



# Daifim

An Official Organ of YMA, Khuangpuilam Branch.

## YMA MOTTO



Hunawl hman that  
Zofate hmasawwna ngaihtuah  
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com



Khua a that rin a ni.  
Temp - Max: 24°C Min: 13°C  
Dar 6:05-ah ni a chhuak ang a,  
Tlai Dar 4:49-ah a tla leh ang.

Vol - VII Issue No. - 25

- Nikir thla -

20<sup>th</sup> April, 2021 (Pathianni)

**Tunkar chang vawn :** I Thufungte 14:6 "Hmuhsit ching mi chuan finna a zawng a, a hmu thin lo va; Hriat thiamna neitu tan erawh chuan finnahi awlsam tak a ni".

### TUALCHHUNG CHANCHIN

☛ Pu Aldrin Lalrinfela, Khuangchera Section chu ni 17/6/2021 (Nilaithawhtan) khan Kolasib Civil Hospital ah HB hniam avangin thisen unit 3 pek a ni a. Inrinni 19/6/2021khan Hospital atangin an chhuak leh tawh a ni.

☛ Ni 14<sup>th</sup> June, 2021 (Thawhtan) zan dar 8:00 bawr khan report rawn lut bawhzui a ni a. Pu Tlankima h/o Arami (Pu Tlanglawma te inluah) chu Quarantine centre atanga rawn chhuak ru in Inah a rawn haw tih hriat a ni a, chanchin hi hriat anih veleh VLTF Chairman, Vice, leh Secretary ten tlankhawm ngal niin Zonal Magistrate Pu Mahminga hrilh nghal a ni. A hmalakna in DC leh SP lam atangin rawn umzui nghal a ni a. Tichuan zan dar 11:00 vel khan an chhungkua in Quarantine centre ah dah nghal an ni.

Hetianga Dan bawhchia a QC atanga a chhuah ruk avang leh khawtlang himna a tih derthawng avangin hian District Magistrate in cheng ₹5000/-chawi turin a rawn hriattir a, hun tiam ral hma ngei a pe turin a hriattir nghal bawk a ni.

### Lawmthu sawina

Khuangpuilam VEC te chuan veng chhung aurinna- YMA FLS tihchang tlung nan, YMA DAY lawmna pualin FLS Sub-Committee te hnenah Rs. 40,000/-singli) lai mai min hlan a. VEC ten thahnem min ngaihpui a, a tihchangtlun nana sum fai thahnem tak min pe hi FLS Sub-Committe chuan lawm thu a sawi tak meuh meuh a ni.

Sd/-  
Secretary  
FLS Sub-Committee

## KHUANGPUILAM BRANCH IN YMA DAY VAWI 86-NA HMANG

**Khuangpuilam the 20th June, 2021 :** Dt. 15th June, 2021 (Thawhlethni) khan Khuangpuilam Branch YMA chuan hrileng karah YMA day vawi 86-na tluang takin hman a ni. Kan hri leng vangin kum dang angin hmang theilo mahila YMA day hmang tur hian Branch Executive Committee memberte leh Section OB ten zing dar 7:00 ah FLS Station-ah kalkhawmin hun an hmang .

Pu Pu S Lalthanglian, Branch Vice President kaihhruaina hnuaiah hun hman a ni a, Pu VL Chhara, Val Upa in hunserh a hmang a, Pu Robert VL Hruaia Branch Adviser, VCP & Chairman VEC chuan Flag pawhpharhna leh thusawina hun a hmang bawk a ni.

