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“ATHOUBA SINGNA KATTEOK-I, YAOLNA KHUMANG CHAOSILLI”

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MASEL GI KHUT THOKNABA

Matam amagi 1970s/80s gi matamda leiramba Manipur gi fivamga, pangkhak oirare ngasigi 21 suba chahi chagi Manipur. Matam aduda thengnakhiba meesi meena, security forces singna meecham meeyamda chatthakhiba meot meenei ngasisu mitmangda chongthoraktuna nouhounana ningsinghalle. Meena lakchakhibagi ningamdana kangaonana maikei faangna hourakliba ihousing ase punsillasi apunbagi oiba maikei amakhaktada panthung adu youna chatnaba.

Cheksinhoudaba meekupta yeknabasingna khudong chaba loukhiba haibasi mahousani. Thangnaba meekupta kari thokkani khangdaba meei mapoksida eikhoi khudingna karigumba kharadi sem saduna thamba mathou tai. Tanfamsida India leingakna Manipur da

Kanglupki irang thengkhak kayarakta thokkhre, houjik thokliba irang asiga mari leinana Manipur da khundariba kanglup khudinggi wakheinaba yaba thousil ama puraknaba hotnarasi haiduna Naga, Kuki amadi Meitei singgi mahut sinba ngamgadaba Civil Society Organisation amamam lakpiro wari sannarasi haina kourakle haina khallasi. Naga, Kuki gidi masak thokna CSOs sing leikhre, Meitei furupki oina karamba organisation na meiteisinggi mahut singani, wahang asigi paokhum thidokpa mathou tai.

Meitei singgi maikei kayadagi nakhoi punsillu amatta oiba liching amagi makhada langjang asi changsinsi haina laonarakli. Tongan tonganba CSOs singgi maramdamgi mafurupki fanaba hotnabada magi magi tokhai tokhaiba wakhallonsing leinarambadi

yai adubu pumnamakki aroiba pandamdi ima leipak Manipur bu kanba haibasida chap mannei. Khudingmak mama leibak maramdamgidamak chongthoknarakpa ngaktani. Houjik tokhai tokhai mana mana aningba apambasing laonarakliba asi pandam asibu fangnaba hotnabada chat`nagadouriba lambi asi tongannabadagini haiba yai. Hairiba wafamsingsi meepum khudingmakna wakhall tanarabasu eigi eigi lupki haiba apikpa wakhallon adudi thadokpa ngamnade. Asumna machoi machoi leiriba lupsing asi punsinnaba hotnabada iramdamsigi ahal-laman (senior citizens) singgi thoudang yamna chao-i. Athuba matamda magi magi lam amamamda thoidokhendokna heithoi singthoiraba senior citizens sing asina macha- manao sing asibu konsinbiduna tathok-tasin tounaraga amatta oina chatminnaba yaba Meitei pumbagi mahut sinba ngamgadaba lup ama sembiba matam youre. Ipa- ipuna takpiramba “Khonggrai satlingeida sanna wai” haibadu

tadanaba matam leiringei thabak paikhat`hanjaning-i.

Indianization da luptuna, arang arakta taoduna ithak-irangda ngaoringei, fashion show touringei, isana isabu Indian amagum khanjaduna nungaithoklingei khandhanarude kananasu isasi karamba furupno, eikhoi karamba fivamda hingli haiba. Khanghoudaba meekup ta ichin-inao oina amadi charou mourounaduna nungsi channana hingminnaramba, Kuki furupki meeoisinggi maraktagi nouna changlakkhiba afaba khutlai ningthina pairaba meei kharana, khutlai paidaba meecham Meiteisinggi mathakta landarakkhi, nongmei kap kaptuna mayum makei mei thaduna tallakkhi. Meirikpidagi meijao hourakpagum ngasidi Meitei amasung Kuki singgagi tha manga fajillakkadouraba lan asida nakal animakta nupi- angang yaona meecham kaya meesi meena nangnare, kaya amana lanjennare. Matam kayagi tungsida meekap thokhalle Meitei singbu, Kuki amadi

Indian Security Forces singna, ningsinghalle masagi asengba saktam.

Houjikti Manipur asi hiram khudingmakta kang-khong chairaba fivam ama haibadu oirabanina masi loisillakpa matamda, hannadagi mafam marang khangdana leiraklaba amadi houjik thokliba khudingmak magi magi leifam thokpasingda mafam chana-chana thamnaba hotnahouba haibasi khwaidagi mathou taba ama oire. Academicians, Intellectuals, amadi Senior Citizens singna punna famminnaduna, India da pulluraba tungsida India na nouna sembiba law kayana Meitei singda khong khut punsinbagum thamliba law sing asibu thidoktuna masibu singnaduna achumba fangnaba hotnaba matam youre khalli.

Houjikti Naga singsu makhoigi Framework agreement ki matangda wa kangthokpa houraklabanina, matam kayadagi yetnaduna laklaba makhoigi matang asisu

khannahouba mathou tarakle. Naga, Kuki amadi Meitei singna Manipur gi apunba saktam kaihandana karamba maongda nungsi channana leiminnaba yagadage haibagi matangda hiram asigi maramda khang heirabasingna wakhal chungsinnaba mathou tare. Kanglup kanglupki oiba t o u n i n g b a / o i h a n n i n g b a amadi toubu yaba yadabasing pukhatnaduna taret tara thokna famminnaduna khannaba matam youre haijaning-i.

Amaromdana nongma kangdana thokliba meesi-meenagi thoudok wathok kaya asigi marakta eihakna haige khanjariba wafamse mayamnadi matang chade hainadi loubiramba yai. Adubu wafam asimasu ngasi thokliba hanta-sunabagi irang asigi hourakfanga hiramamanattraga amada mari leinahallakpana masisu khannahouba matam chabara khanjaduna fongdokchabani. Karigumba India leingakna Meitei singda Schedule Tribe ki Status pirage Kuki sing dasu makhoigi

talliba separate administration pikhrage hairagadi Meitei singna yagadra wafamsida Meitei singgi kari firep lepkani. Matang asida Meitei singna Indian constitution na piba Schedule Tribe ki Status tanbagi matangda merits and demerits neinaba amadi atoppa karamba pambeina iramdram Manipur gi mafam amada hekta Manipuri ama oina khunda leitaba yabagi ayaba leihanba yaba Law sing thiduna puthokpa amadi chatnahannaba hotnaba tai khalli. Masigi manung channa Meitei/Meetei haina ani thokna inariba asisu law gi matung inna yanaraba amakhaktamak ibana achumba oigani khanjei.

Loisillakpasida thamjaningba wafamdi Meitei haibasi community ama natte, masidi Nation amani, madusu chahi 2000 henbagi aeba puwari (history), masagi lon, mayek, nat amadi culture na pukkei chonna leijaba Civilized Nation amani. Masidi mahousana oijarakpa Evolution gi process amasuni. Human Evolution gi matang asida kupthana neinajararoi

masidi meepum khudingna khangnaraba ngaktani. Masimaknasu oiba yai, Meitei singna amanabu hairabadi hoi hoi haiduna yanadriba, amadi nongmei chindolda nam haduna sijinnabadasu chattlu yadaba, masana masagi hak khangna, masa masagi aningba apamba afa-fatta kaya neinaduna tongan tonganba wakhallon kaya puthoknaribasi, masimaksu chaokhatpa Nation amagi khudam amani haiba yai. Manipuri Nation asisagatlakpada Meitei singna achouba thoudang louduna lakkhibani haibasi puwarina khudam oiduna lakli. Ngasisu Nation asibu ngaknaba hotnabada eikhoi Meitei sing khongfam handokfade. ■

LEINGAK KHUNNAIDA NATNA KALLIBA AHAKPA MAFAM

Natki hourakfam:

Meeoiba khunnaida natna kalliba maruoiba mafam asigi marida wahangsing hangnarak-i. Meeoibana malemsida wakhallongi taibangda luptuna leirakhibani. Thawai panba amadi pandaba achat-chattagi marida tongan-tonganba wakhallon pinei. Meeoibana ngarang, ngasi amasung hayengbu suna yengba ngamdana mari leinaba lousing khomjinnaba hotnaduna mathou tarakpada sijinnanaba hakchanggi amasung pukninggi panggall fudoknei. Asumna meeoibana masagi laibak semjinba hotnabagi top-toppa lousing puthoknabgi lamjel asina lousing tanbagi sanglaba puwari amasung thainadagi chatnarakpa liklamchat haibadu semlak-i. Adugumbathouongkayana matamgi eechelda leichaorolgi tongan-tonganba maongda masing hengatlaktuna pukkei-langei oina peisillak-i. Madudagi nat (culture) mayol chongduna hougatlak-i amasung sarep tannaba hotnarak-i. Houkhiba meerolsingna semgatlaba

natki yumfam oiba achumba machatsing aduna mathanggi lakkadouriba meerolsinggidamakta kaongamlaroidaba maongda yumfamgi nungbi oina yungbagum leihalli. Mamangeidagi houna khomjin tasillakpa leichaorolgi pukkei asida anouba meerolna chatnarolgi machalsing henna-henna hapchilli. Asumna meeoibabu natki kallaba (turel) eechelda hanggat-handa iroi halli. Matou asumna meeoibana chaokhatlaba leichaorol oina khunnaigi manungda leibak macha taba amamam oina hingba hourak-i.

