



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. - 16 - Tau thla - 18th April, 2021 (Pathianni)

Tunkar chang vawn : I Johana 2:28“Chutichuan, naute u, amahah awm reng rawh u; tichuan amah chu lo inlar mah sela, a lo kalin a hmaah zak lovin huai takin kan awm thei ang ;”.

TUALCHHUNG CHANCHIN

🕒 Dt. 14/4/2021 (Nilaini) chhun dar 1:00 - 2:00 pm inkar vel khan misual tu tih hriat loh ten Upa Lalhmingliana(L) Vanapa section-te In leh midan chhungkaw thum (3) lai In-ah an lutru tih hriat ani a, thil liantham bo awmlo mahse veng mipuite a hma aia fimkhur zual turin kan inchah tak meuh meuh a ni.

Fis 2021 to 2022 chung autu tur te

- 1.Branch OB zawng zawng
- 2.Pu.Pc Ramluathanga
- 3.Pi Lalthanzuali
- 4.Pi.Laltlanmuani

Khuangpuilam Branch YMA Hriattirna

1. Kum 2021 -2022 chhung chhياتni fund khawn chu March thla rahmana a theh luh theuh tur tih a ni a. Mahse, theh lut lo kan la awm avangin, April thla ral hma a theh lut theuh turin kan inhriattir a ni. Huntiam chhunga theh lut duhlo kan awm palh anih chuan mahnia kan inbuaipui a ngai tawh dawn a ni tih kan inhriattir e.

2. Khuangpuilam Branch huam chhunga YMA Member-te tan mahni blood group la hre lo leh hre chiang duh zawng zawngte tan Branch YMA hruiatute hnenah inhriattir theuh tur a ni. Hospital hotu ten min Discount dawn a, a man pangngai Rs.30 chu Rs. 20 chawiin min tih sak dawn avang leh kan hma lawka Blood Donation kan neihna turah kan tangkai pui zawk nan mahni Blood Group hre hmasa theuh turin kan insawmin kan in ngen e.

Sd/-
Secretary
Khuangpuilam
Branch YMA

AFRICAN SWINE FEVER
CHUNGCHANGAH DISTRICT MAGISTRATE
THUPEK CHHUAH

Dated Khuangpuilam the 18th April, 2021: Tunlaiin India ram State hrang hrang leh Mizoram chhunga District hrang hrangah vawk natna African Swine Fever (ASF) a leng mek a. He natna inkaichhawn awl tak leh natna hlauhawm tak, a venna (vaccine) leh enkawlina damdawi awm lo a ni a. Kolasib District chhunga vawk awmsa te venhim a, mihring hriselna venhim tul nia a lan avangin Kolasib District Magistrate chuan a hnuaia mi ang hian khapna thupek a chhuah.

1. Thenawm ram (foreign countries), State dang leh District dang aṅanga vawk, vawksa, vawksa rep leh vawksa aṅanga eitur (frozen telin) siam reng reng lakluh leh thawn chhuah khap tlat a ni.
2. Vawk thi reng reng paih mai mai lovin, thuk takah phum thin tur a ni.
3. Vawk talh tu ten vawk hrisel tha chauh an talh tur a ni.
4. Vawk neituten vawk damlo an hralh tur a ni lo.
5. A neitu emaw mithiamte phalna tel lovin midang vawk inah tumah kal phal a ni lo.

Hemi dan bawhchhetute chu Section 188 IPC hmangin hrem theih an ni ang.

He khapna thupek hi ni 14.04.2021 aṅanga hmang tanin thla 2 (hnih) chhung a huam ang.

Lirthei neitu, he thupek zawm loa, State pawn emaw District dang aṅanga vawk phur lut lui man an nih chuan, an lirthei permit leh license tihtawp thlengin hmalak a ni ang.

