

# BUGA HKAM JA LAM

(Village Health)

Jinghpaw Edition

A Handbook for Village Health Workers in Southeast Asia



## BOOK 2

- UNIT 6 - HKUM HKRANG HTE HKUM HKRANG BUNGLI  
GALAW AI LAM  
(The body and how the body works)
- UNIT 7 - MACHYI MAKAW LAM HTE SENG NNA GA HPAW  
(Introduction to sickness)
- UNIT 8 - MACHYI MASHA HPE GARA HKU NNA JEP SAN NA LAM  
(How to examine a sick person)
- UNIT 9 - TSI HPE JAI LANG NA LADAT  
(How to use medicines)

Editors:

J.H. Richardus MD. PhD. DTM.

M. Wannemacher BS

Illustrations:

G. Sharmars

Produced by the Community Medical and Development Text  
Translation Project (CMDTTP), in cooperation with the Payap University  
Research and Development Institute and the Summer Institute of Linguistics,  
Chiangmai, Thailand.

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### UNIT 6

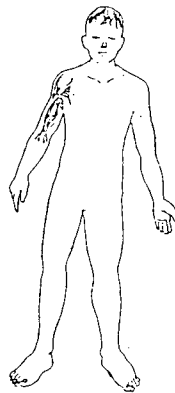
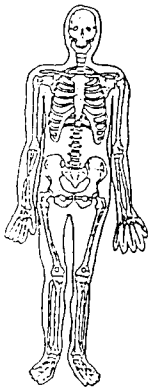
#### HKUM HKRANG HTE HKUM HKRANG BUNGLI GA LAW AI LAM:

Machyi makaw ai lam hte tsi ni a lam ni grai n hkaja shi yang, hkum hkrang hte hkum hkrang bungli galaw ai lam ni hpe tau jau chye da ra nga ai. N-dai Unit 6 gaw, hkum hkrang kata na hkum daw sin (Organs) ni a shara, hkum daw shan ni hpa galaw ai lam ni hpe, madun mat wa na re. Hkum hkrang kata na hkum daw sin ni a lam hpe chye lu yang she, masha a machyi makaw manghkang hpe grau chye na wa na re. Hkum daw sin hpe ahtu hkra ai machyi makaw lam hte rau kaga shajan hkum daw sin ni a lam hpe ndai laika buk hta tsun shalen dan mat wa na re.

Hkum hkrang kata hta anhte chye da ra ai hkum daw sin law law nga ai. Hkum hkrang langai gaw, hpan law ai bungli hpe rau galaw nga ai hpan law ai hkum daw shan hpe madu da nga ai.

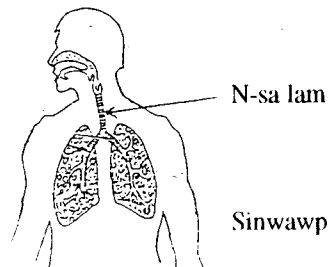
#### NRA HTE SHAN MAWNG NI:

Nra ni gaw hkum hkrang hpe madi shadaw nga ai. Nra ni hta noi nga ai shanmawng ni gaw hkum hkrang hpe shamu sham awt shangun nga ai. Lagaw nra hpe shadaw kau yang anhte ni nlu tsap nga ai. Lata shanmawng hpe kadoi kau jang lata atsawm sha nlu shamu nga ai.



#### NSA SA AI LAM:

Hkum hkrang daw chyen yawng gaw asak hkrung na ma tu nbung ra nga ai. Anhte nsa sa yang nbung gaw hkum hkrang kata shang wa ai re.



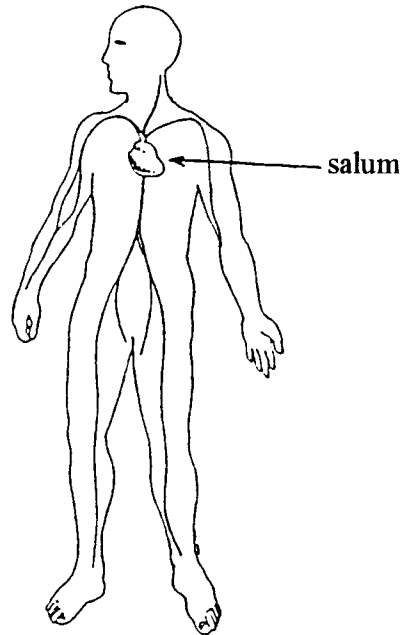
Anhte nsa sa bang ai shaloi, nbung gaw n-gup hte ladi hku nna hkum hkrang kata shang wa ai re. Dai hpang, nbung gaw nbung lam hku nna sinwawp de yu bang wa ai. Sinwawp kata na nbung gaw sai hte matut mahkai nna, sai gaw nbung hpe hkum hkrang daw chyen shagu de sa ya nga ai. Hkum hkrang daw chyen yawng gaw asak hkrung na matu nbung hpe jai lang nga ai.

Lama ma gaw, n-gup (Snr) ladi (Snr) nbung ting rat hku nna nbung lai ai lam hpe pat shing dang da yang masha gaw nsa nmai sa mat nga ai. N-dai lam gaw, man hkala la yang (Snr) nbung lam bum wa yang, byin chye nga ai. Hka gaw sinwawp hta hpring tup mat yang mung masha nsa n mai sa mat nga ai. Masha hkalup si yang (Snr) masha gaw sinwawp hta machyi makaw yang mung (TB hte pneumonia sinwawp bum ana) hka sinwawp hta hpring tup mat ai re.

### SAI SHINGGRUP LAILEN (BLOOD CIRCULATION SYSTEM)

Sai shinggrup lailen gaw sai hpe hkum hkrang daw chyen yawng hpe sa ya nga ai. Sai shinggrup lailen hpe salum hte sai tingrat ni hte gaw da ai re. Sai hpe sai tingrat hku nna htu kanawng nga ai sai chyup jak hpe salum ngu ai re. Sinda a lapai maga de salum nga ai. Anhte yawng a salum gaw sai hpe marun nga ai lam, anhte a lata lahkre hte du ni hta sai gaw sai tingrat hku nna shamu hkawm sa nga ai lam hpe hkam sha lu nga ga ai. Sai gaw lusha hte nbung hpe hkum hkrang daw chyen ni de sa ya nga ai.

Anhte sai tingrat hpe kadoi di kau yang sai gaw hkum hkrang na pru wa nga ai. Sai law law ja hkaw ai lam gaw hkrit hpa lam langai re nga ai. Asak kaba sai masha ni a salum kya wa chye nna salum manghkang hpe byin shangun nga ai. Sai tingrat mung kya chye, daw chyen nna, hkum hkrang kata sai hkaw ai lam byin shangun chye nga ai. (A kajawng sha malap mat ai ana)



### SHAT KAN RIN AI LAILEN:

Shat kan rin ai lailen gaw n-gup, lusha ting rat, shat kan, pu kaji ni, sin, kan sa ai hku ni hte gaw da ai rai nga ai. Lusha hpe sha bang dat ai shaloi shat kan rin ai lailen

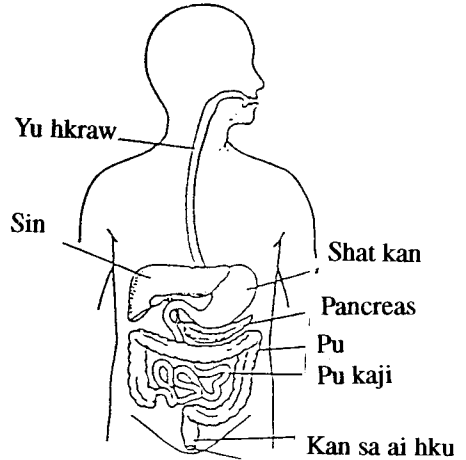
**Note : (Snr) = Shing nrai, Blood vessel = Sai tingrat**

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gaw dai lusha hpe a hkyep alep kadun gadwe kau ya ai. Dai h pang sai gaw dai lusha ahkyep alep hpe hta la nhtawm hkum hkrang daw chyen ni de sa ya ai. Hkum hkrang gaw dai lusha ahkyep alep ni hpe hkum hkrang daw chyen gap na matu hte hkum hkrang daw chyen ni hpe tsam n-gun jaw na matu jai lang nu ai.



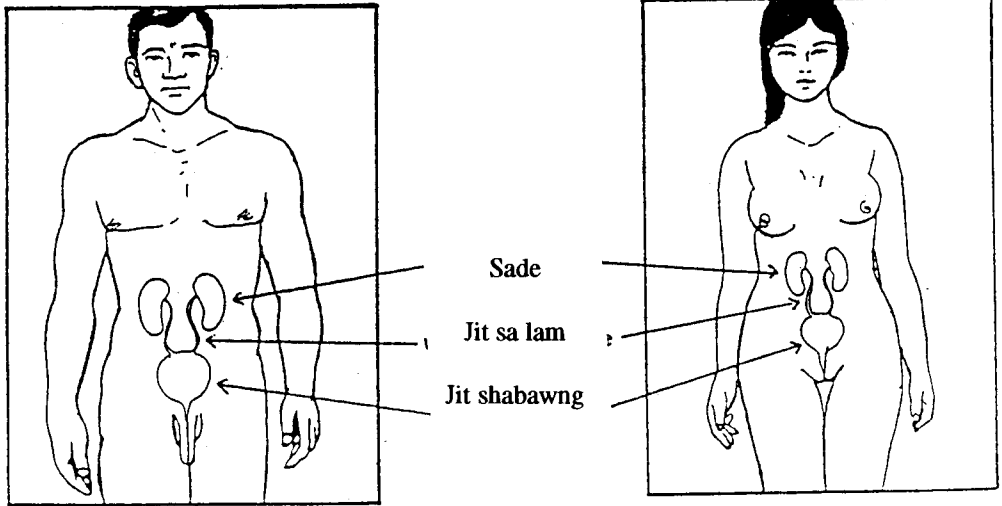
Anhte ni gaw lusha hpe n-gup kata bang nna, kawa, maya sha ai rai nga ai. Lusha gaw lusha ting rat hku nna shat kan de shang bang wa ai re. Shat kan kata kaw lusha hpe a hkyep a lep byin shangun ai. Lusha kaw na n-gun rawng ai a hkyep a lep ni gaw pu kaji de du mat ai re. Pu kaji kata kaw na she, sai gaw ndai lusha hpe hta la nna hkum hkrang daw chyen de sa ya nga ai. Pu kaji kata na sai gaw anhte lu dat ai hka hpe mung hta la nga ai. Sai hta la nhkrum ai lusha ni gaw hkyi maza byin nhtawm kan sa hku de yu mat wa ai re. Sin gaw sai kaw na gung ni hpe raw kau ya nna lusha hpe hkum hkrang hta jai lang na matu lajang ai rai nga ai.

Anhte ni machyi yang (Snr) n kaja ai (Tsu ai) lusha hpe sha hkrup yang kan gaw lusha hpe n-gup de bai nhtang shapraw shangun wa ai, madawn ai lam hpe byin shangun ai. Tsa law law lu jang mungkan kata na dat nhprang raw rai ni gaw kan hpe nat hkru nhtawm machyi ana byin shangun nga ai. Pu kaji ni machyi yang, sai gaw lusha, nkau mi hpe n lu hta sa ya lu ai. Dai majaw hka gaw kan sa hku nna gale wa ai majaw kan mase ai lam byin wa ai re. Sin machyi yang gaw sin gaw hkum hkrang kata na gung ni hpe n lu raw kaw ya ai majaw masha hpe grai machyi makaw re ai lam ni byin shangun lu nga ai. Bai, gung gaw myi hpyi ni hpe loi loi htoi nsam byin shangun nga ai.

## JIT SA LAILEN

Jit sa lailen gaw anhte sha ai lusha kaw nna ngam taw nga ai shajan gung, hka ni hpe shapraw ya ai re. Jit sa lailen hpe sade ni, sade hte jit shabawng hpe matut da ai ting yat, jit shabawng, jit ting yat ni hte gaw da ai re. Sade lahkawng gaw sai kaw na gung hpe jen la nhtawm jit shatai kau ai re. Jit gaw sade hte jit shabawng hpe matut da ai ting yat hku yu wa nna jit shabawng de du ai re. Jit shabawng kaw anhte jit sa ai du hkra rawng taw nga ai re. Jit gaw jit ting yat hku nna jit bawng kaw na gale wa nna la gindai, shayi gindai hku nna shinggan de gale mat ai re.

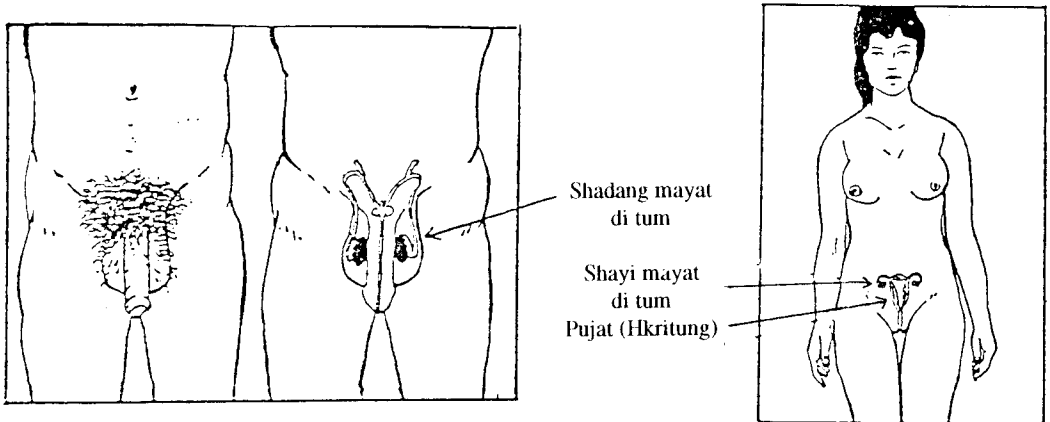
Sade machyi yang gaw hkum hkrang wa gung hpe n lu shapraw kau lu ai. Gung



gaw hkum hkrang hpe ana ahkya byin shangun chye ai. Jit ting yat kaw ana kap yang, jit ting yat gaw masha jit sa ai shaloi masha hpe machyi shangun ai re. Masha law law gaw hka n law lu ai majaw shanhte jit sa lailen kaw san si tum nga wa ai lam re. Hkum hkrang gaw ndai san si tum hpe shakut shapraw kau ya nga ai. Ndai san si tum gaw machyi ai lam hpe byin shangun nna kalang lang jit sa lailen hpe pat shingdang kau ya nga ai.

**MAYAT MAYA GALAW AI LAILEN:**

Mayat maya galaw ai lailen ni gaw la, num kaw na sai shan ni hpe raw matut mahkai ai lam hpe byin shangun nna pu jat kata ma chyangai byin shangun nga ai re. La na mayat maya galaw ai lailen hpe la ri a di, la ri a di kaw na la gindai de matut da ai ting yat, la gindai ni hte gaw da ai re. Num mayat maya galaw ai lailen hpe hkritung tum hkrawp, pujat hte hkritung tumhkrawp hpe matut da ai ting yat, pujat, num gindai ni hte gaw gap da ai re. La a mayat maya zu ni hpe gaw la ri a di ni hte galaw da ai re.



Foot note : 1. San si tum ngu ai gaw nlung rawng wa ai hpe tsun ai.



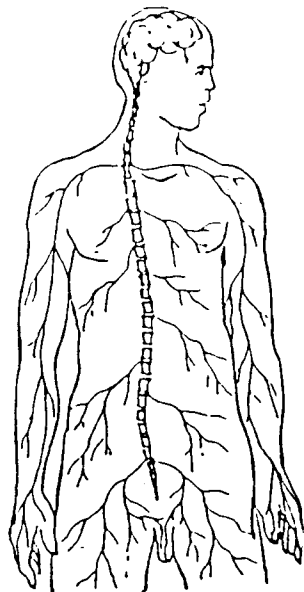
Num hte la hkumshan ganawn mazum ai shaloi la zu gaw la gindai kaw nna num gindai de shang wa ai re. La zu gaw num a pujat de shang nna hkritung tumhkrawp de matut da ai tingyat hku de rai wa ai re. Num mayat maya di ni hpe gaw hkritung tumhkrawp ni hte galaw da ai rai nna tingyat kata de shang bang nga ai re. Kalang lang la kaw na hkrung kanu hte num di gaw tingyat hta hkrum hkat nna hkum shan nnan byin shangun nga ai. Ndai hkum shan ningnan gaw pujat kaw noi kap taw nga nna ma chyangai de gale byin kaba wa ai re. Law malawng gaw ma chyangai pujat kaw shata 9 daram rawng kaba taw nna ma shangai wa ai re.

Shata shagu num pujat gaw pujat kaw noi kap taw na num di hpe gaw gap nga ai re. Num di wa pujat kaw nnoi kap taw yang, pujat gaw shan zin hte sai hpe shata shagu shapraw ai re. Sai gaw num gindai kaw nna num hking sa ai ten hta masum ya hte 5 ya du hkra pru chye ai. Num ni gaw shata shagu num hking sa ai. Ma hkum (Snr) asak kaba nna ma n lu jin ai ten ni hta mat mat wa ai re.

### LASAW LASA HTE SENG AI LAILEN:

Lasaw lasa lailen gaw anhte a hkum hkrang na lu, mu lu, chyim lu, hkra lu, manam lu na hpe garum ai re. Lasaw lasa lailen gaw hkum hkrang gara hku hkam sha ai, hkum hkrang hpa hpe ra ai hpe bawnu hpe tsun dan nga ai. Lasaw lasa lailen hpe bawnu, marung, laswi, lasaw lasa ni hte gaw gap da ai re.

Bawnu gaw pung kum nra kata rawng nga ai. Marung laswi gaw shingma marung kata e rawng nga ai. Bawnu hte marung laswi gaw shiga ni hpe lasaw lasa ni hku nna hkum hkrang de sa ya nga ai. Ndai myiset shiga ni gaw sin yu ga sumri hku loi hkrang ai shiga ni hte bung nga ai. Lasaw lasa ni gaw myi, na, ladi, n-gup, hpyi ni hpe bawnu hte matut ya lu nga ai. Hkum hkrang daw chyen gaw bawnu a matsun hpe hkan galaw ya lu nga ai. Bawnu gaw hkum hkrang hpe bungli law law galaw na matu matsun ya ai.



