

# The Mizoram Pharmacists



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## Nimesulide

**A hming dang:** Nise, Nimulid, Nicip, Nimutab, Nisulid, Nimesil, Sumo, etc.

**Eng atana hman nge?** Damdawi hi category hrang hrang hian then a ni a. Nimesulide pawh hi NSAIDS kan tih, non-steroidal anti-inflammatory drugs-ah telh a ni a. A hmanna ber chu khawmik tirehtu leh na chhawkna atan a ni.

**Eng chemical nge a nih?** A chemical hming chu N-(4-Nitro-2-phenoxyphenyl) methanesulfonamide.

**Eng angin nge kan hmuh thin?** Damdawi mum chi te, vun hnawih, mawng-hnawh, a dip tuia ral thei chi te, inchiu tein a awm.

**Engzat nge ei tur (Dose)?** Nimesulide hi paracetamol ten darkar 4-6 hun chhung hna an thawk ang lo takin, darkar 12-18 chhung hna a thawk thei.

**Puitling tan:** Ni khatah 100 mg, ni tin wavi hnih ei a tawka, a aia tam ei loh tur a ni.

**Side Effects:** Nimesulide hi na chhawkna chak leh tha tak ni mah se, mihring taksa hi a inang vek lo va, churang chuan vun thak te, luak chhuak te, luna te, khawthalo te a thlen thei a ni. Tin, ei tam chuan thin (liver) leh kal (kidney) te tan that lohna a siam thei nasa em em a ni.

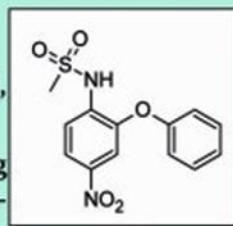
**Nimesulide hi damdawi him a ni em?** Nimesulide hi damdawi tha tak a ni a, amaherawhchu khawvel ram hrang hrangah an khap a; a chhan chu mitliam (jaundice) leh hepatitis te a thlen awl em em a ni. European Medicine Evaluation Agency chuan naupang kum 12 hnuai lam hman atan chuan a khap tlat a ni. India ramah pawh kumin atangin Union Ministry of Health and Family Welfare chuan naupang ei a khap ve tawh bawk. Ruh na nei tan te, inbilh palha na chhawkna atan te a tha em em a ni. Kum upa lam leh zunkawng lam fel lo tan ei loh theih chuan ei loh a him a. Zunkawng damdawi, entir nan, hydrochlorthiaride te, acetazolamide te leh Beta blockers kan tih ho Propanolol te, Nadolol, etc. nena ei kawp hian, heng a chung a mite hnathawh hi nasa takin a tihnia thei a ni.

**Naupai tan a him em?** Nu, nau hnute pe lai tan chuan fimkhur taka a dose ei dan tur dik taka ei tur a ni a, nau pai tan chuan ei loh a him a ni.

**Naupang tan a him em?** Naupang kum 12 hnuai lam tan chuan ei loh tur a ni. Thin (liver) a tichhe thei.

**Damdawi dang nen ei kawp a pawl em?** Nimesulide hi damdawi dang nen a inhal thu hriat ni lo mah se, mihring dinhmun that loh dan azirin thleng thut thei a ni.

**Chaw leh thil dang nena ei pawl a pawl em?** Chaw lam nen a inhal hriat a ni chiah lo va, mahse zu nen ei/in pawl loh tawp tur a ni.



## LAWRKHAWM

# RIPANS chuan tunah hian Accreditation nei turin hma an la mek. Ionchromatography System, Dwnex, USA siam an install thar a, hetah hian Conductivity detector, Electrochemical detector and Variable Wavelength detector te a awm nghal a. Anions, cations, heavy metals, alcohol, carbohydrate te an test thei tawh dawn a ni.

# Dt. 20<sup>th</sup>-24<sup>th</sup> May, 2011 chhung khan Biotechnology Hub buatsaihin 1<sup>st</sup> Summer School Workshop buatsaihi a ni a, University-a research Scholar, College zirtirtu leh Higher Secondary School zirtirtu mi 16 zetin an attend a, an hlawkpui hle. Co-ordinator Pi K. Thanzami, Asst. Professor, RIPANS kan chhuang hle.

# Pu Laldusanga Pachuau-in Civil Hospital-a damdawi prescribe dan a zirna hmasa (preliminary studies)-a a report chu Indian Journal of Hospital Pharmacy-in a tichhuak a, kan chhuang hle. He paper hi Taiwan-ah present turin an pawmbawk.

# Pi T.C. Lalhriatpuii, Asst. Professor, RIPANS chuan a PhD thesis te theh lut zovin, viva-voice te a zo fel tawh a, official-a Dibrugarh University-in Doctorate Degree a pekchiah anghakta.

# March ni 5-May 7, 2011 chhung khan Gandhinagar, Gujarat-ah Food Safety Training' neih a ni a, Mizoram atangin Drugs Inspector pali- Pu Lalhmilinglana, Pu K. Lalngilneia, Pu R. Vanlalsiama leh Pu Samson Lalakmawia te an kal. Tunah chuan Drugs Inspector-te hi Food Safety Officer-a notify an ni tawh.



