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NATIONAL HEALTH MISSION
MIZORAM : AIZAWL

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Dated Aizawl, the 7th March, 2024

To,

Secretary
Mizoram Synod
Aizawl

Subj. : **TB natna chungchang kohhran kaltlanga puanzarsak tura dilna**

Rawngbawlpui duhtak,

A hmasain kan Lalpa Isua Krista hmingin chibai ka buk a che.

Kan hriat angin TB natna hi kum 2025 ah chuan India ram atanga umbo tum a ni a. TB natna hian Mizoramah pawh nasa taka bu la khuarin mi tam takin an thihpui mek a ni. Kum tin mi 2500 atanga 3000 vel TB vei hi hmuhchhuah thin an ni a. Tin kan ramah HIV a hlur em em a. HIV vei ten natna an kai awlsam ber leh an thihpui hnem ber chu TB hi a ni. TB inrinhlelh nachang hriat a, hmuhchhuah vat a, inenkawl vat hi a pawimawh em em a. TB umbo na leh a dona kawnga kohhranin min thawhpui hi kan mahmawh takzet a ni. Kumin World TB Day 24th March lo thleng tur denchhen hian Kohhranah TB natna chungchang puanzar alo nih theih nan Synod OM in hun remchang min ngaihtuhsaka hma min laksak turin ka rawn ngen a che.

TB umbona kawng atana hmalakna mek pakhat TB damlo te chaw tha hmanga tanpuinaah Mizoram Synod chu Ni-kshay Mitra (donor) ni mekin TB damlo 10 min support sak mek a ni. Hemi kawngah min thawhpui lawmthu kan sawi takzet a ni. Ka dilna te min tih hlawhtlinsak theih chuan ka lawm hle ang.

Encl: **TB chungchang**

I rawngbawlpui,

Febiola Kharkongor
7/3/24
(DR. FEBIOLA KHARKONGOR)
State TB Officer
National Health Mission
Mizoram : Aizawl

TB hi Mizote chuan "Ngawr" kan ti a.

TB hi hlawm lian pahniha then a ni a :-

1. **Chuap TB (Pulmonary TB) :** TB vei zinga zaa 85-90 hi Chuap TB vei an ni.

2. **Chuap pawnlam TB (Extra Pulmonary TB) :** TB vei zaa 10-13 hi Chuap pawnlam TB - Ruh, ril, thalbe, kal, vun leh adangte an ni.

Chuap TB vei chuan a khuh leh hahchhiau atangin a thehdarh ber a. A vei te kan enkawl loh chuan kum khatah midang 10-15 a kaichhawng thei a ni. Hemi piah lamah hian Chuap TB veiin TB damdawi a ei atanga kar rei loteah TB natna hrik midangah a kai thei tawh lo anga ngaih a ni a. Damdawi dik tak ei a, a ei kawp tur leh eizat tur dik tak a ei hi a pawimawh tawp khawk a ni.

Chuap pawnlam TB erawh hi chuan tumah an kaichhawng ve thei lo tih kan hriat a tha awm e.

TB hi vei awlsam bik an awm a, chung mite chu :-

- i) Zuk leh hmuam heh mi te
- ii) Taksa chakna pai tam chaw tha ei tlemte
- iii) Zana pindan up tak leh chep taka riak thin te
- iv) Zu leh ruihtheihthil ti thin te
- v) HIV hrik pai te
- vi) Cancer vei te
- vii) Zenthlum vei te.

A lanchhuah dan tlangpui han tarlang leh ila :-

1. Karhnih aia rei khawsik
2. Karhnih aia rei khuh
3. Rihna tlahniam
4. Awm chhung na
5. Chau ngawih ngawih
6. Zan mutnaa thlan fim tla
7. Khak thi
8. Chaw chakna neilo

Multi Drug Resistant TB - MDR-TB (TB Benvawn) - TB veiin TB damdawi a ei tur ang a ei that loh avangin leh a ei hun chhung a ei kim loh avangin he MDR-TB hi a vei thei a. Tihdam harsa leh hlauhawm midangte kaichhawng awlsam tak a nih avangin a vei ten tha taka kan ei hi kan mawhphurhna a ni.

TB hi boruakah chiah a inkai theih a. Bungbel inhman tawm te, chaw eiho leh tuino inhman tawm te leh inkhawih in a kai theih loh a ni.

TB umbo anih theihna tur chuan a vei te hmuh chhuah vat a, enkawl na pek vat a pawimawh a. TB vei rinhlel te inentir tura hriattir vat te, TB vei thei awm mi zawngchhuah te hi kan zavaia kan tih vek theih a ni. Kohhran mipui tin te pawn a dona kawngah kan theihna zawn theuhah hma la turin kan inchah a ni e.

TB vei te endawng mai lo la, an dam ngei theih nan tanpui la, an harsatna hriatthiam puiin enkawl la. **TB ti tawp turin i tangrual ang u.**

Sawrkar damdawi In - UPHC/CHC/PHC ah a thlawnin khak a exam theih reng a. Tin, TB i inringhlel anih chuan Health and Wellness Centre emaw Sub-Centre emaw pan vat thin ang che. TB damdawi pawh a thlawng vekin damlo tan a awm.