Hkum hkrang mung lasaw lasa ni hku nna bawnu de shiga sa ya nga ai re. Lasaw lasa ni gaw lama ma kahtet ai lam, u nsen hpe na lu ai lam ni zawn re hpe bawnu hpe tsun dan lu ai. Gashadawn, anhte ni a lata wan kaw hkru hkrap ai shaloi, lata kaw na lasaw lasa ni gaw bawnu hpe anhte wan hkru kahtet sai lam hpe tsun dan

lu ai re. Bai nna bawnu gaw lata na shan mawng ni hpe wan kaw nna lata hpe dawm na matu matsun ai. N-dai lam ni yawng gaw setkan 1 mi pyi nna ai sha byin pru ai re.

Machyi makaw ai lam bawnu hpe jahten ai shaloi, masha gaw atsawm sha, nlu myit, n-hkam sha, n-shamu mai ai lam byin wa ai re. Hkali gaw bawnu hpe mai jahten shangun nga ai. Lama ma hku nna marung laswi hpe shadi kau yang, lata, lagaw ni n mai sham mat nga ai. Machyi makaw ai lam mung marung laswi hpe mai jahten kau lu nga ai. Mang gang ana mung masha a lagaw (Snr) lata ni hpe n lu hkam sha hkra lasaw lasa ni hpe jahten kau chye nga ai.

*Note : n lu hkam sha = hpam mat ai.*

## UNIT 7

## MACHYI MAKAW LAM HTE SENG NNA GA HPAW:

Htunghking n bung ai, machye machyang n-bung ai masha hkum dingdek shagu gaw machyi makaw byin shangun ai lam hpe lachyum amy myu hku tsun shalen nga ma lu ai. Gashadawn : Ma chyangai kan mase ai shaloi :

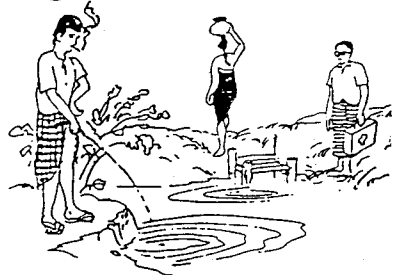
Masha nkau mi gaw pawt sin dawng ai myit gaw kan mase ai lam hpe byin shangun ai ngu tsun chye ma ai.



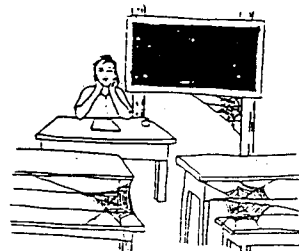
Tsi Sarawun gaw ana kanu she kan mase ai hpe byin shangun ai ngu tsun ai.



Mung shawa hkam ja lit hkam wa gaw masat shabat hka, nam dum nnga ai lam ni gaw kan mase ai hpe byin shangun nga ai ngu tsun ai.



Jawng Sara wa gaw hkam ja lam machye machyang ningra ai lam gaw kan mase ai hpe byin shangun nga ai ngu tsun ai.



Note : ana kanu = disease, bacteria,  
hkrung kanu = sperm

Lahta na masha yang gaw jaw ai (snr) daw chyen gaw jaw nga malu ai.

**LAM AMYU MYU HKU NNA MACHYI MAKAW AI LAM NI HPE  
BYIN SHANGUN LU NGA AI.**

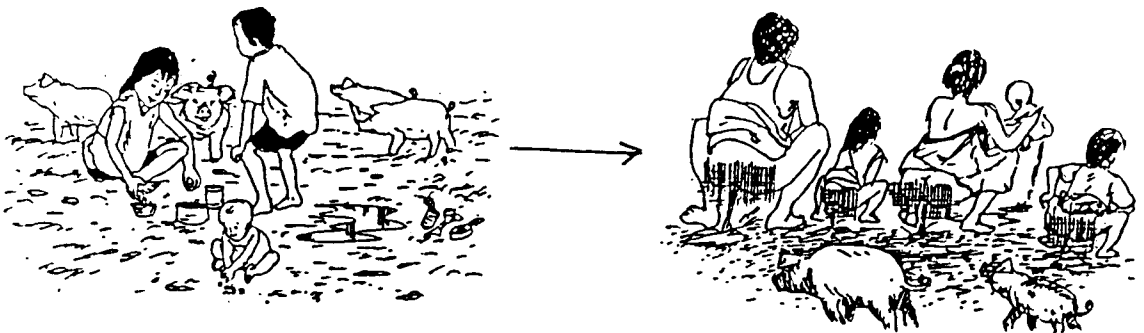
Machyi makaw ai lam hpe tau nau makawp maga na matu hte gawn lajang na matu masha gaw tinang ginra hta law malawng byin chye ai machyi makaw ni hte machyi makaw ai lam hpe byin shangun ai gum hpawn ai lam ni hpe chye na da ra nga ai.

Machyi masha hpe karum na hte ndai laika buk matsun ai tsi ni hpe chye lang na matu anhte ni gaw machyi makaw lam, machyi makaw hpe byin shangun ai lam ni hpe chye na ra ai re.

**MACHYI MAKAW HPAN LAHKAWNG:**

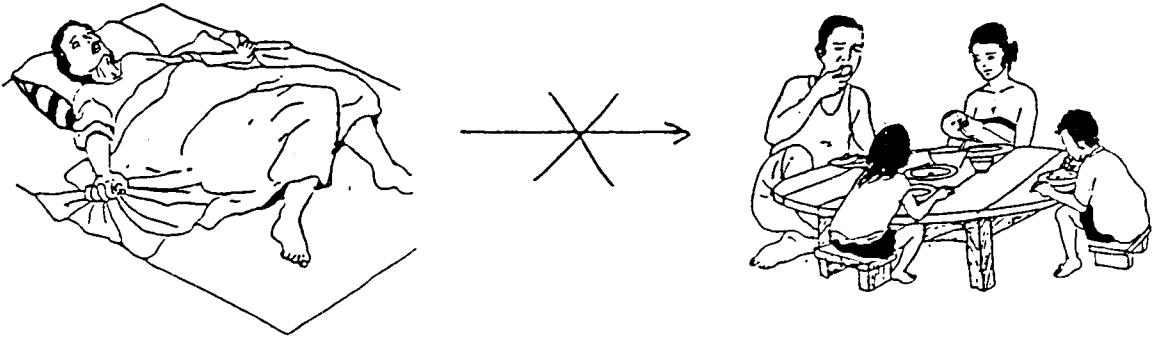
Kap chye ai, n-chye ai machyi makaw ngu na machyi makaw ai lam hpan lahkawng nga ai. N-dai hpan lahkawng hpe gaw, anhte ni ladat kaga ga hku nna tau makawp maga, kawm lajang ra ai re.

Ana kanu gaw kap chye ai machyi makaw hpe byin shangun nga ai. Ana kanu gaw masha langai kaw na langai de chyam bra lu nga ai. Dai majaw kap chye ai machyi makaw gaw masha langai kaw na langai de chyam bra lu nga ai. Anhte ni gaw kap chye ai machyi makaw nga ai masha ni kaw na hkam kaja ai masha ni hpe ana n-kap na matu makawp maga chye ra nga ai.



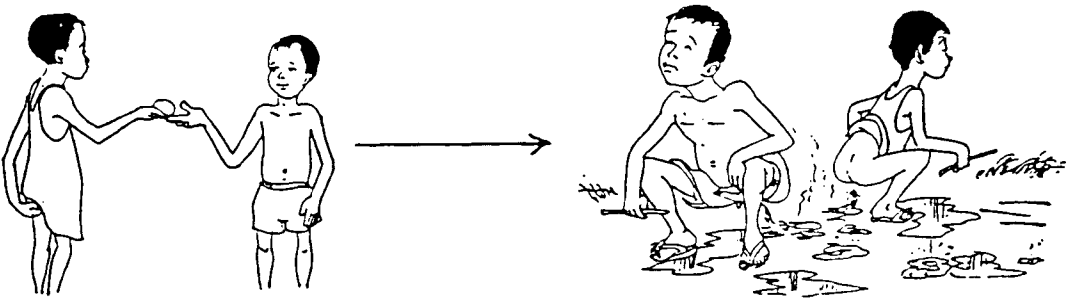
Ana kanu gaw " N kap chye ai machyi makaw " hpe nbyin shangun ai. N-kap chye ai machyi makaw gaw masha langai kaw na langai de chyam shabra ai lam nnga ai. Dai majaw anhte ni gaw " N kap chye ai machyi makaw " kap ai masha

ni kaw na hkam kaja ai masha hpe tau makawp maga ai lam hpa n-galaw ra ai.



### KAP CHYE AI MACHYI MAKAW:

Ana kanu gaw grai kaji dik ai rai nna, hkum hkrang kata de dai shang yang anhte machyi wa ai re. Ana kanu nkau mi gaw hkum shan hpe jahten ai (Snr) hkum hkrang kata de gung hpe shapraw lu ai hte kap chye ai machyi makaw ni hpe byin shangun nga ai. Ana kanu gaw nhpu hta na grau kaji nga ai. Ana kanu gaw kaji nna yawga kanu yu ai pat nhpai kaw k hte sha n rai yang anhte dai hpe n mu lu nga ai. Kaji nna law ai hpun shakrep ni gaw hpun hpe jahten lu ai zawn, kaji nna law ai ana kanu ni gaw hkum hkrang hpe jahten lu ai re. Ana kanu ni gaw hkum hkrang kata de n-gup, ladi, myi, hpye ai hpyi, ana kap ai tsi htu samyit ni hku nna shang wa ai re. Ana kanu gaw masha a mayen, hkyi, sai ni hta shanu nga lu ai re. Machyi ai masha gaw mayen mahto ai shaloi, kan sa ai shaloi kaga masha de ana kanu ni hpe chyam shabra lu nga ai (Snr) machyi ai masha na sai gaw kaga masha de shang jang mung kanu chyam shabra lu ai re.



Ana kanu hpan 3 nga ai.

- (1) **Bacteria**- Bacteria ngu ai ana kanu ni hpe tsi hte mai sat nga ai.
- (2) **Fungus**- Fungus ngu ai ana kanu hpe mung tsi hte mai sat nga ai.
- (3) **Virus** - Virus ngu ai ana kanu hpe gaw tsi hte nmai sat nga ai.

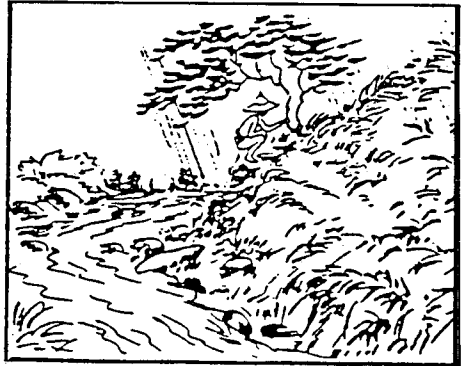


Unit 11. hta e machyi makaw lam jahpan hta e kaning re ai ana kanu gaw kaning re machyi makaw lam byin shangun ai ngu ai hpe tsun dan na re.

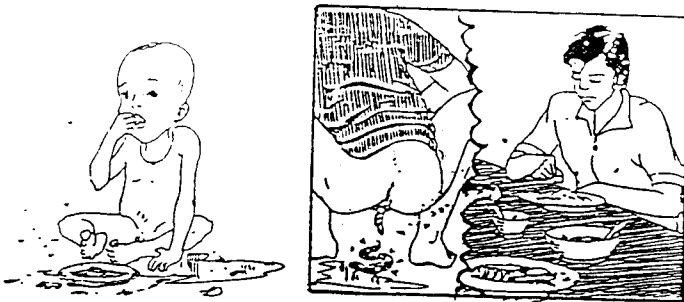
**TSI MAWAN GAW ANA KANU NKAU HPE N LU SAT AI. DAI MAJAW, ANA KANU N CHYAM BRA HKRA MAKAWP MAGA AI GAW GRAI AHKYAK AI. NANG ANA KANU N KAP HKRA GALAW LU YANG GAW MACHYI MAKAW LAW LAW HPE KOI YEN LU NA NDAI. ANA KANU CHYAM BRA NA LAM MAHKRUN LAW LAW NGA AI.**

Ana kanu chyam shabra ai hpan ladat law law nga ai.

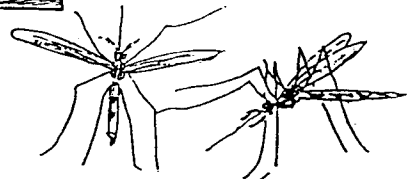
- \* Masha hte dusat ni ga hta nam sa nna, marang gaw ndai nam (hkyi) ni hpe marang hpum daw hku nna lwi mat wa ai shaloi ana kanu hte hkyi gaw lu hka shatai ai hka de shang bang wa ai re. Masha gaw nsan nseng ai hka hpe lu hkrup nga ai. N-dai hku nna htawk dang ana, mamu zawn re ai machyi makaw hpe shachyam shabra ya lu nga ai.



- \* Masha gaw maza mala (Snr) hkyi hpe ahtawk hkra yang dai ni gaw lata hta kap wa ai. Dai lata hte masha gaw lusha sha (Snr) n-gup hta bang hkrup jang, ana kanu gaw n-gup kata de shang mat wa ai re. Jinu mung ana kanu hpe chyam shabra ai re. Jinu gaw hkyi ntsa hkring sa nna hkyi kaw na ana kanu ni gaw jinu a lagaw hta kap wa ai re. Dai hpang jinu gaw lusha ntsa e hkring sa ai shaloi ana kanu gaw lusha kaw kap ngam kau chye nga ai. Masha gaw dai lusha hpe sha hkrup yang ana kanu gaw kan de shang mat wa lu nga ai. N-gup kata shang wa ai jinu gaw pu bum ai ana, sin bum ana hte kan mase ai ana ni hpe byin shangun lu nga ai.



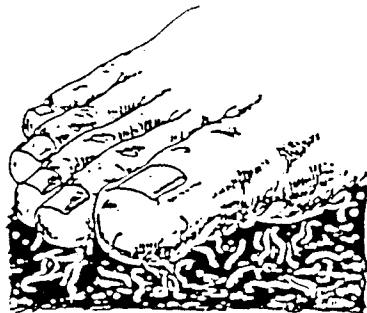
- \* Dusat (Snr) jigrawng ni masha hpe gawa ai shaloi ana kanu gaw dusat (Snr) jigrawng a n-gup kaw nna masha a hkum



hkrang de pru shang wa ai re. Hkali, gwi mana yawga, sai pru loi ai tuk kwi ana zawn re gaw ndai zawn chyam bra ai re.



- \* Machyi ai masha jahkru, mayen mahtoi, kahti ai hpe n machyi ai masha gaw dai machyi ai masha a mayen ni hpe hkra hkrup, marawp hkrup ai shaloi bawnu sap sanap bum ai ana, mang gang ana, Sinwawp ana ni kap lu chyam bra lu nga ai.
- \* Masha wa machyi ai masha lang ai gawm, arung arai ni hpe lang ai shaloi, machyi masha sha ai di kaw nna lusha sha yang hkrup yang mung ana kap shabra lu ai re.
- \* Machyi masha hte hkum shan kanawn mazum yang mung ana kap shabra lu nga ai. Mak sa ana, galang gyi ana, ye yung ana, n-gun atsawm yawm wa ai ana (AIDS) ni gaw ndai zawn re kap shabra wa ai re.
- \* Masha gaw n san n seng ai tsi htu samyit hpe lang hkrup yang , machyi masha lang ai samyit (Snr) machyi masha kaw na sai kap wa yang mung machyi makaw sh achyam bra wa ai re. Tsi htu samyit kaw na kap ai sin bum ana, n-gun atsam yawm wa ai ana (AIDS) zawn re gaw ndai hku nna chyam bra wa ai re.
- \* Masha gaw gyep din (labye) ndin ai sha hkyi, maza mala ni hpe hkra ai shaloi hkyi, maza mala ni kaw na manu gaw masha a lagaw de shang wa ai re. Dai manu ni kaw na ana kanu ni hpe chyam bra lu nga ai.



Machyi makaw chyam bra wa ai lam hpe gara hku dawm kau na hte seng nna Makawp maga ai hte seng ai daw kaw yu yu u.

Ana kanu hkum hkrang kata de shang wa ai shaloi hkum hkrang gaw dai ana kanu hpe gasat shamyt kau na matu shakut nhtawm machyi makaw lam hpe tau jau makawp maga lu ai. Law malawng hkum hkrang gaw ana kanu hpe sat ya ai majaw anhte ni machyi makaw lam nnga ai re. Masha gaw hka nam pan, wa bru zawn re ana hpe prat mi hta kalang sha lu chye, kap chye nga ai. Dai zawn re ana kalang byin pru ai h pang hkum hkrang gaw dai ana kanu ni hpe gasat ai ladat chye la ai majaw anhte ni dai zawn re ai ana bai nkaw wa ai re. Tau makawp maga tsi gaw machyi makaw hpan nkau mi hpe gasat na matu hkum hkrang hpe garum jaw lu ai.

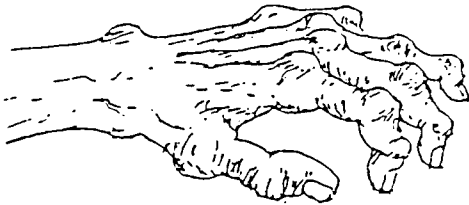
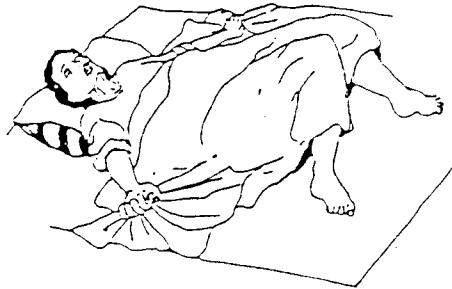
Masha langai wa gaw n-gun atsam yawm yang, n-gun rawng ai baw lusha ning ra yang, machyi yang, asak nau kaba yang mung ana hkrung kanu hpe nlu gasat nga ai. Dai majaw shi gaw machyi makaw lam hpe aloi sha kap chye nga ai. Ana kanu nkau mi gaw masha shagu hpe machyi shangun lu hkra n-gun rawng ai. Kap chye ai ana nkau mi gaw ma kaji ni hpe chyua sha mang hkang jaw ai.

