

A

abdomen

*Synonym belly
The front part of the body below the chest where the stomach and bowels are.*

Afrikaans	buik
IsiZulu	isisu
IsiXhosa	isisu
SiSwati	sisu
IsiNdebele	amathumbu
Setswana	mpa
Sepedi	mpa
Sesotho	mpa
TshivenꞀꞀa	thumbu
Xitsonga	byeke, khwiri

Comments: _____

abnormal

Different, not typical or normal.

Afrikaans	abnormaal
IsiZulu	ngajwayelekile
IsiXhosa	ngaqhelekanga
SiSwati	lokungaketayeleki
IsiNdebele	ngakajayeleki
Setswana	go sa tlwaelega
Sepedi	ye sa tlwaelegago
Sesotho	e sa tlwaelehang
TshivenꞀꞀa	zwi songo ꞀꞀoweleaho
Xitsonga	xo huma endleleni

Comments: _____

abnormality

An organ or limb of the body that is not normal, eg bow-legs or a cleft palate.

Afrikaans	abnormaliteit
IsiZulu	ukukhubazeka
IsiXhosa	ukungaqheleki
SiSwati	kungatayeleki
IsiNdebele	ukungakajayeleki, uburhole
Setswana	go go sa tlwaelegang
Sepedi	go se tlwaelege
Sesotho	kgolofalo, bofokodi mmeleng
TshivenꞀꞀa	zwo kalulaho, vuhole
Xitsonga	vugono

Comments: _____

abortion

The ending of the life of an unborn baby on purpose, usually in the early stages of pregnancy.

Afrikaans	aborsie
IsiZulu	ukukhipha isisu
IsiXhosa	ukuqhomfa, ukukhupha isisu
SiSwati	kukhipha sisu
IsiNdebele	ukurhululwa kombungu
Setswana	go ntsha mpa
Sepedi	pholotšo
Sesotho	ho ntsha mpa
TshivenꞀꞀa	u bvisa thumbu
Xitsonga	ku xixa

Comments: _____

abrasion

*Synonym graze
Raw place where the skin is scraped.*

Afrikaans	skaafwond, skaafplek
IsiZulu	umhuzuko
IsiXhosa	umgruzuko
SiSwati	umhutuko
IsiNdebele	umrhuzuko
Setswana	kgobogo
Sepedi	mongapo
Sesotho	mongwapo
TshivenꞀꞀa	mukhuvhulane
Xitsonga	ntshwumuko

Comments: _____

abscess

A painful swelling on the skin or in the body containing a thick yellowish liquid called pus.

Afrikaans	abses, sweer
IsiZulu	ithumba
IsiXhosa	ithumba
SiSwati	litfumba
IsiNdebele	ithumba elikhulu
Setswana	tlhagala
Sepedi	sekaku
Sesotho	seso
TshivenꞀꞀa	tshimota <tshilonda tshituku> , tshitshimbili <tshilonda tshihulwane>
Xitsonga	tshumba

Comments: _____

abstinence

Not doing something that you enjoy doing or would like to do, such as using drugs or alcohol.

Example *He practised total abstinence from the use of alcohol for a month.*

Afrikaans	onthouding
IsiZulu	Ukuziqhelanisa
IsiXhosa	ukuzila
SiSwati	kuyekela
IsiNdebele	ukulisa, ukuzila
Setswana	itima
Sepedi	boitimo
Sesotho	ho nena, ho ila
Tshivenꞌꞌꞌa	vhudidzimi
Xitsonga	ku tikhoma

Comments: _____

ache

A dull continuous pain, eg a headache.

Afrikaans	pyn
IsiZulu	ubuhlungu
IsiXhosa	ubuhlungu
SiSwati	buhlungu
IsiNdebele	isihlabi
Setswana	opa
Sepedi	sehlabi
Sesotho	ho opelwa, lehlaba, ho utlwa
	bohloko
Tshivenꞌꞌꞌa	tshiꞌꞌꞌhavhi
Xitsonga	ku pandza

Comments: _____

acid

Chemical substance found in the stomach.

Afrikaans	suur
IsiZulu	i-esidi
IsiXhosa	i-asidi
SiSwati	i-asidi
IsiNdebele	i-esidi
Setswana	asiti
Sepedi	bodila
Sesotho	esiti
Tshivenꞌꞌꞌa	esidi, dungji
Xitsonga	asidi

Comments: _____

acne

A skin disease common in young people in which small raised spots appear on the face and neck.

Afrikaans	aknee
IsiZulu	umqubuko
IsiXhosa	ikhuphu
SiSwati	ematjitji
IsiNdebele	amathuthuva, iinlonjana,
	iinkobe
Setswana	dikemola
Sepedi	dikemola
Sesotho	dihloba, lekgopo
Tshivenꞌꞌꞌa	vhupwa
Xitsonga	xibundwana

Comments: _____

acquired immune deficiency syndrome

Synonym **AIDS** <acronym>, **Aids** <acronym>

A deadly disease for which there is no cure that is passed on from one person to another by sexual contact or through body fluids like blood.

Afrikaans	verworwe immuniteits-gebreksindroom, VIGS <acronym>, vigs <acronym>
IsiZulu	ingculazi
IsiXhosa	ugawulayo
SiSwati	ingculazi
IsiNdebele	mbulala-sihlangu, ntumba-ntonga
Setswana	AIDS, bolwetse ba AIDS
Sepedi	sindromo ya thlaelo ya go souta ye hweditšwego, AIDS
Sesotho	lefu la AIDS, pokello ya matshwao a kgaello ya ho tshwaetsehe
Tshivenꞌꞌꞌa	EIDZI
Xitsonga	EYIDZI

Comments: _____

acute

Very sharp or severe, eg an acute pain.

Afrikaans	akuut
IsiZulu	ubuhlungu obuhlabayo
IsiXhosa	bukhali
SiSwati	lokucijile
IsiNdebele	hlabako, netlobo
Setswana	bogale
Sepedi	bogale
Sesotho	e bohale haholo, e mpe haholo
Tshiven□□a	vhulwadzetsiha□□u
Xitsonga	xo vava ngopfu

Comments: _____

acute illness

Quickly becoming severe and usually not lasting long, eg acute appendicitis.

Afrikaans	akute siekte
IsiZulu	ukugula okukuxinayo
IsiXhosa	isigulo esiyingozi
SiSwati	sifo lesisheshisako
IsiNdebele	hlatjwa bulwelwe obumbi
Setswana	bolwetse jo bo tseneletseng
Sepedi	bolwetši bjo bogale
Sesotho	lefu le bohale haholo
Tshiven□□a	vhulwadzetsiha□□u
Xitsonga	vuvabyi byo tika

Comments: _____

addict⇒drug addict

addicted

Unable to stop taking harmful drugs.

Afrikaans	verslaaf
IsiZulu	huhekile
IsiXhosa	rhurhile
SiSwati	hucekile
IsiNdebele	botjhiwe
Setswana	tshwagolo
Sepedi	lemetše
Sesotho	ho ba lekgoba, la dithethefatsi
Tshiven□□a	u vha phuli ya zwidzidzivhadzi
Xitsonga	ku va hlonga ra swidzidzihati

Comments: _____

addiction⇒drug addiction

adenoids

Pair of soft growths between the back of the nose and the throat.

Afrikaans	adenoïdes
IsiZulu	i-adenoyidi
IsiXhosa	amarhanana
SiSwati	i-adenodi
IsiNdebele	i-adenoyidi
Setswana	diatenoete
Sepedi	ditshwelesa tsa nko
Sesotho	bohloko ba mahanana
Tshiven□□a	tshiningo, adenoide
Xitsonga	xiphala-nhompfu

Comments: _____

adhesive plaster

*Synonym sticking plaster, plaster
Strip of sticky material that can be stuck to the skin to protect a small wound or cut.*

Afrikaans	hegpleister, pleister
IsiZulu	isibophamanxeba
IsiXhosa	esinamathelayo
IsiXhosa	isibophi-manxeba
IsiXhosa	esincamathelayo
SiSwati	ibhandishi
IsiNdebele	ibhanditjhi
Setswana	poleisetere e e kgomarelang
Sepedi	theipi ye gomarelang, poleistere
Sesotho	polasetere e kgomarelang, tiami e kgomarelang
Tshiven□□a	theiphi i nambatelaho, pulasi□□a, bandishi
Xitsonga	plasitere yo damarheta

Comments: _____

adjustment

The process of getting used to a new situation or a way of life.

Afrikaans	aanpassing
IsiZulu	ukuzijwayeza
IsiXhosa	ukuziqhelanisa
SiSwati	kutilungiselela simo
IsiNdebele	ukuzijayeza
Setswana	paakanyo
Sepedi	tokišo
Sesotho	ho itlwaetsa maemo a matjha
Tshiven□□a	u dzudzanyea, u □□owela
Xitsonga	ku titoloveta

Comments: _____

adolescence

The period between being a child and being a fully grown man or woman.

Afrikaans	adolessensie
IsiZulu	ukuthomba
IsiXhosa	ixesha eliphakathi
	kobuntwana nobuntu obudala
SiSwati	kukhuhluka, kutfomba
IsiNdebele	ubuja, ubupuhlaponjwana
Setswana	mosima
Sepedi	bofša
Sesotho	ho kena boholong
TshivenꞀꞀa	vhuswa
Xitsonga	malembe ya kondlo-a-ndzi-dyi

Comments: _____

adolescent

A boy or girl in the period between being a child and being a fully grown man or woman.

Afrikaans	adolescent
IsiZulu	ubusha
IsiXhosa	ukufikisa
SiSwati	lijaha nobe sidzandzane
	lesitfombako
IsiNdebele	ilija, ipuhlaponjwana
Setswana	mosima
Sepedi	mofša
Sesotho	motho ya kenang boholong, mokenaboholo
TshivenꞀꞀa	muswa
Xitsonga	kondlo -a -ndzi-dyi

Comments: _____

adrenaline

A chemical substance made by the body (hormone) during anger or fear that makes you move faster or gives you more energy.

Afrikaans	adrenalien
IsiZulu	i-adrenalini
IsiXhosa	i-adrenalini
SiSwati	i-adrenalini
IsiNdebele	i-adrenalini
Setswana	matute a thakaphilo
Sepedi	adrenaline
Sesotho	aterenaline
TshivenꞀꞀa	adirenaline
Xitsonga	adrenalin

Comments: _____

adult

*Synonym
A fully grown man or woman.*

Afrikaans	grown-up
IsiZulu	volwassene, grootmens
IsiXhosa	umuntu omdala
SiSwati	umntu omdala
IsiNdebele	umuntfu lomdzala
Setswana	umuntu omdala
Sepedi	mogolo
Sesotho	mogolo
TshivenꞀꞀa	moholo, motho e moholo
Xitsonga	muthu muhulwane
	nkulukumba

Comments: _____

adulthood

The state of being a fully grown man or woman.

Afrikaans	volwassenheid
IsiZulu	ubudala
IsiXhosa	ubudala
SiSwati	budzala
IsiNdebele	ubudala
Setswana	bogolo
Sepedi	bogolo
Sesotho	boholo, ho ba motho e moholo
TshivenꞀꞀa	vhualuwa, vhuhulwane
Xitsonga	vukulukumba

Comments: _____

afterbirth

The material that comes out of the womb of a woman just after she has given birth to a child.

Afrikaans	nageboorte
IsiZulu	emuvakokuzala
IsiXhosa	umkhaya
SiSwati	inongwane, ingubo
	yemntfwana
IsiNdebele	ingubo yomntwana
	<euphemism>
Setswana	ditswamorago tsa tsalo
Sepedi	sa mohlana
Sesotho	setlou <taboo>, sesalamorao
	<taboo>
Sesotho	thari
TshivenꞀꞀa	zwiꞀꞀamurahu <euphemism>
	mutana <taboo>
Xitsonga	muchaga, muchana

Comments: _____

afterbirth pains

Cramplike pains felt by the mother after she has given birth to a child.

Afrikaans	nageboortepyne
IsiZulu	ubuhlungu basemuva kokuzala
IsiXhosa	intlungu zasemva kokubeleka
SiSwati	ingadzane
IsiNdebele	iinhlabi zangemva kokubeletha
Setswana	ditlhabi tsa morago ga tsalo
Sepedi	sehlabi sa mohlana
Sesotho	dikgotla <taboo>, mahlabana tsamaisanang le setlou <taboo>
TshivenꞀꞀa	zwiꞀꞀhavhi zwa murahu ha mbebo
Xitsonga	xitlhavi xa mbeleko

Comments: _____

aftercare

The care of a patient after a serious illness or operation.

Afrikaans	nasorg
IsiZulu	unakekelo
IsiXhosa	ukhathalelo emva kokugula
SiSwati	kunakekelwa ngemuva kwekubeleka nobe kugula
IsiNdebele	itjhejo lesigulani
Setswana	tlhokomelo ya morago
Sepedi	tlhokomelo ya molwetši
Sesotho	tlhokomelo ya kamora ho kula ho matla
TshivenꞀꞀa	ꞀꞀhogomelo <nga murahu ha muaro, kana vhulwadze>
Xitsonga	vuhlayisi bya movabyi

Comments: _____

age n.

The number of years a person has lived.

Afrikaans	ouderdom
IsiZulu	iminyaka
IsiXhosa	iminyaka
SiSwati	umnyaka
IsiNdebele	iminyaka
Setswana	bogolo
Sepedi	ngwaga
Sesotho	dilemo tsa kgolo
TshivenꞀꞀa	miꞀꞀwaha

Xitsonga vukhale

Comments: _____

age v.

To grow older.

Afrikaans	verouder, ouer word
IsiZulu	ukuguga
IsiXhosa	luphala
SiSwati	kukhula
IsiNdebele	khula
Setswana	go gola
Sepedi	gola
Sesotho	ho hola
TshivenꞀꞀa	u hula, u kalaha, u kegula
Xitsonga	ku kula

Comments: _____

aged, the

Very old people

Afrikaans	bejaardes
IsiZulu	umuntu ogugile
IsiXhosa	olupheleyo
SiSwati	bantfu lasebakhulile
IsiNdebele	umuntu olupheleko
Setswana	batsofe
Sepedi	batšofadi
Sesotho	batsofe, maqheku
TshivenꞀꞀa	vhaaluwa
Xitsonga	swidyuhati

Comments: _____

AIDS ⇒ *acquired immune deficiency syndrome*

Aids-related complex

Synonym ARC <acronym>

Various symptoms which people with Aids may develop, including drenching nightsweats, unexpected and considerable weight loss and persistent fever.

Afrikaans vigs-verwante kompleks

IsiZulu	izimpawu ezihlobene nengculazi
IsiXhosa SiSwati	iimpawu zikagawulayo timphawu letihlobene nengculazi
IsiNdebele	matshwayo wobulwelwe bentumba-ntonga, matshwayo wobulwelwe bombulala-sihlangu
Setswana	matshwao a a tsamaelanang le bolwetse ba AIDS
Sepedi Sesotho	tharano ye amanago le AIDS matshwao a tsamaelanang le lefu la AIDS
Tshiven□□a Xitsonga	tsumbavhulwadze dza EIDZI nkatsano lowu vangiwaka hi vuvabyi bya EYIDZI

Comments: _____

ailment

An illness which is usually not serious.

Afrikaans	kwaal
IsiZulu	ukuhlabeka
IsiXhosa	umkhuhlane
SiSwati	buguli lobungayi ndzawo
IsiNdebele	ukukhohlela
Setswana	bolwetse
Sepedi	bolwetši
Sesotho	bolwetse, phokolo
Tshiven□□a Xitsonga	munyanyavhalo, vhwadze xithhavatlhava

Comments: _____

air pollution

Smoke and gases from fires and factories that fill the air.

Example *People who live near factories can become ill as a result of the air pollution in the area.*

Afrikaans	lugbesoedeling
IsiZulu	ukunukubezeka komoya
IsiXhosa	ungcoliseko lomoya
SiSwati	kungcola kwemoya
IsiNdebele	kusilaphazeka komoya
Setswana	kgotlelego ya mowa
Sepedi	tšhilafatšo ya moya
Sesotho	tshilafalo ya moya
Tshiven□□a Xitsonga	tshikafhadzo ya muya ku thyakisiwa ka moya

Comments: _____

albino

A person that is born with a very white skin, very light hair and eyes that are pink because of lack of colouring matter called pigment.

Afrikaans	albino
IsiZulu	isiphiwo, inkawu
IsiXhosa	inkawu
SiSwati	umuntfu loyinkawu
IsiNdebele	ikhwepha
Setswana	leswafe
Sepedi	leswefe
Sesotho	lesofe
Tshiven□□a	□□ixwete
Xitsonga	khalandlati <munhu wa nhlonge yo pfumala muvala>

Comments: _____

alcohol

A colourless liquid present in drinks such as beer and wine that can make one drunk.

Example *Alcohol must never be used before driving a car.*

Afrikaans	alkohol
IsiZulu	isidakamizwa
IsiXhosa	ialkoholi
SiSwati	i-alkhoholi
IsiNdebele	isidakamizwa
Setswana	tagi
Sepedi	tagi
Sesotho	tahi
Tshiven□□a	zwikambi
Xitsonga	xihoko

Comments: _____

alcoholic

A person who cannot break the habit of taking too many alcoholic drinks.

Afrikaans	alkoholis
IsiZulu	isidakwa
IsiXhosa	umntu orhalela utywala ngokugqithisileyo
SiSwati	lekune-alkhoholi
IsiNdebele	isidakwa
Setswana	letagwa
Sepedi	letagwa

Sesotho **lekgoba la tahi, letahwa**
 Tshiven□□a **tshidakwa**
 Xitsonga **xidakwa, xilovekelo,**
 xindzendzela

Comments: _____

alcoholic drink

Drink such as beer or brandy which contains alcohol and can make one drunk.

Afrikaans **alkoholiese drank**
 IsiZulu **isiphuzo esinesidakamizwa**
 IsiXhosa **isiselo esinxilisayo**
 SiSwati **tjwala, sinatfo lesine-
 alkhoholi**
 IsiNdebele **utjwala, isiselo**
 esinesidakamizwa
 Setswana **nnotagi**
 Sepedi **senotagi**
 Sesotho **seno-tahi**
 Tshiven□□a **tshikambi, halwa**
 Xitsonga **xakunwa xa xihoko, byalwa**

Comments: _____

alcoholism

A condition where a person cannot stop heavy drinking of alcoholic drinks.

Afrikaans **alkoholisme**
 IsiZulu **ubudakwa**
 IsiXhosa **imeko yomntu owenzakaliswe
 butywala**
 SiSwati **budzakwa lobengcile**
 IsiNdebele **ubudakwa**
 Setswana **botagwa**
 Sepedi **botagwa**
 Sesotho **bokgoba ba tahi, botahwa**
 Tshiven□□a **vhudakwa**
 Xitsonga **vudakwa**

Comments: _____

alert

Lively.

Afrikaans **wakker**
 IsiZulu **-phaphamile**
 IsiXhosa **phaphileyo**
 SiSwati **hlahlambile**
 IsiNdebele **tjhejile, phapheme**
 Setswana **thantse**
 Sepedi **phafogileng**
 Sesotho **ho phaphama, ho itemohela**
 Tshiven□□a **thanya**

Xitsonga **muhiteki**

Comments: _____

alimentary canal ⇒ digestive tract

allergic conjunctivitis

Inflammation of the thin transparent skin which covers the eyeball and inside of the eyelids due to an allergy.

Afrikaans **allergiese**
 oogbindvliesontsteking
 IsiZulu **alejikhi khonijathivithisi**
 IsiXhosa **ukudumba kwenkophe**
 SiSwati **kubaba kwemehlo ngenca
 yekungetayeli lokutsite**
 IsiNdebele **ukubaba kwamehlo**
 Setswana **aleji ya lethaitlho**
 Sepedi **dipone tše bakwago ke aleji**
 Sesotho **ho solwa, ho rokoloha**
 Tshiven□□a **khondzhakhithivisi ya
 a□□edzhi.**
 Xitsonga **ndzhumbelo wa nkuva wa
 tihlo**

Comments: _____

allergic reaction

Symptoms such as swelling, itching and breathing problems caused by eating, breathing in or touching something that one is allergic to.

Example Hay fever is an allergic reaction to pollen.

Afrikaans **allergiese reaksie**
 IsiZulu **ukuvela kwanoma yini
 emzimbeni womuntu ngenxa
 yento ayidile noma ayithintile**
 IsiXhosa **imeko ebonisa ukwala izinto
 ezithile**
 SiSwati **indlela yekuphatseka emitsini**
 IsiNdebele **iintjengiso zokusaba**
 <ukungathandi into ethileko>
 IsiNdebele **iintjengiso zokuzwela**
 Setswana **go ilwa ke sengwe**
 Sepedi **phetogo ye bakwago ke aleji**
 Sesotho **karabelo ya ho se utlwane ha
 mmele le ho itseng**
 Sesotho **karabelo ya mmele ka lebaka
 la aleji**
 Tshiven□□a **tsumbaa□□edzhi**
 Xitsonga **vuvabyi bya tialeji**

Comments: _____

allergy

A condition which causes an unfavourable reaction, such as itching or breathing problems, to certain foods, pollens, insect bites etc.

Afrikaans	allergie
IsiZulu	i-aleji
IsiXhosa	ukungalungelani
SiSwati	i-aleji, kuphatseka emitsini
IsiNdebele	ukusaba, ukuzwela
Setswana	go ilwa ke sengwe
Sepedi	aleji
Sesotho	aleji, ho se utlwane ha mmele le ho itseng
Tshivenꞌꞌa	aꞌꞌedzhi
Xitsonga	aleji

Comments: _____

ambulance

A special vehicle that is used for taking ill or injured people to hospital.

Afrikaans	ambulans
IsiZulu	i-ambulensi
IsiXhosa	inqwelo yezigulane
SiSwati	i-ambulense
IsiNdebele	i-ambulensi
Setswana	koloi ya balwetse
Sepedi	koloi ya balwetši
Sesotho	ambolense
Tshivenꞌꞌa	ambuꞌꞌentsi <Goloi ine ya hwala vhalwadze>
Xitsonga	ambulense

Comments: _____

amnesia

A loss of memory after injury or severe illness.

Afrikaans	geheueverlies
IsiZulu	i-amnesiya
IsiXhosa	ukumkelwa zingqondo
SiSwati	i-amunisiya, kuphelelwa ngemandla ekukhumbula
IsiNdebele	i-amnesiya, kulahlekelwa mkhumbulo
Setswana	tebalo
Sepedi	go lebala
Sesotho	ho lahlehelwa ke kgopolo, ho lahlehelwa ke kelello

Tshivenꞌꞌa	amunesia, u xeelwa nga muhumbulo
Xitsonga	ku lahlekeriwa hi miehleketo

Comments: _____

amniocentesis

A test done on a pregnant mother to find out whether the unborn baby is normal.

Afrikaans	amniosentese
IsiZulu	aminiyosintesisi
IsiXhosa	iamniosenthisisi
SiSwati	kuhlolwa kwemuntfu lotetfwele
IsiNdebele	i-aminiyosintesi
Setswana	teko ya pele-ga-pelego
Sepedi	teko ya pele ga pelego
Sesotho	amniosentesis, teko e etswang ho moimana ho bona ho phethahala ha lesea
Tshivenꞌꞌa	amniosenthisisi Definition: ꞌꞌꞌholo ine ya itiwa kha muimana u wanulula uri ꞌꞌꞌwana o takala.
Xitsonga	nkambelo wa n'wana a nga si velekiwa

Comments: _____

amniotic fluid

The fluid that surrounds the unborn baby and serve as protection.

Afrikaans	vrugwater
IsiZulu	okusamanzi okuzungeze ingane engakazalwa
IsiXhosa	amanzi akhusela umntwana ongekazalwa
SiSwati	ingadzane
IsiNdebele	mamanzi we-aminiyo
Setswana	metsi a tshireletso ya ngwana yo a iseng atsalwe
Sepedi	meetse a šireletšago ngwana yo a se a belegwego Definition: Meetse a humanwago popelong ya mosadi wa moimana go šireletša ngwana yo a sego a belegwe.

Sesotho mokedikedi o ka popelong o sireletsang lesea
 Tshiven□□a ma□□itsireledzi
 Xitsonga xihalaki lexi sirhelelaka n'wana

Comments: _____

amputate

To cut off a limb or part of a limb, eg a finger.

Afrikaans amputeer, afsit
 IsiZulu nquma
 IsiXhosa nqumla ilungu
 SiSwati kuncuma sitfo semtimba
 IsiNdebele quntula isitho
 Setswana kgaola
 Sepedi kgaola v.
 Sesotho ho poma setho sa mmele
 Tshiven□□a tumula, □□hukhula
 Xitsonga ku tsema xirho

Comments: _____

amputation

Operation to cut off a limb or part of a limb, eg a finger.

Afrikaans amputasie
 IsiZulu ukunqunywa
 IsiXhosa ukunqunyulwa
 SiSwati kuncunywa sitfo semtimba
 IsiNdebele ukuquntula isitho somzimba
 Setswana kgaola serwe
 Sepedi go kgaola
 Sesotho pomo ya setho sa mmele, ho phungwa bakeng sa ho pomgwa setho sa mmele
 Tshiven□□a thumulo, □□hukhulo
 Xitsonga ku tsema xirho

Comments: _____

anaemia

Synonym anemia <US>
 Condition in which a person feels tired and looks pale because of having too few red cells in the blood.

Afrikaans anemie, bloedarmoede
 IsiZulu i-anemiya
 IsiXhosa umlambo
 SiSwati i-anemiya, kuphatseka kwengati
 IsiNdebele i-anemiya, kutlhoga iingazi

Setswana tlhoka madi
 Sepedi thlokamadi
 Sesotho phokolo ya madi, kgaello ya madi
 Tshiven□□a □□hahelero ya malofha, thauluwo ya malofha, anaemia
 Xitsonga nkalangati

Comments: _____

anaesthesia

The use of a drug to make a person unable to feel any pain during an operation.

Afrikaans narkose, anesthesie, verdowing
 IsiZulu ukudaka imizwa
 IsiXhosa ukungeva zintlungu
 SiSwati sidzakiswa miva
 IsiNdebele ukubulala imizwa
 Setswana kidibatsi
 Sepedi kidibatšo
 Sesotho thethefatso
 Tshiven□□a dzidzivhadza
 Xitsonga dzidzirisa

Comments: _____

analgesic⇒painkiller

anatomy

The study of the way in which the body of a man, woman or child is put together.

Afrikaans anatomie
 IsiZulu i-anathomi
 IsiXhosa ulwazi ngamalungu omzimba
 SiSwati sifundvomtimba
 IsiNdebele i-anathomi, ijamo lomzimba
 Setswana anatomi
 Sepedi kgoladitho
 Sesotho thuto ka ditho tsa mmele
 Tshiven□□a anathomi Definition: N□□ivho ya kuimele kwa muvhili wa muthu.
 Xitsonga ntivo-swirho

Comments: _____

anemia⇒anaemia

animal bite

A wound caused by an animal's teeth cutting into the flesh.

Afrikaans	dierbytlek
IsiZulu	isilonda sokulunywa isilwane
IsiXhosa	isilonda sokulunywa sisilwanyana
SiSwati	kuluma kwesilwane
IsiNdebele	inceba lokulunywa silwana
Setswana	lomilwe ke phologolo
Sepedi	go longwa ke phoofolo
Sesotho	leqeba la ho longwa ke phoofolo
Tshiven	ilumelo phukha
Xitsonga	xilondza xo luma hi xiharhi

Comments: _____

ankle⇒ankle joint

ankle joint

Synonym ankle
The joint between the leg and the foot.

Afrikaans	enkelgewrig, enkel
IsiZulu	iqakala
IsiXhosa	iqatha
SiSwati	licakala
IsiNdebele	ilunga lengogoriyana, ilunga leqakala
Setswana	lengenana
Sepedi	lekopano la kokoilane, kokoilane
Sesotho	leqaqailana
Tshiven	tshilungo tsha lwayo
Xitsonga	hlakala

Comments: _____

anorexia nervosa

An illness in which a person has a fear of becoming fat and so refuses to eat properly and becomes thinner and thinner.

Afrikaans	anorexia nervosa
IsiZulu	anoresiya nevosiya
IsiXhosa	ukungacaceli ukutya
SiSwati	kulahlekelwa ngumdlanla wekudla
IsiNdebele	i-anoreksiya nervosa, ukusaba ukudla
Setswana	go tlhoka keletso ya dijo
Sepedi	bolwetši ba go bakwa ke go se je
Sesotho	lefu la ho ikotisa ka ho se je hantle

Tshiven	anorexia nervosa, u shaya lutamo lwa zwiwa
Xitsonga	ku lahlekeriwa hi navelo

Comments: _____

antacid

A medicine or tablet taken to relieve discomfort in the stomach.

Afrikaans	teensuurmiddel
IsiZulu	isihlambululi sisu
IsiXhosa	isibulala asidi
SiSwati	sidzambisa-asidi
IsiNdebele	isibulali esidi
Setswana	twantshi ya asiti
Sepedi	kilabodila
Sesotho	lebohlollo, lepjetlane, selwantsha-esiti
Tshiven	antiesidi
Xitsonga	xihuhata-asidi

Comments: _____

antenatal

Before birth.

Afrikaans	antenataal, voorgeboortelik
IsiZulu	ngaphambi kokubeletha
IsiXhosa	phambi kokubeleka
SiSwati	ngaphambi kwekubeleka
IsiNdebele	ngaphambi kokubeletha
Setswana	pele ga pelego
Sepedi	pele ga pelego
Sesotho	pele ho peleho
Tshiven	phanha ha mbebo
Xitsonga	xirhangela-mbeleko

Comments: _____

antenatal care

Medical care of a pregnant woman.

Afrikaans	voorgeboortesorg
IsiZulu	unakekelo lokhulelwe
IsiXhosa	ukukhathalelwa ngamayeza komntu okhulelweyo
SiSwati	kunakekelwa kwalotetfwele
IsiNdebele	ukuthogonyelwa ngeenhlahla kosidisi
Setswana	tlhokomelo ya pele ga pelego
Sepedi	thlokomelo ya pele ga pelego

Sesotho tlhokomelo ya pele ho peleho
Tshiven□□a □□hogomelo ya muimana
Xitsonga nhlaysiso wa muyimani

Comments: _____

antenatal exercise classes

Safe exercises for pregnant women under supervision of a qualified person.

Afrikaans voorgeboorte-oefenklasse
IsiZulu amakilasi okuzivocavoca
aphathelene nokukhulelwa
IsiXhosa izifundo zokuzilolonga
phambi kokubeleka
SiSwati kutilolonga ngaphambi
kwekubeleka
IsiNdebele ukuzithabulula kwabomma
abasidisi
Setswana diphaposi tsa go itshidila tsa
pele-ga-pelego
Sepedi dithuto tša kotlollo tša pele
ga pelego
Sesotho dithuto tsa ho ikwetlisa pele
ho peleho
Tshiven□□a kilasi dza nyonyoloso
phan□□a ha mbebo
Xitsonga mintlawa ya vutiolori ya
vayimani

Comments: _____

antibiotic

A drug used to kill bacteria and cure infections.

Afrikaans antibiotikum Plural: antibiotika
IsiZulu isibulala mabhakithiriya
IsiXhosa iyeza lokubulala
iintsholongwane
SiSwati sibulalamagciwane, i-
anthibhayothiki
IsiNdebele sibulala-mulwane
Setswana selwantsha-malwetse
Sepedi kila payotika
Sesotho twantsha-mahloko
Tshiven□□a antibiothiki,
tshivhulahazwitshili
Xitsonga nsivela-
switsongwatsongwana,
nsivela-xiborisi, ridlaya-
xiborisi

Comments: _____

antibody

A substance produced by the body which fights against disease.

Example If you have antibodies to the AIDS virus, it means that you have been infected by the virus.

Afrikaans teenliggaam
IsiZulu amasotsha omzimba
IsiXhosa isilwa buhlungu esisegazini
SiSwati emasotja emtimba
IsiNdebele sivikela-malwelwe, majoni
womzimba
Setswana selwantsha-ditwatsi
Sepedi twantšhi
Sesotho selwantsha-mahloko
Tshiven□□a lueluli, tshithivhelazwitshili
muvhilini
Xitsonga vuxungu-langutela

Comments: _____

antidepressant

Drug that makes a person suffering from depression feel better.

Afrikaans antidepressant
IsiZulu isiqeda kucobeka
IsiXhosa isithomalalisi
SiSwati sidzakamiva lesicedza
kucobeka kwentimba
IsiNdebele isiqeda-kuqobeka komzimba
Setswana seokobatsi
Sepedi kila tšhaparego
Sesotho sethibela ho tepella
Tshiven□□a mushonga wa u fungudza
mutsiko
Xitsonga xidzidzirisi xo herisa ku
khunguvanyeka

Comments: _____

antidote

Substance that acts against the effects of a poison.

Afrikaans teenmiddel
IsiZulu isibulala buthi
IsiXhosa iyeza lobuhlungu
SiSwati sibulalabutsi
IsiNdebele sikhandela-tjhefu, sibiba
Setswana tshitabothole

<i>Sepedi</i>	tšhitišampholo
<i>Sesotho</i>	twantsa-tjhefo
<i>Tshiven</i> □□a	tshivulahavhu □□ungu, ndokololo
<i>Xitsonga</i>	xidlaya-vuxungu

Comments: _____

antigen

Any substance that the body regards as strange or dangerous and against which it produces antibodies.

<i>Afrikaans</i>	antigeen
<i>IsiZulu</i>	i-antigeni
<i>IsiXhosa</i>	iantijeni, i-anthijeni
<i>SiSwati</i>	tinshwana emasotja emtimba lalwa nato
<i>IsiNdebele</i>	yinaba lomzimba <iba ngaphakathi komzimba>
<i>IsiNdebele</i>	yinto etjhili emzimbeni
<i>Setswana</i>	antijene
<i>Sepedi</i>	antijene Definition: <i>Selo se sengwe le se sengwe seo mmele o se tseago se le kotsi go wona.</i>
<i>Sesotho</i>	sethibela-mafu
<i>Tshiven</i> □□a	anthidzheni
<i>Xitsonga</i>	antijeni

Comments: _____

antihistamine

A drug used to treat illnesses caused by allergies such as hay-fever.

<i>Afrikaans</i>	antihistamien
<i>IsiZulu</i>	i-antihistamini
<i>IsiXhosa</i>	iantihistamini
<i>SiSwati</i>	i-anthihistamani, sidzakamiva leselapha kutsintseka etifeni letitsite
<i>IsiNdebele</i>	sidakamizwa esilapha loyo ozwela khulu nofana osaba into ethileko, i-antihistamini
<i>Setswana</i>	antihisitamaene
<i>Sepedi</i>	nto ye ilago birase
<i>Sesotho</i>	moriana o thibelang mafu a bakwang ke aleji, selwantsha-aleji
<i>Tshiven</i> □□a	antihistamine
<i>Xitsonga</i>	murhi wo tshungula tialeji

Comments: _____

antiseptic

<i>Synonym</i>	disinfectant
	<i>A substance that kills germs.</i>
<i>Afrikaans</i>	antiseptikum, ontsmettingsmiddel
<i>IsiZulu</i>	isibulala magciwane
<i>IsiXhosa</i>	isinganda kubola, isibulala ntsholongwane
<i>SiSwati</i>	sincandzakubola
<i>IsiNdebele</i>	sikhandeli-kubola, sikhandeli-kubhibhidlha
<i>Setswana</i>	tshitatutelo
<i>Sepedi</i>	sedirišwa sa go hlwekiša, tšhitišaphero
<i>Sesotho</i>	sebolaya-dikokwanahloko, sethibela ho petla
<i>Tshiven</i> □□a	tshithivhelazwitshili, gandululo
<i>Xitsonga</i>	nxuvo, xixuvi, ridlaya-vubori

Comments: _____

antiseptic cream

A soft salve, usually in a tube, used on a wound to kill germs.

<i>Afrikaans</i>	antiseptiese room
<i>IsiZulu</i>	isilwakubhibha
<i>IsiXhosa</i>	iyeza elinqanda ukubola
<i>SiSwati</i>	lulata lwekuncandza kubola
<i>IsiNdebele</i>	amafutha akhandela ukubhibhidlha kwesilonda, amafutha akhandela ukubola kwesilonda
<i>Setswana</i>	seitshasi sa tshitatutelo
<i>Sepedi</i>	lebebe la go thibela phero
<i>Sesotho</i>	setlolo sa ho thibela ho petla
<i>Tshiven</i> □□a	mapfura a u thivhela u sina
<i>Xitsonga</i>	xixuvi xo dlaya vubori

Comments: _____

anti-snakebite serum ⇒ snakebite serum

antitoxin

A substance that is produced by the body or taken as a medicine in order to act against a poisonous substance and to prevent it from having a harmful effect.