FIBER INTERNET (FTTH, BSNL) By - Dave Communication, Kolasib				
Sl No.	Plan	Speed	Monthly Fee (Incl. GST 18%)	One time Security Deposit
1.	599	Up to 60 mbps till 3300 GB beyond 2 mbps	707	599
2.	777	Up to 100 mbps till 1000 GB beyond 5 mbps	917	777
3.	799	Up to 100 mbps till 3300 GB beyond 2 mbps	954	799
4.	849	Up to 100 mbps till 1500 GB beyond 10 mbps	1002	849
5.	949	Up to 150 mbps till 2000 GB beyond 10 mbps	1120	949
6.	999	Up to 200 mbps till 3300 GB beyond 2 mbps	1179	999
7.	1277	Up to 200 mbps till 3300 GB beyond 15 mbps	1507	1277
8.	1499	Up to 300 mbps till 3300 GB beyond 4 mbps	1769	1499
9.	1999	Up to 300 mbps till 4500 GB beyond 25 mbps	2359	1999
10.	2499	Up to 300 mbps till 5000 BG beyond 30 mbps	2949	2499
Connection fee : Rs. 1000/- Contact : 9436142828				
* Security Deposit hi Bill hmasaberah a rawn tel ang.				

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Editorial.....✍

Khawvel zawng zawng chawk buaitu hripui (Covid-19) chuan kian lam min pansan dawn emaw kan tih laiin a thawh hnihna, a aia na zawkin min nuai leh ṭan mek ta! Tun hma khawvel hripui lo leng tawh ṭhin ah kha a thawh hnihna, thawh thumna a lo thleng tawh ṭhin. A thawh hnihna hi an sawi dan chuan a hmasa aiin a na zawk zel a ni.

Tuna hripui thawh hnihna Mizorama lo inṭan mek hi mi thiamte chuan a natzia an sawi a, a hmaa athawh dan ang lovin a thawk nasa hle a ni. Kan India ram khawpui lian hrang hrang ah bu nghet takin a khuar mek zel a. State ṭhenkhatah chuan lockdown kalpui ngai hial pawh an awm leh tawh a ni. Kan state pawh kan inthlahdul hret avangin hripui hian min tuam ṭan mek niin a lang. Eng tiang chiahin nge min tihbuai dawn lah kan hre hek lo.

Kan sawrkar-in inralrinna dar avuak mek hi thuawih takin zawm ila, chu chu kan himna ber tur a ni ang. Sawrkar phal chin hret kan nek zel chuan thil pawi tak a thleng thei tih i hre ṭheuh ang u. ‘Mutant Variant’ hripui thawh dan thar kan tih mai pawh hi ram dang aṭanga chaw lut kher lovin kan ramah ngei pawh hian a in-mutate ve thei tih kan hriat a ṭha. Hripui hmachhawn tur hian thuawihna puanven i sawi chhing ṭheuh ang u.

Branch YMA Office Bearer		
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Khuangpuilam Branch YMA Executive Committee Vawi-3na

BNRGSK HALL ah ni 15th April, 2021(nilaithawhtan) 7:00 pm khan member 16 kalin, Chairman Pu HD Daniela, Br. President in committee a kaihhruaia, ṭawngtaina a hman zawh in thurel ṭan a ni.

Report: Secy Report : Pu Lalremsiama Varte hnen aṭangin Sub-Headquarter YMA Rorel inkhawm vawi 6na neih chungchang ngaithlak ani.

Section tin aṭangin membership fee, Chhiatni fund, Tlangau hlawh leh Endowment fund khawn chungchang ngaithlak ani. Vanapa section aṭangin Pi Zuichiangi chu kumin chhung atan Chhiatni Fund awl kan remti a, Tlangau hlawh erawh Pu F. Lalbiakliana’n (BEC) a peksak a ni.

CHHIATNI FUND LA PELO TEN APRIL THLA CHHUNGIN SECTION HRUAITUTE HNENAH PEK NI SE, PE DUHLO AN AWM CHUAN CHHIAT AN TAWH PAWHIN ANMAHNI AN IN BUAIPUI ANG, tiin Committee in a pass zui a ni.

Thurel-1na:Thlanmual Chawlhbuk chungchang: Pu Lahmangaihsang’n Thlanmual chawlhbuk sakna atan cheng Sangnga (Rs.5000/-) a pek chu a lawmawm hle a, chawlhbuk hi sak ngei nise tih a ni, Branch hrulaituten a sakna tur leh a sak dan tur lo ngaihtuahin ruahmanna lo siam se tih a ni bawk.

