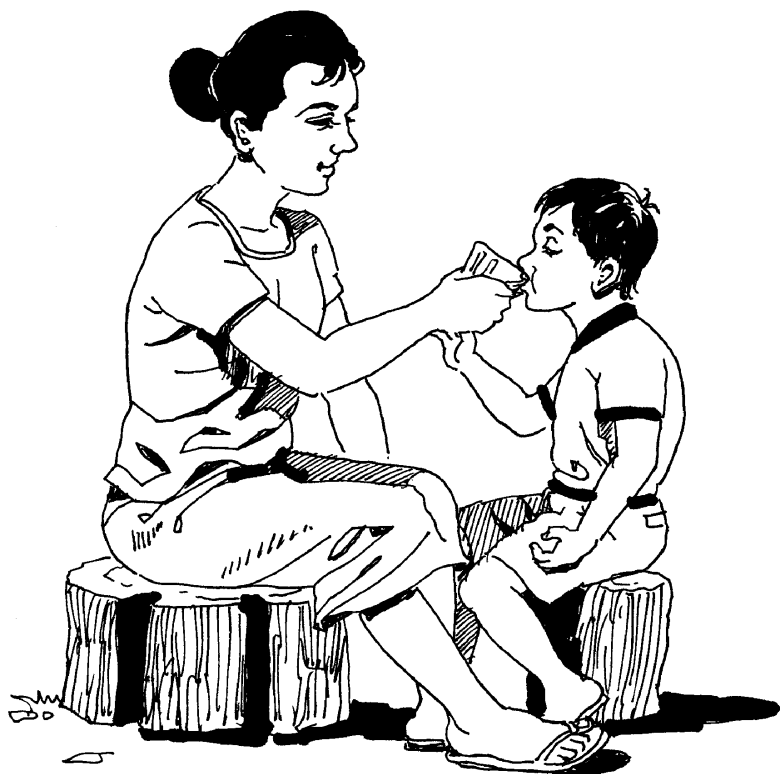


# Tawng chow chakhang?

ଓଷ୍ଠ କି?





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আপনি হয়তো এই কাজটি বাণিজ্যিক উদ্দেশ্যে ব্যবহার করতে পারবেন না। আপনি এই কাজটি পরিবর্তন এবং যুক্ত করতে পারবেন। আপনাকে অবশ্যই লেখক, শিল্পী, ইত্যাদির কপিরাইট এবং কৃতজ্ঞতা প্রকাশ করতে হবে।

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# Tawng chow chakhang?

ঔষধ কি?

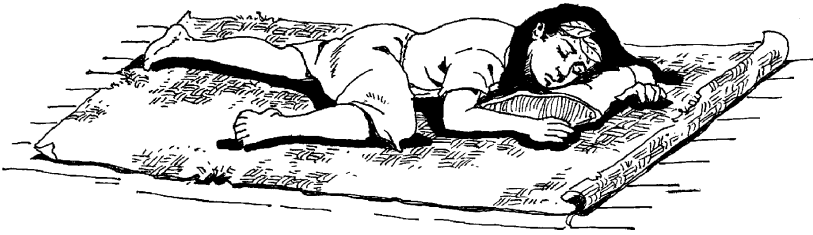
Original book written by:

Lois Pederson

Illustrations by:

Fred Adlao

Mru



Chingrung dow akat khe krau khai. Naiawng rakowi a-u dow lainowmma tuak krat khai. A-u dow Chingrung kowi süng sara tut-e cham pawla khai. Now süng sara dow Chingrung kowi krawi ben pe singh ram chitia khai. Nachenganchepaw nami singh ram chitia ben pe kung kowi paw krau iung dowi chekhai.



Chingrung kowh dow krau uang di ngamlam khai. Nahanow Chingrung kowi dow daktawr tut-e kowpawla khai. Now daktawr dow Chingrung kowh krau chaing pe khai, now meleria (changpauma makra hownia kowh phaw mih) padow ka khüm pe khai. Nahanow aia kowi dow klurokuin (Chloroquine) chakhang pe iawnah khai. Now sum ni mowr nami chakhang tawngiawng chow nape chaah kown mih krawi tüng pe khai. Now Chingrung u Paurung dow lainowmma awmrawm khai. Aia dow chakhang kowi maiaklese uowi padow tatuak khai.