<i>Afrikaans</i>	teengif, antitoksien
<i>IsiZulu</i>	isibulalabuthi
<i>IsiXhosa</i>	iantitoksini
<i>SiSwati</i>	sincandzashevu

IsiNdebele **sibulala-tjhefu emzimbeni**
 <letjhefu ibangwa ziingogwana
 ezisemzimbeni>
 Setswana **twantshatwatsi**
 Sepedi **twantšhi**
 Sesotho **selwantsha-tjhefo**
 Tshiven□□a **nyeluli**
 Xitsonga **xidla-vuxungu**

Comments: _____

antitussive

Synonym **cough remedy**
 Medicine that stops coughing.
 Afrikaans **hoesmiddel, hoemedisyne**
 IsiZulu **umuthi womkhuhlane**
 IsiXhosa **umxube wokhohlokhohlo**
 SiSwati **umutsi wemkhuhlane**
 IsiNdebele **sihlahla somkhuhlani**
 Setswana **sethibela kgotlholo**
 Sepedi **sethibela go gohlola**
 Sesotho **sethibela-kgohlelo, moriana
 wa ho kgohlela**
 Tshiven□□a **mushonga wa mphigela**
 Xitsonga **murhi wa mukhuhlwana**

Comments: _____

antivenin

A substance used to treat persons who have been bitten by a snake or spider or stung by a scorpion.

Afrikaans **antivenien**
 IsiZulu **isibulaladosi**
 IsiXhosa **iyeza lokunyanga xa umntu
 elunywe yinto enobuhlungu**
 SiSwati **umutsi wekwelapha kulunywa
 yinyoka, lulwembu nobe
 ngufecela**
 IsiNdebele **ubuhlungu**
 Setswana **selwantsha-botlhole**
 Sepedi **twantšhampholo**
 Sesotho **selwantsha-tjhefo, ya ho
 longwa ke noha, ya ho
 longwa ke sekgo, ya ho
 longwa ke phepheng**
 Tshiven□□a **tshivulahavhu□□ungu**
 Xitsonga **xidlaya-vuxungu**

Comments: _____

antivenomous serum⇒snakebite serum

anus

The opening through which solid food waste leaves the body.

Afrikaans **anus**
 IsiZulu **umdididi**
 IsiXhosa **umva**
 SiSwati **induze, umdzidzi**
 IsiNdebele **igolo** <taboo>
 Setswana **phinya**
 Sepedi **mogwete**
 Sesotho **mosima, mohlamu** <taboo>
 Tshiven□□a **tshivhu□□u** <vulgar >
 Xitsonga **xiheta-mavele** <euphemism>

Comments: _____

anxiety

Uneasiness or troubled feeling caused by worry or danger.

Afrikaans **angstigheid**
 IsiZulu **ixhala**
 IsiXhosa **ixhala**
 SiSwati **inshisekelo**
 IsiNdebele **ukutshwenyeka**
 Setswana **tlhobaelo**
 Sepedi **tlalelo**
 Sesotho **ngongoreho**
 Tshiven□□a **mbilaelo**
 Xitsonga **nchavo**

Comments: _____

anxious

Feeling uneasy or worried.

Afrikaans **angstig**
 IsiZulu **ukukhathazeka,
 ukungakhululeki**
 SiSwati **kulangatelela**
 IsiNdebele **tshwenyeka**
 Setswana **-tlhobaelang**
 Sepedi **fišega**
 Sesotho **ho ngongoreha, ho
 kgathatseha**
 Tshiven□□a **u swa ha mbilu, u fhisea**
 Xitsonga **ku chava, ku hiseka**

Comments: _____

apathy

Lack of feeling, emotion or interest.

Afrikaans	apatie
IsiZulu	ukungabinaqhozi
IsiXhosa	ukungakhathali
SiSwati	kungatsintseki
IsiNdebele	dineka
Setswana	go tlhoka maikutlo, go tlhoka kगतlego
Sepedi	tlhokomologo
Sesotho	ho se tsotelle, ho hloka maikutlo, ho hloka thahasello
Tshivenꞌꞌa	vhufaluvalo
Xitsonga	xilawulawu

Comments: _____

aphasia

Loss of the ability to speak as a result of brain damage.

Afrikaans	spraakverlies, afasie
IsiZulu	ukuphelelwa ngamandla okusebenzisa ulimi
IsiXhosa	ukungakwazi ukuthetha ngenxa yokwenzakala kwengqondo
SiSwati	kulahlekelwa kukhuluma ngenca yekulimala kwengcondvo
IsiNdebele	ukubhalelwa kukhuluma ngesibanga sokukhubala ehloko
Setswana	mumufala
Sepedi	go se kgone go bolela ka baka la kgobalo ya bjoko
Sesotho	tahlehelo ya puo ka lebaka la ho lemala bokong
Sesotho	afasia
Tshivenꞌꞌa	afasia Definition: <i>U sa kona u amba nga mulandu wa u huvhala vhuluvhini.</i>
Xitsonga	mpfilumpfilu wa nkatsakanyo wa misiha ya le xikarhi

Comments: _____

appendectomy

Operation to cut out the appendix.

Afrikaans	blindedermoperasie
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IsiZulu	ukuhlinzwa kokukhipha i-aphendisi.
IsiXhosa	ukukhutshwa kwethunjana
SiSwati	kuhlindvwa kwe-aphendiksi
IsiNdebele	ukusikwa kwe-aphendiksi bodorhodera
Setswana	karo ya lelana
Sepedi	puo ya go kgaola lelana
Sesotho	oporeishene ya ho ntsha lelana
Tshivenꞌꞌa	muaro wa u ꞌꞌahukhula
Xitsonga	aphendikisi vuhandzuri bya xirhumbyana

Comments: _____

appendicitis

Inflammation of the appendix.

Afrikaans	blindedermontsteking
IsiZulu	i-aphendisithisi
IsiXhosa	ukudumba kwethunjana
SiSwati	kuvuvukala kwe-aphendiksi
IsiNdebele	ukuvuvuka kwe-aphendiksi
Setswana	kgotelo ya lelana
Sepedi	mametelelana
Sesotho	thuruho ya lelana
Tshivenꞌꞌa	u zwimba ha aphen dikisi
Xitsonga	ndzhumbelo wa xirhumbyana

Comments: _____

appendix

A small tube inside the body which is closed at one end and is joined to the bowel at the other end; often becomes inflamed and has to be taken out.

Afrikaans	blindederm
IsiZulu	i-aphendisi
IsiXhosa	ithunjana
SiSwati	i-aphendiksi
IsiNdebele	i-aphendiksi
Setswana	lelana
Sepedi	mametletšo
Sesotho	lelana
Tshivenꞌꞌa	aphendikisi, tshilagu
Xitsonga	xirhumbyana

Comments: _____

aqueous humor

Clear watery fluid inside the eye.

Afrikaans	voorkamervog, akweuse vog
IsiZulu	i-akhwayasi hhuma
IsiXhosa	amanzi eliso
SiSwati	emanti logcwala emehlweni
IsiNdebele	mamanzana welihlo
Setswana	metsi a a mo leitlhong
Sepedi	moro wa leihlo
Sesotho	lero la mahlo, mokedikedi o ka leihlong
Tshiven□□a	ma□□i a tshanga
Xitsonga	mati ya tihlo

Comments: _____

ARC⇒Aids-related complex

arch

The curved under-part of the foot.

Afrikaans	boog
IsiZulu	indawo eyisigodana ngaphansi konyawo
IsiXhosa	igophe
SiSwati	indzawo lesasigodzi ngaphasi kwelunyawo
IsiNdebele	ibatha
Setswana	seobo
Sepedi	bora
Sesotho	atjhe e bokatlaseng ba leoto
Tshiven□□a	akha, vhungomu ha mulenzhe
Xitsonga	xivurha

Comments: _____

areola

The round darker part round the nipple of the breast.

Afrikaans	areola
IsiZulu	ingono
IsiXhosa	iariola
SiSwati	ingono
IsiNdebele	i-ariyola
Setswana	ariola
Sepedi	thloko
Sesotho	areola <small>Defintion: Karolo e potapotileng tlhoko ya letswele.</small>
Tshiven□□a	ariola

Xitsonga ndhawu leyi rhendzelaka nhlungu

Comments: _____

arm

Either of the upper limbs from the shoulder to the hand.

Afrikaans	arm
IsiZulu	ingalo
IsiXhosa	ingalo
SiSwati	umkhono
IsiNdebele	umkhono
Setswana	letsogo
Sepedi	letsogo
Sesotho	sephaka, letsoho
Tshiven□□a	mukonwo
Xitsonga	voko

Comments: _____

armpit

Hollow place under the arm at the shoulder.

Afrikaans	armholte, kieliebak
IsiZulu	ikhwapha
IsiXhosa	ikhwapha
SiSwati	likhwapha
IsiNdebele	ikhwapha
Setswana	legwafa
Sepedi	lehwafa
Sesotho	lehafi
Tshiven□□a	gopwa
Xitsonga	khehele

Comments: _____

artery

A tube (blood vessel) that carries blood from the heart to the rest of the body.

Afrikaans	slagaar
IsiZulu	umthambo omkhulu wegazi
IsiXhosa	unothumela
SiSwati	umtsambo
IsiNdebele	umthambo othumelako
Setswana	seisamadi
Sepedi	seišamadi
Sesotho	seisamadi
Tshiven□□a	lutsinga lwa athari, ludivhitha
Xitsonga	nthumukwana

Comments: _____

arthritis

Inflammation of one or more joints causing pain, swelling and stiffness.

Afrikaans	arthritis
IsiZulu	isifo samathambo
IsiXhosa	ukuqaqamba kwamalungu
SiSwati	kucacamba kwemalungu
IsiNdebele	kuqaqamba kwamalunga womzimba
Setswana	kgotelo ya ditokololo
Sepedi	bolwetši ba marapo
Sesotho	ateraitisi Definition: Thuruho ya manonyelletso.
Tshiven□□a	vhulwadze ha zwinungu
Xitsonga	ndzumbelo wa mahlangano

Comments: _____

artificial

Not real, made by man, eg an artificial limb.

Afrikaans	kuns-, nagmaak
IsiZulu	okokwenziwa
IsiXhosa	eyenziweyo
SiSwati	kwekwentiwa, kwekufakelwa
IsiNdebele	kokuzenzela
Setswana	maitirelo
Sepedi	ya maitirelo
Sesotho	ya maiketsetso, e seng ya tlhaho
Tshiven□□a	zwo tou itwaho
Xitsonga	xiendliwa, xiencyeniso

Comments: _____

artificial

Not happening naturally, eg artificial respiration.

Afrikaans	kunsmatig
IsiZulu	okokwenziwa
SiSwati	kwekufakelwa, kwekwentiwa
IsiNdebele	kokwenziwa
Setswana	maitirelo
Sepedi	ya maitirelo
Sesotho	e seng ya tlhaho, ya maiketsetso
Tshiven□□a	zwo tou itwaho
Xitsonga	xiencyeniso, xo endliwa

Comments: _____

artificial insemination

A way of helping a woman to become pregnant who cannot do so in a natural way.

Afrikaans	kunsmatige bevrugting
IsiZulu	ukuhlanganiswa kwembewu ngaphandle kokuya ocansini
IsiXhosa	umitho olwenziweyo
SiSwati	kufakelwa kwembewu
IsiNdebele	lehanganisiwe yekubeleka
Setswana	ukumithisa kokuzenzela
Sepedi	kimiso ya maitirelo
Sesotho	kemero ya maitirelo
Tshiven□□a	kemariso e seng ya tlhaho, kemariso ya maiketsetso
Xitsonga	vhuimana ho tou itwaho
	ku mithisa hi ku tlhavela

Comments: _____

artificial kidney ⇒ dialyser

artificial limb

Leg or arm made of eg plastic or metal which is fitted to a person's body when his own has been removed.

Afrikaans	kunsledemaat
IsiZulu	umlenze okanye ingalo yokufakelwa
IsiXhosa	ilungu elenziweyo
SiSwati	sitfo sekufakelwa
IsiNdebele	isitho seplastiki nofana sesimbi
Setswana	leoto la maitirelo
Sepedi	leoto la maitirelo
Sesotho	leoto/letsoho la maiketsetso
Tshiven□□a	tshanda kana mulenzhe wo tou itwaho
Xitsonga	nenge kumbe voko ro endliwa

Comments: _____

artificial respiration

The process of forcing air into and out of the lungs to help a person start breathing on his

own again, eg in a case where a person has almost drowned.

Afrikaans	kunsmatige asemhaling
IsiZulu	ukuphefumuliswa
IsiXhosa	ukuphefumlela
SiSwati	kuphefumuliswa ngetintfo tekufakelwa
IsiNdebele	kuphefumulela otsirimezekile ngomnqopho wokumphaphamisa khemiso ya maitirelo khemiso ya maitirelo phufumoloho ya maiketsetso vhfemisi xiencyeniso xo hefemula
Setswana	
Sepedi	
Sesotho	
Tshiven□□a	
Xitsonga	

Comments: _____

ascorbic acid ⇒ vitamin C

aspirin

A drug that relieves pain and also reduces inflammation and fever.

Afrikaans	aspirien
IsiZulu	i-aspirini
IsiXhosa	iyeza lokudambisa iintlungu umutsi wekudzambisa buhlungu
SiSwati	i-aspirini
IsiNdebele	aseporini
Setswana	aspirini
Sepedi	aspirine
Sesotho	aspirini
Tshiven□□a	aspirini
Xitsonga	aspirini

Comments: _____

assault

Sudden violent attack on a person by another.

Afrikaans	aanranding
IsiZulu	ukulimaza
IsiXhosa	uhlaselo
SiSwati	kukhahlameta, kuhlasela
IsiNdebele	ukuhlasela
Setswana	kgobatso
Sepedi	thlaselo
Sesotho	phutuhelo
Tshiven□□a	u rwa
Xitsonga	ku ba

Comments: _____

asthma

An illness which makes it difficult to breathe.

Afrikaans	asma
IsiZulu	i-asima
IsiXhosa	umbefu
SiSwati	sifuba semoya
IsiNdebele	i-asma, ubulwele bokuvaleka kwesifuba
Setswana	asema
Sepedi	asema
Sesotho	asema
Tshiven□□a	phihamelo, asima, dikitela
Xitsonga	phika, rifuva

Comments: _____

astigmatism

A defect in an eye preventing proper focusing.

Afrikaans	astigmatisme
IsiZulu	i-astigmathizimu
IsiXhosa	isiphene samehlo esibanga ukungaboni kakuhle kutsikameteka kwemehlo
SiSwati	i-astigmathizimu
IsiNdebele	tshitiso ya pono
Setswana	astikmatiki
Sepedi	tshitiso ya pono
Sesotho	vhuasitigimatiki
Tshiven□□a	vugomahlo
Xitsonga	

Comments: _____

attack

Sudden start of an illness, eg an attack of asthma.

Afrikaans	aanval
IsiZulu	ukuhlasela
IsiXhosa	hlasela
SiSwati	kuhlasela
IsiNdebele	ukuhlaselwa bulwelwe
Setswana	tlhaselo
Sepedi	hlasela Definition: Ge bolwetsi bo thoma ka tshoganyetso, mohlala, asma.
Sesotho	tlhaselo
Tshiven□□a	u thomiwa
Xitsonga	ndhumelo, nhlaselo

Comments: _____

autopsy

Synonym **postmortem**
Examination of a dead body, especially by cutting it open, to discover the cause of death.

Afrikaans	outopsie, nadoodse ondersoek, lykskouing
IsiZulu	ukuhlinzwa kwesidumbu
IsiXhosa	utyando lwesidumbu
SiSwati	kuhlindvwa kwesidumbu
IsiNdebele	ukuhlolwa kwesidumbu bodorhoda
Setswana	tlhatlhubo ya setopo
Sepedi	hlahlobo ya setopo
Sesotho	tlhahlobo ya setopo Definition: <i>E etswa ho fumana sesosa sa lefu</i>
Tshivenꞌꞌa	u ꞌꞌola tshitumbu
Xitsonga	ku kamberwa ka mufi

Comments: _____

AZT⇒zidovudine

B

baby⇒infant

baby care

To see to the safety and well-being of a baby by providing a safe place to live as well as healthy food and love.

Afrikaans	babasorg
IsiZulu	ukunakekelwa komntwana, ukunakekelwa kwengane
IsiXhosa	unakekelo lomntwana
SiSwati	kunakekelwa kwemntfwana
IsiNdebele	ukuthogonyelwa komntwana
Setswana	tlhokomelo ya lesea
Sepedi	thlokomelo ya lesea
Sesotho	tlhokomelo ya lesea
Tshivenꞌꞌa	ꞌꞌohogomelo ya lushie, ꞌꞌohogomelo ya ꞌꞌwana
Xitsonga	ku hlayisa n'wana

Comments: _____

baby formula

Synonym **formula** <short form>
A powder which you mix with water to make a milky drink for babies.

Afrikaans	babaformule, formule
IsiZulu	ifomula, indlela yokuthaka
IsiXhosa	indlela yokwenza
SiSwati	kudla kwelubisi kwemntfwana
IsiNdebele	ibisi lomntwana eliyipuphu
Setswana	mašwi a lerole a ngwana
Sepedi	kaelo
Sesotho	phofo ya lebese la masea
Tshivenꞌꞌa	luvhanda lwa mafhi a ꞌꞌwana
Xitsonga	ndzandzeriso

Comments: _____

baby-minder

A person who takes care of a baby while the mother is away working.

Afrikaans	baba-oppasser
IsiZulu	umzanyana
IsiXhosa	impelesi
SiSwati	imphelesi
IsiNdebele	imbelesi
Setswana	motlhokomedi wa lesea
Sepedi	moledi
Sesotho	mohlakomedi wa lesea
Tshivenꞌꞌa	muꞌꞌohogomeli wa ꞌꞌwana
Xitsonga	muhlayisi wa n'wana

Comments: _____

baby tooth⇒deciduous tooth

back

The rear part of the body from the neck to the top of the legs.

Afrikaans	rug
IsiZulu	ingemuva
IsiXhosa	umva
SiSwati	umhlane
IsiNdebele	umgogodlha, umhlana
Setswana	mokwatla
Sepedi	mokokotlo
Sesotho	mokokotlo
Tshivenꞌꞌa	muꞌꞌana
Xitsonga	nhlana

Comments: _____

backbone⇒*spine***back pain**

An unpleasant feeling in the back.

Afrikaans	ruggyn
IsiZulu	iqolo elibuhlungu
IsiXhosa	umqolo obuhlungu
SiSwati	buhlungu belicolo
IsiNdebele	ubuhlungu bomgogodlha
Setswana	setlhabi sa mokwatla
Sepedi	sehlabi sa mokokotlong
Sesotho	mahlaba a mokokotlo
TshivenꞀꞀa	tshiꞀꞀhavhi muꞀꞀanani
Xitsonga	ku vava ka nhlana

Comments: _____

bacteria <plural see bacterium>

IsiZulu	ibhakhithiriya
IsiXhosa	iintsholongwane
SiSwati	ligciwane, ibhakhithiriya
IsiNdebele	iingogwana
Setswana	dibaketeria
Sepedi	pakteria
Sesotho	baketheria
TshivenꞀꞀa	zwisinisa
Xitsonga	xivirisi

Comments: _____

bacterial conjunctivitis

Inflammation of the thin transparent skin which covers the eyeball and inside of the eyelids caused by bacteria.

Afrikaans	bakteriële oogbindvliesontsteking
IsiZulu	i-bhakhithiriya khonjakhithiva
IsiXhosa	ukukrala kokhophe
SiSwati	kuvuvuka kweliso kubangelwa ibhakhithiriya
IsiNdebele	ukubaba kwamehlo okubangwa ziingogwana
Setswana	go ruruga ga leitlho go bakwa ke dibaketeria
Sepedi	dipone tše bakwago ke pakteria
Sesotho	ho ruruha ha leihlo ke baketheria
TshivenꞀꞀa	u zwimba ha iꞀꞀo ho vhangwaho nga dzibakitheria
Xitsonga	ndzhumbelo wa nkuva wa tihlo

Comments: _____

bacterium <plural: bacteria>

A very small organism that cannot be seen by the naked eye and which can cause disease.

Afrikaans	bakterie
IsiZulu	ibhakhithiriya
IsiXhosa	intsholongwane
SiSwati	ligciwane
IsiNdebele	ingogwana
Setswana	baketeria
Sepedi	dipakteria
Sesotho	baketheria
TshivenꞀꞀa	tshisinisa
Xitsonga	xivirisi

Comments: _____

bad breath⇒*halitosis***balanced diet**

Eating enough of the right kinds of food.

Afrikaans	gebalanseerde dieet
IsiZulu	ukudla okunomsoco
IsiXhosa	ukutya okungqinelana nomzimba
SiSwati	kudla lokunemsoco <lokubhalansiwe>
IsiNdebele	ukudla okupheleleko
Setswana	dijo tekannngwa
Sepedi	dijotekanywa
Sesotho	phepontle
TshivenꞀꞀa	ndyondinganywa
Xitsonga	swakudya swo fanela

Comments: _____

bald

Having little or no hair on the head.

Afrikaans	bles, kaalkop
IsiZulu	impandla
IsiXhosa	nenkqayi
SiSwati	imphandla
IsiNdebele	iphandla
Setswana	lefatla
Sepedi	lefatla
Sesotho	lefatla
TshivenꞀꞀa	lufhanꞀꞀa, phanꞀꞀa
Xitsonga	mpandla

Comments: _____

bandage n.

Strip of material for binding round a wound or round a part of the body that has been hurt.

Afrikaans	verband
IsiZulu	ibhandishi
IsiXhosa	ibhandeji, isibopho
SiSwati	libhandishi
IsiNdebele	ibhanditjhi
Setswana	sefapo
Sepedi	mmofo
Sesotho	banteje
TshivenꞀꞀa	bandishi
Xitsonga	bandeji

Comments: _____

bandage v.

To tie up or bind round with a bandage.

Afrikaans	verbind
IsiZulu	bhandisha
IsiXhosa	bopha
SiSwati	libhandishi
IsiNdebele	bhanditjha
Setswana	go fapa
Sepedi	bofa
Sesotho	ho banteja, ho tlama
TshivenꞀꞀa	u vhofha, u pomba
Xitsonga	ku bandicha

Comments: _____

barren⇒infertile**basic needs**

Things like food, clothes and shelter that a person needs to live.

Afrikaans	basiese behoeftes
IsiZulu	izidingo ngqangi
IsiXhosa	izinto eziyimfuneko
SiSwati	tidzingo letisisekelo
IsiNdebele	iimfuneko zokuthoma
Setswana	dithokego tsa bophelo
Sepedi	dithloko tša theo
Sesotho	dithloko tsa motheo, dithoko tsa pele
TshivenꞀꞀa	thoꞀꞀea dzone-dzone
Xitsonga	swilaveko swo sungula

Comments: _____

bedbug

Small insect with no wings which lives in dirty houses and feeds by biting people and sucking their blood.

Afrikaans	weeluis
IsiZulu	imbungulu
IsiXhosa	incukuthu
SiSwati	imbungulu
IsiNdebele	itsikizi
Setswana	tshitshiri
Sepedi	tšhikidi
Sesotho	tshitshidi
TshivenꞀꞀa	tsikidzi
Xitsonga	nsikiti

Comments: _____

bed-ridden patient

An ill or disabled person who has to stay in bed all the time.

Afrikaans	bedlêende pasiënt
IsiZulu	isiguli sasembhedeni
IsiXhosa	isigulane esisebhedini
SiSwati	siguli sasembhedzeni
IsiNdebele	ulele phasi ngobulwelwe
Setswana	molwetse wa bolao
Sepedi	molwetši yo a sa fologego malaong
Sesotho	mokudi ya diphateng
TshivenꞀꞀa	mulwadze ane a dzula e thovhoni
Xitsonga	muvabyi loyi a tshamaka a etele

Comments: _____

bedsore

Sore caused by lying in bed for a long time; often found in bed-ridden patients.

Afrikaans	bedseer
IsiZulu	isilonda esibi
IsiXhosa	isilonda esibangwa kukulala ebhedini
SiSwati	silondza lesivetwa kulala kakhulu
IsiNdebele	isilonda sokulala khulu
Setswana	disobolao
Sepedi	sešo sa malao
Sesotho	seso se bakwang ke ho robala diphateng nako e telele

Tshiven	nyika
Xitsonga	xilondza
Comments: _____	

bedwetting

Passing urine in bed at night while asleep.

Afrikaans	bednatmaak
IsiZulu	ukuzichamela
IsiXhosa	ukuchama ulele
SiSwati	kuchama
IsiNdebele	ukuthunda eengubeni
Setswana	thotelobolao
Sepedi	go kolobiša malao
Sesotho	ho rotela dikobo
Tshiven	u rundela nguvho Definition: musi wo edela nga maan vhusiku
Xitsonga	ku tsakamisa
Comments: _____	

bee sting

A wound caused by the sting of a bee.

Afrikaans	bysteeek
IsiZulu	isilonda sokutinyelwa inyosi
IsiXhosa	ukulunywa yinyosi
SiSwati	umtfubi
IsiNdebele	inceba lokusuzelwa yinyosi
Setswana	ntho ya notshe
Sepedi	lebolela la nose
Sesotho	leqeba la ho hlajwa ke notshi
Tshiven	luvholela lwa otshi
Xitsonga	xilondza xo luma hi nyoxi
Comments: _____	

behaviour

The manner in which a person acts or performs.

Afrikaans	gedrag
IsiZulu	ukuziphatha
IsiXhosa	ukuziphatha
SiSwati	kutiphatsa
IsiNdebele	imikgwa, ukuziphatha
Setswana	mokgwa
Sepedi	maitshwaro
Sesotho	boitshwaro
Tshiven	mikhwa, vhu ifari
Xitsonga	hanyelo

Comments: _____

belly ⇒ abdomen**benign**

Which will not cause death or serious illness, eg a benign tumour.

Afrikaans	goedaardig
IsiZulu	okungenangozi
IsiXhosa	engenangozi
SiSwati	lokungenangoti
IsiNdebele	nemiphumela engasimimbi
Setswana	e e seng kotsi thata
Sepedi	e se nago kotsi
Sesotho	e seng kotsi haholo, e seng mpe haholo
Tshiven	zwi si na khombo
Xitsonga	lexi nga hava khombo
Comments: _____	

beriberi

An illness caused by not eating the right food.

Afrikaans	beri-beri
IsiZulu	ibheribheri
IsiXhosa	isifo esibangwa kukusilela kwezakhi mzimba
SiSwati	ibheribheri
IsiNdebele	ibheribheri
Setswana	beri-beri
Sepedi	peri-peri
Sesotho	beri-beri
Tshiven	beri-beri Definition: Vhulwadze vhune ha vhangwiwa nga u sa a zwi iwa zwo fanelaho.
Xitsonga	beri-beri
Comments: _____	

between-meals snack

Something taken to eat or drink between meals.

Example *Between-meals snacks should be fresh fruit instead of chocolates.*

Afrikaans	tussenmaaltydversnapering, versnapering tussen maaltye
IsiZulu	okokubamba umoya
IsiXhosa	amashwamshwam
SiSwati	kudla kwesibambiso
IsiNdebele	isibuyisimathe

Setswana	mothamo wa magareng-ga-dijo
Sepedi	sesolana sa gare ga dijo
Sesotho	ho biya mala
Tshiven□□a	zwi□□iwa zwa u farisa thumbuni
Xitsonga	swakudya swo dya u yimile
Comments: _____	

bifocals⇒*bifocal spectacles***bifocal spectacles**

Synonym	bifocals
<i>Glasses having an upper part made for looking at things some distance away and a lower part made for reading and looking at things nearby.</i>	
Afrikaans	bifokale bril
IsiZulu	izibuko zokubuka kude naseduze
IsiXhosa	iindodo ezibonisa into ekude nekufuphi
SiSwati	tibuko letinetingilazi tekubuka edvute nakhashane
IsiNdebele	mabhlera abonisa eduze nakude
Setswana	diborele tsa ponopedi, diborele tsa go bonela kgakala
Sepedi	dipaketsane tša go bontšha gabedi
Sesotho	diborele tsa ho bala le ho sheba hole
Tshiven□□a	ngilasi dza u vhona zwithu zwi re kule na tsini
Xitsonga	manghilazi yo pakanisa swilo
Comments: _____	

bile

Synonym	gall
<i>A bitter, yellowish liquid formed in the liver, stored in the gall bladder, and poured into the bowel where it breaks up fat into very small bits which are more easily used by the body.</i>	
Afrikaans	gal
IsiZulu	inyongo
IsiXhosa	inyongo
SiSwati	inyongo

IsiNdebele	inyongo
Setswana	santlhoko
Sepedi	nyooko
Sesotho	nyooko
Tshiven□□a	nyongwe, ndulu
Xitsonga	nyongwa
Comments: _____	

bile duct

Synonym **biliary duct**
Tube that carries bile from the liver.

Afrikaans	galbuis
IsiZulu	ithumbu lenyongo
IsiXhosa	umbhobho ohambisa inyongo
SiSwati	intfunja yenyongo
IsiNdebele	iphayiphi lenyongo
Setswana	moselwa wa santlhoko
Sepedi	kanale ya nyooko
Sesotho	kanale ya nyooko
Tshiven□□a	luelandulu
Xitsonga	mbhovo ya nyongwa
Comments: _____	

biliary calculus⇒*gallstone***biliary colic**

Pain as a result of an obstruction in the gall bladder or bile duct, usually by a gallstone.

Afrikaans	galsteenkoliek
IsiZulu	ibhaliri kholikhi
SiSwati	buhlungu benyongo
IsiNdebele	isihlabi esilethwa kuvimbeka emgodleni nofana ephayiphini lenyongo
Setswana	ditlhabi tse di bakwang ke majwana a santlhoko
Sepedi	go sopšwa ke mala ka baka la nyooko
Sesotho	mahlaba a tshitiso e bakwang ke majwana a nyooko
Definition: <i>Mahlaba ana a bakwa ke tshitiso e bakwang ke majwana a nyooko senyeng kapa kanaleng ya nyooko.</i>	
Tshiven□□a	vhulwadze ha tshavhu□□ungu
Xitsonga	ku lumiwa loku vangiwaka hi rihingakanyo eka nhlarimbya ya nyongwa

Comments: _____

biliary duct⇒ *bile duct***bilious***Containing bile, eg vomit.*

Afrikaans	galagtig
IsiZulu	okunenyongo
IsiXhosa	nenyongo
SiSwati	-lokunenyongo
IsiNdebele	nenyongo
Setswana	go tshwarwa ke santlhoko
Sepedi	betoga
Sesotho	ho ba le nyooko
TshivenꞀꞀa	zwi re na nyongwe
Xitsonga	nyongwa

Comments: _____

binocular vision*The ability to use both eyes together which allows a person to judge distance and depth.*

Afrikaans	binokulêre visie
IsiZulu	ukubona kahle
IsiXhosa	ukubona kakuhle
SiSwati	kubona lokutinhlangothi
	letimbili
IsiNdebele	ukubona kuhle
Setswana	go bonela kgakala
Sepedi	pono ya sebontšhakgole
Sesotho	ponelohole Definition: Pono eo mahlo a kgethollang botebo le boholo.
TshivenꞀꞀa	u vhona zwavhuꞀꞀi
Xitsonga	ku vona kahle

Comments: _____

birth*The coming out of a baby from the mother's body.*

Afrikaans	geboorte
IsiZulu	ukubeletha
IsiXhosa	ukuzala, ukubeleka
SiSwati	kubeleka, kutala
IsiNdebele	ukubeletha
Setswana	botsalo
Sepedi	pelego
Sesotho	peleho
TshivenꞀꞀa	mbebo
Xitsonga	ku tswala

Comments: _____

birth assistant*The person helping and supporting the mother while giving birth.*

Afrikaans	geboorteassistent
IsiZulu	umbelethisi
IsiXhosa	umncedisi ekubelekiseni
SiSwati	umncedzisi wekubelekisa
IsiNdebele	umbelethisi
Setswana	mothusi wa go belegisa
Sepedi	mothusi wa go belega
Sesotho	mothusi pelehong
TshivenꞀꞀa	muthusi mbeboni
Xitsonga	mupfuni wa mbeleko

Comments: _____

birth control*Limiting the number of children born by preventing pregnancy, usually by using contraceptives or by sterilisation.*

Afrikaans	geboortebeperring
IsiZulu	ukuhlela umndenani
IsiXhosa	ukucwangcisa inzala
SiSwati	kucondzisa kutala
IsiNdebele	ukukhandelwa kwembeleko
Setswana	taolo ya pelegi
Sepedi	thibela pelegi
Sesotho	taolo ya pelehi, thero ya pelehi
TshivenꞀꞀa	ndaulo ya mbebo, thivhelo ya mbebo
Xitsonga	ku sivela mbeleko

Comments: _____

birthday*The date on which a person was born which is celebrated every year.*

Afrikaans	verjaardag, geboortedag
IsiZulu	usuku lokuzalwa
IsiXhosa	umhla wokuzalwa
SiSwati	lusuku lwekutsalwa
IsiNdebele	ilanga lokubelethwa
Setswana	letsatsi la botsalo
Sepedi	tšatši la matswalo
Sesotho	letsatsi la tswalo
TshivenꞀꞀa	ꞀꞀuvha ꞀꞀa mabebo
Xitsonga	siku ra ku velekiwa ka munhu

Comments: _____

birth rate

The number of births in one year for every 1 000 persons of a population.

Afrikaans	geboortesyer
IsiZulu	izinga lokuzala
IsiXhosa	inani labantu abazelweyo ngomnyaka omnye phakathi kwabantu abaliwaka
SiSwati	lizinga nobe silinganiso sekutala
IsiNdebele	izinga lokubeletha
Setswana	tekanyo ya botsalo
Sepedi	tekanyo ya pelego
Sesotho	sekgahla sa tswala
TshivenꞀꞀa	mbalo ya vhatu vhane vha khou bebiwa
Xitsonga	nhlayo ya mbeleko

Comments: _____

bisexual n.

A person who is sexually attracted to both men and women.

Afrikaans	biseksueel
IsiZulu	uncumbili
IsiXhosa	nezini ezibini
SiSwati	ncukumbili, impisishange
IsiNdebele	isitabana, intende-mbili
Setswana	bongpedi
Sepedi	pholotshadi
Sesotho	tarasi, motho ya habedi ka bong
TshivenꞀꞀa	tshibeuvhili
Xitsonga	rimbewumbirhi

Comments: _____

bisexual adj.

Being sexually attracted to both men and women.

Afrikaans	biseksueel
IsiZulu	ungcumbili
SiSwati	kuba nguncukumbili
IsiNdebele	kuba sitabani, kuba ntende-mbili
Setswana	go kgatlhwa ke banna le basadi
Sepedi	go ratana le banna le basadi
Sesotho	ho rata banna le basadi ka bobedi

TshivenꞀꞀa u funa vhanna na vhasadzi
Xitsonga ku navela vavasati ni vanuna

Comments: _____

bite

A wound made by cutting with the teeth, as eg by a dog, piercing with fangs by a snake or by the sting of an insect.

Afrikaans	bytplek
IsiZulu	isilonda esidalwe ukuluma ngamazinyo noma udosi
IsiXhosa	ukulunywa
SiSwati	silondza sekulunywa
IsiNdebele	inceba lokulunywa
Setswana	tomo
Sepedi	ntho
Sesotho	leqeba la ho longwa
TshivenꞀꞀa	ꞀꞀilumelo
Xitsonga	mbanga

Comments: _____

bladder⇒urinary bladder

Blair ventilated latrine

An air-ventilated outdoor toilet built over a hole in the ground, invented (made for the first time) by someone with the name of Blair.

Afrikaans	Blair se geventileerde latrine
IsiZulu	indawo yokulahlela indle eyenziwa okokuqala u-Blair
IsiXhosa	indlu yangasese ka Blair
SiSwati	umthoyi wengodzi
IsiNdebele	indlu yomgodzi yokuzithuma ka-Blair
Setswana	boithusetso jo bo tsenang mowa <bo similotswe ke Blair>
Sepedi	boithomelo bja go tsena moya bja Blair
Sesotho	ntlwana e tjhelilweng e kenyang moya Definition: E ne e sibollwe ke motho ya neng a bitswa Blair.
TshivenꞀꞀa	bunga ꞀꞀa mvulelamufhe ꞀꞀa blair
Xitsonga	xihambukelo xa Blair

Comments: _____

bleeder⇒*haemophilic*

bleeding

Loss of blood from the body as a result of injury or illness.

Afrikaans	bleeding
IsiZulu	ukopha
IsiXhosa	ukopha
SiSwati	kopha
IsiNdebele	ukopha
Setswana	go tswa madi
Sepedi	go tšwa madi
Sesotho	ho qhitsa madi
Tshivenꞌꞌa	u bva malofha
Xitsonga	ku huma ngati

Comments: _____

blind

Not able to see because there is something wrong with the eyes.

Afrikaans	blind
IsiZulu	ukungaboni
IsiXhosa	ukungaboni
SiSwati	kutsikameteka kwekubona
IsiNdebele	ukungaboni, ukuphophala
Setswana	foufetse
Sepedi	sefofu
Sesotho	ho foufala
Tshivenꞌꞌa	u popula
Xitsonga	ku fa mahlo

Comments: _____

blindness

Condition of being unable to see.

Afrikaans	blindheid
IsiZulu	ubumpumputhe, ukungaboni
IsiXhosa	ubumfama
SiSwati	kungaboni, bumphuphutse
IsiNdebele	ubuphofu
Setswana	bofofu
Sepedi	bofofu
Sesotho	bofofu
Tshivenꞌꞌa	vhupofu
Xitsonga	vubofu

Comments: _____

blister

A bubble-like swelling under the skin filled with watery liquid and caused eg by burning.

