





Daifim

An Official Organ of YMA, Khuangpuilam Branch.

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YMA MOTTO


Hunawl hman that
Zofate hmasawna ngaihtuah
Kristian nundan tha ngaihsan

Khawchin : Source - Accuweather.com


Khua a that rin a ni.
Temp - Max: 29°C Min: 20°C
Dar 5:18-ah ni a chhuak ang a,
Tlai Dar 6:52-ah a tla leh ang.

Tunkar chang vawn : Sam 68:9
"I chauh lai ngei khan Lalpan a ti
nghet zawk che a sin;"

TUALCHHUNG CHANCHIN

☛ Ni 15/10/2021 (Zirtawpni) khan khawtlang tana kan thawhpui leh kan veng YMA tana miṭangkai tak pahni Lalmak-thanga Fainai (Valpuia) S/o Upa Lalhmingliana, Fanai (L) leh Lallawmtluangi (Apuii) D/o Zothansanga te chu Khuangpuilam Presbyterian Kohhran Biak In ah an in kutsuih a. Hun kal zel turah nupa hlim tak leh lungrual tak an nih theih ngei nan duhsakna kan hlan e.

CENTRAL YMA THUCHHUAK

Kum 2021 Krismas leh 2022 Kumthar lawmna hun kan lo thleng leh dawn hnai ta a, Ni 15 October, 2021-a Central YMA Executive Committee meeting chuan, Halpuah, Halmawi leh Sky Lantern (Zopa Rawket) hi mihring hriselna ti chhe thei, tul lova sum tam tak khawhralna a nih bakah Silai lem, a mu kap chhuak thei (a kap na chi) hi inhliam phalh theihna a nih avang leh tun hma lam pawha inhliam palh an awm ṭhin tawh avangin, mahni huam chung ṭheuh a zawrh leh hal a nih loh nan hma la ṭheuh turin Sub-Hqrs./Group/Branch YMA te chu min ngen a ni. Tin, hemi kawnga hma latu Police Department lamte pawh a ṭul anga lo thawhpui turin min beisei a ni.
Tin, hemi chungchang hi mahni huamchungah YMA Tlangauna hmang leh Branch YMA Chanchinbu-a lo tarlang theuh turin a ngen bawh ani.

Sd/-
(Prof. LALNUNTLUANGA)
General Secretary,
Central YMA.

MYANMAR RALTAN TAN TANPUINA PE

Khuangpuilam the 17th October, 2021 :- Ni 5/10/2021(thawhle) zan a BNRGSK Hall ah Khuangpuilam Branch Executive Committee in a lo rel tawh, Myanmar raltlan chhawmdawlina chungchang ah kan Branch chhiatni fund atangin branch sum cheng **Rs. 5000/-** leh veng chung mi ṭhahnemngai te atanga chhawmdawlina kan hmuh **Rs. 11,000/-** a vaiin **Rs. 16,000/-** kan chung lut thei ani. Tanpui ngai te ṭanpui a, inphal taka chhawmdawlina petute zawng zawng chuangah lawmthu kan sawi tak meuh meuh a ni.

Group leh Branch atanga Myanmar raltlan ṭanpuina SYMA-in a dawn dan:

1. Thingdawl chhimveng	Rs.1,000
2. Diakkawn	Rs.1,51,200
3. Tuiṭhaveng	Rs.10,000
4. Venglai East	Rs. 3,000
5. Electric veng	Rs. 44,870
6. Pualreng group	Rs.13,000
7. Kolasib Hmarveng	Rs.5,000
8. ṭumpui	Rs. 2,000
9. New Diakkawn	Rs. 5,000
10. Saidan	Rs. 1,000
11. Khuangpuilam	Rs. 16,000
12. Thingdawl Tlangnuam	Rs. 1,000
13. Kolasib Venglai	Rs. 25,200
14. Bualpui	Rs. 30,000
15. Thingdawl Hmarveng	Rs. 12,350
16. Project veng	Rs.7,700
TOTAL	Rs. 3,28,320

ṭanpui ngaite ṭanpui duhna thinlung luang chhuak lo lang hi a ropui a, a let tam takin Lalpan malsawm rawh se.

