaw rawh se. Lai hruia chu nghet takin hreng tlat rawh. Hman dâwn tēpa reife chhum loh thil rēng rēng chu hmang suh. Tin, lai hrên nân pawh rei fe tuisova chhum hnu loh chu hmang hlek suh. Hetianga chhum so thianghlīm tawk loh thil, lai tanna atāna hman avang hian taksaah chuan germs a lût a, tetanus (sakaw-rekhrīk) emaw, natna dang emaw pawh a lût thei a ni.

Lai hruia chu i tan velel, a hnūnah chuan penicillin powder phul la; hemi atāna hman tûra i puan them siamsa kha hmang tawh rawh. A puan lai âwngah khan lâi hnūn chu la chhuak la, puan chuan chu chu tuam rawh. Tin, a hlehna hmuamhma



Lai hrui enkawl dan dik

chu tuam pingin, a kâwngah khan puan them chuan tuam bet rawh. Nu i enkawl chhûng chuan nautê chu hmun rovah dinglem delhin a saisirin muttir rih la. Nau pian hnu lawkah chuan hlam chu a lo chhuak ang. Lai hrui hmawrah chuan pawt suh, chutah chuan engmah tawn bet suh. Lai hrui nu taksaa a luh leh a, inhliamna a siam hi hlahu tûr a ni lo. Chhul innghak hmettu chuan hmet reng se, mahse na lutuk lovin. Hei hian thi put vak tûr a vêng a ni. Hlam chu a lo chhuah dawn hunah chuan, a chhuah thlengin i lo hmet vak reng tûr a ni. A lo chhuah veleh chhûl inngâk chu hmet leh vat la. Chhûl inngâk chu dulah sak deuh rana nghet taka a awm that leh thlengin hmet ang che. **THI A CHHUAH CHUAN CHHUL INNGHAK CHU HMEH RENG TUR TIH** hre reng rawh.

Hlam a tlâk veleh, inchi 15 a hlai puan thleh chhah chuan dul chu nghet taka tuam a, pin emaw, ahmâwr hniha hrui emawa suih ngheh tlat tûr a ni. Hei hian kâwnghrên hlai tak angin dul chu a hreng dawn a ni.

Nautê chu buala, kawr hak lum tir anih veleh dân narânin hnutê hnektir tûr a ni; hnutê a hnêk hian chhûl chu a tawmin a lo tein a lo sak leh thin a ni. Hei hian chhul atanga thi chhuak pawh a tireh a ni. Dul chu tuam a nih hmain, puan leh thawmhnaaw bawhlhlawh zawng zawng chu lâk kiana, nu taksa bawhlhlawh kai lai zawng zawngte pawh tuiluma silfaia hrûk hul phawt tûr a ni. Chumi zawhah chuan lapaw thiàng-

hlim emaw, puan chihum thianghlmi thleh chhah tâwk takin hmeichhe zahmawh chu tuam tûr a ni. He tuamna hmáwr tawn hi duí tuamnaah khan suihin emaw kilh beh tlat tûr a ni.

Nu chu nilengin khumah a mu hle hle tawh tûr a ni. Ní hñih emaw, thumna emawah chuan a tha neihzia ang zêlin a thovín a kal vel thei ang a. Tin, zahmawh tuamna chu thlak fo tûr a ni.

Nau neih hnu darkar ruk emaw sarìh emawah chuan nu chu a zung tûr a ni. Hetiang hun chen chenah pawha a la zun theih loh chuan, tuisâa chiah sâwr tuihul puan sâin a zahmawh leh zahmawh lû vel deh tûr a ni. Nau pian aţanga ni hñih-naah chuan a daileng tûr a ni. A dailen loh chuan kua thuah tûr a ni.

Nau pian hnuah chuan nu chuan chaw naran a ei thei ang. Tui vâwt in leh chaw vâwt ei hi ni hñih khat chhûng chu a tha lo. Nu chu chaw tha, hmin taka chhum, buh te, artuite, bânghnufête, chhangthâwpte, alûte leh thei hminte pek tûr a ni.

Nau Thaw Chhuaklo Enkaw! Dân:

Dân narânin nautê chu a pian veleh a tapin, a thaw chhuak nghâl mai thin. Nau chu a ţah lova, a thâwk lohva, a mutthl-awrh maia, a thâwk deuh siai ringawt emaw chuan, rang taka chhar a, thâwktir tûr a ni. Thâwktîr nâna tul apiang chu tih vat tûr a ni. Kut zungchal puan faia tuamin a kê leh hrawkte chu kawm fai tûr a ni. Naute chu a keah chelhin a lehlingin khai la, tla lo tûrin chelh tlat la. Nu mutna khum chung a tih a tha ber. A kephahah ben thlawrh thlawrh tûr a ni. Naute chu a kea chelh lai chuan a hnungzâng lo zût pawh hi a ţang-kai thei hlê bawk a ni. A hnungzâng leh âwmah erawh chuan a pawì theih avangin ben tûr a ni lo.

A chung a dânte hi minit hñih vêl han tih hnuah, nautê chu a la thawk theih loh fo chuan, a lai chu hrên a, tan thuai a, thawkna pêk nghâl tûr a ni. He laiah hian thâwkna pêk dân

NAU HRINNA A HARSATNATE

chu a chuang a, rang lutuka tih tûr a ni lova, minit khatah vawi sâwm leh sawmpahnih vêl tih tûr a ni. Bualthleng hian tâwk, a chhûnga naute muttîr theihnaa tui 105°F a sâ neih tel a tha. Thâwkna pêk chhûng chuan naute saksa chu a lam thei ang bera tui lumah chuan chiah tûr a ni. Beidawng thui suh u. Dam thei awma a lan phawt chuan dârkâr chawp emaw, a aia rei emaw pawh thâwkna chu pe zawm zêl rawh u.

Nautê chu nghet taka chelha, zawitea ulh thleh a, a boruak tihchhuaha, chutah zawitea tihngila boruak a chupa hip luhtir leh tûr a ni. Hetiang hian minute khatah vawi sâwm vêl tih tûr a ni.

Nau Hrin Laia Thi Chhuak:

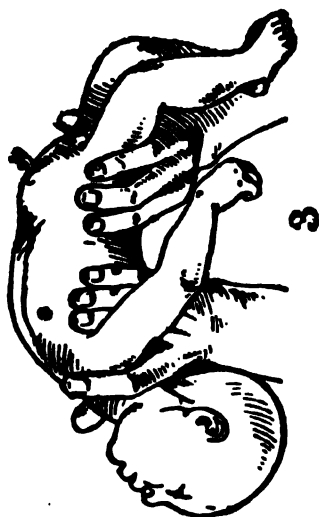
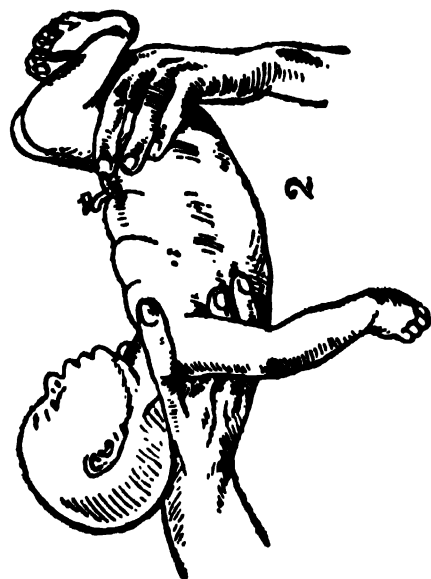
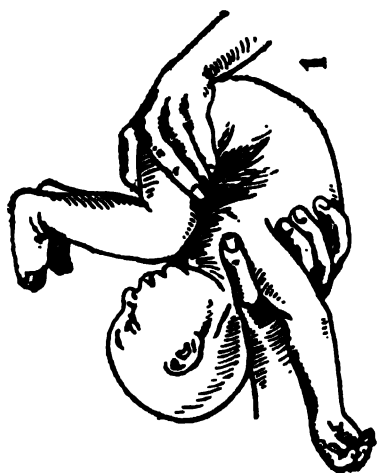
Nau hrin lai leh a hnu leh hlam tlâk rual vêl hian thi a chhuak a, mahse dân narânin a rei ngai lo. A thi nasat hlê chuan, nu chuan vâwt a ti tan a, a lo dângin a chau mai dânw thin.

Puan zial mumin a kawng kam kâng la. Dul vun atang chuan chhûl inngâk chu ti tawm tûrin hmet la, chelh tlât rawh. Tui vawt thei ang bera puan chiah huh in chhu lû leh chhu chu dep la. Tihuh lehin dep leh thin la. Vawt chuan thisen kawngte chu a ti zîm a, a tihtâwp pui thin a ni. A dul chung feet hnih emaw feet thum vêl emaw a sâng atangin tui vawtin i leih thei bawng ang. Nautê chu hnutê hnêktîr thuai rawh, nautêin hnutê a hnêk veleh chhûl inngâk a tawm thin.

Ergot damdawi tui a awm chuan thirfiante khat intîr a, dârkâr thuma pêk leh tûr a ni. Chutianga thi chhuah hnu chuan nu chu nihnih vêl a mu hlê hlê tûr a ni. Engvang mabin a thut leh a thawh phal tûr a ni lo.

Nau Hrin Zawha Khawsik:

Nau hring hlim chuan ni rei lo deuhte chu khawsik an nei thei. Chutianga khawsik chu a hlauhawm lo, ni thum ni lî aia



Nausên pianghlím thaw chhuak lo tháwk tûr dân.
 Nausên chu hetiangá ken tûr hí a ní a, An
 chuáp átangá boruak a chhuah theih nân an hma
 lam zâwnga ulh thieh a kaih char leh tûr a ní.
 Héi hí minit khatah vawí sâwm vêi tih tûr a ní.

rei a awb khât hlê bawb. Amaherawhchu, naute pian hnu ni thumna emaw lina emaw ațanga khawsik țin chu a hlauhawm êm êm a ni. Khawsik lai chuan mar pawh a phu rang êm êm thei (dân naranin minit khatah wawi 72 vêl a phu țin a.) A tirah a tlun mai thei. Taiah hian a nâ a, dul enginemaw a han deh hlek te hian a na fik riau va. Lû a nâ a, khua a lo sik țin chuan chhul ațanga bawlhhlawh lo chhuak pawh chu ni hnih khat chu a kiam deuh țin.

Nauhrin laia engkim tihfai vek hian khawsik a pumpelh theih, nau chhartu kut fai tâwklo ațanga natna hrik chhul inng-hâka lût emaw, puan phah bal emaw, zahmawh tuamna bâl emaw hian khawsik a thlentîr țin. Nau chhartu chuan chhukua chu a kut emaw, hmanraw dang emawa a zen phawt chuan, chu chuan chhul inngâkah chuan natna hrik a ti lût a, khua a sik țin a ni.

Hei hi natna hlauhawm tak a nih avangin damdawi tulrawn ei tîr thuai tûrin dâktawr koh thuai tûr a ni. Dâktawr an awm loh chuan penicillin 400,000 units a wawi hnih nitin chiu tûr, a nat hlê pheih chuan sulpha damdawi mum hnih zelin dar kâr li dan zêla chhûn zân zawma pêk tel mai tûr. Zannah a khawsik a sân hle chuan tibuai suh. Chloramphenicol, tetracycline, aureomycin leh "mycines" dangte pawh hman theih a ni. Capsule hnihin dârkâr li danah pêk tûr, a that chak loh dâna zirin ni hnihnâah pawh chutianga pêk zêl tûr, a țin deuh thlengin. Chumi hnuah chuan capsule khat nitin wawi li ni 3 emaw chhûng pêkzui tûr a ni.

Fa Neih Chin Tâwk

Fa neih chin tâwk neih hi tunlai khawvêlah chuan mi zawng zawng deuh thawin an bengvar ta hlê mai. Ram thenkhat naupiang tlêmnaahte chuan hei hi thil tul tak a ni, mihring awmzât a pangngai reng emaw an kiam loh nân emaw tal; tin, ram thenkhat nau piang tamnaah chuan, an ram hausaknain a chhiat phah loh nan, rama ei tûr chin theih tâwk leh mihring an inphu tâwk hi a pawimawh êm êm bawk a ni. Khawvêla indona tam takte hi chu mihring tâwt lutuk vâng a ni fo mai. Ramtin maia sawrkârin tâwpintâi awmlova a manganpui chu mihring tam lutuk leh ei tûr tam tâwk si lo hi a ni ber mai.

Fa neih chin tâwk neih hi hnam pum tân ringawt nilovin, chhûngkaw tân pawh thil pawimawh tak a ni. Hnam siamtu chhûngkaw infinkhâwm mi maltê te kha a khawih pawl a ni.

Pawl khawihna tam ber leh naupaug pawikhawihna tam ber hi chu, chhûngkaw tam lutuk emaw, nu leh pa tân enkawl zawh tâwk aia tam chhûngkua atanga lo chhuakte avang a ni ber tih tân hnai lawka chhûtnaah chuan hmuhchhuah a ni a. He mi avang tak hian nupui neite chuan, an fate chu khawvêl tihrehawmtu ni lova, tiengthâwltu annih zâwk theih nân, an

chhia leh tha hriatna an hman dik leh mahni an inthunun hneh a pawimawh ta êm êm a ni.

Mihring zîngah hian thiltihtheihna chi hnihin hna an thawk tih chu tlâng hriat a ni a. Thatna leh sual thiltihtheihna emaw, Pathian leh ramhuai thiltihtheihna emaw kan vuah thei ang. Eng hming pawh vuah ila, khawvêlah hian an awm tih leh an inkalh tlat reng a ni tih chu tlâng hriat a ni a. Chik taka ngaihtuhtute chuan, nupain, zo taka an châwm a, an thuam a, lehkha an zirtîr a, mi rintlâk leh hmantlâk ni tura an kaihruai theih tûr aia tam fa an hrin chuan, sual sipai rual an puntîr lek fang a ni tih hi an hre chhuak tawh a.

Fanau awt ngawih ngawih fa an han neih tâka, an fate nêna chhûngkuaa han awm hova, chhan an hriat si lohva lâwm leh hlei thei hlawl lo te pawh an tam ngiang mai. An tân chuan fa neih chin tâwk neih hi a tulzia sawiin a siak lo. Fa neih chin tâwk neih loh avangin lungngaihna namên lo leh thin natna sawisênloh an tâwk thin a ni.

Rai Tûr Dâlna:

Rai tûr dâl hi mi tam tak rîlrem loh zâwng tak a ni a. Mi thenkhatin an duhlohna chhan chu thurin engemaw bik vângte a ni. Khawvêlah hian dân pangngaia inthlah chhâwn zêla pun zêl duh mi tam tak an awm a. Chutiang pâwl chuan pian tlêmna tûr thiltih rêng rêng chu an dodâl tlat ang. He lehkhabu chhuahtute hian mi va dodâl chu an duh zâwng ni hauh lo mah se, fa neih chintâwk ruahmanna sawi tel loh chuan he bu hi famkim theiin an ring ngang si lova. Chuvangin he lehkhabu hi fa nei loten fa an lo neih ve theihna leh chhan tha tâwk tak avanga chhûngkua chuti zât khati zât ni ila tite tân, tangkai duhsakna avangin chhuah tel a ni zâwk.

Nu bawrsâwm vang emaw, chungkaw khawsak harsatna engemaw avangin fa neih chin tâwk neih a tul hunte pawh hi

a awm bawk thin. Chutianga fa duhtâwk nei tawh a, dân pangngaia inpâwl zêi la duh si nupate tân chuan eng kawng nge inhawng ta ang? He thil hriat chian sa hi a hmasa berin hriat reng tûr a ni. Thi neih theih chhông chuan "him lai hun" an tih hi a awm tak tak lo. Tlingtlâk dâwn tēpa phawi hi thenkhat chuan an ching a, mahse hei hi chu nupa tân a rintlâk loh. Tih fo chuan phing bula thalte tâwtna mipaah a thlenin, hmeichhe tân rilru hahna a thlen thei bawk a ni. Thuah (Douches) hi râilohna chu nimahse, a Chiang tâwk lo. Suppositories pawh hi a rintlak chiah loh.

Nupa thenkhat chuan hmeichhe hunbi (rhythm method) an hman a. Hei hi a him tâwk tih fiahna a awm lo. A him ber chu nupuiin Intra uterine contraceptive Device (I. U. C. D.) an vuah hi a ni. Hei hian mipa chi nungin chhûl inngâk hnuai lam kua a luhna chu a dâl hmiah mai a. Tin, I.U.C.D. rual hian damdawi hman (jelly) chi tihlumtu tûr kha hman tel theih a ni. Hetiang hi a theih loh chuan condom (zangkâwr) hman hi a ni. Thelrê pan taka siam a ni a, zangin chu chu a ha tûr a ni.

Nupa thenkhat, fa pathum emaw, a aia tam deuh emaw nei tawh, chu chu an chawm leh enkawl zawh tâwk nia ringte tan chuan. naupai leh tawh lohna tura tha ber chu mipa insiam tir hi a ni mai. Dâktawr thiam takin a lo siam chuan a hnu lama rai lohna a dâl tawh a ni. An lo siam mai a, mipatna a tichhe lo va, pawina engmah a nei lo. Chu lo rêngah a him hmiah bawk si. Nakin hnuah engemaw vanga fa neih duh leh tâte annih hlauh chuan a sut leh theih bawk. Mahse hlawhtling tûr chuan kum nga emaw ruk emaw ral hma ngeia sût leh a ngai, chutipawhin a zatveah chauh hlawhtlin theih tluk a ni. Râi loh dân kawng dang leh chu hmeichhe Fellopian tubes hrên pin hi a ni a. Nau neih atanga ni hnih hnua tih nghal chuan awlsam taka tih theih a ni a. Chu mi hnuah anih erawh chuan zai pui a ngai a, mahsela tun hnai a an thiam thar hmangin na lo tê in a tih theih.

Fa Neih Theihloh Thu:

Nupa thenkhatin fa neih tam lutuk an buaipui laiin thenkhat chuan pakhat mah neih loh an buaipui ve thung a. A hnuhnung zawk hi damdâwi thiam tân pawh thil harsa, an beihnaah pawh hlawhtlinna tlêm zâwkna a ni. A chhan zawn chhuah dân fel tak chu a awm. A hmasa ber leh a awlsam ber chu mipa endik phawt hi a ni. Chu chu minit tlêmtê hna chauh a ni. Engkim a that vek si chuan nupui kha endik ve thung tûr a ni.

Hmeichhe natna endik leh enkawl thiam bik dâktawrin a endik tûr a ni, ani chuan a hmasa berin chhûl kawngka khartu bawlhhlawh mipa chî luhna dâltu a awm leh awmlah endik ni se, a lo awm chuan tih zau pawh a ngai mai thei a ni. Chhûl pawh a lo piangsual mai thei a; mahse a tamber chu tuibâwm atanga rawn hruiatu dâwt dâlnate hi a ni thin. Chu chu a chhan anih len nih loh chu chhûlah khân, X-ray a ena langtlang lo tui engemw kah luhin a fiah mai theih a. A dâltu a awm chuan, tui chuan chu chu a thleng chauh a, a pel thei lo vang. Chutiang a lo nih hlauh chuan dâktawr chuan carbon dioxide dâwta chhêm lûtin, kawng a hawng thei ang. Chu chu a theih si loh chuan, inzai lam pang chu ngaihtuah buai duh ting tûr a ni lo. Nupa chutiang tân chuan fa châwm tûr zawn mai tûr a ni. Hetiang hian nupa tam tak chuan an fa châwmte chu anmahni rîla rah tlukin a hmangaih thei baw a ni.

A fello zâwk awm chuanglo ni a lang siin nupa thenkhat chu fa nei lovin an awm reng thei baw. Chutiangah chuan nupa chu an bei dawng mai tûr a ni lo. Fa nei tûra an beihnate chu kum tam tak hnuah a hlawhtling chauh mai thei baw a ni. Hmeichhia atanga tui lo chhuah hun (ovulation) lai hi fa nei tûra pawlna hun tha ber a ni tih hriat reng tûr a ni. Chu mi hun hre tûr chuan nupui chu a thawh hmian tûktin a pang lumna en tûrin hrilh tûr a ni. Ni tam berah chuan a ngai, 98 atanga 98.6 °F a ni ang a; mahse ovum-in tuibâwm a rawn chhuahsan hun chuan a pang lumna chu 99

emaw 99.4°F ah emaw a chho ang. Hei hi nupa chuan an hre thei a, he hun hi thlatinin an nghăk dŭn tŭr a ni. Ovulation hun lo thlen dăwn tawh âwmah chuan hapta khat emaw vêl lo insŭm tŭr a ni. Thi hul ațanga ni 14 vêlah chuan, dăn ang chuan rai a awl ber a ni tih pawh chhinchhih rawh se. Hei hi rai awlsam lai ber hun mah nise, eng hun lai pawhin a rai theih tih chu tarlan a nih tawh kha. Fa neih belh zêl duh tawh lo chuan, “him lai hun” a awm tak tak lo. In păwl hmă a sodaa inthuah hi fa duh tân a ța. Boric acid-a inthuah erawh chu fa neih duhlo tân a ța thung.

Nausênte leh Naupangte Enkawlna

Ram pakhatah chuan nau piang zâ zêlah sawmsarih pakhat kum an tlin hmain an thi a, an ram thenawmah chuan zâ zêlah nau piang panga kum an tlin hmain an thi a. A hnunung zâwk hi chu an changkâng zâwk daih na a, a nih tûr ang chu an la pha lo ve hlê a ni. Nausên thihna hi dan theih tak a ni a. Nau pian laia invawn faina te, naute kum khat a tlin hmaa chaw pêk dân dik te, chhungkaw hrisêlna vawn that te leh naute mamawh zualpui pêk dân inngat thil anih vangin, nausên thihna tam tak hi vên theih a nih si chuan nu leh pate chuan naupang enkawl dân ța tak hi an zir ngun hlê tûr a ni lawm ni?

Naupang Pangngai:

Nau narân chuan an pian tirh hian pound ruk leh sarìh an bûk deuh ber a; mahse nau thla kim hi pound 5½ atàng a pound 9 ler 10 thlengin an inthlau thei a, mahse chu aia



Nausên bual dân. Nausên ken dân hi en Chiang teh.

rit êm chu an awm zen zen lo. Naute piang tîr hian ni thum chhung chu an hnute hnêk hi an tângkai puí hauh lo va, mahse dârkâr li dan zêlah hnute an hnek haw that nân leh nû chhûl inngâk a tawm chak nân, hnute chu hnêk tîr tho tûr a ni; Hetih chhûng hian nu hnute chu a lo haw tan a, nautê chu a khawro loh nan tui chhuanso lum deuh pip pep intîr tûr a ni. Hapta khatna tâwpah chuan naute chuan a têt deuh chuan ounce 2 leh 4, a len chuan ounce 8 leh 10 lai pawh a rihna a hloh ang. Hei hi dân pângngai a ni, hlauhthawn tûr a ni lo. Thla rukna tâwp lamah erawh chuan a tîr let hnihin a rit tûr a ni a, kum khat a tlin hun chuan a let thum laiin a rit tûr a ni. A rih zêl dân chu hapta tinin a thuhmun fo lo vang a, bûk zin durh pawh a tûl hek lo. Chaw a ei that a, a landân a that bawk chuan engmah hlauh tûr a awm lo, mahse natna a neih phawt chuan nautê chu dâktawr hnênah kalpui thuai tûr a ni.

Kum Khat Hnua Than Dân:

Naute chuan kum khatnaah a let thum laia a lo rih belh avangin, chumi hnua an rihna punzêl dân muang ta hi nu thenkhat chuan an hlauthawng thin. A kum khatnaah chuan pound 10 vêl laiin a rih belh na a, a kum hnihnaah chuan

pound 5 vêl lek a ni thin. Chuta chinah chuan an tleirâwl tih dâwn vêl thlengin kumtin pound 4 leh 5 vêlin an rit zêl a. Kum 10-na leh 12-na vêl aţang hian mipa aiin hmeichhe naupang an rit chak zâwk a, chumi hnuah chuan an ţhankin, kum 18 vel an nih thlengin an rihna pun dân a tlêm chho tial tial a ni.

✓ Mipa naupangte erawh chu an danglam hret. Kum 10 leh 13-na vêl thleng chuan hmeichhe naupang aiin an rit chak lo deuh va, mahse chumi hnuah chuan an lo rit chak thar leh a. Kum 13-na vêl aţang chuan hmeichhe naupang ai chuan kum tin an ţhang chak zâwk a, anni pawh zawi zawiin an tlangvâl hun, kum 18 an nih vêl thlengin an ţhan a zawi chho ve leh a.

Naupang hi an têt laia an sân dân aţang hian an zân zel dân tûr America ramah chuan dik tâwk takin an lo chhût chhûak tawh a. A tlângpui thuin mipa naupang chu kum sâwmpariat an nih hian kum hnih mi annih laia an dung let hnih an ni a, hmeichhe naupang erawh chuan kum 18 an nihin thla 18 an niha an dung lêt hnihin an sân a. Mipa naupang chu kum 18-ah chuan thla 18 a an rihdân lêt ngâ vêlin an rit. Kumkuruh zaudân erawh chu kum 2 an nih laia a let hnih vêlin kum 18-ah a ţhang a, hetah hian mipa leh hmeichhia an thumun a ni.

Ha Ȯ Dân:

Nausên hâ nei sa apiang hi an awm zen zen lo, chutiang bawkin an hâ neih hun hnua thla engemaw zât hâ la nei lo pawh hi an awm ve fo thin. An faten thla ngâ emaw a aia hma hretah emaw hâ anrawn neih avângin nu thenkhat chuan an chhuang hlê a. Thenkhatte erawh chu chutih hun thleng pawha hâ nei dâwn âwma an la lan loh avangin an phun an phun a. A eng zâwk pawh chu lo ni la, rilru ti hah duh suh, hâ Ȯ hma chu a Ȯat bîkna a awm lova, a Ȯ har deuh pawh chu a pawina bîk a awm hek lo. A piaha Chart-ah hian dân narânin ha Ȯ dân chu entîr a ni. Heta Ȯang hian i fa hmasâwm dân chu i endik thei ang. A hun pangngai

awm ber atangin belh leh paih a awm hi hre thiam la. Hapui pakhatna, awmhlen tûr chu kum rukna velah a lo to thin. Hei hi a ngê̂t chuan hnawh tîr rawh, a thlawn chuan a dang a lo to tawh dâwn si lo. Nu leh pa tam takin ha hlam emaw an ti a, chuvangin siamthat leh rual loh khawpin an chhiattîr mai thin.

HA HLAM TO LEH THLAWN HUN

(From Massler and Schour: *Atlas of the Mouth; American Dental Association, Chicago.*)

HA HLAM	A to hun thlaa chhiarin		A thlawn hun kuma chhiarin	
	Hnuailam	Chunglam	Hnuailam	Chunglam
Hahmai laite	6	7½	6	7½
Hahmai sîrtuâka mi	7	9	7	8
Ha uingho	16	18	9½	11½
Hapui pakhatna	12	14	10	10½
Hapui pahnihna	20	24	11	10½

Ha hmaite:- Hun: thla 2 belh emaw paih

Ha puite:- Hun: thla 4 belh emaw paih

HA HLUN TO HUN

	A hnuailam	A chunglam
Ha hmaite	6-7	7-8
Hahmai sîrtuaka mite	7-8	8-9
Ha hmai zum deuhte	9-10	11-12
Ha uingho pakhatnate	10-12	10-11
Ha uingho pahnihnate	11-12	10-12
Hapui pakhatnate	6-7	7-7
Hapui pahnihnate	11-13	12-13
Hapui pathumnate	17-21	17-21

Ludîp Phui Hun:

Nausên pianghlim hian ludîp pahnih, chal chung deuhvah leh tukhum lam deuhvah hian an nei a. Tukkhum lama mi hi thla hnihna tâwp lamah a phui a; hmalam deuhva mi erawh chu thla sâwm pariat vêlah a phui thin. Nautê chu kum hnih mi a nih thleng a, ludîp eng zâwk pawh hi a la phui loh fo chuan, nautê chuan chawṭha a ei loh vang a ni ber fo thin.

Naupang Enkawl Dân:

Naupang rêng rêng chu thla ruk an tlin hmain zâwnghri dân nân an bân zai theuh tûr a ni. Zâwnghri lên lai a nih phei chuan ni hnih lek an nih lai pawhin bânzai nghal mai tûr a ni. Thla 3 leh 6 inkâr vêlah hian hrilâwm leh sakawr êk hrik leh khuhip danna tûra chiu tûr a ni. (phek 142 ami hi en la)

Nau piang tîr chu hapta tiêmte an nih chhûng chuan, an hrisêl phawt chuan mut an heh hlê ang. Naute tân chuan khum nuam tak siam sak tûr a ni. Hnânga tah bâwm mai pawh hi nau bâwm tha tak a ni thei. Chu chu thosilêna khuh tûr a ni, nau mit leh hmaiah chuan tho a fûk loh nân. Tho hian nautê chu an tikawṭhalo thei a ni. Nautê muhil chu kawmawlin a lû khuh suh. Nautê chuan boruak thianghlim tam tak a mamawh a, chuvangin puan pawh zâr hnân suh la, tukverhte i hawn sak loh vêk pawhin lên hnaiah mut tir la, ni sâ ṭha taka zâr hliahin pâwnah pawh chawi chhuak rawh. Tiro lutuk suh.

Note: Hapui hlam pahnih an awm a. An thlawn hunah ha uingho nghetin a rawn thlâk a. Hapui hlun tûr pakhatnate chu, hapui hlam pahnihnate dawtaḥ chiaḥ (sirah) kum 6 or 7-ah an lo to va, mahse hapui hlamte chu kum 10 emaw 11-ah an thlawn chauḥ si. Chu mi awmzia chu hapui hlun tûr nêṇ kum 4 emaw 5 chu an to dun hman tihna a ni. Nu leh pa tamber chuan hapui hlun lo ṭote hi ha hlam emaw an tih thin avangin a ngêṭ an pawisa lo fo thin.

Naute chu nîtin bualfai tûr a ni. Tui lumin bual la, i bual tâwpah chuan tlêma tui vawt deuh hlekin leih puat rawh. Hei hi naute hritlân loh nân, a vun kua tihpinna tûr a ni. Tui lum dân en nan chuan nuin kiu chiah rawh se. A lum nuam tâwk chauh tûr a ni. Chutiang bawkin inbual zawha leihna tûr tui pawh chu enchhin leh tûr a ni. Nautê tih phûtzawk nân, a vâwt lutuk tûr a ni lo.

Nautê chu leiah dah suh. I dah chuan natna chi hrang tam tak leh rûlhût pawh a kai mai thei a ni. Rei lotêah a kut chu a tibal ang a, chu chuan kua tithalotu hrik chu rei lotêah a kawchhung a thlen tûr ang. Leiah hian amoeba a awm a, rûlhût kawm hi vunah pawh a lût tlang thei bawk. Naute chên nân chuan zampher phah a tha. A lo upat deuh hnuah pawh, vên ngun viau tûr a ni, chutilochuan leia, natna hrikte chu a kai mai ang.

A hrên tûrin puan fai hman la. Puanbâl hman hi a rim a chhia chang ni lovin, naute zahmawh pawh a tithak duh bawk a ni. A châng chuan hîng 'amonia' rim, naute hren chuan a nam thei. Hei hi natna hrik chi khat awm vâng a ni. Hrenin a tuam chin chu i thlâk apiânga tui leh sabona i sila, a hrên chu i sūk zawh apianga i chhum thianghlim chuan, a tihreh theih bawk. A rimchhia a reh hun chuan, chuti fakauva sūk leh sil ngun pawh a tûl lo ang.

Mipa naupang chu an zang lîk sak fo leh, an lîk chu vawn fai reng a tûl a ni. Naupang zang chu a lîk theihloh chuan daktawr hnênah kalpui tûr a ni, anin a lo siam ang. Hmeichhe naupang pawh an chhu biâng chhunglam thuar vêla bawhlhlawh chu nîtin silfai ziah tûr a ni. Bung 17-ah khân kimchang zâwka sawi anih tawh kha.

Naupang kawr hâk tûr hian an mawngkam leh an zahmawh khuhtîr ziah tûr a ni. Saruâka naupang lentîr leh mawng leh zahmawh lang renga lentîr hi a tha lo.

Nausên Chawpêk Dân:

Nu a hrisêl that phawt chuan naute chaw thaber chu nu hnute tui a ni. Nu chuan hrisêl nân a tih theih zawng zawng chu a ti tûr a ni. A hahdam tâwk tûr a ni a, tui a in tam tûr a ni a, pâwnah nîtin a insâwizawi tûr a ni a, chawtha bâwng-hnute, thei tharte leh thlaite leh fang thiah loh telate chu a ei tûr a ni. An hnah hring leh dailuah pawh a ei tam tâwk tur a ni, tichuan nu chuan protein tha chi a ngah ang. Fang thiah fai hliau chu a tha tâwk thei lo; chuvangin buh hi rin-râwla hmanna ramah chuan wheat atanga siam fang pum a ei chi, nitin chaw vawi khat tal ei ziah tûr a ni. Nu, nau neitir ei tâwk neih sak riau hi ram thenkhatah chuan an ching a, chuvangin thla hnih khat chhûng chuan protein a nei tlem êm êm thîn a ni. He thil chin tha lo tak hian nausen tam tak thihna hi a thlen thei a ni.

Nu naupawm rêng rêng chuan kuhva khâwr emaw, vaihlo emaw zû emaw a hmuamin, a zuin, a in tûr a ni lo. Taksa tichhe thei thilte chu hêng atangte hian naute chuan nu hnute atangin a lo dawng leh chhâwng a ni. Vaihloa tûr awm hian naute lung leh thluak a tichak lova, an than a tichâwl thîn. Zû hi hriatna khâwlpui tichhetu tha tak a ni. Thingpui leh coffee tak ngial pawh hian nû tâna thil tha lo an pai a ni.

Nausên piang hlim, rih dân pângngaia rit chu dârkâr li dan zêlah emaw hnute pêk tûr a ni. Hnute pêk hun atâna minit sawmhni hvel hman hi chin fo tlâk tak a ni. Hnute chu hnêk thlâk thleng tîr ila, an hahdam tawn thei a ni. Hnute pêk apiang hian hnêk zawh tîr deuh ziah hi a tha, chu chu hnute tui lo haw zêl nân a tha a. Naute in a hnêk zawh sên loh chuan nu chuan a kutin sawr zo mai rawh se. Hnute chu hûm sê, sâwr rawh se. Zungtang paliin dawm chho se, zung-puiin hnute hmûra chhuak zâwngin hmet chhuk rawh se. Nausên thla kim lo erawh chu farnain dârkâr hnih dan zêla pêk pawh a ngai mai thei; tin, naupang te leh chaklo then-khatte chu dârkâr thum dan zêla pêk pawhin an tha duh phian.

Thla thum vêl chu nautê zîng dâr hniha hnute hnêktîr a tha, dâr ruk, dâr sawm, dâr hnih, dâr ruk, dâr sawm, dâr hnih, chutiang zêla pêk annih chuan. Mahse a hma thei ang berin zâna hnute pêk tâwp tûr a ni, nu leh nautê in mut an kham theih nân.

Nautê, dârkâr thum dana hnute pêk thîn chuan rual a ban veleh a rang thei ang berin dârkâr li dana hnute hnêktîr tûr a ni. Thla riat leh kum khat inkârah hian zân dâr 10-a hnute pêk chu bân ni se; kum hnih vêl mi anih thlengin wawi li emaw lek hnêktîr ni se. Nautêin a hnute hnêk leh thil ei paha a boruak lem tel a tihchhuah nân, a chaw eikham apianga ngîl taka koki bawh deuh titiha pawm ngîl hi nuin chîng sela a tha.

A chaw pêk kâr lakah hian, tui chhuanso, dah vawh, la lum pip pep intîr thîn tûr a ni. Hnute hnêkna bûr aţanga hnêktîr a tha ber a, mahse nausên tê tak, tê chu farna emaw thirfian emaw pawhin pêk theih a ni.

Hapta hnihna tâwpah chuan, naute ei tûr rênga siam, cod-liver oil pêk tan a tha. Far lî aţanga far ruk vêl, ni khatah vawikhat, naute kaah ngei a far luhtîr tûr a ni, pêk dân tûra zia ang zêlin. Chutih lai vêk chuan chaw pêk kâr lakah serthlum thlum tak tui, tui so vawt nêna inpawlh, ni khatah wawi khat emaw wawi hnih emaw naute chu pêk theih a ni a. Tui nêna inzatin thirfiantê khat emaw lekin pe tan la. Nitin a létin pe tam la, a in duh zât zât a in theih thlengin. Serthlum i hmuh theih thlum ber ngêi chu pe la, chithlum erawh chuan thlum suh. Nautê chu chaw thlum ei dawklak tîr tûr a ni lo. Nautêin santên a vei loh nân, kut leh serthlum leh bungbêl a fai thei ang bera vawnfai a tûl a ni.

Kum khat an nih thlenga bawghnute chauh nautê pêk chîngte pawh an awm. Hei hi a tha ber lo, nautê chuan chu aia tam chaw a ei tûr a ni. Nausên thenkhat chu an tap an tap thîn. An rilţam vâng a ni mai thei.

Naute chu duh tâwk tâwk hnute chu pêk tûr a ni a, a khawp loh hlê reng chuan chaw tak deuh pêk pawlh theih a ni. Suji emaw, semolina (wheat, a vâi tel lova rawt dip tha tâwk tak) ni rawh se. Balhla hi pai awl tak a ni a, thla khat

hnu lamah chuan pêk theih a ni. Nautê chu êk khal avanga a êk that theih loh chuan apple sauce emaw strained prune emaw, serthlum tui emaw pêk theih a ni. Thei dang tuisâwr pawh pêk theih a ni bawk. Thlai chhum hmin leh râwtsawm chu thla thum hnuah chuan an ei ang a, thlarukah chuan artui pawh an pai zo tawh ang. Artui chu hmin taka chhum ni phawi rawh se, nikhatnaah chuan tlêmtê pe la, zawi zawiin pe uar la. nakinah phei chuan a chhûng pum chu ei zawhtîr la, haptâ khatah wawi thum eitîr rawh. Artui pawn vâw pawh chu fimkhur tak bawkin pe tan la, a tâwpah chuan a vâw leh a chhûngmu chu ei zawhtir rawh. Tlêmtê têa muang chângâ pêk hi, anmahniah hriatna danglam riau a chhuah loh nân a tha a ni.

Hunbi neih hi nausênte hian an ngeih zâwk. Atirah chuan dârkâr thum danah ni se, chumi hnuah dârkâr li danah. Zîng dar 2-a hnute pêk hi a hma thei ang bera bân tûr a ni. Nautê chuan thei leh thlai a ei tan theih deuh hnuah chuan ni khatah wawi thum hrâi ula, bânghnute emaw, theitui emaw, zîng hma deuh leh chawhnu chanvê leh mut dâwnah, a that dân ber ni a a lan ang zêlin, tam deuhvin pe rawh u.

Hâ neih hma loh chuan thial hrep ngai chaw chu pêk tûr a ni lo tih chu hriat sa a ni a. Hâ a neih hnuah erawh chuan carrot thialtîr chu a tha. Chhang thâwp zai pan ro ram deuhte pawh kheltîr mai mai a tha.

Nau Chaw Pek Hunbi:

Thla ruk leh riat inkârah chuan nitin hetiang hian pêk theih a ni ang.

Zîng dâr 6 emaw Artui chhûngmu pakhat, balhla hmin râwtsawm 1 or 2 oz: hnute hnektîr emaw, bânghnute emaw pawh.

Zîng dâr 8 emaw ' Serthlum tui 4 oz; Vitamin A leh D. inkawp tui a leiah far 6 atanga far 9 vêt fartîr tûr.

- Zing dâr 9 emaw** Chaw hmin tak oz. khat aṭanga hnih, thei chhum hmin oz 1 aṭanga 2; bawnghnute oz 7 aṭanga 8 emaw nû hnute emaw.
- Chawhnu dar 2** Balhla hmin râwtsawm oz 1 aṭanga hnih, bawnghnute emaw nû hnute emaw oz 7 aṭanga 8.

Nau Chaw pêk Hum Chhiarna:

Nau thla ruk emaw sarih emaw chhûnga an chaw châk dân lo ṭhang zêl enkawlana nute kaih hruaina tûr chu hei hi a ni.

- Ni khatna** Nû hnute lo haw thlengin tui chhuanso hnu, dân narânin ni thumna hma lam.
- Ni thumna** Nû hnute, dârkâr thum emaw li emaw zêlah.
Hapta 2-3 Serthlum emaw lakhuih thei tui emaw. Naute chu a êk khal lutuk dâwna a lan chuan prune juice pêk tûr. Nikhatah vawi khat leh thum inkar pêk tûr. A duh tâwk tâwk pêk mai tûr.
- Hapta 3** Multivitamin far tlêm azâwng.
- Hapta 3-4** Suji emaw buhfai râwtsawm, tuia chhum hmîna, bawnghnute tlêm pawlh. Fianin pe la.
- Hapta 4-5** Balhla, Hmin tâwk, ṭuah lutuk lo. Râwtsawma, thirfiana pêk mai tûr.
- Hapta 5-8** A awm chuan apple souce hi an ngeih viau. Thei chhum hmin pêk phawt a ṭha; chumi hnuah a awm chuan thei hmin thar dang tea belhchhah tûr.
- Hapta 8-10** Thlai sâwr: bepuite, carrot te, alute, leh thlai dangte pawh a awm chuan, chhûm phawt la. I pêk hmasak ber chu tui a tih hmâ loh chuan a dang pe suh.

- Hapta 12-16 Nau chu a ̣at zêl chuan thlai rawtsawm pawh i pe ̣an thei tawh ang.
- Thla 5-6 Artui chhûngmu, chhum khal, thirfiantê ¼ khat pe phawt rawh. Nitin pun la. Hapta khat hnuah a pawn vâ pe ̣an la. I pêk than vê vê hnuah chuan, a pumin pe rawh, Hapta khatah pahnih emaw pathum emaw.
- Thla 6-7 A ̣at zêl chuan artui chhum hmin chu a pumin pe rawh.

Chaw Thar Pêk Belh Dân:

Nau chaw engpawh pêk dân pali zawm tûr te chu:

1. Engvâng pawha nau chu a nawm loh chuan, chaw thar pe rih suh.
2. Ni khatnaah chuan thirfiantê khatin han pe ̣an phawt la, ni hnihnaah fian hnih, chumi hnuah chuan fian li leh rukte a duh tâwk tâwkin.
3. Tum khatah chaw thar pakhat chauh pe ̣an la.
4. Naute pumin a pai zolo nia a lan chuan châwl leh rih la, ni hnih khat hnuah emaw ̣an leh rawh.

Naute chu thla kua emaw sawmpahnih emaw a tlin hunah chuan, a ̣hial tûrin chhang hemro emaw, biscuit eamw, thlai rawtsawm loh leh thei emaw te pawh pêk belh rawh. Âlû leh buh leh dailuah chhum kâwi leh dhoi (bawngnhute khang thil thûra siam) -te pawh tlêm tlêm chu pe rawh. Thil thlum ice-cream te, candy te, cake te leh syrup angte hi ei dawklaktîr loh a ̣ha. Chaw ei hun kê laka ei tûr pêk hi chin loh tûr a ni. Naupang chuan ̣hialna tûr hâ a neih kim tâwk hma loh chuan chaw ̣henkhat chu pêk loh tûr a awm. Vaimîn fang pum te, fanghmâte, antam bul eite leh theipil sak angte hi a ni. Kan ro te, gravy leh pastry te hi paịawih an harsa lutuk a ni. Mosola leh hmarchâte hi pumpuiin a ngeih lo. Ram ̣henkhatah chuan fakna vawrdarh hê mah se, vawksa leh sangha leh sa eng chi pawh hi, nausên eitîr atân chuan

an tha chuang lo. Naupang kum hnih mi emaw aia upa hret emaw, bâwnghnute leh dailuah ei tam tâwk lo chu, thlai hnah hringte a ei hunah chuan, calcium leh vitamin 'A' bâkah protein famkim pek tûr a ni.

Naupang dam leh damlo enkawlnaah hian mutih hriak hian ãangkaina a nei lo. Mercury pawh hi tûr a ni a, chuvangin naupawm lai nei leh nausênte chuan an ei tel tûr a ni lo. Naute chu ni thum lai emaw a êkloh zâwn chuan, dâktawr emaw nurse emaw hnênah kalpui la, annin kahêkna emaw an lo pe ang a, magnesia bâwnghnute an lo buatsaih ang. Dân narânin naupang chu ãa taka châwm leh tui tam tak pêk anih chuan êk khal vangin buaina a chhuak lo vang.

Nau Hnute Pêkna:

Nuin naute chu hnute a pêk theih loh chuan, bâwnghnute saidawiûma siamin a pêk theih a. Nu hrisêl, a fa hnêk tûr tâwk aia tam nei ta chhim hi, nau chaklo leh thla kim lo tân chuan ãa tak a ni; mahse nu hnute chu nau chaw ãa ber anih avangin nu tin chuan theihtawp in hnute pêk tûr neih an tum ãeuh tûr a ni. Nu chuan hnute a lo neih pawhin nautê chuan a hne peih lo vê tlat thei. Chutiang thulah chuan hnute chu darkar li dana sâwr chhuah vek a, naute chuan mahnia a hnêk theih hma loh chuan tulh mai tûr a ni.

Naute chawmna tûr rênga bâwnghnute dip siam sa an zawrh hi, lâwi emaw bâwngh emaw kêl emaw hnute tui siam chawp ai chuan, hmun tam berah chuan lei tûr a awm bawk a, a siam a awlin, ngeih pawh a ni zâwkin, paitawih pawh a awlsam a ni. Mahse engemaw avanga hnute sâwr chawp hman a ãul si chuan, nu hnute aiawh thei tûrin naute tân chuan siam danglam tûr a ni.

Ram lum deuh rêng, vûr bâwm awm si lohnaah chuan, hnute tui chu sâwrthlâk ațanga dârkâr thum emaw li emaw chhûnga lâk hi a ãul êm êm a ni. Lâk vêleh minit sâwm vêl chhuansova, dah daih leh rih tûr a ni. Lâwi hnute hian thau

a ngah êm êm avangin, hnêk tûa siam hmain a dak chu lâk phawt tûr a ni. A siam dân tlangpui chu hetiang hi a ni: tui nênzâtin pawlh la, thlum deuh lip lep rawh, chu chuan nu hnute a tluk teuh ber a ni. A thlum nân chuan lactose hmang la, a awm loh chuan glucose pawh (za zêla 6 or 8 telh la) Kimchang zâwka hriat nân hemi bunga "Nau Chaw Tha" tih hnuaia naupang upat dân in anglo tâna bâwnghnute leh tui thlumna pawlh zât tûr hrihfiagna hi en rawh

Bawngnute dip hman a nih chuan, a hman dân tûr a bûr panga ziaak sa chu zawm ni rawh se. A chung a kan thil sawite khi a awm loh chuan chithlum pawh thlum nân hman theih a ni. Thil dang hman tûr zatve chauh chithlum a nih chuan hman tûr a ni.

Tin, bawngnute tak zet, (condensed milk) tihthlum sa a dah that hi nau chawm nân a tha lo, a thianghlim loh bâkah hmun zâa sawmlipanga chu chithlum anih avangin protein a tla chham sa a ni. Hetianga nautê chawm chu a thau viau thei e; mahse an tî a nêmin, santên leh natna dangte kai an awlsam bik a ni.

Naute thenkhat chuan chaw an heh hlê a, a dangte aun an mamawh tam zawk thin Fntîrna hi nau pangngai ei theih tâwk tûr rilrua ngaihtuah chung a siam a ni a, a aia tam pêk loh tûr tihna a ni lêm lo. Thenkhat chuan a let hnih emaw thum emaw lai an ei duh chuan, an duh tâwka pêk mai tûr a ni. An ei tam lutuk chuan an irh chhuak mai ang. Chutiang a nih chuan pêk leh hunah pe tlêm deuh mai rawh u Chaw pêk zawh chuan naute chu khuma muttir a, tihchêl nawk nawk tûr a ni lo; an irh duh bik avangin, nau awi a, ben thek thek hi chin fo ni mah se, a tha lêm lo a ni.

Thla linna a kiamna chhan hi thil dang pêk tam vâng a ni.

Bawngnute hliir hlaak hman chuan, acid telh hi a tha, chu chuan naute pumah dhoi tha tak a siam a, paitawih a nuam a ni. Chu chu lemon tui thirfiante khat emaw serthlum tui fiante hnih emaw, saidâwiûm khata belhîn siam theih a ni.

BÂWNGHNUTE SÂWR CHAWP HMAN DÂN

Nau Chaw Tha:

Nau upatlam	Bâwnghnute tak ngat chhuanso, ounce-in	Tuiso hnu ounce-in etc,	Glucose emaw Thirfiante hrutin	Lactose
Pianghlim	2½	2½	1	
Thla Khat	3	2	2	
Thla Hnih	3½	2	2	
Thla Thum	4	2	2	
Thla li	4	1½	2	
Thla ngâ	4½	1½	2	
Thla 6-8	5	1	2½	

Thla kua. A pai zawh chuan bawnghnute ngan hlak pawh pe rawh. Thla tinin pe tam hret hret la.

Awlsam taka tihfai theih saidawiûm chu a hman theih vek. Hnute hnêkna thelrêt tha tâwk pawh hmun tinah a hmuh theih. Vûrbâwm awmnaah chuan saidawiûm ngah tâwk chuan, darkar 24 chhûnga pêk tûr zawng zawng vawikhata siam lâwk vek hi a tha. Ram lumah chuan hei hi chhûng tin tlin chí a ni lo va. Engle khawle, a bûr leh a hnute hmûr chu a fai êm êm tûr a ni. Hman zawh veleh tuilum leh sabona silfai a, thuah fai a, nîtin vawikhat tal chhum so ziah bawk tûr a ni. A bûr chu minute sâwm vêl chhum so va, a hmur chu minit thum vêl tuisova chhum tûr a ni.

Dân narânin thla kuana leh sâwmna vêlah chuan nau hnute hnêk bânûr a ni a, mahse an retheih hlê chuan bâwnghnute pek tûr an nei tam tâwk dâwn lo va, chuvangin a theih chen chen nû hnute chu hne mai rawh se. Naute thenkhat chu hnute an hnêk bânûr veleh no atangin an intir mai theih a. Nu hnute aia a rin tûr thirfiana pêk awlsam naupang chu nu hnute hnêk bânûr a harsa lo.

Êk Khal (Constipation)

Nau hrisêl chu nîtin vawî khat leh vawî li inkâr a e ang. Thla hnih emaw thum emaw ah erawh chuan nîtin vawî hnih pawh. Nîtin vawî khat tal a êk loh chuan, a êk chu a nêem emaw en ngun tûr a ni. Naupang êk khal hi en ngun hlê tûr a ni; tin, an êk that theih nân an chaw pawh thlak tûr a ni. Hêng dân engemaw berte hi zawm theih a ni ang.

1. A châwah hriak telh tam.

2. Nautê chu tui pe teuh teuh la. Tui chu chhuanso hnu, lum deuh pip pep ni rawh se.

3. Serthlum tui, tomato tui, prune tui emaw, tui dang emaw, thingfanghmâ emaw balhla hmin râwtsawm emaw apple souce emaw pe rawh.

4. Sabon vâw them zungtang ang deuhva siam, sak deuh hman la. Tûktin, a hun pangngaiah, amaha a êk loh chuan, he sabon mûmtê hi Vaseline emaw hnawih nâlin a mawngkuaah hawlh lût pawk la, rei lo têah a rawn e nghâl zawih zawih mai ang. Khawsik enna hmâwr hriak hnawih nâla hawlh pawhin a tha tho ang.

Nu leh nautê hian hunbi fel tak neiin mutih hriak ei se tih hi mi thenkhat zingah chuan dân deuhvah an neih a. A dik takin pek loh tawp zâwk tûr a ni. Naute chu a chawa thei lam pe telin a êktîr theih lawk loh chuan milk of magnesia thirfiante chanvê emaw pên, mawngkahna emaw pawh hman mai zâwk tûr a ni. Hmun thenkhatah chuan colomel pêk an ching hlê. PÊK RÊNG RÊNG TÛR A NI LO. Tûr chak tak a ni a, eng atân mah hman tûr a ni lo. Êk khal emaw, thildang atân emaw, damdawi thaah ngaih a ni tawh lo ve.

Kawthalo:

Nautê tûiril taka, rimchhe taka a êkzin hlê chuan a kua a thalo a ni. Kawthalo tam berah chuan thei leh thei tui pêk chawlh a tha. Chaw narân pawh ni khatte chu pêk loh thak a, tuilum leh buhtui emaw chauh pêk a tul mai thei. Buhtui chu,

buhfai tlêmtê, tui tam deuhva reifê chhum a, chhum pherh vek a. puan pan deuhva a fê lak fai vek a, a tui chauh thlit chhuaha huatsaih tûr a ni. Naute ei leh in tûr rêng rêng chu thianghlim vek tûr a ni. Hei hian kawthalo chu a tihdam loh chuan Bung 23-na a, enkawlna dânte hi hman tûr a ni.

Hri laka Invênna Tura Inchiu Hun:

Thla 1-na	Zâwnghri danna bân zai tûr a ni.
Thla 2-3 na	Hrilâwn (Diphtheria) Sakawr êk hrik (Tetanus) leh Khuhhîp (pertussis) venna DPT leh Zeng hri (polio) vênna OPV a chiu tan tûr a ni.
Thla 3-4 na	DTP leh OPV a chiu vawi-hnihna.
Thla 4-5 na	DTP leh OPV a chiu vawi-thumna.
Thla 15-18 na	DPT leh OPV a chiu vawilina.
Kum 3-na	DTP a chiu vawingâna leh Zâwnghri vênna chiu nawn leh tûr.
Kum 6-na	TD (Puitling tâna Sakawr êk hrik leh diphtheria vênna) chiu tûr a ni. Zâwnghri vênna chiu nawn leh tûr.
Kum 12-na	TD leh Zâwnghri vênna chiu leh tûr.
Kum 12 hnulam	TD kum 10 dân zêlah neih tûr. Zâwnghri vênna kum 10 dân zêlah chiu tûr a ni bawk.

Him Lehzualnate:

Hri lên dân zirin kum nhieh mi an nih thlengin thla ruk dân zêlah polio vênna tûra chiu tûr. Kum nhieh aia rei chu nghak rêng rêng suh. Kum 65 thlengin chhunzawm tûr.

DPT kum nhieh dân zêlah vawikhat kum 10 chhung chiu tûr. Chumi hnuah hrilâwn leh sakawr êk hrik danna chu kum 2-5 zêlah vawikhat chiu tûr.

Puitling tan:

Hrilâwn leh sakawr êk hrik vên nân kum nhieh emaw zêlah inchiu tûr, a hri len dân a zirin.

Than Tha

Dân nârânin naupangte hi thla tin kum tin an thang zawt zawt tûr a ni. Dân nârânin thla tin than dân a in ang reng lo va, an han than deuh zawt lai a awm a, chutah an taksâ leh chakna, thang leh zawt tûrin a hanin chhek leh rih thin ni berin a lang. Engpawhnise, an naupan chhung leh tleirâwl chhuah thlengin an than dân chu a tluang reng tûr a ni. An hrisêl chuan naupang rihna pawh chu mawi tâwk takin a pung zêl tûr a ni.

Nasa taka chhuina atang hian, kum leh san lam leh rihlam hi inchawih tâwk awm ngei niin a lang. Mipa naupang leh hmeichhe naupang than tha pângngaite than dân chu entîrnaah hian a hmuh theih.

Puitlin khat an thlen hian mipa naupang leh hmeichhe naupang hi sân lam leh rih lamah an thang chak hlê thin tih hriat tûr a ni Hmeichhe naupang chuan puitlin khat hi mipa naupang ai chuan an thleng hmasa zâwk a, chuvangin an rualpui emaw, an aia kum hnih khata upâ mipa naupang ai pawhin, hmeichhe naupang kum 11 emaw 12 chu kawng tinrêngah ao lianin an thankin hmêl zâwk thin. Hetiang a lo nih chhûng hian mipa naupang chu tawng thlamuân tûr a ni,



DING

1. PUMA NAUTE
Thia 0
2. KHABE KANG
Thia 1
3. AWM KANG
Thia 2
4. LA THEI LEKLEK
Thia 3
5. NGHEN NEIA THU
Thia 4
6. MALCHUNGA THU, HUM NEIIN
Thia 5
7. CHAIR SANGA THU ENGLO UAI A MAN
Thia 6
8. MAHNIIN A THU
Thia 7
9. PUIHA DING THEI
Thia 8
10. ENGLO VUANA DING
Thia 9
11. VAK
Thia 10
12. KAIHIN A KAL
Thia 11
13. ENGLOVA INPAWT DING
Thia 12
14. KAILAWNAH A LAWN
Thia 13
15. MAHNIIN A DING
Thia 14
16. DINGMAHNIIN A KAL
Thia 15

Height Inches	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Yrs.	Yrs.	Yrs.	Yrs.	Yrs.	Yrs.	Yrs.	Yrs.	Yrs.	Yrs.	Yrs.	Yrs.	Yrs.	Yrs.	Yrs.	Yrs.
38	34	34													
39	35	35													
40	36	36													
41	38	38	38												
42	39	39	39	39											
43	41	41	41	41											
44	44	44	44	44											
45	46	46	46	46	46										
46	47	48	48	48	48										
47	49	50	50	50	50	50									
48		52	53	53	53	53									
49		55	55	55	55	55	55								
50		57	58	58	58	58	58	58							
51			61	61	61	61	61	61							
52			63	64	64	64	64	64	64						
53			66	67	67	67	67	68	68						
54				70	70	70	70	71	71	72					
55				72	72	73	73	74	74	74					
56				75	76	77	77	77	78	78	80				
57					79	80	81	81	82	83	83				
58					83	84	84	85	85	86	87				
59						87	88	89	89	90	90	90			
60						91	92	92	93	94	95	96			
61							95	96	97	99	100	103	106		
62							100	101	102	103	104	107	111	116	
63							105	106	107	108	110	113	118	123	127
64								10^	111	113	115	117	121	126	130
65								114	117	118	120	122	127	131	134
66									119	122	125	128	132	136	139
67									124	128	130	134	136	139	142
68										134	134	137	141	143	147
69										137	139	143	146	149	152
70										143	144	145	148	151	155
71										148	150	151	152	154	159
72											153	155	156	158	163
73											157	160	162	164	167
74											160	164	168	170	171

Mipa naupang tân rih lam, sân lam leh kum Tehna.

(Rih lam chu pound a teh a, ni)

anih loh vêk leh chu hun tawng tûr chuan buatsaih tûr a ni, chutichuan, he hunah hian a farnu chu a aiin thang chak deuh ngei tûrin a lo beisei sa dawn nia.

Hnam thenkhatte chu a dang aiin an sân zâwk a, a then an hniam zâwk a, chhungkaw thenkhatte chu an sân zâwk a, chhûng thenkhat erawh chu chhûng dang aiin an hniam a, a chunga chhûtna hi dik tawk takin a rintlâk a ni. Hetianga hnam emaw thlah emaw inanlohnate hi, sân, rihlam leh kum chhûtnaah hian rilrua hriatreng tûr a ni. Natna nasa tak avangin naupang than dân chu san lam leh rih lamiah pawh a chawl tlát thei a, mahse ngun taka enkawl leh chaw tha taka chawm anih chuan a nat chhûnga a hloh chu a rawn umpha leh thei tûr a ni. Tin, hun rei fê chhûnga chawmna tha tawk lova chawm reng anih avangin, naupang chuan thanna tûr hun

Height Inches	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
38	33	33												
39	34	34												
40	36	36	36											
41	37	37	37											
42	39	39	39											
43	41	41	41	41										
44	42	42	42	42										
45	45	45	45	45	45									
46	47	47	47	48	48									
47	49	50	50	50	50									
48		52	52	52	52	53	53							
49		54	54	55	55	56	56							
50		56	56	57	58	59	61	62						
51			59	60	61	61	63	65						
52			63	64	64	64	65	67						
53			66	67	67	68	68	69	71					
54				69	70	70	71	71	72					
55				72	74	74	74	75	77	78				
56					76	78	78	79	81	83				
57					80	82	82	82	84	88	92			
58						84	86	86	88	93	96	101		
59						87	90	90	92	96	100	103	104	
60						91	95	95	97	101	105	108	109	111
61							99	100	101	105	108	112	113	116
62							104	104	106	109	113	115	117	118
63								110	110	112	116	117	119	120
64								114	115	117	119	120	122	123
65								118	120	121	122	123	125	126
66									124	124	125	128	129	130
67									128	130	131	133	133	135
68									131	133	135	136	138	138
69										135	137	138	140	142
70										136	138	140	142	144
71										138	140	142	144	145

Hmeichhenaupang tân Rih lam leh kum leh sân lam teh na.
(Rih lam chu pound a **teh** a ni)

pawimawh chhûnga chhâwm that ni sela chuan, sân leh rih lama a thlen theih tân ngei pawh khâ a thleng zo lo hlen thei bawk a ni.

Sân lam, rih lam leh kum chhûtna thiam taka hmanng tân chuan sân lam lâk hmasak phawt tân a ni. Dik taka tehna chu bangah nghet taka siam tân a ni. Metre hnih tiang emaw, tehna hrui emaw hmangin, bangah chuan ziaak thlap theih a ni bawk ang a. Tichuan, hnungzâng leh keartui leh koki leh tukkhuma bang nghêng thlapin, pheikhawk bun lovin naupang chu ding rawh se. Tichuan, mistiri kiltehna dik, right angle dik taka siam thing phêk emaw, bangah chuan, naupang chhip tawng tâwkin, va nam beha chu chu a sânzia chhinchhiah tân a ni. Chu thing chu right angle dik a nih a, bang rem thlapa, naupang lu tawng phâk tâwk chiaha dah a, chhinchhiah a nih

chuan, naupang sânzia chu dik takin chhinchhiah a ni ta a. Naupang sân lam chu, a samchhâwllêng tho vek vukin a hawlh phâk chinah ni lovin a chhîpa a do phâk chin ngeiah chhinchhiah tûr a ni.

Chumi dawtah chuan a kum chhût tûr a ni. Naupang kum chhiar nân chuan a piancham hnai ber rin tûr a ni. He chart hian, nautê chu a pian atanga kumkhatah hian kum tlingah a chhiar chauh a ni

A pathumnaah chuan, he naupang kum leh sân lamin a phu tâwk rihna zawn nân chart chu hman leh tûr a ni. A hmasa berin, a vei lam thlurah hian a sânzia zawn phawt rawh. Chutianga nambar in zawnchhuah chu, chutiang sâng leh upa tân chuan a rihna a ni tûr a ni. A palinaah chuan naupang chu bûk tûr a ni Naupang chu pheikhawk buntîr lovin, puan narâna siam silhfênin thuam la, bûkna lâi takah chuan dintîr la. Naupang chu mahnia inbûk awlsam takin a zirtîr theih a ni, mahse hunbi neia thlatina bûknaah chuan, nu leh pate emaw, zirtirtu emaw, tupawh naupang sân leh rih lam chhinchhiahtu apiâng chuan naupang chu chhinchhiah sak tûr a ni.

A dawtah chuan, a sânzia leh rihlam leh kum chhinchhia-hnaah chuan, chu mi chuan a rihna chu a chhinchhiah ang a, tichuan fel takin chhinchhiahna chu a vawn theih tawh ang.

Hêng chhûtnate hi, kum eng atân pawh, an sânzia leh rih lam chutiang khatiang a ni tûr a ni tihna aiin, lehkha thiamna lam atân a hlu ber zâwk a ni. A chhinchhiah tûr tul bera chu thlatin eng angin nge a rih belh tih leh a tleirâwl tih thlengin, eng angin nge a sân lamah a than dân hriat nân a ni.

San lam leh rih lam pun dân chhinchhiaahnaah hian, nu leh pate leh zirtirtute hian, chaw leh than dân inlaichînna hi an chhût ngun tûr a ni. Hrisêlna dân zawm tîr a, chu dân zawmna avânga an sân lam leh rihnaa danglamna lo awm pawh chu chhût ngun tûr a ni.

Mahni Ina Damlo Enkawl Dân

Mahni ngawt chuan mihring hian natna tihdam theihna a nei lova, chuti chung chuan, natna tidam har turin emaw tidam awl tûrin emaw tih theih erawh chu a ngah êm êm a ni; chuvangin taksa damlohnate, thil awmsa hmanga a tihdam dân kawng hrang hrilhfiah hi he lehkhabu tum ber chu a ni.

Khawvêl Thil Damdâwite:

Hemi bungah hian damdâwi tam tak, natna chitin deuh-thaw enkawl damna tûra hman chite chu ziaak a ni a. 'Khawvêl thil damdawi' kan tihna chhan chu, taksajn chakna leh hrisêlna a dawn theihna thil, tûr lam telna, siamchawp damdawi 'drugs' an tihte ni lo, anih zâwk vâng a ni. A ðhente phei chu a lârlê a, a tlâwm bawk a, mahse a ðha êm êm si.

Ni Êng:

Hrisêlna tûra ni êng a pawimawhzia chu thlai emaw, ran emaw, ni êng hmu ngai lova up tlatahte hian a lang Chiang hlê a. Thlai chu ni êng aţangin, hmun thimah sawn ta ila,

rang takin a lo engin, a lo dawldâng thìn. Ni êng hmuh tîr lohva ran hrênte pawh hi rei lotêah an lo chak lovin, an damlo thuai thìn.

Kan taksate pawh hi hnim a tithang ang bawkin, ni êng hian a tithang a. Ni êng chuan natna germ-te chu rei lotêah a tihlum thei a. Taksa ni êng hmu reng thìn laiah hi chuan, vun natna pawh a awm khât bik a ni. Nî hi, khawvêla lum leh êng leh chakna tinrêng bul a ni a. Nunna a siam a ni. In chhûng pindan tin chu a ên that tâwk theihna ngei tûra siam tûr a ni. Ni êng luh tlêmna ina chêngte chuan natna an kâi awlsam bik a ni.

Boruak Thianghlîm:

Thaw thei lova siam chuan mi chu a thi thuai ang. Boruak tel lo chuan mei pawh a nung tha thei lo; kan taksa pawh hian englai pawha boruak thianghlîm a híp luh reng loh chuan,



DAMLO TAN PINDAN BORUAK LEH ENG LUH THATNA

taksa tihrisêl tura thil ÷ul lum leh chakna a siam thei lo. Damlo hian dam reng ai chuan boruak thianghlim a mamawh leh zual bawk. He lehkhahu hian, boruak thianghlim englai pawha neih tam tawk a ÷ulzia a sawi uar hlê.

Tui:

Tui hi khawvêla thil tam ber pakhat a ni. A tlâwm ber pakhat chu a ni bawk. Thlai leh ran engmah hi tui tello chuan a nung thei lo. Kan taksa rihzia hmun thuma ÷hena hmun nhii hi tuia siam a ni.

Mi chuan a chaw leh in tûrah ni tin tui a ngah tawk loh chuan, a chakna chu rei lo têah a hloh thuai thin. Kan vun leh kalin, kan taksa englai pawha insiam reng, tûr leh thil ÷ha lote chu a paihchhuah ÷hat theih nân tui tam tak in fo hi a ÷ul a. Inbualin taksa pâwn lam a tifaï ang bawkin, tui in teuh hian chunglam a vawng fai a ni.

Puitling chuan a tlêm berah ni khatah no riat a in tûr a ni. Tui in tûr zawng zawng chu chhuanso hmasak vek tûr a ni. Tin, tui in tûr chu vûr ang maiin a vawt tûr a ni lo. Khawsikte phei chuan tui an intam hi a ÷ul lehzual bîk a ni. Pum nuam lo leh irh thûrte hi tui lum sa deuh in hian a reh thei bawk. Nausênte pawh hi tui (chhuanso hnu) vawi tam tak, nî tin intîr tûr a ni. Nausên ÷ap hi, dân narânin ei tûr duh vâng ni lovin, tui duh vang a ni fo.

Damdawi Atâna Tui Hman Dân:

Tidamtu chu thisen a ni. Bung 7-ah hei hi sawifah a nih tawh kha. Thisen hian taksa lumna a vawng ÷ha a, natna germ-te a tihlum a, taksa hliam lai leh na laite chu a lo siam ÷ha thin. Heti hi anih avangin taksa englai pawh lo nâ se chumi lai tihdam nân chuan, chumi laia thisen kal vêl zalên theihna tûr kha zawn a ÷ul a ni. Taksa bung hrang hrang thisen kal vêl hi tui lum leh vawt hmangin thunun theih a ni. Tui lum leh tui vawta deh chhâwk sek avangin, chumi laia

thisen kal chu nasa takin puntir theih a ni. Tuiluma minit thum vel han deh hian, a dehna lai thisen kawngte chu atilian a. A lo len veleh khân, a tikhat tâwk tûrin taksa hmun danga thisen khân an lo tlân khâwm a. Tin, minit khat vêl tui vâwta han deh leh khân thisen kawngte chu an sâwng leh a; chutia lo sâwng chuan, thisen chu taksa peng dângah a nawr chhuak leh ta a ni. Hetia tui vâwt leh luma deh thlâk sek hian, thisen chu a in pam chhuah thattîr êm êm a, chu chuan, a na laiah khân thisen chu nasa takin a kal vêtîr tam ta a ni.

Tui Hmanga Ina In Enkawlna Bungruate:

Tuia in enkawl nân chuan hmanrua a duh mawlin a tlêm hiê. Rikrum thilah chuan thildang pawh a hman theih a; mahse a hnuaia kan han tarlante hman hi a tha zawk daih a ni.

1. Dehna puan paruk-sahmul puân emaw, la pawlh puân emaw ni sela, inchi 36x30 vêl, a tê berah ni rawh se. Kawmawl puan hlui hi phel ila, phel darhin, dehna puan palî ah siam theih a ni.

2. Nawhna thap, kuta vuah chi pahnih.

3. Tuilum ip pahnih.

4. Vûr ip pakhat.

5. Tuilum tehna pakhat.

6. Ke chiahna thlêngsâwl, inchi 16-a sei, inchi sâwm vela thûk pahnih.

7. Chawtawlh, ketli, hrûkpuan, khum puan, kawmawl leh inchhûnga awm pangngai deuh te.

Bâlîtin emaw, tin eng pawh, thûk tâwk tak pahnih. A zau lam fit khat vêl, a thûk lam inchi sâwmparuk vêl.

9. Thil chhuanlumna khawnvartui thuk emaw.

10. Turkish hrûkpuan lian pahnih.

11. Vûr emaw tui vâwt tak a dah chawtawlh.

Tuia Deh:

Damlo enkawl nana tui hman dan zawng zawngah chuan a deha deh hi hi a ngeih ber. Hnungzang ruh deh nan chuan, zang tluan tlin, inchi 6 emaw 8 emaw vela hlai ni rawh se. Awm leh thin leh pumpui leh dul chungah erawh chuan hlai deuh tawi deuh tura thleh tur a ni. A dehna chu a sat lutuk chuan ken zawk a, inhruk puanin tuihuh kai kha han hruk fai zawk a, deh leh chiah tur a ni. A lum nuam tan ta tih velah, a dehna huh chu hlih a, puan hulin thlak a, a dehna puan chu tuisova chiah huh leh a, sawr fu a, dehnaawn leh tur a ni. (A hnua'a ziak tih dante hi ngun takin chhiar la).

Dan naranin, dehna puan chu minit thum atanga minit nga kar danah thlak tur a ni a, minit 15 leh 20 inkar vel emaw han deh phawt tur a ni. Na tihreh nan chuan darkar chanve emaw khat emaw lai pawh deh a tul mai thei. Englai pawhin, dehna chu a sa em em tur a ni.

Tuia deh hian na chitin deuhthaw a tidam thei a, a hlahu-awm hek lo, dul hnua'i ding lam pangah erawh chuan rilphir nat vang a ni mai thei a chutah chuan hman tur a ni lo. Chutiang na chu vur ipa deh a, daktawrrawn tur a ni. Hnawih leh chulh chite aiin, tuia deh hi a tha zawk em em a ni. Tuilum sa deuhva deh zawh ve leh apianga, tui vawta deh ve zawk zel hian a thatna a puntir hle thei bawk. Tui vawta inhruk nan hruk puan emaw chiah huh, sawr fu a, thleh thawka, chu chuan a saa dehna lai zawn tak deh ve zawk kha a ni. Chu chu rang taka hruk hula, tuisa bawka deh leh thuai tur a ni.

Engah pawh, tuisaa deh zawh veleh chuan, rei lote tui vawta deh ve zawr zel tur a ni. Chutah hrukpuanin hru la.

Indeh Dan:

Thil tulte: Meihawl chhemna emaw, khawnvartui thuk emaw. Bellianpui tui chhuanso rengna tur. A sat reng nan chhina lian tawh. Dehna puan, a tlem berah pahnih (pali a tha).

A hnuaia entirnate hi en la Sahmul leh puan tah pawlh kawmawl, phellia phel, inchi 36x30 theuh hi duhthusam a ni. Turkish inbualna hrukpuan lian pakhat, kuthrukna puan te deuh pahnih leh tui vawt emaw vur tui emaw awmna chawh-tawlh.

Hman dan 1. Dawhkanah Turkish hrukpuan lian chu phah la, chu chu tuam ro nan hman tur. Chutah dehna puan emaw, puante emaw chu thlep thum vela chbahin, inchi 8 atanga 10 vela hlaiin thlep la. Chu chu puan sawr dan pangngai angin herh la, tui soah chuan a hmawr tawn ve ve chauh tih loh chu chiah rawh. A hmawr tawn chu nghet taka bel rawng tlanga chhinchilh lawrin, a vawn ro theih a. Tichuan, tuisova a inchiah zawr hnep thlengin chiah rawh.

2. Sawr fu tur chuan, a hmawr ro lai ve veah chelh la, sawr hrep la, tipharh rawh. Hetiang hian kut tikang lovin tuiso a mi a sawr fu theih a ni.

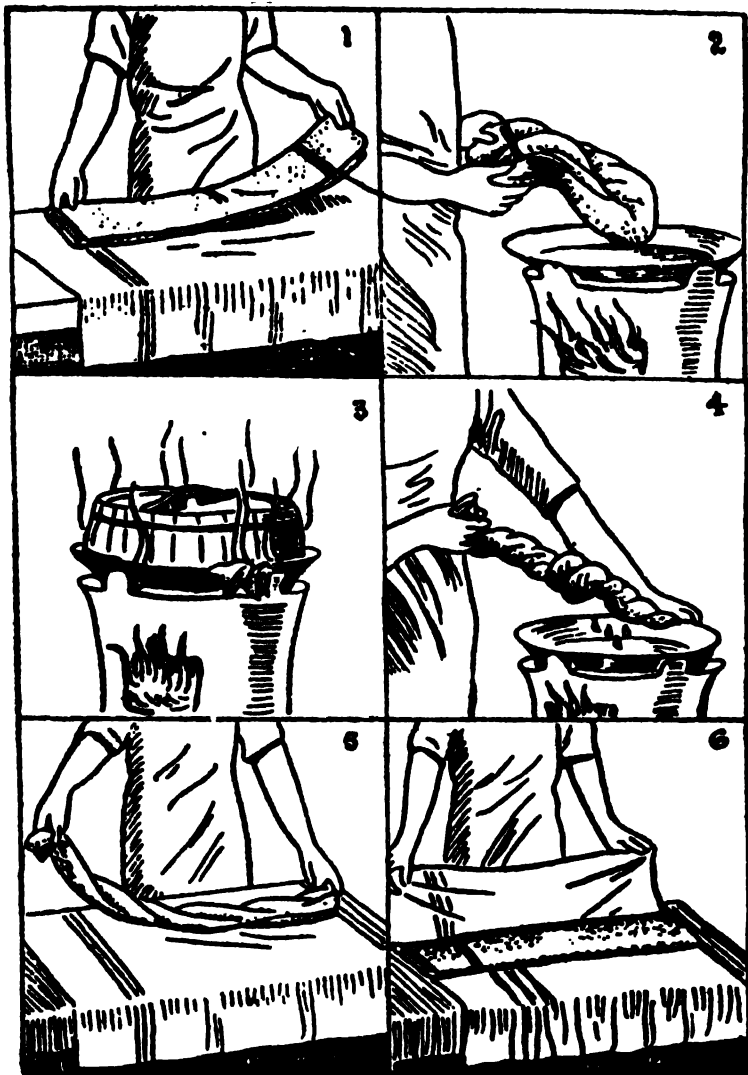
3. Turkish hrukpuan lian rovah chuan dehna puan sa chu dah la; hrukpuan hmawr khan rawn thleh hnian chho la, a saa dehna puan chu, a ro chuan tuam hnian chiah rawh.

4. Damlo hnena i kalpui chhunga a sat reng theih nan zial mum phei tawp rawh.

5. Damlo pang i deh tur lai chu, i deh hmian kut hukna puan te deuh khan khuh la; chutah a sa chuan dep rawh; chutah damlo puan thuah chu a hnawn loh nan, puan i sintir hmian i dehna chu hrukpuan rovin khuh leh phawt rawh. A lu erawh chu tui vawt emaw, vur tui emawa chiah puan vawt sawrfu chuan dep rawh.

