



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.*

Tunkar chang vawn : I Korinth 14:20 "Unaute u, rilru lamah naupang suh u; amaherawhchu sual kawngah zawng nausen ula, rilru lamah erawh chuan puitling rawh u".

TUALCHHUNG CHANCHIN

☛ Dt. 8/5/2021(Inrinni) dar 11:40 vel kha Khuangpuilam BNRGSK HALL peng, Pu LC-a dawr Opposite ah Truck pahni an insu a, mihring thi leh hliam na tak tuar chu an awmlo nia thu dawn a ni.

☛ Pi Lalrinliani, Chawngbawla section chu hun engemaw chen a natna vanga in lama an inenkawl chu kar leh khian Aizawl a in checkup a hun dawn vangin kal an tum nia thu dawn a ni. Tluang taka inentira dam taka an lo haw leh theih nan duhsakna kan hlan ani.

☛ Khuangpuilam veng chhung Covid-19 kaihhnawih avanga inkhunghrang, 2nd contact fihlim tawh te, Pu S.Lalthangliana Chawngbawla section, Lalramdinmawii, Chawngbawla section leh Lalnunfeli Sailo Chawngbawla section te an ni.

Home Quarantine lai hi Pu Zoramchhuana te chhung Khuangchera section an awm a. Tin Pu Lalnunmawia, Pi Zonunsangi leh Ni Thanghmingliani, Khuangchera section te chu inkhunghrang mek bawkin test hmabak an ni a, result tha an neih ngei theih nan veng chhung mipui ten i tawngtaipui theuh baw ang u.

☛ Sawrkarin Covid-19 inkaih-hruaina thar khauh leh mumal zawka kalpui a nih theihna turin Executive Duty siamin Khuangpuilam chhungah pawh hmun 2-ah duty post siam a ni a , BNREGSK Hall peng bulah leh Hmawngkhawthlir ah te siam ani . Sawrkar SOP siam tha taka zawmin an kengkawh tur a ni a, mipui zingah dan bawhchhia an awm chuan The Mizoram(Containment & Prevention of the spread of Covid-19) Act 2020 tlawhchhanin hrem/pawisa chawi tir tur a ni.

MIZORAM SAWRKAR CHUAN TOTAL LOCKDOWN A PUANG

Khuangpuilam the 9th May, 2021 : Ni 10.05.2021(Thawhtanni) zing dar 4 atanga 17.05.2021 (Thawhtanni)zing dar 4 thlenga hman turin Mizoram Sawrkar chuan total lockdown a puang.

Mizoram chhunga COVID-19 kai thar chak taka an pun zel avangin leh a vei mek thahnem tak an awm zui zel avangin Mizoram State Disaster Management Authority chuan 'Lockdown' Sawrkarin file No. B. 13021/101/2020-DMR/Vol-IV dt.03.05.2021 hmanga a chhuah tawh chu tidanglamin inkhuahkhirhna thupek khauh leh zual (TOTAL LOCKDOWN Guidelines) ni 10.05.2021 zing dar 04:00 atanga ni 17.05.2021 zing dar 04:00 thleng hman tur a siam a. Hei hian COVID-19 chungchanga inkaihhraina Order hmasa zawng zawng a luahlan tura tih a ni.

He mi atan hian dan leh thupek chihrang hrang mipuite zawm ngei ngei tur chipchiar tak duan a ni a. Thupek zawm lo chu Disaster Management Act,2001, Section 51 atanga 60, the Mizoram (Containment & Prevention of the spread of COVID-19) Act, 2020 leh IPC Section 188 hmangin hrem theih an ni.