YMA Day pual hian thilpek semna TNT, ASC Home leh VLTF hnenah hunserh zawh hian neih nghal a ni bawk. Heng bakah hian YMA day puala Article inziahsiaak leh thlalak intihsiaakna lawmman sem a ni bawk. Article inziahsiaakah hian (1). Vanlalzauva, Vanapa Section (*Zirna leh keini Mizo te*) (2). Vanlalthafamkimi, Vanapa Section (*Zoram ka hmangaih che*) (3). Lalmuanpuii Khuangchera Section (*Zirna uar Kum*) te chu lawmman hlan an ni. Thlalak intihsiaakna lawmman dawngtute chu (1). Kenny Lalmuankima, Chawngbawla Section, (2). Benjamin Lalthanzuala, Chawngbawla Section (3). HD Vanlalthriata, Khuangchera Section te an ni. Khuangpuilam VEC ten YMA day denchenin pawisa Rs2000 lai min hlan an chungah kan lawm hle a ni.

Hemi ni tukthuan eikham hian YMA Day pual bawkin thingphun hnatang Branch Executive Committee memberte leh Section OB ten National Highway kamah leh thlanmual lamah thing tiak thahnem tak an phun bawk a ni.



Pakhatna (Kenny Lalmuankima, Chawngbawla Sec)



Pahnihna (Benjamin Lalthanzuala, Chawngbawla Sec)



Pathumna (HD Vanlalthriata Khuangchera Sec)

**YMA chu tanpui ngaite tanpuitu a ni. – YMA Kumpuan : Zirna uar**

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**Vanapa Section**  
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Secretary : Tv Lalremruata  
7005131514

Khuangpuilam veng chhunga HSSLC Passed tharte			
	Hming	Pa/Nu Hming	Division
1.	Lucy Lalnunthiangi Chawngbawla Section	d/o Lalnunluanga Ralte	3rd
2.	H.Vanlalhruaia Chawngbawla Section	s/o H Lalmuanpuia	1st (L in History)
3.	Rinmalsawmi Ralte Chawngbawla Section	d/o H.S Lalremliana	Distinction L in Eng, Mz
4.	Rebecca Lalnunkini Selate Khuangchera Section	d/o K Laltlanchhunga	3rd
5.	K Malsawmdawngzeli Chawngbawla Section	d/o K Laltlanchhunga	1st
6.	Siamlalzawma Khuangchera Section	s/o H.L Lama	Distinction

**Editorial.....✍**  
**FAK HLAWH LO VALRUAL**  
Mizo zingah thiltha titu, tlawmngaihna chawinungtu, khawtlang leh hnam tana lungphum pawimawh tak, fak hlawh chuang si lo an kat nuk awm e. Thenkhat chu anmahni (a titu) zawkin an thil tha tih chu thup an duh avanga fak pawh hlawh lo te an ni ang a, thenkhat chu an thil tihah miten fakna chhan tur an hriat loh te an ni ang.  
Mizo tlawmngaihna dik tak chuan fak a phut ngai lova, thil tha tam tak ti mahse mi ten fak nachang an hriat loh pawnhin an vui chuang lo. Chutih laiin, mi in an fak emaw an chawimawi emaw a nih pawhin a dawnawn dan mi tlawmngai chuan a thiam a, a chapo pui ngai lo. Mi tlawmngai rilru ah chuan mahni thiltha tih vanga midangte hnuai chhiahna rilru a awm ve lova, a tih ang ti ve turin midang a phut lova, ti ve duh an awm takin tiin thilthih leh nunin tlawmngaihna chu mite a zirtir mai zawk thin a ni. Infuihna thu pawh tawngkam dengkhawng hmangin a chhak chhuak ngai lo.  
Tunlai hunah chanchin inhriat tawn zung zung a nih tawh avangin miten inchawimawi nachang kan hre ta hle. Mihring chu inmamawh tawn kan nih ang bawkin, lawmthu inhrilh tawn tur, inchawi nung tur , infuih tawn tur leh infak tawn tur kan ni. Inchawimawi nachang kan hria hi inpawhna tha min siam saktu leh inhmangaih tawwna tipungtu pawh a ni ang.  
Infak leh inchawimawi kan tih rualin tlawmngaihna dai theu pal chhe zawnga thil tih luat tuk a awm thei a. kan thil tha tihte hian midang hek lo sela, Chanchin Tha nen pawh a inmil hek lo. Fak hlawh lo val rual ni ngam kan ramah an tam poh leh tlawmngaihna par a vul zual ang.