BRANCH YMA HNATALNG

Khuangpuilam Branch YMA chuan nimin ni 16/10/2021(Inrinni) khan vengchhung mi Pu Chhuanawma(L) H/o Pi Romuanpuii te buhfai phur motor (ke 12 nei) Dihmun zawl (Bawlhhlawh paihna thlang) deuha accident chu vengpum huap hnattlang kovin thiar chhuah sakna neih ani a. Hnatlang thawk chhuak kan ṭha hle a, kawr atangin kawngpuiah buhfai thiar chhuah a ni a, kawnga thiar chhuah zawh hnuah motor dangah load leh a ni. Hnatlang ah hian mi 100 vel bawr kan thawk chhuak a. Vengchhung mi inphal te leh ZPM Pu Lalfamkima hnen atangin chhun thingpui tur pawisa kan dawng bawh a ni. Branch YMA chuan mi tlawmngai te leh mi inphal te chungah lawmthu a sawi tak meuh meuh a, MTDA Kolasib SHQR hruaituten min vil chawt bawh a an chungah kan lawm hle a ni.



YMA chu ṭanpui ngaite ṭanpuitu a ni. – YMA Kumpuan : Zirna uar

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Editorial.....
Tunlai thangtharte kan vanneihna em em chu khawvel a Democracy lian berah thlamuang leh zalen takin kan duh dan danin kan awm thei hi a ni awm e.
Chutihlaiin kan nu leh pa, ka pi leh pu te chuan harsa takin Mizoram buai leh harsatna chi hrang hrang tamtak kan hriat phak loh an lo tuar chhuak a, tunah Myanmar-a kan unau te sipaiin an ram rorelna an laksak avangin an ram pumah buaina nasa tak tawkin, mahni in lum pawh luah lum ngam lovin an sahimnan kan ramah an rawn tlan chhia a, Unau chhul khat kual kan nihna hre reengin kan theih ang tawk a kan lo tuam hlawm hi a hluin, thlabar tak leh mangang taka awm tan chuan a thlamuan thlak hle ang.
Kan unau, thisen zawmpui te sahimna zawng a kan ram a rawn tlu lut te hi kan theih tawk a tanpui a, sum leh pai, ei leh bar leh a dangte a kan lo pui thei lo a nih pawhin Pathian hnenah thlamuang taka an awm theih nan tanngtaiin i dil pui theuh ang u.

KEIMAHNI
Hri leng in ziaawm lam a pan zel theih chuan thla leh November atang hian Daifim chanchinbu chu sem chhuah leh theih beisei a ni a. Chanchinbu semtu section leh mimal te lo inbuatsaih lawk nise. March leh April chanchinbu man la khawn lo zawng zawng ten a rang lama kan Daifim Treasuer hnena thehlut turin kan inngenin kan inhriattir a ni e.

Branch YMA Office Bearer		
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CYMA hmalakna

CYMA chetvelna

Ni 11.10.2021 khan PHQ conference Hall ah Chief Secretary hovin Sawrkar hotu te, Police hotu te leh ACLC, MIMA leh CYMA OB ten Puja, Krismas leh kumthar vuakveta halpuah, halmawi etc. hal khap chungchang an sawi.

Ni 12.10.2021 ah MPF Gen. Hqrs in Tuirial bial bye election atan bialchhung local forum te tlawhchhuah programme ah Kawnpui, Khamrang te tlawhin Asst. Secretary a tel. Hemi ni vek hian NECS in Lawipu a Central YMA tihchangtlunna atan CYMA ah sum fai an hlan a, President, Vice President, Finance Secretary leh Pu Joseph Vanlalhruaia Sailo, CEC ten an dawng.

Ni 14.10.2021 a MSACS executive committee ah Pu F. Lalfakawma, CEC a tel. MPF Gen. Hqrs in Tuirial bial bye election neih tura candidate te kawmna hun a buatsaih ah President leh Asst. Secretary te an tel. Ni 15.10.2021 zingah MPF Governing Body meeting neih a ni a, President. Asst. Secretary leh Fin. Secretary te an tel. Chhunah Central Executive Committee (CEC) meeting neih a ni.

