

# The Mizoram Pharmacists

2014-2015

## Responsible USE of Medicines role of Pharmacists



A magazine published by Mizoram Pharmacists' Association  
in collaboration with Mizoram State Pharmacy Council  
in commemoration of National Pharmacy Week 2014



# THE MIZORAM PHARMACISTS 2014-2015

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GOVT. OF MIZORAM

## MESSAGE

Mizoram Pharmacists' Association Annual Magazine kum tina tih chhuah '**Mizoram Pharmacists**' a thuchah ziak tura min sawm avangin **LAWMTHU** ka sawiin, kum tina Magazine changtlung tak in ti chhuak thin hi a lawmawmin, a buaipuitu te'n fak in phu hle ani.

Pharmacists te hian in hna rinawm taka in thawh mai piah lamah, tunlai a kan ramin kan buaipui em em, Damdawi tawlh ruk, hralh leh hmansual chung changah hian, nasa taka in theihna zawng zawng hmanga tan in lak a pawimawh in, damdawi suak dapchhuahna kawngahte pawh tan nasa taka la turin ka ngen duh bawk che u ani. Ramhmul atanga damdawi hmuh chhuah kawngah in thiamna leh, finna te hmang tangkai turin leh, Damdawi thalo laka mipui te veng turin ka chah duh che u ani.

'**Mizoram Pharmacists**' chhiartu zawng zawng te'n hriselna kawngah hlawkna nasa zawk an neih ngei theih nan duhsakna ka hlan a che u.

Dated Aizawl  
the 27<sup>th</sup> October, 2014

  
(LAL THANZARA)



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**Dr. K. ROPARI**  
PRINCIPAL DIRECTOR  
HEALTH & FAMILY WELFARE  
GOVT. OF MIZORAM

## MESSAGE

Mizoram Pharmacists Association ten Pawl leh mipuite tana tangkai tur hetiang 'Annual Magazine' an han chhuah leh thei hi a lawmawmin pawl nung tak, ram leh mipui tana chhenfakawm tak ni zel turin fuihna leh duhsakna ka hlan a ni.

Pharmacist te hi ram leh mipui hriselna atan leh changkanna tura a kila lung tangkai berte zing ami an ni a, kan damdawi mamawh te siama, vawng tha a, a that leh that loh te vila buaipuitu pawimawh tak an ni bawk. Tunah phei chuan ram te tak te la ni mah ila, damdawi piah lamah ei leh in (Food) hriselna nen lam kan hma alo ni leh ta zel a, kan hmachhawp hi a lianin tihtur kan ngah hle mai. Tanhona tha leh awmze nei lo nen phei chuan kan tum ram te hi han thlen mai theih pawh a ni lo. Chuvangin tanhona hi a pawimawh zel dawn.

A department ang zawnga han ngaihtuah hian Food and Drug Administration kan han tih pawh hi Health & Family Welfare Department hnuaiah chuan sorkar tana chhenfakawm tak ala ni tial tial dawn a, 'Revenue Source' pawimawh tak kan ni reng a, Food lam kan han hma leh tak chinah phei hi chuan sorkar leh mipui te tan 'sum hnar' pawimawh tak te zing ami kan la ni deuh deuh dawn a. Tunah hian duh angin kan FDA Wing hi tichak phut phut thei lo mah ila, hma erawh chu kan la sawn zel a, thawhhona tha tak hnuaiah State dang te entawn tur sulhnu hi kan la nei chauh dawn niin ka ngai.

FDA kal tlang hian National Health Mission hnuaiah pawh a thlawna damdawi, dam lo te hnena pek tur chungchang hi hma kan la mek a, rei lo teah mipuiten damdawi lama OPD leh IPD lama kan insenso neih neuh neuh te hi alo ziaawm tawh dawn a ni. Chumi hma erawh chuan kan tihtur neih te fel taka kan hlen theuh a tul dawn.

Kan ram hi kan sawi fo thin angin a tet anga en mai chi a ni lova, pharmaceutical drugs hman khawloh lamah pawh a 'percentage' atanga lak chuan khawvelah hian a nep pawl kan lo ni hauh lo mai. Hei vang hian Pharmacist te kan tan a tul a, chhungkaw tam tak buaina leh mittui luanna, thalai nun tam tak a hun lo taka kan channa te hi tittlem turin tih tur kan nei vekin ka ring. Theihtawp chhuah ila, kan thiamna leh hriatna hmang hian mipuite pawh i zirtir ang u. Hriselna lamah hian mahni mimal hriselna ngaih pawimawhna (Health Seeking Behaviour) hi kan la neih hniam avangin helama thawktute hian mi min sawm leh min rawn mamawh hmasak hun ngahk lova chet kan lak hi a pawimawhin, 'Awareness' hi a remchanna apiangah I kalpui ang u.

Hetiang lehkhahu siam buaithlakzia leh mahni hna pangngai baka tihtur a tamzia chu kan hre theuh awm e, chuvangin thuziak thekhawmtu leh a buaipuite zawng zawng in fakawmin, hma I sawn zel ang u.

(Dr.K.ROPARI)



**LALSAWMA PACHUAU**  
PRESIDENT  
MIZORAM STATE PHARMACY COUNCIL

## MESSAGE

Mizoram chhunga ka Pharmacist puite a hmasain duhsakna sang ber chibai ka buk a che u. Hun eng emaw chen atang khan Mizoram Pharmacists' Association leh Mizoram State Pharmacy Council tangkawp ten annual magazine 'The Mizoram Pharmacists' tih kan chhuah thin a. He kan magazine chhuah thin hian kawng tam takah Mizorama Pharmacist-te thawhhona thatzia leh hma kan sawnzia a lantir bakah pharmacy profession mipuite hmaa min pho chhuahsaktu pawimawh tak a ni a. Pharmacist-te hi tihdamna rawngbawlnaah hian sawrkar leh khawtlangah tangkai taka hna thawktu kan nihzia min puanzarsak thin a. Hetia kum tina kan ti thei hi a ropuiin fak tlak a tling hlein ka hre thin. A phena rim taka thawktute leh thu leh hla tha tak tak rawn ziak thintute chungah lawmthu ka sawi a, an thawhrimna a chhuanawm takzet a ni.

Pharmaceutical sciences hian hma a sawn chak em em mai a, ni tin, thla tin hian damdawi thar leh thiamna thar hmuhchhuah reng a ni a. Keini ram, India ramah ngei pawh hian hmasawwna a kal chak em em a, chuvang chuan heng hmasawwnate hian min tlansan loh nan keini Pharmacist-te hian kan inzir a, kan intuai thar reng a ngai a ni. Tuna kan magazine-ah chhiar tur tam tak pawh hi kan mi thiamte research paper tha tak tak a ni leh dawn a, uluk takin i chhiar theuh teh ang u.

Mizoram bikin Pharmacy lin-a hma kan sawnzia hi a ngaihnaawmin ropui ka ti thin. Kum 1986-ah Pharmacy Graduate hmasa ber kan nei ve chauh kha a ni a, tunah chuan M.Pharm, Ph.D te kan nei ta nawk mai te leh, nakkum mai atang phei chuan Doctor of Pharmacy (Pharm D) kan nei tawh dawn a. Pharm D ngatte phei hi chu North-East-ah a nei hmasa ber kan ni dawn hialin a lang. Pharm D hi waviina kan sawrkarin la hre thui lo hle mah se, ram changkang USA, Europe leh Australia ten nasa takin an kalpui a, hospital-ah medical specialist-te nen inrawnin damlo enkawl hna an thawk a, hei hian damdawi hman dan leh natna khirh bik enkawlnaah nasa takin hmasawwna a thlen a, adverse drug reaction leh complication tam takah an inpuibawm thei thin a ni.

Hmasawwna tam tak nen kan ram leh hnam hrisna vawngchim a, theihtawpa kan thiamna leh hriatna te ram tana hmang tangkai theuh tura insawm chungin, chhiartu zawng zawngte duhsakna ka hlan a che u.

  
LALSAWMA PACHUAU



**Dr. H. LALHLENMAWIA**  
PRESIDENT  
MIZORAM PHARMACISTS' ASSOCIATION



## MESSAGE

### "Responsible Use of Medicines: Role of Pharmacist"

National Pharmacy Week - 2014 kan lo thleng leh ta a, Pharmacists zawng zawng te chibai ka buk a che u.

Kan thupuiin chiang taka a tarlan angin damdawi hman chungchang ah mipui ten him tak leh a nihna tur ang taka damdawi hmanga in enkawlna an hmuh theih nan a mawhphur tu kan nihna te hriat thar leh a tul hle mai.

Pharmacists zawng zawngten hmasawn tur a tan la a, kan hriatna te intuaihriam reng turin kan hun hman mek National Pharmacy Week - 2014 ah hian ka chah duh che u a, kan thiamna te mipui rawngbawlna atan i hmang zel ang u.

Dr. H. LALHLENMAWIA

## Editorial

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Mizoram Pharmacists' Association hmingin chibai ka bûk a che u.

Hei, kuminah **'The Mizoram Pharmacists 2014'**

Editor atan kei tehlul hruaituten min ruat ve hi lawmawm ka tih em em rualin, huphurhawm ka ti khawp mai a. Theihtawp chhuaha he magazine hlawhtlinna atan kan tha neih ang angte han seng ve bawk mah ila, mit tlun tawk lohna laite a awmin, chhiartute hnemhnanpui leh tuipui tham kan khäwr pum lo ang tih ka ring a, hriat thiam a ngaihna lai zawng zawnga min lo hrethiam mai turin ka ngen che u a ni.



Hun chêp leh hmun inkarakîkah, tawnhriat nei lovina kan árkhawthimdai chawp a nih avangin kham khawp chhiar tur kan inhlui thei lo na a, kan neih chhunte erawh hi chu an thu pai a tak tha hlawmin, chhiar an manhla thawkhat tih erawh ka'n zep ve hram duh a. Uluk takin kan chhiar dawn nia.

Article bengvarthlâk leh thuziak chhawrnahawm tak tak min ziahsak a, min thawhsaktute chungah lawmthu ka sawi tak meuh meuh a. Chhiar theiha magazine min puitlinsaktute zawng zawng chungah ka lawm takzet a ni. Chhiartute tan kawng eng emaw tala tangkaina a châwkchhuah theih ngei ka beisei e.

Chhiartu zawng zawngte duhsakna ka hlan a che u.

A handwritten signature in cursive script that reads "Esther".

ESTHER LALDUHAWMI HNAMTE

# General Secretary Report



Lalhminglana  
General Secretary  
Mizoram Pharmacists' Association



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Sl No.	Name	Designation	Address of Profession
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2	C. Vanthuma	Vice President	Cancer Institute, Zemabawk
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5	R. Rodinglana	Finance Secretary	CMS, Zemabawk
6	Vanlalhluti	Treasurer	Civil Hospital, Aizawl
7	Lalsawma Pachuau	Adviser	Directorate of Health Services
8	F. Lalliantluanga	Adviser	Directorate of Health Services
9	Sanglura Sailo	Sr. Adviser	Electric Veng, Aizawl
10	C. Zoliana	Sr. Adviser	Ramthar Veng, Aizawl

## 2013 - 2014 EXECUTIVE COMMITTEE MEMBERS

Sl No.	Name	Address of Profession
1	Thangkima Ralte	Vaivakawn, Aizawl
2	H. Thankima	Kulikawn, Aizawl
3	H. Lalnuntluanga	Dte. of Prison
4	K. Zakamlova	CMO 'W', Aizawl
5	T.L. Rualawia	PHC, Sairang
6	F. Vanlallawma	Civil Hospital, Aizawl
7	Huntharchena	Kulikawn Hospital



8	H. Vanlalruatthanga	Kulikawn Hospital
9	Lalvuana	DHS
10	Lalbiakthanga	DHME
11	K. Lalremmawia	CMS, Zemabawk
12	Rothanga Ralte	CMS, Zemabawk
13	H. Zairemmawia	CMS, Zemabawk
14	Lalhuzauva	Civil Hospital, Aizawl
15	C. Lalhmachhuana	RIPANS, Zemabawk
16	Zothanpuia	RIPANS, Zemabawk
17	Lalhmingliani Pachuau	MSACS
18	Lalzikpuii	RIPANS, Zemabawk
19	Lalnuntluangi Pautu	Mualpui, Aizawl
20	Esther Lalduhawmi Hnamte	MSPC

# Kuminah Executive Committee Meeting vawi 4 neih a ni.

# MPA Member-te hi 271 kan awm mek a, kuminah member thar 20 kan nei a ni.

### **Pharmacist Day hman a ni:**

India ramin Sept 25 hi Pharmacist Day atan a puan tawh a ni a, he hun hriat reng nan thupui “Access to Pharmacist is access to health” banner tar ni se tia MSPC-in a rawt chu RIPANS, Central Medical Store, Civil Hospital, Kulikawn Hospital leh Directorate of Health Services-ah te tar a ni a, hemi atan hian MSPC-in min beisei angin sum thawh ve a ni.

### **The Mizoram Pharmacist magazine chhuah a ni:**

The Mizoram Pharmacist Magazine chu kumin hian tihchhuah leh a ni a. Member-ten article tha tak tak kan thawh thin a, kan hlawpui ngei kan beisei takzet a ni.

### **SL SAILO PHARMACY AWARD - Pharmacy Students Of the Year 2014:**

Kum tinin Pharmacy Student of the Year, RIPANS-a Mizo B.Pharm zirlai zinga tiha ber hnenah Citation leh Cash award Rs.3000 pek thin a ni a, hei hi kan Senior Adviser Sanglura Sailo-in min tumsak thin a ni. Kumin hian John Ruolthanglien Khongsai s/o H. Manga Khongsai (L) Electric Veng, Lunglei chuan 68.29 % hmuin a hnenah hlan a ni.

## **General Conference cum National Pharmacy Week 2014 hman a ni:**

General Conference cum National Pharmacy Week hman a ni a, programme tlangpui hetiang hi a ni:

### **PROGRAMME**

A hmun	: Tourist Lodge, Aizawl
A hun	: 20th November 2014, 11:00 AM
Chief Guest	: Pu Lalthanzara Hon'ble Minister, Health & Family Welfare, GoM
Registration	: 10:30am - 11:00am
Inaugural	: 11:00am - 12:00pm
Compere	: Sarah Laldintluangi, Asst. Director (F&D) K. Lalremmawii, Asst. Professor, RIPANS
Devotion	: Pu Thangkima Ralte, Exe. Comm. Member
Presidential Address	: President, MPA
Presidential Address	: President, MSPC
Release of Magazine	: Chief Guest
SL Sailo Pharmacy Award and Speech by Chief Guest	
Address on National Pharmacy Week 2014 by Registrar MSPC	
Vote of Thanks	: Vice President, MPA
Lunch Break	
Rorel leh Inthlan	: 1:00pm - 3:00pm
Chairman	: President, MPA
Report	: General Secretary, MPA Finance Secretary, MPA
Rorel leh Inthlan	
Dinner	

**Sùнна :**

1. Pu Chawngpianga, Rtd Pharmacist chu Feb 11, 2014-ah a boral a, a chenna hmun Ramhlun North, Aizawlah vui a ni. March ni 6, 2014 khan MPA-ten rálin Rs.20,000 ralna thilpek hlan a ni.
2. Pu Darchhunga, Rtd Pharmacist chu Jan 16, 2014-ah a boral a, a chenna hmun Republic Veng, Aizawlah vui a ni. March 6, 2014 khan MPA-ten rálin Rs.20,000 ralna thilpek hlan a ni.
3. Pi Lalhmingliani, Rtd Pharmacist chu May 11, 2014-ah a boral a, a chenna hmun Zarkawt, Aizawlah vui a ni. May 22, 2014 khan MPA-ten rálin Rs.20,000 ralna thilpek hlan a ni.

Kan member boral tate hi MPA chuan pawí a tiin a ui takzet a, an chhungte Lalpa'n awmpuiin thlamuan zel se tih chu kan ñawngñaina a ni.

*K. Lalremmawii*  
*Asst. Professor*  
*Deptt of Pharmacy, RIPANS*

## CLINICAL PHARMACY AND PHARMACY PRACTICE

**T**un hnaia India rama Pharmacy profession tana thil lawmawm leh chhinchhiah tlak tak chu Clinical Pharmacy & Pharmacy Practice subject zir theiha kan lo nei ve ta hi a ni. He subject hian Pharmacist-te chu nasa lehzuala clinical practice lama kan hmasawna tur leh hriselna lama mipuite tana Pharmacist-ten kan thiamna kan hman lehzual theihna tura rahbi pawimawh tak ni tura beisei a ni. Subject thar, mipui nawlpuiina kan la hriat vak loh a nih avangin India rama din a lo nih dan tlangpui han thlir phawt ila.

India-in zalenna a hmuh hma hauh aṅang tawhin Banaras Hindu University-ah Pharmacy degree hmasa ber hi zir theihin a lo awm tawh a. Tichuan, India-in kumpinu lak aṅanga zalenna a hmuh hnu lawkah Pharmacy Act hmasa ber chu



siam a lo ni ta a; chumi kal zelah chuan kum 1953-ah First Education Regulation chuan Pharmacy profession practice turin a hniam berah Diploma in Pharmacy a ni tur a ni a lo ti a. Tichuan, hei hi vawiin thlenga hman a lo ni ta a ni. Hemi hnu kum reilote chhungin India rama Pharmacy profession chu nasa takin formulation hrang hrang siam chhuahna lamah hma a sawn a ; chumiin a hrinchhuah chu, tunah hian India ramah hian formulation chi hrang 60,000 vel siam chhuah mek a ni. Hemiin a entir Chiang em em mai chu Pharmacy profession zir chhuak thiam tak takte chuan, an zirchhuah veleh Industry lamah hna an zawng zel a ni tih hi a ni. Pharmacist-te hian kan thiamna hi clinical practice lamah kan hmang tlem em em a. Hei avang hian kum 1980 leh 1990 chho bawr velah chuan hai rual lohin damdawi hmansual (drug misuse), antibiotic resistance, adverse drug reaction te leh t̄ul loa sum hloh te chu a hluar tan ta em em a. Kum 1990 chho phei chu harh chhuahna period a ni tak meuh; khing harsatna zawng zawng su kiang thei tur chuan Pharmacist-te hi kan pawimawih em em a ni tih chu hai rual lohin kan profession pawhin a hre Chiang em em a; chumi tihlawhtling tur chuan clinical practice lama Pharmacist-te hian ke kan pen chauhin a hlawhtling thei dawn a ni tih chu mi thiamte rilruah a lian ta em em a ni; chumi avang chuan Masters in Pharmacy Practice program hmasa ber chu JSS College of Pharmacy, Mysore-ah 1996 leh JSS College of Pharmacy, Ooty-ah 1997-ah din a lo ni ta a ni.

Tichuan, Clinical Pharmacy & Pharmacy Practice din chhan leh thil tum

pawimawh em em chu damdawi hmanga inenkawlna (drug therapy) chungchanga a him thei ang ber, a tha thei ang ber tur leh sum seng vak vak loa inenkawl dan chungchang a tam thei ang bera mipui zirtir leh hrilhfiah hi a ni.

### **Engvangin nge India ramah Clinical Pharmacy hi kan mamawh?**

India ramah hian chhan hrang hrang avangin Clinical Practice hi kan mamawh em em a ni. Chung zinga tlemte chu han thai lang ve zawk ila:

#### **1. Pharmaceutical Industry**

A hmasa lam a kan tarlan tawh angin tunah hian India ramah hian formulation 60,000 vel kan nei mek a. Tin, t̄ul loa drug combination (irrational drug combination) pawh a tam em em bawk a ni. Chuvang chuan market-ah inelna a nasa em em a, hei vang hian Doctor-te hnena damdawi information an pek hi a kim lo thei em em a ni. Tin, a tlangpuiin company-te hian drug information centre an nei lo tlangpui a, mipuiten an damdawi chungchanga hriat belh emaw zawhfiah duh an neih pawhin a theih loh tlangpui. Tin, damdawi bawma leaflet an dah pawh a tlangpuiin medical term a nih avangin mipui tan hriat thiam a harsa em em bawk a ni. Heng harsatna su kiang tur leh mipuite hrilhfiah tur chuan Clinical Pharmacist te ai baka tha an awm chuang lo a ni.

#### **2. Damdawi chawhtu (Prescriber)**

A tlangpuiin damdawi (a bikin damdawi chhuak thar) chungchanga information petu ber chu company medical representative te hi an ni. Damdawi

company tam tak hian an damdawi Doctor-te hnena an hralh hian information pawimawh tam tak hi an pek theihngihl fo. Hei hi chhan tam tak a awm ve thei a, chung zingah chuan Doctor-te buai vanga hun an pek tlem vangte pawh a ni ve thei a. Tin, company inel nasat vangte pawh a ni ve thei tho a ni. Hemi avang hian Doctor-te hnena information pawimawh pe thei tur hian Clinical Pharmacist-te hi beisei an ni.

### 3. Pharmacists

Community pharmacy a kan tih tur tam tak hi Pharmacist-te hian kan ti lo tlangpui a ni, a bikin Pharmacist-te hna pawimawh tak pakhat, patient counseling-a damlote hnena damdawi chungchang hriat tur tam tak hi kan hrilhfiyah lo fo. Entirnan, damdawi ei dan tur dose te, eng damdawi nena eipawlhin nge a inhal theih tih te, expiry date chungchang te, damdawi vawnhim that dan te leh thil dang pawimawh tam tak. Hei hi a chhan ni theia lang ta chu damdawi dawra thawk tur chuan hlawhte a lo tam tawh loh vangin Pharmacist tam tak hian dawrah an thawk duh lo tlangpui a ni. Damlote hnena heng information pawimawh tak takte hrilhriat hi Clinical Pharmacist-te mawhphurhna a ni

### 4. Damlote

Mizoramah hian damlo tam zawk hi Sap tawnga ziaak leh chhiar thiam lo an nih tlangpui avang hian damdawi bur emaw, bawma leaflet-a information pawimawh tak tak hi a tam zawk hian an hrethiam lo tlangpui a. Heng harsatna neite hrilhfiyah tur hian Clinical Pharmacist-te hi an pawimawhin an t'angkai em em a ni. Tin, damdawi leina sum sen vak

vak chungchang pawh hian mipuite hnena t'ul loa sum seng lo tura zirtir tura beisei an ni bawk. Chuvang chuan Clinical Pharmacist-te chu damlo leh Doctor te hnenah damdawi man to tak tak lei vanga sum tam tak hloh lo turte leh, damdawi man tlawm si, t'ha bawk si leh him chauh hman tura hrilhfiyah hi an hna pawimawh tak a ni bawk a ni.

### Clinical Pharmacy Zirlai

India rama pharmacy zirna syllabus hi a tlangpuiin pharmaceutical industry lam deuh vek a nih vang hian clinical lam hi a tlem em em a. Master's in Clinical Pharmacy-ah erawh clinical lam hawi deuh veka syllabus pawh siam rem a ni. Chung subject tlangpui chu han thai lang ve hrim hrim ila:

- ❖ Pathophysiological basis of various diseases
- ❖ Patient analysis : Laboratory interpretation
- ❖ Applied therapeutics
- ❖ Clinical pharmacokinetics
- ❖ Communication skills te hi a ni.

### Clinical Pharmacist-te hna thawh theih tlangpuite:

#### 1. Hospital Pharmacy

Hospital pharmacy-ah Clinical Pharmacist-te hian hna thawh tur pawimawh tam tak an nei a ni. Damlo ten damdawi an ei dan lo enpui te, khang damdawi an ei mekte khan harsatna an thlen em? Lo thlen ta se engtia hma lak tur nge? tih te, tin damdawiina adverse drug reaction chungchang report te, damlo hnena damdawi chungchang engpawh an hriat tur pawimawh lo hrilhriat te leh a dang tam tak an nei a ni. Mizo t'awnga dah vek a remchan

loh deuh avangin a then chauh kan tarlang a ni.

## 2. Community Pharmacy

Community pharmacy-ah erawh chuan Cclinical Pharmacist-te hnathawh pawimawh em em mai chu Patient Counselling hi a ni. 'Tah chuan damloten an damdawi chungchang an hriat duh engpawh kha Clinical Pharmacist chuan fiahfai tak leh kim taka lo hrilh kha an hna pawimawh tak a ni.