Chhinchhiah theih chinah Zirlai 6 -in Khuangpuilam veng chhungah HSSLC Passed thar kan nei a, an kal lehnazel turah duhsakna kan hlan e. Tun tuma hlawhtlinglo kan lo awm palh anih pawhin beidawng lova, kumtharah chuan tha thara tan la sauh sauh turin kan rilru i siam ang u.

Khuangpuilam Veng mi kan tu kan fate HSSLC 2021 result chhuak a pass thar te a hnuaia tarlan ang hian 9862094257/ 9612691291-ah te report ni thei se a lawmawm hle ang.

1. Hming:  
2. Pa Hming:  
3. Division:  
4. Section:  
Sd/-  
Secy  
Kumpuan Sub-Committee  
Khuangpuilam Branch YMA

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Contact : 9436142828

(9-8)

*\* Security Deposit hi Bill hmasaberah a rawn tel ang.*



Thu ziaak Huang

- Azautea Hmar

YMA Day Article Inziahsiaak lawmman 1-na

Naupang Huang

- L.T. Hlima

Zirna leh keini Mizo te

Pasalṭha Vanapa

Mi tupawh zirna chawlhsan mi chu kum sawmhnih emaw kum sawmriat pawh ni se a tar tawh a, mi inzir mekte erawh an thar lam reng a ni. Khawvela thil ṭha ber pawl chu kan rilru leh ngaihtuahna te thar lam taka kan put hi a ni. Tin, zirna pawimawhzia hi *Ford Motor Company* dintupa **Henry Ford** chuan a lo sawi tawh anih kha.

**Zirna (Education)** kan tih hi **Latin** ṭawng *educere/educera* tih aṭanga lo chhuak a ni a. Chu chu *lak chhuah tur/ken chhuah* tur tihna a ni. Khawvel hi zir tur hlirin a khat a, mihring leh nungcha tinrengte hi zirtu vek kan ni a, chu zirna in a tum ber chu puitlinna a ni a, puitling chu a nih tur ang ni a hman tlak a nihna hi a ni. He puitlinna hian taksa rilru leh thlarau a huam a ni. Nungcha dangte chu an phak tawka an hniam avangin an puitlinna an thleng hma a, mihring tan erawh chuan puitling turin zirna in tawpintai a nei lo.

Zirna hian a huamzau hle a, lehkhah zirna kan tih te pawh hi zirna chikhatin a huam a ni a. Mizorama zirna lo luh aṭanga lehkhathiam pun chakna chhan chu **Kristian Mission** vang a ni a. Miten **Pathian** lehkhahu leh hlabu chhiar thiam an chàk a; tin, *Zosapte’n* chu lamah chuan theihtawp an chhuah bawk a ni. Hemi avang a kum **za (100)** chhunga Mizorama ziaak leh chhiar tam zawng hi lo dah ta ila. **Kum 1911-ah mihring za zela ziaak leh chhiar thiam dinhmun chu 4.41% a ni a; kum 2011-ah 91.58% a ni a. India ramah pahnihna dinhmun kan hauh mek ani.**

Zirna hi hnam chawisan nana mel lung pawimawh tak anih rualin kan zir chhan (purpose) leh tum (goal) neiloa kal erawh chuan zirna (educaton) kan tih laimu hi kan hawlh pha dawn lo a, sorkar hna (government job) chauh em chung a kan zir a nih ngat phei chuan hna neilo titamtu mai kan lo ni thei a ni. **John Osborne an kum 1956-a a ziah ‘Angry young men’-ah** khan England economy a rawn thailang nual a. **Atlee** a sorkar hnuaiah University tam takah *free education* an uar hle.