Afrikaans	blaas
IsiZulu	amabhamuza okusha
IsiXhosa	idyungu-dyungu
SiSwati	inshabusuku, lishashati, libhamuta
IsiNdebele	itjhatjhazi
Setswana	lerophi
Sepedi	lephone
Sesotho	letswabadi
Tshivenꞌꞌa	pone, biswa
Xitsonga	fidzula, rhukubya, ntshwavusiku

Comments: _____

blood

A red liquid that is pumped through the body by the heart.

Afrikaans	bloed
IsiZulu	igazi
IsiXhosa	igazi
SiSwati	ingati
IsiNdebele	iingazi
Setswana	madi
Sepedi	madi
Sesotho	madi
Tshivenꞌꞌa	malofha
Xitsonga	ngati

Comments: _____

blood alcohol level

The quantity of alcohol measured in a person's blood.

Example *The driver's blood alcohol level was taken after the motor accident.*

Afrikaans	bloedalkoholvlak
IsiZulu	izinga lotshwala egazini
IsiXhosa	iqondo lotywala egazini
SiSwati	kulingana kwengati ne-alkhoholi
IsiNdebele	izinga lesidakamizwa eengazini
Setswana	tekanyo ya tagi mo mading
Sepedi	tekanyo ya tagi mading
Sesotho	tekanyetso ya tahi mading

Tshivenꞌꞌa ꞌꞌevele ya zwikambbi
malofhani
Xitsonga mpimo wa xihoko engatini
Comments: _____

blood bank

Place where blood is stored until it is needed for use in hospitals.

Afrikaans **bloedbank**
IsiZulu **indawo yokubeka igazi**
IsiXhosa **ibhanki yegazi**
SiSwati **umtfombo wengati**
IsiNdebele **ibulungelo leengazi, ibhanka yeengazi**

Setswana **panka ya madi**
Sepedi **bobolokelo bja madi**
Sesotho **polokelo ya madi, banka ya madi**

Tshivenꞌꞌa **mbulungelo ya malofha**
Xitsonga **vuhlayiselo bya ngati**
Comments: _____

blood cell

Any of the small red or white cells that is present in the blood.

Afrikaans **bloedssel**
IsiZulu **iseli yegazi**
IsiXhosa **iseli yegazi**
SiSwati **iseli yengati**
IsiNdebele **isele yeengazi**
Setswana **sele ya madi**
Sepedi **okwana ya madi**
Sesotho **sele ya madi**
Tshivenꞌꞌa **sele ya malofha**
Xitsonga **sele ya ngati**
Comments: _____

blood cholesterol level

The measured amount of a fatty substance called cholesterol in the blood.

Example Persons with a high blood cholesterol level should not eat fatty food.

Afrikaans **bloedcholesterolvlak**
IsiZulu **izinga lezinto ezingamafutha egazini**

IsiXhosa **ubungakanani bekholesteroli**

SiSwati **lizinga letintfo letimafutsa emtimbeni**
IsiNdebele **izinga lekholisteroli emzimbeni**
Setswana **tekanyetso ya kholeseterole mo mading**
Sepedi **tekanyo ya kholestrolo**
Sesotho **tekanyetso ya mafura a thatafale mading, tekanyetso ya kholesterole mading**

Tshivenꞌꞌa **ꞌꞌeveꞌꞌe ya khoꞌꞌesitiroli malofhani**
Xitsonga **mpimo wa minchumu ya mafurha engatini**
Comments: _____

blood circulation

*Synonym **circulation** <short form>
The movement of the blood through the body in the blood vessels (arteries and veins).*

Afrikaans **bloedsomloop**
IsiZulu **ukuhamba kwegazi ngemigudu yalo**

IsiXhosa **ukuhamba kwegazi**
SiSwati **kutungeleta kwengati**
IsiNdebele **ukukhamba kweengazi emzimbeni**

Setswana **tikologo ya madi**
Sepedi **tikologo ya madi**
Sesotho **phallo ya madi**
Tshivenꞌꞌa **nyelete ya malofha**
Xitsonga **fambelo ra ngati, ku famba ka ngati**
Comments: _____

blood clot

*Synonym **thrombus**
A half-solid lump of blood in the blood vessels or the heart.*

Afrikaans **bloedklont, trombus**
IsiZulu **ihlulu legazi**
IsiXhosa **ihlwili**
SiSwati **lihlwili**
IsiNdebele **ukurhwaba kweengazi, ihlwili**
Setswana **letlhole la madi**
Sepedi **lehlwele la madi**
Sesotho **lehlwele**
Tshivenꞌꞌa **govho ꞌꞌa malofha**
Xitsonga **felangati, lohlo**
Comments: _____

blood donor

A person who gives blood to be used in the case of blood loss in other persons.

Afrikaans	bloedskenker
IsiZulu	umnikeli ngegazi
IsiXhosa	umnikezeli ngegazi
SiSwati	lonikela ngengati
IsiNdebele	ophisana ngeengazi
Setswana	moabimadi
Sepedi	monei wa madi
Sesotho	mofani ka madi
TshivenꞀꞀa	muavheli wa malofha
Xitsonga	muniyikeli wa ngati

Comments: _____

blood group

Synonym **blood type**
Any of the different types of blood that is found in different people, eg type A, B, AB or O.

Afrikaans	bloedgroep
IsiZulu	inhlobo yegazi, igruphu yegazi
IsiXhosa	udididi lwegazi
SiSwati	licembu lengati
IsiNdebele	ihlobo leengazi
Setswana	setlhophsa sa madi
Sepedi	sehlopha sa madi
Sesotho	mofuta wa sehlopha sa madi
TshivenꞀꞀa	lushaka lwa malofha
Xitsonga	ntlawa wa ngati

Comments: _____

blood poisoning

Synonym **septicaemia**
Serious illness caused by the presence of harmful bacteria in the blood.

Afrikaans	bloedvergiftiging, septisemie
IsiZulu	ukunukubezeka kwegazi
IsiXhosa	ukutyhefwa kwegazi
SiSwati	konakala kwengati
IsiNdebele	itjhefu yeengazi
Setswana	kgotlhelego ya madi
Sepedi	mpholo mading
Sesotho	tjhefo ka mading, tshwaetso ka mading
TshivenꞀꞀa	malofha a re na phoizeni
Xitsonga	ku semeriwa, chefu ngatini

Comments: _____

blood pressure

The pressure of the blood against the walls of the blood vessels and the heart.

Afrikaans	bloeddruk
IsiZulu	ukucindezeleka kwegazi
IsiXhosa	uxinzelelo lwegazi
SiSwati	sicindzetelo sengati
IsiNdebele	umfutho weengazi
Setswana	kgatelelo ya madi
Sepedi	kgatelelo ya madi
Sesotho	kgatello ya madi
TshivenꞀꞀa	vhuombesi ha malofha, mutsiko wa malofha
Xitsonga	nsusumeto wa ngati

Comments: _____

bloodshot eyes

Having the white parts of the eye coloured red or pink, eg after too much drinking.

Afrikaans	bloedbelope oë
IsiZulu	ukuba namehlo abomvu
IsiXhosa	amehlo abomvu
SiSwati	kuba nemehlo labovu
IsiNdebele	mehlwabovu
Setswana	matlho a mahibidu
Sepedi	mahlo a ma khwibudu
Sesotho	mahlo a retetseng, mahlo a mafubedu
TshivenꞀꞀa	maꞀꞀo o tswukaho
Xitsonga	mahlo yo tshwuka

Comments: _____

bloodstream

The blood as it flows through the blood vessels of the body.

Afrikaans	bloedstroom
IsiZulu	ukugeleza kwegazi
IsiXhosa	umjelo wegazi
SiSwati	kugeleta kwengati
IsiNdebele	ukukhamba kweengazi
Setswana	moela wa madi
Sepedi	moelamadi
Sesotho	phallo ya madi
TshivenꞀꞀa	u elela ha malofha, nyelelo ya malofha
Xitsonga	nkhulukweni wa ngati

Comments: _____

blood transfusion

The process of putting blood taken from a healthy person (blood donor) into the body of a patient who is badly injured or ill.

Synonym **transfusion**

Afrikaans	bloedoortapping
IsiZulu	ukufakwa kwegazi
IsiXhosa	uthiwo gazi
SiSwati	kwengetela ingati
IsiNdebele	ukufakelwa iingazi
Setswana	tshelo ya madi, tshelo
Sepedi	thlabelomadi
Sesotho	ho fepelwa madi, ho kengwa madi
TshivenꞀꞀa	ꞀꞀusano ya malofha
Xitsonga	mpompelo wa ngati

Comments: _____

blood type⇒*blood group*

blood vessel

Any of the tubes of various sizes through which blood flows in the body, eg the arteries and veins.

Afrikaans	bloedvat
IsiZulu	umthambo wegazi
IsiXhosa	umthambo wegazi
SiSwati	umtsambo wengati
IsiNdebele	mthambo weengazi
Setswana	tshika
Sepedi	mothapo wa madi
Sesotho	mothapo wa madi
TshivenꞀꞀa	lutsinga lwa malofha
Xitsonga	nsiha wa ngati

Comments: _____

blue baby

A baby whose skin is blue when it is born because there is something wrong with its heart.

Afrikaans	bloubaba
IsiZulu	umntwana ozalwa enesikhumba esiluhlaza esibangelwa yinkinga esenhliziyweni yakhe.
IsiXhosa	umntwana onentliziyo engagqibekanga
SiSwati	iblubhabi
IsiNdebele	mntwana obelethwe anomraro wehliziyo
Setswana	lesele le letala
Sepedi	ngwana yo motala
Sesotho	lesele le letala

TshivenꞀꞀa **ꞀꞀwana o bebwaho na mbilu i songo vhumbeaho zwavhuꞀꞀi**

Xitsonga **n'wana loyi a velekiwaka a ri na vuvabyi bya mbilu**

Comments: _____

body⇒*human body*

body temperature⇒*temperature*

boil

A red painful swelling on the skin which contains a thick yellow liquid called pus.

Afrikaans	pitsweer, bloedvint
IsiZulu	isifesane
IsiXhosa	ithumba
SiSwati	sifesane, litfumba
IsiNdebele	ithumba
Setswana	tlhagala
Sepedi	sekako
Sesotho	lethopa
TshivenꞀꞀa	tshitshimbili, tshilonda tshihulwane
Xitsonga	thumba, tshumba, xifambi

Comments: _____

bone

Any of the hard parts inside the body which forms the skeleton.

Afrikaans	been
IsiZulu	ithambo
IsiXhosa	ithambo
SiSwati	litsambo
IsiNdebele	ithambo
Setswana	lerapo
Sepedi	lerapo
Sesotho	lesapo
TshivenꞀꞀa	shambo
Xitsonga	rhambu

Comments: _____

bone marrow

Synonym **marrow**
The soft, fatty substance which fills the hollow parts of the bones.

Afrikaans	beenmurg
IsiZulu	umnkatsha

IsiXhosa	umongo
SiSwati	umnkantja
IsiNdebele	umongo, umkantja
Setswana	moko
Sepedi	moko wa lerapo
Sesotho	mooko wa masapo
Tshivenꞌꞌa	mwongo wa shambo
Xitsonga	mongo

Comments: _____

bottle-fed baby

Baby who is given cow's milk or baby formula with a bottle, rather than sucking milk from its mother's breasts.

Afrikaans	bottelbaba, bottelgevoede baba
IsiZulu	umntwana oncela ibhodlela
IsiXhosa	umntwana oncanciswa ibhotile
SiSwati	umntwana lomunya libhodlela
IsiNdebele	umntwana odla ibhodlelo
Setswana	ngwana yo o fepiwang ka lebotlolo
Sepedi	ngwana wa go fepšwa ka lebotlolo
Sesotho	lesele le fepjwang ka botlolo
Tshivenꞌꞌa	ꞌꞌwana ane a mama boꞌꞌelo
Xitsonga	n'wana loyi a mamaka bodlhela

Comments: _____

bottle-feed

To give a baby cow's milk or baby formula with a bottle.

Afrikaans	bottelvoed
IsiZulu	munyisa ibhodlela
IsiXhosa	ncancisa ngebhotile
SiSwati	kumunyisa libhodlela
IsiNdebele	munyisa ngebhodlelo
Setswana	go fepa ka lebotlolo
Sepedi	go fepa ka lebotlolo
Sesotho	ho fepa lesele ka botlolo
Tshivenꞌꞌa	u mamisa ꞌꞌwana boꞌꞌelo
Xitsonga	ku mamisa n'wana bodlhela

Comments: _____

bottle-feeding

The practice of giving a baby cow's milk or baby formula with a bottle.

Afrikaans	bottelvoeding
IsiZulu	ukuncelisa ngebhodlela
IsiXhosa	ukuncancisa ngebhotile
SiSwati	kumunyisa ngelibhodlela
IsiNdebele	ukumunyisa ngebhodlelo
Setswana	go fepa ka lebotlolo
Sepedi	phepo ya lebotlolo
Sesotho	phepo ya lesele ka botlolo
Tshivenꞌꞌa	u mamisa ꞌꞌwana boꞌꞌelo
Xitsonga	ku mamisa n'wana bodlhela

Comments: _____

botulism

A serious form of food poisoning caused by eating preserved food which has gone bad.

Afrikaans	botulisme
IsiZulu	ibhotulisimu
IsiXhosa	ukutyhefwa kokutya okonakeleyo
SiSwati	ibhotjulizimu, shevu wevosi
IsiNdebele	itjhefu yokudla okonakeleko, ibhotulizimu
Setswana	botlhole jwa thulaganyo ya methapo
Sepedi	mpholoborosong
Sesotho	botuliseme, bohloko ba nama e tjhefo
Tshivenꞌꞌa	phoizeni ya zwiꞌꞌiwa
Xitsonga	chefuhato wa swakudya

Comments: _____

bowel⇒intestine

bowel movement

The passing of solid waste (faeces) from the bowels through the anus.

Afrikaans	opelyf
IsiZulu	ukuhamba okufinqene kwamakaka kuze kuyophuma emdidi
IsiXhosa	ukuzithuma
SiSwati	kuhamba kwemangcoliso
IsiNdebele	ukuzithuma, ukukhumula
	ibhurugu
Setswana	go ithoma
Sepedi	go ithoma

Sesotho **ho ithoma**
 Tshiven□□a **u □□ithusa**
 Xitsonga **ku tirha ka nyoka**

Comments: _____

bow-legs

Legs that curve outwards at the knees.

Afrikaans	bakbene
IsiZulu	amagwegwe
IsiXhosa	izigweqe
SiSwati	tigwece
IsiNdebele	magwegwe
Setswana	digoro
Sepedi	digoro
Sesotho	dihoro
Tshiven□□a	mapeta Definition: <i>A nga nn□□a.</i>
Xitsonga	marhengwe

Comments: _____

braille

System of printing for blind people in which letters are printed as groups of raised dots that they read by touching them.

Afrikaans	braille
IsiZulu	ibrayili
IsiXhosa	ubhalo lwamaqhuquhuva
SiSwati	ibrayili, kubhala kwalabangaboni
IsiNdebele	ibhreyili
Setswana	mokwalo wa difofu
Sepedi	mongwalo wa difofu
Sesotho	boreile, mongolo wa difofu
Tshiven□□a	burei□□i, mu□□walo wa mabofu
Xitsonga	ntsalo wa mabofu, ku tsala ka mabofu

Comments: _____

brain

Organ consisting of a mass of soft grey matter inside the head that enables a person to think, remember and feel.

Afrikaans	brein
IsiZulu	ubuchopho
IsiXhosa	ingqondo
SiSwati	bucopho
IsiNdebele	ubuqopho, umkhumbulo
Setswana	boko
Sepedi	bjoko

Sesotho **boko**
 Tshiven□□a **vhuluvhi**
 Xitsonga **byongo**

Comments: _____

brain damage

Harm caused to the brain before or during birth, or at any time of a person's life, eg in a car accident.

Afrikaans	breinskade
IsiZulu	ukukhubazeka komqondo
IsiXhosa	ukwenzakala kwengqondo
SiSwati	kulimala kwengcondvo
IsiNdebele	ukulimala kobuqopho, ukulimala komkhumbulo
Setswana	kgobalo ya boboko
Sepedi	tshenyo ya bjoko
Sesotho	temalo ya boko
Tshiven□□a	fuvhalo □□a vhuluvhi
Xitsonga	ku onhaka ka byongo

Comments: _____

brain tumour⇒cerebral tumour

Braxton Hicks contraction⇒false labour breakthrough bleeding

The slight bleeding from the womb between menstrual periods or during pregnancy.

Afrikaans	deurbraakbloeding
IsiZulu	ukopha okuncane kwegazi kowesifazane ozithwele
IsiXhosa	ukuya exesheni kancinci
SiSwati	kopha kwalomsikati
IsiNdebele	ukopha komsikazi kancani okungakajayeleki
Setswana	go tswa madi ga go fetelela
Sepedi	go tšwa madi a ma sesane popelong Definition: <i>Madi a a tswa gantsi gareng ga dinako tsa go ya kgwedding goba ge mosadi a ithwele.</i>
Sesotho	ho tswa madi ha sesane popelong Definition: <i>Madi ana a tswa ka nako ya ho ya kgwedding kapa ka nako ya ho ima.</i>
Tshiven□□a	u □□amba hu no sokou itea
Xitsonga	kha muimana ku tibasisa ko kala ku nga tolovelekangi

Comments: _____

breast

Either of the two soft round fleshy parts on a woman's chest that can produce milk to feed a baby.

Afrikaans	bors
IsiZulu	ibele <plural: amabele>
IsiXhosa	ibele, isifuba
SiSwati	sifuba, libele
IsiNdebele	ibele
Setswana	sehuba, letsele
Sepedi	kgara
Sesotho	letswele
Tshivenꞌꞌa	ꞌꞌamu <plural: maꞌꞌamu>
Xitsonga	mavele

Comments: _____

breast⇒thorax

breastbone

A long flat upright bone in the centre of the chest.

Afrikaans	borsbeen
IsiZulu	ithambo lisifuba
IsiXhosa	ithambo lesifuba
SiSwati	litsambo lesifuba
IsiNdebele	ithambo lesifuba
Setswana	kgara
Sepedi	lerapo la kgara
Sesotho	kgitshane, lesapo la sefuba
Tshivenꞌꞌa	tshiakha
Xitsonga	xikangani

Comments: _____

breast cancer

A diseased growth in the breast; the commonest form of cancer in women.

Afrikaans	borskanker
IsiZulu	umdlavuza wesifuba
IsiXhosa	umhlaza webele
SiSwati	umhlata, ikhensa yesifuba
IsiNdebele	ikankere yamabele
Setswana	kankere ya letsele
Sepedi	kankere ya letswele
Sesotho	kankere ya matswele
Tshivenꞌꞌa	khentsa ya ꞌꞌamu
Xitsonga	khexe ya mavele

Comments: _____

breast-fed baby

Baby fed by sucking milk from its mother's breasts.

Afrikaans	borsbaba, borsgevoede baba
IsiZulu	umntwana oncela ibele
IsiXhosa	umntwana oncanca ibele
SiSwati	umntwana lomunya libele
IsiNdebele	umntwana osamunyako <umunya ibele>
Setswana	lesea le le anyiswang
Sepedi	ngwana wa go fepšwa ka lebotlolo
Sesotho	lesea le antshwang letswele
Tshivenꞌꞌa	ꞌꞌwana ane a mama mikando
Xitsonga	n'wana loyi a mamaka mafi

Comments: _____

breast-feed

To feed a baby by letting it suck milk from its mother's breasts.

Afrikaans	borsvoed
IsiZulu	ukuncelisa ibele
IsiXhosa	ncancisa ngebele
SiSwati	kumunyisa libele
IsiNdebele	ukumunyisa <ukumunyisa ibele>
Setswana	go anyisa
Sepedi	amuša
Sesotho	ho antsha
Tshivenꞌꞌa	u mamisa ꞌꞌwana mikando
Xitsonga	ku mamisa n'wana

Comments: _____

breast-feeding

The practice of feeding a baby with milk from its mother's breasts.

Afrikaans	borsvoeding
IsiZulu	ukuncelisa
IsiXhosa	ukuncancisa
SiSwati	kumunyisa libele
IsiNdebele	ukumunyisa
Setswana	go anyisa
Sepedi	phepo ya letswele
Sesotho	phepo ya letswele
Tshivenꞌꞌa	u mamisa
Xitsonga	ku mamisa

Comments: _____

breast milk

Synonym **mother's milk**
Milk produced in the breasts of a woman to feed a baby.

Afrikaans	borsmelk, moedersmelk
IsiZulu	ubisi lwebele
IsiXhosa	ubisi lwebele, ubisi lwebele
SiSwati	lubisi lwelibebe
IsiNdebele	ibisi lebele
Setswana	mekgatho
Sepedi	maswi a mmangwana
Sesotho	lebese la mme, lebese la letswela
Tshiven□□a	mikando
Xitsonga	mafi ya manana

Comments: _____

breathe

To take air into the lungs and let it out again.

Afrikaans	asemhaal
IsiZulu	ukuphefumula
IsiXhosa	ukuphefumla
SiSwati	kuphefumula
IsiNdebele	phefumula
Setswana	hema
Sepedi	hema
Sesotho	ho phefumoloha
Tshiven□□a	u fema
Xitsonga	hefumula, hefumurisa

Comments: _____

breathing

Synonym **respiration**
Taking in of air into the lungs through the nose and mouth, followed by letting it out again.

Afrikaans	asemhaling
IsiZulu	ukuphefumula
IsiXhosa	ukuphefumla
SiSwati	kuphefumula
IsiNdebele	ukuphefumula
Setswana	khemo <moheho>
Sepedi	go hema, khemo
Sesotho	phefumoloho
Tshiven□□a	u fema
Xitsonga	ku hefumula, hefumulo

Comments: _____

breathing technique

Different types of breathing that can help the mother during childbirth to relax and to save her energy and strength.

Afrikaans	asemhalingstegniek
IsiZulu	isu lokuphefumula
IsiXhosa	indlela yokuphefumla
SiSwati	indlela yekuphefumula
IsiNdebele	iindlela zokuphefumula kiloyo
Setswana	ozakubeletha
Sepedi	tekeniki ya khemo
Sesotho	mokgwa wa go hema
Tshiven□□a	mokgwa wa ho phefumoloha
Xitsonga	n□□ila ya u fema
	ndlela yo hefumula

Comments: _____

breech birth

A birth in which the baby's buttocks or feet appear first.

Afrikaans	stuitgeboorte
IsiZulu	ukubeletha okuthi kuvele kuqala izingqe okanye izinyawo kuqala.
IsiXhosa	ukubeleka nzima
SiSwati	kubeleka ngekuvela kwetinyawo kucala
IsiNdebele	kubelethwa ngendlela yokuveza inyawo nofana irarho mantanzi
Setswana	go tsala go go sa tshwanelang
Sepedi	tswalo yeo go yona maoto a ngwana a hlagago pele
Sesotho	thule, peleho eo ho tswang maoto a lesea pele
Tshiven□□a	mbebo ine □□wana a thoma nga u bvisa milenzhe Definition: Onoyo □□wana u vhidzwa □□□idzhitima
Xitsonga	ku velekiwa ka n'wana laha a sungulaka hi ku humesa milenge kumbe masweko

Comments: _____

bronchitis

An illness in which the lung tubes become inflamed; causes coughing and difficult breathing.

Afrikaans	brongitis
IsiZulu	ibroyinikhanthisi, umkhuhlane wamaphaphu
IsiXhosa	iphika
SiSwati	ibhronkayithisi
IsiNdebele	ukuvaloka kwamaphaphu okubangwa mkhuhlani, ibhronkayithisi
Setswana	kgotelo ya dipeipi tsa makgwafo
Sepedi	bolwetsi bja dipeipi tša maswafo
Sesotho	boronkakisi, thuruho ya dipeipi tsa matshwafo
TshivenꞀꞀa	buronkhaithisi Definition: <i>U valea ha phaiphi dza mafhafhu</i>
Xitsonga	sindzekelo

Comments: _____

bronchospasm

Narrowing of the tubes inside the lungs which makes it difficult to breathe.

Afrikaans	brongospasma
IsiZulu	ibronikhospasamu
IsiXhosa	ukuminxana
SiSwati	kumincana kwematfumbu
IsiNdebele	ukuvaloka kwesifuba
Setswana	go ngotlega ga kgokgotswana
Sepedi	go hunyela ga dipeipi tša maswafo
Sesotho	ho kwaleha ha dipeipi tsa matshwafo
TshivenꞀꞀa	buronkhosiphazimu Definition: <i>U vhuvela ha phaiphi dza mafhafhu.</i>
Xitsonga	nkhwonyano lowu endlaka leswaku swi tika ku hefemula

Comments: _____

bronchus <plural: bronchi>

Tube inside the lungs.

Afrikaans	bronchus, brongus
IsiZulu	ibronikhasi
IsiXhosa	umbhobho wemiphunga
SiSwati	chochochwana
IsiNdebele	ibhronkhasi
Setswana	peipi ya makgwafo
Sepedi	peipi ya maswafo
Sesotho	peipi ya matshwafo

TshivenꞀꞀa	boronkhusi Definition: <i>Phaiphi dza mafhafhu.</i>
Xitsonga	xinkolwana

Comments: _____

bruise

Discoloured place where the skin has been injured but not broken.

Afrikaans	kneusing
IsiZulu	ishandu
IsiXhosa	umgruzuko
SiSwati	umtfubulelo, sisihla
IsiNdebele	umzizima
Setswana	tetea
Sepedi	kgoboga
Sesotho	letetetso
TshivenꞀꞀa	tsitsinyeo
Xitsonga	fidzula

Comments: _____

building food

Food such as meat, eggs, dried beans and milk containing proteins which build the body.

Afrikaans	boukos
IsiZulu	izakhamzimba
IsiXhosa	ukutya okunezakha mzimba
SiSwati	kudla lokwakha umtimba
IsiNdebele	izakhamzimba
Setswana	diaga-mmele
Sepedi	diaga mmele
Sesotho	dijo tse ahang mmele
TshivenꞀꞀa	zwiꞀꞀiwa zwine zwa fhaꞀꞀa muvhili
Xitsonga	swakudya leswi akaka miri

Comments: _____

bulimia

A condition where the person eats much more than normal.

Afrikaans	bulimie
IsiZulu	ibhulima
IsiXhosa	isifo sokutya ngokugqithileyo
SiSwati	kudla ngalokwengcile
IsiNdebele	ibhulimiya
Setswana	bolimia
Sepedi	bolwetši bja go ja gobe

Sesotho **bolimia, seemo sa ho ja ho feta tekano ka tsela e sa tiwaelehang**
 Tshivenꞌꞌa **bulimia** Definition: *Vhulwadze ha u ꞌꞌesa.*
 Xitsonga **mpfilumpfilu lowu endlaka munhu a dya ku tlula mpimo**

Comments: _____

bunion

A large painful lump on the first joint of the big toe.

Afrikaans **knokkeleelt, groottoonknobbel**
 IsiZulu **impehla**
 IsiXhosa **ibhanyanisi**
 SiSwati **sikofu**
 IsiNdebele **ihlumba, isijwabani**
 Setswana **dinata**
 Sepedi **phone**
 Sesotho **torong**
 Tshivenꞌꞌa **bunyani**
 Xitsonga **mbhandzukwana**

Comments: _____

burn

A wound caused by fire, heat or acid.

Afrikaans **brandwond**
 IsiZulu **isilonda sokusha**
 IsiXhosa **isilonda sokutsha**
 SiSwati **silondza sekusha**
 IsiNdebele **isilonda sokutjha**
 Setswana **ntho ya molelo**
 Sepedi **ntho ya mmolo**
 Sesotho **leqeba la ho tjha**
 Tshivenꞌꞌa **tshilonda** <tsha u swa>
 Xitsonga **xilondza xa ndzilo**

Comments: _____

buttock

Either of the two fleshy rounded parts of the body between the back and the legs on which a person sits.

Afrikaans **boud**
 IsiZulu **izinqe**

IsiXhosa **impundu**
 SiSwati **sibunu**
 IsiNdebele **irarho, mahlalo**
 Setswana **lerago**
 Sepedi **lerago**
 Sesotho **lerao, sebono** <offensive>
 Tshivenꞌꞌa **shao** <offensive>, **zwidzulo** <euphemism>
 Xitsonga **switshamu, sweko**

Comments: _____

C

caesarian ⇒ *caesarian section*

caesarian section

Synonym **caesarian** *Short form*
Operation done to take out the baby when a woman has difficulty in giving birth.

Afrikaans **keisersnee**
 IsiZulu **ukubeletha ngokuhlinsa**
 IsiXhosa **uqhaqho xa ubeleka**
 SiSwati **kutala ngekuhlindvwa**
 IsiNdebele **ukuhlinzwa okuphumelelisa ukubeletha**
 Setswana **karo ya go belega**
 Sepedi **puo ya go belega**
 Sesotho **oporeishene ya ho pepisa**
 Tshivenꞌꞌa **muaro wa mbebo**
 Xitsonga **vuhandzuri bya mbeleko**

Comments: _____

caffeine

A drug found in coffee and tea which makes a person feel more active.

Afrikaans **kafeien**
 IsiZulu **ikhafeyini**
 IsiXhosa **into efunyanwa kwikofu nakwiti esetyenziswa njengeyeza**
 SiSwati **ikhafeyini**
 IsiNdebele **ikafeyini**
 Setswana **khafeine**
 Sepedi **kafeine**
 Sesotho **kafeine**
 Tshivenꞌꞌa **khafeine**
 Xitsonga **khaffeni**

Comments: _____

calamine lotion

A liquid used to make sore or burnt skin less painful.

Afrikaans	kalamynvloeiroom
IsiZulu	ikhalamayini
IsiXhosa	ulwelo olumhlophe oluqatywayo
SiSwati	ikhalamayini
IsiNdebele	isizeso sekhalamayini, ilotjhini yekhalamayini
Setswana	seedi sa letlalo sa khalamaene
Sepedi	loušene ya khalamaene
Sesotho	setlolo sa khalamaene <ke setlolo se kokobetsang bohloko kapa ho tjha letlalong>
TshivenꞀꞀa	tshiꞀꞀolo tsha khaꞀꞀamaini
Xitsonga	xitolwa xa zinki khaboneti

Comments: _____

calcium

Forms part of the bones and teeth; it is necessary for good health and is found in dairy products like milk and cheese.

Afrikaans	kalsium
IsiZulu	ikhalisiyamu
IsiXhosa	isiqalelo esithile esithambileyo esimhlophe
SiSwati	ikhalisiyamu
IsiNdebele	ikhalisiyamu
Setswana	khalasiamo
Sepedi	kalasiamo
Sesotho	khalsiamo
TshivenꞀꞀa	khaꞀꞀisiamu
Xitsonga	khalisiyamu

Comments: _____

calf

The fleshy back part of the leg, between the knee and the ankle.

Afrikaans	kuit
IsiZulu	ijaqamba
IsiXhosa	isiququba
SiSwati	sitfumbu, sihluti
IsiNdebele	isithumba
Setswana	namane
Sepedi	potongwane
Sesotho	tlhafu

TshivenꞀꞀa ꞀꞀhafu
Xitsonga nhlampfana

Comments: _____

callus

An area of thick hard skin, usually on the palm of the hand.

Afrikaans	eelt, kallus
IsiZulu	uqweqwe
IsiXhosa	intsente
SiSwati	lucwecwe
IsiNdebele	iqweqwe lesikhumba
Setswana	kalase
Sepedi	leroane
Sesotho	khonse letsohong
TshivenꞀꞀa	mukala
Xitsonga	xiphemu xo tsindziyela xa nhlonge

Comments: _____

canal

Narrow tube inside the body for carrying food, air etc.

Afrikaans	kanaal
IsiZulu	ikhaneli
IsiXhosa	umbhobho
SiSwati	umgudvu
IsiNdebele	ikanali
Setswana	kanale
Sepedi	kanale
Sesotho	kanale
TshivenꞀꞀa	vhuendazwiꞀꞀiwa
Xitsonga	nsoko

Comments: _____

cancer

Very serious disease in which abnormal growths are formed.

Afrikaans	kanker
IsiZulu	ikhensa
IsiXhosa	umhlaza
SiSwati	ikhensa, umhlata
IsiNdebele	ikankere
Setswana	kankere
Sepedi	kankere
Sesotho	kankere
TshivenꞀꞀa	khentsa
Xitsonga	khexe

Comments: _____

canine tooth

One of the four sharp pointed teeth near the front of the mouth.

Afrikaans	hoektand
IsiZulu	amazinyo amise
	kwawesilwane
IsiXhosa	ibamba
SiSwati	litinyo lenja
IsiNdebele	izinyo lenja
Setswana	lebolai
Sepedi	polai
Sesotho	leino la ntjanya
Tshiven□□a	dungambwa
Xitsonga	tino-ximbyana

Comments: _____

carbohydrate

Substance that gives energy found in food like eg bread, potatoes and sugar.

Afrikaans	koolhidraat
IsiZulu	ikhabhohayidrade
IsiXhosa	ikhabohayidreti
SiSwati	emakhabhohayidrethi
IsiNdebele	ikhabhohayidrethi
Setswana	khabohaederete
Sepedi	khophaetrete
Sesotho	khabohaetereite
Tshiven□□a	khabohai□□ireithi
Xitsonga	khabohayidreti

Comments: _____

carbon dioxide

Gas produced when breathing out.

Afrikaans	koolstofdioksied
IsiZulu	ikhabhonidayokisayidi
IsiXhosa	igesi engenambala eya emiphungeni
SiSwati	sikhutsa, ikhabhonidayokisayidi
IsiNdebele	isikhutha
Setswana	khabonedaeokesaete
Sepedi	khaonetaoksaete
Sesotho	khabonedaeokesaede
Tshiven□□a	khabonidaokisaidi
Xitsonga	khabo-diyokisayidi

Comments: _____

carbon monoxide

Poisonous gas produced by eg motor vehicles.

Afrikaans	koolstofmonoksied
IsiZulu	ikhabhonimonokusayidi
IsiXhosa	igesi enetyhefu
SiSwati	ikhabhonimonoksayidi
IsiNdebele	ikhabhoni-monoksayidi
Setswana	khabonemonokosaete
Sepedi	khaonemonoksaete
Sesotho	khabonemonokesaede
Tshiven□□a	khabonimonokisaidi
Xitsonga	khabon-diyokisayidi

Comments: _____

carbuncle

A large painful swelling under the skin, similar to a boil, with several openings.

Afrikaans	karbonkel
IsiZulu	ikhabhukli
IsiXhosa	ithumba
SiSwati	kuvuvukala lokufana
	nelitfumba
IsiNdebele	ikhabhonkili
Setswana	lethopa
Sepedi	lethopa
Sesotho	thuruho ka tlasa letlalo
	Definition: Thuruho e bohloko e tshwanang le lethopa.
Tshiven□□a	khabanki□□i
Xitsonga	tshumba leri nga ni khombo

Comments: _____

carcinogen

Any substance that may cause cancer.

Afrikaans	karsinogeen
IsiZulu	ikhakhinojini
IsiXhosa	into eyenza umhlaza
SiSwati	imbangelaluhlata, ikhasinojini
IsiNdebele	ikhasinojini
Setswana	khasinojene
Sepedi	khasinojene
	Definition: Selo sefe goba sefe seo se ka bakago kankere

Sesotho	khasinojene Definition: <i>Ke se seng le se seng se ka bakang kankere.</i>
Tshiven□□a Xitsonga	khasinodzheni khasinojeni
Comments: _____	

cardiac*Of the heart.*

Afrikaans	hart-
IsiZulu	kwenhliziyo
IsiXhosa	entliziyo
SiSwati	-kwenhlitiyo
IsiNdebele	kwehliziyo
Setswana	pelo
Sepedi	ya pelo
Sesotho	ya pelo
Tshiven□□a	zwa mbilu
Xitsonga	nsiha wa mbilu
Comments: _____	

cardiac arrest*The stopping of the heartbeat.*

Afrikaans	hartstilstand
IsiZulu	ukuhluleka kwenhliziyo
	ukumpompa igazi
IsiXhosa	ukuma kwentliziyo
SiSwati	kwehluleka kwenhlitiyo
IsiNdebele	ukujama kwehliziyo
Setswana	go ema ga pelo
Sepedi	go swarwa ke pelo
Sesotho	ho ema ha pelo
Tshiven□□a	u farwa nga vhlwadze ha
	mbilu Definition: <i>U ima ha mbilu</i>
Xitsonga	ku helela hi moya
Comments: _____	

cardiovascular system

Synonym **circulatory system**
The heart, together with two networks of blood vessels, which is concerned with the movement of blood round the body.