Now a-u dow Chingrung kowi pe iawnah chakhang alüm khai. Tawkchedow krau prong dowi tak. Naiawng rakowi alenma iung kown nau kowh a-u dow amaisang sum lüm trui pe iawnah khai. Nahanow Chingrung kowh dow krau uang di ngamlam, now lainowmma hük khai. Now Chingrung kowng kown towbowt padow a-u katuak khai. A-u hai kimping namkhetuüa dow lainowmma nami daktawr luk kowi kunmarau khai. Nami daktawr peah chakhang ngakma mih kowh naiawng own mih padow tatuk büah khai.



Nami sum lüm mih chakhang dow amaisang  
a-u pe iawnta bowk pe pami daktawr ta khai,  
aia dow lainowmma kunmarau khai.

Aia dow tekpe Chingrung u mih, "Naiawng  
che en chang hanow en kowngta chama stow!  
Ang pe chakhang khe tawngiawng chow chaah  
kown mih ang tek en khowk mana!

Tawngbak tawngbak khe chakhang chak lawnguan kowi a-i chuanüaah reng.

Tawkchedow naiawng chuanüa lakke dowi. Chakhang chak lawnguan kowi chuanüa mih mapaw iung dowi.

Chakhang kowi dow maiaklese uowi dowi. Nami dow a-i kowh rawka min hown nowng dowk tasen, now rawka kowi ia kowngta reng. Tawkchedow achak krang uowi iawng nachaah kown takla.

A-i kowh krau hai rawka uowi khe kowh daktawr pe a-i mih chakhang nachaah kown takla, tawngiawng chow tek a-i naiawng nachaah kown takla. Cha kat cha dowi kat now rawka min ia kowng dowi. Naiawng che chang rereng hanow akung kowi rawka min lang ka kür ngamlam. Nami kung kowi dow cha chakhang chepaw chakhang ia chang lup dowi bowt tham.

Chakhang chak dow kramra uowima, naiawng rakowi chakhang chak a-i e ta kown takla. Daktawr tek a-i mih klen kowi nacha kown mih mapaw iung dowi chekhai.



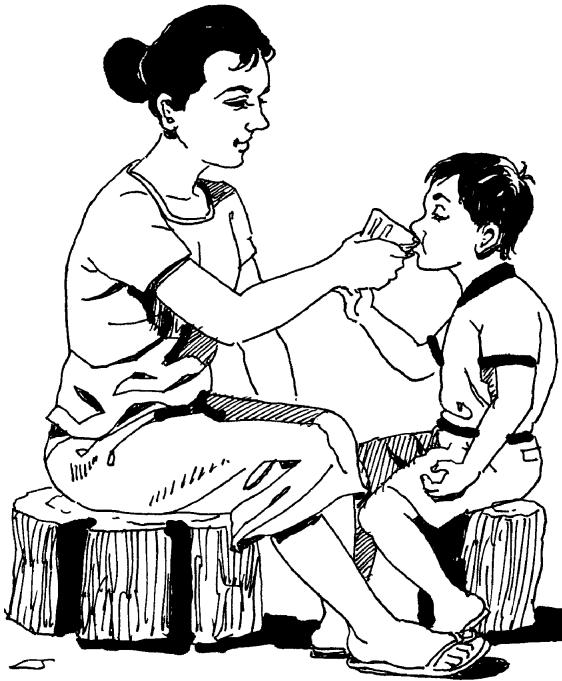




Kua kowi hai kaurawng hownia dow maiow  
maiow sakhang ka reng. Tawngbak mih dow  
rawka vüi aiungma. Bettaka ram dow meleria  
(changpauma makra hownia kowh rawka)  
rawka vüi aiungma. Nami che cha khowk  
hanow meleria rawka uang phaw dowi bowt.



Kua kowi changla chakhang mih singh ün uowi ahuma. Kua kowi kowh lawngtanguäa dow naiawng mih tuk mat reng. Naiawngün dow maiaklese nadowi, naiawngün kowi dow chakhang uowi khai. Tawkchedow tuk tawngah kaneu dowi now lainowmma kramra uowi. Kua kowi kowh taw sara hai daktawr kowi tekpe dowi matchang natawng kown mih mapaw iung dowi chekhai.



Tui dow chakhang iawng chekhai. Tui dow nabutah ngengche kown takla. Nahanow akham müa iung kown. Tui but-ia dow kak ma khe hai taphaw khe kowh ma sau müa paw iung chekhai.