Natki mathoudangsing:

Natki ahanba thoudangdi, meebu taibang meeoiba oina sembani. Mahak mahakki licht-lamchat kanglon naihanduna punna punna hingmannahannaba hotnabani. Masina meeoibabu apunba kanglupki apambaga chusinnana hingminnaba heinabagi maongda mahakna set-chagani, lon nganggani amasung nungtigi punsirolgi toufam

thokpa thabaksing tougani. Kanglup amagi natna kanagumbana natki icheldagi theidoknaba hotnabadagi kanna hotnabada amasung meedom (individual) singbu taibang meeoiba oihanbada yanaba chaoraba thoudang louri meedom aduna kanglup adugi khunnaigi punsida changkhraba matungdadi, tongan-tonganba thabak touramsingda meedomsing adugi mapanggal mathousing sijinnaduna kanglup-furup aduna mapanggal henna sagatli. Thouong asina meedom adugi kannaba pibada nattana mahakna furupki pandamda inot haptuna khunnaigi kannaraba lan oihalli.

Natki anisuba maruoiba thoudangdi: Khunnai amasung meedomga leinaba mari mapop kaidana ningthina thamnaba hotnabani. Thouong asina meedomsinggi ake-amougi punsi amasung punsigi pandamsinggi tangaiwadaba ahanba apambasing fanghannaba hotnaduna amasung makhoigi nungtigi punsigi lamchat-lichatsing kanglon naina semdoktuna kanglup-furup adugi matik mayai (value) amasung pandam oiba wakhallon chaokhathanba amadi panggall leina sijinnaba ngamhalli. Furup adugi

manungda leiriba furupchasingna makhoigi khunnaina yanningadaba lichat sajat tamsilli maramdi, makhoigi sajat adu khunnaina yaba yadabagi makha polli. Asumna kanglup amagi natna makhoigi meedomgisinggi maraktagi thorakpa maram chadaba lichat-sajatsingbu athingba piri. Masina puwari ibagi thabak amagumna touduna mahei tambiba, matik-magun (talent) fudokhanba amasung masagi sinfam pibanachingba chatthari. Asumna matik mayai fudokhanbagi thouong asina meedomgi maram chana thabak toubu amasung mathoudang pangthokpada henna mara chetsilhali amasung furup adugi manungda makhoibu pukning wakhalgi oina, achum arangi khal puba ngamna amasung maramdam nungsijabagi wakhallonga loinana punsinnaba hotnei. Natka sagonnana mangjil thanglaba kanglup furup aduna makhoigi meedomsinggi maraktagi khwaidagi faba meeoisng khandoktuna meekok thongba afaba amasung mareibak nungsijaba meesaksing oina semgatnaba hotnei.

Natki ahumsuba maruoiba thoudangdi: Furupki hingnabagi thak chaokhathanduna makhong maromdom leppa ngamba senmitlon leihannaba hotnabani.

Lannai amasung khunnigi thoudok thouramsing amadi leibakki harao kumheisingda natki potlamsing sijinnaduna isana isagi keithel semjabani. Acha athakki potlamsing, leitengsing, iraat-thounigi machaksing amasung setna-innaba fiolsing pumnamak natna mamai chumduna maramdam nungsijabagi wakhalonga loinana chaothokchana hingminnabagi pandam tanba ngamli.

Natki marisuba maruoiba thoudangdi: Mamangeidagi houna pukning-wakhalda maru-mara tarakkhraba lanna thajanabasing, maram chaba watpasing asi matamgi mityengda chumthoknaba hotnabani. Thainagi natsingbu nouhouna semdoktuna ngasi hayenggi leibakki pandam sagatpada mateng oiri. Houdong uraga, maku uraga langfei khongchat hanjillambadu ngasidi scientific ki mityengda chamthoknare. Masigumna matamga chunadraba natki harao kumheisingsu mafam piksilhanba chumle. Laininggi mingda harao kumheibu lallonbagi thouong chatthaba asina laininggi masak manghanbada nattana khunnaigi amangba thorakkani.

Natki mangasuba maruoiba

thoudangdi: Tongan tonganba natsing punsinnaduna yotsillakpa cultural imperialism gi khongthang asini. Germany gi maichou, anchormen amasung scientist na houdoklamba cultural diffusion gi khongthang asina atoppa furup-kanglup amagi natki oiba lallon itikki thabakpu atoppa furup kanglup amagi marakta hakthengnana natraga nakoinana sandokpani, maduna natki oiba mannaba apunba puraknabagi mayol ama semgatpani. Jesus Christ pokkhraba matungda cultural center semgatlakkhi, mafam adudagi art ki lamda natki lallon-itik toubagi thabak amasung leingak leisemlongi thouong asina paksanna sandokkhiduna awang nongchup Europe youkhi. Amasung nongpokta India faoba yourakkhi. Masigi mahei oina, Rome na achouba natki mayollam oirakkhi, madudagi “Roman Law” na Europe ki leibak ayambada sandorakkhi. Hindu beisnob laininggi luchingbasing-Krishna, Ram amasung Gourangga Mahapravu pokkhraba matungda India wangma lanna natki machaksing yaoba lallon itikki thabaksing sandokkhi, khunnaigi kanglon semdoknakhi. Goutam Budha pokkhraba matungda kha-nongpok Asia da natki mayollam kaya semgatlakkhi. Nat mayam

punsillaga atoppa mafamsingda paksanna sandokpada mateng pangba atei mara kayasu leiri. Khwaidagi maruoiba wafamdi atoppa lamdagi nat thajinnabagi kannna ithil piriba natki mayollam (cultural center) gi toungamba asini. Nat paksanna sandoknabagi maruoiba safongsingdi mass communication, turism, film, loinameelon amasung educational and cultural delegation na mapan leibaksingda chatpa asinachingbani.

Mathakta palliba natki thoudangsing asina pandam oiraga iramdangi natsinggi thak onthoktuna yenglabadi, yelhou natsing nattana mapandagi nouna changlakkhiba natsingdi toufam thokpa matou toudraba Kumbhakarna, Rip Van Winkle ngaihaktani haina louba yare. Masigi mathakta, lamdam asigi yaifaba chaokhatpa thabak toubagi mahutta mangtaknaba thabak thouongsing chatthari. Masina Hindu punsirolda mahao pirabasu, lamdamsigi senmitlon, leisemlon amadi apunba saktamdi amang-ata chaona thokhalli. Mapandagi changsillakpa masing thingamdraba natki kumheisingna khunnai asigi mafamda pifam thokpa kannna piba ngamdabana mapung fana harao kumhei

onthoktuna lamdamsigi meeyamgi punsi hiram kayada cheitheng piri. Senmitlon, khunnairolda amang ata thokhanbada nattana khunnai asigi tungkoiba tunglamchatta mang takpa thokhalli. Masagi oijaba thiba meei kanglup kharana masibu sougattuna lallonpot onthokli. Thoung asibu tunggi mityeng sanna yengba ngamnaba anouba meerolna masong lakthabagi pungja yourakle.

Amaromda lamdamsigi asengba natsinggi matik mayai hengathanduna mathakta pankhibagumba, hiram khudingda mathoutaba thoudangsing mai pakna pangthokpa ngamhannaba hotnaba tari. Asigumba lannai, khunnai amasung natki oiba natki thouramsing asi pangthokpada liklamchat kanthokpa toudana senmitlon amasung khunnailon chaokhatpigi mityengda cheksinna paikhatpa asikhaktana khunnaisigi pandam oifam thok-i. Tasengnamak hourakfam amasung masak sengba natsingna puwari ibagi thaba toubada nattana makhong maromdom leppa ngamba senmitlonga sagonnaba leichaorol mangda pukhatpa ngami haibasi matam pumnamakta kaoroidabani. ■

LEINGAKKI TANGDU LEITAABA LEITABA LEIBAKTA MAYAIKABA POTLAM

“Leingakki tangdu leitaaba leitaba leibakta mayaikaba potlamgi wathok soidana thok-i” haiba wafamsi kaya yamna chumlibano amasung lanlibano haibasida mityeng ama.

12 September, 2022 gi ISTV Discussion Hour gi (How war on drug can be successful EP-4) da Wahengbam Joykumar: Conflict situation, lalhouba leiba, unrest situation leiba mafamsingda mayai kaba potlamgi wathok lei. Loinana unemployment, poverty and corruption su lei haibafaoba pankhi. Social scientist Dhanabir Laishram: “Armed conflict area da malemgi oina drug ki issue si leitabadi amatta yaode. Masida political implication di leibra haina chingnabadi lei” haina wahoudok piduna fongdokkhi.

Loinana 2nd October 2022 gi ISTV Discussion Hour (Present State of Liquor Legalization) dasu W. Joykumar na “1977-78 ta Manipur da Nisa bandh gi ihou ama lakkhiba, 1980 gi matamda yengbigadabasi, Heroine No-4 drug ki potsisu angakpa fangna lalhoubagi irang hengatlakkkhibadagi lakkkhibani” haina wahoudok piduna

fongdokkhiba leikhi. Neinariba asida fongdokkhibasing asi yengluraga tangdu leitaba leitaba leingak amasung mayai kaba potlamgi matangsida khara amuk neinaba mathou tari.