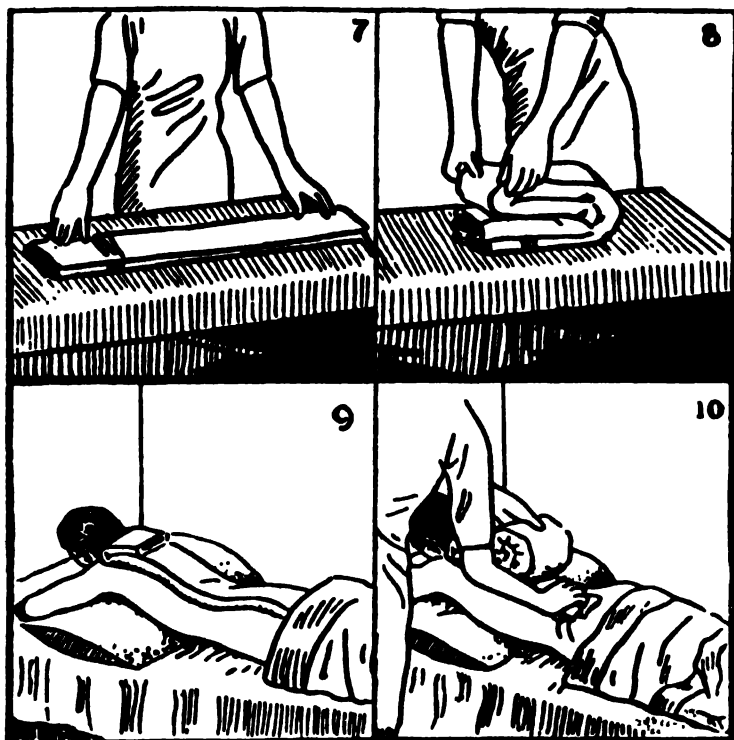
6. Hrukpuan ro chuan a kut chu tuam la, a khat tawkin, dehnaa hrukpuan i phahna hnua i thleng chuan, a hnawng tiro turin hru ang che. A khat tawka hnawng lo awm chu hukfai zel chuan damlo tan sa deuh pawh tuarzia a awm thin.

7. Dehna thlak Dan: I deh hmasakna nuam taka a lum veleha hman leh nghal turin, dehna sa tak chu lo zial leh diam rawh. Chutah, i deh hmasakna i lak veleh a thar chuan dep nghal la. Hetiang hian minit 15 vel chu han tih phawt



DEH DAN

1. Dehna. 2. Tuisova chiah tûra peih. 3. Tuisova chiah. 4. Sâwrfu lai 5. Sawrna tiparb 6. Kawmawl rova tuam lai.



7. A seizâwnga thlep. 8. Thleh muk. 9 Dep. 10. Lâksawn paha a vawta deh.

tûr a ni. I tih zawh hunah, i dehna lai chu hrûk puan huh vâwtin hru pawk pawk la. chutah hrûkpuan rovin hru hul rawh. Chutianga vawi thum han thlâk kualna daih chu bikim thaw khatah ruat a ni. Nâ tihdam nân a tam zawk pawh a tûl mai thei.

Tuithuma Ke Chiah:

Tui luma ke chiah nân chuan bâlîñ, chawhtawlh emaw, tîñ lian deuh emaw pawh a hman theih. Ke chiah nân tui



Puan lian emaw kawmawl emaw leh tuisa chawhtawlin ke chiah sat a, thlan tihsat that theih tak a ni.

chuan kheimit chim sela, chiah tan nan chuan 105°F asa ni rawh se. Ke hian sa tuar a zuau va. Tuiluma ke chu chiah a nih hnu lawkah chuan, tuar ngam tawka sain tui chu zawi zawia tihsat deuh deuh tur a ni. Tuisa tlem tlem chhun belhin tihsat tur a ni. Minit nga leh 20 inkar vel chiah tur a ni. He tui luma chiah hian, tui vawta puan chiah, sawrfuin damlo lu chu tuam a, a khat tawka chu chu tihvawh nawn fo tur a ni, hei hi lu hai loh nan leh lu nat loh nan a ni.

Minit 15 emaw 20 emaw laia tih rei chuan, tuisaa ke chiah chu thlan satna tha tak a ni. Chutianga awm tura damlo chu in duh chuan, kawmawlin tuam ula, a ke tuisaa chiah chhung chuan tuisa emaw, sertawk tui sawr sa tak emaw in tir rawh u. A lu tidai rawh u. Chutah khumah tha taka mutin, puan sin lumtir ula, thlan sa zel rawh se.

Ke tuisa chiah hi lu na tihdamna tha tak a ni. Kumkuruh vel lai vung tihdam nan te; tlun tireh nan te; thlan sat nan

te; leh ke nate leh ke vawt tihdam nan hmiantlak tak a ni.

Antam chi, thirfian lian khat emaw, hnih emaw vel rawt-sawm, tuia pawlh hian ke chiah nan a tha leh zual. Damlo chu a chauh emaw a khua a sik emaw chuan, a ke chu mu chungin tui saah chiah sak rawh.

Tuamna Vawt:

Hrawk na tantir, za emaw, aw chhang, (laryngites) atan chuan, tuamna vawt emaw, tihlumna an tih mai bawk tluka damna tha a awm lo.

A tuam dan chu hetiang hi a ni-puan them, thlep thum vela thleh hnua inchi khat emaw, khat leh a chanve emawa hlai tur, nghawng vet zo tur la la. Chu chu tui vawtah chiah la, fu theih tawpin sawr la, chumi huh vawt chuan damlo nghawng chu tuam rawh. Chumi chu puan nem lum lo takin tuam leh chiah la. Hei hi a hmasa let hnih vela hlai ni se, lang miah lovin tuamna huh kha tuam hnan thlap rawh. Hei hi nghet tha takin hmun hnihah emaw pinin kilh la, zankhuain awmtir rawh. Zing leh tlaiah tih nawn theih a ni. A chang chuan damlo chaklo deuh, puan vawt ngai thei lo riau pawh an awm thei a, chu chu a hul lum chauhva tuam mai tur. Hei hi naupang sawisak dan pawh a ni ve reng a ni.

Thu Chunga Inchiah:

Thua inchiah nan chuan chawhtawlh lian naran pawh hman theih a ni. A sat lam chu 105° atanga 115°F ni se, chu chu an hman tlangpui leh a ngeih tawk a ni. A rei lam chu minit 5 atanga 15 vel thleng.

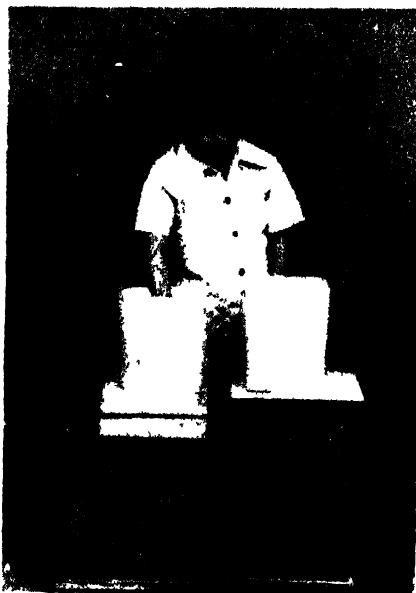
Hetia inchiah hian, damlo chu chawhtawlh tuisaah chuan a thu a, a ke chu tuilum chawhtawlhah a chiah bawk a. Tin, a taksa chunglam chu tuam lum a, a chal chu deh vawh bawk tur a ni.

Chhul inngihak emaw, ovary-te emaw, chhu kua emaw, phing emaw a vun avanga kum kuruh vel lai na erh urh

tihtam nân, tuisâa thut hi a tha êm êm a ni. Thi neih lai emaw, hma hret emawa tâina ngawih ngawih tihtamna tha tak a ni a, thi neih tih thatna pawh a ni. A hnukung zâwk atân hi chuan, ni engemawti chhûng nîtin vawi hnih vawi thum emaw lai inchiâh zêl tûr a ni. Kâwng nâ tihtam nân pawh a tha. Chutia tuisâa thut zawh vêleh chuan, inchiâh chin kha chu, puan huh vawta hrûk pawk pawk a, rang taka hrûkpuan hula hrûk hul vat tûr a ni.

Lum leh Vawta Inchiâh Kârthlâk:

Kut emaw, kê emaw pân lo pûn tihtam nân chuan hetia-nga tuisâ leh tui vâwta chia h kârthlâk hi a tha thlâwt mai. Balîin pahnih nei la, tahchuan tuisâ leh tui vawt dah reng la.



Tuisâ leh vawt hetiang hman kârthlâk hi taksaa cell nunna siam thatna tha tak a ni.

Kut emaw, kê emaw, a pân na lai chu tuisâah chuan minit thum vêl chiah phawt la, chutah minit khat tuivawtah chiah la. Chiah leh dâwn apiangin tuisâ chu tihsat nawn zêl tûr a ni, tuisa danga belh chhahin.

A theih chuan tui vawtah chuan vûr tlang dah rawh. Ti-chuan vawi ruk vêl chiah chhâwk la, tui vâwtah chuan chiah tâwp la. Hetianga nitin vawithum vêl zêl enkawlna chuan, hliâm lo pun emaw, pân eng chi pawh, vuna lo pân chhuak tawh chu mak takin a tidam thei a ni. Tin, tui lum i hman tûr hmun 200 a thena hmun khat vêl dettol pawlh emaw, Epsom salt (magnesium salphate) thirfian lian hnih emaw tui gallon khat zela pawlh hian pân lo pûn te chu a tidam rang leh zual a ni.

Inherh, ulh leh duk (thitling) te pawhin he enkawlna hi an ngeih êm êm a ni.

Vawt Huh Thapa Inhrûk Tâwk Tâwk:

Hetianga atân chuan tuivawt tîn leh inhrûkna puan thap chi a siam kut kawr a tûl a. I kut leh lama damlo kut chu chelhin kut kawr chu chiah huh la, sâwr la, chu chuan, damlo chu a kut hmâwr lam atangin a koki lam hawiin zût la, rawn zût lêt leh la, chutah rang deuhvin nuai tâwk tâwk rawh. A vunin a tuar zawh tâwk ang zêlin hei hi vawi hnih vawi thum ti nawn rawh. Chutah hrûkpuan thap takin hru hul vat rawh. Bân leh lam ti leh la, chu tah, âwm, dul, kê leh hnung. A vaia tih nân hian minit 12 atanga 15 aia rei hman tûr a ni lo. He enkawlna ngeihna chu hruk nât tâwk dânah a innghat a ni. Rilphîr nâ leh khawsikpui (typhoid)ah chuan, pum chu zût tel suh u.

Tuivawta inhrûk hi, tuiluma indeh hmasak zetin, dân narânin ngeih a ni zâwk.

Tha taka damna duh chuan, ni khata vawi khat emaw, hnih emaw thum emaw lâi, tui luma indeh zawha, hetiang vawta inhrûk hi a tha a ni.

Vun khawk leh vun natna lam chi natnaah chuan, hruk tâwk tâwk hi tih loh tûr a ni.

Damlo tuivawt la khawih thang lo emaw, chaklo leh tar emaw chu tui 80°F vela vawta sawisak tan phawt a tha ber; tin, nitin tui chu degree khat emawa tih vawh zel tur a ni.

Chhu Thuah:

Damdawi dawr atangin mawngkahna tin leh thelret dawt fit li emaw, a aia sei emaw lei la. Chu thelret dawt tawpah chuan, inchi ruk vela sei, thelret hmui mum, a hmawr pang vela kaw chik chek chu vuah la. Tin, tin chu damlo chunglam fit thum velah dah sang la, tuiluma khatin. Damlo chu a hnuaia phah neiin, mu zangthal rawh se. Khuma a mu a nih chuan thelret hmawr mum chu hawlh lut la, chhuk zawngin chhukaw bang hniam lam nghengin, hawlh luh tur a ni. Damlo chu a thut chuan, a hnung leh lu chu inzawl rawh se.

Thuah naran nan chuan tui lum 100°F vel ni rawh se.

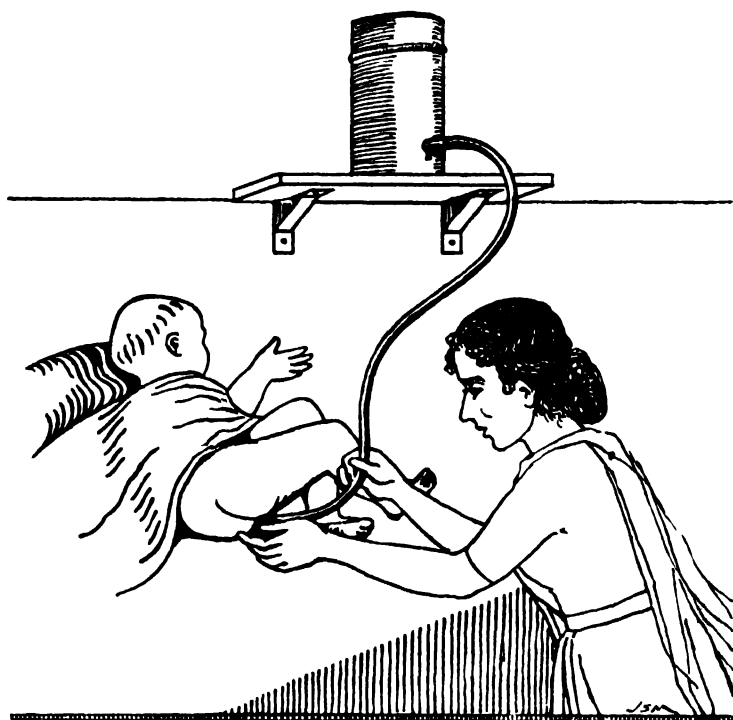
Kum kuruh vel na tihdam nan chuan 100' atanga 110°F ni se, tui chu a tlem berah quart li or litre 5 tal ni rawh se.

Thi neih chhunzawm leh nan chuan, tui chu litre tam tak hmana, 103°F a lum ni se, nitin vawi hnih vawi thum thuah nawn tur a ni.

Enema (Kah ekna)

Enema hi kaw tih ruah nan hman a ni. Thuahna tin, “Chhu thuahna” ang hi a tul a, emaw dawtte nen; naupang tan chuan dawt te deuh hman tur a ni. Enema hman tur tui zawng zawng chu chhuanso hmasak vek tur a ni. Mut zangthal emaw saisir emaw hi a remchang ber.

Kaw thuah naran nan chuan tui chu pangti tluka lum quart khat, puitling tan hman tur a ni. Enema tin chu damlo chunglam fit 3 velah dah kang la. I inpeih hmaa a tui chu a chhuah mai loh nan leh i hman huna a tui luangchhuak chu i control theih nan, thelret dawt chu hmetping la. Vaseline emaw, hriak thianghlim emaw, a hmawrah chuan hnawih nal la, mawngkuaah chuan vit lut rawh. Chho zawngin, zang lam



NAUPANG ENEMA PEK DAN

nghengin hawlh luh tur a ni. Inchi 2 emaw 3 emaw vel hawlh lut la, chutah i tui dawt hmeh pin kha thlah la, a luang lut mai ang, a nat deuh chung chuan dawt chu hmet ping zeuh zeuh rawh. Damlo chuan tui chu kah luh vek a nih hma loh chuan a ek chhuak chu ip hram hram tur a ni. Chu chuan tui chu rilah a luh thuktir a, ril a thua fai tha bik a ni.

Ekkhal benvawn deuh emaw, nitina enama pek tulna chiah chuan enema vawt (70' atanga 80°F) hi a tha zawk.

Naupang Enema Pek Dan:

Khawsik sang (pneumonia emaw typhoid fever)-ah

chuan, enema 70°F., minit tlêm pai tîr hian khawsik a tihnian duh hlê. Darkar li dan zêlah pêk theih a ni. typhoid khawsik sâng tak tihhniam nân chuan enema pêk deuh reng mai hi a t̃ha hlê mai. Enema t̃in a t̃anga dâwt lo chhuak hmâwrah chuan dâthlala siam 'Y' dâwt vuah a, a sais̃ra muttir a, Y kuang khatah chuan dâwt sei fe vuah a, chu chu rîl chhûngha thûk tak thun a, a kuang lehlam zâwnah chuan bâl̃tin dawh tûr a ni. Tui vawt rîla luan luhtir reng a, zâwi zâwia luang chhuak zêl hian, khawsik chu a tihnia hret hret t̃hin a ni. Degree hnih emaw thum emaw khawsik a hniam hnuah chuan, enema chu tihtâwp tûr a ni. Damlo chu hetih chhûngh hian a sais̃rin a mu hlê hlê a. Khawsik sen (scarlet fever) sâng takah chuan 80° a t̃anga 90°F vêlin enema pêk tûr. Naupang lutukte hi tui vawtin kah êk ngai a ni lo.

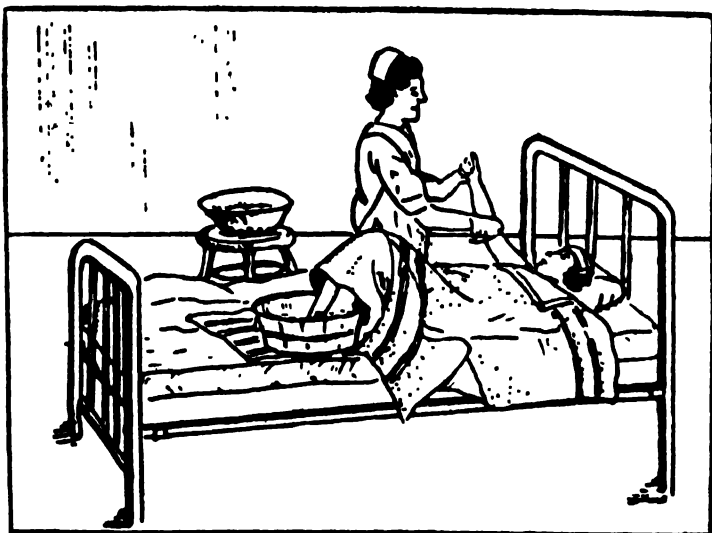
Tui-lum Ip:

Thelret ipa tuisâ thun hi a sa rei hlê a, sahmul puan hnâwng deuhvin tuam ila, tuisâa indehna aiah hman theih a ni. (He bung bul lama indehdân kawhhmuhna khâ en la). Dân narânin hnâwng sa hi ro sâ ai chuan a t̃ha zawk t̃hin. Zâng nâ, ha nâ, thineih t̃ai nâ, emaw dula nâ emaw atân hian tuisâ ip hi a t̃angkâi tak meuh a ni.

Ip chu tuia sâ takin hmun thuma t̃hena hmunkhat vêl tikhat la, chutah a tui chim loh chin ip bang chu innghengin bêng phêk la. Chu chuan tuihu leh boruak a nawr chhuak ang a. Chutah tui a pût loh nân nghet takin chhîn la. Damlo k̃ea deh dâwn chuan ip chu kawmawlin tuam la. Damlo chu nikhaw hre lo anih chuan a kan loh nân ngun taka enkawl tûr a ni.

Vur hmang Lova Tuamna Vawt Siam Dân:

He bungah hian tui vawta deh thu kan sawi zing hlê tawh a. Hmun tam takah chuan tui vawt leh vûrte hi a hmuh mai theih loh va. Chutiangah chuan hetiang hi a hman theih: Puan



KE TUISÁA CHIAH HNU A DAMLO BUAL LAI

pan deuh emaw, hrûkpuan te deuh emaw chiah huh la, sâwr lovin la chhuak la, a kil hnih ah chelhin han thên vâwk vâwk la, chutia nasa taka vawi sâwm emaw sawmhnh emaw lâi han thên chuan a vâwt viau mai a ni.

Damlo Bual:

Damlo bual tih hi, innawhna sponge (spawnj) emaw, hrûkpuan emaw, kut ruakin emaw damlo taksa tuia sawisak a ni a, tui hi a ngeih ber a nih avangin zût nat a ngai lo.

Tui lumte, tui vâwt te, tuia chi emaw soda emaw pawlhte zûtna tûra siam rakzû emaw vinegar emaw leh chi emaw pawh hman theih a ni. Taksa bung hrang enkawl dân chu, a hma lama huh vawta inhrûk tâwk tâwk dân nên khân a in ang.

Khawsik tih hniam nâna damlo bual nân chuan sponge emaw, puan tuipawm chi emaw a tha. A far thuah thuah tûr han

sawr hlek chauh va, taksa bung a khawih lai apiang chu a vawh deuh thlenga hruk hruk tur a ni. Chu mi hnuah dim deuhva dehhuil leh vek tur a ni. Damlovin vawt a tih chuan tuivawta bual anga tuiluma bual tur a ni. Tui al, soda te, vinegar leh chite, alcohol te ilo telha bual dawn chuan kut hau ringawt a tha ber

Saline Sponge: Saline sponge atana tui buatsaih dan chu chi naran ounce li vel kha tui lum pip pep emaw, vawtah emaw, chawhtawilha chawh tui a ni. Tonic nem tak a ni a, thisen kal a titha a, chakloh vei tan a tha.

Alkaline Sponge: Tui chawhtawilh khatah Sodium bicarbonate (chhang siamna soda) ounce hnih telh la. Thak sip ilo bual nan a tha a, a thak laiah chauh hman tur a ni.

Alcohol a zut: In upluma thlan tuia a chhuah zawh tawha in enkawl nan leh zana mut that theih nana tih a ni ber. Tui vawta inbual chu a tluk lo na a, a aiah a hman ve theih. Zutna alcohol leh tui inzata pawlh hman tur. Wood alcohol hi vun tan a tha lo va, hman reng reng tur a ni lo.

Patent Medicines Hmannate:

Chanchin Bu chi hrang hrang hi damdawi chitin reng zawrhnain a khat del dul a. Natna tinreng tan “dam ngei ngeina a ni” an ti thla zen bawk a...

Hetia an fakna leh, a bawma a thatzia uar taka an rawn tarlannate hi awiin bumin awm suh. Heng damdawi tamberah hian alcohol a tel a, chu chuan a eitu chu chakta hlein a inhriattir a, mahse a tichaklo zawk daih si a. Medical College-a zir thiam tawhte hnen atanga thurawn lak hmasak hi a tha ber fo a ni.

Damlo Enkaw! Dan:

Natna tihdamna tha ber chu damdawi a ni lo, chawlh hahdam te, chaw tha ei te, natna hrikte leh tur an rawn siam te ngam thei tura a theih dan kawng tinrenga thisen tanpui hi a ni zawk.

Chawih: Eng natna pawh nise, damlo chu a nat hle chuan, chhun leh zanin khumah a mu reng tur a ni. Damlo tam tal te hi tha deuhva an inhriat tan thleng chauhvin an mu a, chutah an tho va, hna an thawk leh thuai a, chaw naran an ei leh nghal mai avangin an dam tha thei lo a ni.

Thenawmte leh lainaten an tlawh zin lutuk loh hian damlo chu a tha leh hma zawk ang. A chang chuan eitur leh damdaw damlo ngeih loh turte pawh an rawn kensak thin. Chutianga damlo kantute chuan natna pawh midang an kai thei a. Natna tam tak kai theih a ni, kantu chuan damlo chibai buka a vawn te, a khuma a thut te, a pindana eng ilo a khawih te hian a kut leh silhfenahte chuan natna hrik chu a kai thei a ni. Chung avang chuan natna hrik chu an hawn a, midangte an kaitir thin a ni. Chuvangin damlo enkawltu mi pahnih palthum chauh a pindana an luh hi a tha ber a ni.

Damlo reng reng chuan muthilh tam an mamawh a. Damlo pindana chuan khawnvar chhia mi a thut khawtlai phal tur a ni lo. Damlo chu a muthilh theih nan khawnvar chu tihthim thuai tur a ni.



Khum atana hman chi dawhkan laksawn awlsam

Damlo Chaw: Pum leh rîl lam nuam lovah chuan, pumpui chawlhîr a tha. Tui tlêm tih loh chu dârkâr tamfê engmah eitîr tûr a ni lo. A luâk erawh chuan, thîrfiante khat tui (kawthalo a nih loh chuan) emaw, thei tui emaw, minit ngâ danah, sana en zêlin, pêk a tha. Tum khata no khat lâi a in avânga law thîn chuan, hetiang a pêk hian a pai thei a ni. Chutia a in theih deuh hnu chuan a tui luâkchhuah kha a lo nei leh ang a. A luâkchhuakte a reh hun chuan thirfian lian khat lai pawh minit sâwm dan vêlah a inbelh thei ang. Chumi hnuah chuan, chaw a ei theih hma loh chu no khat lâi pawh dârkâr khat dan zêlah a in thei mai ang.

Kawthalo a nih chuan, bânghnute chhumso leh paregoric (damdawi zû leh kani etc. tlêm pawlh) pawh a tha. Hei hi thirfiant chanve emaw khat emawin dârkâr chanve zêlah wavi thum emaw lî emaw pêk a, chumi hnuah chuan kawthalo a êk zawh apiânga pêk zêl tûr a ni.

Chutianga an lo nat chhuah chuan, natna narân emaw pawh ni se, damlo tân chuan chawnêm an tih hi ei a tha. Hei hi kutzungtanga han khawih pawha nâl zat hi a ni. Bânghnute te, dhoi te, balhla te, chhangphut dip tha te, thei sâwr te, thlai te leh hmin taka artui chhum te hi an ni. Tin, thlai hnah leh thil chi te, hrui deuh leh fang chhut phel te chu pêk loh tûr a ni.

Khawsik Endân:

Pang deh ringawt chuan khawsik awm leh awm loh hriat thei ziah a ni lêm lo. Khawsik a awm leh awmlôh fiah nân khawsik enna hman tûr a ni. Khawsik ennaah chuan 90 atanga 110 thlengin sîn tê têa chhinchhiahnate a awm a, chu chu Fahrenheit degree a ni (°F) Thalín degree 98.6 a kâwk a, chu chu dam reng pangti lum dân pângngai a ni. Khawsik ennaa mercury chu degree 100 emaw, chunglama a chhoh chuan, khawsik a awm a ni; 103 hi khawsik narân a ni a, 104 leh 105 hi chu khawsik sâng tak a ni.



VEILAM. Khawsik enna mercury thing thla lai.

DINGLAM: Taksaa lum dân pângngai khawsik ennaah a lang.



Khawsik enna hmanng tûr chuan, mercury awmna hnuai lama dahin, a hmawr leh lamah nghet taka chelh tlat a, zung-tanga thil bet thing thla tûr ang maia han thin sawk sawk phawt tûr a ni. Chu chu ahmawr a mercury thin tawm thiakna tûr a ni. Chutah mercury awmna lam khawsik enna hmawr chu damlo lei hnuai rawh la. Damlo chuan seh lovin, a hmuí chip tlat sela, a hnârin thaw rawh se. Khawsik enna chu minit thum emaw lí emaw hmuam rawh se. Damlo chuan thil a inzo hlim hlowl a nih chuan minit sawmhni hvel ngâk rawh, chutilo chuan i hre dik thei lovang.

Damlo chu a nât hlê chuan a mawngkuaa khawsik en a tha ber. Khawsik enna bil chum deuh a tha, ria deuh chu a tliah a hlauhawm. Mawngkuaah chuan khawsikenna chu inchi hnih vel hawlh lût a, chhiar dân chu a thuhmun a, mahse mawngkuaah chuan kâah aiin degree khatin a sâng thin. Zak-

hnuai leh malpui bul thalbê zawna khawsik en hi an chhng tawh lo. A dik tâwk lo va.

Hman dâwn leh hman zawhin khawsik enna chu sabon leh tuia silfai tûr a ni, (tuisa hmang suh) Tui leh sabona sil hnu chuan alcohol emaw, dettol leh tui inpawlh emaw a sil leh tûr a ni.

Marphu zât:

Upat dan ang zela marphu zât chu hetiang hi a ni:

Piantirhin	minit	khatah	vawi	130-150	inkâr
Kum 1 leh 2	"	"	"	110-120	"
Kum 2 leh 4	"	"	"	90-110	"
Kum 6 leh 10	"	"	"	90-100	"
Kum 10 leh 14	minit	khatah	vawi	80-90	
Puitling	"	"	"	72	vel.



MAR DEH DÂN

Marphû chhiar dâwn chuan, banrêk chhnglam, kut zung-pui bul atanga zung khat bawk vêlah kut zungtang pathumin hmeh tûr a ni.

Thăw:

Upat dan ang zêla thăwk zât hetiang a ni:

Piantirhin	Minit	khatah	vawi	40
Kum 2-ah	"	"	"	28
Kum 4-ah	"	"	"	25
Kum 10-ah	"	"	"	20
Puitling	"	"	"	16-18 inkar.

Thăwk zât chhiar tûr chuan i sana en la, damlo awmah i kut ngat la, âwm lo lian apiang kha lo chhiar rawh

Inbual:

Damlo hi bual loh tûr emaw mi tam takin an ti thin. Hei hi a diklo êm êm a ni, damlo chuan, dam reng aiin inbual a mamawh zing zăwk daih si a. Pang khawilai emaw bualin, bual hmasak lai hru hul zêlin, damlo tân hritlân hlauhawm lovin tih theih a ni. Natna tam takah chuan inbual hi damdawi tha tak a ni.

Damlo Enkawl Thiam:

Damlo nuam taka awmtir theih hi nurse thiam tak zet fiahna a ni. Damlo chu tih chêt dăwn rêng rêng chuan dim hlê tûr a ni. Lukham siam nawm sak leh puan thua sin that-tûr theihngihl suh. Vawi tam tak ni tin a puan pang depte chu tihmar sak la, a âwm chuan a mutna awngphahah chuan talcum powder theh rawh. Damlo chu zâna a mut hmain alcoholin ngun takin zût la, talcum powder hnawih bawh rawh. Damlo chu tar deuh a nih chuan a pang delh kham loh nan let zeuh zeuh rawh. Khum leh a pang indehna laiah chuan hnăwng a lo awm thei a, chuvangin delh pân pawh a lo awm mai thei. A mut dan tihdanglam a alcohol a zût leh talcum powder hnawih hian delh pân a vêng thin.

“Thinlung hlim hi damdawi tha ang a ni”. Damlo enkawltu tân chuan, he thufing hi hriat réng tlāk tak a ni. Tho thang tha tak leh hlim takin awm reng rawh; Damlote a tihlim thin a ni. I tân leh i mi biak zawng zawngte tân pawh a tha a ni. Damlo aia thlamuan ngai zawk an awm chuang lo.

Tihthian Dân (disinfecting)

Hâlrâl emaw chhumso emaw hi natna hrik tih hlumna tha ber a ni. Lehkha leh puan them, damlo tihbawlhhlawh hnu chu hâlrâl tûr a ni.

Silhfên leh puanthuah zawng zawng deuhthaw hi tichhe lovin a chhumso theih vek a ni. Damlovin a tihbawlhhlawh hnu silhfên leh puanthuah leh thil dangte chu mi dangin an hman ve leh hmain chhum thianghlim ziah tûr a ni.

Zun leh êkte chu tînahte dah theih a ni a, fel taka chhin tûr; tin, paih chhuah hmâin chhuan so tûr; a nih loh vek leh chung bawlhhlawh chu thing nawhna nawi emaw buhpawl emaw nen chawpawlha halrâl tûr a ni.

Natna hrikte chu rei tâwk pho chuan ni êng hian a tihlum thei. Chuvangin damlo pindan chu a êng tâwk tûr a ni a; tin, damlo silhfên leh puanthuah chu nisâah rei tak phochhuah fo tûr a ni.

Natna kai theih vei chênna pindan chu sabon leh tuia sila nawhfai tûr a ni. Chutiang chuan chhuat leh bungraw dangte leh bangte pawh fit 6 laia sâng thlengin nawhfai tûr a ni. Damlo puan leh puanthuah hman hnu chu chhumsova, nawh leh tûr a ni. Pindan chu a thengthaw tha tûr a ni a, a tam thei ang berin ni eng luh tir tûr a ni. Rizai phahte chu ni sâah pho a, a lehlam lehlam nisâ em tir tûr a ni.

Bichloride of mercury leh phenol hi tunhma chuan pindan tihthianghlim nân an hmang a, mahse kut a thak huai huai theih avang leh kâa a luh palh a hlauhawm êm êm avangin an hmang tawh ngai lo. Natna hrik tihhlumna tha tak tak, cetavlon leh dettol te a awm ta a, a tha si a, a hlauhawm bawh si lova, chuvangin a hmasâte khi a lân ta vek mai a ni.

Naupang Natna Tlânglâwn *Deuhthe*

Kawthalo:

Kawthalo hi nausên chaw ngeih loh zâwngin a rawn siam a ni thei e, mahse a tamber hi chu hrik (kawthalo siamtu) vâng a ni. Tui nasa taka lo pût thut leh, tûr a kawchhûnga lût palh chuan naupang chu kâr lovah a ti chau dêr thei a. A in dub miao si loh chuan nausên chu tui intîr tẽuh theih a ni lo, chhia leh tha hriatna pawh a nei si lo va. He mi avang hian, nausên chu nasa deuhva a kua a khawh chuan, a rang thei ang bera damdawilam tanpuina pan tûr a ni. Dâktawr chuan sulphâ damdawi emaw, damdawi dang terramycin emaw chlo-ramphenicol emaw, natna hrik tihluma kawthalo tidam tûr a lo pe ang. Paregoric pawh hi kawthalo tihreh nan chuan a tha a; mahse germs a tihlum lo.

Kawthalo Venna:

Chênna Fai: A hmasa berin, naute chu chhuat bâlah emaw kawthlêrah emaw, a mut, leh thut leh vah vèl phal tûr a ni lo.

Chhuât hi, lei chhuât leh lungrem chhuâtte phei hi chu an bawhlhlawh zing êm êm a ni. Khawlai leh êkin ațanga ke leh pheikhawka vaivut lo kaite khan a tingapin a tibawhlhlawh zo va. In chhûnga rante an awm chuan, chu pawh chuan chhuât chu a tibawhlhlawh belhchhah a ni.

In ƣawp taka naupang chêngte chuan kawthalo an vei duh bik a. Chuvangin hmun kilkhâwr leh eng ilo hnuaite nên lam ngun taka phiah fai ƣhin tûr a ni. Lei emaw, lei rawh chan chhuât emaw a nih chuan bang bul leh eng ilo hnuaiah chuan chinai dipte phul rawh. Âr leh ran dangte inah luhtîr suh. Chhuât chu lei ațanga kâng anih erawh chuan inhnuaia chu wawn thianghlîm a, tuibawhlhlawh inhnuaia leihbuak mai mai tûr a ni lo. Tuállâite pawh phiah fai reng tûr a ni. Bawngêk awmkhâwmte bawhlhlawh awm khâwmte, tuállâia tuibawhlhlawh rimchhe tak luânate hi, natna germ leh tho maktaduai tam tak lo chhuahna bul a ni. Chutiang tuallaia naupang vak leh kal vêl ƣhin chuan an taksaah chuan germ chitîn rêng an la lût ang.

Thote hian nausênte an that ƣhin. Êk dūr leh bawhlhlawh awmkhâwm leh bawhlhlawh tinrêng ațang khân hrî an rawn pû a, naupang chaw ei tûrahte an rawn fûk hian an that a lo ni. Naupang chaw ei tûr siam lai hian, tho bawm theih loha venhim tûr a ni, naute hnute hnêkna tûra saidawium hmawra vuahah emaw, a chaw ei tûrah emawa tho a rawn fûk hian, bawhlhlawh leh germ hlauhawm pui pui a rawn dah ƣhin a ni. Naupangin chu chu a lem ta a, tichuan rang takin a kua a khawh ta vak ƣhin a ni. Bung 15-ah khan tho leh tho tihboral dân chu Chiang deuhvin sawi anih tawh kha.

Bâwnghnute leh Hrute Pêkna Ũm Thianghlîm: Natna germ tihlum tûra bâwnghnute tihsat a ƣulzia chu bung 20-ah sawi a ni tawh a. Naupang chaw chu chhum so zet a, bungbel thianghlîma wawn ƣhat a, a pêkna ũm leh a hnêkna hmur tui-sova chhum thianghlîm fo chuan kawthalo leh natna dang tam tak lakah pawh kan him ang.

Chaw ƣha leh A Hun Taka Hrâi: Nu leh pa tam tak hian an fate tihhlîm nân a hun leh hun lo pawh neih chuang lovin

chithlum mum leh chhang thlumte leh thil dangte an pe mai mai thin. Hei hian an pum a ti nuam lova, a tiphunchiar thin. Chithlum te hi khawlai vaivut leh thoten a tihbawlhhlawh hnu, zuârtu kut bal kâi hnute a ni fo bawk a. Chuvangin, hre mang lova lo ei mai maitu tân chuan chutianga bawlhhlawh kai chu mi tidamlo tûrin a tling tâwk a ni. Biscuit fûn loh leh candy leh ei tur dang fûn lohva zawrh hi lei a him ngai lo. Thei chu fimkhur taka silfaia kheh bawk tûr a ni.

Nu nau pawmte hnênah thu kamkhat lek: In thil ei khan in fa sên pawmlai chu a khawih pawî phâk avangin, fimkhur hlê rawh u. Thei tharte bazâra an rawn zawrhin, an la hmin tha lo mai thei a, in lo ei chuan, naute awm a nuam lo mai thei. Thei chi thar chu tlênte ei tan phawt ula, nitin ei tam deuh deuh ula, chutichuan naute pawhin ngai a neih chhawm ve mai ang. Êk nêмна duh in nih chuan milk of magnesia emaw mineral oil emaw ei rawh u. Cascara emaw 'senna' emaw pawh hian naute chu a tidam mai thei. Damdawi thenkhat pawh hian a tibuai thei. Naute hnute in pêk hmain, hnute hmûr chu mathei lovin silfai hmasa ziah rawh u. Chaw ei hun kâr laka thil ei hi chin tûr a ni lo, hetiang chin dawklak hian pumpui a ti nuam lo va, naute tân pawh a pawî thei bawk a ni.

Naupang Kawthalo Enkawî Dan:

Thei hel emaw, a nih loh leh pum tinuamlo thei thildang engemaw naupang chuan a ei a nih si loh chuan, natna hrik vangah ruat mai tûr a ni. Daktawr an hnaih chuan râwn thuai rawh u, sulphâ damdawi emaw chloromycetin emaw, natna hrik tihlum tûrin a lo pe mai thei che u a ni. Hetia enkawîna avang hian dârkâr rei lote hnuah an lo tha thuai thin a. Dân naranin naute chuan chaw a duh lo ang, mahse, ei luihîr hrâm hrâm tûr a ni. An kawthalo chuan zual phah hial ni pawhin lang mahse, chaw pêk zêl hi daktawr thenkhat chuan tha an ti tlat thin. Chutiang chuan nausên chuan chaw tam zâwk an lo pai ral a, an chak rei zâwk a ni an ti. Naupang chu a luâk a, engmah a pai theih loh erawh chuan, dârkâr tlêm

deuh chhûng chu engmah a kâah pe rêng rêng lo ula, chumi hnuah chuan minit ngâ dan zêlah chaw chu thirfiat te khat lek lekin pe tan rawh u. Tin, a theih angin pe tam tial tial ula, a luâk leh erawh chuan dârkâr khat vêl chawhlsan ula, a ngai bawkin pe tan leh ang che u. Kawkhawh nasa deuhah chuan paregoric dârkâr tinin thîrfian chanvê emaw hnih emaw han pe phawt mai ula. Vawi lî a ei hnuah chuan a kawkhawh zawh hnuah thirfiântê khat emaw zêlin pe tawh ang che.

Kanâ:

Naupang kâ natna chhan ber pakhat chu 'Vincent's' angina' a kai vâng a ni. Natna hrik emaw, vitamin tlâkchham vâng emaw pawh a ni thei baw. Riboflavin leh Vitamin C tlakchhamna avâng hian kâ a na fo bawk thîn. Chutiang chu vitamin tui nitin vawi thum pêk tûr a ni. Tin, ka nâ chu Vincent's angina vâng anih a, khawsik a tel bawk chuan penicillin hi a ngeih viau mai. Monilia an tih, leia thil lo to angin, nausên kâah hian bawl chhuakin nâ a awm fo bawk thîn. Hei hi chu a na laiah khân 1% aqueous gentian violet hnawihin enkawl a ni ber thîn.

Pumna (Colic)

Colic chu naupang pumna hi a ni a. Zân mut dâwn vêlah hian a na duh ber a; tin, chhûn hun angah pawh a na thei baw. Boruak, rîla awm khân rîl a ham puar a, chu chuan a tina thîn a ni. Nautêin chaw thar, thei lam a ni duh bîk a, a ei tantirh a, a ei tam lutuk hian a lo awm deuh ber thîn. A châng chuan nuin thei thar tûr eiin emaw, hmarchâte leh mawsola te tak deuh deuhva a ei vângin naute pum a na thei baw. Hnute hnêkna bûra naute hnute pêk hote erawh chu, a hmûr a dik tâwk lohva, hnute tui a haw tam lutuk hian naute chuan boruak tam tak an lem tel t̄euh va, chuvang chuan a ni deuh ber baw. Naupang chu kokiâh bawhtirin, an zângah bêng keuh keuhin, an boruak lem chu tihchhuah sak vek tûr a

ni. Rei lotêah naupang pângngai chuan an irh chhuak leh mai thin. He boruak hi kawchhûnga awmtir reng chuan, rilah a kal tlang parha, a na êm êm thin a ni.

A nat viau reng a, naute chu a tê vak vak reng chuan dâktawr rawn tûr a ni; nausên rilah chuan a êk kalna dâltu a awm pawh a ni mai thei. Anih chuan a dulah chuan engemaw ruh deuh ûl a awm ang a, a mawngkuaah thi a chhuak baw ang. Nausen pawh hi an rilphûr a na ve thei tih kan theingilh tûr a ni lo.

Pumna chu ekkhal vâng mai a nih chuan, enema-in rang takin tihdam theih a ni. Enema chak fahran lo hi pawh chutiangah chuan a tangkai thei. Nausên leh naupangte êk hi en ngun ziah rawh u.

Kaih:

Kaih hi a chhan tam tak a awm thei. Kaihna chhan tam ber chu khawsik sâng hi a ni. Naupang thenkhatte chu khawsik reng si, insawisêl lem silote pawh an awm a, an nu leh pate pawhin an hre lo thei tlat baw. Naupang thenkhatte chu kaih awl takte an awm a, an kaih loh nân an khawsik chu ngun tak a vên tûr an ni. Pang han sat deuh hleka kaih mai chhng naupang rêng rêng chu enkawl ngun lehzual tûr a ni Khawsik 102°F a thlen chuan, naupang chu ni khatah vawi thum, aspirin leh phenobarnital (15 mg) pêk tûr a ni. Aspirin chuan khawsik a tihnam ang a, phenobarnital chuan kaih tûr a vêng ang.

Encephalitis (thluaka khawsik lût) te, meningitis te, ngâwt te, tetanus te, êkkhal te, sikserh te, typhus khawsik te, tûr te, lu hliâm te leh thil dang tam takin kaih a thlen thei a, mahse dân naranin nasa taka danglamna hian a rawn thlawp chaw. Vanneithlâk takin kaih hi a awm zen zen lo, mahse nu leh pa fng chuan thil awm mai thei a ni tih rilruah an hre reng ang. An kaih phawt chuan, damlo chu ngun taka exam ngêi ngêi tûr a ni.

Kaih awmtirtu lâr tak pakhat chu "idipathic epilepsy" hi a ni. Chutiangah chuan damlo chuan rei lo deuh engmah hre

lo niin a lang a, rei lo deuh hnuah ngai a rawn awh leh thin. Chung chu a chang chuan a nasa thei êm êm a, chhuatahte emaw an tlu chawrh mai a, an tihrawlte a tawm a, lèi seh vakte pawh awl tak a ni. Damlo mitmu chu a lumlet tawp a. Minit tlêm deuh hnuah ngai rawn awhin, a lo harh a, a lo thu chhuak leh thei a. Mahse a mut a chhuak bûr a, a mu ang a, dârkâr thum lai pawh a muhil mai thei. A chângte chuan chutiang chuan darkar tam fê pawh a awh mai thei. Dân narânin damlo chuan “aura” hriatna danglam bik a neitu chauhvin, a lo awm leh dâwn a ni tih inhriatna chu a nei thin. Chu hriatna chuan a buai hmain mutna remchangah a muttîr hman châwk thin.

Enkawlna: Daktawr koh hman a nih ngai loh avangin enkawl thiam theuh tûr a ni. Chhuâtah emaw rem taka muttîr thuai a, kawmawlin khuh lum tûr a ni. A lei a seh loh nân hmauhl te deuh a ha inkârah dah tûr a ni. Naupang deuh anih chuan taksa aia lum hret tuilumah chiah tûr. A lû chu tui ata dawm kâng la, kut leh lamin a awm chu tui chuan nuai vel rawh. A kaih chu a reh veleh muttîr a, muthilh tîr tûr a ni.

Hetiang tlûkna hi taksaah a chhan han puh tûr a awm lo. A chhan hi chutiang khatiang vang a ni ang kan ti thei chauh. A damdawi pawh a awm tak tak lo. Kan tihtheih tâwk chu kum rei fê chung nitin wavi hnih emaw wavi thum emaw, phenobarnital emaw dilantin sodium eitîr hi a ni. A pêk dân chu daktawrin an hrilhfiâh ang che u. He damdawi hi pêk leh loh chuan an na leh ngêi ngêi thin. Damlo chuan rinawm takin chu damdawi chu nitin a ei tûr a ni.

Sawngnâwi (Rickets)

Rickets hi ruh natna, nu hnute lova châwmte zîngah a awm duh bîk, thla ruk leh sawmpangâ inkârah a ni deuh ber thin. He natna chu an ludîp hi a hunah pawh a la phui thin lo a ni. An keruhte a kuâl a, an dul a kiar thin. Naupang chu a chak lova, a upat phu tâwk aiin a tê bawk thin. Châwmna

that tawk loh vang a ni duh viau va; tin, ni sâ an dawn tam tawk loh vang pawh a ni thei bawk.

Enkawlna: Chaw dik- rih na tithang tûr chi an dawn tawk loh avang anih ber fo avangin, nau sawngnawi chu bawngnute pêk tam tawk phawt tûr a ni. Nitin, thei tui pawh vawi tam tak pek tûr. Sangha (helibut) thin thau far 15 leh 30 inkar emaw shark liver oil thirfiante khat emaw nitin damdawi ang ziazângin pek tur a ni. Hei hi bawngnute nên tha taka chawhpawhlin emaw, thirfiantein emaw pêk theih a ni. Cod-liver oil erawh chu thirfiante 1½ lai, nikhatah vawi hnih pawh pêk theih a ni. Vitamin D 5000 units nitin a dawng bawk tûr a ni.

Khuh leh Hritlâng:

Naupang tam ber hian khuh leh hritlâng hi an buaipui a ni. Khuh hian chhan a ngah thei hlê a, chuvangin a damdawi chi khat ngawta khuh chitin tihdam theih rin hi atthlâk tak a ni.

Hritlang naran chhinchhiahnate te hi chu hriat deuh theuh a ni a, chuvangin heta ziah tel kher pawh a tul lo va. Pik deuhva in hriatna satliah khawsik tel lo atanga influenza khaw sik, na erh urh, awm nuam lo ser ser te pawh a ni nuai mai thei.

Hetah hian hritlâng enkawlna kan chhui ber ang. A tirah chuan damdawi mumal bik a awm lo. Hritlâng kai tir phawt chuan hnar pinah an tan thin. A chang chuan khua a sik ser ser thei a, a chang chuan beng leh hrawk a nâ a, pneumonia pawh a thlen thei bawk. Chutiangah chuan damdawi bik chu a awm ngei a, mahse hritlang satliah atân erawh chuan a ngeih tur ziaa enkawlna chauh kan sawi thei. Chungte chu tui te, lumna te, chawlhte, a tûl chuan êk nêmnate pawh a ni ang chu. Natna hrik (bacteria) tel chi a nih erawh chuan antibiotics pawh a tûl ang. Thenkhat chuan antithistamines hi an thatpui a, mahse, damdawi thiam thenkhatte chuan a that chiah an ring ngam zân lo.

Influenza:

Influenza chu hritlâng narân angin a rawn inṭan a, khuate a rawn tisik chhawm a, chhinchhiahna mak tak tak pawh a lo tel ṭhin. Na ṭhem ṭhum leh tûr mi zen angin a rawn thawk a, damna a ngaihawm hlê ṭhin. Damlo chuan mu rawh tih a ngai lo. A châng chuan nâ a zual hlê a, Codeine 30 mg. emaw pethidine 50 mg. emaw, codeine compound mum khat emaw hnih emaw pawh pêk a ṭul mai thei. Hei hi darkar li dan zêla pêk theih a ni a. Damlo chuan tui a in tam tawh hlê tûr a ni.

Damloh chhâng chu ni hnih khat aṭanga chawh kâr khat lai pawh a ni thei. A damdawi bik a awm chuanglo.

Invênna: Hritlâng leh influenza danna tûra chiuna prophylaxis hi siam chu an siam tawh na a, râm ṭhenkhatah chuan a la awm rih lo. He lehkhabu siamtu ngaihdan chuan hritlâng lên tantir leh lên vânglâi vêla pêk hi a ṭha ber.

Natna Inkai Theih Lâr Deuhthe

Diptheria (Hrawknâ)

Diptheria hi polio ai chuan a tam a, a natna pawh hi a hlauhawm zâwk daih mai. Thihpui pawh an tam a, a nat dân lah a mangan thlâk bawk. A mangan thlak bîkna chu naupang kum hnih leh ngâ inkâr hian an vei duh bîk a, mi dang aiin, hrawk a rawn khawih buai thîn si a. Hetih hun lai hian an hrawk hi a la tê êm êm a, chuvangin a ping awl bîk a ni. Chulo rêngah naupang hetiang rual lek hnênah chuan an natna leh an tuârna chhan pawh hrilhfiâh a harsa thîn a ni.

Inkai dân: A hrik an hîp luh vang a ni ber. Naupang infâm ho hian an inkai thîn a ni. Hre hauih si lovin he natna pudarhtu an lo ni leh reng thîn a, chung chuan an kai thîn a ni. He natna hrik hi pindan thim chhuat leh vaivutah te hian kar tam fê chu a nung thei a. A châng chuan diptheria nêp tak pawh hi hlauhawm takah a chang thei a, tichuan a lo chhuah tan dân tûma hriat si lohvin hri lêngah a chang thîn.

Taksa a deh dân: Diptheria chu hnarah, hrawkah, hrawk-hrâwlah a rawn intan thîn a ni. A na lai hi en theih sela chuan, kâ hnunglam leh tonsil-ahte hian thil tuâk vâ deuh

hmuh a ni ang. He thil lo to hi hrawk chhûnglam vun thuahtu pantê nên chuan a inzawm a, chuvangin pawthlâk tum chuan pawh tlâkna lai chu a thi thîn. Hei hi Chiang taka hriat theihna chu a ni. A châng chuan diptheria vun (membrane) chu aw lo chhuahna hrawk hruiah hian a lo ʔo va, chutah chuap zawmtu dâwtah a to chhuk leh a, thâwkna a hnawh fova, chawpleh chilha thihna a thlen thîn. Tin, diptheria avanga natna hrik (bacteria) in a siam, tûr (toxins) khan lung a tichhe hlê thei bawk a, a thih theih bâwk a ni. Hriatna thazâm pawhin a chhiat phah thîn. Hriatna thazâm vûnna (neuritis) leh zenna (paralysis) pawhin a zui thei bawk.

Nat chhûng: A hri dawn aʔanga ni khat leh ni sarih inkâr-ah hrawk a lo na a, khua a sik hlek a, influenza vei dân pang-ngai angin a na phawt a. Rei lotêah, ʔuak vâ deuh membrane chu a lo lang a. Damlo chu a na zual hlê a, hrawkna satliah aiin a lo na leh zual sauh thîn. Hrawk chu natna enna smear-in en chuan diptheria a ni tih a hriat theih bawk, a theih chuan culture (enchhin atâna natna hrik dah) pawh en tûr a ni. A châng chuan streptococcus nen hian diptheria chu a in an êm avangin smear leh culture chauhvin a hriat hran theih a ni.

Enkawlna: A enkawlina ber chu diptheria antitoxin-a, thisen zâmah emaw, tihrawl kâra chiu hi a ni. Diptheria tûr (virulent) kha sakawrah an kâp lût a; tin chu sakawr aʔang chuan tui (serum) an la a, chu chuan diptheria chu a dang hneh thei viau a ni. An rih dana thu leh an nat dana zirin unit 20,000 leh 100,000 inkâr hi hman a ni thîn. Chiu hmain vun chuan sakawr serum chu a tuar dân tûr enchhin a ni thîn. Chu chu 0.1cc. of serum kha vunah chuan an han kâp lût a, minit 20 an han en thla a. An chiuna lai vun chu a lo sen deuh va, a lo vun chuan vun chu a tuar zuau ani a, chuvangin 0.1cc. of serum dang kâp lût leh zetin, an han tichawlawl rih thîn a ni. Tin, chu mi hnuah chuan minit 30 danah, 0.1cc zêla pun-tîrin an chiu ta zêl a. Chutianga wawi 5 emaw 6 emaw han chiu hnuah chuan, a dang zawng chu wawi khatah an kâp lût nghal tawh mai a ni. A chiuna tûr bûr leh a chiu dan, hman

dân tûr ziakna chu hmuh kawp zêl theih a ni a, hetia enkawl hnu hian damlo chuan ni riat vêl chhûng chu antihistamines a ei zawm zêl tûr a ni.

Penicillin: Diphtheria hian penicillin hi a ngeih viau tih hriatna a awm. Hei hi smear leh culture-in natna a lo awm thei dâwn tih a lantîr a, serum hman nghal mai tura awm lohna hmuna hman theih a ni. Unit 500,000 a tâwk. Chu chuan Streptococcus emaw Staphylococcus veina tûr pawh a dangin, diphtheria pawh a tidam thei a ni. A na chu a reh kim vek thlengin enkawl zui zêl tûr a ni.

Damlo Enkaw! Dan: Natna kai theih vei rêng rêng chu enkawl ngun êm êm tûr an ni, diphtheria phei chu enkawl ngun a pawimawh lehzuâl bik a ni. A enkawltu chauh lo chu damlo pindanah chuan luh rêng rêng loh tûr. A enkawltu nurse chuan kawrchung fual emaw, apron emaw ha se, a chhuah dawn apiangin hlipin, a chhûngah chauh khai rawh se. Pâwna chawhtawha tuiah chuan a kut a sil tûr a ni. Natna chu an kai loh nân, hmui leh hnar tuamna vuah pawh a tha. Damlo chu rawmawlah emaw, a aia tha zawk chu lehkhâ them nem deuhvah khuh thin sela, chu chu dahkhâwm a, hal ral turin. Puan leh thlêngte chu tuisova chhum zet a, sabon tuia silfai leh tûr a ni. Damlo enkawl dân tlângpui dangte pawh kha zawm tûr a ni. A theih chuan damlo chu damdawiinah awmtir tûr a ni, hrawkhrâwl zai (tracheotomy) a ngaih fo avangin leh daktawr thiam tak chu mi atân chuan a tul thin avangin.

A dam hnuah chuan, natna pudarhtu a nih loh nân damlo chu ngun taka exam tûr a ni. Chutilochuan mi a kâwm a, mi tam tak hnênah chu natna chu a kai mai ang.

Invênna (Immunity): Invênna tûra inchiu (immunization) pawimawhzia hi diphtheria vei tawh, a rapthlâkzia an fatea lo hmu tawh nu leh pate hnênah chuan, a tulzia sawi pawh a tul lo ve. Nautê chu thla thum a nihin triple vaccine (DPT) a chiu tûrin daktawr hnênah hruai phawt tûr, chu chuan diphtheria leh khuhhip leh tetanus lak atangin a venghim a ni. Thla khat dan zêlah inchiuna chithuma chiu kim zêl tûr a ni a, kum

khat anihin, chiu leh tûr. Chumi hnuah chuan kum hnih danah chutiang chuan chiu leh ziah tûr, kum 10 an nih thlengin. Kum 12 hnu lamah chuan DPT-a chiu hi a na duh hle a. Chu lo rêngah kum 12 hnuah chuan khuhhîp danna tûra chiu chu a tûl tawh lo. A chhan pahnih a awm, damdawi siam thiamte hian diptheria leh tetanus inchiuna puitling an siam chhuak a. A siam dân pawh a danglam a, nghawng pawh mi a nghawng nasa lo. Diptheria lên zinna ramah chuan kum 2 emaw 3 danah chutiang chuan inchiu reng tûr a ni.

Naupangte chu diptheria vei na hmuna an kal chiah emaw, damlo enkawltu nurse chuan a hma lawka a inchiuna chu a him tawh chiaha a rin loh chuan, antiserum 1500 aṭanga 2000 a inchiuvin, chawp leh chilha invên tûr a ni.

Damlo chu a dam leh hnuah, pindan chu sabon a sila nawfai tûr a ni, a nih loh leh rawn luah leh tu tûrten an kai ve loh nân hnawih vâh leh tûr a ni.

Khuhhip:

A tuartu fâna hrehawm leh nu leh pa tâna buaithlâk zâwk naupang natna dang avâng kher mai; Khuhhip khuh zâwnga thâwk chhuah that thei hlohna hian nu a timangangin a timu thei lova, a hrawk vel tihven sak tûr leh a luak thian vêlin mutmu a tuah ngai lo. A veitu chu a naupan zawh poh leh a tûar nân nu tân pawh a buaithlâk ting mai a ni.

He natna hi hrik chi khat, H. pertussis an tihin a rawn siam a ni. Thâwkna dâwtah hian a lût a, a ti vûng a, hrawk aṭangin chuap lamah pân̄te a siam thla a. A tirah chuan hritlâng na tak angin a rawn inṭan a, a lo zual deuh deuh va, naute chu a thaw chhuak zo lo va, chumi hnuah luakin a rawn zui leh a. A inhîp ri vak vak a, chuvangin khuhhîp vuah a ni. Chutia a inhîp vak vak tawpah chuan a khuh leh bawrh bawrh a, thaw chhuâk hman lo lekin. Zawi zawiin a khuh chu a chau va, boruak khuhchhuah tûr a neih loh thlengin a khuh ro thip hîê thîn. Chumi hnuah chuan a boruâk hîp luh khan ri fiah ring tak a siam thîn a. Chu chu khuh leh hipin

a rawn zui leh chiâm thìn a. Hetiang hi hriat a nih chuan khuhhíp ani tih hriat chian tûr a ni.

A hlauhawm dân chu khuh narân nên a in ang deuh reng a; mahse khuhhípah hi chuan khuh a nat êm avângin a hlauhawm bik a ni. A narân pawh beng nâ, âwmnâ leh pneumonia te a ni thei. Naupang chu hapta ruk lai na taka a khuh thìn avângin, a chuapa boruak dâwtte pawh chu a lo vûng thei a. Chu chu dan thuai loh chuan kum tam tak chhûng chu a buaipui tawh thìn a ni. A châng chuan chuapte chu a inhliâm a, a inhliâm nasat êm avângin a dam hnuah pawh a ser khawlova, boruak pawh a ser vel laiah chuan a híp lût leh thei tawh lo. Pneumonia vei zui phei chuan, naupang lung chu a rim êm êm a, lung dinglam hi a inhampuar hial thìn.

Hnar a thi duh hle. Hnar thi chu zungtang a hmeh pin mai tûr a ni. Mit vârlaiahte pawh thi in hmu thei e, mahse chu chu enkawl a tul lo. Zawi zawiin a ral leh mai ang.

Kai Dan: Khuhhíp hi inkai awl tak a ni. Naupang chu a khuh apiangin, natna hrik chu hla tak tak thlengin a lêng chhuak uai uai a. Chu chuan thla khat lai a awb baw a, chuvângin hapta ruk a ral hma loh chuan damlo chu mid-angte nên an inkâwm tûr a ni lo.

Invên Dân: A hun laia khuhhip vênnaa naupang chiu hi vênna kawng awm chhun chu a ni. Thla khat dan zêlah chiu in, vawi thum chiu tûr a ni a. Hei hi invênna tha tâwk tak a ni. Khawimaw kârah vei lo tûra chiu chawlawlna chu naupang thenkhat tân a lo chaktâwk lo thei a, a nih loh leh khuhhíp hri lêng chu an tân invên theih loh khawpin a nasa thei baw. Invênna atâna chiuna tum khata mi khan a tirah chuan kum 2 emaw 3 emaw chauh a vêng a. Tin diptheria leh tetanus vênna rualin chiu nghal theih a ni a, kum 2 or 3 danah nawn leh ziah tûr a ni.

Enkawlna: Terramycin leh automycin hi a ngeih mai. Chloramphenicol erawh hi chuan fak a hlawh lo. Elixir of phanobarbital thirfiantê hmun lia thena hmunkhat leh a khat

emaw hial pawh, ni khatah vawi thum pein, awm tinuâm tûr damdawi tlêm pêk theih a ni. Cough syrup protein paitawih tirtu thirfiantê khat emaw, ounce khat lai emaw pawh pêk tûr a ni, chu chuan nautêin khâk a lem leh khâ a paitawih thattîr a, luâk fo tûr a vêng bawk a ni. Nautêin a chaw a luak chhuah chuan, chaw dang pe leh rawh. A luâk nêp deuh hma loh chuan rei lo tê danah chaw tlêm pe zêl mai rawh.

Tetanus:

Tetanus germ-te chu oxygen tlêmnaah hian an nung a. Chuvangin pem thuk tak, zau vak si lote hi a hlauhawm êm êm a ni. Bawlhhlawh emaw puan balin a khawih emaw te leh tihrawl hliâmin a lo hnawhpin leh site emaw hian tetanus a lût ang tih chu a hlauhawm leh zual a ni. Chuvangin hliâm chu sabon leh tuia silfai a, tihrawl duk laite chu thenfai zêl tûr a ni. Hydrogen paroxide-in luân tûr a ni, hei hian chutiang hliam thuk hmun hlauhawmah chuan oxygen a luhtîr thin avangin. Antiserum unit 3000 leh 6000 inkâr pêk tûr a ni. A hliam chu a nasat hlê chuan unit 10000 lai pawh pêk tûr; tin, ni sâwm chhûnga a dam hman loh chuan pêk nawn leh mai tûr a ni.

Damlo chu tetanus dannaa chiu hnu a nih chuan, a chung a enkawl na aiah khian tetanus booster vaccination-a chawp leh chilha chiu nghâl tûr a ni. Antiserum engmah a tul lo. Hetah hian tetanus venna thu kan sawi a ni tih briat reng tûr a ni. Enkaw! erawh chuan a hnuaia kan sawi ang hian damdawi a mamawh zawk a ni.

Tetanus a luh chuan natna chi hnih a lo awm thin. Damlo chu a kha a chih a, a âng thei lo, tin, englo hlek emaw a fuke che hlek emaw avâng pawhin a kaih (sual) zêl mai thin. A kaih chang chuan a hmêl chu tang teuh ni awm takin a lang a, chutia a tan nasat êm avang chuan a thawkna khâwl pawhin hna a thawk tha thei lo.

Enkaw! Dân: Dâktawr tam ber chuan antiserum 100000 a chiu hi an chawh a, chumi hnuaah antihistamines pêk belh tûr.

Damdawiina luhpui veleh he damdawi hian a tihrawlah an lo chiu thuai a, chumi hnuah chuan serum dang pek a ngai tawh lo. He serum hian chiu hmain vun an chachhin phawt thin. Tin pneumonia vên nân penicillin 500000 in nitin an chiu bawh thin. Damlo chuan penicillin chu nâ a tih chuan tetracyclin pawh hman theih a ni. Dân narânin a hliam lai chu ni hniha thlengin tihdanglam lohvin an awmtîr thin; mahse dâktawr thenkhat chuan a hliâmna bul leh a hliâm hnaih lai taksaah emaw antiserum 10,000 leh 20,000 units vêl kah luh hi tha an ti.

Tihrawl inkai mar tihahdam tûrin darkâr ruk dan zêlah mephenesin mum hnih leh phenobarital (30 mg.) kaih vên nân ni tin wavi thum an pe thin.

Damlo vêng tur chuan nurse thiam tak a bulah a awm reng tûr a ni.

A reh thiap reng tûr a ni, engemaw ri hlek hian kaih a tichhuakin, damlo chu a thih nghâl mai theih avangin.

Damlo chu ni hnih ni thum hnuah a that sâwt vak loh chuan dâktawr thenkhat chuan serum unit 20,000 velin an chiu nawn leh thin. Hetah hian vunin a tuar dân fimkhur taka en zêl tûr a ni.

Ni sawmnaah chuan serum chuan nghawng a rawn nei tan a, chu chu antihistamines leh cartisone in enkawl a ni thin. A dam hnuah pawh damlo chu tetanus vênna chuan la chiu zêl tûr a ni. Damlo chauh ni lovin a dik takin, mi hrisêl dangte pawh hunbi fel tak neiin, he natna vênna hian chiu vek tûr a ni. Hei hi chhinchhiah atân kan han sawi uar nawn leh teh ang; tetanus vênna tûra chiu hnu pawh ni sela, hliam pun, kea hliam a ni lehzual, a awm phawt chuan, pâwng ngaihsakloh mai tûr a ni lo ve. Chawplehchilhin, "booster" injection la tûrin kal nghal rawh se. Chu chuan tetanus antiserum-a, invênna ai khân a lo vêngnim leh zual thei a ni. Chu pawh chu a hma lama tetanus vênna tûra hunbi ruat ang zela a lo inchiu zat zat zêl chauh khân a ni.

Thu kamkhat lek: Pem rêng rêng chu sabon leh tuin silfaia, hydrogen peroxide-in tleuh ziah tûr a ni. Pem te deuh

vah pawh tih zêl tûr a ni. Chutilochuan tetanus a lût mai ang. Tetanus lût nia rin a nih phawt chuan a dannaa lo inchiu tawhte an nih chuan, tetanus vaccination booster-in chiu la, dannaa la chiu loh an nih chuan antiserum unit 3000 leh 6000 inkârin chiu nghal rawh.

Sentût (Rubeola)

Sentût hi natna inkai awlsam ber pakhat hlauhawm vak-lova ngaih a ni a; mahse a hlauawm êm êm a ni. Naupang sentût vei rêng rêng chu fimkhur taka enkawl tûr a ni, chutilo chuan natna khirk tak dangin a rawn chhonzawm mai thei a ni.

Sentût hi a darh rang-êm êm a. Sentût vei awmna pindanah emaw a lo luh emaw, a vei lâi bulah emawa a kal chuan, naupang chuan ni sâwm leh sawmpahnih inkârah a rawn vei ve nghal deuh ziah thin. A lo thawh tan dân chu, hnar ping, hnaptui, mit sen, khawsik ser ser leh ro taka khuh khuhna a ni. Nat atanga ni thumna leh ni lina vêlah chuan a lo vual chhuak tan a. Hmaiah uihli sehna ang tak takin a lo sen mûr chhuak a, rang takin a darh a, ni hnih khat lek thil thuah pang zawng zawng a khat thin. Hmaia bawlte chu a infin a, a vual sen chulh thin a ni.

Sentût avanga natna vei tel thehte chu otitis media (beng nâ) pneumonia leh encephalitis (thluaka khawsik) te a ni. Hêng natna dang lo tel thehte hi an lo tel duh dân indawta ziaak a ni. Sentut vanga ro taka khuhna hian hrawk hrâwl leh beng inzawmna dâwt (Eustachian tube) ah natna a rawn siam a, beng a lo nâ thin. Naupang chu khuma muttir a, hritlâng laka ven that loh chuan pneumonia a lo lût duh êm êm a ni. Encephalitis a lo awm tan dân chiaah hi hriat a ni lo, mahse damlo chu ngun taka enkawl a nih chuan hei hi a hlauhawm nep deuh. Vanneihthlâk takin a awm zen zen lo va, mahse a awm vaih chuan damlo chuan a piansual hlen phah thin a ni. Zenna te, tawng danglamna te leh tisaa zauthauna buaithlâk takte pawh a thlen thei a ni.

Enkawlna: Virus (tur) avanga natna a ni a, damdawi bik

a awm lo. Naupang chu mut lumtir tûr a ni. Damlo dang ang bawka enkawl tûr a ni. Chaw ei tîemtir deuh va, êk hunbi vawn thattîr tûr. Cough syrup hian a khuh hrawk thîp hah thlâk tak chu a chhâwk thei bawk. Mit hian a chhiat phah theih avangin êng lutuk hmuhtîr tûr a ni lo. Ni atanga êng ni lo, chhun êng narân chu a pawî lo. Naupang chuan thil a chhiar tûr a ni lo. Mit silnate, hnara thlawrnate leh êknemnate hi a tûl chiah loh chuan hman loh tûr a ni.

Bengnâ te leh pneumonia te a tel chuan, chung chuan antibiotics a ngeih viau. Daktawr an awm hnaih chuan damlo chu ekzam tîr la; a awm loh chuan darkar 11 dan zêlah damlo chu sulfa damdawi mum khat eitîr rawh. Penicillin pawh a tha, mahse, a pahnih chuan kawp zen zen a ni lo. Benga hriak lum far leh tuilum ipa deh hi a nuam viau bawk.

Sentût vei dahhran hi a pawimawh, chhûngkuuaa naupang dang an awmin a ni leh zual. Khuh zawngin virus chu inch-hûngah a darh chum chum a; chuvangin, damdawiin emaw in emawa awm vete chu an theih ang tâwkin an invêng tûr a ni.

German Sentut (Rubella)

Hei hi chu natna nep tak, rei lo te chauh daih chi, tun hnai lawk a hlauhawma an ngaih tel chu a ni. Khawsik leh bawl leh awm nuamlo ser ser a ni, chuvangin a tlingtlâk mai theih. Beng hnung leh nghâwng (tukkhum) lamah hian lymph nodes na takin a lo vûng chhuak duh hlê bawk.

Mahse tuna damdawi thiam hoten an han ngaih hlauh-awmna chhan ber chu naupai lai a ti khawlo thei nia an chhût chhuah vang a ni. Nau pai thla li a nih thlengin, he natna hi nuin a vei chuan, vei lo ai chuan a let rakin nau piângsual hrin a hlauhawm bik a ni. Hemi avâng hian nulate chuan, an naupan deuh laiin he natna hi lo vei tawh ngei sela tih hi dâktawrte duhdân a ni; chutichuan an nau paiin a huat turin, he sentût hi an vei nawn leh tawh zen zen lo a ni.

He German sentût (Rubella) danna tûra chiuna hi tunah

chuan an siam thei tawha. An tih dân chu a natna hrik virus rubella an tih chu an khâwiin, an dah hrang a ni. Tin; kum 1962 aţang tawh khan scientists ho chuan hetiang hrik, 'virus' an tih hi an lo khawi tawh ani.

Tangseh (Chicken pox)

Tangseh hi kai theih a ni, mahse dân narânin a hlauhawm êm êm lo. Zâwnghri ang deuh bawkin vunah hian a lo bawl chhuâk a, vun a rawn tikhawk a. A tirah chuan âwm vêlah hian a lo lang a, chutah lu vun emaw banrêkahte emaw a lo lang chhuak leh a. Tangseh enkawl dân bîk a awm chuang lo. Virus natna a nih avangin a damdawi bik a awm chuang lo, damlo pângngai enkawla enkawl mai loh chu.

Damlo pang chu vawnfai hê tûr a ni, chutilochu vun lo khawkah khân natna hrik a lût duh êm êm a ni. Vun lo khawk chu a pân hlauh chuan bacitracin ointment hnawih tûr a ni. Caladryl lotion hian a thak a tireh thin. Khuma muttîr a, damlo chu a insawiselnâ lo ngaihsak zêl hi enkawl dân chu a ni mai. Natna dangte ang bawkin, tui in tam tîr leh zun leh êk hunbi vawn thattir hi damlo tâna nuam leh dam leh hma na a ni mai.

Biângboh: (mumps)

Biângboh hi beng hnuaiah hian a lo na tan thin. Khuawh a sik sek mai thei. Thil thial emaw lem emaw hian beng hnuaia nâ chu a tizual thin. Beng hnuaia emaw, hma deuhvah emaw a tawn tawnin, a lo vûng deuh bawk thin. Hei hi a lo vung nasa zêla, a lian viau thei bawk. Ni reilotê hnuaiah chuan a reh leh a, hapta khat vêlah pheih chuan dân narânin a rehzo leh vek thin. Serthûr tui leh thil thûr dangte hian dân narânin beng chu a tinâ a, chu chu chhianchhiaha tha tak a ni mai.

He natna hi amaha tâwp leh mai chi a ni; mahse, vawt, chaklohna leh hrehawm a tuar loh nan damlo chu muttîr tûr a ni. Mipa chu til a boh tel theih avângin mut-tir tûr hi chin dân pangngai a ni. Sipai zinga an lo lannaah chuan, til boh chu mut leh mut loh vang pawh niin a lang chuang lo. Eng-pawh nise til boh chu a nat êm avangin, damlo chu a thovin a kal vêl sek chuang lo vang. Hetiang damdawi atâna nitin capsule li chloromycetin (spectrum antibiotics lam chi) eitîr hi thenkhat chuan an fak hlê. An ngeih ngei tih lanna pawh a awm tawh. Til leh lam leh lam a boh chuan damlo chu damdawiina hruai a, *tunica alluginea incise* (zai) tur a ni. (Bung 17-naa a lema enûrna pahnihna en rawh). A nat hlê chuan, leh lam chauh pawh nise, tih tho tûr a ni. Nâ a chhawk a, tilmu chhe tur pawh a vêng.

Zawngghri:

Zâwngghri hi natna kai theih hlauhawm ber pakhat, kai awl êm êm chu a ni. Zâwngghri a len vaih chuan, a lenna hmuna mite chu bân la zai si loh zingah chuan, za zêlah pahnih khat bâkin an pumpelth ngai lo. Naupang leh tar, mipa leh hmeichhia pawhin an vei zêl mai. Hmasang atang tawhin zawngghri hi chu ramtinah an hlau êm êm thin, kai a awl mai pawh ni lovin, a nat dân hi a rapthlâk êm êm a ni. Ban zai lovin an vei chuan, mi za zêlah 10 leh 80 inkârin an thih phah thin. A veitu chuan a thihpui loh vêk pawhin a hmai te a chik hmêlhem zo va, a nih loh leh a mit pakhat emaw, pahnihin emaw a del hlen phah thin.

Zâwngghri hi, awm ngaia awm reng thei virus, a hmun duh zawngah a bik takin hmun rovah phei chuan thla tam tak pawh nung thei a ni. Chhûatah emaw bangah emawte chuan thla tam tak châmângin, chu ina lo lûtte chuan an la kai thei a ni. Pankhir leh phuhlipte atang hian kai a awl êm êm a. Khumpuan chuan puansûkna hmunah virus chu a pu darh a. Damlo pindan boruâkahte chuan a lêng vêl thei a, chu pindana lehkhathawn ziaak ngawt pawh chuan a pu darh thei a ni.

Pankhir leh phuhlipte aţang hian kai a awl êm êm a. A hmei a pa, tar leh tarlo pawh, him zo an awm lo, mi mawl zingah a rapthlak lehzual niin a lang.

A veitu tuar dân aţang khan a hriat theih, tangseh ai chuan a nasa zawk daih mai. A awm hlê hlê thei lo va, hreh-awm a ti hlê thin. A lû a nâ a, a zâng a lo na hlê a, a luak a, a chau dêr thin. A khawsikin 103° leh 104° te a thleng a, a mar phu a rang bawk a. Zâwnghri chu hmaiah te, kutphah leh kephahahte a lo na chhuak a, an lo na rual thawt mai a ni. Hei hi tangseh nêna a inanlohna a ni, tangseh chu zawi zawia lo na chhuakin, hmel hrang hrangrawn puin, taksaah deuh chauh arawn bawl chhuak a. Zawnghri hi chi thum a awm a, na vak lo aţanga na fe chi te nê. Chuvangin thi zât hi za zelah 10 aţanga 60 emaw 80 emaw lai pawh an tling thei a ni.

Enkawlna: A damdawi bik chiaah a awm chuang lo. Damlo chu a nuam thei ang bera awmtîr tûr a ni. Pindanah khung hran nginaî tlat tûr a ni a, mi pakhat emaw pahni emaw chauhvîn an enkawl tûr a ni. A enkawltute chuan kawr bik an ha tûr a ni. An chhuahsan dawn velel phelhin, pindan chhûng lamah chuan an khai tha tûr a ni. Bialtu daktawr hnênah a rang thei ang bera hrilh a, enkawl na tha thei ang ber hman tûr a ni. Khum khuhna puan leh a vun chu in dek lo turin mutna remtakah muttir tûr a ni. Antiseptic-in kam thuah tir fo tur. Thirfiantê khat chi tui lum pint khata pawlh hi kam thuahna tha tak a ni. Ti hahdam turin damdawi phenoharbita angte pawh pek tûr a ni a, a châng chuan a na chhâwk tûrin morphine te pawh pêk thei a ni.

Hnai awmna a lo bawl chhuah hun lai chuan, natna dang a kaihchhuah loh nân terramycin emaw penicillin emawin chiu tûr a ni. Chutianga lo bawl chhuak pakhat pawh chu a pun chuan, penicillin emaw bacitracin ointment emaw hnawih tûr a ni. Enkawlna dang tehchiam a tul lo.

Banzai: Zâwnghri danna tha ber chu kum thum dan zêla bân vawikhat zai hi a ni.

Kum 1796 hma lamah kha chuan zawnghri tihdam dân emaw, dan dân emaw hi an la hre lo va. Mahse chumi kum chuan English daktawr Edward Jenner chuan zâwnghri dan nana bân zaina damdawi a hmu chhuak ta a.

Mihringa zâwnghri rawn siamtu thil tê tak tê, (micro-organism) hian bâwng pawh hi mihring ang deuhvin a tina thei a. Tin, bân zaina damdawi hi chutianga bâwng damlo atanga tui (lymph) an lâk chu a ni. Chu chu mihring taksaah an thun a, an thunna laiah chuan bân zai pânte pawh a lo awm thin. Chuvang chuan khuate pawh a sik thei a Hemi hnuah hi chuan rei deuh zâwk emaw, reilo deuh zâwk emaw tal chu, zawnghri lénnaah pawh awm mahsela, mi chu a him tawh a ni.

Jenner-an bân zai a hmuhchhuah chinah chuan ram tam takah chuan sawrkar thupêkin mi zawng zawng an zai a, chuvang in tun kum 100 liam ta chhûnghah khan zâwnghri avanga thi pawh an tlêm sâwt êm êm a ni. German ramah pheih chuan 1874 khan sawrkarin ban zaia, zainawn leh theuh tûr tih dân a siam a. He dân hian nausen zawng zawngte chu thla sawm-pahnih an nih hmain bân zai a, kum 12 an niha zai nawn leh ngei ngei turin a phûl a Chumi kum atang chuan German ramah zâwnghri a lêng tawh ngai lo Chutianga tive ram dangte pawh an hlawhtling zêl a, chuvangin tunlai hian ram tam tak chu he natna kai awlsam tak leh hlauhawm tak atang hian an zalên tawh a ni.