Mahse chu chuan a lehlingin nghawng a rawn nei a, mahni kawtkaia zirna an chhawp takah chuan mi tam takin degree an rawn nei sup sup a, hna-in a daih silo **Unemployment problem** in sap-ho pawh a tibuai ve viau a ni. Mahse industry lian tak tak bun a nih takah chuan ṭhalai pawhin hna thawh tur an nei ve leh ṭan ta ani. Lehkhah zir a tha, zir san pawh a ṭha; mahse, kan degree te sorkar hna (*Govt Job*) beisei ngawta kan kal a nih chuan British-ho *fall back* lai anga *Unemployment Register* belhchhah tu mai kan ni dawn. Mi ramte angin industry lian *employment generate* tham kan la ngah lo zui!.

Zirna zinga pawimawh tak pakhat chu **Mahniah inzirna (self education)** hi a ni. Hei hi Mizote hian kan mamawh tak zet zet a, Zofate zingah mithiam leh hman tlak tam tak awm mahse, a tam zawk hian mahni inzir belh nana hun kan inpek hi a tlem em em a. College te, sikul te kan han chawlin kan han zir zova, inzir belh tum tawh lovin Sipai chhuṭi haw ang maiin chawlh kan la vang vang mai tawh ṭhin a ni.

**Indopui Pahnih**-na hnu leh tun kum za chhunga thisen chhuah hnem ber mi pakhat thlang chhuak i la, **Adolf Hitler-a** khum zo tur pakhat mah an awm lo. A tira mi naran ve mai *Painter* nih tum thin kha **Nazi** pawl a zawm hnu reilote-ah a ṭhianten tan inah an khunga, tan ina a tan lai hian lehkhahu pakhat **‘Main Kamp (My Struggle)’** a rawn ziaak a. Hei hian **Hitler-a, German** leh khawvel indopui nasa takin a rawn sawi a, Hitlera rawn irh chhuahna pawh ti ila kan sawi sual awm lo ve. **Painter** nih tum ṭhin kha ama inzir tawn hriat leh thiltumte a han sawi chhuah meuh kha chuan a nih tum ai sang khawvel sawi danglamtu alo ni Chiang Kher mai.

(Chhonzawm tur)

Chuti chuan Vanapa nupui chu ‘hotunu’ inti fahrarin a ṭhianten hruiin lal in-ah chuan zu chhim turin an kal a. Lal in a lo luh veleh chuan Vanapa nupui pawnfen hmalam chu, ‘Chawngkhum dan ṭlang huat loh’ tiin sang fein a lo hlinsak ta a. Thinur deuhin a hote nen an ṭlan tau haw a, a pasal kiangah a zualko ta ngei a. Vanapa chuan, “Chu, Chawngkhum dan ṭlang huat loh a tih miau si chuan, keini nupa lo huat mai chu a ṭha dawn emaw ni le,” a tihsan mai mai si a, engmah lo chuan a tawp ta a. Nuho chuan, “Kan hotunu ber mah hetiang a an hlim ngam chuan keini pawh min hlinsak ve ngei ang,” an ti a, chuta ṭang chuan nuho zu chhim chu a nep ta a ni.

**Khawnbawl Ṭha, Fing leh Rinawm**

Ṭum khat chu an khaw ṭhenawma mi Lalvunga a lo zin a. Chu chuan Baktawng ṭlaga Vanhnuaailiana fapa Doṭhiauva nun chhiatzia leh a khuate sial phil a chin thu sawiin a rawn mualpho viau mai a. Vanhnuaailiana zak chuan engkim zawt fiah turin leh zilh turin Vanapa lo chu hmachhuan dang nei hek lo, palai-ah a tir ta a.