Covid-19 vanga Mipui Vantlang Tana Inkhuahkhirhna Hriat Tur Te

- 1) Hemi inkhuahkhirhna hun chhung hian tumahin mahni in/ compound an chhuahsan tur a ni lova, building khata in hrang hrang luahte pawh intlawhpawh loh tur a ni.
 - 2) Tul bik thil vanga chhuah ngai – damdawi lei tur, nitin mamawh lei tur leh doctor hnena inentir turte chuan an awmna VLTF/LLTF te phalna an la hmasa tur a ni a, nitin mamawh lei turte hian mahni awmna veng VLTF/LLTF te ruahmanna zawm ngei tur a ni.
 - 3) Hemi hun chhung hian lirthei veivah khap tlat a ni. Amaherawhchu, hei hian VLTF/LLTF ten phalna/hriatpuina an pek te chet velna lirthei a huam lovang.
 - 4) Pawn chhuak tur reng reng chuan (facemask leh hmanraw dang hmangin) hmai an tuam ngei tur a ni.
 - 5) Vantlang hmuna kal te chu feet 6 tala inhlata awm tur a ni.
 - 6) He inkhuahkhirhna thupek kalpui chungchangah hian LLTF/VLTF te chu an bial chhung theuhvah an hmalaknate chhunzawm zel tura beisei leh ngen an ni.
- NOTE: District Magistrate ten zan curfew (7:00 PM to 4:00 AM) an puang ang a, CrPC Section 144 hmangin Order an chhuah ang.
- He Inkhuahkhirhna Hian A Hnuaia Tarlante leh Heng Hmuna Thawk te Hi A Huam Lovang
- Places/vehicles (Hmun/lirthei) :
- 1) Hospital, nursing home, clinic, laboratory, OST centre, ART centre, blood bank leh damdawi dawr.
 - 2) Veterinary hospital, dispensary, clinic, zoo, leh hatchery.
 - 3) Bank, non-banking financial institutions, insurance, ATM leh post office.
- Hengte hian mipute nena indawr tam lo tur leh hnathawh tul bik chauh kalpui turin ruahmanna an siam ang.
- 4) Petrol/Diesel filling station leh LPG storehouse.
 - 5) Fair Price Shop/ ration dawr.
 - 6) COVID-19 duty te hman taxi leh rental motor.
- Note: B 2.1 hnuaia hmun pan tur te hian anmahni veng LLTF/VLTF te phalna (movement permit) an la tur a ni.
- Services (Hna):

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Editorial.....✍
HRI DAI THEU.
Kan pi leh pute khan an hun lai khan hri dai an theu ṭhin, a chhan Hri a lêng tih an hria a, khuaa midang an lo luh ve loh nan, kawtchhuahah Hri dai an theu a, Hauhuk lu an tar a, khaw hêlna kawng an siam ṭhin. Hri laka kan him theih nân khuuah lo lut rih suh u, tihna a ni a, tuma’n an bawh chhe lui ngai lo. Hei hi an invênna pawimawh tak a ni.
Hri lêng thawm hriat loha khaw khat chauhin an vei pawhin, khiti tho khian kawtchhuahah hri dai an theu a, khaw hêlna an siam a, ziaak eng mah a awm chuang lo. Miin an hmuhin, E, hri an vei a, kan vei ve hlauin hridai an theu a nih hi, tiin an khua chu an hêl mai ṭhin. Hei hi mi dang vênna a ni. Ziaak leh chhiar thiam lo mahse, anni leh mi dang himna tur dân fel tak, tlêm tê an nei a. Chu chu zawmin mahni leh mi dang an chhandam ṭhin a nih kha.
Keini ṭhangthar lehkha thiam khawvel finna leh changkanna tinrengin min hual vel ve hi chu fiah taka kan hriat theih nân dân tam tak zam chung pawhin bawhchhiat hrâm kan la tum si! Nge, dan leh hrai hi kan lo pawisa lo hrim hrim zawk ni ang.
Mahni tan chauh ni lo, kan ṭhenawm khawveng, kan chungkua leh mi dangte him nan, rei lo te chung hman tur dân hi zawmin mahni leh mi dang chhanhim ang u hmiang? A harsa lo hle si a!