Bâwng, zâwnghri vei atanga lak lymph (tui)-a bân zai chauh hian mi a vêng him tak tak a Naupang tinrêng kum an tlin hmaa an bân zaia kum thum dan zêla zai nawntir hi nu leh pa zawng zawngte tih tûr a ni.

Phar:

He natna hi hmasang pawha awm tawh, chhuan tam taka mi lo tihrehawmtu chu a ni Chhûngkuaa chenko reng atanga inkai niin a lang. A hrik chu T.B. hrik nêl a in ang viau. Hnapahte, beng leh vun pânkhirahte hmuh theih a ni.

Phar hi chi hnih a awm a. Pakhat zawk chu vunah hian 10 cm vèla zauvin sen lâr deuh, duk lam hret emaw, sen dâng lam deuh hian a rawn durh keh chhuak a. Chumi hnuah vun thuk deuh atâng hian a lo bawl chhuak a, sakeibaknei hmai ang mai hmêl a rawn puttir thin. A chi dang erawh chuan hriatna thazâm a khawih a. Vunah hian dâng deuhvin a lo bawl chhuak a, fuke hmawrah a ni duh bik. A chang chuan taksa pum a huap thin. Hetianga a awmlai hian a nâ hre miah lovin mi chuan a vun chu a kheuh pilh thei a ni. Reilo têah thûk takah pân a lo awm a, mahse a na si lo, a nat miao loh avangin, kahhitna tel lovin an tisa thi laite chu daktawr chuan a hlep thla thei a ni. A kut zungtange leh kete pawh chutiang chuan a lo awm thei a. Hetiang hian phâr-na chi chu a lo thleng thin a ni. A zungtange chu a tisa a tawih vang ni lovin, a veitu chuan hre si lova a tihnat reng avangin a thlawn mai thei bawk. Entîrân, phâr chuan na hre miah lovin meiling pawh kutin a thurin, a theh kîr leh thei a, mahse chutianga tih chuan a kut zungtange a khawih chhiat dân tûr chu hriat sa a ni.

Enkawlna: Sulfones chi khat hi a ngeih viau mai. Daktawr hrih ang zela ei tûr a ni. He enkawlna hi, a hrik an thi chian ngei nân, kum tam tak chhûng chhunzawm tur a ni. Streptomycin leh dihpdrostreptomycin te pawh hi anhmang a, damdawi dangte pawh an la zawng mêk a ni.

Tuîhri:

(A hriatna leh enkawl dân atân Bung 25-na chhiâr la)

A awm phawt chuan, a hmasa berin, a fâla dah theihna tûr damdawiinah luhpui vat tûr. A awm loh chuan, damlo chu pindan, khum leh thuthlêng leh dawhkân chauh awmnaah tukverhah leh kawngkhârah tholên zar phui tûr.

khung tur. Tukverh hawn tur, a awm chuan tho loh loh nan

Êk chu fimkhur taka thah-a phum a nih loh chuan, mi pakhat chauh pawhin khawpui lian tak pawh tuihriin a nattir

vek thei a ni. Êk chu ðinah khawla, paih hmaa damdawi chak tak, dettol emaw phenol emawa dârkâr khat chiah hnuah paih chauh tûr a ni. Luiah emaw, dilah emaw, tuichhunchhuah kia-ngah emaw êk chu paih rêng rêng suh. Tuihri vei êk chu phûmbo vek tûr a ni.

Dettol tui chaktâwk a awm loh chuan lui emaw, dil emaw aţanga feet 100 tala hlâah lei lai khuar a, chutah chuan paih a, chinai emaw vut emawa vur chhilh zêl tûr a ni. Hei hi ţal chhûng chauhva tih chi a ni. Furah chuan, damdawi a awm si loh chuan ðinah emaw dah khawla, paih hmaa chhuan so zet tûr a ni.

Tuihri vei êkah hian tuihri hrikte chu a awm avangin a hlauhawm êm êm a ni; anţam chi tia lek a themtê pawh chawah emaw tui in turah emaw a tlâk palh chuan, chu chaw citu emaw tui intu emaw chuan tuihri chu a vei mai ang.

Tuihri vei ei leh inna bungbêl chu chhumso zet loh chuan, damlo pindan atang chuan lakchhuah tûr a ni lo. Hmui leh kutahte chuan natna hrik chu a awm avangin, tuihri vei khawih hnu leh hmuin a khawih hnu rêng rêng chu hrik a kai tawh avângin midangin a hmang tûr a ni lo. Tuihri vei enkawltu nurse chuan antiseptic tuiah a kut a silfai fo tûr a ni. Zungţangte a hmuam tûr a ni lo. Damlo pindanah engmah a ei tûr a ni lo. Chaw ei hmain a kut chu sabon leh tuiin a silfaiin, *vetavlon* emaw *antiseptic* tuiah emaw minit engemawti a chiah leh zet tûr a ni.

Damlo chu a dam hunah, a awmna pindan chu Bung 22 a a sawi ang hian, a chhûnga hmanraw awmte nêh hian a vaiin damdawia tihthianghlim vek tûr a ni.

Tuihri Kai Loh Dân:

Tuihri hrik hi kâa lût a nih fo avangin he natna kai lo tûr chuan, chaw sa tak eia tui chhuanso hnu hiir in hi a ţul ber mai. Tin, ei tûr tho bawmtîr loh hi invênna dang pakhat chu a la ni bawk.

Kut zungţang hmuam loh tûr.

Thei leh thlai helte ei avângin mi tam takin an vei bawk thin. Sabon leh tuia ngun taka silfai phawt hi invênna awm-chhun a ni mai.

Kawkhawh, khawsikpui leh diptheria-a invênna dânte kha zawm vek bawk tûr a ni.

Tuihri Vei Lohna Dân Sâwm:

1. Thla ruk danah a dannain inchiu ziah rawh.
2. In tûr emaw kam-thuahna tûr emawa tui hman tûr rêng rêng chu chhuanso emaw, thlitfim emaw, chlorine-a tihthianghlim hnu ni ziah rawh se.
3. Chaw chhum hmin, la sa tak chauh lo chu ei suh.
4. Dawnfawhte, fanghmâte leh thei ei mai chite chu ngun taka silfai leh tihfai zet loh chuan ei suh.
5. Khawlaia eitûr zawrh rêng rêng chu, a rem dân ang zêl a, chhum so, chhumhmin, silfai emaw kheh emaw a nih loh chuan ei suh.
6. Tuihri veiin a hmanhnu, a pindan ațanga lâk chhuah rêng rêng chu, hrukpuan te, rawmawl te, khumpuan te, belthleng te leh thirfian te pawh, tuisova tihthianghlim zet loh chu khawih suh.
7. Tho te, chukchû te leh fanghmir te hian tuihri hrik an pû a. Heng rannungte hian an bawm loh nan chaw chu chhin that tûr a ni. Thovin chaw a bawm loh nân fimkhur leh zual tûr a ni.
8. Ei leh in tûr khawih hmain sabon leh tuiin kut silfai tûr a ni.
9. Tuihri lenna hmuna chengte lakah inthiarfihlim hrâm rawh.
10. I zinnaah no, hmaiphihna thleng, hrukpuan etc i ta ngêi keng zêl rawh. Hotel leh relahte no leh thleng hman tûra an dah hman hi a hlauhthâwnawm a ni.

Chaw Kalkawng Khawl Natnate

Pum pai nuam lo hi ram luma chêngte in sawisêlna lar ber pakhat a ni. A châng chuan chaw eiin a tihnat chu nimahse natna hrik vâng a ni fo zâwk. Chaw paitawihna khâwl hrisêl tâwk lohna hi natna benvawnah pawh a chang duh hlê; chu-vangin insawisêlna kan neih phawt chuan a rang thei ang berin tihdam tum tûr a ni.

Paitawihlohna (Indigestion)

Indigestion hi tunah chuan dyspepsia (pumpui chaklo) sawi nan hman a ni ta zâwk a. A hnuhnung zâwk hian pum lam natna tam tak a huap a, chutichuan tunah natnate chu kan lo thliar hrang a (ulcer te, cancer te, colitis te leh paitawihna khâwl enkawl diklohna vang a natna lo awmte) leh natna dang lo lan chhuah dânte pawh a huap tel a. Tin, *peptic* ulcer leh cancer thu kan sawi ang a, mahse *gestritis*, pumpui vûng natna hi kan sawi hmasa phawt ang.

Pum nâ hian natna dang engpawh, influenza, tangseh emaw *dehydration* emaw pawh a tichhuak thei, mahse chutiang a lo awmna chhan chu pumpui nat vâng ni lovin, hriatna thazâm

a tihbuai vâng zâwk a ni. Hei hi a tlangpui thu a ni a, kan han sawi tel mai a ni a.

Thu "itis" han belh hian, taksa pêng hming engah pawh nise, chumi lai lo vûng emaw lo inhampuâr emaw sawina a ni thin. Entûrnân appendicitis chu 'appendix vûng' tihna; colitis chu colon vûng; encephalitis chu encephalon (thluak) vûng, tihna, chutiang zêlin a ni. Chutichuan gastritis chu pumpui vûng a ni. (Greek jawng chuan pumpui hi gartros a ni a) Gastroscope an hmuh chhuah hma chuan hei hi a mahin natna a ni ve rêng tih an hre lo va, natna dang rawn kaihhruai emaw an ti mai thin. Mahse he hmanrua hian dâktorte chuan pumpui chu an en thei ta a, a bang awmdânte chu an hmu thei ta a ni. Pumpui vun chhûngnung zâwk lo vûng leh khawi lai lai emawa thi chhuak leh cell a chhiatna lai hmuna têt deuhte pawh chu an hmu thei a. A châng chuan hliâm sen deuh, a laia arngeng hnâi ang deuh nei te pawh an hmu a. Hêng hi lian tak tak inchi $\frac{1}{2}$ leh $\frac{1}{2}$ lâia zaute pawh a ni.

Gastritis awmtirtu hriat hi mitin tân a tul a ni. A chhan pawimawh tak tak pangâ a awm.

Chaw diklo: Mosola tam lutuk hian mi a kâng thei tih hriat chian a ni. Anam pawh hi vun a dah chuan a tithûpin, a kâng thei bawk. Thisen kawng a tihzau hma, minit 15 vêl chu vun hian a taur thei. Thingmarcha pawh hian mi a kang thei. Hmarcha hian pumpui thleng hian a kâng thla zêl a. Hêng thilte hian vun pawnslama an tih theih ang tho hian pumpui vun thuahnaah pawh an ti thei a ni. Chuvangin gastroscopœa han en hian, thi chhuak te, cell chhia te pumpui vun chhûngnung zâwka sen deuh hir hiâr te a lang hi a mak lo ve. Cinamon, clove, sawhthing, nutmeg leh mosola chi dangte hi tlem tê têa telh chuan a pawl lo va, mahse chaw rim ve rêng ti reh daih khawpa telh chuan a tam lutuk daih a ni. Mosola rim a duh zual a, chaw ei tûr chu a rim pângngai a duhloh telh telh loh nân mi chu fimkhur rawh se.

Kawfi leh thingpui pawh hian mosola ang bawka mi an tihchhiât theih avangin in loh tûr a ni. Tûr (caffeine) an pai

avâng pawh hian duh loh tûr an ni a, chu chuan mi a chiah puâmin pumpui a tinuamlo thei a ni.

Chaw hrawmhraw tak hi pumpuiin a ngeih lo va, chuvangin thial chip tûr a ni. Chip taka thial hi a pawimawh êm êm a ni.

2. *Alcohol*: (Zu) Hei pawh hian mi a kâng thei. Hriatna thazâm a khawih pawî bâkah pumpui a tisenin a tihliam thei a ni.

3. *Thil Sa Tak In a Pawina*: Mi tam tak chuan thingpui emaw kawfi emaw a sa taka in an duh a. A sa thei ang ber an duh hiâl a ni. Kâ a pelh hnu chuan mi a kang tawh lo niin a lang a, mahse a kâng tho si. Hrawk leh pumpui hian sâ chu a tuar chak hlê na a, mahse a pawina chu hmuam ta reng ila, chutia biang leh dang chunglam emaw a kâng pilh thîn ang bawh hian pum leh hrawk vun chhûng nê̄m chu a kâng chhê thei a ni.

4. *Puar Lutuk*: Mi thenkhat chuan an pumpui chawin a tâwnmar tâng zet loh chuan an kham khawp an hmu ngai lo. Hei hian pumpui chu hna a thawh thattir thei lo va, chuvangin pumpui ti vûngtu pakhat a lo ni thîn.

5. *Damdawi Lam Thatlohnate*: Mi tam tak chuan aspirin hi an ei cham chî mai a, hei hi pumpui tivûngtu bawh a ni. Ammonium chloride te, quinine te leh digitalis te pawh hian chutiang bawkin mi a tichhe thei a, chuvangin dâktawrin tûl a tih ang zela ei chaub tûr a ni.

Peptic Ulcer:

Peptic Ulcer chu pumpui emaw, duodenum (chu chu rîlfâng bul pumpui zawmtu) pân sawina a ni. He natna lo awmna chhan chu rilru hahna leh chaw dik lo leh mimal bawrhsâwmna inkawp vangte a ni. Mi thenkhat chuan rilru an tihah lutuk a, an tûr ngut reng thîn. Chu chuan pumpui a khawih pawî fo thîn. Tihrâwl kha a lo ti mar a, chu chuan êk chhuah tûr a tibuai a. Chu chuan paitawihna a khawih buai leh a. Chutia pumpui tihrâwl inthlah dul thei lo chungah chaw lo chhuak,

řila lût tûr chu a harsain a na ðin a ni. Nakin deuhvah chuan ulcer (pân) a lo awm a. Achâng chuan hei hi pumpuiah a awm a, mahse *deodenumah* a ni duh fo zâwk. Inchi khat hmun lia ðena hmun khat aţanga inchi khat laia zau te pawh a ni ðei bawk.

Hriatnate: Peptic ulcer hi na ðei miah lovin a vei ðeih a; amaherawhchu dan tlangpui thua chuan (epigastrium) ðin hnun ah hian nâ emaw, sahal deuh emawa hriatna a awm phawt ðin. Chu chu chaw eiin a reh a, mahse darkar khat vêl hnuah a lo awm leh ðin. A châng chuan hun engemawti chhûng zual lam pan ni âwm takin a awm a, hapta engemawti chhûnglai chu a reh leh bawk si ðin.

Enkawlna: Sippy powders hi kum tam tak chhûng chu an hmang tawh a, ða hlêin an hria. Mahse tunhnai deuhvah khan, chutiang chuan taksaa acid hmunpui kha a tibuai ðei tih an hmuh chhuah avangin, pumpuia acid awm tibuai lo tûrin damdawi dang an zawng a, he natna tihdamna tûr si hian. Aluminium hydroxide leh aluminium trisilicate hi ða hlein an hria a. Ei tam lutuk pawh a hlauhawm lem lo.

Ulcer veite chu tang ðeuh hmêl an pu kher lo ðei; mahse chhungril lamah chuan an tang ðeuh si. Chutianga tihrâwl in-pawt tawm ti hahdam tûr leh tan ðeuhna tidam tûr chuan *tincture of belladonna* thirfian tê chanve dârkâr li dan zêla ei a ða; mahse he damdawi hian kê a tiro va, a hmantlâkna a titlêm bawk a, chuvangin a hrehawm zual chhûng chuan tan ðeuhna tireh tûr chuan *milltown*, *largactil* leh mi tinuam ðei dangte ni khata vawi hnih vawithum ei tel a ða.

Chaw a mâmin a nê m tûr a ni. Damlo chuan thla khat vêl chu bâwnghnute ringawt ring rawh se, amaherawhchu artuite, balhlate, ðei leh thlai sâwrte a eitel ðei ang. Alcohol, thingpui, kawfi, vaihlo leh mosola bânsan a tul.

Ulcer tihdamna ða ber chu rilru a ni. Thil hmuh ðin a hahdam a, a hmuhnawm hian a dam sâwt a, mahse rilru hahna riaute a lo awm hian a na zual si ðin. Amah ti hrehawm ðei thil ðeuh mi a hmuh leh kawm loh hi damlo tân a tum ber tûr

a ni, hei hi a tih theihloh pawhin engpawh nise ngaihtuah loh hrâm a tum tûr a ni.

Natna belhchhah theite: Natna pathum lo awm theite a awm a, pahnihte chu hriat lăwk lohvin a lo awm thei a ni.

1. Pumpui pân nâ kha a hnûnah a ni thin a; a pân chu a lo sêrin a lo tawm a, chaw kalkawng a lo zîm thin a ni. Hetiang a lo nih hian damlo chuan chaw tak a lo ei hian a luak a, tuiril chauh a ei thei ta thin a ni. Hetiang enkawl tûr chuan pumpui leh rîl zawm a ngai a ni.

2. Damlo chu Coffee rawng ang pui pui leh thi lăr tak in a luak thei a ni. Hemi awmzia chu a pân atagin thi a lo pût vak tihna a ni. Damlo chu damdawiin ah dah vat tûr a ni. In lamah chuan mut mai loh chu tihtheih dang a awm mang lo a ni. Damdawiinah chuan thi danna te a chiu theih a ni, damlo thisen neih zât te an lo en theia, a ngai anih pawhin thisen pêk leh inzai pawh a tih nghal theih a ni.

3. Damlo chu vawilehkhatah a pum a lo nâ thut in a dul vunte a lo ruh tlat thei a ni. Hei hi pumpui pân a vawp in pumpui a thûr leh thil awmte lo chhuakin pumah a lo awm a, chu chuan a ti nâ ta vak a ni. Hei hi enkawl thuai loh chuan thih mai na a ni a, chuvangin enkawl vat tûr a ni.

Pumpui Cancer

A natna lan dân a tam avangin pumpui cancer leh pumpui nâ hi hriat hran a harsa hle. Mi kum 40 aia upain pumpui lam in sawisêlna a neih chuan rang takin a in entîrin X-ray pawh a ti tûr ani. Chaw ei tui lo leh pum nuam lo, a bik takin pum sang lam ah a nih chuan a in entîr fo tûr a ni. A châng chuan puar ul a inhriat te pum sa hum hum te, a awm thei. A tam berah chuan damlo chu a lo cher tawlh tawlh a; mahse hei hi a tir teah chuan ni lovin a lo rei deuh hnuah a ni thin. Chaw ei tui lo leh pum nuam lo chuan a rang thei ang berin a in exam tîr thin tûr a ni.

A tlai lutuk hmain natna rêng rêng a chhan kan zawng chhuak vat tûr a ni. Hetia in entîr vat hi dawî-h zep vang ani tih ngaihdân hi bânsan tûr a ni. Chuvangin in entîr var thin tûr a ni. Inentîr hi thil zahthlâk a ni love.

Ka Nâ

Kâ natna chhan chu anaemia, diabetes, khawsik sen, sentût leh hrilâwn emaw, vitamin eng ber emâw tlakchham vanga ni thei. A hnuhnung zawk hi a ni duh zawk nghe nghe. Rei tak kâ na tawh tân chuan multi-vitamin ei tẽuh a tha. Chu chu a that pui deuh chuan a nâtna chhan chu vitamin tlakchham vâng a ni nggei tih hriat theih a ni.

Tin, in kai chhâwnna hi, ka nâtna chhan lâr tak a ni a, a dik tak phei chuan, ka nâ pangngai ai hian a tam zâwk, Entîr-nân, Vincent's angina hi, ka nâ nasâ tak, khawsik tel nâ chî a nia. Natna hrik hi sei deuh, thlep lî thlep ngâ vêl a chhawkawlh nghiat, rul ang tak a ni. Hetiang ka nâ hian penicillin a ngieh hlê.

Kâ natna tânglâwn deuh dang leh chu monilia hi a ni. Englo (fungus) lo chawr vâng a ni a, nausên ka nâ a ni duh bîk. Ka chhûngah hian vâ pawng deuha awm thliah a. Hemi damdawi hi chu 1% aqueous solution of gentian violet hnawih hi a ni.

A châng chuan lei hi dumin a hmul them a, anih loh leh a senin "a bawngti" viau va. Hei hi pellagra an vuah a, nicotinic acid tlakchham vâng a ni. A châng chuan penicillin lozenges hian lei a ti dum thei bawk. Kamsîr khichat hi chu riboflavin tlakchham vâng a ni.

Kâ natna chan dang chu ka enkâwl that loh vâng a ni. Ka chu a fai thei ang ber a vawn tûr a ni, chuvangin chaw ei kham apianga ha nawhfai hi chin hlen tûr a ni. Ha karah hian chaw them tân reitûr tûr a ni lo, chutilochuan bacteria (natna hrik) in hna a lo thawk hman thinin, hâ a ngêt thei a ni. Ha nawhna narân hi a to lova, mitinin neih theih tum theuh tûr a ni. Ha

nawh hian, a nawhna hmul hian ha kâr a hawl fai vek theih nân chhuk leh chho zâwng a nawh baw k tûr a ni.

Kâa thil lûtah hian fimkhur tûr a ni. Zungtante, pawisate, pensilte, hlobet hnahte, thei kheh loh leh silfai lohte, thlai hnah chhumlohva salad siamte leh thil dang tam tak kâa lût hian ka chhûng hnawng lum deuhvah chuan natna hrik chu thanlenna hmun nuamah a hruai lût a. Chawzawrhna dâwra an note chu, azuartu chuan him tawka tihthianglimna a neih loh chuan hmang ve mai mai suh. Vantlâng hman hnu novin engmah in suh.

Kuhvakhâwr ei chin hi sawi tel tûr a ni. He turina (hmun dangah sawi fiah a ni) mi a tihchhiât bâkah hian, kâ a tihchhiât zia hi ngaihtuah tham a ni. Chinai leh Kuhva them hian hâ a nawt ral a, hahni thlengin a nawt ral thei a. Hate a tihriam a, chu chuan lei a ziat nâ a, cancer-te pawh a lo awm thei baw k. Englai pawha a innawh reng hian a ni bik thin. Vaihlo tûr tîem pânkhawra tel hian cancer a siam thei a. Pân ei mi zînga khabe cancer tam bik hi vaihlo telna an hmuan rei vang a ni thei e.

Irhfiak (Hiccup)

Irhfiak enkâwl na bik a awm chuang lo. Damdawi a ngah êm avangin a enga mah hi ngeih tak tak a nei lo tihna a ni. Engpawhnise damlo chu a chauh hmain a tihrâwl inpawt mar lutukte chu tih reh tûr a ni.

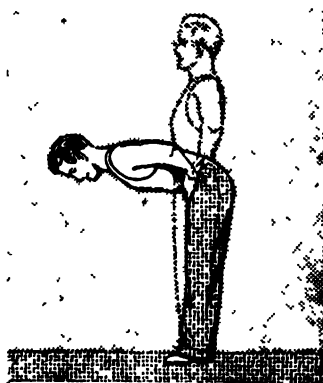
Hengte hian enkawl theih a ni :

1. Thâwk la vak se, theih ang chena rei thaw chhuak lovin awm rawhse.
2. Tui vawt no lian pui khat in rawhse.
3. Lehkha ip chhûngah thaw rawhse.
4. Mitmu fimkhur tak leh nghet takin nem rawhse.
5. Aluminium hydroxide leh Aluminum trisilicate mum ei rawh se.
6. Throat lozenges, nupercaline emaw anaesthetic awmna chi ei rawh se.

7. Largactil milligrammes 100 ei rawhse.
8. A nasat viau chuan dâktawr koh tûr. Kua a ðuah sak mai thei a, a nih loh leh etropine tlem te (0.4mg) dârkâr li dan zelah a pe mai thei.

Ekkhal-pumna (Constipation)

Kan finnain hma a sâwn zêl lai hian hunbi fel tak neia dailên lohna pawh a punlun ve zêl tlat mai. Tha taka dailên ti nuamtute hi kan tunlai nun atang hian zawi zawiin kan bansan zêl a. Mahni kan in endik fo loh chuan thil tha lo tak tak pawh tih kan ching hlen ang tih a hlauhawm.



EKKHAL-PUMNA VENG TURA INSAWIZAWINA CHIHNIH

Kea kal mai theihnaah pawh lir theia chuan duhna hian, mi tamtak chu an insâwizawina tûr a hlohtîr thin. He thilah hian an pute hlâwkna tûr kha chhiahhlawhten an chan khalth fo thin. Dawrkai chu a ðu a, tangka a lo dawng a, a tirh vêl ðhina chu a che renga, a chang chuan dâwr bungraw la tura chunglama a han lâwn chhoh chang tēpawh a awm thin tih kan

hmu zing hlê mai. Tin, Ekkhal-pumna siamtu thil thalo tak dang chu chaw ei duh tui lutuk hi a ni. Ei tûr denfai leh silfai leh thlit fim lutuk hian chaw atanga thil tha kan dawn tûra tibo thîn. Engtingge kan tih tak ang?

A hmasa berin, kan hnathawh chu insawizawina atana rin nghal chi a nih si loh chuan nitin, dârkâr chanve leh minit 45 vêl inkâr tal chak taka kea kal vak vak tûr a ni. Ke leh dula tihrawlte hi hman tûr a ni, êkah bawlhhlawh paihchhuak tel tûra an tangkai avangin. Zing emaw tlai emawa insawizawina tha tak neih hi a tha. Thirsakawra chuan hi a tha hle, chak deuhva rah nghauh nghauh pei chuan. Muang deuhva kal tial tial chuan hlâwkna engmah kan hmu chuang lo. Ek chauh ni lovin, insawizawina tha chuan thisen leh thisen kawngte pawh a vawng tha a. Thahrui hmanga eng ilo thawh hian thisen kal a siam tha a, thisen kawng a natna leh pumna lo awm tûr chu a vêng a ni.

Zing thawh hlim hian tui tam tâwk tak in ziah tûr a ni. A vâwt emaw a lum emaw pawh, mahni duh dân ang anga in ni se.

Tukthuan hi ei teuh tûr a ni. Fang pum leh thei ei tel teuh ngei tûr a ni. Apple te, theite te, thingfanghma te, limes te, chikoos te, custard apple te, serthlum te, theihai te, kawltiei te, balhla te, pawh, a awm hun lai a nih phawt chuan ei tel tûr a ni. Ei ngei hlawn tûr a ni.

Dailen hun tha ber chu zing hi a ni. Zânah hian chhun lama thil bawlhhlawh kha ril puah a rawn in sawn a, chu chu êk chhuah tûr a ni I êk theihloh chuan sabon them mum, zungtang tia vêl la la, tihuh la, mawngkuaah hawh lût rawh. I e nghal mai ang. Ek hmahruai chhuah veleh kham nghal zui tûr a ni lo, rilpui lama awm a lo thlen a, êk chhuah nghal nân nghah rih deuh tûr a ni. I êk chhuah lohva, a tuk leh thlenga I pai chuan ek a harsa leh deuh ang. A tîrah chuan a awlsam fahran lo vang, mahse ngaiah he remruatna hi i neih hun chuan i hlawn tling mai ang. Thlai chi hnâng telna chaw vawi khat tal nîtin ei ziah tûr a ni. Chaw ei kâr lakah tui in teuh teuh tûr a ni.

In paih thâwl dân tha chu a tawi zawngin hetiang hi a ni :

1. Zing thawhín 'tui no khat in tûr.
2. Tûkthuan ej t̃euh tûr.
3. Thei chi hn̄ih chi thum tal ei tel tûr.
4. Tûkthuan ei hma a nih loh chuan, ei khamah dailên ziah tûr.
5. A t̃ul chuan sabon mum hman tûr.
6. N̄itin insawizawina tha tak tak neih ziah tûr.

Mawngkaw Bula thisen Kawng lo Vûng or Pan (Hoemorrhoids)

Mawngkuaa thisen zâm (vein) te chu chho zawngin a luang a; a lét zâwnga a luan loh nân khârkhep a nei thliah a. Ek a sak h̄lê hian vein chu a neksâwr a, a khârkhep chu lehawn zâwngin a nawr thla th̄in. Chu chuan vein chu a ti vûng thei a, nakin deuhvah phei chuan varicose (vein natna) a rawn siam th̄in, chu chu hoemorrhoid kan tih hi a ni. Mawngkaw pawn lamah a nih chuan external hoemorrhoid a ni a, chhûnglam a nih chuan internal hoemorrhoid a ni. A ch̄ang chuan external hoemorrhoid chuan thisen kawng a tiping thei a, a n̄a duh viau mai. A tipingtu chu paihin dâktawrin a tidam thei. Internal Hoemorrhoid chu a hmuh theih ve loh va, mahse dailên hian a hriat mai th̄in. Ek a sak hian a ni duh bik a, Chhûng lamah a n̄a fik riau va. A chang chuan êk kham dawn lamte hian a tawn thi chhuak a. Cancer a ni lo tih hriat nan endik thuai tûr a ni. Hoemorrhoid a nih a, a thi fo emaw a nat deuh reng emaw chuan zai mai tûr a ni. Chutiang bawkin a pawn lama mi pawhin mi a tihbuai fo chuan paih mai tûr a ni.

Hoemorrhoids a lo awm t̄irh chuan dim taka enkâwl tûr a ni. Hunbi fel tak neia dai len ngei ngei tûr. Thirfiante khat, nitin vawihnih, mineral oil ei tûr, chu chuan mawngkuaa a ti n̄al a, êk a chhuak awl a ni. A nat viau chuan vawta deh hian a dam thei bawk. Tuilum ipah tuivawt a khatin dah la, chu chu mawngkaw zâwnah nem bet la. Nupecaine emaw rectal ointment

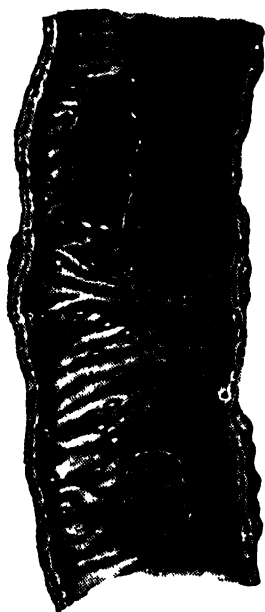
chi dang emaw pawhin a ti nuam thei baw. Mineral oil ei rei
erawh chu a tha lo. Vitamin A leh D a kalbopui thin avangin.

Khawsikpui (Typhoid Fever)

Khawsikpui hi natna hrik 'E. typhoid' an tih rawn siam a
ni a. Tui, bawngnhute leh chaw bawhlhlahw atanga in leh ei
tel a ni thin. He natna vei zinga za zela pathum vel hi pudarhtu
an ni; chu chu an taksaah khan chu natna hrik chu an vawng
a, chaw leh tui leh thil dang an khawiha an hnawih zel thin.
He mi avang hian hri a len lai phei chuan fimkhur êm êm theuh
tûr a ni. Chhuan so zet loh chuan, dil, tuikhuah emaw lui tui
emaw in rêng rêng suh u. Tui chhun chuah pawh a him bik lo.
Typhoid hrik leh natna hrik dang (micro-organisms) hian tui
bawhlhlahw in atangin taksaah luhna an hmu a, chuvangin kan
in vêng reng tûr a ni. Vantlâng no leh rela kawfi zawrhna note
hi a thianghlim zo lo. Thei, chhum lohva ei chi rêng rêng chu
tui leh sabon a sil emaw, kheh emaw, duh ang tak chuan silfaia
kheha, ei chauh tûr a ni. Naupangte hi an infiamna hmun thuah
an fimkhur tûr a ni a, an kut silfai sak fo tûr a ni. Typhoid leh
natna dangte pawh a pu darhtu ber chu tho hi a ni. Chaw leh
natna dangte pawh a pu darhtu ber chu tho hi a ni. haw leh
nausente an bawm tûr a ni lo.

Hriatnate: Typhoid hriatna hmasa berte chu influenza
nen a in ang hle. Khawsik, luna, zângna, chaw ei tui lo, vawt
ngawih ngawih in hriat a hnar thi zeuh zeuh baw. kawkhawh
emaw êkkhal pumna emawte hi a nat dan tlângpui a ni. Hetia rei
deuh nat hnu chuan, typhoid a ni dawn tih a rinawm thin Pangsa
a sâng tial tial a, 104°F a thleng fo thin

Pangsâ sâng zêl ruala mar phu rang ve zêl thin hi a rang
sawt lo viau tlát . Hapta khatna emaw, ni sawm chhûng emaw
pangsâ a sâng zêl a, chutiang chen vêl baw chu a ngiin a awm
leh rih a, hapta lina tawpah chuan pang lum pangngaiah a tla
leh a. Thisen leh zun leh êk examna hmuna ekzam vek zeta
hriat chian chiah theih a ni.



(RIL PÂN KHAWSIK-TYPHOID
FEVER) -in RIL A EI PAWH DÂN.)

Typhoid vei, enkâwl loh zinga za zêla 25 leh 30 inkâr hi chu natna chi dangin a tlâkbuak dawn tihna ang deuh a ni. He natna hian taksa englai pawh a ti chhe thei deuh vek mai. A tamber chu ril pân pawp a ni a, zai thuai an ngai thin. Dul lam a nat hlê chuan, a ril a pawp a ni ang tih a rinawm thei hlê. He mi pawp hi tihpin a nih loh chuan damlo chu peri tonitis avangin a thi ang. Thil hlauhawm dang leh chu thiput (hoem-orrhage) hi a ni. Hei hi a nasa viau kher lo mai thei, mahse a tam viau thei bawh, chu chuan thisen pêk a ti ngai thin.

Enkâwlna: Chloramphenicol hi a damdawi tha ber a ni. Natna hrik te chu a ti hlum a, nat hun chhûng a ti tâwi bawh a. A tirah chuan capsule hnih dârkâr li dan zêlah pêk a, chumi hnua chuan a dam chian vâng thlengin capsule khat zêla nîtin wawi lî ei tîr tîr a ni. Na leh an tam êm avangin, a dam chian bal nan nî 10 emaw thleng chuan la ei zawm zêl tîr a ni. Damlo chu khumah a mu hahdam tîr a ni a, chaw pawh a nêmin a

ei tûr a ni e, khung fal tlat tûr, a mamawhte chu damlo dang ang bawka ngaihtuah sak tûr.

Inchiuna: Typhoid vei awmna vela mi rêng rêng chu a danna a chiu theuh tûr an ni. Hapta khat dan zelah wawi khat chutiangan wawi thum chu chiu tûr, chhôngkuua awm zawng zawng te chu chiu vek tûr an ni. Chumi hnuah chuan kumtin a tlipna tûrin inchiu nawn ziah tûr a ni.

Tuihri

(Damlo enkawl dân leh midangte venhim dân chu bung hmasaah en rawh) Tuihri hi natna hrik (bacterium) siam a ni a, typhoid nênkai chhâwn dân a in ang deuh reng mai. Thianghlim taka khawsak a tûl a, tuihri lên lai pheih chuan, tui in tûr leh thil silfaina tûr pawh chhuanso vek tûr a ni. Tho hian natna chu a putdarh thin avangin chaw leh nausente bawm tir rêng rêng loh tûr.

Hriatnate: Hri a kai atanga ni khat leh ni thum inkârah damlo chu a nâ tan deuh a, kawthalo a intan a. Mi thenkhat chuan, chutiangan chuan an tlingtla mai a, an huat fahran loh avangin. Arawn nat vêk vêk chuan a rang phut thin. Namên lovin kua a khawh zur zur a, ip hleih theih pawh a ni lo. Ek tui chu a pawl deuh va, chuvangin 'buhtui ek' an tih phah a ni. An law bawrh bawrh a, a chang chuan an law khawh puat puat bawh Luak leh kawkhawh a tui nasa tak a chhuah avangin rei lo têah damlo chu a ro mai thin. Thisen a mi electrolytes a kiam nasa a, chu chu keimahnia thil tûl awm ve, sodium leh potassium a bo duak tihna a ni. An tlu dêr a, rilru a chau va, mitkhur a thûk kâwk nghal mai thin. Blood pressure (thisen tawnna) a tla hniam thin. Zun tûr a awm lo va, pang lum a dai thin.

Enkâwna: Vanduai thlâk takin antibiotics te hi an tangkai faran lo.

Ek erawh chu natna hrik tel lovin an siam ngei a, mahse a natna a tidam chuang lo. A enkâwna pui ber chu tui leh electrolytes, sodium leh potassium an hloh rulh leh hi a ni, an



(TYPHOID FEVER, TUIHRI LEH RILLAM NATNA DANGTE INKAIHNAWIHNA BUL)

taksa pum tui tlachhama a chhiat loh nan. Damlo chuan a kâa tui a in theih chuan dârkâr thum dan zêlah tui sêrkhat vêl (I Quart) intir tûr. Chhûnah chuan chi grammes 15 vel a vai thua ei sela, tin, potassium chloride pawh grammes 8 leh 16 inkar vel chu pek tel tûr, damdawi dâwrah chuan a awm deuh zêl thin. Tin, tincture of belladonna far sâwpangâ vêl, ni khata vawi li emaw pek hian a ek zin lutuk a tikhat thei a. A nâ chhâwk nân chuan morphine pawh pek a tul mai thei. Damlo chuan tui chu a in theih loh chuan dâktawr emaw, nurse emaw, damlo thisena tui kâp lût tûrin koh tûr a ni. Nghâk khawtlai suh. Taksa a rô chak êm êm a. Hun hloh tûr a ni lo. Taksaa tui leh electrolytes ngah rêng a pawimawhzia hi hre reng rawh. Pang a daih chuan khuh lum rawh.

Invêhna: Inchiuna a awm a, chuvangin tuihri lên zinna ramah chuan thla ruk dan. zelah inchiu tûr a ni. Heng hi typhoid danna ang chuan a chak taw lova, chuvangin in thlahdah tûr a ni lo. Englai pawhin fimkhur êm êm tûr a ni a, a hri

len lai phei chuan tui leh ei tûr leh thil dang natna kaina awm rêng rêng chu ei rêng rêng loh tûr a ni.

Santen (Amoeba)

He Santen hi ram lum (tropics) ah chuan nantna lâr ber pakhat a ni a. A chhan ber chu mipui hian taksa hrisêlna dan an hriat loh leh an zawm loh vang a ni thîn. Ek inte hman loh hian, in leh khaw vela leite chu hrik chuan a fan a, chu chu a kiăng vêl a tui chhunchhuahah te chuan a lût thîn. Tin pawm lama vei awmna in hriatna nei hauh si lovin, thenkhatte chuan an lo vei reng thei bawk a. Chung chu pu darhtu an ni thîn. Chaw chhumtu atan, inah leh chaw zawrhnaa rawih an nihte hian vantlâng hrisêlna ti ralmuang lotu an ni thîn.

Kut bawhlhlawha khawih hnu chawte chu mite hian an leiin, fimkhur lo takin sil pawh sil lovin an ei mai a. Chutiang bawkin vântlâng no te leh thingpui dâwr no, in zawh hnua tleuh satliah ngawtte hi thenkhat chuan an hmang ve mai a. Amœbic santên vên nan chuan typhoid khawsik vênna dân bawk hman theih a ni.

Hriatnate: Ram lumah chuan amœbic santên vei chu a kua a khawh kher lova, mahse chaw ei kham hlimin pumpui nuamlo a hre thîn. Han enfiah chuan dâktâwr chuan damlo dul chu tai hrulah a nem a, a sir hnuai dîng lam pangah chuan a ni duh bik a.

Haluhawnate: Amoeba chu taksa khawi laiah pawh hian a kal vel thei deuh vek a, mahse thinah chauh lo hi chuan hmun dangah a lut khât hle. Hei hi a hlauhawm êm avangin Dâktâwr thiam takin a enkâwl vat tûr a ni. Dul chung dînglam pang sîra a nat chuan doctor chu kohtir thuai tûr a ni.

Enkâwlina: Amœbic santên enkâwlina damdawi a tam hlê. A then chu atebrine (quinacrine), carbonsonne, chloroquine, emetine leh a dangte an ni. Hêng hi dâktâwr chawh ang zêla pêk tûr a ni.

Kai nawn awl tak a nih avangin in vên fimkhur êm êm

tûr a ni. Fimkhûr lo tân chuan dam hauh silova dam emaw intih awl tak a ni. A dam Chiang ngei tih hriat nan, dama a inhriat chinah vawi ruk emaw exam tûr a ni.

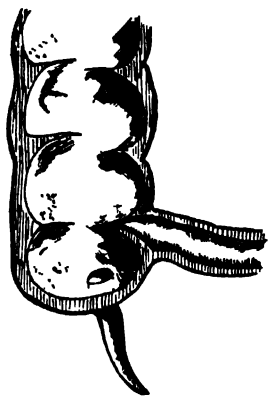
Kawkhawh (Diarrhoea)

Ek dân pangngai a, hunbi fel taka e thinin thawkkhat thil thua kawthalo a vei thut chuan a natna hrik kha chaw atang emawin a lo ei tel a ni thin. Hei hi staphylococcal hrik rawn awmtir a ni deuh ber. Kua a khawh ang bawkin luak pawh an law bawkin thin. A damdawi tha ber chu spectrum antibiotics zinga mi, chloromycetin, erythromycin emaw terramycin emaw angte hi a ni. Sulfonamides mum khat zêla nitin vawili ei pawh a ngeih viau. A dam rang hlê. A luak nasat hlê chuan, pumpui chu chawlh tir hret la, chumi hnuah minit ngâ danah thirfian te khat tui pe tan la, a pai theih dân a zirin pe tam tial tial rawh. Ek zin lutuk tih nep nân paregoric a tha hlê. Thirfianta chanve leh a khat inkâr, dârkâr chanve dan zela vawi li eitir a, chumi hnuah a kawkhawh zawh a piang chauhvâ pek leh rih tûr. A nat hlê chuan codeine pawh pêk theih a ni.

Hrik vanga kaw khawh chi rêng rêng chu antibiotics—a enkâwl a ni a, chuvangin, damdawi chu ngeiha an lan loh chuan eng brik tihnat nge tih zawh kher a tul lo.

Rîlphîr Nâ Tak

Hei hi rîlphîr nâ tak a a vûn hian a lo awm, rîlphîr chu rîlpui (êk awmna) a invuah a ni. He rîlpui (caecum) hi rîlfângin rîlpui a zawmna bul hi a ni bik a. Dul hnuai deuh dinglama awm a ni. A tinatu natna hrik chanchin chu mi naran tân zir kher a tul lo va, mahse, rîlphîr natna a lo awm hlauh takin, dâktâwr pan thuai nachang hriat nân, a nat dân hi mitin tân hriat a tul a i. Dul laivel chung hratah hian a nâ phawt a, luakin a zui a. Hunbi nei deuhvin a nâ thin, chu chu minit tiêmte kâr danah hian a lo nân a dam leh thin. Rei lo deuh hnuah chuan



(RILPUI LEH RILPHIR)
(Ek tiêm dınglama a lút lai)

rîlphîr awmna lamah, dul hnuai deuh dınglamah a nâ thın. He lai nê̄m vêng tûr hian a zawn̄a ti hrawlte chu an inpawt tawm a. Hei hi rîlphîr natna hriat theihna pakhat pawimawh tak chu a ni.

Dân naranin khawsik a sang lem lo, pang lum pangngai atanga 100° emaw 101° emaw a ni thın. A nat dan hi a danglam thei a, mahse hei hi anat dân tlangpui a ni. Kua a khawhin a khawh kher lo thei baw; dân narânin a khawh lo. A nâ chu thâwkkhata a chawlh thut a, damlo chuan nuam ta huaia a inhriat chuan, rîlphîr chu a keh tihna a ni a, damlo chu a rangthei ang bera damdawiina hruai nghal tûr a ni.

Enkâwina: Rîlphîr nâ rêng rêng enkâwina chu, a ni ngei tih hriat veleha, a rang thei ang bera zai hi a ni mai. A nat chhan hi Rîlphîr hliam nâ vang emaw, natna hrik (amœba) vang emaw, tin, hmeichhe tan tui (ova) lo chhuah zawnga nâ emaw a nih a, chhan ber hriat chian a nih loh pawhin rîlphîr paih mai hi a him ber a ni. A chhan dang pahnih tẹ avang pawh lo nise, zai chu a pawina a awm lo ang a, rîlphîr nasâ taka a vun avang a nih phei chuan, zai chu nun chhan himna pawh a ni mai thei. Pum nâ, telna chu zai chi tûr anga ngaih theih a ni a, chuangin enkâwl tûrin dâktâwr thiam hnenah hruai tûr a ni.

Rannung Pai Natnate

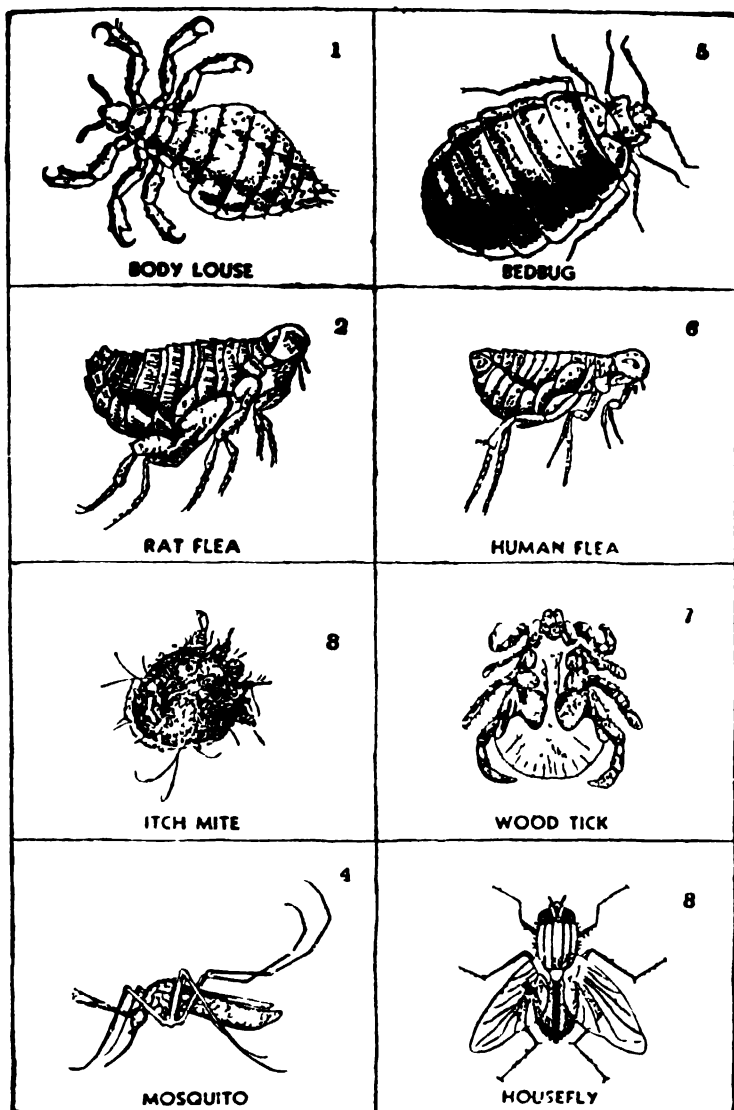
Typhus Khawsik (Typhus Fever)

Typhus Fever hian hming a ngah mai a, Lungin tang khawsik (prison fever) Lawng khawsik (ship fever) Tam khawsik (famine fever) te pawh vuah a ni bawk. Heng hming atang te hian a natna awmdân tûr chu a hriat theih mai a, chu chu, mi rethei, chaw chhe ei mi, mi tâwtnaa hmun hrisêl lova chêngte zingah hmuh a ni ber a. Tamna ramah chuan hmuh a ni ber a. Tamna ramah chuan he natna hi a hlauhawm zual bik a ni.

Typhus chu taksaa hrikhrah leh lua hrikin an pudarh thin a ni.

Hriatnate: He natna hi chhûngrila lo nâ chhuak phut chi a ni a, typhus fever tunhmaa lo nei tawh, hrikin a seh hian chu hrikin mi a seh leh atanga ni sâwmpahnih ral hmain a lo

- | | | |
|-----------------|-----------|----------------|
| 1. Hrikhrah | 2. Khumfa | 3. Sazu hrik → |
| 4. Mihring hrik | 5. Suhang | 6. Saphi hrik |
| 8. Tho | | 7. Thosi |



nâ mai thìn. A lo vawt er er phawt a chumi hnuah pangsa a sâng thut a, nat ât pawh a awl hlê. Mit a sen a, a tui a, Lû a na tlut tlut thìn. Ninga hnuah chuan bân hnunglam leh dulah a lo bawl chhuak thìn a. Dam lo chu tûr ei ang mai in a rui bûr thei a, awm hlê hlê thei thìn lo. Khawsik chuan ni thum emaw linaah emaw chuan 104°F emaw 105° emaw 106°F emaw pawh a thleng thei a. Dân narânin ni sawpalinaah chuan thaw-klehkhatah khawsik a hniam thut a. Khawsik lo hniam thut chu nasa taka thlan chhuakin a rawn zui thìn.

Nihnih emaw thumna hunah chuan taksa vunah chuan a lo bawl chhuak a. Bân leh koki vêla mite chu a Chiang êm êm a. A tirah chuan sentût bawlchhuak hi a ang deuh va. Nakin hnu deuhvah chuan chu bawlah chuan a lo dum leh a.

Enkâwltna: Achromycin emaw chloromycetin emaw ei t̃euh t̃euh hian a tidam hma ber. Sulpha damdawi an t̃angkai lo. Luna damdawi atan codeine a t̃ulin, mut hlê hlê theih nân phenobarbital a t̃ul baw mai thei

Natna p̃umpel̃h Dân: In faia cheng, kawr fai ha ho zingah he natna hi a awm zen zen lo, mi chutiang chuan a thawmhnaw leh puan thuahah hrik an neih loh avangin.

Therawm bul hnaia typhus khasik vei an awm chuan hrik seh loh nan nasa taka fimkhur tûr a ni. Damlo zinga kal a t̃ul m̃iau erawh chuan, an silhfen an va nghêng tûr a ni lo va, an khumah te an t̃hu tûr a ni lo va, damlo hâk hnu thawmhnaw rêng rêng chu an ha ve tûr a ni lo.

Damlo enkâwl nân an khum leh p̃uanthuah chu vawn fai tûr a ni a an sam pawh meh tawi tûr a ni. Damlo chu a dam hnuah chuan a p̃uanthuah leh silhfente chu tuisova chhum thianghlim tûr a ni.

Dengue Khawsik (Dengue Fever)

Dengue khawsik hi thosi thehdarh a ni a. Dengue hrik pai thosi in mi a seh a t̃anga ni thum leh ni ruk inkâr chh̃ung hian, natna chu arawn in t̃an a. Dân narânin an nâ thut a, lû chu phel tûr ang maiin a nâ, mit mu chh̃ung lam a na êm êm

bawk a. Mit a senin a tui thin. Pangsâ a lo sâng vak a, 103° atanga 105°F a thleng a. Chaw châkna a reh a. Luak a chhuakin an luak fo bawk a. Naupang chu an sualin an tawngvai bual bual thei bawk. Ni thumna ah chuan dân narânin khawsik a tla hniam leh a, thlan a sa vak a, zun huau huau leh kaw khawh nasa tak pawhin a zui duh hê. Chumi hnu chuan damlo chu ni hnih khat nuam deuh vin a han inhria a; tin, a lo na tha leh a, khawsik a lo sâng leh a. Bân leh taksa leh kêahte a lo vual chhuak thei a. Hetia khawsik lo sâng leh hian dân narânin hun a awh rei lo va, chumi hnuah chuan pang pangngai lumin a lum leh a.

Enkawlna: Enkawlna bik a awm lo. Damlo chu khumah muttir lâ, chhûn zân zawmin, tholênin zâr hnan rawh, a natna chu thosiin midang hnêna an put darh loh nân. Buhtui hnâng leh artui hmin chê chêa chhum leh thei chauh pe la. Lunâ tih dam nân lû chu puan huh emaw, vûrin emaw dep rawh Damlo chu, tuiso dah vawh leh thei sâwr tui emaw serthûr sâwr tui emaw intir rawh. A na lai chu tui sain dep la.

A natna laka invên nân, thosi lakah in vêng ngun rawh Chumi atân chuan zânah i mutnaah thosilên zâr ziah la, zinnaah pawh keng zêl rawh.

Hripui

Hripui (plague) hi Black Death emaw Bubonic Plague emaw vuah a ni. Hripui hrikin a rawn thlen a ni a. He hripui hrik hian sazu te leh rodents (hahmai zum pahnih lek ve ve, chung lam leh hnuai lama nei, sazu ang chi hi) a seh a, tichuan chu hripui lêngtirtu hrik chu sazu atângin mihringah a hliin a rawn kaitir a. Mihring vei chiah chuan hripui hi mihring suattu ropui ber pakhat a ni. A lénna hmun-ah tawh chuan a sîng têt têt in mi an thi leh mai thin.

A Nat Dân: Hripui hrik taksaa a luh atanga ni thum vêlah chuan a lo na tan a. A lo nat vêk chuan a na phut nghal

a, khua a sik a, chutah pangsa chu 103° leh 104°F ah a chho nghal a. Lû a nâ a, zâng, fukê a nâ a, luak leh kawthalovin a zui bawk a. Dârkâr tlêmtê hnuah chuan mit a sen a, hmêl a buai nuai mai thîn. Pangsa chu 107°F lamah a chho thuai thei a, chutiang anih chuan damlo chu a thi thuai thîn.

A nalo chí deuh a nih chuan pangsa chu 104°F vêlah dân narânin a chho mai thei. Bawp bul, zakhnuai leh nghâwng, thalte a lo vûng a. Heng hi a na êm êm thîn. A lo zual deuh chuan damlo chu a chau tial tial a, a tawng vai thîn.

A nat tan atanga dârkâr tlêmtê hnuah a thi thei bawk. He hri chi khat Black Death (vuna lo dum chhuakte avanga vuah a ni) vei hi chu ni hnih vêl chhûngin an thi deuh ziah thîn. Tin, pneumonic plague an tihah erawh chuan chuâplamah hri chu vei a ni ber a, ni hnih emaw ni-thum emaw chhûngin an thi mai thîn.

Enkawlna: Streptomycin hmuhchhuahna hian hripui enkawl chu a ti awlsam sawt mai. Hei hi grammes 2 atanga 4 thlengin nîtin, pang lum pangngai an nih a, chutianga nithum vêla an awm thlengin, an eitir a, Bubonic (thalbe a vang) hripui chuan sulphadiazine hi a tha a, Black Death leh pneumonic hripui chuan spectrum antibiotics hi a tha hlê. Hripui a lén phawt chuan Health Officer hnênah report nghâl vat tûr a ni.

Damlo chu pindan, tukverh inhawgah muttîr tûr. Tui vawt intîr teuh teuh tûr a ni. Khawsihah chuan bung 22—a tui vawta zût dân kha hman tûr. Puan huh vawtin lû chu deh tur a ni. Chaw atân chuan tuiril lam chi, buh tuihnâng, artui chhum hmin ché ché emaw jellied eggs te pêk tûr a ni.

A Dan Dân: Tuihri ang bawkin, mimal leh sorkarin tangrualin dan tûr a ni.

Hripui lénna bialah chuan, Sazu suat mang thak tura beih tûr a ni. Mihring ai hian sazu hian hripui chu an kai hmasa thîn tih an hriatna a rei tawh. Sazu a thih chuan hrite an kalsan a, mihring an rawn pan thîn. Sazu an seh avangin hêng hlê hian hripui hrik chu an pai a chutichuan mihring an seh hian

hripui hrik chu an thun thin a ni, tichuan hripui an vei ta thin a.

Sazu awm lohna ah chuan hripui a awm ngai lo. A suat zîr thiam tawh pâwlin fel takin sazu chu suat rawh se. Thangte, tûrte, Zawhte leh ui, Sazu man thiam chîte hi sazu suatna tha tak vek an ni. A tih dân tha ber chu chaw leh ei tûr tinrêng sazu khawih theih lohva dahthat vek hi a ni. Chaw lovin sazu an nung thei lo. Chu lovah sazu tihbawlhlah hnu chhuât leh bangte chu thiat a, Sazu dangzo bang te leh chhuât tea thlâk tûr a ni. Khawpui hmun hrang hranga sazu mante lo endikin, khawilai hmunah nge hri awm a, awm lo tih dâktawrten an hre thei.

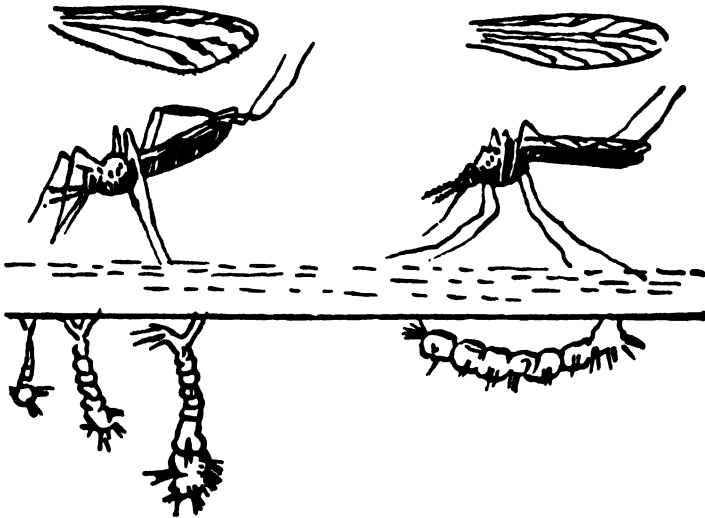
Plague serum hi inchiu nân an hman baw. Chutianga chiu tawhte chuan hripui chu chiu lohte ai chuan an kâi har a, an kai vek pawhin, chiu lohte âi chuan thihpui an tîem êm êm baw, Hripui lénna hmunah tawh phawt chuan tar leh naupang te pawh he serum hian chiu vek tûr an ni.

Hripui lénna hmunah chuan mihringin an vei hmain sazu an thi a. Inchiung emaw in bulah emaw sazu thi a awm phawt chuan, ngaihthah mai lovin, Health Officer hnênah chawplehchilha report nghal vat tûr a ni Health Officer lo thlen thlengin sazu thi chu lo dah that tûr a ni. Sazu chu kutin chhar suh ula, suah-dûrin emaw lâwk zâwk rawh u. Officerin a en hnu chuan sazu chu thûk takah phum bô tûr a ni.

Hripui hrik pai hli seh loh nân hripui lénna hmun chu tlawh loh tûr a ni Khawnvartui emaw, lungalhthei hriak thlit-fimloh emaw Flit emawa chhuat kâpin, Sazu hrik chu ina lût lo tûr a dah theih a ni. Bang bul leh pindan kila tui awmte chu kah urhsûn bik tûr a ni. DDT powder pawh hian hliete chu a tihlum thei baw.

Hripui lénna hmuna kal a tul miao chuan plague serum chuan in chiu hmasak tûr a ni.

Pneumonic plague a nih chuan, nurse leh damlo enkawltu rêng rêng chuan hmuï leh hnar tuam zêl tûr. Puan pan deuh kâra lapua pan tê zepin, hnar leh ka chu khuh tûr a ni.



Veilam: A chung a mi hi Thosi nu a ni. A hnuai ami hi a notê ani.

Dinglam: A chung a mi hi thosi narân a ni a, a hnuai ami hi a notê a ni.

Pneumonic plague hi hri hlawhawm kai awl ber pakhat a ni a. Boruak hip luh zâwng hian hrik chu hnârah a lût a, chuvangin hnar leh kâ hi khuh a ngai a ni.

Sikserh

1958 khan mihringin natna an dona chuan hlawhtlinna thar an tâwk a, chu mi kum chuan World Health Organization chuan Sikserh nuaibo tumin nasa takin an bei tan ta a. Hei hi hna hautak zet mai a ni a, mahse hrtaitu fel leh rintlâk takte thiamna hi a hlutzia rinhlelh rual a ni lo. WHO chuan DDT leh BHO—khawvêla sikserh awmna hmun rêng rêng chu kah chhuak vek tumin nasa takin an bei a. Motor leh kahna khâwl, enlenna sang tam tak an hman a. India ramah ngawt pawh rannung thahna hlo ton 129,000 aia tam hman a ni tawh.

Chik taka thosi chanchin an zir hnuin WHO chuan sikserh chu a zung-thosi atanga chhut chah an/ tum ta a. Thosi nu hian puar khawpa thisen a zûk chuan a thlawk hla thei lo va, bangah te hian dârkâr hnih vêl a fu phawt thin a ni tih an hre ta a. Bangte chu rannung thahnaa lo kah tawh ni sela chuan thosi chu a thi mai ang. Chutichuan hetiangah thosi zawng zawng hi nuaibo vek a nih chuan, sikserh lêng vêl hi a tâwp mai ang. Hei hi hreregin WHO hnathawktute chuan nawrpui an thlâk ta a, chuvangin sikserh vei chu 94% in an kiam ta a. India ramah hian nawrpui an thlâk hmaa sikserh vei chu kum tin maktaduai sâwm leh sawmpangna inkâr an ni a, tunah chuan kum tin 60,000 an ni ta chauh a ni.

WHO programme chu sikserh nuaibo naah chuan hlawnh-tling hlê mahse, mitin tân thosi nuaibo tûra beih zêl chu a la pawimawh êm êm a ni. A tih dân tûr tha ber chu an tuina hmun tih chhiat hi a ni. Thosi chu tuiah chauh a tui thin a. Dilah te, tuirawlhlawhah te, balânah te, bêlah te, Coconut kâwrah te leh tui tling reng awmna apiangah hian thosi nu chu a tui thin a. Tichuan hapta hnih vêl chhûngin thosi note chu a lo puitling hman thin a ni.

Thosi chi thlah pung tûr dan nân, dil leh tuitling rengte hi sah vek tûr a ni. Tui luang laiah chuan thosi an piang thei lo. Tuihawk luankawrte chu thuk taka laih a, kil tha tak neia siam a, hlobet hnimin a khuh loh tûra vawn fai tûr a ni. Fur lai chuan tuitling narân leh dilte sah sên a ni lovang a, mahse dil leh tuirawlhlawh tling khawma an chamloh nân tui chu vên that zâwk tûr a ni. Dil chu luan kang tîr chi a nih loh chuan sangha emaw, varak emaw khawi tûr a ni. Sangha leh varak te hian thosi no keu hlimte chu an ei thin a, chu chuan an lo pung tûr chu an dâl thin. Dil leh tui tling renga thosi an keu lohna tura tih dan tha ber chu a chung pawnlânga khawnvartui theh hi a ni. He hriak hian tui chung chu pantêin a khuh a, chu chuan thosi notê chu boruak a tlâkchhamtîr a, a thihtîr a ni. Thirfian lian deuh khat khawnvartui hi tuizem lianpui atân pawh a tawh mai a ni. Dil fit 20 a sei, fit 40 a zau leih nan khawnvartui darthla-

lang no lian deuh khat zet chu a tâwk. Nîtin ruah a sîr chuan, hapta tin vawikhat emaw tal khawnvârtui a pawlh ziah tûr a ni.

Thosi hi a thlâwk thui thei hlê mai, thli a tleh that phei chuan mel khat aia thui te pawh an thlâwk mai thîn. Chuvangin, thosi nuaibo hi chhûngkhat hna mai ni lovin van-tlâng tangrual hna a ni tih a lang chiâng a ni.

Tin chhia te, bêl keh te, leh mau bulahte tui tlintîr tûr a ni lo. Tuidawnr pawh, tuitlinna lai a-wam loh nân a khât tâwka tihfai ziah tûr a ni.

Mitin tih theih, invênhim dân pakhat chu zâna thosilen chhûnga mut ziah hi a ni. Sikserh pai thosi hian chhûnah mi a seh zen zen lo va, ni tlâk hnuah mi a seh ber thîn a ni. Thosilen chu sîn tâwk tak, tling hnâp, delhkih theih ngei, thosi dang vek thei ni rawhse. I zinnaah pawh thosilên chu keng zêl rawh Naupang khumte phei chu thosilêna khuh tlat tûr a ni.

Hetianga invên hi tha teh mahse a tawk lo. Sikserh nuaibo tûra beihna chu, a bo hlen vek hmâ loh chuan chhunzawm zêl tûr a ni. Chu chu ti thei tûr chuan sikserh inkâichhâwn dân pawh hi hriat a tûl a ni.

A Nun Kual: Sikserh chu anopheles thosiin, a veite a seh atângin a rawn theh darh a ni a. Thosi chhûnga rawnṭhan len nân malariain ni sâwm a duh a, mi hnuah chauṭ mihringin an kai thei a ni. He sikserh hri hian nun chi hrang a kal tlang hnem hlê, a tâwp ber chu Sprozoites hi a ni. Sporozoite hi taksaah a lût a, mahse ni kua leh sâwmpahnih inkâr chhûng thleng chuan thisenah lang lovin an awm thei a ni. He hun chanve hnuhnun lam chhûngah hian thinah an awm a, chumi hma chuan khawiahnge an awm rêng rêng hriat a ni lo. Chutichuan sikserh pai thosiin mi a seh zawh hnu ní kua atânga sâwmpahnih vêlah chuan sikserh chu mihring thisenah a lo lang tan ta a. Mahse natna dang angin hriat fuh theih chiahna tûr a la awm rih lî Sikserh hrikte chu thisen mûr senah chuan an awm a, chutah chuan hun hrang tam tak an hmang a. Chutia thisen hmur sen a an lo puitlin chian hnu chuan an lo lakdarh a, thise kawngah chuan namên lova tamin an lêng

darh vel chiam a, hetih lai hian merozoites an vuah leh tawh a, chi an thlah thei theuh tawh a ni. An lo puah keh hun hian (an zâin an puak keh rual a) a paitu pang chu a lo sâ a, a khua a sik deuh ngei thin. Plasmodium sikserh chuan darkar 72 chhûngin a nun hun hrang hrang a hmang kim a, mahse sikserh chi dang, plasmodium falciparum, plasmodium vivax, leh plasmodium ovale te chuan darkar 48 chhûngin an nun hun hrang hrang an hmang kim hman a ni.

Hun engemawti hnuah chuan merzoites chuan hrik dang gametocytes an tih thosi dangin an kai leh chhawn theih chu arawn siam leh a, chutichuan mihring ațanga thosiah, thosi ațanga mihringa in kai chhawn leh dan, nun kual vêl chu a kual chhuak ta a ni.

Sikserh hlauhawm ber chi chu Plasmodium falciparum hi a ni. Black water fever (tui dum khawsik) arawn siam deuh ziah a, chu chu an tlûkpui dêr thin. Black water feverah chuan thisen mûr sente khâ namên lova tam an keh chhia a, mit leh vun a lo eng a; zun a dumin thisen a ang deuh va; kalin hna a thawk thei tawh thin lo a ni.

Tha taka enkawl chuan damlo chu a dam leh a. Thiam taka enkawl nghal vat hi damlo tân chauh ni lovin, a vêla mite rêng rêng tân pawh thil tul tak a ni. Mi tam takin an vei lohna tura dan hi, natna nuibo na tûrin hmanraw thatak a ni. Sikserh chi dangte chu chuti lutukin an hlauhawm lo va, falciparum sikserh ang êm chuan a thihpui tâ pawh an tam lo.

A Nat Dânte: Sikserh naran nat dânte hi chu mitin deuh thaw hriat a ni a, awm nuam lo er er, khawsik; tin, lunâ leh thlansâ tê a ni a. Dân narânin, vawt riauva hriat hmain damlo chu chaklo riauvin a inhre thin. Lunâ leh luakchhuâk hlei hlui leh luak te pawhin a hmakhalh thei a. A châng chuan hunbi mumal nei lovin hapta khatah vawihnih khat chauh emaw, thla khatah wavi hnih khat chauh emaw pawh khua a sik mai thei.

Enkawlna: Quinacrine (atebrine) leh quinine hi tûnhma chuan rei fê chu a damdawi ber a ni a, tunah erawh chuan dam-

dawi chak zawkte siam a ni ta. Hetiang hian an eitir deuh ber a ni.

Quinine, 1.0 gm. nîtin vawi thum ni hnih chhûng ei, chutah 0.6 gm. nîtin vawikhat hapta khat chhûng ei tûr.

A-tabrine, 0.2 gm. dârkâr ruk danah vawikhat zêl ni ngâ chhûng; chutah 0.1 gm. nikhatah vawi thum zêl ni ngâ chhung ei tûr.

Chloroquine, 600 mg. vawikhata ei, chumi hnuah nîtin, ni hnih chhûng 300 gm. vawi khat ei ziah.

Plasmodium vivax leh plasmodium sikserhab chuan prim-equine 15 gm. nitin ni 14 chhûng pêk mai tûr.

Khawsik-dum (Kala-Azar)

Kala Azar hi ram lum hnawng natna, China, Africa, South-east Asia, Southern Europe leh India ram thenkhat, Assam, Madras leh Ganges leh Bramaputra lui ruamahte hian a tam bik a. He natna hi vaihmitê (phlebotomus) seh avanga lo awm a ni a, chu chuan protozoan parasite tê tak tê, leishmania donovani an tih chu a pu darh a. Vaihmitê taksa panga nuai sawm avâng ringawt pawhin a lo awm thei. Enlennaa ngun taka han fiah hian protozoan chu a lo lang a, ovoid organism tê tak tê angin a lang a. Heng parasitê tê tak tê te hi taksaa cell-ahte chuan an lût a, thlîngah, thinah, lâah leh thisen kawngahte an lût a.

He natna hi thâwklehkhatah a lo awm thut thei a, zawi zawi pawhin a ni mai thei a. A lo nat phut chuan dân narânin khawsik a sâng hlê a, tin vawt er er a inhriatna leh luâknate pawhin a hmakhalh thei baw. Chu khawsik chuan sikserh chi khat-tertian malaria a ang thei a, hapta hnih atanga hapta ruk lai a awh thei a, a nih loh vêk leh khawsik chu a sângin a hniam leh thin a. A tîrah lâ a tla phawt a, thla engemaw zât hnuah thin a lian leh a. Damlo chu tha deuh awm takin a lo lang a, mahse a tha chuang lo chauh ni lovin, lâ leh thin chu a hma aiin a lian zawk ta thin, A tâwpah chuan chutianga khawsik leh khawsik awm loh lai hun inthlâka thla tam fê an nat hnuin taksa lumna chu a lo hniam a.

Damlo chu a lo chêr a, a chaklo va, a dul a lo kiar huar thin. He natna hming 'Kala-Azar' hi 'natna dum' tihna a ni, kut leh kê leh dul vunte hi a uk deuh thin avangin. Sam a tla duhin, hahnî leh hnâr a thi duh viau bawk.

Damlo chu khawsik thinin, dul kiârin, chaklovin chêr hlê mahse, a chaw ei a tui tho va, a lei a faiin, a hna pawh a thawk zel mai thei bawk. He natna hian dân narânin kum tam tak a awh thei a, thisen vâ murte chu an hek êm êm a, chuti chuan chuâp hnûn natna (bronchial -pneumonia) leh ka pân, (ulcer) te pawh an vei duh êm êm a ni. He natna veitu za zela sawmkua vêl chu santênin an thi nge nge thin.

He natna hi naupang vei chi bik a awm a, a rûktên khawsik nê, rillam buaina (gastrointestinal disturbance) nê a rawnin tan a. He natna hi chuan naupang chu a lâ chauh a tla lo va, a lymphatic thalbetê pawh a vûng bawk thin a ni.

Kala-azar chi dang, pân chi a awm a, chumî chu a nih chuan parasite chu pangti bawk laiahte a lo awm a, a nih loh leh vunah pânchhia mawi lo takin a lo awm a taksa lang laiahte hian pân hnai chite a lo awm bawk a.

Thisen, thlîng leh tihrâwlte han endik hianin a hriat theih a, a nih loh leh thin emaw lâ emaw lo têt atang chuan a hriat theih a, a pân chi a nih pawhin vuna a lo pân atangin a hriat theih bawk.

Enkawlna: Enkawlna chu pentavalent compounds of antimony a in chiu hi a ni. Sodium antimony gluconate (ethylstibamine) thlawr tuihah 5% vêla chawhpawlh a, thisen zâma chiu a ni a. Kah khat atân atirah chuan 0.2 gm. hman a, a tukah 0.3 gm. hman leh a, nitin pun zêlin, a vaia 5 gms. kah zawh thlengin chiu tûr a ni.

Pân chikhat (oriental sore) erawh chu a enkawlna tûr bik a awm chiah loh avangin enkawlna dân chi hrang a tam hlê mai. A pân kiâng vêlah chuan neostibosan pawlh dalin, a dam hman chiu theih a ni. Carbondioxide snow, X-rays, cautery, excision, injection leh hnawih chîte pawh hi dâktawr hran hran chuan an fak hlê.

A tlângpuia taksa enkawl ngun a tul hlê a, natna rawn belhtu, sikserh ang tepawh a lo awm chuan enkawl tel tûr a ni. Kala-azar natna ruala nat na dang anæmia a tel chuan chakna damdawi (thir lam chi) pêk tûr a ni a; tin, taksain a mamawh chaw tha leh vitamin te awm tamna chî, chaw pêk tûr a ni.

Invænna:—Phlebotomus (vaihmite) chu hmun bâl hnăwng, khi keh kâr, tuihâwk luankawr kam, bawlhhlawh awmkhâwm leh tawphnawk tinréngah hian a lo piang thin a. Chuvangin in hung chhûng leh bangte fai leh tha taka vawn a pawimawh a ni. Hmun thim hnawng deuh te chu tih theng thăwt a, vawn ro tûr a ni. Flit emaw DDT emawa a lo pian theihna hmun zawng zawng kah hi an fak hlê bawk.

Thlai leh hnim te hian rannung an koh khawm avangin, in kiangah totîr tûr a ni lova, pâr hrui zâm chiin bang a rawn zemte pawh phal tur a ni lo. Varak te, Âr te, Băwng te leh Vawk te pawh hi hri pu darhtu an nih avangin in hnuaiah emaw mutna bulah emaw an awm phal tûr a ni lo. Chutiang hri awmna hmuna rin chu tlawh loh tûr. A vei chu, a vei lote hnên atanga yard 300 vêla hlaa dahhran daih tûr a ni.

He hri lénna bial (district) nia rinah chuan mutnaah vaihmitê luh theih loh khawpa thosilên sîn tha zâr ziah tûr a ni. Kawlphe (electric) hmai zah thaw tak pawh hian vaihmitê chu a chhem bo thei. In chhăwng sâng zăwkte hi riah nân chuan a tha ber a ni. Vuna hnawih atân chuan rannung hnar chi damdawi hi a tha. Chutiang damdawi thaah chuan oleum anisi, eucalypti leh terebinth hi far thum theuh an pawlh a ni, chu chu lanolin ounce kat rên an pawlh leh a.

Muthilhna Natna (Trypanosomeiasis leh Chaga Hri)

Heng Natnate hi Africa leh South Americaah a awm. Sikserh thosi in a pu darh ang bawk hian Africa ramah chuan, tho chi khat (tsetse fly) hian a pu darh thin. Chu natna hrik chuan a damchhûng hun thenkhat chu thovah chuan a hmang a, athen chu mihringah. Chutiang natna vei va sehin tho chuan hri chu a pai

a. Chutiang thovina mi hrisêl tha lai a seh chuan, chumi chuan chu natna chu a dam chhûng in hunbi nei chuang lova khawsik tuâr tan a ni a, vunah a lo vual chhuâk a, taksa pumah lymph nodes a lo vûng a. Thla tamfê hnuah chuan muthilhna natna chu a vei ta thin a ni; he mi hun chhûng hian a mut a chhuâk êm êm reng a. Khurhte, engmah uksak lohnate, lunâ te, kaih te leh nikhaw hre lova awmte hi natna hmasawn zêl dân lantîr tu a ni.

South America trypanoromeiasis or Chaga hri an tih hi chu hliam emaw, mit emawa, khumfa chi khat (reduviid bug) êk lo kai vanga vei a ni thin.

He natna hrik hi thisenah a lût a, tihrâwl inphuarnghehna leh lung hi arawn bei a. Naupang pawhin an tuar na viau thei a, an mitte a nâ a, a hmai a vûng a, an chak lo va, an thalbê leh lâ te a vûng a. He natna hi meningo-enicephalitis emaw lungphu chawlhnaah emaw a tâwp thin.

Puitlingah chuan chaga hri chu natna benvawnah a chang a, lungphu a tibuai fo thin. Nakin hnuah chuan he buaina avang hian, tihrâwl khawimawlai zenna (spastic paralysis) a lo awm a, damlo thenkhat chu an ningkhâwng a danglam hlauh thin. He natna hian kum 12 lâite pawh a aw thei.

Chaga hri atân damdawi bik a awm chuang lo. Tih tur ber chu reduviid bug seh loh tura inthiâr fihlîm a, he hri dan hi a ni, chu chuan a khat tâwka DDT emaw Gammexane emawa chênna vêl kah a, vawnfai a huap tel a ni.

Africa rama mi erawh hi chuan suramin sodium thisena kah luh emaw, pentamidine tisaa kah luh a ngeih viau. He inchiuna engemaw zâwk zâwka thla hnih thlathum dana vawi khat zêl chiu hian mi a vêng him viau bawk. Hei hi Dâktawr thu chauhvah hman chí a ni.

Yaws.

Yaws chu natna hrik, saihi awmtîrtu nêna hriat hran theih lohvin arawn siam a ni a, a danglamna awm chhun chu tropical natna a ni a, saihi erawh chu zahmawh lam natna a ni. Hming

hran hran a ngah mai- framboesia, pian, boubá, bejal leh parangi te hi. Saihri nêñ a in ang viau va, a enkawlina pawh a in ang.

A Awmnate:— Yaws chu Asia, West Indies, South Pacific thliarkârte, Africa ram Equator bul leh South America-ahte a awm. He natna kai chhâwmtirtu chu tho chi khat niin rin a ni. Inpâwlina atanga kâi a ni lo.

A Nat Dân:— He natna lo lan hmasak ber dân chu ser deuh deu do hian hmaiah emaw kêah emaw a rawn pân chhuak a. Chu chu hapta ruk leh sâwmpahnih inkâr chhûngin kut leh kê leh hmaiahte a lo pân chhuak tûk tûk a, pân khîr chhah ták tak angin, a khawk tiar tuar thîn. Âwmte pawh chutiang bawkin a awm a. A tâwpah chuan saihri chi khat (gumna of syphilis) angin a lo pân chhuak a, chu chuan hmai emaw, fukê emaw te a eiin a tichhe thîn a ni.

