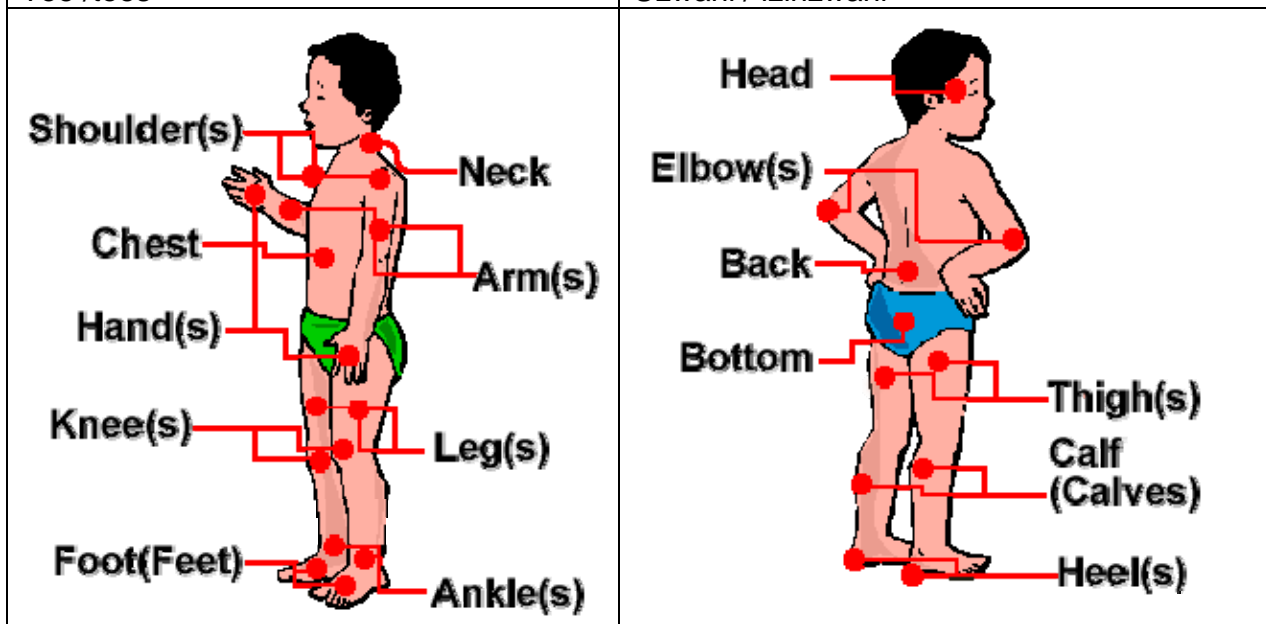


Theme 9: The human body and wellness

The human body

Body	Umzimba
Hair	Izinwele
Head	Ikhanda
Face	Ubuso
Ear /ears	Indlebe /izindlebe
Tooth / teeth	Izinyo / amazinyo
Neck	Intamo
Shoulder /shoulders	Ihlombe / amahlombe
Chest	Isifuba
Heart	Inhliziyo
Stomach	Isisu
Finger / fingers	Umunwe / iminwe
Foot / feet	Unyawo / izinyawo
Ankle /ankles	Iqakala / amaqakala
Eye /eyes	Ihlo, iso / amehlo
Nose	Ikhala
Mouth	Umlomo / imilomo
Tongue	Ulimi
Hand / hands	Isandla / izandla
Arm /arms	Ingalo /izingalo
Elbow /elbows	Indololwane / izindolowane
Hip /hips	Inqulu /izingulu
Back	Umhlane / imihlane
Knee / knees	Idolo / amadolo
Buttock / buttocks	Isinqe / izinqe
Thigh /thighs	Ithanga / amathanga
Calf /calves	Isitho / izitho
Leg /legs	Umlenze / imilenze
Toe /toes	Uzwani / izinzwani



Wellness

I am not feeling well.	Angizizwa kahle.
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What is the matter?	Yini? / yini na? /kwenzenjani?
I feel weak.	Ngizizwa ngibuthakathaka.
I am tired.	Ngikhathele.
I am sick.	Ngiyagula.
I am injured.	Ngilimele.
I have a headache.	Ngiphethwe yikhanda.
I have a cold.	Ngiphethwe umkhuhlane.
I am coughing.	Ngiyakhwehlela.
I am thirsty.	Ngomile.
I am hungry.	Ngilambile / ngiphethwe yindlala.
I want to see the doctor / dentist.	Ngifuna ukubona udokotela / ngifuna ukubona udokotela wamazinyo.
Where do you have pain?	Kubuhlungu kuphi?
I can't sleep well.	Angikwazi ukulala kahle.
I have been stung by a bee.	Ngitinyelwe yinyosi.
I have been bitten by a snake.	Ngilunywe yinyoka.
I have broken my arm.	Ngiphuke ingalo / ngiphuke engalweni.
I have diarrhoea.	Ngiphethwe uhudo.
Get better soon!	Uphole masinyane!
Take care!	Zinakekele!
I feel good!	Ngizizwa ngingumqemane!
I am happy!	Ngijabulile!

COMM ENTS

South African doctors are very well qualified and there are excellent hospitals in South Africa, whether private or provincial. Zulu people either visit a Western doctor or a traditional doctor. In the traditional Zulu culture the *inyanga* (herbalist) and the *isangoma* (soothsayer) heal people. Where the *inyanga* is usually a man, the *isangoma* 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 *Ngiphethwe*, e.g.

Ngiphethwe yisisu (I have stomach ache)

Ngiphethwe yikhanda (I have a headache)

Ngiphethwe isifuba (I have a chest pain).

A: Tourist B: Zulu speaker	Theme 9: The human body and ailments
A: Sawubona!	Hallo!
B: Sawubona. Unjani namuhla?	Hallo. How is it today?
A: Ngiyagula.	I am ill.
B: Uphethwe yini?	What is wrong?

A: Ngiphethwe yisisu.	I have a stomach ache.
B: Nanku umuthi.	Here is medicine.
A: Ngiyabonga.	Thank you.
B: Uphole masinyane! Uzinakekele!	You must get better soon! Take care!