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(Phek 1-na zawmna)
programme dangte, ambulance service.
2) Animal disease control programme.
3) Postal service, blood donation camp/service
4) Kohhran hna tul zual thawk tura Kohhran office kal leh kohhran hotute programme pawimawh bik.
5) Nau pai, nausen pawmlai leh naupang te hnena nutrition (chaw ṭha) sem.
6) Bawnghnute sem leh lakkhawm.
7) Power & electricity, water supply (mimal tui chawi te huamin), sanitation & solid waste management (hmunphiat leh bawlhhlawh paihte huamin), telecommunication, internet service, broadcast-ing leh cable service.
8) Print & electronic media leh chanchinbu sem.
9) Bungraw load leh unload hna (8:00 PM leh 4:00 AM inkarah).
10) Private security service.
11) Medical emergency leh chhiat tawh thila awmna veng VLTF/LLTF te hriatpuina lehkha nena chhuah.
3. Eichawp Dawr Leh Chawhmeh Zawrhna Chungchan
A hnuaia tarlante hi Ningani (Thursday)-ah hawn theih an ni ang. Social distancing vawn a nih theih nan leh vawi khata mipui pungkawm tamtak ven nan LLTF/VLTF ten ruahmanna an siam ang. Tin, heng dawr leh chawhmeh zawrhate hi tlai dar 5:00-ah an inkhar vek tur a ni.
1) Eichawp dawr.
2) Thlai, chawhmeh leh sa zawrhate. Chawhmeh zuartute, anmahni zingah leh dawrtute inkarah social distancing a awm theih nan, an ṭhutna (an thil zawrh phona telin) leh ṭhenawmte ṭhutna (an thil zawrh phona telin) chu feet 6 dan tala inkarhlatin a awm tur a ni.

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 tilll 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				
(9-4)				
<i>* Security Deposit hi Bill hmasaberah a rawn tel ang.</i>				

Thu ziaak Huang

- Lalduhsaka

Naupang Huang

- C. Lalnunchanga

Pasalṭha Khuangchera

Kan tunlai khawvel ngaihtuahin hun khirh tak kan tawng mek a, natna hlawhawm Covid-19 a darh chak bawk nen, kan la fimkhur tawk lo fo bawk si. Hmasawwna rahbi rap a, changkanna kawng zawh kan duh a. Ram hrang hrang, state hrang hrangah te eizawwna avangin kan kal a, kan awm a mek a ni. Ṭhenkhat intodelh leh hausa an awm a; mahse, ram retheite kan la nih avangin intodelh a harsain eizawwna tur pawh a la buaithlak a ni.

Khawvel hri leng mek karah hian kan tihtur pawimawh chu Pathian kan rin hi a ni. Kan dam laiin Ama thu kan awih a pawimawh a; tin, kan fimkhur a ngai bawk a ni. Pathian tana rawngbawlna bahlah lovin ṭawngṭaina, Bible chhiar nen engtik lai pawn kan ti ṭhin tur a ni.

Khawvelah hian kan duhdanin kan nung a, ṭhenkhatte’n nawmchen nan hun kan hmanga; ṭhenkhat Pathian rawngbawlin, kan inang ṭlang thei lo a ni. Ṭhenkhat chuan hausakna thlahlelin kan duham a; ṭhenkhat lah HIV lakah kan him zo si lo; Pathian aia thildang ngai pawimawh kan tam lutuk bawk.

Khawsakna relah hun lo la awm tur ngaihtuahin fimkhur ila, khawvel inher zel tur hian kan hringnun hi eng angin nge min herpui dawn tih a hriat si loh. Kan nitin khawsaknaah hian changkanna lam kawng a zawh a, dikna, rinawmna, taimakna, dawhtheihna nen khawvel dam chhung reiloteah hian nun hman a va pawimawh em!

Hringmi zawng zawngte hian kan future, hun lo awm tur thlira fimkhur leh inring renga Pathian duhdana nun kan hman a pawimawh a ni. Khawvel mihringte kan sual lutuk tawh a, ring lo mite’n Kristiante min tiduhdah zel tawh si a nih hi. Tualthahna rapthlak a thleng chamchi a, nawmchenna lama ṭlan lah an tam si, chutih laiin hun harsa tak kan tawng mek bawk si a. Chuvangin, hun inher zelin engnge a rawn chhuahpui dawn tih thlir reng chung a nun dan ṭha chhawm nunga fimkhur taka hun leh nite chhiar tur kan ni.