Thurel-2na : Lehkha dawn (a). Dr. Doris-i, DMS, Dist. Hospital hnen aṭang kan lehkha hmuh angin Blood Donation chungchang a meeting thurel te ngaithlak a ni a, Khuangpuilam Branch YMA chuan Damlo te tana thisen pekna ‘Blood Donation’ hi neih ngei ni se tih a ni, a hun atan Dt. 15th May, 2021 ruahman a ni.

(b). Pu Lalṭanzuala, Secretary, Association for Voluntary Blood Donation hnen aṭanga lehkha hmuh chu sawi ho a ni a, AVBD Executive Committee member ruat tura min ngen angin Branch Vice Presidwnt Pu S. Lalthangliana kan ruat.

Thurel-3na : Chhiat ni ei leh in siam chunchang Covid-19 hrileng kal zel ah SOP hrang hrang te alo chhuah ṭhin avangin chhiat ni a ei leh in siam chungchang chu uluk takin kan ngaihtuah a, Branch huamchhungah lumen tur an awm anih chuan a awm tawk a ruahmanna siam ṭhin ni se tih a ni.

Pem Lehkha : Pu C. Laltlanmawia te chhungkua chu New Diakkawn atangin an rawn pem a, lawm takin kan dawng.

Sd/-	Sd/-	Sd/-
(HD Daniela)	(Lalremsiama Varte)	(Florence Zoremsangi)
President	Secretary	Recording Secretary

LAWMTHUSAWINA

Dt. 15th April, 2021 (Nilaithawhtan) zan khan Chawngbawla section chuan section sum tuak nan AAC block unload a inhlawhna neih a ni a. Member 14 thawk chhuakin, Duhthusamin kal tam thei lo mah ila member tlawmngaia thawk chhuak zawng zawng chungah kan lawm tak zet a ni. Hetianga sum tuakna ṭha tak min siam Pu Joshua Lalremsanga te chhungkaw chungah pawh kan lawm tak meuh meuh a ni.

Tin, kan Branch hruiatu Pu Daniela, President. Pu Rotlingpuia, Fin Secy. leh Pu Malsawmtluanga, BEC Member ten a tawp thlengin hnatlang min rawn ṭawiawm thei a an chungah kan lawm hle bawk a ni.

Sd/-
 Secretary
 Chawngbawla Section
 Khuangpuilam Branch YMA

Thu ziak Huang

- Lallianchunga, Mizoram University

Mizo khawtlang inrelbawl dan : Hmanlai leh tunlai
Tlangkawmna : Heng kan sawi takte aṭanga lang chiang tak mai chu khawtlang muanawm leh mipui ṭanrualna nei tura hmanlai aṭanga bul ṭan kha kum 100 chuang a liam hnuah pawh la chhunzawm zel a ni a; chumi tihlawhtling tura tha thawhtu leh a kalphung erawh a inthlak nasa hle thung. Mizo pi leh pute’n ‘ziak loh dan’ an neih chu tunlai ‘Dan’ in a pawm theih chin a siam rem zelin, leh Sawrkar ‘Dan’ tan chhan a hmangin tunlai hunah pawh khawtlang hruaitu te’n ‘khawtlang muanawm’ siam turin an la bei fat fat zel a ni. Chumi atana an beihna kawnga an rilru leh ngaihtuahna tikhawng turin Bible a innghat Kristian ‘thurin’ chuan nasa takin a ṭanpui bawk. Khawtlang mipui tana hnawksak a che ṭhinte leh misualte awmdan chu Bible zirtirna nen a lo inkalh ve zel bawka. Hei vang hian khawtlang muanawm siam tura thawktu te leh an awmna veng/khua a Kohhran chu inlungual takin ke an pen theih phah a ni.

Khawtlang muanawm siam hi an thil tum ber a nih avangin an khua/veng muanna leh himna ti chhe thei tur ni a an hriat chu khawtlang hruaitute hian an ‘dodal’ hreh lo; LC/VC te hi tualchhung Sawrkar ni tura State Sawrkarin dan hmanga a din thlap an ni chungin an khua/veng muanna leh himna tichhe tur zawngin State Sawrkar thu an zawm diak diak lem lo a ni. Khua/ veng chhungah zu dawr awm lo se, zu rui te tlangnel lo se, awlsam taka ruih tur miin a hmuh chuan a pawisa neihin a tlin loh hunah thil a ru thei; khawtlang hi naupang leh hmeichhia te tan pawh a ralmuan ve theih nan a siam hi hmanlai aṭanga tunlai thlenga khawtlang roreltute thil tum a ni tih a lang chiang hle.