Enkawlna: Penicillin hi a ngeih ber 1.2 million units a wawi tlêmtê chiuin a dam thei a. Chlorumphenicol leh tetracyclines te pawh a tângkai viau ang.

Filariasis

Filariasis chu rulhut (worm) chi khatin mihring a natna a rawn siam a ni, chu chu thosi atanga kai a ni. He natna vei tam tak zînga mi tlêmtê te chu an ke emawte mawilo tham zetin a vûng lian tual a. Hei hian filoriosis hi natna hlauhawm puiah a chantîr a ni. Filariasis awmtirtu rûlhût chu chi hnih a awm, filaria leh microfilaria chu. A pa puitling chu $2\frac{1}{2}$ cm leh 4 cm inkâr vêla sei a ni a. A nu puitling erawh chu 8 cm leh 20 cm inkâr vêla sei a ni. A chhah zâwng erawh chu, a pa chu $1/10$ mm vel a ni a, a nu chu $3/10$ mm vêl a ni. He rûlhût hi khawvêl pumah, ram lum hnâwng deuhah chuan a awm vek a ni.

He natna hi thosi chi hrang hrang put darh a ni. He natna vei, thisena microfilaria pai mihring chu thosi chuan a va seh a, thosi chuan hrik chu a pai a. Thosi chhûngah chuan rulhut chu a tâng lian a, inchi khat hmun sawm a then a hmun hnih hialin a sei thei a. He rûlhût pai thosi hian mihring a seh chuan

(dân narânin tùmkhatah nupa tuak khat) rûlhû chu vunah a dah a. Rûlhû chu vunah chuan lûtin, thisen kawngah chuan a lût ta a.

Thisen kawng (lui) an thlen hnu chuan chu rûlhû nupa chuan lymph gland lam an pan a, dân narânin thâl bê (malpu bul) velah an awm ber a. Tin, thla nga leh sâwm pariat inkâr chhûngin rûlhû chu a lo puitling a, microfilaria chu arawn hring ta a. Heng hi thisen luiah chuan an lût a, mahse thosi in a zûk chhuah leh zet loh chuan an thang thei tawh chuang lo. Chumi tûr chuan thisen lui microfilaria awm lai ngeiin mi chu thosi chuan a seh tûr a ni. Chu tiang a nih chuan microfilaria chu thosi chhûngah chuan a thang lian a, mi a seh leh hun kaitîr leh tûrin a inpeih ta a ni. Hetiang hian he natna râp-thlâk tak hi a kuâl thin a ni.

Microfilaria chu thisena a awm chhûng chuan, an thang chuang lova, natna pawh an thlentîrin hriat a ni lo. Mahse mi dangin an kai leh hmaa tihboral nghal chu a tha a ni. Hemi atân hian Hetrazan an pe thin. Rûlhû (worm) puitling microfilariarawn hringtu chu a nung reng a, kum sâwm chhûng lai a hrin belh zêl tawh thin. Hetih chhûng hian lymph gland chu an ti thak a, chu chuan tisa chhûngah ser nung a siam a, chu chu a lo tawm a, lymph kha a kal tlang thei ta thin lo a ni. Hetia lymph a lo pin tak avang hian kête chu a lo vûng a, chu chu elephantiasis an vuah a ni. Vânnethlâk takin, he natna vei mi tiênte chauh hetiang hian an awm thin a ni.

Enkawlna: Thiecetarsamide, damdawi dâwra caparsolate sodium anga an hralh thin hi rûlhû puitling tihlumna awm chhun a ni. Taksa rihna kg khat zêlah 2 mg kah khata hmangin 1% solution-in thisen zâmah chiu luh tûr a ni. Hetrazan hi diethy carbomazine a ni a, taksa rihna kg khat zêlah 2 mg ei khata hmangin, nitin vawithum, hapta thum emaw lî emaw an pe bawk thin. A vung lai chu tuam tlatin a tih nep theih bawk. Chutiang vei chuan a vei nawn loh nân, a hri lènna hmun ata kalbotîr tûr a ni.

Vitamin Tlâkchham Avânga Natnate

Retheihna awmna ramah tawh chuan ei that loh vanga natna a awm thin; tichuan khawvêl pumah, ram hausa tak takahte pawh a awm a ni. Naupangte an rit tâwk lo va, puitling pawh an vuaiin an zû a, bân̄te a cher vuai t̄ep a. Ngun taka han exam chuan vun natna, ruh piansualna leh chaklohna an vei tel tih a lang thin. A zualpuiah chuan dulte pawh a kiar huar thin; mahse indo emaw t̄âm lai emaw chauhv̄in chutiang chu a thleng thin.

Chaw tamna ramah pawh ei d̄ân dik lo avangin miin ei that loh vanga natna chu an vei thei tho. vaihlo leh Zû engti-kawng pawh a hman hian chaw chakna a ti b̄o thin. Chaw ei tui reng duh chuan, chaw ei k̄âr laka chithlumm̄m leh chaw ei chin̄ hi b̄ânsan rawh se. Carbohydrates tamna chaw chu protein leh vitamin-in belchhah a ngai. Nau hnute pelai leh r̄âte hian, chaw tha an mamawh tam bik̄, enkawl ngun an ngai bik a ni.

Mineral leh protein leh vitamin taksain a mamawh ang p̄ai lo chaw, ram tam taka ei an chin̄ avangin, ei tha ngaihtuah t̄ute t̄ân harsatna a tam mai. Heng element, taksa tâna pawimawh

tak takte hi tunlai ei tûr siam dân hian a tichhe thin, chuvangin mi chhiarsên-lohvin, ei that loh vânga natna an tuar thin a ni.

Chaw chuan element chi khat a ngah loh chuan a dangte pawh a ngah lo fo. Chutiang chaw ei avanga natna lo pung khawm chu, engvang ber nge tih hre lovin insawisêlna hlîr a ni vek mai thin. Hemi avâng hian vitamin zawng zawng leh mineral element awm bawkna damdawi mum pek an tul fo thin. Khawimaw laiah chuan ei tûr engemaw tiêm azâwng chu a awm bawk.

Vitamins.

Ei tûr lam thuah chuan vitamin aia pawimawh zâwk a awm kher lo vang. Tun kum zabi hnuhnung ber lo inher chhuah dân khân a awm ve tih hi hriat thawi tan a ni tawh a. Chumi hnuah, 1913 khân, vitamin pakhatna chu hmuhchhuah a ni ta a, tunah hian a thente pheih chu damdawi angin an siam teuh teuh tawh a.

Vitamin chu pâwl hniah then a ni a, pakhat chu thauva tui al chi (fat soluble) a ni a, pakhat chu tui a boral thei (water soluble) a ni a. Vitamin A leh D chu fat soluble a ni a, chuvangin, dan naranin bazara sangha thau chi hrang hrang an zawrh a tang te hian hmuh theih a ni. Vitamin E leh K pawh hi fat soluble zînga mi bawk a ni. Vitamin dang zawng zawng erawh chu water soluble vek a ni. Heng leh fat soluble te chu thei leh thlai leh theipilsak leh fang pum leh bâwnghnute a tang hian hmuh theih a ni. Hêng hi a mum leh tuiin a hmuh theih bawk. Eng vitamin ber emawte chawa a awm loh hian, ei that tawh loh avanga natna chi khat ang takin a lo na chhuak thei bawk. Hêng hi a mal malin lo chhui ta ila.

Vitamin A

Vitamin 'A' chu thau tisawmtu (fat-soluble) a ni a. Thaute chu taksain tha taka a paitawih theih loh hun apiangah he vitamin hi a chau thin. Carotene hi vitamin A hmahruaitu a ni

a, rîlah emaw, thinah emaw vitamin A-ah a chang thîn. He vitamin hlutna chhan pawimawh ber chu mit khawhmuh thât theihna atân a ni. Zâna thil hmuh theih nân vitamin 'A' chu a pawimawh êm êm a, tlâkchhamna chuan mit malhna a siam thîn. Ha tở thâtna tûr leh vun thâtna tûr chuan vitamin 'A' tam tâwk neih a ngai a ni. He vitamin hi mineral oil ei ching miten an tlachham duh viau, an chaw chu thâ tâwk viau mah se. Chu chu mineral oil chuan vitamin A leh D chu a tisawmin a tlen fai thîn vang a ni. He vitamin hi a tam tâwk loh chuan vun chu a rovin a thim duh viau. Mitmu tuamtu fim hmuh tlang theih (cornea) hi a lo chhahin, a châng chuan a lo pan (ulcerate) a, mit pawhin a del phah thei a ni.

Vitamin 'A' hi thinah a inkhawl khâwm a, lo tlachham pawh ni ila, thla riat hnu laiah emaw chauhva hriat theih a ni thîn. Nausên nî tin mamawh tawh chu 1300 units ani a, zawi zawia pun zêlin 5000 units thlengin, chu chu puitling nî tin mamawh tâwk a lo ni tawh a.

Vitamin 'A' chu thlai hnah hring, zo-ei te, zikhâm te, coriander hnah te, spinachhte hian a awm ber a, Carrot te, kawlbahra te, mai leh maipawlahte pawh hian a awm bawh. Apricots leh theitê te pawh hi he vitamin hnar thâ tak hi a ni. Sa, thei pil sak (nuts) leh fang (vitamin tel lovin)-te hian vitamin 'A' chu an nei lo tih theih a ni. Nimahsela, Bung 13-naa "Vitamin 'A', Iron leh Calcium awm tamna Chawte" entirna hnuaia sa thin erawh hi chuan Vitamin A a ngah êm êm thung a ni.

Vitamin B

Vitamin 'B' hi vitaminah chuan a thâ ber niin an hria. He vitamin awmna pawimawh deuh deuh te chu theitê, cereal fang pumte, be mute, theipilsak te, leh hriak pai chi (mu) te hi a ni. Bâwnghnute pawh hi vitamin B, hnar thâ tak a ni a, chuvangin nausen leh naupang chaw atân a pawimawh êm êm a ni.

He vitamin tlâkchham vânga natna chu beriberi (buârna) hi a ni. Tunlai chaw, buh leh chhangphut thenfai dân hian, heng

chawa chakna awmte hi a tiboral zo ðhin a, vitamin B a tihbo avang phei hi chuan, Khawchhakho zingah hian beriberi vei an pung sawt êm êm a ni. Buh leh fang dang kan ei ðhin tuamtu hamda hi, taksain a mamawh ngawih ngawih vitamin leh mineral awmna ber a ni a, mahse chu mi ei tel tûr chuan ðhiah lova ci ching duh an tlem kher mai. Buh ðhiah fai hliau emaw, moida thiafai hrep hnu emaw chauh hi chaw a kan rin chuan ei that tâwk loh vanga nat mai loh chu eng dang nge beisei tûr kan neih?

India ram tuipui kam khawchhak lamah hian, ke leh kep-hah velah hian chawmawlhna leh tirila lo mur chhuah er erna hi damlote inlamrêlna lar tak pakhat chu a ni. Khawthlang tuifinriat kamah erawh chuan thinhnûna tang mar riau awm nia hriatna hi an inlamrêlna a ni ber. Hriatna thazâm natna nafê emaw chak lohna nasa tak emaw nêan an tuar kawp chawk. Heng hi beriberi chi vek an ni. He natna rapthlâk tak chauhpui der a, khum laizâwlah pawh let thei lo leh thaw thei chang changte pawh kan hmu thin.

Beriberi natnain a pawl a khawih tak chu hriatna thazâm chauhna hi a ni. Hei hian chawmawlhna leh tihrawl chak-lohna a thlen thin. Lung a chak lovin a vung pan duh viau a, chu chuan thinhnûnah hian tâwt mar riauva hriatna a siam fo ðhin. Kete a lo vung a, chu vung chu dul lamah a chho va. Kawng chin hnuai lam chaklohna a awm fo va, damlo chuan an taksa an zo dâwn lo emaw tih hial tûrin ke kual tawi khawpin an kal bawk ðhin. Tihrawl riralna leh pên zawina te pawh a lang fo ðhin.

Riboflavin

Riboflavin hi Vitamin B₂ emaw G emaw vuah a ni. He vitamin awmna pawimawh deuh deuhthe chu, bawnghnute, artui thlai hnah hringte leh be mute hi anni. He vitamin tlâkchham-

na hian kamsîrte a ti pân a. He natna kan hmuh fo hi awlsam taka enkawl theih a ni. A nat zual zêl chuan lei pawh a lo nã chhuak thin. Damlo chuan êng a en ngam lo va, a mit a lo thimin a thil hmuh a phê a, mit a nân, mim ang takin a awm bawk. Mitmu tuamtu vuna thisen kawngte a vung pan a, khaw hmuh a thim thin.

Vitamin B6

Vitamin B₆ hi pyridoxine vuah a ni bawk. He vitamin tlakchhamna hian mi a tih nat dân chu- phut zawk a awl a, bâra-khaih narân pawhin namên lovin an phu zawk zawk thin. Kaih anga awm châng te pawh a awm thin a, a châng chuan rîl lam natnate pawh a awm thin.

Vitamin C

Vitamin C hi ascorbic acid te, cevitamic acid te, antiscorbutic vitamin te pawh an vuah bawk. He vitamin tlăkchhamna avang hian hahni natna a awm thei a, chaklohna, chauhna, tihrawl leh ruhtuah natnate a thlen thei bawk a. Sam bul vêlah thi a chhuak a. A chang chuan tihrâwl leh ruhtuah chhûngril takah tepawh thi a chhuak a, a nã thin. Hahnite a thi thei a; hahni chu a vun chuan a dumpawlin emaw a tuat hmêl emaw a pu thei a, a chang chuan pangti khawilai emaw thihna tûrin lungphûm a rawn rem bawk thin. Hâ a nghet lovin a thlawn nge nge duh hle. Pem a dam mai duh lo viau.

He vitamin awmna tha berte chu Indian goose-berry (amla) an tih te (Mizo ramah chuan sunhlu rahte) khawltheite, serthlum te leh tomato te hi a ni. Drumstick hnah te leh coriander hnahahte pawh awmin hriat a ni. He vitamin tichhe lo tûr hian ei siamnaah fimkhur bik riau tûr a ni. Pasteurizing evaporation leh repro te hian a tichhe vek. Bel chhin lohva rei tak thil chhumte hi tih loh tûr a ni.

Vitamin D

Vitamin D chu thil pali, ruh than thattir tûra tul infinkh-âwm a ni a. Ruha calcium pe tûrin a tangkai bawk a. He vitamin tlâkchhamna avang hian, âwm ruh nêna a inzawmnaah nâkruhte pawh a sawrbâwk thîn. Chu chu 'rachitic rosary' an ti a. Nakruhte hi a hnuai lamah hian an perh chhuak ang a, âwm zâwn lamah hian a ni duh leh zual. Áwm ruh hi a chhíp lamah a dâm a, a hnuai lamah a lo er chhûak a, chingal thlawrbûr a ang thei dâwn mai, chal sir a bawk luáu thei a. Lu dip bul vêla ruhte a thang lo va, chuvangin ludip chu naupang tenauah chuan a phui tha duh lo viau mai. Tihrawl a inthlêh dul a, dul a kiar a, ke kual leh khûptuahte pawhin a pian sual pui theih fo.

Vitamin D awmna tha berte chu sa atanga thil siam, sanghâ atanga siâmte hi a ni bik. Hemi avang hian cod, halibut leh shark (sangha vek an ni) thin atanga hriak lâk chhuahte hi bazârah an zuar thîn. He vitamin hi butter, artui-chhûng-mu, leh bawngnhnute -ahte a awm. Tlêm tlêm chu cereals leh thlai-ahte pawh a awm bawk. Hêngah hian ergosterol a awm a, chu chu nisain vun a rawn hem hian vitamin D-ah a chang ta thîn a ni. Thau awmna chaw miin a ei loh chuan ni sâa che tlain he vitamin hi a dawng tûr a ni. A vun a thim zawh poh leh inpho a mamawh zual ting mai thîn.

Vitamin D chu ruh siam nân mamawh a ni ber a naupang thanglai leh rawltharte hian an mamawh a ni. Puitlin hnu chuan he mamawhna hi a tâwp thîn a, chumi hnuah chuan a chuang-liama dawn a ngai tawh lo. University of Louisiona - a mi Dr. Spies chuan, kum 12 a zir hnuin, Vitamin D la ei belh hranpa zel avangin puitling ruh hi a tliâkaw! bik tih a hmu chhuak tawh a. Chung ho zingah chuan ruhtliâk an tam zâwk tih pawh a zirna chuan a lanfir nghâl.

Heta chipchiar deuhva vitamin kan han sawi takte bâkah hian, a dang, an tulna chiah la sawi tellohte pawh an awm a. Hriselna atâna an tangkaizia erawh chu hnial ruâl ani lo.

Chûng zîngah chuan vitamin E, K leh biotin te hi a tel a ni.

Chaw tha atâna tul chi hnih acid thau chi la sawi tel theih a ni a. Chung chu linoleic acid leh arachidonic acid, thlai hriaka mite hi an ni. Theirah chi hrang tam tak leh thlai te leh fang thiah hrep loh ei mite chuan, heng hi awlsam takin a chaw atângin a dawng nghal thei ang.

Nicotinic Acid (Niacin)

Nicotinic Acid hi niacin te, P-P factor te, anti-black-tongue factor te pawh an ti bawk thin. P-P awmzia chu pelagra-preventing (Pelagra venna) tihna a ni. (pellagra chu engemaw tlakchham avanga natna hlauhawm tak, thihpui theih, vun ti zur a, tisa tiral thei tak mai a ni). Niacin chu nicotinamide ang hian a awm deuh ber a. He vitamin tlakchhamna hian pellagra a siam a, nasa takin vun a vûng a, kê a nân kua a khawh bawk thin. A nat dân manganthlâk ber chu mizia a tidanglam hi a ni, a chang chuan rilru a tibuaiin, mi a ti â thei bawk a ni.

Enkâwl nân chuan nicotinamide 100 mg injection khat atân hman theih a ni a, nih loh vêk chuan nicotinic acid 50 mg. ei khata hmaggin ni tin vawi thum ei mai tûr a ni. Tha taka enkâwl chuan he natna hi tha takin a dam leh thei.

He vitamin awmna pawimawh deuhthe chu cereal fang pum te leh badam tehi a ni. Thlaite, theite, bawngnhnute leh artuah te hian he vitamin hi a tam fahran lo.

Vitamin Tlâchham Enkâwlina

Mi pakhatin vitamin pathnih emaw a aia tam emaw a tlakchham chuan chu mi chuan avitaminosis (vitamin tlâchhamna) a vei kan ti thin. A chhan tam tak avangin hei hi tuar theih a ni. 1.

Nitin chaw chi hrang neih tam tâwk loh. 2. Chhum rei lutuk emw, bêl chhin lohva rei tak tak chhum vang emawin chhônga Vitamin te chu a tihchhiat theih a. 3. Nisâ dawn tam tâwk loh avangin. b. Kawkhawh 5. Mineral hriak ei fo; 6. A chhan hriat loh engemaw avângâ dawn thât theih loh te.

A nasat viau chuan damdawiina dah a tul thîn. Injection pêk pawh a tul mai thei. Chaklo deuh chuan dam chian var nân chuan hapta thum emaw, lî emaw a mamawh ang. A nasa lovah chuan rei lotê chu buh râwtsawmna khawl hmunah kal sela, buh dip awm khâwm aţang chuan Vitamin va la chhuak mai se, chu chu nokhat velin la se, tuisoin leih se, dârkâr thum vel inchiahtur se, chu chu thli chhuakin, chhuangsoin dah leh rawh se. Chu chu nitin no khat in ziah rawh se.

Thil tul bulpui chu chawa thil chi hrang tam tak ei tel hi a ni. Chaw chi hrang tam tak, thei leh thlai tharte huap tuihin ei tur a ni. Cereal thiah loh ngei ei tur a ni. Bê (bekang a ni bik) ei tam tur, bepui te, chana te cereal fang pum te ei tur. Hei hian vitamin ringawt tam tawh pe lovin, mineralte leh protein te pawh a pe tam tawh ang.

Vitamin tlâkchhamna dâl tur chuan a tawi zawngin dân pali kan zam thei ang.

1. Chaw chi hrang tam tak ei. Theite, thlaite, cereal fang-pumte, bemute leh bawngnute te hi an tha ngawt mai. Thei thar leh thlai thar chi khat tal nitin ti tel zaih rawh.

2. Thlai hriak hmang rawh. A tha ber chu safflower te vai-mim emaw badam hriak emaw te hi anni.

3. Cereal fangpum ei rawh.

4. Ril wawng hrisêl rawh.

5. Mineral hriak ei rei suh.

Zunthlum (Diabetes)

Zunthlum natna vei te chuan an natna chu an hre Chiang tûr a ni. He natna chungthuah hian chanchin diklo pui pui a tam hlê mai a, chuvagin, enkâwl diklo ngial ngial pawh hmuh tûr an awm fo thin. Hriatchian loh tam tak he chanchinah hian a awm, mahse hriat tûr tak chu mâwlte, damlo kaihhruaina atâna hman tûr chu a awm. Zunthlum vei chu, a chhan tak dâktorin hriih an hreh hauh lo va, mi chutiang chu an ni-tin khawsak leh chaw ei dânte an vên reng theih loh avanging, mahni ina an lo in enkâwl theih dân tûr hriih phei chu an châk viau thin. Lehkhabu tam tak ziaak a ni tawh a, mahse chûngah chuan enkâwl dân tlêmtê chauh a chuang a, chuvangin enkâwl dân bulpui berte chu zunthlum veite lo hrisêl leh hmantlak leh nun hlim nân hetah hian ziaak a ni.

Zunthlum chu enge ni?

Pancreas-in taksa mamawh tawh insulin a siam loh avanga zun thlum-nate hi lo awm a ni. Mi thenkhat rin dân ang lo takin, kal lam that loh vâng chu a ni lo. Pancreas chu thâi-oe lian tak, pumpui hnung lama bet a ni a. Insulin tam tawk a rawn siam loh chuan, thisena chithlum chu a vaiin hman that a ni ta lo va, tichuan a lo tam lutuk ta a, kal hian a chuangliam angin a lo paih then a tûl ta a ni. Dân narânin thisen luih hian, thisen 100cc zêlah hian chithlum 100 atanga 120 mg. vel a awm

thin a. Insulin tam tawk siam chhuah a nih loh chuan, 300 emaw 400 emaw, a aia tam mah thlengin a lo pung ta thin a. Chithlum chu Oxygen nen a inpawlh (oxidise) loh chuan, inpawlh tûr a ni si a, thaute pawh chu oxygen nen a inpawlh tawk lo va. Chu-vang chuan diacetic acid leh acetone a rawn in siam chhuah a, Heng thil thisenin a lo fawh hian mi chu engmah hre lovin a muhil ta thin a ni.

Hriattheihna

Zunthlum chu zun ekzamin dan narânin a hriat mai theih a, mahse chu chuan natna awm leh awm loh a lantîr ziah lêm lo. Zuna chithlum a awm loh ngawt hi zun a thlum lo tihna dik tak a ni kher lo. A fiahna Chiang ber chu thisena chithlum awm zât enin leh taksain chithlum a deh vêl dân enin a ni Chaw ngheitir chung a an thisena thithlum awm zât emaw, 70 leh 120 inkâr vêl a nih chuan, pangngaiah ngaih a ni a Tunlai hian ekzamna dân tha tak mai an thiam thar ta a, carbohydrates 100 grammes pêk hnu dârkâr hnihah thisena chithlum awm zât chu an teh a. 150 emaw a aia tîem deuh emaw chu, damlo chuan zun thlum a vei lo tih fiahna tha tâwk tak a ni.

Zunthlum vei nia rintheihna dangte chu, zun tam viau te, tuihâl zing te, chaw châk huam huam te, rihna leh chakna hlohna te hi a ni. Vun thak te, pem dam mai duh lo te, khawh-muh fiah lo te, tirila mur er er nate, hriatna thazâm nâ te pawh, kêah a ni leh zual bîk.

Enkâwl Dân

Ekzam a, zunthlum a awm ngei tih hriat chian a nih chuan, insulin a chiu a tul a ni. Chu chuan protein pancreatic hormone taksain a tlâkchhamna chu a rawn phuhrûk a Dâktor chuan a damlo enkâwl chu a enthla zêl ang a, a taksain chithlum a zawh tawk ang zelin a damdawi chu a pe tûr a ni. Kaa ei chuan insulin hi paitawih mai theih anih avangin injectiona pêk tûr a ni. A ei mî a mum chu a awm a, mahse na vak lo puitling tâna ei mî a ni

Zunthlum chu tihdam theih a ni lo tih kan sawi ûar tûr a ni. Chumi awmzia chu, pancrease chu insulin kan tihchhuah tamtir thei lo tihna a ni. Enkâwlina a chung a kan han tarlan tâk hian nikhat lek a veng a. Chuvangin a vei tawh chuan a dam chhûng chu insulin ei zél tûrin a inbuatsaih tûr a ni. A vei tirtê tân chuan a beidawn thlâk hlê pawhin a lang a ni thei e, mahse an tihthân deuh hnuah chuan an rilruin a hahpui tehchiam thîn lo. Zunthlum hnênah chuan, 'Insulin i ei phawt chuan i ei reng a tûl ang' tiin a sawi theih ziahin an hrilh fo thîn. A dik e! Mahse i ei loh chuan hrisêlna a chhe thuai ang a, i dam chhûng a tawi mai ang. Phû tâwk aia rit lutuk mite chuan an rihna chu âwm tâwka an tihtlêm theih chuan an insulin dawn pawh an titlêm emaw, a mum eiah emaw a sawn thei a ni. A châng chuan chutiang chu chaw chauhva control theihin an awm baw.

Zunthlum Hlahawmnate

Zunthlum natna hrui hmasak ber pakhat chu mitmu (retina) lo danglam hi a ni. Thisen chhuak hlek te a awm a, a chang chuan chu chuan mit a tifiâh lovin, mit a tidel hlah thei baw. Tin, mitah hlih tu pawh a lo awm mai thei. Lung atanga thisen chhuâk a khal chak a, lung, kal, thîn, thluàk leh kea thisen kal a muâng a. Ke thihna hi a pawina tam ber a ni mai thei. Zunthlum tam tak te chu, hei hi insawiselnâ hmasa bera hmangin doktor hnênah an lo kal thîn. Vanduai thlâk takin an kê tan a lo tûl leh hlah thîn. Hriâtna thazâmte a lo danglam a, hriatna thazâm natna na takte pawh a awm fo baw.

Invennate

Zunthlum chu veng hneh ngeia inhre chungin, damlo chuan a ke tihliam lo tûrin a fimkhûr êm êm tûr a ni. Pheikhaw emaw, vawthlep emaw bun sela, ke tin hlep bûl lutuk lo tûr leh hleh zâwng a vun tipem lo turin fimkhur tûr a ni.

A zawng a zain ni kher lo mahsela zunthlum tam berte chuan pem pûn tûr hi an do zo lo bik a ni. Chuvang chuan pem leh thitling rêng rêng chu sabon leh tuia silfaiin, tuamna thianghlimin tuam thlap zêl tûr a ni. Heng hi a awm loh chuan puan sūkfaï nawh ro thar vâr themin tuam mai tûr.

Inthlahchhâwn Dân.

Zunthlum hi inthlahchhâwn theih a ni. Tin, zunthlum lo thisen a lo tel erawh chuan chhûngkua aţangin a bo thei bawh. Hetianga inneihna aţangte hian zunthlum chu a lo awm thei a ni.

Zunthlum ve ve inneihin. An fate zawng zawnġin, an dam rei phawt chuan an vei theuh ang.

Zunthlum leh thlum lo, mahse zunthlum chhûngkua a mi. An fate zâtve in an vei ang.

Zunthlum lo ve ve mahse zunthlum chhûngkua ve ve a mi. An fate hmunlia thena hmun khatin an vei ang.

Zunthlum leh thlum lo, zun thlum lo chhûngkua a mi: An fate rêng rêngin an vei kher lo ang.

A chang chang chuan, zun thlum tunhmaa an la hriat ngai lohna chhûngkuaah pawh, a vei an lo awm mai thei tih hriat reng tûr a ni.

A chung a kan thu târlan aţang khian zun thlum hi natna inthlahchhâwn theih a ni tih thalâite hi hrilhiah a tha.

A Lutuka Thauna

Diabetes awmtirtu tak hi hriat a ni lo, mahse inthlahchhâwn leh thau lutukna hi, taksaa rawn awmtirtu ber pahnihte chu a ni. Inthlahchhâwn na lam thua chuan pi leh pu hran

Engti kawng mahin damlo chuan a damdawi thlah tûr emaw, eng chaw emaw ei tura mi dang rêng rêngin an hrilh chu a pawm tûr a ni lo. Thiamna nei lo te hên aţangin damdawi a lei tûr a ni lo. Kumtluanin, kumtin a dâktawr hrilh ang zelin khawsa se, endik tumin a hun takah in lan ziah rawh se.

daih neih a ngai! Chiăng takin, chu chu thil harsa a ni a; chu-vangin a tih chi loh va. Mahse thau lutukna chu a vên theih deuh va, tuarchhel leh insûm theih erawh chu a ngai hlê ang.

Kum engemawti liam tâah khân damlo a tâwk aia pound 50 a rit ka enkâwl tawh. Hna thawka, a rihna chuang-tlai chu hloh then tûrin wawi tam tak ka hrih a. Mahse ka thupêk chu a nuih liampui mai a, engmah a ti chuang lo va. Ni khat chu kê chawmawlh hian a lo lût a, a ke leido laiah hian pân nghet tak mai a awm hawk a. Han enfiah meuh chuan diabetes a lo vei reng mai a. Insulin pêk a, chaw bik riau eitîr a lo tûl ta a, tichuan, a rihna chuangtlai pound 50 lai, hloh tûra wawi tam tak ka lo hrih tawh kha, a hloh zui ta bawh a. A rihna hloh tura wawi tam tak sâwm a nih lai kha a ngaihtuah a, ni khat chu, “Rihna hloh tûra mihring in hrih awi dân kawng khat tal lo awm tel sela aw,” a ti vawng vawng mai a. A tûlzia a harsa zawnga hmuchhuaktuah a tâng ta a ni. A thu chu in pawm dâwn nge nang pawhin a hrehawm zâwngin i hre chhuak dâwn?

Insâwizawina

Naupang (zun thlum) diabetes vei enkâwltute hian insâwizawina a pawimawhzia pawh an hmu ta. Skul naupang, insulin pek ngaite hian an skul kai ni chuan an mamawh lo. An kai ni chuan an tlan vêl a, an carbohydrate te kha tanpui lohvin an khawhral thin a. Tin, an hnathawh atanga taksa insâwizawina dawng lo, thu reng mite hian diabetes chu an nei duh bik a ni. An thut reng ringawt mai thin avangin. An chaw ei a tui suah a, ram thau chu an tlan a ni. Diabetes vei apiang (mi tha lai tupawh) chuan insâwizawina tha tâwk ni tin nei rawh se. Anmahni tuar tâwk ang zêla insâwizawina tha tâwk tak nei theuh rawh se.

Diabetes vei te tâna chaw

A chungka kan thu han sawi tâk atanga hian, diabetes vei leh mi dang rêng rêng tân pawh, mahni phû tâwka rihna min

pe tûr leh chu mi pêl lo tûra min awmtûr chi chaw ei tûr a ni. Hrisêlna atâna ÷ul inchawih tâwk awmna chaw ngei ni rawh se. Asia chhim lam ram hmun tam takah hian, chaw atâna kan lo rin te, butter, margarine, chithlum leh buh ÷hiah fai rinte an uâr lutuk. Thau ei hi chintâwk neih riau tûr a ni, Chithlum pawh ei tâwk neih tûr, hei hian khawizu pawh a huap.

Ran lam thaute hian lung atanga thisen chhuak hi a tikhal thei tih hriat a ni a, tin, diabetes pawhin chu chu a rawn siam theih bawk avângin, diabetes veite chuan an ei loh hi a ÷ul thuahnnih bik a ni. Ran thau chu ran atanga lâk a ni a, thlai hriak chu thlai atangin. A pahniha pawh hi fimkhur taka hman tûr a ni, rihna a puntûr theih avangin. Hmun thenkhatah intûr thlum êm êm in ÷eh hi an ching lê a. Mi thenkhat chuan chithlum leh bâwnghnute hi an la chawhpawlh leh zêl a. Hei hi thil ÷a lo tak a nih avangin bânsan daih tûr a ni.

Tunhma chuan protein 120 gm. hi ni khata taksain a mamawh tâwkah ruât a ni a, tunah erawh chuan hemi zatve pawh hi tâwk hiêa rin a ni. Thlai chi hrang tam tawh chaw atân a rin chuan protein tam tâwk a awm nghal thei viau tih hi tun hnai deuh ah khan an hmu chhuak tawh bawh, Chutiang bâka bâwnghnute la ei tel hian chaw ÷a tâwk a siam thei ngei a ni. Ran thau ei tamna tûr a dal viau emaw, ei tlêm phah nân emaw hman theih a ni bawh. California rama thlai ringmite nunna an enchhinna tunhnai lawka miah chuan, sa ei mite ai chuan lungnâ an tlêm bik a, lungnâ an lo awm ve pawhin, dân nârânin kum 15 velin an vei tlai bik ÷hin. Chutiang chaw duh tute tân chuan hetiang thlai lam chaw, protein tamna hi an ei atân kan duhsak a ni. Chutiang chaw chu pawl thumah hlawm ila: (1) Thau ngah chi (2) Carbohydrates ngah chi leh (3) A engamah mah ngah lo chi.

Sa hian mi a tipuam a, tlaia inhriatna mi a neihtîr ÷hin tih sawi belh a ÷ul bawh. Thâwkkhata nghei phut chuan mi pawh a ti chau vin a hriat theih. Chaw eia zirin diabetes chu a awm ÷hin ang deuh bawkin, hei pawh hi chutiang bawh chu a ni. Thlai lam chaw ringawt han rin atanga hun engemawti chhûng

chuan, tunhmaa sa ei mi chuan protein tlâkchhamna reh leh mai thei chu a tuâr mai thei a, chu chu, a lakluh aiin a protein hloh chu a tam zâwk tihna a ni. Chutah taksa chuan insiam rem a mamawh ta a, protein siamtu amino acid vawn that hna a thawk tawh ang a. Hetia taksain phuhrûk tûra a thawhna avang hian chau deuh sawta in hriatna chu a awm thin a ni. Rei lo deuh hnuah chuan taksa chuan chaw thar chu ngaiah a neih ang a, protein tlâkchhamna leh chau deuhva inhriatna pawh chu a reh chhawm mai ang.

Thei tin emaw, thei thar emaw hi diabetes vei tan chuan chaw eikham dâwna ei atân a tha hle. Tina-thei chu chithlum telh lohna chî ni se, a thlumna a tul chuan sucaryl (abbott) hman theih a ni ang. Vanduaithlak takin dessert (chaw ei kham dawna thil ei tûr) tam berte hian thau leh carbohydrates an lo ngah êm êm thin avangin fimkhur a ngai hlê. Chaw thlum leh tui thlum tak chakna tlan bo san hi kan tân a tha. Bawngnuêah hian chithlum telh rêng rêng loh tûr: diabetes vei lo in tûr pawh ni sela.

Chaw tha a sawite rêng rêng hi, mi thiam dangte sawi nêna khaikhin ralah chuan chhiarkawp ang chiaha in ang kher lovin, a hrang thei ang a. Damdawi siamtu tuk ang chiahin tu tân mah, thil a ei theihin, teh ve vêk tûr pawh a ni lo. Amah-erawhchu, chaw engzâtge a ei theih tih mahni inhre theuh sela. tin, a châng chângin chithlum a "Leihbua" emaw in enfiah rawh se. Chutiang a nih chuan a tanpuina dawn chu paih then rawh se. Chaw enga mah hi hnawl hlauh lem tûr chu a ni lo, zuna chithlum rawn siam zawnga pawina a neih hranpa chiaha loh chuan. Chutia a ei tlem hnu pawha a zuna chithlum a la tam lutuk fo chuan, insiam remtir tûrin dâktawr a pan tûr a ni. Chaw ei tûr tâwk chu, riltam tireh tawh, a teuh thei reng bera a rih dan tûr duhthusam thlen tira, chumi vawntir rang thei tawh chu ei tûr a ni.

Chaw Ei Tûr Tha Thlan a Pawimawh Êm Êm

Protein hi kan taksa siamtu chaw a ni. Chaw chi hrang

hrangah hian inzât lovin a awm zut mai. Sa, bânghnute, dhoi (bânghnute dah khal thil thûr nê) cheese, artui, theipilsak, châna, bepui be, dailuah leh fang pumte hi a awmna deuh deuhthe an ni. Mihring ni tin mamawh tâwk chu taksa kg khat zela ritah gramme 1 telh tûr a ni. Mi tam takin hei aia tlem hi an ngeih zâwk ang.

Carbohydrates hi chithlum leh tuihnâng a ni a. Balhla te, thei te, alu te, leh anţam bul ei mite, chithlum te leh cereal leh thlai thenkhat te ah hian a tam mai. Kan chaw eiah hian 40% chu a tel tûr a ni. Hêng aţang hian chakna kan dawng a ni.

Thau hian kan chaw a ti kim a. Sa, sangha tui, thei pil sak, butter, cream, margarime leh chawhmeh kanna hriakahte hian a tam mai. Kan taksa then hranga ti mumtu a ni. Lumna leh chakna a siam bawk, Kan taksa a chaw inkhawlkhawmna ber a ni. Thau hi carbohydrates-ah, tin carbohydrates hi thauvah, a chantir theih a. Hemi avang hian, a eng zâwka pawh hi kan ei ţeuh chuan kan rit duh êm êm a ni.

Mimal mal tâna chaw ei tûr chi ruahmanna zawm thlarh hi, diabetes vei tân pheih chuan a pawimawh leh zual a ni, Chaw thă ei dân tûr ngaihtuah chhuâktute chuan, ei tûr tâwk ruatna chart fel tak an buatsaih a. Chu chuan, an ruat ang kher ei pha lo tân pawh a aiawh ei dân leh chi hrang duh zâwng a thlan khawm dân a ti awlsam a, chu chu taksa leh rilru tân pawh a tha êm êm a ni. A nun tinuam a, a chaw ti eitui tûrin tih dân tinrênga beih tûr a ni. Diabetes vei tân eng chaw nge, engzât ei tûr nge tih hriat nân dân mawl tê tê hei kanrawn tarlang e.

1 A pawimawh ber chu, duhthusam hnaih thei ang bera taksa rihna vawn hi a ni. Ei tûr zât a chhûtnaah chuan rihna chu pound a ziak anih chuan kilogram -ah chantir theih a ni a, pahniha semin a dik tâwk viau.

2. Taksa rihna kilogram khat zêlah 25 calories ni tûrin ruahman rawh. Kut hna rim taka thawktute tân erawh chuan 50 aţang a 75%, chawmna thă tâwk tling tûr chuan belh chhah a la ngai a ni. Rihna hloh duhte erawh chuan tlêm paih then mai rawh se.

3. Ni khat atâna colory tul zât hriat nân taksa rihna kilogram zat chu 25 in puntir rawh.

4. Taksa rihna kilogram khat zêlah nîtin protein gramme khat ei tûr. Protein gramme khatin 4 colories a nei zêl a.

5. Nikhat atâna colory tul zât chu 40% a ngaiin, carbohydrates tul tûr zât chu chhûr rawh. Carbohydrates gramme khatah 4 colories zêl a awm.

6. Nî tina colory i mamawh zat i daih lohna chu thauvin thawm rawh, thau gramme khatah colory 9 a awm tih hrerengin.

7. A chhûr nân chuan ounce khat hian 30 grammes a tluk tih chhinchhiah la.

Entîrna

Damlo chu 140 lbs. a ni a, mahse chart-a a lan dân chuan 125 lbs. chu a rihna tawk tûr a ni. A rihna tâwk tûr chu 2-in sem rawh, a rihna tur kilogram zat hriat nân.

$125 \div 2 = 62$ Kg. (a chuang chu hnutchhiah a). A chung a pakhatna khi en la. $62 \times 25 = 1550$ colories nikhat atân phal sak a ni, (a chung a 2 & 3 -na en la) Protein (P) chu taksa rihna kilogram khat = 62 gm. (4 enla) protein gramme khatah 4 colories $4 \times 62 = 248$ colories P atangin i dawng ta. Carbohydrates (CHO) chu colories belh khawm 40% zel ($40\% = 40$) (a chung a 5-na en la). $40 \times 160 = 640$ Cal. CHO atangin. CHO gramme 1-4 colories. 640 gm a tul. Thau (F) hian chaw la kim lohna chu a rawn phuhrûk ta a ni. (a chung a 6 -na en la).

Protein leh CHO atanga dawn zât — 827

CHO atanga colories = 624

Belhkhawm 872.

Nikhat atâna colories phal zât = 1550

Protein leh CHO atangdawn zât — 827

a tul zat, thauva phuhrûk tûr (a chung a 6-na) 678 Cal.

Thau gramme khat zelah 9 colories (a chung a F) in $678 \div 9 = 75$ gm a tul.

Ennawna:	Total Protein	62 gm.	248 Cal.
	CHO	156	624
	F	75	678

Total calories 1550

A zât ruat ang zêla ei chuan, kan chaw han tarlante hian hlutna hetiangin a nei. Tlar tinah hian "thlâknate" a awm a, a enga pawh hi heng zinga mi hi miin lo ei ta se, chaw hlutna a dawn chu a pangngai deuh reng a ni. Hei hian ni tin awlsam takin chaw chi hrang hrang mi a thlantîr thei a ni.

Tlar I: Bâwnghnute thlâknate

Carbohydrate 12 gm; protein 8 gm; Thau 10 gm eikhatah

CHAW	THLAKNA PAKHAT	
Bâwnghnute	No I (0 oz)	240
Bâwnghnute khal	No $\frac{1}{2}$	120
Bâwnghnute dip hlang	No $\frac{1}{4}$ thîrfian lian khat thum	35
Buttermilk*	No I	240
Bâwnghnute Skimmed*	No I	240
Dhoi	No I	100

Tlar 2: Thlai Thlâknate

Group A.

Hman dân narânah chuan, carbohydrate, protein leh thau hî a tam tham lo hlê. Chaw wawi khat ei atân no khat aia tam chhan anih chuan, a hnuaia Group B ei khat anga chhût tûr a ni

Asparogus	Bawrhsaiabê	Wateroress
Brocoli	Pa	Greens
Brussels Sprouts	Parsley-	Beet greens
Zikhlum	Thinghmarchâ, green	Chard
Parbâwr	Anțam bul bâwk.	Kale
Salari	Rhubaro	Anțam
Fanghmâ	Sauerkraut	Spinach
Bawkbâwn	Stringbe, No	Turnip greens
Um ei	Summer squash	

NOTE: Southern Asia -ah hian thlai hring chi hrang tam tak, taksa tâna tha tak tak a tam mai. Hetah hian chung chu ziaik tel theih a ni lo, mahse telh atâna tha tak tak an ni.

Group B:

CHO 7 gm., protein 2 gm. thau engmah tham lo ei khatah
($\frac{1}{4}$ no, 100 gm.).

Beets	Peas, green	Squash, Winter*
Carrot*	Mai	Turnip
Purûn sen	Rutabagas	

Tlar 3: Thei Thlakna te

Lawh thar, chhumhmin tîna dah that, a nih loh leh thlum lohva vûr hmehkhaltîr. CHO 10 gm., ei khatah protein leh thau chu engmah tham lo.

* 10 gm. thau belh rawh (thau 2 thlaknate, tlar 5 en la). Butter-milk zawrh chi tam ber hi chu Bawngnhnute chung khal hui (skimmed) a ni. Tual-chhûng siam hi endik ula.

* Heng thlai te hian Vitamin A an pai tam. Ni tin tum khat tal chu ei tel ziah rawh.

THEI

THLAKNA PAKHAT

	TEHIN	BUKIN
Apple a tē pakhat	2"	80
Apple tui	No $\frac{1}{2}$	100
Appricots, a ro	A chanve 4	20
Appricots, lawthar	A laihawl 2	100
Balhla	A te $\frac{1}{2}$	50
Berries (blackberries)	No I	150
raspberries, and strawberries	No 2/3	100
Blueberries	a lian lo Or a te 15	75
Cherries	a lian 2	15
Khazur	a lian 2	59
Theipui, lawthar	a te I	15
Theipui, phoro	a te I	25
Grēp rah	No $\frac{1}{2}$	100
Grep rah tui	I2	75
Grapes	No $\frac{1}{2}$	60
Grēp tui	No 2/3	120
Kāwlthei	No $\frac{1}{2}$	60
Lamkhuāng	rah $\frac{1}{2}$	150
Dawnfawh, eng		

* Hēng thlai te hian vitamin A an ngah Nītin a engemaw ber hi chu ei ziah rawh

Theihai	a te $\frac{1}{2}$	70
Lime*	a te I	100
Serthlum tui*	No $\frac{1}{2}$	100
Thingfanghmā	a laihawl 1/3	100
Palmyra rah	pakhat	15
Theitē (peach)	a laihawl I	100
Per	a te pakhat	100
Lakhuihthei	cup cubed $\frac{1}{2}$	80
Theitē (plum)	a laihawl 2	100

Lakhuihthei tui	No 1/3	80
Prunes, rep ro	a laihawl 2	25
Raisins (grep ro)	Table Sp. 2	15
Rhubarb	a lian I	100
Loose skin limes	a lian I	100
Dawnfawh	cup diced I	175
	zai lep 3" x 1½" I	

* Hêng theite hi vitamin C awmna tha tak an ni. Nîtin a engber emaw chu ei tel ziah tûr.

Tlar 4: Chhang Thlâknate

CHO 15 gm; protein 2 gm. thau engmah tham lo.

Chhangthâwp	Lep I	25
Scone, roll	a laia teh tlangin 2"	35
Muffin	a laia teh tlangin 2"	35
Cornbread	Cube 1½"	35
Cereals, chhum hmin	chhum hmin no ½	100
Cereals, ro (Flakes, puffed. and shredded varieties.	no 3 che che	20
Buh, macaroni noodles. Spaghetti	chhum hmin no ½	100
Biscuit	No ½	20
Corn	No 1/3 or vui ½	80
Parsnips	No ½	125
Alu	a laia teh tlangin 2"	100
Urhmin vâr or		
Râwtsawm	No ½	100
Bahra thlum	No ¼	50
Ice-cream, vanilla	No ½	70
(Thau lâkna pahnih telh lovin)		
Sponge cake, no icing	Cube 1½"	25

Tlar 5: Thau Thlâknate

Carbohydrate leh protein engmah tham lo, thau 5 gm.

Butter or margarine	1 tsp. hrut	5
Cream, light, sweet or sour 20%	2 tsp. "	30
Cream, Heavy-40%	1 tsp. "	15
Cream cheese	1 tsp. "	15
French dressing	1 tsp. "	15
Mayonnaise	1 tsp. "	15
Hriak	1 tsp. "	5
Olives	5 tsp. "	50
Avocado	1 tbsp.	15

Tlar 6: Thlai Chaw Protein Tamna Thlâknate.

7 gm., ei khatah.

CHO leh P. Thau engmah tham lo. Eikhatah CHO 20 gms.,

**THLAKNA PAKHATNA
BUKIN**

Be narân ro (No $\frac{1}{2}$ -3 oz.)	1 oz.
Bepui (pea) ro	1 oz.
Bepui hring (beans)	3 oz.
Bâwnghnute skim thar	8 oz.
Buttermilk	8 oz.
Dailuah, châna rawt	3 oz.

Foot Note

*chhang thlâknate pathum telh lovin

Protein leh Thau tamna chaw CHO 7 gm., protein 7 gm, thau
7 gm., ei khatah.

Bekang ro (um loh)	2/3 oz.
Almonds	1 oz.
Badam butter or badam kanro	1 oz.

Khawkherh	1 oz.
Bawnghnutê tak or dhoi*	7 oz.
Cheddar cheese*	1 oz.
Artui +	1 oz.

Group C

P. tam, Thau Tlemna chaw. CHO 7 gm., protein 7 gm., thau 2 gm. ei khatah.

Diabetes vei tân ei tûr tha hriat nân, an tâna tha tûr hre bîk hote chawchhuah sa entîrna thenkhat chu chhiartute hlâwk nân hetah hianrawn tarlan a ni. Pound 95 a rit afâna hisâpna a ni tih hriat tûr. I rihna tâwk nêna inhmeh chaw i thlang tûr a ni a, i rihna tak nêna inhmeh kher ni lovin. A hnuai lam a belhkhâwm nêna a inzât teuh hlê tih i hmu ang.

Pound 95, Kg. 48 calories 1080. C. 108 gm. P. 48 gm. Thau 50 gm.

CHAW	EI ZAT	RIHNA		GM-in Thau
		CHO	P	
Bawnghnute thlakna	2	24	16	16
Thlai thlâkna 2 A	1	0	0	0
Thlai thlâkna 2 B	2	14	4	0
Thei thlâkna	2	20	4	0
Chhang thlâkna	2	20	4	0
Thau thlâkna	4	0	0	20
Thlai P. thlâkna 6 A	1	20	7	0
Thlai P. thlâkna 6 B	2	14	14	16
Belhkhâwm		112	49	52

Thâwkna Dâwt Natnat

Tonsils

Tonsils leh adenoids len dân hì thlahtute zir a nì Nu leh pa. tonsils lian tak nei chuan, chu chu an fate an hlan deuh ngê ngê pawhnise. an len viau va, thil lem an tih harsat chuan paih mai tûr a nì. A lenzia aia pawimawh zâwk chu a nâ hì a nì. a hriatna awlsam tak a nì nghàl. Tonsils chu an lian emaw tê-maw, an nat fo va, naupang khua an tih sîk fo thin chuan, paih mai tûr a nì (Tonsils vun laia hrawk awm dân chu a bula entîrna pheh maw VII naah en mai rawh)

Tonsils natna hì naupangah chuan bawrhsâwm vang a nì deuh ber. Chaw ei tuina an tlachham a, an dangin an phûtâwkin an rit lo fo. Khawsik leh hrawknà lo awm fo hian an natna dona a tichau va, an rilru leh taksa thanlenna pawh a tì bahlah thin Naupang tupawh hetianga an awm chuan, tonsils zainaah hruai mai tûr a nì, a tonsils chu eng anga lian leh te pawh nì rawh se Tonsils chu badam tia lek chauh pawh nise, zai hnu chuan, a hma aiin naupangte chuan an thatpuizia kan hmu fo tawh a nì

Adenoids:

(A bula entîrna mawı VIII en rawh)

Adenoids chu hrawka taksa bungkhat, dang chung nem hnung chiaha awm, lang thei lo hi an ni a. An lo len chuan naupang chu hnarin a thaw tha thei lo vang. A muthilhin, dân narânin a hnar bawh thin. A ka angin a thaw a, a hmel a danglam thei hial thin. Hritlante hian hnape hi adenoids ah chuan an tla a, chu chuan a lo chelh thin. Eustachian (bengkua) dâwt in hawng lai hi adenoids chungah tak a awm a, chuang in naupang chu nâ taka a khuh emaw, hahchhiau emaw hian hnep chu beng kaw lai lamah chuan a chhêm lût ang a, natna a kaitir in beng a nâ fo thin a ni. Hetiang thil inzui hi naupang thenkhatah chuan a lo awm fo bawh thin a ni. Adenoids chu paih an nih chuan hnep chu dan pangngaiin hrawkah a lo far lût a, chutah chuan a awm a, beng lai lamah a hamluh luih theih loh Chuvangin adenoids paih a tulna chhan pahni a awm.

1) Hnâra thâwk that theihna daltu paihbo nan.

2) Beng lama ham luh avanga natna kai tûr dan nân. A that duh zia hmuh hi a lawmawm tak meuh a ni.

Hritlâng Narân.

Hritlâng narân aia mihring tina zing hi natna dang a awm lo. Thlasik lain a lo thleng zing bik a, mahse eng hun lai pawhin a lo thleng thei tho. Mi tam ber chuan an pawisa lo viau va, mahse a hlauhawm thei viau bawh, Nausên-ah chuan bengnâ a thlen thei a, chu chuan mastoid buaina (beng chhiatna) a thlen theih avangin ven ngun tûr a ni. Ruhna, khawsik leh awmnâpu hi hrawknâ satliah atang hian arawn intan thei a ni.

Invênna: Hritlâng venna chu thil tam takah a inngat a ni. A pawimawh ber pakhat chu chaw tha eia taksa vawn that, chawlh leh nitin insâwizawina neih hi a ni. Tui vawt a nitin inbual hi taksain hritlâng a danna vawn thatna tha ber pakhat a ni. A dang leh chu hritlâng vei kawm loh hi a ni.

Note: Inhrukna puan in hman tâwmte, vaibêl te naulawm te. zungtang te leh thil eng pawh hritlâng hnar leh kê atanga bawlh-

hlawh chhuakin a tih bawhlhlawh hnu tawh pawt chu hritlang zawmtirtu an ni thei vek mai. Pindan up lutuk, thim rep rup a chênte, vaivut khu hîp te, vawt leh huh tuarte, thlansâa kawr a huh laia thli thawa thut rengte, mut tlem leh thawh rim lutuk te hi hritlâng kaina kawng sialtu vek an ni. Kâa thaw leh ha nget leh tonsils vungte hian hritlâng an vei nawn zing duh riau thin.

Hritlâng chu dân narânin hnarah a intan a, hrawkah emaw, hrawk-hrâwl bulah a chhuk thei a; tin, hrawkhrâwlah chhuk zêlin chuap a thleng thei a, chutah chuan awmnapui a lo ni thin. A tirah chuan hritlâng hnaptuiin a rawn tan a, ni hnih khat hnuah chuan hnep ang deuhvin a rawn chhonzawm a. Vawikhat hritlân hi hritlan leh theih lohna a ni lo. Virus vaccine (chiuna)-in dan theih a ni a, mahse he lehkhabu ziak a nih lai (1963) hian chu chu Asia ramah a la awm si lo.

He hritlâng hri (virus) vei tân hian dawdawi bik a awm chuang lo. hritlâng hi dân lo pawh a ni chuang lo. Hrawknâte a tel kher loh chuan antibiotics hman pawh a tul lo. Hrawk a nat a, beng emaw, awm emaw a nat chuan sulphâ emaw penicillin damdawi emaw hman tûr a ni, mum khat zêla nitin vawi li ei tûr. A nasat viau chuan mut tûr a ni. Chaw tlem deuh ei a, theitui leh tuisik tam tak in tûr Zun leh êk a chhuak tha in chawlh hahdam tûr a ni baw.

Hnar a pin hlê a thawk theih loh chuan, damdawi zawrhnaa "hnar thlawrna" leiin thlawr rawh. Hnar a pin nasat hlê chuan, hnar thlawrna ringawt chuan tihven sên pawh a ni lo mai thei. Chuti a nih chuan, hruk puan vûr tuia chiah sawrfu hlawlin hnar ping lai chu tuamin thlawrna chu a lut thei mai ang; Khat taka thlawr tûr a ni a, âarkâr thum tal danah ni rawh se. Hrawk a zat a, khuh a chhuah chuan, khuh damdawi (cough syrup) pawh ei theih a ni ang. Hei hian dân narânin hnar tipingtu (mucus) chu a titui thei a, hnar zâ pawh a tinêp a ni.

Tunhma chuan boruak thianghlim luh nân tukverh hawn vek hi tha hlea rin a ni a. Hetih hun chauh ni lovin, englai pawhin tun thleng hian, boruak thianghlim ngah chu a pawimawh êm êm a ni; mahse hritlâng enkâwnaah chuan boruak chu a lumin, a

thar tûr a ni. A hnâwng deuh tûr a ni, boruak ro chuan hrawk a ti thîp thin, boruak yawt pawhin. Thil khawr zum a, tui lum hû hnar kua taka luhtîr hi a tûl lovin a atthlâk a ni; mahse pindan boruak chu a lumin a hnawng tûr a ni. Tuiso bel pindana kawlin hei hi a tih theih. Hetianga boruak tih lum hnawn hi hnar kuain a ngeih a, hritlâng pawhin a ngeih.

A chang chuan aw chhâna te pawh a vei theih a. Chutia aw a chhan viau phawt chuan tuamna yawta (Bung 22-naa, Tuamna Yawt" tih kha en la) tuam nghâl tûr a ni. Hei hi enkawlina tih ran theih hmasa tha ber chu a ni. Hrawkhrâwl bul vûngah chuan antibiotics, sulpha leh penicillin angte hi a hman theih, mahse an thatpui fo lem lo. Antihistamines hi a tha mai thei. Mut reng, aw chawltir hmiah leh boruak lum hi he hri enkawlina pawimawh takte chu an ni.

Influenza (La Grippe)

Influenza hri hi kumtin a lêng thin. A nat dân pawh hritlâng nêñ a ni ang hê, a nasa viau zawk tih mai loh chu. A tirah chuan hnar a ping a, hahehhiau a chhuak a, mit a tui a, lû leh hnung zâng a nâ a, ro takin khuh a ni a, tlemin khua a sik bawk.

Hei hi natna khirh tak a ni. Kum tinin tar tam tak a suat thin. Mi chaklo sain an vei chuan an thihpui fo thin.

Influenza lentirtu chu virus (vairas) a ni. Virus lâar tak tak pathum an hre chhuak tawh a, chung aţang chuan vaccine (chiuna) an siam a. Virus pakhat laka invenna chuan a dangte hi a veng tel lo va. A inkawpa chiuna an siam ta a, chu chuan virus pathum lakah, thla li aţanga thla ruk chhûng a veng thei a ni.

Enkawlina: Influenza hi in kai awl tak a ni. Chhûngkuaah pakhatin a vei tawh chuan a khuh emaw hahchhiau emawin, rawmawlin a hmui leh hnâr a hup ziah tûr a ni. Lehkha them, nakina. hal ral tûrah a khuh tûr a ni. A chhûngte hmanlai hrukpuan, no leh thleng ilo a hmag ve tûr a ni lo.

A nat tirhah chuan, damlo chu a mu tûr a ni a, hritlâng en-

kawl^{na} (Bung 22 a mi) atana ke leh kephah tuiluma sil dân kha hman ve tûr a ni. Damlo chuan tui emaw serthûr tui emaw in t̃euh t̃euh sela, dârkâr tinin a t̃lēm berah pint chanve tal in rawh se. Kephah tihlum tûr. Tlawh tûrin saidawiûma tuisà thun pawh a t̃ul mai thei. Buhhâwp, tuihnâng artui hmin mang lova chhum leh thei chauh ei rawh se. Khuh atân chuan hritlâng enkâwl^{na} tûra he bunga sawi kha hman ve mai tûr.

Hrawknâ, âwmnapui emaw beng nâ emaw a tel loh chuan virus te chuan antibiotics an ngeih lova, hman tûr a ni lo. Sulpha damdawi pawh a t̃ha lo, influenza ang bawka thisen vâ^r mûr tiral thei a nih avangin. He thil pahnihin thisen vâ^r mûr tiki^{am} zawnga an thawh hian mi chuan dona a nei chau thin a ni Khuma mut leh damlo dang ang bawka enkâwl^{na} hi a enkâwl^{na} ber chu a ni mai.

Hnâr thi

Hnâr thi avanga buaina lo chhuak za zêla sawmkua pangâ hi chu, hnâr kaw chhûnga septum a^{ta}nga lo chhuak a ni. Chuvan- gin hnâr chu minit 15 vêl hme^h pin chuan, hnâr thi tam ber chu tih tâwp mai theih a ni. Chu chu a t̃aw^k loh chuan (nose drops) damdawiin lapua tih^{na}wm la, chu chuan hnawh rawh. Nose drop chuan thisen zâm chu a ti sâwng a, thi chhuak reh tûrin a pui t̃hin.

Hnâr kaw chhûng vun pan tea thisen lui atang chuan thi a lo chhuak duh hle^h A châng châng^{na} hetianga thil lo awm thin hi t̃ir^h tûr chuan thisen lui (dawt) chu silver nitrate 10% aia chak hman hmain. a vêl chu kahhit tûr a ni

Chuâp Natnate

Awmnapui (Pneumonia)

Pneumonia chu chuâp natna a ni á. pneumococcus, streptococcus, staphylococcus leh bacteria dang tam takten an awmtir thei a. Lobar pneumonia an tih hi pneumococcus awmtir a ni a, a nâ berin a hlauhawm ber a, a lo nâ phutin, mangannaah a tâwp duh hle. Natna rapthlâk tak a ni a, tunhma lam phei chuan nunna a suat nasa hlê thin.

A tirah chuan nasa takin a lo vâwt er er a. Pangsa rang takin a lo sang a, âwmah nâ a lo awm thin. Tawi, ro nâ takin an khuh a, thâwk a rang tial tial a. Ding emaw vei emaw delhin damlo chu a mu a, a zangthal thei lo. Hmai a lo sen awp awp a, biang leh lam chauhah emaw a leh lam leh lamah emaw a ni duh bik; hmuiah te hian khawsik durh a lo lang a. Khâkah thi a tel thet thet a. Ni tam fê khawsik a sân hnuin, a lo hniam leh thut a, thlan fim nasâ taka chhuakin a rawn zui a. Hemi hnu hian damlo chuan nuam huaiin a hria a, vanduaiana dangin a belh loh chuan a dam leh tial tial ang a, hapta hnih emaw thum emaw vêl hnuah chuan a dam leh mai ang. Thenkhat chu pangsa a hniam leh hma hian an thi thin. Tun hma chuan pneumonia vei sâwm zingah chuan, pathum emaw, palî emaw chu an thi ziah

thin. Zû heh mite hian pneumonia dam chhuahpui chu harsa an ti bik thin.

Invênna: Pneumonia hrik chu a darh zau hlê a. Kan pumpelh thei lo; mahse taksa chu a chaka, a hrisel chuan penumonia hrik chuan a tichhe thei lo a ni. Zûin leh mei zûk chînte, chaw tha ei loh te, chaw ei tam lutuk te, in thim phui lutuka mut leh chen te, in lu khupa mut te, thut kun khîl khel te, hritlân te hian taksa a tichau va, natna a ngam lohtir thin a ni.

Pneumonia chu a vei lai hnap leh khak leh khuh leh hah-chhiau ațanga darh a ni a. Mi no hman hnu hman leh kawthler vaivut khu hip luhte leh inchnhông phiah khuk rum rum ațangte hian pneumonia chu kai theih a ni.

Enkâwina: Sulpha damdawi leh penicillin awm hnu hi chuan pneumonia thihpui hi an tlem sâwt hle. A pahnihna hi a la tha leh deuh. Penicillin unit 600000 a ni tin chiu hian ni hnih aia rei lovah a tidam thei a. Mahnia awm fal, chiutu tur dâktawr hmu phak lo i nih erawh chuan, penicillin mum pawh a châng chuan i hmu mial mai thei. Unit 200,000 dârkâr ruk danah pe la, a nih loh leh sulpha damdawi mum hnih dârkâr li dan zêlah pe rawh. Ni hnih hunah chuan mum khat zêlin, ni khatah vawi li, ni, li emaw ruk emaw chhông la ei rih rawh. Heng damdawi hi dâktawr thiam tak thu ang zêla pêk nise a duhawm hlê a ni.

Khawsik chu dârkâr sawmhnhîh pali ațanga sawmli pariat chhôngin a tla hiam a. Mahse khawsik hniam ațangin a rei lo berah pawh ni thum chhông chu damdawi la pêk zawm zêl tûr a ni. Khawsik reh veleh hian damdawi pêk hi an chawl mai thin, mahse a hnu lawkah a tir aia nasa zâwkin an nâ nawn leh fo thin.

Damlo chuan boruak lum tam tawk tak a dâwng tûr a ni, a ke tih lum tûr a ni a, a êk theih loh chuan cathartics emaw mawngkahna emawa tih êk tûr. Lemonade te, lime juice emaw tui ringawt emaw tam tak intir teuh tûr a ni. Chaw chu tui rîl, buhhawp, tuihâng, artui hel emaw, hmin mang lova chhum emaw pek tûr a ni.

Damlo chu lehkha themah emaw puan hlui themah emaw khuh sela, chu chu la hâlral ni rawh se.

Pneumonia Naupangah

Pneumonia hi naupangah leh puitlinga a thawh dân a in ang lo. Puitling ah chuan pneumoniocci hi a nâtna hrik (bacteria) pui ber a ni a. Chuâp pumpui hi a huâp a, a khalin, thin them ang maiin a sen hlûr thin. Chulo rêngah, puitling tân chuan he natna hi a nân, thihpui a hlauhawm leh zual a ni. Naupangah erawh chuan pneumonia chu *streptococcus* emaw *staphylococcus* rawn siam a ni a. Hei hian chuâp hnun pneumonia, chuap hmun tina pân rawn siamtu a thlen a, chu chuan chuâp pumpui chu hna a thawh thâtûr thei lo a ni. Chuâp vei lam hi lobe (tlang) hnih a ni a, dinglam chu lobe thum a ni.

Naupang, he natna veite chu muttûr a, penicillin pêk tûr; a awm loh chuan sulpham damdawi citûr tûr. Dârkâr lî dana mum khat zêl hi ei tâwk a ni, naupang tân chuan mum chanve. Ni hnih, thum hnuah chuan, ei dân pângngai chanve a tih hniam tûr a ni.

Chaw leh enkâwl dân tlângpui chu nâtna nâ tak dang nên a thuhmun. A lo dam chhuah leh laiin, amah a ro loh nân ngun taka enkâwl tûr a ni; tin, khawvawh lai chuan naupang boruâk dawn chu a lum hnâwng tûr a ni.

Pleurisy

Pleurisy hi engnge a nih hre tûr chuan pleura hi engnge a nih hriat a tul. Pleura chu râng pan tak pahnih, a pakhat zâwka chuap tuâma, a pakhat zâwka nâkruh chhûnglam tuâmtu hi a ni. Tichuan, he râng pan pahnihte hi an in si deuh reng a ni. An inkârah hian tui tlêmtê, tinâltu a awm a. Boruak han híp luh hian âwmruh chu a puam a, âwm chu hnung lam aţangin hma lamah a rawn lian chhuak a. Thâwk in lâk vak zâwnga in awm poh chhuah dân hi chhinchhiah rawh u. Nakruh a chet hian a zâwna chuap pawh chu a che ve hret a. Hetia thil innâwt hi a in nawh nat loh nân, Siamtu chuan âwm chhûngah hian pleura chu a dah ta a ni.

He rang pan in si reng hi a lo vun chuan thâwk zâwngin a innâwt a sa tak kan angin a nâ a, chu chu pleurisy chu a ni. A châng chuan he rângte hi an inthen avangin, tuiril namên lo a chhuak bawk thin. Hetih thilah hi chuan a inkhawih dun lo va, nat pawh a nâ lo. Tin, pleurisy ro pawh a awm bawk. Chutih hunah chuan a innâwt a, a nat êm avangin a thâwk theih loh deuthhaw hial thin. Hetia a innâwh tawh hi chuan a innâwt ri chu daktor chuan a hre thei hial thin.

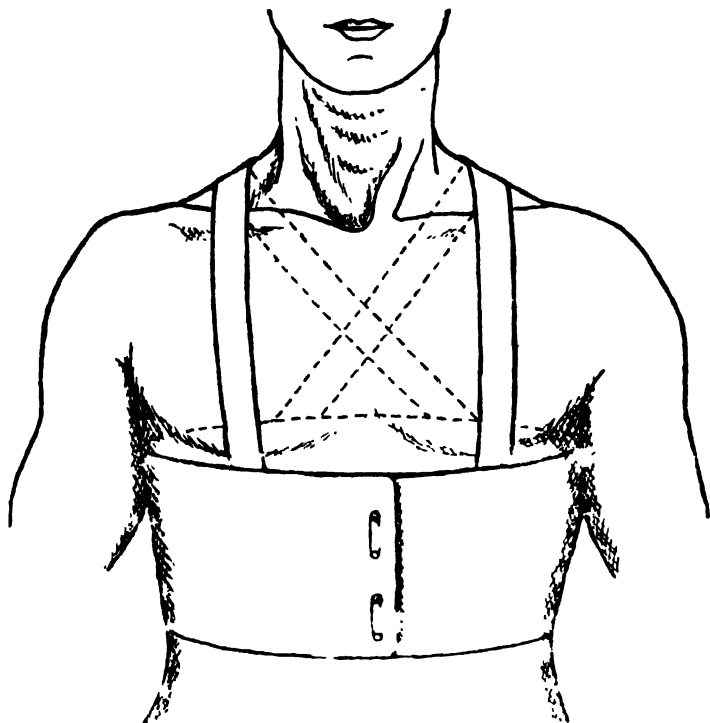
Chuâp vûng rêng rêng chuan pleurisy a awmtîr thei. Pneumonia, tuberculosis emaw chuap hnûn natna emaw pawh a ni mai thei. A chhan tamber chu vawt tuar vâng a ni. Thlansat lai takin vawt viau khawpin mi chu daihlim thlithaw ah a thu a ni mai thei. Chutiang hnu zânah chuan a lo vûngin, namên lova nâ a lo awm thei a ni.

A chung a kan sawi tak ang khian pleurisy ro pawh a awm thei a (hei hi lum leh vawt tuar vak kâr thlâkrawn zuitu ber a ni) a nih loh leh pleurisy huh pawh a awm thei. A dik takin pleurisy huhah chuan tui tam tak a lo tling tseuh thei a, chu chuan chuâpin boruak a pai theihna nasa takin a ti tlem thin. Nâkruh kâra hriau vit lûtin, tui chu siak chhuak ila, a dam huai thei a ni. Hei hi erawh chu dâktawr tih tûr a ni. Pneumonia leh tuberculosis -ah chuan he tuiah hian natna hrik a lut thei. Chutia hrik a lo luh chuan empyema an vuah. T.B. veite hian a chang chuan, pleura atang hian chuap hnûn natna an kai thin. tin, boruak chu pleural cavity-ah chuan a lût ang. (pleural cavity chu pleura inkâr awl hi a ni). Heti anih chuan chuâp a lo khawlo va, damlo chuan nâ a ti êm êm a, thâwk harsa a ti thin. Chu chu pneumothorax an vuah. Âwma inhliam a, thisen chu pleural cavity-a a luh chuan, haemothorax an vuah a. Hêngah hian boruak, tui, thisen emaw pân hnai emaw lo awm chu hriauva siak chhuah theih vek a ni. Chutiang sawisakna (zai emaw) chu thoracentesis an vuah a ni.

Miin pleurisy wawi khat a vei tawh chuan hritlâng leh boruak ro lutuk lakah invêng him tûrin fimkhur hiê rawh se. chutilochuan a vei nawn leh mai ang Thlansat hnua in tih vawh hma lutuk loh tûr a ni. A theih chuan a âwm chu tuam that tûr a ni a, boruak

ro naah a ̣thu ṭur a nilo; tukverh bulah lek pheĩ chuan ̣thu lo lehzuall rawh se, chutah chuan ̣awm emaw hnung emaw thli chuan a rawn cḥḥem ḍaẉn si a.

Enḳawḷna: Tui lo awm enḳawḷna chu ḍaktaẉr tih ṭur a ni (a fim emaw, a nu emaw, thisen emaw pawh ni sela) Vawt tuar vak emaw avanga lo n̄a ̣thin kha hetah hian kan ngai pawimawh ber a ni. Antibiotics an ̣tangkai lo. Tih ṭur ̣tha ber chu, chụap hnuai z̄awk v̄ela, nghet taka tuam a, a natna lai zawn̄a, tuilum ipa deh hi a ̣tha. He tuamna hi puan, taksa a veh hnu pawha kh̄ap v̄ela



PLEURISY VEI ̄AWM TUAM D̄AN

la invuak thua phăk, inchi ruk vèla hlai ni rawh se. Thuah-hnih thuahtuma chhah ni bawk rawh se. Chuáp boruak zawng zawng tihchhuah vek a, a tâwt thei ang bera tuam a, pin pathum emaw paliin emaw kilh tlat tur a ni Damlo chuan a awm tihlen a tum tûr a ni lova. zawite tēin a thaw zawk tûr a ni Tin, coedein (30-60 mg.) emaw morphin 10 gm. hial pawh ei a tul mai thei: a nasat chuan.

Pleura-a tuiah chuan natna hrik a luh a, a vei a, empyema hlauhawm a ni. Pang sâ lo sâng vak leh damlo nat zuel dân chu ven fimkhur tûr a ni. Chutiang thil a awm chuan dâktawr koh tûr a ni. Empyema hi pneumonia lō zual vâng a lo awm a ni a, a lo awm mai thei tih hriat reng tûr a ni. Hetiang anih hnu chuan antibiotics pēk a t̄ul a; mahse dâktawrin a pēin, a enkâwl tûr a ni.

Tuberculosis (T.B.)

He natna hming hi a nat dan tlangpui ațanga lak a ni, he natna hian chuáp pumah hian emaw, a eina lai hmun a piangah chang tē tak tē tē a siam a. Heng châng (nodes) hi tuberculosis an vuah a. Mit ringawt pawha hmuh theih, vâ deuh hlek a ni a. He natnarawn awmt̄irtu hi germ emaw bacillus emaw an vuah a, chu chu thil nung (organism) thlai anga lo chawr thei, taksa khawi laiah pawha lo chawr mai thei a ni. Boruâkah hian a leng vêt ber a, arawn beih duhna lai ber erawh chu chuáp a ni. Chuta-țang chuan thisen emaw lymph emaw hian taksa khawi laiah pawh a hruai darh t̄hin a ni.

Naupangah chuan chuáp hm̄awr hnuailam pangah hian a kai duh ber a. Puitlingah erawh chuan, chuap b̄awr chh̄unglam ah, dinglam pangah a ni duh leh zual. Mediastinum (chuáp leh chuáp ink̄ar)-a lymph nodes chu naupangah chuan a lo lian t̄hin a, puitlingah erawh chuan a ni kher lēm lo.

A nat dānte: He natna hi zawi zawia lo chhuak a ni. Hapta tam fê chu hriat tham pawh a ni lo. A châng phei chuan, natnain bu a khuar ngheh fê hma loh chuan hriat theih pawh a ni lo. A lanna hmasa ber chu chauhna a ni. Rihna a kiamin, khua a sik

er er thei, 99' atanga 100' F thlengin pang a sâ thei. Khuh an tan a, khuh narah aiin a rei bik a. A tâwpah damlo chuan dâktawr a râwn a, X-ray in thlâ an lo la a, chuap a buaina awm chu a lo lang ta a. Khâk an exam a, chuta bacilli lo awm chuan T.B. a ni tih a lan chiantir ta a ni. Vantlâng hriseina ngaihtuahtu pâwlte chuan man tlawm deuh va X-ray a thla lâk nâwrpui an thlâk a. Heng X-ray atangte hian a na tantirte chu an hmu chhuak a, bu a khuar ngheh hmain an enkâwl tan nghâl a. He nâwrpui hi, T.B. vei a inring lo, vei si, va hriatchhuahna tha tak a ni. He hun tha hi a lo thlen phawt chuan X-ray a thlâ chu lâk theuh tûr a ni.

Enkâwl nghal vat anih chuan that chhuah leh a awl a, a lo na rei deuh tawh hnu a nih erawh chuan dam pawh a dam muang deuh va. Enkâwl loh chu an khuh a nasâ tulh tulh thin. Natna chuan hma a sâwn zêl a, an thihpui mai thin. A rawn belhchhahtu chuan thihna a rawn thlen thei a ni.

A nat dân zirna: T.B. ah chuan chuap hi engtinngae a lo awm? Tuberculos chu an thanglianin an pung zêl a, atâwpah chuan pân lian puiah a infinkhâwm mai thin. Chutiang pân kâr chu thisenin a fan lova, a lo tuiral mai thin. Hei hi chuâp hnunah a lo lût a, khuhah a lo chhuak thin. Chutianga a awm rei deuh hnunah chuan, pân kârah chuan hmun âwl a lo awm a. Chumi lai vêl chuâp chu a lo chhe ta thin a ni. Chutiang âwl chu chuâpah a tam hlê thei a, chutia khâk han khuh chhuah zâwng chuan chuap leh lamah a kai awl êm êm a ni. Chutia a punlun zêl chuan chuâp a chhiat nasat êm thin avângin a dam reng theih loh a, an thi mai thin a ni.

A chang chuan chuâp tisa lo chhia chuan a pâwn a hnaih êm avangin, pleura chu a tichhia a. Chutia a awm reng chuan a lo pawp a, boruâk kha pleural cavity-ah a lût a, empyema (pleural cavity-a hnai awm) a lo awm thin. Cavity a natna luhna kawngkâ chu a pin loh chuan, hnai chu chuâpah a lut leh a, chuap leh lamah a kai a, thihpui êm loh pawhin pneumonia nâ takah a chang ta thin a ni.

Tin, T.B. pân chuan thisen kawng a tichhiain, thisen a chhuak thei bawk. Hei hi nêp deuh leh nasa deuh pawh a ni thei.

Damlo chuan a na lam nia a hriat delh zâwng a, che lova a mut reng chuan a reh leh mai thei bawk. Thisen zâma a keh luh erawh chuan, hri awmna pânhnâi chu thisen luiah chuan a luâng tel ang a, taksa bung dangah natna a kaitîr ang. He natna hi kai theih lohna lai taksaah hian a awm lo. Chutiang a nih chuan khawsik chu 104 emaw 105'F ah emaw a chho thin; tin, damlo chu a nâ hlê thin. Hei hi miliary tuberculosis an vuah.

T.B. Hrik Taksaa A luh Dân: 1. Boruak nen chuâpah kan híp lût. 2. Chawah kan ei tel. Bâwng leh ran dang tam takte hian T.B. an pai a. Heng ran sa ei leh an hnute tihthianghlim lohva in hian T.B. chu kai theih a ni. T.B. veiin bazarah emaw chokaah emaw ei tûr a khawih chuan, T.B. hrik chu hnâr leh kê leh kut aţang chuan chawah a kal a, chu chaw chu eiin natna chu a kai theih. 3. Vuna pem aţangin taksaah a lût thei bawk.