***Ṭhlang sappui iangin ran kan vulh a,
an enkawl uluk dan hriat kan tum leh tak tak si lo.
Ran neih ṭhatah kan inel a,
Ran fing leh hmantlakah kan chhuah leh tak tak si lo.
Ran hi a chi (Breed) ṭhatah a innghat ringawt lo,
an ek a rimchhiain an hnawksak ve thei tho.
Nangman i enkawl zawh loha, ṭhenawmte enkawlpui i ngai
a nih chuan vulh lo ngam mai rawh.
Ran vang mai maia ṭhenawm khawveng tana hnawksakin
awm duh suh. Ran aiin i ṭhenawm khawvengte an hlu zawk.***

(column lehlam a mi zawmna) Aizawl kulh an kâp a. Manga thlah lal dang zawngte chuan Changsil kulh an kâp thung a. Changsil hi hmâr lama sipaiho inchhêkna leh an ration dah khâwlna a ni a. He inkâhnaah hian Capt. H.R. Browne, Hmaireka chu a bânah an kâp a, a thisen dâwt an kâp chhia a. Changsil kulh lo nghâktu Lt. Cole-a chuan heti hian a sawi. “Brown-a chu kein a lo ṭlan a. Kulh chhung a lo luh chuan a taksa aṭangin thisen zawng zawng a chhuak zo tawh a. Damdawi nên lo enkawl mah ila, darkar chanve hnuah a thi ta a ni,” tiin. A tirah a bânah a thisen chhuak chu hren khalh vat se, a thi lo mai thei.

Manga thlahte hian ni 19 chhûng Changsil kulh hi an hual a, sipaiho chu an dang bet ṭlat a. Changsil kulh chhûnga sipai kaihruaitu hi Lt. H.WC Cole, a hnua Bawrhsapte pawh rawn ni ve kha a ni a. Hetih lai hian Lianphungate pawhin Aizawl kulh chu an lo hual bet ṭlat bawk a. Lt. Cole-a chuan Changsil aṭangin Silchar-ah harsa takin zualko a ṭlantir a. Silchar aṭang chuan Ṭlawng dungah sipai 200 an rawn thawk chho va, Changsil kulha an ṭhian tangte chu an ṭanpui thei ta. (Chhunzawm tur)

Khuangchera Puk : Reiek khaw bulah pûk kawrawng hul mai, thim khup a awm a, an sawi hrâng hle a, thu thangvaah phei chuan rûlfepnei awmin an sawi a. Chuta ṭanga fîng khat zeta hlaah chuan ‘Ailawng Tuikhur Pûk’ an tih chu a awm bawk a. Chumi pûk pahnih chu a inzawm leh zawm loh rinthu in an inhnial fo ṭhin a. Ailawng tuikhur bula pûk chu, “A hlet a ni,” an ti a, ṭhenkhatin, “A ni lo,” an ti bawk a. Khuangchera chuan a ning ta a, “Ka lût ang a, a hlet a nih chuan Reiek bulah ka chhuak ang a; a hlet a nih loh erawh chuan ka luhna ngaiah hian ka lo chhuak leh mai ang,” a ti a.

Ailawng tuikhur pûkah chuan meichher kengin a lût ta a, a hlet chu a lo ni ngei a, Reiek kawng ṭhlang pûkah chuan a lo chhuak a. Mahse, pûk chhûng boruak ṭha lo a hip luh vâng a ni ngei ang, thi ṭhelhin a damloh phah a. Chu pûk chu a hmîng chawiin ‘Khuangchera Pûk’ an ti ta a ni.

