

Khynnah rit ba smat ba sting tune -

Bridge/Chorus:

Khynnah rit ba smat ba sting,

Ki ia leit skul mynta,

Ba phin koit phin khiah ka met ia shim da u "Tika" X2

Iada na ki jingpang :Jyrhoh ksew, pang stem, synriah.

TB bad Pneumonia, phin ioh ka jing iada.

To ngin ia leh lang mynta, ban ia ioh ia u Tika,

Ban iada na ki jingpang baroh shi 'rta.

Ñiangpyrsit kaba ia bit, ngin pynduh khyndit-khyndit.

Ka baïongkhlieh mynta, ngin ia leh da u "Tika"

Ngin ia long kiba ia beh, ba ka koit ka khiah kan neh,

Kum shipai ha thma na bynta u "Tika".

Tika baroh hynñiew sien,

Ban bret jingpang shadien,

Ngin beh ia ki jingpang, ia baroh ngin kyndang.

Lada ngi ia leh shisha ban shim baroh hynñiew "tika"

Ngin ia long kita kiba jop thiaw shisha.

Whooping cough - Jyrhoh ksew

Yellow Jaundice - Jingpang stem

Measles - Ñiangpyrsit

Sniffles/sneezes - synriah/ baïongkhieh