## 3. Pharmaceutical industry

Industry lamah ve thung chuan

- Clinical trial: damdawi thar zir-chianna lamah te
- Drug information centre-ah te leh
- Medical writing lam te an thawk tlangpui a ni

### Academic

Clinical Pharmacist te chu college lamah zir laite clinical practice lama zirtir a, train tur in an thawk thei bawh a ni.

### A tawpna:

Clinical pharmacy hi India ramah din a nihna a la rei loh avang hian duhthusamin course hi lehkhawia inziak ang thlap thlap chuan kalpui theih a la nih lohna lai tam tak a awm a. Amaherawh chu hmasawn zel turin theih tawpa tan lak zel a ni a, hma pawh a sawn chak hle a ni. Tin, course thar a nih bakah hun rei tawh tak ata pharmaceutical industry-in kan rilruah bu a khuar ngheh zawk avangte pawh a ni ang, Clinical Pharmacist trained chhuak pawh an la tam lo hle a ni. Hemi a nih avang hian an hna thawh tur pawimawh

leh tankai tak takte hi thawh lohvin tam tak a la awm a ni. Tin, India ramah hian Pharmacist-te hi kan thiamna phu tawh hian hmehriat kan la ni lo em em a. A chhan ni thei bera lang chu, clinical practice lama kan thiamna kan hman tam loh vang te pawh a ni thei a ni. Hmaichhana damlote nen kan inkawm tama kan thiamna hmanga thurawn tha tak tak kan pek hi a pawimawh hle a ni. Chuvang chuan mipui nawlpuiin kan thiamna min hriatsaka min zah tur chuan clinical practice lamah tun aia nasa zawka tan kan lak a ngai a ni. Mizoram chhungah ngei pawh Pharmacist te hi eng nge kan thiamna? Eng hna nge kan thawh? A hre deuhin damdawiin vela damdawi lo la khawm a, lo dahthatu leh pe chhuaktu ang vel chauhin min hria a. Heng hi kan thawh tur chu a ni tak meuh mai, mahse hei ai hian kan ropuiin kan thiamna hi a sang zawk a ni. Hetianga min hmuh dan thlak danglam tur chuan tun aia nasa zawka clinical lam hawia hna kan thawh a, damlote nen tam zawka kan inkawm a, kan thiamna kan share ve hian mipuiin min hmuh dan pawh hi a danglam tawh dawn a ni.

A tawp berah chuan, tuna Pharmacist tam zawkte hian Clinical Pharmacist ni turin Master's degree kan nei ve kher lo maithei, mahse kan hnathawhna hmunah theuh hian kan theihtawpin kan lo practice ve thei a ni. Entirnan, patient counselling ang te, damdawi ei dan, ei zat tur, engtia rei nge ei tur, engtia vawnhim tur nge? tih hmangete khan damlo hnenah thurawn tha tak leh pawimawh bawh si kha kan lo pe ve thei a ni. Tichuan, kan profession avangin mite pawhin min lo zah sawt tawh ang a, min hmuh dan pawh a lo danglam sawt dawn a ni.

*Lalvuana  
Pharmacist  
Directorate of Health Services*

## KUM UPA LAM DAMDAWIA ENKAWLNA (GERIATRICS)

**K**um upa lam enawlna lam (Geriatrics) hi a pawimawhna ni tinin a zual deuh deuh a, hnam fing zawk leh changkang zawkte chuan tar (kum upa) enkawlna hi a hranpain an nei a, keini Mizote hi chuan kan la nei mumal vak lova, amaherawhchu a bika enkawlna lam hi erawh chu kan buaipui a tul ta hle niin a lang a; a chhan chu upa (tar)-te hian an duh vang reng ni lovin an kum a lo upat avangin an taksaah haratna a lo thleng a, an that laia an tih theih kha an ti thei ta lo va, thi mai thei an ni bik si lo va, an thih hun nghakin an chhungte enkawlnain khawvel hun hi an hmang ve hram hram lo thei lo a ni. Kan Pathian lehkhabu chuan, “Mihring dam kum chu 70 a ni a, chakna avangin 80 pawh a ni thei,” a lo ti a. Kum 80 an han pelh hian upate hi buaipui an ngai zual tan a, thenkhat chu la inenkawl thei tak ni mah se, a tam zawk chu buaipui ngai an ni tlat a ni. City bus-ah te, Civil Hospital, Aizawla inentirnaah te hian upate duhsak bikna hmun leh duhsaktu an awm thinte hi a ropui hle. Psychologically-in enkawlna bik neih chu an ngai takzet a ni. Pitar/Putar han tih dawt hi chu an duh bik lo ve tlat; mahse an tar miao si a, tleirawl nih duh teh mah se an thain a tlin tawh si loh avangin ngaihsak chu an ngai bik lo thei lo a ni.



Kum upate hi khawvelah hian an pung ve zel a; kum 1900 khan tar population hi za zela panga (5%) aini a tlem a, kum 2000-ah khan za zelah sawmpanga (15%)-in a pung chho ta dawrh a ni. Kum 1994 atanga 2034 inkar chhung hian a bikin England leh Wales ramah chuan tar kum 75 chin chung lam population hi za zela sawnmsarih (70%) velin pung tura chhut a ni. He ram pahnihah hian kum 4 chhung (1991-1994) khan kum upa/tar population hi za zelah sawmpathum (13%)-ah a pung daih a ni.



**Tar leh kum lama upate enkawlna bik an ngaihna chhan tlangpuite**

Kum upa/tar-te hian natna thua hnih, thua thum (multiple diseases) leh a benvawn hi an nei duh bik a, chung avangte chu a ni mahna, damdawi hi an mamawhna a sang bik a ni. Ram changkang kan tih, khawthlang ramahte chuan damdawi hman zawng zawng zinga 25% - 40% chu tarte tana hman a ni a, chuvangin upa lamte damdawi hman hi a tam hle a nih chu! Kum upa zingah hian damdawiin a thawh tur tak a thawh rual hian harsatna siam (drugs adverse effect) lamah kum naupang lam aiin a let 3-4-in a tam zawk bawk niin an chhut. Kum upa zingah hian damdawi dawr pan lawr kan tih mai, hmun hrang hrang atanga lei hi kum 75 chin chung lamah hian a tam bikin natna chi hran atana damdawi chi hran ei kawp (multiple dose) hi an tam hle niin hmuh chhuah a ni bawk. Hei hian drugs interaction (damdawi leh damdawi thawh dan insu buai) pawh a titam bik tih a chiang mai awm e. Kum 60 leh a chunglam zingah hian damdawi ei kawp chi 3/4 ei avanga harsatna, thihna hial thlen theitu awm thei (error rate) hi damlo za zela sawmruk (60%)-a chhut a ni a, chu chu kum naupang lam aiin upa-ah hian a nasa fe a ni.

Heng bakah hian upa lamte enkawlnaah hian harsatna siam thei chi hrang hrang a awm bawk. A chhan thenkhatte han tarlang leh ila:

- 1) Frailty - taksa chak lohna avang te
- 2) Degree of illness - natna/damlohna neih avang te

- 3) Anmahnia inenkawl that theih tawh lohna avang te
- 4) Chaw ei tui lohna leh ei tur tha ei tlem vang te
- 5) Tuiril lam ei/in tlem vang te
- 6) Taksa chhung lam leh pawn lama tuihnang tlem vang te
- 7) Haihawtna avang te
- 8) Enkawlna tha pek tlem vangte leh chhan hrang hrang a awm thei awm e.

Khitiang khi a nih avangin, tarte enkawlna hi kan ngaih pawimawh a ngai hle a ni; Clinical Pharmacology zirna lam dungzuia enkawlna kan uluk a ngai hle a ni. Hetiangin point hrang hrang lo tarlang leh ila:

**i) Pharmaceutical factors (damdawi siam dan/chi azirin):**

Tar leh upa lam chuan tablet-te hi lem leh dawlh te harsa an ti tlangpui a, tablet leh capsule te hi an chaw dawtahte a lo tang awl bik a, a zawp mai loh avangin chu chuan chaw kawng ulcer te a siam thei a. Hetiang a nih avang hian damdawi chu tih tuihnang deuh te leh lem nuam deuha siamsakin chutiang harsatna chu a tiziaawm thei.

**ii) Pharmacokinetic factors (damdawi ei atanga paih chhuah thleng):**

Mihring kum zat leh Chaw kawng te, Thin bakah Kal te hi an inlaichin avang hian damdawi kan ei atanga kan kawchhung atanga paih chhuah a nih thleng hi tar leh upate enkawlnaah hian thil hriat chian ngai leh pawimawh tak a ni. Kum upat lamah chuan heng harsatnate hi a lo awm duh bik:

- a) Chaw/Damdawi pai tawihirtu tui-

hnanng (gastric juice) insiamchhuak a tlem bik

- b) Chuvang chuan a kawng a timam lo va, a tibahlah a, thawh tur tak a timuang thei
- c) Absorption surface area (a zawpna tur hmun) a tizim
- d) Thisen kal hlawm tha tur a tihnam thei bawh

Damdawi tihtui thisena hip luhna (absorption) hi kan thil ei (damdawi, etc.) dawnthlèng zau zawng azirin a tidanglam thei hle a, Pumpui leh Ril atanga tui insiam (G.I. fluid) kha a lo tlem deuh bik tawh avangin a absorption rate a tichak lo a ni. Taksaa tuihnang te, thisen tuiril te leh thau tha te a lo tlem bik avangin an thil ei (damdawi, etc.) kha a insem rual dan (distribution of drugs) a chak tawh lo thei. Tin, zun a lo insiam chhuah dan kawng emaw, Kal hnathawh hi tar leh kum upa-ah hian a lo chak tawh tawh loh avangin, taksa atanga paih chhuahna kawngah kum upate tan harsatna a awm thei. Entirnan, Cap Tetracycline-te hi zun insiam lama chak lo tan chuan Kal-ah emaw, a remchang laiah a indah khawl thei a, chu chuan luak tichhuak leh luak a siam thei a, dehydration (tuihulna/rona) a siam thei a, hei hi tar tan chuan a pawh hle a, damdawi paih chhuahna (excretion) lamah a tihtuanawp nasa hle bawh a ni.

**iii) Pharmacodynamic factors (damdawi hnathawh avanga timur leh taksa cell inthlakthleng kual dan):** Kum upate-ah hian hetiang inthlakthlengna hian damdawi hman thu-ah harsatna a siam tih hriat a ni a,

mahse hemi chungchang hi erawh chu sawi vek sen loh leh phal chin nei a nih avangin, heng ang harsatna hi puan chhuah vek theih a ni lo tlat thung. Chuti chung chuan Beta-Adrenoceptor hnathawh hi kum upa lamah hian nasa taka a chak loh avangin, damdawi hna thawh theih chin hi a tihnam hle tih hriat a ni. Tarte hian thisen a hun taka a khang theihna atana tanpuitu Anticoagulant, eg: Warfarin damdawi angte hi a dose hniam thei ang bera pek an mamawh fo thin.

Tar leh upa lamte hian ek khal (constipation) natna chi khat hi an vei duh tlangpui a, a chhan chu Chaw kawng, Pumpui leh Ril-ah te hian tináltu, an kum upat dan azirin a tlem ve tial tial thin vang a ni. A bikin heng damdawi - Anticholinergic drugs (hriatna thazam lama thawh chi, eg: physostigmine, neotigmine. tec.) te, Tricyclic Antidepressant (rilru tihphurna lam chi, eg: Imipramine, Amitriptyline), etc.) te, Antihistamines (taksa khawih danglam thut laka vengtu, eg: Diphenhyramine HCl, Promethazine HCl, etc. te hian tar leh kum upa lamte-ah hian ek khal (constipation) a siam duh bik avangin fimkhur lehzual a ngai.

Eng pawh ni se, damdawi reng reng hian ei zat tur leh ei hun bithliah a neih vek avangin tarte chauh lo pawhin mi thiamtena a ei dan tur bithliah fel taka min hrilh hi zawm hram hram a, kan paih chhuahna khawl (excretory organ)-te a nih tur ang taka a function theih nan inthiar hunbi dik te, insum miah lovin a hunbi dik taka vawn a ngai hle a ni.

Kum upate hian tar leh senior han tih vel hi an duh vak lo va, mahse an kum

zat han zawh erawh chuan tar tih theih tur chin hi chuan an kum hi an belh hlak loh pawhin an uar hret zel! Heng aṅang hian a chung a kan sawi takte khi tute tana hman tur nge tih kan hriat nan chuan an kum zat han zawt ila, a awm tawk chu kan hrethiam mai awm e. Engkim hi an hriatna a ṅat vang ni lem lovin, an lo hriat tam tawhna khan a

tihlangnel vel vek tawh avangin, hre ber awma han awm mai pawh an hreh lem lo. Chungte avang chuan a enkawl dan pawh kan thiam thei ngeiin ka ring. An kumin a zir ve tawh avangin an ṅat lai anga taksa khawlte chak thei a nih loh avangin a hranpaa enkawl hi an mamawh ve hrim hrim tih kan hriat a pawimawh hle a ni.

## *Facts about Pharmacy*

*Pharmacists are responsible for the supply of most medicines available to the public. They advise the public and other professionals on the safe and effective selection and use of medicines and other health-related matters.*

*Of all health professionals, pharmacists have the most comprehensive education and training in the use of medicines for the prevention and treatment of disease.*

*Pharmacists are experts in the use of medicines to treat disease. Pharmacists work within a code of ethics that requires them to continuously develop their professional knowledge and competence relevant to their field of practice.*

*Pharmacies provide a range of services in the heart of neighbourhood communities where they are within reach of the people who need them most—poorer people, older people and people with a disability or chronic condition.*

*The pharmacy is a good first point of contact for dealing with the vast majority of health concerns. Pharmacists are trained to know when a referral to another health care professional is advisable.*

Dr. Christina Zosangpui  
Surveillance Medical Officer  
NLEP, DHS

## LEPROSY

**P**har natna hi natna dang ang bawkin natna hrik chi khat ‘Mycobacterium leprae’ vanga lo awm a ni a, khawvela natna kan hriatah chuan a upa berte zinga mi a ni. Kan Bible Thuthlunglui-ah pawh he natna chungchang ziaak hi hmuh tur tam tak a awm a ni. Aigupta ramah kum BC 4000 velah pawh a awm tawh niin Grik mithiam Hippocrates-a pawhin kum BC 460-ah Phar chanchin hi a lo sawi tawh a ni. Phar natna vei hriat chian theih hmasak ber chu kum AD 1-50 inkar bawr vela Jerusalem bula ruang ami DNA sample lak aṅanga finfiah a lo ni tawh a. He finfiahna hi radiocarbon method aṅanga tih a ni.

Phar natna hrik ‘Mycobacterium leprae’ hi Norway ramah kum 1873-ah G.H. Armauer Hansen-in a hmuhchhuah a ni. He natna hrik hi mihringa natna thlen thei ‘bacteria’ hmuhchhuah hmasak ber a ni nghe nghe. Tuna khawvel pum dinhmunah chuan, India ram hi Phar tamna ber ram niin, khawvel puma Phar awm zaa sawmnga (50%) hi India rama mi nia hriat a ni.

Phar natna hi vunah a lang chhuak hmasa ber thin a. Phar natna lo lan chhuah dan (cardinal signs)-te chuhengte hi an ni:

1. Vun ráng/val (Hypopigmented skin)
2. Na hriatna bo (loss of sensation)

3. Hriatna thazam vung/lian (enlargement of nerves)
4. Skin smear a, a hrik hmuh (presence of acid fast bacilli)

WHO-in awlsam zawka Phar natna enkawl hna a thawh a nih theih nan,



Phar natna hi chi hnihah a then hrang a, chungte chu:

1. Multi bacillary (MB) - Vun ráng/val hmun 5 aia tam
2. Paucibacillary (PB) - Vun ráng/val hmun 1-5

Hetianga a then hranna ang bawkin, a tihdamna damdawi pawh hi chi hnih a awm a. Multi drug therapy (MDT) hman niin a damdawi awm dan chu hetiang hi a ni:

1. MB MDT (Puitling tan):

Ni khat nia ei tur

- Tablet Rifampicin 300 mg mum 2
- Tablet Clofazimine 100 mg mum 3
- Tablet Dapsone 100 mg mum 1

Ni hnih ni ațanga ni sawmhni h pariat thlenga ei tur.

- Tablet Clofazimine 100 mg nitin mum 1
- Tablet Dapsone 100 mg nitin mum 1

Hei hi thla khat ei dan tur niin, MB tan chuan thla 12 ei tur a ni.

2. PB MDT (Puitling tan):

Ni khat nia ei tur

- Tablet Rifampicin 300 mg mum 2
- Tablet Dapsone 100 mg mum 1

Ni hnih ni ațanga ni sawmhni h pariat thlenga ei tur.

- Tablet Dapsone 100 mg nitin mum 1

Hei hi thla khat ei dan tur niin, PB tan chuan thla 6 ei tur a ni.

India rama phar natna do tur hian kum 1955 khan 'National Leprosy Con-

trol Programme' din a lo ni tawh a. Tin, hun a lo kal zel a, Phar natna tihbo vek tumin kum 1983-ah 'National Leprosy Eradication Programme' tia thlak a ni.

Mizoramah chuan Phar natna enkawl hna hi kum 1973 ațanga țan a lo ni tawh a. Tlabungah headquarters dahin nasa zawka Phar natna enkawl leh tihbo tumin hma lak a ni a. Kum 1994-1995 ah district pathum - Aizawl, Lunglei leh Saiha-ah District Leprosy Society din niin, a bak zawng District Leprosy Society-te chu 1997-a din a ni. Mizoram hian kum 2000 khan elimination stage (mi 10,000-a phar mi 1 aia tlem) kan lo thleng der tawh a. Govt. of India pawhin cheng nuai 10 hnathawh that lawmman min lo pe tawh a ni.

Mizorama Phar natna vei kan hmuhchhuah tawh zawng zawngte chu mi 1505 niin, Phar natna tihdam tawh chu mi 1478 an ni. Nikum 2013 April ațanga kum 2014 March chhung khan Phar vei mi 39 hmuhchhuah an ni a, tin tun dinhmun (October 2014)-ah hian treatment la lai mek mi 27 an awm a ni.

Phar natna hi multidrug therapy (MDT) hmangin awlsam taka tihdam theih niin, he damdawi hi sorkarin a mamawh apiang hnenah a thlawnin a sem a ni. Tunah hian India ram state dangte khaikhin chuan, he natna hi kan state-ah chuan umbo țep a ni tawh a. Chuvang chuan, Zoram mipui tinte leh Phar umbo kawnga hna thawktute inkarah thawhhona boruak țha tak a awm chuan, Mizoram hi Phar awm miah lohna state-ah kan siam thuai thei dawn a ni.

Dr. Zorammuana  
 M&E Consultant, SVBDCP  
 Directorate of Health Services

## MALARIA

**M**alaria (Sikserh) hi Mizote'n kan natna hriat lar ber pawl a ni awm e. Heti khawpa kan hre chung hian kan ram aṅging hniam lam a pan hlei thei lo va, a pung tual tual emaw tih mai tur a ni. Kum tinin a vei mai bakah he natna thihpui hi kan la awm ta zel a, hetia kan awm chhan hi kan ram ruahtui tlak dan te, sik leh sa-in a zir em vang kan ti thei ang. Amaherawhchu, Health Department-in ṭan a la nasa a, kum tinin thi pawh kan tlem ta tial tial a, tunah pawh hmachhawp ṭha tak neiin he natna umbo tur hian hma a la mek zel a ni.



Tun ṭumah chuan Malaria natna awm dan leh a inven dan te, kan rama a natna dinhmun lam kan sawi lo ang a, a natna hmuhchhuahna Rapid Diagnostic test (RDT)/ICT leh Microscope-a en chungchang te, a damdawi hman dan chungchanga hriat tur pawimawh zual bik chauh kan sawi rih dawn a ni.

### **Rapid Diagnostic Test (RDT):**

RDT kan tih chu Mizo-tena Malaria hrik hmuh theihna a rang chi kan tih mai, a thenin hmuh ngei ngeina te an ti bawk a, damdawiin lamah phei chuan ICT (Immunochromatographic assay test) tiin kan sawi mah mah zawk a ni. He thil hi hman a awlsam em em a, minute 15 chhung lekin miin Malaria a vei ngei vei lo tih a hriat zung zung theih tawh a, tunah phei chuan a hmaa malaria Pf chauh hmu thei chi (Monovalent RDT) kha Pv leh Pf hmu kawp thei (Bivalent

RDT) a lo chhuak tawh a ni. He RDT/ICT hi mipuiten kan duhin kan bawh em em ta mai a, microscope-a thisen han en a, rei tak hnua result rawn chhuak thin kha kan duh meuh tawh lo a ang. Khawpui chhung leh hospital lianah pawh kan hmang ta zel a, microscope ngeia a hrik en khan hmun a chang meuh tawh lo a tih theih ang.

Mipuite leh Health Department lama thawktuten kan hriat reng tur chu RDT-a thisen en ai hian microscope-a thisen en ngei hi a rintlak zawkin a tha zawk a ni tih hi a ni. Microscope-ah chuan a entuin mit ngeiin a hrik kha a zuk hmu a, a hrik thisena a tam zawng te, a hrik kha eng ang chi chiah nge a nih tih te, eng stage-ah nge a awm tih leh hrik note pai chi a ni em tih thlengin a zuk hmu vek thei a ni. RDT-ah erawh chuan heng a chungka kan sawi takte hi a hmuh ve theih loh a, Pv emaw Pf a ni em tih chauh a hriat theih thung. RDT hi chuan a hrik kha zuk hmu ve tawh lovin, malaria hrikin mihring taksa a sulhnu a neih kha a zuk hmu ve chauh a ni. Miin malaria vei tawh lo mah se a sulhnu la awm vang khan malaria la vei emaw a inti thin a, tul lovah damdawite an ei leh mai thin. Tin, RDT hian malaria vei hi za a za a hmu thei bik lo va, a test sensitivity hi 90 atanga 100 inkar a ni a, hmuh ngei ngeina han tih hi a dik chiah lo a ni tih kan hre dawn nia.

**RDT Antigen/Antibody:** RDT antigen hmang chi (tuna kan hman lar ber)-ah hian malaria hi kar thum chhung positive angin a lang tlangpui a, churang chuan RDT kan lak reng

rengin kar thum a ral hma loh chuan en nawn loh a him ber a ni. RDT Antibody hmang chi phe chu kum khat chuangte a positive thin a, damloin dam tawh reng kha malaria a la vei emaw tiin tul lovah damdawi a ei belh leh teuh mai thin a ni. Antibody hmang chi hi Mizoramah chuan hmang kan tam tawh lovin a lang a, private laboratory lamah hian hmang an lo awm leh zauh thin a, chu pawh chu awm tawh lo tih theih a ni.

Hengte avang hian fimkhur tlang ila, thisen kan test dawn a nih chuan mipuite pawhin microscope ngeia ka thisen en ka duh tih nachang hre thar leh ila, RDT/ICT hi chu thingtlang leh hmun kilkhawr, microscope awm lohna hmunah te, emergency thil bik, entirnan, damdawiina microscope a hman theih loh changin emaw Doctor-in tul a tih hun bik chauha hman tura siam a ni. **Microscope/blood slide result darkar 24 chhunga hriat theih tawhna hmun a nih phawt chuan RDT/ICT hi hman loh tur a ni.** Mipui leh thawktuten microscope-a en ngei hi kan inngahna tur a ni tih i hre thar theuh ang u.

Sawrkar pawhin tunhnai maiah thuchhuah siamin, damdawiin zawng zawngah microscope a remchan loh changa RDT hman a nih pawhin, glass slide-ah thisen lain microscope-a en theih vela en turin dahthat zel tur a ni. Hei hi damdawiina thawktute zawng zawng mawhphurhna a ni a, malaria veite dinhmun Chiang zawka hriat theih a lo nih theih nana ruahhman a ni.