Khuangchera hi vantlang pawhin an zahin an ngaisâng a, a chawimawi pawh an chawimawi thiam hle. Ramhual ni lo mah se, a lo en tawh chu chuhpui tinah an tin ngai lo. Zu chhima sâwmtu a nei reng a. A huaisenzia chu ram pumah a thang a, “Eng mah hlauh a nei lo va, a laka hrâng zo mihring leh ramsa an awm thei lo. Tui lian leh pûk thim te, thing leh khâm chenin a hmaah chuan an nê m zêl mai,” tiin a chanchin an sawi hial a ni.

Khuangchera Thih Dan : A pêmсан tak Lianphunga kha Lungṭianah a kai a, Vai rûn a ching a. Chengri phai an rûn ṭum phei chuan khaw 24 an hâl a, mihring 100 chuang an that a, sal 91 an man bawk a. Chutichuan Vai lian kha an lo chhuak ta a. Chhim lama Rolura thlahte leh khawthlang lama Manga thlahte chu an rawn tuam a. Mizoram Bawrhsap hmasa ber Captain Browne, Mizote’n ‘Hmaireka’ an tih leh Manga thlahte chu kum 1890 June thlaah an inbia a, saui an tan a. “Manga thlahte chuan chhiah an chawi ang a, sipaiin kuli-ah an chhawr ang a, sate pawh hunbi neiin an pêl ang,” tiin an inrem a. Tin, Hmaireka chuan Lianphunga lalna kum 5 chhûng a bân bawk a.

Hetih lai hian Sailianpuia chu Reiekah a awm a. Sailianpuia hian Vai a rûn hriat a ni lo va. Tin, a unaute’n Hmaireka an biaknaah pawh a tel lo. Manga thlah lal zawng zawngte chu an lungawi lo va, Kalkhama khua Sentlang zawlbukah ro an rêl a, “Engah nge kan rama lo kal ram dang mite hnênah chhiah kan chawi ang a, kan khuate puak phurah kan kaltir ang,” an ti a. An sa pêl ṭhlenga khapsak an tum chu an duh lo em em mai bawk a. Tichuan, intiam ruala Vai kah chu an tum ta a. Sentlanga Manga thlahte inhmuh khâwmnaah pawh hian Sailianpuia chu a tel lo va; mahse, Vai kahnaah chuan tel a tum tho a ni.