CEC MEETING THUREL TE

Khuangchawi Thla ni 15, 2021 (Zirtawpni) chhun dar 12 khan CEC Meeting neih a ni a, Pu Vanlalruata President in thutkhawm hi a kaihruai a ni.

Hunserh: Pu HF Lalrinpuia, CEC

Thurelte-

1) General Conference 2021: CEC chuan zau zawka inrawnkhawm tha a ti a, Nov 10, 2021 (Nilaini) ah Central Coordination Committee (CCC) koh a rel. Hruaitu thlan kum anih angin hetiang hian mawhphurtu ruat an ni-

RO : Pu Vanlalruata, President

Asst. RO : Pu J. Lalsailova CEC

Secretary : Pu Joseph Vanlalhruaia Sailo, CEC

Asst. Secy: Pu J. Lalsangliana CEC

2) Kumpuan, Ramngaw leh Nungcha humhalh leh Tuihna humhalh Report endiktu tur ruat an ni baw. Kumpuan:

Convener : Er. Lalrinmawia, CEC

Memberte:- Pu H. Lalsangzuala, CEC, Pu C. Lalchhanhima, CEC,

Ramngaw leh Nungcha Humhalh:

Convener: Pu Joseph Vanlalhruaia Sailo, CEC,

Memberte:- Pu F. Lalramchuana, CEC, Pu Lalsiamliana, CEC

Tuihna humhalh :

Convener : Er. H. Duhkima, CEC

Memberte:- Pu C. Laldinliana, CEC, Er. Lallawmzuala Pautu, CEC

3) Myanmar Raltlante tanpuina atan Rs. 22 lakhs chuang dawn tawh niin, a rawn luh belh mek zel baw. YMA chuan lawmawm a ti hle ani. Chhawmdawlina pek chhuah dan tur chu Raltlan tanpuitu Comt kutah dah a ni.

4) YMA Building sak mek chhunzawmnan Proposal Nuai 300 senna tur siam a ni a, sawrkarah thehluh a ni.

5) UD&PA Department atanga Faina leh Thianghlimna endiktu YMA aiawh mi pahnih ruattura min ngen angin Pu Fabian Lalfakawma, Treasurer leh Pu Roneithanga, Fin. Secretary te ruat an ni.

Sd/-

Prof. Lalnuntluanga

General Secretary

Central YMA

Hnam ropui - Mizo

Mizote hi hnam naupang kan ni kan ti fo a, Chiang kuang taka kan *history* thui tak kan chhui theih loh vangte pawh a ni mai thei. Tin, hnam fing zingah kan inchhiar tel ngai lo bawh.

Amaherawhchu thlirna tlang dang a tanging i han thlir daih chhin teh ang. La chi kan theh a, la par kan lawr a, herawt hmanga la kan sawisak dan te, la dehna hmanraw dang hmanga kan sawngbawl kual dan te, chumi hnua mutbu leh thawmhnaw kan siam chhuah dante hi, herawt kelki in thial dik nalh lutuk mai an siam dante hi ngun takin i chhut ve ngai em?

Kan hmasang thawnthu te hi han zir Chiang ila, Raldawna leh Tumchhingi thawnthua ‘dar samkhuih’ lo lang ve nawlh mai te, Rimenhawihhi thawnthua ‘thir in’ lang tlat mai te, Lalruanga’n dawi a thiam tlat mai te, sawi tur a tam asin. Dar samkhuih hi an nei tak tak lo a nih pawhin dar hmangin samkhuih a chhun theih tih an hre daih tawh tih a lang a; Rimenhawihhi ‘thir in’ te hi sa tak tak lo mah se an lo suangtuah thiam daih tawh tihna a ni. Mihring hian kan la tawn loh leh hriat ngai loh hi kan suangtuah ngai meuh lova, chuti a nih chuan kan thawnthu phuahtute hian hun ropui tak an lo tawng tawh emaw, an lo paltlang tawh emaw a ni ngei ang tih hi min rintir thei a ni.

