

# The Mizoram Pharmacists



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## IBUPROFEN

**Hming dang:** A hming dang chu Brufen, Advil, Midol, Fenceta, Flexon.

**Eng atana hman nge?**

Damdawi hi category hrang hranga then a ni a, Ibuprofen pawh hi non-steroidal anti-inflammatory drugs-ah telh a ni a. Khawsikah te, lu naah te, ha na-ah te leh ruh na chhawkna atan te hman bik a ni.

**Eng chemical nge a nih?**

Iso-butyl-propanoic-phenolicacid

**Eng angin nge kan hmuh thin?**

A mum te, inchiu te, a tui chi (syrup) tein a awm a ni.

**Engzat nge ei tur?**

Ibuprofen hian darkar 6 atanga darkar 8 taksaah hna a thawk a. Mihring tak-saah ni khat chungin 3200 mg aia tam a lut tur a ni lo.

**Puitling tan:** 400 mg - 800 mg darkar ruk emaw darkar riat danah ei theih a ni.

**Naupang tan:** Khawsik leh na chhawkna atan naute thla 2 atanga kum 11 inkar tan 5 mg/kg darkar ruk atanga darkar riat danah pek tur a ni. Ni khatah 40 mg/kg aia tam pek tur a ni lo. Naupang ruh natna nei (rheumatoid arthritis) nei tan 30 mg - 50 mg ni khatah divided dose-in wawi thum emaw wawi lia pek tur a ni (wawi khat pekah 7.5 mg - 15 mg). Ibuprofen mum hian ei atanga minute 15 chhung velin hna a thawk nghal thei a, a rei berah darkar 6 atanga darkar 8 ch-hungin taksaah hna tha takin a thawk thei.

**Damdawi him a ni em?**

Damdawi reng reng hi chu tul leh hnathawh tha lo nei an ni vek. Mahse Ibuprofen hi a ei dan tur dik taka ei chuan damdawi him tak nia ngaih a ni.

**A hnuai mite hi a him loh dan chu a ni:**

Nu, nau thla 3 pai tan ei loh a him em em a, nauchhiat a thlen hma bik. Doctor--in an chawh a nih loh chuan ei loh tur a ni. Ibuprofen hi ei dan tur aia tam ei chuan lung tha lo, lungphuchawl te, thluaka thisen zam chat te a thlen awl bik. Lung (heart) zai hma chiah leh zai zawh hlimah ei loh tur a ni. Tin, thawhah te, pumpui lawng te, kawthalo te, luak chhuak, vun thak, khaw hmuh fiah lo, jaundice leh hypertension te a thlen thei bawk a ni. Zu nena inpawlhin kawchhunga thi tling (internal bleeding) leh pumpui lawng nasa takin a thlen awlsam bik em em a ni.

**Naupang tan a him em?**

Naupang leh nausen tan a him tawk nia ngaih a ni a, amaherawhchu ei dan dik taka pek tur a ni.

**Damdawi dang nen ei pawlh a him em?**

Aspirin nena ei pawlhin Aspirin hnathawh nasa takin a tihnam thei a, ei pawlh loh a him a ni. Damdawi dang nen a inhal thu hriat a ni lo. Mimalah erawh a thleng thei.

**Chaw leh thil dang nena ei pawlh a pawl em?**

Ibuprofen hi chaw emaw, bawngnhnute emaw nen pawh ei pawlh a pawl lo va, pum puar laia ei tur a ni.

## LAWRKHAWM

# Mizoram State Pharmacy Council office chu Zarkawt atangin Directorate of Health Services opposite, Dinthar Venga Pu Hausiama building chhawng khatnaah sawn a ni a, telephone no. thar 2321683 pek a ni.

# Research Project: Kan State Pharmacy Council member PU Zothanpuia, Asst. Professor, Deptt of Pharmacy, RIPANS chuan AICTE atangin project thar 'Establishment of the Evaluation Mechanism of Modern Pharmacology' (10 lakhs) a hmu.

# Deptt of Pharmacy, RIPANS chuan instrument tha tak tak, Gas Chromatograph System, Automatic Tablet Punching Machine leh Fuelled Bed Dryer te an nei thar.

# Food Safety & Standard Act, 2006 hnuai Drafting Committee member atan Pu Lal-sawma Pachuau, Deputy Drugs Controller chu ruat thar a ni. Pharmacy Council of India hnuai Professional & Public Relation Committee member atan ruat a ni bawk.

# Govt. of India, Directorate General of Health Services hnuai DTAB 60th meeting October, 10, 2011-a nei chuan, Nimesulide hi ni 10 aia tam hman phal a ni lo va, a aia rei hman a nih chuan thin (liver) function test a khat tawka nei tur a ni, an ti. Tin, damdawi siamtu company-te pawhin he thu hi anmahni label-ah an ziak lang tur a ni tiin thuchuah an siam.





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## Message from the President

Sum ngah tawk loh vangin duk angin damdawi mal thlir bingna kan rawn tichhuak zing thei lo va, paw ka ti hle mai. Mizoram State Pharmacy Council hian mipuite tan a tangkai theih ringin damdawi mal kan thlir bing thin a, hei hi tha ti tak tak in awm thin avangin min tiphur a. Hei, tun tumah hian damdawi kan hriat lar tak, Ibuprofen kan rawn chhui leh a ni a, uluk takin lo chhian leh teh u khai. Thil pakhat, ka vei em em mai chu - Mizote hian damdawi hi kan va basa ngam ve tih hi! Kan duk duk kan lei a, kan duk hun hunah kan ei ringawt mai hi chu inen chian a hun lo maw? Chu mai chu a la ni hlei nem, damdawi zuara ei zawn kan tum tlat mai hi eng ribru pu nge kan nih aw?! Damdawi zawrh hi mithiam bikte chanpual a ni tih hi mipui mimir hian hriat a va hun ve tawk tak em! Engpawh ni se, hei le Ibuprofen chu...

## DRUGS HI ENG NGE NI?

Drugs han tih mai hian a huam zau thei hle a. Kum 1996-a WHO-in a sawifiah dan chuan, 'Drugs chu eng thil pawh mihring taksa bung hrang hrang hnathawh dan siamtha tur emaw, a that lohna zawng chhuak tura hman emaw hman tura siam, a hmangtuin a dampui/thatpui ngel turte hi a ni,' a ti a. Hei lo pawh hi hrilh-fiahna chi hrang hrang a awm bawh.

Damdawi hrim hrim hi kan taksa nghawng tha lo nei miah lo hi a awm reng reng lo ti ila, a sual awm lo ve. Miin damdawi a hman reng rengin, a duk tak hnathawh piah lamah nghawng tha lo a nei tel zel tih hriat a tha.

Damdawi hnathawh dan hi hriat kim sen a hi hauh lo va, a then a zar chauh hi hriat theih a ni. Chuvangin a chhe lam zawnga a hnathawh hi sawi kim sen chi a ni lo. Chutah pawh tam tak chu pumpelh theih a nih lain tam tak chu a pumpelh theih loh bawh.

- Lalsawma Pachuau  
President, MSCP

## DAMDAWI CHUNG-CHANGAH ZAWH DUH I NEI EM?

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

Hengah hian harsatna i neih chuan

DRUGS INFORMATION CENTRE

Mizoram State Pharmacy Council Office,

Phone No. 0389-2321683-ah office hour chhungin zawt la, an lo chhang ang che.

