

Malut lap hte shingra latung sat tsi galaw ai ladat

Myenmung na tsi lap kaba hta lap pyet gumdin nna tsi shan htat ai nsam hta chyang ai (sh)magri nsam hte gayau da ai.Zunlawng ga hte kawng ga ni hta mung hkai nga ma ai.Ntsa lam hku na jahti,shaloi myu nga nna garan hkai ma ai.

Hkai bawng galaw ai lam – Bungli amu galaw sha ai ni hku na tsi hkai sun hpe Sep hte Oct laman hta hpang nna hkai bawng ma ai.tsi bawng ngut ai hpang marang grai htu yang hkai ban kasha ni hten za chye ai.marang htu ngut ai hpang she tsi bawng yang kaja ai.Hkai bawng galaw ai hta bawng langai mi hta nda de 3’,n da de (15-20)’daram galaw ra ai.Hkai bawng langai hta myu nli tum nga chyau kaww mi daram bawng ra ai.Myu nli tum htam mi hta zaibru (sh) wan dap htam manga daram gayau nna gat ra ai..

Gat ngut ai hpang hkai bawng hpe hka dingrun jaw jaw na matu ra ai.zinlawng ga ni hta mali hka hkyet ai shaloi hpu ga ntsa hta mai bawng ya ai.Kawng ga hta galaw ai hkai bawng ni zawn hka jaw n ra ai sha tsing hpe sha bawng jaw ra ai.Hkai bawng gyip ai shara hta myu nli tum law law gat nra ai.

Kawng ga hta hkai ai tsi hpun ni hta hpun kaji ai ten hta marang hka hpe shamyet shanat nga ai.dai majaw bawng ngut ai hpang nhtoi (45)ya hta htawt sit hkai mai nga ai.Zinlawng ga ni hta mali hka hkyet mat ai hpang bawng nna Nov laman htawt sit hkai mai nga ai.Acre mi hta hpun ban (6000-8000) du hkra ra nga ai.

Hkai ai lam – Tsi hpun ni hpe mahkret yan mali galaw jahkrat la nna hkai ngut ai hpang bat mi laman si mat ai hpun n hpe jep yu nna bai kapa hkai ra ai.Tsi hpun langai hta ga kaja n kaja hta hkan na tsi lap (5-8) du hkra tawn da jaw ra ai.Tsi laking ni hpe masum lang daram di ngut ai hpang tsi lap kaba wa na matu npu na lap 2-3 hpe di jaw ra ai.

Malut hkayawm galaw ai jai lang ai malut lap kaba hpe hkai sun a matu akyu rawng hkra shingra latung sat tsi galai ai ladat hpe gam garan ya na n -ngai.

Malut lap a tsi ninghkik/ Tsi atsam ni

Dang shamyit kau lu ai latung ana ni – pya latung,ba hkaw sha latung ni,sumbra,manut,lapsha latng,magra ni,hpun mat anyaw sha ai latung ni hpe dang shamyit kau lu ai.

Galaw ai ladat – Malut lap kaba ,hpun mat jahkraw hpe hkan mi jan(250 g)

Sapya ntsin – shat sha chyaw zun 2,(30 CC), Hka soi-4,(liter 4),

Tsi lap kaba, hpun mat jahkraw hkan mi jan hpe hka soi mali bang nna shalau jaw u.Sapya ntsin shat shaw chyaw zun 2 bang jaw nhtawm min 30 na hkra gaw ngwi sha kahtet shadang jaw u.Dai hpang sumpun tsit ai apha sha re hte jen shup la nna hkrat wa ai ai ntsin hpe la u.dai lu ai ntsin hpe hka htam (4) gayau nna gat hprim ya mai ai.

Tsi atsam grau kaja mayu yang namhtum kachyi mi bang jaw mai ai.ndai tsi ntsin gaw xumbra latung ni,dinggram yaw ni,hpun mat ahtu ai latung shingtai ni,lap sha shingrai ni,manut ni hpe atsawm sha dang shamyit kau ya lu mai nga ai.