Doṭhiauva chuan Vanapa chu zu a lo zuk a. Vanapa chuan, “Ngawi teh, zu kan in hmam i pa thu mi chah ka han sawi lawk teh ang,” a ti a. Doṭhiauva chuan, “Sawi ta che,” a ti a. “Hei le, kan pafain engkim han sawi mai ila, khuate sial talhsak i ching ṭan a ni awm a. I pa pawh a mangang rilru hle, hei mi rawn tir a nih hi,” a han ti a. Doṭhiauva chuan, “Tu sial nge ka talhsak?” a ti a. Vanapa chuan, “Hmeithai, chu mi sial chu i talhsak a ni lawm ni?” a han ti a. Doṭhiauva chuan, “Zu in ngho chhuak aihna a nih kha,” a ti a. Vanapa chuan, “A nih leh chu mite sial pawh i talhsak a ni lawm ni?” a han ti leh a. “Kha pawh kha bawkbawn phir aihna a nih kha,” a ti leh ta a. Vanapa chuan, “A tawk ta e, zu chu i in tawh ang u,” a ti a, an in ta a.

Vanapa chuan an lalpa Vanhnuaailiana hnenah chuan, “Kan nau chuan thil engmah mutmawh hnarmawha neih tur a lo ti lova, hmeithai sial a talh kan tih kha, zu in ngho chhuak aihna a lo ni a, chu mite sial lah bawkbawn phir aihna a lo ni a. Kawngro a lo nei thliah alawm maw le,” a ti a. Chu veleh Vanhnuaailiana chuan a fapa sualna chu nalh zaihin a hliakhhuhsak tih a hria a, a lawm hle a. “Sa ngal khawng hranga awm nge i duh, i thlahte thlenga khawnbawl?” a ti ta hlawl mai a. Vanapa chuan thlahte thlenga khawnbawl a thlang ta zawk a. Hei hi Lungdupa an awm lai nia hriat a ni.

Vanhnuaailiana chu Saitual aṭangin Puiloah a kai a. Puilo aṭangin Vanchengah, Vancheng aṭangin Awnnuah a kai leh a, rei lote a awm a, Tualte a zuan leh a. Tualte-a a chen lai hi a ropui lai ber a ni awm e. A pa hun laia pasalṭha huaiente zinga mi pahnih lai an la tel nghe nghe. Vanapa hi an hotupa ber a ni. He khuaa an awm lai hian Mizo ṭlawmngaihna a rawn par chhuak a, tun thlenga Mizo thinlunga ‘Tualte vanglai’ la cham reng pawh hi hetih huna mi hi a ni.

(Iehpekah)

Mizo Dan leh Hrai

MIZO HNAM DAN (Mizo Customary Law)

BUNG - 11 : RANVULH CHUNGCHANG

**Chang 165 - Sechhudawm** : Miin vulh atan Sial, a pian hmaa a neitu nen inherema, a no lo piang tur lei nan a man a pek lawk hi 'Sechhudawm' a ni. Sechhudawm chu ran neitu leh a dawmtute inbiakremna a ni. Se no chu a pian aṭanga thla li hnuah a khel an beng ṭhin. 'Khel beng' tih awmzia chu ran neituin a neitu tur chu a ran a hmuhtir a, a neitu nihna a hlan a, a neitu tharin a lo pawm hi a ni. Sechhudawm hnuah Sepui chu no a neih hmaa a thih chuan, a dawmna sum chu a dawmtu hnenah pek kir leh tur a ni. Ran chuan no dawm tum a neih thleng pawha, a khel ben hmaa a no chu a riral zel chuan, a dawmna man chu a neitu chuan a dawmtu hnenah ape kir leh tur a ni. Pek kir leh tur a neih loh chuan Sepui chu a neitu leh a dawmtu chuan an inṭawm tawh tur a ni. Hei hi sial chungchang bikah hman ni mahsela, ran dang chungchangah pawh hman ve theih a ni.

**Chang 166 - Ran chuang** : Khawi khuah pawh ran chuang a awm chuan, khawtlang roreltute hnenah hriattir thuai tur a ni. Roreltute chuan, a zau thei ang berin khaw ṭhenawmte thlengin an khuah/rama ran chuang awm chu an puangzar tur a ni. Hriattirna chhuah aṭanga thla khat chhunga lam tu an awm loh chuan, ran chuang chu khawtlang roreltuten khawtlang sum atan an nei thei.

