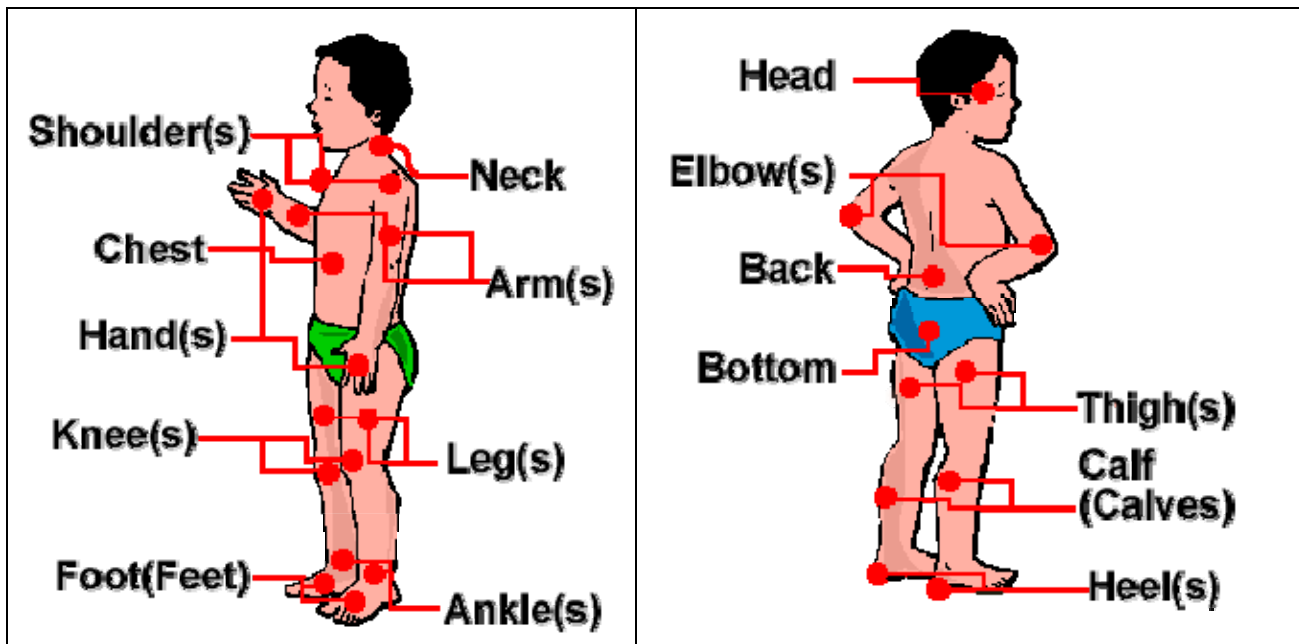


Xhosa

Theme 9: The human body and wellness

The human body

Body	Umzimba
Hair	Iinwele
Head	Intloko
Face	Ubuso
Ear /ears	Indlebe /iindlebe
Tooth / teeth	Izinyo / amazinyo
Neck	Intamo
Shoulder /shoulders	Igxalaba / amagxalaba
Chest	Isifuba
Heart	Intliziyo
Stomach	Isisu
Finger / fingers	Umnwe / iminwe
Foot / feet	Unyawo / iinyawo
Ankle /ankles	Iqatha / amaqatha
Eye /eyes	Ihlo, iliso / amehlo
Nose	Impumlo
Mouth	Umlomo/ imilomo
Tongue	Ulwimi
Hand / hands	Isandla / izandla
Arm /arms	Ingalo /iingalo
Elbow /elbows	Ingqiniba / iingqiniba
Hip /hips	Inyonga /iinyonga / isinqe / izinqe
Back	Umhlana/ imihlana
Knee / knees	Idolo / amadolo
Buttock / buttocks	Impundu / iimpundu
Thigh /thighs	Ithanga / amathanga
Calf /calves	Isiquluba / iziquluba
Leg /legs	Umlenze / imilenze
Toe /toes	Uzwane / iinzwane



Wellness

I am not feeling well.	Andiphilanga.
What is the matter?	Yintoni?
I feel weak.	Andinamandla.
I am tired.	Ndidiniwe.
I am sick.	Ndiyagula.
I am injured.	Ndenzakele.
I have a headache.	Ndiphethwe yintloko.
I have a cold.	Ndiphethwe ngumkhuhlane.
I am coughing.	Ndiyakhohlela.
I am thirsty.	Ndinxaniwe.
I am hungry.	Ndilambile.
I want to see the doctor / dentist.	Ndifuna ukubona ugqirha / wamazinyo.
Where do you have pain?	Kubuhlungu phi na?
I can't sleep well.	Andikwazi ukulala kakuhle.
I have been stung by a bee.	Ndilunywe yinyosi.
I have been bitten by a snake.	Ndilunywe yinyoka.
I have broken my arm.	Ndaphuke ingalo.
I have diarrhoea.	Ndiphethwe lurhudo Ndiyahambisa.
Get better soon!	Uphile msinyane!
Take care!	Zilumkele! Zijonge!
I feel good!	Ndiphilile
I am happy!	Ndonwabile / Ndiyavuya!

COMMENTS

South African doctors are very well qualified and there are excellent hospitals in South Africa, whether private or provincial. Xhosa people either visit a Western doctor or a traditional doctor. In the traditional Xhosa culture the *inyanga* (herbalist) and the *igqirha* (soothsayer) heal people. Where the *inyanga* is usually a man, the *igqirha* may be a woman. The *inyanga* utilises an extensive knowledge of herbs, treebark, grasses, etc. inherited from previous generations to cure his patients, while the *isangoma* throws bones and shells to identify various illnesses.

When going to a traditional doctor, it may be useful to know different body parts when you want to express what illness you are suffering from. The sentence usually starts with *Ndiphethwe*, e.g.

Ndiphethwe sisisu (I have stomach ache)

Ndiphethwe yintloko (I have a headache)

Ndiphethwe sisifuba (I have a chest pain).

Xhosa

Video 9: The human body and wellness

A: Tourist B: Xhosa speaker	Theme 9: The human body and ailments
A: Molo!	Hallo!
B: Ewe. Unjani namhlanje?	Hallo. How is it today?
A: Ndiyagula.	I am ill.
B: Uphethwe ntoni?	What is wrong?
A: Ndiphethwe sisisu.	I have a stomach ache.
B: Nali iyeza.	Here is medicine.
A: Ndiyabulela.	Thank you.
B: Uphile kamsinyane! Uzinakekele!	You must get better soon! Take care!