T.B. Darh Zau Tûr Vên Nâna Tih tûr: T.B. vei chuan khuh leh chilpikin natna hrik a theh darh tih a inhre tûr a ni. A khuh emaw hahchhiau emaw hian, a hnâr chu a kê atangte chuan bawhlhlawh a lêngchhuak thawt thawt a, chu chu vaivut leh boruak nêen a inpawlh a, chung híp lût chuan mi hrisêlten T.B. chu an kai thin a ni. He natna veite khâkah hian T.B. hrik chhiarsenloh a awm a. A lo rova, vaivuta a chan theihna hmun tûrah rêng rêng chuan chhak mai mai tûr a ni lo, rinhlelh rual lohvin, khâk hi he natna thehdarhtu chu a ni si a.

He natna vei te chu puan in emaw, lehkha in emaw hmuí leh hnâr hup lovin, an khuhin an hahchhiau tûr a ni lo. Lehkha an hman chuan a hnuah an hâlral tûr a ni. Puan hman anih erawh chuan, chumi atan bik chuan kaw! that a, rawmawl anga inhman tawm hauh loh tûr a ni. Hman hnu chuan halral a nih loh vek pawhin, tuisova chhum tûr a ni.

T.B. vei chuan mi dangte ei tûr an khawih tûr a ni lo.

He natna vêi chuan a khâk a lem rêng rêng tûr a ni lo. A lem chuan a rilah natna hrik chu a kai ang.

T.B. Vei Loh Dân: Khawpui vaivut hian T.B. hrik a pái fo

thin. Eng hun emawah tal chuan T.B. hrik taksaa lût lova awm chu a theih loh, mahse taksa a chak a, a hrisêl a, hritlâng laka hnar a fihlim chuan, thisen hian T.B. hrik tlêm te chu a tihlum thei. Chawchhia emaw, chaw ei tam tawh loh emaw, thawh rim luat emaw, chaw ei tuilohna eng chi avang pawha taksa a chak loh hian he natna hrik tihboral theihna hi a bo thin a ni. Engti kawng pawha zû in chi rêng rêng chuan, mi dangte aiin T.B. hrik an kai awl bik a ni.

Khawpuiah in tâwt khupa an sakah mi a chên hian, T.B. a kai a hlauh-awm êm êm a ni.

Êng leh boruak leh ni êng luh nân pindan tin hian tukverh nei rawh se. Tukverh hawngin mitin mut tûr a ni. Damlovin a hman hnu thil chu tuisova chhum a nih zet loh chuan, no leh van leh thleng, hrukpuan leh chawhtawh, T.B. vei hman hnu chu a hlauhawm a ni. Ran T.B. vei sa leh hnute ei leh in a tang hian T.B. hrik chu a darh thei a, chuvangin sa chu ei hmian hneh taka chhum a, hnute chu in hmaa chhuanso hrep phawt tûr a ni.

Hetieng hna thawk mite hian, T.B. an vei duh bik a ni vaivut leh boruaka mei a khûk chum chumna hmuna thawktute; churut leh sikret siamtute lungchhertute, kawthlêr phiat faitute leh buh denna khâwla hnathawktute hian an kai duh. Thu kûl chi, Puanthuitute, lukhum tahtu leh thiamhnâng dek mite leh khâwl chhutute zîngah hian T.B. vei an tam duh bik, Skul leh College-a zirlai tam takte hian an zirna dawhkân zang kul deuhva bawh-chhan an chin a, pawna insâwizawina nitin a an neih that si loh avangin T.B. an vei duh hlê.

T.B. hi tihtam theih a ni, tin, engemaw avanga hrisêlna a tlângpui thua a lo chhiat avang tih lovah chuan, a hri chu tubercle hrui (Fibrous tubercles) ah chuan, darhzâu lo tûrin a dan chep theih a. A natna hi hriat chhuah hma poh leh tihtam a awl ting mai a ni. T.B. vei tawh chuan, hrisêlna tha tak a neih reng theih nân chakna ngah chi chaw ei reng a tum tlat tûr a ni.

Enkâwlna: Thang hnih liam ta hma lamah kha chuan T.B. damdawi an la hre mumal lo. Kan thiam tâwk chu, damlo chu muttir a, a ngeihzâwng tûr chaw pêk a, a dam theih

nan chuap hahdamna tûr zia ngaihtuah pui a ni mai. Tunah chuan damdawi bîk, na chhe lo tân chuan damdawiina awm kher lo pawha in enkâwl dam theihna te a awm ta a. Streptomycin leh dihydro-streptomycin te hi a tha ber pâwla ngaih anni a, lo nâ rei tawh tân a ni leh zual. A veitir tihdam nân chuan Isoniazid (INH) hi streptomycin nêen dân narânin an pe thin; Hetianga pêk pawlh hi damdawi thiamte chuan tha berin an hria. INH leh paraminosalicylic acid (PAS) inkawp hi, ei theih anih avangin, damdawiina awm lote tân chuan a tha ber mai. Streptomycin erawh chu, hypodermia injection -a pek chi a ni. Dâktawr thu ang zêla damdawi chu pêk tûr a ni.

Ihingtlâng mimawl leh, a chang chuan dâwrkai lehkhathiam tak pawh enkâwlinaa dâktawrin harsa an tihber chu hun rei tak mai, kum hnih emaw, a aia rei hial emaw enkâwlina hnuuia vawn tlat hi a ni. Damlo tam tak chuan thla khatna hnuah chuan damin an inhria a, lo endik leh atan lokir leh pawh tulin an hre lo va. An khuh a reh a, an chaw ei a tuiin an lo riñ leh tial tial a eng dang nge an la duh cheu ang: Mahse he ngaihdân hi a dik lo. An natna chu 90% in a dam ta ngei a, mahse 10% in a la dam kim si lo, chu pawh chu tihdam kim tûr a ni, chutilo-chuan a lo chhuak leh ang, a lo chhuah leh chuan damdawi pawhin a hneh har tawh a, a buaithlâk zual zo vek thin a ni. T.B. i vei chuan, i thu thuin khawsa lo la. Dâktawr thiam tak kutah inkâwlturin, hmikhur takin a thu zâwm zêl rawh. Tichuan i tha chhuak leh hma zâwk ang.

Damdawiina awm leh awm lo dam lo tan, chawlh hahdam chu a pawimawh ve ve. Ni khatah a tlêm berah vawî hnih tal a muhil tûr a ni. Hnathawh, thusawi leh infiamte hian chuap chaklo chungah chuan phurrit a belh chhah a, chuvangin a tam thei ang bera chawlh hahdam tluk chuan dam hma a inbersei theih thin loh. T.B. enkâwlinaah chuan chaw pawh hi a pawimawh êm êm a ni. A ngeih zâwng riau châw phei zawng a awm chuang lo va, mahse chaw inbuk tâwk tha tak hi taksa chuan a mamawh a ni. Chaw ei kêr leka bâwnghnute no khat in hi a tha hle. Thei tam tak, thlai te, fang pum leh bawngnute te hi ei tûr a ni. Ihingtlâng mi zinga harsatna lian tak pakhat chu chhûngkua an retheth si

a, chaw tha ei tûr tum hi a ni, a damlova chu ei tûr thawk chhuak-tu ber a nih lehngthal phei chuan.

T.B. vei enkâwnaa a pawimawh ber chu taksa chakna puntîr hi a ni, chutichuan taksa chuan amah pawhin a do ang a, zawi zawiin natna hrik chu a tiboral mai ang. Hei hi zawi muang thil a ni a, chuvangin damlo chuan hapta hnih khat lekah a dam leh mai thei lo tih a inhre tûr a ni. Taksa chakna puntîr dân leh tih-dam dan tha ber chu englai pawha boruak tha tak, chaw tha tam tak, pawna rei tawk khawsak, hahdam leh rilru hahna laka zalen te hi a pawimawh a ni.

A theihna hmunah tawh chuan T.B. damdawiina kal tûr a ni. Khawpui lian tam takah hian T.B. vei damlote enkâwna bik tûrin damdawiinte sak a ni a. Hêng damdawiin thenkhatahte hi chuan mi rethei tân man lovin thurâwn leh damdawi dawn theih a ni.

T.B. vei damlo chuan a in a chhuahsan theih loh avangin a beidawng tûr a ni lo, a hnuaia zirtirnate hi zawmin, inhhûngah pawh in enkâwl dam theih a ni si a.

Damlo chu pindanah amah chauhvîn awmtir tûr a ni. Chu pindan chuan chhûn leh zâna hawn rêng tûr tukverh zau tak tak a nei tûr a ni. Vawt leh ro lutuk-na aţangin fimkhûr taka vênhim tûr a ni. Khum nuam tak pêk tûr a ni. Chhûnah chuan damlo chu pawnah awm sela, thing daihlim hnuaia puan khumah emaw awm rawh se. Damlo pindan bang leh chhûatte chu nawhfai fo tûr a ni.

Damlo lukham leh puanthuah chu hapta tin vawi tam tak, dârkâr tam tak pho fo tûr a ni. Ni êng leh boruâk thianghlim hian T.B. hrik a tihlum thîn a ni.

Chaw: T.B. vei tan thil pawimawh ber pakhat chu 'chaw' hi ani hial ang. Dân narânin chaw ei tuina a bo thîn. Chaw ei a tui theihna tûrin vitamin B complex hi a tuiin emaw a mumin emaw ni tin ei tûr rawh. B complex thîrfiante khat nî-tin vawi thum, chaw ei hmâ zêla ei hi a tangkai êm êm a ni. Vitamin B mum (5 a ţanga 10 mg) ni tin vawi thum B complex thlâwp tûrin pêk theih a ni bawk. T.B. vei rêng rêng chuan sangha thîn thau (cod or Halibut) an dawng ţeuh tûr a ni. Damlo chu a theih ang tâwk

tâwka tam eitir rawh u. Bâwnghnute, artui, sa, thei, thlai, dailuah, wheat, buh thiah loh, cereals, thei pil sak, leh chaw tha chi tin-reng, damlo i eitir theih apiang eitir a tha ang. Damlo chuan chaw ei pângngai a ei sen loh chuan, tlêm deuhva chaw pèk zin deuh emaw, chaw ei kêr laka bâwnghnute tak deuh intir a tangkai hlê ang.

Enkâwlna Dangte: Bual fai fo tûr. Kawrte pawh vawnfâi tûr. Zîng leh tlâiah hâ nawh faitir reng tûr. Chauhna emaw khawsik emaw a thlen loh nân chêt hahtir lo tûr fîmkhur êm êm tûr.

Natna chu mi dangten an kaive loh nan, damlo chuan, chawte thirkut, thîrfian, no, thleng hrukpuân leh puanthuah ama puâlin a nei hrang vek tûr a ni. Chhûngkuaa mi dangte thil ruâlin sùk leh silfai tûr a ni lo.

T.B. vei damlo rêng rêng chuan nau an lawmin an fawp tûr a ni lo, mi dangte ei tûr pawh an khawih tûr a ni lo. A theih chuan damlo pindanah tho awm-tir suh u, tin, damlo khâk phei chu engti kawng mahin dehtir suh u, chhin that tlat tûr a ni.

T.B. tihdamna tûra thil pawimawh dang pakhat chu himna a ni. T.B. vei chuan Pathian rin vanga hlâwkna ropui tak chu a chang ang, Pathian chuan mihring natna zawng zawngte chu a tidam thei si a. Mi chu a beidawn a, dam zova a inrin loh chuan, a thi mai thei rêng a ni.

Damlo chu ni tin dailên a tul a ni. A taksa atanga thil bawlh-hlawh tlêngfai chhuak tûrin ni tin tui no tam tak a in t̃euh tûr a ni.

A khua a sik nasat hlê chuan, tui vawt tlêmtê hmangin sponj a zut daih theih a ni. Dârkâr chanve emaw a aia rei deuh emaw tuivawt chuan zût rawh. (Bung 22 en la).

Thisen a pik chhuah chuan damlo chu ngawi rengin mu hlê hlê rawh se. Thi a pik chhuahna chhan chu damlo chuan thil rit lutuk a chawi vang emaw, a insâwizawi hah lutuk vang emaw a ni thîn. Thisen a pik chhuah nasat hlê chuan vûr tuia chiah vawh puan huhin âwm tuam tûr a ni. A vawh reng theih nân tih huh nawn fo tûr a ni. Vûr a awm loh chuan, puan chu tuivawtah chiahin, a kil hniha khâi pharhin boruak ah thên vawt rawh u.

Chu chuan a ti vawt êm êm ang. Taksa tiril thlenga tivawt lo tûrin fimkhur rawh u. Miin T.B. a vei emaw, natna hautak deuh a tuar emaw chuan, enkâwlina hahthlâk lutuk hmang lo tûrin fimkhur tûr a ni.

Miin T.B. a vei hnuin, dam leh ang pawhin lang sela, nat leh mai theih a ni tih hre reng rawh se, hrisêlna vêng him tûr leh he bunga thil chuang natna kaitîr thei zawng zawngte hi bânzan vek tûrin fimkhur êm êm rawh se.

Thawchham (Bronchial Asthma)

Ashma-ah chuan, chuâp dâwt tihrâwl hi a inpawt mar táwt tlat a, chuap dâwt chhûnglam tuamtu vun pan chu a vùng a, thâwk a harsa êm êm thîn. A lo chhuahna chhan chu hritlâng, khawsik (hay fever), vaivut hip luh emaw, thing par chí dip hip luh emaw, sakawr, bawng, zawhte emaw ui emaw rim hip luh atângin a ni thei. Chaw ei tam lutuk emaw chaw thenkhat emaw damdawi ang chi te emaw ei zin vangin a lo chhuak thei bawk. Hlahu thutna emaw phawklêk buai thutna emaw pawhin a tichhuâk thei.

A vawikhat lo thawk hian dârkâr tamfê a awh thei a, anih loh leh a zâwnin zan tam tak a lo thawk thei bawk. Damlo chu thawk la tûrin a thu hlawl hlawl thîn. Âwm leh thâwkna tihrâwl rêng rêng chu a hah êm êm a. A thâwk chhuah zawng a piangin a ri fia fia zêl thîn. Hmêl a dângin a in pawt mar thîn. Kut leh kê a vawt viau thei bawk. Khuh a harin a ro êm êm a, khâk a tîem a, thil hngang deuh (tenacius mucus) a ni ber thîn. Dârkâr tamfê hnuah chuan damlo chu chau derin a muhil thîn a, anih loh leh zawi zawiin a kiang leh rih thîn.

Enkâwlina: Ashma enkâwl tûr chuan a chhan dap chhuah tum phawt tûr a ni. Zauthau thutna hian a tichhuak thei bawk. Kum khatah eng hun lai bik emaw chauhva a lo chhuah chuan thing emaw pangpar chi lêng vèl vang emaw a ni ang. Hritlâng nêna a lo thawh chuan a chhan chu bacteria ngamloh vang emaw a ni ang. Chaw engemaw ei vanga a lo chhuah chuan chu chu a

ni mai thei bawk. Sangha, artui leh thei thenkhatte hian an tichhuak duh viau bawk. Ui, zawhte, sakawr emaw kianga awm hian damlo chu a thawk ríktir fia fia mai thei bawk. A vei mi mal malah hian a chhan tak hre tûr chuan en fiah ngun a ngai hle. A chhan kan sawi tak pakhat emaw pahnih emaw avang nia a lan chuan, chiuna a siam theih a, chu mi danna tûr chuan mi chu chiu theih a ni. Chu chu bacteriology baboratory tha táwkah chuan a buatsaih theih zêl a ni.

A nat lai enkâwl nân chuan chawplehchilha damna tûr ngaih-tuah tûr a ni. A nasat hlê chuan adrenalin (epnephrine) doctor tân pek mai theih a ni.

Adrenalin chu hnar vêlah pawh a kah phingphisiau theih a. Hei hi a hman dân tha tak pakhat a ni. Hypodermic hriau a in-chiu a ngai lo va, mahniah tih mai theih a nih bawk avangin.

Adrenalin ang tak damdawi pakhat chu ephedrine a ni. Hei hi ei mi a ni a, Ashma vei chuan a lo chhuah veleha ei tûrin a kaw! reng thei a ni. Boruak ip nghâwnga tihrawl chu tidulin, he damdawi hian thâwk harsa kha a tinuam a ni.

Thil pawimawh tak tih theih dang chu chuâpa hnai awm tihtui a ni. He hnai hi a khalin, thelret ang maiin a fan theih hial chângte pawh a awm, chu chuan khuh chhuah a tiharsa a ni. He mi damdawi tha ber chu potassium iodide a ni. Far sâwm tui nêna pawlha ni tin wawi thum ei tûr a ni. A kha a, tui emaw, thei tui emaw nêna lem chi a ni.

A damdawi pathumna, antihistamines an tih pawh hi a tâng-kai viau. Chi hrang sawmhnih emaw, a aia tam mah pawh a awm mai thei. Thenkhat chuan a dang, mi dangte ngeih vak loh kha an ngeih thei a, chuvangin, tichhin zêlin, mahni ngeih ber zawn chhuah tûr a ni. A lâr deuhte chu anthisen, avil, pyribenzamine, benadryl te hi a ni.

Ashma lo chhuah ruala zamna lo tel hian natna a tizual thei thin Chumi tihreh nân chuan phenobarbital 15 mg. nitin wawi thum pêk theih a ni. Pe tam lutuk suh la, a tul ang chauh zêlin pe rawh. A chung a damdawi târlan zawng zawngte khi a tâwk chauhva pêk chuan an hlauhawm lo vek. Nasa takin an chhâwk

theuh va, ashma lo chhuak pawh an ti nêp sawt thei theuh a ni. A damloh zual lai deuh zawng chuan, potassium iodide leh anti-histamines chu fel takin a ei zat zat tûr a ni a; tin, a kian hnu pawhin, a lo chhuah leh mai theih avangin a ei zawm zêl tûr a ni.

Eosinophilia

Eosinophilia hi chuâpa natna kâi, an la hriat chian thlarh loh chu a ni. Rûlhû chi khat, rûlhû kawm ang deuh vâng nia rin a ni a, chu chuan chuâp a pel thei lo va, mahse, hei hi a la Chiang Chiah lo. Hetiang natna hian hetrazan dam dawî a ngeih avangin, a natna chhan nia an rin hi a rinawm leh zual a ni.

A Nat Dân: Damlo chuan khuh harsa a ti a, a châng chuan ashma pawh a ang thei hle. Ram lum hnâwnge chêng, hun rei tak lo khuh tawhte chuan he natna hi an lo kai rang mai thei a ni.

Hriatnate: Thisen vâ aţangin a hriat theih. Thisena cell vâ pakhat eosinophiles an tih hi thisen vâ za zêla 2 emaw awm ve chauh thin a ni a, mahse thisen vâ za zêlah 60 enaw lai pawh in â lo pung thei a ni.

Enkâwina: Hetrazan 50 aţanga 100 mg.ei khata hmangin, ni tin vawi thum ni sâwm chhûng pêk phawt, chutah hapta khat chawlh a, a ngai ang bawk a pêk nawn leh tûr.

Rulhât Vanga Natnate

Flukes (Trematodes) Rulhât.

Flukes hi chi hrang paruk, in ang tak tak a awm. An intia tlang viau a, an sei lam chu 2 cm. leh $2\frac{1}{2}$ cm. inkâr a ni ber, natna an siam pawh a thuhmun hle.

A Awmna Ramte: Africa, Gongo leh North Africa a ni bik; India, Maharashtra bengal leh Assam a ni bik; Far East pumpui, British Guinea huapin.

A Nunchhung Hun Kual Dan: Rulhât puitling chu mihringah an awm a. Thinah phingah leh ril chhûng thuahnaahte a awm thin. Zun leh êkah hian a tui chu a chhuak tel thin a, tin dila kalna an hmuh hnuin, hnaphâwnin a lo dawng a, hnaphâwnah chuan an thang lian a.

A thente chu sangha taksahte pawh an thang lian a. Nakin lawkah chuan tuih chi an thlah a, chu tui cheng apiangah khân an kai ta a. Vun a lo ro hnuin, vunah chuan a lût tlang a, thisen luihah a lût a, thin, phing emaw ril chhûng thuahtu enaw chu an thleng a, an nun chhûng hun kûal a lo famkim thin a ni.

A Nat Dân: Zun a thi—mahse a nâ si lo, chu chu 'haematuria' a ni, tin, khuh zâwngin thi an khuhchhuak, chu chu haemoptysis a ni; kawkhawh, thin leh la lian.

Hriatnate: Rulhût tui chu zun emaw êk emawah hmuh a ni.

Enkâwla: Tetrachlorethylene capsules, hexycresorcinol mum (cryptoids) emetine.

Invênna: Dilah mihring êk lût tûr vên thât. Chil pik leh lei a hnâp hnât, chung chuan a tui kha a tidarh theih avangin. Hnap-khâwn suat mang. Sangha chhum hmin tâwk loh leh sa leh tua thlai ٲo hel ei chin loh tûr. Dil bawhlhlawha chên loh tûr.

Strongyloides Stercoralis:

He rulhût hi khawvêl pumah a awm a; Brazil, Far East leh Africaah a tam bîk. Rulhût kawm ang bawkin mihring êkin a tihbawhlhlawh lei hnâwng a lo thanglianin, mi taksaah heng rûl-hûtte hi an lût a. Kephah ruak a tanga lo lûtin thisen luah an lo lût a Chuâp an lo thlenin, heng rulhûtte hi boruak ipah chuan an rawn insiam puitling ve tal a. Chuap dâwtpuiah an pêm a, chuta-tang chuan an khuhchhuah theih a, an lem leh bawk thin. Rîlah chuan an lo pung leh thin, chutah rûlhût hote chu thisenah a lût a, a nun kual chu a kualchhuak ta a ni.

A Lendan-Te: Vuna a luh hian chu hrik chuan a luhna lai chu a tithak a. Chuâpah thisen a lo chhuâk thin. Rîlah chuan chu a tithak a. Chuapah thisen a lo chhuak thin. Rilah chuan kawkhawh dam thei lo a siam a. Thisen vâ cell a thisenah chuan danglamna a lo awm thin.

Enkâwlna:- Gentian violet hi grain khat hmun sâwma thena hmunkhat ei khata hmangin nitin wavi thum ni sâwm emaw sâwm-pali thlengin emaw pêk tûr. A ngeih ber damdawi chu dithiazanine a ni a, mahse mîa ti law thei a, fimkhur taka pêk tûr a ni. Anti-histamines hi damdawiin a nghawng pawî vêng tûrin pêk a tul a, mahse dâktawr thiam tak vênna hnuaiah chauh pêk tûr a ni.

Rulhutpui (Tapeworms)

Khawvel ram tinah hian rûlhûtpui chi hrang pawimawh tak tak a tam mai. A pui deuh deuhthe chu dwarf, beef, pork leh fish te a ni. Sa hmin tha lova chhum ei aţanga kai vek an ni. Chi alte, thûra chiah te, repte emaw hian heng hrik hi a ti hlum lo. Sa chu hmin taka chhum tûr a ni. Mihring êkin a tih bawhlhlahw leia tlain rante chuan an kai thin. Rûlhut tui awmna tui inin mihring pawhin a kai mai theih bawk. Tuibawhlhlahwa chêngin Sanghâte pawhin an kai thin. Heng rûlhûtte hi mihring rilah an awm a, pum an tinuam lo ri ai ri ai a, paitawih lohna te, a chang chang a êkkhal pumnâ te kawkhawh leh chaklohna te a thlen thin.

A Damdawi:- Quinacrine (atabrine) hi a ngeih ber. Minit sâwm kêr danah mum hnih zêl mum sâwm pêk zawh hmaloh chu pêk tûr. Luak chhuak tûr tih reh nân sodium bicarbonate tlêm tlêm pêk tel tûr. Dâr kêr hnih hnuah sodium sulphate 30 gm pêk leh tûr. Kua a thua hloh chuan sabon tuia mawng kah tûr. Damlo chu bêlah a e tûr a ni; tin rulhut lu chu a e chhuak nge a chhuak lo tih enfiah tûr a ni. A chhuah tel loh chuan a dam thei lo.

Mawng-Mirh, Pin-Worm, Thread-Worm (Enterobius Vermicularis)

Heng rûlhûtte hi khawvêl ramtinah an awm. Heng rûlhût chi hi, a pa chu 2 mm leh 4 mm inkâr vêla sei an ni a, a nu erawh chu 8 aţanga 12 mm. thleng pawh a awm. An pan êm êm a, millimetre chanve pawhin an chhah lo. A pai naupangte hian, an kutin, an thiante hnênah an thehdarh a. An kut aţang chuan ka an thleng; naupangte hian zungţang hmuam an ching theuh si a. A tui chu rilah a lût a, a luh pah chuan a ţhang zêl a. A puitling chu rilphîr leh rilpuiahte an awm a. A nu chu mawngkaw kam vunah hian a tui a, a tawlh lût leh mai thin. Hei hi zânah a n. ber. A tui chu vun lum hnâwngah chuan a keu va, chu rûlhût note chu mawngkuaah a lût leh a, a puitlingah a chang ve leh mai a ni. Hetia rulhut che vel avang hian a thak a, an hiat thin a ni. Zungţang tin kêrah chuan a tuite chu a awm ta a. Chuta-

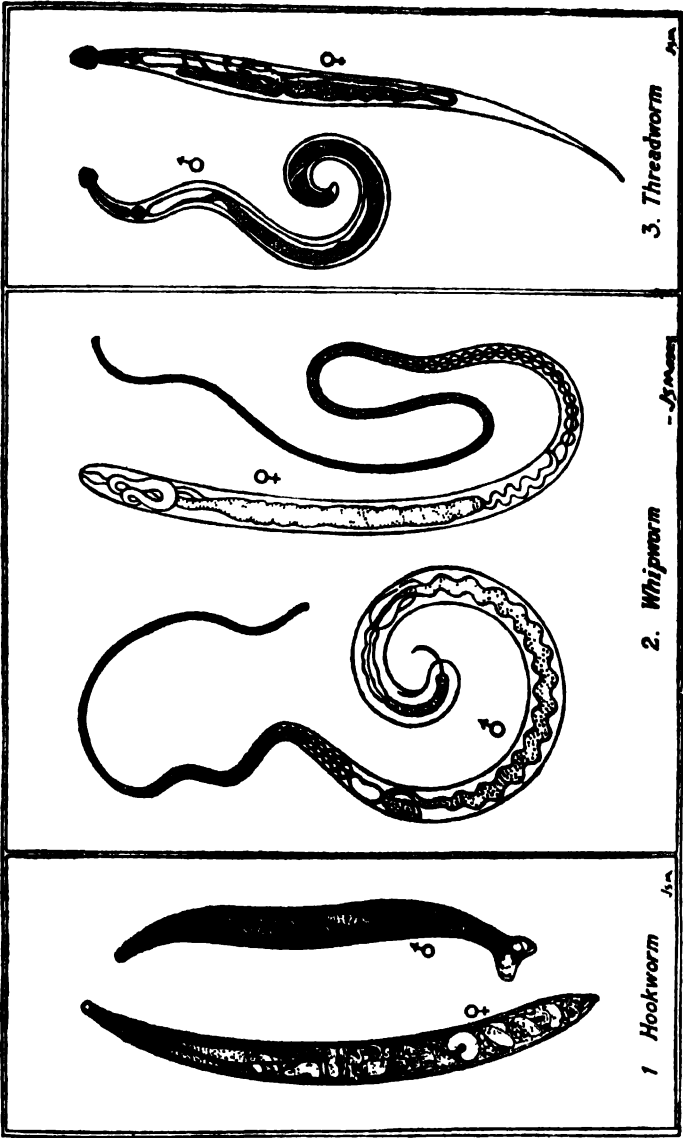
tang chuan tui chu châwah a tel a, pumpuiah a lût a, chutah chuan a lo keu va, rûlhûtah a lo chang leh a.

Hriatna:- A hriatna awlsam ber chu thak a ni. A nu chu vunah a tui a, chu chuan a tivûng a, hiah bawrh bawrh a tul thin. Rûlphîr nat viaunate pawh hi pin-worm hnathawh a ni fo bawh. Rûlhût hi chhu kuaah pawh a lut thei a. Fallopian tube-ah a lut daih thei. Chutiang mi chuan hrehawm nasa tak an tuar a, an thinrim awl êm êm bawh.

Hriatfuhna:- I fa chu a thinrim awl hlê emaw a, a mawngkua a hiah thin bawh emaw chuan thread-worm (rulhut) a pai a ni mai thei. I fa chu a muthilh hnuah nem bawkkhupin a mawngkua phen sakin, a mawngkua ngun taka enin, nangmah pawhin i hre chiang fo thei ang. Chutih hnuah chuan a mawng a rûlhût lût leh chhuak i hmu thei ang. A lan theih loh chuan Scotch tape (skawtch tep) emaw, cello tape emaw la la, a pawng ban lam chuan mawngkua chu vawi tam tak nem rawh. chu tape chu dârlhalang them emaw dârlhalang pangngaiah emaw nembet la, laboratoryah la rawh. Tui a awm chuan chiang takin a lang mai ang.

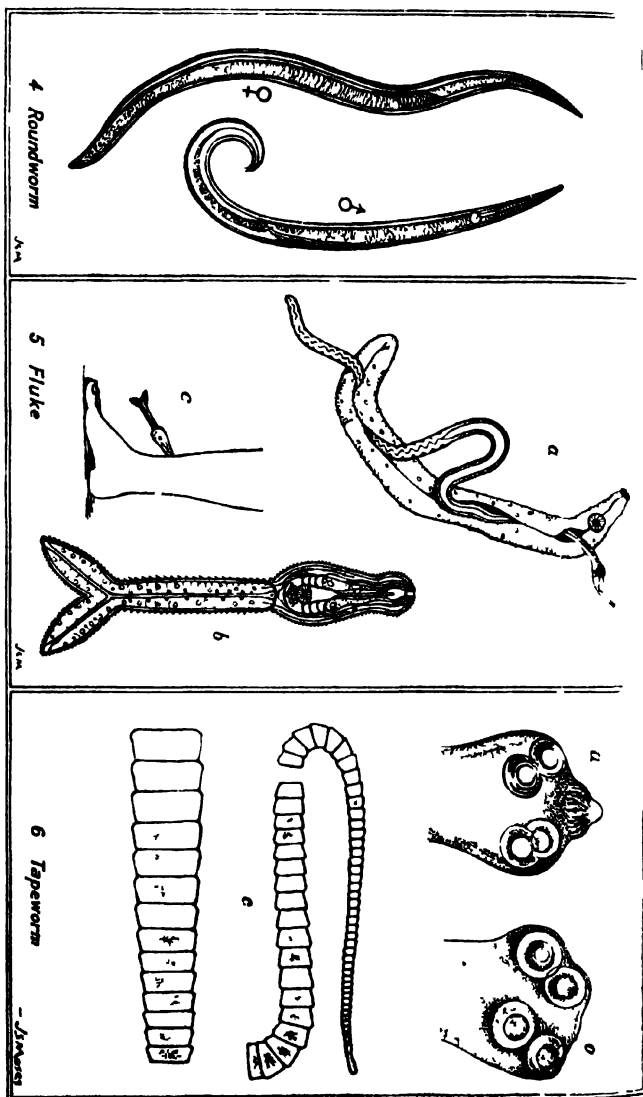
Enkâwlina:- Hexylresorcinol mum (crystoids) leh piperazine (anteper) te hi a ngeih zâwng lârl pawl tak an ni. He enkâwlina bâkah hian a hnuaih dânte hi damdawi tluka pawimawh an ni.

1. Kekawr tâwt tak, mawng hiah dal thei tûr hâk tûr.
2. Tuktin inbual, mawngkaw tihfai tum rânin.
3. Tlai tina enema lum.
4. Caladryl ointment emaw lotion emaw hian thak a tinep ang.
5. Chaw ei hmain sabona kut sila tin bulte nawhfai ziah tûr.
6. Tûktin kekawr hnuai, sukfai thar ha rawh. Sukfai narân pawhin hrik a tibo thei.
7. Chhûngkuuaa damdawi ei a tha, chhûngkuuaa mi pakhatin a vei tawh chuan, mi dang zawng pawhin an lo pai theuh mai thei. Enkâwlina a ruala dawn theuh tûr a ni. Chhûngkuaa atang a nuaibo zawh loh chuan in chu rûlhûtin a



RULHUTTE-1

Veilam-a nu
Dinglam-a pa



- RULHUTTE-II
- Rûlhût puiting impâwîlâi
 - Rûlhût duh duha hleuh thei
 - Vun pem lova rûlhût lût lai

- Vawk rûlhûtpui lû
- Bâwng rûlhûtpui lu
- Rûlhûtpui taksa

8. Kai nawn an awm a, enkâwl^ana nawn lehin rulhut, chu-chiah hneh hlê a ni thei a, chuvangin a vaia ngun taka tihthianghlim tûr a ni. In chu ni thum chhûng 85°F a vawh a, boruak a hnawⁿ baw^k chuan a tui chu a thi vek ang. Pâwn boruak chu hei tluk emaw a ai emawa a lum pawhin, engemawti zâwn^a tihlum dân ngaihtuah a tûl tihna a ni. A hnawng tûr a ni lo.

A Dan Dân:- Hei hi a khirh ber mai, a lo kai tanna bul chhuichhuah a har si a, thenawm zawng zawngten an naute an lo enkâwl kher lo thei baw^k si a. Naupang te chu kut silfai fo leh zungtang hmuam loh zirtîr la. Chaw ei dawn apiangin ngun taka kut silin tinhnuaite nawhfai ziah tûr a ni.

Rûlhûtkawm (Hookworm)

Rûlhûtkawm chu ramlum hnawng deuh leh tîema lum lo leh rodeuh zâwkah pawh a awm vek a ni mai. A sei lam chu inchi khat hmun thuma thena hmun khat leh inchi chanve inkâr vêl a ni. A nu hi a pa aiin a lian zâwk.

Rûlhûtkawm damchhûng hun kual chhuak vei thlenna awm-chhun chu mihring hi a ni. A tui chu êkah a chhuak a, lei lum hnawng deuhva an tlak chuan, an lo t̄hang danglam zêl a, pang-ang note ang takah an chan thlengin. Hetih hnu hian pheikhawk bun lo keah chuan an lut thei a. Thisen lui^ah an lût a, chutah chuâpah an in bun lût a. Hetah hian thisen lui chu kalsanin chuapa boruak bâwmahte chuan an awm a, hrawkhrâwlah an lo chhova, hrawk an lo thleng a, tichuan lem luhin an awm a, tichuan thisen ringa nung turin rîl lamah an kal leh ta a. An inpâwl a, an tui a, êkah chu chu a lo chhuak leh a, pheikhawk bun lova lokal kêa lût tûrin an lo inpeih leh ta a ni. Hetia kual chhuah nan hian ni sâwm vêl a duh.

A Awmdân:- Vuna an luh hian, vun a tithak a, chu chu lei thak (ground itch) an vuah mai thin. Hei hi ni sâwm vêl hnuah emaw chuan enkâwl lohin a reh ve leh mai thin.

He rulhut pai a pawina ber chu rûlhût tam takin englai

pawha thisen an dâwt reng avanga thisen lo kiam hi a ni. Zawi zawia kiam a nih avangin a paitu chuan a thâwk chham hiâl hma loh chuan hriatpawh a hre thei lo. Naupang pawhin chu chu hre-hawm an ti thei a, pumpui na hmêl pawh an pu mai thin. Haemoglobin (thisen mur sen) pawh 10% hnuai lamah a tlâin, damlo chu a namên lovin a dângin a chaklo thei a ni.

Enkâwina:- Rûlhût tih hlumaa tûr engmah damdawi pêk hmain, haemoglobin chu 50% emaw, a aia sâng emawah chhohtîr phawt tûr. Iron sulphate ringawt pêkin hei hi a tih theih. Thla khat emaw hapta ruk emaw vêl hnuah chuan haemoglobin chu, rûlhût damdawi pêk ngamin a lo sâng leh ang. Chutih hunah chuan piperazine citrate (antepar), emaw hexylresorcinol (crystoids) pêk tûr a ni. Hêng damdawi pek hi a hlauhawm lo ber a. Damdawi dang pawh fimkhur taka hman theih chu a tam mai. A ei tâwk chu a burah a inziak ang.

Invenna:- Rûlhûtkaawm kailoh dân chu pheikhawk bun reng a, vunin lei a khawih loh nâna leia thut mai mai lohte hi a ni. Lei chu mihring êkin a tih bawhlhlawh loh nan êkina dailên hi mitinin zir theuh tûr a ni.

Trichina Rûlhût (Trichinella Spiralis)

A Awmna Ramte:- Europe, U.S.A. Africa, China leh Syria. Hei hi rûlhût (round worm) tê ber chi a ni a, a pa chu 1.4 mm. ațanga 1.6 mm a sei te a ni a, a nu erawh chu 3 ațanga 4 mm a sei te a ni.

A Num Kual Dân:- A dam chhûng hun chu ran pakhatah a hmanng zo thin, mahse a inthlah chhâwn dâwnin, a note chu ran dangin an ei tûr a ni. Vawk, ui, sazu leh mihring hi a awmnate an ni. He rûlhût note paitu vawksa kha mihringin a ei a, tichuan a notê chu rilfângah hian a țhang puitling thin a ni. Rûlhût notê chu ril bangah khan lût tlangin thisen luiah a lût a, A zin zêlna chu mihring emaw ran emaw tihrâwl a thlenin a tâwp a, midang emaw, vawk leh sazu emawin a ei leh chauh loh chuan a țhang puitling thei lo. Tihrâwlah chuan kum 10 leh 31 vel te a awm thin tih hriat a ni.

A awm Dân:- A puiin notê akeu tîr lai hian a kaitu chuan rîlah hrehawm a tuar a. Ni 7 leh 10 inkâr vêlah, a note chu tihrawlah chuan an lût a, tihrawl nâ, namên lova chauh dêrna leh thihna hial pawh an rawn thlen thei. A nêp deuh chu hapta hnih vêl chhûngin an tha leh mai a, a nâ deuhte erawh chuan dam leh tûrin hapta 6 atanga 8 lai pawh an duh mai thei.

Enkâwlina:- Rîlfângah chuan an in phum tlat avangin, heng rûlhût tihrem hi a harsa êm êm a ni. Rûlhût damdawi pângngai an hmag thîn, Enkâwl thuai tûr a ni, ni 7 leh 10 inkâr chhûngah rûlhût puitling chu an thi thîn a. A awmna sâ ei nia inrin chuan pin-worms enkâwl anga in enkâwl mai tûr. A notê hian rîlfâng an kalsana, tihrawla an luh hnu chuan enkâwl hlawhtling tûrin damdawi a awm lo.

Rûlhût (Roundworm)

A Awmna Ram:- Khawvêl pumpui. Ram lum leh ram vawtah pawh a awm. He roundworm hi mihring pai chi rulhutah chuan a lian ber chi a ni. A pa chu 15 atang a 25 cm. a sei a ni a, a nu chu 25 atanga 40 cm a sei a ni. A mum a, a taksa hi khauh tak a ni.

A Nun Kual Dân:- A tui hi êkah a chhuak a, êkna hmunah khân a châm bâng ta a ni. Mihring êk dûra chawm thlaiahte hian a awm a, chu chu ei hmaa ngun taka tihthianglim loh chuan ei tel a, A tuite chu lem tel annih chuan rîlfângah an keu va, rîlah an lût a, thisen lui an zawh a, thinah an awm thîn. Chuta ni thum ni lî vêl an awm hnu chuan thisen luiah bawk an kîr leh a, chuâpah an chawl leh a, chutah chuan tlêmin an han thanglian leh a. Chutah chuâp hnûnah an kal a, chuta tangin hrawkhrawlah, hrawkah, chuta tang chuan dawhlin an awm leh a. Rîlah chuan an thang puitling a, an tui tan ta thîn a ni. Hetia a puitlin nân hian a vaiin thla 2 leh 2½ vel hun a duh.

A Nat Dân:- Rulhutte chu chuâpa an awm lai chuan, an tam viau hian a ni zual, pneumonia angin natna an siam thei.

Rîlah chuan lang tham khawpin naupang chaw ei chu an lo ei da thei a. Tûr an tichhuak a, chu chuan khua pawh a tisik thei. Thak ngawt ngawtte, mitmu tuam tu vun vûnnate, chuâphnûn vûnnate pawh a thlen thei. A chhan awm hriat theih si lohva luakte pawh hi hriatna pawimawh tak a ni. Hei hi rîlfânga round-worm awmin a hnawhpin vang a ni thei a. Hei hi thil vâng tak a ni lem lo.

Enkâwlina:—A damdawi vermifuges emaw anthelmintics emaw a tam mai, mahse a tha ber chu piperazine (anteper) hi a ni. Heng damdawi te hi a intia vek love, chuvangin a bâwm a ei tawk tûr ziak hi zawm mai tûr a ni.

Invênna:—Êkin tha tak neih hi a tûl phawt mai. Zirthiamna lama siamthatna neih tûr. A pâi tawh chu rangtaka enkâwl nghâl vat tûr. Thlaite hi ei hmam chhûm thiànglim zet tûr a ni. Nau-pangte hi kut vawn fai leh zungtang hmuam loh zirtîr tûr a ni. Tuichhunchhuah tui hi chhuanso hmasak zet loh chuan in mai mai tûr a ni lo.

Guinea Rûlhût, serpent Rûlhût, Dragon Rûlhût.

A Awmna Ramte:—India, Burma, Arabia, Persia, Africa, West Indies leh South America.

A Nun Kual Dân:—Cyclops (tui hli an tih mai) chu ram luma dilah te hian an awm a. Guinea rûlhût notê (a tui) tuia a hmaa lo awm tawh kha an ei a. Tichuan cyclops chhûnghah chuan a lo thanglian a. Chutiang awmna tui intu chuan hli, Guinea rûlhût paitu chu a in tel a. Hli chu mi pumchhûnghah chuan a thi a, paitawihin a awm a, mi ril banga kaltlang a, dul hnung, dul leh kumkuruh inkara rang hnung lama kal tûr chuan rûlhût chu a chhuah ta a.

Thla ruk vêl hnuah chuan Guinea rûlhut nu chy a paitu ke emaw kephah vunah emaw chuan a insawn a, a durhtîr puap thîn. Chumi chu tuia a chênin, Guinea rûlhut chuan a note chu tuiah a tichhuak a. Hend notê hi cyclops chuan a lo ei leh a. tichuan a kual tan leh ta a ni.

Guinea rŭlhŭt chu a pan ếm ếm a. A pa puitling chu 30 mm a sei ư ni a, 4mm a chhah a ni. A nu erawh chu 6 cm leh 1 metre lâia seite a nia, 1.5 leh 1.7 mm lâia chhahte a ni thei.

A Nat Dân:—Notê a neih laia a tui tihchhuah hian tŭr angin hna a thăwk a. Dân narânin a lo durh a, vun lo pawp ațang chuan nă dang a siam bawk thin.

Enkăwlna:—A damdawi bĭk hriat a la ni lo A awmna tui in nia inring tân chuan Hetrazan ei theih a ni He rŭlhŭt hi thisen luia a awm chhŭng chuan, a ti-hlum mai ang. Guinea rŭlhŭt lakah chuan invênhim hi a tha ber mai

Invênnă:—Tui thianghlim chauh in tŭr In hmain, in tŭr tui rêng rêng chu chhuanso hmasak ziah tŭr a ni

Inpâwl Vânga Natna Kâi Theihthe

Dadu

Miin dadu a vei chuan zun kawng natna a awm thin, bawlh-hlawh vâ emaw eng emaw a chhuak thin. He natna hi dadu hrik (gonorrhœa) in a siam a ni a, chutiang natna vei nêna inpâwl atanga kai a ni thin.

A Nat Dân:—Inpâwl atanga ni thum leh ni sarih inkârah hriat a ni thin. A thak a, a thîpa, a nih loh leh zun kawng chu a nâ zawk zawk a, zun zâwnge hian a nâ viau va, tui vâ deuh hi zunnahte a chhuak thin. He tui chhuak hi rei lo deuh hnuah chuan a lo tak a, a en loh leh a vâ thin. Tihdam loh chuan zun kawng thûk lamah a lût a, a pân pingin a zun theih loh mai thin. Hei hî natna hlauhawm tak a ni a, thlahthlam mai chuan thihna pawh a thlen thei a ni. Dadu hrik chu thisen lui hmangin a darh thei a ni

Dadu hian mit a tidel fo thin. Nausên hian a lo piannaah a nu lak atanga a rawn kai theih avangin, he natna atanga a him theih nân, nausen mit chu a lo pian veleh enkâwl nghâl tûr a ni. He enkâwlna atân hian 1% solution of silver nitrate emaw peni-

cillin opthalmic eye ointment emaw, mit leh lam leh lama hnawih tûr a ni. Nau chhartu Dâktor emaw nurse emaw chuan naute mit vun hnuai lamah he ointment hi, naupian veleh a hnawih a tûl a ni. He ointment hi mita hnawih tûr bîka siam a ni. Bûrtê tak-têah (5 gm) tiêmtêin an thun a, "ophthalmic" tih a pawnsah an ziaak thîn. Ophthalmic chuang lo damdawi rêng rêng chu mitah hnawih tûr a ni lo.

Chhûngkuua mi pakhatin a vei hlahu chuan mi dangin an kai hlahhawm êm êm a ni a, naupang chumchiap tân a hlahhowm bîk a, hmeichhe naupang tân chuan a hlahhawm leh zual. Hmeichhe naupang tê deuh zingah chuan sentût ang maiin a darh ang. Chuvangin, an natna vei chu a dam chian hma loh chuan inhranah dah hran tlat reng tûr a ni.

Enkâwlina:—Dadu chu doktor thiam tak tân chauh enkâwl theih a ni. Sulpha damdawi hman dâwn chuan sulphadiazine hi a tha ber. Ni sâwm chhûng, vawî li, mum hnîh zel a ei tûr. Hetih chhûng hian damlo chuan tui tam tâwk tak a in tûr a ni a, thei tui nise a tha leh zual. Dâktawrin a enkâwl tûr a ni, damdawiin hna tha lo a thawhte chu dâktorin a vêng tûr a ni. Damdawiina natna enna (laboratory)-a exam chauh loh chuan a dam Chiang tih hriat theih a ni lo.

Penicillin-a chiu hian a dam rang ber. Tisaah penicillin chu 400,000 Units kah luh tûr a ni. Dârkâr 24 hnuah chiu nawn leh tûr. Hei hi dadu vei nâ fe pawh tihdam nân a tâwk deuh zêl a ni

Dadu Hmeichhia-ah

Hmeichhiain an vei chuan, a sâ-nân, zun a chhuak zing dûrh thîn. Ni thum hnuah a lo lang thîn. Pân hnai êng tak deuhvin a chhuak thîn *Enkâwl loh chuan* Fallopian tubes lamah a chho va, nasa takin a zualin, rai theih lohna pawh a thlen thei a ni. Hei hi hmeichhe chinna pakhat chu a ni. A châng chuan he natna hian tube chu a tiping thei chiaah a, tichuan, mipa leh hmeichhe chi inpawlh kha chhûlah a lût thei lo va, tube-ah chuan a tâwp a.

ectopic pregnancy (rai dân diklo) in a rai a. Hapta ruk emaw riat emaw vèlah chuan tube chu a puakkeh a, chu chu chawpleh chilha zai nghal loh chuan nasâ taka thi chhuakin an thi mai thin. Heti-ang a a nat loh nan hian dadu chu penicillin-a enkâwl thuai tûr a ni.

Saihri (Syphilis)

Saihri hi a vei nêna inpâwl atanga kai a ni. Nuin a vei chuan a naupai, a chhûla mi chuan a pian hmain a kai thei a ni. Saihri leh T.B. hi khawvèlah natna hlauhawm ber pahnihte chu an ni.

A Nat Dân:—Saihri vei hriatna hmasa ber chu zahmawhah emaw a kaina lai apiângah arngeng emaw pân emaw ang tak khu a lo awm a. Hei hi dân narânin inpâwl atanga hapta ngâ ral hmain a lo lang thin. Arngeng chu pân ruh takin a rawn zui thin. He mi rual hian thal ôê lehlam tuâkah a lo vûng pawng chhuak bawk thin.

Arngeng emaw pân emaw a lo lantirh atanga hapta ruk emaw sarih emaw hnuah chuan, taksaah, sentût sen ang deuh hian, a lo sen chhuak thip thep a. Luna, luak chhuak leh chaw ei tui lohnate pawh a tel thei bawk. Hrawk nâ pawh a tel mai thei. Vunah chuan pân huh deuh a lo awm a, zakhnuai leh mawngkaw kam vèlah tê, sam te pawh a tla kawlh hlei zung thei. Hêng hi saihri vei apiangah a lang vek lem lo.

A nat dân pathumna erawh hi chu, miin thla tam tak emaw, kum tam tak emaw a vei hnuah chauh lo chuan a lo lang mai lo. Pangti khawilâi laiah emaw hian pân thûk tak a lo awm a. Hnârte hi a tawih ral a, a awmna lai hi a kaw vawi ringawt mai thin. Luruh them emaw, pang dang ruh them emawte pawh hi saihri avangin a lo tla chhuak thei bawk. Saihri hian natna hlauhawm pui pui, thluak, hriatna thazâm, lung leh thisen zâm natna te a thlen thei a ni.

Enkâwlina:—Mi chuan saihri chu a vei ngei em tih hriat chian thuai a pawimawh êm êm a ni, enkâwl hma poh leh a dam pawh

a Chiang duh ngê ngê a. Saihriah rêng rêng chuan, a ni ngei tih hre tûrin dâktawr thiam tak an tûl deuh ziah a ni. Thisen exam emaw enlennaa exam emaw pawh, natna a awm leh awm loh fiah nân a tul mai thei. Saihri hi ina enkâwl mai nân damdawi a awm lo. Ina ei chi damdawite hi an rinawm tâwk lo.

Saihri enkâwlna tha bei chu nasâ taka penicillin a chiu a ni. Puitlingin an vei chuan ni 12 chhûngin unit maktaduai sawmpah-nih kah luh hman tûra ni. Saihri vei enkâwlna chu, a damdawi ngeih leh ngeih loh dân hriat nân thisen exam ziah tûr a ni.

Hmeichhe Natnate

Bung 17 ah khân thineih dân pangngai chu sawifah tawh a ni a. Thi neih dân fello thuah hian fellohna chi hrang tam tak, thi hul, thineih nâ, thinei nasâ, leh leucorrhoea (thineih kâr laka bawlhhlawh vâ chhuak) te hi a awm a.

Thi nei lo (Amenorrhoea)

Hmeichhe naupang narân hian kum sâwm pahnih vêlah thi an nei a, mahse kum kua lekah pawh an nei theiin, kum sâwm-pangâ lai thleng pawhin an nei lo thei bawk. A taksa than a that a, a hrisêl bawk chuan, kum sawmpasariha thi a neih loh pawhin hlauhthawn tûr a awm lo.

Hmeichhe tleirawl T.B. vei chuan an dam that leh hmâ loh chuan thi an nei lo.

Thi neih lohna chhan hi chhûl inngâk leh tuibâwm puitlin loh vang emaw chhukaw pin vang emaw a ni thei. Awl takin a chhan dâktawrin a hmu chhuak mai thei a ni.

Thi neih hnu hian, awmna ram sik leh sâ thlâk vang emaw, typhoid T.B. emaw hritlâng natna emaw avangin thi a hul leh daih thei bawk. Hei hi taksain a chakna a hum dân anih avangin

leh thi neih hun chu a lo thlen leh mai dâwn avangin, engmah hlauhthâwn tûr a ni lo.

Enkâwlna:—Thi hulna hi a chhan tam tak a awm avangin a theih chuan a chhan hriat chu a damdawi ber a ni. Pasal nei tân erawh chuan rai vangin thi a hul thei tih hi hriat reng tûr a ni.

Thi neih nan hetiang a enkâwlna hi a tângkai ang; Hmeichhe naupang chu a ei a chhiat viau chuan chaw tam zawk leh tha zâwk pêk tûr a ni. Hnathawh rimtîr lutuk tûr a ni lo. Nî tin in-sâwizawi, pawnah ni ngei se, zan tina dârkâr riat leh kua vêl tal muthilh hi a tângkai hlê. Êkkhal pumnâte a awm chuan Bung 25 -a sawi ang hian enkâwl tûr a ni. Hmeichhe naupang thi la nei ngai rêng rêng lo a enkâwl nân chuan a kua ti fai tûrin tuiluma kah êk tûr a ni. Chumi hnuah chuan tuiluma (110°F) minit 10 thut tûr, chumi hnuah ke chu tuilumah chiah se, lu chu puan huh vâw-tin tuam ni rawh se. (Bung 22 na enla) Tuiluma kah êk leh in-sawisak hi vâwt leh a chhan dang a chung a kan sawite avanga thi nei tha lo enkâwl nân pawh a tha.

Hmeichhe Hormones Estrogen leh Progesterone te hi hmeichhe thi neih hun mumal lo tifeltu afân a tângkai êm êm a, mi tam takin an that pui a ni.

Thi neih Tam Lutuk

Thi neih tam lutuk hi upat lamah a ni duh bîk. Nau neih hnuah nuin a tuar chuan chhûlah hlam them emaw a tan vang a ni mai thei. Hei hian dân narânin nau neih hnuah nasa takin thi a tichhuak thei a, a nasat hlê chuan zai a ngaiin chhûl chu (curetted) ziahfai tûr a ni mai thei. Naute chu thla thum emaw aia upa emaw anih thlenga thi a nasat viau reng chuan (curettment) ziahfai pawh a tul mai thei. He enkâwlna hi a that tawk loh chuan thyroid-in a tidam mai thei. A hmasa a sawi ang hian, hei chu dâktawr pek tûr a ni.

Thi neih Na (Dysmenorrhœa)

Thi neih lai hian nawmloh deuhna chu a awm fo rêng a, mahse a nat chuan, engemaw fel loh vang a ni thin. Kan sawi tak nasâ taka thi neih hi a nâ a. Thi neihnaah hian kâwng leh nâkte a nâ a. A chang chuan taiah hian nem vak angin a nâ a, a nih loh vek leh chhûl-innghâk zâwn vêlah hian a nâ zawk zawk a. Heng nâte hi nâ vawng vawng reng ni loving khaih lak deuh va nâ chí an ni.

Thi neih nâ hi taksa dik loh vang nilovin taksa khâwl hnath-awh fel loh vang a ni thei. Hunbi neia thil paih chhuah thin angin, Hormones hnathawh fel loh vang a ni mai thei. A nih chuan thyroid hi a ngeih duh viau.

Taksa dik loh vangin thi neihna a awm thei, mahse hei hi hmeichhe natna hre miin "a ni" a tih a tul a ni. Chhûl kawngkâ a zim lutuk avangin thisen tichhuak tûrin tâwn vak a tul pawh a ni mai thei, Chuti a nih chuan nâtireh tûrin chhûl kawngkâ chu dâktawrin a tifai thei a ni. Hmeichhe tam tak hian fatir an hrin hma zawngin nâ an ti thei êm êm a, chumi hnuah erawh chuan a nâ leh tawh ngai si lo. Hei hi fatir piang khan chhûl kawngka chu a tawn zau vang a ni. Heng na tihdam dân kawng dangte pawh hi a la awm, endocrine damdawite hmangin. Mahse, heng hi a to in a harsa a, dâktawr chauhin damlo chu ngun taka a ex-zama, a enfel hnuin a hmang chauh tûr a ni. Thyroid ei chu dâktawr chuan a la endik fo tûr a ni, mahse hei hi thil awlsam tak a ni.

Thi-neih Dawna Hlauhthawna leh Thi neih Fello (Molimen)

Thi neih dâwna hlauhna leh thineih fello hi hmeichhe in lamrêlna lâr tak a ni. A landân thenkhat chu a nep hlein thenkhat chu a nasâ hlê thei baw. Thi neih hma hian hmeichhe tam tak chu an hah êm êm a (thawh rim vang ni lovin) an pasalte leh fate hnênah hian chhûngkaw buaina thamin thu an sawiin thil an ti thin. Hmeichhe pawikhawihna tam ber hi, he thi neih

hun lo thleng tûr kha pasal emaw, nupui emaw pawh khan an ngaihtuah zen zen lova, nupui chet dân mawi lo tak tak chu thlahtute a chhunnaah emaw an puh mai thîn. Hei hian lungngaihna a thlen thîn. Hetiang hunbi neia buainate hi pumpelh hrâm tum tlat tûr a ni.

He tih lai denchhen hian hmeichhe hnutê chu a nâ duh viau. Dul a inhâm mara, vawih châkna a lo awm a, mahse an vawih theih loh avangin hrehawm an ti a. Mayo clinic (U.S.A.)-a ngun taka an enfiashna chuan, he kawpuar ang tak hi rila boruak a tam tutuk vang a ni lo tih a lantir. X-ray-a thlâk rinchhanin. chutiang kawpuar ang tak chu kumkuruha thisen kawng a tâwt vâng leh dula tisa a vûn vang a ni tih hriat chhuah a ni ta. Hei hi hmeichhia zawng zawng tân hriat a tûl, hemi hriatthiamna hian an rilru a ti hahdam si a.

Thi neih dâwna rilru hahna (thinchhiatna) chhan chu thi neih hun in her kual tawp lama adrenal glands atanga thâlbê tuihnâng (hormone) hnathawh dân a lo pun vâng ni berin a lang a, chu chuan tihrawl chhûngah sodium leh tui a awm khawltir vang a ni.

Enkâwl Dân:— Thi neih dâwn rilru hah lai leh taksa puam lai hian chỉ ei tam lutuk tûr a ni lo. Taksa atanga chi la kiam turin chlolothiazine nîtin mum hnih ei la, chuchuan a chhâwk zang leh zual ang che. (hêng damdawite hi Doctor râwna ei tûr a ni). He damdawi hian sodium tam lutuk a titiêm a, chu chuan lunâ, zâmna leh rilru nawm lohna a chhâwk zang a ni. Lû a nat viau chuan aspirin mum khat emaw, mum hnih emaw ei tûr a ni.

Thi Hul (Menopaus)

Kum 40 vêlah hian thi a hul thîn. Chhûl kawngkâ zim vanga thi neih harsat vanga nâ nêh a in ang viau. Mahse a danglamna chu thi neih dâwn têp maiah ni iovin, he hrehawmna hian ni tam tak a awh a. Hmeichhia chu a thinchhe êm êm a. Khawih a duh lo va, a pasal leh fate lakah a vîn a. A lungawilova, a lungngaihna

hmêl chuan-a chhûngte pawh a ti ngui thin, an chhûngkaw hlimna chu engtia bo ta nge`tih an ngaihtuah rum rum a ni.

Male and female sex hormone hmanga enkâwlina hian a ti nuama, a tawp ah chuan ngai a awhtir leh ngê ngê thin. Male sex hormone chu female sex hormone rualin, a pawl a awm loh nân leh cancer lo awm mai thei vên nân an pe nghal a. A nep... deuhah chuan tranquillizer chi khat pawh hman theih a ni a, mahse hman loh a tha zawk, a theih chuan. Hmeichhia chu an chawl tamin, mawhpurhna an chang tlêm tûr a ni. Chaw tha, chenna vên nuam leh boruak thianghlim leh ni êng tam tawh hi a tangkai êm êm a, damdawi tul a titlêm sawt thin. Hmeichhe thenkhat chuan he hun hi buaina engmah nei lovin an pèl a, mahse mi tlêmtê zâwk an ni tih erawh chu hriat reng tûr a ni.

Hunbi Nei Lova Thi Neih (Metrorrhagia)

Hun bi nei lova thi neih hi thi hul hlen dâwn lamah a awm thin, chutih lai chuan thi neih hunbi pângngai zâwm lo lêkin nasâ takin thi a chhuak thin, neih hun a liam hnua thi a chhuah emaw, hunbi zâwm lova a châng châng a ni tlêm azâwng thi a chhuah ringawt fo chuan, a nih loh leh eng hunah pawh thi nasâ taka a chhuah ngawt chuan, cancer a nih rin phawt a, hmeichhe natna enkâwlthiam bik dâktawr râwn thuai tûr a ni.

Thi hul hmaa, hunbi nei lova thi chhuak chiâm tûr lakah invêng rawh. Eng hunah pawh a lo awm thei. Inpâwl hnua thi tlêm chhuak pawh hi endik a ngai a ni.

Inpâwl Châkna Bo Hmeichhiaah (Frigidity)

A chhan bik chiah awm si lovin, hmeichhe thenkhat hian inpâwl châkna an nei lo ngawt thin. A chungah pasal a ngilneih loh vang emaw, inhmuh thelhna an neih vang emaw pawh a ni thei. A châng chuan nupui chu a hah lutuk a, pasalin chu chu a hrethiam si lo va, a duh lo pawh a ni mai thei. Pasal thenkhat chu an rura lutuk a, inpâwl an duh zing lutuk pawh a ni mai

thei. Nunnêmma leh tâwk chi neiha hi a tûkzia ari hre thin lo. Nupa kêa inlaichinna duhawm tak chu a chhiat mai loh nân pasalte hi an fimkhur êm êm tûr a ni.

A enga vangmah khi a nih si loh chuan, testosterone-in nupui chu chiu ila, chu chuan inpawl chăkhloha chu a tinêp thei bawh, hei hi male sex hormone a ni.

Bawhlhlawh Chhuak (Leucorrhœa)

Leucorrhœ (Liukawria) hi chhukua a bawhlhlawh vâv chhuak hi a ni. Dadu lovah chuan a chhan pathum a awm. Pakhat chu chhûl kawngkâ a pân emaw, nâ emaw a ni thei. A châng chuan chhûl kawngkâ vel tuamtu râng pantê hi a innawt pilh a, bawhlhlawh a chhuak reng mai thin. He bawhlhlawh hi fim ban hnang deuh a ni a, a tam zual châng chuan thi neiha laia lapaw hrên ang hrên a ngai hial thei.

Hei hi enkâwl harsa tak a ni. Dân narânin a hrik awmna lai tichhe tûrin dăktawr chuan chhûl kawngkâ vel chu a dep thin. Tuisaa thuahte a tul a, thla tam tak chhûng enkâwl a tul avangin tuarchhel pawh a ngai nasâ a ni.

Trichomonas Vaginalis:—Hei hi natna hrik chi khat (para-site) kawchhûnga awm thin avanga inhliâmna a ni. Hmeichhe puitling tawh zahmawh aţanga tuihnâng eng tam tâwk tak a chhuah a, zun zâwnga a thip viau bawh chuan dadu (gonorrhœa) hliamna nasâ tak vang a ni e, a rang thei ang bera tihdam tûr a ni. Tui fim rilhrelh a chhuah thin chuan, chhûl inngâk emaw, chhûl hmawr emaw a cancer tihna a ni Tui hnâng thisen tlem nêna inpawlh ri ri a chhuah thin chuan trichomonas emaw, thil dang inhliâmna avang emaw a ni ang.

Enkâwl Dân:— *Trichomonas natna* chu (vineger douche) Vineger a thuaht thin tûr a ni. (Vineger thirfian hnih leh tuilum gallon $\frac{1}{4}$ pawlh)-in ni tin vawikhat emaw, vawihnih emaw thuaht tûr a ni. Chumi hnuah chuan chhukaw chhûngah suppository emaw, tablet emaw thun tûr a ni. Hêtiang natna atân hian Flova-quin hi kawng tam takah a tha hê tih hmuh chhuah a ni.

Candida Albicans: Hei hi monilia (ka nâ) an vuah bawk Dawidim ang tak, chhukuaa lo to a ni a, durh vâ ang râng tam tak a awmtir thin. Trichomonas ang bawkin nasâ takin a thak chiam thei a. Lâ chawn muk deuh inchi khat leh a chanvè vêla chhah, inchi ngâ emaw ruk emaw vêla sei, tui far zaa, gentian violet far khat pawlhin chiah huha hrukfaï theih a ni. Chu chu chhukuaah chuan rawlh tûr. dârkâr tam fe awmtir hnua pawh chhuah leh tûr a ni. Monilia hian ka, a bik takin nausen ka te phei chu a ti nâ duh viau a ni. Chutiang ka nâ enkâwlna chu one per cent aqueous solution of gentian violet hnawih hi a ni. Trichomonas ang bawkin, nuin an vei chuan tihdam har tak a ni.

Hmeichhe zahmawh thakna chhan dangte chu zun thlum leh dadu te a ni. Hetiang enkâwlna chu he lehkhabu bung dangah sawi a ni tawh.

Enkâwl Dân: Zunthlum vei ni a in hriat chuan a rang thei ang bera enkâwl vat tûr ani. Damlo chuan Trichomonas veite enkâwl dân kan sawi tawh ang khan, ni khatah vawi khat emaw, vawihnih emaw vinegar luma thuah (warm vinegar douche) tûr a ni a, chu mi hnu chuan mystatin tablet emaw, suppository emaw, thun luh tûr a ni. Hetiang hian natna chu a reh thlengin a tîem berah kâr hnih emaw i ti thin dâwn nia.

Phing Vûng (Cystitis)

Hmeichhe phing hi a vûng fo va, chu chu zun zâwngin a nâ a, a thak thîp bawk a, tuibûr hmuamda lek lek a zun fo tula hriatna pawh a awm thin. Zun zâwnga a nat thin avangin tui in fo pawh an hreh thin. Sulpha damdawi leh penicillin emaw broad-spectrum antibiotic te hian tihdam theih a ni.

Chhûl leh tuibawm natnate

Kâwng nâ, tâinêma nâ mi uai thla tlat, tai puar, khawsik, chhukua atang a rimchhe tak chhuak leh natna dangte hi chhûl emaw tuibawm emaw natna vang a ni. A enga pawh chu ni se.

damlo chu damdawiinah emaw dâktawr thiam tak hnênah exam-na leh enkâwl na dawng tûrin a kal tûr a ni. Hetianga natna rawn awmtirtu natna hri thenkhattc hi hlauhawm tak a ni a, enkâwl loh chuan thihna pawh a thlen thuai thei a ni.

Chhu pâwnlam Natnate

Chhu kam vêl pân tê, lâwng te leh thakte hi fai that tâwk loh vang a ni. fo. Zahmawh pawnlam hi silfai fo tûr a ni. Chhubi-ang chuar kârte hi silfai fo tûr a ni. Chhu hrawt te, dadu te, bawlhhlawh chhuak (leucorrhœa)-te, zun t̃ha lo te, thi neih laia lehkha thap tak emaw puan bawlhhlawh emaw hrêna hmante hian, chhu thak, chhu lâwng, chhu kaw kam vêl sen leh vûngte hi a tichhuak thei a ni.

Mit Leh Beng

Mit Uihlit.

Mit Uihlit hi mit vuna khawihlî a ni. Mit a Uihlit fo chuan, mit dâktawr râwn thuai tûr a ni, tarmit vuah a ngai mai thei a ni.

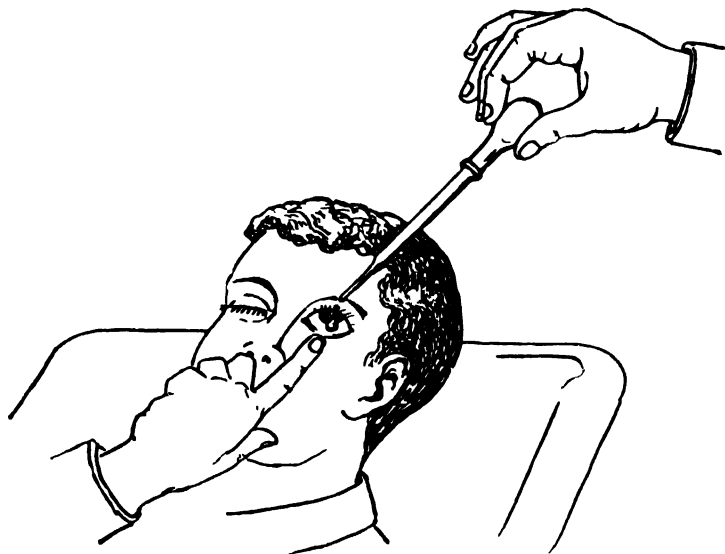
Enkâwlâna: Mit uihlit chuan hmur a neih hunah (tui luma depin a neihtir thuai theih) vun chu tui chi alin tifaï rawh. Mita a luh pawhin pawina a awm lo ang. Hriaü rawh satin mit uihlit hmâwr vun chu pir t̄et la, a hnâi chu d̄im takin sâwr chhuak rawh. Chi tuiin silfaï leh la, ophthalmic ointment hnawih rawh. "Ophthalmic" chu mit a hnawih tûr tihna a ni. Hei hi a pâwna a chuan chiah loh chuan mitah chuan hnawih suh. He damdawi hi tiêm-tê, bûr tê taktêah khung a ni a, tiêm-tê chauh a t̄ul a ni. Mit vun hnuai lam chu pawt thlain damdawi chu a na laiah chuan hnawih tûr a ni.

Mit Nâ (Conjunctivitis).

Mit tinâtu hrik hi vaivut emaw bawlhhlawh emaw rualin mitah a lût t̄hin. A luh dân kawng tam tak a awm, kuta mit nuai te, puan emaw rawmawl bal emawa mit hrûkte, dil tuia hmai

phihte, mitna hman hnu hmai phihna thlêng emaw hrûkpuan emaw hman vête, mita tho fukûrte hi a ni. Hêng kawngte hian mitna hlauhawm tak takte chu a inkaih pherh chian theih a ni. Chuvangin mi pakhatin chhûngkuaah, mitna a vei chuan, hrûkpuan, hmaiphihna thlêng leh sabon hman hrantîr tûr a ni. A enkâwltu chuan a enkâwl dâwn leh a enkâwl zawh vêleh a kut chu tuisâ leh sabonin a silfai tûr a ni. Mitna theh darhtu tha tak dang chu tho hi a ni. Naupang mita an fuk loh nân vên fimkhur viau tûr a ni.

Nausên mita vâh hnâng tam tak emaw, pânhnai eng deuh emaw a awm t̃euh chuan, datu hrik vâng a ni mai thei. Hei hi mit na hlauhawm ber chi a ni, mi tam tak mit delna chhan pawh a ni. A theih phawt chuan enkâwl tûrin damlo chu dâktawr hnênah hruai vât tûr a ni. Hetiang mitna hi naupang zingah a



Mit hnuai lam vun keu a damdawi hnawih tûr.

tam mai. A vên dân chu penicillin ophthalmic ointment hnawih emaw, nausên chu a pian veleh a mitah silver nitrate far khat leh tui far za inpawlh, a mita thlawr nghâl hi a ni. (Bung 42 en la)

Enkâwlina: Mit nâ rêng rêng chu a hlauhawm thei a ni. Mit a tidel mai thei. Mit nâ, hnai nei chi rêng rêng chu natna hrik chi khat "cocci" an tih vâng hi a ni. Mitna hlauhawm ber chi ni ber a lang chu, dadu hrik "Gonococci" tih nat hi a ni.

Heng hrik tamber hi chu sulphla damdawi emaw, penicillin emawa tihdam theih a ni. Chuvangin mitah chuan penicillin ophthalmic ointment leh penicillin injection leh ei chi hman hi a tha a ni. Mit chu damdawi hnawih hmain chi tuia silfai tûr a ni. Ni khat-ah damdawi chu wawî thum emaw wawî lî emaw hnawih tûr a ni. A dam thlengin, dân narânin mit chu an tuam thîn.

Bacitracin, penicillin, terrymycin leh aureomycin ointment, mita hnawih tura siam bik te hi hman tûr a ni. "Ophthalmic" tih a chuang vek ang.

Trachoma (Mitvuna durh tîk tek)

Hei hi mit nâ hlauhawm tak chi a ni. Damlo mit vun chu a chhûanglam hmuh theihna tûrin lo pawt fân ta ila chuan, mit vunah chuan durh tîk tek tam tak a awm ang. Hemi enkâwlina bik hi chu chloramphenicol emaw, tetracyclines damdawi chi eng pawh ei hi a ni. Dâktawr a awm chuan rawn tûr a ni. Eng pawh nise, mit a nat hiê a dâktawr rawn tûr an awm si loh chuan heng damdawi kan sawi tâkte hi hman mai theih a ni.

En hlat-En hnaih-Mit nâ

He lehkhabu ziaik hi mit atanga`fit khat vêla hlâah mi narân tân chhiar theih tûr a ni. Fit khat aia hnai emawa kên a ngath chuan mit dâktawr rawn a ngâi tihna a ni. I chhiar laia a hawrawp a chian loh ruai emaw mitmu a nat emaw, mit kô a nat emaw, lû a nat emaw chuan, I khawhmuh a fel tâwk lo tihna a ni

Meihawl leh Thil dang Mita Lût

Meihawl emaw, vaivut nawi emaw mita a luh chuan kut zungtangin nuai suh la, rawmawl emawa hrûk chhuah tum hek suh. Mit mima chu muttîr la, Mit vun chu zungpui leh zungchalin keu la, tuialin tleuh rawh. Hei hian meihawl emaw, bawhlhlawh lût emaw chu a tlêng chhuak mai thei.

Hei hian meihawl them chu a ðuah chhuah zawh loh chuan, mit vun chu lip rawh. Damlo chu hnuai lam melhtîr la. Mit vun chunglam pang chu a hmul nê, dinglam zungchal leh zungpuiin hmet tlat la, i kut erawh chu silfai hmasa ngêi ngêi ang che.



Mit endik lâi.

Nawhalh kuang tia vel hmawlhthein mit vun chung lam chu nem la, mit vun chu kutin lip la, mitmim emaw mit natna endik nân chuan peih a lo ni tawh ang. Tichuan mau thet emaw, hmawlhthe inchi 3 vêla sei, inchi khat 18 a chhah (nawhalh fung tia) in mit vun chunglam chu nem la; tin, zungtangin mit vun chu lip tûr a ni, tichuan a vun chhûnglam chu a lo pawnlâng ang (Entîrna hi en la) Mit mim emaw, bawhlhlawh dang lût emaw chu puan faia hrûk chhuah chhûng chuan mit vun chu chutiang

chuan vawn reng tûr a ni. A mimlâkchhuah hnu chuan a nâ pawh a reh mai ang. Chutah penicillin ophthalmic ointment hnawih la, mitvun insi khawpa tuamna chhah tâwkin tuam tlat rawh.

Chinai, Thil Silna Soda Emaw Chingal Mita Lut.

Heng hi alkaline vek an nia, mi kâng nâ thei tak an ni, chawplehchilha lâkchhuah ngâl vat loh chuan mit pawhin a del hlen phah thei a ni. Muang lovin, mit vun hnuailam chu pawt hniam la, ti tui tûr leh tlengfai tûrin, tui thianghlim tam tawkin leih bawrh bawrh bawk la, a tam thei ang berin tlêngfai rawh. Chawplehchilha tih ngâl vat a pawimawh êm êm a ni. Damdawi dang zawn rih phawt nân hun khawhral sub. Hetia ngun taka silfai hnu hian, alkaline tidal tûrin boric acid tui tam taw tak mitah thlawr rawh. Mita bawlhhlawh tâng lak chhuah hnua enkâwl angin, chumi hnua chuan enkâwl tawh mai tûr a ni.

Acid te pawh hetiang bawk hian tlenfai tûr a ni.

Mit Vun Tlang Vûng

A khir a awm chuan tuilumin silfai phawt rawh. Chumi hnua chuan zan tin penicillin emaw duh thusâmah chuan bacitracin ophthalmic ointment, a dam thlengin hnawih tûr a ni.

Beng natnate: Bengngawna

Bengkua hi inchi khat vela thuk a ni a. A chhûnglam kaw tawpah hian râng pan tak, bengdar an tih a awm a. (A lem mawi VI, a bula mi en rawh) Hetah hian bengêk a awm khawmin beng a tingawng thei. Thâwkkhata beng lo ngawng thut hi hetia bengêk awmkhawm vâng hi a ni fo.

Tuilum Quart khat a jûl. Damlo chu chair -ah thuttir la. Syringe (kahchik) hmangin, bengêk a lo chhuah hma loh chu thuah rawh. Bengêk leh tui chu a chhuah vek hnua chuan, a beng a vâ leh mai ang.

Syringe i neih loh chuan damdawi zuârtu hnêna mi hawh rawh. Thelrêl kahchik te takte hi a tangkai êm êm a ni. Bengêk zawng zawng chu i tihfai vek theih loh chuan, a zâwnin zan thum emaw vel thlai hriak bengêk tinêm tûrin thun rawh. Chutah thuah nawn leh ang che.

Zawi zawia beng lo ngawng, hun rei tak lo awh tawh chu hnar, hrawk emaw beng lâi natna avang emaw a ni thin. Beng lem tha tak hi chiang taka en chuan, hrawk leh beng inkârah hian a awng a awm tih i hmu ang. Mi a hritlanin emaw, a hrawk a natin emaw, khuh zawng emaw, hahchhiau insûm vangin emaw, vak avangin emaw natna hrik chu bengah a lût thei a, chu chuan beng a ti nâ thin a ni. Tonsils vûng leh adenoids te pawh hian hêng hi a awmtîr fo thei bawk.

Rannung leh Bawlhhlawh Dang Benga Lût

Rannung beng a luh chuan, coconut hriak emaw badam hriak emaw tlêmtê thunin tih hlum tûr a ni, chutah rannung thi chu kahchikin thuahfai theih a ni tawh ang. Rannung chu a lan theih chuan hling chaicheh têtaktê emawin lâkchhuah theih a ni. A châng chuan beng bula khâwnvâr chhitin rannung chu a lo chhuak mai thin. Thil sakhat, be emaw lungte emaw a luh chuan beng chu hnuai zâwna dahin beng kaw bul a vun chu nuai ila. Chu chuan be emaw lungtê emaw chu a ti lumchhuak mai thei. Eng pawh nise, hetia thil tihchhuah tumna avang hian beng chu nasa taka a hliam theih avangin, dâktawrrawn tûr a ni.

Beng Nâ.

Hnar leh hrawka hritlângrawn zuiin beng lai a vûn thin avangin dân narânin beng a nâ thin. Tonsil vûng leh adenoids vûngte pawh hian beng a ti nâ êm êm thei a ni. Hnap hnit vak hian natna hrik chu Eustachian tube-ah a nawr luh theih avangin beng a tinâ thei a ni. Tuia liluh leh tuia inchiah pilte pawh hian beng a tinâ thei.