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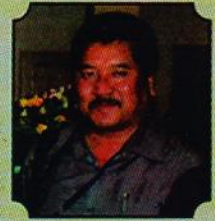
**DAMDAMI  
CHUNGCHANGAH  
ZAWH DUH I NEI EM?**

- Damdami ei kawp loh tur i hria em?
- Damdami i ei nghawng (side effect) eng nge?
- Damdami i ei khan nghawng tha lo (adverse effect) eng nge a neih?
- Damdami engtia ei tur nge?
- I damdami ei kha a hlauhawm em?

Hengah hian harsatna i neih chuan **Drugs Information Centre**, Mizoram State Pharmacy Council office, Phone No. 0389-2306497-ah office hour chungin zawt la, an lo chhang ang che.

**PRESIDENT'S MESSAGE**

Hei le, a vawi hnihna atan keini Mizoram State Pharmacy Council chuan, damdawi mal thlur bingna 'The Mizoram Pharmacists' bulletin hmangin kan han buatsaih leh a ni a. Chhiartu ten in hlawkpvi ngei ka duhin ka beisei tlat a ni. Chhuak hmasaa kan rawn thlur bing, Paracetamol tih khan mite hlut a hlauh ve hle mai a, copy tam deuh zawk siamna kan neih loh avangin a chhiar duh zawng zawng pawh kan pe kim thei lo che u kha hrehawm kan ti tak zet a, tun tumah hian Nimesulide chungchang kan rawn thlur bing leh a ni a, hei pawh hi duh ang chuan kan ti tam thei lo leh pek a. Sum leh pai dinhmun tha zawka kan din theih chuan tun aia zing zawk leh copy tam zawka rawn tihchhuah hi kan tum a ni. Chhiartu zawng zawngten in lo hriat ve mai mai atana kan duh chu, hetia damdawi mal kan rawn thlur bingnaah hian khawvela mi thiam ber berte zirna atangin kan hriat ve atana pawimawh chu kan rawn lawr kim viau a ni tih hi. Aw le, 'The Mizoram Pharmacists' bulletin chu hei le - in tan, kan tan!



**A RUALA DAMDAWI EI TEUH HI**

- Rosangluaia, M.Pharm

Mizote hian vawikhata damdami ei teuh hi kan sim hleitheilo ani ber mai a. Thenkhat chuan in tihtheihnan te an hmang zawk mah a mawn chu tih theih ani. Damdami a ruala ei teuh hi a then chuan tha zawk a ngai te an awm hial a, hei hi a hun laia tha anga lan chang awm thei mahse hun rei tak ngaihtuah chuan a hlauhawm hle thung si ani.

Damdami te hi (abikin a ei a ei chi te hi) kan ei hian kan taksaah hna thawk nghal turah kan ngai thin a. Damdami hian kan ei atanga kan taksa a hna thawk tan tur hian minute 15 atanga darkar 3 lai te a mamawh thin a, darkar chanve atanga ni khat chung thawk thei te pawh a awm bawk. Kan damdami ei te hian hna an thawh dawn chuan thisenah an luh phawt a, taksa peng hrang hrangah an in semdarh angai a. Damdami kan ei hian ka atang te, chawkawng atang te, hrawk atang te, pumpui atang te, rilte leh rilpui atang te a thisen a lut tura tih te an awm a. Kan ei hnuah heng an thlenna turte hi an thleng phawt a, chutah chuan taksa in a lo hip a, thisen ah an lut chauh thin a. Hei avang hian a a thawh tan hun hi a reilo theilo a. In chiu hi chuan thisen ah a luhngal avangin hna a thawk nghal ani. Thenkhat chuan thawk nghal turah an ngai a, an ei atanga minute khat an nghak a, a rawn thawh nghal mai loh chuan an ei zel a, a hnua a rawn thawh tak hnu khan tha ta hle ah an ngai thin a. A awmzia zawk chu an ei hmasak ho kha a rawn thawk tan chauh ani a, mum 7 an ei naah mum 1 na a rawn thawk tan a, mum 2 leh 3 na in a rawn fin meuh chuan a concentration a san tawh thin avangin a thawk na a, dam huai angin an in hria a, mahse a bak mum 4 te kha chu a extra annih tawh avang in an taksa tana thatna ai mahin chhiatna thlentuh an tang tawh mai thin a. Ahun laiin dampah huai mahse a hnu zel atan taksa in a tuar tawh thin.

Damdami kan ei te hi taksa a thawk tur chuan a receptor (lo dawngsawng tu) bik annee vek a. Heng a receptor nena an in belhbawm dan hi chahbi leh tala ang deuh ani a, an dawnsawn tur leh dawngsawngtu tur diktak an in belhbawm loh chuan hna an thawk thei chuang lo. Vawikhata damdami kan ei teuh hian kan damdami te kha a receptor tur bikte khan an daih ta thin lo a, bakah mamawh aia tam receptor a hmang ta thin a. Receptor nena in belhbawm bak kha chu taksa peng khawi lai lai ah emaw an chambang ta a, taksa chaklo ah pheih chuan chhiatna hial a thlen thei ani. Tin, tullo a receptor a hman hnem lutuk hian taksa hnathawh pangngai a tibuai thei bawk.

Chuvangin natna tuar hrehawm lutuk te kan nei anih chuan, doctor emaw, pharmacist emaw, nurse emaw kan hnaih ber te pan a tha ber. Bakah tlang hri leng lakah dam vat duh avanga vawi khata damdami kan ei teuh hian natna hrik atan zawk kan that a, amaherawhchu, a chambang te an awm thin avangin ei hun chung tur leh ei zat tur ei a, natna hrik zawng zawng thah hi damna diktak zawk chu a ni.