Afrikaans	bloedsomloopstelsel
IsiZulu	isekhulethori sistimu
IsiXhosa	intliziyo nemibhobho emibini yegazi
SiSwati	luhlelo lwekutungeleta kwengati
IsiNdebele	ihlelo lokukhanjiswa kweengazi

Setswana	thulaganyo ya tikologo ya madi
Sepedi	tsela ya tshepelo ya madi
Sesotho	mokgwa wa potoloho ya madi mmeleng
Tshiven□□a	sisi□□eme ya muelelo
Xitsonga	fambelo ra ngati, ndzhendzheleko wa ngati
Comments: _____	

caries⇒dental caries**carrier**

A person that is infected with a germ or a disease which he can pass on to other people and make them ill.

Afrikaans	draer
IsiZulu	umthwali wegciwane lesifo
IsiXhosa	umthwali wezifo
SiSwati	umuntfu lonesifo
	lesitsatselanako
IsiNdebele	umthwali wobulwelwe
Setswana	morwadi
Sepedi	morwadi wa bolwetši
Sesotho	morwadi
Tshiven□□a	muhwali wa vhlwadze
Xitsonga	murhwali
Comments: _____	

cast⇒plaster cast**casualty**

A person who is killed or injured in an accident.

Afrikaans	ongeval
IsiZulu	umuntu olimele noma oshonile engozini
	ingxwelerha
IsiXhosa	inkhubela
SiSwati	ingazimbi
IsiNdebele	mogobadi
Setswana	dikgobalong Definition: <i>Lefelo la sepetelele leo go lona batho bao ba gobetsego ba iswago go hlahlobjwa ka tshoganyetso.</i>
Sepedi	lehatsipa, motswadikotsi
	khuvhabvu
Sesotho	nkhuveri
Tshiven□□a	
Xitsonga	
Comments: _____	

casualty ⇒ casualty department

casualty department

Synonym **casualty** <short form>
 Part of the hospital where people who have been hurt in an accident are taken for emergency treatment.

Afrikaans	ongevalle-afdeling, ongevalle
IsiZulu	igumbi lapho kufikela khona abalimele
IsiXhosa	igumbi lengozi
SiSwati	ligumbi lalabagulako
IsiNdebele	ihlangothi labalimeleko
Setswana	lefapha la dikgobalo
Sepedi	lefelo la dikgobalo
Sesotho	karolo ya mahlatsipa sepetlele, karolo ya batswadikotsi sepetlele
Tshiven□□a	fhethu ha dzikhuvhabvu sibadela
Xitsonga	xiyenge xa tinkhuveri, xiyenge xa vutshunguri bya lava vavisekeke etimhangwini

Comments: _____

cataract

Condition in which the lens of the eye becomes cloudy so that the person cannot see properly.

Afrikaans	katarak
IsiZulu	ikhatharakhithi Definition: Isimo lapho amalensi elufifi umuntu bese engaboni kahle.
IsiXhosa	ingxangxasi, umlanga
SiSwati	libhudlwana
IsiNdebele	ikataraki
Setswana	go fofatsa
Sepedi	phororo
Sesotho	lera leihlong, le etsang pono e be lerotho
Tshiven□□a	khatharaka, lukole
Xitsonga	boboma

Comments: _____

catarrh

Condition of the nose and throat causing a flow of thick liquid called mucus.

Afrikaans	slymvliesontsteking, katar
IsiZulu	umkhuhlane wamakhala
IsiXhosa	umfuxane
SiSwati	umkhuhlane wemakhala nemphimbo

IsiNdebele	ikathara, ukuvuvuka kwedhlala lamathimila epumulweni nemphinjeni
Setswana	go thibana
Sepedi	mpshikela
Sesotho	tshwaetso ya dinko le mmetso e bakang mamina
Tshiven□□a	khathara
Xitsonga	ndzhumbelo wa furi ra nhompfu

Comments: _____

cavity

Any empty or hollow space in the body, eg the nasal cavity.

Afrikaans	holte
IsiZulu	ingoxo
IsiXhosa	umngxuma ophakathi kwento
SiSwati	sikhoce
IsiNdebele	nganalitho
Setswana	phatlha
Sepedi	lesoba
Sesotho	lesoba
Tshiven□□a	bako, mufholi
Xitsonga	ximbhovana

Comments: _____

cell

The smallest part of the human body that can function on its own.

Afrikaans	sel
IsiZulu	iseli
IsiXhosa	iseli
SiSwati	iseli
IsiNdebele	iseli, sel
Setswana	sele
Sepedi	sele
Sesotho	sele
Tshiven□□a	sele, tsiki
Xitsonga	sele

Comments: _____

central nervous system

Synonym **CNS** <abbreviation>
 The brain and the spinal cord.

Afrikaans	sentrale senuweestelsel
IsiZulu	ubuchopho kanye nomugogodla
IsiXhosa	ubuchopho nomqolo

SiSwati	miva yonkhe lesimtimbeni nekuvana kwayo
IsiNdebele	ihlelo lomkhumbulo nomgogodlha
Setswana	bogare jwa thulaganyo ya methapo
Sepedi	tsela ya megalatšhika ya gare
Sesotho	hlohloiso ya bohareng ya methapokutlo
Tshiven□□a	sisi□□eme ya vhu□□aledzi ya vhubakati
Xitsonga	misiha ya le xikarhi

Comments: _____

cerebral

Of the brain.

Afrikaans	serebraal, brein-
IsiZulu	okobuchopho
IsiXhosa	obuchopho
SiSwati	-kwebucopho
IsiNdebele	komkhumbulo, kwengqondo
Setswana	sereborale
Sepedi	ya bjoko
Sesotho	ya boko
Tshiven□□a	zwa vhuluvhi
Xitsonga	byongo

Comments: _____

cerebral palsy

Condition caused by brain damage which makes limbs and muscles weak and their movement jerky and uncontrolled.

Afrikaans	serebrale gestremdheid
IsiZulu	ukulimala kobuchopho
IsiXhosa	ukufa kwengqondo
SiSwati	kufa kwetinhlangotsi ngekwebucopho
IsiNdebele	ukulebelela kwezitho okubangwa kukhubala komkhumbulo
Setswana	bokoa ba sereborale
Sepedi	kgobalo ya bjoko
Sesotho	ho shwa ditho ka lebaka la temalo ya boko
Tshiven□□a	vhufavhuluvhii
Xitsonga	vuoma-byongo

Comments: _____

cerebral tumour

Synonym brain tumour

A mass of abnormal cells that has grown in a person's brain.

Afrikaans	breingewas
IsiZulu	iselebralishuma, ibreyini shuma
IsiXhosa	ilifa elikhula ebuchotsheni
SiSwati	kuvuvukala kwebucopho
IsiNdebele	isimila esinobungozi emkhumbulweni
Setswana	kgeleswa ya sereborale
Sepedi	sešo sa bjoko
Sesotho	boshwa bokong
Tshiven□□a	bundu vhuluvhini, mapundu a re vhuluvhini
Xitsonga	ku oma ka byongo

Comments: _____

cervical smear ⇒ *Pap smear*

cervix

The narrow neck-like opening into the womb.

Afrikaans	serviks, baarmoedernek
IsiZulu	umlomo wesibelesho
IsiXhosa	umlomo wesibeleko
SiSwati	umlomo wekubeleka
IsiNdebele	intanyana yesibelesho, ivesiksi
Setswana	molala wa popelo
Sepedi	molala wa popelo
Sesotho	molomo wa popelo
Tshiven□□a	mukulo wa mbumbelo, sevikisi
Xitsonga	nkolo wa xiveleko

Comments: _____

change in lifestyle

Synonym lifestyle change
To change the way one lives, eg to eat more healthy food and use less alcohol.
 Example *A change in lifestyle can result in a happy and healthy future.*

Afrikaans	verandering in lewenstyl, lewenstylverandering
IsiZulu	ukushitsha indlela yokuphila
IsiXhosa	ukutshintsha indlela yokuphila
SiSwati	kutjintja kwemphilo
IsiNdebele	ukutjhuguluka ngokukhula
Setswana	go fetola botshelo
Sepedi	phetogo ya mokgwa wa bophelo

Sesotho phetoho ya tsela ya ho phela,
phetoho ya mokgwa wa ho
phela

Tshivenꞌꞌa tshanduko ya kutshilele
Xitsonga ku cinca ka mahanyelo

Comments: _____

change of life⇒menopause

cheek

Soft part on either side of the face, below the eye.

Afrikaans	wang
IsiZulu	isihlathi
IsiXhosa	isidlele
SiSwati	sihlatsi
IsiNdebele	isihlathi
Setswana	lerama
Sepedi	lerama
Sesotho	lerama
Tshivenꞌꞌa	shama
Xitsonga	rhama

Comments: _____

chemist⇒pharmacist

chemist⇒pharmacy

chemotherapy

Treatment of disease, especially cancer, by means of drugs or other chemical substances.

Afrikaans	chemoterapie
IsiZulu	ikhemotirapi
IsiXhosa	ukunyanga ngamayeza abulala iintsholongwane
SiSwati	ikhemoteraphi
IsiNdebele	ikhemoteraphi
Setswana	khemoterapi
Sepedi	khemoterapi Definition: <i>Kalafu ya malwetsi a go swana le kankere ka tshomiso ya dikhemihkale goba diokobatsi.</i>
Sesotho	khemoterapi
Tshivenꞌꞌa	khemoteraphi
Xitsonga	vutshunguri bya vuvabyi

Comments: _____

chest⇒thorax

chickenpox

A disease caught especially by children in which they have a high temperature and red spots that itch.

Afrikaans	waterpokkies
IsiZulu	ixhikhinipokisi
IsiXhosa	irhashalala enkulu
SiSwati	incubulunjwana
IsiNdebele	intudla
Setswana	thutlwa
Sepedi	mabora
Sesotho	mmokwana, baterepokisi
Tshivenꞌꞌa	thomba
Xitsonga	marhuda

Comments: _____

chilblain

Painful or itchy red swelling on fingers, toes or ears caused by cold.

Afrikaans	wintershande, wintersvoete, wintersore
IsiZulu	ukuvuvukala kwezinyawo okubangelwa amakhaza
IsiXhosa	idyunguza lengqele
SiSwati	insindze yemakhata
IsiNdebele	marhojani
Setswana	segatsetsa
Sepedi	magotsane
Sesotho	benterefuti
Tshivenꞌꞌa	tshilondavhuriha
Xitsonga	vunyiriri

Comments: _____

child abuse

Treating children cruelly or badly.

Afrikaans	kindermishandeling
IsiZulu	ukunukubezwa kwengane
IsiXhosa	ukuphatha gadalala abantwana
SiSwati	kuhlukunyetwa kwebantfwana
IsiNdebele	kuhlukunyetwa kwabantwana
Setswana	pogiso ya bana
Sepedi	go se sware bana gabotse
Sesotho	tlhekefetso ya bana
Tshivenꞌꞌa	pfaro mmbi ya ꞌꞌwana
Xitsonga	ku tlanga hi timfanelo ta vana

Comments: _____

child-bearing years

The period of time in the life of a woman during which she is able to bear children.

Afrikaans	vrugbare leeftyd
IsiZulu	isikhathi lapho owesifazane engakwazi khona ukuba nabantwana
IsiXhosa	iminyaka yokufumana abantwana
SiSwati	iminyaka yekutala
IsiNdebele	iminyaka yokungabeletha
Setswana	dingwaga tsa go ka belega
Sepedi	mengwaga ya pelego
Sesotho	dilemo tsa ho ka fumana bana
TshivenꞋꞋa	tshifhinga tsha u vha na ꞋꞋwana Definition: <i>Tshifhinga tsha musadzi tsha u vha na vhana.</i>
Xitsonga	nkarhi wo va wansati a kuma swihlangi

Comments: _____

childbirth⇒labour

childhood disease

An illness children usually get, eg mumps, measles, chickenpox.

Afrikaans	kindersiekte
IsiZulu	izifo zobungane
IsiXhosa	izifo zobuntwana
SiSwati	kugula kwebuntwana
IsiNdebele	ubulwelwe babentwana
Setswana	bolwetse ba bongwana
Sepedi	bolwetši bja bjana
Sesotho	lefu la bongwaneng
TshivenꞋꞋa	vhulwadze ha vhana
Xitsonga	vuvabyi bya vana

Comments: _____

child neglect

Not caring for a child properly.

Afrikaans	kinderverwaarlosing
IsiZulu	ukunganakekelwa kwengane

IsiXhosa	ukungahoywa kwabantwana
SiSwati	kunganakekeli umtfwana
IsiNdebele	ukunganakwa komntwana
Setswana	go se tlhokomele ngwana
Sepedi	tlhokomologo ya ngwana
Sesotho	tlhokomoloho ya ngwana, ho se hlokomele ngwana ka nepo
TshivenꞋꞋa	u litshedzela ꞋꞋwana, u sa ꞋꞋhogomela ꞋꞋwana, nditshedzelo ya ꞋꞋwana
Xitsonga	ku tsandzeka ku hlayisa n'wana

Comments: _____

chin

The front part of the face that stands out below the mouth.

Afrikaans	ken
IsiZulu	isilevu
IsiXhosa	isilevu
SiSwati	silevu
IsiNdebele	isilevu
Setswana	seledu
Sepedi	seledu
Sesotho	seledu
TshivenꞋꞋa	tshiꞋꞋefu
Xitsonga	xilebvu

Comments: _____

chloasma

Synonym mask of pregnancy Dark patches that some pregnant women get on their faces; black women may get white patches.

Afrikaans	chloasma, lewervlek, swangervlek
IsiZulu	ibadlana elivela ebusweni bowesifazane ozithwele
IsiXhosa	izibhaxu ezimnyama
SiSwati	emabala ekukhulelwa
IsiNdebele	ibadlana lokuba sidisi
Setswana	leloasema
Sepedi	matheba a boimana Definition: <i>Matheba a a tswa basadi difahlogong ge ba imile.</i>
Sesotho	mabadi a ho ima Definition: <i>Mabadi a sefahlehong a bakwang ke ho ima ho basadi ba bang.</i>
TshivenꞋꞋa	mavhadzi ane a vha hone musi muthu o vhidha muvhilini

Xitsonga **swivati swa ntima**
 Comments: _____

choke

Being unable to breathe because the windpipe is blocked by something like a piece of food.

Afrikaans	verstik
IsiZulu	ukuxhilwa
IsiXhosa	ukutsarhwa
SiSwati	kuhisheka
IsiNdebele	ukurhitjhwa
Setswana	balelwa
Sepedi	kgamega
Sesotho	ho qhwelwa, ho kgameha
Tshiven□□a	u tshipiwa
Xitsonga	ku tlimbiwa, ku vindziwa

Comments: _____

cholera

A serious infectious disease causing severe diarrhoea and vomiting and which may lead to death.

Afrikaans	cholera
IsiZulu	ikholera, uhhudo
IsiXhosa	urhudo olubulalayo
SiSwati	ikholera
IsiNdebele	ikholera
Setswana	kholera
Sepedi	kholera
Sesotho	kholera
Tshiven□□a	kho□□era
Xitsonga	cholera

Comments: _____

cholesterol

Fatty substance in the body; too much cholesterol can cause heart disease.

Afrikaans	cholesterol
IsiZulu	ikholestaroli
IsiXhosa	ikholesteroli
SiSwati	emafutsa asemtimbeni
SiSwati	ikholesteroli
IsiNdebele	ikholisteroli
Setswana	kholeseterole
Sepedi	kholestorolo
Sesotho	mafura a thatafale, kholesterole
Tshiven□□a	kho□□esi□□iroli
Xitsonga	cholesterol

Comments: _____

chronic disease

An illness that lasts for a very long time.

Afrikaans	chroniese siekte, kroniese siekte
IsiZulu	isifo esingalapheki
IsiXhosa	isifo esingapheliyo
SiSwati	sifo lesicinanako
IsiNdebele	uburhwahla
Setswana	bolwetse jo bo tswelelang
Sepedi	bolwetši bjo dulago
Sesotho	lefu le iphetang hangata, lefu le nkang nako e telele
Tshiven□□a	vhulwadze vhu no fhedza tshifhinga tshilapfu Definition: <i>Vhulwadze vhu no fhedza tshifhinga tshilapfu.</i>
Xitsonga	vuvabyi lebyi hetaka nkarhi wo leha

Comments: _____

circulation⇒*blood circulation*

circulatory system⇒*cardiovascular system*

circumcision

Cutting off of the skin at the end of the sex organ of a man.

Afrikaans	besnyding
IsiZulu	ukusoka
IsiXhosa	ukwaluka
SiSwati	kusoka
IsiNdebele	ukusokwa
Setswana	rupa
Sepedi	lebollo
Sesotho	lebollo
Tshiven□□a	u fumba
Xitsonga	ngoma

Comments: _____

cirrhosis

Serious disease, often caused by drinking too much alcohol, which destroys a person's liver and may lead to death.

Afrikaans	sirroose, verskrompeling, verharding
IsiZulu	sayihosisi

IsiXhosa	isifo sokuqina nokushwabana kwesibindi
SiSwati	sifo sekuvuvukala kwesifubalunyawosidlada
IsiNdebele	isirosi
Setswana	sirousisi
Sepedi	saerosisi Definition: <i>Bolwetsi bjo kotsi kudu bjo gantsi bo bakwago ke ge motho a enwa tagi ka bontsi. Bo senya sebete ebile bo ka no bolaya motho.</i>
Sesotho	sirousisi, lefu la sebete Definition: <i>Lefu lena le bakwa ke ho nwa jwala haholo.</i>
Tshivenᶿᶿa	sirosisi Definition: <i>Vhulwadze vhu re na khombo nga maanda ho vhangiwaho nga u nwa halwa vhune vhu nga fhedza ho disa lufu.</i>
Xitsonga	vuvabyi bya xivindzi
Comments: _____	

clawfoot

A deformed foot with an unnaturally high upper part.

Afrikaans	klouvoet
IsiZulu	unyawo oluyisidalwa
IsiXhosa	unyawo olulsisidalwa
SiSwati	lunyawo lolunekuchwala
IsiNdebele	inyawo elirholopheleko
Setswana	leoto le le golafetseng
Sepedi	lerofa
Sesotho	leoto le holofetseng Definition: <i>Leoto le ba le karolo e ka hodimo e phahameng haholo.</i>
Tshivenᶿᶿa	mulenzhe wo holefhalaho Definition: <i>Mulenzhe u re na mulaᶿᶿela muhulwane.</i>
Xitsonga	nkondzo wa xivurha
Comments: _____	

cleanliness

Habit of keeping oneself and one's surroundings clean, eg washing oneself daily and brushing one's teeth regularly.

Afrikaans	sindelikheid
IsiZulu	inhlanzeko
IsiXhosa	ukucoceka
SiSwati	kuhlanteka
IsiNdebele	ukuhlanzeka
Setswana	bophepa
Sepedi	thlweko
Sesotho	thlweko

Tshivenᶿᶿa	vhudele
Xitsonga	vubasi, ku basa
Comments: _____	

cleft lip

Synonym **harelip**
Split in the upper lip with which a baby is sometimes born.

Afrikaans	gesplete lip, haaslip
IsiZulu	ukuba nomlomo otshekile
IsiXhosa	inyheke
SiSwati	inhlewu-ludzebe
IsiNdebele	mlomo otjekile
Setswana	go pharoga pounamagodimo
Sepedi	molomosekamutla
Sesotho	molomo sekammutla Definition: <i>Ke pounama le lehalapa le petsohileng.</i>

Tshivenᶿᶿa	maningo
Xitsonga	xinomo-mpfundla

Comments: _____	
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cleft palate

Narrow opening along the upper part of the inside of the mouth with which a baby is sometimes born.

Afrikaans	gesplete verhemelte
IsiZulu	ulwanga olunkayekile
IsiXhosa	inkalakahla ecandekileyo
SiSwati	lwanga loluchekekile
IsiNdebele	ilwanga elihlukeneko
Setswana	magalapa a a pharogileng
Sepedi	magalapa a monga
Sesotho	molomo o tswileng pekane
Tshivenᶿᶿa	maningo
Xitsonga	ku handzuka ka lakalaka

Comments: _____	
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clinic

Place where people go for primary medical treatment and advice, usually free.

Afrikaans	kliniek
IsiZulu	iklinikhi

IsiXhosa	isibhedlela sasemini
SiSwati	umtfolamphilo
IsiNdebele	ikliniki
Setswana	tleliniki
Sepedi	kliniki
Sesotho	tlenenike
Tshiven□□a	kililiki
Xitsonga	kliniki, tiliniki

Comments: _____

clinical thermometer

Synonym **thermometer** <short form>
 An instrument used to measure the body temperature of a person.

Afrikaans	koorspen
IsiZulu	isikali sokukala izinga lokushisa komzimba
IsiXhosa	isixhobo sokuva iqondo lobushushu emzimbeni, isixhobo sokulinganisa ubushushu
SiSwati	silinganisakushisa
IsiNdebele	ithemomitha
Setswana	themometara ya setlililiki, themometara
Sepedi	themometa ya kliniki
Sesotho	themometara ya bongaka
Tshiven□□a	themometha ya kililiki
Xitsonga	xipima-vuhisi bya miri, xipima-mahiselo

Comments: _____

close contact

When people share the same living space, as in schools or living in the same house.
 Example Where there is close contact between people diseases may spread quickly.

Afrikaans	noue aanraking
IsiZulu	ukucinana, ukuminyana
IsiXhosa	ukuhlalelana
SiSwati	kusondzelana, kutsintsana
IsiNdebele	ukuthintana
Setswana	kamano e e tseneletseng
Sepedi	kamano ya kgauswi
Sesotho	kamano e haufi haholo, katamelano e haufi haholo
Tshiven□□a	u sendelana, u vha tsini
Xitsonga	ku hanya eka ndhawu yin'we

Comments: _____

club-foot

A deformity of one or both feet in which the person cannot stand with the sole of the foot flat on the ground.

Afrikaans	klompvoet, horrelvoet
IsiZulu	izinyawo ezikhubazeke ngokungalingani
IsiXhosa	ukungcotsha
SiSwati	kukhubateka ngekungalingani kwetinyawo
IsiNdebele	kurholophala okwenza umuntu angakgoni ukugadangisa isithende
Setswana	kgolafalo ya leoto
Sepedi	radinawana
Sesotho	kgolofalo ya leoto Definition: Maoto a etsang motho a se kgone ho ema ka bokatlase (bohato) ba leoto bo tsepame.
Tshiven□□a	mulenzhe u sa kandi fhasi nga khando
Xitsonga	nkondzo-xivurha

Comments: _____

CNS⇒central nervous system

coarse food⇒fibrous food

cocaine

A harmful drug to which a person can become addicted.

Afrikaans	kokaïen
IsiZulu	ikhokheyini
IsiXhosa	isiyobisi
SiSwati	ikhokheyini
IsiNdebele	ikhokheyini
Setswana	khokheine
Sepedi	khokheine
Sesotho	khokheine
Tshiven□□a	khokheini
Xitsonga	khokheyini

Comments: _____

coil⇒intrauterine device

cold

An illness causing coughing, sneezing and a runny nose.

Afrikaans	verkoue
IsiZulu	umkhuhlane
IsiXhosa	umkhuhlane

SiSwati	umkhuhlane
IsiNdebele	mgomani
Setswana	mofikela
Sepedi	mpshikela
Sesotho	mokgohlwane, sefuba
Tshivenꞌꞌa	duda
Xitsonga	mukhuhlwana

Comments: _____

cold compress

A pad of material soaked in cold water and pressed to a part of the body to make it less painful or to stop bleeding.

Afrikaans	koue kompres
IsiZulu	ikhompresa ebandayo
IsiXhosa	ilaphu elimanzi
SiSwati	sicindzetelo sekubandzisa
IsiNdebele	sitjhutjumezi
Setswana	segatsetsi
Sepedi	sepitledi sa go tonya
Sesotho	ho thoba ka serame
Tshivenꞌꞌa	labi ꞌꞌi rotholaho <la u imisa malofha>, la u imisa malofha
Xitsonga	lapi ro titimela

Comments: _____

cold sore

A small blister on or inside the lips and the mouth.

Afrikaans	koorsblaar
IsiZulu	isilonda somkhuhlane
IsiXhosa	inyebetu
SiSwati	silondza semkhuhlane
IsiNdebele	isilonda samakhaza
Setswana	seso sa mofikela
Sepedi	sešo sa go bakwa ke mpshikela
Sesotho	seso sa sefuba
Tshivenꞌꞌa	zwilonda zwo vhangwaho nga
Xitsonga	duda, zwilonda zwa duda xilondza xa mukhuhlwana

Comments: _____

colic

Severe pain in the stomach and bowels, especially suffered by babies.

Afrikaans	koliek
IsiZulu	ikholikhi
IsiXhosa	ihlaba esiswini, umoya esiswini

SiSwati	ikholiki, lihlaba esiswini
IsiNdebele	kusikwa kumbi mathumbu
Setswana	pipelo
Sepedi	go pitlwa ke mala
Sesotho	bohloko ka maleng
Tshivenꞌꞌa	khoꞌꞌiki, vhlwadze ha dangani
Xitsonga	ku luma ndzeni

Comments: _____

colitis

Inflammation of the colon.

Afrikaans	kolitis
IsiZulu	ikholithisi
IsiXhosa	ukukrala kobhobhosi
SiSwati	kuvuvukala kwelibhobho
IsiNdebele	ikolitis
Setswana	kgotelo ya ngati
Sepedi	keko ya lelagolo
Sesotho	thuruho ya moqopo
Tshivenꞌꞌa	vhlwadze ha ꞌꞌila ꞌꞌidenya
Xitsonga	ndzhumbelo wa rhumbu lerikulu

Comments: _____

colon

The main part of the large intestine in which food changes into waste matter.

Afrikaans	kolon
IsiZulu	upopopo
IsiXhosa	ubhobhosi
SiSwati	libhobho, popopo
IsiNdebele	amathumbu amakhulu
Setswana	ngati
Sepedi	lelagolo
Sesotho	moqopo
Tshivenꞌꞌa	ꞌꞌila ꞌꞌidenya
Xitsonga	rhumbunkulu

Comments: _____

colostrum

The liquid produced by a woman's breasts for the first few days after a baby is born; it differs in various ways from later mother's milk.

Afrikaans	kolostrum
IsiZulu	okusabisi okuphuma ezinsukwini zokuqala umuntu ebelethile.
IsiXhosa	ubisi lwebele

SiSwati	lubisi lwekucala
IsiNdebele	mkgatho
Setswana	mekgato
Sepedi	matšwagodimo
Sesotho	kgatsele
Tshiven□□a	magwavhulimu
Xitsonga	mafi

Comments: _____

colour blind

Unable to see the difference between certain colours.

Afrikaans	kleurblind
IsiZulu	ukungakwazi ukuhlukanisa imibala
IsiXhosa	ukungayazi imibala
SiSwati	kungakhoni kwehlukana imibala
IsiNdebele	bhalelwa mibala, rarwa mibala
Setswana	bofofu ba mmala
Sepedi	bofofu mebaleng
Sesotho	bofofu ba mmala (o itseng)
Tshiven□□a	u sa kona u fhambanya mivhala
Xitsonga	ku tsandzeka ku hambanisa mivala

Comments: _____

coma

A state of deep unconsciousness usually lasting a long time and caused by severe injury, illness or drugs.

Afrikaans	koma
IsiZulu	ukuquleka
IsiXhosa	ukufa isiqaqqa
SiSwati	ikhoma, kuculeka sikhatsi lesidze
IsiNdebele	ukomelela, ukutsirimezeka
Setswana	kidibalo
Sepedi	kidibalo
Sesotho	ho idibana ho holelele
	Definition: <i>Ho atiswa ho bakwa ke ho tswa kotsi e mpe haholo, ho kula kapa dithethefatsi.</i>
Tshiven□□a	khoma
Xitsonga	ku titivala

Comments: _____

comfort⇒reassure

communicable disease⇒infectious disease

complication

A new illness or problem that makes the treatment of the original illness more difficult.

Afrikaans	komplikasie
IsiZulu	ukubhibha
IsiXhosa	ubunzima
SiSwati	kucangana
IsiNdebele	kuhlangahlangana
Setswana	tharaano
Sepedi	tharano
Sesotho	lefu le letjha hodima le leng
	<lefu lena le etsa ho be boima ho phekola la pele>, ho mpefala ha boletswe
Tshiven□□a	khon□□iso
Xitsonga	mpfilungano

Comments: _____

compress

A pad of material soaked in hot or cold water and pressed to a part of the body to make it less painful or to stop bleeding.

Afrikaans	kompres
IsiZulu	cindezela
IsiXhosa	ilaphu elisongiweyo elibekwa phezu komntu ogulayo ukupholisa ubushushu, cinezela
SiSwati	indvwangu yekucindzetela njengebhandish kunciphisa tinhlungui, kucindzetela into yokuthoba
IsiNdebele	sepanyelets, panyelets
Setswana	pitilela
Sepedi	lesela la ho thoba
Sesotho	tshitsikeledzo,
Tshiven□□a	tshikandedzo,
	tshipwanyeledzo, u tsikeledza lapi ro titimela, susumeta
Xitsonga	

Comments: _____

conceive

To become pregnant.

Afrikaans	swanger word
IsiZulu	ukukhulelwa
IsiXhosa	mitha
SiSwati	kumitsa, kukhulelwa, kuba nesisu
IsiNdebele	yiba sidisi, yiba sebantwini
Setswana	go ima

Sepedi **ithwala**
 Sesotho **ho ima, ho emola, ho ithwala**
 Tshiven□□a **u vha muimana**
 Xitsonga **ku biha emirini, ku tika**

Comments: _____

conception

The start of pregnancy, when a male sperm cell fertilises a female egg-cell (ovum).

Afrikaans **bevrugting**
 IsiZulu **ukubamba**
 IsiXhosa **ukukhawula**
 SiSwati **kumitsa, kubamba sisu**
 IsiNdebele **ukuba sidisi, ukuba**

sebantwini
kimo
boithwalo
 Setswana **boithwalo**
 Sepedi **kemaro, kemolo**
 Sesotho **vhuimana**
 Tshiven□□a **ku mitha**
 Xitsonga **ku mitha**

Comments: _____

concussion

Damage to a person's brain resulting from a head injury caused by a blow or fall; makes a person lose consciousness or feel sick or confused.

Afrikaans **harsingskudding**
 IsiZulu **ukulahlekelwa umqondo**
 IsiXhosa **uhlukuhleko**
 SiSwati **kukhuhluteka kwebucopho**
 IsiNdebele **kutsirimezeka okubangwa**

kulimala ehloko
kgobalo ya tlhogo
 Setswana **kgahlametšo**
 Sepedi **tshisinyeho ya boko** Definition:
 Sesotho *E bakwa ke ho lemala hloohong ka lebaka la ho otlwa kapa ho wa.*

Tshiven□□a **fuvhalo □□a maluvhi**
 Xitsonga **ku nhlanhliwa ka nhloko**

Comments: _____

condom

Synonym **French letter** *Euphemism,*
sheath *Euphemism, Johnnies*
Euphemism

A covering or sheath for wearing over the sex organ of the man (penis) during sexual

intercourse to prevent pregnancy and protect against disease.

Afrikaans **kondoom**
 IsiZulu **ikhondomu, ijazi**
lomkhwenyana
 IsiXhosa **ikhondom**
 SiSwati **ikhondomu, lijazi**
lemkhwenyane
 IsiNdebele **ikhondomi, ikhondomu**
 Setswana **khondomo**
 Sepedi **khondomo**
 Sesotho **kgohlopo, khondomo**
 Tshiven□□a **khondomu**
 Xitsonga **khondomu, xisirhelelo xa**
vufokofoko

Comments: _____

congenital

Referring to a condition a person has had from birth, eg a heart problem.

Afrikaans **aangebore**
 IsiZulu **okokuzalwa**
 IsiXhosa **yemvelo, emvelo**
 SiSwati **-telwe nako**
 IsiNdebele **vele anjalo, ngokokuzalwa**
 Setswana **ka tlhologo**
 Sepedi **ya thlago**
 Sesotho **ka tlhaho** Definition: *Ho ba le ho hong ho tlaha tswalong.*
 Tshiven□□a **zwo bebiwaho nazwo, zwo**
vhaho hone u bva u bebwani
 Xitsonga **vugono lebyi munhu a**
velekiwaka na byona

Comments: _____

conjunctiva

A very fine transparent skin that covers and helps to protect the inside surface of the eyelid and the surface of the eye.

Afrikaans **oogbindvlies**
 IsiZulu **ikhonjakhithiva,**
untwentwesana lweso
 IsiXhosa **ikhonjanktiva**
 SiSwati **sifo seliso**
 IsiNdebele **ikhonjakhthiva**
 Setswana **lethaitlho**
 Sepedi **legatshwanaihlo**
 Sesotho **lera le lesweu la leihlo**
 Tshiven□□a **khondzhakhithiva, lukanda**
lwa nga ngomu lwa mutibo
wa i□□o
 Xitsonga **nkuva wa tihlo**

Comments: _____

conjunctivitis

Synonym **pink-eye**
Inflammation of the thin transparent skin which covers the eyeball and inside of the eyelids which causes the eye to appear red.

<i>Afrikaans</i>	konjunktivitis, oogbindvliesontsteking, pienkoog
<i>IsiZulu</i>	ikhonjakhithivithisi
<i>IsiXhosa</i>	ukukrala kokhophe
<i>SiSwati</i>	sifo semehlo
<i>IsiNdebele</i>	ukubaba kwelihlo
<i>Setswana</i>	bolwetse ba lethaitlho
<i>Sepedi</i>	dipone
<i>Sesotho</i>	tshwaetso ya mahlo Definition: <i>Ke tshwaetso e tsamaisanang le ho ruruha le bofubedu</i>
<i>Tshiven</i> □□a	khondzhakhithivisi, vhupise ha mutibo wa i□□o wa nga ngomu
<i>Xitsonga</i>	vuvabyi bya mahlo

Comments: _____

consciousness

The state of being awake and knowing what is going on around one.

<i>Afrikaans</i>	bewussyn
<i>IsiZulu</i>	isimo lapha uqaphele khona, ukuvuka emaqandeni, ukubuyelwa umqondo
<i>IsiXhosa</i>	ukuba sezingqondweni
<i>SiSwati</i>	-sesimeni sekuva
<i>IsiNdebele</i>	phapheme, qaqulukile, ukuphaphama
<i>Setswana</i>	boitemogo, boitharabologelo
<i>Sepedi</i>	temogo
<i>Sesotho</i>	ho phaphama
<i>Tshiven</i> □□a	kharuwo, nzivhuluwo, u dzivhuluwa
<i>Xitsonga</i>	vutitwi

Comments: _____

constipated

Unable to pass waste matter (faeces)from the bowels.

Example *Eat more brown bread and fruit when you are constipated.*

<i>Afrikaans</i>	hardlywig
<i>IsiZulu</i>	qumbelane
<i>IsiXhosa</i>	ukuqhineka
<i>SiSwati</i>	-cumbelene
<i>IsiNdebele</i>	parelwe, bhinjidelwe, qumbile
<i>Setswana</i>	bipetswe
<i>Sepedi</i>	bipelwa
<i>Sesotho</i>	ho pipitlelwa
<i>Tshiven</i> □□a	u zwimbelwa
<i>Xitsonga</i>	pfimbelwa

Comments: _____

constipation

Difficulty in passing waste matter (faeces) from the bowels.

Example *Constipation is caused by not eating enough food like fruit and brown bread.*

<i>Afrikaans</i>	hardlywigheid
<i>IsiZulu</i>	ukuqumbelana
<i>IsiXhosa</i>	ukuqhineka
<i>SiSwati</i>	kucumbelana
<i>IsiNdebele</i>	ukuqumba, ukuparelwa, ukubhijidelwa
<i>Setswana</i>	pipelo
<i>Sepedi</i>	pipelo
<i>Sesotho</i>	pipitlelo
<i>Tshiven</i> □□a	muzwimbelo
<i>Xitsonga</i>	mpfimbelo

Comments: _____

constrict

To make smaller, narrower or tighter.

<i>Afrikaans</i>	saamtrek, vernou
<i>IsiZulu</i>	ukwenza ncane into
<i>IsiXhosa</i>	cutha
<i>SiSwati</i>	mpintja, minya
<i>IsiNdebele</i>	nciphisa, rhunyeza
<i>Setswana</i>	kgatlha
<i>Sepedi</i>	hunyela
<i>Sesotho</i>	ho honyetsa
<i>Tshiven</i> □□a	phungudzo
<i>Xitsonga</i>	khanyana

Comments: _____

consumption⇒*tuberculosis*

contact lens

A small, thin plastic lens placed directly on the surface of the eye and worn instead of spectacles.

Afrikaans	kontaklens
IsiZulu	ingilazi ebekwa ehlweni ukuze isize umuntu ekutheni abone
IsiXhosa	isilanga esinxitywa elisweni
SiSwati	ingilazi lesita umuntfu kutsi abone esikhundleni setibuko
IsiNdebele	ilensi ebekwa phezu kwelihlo
Setswana	lense ya kamano
Sepedi	lense ya tshwaragano
Sesotho	lense e lokisang tjhebo e fosahetseng
Tshiven□□a	□□entsi i no nambatedzwa kha i□□o
Xitsonga	lense leyi ngenisiwaka etihlweni

Comments: _____

contagious disease⇒infectious disease

contagious disease

Any disease that can be passed on from one person to another by direct contact, such as Aids.