Mizo khawtlang nunah hian ‘mimal dikna chanvo’ aiin ‘vantlang dikna chanvo’ hian hmanlai aṭangin tunlai thlengin hmun a chang thuk zawk a; amaherawhchu, ‘mimal dikna leh zalenna’ te hi palzut nasat a ni kher lo thung. Hmanlai a lungawi lohna neite thubuai kha lal leh a Khawnbawl Upate’n thiam leh rang takin an chingfel ṭhin a. Tunlai hunah chuan ‘ziak dan’ (Written Law) hmanga thubuai remna kalphung kan nei a. Heng hmanlai leh tunlai huna thubuai remna kalphung te hian chakna leh chak tawk lohna an nei ve ve ngei ang; mahse, a pawimawh zawk chu khawtlang ralmuanna atana hmanrua tichaktu an ni ve ve hi a ni.

Tualthattu leh sualna lian tham khawitu te tan hmanlai aṭanga tunlai hun thlengin Mizo khawtlangah an tan ‘hmun’ a awm lo zel. Sualna tenau deuh khawihtu, khawtlang mipui ṭangrual te zilh sim theih leh tunlai huna dan hmanga hrem sim theih te tan erawh khawtlangah ‘hmun’ a la awm zel thung. Chu chu khawtlang nuam siam tura hmanlai kalphung leh tunlai kalphung inzawmna lai tak chu a ni a. James C.Scott pawhin hetiang a tlangmi te’n hmanlai aṭanga an tihdan chhawm nung zela tunlai thlenga inlungual taka an la chen ho theihna hi ‘changkan lohna a ni lo (*Not uncivilized*)’ a ti hial a ni.

(column lehlam a mi zawmna) hliam meuvin hlahuh ták tlat mai chuh! Khuangchera hi el rual a ni lo,” an ti a, mak an ti em em mai a.

Ni khat chu thingthupui lo turin tlangval pakhat Rulpuihlamah a kal a. Thingthupui kung chu a sangin a lian hle a. Tlangval chu a chesual a, a kakah a tla zep a, a tang nget hle mai a. Mi an pung khawm a, an la chhuak thei si lo, an tih ngaihna hre lo chuan Khuangchera an pun ta a. Khuangchera a va thlen chuan a chhungte chuan an lo chho tah laih laih mai a. Ani chuan, “Khuangchera ka awm alawm, thlaphang hlek suh u,” tiin a ṭawng thlamuan a. Pung khawmte chu puan hlai deuh a dil a, thingthupui kungah chuan rahbi a tuk a, a kakah chuan a han lawn a. A kakh lehlam lehlam chu a kar tawn a, tlangval chu a pawt chhuak a, a pua a, him takin a chhukpui ta a. Mahse, Khuangchera chuan a chhungte thlamuan nana a hming a chhâl ta mai kha tipalh a inti em em mai a, a dam chhungin a inchhir reh thei tawh lo a ni. (*Chhunzawm tur*)

Naupang Huang

- C. Lalnunchanga

Pasalṭha Khuangchera
Vawi khat chu Khuangchera hovin Tlawng hnâr lamah, Rolura thlahte ram chhungah sai ramchhuakin an kal a, an haw lam chu Darlungah an lût a. A hmain Lianphunga’n Rolura thlahte a lo tilungawi lo tawh a, Lalpuithanga hmei fa Zathawma sial a kawisak a. Chu chu thinurpuiin Darlung khua chuan Khuangcherate chu an lo man a, Zohmunah an hruai a, a mal malin an hnungkhirh a. Khuangchera chuan dam takin, “In duh tâwka ngeth kân min phuar rawh u,” a ti mai a. Mahse, Khuangchêra a ni tih an hriatin an phuar ngam ta awzawng lo mai a, a hote nêen chuan an chhuah leh ta vek a ni.