Enkâwlina: Beng a lo nat tan vêleh damlo chu antibiotics-in enkâwl nghâl tûr; Sulphfa, penicillin emaw tetracycline emaw pêk tûr. Mùm khat emaw capsule khat emaw, nîtin vawi lê ei hi ei tâwk pângngai a ni.

Beng nâ narânah chuan thlai hriak lum tlêm azâwng thlawr luh hian a dam duh viau. Hriak chu a luan chhuah loh nân lapaw tlêmin emaw hnawh tûr a ni. Damlo chu a beng a tuilum ip nghêng chungin a mu tûr a ni.

Bengtui

Beng nat hnua beng a tui a chhuah chuan, bengah chuan tui a insiam a, bengdâr a keh ta ngei tihna a ni deuh ziah. Benga tui chhuak chawplehchilha enkâwlina tha ber chu penicillin injection emaw triple-sulpha ei emaw hi a ni. Bengkua hi, bengdâr thlengin dâktawrin ngun takin a tifaî tûr a ni. Hei hi ni tina tih loh chuan panhnai ro chuan bengdar kua chu a hnawh ang a, a luanchhuahna a dâl ang. Nî-tina enkâwlina leh antibiotics hman chuan a keh chu tha takin a tidam ang.

Vun Natnate

Bawl

A châng chuan vun hian thil thenkhat, châte, tûr nei seh leh zûk te, lum, vâwt, pangpar hlo leh helhhawlnhate hi, hleihluak taka ngeih loh tum a nei thîn. Hetia a lutuka thil engemaw a huat hian, vuna cell te chuan tûr chi pakhat 'histamine' chu an tih-chhuah phah thîn. Tûr chuan thisen kawng tê taktê tê chu a ti-vûng a, tui a lo pût chhuak a, vunah a lo bawl thîn a, chu chu a lo vûngin a lo thak ta chiam thîn a ni.

Damlo chuan, sangha, kaikuâng, cheese, chocolate, purun sen, purun vâ, pa, tomato, thei um, artui, citrus thei, dawnfawh leh vawksate hi, a eng berin nge bawl chu awmtîr tih hriat nân, fimkhur taka en thli thlai tûr a ni. Sabon te, uite, zawhte te, wool emaw silk emaw pawh hi bawlina chhan a ni mai thei. Vun lang lai a bawl chuan a bawlina chhan chu pawn lam atanga lokal emaw a ni ang. Mi chuan huanah emaw inah emaw rannung a kâp a ni thei e. Bâwng te leh âr te a hnaih emaw, buh pâr laiin emaw, buhseng laiin emaw, lovah a kal pawh a ni mai thei Tin, hun bik neiin, thing emaw Pangpâr chi khat vul laiin emaw a ni bik mai thei.

Bawl chu kawrin a khuh laiah a awm chuan, a sũkna sabon vang pawh a ni mai thei. Pang depa a kawr hãk emaw, tun hnai a miin thil engemaw a ei vang pawh a ni mai thei. A chhan zawnnaah chuan hẽng thil te hi ngaihtuah tel vek tũr a ni.

Antihistamines, anthisen pyribenzamine emaw benadryl emawte hi a ngeih thei a, hman tũr a ni, mahse a pawimawh ber chu a chhan hriat chhuaha tihbo hi a ni. Bawl emaw, a chhan dang engemaw avãnga thak tihrehna tha ber chu caladryl a ni. Damdawi zuãrtu hnẽn ațanga lei theih a ni.

Thak

Thak hi, vun hnuaja thak-hrikin a hreuh vãng a ni. A rawn beihna lai chu dân narãnin, kutzungtang. kãrte, ban rẽk vunte, awm leh lãi bul vel vunte hi a ni.

A Nat Dân: Thak lo awm hiah vãngtein a lo durhin, a lo bawl a, a lo sen thluah thei a ni. Chhũngkuaah hian mi pakhatin a vei chuan mi dang pawhin an kãi awl ẽm ẽm a ni.

In Vẽnna: Thak lo tũr chuan, thak vei khumah chuan thut leh mut loh tũr a ni. A vei khum puan emaw, pang dep kawr emaw, hrukpuan emaw, hman avãngin thak hi kai theih a ni.

Enkãwlina: Damlo chu tuisa leh sabonin a inbual fai phawt tũr a ni. Chutah sulphur tehkhawng thum leh vaseline emaw, coconut hriak tehkhawng sarih emaw chawhpawlin, damdawi hnawih tũr siam theih a ni. Darthlalang phẽkah, chemtẽ sei deuhin sulphur leh hriak chu rãwt pawlh tũr a ni. Zipg leh tlai apiãngah, ni thum chhũng, nghãwng a chin hnuai lam hnawih kim ziah tũr a ni. He ni thum chhũng hian a kawr leh puantuah thlãk duh suh u. Ni thum hnuah erawh chuan tuisa leh sabonin inbual la, kawr fai leh puan fai hain, puanthuah fai thuah rawh. Puan leh khum khuhna puan bal chu sin leh hmam minit tam tak chhum hrep phawt tũr a ni. Hei hi thak hrik natna siamtu thahna tũr chuan a pawimawh ẽm ẽm a ni.

Thak damdawi then khat bazãra mi hi a tha fahran lo mai pawh ni lovin a hman pawh a harsã a ni. Ascabiol leh benzyl

benzoate emulsion, hetiang thak atân bika siamte hi chu a tha a ni. A hman dân tûr pawh a damdawiah hian a chuang nghâl mai ang.

Hrik Aṭanga Natna (Pediculosis)

Lu Hrik (Pediculosis Capitis): Hei hi sama hrik taksa a hliamna aṭanga natna lo awm a ni. Hrik chu a hmuh mai theih avangin hriat a harsa lo. Hrikhrû tê tak tê tê samah a bei t̃euh thin a, lâk fai pawh a harsa viau thin a ni. Ni reilo t̃eah an lo puitling a, Hrik puitling an lo ni mai thin a ni. Lû a thak êm êm thin a, lû vunahte chuan hiahna hnu a lang kêk kûk thei a ni. Chhûngkuain a ruala hrik s̃uat tûr a ni a, chutichuan midang hnên aṭanga inkaih hnawihna a awm thei lo vang.

Enkâwl Dân: Lû a hrik s̃uatna tûrin dâwrah damdawi tha tak tak a tam mai. Mahni ina in enkâwlina atân chuan, tuilum teh hnih leh vinegar teh khat chawhpawlh la, chutah chuan puan nễm fai chiah la, chu chuan rei tâwk tak lu chiah huh hnuah lu chu•fai taka s̃uk leh hian hrikhrûte chu a tihbo vek theih a ni. Lû chu fai taka s̃uka luvun tihro tûr a ni. DDT powder 5% lu vunah n̄itin vawihnih zêlin ni thum chhûng hnawih la, ni nga dân zêlah Shampoo in su rawh. Kâr khat hnuah luvun leh sam enfiah tûr a ni.

Hrikhrah (Pediculosis Corporis): He hrik ti reh tûr hian, a t̃ul ber chu silhfên tihthiamghlin a ni. Inbual fai la, chutah kawr sukfai Istiri sa taka nawh m̃am ha rawh. Puanthuah chu hrikhru tih mang nan tuisova chhum tûr a ni.

Zahmawh Hmula Hrik (Pediculosis Pubis): A chung a damdawi ang khi hmul leh taksa vun mawm khawpa thih hi a tha ber mai.

Khumfâ

Khumfa seh hi a hrehawm chang a ni lo va, natna khirh tak ti darhtu pawh a ni thei. Puanthuah aṭanga tihbo dân tha ber chu puanthuah tuisova chhum hi a ni. Khum rel kehkâra an awm

chuan tuiso emaw, khawnvartui emawin tihhlum theih a ni. DDT tuia kah leh DDT powder teh sawm leh tui teh za pawlha kah pawh hi a tha êm êm a ni

Lum Lutuk Vanga Bawl

Khaw lum lai hian puitling leh naupangte pawh hian vun thlep lai leh vun insiknaah hian an bawl tiar tuar a; tin, awlsam taka thlan chhuah theih lohna ramah pawh a ni baw. Bawl tẽ tak tẽ tẽ a lo awm a, a thak baw. He hrehawmna nuaibo tûr chuan taksa lum lutuk tûr pumpelhna zawn tûr a ni. Hei hi nausen tân a harsa bik, mahni an in enkawl ve theih loh avangin. A lawng leh bawl lai chu silfai renga, talc power phul tlawrh mai tûr a ni. A thak vên nân chuan caladryl pawh hman theih a ni.

Vun Pan (Eczema)

Hei hi a chhan hriat silova vun pân hi a ni. Hetiang pân anpui hi a awm loh avangin eng pâwla telh tûr nge tih hriat a ni lo. Eczema chi khat psoriasis a awm a, hei hi hlawhtling taka enkawl dân an la zawnng mêk a ni. Psoriasis awm dân chu, pân ro deuh a ni a, taksa vun khawi laiah pawh a awm thei a, han chul zâwnga tla thei phulip vâ a awm tẽuh thin. Chutianga a awm reng avang chuan hming bik pawh a nei a ni.

Eczema pân hi taksa hmun hrang hrangah a awm thei a, a bik takin kut, kephah, beng leh keachte a awm duh bik. Eczema hi eng hunah pawh a hmei a pa in a vei theih a ni.

Enkawl Dân: Kuta a awm chuan puan kutkawr bun tûr a ni. Sahbawn thap leh chemical thil hman loh tûr. A panna laiah silicone venhimna hriak vawi hnih emaw, vawi thum emaw ni tin hnawih tûr a ni. Rilru lama hrehawmna hi a theih ang tawpa pumpelh tum tlat baw tûr a ni. Damlo chuan zun thlum emaw, natna dang emaw a neih leh neih loh hriat chian phawt a pawimawh êm êm a ni. Hydrocortisone ointment (0.5%) a ngeih viau mai.

Vun Phâr (Ringworm)

Ringworm hi vun natna, taksa khawi lai pawha awm thei a ni. Rulhut vang a ni lo. Fungus, thil hmuar chaw hmin dah thin a lo to thin ang deuh hi a ni.

He natna hi ringworm vei taksa emaw, puan emaw, hrukpuan emaw, puanthuah emaw, takjaa ngen avanga kai a ni deuh ber. A darh awl êm avangin, naupang ringworm vei chu an dam that hma loh chuan sikul pawh kaitîr loh tûr a ni.

Ringworm chu sen deuh emaw buang deuh emawin a lo bawl chhuak phawt a, tichuan a sirtinah a darh kual thin. Rei deuh hnua chuan a lai vun chu a ngaiin a awm leh a. Chutih hun chuan a natna lai chu a kual pap thin. A thak viau thei a ni.

Enkâwlâ: A na laiah chuan pan takin whitefield's ointment hnawih tûr. Vun nê leh naupangah chuan, Whitefield's ointment chu a zatvea tidal zetin hnawih tûr a ni.

A nasat tawh viau erawh chuan grisovin damdawi mum khat zelin, ni khatah vawi thum, hapta thum chung emaw ei sela. chu chuan a tidam mai ang. Tinture of iodine vawihnih khat hnawih hian a tidam duh viau baw.

Ringworm Luvunah: Lû a ringworm hi naupang zîngah a tam bik. Sam a tih tuak loh leh a titla thin. A pân khir bur thei baw. A châng chuan sam a til fai vek thei baw.

Enkâwlâ: Lua ringworm chu sam meh tawi zet loh chuan tihdam theih pawh a ni lo. A tha ber chu a awmna lâi sam ziah fai vek a ni. Sam ziah fai hnu chuan, taksa a ringworm nasa tak enkâwlâ ang bawka enkâwl mai theih a ni. Lûa ringworm chi khat tihdam har zet mai a awm a, a chung enkâwlâ hian a tihdam loh chuan dâktawr râwn tûr a ni; chutilochuan a punlun zêl ang, lû a kawlh vek mai ang

Ke Nâ (Epidemophytosis)

Hei hi fungus atanga natna (fungus infection) a ni a, vawthlep ni lo, pheikhaw pângngai bun ching ho keah a awm duh bik thin. A chhan chu he natna hian lum leh hnâwng a duh vang a

ni. Pheikhawk hian hnâwng a pai a, a ƣo duh ƣhin a ni. Fungus ƣo duhna hmun chu ke zungƣang kârah hian a ni.

Vun a lo pilh hian a hriat mai ƣhin. A châng chuan vun chu a chat a, natna hrikte a lût a, ke zungƣangte a nâ ƣhin. Fungus ƣo ringawt hi a nâ lêm lo.

Invênna: Inbual zawh hian, hrûkpuan rovin ke zungtang kar hi hrûk hul tûr a ni. Talcum powder hnawih hi a ƣangkai êm êm

Enkâwlna: Whitefield's ointment hi zan thum vêl hnawih chu a tawk mai. Kê chu tuia chiah a, a vun pilh paih tûr a ni. bawk.

Fungus Hri Dangte

Ke hniam lampang leh kephahah te hian fungus avangin lesion nâ ngheƣ tak awm thei. Heng lesion hi dân narânin a rovin a puhlip deuh ƣhin. Zawi zawiin an ƣhanga, natna hrik emawin a belh chhah loh chuan a sênin a nâ mai chuang lo. Lesion chu a lo awm rei hlê tawh chuan Whitefield's ointment hnawih chhin teh. Damdawi dangte pawh bazaarah an zawrh chuan hnawih chhin teh rêng.

Arngeng

Arngeng awmtirtu hi hriat a ni lo, mahsela, inthlah chhâwn theih tak ni in a lang. Arngeng hi tleirawl tirhin a lo awm a, kum sawmnhni vel nihin a lo reh leh mai ƣhin. Mi ƣhen khat tan chuan buai pui tham tak a ni. A châng chuan heng arngengte hi a ƣhûk êm êm a, zâwnghri ang maiin serte pawh a siam thei a ni. Arngengah chuan a hawl phûm a awm duh hlê.

Arngeng hi chaw ei avanga awm a ni lova, nimahsela, chaw ƣhen-khat chuan he thil hi a ti zual thei a ni, a bik takin, damlo te chungah a ni duh bik. Hetiang chaw ƣha, chocolate te, mim te, kola in chi te, ice cream te, sa thau leh chithlum tam takte hian a ti zual kaia hriat a ni. Tin, damdawi ƣhen-khat, bromides leh iodides tel te hian mi ƣhen-khat chungah chuan a tih zual phah ve thei bawk.

Enkâwl Dân: Nitin inbualna sahbawnin wawi hnih emaw, wawi thum emaw sil fai ziah tûr a ni. Sahbawn then khat vun ti pilh chi hian arngeng hawl phum tûr hi a ti reh thei a, nimah-sela, vun pilh sa te neih chuan fimkhur taka hman tûr a ni. A hawlphum te deuh te chu, hmai hrûk puan tuiluma tih huha minute sâwm ațanga sâwm-panga chhûng hrûk hian a tih reh theih a ni. Hei hian hawlphum tihreh chu a ti awlsam ang. Nimah-sela, arngeng te hian hnai an lăk tawh chuan, a deh hun hma chuan deh rêng rêng loh tûr a ni. Arngeng deha hmeh sâwr vak vak hian a ti pûn duha, a dam har a, hmaiah ser a awmtîr duh bawk.

Hmaia arngeng chu a nasat lem loh chuan, damdawi tui lotion) a vâr chi hi nî-tin wawi-khat emaw, wawi-hnih emaw hnawiha, dim tê a chûl tûr a ni. Tin, dâwr zawrh damdawi chi hrang hrang a awm a, hêngte pawh hi a hnawih chhin theih a ni. Tin, a dang awlsam taka han siam mai theih te chu hêngte hi an ni.

Resorcinol 1.8 gm

Precipitated Sulphur 3.0 gm

Hydrophilic Ointment 60 gm tling tûrin chawhpawlh tûr.

Hei hi nitin arngeng awmna laiah chuan wawi hnih vel hnawih tûr a ni. Tin, a hnawih chu Hydrocortisone tui hi a ța êm êm bawka, a bik takin neomycin sulphate nêna pawlh hi a ța leh zual a ni.

Heng chaw țaate, chithlum tam lutuk, a bik takin chocolate leh mim te hi ei loh tûr a ni. Chaw mawl taka buatsaih, in buk tâwk thei leh thlai lam hi ei uar tûr a ni. Tuisik leh thei tui in thin la, mahse thlum taka siam chu pumpelh hrâm tûr a ni.

Ni êng leh in sâwizawi hi a pawimawh êm êm. Ni sâa insâwizawi hi a ța. Insawizawi hian thisen chu a luan awlsamtîra, natna hrik dona pawn a tichak nge nge thin. Niin vun a hem hian bacteria a tihlum a, thlansa hret hian vun fawng a thuah fai thin.

Dailen hunbi vawn fel tlat tûr a ni. Nî-tin dailên ziah tûr ani; Êk a khal viau chuan arngeng pawh a zual sawt thin. Thei

leh thlai tam tak chawa ei tel hian dailên hun mi a vawn diktîr bîk a ni.

Thi neih Arngeng

Nula thenkhatte chuan arngeng pahnih khat vel chu an thi neih hma chiah hian an nei thîn a. Ni hnih khat chauh a awl a, a reh leh mai thîn. Nimahsela, arngeng hi kumtluan emaw, thla engemaw chhûnga a reh loh chuan, a pawî viau a ni, hmeichhe naupang deuh tan a ni bik. Arngeng rêng rêng hi thla khat aia rei a nih chuan, a enkâwl dân tûr a hma a kan sawi ang kha hman tûr a ni.

Arngeng Hawlphûm (Comedones)

Hawlphûm hi vun khawlohna, vuna hriak awmna lo pân, thil mawm, ro deuh, sebum an tiha a lo khah vanga lo awm a ni. Vun pân an lo thlen hian an lo dum thîn a, chuvangin he lesion hming atan hian hawlphum vuah a ni. Vun tlawrh mawm deuhte hian he harsatna hi an tâwk duh bik.

Hawlphum enkâwl tûr chuan hmai chu tuiluma ur phawt tûr. Chu chuan vun kuate a tihawng anga, vun a tinêm ang. Chutah sebum chu a sawr theih ang, mahse hriak tihro leh vun awng tih sâwn nân chuan lotia alba hi a tha hle. A na laiah zânah hnawiha, a tuk zînga silfai leh mai tûr a ni. Vun chu a tiro ang; tin, vun tiro vang khawpin hnawîh zin tûr a ni.

Khawihli

Khawihli hi vun pui thûk taka awm anih avangin arngeng nên a in ang lo. Arngeng-te chu an pawnlâng a ni. Khawihli awm-tîrtu hrik chu staphylococci an vuah. Heng hrik hian hmul tona bul zuiin vun hnuai zâwk an lût thleng a. A lo nat tâk hian vun chuan a inven nan, a vung lai hual velin bang a insiam thîn a ni. Chu bang chu pyogenic râng an vuah a, chu chuan a vêt vuna kâi darh tûr a vêng a ni.

A lo awm tîrh te chuan antibiotics-in dan theih a ni. Nakin hnuaah chuan, râng chhûnga tisa, nâ taka lo hliam tawhah chuan a lo na chhuak thei a; hnai pawh a la thei a ni. Hemi hmaa khawihlî thaihawn hian tih loh aiin pawina a ngah zâwk. Khawihli enkâwlâ tha ber chu hmûr a rawn neih thleng a tuiluma deh hi a ni. A chhipa hnai var a lo awm hunah chuan, a vél nêh tui leh sabonin silfai la, hriau rawh satin thai t̄et rawh. A chhuah tam avangin hlauthawng suh. Sâwr suh. Tlém̄tê chauh a chhuah chuan tui lumin dep leh la, sulphâ damdawi hnawihin tuam rawh.

Carbuncle (Karbankul)

Argengtê, khawihlitê leh karbankulte hi staphylococcus hrik natna siam vek mah, nise, an thuk dan a in ang lo vek a ni. Arngeng chu vun pâwnlangah a awm a, khawihli chu vun thuah thûk takah a awm a, karbonkul erawh chu vun hnuaiah a awm a ni.

A awmna a thûk êm avangin, a awmna chu a thawlin tisa thau kârahchuaninvênna bang a nei thei lova, chuvangin a punlianin a na viau thei a ni. A awm tan tîrhîtêah chuan antibiotics tam tawkin a tihdam theih a, a châng chuan X-ray te pawh an ruai t̄hin. Karbankul chu hnai a hunah chuan tha taka hnai theih nân, dâktawr in a kawkalhin a zai pawp anga, vun chu a tihlîm ang.

Vun Pân leh Ulcer

Naupang vawn fai chu an pem zen zen lo Pân lo tûr chuan pem hlek pawh tui leh sabona silfai a, anih loh leh hri luh dâlâna damdawi tui engemawa silfai tûr a ni

Pân rei tawh chu sabon tuiluma a khir khawk vek khawpa sil tûr a ni. Tin, damadwi, bacitracin angte hi hnawih tûr a ni. Pan chu puana tuam that chuan a dam hma lehzual a ni. Hei hian damdawi chu panahchuan a awmtîr ang a, pân hlui châr-pingin, tidam hartu khir awm tûr pawh a vêng ang.

Pân lian, khir nei lo, awm duârah chuan, chi emaw psom chi emaw thîrfian lian khat leh tui no khat chawhpawlha, chu tah chuan puan them thianghlim thua hnih emaw thum emaw chu chiah huh la, chu chuan khuh tûr a ni. He puan huh chungah hian lehkha mawmin khuh leh la, chu lehkha chungah chuan tuam rawh. Dârkâr tinin puan chu tuial chuan tihhuh nawn rawh.

Ulcer vei tam tak, thûk tak maia pân tawhte hian antibiotics hi an ngeih viau bawk. Sulphadiazine emaw, triple sulpha emaw, ni khata vawi li ei hian nâ pherh tûr chu a dang thei a ni. Penicillin a nih loh vêk chuan broad spectrum antibiotics zinga pakhat khat pawh a ngeih viau bawk.

Vun Ngâwt.

Ngâwt hi vun hnuaiah a awm fo thin. A nâ fahran lo na a, paih tûr a ni. Chutiang bawkin vuna pân hapta 4 leh 6 vêla dam hman lo chu sawisak tûr a ni. A nat viau chuan zaiin a dam mai thei; mahse zai lohvin awmpui rei lutuk tûr a ni lo.

Cancer

Cancer hian hnam khat bawh bik a nei chuang lova; hnam tinin an vei thei a ni. Rante, savate, sanghâte leh hnimte pawh hian an vei ve thin a ni. Hnam finge zingah cancer hi a tam bik thin, an damchhûng a tlângpui thuah a sei zâwk avang leh cancer hian upa lam hi a bawh duh bik avangin. Hmeichhia hian an vei duh bik, an hnute leh chhûl te a rim bik avangin. Mitinin cancer chanchin tlêm tal hriat theuh tûr a ni, tin, eng cancer mah an vei lo tih an inhriat nân kimchang tâwk takin an in exam-tîr theuh tûr a ni. Mitinin cancer an vei theuh ang tihna ni lovin, mitin hi cancer vei thei theuh kan ni tihna a ni zâwk. He hlauhawm hi hriat lâwk a tul a, kan tuar pawhin fing tak leh pasaltha takin kan thiam tûr a ni. Cancer a ni tih hriat hmaa a lo nasat lutuk hman tawh chuan dâktawr thiam ber tân pawh tihdam leh viah chu a theih tawh loh a ni tih hriat pawh a tul a ni

Pang khawimaw laia thil lo chawr hian ngâwt kan tih mai hi a rawn vûn chhuahpui thin. Ngâwt zawng zawngte hi cancer a ni lo va, a thente hi hlauhawm lo, mi pawh tihlum thei lêm lote an ni a. Chutiang chu a hlauhawm lo va, cancer te erawh hi chu a hlauhawm a ni. Ngâwt hlauhawm lo chu apple emaw theihâi emaw ang mai hian a thang duh êm êm a. Tê taktêin a rawn

in tana, a thanglian thin. cancer erawh chu a eichhe zâwngin a thanglian a, zung tha tak tak a thlâk a. Chung chu chatin, pang dang khawilâiah pawh cancerah bawh an va to leh mai thei a. Ngawt hlauhawm lo chi chu dâktawrin a zai chuan thing-sêmin a keh chhuak ang mai hian a la chhuak nawlh thei a ni. Cancer a zai erawh chuan a zung tha tak takte chu a hmuh theih si loh avangin khawi thlengin nge a zâm tawh tih hriat theih a ni ve lo. Hei avang tak hian, a zung tha tak te chu a zam thui hmain, a tirah cancer chu zai nghal vat tur a ni

Kan taksaa cell than dân leh khuahkhirh dânte chu hre tîem hle mah ila, cancer lo awmna chhan leh a dân dangte chu thah-nem fê kan hre tawh a ni.

Cancer awmtirtu tam tak te chu lungalhthei êkte pawh hi a ni. Chung lo rêngah pawh, X-ray leh gammaray leh ultra vi let ray a rei deuh indah hian ran emaw mihringah emaw, a vei awl tûrah chuan cancer a awmtîr thei tih hriat a ni tawh. Thak ngawt ngawtengpawh hi a reiah chuan cancerah a chang mai thei. Entîr-nân, ha ngêh hnu hian, an ha ngêh chu a hriam chuan anawh fona laiah khân cancer a lo awm mai thei.

Cancer hian engvangin nge hetiang hian hna a thawh hriat a ni lo. Cell narân leh cancer cell te hian, taksa ni lovah, an tona tûra tha taka siamah totir an nih chuan than kin nei chuang lova than theihna an nei ve ve. Tin, heng cell te hi taksaah lo phun lêt leh ta ila, cell narân chuan chawplehchilhin taksa dangte chu a zawm mai a, cancer cell erawh chuan a zawm duh chuang lo.

Cancer hi engin nge rawn siam tih fiah taka hriat ala ni rih lo. Engpawh nise, mi tam tak chuan cancer chu virus -in natna a rawn siam a ni tih an ring a. Mahse cancer lo awmna hi a chhan pakhat chauh a awm lo thei a, mi pakhat a awmtirtu chu mi dangah chuan cancer awmtirtu a ni kher lo thei. Cancer awmtirtu chu a paih theih a ni thei a, mahse cell, a chhan ni ve thei bawh chu paih anih hnuah pawh a khawlo zâwngin a la thang zêl thei a ni. Mi tam tak chuan heng hi, a that duhna hmun taka a awm si chuan, cell chhûnga buaina tichhuaktu leh an mahni than puit-lin dân ti danglam thei a cell dang nena an inlaichinna pawh ti-

danglam thei tura punluntu lekah an ngai bawk. He phel darhna hi cell inthlah chhâwng zêlah a inpe chhâwng thìn a ni. Cell-ah khan a inpawlh dân, a taksa awm dân leh a pianphung inthlah chhâwn dânrawn tidanglam thei engemaw a lo awm ta a ni.

In thlahchhâwnna hi cancer hmahruaitu a ni thei a, mahse cancer hi inthlah-chhâwn tel a ni lo. Amaherawhchu thlahtute lama cancer lo vei tawhte chu, kawng engkima an hrisêlna veng-tha turin fimkhur rawh se. Kum sawmli pelh hnu chuan a khat tawka hrisêlna exam hi a pawimawh êm êm bik a ni.

Cancer tam ber chu zung a kaih ngheh viau hma loh chuan, hriat nghal harsa tak anih avangin, atira hriat mai theih pawh a ni lo. Hei hi a hlauhawm êm êm na chhan chu a ni. Cancer hi hriatchhuah hma chuan tihdam theih a ni. A tîrah hian a nâ nghal mai zen zen lo. Amaherawhchu, chhinchhiahna thenkhat dâktawr rawn thuai ngai chi a awm. Hengte hi chhinchhiah rawh:

Awma lo ruh deuh ûl. A khât tâwkin hmeichhiate hian an hnutête hi an dap tûr a ni a, ruh deuh a lo awm chuan dâktawr an hrih tûr a ni.

Chhûl a bawlhhlawm chhuak, thi neih inkâr emaw thi hul hnu emawah a ni leh zual.

Chaw pai tawihna khâwla danglamna nasa tak lo awm, rihna hlihna emaw etc. daikal hunbi thlâkna rawn thlentu emaw pawh

Hmuiah emaw, leiah emaw, vunah emaw pawha hliâm lo awm hlek,dam leh mai thei lo te.

Mawngkaw kam nâ, thichhuak emaw êkkal, pumnâ reh thei lo. Heng hi hœmorrhoids chhinchhiahna lek an ni mai thei, mahse a chhan enfiah ngei tûr a ni.

Khuavang chhinchhiah emaw singsihlip emaw pianpui engemaw lo danglam na rêng rêngte.

Thil lem harsat riau reng te.

Aw chhâng reh thei lo emaw khuh fo emaw.

A chhan hriat si lohva, dân narân ang lo deuhva rihna hlohna emaw chaklohna vei emaw te.

Zuna thisen telte.

Heta ziaak tlar aṭang hian cancer chuan chhinchhiahna hrang

a nei thei tih a lang a, a then chu narân tak, cancer pawh ang lo takte a ni mai thei bawh. Amaherawhchu cancer pumpelh tûr chuan, i hrisêlna chu kawng tinrêngin i veng him tûr a ni. Mahse lungngaih tûr a ni lo, engnge maw hleka inngaihtuah hah viau zel tûr a ni lo. Chhinchhiahna danglam bik lo langte rêng rêng chu fîng takin a chhan enfiah zêl la; tin, chutiang chhinchhiahna engmah a lan loh pawhin khât tâwk chuan dâktawr hnênah in enfiahtîr reng tûr a ni.

Hma deuhva hmuhchhuah anih chuan cancer tam tak hi tihdam theih a nih avangin beidawng leh thi tûr anga inngaihna neih tûr a ni lo. "A lo thlen chuan a lo thleng a ni mai a, tihngaihna a awm lo a ni mai alwm" tih loh tûr a ni. Taksaa dik lohna awm hlek chu a chhan hmu chhuak tûrin inpeih reng zawk tûr a ni. Taksaa diklohna engemaw a lo lan rêng rêng chuan, cancer emaw, engpawh lo nise, ngaihsak nghal vat tûr a ni, enkâwl lohvin awmtîr mai tûr a ni lo. Dâktor tam tak te chuan, kumtina dâktawr hnêna famkim taka in entîrna hian, tihdam theih lohkhawpa cancer veina tûr lakah mi a vêng thei a ni an ti. Chutianga kumtin in endiknaah chuan hmeichhia chuan a hnute a endik tîrin, chhulah cancer a awm theih avangin chhûnglam endikna pawh a nei nghal tûr a ni. Kum sawmli nih hnu chuan thla ruk danah chutiang examna chu neih ziah tûr a ni. Mawng pawh endik hmaih tûr a ni lo. Paitawihna lamah chhinchhiahna lo langte a awm chuan pumpui leh rîl pawh X-ray a exam tûr a ni. X-ray a exam hi mitin tân a pawimawh êm êm a ni. Tlêm azâwhg senso a ngai a ni thei e, mahse hrisêlna nêna buk râlah chuan tlêm senso mai chu engmah tham a ni lo.

Tin, endik dân pangngai bâkah a châng chuan, enlennaa enfiah atân tisa them zaithlâk hlek pawh a ùl thei bawh. Hei hi a pawina a awm lo ve, dân narânin nâ lova hleh a ni òin a, chuvangin dâktawrin ùl a tih chuan phal tûr a ni.

Vun cancer hi a hlauhawm lo ber, dâktawr chemte leh radium damdawi in a tihdam theih mai avangin. Chulovah, vun cancer chu hmun dang ami ai chuan a òang muang bawh.

Hriat lâwk theih a nih loh avang tak hian cancer hi a dân

hleih theih loh, a awmtirtu han hriat chhuah lah hi a har nasa si a. Tunlai cancer dan dân ber chu kawng hnih a awm. Pakhat-naah chuan thak nghet tak paih bo leh cancer siam thei thil enfiah zêi la; tin, chutiang chhinchhiahna engmah a lan loh pawhin a khât tâwk chuan dâktawr hnênah in enfiahûr rêng tûr a ni.

Chuâp cancer leh vaihlo inzawmna hi chiang taka hmuh chhuah a ni tawh a. A inzawmzia an hmuhnate chu hnial kalh rual a ni lo va, chuvangin cancer awmtirtu tha tak pakhat pum-pel duhtu chuan, eng kawng mahin vaihlo hi a hmang tûr a ni lo.

Cancer hlauhawm zia leh hma taka hriatchhuah a pawimawh zia hrethiam tûra mipui hi zirtîrna a nasat teh lul nê, tihtûr ala tam êm êm a ni. Hmeichhia te hi an hnutê-a ruhkhâl deuh lo awm phawt chu ngaihtat lohpuî tûra zirtir ngun an nih vei nen, hei leh chhûngril lam cancer chhinchhiahnate leh hriatnate hi an lo ngaihtah leh tlat thin.

A khât tâwka taksa enfiah leh fluoroscopy leh X-ray hmanga endik hi kum sawmli aia upateah chuan cancer leh ngawt hlauhawm chi rêng rêng hmunthuma thena hmun khat zet chu atîrtêa hriatchhuah theihna kawng a ni. Mite hi a khât tâwka hrisêlna endik tûra zirtîr theih an nih chuan cancer vanga thihna hi a tihtlêm sawt thei a ni.

Hriatchhuah thuai chu enkâwl hman a ni. Cancerah chuan a hma zawh poh leh a tha ting mai, tih hi hre reng rawh. Khekrei chu thihna a ni. Tunlai hian cancer enkâwl na tha tak pathtum a awm: zai, radium, leh X ray te hi. Tunlai hian heng hmanga cancer tihdam leh sang tam tak an awm.

Cancer veite chu an enkawl hnahnun ber atanga kum ngâ chhûnga an nat leh loh chuan damah ngaih an ni. Kum nga hnua na leh chu an vâng hlê, mahse un hi a pawimawh êm êm tih hriat reng tûr a ni.

Dâktawr thiam tak rawn mai lo hian damlote hian ina enkâwl na leh damdawi lamte hmangin hun hlu tam tak an hloh thin.

Dâktawr lemte an rinna avangin kumtinin mi tam takin an boral phaha ni. Dâktawr lemten, “a dam ngei ngei ang” an tih pawngpui hi dâktawr thiam tak takte thudik tak sawi aiin a ri ngawtah chuan a awiawm zâwk thin. a, chuvangin mi tam takin an kutah an nunna an lo kawltîr leh thin. Mihring ngaiha kawng dik a awm a, a tawpna erawh chu thihna a ni” tih thu hi, dak-tawr lemte hnêna cancer damna tûra inenkawltîrna nêh hian a inhmeh zet mai. Cancer vei nia i inrin deuh phawt chuan, dâktawr lemte enkawlina hlauhawm takte chu kalsan hmiah a, dâktawr thiam hmingthang emaw damdawi in pan nghal mai emaw chu a tha zawk daih.



Lung

Taksa bung khatah chuan lung tluka mak hi a awm lo. Pian hma atangin a phu tana, "kum sawnsarih" leh a aia reite, chatlak miah lovin phu thin. Tum khatah chuan englai mahnin mit khap kar khat aia rei a chawl thei lo, miniñ thum chauh pawh khaih lak lovin chawl sela a lung neitu rilru chu a bo nghal ang a, a rei leh deuh chuan, a thi mai ang.

Lung chu a pawimawh êm êm a, a chanchin diklo tak takte lo vawrh darh tâwkte an bawk avangin, a awmdân leh a hnathawh chhuina leh natna rawn tibuai theitu han thlirna hi, a tangkaiin a ngaihnaawm bawk dâwn a ni.

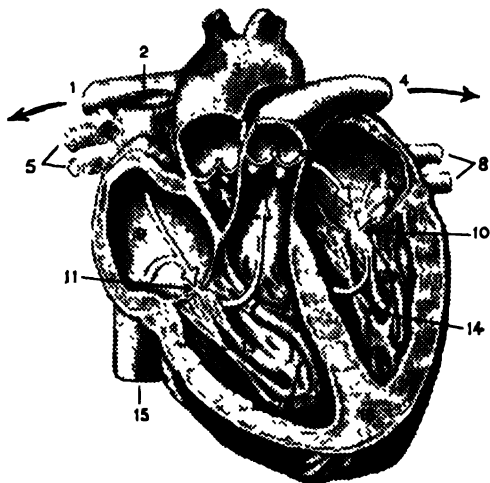
Lung Hnathawh Dân:—

Lungah hian pindan pali, a chungah pahnih a hnuaiah pahnih a awm a. A phêk dawttua entirnaah hian lung phel phawk lem i hmu ang a.

A pindan chungnung zawk, dinglam panga mi hian taksa pêng hrang hrang atanga thisen bawlhhlawh lo kir kha dâwt pahnih, inferior leh superior vena cava atangin a lo dawng a. (Chu pindan chu auricle (aurikl) dinglam vuah ani. A hnuaia zawkte chu venticle vuah an ni) Chu auricle lo sâwng chuan thisen chu venticle dinglamah chuan a nawr lût a, chu chuan chuâpah a lo thawn chhuak leh chhawng a. (He mi bunga, "LUNG IN PAM KUAL DAN" tih hnuaia a lemte hi en la).

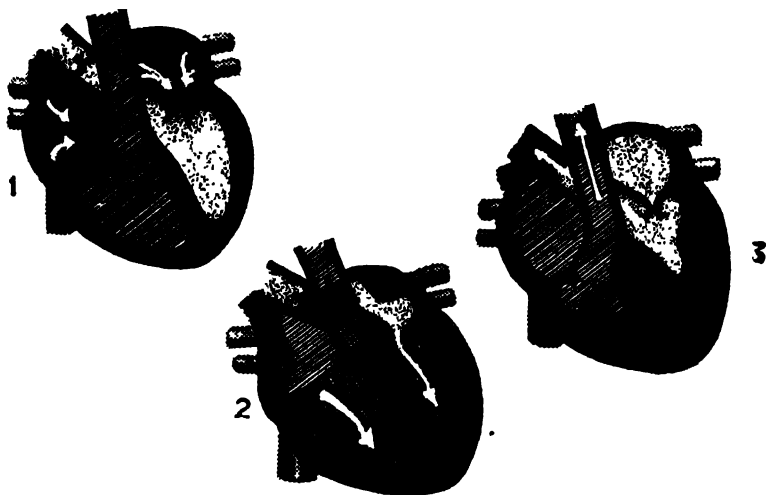
Chuap atangte chuan auricle veilamah dâwt paliin an rawn

inchhûng lût a, chuta-tang chuan venticle veilamah a lût leh a, chutatang chuan thisen dâwtpui (Aorta)-ah chikchhuakin taksaah hian a inkâp chhuak leh ta a ni. Auricle dinglam pang bangah chuan hmun pakhat auricle tisâwngtu a awm a. He ti-sâwngtu hian auricle pahnihte chu a fangkual thin a. Lûng pindan chung leh hnuai daidangtu bang (septum) chu a lo thlen veleh "Bundle of His" an tih chu a rawn tawk a. Hei hian pindan hnuai zâwk (ventricles) hnênah chuan sâwng tûrin hriattîrna a pe a. A hriattîrna pêk hun hi a bichilh hlê a, auricle lo sâwng zawh hlim hlawlah, thisen lî lût thla dawng hman chia siin ventricle te chu



LUNG.

1. Pulmonary Artery lung dinglam a a kalna 2. Superior Vena Cava (Lû leh bân atang a thisen lo kal) 3. Thisen dâwt pui (Aorta) 4. Pulmonary Artery lung veilam a a kal na 5. Lung dinglam atang thisen kal 6. Then in thlitna (Semilunar Valves) 7. Thisen bâwm vei lam (Left auricle) 8. Lûng vei lam atanga thisen lo kal na 9. Thisen bâwm pui (dinglam a mi) 10. Thisen inthlitna (Mitral Valve) 11. Tricuspid valve (Thisen in thlitna) 12. Left ventricle 13. Right ventricle 14. Papillary muscles (tihrawl) 15. Vena cava hnuai zâwk (inferior vena cava) (kê leh taksa hnuai lam atang a thisen lo chhohna) 16. Lûng tihrâwl



(LUNG IN PAM KUAL DAN)

1. Thisen chu auricle-ah (Thisen bâwmah) a lo lût. Thisen thenkhat chu ventricle ah te a lût a, hei hi diastole phase a ni.
2. Auricle chuan thisen chu pump chhuak tûr in a sâwng te
3. Ventricle chu a lo tawm te a, thisen chu Aorta ah leh pulmonary artery ah a pump chhuak, hei hi systole phase an ti

an sâwng leh zui zat a. Auricle te chu an sâwng ruâl thina. Chumi hnu hret, second khat hmun engemawtia thena hmun khat hnuah ventricle te chu an sâwng rual leh a.

1. Chuap dinglama thisen luhna Kawng; 2. Superior vena cava (lu leh ban aţanga thisen luhna). 3. Aorta (taksa thisen); 4. Chuâp veilama thisen luhna dâwt; 5. Chuâp dinglam aţanga lunga thisen luhna kawng; 6. Kharkhep; 7. Auricle veilam; 8. Chuap veilam aţanga lunga thisen luhna dâwt; 9. Auricle dinglam; 10. Mitral Kharkhep 11. Tricuapid kharkhep; 12. Ventricle veilam; 13. Ventricle dinglam; 14. Papillary tihrawl; 15. Inferior Vena Cava (taksa leh ke atanga thisen lunga a lo luhna dâwt); 16. Lung tih-râwl.

1. Auricle pahnihte thisenin a rawn tikhat-(diastole phase).

2. Auricle-te an sâwng, ventricles-ah thisen an sâwr lût.
3. Ventricle te an sâwng, Aorta leh chuapa luhna dâwtah thisen an sâwr lût-systole phase.

Hemi hnuah hian, a sâwng leh tûr chu a chawl zeuh va, chu mi chhûng chuan lung hi a chawl a, tisa dang ang lo takin, chu chu chawlhna, chaw ei ve lai a ni.

Lûng tihrâwla thisen kal kual hi aorta atang chuan a lokal a, dâwt (artery) pahnih, anterior leh posterior coronaries- an tihachte hian an luâng chhuak a ta ani.

A châng chuan nausênte hi, lunga thisen kal tha thei lovin an lo piang thin. Chuvangin tisaah Oxygen tlâkchhamna a lo thleng a, chu chuan "nausên dumpawl" an siam thin a ni. Hetiang nausên tam ber hi chu an thi a, mahse zaidam theihthe pawh an awm.

A piantirha naute lung chu a phû that chuan, hlauh thawn tûr a awm lo. Tar chaklohnain a rawn umphâk hma loh chuan lung chuan ama hna chu a thawk ve reng mai ang. Saihri, diptheria emaw ruhna khawsik-in emaw lung a tih khawloh erawh chuan, a buai thei a ni. Lung tha tak rawn pianpuitu chuan a vanglai ni a pelh hma loh chuan lung natna a nei kher lo vang, a chungka kan sawi natnate khi a vei baw si loh chuan.

Ruhna Khawsik Nghet

Ruhna khawsik hi natna naran tak mah nise, ruhchuktuaha a lo nat tan lai hian, lung a khawih pawl thei tih hriat tûr a ni. Ruhchuktuah-nâ, vûng thin dang narân ang lo takin he natna hian lung a khawih pawl êm êm thin a, naupang lamah a ni leh zual. Kum 40 pêl tawh chuan an vei zen lo.

Natna hrik chi khat, group A streptococcus viridans avanga hrwak a lo nat atanga hapta khat leh ngâ inkârah hian, damlo chuan ruhchuktuah nâ a rawn vei ang a, khawsik pawh 103°F a thleng hial ang. He natna hian hapta lî atanga ruk emaw, a aia rei emw aawh thin a; tin, a nâ nawnthei baw. A thisen examna chuan a natna dam leh dan a lantîr ang; damlo chuan ngai a awl leh hma loh chuan mut reng a tûl a ni. He natna buaipui awmna

chhan ber chu lung a khawih pawl a, a khâr phui tha thei lo va, chu chuan zawi zawiin lung chu a tilian a, chu chu he natna hnathawh dân chu a ni. He taksa khâwl chhe tûr pumpelh nân hian dâktawr thiam tak enkawlina a tûl a ni. Amaherawhchu, dâktawrte thiamnâ bâkah, an lo remchân mai loh takin, mitin tân lung nâ (rheumatic heart) chu engtia hum tûr nge tih hriat hi a tûl a ni.

Natna a neih avangin lung tihrâwl chu a lo chau va, chuvan- gin enlenna a en chuon chutiang natnaah chuan cell awmdân lo danglamte pawh a hmuh theih a ni.

A harsatna lai ber chu auricle veilam leh ventricle veilam inkâra khârkhepah hian a ni. Hei hian hna a thawh that lohin, a inkhâr hun tûra a inkhâr loh emaw, a hawn hun tûra a inhawn loh emaw hian thisen chu a let leh chângte, a hun lova a kal chhuah chângte emaw a awm thin. Taksain thisen an ngah tâwk theih nân, thisen kir leh aiawhtu tûrin, thisen chuang liama pam chhuah lung tân a tûl ta thin a ni. Hetia lungin hna chuang a thawh avâng hian lung chu a lo lian thin a ni. Chutiang natna vei rêng rêng chuan hna rim thawhah tâwk chin an neih riau tûr a ni.

Invênna: Tupawhin hrawknâ a vei chuan penicillin mum ei a tha ang. *Streplococcus verdans* a lo pai chuan, chu damdawi chuan, ruhnâ khawsikah a chan hmain a lo tihlum mai ang.

Miin he natna hi a vei tawh chuan, a vei nawn leh thei a, mahse penicillin emaw sulpha damdawi emaw mum khat nîtin a ei chuan, a nâ chhuak leh tûr chu a veng thei a ni. Hetiang hian kum tam tak chhûng chu invên tûr a ni. Ruhna khawsik vei tawh rêng rêng chuan taima takin he enkâwlina hi zâwm rawh se.

Ruhnâ khawsik vei hnute chuan hâ phawi fo hi a hlauhawm êm êm a ni tih hre reng rawh se. Chutiang zînga zâ zêla sawmhnih pangâ chuan, lung tuamtu vun pan taka natna hrik luh vanga lo vûng chu an tuar a, chu chu thisen a natna hrik khan hna a thawh avâng a ni. He natna hian lung a khawih pawl thei êm êm

a, tunhnai lawk khân, chutiang mi chuan an thihpui vek tih pawh hmuh chhuah a ni tawh. Tunah, hma taka enkâwl an nih a, a a natna hrikte chuan damdawi, penicillin angte haw chi annih chuan, tihsam theih an ni. Thla khat chhûng penicillin tam tak ei tawk tawk a tûl a ni. A man a to va, a hlauhawm baw si ani.

Chutiang hrepa natna chu vên nân, damlo chuan ha phawi hma ni hnih chhûngin penicillin mum unit 200000 hi vawi li nî tin ei lâwk se, a phawi hnu ni hnih chhûng pawhin chutiang chuan ei zêl rawh se. Tin, hâ phawi ni chuan procain penicillin unit 600000 leh crystalline penicillin G. unit 600000 tisaah kah luh tûr a ni.

Sâihri-Lungah

Lunga Saihri natna hi, a hming awmzia ang ngei hian sâihri hrik vâng a ni a, lung natna ah chuan hei kher hi chu a vâng pawl tak a ni. Aorta kawngkâ, aortic kharkhep leh cusps (kharkhep chi dang)-te chu a tichhia a, venticle veilam chuan a lenphah viau duh hlê a. Lunga saihi natna hi dam chhûng hun chanve lai vêlah a lo awm duh a, hmeichhia aiin mipain an vei zing zâwk.

Natna dang ang bawkin, a hnua buai hrepna pumpelh duh chuan, enkâwl hma hi a tûl a ni. Saihri vei rêng rêng chuan, aqueous procaine penicillin 600000 units in ni tin, ni sâwm chhûng inchiu chhuahparh tûr a ni. Hei hi tih anih chuan, nakin hnua buaina a lo awm leh zen zen duh lo viau.

Lung a khawih paw chuan, enkâwl na hi tlai tawh mah se nawn leh tûr a ni; enkâwl na dang erawh chu engvang pawha lungphu châwl enkâwl na kha hman tûr a ni.

(A hnuaia mi en la)

Lungphu Chak (Palpitation)

Palpitation hi lung natna a ni lo va, natna engmah awm si lwa lung hnathawh lo buaina hi a ni. A tam hlê mai. Zauthau, hlauh, thinur, lâwm, lungngaih emaw lungkham riau neih vâng emaw a ni thei a, damdawi thenkhat emaw tûr emaw ei vângte pawh a ni thei a, thingpui, kawfi, vaihlo leh zû vângte pawh a ni thei.

Lungphu Châwl

A chhan tam tak zînga a eng ber emaw avangin lungphu a chawl thîn. A lo chawlh dâwn hnaih hian lung nâ chhinchhiah-nate chu a lo lang a. Engemaw han thawh deuh hleka thâwk tâwi hi a lan dân hmasa berte a ni. Chaw ei kham hlîma buaina leh puar ûlna pawh a awm duh hlê. A chhinchhiahna dangte chu chak loh leh tuarzuaunate, keah a ni lehzual bîk, lung phu chak, âwm tâwt deuh leh ro taka khuh, thîn zawn vêla na riari riari leh lung zawn nate pawh hi a ni. Ngâlêk vûngte hi a lanna hmasa pawl tak a ni thei bawk. Hei hi tlai lamah a lo zual a, muţ hlânin a reh leh thîn. Damlo chuan tan tlêma a han lâk hlek zâwng pawha a chauh dêr zêl thlengin a chau tulh tulh thîn. A awm hlê hlê thei lo va, a muhil thei hek lo.

Lung nâ nghet tak vei rêng rêng chuan ni tin dâktawrin a enkâwl tûr a ni a, lungnâ rei tak lo vei tawh phawt chu dâktawrin a tlawh zing êm êm tûr a ni. Vawikhat lung anat tawh phawt chuan a dam leh tak tak thei tawh lo va, ramtui lei lova awm hlen leh thih hma mai loh chu hmabâk a awmlo anga ngaihna hi dik lo a ni. Chutiang a ni si lo va. Hun engemawti hnuah chuan lung tuarchhel tak chu a lo dam tha leh viah mai thîn. Taksa leh rilru hachawltir hi a pawimawh êm êm a ni. Kaw tipuar leh paîawih har chi chaw chu damlo chuan a ei tûr a ni lova, rilru danglam thutna, thîurnate hi a ni bîk, a nei tûr a ni lo.

Lung Enkâwlna.

Lung nâ veite tân tihsak theih tam tak a awm, tunhnaia fim-khur taka zirna leh chhuinate hi a lawmawm hlê mai, damdawi tha tak takte pawh an siam chhuak ta si a.

Chaw: Engkim dang tluka pawimawh ve chu 'chaw' hi a ni. Chaw tha lutuk lo, tlêm lam deuhva ei tûr a ni. Lung nâ, na takah chuan, damlo chu chaw tlêm tê tê ni khata vawi ngâ pêk a tha viau. A chhan chu pumpui khat lutuk tûr pumpelhi hi a ni. chu chu lung tân phurrit a ni si thîn a.

Ran thau reng reng ei loh tur. Artuite, Butter te, Cheese te

leh sa^{te} hi chawah chuan telh tûr a ni lo. Hriak rêng rêng chu thlai hriak a ni vek tûr a ni. Safflower hriak (kardi) hi a tha ber. Corn hriak hian a dawt a. Badam hriak pawh a tha. Coconut hriak erawh hi chu a tha lo tlat mai.

Chawah chi tlêmtê chauh telh tûr: Chi hi tlêmtê tê tê chauh liah tûr a ni; a diktakin tupawhin, chi heh mi chuan an ei dân an tidanglam tûr a ni. A da lutuk tih reh nana al lep lep hi a tâwk chauh a ni. Lungnatna vei phei chuan a ei tlêmtê lehzuat tûr a ni. Nitina a ei tûrin milligramme 500 a pêl tûr a ni lo. He mi bung tâwp a chart hi en la, chawa chi awm zat theuh nen, heng chi tlêmtê atang hian i ei tûr chu thlang rawh. I duh chuan damdawi zuârtu hnênah chi aiawhtu tur i lei thei ang.

Damdawi: Digitalis hi lungphu châwl enkâwlina tha ber pakhat a ni a, damdâwi tangkai ber pangâte zinga pakhat tun thleng in a la ni ta fan a ni.

Lungphu châwl tân chuan, chu chu mite thaw tha thei lo, ke vûng bûr si, thin lian a, lungphu fel si lô tâna tha. Hetiang tân hian dâktawr chuan digitalis a pe ang. Nitina ei tawh hre turin damlo chu fimkhur takin a enkâwl tûr a ni Digitalis an ngoihzia hi lawmawm tak a ni.

Thisen Pressure Sang (High Blood Pressure):

Puitling tâna thisen pressure pangngai chu dân narânin 120/80 a ni, lung a sâwn laia mercury a pressure millimetre 120 a a sân a, a chawlh leh a mercury a pressure millimetre 80-a a sân hian a ni. Tar hnu hian thisen pressure hi a pung thin a ni. Thisen pressure 140 aia a sân reng chuan eng ang rual tân pawh, a lutuk a ni.

Upat vâng lovah pawh thisen pressure hian sânnah chhan tam tak a nei a, mahse a zain hriat vek a ni lo. Chaw tha tak pawh nise, ei tam lutuk fo mai hi a chhan pakhat chu a ni. Tûr chi khat, ei leh ina awm, chaw mawm deuh, thingpui, kawfi vaihlo leh zû te hian thisen pressure hi an tizual thei a ni. Natna benvawn-diabetes (zun thlum) gout, asthma, awrpawr leh kal natnate hi thisen pressure tisângtute an ni. Tunlai nun rimthlâk

tak pawh hi a nithei bawh.

Eng rual an pawh thisen pressure sâng hi neih theih a ni. Chaw chhe ei ho ai chuan mi khawsa thei leh ei tha zingah a tam bik.

Thisen pressure sâng hriatna leh chhinchhiahnate hi a danglam viau thin. Rih lutuk, leh hrisêl sâr luaha lante hi pawnlama a landân lek fang a ni mai thei. Lu haina, lunat emaw, lu nat zawk zawk emaw, beng kiu emaw leh nawmlohna dangte pawh a awm thei bawh.

Enkâwlna: Aminophyllin leh nicotinic acid te hi thisen kal thattîr nân hman a ni a, thisen pressure sângah pawh hmantlâk tak a ni. Thisen pressure tihhniam nân damdawi tam tak an siâm tawh a, mahse dâktawr enkâwlna hnuaiah chauhva hman chí an ni. A châng chuan thisen pressure chu thihdanna khawpin an tih-niam mai thei, fel taka inrâltriñ tûr a ni. Heng damdawi zingah hian rauwolfia hi tha bera hriat a ni.

Damlo chu phû tâwk aia a rih chuan enkâwlna pawimawh ber chu a rihna tihkiâm a ni. Ni rei lo deuh chhûng a ei tih tîem ngawt pawhin, a thisen pressure chu a tihniâm tha tâwk viau mai thei. He natna hian al ei tam a ngeih lo.

Phû tâwk aia rit lutuk zinga mi tam tak chuan chaw ei teuh teuh an ching thin. Rit lutuk lo tân pawh ei tam lutuk loh hi thil tha a ni.

Thingpui, Kawfi, zû leh vaihlo te hi ban fel hmiah vek tûr a ni.

Hahdam leh rilru hahna laka zalên hi a pawimawh êm êm bawh.

Chaw narana Chi Awmzat entirna

Chaw, gramme 100 zêla Awmzat Milligramme-in

Chaw. (100 gms.).	Chi Chaw (mgs.)(100 gms.)	Chi (mgs.)
Apple.	0.2 Bâwnghnute tak	50.0
Apple souce.	0.3 Olives	980.0

Chaw gramme 100 zela Awmzat[^] Milligramme-in

Chaw (100 gms.)	Chi Chaw (mgs.) (100 gms.)	Chi (mgs.)
Appricots	0.6	Bepui (tina mi) 270.0
Asparagus	2.0	Lakhuithet tui 0.5
Avocado	3.0	Theite (plum) hel 0.6
Balhla	0.5	Alu 340.0
Barley	3.0	Alu thlum 0
Bepui (chhum)	1.0	Alu pangngai 0.8
Zikhlum (hel)	5.0	Prune tui 2.0
Parbawr	24.0	Mai tina mi 2.0
Thingtheihmu (Cherries)	1.0	Mai thar 6.0
Coconut	16.0	Antam-bul bawk 9.0
Corn (Vaimim)	0.3	Rhubard 6.0
Dailuah	3.0	Buhfai var 2.0
Artui	81.0	Bekang ro 4.0
Theipui	37.0	Spinach 1.0
Grape rah	0.5	Maipawl 2.0
Grape tui	1.0	Chithlum 0.3
Kawlthei	0	Suji 11.0
Khawizu	7.0	Tangerines 2.0
Thei thur	0.7	Pangbal 5.0
Lima bepui	22.5	Tomato thi (bazara zawrh) 230.0
Chinai tui	1.0	Tomato ketchup 1300.0
Chinai	1.0	Tomato hel (chhumloh) 3.0
Margarine	58.0	Turnip (chhum) 0
Kel nute	34.0	Turnips (hring) 10.0
Purun	1.0	Thlai hriak 0.2
Oatmeal	0.3	Walnuts 2.0
Parsnips (Bulaih)	0.7	Daunfawh 0.3
Theite	5.0	Wheat Dip (atta) 11.0
Badam butter	120.0	Wheat thiah 4.0
Badam al	700.0	Whole wheat 4.0
Pear (hel)	2.0	

Natna Chi Hrang Hrang

Tûr

Tûr ei chu a rang thei ang bera enkawl vat chi a ni. Hetiang thil atan hian mi an in buatsaih teh chiam thin lo. Chuvangin hetiang thil atâna tih tûr tha ber chu, hliam enkawl dan (First-aid) thenkhat leh lar deuh deuh in mi a khawih dân te lo hriat lawkna neih hi a tangkai êm êm a ni.

1. Eng tûr nge a nih tih hriat phawt hi a damdawi tûr hriat fuh nana tûl hmasa ber chu a ni. Tûr awmna bawm hmuh chhuah tum ngei tûr a ni bawk.

2. Doctor hnai ber ko vat la, a chiang thei ang bera doctor chu hrih tûr a ni.

3. Luaktir tûr. Naupang tûr ei chu, i khup chungah a bawk khup zawngin dah la, i kutzungtângin a hrawkah kawm la, luaktir tum ang che. Nau lian tawh deuh chin leh puitling chu bawng-nute no khat emaw, no hnih emaw, artui chhûng vâr emaw intûr ang che. Chutiang thil a awm remchan loh chuan tui sîk pawh intir mai ang che. Tuiah chuan chi thirfiante khat pawli la, chu chuan a luak a ti chhuak zual thei ang.

4. Damrawi In kiang hnaia awm i nih chuan, damlo chu a rang thei ang bera damdawi in a hruai tûr a ni. Doctorin dam-

dawi pêk tûr a lo hriat vat theih nan, tûr chu a bawm chawpin keng nghal ang che.

5. TÛR THAHNA DAMDAWI LAR DEUH DEUH TE:
A tûr a chu i hriat chuan a ti dal thei tûr enge maw intîr tûr a ni. I hre lo a nih chuan hêngte hi damdawi lâr deuh deuhthe chu an ni.

Meihawl teh hnih, milk of magnesia teh khat leh Tannic acid (emaw, thingpui tak tak) teh khat chawhpawlh la, heng thil pathum chawhpawlh thirfian khat leh tui no khat chawhpawlha intîr tûr a ni.

Chutiang anih loh pawhin, chhang phut thîrfiantê khat vûm thâr leh tui thingpui no chanve chawhpawlha intîr tûr a ni.

Acid chak tak chu a lo lem tawh anih chuan, luaktir tum len suh ang che. Chutianga acid chak tak chu a lo lem tawh chuan a kawchhûng a khawih chhiat loh nân, a tih dalna thil engemaw intir mai zawk tûr a ni. Chutiang atân chuan hêngte hi an tha ang Milk of magnisia (tui no khata thîrfiantê khat pawlh). Ch'inai tui te bâwng hnute te leh artui chhûngmu vâw te a hman theih a ni.

Til leh Kap Vêla Rîl Tla (Hernia)

Hernia tamber chu thala hernia hi a ni, kumkuruh kiangah hian a awm thin. Hetah hi chuan pum bang chaklohna chu hriat a ni a; pum chhûnga vun chuar leh rîl khan kaltlang tumin an rawn nawr a, an rawn tipawng thin, mut chuan a reh leh a. A châng chuan ril leh chu vun chuar (omentum) chuan bang chaklo lai an nawr tlang a a dah that leh theih loh. Hei hi a hlauhawm thei a ni. Thisen inpêkna a dal thei a, chutia hrenpina awm lai taksa chu a thi thei baw. Tha taka nem luh leh vat theih anih lon chuan damlo chu chawplehchilha dâktawr zaitîr nghal tûr a ni.

Âwm kawrawng leh dul daidangtu hâm hi a chakloh avangin, pumpui thenkhat emaw, a vaiin emaw âwm kawrawng lamah nawr luh chhoh in a awm thei. Dul hnuai lamah hian dul leh bawp daidangtu bang chaklohna avangin femoral hernia kan nmu fo thin, Omentum leh rîl chuan ke lama luh tlang an tum a Hernia

zawng zawng chu zai an ngai nge nge thin. Lungdum zata enkawlna dang a awm lo.

Mit Liam (Jaundice)

Thin atanga mit lo luang dâltu a awm avanga thisena mit a lo tam hian jaundice an vuah a ni. Hei hi kawng te tak tē tē, mit luan bona kha a pin vang a ni. Chutia mit luanna dala a lo awm chuan, thisen lui hian alo fâwp darh a, mit leh vunte hi a eng hring nghulh thin. Tin tisa chu, a nasatzia a zirin a chhe thin a ni. Thin hian insiam thar leh theihna a nei chak hle a, a chhe zawnga thil a kal lai pawh hian damna chu arawn intan thin.

Infectious Hepatitis hi virus taksaah tui bawhlhlawh in atanga a luh vang a ni. Khawpui chawmna tui a lo bawhlhlawh palh hian Mit Liam hi vanduai thlak takin a leng chiam thin a ni. Pu darhtute hi englai pawhin an veivak reng a, tuman an hre si lo. Tui tlan lai chu an ek pawhin a tibawhlhlawh hlauh thei fo baw si. He natna veia dam leh ta te hi, kum khat leh kum nga inkâr chhûng chuan a pu darhtute pawh an ni thei an ni. Tuikhur bulah emaw tuikhura a luhtheihna hmun tûrahte emawa êk loh hi a pawimawh tak meuh a ni.

A vei zingah zaah 15 in an thihpui thin. A nasat hle chuan cirtisone an pe a, a nasa vak lovah erawh cnuan chaw tha tak eia, khuma mut hi a tawk mai. Hapta thum mut hna emaw, thisen ekzam nain thawh a pawl tawh lo tih a lantir hunah chauh thawh tûr a ni. Bilirubin, vun rawng tidanglamtu chu thisen 100 c.c. zelah 1 mg. tla hniam tur a ni a, bromsulphalein dye retention chu minute 30-ah 15% vela hniam a ni tur a ni. Heng hi laboratory a chhin tûr a ni. Rinhlelh deuh chuan, damlo chu khumah muttir rih tûr, hna pangngai an thawh phal hma lutuk chuan an na nawn duh êm êm si a.

Ruh Nâ (Arthritis)

Ruhnâ chi hrang tam tak a awm a, tam tak hi chu a chhan hriat a ni lo. Hei hi ruhchuktuah natna a ni ber a. Ruh chuktuah-

hah a nâ a, a vêl leh a zawmtu tihrâwl pawh na telin a hriat a. Chi thum chauh kan ngaihtuah ang.

Osteoarthritis: Osteoarthritis hi a lar pawl, kum sawmli pel tawhte vei a ni ber a. Khûp leh rit do lai ruhchuktuahate hian a nâ deuh ber. Ruhchuktuah tê zâwk, kut leh kezungtang lamte pawh a nâ tel mai thei. Rit do lai ruhchuktuahah chuan, a kamtu dûp tak kha a ral avangin ruhchuktuah a lo zîm a. Hei hi phu tawk aia rit lutukte an ni duh hlê. Ruhchuktuah insut nat lohna tûra kamtu dûp hi a ral hlauh thei baw. Chuti a lo nih chuan ruh pakhat kha ruh dang nen chuan a insi ta a, tichuan an in nawr khuar a. Tin ruhchuktuah lai ruh thang sei lutukte pawh an awm, he natna rei tak lo nei tawhte kutzungtangh hian chuti-ang chu a lang fo thin.

Heruh na hi hrehawm hle mah se, ruhchuktuah a tikhawng avang ngawta ramtui lei loh hlen pui chi a ni lem lo.

Enkâwina: Rit lutuk anih chuan, tikhiam tûr. A nâ zualpui chhâwk tûr chuan tuisa hu a tha. Enteric coated muma siam sodium solicylate, mum hnih zela, ni khata vawi li ei pawh a tha. Thil thlum ei lovin, thei, thlai leh grains lam hlir ei tûr a ni.

Rheumatoid Arthritis: He ruhna chi hi a tam vak lo, mahse a vei tawh zîngah piansual phah an tam zawk. He natna hian kutzungtang a bei hmasa phawt a, a tizûm thin. Chu chu a hmawr aiin a laiah a vâwng thin. Nâtna chuan hma a sâwn zêlin kut-zungtangte leh ruhchuktuah dangte a tipiangsual a, hnungahte pawh a lût hei a, a tikhawngin, a tipiangsual thin. A vei tam ber chu an mu hlawm reng thin.

A nâtna chhan hriat a ni lo, mahse engemawti chên a nât hunah a l-ang chhuak thin. Fimkhur taka cartisone ei hian piansualna tûr a veng thui thei hle. Ruhchuktuah piangsual tawh erawhchu a siam tha leh chuanglo. I dâktawrin hetah hian tihdân tûr a hrilh zêl ang che.

Ruhna Khawsik: He natna hi ruh chuktutuahah a lo lang hmasa phawt a, tha takin a hnutchhiah leh a. Mahse lung hi a tichhe hlen duh êm êm a ni. Hemi avang hian lung natna bungah he natna hi sawi tel a ni (Bung hmasa enla)

Atom Zungzâm Leh Thilpuak (Radiation and Blast)

He bunga dân kan rawn tarlan tam takte hi chu thilsiamna hmunpuia thil puak palh leh bomb nasâ taka puak theite laka in enkawl dân a ni deuh ber a, heta kan han sawi tûr erawh hi chu atomic emaw nuclear bomb puak thei lam thu a ni dawn. Chutiang thil puakin mihring a sawisak dân kan sawi hmain, atomb bomb a lo puah a, mi a khawih dân thenkhat thlir hmasak phawt a tha ang.

Atom puak chuan êng ropui tak a siam a, van pum khi a ên chhuak puat thin. Chutia lo êng puat i hmuh chuan, a eng lai tak chu en suh, a puah hnu second sawm emaw aia tam mah emaw "a laimu" tak chu a la nung a, chu chuan mit a tichhe thei ani. Tin, a puah aţarga minit khat vel chhûng chuan short wave hlauhawm tak, "gamma-eng" (ray) an tih chu a rawn insiam chhuak thin. Chu mi gamma radiation zawng zawng zatve vêl chu second khatnaan khan a chhuak nghal a, za zela 80 chu second sâwm chhûngin, a pawimawh zawng zawng chu minit hnih emaw lek chhûngin a chhuak nghal vek a ni. Chutih chhûng

chuan bang phenah emaw, trench khurah emaw gamma radiation aṭanga himna ṭha zâwk han zawn nân hun a tlêm kher mai Chutiang chuan a inhum theih mai theih. Boruak sâ a rawn fâwn a, chu chuan mi a kâng nasa ém ém a, chu boruak sâ fâwn (heat wave) vêl chu a puah aṭanga second thum chhúngin a rawn tichhuak nghâl ṭhin a ni. He wave hi chu gamma wave ai chuan a chak lo deuh va, a hun hi tawi hlê mah se. mi chu chawpleh-chilha a lú leh kut leh a taksa lang lai apiang, bomb laka thup zawnga a tlûk hman chuan chu heat wave then azâr chu a pumpelth theih a ni. Ultraviolet ray (eng dumpawl ruai) te pawh a rawn siam a, mahse chu chu thil kângtu ber niin a lang lo American Red Cross chhui dânin, a lo en puat aṭanga second nhii chhúnga bihrûk hman chuan, heat radiation hman thuma thena hmun khat chu a pumpelth theih

Bomb a puah hian a vêl boruak chu a tilum thin Boruak lum chu rang takin a intilian a, pawnlam hawiin mi nêksâwr thei khawp in boruak a rawn nêk sâwr ṭhin Bomb bulah chuan boruak nemna (atmospheric pressure) chu a chak ber a, a hlat deuhnaah a tlêm a ni

Atom puak hnathawh dân chu pressure (nemna) a lo sâng thut a, chu chu a lo hniam leh riái riái a, second khut emaw zet a awh a ni. Chutah suction phase a lo awm leh a, chutah chuan atmospheric pressure a lo hniam leh ém ém a, second tlémte chhúnga a awh a. A han puah dawta, a khawih pawí phâk chhúnga turah khan pressure chu a lo sâng thut a, thli na takin a tleh phut a, a nêp leh tial tial hawk a. Suction phase -ah chuan thli chuan a tlehna lam a thlak a, a tleh na lo deuh va, mahse a tleh rei deuh

In tichhe túrin thil pahnihin hna an thawk, pressure hnathawh thil delh chim thei leh pressure inthlák thutna chu. Pressure (nemna) chu gamma ray tluk ém chuan a kal chak lo va, ultraviolet êng leh heat radiation chu êng tluk theuhvin an kal chak a ni. A puah aṭanga second ngâ vêlah chuan pressure nemna chuan mel khat laia hlâ a su hman vek tawh a ni.

Atom bomb puak hian kangmei a chhuah duh viau Mi kâng hliamtu heat wave chuan thil kâng theite chu an kanná túr aia

a sat zawk ðhin avangin kângmei a chhuak thei a ni. Mahse blast wave a hnua lokal leh hian chu kangmei tam ber chu a rawn timit leh ðhin. Hei hi, heat wave chuan rei lotê chauh a tihsat vak vang mai a ni. Atom puah vanga kangmei chhuak tam ber hi chu, thuk inletling têt, rawh tuina mei inlet thawkte, leh electrical circuit bungte avang a ni. Heng mei tēnaute hi, ðelh loh chuan, kângmei ropui takah a chang thei a ni. A puah atanga dârkâr chanve emaw, hial, kângmei nasa tak a awm lo tih hriat a ni tawh.

Eng Zungzâm Chambâng

Atom keh atanga thil lo chhuak leh bomb siamna hmanruate chuan thil then khat a rawn siam a, a thente chu radioactive (eng nung) an ni. Tin, thil thenkhat a rawn tihchhuah pawhin, thil dang a va sut khan radioactivity (eng nung) a siam bawk a. Atom bomb puak, boruak sang taka a awm laia puak, Hiroshima (japan khawpui) a mi angte kha chu residual radiation a tam lo hle. Mahse khawmualah emaw tui hnuaiah emaw a puah chuan, hmun thenkhat atan chuan hei hi a hlauhawm thei hle ang. Chu hlauhawm chu, miin a tawn rei dan azir leh, a tawwna hmuna radioactivity tam dana zirin a danglam ang.

Bomb chu tuihnuaia a puah chuan blast a tlem ang a, kang pawh a awm kner lo mai thei. Mahse, tui chunglama a puh per chhoh chuan a tlak lehna hmunah chuan chawplehchilhin residual radiation inzat lo zungin a awmtir ang; tin, tui phuan buah- a puah avanga tiauchhum lo chhuak- chu lo darhin, a kiang vel ram leh tuite pawh chu, radioactive thil chuan a tibawhlhlawh vek mai thei. He tiau chhum hi a zinna hmun a mite tan chuan a hlauhawm viau ang.

Luia puak emaw, lei bula puakah emaw chuan, boruak sang taka puak kan sawi tawh nena khaikhin ralah chuan, blast leh kang pawh a tlem zawk ang. Leia puak chuan chawplehchilhin radiation chu a siam tlem a, mahse eng zungzam chambang erawh chu a tam zawk daih ang. A eng zawk pawh hian leia vai-vut nawi chu a chhoh pui teuh ang a, chu chu radioactive thilte

nenah a in pawl hnu chuan "fall out" (thih-theihna eng zungzam) -ah changin lei lamah an lo tla ang a, chu chu a hlauhawm tak tak a ni.

Atom bomb -in 1945 -a Nagasaki leh Hiroshima-a mipui sang tam tak a tihlum khan khawvel pumpui a ti thlabar a Japan hote khan a thawh dan awm leh chutiang buainaah chuan engtia in enkawl tûr nge tih hria sela chuan, a thi leh inhliam zat kha an tlem sawt ngei ang. Khawvel chuan "atom hun" an tih chu an lût ta a. Tunlai indona hriamhreitam ber hi chu nuclear a ni a, sipai tan chauh ni lovin mipui vantlâng tân pawh chhiatna rapthlak tak a ni ang. He lehkhaw chhiartute rêng rêng chuan heng hi hmang lo se kan ti ngawih ngawih a, mahse tunlai awm dân kan thlirin inbuatsaihna chu mitin tân tulin, kan hriat theuh tûr a ni.

Engtia Tih tûr Nge.

Atom bomb a lo tlak phawt chuan mahni inventhiam hi a pawimawh ber a ni. Chu chu mitinin mahni inven leh thenawm-te tanpui an peih tûr a ni tihna a ni. Chutiang rikrum thilah chuan, lo zir thiam apiangin himna an hmuh a rinawm bik a ni tih hi hriat theih tûr a ni.

Bomb a lo tlak chuan, i in a mite lo thleng tu emaw, himna zawngtu emaw, invenna ho ber chauh chang phak tu emaw i ni mai thei. Hetiang thulhah hian mi chet dan a sawilawk theih loh. Mi thenkhat chuan tlawmngaih an chhuah vat a, pasaltha takin an tawn thin. Mi thenkhatte erawh chu an buai a, an thlabar a, an belebut ruai thin.

Rikrumthilah rêng rêng chuan huaisen tak leh hmangchang hre taka awm tûr a ni. Han chiau deuh thut chu a awm duh viau ang. Harsatna sutlang tûrin i theihtawp chhuah la, i finna tha ber hmang rawh. Mi tlemte, huaisen taka thil tite hian mi an chawkhphurin an vela mi zawng zawng an thlamuan thin tih hi Chiang taka lantûr a ni tawh.

Mi tling leh hmangchang hriatna i lantîrnaah chuan i vela mite chu kawng tam takin i tanpui thei a ni. Buaina thlentu tak chu a liam tawh tih mipui chu kawhhmuh la. Hlah avangin engmah hlep theih a ni lo. Sawrkar tanpuina emaw, Sorkar tanpuina emaw chu a lo thleng thuai ang a, himnate, chaw leh damdawite a lo thleng ang a, inbiakna kawngte hawn leh a ni ang a, mi bo zawng pawlin hna anrawn thawk ang a, a tlakna hmun anih loh chuan, mahni inkiangah emaw, mahni hmunah awm rih chu a tha ber tih hriatîr nawn rawh. An tih hmasak ber tûrah chuan, mite chu puih pawh i pui thei a ni. Thil tangkai tak tih tûr neih hi mi rilru kaihraina tha tak a ni tih hriat reng a tha.

Bomb thil tichhe thei tak a lo tlak phawt chuan, dân narânin "chhiana thliarkar" an tih, a bomb puahna hmun, nasâ taka thil a chhiatna lai a awm thin. Atom bomb puahna hmunah chuan, engkim chhiat vekna hmun laili a awm thin a, chuta tanga hla deuhvah chuan chhiatna chu a nep a, a hla leh zualah chuan a nep leh deuh va, tin a chhiatnain a thlen phak loh chin pawh a awm bawk.

Thil siamna hmun pui, silai hlo siamna emaw, thil tihthiang-hlimna emaw, khawl chi dang hmunpuiah emaw chuan, a chhem chu bomb chak tak hnathawh nen a in ang viau ang.

A chhiatna hmun laili takah chuan dam khawchhuak tlem azawng an awm mai thei, dam khawchhuak hramte va pawh chu a harsa viau thei bawk. Kawngte chu a ping duh viau va, a la dam chhunte chu bawhlhlawhin a vur loh leh a dang tlat thei bawk. Pawn deuhah chuan, chhiatna nasa tak kârah chuan. chhanchhuaktu pawl chuan an hna tangkai ber chu an thawk a ni thei e. Pawl insiam a, he hmunah hian thi leh hliam te tanpuia, first aid pe tura, fel taka kaltîr tûr a ni. Hei hi chu pawl tan chuan hna khirrkhan ber a ni mai thei, mahse hei hi, chhanachhuahna leh first aid pekna hna anih avangin, thil tha tih theihna ropui ber a ni tlat mai thei bawk.

Chutiang rikrum thilah chuan, chaw awm chhun chu a tlem viau mai thei, mahse damlo leh inhliam te tan chuan chaw chu a pawimawh êm êm thin avangin, chutiang hunah chuan a

theih ang kawng apianga ngaihsak tûr an ni. Tin chawin nâtna a pai thei tih leh rdio activity chuan a ti baylhhawh thei tih pawh hriat reng tûr a ni.

Tunah atom bomb puahna hmun atanga mei hla-hlaah i in awm ta ang sela. chu bomb puak chuan i tukverhte nghawi kehin, banga i leibelte chu nghawr leng lawp ta sela. Chung avang chuan i fâ bânah enginemaw lo zai bawh se. A thichhuak titawp la damdawi puanin tuam rawh. Damdawi hmun mi tawt mup mupna, hla taka mi pana kalpui nghal mai chu a att-hlak thei ang. A nghâktu an tlem deuh leh buaina reh deuh hun, an ngaihsak that theih deuh che hun. a tuk leh lam emaw nghahpui a tha zawk ang. Chutiang bomb tlak hnu chuan, ni tam fe chhûng chu hmun tam takah, damdawiina hruai kher ngai lo, damlote buaipuiin first aid pēkna hmun an hawng thluah ang. Buaina lian a lo chhuahna hmun danga an tih dan ang bawkin, chutuh hunah chuan, tanpuitu tûrin, ram hla tak tak ata dâktawr leh nurse te pawh an rawn hruai khawm ang.