Kum 1890 September thla tirah Lianphunga leh Thanruma khuate’n

Mizo Dan leh Hrai	Hriselna Huang
<p>MIZO HNAM DAN (Mizo Customary Law)</p> <p>BUNG - 8 : INNGAIH LEH SAWN PAI THU</p> <p>Chang 111 - Khum tihbawlhhlawh man : Hmeichhia leh mipa, mi khumah inpawl sela, 'Khum tibawllhawh' an ni. Khum tihbawlhhlawh man chu Tlai a ni. Khum tihbawlhhlawh hian khum chauh ni lovin, mi ina hmeichhia leh mipa inpawl hi a huam a ni.</p> <p>Chang 112 - Lawithlem : Lawithlem chu mi nu, a pasal awm loh hlana a pasal anga lang tura kawng hrang hrang hmanga mutpui hi a ni. Lawithlemtu chu hrem theih a ni. A pasalin a nupui chu a pawm duh loh chuan, Lawithlemtu chuan sum a chhuahsak tur a ni. Lawithlem tuma hlawhtling lo pawh lawithlem anga ngaih a ni.</p> <p>Chang 113 - Thlim : Mipa-in hmeichhia pasal pawm lai nei, a muhil laia pasal awm loh hlana a pasal lema changa a lo pawl chuan 'Thlim' a ni. Thlim hi Lawithlem ang bawk a ni a, a hremna pawh a thuhmun.</p> <p><i>Note</i> : Lawithlem leh Thlim hi suahsualna chungchuang tak a nih avangin, hman lai chuan a titu beng emaw, hnar emaw hlehsak a ni ṭhin. Hetianga hlep tur hian, Chem hmang lovin 'Tlahti' an hmang ṭhin.</p> <p>Chang 114 - Intiam : Nupui nei lai leh hmeichhe dang emaw pasal nei lai leh mipa dang emaw innei tura inberemin, a bawhchhetu zawk chu tangka emaw, thil eng emaw chai tura inberem chu Intiam a ni. A bawhchhetu zawk chuan an intiamna ang ngeiin a chawi tur a ni.</p> <p>Chang 115 - Dawnpuanphah : Nula nu leh paten an fanu pasal atana an duh tlangval leh an fanu chu an remtihnain hmeichhe inah mut duntir sela, 'Dawnpuanphah' a ni. Zawp puan phah an ti bawk. Tlangvalin a neih leh duh loh chuan Sial a chawi ang.</p> <p>Chang 116 - Hnute deh :</p> <p>1) <i>Nula hnute deh</i> : Nula hnute pawng deh chu lei chawi theihna a ni a, Tlai thlenga chawitir theih a ni.</p> <p>2) <i>Mi nu hnute deh</i> : 'Mi nu' tih hi hemi thuah hi chuan pasal pawm lai nei emaw, pasal sun, fate awpa, pa chan changa awm emaw a ni. Mi nu hnute deh chu Sial thlenga chawitir theih a ni.</p> <p>Chang 117 - Pawnfen zar : Hmeichhe pawnfen zial ṭhat emaw, thleh ṭhat emaw, a dah ṭhat emaw, mi dang hmuha zar pharhsak chu amah tihmualphona a nih theih avangin Tlai thlenga chawitir theih a ni.</p> <p><i>Chang 118 - Raizep</i> : Hmeichhia, nau paiin , a nau pai chu zepin, a fa pa ni lo, mi dang pasalah nei sela, Raizep a ni. Raizep chu hriat chhuah a nih chuan a pasal chuan a hnawtchhuak thei a, a man zawng zawng a phih chhuak vek thei. Raizep chungchang a lei chawi theihna leh a fa dinhmun chu hetiang hi a ni.</p> <p>1) <i>Fa tihbawlhhlawh man</i> : Hmeichhia chuan a nau pai chu a fa pa hrilh hauh lova pasal nei lui a nih emaw, mipa dang ngai emaw a nih hriat chhuah a nih si chuan, chang 109(1)-a sawi angin , a fa pa tel turin fa a tihbawlhhlawh man a chawi tur a ni. Amaherawhchu a fa pa chuan a hriat hnu pawha engmah a sawi loh chuan nau pian hnuah chuan fa tihbawlhhlawh man sawi theih a ni lo.</p> <p>2) <i>Raizep fa dinhmun</i> : Raizep chu hriatchhuah a nih a, a fa pain a fa chu, fa atana a duh chuan sawn man pein a chang thei. A fa chu lak nghal a duh chuan a la nghal thei a, a lak nghal duh loh chuan, naute nu chhungten sawn dinhmun angin kum thum tlin hma chuan an enkawl tur a ni. Naute chu a pain a duh lohva, anu pasalin a fa atan a duh chuan a nei thei. A pawm duh loh erawh chuan a nu chhungte ta a ni.</p> <p>Chang 119 - Zen : Mipain hmeichhia mutpui tumin zanah a mut hmunah va kal sela, 'Zen' a ni. Zen chu in chhungah a awm lai man a nih a, a hlawhtlin loh chuan, Tlai thleng a chawitir theih a ni.