Tin, Bible nena hmehbel theih thil tam tak hi a lo awm ve reng bawh. Kan Mizo thawnthu pakhat khaw Sawngkhara khan zawlaidi a nei ran mai tih kan hria. Kha zawlaidi kha thil awm tak tak lo, tu pa thu thiam phuahchawp mai maiah kan ngai pawh a ni thei; mahse, Genesis 30:14 kan chhiar chuan zawlaidi hi a lo awm tak tak a nih hmel tlat. Chuti a nih chuan kan pi pute finna khan a lo pha ve tho a va ni mai awm ve.

Tin, hman lai ata tawh Mizoten kum khatah kût vawi thum - pawlkût, chapcharkût leh mimkût kan hmang thin a, Israel fate hnena Lalpan kût a pek zat chiah a ni (Exodus 23:14 & Deut 16). Kût hming leh hman dan chu inang lo mah se kûtpui vawi 3 ve ve kan nei hi thil inang palh (*coincidence*) nge ni ang a, Bible thu an lo hre ve khiah zawk ni ang le!!

Kan pi leh pute khan tualthu chhiat avanga emaw, tihpalh vang emawa an intihlum khan phuba avanga an thih ve an hlauh chuan lal inah an tlan lut a, lal sutpui a, lal bawi an ni nghal thin, lalin a chhuah zalen hma chuan. Kan pi leh pute khan Deuteronomy bung 19 hi an lo chhiar ve emnaw ni chu a tih theih rum rum alawm le. Tin, hman lai ata tawh, tun thlenga kan nunphung la ni reng chu - ram lamah mi lo-a thlaite chu a hmunah kan ei bawrh bawrh a, a neitu hriat kher loh pawhin, a thianga a ni. Mahse, in lama hawn erawh an duh ngai hauh lo thung. Tin, chhuan chhama an awm chuan thenawmte buhzema mi ruh a thianga a, lo lama mi buh seng sak erawh an ching ngai lo thung. Deuteronomy 23:24-25 hi an lo hre ve khiau pawh a ni mahna le.

Kan pi pute kha hnam mawl, thingbul lungbul be mai mai kan ni kan inti thin a, heng kan sawi takte ngaihtuah hian awih a har viau a, chutih rual chuan thudik lo a ni tih ngawt lah chu a har phian bawh a. Pi pute khan thing lian danglam deuh te, lungpui leh hmun thibaiawm deuhte khan huai neiin an ring a, chung huaite chuan mihring chungah thil nasa tak ti theiin an ngai a, tihthinrim an hlau a, tawn lungawi nan an inthawi thin. Hemi avang hian thingbul lungbul bia anga sawi kan nih pawh hi dikna chen chu a awm ve thei tho mai. Chuti a nih chuan Deuteronomy 28:36 hi kan nihna dik tak a lo ni reng a nge.

Hemi avang hian mizote hi Israel hnam bo kan lo ni reng alawm le ti zawng chuan ka tang ngam hauh lo. Mizote hi engtik emaw hun lai kha chuan hnam ropui tak leh fing tak, *civilised society* kan lo ni ve reng tawh ang a; mahse, eng thil emaw vangin kan hnam chu nasa takin a lo tlachhia a, chu chuan kan nun leh khawsakphung hi nasa taka nghawngin, hnam mawl ang maiin bul kan tan tha leh tihna a ni thei ang em tih chu ka rilrua awm a ni.

Taitesena (Chhunzawmna)

Bawkkua thiante chu bûk chhûngah hlauvin an tawmin tlat a. Bawkkua’n, “Min rawn chhan teh u, hei, min pawt thlu thei bik hauh lo a nia,” a tih pawhin an chhan ngam lo va. Nakinah chuan a rawltharpui Vuaia chuan, “Khawi nge, ka chem tah hriam hian ka’n sât vak teh ang,” tih leh thawh a rual a. Mahse, an hotupa Taituka chuan, “Sakeite sah hlum zawh i inring em ni? I tikawlh ting ang a, kan phêk buai phah zâwk ang e,” tiin a lo chelh a. Vuaia thin han so thut pawh chu a reh leh ta mai a.