Hetiang rikrum thulhah hian, mi pui tam ber tan i theih tawp chhuah tum ran ang che. A hmanhmawh thlak êm avangin pawisak nei lo leh fimkhur lo takin ti buan buan suh ang che. Harsatna kâra i theih ang tawkah chuan, i thiam ang tawkin, first aid chu pe ang che. Thien chhuak, thi suk leh ruh tliahte hian enkâwl hmasak an ngai tih hrereng ang che. Hri pawh kai a awl tih hriat reng tûr Hengte hian a indawta kan zia ang hian ngaihsak hmasak an mamawh a ni. A tih dan thiam phawt chuan heng harsatna hi rinawm takin an tanpui thei a ni. Fnkâwl tûr khirh khan zet i nei a, a thngaihna i hriat loh chuan, mi i zir sang zawk leh lo enkâwl tam zawk tawhte hnen atangin tih dân tûr zawt rawh. A chang chuan first aid station—ah chuan dâktawr pawh i rawn thei a, nasâ taka inhliama chu i entir thei bawh ang.

Atom bomb avanga inhliamate hi bomb chak tak dang puakkeh avanga hliam ang deuh bawh an ni. A. Hetiang hian then hran theih a ni. I. A puak in a nghawr hliam te. Heng hi indirect blast hliamte an ni a nghawr chuan inte a tichim ang a.

darthlalangte a tikeh ang a, mite a hliam hawk ang. Pressure in-thlak avangin direct blast hliamte pawh an awm ang. Henghi a dam zingah chuan van zawng an vang hle. 2. Kang hliamte: Heng hi phe zawk kan an ni—heat wave ang tak, bomb leh thilsa dang kang—meialh emaw thil sâ dang vang emaw a ni thei e. 3. Radiation natna: First aid (bung 41 en la) chungthua zirtirna kha, radiatiin kan reh blast leh puak kanah chuan hman theih a ni.

Puak vanga hliam leh thil chak taka a chet vang emaw, chhem thut vang emawa duk tluka hliamte pawh an tam ang. Darthlalang thlawk vel zaite chu a thuk fahran lo va, mahse thuk takte pawh a awm nual ang. Chutiang chuan taksa englai pawh a hliam thei a, thisen a chhuak nasâin thisuk pawh a awm mai thei. Hliam thûk takte pawh a awm thei a, hling, darthlalang them emaw bawm siper emaw hmawlh emaw pawh—taksaah a tang tlat mai thei. Taksa hliam an tam duh hle. Puak thut thilah hian darthlalang them hi tisaah emaw, vun hnuai chiahah emaw a lut t̄euh duh viau mai. Heng thil te hi an tet thin êm avangin silhfên hian a venghim thei vak lo. Thil thlâwk vel chuan ruhte a titliakin kan sawi tawh ang khan mite pawh a zai thei a. Hliam hmuamhma pawh chuan mi a bum mai thei. Hliam t̄e taktê chuan dul vun a kal tlangin emaw, a chhuntu chu awm dawrawnah a lut thei a, hliam nâ tak a siam thei bawk ni.

Chhûngril lam hliam, pumpui emaw, zun kawng emaw, awm emaw tichhetu chu pawn lamah chuan chuti vakin nâ awmin a lang lo pawh a ni thei, mahse chhûnglam a khawih pawl thei tih chu pawnlama a lan dân atang pawhin a rinhlelh awm thei a, hliam thûkte, dukte leh delh sawrte hi mi vanduai chung a thil lo thlen dân an sawi atangte pawhin a hriat theih bawk. Pawnlamah hliam hmuh t̄ur awm manglo mahse, damlo chu a chauh hle a, chhûnglama na neia a insawi chuan, chhûngril lam a hliam a nih rin fo t̄ur a ni. Chutiang hliam natzia leh hliam dân chu medical exam chauhva hmuh-fiah theih a ni.

Blast hliam chu, boruak pressure chak tak tawn fuh vang a ni. Blast hliam nasat dâna zirin a danglam thei ang. Hliama chuana âwmah nâa sawi a ni thei e. A luâk a chhuak thei bawk. A luak mai thei. Pumnâ leh thâwk tawi a tuar mai thei. Achâng chuan thisen tlêmtê a khuh chhuak thei bawk. A châng chuan damlo chuan nikhua a hre lo thin. Thi nasa tak a lo awm mai thei. Bengdâr chu a keh emaw a chhe thei bawk. Bengdâr pawp hian beng a tingawng thei. Chutiang pawp chu a dam leh thuai a, beng erawh chu ni tamfê a ngawng rih thei a, tin, a ngawng hlen hlauh thei bawk.

Blast avanga hliam chi dang tel vê chu delh chawrh vang a ni fo. Hei hian ruhtliâk leh chhûnglam in hliamna chi hrang a huap. Bawhlhlawh rit takin, thi lek leka a delh behtlatte tihrâwl chu a chhe thei bawk. Dârkâr tam tak chhûng a delh reng chuan tihrâwla thil thalote chuan kalte an hliâm thin, damlo chu delh beha a awmna ata han lâkchhuah hlim hlawlah chuan tha angin lang mah se. Chutiangah chuan a hliam lai chu tih sat loh tûr a ni. Marphû chawl leh thâwk harsatna chu, bomb puahna emaw, thil dang eng pawh a puah darhna vêlah chuan, a chhan hrang avangin a lo awm thei bawk. Tuiah tuiah hian a chhan tam tak avangin an tla thei bawk. Electric cha-knain a man hlumte pawh an awm mai thei, inchhe vela chhanchhuahna hna thawk chu electric chaknain a la zawh reng thirhuite a awm mai theih avangin fimkhur rawh se. Khâwl hmunpui thenkhatah chuan damdawi chi thenkhat hlauhawm tak takte pawh a awm mai thei. Boruak bur keh emaw avanga boruak chhe hip luh hi a khat viau, mah se a awm thei tih hriat reng tûr, boruak awmlohna hmunte leh hnuailam pindan luahlohte a lo awmna hmunah hian a hlauhawm leh zual. Engpawh nise, puak avanga marphu chawlhna chhan tam ber chu, thil rit, khanchhuk emaw, bawhlhlawhin emaw âwm a delh vak a, thâwkna a dal vang emaw, thâwk tibuai chi hliam engemaw avangte pawh a ni thin.

Âwm a chet theih hlek loh chuan thih a awl hlê. Chuvan- gin boruakin nâ taka a nem sâwr vakte chhan dâwn chuan

rang taka tih nghal vat a tul a ni, a vanduaite kinga awm chauhvîn a hun takah an chhan hman a ni. Hmai, nghâwng leh awma hliamin thâwk a tiharsa thei a, tin, mar phû pawh a titâwp thei. Entîrnân hrawk vêlah thâwkna dal thei a lo vûn chhuah chuan, a rei deuh deuhvîn thâwk a harsa viau thei a ni.

Mit hliam hian enkâwl hmasak ber a hlawn tûr a ni Mitmungaishak phawt tûr a ni, chumi hnuah a vêt tisa hliam Damlo chuan a mit leh lam fiah lo viaua a sawi emaw, a hmuh phak a tawi riau chuan, rangtakin enkâwl na a dawng tûr a ni, Mitmu a hliam chuan, damlo chu zangthâla muttirîn zawn ula, a mit khinghnihin puanin khuh ula, rang takin dâktawr hnênah hruai vat rawmh u.

Atom bomb avanga hliâmte zingah radiation nâtna chu awm mah se, first aid petu emaw, rikrum thila a theih ang anga lo puitu tân chuan, harsatna tak chu a siamsak khat hê.

Thil puak vak thei naran emaw bomb thil kang vâk thei emaw, khâwl hmun puak narân emaw avang hian radiation natna hi a awm kher chuang lo.

Fiah tawk fêa an enfiah hnu chuan, Hiroshima—a bomb tlâk laia mêl khat emaw, a aia hla deuh hlek emawa awmte chungah chuan, inhumna pawh an nei hauh lo na a, radiation avanga hliamna pawimawh tham a awm rin a ni lo. A puahna hmun ațanga hla deuhva awm mi thenkhatte thisen danglam thu erawh chu tlai deuhvah khan sawi tûr ting chuan an rawn report baw.

A vanduaia emaw, a enkâwl tu emaw pawhin, eng ang nasâ ngê an tawn, nakin hnuah eng chhiatna nge lo la lang dâwn, engti fakau nge ni ang tih pawh an hre thei lo, radiation an dawn chu a hmuh theih tlat si loh va. A bomb a leh a bomb inkâra thil chhah tak chuan hum baw mahsela, gamma wave-te chuan an fân thuk hlê tho a ni Silhfên narân hian gamnî. Eng lakah chuan mi a hum zo lo. Japan ramah chuan, a ni khatnaa luakchhuaka, law bawk tâte zingah khan, enkâwl na tha taw lovin zirtîrna mawl têt têt pawh awm lo mah se, damlo

dam chhuak leh pawh an tam hlêin a lang. Radiation tam tak dawn chuan luak a tichhuakin, mi a ti law bawk a, hlahna leh rilru hahna a siam bawk; mah se chauhna leh rilru hahna hian luak a tichhuak thei bawk. Chaw châkna bo, hanâ, kawkhawh, tuihâl leh khawsik pawh radiation hliam avangin ni tlemte emaw hapta tlemte emaw chhûngin a lo lang thei a, luakchhuak leh luaknain a hmakhalh kher lem lo. Hapta khat emaw, hapta tam tak hnuah emaw, mi, thenkhat zingah chuan sam tlakkawlhna a thleng a, mah se sam chu a to leh mai.

Bomb tlak lai emaw a puah lai emaw chuan radiation hliam thuah mi naranin tih theih an nei chau hlê. Chu chu, nakina dâktawr thiam takte la enkâwl chi a ni tihna a ni. Mahse tuar lo turin fimkhur reng rawhse. Mutthilh leh chaw leh tui an dawng tam tâwk tûr a ni. Silhfen an inbel tam tawk tûr a ni, hliam têt taktê pawh a pun leh nân enkâwl ngun rawh se. An dan viau emaw, awm lo taka an hlah zela, hliam pûn mai awm an neih phawt chuan damdawi lam tanpuina an zawng thuai tûr a ni. Amahaerawhchu, radiation nâtna hi atom bomb thlâk vanga silawna thlentu pui ber a ni lo tih hre reng rawh u.

Atom bomb puakin mihring a khawih pawl dân chiah hriatna chu Hiroshima leh Nagasaki a tuâtute atang khân a lo thleng chauh a ni. Hydrogen bomb nêna khaikhin râlah chuan an lian tham lo hle. Megaton 50 emaw a aia tam emaw atom bomb hmanga indona chhuak ta sela a pawikhawih pawh a nasa hlei viau ang. Bomb têt atanga a hnathawh dân ang hi a lian zâwk pawhin a zawm ang.

Zeng Hri (Polio)

Polio hi natna upa tak a ni, mahse tun laia an hriatthi-amna erawh hi chu 1905 vel mai atang khan a la ni.

Polio hian mi a bei thut a, nat lâwk pawh a awm hek lo. Nau hrisêl, chum but, in thaa cheng emaw, bawrhsâwm, chaw chhe ei leh inchhiaa chêngte pawh thliar chuang lovin a bei zêl mai a ni. A beih tawh chuan damlo chhângte chuan, damlo chu eng anga nasâin nge a nat dâwn tih pawh hre lovin ni tam tak emaw hapta tam tak emaw hial pawh an khawhral thin. Zeng vei te chu dam chhûnga zeng hlen ta pawh kan hmu fo. A thihpui tûr mi chuan an thihpui thuai a, mahse hrehawm takin an nâ zet thin.

Naupang zenna (infantile paralysis) hi polio hming pakhat lâk tak chu a ni. He hming hian inhmehna riau chhan pahnih a nei. Pakhatnaah chuan nausên leh naupangte chauhvîn an vei ani. Pahnihnaah chuan zenna hi he natna lan dân tâng-pui a ni, zen hlen chu ni ziah kher lo mah se. He hminga thu hmasa ber hi, tun hnai deuh atâng khân kum sawm aia upate pawhin an vei tak fo avangin a inhmeh lo tial tial a ni, upa zawk deuh, he natna vei hi an tam tial tial bawk.

Infantile paralysis hming dang chu polio hi a ni. Hei hi poliomyelitis lak tawi a ni a, chu chu "acute anterior poliomyelitis" a tawi zâwnga sawina a ni.

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He thu pathum hre thiam tân chuan, a hming pum hian thil tam tak a sawi a ni. A natna hi natna khirh tak a ni-chu chu, a lo nâ phut a, a nâ via duh hle nghe nghe. He natna hi vung lam chi a ni. Chu vung chuan zang thling emaw medulla emaw a su a, a pahnih pawhin a ni thei bawk. A nat nasat berna lai chu, hriatna thazam laipui pahnih chhông lam panga 'H' ang tak paw deuh, pawn lam hawia kî deuh bâr te hi a ni. Heng kiahate hian chetna leh taksaa tihrawl (Voluntary Muscles) zawng zawng deuh thaw thununtu hriatna thazam te chu an awm a ni.

Hriatna thazam laipui khawi lai emaw polio-in a rawn beih duh lai chu fuke tihrawl thununtu, zangti, âwm, nghawng, hrawk leh mit te hi an ni. A tam ber chuan heng tihrawl (muscles) zawng zawng hi chu a khawih paw ziah lem lo. Ban lehlam emaw ke lehlam emaw chauhah hianin zenna chu a lang duh hle. Âwm a thâwkna muscle te a chawhtir chuan, nunna vawn that hi tihâtul hmasa ber a ni nghal thin. Pawnlamah chuan a lan dân chu eng ang pawh ni mahse, fuke emaw, muscle zeng lai chu emaw a bei tihna ani khei lo tih hriat reng tûr a ni. Heng taksa bung hrang hnathawh thununtu hriatna thazam puia cell te kha a chhe hmasa ber thin a ni. Hriatna thazam thu lo chuan tihrawlin hna a thawh theih loh avangin hriatna thazam cell chhiat lawkna emaw, chhiat hlenna emaw chuan, an thua awm tihrawl zen lawkna emaw, zen hlenna emaw, a thlen a. thenkhatah erawh chuan tihrawl eng ber emaw thununtu cell chuan nasa taka chhiatna chu a lo pumpelh a, chu chuan zenna ni lovin tihrawl chaklohna a thlen thin a ni.

Hrawk tihrawl a khawih tela, dang chung thuk, nem deuh lam, thil lem nâna tangkai laite emaw hi a khawih tel phei chuan, a hlauhawm tak zet bik a ni. A chhan chu, heng tihrawl te hi kawchhông lama cell infinkhawm, a chang chuan bulb an tih mai thin hian a rawn thunun vang a ni Hei vang hian bulber polio' an ti thin, tin, kawchhông lam (medulla) taksa pawh hi thâwkna atan an tangkai em avangin leh hna pawimawh tak

tak thawktu khawlte pawh a khawih pawl tel avangin, bulber polio a loawm chuan thih a hlauhawm hle tihna a ni.

Polio hi virus (tûr) tê tak tê tam tak vanga lo awm a ni a, mahse pathum chauhvîn zenna an thlen thei. Hetiang chi hi laboratory-ah a khawih theih a, electron enlenna nen chuan hmuh pawh a hmuh theih a ni.

Natna Hriat Theihna

Polio hi virus tê tak tê tam tak vanga lo awm a ni a, emaw, a aia tam zawk in emaw a lo lang thin: 1. Hritlâng naran, hrawk leh hrawkhrâwl nâ tel, hnar ping luk nen. 2. Luakchhuak, luak, kawkhawh emaw, ek khal pumna nen emaw pawh a tan thei. 3. Khawsik tel, influenza naran, nâ them thum veka in-hriatna nen. Polio intan chu kan sawi tak chhinchhiahna atangte hian hriat theih mashse, fuke a rawn beih lai taka nâ ngawih ngawih pawhin a rawn tan chhuah chang awm ve tho. Nghawng leh zang khawngnain a rawn zui a; tin, hriatna thazam natna chhinchhiah nain a rawn beih a, natna chu engnge tih a hriat chian theih tawh ani. Zeng lova polio vei naah chuan, a chung a kan sawi tak natna chithumte khi nep deuhvin a awm thei a, hriatna thazam nâ chhinchhiahna thenkhat pawh a tel mai thei.

Polio a lo thlen dawn ngat chuan, pum lam nawmlohna a awm hmasa emaw hma salo emaw, lu nâ, khawsik tlem leh hrawknâ chu rei lo teah a lo awm mai thin. Dân naranin lu a nâ nasâ duh viau a; nghawng leh hnungzang chunglam nâ leh kawngnâ hian a rawn zui thuai thin. Chutiang damlo chuan khuma thut leh a nghawng leh zang, hma lama kun chu harsa ti sawt êm êm a, tihtir tum pawhin a tang tlat, Heng hi ani ngei tih chhinchhiahna lang hmasa te an ni, hetiang a an awm tawh hnu chuan, thil dang vang a ni tih fiahna dang a awm hma chuan, damlo chu polio veitir angin enkawl mai tûr ani.

Heng chhinchhiahna hma hruai lo lan avang hian daktawr koh tûr a ni. Zang thling bualtu tui chu, polio tûr a lût nge lût lo hriat nân endik a duh mai thei.

Chhinchhiahna kan han tarlan tak atanga polio anga an

rawn report zinga a zâtve hi chu an nâ zual tawh chuang ngai lo, tin, ni rei lotê hnuah chhinchhiahna te pawh hi a reh leh mai. Chutiangah chuan damlo chuan tha takin ngai a awh leh thuai a. Mahse a zâtve dang chuan tihrâwl chaklohna emaw zenna emaw chu nasâ deuh emw nêp deuh emaw talin an tûar thin. An zen nasat loh chuan, kokî emaw bân emaw kê emaw a tihrâwl mal khat chauh emaw a aia tam emaw a tikhawlo thin. A nasat erawh chuan fukê leh nghâwng leh taksa tihrâwl zawng zawngin hna an thawk thei lo va, chutichuan damlo chuan a kutzungtang emaw kezungtang emaw chauh pawh a ti che thei lo va, thâwkna khâwl “thîr chuâp” an tih tanpuinain a thaw thei hrâm hrâm chauh a ni.

Tihrâwl natna tel, nâ tantirah chuan, zen tak tak hma sin, tihrâwl arawn khawih pawh laite chu anâ them thum a, fukê han tih chêt hlek hian a hreawm êm êm thin. Hetih laia polio vêi enkâwltu nurse te chu damlo lakah chuan an ngilnei leh zual tûr a ni. Tihrâwl nâ chuan chêt vêl a tih harsat avangin thisen kal chawlhna bîk a awm thin. Thisen kal that loh avang leh tihrâwl che thei lo chu a lo sâwn thin avang hian, a changchuan hêng tihrâwl hian an len dân ngai an hloh hlenin an tih theih pângngai an ti thei lo hlen thin. Chutah chuan, tihrâwl nâ lai ralna leh sâwnna telin zen hlenna a awm thin. Hemi avang hian Kenny enkâwlna hi a pawimawh êm êm a ni.

Kenny Enkâwlina

Kenny enkâwlina tantirah chuan tihrâwl nâ them thum lai thil sâa rei tak deh hi a tel. Chutiang chuan nâ them thum chu a tireh thin tih chu, polio atân a tha tih fiah hma daih pawh khân, sister Kenny, Australian nurse chuan a lo hre tawh a, hlâwkna dang nei lo mah se, hman tlâk tak chu a ni tho tho. Tin, thisen kal a vawng tha a, chu chuan tihrâwl chhe zêl tûr pawh a tinêp thin a ni. Chutichuan a nat hreawm lai a pelh hnuin, tisa a hnutchhiah tha zâwk a, tihrawl pawh an hna pângngai thawk leh tûra dam mial pawh a awlsam zâwk. Chu chu, tihrâwl chaklohna leh zenna chu tidam tûrin an tangkâi tihna a ni.

Hetia tih^hrâwl a nat them thum lai hian, polio zeng naran zen dân chu a la puitling chiah lo A dik takin, tih^hrâwl te chu an vuai hek lo va, an chawl hek lo, mahse dân naran aiin an hah zawk a ni. Chutiang tihrawl chu inpawt mar tlatin a hriat a, chu chu anmahni thununtu hriatna thazam chu a inpawt mar tlatin a hriat a, chu chu virus-in arawn beih vanga nâ lo awm hmasate an ni. A lo thlir dân thiam dâktawr tân chuan, hetia tih^hrâwl a lo inpawt mar vak mai hi polio a ni Chiang tih rin nghehtirtu a ni. Chu virus hnathawh chu tihpawp loh chuan, nakin hnuah chuan cell tam tak emaw, a vaiin emaw thihna arawn thlen thei a, chutia cell chhe ta chuan tih^hrâwl chu engti kawng mahin a khawih danglam phak tawh lo. Chuvangin tih^hrâwl chu a chaklovin, a chau der a. Zenna hi polio nat tawp dân ani.

Polio nat zual viau lai chuan nâ leh tisa inpawt mar tlatte tinep tûrin dam daw chi hrang hrang an hmang chhin tawh a Heng damdawi thenkhatte hian hriatna thazam cell te chu a khawih danglam a, an hnathawh tih nepna emaw, tihhahtamna tûr emaw a ni. A dangte chuan thisen kal vel ti tha tûrin an thawk bawk. Tha ni awm tak chuan a lang fo va, mahse hriatna thazam cell virus-in a beih hnu leh a lo tihchhiat deuh tawh hnu chu. chutiang damdawi hnathawh chuan a ti khawlo leh zual ang tih erawh chu a hlauhawmna a bôchuang lo. Dam deuhva inhriatna tlo lem lo chu awm mah se, a tawpa a awm dân tûr chu a tha zawk kher lo thei, lo tha pawh nise, damdawi ei miah loh nên pawh a la in ang reng mai thei bawk. Hei vang hian, tih^hrâwl nâ leh tisa inpawt mar erh urh te tih reh nân chuan damdawi aiin Kenny dehna sa hi a duhawm zawk a ni. Kenny en^hkâwl^hna dik chu, chu, anâ lai rem tûra siam, tisa kang chhe lo tûr, sa thei ang ber ni se, a la lum laiin, a aia sâ a thlak leh tûr a ni.

A vawh duak thlenga deh chuan, damlo natna chu nep a hnekin a zual zawk mai thei.

En^hkâwl^hna awm angah chuan a tha ber a dawn theih nân, a bul hnai damdawiinah damlo chu dah ila a tha ber. Hetiang en^hkâwl^hna tûr hi damdawiina a awm loh chuan Bung 22-a a nâ lai tuisa a deh dang ang kha hman mai tûr ani. Chutia en^hkâwl^h tûr

chuan englai pawha enkâwl a ngai ang, mahse, a mamawh êm avangin, damlo chuan eng vang mahin tling taka enkâwl rengna chu chan suh se.

Thâwkna Khawl Hman Dân

Thâwkna harsatna hian, thâwkna khâwl hman chu a ti t̃ul thin a ni. Thâwkna atâna hman, awm tihrawl a lo zen tak avanga he harsatna hi lo thleng a nih chuan thâwkna khâwl chu, t̃unah leh nakin atân pawh, nunna chhanna t̃ân a hlu ber thei a ni. Âwm tihrawl han tih hian, âwm banga mi ngawt a kaw lo va, âwm leh dul daidangtu hmate pawh hi a huap a. Heng lo tihrawl dangte pawh bulber polio angin a lo khawih tel anih chuan thâwkna khâwl pawhin nunna chu a chhanhim chuang lo vang.

Âwma thâwkna tihrawl t̃ân hna an thawh theih loh chuan, damlo chu a thaw thei lo chauh ni tawh lo vin, a khuh pawh a khuh thei tawh thin lo. Chu chu, a boruak mamawh zat chu thâwkna khâwl tanpuina avang chuan hip lut teh rêng pawh ni se, han khuh zawnga lo chhova, chhuak thin khak leh tuihnang dang lo chhuakte chuan zawi zawiin boruak kawng chu a hnawh ping thin tihna a ni.

Damlo chu thâwkna khâwl pek anih veleh emaw a hnu hretah emaw, a chuâp hn̄npui (hrawkhrawl) zai a ni thin. Chutah a ir zai pawpin hr̄awkhr̄awlah chuan a hr̄awk hr̄awl hnuai lawkah d̄awt an vuah ta a He d̄awt hmang hian damlo chu a thaw thei chauh a ni lova, chutah chuan nurse-in hiptu d̄awt a vuah thei a, damlo boruak kawng chu khak ilovi a hnawh loh n̄an a vawn fai sak thei ani.

Damlo chu thâwk pangngaia thaw thei khawpa a tihrawl zenna chu a lo nep veleh, thâwkna d̄awt chu awlsam takin a lakchhuah leh mai theih ani. An zai pawhna chu a pingin a dam leh thuai mai a ni.

Thâwkna khâwl p̄ek ngai khawpa damlo chuan, nileng zan-khua zaka pelhe hauh lo va enkâwl rengtu nurse a mamawh a, chu mi atân chuan damlo leh khâwlin hna an thawk tha zel tih

hrethiama enkâwl thei, a bika zirna nei tawh an ni tûr a ni.

A chang chuan, a bika enkâwl na tel lo pawhin, zeng zo vek deuhthaw hnu pawh thla rei lo teah, mahni in enkâwl thei khawpin a lo dam leh mai bawktin. Amaherawh chu, dân narânin, an tihrawl zeng tawh tichak leh a, an hnathawh pangngai tlem azawng thawhtir leh thei tûr chuan taska enkâwl na bik a mamawh thin a ni. He enkâwl na hi, sister Kenny enkâwl dân pahnihaah chuan a pawimawh zawk a ni.

Polio vei zawng zawng zinga mi tlemte chuan heng enkâwl-nate emaw, enkâwl na dang rêng rêngte avang pawhin hmasawna an nei chuang lo va, chung mite chuan zai leh cheh khawngna vuate emaw an kuttualleichham nihna tinep thei ber enkâwl na eng pawh an mamawh a ni.

Polio Vei Hnuin

Polio hi wavi khat aia tam vei a ni zen zen lo. Hetih avang hian natna tîang lawn tak dang, sentut, biangboh, tangseh nêh pawh in anna tak chu a nei, heng pawh hi virus natna vek an ni. Chuvangin polio vei tawh hnu chuan, he natna kai leh hi an hlauh vakna tûr chhan a tlem hle.

Natna inkai theih chanchin rei tak zirna chuan, natna siam thin bacteria emaw virus-te emawin min beih hian, heng hmelma do tûr hian kan taksa chuan damdawi a insiam sak chawp vat thin tih a lanfiah tîr tawh a. Hetia vengtu sipai taksa in a lo siamte hi a huhova sawi nân antibodies vuah a ni. Thisen luiah hian dân narânin phurh luh an ni a, damchhûngin, chutah chuan tam takte chu an awm hlen tawh a, chuticnuan, natna pangngaiin taksa arawn beih leh hun chuan, chhiat phah vak lovin, taksa chuan awl takin hnehna a chang thei tawh a. Hetia natna do theih na ni immunity an vuah.

He natna vei tawh hnu thisen serum (tui chi khat) zirna aţangin, chu natna dotu bik antibodies chu a lo tam tawh hle tih hriat chian a ni tawh. Polio veiteah erawh chuan, chu natna rawh siamtu virus chu taksa hmun hrang tam takah a awm a.

mahse hnar leh hrăwk atanga thil chhuakah hian a tam bik a, êkăh hian a chhuak tam ber tih hriat a ni tawh

Chhûng khatan polio vei pakhat aia tam an awm ngai meuh lo; a veia chuan khawi atangin nge a kai chiah tih hriat chhuah chu thil theih loh ani fo. Hriat tumin, chhûngkaw hrisel taksa atanga thil chhuak leh a veite inkhawihna laite chu vawi tam tak enfiah ani tawh a. Chutiang inkhawihna zawng zawng emaw, a tam ber emawah chuan virus chu, mi tina hauh si lovin kai a ni ziah a, a dam lovate ai mah in chu virus chu an pu rei zawk daih mai thei bawk a ni. Chu lo rêngah, polio vei nâ biala mipui han examin, virus putute chu an tam êm êm ziah thin ani A dik takin, hre chiang ber tûra inpuahchahte sawi dânin, polio hri lenna hmuna mite chuan mi hrisel si, natna pudarhtute hi natna veitute aiin an tam emaw hial niin an hria.

Polii vei tamber te hian, he natna hriat chhuah si lohva pudarhtu mi hriselte hnên atanga an kai a ni tih, mi thiamte chuan an hmu tawh a. Chuvangin khawi atanga kai nge tih hriat chhuah chiah dân kawng a awm thei lo va, a veite dah hran pawh hi a tulna a tlem hle mai.

Antibodies hi kawng dangin i lo thlir leh teh ang u A hri lenna hmunah chauh hian virus pudarhtu mi hrisel an tam a ni lo va, heng pudarhtute hian polio dotu antibodies pawh an thisen serumah hian an ngah leh zel a ni. Heng ho leh mi dang tam tak hmuh thama polio la vei ngai lote zau taka an exama chuan, naupang kum 13 leh 19 inkar tam tak leh puitling tam ber hian polio dona antibodies an nei theuh ani tih a ti lang. Hei hi, polio la vei ngai miah si lovin, nasâ taka vei lai a kawm pawha kai lohna chhan pui ber chu a ni chiang hle. An kai fo tawh a, pudarhtute pawh an lo ni tawh a, mahse natpui lem si lovin emaw natpui che che chauhvîn emaw an lo awm tawh niin chhuidawn loh theih a ni lo. Chutia anlo tawnna chuan an taksa chu antibodies a siam tamtîr a, mahse polio a vei a ni tih hriatna engmah lang chhuak si lovin. Chuvangin naupang kum 13 leh 19 inkar si leh puitling tam berte hian polio atân immunity an lo nei reng tawh ani. Mahse vanduai thlak tak maiin nasâ tak

leh hautak fe a beih loh chuan, mi mal mal hi chutiang chu an nih leh nih loh sawi fiah theih dân kawng kan hre si lo. Chuvangin, eng pawhin a veite nên chuan lo inhnaih thin mah se, puitling pangngai zingah chuan, za zela pakhat pawhin an kai ve ziah lem lo ti ila kan daw tampui lo vang chu.

Polio Danna Tura Inchiuna

Hei hian invenna lawmawm tak arawn thlen ta-polio vaccine (polio danna tura inchiuna) hian. Dân narânin hetiang a chiu hian, taksaah chuan natna do thei tûrin antibody nasâ takin a siam thin. Polio vaccine, Dr. Stalk-a hmuh chhuah chu ranah leh mihring volunteer-ah an han hmang chhin phawt. Kum 1954 khan, nasâ taka an fiah hnuin pawm tlâkah sawrkârin an ngai ta a. 1955 thallai khan National Foundation for Infantile Paralysis leh State leh local health department hrang hrang kaihhruaina hnuaiah, naupang sang tam tak chiu nân an hmang ta a. He chiuna hi a hlauhawm lo va, mi a vêngghim bawk si tih tunah chuan fiah a ni ta. Polio chu a tlawm hlen thei tih hriat fiah a ni ta. He chiuna hian polio virus chi thum pawh a dang vek thei ani.

Sabin—attenuated “live” vaccine pawh hian polio chu a veng hle tih hriat a ni a, a ei a ei hian mi a veng zual bawk.

Invenna dang tangkai thei tak, tih mai theih te pawh a awm bawk. Polio an vei hma lawk hapta hnih khat vêla an awmdân leh an zinnate han chhuiin, awmdânengemaw leh hmun then-khatte hian polio virus tân kawng a siam thei ni ngei in a lang a, chuvangin inven dân kawngte chu awm thei a rin a ni.

Thil ei paitawih theih lohna hian he natna lo chhuaktîr hi a rawn kawp deuh ziah avangin, polio len duh hun lai bik, nipui leh thlasik tantirah hian chaw ei than mangloh, pai tawih har tih hriat bawk si chu ei lo tura fimkhur leh zual tûr a ni. Tin, a virus hi hnar leh hrâwk atanga thil chhuak leh êkah te hian a chhuak tel ve a, chu chu kuta a kai awl bawk si avangin, dailên khama kut sil te, taksa atanga thil chhuak fel taka paihbo dante

hi pawisak riau tûr a ni Chaw bawlhhlawh hian taksaah virus chu a pulut ngei tih fiahna chu awm lo mah se, thei ngeia a lan avangin, chawte chu bawlhhlawh kai lo tûrin, tho lakah a ni leh zual, virus pu darhtu an ni tih hriat a ni si a, vên ngun êm êm tûr a ni.

Dâktawr tam tak chuan, hnar leh hrawk zai hi polio len lai chuan, tha an ti lo, polio virus tan kawng hawnna ni a a lan avangin Chu lo rêngah, natna hlauhawm zâwk, hrawk tikhawlotu bulber polio tipungtu a ni thin si a Hei hi a hlauhawm theih chhûng chuan a tha thei ang a tih zel hi a tha a ni Tichuan, zai tûra hriselna atan pawha hlauawm siam sak fahran lo tûrin tonsil paih tûr a hrawklam zaina angte pawh hi kar emaw, thla hial emaw pawh khek theih a ni fo

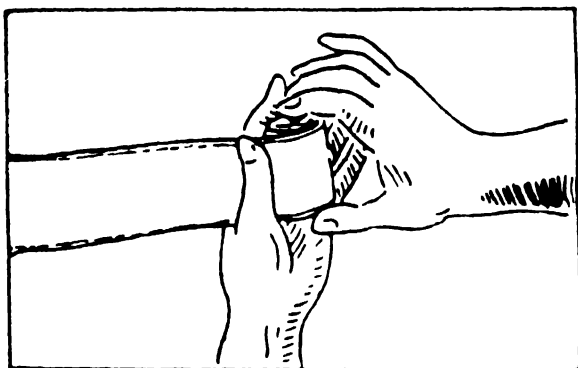
Polio len lai chuan, hunbi ruaṭ sa anga chiu zêl tûr a ni lo A len laia chiu a lo ṭul ta anih chuan, tuaṭh emaw, normal saline-ah emawa chiah hnu, chiuna damdawi hman tûr a ni Polio len lai chuan Alum-precipitated vaccine chu hman tûr a ni lo

First Aid (Enkawlna Hmasa Ber)

Tawhsual leh inhliamte hi nitina thil awm ani. Chhûngrual deuhvah pheî chuan, a tu emaw inzai. emaw, intithitling emaw, mitmim emaw, ha na emaw awm loh ni a khat hle. Inhliam nat fê tum lah a tam, ruhtliak emaw in bawh ât palh emaw, nasa taka thi khawpin. Chutiang rikrum thilah chuan, inhliama chu tanpui thei loya thlir ngawt mai hi mi tam ber tih theih tâwk a ni leh phin. Rikrum thilah hian tih tûr hriaţ vat theih theuh tûr a ni, thil dik taka tihngal vat dan hriaţ avangin, tu nunna emaw chu a chhandam theih si a.

Tuam Dân.

Hliam tinreng deuhthaw hi tuam a ngaih thin avangin, taksa khawilai pawh tuam dân hi thiam theuh tûr a ni. Tuamnate chu puan fai taka siam an ni vek tûr a ni. Ke leh ban tuamna tûr chu inchi 2 vela hlai ni rawh se. Kutzungtang tuamna tûr erawh chu inchi khat aia te hret ni se. Heng tuamnate hi a hma a lo buatsaih lawk teuh a tha. Zial mum la, lehkha in emaw puan emaw in fai takin fun tha rawh. Phek lehlama entirnate hian fel taka tuam dânte chu a lantir ang.

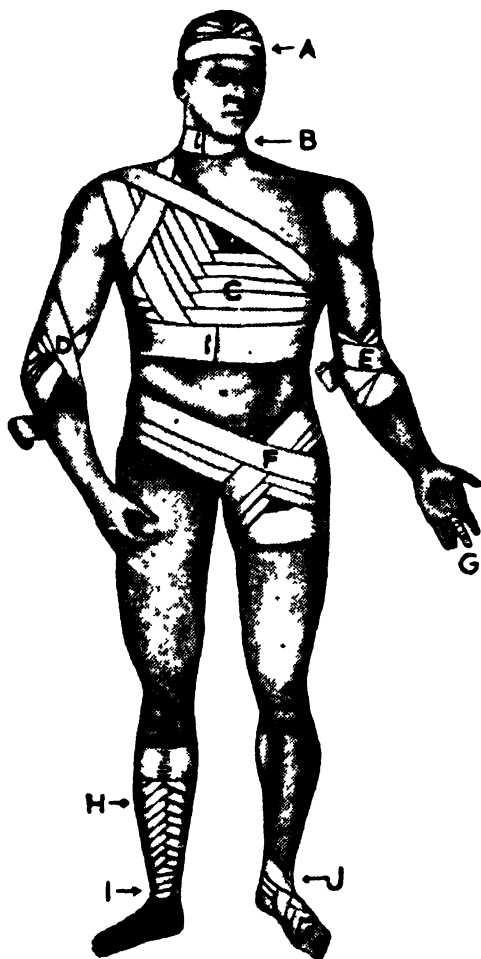


TUAMNA ZIAL DÂN

Thitling

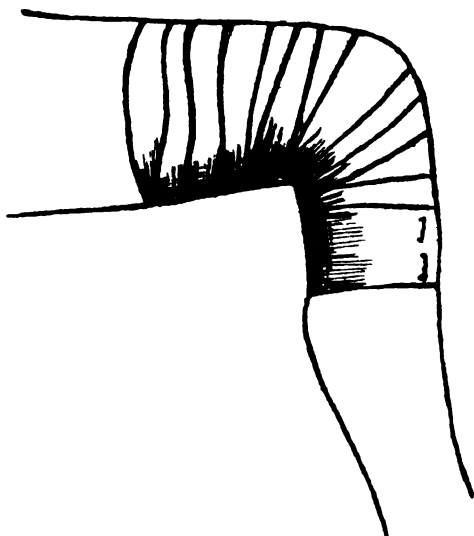
Mi a tluka, a taksa engemaw lai a sawhin emaw. engin emaw a vuakin, a vun a pem ziah lem lo va, mahse a vun chhungan tisa chu a inhliam a, thisen kawng tē tak tē tē a keh thin ani. Chu mi lai chu a duk thin a, chu chu thitling kan ti thin a ni.

Vur emaw tui vawt takin emaw dep nghal vat rawh. A thitling lai chu chawikang rawh. Hei hian nâ a chhawk ani. Thitling lai vun chu a pem chuan bactracin ointment hnawih la, tuamna faiin tuam rawh.



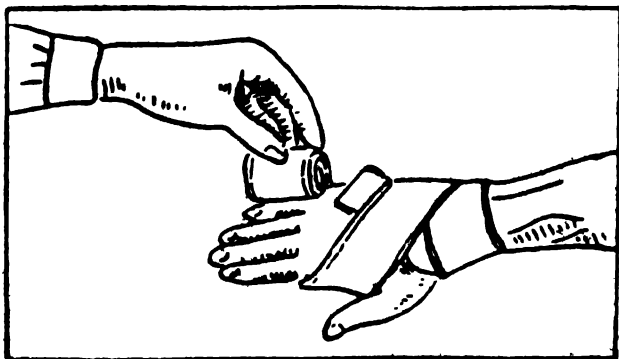
TUAMNA CHI HRANGTE

A. Lu tuamna B. Nghawng tuamna C. ^Âwm tuamna bik. D. A lai pangngai hman lova pariat anga tuamna chi. E. A lai pangngai hman a pariat anga tuamna. F. Thal tuamna. G. Zungtang tuamna. H. A sang lam atanga ke tuam dan. I. Ke tuam chhoh dan. J. Ngarek leh kephah pariat anga tuam dan.

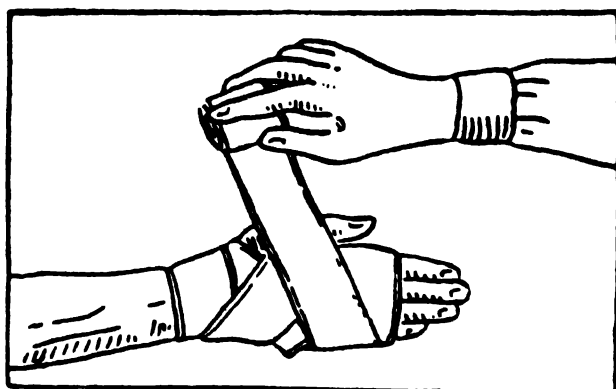


KHUP CHUNGLAM ATANGA TUAM DAN.

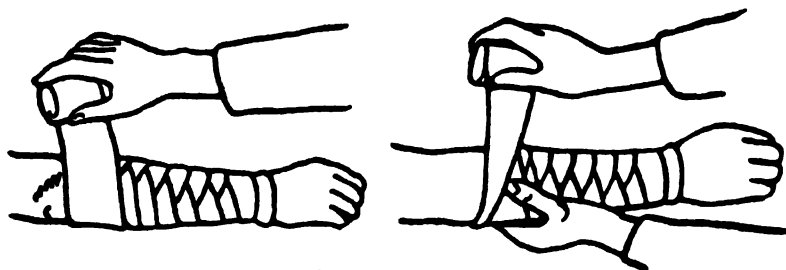
Khup chungah zem tan la, khup hnuaiah her let la, pinin kulh
nghet rawh.



KUTPAH TUAM DAN

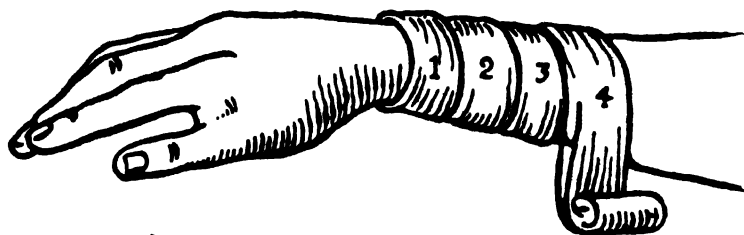


Kutphah Tuam Dân

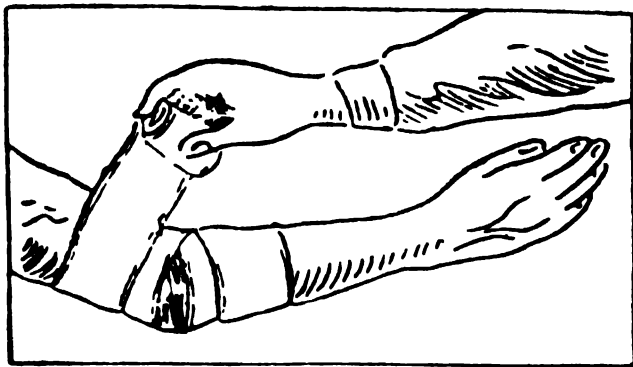


BÂN TUAMNA

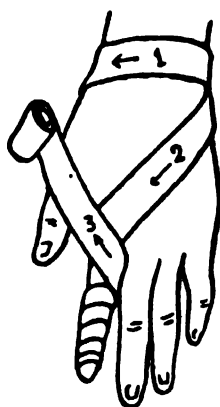
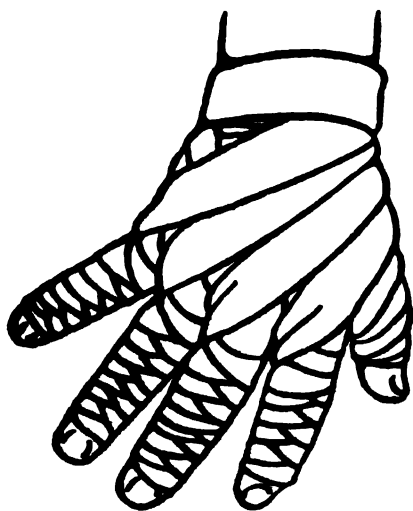
Banrêkah tan la, entîr ang hian zem chho rawh.



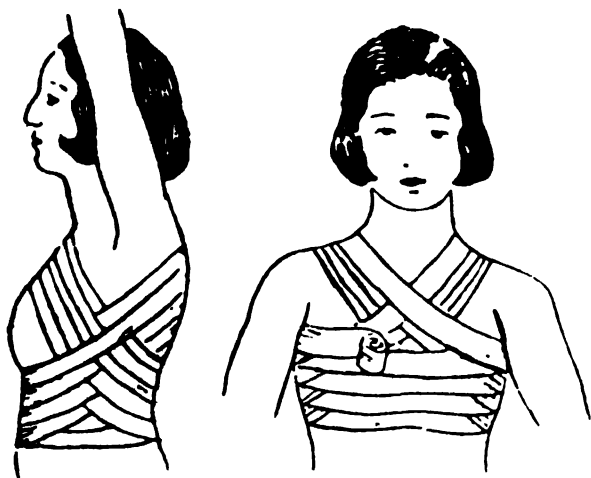
BANRÊK TUAMNA—a number indawt ang zêlin.



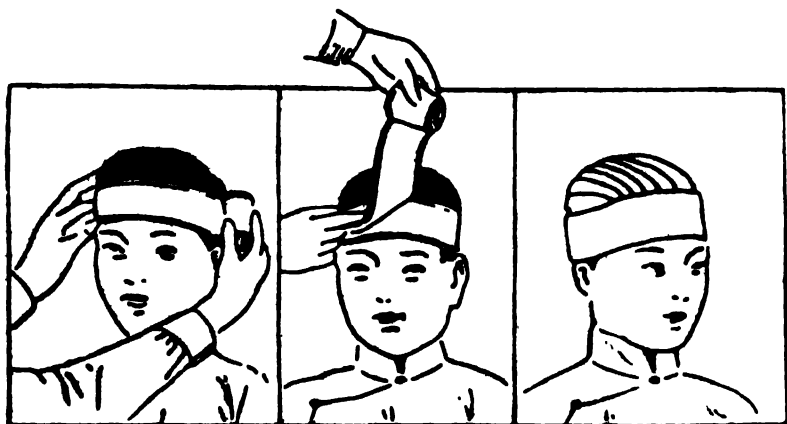
PARIAT ANGA KIU TUAMNA



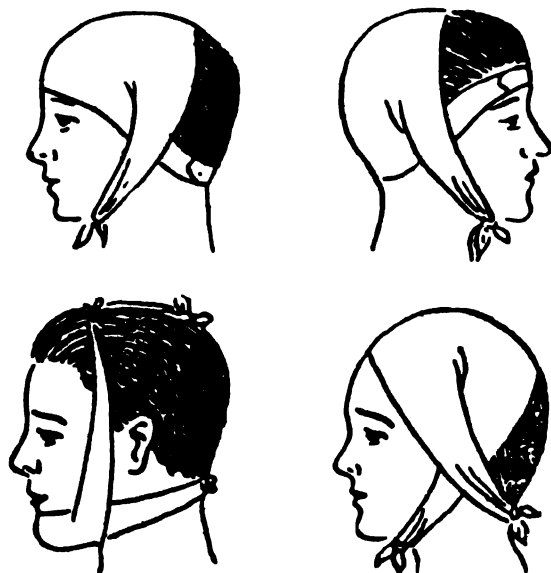
KUTZUNGṬANG TUAMNA—A number indawt ang zêlin.



ÄWM TUAMNA

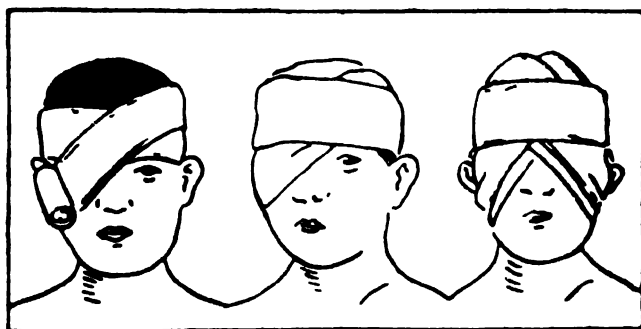


LU TUAMNA

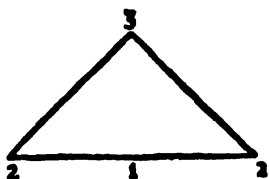


LU TUAMNA

Entûr angin puan chu paliah cheh kak fûr, tuamna suih dâwnin a namber indawta tih fûr.



MIT TUAMNA

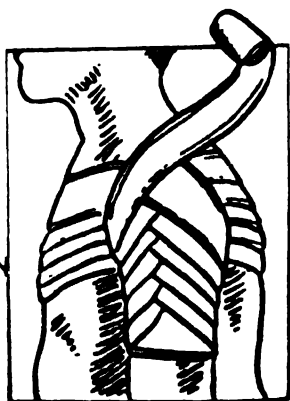


KIL THUM NEI LUTUAMNA



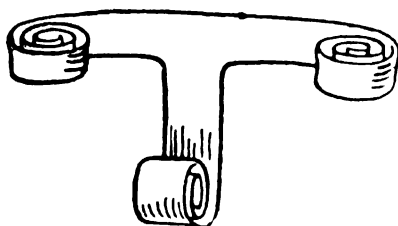
LU TUAMNA—Sîr lam landân

KIU BUL ATANGA KOKI TUAM DAN

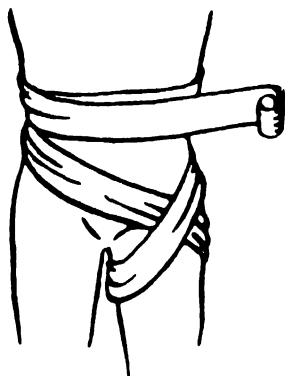




MIT TUAM DÂN.



MALPUI TUAHNA T—Hetiang a zaia hman tûr.



BÂN CHUNGLAM LEH



KOKI TUAM DAN



BÂN AWRH-NA.

Inzai leh Pilh.

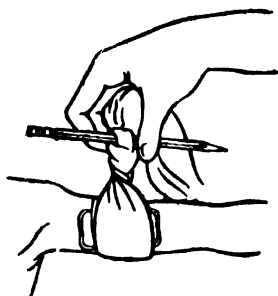
Hliam rêng rêng tihfai hian, kuta khawih loh poh leh a tha. Tui thianghlim tak emaw, sabon leh tui emaw, i neih ang fâwk chuan, hlim chu silfai la, puan faiin hru hul la, hliam chu a len lohva a fai fâwk hlê chuan bacitracin ointment hnawih la, tuam rawh. A dam chian hma loh chuan ni tin hetiang hian tuam thar ziah tûr.

Pem chu a len a, a bawlhhlawh chuan, pem tihfai nân, nih-nih khat chu tuamna huh lian fâwk taka tuam tûr. He tuamna hi puanthem fai emaw lapua emaw chhah fâwk taka thleh, Epson salts tuah chiah huh hnep (tuilum no khatah thirfiante vum)- in chiah tûr. He tuamna hi tui thlawr fovin vawm huh rêng tûr a ni. Hetianga pem chu tuam fai that a nih hian, bacitracin ointment pan deuhva puan faia hnawihin a pem zâwna daha tuam hnanin a dam hma thei bawk. Hei hi ni tin emaw a tûl chuan chu aia zingin, hliam vawng fai tûrin thlâk thîn tûr a ni.

Thi Chhuah t̄euh Khawp Hliampui.

Hliam aṭanga thi a chhuah nasat hl̄ê a, a tawp har deuh chuan, tui sa takah puan fai chiahin, a hliam laiah nemb̄eh t̄ur a ni. Tui chu a sa êm êm tur a ni, chutilochuan hei hian ɣang-kaina a nei chuang lo.

Pem aṭanga thi a chhuah chak hl̄ê chuan damlo chu mutt̄ir a, a pem chhaka a taksa nem laia zungpui pahniha nem tlat t̄ur a ni. Pem chu b̄anah emaw, keah emaw a nih chuan hetiang hian hr̄en tlat t̄ur a ni. Puan emaw, rawmawl emaw thlep la, a pem laiah chuan thawl deuhin suih rawh Chu puan herh t̄awt n̄an chuan hmawlh a hman theih ang.



B̄AN CHUNGLAM HREN D̄AN

Lungte m̄um m̄am deuh emaw, saiddaw̄īum chh̄in thinglaim emaw, puan kara zepa a pem zawn taka a nemtu atana hman chu puan ringawt ai chuan, thi chhuak tihtawp nan a ɥa zawk mai thei. Puan chu nghet taka herh t̄ur a ni, mahse minit sawm-panḡa dan z̄elah thisen kalt̄irna t̄ur t̄awkin thlah dul leh thin t̄ur. B̄an emaw, ke emaw, a pem laiah chuan thisen t̄l̄em z̄awk a luan n̄an, nghahchhan eng emaw chungah chawis̄an t̄ur a ni. Thi chhuak chu a t̄awp veleh, zawi zawiin hr̄enna chu thlah dul hret t̄ur a ni, thlah dul phut chuan thi a chhuak leh vak mai thei a ni.

Puana nghet deuhva han hr̄en a, thi chhuak a tlem deuh veleh, tincture iodine, cetavlon, Dettol emaw natna hrik danna dang emaw hnawih vat t̄ur, a hnawih dân chu heng damdawiah hian lapua chiah huhin, hliamah chuan bel t̄ur a ni. Thichhuak

a reh hunah chuan, tuisova minit tlêm azâwng chhum hnu puan thlep thua tam taw, hliam chungah chuan dah tûr. Chumi chu tuam hnan tlat tûr a ni.

Lu Pem Ațanga Thichhuak Dan Dân.

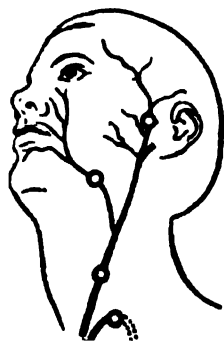
Tincture iodine-a puan pan them tih hnawnin pem chu khuh la, chumi chungah chuan puan fai thlep chhah tâwkin thua rawh Chu chu pemah chuan nembet tlat rawh.

Hmai leh Nghâwnga Thi Chhuak.

Hmui zai ațanga thi chhuak tîrch tûr chuan kut silfai thiang-hlim zet a, zungtâng leh zungpuia a pem lai chu hmeh sâwr rih phawt tur. Chumi hnuah chuan lua thichhuak tihrehna tûr ang bawka enkawl tûr.

Thisen Chhuak Hmehpinna Lâite.

Kan taksa leh ruhchuktuahah te hian thisen semtu kawng a kal seng sung a, chuvangin hmun khatah ringawt hian thi chhuak hi a hmeh pin mai theih loh a ni. Tuamna chhah bik leh hrenna te chu khawi laia hman tûr nge tih hriat hi a tângkai viau thei a ni. Pem tak mai hmeh chiah mai hi a tha berin a awl ber a ni Lung ațanga thisen kalna lian deuh deuh te hriat hi a pawimawh a ni. A kal dân tlângpui hretu chuan, lung ațanga thisen lo chik chhuah dan chu a hre thua theiin, chu laiah chuan a hmet tlat thei a ni.



LUNG ATANGA THISEN KAWNGPUI LU
HMAI LEH LAMA CHHO
HMEHPINNA LAITE.

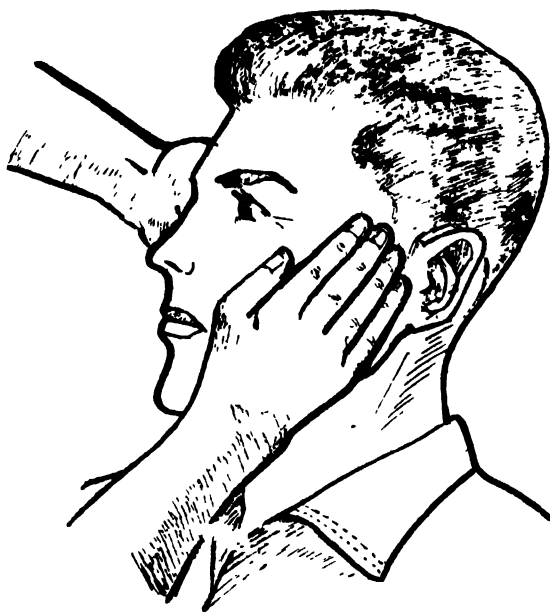


THISEN THA BANA A KALNA KAWNGPUITE

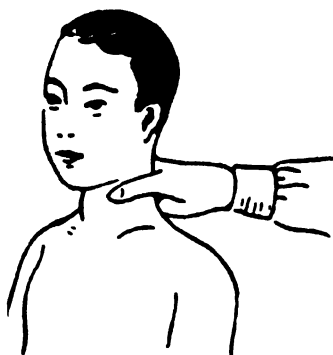
MALPUIA THISEN THA HMEHPINNA



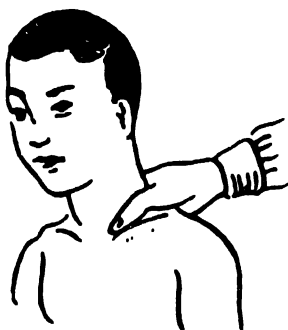
Hmaia thisen tha Hmehpinna



Beka thisen tha Hmeh pinna



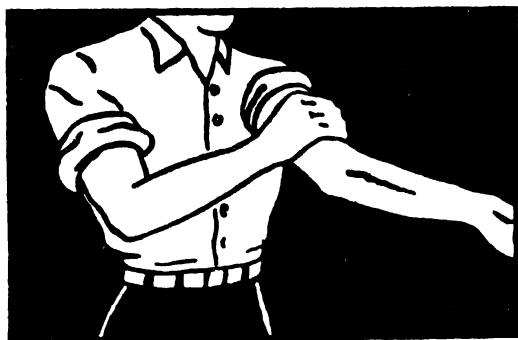
Nghawnga Thisen Tha Hmeh pinna



Khingkhaw ruh bula Thisen tha kawngpui Hmeh pinna.



BÂN CHUNG LAWKA THISEN IHA HMEHPINNA
THALBEA THISEN THA HMEHPINNA



MAHNIA THISEN THA BÂN CHUNG ZAWKA
HMEHPINNA

Hliam Pun Sawisak Dan.

Hliam a lo sen a, a nat a, a vun a, hnâi a neih chuan. Boric Acid thirfian te ber khat, tuisova chawhtuah puan them fai tak chiah, la, chu chuan khuh ang che. Tin, chu puan them chu a huh reng nan, thlawr huh leh thin la. Pan leh hliam deptu puan them chu chhumso hmasak ziah tûr a ni. Chutiang boric acid tua chiah huh puan them hliam tuamna chu 'Oiled paper' lehkha phui emaw, 'oil cloth' puan phui emaw, balhla hnah emaw a tuam hnam chuan a hul har bik a ni. Boric Acid a awm loh chuan, chi naran emaw, Epsom salt emaw pawh a aiah a hman theih a ni.

Hliam emaw, pân emaw, hnai nei, kut emaw, ke emawa mi chu, Bung 22-na a sawi anga tuilum leh tuivawta enkawl kârthlak theih a ni.

Dâktawr a awm loh chuan, sulpha damdawi mum khat, ni khatah wawi li eitir rawh. Puitling a nih a, pun nasat hle bawh chuan, ni hnih emaw ni khat emaw chhûng, dârkâr li zêlah, mum hnih hlin a pek thei a ni. Penicillin pawh a tha, chung chu ti tura i inpeih chuan, nitin Unit 600,000 P.C. penicillin hi nitin hypodrmic-in chiu luh tûr a ni. Amum pawhin a eitir theih a, nitin wawi li, mum khat zêlin.

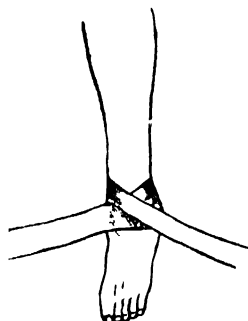
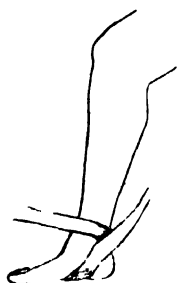
In Uih.

Ruh chuktuah herh thut avanga hliamna hi ulh a ni. Bânrek leh ngâlrek ruh ulh zin ber a ni. A awm dan chiah chu tendon (ruh leh tisa zawmtu) ruhchuktuaha mi hi a ruh atangin a inpawt thler thawl a, a ruh them pawh a phih thla hial thei bawh.

A ulh lai chu tui vawtah dârkâr chanve chiah tûr a ni. Tui-khur emaw, lui bul emawa awm fan chuan enkawlina a awlsam thin. Ngâlrek ulh hnua kal a tul tlat si chuan, He laia entir ang hian tuam tûr a ni. Kephah hnung lam hawia kai char deuhvin tuam ngei tûr.

Ke ulh chuan in a thlen hunah, ngâlrek chu pariat anga nghet taka tuam tlat tûr. A theih chuân vûr ipin a vung lai chu

deh tûr (puan nem lum, vun leh vûr ip inkârah zeh ngei ngei tûr)
dârkâr sawmpahnih hmasa chhûng chu Dârkâr hnih danah dâr
kâr chanve chhûng ip chu lak ziah tûr Dârkâr sawmpahnih



KEREK ULH TUAM DAN

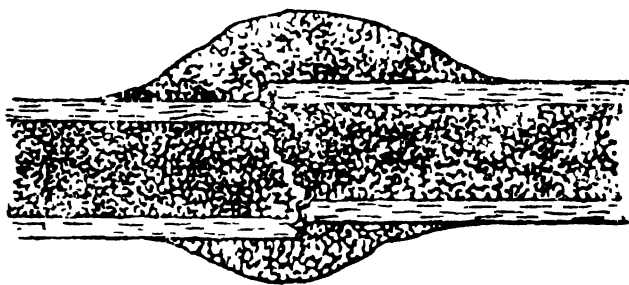
Ngatrêk hum nan (1) Gravut tuamna inch hnih vêt se ti la kephun
kawn lai hnuaiah dah la A hmâwre chu ti chho la hnunglamah
keartui chungah in kawkalh (2) Tuam vet leh in ngatrêk kawn ah
inkalh leh se a sîr tawnah la thlain keartui hmaan in vêt se (3) Pawl
nghet la, a hmawr chu kekawn chungah la kawkalhin sîh nghet la

tâwpah chuan Bung 22-naa "Lum leh Vâwta Inchiâh Karthlâk" dan entirna ang khân, nitin vawi thum, enkawl tûr a ni. Enkaw! kâr lakah chuan kerêk chu nghet taka tuam ziah tûr, tuamna fan thei chî nise a duhawm leh zual. Dân narânin hetianga enkawla hi hapta khat emaw ni sâwm emaw vêl a tûl thin.

Ruh Tliak

Ruhtliâkah rêng rêng chuan dâktawr koh tûr a ni. A hnuara zirtirna te erawh hi chu dâktawr koh nghal mai tûr hmu lote tân a ni. Dâktawr lo thlen hma a thil tihdan tûr zirtirna a ni

Ruh a tliah chuan damlo chu muttîr a, awm hlê hlê fîr tûr a ni. Ruh a tliah hian a hmâwr chu thing tliak ang hian a ther a, taksa a chêt chuan, ruh ther chuan tisa a zai a, a nân tisa dange chu a hliâm thin.



RUHTLIAK INZAWM DÂWN MÊK

Ruh tliak siam tha leh tûrin Nature hian thil tam tak a siam a ni

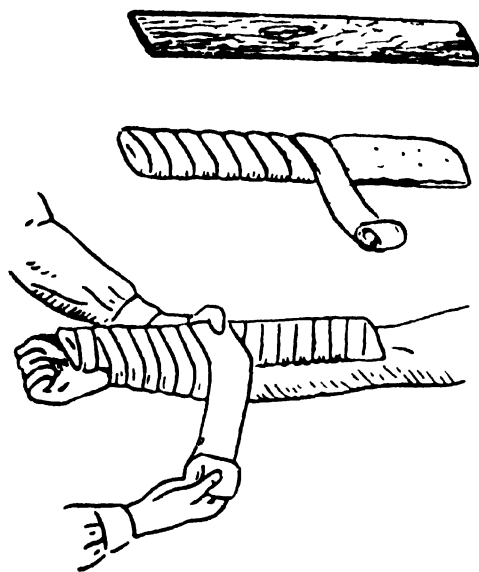
Ruhtliâk tawh phawt chu dehsawn hmain, a tliak lai kha a chet loh nan them dawh tûr a ni. Vun hliam a awm a, ruh chuan a rawn chhun tlang emaw phawt chuan chu chu natna hrik danna a awm chuan hnawih vat a, tuamna faia tuam tûr a ni

Ruh tliak chu bân emaw, ke emaw a nih chuan mau inchu hnih vela hliain phel la. Bânruh tliak atan chuan fit khat vel a

tawk ang a, ke ruh a nih erawh chuan, mau phel chu kephah atanga kawng thleng a ni tûr a ni.

Them dawhna chhan hi ruhtliak sir tuaka ruhchuktuahte an chet loh nân a ni. Malpui anih chuan, ngalrek atangin koki, them chuan a thleng tûr a ni. A awm chuan thingphel hi a tha ber mai Mau phel tam tak pawh a hman thua theih bawh. Ruh chu a chet loh nân, nghet takin tuam la, amaherawhchu thisen kal tibuai lo tûrin fimkhur rawh. Khup keh emaw, kiu ruh chuktuahe keh emaw chu tihchar loh a tha, i va hmuh dân ang chuan awmtir rih mai rawh.

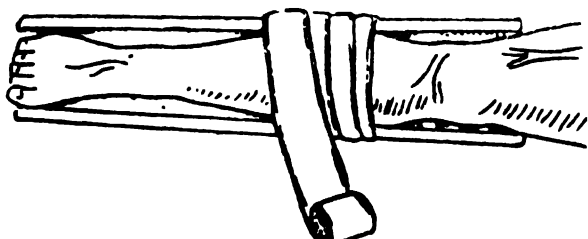
Them dawh dawn chuan, bân emaw ke emaw, ruh tliak lai chu, dimtên, them dawhtheihna chauh tûrin tingil phawt rawh. A nat lutuk loh nân heng hi dim têa tih vek tûr a ni Chutia tih hnuah chuan, la paw chhah tawk emaw a awm loh chuan, puan thleh chhah tawk emaw a ruh tliak chu tuam leh a, chutia tuam chhah hnu chuan mauphel chuan la tuam thua leh tûr a ni. Chu



BAN HMALAM
RUHTLIAK
TANA THEM

chu nghet taka tawn tlat tûr a ni a. Chu mi hnuah chuan dam-dawinah zawn theih a ni tawh ang.

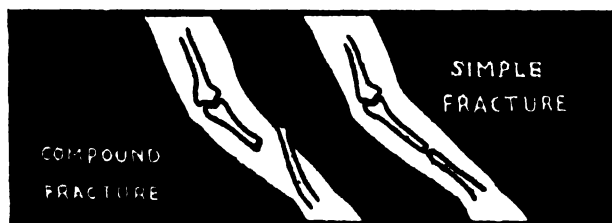
Ruhtliāk dam leh tûr chuan hapta ruk leh sâwmpahnih inkâr vêl a ngai a, chuvangin chumi chhûng zawng chuan them vuah a ngai a ni.



KHÛP HNUAILAM KE RUH TLIĀK TĀNA THEM

Ruhtliāk Hlahawm

Ruhtliāk hlahawm chu ruhtliāk emaw, ruh them emawin vun a rawn chhun tlang hian a ni. Tisa chhûngrila bawlhhlawh leh natna hrik a luh avangin, a pûn deuh ziah thin nghê nghê a ni. A theih phawt chuan dăktawr thiam tak rawih ngêi ngêi tûr a ni. Ruhtliāk chu vun pawns pem anga ngaih tûr a ni. Ti, natna hrik leh tûr siak chhuah nân, taksa a chakleh hma chuan, dăwt vuah a tûl thin. Ruhtliāk chu fimkhur êm êm a enkawl tûr a ni.



RUHTLIĀK HLAUHAWM

RUHTLIĀK MAWL

Thil Pawimawh Tak

Dâktawrin chârna a a char fel hnua, damlo chu ina hawtûr a nih hnuin, charna chhûnga taksa chu a vûng fo thin Hei hian thisen kal a ti tawp fo thin, chutiang ah chuan a char na chu zai phel emaw, lakthlâk emaw tûr a ni, chutilochuan, thisen a kal loh avangin kut emaw, ke emaw chu a chhe mai ang.

Chârna bawm (cast) a tâwt lutuk a, damlo fukê chu a lo thih tawh avangin, damdawiina an rawn hruai meuh chuan, bân emaw, ke emaw tan tul tlat an tam mai Kut zungtang hnuaiah emaw, ketin hnuaiah emaw, thisen kal endik hi a tha Tin hi a nêp chuan thisen a kîr a, thlah chuan a lo kir leh nghal mai thin A lokir muan hle chuan, zungtang chu a vûng tih pawh i hre mai ang Thisen kal a khawloh chuan fukê chu a nâ viau ang Cast chu a dung zawnga zaiphelin, ruhtliak tiche lovin a tâwt lutuk loh nan tihzauh hret mai tûr a ni Hetia tih hian a na pawh a reh mai ang. Naupang emaw, puitling emaw pawhin fukêah nâ an sawi chuan bengkhawn nghal vât rawh

Pelh

Ruh tawp hi a pelh chuan, ruhchuktuah lai chu a che thei lo. Hei hi ruh pelh leh ruh tliâk hriat hran awlsamna a ni.

Ruh pelh enkawlinaah chuan, a hmun taka dah leh hi tum a ni a Hêngah hian dâktawr tanpuina nghah a ni deuh ziah thin; chuvangin, ruh a pelh chuan, dâktawr hnenah hruai tûr a ni. Tih hma poh leh ruh chu a hmun ngaia dah leh a awl ting mai. Ni hnih khata tlai chuan, a vung reh nan dâktawr chuan vûra a lo deh rih emaw a ngai mai thei Hei hian ruh pelh nasa tûr a tinêp thin.

Electric Man (Electric Shock)

Electric awmna khawpui, leh electric kalna thirhrui zamna hmunah te hian, a châng chuan thirhrui nungte hi khawih palh

an awm thin a, electric-in a man thin. Chhuatah emaw, leiah emaw thirhrui nung nêna indep rengin, mi lo let der in hmuh chuan khuk pawh a khuin mei a chhuah thei a; chutiengin khu kher lo mahse, thirhrui ah chuan electric chakna hlauhawm tawh tak a kal a ni tih hriat nghâl mai tûr a ni, anih loh chuan mi chu nikhaw hre lovin o awm lovang.

Tih hmasak ber tûr chu, thirhrui nung chu i kuta khawih si lovin, a mana taksa khawiha in mantîr si lova, thirhrui nung ata, mi chu laksawn phawt hi a ni. Hei hi har tak a ni a mahse he kaihhruaina hi zawm la, a tihtheih mai ang.

Electric man mihring i chhan dawn chuan electric dannain inthum rawh. Chu mi atan chuan thlerê pheikhawh bun la, anih loh leh thelrê zâmpherah ding rawh. Heng hi awm loh chuan lehkha ro hlir tian khawm chungah emaw, thingphel ro emaw, lehkhabu chungah emaw ding rawh. Kutkawr ro ha la, kawrchung ro ha bawh la, tin, hmawh ro takin thirhnui chu pir kâng rawh. I kut kawr ngawt chuan laksawn tum suh. Chutah mi chu lasawn rawh.

Amana silhfen chu tithâwl rawh. Boruak thianghlim tam tak pe rawh. A ka keu la, a lei hmalamah pawt la. A thawh loh chuan thawhna pe rawh. Hemi bung tâwp lama entîr ang hian. Dârkâr ruk emaw, riat emaw lai thâwkna pek zêl a tûl mai thei. Damlo chu a lo thâw tan leh hunah chuan, a vawh loh nân lum takin puan sintîr tûr ani.

Chutih chhûngchuan dâktawr leh thâwkna khawh chah tûr a ni.

Damlo chu a dumpawl mai thei. A dang thei bawh. A mar a chakloin emaw, a phu lo thei bawh. Engmah a hre miah lo thei bawh. A kâng vak thei bawh. A taksa pawh a khawng tlat mai thei, mahse hei hi electric thiltih theihna hnathawh a ni a. thi tawhah emaw, thâwkna pek tlak lohvah emaw ngaih tûr a ni lo. Têk den pawh electric man ang bawh a ni. Enkâwlina pawh a thunhmun.

Electri in mantir loh nan:

Thirhruì inthên khawih rêng rêng suh, khawiah emaw thirhruì nung nêñ a inkhawih mai thei.

Electri hmanrua vuah thàt dâwnin, a bul lamah a inzawmna tihlum pawt rawh.

Electric danna keh invuah, electric thawmhñaw hman suh.

Electric hmanrua thà tawk tak emaw, thà ngeia pawm chiah loh chu lei suh.

Thidang

Dam leh chak vêng vâwnga, taksa bung hrang zawng zawngin thà taka hna an thawh theuh va, nikhaw hre reng tûr chuan, thisen tam tawk thluakah a kal reng tûr a ni, thluak hian taksa hnathawh leh chêt dan a thunun avangin. Thluaka thisen kal hi tihtawp chuan hna pawimawh zawng zawng hi a chawl nghal thup mai a ni, a pawina hmasa ber chu nikhaw hriatlohna a ni.

Thihdanna khawpa thuaka thisen kal titlêmtu hi hriat fak harsa tak a ni, mahse chaw nghei te, pindan ûp taka inkhâr hnan te, chauh te, thisen leh hlauhawm hmuh te, chanchin thà lo hriat thut te, nâ te leh mi ti phawklek vak thei leh thil dang tam tak hian thihdanna a rawn thlen thei a ni. Thihdan chuan hmai a dâng a. Chal leh pangdamah pawh thlan fim a chhuak chiam thei. Lû a hai a, a hmaah chhum dum liam zut zutin a hre mai thei. Chutah chuan chhuatah emaw nikhaw hre lovin a tlu hnawh thin. A thawk a pawn lêng a, a mar a chau thin.

Thluaka thisen kal a pângngaia awmtîr leh hi thidang enkawlna tum a ni. Damlo muttîr emaw, engemawti tala a lû lam hniam deuh zâwka dah hian, lu lama thisen kal a tichak a, mi a tiharhduh. Thluaka thisen kal tichak nghâl thei emaw, la tichak leh chhâwng thei tûr engpawh hi a thà ang.

Thidang dâwna i inhriat chuan, i mu thlawrh tûr emaw, khûp inkêrah lû dah deuh thawin hmalamah i thû kûn tûr a ni.

Mi a lo thihdan tawh chuan, ke lam aia lu hniam hretin mut zangthaltîr rawh.

I theih ang tawkin boruak thianghlim hîp tam rawh.

A lem theih chuan, amah ti harh thei tûr thil pe rawh, aromatic spirit of amonia rim, rawmawl aţanga hîp te, hmai zaha zah te, tui vâwta hmai theh te, hrukpuan huha hmai hlap thlawrh thlawrh te hian thisen kal a tichakin, dam lo chu a tiharh duh viau a ni.

Luak Vak emaw, Luak Tawp Thei Lo.

Luakchhuak hlei hlui leh luak bawrh bawrh mai hi thil hre-hawm tak a ni. Engvang pawhnise a hirehawm rêng rêng a, a hre-hawm dân aţang ngawt chuan a hlauhthâwn awmzia hriat theih a ni lo. Luak chu a dum emaw, abuang emaw, tui anga fim pawh ani mai thei. Thi khal pui pui pawh a tel thei, a eng thei a mit nêna inpawlh hring nghulh pawh a ni mai thei.

Damlo chu a pum a nat chuan a rang thei ang berin dam-dawiinah hruai nghal tûr. A rilphir bungin a nâ vak a ni thei a, a rilah hnawhtu a awm pawh a ni mai thei. A pum a nat loh chuan khumah muttîr la, marazine mum a awm loh chuan, eng-mah eitîr rêng rêng suh. Hetianga tiin, a luakchhuak chu tih reh tum rawh. A reh theih loh chuan, a mawngkua aţangin capsule of membutal thun rawh. I nem luh hmâin pinin vit pawp-chuk phawt la. A muthilh that theih chuan a lo harh hun chuan a nuam huai ang.

Tuisik emaw, bâwngnhute emaw, serthlum tui emaw thîr-fiante khat lek pe chhin teh. Sana enin, minit nga danah thîrfiantê khat lek zel pe la. A pai theih dânâ zirin zawi zawiin pe tam deuh deuh rawh. A pai theih loh chuan a mawngkua aţangin tui tlem têtên thun rawn. Hei hi a pai riral ang a, a kâ a a in ang bawkin a ţangnai ang. Mi an luak vak hian an ro thin a, chu chuan luak a ti tâwp har ani. Damlo chuan tui tlemtê chauh a pumah a pai thei fo va. Chuvngin, a taksa khawro tûr, hetia danna hian

luak chhuak chu a tireh thei a ni. Hei hi a sâwt loh chuan damdawiin hnai berah kalpui vat mai rawh.

Luak rual hian kawkhawh a awm duh hle Dân narânin ek-khal pumna leh rilphîr vûng nâ a ni ber a, mahse kawkhawh pawh a tel thei. A nat phawt chuan damlo chu a rang thei ang berin dâktawr entîr ngei ngei tûr a ni. Dâr-kâr chanve zêlah, paregoric vawithum emaw, li emaw, kawkhawh a reh thlengin emaw pek theih a ni bawk. Thirfiante khat hi ei tâwk a ni. Naupang tân chuan a tîem leh deuh ang. Damlo chuan damdawi chu a luakchhuah chuan, a luak rehfel hunah pêk nawn leh mai tûr ani. A mawngkuaah chuan a chhuah loh nan hnawhna thun theih a ni bawk. Minit 45-a awm hma a lo chhuah leh chuan, a dang nemlut leh mai rawh.

Ha Nâ

Ha ngêt a nat chuan, a chhûnga chawte chu kher fai phawt tûr a ni. Lapua tê tak tê, oil cloves ah emaw, oil of thyme-ah emaw chiah la, chu chuan ha nget kua chu hnawh rawh Chu la pua chu hmawhtêin hawh lût la. A chang chuan chhang siamna soda a a kua hnawh hian na chu a ti tawp thei bawk

Kumtin hâ vawikhat tal exam-tîr hi a tha Ha hi vên fimkhur tûr a ni.

