

World Mental Health Day 2011

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October ni 10 hi khjawvel pumpuihah World Mental Health Day atan a hman a ni a. He nio hi World Federation of Mental Health leh WHO tangkawpin a buatsaih a ni. Kum 1992 atang khan kum tin a hman a niin rilru lama hriselna leh damlohna chungchang mipuite hnena hriattir leh zirtirna kawnga khawvel pumpuiin a ruala beihpui thlakna ni atan hman thin a ni. Tunah phei chuan a week anga hman ani tlangpui tawh a ni.

Taksa a damloh theih ang bawh hian rilru a damlo thei a, amaherawhchu, rilru lam damlohna chungchanga mi tam tak ngaihdan erawh hi chu a diklo hle a ni. Rilru natna nei thenkhat chuan 'mi a' emaw 'rilru buai' tiin emaw sawi an ni tlangpui. A tlangpuiin kan endan pawh hi a danglam bik a, kan hlauh loh pawhin kan nuih zat deuh tlat thin a ni. Thil zahthlak leh vanduaithlak bik riauah kan ngai duh hle. Thenkhat chuan Rilru lam Doctor nihte pawh hi thil zahthlakah ngaiin a theih hram chuan pumpelth hram kan duh niin a lang. Hei hi rilru natna awmzia kan la man loh avang a ni. Rilru lam natna chi hrang hrang te hlawm lian pui puiah a then theih a.

1. **Organic Mental Disorder** : Thluak awm dan leh a hnathawh tibuai theihna (Khawsik pui leh stroke) emaw accident avang emaw a lua hliam tawrh avang tea rilru buaina lo awmte hi a ni.
2. **Mental Disorder due to substance use** : Damdawi hman khawlohna leh ruih theih thildang avanga rilru harsatna hi a ni.
3. **Psychosis** : Hei hi natna chi hrang hrang (schizophrenia, Bipolar Affective Disorder etc) a huam a, a land an inang lo mahse a tlangpuiin hetiang hian thliar theih a ni.
 - a) **An chetziaah an buai** : A then chu maksak tak tak leh chimawm tak takin an che a, thenkhat chu an thin a chhia a, mawi leh mawi lo pawh dawn loin an ang bawrh bawrh thin. Mahni a phun melh melh leh nui vur vurte an ching hle.
 - b) **An tawng buai** : Awm ze nei lo leh hriatthiam hleitheih lovin thenkhat chu a tawng a, a then chu an tawng tawp hlei thei lo. Thenkhat erawh an tawng tlem hle thung.
 - c) **An thil dawn sawn dan a dik lo** : Betu awm si lovin aw an hre thin a, thil awm lo te an hmu bawh thin. Thenkhat chuan a taka wm si lo rim mak tak tak te an hre bawh thin.
 - d) **Thil ni si lo ni tlata rinna nghet tak an nei** : Miin rel tlat a hriatna te, that dawn tlata rinna te, an nihna ai a ropui leh thil ti thei nia inhriatna an nei thin. Thenkhat chuan an nunphung midangin thunun tlat nia hriatna te an nei a, an ngaihtuahna te pawh midangin hr eve vek thei a ngai tlat an awm bawh.
4. **Neurosis** : He natna veite hi han en mai chuan buaina pakhat mah nei hmel an pu lova, an rilru a fimin an tawng a buai lova, an chetzia pawh buaina an nei lem lo, thenkhat phei chu hrehawm tak chung pawhin hna an thawk hram hram thin a ni. Chhungrilah hrehawm nasatak an tuar a, an natna ang na ve lo tan chuan hriatthiam pui a harsa hle. He natnaah pawh hian chi hrang hrang a nei leh a.
 - a) **Depression** : An rilru a nguiin hlim lai an nei mang lo, an thin te a chhe duh hle. Thil tih phurna an nei lova an chau ngawih ngawih thin a ni. Mahni inngaihnepnate, sual

ngawih nghawiha in hriatna te, beidawngna leh mahni intihlum duh hialna te pawh an nei thin. Ngaihtuahna a tawiin an haihawt em em bawk. Mut leh chaw ei a tui lova, tisa chakna pawh a tla hniam thim.

b) **Anxiety Disorder** : Chhan mumal pawh awm lovin hlauhna leh thlaphannain an rilru a hlauh leh thlaphannain an rilru a hlauh khat thin. An awm hle hle thei lova, an dangte a ro huam huamin thlan tuite'n a leih fo a, taksa lam nawmlohna hrang hrang an nei thei bawk. Mi thenkhatah chuan heng hlauhna te hi a awm reng lova, vawi leh khatah a lo thawk thut a, lungphu a rang a, thawk a harsa a, thi mai dawn emaw tea inhriatna an nei a, an chi-ai vak thin. Mahse rei lo teah a reh leh mai a, a reh hnu chuan an pangngai leh mai bawk. A then erawh chuan thil hlauh em em bik (hlauh pangngai piah lama hlauh) an nei thin. Entirnan, hmun sang tak te, hmun thawveng lo te, mi hmaa din lleh mi zinga awm te, motor chuan te leh rannung ui leh zawhte tee maw an hlauh hle thin.

c) **Dissociative Disorder** : Taksa lama natna engemaw vang ni si lova khawng te biak theih lova awm te, kaih anga awm te, thil hriat rengna (memory) hloh tlatte hi a ni.

d) **Somatoform Disorder** : Taksa lam insawiselna hrang hrang, rei tak enkawl tawh pawha dam thei lo emaw natna eng emaw vei tlat a inhriatna te an nei thin.

e) **Obsessive Compulsive Disorder (OCD)**: Duh loh pui pui ngaihtuahna dan zawh rual lova rilru a lo lut tlat te, thil tih tul lo tih nawn tlut tlut ngawi tlat te an nei thin.

f) **Stress Reaction** : Vanduaina (e.g. thihbate, rikrum thil te, pawngsual te) tawn emaw awm dan phung pangngai inthlak danglam (e.g. awmna sawn te) avang emawa rilru lam harsatnate a ni. Heng bakah hian rilru lam harsatnain a huam thenkhatte chu, Eating Disorder (cher tum avanga ei leh in lama harsatnate) Sleep Disorder (mut lama harsatna leh mut tibuai thei harsatna te), Sexual Disorders (mipat hmeichhiatna kawnga harsatna te) Personality Disorder (mize danglam bik avanga harsatna te), Impulse Disorder (thil tha lo tih loh theihlohna e.g. pawisa khelh, thil ruk, sam pawh etc) te an ni.

5. **Childhood Disorders (Naupanga natnate)** : Naupangte pawh hian rilru lam harsatna hrang hrang an nei thei.

a. **Mental Retardation** : Rilru lama rualbanlohna.

b. **Learning Disorder** : Lehkha zirna kawnga harsatna, entirnan ziak emaw chhiar emaw harsat bikna tlatna.

c. **Autism** : Kum 3 an tlin hmian a lang tlangpui a, midang nena mit hmang te, tawngkam leh chetze hmanga inkungkaih an thei lo. Tawng lamah harsatna an tawk nasa thei hle a, thil ngai reng tih nawn mawlh mawlh te an ching thin.

- d. **Behavioural Disorder** : Naupang harh chungchuang leh thil pakhata ngaihtuahna pe rei thei lo (Hyperkinetic Disorder) te naupang nungchang tha lo (Conduct Disorder)te.