## MALARIA DAMDAWI

**1) Malaria Pv:** Pv damdawiah chuan Mizotena kan hriat lar em em Chloroquine leh Primaquine pek thin a ni a, Chloroquine hi a tha tawk tawh lo tiin thuleng vel awm thin mah se a la rintlak a, mi tam takin an la dampui reng a ni. Pv natna bikah chuan Chloroquine hi ni thum chhung pek phawt a ni a, a ni lina-ah Primaquine ni 14 chhung pek chhunzawm leh tur a ni. Heta kan hriat tur pawimawh em em mai chu, damlote hian Primaquin bik hi ni 14 chhung kan ei zo peih lo thin a, Chloroquine kan han ei zawh hian kan taksate a lo dam chho a, kan khawsikte a lo reh a, dam taa inngaiin Primaquine kan ei chhunzawm peih lo thin a ni. Primaquine hi natna tidamtu damdawi ni lovin, malaria hrik note kan taksaa chambangte thattu a ni a, heng natna hrik note-te hi thah an nih loh chuan thosiin min rawn seh hunah thosi taksaa lut lehin kha thosi kha malaria hrik pu darhtu a ni leh ta thin a ni. Primaquine kan ei that loh avang hian malaria hrik pai rengin a theh darhtu kan ni thei a ni tih inhria ila, a course dik taka kan eizawh loh chuan relapse lo lan chhuah leh hun a awm fo thin a, benvawn a siam thin a ni. Damdawite hi a ei dan dik taka kan ei hi kan tihmakmawh a ni tih i hre theuh ang u.

**2) Malaria Pf:** Tun tum atan chuan ACT damdawi bik kan thlir dawn ang a. ACT (Artemesinin-based Combination Therapy) kan tih chuan Artemisinin damdawi bik atanga siam chhuah damdawi dangte sawina a ni a, chung damdawi zingah chuan Artesunate leh Artemether te hi a lar zual an ni a. He

ACT damdawi hi a mala hman atan chuan a that tawk loh thin avang leh resistance a awm theih thin avangin damdawi dang nen chawhpawlh a ni thin thung. India ramah pawh ACT-SP (Sulphadoxine - Pyrimethamine) hi malaria Pf enkawl nan kan hmang ta ber a. Amaherawhchu, tun hnai atang khan North East (Hmar chhak) state-ahte he damdawi hi resistance a awma hriat a nih avangin damdawi tharin thlak a ni tawh a, ACT-SP aiah ACT-AL (Artemether - Lumafantrine) hmang tawh tura hriattir kan ni a. He damdawi thar hi Health Department pawhin Mizoram hmun tina hman theih turin a sem chhuak mek a ni. He damdawi thar hi damdawi tha tak a ni a, a ei dan pawh awlsam zawka siam a ni leh zel a.

Malaria Pf bikah chuan kum bithliah azirin, upat lam leh rih zawng mila dose hi siam remin ACT-AL hi zing leh tlaiah ni thum chhung pek tur a ni a, a ni hnihnaah hian Primaquine dose khat pek tel bawh tur a ni. Pv leh Pf a lo vei kawp hlauh a nih pawhin ACT-AL hi a ngai anga pein, Primaquine zawk hi ni 14 chhung pek leh mai tur a ni. ACT-AL kan pek tawh avangin Chloroquine kha pek tel kher a ngai tawh lo. Heta kan hriat tur erawh chu Pv bik enkawl nan chuan Chloroquine a awm chhung chu ACT-AL hi pek loh hram hram tur a ni. ACT-AL hi Pf enkawl nan chauh a ei tur a ni.

Heng a chung a kan sawi takte hi zawm hram hram tum ila, kan test kitte leh kan damdawite a nih dan tur leh a siamtuten a hmanna tur dik tak an tih angin hman theuh i tum ang u.



*K. Zothanzuali*

*Counselor*

*ART Plus Centre, Civil Hospital, Aizawl*

## NAUPANG HIV KAI TE HRIAT HMA DAN LEH A ENKAWL DAN

**K**ei aia hre zawk leh thiam zawk tena an ziah tur ni awm tak, an la tih si loh hi sawi hawn nan ka han tarlang ve leh reng reng teh ang. Ka sawifiah zo meuh pawhin ka ring lo a, kan mi thiam zawkte cho chhuah nan pawh ka'n thailang ve hrim hrim duh a.

Kan thupui tak kan sawi hma hian, engtin nge naupangten HIV an kai chhawn theih dan tih hi tlem han tarlang ila. Mipui nawlpuiin kan ngaihnanah chuan, nu HIV kai tawhte hian fa an hrin hian, an fate chuan HIV kai ngei turah kan ngai tlangpui a. Naupangte hian an nute atang hian heng atang hian HIV hi an kaichhawng thei a ni:

1. Nuin a pai laiin
2. Nuin a hrin laiin
3. Nuin a hnute tui a pek laiin

A chungka kan tarlan tak atang khian naupangte hian an nute atangin HIV an kaichhawng thei a. Khing kan tarlan takte khi a kai theihna hi za-ah za a ni chuang lo a ni.

Khawvel ram hrang hranga naupang HIV kaite hian a chungka kan tarlan tak atang khian an kaichhawng vein, kaichhawn dan tlanglawn ber a tih theih hial awm e. India ramah pawh naupang sang tam tak chuan an nute atangin HIV

hi an lo kaichhawng ve tawh a, an la kai belh mek zel bawk a, kan Mizoramah ngei pawh hian naupang zathum dawn lai chuan kan sawi tak zinga eng emaw ber atang khian an kaichhawng ve tawh a ni. Hetiang hi naupangten an nute atanga HIV an kaichhawn dan ni mah se, HIV kai nuin nausen an hrin zawng zawngte hian an kai vek kher chuang lo a ni.

Tun hma deuh kha chuan nausenin a nu atanga HIV a kai leh kai loh hi thla sawmpariat an tlin hma chuan hriat theih loha ngaih thin a ni a. A chhan chu, thla sawmpariat an tlin hma kha chuan an nute antibodies kha an thisenah a la chambang thin a, mahnia antibodies hran an neih hma kha chuan an thisen test-ah pawh khan an nute antibodies zawk kha a hmu zel a, churang chuan thla sawmpariat an tlin nghah phawt zel kha a ngai thin a ni. Chutianga thla sawmpariat an tlin nghah a ngaih chhung khan, nausen thenkhat chu HIV

chu lo kai tawh siin, enkawlna la hman si loin an nunna an chan phah hial reng a ni. Chutianga nausente thihna thlen theitu a nih avang chuan, mithiam rualten an zirchian hnuah chuan nausen, HIV pai nuin an hrinte hi, hma zawka an thisen HIV laka a thianghlim leh thianghlim loh hriat theihna turin, Early Infant Diagnosis (EID) programme an lo duang chhuak ta a. Chu EID programme hnuai chuan DNA PCR test hmangin nausen, HIV pai nuin an hrinte chu thla sawmpariat an tlin hmian HIV an kai ve leh ve loh a hriat theih tawhin, an thisenah HIV a awm ve a ni tih hmuhchhuah a nih phei chuan, nausen kum hnih hnuai lam phei chu damdawi hmanga enkawl nghal an niin, hei hian, nausen kha hrisel zawka a nunkhua hmang thei turin a pui a ni.

Awle, nausen/naupangten HIV an kai leh kai loh hma zawkin a hriat theih tawh a ni tih kan sawi tawh a. Engtia hriat theih nge a nih tih lam hi tlem azawng han tarlang leh ta ila.

A hmasa berah chuan a programme, Early Infant Diagnosis (EID) hi han sawi ta ila. EID chu kan tarlan tak ang khian nausenten an nute aţanga HIV an kai leh kai loh hma zawka hriat theih dan a ni mai a. Nausente kha thla sawmpariat an tlin hma pawhin HIV an kai leh kai loh an thisen test hmangin he programme aţang hian kan hre thei tawh a nih chu. He programme hi kum 2011 kum tawp lam aţang khan kan ram, Mizoramah pawh hman ţan lo ni vein, he programme kalpui a nih hnu hi chuan, hriat theih chinah nu HIV kaiten an hrin nausen,

he programme hnuai thisen test, HIV lo kai vete pawh, enkawlna an ngaih pawimawh a, damdawi ţha tak pek an nih chuan, kum an tlin hmaa boral sawi tur an awm lo a tih theih tawh hial awm e. Amaherawhchu, thisen test a, nu leh pa lam ten treatment lak an ngaihthah erawh chuan, natna hrang hrangin a tlakbuak ve deuh reng ţhin a ni.

A dawt lehah chuan, a test dan leh engtia test tur nge tih hi han sawi leh ta ila. Nausen thisen chu a bik taka test-na, ‘Polymerase Chain Reaction’ (PCR) an tih chuan test a ni a. He PCR test hi tih dan chi hnih a awm a.

Pakhatnaah chuan, Dried Blood Spot (DBS) an ti a. He test an tih dan chu, nausen thisen kha a bik taka siam, filter paper hmangin lak a ni a, chu chu a test-na tur bika ruat laboratory-ah thawna test a ni.

Pahnihna chu, Whole Blood Sample (WBS) an ti leh a. Hei hi chu, test pakhatna zawk, DBS-ah khan result kha a lo positive hlah chuan, thisen tam zawk lak a, a bik taka siam burah dah a, laboratory-a thawn nawn leh tur a ni. DBS-a positive-te tihchianna a ni ber ang chu. Kan sawi tak test dan chi hnihte hi Integrated Counseling and Testing Centre (ICTC) leh Anti Retoviral Treatment Centre (ARTC) kaltlanga test tur a ni. Heng hmunahte hian a bik taka zirtir, Staff Nurse leh Laboratory Technician ten uluk takin an thisen an lo laksak ţhin a ni.

Awle, a programme chungchang leh a test dan kalhmang chu kan sawi tawh

a, eng huna test tur nge tih leh a result chhuah huna kal zel dan tur lam tlem han sawi leh ila. Nausen, HIV pai nuin a hrinte reng reng chu, an pianchhuah aṅanga kar ruk an tlinah an thisen hi test theih a ni a. DNAPCR hmanga test tur chuan, kar ruk aṅanga thla sawmpariat inkar an nihin a test theih a ni. Kar ruk an lo tlin chuan, Prevention to Parents To Child Transmission Centre (PPTCTC)-ah kalpui vat a, chuta ṅang chuan kan sawi tak, test hmasa zawk DBS tur khan an lo buatsaih dawn a ni. Naute thisen chu a test-na hmun tura laboratory ruat bikah (Mizoramin hemi tur atana laboratory hi kan la neih ve loh vangin Kolkata-ah kan thawn a la ngai a) thawn tur a ni a, a result chu thla khat chhungin a hriat hman a ni. Test hmasa, DBS-ah hian result chu a lo positive a nih chuan, naute leh a thisen test result chu ART Centre lamah thawn leh a ni a, hetah hian test hnunung zawk WBS ti turin an lo buatsaih ve leh thung dawn a ni.

Tarlan tawh ang khian, test hnunung zawkah hi chuan naute thisen lak kha a bika siam burah dah a, darkar reilote chhunga a test-na tur bik laboratory thlentir hman ngei ngei tur a ni. Naute thisen chu Whole Blood-ah pawh a lo positive chuan treatment la tura ART

Centre-a register a, a ṅul ang treatment kalpui tawh tur a ni.

A chungka kan tarlan tak zawng zawng khi, HIV kai nuin an hrin nausente-ah tih vek theih a nih chuan, tun aia nasa zawkin naupang HIV kaiten enkawlna an dawng ṅhain, naupang dang ang bawkin hriselna pangngai tak nen nun an hmang ve thei dawn a lo ni reng a.

Kan thupui nen chuan inpersan deuh hlek mah se, han tarlan tel hram duh ka nei a, chu chu hei hi a ni a– nu leh pa HIV kaite hian, fa an lo neih hian, an fate khan HIV kai nghal tura ngaihna hi a a lian em em a, kan ramah pawh hian he ngaihnan hi a tam zawk chuan kan la nei a tih theih a ni. Mahse hei hi hria ila– nu leh pa HIV kai an nih vang ngawt hian an fa khan a kai ve kher chuang lo tih hi. Mihringte min siamtu Pathian hian a mihring siamte taksa khawl hi a lo siam ṅha khawp mai a. HIV-te awm theih lohna turin mihring ‘CHI’ (sperm) hi a lo siam a, chumai pawh a la ni lo, nuin a pum chhunga a naupai khan, a nu lak aṅanga natna dang a kai loh nan, ‘Hlam’ (placenta)-in a daidang leh thlap a, chu chuan a nu aṅanga natna leh a hrik a kai chhawanna tur lakah pawh a lo veng thei ṅhin a ni.

Pharmacists are involved in providing pharmaceutical services and care to patients in a variety of environments. Many pharmacy careers are available in community pharmacy practice; institutional pharmacy practice; home health care; managed health care; pharmacy organizations; academia; the pharmaceutical industry; government; and other organizations and practice settings. As a member of a well-respected profession, you can make significant contributions to patients and the citizens of your community.

Dr. Vanzarlina  
 Medical Officer, State TB Cell  
 RNTCP

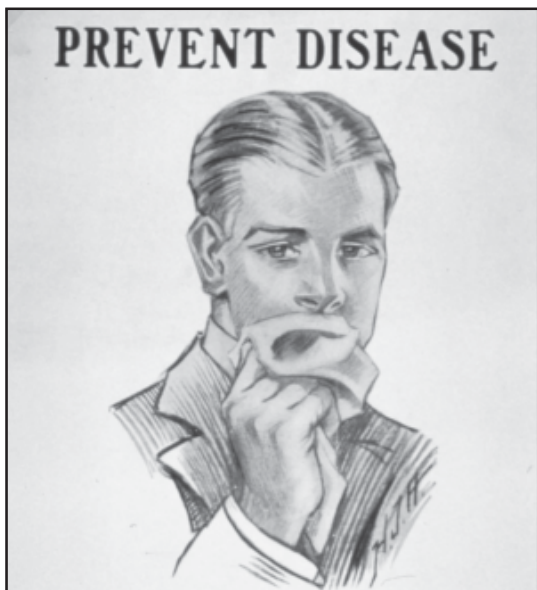
## NGAWR

College kan kal lai hian vawi khat chu ka naute pahnih bazar chak lutuk hian, “Kan ngawr vek dawnin kan hria,” an ti a. A hun lai kha chuan a nuihzatthlak viau a, mahse Revised National Tuberculosis Control Programme-a ka luh ve tak chinah hian nuih a za ta lo khawp mai. Tuberculosis (TB) tih thumal hi chu kan hre fo tawh ang a, TB hi Mizo ṭawng chuan ngawr a ni tih hria erawh hi chu tlemte chauh kan ni awm e. He article hi tih tur dang i hriat thlawt loh vang leh chhiar tur dang i hriat thlawt loh avanga i lo chhiar fuh ve a nih hlauh chuan i lo hre reng tawh dawn nia.

TB hi natna inkaichhawn theih, ***micobacterium tuberculosis*** natna hrik vanga lo awm a ni a, ***droplet infection*** kan tih mai, khuh leh khäk aṭanga a siper, boruaka leng vel kan hip luh avanga lo inṭan ta ṭhin a ni. Hriat chhuah loh leh damdawi ei ṭhat loh chuan natna hlauhawm tak a ni a, a hun taka hmuhchhuah a, damdawi ṭha taka ei erawh chuan natna dam awlsam tak a ni lawi si a ni.

Mithiamten an chhut dan chuan kum 5000 kal ta khan Africa ram aṭangin mihring hian TB hi an vei ṭan daih tawh a, India ramah chuan kum 1500 vel kal ta khan TB hi kan hmelhriat ṭan a ni. 1882 bawr vel daih tawh khan German mithiam, Robert Koch-a’n a natna hrik hi a lo hmuchhuak tawh a, kum zabi 18 leh 19-na inkar khan TB hian khawvelah buaipui a hlauh hle a ni.

Mizo hi chu thil intihhmuh hnam kan nia, mi pakhatin ṭha a tih hi chu ram kàng ang mai hian a darh huk zel a. A ṭhatna pawh a tam ang a, kan chhiatpuina lai pawh a tam. “Mizo kan ni, kan hmel a ṭha”



kan han ti tak thin na a, kan thluak erawh hi chuan Vai pa leh Sap pa thluak hi a lo la tluk lo deuh a, 2014 a ni tawh chung pawh hian mi tam takin TB natna leh a veite hi lo tawngpawng hlauh tawk an la tam a nia! TB chauh ni lovin HIV/AIDS te, Hepatitis thleng te paw'n zuk nia! Hei hi a chhan bulpui ber chu **AWARENESS** kan neih that loh vang a ni. Tu thiam loh nge? E le, nangmah. TV-ah te, chanchinbuah te, leaflet te, brochure te i hmu fo tawh thin ang. Khawlai leh zinkawngah te, PHC/CHC-ah te hoardings i hmu ngei thin ang. World TB Day-ah te, eng day day emaw niah te chuan TB hi a thawktute hian kan lam ri fo a nia, mahse i bengkhawn si loh chuan, a va t̄angkai nep si ve!

T̄anrual chu chakna a ni an tih kha. TB vei mek leh an chhungte leh RNTCP thawktute chauh mawhphurhna a ni miah lo a nia aw. I tel lo chuan he natna hi kan do thei miah lo a nia. RNCTP-ah hian thawktu 100 pawh kan tling lo va, Mizoramah hian 11,47,000 chuang mihring kan awm si a, min puih loh chuan kan tan hian thil awlai lo tak a ni.

Hetiang hi kan dinhmun a nih si chuan, TB chungchanga i hriat tur pawimawh zual ka'n hrilh zung zung ang che. TB thehdarhtu hlauhawm ber chu TB vei tih inhre lo, **cough etiquettes** hre bawk si lo ho te, TB vei tih hriat chian, enkawl na pek si loh te an ni. Miin TB a vei a ni tih kan hriat chhuah thuai a, damdawi kan pek nghal a, kim biaia a ei char char chuan kar hnih hnu lekin a hrik kha mi dang a kai thei tawh lo. Chuti lova TB vei hmuh chhuah lohte chuan kum khat chhungin mi 10-15 a kaichhawng thei a, kum 2/3 thleng a hrik kha mi dang a kai

darh thei a ni. Kum 2/3 chhung khan damdawi a ei loh chuan a natna kha a thihpui a rinawm viau, kan thih leh dam chu Pathian thu thu ni se. A vauin kan invau lo chauh ta bawk a, TB kan vei leh vei loh engtin nge kan inrinhleleh ang?

- Khuh - Kar 2 emaw a aia rei emaw
- Khawsik - A bikin tlai lama sik ser ser
- Khäka thisen tel
- Áwmna
- Thawhah
- Chau hma/zawi ngawih ngawih
- Rihna tla hniam
- Chaw ei tui lo/ei thei lo

Khing a chung a kan sawi ang khian tu emaw a awm a nih chuan, TB rinhleleh tur a ni. A finfiahna hmun hi Mizoram dung leh vangah hian hmun 34-ah kan nei a, heng hmunahte hian a thlawn vekin khäk a test theih a ni. TB vei hmuh chhuah an nih chuan a thlawn vekin damdawi an dawng ang a, damloin damdawi a ei zawh hunah a damlo mai ni lovin a damdawi petu thleng tan khan lawmman a la awm cheu a ni!

Kan Zotlang ram nuamah hi chuan kum tin mi 2000 bawr vel hian TB hi an vei thar thin a, vanneihthlak tak maiin, 90% aia sang mahte an dam leh thin a, Multi Drug Resistant TB (MDR-TB) TB benvawn kan tih mai thin kan ngah hma hian tun hun hi t̄an lak hun lai tak a ni e.

A thui dawn em a, phek 100-ah pawh a leng dawn si lo va, a zavai chuan ka ziak lo mai ang a. A pawimawh zualpui ka hrilh ta bawk che u a, 'tah hian a hmawr ka'n bawk ang e. Ngawr/TB hi kan ramah a lo tlem tial tial theih nan, t̄an min lakpui turin ka sawm duh che u a ni. Korean serial en reng ringawt ai chuan a hlawk mahna!

Dr. Lalhmuchhuaka  
Paediatrician

## NAUPANG KAWTHALO ENKAWL DAN LEH INVEN DAN

All India Radio Station aṅang hian ‘In dam tlang em?’ tih hunah Doctor-te leh mi thiamte ziah - natna chi hrang hrang leh a enkawl dan te, a ven dante kan lo ngaithla ṭhin a. He programme hi a bengvarthlakín, inzirtirna ṭha tak leh inkaihhruaina hlu tak niin ka hria. Hetianga AIR Aizawl-a kan hotuten hun an pe ṭhin hi a lawmawm a, Zoram mipui tan fin leh vârna, hriselna lama min kaihruaitu a nih zel ka beisei.

Tunah hian naupang kawṭhalo, a enkawl dan leh a inven dan pawimawh zualte i han sawi teh ang.

Naupang kawṭhalo han tih hian eng emaw sawi tur awm bawk mah se, a tlangpuia han sawi mai hi chhinchhiah tur leh hriat chian theih tawk turah ngai ila. Naupang kawṭhalo chu an thil ei thlak danglam vang te, an pumin a zawh loh leh ngeih loh thil pek emaw eitir emaw vang te, natna hrik chi hrang hrang avangtea lo thleng a ni ṭhin a.

Kawṭhalo hi ek tui, ek pangngai ang ni loa ni khata vawi thum, vawi li leh a aia tamte an ek hian kawṭhalo an nei a ni.

### A enkawl dan:

1. Naupang kawṭhalo chu enkawl nghal thuai tur a ni a, an in tur tui damdawi (ORS) siamsak a, damdawi anga eitir mai tur a ni. He ORS (damdawi) hmang hian zaa sawmkua lai

a enkawl dam theih a, a bak tlemte, zaa sawm vel chauh hi a na zual leh Health Sub-Centre emaw, damdawiin emaw panpui ngai an ni.

2. Nausen kawṭhalo chu nu hnute hnek chawltir loh tur a ni. A chhan chu nu hnute tui hi nau tana ṭha ber leh chaw ṭha ber a nih avangin a hnek theih chuan hnek tamtir zawk tur a ni. Naupang kawṭhalo tana pawimawh ber chu a taksa aṅanga tui chhuak kha luah khahtir leh vat zel hi a ni.

3. Kawṭhalo nasa leh nasa lo-ah pawh an ek zawh apiangin tui damdawi (ORS) tam tawk pek zel tur a ni. A pek dan tur tlangpui chu- naupang kum 2 hnuai lam tan glass no  $\frac{1}{4}$ - $\frac{1}{2}$  (50ml-100ml) vel pek zel tur a ni a, an aia upa kum 2 chung lam chu glass no  $\frac{1}{2}$ -1 (100ml-200ml) pek zel tur a ni.

4. Tui damdawi bawk chu a luak chhuak zel a nih pawhin pek

chhonzawm zel tho tur a ni. A chhan chu a luak chhuak zo veka ngaih a nih lai khan a taksain eng emaw zat a lo hip hman thei tlat a ni. Tichuan, a luak pawhin reh hun a lo nei ve leh mai a ni.

5. Tui damdawi (ORS) pek bang chu chhin tlatin dah zel tur a ni. Nitinin ORS hi a thara siam tur a ni a, a hma ni a siam tawh, hman bang chu paih mai tur a ni. ORS hi Health Sub-Centre-ah a thlawnin a lak theih a, damdawi zuartute hnenah lei tur a awm bawk thin. Tin, chi leh chini emaw, kurtai emaw hmangin a siam theih a ni.

Heng a chung a enkawl dan kan sawi anga enkawl a nih hnu pawha naupang kawthalo chu a reh theih loh va, a chauh tial tial zel chuan Health Worker hnenah emaw, damdawiinah emaw kalpui thuai tur a ni.

1. Hnute hnekna bur (Feeding bottle) hman hian natna hrik an kai phah thin

avangin, thianghlim taka enkawl reng a pawimawh tih hriat reng tur a ni.

2. Tui chhuanso dah vawh, thianghlim taka vawnthat chauh intir thin tur a ni.

3. Eitur chi reng reng silfai a, thianghlim taka vawnthat chauh pek thin tur a ni.

4. An kut leh an thil khalh turte silfai that zel tur a ni.

5. Ek hi natna inkaichhawanna bul (source) a ni tih hriain ek-in phui tha neih tur a ni a, ek thlahdah mai mai loh tur a ni.

6. In leh a vel vawnfai tur a ni bawk.

7. Tho, natna theh darhtu lakah inthiarfihlim tur. Thil ei leh in turte chhin phui that zel tur a ni.

Heng thil tlemte kan han sawite hi kan hriat reng a, kan zawm that chuan naupangte chu kawthalo tam tak lakah an fihlimim an hrisel phah dawn a ni.