Khuangchera hi sa leh râl mai bâkah, thing leh tuih pawh tu ma tluk rual loh a ni a. Tut leh Tlawng tui lian eng anga nasa pawhin a dang zo lo va. Vawi khat chu fûr ruah tui buak tam laiin Tut lianin mi eng emaw zât a dang a, vaukamah an ṭhu nghûk mai a. Khuangchera fehin a hmu a. Tut lian mar pût chu a hleuh kai a, vaukam lehlama pum a va la a. Pum hmang chuan tui lianin a dante chu a hruai kai vek a ni.

Khuangchera A Pem : An lalpa Lianphunga leh khawtlang chuan an mangan apiangin a hming an lam a; nimahsela, induhsak ṭul hunah an lalpa chuan Khuangchera hming a lam ṭha duh leh si lo va. Vawi khat chu Khuangchera zin hlanin an lalpa hovin khawnbawl upate chuan a kêl an lo talhsak a. Khuangchera chu a lâwm lo hle a. Hetih lai hi chhak leh thlang Sailo lal, Mangpawrha leh Lalsavunga thlahte indo tuma funpui an er lai a ni a. Khawchhakalte ep turin Lianphunga chu a pa Suakpuilala’n Tachhipah chhohtir a tum a. Lianphunga zin bo lai chuhin Khuangchera chuan Sailianpuia khuaah pêm a lo tum ve bawka.

A kal tur chu an lalnu chuan a ui hle a, kawtchhuah thleng a zui a, a bânah a chelh a, “Khuangcher, pêm lul suh; i tel lo chuan kan khua a awm thei lo vang. Sa leh râl lakah tu nge min thlamuan ang? Nula leh tlangval pawh an hlim thei tawh lo vang,” a ti a. Nimahsela, Khuangchera chuan, “Mangan leh thlaphan niin, ram lam leh in lamah Khuangchera ka ni a. Induhsak a ṭul hunah Khuangchera ka ni leh si lo. Ui mi ka ni lo ve,” a ti a, a kal lui ta a. Rei lo têah Sailianpuia khuaah chuan keipui sum ruk zeta lian a lo tla a. Kar an kam a, zanah kar chuan sakei chu a kâp hliam a, a tûkah a hliam chu an chhui ta a. Keipui chu chul pâwlah hian a lo tawm a, a kawng ruh a tliah avângin a che hlei thei tawh lo va. Tlangvalho chuan, “Min zuan thei tawh chuang lo vang,” tiin a mei indehsiak an rawt a. Khuangchera erawh chu a ngawi reng a.

Pasalṭha leh tlangvalte chuan sakei mei chu deh an va tum a. Sakei chu a lo lehawi a, seh tumin a âng zuau zuau ṭhin a. Tu mahin an dek ngam lo va. “Khuangcher, deh han tum ve teh,” an ti a. Mi dang deh dawna ṭang tlat si kha, Khuangchera’n a mei a va deh dawn apiang chuan keipui chu hlawvin a vâk tawk tawk a. Sakei mei chu vawi thum an deh nawntir a; tichuan an kap hlum ta a. “Keipui 🐾