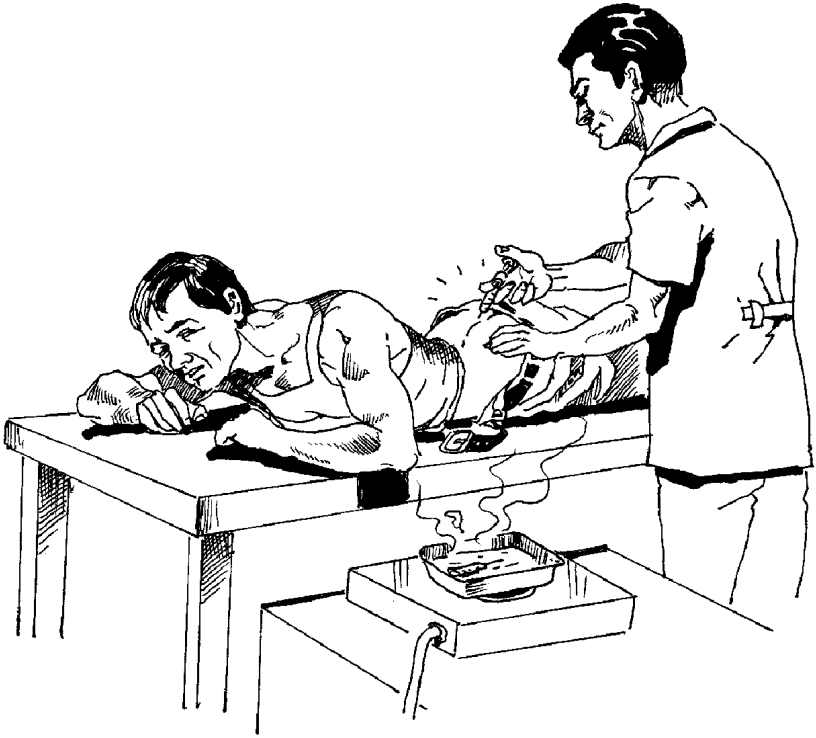
A-i krau khe, ling towk kung kowi, uk khe, sawr khe hai rawka phaw khe ahuma nakham tui kown takla. A-i che kham tui hanow kow nasowruowi kown, now kow paw naiung kown.



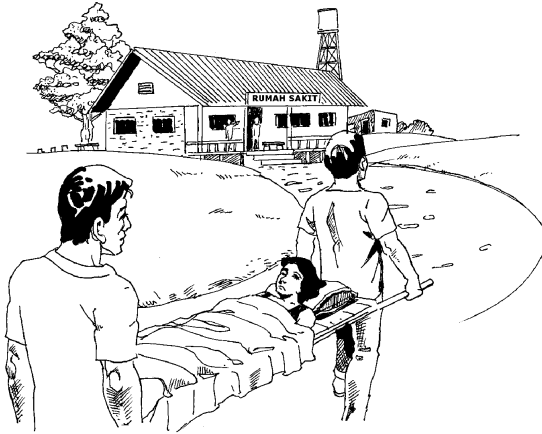
Nami kung kowi Paurung paw krau khai. Aia kowh dow lainowmma kow uak khai, now lu paw uir khai. Now aia dow daktawr tute kowkowi hanow thow pe intirisin (injection) kownkow tekpe khai. Tawng rakowi chow Paurung krau mih daktawr dow hawt tuk khai, now intirisin thow kla dowi tham mih katuak khai. Daktawr dow aia kowi peah chakhang lüm khai. Now Paurung dow daktawr kowi lainowmma kunmarauh khai. Thow intirisin e dow nalang iung len kown padow Paurung katuak khai. Daktawr tekpe iawng aia dow iawn chakhang khai. Nahanow sum ni khe dow iung iawlaw khawk.



Intirisin lawnguan kowi a-i lang talawp  
reng. Intirisin dow akru lang uowi padow a-i  
katuak reng. Intirisin kowi kowh chakhang che  
nawr hown a-i ia cha e dow arau lang len iung  
tak diah. Intirisin thowk dow angak ia phaw.  
Lowk mih maru kowi thowta akat mih intirisin  
juk che sawk sauah kaneu dowi kowh akeng  
mih maru kowi plan thow pe iawk hanow alowk  
mih maru kowh rawka iata chown.