*Lalhmingliana*  
*Asst. Director*  
*Food & Drugs Control Administration*

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## DAMDAWI LAMA THAWKTE FIMKHUR LOHNA

### **Sawihawanna:**

Aug. 15, 2004 khan Sunanda Ghosh chu Golpukar, West Bengal Nursing Home-ah dah luh a ni a. He Nursing Home neitu hi Dr. Mitra Gyneacologist a ni. Ni 16-ah chuan, Dr. Mitra leh Dr. Bikash Ghosh te chuan Sunanda rilphir chu a zaisak ta a, ni thum hnuah chuan Sunanda chu a thi zui ta mai a ni.

A pasal Amit chuan, West Bengal Medical Council-ah a lungawi loh thu chu a thlen ta a, WB Medical Council chuan Sept. 2008 khan Dr. Mitra leh Dr. Bikash Ghosh te chu an fimkhur loh vangin an registration an hlihsak ta a ni.

WB Medical Council chuan, daktawr te hian hnimhlum pe thiam daktawr tel lova mi an zai vang leh hetiang zai turin tawnhriat (experience) an la nei tam lo a ti a. Zai theih mai a nih lohna thil tam tak hmuhchhuah a ni a, daktawrte hian zai a nih hmian tih tur tulte ti hmasa lo leh enfiah hmasa lovin an zai ringawt baw a ti a ni. Hei mai hi ni lovin, thil hriat duh tult an zawhte an zep tlat vang a ni. “Hei hi damdawi lama fimkhur lohna nasa tak (severe medical negligence) a ni,” tiin Ashok Chowdhury, President, WBMC chuan a sawi a ni.

Mizoramah pawh chanchinbu hrang hrangah harsatna kan tawh thu a lang

nasa thin hle a, mahse mipuiten ka chanvo dik tak kan hriat tawh loh vang leh a sawhkhaw a awm ang tih hlauh vangin damdawi lama thawkte fimkhur lohnte chu a zuzi ral mai mai thin a ni.

### **Damdawi lama thawkte fimkhur lohna chu eng nge?**

Khawvelah hian damdawi lam inenkawl na hi eizawna hmasa ber pawl a ni awm e. Mihringte enkawl hi hna zahawm tak a ni a, churang tak chuan he zahawmna venghim tur hian, inkaihhruaina dan (ethics) hnuai ah zawm tur leh tih tur a tuk nasa hle a ni. He inkaihhruaina dan (ethics) hian damlo enkawltu leh damlo inkara inkungkaihna tha siana a hlutna vawnhimtir a tum a ni. Chutih laiin he inkaihhruaina dan (ethics)-in a phut zawm duh lo, fimkhur duh lohna avangin dan lam inrawlh a lo ngaih phah ta thin a ni.



**Damdawi lama thawkte fimkhur lohna awm theih dan hrang hrangte chu:**

- 1) Daktawr chuan damlo duat taka enkawl chu a tih tur (duty) a ni
- 2) Daktawr chuan a tih tura ngaih chu a bawhchhia emaw, a tih duh lohin emaw
- 3) Chu dan bawhchhietna avang leh tih tur tih loh avangin damlo tawrhna a lo thlenin

Supreme Court thubuai – Minu B. Mehta leh BR Nayar te inkhinna thutluknaah chuan, zangnadawmna dawng tur dik tak chuan, a tisueltu leh a tih tur ti lova dan bawhchhetuin zangnadawmna a pek chu a tuartu dik takin a dawng tur a ni a ti a. Daktawrte'n fimkhur loh vangin dan bawhchhietna tam tak an hmachhawn thin a; entirnan, mit leh kal (kidney) ni lo zawk inpaihsak te, fimkhur loh vang leh tih tur tul zual tih loh avangte a ni fo mai. Heng avang hian damlote nunna atana hlauhawm leh harsatna a thleng fo thin a ti a ni.

Damdawi lam inenkawlana fimkhur lohna (negligence)-a pawimawh ber chu, a enkawlana avanga chhietna leh tawrhna lo thleng chu ni lovin, damlo an enkawl dan phung chu a pawimawh zawk a ni.

Daktawrin a tih tur ni ngeia ngaih a tih loh emaw, enkawl dan tur phung pangngai piah lama a enkawl a, chhietna lo thleng a nih chuan, fimkhur takin a enkawl a ni tih chu daktawr chuan a finfiah ngei tur a ni a. A enkawl danah damlo phalna a la ngei em, tihte a fiah bawh tur a ni.

Chutih laiin daktawr chuan enkawl dan tura ngaih chi hrang hrang zinga pakhat emaw tal a hmang a nih chuan, damlo a enkawl chuan fimkhur loh vang tiin a puh ngawt thei lo (State of Harayana vs Santra).

Mi tu pawhin thiam bik thil nei tur chuan zir a ngai a, chu a thil zir a hman chhuahnaah chuan fimkhur tak leh dik taka hman a tum tur a ni. Chutih rualin eng anga thin nge a enkawlana chu a chhuah dawn a sawi lawk thei lo a ni. Dan hremi chuan thubuai nei hnenah a chakpui ngei ngei ang tih a sawi lawk thei lo ang bawkin, daktawrin damlo chu a dam ngei ngei ang tih a sawi lawk thei bik lo va ni. Daktawr chuan damlo hnenah thiamna sang ber a neih hmangin fimkhur taka a enkawl chu a tih theih awm chhun mai a ni a, damlo pawhin chumi beiseina nena lo dawnsawn chu a tih tur awm chhun a ni. Hei vang hian, daktawrte fimkhur tawh lohna thubuai la tur chuan daktawr chu damlo enkawl turin a tling tawh (qualified) em tih emaw, chu a thiamna chu fimkhur takin a hmang ngei em, tih chu fiah a ngai thin a ni.

Balam thubuai court-in a remna chu tun thlengin damdawi lam hmanga enkawltute fimkhur lohna tehfung pawmawm bera ngaih a ni. India ram court-te pawhin damdawi lama fimkhur lohna tehfungah an hmang nasa hle a ni. Civil Case-ah chuan thil tisueltu chuan hmanraw awm ang ang hmangin leh, a thiamna zawng zawng hmangin fimkhur takin damlo a enkawl a ni tih a fiah theih chuan a tawh thei mai a. Chung

chu a ti ngei a ni tih a fiah chuan, an puhna lak aṅgin a fihlim thei a ni. Amaherawhchu fimkhur takin a theihna leh thiamna chu a hmang ngei em, tih chu thubuai sawilaia an dinhmun anga ngaihtuah tur a ni lo a; an puhna thil thlen laia thil awm dan aṅga ngaihtuah tur a ni. Tin, hmanraw hman ngei tur a hman loh avanga chhiatna lo thleng a nih chuan, chu hmanrua chu damlo enkawl laiin a awm lo a nih chuan, fimkhur lo anga puh ngawt theih a ni lo.

Sayad Akbar vrs State of Karnataka te inkhinna thubuai Supreme Court-in a remnaah chuan, fimkhur loh vang tia puh theihna chu civil (chawitir) leh criminal (man leh t̄an theihna) thubuai danglamna arawn sawifiah a, chu chu a finfiahnaah danglamna a awm thei a ni a ti. Civil thubuai ni turah chuan, damlo enkawl danah fimkhur lohna a awm ngei a ni tih finfiah a nih chuan a tawk mai a, criminal thubuai tur a nih erawh chuan, mi pangngai chin pawhin chu chhiatna lo thleng chu, fimkhur loh, tum sa reng vang a ni tih a hriat mai theih chuan criminal (man leh t̄an theihna) thubuai a ni thei a ni. Fimkhur lohna chu tihsual palh vang pawh ni se, dan kalh a ni thei a, chu fimkhur lohna chu tum reng vang a nih pheih chuan, criminal (man leh t̄an theihna) thubuai siamsak theih a ni.

Tih dan phung pangngai chuan, thubuai thehluttu chuan fimkhur lohna thil a awm ngei a ni tih a finfiah tur a ni a. Mahse hmun ṭhenkhatah chuan a tuartu tan finfiah a harsa hle ṭhin a, engtianga chu chhiatna chu lo thleng nge tih a hrethiam loin, a ti dik lotuin a

hriatchian zawk a awm thei a; hetiang thilah hian thil lo thlen dan chuan thil awm dan a sawifiah ṭhin a ni (Res ipsa loquitur).

Thubuai thehluttu chuan chhiat a tawh chhan hre lo mah se, fimkhur lohna a awm ngei a ni tih hriatna tur chuan a hnuaia mi ang thil a thleng tur a ni—

- 1) A ti dik lotu kutah engkim a awm tur a ni
- 2) Chhiatna leh tawrhna chu fimkhur loh vanga lo thleng liau liau a ni tih mi pangngai pawhin a hriat mai theih chuan
- 3) Thil pawh lo thlen chhan leh tawrhna chu hriat lâwk loh thil a ni tur a ni

Entirnan, damlo ni lo zawk zai te, a na lo lai zai te, thisen dik lo pek te, inzaina hmanrua taksaa theihngihl ang te. Tin, danin a phal loha nau tihtlak leh zai te hi a ni.

### **Daktawrte leh damlote inlaichinna**

Daktawrte leh damlote inlaichinna, inkaihhruaina (code of ethics) tam tak sawi tur a awm thei ang, mahse a tlangpui chauh sawi ila:

#### **I. A thiamna leh hriatna a hmang tur a ni (Duty to exercise a reasonable degree of skill and knowledge):**

Daktawr leh damlo inkarah inpawh tawna a awm tur a ni. Chu chu daktawrin enkawl a remtihin a inṭan chiah a ni. Naupang, a pa enkawlna hnuaia awm mek pawh ni se, a mawhphurhna a awm tawh tho a ni. Rikrumah leh a thlawna enkawlna pek a nih pawhin a thiamna leh hriatna hman chu a mawhphurna a ni tawh a ni.

**II. Damlo endik leh enfiah a tih tur a ni (Duties wih regard to attendance and examination):** Daktawr chuan damlo chu enkawl a remtih tawh chuan a nat chhung zawng a enkawl tur a ni. A chhan leh vang ṭha tawk damlo a hrilh emaw, damlo chuan enkawl tawh lo tura a tih emaw, a phalna chauh loh chuan a bansan thiang lo a; tin, hetiang thil a thleng a nih chauh loh chuan—

- 1) Daktawr chu a damlohin
- 2) Damlo chu enkawl theih loh khawpa buai a nihin
- 3) Damlo chuan daktawr chawh ni lo, damdawi leh thil dang a lo ei ve ngawtin
- 4) Damlo chuan daktawr thupek a zawm duh loh in
- 5) Pawisa pek hmasak ngaite a damloin a pek duh loh in
- 6) Daktawr dangin an enkawl ve thoin
- 7) Damloin ruitheih thil emaw, tur (poison) emaw a dil tlat chuan

Rikrum (emergency) thilah chuan damlo enkawl duh loh hi thiang lo (ethics kalh)-a ngaih a ni a, chutih laiin daktawrte hi indona thilah chauh lo chuan tih luih theihna a awm chuang lo a ni.

**III. Damdawi dik tak pek leh hriattir (Duty to furnish proper and suitable medicines):** Daktawr chuan damlo chu damdawi dik tak a chawh tur a ni a, a damdawi chawh chu chhiar theih tur leh ei dan tur thlengin a ziak famkim tur a ni. Damdawi chawh dik loh chu daktawr tan lei chawina a tling a ni.

**IV. Tih dan tur hrilh (Duty to give instruction):** Daktawr chuan damlo emaw, a awmpuitu hnenah damlo ei tur damdawi a chawh leh thil dangte chu ei tur zat leh ei dan tur chiang takin a hrilh ṭhin tur a ni. Ball vrs Houserod te inkhinna thubuaiah chuan, damlo chu a rilphir zai a ni a, harsatna a neih avangin a zaitu daktawr hnenah thil awm dan zâwtin, daktawr dang rawn turin a ngen a. Mahse daktawr chuan engmah hrilh ṭha lovin a kalsan ta mai a. He daktawr hian thurawn a pek ṭhat duh loh vangin thiam loh a chan phah ta ni.

Damdawi eng pawh a hnathawh dan chiang taka sawiin, motor leh khawl lam khawih rih loh ngai tur damdawite a chawh a nih chuan, thurawn chiang takin a pe tur a ni. Chutiang damdawi a chawh chuan damlo chhungte pawh a hrilh ṭhin tur a ni. Tin, natna inkaichhawn theih vei a nih chuan, a chung leh ṭhiante a hriattir bawk tur a ni.

**V. Damlo hnenah harsatna thleng thei a awm thu hrilh (Duty to inform patient of risk):** Banarasi Dass Kankan vrs Shyam Behari Lal (1932 Bom LR 187) te inkhinnaah chuan, Kankana chu a beng ṭhat loh avangin daktawrin damdawi a chawh chu a hmang a. Kum khat hnuah chuan a beng chu lo na chhuakin a hriatna a hloh ṭan ta a. An han endik leh chuan a bengdar dinglam chu a lo chhe der tawh a ni. A chhan an finfiahah chuan, daktawr chuan natna hote-ah damdawi thin (shake) ṭhat loh pek hlauhawm tak a lo chawh vang a ni a. Daktawr chuan chu damdawi

hlauhawmna leh hman hmaa thin hmasak ngei ngei tur a ni tih a hrilh lawk loh avangin thiam loh a chan phah ta a ni.

**VI. Natna thenkhat hrilhhriat (Duty to notify certain diseases):**

Daktawr chuan Health lam thuneitute hnenah natna hrileng, nau piang leh thi, etc. a hrilh thin tur a ni. Daktawrin tih tur a tih loh avanga harsatna mipuiah a thlen chuan criminal, lungin tan theihna thubuai mai ni lovin, lei chawi theihna pawh a ni.

**VII. Mi zaia tih tur (Duty with regards to operation):** Daktawr chuan mi a zaiin-

1. Thil awm dan chiang takin damlo a hriattirin, damlo remtihna a la hmasa tur a ni
2. Damlo ni lo zai palh leh a na lo lai zai lo turin a fimkhur hle tur a ni
3. Damlo zaitu chuan, midang tih turin a mawhphurhna a pe chhawng tur a ni lo
4. Inzir nan a hmang tur a ni lo
5. Zai dan phung tharlam (new technique) leh tha ber hmangin a zai thin tur a ni
6. A hmanruate a thianghlimin a felfai hle tur a ni
7. Damlo zaina hmanrua chi hrang hrang, lapua leh thil dangte damlo taksa chhung atangin a la chhuak leh vek tih a chian ngei tur a ni
8. A zai zawh hnuah tih tur leh tih loh tur te chiang taka hrilhin a enkawl zui tur a ni

**VIII. Geneva Convention dan zawm (Duties under Geneva Convention):**

Geneva Convention 1949 chuan, sipai hliam, lawng chhiaa chhanchhuah te, indo avanga lungin tang te, hmelma lamtang mipuite chu eng ram leh hnam mi pawh ni se, rikrum thilah chuan thliarhranna tel lovin daktawrte chuan an enkawl tur a ni.

**IX. Inrawn chungchang a tih tur (Duties with regard to Consultation):**

Molseworths thubuaiah chuan, damlo chuan Senior Surgeon chu a natna zai turin a ruai a, mahse damlo remtihna la lovin house surgeon a lo zaitir mai a; a fimkhur lohna avangin daktawr chuan lei a chawi phah ta a ni.

Daktawrin daktawr dang hnenah inentir tur emaw, a tirh dawn emaw, daktawr dang nen an enkawl dun dawn a nih pawhin, damlo phalna lain a hriattir hmasa thin tur a ni.

**X. X-Ray laia tih tur (Duty in Connection with X-Ray Examination):**

Fraser leh Vancouver General Hospital inkhinna thubuaiah chuan, damlo chuan motor accident a tawhnaah a nghawng ruh a titliak a, X-Ray-sak nghal a ni. Mahse casualty-a daktawr chuan X-Ray chu lo enin, "Nghawng ruh tliak a ni lo," a ti a. Damlo nghawng ruh tliak anga enkawl a nih loh avangin lei a chawi phah ta a ni.

**XI. Daktawrin damlo thuruk a vawng tlat tur a ni (Duty to keep patient secrecy):**

Daktawr chuan damlo thuruk chu damlo remtihna lo chuan a sawi tur a ni lo, a vawnhimsak tlat tur a ni.

Heng lo pawh hi tih tur leh tih loh tur tam tak a awm a, heng dan Code of Ethics hi Medical Council-in a kengkawh thin a ni.

**Daktawrte hi man leh lungin tang tura thubuai siamsak theih an ni em?**

Roscoe Law of Evidence chuan, daktawr mi zai thin chuan phalna a nei emaw nei lo emaw, damlo a enkawl danah fimkhur loh vanga thihna a thlen chuan tualthat anga ngaih niin, a fimkhur lohna chu eng chen chiaha nasa nge tih chu roreltute thutlukna siam tur a ni. A tlangpuiin a fimkhur lohna chu lei chawina ringawt ni lo khawpa hrem theiha fimkhur lo a nih chauh loh chuan man theih a ni lo.

Kurban Hussain Mohamedalli Ragawall vrs State of Maharashtra te inkhinna thubuai an remnaah chuan, Sec 304 A of IPC kalh ni tur chuan, thihna lo thlen chhan chu a fimkhur lohna leh, chu chuan thih theihna a thlen thei tih hre chung a tih luih chuan man theih a ni.

Juggankhan leh State of Madhya Pradesh te inkhinna thubuaiah chuan, Homeopathic daktawr chuan damlo chu guinea worm natna nei tih hriain damdawi Stramonium far 24 leh Datura hnah ei kawpa hlauhawm tak chu a chawh a. Damdawi pahnih ei kawp hlauhawmzia daktawr chuan a lo hre lo va; chutih laiin daktawr chu hre tura ngaih a ni si a, chuvangin daktawr chuan thiam loh a chan phah ta a ni.

Jacob Mathew leh State of Punjab inkhinnaah chuan, damdawiin chuan

damloin oxygen a mamawh lai takin oxygen a lo awm loh avangin court chuan damdawiin chu damlo hnenah zangnadawmna pe turin a ti ta a ni.

Article 21, Constitution of India-ah chuan, mi tinte kan nunna turin chanvo kan nei theuh a ni, chumi tiderhawng thei thilah chuan, court-ah a zualko theih reng a ni. Damlo enkawl hna hi nunna enkawl hna a nih vangin fimkhur tak, dik tak, tha tak leh taima taka tih ngai a ni. Daktawr, sawrkar damdawiina mipui chhiahhlawh (Servant of States) ten fimkhur lo taka mi an enkawl chuan Article 21 an kalh thei a ni.

Damlo enkawl tur hian thiamna hrang hrang nei daktawr chi hrang hrang an awm avangin daktawrte chuan an thiam bik thil chauh an hmang tur a ni. Thiam bik thil nei an nih avangin damdawi lam thil bik chauh hre tura ngaih an ni a, an lo hriat loh chuan fimkhur loh vangin thiam loh chang thei an ni. Poonam Verma leh Ashwin Patel and Ors te inkhinnaah chuan Homeopathic daktawr chuan Homeopathic damdawi hmang chauha damlo chu enkawl tur a nih laiin, damdawi pangngai Allopathic damdawi a lo chawh avangin damlo chuan a thih phah ta a. A thiam thil ni lo a lo chawh ve vangin thihna thlenga ngaih a ni. Court chuan damlo nupui hnenah pawisa tam tak zangnadawmna pe turin a ti ta a ni.

Daktawrten an thiam thil chauh hmangin mi an enkawl tur a ni a. Ayurvedic daktawr chuan thlai damdawi hmang chauhin damlo a enkawl tur a ni a, Homeopathic daktawr chuan Homeo-

pathic damdawi hmangin; chutiang bawkin Allopathic daktawr chuan bawlhloa siam damdawi (allopathic) hmang chauhvin an enkawl tur a ni. Allopathic daktawrin Ayurvedic damdawi, Liv 52, etc. a chawh thei lo ang bawkin, Homeopathic emaw Ayurvedic daktawr ten Ampicillin damdawi an chawh thei lo a ni. An chawh a nih chuan daktawr lem (Quack) anga ngaih tur an ni a, lei chawh theihna a ni.

Mipuiten kan chanvo kan hre òan ve ta hle a, daktawrte lakah pawh thikthu kan tichhe tial tial reng a ni. Civil Court-ah daktawr khin theihna a tam hle a, Consumer Protection Act 1986 hnuaiyah min enkawl that loh vang te, tin, Section 304 A of IPC hnuaiyah fimkhur loh vanga thihna thlen vang te, Sec 336 - mi dang nunna atana hlauhawma chetna, Sec 337 - Mihring nunna leh taksa a natna leh hliam thlensak te emaw, Sec 338 - thihpui tham hliampui tawrhna thlen te avangin thubuai siamsak an lo ni fo tawh a ni.

Chutih lain Supreme Court chuan, Dr. Jacob Mathew thubuai an chinfelnaah chuan, damdawi chungchang hriat tawh loh vang te, zangnadawmna dik lo taka lak tum vangtein mipuiten daktawrte chu eng emaw hlekah khin buai an ching òin a, mante an lo tawh òin a ni. Chuvangin daktawrte bail dila an buai fo òin te, phalsak an lo nih loh phei chuan harsatna tam tak an tawh phah fo òin te chu òa a ti lo va. Daktawrte man tur chuan, damlo nunna leh himna atana hlauhawmin daktawr chuan thil a ti ngei a ni tih fiah phawt a ngai a ti a ni.

Fimkhur loh leh tihsual palh thilah man ngawt theih an ni lo a ti. Damlo enkawltute tan lei chawina tam tak awm mah se, daktawrte hi mana tàntir ngawt theih an ni lo. Tihdam duh vanga thihna emaw, chhiatna a lo thlen palhin IPC Act 1860, Sec 88,92,93 dan hmanga tihbuai ngawt theih an ni lo a ni.

Supreme Court chuan, daktawr hna chu hna zahawm a nih vangin òul lo taka tihbuai an nih lohna turin hetiang hian thupek zawm tur a siam ta a ni-

1) Daktawr chuan a thiamna zawng zawng a hmang chung a eng emaw tihsual palh vang leh tum reng vang ni lova damlo a lo thih palhin thubuai siamsak ngawt theih a ni lo. Daktawr òa zawk ràwn loh vang emaw, enkawltu òa zawk beisei vang emaw pawh ni se.

2) Daktawr chuan a thiamna bik nei nia insawi a, a lo nih loh emaw, a thiamna chu a hmang òa duh lo a nih erawh chuan thubuai siamsak theih a ni.

3) Sec 304 A IPC kalha thubuai siam a nih dawn chuan, fimkhur lohna nasa tak a awm a ni tih finfiah ngei tur a ni.

4) A thil tih dan phung àngin finfiahna a awm tur a ni.

5) State Sorkar leh Central Sorkar ten daktawr thubuai siamsak theihna dan Medical Council of India ráwn chungin an siam tur a ni a, chumi hmaa thubuai thehlut tur chuan, fimkhur lohna a awm ngei a ni tih daktawr dangte ngaihdan a theh lut tel tur a ni. Police thubuai a nih dawn chuan sawrkar daktawrte ngaihdan lak tur a ni.

6) Fimkhur lohna avanga thubuai siamsak dawnin daktawrte chu man ngawt tur a ni lo. Thil chhui ngai leh finfiahna tur thilah daktawr chu mamawh a ni emaw, daktawr chu tlanbo mai tum a nih chuan a man theih chauh zawk a ni.

Supreme Court chuan daktawrte chu, fimkhur loh vangin thubuai siamsak theih an ni lo a ti dawt lo a, mipuite kan him zawk nan fimkhur takin thubuai nei chuan a thehltut tur a ni, a ti mai chauh a ni.

He Supreme Court thuchhuaha daktawrte humhimna hi Criminal Court -a thubuai theh luh dawn chauh hman tur a ni. He thupek hian Engineer leh Lawyer te thubuai siamsaknaah pawh an inhumhim nan a hman theih a ni.

### **Thubuai thehluhna:**

Lungawilohna nei chuan Civil Court-ah zangnadawmna an phût thei reng a, Criminal Court-ah erawh chuan fimkhur taka kalpui tur a ni.