## N KAP CHYE AI MACHYI MAKAW NI:

Ana kanu gaw n kap chye ai ana hpe nbyin shang un ai. Kaga lailen ni shi n kap chye ai ana hpe byin shangun nga ai.

\* Hkum hkrang kata na rai ni tсам mat iang (Snr) shut shai mat jang n kap chye ai ana byin wa ai re.

- Lami laman bum ai ana.
- Salum mang hkang.
- Mamu mu ai ana.



- A kajawng sha malap mat ai ana.
- Baw chyen machyi ana.
- Myi htau ana.
- Mawng ana.



\* Hkum hkrang shin gan na lama ma gaw hkum hkrang hpe jahten lu chye ai.

- Hkum sai maju hpe aloi sha hkra machyi ai ana.
- Nsa chyat, ba ai ana.
- gung

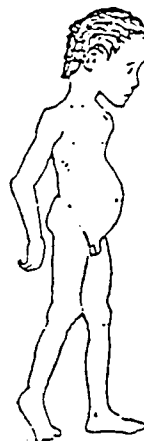
- Lapu gawa ai lam.
- Hka yawm wan hkut a majaw jahkru ai lam.
- Shat kan hpye ana.
- Tsa chyaru a majaw machyi ai lam.



\* Kalang lang hkum hkrang gaw, lusha hku nkau mi hpe ra rawng shangun

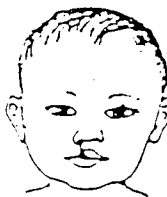
nga ai.

- Lusha ning ra ai ana.
- Sai hta hkyeng ai baw hpan yawm mat ai (Hpri dat n rawng mat ai.)
- Du bawng ana (Jum nhprang dat ning ra ai.)
- Hkum hta ntsin hkyet mat ai ana.



\* Kalang lang masha gaw manghkang hte shangai wa ai.

- Nten ga ai lam
- Mamu mu ai lam
- Myit nhpring ai ma kasha
- Shangai ai kaw nna lawm wa ai masat.
- Myi gyeng ai lam.
- Jahten labye ai lam.



\* Manghkang nkau mi gaw myit kata byin hpang ai re.

- Hkrit hpa lam.
- Lasaw lasa myit tsang ai lam.
- Sheng mawng sheng hkang lam.
- N lu hkang ai hkrit hpa lam.

Hkum hkrang hpe ahtu hkra ai ana kanu gaw n kap chye ai machyi makaw hpe n byin shangun ai. N kap chye ai machyi makaw gaw masha langai kaw na langai de chyam bra ai lam mung n nga ai. Ana kanu gasat ai tsi, ana kanu sat tsi ni gaw nkap chye ai machyi makaw hpe n lu sha mai nga ai.

**N KAP CHYE AI MACHYI MAKAW HPE ANA KANU GASAT  
AI TSI (ANTIBIOTICS) HKUM LANG U.**

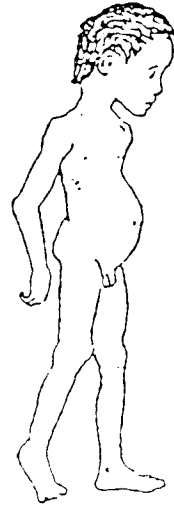
**BUNG PRE AI ZAWN RE AI MACHYI MAKAW:**

Kalang lang machyi makaw ni hta byin wa ai npawt n bung ai kaga ga tsi ra ai. Yu yang gaw ana bung ai zawn re. Ga shadawn:

- (1) Ma kasha ni a kan bum wa nhtawm yat yat rai lasi wa yang, lawu de na

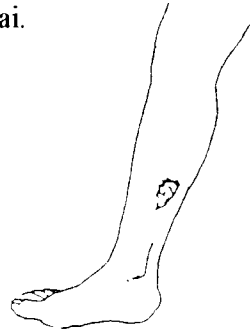
lam ni a majaw re chye ai.

- \* Lusha ningra ai lam.
- \* Sawng ai shingtai kap ai lam.
- \* Sinwawp ana nsam.
- \* Sawng nna jit sa mang hkang aten galu hkam sha ai lam.
- \* Sin hte kanpai mang hkang.
- \* Sai mawng.



(2) Asak kaba nna lagaw hkru tum hta ningma hpye ai lam tau su kaba wa ai gaw lawu na mang hkang ni rai nga chye ai.

- \* N kaja ai sai lwi hkrat ai lam.
- \* Jit dwi ai lam.
- \* Kap la ai nra ana lam
- \* Mang gang ana.
- \* Hpyi yawga ana.
- \* Mak sa nsam.



Anhte yawng gaw ndai machyi makaw shagu hpe tau jaw maram chye ra nga ai. Dai rai yang she gara hku nna shamai shamat na lam hpe chye lu na re. Anhte gaw ndai machyi makaw shagu hpe shai ai ladat hte shamai ra ai re. Machyi makaw law malawng gaw bung pre ai lam nga ai. Raitim, anhte ni jaw ai gasan hpe san chye nna hpa hpe mu tam ai lam hpe chye jang, machyi makaw hpan hpe a tsawm sha lu ginhka chye lu nga ai. Dai hpan she gara hku nna machyi makaw hpe tsi shamai na hpe chye lu na re.

Unit 10 - 15 gaw machyi makaw ai lam a nsam hpe ka madun shaleng da ai re. Machyi makaw gaw masha hkum shagu a ntsa e ladat amyuu myu hte mai nga kap chye ai lam hpe anhte chye na ra ai. Machyi makaw gaw hkum shagu hpe ahtu hkra lu nna anhte hpe myit tsam pu shangun chye ai.

**TSI TSI YA AI LAM HPE NANG HKU NA HKRAK CHYE TSI YANG SHE  
TSI U.**

**ALOI SHA SHUT CHYE NGA AI.**

**NANG N CHYE AI LAM HPE CHYE MASU NA HKUM TSI YA.**

**LAMA NA NANG HKU NA HPA BAW ANA RE AI LAM N CHYE JANG  
MACHYI AI WA HPE TSI RUNG DE WOI SA U.**



## UNIT 8

### MACHYI MASHA HPE GARA HKU NNA JEP SAN NA LAM:

Machyi masha hpa baw ana nga ai lam hpe chye lu na matu anhte ni gaw gasan hte machyi masha wa hpe jep san ra ai. Kade daram machyi nga ai lam, hpa baw ana nga ai lam hpe chye lu na matu kumla ni hpe mung anhte maram yu ra ai. Anhte ni a ga san mahtai, kumla ni hpe ka matsing da nhtawm ndai ga san mahtai, kumla ni hpe jai lang nna gara hku na dai ana hpe shamai na hpe chye lu hkra shakut ra nga ai. Unit 10 gaw kumla hte machyi hpan ni hpe madun da ai re. Unit 11 gaw machyi hpan shagu hte kumla ni hpe hkum tsup hkra madun da ai re. Unit 10 hte Unit 11 gaw anhte ni yawga kumla hpe sagawn ai lam hta garum jaw ya nga ai.

Galoi mung machyi masha hpe wan htoi tu ai shara, nhtoi hta jep san ra ai. Jan ninghtoi gaw machyi masha hpe jep san na matu hkra nga ai. Nsin gawk hta galoi mung machyi masha hpe jep san n mai nga ai. Anhte atsawm sha n mu lu yang gaw machyi kumla n kau mi hpe mung atsawm sha n mu lu chye ai.



Machyi masha hpe san na npawt nhpang ga san ni nga ai. Dai ni gaw machyi masha hpe sawk sagawn na matu na npawt nhpang kumla ni mung rai nga ai. Machyi masha shi gara hku nna hkam sha ai hpe tsun ai hpe madat ya na matu mung grai ahkyak nga ai. Machyi kumla hpe tam na matu machyi masha hpe jep san ai lam mung grai ahkyak nga ai. N-dai kumla ni gaw ma chyangai hte ga n lu shaga ai machyi masha ni a matu grai ahkyak nga ai.

**MACHYI AI MASHA HPE JEP SAN AI SHALOI, KUMLA NI HPE HKAM  
JA DAP MASHA NI HPE MADUN NA MATU KUMLA NI HPE KA  
MATSING DA RA AI. N-DAI DAW HPANG JANTUM DE KA DA AI  
" MACHYI MASHA MUNG HTAWN LAIKA " HPE MUNG ANHTE  
MAI JAI LANG AI.**

### JEP SAN AI LAM:

Anhte ni machyi masha hpe jep san yang, gasan san, shi a byin nga ai masa hpe yu, hpyi hte kahtet masat hpe maram yu, nsa sa ai lam, hte sai gumlawt ai lam ni hpe jep yu, byin mai yang gaw sai dip n-gun hte hkum hkrang daw chyen shagu hpe jep yu ra ai.

## (1) GA SAN SAN AI LAM

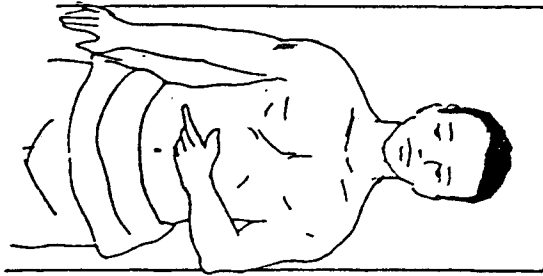
Jep san ai lam hpang ai shaloi masha a machyi makaw ai lam hpe san u. Lawu de na ga san ni hpe san hkra shakut ra ai.

- \* Ya yang hpa wa shi hpe mang hkang jaw nga ai lam (Snr) hpa wa machyi shangun nga ai lam.
- \* Hpa baw wa grau machyi shangun ai lam (Snr) grau mai shangun ai lam.
- \* Gara hku nna machyi wa ai lam.
- \* Galoi machyi hpang ai lam.
- \* N-dai baw ana shawng de byin yu, n byin yu (Snr) shi nta masha langai ngai byin yu, n byin yu (Snr) htingbu ni byin ga, n byin ga ai lam.

Machyi makaw lam hpe hkum tsup hkra chye lu na matu kaga ga san ni hpe mung san ra ai. Dai ga san ni gaw ana mang hkang hta hkan ai re.

Ga shadawn - Machyi masha wa machyi ka ut yang -

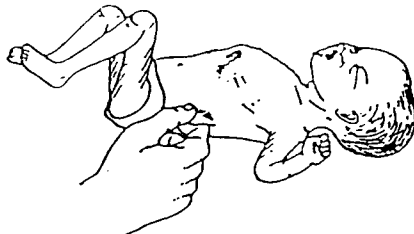
- \* Machyi ka ut ai shara kaw layung hte madun na matu san u.



- \* Ten shagu (Snr) kalang lang sha machyi ka ut ai kun?
- \* Machyi ka ut ai lam gaw kachyeng ai kun? (Snr) dup dup re ai kun? (Snr) ja hkut machyi ai kun?
- \* Machyi ka ut ai shaloi lu yup ai kun?

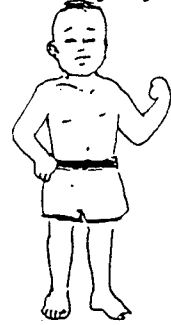
## (2) MASHA A HKAM KAJA LAM MASA HPE JEP YU AI LAM:

Anhte ni machyi masha hpe atsawm sha jep yu ra ai. Shi kade daram machyi ai lam (Snr) ga wng kya ai lam hpe maram yu u. Shi a shamu shamawt ai lam hpe mung maram yu u. Gara hku nna nsa sa ai lam, hkraw nga ai shinglet, lup ai myi, hpyi a sit a wawt ai zawn re ai, ntsin hkyet mat ai kumla ni hpe mung maram yu u.



Asit awat re ai hpyi, nsam hpoi mat ai hpyi, sai gumlawt n-gun ja ai lam, n-gun yawm ai lam zawn re ai, kajawng ai kumla ni hpe mung yu ra ai.

Machyi masha lusha ningra, n ra zawn re lam hpe mung chye yu ra ai. Lusha ning ra ai masha gaw lasi, gawng kya ai hte pu ba nga ai. Masha wa nam nak yawm ai lam nga nnga hpe mung yu ra ai. Aten galu ai ladaw hta hkum nam nak yat yat yawm mat ai lam gaw masha dai aten galu machyi nga ai rai chye ai.



Myi hte hpyi hpraw nsam hpe mung jep yu ra ai.

\* Sai n rawng ai nten hte myi hpyi kata nsam hkraw ai lam gaw sai hta hkyeng ai hpan yawm mat wa ai ana kumla rai nga ai.



\* Hpyi asit awat re ai, nten, lamyin ni gaw sawng ai nsa sa manghkang (Snr) salum mang hkang byin ai lam hpe madun ai kumla ni re.

\* A sit awat re ai hpyi rai nna katsi ai lam gaw kajawng ai kumla rai nga ai.

\* Ahto law ai lwi dwi hpyi nsam hpyi hte myi gaw sin bum ana, shagri ana byin nga ai hpe madun nga ai.

### (3) KAHTET MASAT:

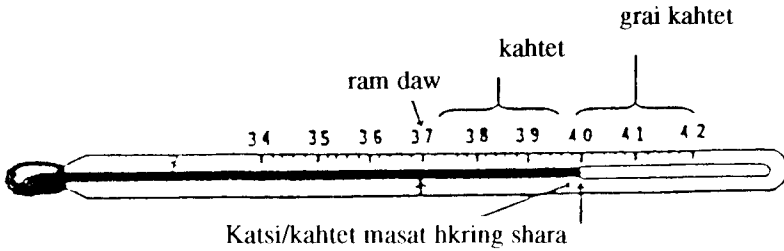
Hkum hkrang na ana hkrung kanu gaw machyi makaw hpe byin shangun ai shaloi hkum hkrang gaw kahtet wa ai. Machyi masha wa hkum kahtet machyi ai lam nga tim kahtet masat hpe jep yu ra ai. Masha wa machyi sawng yang shi a kahtet masat hpe yawm dik lani mi mali lang jep yu nna ahkying hte kahtet masat hpe ka matsing da ra ai.

Anhte ni kahtet shadawn ai rai n nga yang mung kahtet masat hpe maram chye ra ai. Kahtet masat hpe maram na matu lata langai a shing du hpe machyi masha wa a kahtan kaw mara n htawm maga mi a shing du hpe gaw tinang a kahtan ntsa mara u. Machyi masha wa kahtet machyi ai lam nga yang gaw



shi kahtan gaw tinang a kahtan hta grau nna kahtet na ra ai.

Kahtet masat hpe (Centigrate (C)) (Snr) Fahrenheit (F) hte kahtet masat sha-dawn ai re. Ndai yan gaw n bung nga ai. Anhte a kahtet masat rai gaw Centigrade (Snr) Fahrenheit hte shadawn ai lam hpe chye ra ai.



- \* Hkam kaja ai masha a kahtet masat gaw 37 C (98.6 F) grup yin nga ai.
- \* 37 C hte 39 C (98.6 F hte 102 F) lapran gaw nem ai kahtet machyi ai re.
- \* 39 C (102 F) lahta kahtet masat gaw tsaw ai kahtet machyi ai re.

Lawu na lam ni hpe mung chye na ahkyak ai.

- \* Galoi kahtet machyi hpang ai. (Jahpawt (Snr) shana)
- \* Kade daram kahtet machyi na sai. (Hkring, shani)
- \* Galoi kahtet machyi ai lam mat wa chye ai lam. (Shana, jahpawt)
- \* Kahtet machyi ai lam hpang ai shaloi gara hku nna hkam sha ai lam (Baw machyi, kashung).
- \* Kahtet machyi ai lam mat ai shaloi gara hku nna hkam sha ai lam (Salat pru ai lam)

Ga shadawn:

- \* Galoi mung hkali gaw katsi kashung ai hte hpang chye nna hkying hkum loi na ai hpang tsaw ai kahtet machyi ai lam hpe byin shangun ai. Salat pru ai hte zim nhtawm lani, lahkawng ni na jang bai byin wa chye ai.

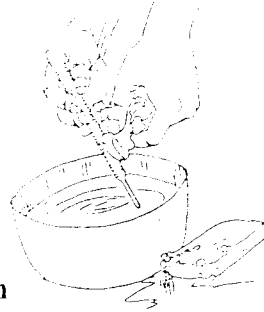


- \* Pu bum ai lam gaw lani mi hta lang law law byin ai kahtet machyi ai lam hpe byin shangun ai.
- \* Sinwawp ana gaw shana maga de she nsawng ai, kahtet ai hte byin pru wa chye ai. shana hta gaw salat pru nna kahtet ai lam yawm mat chye ai.

### KAHTET MASAT NI HPE JAI LANG NA LADAT:

Machyi masha a kahtet mas at hpe lani mi 4 lang jep nna a hkying hte masat hpe ka matsing da u.

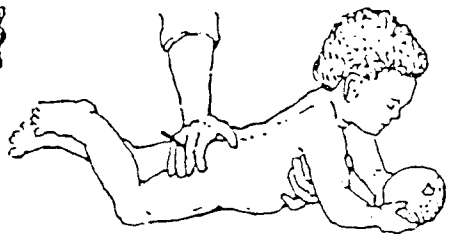
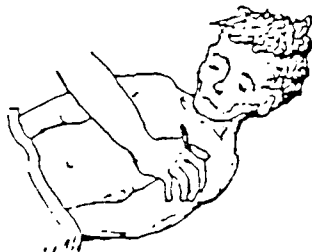
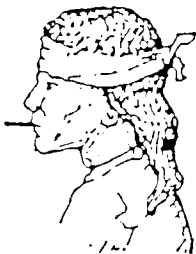
1. Kahtet masat rai hpe sapy a hte hka (Snr) tsa machyan hte kashin u.



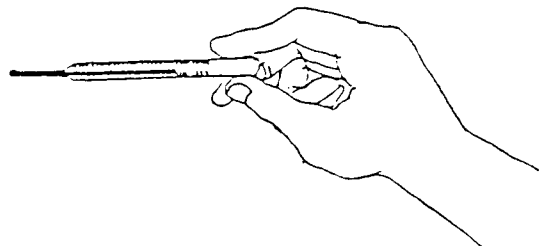
2. Kahtet masat ni hpe ta yung nu lapran ngang hkra matep da nna yung lat hte madi jum da u.