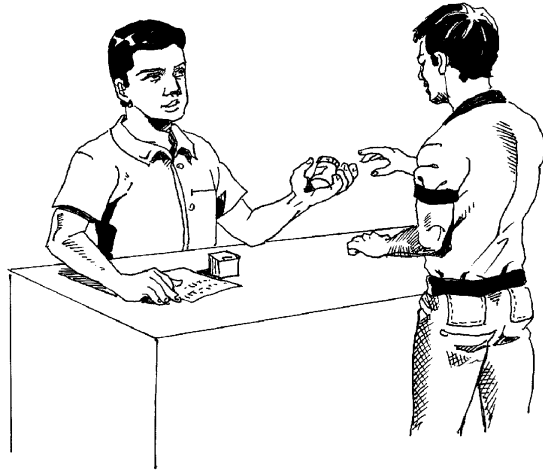


Intirisin dow thowah naklak dowi. Nawr hownia ia iawn chaxhang dowi mih, maw mih, hük plawtlawt mih maru kowi chataih thow pe intirisin e lang iung. Naiawngün maru-uüa kowi dow intirisin thowk tukma mih daktawr kowi nape thowah kown takla, now cham thow intirisin towng juk sar hown nathowah kown takla.

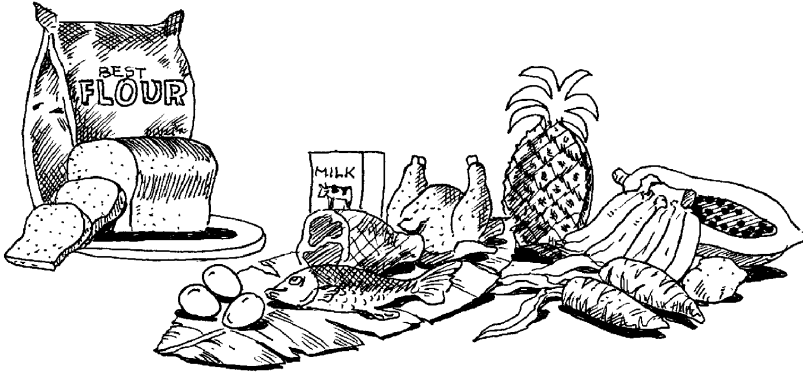


Tawngbak tawngbak khe a-i sawr reng, now hük ün reng chekhai. Naiawng a-i phaw mih khin khe dow lakke mowr a-i ia kham tui dowi chekhai. Naiawng rakowi cham haw daktawr hanow pe thowah selaing (Saline) kown takla. Selaing hown dow a-i kow kowi kowh lakke mih tui a-i ka reng chekhai. Tawng khe chow selaing thowk takla mih daktawruüa tuk, now tawngbak khe haspatal kowi chin a-i chepaw naia kown. Tawngbak mih maru dow pen klai müa thow intirisin reng. Nami dow lainowmma kramra uowi. Now pen kung kowi vi hawk mih khin khe dow intirisin thowk takla chepaw naia kown.





Ahawi rawka kowi kowh chakkhang kowi dow entibaitik (antibiotic) pahai tekpe khai. Maiawngün chakkhang dow lainowmma kür khai. Ahawi rawka min kowi krawi kowngta bowk chekhai. Maiawngün chakkhang dow nawr hownia iawnah reng, now achak lawnguan kowi arui uowi mih iawng chak takla reng. Nadowi hanow cha lup dowi chekhai. Malaria (Malaria) krau kowi kowh chakhang paw akürma, now nami paw achak lawnguan kowi arui iawng achak takla. Paurung iawng amaisang bowk bowk naia peta bowk kown nadowi.