April 9, 1985-a UN General Assembly chuan ram ñang mekte hriselna lama enkawlna dawngte an him theihna turin sorkar tih tur hrang hrangte a lo siamsak tawh a, chumi bawhzui chuan India-ah pawh damdawi lam mite fimkhur lohna tuartute chu an lungawi lohna thlenna tur Forum chu 1986-ah din a lo ni ta a ni. Supreme Court thutlukna angin (Indian Medical Association vrs VP Shante and Org) District Consumer Disputes Redressal Forum, Rs.20 lakhs thleng zangnadawmna phût theihna te, State Consumer Disputes Redressal Forum,

Rs.20 lakhs aţanga Rs.1 crore thleng leh, National Forum, Rs.1 crore aia tam phût theihna hmunte chu siam a lo ni ta a ni. Henga la lungawi lote chu thu tawp thlenna Supreme Court-ah a la thlen leh theih a ni.

Damdawi lam thawktute fimkhur loh vanga harsatna nei chuan hetiang hian thubuai a thehltut thei a ni-

- 1) Zangnadawmna phût chungchang chu Consumer Dispute Redressal Forum-ah emaw, Civil Court-ah emaw thubuai theh luh theih a ni.
- 2) Hremna pe tura phûtna chu Criminal Court-ah Criminal Complaints theh luh theih a ni.
- 3) Thununna pe tur leh an hnathawh theihna (registration) titawp tura phûtna chu State Medical Council-ah theh luh theih a ni.

Damlo enkawl hi hna zahawm tak a ni a, inkaihhraina dan(ethics) hnuaiah khuahkhirh tlat a ni bawk. Chutih laiin khawvel ñang zel leh intlansiakna avangin daktawr ñhenkhat chuan an enkawlna pek theihthe chu thil lei theih leh sumdawmna ang maiin an kalpui chho ñan ta a. Hei hian mipuite tan him lohna leh harsatna nasa tak a siam thei a ni. Chuvangin mipuiten kan chanvo dik tak kan hriat a pawimawh em em a, chu kan chanvo dik tak kan hriat a, kan neih theih nan phun lungawi mai lovin dan rorelnaah kan thlen ñhin tur a ni.

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## OTC DRUGS LEH PRESCRIPTION DRUGS

**O**TC (Over The Counter) drugs-te hi damdawi dawra Doctor lehkha (prescription letter) tel lova awlsam taka damdawi kan lei theihte hi an ni a. Hritlang leh khuh damdawi te, nachhawknate, pum damdawi te, vitamins ho te hi OTC drugs kan tih zinga mite an ni a. Prescription drugs-te hi chu Doctor lehkha keng tel chauha damdawi kan lei theihte hi an ni. Prescription leh OTC drugs te hi street drugs kan tih— heroin, cocaine, LSD te ang hian a hmanna tur leh hman dan tur dik taka hman an nih loh chuan an him (safe) bik chuang lo va, addict theih leh hman sual ve theih tho an ni. Mizorama thalaite zingah ngei hian heng damdawite hi hmang sual an awm a ni.

India ramah Drugs and Cosmetics Act leh Rules hnuaiah hian OTC drugs ho hi category hranpaa dah an ni ve lo va. Prescription drugs hote chu Drugs and Cosmetic Act hnuaia Schedule H, H1 leh X te hi an ni a. Heng schedule hnuaia damdawi awm lo ho zawngte hi OTC drugs kan tihte chu an ni. Schedule G hnuaia damdawi awm hote hi Doctor lehkha tel lovin a lei theih a, amaherawhchu, a kawmah emaw a bawmah emaw 'Caution: it is dangerous to take this preparation except under medical supervision' tih a chuang tur a ni. Chumi awmzia chu damdawi kha damdawi thiamte enpui lohvin lo ei ve ringawt loh tur tihna a ni.

Union Health and Family Welfare Ministry-in Drugs and Cosmetic Act, 1945 siamtha tura thu a chhuah angin

30th August, 2013 khan siamthat a ni a. Hetah hian antibiotics thenkhat (3rd and 4th generation) leh TB damdawi te chu OTC drugs anga hralh chhuah khap a ni. Tin, Schedule H hnuaia damdawi thenkhatte paih an ni a, chung damdawite chu Schedule H1-a dah thar an ni. Hetianga sawn an nihna chhan chu damdawi hnathawh tihnam (resistance) a nih loh nan leh damdawi ruihtheih ho do nana tih an ni. Heng damdawite hi a kawmah prescription letter tel chauha pek tur tih a inziak tur a ni.

Drugs and Cosmetics (Fourth Amendment) Rules, 2013-a Schedule H atanga damdawi an paihte chu: Alprazolam, Cefdinir, Cefepime Hydrochloride, Cefetamet Pivoxil, Cefpirome, Cefpodoxime Poxetil, Ceftazidime Pentahydrate, Ceftizoxime Sodium, Chlo-



rdiazepoxide, Clofazimine, Codeine, Diazepam, Diphenoxylate and its salt, Ethambutol Hydrochloride, Ethionamide, Levofloxacin, Meropenam, Midazolam, Moxifloxacin, Nitrazepam, Pentazocine, Pyrazinamide, Sparfloxacin, Thiacetazone, Tramadol hydrochloride, Zolpidem.

Schedule H1-a damdawi an dah tharte chu hengte hi an ni: Alprazolam, Balofloxacin, Buprenorphine, Capreomycin, Cefdinir, Cefditoren, Cefepime, Cefetamet, Cefixime, Cefoperazone, Cefotaxime, Cefpirome, Cefpodoxime, Ceftazidime, Ceftibuten, Ceftizoxime, Ceftriaxone, Chlordiazepoxide, Clofazimine, Codeine, Cycloserine, Diazepam, Diphenoxylate, Doripenem, Ertapenem, Ethambutol Hydrochloride, Ethionamide, Feropenem, Gemifloxacin, Imipenem, Isoniazid, Levofloxacin, Meropenem, Midazolam, Moxifloxacin, Nitrazepam, Pentazocine, Prulifloxacin, Pyrazinamide, Rifabutin, Rifampicin, Sodium Para-aminosalicylate, Sparfloxacin, Thiacetazone, Tramadol, Zolpidem.

Heng damdawite hi a káwmah Rx tih a chuang tur a ni a, tin, a sen chungah chuan ‘Schedule H1 drug warning: not to be sold by retail without prescription of RMP’ tih a chuang tel ngei ngei tur a ni. Amaherawhchu, vuna hnawih chi leh mit, hnar leh beng thlawr chi te chu a tel lo a ni.

India ramah hian OTC drugs hi kan hman nasa em em a. Damdawi kan ei zinga 55% hi OTC drugs kan tih ho hi an ni a. A market value anga chhut pawhin a tam tham em em a. India OTC market

size hi khawvel ah 11th a ni a, tun ațanga kum 5-ah chuan 9-na ah a chhoh theih beisei a ni. Tunah hian India OTC market hi USD 1.8 billion hu vel a ni a, annual growth rate chu 23% a ni. Hetianga OTC drugs kan hman nasat em em nachhan nia langte chu-

Research ațanga a lan danin India ramah hian mipui zinga 23% hian natna hlauhawm vak lo- khuh, áwmna, khawsik, luna, pum naah te hian Doctor pan ai chuan mahni in lamah mahni damdawi inchawh (self medication) chawp an thlang zawk a. 45% ho hian Doctor pan ai chuan damdawi dawrah damdawi zuartute an pan mai țin a, 24% chauh hi cuan Doctor pan duh zawk țin an ni. Chuvang chuan mipui zinga 68% ho hi OTC drugs hmanga inenkawl țin an ni tihna a ni. Hei hi a population ang zawnga chhut chuan 700 million vel a ni. Chuvang chuan a market value ang zawnga chhut pawhin a tam tham hle a ni. Heng ho mai bakah hian khawpui deuhahte hian kan nun dan (life style) vangte hian mi tu pawh mai hi kan buaiin kan hman lo em em tawh a. Damlo satliahte paw’n Doctor pan hun an nei mumal tawh lo va, chumi avang chuan damdawi mahnia inchawh hi a hluar em em a ni. Chuvangin heng OTC drugs-te hi kan hman nasa em em a ni.

Americans ho pawh khuan OTC drugs hi an hman nasa em em a. Anni khu chuan OTC drugs ho hi category hranah an nei a. American Consumer Healthcare Product Association-in a chhut danin Americans ho zingah 73% khuan anmahniin Doctor rawn lovin an

inenkawł ðhin a. Damdawi an ei leh hman zawng zawnga 60% khu OTC drugs an ni, chu chu 5 million hu vel a ni. US FDA khuan an damdawi siam chhuah leh zawrh reng reng khu an control a. US FDA-in drug an approve tawh chu khawvelin an approve tih theih a ni. US FDA hian regulatory system pahnih an nei a, chungte chu– New drug application (NDA) leh OTC drug monograph te an ni. Drug monograph OTC drugs an appove-na tur hi an nei a. He an OTC drug monograph hi ‘recipe book’ an tih ang deuh hi a ni a. Hetah hian damdawi-ingredients te, doses, formulation, label-

ing, etc. te an awm a ni. US FDA hian prescription drug ho hi mipuiin tam zawkin awlsam zawka an hmuh theih nan OTC drugs-ah hian a let (switch) ðhin a. Heng damdawi prescription drug aṅanga OTC drug-a let tur hian heng criteria-te hi a nei tur a ni– OTC drugs-a a hmanna (indication for use) hi prescription drugs nen a inang tur a ni a. Damloin mahnia damdawi a ei a, a inenkawł theihna damdawi tur a ni. Damdawi kha nghawng ṅha lo (side effect) a ngah lovin leh hman sual a awl lohvin. Damlovin a hranpaa inenkawł (special monitoring) leh test a ngaih lohvin.

Prescription drugs ni ðhin, OTC drugs lo ni ta te chu:

OTC BRAND NAME	GENERIC NAME	CLINICAL USE
Benadryl	Diphenhydramine	Antihistamine
Monistat	Miconazole	Antifungal
Motrin,advil,nuprin	Ibuprofen	NSAIDS
Prilosec	Omeprazole	Antiulcer
Zantac	Ranitidine	Antiulcer
Dimetapp	Brompheniramine	Antihistamine

*Sources: Information courtesy of the Nonprescription Drug Manufacturers Association, Washington DC, Physicians' desk reference (64th ed. 2010).*

OTC leh prescription drugs te hi street drugs kan tih, heroin leh cocaine te ang thoin a hlauhawmin nghawng ṅha lo an nei ve thei tho a. Damdawi eng pawh, a dose dik lo leh hmanna dik loa hman a nih chuan kan taksaah harsatna a thlen thei a ni. Damdawi hian toxic level an nei vek a, chu an toxic level an pelh chuan thihna hial a thlen thei a ni. OTC drugs-te hi tunlaih thalai tam takin an hmang sual (abuse) a. A chhan ni bera

lang chu awlsam taka damdawi dawr aṅanga lei theih an nih vang hi a ni. Chumai bakah internet lamah damdawi ruih theih thil te hi an hmu zung zung thei a, heng aṅangte hian damdawi chanchinte an hriain an hmang sual ta ðhin a ni. Nachhawknate, khuh damdawi, diet pills, laxatives, kan tih te ho hi an hmangsuall nasa em em a ni.

Prescription drugs leh OTC drugs-te hi a hman dan dik lo (misuse) leh ruih

nan hrim hrim (abuse) a hman theih an ni a. Entirnan, tu emaw lu a lo natin paracetamol a ei a, a luna a chhâwk lawk lo tih vangin a dang a ei leh a, damdawi thawh hun pawh nghak lovin. A nih loh paw'n damdawi kha mum hnih tein, a thawh chak duh vang ringawtin lo ei ta sela, chu chu a hman dan dik lo (misuse) a hmang kan ti thei ang. Abuse hi chu natna hranpa pawh nei chuang lova ruih nan hrim hrina damdawi hmang sual hi a ni. Damdawi hman sual hi a hlauhawm thei em em a ni.

OTC drugs an hman sual ho tlangpuite chu Dextromethorphan, Pseudoephedrine, Dimenhydrinate, Diphenhydramine, Diet pills, Laxatives leh Diuretics te an ni. Dextromethorphan (DXM) hi khuh leh hritlang damdawiah telh ðhin a ni a, dose sang deuh hlekah chuan suangtuahna (hallucinations) chi hrang hrangte a thlen thei a. Chu mai bakah hlim veng vengna (euphoric effect) te, mutchhuahna (sedative effect) te a thlen thei a ni. Hetiang ang duh vang hian tleirawl hovin an hmang sual ðhin a ni. DMX hi antidepressant drugs ho leh zu, leh opiates hote nena ei pawlh a hlauhawm em em a ni. Amaherawhchu, a dose pangngai (120mg/day, 60mg/dose)-ah chuan a himin a thawk ðha em em a ni. Vawi khata 400mg aia tam ei hian thihna hial a thlen thei a ni. Pseudoephedrine pawh hi hritlang damdawi a telh ðhin a ni a, hnap tui tihrehna (nasal decongestant) atan hman a ni. He damdawi pawh hian DXM-in a thlen theih ho ang tho khi a thlen thei a ni. Chuvang chuan tunlai damdawi siamtu company ðhenkhat chuan hemite pahnih

hi an hman sual nasat em avangin damdawi dangte'n an thlak a ni. Dimenhydrinate hi motor rui damdawi atana hman ðhin a ni. Dose pangngai chu 50-100mg a ni a, dose sangah chuan kan sawi tak ang ho khi a thlen thei vek a ni. Diphenhydramine hi mutchhuahna (sedative, hypnotic) leh luak danna atan hman ðhin a ni. Heng kan damdawi sawi tak ho pawh hian hallucination, euphoric leh sedative effects kan tih te ho khi an nei vek a ni. Tin, kan thluak hnathawhte hi an ti buai thei deuh vek a ni. Diet pills, ek chhuahna (laxatives) leh zun tamna (diuretics) te pawh hi tleirawl hovin intihcherna atan te an hmang ðhin a ni.

Prescription drugs an hman sual ho tlangpuite chu morphine, oxycodone, fentanyl, codeine, amphetamine te an ni a. Heng damdawi ho hi thluaka thawk chi vek an ni. Kan thluak hnathawh an ti hakin an tihnam thei a ni. Suangtuahna leh hlim veng vengna an thlen theih mai bakah, mutchhuahna leh hriatna hloh te pawh a thlen thei a ni. Dose ei sàñ phei chuan thawkna a tibuai thei a, thihna hial a thlen thei a ni. Zu, sleeping pills leh damdawi dang thluaka thawk chi ho nena ei pawlh a hlauhawm em em a ni.

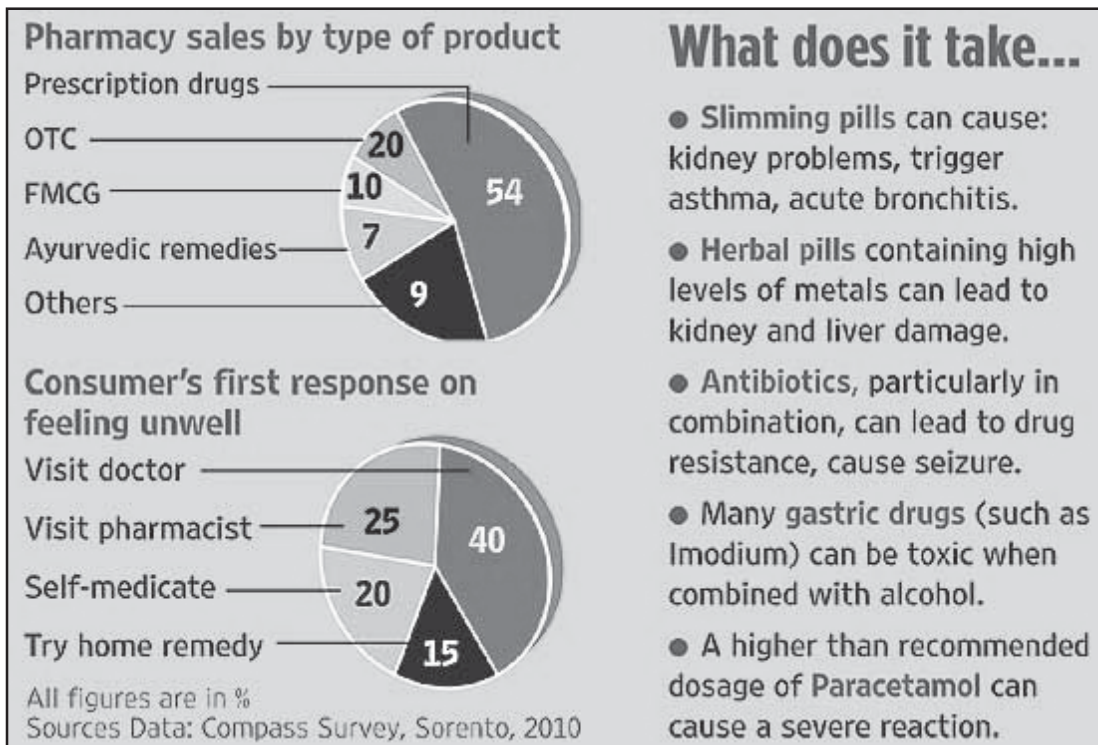
### **OTC drugs hman sual kan ven theih dante:**

1. Damdawi bawma inziak chiang taka chhiar tur, a hman dan tura ziah ang chauha hman tur.
2. Kan natna atan chauh damdawi ei tur, damdawi reng reng ei mai mai loh tur.

3. Damdawi dang nen kan ei pawlhin a inhal nge hal lo hriatfiah hmasak phawt tur.
4. Naupang tan paediatric formulations chiah eitir tur.
5. Damdawi thi tawh (expired) reng reng ei loh tur.
7. Damdawi kan ei tur hriat chian hmasak tur.
8. Damdawi hawn tawh, rei tak hman/ ei tawh loh chu paih tur.

**OTC drugs hman sual kan ven thei dante:**

1. Doctor-in damdawi min chawhin mi dante chawh chhawn loh tur.
2. Chutiang bawkin mi damdawi ei ang ei ve rikngawt loh tur. Damdawi kan ei zat tur (dose) kha mi dang nen a inang kher lo thei bawk.
3. Hmun him takah damdawi dah tur. Naupang leh tleirawl kan neih pheichuan dah fimkhur tur.
4. Doctor-in damdawi a chawh chein a hmanna tur dik tak chauha hman tur.



*Hmingremhlua*  
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## PHARMACIST-TE : KHAWVEL TAN

**P**harmacist-te hi damdawi hman dan dik taka mipui hrilhhretute an ni. Thil eng pawh hi a hmanna tur dik taka kan hman chuan țangkai hle mah se, hmanna dik lova kan hman erawh chuan nghawng țha lo tak an thlen thei țhin. Chutiang bawkin damdawite pawh mihring hriselna atan țangkaiin, natna tam tak tidam thei mah se a hmanna dik lova kan hman erawh chuan mihring taksa a tichhe vek thein, thihna hial pawh a thlen thei țhin. Chuvangin hemi lama min kaihruaitu Pharmacist-te hi an pawimawh hle a ni.

Pharmacist-te hi an hna thawhna hmun azirin chi hrang hrang an awm tiin kan sawi thei awm e. Hna chi hrang hrang pawimawh tak tak thawkin dinhmun pawimawh takah an ding țhin a, damdawi lam leh a kaihhnawih an khawih deuh ber țhin. North America English-ah chuan Pharmacist-te hi Drug-gist tiin an sawi a, Common Wealth English-ah erawh chuan Chemist tiin an sawi ve thung. Pharmacist ni turin zirlai chuan pharmacy school-ah professional degree nei turin kum 8 emaw bachelor degree neih hnuah kum 4 training a ngai a. Diploma certificate nei tur chuan kum 2 leh ni 90 hospital pharmacy training an neih a ngai. Pharmacy school-ah hian damdawi lama thiamna leh hriatna nei turin damdawiin hna a thawh dan te, damdawi an hmanna tur dik tak te, a side effect emaw adverse effect leh natna chi hrang hrang laka a hna thawh dan kimchang takin an zir țhin. Heng

damdawi lama finna leh thiamna chi hrang hrang an zir chhuahte hi mipui leh khawtlang tan leh damlote hnenah a țul dan ang zela hrilhfiahin an kaihruai zel țhin. Pharmacy zirna in leh license an pek chhuah dan hi ram leh ram chhung hrang hrangah pawh a inang vek lo. Ram tam zawkah chuan pharmacy zirlai chuan university emaw professional degree nei turin pharmacy school-ah ramin a phut thiamna emaw, a thiam tawk a ni tih finfiah a ngai. Ram țhenkhatah chuan pre-professional course a paltlang hnuah kum 4 professional course a paltlang leh a ngai thung. India ramah chuan pharmacy course zir tur chuan Cl-XII (Sc) passed hnuah technical entrance paltlangin a zir theih. Mizoramah pawh RIPANS-ah a zirna kan nei tawh a, tunah hian zirlai eng emaw zatin an zir mek.

Pharmacist-te hi damdawi lamah khawvelah hian mawhphurhna lian tak

tak an chelh a, damdawi chi hrang hrang siamna hmuna thawkte an awm a. Damdawi chi hrang hrang mipui leh damlote hnena an pekte chu a quality that leh that loh chu endiktu an awm bawk. Heng an endikna kawngah hian an fimkhur a ngai hle a, a chhan chu mipuiten damdawi tha leh tha lo kan ei leh ei loh chu an kutah a innghat a, damdawi rei tak lo expire tawh emaw, quality chhe tak lo ei ta reng ila, kan taksain a tawrh phahin thihna hial pawh a thleng thei a ni. Chumi bakah chuan damdawi mipui hnena an supply chu danin a phal chin a ni nge ni lo tih an finfiah bawk thin. Damlo hnena Doctor-in damdawi a chawh chu Pharmacist-te chuan an lo enfiah bawk thin. Hmun hrang hrangah thawkin damdawiin-ah te an thawk a, khawtlang tana thawkte an awm bawk a. Heng Pharmacist-te hmu tur emaw, rawn tur hian appointment siam a ngai ve lo va, awlsam takin kan hriat duh zawngte kan zawtin kan buainahte kan rawn thei ang. Mizoramah pawh hian Pharmacy Council kan nei a, office hun chhungin engtik lai pawhin rawn theih reng an ni, hmun hla zawk tan pawh phone-in an rawn theih reng. Heng khawtlang (community)-a thawk Pharmacist-te hi zaah sawmsarih (70%) vel an ni a, damdawiin (hospital)-a thawkte hi zaah sawmhni (20%) vel an ni a, a bak chu damdawi siamchhuahna industry leh company-ah te an thawk bawk a, research bein damdawi thar leh tha zawk siam tumin hma an la mek zel. Pharmacy zirna in leh university hrang hrangah pharmacy leh a kaihnawihthe zirtir hna thawk pawh an awm.

Pharmacist-te hi an thiamna azirin an thawhna mual pawh a inang lo hle. Pharmacist-te hi hlawm lian tak pathuma then an ni. A hmasa berah chuan dawrkai emaw damdawi zuar emaw an awm a, heng pharmacist-te hi Retail Pharmacist an ti mai thin. Retail Pharmacist-te hian damdawi an zuarin mipuite hnenah damdawi an hralh chhuak thin a. Damdawi lo thlengte chu heng Retail Pharmacist-te hian an lo enfiah a, hralh chhuah turin a quality a tha tawh em tihte an lo enfiah thin. Doctor-in damdawi damlo hnena a chawh chu an lo pe chhuak a, chu mai bakah Doctor-in damdawi a chawh chu an lo enfiah a, a dose lak dan tur dik tak leh damdawi hnathawh dan leh side effect engkim an lo hrih bawk thin. Tin, Doctor-in damdawi a chawh chu damdawi inhal a awm em tih thlengin an lo enfiah thin. Damdawi leh hri danna damdawite chu engtik lai pawha hman theih turin hmun him zawkah damdawiin a mamawh tawh temperature-ah an lo dahtha bawk thin. Customer leh mipui lama hriat tur pawimawh zawng zawngte an lo hrihfiah a, chu chu an hna peng pakhat leh mawhpurhna lian tak a ni bawk.