3. Kahtet masat rai a hkyeng ai jahtum hpe shinglet kata (Masha kaba), Lahpa npu kata (Ma kaji), kan sa hku (Ma chyangai) kata shawn bang u. Kan sa hku kata hta garai nshawn bang shi yang Thermometer jahtum hpe sau hte madi nna kahtet masat hpe bang shadawn u. Bai nna machyi masha hpe kahtet masat rai hpe n-gup kata ten hte tet da na lam tsun u.

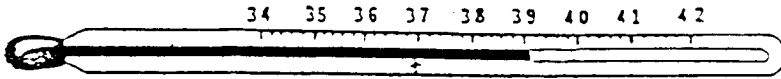


4. Kahtet masat hpe n-gup kata minit 3 (Snr) 4 daram bang da u
5. N-gup kata na kahtet masat shadawn ai rai hpe shaw la u.
6. Kahtet masat jahtum hpe jum u.





7. Kahtet masat hkyeng ai masat jahtum hpe mu lu hkra gale yu u.
8. Mahkret hkyeng jahtum npu, ntsa na nambat gaw kahtet masat rai nga ai. Kahtet masat hte hkying hpe ka matsing da u.



N-dai kahtet masat gaw 39 C (102 F) rai nga ai.

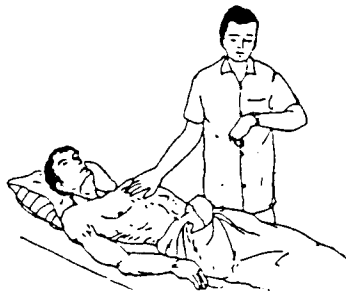
9. Kahtet masat rai hpe sapy a hte hka hte kashin kau u.
10. Kahtet masat rai hpe ma kasha ni ndep nhkap lu ai shara kaw zing da u.

#### (4) NSA SA AI LAM

Machyi masha nsa sa ai hkrang ladat hpe matsing da u. Lawu na lam hpe yu u.

- \* Sung ai (Snr) tang ai nsa.
- \* Minit langai hta kade lang nsa sa ai lam.
- \* Nsa sa yak ai lam.
- \* Machyi masha nsa sa ai shaloi sinda lahkawng maga gaw rap rap ra ra shamu ai kun?

Anhte ni nayi lu jang, minit langai hta nsa sa ai lam hpe hti da ra ai. Anhte lata hpe machyi masha a sinda hta mara nhtawm sinda yu (Snr) lung shamu lang hpe hti yu u.



- \* Asak kung sai. hkam kaja ai masha gaw minit 1 hta 12 - 20 lang nsa sa ai.
- \* Hkam kaja ai masha gaw minit 1 hta 30 lang du hkra sa ai.
- \* Hkam kaja ai ma chyangai gaw minit 1 hta 40 lang du hkra sa ai.

Kahtet machyi sawng ai (Snr) sin-wawp ana sawng ai masha ni gaw nsa sa ai lam grau lawan nga ai. Masha langai gaw minit 1 hta 40 lang hta jan ai madang hku nsa sa yang shi gaw sinwawp bum ana lu chye ai.



Nsa sa nsen hpe atsawm sha madat ra ai. Ga shadawn -

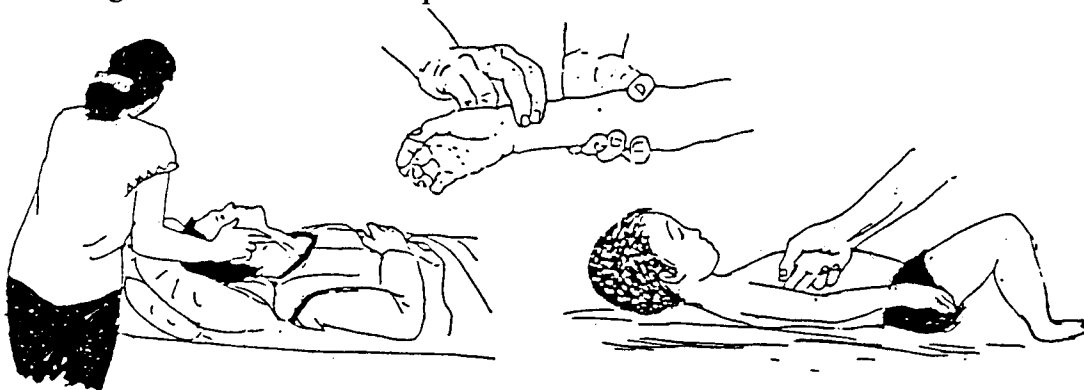
- \* Yak nna hkraw hkre ai (Snr) lahpyaw hpyaw ai nsa gaw nsa chyat ana kumla rai chye ai.
- \* N dum mat sai masha wa nsa sa yak nna hka lwi nsen (snr) yup gawk gawk nsen nsa sa yang yuhkraw kata lama ma pat shingdang da nhtawm sinwawp kata nbung atsawm n shang ai lam re.

Masha jahkru yang, lawu na ga san ni hpe san yu u.

- Yup n lu hkra jahkru ai kun?
- Mahka pru hkra jahkru ai kun?
- Kade daram mahka pru hkra jahkru ai kun?
- Hpa baw mahka nsam rai kun?
- Mahka nsam kaw sai lawm ai kun?

#### (5) SAI LAM GUMLAWT AI LAM:

Sai ting yat hku nna sai gumlawt yang shamu wa ai re. Ndai shamu ai lam hpe salum sai gumlawt ai ngu ai re. Masha a sai gumlawt ai lam hpe shara 2 hta jep chye lu ai. Dai shara ni gaw du hte lata hkri hkraw rai nga ai. Sai gumlawt lam hpe chye lu na matu lawu de madun da ai sumla hte maren lata lami hta e yung nu hte nre ai sha layung hte sai hkawm ahtuk ai hpe jum yu u. Lata lamyi kaw sai lam n hkrup hkraw jang sumla kaw na zawn du pau si nhkrem e jum ya yu u. Kalang tawn nna sinda salum ang kaw nan na hte madat yu u. Ma chyangai a sai gumlawt ai lam hpe jep na matu gaw lata lahta daw hta dip u.



Sai gumlawt n-gun ja (snr) kya , shadang (Lawan, n lawan (Snr) minit langai na gumlawt lang), lai masa jaw ai lam (ra ra gum lawt ai (snr) nra ai hku gumlawt ai) lam ni hpe matsing da u. Anhte ni nayi lu yang minit 1 hta kade lang gumlawt ai hpe hti matsing ra ai.

## HKRING SA TAW AI MASHA NI A SAI GUMLAWT LANG

<b>Kung sai masha</b>	<b>minit 1 hta</b>	<b>= 60 - 80</b>
<b>Ma kasha</b>	<b>minit 1 hta</b>	<b>= 80 - 100</b>
<b>Ma chyangai</b>	<b>minit 1 hta</b>	<b>= 100 - 140</b>

Ginsup ai shaloi, hkrit kajawng ai shaloi, kahtet machyi ai shaloi gaw masha a sai gumlawt ai lam gaw grai lawan ai. Kahtet machyi ai kaw degree 1 C rawt jang sai gumlawt lang gaw minit 1 hta 20 lang jat lung wa ai re. ( 1 degree F hta 10 lang )

## KAHTET MASAT

	37 C (98.6 F)	39 C (102 F)	40 C ( 104 F)
Masha kaba	60 - 80	100 - 120	120 - 140
Ma kasha	80 - 100	120 - 140	140 - 160
Ma chyangai	100 - 140	140 - 180	160 - 200

Machyi ai lam sawng yang, sai gumlawt ai lam hpe jahkring hkring jep yu n htawm gum lawt ngun, shadang, sai masa jaw ai lam ni hpe ka matsing da ra ai. Bai nna kahtet masat hte minit 1 hta nsa sa lang ni hpe mung ka matsing da ra ai.

Sai gumlawt shadang galai shai ai ni hpe nang chye yu na grai ahkyak nga ai.

- \* N-gun kya na lawan ai sai gumlawt lam nga ai masha gaw kajawng ai kumla rai nga ai.
- \* Grai lawan ai (Snr) grai lanyan ai (Snr) lai masa n jaw ai sai gumlawt lam nga ai masha gaw salum manghkang nga chye ai.
- \* Sawng ai kahtet machyi ai hte kahtet masat hta jan ai masha gaw pu bum ana nga chye ai.

## (6) SAI DIP N GUN LAM: (Blood Pressure)

Sai dip n-gun lam gaw masha a salum kade daram yak hkak hkra bungli galaw nga ai lam hpe tsun dan nga ai. Anhte ni gaw sai dip n-gun hpe shadawn na matu sai shadawn arai hpe lang ai re. Sarawun lang ai na lachyawp mung ra ai.

Sai dip n-gun hpe shadawn na matu gaw:

- \* Ta lahpum hpe sai shadawn rai hte gayawp u.

- \* Sarawun lang ai na lachyawp hpe ta lahpum kata de bang u.
- \* Sharam ai hku (Valve) hpe pat nhtawm sai dip ngun rai hpe 200 masat ndu dingsa byit u.
- \* Sharam ai hku (Valve) hpe tausau manai hpaw nna nbung hpe shapraw kau u. Sai gumlawt ai hpe na lu ai shaloi masat hpe matsing u.
- \* Sai gumlawt nsen hpe nna lu sai ten hta na masat nambat hpe mung kamatsing da u.
- \* Sai gumlawt nsen hpe nnan na h pang ai shaloi na nambat hpe matsing u. Bai nna hkrat gyen kau u. Dai hpang sai gumlawt nsen hpe na na jahtum ai shaloi na nambat hpe ka u. Ga shadawn : 120/80.



Sai dip ngun gaw shawoi na masa hku re jang 120/80 re. Lahkawng ngu na nambat wa 100 hta grau kaba yang gaw dai masha wa sai dip ngun tsaw nga ai.

#### (7) MYI:

Myi hpraw daw nsam hpe jep yu u. Nsam gaw shawoi na zawn re kun? (Snr) hkyeng (Snr) htoi ai kun?. Machyi masha a mu ai lam galai shai wa ai lam nga yang, dai hpe mung maram yu u. Mu ai lam man ai kun? ngu ai ga san hpe mung san u.

Myi hpe lawu lahta, pai hkra shamu na matu tsun u. N-ra shamu ai lam, ahkye ai lam gaw baw nu hten ai kumla re. Myi sha hkrang hpe mung jep yu u. Myi sha hkrang grai kaba yang gaw dai masha gaw kajawng ai hkrum katut chye nga ai. Myi sha grai kaji yang dai masha wa gaw, tsi mawan lama ma sha da chye ai.

Myi lahkawng yan hpe yu nna, myi sha bung nbung yu u. N-bung hkat yang gaw lawan dik ai hku tsi lajang ra ai.

**MYI SHA LAHKAWNG YAN NBUNG  
HKAT YANG GAW, MALAP AI LAM  
(SNR) BAW KAW HKALA HKRUM  
AI LAM BYIN AI HKU RE.**

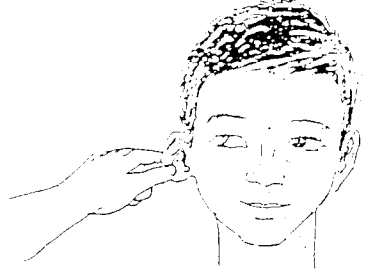


(8) NA, YU HKRAW HTE LADI:

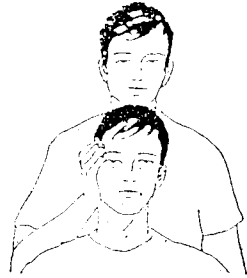
NA:

Na hku kaw matswi, hkyeng machyi ai kum la ni hpe jep yu u. Grau nna gaw katsi, kahtet machyi ai ma kasha ni hpe jep yu ra ai. Ma chyangai hkrap jahtau nna na hpe gang a hkye jang shi gaw na hte seng ai ana lu chye nga ai.

Na hpe angwi sha gang yu u. Na hpe dai hku gang ai shaloi, ma machyi wa yang na hku hta ana nga ai kumla re. Na kata matswi (Snr) hkyeng machyi ai hpe yu na matu dat wan lang u. Na kata de, sumri, shingna ginlang zawn ja ai arai ni hte galoi mung hkum shalau, hkum bang u.



Masha atsawm sha na nna (Snr) kaga masha ni hta grau na lasha n lasha ai lam hpe jep yu u. Masha a shingdu de tsap nna, dai masha a na langai hpe pat nhtawm lama ma kahte tsun u. Dai ga hpe chyua sha dai ladat hku maga mi na na hpe bai di u. Lama wa dai masha n lu na yang gaw na manghkang byin ai kumla re.

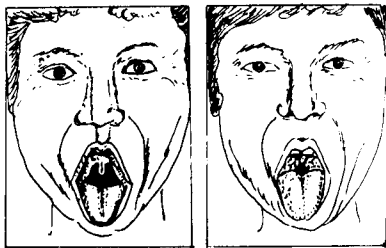


YU HKRAW HTE N-GUP:

N-gup hte yu hkraw hpe dat wan (Snr) jan hta jep yu u. Yu hkraw hpe jep na matu shinglet hpe chyaw matu hte dip da u (Snr) masha hpe "Ahh" ngu tsun shangun u.



Yu hkraw hkyeng nhkyeng , gumra bum nbum, matswi nga n nga maram yu u. Bai nna, hpye ai nga nnga, shakap bum nbum, shinglet hpye nhpye, wa hten nhten hte kaga n-gup manghkang ni nga n nga jep yu u.





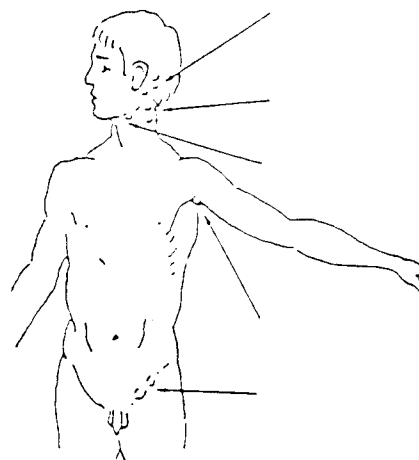
**LADI:**

Ladi hku pat n pat jep yu u. Ma chyangai ladi hku na nsa sa lu n lu hpe mung jep yu u. Matswi, sai, hkyeng bum, manam bat, nyep naw zawn re hpe yu na matu ladi hku de dat wan hte nan yu u. Ladi hku kata noi taw nga ai hkyeng ai nsam hpyi gaw masha hkum shagu kaw nga ai. Dai kaw machyi ana kum la nre ai.

**(9) HPYI HTE HKING NANG LAPAU:**

Machyi n sawng timung machyi masha a hkum hkrang hpe jep yu na gaw grai ahkyak ai. Ma chyangai, ma kasha ni a bu hpun palawng hpe raw shakrin di nhtawm jep yu ra ai.

- \* Hpye ningma, hkala ningma (Snr) grawp daw mat ai lam.
- \* Shan lapau ai lam.
- \* Ahprun machyi ai lam.
- \* Gayet hkgang.
- \* Kara run ai lam.
- \* Ningma hkgang, a teng a pang hkgang.
- \* Hpyi nsam galai shai ai lam.
- \* Ana shang nna bum wa ai lam.
- \* Myi mun run ai lam.
- \* Bum ai lam.



Hking nang bum ai lam hpe jep ra ai. Hkum hkrang kata ntsin kaw na ana hkrung kanu hpe shaw kau ai hkumshan ni hpe hking nang bum ai lam ngu ai re. Masha machyi yang hking nang lapau hta hkrung kanu law law nga wa chye ai. Bai nna hking nang lapau bum wa chye ai. Yu hkraw nbung hku makau na, baw shingdu na, lahpa npu na, la hprang na hking nang lapau ni hpe mung jep yu u.

Bum ai hking nang  
lapau shara ni

Kumla ni

Du shawng de  
Baw hpang de (Snr) Shingdu de  
Lahpa npu  
La hprang

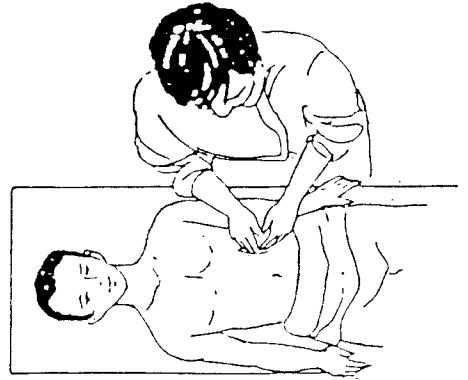
Yu hkraw ana.  
Baw ana (Snr) magyi magaw byin ai lam.  
Lata (Snr) Chyu ana.  
Jit dwi ana.

Ma kaji ni a dang bau lapran, gindai makau grup yin, layung lapran, lagaw latsang lapran, na shingdu hte kara ni hpe galoi mung jep yu ra ai. Hpye ai lam, a hprun machyi ai lam, maru, sumbram ni nga nnga hpe jep yu u. Kara kaw tsi, shakrat nga n nga hpe mung jep yu u.