Afrikaans	oordraagbare siekte
IsiZulu	isifo esingathathelana ngokuthintana kwabantu
IsiXhosa	isifo esosulelayo
SiSwati	sifosulelana
IsiNdebele	ubulwelwe obuthathelwanako
Setswana	bolwetsephete
Sepedi	bolwetši bo fetelago
Sesotho	lefu le tshwaetsanang
Tshiven□□a	vhulwadze ha phirela
Xitsonga	vuvabyi byo tlulela hi ku khumbana

Comments: _____

contaminate⇒pollute

contaminated house

When there are pests like flies, fleas, bedbugs or rats in the house.

Afrikaans	besmette huis
IsiZulu	indlu enukubezekile
IsiXhosa	engcolileyo
SiSwati	indlu legcwele imfukumfuku
IsiNdebele	indlu esilaphele, indlu efeyila
Setswana	ntlo e e kgotlelegileng
Sepedi	ntlo ye tšhilafaditšwego
Sesotho	ntlo e ditshila
Tshiven□□a	nn□□u i re na tshika
Xitsonga	yindlu leyi nga basangiki

Comments: _____

contaminated water

Water that is not clean and safe for use. Example Contaminated water can make one sick.

Afrikaans	besoedelde water
IsiZulu	amanzi anukubezekile
IsiXhosa	amanzi angcolileyo
SiSwati	manti langakacwebi
IsiNdebele	amanzi asilaphele
Setswana	metse a a kgotlelegileng
Sepedi	meetse a tšhilafaditšwego
Sesotho	metse a silafetseng, metse a nang le tshwaetso
Tshiven□□a	ma□□i a re na zwitshili, ma□□i a tshikha
Xitsonga	mati ya thyaka

Comments: _____

contraception

The prevention of becoming pregnant from having sex.

Afrikaans	voorbehoeding
IsiZulu	ukuvikela ukukhulelwa
IsiXhosa	ucwanciso
SiSwati	kuvikela kutala noma kukhulelwa
IsiNdebele	ukukhandela imbeleko
Setswana	thibelapelego
Sepedi	thibelapelegi
Sesotho	ho thibela pelehi
Tshiven□□a	u thivhela mbebo
Xitsonga	ku sivela ku biha emirini

Comments: _____

contraceptive

Any device, pill or injection used in order to prevent a woman from becoming pregnant from having sex with a man.

Afrikaans	voorbehoedmiddel
IsiZulu	isivikela kukhulelwa
IsiXhosa	isicwangcisi
SiSwati	sivikelantalo
IsiNdebele	isikhandeli-mbeleko
Setswana	thibela-pelegi
Sepedi	thibelapelegi
Sesotho	sethibela-pelehi
Tshivenꞌꞌa	zwithivhelambebo
Xitsonga	xisivela ku biha emirini

Comments: _____

contraceptive pill

Synonym oral contraceptive, the Pill
A pill taken regularly by women to prevent pregnancy.

Afrikaans	voorbehoedpil, mondelikse voorbehoedmiddel, die Pil
IsiZulu	iphilisi eliphuzwa umuntu wesifazane ukuvimbela ukukhulelwa
IsiXhosa	isicwangcisi esiyipilisi, ipilisi yokucwangcisa
SiSwati	kuvikela ngekwemlomo
IsiNdebele	ipilisi lokukhandela imbeleko
Setswana	sethibelapelegi se se mediwang, pilisi ya go thibela pelegi
Sepedi	thibela pelegi ya molomo
Sesotho	pilisi ya ho thibela pelehi
Tshivenꞌꞌa	tshithivhelambebo, philisi
Xitsonga	philisi ro sivela ku biha emirini

Comments: _____

contract

To become tighter, smaller or narrower.

Afrikaans	saamtrek
IsiZulu	ukufinyela
IsiXhosa	ukufinyela
SiSwati	kufinyela
IsiNdebele	rhunyela
Setswana	hunyela
Sepedi	hunyela
Sesotho	ho honyela
Tshivenꞌꞌa	u hwetekana
Xitsonga	ku khwonyana

Comments: _____

contraction

Becoming tighter of eg muscles.

Afrikaans	sametrekking
IsiZulu	ukuqina kwezinyama, ukubophana kwezinyama
IsiXhosa	ukufinyeza
SiSwati	kufinyela, kuncipha
IsiNdebele	ukurhunyela
Setswana	khunyelo
Sepedi	khunyelo
Sesotho	kgonyelo
Tshivenꞌꞌa	muhwetekano
Xitsonga	nkhwonyano

Comments: _____

contraction

Strong and often painful tightening of the womb that occurs at intervals in the hours before a woman gives birth.

Afrikaans	sametrekking, kontraksie
IsiXhosa	ukulunywa
SiSwati	umhelo
IsiNdebele	ukusikeka
Setswana	khunyelo
Sesotho	mahlaba e pele ho peleho
	Definition: A bakwa ke ho honyela ha popelo pele lesea le hlaha.
Tshivenꞌꞌa	zwiꞌꞌhavhi zwa mbebo
Xitsonga	nkhwonyano

Comments: _____

convulsions

Sudden violent, uncontrollable body movements caused by contraction of the muscles.

Afrikaans	stuiptrekkings
IsiZulu	ukuhlangana, ukubophana
	kwamamasela
IsiXhosa	ukuxhuzula
SiSwati	kugedletela, kugocana
IsiNdebele	ukurhunyela kwemisipha
Setswana	khunyelo e e tseneletseng
Sepedi	seretlwe
Sesotho	tsitsipano
Tshivenꞌꞌa	u tatamuwa ha misipha
Xitsonga	nsongano

Comments: _____

convulsions

Synonym **seizure, fit**
A sudden condition with violent, uncontrollable movements of the body and loss of consciousness, eg as with high fever.

- Afrikaans **stuipe, toeval**
- IsiZulu **amafithi**
- IsiXhosa **ukuxhuzula, uhlaselo**
- SiSwati **kuhlaselwa sitfutwane, kuhlaselwa**
- IsiNdebele **ukuyatha, ukuwa okubangwa malwelwe**
- Setswana **ngatega, kidibalo**
- Sepedi **dituntwane**
- Sesotho **tsitsipano e tsamaisanang le ho idibana**
- Tshiven□□a **tshifakhole**
- Xitsonga **switshetshele**

Comments: _____

cooldrink

Synonym **soft drink**
A cold drink without alcohol, eg fruit juice.

- Afrikaans **koeldrank**
- IsiZulu **isiphuzo esibandayo**
- IsiXhosa **isiselo esibandayo**
- SiSwati **sinatfo**
- IsiNdebele **isiselo esingadakiko**
- Setswana **senotsididi**
- Sepedi **senomaphodi**
- Sesotho **senomaphodi**
- Tshiven□□a **nyamunaithi**
- Xitsonga **xinwo, xakunwa xo hola**

Comments: _____

coordination

The ability to control the movement of one's muscles properly.

- Afrikaans **koördinasie**
- IsiZulu **ukukwazi ukulawula ukunyakaza kwezinyama zakho kahle**
- IsiXhosa **ukulungelanisa**
- SiSwati **kulunganisa**

- IsiNdebele **vumelanisa, ukulawula kuhle**
- Setswana **kgolagano**
- Sepedi **kgohlaganyo**
- Sesotho **taolo ya kgokahano ya mesifa**
- Tshiven□□a **pfananyo**
- Xitsonga **ntrhisano**

Comments: _____

copulation⇒sexual intercourse

corn

An area of hard, thickened skin on or between the toes.

- Afrikaans **liddoring**
- IsiZulu **ikhona**
- IsiXhosa **ikhwiniba**
- SiSwati **likhona**
- IsiNdebele **ikhonsi**
- Setswana **khonse**
- Sepedi **phone**
- Sesotho **khonse, tsere**
- Tshiven□□a **khontsi**
- Xitsonga **khoni**

Comments: _____

cornea

The curved transparent skin that covers and protects the outside of the eye.

- Afrikaans **kornea, horingvlies**
- IsiZulu **i-khoniya, Isitho sehlo**
- IsiXhosa **inwebu yeliso**
- SiSwati **ikhoniya**
- IsiNdebele **ikhoniya**
- Setswana **lethaleitlho**
- Sepedi **leapešaihlo**
- Sesotho **letlalo le bonaletsang la leihlo**
- Tshiven□□a **khonea**
- Xitsonga **ndololo, xivoni**

Comments: _____

corneal grafting⇒corneal transplantation

corneal transplantation

Synonym **corneal grafting, keratoplasty**
An eye operation in which the diseased cornea of a person is replaced by a healthy cornea of a person who has died.

Afrikaans	kornea-oorplanting, horingvliesoorplanting, keratoplastiek
IsiZulu	ukutshalwa kwekhoniya
IsiXhosa	ufakelo lwenwebu yeliso
SiSwati	kufakelwa kwekhoniya
IsiNdebele	ukukhutjwa kwekhoniya
Setswana	karo ya lethaleitlho
Sepedi	pšalollo ya leapešaihlo
Sesotho	ho kengwa ha letlalo le bonaletsang la leihlo ho motho e mong
Tshivenꞌꞌa	tsimulo ya khonea
Xitsonga	ku ngenisiwa ka xiphemu xa ndololo

Comments: _____

coronary thrombosis

Formation of a blood clot in the heart.

Afrikaans	koronêre trombose
IsiZulu	ihlulu legazi elisenhliziyweni
IsiXhosa	ihlwili elisentliziweni
SiSwati	ifelangati yasenhlitiyweni
IsiNdebele	ukwenzeka kwehlwili ehliziyweni
Setswana	go agega ga letlhole mo pelong
Sepedi	go direga ga lehlole la madi pelong
Sesotho	ho aheha ha mahlwele pelong
Tshivenꞌꞌa	u vhumbea ha govho ꞌꞌa
Xitsonga	malofha muvhilini felangati ra mbilu

Comments: _____

cot death

Sudden death of a baby while it is asleep, although the baby had not previously been ill.

Afrikaans	wiegiedood
IsiZulu	ukufa komntwana ebusuku esemubhedeni wakhe ebulawa isizathu esingazeki kahle
IsiXhosa	ukufa komntwana ebhedini yakhe elele
SiSwati	kufela kwemntfwana ebutfongweni
IsiNdebele	ukuhlongakalela ekotini
Setswana	leso la khoto
Sepedi	lehu la tharing
Sesotho	ho hlokahala ha lesea borokong
Tshivenꞌꞌa	ꞌꞌwana ane a lovha o eꞌꞌela

Xitsonga n'wana loyi a lovaka a etlele

Comments: _____

cough

To send out air from the lungs violently and noisily, eg when one has a cold.

Afrikaans	hoes
IsiZulu	ukukhwehla
IsiXhosa	ukukhohlela
SiSwati	kukhwehla
IsiNdebele	ukukhohlela
Setswana	gotlholo
Sepedi	gohlola
Sesotho	ho kgohlela
Tshivenꞌꞌa	u hoꞌꞌola
Xitsonga	ku khohlola

Comments: _____

cough linctus

Synonym linctus, cough syrup
A syrupy liquid medicine used to stop coughing.

Afrikaans	hoesstroop
IsiZulu	ilinkithasi Definition: <i>Isirabhu yokuqeda umkhuhlane.</i>
IsiXhosa	iyeza lokhohlokhohlo
SiSwati	umutsi wemkhuhlane
IsiNdebele	isihlahla somgomani
Setswana	sefodisasehuba
Sepedi	sehlare sa mokhohlane
Sesotho	moriana wa ho kgohlela
Tshivenꞌꞌa	ꞌꞌinkhithasi <mushonga wa muphigela>
Xitsonga	sirapu ya mukhuhlwana

Comments: _____

cough remedy ⇒ antitussive

cough syrup ⇒ cough linctus

counselling

Giving advice on what to do or how to behave.
 Example *HIV-positive persons and their families should get counselling from doctors or nurses.*

Afrikaans	voorigting
IsiZulu	ukuyala, ukweluleka

IsiXhosa	ukunika icebo
SiSwati	kweluleka
IsiNdebele	ukuyelelisa, ukulemukisa
Setswana	kgakololo
Sepedi	kgakollo
Sesotho	ho fumantshwa keletso
Tshiven□□a	nyeletshedzo
Xitsonga	ku nyika switsundzuxo

Comments: _____

cracked mouth corners

Sores at the corners of the mouth caused by not getting enough of the right kinds of food.

Afrikaans	gebarste mondhoeke
IsiZulu	ukuba nezilondana emakhoneni omlomo ezibangwa ukungadli kahle amanqangisa
IsiXhosa	tilondza tasemlonyeni ngenca yekungadli kahle
SiSwati	iiinlonjana emlonyeni ezibangwa kukudla okungakalungi
IsiNdebele	dikhutlo tsa molomo tse di phanyegileng
Setswana	dikhutlo tša molomo tše palegilego
Sepedi	ho petsoha dihukung tsa molomo
Sesotho	Definition: <i>Ho petsoha hona ho bakwa ke phepompe.</i>
Tshiven□□a	u balea ha khu□□a dza milomo
Xitsonga	swilondza swa le tlhelo ka nomo leswi vangiwaka hi ku kala munhu a nga dyi kahle

Comments: _____

cramp

Sudden painful tightening of a muscle, usually caused by cold or too much exercise, which makes movement difficult.

Afrikaans	kramp
IsiZulu	amajaqamba
IsiXhosa	inkantsi
SiSwati	inkhwantju
IsiNdebele	ikasu, inyamanarhunyela
Setswana	bogatsu
Sepedi	bogasu
Sesotho	ho honyela mosifa
Tshiven□□a	tshivhevhe, kirempe, khadzho, u oma ha misipha
Xitsonga	kirempe, nkokeko wa misiha, khwanyela

Comments: _____

cripple

Person who is unable to walk or move properly.

Afrikaans	kreupele
IsiZulu	isishosha
IsiXhosa	isiqhwala
SiSwati	sichwala
IsiNdebele	isirhole
Setswana	segole
Sepedi	segole
Sesotho	sehlotsa, seritsa
Tshiven□□a	tshihole
Xitsonga	xigono, xilema

Comments: _____

croup

Disease of the throat, especially in children, that makes breathing difficult and noisy, and causes coughing.

Afrikaans	kreop
IsiZulu	isifo sezingane lapho ingane iphathwa umphimbo ihluleke ukuphefumula ikhwehlele futhi
IsiXhosa	ukukrala koqhoqhoqho
SiSwati	sifo semphimbo
IsiNdebele	ukhohlkhohlo
Setswana	kgotelo ya mogôlo
Sepedi	segohlola
Sesotho	lefu la mmetso
Tshiven□□a	khirauphu
Xitsonga	ndzhumbelo wa kholokholo

Comments: _____

crown n.

The part of the tooth which can be seen.

Afrikaans	kroon
IsiZulu	ikhirawuni, isihloko sezinyo
IsiXhosa	uqweqwe lwezinyo, umphezulu wezinyo
SiSwati	inhloko yelitinyo
IsiNdebele	ikhrawuni, ingaphezulu lezinyo
Setswana	korone <ya leino>
Sepedi	korone
Sesotho	bokantle ba leino
Tshiven□□a	khirauni

Xitsonga xifunengeto xa le henhla xa meno

Comments: _____

crown n.

Artificial top piece for a broken tooth.

Afrikaans kroon
IsiXhosa ukutywina izinyo elophukileyo

SiSwati inhloko yelitinyo
IsiNdebele ingaphezulu lezinyo lokufakelwa

Setswana korone
Sesotho bokahodimo ba maiketsetso ba leino

Tshiven iha ha iho ho tou itwaho

Xitsonga xiencenyiso xa tino ro tshoveka

Comments: _____

crown v.

To fit an artificial crown on a broken tooth.

Afrikaans kroon
IsiZulu ukugcwalisa izinyo tywina
IsiXhosa kugcwalisa inhloko yelitinyo
SiSwati ngelitinyomfakela

IsiNdebele ukuzalisa izinyo
Setswana go tsenya korone
Sepedi korone

Sesotho ho kenya bokahodimo ba maiketsetso ba leino
Tshiven iha ha iho ho tou itwaho

Xitsonga ku ngenisa xiencenyiso eka tino ro tshoveka

Comments: _____

crowning

Stage during birth when the top of the head of the baby can be seen coming out of the mother.

Afrikaans kroon
IsiZulu isithuba lapho kuvela ikhanda lengane ezobeleshwa

IsiXhosa ukuvela kwentloko
SiSwati kushoshotela kwemntfwana uma sekatawubelekwa

IsiNdebele ukuvela kwehloko ekubeletheni

Setswana go bonala ga tlhogo ya lesea la tswa mo mmalona

Sepedi kgare
Sesotho ho bonahala ha hlooho ha lesea le hlaha

Tshiven iha ha iho hoho ya iwana musa a tshi bebiwa

Xitsonga ku humelela ka nhloko eku velekiweni ka n'wana

Comments: _____

cure v.

Synonym heal

To make a person well again.

Example The doctor cures the sick children by giving them medicine.

Afrikaans genees, gesond maak

IsiZulu lapha

IsiXhosa philisa

SiSwati kwelapha

IsiNdebele yelapha, philisa

Setswana fodisa

Sepedi fodiša

Sesotho ho phekola, ho fodisa

Tshiven iha ha iho fhodza

Xitsonga horisa

Comments: _____

cure n.

Treatment that makes an illness go away.

Example One must be very careful not to get Aids as there is no cure for it.

IsiZulu ikhambi

IsiXhosa unyango

SiSwati likhambi

IsiNdebele ukulatjhwa, ukuphiliswa

Setswana pheko

Sepedi pheko

Sesotho pheko

Tshiven iha ha iho dzilafho

Xitsonga xiongoli

Comments: _____

cystitis

Inflammation of the hollow bag that stores the urine before it leaves the body (urinary bladder).

Afrikaans	sistitis, blaasontsteking
IsiZulu	isistisisi <ukuvuvuka kwesinye>
IsiXhosa	iqhuma elinamanzi ngaphakathi
SiSwati	kuvuvuka kwesinye
IsiNdebele	ukuvuvuka kwesinye
Setswana	kgotelo ya senya
Sepedi	saesetisisi <keko ya senye>
Sesotho	thuruho ya senya
Tshivenḽḽa	muḽḽambuluwu
Xitsonga	ndzhumbelo wa thundela

Comments: _____

D

dagga

Dried plant smoked by people for the effect it has to make them drunk.

Afrikaans	dagga
IsiZulu	insangu
IsiXhosa	intsangu
SiSwati	insangu
IsiNdebele	ibange, isangu
Setswana	motekwane
Sepedi	lebake
Sesotho	matekwane
Tshivenḽḽa	mbanzhe
Xitsonga	mbangi

Comments: _____

dagga joint

A cigarette made of dagga.

Afrikaans	daggazol
IsiZulu	usikilidi wensangu
IsiXhosa	izoli yentsangu
SiSwati	izoli yensangu
IsiNdebele	izolo yebange, izolo yesangu
Setswana	sekerete sa motekwane
Sepedi	sekerete sa lebake
Sesotho	sakerete sa matekwane, zolo ya matekwane
Tshivenḽḽa	zolo
Xitsonga	sigarete ya mbangi

Comments: _____

damaged tissue

Injury to the skin and flesh, eg surrounding a snakebite.

Afrikaans	beskadigde weefsel
IsiZulu	ukulimala esikhumbeni nasenyameni
IsiXhosa	inyama yomzimba eyonakeleyo
SiSwati	kulimala kwethishu
IsiNdebele	inceba elivulekileko
Setswana	ditogwa tse di gobetseng
Sepedi	thlalenama ye senyegilego
Sesotho	temalo letlalong
Tshivenḽḽa	tsikila dzo tshinyadzwoho, nama na lukanda zwo tshinyadzwoho
Xitsonga	ku vaviseka ka tinyama

Comments: _____

dandruff

Small flakes of dead skin shed from the scalp that can be seen in the hair.

Afrikaans	skilfers
IsiZulu	umebuzo, inkwethu
IsiXhosa	inkwethu
SiSwati	inkhwetfu
IsiNdebele	ikwethu
Setswana	sekgamatha, sekelerefe
Sepedi	sekelfere
Sesotho	sekerefole, leshwata, mahehefa a hlooho
Tshivenḽḽa	maḽḽuvhudza a ḽḽhoho, maḽḽuvhudza ane a bva kha
Xitsonga	ganda ḽḽa ḽḽhoho mahakatimba

Comments: _____

dangerous household chemical

Any substance used in homes for cleaning or other purposes that may be harmful or poisonous, eg bleach, paraffin, etc.

Afrikaans	gevaarlike huishoudelike chemikalie
IsiZulu	ikhemikhali eyingozi esetshenziswa endlini
IsiXhosa	iikhemikhali eziyingozi ezisetyenziswa ekhaya
SiSwati	ikhemikhali yasekhaya leyingoti
IsiNdebele	ikhemikhali eyingozi ekhaya
Setswana	khemikhale e e kotsi mo lapeng

<i>Sepedi</i>	dikhemikhale tše kotsi tša lapa
<i>Sesotho</i>	dikhemikhale tse kotsi tsa lapeng
<i>Tshiven</i> □□a	dzikhemikala dza khombo dzine dza shumiswa mu□□ani
<i>Xitsonga</i>	mirhi ya khombo ya le kaya
Comments:	

day blindness

Synonym **hemeralopia**
Inability to see well in bright light.

<i>Afrikaans</i>	dagblindheid, hemeralopie
<i>IsiZulu</i>	ukungakwazi ukubona kahle ekukhanyeni
<i>IsiXhosa</i>	ukungaboni ekukhanyeni
<i>SiSwati</i>	kungaboni ekukhanyeni
<i>IsiNdebele</i>	ukungaboni kuhle emkhanyweni
<i>Setswana</i>	go sa bone sentle motshegare
<i>Sepedi</i>	go se bone mosegare
<i>Sesotho</i>	pono e fokolang kganyeng ya motsheare
<i>Tshiven</i> □□a	u sa vhona zwavhu□□i masiari
<i>Xitsonga</i>	ku tsandzeka ku vona na nhlikanhi

Comments: _____

day vision

The ability to see objects as well as colours in bright daylight.

<i>Afrikaans</i>	dagvisie
<i>IsiZulu</i>	ukubona kahle ekukhanyeni
<i>IsiXhosa</i>	ukubona emini
<i>SiSwati</i>	kubona kahle ekukhanyeni
<i>IsiNdebele</i>	ukubona kuhle emkhanyweni
<i>Setswana</i>	pono ya motshegare
<i>Sepedi</i>	pono ya mosegare
<i>Sesotho</i>	pono e nepahetseng motsheare
<i>Tshiven</i> □□a	bono □□a masiari
<i>Xitsonga</i>	ku vona

Comments: _____

deaf

Unable to hear at all, or to hear well.

<i>Afrikaans</i>	doof
<i>IsiZulu</i>	isithuli
<i>IsiXhosa</i>	ukungeva
<i>SiSwati</i>	kuba sithulu
<i>IsiNdebele</i>	ukungezwa eendlebeni
<i>Setswana</i>	susu
<i>Sepedi</i>	sefoa
<i>Sesotho</i>	ho ba setholo
<i>Tshiven</i> □□a	dzingan□□evhe
<i>Xitsonga</i>	ku fa tindleve

Comments: _____

deafness

Loss of hearing.

<i>Afrikaans</i>	doofheid
<i>IsiZulu</i>	ukungezwa, ubumungulu
<i>IsiXhosa</i>	ubuthulu
<i>SiSwati</i>	buthulu
<i>IsiNdebele</i>	ukungezwa <eendlebeni>
<i>IsiNdebele</i>	ubuthuli
<i>Setswana</i>	bosusu
<i>Sepedi</i>	bofoa
<i>Sesotho</i>	botholo
<i>Tshiven</i> □□a	vhudzingan□□evhe
<i>Xitsonga</i>	vufa-ndleve

Comments: _____

death

Permanent end of the life of a person.

<i>Afrikaans</i>	dood
<i>IsiZulu</i>	ukufa
<i>IsiXhosa</i>	ukufa
<i>SiSwati</i>	kufa
<i>IsiNdebele</i>	ukuhlongakala, ukufa, ukubhubha
<i>Setswana</i>	loso
<i>Sepedi</i>	lehu
<i>Sesotho</i>	lefu, ho shwa
<i>Tshiven</i> □□a	lufu
<i>Xitsonga</i>	rifu

Comments: _____

decay

To rot or become bad.

<i>Afrikaans</i>	ontbind
<i>IsiZulu</i>	ukubola
<i>IsiXhosa</i>	ukubola
<i>SiSwati</i>	kubola
<i>IsiNdebele</i>	bola

Setswana	go bola
Sepedi	go bola
Sesotho	ho senyeha, ho bola
Tshiven□□a	u sina
Xitsonga	ku bola

Comments: _____

deciduous tooth

Synonym **milk tooth, baby tooth**
Any of the first teeth a child gets which later falls out and is replaced by a permanent tooth.

Afrikaans	wisseltand, melktand
IsiZulu	umthakathi
IsiXhosa	amazinyo obuntwana
SiSwati	litinyo lebunfwana
IsiNdebele	matserwani
Setswana	mmopo
Sepedi	menobosea
Sesotho	leino la bongwana
Tshiven□□a	mamami
Xitsonga	tino-mafi

Comments: _____

deep breathing

One of the breathing techniques used during childbirth; has a calming effect on the mother.

Afrikaans	diep asemhaling
IsiZulu	ukuphefumulela phezulu
IsiXhosa	uphefumlo nzulu
SiSwati	kuphefumula lokujulile
IsiNdebele	ukuphefumulela ngaphakathi
Setswana	go hema thata
Sepedi	go hema go tebilego
Sesotho	ho hula moya haholo
Tshiven□□a	u femela ngomu
Xitsonga	ku hefemulela ndzeni

Comments: _____

deficiency disease

Any disease caused by the lack in the diet of something that the body needs to keep healthy, such as vitamins.

Afrikaans	gebreksiekte
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IsiZulu	isifo esibangwa ukushoda kwezinhlobo zokudla ezithile
IsiXhosa	isifo esibangwa kukuswela izakha mzimba
SiSwati	sifo lesibangelwa kweswelakala kwemsoco ekudleni
IsiNdebele	ubulwelwe obubangwa kutlhogakala kwezakhi-mzimba
Setswana	bolwetse ba ditlhaelo tsa dikotla
Sepedi	bolwetši bja thlaelo
Sesotho	lefu le bakwang ke kgaello phepong
Tshiven□□a	vhulwadze ha tshao ya dzinyu□□irientsi
Xitsonga	vuvabyi lebyi vangiwaka hi ku kayivela ka swinonisi

Comments: _____

deformed

Abnormally shaped or spoiled in appearance.

Afrikaans	misvorm
IsiZulu	khubazeka
IsiXhosa	sisilima
SiSwati	-chwalile
IsiNdebele	rholophele
Setswana	golafetse
Sepedi	golofetše
Sesotho	ho holofala
Tshiven□□a	u holefhala
Xitsonga	vugono <ku pfumala xivumbeko>

Comments: _____

deformity

Synonym **malformation**
A part of the body not properly shaped or developed, eg a club-foot.

Afrikaans	misvormdheid, gebrekkigheid
IsiZulu	ukukhubazeka ngokomzimba, ukungami kahle emzimbeni
IsiXhosa	ukungadaleki kakuhle
SiSwati	kukhubateka
IsiNdebele	rholophala
Setswana	golafala
Sepedi	bogole
Sesotho	kgolofalo
Tshiven□□a	vhuhole, u sa vhumbea
Xitsonga	zwavhudi
	vugono <xivumbeko xo kala xi nga tolovelekangi>

Comments: _____

dehydration

The loss of too much water from the body, eg by sweating, vomiting or diarrhoea.

Afrikaans	ontwatering, dehidrasie
IsiZulu	ukuphela kwamanzi emzimbeni
IsiZulu	ukulahleka kwamanzi kumathishu omzimba ukoma
IsiXhosa	komisa, kuphelelwa ngemanti
SiSwati	ukulahlekelwa mamanzi emzimbeni
IsiNdebele	go tlhoka metsi, omelela
Setswana	go hloka meetse
Sepedi	ho omella
Sesotho	ho omella
Tshiven□□a	u fhelelwa nga ma□□i muvhilini, ndozwo ya ma□□i
Xitsonga	ku heleriwa hi matimba

Comments: _____

deliver

To give help in the birth of a baby.

Afrikaans	verlos
IsiZulu	ukuzala
IsiXhosa	belekisa
SiSwati	kubeleka
IsiNdebele	belethisa
Setswana	belegisa
Sepedi	belega
Sesotho	ho pepisa
Tshiven□□a	u bebisa
Xitsonga	ku tswala

Comments: _____

delivery room

The specially prepared room in a hospital where women give birth.

Afrikaans	kraamkamer
IsiZulu	ikamelo lokubelethela
IsiXhosa	igumbi lokubelekela
SiSwati	ligumbi lekubelekela
IsiNdebele	ikumba yokubelethela
Setswana	phaposi ya go belegela
Sepedi	phapoši ya pelego

Sesotho	phaposi ya ho pepa
Tshiven□□a	lufhera lwa u bebela
Xitsonga	kamara ro velekela ka rona

Comments: _____

dental appointment

An arrangement to visit a dentist.

Afrikaans	tandartsafspraak
IsiZulu	ukuhlelela ukuyobona udokotela wamazinyo
IsiXhosa	ixesha elimisiweyo lokuya kwindawo yamazinyo
SiSwati	simiso nadokotela wematinyo
IsiNdebele	ukubekelana isikhathi nodorhoda wamazinyo
Setswana	thulaganyo ya kwa menong
Sepedi	peo ya tša meno
Sesotho	taetso ya ketelo ngakeng ya meno
Tshiven□□a	mbeo ya dokotela wa ma□□o
Xitsonga	xitshembisano xo endzela n'anga ya meno

Comments: _____

dental caries

Synonym caries, dental decay, tooth decay

The going bad of teeth.

Afrikaans	tandbederf, tandkariës
IsiZulu	ukubola kwamazinyo
IsiXhosa	ukubola kwamazinyo, isifo esibulala amazinyo namathambo, ukubola kwamazinyo
SiSwati	kubola kwematinyo
IsiNdebele	ukubola kwezinyo
Setswana	go bola, go bola meno
Sepedi	go bola meno
Sesotho	ho bola ha meno
Tshiven□□a	u sina ha ma□□o
Xitsonga	ku bola ka meno kumbe marhambu, ku bola ka meno

Comments: _____

dental decay ⇒ dental caries

dental floss

Synonym floss <short form>

Soft thread used for cleaning the gaps between the teeth.

Afrikaans	tandevlos, vlos
IsiZulu	intanjana yokuhlamba izikhala eziphakathi kwamazinyo
IsiXhosa	intambo yokucoca amazinyo
SiSwati	intsambo yekugeza ematinyo
IsiNdebele	intanjana yokuvungula
Setswana	mogala wa go phepafatsa meno
Sepedi	mafofaletane a meno
Sesotho	kgwele ya ho hlwekisa pakeng tsa meno
Tshivenꞌꞌa	harani ine ya shumiswa u bvisa tshika vhukati ha maꞌꞌo
Xitsonga	harani yo hlantswa meno

Comments: _____

dentist

A doctor trained to examine, fill, crown and take out teeth, or fit false teeth.

Afrikaans	tandarts
IsiZulu	udokotela wamazinyo
IsiXhosa	ugqirha wamazinyo
SiSwati	dokotela wematinyo
IsiNdebele	udorhodera wamazinyo
Setswana	ngaka ya meno
Sepedi	ngaka ya meno
Sesotho	ngaka ya meno
Tshivenꞌꞌa	dokotela wa maꞌꞌo
Xitsonga	n'anga ya meno

Comments: _____

dentures

*Synonym false teeth
Man-made teeth worn by people who have lost their own teeth.*

Afrikaans	kunsgebit, valstande
IsiZulu	amazinyo okufakelwa
IsiXhosa	amazinyo awenziweyo
SiSwati	ematinyomfakela, ematinyombumbulu
IsiNdebele	amazinyo wokufakelwa
Setswana	meno a maitirelo
Sepedi	meno a maitirelo
Sesotho	meno a maiketsetso
Tshivenꞌꞌa	maꞌꞌo o tou itwaho
Xitsonga	meno yo endliwa hi munhu

Comments: _____

deodorant

A spray or cream that disguises or removes unpleasant body odours.

Afrikaans	reukweerder
IsiZulu	isiqedaphunga
IsiXhosa	isibulala-vumba
SiSwati	sicedzaphunga, emakha
IsiNdebele	isitjhutjuzeli somzimba
Setswana	twantshamonkgo
Sepedi	polaya monkgo
Sesotho	setebela-lephoka
Tshivenꞌꞌa	tshiꞌꞌusamunukho
Xitsonga	xidlayarisema, xinun'wherisi

Comments: _____

dependent ⇒ drug dependent

depression

A state in which a person feels very unhappy or sad and has no enthusiasm for anything.

Afrikaans	depressie
IsiZulu	ukukhathazeka
IsiXhosa	ukudakumba
SiSwati	kuba phasi emoyeni
IsiNdebele	ukuba phasi emoyeni
Setswana	hutsafala
Sepedi	tšhaparego
Sesotho	ho tepella, ho kgathala moyeng
Tshivenꞌꞌa	mutisiko
Xitsonga	ku vaviseka

Comments: _____

dermatitis

Inflammation of the skin.

Afrikaans	dermatitis, velontsteking
IsiZulu	demathithisi <ukuvuvuka kwesikhumba>
IsiXhosa	ingxaki yolusu
SiSwati	kuvuvuka kwesikhumba
IsiNdebele	ukuvuvuka kwesikhumba
Setswana	kgotelo ya letlalo
Sepedi	keko ya letlalo
Sesotho	ho petla letlalong, thuruho ya letlalo
Tshivenꞌꞌa	vhulwadze ha lukanda
Xitsonga	ndzhumbelo wa nhlongo

Comments: _____

detergent

A chemical product used for cleaning, especially clothes and dishes.

Afrikaans	reinigingsmiddel, wasmiddel
IsiZulu	isisusamabala
IsiXhosa	isihlambululi
SiSwati	sikhucululi
IsiNdebele	isihlambululi
Setswana	tshekisi
Sepedi	sehlwekiši
Sesotho	sehlwekisi, khemikhale ya ho hlwekisa
Tshivenꞌꞌa	tsha u ꞌꞌanzwa, ꞌꞌhanzwisi
Xitsonga	xihlantswulusi

Comments: _____

detoxication

Action of removing poison or harmful substances from the body of a person.

Afrikaans	ontgiftiging
IsiZulu	ukwenziwa kwezinto eziyingozi zingabi ingozi emzimbeni
IsiXhosa	ukususa ityhefu
SiSwati	kudzanjiswa kwashevu
IsiNdebele	ukubulala itjhefu
Setswana	bolaya botlhole
Sepedi	go ntšha mpholo
Sesotho	ho ntshuwa ha tjhefo
Tshivenꞌꞌa	u fhungudza vhuhali ha vhutulu
Xitsonga	ku heta chefu matimba, ku heta vuxungu matimba

Comments: _____

develop

Grow or cause to grow over a period of time.

Afrikaans	ontwikkel
IsiZulu	khula
IsiXhosa	velisa
SiSwati	tfufuka
IsiNdebele	khula, thuthusa
Setswana	gola
Sepedi	godiša
Sesotho	ho hola
Tshivenꞌꞌa	u aluwa
Xitsonga	kula

Comments: _____

development

The process of growing.

Afrikaans	ontwikkeling
IsiZulu	ukukhula
IsiXhosa	inkqubela
SiSwati	kutfutfuka
IsiNdebele	ituthuko, ukukhula
Setswana	kgolo
Sepedi	kgodišo
Sesotho	kgolo
Tshivenꞌꞌa	nyaluwo
Xitsonga	nkulo, nhluvuko

Comments: _____

device

A machine, tool or instrument used for a certain task, such as a kidney machine.

Afrikaans	toestel
IsiZulu	umshini noma ithuluzi elisetshenziselwa umsebenzi othile
IsiXhosa	isixhobo
SiSwati	intfo yekwenta lokutsite
IsiNdebele	into yokwenza
Setswana	sediriswa
Sepedi	sedirišwa
Sesotho	sesebediswa
Tshivenꞌꞌa	tshishumiswa
Xitsonga	xitirho xo karhi

Comments: _____

diabetes

A disease in which there is too much sugar in the blood.

Afrikaans	suikersiekte
IsiZulu	isifo sikhakela
IsiXhosa	isifo seswekile
SiSwati	sifo sashukela
IsiNdebele	ubulwelwe beswigiri
Setswana	bolwetse ba sukiri
Sepedi	tweštiswikiri
Sesotho	dayabitise, lefu la tswekere
Tshivenꞌꞌa	daibethisi, vhlwadze ha swigiri
Xitsonga	vuvabyi bya chukela

Comments: _____

diabetic n.

A person suffering from diabetes.

Afrikaans	diabeet, suikersiektelyer
IsiZulu	umuntu onesifo sikashukela
IsiXhosa	umntu onesifo seswekile
SiSwati	umuntfu lonesifo sashukela
IsiNdebele	ophethwe bulwelwe beswigiri
Setswana	molwetse wa sukiri
Sepedi	molwetši wa twetšiswikiri
Sesotho	motho ya nang le dayabitise,
	motho ya nang le lefu la
	tswekere
TshivenꞀꞀa	muthu ane a lwala vhlwadze
	ha swigiri
Xitsonga	munhu loyi a vabyaka hi
	vuvabyi bya chukela

Comments: _____

diabetic adj.