Manipur da maong marin chumna khutlai paibagi lan (armed conflict) gi fivam ama urakpasi ingkumja 1970 gi loisillakpa paring aduwaidagini. Leingakki tangdu leitaba leitaba mafamda mayai kaba potlam yonba sijinnabagi chang yamna wangna lei haibagi wafamsi neinabada ahanbada DRUG haibasi hanna masak khangba mathou tari. Drug: Drug hairiba waheisi French ki wahei Drogue (Dry Herb - akangba mana-masing) haibadudagi loubani haina piri, loina asengbagisu ihan-hanba drug haibasi pambi (mana-masing) dagi sembani. Iduna leiramba lairikki wa ngakta nattana eikhoigidasu amadi malem pumbadasu yengluragadi meeoibana

nganlingei matamdagi layengbasi pambi (plants) (hidakki machal yaoba mana-masing), sa dagi loubu machal (animal products) sing amadi khong (leinung) (mineral) gi pothok sing dagi hidak semnarammi adubu anambana pambi dagina henna semnaduna lakkhi. Laina (anaba) haibasimaktabu meeobagi hakchangda hannaga mannadaba thouongamaoirakpadathouongdubu hannagum mannahannabagidamak hotnabaduda ariba matamdagi hidakki matik-mayai chenjaduna leijariba pambi (herbs) kayadagi semba hidaksingna layengbagi thouong oiduna lakkhi. Asumna hidakki matik-mayai chenjaduna leijariba pambi (herbs) singna ngasigi Pharmacology amasung Pharmacy si oihanlaksana yamna maru oiba thoudang ama louduna lakkhibani.

Eikhoiromda khara henna naksinna yengbada ahanbada drug hairadi yamna samna hidak haiba tabani. Keithel gi hidak yonfamsingda yonliba achou achouba company singgi hidaktu khakta nattana karigumba potsak ama hektamak hairasi (chinjak oina sijinnaribasing natabada) layengbada, kari narabage khangnaba hotnabada, hakchang nungaitaba poktanabagidamak, hakchang nungaitaba fahannabagidamak,

masak khanglaba laina (anaba)gi laiongdagi ngakthonabagidamak amasung hakchangda nungaitaba faorakpasingdagi ngakthonabagidamak sijinnaribasing adubuni drug (hidak) hairibasi. Adubu drug haibasi semlakliba machal adugi matung inna matik mayaisu khennei haibasisu achumbani. Drug khara di thop (brain) amasung atei hakchanggi saruk (rest of the bodywork) ki mathouda pumhong honghanba (affect) ngamhanli amasung pukning gi fivam (mood) da, wakhal-taba (awareness) da, wakhal khanba (thoughts) da, pukning gi ihul (feeling) da, amasung lamchat-sajat (behavior) tasu ikhang hek khanghoudana khanghong honghanba ngamhanbasing leiri. Drug kharada opioid (drug makhal amani, maru oina chikpa-saba (pain) hanthahannaba da sijinnaba) ki chang yao-i. Anambana masigi drug makhalsingsi kani (opium) dagi amasung atei laboratory singda sembani. Opioid si chikpa-saba khaktagi nattana lok-khuba (cough) amasung khong hamthaba (diarrhoea) layengbadasu sijnnei. Opioid si chikpa-saba gidamak sijinnabada Dr. na natraga health care provider amana prescribe touribadukhaktamak sijinnaragadi thoina akaiba leite adubu mayai kanabagidamak lanna sijinnarabadi

yamna laichuganli amasung hanjin hanjin sijinningba pok-halli, akonbadadi thadokpa ngamdaba oirak-i.

Matang asida eikhoina khanghoubu yabasi drug ka medicine gagi marakta leiriba khennaribasini: Drug asi meeobagi hakchang amasung pukning-wakhal bu mangonda (drug tuda) yaojariba chemical substance adugi matung inna puningba/chingningba maikaida puduna/chingduna chatpa ngamlibadubuni. Khudam oina tumnaba guli (sleeping pill) charuragadi nangna fana tumdanaba hotnaragasu soidana tumkhigani. Suwaida soidana palhoudaba yadaba amana, tumnaba guli charadi tumi khangbadagi kanagumba kharadi tumba yade hairaga guli charaga tumbagi heinabi leisinlakpadagi guli chadradi tumba yadaba yaorak-i. Tangkaksini nanggi punsi mahingda saruk macha amadi nangna chingduna pujaba ngamlaktribasi – piklabasu tumbadudi drug tuna nangbu chingba hourakkrabani. Asumna painkiller su sleeping pill ga chap manei, chikpadu mana fahankhiba natte ngaihaktang kaothokhanlubani mangam loiraga amuk chadaba yarakloi, asum asum khara henna kanba chang mathou tasinlakkani. Asumna painkiller na mapu oiraktuna nangna meenai

amuk oiba hourakkani. Medicine sina hakchang amasung pukning-wakhal bu mangonda (medicine duda) yaojariba chemical substance duna hannagi fivamduda purakpa/hanjinhanba ngamhanbadubuni. Medicine haibaina drug tagi amuk taionnabini. Afaba hidak (medicine) ti chagadabani haina piribadu loiraga makha-tana chadabada, chadragadi nungaitaba chadaba yadaba fivam amatta thokhande. Matangsida palhouba yaba wafam amana – prescription toubu oiragasu diabetes amasung hypertension gumbadadi chao haina piriba matamduda chahoudragadi yamna nungaitaba fivam (terrible complications) oihanba yana lei, sina drug tuna mamai chumlaga chatpanani. Adubu medicine dadi chagadaba hidak (right medicine) dumak chabadadi hakchang amasung pukning-wakhal pumnamak oifam thokpa/oigadabaduda nangna puduna chatchaba ngamhanli.

Medicine di chinjakkumbani hairafaoba yai, karigumba ising khouranglaba natraga khounglagadi ising yaoum amatang thakpada khourangbadu fahanlibaduni, chabada hairasu chak lamladi chakhom amatangnafaoba aramba khangnaba ngamlibani, thabak kannu surubagi ware khallasi ngaihaktang ningthina pothabada

pumnamak fahankhibagumabni, sini hidak (medicine) hairise. Tasengna hidak (medicine) di thoidokpa amang ata leihande, henjinningba natraga lanna sijinningbasu leihande. Asini drug amasung medicine gi khennaribasi. Adubu anambana potlam (substance) khudingmak chinjak (food) oina, hidak (medicine) oina amasung hu (poison) oina maong ahumsida sijinnaba adumak yai. Khudam oina, thum (common table salt/sodium chloride hainasu khangnei) da hekta yenglasi, chanaba chinjakki machal amani, mahao hengathalli/thokhalli, hidakta hairagana karigumba humang kahenna thokpadagi chokthaba khourangba henmankhiduna k h o u g a n g b a n a c h i n g b a (dehydration) thoklagadi isingda thum khajiktang yansillaga thakpana chokthaba, khourangba amasung khougangbasing athubada kokhanba ngamhanli. Masibu lifesaver hainafaoba khangnei. Adubu thumsi hypertension leiba kangbudadi khuchagi matung inna siba faoba yairibani.

Drug hairaga common oina asengba wahanthok piba taragadi maong 2 khaktadani,

1. Anabagidamak (prescribe or un-prescribe) ta sijinnariba hidak (medicinal drugs) sing,
2. Anabagi hidak (prescribe

or un-prescribe) sidagisu manungchanbasingdagi amasung psychotropic substance hairaga khangnariba amasung madugi manung challibasing, anisikhaktani. [psychotropic substance ki manung challibasi:- alcohol - yu, caffeine - cha, coffee, cocoa, chocolate ta yaojaba meoibagi brain bu mayai kahanba (stimulate) ngamba alkaloid (eikhoida hairaga utti/khari meegi londana soda gumba) compounds ni, nicotine - hidak mana da yaojaba chemical amani sisu mayai kahanba (stimulate) ngamba chemical ni, marijuana - ganja, amasung hakchang chikpa saba fahanba ngamba hidak (certain pain medicines) sing amasung illegal drug singda hairaga Heroinee (sina kani-opium dagi sungdokpani), cocaine, LSD amasung amphetamine sisu psychotropic substance ki manung chanli. Hairiba psychotropic substance sing asi psychoactive substance hainasu adum khangnei.]

Hainingliba wafamdi drug ki manungsida yu, ganja, kani (no-4/ Heroine hairiba illegal drug asi kani dagi sungbani) si adumak manung chanlli. Aduga khannariba article sigi matung inna conflict situation na drug pusillakpa/sijinnaba

helhanbani haibaromda pusllakpasi chumbra chumdabra haibasidani. Manipur da yawol gi ihousi Lamyamba Irabot ki matamdagi leiba hourakkhrabani. Adubu khutlai paiba ihou (armed struggle) di '70s gi loiramdai dagi hourakkhibani.

Manipur da meihourondagi sijinnaramlaba mayai-kaba chinjak sing:

Manipur da yu, ganja, kani meihourondagi adumak sijinnaduna lakkhraba mayai-kaba potkamni. Hannadi yu thakpa, ganja thakpa, kani chaba natraga kani thakpa haina hainarambani. Adubu ngasidi drug haina sijinnaba horakkhiba asidi early 80s aduwaidagini adubu kananasu Manipur dadi yu budi drug ni haina khak lounade. Yu thakpabudi anambana yurai-chuba houjikki matamsidana alcholic hainaduna hainari.