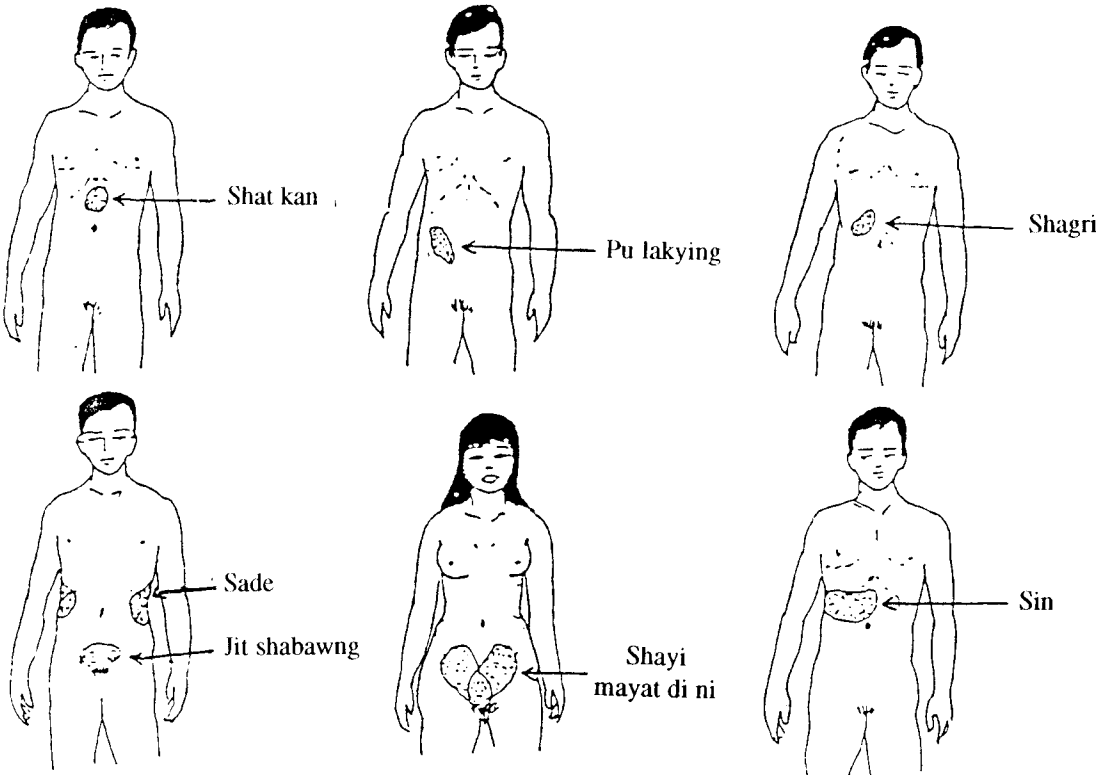
(10) KRAW KAN A LAM (ABDOMEN)

Kraw kan machyi yang, machyi ai shara hpe lu hkra tam ra ai. Machyi masha hpe madi madun na matu tsun u. Machyi ai lam ding yang rai kun? (Snr) Kalang lang sha machyi wa ai kun? hpe jep yu u.

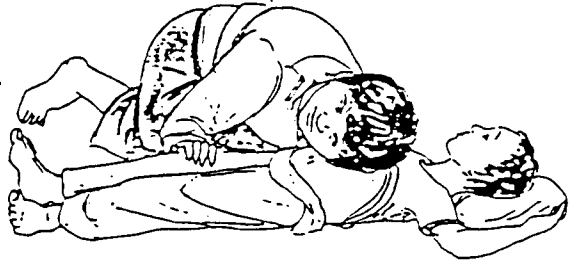
Kraw kan hpe jep yu ai shaloi, lak lai bum ai lam, bawng kaju ai lam hpe shawng yu u. Kraw kan nya, ja ai lam, kraw kan lasa ni hpe shayawm shamu lu nlu yu u. Ta lahpan hte chyam jep u. Lata latsang hte kraw kan hpe hkum achyaw u. kan ja ai rai jang kan hta hkyak hkyak tsi lajang ra sai kumla re.



Kraw kan kata na hkum shan n kau mi a shara hpe lawu na sumla hta madun da ai.



Kraw kan nsen hpe madat na matu na hpe ni kahtep di nna madat u. Galoi mung anhte ni kan nsen hpe na lu ai re. Nsen gara hku ngoi ai hpe chye lu na matu hkam kaja ai masha a kan hpe shawng madat yu u. Masha langai ngai gaw kraw kan a yan machyi nga nna madawn ai hte re nhtawm, aloi sha dai shara nmu tam yang, minit law law nsen hpe madat u. Law nna nsen ja ai lam (Snr) nsen nna ai lam ni gaw kan manghkang kaba rai chye ai.



**KAN GRAI ZIM NGA AI NSEN NNA AI KUMLA GAW KRAW  
KAW HTA HKYAK HKYAK TSI RA AI LAM A KUMLA RE.**

**11. LASAW LASA HTE SHANMAWNG (MUSCLES AND NERVES)**

Masha hpam ai, kya ai (Snr) shi hkum hkrang daw chyen hpe nlu hkang yang, dai masha hpe lawu na ladat hku nna jep yu ra ai. Shi hkawm shamu shamawt ai hkrang hpe maram yu u. Tsap, dung, kaleng tawn nna hkum hkrang lahkawng maga hpe atsawm sha shadawn yu u.

**MYI MAN:**

Masha hpe mani shangun, myi kaba shangun, kaji shangun, myi hpe pat shangun di u. Man gum dagup re n re , man maga mi kya nkya hpe mung jep yu u. A kajawng sha malap mat ai lam, myi man nhkyeng n yawt wa ai lam nga chye ai. Abwi sha rai manghkang byin ai lam gaw baw nu, shan shajan byin wa ai lam rai chye ai. Myi sha hkrang, mu mada atsam, myi shamu shamawt ai lam ni hpe mung jep yu u.

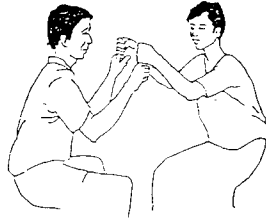


**LATA HTE LAGAW:**

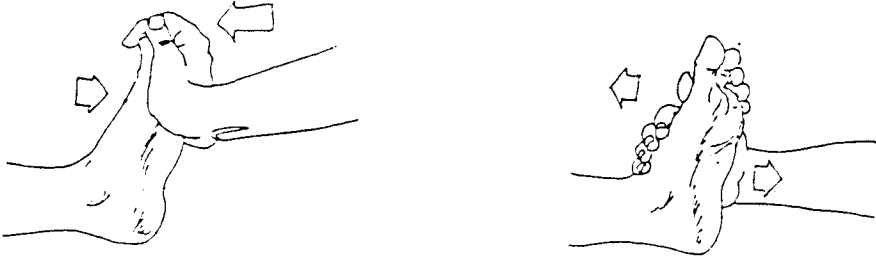
Shan mawng hkrang ni n bung hkat ai lam hpe yu u. Lagaw, lata a htat sawng ai hpe mung maram chye ra ai.

Masha a ngun hpe jep na matu lawu na lam ni hpe di u.

- \* Lata ngun hpe maram na matu na lata latsang hpe manat na matu kaga masha hpe tsun u.



- \* Lagaw ngun hpe maram na matu na lata hte shi a lagaw hpe gang, htu shangun



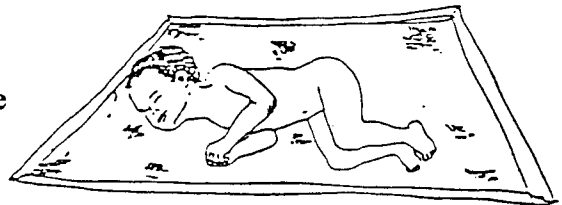
- \* Masha n-gun kya (Snr) gari ai lam hpe maram u.

Masha a shan mawng kaji ai (Snr) hkum hkrang ting kaw n-gun kya jang, lusha ningra ai lam (snr) T.B (Sinwawp) ana zawn re ai, ten galu machyi ana lam ni hpe jep yu u.

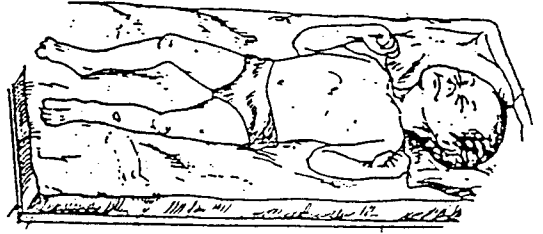
Kalang lang, shan mawng nkau mi sha kaji nga ai. Masha gaw shara nkau mi hta (Snr) maga mi sha n-gun kya nga ai. N-dai zawn re ai gaw ma kaji hkumhkrang si ana kumla rai nga ai. Kalang lang hkum hkrang daw chyen n lu shamu, n lu hkam sha wa ai re. N-dai lam ni gaw shingma kaw hkala, baw hkala, a kajawng sha malap mat ai ana a kum la ni rai nga ai.

Shan mawng yawng ting ting hkrang hkrang re nre hpe jep yu u. Shakap nlu hpaw, ting ting kang kang re jang shakap gyng ana (Snr) yu hkraw ana, wa ana hpe jep yu u.

Machyi ai ma chyangai du, shingma ting ting kang kang re nna hpan de magaw manga yang baw nu sap sanap bum ai lam hpe jep yu u. Ma kasha shi baw hpe shawng de n lu gum (Snr) lahput lapran n bang lu yang gaw, baw nu sap sanap bum ana byin chye ai re.

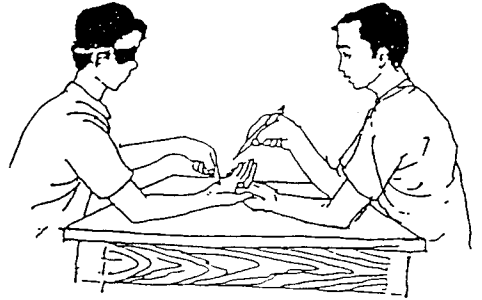


Ma chyangai ahkik ahkaw re shamu shamawt yang shi gaw dum hprang myit sum ai ana lu ai re. Bai nna htan bu ana byin chye ai. Htan bu ai lam jahkring hkring byin jang, mamu mu ai ana hpe jep yu u. Ma kaji ni machyi ai shaloi htan bu yang sawng ai kahtet machyi ai majaw rai chye ai. Bai nna hkum hta ntsin hkyet ana, shakap ging ana a majaw mung rai chye ai.



Lata, lagaw, hkum hkrang daw chyen ni hta hpam ndum mat ai lam ni hpe jep na matu -

1. Myi hpe magap na matu shi hpe tsun u.
2. Hpyi shara shagu hta hpawng ting hte sumla kaw madun da ai hte maren ahtawk hkra yu u.
3. Ahtawk hkra ai shara hpe madi madun na matu san u.



Masha wa ahtawk hkra ai shara hpe nlu madi madun yang, mang gang ana byin nga ai lachyum re.

Lata, lagaw lahkawng hta hkam sha ai lam n nga jang, mang gang (Snr) jit dwi ana hpe jep yu u.

Hkum hkrang maga mi de sha hkam sha ai lam nnga ai gaw shingma hkala ai mai byin nga ai.

## MACHYI MUNG HTAWN LAIKA

Machyi masha mying \_\_\_\_\_ Asak \_\_\_\_\_

La \_\_\_\_\_ Num \_\_\_\_\_ Kara kaw na sa ai \_\_\_\_\_

Ya ten hta madung machyi (Snr) manghkang hpa baw kun?

Galoi n-dai manghkang byin pru wa ai kun? \_\_\_\_\_

Kara hku nna byin hpang ai kun? \_\_\_\_\_

Shawoi de ndai manghkang byin yu ai kun? \_\_\_\_\_ Galoi \_\_\_\_\_

Kahtet machyi ai kun? \_\_\_\_\_ Kade ram kahtet ai kun? \_\_\_\_\_

Galoi hte kade ram na sai kun? \_\_\_\_\_

Machyi ka ut ai kun? \_\_\_\_\_ kara shara \_\_\_\_\_

Lawu na ni hpa baw lak lai (Snr) shut nga ai kun

Hpyi \_\_\_\_\_ Na, \_\_\_\_\_

Myi, \_\_\_\_\_ N-gup hte yu hkraw, \_\_\_\_\_

Num/La hkrang \_\_\_\_\_

Jit: Nau law, Nau nlaw \_\_\_\_\_ Jit nsam \_\_\_\_\_

Jitsu yang manghkang byin ai kun \_\_\_\_\_ Htoi san lam \_\_\_\_\_

Shani hta jit kade lang sa ai kun? \_\_\_\_\_

Shana hta jit kade lang sa ai kun? \_\_\_\_\_

Hkyi: Nsam \_\_\_\_\_ Sai (Snr) nyep naw \_\_\_\_\_ Kan mase \_\_\_\_\_

Kan chyat \_\_\_\_\_ Sawng nsawng \_\_\_\_\_

Manu \_\_\_\_\_, Gara baw \_\_\_\_\_.

Nsa sa ai lam: Minit langai hta kade lang sa \_\_\_\_\_

Nsa kaba, ram daw, shawoi na zawn \_\_\_\_\_ yak hkak ai nsa sa ai kun?

(Tsun htai lai lam) \_\_\_\_\_

Jahkru ai kun? (Tsun htai lai lam) \_\_\_\_\_ Hkau hkre ai kun? \_\_\_\_\_

Mahka \_\_\_\_\_ jahkru ai shaloi sai lawm kun? \_\_\_\_\_

Masha wa machyi sawng ai kumla nga ai kun? gara kumla ni kun?

(Hkum hkum tsup tsup tsun u) \_\_\_\_\_

Kaga kumla ni \_\_\_\_\_

Masha wa tsi sha nga sai kun \_\_\_\_\_ Hpa baw tsi \_\_\_\_\_

Htat pau, nam lawum, gaya, hkumsai maju hta hkra machyi nna byin wa ai sha ngun

ai tsi hpe sha lai wa sai kun? \_\_\_\_\_

Hpabaw \_\_\_\_\_ machyi ai lam gaw:

Nau n sawng ai: \_\_\_\_\_ Sawng ai \_\_\_\_\_ Grai sawng ai \_\_\_\_\_

N-dai mung htawn laika shingdu maga de ahkyak ai ngu shadu ai kaga lam ni hpe ka

matsing u.

## UNIT 9

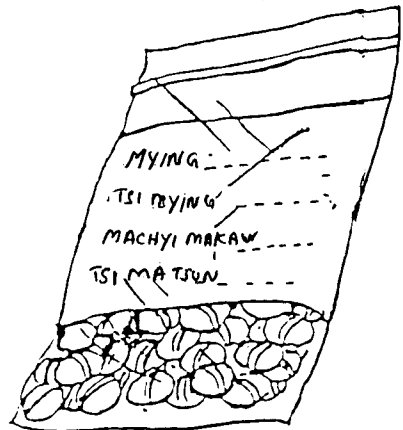
### TSI HPE JAI LANG NA LADAT:

Tsi seng, mare tsi seng kaw na tsi n kau mi gaw grai akyu nga ai re. Nkau mi gaw lang n manu nga ai. Kalang lang masha gaw tsi kaja hpe n jaw ai ladat hku jai lang ai majaw manghkang byin chye lu nga ai. Hkam ja dap magam gun masha nkau mi gaw tsi law law majoi hte jaw ai lam mung nga ai. Tsi hpe ladat njaw ai hku jai lang yang gaw machyi ai lam, manghkang grau she byin shangun nga ai. Tsi nkau mi gaw grai hkrit hpa rai nga ai. Masha nkau mi gaw hkrit hpa tsi hpe kaji kajaw machyi ai kaw jai lang ai gaw yawn hpa rai nga ai. Tsi hpe jaw ai ladat hku jai lang lu hkra hkaja na gaw grai ahkyak ai re.

### TSI HPE JAI LANG NA MATU MATSUN MADUN AI LAM:

1. Ra ai shaloi sha tsi hpe jaw u.
2. Jaw ai ladat hku tsi hpe jai lang lu hkra chye ra ai. An hte jai lang ai tsi shagu a matu tau jau sadi sa hka ai lam ni mung chye ra ai.
3. Jaw ai kalang lu tsi hpe chye jai hkra sadi ra ai.

4. Tsi mying, tsi tawng, tsi chyaw ni tsi makawp ni hpe sadi yu u. Tsi makawp hta dai shiga ni nlawm jang makawp gara kaw na shapraw ai hpe san u. Nang la ai tsi makawp hta tsi mying, tsi gumhpawng ni hpe ka matsing u. Tsi a matu tau jau sadi sa hka ra ai lam hpe san nna ka matsing da u. Tsi nhtoi lai nlai hpe mung yu u. Tsi law malawng hpe gaw tsi nhtoi lai mat ai hpang 1 (Snr) 2 ning du hkra mai lang ai. Raitim, Tetracycline tsi hpe gaw tsi nhtoi lai mat jang n mai lang nga ai.



5. Tsi ni manghkang hpe byin shangun, kaga lak lai wa ai lam nnga yang dai tsi jai lang ai hpe jahkring kau u.
6. Gara tsi hpe jai lang na n chye jang, tsi dut seng hpaw na kan bau bungli galaw sha nga ai masha hpe san u.

**MACHYI AI MASHA HTA RA NGA AI TSI HPE HKRAK CHYE JANG  
SHE TSI DAI HPE LANG U.**

**TSI HPE N MAI LANG AI LAM**

Tsi nkau mi hpe n lang yang grau pyi kaja ai.

- \* Grai sha n ra yang gaw ma hkum byin nga ai ni, chyu jaw nga ai ma kanu ni tsi hpe n mai lang ai. Raitimung, Vitamin tsi tawng, hpri dat lawm ai tsi tawng ni mai lang ai.
- \* 2 ning a lawu na ma ni hpe tsi jaw yang grai sadi ra ai. Byin mai yang gaw tsi hte kan bau bungli galaw nga ai masha ni hpe san jahkrup ra ai. Ma ni hpe tsi law law hkum jaw sha u. Kalang lang ma ni hpe Aspirin (Snr) Buspro tsi hpe jaw sha jang manghkang byin chye ai. Ma ni hpe aspirin malai paracetamol tsi hpe jaw sha u.
- \* Penicillin, Ampicillin, sulfonamide (TMP/SMZ) (Snr) kaga tsi ni lang ai hpang hkum sai hta hkra machyi ai ana (Allergic reaction) byin wa ai lam nga yang dai tsi hpe shi prat hta galoi mung n mai jai lang nga ai. Tsi lang masha gaw tsi mying hpe chye ra ai. N-chye jang hkam ja lit hkam (Snr) Sarawun sarama ni hpe san ra ai.
- \* Sinda lawu daw machyi ai ni (Snr) shat kan hpye ana lu ai ni gaw Aspirin (Snr) Buspro, indomethacine tsi ni hpe n mai sha ai.
- \* Machyi ai lam nkau mi hta n mai jai lang ai tsi ni nga ai. Ga shadawn- Sin bum ana lu ai ni hpe ana kanu sat tsi, ning gang ja ai tsi ni n mai jaw ai. Hpa majaw nga yang dai ni a sin gaw hten nga ai. Hten ai sin gaw hkum hkrang gung ni kaw na tsi hpe n lu shingdang nga ai.
- \* Ntsin hkyet, sade ana lu ai ni tsi lang yang grai sadi ra ai. Jit shawoi na zawn sa ai lam nnga ding sa tsi kalang sha hta jan nna hkum jaw u. Ga shadawn: Ma chyangai gaw kahtet machyi sawng nna ntsin hkraw mat ai lam nga yang tsi kalang sha ai hta lai nna hkum jaw u. Ntsin hkraw mat ai ana lu ai masha hpe sulfonamide (TMP/SM2) hpe galoi mung hkum jaw u.