Vol - VII Issue No. - 16		Phek 4-na	-Tau thla -	18 th April, 2021 (Pathianni)
Mizo Dan leh Hrai			Hriselna Huang	
MIZO HNAM DAN (Mizo Customary Law)				
Published by Law & Judicial Department, Government of Mizoram. 1st Edition 2006.				
BUNG - 6 : FA-A SIAM (ADOPTION)				
Chang 96 - Fa-a siam chhan : Fa nei loten midang fa an fa atan an siam thei. Faa siam dan chu kawng hrang hrang a awm :				
1) Fa nei loten fa an duh vang : Fa nei loten fa an duh avangin an fa atan mi dang fa an la thin.				
2) Chawmtu neih loh vang : Chawmtu leh enkawltu bulbal nei loten an lo bawrhsawmin emaw, an lo upain emaw, anmahni enkawltu tur mi dang an fa atan an la thin.				
3) Fahrah nih vang : Chawmtu leh enkawltu nei lo fahrahte chu miin an fa atan an siam thin.				
Chang 97 - Faa siamtu leh siam tur dinhmun : Faa siamtu tur puitling leh faa a siam tur naupang dinhmun chu a hnuaia sawi ang hi a ni :				
1) Faa siamtu : Naupang, mahni faa siamtu tur chu mi pangngai, rilru fim a ni ngei tur a ni a; nupa an nih chuan an nupaa remtih dun a ni ngei tur a ni.				
2) Kum inthlauhna : Faa siamtu tur puitling leh faa a siam tur naupang chu kum 21 aia tlem lovin an inthlau ngei tur a ni.				
3) Naupang Nu leh Pa : Faa siam tur naupang chu a nu leh pa an la dam chuan an nupaa remtih dun ngai a ni tur a ni a; nu emaw pa emaw chauh pawh dam se, a remtihna lak ngei tur a ni. Naupang nu leh pa chu awm hrang pawh ni se, an remtih dun a ngai tho va; amaherawhchu, a nu emaw, a pa emaw chu, a fa ngaihsak lova tlanbosan a nih chuan, a awmpuitu zawk remtihna lak tur a ni.				
4) Nu leh Pa nei tawh lo : Faa siam tur naupang chu nu leh pa nei tawh lo a nih chuan, a enkawltuin emaw, a laichin hnai ber emawin faa siam phalna a pe tur a ni..				
Chang 98 - Faa siamna lehkha : Faa siam hi a siama leh a siamtu hming chiang taka ziaak tur a ni. Chu lehkhaah chuan a hnuaia sawite hian an hming an ziaak(sign) tur a ni.				
1) Faa siam (Hming ziaak thei a nih chuan)				
2) Faa siamtu				
3) Faa siam naupang Nu leh Pa				
4) Nu leh Pa an awm loh chuan, an laichin bulhnai ber emaw, a enkawltu emaw;				
5) Hriatpuitu puitling pahnih bakah Khawtlang roreltu.(Faa siamna lehkha Form-2 na en rawh)				
Chang 99 - Faa siam dinhmun : Naupang chu faa siam a nih tawh chuan, fa tak nen a dinhmun a thuhmun a ni.				
Chang 100 - Faa siam chungchanga kam tam man : Faa siam chungchangah hian, mi tupawhin sawi loh tur sawiin mi paw sawi sela, chhungkua a tikhawloh theih avangin chang 144-a kam tam hremna anga hrem theih a ni.				
BUNG - 7 : ENKAWLTU NIHNA (GUARDIANSHIP)				
Chang 101 - Enkawltu : Chhungkaw pa ber chu, chhungkaw mawhphurhna la thei lova a awmin emaw, a thihin emaw, chhungkaw mawhphurhna latu apiang chu Enkawltu(Guardian) a ni.				
Chang 102 - Fate enkawltu atan Nu :				
1) Nu dinhmun : Chhungkuua Pa ber a thih chuan a nupui chu chang 181(1)-a sawi angin, Pa dinhmun luaha fate enkawltu a ni. A fate leh a tute chungchangah pawh pa dam laia pa dinhmun luahin, fate man teltu leh tute pusum eitu a ni. Hetianga tu leh fate enkawl thei Nu chu, nu dik leh rinawm, nu zahawm leh chhuantlak nu thianghlim a ni. Chutianga a nih zawh loh erawh chuan chanvo engmah a nei thei lo.				
2) Roluah thuah : Pasal sun chu, a fate nen khawsa an nih chuan pa dinhmun luaha enkawltu a nih avangin Roluah chungchangah pawh tuma tihbuai theih a ni lo.				
3) Thurochhiah chungchang : Pa ro, in hmun leh huan te, ram leh thil dang eng pawh, Nu kuta awm a ni. Pa-in ro a sem tawh pawh, Nuin a fate a awpkhawm (Chhonzawm zel tur)				
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Ruh natna tlanglawn		- Dr. H.Lalnghakliana