A dawt lehah chuan damdawiin (hospital)-a thawh Pharmacist-te hi Clinical Pharmacist an ti bawk a, heng pharmacist-te hnathawh hi Retail Pharmacist-te nen hian a danglam hret a, doctor-in damlo chu a lo enfiah hnuah a natna emaw, natna thlentu a hmuhchhuah hnu chuan heng Clinical Pharmacist-te hi an rawn a, a natna azirin heng Clini-

cal Pharmacist-te hian Doctor-in damdawi an chawh chu an lo pe a, dose leh dosage, side effect leh damdawi inhal (drug interaction) engkim an lo hrilh pah bawh thin. Retail Pharmacist-te ang bawkin Clinical Pharmacist-te hian damdawi leh a kaihnawih chungchanga mipui/damlote hrilhhriat leh kimchang taka lo hrilhthe chu an hna leh mawhpurhna pawimawh tak pakhat a ni. Chumi mai bakah chuan Clinical Pharmacist-te chuan awareness-te neiin hmun hrang hrangah mipui leh vantlang tan free clinic neiin Doctor-ten an kal kual bawh thin. Tin, damdawina damdawi an stock-na store chu an enkawl a, damdawi chu hmun him zawkah damdawi mamawh tawh temperature-ah an dah thin a, damdawi leh hospital apparatus zawng zawng leh stock leh stock position enkawltu an ni bawh. Heng Clinical Pharmacist-te hi damdawin hrang hrangah thawkin engtik lai pawha rawn leh biak theih an ni. Tin, doctor awm lohna hmun damdawi-inah chuan Doctor aiawhtu an ni bawh thin.

Pharmacist chi hrang hranga a lian zualpui pathumnaah chuan Nuclear Pharmacist an tihte hi an awm a. Heng Nuclear Pharmacist-te hi ram tam takah chuan kan la hmelhriat lo hle. Nuclear pharmacy-in a tum ber chu damdawi pangngai hmanga tihdam theih lohte chu damdawi chi khat radioactive drugs an tih mai hmanga enkawl leh tihdam emaw, enfiah (diagnose) a ni. Heng radioactive drugs siam chhuak tur leh a hman dan turah hian fimkhur a ngai em em a, a chhan chu heng radioactive drugs ho hi mihring tan an hlauhawm

em em a, fimkhur loh chuan natna chi hrang hrang an thlen thei a, thihna hial pawh an thlen thei thin. Heng Nuclear Pharmacist-te hian an damdawi siam chhuah chu fimkhur takin an siam chhuah a ngai a, chumi mai bakah chuan danin a phal thlap em tih an enfiah a ngai bawh. Heng Nuclear Pharmacist-te hian Pharmacist dangte angin mipui nen an inhnim hnaiin, mipuite rawn theihin an awm ve lo va, hmun fianrialah emaw hmun falah heng radioactive drugs kan tih maite hi an siam thin. Heng Pharmacist hlawm lian tak tak pathum mai bakah hian a dang pawh an la awm teuh a, heng pharmacist-ten an tum ber chu damdawi leh a kaihnawih chi hrang hrang hmanga mihring hriselna a tha thei ang bera siam hi a ni kan ti thei awm e.

Kum kalta atang khan pharmacy lama eizawna leh a zirna hi a lian chak hle a, tunah phei chuan ram tam zawkah chuan a tangkaina leh pawimawhna hian mipui hriat a hlawh hle tawh a ni. A chhan ber nia lang chu heng pharmacy lamah hian hlawhtlinna nasa tak hmuh theiha a awm vang a ni, chumi mai bakah chuan Pharmacist-te pawh an pung tial tial a, an pawimawhzia pawh mipui leh ram kan hre chho zel a. Ram changkang zawkah chuan Pharmacist-te pawimawhna leh tangkaina hian hriat hlawh hle tawh mah se ram la tang mekah chuan mipui leh khawtlangin an la hrefiah tawh lo tiin sawi ila kan sawi sual tampui awm lo e. Pharmacy hi hriselna lama eizawna tiin kan sawi thei mai awm e, science peng pakhat zing ami hriselna lam zirna leh tihzauna (health science) nen hian inthlunzawmna thuk

tak an nei a, an thil tum lian ber chu damdawi leh a kaihhnawihthe nghawng tha zawk leh a him thei ang ber tura hman leh siam hi a ni. Heng hma lak tumna kawngah hian Pharmacist-te hi dinhmun pawimawh takah dingin mawhphurhna sang tak an ko-ah a innghat a, hmalakna tihlawhtling chho mektu pawh a ni bawh. Tun hma chuan Pharmacist-te eizawna leh hnathawh thinte chu damdawi siam chhuah leh pek chhuah (compounding and dispensing) kha a ni deuh ber a, tunah erawh chuan an hnathawhte hian a huam zau tawh hle a, damdawi hmanga hriselna leh natna tihdamna kawngah a sulsutu lian ber zinga mi an ni tawh a ni. Heng kan ram thang mekte tan hian Pharmacist-te hi an pawimawh leh zual tiin kan sawi thei awm e, a chhan chu heng ram thang mekah hian natna inkai chhawn awlsam tak tak hritlang te, malaria te, kawthalo (cholera leh diarrhoea), khawsikpui dum (typhoid) leh natna chi hrang hrangte an hluar em em a, kan ramte hi a la thianghlim loin tui thianghlim lo leh bawhlhlawhte mumal taka tihralna kan la nei lo a, chuvang chuan heng natnate hi an la hluar hle a, chumi mai bakah heng lehkha thiam lo leh mi hmangchang hre lote kan la tam em em a, chuvangin heng mite hrilhriaa kaihhruai tur leh heng natna chi hrang hrang bei tur hian Pharmacist-te hi an pawimawh hle a ni. A bik takin Africa

leh India-ah te hian heng natnate hi a hluar hle a, heng ramte hi a lumin a la thianghlim lo em em a, chuvangin heng natnate hi an inthlah pung chakin kan inkai darh chak em em bawh a, heng natna vei hi an tamin nunna chan phah hial pawh an tam tawh hle a. Pharmacy leh pharmacist-te puihna kan mamawh hle a ni.

Pharmacist-te hi kan khawvel changkannain a ken tel hriselna leh dam reina te tihlawhtling zeltute zinga mi pawimawh tak an ni a, mipuite damdawi hmanga hriselna tha zawk nei thei tur leh natna tam tak tidam thei tura puitute an ni. Damdawi tha zawk leh him zawk siamna kawngah an thawh hlawk hle a, mipuite hnenah hralh chhuakin pe chhuaktute zinga mi an ni bawh a. Chumi mai bakah chuan mipuite hriat tur pawimawh chi hrang hrang hrilh hretute an ni a, awareness leh free clinic hmangten hriselna tha zawk kan neih theih nan hemi lam kawnga hma lam pana ke pen thei turin min puitute an ni bawh. Mipuite damdawi leh a kaihhnawih chungchanga kan hriat tur pawimawh leh hriat duh zawng engkim min hrilhtute an niin, damdawi ei dan te, ei sual lakah te, damdawi inhal chungchanga te min kaihruaitute an ni. Pharmacy leh Pharmacist-te thangkaina hi teh rual a ni lo, khawvelin hriselna lamah hma lam pana ke a pen theih nan a sulsutute zinga mi pawimawh tak an ni.

*Hmingremhlua thuziah 'Pharmacist-te khawvel tan' tih hi Mizoram Pharmacists' Association Golden Jubilee puala Essay intihsiaknaa lawmman pakhatna latu a ni.*



*Lalruatdika  
Pharmacist  
CMO Office, Lawngtlai*

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## KA DUH THLAN - PHARMACIST

**T**hu ziak thiam ni awm ziazang hian ziah lam hi ka tui ve teh tlat a. Thenkhat tan ninawm lam pawh ni dawn mah se rilrua khat liam chu kan up reng thei bik lo chu a nih si hi maw! Thenkhat tan malsawmna pawh a lo ni mahna le, tih beisei chungin insit tak chung siin ka'n ti ve räwih ang e.

Pharmacist ka nih hnua ka tawnhriat (experience) lam thailan ka la tum ta deuh deuh va. Kei aia tawnhriat ngah tawh zawk leh hre zawkten an ziah àwma mawi, kei tehlul, Kawmpawndar zinga a budelh ber hian ziah chhuah ka chak teh tlat a!



### **Panlai nun ațangin**

Naupan deuh lai khan ka pu, Vanlalmawia Varte (L) khan aromatic (pum damdawi) kha a siam thin a, kan chungkuain chaw ei kham apiangin kan in tliar tliar thin. Pem leh hliamah te khan a damna turah ngaiin kan han hnawih thin kha nia, tinreng damdawi kha a ni ringawt mai! Eng eng emaw damdawi siamchawp chi pawh kha ka puin a siam ka hmu fo mai, mahse eng damdawi nge a nih tak tih erawh ka hre ta lem lo. Chutiang khawp chuan panlai nun ațangin damdawi leh a siam lampang hian ka nun hi a

chiah hneh ve hrim hrim reng a; ka pu kha Kawmpawndar (Compounder) a nih vangte pawh a ni mahna le.

### **Pharmacist ni tura bul ñanna chu**

Pawl sawmpahnih kan han pass hnuh khan ka thianpa, C. Lalrintluanga (Bukupui PHC-a thawk ta hi) nen hian inthuralin B.Pharm zir turin RIPANS lamtluang kan zawh dun a. Ani nen hian Anganwadi aţang tawha kal dun ðin kha kan nia, kan rilru leh duh zawng pawh zawng fian phel ang zan a ni. Chutia B.Pharm kan han zir tur chu kan phur hle nain, ‘Enge B.Pharm chu?’ kan la ti hu mai! Khuai khawi lam emawte kan la han ti ang deuh deuhva (Bee farm!). Mahse kum li chhung teh meuh B.Pharm khawvela kan vahvaih hnu chuan a awmzia chu hriain, hlawhtlinna pawh kan chang ve ta hram a.

### **Khawchhak lamah Pharmacist lungphum**

Chutia Registered Pharmacist ngat han nih hnuah chuan hna kan zawng ñan ta a. Vanneihthlak takin hna chu kan han hmu nghal mai bawk a. Tichuan khawchhak lamah hna ñan turin MST bus-ah buhfai bag leh bungraw karah tâwt mangkhengin kan insawh chho ta bawp bawp a. Taksa lamin hrehawm ti mah se rilruin ‘Sawrkar hna a nih chuan ek pawh ei mai tur’ a ti lui ve fan fan a. Vanneihthlak takin tum ram chu kan thleng ta hram a. Hmuh ngai loh leh kal ngai lohna ram a ni bawk a, ka sabengtung hawi ang hu hu ringawt a. Hmelhriat ngai loh leh an piang ve a ni

tih pawh ka hriat ngai lohte inah chuan ka’n lut ve rawih a. Chutia damdawiin lama thawk tur ka ni tih an han hriat chuan eng hna nge ka thawh dawn tih min lo zawt nghal sap sap a. ‘Pharmacist ka ni e,’ ka han tih chuan office lama ziaktu niin min ngai mai a. A inti hre deuh chuan damlo hming ziaktu min ti bawk a, ðhenkhat chuan damdawi semtuah min ngai nghal mai bawk a.

Hun eng emaw chen ka han thawh hnuah chuan Doctor awm loh karah OPD lama damlo en a ðul chang a lo awm ta zeuh zeuh va. Zun leh thisen han test chang pawh a awm fo mai. ðhenawmten injection/BP check an ngaih changin min ko fo mai a, chu chuan hmasawna min pe ni hian ka hre ve tlat a, ka hlim ru veng veng mai. Chutia mi puih fo si-ah chuan chaw eia min sawmtu pawh an awm nuk mai a. ðawngkam ðha chu tlanchhiatsan lovin, min sawmna apiangah ka ei ta zel a. Sakhi, saza leh ramsa dang dang ei loh ka neih pawh ka hre ta lo ve! Kum tawp chawlh hmang tura mahni in lam pan dawn nite kha aw...! Meihawl, buhfai leh thlai tam tak te nen min vai liam a nih kha maw. Hei zawng zawng hi Pharmacist nih man a lo ni! Ava hlu em. A khai! Hei chang a la ni lo, Sialkal group YMA conference-ahte pawh thusawina hun min pe hial a nih kha. Sikul thil tih pui nikhuaahte pawh parthi awrh pha pawlah min ðantir ta zel mai. Ka rilruin ‘He hmunah hian Pharmacist ropuina lung ka phum a ni’ ka ti hial a. ðhenkhatin àwm lo pawh ti se, ka çhîm chinah chuan a sang ve em a tin ni.

## **Chhim lam panin aw le!**

Khawchhak lama hun hlimawm leh nuam tak ka hman mek lai chuan chhim lama hna thar ṭan turin ka tlan liam leh ta vut vut a. Khawpui deuhthe a lo ni tawh a, Pharmacist thawk sate pawh an lo awm bawk nen, 'Pharmacist' tih hming hi chu an hre fur mai. Mahse eng chen nge Pharmacist-te hian kan thiam a, eng chen nge kan hriat tih lamah erawh min lo la hre fiah lo tih zawng hai rual a ni lo.

Ṭhenawmah damlo BP check emaw injection ngai pawh awm se, 'Pharmacist-te hian BP check emaw injection te hi thiam ve ula aw,' min ti duh chauh va. Chutah kan theihnate chu ka lo sermon ve mek bawk a. Injection leh BP check mai nilovin Computer siam pawh kan thiam alawm te kan ti ta deuh deuh zel a. Ṭan luatah hian ni lo chen chen dai pawh a lo awl ngiang e. Mahse Pharmacist nihna hi mite hmuh hniam ka phal ngang lo a ni ber e.

## **Tlipna**

Chapona emaw insawi theihna lamah chhiartuten min ngaihsak lo hram se, infuihna, intihphurna leh intihchak thar nan he thuziak mawl mang tak hi hmang tlang hlawm ila aw... a ziaktu lunglawm a kim ngei ang le.

Ṭhenkhat sawi ka hriat fo chu. 'MBBS emaw Nursing lam ka lo zir zawk lova aw,' tia inchhir vawng vawng ka hmu fo mai. Medical practitioners dangte aia hniam riaua inngai tlat lah kan awm ve fo bawk mai. Kan thlir dan leh hmuh dan pawh a inang lo a ni mahna le.

A pawimawh ka tih ber chu kan hna hi mahni ngeiin ngaisang ila. Kan theih chin chinah hmasawn tumin leh mite ngaihzawn tlak hna duhawm thawh tum ta bawk ila, tichuan kan hna leh nihna chu miten an ngaihluin an ngaisang mai dawn zawk a lo ni. Doctor emaw, Nurse emaw hian Pharmacist-te dinhmun hi an chawisang kher lo vang, Pharmacist-te dinhmun chawisang tur chuan keini Pharmacist-te vëk hi kan pawimawh ber a ni. Liverpool Football club player ropui Steven Gerrard-a chuan, "Liverpool hi ka tana siam a ni a, keimah ngei pawh hi Liverpool tana siam ka ni," a ti hial a. Hetiang deuh hian Pharmacist nihnaah hian inhlan ṭheuh thei ila, a va ropui dawn em!

Pharmacist hna leh a nihna hi a hluin a ropui a, hnualsuat theih a ni lo. Mi ṭhenkhatin hmuh hniam tum mah se kei zawng KA DUHTHLAN, PHARMACIST ka ni hi ka lawm a, ka hlim a ni.

Jai hind!

Laldinsangi Ralte

B.Sc (Nursing)

Tutor, Health Workers' Training School, Kulikawn, Aizawl

## SUPARI LEH GUTKHA-IN TAKSA A TIHCHHIAT DAN

Supari leh Gutkha kan tihte hi kan ram, Mizoramah a mikhual lo hle a. Eichawp dawr tinrengah naupang tan pawh lei mai theihin a awm a, tin, lei pawh an tam a, a bikin school leh college naupang zingah ei leh hmuam ching an tam em em a Chutih rualin, puitling zingah pawh hetiang tih ching hi an tam tho mai. Man tlawm te tein a lei theih a, tin, naupangin an lei leh ei kan khap lo a, naupangin a tha lo a ni tih an hriat loh avangin, tui ti takin an ei a, reilote chhungin a bawihah an tang mai thei a, a bikin gutkha lam chi-ah. Chumi chhung chuan taksaah nasa takin effect tha lo a lo nei hman thin.



Mizo zingah hian pumpui tha lo, ulcer kan tih te, ril lam tha lo leh ulcer te, hrawk na leh ka chung durh leh na kan tam em em nachhan pawh hi naupang tetlai atanga supari ei ching, lo seilen deuh hnua kuhva leh gutkha lam tih chingzui ta hi kan tam vang pakhat nite hian a hriat theih a. Mizo zingah cancer a tam em em nachhan pawh hi hetiang tih ching kan tam vang hi a ni ber ang chu kan ti thei lo nain eng emaw chen hi chu mawphurhna a nei niin a hriat theih.

### **SUPARI CHU ENG NGE?**

Supari kan tih hi thenkhat chuan Bengali tawnga kuhva rah sawina an ti a. A tlangpuiin kan ramah chuan kuhva rah atanga siam, ka tihrimtui na tur thil hrang hrang nena chawhpawlh ho sawi nan hian kan hmang ber. A tlangpuiin a eia ei chi a ni a, Mizorama kan hmuh thenkhatte chu Sachin tih te, Sweety Supari, Lalpari, Tashan, Paras, Gokul, Suman, etc. te an ni a. Pack te reuh te tein an siam a, Re.1 emaw Rs.2 emaw lek lekin a lei theih a ni.

### **GUTKHA CHU ENG NGE?**

Gutkha chu kuhva rah, tobacco leh thil dang a tihtuina tur chawhpawlh a ni a, a tlangpuiin a nawi/dipin a awm a. Powder var-uk deuh angin a lang a, ka chungah chil nen a inpawlh chiahin rawng sen-uk lamah a lo chang thin. A tlangpuiin a hmuamin an hmuam deuh ber thin a, a thenin an ei tho baw. Gutkha awmna lam kan hmuh theih thin te, Pan Parag te, Shikhar te, Rajguru, RMD Gutkha, 5000, Rajnigandha, Manikchand, etc. te

an ni a. A tlangpuiin heng ho hi Re.1 atanga Rs.10 inkarin a lei theih deuh vek a ni.

### **TAKSAA A THLEN THEIH TE:**

Kum 2011-2012 vel bawra Maharashtra state-a gutkha lam reng reng khapna dan an siam khan, mi tam tak gutkha lo addict tawhte chuan supari lamah inletin, supari chu pawl lo zawk leh hrisel zawkah an ngai a. Mahse, supari pawh hriselna atan a pawizia an han zir chhuah chuan gutkha nen hian taksa tan a hlauhawm ve ve a ni an ti. Kum 2004-ah khan International Agency for Research on Cancer (IARC) of WHO-te chuan kuhva rah (Areca Nut) hi mihring tan cancer thlen theitu (carcinogenic)-ah an lo puang tawh a. Supari leh gutkha-ah hian kuhva rah a awm ve ve avangin taksa tan a hlauhawm ve ve a, The Food Safety and Standard Act, 2006 chuan supari leh gutkha siam chhuaktu zawng zawng hnenah a pack-na kawrah hriselna atana a hlauhawmna warning sign ziaak vek turin a ti a. Amaherawhchu, supari siamtute lamah hian dan zawm lo tam tak an awm a, gutkha lam siamtute erawh chuan an zawm tha viau a ni.

### **Taksaa supari leh gutkha-in a thlen theih te:**

1. Chaw ei tui lohna te, muthilh tui lohna te, ngaihtuahna hman rei theih lohna te a thlen thei.
2. Ka chungah durh leh pan, ha leh hahni hrisel lo, hnahni duk leh ha bal a siam thei.

3. Gutkha-ah hian Magnesium carbonate a awm avangin blood pressure hniam leh sang te, lungphu rang leh thawhah a thlen thei a ni.

4. Calcium carbonate a tam avangin gutkha hian ka chungga timur awmte a tihrisel loin a tiro thei a, chu chuan tuihal huam huamna (oral sub-mucous fibrosis) leh ka leh a vela tihrawl awmte a timar/tikhawng a, ṭawng harsatna leh ka àn zauh harsatna a thlen thei a, hei hi 'Gutkha Syndrome' emaw 'Areca Nut Chewer's syndrome' ti tein Doctor ṭhenkhat chuan sawi ṭhin.

5. Vun ro leh dǎng, thisen tlakchhamna nasa takin a thlen bawk.

6. Chawkawng, pumpui leh rilah te hliah leh pan (ulcer) a thlen thei a, internal bleeding leh cancer hial pawh a thlen ṭhin a ni. Chawkawng, pumpui leh ril cancer kher ni lo, thin (liver) cancer te pawh a thlen thei niin mi thiamte chuan an sawi bawk.

7. National Institute for Occupational Health (NIOH), Ahmedabad-a scientisten Pan Parag (gutkha) effect rana an enchhinnaah chuan, gutkha hian mipa chi a tittlemin, a pianhmang pawh a tidanglam thei tih an hmuchhuak a, tin, nauchhatna leh thla kim lova nau hrinna a thlen thei tih an hmuchhuak bawk a. Heng mai bakah hian nau pai theih lohna (infertility) hial pawh a thlen thei a ni.

Heng bakah hian taksaah ṭhat lohna leh natna tam tak supari leh gutkha hian a thlen thei a. Mi thiamten an zirchiang mek zel a, Tata Memeorial Centre-a Head and Neck surgeon, Dr. Pankaj Chaturvedi

chuan gutkha leh pan-masala te hian kuhva rah leh tobacco bakah hian chemicals leh non-food grade agents hrang hrang mihring taksa tana hlauhawm tam tak, heart attack atanga infertility (nau pai theih lohna) thleng pawha thlen thei a pai nual a ni, tiin a sawi. Tin, kuhva rahah hian arecaine leh arecoline a awm a, chu chu cigarette a nicotine kan tih ang deuh hian hna a thawk a, taksa tan a ṭha lo em em a ni. Chutiang a lo nih si chuan miin supari leh gutkha a nghei duh loh tlat chuan a lo hrisel reng thei dawn lo tihna a ni a, cancer te, thawhah te leh thil dang hrang hrangin a taksa a lo tina dawn a ni.

### **SUPARI LEH GUTKHA I DO ANG U**

Zuk leh hmuam chungchang nasa takin kan sawi thin a, taksa tan a pawizia te, Mizo-ah cancer a thlen nasatzia te kan sawi ṭhin. Chutiang chiah chuan supari leh gutkha hian taksaah nasa takin natna a thlen thei ve reng bawk si a. Chuvangin, kan ram kan hnam tan leh ṭhangthar zawk zel ten future tha zawk an neih nan supari leh gutkha hi thil te luaa ngai loin, i do tlang ang u.

A ṭhat lohna kan hriat hrang hrangte mahnia hriat duh tawk mai lovin, mi dang hrilh chhawngtu nih tum ila, kan naute leh kan fate hnenah ziritrin an ei leh hmuam khapsak hial pawh a pawimawh a, tin, dawr tē-ahte pawh hian zuar lo ngam hial se chuan kan ram hmasawanna atan tam takin tha an thawh ngei kan ti ang. A hmasa berah chuan thu ṭha zawng zawng hi mi dang zawm tur atana dah lovin, nang leh kei ngei hian a zawmtu nih ngei i tum ang u.

*Lalsandam  
Deputy Director  
Food & Drugs Control Administration*

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## SCHEDULE H1 DRUG

**D**rug resistance, a bik takin Antibiotic resistance avangin natna tam takte hi tihtdam theih lohvin an awm mek avangin khawvelin a buaipui em em tawh a ni. Drug resistance lo awmna chhan chu, damdawi a ei dan tur (dose) dik taka kan ei loh avang leh ṭul lova damdawi kan ei nasat luat tuk avangin a awm thei. Tunlaih TB (tuberculosis) natnate pawh multi drug resistance avangin tihtdam a har tawh hle a ni. Antibiotic hman nasat luat tuk avang hian natna khirhkan zawk kan neihin drug resistance avang hian tihtdam a har tawh ṭhin a ni. Chuvangin, drug resistance laka kan fihlim theihna tur chuan Antibiotic fimkhur taka kan hman a pawimawh a ni.