**ANA KANU SAT TSI HPE JAI LANG NA LAM:**

Hkum hkrang kata hta machyi shangun ai ana hkrung kanu hpan (2) nga ai.



## (1) Bacteria

## (2) Virus

Bacteria hpe sat ai tsi hpe ana kanu sat tsi ngu ai re. Ana kanu sat tsi gaw virus hpe n lu sat ai. Bacteria a majaw byin ai machyi makaw ni hpe chyua sha ana kanu sat tsi mai lang nga ai. anhte ana kanu sat tsi hpe jaw ai hku chye jai lang yang grai akyu nga ai re.

N-bung ai ana kanu sat tsi gaw n-bung ai ana ni hpe sat ya lu nga ai. Ana kanu sat tsi yawng gaw hkrik hpa re. Nkau mi gaw grai hkrit hpa rai nna, n kau mi gaw grai wa nhkrit ra nga ai. Ana kanu sat tsi langai hpe anhte lata yang grai sadi ra ai.

Lawu na ni gaw ahkyak ai ana kanu sat tsi hpan ni rai nga ai.

Penicillins (Ampicillin, amoxicillin, cloxacillin)

Tetracyclines (Doxycycline)

Sulfonamides (Trimethoprim/Sulfamethoxazole, TMP/SM2)

Streptomycin

Chloramphenicol

Erythromycin

Kanamycin

Law malawng tsi palin, sadek ni hta mying dazik ni kap ai.

ANA KANU SAT TSI GARA HPAN KAW RAWNG AI LAM, HPA BAW ANA HPE GASAT AI LAM HTE LAMA MA BYIN WA YANG GARA HKU MAKAWP MAGA NA LAM N CHYE AI RAI YANG TSI DAI HKUM LANG U.

Ana kanu sat tsi hpe jai lang yang, lawu na matsun ni hpe hkan sa ra ai.

- \* Hpa baw hte hpa baw ana hpe sat ai lam nchye yang ana kanu sat tsi hpe hkum lang u.
- \* Anhte shamai mayu ai ana hte htap htuk ai ana kanu sat tsi hpe sha jai lang u.
- \* Ana kanu sat tsi jai lang ai a majaw byin pru wa na manghkang ni tau jau nna sadi ra ai.
- \* Madi shadaw hkrum ai tsi kalang sha hpe sha lang u.
- \* Shajan (Snr) shayawm na hkum lang u. Kalang sha tsi gaw machyi ai lam, asak, joi si hta hkan ai re.

- \* Ana kanu sat tsi sha tsi hpe shawng jaw u. Dai hku nna n mai byin jang she tsi htu na hku di u.
- \* Machyi mai mat ai ten du hkra ana kanu sat tsi hpe lang u. (Snr) Kahtet machyi ai lam hte kaga ana kumla hkoi mat ai hpang 2 ya du hkra lang u. Manggang ana hte sinwawp ana lu ai masha ni gaw machyi mai ai hpang, shata , shaning hku nna dai tsi hpe naw lang ra ai. Kalang lang machyi mai tim , ana hkrung kanu hkum hkrang kata hta naw rawng nga ai re. Ana hkrung kanu yawng n si shi yang tsi sha ai lam hpe jahkring kau yang bai machyi wa chye ai re. Machyi ana shagu a matu matsun hpe hkan sa u.
- \* Ana kanu sat tsi gaw gaya ai lam, nsa sa yak ai lam, hpyi ahprun machyi ai lam (Snr) nayi hkum chyen mi laman n kaja ai de lak lai shai wa ai lam nga yang, ana kanu sat tsi lang ai lam hpe jahkring nna, dai tsi hpe galoi mung hkum lang sa. Ana kanu sat tsi hte n htuk ai lam hpe ka matsing da u. Hkam kaja magam dap de sa shagu dai masha gaw dai laika hpe lit hkam wa hpe shaw madun ra ai.
- \* Ra yang sha ana kanu sat tsi hpe lang u. Machyi shagu lang yang gaw, dai masha a matu tsi gaw n-gun n nga mat sai re.

Ana kanu sat tsi (antibiotic) hpe lang ai lam:

- \* Penicillin shing nrai Ampicillin tsi garai nhtu lang shi yang galoi mung adrenaline ngu ai sai lam hpe shajup shangun ai tsi lang u shaloi gaw ahprun hprun ai baw n byin sai.
- \* Langai ngai wa penicillin hte nhtuk nna ahprun hprun wa ai shaloi erythromycin ngu tsi lang ra ai.
- \* Chloramphenicol hpe gaw typhoid ana hta sha lang u. Hpa majaw nga yang ndai tsi gaw hkrit ra ai baw tsi rai nga ai.
- \* Tetracycline tsi hpe hkum gawng li ai num ni hpe n mai jaw ai. Machyu shachyu ai num ni hte asak 7 ning a npu na ma ni hpe n mai jaw ai. Tetracycline gaw ma ni hte hkritung na ma ni a wa nsam hpe galai kau shangun nga ai. De a malai, amoxicillin madaw jaw yang grau kaja nga ai.
- \* Ampicillin hte amoxicillin gaw grai bung nga ai. Dai majaw gara rai tim hta lang loi chye nga ai. Ampicillin gaw manu loi grau yawm ai rai tim kan mase chye nga ai. N dai laika gaw amoxicillin hpe grau nna madi shadaw ai. Hpa

majaw nga yang shi gaw kan n mase shangun ai lam yawm nga ai. Machyi masha gaw amoxicillin hpe lani mi masum lang sha ra ai, ampicillin gaw 4 lang sha ra ai. Sha ai shadang gaw maren sha re.

Ana kanu sat tsi (antibiotic) hte n mai jang hpa baw galaw na.

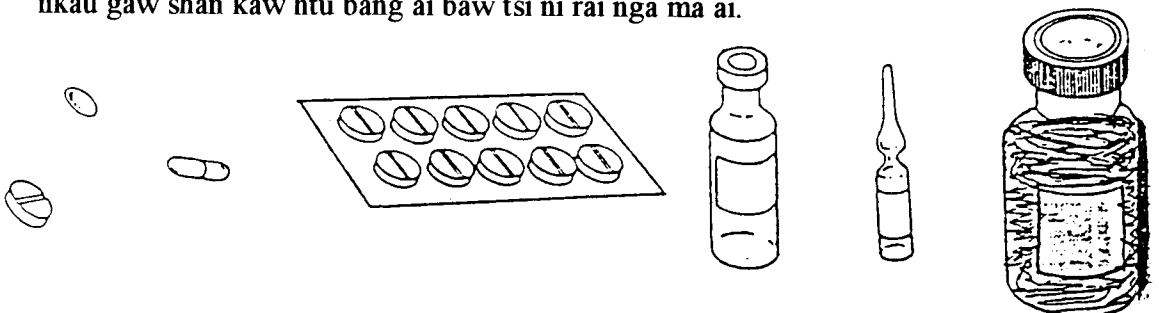
Ana kanu sat tsi gaw machyi makaw malawng hpe lani, lahkawng ni laman shamai ya lu nga ai. Lama wa lani, lahkawng ya laman n mai lu jang mung mai byin ai lam gaw:

- \* Dai machyi makaw lam gaw nang zawn nawn ai ana n rai nga ai. Nang sha ai tsi gaw n re ai madaw rai nga ai. Machyi ai lam hpe bai jep yu ra ai. Dai machyi ai lam gaw kaga ana rai jang mung dai hte seng ai tsi jaw u.
- \* Ana kanu sat tsi lu sha ai lam hta tang ndu ai majaw rai nga ai. Tsi matsun hpe yu ra ai. Tsi matsun hta jan nna shajan hkum lu u.
- \* Ana kanu ni gaw ana sat tsi hpe hkam lu jan lu mat ai majaw, ana kanu nsi hkraw nga ai. Dai majaw kaga seng ang ai ni dai ana hte seng nna madi shadaw tawn ai tsi hpe bai lang yu u.
- \* Nang dai ana mai tsai lu na lam n chye lu ai majaw seng ang ai tsi sara ni hte garum hpyi ra ai. Grau nna masha gaw grau machyi sawng wa jang tsi sarawun ni hpe madun ra ai.

**MATSING: ANA KANU SAT TSI NAU LANG JANG, TSI N-GUN HKUM HKRANG KAW N HKRA LU AI. DAI MAJAW MACHYI MAKAW KAJI KACHYAW VIRUS A MAJAW BYIN AI ANA NI GAW TSI N SHA RA AI. HKUM HKRANG N-GUN MADAW GASAT NA RAI NGA AI. ANA KANU SAT TSI HPE NDAI LAIKA BUK E MATSUN AI SHA LU LANG NA SHING NRAI BUGA HKAM JA TSI SARA NI MATSUN AI SHA LU LANG YANG MAI AI..**

**TSI HPE GARA HKU SHADAWN SHADANG NA HTE JAW YA NA LAM.**

Tsi ngu ai gaw hkrang amy myu hku nna galaw shapraw nga ma ai. Nkau tsi gaw tsi tawng rai nna n-gup hku sha ai baw tsi, nkau gaw lu ai baw tsi ntsin rai nna, nkau gaw shan kaw htu bang ai baw tsi ni rai nga ma ai.



## TSI HPE GARA HKU SHADAWN NA LAM

Tsi tawng kaw rawng ai tsi shing nrai hka zawn re kaw byawng mat mai ai baw gaw gram (g) hku nna shadawn ma ai. Shing nrai milligrams (mg).

1000 mg = 1 g (1000 milligrams gaw gram 1 hte bung nga ai.)

Tsi dut ai wa gaw tsi hpe gram kade nga ai ngu ai hte milligrams kade rawng ai ngu ai hpe ka matsun tawn ra ai. Ga shadawn:

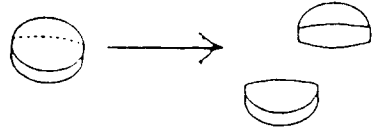
"Tsi tawng langai mi hta 250 mg rawng ai."

"gram 1 kaw 5 ml rawng ai."

"tsi capsule langai kaw 100 mg rawng ai."

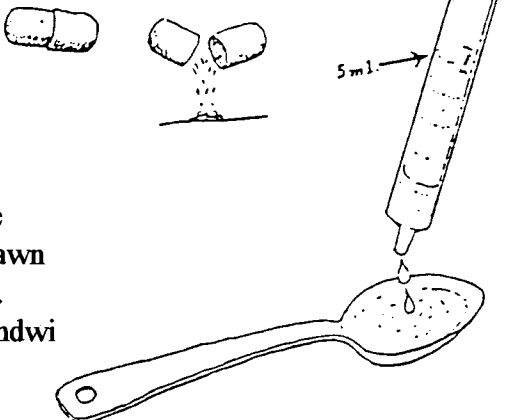
Nang tsi hpe garan ahkyep nna ma ni hpe jaw ai na rai yang tsi tawng tsi ntsin ni hta tsi n-gun kade rawng ai ngu ai chye ra ai. Ga shadawn ma ni hpe jaw ai shaloi kaba ai ni sha ai shadang a sumpum mali na sumpum mi nga jang kaba ai ni sha ai shadang hpe sumpum mali garan ginhka tawn ra ai.

Bai nna kaba ai ni sha lang ai gaw milligrams 500 rawng ai rai yang de a 1/4 ngu ai gaw- milligrams 125 rai nga ai. Tsi tawng mi hta 250 mg rawng jang dai hpe lahkawng brang di nna tsi tawng chyen mi ma hpe jaw ra ai.



Kalang lang tsi tawng (Capsule) na tsi hpe jaw ai ma kasha kalang sha tsi lu na matu ga garan ra ai re.

Tsi tawng (Capsule) hpe baw nna tsi shingmun hpe san ai maisau pa langai hta bang u.



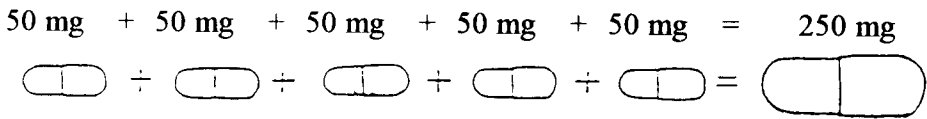
Ma kasha ra ai hta hkan nna shingmun hpe 1/2's (Snr) 1/8's di garan u. jaw ai tsi shadawn shadang hpe chyaw hta bang nna hka jat u. Tsi nra ai ma kasha ni hpe jaw na matu jumdwimung mai jat bang ai.

Lahta na lam hku ma kasha hpe jaw na matu tsi tawng (Tablet) hpe mung shingmun rai galaw rin la nna mai jaw lu nga ai.

Tsi law malawng, grau nna ana kanu sat tsi ni gaw hpan, hkrang, li ai lam n-bung hkat ai. Ga shadawn - Tetracycline hkrang 3 nga ai.



Madi shadaw hkrum ai tsi gumhpawm hpe sha jaw na matu sadi u. Tsi 250 mg hpe jaw na shaloi anhte ni gaw 50 mg capsule sha mai lu jang, 50 mg re ai capsule 5 jaw u.



**PENICILLIN HPE SHADAWN AI LAM:**

Penicillin hpe Units (U) hku shadawn ai re.

$$1,600,000 \text{ U} = 1000 \text{ mg}$$

Penicillin law malawng g aw 400,000 Unit rawng ai tsi kalang sha re.

$$400,000 \text{ Unit} = 250 \text{ mg}$$

**TSI NTSIN:**

Kalang lang tsi ntsin hpe millilitre (ml) hku shadawn nna kalang lang hpalap chyaw (Snr) shat sha chyaw hku shadawn ai.

$$1000 \text{ ml} = 1 \text{ liter}$$

$$1 \text{ hpalap chyaw} = 5 \text{ ml}$$

$$1 \text{ shat sha chyaw} = 15 \text{ ml}$$



$$3 \text{ hpalap chyaw} = 1 \text{ shat sha chyaw}$$

Hpalap chyaw langai hpe jaw na matu matsun yang, dai gaw 5 ml hte bung nga ai. Hpalap chyaw nkau mi gaw 5 ml hta grau kaba nna nkau mi gaw kaji nga ai. Dai majaw byin mai yang 5 ml hku nna shadawn lu yang grau kaja nga ai.

Hpalap chyaw hpe 5 ml hku shadawn lu na matu -

- \* 5 ml hpalap chyaw hpe mari u.

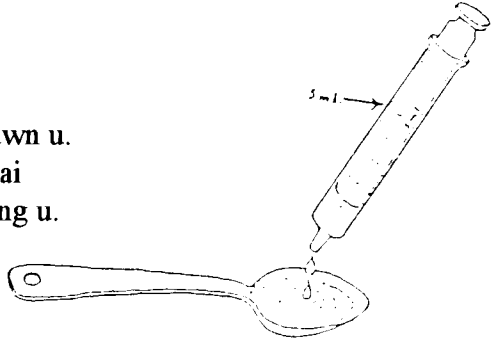


( Snr )

- \* Plastic chyaw lawm ai tsi hpe mari u. Chyaw 5 ml hkrak shang ra ai. Chyaw kaw na masat yan gaw 2.5 ml masat hpe madun ra ai. Chyaw hpe zing da nna kaga tsi ni lu sha ai shaloi lang u.

(Snr)

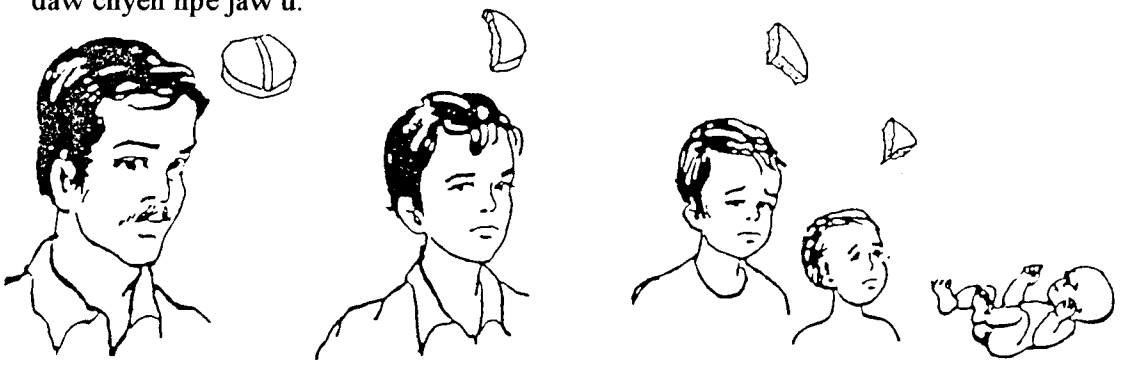
- \* Tsi htu samyit hta 5 ml du hkra shadawn u. (Snr) 5 ml chyaw hta shadawn u. N'dai chyaw hpe tsi shadawn na matu jai lang u.



**TSI KALANG SHA:**

N-dai laika buk gaw asak kaba sai masha ni byin ai ana ahkya hpe tsi shamai na shaloi tsi gumhpawn kade daram ra ai hpe chyua sha matsun da ai laika buk re. Ma kasha ni hpe tsi shamai na matu gaw jaw ai tsi gumhpawn hpe chye sawn ga garan chye ra ai re. Ma kasha ni gaw tsi gumhpawn kaji mi sha ra ai re. Ra ai hta jan ai tsi hpe jaw ai gaw manghkang kaba hkrik hpa rai nga ai.