Which has to do with diabetes.

Afrikaans	diabeties
IsiXhosa	enesifo seswekile
SiSwati	-nesifo sashukela
IsiNdebele	okuphathelene nobulwelwe
	beswigiri
Setswana	-nang le bolwetse ba sukiri
Sepedi	ye nago le swikiri
Sesotho	ya lefu la tswekere
TshivenꞀꞀa	zwa daibethisi
Xitsonga	vuvabyi bya chukela

Comments: _____

diagnose

To discover and identify what is wrong with someone who is ill.

Afrikaans	diagnoseer
IsiZulu	ukuthola nokukhomba ukuthi
	iyini inkinga esigulini
IsiXhosa	qonda isifo ngokuxilonga
SiSwati	kutfola imbangela yesifo
IsiNdebele	hlahluba isigulani
Setswana	lemoga
Sepedi	pheka
Sesotho	ho hlahloba, ho dupa
TshivenꞀꞀa	u sedzulusa, u toꞀꞀisisa
Xitsonga	ku femba

Comments: _____

diagnosis

The discovery and identification of what is wrong with someone who is ill.

Afrikaans	diagnose
IsiZulu	ukubalulwa kwesifo emuva
	kokuhlola izimpawu zaso
IsiXhosa	ukuqonda isifo ngokuxilonga
SiSwati	kucubungula sifo
IsiNdebele	ukuhlahlubwa kwesigulani
Setswana	temogo
Sepedi	phekolo
Sesotho	tlhahlobo, bodupi
TshivenꞀꞀa	thoꞀꞀisiso ya vhlwadze
Xitsonga	mfembo

Comments: _____

dialiser

Synonym kidney machine, artificial kidney

Machine used to do the work of a kidney for people whose own kidneys do not work properly.

Afrikaans	dialiseerder, niermasjien, kunsnier
IsiZulu	umshini osebenza umsebenzi
	wezinso, inso yokufakelwa
IsiXhosa	umatshini osebenza
	njengezintso
SiSwati	inso yekufakelwa
IsiNdebele	mtjhini owenza umsebenzi
	weziso emzimbeni
Setswana	philo ya maitirelo
Sepedi	pshio ya maitirelo
Sesotho	phio ya maiketsetso
TshivenꞀꞀa	mutshini u no shuma
	mushumo wa tswio
Xitsonga	yinso yo endliwa

Comments: _____

diaper⇒nappy

diaphragm

A rubber or plastic cap placed inside a woman so that she will not become pregnant when having sex.

Afrikaans	diafragma
IsiZulu	untu

IsiXhosa **isiqwanga**
 SiSwati **luntfu, idayaframu**
 IsiNdebele **idayaframu**
 Setswana **letswalo**
 Sepedi **sedirišwa sa go thibela pelegi**
 Sesotho **dayaforamo, kapi ya ho thibela pelehi** Definition: *E kengwa ka hara setho sa bosadi*
 Tshivenꞌꞌa **dayafuramu**
 Xitsonga **ripfalo**

Comments: _____

diaphragm

Synonym **midriff**
A muscle between the lungs and the stomach.

Afrikaans **diafragma, mantelvlies, middelrif**
 IsiZulu **untu** Definition: *Untwentwesana oluhlukanisa isisu nesifuba.*

IsiXhosa **isiqwanga**
 SiSwati **silembe, lucabango**
 IsiNdebele **idayaframu**
 Setswana **letswalo**
 Sepedi **letswalo**
 Sesotho **letswalo**
 Tshivenꞌꞌa **luvalo**
 Xitsonga **ripfalo**

Comments: _____

diarrhoea

Illness of the stomach characterised by frequent passing of abnormally soft or liquid faeces.

Afrikaans **diarree, buikloop, maagwerking**
 IsiZulu **uhudo**
 IsiXhosa **urhudo**
 SiSwati **umhudo, luhudo**
 IsiNdebele **khanjiswa yindeneni**
 Setswana **letshololo**
 Sepedi **letshollo**
 Sesotho **letshollo**
 Tshivenꞌꞌa **lugubo**
 Xitsonga **nchuluko**

Comments: _____

diet

The sort of food and drink usually taken by a person.

Afrikaans **dieet**
 IsiZulu **idayethi** Definition: *Izinhlobo zokudla ezifanele ukudliwa umuntu ukuze aphile kahle.*
 IsiXhosa **isondlo**
 SiSwati **luhlobo lwekudla**
 IsiNdebele **ihlanganiso yokudla kwangamalanga**
 Setswana **lenane la dijo**
 Sepedi **dijo**
 Sesotho **phepo**
 Tshivenꞌꞌa **nndyomvangwa**
 Xitsonga **xakudya**

Comments: _____

difficult pregnancy

A pregnancy during which the pregnant woman has health problems.

Afrikaans **moeilike swangerskap**
 IsiZulu **ukukhulelwa okunzima**
 IsiXhosa **ukukhulelwa okunzima**
 SiSwati **kutitwala lokunetinkhinga**
 IsiNdebele **ukuba sidisi okunemiraro**
 Setswana **kimo e e boima**
 Sepedi **kemero ye tshwenyago**
 Sesotho **ho ima ho nang le mathata**
 Tshivenꞌꞌa **vhuimana vhu re na thaidzo**
 Xitsonga **ku tika loku muyimani a karhataka hi mavabyi**

Comments: _____

digestion

The process of breaking down food so that it can be taken up and used by the body.

Afrikaans **vertering**
 IsiZulu **ukugayekokudla**
 IsiXhosa **umetyiso**
 SiSwati **kugaya <kudla>**
 IsiNdebele **ukusileka kokudla**
 Setswana **tshilo**
 Sepedi **tšhilego**
 Sesotho **thuiso, tshilo ya dijo**
 Tshivenꞌꞌa **tsukanyo**
 Xitsonga **mpfuvelo**

Comments: _____

digestive organ

An organ such as the stomach which is involved in the breaking down and taking up of food.

Afrikaans	spysverteringsorgaan
IsiZulu	isitho sesisu sokugaya ukudla
IsiXhosa	ilungu lokusila
SiSwati	sitfo sekugaya
IsiNdebele	isitho sokusila ukudla
Setswana	serwe sa tshilo
Sepedi	setho sa go šila
Sesotho	setho sa ho sila dijo
Tshivenḽḽa	muraḽḽo wa tsukanyo
Xitsonga	xirho xo gayela

Comments: _____

digestive tract

*Synonym alimentary canal
 The whole length of the way down which food travels through the body while it is being digested, from the mouth to the anus.*

Afrikaans	spysverteringskanaal
IsiZulu	umgudu wokudla
IsiXhosa	indlela yokutya emzimbeni
SiSwati	umgudvu wekudla
IsiNdebele	umtlhala wokudla, umgudu wokudla
Setswana	tsela ya thugo ya dijo
Sepedi	tsela ya dijo
Sesotho	tsela ya dijo
Tshivenḽḽa	vhuendazwiḽḽiwa, nḽḽila ya zwiḽḽiwa
Xitsonga	nsoko wa swakudya

Comments: _____

dilated pupil

Widening of the small black hole in the centre of the eye.

Afrikaans	verwyde pupil, uilkyker
IsiZulu	ukunwebeka kwebala elimnyama elisesweni
IsiXhosa	iqhashu
SiSwati	kunwebeka kwelicashati
IsiNdebele	leliso
Setswana	ukukhula kwehlavu yelihlo
Sepedi	thaka ya leitlho e e katologileng
Sesotho	thaka ya leihlo ye taološitwego
Tshivenḽḽa	thaka ya leihlo e tswerehileng
	tshanga ya iḽḽo yo ririmuwaho

Xitsonga ku tsanyuka

Comments: _____

diphtheria

A very serious infection of the throat causing difficulty in breathing.

Afrikaans	witseerkeel
IsiZulu	difuteria
IsiXhosa	ukubola komqala
SiSwati	sifo semphimbo
IsiNdebele	idifutheriya
Setswana	mometsomosweu
Sepedi	dišotšhweu tša mogolo
Sesotho	mmetso o mosweu
Tshivenḽḽa	khanakhulo
Xitsonga	vuvabyi bya mikolo, xivavi xa mikolo

Comments: _____

disabled⇒handicapped

disabled person⇒handicapped person

disease

*Synonym sickness, illness
 Unhealthy state of the body, such as measles or diabetes.*

Afrikaans	siekte
IsiZulu	isifo, ukufa
IsiXhosa	isifo
SiSwati	sifo
IsiNdebele	ubulwelwe
Setswana	bolwetse
Sepedi	bolwetši
Sesotho	lefu, bolwetse
Tshivenḽḽa	vhulwadze
Xitsonga	vuvabyi

Comments: _____

disfunction

The state of not working or functioning properly.

Afrikaans	disfunksie
IsiZulu	ukungasebenzi kahle kwento ethile emzimbeni
IsiXhosa	ukungasebenzi kakuhle
SiSwati	kungasebenti kahle
IsiNdebele	ngaberegi kuhle
Setswana	go sa dire

Sepedi go se šome gabotse
 Sesotho ho se sebetse ka ho phethahala
 Tshivenꞌꞌa u sa shuma zwavhuꞌꞌi
 Xitsonga xiyimo xo kala xilo xi nga tirhi hi mfanelo

Comments: _____

disinfect

To clean with a substance that kills germs.

Afrikaans ontsmet
 IsiZulu ukubulala amagciwane
 IsiXhosa bulala iintsholongwane
 SiSwati kubulala emagciwane
 IsiNdebele ukuhlanzisisa ngokubulala umulwani
 Setswana go bolaya megare
 Sepedi thlwekiša
 Sesotho ho tshwaetsolla, ho upa, ho hlwekisa ka morina
 Tshivenꞌꞌa kandulula, u ꞌꞌusa zwitshili
 Xitsonga ku dlaya switsongwatsongwana, ku xuva

Comments: _____

disinfectant⇒*antiseptic*

dislocate

To put a bone out of its proper position in a joint, eg to dislocate a shoulder.

Afrikaans ontwrig
 IsiZulu bhinyika
 IsiXhosa ukuphuncuka kwesidibanisi
 SiSwati kwenyela, kubhonyuka kwelilunga lemtimba
 IsiNdebele khumuka, tshinyeka
 Setswana lokologana
 Sepedi thinyega
 Sesotho ho nonyetsa
 Tshivenꞌꞌa u lunguluwa
 Xitsonga suleka, konyomula

Comments: _____

dislocation

Putting a bone out of its proper position in a joint, eg the dislocation of a shoulder.

Afrikaans ontwrigting

IsiZulu ukugudluka kwethambo endaweni yawo
 IsiXhosa ukukruneka
 SiSwati kubhonyuka
 IsiNdebele ukutshinyeka, ukukhumuka tokologano
 Setswana tshwephollo
 Sepedi Definition: Go ntsha lerapo madulong a lona a nnete.

Sesotho ho nonyetseha
 Tshivenꞌꞌa tsideo, phireo, phideo
 Xitsonga ku suleka, konyomuka

Comments: _____

disorder

Not a serious illness.

Example *He did not go to school because he has a stomach disorder.*

Afrikaans aandoening, ongesteldheid
 IsiZulu ukungaphili kahle
 IsiXhosa phazamisa
 SiSwati kugula
 IsiNdebele ubulwelwe
 Setswana tlhakatlhakano
 Sepedi moferefere
 Sesotho ho se be monate, ho kula ho seng hobe haholo
 Tshivenꞌꞌa vhulwadze
 Xitsonga vuvabyi

Comments: _____

dispense

To mix and give out medicine.

Afrikaans resepteer
 IsiZulu ukukhipha, uknikezela, ukunikezela ngemithi, ukukhipha imithi
 IsiXhosa nikeza amayeza
 SiSwati kuniketela ngemutsi
 IsiNdebele ukudidiyela iinhlahla zeengulani
 Setswana go tswaka le go aba ditlhare
 Sepedi go aba dihlare
 Sesotho ho tswaka moriana ka ditekanyetso
 Tshivenꞌꞌa u ꞌꞌanganyisa na u ꞌꞌea
 Xitsonga mushonga, u ita na u ꞌꞌea
 mushonga ku avela mirhi

Comments: _____

dose

Amount of medicine taken at one time, eg one teaspoonful.

Afrikaans	dosis
IsiZulu	isikali somuthi
IsiXhosa	silinganiselo
SiSwati	silinganiso semutsi
IsiNdebele	isimedo sesihlahla
Setswana	mothamo
Sepedi	selekanyo
Sesotho	tekanyetso ya moriana
Tshivenꞌꞌa	ngelo ya mushonga
Xitsonga	mpimo wa murhi

Comments: _____

Down syndrome

Condition in which a baby is born with less than normal intelligence, and has a flat forehead and nose and sloping eyes.

Afrikaans	Down-sindroom
IsiZulu	idawuni sinidromu
IsiXhosa	ubudalwa
SiSwati	kukhubateka ngandlelatsite, isindromu yaDown
IsiNdebele	i-Down sindromu
Setswana	sindromu ya Down
Sepedi	sindromu ya Down
Sesotho	bofokodi ba tlhaho ba Down Syndrome Definition: <i>Bo etsa hore ngwana a se be bohlale kelellong, mme o ba le sephoko se sephara.</i>
Tshivenꞌꞌa	vhulwadze ha u sa fhelela
	vhuluvhini
Xitsonga	sindiromu ya Down xiyimo xo tsoniwa emiehleketweni

Comments: _____

dress

To treat and bandage a wound.

Afrikaans	verbind
IsiZulu	ukumboza isilonda
	ngebhandishi
IsiXhosa	ukubopha
SiSwati	kubhandisha
IsiNdebele	bopha inceba
Setswana	go bofa <ntho>
Sepedi	bofa
Sesotho	ho tlama leqeba
Tshivenꞌꞌa	u pomba tshilonda
Xitsonga	bandicha, bohelela xilondza

Comments: _____

dressing

Covering that is put on a wound to protect it while it heals.

Afrikaans	wonddekking, dekverband
IsiZulu	ukumbozwa kwesilonda
IsiXhosa	isibopha
SiSwati	libhandishi
IsiNdebele	ibhanditjhi
Setswana	bofa ntho
Sepedi	mmofo
Sesotho	banteji, tlami
Tshivenꞌꞌa	u pomba
Xitsonga	bandeji, vurhungi

Comments: _____

drinking habits

The way and amount a person drinks, especially with regard to alcoholic drinks. Example Poor drinking habits like drinking lots of beer and becoming drunk over weekends can harm a person's health.

Afrikaans	drinkgewoontes
IsiZulu	umkhuba wokuphuza
IsiXhosa	izimbo zokusela
SiSwati	setayeto sekunatsa
IsiNdebele	umukgwa wokusela
Setswana	mekgwa ya go nwa
Sepedi	tlwaelo ya go nwa
Sesotho	mekgwa ya ho nwa
Tshivenꞌꞌa	nꞌꞌowelo ya u nwa
Xitsonga	ntolovelo wo nwa

Comments: _____

drinking water

Water that is safe for people to drink.

Afrikaans	drinkwater
IsiZulu	amanzi okuphuza
IsiXhosa	amanzi okusela
SiSwati	emanti ekunatsa
IsiNdebele	amanzi wokusela
Setswana	metsi a go nwa
Sepedi	meetse a go nwa
Sesotho	metsi a ho nwa, metsi a nowang

Tshiven□□a ma□□i a u nwa
Xitsonga mati yo nwa

Comments: _____

dropsy⇒oedema

drug

A habit-forming chemical substance taken for the pleasant effects it has, such as cocaine and Mandrax.

Afrikaans **dwelmmiddel, dwelm**
IsiZulu **isidakamizwa**
IsiXhosa **isiyobisi, isiyobisi**
esinyangayo
SiSwati **sidzakamiva**
IsiNdebele **isidaki**
Setswana **seritibatsi**
Sepedi **seokobatsi**
Sesotho **sethethefatsi**
Tshiven□□a **tshidzidzivhadzi, mushonga**
wa u alafha
Xitsonga **murhi, nhlungu, xidzidzihati**

Comments: _____

drug

Synonym medicament, medication
A chemical substance used in the treatment of sick people.

Example The doctor prescribed a pain-killing drug for the injured man.

Afrikaans **geneesmidde, medikament, medikasie**
IsiZulu **okokwelapha**
IsiXhosa **iyeza eliphilisayo**
SiSwati **umutsi**
IsiNdebele **ukulapha ngesihlahla**
Setswana **kalafi**
Sepedi **seokobatsi**
Sesotho **setlhare, moriana**
Tshiven□□a **mushonga wa u alafha**
Xitsonga **murhi**

Comments: _____

drug addict

Synonym addict
Person who is unable to stop taking harmful drugs, eg cocaine.

Afrikaans **dwelmslaaf, verslaafde**

IsiZulu **umuntu ophila ngezidakamizwa**
IsiXhosa **umntu ozinikezele kwiziyobisi**
SiSwati **umhuca, umhuca wetidzakamiva**
IsiNdebele **sibotjhwa seendakamizwa**
Setswana **tshwakgolo ya diritibatsi**
Sepedi **molemadi wa diokobatsi, molemadi**
Sesotho **lekgoba, lekgoba la dithethefatsi**
Tshiven□□a **phuli ya zwidzidzivhadzi**
Xitsonga **n'wahlungu, hlonga ra swidzidzihati**

Comments: _____

drug addiction

Synonym addiction
Condition of taking harmful drugs and being unable to stop taking them.

Afrikaans **verslawing, dwelmverslawing**
IsiZulu **ukuhuheka**
IsiXhosa **ukurhurha**
SiSwati **kuhuceka**
IsiNdebele **bopheka <eendakamizweni>**
Setswana **tshwakgolo**
Sepedi **temalo**
Sesotho **bokgoba (ba dithethefatsi)**
Tshiven□□a **vhupuli ha zwidzidzivhadzi**
Xitsonga **hlonga ra swidzidzihati**

Comments: _____

drug dependent

Synonym dependent <short form>
Not being able to survive without taking drugs.

Afrikaans **dwelmverslaaf, dwelmafanklik**
IsiZulu **ukubopheleka kuzidakamizwa**
IsiXhosa **ukuxhomekeka kwiziyobisi**
SiSwati **-bophekele etidzakamiveni, hucekile**
IsiNdebele **ukubopheka eendakamizweni**
Setswana **go ikaega (ka diritibatsi)**
Sepedi **moikanyi**
Sesotho **ho itshetleha ho dithethefatsi, ho ba lekgoba la dithethefatsi**
Tshiven□□a **phuli**
Xitsonga **hlonga ra swidzidziharis**

Comments: _____

drunk

Synonym **intoxicated, inebriated**
Affected by alcohol so that it is not possible to move or speak properly.

<i>Afrikaans</i>	dronk, besope
<i>IsiZulu</i>	dakiwe, phuzile
<i>IsiXhosa</i>	nxilile
<i>SiSwati</i>	dzakiwe
<i>IsiNdebele</i>	dakiwe
<i>Setswana</i>	tagilwe
<i>Sepedi</i>	tagilwe
<i>Sesotho</i>	ho tahwa, tahlilwe
<i>Tshiven</i> □□a	u kambiwa
<i>Xitsonga</i>	popiwile

Comments: _____

drunkenness

Synonym **intoxication**
State of being drunk resulting from too much drinking of alcoholic drinks.

<i>Afrikaans</i>	dronkenskap, besopenheid
<i>IsiZulu</i>	ubudakwa
<i>IsiXhosa</i>	ubunxila
<i>SiSwati</i>	budzakwa
<i>SiSwati</i>	kudzakwa
<i>IsiNdebele</i>	ubudakwa
<i>Setswana</i>	botagwa
<i>Sepedi</i>	botagwa
<i>Sesotho</i>	botahwa
<i>Tshiven</i> □□a	vhudakwa
<i>Xitsonga</i>	vudakwa

Comments: _____

duct

A thin, narrow tube in the body that carries liquids, especially from the glands.

<i>Afrikaans</i>	buis
<i>IsiZulu</i>	ithunjana elincane elithwala okusaketshezi emzimbeni.
<i>IsiXhosa</i>	umbhobho wokuhambisa ulwelo okanye umoya
<i>SiSwati</i>	litfunjana
<i>IsiNdebele</i>	ithunjana, iphayiphi
<i>Setswana</i>	moela
<i>Sepedi</i>	kanale
<i>Sesotho</i>	mothatswana, tjhutswana
<i>Tshiven</i> □□a	luelela, phaiphi
<i>Xitsonga</i>	nhlarimbya

Comments: _____

dull pain

Not very bad or intense feeling of pain.

<i>Afrikaans</i>	dowwe pyn
<i>IsiZulu</i>	ubuhlungu obuncane
<i>IsiXhosa</i>	ubuhlungu obuncinci
<i>SiSwati</i>	buhlungu lobuncane
<i>IsiNdebele</i>	ubuhlungu kancani
<i>Setswana</i>	setlhabi se se sa tsenelelang
<i>Sepedi</i>	sehlabi seo se sego bohloko
<i>Sesotho</i>	lehlaba le seng lebe haholo
<i>Tshiven</i> □□a	zwi□□havhi zwi sa vhavhesi
<i>Xitsonga</i>	ku vava ko rhomba

Comments: _____

duodenum

The first part of the bowel immediately below the stomach.

<i>Afrikaans</i>	duodenum
<i>IsiZulu</i>	idodenamu
<i>IsiXhosa</i>	umzi
<i>SiSwati</i>	libhobho
<i>IsiNdebele</i>	isinyaka
<i>Setswana</i>	kutu ya tšorwane
<i>Sepedi</i>	tuotenamo
<i>Sesotho</i>	lelana le ntlhashopedi
<i>Tshiven</i> □□a	duodenamu
<i>Xitsonga</i>	xirhumbyana

Comments: _____

E

ear

The sense organ of hearing, one on each side of the head.

<i>Afrikaans</i>	oor
<i>IsiZulu</i>	indlebe
<i>IsiXhosa</i>	indlebe
<i>SiSwati</i>	indlebe
<i>IsiNdebele</i>	indlebe
<i>Setswana</i>	tsebe
<i>Sepedi</i>	tsebe
<i>Sesotho</i>	tsebe
<i>Tshiven</i> □□a	n□□evhe
<i>Xitsonga</i>	ndleve

Comments: _____

eardrum

Tight thin skin inside the ear which plays a role in hearing.

<i>Afrikaans</i>	oordrom
<i>IsiZulu</i>	untwentwesana lwendlebe oluhlukanisa indlebe engaphandle nemaphakathi
<i>IsiXhosa</i>	ingqongqwana
<i>SiSwati</i>	sigubhu sendlebe
<i>IsiNdebele</i>	umthunjana wendlebe
<i>Setswana</i>	moropa wa tsebe
<i>Sepedi</i>	moropanatsebe
<i>Sesotho</i>	moropa wa tsebe
<i>Tshivenṱṱa</i>	mukoma wa nṱṱevhe
<i>Xitsonga</i>	xivovomerisi

Comments: _____

earwax

Yellow wax which is formed in the outer ear.

<i>Afrikaans</i>	oorwas
<i>IsiZulu</i>	izigonogono
<i>IsiXhosa</i>	umphula
<i>SiSwati</i>	sigonagona
<i>IsiNdebele</i>	iinkotokoto
<i>Setswana</i>	ditshoka
<i>Sepedi</i>	morulane

Sesotho **boka ba ditsebe**
 Tshiven□□a **makunzwu**
 Xitsonga **vukolokotswana**

Comments: _____

eating habits

The type and the amount of food a person eats.

Afrikaans **eetgewoontes**
 IsiZulu **imikhuba yokudla**
 IsiXhosa **izimbo zokutya**
 SiSwati **setayeto sekudla**
 IsiNdebele **umukgwa wokudla**
 Setswana **mekgwa ya go ja**
 Sepedi **tlwaelo ya go ja**
 Sesotho **ditlwaelo tsa ho ja, mekgwa ya ho ja**

 Tshiven□□a **n□□owelo ya u □□a**
 Xitsonga **ntolovelo wo dya**

Comments: _____

EDD⇒*estimated date of delivery*

edema⇒*oedema*

egg-cell⇒*ovum*

egg-white

The colourless part of an egg which turns white when boiled.

Afrikaans **eierwit**
 IsiZulu **ingxenye yeqanda emhlophe**
 IsiXhosa **indawo emhlophe eqandeni**
 SiSwati **mantju, candzanhlophe**
 IsiNdebele **mamanzana weqanda**
 Setswana **karolo e tshweu ya lee**
 Sepedi **maregerege a lee**
 Sesotho **mothwebe o mosweu**
 Tshiven□□a **vhutshena ha gumba**
 Xitsonga **xiphemu xo basa xa tandza**

Comments: _____

egg-yolk

The yellow part of an egg.

Afrikaans **eiergeel**
 IsiZulu **isikhuphashe**
 IsiXhosa **umthubi weqanda**
 SiSwati **umtfubi**

IsiNdebele **umthubi weqanda**
 Setswana **tlhae**
 Sepedi **mothobe**
 Sesotho **mothwebe o mosehla**
 Tshiven□□a **tsha dzivha tsha gumba**
 Xitsonga **ntsuntsu wa tandza**

Comments: _____

ejaculation

The discharge of the liquid containing the male seed (semen) by the sex organ of the man.

Afrikaans **ejakulasie, saaduitstorting**
 IsiZulu **Ukuphuma kwesidoda**
 IsiXhosa **ukukhupha**
 SiSwati **kukhipha, kuchitsa, kudubula**
 IsiNdebele **ukuthulula isidoda, ukuthulula imbewu yobudoda**

 Setswana **rota**
 Sepedi **kgoeletšo**
 Sesotho **ho rota <euphemism>, ho tea metsi <euphemism>, ho ntsha lero la botona**

Definition: *Lero lena le ntshwa ka nako ya thobalano.*

Tshiven□□a **u bvisa wa vhunna**
 Xitsonga **humesa, nkampfunya**

Comments: _____

elbow

The joint between the upper arm and the forearm where the arm bends.

Afrikaans **elumboog**
 IsiZulu **indololwane**
 IsiXhosa **ingqiniba**
 SiSwati **ingcoza**
 IsiNdebele **indololwani, isijabani**
 Setswana **sekgono**
 Sepedi **setšu**
 Sesotho **setswe**
 Tshiven□□a **luku□□avhavha**
 Xitsonga **xikokola**

Comments: _____

embryo

An unborn baby in the first eight weeks of its development in the womb.

Afrikaans **embrio**
 IsiZulu **umbungu**

IsiXhosa **isihluma esizalweni**
SiSwati **umbungu**
IsiNdebele **ihlwili, i-embriyo**
Setswana **pelwana**
Sepedi **embrio**
Sesotho **embriyo** Definition: *Lesea le*
 song ho behlwe dibekeng tse
 robedi tsa pele tsa kgolo ya
 lona ka popelong.

Tshiven **tshitumbuki**
Xitsonga **xitumbulukwa**

Comments: _____

emergency

The need for urgent medical treatment.

Afrikaans **noodgeval**
IsiZulu **okuphuthumayo**
IsiXhosa **ithuba lokuxakeka**
SiSwati **lokuphutfumako**
IsiNdebele **ngokurhabako**
Setswana **tshoganyetso**
Sepedi **tšhoganyetšo**
Sesotho **tshohanyetso**
Tshiven **tshiimo tshi to** **aho u**
 avhanya, tshiimo tsha
 shishi

Xitsonga **vutshunguri bya xihatla**

Comments: _____

enamel

The very hard outer covering of the crown of a tooth.

Afrikaans **emalje**
IsiZulu **i-enameli**
IsiXhosa **umphandle wamazinyo**
SiSwati **lucwecwe**
IsiNdebele **i-enameli**
Setswana **enamele**
Sepedi **enamele**
Sesotho **enamele**
Tshiven **inamele**
Xitsonga **enamele** <*xifunengeto xa le*
 handle xa meno>

Comments: _____

energy

The quality of being full of life and able to do a lot of work.

Afrikaans **energie**
IsiZulu **amandla**
IsiXhosa **amandla**
SiSwati **amandla, umdlandla**
IsiNdebele **amandla**
Setswana **maatla**
Sepedi **mafolofolo**
Sesotho **mafolofolo**
Tshiven **ungo**
Xitsonga **matimba, ntamu**

Comments: _____

energy food

Food such as bread, mealie-meal porridge, margarine and sugar containing carbohydrates which provide energy.

Afrikaans **energiekos**
IsiZulu **isinikamandla**
IsiXhosa **ukutya okunika amandla**
SiSwati **kudla lokunika emandla**
IsiNdebele **ukudla okupha amandla**
Setswana **dijo tse di nayang maatla**
Sepedi **sejo sa go fa maatla**
Sesotho **dijo tse fanang ka mafolofolo**
Tshiven **zwi iwa zwine zwa fha**
 maan a, zwi iwa zwine
 zwa fha ungo

Xitsonga **swakudya leswi nyikaka**
 matimba

Comments: _____

enteric fever

Synonym **typhoid fever, typhoid**
A dangerous disease that attacks the bowel, causing fever, red spots over the body, diarrhoea and can lead to death; it is spread by dirty water or food.

Afrikaans **ingewandskoors, maagkoors,**
 tifoëdkoors
IsiZulu **ithayifodi**
IsiXhosa **icesina**
SiSwati **ithayifodi**
IsiNdebele **ithayifodi, ukutjhisa**
 komzimba okubangwa
 ziingogwana

Setswana	letshoroma la mala
Sepedi	tengkgolo
Sesotho	feberu ya mala
Tshivenꞌꞌa	thaifodi
Xitsonga	dari ra thayifodi

Comments: _____

epidemic

Infectious disease spreading very quickly among many people living in the same area.

Afrikaans	epidemie
IsiZulu	umbedukazwe, umqedazwe
IsiXhosa	indyikityha yesifo esosulelayo
SiSwati	sifomcedzane
IsiNdebele	i-epidemikhi, umbulala-sitjhaba
Setswana	lerororobo
Sepedi	leuba
Sesotho	sewa
Tshivenꞌꞌa	dwadze
Xitsonga	ntungu

Comments: _____

epidermis

The thin outer layer of the skin.

Afrikaans	epidermis
IsiZulu	ulwebu
IsiXhosa	inwebu
SiSwati	sikhumba sangetulu
IsiNdebele	i-epidemisi, idlhalo, isikhumba sangaphandle
Setswana	nnerefe
Sepedi	letlalo la ka godimo
Sesotho	letlalo le ka hodimo
Tshivenꞌꞌa	lukanda lwa nga nnꞌꞌa
Xitsonga	nhlonge

Comments: _____

epilepsy

A disorder of the brain which causes sudden attacks of uncontrolled, violent movements of the body and loss of consciousness.

Afrikaans	epilepsie, vallende siekte
IsiZulu	isithuthwane
IsiXhosa	isathuthwane
SiSwati	sitfutwane
IsiNdebele	isithunthwani
Setswana	seebana
Sepedi	dithunthwane
Sesotho	sethwathwa

Tshivenꞌꞌa	tshifakhole
Xitsonga	switshetshela

Comments: _____

epileptic seizure

A sudden condition with violent, uncontrollable movements of the body and loss of consciousness in a person who suffers from epilepsy.

Afrikaans	epileptiese aanval
IsiZulu	ukubanjwa isithuthwane
IsiXhosa	ukuxhuzula
SiSwati	kubanjwa sitfutwane
IsiNdebele	ukubanjwa sithunthwani
Setswana	go wa seebana
Sepedi	go hwa dituntwane
Sesotho	tlhaselo ya sethwathwa
Tshivenꞌꞌa	u farwa nga zwifakhole
Xitsonga	nhlaselo wa switshetshela

Comments: _____

estimated date of delivery

Synonym EDD Abbreviation

The date on which the doctor expects the baby to be born.

Afrikaans	verwagte bevallingsdatum
IsiZulu	isilinganiso sosuku lokubeletha
IsiXhosa	umhla ocingelwayo wokubeleka
SiSwati	lusuku lwekotalwa lolulinganisiwe
IsiNdebele	ilanga okulindelwe ngalo imbeleko
Setswana	letlha la tekanyetso ya tsalo ya ngwana
Sepedi	tšatši la pelego le akantšwego
Sesotho	letsatsi le akantsweng la ho pepa
Tshivenꞌꞌa	ꞌꞌuvha ꞌꞌo humbulelwaho ꞌꞌa u beba
Xitsonga	siku ro velekiwa leri pimanyetiweke

Comments: _____

estrogen⇒oestrogen

excrement⇒faeces

excrete

To pass out waste matter such as urine, sweat, or faeces from the body.

Afrikaans	uitskei
IsiZulu	ukukaka
IsiXhosa	khuphela ngaphandle, ukukhupha
SiSwati	kukhipha lokungadzingeki emtimbeni, kukhipha lokungakadzingeki emtimbeni
IsiNdebele	khupha okusilapheleko emzimbeni, ukuhlambuluka
Setswana	ntsha
Sepedi	ithoma
Sesotho	ho ithoma
TshivenꞀꞀa	u ꞀꞀithusa
Xitsonga	ku humesa thyaka

Comments: _____

exercise

Doing something in which the muscles are used, like running or walking, in order to keep healthy or get fit.

Example *Regular exercise improves the functioning of your heart, lungs and muscles.*

Afrikaans	oefening
IsiZulu	ukuvocavoca, ukunyakazisa umzimba
IsiXhosa	uthambo
SiSwati	kutivivinya
IsiNdebele	ukuzithabulula
Setswana	itshidilo
Sepedi	kotlollo
Sesotho	tihakiso, boikotlollo, boithapollo
TshivenꞀꞀa	nyonyoloso
Xitsonga	vutiolori

Comments: _____

exhale

To breathe out through the mouth or nose the air that is in the lungs.

Afrikaans	uitasem
IsiZulu	ukuphefumula
IsiXhosa	phefumlela ngaphandle
SiSwati	kukhipha umoya, kuphefumula
IsiNdebele	khupha umoya
Setswana	hema
Sepedi	huetša
Sesotho	ho hema
TshivenꞀꞀa	u femela nnꞀꞀa
Xitsonga	hefumula

Comments: _____

exposure

The harmful effect on a person's body caused by being without shelter from the cold or heat.

Example *The lost child died of exposure in the veld.*

Afrikaans	blootstelling
IsiZulu	ukuhlubula ungabinayo indawo yofihla ikhanda uma kubanda noma lina
IsiXhosa	utyhileko
SiSwati	kuba sebaleni
IsiNdebele	ukutlhoga indawo, ukuba sebaleni
Setswana	tlhagelela
Sepedi	kutollo
Sesotho	ho hlahella maamong a lehodimo
	Definition: <i>Ke ho se sireletsehe maamong a lehodimo a jwalo ka motjheso kapa mohatsela.</i>
TshivenꞀꞀa	u bvisela khagala, thano
Xitsonga	ku pfumala vusirhelelo, ku pfumala xichavelo

Comments: _____

external

On or of the outside.

Afrikaans	ekstern
IsiZulu	okwangaphandle
IsiXhosa	ngaphandle
SiSwati	-ngaphandle
IsiNdebele	ngaphandle
Setswana	lentle
Sepedi	ya ka ntle
Sesotho	ya kante, e kante
TshivenꞀꞀa	vhunnꞀꞀa
Xitsonga	le handle

Comments: _____

extract

To remove a tooth from the mouth by pulling it out.

Afrikaans	uittrek, trek
IsiZulu	ukukhipha (izinyo)
IsiXhosa	ukukhupha izinyo
SiSwati	kukhipha litinyo
IsiNdebele	ukukhupha izinyo
Setswana	go ntsha (leino)
Sepedi	kgola
Sesotho	ho ntsha leino
Tshiven□□a	u kula
Xitsonga	ku gula, ku susa tino

Comments: _____

eye

One of the two organs on the face of a person used for seeing.

Afrikaans	oog
IsiZulu	ihlo, iso
IsiXhosa	iliso
SiSwati	liso
IsiNdebele	ilihlo
Setswana	leitlho
Sepedi	leihlo
Sesotho	leihlo
Tshiven□□a	i□□o
Xitsonga	tihlo

Comments: _____

eyeball

The whole round part of the eye.

Afrikaans	oogbal
IsiZulu	ibhola lehlo
IsiXhosa	ingqakumba yeliso, ukhozo
	lweliso
SiSwati	inhlavu yeliso
IsiNdebele	igaqana lelihlo
Setswana	kgolokweithlo
Sepedi	thaka ya leihlo
Sesotho	thaka e tshweu ya leihlo
Tshiven□□a	khungulu ya i□□o
Xitsonga	ndololo

Comments: _____

eyebrow

The line of hairs just above the eye.

Afrikaans	wenkrou
IsiZulu	amashiya

IsiXhosa	ishiya
SiSwati	lishiya
IsiNdebele	amatjhiya
Setswana	loši
Sepedi	dintšhikgolo
Sesotho	ntshi
Tshiven□□a	tsie
Xitsonga	rixiyi

Comments: _____

eye disease

An illness affecting the eyes.