(Chhonzawmna) Natna tlanglawn tak pakhat leh chu dar/		
koki bul nâ kan tih hi a ni. Mi thenkhat phei chuan natna hrileng emaw te an ti hial thin. He natna hi a awm thut hran lova - hnathawhna te, infiamnaah te a na zek zek thin a - a lo rei hnuah a zual zel a, dam leh mai tura beisei laiin a zual ta zel a, ban phar a lo har a, delh zawng te in a na em em ta thin a ni. He natna hi ‘impingement syndrome’ kan ti a, a lo nat zual zel hian ‘adhesive capsulitis’ emaw ‘frozen shoulder’ emaw kan ti ta thin a ni. A dam har a, physiotherapy hmangin a enkawl theih a anih loh chuan local steroid injection (Triamcinole acetate/hydrocortisone acitate) hmangin a enkawl theih a ni. Zunthlum nei te tan fimkhur a ngai deuh a, a awm nawn duh bik bawk.		
Gout chungchang hi sawi tel a tha. Thisenah hian chemical chi hrang hrang a awm ve a, glucose (sugar) a pangngai aia a tam chuan diabetes kan ti a. Uric acid a awm zat tur aia a tam hian Gout kan ti ve mai a ni. Uric acid hi thisena a tam viau chuan ruhchuktuah ah a tang khawm a, a sen vung na em em thin a ni. Gout nâ hi chu na tak a ni. Ruhchuktuah nâ lo hi chu tihrawl lamah nâ a siam hran lo. A chang chuan kal (kidney)-ah lungte (Uric acid stone) a siam ve thei a ni. Tui (water) in tam a pawimawh. Tin, nachhawkna ei a ngai a, eng nachhawkna pawh a tha. BP sang neilo tan Eterocoxib 120 mg hi a tha khawp mai, fimkhur erawh a ngai. Tin, Uric acid tihniam thei damdawi chi hrang hrang a awm ve a . Allopurinol te, Febuxostat te an tha. Sa chi hrang hrang a hua a, ei loh a him ber. Protein sang apiang a hua a , chuvangin sangha te pawh hi a ngeih hran lo. Zikhlum (Cabbage) ah hian Uric acid te a sang a; tin, bekang ei a him lo bawk.		
Ruh chuktuah, a bikin khup ruh na hi natna lar tak a ni a. Osteoarthritis kan ti a, taksa a lo upat hian ruh chuktuah tuam tu ruhno (Cartilage) a lo chak lo ve a, a in nawt ral ve thin a ni. Ruhno ber a ral tawh chuan a ruh tak kha a lo lang a, a na ta em em a. Kan kal zawngin a in nawt na ta thin a ni. Ruh chuktuah a lo nat tak avang hian ‘Inflammatory response’ a lo awm a, a tuamtu Synovium chuan ruh chuktuah chhungah tui tam tak a siam chhuak a, chu chu a chhêk khawl a, a lo tling mar/vung ta thin a ni. Hei hi taksa inven na hmanrua pakhat a ni ve a. Ruh chuktuah kha a lo chet tlem phah thin a ni. Osteoarthritis atan hian damdawi hrang hrang Chondroitin sulphate te, Glucosamine te, MSM te, Hyaluronic acid te a awm a, hengte hi a ngeih tan chuan a tha ve fu thin a. A then chu ngeih lem lo an awm bawk. Tin, nachhawkna chi hrang hrang a awm bawk a. Severe osteoarthritis (a nasa lutuk tawh) ah chuan total joint replacement (ruh chuktuah thlak tawp) mai a ngai thin. A hautak duh a, tin hmanrua tha bik a ngai bawk. Total joint replacement hi operation theatre thianghlim em em ngai chi a nih avangin a tih ve ngawt chi lem loh. A bika enkawl OT-ah chauh tih tur a ni.		

Hriatzauna Huang	
Engvang nge vana arsi khi a det sep sep?	
Chhanna : Hla tak atanga lokal arsi eng (light)-in lei khuhtu (atmosphere) a chhun hian boruak thuah tam tak a rawn chhun tlang a. Khawvel boruak hi inlumlet but but reng a ni a. Convection avangin boruak-ah lum a insem darh a, a lum apiang van sang lamah a kâng chho a. A lum chin hi a zangin a pan bawk a, a vawt lai erawh chu a muk deuh thung a ni. Hla tak atanga ngil taka lo kal arsi engin boruak pan lai leh muk lai a rawn chhun tlang hian a kal kaw (bend) phah ta a. Hei vang hian arsi de sep sep kan hmuh theih phah ta thin a ni. Khuhtu boruak neilo thla(moon) atang chuan arsi thlir ta ila a de ve sep sep miah lovang.	