Ma kasha ni hpe lawu kaw matsun da ai hte maren kaba sai ni kalang sha tsi daw chyen hpe jaw u.



Masha kaba		60 kg	= 1	dose
Ma kasha	( 8 - 13 ) ning	30 kg	= 1/2	"
"	( 4 - 7 ) "	15 kg	= 1/4	"
"	( 1 - 3 ) "	8 kg	= 1/8	"

I ning mi lawu na ma kaji ni hpe mung asak I ning re sai ma kaji ni a kalang sha tsi hpe jaw u. Raitim byin mai yang gaw tsi matsun hpe san sagawn la u.

**GALOI TSI HPE SHA NA LAM:**

Masha gaw shani shagu kalang sha tsi shagu lapran hta bung ai ahkying laman hta jaw ai tsi tawng sawn hkum hpe sha ra a i. Anhte ni masha langai ngai hpe tsi jaw shagu tsi hpe gara hku lang na matsun hpe ka matsing n htawm machyi masha hpe tsi gara hku sha na lam hpe tsun dan ra ai. Tsi hpe hkap la ai masha gaw tsi matsun hpe hkam kaja dap masha hpe bai gahtap nna bai hti dan ra ai. Machyi masha tsi gara hku sha na hpe chye ra ai. Machyi masha gaw ma kasha rai jang, kanu (Snr) tsi jaw na wa tsi hpe gara hku jaw na lam chye ra ai. Grau nna gaw masha wa machyi sawng yang (Snr) tsi hpe aten galu sha ra yang, dai wa tsi sha nsha a yan jep yu ra ai.

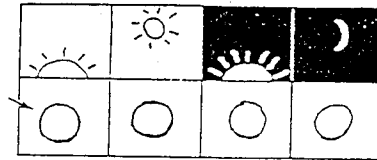
Anhte ni tsi nkau mi hpe gaw lani mi kalang sha sha ai re.

Nkau mi hpe gaw lani mi lahkawng lang sha ra ai. Jahpawt manap e kalang, shana maga de kalang hku sha ra nga ai.

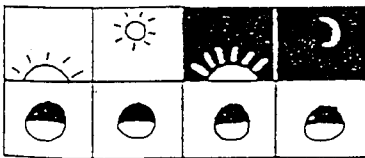
Tsi nkau mi hpe gaw lani mi masum lang, jahpawt kalang, shani kalang, yup ra grai n shang shi yang kalang hku nna sha ra ai.

Tsi nkau mi hpe gaw lani mi mali lang, jahpawt kalang, shani ka ang kalang, nsin grai nsin shi yang kalang, yup ra grai nshang shi yang kalang hku nna sha ra ai.

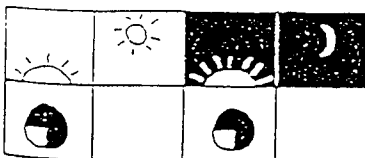
Masha wa laika nchye hti yang lawu de na sumla hkrang pa hpe jaw da u. Shani shagu sha ra ai tsi hpe a hkying a npu e tsi hpan hpe ka soi da u.



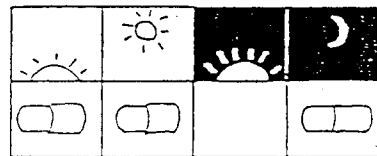
Lani mi 1/2 tablet mali lang



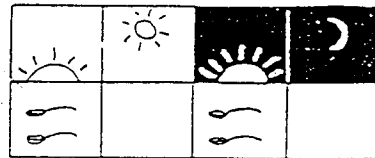
Lani mi 2 lang 1/4 tablet



Lani mi masum lang capsule 1 hpra



Lani mi 2 lang hpalap chyaw 2 hpra.



Masha kadai hpe raitim tsi jaw ai shaloi, galoi mung la wu de na lam hpe ka u.

- \* Mying
- \* Tsi mying
- \* Hpa baw ana a matu tsi re ai lam
- \* Kalang sha tsi hte a hkying.

Anhte tsi jaw ai shaloi lahta na zawn re ai maisau htat (Card) galaw jai lang ra ai. Tsi ntsin hpe shadawn na matu chyaw nga ra ai hpe mung dum ra ai. Chyaw kaja nlu yang gaw galaw la ra nga ai.

Tsi n kau mi gaw kan hta lusha n-rawng yang she n-gun rawng nna nkau mi gaw kan hta lusha rawng yang she n-gun rawng ai re.

Tsi nkau mi hpe gaw lusha grai n sha shi yang hkying hkum mi jan nna sha yang grau lachyum pru nga ai. Lusha grai n sha shi yang hkying hkum mi jau nna lawu na tsi ni hpe sha ra nga ai.

- \* Penicillin
- \* Amoxicillin (Snr) Ampicillin
- \* Tetracycline

Kan hpe machyi shangun ai tsi ni hpe gaw lusha sha ngut ai hpang sha yang grau lachyum pru nga ai. Lu sha sha ngut ai hpang sha ra ai tsi ni gaw.

- \* Asprin hte Indomethacine
- \* Iron (Ferrous Sulfate)
- \* Crythromycin

Antacids tsi gaw kan hta hpa n©rawng ai shaloi (Snr) lusha shangut ai hpang hkying langai (Snr) lahkawng hpang (Snr) yup ra shang ten ni hta sha ra nga ai.

## **TSI HTU NA MATU MATSUN HTE SHAWNG TAU SADI JAW AI LAM:**

Anhte ni tsi hpe jahkring hkring n htu ra ai. Law malawng ana ahkya ni hpe tsi sha, tsi lu ai hte shamai kau y a lu nga ai. Ahkyak ai gaw hkum hkrang kata tsi shang na matu re. Masha ni sha, lu ai tsi ni gaw hkum hkrang kata atsawm sha shang bang lu nga ai.



**TSI NI HPE SHA AI HTA, HTU AI GAW GRAU HKRIT TSANG  
HPA RAI NGA AI.**



Anhte ni tsi hpe htu ra ai ahkying ni gaw-

- \* Madi shadaw hkrum ai tsi gaw lu ai, sha ai tsi hkrang hku nna nlu mai jang, n-galaw shapraw jang.
- \* Masha gaw madawn nna, nlu sha, nlu lu (Snr) malap nga yang,
- \* Hkum sai maju hta hkra machyi ai lam a majaw sai kajaw mat ai, htan gying a shun ai zawn re ai hkyak hkyak manghkang ni byin wa yang.

**Tsi nhtu ra ai a ten ni gaw:**

- \* Hkam ja lit hkam a garum ntum lawan ladan lu mai yang galoi mung tsi htu ai lam hkum galaw u.
- \* N sawng ai machyi makaw ai kaw tsi htu ai lam galoi mung hkum galaw u.
- \* Anhte shamai mayu ai ana a matu madi shadaw nhkrum ai tsi hpe galoi mung hkum htu u.
- \* Anhte ni madi shadaw hkrum ai shawng tau sadi ai lam hte dai madi shadaw hkrum ai shawng tau sadi ai lam ni hpe nchye, nhkan sa yang galoi mung tsi hkum htu u.
- \* Gam n kaja dik ai sha, masha law malawng gaw tsi htu ai lam gaw tsi sha, tsi lu ai hta grau kaja, grau n-gun rawng ai ngu shadu nga malu ai.

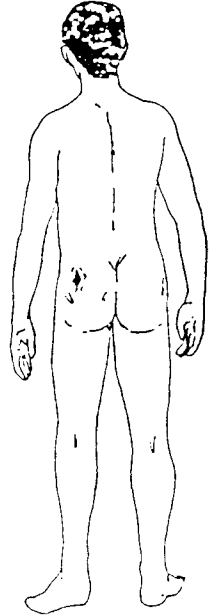
Masha ni gaw nang hpe tsi htu na matu kanawng n-gun jaw na malu ai. Ana law malawng a matu nang tsi n htu ra ai hpe shaleng dan ra ai. Tsi wun kat n lung yu ai masha ni, samyit hpe n chye san seng ai ni tsi htu ya ai lam n mai galaw ai. Maza kap ai samyit hte tsi htu ai lam gaw AIDS, sin bum ana, shakrwi ni hpe byin shangun ya lu nga ai.

## TSI HTU AI LAM HTA SHAWNG TAU SADI AI LAM HTE TSANG RA AI LAM NI:

Tsi htu ai shaloi tsang ra ai lam ni gaw:

- \* Anhte ni tsi htu shut yang, hpyi, samyit kaw na hkrung kanu ni kaw na shakrwi, hte kaya ana ni mai kap wa chye ai.
- \* Anhte ni tsi nkau mi hpe htu ai shaloi gaya wa ai lam, gung kap wa ai lam mai byin wa shangun ai.

Anhte ni tsi htu ai shaloi ana nkap wa hkra lang ai arai yawng hpe asan aseng tawn da ra ai. Byin mai yang gaw tsi htu shagu kalang lang samyit hpe lang u. Pat syringe hpe lang yang gaw grai nlang shi yang hka hpun lum hte shadu na she lang u. Tsi htu na hpyi hpe kashin jasan ra ai.



TSI HTU SAMYIT LANGAI HPE SHA MASHA LANGAI HTA JAN NA HKUM LANG U. LAMA LANG RA WA YANG GAW KAGA MASHA HPE NHTU SHI YANG MINIT 20 DARAM DAI TSI HTU SAMYIT HPE HKA HPUN LUM HTE SHADU JAHKUT KAU U.

Tsi hpe n htang mahtai shapraw ai hpe chye da ai lam gaw grai ahkyak nga ai. Tsi garai nhtu shi yang madi shadaw hkrum ai, tau sadi ra ai lam ni hpe hkan sa ai mung grai ahkyak nga ai.

Lawu na hkum sai maju hta hkra machyi nna byin wa ai kumla ni nga yang, dai masha hpe dai tsi hpe galoi mung hkum htu sa.

- \* Kaya a hprun machyi ai lam.
- \* Shara shagu bum wa ai lam.
- \* Nsa sa yak wa ai lam.
- \* Kajawng ai kum la.
- \* Baw sin, kraw ka awn ai lam.
- \* Myi nmu wa ai lam.
- \* Na hta nsen ngoi wa (Snr) na nna wa ai lam.
- \* Shingma machyi sawng ai lam.
- \* Jit sa yak ai lam.



## SAWNG AI HKUM SAI MAJU HTA HKRA MACHYI NNA BYIN WA AI LAM:

Tsi n kau mi, grau nn a penicillin gaw anhte ni dai tsi hpe htu ai h pang sawng ai hkum sai maju hta hkra machyi nna byin wa ai ana ni hpe byin shangun chye ai. Lama wa, nang dai tsi hpe kaga masha hpe htu yang, lawu na kumla ni hpe yu maram na matu dai masha hpe tsi htu ngut ai h pang minit 30 daram naw nga shangun u.

- \* Katsi, madi bam, nsam hpoi, Asit awat r ai nsam hpyi.
- \* Kya nna lawan ai sai dip, sai gumlawt lam.
- \* nsa sa yak ai lam.
- \* Dum hprang ai lam nnga mat ai lam.

Lahta de na kumla ni pru wa yang, kalang ta lata lahpum kaw Adrenaline tsi htu ya u.

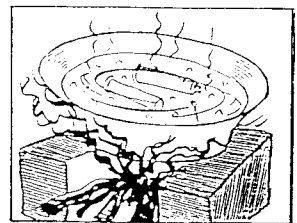
Kalang sha tsi Tsi shadang : Masha kaba 1/2 ml  
 Ma kasha 1/4 ml  
 Ma chyangai ni hpe adrenaline tsi hkum jaw u.  
 Ra yang gaw minit 10 hta dai tsi hpe bai kahtap htu lu ai.

Adrenaline tsi htu ngut ai h pang, diphenhydramine tsi hpe lahkawng lang sha gumhpawn htu u.

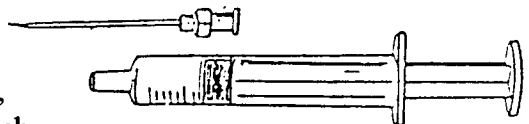
Kalang sha tsi: Masha kaba, 1 ampale 10 mg. Ra yang, ra ai hku hking hkum 2 hte 4 laman hta dai tsi hpe bai kahtap htu lu ai.

## PAT TSI HTU SYRINGE HPE TSI HTU NA MATU GARA HKU NNA HKYEN LAJANG RA AI LAM:

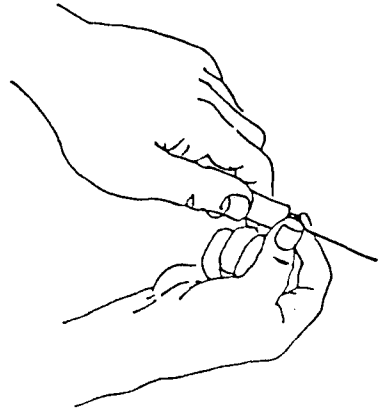
1. Anhte pat tsi htu syringe hpe lang jang dai syringe hpe hpra garan kau nna hka hpu lum hta minit 20 daram shadu jahkut kau na she lang u.



2. Hka hpun lum hpe ru kau u. Tsi htu syringe hpe lata hte hkum hkra u.
3. Syringe hpe shachyaw u. syringe a htumpa hpe sha jum nna chyawp tawm, samyit na hta sha jum nna syringe kaw chyawp u.



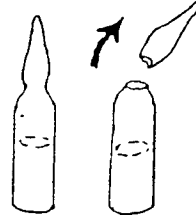
4. Samyit hpe tsi htu syringe hku de bang u. Samyit npawt kaw sha jum u. Anhte ni tsi htu samyit hpe n lang shi yang samyit hpe kaga arai ni hpe hkum hkra sha ngun u. Samyit hpe lama ma hte hkra jang ana hkrung kanu ni mai kap wa nna anhte ni tsi htu ai shaloi ana yawga kap ai lam byin shangun chye ai.



Anhte ni plastic tsi htu samyit hpe gaw n mai shadu nga ai. Plastic tsi htu syringe hpe kalang lang ngut ai hpang kadai mung nlang lu na matu kabai kau ra ai (Snr) htu lup kau ra ai.

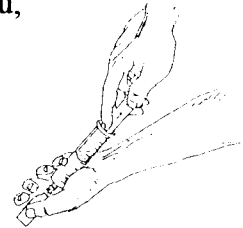
#### TSI NTSIN HPE TSI HTU NA MATU GARA HKU NNA CHYUP LA RA AI LAM:

1. Tsi kalang htu tsi palin hpe hka (Snr) lau hku hte jasan jaseng u. Bai palin ndung hpe daw u.



2. Tsi htu samyit htu hkra hka chyup rai hpe htu bang u,

3. Samyit hpe palin kata bang nna palin kata na ntsin ni yawng tsi htu syringe kata yawng shang wa hkra hka chyup rai hpe gang la u.



4. Samyit ntsa de rai wa na matu tsi htu samyit hpe galau u. Syringe kata kaw rawng ai nbung mahkra kanawng shapraw kau u.

5. Hka chyup rai hpe nbung yawng pru mat hkra hte jaw ai tsi ntsin masat du hkra htu shalung u.

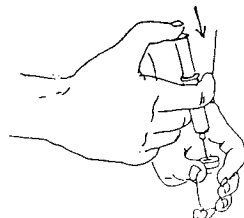


#### HKA HTE GAYAU DA AI TSI SHINGMUN HPE GARA HKU NNA CHYUP LA NA LAM:

1. " Tsi ntsin hpe tsi htu na matu gara hku chyup la ra ai la m " kaw na numdaw 1 - 5 hpe hkan sa u. Tsi hka gaw anhte ni chyup la na tsi ntsin rai nga ai. Tsi palin gaw anhte ni tsi hka kade ram ra ai lam hpe tsun dan ra ai.

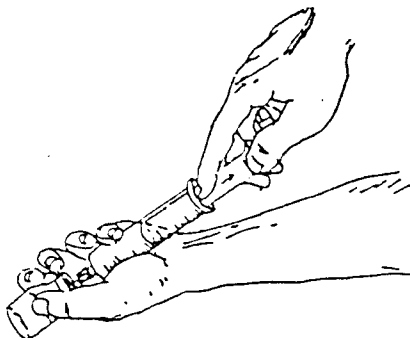
2. Tsi palin ndung pa hpe san seng ai tsup ni hte (Snr) hka jahkut hte ja san kau u.

3. Tsi shingmun tsi palin de tsi hka hpe rubber ndung hku nna htu bang dat u.



4. Tsi palin hpe garu u (Snr) Syringe hku chyup rai hpe shingmun ntsin tai mat hkra yu, lung sham u.

5. Palin kaw na ntsin ni syringe kata shang bang wa na matu hka chyup rai hpe gang la u.



6. Samyit hpe palin kata na shaw la u.

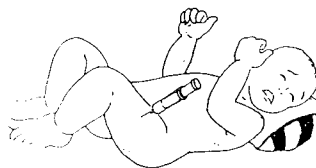
7. Samyit ntsa de rai wa na matu syringe hpe galau u. Syringe kata kaw rawng ai n-bung mahkra kanawng shapraw kau u.

8. Tsi gaw htu na matu jan jin rai sai.

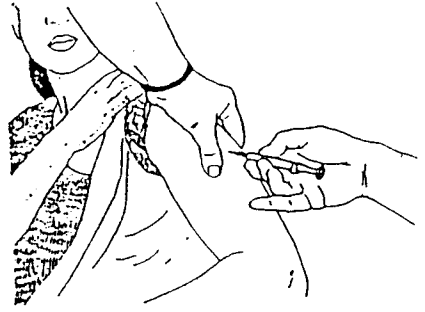
**SAMYIT HPE HPA HTE MUNG N HKRA HKRA SADI U. TSA MADI DA AI PASI HTE PRI HKUM HKRA U. LATA YUN NU NI (SNR) LAMA MA HTA HKRA HKRUP YANG SAMYIT HPE BAI SHADU U.**

### TSI HTU YA NA SHARA

Shanmawng kaw tsi htu ra ai baw rai yang maidang dang bau sumla kaw madun da ai hte maren shan mawng a lahta e htu ra ai. Asak 2 ning re ai ma kaji ni hpe maidang dang bau kaw galoi mung tsi hkum htu ya u. Sumla kaw madun ai hte maren magyi lahta maga kaw htu ya u.