**Chang 167 - Ranvulh thi** : Vantlang tana hnawksak theihna hmunah ranvulh thi sela, a neitu hriattir thuai tur a ni. A neitu chuan a rang thei ang berin a ruang hlawmin a seng fel tur a ni. Hriattir a nih hnuah a neitu chuan, a ran ruang chu a seng fel duh loh chuan, khawtlang roreltuten an ti riral thei.

**Chang 168 - Ranvulh insual** : Tu chotuah mah ni lovin, ranvulh insualin thi sela, tumah mawhchhiat theih a ni lo, a neituin a ruang a hlawm mai tur a ni. Chotuah vanga insuala thi emaw, silawng emaw a nih chuan, a chotuah tu chu a ran leh a dinhmun a zirin chawitir theih a ni. Ran neituin a ruang emaw, a silawng emaw a chang ṭhin.

**Chang 169 - Ran talh palh** : Tupawhin mi dang ran vulh mahni ta emaw tia haiin talh sela, 'Ran talh palh' a ni. Tupawhin mi ran a talh palh chuan, a talh palhtu chuan a ruang a hlawm ang a, a aiah ama ran chu a ran talh palh neitu hnenah a pe thung tur a ni. A ran pek chu khuahkhirh a ngaih dawn avangin a khuahkhirhna tur 'Palhuang' a siamsak tur a ni. Ran talh palh chu a talh palhtu ran aia a len zawk chuan, an in lentleihna ang zelin, a ran neitu zangnadawm nan a talh palhtu chuan, a hu tawh a pe tur a ni. A talh palha ai khan a talhtu ran chu lian zawk mah se, a talhtu chuan a inlenleihna a phut thei chuang lo. Ar leh thla nei dang talh palh chu a tia pui emaw, a hu tawh emaw pek tur a ni.

**Chang 170 - Ran kutpalh** : Engti kawng pawha tihpalh thila mi ranvulh tihlum emaw, hliam emaw hi 'Ran kut palh' a ni.

1) *Thi khawpa kutpalh* : Miin mi ranvulh a tihlum palh chuan, a tihlumtu chuan a ruang a hlawm ang a, a tihlum nena inphu tawh ran emaw, tangka emaw ran neitu hnenah a pe ang.

2) *Thi lova kutpalh* : Miin mi ranvulh a tihhliam palh chuan, ran chu a neituin a chang ang a, a tihliamtu chuan ran hliam enkawlina senso a tum ang.

**Chang 171 - Ranvulh sathanga awk** :

1) Thang kamna awm reng rama mi thang kamah ranvulh awk palh sela, lei a kuai lo. Amaherawhchu, a ran len dan azirin thang kamtu chuan ran neitu hnenah zangnadawmna an pe ṭhin.

2) Sa thang kamna chu thang kamna awm a nih loh chuan, a ran len dan azirin, thang kamtu chu chawitir theih a ni. A ruang leh a chaw chu ran neituin a chang ang (Thang tih hian Kar, Fal, Vawmtlak, Hum leh thang dangte a huam). A ruang hlawm tlak loh a nih chuan, a man hu tawh ran neitu hnenah a pe tur a ni. Hremna dang a awm lo. (Chhunzawm zel tur)

Hriselna Huang

Pumpui lâwnṅ (*Peptic ulcer*)

Mizotena pumpui lâwnṅ tia a hming kan vuah avang hian pumpuiah chauh *ulcer* hi a awm lo va, a awm duhna zawk pumpui ni lo laiah a awm a. He pumpui lâwnṅ hi a lo awmtirtute, a natna lanchhuah dan leh a enkawl dante i han luhchhuah teh ang.