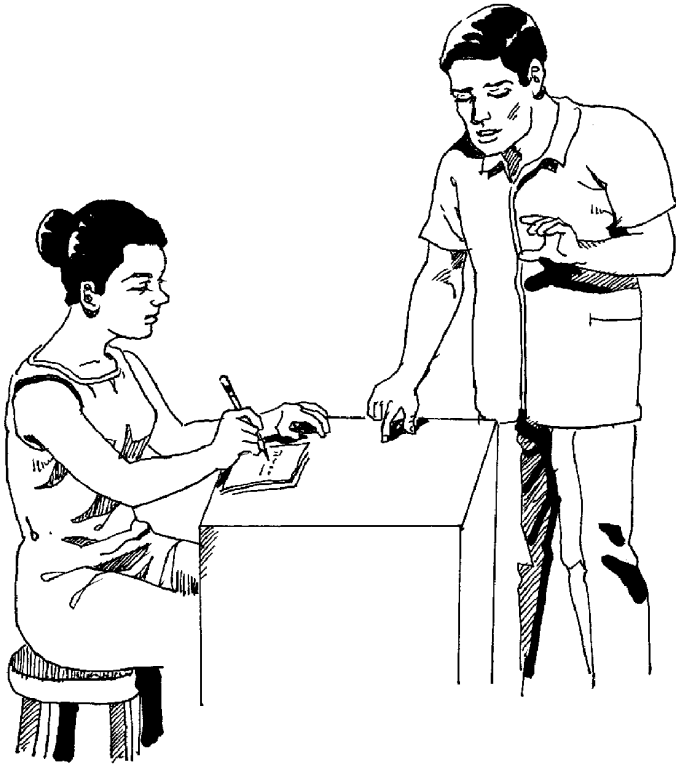
Tawngbak tawngbak khe dow a-i kow uakma phaw reng chekhai. Now cha vitamin kown mih a-i nau reng chekhai. Dam, chaknga, uih ak hai pram kan ün lakke mowr a-i cha reng hanow naiawng chakkham hownia a-i ka vitamin reng chekhai. Daktawruüa che pe cha a-i vitamin khai hanow a-i nacha kown takla. Tawkchedow achak lawnguan kowi arui uowi iawng a-i nacha kown takla.



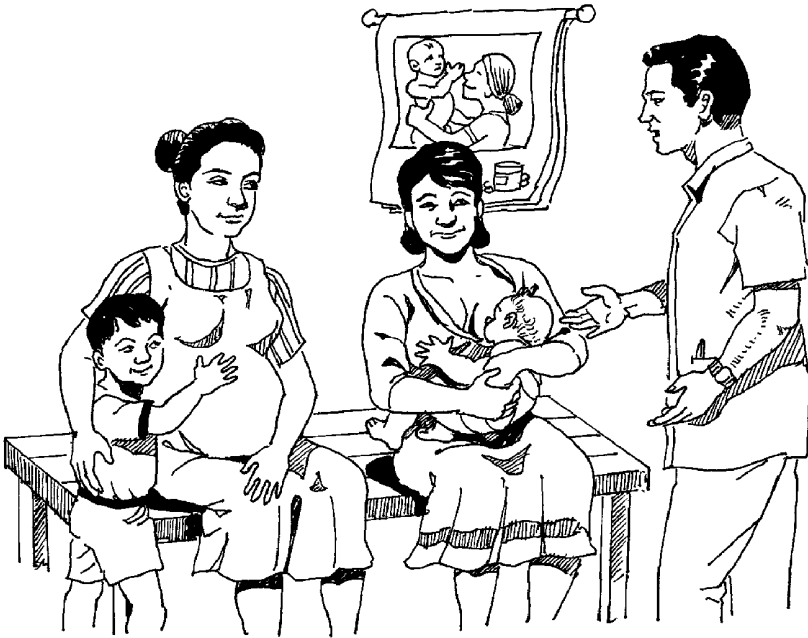
Alowk mih maru kowh chakhang dow a-i  
natawi cha kown nadowi. A-i kowh achak takla  
mih chakhang dow daktawruüa nape cha a-i  
kown taih.



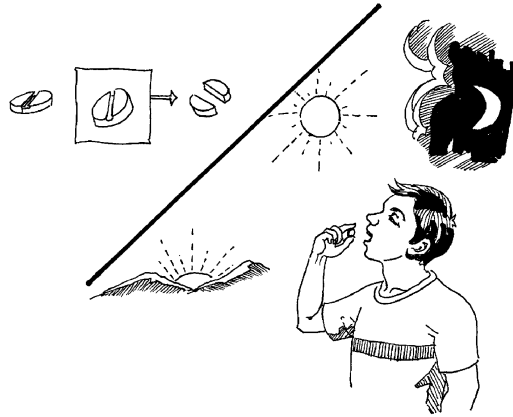
Akat khe chakhang chakra hownia aia kow kowi bawr awr pawk mih Paurung tuk khai. Naiawngün dow adur adurma panow aringsuma, now aiu paw uowi chekhai. Daktawr tek iawng aia cha khowk chepaw chakhang chakra hownia dow naiawng bawr awr pawk khai. Naiawng awr phaw mih dow aia kowh bawr rawka (allergic) uowi rakowi chekhai. Bawr rawka che uowi hanow tawngbak tawngbak khe ve hai mik bau reng. Naiawng che phaw khai hanow chakhang chak nataingta kown takla. Now alenma daktawruüa kowi natekpe kown takla.