Ngasigi Drug ki culture si kana kanana matou karamna Manipur da pusillakhibage:

Drug chaba hainaribasigi culture si Manipur da pusillakhibasidi Manipur na India da tilluraba matung early '60s aduwaida yaitong-famdongba bureaucrat singgi amadi senjao paiba kayagi macha-masu sing India da mahei-masing tamba tharubadagi western lomgi film sing, music (pop/rock/country/jazz/

reggae) ki culture pusillakhibadagi matung innaduna lakhibani. Malem da 1960s – 1970s da maming yamna chatkhiba British ki rock band The Beetles ki impact tu '60s loisinlakpa amadi '70s da Manipur dasu chaona mami takhi amadi masida nattana atoppa western band kayagi mamisu taba hourakkhi. Ahanbada pop, country amadi jazz nachingba khara khara tanaba hourakkhibadagi matamduda western music AC/DC, Led Zeplin, Donny Osmond, ABBA, Bonny M, Bob Marley, Santana, Kenny Roger, Don Willims, Jimi Hendrix, White Snakes, Smokie, asinachingbasinggi English song matamdugi meerol na khara pamna tanaba hourakkhi. Mathang mathang pop, rock, hard rock, reggae, country nachingbasing masak khangba hounarakkhi. Matamdugi maming leiraba rock band singgi drug culture adu mapanda mahei tamluba maheiroi singgi maraktagi kharana fashion ama oina Manipur da puraktuna sandokpa hourakkhibani. Beetles ki John Lennon gi matou tamduna sam sangna khaktuna round glasses (Gandhi anak hainaba) amaga upladi loire, matamdugi meerol na masak khangnaba meegumbani. Matamsida Manipur da khutlai paibagi ihou gi mami ningthina tamdriba matamni. Adubu mapanda mahei tamlubasingda khara amadi

makhoigaloinabaluna tinnabasingga loinana guli chaba hounare. Manipur gi oinadi matamduda Imphal amadi masigi akoibada ganja thakfam (ganja kholla hainei), kani chafam/thakfam (kani khola hainei) masida ganja/kani marang kaina fangngi. Hairiba khola sing asi chinggi di khangdre tampakki leukai khudingda leinadaba yaode haiba yai. Adubu matamduda hairiba mafamsing asidi chahi nouriba naha ngasigi No-4 charibasing asigumbadi changnade changnahande. Yu gidi pumnamakna ikhang khangnariba wafamni Imphal manung da masing khangdaba chatnabiga mari leinana sungfam chingmee khunsing marang kaina leikhre. Masidasu nattana Meitei na Loi haina khangnaba Meitei gi kanglup kharasu chatnabina yu sungba Imphal manungda amasung Imphal dagi khajiktang haidoklaga khundari. Hairiba chingmee gi amadi Meitei gi khunsing asida yu marang kaina meihouronadagi houna ngasisu adumak lengdana fangduna leiri. Masidi anouba wafam natre.

Matamna ahongba lakkkhibadagi guli yonfam keiroi leukai kharada leinaba hourakkhi. Hairiba matamsida guli chaba kana amatana pharmacy da changduna hairiba medicinal base drug sing asi leinade. Heroine No-4 asi Manipur da masak maming

sungta tadringei/sungkhang khangdringei da Manipur gi mapanda mahei tamluba maheiroi singna “mandrax amadi prodom” hairiba guli (tablet) makhal asi mayaikaba potlam (drug) ama oina sijinnaba hourakkhre. Mandrax hairiba guli asi UK, Africa, Australia amasung New Zeland amadi atei Europe ki leibaksingda khangnaba mingni, India dana Methaqualone haiduna medicinal purpose gidamak 1951 ta puthorakkhibani adubu ‘60s amadi ‘70s gi anganba sarukta mandrax si awa-pothanaba hidak (recreational drug) oina pak sanna sijinnaba hourakkhi. Adubu India government na drug asigi sijinnariba maong khanglakpadagi narcotic drug ni haina laothokkhraba matungda 1985 ta Narcotic Drugs and Psychotropic Substances Act ki makhada banned tousinkhi.

Yamna ngaklibadi India gi maming leiraba mahei loisang singda khara henna afaoba collage, university singda ganja/hashish sidi churup (cigarette) ta handuna joint haina ifong fongna thaknaba thengnarakkhiba adusu amani. 80s gi matamdadi tasengna fashion amadouna yamna lemnaba meechang sangga leinabasinggi mathen amadouna tounakhi. Maheiroi loinamak toukhi haibadi natte sungtou toudabasu konggaini.

Asumna '70s gi louirakpa aduwaidagi houraktuna '80s gi matamsuwaida Heroine No-4 sijinnaba hourakkhiba aduwaida, maru oina kani chaba/thakpasinggi maraktagi amadi mapanda mahei tamluba kharana yamna kanna "morphine" kappagi chatnabi ama Manipur dasu leikhi. Hairiba drug pu hakchinna sijinnarabasing amadi sijinnaba hourakkhibasing adu Manipur da oirakliba Ningtambagi lan (conflict) asiga karigumba fivam amatada mari leinadana hourakkhraba drug ki culture dugi langda thuduna leirabasingni. Lamyamba Irabot ki matung tarakpada maningtamba Manipur amagi mathou taba munna khanglabasingna Yawol gi lambi ama yatpa amuk hourakkhibasi 1960s gi matamdagini. Adubu conflict ka iroinana neinaba taragadi masidi athengba '70s dagini adubu Manipur da Yu/Ganja/Kani sidi India na Manipur bu namlou lousindringei, Lamyamba Irabot nasu yawol gi liklam ama yatnabagi wakhallon sunglei leitringsidagi Manipur da leirakkhre.

Nganlingei matam ('60s - '70s amadi anganba '80s) gi Bollywood ki khongrao maton laobi "bell-bottom" setlingei guru shirt (pumyat ki maongdouna toubu oiningba machoo oiba yaba) litlingei gi film singda drug sijinnaba, mayum da

partytoubu, leisa-pakhangsingkonna konnaduna ball dance touminnaba, fongna ganja thakpa gi achouba mami ama unnakhibani. Madugi mami ama yaitong/famdongbasing amadi inakkhunbasinggi machasingna pusillaktuna makhoigi matung innaduna lairaba makhoigi marup mapang kaya ama anouba lang amada thuba hourakkhre. Wafamsi mapanda mahei tumluribasing adukhaktagisu maral natte masidi Bollywood ki (haibadi Manipuri cinema di 1972 da khaktagi hourakkhibanina) film da loinamak unakhibani. Matamsida Bollywood khakta nattana Hollywood ki film singdasu khongrao maton laobi setpa guru shirt manba furit litpasi chatnakhiba matamni. (1972 gi Hong-Kong ga Hollywood ka collaborate toubu martial art film 'Return of the Dragon' da Bruce Lee ga fight tounakhiba amuba African macha duna litkhiba furit maong duni guru shirt hairisi). Masidasu nattana Asia rom gi film kayadasu drug sijinnaba, yonba amasung chaona lallonbasi mami sing takhiba matamni. Khudam oina Bruce lee gi 'Big Boss', Al Pacino gi "God Father", 'Scare Face' asinachingba. Hairiba matam asida India gi maming leiraba city singgi manungda Delhi, Bombay (ngasigi Mumbai) amasung Calcutta (ngasigi Kolkata) da Heroinee No-4 adumak ningthina sijinnaba/

fangba hourakkhre. Matamsida panningba wafam amana Manipur gi maheiroisingna yamna pamnana mahei tamnakhiba Pune da, Pune gi Osho Rajneesh ki Rajneeshpuram ashram gi wari tannadaba yaoramloi. Warida nattana ashram dugi culture da ngaokhibasu yaonakhibani. (Rajneesh ki ashram asi ganja amadi sexual enjoyment culture gi chaona India da wathok leikhiba mafamni.) 70s loirakpa '80s hourakpada yaitong-famdongba bureaucrat singgi amadi senjao paiba singna makhoigi machasing Manipur da hougatlakliba armed struggle da yaokhidanaba amadi ahenba mahei masin tamnabagidamak India gi mafam kayada lairik tamba thanakhi. Adubu laibak thibadi matamdugi India gi collage, university amadi private institute kayadi hannadagi drug ki culture asi chaokhatpa douna mara taduna leiraba amani. Masida Manipur gi anouba maheiroisingna yaosinkhiduna laichuba hourakkhibani. Afaba mahei tamfam singni haina lounariba India gi maming leiraba city singda leiba collage amadi university gi thakta mahei tamkhiba maheiroising matik chaba masak naikhiba maheiroi kaya amasu yaokhidaba natte adubu mayamdugi marakta kaya ama tamluriba mahei

adugi mahei chabadi lairadana drug ta laichuba oikhibadagi maromdom lepchabafoba ngamdana mangkhibasu konggaini.