*Peptic Ulcer* hi pumpui/rilfang hnun/chaw kalna dik loh avanga lo awm hi a ni. A tlangpuiin hun eng emaw chen chu a awh ngei ngei ṭhin. *Gastric* (pumpui) *ulcer* emaw *Duodenal Ulcer* emaw hi kum upat hnu, kum sawmruk bawr velah a tam ber a. *Duodenal Ulcer* (Rilfang) hi *Gastric Ulcer* nena khaikhin chuan a tam zawk a, a chhan chu *Gastric Ulcer* tam tak chu a lang chhuak lo va, *Ulcer* avanga natna rawn belhchhahtu a awm hnuah chauh a lanchhuah ṭhin vanga a ni. Tin, *Peptic Ulcer* hi hmeichhia aiin mipaah a tam zawk. *Autopsy* an zir chianna aṭanga an hmuh dan chuan pumpui leh rilfang *ulcer* hi a tam lam a inang tlang vel reng niin an ngai.

*Duodenal Ulcer* (Rilfang) hi rilfang hnun a bul lam 3cm bawr velah a awm ṭhin a, 1cm emaw a aia te zawk emaw hawlh tlang a ni ṭhin. 3cm aṭanga 6cm hawlhtlang thlenga lian a ni thei bawh. *Gastric Ulcer* (Pumpui) chu *antrum* lai bawr velah a awm ber a ni. Chulai bawr chu pumpui kual lai a te lampang hmun thuma ṭhena hmun hnih tawp lamah leh a kual lian lam hmun thuma ṭhena hmun khat tawp lampangah a awm deuh ber ṭhin a, ṭhenkhat phui chuan *Gastric Ulcer* hi *Cancer*-ah a chang thei.

A awmtir thei tute:

1. *Helicobacter pylori* (*H. Pylori*) : He *bacteria* hi a lo tam chuan *peptic ulcer* a thlen thei a, *H. pylori* hi luak, ek aṭanga inkaichhawn theih a ni. He *bacteria* awmtir theitu leh a awm duhnate chu :
  - 1) Ram ṭhanglai naupang leh cheng tan.
  - 2) Rethei/khawsak harsa zingah.
  - 3) Ran vulh tam lutuk naah.
  - 4) Chaw/tui thianghlim lo aṭangin.
2. *Damdawi thenkhat* : A bik takin MSAIDS Ibuprofen, Nabumeton, Diclofenac leh a dangte.
3. Meizuk vangin.
4. Acid Pepsin leh hemi thur laka eichhetu tur daltu pumpui/ ril chung lam pang inkhuang rual loh vang a ni.

**A lanchhuah dan tlangpuite:**

Pumpui leh rilfang *ulcer*-ah chauh ni lo, pumpui leh ril lam ṭha lo leh thil dang avangin pumna chu a awm theih tho avangin pumpui lâwnṅ hi a lanchhuah dan bik tak sawi thiam theih chiaah pawh a ni lo a. Awm ruh tawpna chiaah, dul chung lam pang, a laihawl lai vel na bik vang vang emaw a nat dan chu a sa emaw a nih chuan *peptic ulcer* a ni thei a.

A nat dan chu sawifiah thiam chian theih loh emaw, rilṭam pumna tih ang emaw pawhin a hriat theih awm e. Rilfang *Ulcer*-ah chuan a na chu chaw ei kham hnu 90mins. aṭanga darkar 3 velah a awm ṭhin a, chu chu damdawi (*ant-acids*) emaw chawin emaw a chhawk nghal thuai thei ṭhin. Tin, rilfang *ulcer*-ah hian luakchhuak leh rihna tlahniam a awm thei bawh. Pumna chuan damlo chu zanlai bawr velah a tiharh ziah ṭhin. *Gastric* (Pumpui) *Ulcer*-ah chuan a na kha chaw eiin a zual thei bawh.

A na lanchhuah dan aṭang ringawt hi chuan *Gastric* leh *Duodenal Ulcer* hi thliar hran theih a ni lem lo, luakchhuak lo awm leh luakte pawh hi *ulcer* awm avanga rawn belhchhahtu a ni thei. Pum nuam lo (chaw pai ṭawih theih loh vanga awm) a awm... (Chhunzawm tur)