Afrikaans	oogsiekte
IsiZulu	isifo samehlo
IsiXhosa	isifo samehlo
SiSwati	sifo semehlo
IsiNdebele	ubulwelwe bamehlo
Setswana	bolwetse ba matlho
Sepedi	bolwetši bja leihlo
Sesotho	lefu la mahlo
Tshiven□□a	vhulwadze ha i□□o
Xitsonga	vuvabyi bya mahlo

Comments: _____

eye-drops

A liquid containing medicine which is put into the eyes.

Afrikaans	oogdruppels
IsiZulu	amathonsehlo, umuthi
	othonsiselwa ehlweni
IsiXhosa	amathontsi eyeza lamehlo
SiSwati	umutsi wemehlo, emafonsi
	emehlo
IsiNdebele	isihlahla sokuthonsela
	ngelihlweni
Setswana	marothodi a matlho
Sepedi	marothi a mahlo
Sesotho	moriana wa mahlo o
	mokedikedi
Tshiven□□a	marotha a mushonga wa i□□o
Xitsonga	mathonsi ya mahlo

Comments: _____

eye examination

Inspection of a patient's eyes by a doctor.

Afrikaans	oogondersoek
IsiZulu	ukuhlolwa kwehlo
IsiXhosa	uxilongo lwamehlo
SiSwati	luhlolo lwemehlo

<i>IsiNdebele</i>	ukuhlolwa kweliho, ukuhlahlubwa kwelihlo
<i>Setswana</i>	tlhatlhubo ya matlho
<i>Sepedi</i>	tlahlobo ya mahlo
<i>Sesotho</i>	tlhahlobo ya mahlo
<i>Tshiven</i> □□a	u □□olwa ha i□□o
<i>Xitsonga</i>	nkambelo wa tihlo

Comments: _____

eye inflammation

Synonym red eye
Infection of any part of the eye.

<i>Afrikaans</i>	oogontsteking
<i>IsiZulu</i>	ihlo elibomvu, ukuthinteka kwehlo
<i>IsiXhosa</i>	ukukrala kwamehlo
<i>SiSwati</i>	liso lelibovu, kuvuvuka kweliso
<i>IsiNdebele</i>	ukuvuvuka kwamehlo
<i>Setswana</i>	kgotelo ya matlho
<i>Sepedi</i>	keko ya leihlo
<i>Sesotho</i>	lephekge, thuruho ya mahlo
<i>Tshiven</i> □□a	u dzhenwa nga vhlwadze ha i□□o
<i>Xitsonga</i>	ndzhumbelo wa tihlo

Comments: _____

eyelash

A row of hairs on the edge of the eyelid.

<i>Afrikaans</i>	wimper, ooghare
<i>IsiZulu</i>	ishiya
<i>IsiXhosa</i>	umsebe
<i>SiSwati</i>	inkhophe
<i>IsiNdebele</i>	iinkophe
<i>Setswana</i>	ntshi
<i>Sepedi</i>	ntšhi
<i>Sesotho</i>	ntshi
<i>Tshiven</i> □□a	tsie
<i>Xitsonga</i>	nxiyi

Comments: _____

eyelid

Either of the two flaps of skin covering the eyes when they are closed.

<i>Afrikaans</i>	ooglid
<i>IsiZulu</i>	ukhophe
<i>IsiXhosa</i>	ukhophe
<i>SiSwati</i>	lijwabu leliso
<i>IsiNdebele</i>	isisibekelo selihlo, ijwabu lelihlo

<i>Setswana</i>	losi
<i>Sepedi</i>	phuphu
<i>Sesotho</i>	pupu, kobo ya mahlo, dintshi
<i>Tshiven</i> □□a	mutibo wa i□□o
<i>Xitsonga</i>	rikohe

Comments: _____

eyelid infection

Inflammation of the eyelid.

<i>Afrikaans</i>	ooglidontsteking
<i>IsiZulu</i>	ukuthinteka konkophe
<i>IsiXhosa</i>	usulelo lokhophe
<i>SiSwati</i>	kuvuvukala kwelijwabu leliso
<i>IsiNdebele</i>	ukuvuvuka kwesisibekelo selihlo, ukuvuvuka kwejabu lelihlo
<i>Setswana</i>	tshwaetso ya dintshi
<i>Sepedi</i>	keko ya phuphu
<i>Sesotho</i>	tshwaetso ya dintshi
<i>Tshiven</i> □□a	vhlwadze ha mutibo wa i□□o
<i>Xitsonga</i>	ndzhumbelo wa rikohe

Comments: _____

eyesight

Synonym vision

The ability to see.

<i>Afrikaans</i>	gesigsvermoë, gesig, visie
<i>IsiZulu</i>	ukubona, ukubaneso
<i>IsiXhosa</i>	ukubona
<i>SiSwati</i>	kubona
<i>IsiNdebele</i>	ukubona
<i>Setswana</i>	pono
<i>Sepedi</i>	pono, go bona
<i>Sesotho</i>	pono, tjebo
<i>Tshiven</i> □□a	u vhona, bono, u kona u vhona
<i>Xitsonga</i>	ku vona

Comments: _____

eye socket

Synonym orbit

The bony hollow in the head which contains the eye.

<i>Afrikaans</i>	oogkas, oogholte
<i>IsiZulu</i>	ingoxo yehlo
<i>IsiXhosa</i>	igolonxa lamehlo
<i>SiSwati</i>	ingobho yeliso
<i>IsiNdebele</i>	iingobhe zamehlo
<i>Setswana</i>	mosima wa leitlho mo legateng

<i>Sepedi</i>	nkgotlotswane
<i>Sesotho</i>	lesoba la mahlo lehateng
<i>Tshiven</i> □□a	mulindi wa i□□o
<i>Xitsonga</i>	bako ra ndololo

Comments: _____

eye specialist

Synonym **ophthalmologist**
Doctor specially trained to treat diseases of the eye and to operate on eyes.

<i>Afrikaans</i>	oogspesialis, oftalmoloog
<i>IsiZulu</i>	udokotela wamehlo
<i>IsiXhosa</i>	ugqirha wamehlo
<i>SiSwati</i>	cwepheshe wemehlo
<i>IsiNdebele</i>	udorhodera wamehlo
<i>Setswana</i>	ngaka ya matlho
<i>Sepedi</i>	matwetwe wa mahlo
<i>Sesotho</i>	ngaka ya mahlo
<i>Tshiven</i> □□a	dokotela wa ma□□o
<i>Xitsonga</i>	dokodela wa mahlo

Comments: _____

eyestrain

Painful and tired condition of the eyes, caused eg by reading in dim light.

<i>Afrikaans</i>	oogspanning
<i>IsiZulu</i>	ukukhathala kwamehlo
<i>IsiXhosa</i>	ukudinwa kwamehlo
<i>SiSwati</i>	kukhatsala kwemehlo
<i>IsiNdebele</i>	kudinwa kwamehlo
<i>Setswana</i>	go lapa matlho
<i>Sepedi</i>	tapišo ya leihlo
<i>Sesotho</i>	ho kgathala ha mahlo
<i>Tshiven</i> □□a	vhuombesi ha i□□o
<i>Xitsonga</i>	nkarhalo wa tihlo

Comments: _____

eye surgery

An operation done on the eye.

<i>Afrikaans</i>	oogchirurgie
<i>IsiZulu</i>	ukuhlinzwa kwehlo
<i>IsiXhosa</i>	uqhaqho lwamehlo
<i>SiSwati</i>	kuhlindvwa kweliso
<i>IsiNdebele</i>	ukuhlinzwa kwamehlo
<i>Setswana</i>	karo ya leitlho
<i>Sepedi</i>	bobui bja leihlo
<i>Sesotho</i>	oporeishene e etswang mahlong
<i>Tshiven</i> □□a	muaro wa i□□o, vhuari ha i□□o

<i>Xitsonga</i>	vuhandzuri bya tihlo
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Comments: _____

eye test

Test to find out whether a person can see well.

<i>Afrikaans</i>	oogtoets
<i>IsiZulu</i>	ukuhlolwa kwehlo
<i>IsiXhosa</i>	uxilongo lwamehlo
<i>SiSwati</i>	luhlolo lwemehlo
<i>IsiNdebele</i>	ukuhlolwa kwamehlo
<i>Setswana</i>	teko ya matlho
<i>Sepedi</i>	teko ya mahlo
<i>Sesotho</i>	teko ya mahlo
<i>Tshiven</i> □□a	u □□olwa ha i□□o
<i>Xitsonga</i>	nkambelo wa tihlo

Comments: _____

eyetooth

Either of the two pointed teeth (canine teeth) in the upper jaw.

<i>Afrikaans</i>	oogtand
<i>IsiZulu</i>	noma iliphi lamazinyo amabili amisise okwawesilwane
<i>IsiXhosa</i>	ibamba
<i>SiSwati</i>	litinyolenja
<i>IsiNdebele</i>	izinyo lenja
<i>Setswana</i>	lebolai
<i>Sepedi</i>	polai
<i>Sesotho</i>	leino la ntja
<i>Tshiven</i> □□a	dungambwa
<i>Xitsonga</i>	tino-ximbyana

Comments: _____

F

face

The front part of the head from the chin to hair where the eyes, mouth and nose are.

<i>Afrikaans</i>	gesig
<i>IsiZulu</i>	ubuso
<i>IsiXhosa</i>	ubuso
<i>SiSwati</i>	buso
<i>IsiNdebele</i>	ubuso
<i>Setswana</i>	sefathego
<i>Sepedi</i>	sefahlogo
<i>Sesotho</i>	sefahleho
<i>Tshiven</i> □□a	tshifha□□uwo

Xitsonga **mombo, xikandza**

Comments: _____

faeces

Synonym **excrement, stool**
The solid waste matter that is passed out of a person's body through the bowels.

Afrikaans **ontlasting, stoelgang**
 IsiZulu **amakaka, amasimba, i-fisisi**
 IsiXhosa **ilindle**
 SiSwati **emangcoliso, emasimba**
 IsiNdebele **okungasathogeki emzimbeni, amasimba, udede**
 Setswana **mantle**
 Sepedi **mantle**
 Sesotho **mantle, masepa** *Offensive*
 TshivenꞀꞀa **malaꞀꞀwa, matshimba**
 Xitsonga **thyaka** *Euphemism, vulongo*

Comments: _____

faint n.

A loss of consciousness for a short time because of eg hunger or pain.

Afrikaans **floute**
 IsiZulu **ukuquleka**
 IsiXhosa **ukufa isiqaqqa**
 SiSwati **kuculeka**
 IsiNdebele **ukutsirimezeka, ukuyatha**
 Setswana **go idibala**
 Sepedi **idibala v., kidibalo n.**
 Sesotho **ho akgeha**
 Sesotho **ho idibana**
 TshivenꞀꞀa **mudzidzivhalo**
 Xitsonga **letemuka**

Comments: _____

faint v.

To lose consciousness for a short time because of eg hunger or pain.

Afrikaans **flou word, flou val**
 IsiZulu **quleka**
 IsiXhosa **yifa isiqaqqa**
 SiSwati **kuculeka**
 IsiNdebele **tsirimezeka, yatha**
 Sepedi **idibala**
 Sesotho **ho akgeha, ho idibana**
 TshivenꞀꞀa **u dzidzivhala**
 Xitsonga **ku titivala**

Comments: _____

false labour

Synonym **Braxton Hicks contraction**
Tightening of the womb which makes it seem as if the baby is about to be born.

Afrikaans **skynkraam, Braxton Hicks-sametrekking**
 IsiZulu **ukusikwa**
 IsiXhosa **ukulunywa okungasikuko okwenyani**
 SiSwati **kufinyela kwesisu**
 IsiNdebele **ukurhunyela kwe-Braxton Hicks**

Setswana **khunyelo ya sekapelego**
 Sepedi **khunyelo ya Braxton Hicks**
 Sesotho **kgonyelo ya sekapeleho**
Definition: Ho honyela ha popelo jwalo kaha e ka ke nako ya ho pepa.

Sesotho **kgonyelo ya popelo ya Braxton Hicks**
 TshivenꞀꞀa **zwiꞀꞀhavhi zwa mbebo zwa Braxton Hicks**
 Xitsonga **nkhwonyano wa Braxton Hicks**

Comments: _____

false pregnancy

Condition when a woman believes she is pregnant when she is not and even shows signs of pregnancy.

Afrikaans **skynswangerskap**
 IsiZulu **ukuba nezimpawu zokukhulelwa kodwa kube kungenjalo**
 IsiXhosa **ukukhulelwa ongasikuko okwenyani**
 SiSwati **kumitsa-mbumbulu**
 IsiNdebele **ukuba sidisi-mbumbulu**
 Setswana **kimo e e seng ya nnete**
 Sepedi **kemero ya maitirelo**
 Sesotho **sekakemaro**
 TshivenꞀꞀa **vhuimana ha khole-khole**
 Xitsonga **ku tika ka hava**

Comments: _____

false teeth⇒*dentures*

family planning

The control of the number of children in a family by preventing unwanted pregnancies, eg by means of contraceptives or sterilisation.

Afrikaans	gesinsbeplanning
IsiZulu	ukuhlela umndeni, ukuhlelwa komndeni
IsiXhosa	ucwangciso-ntsapho
SiSwati	kuhlela umndeni, luhlelomndeni
IsiNdebele	ukuhlela umndeni
Setswana	thulaganyo ya lelapa
Sepedi	peakanyo ya lapa
Sesotho	thero ya malapa
Tshivenḽḽa	vhutemuḽḽa, nzudzanyamuta
Xitsonga	nkunguhato wa mindyangu

Comments: _____

family-planning clinic

A place where people can get advice on birth control and contraceptives.

Afrikaans	gesinsbeplanningskliniek
IsiZulu	umtholampilo wokuhlela umndeni
IsiXhosa	isibhedlela sasemini
SiSwati	socwangciso ntsapho umtfolamphilo
IsiNdebele	weluhlelomndeni
IsiNdebele	ikliniki yokuhlelwa kwemindeni
Setswana	tleliniki ya thulaganyo ya lelapa
Sepedi	kliniki ya peakanyo ya lapa
Sesotho	thero ya malapa
Tshivenḽḽa	kilini ya nzudzanyo ya muḽḽa
Xitsonga	kliniki ya nkunguhato wa mindyangu, tiliniki ya nkunguhato wa mindyangu

Comments: _____

fat n.

Substance in food such as meat.

Afrikaans	vet
IsiZulu	amafutha
IsiXhosa	amafutha
SiSwati	emafutsa
IsiNdebele	amafutha
Setswana	mafura
Sepedi	nonne
Sesotho	mafura
Tshivenḽḽa	mapfura

Xitsonga mafurha

Comments: _____

fat adj.

Synonym overweight

Being too large.

Afrikaans	vet, oorgewig
IsiZulu	-nonile, -khuluphele
IsiXhosa	tyebile
SiSwati	-khuluphele, -nonile
IsiNdebele	nonile
Setswana	nona, bokima
Sepedi	nonne
Sesotho	e nonneng, a nonneng
Tshivenḽḽa	u nona
Xitsonga	ku nyuhela

Comments: _____

fatal combination

Such as taking of eg alcohol together with some kinds of pills or medicine which can lead to death.

Afrikaans	dodelike kombinasie
IsiZulu	inhlanganisela yophuzo olunamandla kanye neminye imikhuba engabangela ukufa
IsiXhosa	ukudibana kwezinto ezibulalayo
SiSwati	inhlanganisela leyingoti
IsiNdebele	umukgwa wokudakisa imizwa
Setswana	tlhakatlhakano e e bakang loso
Sepedi	motswako wo bolayago
Sesotho	motswako o kotsi wa ho nwa
Tshivenḽḽa	phaḽḽhekanyo kana ḽḽhanganyo i isaho lufuni
Xitsonga	nkatso lowu vangaka rifu

Comments: _____

fat content

The amount of fat in food.

Afrikaans	vetinhoud
IsiXhosa	umlinganiselo wamafutha
SiSwati	silinganiselo semafutsa
IsiNdebele	ubungako bamafutha
Setswana	tekanyetso ya mafura (mo mading)
Sepedi	boteng bja makhura
Sesotho	tekanyetso ya mafura mading

Tshiven□□a **vhunzhi ha mapfura**

zwi□□iwani

Xitsonga

ntalo-mafurha

Comments: _____

father

A man who is a parent.

Afrikaans **vader, pa**

IsiZulu **ubaba**

IsiXhosa **utata**

SiSwati **babe**

IsiNdebele **ubaba**

Setswana **ntate, rre**

Sepedi **rre**

Sesotho **ntate**

Tshiven□□a **khotsi**

Xitsonga **tatana**

Comments: _____

fatigue

Great tiredness resulting from eg hard work or exercise.

Afrikaans **uitputting**
IsiZulu **ukukhathala komqondo noma komzimba emvakomsebenzi**

IsiXhosa **udino**

SiSwati **kudzinwa, kukhatsala**

IsiNdebele **dinwa**

Setswana **letsapa**

Sepedi **tapo**

Sesotho **mokgathala**

Tshiven□□a **maneto**

Xitsonga **nkarhalo, makarhalo**

Comments: _____

fatty food

Food containing fat, such as meat.

Afrikaans **vetterige voedsel**

IsiZulu **ukudla okunonile**

IsiXhosa **ukutya okunamafutha**

SiSwati **kudla lokunemafutsa**

IsiNdebele **ukudla okunamafutha**

Setswana **dijo tse di mafura**

Sepedi **dijo tša go nona**

Sesotho **dijo tse mafura**

Tshiven□□a **zwi□□iwa zwi re na mapfura**

Xitsonga **swakudya swo tala mafurha**

Comments: _____

featherlight breathing

Taking short, rapid and shallow breaths; a breathing technique taught to pregnant women to help them during childbirth.

Afrikaans **veerligte asemhaling**

IsiZulu **ukuphefumulela phansi**

IsiXhosa **ukuphefumla ngeendidi**

SiSwati **indlela yekuphefumulela**

phasi

IsiNdebele **kuphefumula bulula**

okugamugamulako kwalabo

abazokubeletha

Setswana **go hemelwa**

Sepedi **khemo ye bofelo**

Sesotho **ho phefumoloha ho bobebe**

haholo

Tshiven□□a **u fema tshikhau**

Xitsonga **ku hefumulela hansi**

Comments: _____

feet *Plural See foot*

IsiZulu **izinyawo**

IsiXhosa **iinyawo**

SiSwati **tinyawo**

IsiNdebele **iinyawo**

Setswana **maoto**

Sepedi **maoto**

Sesotho **maoto**

Tshiven□□a **milenzhe**

Xitsonga **milenge**

Comments: _____

fertile period

Time each month during which a woman is able or likely to become pregnant.

Afrikaans **vrugbare periode**

IsiZulu **isikhathi lapho owesifazane engabamba khona noma inini**

uma elala nowesilisa

IsiXhosa **ixesha lokuvuthwa**

SiSwati **sikhatsi sekuvundza**

IsiNdebele **isikhathi sokungaba sidisi**

Setswana **nako ya go ima**

Sepedi **sebaka se nonnego**

Sesotho **nako eo mosadi a loketseng**

ho ka emara ka yona

Tshiven□□a **tshifhinga tsha mbebo**

Xitsonga **nkarhi wo mitha**

Comments: _____

fertility

The ability to have a baby.

Afrikaans	vrugbaarheid
IsiZulu	ukuba sesimeni sokukwazi ukwenza ingane
IsiXhosa	ukuchuma
SiSwati	kuvundza
IsiNdebele	ngakgona ukubeletha
Setswana	go ka ima
Sepedi	monono
Sesotho	ho ba le tswala, bokgoni ba ho ka tswala
Tshiveni	muhibvelo
Xitsonga	ku mitha

Comments: _____

fester v.

A small sore containing pus.

Afrikaans	sweer
IsiZulu	isilonda esinobomvu
IsiXhosa	chiza
SiSwati	silondza lesivutako
IsiNdebele	yiba nobovu
Setswana	seso <se se tutetseng>
Sepedi	kupela, tutela
Sesotho	seso
Tshiveni	tshilonda tshi re na vhulwa
Xitsonga	phokola, xilondza, ku tluleriwa hi mavabyi

Comments: _____

fester v.

Becoming infected.

Afrikaans	sweer
IsiXhosa	ukosuleleka
SiSwati	kuvuta, kubhibha
IsiNdebele	bhibhidlha
Setswana	go nna le ditwatsi
Sepedi	go hlaselwa ke ditwatsi
Sesotho	ho hlelha
Tshiveni	u pfukhelwa nga malwadze
Xitsonga	ku tluleriwa hi mavabyi

Comments: _____

fetal alcohol syndrome

Synonym foetal alcohol syndrome
Condition with which a baby of a mother who has taken too much alcohol during pregnancy can be born.

Example Various defects in babies can be a sign of fetal alcohol syndrome.

Afrikaans	fetale alkoholsindroom
IsiZulu	izimpawu zokukhutshazwa uphuzo oludakayo usesesiswini sikamama wakho
IsiXhosa	iimpawu azalwa enazo umntwana omama wakhe ebesela isiselo esinxilisayo inhlanganisela yetimpawu tesifo setjwala embungwini itshwayo lobulwelwe emntwaneni ongakabelethwa
IsiNdebele	sindromo ya fetase ya alekhoholo
Setswana	sindromo ya senamane ya tagi
Sepedi	tshwaetso ya lesea ke tahi
Sesotho	tshwaetso ya lesea ke tahi
	<i>Definition: E ba teng leseng le ka mpeng, mme e bakwa ke ho nwa ha mme haholo ka nako ya ho ima.</i>
Tshiveni	tsumbadwadze mbili dzine dza wanala kha mugwadeni vuvabyi lebyi vangiwaka hi muyimani loyi a nwaka
Xitsonga	

Comments: _____

fetus

Synonym foetus
The name given to the unborn baby in the womb of a pregnant woman after the first 8 weeks of pregnancy.

Afrikaans	fetus
IsiZulu	igama elinikwa ingane engakazalwa esesibeletsweni sikamama
IsiZulu	umbungu, umutwana
IsiXhosa	osakhula esiswini sikanina engekazalwa, into engekazalwa
SiSwati	umbungu
IsiNdebele	ihlwili
Setswana	fetase
Sepedi	senamana
Sesotho	lehlwele, lesu, mpa e holang
Tshiveni	mugwadeni
Xitsonga	n'wana loyi a nga si velekiwaka

Comments: _____

fibre

Synonym **roughage**
Coarse matter contained in food that makes digestion easier and helps the bowels to work properly.

Example *Cereals provide essential fibre to prevent constipation.*

Afrikaans	vesel, growwigheid
IsiZulu	okumahadlahadla, ukudla okungagayekile kahle
IsiXhosa	uburhabaxa
SiSwati	umgakato
IsiNdebele	isipupureki, irhwamurhamu
Setswana	bogwata
Sepedi	digwaši
Sesotho	ditlheberetsi
Tshivenꞌꞌꞌa	masephenene, u hwaswa
Xitsonga	kapa, xikampfi, xikampfu

Comments: _____

fibrositis

Inflammation of muscles, especially back muscles, causing pain and stiffness.

Afrikaans	fibrositis
IsiZulu	ifabrosithisi
IsiXhosa	ukudumba kweziqukuba
SiSwati	kuvuvukala kwemisipha, ifabrosithisi
IsiNdebele	ifibrositisi
Setswana	kgotelo ya mesifa
Sepedi	keko ya mešifa
Sesotho	thuruho ya mesifa
Tshivenꞌꞌꞌa	vhulwadze ha misipha, faibrosithisi
Xitsonga	ndzhumbelo wa tinyama

Comments: _____

fibrous food

Synonym **coarse food**
Food containing fibre, such as wholewheat bread or fruit.

Afrikaans	veselryke voedsel, growwe voedsel
IsiZulu	ukudla okuhayekile, ukudla okumahadlahadla
IsiXhosa	ukutya okurhabaxa, ukutya okunentsinga
SiSwati	kudla lokumahadla

IsiNdebele	ukudla okumarhadlarhadla
Setswana	dijo tse di bogwata
Sepedi	dijo tše makgwakgwa, dijo tše tletšego dithlale
Sesotho	dijo tsa ditlheberetsi
Tshivenꞌꞌꞌa	zwiꞌꞌꞌiwa zwa u hwaswa, zwiꞌꞌꞌiwa zwi re na mupfumu swakudya swa xikampfi
Xitsonga	

Comments: _____

fill a tooth

To put material into a hole in a tooth to preserve it.

Afrikaans	'n tand stop
IsiZulu	ukugcwalisa izinyo
IsiXhosa	ukutywina izinyo
SiSwati	kugcwalisa litinyo
IsiNdebele	ukuzalisa izinyo
Setswana	go thiba leino
Sepedi	go tlatša leino
Sesotho	ho thiba lesoba leinong
Tshivenꞌꞌꞌa	u ꞌꞌꞌadza bako ꞌꞌꞌi re kha iꞌꞌꞌo
Xitsonga	ku nghenisa nchumu embhoveni wa tino

Comments: _____

filling

Material used by a dentist to fill a hole in a tooth.

Afrikaans	vulsel
IsiZulu	okokugcwalisa izimbobo emazinyweni
IsiXhosa	intlama
SiSwati	sigcwalisi
IsiNdebele	ipetjhi yokuzalisa izinyo
Setswana	setlatsi
Sepedi	motlatšo
Sesotho	sethibamasoba sa meno
	<i>Definition: Ke sesebediswa se sebediswang ho thiba masoba menong</i>
Tshivenꞌꞌꞌa	fiꞌꞌꞌini
Xitsonga	nchumu lowu nghenisiwaka eximbhovanini xa tino

Comments: _____

finger

One of the five movable parts at the end of each hand.

Afrikaans	vinger
IsiZulu	umunwe
IsiXhosa	umnwe
SiSwati	umunwe, umuno
IsiNdebele	umuno
Setswana	monwana
Sepedi	monwana
Sesotho	monwana
Tshivenꞌꞌa	munwe
Xitsonga	rintiho

Comments: _____

first aid

Simple medical treatment given to a person hurt in an accident or suddenly taken ill before the arrival of a doctor.

Afrikaans	noodhulp, eerstehulp
IsiZulu	uziso lokuqala
IsiXhosa	uncedo lokuqala
SiSwati	lusito lwekucala
IsiNdebele	irhelebho lokuthoma, irhelebho lokuleya
Setswana	thuso ya potlako
Sepedi	thušo ya pele
Sesotho	thuso ya pele
Tshivenꞌꞌa	thusoꞌꞌhanzi
Xitsonga	xilamulela- mhangu

Comments: _____

first trimester

The first three months of pregnancy.

Afrikaans	eerste drie maande, eerste trimester
IsiZulu	izinyanga ezintathu zokuqala zokukhulelwa
IsiXhosa	inyanga ezintathu zokuqala zokukhulelwa
SiSwati	tinyanga letintsafu tekucala
IsiNdebele	iinyanga ezintathu zokuthoma kosidisi
Setswana	kgweditharo ya ntlha
Sepedi	kgweditharo ya pele
Sesotho	kgweditharo ya pele ya kemaro
Tshivenꞌꞌa	miꞌꞌwedzi miraru ya u thoma
Xitsonga	tin'hweti tinharhu to sungula to biha emirini

Comments: _____

fist

A hand when tightly closed, as in boxing.

Afrikaans	vuis
IsiZulu	inqindi
IsiXhosa	inqindi
SiSwati	sibhakela
IsiNdebele	iguduva, ifeyisi, inqindi
Setswana	lebole
Sepedi	letswele
Sesotho	setebele
Tshivenꞌꞌa	vili
Xitsonga	xibakele

Comments: _____

fit⇒convulsions

fit adj.

In a good health.

Afrikaans	fiks
IsiZulu	ukubafithi, ukuphila kahle ngokomzimba
IsiXhosa	ukuba sempilweni entle
SiSwati	-semphilweni lekahle
IsiNdebele	yatha, wiswa bulwelwe
Setswana	itekanetse
Sepedi	itekanela
Sesotho	e phelang hantle
Tshivenꞌꞌa	u vha na mutakalo
Xitsonga	hanyile

Comments: _____

fit adj.

Being able to exercise without tiring easily.

Afrikaans	fiks
IsiXhosa	ngadinwa
SiSwati	-semphilweni lekahle
IsiNdebele	ngadinwa, philileko
Setswana	itekanetse
Sepedi	itekanela
Sesotho	e kwenneng
Tshivenꞌꞌa	u khwaꞌꞌhelela
Xitsonga	tiyile

Comments: _____

fitness

Being in good health and not tiring easily.

Afrikaans	fiksheid
IsiZulu	ukuzigcina uphilile ngenkathi ukhulelwe ngokuvocavoca umzimba
IsiXhosa	ukuphila qete <ukhulelwe>
SiSwati	kuphila saka
IsiNdebele	ukuba sebujameni obuhle emzimbeni
Setswana	boitekanelo
Sepedi	go phela gabotse
Sesotho	ho kwena
TshivenꞀꞀa	u khwaꞀꞀhelela, u linganela, nga tshifhinga tsha vhuimana ku va munhu a hanye kahle
Xitsonga	

Comments: _____

fit of coughing

Sudden start of uncontrollable coughing.

Afrikaans	hoesbui
IsiZulu	ukukhwehlela ukuyizikhawu okunganqamuki
IsiXhosa	ukutsarhwa
SiSwati	kukhwehlelela safutsi
IsiNdebele	ukukhohlela khulu
Setswana	tlhaselo ya kgotlholo
Sepedi	go gohlola lebaka le le telele
Sesotho	tlhaselo ya ho kgohlela
TshivenꞀꞀa	tshihoꞀꞀola tshi sa imi ku khohlola
Xitsonga	

Comments: _____

flat-foot

Foot without a normal raised arch so that the sole lies flat on the ground.

Afrikaans	platvoet
IsiZulu	unyawo oluqondile
IsiXhosa	utywashumba
SiSwati	lunyawo lolucondzile
IsiNdebele	ukuba nenyawo elipataleleko
Setswana	leoto le le sephara
Sepedi	leoto la phaphathi
Sesotho	leoto le sephara
TshivenꞀꞀa	lwayobwaꞀꞀame
Xitsonga	nkondzo-xiphara

Comments: _____

flea

Very small jumping insect that has no wings and feeds on the blood of people and animals.

Afrikaans	vlooi
IsiZulu	umkhaza
IsiXhosa	intakumba
SiSwati	lizeze
IsiNdebele	itsetse
Setswana	letsetse
Sepedi	letsetse
Sesotho	letsetse
TshivenꞀꞀa	thatha
Xitsonga	dzedze

Comments: _____

flesh

*Synonym muscular tissue
The soft part of the body between the bones and the skin.*

Afrikaans	vlees, spierweefsel
IsiZulu	inyama ethambile emzimbeni
IsiXhosa	inyama
SiSwati	inyama
IsiNdebele	inyama
Setswana	nama
Sepedi	nama
Sesotho	nama
TshivenꞀꞀa	ꞀꞀama ya musipha
Xitsonga	nyama

Comments: _____

floss⇒dental floss**floss v.**

To clean the gaps between the teeth using dental floss.

Afrikaans	vlos
IsiZulu	ukuhlamba izikhala eziphakathi kwamazinyo
IsiXhosa	coca amazinyo ngentanjana
SiSwati	kuhlukuhla ematinyo
IsiNdebele	vungula
Setswana	go phepafatsa meno
Sepedi	mokhohlane
Sesotho	ho hlwekisa pakeng tsa meno

TshivenꞀꞀa u kunakisa mavhakha a re
vhukati ha maꞀꞀo
Xitsonga ku hlantswa meno hi harani

Comments: _____

flu

Synonym influenza
An illness which is similar to a bad cold but more serious; it makes a person feel weak and causes the muscles to ache.

Afrikaans griep, influenza
IsiZulu umkhuhlane, influwenza
IsiXhosa umkhuhlane
SiSwati imfluwenza, sibhadalala
IsiNdebele umkhuhlani, imfluwenza
Setswana mofikela
Sepedi mokhohlane
Sesotho mofikela, sefuba se matla, sefolane
TshivenꞀꞀa duda, mufhiso, fuluu
Xitsonga chachalaza

Comments: _____

fluid n.

Synonym liquid
A substance such as water which flows and can be poured.

Afrikaans vloeistof
IsiZulu uketshezi
IsiXhosa ulwelo
SiSwati loluliketjezi, lokusamanti
IsiNdebele samanzana, iketjezi, itlelezi
Setswana seêla
Sepedi seela
Sesotho mokedikedi, sephalli
TshivenꞀꞀa tshiluꞀꞀi
Xitsonga xihalaki

Comments: _____

fluid adj.

Which can flow.

Afrikaans vloeibaar
IsiZulu saluketshezi
IsiXhosa emanzi
SiSwati -samanti, -saliketjezi
IsiNdebele mamanzi
Setswana -elelang
Sepedi seela
Sesotho e mokedikedi, e phallang
TshivenꞀꞀa tshi elelaho

Xitsonga lexi halakaka

Comments: _____

fluoride

A chemical added to toothpaste or drinking water that is good for the teeth.

Afrikaans fluoried
IsiZulu ifulorayidi
IsiXhosa umchiza wefloradi
SiSwati iflorayidi
IsiNdebele iflorayidi
Setswana foloraede
Sepedi floraete
Sesotho foloraede
TshivenꞀꞀa fuloraidi
Xitsonga fulorayidi

Comments: _____

foetal alcohol syndrome ⇒ fetal alcohol syndrome**foetus** ⇒ fetus**follicle**

Any small sac or hollow place in the body, eg the hair follicle.

Afrikaans follikel
IsiZulu ifolekli
IsiXhosa umthunja
SiSwati imbotjana esikhunjeni
IsiNdebele umgodlana
Setswana mosimana
Sepedi mokotlana
Sesotho lesojana mmeleng, mokotlana mmeleng
TshivenꞀꞀa folikili
Xitsonga ximbhovana lexitsongo

Comments: _____

fontanelle

Soft place on the head of a baby.

Afrikaans fontanel
IsiZulu ifontaneli
IsiXhosa ufokotho
SiSwati sikhala
IsiNdebele ifontaneli
Setswana phogwana
Sepedi phogo
Sesotho phuana

Tshivenda **thovuma, ngoma**
Xitsonga **thavathava**

Comments: _____

food handler

A person who prepares, cooks and serves food.

Afrikaans **voedselhanteerder**
IsiZulu **umuntu olungisa apheke anikeze ukudla**

IsiXhosa **umphathi kutya**
SiSwati **umuntfu losebenta ngekudla**
IsiNdebele **ukuka**
Setswana **moapei**
Sepedi **moapei**
Sesotho **moapei, motshwaradijo, sephei**

Tshivenda **mubiki**
Xitsonga **musweki**

Comments: _____

food poisoning

Painful illness of the stomach caused by food that has gone bad.

Afrikaans **voedselvergiftiging**
IsiZulu **ukubakhona kobuthi ekudleni, ubuthi obusekudleni**

IsiXhosa **ukutyhefwa kokutya**
SiSwati **kudla lokunashevu ngandlelatsite**
IsiNdebele **ukudla okusilapheleko**
Setswana **kgotlhelego ya dijo**
Sepedi **bohlwele dijong**
Sesotho **tshwaetso dijong** Definition: *Ho kudiswa ke ho ja dijo tse senyehileng*

Tshivenda **mulimo zwiwani, u shela**
Xitsonga **mulimo zwiwani ku cheleriwa**

Comments: _____

foot <plural: feet>

The part of the leg below the ankle joint on which a person stands.

Afrikaans **voet**
IsiZulu **unyawo**
IsiXhosa **unyawo**
SiSwati **lunyawo**
IsiNdebele **inyawo**

Setswana **leoto**
Sepedi **leoto**
Sesotho **leoto**
Tshivenda **mulenzhe**
Xitsonga **nkondzo**

Comments: _____

foot care

Looking after one's feet.

Afrikaans **voetsorg**
IsiZulu **ukunakekela izinyawo**
IsiXhosa **ukukhathalelwa kwenyawo**
SiSwati **kunakekelwa kwetinyawo**
IsiNdebele **ukuthogonyelwa kweenyawo**
Setswana **tlhokomelo ya maoto**
Sepedi **hlokomelo ya maoto**
Sesotho **tlhokomelo ya maoto**
Tshivenda **hogomelo ya milenzhe**
Xitsonga **nhlayiso wa mikondzo**

Comments: _____

forceps

A medical instrument in the form of a pair of pincers or tongs, used by doctors for gripping things, eg to help deliver a baby.

Afrikaans **tang**
IsiZulu **amafosephusi**
IsiXhosa **isibambo**
SiSwati **ludlawu**
IsiNdebele **itanghi yabodorhodera**
Setswana **ditshipi tsa ngaka**
Sepedi **matlao**
Sesotho **tang ya bongaka**
Tshivenda **fosepisi**
Xitsonga **xitirho xa vuhandzuri**

Comments: _____

forearm

That part of the arm between the elbow and the wrist.

Afrikaans **voorarm**
IsiZulu **ingxenye yengalo ephakathi kwendololwane nesihlakala**

IsiXhosa **umzantsi wengalo**
SiSwati **umkhono**
IsiNdebele **umkhono**
Setswana **sefaka**
Sepedi **sefaka**
Sesotho **sephaka**
Tshivenda **tshifhanga**

Xitsonga nkono

Comments: _____

forehead

The part of the face between the hair and the eyes.