India ramah anti-microbial resistance a lo hluar tak em avang hian ‘The Chennai Declaration’ an tih mai chuan National Policy hmanhmawh taka siam a pawimawh thu Cenral Sawrkarah rawtna a thlen a, he Chennai Declaration hian Drug resistance hluar zel tur tihtawp a nih theih nan Antibiotics damdawite chu damdawi dawr aṭanga awlsam taka lei theiha a awm loh nan leh nasa zawka khuahkhirh a nih theih nan rawtna a siam a ni. Hengte avang hian Ministry of Health & Family Welfare, Govt. of India chuan Drugs Resistance chungchang hi zirchiang turin Task Force a din a, he Task Force hian ngun

taka a zirchian hnuah Drugs & Cosmetics Act hnuaih Schedule hran siam turin Sawrkarah rawtna an thlen ta a. He rawtna hi India rama damdawi lama mawhphurtu sang ber ber– Drug Technical Advisory Board leh Drug Consultative Committee te chuan ngun taka an enawna an pawmpui hnuah he dan thar Schedule H1 hi January 30, 2014 atangin India ram pumah hman ṭan a lo ni ta a ni. He Schedule H1 chhungah hian Antibiotics damdawi ṭhenkhat, TB damdawi leh Nachhawka ngaih awlsam bik ṭhenkhat te, a vaiin damdawi 46 telh a ni. Schedule H1 damdawiin a huamte chu a hnuai mite hi an ni:

**3rd, 4th Generation Antibiotics and Carbapenem groups of drugs**

- |                  |                   |                  |
|------------------|-------------------|------------------|
| 1. Meropenem     | 2. Imipenem       | 3. Ertapenem     |
| 4. Doripenem     | 5. Feropenem      | 6. Balofloxacin  |
| 7. Cefdinir      | 8. Cefditoren     | 9. Cefepime      |
| 10. Cefetamet    | 11. Cefixime      | 12. Cefoperazone |
| 13. Cefotaxime   | 14. Cefpirome     | 15. Cefpodoxime  |
| 16. Ceftazidime  | 17. Ceftibuten    | 18. Ceftizoxime  |
| 19. Ceftriaxone  | 20. Gemifloxacin  | 21. Levofloxacin |
| 22. Moxifloxacin | 23. Prulifloxacin | 24. Sparfloxacin |

**Anti-TB drugs**

- |                  |                                 |                  |
|------------------|---------------------------------|------------------|
| 25. Ethambutol   | 26. Isoniazid                   | 27. Pyrazinamide |
| 28. Rifampicin   | 29. Ethionamide                 | 30. Cycloserine  |
| 31. Thiacetazone | 32. Rifabutin                   | 33. Capreomycin  |
| 34. Clofazime    | 35. Sodium Para-aminosalicylate |                  |

**Habit forming drugs**

- |                |                   |                      |
|----------------|-------------------|----------------------|
| 36. Alprazolam | 37. Buprenorphine | 38. Chlordiazepoxide |
| 39. Codeine    | 40. Diazepam      | 41. Diphenoxylate    |
| 42. Midazolam  | 43. Nitrazepam    | 44. Pentazocine      |
| 45. Tramadol   | 46. Zolpidem      |                      |

Schedule H1 damdawite hi a siamtu company-in a báwm/káwr label-ah a hnuai warning hi an tilang ngei tur a ni-

**Schedule H1 drugs - Warning:**

- It is dangerous to take this preparation except in accordance with the medical advice.
- Not to be sold by retail without the prescription of a Registered Medical Practitioner.

Schedule H1 damdawite hi doctor chawh chauhvín damdawi dawr aṅgin lei theih a ni tawh dawn a, doctor prescription tel lo chuan damdawi zuartuin a pe chhuak thei tawh dawn lo a ni. Heng

damdawi pek chhuah/hralhna reng reng chu damdawi zuartuin register hran siamin a ziak lut zel tur a ni a, hei hi bialtu Inspector-in an bial chungah an endik ṭhin dawn a ni. Register-ah chuan heng a hnuai column-te hi a lang ngei tur a ni-

- Name and address of the prescriber
- Name of the patient
- Name of the drug prescribed
- Quantity supplied

Register hi kum 3 (thum) chhung a ṭul huna endik theih tura vawṅthat tur a ni. Restricted Drugs licence neite chuan heng Schedule H1 damdawite hi an licence-in a huam loh avangin an kawlin an zuar thei dawn lo a ni.



*Huntharchena*  
*Head Pharmacist*  
*Kulikawn Hospital, Aizawl*

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## MIZOTE LEH DOCUMENT

**D**ocument hi Mizo ṭawnga a awmzia chu ‘lekhka pawimawh’ kan tih hi a ni deuh ber a, Mizo ṭawng pangngai ang maiin a tualleng tawh a, chuvangin document tiin kan sawi zui zel tawh mai ang.

Mizo kan sawi thlen hmain hnam dang, a bik takin Vai kan tih mai ho hi tehkhin thuaah kan hmang deuh ber ang. Hnam upa tawh an nih vangte pawh a ni mai thei, document vawn ṭhatah hian an entawn tlak hle a ni. Entirnan, Vai chhete ni ve maia kan hriatte pawh hi an damloh nikhuaa damdawiina an inentir changte hian an inentirna lekhka hluite hi an paih bo ve nghal mai zel lo va. Doctor-a an inentirin an damdawi chawhna hmasa (prescription)-te hi Doctor-te hnenah entir (show) leh mai theih hian an keng thlap ṭhin a, a lo entu Doctor-te tan eng nge an chawh (prescribe) tawh tih awlsam takin an lo hre zung zung ṭhin a, hemi kawng chauh te hi lo sawi zui ila.

Mizote hian kan damlohva kan inentirna (prescription card) hi mi ṭhenkhat chuan an vawngṭhain file folder-ah an dahṭha thlap ṭhin a, hetiang mi hi mi tlemte chauh an awm niin a hriat. A nawlpui hi chuan dahthatna chang kan hre lova, a ṭhen phei chuan damdawi an leina Pharmacy-ah te an hnutchhiah mai ṭhin a, a pawh hle a ni. Mi pakhat a lo damlo va, a inentirna lekhka chu a dahṭha lo va, tichuan a lo damlo leh a, a lo ei tawh damdawi chu a lo en lehtu Doctor tan hriat theih a nih tawh loh avangin a hmaa a lo ei tawh, a ngeih vak loh damdawi thote kha an lo chawh nawn thei a, a bul aṭanga ṭan ṭhat leh ang a nih avangin a pawh ṭhin hle;

ṭul loah sum kan sen pah thei a ni. A prescription card hluite kha han entir thei sela chuan Doctor pawh nasa takin a pui ang a, damlo tan pawhin a ei tur dik tak a ei theih pah ngei ang. Hei hi dam loh thil chauh a la ni a, a dang pawh sawi tur a la tam ang.

Zirlai nih lai aṭanga sawrkar hnathawh hnu thleng hian document pawimawhna hi tawp-in-tai a awm lo a ni ber mai. Mi ṭhenkhat chu sawrkara hamṭhatna tur eng emaw (eg. scholarship, etc.) han dil dawnte hian document a lo vawṭhat loh avangin an buai thei hle ṭhin, a bik takin sawrkar hna thawk mekte tan he thil hi hriat a ṭha hle.

Kum tin ACR (Annual Confidential Report) hi ziah a ngai thin a, kan ziak a, kan theh lut a, kan duh tawk mai thin a, hei hi a lo tawk lo khawp mai. Kan ACR ziahte kha a xerox (photocopy) kan siam ang a, kan personal file folder (office ami ni lo keimahni ngeiin siam ila)-ah lo dahtha ve ila, kan ACR ziaktu kha a lo boral thei; tin, hmun dangah daih pawh a lo awm thei, kum a lo ral tam deuh chuan kan ACR ziak tu pawh kan hre seng tawh lo mai thei bawh. Tichuan promotion leh thil tul dang a lo awm ta a, Directorate emaw Secretariat level-ah pawh ni se an lo tibo thei a (hei hi a awm fo reng bawh a), chung hunah takte chuan siamthat leh a lo ngaih chang a awm palhin a tangkai hle. Kan ACR ziah hun (period)-te Chiang taka chhinchhiahin a ziaktu (Controlling Officer) te hming leh an ziah laia an Designation-te chhinchhiah vek tur a ni. Tu nge kha mi hunlai khan ka ACR ziaktu kha aw, tih mai awl tak a ni a. Mi tam tak hi chu kan hriat reng lohna hi a tha angreng viau mai thin a, kan lo dahthat chuan awlsam tein kan hre zung zung thei mai dawn a ni.

Sawrkar hna thawk thar tan, heng Appointment Letter te, First Joining Report te hi, a copy insiam vein lo dahtha khiau ila, kan tisual lo hle ang. A bik takin hna zawm tharte tan hlawn lak hmasa bera kan lak zatte hi lo chhinchhiah ila, kum 10 leh a aia rei kan thawh hnu chuan a lo nuizathlak changte pawh a awm thei a, tangkaina pawh a nei thei. 'Ka hlawn lak hmasak ber chuan chuti zah ka la,' han tih theihte hi a tha khawp mai. Fate i lo nei nei ve a nih chuan i fate bula han sawi ve atan pawh a tha khawp mai.

Eng emaw i tum loh taka thubuai pawh neih palh theih a nih avangin, lehkha pawimawh vawnthat hi a inchnirawm loh mai ni lovin, a tangkai thei hle a, buaina thuah hnih pumpelh theihna kawngte a nih avangin a lo ti tawh an inchnir lo. Tin, thil dil tur eg. Scholarship te leh thil dang dang pawh, last date-a tih ching kan tam mai; hei hi thilpawi tak a ni. A last date ni kher khan nangmah leh i chhungte leh i kalna tur ngei awm a lo nih hlauh chuan nasa takin i buai ang a, khawi emaw zawk zawk i chan loh phah thei a ni tih hriain fimkhur a tha.

Exam dawn hnaih lutuk tawha note leh document fawm khawm chawp chuk chuk ai chuan a hma lama lo inbuatsaih fel thlap mai hi ching ila, a tha em em a ni.

Thil kan sawi tur pawh. 'A document pawh ka nei,' miin an tih theih tlat chuan mi dang tan hnial leh sawichhiat theih a ni lo. A tulna hi a tam lutuk a, sawi mawi lo thleng thleng pawh khan tan tha leh la, i inchnir lo mai ni lovin, i hlawkpui ngei ang. Mi tam takin document an neih kim that tawk loh avangin an hna hmuh ngei tur leh chan ngei tur pawh an chan phah asin. Chuvangin Mizote hi document vawnthat thu-ah hian i insiamtha deuh deuh teh ang u, kan zavaia tan thil tangkai tak a ni si a. Kan han sawi takte hi a tlangpui leh tlanglawn deuh deuh chauh a la ni a, a aia thil sawi tur hria pawh in la awm teuh ka ring. Sawi tur tam tak la awm thei a nih avangin sawi kim sen a ni lo va, hriat pawh kan hre kim vek lo vang. Kan hman tangkai kan rin loh thleng hian a lo tangkai thei thin tih hriain document vawnthatatah hmasawn i han tum teh ang u.

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Pharmacist  
PHC, Sairang

## BIBLE RAM THEI-TE (THE FRUITS IN THE BIBLE WORLD)

**K**an Pathian thu chuan, “A luikamah chuan a kam tuakin thei tinreng a to vang a, chungte chu a hnah a vuai ngai lovin a rah lo ngai hek lo vang... a athlakipin a rah ang. A rah chu ei atan a ni ang a, a hnah chu tihdam nan a ni ang,” tiin Ezk. 47:12-ah chuan fiah takin a sawi a.

Bible ram theite han tih pawh hian, Bible-a chuang ngeite chauh sawilan tumnaah ngai thei ila a tha awm e. Bible-a a sawilan dan piah lama sawi uar duh bik theite pawh a awm thei awm e. A ‘a, aw’ indawtin nambar han pe chho leh mai ila.

### 1. Apple

Joel 1:12; Thuf. 25:11; Hla 2:3-5,7:8

Apple thei hi tunlai khawvela thei lar leh ngaihsan berte zing ami a ni hial awm

e. Thuthlung Hlui hun lai atang tawhin a lar tawh a, Palestina leh Suria ram mite pawhin an ngaina em em a ni. Thing buk duh tak mai, daihlim nuam siam thei a ni. A thatna leh a hriselna chu mi thiamte sawiah awm sela.



Kan ramah kan thar lo va, Vai ram leh Kawl ram atangin kan chawkluh nasat danah kan ngaisang a ni tih erawh a chiang hle awm e. A thatna hi hmuh chuah kim sen pawh a har viau mai theiin a rinawm. ‘A khu ngawt pawh chungkaw tinreng tlai’ tih ang deuh a ni awm e. Salomona meuh pawh khan, “I thaw rimin Apple rim a iang e,” tiin nula a

phuah chhan nghe nghe a nih kha. 'Hriselna thei' tih mai chi a ni. Apple cider vinegar te leh juice te pawh a lar hle awm e. A rah silfaia ei mai pawhin puh chhuah zeuh tur pakhatmah a awm hauh lo a ni.

## 2. Fanghma (Cucumber)

Numb. 11:5; Is. 1:8

Pi leh pu aţang tawhin thlawhmmaa kan thar fo  thin a ni a, sawifiah em em pawh a ngai awm lo ve. Thei/Thlairah chi upa tak mai, Aigupta ram pawha an lo chin tawh  thin leh Palestina ram pawha an lo chin lar em em a ni a. Fanghma huan (a hmun)-te siamin thlam hial an sakchilh a, an hlut em em a ni. A  tatna leh a  tangkhaina te pawh kan mi thiamten an ziak chamchi  thin a, duh tawk mai ila.

## 3. Grep/Zawlaidi (Vine, Cockle, Sodom)

John 15: 1; Job.31:40; Is.5:2,4; Deut.32:32

Thei upa tak mai tih kan Chiang hlawm awm e. Kan ramah erawh chuan a hming lar ang he hu chuan kan la ching upa vak lo a ni. Bible-ah a lanna a tam mai a. A suak pawh chi hnih a awm a. Cockle leh Sodom hi a suak, a rah pawh kha tak, ei tlak lem loh an ni. Keini ram pawha kan chin ang chi Grep hi Bible ram Grep ang chi kha a ni. A  tangkhaina leh a  tatna pawh kan mi thiamten an ziak chamchi a, duhtawk leh mai ila.

## 4. Hmazil (Melons)

Numb. 11:5

Fanghma ang bawka kan thlairah/thei anga kan ch n lar a ni a. Hman lai

Aigupta ram leh Palestina rama an lo chin lar em em a ni. Fanghma ang bawka  tangkhai leh hrisel a ni a, a rah pawh a lian deuh zawk a ni.

## 5. Lenhmui (Martle)

Is. 41:19,55:13; Zak. 1:8-10; Neh. 8:15

Lenhmui hi chi hnih– Hmuipui leh Hmuifang a awm a. Tun hma chuan ram thei-a ngaih a ni  thin a, tunlai hunah hi chuan sawrkar hma laknain in bul huan theirah chi khat a lo ni ta a. Thuthlung Hlui hun lai aţang tawhin thei hlu, lar tak leh a thing hlim/daihlim chu chawlh hahdam nana an hman  tangkhai em em, thingkung  tawi  ta thei  thin tak mai a ni.

## 6. Oliv (Olive)

Gen.8 : 11; Ror.9 : 8; Hosea 14:6 etc.

Pathian Lehkhabu Thianghlimah hian vawi-144 lai sawilan a ni a. Bible ram thing/thei chi-ah chuan a pui bera sawi  thin pawh a ni. Thing mawi leh a rah hriak sawr mi a ni a, kan ramah hmuh tur awm lo mah se Pathian thu avangin kan hre lar tlang hle thung.

Oliv chanchin hi he ka thuziaka ka thupui ber, ka ziah chhan ber pawh a niin ka hria. Chipchiar lutuk lo, duhthawh bawk siin sermon pate rawn thlak lawk ka duh a. Ram leh hnam hmasawna hmakhua atan chhiar chhuah pawh tum hram ila a  ta hle ang.

'Oliv' thing hi a chanchin zir mite chuan chi hrang 2000 lai awmin an sawi a. A tual o, a suak (Wild Oliv) te nen phei chuan chi tam tham tak a awm thei awm e. Ziaktu pakhat, Moses T.N. Melbourne chuan, "Oliv thing hi 3000 BC vel tawh daih khan Syria ram Semmitic hoten an

ching a, a hriakte pawh an lo zuar tawh òhin a ni. Bible ram miten Oliv an hman òanna hi kum 12000 vel tite pawh an awm a, kum 6000 tite pawh an awm bawk,” a ti a ni. Sumdawn nan an hmanna a upa tawh viau a ni.

Bible ram piah lamahte pawh Oliv hi sumdawn nan an lo ching fe tawh hi a lo ni a. Spain ram, Italy, Greece, USA California-ah te, Australia leh Arab ram, S. Africa ram thlengin an ching darhin sumdawn nan an hmang tawh a. Mi ramah chuan a rah tharlam (fresh Oliv), a hriak ei chi (Oliv cooking oil), Oliv um thür (Oliv pickled, stuffed oliv) ti te pawhin chi hrang hranga sawngbawlte pawha awm a ni. Tin, a hriak lu-a thih leh taksaa inzutna chite phei chu keini ang ram kilkhawrahte pawh a larna a rei tawh a nih hi. A hriak ei chia siam/cholesterol pai ve lo (extra virgin, virgin pure) ang chite phei chu a to em em a, Kg 1-ah \$40 vel niin Rs.2400/- a hen thuak a ni.

Mimal leh sawrkar ang hian a chi, a òiak, kawlawm-a beih chiam pawh a phuin ka hria. Kum 2011 khan a chi/a rah (sunhlu pum/Grep rah lian pawl tia) veihum lek ka chah a, ka kui òiak zo ta lo va. A òiak, pahnih khat lek chah tur ka dap mek nghe nghe a ni. Zir mite sawi danin a dam hun chhung pawh a rei fu mai. Kum 1000 lai a dam thei a ni awm e. Tuna Gethsemane huan chhunga mite pawh khu Lal Isua hun laia mi daih tawh kha nite pawhin sawi a ni a, a kung a òawi òhat nan a rahte an lawh zawh hnuah a zarte pawh an thlak òhin bawk a ni. A eng chi ber nge tih erawh ka chiang lo.

Sapho leh Vaiho chuan ‘Olive’ an tih chi hnih kan ramah ka hmu tlat mai. Kan sawi leh hriat danah kan la pawm tlang lo a ni mai thei a. Hming dang kan phuah/neih tawh avang pawhin kan pawm lo mai thei. Kei chuan ka pawm khawp mai. A chhan chu September, 2007 kum khan Hyderabad (Phir khawpui) aòanga Km 60 vela hla, ‘Mt. Carmel’ an tih hmun kan tlawh òumin Mosia hun laia Tabernacle/Maicham/Puanin (Bible-in a sawilan dan ang taka a engkim, a pawn lam lan dan leh a chhunga awm zawng zawng te, a measurment thlengin din leh siam) hmun te leh **Olive thing** (chutih lai chuan a kungah a hming an tar kiau mai) te chu ka zu bel chiang ve a. A hnah chawrno pakhat phei chu loin ka ei hman nghe nghe a ni. An roh tehreng nen, “Kan rama kan tualò thing a nih ngei hi,” ti rilruin a hnah no ka han phih thlaka ka eihnu chuan a hming belna (label) ‘Olive’ tih ka’n hmu chu, “Lalpa min ngaidam rawh!” ka ti hman mawle! A hnuai a hnah chang tla sen vel 1 chu ka chhara kan training centre-ah ka hawn ta nghe nghe a. A zanah chuan testimony kan sawi hem hem hlawm mawle.

Heti lama ‘Khumkhal’ kan tih hi a ni a. Khalpui leh Khalte a awm a, a rah tla, a muchang òha chu hriak a pai hnem ve khawp mai. Dai hnai maia a rah tlate chu vawkin an ei duh hle mai a, ramhnuai mi pawh sakhiin an tlan fo òhin a ni. Lo la belchiang chhin ve teh reng u. Palm Tea nen la khaikhin atan Oliv hrim hrima hi ka rawn chhawpchhuakah ram hruaituten min

lo ngaihsak se ka ti hial a ni. Oliv chungchang chu duhtawk phawt ang.

### 7. Serthur chi (Citron)

Lev. 23:40

Palestina ramah chuan serthlum lam chi deuh niin an sawi a. India ramah an ching tam viauin an sawi bawk. A buk mawi hle awm e. Theirah thür lam chi reng reng chuan Vitamin-C pai turah han pawng ngaih phawt mai ila, a sual tampui lo turah ka ngai. Thei upa tak chu a ni phawt mai. Limbu te, Aatkora te, Serṭawk te leh ser chi hrang hrang te pawh hi keini ramah chuan kan hausa hle mai a. Bible ramte aiin theiah chuan kan hausa mai thei.

### 8. Theibuhfai (Pomegranate)

Numb. 20:5

Theibuhfai (Pomegranate) hi thei upa tak mai leh Bible ram mite ngaihsan em em mai a ni a, Aigupta rama an thei ngaihsan berte zinga mi a ni. Thlalera Isreal fate an vahvaih lai khan an thei ngaih em em, ei an chak vawng vawngte zinga mi kha a ni a. Kan ramah pawh ching an awm ṭan ve nual ta mai.

A rah tharlam ṭha deuhte chu pum 1 Rs.100/- a ni hial awm e. Hepatitis-C natna nei/vei ṭhenkhatte chuan damdawi atan an hmang nasa. Juice-a siam(readymade) pawh lei tur a awm a, a to hle.

Mi thiamte sawi dan chuan, “Bible rama Theilalber,” (Fruit of Royalty in the Bible) an ti hial a ni. Thei lam chi rau rauah chuan Antioxidant sources hausa berte zinga mi a ni a, Ellargic acid pawh a pai hnem hle bawk awm e. Tin, anti-

oxidant piah lamah anticancer properties-te pawh a nei tel tih a la ni ta cheu. Hmeichhe tan an hmeichhiatna tichaktu atan a ṭha hle niin sawi a ni bawk.

Kan ram chhunga thei chi rau rauah chuan a to berin ka hria. A zuartuten a ṭhatna an hriat vang nge, a leitu turten a ṭhatna hriain an ngam huai? Kan ṭhiannu’n ka zinnaa mi an pa damdawi atan min chah a, Chembur Bazar (Mumbai)-ah chuan pum 6 Rs.120 (1=Rs.20/- hisap a ni)-in ka leisak a. Kan ramah a to tih hre sa ni ila chuan Ṭukri khata hawn hial tlakah ka ngai.

### 9. Theihmupa/Thingtheihmu (Sycamine, Mulberry)

Luk. 17:16; II Sam 5:23,24

Theihmupa ang chi hi chu a kung a te a, a sen deuh. A rah pawh a dum lam rawng a ni a. Thingtheihmu erawh hi chu, a kung pawh a lianin a sang thei hle a, a rah pawh inchi 2 aṭanga inchi 3 vela sei thei, pencil tia vel leka lian a ni.

Bible rama an chin/awm a nih danah hian thei upa leh thei pangngai tak chu a ni ngei ang. A hnah pangang chaw atan an hman ve thu erawh sawilan a awm lo thung.

### 10. Theihmuvar (Coriander)

Exo. 16:31

Thei upa tak mai a ni tih kan hre leh thei awm e. BC 1550 vel tawha an lo neih tawh theirah mum tuihnai tak leh an hlut em em a ni a. A chhungmu pawh var ser mai, thlalera Israel fate ei atana Lalpan a pek ‘Mana’ sawifiah nana an hman thei kha a ni.

*Dr. Kawlthanmawia Ralte*  
*MVSc*

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## AW ZORAM, HARH RAWH!

*Tho la, ding ta che, i hliam a dam e.*

*I tha thumte a kiang e:*

*Hnutiang hawi lovin, ram kal siam ta che,*

*Khuavel i la chhing ngei ang - V. Thangzama*

**H**manlai kan pi leh pute kha anmahni tawkah intodelh hnam an ni thin. Buh leh balah anmahni tawkah an hnianghnar a, ram dang tanpuina an ngai hran lo. A chang pheii chuan, anmahni kham khawp an thar mai ni lovin, a thar tam zual pheii chuan silai zawn, kak zawn te hial pawh an thar thin a nih kha. Ran vulh lamah ni se, in tin tih theih deuh thawin ar leh vawk an vulh a, a neining deuhthe pheii chuan sial rualte pawh an khalh dum dum thin. Kutni vangthla a lo thlenin 'chhawngnawt' an ti a, ei sen loh thleng thlengin artui an inbarh hawng hawng thin a nih kha. Khang artui zozaithe kha ram dang atanga an chawwk luh a nih kan hre ngai lo. Silh leh fenah ni se, anmahni kutkawih ngeia an deh chhuah bak an inbel ngai nahek lo. Chutiingin, an ni tin mamawh hmanrua ilo neuh neuh thlengin anmahni kutchhuak ngei deuh vek an hmanng thin. Anmahni tawk te teah an hnianghnar ve em em a, tu dang leng dang an ngaih em em kan hre ngai lem lo.