Paurung dow naiawng chang khai. Aia kowh bawr phawla mih chakhang ming lüntaah khai. Now nami chakhang ming dow sak kowi matah khai. Auai leng khe nami chakhang che daktawruüa peah khai hanow nami chakhang chakra hownia aia kowh bawr phaw khai pami aia tekpe reng chekhai. Nami chakhang dow aia nacha iawk kown nadowi bowt.



Nami klen kowi kumnau khin khe hai ngeüa kham iawn reng tak hanow a-i nacha chakang kown nadowi. A-i vüi dow chakang iung, tawkchedow ngeüa vüi dow kramra uowima chekhai. A-i kumnau mih khin khe hai ngeüa kham iawn reng tak khe chakang chak takla khai hanow daktawruüa a-i rik lüntaah kown takla.



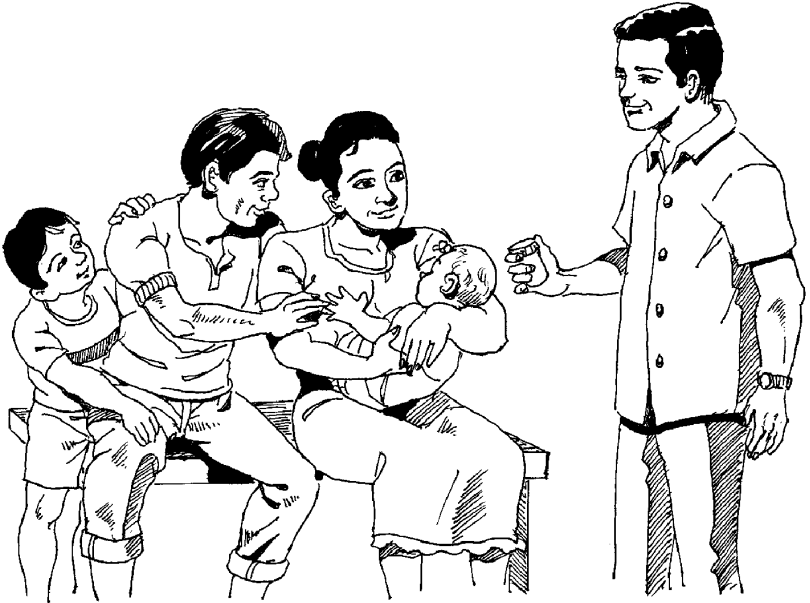
Aiukma miuüa kowi lak-e ngeüa kowi dow nalang e peah chakhang kown takla. Chakhang chak lawnguan kowi arui uowi iawng a-i nachaah kown takla. Arawnma nacha kown paw iung dowi, now a-ema nacha kown mih paw iung dowi. Dawnglang chi ani kowi sum nap chakhang cha kown mih che daktawruüa tek khai hanow ngeüa kowi naiawng napeah kown takla. Rau e anap, ni e anap, now iak e anap nape chaah kown takla. A-i hai ngeüa kowi a-i pe chaah chakhang dowi rawn chak lawnguan kowi arui uowi mih a-i narik tukah kaneu kown takla. Chak lawnguan kowi arui iawng a-i nacha kown takla.

Rawka kowi naiungla kown mih kür  
chakhang dow tawi pe a-i reng chekhai.  
Chakhang dow maiaklese paw nadowi, now  
lowra kowi tawngah naklak dowi chekhai.  
Achak lawnguan kowi arui uowi iawng a-i  
nachaah kown takla.

Daktawruüa krawi pe a-i mih chakhang  
chata pre sum lüm hanow rawka iung chepaw  
naia kown. Tawkchedow daktawruüa krawi tek  
mowr mih chata bowk kown takla. Alüm chow  
paw naia kuak kown nadowi. Tek a-i iawng a-i  
chata bowk dowi hanow rawka min dow  
nakowng bowk kown nadowi. Kra sangrum now  
nauang plan phaw iawk kown. Rik phaw khe  
kowh lak-e lang di, now kramra lang uowi  
chepaw naia kown.

Tek a-i mih lak-e arawnma a-i chata  
chakhang khai hanow aia kowh arau/rawka  
lang di chepaw naia kown, now kowng paw ia  
kowng chekhai.





Chakhang dow achak krang uowi iawng  
nachaah kown takla!



