

I taksa tui nena in chawhpawlh in Hriseltak in awm rawh

I taksa pum zazela 70% hi tui a ni,
I taksa a tui awmlaha ro na a vang
hian I ngaihtuah theihna le I thil
belhchian theihna zazela 13%
a ti tlem. Ni khat a tui no 6-8 i
in na hian I taksa a damna
leh I pian pawh dik ziktluak
ih a tanpui thei che a ni.

THINLUNG

Taksa a lo ro
hian thinlung
lama hnathawhtu
pawh a chhe
zawngin a hliam
thei a ni.

PUMPUI

I thil ei
zawngzawng te
lo siamtu atana
paimawh ngeingei
pawh tui
a ni.

VUN

Tui hi I vun
ti hnawngtu a ni a,
I taksa pumpuia
tuiril tit ling tu pawh
a ni bawh.

THISEN

I thisen zazela
90% chu tui a nia
i taksa a oxygen
le chawtha te pe
chawng tu a ni.

THLUAK

I thluak hi
zazela 80%
tui a nia, heihian
I taksa pum a thil
paimawh a siam
ang bawkin
a ro hian ti poi
thei bawh.

KA

Tuihalna hi kan
taksa a tui in
chawhpawlh hriat
theihnak that ber a ni.
I tui in hal I in hriat
chhuah hian I taka in
tui no 2 leh no 5 in
kar a lo hloh tawh
a ni.

HA

Tui chuahnaa
kan tui in ah
Fluoride a awma
hei hian kan chaw
ei le kan thil in a tanga
kan ha tinget theitu acid
lo dolet in a ti nget tu
a lo ti tlem thei
a ni.

CHUAP

I thawk a piang
hian tui tlem I hloh
bawka, I thawtna
ringawt hian ni khat
ah tui no khat vel
chu I hloh a ni.

KAL

Tui hian kan kal a
awm thilchhia a lo
doleta, chuan thisen
kalkawng tithar leh
in leh kan ei in a ion
pawh a duh tawng
ang zat turin
alo siam a ni.

PHING

Tui tamtawk tak
mai in hian phinga
natna le kal a
lung awmna lakah
a veng in a ti tlem
bawh a ni.

CHIN MIZO