Tichuan, hun a lo kal zel a, kan ramah Lal ban an ni a. Reiloteah kan ram chu UT-ah puan a ni chho a. Ram chhungah sum arawn luanglut tam tan a. Miin sawrkar hna thawh a hlawkzia leh a hahdamzia an hre chho a. Thingtlang lo neih leh ran vulh kan hmu hniam telh telh a, kan ram a intodelh lo chho tial tial thung a. Ram arawn buai zui a. Kan ram zalenna sualtu rammute an lo haw hnuah India sawrkar nen remna an ziake a, state puitlinga puan kan lo ni ta a. Khata tang khan central-in min la chawmhlawm ta char char a ni a. Hetia India sawrkarin inlak hran an phal loh avang hian kan ram chu India

sawrkar laipui hian min chawm let hi a bat a ni tih ngaidan a lo piang ta a. Tun thlenga a lan danah chuan, intodelh lem lo mah ila, central-in min chawm chhung chu kan lungawi a nih hmel hle mai. He ngaihndan hi tun thleng thlenga mi tam takin kan la pu reng hi thil dik ber a ni em tih erawh chu kan ngaihtuah ngun a ngai ta khawp mai.

Tunah state kan nihna hi kum 20 chuang fe a ni ve tawh. Engati nge tun thleng thlenga chawmhlawm state, ram intodelh lo lutuk kan nihnate hi zah nachang hriat ahnekin, India hian min indan an phal lo va, chuvangin min

chawm hi an bat a ni kan la tih chamchi fo mai le? He ngaihdan hi thlak a hun tawh viau lo maw? Hetia central chawmna ringawta innghat lo hian, keimahni theihna ngeiin, kan ram leilung tlawh chhan hian intodelh ve hi kan tum ve tho tur a ni dawn lo'm ni? Mahni kut leh kea din tum miah lo, mi dang tanpuina ringawta innghat, ram dingchhuak kan hre tawh ngai em?

Kan NE state thenawmte hi en teh u. Sikkim-in tourism hmanga an ram economics an promote nasatzia chu sawi tam vak ngai lovin TV kaltlanga mita hmutute kan ni. Kum tin cheng maktaduai tel teh meuh mai an tourism aţangin sum an hai lut hem hem mai a nih hi. An sawrkarin tourism kum 1990 aţanga a promote khan an state revenue hi a hma aiin a let 14 teh meuhin zu han san belh a! Tunah hian India rama state economy ţhang chak ber pawla sawi an kai pha der tawh. Chutiangin, kan ţhenawm ram Tripura te khu i lo hmu hniam ngawt ang e. India rama state te ber palina a ni chung si khuan, India ram puma rubber siam chhuak hnem ber pahnihna (2nd rubber capital of India) nihna zu han hauh pha daih thung si a. An inkalpawhna kawng changtlun leh ţhat bik ziate khu a taka hmu tawhtute tan hahipa sawi tham tling a ni. Tunah hian an state literacy rate pawh 87% a kai pha hial tawh reng a ni. Manipur lah ni se, an Loktak hydropower project khian Power Mega Watt 105 (3x35 MW) lai a pe chhuak hem tawh mai si a. An ram mai bakah Tripura, Nagaland, Assam, Arunachal, Meghalaya leh kan ram, Mizoram thleng thlengin min chawm der tawh a nih hi!

Kan ran vulh lam lo thlir leh ta ila. State/UT Animal Husbandry Departments, 2003-04 a a lan dan chuan kum 2003-04 chhunga kan state ţhenawm NE state dang nena khaihkhin pawhin Animal Husbandry lamah kan la hniam hle. Ran zat (population)-ah a hniam ber dawttu kan ni a, bawngnhnute thar chhuak tlem ber leh a in tlem ber state kan ni bawk. Artui thar chhuak tlem ber dawttu kan ni zui bawk. Hmanlai aţanga kan piputen an lo chhuan ve em em ţhin, sial lah tih thama tam sawi tur kan nei mumal tawh hek lo. Chutiangin kan kût pui ber Chapchar Kût kan hman pawhin, Vaipa artui tel lo chuan chhawng pawh kan hnawt thei ta lo achha chu a nih tak hi le! Hetia kan ţhenawm state ten hmasawmna lamtluang chak taka an zawh lai hian kut kuanguahin kan thlir liam ve mai mai dawn em ni? Chawmhlawm kan nih bik reng mai chuan, mi ke pen rualin ke kan pen ve thei ngai lo vang a, ram dangte hmuhsit leh diriam mai lo chu hmabak kan va nei dawn lo em!

Kan ram ngaihsan em em Israel te khu kan ram nen chuan tehkhin rual ni lo mah se, keimahni inenfiah nan tarlan ve hrim hrim ţul tihna ka nei. An ram khu ram naupang tē niin, kum 1948-a lo piang ve chauh kha a ni a. Ram te tak te, Mizoram tia awrh chauh a ni. An hmelma Arab ram hovin an hual ţhup lehngal a. Firfiakten an tibuai reng chung pawhin khawvel sawrkar chak leh khawvel ram economy-a ţhang duang ber pawl leh ram intodelh kumhluna sawi an ni thei reng thung tho lawi si. Tin, mi ram kan ngaihsan kan lantir dan huai huai pawh hi inen let a ţul khawp mai. An hausakna



avang ringawtin tawngpawng ngaihsan ringawt lo ila, an hlawhtlinna phena an tumruhna te, an taimakna te kha entawn ve tum tel ta bawk ila. Chutiang zawk chu inngaihsan dan tluantling dik tak a ni zawk dawn lo'm ni?

Ka ti thin, hmun dangah lehkha zirin kan han awm ve a, hnam dang thiante hovin, "Eng nge Mizoramah chuan hmuh tur awm? Kanrawn zin ve chak a nia," an han ti a. A dika dika sawi chuan a boruak, sik leh sa nawmzia vel bak hi inchhuan ve thamna deuh sawi tur vang deuh asin. Zep lohvah chuan, dawt phuachchawp deuh titiha a nawmzia sawi mawi chawp a ngaih chang a awm chawk thin. Kan thusawite hi an awih reu reu ang a, anrawn kal tak tak ang tih pawh a hlauhawm letling zawk hial thin reng a ni.

Ka thian duh tak, rilru leh ngaihtuahna kan sen peih phawt chuan keini mihring nuai 10 vel awrh chauh, Delhi-a motor awm em pawh zah lo tan hian din chhuahna tur leh khawpkham tur hi kan ram dinhmun en hian thil tih harsa em em a ni dawn em ni? Kan ram hi Sap tawng takin, 'naturally AC' kan ti mathlawn lo va, kan ram hi sik leh saah sawisel bo a ni. Kan buh leh bal, thlai ilo chinte leh kan ran vulh te thlengin, kan ram ngeih lo hi sawi tur an vang khawp mai. Vai ram vawksa ai chuan Mizo pa vawk vulh thau nge nge chu a tui kan ti zawk vek a ni lo'm ni? Buh-ah lah Zobuh tluk awm hek suh. Ruahtui ni se, kum tin bahlah miah lo tih theih khawpin kan dawng tha em em reng a. Luitui min chawmtu tur lah duhthusamin kan ngah.

Lui lam sa lah ni se, kan ram lui sate hi a thau tha tha an ni lehngal. Ram hmasawna tithuanawp thei thil firfiaka chetna lamah ni se, Inda ram state ralmuang bera chhal ngam, 'Peace bonus' te hial dawng pha ngat ram kha kan ni lo em ni? Hei lo liama ram malsawmna dawng, ram tha leh duhthusam hi, a bak beisei tur eng nge awm thei chuang ang le? Khuanu'n kan ram tan hian a tih theih taw a ti tawh; a bak chuangliam min tihsak tawh dawn lo. A hmabak la awm leh tihchangtlun lam chu keini, a chhung a chengte kutah hian a nghat ve tawh a sin, ka thian duhtak!

Mizote hi Pathian hre mi kan nih hi theihngihl lo ila, Kristianna leh intodelh lohna hi a inhme thei lo hrim hrim tih hi pawm ang u. Thil kal kawp theia mawi pawh a ni lo. Kan inngahna lungphum Bible pawhin, 'Thaw lo chuan, ei pawh ei suh se,' a ti lo em ni? Pathian fapa, Lal Isua ngei pawh khan thingrem siamin ei a zawng thin a nih kha. Tirhkoh Paula pawhin Pathian rawngbawl chungin puanin kaihin a intodelh thin tih kan hriat kha maw. Kan tunlai incheina hmanga inlak changkanna te, Politics tuinu tak tak hmanga inchirhthehna te leh hmasawna pai miah lo zawmthawtna te hi sirah hnawl a, hmalam pana ke pen a hun e. Hawh u, hmanlai kan pi leh pute intodelhna nun kha i tung ding leh ang u. Phengphehlepa khua a tlai hma hian, mipui muthlu hi kan harh a hun tawh takzet a ni tih i hria ang u. Rual aw h na em mai. Zoram bak hi ram kan nei dawn si lo. Harha puanven sawi chhin a hun e, Zoram tan!

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## LEHKHATAWN HNUHNUNG

Zan a rei tawh a, ka han hawi chhuak a, chhawrthlapui lah chuan ka rùmna leh manganna min hriatpui ve lo tih hriat fahran hian a mawina ëng a chhuah ruih mai si a. Ka bula mu, kum 25 chhung ka pasal ni mek chu ka han en a, ka lainat a, mahse ka thil tum hi hman aṅanga ka lo tum tawh a nih avang leh kum kha leh chen keima bila thil ka tih tawh loh hnuah keima nawmna atan liau liaua mi dang ngaihdan leh ka mualpho dan tur pawh dawn lova ka lo tum tawh a nih avangin thulh ka tum lo.

Mama leh Mami te room lam panin ka va kal a, an unaua tui taka an muhil hmel ka hmuh chuan ka lung a tichhia a, ka biangah mittui a lo luang a. Mahse khawvel ngaih pawhin puitlinga chhiar theih an nih ve tawh avangin min dem bik ka ring lo.

Ka ngaihtuahna chu buai mah se he khawvelah hian ka hlimna tur ka ngaihtuah ve hi demawm em emin ka inhre bik lo.

Tichuan kan nupa room-ah chuan lutin mittui tla chunga ka lekhathawn hnuhnung ka ziah hnu chuan, kan chaw ei dawhkanah dahin thawm dim deuhin ka chhuak ta a...

To,

Ka Pasal

Zing i lo tho ang a, i bulah ka mu lo tih i hmuh pawhin min zawng lem lo

ang. Dan pangngaia khuma i thingpui in tur siama ka buai a nih ringin mi nghak ang a, reilote hnuah mi au ang a, chhang tur che ka awm tawh dawn loh avangin, thinrim deuha rawn tho chhuakin, he lehkha hi hmuin mak i tiin i mittui a tla hial maithei, mahse kei chuan ka ringlo. I thin erawh a rim ang, ka dem lo che. Min zawn tum loin ngaihtuahna nasa tak nen he lehkha erawh hi chu i lo chhiar chhuak dawn nia.

A hmasain i ngaihdamna ka dil e. Kum 25 lai mai i nupuiina heti maia nangmah leh kan fate ka kalsan hi min dem a ni mai thei, mahse mihring ve tho ka ni asin. I tana i hlimna tura ka thil tih zawng zawngte kha han chhut chhin la, ka tana ka hlimna tura i thil tih han chhut ve chhin teh, inbuk tawh lo i tih ve tho ka ring.

Kan inneih khan mahnia ngaihdan pawh la nei ngam lo khawpa naupang,

nula kum 20 mi, ngawichawi leh zakzum ka niin, ka nu leh pate thu awiin ka nei ta che a. Ka pasal i lo ni tain ka theihtawpa i nuna hlimna thlen hi ka hmachhawp a ni tih hriain ni tin, zan tin i tan ka thawk thin. Nang erawh chuan chu'ng ka lo beih hah vena chu mènà min thlaksakin, hmeichhia ka nih avanga ka nuna bet tel ve niin min ngaihsak a, ka thu i ngaithla ngai loin mi ngaih pawimawhsak ngai hek lo.

Kum 26 liam tawh mah se, tum khat, 1988, March ni 16, nang chuan i hriat reng pawh ka ringlo; Mama paia ka rai lai khan ka naupai a Chiang lo nen, Durtlang hospital-a neih ka duh thu ka sawi a. I nu leh pa, unau leh chhungkhat dangte awm laia min vin tuar chungã mi chhanna kha— “Hmeichhiain thu pawimawhah thu an nei ve ngai lo, ka nu leh pa thu thu a ni mai,” tia min chhan kha, i tan chuan a ho maithei.

Ka tan erawh a na asin, kha i thil sawi khan keimah leh keimah mi inngaihneptir a, kum lamah ka la naupang bawk nen, ka rilru a na asin. I fa, kan fa tur paiin thla 9 nuamsam loin ka awm a, ka neihna tur hmun pawh thlang thei loa ka awm leh mi dang hmaa ka zah leh mualpho dan tur pawh ngaituah lova mi vin khan ka thin a tina asin. I nu leh pa, ka nu leh pa te thu kha ka zah lo a ni lo a, ka ngaihdan ka sawi a ni ve mai; mahse kha i tawngkam hman khan mi i dah pawimawh lohzia min hriattir a, hei kum 26 lai a liam hnuah pawh ila ngai reng a nih hi.

Mizo mipa i inti a, i inla pà a; mahse ka hrilh a che, hmeichhiate hian áwm

ném zawk kan nihna kan hria a, mipate hi kan lu ni tura Pathianin a ruat in ni tih hi kan pawm. Mahse, ‘Mipatena in rahbeha in hmuhsit tur hi kan ni bik lo asin. Pathianin in rawng bawl turin min ruat a, mahse kan rawng pawh in bawl let ve a. Kan hlimna leh ngaihdante inngaih pawimawh ve hi Pathian duh dan pawh a nih ka ring.’ Ka sawi ang chuan awm pawh ni ula, mipate hlutna leh dinhmun hi a dang dawn chuang lo asin, hmeichhe lu chu mipa a ni si a.

Nang erawh chuan Mizo mipa tam takte angin chung chu i hmuh hmaih si. Eizawngtu i nihna te hi i chhuangin nang erawh chuan chu pawh chu i chhuang a ni tih i hrethiam pek lo ang. Zing i tho a, khumah thingpui leh chanchinbu ka pe che a, rawng ka bawl zuiin, office i tlai hlau reng rengin zing tin ka phe buai a. I thawmhnaw, pheikhawk nawt paha zing tin rawngbawl paha phet buai chu ka khawvel a ni si.

Chhunah ni se insuk, intihfai neuh neuh nen hun ka hmang liam a. Tlai i rawn haw a, i chauh thu sawi pahin ka vanneihzia, nilenga mut hahdam chu a nawm turzia te chu tiel chungin min tawngkhum ni tin a, chaw ei hunah lah i chawhmeh duhzawng siam loh hlauin rawng ka bawl a.

Alu hi a phek zawnga zai i duh tih te, baiah chuan a so hmaa soda thlak i duh tih te, behlawi hi buh thlak hnuã chingal thlak i duh tih chenin ka hria asin. Nang erawh ka chawhmeh duhzawng miin zawt ta che sela i chhan theih ka ring lo. I ngaihdanah chuan rawng hi ka bawl thiam lo a nia'ng e. 1996 October thlaa i

patea ten chaw an rawn ei a, ka bawkbawn bai tui i tih thu i sawi bak kha vawikhat mah ka chawmeh siam hi i la fak lo asin, hre chiang min ti em?

Mama te unau an rawn piang a, kan chhangchhiat vanglai leh ka nawmsam loh lai pawhin vawi khat pawh nau zun i thlaklo in, nau ek vawi khat pawh i su si lo. Nia i ngaihdanah chuan Mipa hna a ni lo va, in chhungkhura hna thawh hi a pa loin mipa i nihna kha a hniam phahin i ngai si. Naupang an lo lian a, Kg an kal aṅanga BA an kal thlengin an zirlai enpui i tum si lo. Nia, i tan chuan nu tih tur a ni a, nang chu eizawngtu i ni tlat.

Ka sawi thui lutuk dawn, duh tawk dawn mai ang. Ka sawi tum zawk erawh chu, a chungka ka thil sawi zawng zawng khi ka nin avanga he thil hi ti ka ni lo tih min hriatsak ang che. Pasalte tana thawha fate enkawl chu a nuam asin. Amaherawhchu ka pasal i nihna anga duat ka phu vena te, i fate nu ka nihna anga min ngaih hlut vena tur zawng

zawng nia ka ngaihna te hi ka hlimna tur a ni tih i hre lo mai ni loin i hmaih a, i sual vang chu niin ka hre lo.

Mahse nang MIPA tak mai khan i ngaihtuah pha lo a ni ang e. Chuvang chuan hei Mama te unau pawh an puitlingin zirna kawng leh nun kawngah pawh mi ngaihah mifel an ni ve a, ka theih anga Pathian thu nena ka kaihhruainate nen chuan an ngaihtuah awm lohin ka ring. Ka hlimna tur ngaihtuaha hmun danga kal, hlimna zawn leh inlak thawven hi he khawvel ka chhuahsan hma hian ka chak a, ka hlimna tur zawngin ka kalsan ta mai che u a ni e. Ka hmuh leh hmuh loh chu thu hran, min ngaihtuah suh ang che u. Mama te unau kha lo hnem ang che, an tuar thiam lo viau ang e. Nang chu ka ngaihtuahlo che MIPA i ni si a.

Dam takin le,

I nupui ṭhin

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## THE ROLE PLAYED BY WOMEN IN MODERN SOCIETY

**I**n this article, we are going to address a very important topic, a topic that has been a subject of great concern for both men and women in any society – The Role played by Women in Modern Society.

Brigham Young, a renowned American Movement Leader once said, “You educate a man; you educate a man. You educate a woman; you educate a generation.” Based on this saying and based on real-life facts, we can rightly say that a woman is the foundation of the family and of the society itself.

No more than two generations ago, a girl was expected to abandon her academic pursuits and assume the role of a housewife. She would completely devote herself to the preservation of the female-oriented position of homemaker. As time progressed, fluctuations in the economy made it necessary for a woman to obtain a career in order to provide the essential funds to support and maintain a family. The income of one man became no longer enough to provide for a household in such an expensive and progressive culture that we are being exposed to.

Clearly, circumstances of family life have changed in the 21st century too. The

modern era has taken the woman out of the home and into the workplace. Furthermore, large families are no longer as economically practical or as socially desired. Today’s family model has changed; the traditional family structure of woman as homemaker and husband as breadwinner makes up only 10 percent of today’s families.



And looking into the 21st century, women have risen to great positions in various key sectors, making a significant contribution to the global economy and development. More and more women are looking at newer opportunities to exhibit their abilities. Women in the 21st century have expanded their roles and positions in society, especially those that were formerly dominated by men. These areas include careers, independence, decision-making, and military combat, to name just a few. Women are still trying to prove their equality to men, but have made major strides in the last 100 years.

Women have made advances toward equality in their careers. For example, the modern woman may compete in the workplace for positions such as doctors, engineers, architects, and construction workers. These occupations were previously dominated by men. Today you see women climbing the corporate ladder of large companies earning salaries approaching, if not equivalent, to those of men. Many more women are occupying the position of Chief Executive Officer and are even sitting on Boards of Directors. Additionally, women are not only obtaining an education for self-enrichment as was done in the past, but more women are going to college and earning degrees enabling them to advance in the corporate world.

In the independence and decision-making arena, other drastic changes have occurred for women of the 21st century. In the past, most women did not make their own decisions with respect to fi-

nances, politics, purchases, and education. Males, such as fathers or spouses, typically made these decisions for them. But all that is progressively changing as women are now gaining more significance within their own household and within the society at large.

That said, women today play a very vital role in the society. And, a family, who educates their girls, educates the next generation. Girls mature into women, who for the most part oversee learning in the home and at school. When girls do not receive a well-rounded education, they cannot impart the same to their offspring. It is a simple, yet profound truth and therefore the significance of imparting quality knowledge among our daughters, our sisters and our wives is crucial because they are without a doubt, the shapers of our society.

Women have and will always be 'working women'. Women nurture on the home front as they have done throughout time, but now women are also stepping outside of the home to contribute to society and make a name for them self.

So many women have impacted today's society for the better. There is an endless list where many unsung women in various parts of our nation have changed lives and shaped destinies paving new ways and new direction for so many to follow. However, women have always had a challenging task to be in the forefront in a number of male-dominated sectors. Despite having certain societal norms that are not very open to the idea of accommodating and accepting

women in leadership position or status, women have created opportunities for themselves to serve in the least likely places and have come out really strong.

Women in today's society have certainly gained influence when we compare them to the females of yesterday; yet there is still far to go until a complete balance between the genders is achieved. Although it is fair to say that women, in the broadest sense have more freedom, this is not true in all cases because prejudice still remains.

The basic unit of society is a woman. As woman makes a family, family makes a home and homes make a society. So we should never think that a society would come into existence without the contribution of women. We all know that without education, no development is possible. Here we have forgotten that the very first and best school of a child is its mother's lap. A good healthy society doesn't automatically emerge on its own and stands firm but it needs to be emerged and for its emergence women play a pivotal role. From behavioral to health education women have their hands in. it's a woman who teaches how to behave, how to speak and how to deal with different classes of people. These all are the basic fundamentals of a good society and women are the main contributors in building up a strong society.

However, in spite of the evident progress of women, there is a lot to be done for the uplift and emancipation of women. Today, however, we are witnessing considerably change in the social

scene. Women all over the world are being educated in almost every field that men so far dominated. The knowledge of arts, science, technology and politics is no longer the privilege of men alone.

Every school and college is now conscious of imparting education to girls as it is absolutely essential to educate women in society. If the woman is an educated mother, she can bring up role of women in modern world children much better.

Wisdom requires that girls should be sent to school and later to college and encouraged to lead the society. It has been said that you educate a man and you educate one person; but when you educate a woman you educate the whole family. Her education is most important because she is the first teacher of her child and is it not true that, 'the hand that rocks the cradle rules the world?'

Today's women play a vital role. Her image has changed from that of a house wife to a useful person in almost all spheres. She has proved herself as a potential political leader, a radical social reformer, an efficient office manager and so on. Her physical weakness is no longer a barrier in getting herself established in the modern world.

The recently concluded International Women's Conference in Beijing, China, discussed various ways and means to make women a better social being. It is no longer said, '*behind every man's success there is a woman,*' but the new saying is that, '*by the side of every man there is a woman trying to succeed.*'

*Angela Zothankimi*  
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## STORY OF TIME

What is time? As simple as Yesterday, Today and Tomorrow?

So there was one today who wanted to become always. Yesterday told her: I also wanted that when I was you. Today asked always how she did it and she replied: by Changing – becoming tomorrow and today. This meant that always does not belong to herself. She is always someone else. It means that something is making her change and that something being Today, Yesterday and Tomorrow.

But it would be wrong to assume that time is what passes, as it can also last by stopping.

Sometimes today can last hundred and thousands of years before it passes. Sometimes it feels like yesterday has come back and we are living in it. There is a little bit of tomorrow in yesterday and in today, but we rarely recognize it. It turns out that there is only this trinity. It would be wise therefore, to be finicky on how we use our time. Change is inevitable. Thereby being consistent to the changes happening around us.

It will always be what was, what is and what becomes that determine our lives. No shortcuts.

Picking up pieces and fragments of the past makes a memory which is store in some part of the brain. These memories when triggered produces a flash which takes us back to that moment in time, not much of a rocket science. But the fascinating part is how well the brain stores these images, connecting time altogether. Our mind travels through time and in some case even predict the future; which also remains a taboo.

So, our yesterdays, our todays and tomorrows are a simple set of the mind built through time. Something that seems so simple yet complex in its function.

Finally, we do have time time on our hands. A working single mother manages to feed, bathe and clothe her child while she rushes off for work. As busy as we allow ourselves to be, there is always time to stop and think, feel, breathe and love. We are given that luxury. But all don't make the best out of it. There is no secret formula to how well we can manage time. You want to have time, give time to it. It might take a while but we have time on our hands.