Bawkkua mangang chuan, “Ka u Laibul, nang phei chu Reiek khaw chhuanvawr i nih kha, mi han chhan hrâm teh; hei eng mah min la ti thei bik hauh lo a nia,” a han ti leh a. Laibula chuan, “A ni teh tak e, maufei ka han zum ang a, ka’n khawh teh ang,” a ti a. Mahse, an hotupa bawh chuan, “Sakeite maufeia khawh hlum zawh em ni i tum? In tikawlh ting ang a, kan pheh buai nek ang ka tih kha,” tiin a dang a, Lalbula pawh chu a zuai ve leh ta a.

Bawkkua chuan, “Nangni chu ni ula, kei chuan ka chhan ngei ngei ang che u. Hei, eng mah min la ti bik lo a nia, pakhat tal min chhan turin lo chhuak hrâm teh u,” a han ti leh lawm lawm a. Mahse, a thiante chuan amah chhan turin huaissen pit dawr tiat pawh an lo nei hauh lo mai a. Bûk kilah chuan an inneh khâwm sauh sauh va.

Nakinah chuan Bawkkua chu a lo chau ta a, a thil vawn a thlah a, sakei chuan a pawt thlu a; lui lamah a hnuk thla ta a. Mahse, Bawkkua chuan tui puisuthlah kung a vuan fuh leh ta hlauh mai a, sakei chuan a hnuk zêl thei bik lo va, an thâwm chu a reh ta vang vang a. A thiante chuan Bawkkua chu a thi tawh a nih ringin an han au va. Bawkkua chuan, “Min chhan tawh rawh u khai, chhan tlak ka la awm e, eng mah min la ti chuang lo a nia,” a rawn ti a.

A thiante chu theh hmeh ang maiin an reh leh ta vang vang a. An han au leh a. Bawkkua chuan, “Chhan tlak ka la awm e. Min chhan ngam lo a nih pawhin chemte kha min rawn pe ula, ka vit hlum thei mai ang,” a lo la ti leh a. A thiante chuan an ngawihsan leh ta vang vang a. Rei fe hnua chuan an zuk ko leh a. Bawkkua chuan, “Min ko min ko tawh suh u. Min chhan ngam si lo va, chemte pawh min pe ngam lo, a tih ngaihna a awm ta lo ve. Tunah zawng chhan tlak ka ni tawh lo, ka thi tep a ni ta e,” zawi tain a rawn ti a.

A thiante chu sakeiin Bawkkua a ei chhûnga insaseng tum an ni a. Sakei chuan Bawkkua chu a seh hlum a, tui hleuh kaipui a tum a, a thlah ri bur chu an hria a. Chu ve leh baklengin an tlanche ta a. Thim zingah chuan kalkawng an hre thei lo va. Darkar chanve vel an tlan kual vak hnua anmahni bûkah bawh chuan an chhuak leh ta hlawl a. Sakei chuan an tlan chhiat chhûng khân an bûk chu a lo bei leh a, an sangha repte chu a ei a, an dar bêlte chu a bêng sawi bawi mai a; a lo kal bo leh hman tawh a. An hlau lutuk chu... (Chhunzawm zel tur)

Dan leh Hrai

Court-a thubuai ngaihtuah dan

- LR Chhunga

Mifing awmpui pui hi thubuaiah hian ukil ruai lova mahni a din tum hi an rawn kal thin a, thenkhat hi thil awmzia han hrilhfiah ngial pawh a, thiam an inngaih avanga ukil rawih ngai titlat lo te, hrilhfiah pawh a a awmzia hre thiam pha chuang lo te an ni. Thubuai neih palh thulha kan buai loh nan a tlangpui i han zir dawn teh ang.