Kâng

Vun a kan tel loh phawt chuan, durh leh nakina vun chat leh pun tûr vênna tha ber chu hetiang hi ani.

Damlo chu kawmawl emaw, kawrchung emaw, a awm apiangin tuam thâwk la, chhuatah nem lum la, a alh chu nghet taka thuamin hmet mit la. Dam lo chhuata muttîr hian lu kang tûr leh mei hip luhtûr a veng a ni. Puan fai, a kang lai khuh zo tûra hlai tawkah, chhang siamna soda (sodium bicarbonate, insûkna chi ni lo) inchi khat hmun lia thena hmun khat emaw, a aia chhahin emaw phûl la, chu chu a tâwk chauhlin tui pawh la,

a Kang lai tuam nan hman rawh. A kan nat viau chuan chu chu dârkâr khat emaw, hnih emaw awmtîr rawh. Chuta a awm chhông chuan, a ro loh nan thlawr huh zê la. Fel taka tih chuan, durhrawn siamtu tûr tui kha, vun pawnlângah kaltlangin, soda nêmah chuan a lût ang a, chu chuan vun chungnung chu a chhông-ril nê a inzawm thattîr thei ang. Vun chat lo chuan, natna hrik leh bawlhhlawh lût tûr chu a dang tha ber ang. Hetia tih hian, durh piap puap tûr leh keh leh tûr, na tak tak kha a tuar loh theih a ni.



Thuamhnaw Haklêi
Kâng

A rang thei ang berin mi kang chu kawmawl emaw puan awm remchang apian-gin tuam la, chhuatah nam lum la, a lu erawh chu tuam tel suh a hmai a kan loh nan nghâwng chin a taksa lam chauh tuam tûr.



Kang chu a nasat hle chuan silhfên chu zai teha hlih mai tûr a ni. Puan faiah bactracin ointment, hnawihin, chu chu a kang laiah chuan tuam hnan tlat theih a ni ang. He tuamna hi nitin emaw, a pem lai tihfai nan, a ðul ang zelin thlâk tûr a ni. Tuamna thlâk laiin thovin an bawm loh nan fimkhur êm êm rawh. He damdawi hian kang hliam lai chu a vawng nem a, tisa chhe laia pân lo pûn tûr pwh a veng bawk a ni.

Kang lian len huam zau hi a hlauhawm a, damlo chu a rang thei ang bera damdawiina luhpuî nghâl vât tûr a ni.

Tuisa Kan

Tui so emaw. têt sâ kan emaw chu a chungâ enkâwlâna ang hian enkâwl theih a ni.

Perek emaw Thilther Kut emaw Ke emawa Lût

Hlîng emaw, perek emaw chu phawi la, chutah tuar ngam tâwka tui sâ fêah minit sawmhni, a chhunnâ lai chu chiah tûr a ni. Tin, tui vawi tin leih leh la, natna hrik danna emaw, baci-tracin ointment emaw hnawih la, tuam rawh. A pûn tûr vên nân chuan Bung 22-na, entirna 5-na a tuisâ leh tuivawta enkâwlâna kha ni tam fê chhûng chu hman theih a ni ang.

Hlîng chu a len viau emaw, a balh emaw chuan brod-spectrum antibiotics chi khat a chiu leh tetanus antiserum a chiu pawh a ðha., 1500 atanga 500 units hi invên nân chuan a tâwka ngaih a ni.

Rûl Chuk

Rûl chukin kumtin mi sang tam tak an thi thin. A hun takah thiam taka enkâwl nghâl vât nisela chuan, mi tam tak chu chhan-him an ni ang. Kut leh kêah hian a chu deuh ber thin. A chuk veleh a chukna lai leh taksa inkârah hren tlat tûr. Hei hian tûr pawh thisen luangkîr tûr chu a dang a.

Tin, a chukna lai tak chu chemtê emaw, bakmehna emaw, thil hriam dang eng eng pawhin thûk takin zai la, thisen luan chhuahtîr t̃euh rawh. Hêng zainate hian chukna hmuamhma leh a sîr vêl tisa a t̃ur lût chu thisen nễn a luan chhuahtîr a, a tam thei ang berin thit̃ir t̃ur a ni. Tanpuitu chuan, zaina lai chu a fawh theih chuan, t̃ur pawlh thisen leh t̃ur chu a paih tam lehzuai thei ang. A f̃awptu ka chu a him pal t̃ur ani. Hetianga enk̃awl hnu hian, damlo chu antivenin awmna damdawiin emaw, d̃aktawr hnênah emaw hruai t̃ur a ni. Hetih chh̃ung hian hrenkhalh reng t̃ur a ni. Fukê hloh hlauhawm lo t̃ur chuan, d̃ark̃ar khat aia rei hren tlat theih a ni lo. D̃ark̃ar khat hnuah chuan thisen kal that-t̃ir ñan zawitêin hr̃enna chu tih dul t̃ur a ni.

Antivenin chi a hun taka pek hman chuan nunna chhanhimtu tha ber pakhat chu a ni. Rûl chuk damdawi, antivenin awmna chu hriat t̃euh t̃ur a ni.

Khawmual Kaikuang leh T̃it Seh

Khawmual kaikuang leh T̃it seh hi na tak mai a ni a, mahse naupang tan lo chuan a hlauhawm lo. Vûra a sehna lai deh hian a tinuam huai thei. 2% novocaine, tih pem a hnawih hian a tinuam thei a, mahse vun a balh hle chuan tih t̃ur a ni lo, a p̃un theih avangin. A sehna chungah tourniquet hnawih t̃ur a ni. A natna chh̃awk z̃ang t̃ur leh t̃ur darh zau t̃ur ti bahlah t̃urin a sehna chungah vûra deh t̃ur a ni. Damlo chu khuma mutt̃ir t̃ur a ni a, a pumah tuilumin emaw, thil lum dangin emaw deh t̃ur a ni. Doctor ko rawh.

Ni Em Thluk

Ni s̃aa hna thawk lai nikhaw hre lova an t̃luk thut chuan. daihlimah a rang thei ang bera lak vat a, lû leh âwmah tui ṽawta leih t̃ur a ni. Tuia leih lai chuan tuinemaw damlo âwm leh b̃an vun chu, lo nuai sawt rawh se. Ni em t̃lûk hi hlauhawm tak a ni a, d̃aktawr hnênah exam-t̃ir ngei ngei t̃ur a ni

Arsenic emaw Sazu Tûr emaw

Kutzungtanga inkawm luâk tûr a ni. Chutah damlo chu artui hel pali emaw, panga emaw leh tui al, ti law tûrin pe rawh. Pum-pui tihfai hnuah chuan magnesium sulphate emaw, sodium sulphate emaw ei tâwk tam lamin pe rawh.

Tui Tla Thi Anga Lang Chhanhim Dân

Tui tla chu tuia a la in chiah reng chuan, hruizenin emaw, tiangin emaw, vaukamah hnuk chhuak ang che. Lawngleng a rem chan chuan hman tûr a ni. Vaukam in thlen pui hunah chuan hetiang hian enkâwl tûr a ni.

1. Tui tla chu bawhkhuptîr la, a kâ a tui leh bawhlhlawhte chu a rang thei ang bera tih chhuah sak tûr a ni.

2. Kutzungpui leh zungchal hmangin a lei chu pawh chhuah sak la, a theih chuan a lei dawm nân puan them hul hmang ang che.

3. Kâ leh kâ chuktuah a ham tûr. Tui tla chu a thâwk tawh loh chuan, a zangthalin mutfir la, a khabe chu kaii vanva dâk sak ang che. A hnarah nghet takin dawm la, zawi tê tain a ka chhûng ah chuan ham la, minute khata wawi 15 atanga wawi 20 thleng ham tûr a ni. Hei hian a chuâpte a ham puar anga, chu chuan a thisen a kal thattîr thei ang. Duh zawk chuan thelret dâwt (tube) a hman theih bawh, tui tla kaah chuan hnawh lût la, phui takin a hmui chu hup la, a chuâpah chuan boruak chu ham lut ang che.

4. Lung zawna nem tûr a ni. A lung phu a chawlh chuan kâ leh kâ chuktuaha ham kha chhun lawm zêl tûr a ni a, chutih lai chuan midangin a awm ruh lai tak zawnah kut phahin minute khata wawi 60 a rangin lo nem sak tûr a ni. Nema thlah dula nem leh tûr a ni tih hriat tûr a ni.

5. A rang thei ang bera ruanglatu koh tûr a ni a, damdawi in hnai berah lâk luh vata damdawi lam enkâwl na tha tak hnuaiah dah vat tûr a ni.

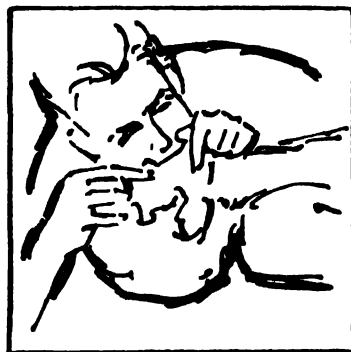
6. Lum taka enkâwl tûr a ni.



1.



2.



3.

KÂ LEH KÂ CHUKTUAH A THÂWKNA IN PÊK DÂN

Ui leh Ran Dang Seh Enkawl Dân

Ui emaw, ran dangin emaw mi a seh chuan, natna hrik dang thei, tuiin emaw, sabon leh tuiin emaw pem chu sil la, hliam dang ang bawkin enkawl rawh.

Chumi zawhah chuan sehtu ui emaw, ran dang emaw chu a ât leh at loh fiah tûr a ni. A sehtu chu mi dang a seh theih lohna hmun tûr, enthlâk reng theihnaah thlun tlat tûr a ni. A ât chuan ni sâwm chhûng lekin a thi mai ang. Chutia a sehtu a ât hriat ve leh in enkawltîr tûrin, a enkawlna hmun pan nghal vat tûr a ni. Ui a- in natna a kai a ni ngei tih hriatna a lan hma ngeia enkawl loh chuan, enkawlna chu a sâwt tawh thin lo a ni. A sehtu chu a tlanbo va, a ât leh ât loh fiah theih a nih loh chuan, a himna kawng awm chhun chu in enkawltîr nghal mai a ni

Injectons, Antibiotics leh Damdawi Dangte

ANTIBIOTICS

(“Antibiotic” tih hi, natna hrik than tithuanthu tûr leh dona tûr lama hman damdawite hi an ni)

Sulpha Damdawi

Sulpha damdawite hi damdawi chi tam inpawlh aṭanga siam, in ang deuh vek an ni a. A tira sulphanilamide leh sulphathiazole lo chhuah tirh aṭang khân hmasâwnna a tam leh hlê tawh a. An siam thar ei dawn hian dam lo tân ei leh in lamah hlauh tûr a awm tawh lo va. Mahst sulphate hi damdawi chak tak an ni a, thisen mur vâr an tikiam a, mi a tichak lo ṭhin ani tih erawh chu hriat reng tûr a ni. Chuvangin a ṭulna takah chauh, taksa nâ awm ngei chauhva hman tûr ani. Antibiotics- a in enkawl ṭan tawh laklawh chuan, nâ chu a dam chian ngei nân ni thum ni li tal chu chhonzawm ngei ngei tûr a ni.

Puitling tâna ei tâwk chu mum khat emaw, hnih emaw, ni khata vawi lî ei a ni. Naupang chu mum khat $\frac{1}{4}$ aṭanga $\frac{1}{2}$ inkâi, an rih dâna zirin pêk tûr a ni.

Sulphadiazine hi ruhna kai leh tur ven nân an hmang. Nitin mum khat ei hian a nâ lo chhuak leh tûr a vêng tawh hle a ni. Hetiang hian kum tam fe ei tûr a ni. A tira natna tak a dam hnu pawhin sulphadiazine hi invên nân pawh an hmang thin, daktâwr ngaihdâna a tul chuan. Mahse hritlâng tân chuan a tha lo.

Penicillin

He damdawi hi chi hrang tam tak, a eia ei mi leh inchiuna chiin an siam bawh. Units 200,000 vel paiin a mumte chu an siam a. Hetiang mum khat emaw hnih emaw ni khata vawi li ei hi ei tawh a ni a. Naupang erawh chuan mum khat $\frac{1}{4}$ leh $\frac{1}{2}$ inkâr an ei thei ang.

Sulpha damdawi, leh antibiotics leh penicillin-a inenkâwl tawh si chuan, a rei lo berah pawh ni 3 emaw, sarih emaw thleng chuan chhonzawm zêl tûr a ni. Penicillin mum khat nitina ei hi ruhna khawsik lo awm leh tûr ven nân pawh an hmang

“Broad Spectrum” Damdawite

Hêng damdawite hi “Mysin” damdawi an ti bawh thin, an lam rik tawp dân, a tam ber chu a in an hlawm avangin Broad spectrum damdawi an vuahna chhan chu, bacteria chi hrang tam tak tan a hman theih vang a ni. Sulpha ai chuan an to zâwk a, mahse a tlângpuiin tûr an pai tlem zâwk. Kan sawi takin a huap tel loh chu chloramphenicol, hming hrang hrang pu a an vuah nimahsela, a hming hmasa ber leh lar ber chu chloromycetin an an tih hi a ni. He damdawi hi thisen insiamna lam tibuai thei in rin a ni a; mahse a nih leh nih loh fiah na chiah a la awm lo. Engpawhnise, typhoid khawsik atâna tih anih avangin, a nat leh loh nân, hapta tam tak chhûng chu pêk zawm zêl tûr a ni. Chutia rei tak in eitir nhuah chuan, a khat tâwkin thisen ekzam tûr a ni.

Ei dan tlângpui chu 250 mg. leh 100 mg. inkâr a tâwk.

Antibiotic Ointments

Dân naranin, sulpha, penicillin emaw, broad spectrum antibiotics damdawia hnawih hnawih mi hman chuan fimkhur tûr a ni. A chhan chu damlovin heng damdawi hi an haw mai thei a chuti anih chuan, nakinah hman tûlna riau lo awm leh se, a hlauhawm thei dawn a ni.

Antibiotic ei loh, inchiu nân pawha hman loh chi chu bac-tracin hi a ni. Hnawih chi a ni a, pem leh hliam narana hnawih chi chauh a awm. Ina pem leh pân enkâwl nân hei hi hman a tha hle.

Mit Damdawi (Thlawr chi leh Hnawih chi)

Mit nâ hi a tam hle a, tin, antibiotics pawh thlawr emaw hnawih emaw tûra siam a awm. Mita hnawin tûr chu chhin-chhiah a ni ngei tûr a ni. "Ophthalmic" tih hi mita hnawih turah chuan a chuang deuh ziah thin. Hei hi Grik tawng atanga lak a ni. "Mit lam sawina ani."

Mit damdawi hnawih dawn chuan, damlovin chunglam a melh laiin, a mit vun hnuilam chu pawt chho la. Mit vun hnuailam chhûngan chiaah chuan hnawih rawh.

Mita damdawi thlawr dawn chuan, mit naute takah thlawr rêng rêng suh. Damdawia an ziah angin, mit mu var laiah hlir thlawr rawh.

Isoniazid, PAS leh Streptomycin

Isonizid hi T.B. damdawi a ni 1000 mg. nitina vawi thum ei hi ei tawk a ni PAS (para- aminosalicylic acid) 4 grammes nen, nitin vawi thum ei hi T.B. nasa vak lo la leng vel thei enkâwl nân a tawk viau.

Streptomycin leh dihydrostreptomycin te pawh hi damdawi chak tak an ni a, a chungah mi hman hnuah emaw, a rualin emaw.

a hman theih. Hêng damdawite ni chu dăktawr thu lo chuan hman tûr a ni lo.

Sulphones

Hei hi damdawi păwl khat, sulphur (kat) awmna chi a ni a, a then chu phar damdawiah an hmang. Pêk tan tirha mum khat 100 mg. kha, a hapta hnihnaah chuan mum hniha pêk tûr a ni. Dăktawr chuan a danglam dân a enthla ang a, damlo chuan, hapta kâr zêla a ei tûr zât pun zel lai chuan, a hrih ang chu a zawm chiah zêl tûr a ni.

ANTISERUMS

Hông hi serum, a nat pui leh tâwk zêla, immunity (chawlawlna, kai theih lohna) sang tak a neih thlenga, bacteria thenkhat sakawr atanga lâk a ni. Sakawrah chuan immunity sang fe a neih thlengin an thun tam tial tial thin. Chutah sakawr thisen thenkhat chu an la chhuak a, a serum chu damdawi a hman tûrin an siam ta a ni. Serum pawimawh berte chu diptheria leh tetanus vênate hi a ni. Rûl chuk leh maimawm sehte pawh hi chutiang bawka serum an siam, tûr thahna chuan an enkăwl thin. Chung chu antivenins an vuah.

Dăktawr emaw, nurse emaw chuan, antiserum a pek hmam damlo vun chuan a ngam dawn emaw, a enchhin phawt thin. Enchhin nân vun thua karah serum chu 0.005 atanga 0.1 cc inkar kah lah phawt a ni. Damlo huat zawng a nih chuan a vun chu a lo senin, a vûng ang. Chuti anih chuan, chutiang lek lek chuan minit 30 danah a vun chu a chawlawl thlengin, dărkâr tam fe chhông chu an kaplût phawt ang. Chuta an hman bang serum chu a tâwpah tam zăwk deuhvin, manse thuntling lovin an kap lut ta thin a ni. Chumi hnuah damlo chu antihistamines in ni 8 emaw 10 emaw chhông enkăwl tûr a ni. Hei hi passive immunity an vuah a chhanchu mi hringin chutiang chu a neih loh avangin. Chu chu sakawrin a thawh sawh sak a ni.

Bân zai hnu emaw a miin immunity a neih emaw, a nâtna a vei hnua immunity nei anih chuan "Active" immunity an vuah. Hei hian thla ruk aţanga damchhông te pawh a daih a ni.

LAXATIVES (Êknêmna)

Pum nat lai leh luak lai chuan laxative chu pek rêng rêng loh tûr. Chaw tha tak pein, a êk hun bi vawnfeltir, kawng tin-rênga tum phawt tûr a ni. Thei hi ei tam tâwk a har hlê mai. Ei tam tâwk chuan êkkhal pumnâ hi chu a tireh theih deuh ziah a ni.

Milk of magnesia hi laxative chak lo lam a ni a. Ei khat chu thirfian lian khat ($\frac{1}{2}$ oz.) hi a ni. Laxative dangte ang bawkin, mitin tan ei tawk a thuhmun vek lo, mi tinin an ngeih dân tâwk a in an loh avangin.

Castor oil hi laxative chak tak a ni a, ekkhal pumna satlianah chuan hman tûr a ni lo. Mi a kâng thei a, a thawk chak êm êm bawk a ni. Hnawhtu a awm anih chuan paiţawih leh pairal a ni ang a, chutichuan pawl a khawih lo vang. Engpawh nise, laxative chaklo deuh zâwkte hi a narân chuan hman bawk tûr a ni.

Magnesium sulphate (Epsom salt) pawh hi laxative a ni, mahse he mi avang hian, mi tam takin an ei thin a ni. Tlêmtê têa ei hian êk a tinem deuh reng thin.

Ek titui khawpa miin laxative chak a ei chuan, a tukah chuan a eitu chu a e lo vang. Beisei ting duh suh se. Ni nhni ni thum zet ek thulh phahna khawpin laxative ei suh. Sahbona in hawlh êk tum zawk rawh. Hei hi sahbon i kutzungtang tia vel, kutzungtang ang deuha siam a ni. Chu chu tihuh la, mawngkuaah hawlh lût rawh.

Thyroid

He damdawî hi ran thyroid gland (be) aţanga lak chhuah a ni. Thâlbe aţanga siam, ei chiah chuan a tha pâwl tak a ni. Taksa hnathawh pumpui hi a siamthain a vawng fel a ni.

Hypothyroidism hi a hmei apa vei a ni a, nimahsela hmei-chhia in an vei nasâ zâwk êm êm a ni. Hetiang vei tam ber chu rit lutuk leh thi neih huna thi chhuak tam lutuk mi an ni thin. Doctorrawn lovin tuman Thyroid an ei tûr a ni lo.

Piperazine Citrate

He damdawi hi antepar hminga hralh a ni. Pinworms (rûlhût tê) atân bika hman a ni a, rûlhût pangngai, (roud worm) atân pawh an hman. Sai-dawiuma pêk dân chuang hi zawm tûr Silhfen leh puanthuah tha taka vawn loh chuan dam hlen chu beisei chi a ni lo. Pinworms ah chuan, a ruala chhûngkhat chuan ei theuh mai tûr a ni.

Hetrazan

He damdawi hi, thisen kawng rûlhût lûl chi, trichinella spiralis, rûlhût kawm, leh filarian atân hman a ni. A hun taka pêk chuan a tangkai hlê mai. A hmanna lar ber chu ram lum hnawng si a eosiniphilia a ni, he natnaah hian, natna hrik chu chuapa lutin rin a ni. Hei hi a dik emaw dik lo emaw, he natna hian hetrazan chu a ngeih a ni.

Paregoric

Engvang pawha kawkhawh tih reh nân, he damdawi hi an hman. A tidam pawh a ni lo va, damlo tân a nuam a ni. Thirfiante chanve a langa a khat thengin ei tawk a ni a, minit 30 danah vawi thum emaw, li emaw pek phawt à, chumi hnuah chuan pêk dân pangngai in kawkhawh zawh apiangin pêk tûr a ni. Rei lutuk pêk tûr a ni lo, chutilochuan damlo chu a êk a khal tlat mai ang.

Alluminium Hydroxide leh Magnesium Trisilicate

Heng thil hian thawh pakhat chauh an nei, chu chu , umpuia acid tih dal a, pumpui bang tiham a ni. Alusil-ah hian an in-

chawhpawlh a ni. Peptic ulcerah chuan hydrochloric acid a lo kal tam lutuk a, chu chuan ulcer a chàwm avangin, lo tihdal a ngai a ni.

Sodium bicarbonate emaw, chhang siamna soda pangngai hian pumpuia acid chu a tihlum thei a, mahse thisenah alkaline a tam luat avangin a buai si thin. He mi avang hian alluminium hydroxine hi tha zawka ngaih a ni. Thisena acid awm kha a khawih pawl vâk loh avngin.

Tincture of Belladonna

Tincture of belladonna hi pum tinuam tûr leh acid lo chhuak tihtlem nan hman ni. Dârkar li dana thirfiante chanve. zêl ei hian mi a chhâwk hle thin. Antrenyl capsule khat nitina wavi thum ei pawh hi a pangkai hle.

Antihistamines

Hay fever (khawsik), asthma (thawchnam) leh hives (thak bawl) te hi allergic natna lanna pawimawh deuh deuh te an ni a. Heng natna enkâwl nan hian damdawi tam tak, antihistamines angte hi a tangkai em em a ni. Avil, pyribenzamine leh benadryl te hi a lar pawl an ni. Caladryl hi benadryl leh calamine lotion inpawlh a ni. Eng vang pawha thak lo awm tihdamna tha ber a ni, allergy tâte a ni bik.

ANTISEPTICS LEH INSECTICIDES

Antiseptics awm lohnah hian chetsualna a awm fo thin. Chutiang hmunah chuan hliam lai chu sahbon leh tuiin tihfai theih a ni. Mi chuan a kut fimkhur takin a sil phawt a, puan nem emaw, la sai loh them emaw leh sahbon tui hmanga, ngun taka a sawr hnua, hliam chu a tihfai chuan, a pem chu minit sawm lek chhûngin a tithianglim thei a ni. Hei hi tuam hma emaw damlo daktâwr hnena hrui hma emawa tih tûr a ni.

Iodine Solution (Aldin tui)

Iodine hi tuam ngai lo pem atân chuan damdawi (antiseptic) tha tak a ni. Iodine hnawih hnu vun chu tuam rêng rêng suh. A lo bawl chhuak vak mai ang. Mercurie ointment pawn hnawih tel rêng rêng suh. Chu chuan mercuric iodine a siam a, a kâng duh hle. Tincture of iodine hi 10% solution a ni.

Commercial Antiseptics

Commercial antiseptics ho zingah hian catavlon a awm ve a, Pem hnawih chi a ni a, tuam hnan theih a ni. Dettol hi chhuat leh inchhûng bungraw tihthianghlîm nân hman a ni. Dal tâwka siam chuan vunah pawh hnawih theih a ni.

DDT leh Gammexape

Heng powder te hi rannung chitin rêng suâtna tha tak a ni Mihring tân ruih theih an ni lo va, mahse rân vulh tenau deuh leh savatén an tuar zo lo. Powder ro angin hman an ni a, a nih loh leh taksaah emaw, inchhûng bungruaah leh khumahte an phul bawk.

Insulin

Bazârah hian insulin chi hrang a tam mai. Pakhat chu aqueous solution (tui a chiah ral) a ni. Hna a thawk rang hlê a, thisena chithlum awm vên nân nî tin vawi thum ei tûr a ni.

A chi dang pathum, globin insulin te hi chu an damdawi a hrang vek hlawm a, zawi zawia pairal chi an ni a, diabetes hi dârkâr 24 an vawng tha thei a ni. A ei tâwk chu dâktawr ruat tûr a ni a, a khât tâwkin damlo chuan a in endiktîr ziah tûr a ni.

Tolbutamide leh Diabinese

Hêng damdawi mumte hi diabetes nep deuh enkâwlina tha tak a ni. Diabetes vei tam tak, rit lutukte chuan, an rihna âwm tâwk an thlen hnuin, insulin aiah hei hi an ei thei ang.

Diabetes vei chu a dam chhûnga enkâwl reng tûr a ni a, dâktawrrawn lo chuan damdawi ei chu thlakthleng leh chawlhsan mai tûr a ni lo tih hre reng rawh.

Adrenaline (Epinephrine)

Adrenaline hi adrenal glands (kal chungah thâlbê) atanga tui an lâkchhuah a ni a, solution of 1 to 100 hj, asthma chhuah laia chhâwktu tûrin hnâr vêlah an kâp paw chiaî thin. Minit rei lo teah a thawk nghal thin. Marphu leh thisen pressure pawh a ti-pung thin., chuvangin adrenaline hman hmain, dâktawr hnênah lung examtîr phawt tûr a ni. Hypodermic hriauva kah luh tûr anih chuan solution chu pakhat atanga 1000 a ni tûr a ni. C. C. khat hmun sâwma thena hmun thum hi chiu khat atân a tâwk. Chutah mar phû chhiar leh tûr, a theih chuan thisen pressure pawh.

Cortisone

Hei hi hormone taksain a siam, mipa leh hmeichhe zahmawh hormone nêna, a thil awm in ang chu a ni. Adrenal gland atanga sâwrchhuah a ni a, chu chu kal chungah chiah hian a awm a. Cortisone hi stress hormone an vuah, harsatna (chakloh-na) do hneh tûra taksa hi nasa leh zuala a beih tîr theih avangin. Damdawi siamtu chuan a chakna chu a lêt tamfêa a pun thlengin a lo siam tha thin. Ruhchuktuah vûng nâte, asthma leh natna dang tamtak, damdawi bik nei lote hian an ngeih viau hlawn. Thiam taka hman anih loh chuan, diabetes emaw, peptic ulcer emaw, a tih chhuah theih avangin dâktawr thiam tak chauhvin hman tûr a ni.

Ergot

Ergot damdawi chu obstetrics (nau neih vel lai) ah hman a ni. Thisen kawng taksaa mi a tisawng a. nu thisen a ngaia awm^{tîr} reng nân a tangkai. Ei khat, nitin vawi thum. ni thum chhông chauh ei a tha. a rei chuan taksa danga thisen kal vêl a tibuai thei.

Grain 1/320 mum a siam a ni.

Sodium salicylate

Aspirin hi acetylsalicylic acid a ni a, sodium solicylate hi he acid sodium salt (chi) hi a ni. Na satliah leh luna nar^{ân}ah he damdawi hi ei chuan a nâ a chhâwk thei. Tha taka mawng kah êk a, puan huh vâwta lû dehin emaw, mit chawlh^{tîr}in lu nâ hi a dam duh hlê. A chhan tak zawng chhuak lova, damdawi ei mai hi mi tam takin an ching viau. Skul naupang lû a nat chuan, mit ngaihtuah pawt a, chutah êk khal.leh khal loh en tur.

Normal Saline

Normal saline chu, taksa tua chi awm zât vêl tluka tuial siam, tihna a ni mai. Chutiang tui chu, mit tithip lovin, mit leh ka thuahna nuam tak a ni. Chuvangin, tui so hnu (pint khat) 500 cc. ah chi thîrfiantê khat chiah tui ralin a siam theih a ni.

Hei hi thisenah pawh chiu luh theih a ni a, chutiang tân erawh chuan tui thianghlîm (distilled water) hmana, chi pawh tihthianghlîm tûr a ni.

Potassium Iodine

Asthma vei, khâk ban tak tihtui nân he damdawi hi a tha hlê, asthma lo chhuak tûr dan nân pawh a tha. A tuiin (saturated

solution) hman a ni. Far sâwm ni khatah vawi thum pêk tûr. Vun a rawn tih vual erawh chuan bansân tûr. Antihistamine nêna hman kawp hi asthma lo thawk tûr tihkir nân a hman tlâk hiê mai.

Silver Nitrate

He silver chi (salt) hi, distilled waterah tihsawm a ni. Hnara thi chhuahna lai hal nân leh kâa “canker pân” hal nân 10% solutionin hman a ni. Hnawih dâwn chuan, luang emaw, buh kuang emaw, khuah tak inchi ruk vêla sei la lâ. A hmawrah lapaw them tê taktê zem tlat la. Solution (tui) ah chuan chiah la, a thîna lai emaw, canker pânah chuan emaw va nem rawh. Rei loteah chu lai chu a lo vâ ang. Tak deuhva hal a tui chuan dâktawr râwn tûr a ni.

He tui hi vunah emaw, puanah emaw tikai lo tûrin fimkhur rawh. Silfai theih loh dum a kai ang. Vun erawh chu a khawhpui hlawk mai ang.

Vun emaw puan emawa a then a zâr a tlak palh chuan tui al lip lepin emaw, amonia dal deuhvin emaw sil nghâl vât tûr a ni.

Mercury Compounds

Hêng hi sawichhiat atân chauh târlan a ni. Calomel (mercurous chloride) hi laxative anga hman a ni a. Hmanlai damdawi zînga laxative atâna an hman hmasak ber pakhat ani, tunlai erawh chuan an hmang tawh ngai lo. Hman tawh rêng rêng loh tur a ni.

Bichloride of mercury (mercuric chloride) hi inthuahna antiseptic ah hman a ni thîn a, mahse thihna tûr chak tak a nih avangin, in vêlah pawh a awm tûr a ni lo. Ei palh te a awm thei bawk. Chutia ei palhna chuan kal a tihchhiat avangin thihna a thlen a, damlo thih dâwn hnaih nite chu a hrehawm ber thîn. “BAL” (British antilewisite) hi he tûr thahna hi a ni.

Phenobarbitone (Phenobarbital or Luminal)

He damdâwi hian mi a ti mutchhuak thin. Chuvangin mut nân zânah an ei thin; mahse mut tichhuaktu atâna hman zawng-chhang awl tak a ni. A lohtneih lohah chauh hman tûr a ni.

Phungzâwl damdawiah an hmang ber, 15 leh 90 mg. inkâr ei khatah, vawi thum ni khatah, a lo chhuak tûr dan nân dam-lovin an ei thin. Ei than deuh hnu chuan mi a tihmutchhuah na a reh a, mahse a lo chhuak tûr chu a véng zêl tho.

Dilantin sodium hi phungzawl damdawi tha zawk a ni. A to zâwk na a, a ngeih zawk. 30 mg. Capsule leh a mumin a awm. A lo chhuak tûr vên nân, mum khata ni tin vawi thum ei a tâwk.

I dâktawrin ei tâwk a hrilh ang che. Kumtinin eizawm reng mai tûr a ni.

Taksa Temple

He lehkhabu pumpuiah hian, mihring taksa khâwl chi hrang hrangte chu kan han zir hnu hian, taksa hi mak tak maia siam a ni tih kan hmu nawn fo mai.

Mihring thluak leh hriatna khâwl, rilruin hnathawh nân a hman, tih ngaihtuah a, a chhan chhui a, remruat a, dapchhuak a, hre thiam a, hmangaih a, Pathian biaktirtu hi ngaihtuah teh u. Mihringin telephone (biakhlatna) leh telegraph (thirhrui) an hmuhchhuah hma daihin, a taksaah chuan thirhrui ropui tak a inzam vek tawh a, chumi hmang chuan thluak ațangin kaksâ bung hrang leh tihrâwl hrang hrangah hian, hriatna khâwl hman-gin thu thawn chhuah a ni t̃hin.

Mit khâwl hi en ngun teh u, thil thla a la a, chu chu thluakah a va hriatir zuk nia. Mihring hian science of physics hi t̃lêm̃tê chauh a hria a, mahse chu science d̃ante chu, mihringin hriatna a la neih hma hauhvîn, mak tak maiin mihring miah hian lan-tirin a lo awm tawh ani. Thlalâk thiamna hian tunhnaiah hma a sawn nasâ hle a, mahse camera (thlalâkna) tha ber pawh hi mi-nung ñena tehkhin râlah chuan ñep tak a ni.

Paitawihna leh taksaâ chaw a kalna makziate, chaw hi tha leh zungzâma a chan dân te, tisa leh thahrui chau tawh a rawn

ti^h chak dân te, thluak leh ruh leh tih^rawla chang t^ur te, nung, che, thawk, ngaihtuah thei tura ch^hawin a siam dân te hi ngaihtuah teh u. Mihring hian chuti fakau chakna tam, petrol heh si lo, ngaihsak vak ngailo leh siam th^hat zeuh zeuh chauhva, rei fahran leh th^ha fahran hna thawk thei kh^hawl an la siam thiam lo.

Hêng thil makah hian chithlahna thilmak hi belh teh, ran nunna hi chu mihring thilthar hmuhchhuah leh siam piah lam daihah hian a la mak chung chu^hang a ni. Mahnia no nei thei kh^hawl chu han suangtuah teh! Khaw^vêl kh^hawl hmunpuiah pawh a awm mawlh lo zawng a ni. Chhiarkawp chawhna kh^hawl, nam-ber belh a paih theih hi, ngaihtuahna nei d^hawn hial awmte hi ngaihtuah teh u, an tar chhiat huna an aiawh t^urin kh^hawl notê an hring hlei nê^m. Mihring ang tak tak kh^hawl, mihring thiltih dân zir theite pawh a awm, mahse an khawl (robot-mihring lem) meuh pawh hian fa zawng an la hring thiam rih lo.

Mihring taksa khawl makzia hian Pathian siam a ni tih a lan^tir hle. Heta tang hian, mihring taksaa dân awm pianpui dân hriselna dan hengte hi Pathian dan a ni. Chuvangin Pathian thu-pek s^hawm zawm hi mihringte tih t^ur a ni ang bawkin, hriselna dan nena inrema nun hi mihring tih t^ur a ni

Kan taksa hriselna ven th^hat hi sakhuana avanga kan tiht^ur a ni tih hriain, hriselna dan hi kan zir ngun tur a ni a, nun dan t^ur kan hriat theih nan kan fate pawh kan zir^tir t^ur a ni. Tichuan, z^u in te, mei zuk te, kani zuk te, p^hânkh^hawr ei te, thingpui leh kawfi te pawh hi taksa tichhe thei an ni tih kan hriat hnu chuan khawih tawh ngai loh kan tum tlat t^ur a ni. Chaw pawh hi kan ngaihtuah ngun t^ur a ni, thil pakhat ngawtah chuan, hei hian hriselna lam a khawih ber a ni. Kan hrisel na a^tana thil tha duh turin kan tui hriatnate pawh hi kan thunun tur a ni. Hriselna tichhe thei thil tih kan chin chuan, kan nundan kan thl^hak t^ur a ni, tui hriatna hman dikloh bawiah kan awm t^ur a ni lo.

A tira chaw kha a th^ha ber. Pathianin mihring a siam kha, leia theirah leh fang leh thlai tuihnai tak tak te kha chaw a^tan

A pe a. Tin, mak tak maia mihring taksarawn siamtu Pathian chuan, chawm nân leh hrisêl nâna chaw tha ber chu matheilovin A hre mawlh ang. Damdawi thalo leh tûrte leh sa eite kan lo ching tawh anih chuan, chung thil chin tha lo bawi nihna aţang chuan engvangin nge kan intih zalen loh vang. Pathian khawng-aihna zarah pianpui hrisêlna dân, kan taksaa awmte nêna inrem hian engvang nge kan awm loh ang?

He mi tingam khawpa pasalthate chuan, hrisêlna tha veng vawng leh rilru chak, fim tak lawmmanah an dawng ang a, mahni pawhin a dik ngei a ni tih hriat thil tih avanga mahni inzahna thar lawmawm tak chu an chang bawk ang.

Chutianga thiltihna chuan Siamtu ropui tak nê min tan-rualtîr a, sual inrêng laka min chhanchhuak thei Pathian khawng-aihna leh thiltihtheihna chu min chantîr thin hi a thatna ber chu a ni. Hei hian, hei chauh hian rilru muanna arawn thlen thin—rilru muanna hi taksa hrisêl nân a tul a ni.

Chutichuan Pathian, min Siamtu lama rilru dik putna azârah, he damchhung hian taksa leh thlarau lam hrisêlna tha tak kan nei thei a ni.

Damchhûng Hahna leh Buaina

Tunlaia khawvêl finna mak tak maia ðhang zêl hian, mi narân tam ber tân chuan harsatna khirh tak tak a rawn thlen zêl mai a ni. Kan chênna aṭanga hla tak a thil thleng pawhin min tibuai pha zêl ta mai. Khawvêl pumpui hi bial zimtêah a chang ta a ni ber mai. Mimal chung a thil thleng ringawt pawhin kan zâin mi a nghâwng thei. A châng chuan hlâwkui a ni a, a châng leh chhiatpui deuhte pawh a ni ðhin. Vanduaina pakhat hi tu tân emaw chuan chhiatna kawng pui inhawna a niin, rem-na leh muanna thlentui pawh a ni thei bawk.

He buaina hi, luhai thlâk teh mah se, a tihreh theih a buainate chuan min chîm reng mahse, hneh mêk pawh a ni zêl a. Chûng mite chu buaina kârah pawh an thlamuang a, an ðhenawmte helhhawlh lai pawhin, rilru nghet tak puin an muang siah ðhin. Engvang bik nge? Engemaw chênah chuan an rilru awmdân vang a ni.

Ngaihtuahna

Tu emaw chuan, “Hlimna awm chhun chu ngaihtua na dikah chauh a ni,” a ti. Thil diklo, hriat thiam theih si, mi tam takin an tihna chhan hi chu, anmahni an inngaihtuah lutuk vang a ni. Engemaw na blek hi, engmah dang ngaihtuah thei lêk lo

khawpin an vei run thin a. An vei nasat poh leh a zual ting mai a. A tawpah chuan, daktawr hnênah, tukkhum lam atanga chal lam thlenga luna tlut chu, an kalpui ta ngê ngê a. A châng chuan nghawng hnunglamahte pawh a na kai zêl a. An natna chu pum lamah a kai leh a. Paitawihna a lo buai a, chaw châkna an hlohva. Êk a khal a, hriatna thazâmte pawh a lo khawlo hial thin.

A hriatthiam tawh phawt chuan heng nate hi a na tak tih an zêp lo vang. A châng pheih chuan a na hlê thin. Daktawr chuan ngun takin a lo en a, engkim fel taka awmin a hre si a. Engvang nge ni ta ng le? Hei vâng ngawt hi maw le: Nitina rilru hahna tam tak avangin hriatna thazâm chu a lo rim tawng tawh a. Harsatna, a tak, suangtuahna mai emaw, thil kal tawh emaw, awm mêk emaw, lo la awm tûr emaw lungkhamna chuan hriatna thazâm chu an awmdân pângngaia an awm theih loh thleng in a tawp da thin a ni.

Krista chuan, “Ni khat aân ni khat hrehawm a tawh” ti mahse mi tam ber chuan, vawiin hnaah hian nimin lama inchiâna leh naktûk lam buaina tûr kha an belh a. Hêng zawng zawng hi phurrit zawh ruallohah a chang thin a ni.

Mitin hriatna thazâm leh taksa chakna hian tlin loh chin a nei theuh-va. A hun hmaa hman ral mai theih a ni. Chu tak chu, harsatna lo thleng tûrte leh hun kal tawha hlawhchhamna tul lova phunnawina avangin, mi tam tak chuan rilru hahna an tuar phah a ni. An chakna khawlkhawm chu an nikhat hna an thawh zawh hma daih in an hmang zo va. Intih thathona mama-wha inhriain, thingpui emaw, kawfi no khat emaw an han ina, chutichuan naktuk lama hman tûr chakna chu an pûk ta a. Zan a lo thleng a, an rilru a buai avangin an mu tha leh thei lo va, khua a lo vâr a, harhna tham awzâwng an lo mu leh si lo. Chumi ni atâna an chakna chu Chiang fea lo hmangzo tawh sain, a hma lama an lo pûk tawh avangin, ni khat hna chu rim takin an han thawk leh ta a.

Mahse anmahni chhan turin kawfi tam zawk leh sikret tîem a lo thleng a, chau zetin an thawk ta zêl a.

Chutianga fimkhur lo taka an hriatna thazam hmang rim

lutukte chu an hlim thei lo. An vêla mite hian an tihrehawm hma êm êm a. An thian thate tak ngial pawh an kham hlui thin. Bengchhengte hian an mahni a tibuai a. An hna an ning tan mai thin Hahna an tuar zo hlawl lo a ni ber. Rei lotêah damloh chawlh an dil tawh mai thin.

Heti êm êm zawng a ni lo inti a ni thei e. Mahse mi tam tak rin aiin, hei hi mi tam tak awm dân chu a ni si. Mi hetiang siam that leh hi tunlaia đăktawrte hnaah hian a tam ta hlê mai. Engtinngeng heng zozai hi a rawn intân rêng rêng?

He buaina hi a bulah i chhui lêt teh ang u: Damlo chuan hriselna dân a bawhchhiatna hi a lo chhuah tanna a ni. Chu chu, ama natna leh chaklohna leh hlawhchhamna chauh kha a vei rûn a, a chhe thei ang berin a hmu thin a ni Hrehawm engemaw hlek hi a hluar thei ang berin rilru hah nân a hmang zêl a. Tuinemaw fiâmthua an han cheksawlh deuh hlek te hian a vui êm êm zêl a. Thil pawimawh deuh pisaa a theihngihl palhte hian, a rilruin a tuarna êm êm a, hrehawm a ti lutuk thin. Chutichuan buaina dangah a hruai a, hriselnain a chhiat phah ta thin a ni.

A diklohna hmasa ber chu hei ni ani: Amah ringawt a ingaihtuah a, engemaw hlek hi ama hlâwkna emaw, heuna tûr emaw riâkah a ngai tlat a. Harsatna tê tak tê lam hian a huphurh êm êm a, atân khua a dur reng ta thin a ni.

Dam chhûng hahna leh buaina thihpui loh nân, danna kawng tha engtin nge mi thaten an hmuh dawn? Mi dangte tân kan nung tûr a ni. Mahni ingaihtuaha, mahni tân ngawta nun hi hlauhawm tak a ni. Mi dangte tâna nun hi vanneihana ropui ber leh lăwmna sâng ber a ni tih hriain kan zir tûr a ni. Damdawi atân pawh a tha a ni. Mi dangte puia, mi an buai lai hian, anmahni natna tenau deuhthe chu an hre chang lo va. Anmahni miteh an rêlna thu ngaithla tûrin, midangte harsatna an buaipuina lamah hun an nei thin lo.

Mi beidawng êm êm, khawpuia awm, intihhlum tuma luipuia kal chanchin hetiang hian an sawi. Tangka a ngah a, mahse mahni chhâk tihtlai nân ngawt a hmang thin a. A tân hun chuan awmzia a nei ta lova lăwmna tak hi a hmu hlawl lo va. Tla hlum

tûr a zuanthlak a tumna leilawn atanga hla vak lovah chuan hmeichhe naupang tanpui ngai a hmu ta a. A kohna chu chhangin mi in an luah hawh a luhna rahkaah chuan a lawn chho ta mai a. Pindan thim ri re a han luh chuan, khum chheteah hian damlovin nu lo mu reng chu a han hmu a. A thil hmuh chuan a thinlung a luah a, nuin damdawi lama enkawlina tha tâwk a dawn dân tûr chawplehchilhin a ngaihtuah zui nghal a. An thil tlakchham zualpui phuhrukna tûr pawh a ngaihtuah sak leh zêl a. Bazârah kalin, chaw, puan-thuah lum leh puante a va lei ta a. Zahngaihna hna chu thawk zêlin, nun nawmna thar mak tak chu a chang ta a. Tute emaw a lo tanpui ta reng mai! Pindan chungnunga a thil lei a rawn ken chhoh chuan, chu chhûngkua leh chumite nuna hlimna lo eng chhuak chu a hmû a, ama thinlungah ngei chuan lawmna thar mak tak mai chu a lo awm ta a. Nunna hian atân hunremchang a ngah tih chu a rawn hre chhuak ta riai ruai a. Dam takin le tiin, ni hnih khat lek hnuah ka rawn tlawh leh ang che u tiin, tuna a tum dân chuan, chulaiah chuan kal leh tur awm tawh lo tura rem a ruatna chu a theihnghilh ta a. Hmeichhe naupangte a hmuhna lai kil chu a lo thleng leh a, “Hmeichhe naupangte ka hmuh lai khan khawi lam nge maw ka pan le?” tih inngaihtuahin a ding chawt mai a.

Aw le, chutah zawng a kal ta lo. Dam chhan tûr engemaw a hmu ta- mi dangte tanpuia, an mamawh tum sak avanga lawmna chu a chang ta. Hriselna atâna nunna kawng kawhhuhtu pawimawh ber chu midangte tâna nun a, kan vêla mite tlâkchham na phuhruk tûra nun tumna rilru hi a ni. Hei hian mahni inngaih pawimawhna hlauhawm tak leh tha lo tak chu a dip ral a. Dam chhûng buaina tenau chung lamah mi a chawi chho va, Lolam tâka nung mai mai tûr kha, mi tangkâi takah a chantîr thin a ni.

Rilru Hahna Ve Thung Hi?

“Mahse dâktawr, chung chu a tha vek mai, mahse ka rilru hahzia i hre lo a ni” i ti maw, Rilru hahnate maw, Engnge i rilru i han tih hahna chhan chu? “Hna nghet ka nei lo. Naupang an hritlâng deuh-va, ka nupui a hlim si lo.”

Hêng hi buainaa kan ngaih chuan mitinin buaina sut tûr eng hun lai emaw chuan an nei theuh a ni. Nun hi hetiang hi a ni. Mahse rilru hahna hi i thlir teh ang u. Engnge a nih, Kan rilru a hah hian, "A va han rapthlâk tak em!" Kan ti mawlh mawlh phin. Hei hi phunchiarna tawp nei lo, phunnawiana bawrhsâwm, lungngaihna tha lo tak chu a ni. Tihrehna awm lo, thlâkna a awm hek lo. Ral do tûrin mahni kan inthuum lo ani. Hmun khatah kan châm a, kan kuâl vêl mai mai a ni. Khawimah kan thleng lo.

Rilru hahna hi engtia tihreh tûr nge, chutiang rilru hahna kualvêl aţang chuan engtia tal chhuah tûr nge. Ngaithla teh!

Harsatna kan neih chuan, a tha tûr zawngin i ngaihtuah ang u. Kan harsatnate chu kan ziaak chhuak tan thei ang. Chutah a chinfel dân tûr kan ziaak chhuak leh zui mai thei. A chinfel dân tûr chu kan han hisâp a, a tha ber tûr chu kan thlang ta a. A tawpah chuan rilru kan siam a, a huap telate hnênah chuan kan tum dân chu kan hrilh a, chu ngei chu tih tumin kan thawk ta a. A hnu deuhvah hun a lo ralin, a chinfel dân kawng tha zâwk thlan awm tak a lo lang a, mahse, thu tlukna nei mumal lova awm reng si chuan, kan lo tih tawh ang apiang chu a tha zâwk daih a ni. Tuna i ngaihdân emaw rilru emaw chu a hnu lama i thil hriat avangin i tidanglam leh a ni thei e; mahse i thu tlûknaah chuan rinna ngat la, ngaihtuah nawn ƒo duh tawh suh. I rilru i siam hnuah chuan, fel tawh angah ngai mai rawh. I ngaihdân chu a diklo tih, hun chuan a larawn lanţir mai thei, mahse chung chu rilru hah nan i hman tawh dawn lo.

"Mahse ka rilru hahnate chu, đăktawr, ka thua awm thei a ni hlei nem. Ka theih phawt chuan rilru hahna a ni lo ang"

Hetiang hi a ni chăwk tih ka hria.

I fapain a remloh pui nula nupuiah neih a duh pawh a ni thei e. I theih ang tâwkin nei lo tûra i thlem hnuin neih a la tum tho a ni thei e. Tun hi inchalrem hun a ni. I monu chu i chhûngte zingah lawm lût tûrin i rilru siam la, a laka that tum mai rawh.

"Mahse kan zingah engmah chan a nei lo vang" i ti a.

A nei lo mai thei, mahse hun leh chhelna leh hawihhawmna chuan thilmak a rawn thlen mai thei. A thinlung hneh tum rân

rawh. Hetiang hian hla a awm:

“Kal sual, leh hmusit tlak lekah

Ngaih ka han ni phawt a,

Mahse hmangaihna leh remhriatna chuan

Lawm tlakah mi chantîr ta si a.”

Heng zawng zawngah hian, mi, i tawn te thinlung hneh dân leh an nun leh i nun inkawptîr dân zawna, an hlimna tûr zawn hi dân bulpui a ni. Chutiang remruatna chuan, i hmelmate ngei malsawmna pawh a thlen sak ang che

Thil thenkhat dang, i thunun phâk loh a awm a ni thei e. Rilru thilphal tak pu rawh. Pek leh lak hreh suh. I thiltihnaah chuan vanram khawngaihna leh Pathian malsawmna dân rawh.

Bengchhengte leh Naupang Bengchheng.

“Mahse dâktawr, ka fate an bengchheng em! An tawng ring êm êm a. Kawngkhar an khar thuaia, lehkhabu an thehthla thawka, ka keh darh vek mai a ni ber e.”

A ngaihnaawm hlê mai! Tleirawl thisen, sen fê fê i nei zuk nia le. Chutiang neih chu a ropui ngawt lo maw?

Tunah ti tak emaw nguai reih mai emaw, ni zâwk teh se. Skul atagin lo hawin, dingdihlipin lo lut se, Nem taka inbiain an lehkhabute dawhkânah rem fel dim diam sela. I lehkhah chhiar laiinrawn kal pel chein, thu kamkhat pawh sawi ta lo se, thawm chhetê pawh nei lo sela.

A tûkah chuan eng tih nge i duh ang? Lo haw a, i thutthlêng bâna thua, a nih loh leh chhuâta thua, skula thil lo thleng phur takarawn hrilh tûr chein i duh ang. Kawthlêr leh lama mite hriatthamin an tawng thei a, an lehkhabu pawh ri chawrh khawpin dawhkânah an theh thla a ni thei a. Fa tho thang tha deuh nei chuan heng hi beisei tûr a ni dâwn lâwm ni, Chuti anih chuan beisei mai rawh! Tawng ring, kawng khar thuai, chhuat emaw, dawhkân emawa lehkhabu theh thla thum dawp thin chu beisei mai rawh.

Bengchheng chu beisei rawh. Mi a tihlum love. I fate chu an damin an viak a tha a ni mai tih ka hrilh a che. Bengchheng

chu beisei rawh ka ti leh pek ang, i tân a tha a ni.

Miin Mi Tibuai

Engvangin maw? An kap lo vang che. Nunrâwn leh tihbui che an tum lo. In in ang reng, bellei thuhmuna siam in ni. Nangmah ang bawkin zalênna an nei a, mahse i zalênna chu an zalênna tluk baw a ni.

I zah thin avangin a harsa mai a ni. An hnênah ding la. Tlang takin, an zawhna chiah chhang fak rawh. I awm ngaiin awm rawh. An mitah chiah en rawh. Inti pasaltha teh! Engti kawng mahin i hnuai bik love! Chuvangin Pathian hnênah lawm thu hrilh rawh.

Thil Lo Lang Phut Hian Mi Tihlau Thin

Rin loh taka mi lo lêng thut hian a tu ate pawh hi a châng chuan min ti phawklêk thin. Chutiang thilah chuan phawklêk lo turin kan in thunun tur a ni

Kum engemawti kal taah khân, he thilah hian inzirna kan nei ta. Kan damdawiinah chuan hmunphiat pakhat beng ngawng tlat kan nei a, Zânah, tuma awm loh hlanin, a hna chu thawh a duh a.

Rikrum thilah, zân dar 11-ah damdawiina kal a tul thut mai a. Pindan pakhatah chuan hmun a lo phiat a, kan lut thawm lah chu a hre hauh si lo va. Zân pindana, thawk khata eng kan tih ên phut chuan a thlabâr ang tih kan hlahv vangin, min hmuh hmain kan lo kal tih hria se kan duh a.

Pindan kawngkhârah chuan dingin kan ko va, mahse a hre si lo. Zân rei hnua chu kawngkhara kan va ding min han hmuh thut chuan a thihdan hial kan ring a. Mi a rawn hmuh tih chuan kil khatah bang zût mamna hi a phiat mêk a.

Eng dang ti lo chuan, nem takin "Vawiinah mistiri- in bang zuţ mamna a tihkhawh lai in hria em," a ti a.

Engpawh tâwk se, hlahv loh hi a lo zir tawh a. Mi lokal thawmte chu a hre thei lo, mahse eng anga rin loh tak pawhin lo lang thut mah se, engtin mah a ti tibuai chuang dêr lo. A dik

takin, a beng ngawinna chuan a tihuaisen zâwk mah a ni A chang chuan, hriatna panga nei kim aiin, hriatna pali chauh neite hi an thlabâr har zâwk tlat zuk nia.

Hei hi i ching thang ang u. Rin loh taka kan thiante an lo lan thut hian kan sen awp awp a tul lo ve. Tuman min kap dawn hlei nem!

Zirtûr Chu Zirin

Thin phu zawk neih loh te, hamhah loh te, ngaihdân tha zawk neih tlatte hi wawi khata zir thiam nghal mai tum suh. Dik taka thil ngaihtuah dânte hi kum tam tak zira, mahni nuna nei tûra theihtawpa beih a ngai thin a ni. He bung hi wawi tam tak chhiar nawn la, a zirtîrnat hi nangma harsatna bik atân hmang hlawn teh.

Mi Zawng Zawng Tân Ziriûr Ropui Ber

Mi nung zawng zawngin an sut ngei ngei chi, harsatnate pawh a awm bawk. Hêngte hi anmahniin an lo thleng ve fo mai, hreh-awmna leh beidawinna pawh an thlen fo thin. Âtna tihdam theih lohachte hian, tu tân maha puih theih silovin a mangan theih hlê. Chutiangah chuan, mihringa awm lo, mihring aia thiltitheih zawk hnen ata tanpuina zawn a tul thin. Chutia tih ngawt loh chuan, thahnem ngai tâwp khâwka huai tuma, a beihna pawh chu hriatna thazâm hman ralnaah a tawp mai ang. Chutiang tanpuina chu zawngin, tun mai atân chauh pawh ni lovin, damchhûng buaina zawng zawng atân pawha tanpuina hlun chu, mi tam takin an hmu thin a ni. Nunna awmna chhan ngei mai chu an hmu chhuak a, Eng atân nge hetah hian kan awm? tih chhânna chu an hmu thin a ni.

Chu tanpuina bul chu Pathian a ni. A dawngtu apiang hnênah thlamuanna leh finna A pe thin a. Nunna lo awmna chhan dik tak mi mangang chuan a hlen theih nân, chakna leh thiltitheihna A pe thin. Mîlging finnain a hneh zawh loh harsatnate hneh zo vek tûr chuan, a chhiar apiang chu Ama hnên pan tûrin kan sawm a ni.

Thu Harte

(GLOSSARY)

ABORTION: Nau chhiat, Nau titla.

ABRASION: Pilh, vun khawk, inhliam vanga vun pilh.

ADENOIDS: Hrawkhrawl emaw aw lo chhuahna lo vung lian.

ALIMENTARY CANAL: Kâ atanga ril thlenga chaw kalna kawng. hraw-
khruai, pumpui, ril.

ALLERGY: Thil huatna, thil ngeihlohna; vawmbal huatte, ke pali nei sa
huatte.

AMBULATORY: Khum bet chiah ni lem lova na, vak sawn thei.

AMENORRHOEA: Hmeichhe thlatin thi neih lo tawp, thi hul tawh.

AMINO ACID: Protein chi khat Nitrogen pai tel.

AMOEBA: Thil nung te tak te, cell pakhat chauh nei.

ANÆMIA: Thisen tha, sen Hæmoglobin neih tam tawk lohna, thisen
tlem.

ANÆSTHETIC: Hnim hlum.

ANAL: Mawngkua, tai bawr vel sawina.

ANTHELMINTICS: Rul hut hlo rulhut tihchhuahna damdaw.

ANTIBODIES: Taksa na tidam tûra taksa chhunga lo insiam, dah chawp.

ANTITOXIN: Kawchhunga poison do tûra lo awmsa emaw dah chawp.

ANTIVENIN: Rul tur danna.

ANUS: Mawngkua,

AORTA: Lung hnuai veilama thisen dâwt pui.

ARTERIOCLEROSIS: Thisen dâwta thisen khal, sak lo in chhek khawl, thisen dawt hnawh ping thei.

ARTHRITIS: Ruh chuktuah lo vûng, ruh natna.

ASCORBIC ACID: Vitamin 'C' an tih, theia awm thin hi.

ASPHYXIA: Thaw chham, Boruak hip tam thei lo.

ASPIRIN: Khawsik leh na chhawk nana damdawi an hman thin chi khat Acetylsalicylic.

ASTHMA: Thaw hah, Thaw tam thei lo, Boruak hip tam thei lo, awmna

ATOMIC BOMB: Atom bom.

AURA: Hriatna danglam bik riau phungzawl in an neih hi, an hriatna pangngai kha an hloh tawh a ni.

AURICLE: Lung pindan chungnung zawk hi.

AVITAMINOSIS: Vitamin tlakchhamna, e; leh ina vitamin tam tawk lohna.

AXILA: Zakhnuai, zak khuar lai hi.

BACTERIA: Enlenna chauhvah hmuh theih Bacilli leh cocci leh a dangte lam chi a ni.

BISCUPIID: Hmawr zuih deuh Ha uingho ang te hi.

BILE: Thinin chaw paitawih nana a tui kha deuh a rawn sawr chhuah. Mit kha kan tih hi. Gall bladder ah a in dah khawm thin a ni.

BILLIRUBIN: Zun eng vei te zuna eng lai hi a ni.

BROAD SPECTRUM: Antibiotics an tih mai kawchhunga natna dangte lo ti hlumtu.

BRONCHI: Chuapa thawkna dâwt pahnih invuah te.

BRONCHIETASIS: Thawkna dâwt vûng leh na.

BRONCHITIS: Thawkna dâwta rang pan te lo vûng emaw lawng emaw na.

BRUCELLOSIS: Undulant fever an tih mai kel leh bawngnhnute atanga kai hi.

BUBO: Thal thoh.

BUBONIC PLAQUE: Uihli lam chiin hrik chi khat Bacillus pestis an tih a put darh atanga inkai chhawn awlsam em em natna a ni.

CAECUM: Rilpui in tanna, ip ang deuhva lo awm hi.

CALISTHENICS: Tihrawl leh taksa mawi nana insawizawi.

CALORIE: Lum tehma, tui Kg. 1 degree 1 (centigrade) a ti lum thei tawk.

CANCER: Pan dam thei lo. Cancer.

CARBOHYDRATES: Sugar (Chini) leh Starch ho hi.

CARCINOGENIC: Cancer siam tu, Cancer awmtir tu.

CARDIAC: Lung lam thil, lung lam a mi.

CARTILAGE: Ruh no, tha kan tih mai hi.

CATRRE: Tha^wkna da^wta rãng pan tak lo na emaw lo vũng hi;

CATHARTIC: Kaw^thuahⁿna hlo chi khat.

CERVIX: Chhul kawngka

CHAGA'S DISEASE: South America-a natna chi khat Trypanosomasis an tih, Virus in mi a kai tir chi, Chaga hmuhchhuah.

CHANCHROID: Serh lam la^wng, natna.

CHICKENPOX: Tangseh, naupang in an vei deuh bik thin.

CHLORINATE: Tuia awm natna hrik ti hlum tur, tithianghlim tura Chlorin telh.

CHOLERA: Tuihri, ram lumah a lêng duh bik.

CHOLESTEROL: Chaw then khat, tha^wawm thisen dawt hnawhping thei.

COLITIS: Rilpui natna, vũng emaw duk.

COLON: Rilpui.

COMA: Damlo, Nikhaw hrelowa awm.

CONDOM: Zang kawr, Thialret pan tak a siam.

CONJUNCTIVA: Mitmu tuamtu leh mit vun chhunglama awm rãng pan tak.

CONJUNCTIVITIS: Conjunctiva natna.

CONSTIPATION: Ek khal.

CONTRAINDICATED: Damdawi dam nana tha si mahse taksa eng-maw avanga hman theih tlat si loh hi.

CONVULSION: Kaih,

CORNEA: Mitmua a tle hi.

CORPUSCLES: Thisen mur te

CULTURE: Thil siam chawpa organism lo to emaw lo chawr hi.

CURETTE: Tisa thi, tawih lai ziahfai.

CUSPS: Ha hriam lai, ha uingho te

CUTICLE: Vun chhia, vun pawn ber hi.

DEBILITATE: tichau.

DECALCIFY: Calcium titem.

DECIDUOUS(ha): Ha hlam, Ha hmasa len hnua thlawn leh hi.

DEFECATE: Pumpui tiruak

DEHYDRATION: Taksa emaw chaw emaw atanga tui tikiam, titem.

DELIRIOUS: Zauthau, buai leh chianglo ria^wua in hriatna.

DESENSITIZE: Thil ngeihloh zawng emaw huatzawng ti tlem emaw tibo tura beih

DETONATION: Vawilekhkhat nasa taka puak phut

DEXTROSE: Thei emaw glucose-a thlum lo awm hi, fu thlum te hi

DIAPHRAGM: Pum leh awm bawr inthenna hamda

DILATE: tizau, parh, arh, darh, thang, fan.

DISTENSION: Lolian lofan.

DIURETIC: Zun titam tûra thil hman,

DOUCHE: Taksa chhunglam tua thuahfai, Chhu thuah angte hi.

DROUGHT: Boruak kal vel, Boruak ro lêng vel.

DUODENUM: Rifâng in tanna, Rilfâng pumpuia a in vuahna lai, inches 8 emaw inches 10 vela sei a ni ber.

DYSPEPSIA: Chaw paitawih that theih lohna.

ECTOPIC: Chhul pawns nau in siam.

EFFUSION: Tihrawl kara thisen lo put, thitling.

ELECTROLYTE: Chi (salt)-a lo zawpa electric current lo siam thei.

EMBRYO: Naute insiam tan; rannung emaw mihring lo insiam tan lai.

EMETIC: Luak tir tûra thil hman, Kah êk, êk tir tûra mawng atanga tui kahluh.

EPIGASTRIUM: Pum chhunglam leh a lai hawl vel hi.

ESTROGEN: Tisa chakna (hurna) tûra damdawi hman.

EUSTACHIAN TUBE: Beng leh hrawk zawmtu dawt.

EXCRUCIATING: Lungngai em em.

EXPECTORATE: Chuap atanga thil khuh chhuaka chhak.

EXPIRATION: Boruak thaw chhuak.

FALLOPIAN TUBE: Hmeichhe tui bawm (overy) atanga chhula tui (chi) kalkawng.

FALL OUT: Atom Bomb puak atanga vaivut nena tûr (poison) lo tla.

FEBRILE: Khawsik lam sawina.

FEMORAL: Malpui ruh leh malpui sawina.

FLATULENCE: Ril emaw pum atanga thil lo chhuak avanga nawm loh na.

FLUKE: Rulhû chi khat rila awm phêk deuh chi.

FŒTUS: Chhula rausen thlathum chin chunglam an la pian hma si hi.

FOMENTATION: Na tidam tûra tuilum hmanga in enkawl, in dep.

FUSIFORM: Thil hmawr zuih.

GAMMA RADIATION: Eng chi khat tihrawl nung ti hlum thei, mahse hmuhtheih a ni lo.

GANGRENE: Taksa thenkhat lai lo thi, a bikin hliam lai thi hi.

GASTIC SECRETION: Chaw paitawih nana pumpui bangina tui a rawn sawr chhuah.

GASTIC ULCER: Pumpui bang thuahnaa pan thuk tak, Pumpui lawng.

GASTROSCOPE: Pumpui chhunglam enna khawl.

GAUZE: Pan tuamna chi puan pan taka siam, Pawp thliah thliah.

GENITAL: Serh lam sawina.

GLANS: Zanghmawr bawl lai; lik.

GLUCOSE: Dextrose ang. Theia a thlum hi, Starch leh fu thlumⁿate ang ho hi.

GLUCOSURIA; GLYCOSURIA: Zuna thlum lo awm teuh hi, (zun thlum)

GROIN: ^Thal be, ^Malpui bul a ^mi hi.

GUMMA: Saihri tawp lama a ^pana thil ban tak lo awm hi.

HÆMAGLOBIN: Thisen sen ^mur hi.

HEMOPTYSIS: Khak thil; Chuap emaw hrawk a^tanga khaka thi lo tel.

HÆMORRHAGE: Natna emaw inhliam avanga thisen chhuak.

HEMORRHOIDS: Taibawr emaw mawngkua a^tanga thisen lo chhuak.

HYDROTHERAPY: Tui hmanga damlo enkawl.

HYMEN: Nula thianghlim serh kua khartu rang pan tak. Inpawl hmasak berin a pawp ^thin.

HYPEREXTEND: Lungphu dan pangngai aia tlem a phu rang deuh.

HYPODERMIC: Vun hnuaia thil dah emaw awm tir.

IDIOPATHIC: A chhan hriat si lohva thil lo awm ^hi; lo awmtir.

IMMUNITY: Natna laka invenna; Natna kai lo tura invenna.

INCISION: Chemte cmaw blade hriam taka taksa zai kak.

INCISOR: Hahmai.

INSULIN: Thil sa emaw electric current a damlo enkawl.

INTRAMASCULAR: Tihrawl chhung emaw thihrawl ah

INTRAVENOUS: Thisen daw^ta injection.

INTROSPECTION: Mahni in examna; mahⁿi ngaihtuahna leh awmdan in hman tawm.

I.U.: International Unit; Vitamin leh thil dang teh nana khawvel in an in hman tawm.

LABIA: Hmeichhe serh hmawr; Mawn.

LACHRYMAL: Mittui emaw mittui bawm sawina.

LACTOSE: Bawnghnutea thlum lo awm hi.

LARVA: Rannung la insiam pui tling lo, buhchium, khuai no.

LARYNX: Aw bawm; Aw lo chhuah tanna. (Pharynx leh Trachea inkar a awm.)

LAXATIVE: Kaw^thuahna damdawi; Kaw^thuah na hlo.

LESION: Chhunglam emaw pawn lam emawa pan emaw hliam awm hi.

LEUCORRHOEA: Hmeichhe serh a^tanga tui var lo chhuak hi.

LINIMENT: Vuna hnawih chia siam tui hi.

LINOLEIC ACID: Thisen daw^t chhunga thisen khang t^ur venna acid chi khat.

LIVER: Thin. (mihringa glands zinga lian ber a ni)

LOBAR: Chuap tlang sawina.

LOZENGES: Damdawi mum te takte ei chi.

LUMBAR: Kawng emaw pum hnuaï lam sawina;

LYMPH: Thisen dawt atanga lymphathic system-a luang lut.

LYMPH NODES: Lymphathic inzawmna lai

MALIGNANT: Mi tih nat tum; nun ti hlauhthawn awm, thihpui chi

MARGARINE: Thau thlitfim tawh ei chia siam.

MASTURBATION: Zang hrawt; chhu hrawt, Mahni nawm nana serh
khal emaw sawisa.

MEDIASTINUM: AWM bawra taksa bung hrang hrang inthendarhna
lai.

MEDULLA: MEDULLA OBLONGATA: Hnungzang ruh chhunga thling leh
thluaka hriatna thazam; Lu leh taksa hriatna thazam a zawmtu.

MENSES: Hmeichhe thlatin thi neih,

MENSTRUATION: Thlatina hmeichhe thi neih sawina.

MEROZOITES: Thil nung lo insiam tantir mawl te.

MESENTERY: Pumpui bang leh ril zawmtu thil inthlep chuar deuh hi.

METABOLISM: Taksa siamtha tur leh chak nana chawa insiam lai.

MILIARY. Panna siamtu buhtun tiat leka lian lungte anga awm.

MOLARS: Hapui.

MORBID: Na emaw mi ang lova awmna.

MUCUS: Hnap, Khak, Taksa bung thenkhatin hnang a rawn siam
chhuah.

NAUSEA: Luakchhuak.

NERVE: Hriatna thazam.

NERVOUS: Narvas, inring taw lo

NEUROLOGY: Hriatna thazam awmdan leh insiam dan zirna.

NEUROTIC: Hriatna thazam buai.

NICOTINIC ACID: Vitamin chi khat; Niacin leh Niacinamide in kawp
emaw inchawhpawlh.

OCCIPITAL: Tukkhum.

OEDEMA: Taksa chhunga tui tam lutukin vun a tawn puar cmaw lo
vung.

OESOPHAGUS: Ka atanga pumpui thleng chaw kalkawng.

OLEOMARGARINE: Thau thlitfim tawh ei chi a siam.

OPHTHALMIC: Mit lampang sawina.

OPTICAL: thil enna tarmit lam angte hi.

ORCHITIS: ilmu lo vung emaw na.

OVARY: Hmeichhe tuibawm.

OVALATION: Tui bawm atanga hmeichhe chi a lo chhuah hun lai; rai
theih lai.

OVUM: tui; hmeichhe tui

PANCREAS: Thin hnuaia be ang deuh, chaw paitawih nana tui s^{awr} chhuaktu.

PATHOLOGY: Natnain mi a khawih dan leh a lo nat chhan zirna.

PELVIS: kumkuruh.

PEPTIC ULCER: Pumpui na; pumpui l^{awng}.

PENIS: Zang, mipa serh.

PEPSIN: Pumpui bang in chawpaitawih nan tui a rawn sawr chhuah.

PERFUNCTORY: Mi rilru chanve; Ngaihsam; dawngdah.

PERITONITIS: Peritoneum na. l^{awng}, v^{ung}.

PARSISTALSIS: Ril chhunga thil awm nawr sawntu tihrawl

PERITONIUM: Pumpui chunglama rang pan te pumpui banga inphah.

PHARMACOLOGY: Drugs lam chanchin zirna.

PHARYNGEAL: Pharynx lam sawina;

PHARYNX: Aw hawm chung deuh hnar leh ka chhunga pindan pakhat.

PHOTOPHOBIA: Eng hlauh riauna.

PHYSIC: Kawthuahna chi khat,

PLACENTA: Nau hlam; hlam. Naupian hnua hlam lo chhuak hi.

PLEURA: Chuap tuamtu rang pante.

POST PARTUM: Nau pian hnua thil lo awm sawina

PREGNANCY: Rai; Nau pai.

PREPUCE: Mipa serh hmawr vun

PROPHYLAXIS: Natna tlanglawn danna, venna

PROSTATE: Mipa serh a zun kalkawng tuamtu.

PROTEIN: Chaw nitrogen pai, thanna leh taksa siamthatu.

PROTOZOA. Enlenna chauhva hmuh theih nunna nei ve si rannung te takte.

PUBIS: Kumkuruh hma lam hi

PULSE: Lungphu.

PULSE: Be lam chi kawm nei.

PURULENT: Hnai la; hnai insiam.

PUSTULE: Khawihli leh arngeng ang te; hnai la.

QUACK: Doctor ni lem si lova in ti doctor ve ngawta damdawi-phuahchawp siama hralh ve thin ho hi.

QUARANTINE: Midang ten an kai ve loh nana damlo dah hrang.

RABID: Ui a in a seh atanga kai theih natna.

RACHITIC: Sawngnawina; chaw tha ei loh avanga natna.

RECTUM: Tai; taibawr.

RESPIRATION: Thaw; boruak hiplut leh chhuak;

RESPIRATOR: Thawktirna

RETCH: Luak túra uak; luak tum.

RETENTION: Vawнна; chelhna; kawluina.

SALIVA: chil; chaw paitawih nana ka atanga tui hnang lo chhuak.

SCLEROTIC: Mit tuamtu pawnlang sak deuh hi.

SCROTUM: Til; tilmu funtu hi.

SEMEN: mipa chi; baw.

SEPTICAEMIA: Thisena poison awm emaw thisena túr kai.

SEPTUM: Pingdangtu bang, hnar kaw pingdangtu bang hi.

SERUM: Thisena a sen lo lai, emaw thisen mur tel lova langtlang thei (fim) lai hi.

SINUS: Mihring ruh vela kua emaw pindan lo awm angte hi; hmai ruha lo khuar lai emaw pindan anga lo awm hi.

SITZ BATH: Baltin lian emaw-a tuilum daha chhunga thua inbual te hi.

SMEAR: Micro-organism an tih mai enlennaa en tura glass phêka an dah te.

SODIUM: Chi (liah chi) siamtu thil tereuh te te.

SPASM: Tha chat; tihrawl lo tawm thut.

SPERMATOZOA; SPERM: Chi, mipa chi: baw hnangah hian tam tak a awm.

SPINAL CORD: Hnungzang ruh chhunga hriatna thazâm hlawm lian kal hi.

SPIROCHÆTIC: bacteria chi khat in herh deuh chian.

SPLEEN: La. (hei hi a vunin la tla kan ti)

STAPHYLOCOCCI: Hrawk tina tu natna hrik chi khat.

STERILE: Natna hrik laka fihlim, thianghlim.

STERNUM: awmbawr ruh.

STEPTOCOCCI: thisen emaw hliama natna awm tirtu.

STRICTURE: thisen kawng emaw ril emaw tizim.

STRIDER: Thawk chhuah zawnga ri tup tup;

STUPOR: Chhia leh tha hriatna tlemte chauh nei tawh, Hriatna chau.

SUBCUTANEOUS: Vun hnuaillam

SULPHA DRUGS: Damdawi chi thenkhat natna hrik lo beia lo hneh tu, lo sualtu.

SUPPOSITORY: Damdawi thenkhat taikua ah emaw, serh kuaa an kah luh chite.

SYNOVIAL FLUID: Ruh chuktuah lai lo hnawihmawm emaw lo ti naltu tui hnang.

TAMPON: Lapua emaw thildang hnar emaw chhukua a an hawh luh chi.

TEMPERO-MANDIBULAR JOINT: Khabe hnuaillam leh chunglam in-zawнна lai ruh chuktuah.

TESTICLE: Mipa chi insiamna; tilmu.

TETANUS: Sakawrek hrik; taksa nasa taka a titawm thei; khabe bal.

THERAPY: Natna enkawlina, enkawl emaw nghaisakna.

THERMAL: Lum leh sa sawina.

THERMOMETER: Khawsik enna; Khawsik teha.

THROMBOSIS: Thisen khal; thisen kal tibuai thei

THROMBUS: Thisen dawta thisen khal lo awm, thisen kal lo tibuita

TONSILS: tonsil; Dang chhunglama awm hi.

TONSILECTOMY: Tonsil paih; zaithla.

TORSO: Taksa ruangam.

TORNIQUET: Thisen kal ti chawl tûra rek emaw hreng ping.

TRACHEA: Thawkna dawt

TRACHEOTOMY: Thawkna dawta thawk daltua lo awm palhin thawk-
nadawt an vuah chawp thin a hetianglam sawi nan he thu hi hman
a ni.

TREMATODE: Rila awm rulhut chi khat.

TRICHINA: Mihring tihrawl karah te vawk tihrawl karah te hetiang
rulhut hi a awm thin.

TYMPANUS: Bengdar; benglaihaw.

ULCER: Lâwng; pân

UMBILICAL CORD: Laihrui. Naute leh a nu inzawmna hrui.

UNDULANT: Danglam thut thut, ngai awh lo, undulant fever an tih
ang te hi.

UREA: Zun, nitrogen pai.

URETHRA: Zunna dawt.

UTERINE: Chhul lampang thil.

UTERUS: Chhul

VULA: pharvnx a lo het ve, dangmawn

VACCINE: Cowpox atanga tuihnang an lak chhuah, natna inven nana
taksaa an thun thin.

VAGINA: Chhukua, chhul atanga pawn lama dawt emaw kua lo
chhuak.

VASECTOMY: Mipa til atanga chi lo chhuahna lo chhu chat. Mipa in
zai, insiam

VENOM: Rul leh rannung thenkhat tûr.

VENTRICLE: Lung pindan hnuai zawk.

VERMIFUGE: Rulhut ti chhuak tûra dam daw i an hman chi khat, Rul-
hut hlo

VERTEBRA: Zâng ruh. hnungzang ruh.

VIRULENT: Hlauhawm; mi tihchhiat tum, tûr ang mai.

VITAMIN: Vitamin chawa thil awm, taksa tana tha leh tangkai.

VITAMIN: 'A' Hei hi thauah a tui thei a. Mit malh vengtu a ni

B₁ Thiamin. Beriberi laka min vengtu a ni

B₂ Riboflavin. Vun panna laka min veng tu

B₆ Pyridoxine. Min than tirtu a ni

C. Ascorbic Acid. Chaklohna laka min veng tu a ni.

D. Ni eng vitamin. Sawngnawina laka min vengtu

P.P. Niacin. Pellagra (chaklohna chi khat) laka min
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Natna Zawlawlna

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