</p> <p>Chang 120 - Mi nu thlem : Mi tupawhin mi nu, pasal pawm lai nei, pawl tuma a thlem chuan, Tlai thlenga (<i>Chhunzawm zel tur</i>)</p>	<p>Damdawi chungchang hriattur pawimawh ṭhenkhat</p> <p><i>K. Lalremmawii, Asst. Professor, Deptt. of Pharmacy, RIPANS</i></p> <p>Damdawi ei hun vawn dik a pawimawhna dang leh chu, damdawi chi khat aia tam a ruala kan ei hian damdawi nghawng ṭha lo emaw, damdawi hnathawh tur anga thawk lo a awm phah thei a.</p> <p>Hei hi damdawi zawng zawngah ni vek lo mah se fimkhur a ngai hle a ni. Damdawi pakhat aia tam kan ei dawn a nih chuan damdawi lama thiamna nei Pharmacist emaw, doctor te rawn hmasa ṭhin ila, rawn mai tur an awm lo a nih chuan kan damdawite chu darkar chanve aṭanga darkar khat danah tal ei ṭhin tur a ni.</p> <p>Damdawi hi a course dik thlapa ei a pawimawh thu kan hre tawh awm e. Kan damdawi hmante hi thisenah kan taksa mamawh tawka a chambâng reng tur a ni a, a tam lutuk erawh chuan a pawi thei hle. Hei vang hian darkar bithliah thlapa ei ṭhin tur a ni. Ni khata vawi hnih ei a nih chuan darkar 12 danah ni se, ni khata vawi thum a nih chuan darkar riat danah; chutiang zel chuan bithliah mumal tak siam a ei ṭhin tur a ni.</p> <p>Damdawi ei hun leh kan damdawi ei chungchang hrim hrim kan hriat chian hi damlote chanvo leh mawhphurhna a ni a, chuvang chuan damdawi min chawhtu doctor-te leh damdawi enkawltu pharmacist-te chiang taka zawhfiah ṭhin tur a ni. Doctor-te leh pharmacist-te pawhin an mawhphurhna a ni tih hriain damlote hnenah damdawi chungchang fiah fai takin a hrilhfiah ṭhin tur a ni.</p> <p>3. Mi tam tak chuan mahnia damdawi inchawh mai kan la ching hle. Ṭhenawmnu damdawi hi mahni tan kan la hmang uar hle mai a, hei hi thil ṭha lo tak a ni. Natna hi a lanchhuah dan inang tak anga lan chang awm ṭhin mah se, natna awm chhan kha a dang daih thei tih hriat a ṭha. Hei vang hian doctor-in damlo hnena damdawi a chawh reng rengin a nat chhan tihbo kha a tum a ni fo ṭhin; chuvang chuan kan nat chhan hre chiang si loa kan nat ang deuhva na ve te damdawi kan lo ei ve ringawt hi a pawi thei hle. Khawvela mihringte zingah hmel leh pianphung inang chiah chiah kan awm lo ang chiah hian, kan taksa chhungril pawh a danglam theuh a ni.</p> <p>Hei vang hian mi chi hrang hrang taksain damdawi a lo dawnawh dan leh damdawi hnathawh lanchhuah dan pawh a danglam phah ṭhin a, damlo natna leh damlo azirin damdawi hman tur bik, a dose, ei hun chhungte a danglam thluah ṭhin a, mahni thua lo ei ve ngawt ṭhin loh tur a ni. Ṭul miah lova damdawi kan ei hian kan taksa kan tihchhiat zual phah theih mai bakah, ṭul lova pawisa senralna mai a ni tih hriat a ṭha hle.</p> <p>4. Chhungkaw tinin damdawi pakhat tal inah kan kawlt theuh awm e. Kan damdawi kawlte hi dik taka kan vawn ṭhat a pawimawh hle a ni. Damdawi hi a nih dan tur anga vawn ṭhat a nih loh chuan a (<i>Chhunzawm tur</i>)</p> <p>Chaw ei puar hlima hnathawh vak/infiām hi taksa tan a tha lo thei reng em?</p> <p><i>Chhanna</i> : Hnathawh emaw infiam emaw nan hian taksa in tha (energy) a sen ral a ngai a. Hnathawh nasat chuan tihrawl (muscle) a lo rim hma a, thisen tam tawka a mamawh bawka a ni. Chaw ei puar hlim hian pumpui leh ril lam a rim thung a. Hetih laia kan lo infiam emaw hna kan lo thawh vak mai emaw chuan taksa tihrawl leh chaw paitawihtu khawl (digestive system) ten thisen supply dawn tam an inchuh thei ṭhin a, chu chu taksain a tuar phah thei a ni.</p>