Thubuai hi chi hnih *criminal* leh *civil* thubuai a awm a, *criminal case* hian thilsual titu hrem a tum ber a ni a, *civil case* erawh chuan a tisualtu kha tuartu chhawmdawl a pektir kha a tum a ni. *Criminal case* hi sawrkar thehluh *Police, Excise, adt* hma lakna leh mimal hma lakna a ukil ruaia *criminal complaint* theh luh a awm thei bawk.

1. *Criminal case* ngaihtuah dawn chuan thubuai kalpui dan ah *Cr.PC (Criminal procedure code)* anga kalpui a ni thin, chu erawh *special law*-ahte a danglam thei. A tlangpui i han sawi ila; *chargesheet* thehluh hnu hian a *copy*-te thil sual titu or a ukil an pe phawt tur a ni a, chumi hnuah *Police case*-ah chuan *witness* koh hmasa lovin *court-in charge* a siam (*frame*) thin a, *Excise case* leh *case* dangah chuan *witness* thenkhat koh phawt tur a ni thung. *Charge Court*-in a *frame* chuan thil sual titu (*accused* tiin kan sawi tawh ang) kha an puhna *case* kha thudika a pawm leh pawm loh a zawt a, an puhna kha a dik a tih chuan thiam a chantir nghal thei a, a phat erawh chuan thuhretu an koh ta thin a ni.

A tuartu lamah khan sawrkar ukil *Public Prosecutor* a ding a chu chuan thuhretute khan chipchiar takin *accused* khan a tisual ngei a ni tih tichiang thei tur an zawt a, chu chu *Court* khan ziakin a chhinchhiah thlap thin a, chumi hnuah *accused* ukil khana aia chipchiar zawk leh a thusawi tirinhlelhawm thei tur an zawt ve leh thin, hei *cross examination* an tih chu a ni. Hetiang thiam hi ukil thiam leh tha nihna a ni. Chumi an zawh hunah *court* chuan *accused* kha *witness*-te thusawi atang khan zawhna a siam a, a duh sawina hun a pe bawk tur a ni. Hemi zawhah hian *accused* lam khan thuhretu an neih chuan *court*-ah an hruai ve leh ang a, sawrkar lam *witness* an tih ang chiah khan an tive leh thin a ni. Chung *record* hmang chuan sawrkar ukil leh *accused* ukil kha an inhnial (*argument*) a, an tanchhan tichiang turin *High Court* leh *Supreme Court* thuremna te an phawrh thin, chu an inhnial na leh *witness*-te thusawi atang khan *Court*-in thudik a zawng a, thuremna a siam ta thin a ni.

Thubuaiah hian duh hun hunah thusawi theih a ni lova, *witness* tih avanga duh hun huna sawi theih a ni hek lo, dawt an sawichhuan man a, *jail*-a khung theih an ni. *Court*-a koh tawh leh thusawi zo tawhte chhan tha bik a awm a nih loh chuan koh nawn theih an ni lo. *Witness* thu sawi lai lo tihbuaite khap tlat a ni a, a tuartu tan pawh lova hnial ngawt a thianga lo tih hi hriat reng tur a ni. Mi thusawi tur sawi thei lova lo tihbuaite te hi *court* zahlohna a ni a, *contemp case* siam theih a ni. Kan hriat tur chu *court proceedings*-ah hian *VC Court* ang a, a tisualtu leh a tuartu inchaltauh hi a awm thei lo tih hi a ni. Inhnial a ngaih pawn *witness* thusawi *record* atang leh *court* sang zawk thuremna behchhan chauh khan inhnial tur a ni.

(Chhunzawm tur)

Thufingte

- * I ke a tawlhthlûk chuan lei rualrem i rap leh mai thei a; amaherawhchu, i lei a tawlhthlûk chuan i thusawi i kokir thei tawh lo a ni.
- * I thil sawi chu miten an awih lo mai thei; i thiltih erawh chu an awih ang.
- * I awm ve loh avanga engmah a danglam chuan loh chuan i awm ve pawhin a danglam chuan lovang.
- * I hausak avangin i zahawm lo. I hriatna avangin i zahawm zawk.
- * Intodelh turin sum lak luh tam aiin lak luhsa hman thiam a pawimawh zawk.