Manipur da Heroine No-4:

Manipur da Heroine No-4 yourakkhibasi 79 gi matamdani adubu matamduda Manipur da Heroine No-4 gi maramda thoina khangnakhidabadagi amadi mamal yamna tangba oibana kanida laichurabasingfaoba sijinnaba pamnakhide haibagi wafam leinakhi. Hairiba matamsidani kanida laichurabasing kharadi morphine kanna kapkhatnapa hourakkhibasi. Adubu '82-'83 gi matamda mapanda mahei tamluba maheiroising Heroine masak ningthina khanglaklaba singna Manipur gi kani chaba mamannaba singga khutsamnaraga Heroine sijinnaba hourakkhi amasung anouba mamannaba kaya amasu Heroine NO-4 sijinnaba tambiba hourakkhibani. Manipur da Heroine bu No-4 (indon angoubi su hainei) hainakhangnadunayamna ningthina hektamak sijinnaba houkhibasidi 1984 gi general election da vote lepliban candidate singna polling camp singda yenthaduna vote khomnabagi pambei ama oina sijinnaba houhankhibadagi

makhatana mara tahouduna '84 loirakpa amadi '85 ta Heroine gi cheitheng fangba lamdam ama oiba hourakhibadagi ngasigi taheidaba uheidaba kayana pik thanlaba Manipur haibadu oirakhibani.

Heroine gi cheitheng:

82-86 ki matamda Manipur da khanghoudana senjao khangpai paikhibasinggi marakta kharadi Heroine No-4 lalonba yaoramloi hainingai leite. Hairiba matam asida Golden Triangle dagi changlakkhiba Heroine No-4 asi Manipur da ma magi quality gi matung inna kg da Indian Rupees 45,000 dagina 60,000 pikhi. Adubu hairiba matam asida India gi metropolitan singdadi kg da Indian Rupees 120,000 dagi 200,000 pirabani. Hairiba matamsida Manipur da meei kangbu amadi Heroine No-4 lallonduna ngasi masak naiba senjao paiba oina hingba leiri. Meeoisng asigi matou tamninglubadagi amuktang di khanluba meei kaya amasu mayum-makei kang-khong chaiduna mayum-makei muttuna awaba tadaba yaodaba natte.

Asumna mayai challakpa 80s aduwaida Manipur da anouba ihou ama oina rock culture da matamdugi

naharol sing khamthengna luppa hourakkhi, hairiba matam asidani tungda kari oirakpa yai sungkhang khangdana Heroine No-4 bu fashion ama oina pak-sanna sijinnaba houkhibasidi. '86-'87 aduwaida addiction gi chetheng nangba hourakkhre loinana '89 da ahanba HIV gi case su Manipur da thengnakhiani. Matamsida Heroine No-4 sijinabasingna sel leitabadagi anganggi manadagi sana thattuna louba amasung angngdubu hattoppibagi crime toubasu hourakkhi. Matangsida panbada pakchaba wafam kharabudi leitabadi natte, Manipur da yawol ihou gi maion chumna yangna chatpa hourakhibasi '80s gi mayai chanlakpadagini loinana Heroine No-4 paktaknana sijinnabasu matamsidani. Adubu drug pu conflict na pusinlakkhibani haina hektamak haidringeida manung thitna mayek sengna neinaraga ngangbana fei haibasini.

Mayai kaba potlam amasung Lan (conflict and drug):

Colombia, Afghanistan amadi Myanmar gumbada conflict ka mari leinana drug pu sendan lambi oina sijinnakhi haiduna wafamdumak Manipur gi armed conflict sida pusinduna compare tousinlakpasidi

langani. 12 September 2022 gi ISTV Discussion Hour gi (How war on drug can be successful EP-4) da wangangloi oikhiba Wahengbam Joykumar gi “Conflict situation, lalhoubaleiba, unrest situation haidi malem gi conflict situation leiba mafamsingda drug ki situation si lei.” Magi wafamduda makha tarakpada Unemployment, poverty and corruption su lei haina fongdokkhi. Dr Dhanabir Laishram (Social Scientist) ki wafamdasu “Armed conflict area da malem gi oina drug ki issue si leitabadi amata yaode. Masida political implication di leibra haina chingnabadi lei” haina fongdokkhi. Masidasu nattana 2nd October 2022 gi ISTV Discussion Hour (Present State of Liquor Legalization) gi khanna neinabadasu W. Joykumar na “1977-78 tani Manipur da Nisha bandh gi ihou ama lakkhibasi, 1980 gi matamda yengbigadabasi, No-4 drug ki potsisu angakpa fangna lalhoubagi irang hengatlakkkhibadagi lakkhibani” haibasini. Wafamsi yamna mayek senglabra haina khanli, Manipur khaktagi wafam nattana malem gi oina yenglubata taragasu, lalhoubathoklakpadagi lan ama oihanlakpani haina lourasi, adubu malem sinasu adumak

yannaraba pumnamaknasu khangliba wafamni lalhoubasingdi meerot ni, “meeyamna isingni yaolloi na nga ni” hainaribani. Matangsida pusillakningliba wafamdi malem gi wafamsi khajiktang thapna thamlaga Manipur gida yenglasi, yawolloi singna chatliba leiriba aronba/ arotpa lambi-lamdanfam singsi lalhoubasingna puthokkkhibra kanana puthokkkhibage.

Lalhoubasingna aronba lotfam amadi aronba lambi ama sijinnaba haibasida sijinnagadouriba lambi/ lotfam adubu khangba manak nakpa khun amadagi lamjing lamtaknaba meei amadi soidana yaogani. ‘-----1980gimatamda yengbigadabasi, No-4 drug ki potsisu angakpa fangna lalhoubagi irang hengatlakkkhibadagi lakkhibani” waheisi wangangloi sigisu machin longba wahanthok amasi paokhum mayam amadi soidana puthorakkani adubu magi wafamsina atabasingdadi ‘lalhoubagi irang hengatlakpada drug si angakpa fangna hengatlakkkhibani’ – hairibanina lalhoubana atamnana drug si pusillakkkhibadouna uhanaba hotnabagi mami ama tahanli. Loinana “Armed conflict area da

malem gi oina drug ki issue si leitabadi amata yaode. Masida political implication di leibra haina chingnabadi lei” – wafamsidasu wangangloisigi wahoudok asimakta machin ani longna wa ngangba adumak hourakkhi. Wangangloisingsigi wafamsiga aronba lotfam amadi aronba lambi gi matang ama pusinninglibagi maramdi yaowlloi singna mangda faoba amukta mangludraba leingakki mityengdagi tamna leikhraba aronba lambi amasung lotfamsing adu kanana hanna sijinnaramkhibano. Hairiba meei sing adugi punsi mahingdu karino amadi makhoina lambi-lamdanfamsing adu karigidamak lotna thamduna sijinnaramlibano hangninggai oidra. Wafam matek asi mayamda paokhong chanbadi natte adubu hairiba meeda aronba amasung arottapa punsi mahing amada hingbasing eikhoigi iramdami Manipur asidasu adumak leirammi, leiri haibasini. Hairiba meeoising adu kanano kari toubagedudi mayam khangbibro. Sukhangsu khangdana conflict na drug pusinlakpani kaina hekta haijinloidabani. Masi Manipur gi oiriba amadi oiduna lakliba lan gi thoung amadi fivamsida khak atei malem gi leibakta thokpagumna

mannana lousinloidabani.

Matangsida khangminnaba kannagadaba wafam amakhaktang pusinlakke, Manipur da meihourol dagi yu/ganja/kani sijinnaduna lakkhre. Yu gi matangsi yamna mayek sengna eikhoigi oijaba chatnabida yaojaduna leijaramba lonchat ama leikhre. Ganja gina yamna ningthina eikhoi gi iramdamsida fangba potthok ama oiri adubu kani si thaduna potthok oina puthoklamkhibagidi ariba record amadi wari thoina thengnadri. Kanidi hannadagi houna yumlonnaba nongpoklom gi leibak Myanmar dagi amadi India dagi pusillaktuna sijinnarakkhibagi wafam oina thengnari. Masimakna ayibagi mityengdadi hairiba potlam ahumsimak drug hairiba psychotropic substance or psychoactive substance ki manung challibasing asi Manipur da conflict leitringeidagi sijinnaduna leijaramlabani. Fivamsing asidagi kanjahounaba Ima singna nisa bandh lingkhattuna mawa mapuroibasingkhakta nattana tungda lakkadouriba machasingbu kanjanaba hotnaramlibasini. ■

KANGLEI LONDA HAWAIJAR JAPANESE LONDA NATTO

“Nato (hawaijar) asi manamdi pumtharaba beer amasung amotpa khong mojagi manamga haifet changdamnaba yai. Adubu Natto (hawaijar) gi top toppa mahao asi atoppa chinjak amaga changdamnaba yaroi”.

Iramdam Kangleipakta yamna pamna channariba Hawaijar, chinjak asi iramdanda karamba matamdagi chanaba houkhibage amadi masibu kanana karamna puthokkhibage haibasisu thijinduna puthokpa thengnajadri. Mayam marakta hainabada Indian singna chabadi lairadana masak manam tabada hanggoinariba eikhoigidi yamna pamnaba chinjak asi gi ming asi hawai achar dagi hawaijar haina theithakhiba mingla haibasini. Masida kupthana khannabagi mahutta Hawaijar haibasi karamba leibaktagi karamba furupna puthokkhibano haibagi lamsida thijinduna mayam khangminnaba chumgani khanjei. Wareng asibu ijaribana high school tamlingei matamda, English takpiba oja amana Japanese khara malemgi anisuba lanjaoda Kangleipak ta sikhiba Japanese lanmee sing leiron

chankhibasingdugi hakchanggi lemhoukhak saru sayang khomjinduna maramdam Japan da punabagi ahanba khongchat oina Kangleipak ta lakkhi. Japanese sing aduna Kangleipaki chak ansang chaba matamda Hawaijar asi yamna pamna khutloina chakhi haina libikhi. Yamna ngakna matamduda khankhibadi manam chenba eikhoigi oijaba Hawaijar asi Japanese singna karamna yamna pamna chakhivaduni. Makhoigilamdasu chabana yamna khutloinana chabara haibasidadi sukhan khanjillude.