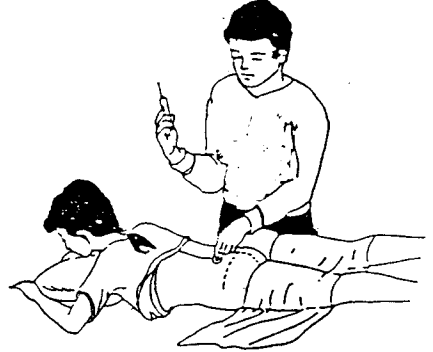


Andrenaline tsi hpe gaw lata lahpum  
lahta maga kaw htu ya u.



**TSI HTU DA NA LAM:**

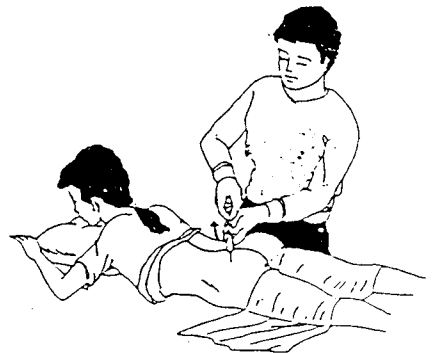
1. Tsi htu maw ai shara hta sapyta hte atsawm  
gashin ngut ai hpang ch yaru machyan hte  
katsut nna chyaru hkraw ai du hkra la u.



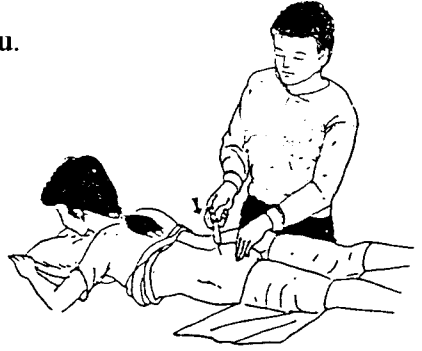
2. Ya samyit hte lang ta shang hkra achyaw  
shawn dat u. angwi sha galaw chyai nga  
yang machyi ai sha n-ga gahprai wa chye ai.



3. Tsi htu achyaw dat nna tsi garai nhtu bang  
ai ten hta loi mi chyup yu u. Sai lama lawm  
wa jang hkum shanang sa, shaw la kau nna  
kaga shara de htawt htu u.

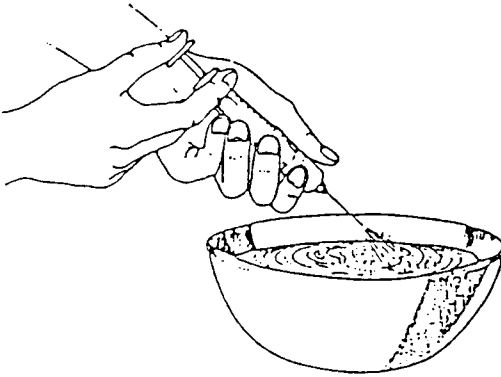
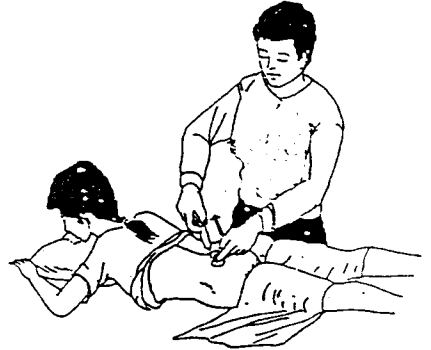


4. Sai n lawm wa ai shara kaw tsi htu bang dat u.



5. Samyit shaw la ai hpang tsi htu hkang hpe bai san seng da ya u.

6. Tsi htu ngut ai hte rau syringe hpe lawan "hkraw" kau u. Hka n-tsin chyup la ru kau, re ai hku syringe hte samyit ni hpe kashin kau u. Ya "hkraw" kau nna mi na zawn bai shadu shaprut kau da u.



## TSI SADEK

Hkam kaja lit hkam langai hku nna machyi masha ni hpe gawan gatsan ai shaloi lang na matu kaja ai hte hkum tsup ai tsi sadek langai ra nga ai. Buga kahtawng ningbaw wa hku nna hkam ja lit hkam wa hte jawm bawng ban la nna machyi masha ni hpe tsi tsi ai manu jahpu hte tsi jahpu ni hpe jawm daw dan ra ai.

Hkam ja lit hkam hku nna kahtawng kaw law malawng byin nga ai machyi makaw hte seng ai tsi ni hte kajawng kaja byin chye ai ana ahkya ni hpe tsi lu na matu tsi sadek kaw tsi ni hpe mare , kahtawng na mare masha kade uga ai hpe yu nna mari lajang da ra nga ai. Lama wa kahtawng gaw mare kaba tsi rung hte grau tsan ai rai yang tsi ni hpe hpan hkum ai hku mari lajang da ra ai. Tsi manu kade hkrat na, tsi kade mari na hpe hkam ja lit hkam wa gaw kahtawng Salang ni hte bawng ban nna tsi ni hpe mari da ra ai.

## TSI SENG HPAW NNA KAN BAU BUNGLI GALAW NGA AI NI, KAHTAWNG MASHA NI HPE GARA HKU GARUM LA NA LAM:

Buga, kahtawng law law hta hkam ja lit hkam n re tim tsi seng hpaw let kan bau bungli galaw sha ai ni langai ngai gaw nga nga ai. Masha law malawng gaw tsi dut ai wa hpe gara baw tsi mari sha yang machyi mai na re ai lam, san chye ma ai. Kahtawng masha ni hkam ja lit hkam wa kaw shawng nsa, n san ai sha tsi dut ai wa kaw tsi sa mari sha ai majaw kalang lang ana hte n seng ai tsi ni mari sha hkrup chye ai.

Hkam ja lit hkam hte mare kaw tsi seng hpaw let tsi dut sha nga ai wa gaw jawm jahkrup ra ai. Mare masha ni gaw tsi dut ai wa kaw garai nsa shi yang hkam kaja lit hkam wa kaw machyi ai lam sa madun ra ai. Dai hpang hkam ja lit hkam wa gaw tsi mying ni hpe mai sau pa kaw ka jaw na re. Dai jaw ai mai sau pa hpe tsi dut ai wa kaw sa madun ai shaloi tsi dut ai wa gaw hkam ja lit hkam wa matsun dat ai tsi ni hpe dut jaw nna, tsi dai hpe gara ten hta, tsi kade lu, kalang lu yang kade, lani mi hta kade lang lu (Snr) chya ra ai, bang ra ai baw tsi rai yang gara hku chya ra ai, bang ra ai lam ni hpe azin ayang sang lang dan u. N-dai zawn hkam ja lit hkam hte tsi dut ai wa jahkrup nna galaw sa wa ai a jaw e, buga, kahtawng kaw na machyi makaw kaji kajaw ni hpe lu shamai shatsai lu nga ai.

Lama ma hpe grau nna madung da na lam matsun u.

- \* Vitamin lu tsi (Snr) htu tsi ni mari na malai hkum hkrang hpe n-gun rawng shangun ai lusha ni hpe mari sha na matu tsun u.
- \* Htu tsi hpe mare masha ni hku nna hkum mari, hkum htu u. Hkam ja lit hkam



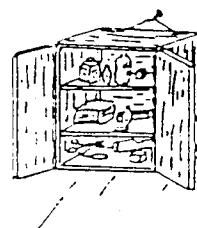
shi nan sha htu tsi hpe mai htu ai.

- \* Manu hpu ai waw tsi ni mari dut na malai Paracetamol, Asprin (Snr) Buspro tsi ni hpe la dut u.

Tsi dut ai wa hpe tsi a lam chye na matu tsi laika buk matsun hpe madun u. Tsi dut ai wa gaw hten mat ai tsi, (Snr) dingsa nna nhtoi grai lai mat ai tsi ni hpe n mai dut ai. N-dai laika buk kaw matsun da ai tsi ni hpe mahkawng, kyen da na matu hpaji jaw u. Tsi mying ni hte kade jaw na tsi shadang ni hpe ka matsing da na hte tsi ni hpe nhten hkra gara hku tau nau makawp maga na lam ni hpe hpaji jaw u. Lama na nang hku nna tsi mari ai masha ni hpe tsaw ra myit madun, garum ai hte tsi ni hpe dut ya ai rai jang machyi masha ni gaw nang kaw chyua sa mari ngun jaw na re.

### TSI MAWAN SADEK HPE GARA HKU KYEM NA LAM:

- \* Tsi ni mahkra hpe ma ni ndep ai shara hta tawn da u. Hpa tsi mi raitim nau law sha jang gung byin chye ai.



- \* Tsi ni hpe madang ra nna n kadawng hkaw mat hkra tawn u. Bai ra ai shaloi alu tsu la lang loi na matu tsi mying hte hkra shara san da u.
- \* Tsi da ai shara aten shagu san seng ya u. Katsi ai hte hkraw hkun ai shara hta tawn da u. ahkyak ai tsi ni hpe laklai nna mying kada ai hte shara nsit hkra matsing sum hting da ra ai. Yu hte shakrep ni nsa hkra makawp maga ra ai.
- \* Aten lai nna hten mat sai tsi ni hpe kabai kau u.



**NA A TSI SADEK HTA RA AI TSI MAWAN HTE RAI NI**

<b>RA AI RA NI</b>	<b>GADE</b>
Hka nlu shang ai tsi sadek	1
Ana si hkra kabaw jas an da ai rai magup sumhpa	20
Kabaw da ai n ma hkayawp sum pan	2
Kren shajup lu ai nma hkayawp sumpan	4
San seng ai pasi	1
Tape ahpraw	2
San seng ai zen dau	1
Mun lakap (Pointed tweezers)	1
Themometer	1
Rectal thermometer	1
Syringe, 5 ml	5
Tsi htu samyit #22, 3 cm galu ai.	4
Tsi htu samyit #25, 1 1/2 cm galu ai.	3
Syringe, 50 ml	1
Marawp shapraw ya ai rai	1
Dat wan hte wan shat shajan	1
Tsi bang na matu tsi kaww kaman	20
Tsi bang na matu palastic sum bu (Snr) mai sau	100
Lata kashin na jarung	1

Tsi shadawn na matu hpalap chyaw	1 set
Hpun lum shadu na matu di	1

### NA A TSI SADEK HTA RAWNG RA AI TSI NI

Adrenaline (Htu tsi) (epinephrine)	5 ampules
Aminophylline (250 mg)	Tawng 50
Amoxicillin (250 mg)	Tawng 50
Ampicillin (htu tsi)	Palin 3
Amoxicillin (60 ml) tsi ntsin	Palin 10
Antacid (Aluminum hydroxide, Magnesium hydroxide)	Palin 1
Antibiotic eye ointment (Tetracycline eye oint.)	5 tubes
Antibiotic ointment (Neosporin, Bacitracin, Povidone Iodine)	2 tubes
Antiseptics © alcohol (70%) Tsa machyan	Palin 1
Asprin (Snr) Buspro (Acetylsalicylic acid)	Tawng 100
Baralgan	Tawng 20
Chloroquine (150 mg chloroquine in 250 mg tab)	Tawng 100
Chlorpheniramine (4 mg)	Tawng 100
Diazepam (2 mg)	Tawng 20
Dimenhydrinate (50 mg)	Tawng 50
Disinfectant soap (Tsi sapy) (Batadine, etc.)	Tawng 1
Erythromycin (250 mg)	Tawng 50

Hydrocortisone cream (1%)		1 tubes
Hydrogen peroxide © ( Sin ai shara kaw zing da u)	Palin	1
Iron (Ferrous sulfate)	Tawng	100
Lindane	Palin	1
Mebendazole ( 100 mg)	Tawng	100
Metronidazole (250 mg)	Tawng	100
Miconazole Cream		1 tube
Niclosamide	Tawng	50
Paracetamol © (Acetaminophen)	Tawng	100
Penicillin V (250 mg)	Tawng	200
Penicillin (procaine injectable) htu tsi		5 ampules
Petroleum jelly		1 jar
Phenobarbital (Injetable) htu tsi		3 ampules
Phenylephrine syrup (60 ml) lu tsi	palin	3
Quinine (300 mg)	Tawng	100
Salicylic acid cream (4% (Snr) 5 %) chya tsi		1 tube
Tetracycline (250 mg)	Tawng	100
Tincture of iodine	palin	2
Trimethoprim/sulfamethoxazole (TMP/SMZ)	Tawng	50
Vitamins (multi) gayau gaya	Tawng	1000
White vinegar	palin	1

**LIST OF MEDICINES RECOMMENDED IN THIS TRAINING MATERIAL**

Adrenaline (epinephrine)

Amoxicillin pills (Tsi tawng)

Amoxicillin syrup (lu tsi)

Ampicillin pills (Tsi tawng)

Ampicillin (Injectable) (Htu tsi)

Ampicillin syrup (lu tsi)

Antacid (Aluminium hydroxide)

Antibiotic eye ointment

Antibiotic ointment

Antiseptics

Asprin (Snr) Buspro (acetylsalicylic acid)

Baralgan

Banzoyl peroxide

Buscopan

Chloramphenicol

Chlorphenhydramine

Clofazimine

Cough medicine with chloral hydrate

Cough medicine with codeine

Dapsone

Diazepam

Diethylcarbamazine

**Dimenhydrate**

**Diphenhydramine (Injetable) htu tsi**

**Diphenylhydantoin**

**Ephedrine**

**Ergotamine**

**Ergotrate**

**Erythromycin**

**Ethambutol**

**Folate pills**

**Gentian violet**

**Griseofulvin**

**Hemorrhoid suppositories**

**Hydrocortisone cream**

**Hydrogen peroxide**

**Iron (Ferrous sulfat)**

**Isoniazid**

**Laxatives**

**Lindane**

**Mebendazole**

**Metoclopramide**

**Metronidazole**

**Metronidazole vaginal pills**

**Miconazole**

**Niconazole**

**Niclosamide**

**Nystatin pills**

**Nystatin vaginal tablets**

**Paracetamol**

**Penicillin V**

**Penicillin (Crystalline injectable)**

**Penicillin (Procaine injectable)**

**Penicillin (Benzathine G injectable)**

**Petroleum jelly**

**Phenobarbital (Injectable)**

**Phenobarbital pills**

**Phenylephrine (nose drops)**

**Phenylephrine (syrup)**

**Piperazine**

**Potassium permanganate**

**Praziquantel**

**Prednisone**

**Probenecid**

**Promethazine**

**Quinine**

**Rifampicin**

**Salicylic acid cream**

Sel sun

Silver nitrate (1% solution)

Streptomycin

Sulfathiazole vaginal tablets

Sulfur powder

Sulfonamide

Talc powder

Tetracycline

Theophylline

Thiabendazole

Tincture of iodine

Trimethoprim/sulfamethoxazole (TMP/SMZ)

Vitamin A

Vitamins (multi)

White vinegar

Zinc pills



## MACHYI MUNG HTAWN LAIKA

Machyi masha mying \_\_\_\_\_ Asak \_\_\_\_\_

La \_\_\_\_\_ Num \_\_\_\_\_ Kara kaw na sa ai \_\_\_\_\_

Ya ten hta madung machyi (Snr) manghkang hpa baw kun?

Galoi n-dai manghkang byin pru wa ai kun? \_\_\_\_\_

Kara hku nna byin hpang ai kun? \_\_\_\_\_

Shawoi de ndai manhkang byin yu ai kun? \_\_\_\_\_ Galoi \_\_\_\_\_

Kahtet machyi ai kun? \_\_\_\_\_ Kade ram kahtet ai kun? \_\_\_\_\_

Galoi hte kade ram na sai kun? \_\_\_\_\_

Machyi ka ut ai kun? \_\_\_\_\_ kara shara \_\_\_\_\_

Lawu na ni hpa baw lak lai (Snr) shut nga ai kun

Hpyi \_\_\_\_\_ Na, \_\_\_\_\_

Myi, \_\_\_\_\_ N-gup hte yu hkraw, \_\_\_\_\_

Num/La hkrang \_\_\_\_\_

Jit: Nau law, Nau nlaw \_\_\_\_\_ Jit nsam \_\_\_\_\_

Jitsu yang manghkang byin ai kun \_\_\_\_\_ Htoi san lam \_\_\_\_\_

Shani hta jit kade lang sa ai kun? \_\_\_\_\_

Shana hta jit kade lang sa ai kun? \_\_\_\_\_

Hkyi: Nsam \_\_\_\_\_ Sai (Snr) nyep naw \_\_\_\_\_ Kan mase \_\_\_\_\_

Kan chyat \_\_\_\_\_ Sawng nsawng \_\_\_\_\_

Manu \_\_\_\_\_, Gara baw \_\_\_\_\_

Nsa sa ai lam: Minit langai hta kade lang sa \_\_\_\_\_

Nsa kaba, ram daw, shawoi na zawn \_\_\_\_\_ yak hkak ai nsa sa ai kun?

(Tsun htai lai lam) \_\_\_\_\_

Jahkru ai kun? (Tsun htai lai lam) \_\_\_\_\_ Hkau hkre ai kun? \_\_\_\_\_

Mahka \_\_\_\_\_ jahkru ai shaloi sai lawm kun? \_\_\_\_\_

Masha wa machyi sawng ai kumla nga ai kun? gara kumla ni kun?

(Hkum hkum tsup tsup tsun u) \_\_\_\_\_

Kaga kumla ni \_\_\_\_\_

Masha wa tsi sha nga sai kun \_\_\_\_\_ Hpa baw tsi \_\_\_\_\_

Htat pau, nam lawum, gaya, hkumsai maju hta hkra machyi nna byin wa ai sha ngun ai tsi hpe sha lai wa sai kun? \_\_\_\_\_

Hpabaw \_\_\_\_\_ machyi ai lam gaw: \_\_\_\_\_

Nau n sawng ai: \_\_\_\_\_ Sawng ai \_\_\_\_\_ Grai sawng ai \_\_\_\_\_

N-dai mung htawn laika shingdu maga de ahkyak ai ngu shadu ai kaga lam ni hpe ka matsing u.

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MATU			
TISI MATSUN			

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