Hriselna Huang

Nu hnute tui leh damdawi

(Chhunzawmna)

- Drug Information Center, Department of Pharmacy, RIPANS

Engtin nge naute chu damdawi laka him thei ang berin kan siam ang?

4. Raipuarin fa a hrin dawn hnaihah uluk takin damdawi ei a neih chuan enfiah thin tur a ni.
5. Damdawi hman dawn reng rengin uluk taka zir chiangin, hnute tuia kal tam lo ber damdawi a theih anga hman thin tur a ni.
6. Damdawi chhuak thar tha tak a awm a nih pawhin, a tlukpui tho, naute tana him tawk tih hriat sa hman hram tur a ni.
7. Nautea nghawng tha lo awmtir thei, naute hrisel lohna chi hrang hrang, thla kim lova piang leh nu damdawi ei chi hrang hrangte fimkhur taka zir chian thin tur a ni.

Kan tarlan tak zawng zawng bakah hian nausen leh naute kum khat la tling lovah hian an thil ei leh in reng rengte chu pum leh rilah te an awm chung a rei bik a, kal leh thin hnathawh a la puitling lo bawk.

Hei bakah hian thisena protein (albumin, etc.) a la tam tawk loh avangin damdawi an ei/in leh nu hnute tui atanga an taksaa luttan nghawng tha lo an thlen theihna hi puitling aiin a sang bik bawk. Naute chawm lai nuin damdawi a hman tam zawk hi naute tana hlauhawm lem loh an nih laiin damdawi thenkhat, nau hnute tui pe lai tana fimkhur ngaih zualnate han tarlang ila:

1. Cancer damdawi hrang hrang hi naute tan a him lo thei a, chuang chuan hetiang hmang tan chuan naute hnute hnektir loh tur a ni. *Radiation* pe chhuak thei damdawi (*radioactive substances*) hman/ei a nih chuan hnute tui pek rih loh tur a ni.
2. Kaih leh *depression* damdawi hman reng rengin nautein hnute a hnek zawhin a mut a chhuak zual em tih leh, hnute a hnek duh loh phah em tih en thlithlai reng tur a ni.
3. Nauteah nghawng tha lo a nei thei tih hriat chian *antibiotics Chlaramphenicol, Tetracyclines, Metronidazole*, leh *Quinolones (Ciprofloxacin, Ofloxacin, adt.)*-te hi a theih chin chinah hman loh a tha.
4. *Sulphamethoxazole + Trimethoprim (Co-Trixmolaxole, Bactrim, etc.)* leh *Dapsone* hman hian nauteah mitliam a thlen theih avangin uluk takin naute thli thlai tur a ni.
5. Hmeichhe indanna damdawi *estrogen* tel, zun tamna (*thiazide diuretics*) leh hmeichhiain nau an neih zawha thi put tam lutuk venna *ergometrine* damdawite hian hnute tui a titem emaw, a insiam tur a titawp thei; hman a nih chuan fimkhur hle tur a ni.

Kan sawi tawh angin damdawi tam zawk hi naute chawm lai nuin a ei a him em em a; mahse, kan hmang dawn a nih chuan fimkhur taka hman tur a ni thung. Kan damdawi hman lar zualpui, nu leh nausen/naute hnute hne laite tana him em em te tlem han tarlang leh ila:

1. Na chhawkna chi hrang hrang, heng *Paracetamol (Calpol, Dolo, Larkin, Fenceta, adt.)*, *Aspirin, Ibuprofen (Brufen)*, *Morphine* leh *Pethidine* te hi a tul huna reilote chung hman a nihin a him.
2. *Antibiotics* zingah chuan *Penicillin, Amoxicillin, Erythromycin, Cloxacillin* te- hi him tawka ngaih a ni.
3. *TB* damdawi, *malaria* damdawi (*Mefloquine* tel lovin), rulhut hlo leh *Fungus* natna hrik avanga vun natna chi hrang hrang enkawl na atana hman *Clotrimazole, Itraconazole, Fluconazole* te pawh him tawkah ngaih a ni.

(Chhunzawm tur)