Kanglipak ta Hawaijar haina khangnaba nung hawaidagi semba chinjak asi Mongoloid singna namna khundaba Asia leibakki China, Japan, Korea, Indonesia, Thailand, Myanmar, Nepal, Sikkim, Meghalaya, Mizoram, Nagaland, Arunachal Pradesh tasu yamna

pamna chanei. Hawaijar asi Japan da Natto, China da Shuidouchi Korea da Cheonggukjang, Indonesia da Tempeh, Thailand da Thua Nao, Myanmar da Pae Ngapi, Nepal da Kinema, Meghalaya da Tungrymbai, Mizoram da Bekang Um, Nagaland da Akhuni, Arunachal da Piak haina khangnei.

Natto (hawaijar)gi puwari:

Hawaijar gi maramda thigatpada houjik faobada fangbada Japanese singna ihan hanna chinjakki mathel ama oina sijinnaba thengnari. Japanese singna yanaraba wari amagi matung inna Samurai Minamoto Yoshiie (1039-1106) na Japan gi awang nongpok thangba sarukta 1086 AD amasung 1088 AD gi matam asida landaba chatli. Nongma magi sagol lanmee singna makhoigi sagolsingna chanaba nung hawai futlinge matamda yeknabana landasillaklammi. Fivam aduda lanmee singna yamnathuna afutpa nung hawai sing adu charuna saba khaosinda hapchinduna sagolsingduda thaggattuna mafam adu thadoklammi. Makhoina charuna saba khaoda hapliba afutpa nung hawai adu safagada mafam youdri faoba hangdoklamde. Numit kharanigi

tungda khudong thiningai oidraba mafam youba matamda charugi khaosing adu hangdoklubada afutpa nung hawaising adu sagolgi hakchangdagi thoklakpa lumbu lumbu saba manil amadi charudagi thoklakpa bacillus bacteria na maram oiduna pumthaduna Natto (Hawaijar) onduna leiba thengnarammi. Makhoina atoppa chinjak leitaba amadi chak lammankhibadagi pumthabagi manamchellaba Natto (hawaijar) ollaba nung hawaising adu charammi. Adubu chaba matamdadi top toppa mahao ama fanglammi. Lanmee singna Yoshie dasu pirammi, mahaksu madu pamna charammi. Masigi matung tarakpadadi Natto (Hawaijar) asi Japanese singgi traditional food oina yamna pamnana chaba chinjak ama oirakhre. Maru oina Japan gi nongpok thangbada leiriba Kanto, Tohoku amasung Hokkaido da henna pamna chanei.

Japanese singna ayuk anganbagi charada (breakfast) Natto (hawaijar), chak, hanggam marudagi semba achar, soya bean sauce, tilhou punna chaminnei. Nungthil, numidanggi chaklendasusedishoinachannei. Asidasu nattana ansang makhal

khara thongbada Natto (hawaijar) haplaga thongba mathelsu chai. Natto (hawaijar) gi manam yamna kanba, nap nap laoba, nan nansu laona mahao yamna leibagidamak khannei. Tasengnamak Nato (hawaijar) asi mahao leirbasu manamdi pumtharaba beer amasung amotpa khong mojagi manamga haifet changdamnaba yai. Natto (hawaijar) gi top toppa mahao asi atoppa chinjak amaga changdamnaba yaroi. Natto (Hawaijar) gi manam pamdaba mahaodubudi pamba meoisingidamak Natto (hawaijar) akangba amasung thaoda ngouraba semdoklabasu lei. Masina manam amasung nap nap laobadu hantha hanbana Natto oina hekta chaba pamdaba meoisingidamaktadi chabada yamna nungaihalli.

Natto (hawaijar) Japan da Taishio period (1912-1926) ki matamda thijinloi singna thijinduna charu yaodana Bacillus bacteria puthoktuna Natto araiba mawong amada puthoklammi. Araiba mawongda puthokpa asina yamna puthokpa ngambana lalonba ngambagi changda faoba puthoktuna sijinnaba hengatkhi.

Chinese Douchi:

Nattoleitrigeigi mamangda Natto ga mannaba China da Chi natraga Douchi kouba amuba nung hawaii pumthahallaga semba chinjak ama 165 BC dagi charammi. Nung hawaii pumthahallaga semba, sauce amagumna toubu Douchi, China na puthoktuna East Asia da pak sanna sandoktuna lallolammi. Douchi amasung Natto anigi khennaba asi, Douchi semba matamda amuba machu amasung hangam mapal machugi nung hawaii animak thum haptuna sembani. Japan gi Natto hanggam mapal gi machu oiba nung hawaikhaktamak thum haptana sembani. Maru oina Douchi na thum haptuna semba maramna Natto ga ani asigi mahaosu khennei.

Japan gi Yayoi period (300bc-250AD) ki matamda Japanese singna China dagi lou uba, nung hawaii thaduna karamna lokkadage haiba tamlammi amasung matung tarakpada thum pusillakpasu hengatlakkhi. Thouwongasimakna Japan da Douchi puthoknabagi tanja ama pibaga loinana masak khangbasu hengatlakkhi. Matam asida Japan da thum tangba maramna Douchi puthoknaba sem saba matamda thum marang

kadabadagi hapkhidabana Natto (Hawaijar) puthoklamba yai hairi. China gi Heijo – Kyo gi mafam kharada leinungda fumjinduna leikhiba ariba matamgi pot chei thiba matamda fangba Chinese singgi chatnabi ama oina yamna paba upakta irambagi matung innadi Chinese Douchi asi Japan da pusillaklaba matungda maduda yumfam oiduna Natto puthokkhibani haina khudam piduna hypothesis amana hairi. Nung hawai pumthahanduna Natto (hawaijar) sembagi thabakki paringda hawaijar pumtharakpa matamda nung hawaida yaoriba chemical gi masak mawong hongdoklak-i, Hongdorakpa matamda meeoibagi hakchangda kannaraba bacteria sing amasung atei kannaba potlam kaya puthorak-i. Natto da meeoibana khwaidagi faba (super food) chinjaksinggi manungda ama oina khannaraba Nattokinase (nunghawidagilouthokpaenzyme) marang kaina yaowi. Natto asi eegi khongjel fagathanba amasung makhal kayagi heart ki laina nabagi khudongthiba hanthahanba maramna laiyengbada sijinnaba angakpa chinjak ama oinasu yanei.

Kanagumba amana vitamin K2,

939 mcg chage haiba tarabadi yerum mamut 14 chaba tai. Adubu 100 gram gi Natto chabada Vitamin K2, 939 mcg fangba ngammi. Natto da fiber na chinigi saruksing chupsinduna thugaikhiba maramna chini chang yamna nemna yao-i. Fiber, fat amasung protein yaobana chabada penna haona chaba fangbaga loinana matam sangna chak lamba faohande. Nung hawaida yaoriba fiber na thirilda chinjakana yamna laina thokhankhiba yaona hakchangda yamna mathou taba kannabasing pi amasung cholesterol hanthahanbasu ngammi. Loinana fiber na angakpa fangna chaba tumhanbasu ngammi. Natto da yaoriba carbohydrate chabana chinigi chang hanthahanbana diabetes type 2 narakkadabadagi ngakthokpada nattana fahanba faoba ngammi. Natto da hakchangda kannaraba lecithin yaori. Lecithin asi unsaturated fatty acid sing yaoba phospholid amani. Lecithin na vascular endothelium da cholesterol peisillakpa thingbana coronary artery da narakkadabadagi hanthahanbadu utli amasung liver da yeikhai thingaiba pigadabadagi ngakthok-i. Natto chabana

hakchangda kannabsinggi manungda mitta leifamthokpa isinggi chang chap chana thamba ngammi. Malemsida leiriba atoppa chinjak singda yaoriba vitamin K2 Natto da henna marang kaina na yaowi. Thijinba amada Natto da MK-7 gi serum gi chang asi angakpa fangna hengathalli hairi. Vitamin K2 na saru fana thambada mateng pangngi. Thammoigi laina amasung Alzheimer lainadagisu ngakthokpa ngamhalli. Yamna ngakpa thoina khangnadriba amana Natto na anouba sam houhanbaga mari leinana kannaba pi hairi. National Library of Medicine na thijinbagi matung inna fangbada Natto da yaoriba hakchangda yamna kannaba piriba spermidine asi sam houhanba amasung sanghanbadsu angakpa fangna mayai lei haibasini. Natto gi manam yamna kanba

amasung hakchangda kannaraba potlam marang kaina yaoba maramna, amukki khuchada yamna chaba pamlabasu cup amagi mari thokpagagi amadagi henna chaba ngamde. Natto ¼ cup ta yaoriba nutritional sing- Total Fat 4.81 saturated Fat 0.70 polyunsaturated Fat 2.72 monounsaturated Fat 1.06 cholesterol 0, Sodium 3 mg, Carbohydrate 6.3 dietary Fiber 2.4 g, Sugars 1.6 g, Protein 7.8 g.

Eikhoina asukki matik kannare haiba potsak Nattokinase TV da advertise toubu uba fangloi, maramdi drug saba company singna leingaktagi patent fangba ngamde maramdi Nattokinase asi ngasi faobada healthiest super food amani haibada marei yetnaingai oibadagini.

“The Liberation Times” Chefong asiga mari leinana Article (Wareng, Seireng, Wari Macha) sing thabiraknaba mayamda thamjari.

--Publicity Department, RPF.

CHING-TAMGI MARIDA TAMNALAI ANI (GHOSTS OF HINDUISM AND CHRISTIANITY)

“Inao nangbu-o ! chahi khudinggi Mera thana lakpada mejiao thaduna meikhu kahallak-o ! Meikhudubu uraga inao nungsiba nangbu sidri haiba khanggeko nayambana. Yum amagi mejiao ama, yum anigi mejiao ani-asumna thao-o. Madubu uraga inao nanggi chada-naoda yumkok masing khanggeko”.

Nongda Lairen Pakhangbagi matamdagi houna chingmee-tammee furupchasing amatta oina Kangla da panba Meetei crown gi makhada amatta oina apunba Kangleipak amagi saktam leplambadu machet-machet tana thugairaknabagi sarou sillakkhiba asi tamda ‘Hinduism’ chingdana ‘Christianity’ kouba tamnalai anisigi ithildagini. Tamnalai anisina hoo kamsinbibadagi ngasidi machin manao anisi thang satnabagi fibhamda lakle. Adubu houkhraba puwarigi lamai fakkattuna amukta yengsi.

Chingburoi-Tumburoi ani mangai sannaramba, itao-itao kounarambagi wari ngasi faoba eikhoigi literature, chinbung wari (folklore) da lengdana

leiri. Yelhoungeidagi houna Kangleicha aseibasingna lamdam asibu Khongjom Parba, pena nachingbada seithaduna saknarak-i,

Chingna koina pansaba Haona koina panngakpa Poirei sana pungmayol

.....

Adubu houjikti aduk nungsikhraba iseido ngasidi chingmee ichil-inaosinggi nakongda asiba puthorakpangi pung-jhan-mangganggi makhol oina tare. Machinna thokna eikhoi nakhoigi panngakpa natte hairakle. Tokhai taningba kharadi chinggi lamdam pumnamak makhoigini haire. Madugi demand toubada national highway hanjin-hanjin thingjinduna tammeesinggi chakkhao paiduna sannare.

Adubu kaothokpa yaroichingburoi tamburoi nungsi channana hingminnarambagi wari Meetei aseibasinggi seisaktagi taba fang-i. Numit tarakpa, yachanglakpagi saktam tharakpada,
..Korouna naral challakpa Tamyana kori chellakpa Haobana yumthong thirakpa matam....

Masina taklibadi chingmeesingna ayuknungthilgi matamda magi khulda thokpa potthoksing-pan, mairen, alu, morok, lasing, hei-ra nachingba kaya lengkot polangda haptuna puraklaga tamgi keithelsingda yolli. Yollaba matungda tamgi keitheldagi pot-chei, kol-lik, fijet-leitengnachingba leiba loiraga mayumda hange khallakpada, numitnadi tasillak, chinggi mayum khul youbadi ngamloidoure, tamgi mangai kanagida ahing leksige khanna thirakpa adubu seithabani. Adubu chingmee tammee animak amaga amaga tengbangnaduna, charou mourounaba faoba yaona puwarigi sanglaba chahi lisang

sitna hingminnarambadu tammeesingna Hindu laining louduna chandon chabak chabak thillaga chinggi mangaibu yoo thakpani, sa chabani, mangi, imung changhanganu, manggol kahanganu haiduna inthokkhibadagidi ngasi haobana tamgi yumthong amuk hanna thiradre. Ching-tam ani samji khainarakle. Fivam asi laktringeigi mamangda chingmee-tammi amatta oina hingminnarambagi wari marang kaina leiri. Hourakfamsu tinnei, machin-manaoni haibagi wari chingmeesinggi folklore da mayek sengna yaori. Lamdamsigi saknairaba khorjeisuba Sairem Nilbir na hai-Kangleipak Manipur da houjik leiriba chingmee kanglup 35 rom asigi manungda meei ayambagi thajanaba amakhakti makhoi asi leibak makhul amattadagi thorakpani amasung mafam amakhakta punna leiminnarammi haibasini. Leikhul natraga makhul adubu Kukisingna 'Khur' natraga 'Khul' kou-i. Tangkhul singna 'Khure' kou-i. Meetei singna ising

thumdaba khul akangbabu 'Khul+Kang'="Khunggang' kou-i. Chingmee-tammee hanna punna leiminnaramba mafam adu Senapati District ki Mao manakki Makhel kouba mafam aduni haina chinggi kanglup ayambana thajanei. Tangkhul singgi chinbung warida machin-manao ahumkhak leirammi. Ahal adudi Makhel da khunda leitaduna leihouraga manao ani adudi Makhel dagi Khongtai, Kachai, Funghan-mathang mathang asum chatkhiduna Hundung da khundakhi. Manao atonba aduna nongmagi numit amada yum oak pukkangbi ama thiba chatpada tampak youkhi. Oak mapiduna oaknaosing poklamba mafam, konnadi Yaingangpokpi koukhiba mafamsida khundaduna tammee Meetei oikhi hairi.

Mao singgi chinbung waridana Makhel (Meekriki) da leiba Memeon-na machanipa ahum pok-i. Makhoidudi Mefio,

Choro amasung Sipfo kou-i. Atonba Sipfo gi machanipa ahum pokkhi. Makhoidudi - (1) Amep Phope, (2) Kolap Phope amasung (3) Meekri Phope ni. Makhoi ahanbada Makhel da punna leiminnarambadagi manao iton tonba Meekri Phope di kha maikeiromda chatkhiduna tampakta khundakhi, Meetei oikhi. Houjik faoba Maosingna Meetei bu Meekri kou-i maramdi makhoi Makhel dagi (Meekriki) houkhibani haibagini. Chada naoda sandokkhi. Maosingna Meeteisingbu 'Meekri' kou-i. Attoppa Maram singgi khunthok khundarol warida hairibana mee pumnamak ahanbada Makhel da punna leirammi. Khara ama nongpoklomda chatkhiduna Tangkhul oikhi. Aduga Tingfi Maraba amadi Maki Khangba kouba machin manao anigi maraktagi Maki Khangba kouba manao asidi kharomda chatkhiduna tampakta khundakhi, Tammee

Meetei oikhi. Chatlamdaida mayambana asumna haibikhi -*“Inao nangbu-o! chahi khudinggi Mera thana lakpada mejiao thaduna meikhu kahallak-o! Meikhudubu uraga inao nungsiba nangbu sidri haiba khanggeko nayambana. Yum amagi mejiao ama, yum anigi mejiao ani-asumna thao-o. Madubu uraga inao nanggi chada-naoda yumkok masing khanggeko”*.

Maramsidagi Mera thada Meetei yumthong khudinggi sumangda Mera thaomei, wa wangna yunglaga thanbagi chatnabi leikhibani hai. Kharam chingmeesingna hai-makhoigi hourakfamdi Makhelgi Khurpui kouba mafam aduni. Khurpui haibadi leikhul haibani. Chothe singnasu hai, madudi makhoi yamna chaoraba leikhul amadagi thorakpani. Asumna chingmeesinggi chinbung warida chingmee-tamnee hourakfamgi matangda Cave Theory gi warising asi iman mannei. Thadou singgi warida asumna hai, ahanbada makhoi leinung leikhada (Subterranean

region) da leirammi. Leinung leikhagi lamdam ‘Nuigam’ da leirambadagi Thadou singgi hourakfam mapu-mapu pukok purel ‘Chongthu’ haibasina leikhul (Cave) amadagi thoraktuna houjik leiriba malem leimaisida khundarakkhibani hairi. Makhul adudagi thorakkhiba makhoi taret (7) ki manungda Chongthune, Vanggalpa amasung Khupngam kouba ani amane makhoi ahumdi Thadou singgi mapu-mapu pukok purelnei. Aduga lemhouba mari adudi Meetei, Naga, Burmese nachingba atei mapu mapu oikhi hairi.

Tamnee Meetei ayambana Hindu laining aduga chingmee kanglupsingayambana Christian laining lounakhrabasuchingmee tammeesinggi ningsingba thoktraba matamdagi sagonnarakpa, pathang-puthang lanna ningnaraklaba makhoigi apunba lai kaya leiri. Meeteisinggi leisemlon warigi Sanamahi Pakhangbana nongkhong koibagi, manao Pakhangbana mapagi fambal fangkhibagi wariga Kabuisinggi

Haipou Ragwang-gi machanipa anigi marakta atonbana fambal fangkhibagi wariga yamnamak mannei. Chothe singna latpa laisinggi marakta Sorarel, Pakhangba amasung Sanamahi yao-i. Imphal West ki manungda leiba Konthoujam Tampha Lairembigi lai haraobada Konthoujam khulda tariba Kabui singna haraobagi potchang cheijang khara puraga laktriba faoba haraoba houba yadabagi chatnabi leirammi. Meetei singgi matik leiraba lai Nongsaba asi Mantak khulgi chingmeesingna makhoigi thadoknaba yadraba lai oina latli. Meetei gi kha-meiram maikai ngakpa lai oina lounariba Wangbrel na Anal chanu lou-i. 'Khana Chaoba' hairiba lai asi Anal chanu adugi machani hai. Moiranggi Thangjingasi Koirong chingmeesingna makhoigini hai. Thangjing chingda makhoina latcharambadagi Moirang singna landaraktuna makhoigi lamdamda pukhibani hairi. Thangjing gi attoppa maming 'Koirel Lai' haibasina lai asi chingmee Koirong singgi oirammi haibagi wafam

chetsilhalli. Meeteigi lai Ereima asi Tangkhul chanu Larla Sangnuni haibagi wari Meetei ningthourolgi warida mayek sengna yaori. Aduga ningthourol kayagi haktaktagi 'Mera Hou Chongba' haiba chingmee tammeeni punna saruk yaminnaba thouram ama chahi khudinggi Mera gi taramangani panba thanil numitta pangthoknaramba asina chingmee tammeeni animak Kangleipakki puwarigi ichelda punnachenthaminarak-ihai baggi mayek laraba khudam oiduna takli. Tammeeni chingmee oikhiba, chingmeeni tammeeni Meetei marakta tinkhibagi wari kaya Meetei gi puyaing- Metu Tingsang, Keikoi, Langthabal Lon, Sanggai Fammang, Khakempa Yumlep, Chekkhong, Luwanglon nachingba puyasingda yaori. Kharadangga pallabada Meeteigi yumnaksing - Nongthombam, Leitanthem, Mangsatabam da Tangkhulgi ee yaori. Moirangthem, Arambam, Karam, Haobijam da Kabui gi ee yaori. Loinana, Wahengbam, Puyam, Akoijam, Soibam, Ningthoujam nachingbada

Maringgi ee yaori.

Laibak thibadi asumna yumnak, kanglup, sagei-salai macha-macha, charou-mourounaduna totsinn yansinnaduna amatta oina hingminnaramba chingmee-tammee kanglei khunnai asi Hinduism amasung Christianity gi tamnalai anisina sagal namma namma paiduna nakhoi ani tinnaba yaro haiduna settoklamba asini. 17/18 suba chahi chada Hindu gi agent Santidas Gosai gi thouinsindagi Meetei konung, Ningthou amadi Royal Authority-bu control toubangamkhibadagi Hinduism bu statereligion oihanbangamkhi. Kangleicha singbu Bengal dagi purakpa Vaishnavism lainingda namduna laiming louhankhi. Laiming lou yadaba makheibuna hattokkhi nattraga Imphal Valley gi akoibada leiba chingkhong chingyasingda tanthokhi, loi thadokkhi. Houjik houjikmak loijing loiya haibadi Sekmai, Andro, Ningel,

Sikhong, Chandrakhong, Sugnu, Wangngu, Chairel, Leimaram, Phayeng, Khurkhul, Koutruk nachingba khulda leitaduna leiriba Kangleichasing asi inthokpikhrabasing adugi macha masusingni. Aduga chingburoi kanglupsingbudi makhoi masana eikhoisu Hindu oijarage hairaba faobada matamdugi ningthou amadi magi authority-na nakhoi sa chabani, yu thakpani haiduna yabikhide. Santidas amasung mahakki manai khongloisingna chumna laining sandokpada nattana Kangleipak lamdam asi Mahabharat ki warida yaoba Manipur aduni haina lamsigi mamingsu 'Manipur' thonjinbirammi. Aduta nattana Kangleichasing asi Aryan Hindu Arjun gi macha masusingni haiba semjin sajinba wari wakhong kaya ama puthoktuna yek-salaibu gotrada onthoktuna, lammit-tummit kaya Mayang marolda thonjinduna-Meetei national character-bu amakpa Hindu origin identity pinanaba Churachand Ningthougi haktak faoba

chattharak-i. Adubu maichou/ prophet Laininghal Naoriya Phulo na anouba meerolda Kangleicha singbu meekup thokhallamduna ngasidi revivalism gi akanba ihouna Kangleichasing masagi identity thirakle.

Christianity gi Tamnalai :

British India gi Awang-Nongpok lamdamda Christianity gi tamnalaina mathi fongba hourakkhibasi 19 suba chahichagi loirakpadani. Ing Kumja 1880 gi tangkakta American baptist missionary kaya laininggi marum thuptuna Naga Hills Area da changsillakkhi. Ahanbadadi British singna makhoina semgatchaba lanmeegi matengna sathiraba Naga kanglupsingbu namthage lakhibani. Adubu Naga head-hunter singgi makhutta makhoidum meesi meena nangkhi. Chumnagi makhoigi lanmeesing hatkhibata nattana officer sing faoba mangak kenkhi. Kharadang pallabada-

1875 gi December 31 da Captain Butler Lotha Naga singgi Pangti kouba khulda hatkhi. Aduga Mr. Damant puna Khonoma khulda Naga singna 1880 gi October 13 da hatkhi. Mahakta nattana mahakki khongloi kayasu hatkhi. Oirakliba fivamsing asida British singna Naga singbu loi chanbagi policy hongba takhi. Anouba lallong ama oina leingaklongi machu sanglaba American Baptist Mission (ABM) gi mateng loukhi. Handakki asidi malem pumbagi khutlaidagi power henkhe. Bomb, top, nongmeigi mathou tadre. Prabhu Jesus ki ming sonbada Naga head-hunter sing pareng pareng bom bom tukhre. Ahanba khongthang oina 1885 da Reverend D.E. Witter na Wokhagi Lotha Naga khulda church ama, 1894 dana Makokchungdagi kilometer 10 muk lapna leiba Imper khulda Rev. E.W. Clark amadi magi nupina christian mission school lingkhatkhi, Adudagi

amukikui kuidana Dr. Heggard amadi mahakki nupina Naga singgi ana-layenggi khudong chanaba A.B. Mission Hospital lingkhatkhi.

Matou asumna Christianity gi tamnalaina Naga singgi lamda mai pakna changsillakhibaduna ngasidi Naga pumnamak Christian onkhre amasung makhoigi ariba laining, fijet, natki saktam amadi culture pumnamak nongchuplomdagi wairuba Christianity gi fijangna kupsinkhre. Kayada heikhraba tamnalai asigi mitrangno? Tamnalai asigi khaobunai Michael Scott na 20 suba chahichada Naga freedom movement-ki luchingba A.Z. Phizo bu lamjing lamtakpiduna Naga issue asibu internationalise tounaba laknarammi, madugidamak Scott pu India leingakna India da leiba yahankhide. Scott na Naga singgidamak yamna hotnabirammi. Meechen oiraba Phizo bu London da

asylum amadi citizenship fanghanduna thambikhibasu Scott ki matengdagini. Thoina ngakliba wafamdi Phizo gi matungda Naga lalhou changsilliba NSCN (IM) na Naga for Christ haina Jesus ki mingda 1991-97 gi tangkakta Kuki ga hatnakhivaduni. Meehatsing adudi Christianity gi fidamga onna-teinabani.

1979 gi May 8 da Rani Gaidinliu na thokkhiba statement amada asumna hai- “The Foreign missionaries with the help of their henchmen among Indians have been virtually trading in human souls destroying their indigenous faiths and traditions with the utmost contempt. In the name of religion they have by now established some fifth column centers to subvert the country from within by the help of enormous foreign money... Day in day out we have been hearing and reading in the Christian publications that the ‘Third World Countries’ like India are

the ‘Mission fields of the West’ and they always openly declare their intention of turning India into a Christ land by hook or by crook.”

Christianity gi tamnalai asina Kangleipakki lamda khong thangjillakkebasu Naga hills ta khongdarakkehiba matam asimaktadani. 1894 da William Pettigrew lakkehi. Mahakti hannana Cachar da chahi 3 lom mission gi thabak touduna leirambana Meeteilon fajana khanglabani. Chahisida mahakna Manipur da laktuna Meetei singgi marakta Christian laining sandokke hotnakhi. Adubu matamduda acting political agent oiramba A. Porteus na yahankhide, maramdi 1857 gi Sepoy Mutiny gi matungda lainingda yetsilludaba haiba British policy adugi matung innani. Adugisu mathakta matam adugi Meetei khunnaidi Hindu Vaishnav laining chetna mara taraba matamni. Adumakpu Phayeng dahi Angom Porom Singh kouba amadi 1903 da Pettigrew gi ahanba convert

oikhi. Matungda mahakpu Ukhrul da laining asi sandokpa yahankhibadagidi mathang mathang Manipur gi chinggi lamsingda sandokkehibani. Houjik chinggi lamda nattanana hannana Hindu gi amang asengnainthokpiramlaba Meetei khulsingdasu Christianity gi masa mareng fanna sandorakle. Houjik houjik Phayeng da church 3, Andro da Machengpao Baptist Church nachingba leire, loinana Christian ollaba ariba Meeteising asi makhoi makhoigi yumgi kachinda Sanamahi latnaramba tokkhre.

Asumna Hinduism amadi Christianity anisina hourakfam amatta oiba, sak-chu, nat-culture, lon-lida mannaba kaya leiba chingburoi tamburoi kanglupsinggi ethnic identity asum asum manghallakli. Masina ching-tam ani lapthoknahanba maramsinggi manungda chaoraba maram ama oiri. ■

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