Afrikaans	voorkop
IsiZulu	isiphongo
IsiXhosa	ibunzi
SiSwati	libunti, samongo
IsiNdebele	isiphongo
Setswana	seriba
Sepedi	phatla
Sesotho	phatla
TshivenꞀꞀa	lufhanꞀꞀa
Xitsonga	mombo

Comments: _____

foreskin

The fold of skin that grows over the end of the male sex organ (penis).

Afrikaans	voorhuid
IsiZulu	ijwabu
IsiXhosa	ijwabi
SiSwati	lijwabu
IsiNdebele	ijwabu lomphambili, umsila womphambili
Setswana	letlalo
Sepedi	mošuka Definition: Lemeno la letlalo leo le golago ntlheng ya lepele la monna.
Sesotho	phino, moqaqanyana Taboo, letlalo le kwahetseng ntlha ya setho sa bonna
TshivenꞀꞀa	lukanda mafheleloni a tshitungulo
Xitsonga	jawvu

Comments: _____

formula⇒baby formula

fracture n.

Breakage of a bone.

Afrikaans	fraktuur, breuk
IsiZulu	ukwephuka
IsiXhosa	ukwaphuka
SiSwati	kwephuka
IsiNdebele	ukuphuka kwethambo
Setswana	go robega

Sepedi	thobego
Sesotho	ho robeha ha lesapo
TshivenꞀꞀa	u vunꞀꞀea
Xitsonga	ku tshoveka ka rhambu

Comments: _____

fracture v.

To break or crack a bone

Afrikaans	breek
IsiZulu	ukwephuka
IsiXhosa	ukwephula
SiSwati	kwephula
IsiNdebele	phula ithambo
Setswana	go robega lerapo
Sepedi	robega
Sesotho	ho robeha lesapo
TshivenꞀꞀa	u vunꞀꞀea shambo
Xitsonga	ku tshova rhambu

Comments: _____

French letter⇒condom

frequent urge

The strong need to do something often, eg a pregnant woman has a frequent urge to urinate.

Afrikaans	herhaaldelike drang, dikwelse behoefte
IsiZulu	ukuthandiswa
IsiXhosa	ukufuna ukwenza into qho
SiSwati	inshisekelo lecindzetelako
IsiNdebele	umukgwa
Setswana	phisego ya go dira sengwe kgapetsakgapetsa
Sepedi	hlohleletšo ye atilego
Sesotho	takatso ya kgafetsa ya ho etsa ho itseng
TshivenꞀꞀa	lutamo lwa u ita tshithu
Xitsonga	tshifhinga tshoꞀꞀhe nsusumeto wo endla xilo xin'wana

Comments: _____

frostbite

Injury to the body, especially toes, ears and fingers, caused by extreme cold.

Afrikaans	vriesbrand
IsiZulu	umonakalo ezinyameni
	odalwe amakhaza
IsiXhosa	ukutshazwa
SiSwati	kugongobaliswa sitfwatfwa
IsiNdebele	ukutjhiswa yilotho
Setswana	tšenwe ke phefo
Sepedi	kgatselo
Sesotho	ho bajwa
Tshivenꞌꞌa	mupisewatu
Xitsonga	ku oma hi gwitsi

Comments: _____

frozen shoulder

Painful stiffness of the shoulder joint.

Afrikaans	beklemde skouer, stywe skouer
IsiZulu	ihlombe elibuhlungu
IsiXhosa	igxalaba elibuhlungu
SiSwati	buhlungu besiphanga
IsiNdebele	ihlombe elibuhlungu
Setswana	gagamala magetla
Sepedi	legetla le le bohloko
Sesotho	ho shwa bohatsu lehetleng
Tshivenꞌꞌa	u vhavha ha shaꞌꞌa
Xitsonga	ku oma ka khatla

Comments: _____

full-cream milk

Synonym whole-milk

As it comes from the cow, not skimmed.

Afrikaans	volroommelk, volmelk
IsiZulu	ubisi olunokhirimu
IsiXhosa	ubisi olunocwambu
SiSwati	lubisi mbamba-mbamba
IsiNdebele	ibisi elinekhrimu
Setswana	mašwi a a lebebe
Sepedi	maswitlalo, maswi a tletšego lebebe
Sesotho	lebese la motsididi
Tshivenꞌꞌa	mafhi o ꞌꞌalaho luvhomba
Xitsonga	masi yo tala rivomba

Comments: _____

fumigate

To destroy germs or insects with the fumes of chemicals.

Afrikaans	berook
IsiZulu	ukufutha izinambuzane
IsiXhosa	qhumisela
SiSwati	tfunyesela
IsiNdebele	bulala iinlwanyana
	ngokuzitjhutjhuzela
Setswana	kubetsa
Sepedi	arubetsä
Sesotho	ho bolaya dikokwanahloko ka ho kubetsa, ho kubetsa, ho bolaya dikokwana ka ho di kubetsa
Tshivenꞌꞌa	u dubedzela, u dubisela
Xitsonga	fufutela

Comments: _____

function n.

The work that an organ does or an instrument is used for.

Example *The function of the heart is to pump blood.*

Afrikaans	funksie
IsiZulu	umsebenzi (wento ethile)
IsiXhosa	umsebenzi othile
SiSwati	umsebenzi
IsiNdebele	umsebenzi
Setswana	tiro
Sepedi	tiro
Sesotho	mosebetsi wa ho itseng
Tshivenꞌꞌa	mushumo
Xitsonga	ntirho, ku tirha

Comments: _____

function v.

To work.

Example *The healthy man's heart functions well.*

Afrikaans	funksioneer
IsiZulu	sebenza
IsiXhosa	sebenza
SiSwati	sebenta
IsiNdebele	sebenza
Setswana	go dira
Sepedi	šoma
Sesotho	ho sebeta, ho phethahatsa
Tshivenꞌꞌa	u shuma
Xitsonga	ku tirha

Comments: _____

fur

A whitish coating on the tongue, caused by smoking, an upset stomach or fever.

Afrikaans	tongbeslag, aanpaksel
IsiZulu	umula omhloshana olimini obangwa ukubhema
IsiXhosa	umaleko orhabaxa ophezu kolwimi
SiSwati	lucwecwe
IsiNdebele	yiba nelimu elimhlotjhana
Setswana	boboa
Sepedi	boya
Sesotho	bosweu lelemeng
Tshiven□□a	lwala, kha □□wana
Xitsonga	dari

Comments: _____

G**gain weight**

To start to get fatter.

Afrikaans	gewig optel, gewig aansit
IsiZulu	ukukhuluphala
IsiXhosa	ukutyeba
SiSwati	kwengeta umtimba, kuzimuka
IsiNdebele	nona
Setswana	go nona
Sepedi	go nona
Sesotho	ho nona
Tshiven□□a	u nona
Xitsonga	ku sungula ku nyuhela

Comments: _____

gall⇒bile**gall bladder**

Organ like a small bag near liver, in which bile is stored.

Afrikaans	galblaas
IsiZulu	isikhwama senyongo
IsiXhosa	isingxobo senyongo
SiSwati	sinyenyongo
IsiNdebele	umgodlana wenyongo
Setswana	santlhoko
Sepedi	santhloko
Sesotho	senya
Tshiven□□a	tshavhu□□ungu
Xitsonga	nkwama wa nyongwa

Comments: _____

gallstone

*Synonym biliary calculus
A small, hard lump formed inside the gall bladder, often causing pain.*

Afrikaans	galsteen
IsiZulu	iqondo
IsiXhosa	isigaqa esisesingxotyeni
SiSwati	senyongo
IsiNdebele	lidlala lelibangela buhlungu betinso
Setswana	igaqana emgodlaneni
Sepedi	wenyongo
Sesotho	letlapana la santlhoko
Tshiven□□a	letlapana la nyooko
Xitsonga	lejana la nyooko
	bundu □□a nyongwe
	bundzu ra nkwama wa nyongwa

Comments: _____

gangrene

Death and decay of a part of the body occurring when the blood stops flowing to it as a result of illness or injury.

Afrikaans	gangreen
IsiZulu	iganjirini
IsiXhosa	ukubola kwendawo ethile emzimbeni
SiSwati	kufa kwenyama esitfweni
IsiNdebele	sentimba
Setswana	igangrini
Sepedi	go senyega ga serwe sa mmele, gangerene
Sesotho	kankere
Tshiven□□a	ho shwa ha setho sa mmele, ho senyeha ha setho sa mmele
Xitsonga	lukanda lwo faho, u sina ha tshipi□□a tsha muvhili nga mulandu wa u shaea ha malofha
	ku bola ka xiphemu xa miri

Comments: _____

garbage

Synonym **refuse**

Tins, boxes, peels and other things that are no longer needed in the house and must be thrown away.

Afrikaans	vuilgoed, vullis
IsiZulu	izibi, udoti
IsiXhosa	inkunkuma
SiSwati	tibi, idoti
IsiNdebele	iinsila
Setswana	matlakala
Sepedi	matlakala
Sesotho	matlakala
Tshiven□□a	mala□□wa
Xitsonga	thyaka, malakatsa

Comments: _____

garbage removal

Synonym **refuse removal**

Getting rid of things by putting it in a large bin with a lid to be collected by a refuse removal truck.

Afrikaans	vuilgoedverwydering, vullisverwydering
IsiZulu	ukuthuthwa kwezibi, ukuthuthwa kwadoti
IsiXhosa	ukubuthwa kwenkunkuma
SiSwati	kubutfwa kwetibi
IsiNdebele	ukubuthwa kweensila
Setswana	go ntshiwa ga matlakala
Sepedi	go tlošwa ga ditlakala
Sesotho	ho ntshwa ha matlakala
Tshiven□□a	u bviswa ha mala□□wa
Xitsonga	ku susiwa ka thyaka, ku susiwa ka malakatsa

Comments: _____

gargle

To rinse the throat with a liquid, especially one that kills germs or relieves pain.

Afrikaans	gorrel
IsiZulu	ukuhhahhaza
IsiXhosa	rharhaza
SiSwati	hahata
IsiNdebele	rharhaza
Setswana	itsukula
Sepedi	kgakgametša
Sesotho	ho kgakgatsa, ho tsukunya
Tshiven□□a	u kulukusha
Xitsonga	hlukuhla, kucunga, gobyota

Comments: _____

gas

A type of substance like air which is not solid or liquid.

Afrikaans	gas
IsiZulu	igesi
IsiXhosa	igesi
SiSwati	umoya
IsiNdebele	imimoya
Setswana	gase
Sepedi	gase
Sesotho	gase
Tshiven□□a	gese
Xitsonga	gasi

Comments: _____

gash⇒laceration**gastric**

Of or belonging to the stomach.

Afrikaans	gastries, maag-
IsiZulu	igastrikhi
IsiXhosa	esisu
SiSwati	-phatselene nesisu
IsiNdebele	komrhoru
Setswana	ya mogodu
Sepedi	sa mogodu
Sesotho	ya mala, ya mohodu
Tshiven□□a	zwa gulu
Xitsonga	nhlarimbya ya khwiri

Comments: _____

gastric juice

The liquid in the stomach that helps to break down food.

Afrikaans	maagsap
IsiZulu	igastrikhi jusi
IsiXhosa	incindi yesisu
SiSwati	ijusi yasesiswini
IsiNdebele	mamanzana aphuma eendlaleni zamathumbu
IsiNdebele	iketjezi yegastriki
Setswana	matute a mogodu
Sepedi	mohlodi wa mogodu

Sesotho lero la mohodu
Tshiven□□a livhidzi la gulu
Xitsonga nhombe ya khwiri

Comments: _____

gastric ulcer

A sore in the stomach.

Afrikaans maagseer, maagsweer
IsiZulu isilonda esisesiswini
IsiXhosa isilonda esisesiswini
SiSwati silondza sasesiswini, i-alsa yasesiswini

IsiNdebele isilonda emathunjini
Setswana tlhagala ya mogodu
Sepedi sešo sa mogodu
Sesotho seso sa mohodu, alesa ya mohodu

Tshiven□□a tshilonda tshi re kha gulu
Xitsonga phokola ra nhlarimbya

Comments: _____

gastroenteritis

Inflammation of the stomach and bowels causing vomiting and diarrhoea.

Afrikaans gastro-enteritis
IsiZulu okuphazamiseka kwesisu okuhlansisayo

IsiXhosa ukukrala kwesisu
SiSwati kutsikameteka kwesisu
IsiNdebele ukukhanjiswa mathumbu
Setswana kgotelo ya mogodu
Sepedi letshollo
Sesotho tshwaetso ka mpeng, tshwaetso mohodung

Tshiven□□a vhubise ha mala
Xitsonga ku pfimba ka khwiri

Comments: _____

gauze

A thin material used to cover wounds.

Afrikaans gaas
IsiZulu okokumboza isilonda
IsiXhosa iyasuyasu
SiSwati luhlobo lwebhandishi
IsiNdebele sisefana sebhanditjhi, sisefana sokubopha inceba

Setswana sefo
Sepedi sefo
Sesotho tlami ya maqeba ya letanta
Tshiven□□a labi la sefo, labisefo

Xitsonga bandeji, sefo

Comments: _____

gay⇒homosexual

gender

Synonym sex
The fact of being male (a boy or man) or female (a girl or woman).

Afrikaans geslag
IsiZulu ubulili
IsiXhosa isini
SiSwati bulili
IsiNdebele ubulili
Setswana bong
Sepedi bong
Sesotho bong
Tshiven□□a mbeu
Xitsonga rimbewu

Comments: _____

general anaesthesia

The use of a drug to make a person unconscious and unable to feel any pain during an operation.

Afrikaans algemene verdowning
IsiZulu ukubulala imizwa
IsiXhosa bulala ukuva iintlungu
SiSwati kubulala imivo
IsiNdebele ukubulala imizwa
Setswana kidibatsi ya kakaretso
Sepedi kidibatšo ya kakaretšo
Sesotho sethethefatsi sa dioporeishene

Tshiven□□a nzidzivhadzo nga u angaredza
Xitsonga ku dzidzirisa loku tivekaka

Comments: _____

general practitioner

Synonym GP <abbreviation>
A doctor whose work it is to treat all types of illnesses in the community.

Afrikaans algemene praktisyn
IsiZulu udokotela, i-GP
IsiXhosa ugqirha
SiSwati dokotela lowetayelekile
IsiNdebele udorhodera wamalwelwe
woke

Setswana	ngaka ya malwetse ka kakaretso
Sepedi	ngaka ya malwetši kamoka
Sesotho	ngaka e tlwaelehileng
Tshiven□□a	dokotela wa zwothe
Xitsonga	n'anga ya mavabyi hinkwawo, dokodela loyi a nga toloveleka

Comments: _____

genetic disorder

An illness inherited from parents or grandparents.

Afrikaans	genetiese afwyking
IsiZulu	isifo esithathelwe ozalweni
IsiXhosa	isigulo osithathe ebazalini
SiSwati	buguli lobutsatselwa kubatali, buguli bekutalwa nabo
IsiNdebele	ubulwelwe bomndeni
Setswana	bolwetse ba tlhago
Sepedi	bolwetši bja leabela
Sesotho	ho se phethahale
Tshiven□□a	vhulwadze vhu no bva kha vhabebi
Xitsonga	vuvabyi lebyi munhu a byi tekelaka eka vatswari

Comments: _____

genital herpes

Painful blisters on the sex organs.

Afrikaans	genitale herpes
IsiZulu	amashashazi abuhlungu ezithweni zangasese
IsiXhosa	isifo samalungu okuzala
SiSwati	sifo setitfo tasengwace
IsiNdebele	amabhamuza endaweni efihlwako
Setswana	dikgeleswa mo mapeleng
Sepedi	maphone a bohloko a tšwago mapeleng
Sesotho	matswabadi a bohloko dithong tsa bong
Tshiven□□a	zwilonda zwi no bva kha madasi
Xitsonga	mafadzula ya xirho xa xisati kumbe xinuna

Comments: _____

genitals

The outer sex organs of a man or a woman.

Afrikaans	geslagsdele
IsiZulu	izitho zangasese
IsiXhosa	amalungu okuzala
SiSwati	titfo tasengwace
IsiNdebele	izitho ezifihlwako
Setswana	mapele
Sepedi	mapele
Sesotho	ditho tsa bong
Tshiven□□a	madasi
Xitsonga	xirho xa xinuna kumbe xisati

Comments: _____

germ

A very small living thing (micro-organism) in eg food, water, dirt or the body that can cause disease.

Afrikaans	kiem
IsiZulu	igciwane
IsiXhosa	intsholongwane
SiSwati	ligciwane
IsiNdebele	umulwani
Setswana	mogare
Sepedi	twatši
Sesotho	kokwanahloko
Tshiven□□a	tshitshili, zwitshili
Xitsonga	xitsongwatsongwana

Comments: _____

German measles

Synonym rubella

A disease causing red spots on the skin which is easily passed on from one person to another; if a pregnant woman gets this disease it may harm the unborn baby, causing blindness, heart defects etc.

Afrikaans	Duitse masels, rubella
IsiZulu	isimungumungwane
IsiXhosa	imasisi
SiSwati	injebovu, incubulunjwane, incubulundwane
IsiNdebele	umungu onzima, imasela enzima
Setswana	mmoko
Sepedi	mookwana

Sesotho maselese, mmoko, kgophole
 Tshiven□□a mungu wa dzhemeni
 Xitsonga ximungwamungwani

Comments: _____

gestation

The period of time in which the baby grows inside the mother's body before it is born, ± 9 months.

Afrikaans **gestasie, draagtyd**
 IsiZulu **isithuba lapho iqanda elichanyuselwe liphenduka umntwana**
 IsiXhosa **ukumitha**
 SiSwati **budze besikhatsi sekumitsa**
 IsiNdebele **ukukhula kwembewu ibe lisana kowesifazi**
 Setswana **popego**
 Sepedi **kemero**
 Sesotho **nako ya ho ima**
 Tshiven□□a **gesithesheni, vhuimana**
 Xitsonga **ku kula ka n'wana endzeni ka xiveleko**

Comments: _____

gland

An organ which produces a liquid substance to be used by the body or to be removed from the body, eg the thyroid gland or sweat gland.

Afrikaans **klier**
 IsiZulu **idlala**
 IsiXhosa **idlala**
 SiSwati **lidlala**
 IsiNdebele **idlala**
 Setswana **kgeleswa**
 Sepedi **thaka**
 Sesotho **pudulana**
 Tshiven□□a **thanga**
 Xitsonga **nhlarimbya**

Comments: _____

glasses⇒spectacles

glaucoma

An eye disease which causes loss of sight marked by increased pressure within the eyeball.

Afrikaans **gloukoom**

IsiZulu **glokhoma**
 IsiXhosa **isifo esibanga ukungaboni**
 SiSwati **sifo semehlo lesingaholela ekungabonini**

IsiNdebele **iglukhoma**
 Setswana **bolwetse ba matlho**
 Sepedi **bolwetši bja mahlo**
 Sesotho **klokhoma** Definition: *Ke boemo ba ho ba le mokedikedi o mongata ho feta tekano ka leihlong, mme ke lefu le ka bakang bofofu.*

Tshiven□□a **glaucoma**
 Xitsonga **vuvabyi bya mahlo**

Comments: _____

glucose

A type of sugar easily turned into energy by the body.

Afrikaans **glukose**
 IsiZulu **iglukhosi**
 IsiXhosa **iswekile yediliya**
 SiSwati **iglukhosi, luhlobo lwashukela**
 IsiNdebele **iglukhosi**
 Setswana **tlelekose**
 Sepedi **klukose**
 Sesotho **klukhose**
 Tshiven□□a **gulukose**
 Xitsonga **dilukosi**

Comments: _____

goitre

A swelling of the neck because of the enlargement of the thyroid gland; sometimes due to a lack of iodine in the diet.

Afrikaans **goiter, kropgeswel**
 IsiZulu **igoyitri**
 IsiXhosa **isibhoko**
 SiSwati **ligilo**
 IsiNdebele **ukuvuvuka kwentamo, igoyitri**
 Setswana **bohutaboswa**
 Sepedi **sekgokgokgo**
 Sesotho **seboho, koitara, kuru**
 Tshiven□□a **nzwimbagulokulo**
 Xitsonga **bundzunkolo**

Comments: _____

gonorrhoea

A disease of the sex organs passed on during sexual activity.

Afrikaans	gonorree
IsiZulu	igonoriya
IsiXhosa	igcushuwa
SiSwati	sipatjolo, gcunsula, lijovela
IsiNdebele	igonoriya
Setswana	thoothoo, konorea
Sepedi	tshofela
Sesotho	seso, morotwana
Tshiveni	gonoria
Xitsonga	vuva

Comments: _____

gout

A disease which causes painful swelling of certain joints, especially the big toe.

Afrikaans	jig
IsiZulu	igawuthi
IsiXhosa	isifo sokudumba amalungu
SiSwati	likhunkulo
IsiNdebele	igawuthi
Setswana	kaoto
Sepedi	bonyelele
Sesotho	lefu la thuruho ya manonyello
Tshiveni	gouthu
Xitsonga	ku pfimba ka mahlangano

Comments: _____

GP⇒general practitioner

graze⇒abrasion

groin

The fold where the legs join the front of the body.

Afrikaans	lies
IsiZulu	ukhalo
IsiXhosa	umphakatho
SiSwati	imbilapho
IsiNdebele	imbilapho
Setswana	lengamu
Sepedi	lengamu
Sesotho	tshwelesa
Tshiveni	nwambabvu
Xitsonga	nyenyeni

Comments: _____

grown-up⇒adult

gullet⇒oesophagus

gum

The firm pink flesh round the teeth in the mouth.

Afrikaans	tandvleis
IsiZulu	insini
IsiXhosa	intsini
SiSwati	tinsini
IsiNdebele	iinsini
Setswana	lerinini
Sepedi	marinini
Sesotho	lerenene
Tshiveni	marinini
Xitsonga	maxinini

Comments: _____

gumboil

A painful swelling on the gum, usually near a tooth which is decayed.

Afrikaans	tandvleisabses
IsiZulu	ukubhibha ezinsinini
IsiXhosa	ukukrala kwentsini
SiSwati	litfumba ensinini
IsiNdebele	ithumba leensini
Setswana	tthagala ya marinini
Sepedi	sekako sa lerinini
Sesotho	thuruho ya marenene
Tshiveni	tshimota kha marinini
Xitsonga	xilondza xa maxinini, tshumba ra maxinini

Comments: _____

gum disease

An illness of the flesh around the teeth.

Afrikaans	tandvleissiekte
IsiZulu	isifo sezinsini
IsiXhosa	isifo sentsini
SiSwati	sifo setinsini
IsiNdebele	ubulwelwe beensini
Setswana	bolwetse ba marinini
Sepedi	bolwetši bja lerinini
Sesotho	lefu la marenene, bohloko ba marenene
Tshiveni	vhulwadze ha marinini
Xitsonga	vuvabyi bya maxinini

Comments: _____

gynaecologist

Doctor specially trained to deal with illnesses and conditions of the sex organs of women; always also trained as obstetrician.

Afrikaans	ginekoloog
IsiZulu	udokotela wezifo zabesifazane
IsiXhosa	ugqirha wezifo zangasese zabafazi
SiSwati	dokotela wetitfo tangasese talabasikati
IsiNdebele	igayinakholojisti, udorhoda wabasikazi
Setswana	ngaka ya malweste a basadi
Sepedi	ngaka ya malwetši a sesadi
Sesotho	ngaka ya mafu a basadi
TshivenꞋꞋa	dokotela wa malwadze a tshisadzi
Xitsonga	n'anga ya mavabyi ya vaxisati

Comments: _____

H

haemophilia

An inherited sickness, usually affecting men, in which the blood does not clot properly so that they keep on bleeding for a long time if they are injured.

Afrikaans	hemofilie, bloeisiekte
IsiZulu	i-homofiliya
IsiXhosa	isifo sokopha ungayeki
SiSwati	ihemofiliya, sifo sekopha lokungapheli
IsiNdebele	ubulwelwe bokopha okungaquntuki msinyana, ihayomofoliyo
Setswana	haemofilia
Sepedi	bolwetši bja go dira gore madi a se dire mahlwele
Sesotho	haemofilia, lefu la ho ba le madi a sa etseng mahlwele
TshivenꞋꞋa	haimofilia
Xitsonga	n'ombe

Comments: _____

haemophiliac

Synonym **bleeder**

A person, usually a man, who suffers from haemophilia and who bleeds a lot after a cut or small accident.

Afrikaans	hemofilis, bloeier
IsiZulu	i-homofiliyakhi

IsiXhosa
SiSwati
IsiNdebele
Setswana

indoda enesifo sokopha umuntfu lowopha kakhulu ophethwe yihayimofoliyo motho yo o dutlang madi e

Definition: *Tlhagelela mo banneng morago ga go bona kgobalo*

Sepedi

motho yo tšwago madi a mantši

Definition: *Gantsi ke banna bao ba swerwego ke bolwetsi bja go dira gore madi a se dire mahlwele.*

Sesotho

motho ya nang le madi a sa etseng mahlwele, haemofiliaka

TshivenꞋꞋa

mutu ane a vha na vhulwadze ha u bva malofha, haimofiliaka munhu loyi a humaka ngati

Xitsonga

Comments: _____

haemorrhage n.

Heavy bleeding.

Afrikaans	swaar bloeding, hewige bloeding
IsiZulu	ukopha kakhulu
IsiXhosa	ukopha kakhulu
SiSwati	kopha kakhulu
IsiNdebele	ukopha khulu
Setswana	go tswa madi a mantsi
Sepedi	tšhologo ya madi
Sesotho	ho tswa madi a mangata haholo
TshivenꞋꞋa	phaladzo ya malofha
Xitsonga	n'wombe

Comments: _____

haemorrhage v.

To bleed heavily.

Afrikaans	swaar bloei, hewig bloei
IsiZulu	opha kakhulu
IsiXhosa	yopha kakhulu
SiSwati	kopha kakhulu
IsiNdebele	yopha khulu
Setswana	go tswa madi a mantsi
Sepedi	go tšwa madi a mantši
Sesotho	ho tswa madi a mangata haholo
TshivenꞋꞋa	u bvesa malofha
Xitsonga	ku huma ngati yo tala

Comments: _____

haemorrhoids

<i>Synonym</i>	piles
	<i>Swollen veins at or near the anus.</i>
<i>Afrikaans</i>	aambeie
<i>IsiZulu</i>	amathunjana emdidini.
<i>IsiXhosa</i>	izikhala
<i>SiSwati</i>	ematfunjana emdzidzi
<i>IsiNdebele</i>	imihluma
<i>Setswana</i>	monyonyo
<i>Sepedi</i>	matšala
<i>Sesotho</i>	diphaelese, ho tswa mohlamu, mokoteng
<i>Tshiven</i> □□a	vhulwadze ha u zwimba dzitsinga tsini na tshivhu□□u, phaili
<i>Xitsonga</i>	mpfimbo na nsohano wa misiha ya xiheta-mavele

Comments: _____

hair

Fine threadlike things that grow in large numbers on the top part of a person's head and other parts of the body.

<i>Afrikaans</i>	hare
<i>IsiZulu</i>	unwele
<i>IsiXhosa</i>	iinwele
<i>SiSwati</i>	tinwele, boya
<i>IsiNdebele</i>	iinhluthu
<i>Setswana</i>	moriri
<i>Sepedi</i>	moriri
<i>Sesotho</i>	moriri
<i>Tshiven</i> □□a	livhudzi
<i>Xitsonga</i>	nsisi

Comments: _____

halitosis

Synonym **bad breath**
Breath that smells unpleasant, usually caused by rotten teeth.

<i>Afrikaans</i>	halitose, slegte asem
<i>IsiZulu</i>	iphunga elibi eliphuma emlonyeni
<i>IsiXhosa</i>	umoya onukayo ophuma emlonyeni
<i>SiSwati</i>	umoya lonukako lophuma emlonyeni
<i>IsiNdebele</i>	umlomo onukako

<i>Setswana</i>	go nkgga ga legano <i><go bakwa ke meno a a bodileng></i>
<i>Setswana</i>	mowa o o maswe
<i>Sepedi</i>	go nkgga legano
<i>Sesotho</i>	ho nkgga lehano
<i>Tshiven</i> □□a	mufemo u si wavhu□□i
<i>Xitsonga</i>	manghumbu

Comments: _____

hammertoe

A toe bent in a clawlike manner, most often the second toe.

<i>Afrikaans</i>	hamertoon
<i>IsiZulu</i>	uzwane olugobile
<i>IsiXhosa</i>	uzwane olugobileyo
<i>SiSwati</i>	lutwane lokubhedvukile
<i>IsiNdebele</i>	izwani eligobeneko
<i>Setswana</i>	monwana-sekahamore
<i>Sepedi</i>	monwana wa leoto wa noto
<i>Sesotho</i>	kguru, monwana wa leoto o kobehileng jwalo ka dinala tsa diphofolo

<i>Sesotho</i>	monwana-sekahamore
<i>Tshiven</i> □□a	tshikunwe tshi no nga hamula
<i>Xitsonga</i>	xikun'wana-xivurha

Comments: _____

hamstring

Synonym **hamstring tendon**
One of the thick, strong cords that connects muscle to bone at the back of the knee.

<i>Afrikaans</i>	kniesening
<i>IsiZulu</i>	umsipha
<i>IsiXhosa</i>	imisipha
<i>SiSwati</i>	umsipha wentsweba
<i>IsiNdebele</i>	imisipha
<i>Setswana</i>	monape
<i>Sepedi</i>	mošifa
<i>Sesotho</i>	mosifa wa lengole <i>Definition: Ke sehokelli sa mosifa lesapong kamora lengole.</i>

Tshiven□□a mukala wa gona
Xitsonga nsiha wa le ndzhaku ka tsolo

Comments: _____

hamstring tendon⇒hamstring

hand

End part of the arm below the wrist, consisting of a thumb, four fingers and a palm.

Afrikaans	hand
IsiZulu	isandla
IsiXhosa	isandla
SiSwati	sandla
IsiNdebele	isandla
Setswana	letsogo
Sepedi	seatla
Sesotho	letsoho
Tshiven□□a	tshanda
Xitsonga	xandla, voko

Comments: _____

handicapped

Synonym disabled
Having something wrong with the body or mind.

Afrikaans	gestrem
IsiZulu	ukukhubazeka
IsiXhosa	ubulima
SiSwati	khubatekile
IsiNdebele	rholopheleko
Setswana	golafetse
Sepedi	golofetse
Sesotho	ho holofala
Tshiven□□a	u holefala
Xitsonga	ku lamala, ku tsoniwa

Comments: _____

handicapped person

Synonym disabled person
A person with whose body or mind there is something wrong, eg a crippled person.

Afrikaans	gestremde persoon
IsiZulu	umuntu okhubazekile
IsiXhosa	umntu osisilima
SiSwati	umuntfu lokhubatekile
IsiNdebele	umuntu orholopheleko
Setswana	segole
Sepedi	segole

Sesotho motho ya holofetseng
Tshiven□□a tshihole
Xitsonga munhu wo lamala

Comments: _____

hard palate

The hard, top part of the inside of the mouth, from the teeth back towards the throat.

Afrikaans	harde verhemelte
IsiZulu	ulwanga oluphezulu
IsiXhosa	inkalakahla
SiSwati	lwanga lolulukhuni
IsiNdebele	ilwanga
Setswana	magalapa
Sepedi	magalapa a bothata
Sesotho	mahalapa
Tshiven□□a	hanwani ha phanda
Xitsonga	laka

Comments: _____

harelip⇒cleft lip

hay fever

Sneezing, a runny nose and watering eyes caused by pollen of plants which is breathed in from the air.

Afrikaans	hooikoors
IsiZulu	ukuthimula okubangwa izinto ozihogelile
IsiXhosa	umfixane olubangwa ngumungu, umfuxane olubangwa ngumungu
SiSwati	imfiva letsimulisako
IsiNdebele	kutjhisa komzimba nofana bulwelwe obubangwa yifolitjhi
IsiNdebele	mvimbane, i-heyi fiva
Setswana	letshoroma la kethimolo, letshoroma la hei
Sepedi	letadi la furu
Sesotho	feberu ya ho thimola

Definition:
E tsamaisana le ho thimola, ho lla, mme e bakwa ke ho hema sehlahiswa sa dimela sa boikatiso.

Tshiven□□a **mufhiso wa aledzhi, mufhiso
wo vhangwaho nga
pfulothusa
dari ya folichi**

Xitsonga

Comments: _____

head

*The part of the body that contains the eyes,
mouth, nose, ears and the brain.*

Afrikaans **kop, hoof**
IsiZulu **ikhanda**
IsiXhosa **intloko**
SiSwati **inhloko**
IsiNdebele **ihloko**
Setswana **tlhogo**
Sepedi **hlogo**
Sesotho **hlooho**
Tshiven□□a **thoho**
Xitsonga **nhloko**

Comments: _____

headache

Pain in the head.

Afrikaans **hoofpyn, kopseer**
IsiZulu **ukuphathwa ikhanda**
IsiXhosa **intloko ebuhlungu**
SiSwati **kubulawa yinhloko**
IsiNdebele **phathwa yihloko**
Setswana **go opiwa ke tlhogo**
Sepedi **rengwa ke hlogo**
Sesotho **ho opelwa ke hlooho**
Tshiven□□a **thoho i remaho**
Xitsonga **ku pandza ka nhloko**

Comments: _____

head injury

A wound or blow to the head.

Afrikaans **kopbesering**
IsiZulu **ukulimala ekhanda**
IsiXhosa **ingozi esentloko**
SiSwati **silondza sasenhloko, kulimala
enhloko**
IsiNdebele **kulimala ehloko nofana
kwehloko**
Setswana **go gobala tlhogo**
Sepedi **kgobalo ya hlogong**
Sesotho **temalo hloohong**
Tshiven□□a **fuvhalo la thoho**
Xitsonga **ku vaviseka nhloko**

Comments: _____

head lice <plural see head louse>

Synonym **lice <plural see louse>**
IsiZulu **intwala**
IsiXhosa **iintwala zentloko**
SiSwati **tintfwala tasenhloko**
IsiNdebele **iintwala**
Setswana **dinta tsa tlhogo**
Sepedi **dinta tša hlogo**
Sesotho **dinta tsa hlooho**
Tshiven□□a **nnda dza thohoni**
Xitsonga **tinhwala**

Comments: _____

head louse Plural: head lice

Synonym **louse <plural: lice>**
Small insect that lives in the hair of people.

Afrikaans **kopluis, luis**
IsiZulu **intwala**
IsiXhosa **intwala yentloko**
SiSwati **intfwala yasenhloko**
IsiNdebele **iintwala zehloko**
Setswana **nta ya tlhogo**
Sepedi **nta ya hlogo**
Sesotho **nta ya hlooho**
Tshiven□□a **nnda ya □□hoho <singular>,
nnda dza □□hoho <plural>**
Xitsonga **nhwala**

Comments: _____

heal

To become healthy and normal again.

Example The wound heals slowly.

Afrikaans **genees, gesond word**
IsiZulu **phila**
IsiXhosa **ukuphila**
SiSwati **-elulama**
IsiNdebele **phola**
Setswana **fola**
Sepedi **phekola**
Sesotho **ho fola, pholo**
Tshiven□□a **u fhodza, u fhola**
Xitsonga **hola, ku tshungula**

Comments: _____

heal⇒cure

health

The state of being free from illness and feeling well.

Afrikaans	gesondheid
IsiZulu	impilo
IsiXhosa	impilo
SiSwati	imphilo
IsiNdebele	ipilo
Setswana	pholo, boitekanelo
Sepedi	go phela gabotse
Sesotho	bophelo bo botle
Tshivenꞌꞌa	mutakalo
Xitsonga	rihanyo

Comments: _____

healthy

Strong and not ill.

Afrikaans	gesond
IsiZulu	philile
IsiXhosa	philile
SiSwati	-philile
IsiNdebele	philile
Setswana	itekanetse
Sepedi	go phela gabotse
Sesotho	ho phela hantle
Tshivenꞌꞌa	u vha na mutakalo
Xitsonga	tomi, ku va u nga vabyi

Comments: _____

hearing aid

A small device worn by deaf people to help them hear.

Afrikaans	gehoortoestel
IsiZulu	izinsizakuzwa
IsiXhosa	isincedisi sokuva
SiSwati	insitakuva
IsiNdebele	iinsiza-kuzwa
Setswana	sethusakutlo
Sepedi	sethuši sa go kwa
Sesotho	sethusa-kutlo
Tshivenꞌꞌa	tshithusaupfa
Xitsonga	xipfuna ku twa

Comments: _____

heart

An organ in the chest that pumps blood through the body.

Afrikaans	hart
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IsiZulu	inhliziyo
IsiXhosa	intliziyo
SiSwati	inhlitiyo
IsiNdebele	ihliziyo
Setswana	pelo
Sepedi	pelo
Sesotho	pelo
Tshivenꞌꞌa	mbilu
Xitsonga	mbilu

Comments: _____

heart attack

*Synonym miocardial infarction
Serious condition causing sudden, severe chest pain and irregular beating of the heart; can cause death.*

Afrikaans	hartaanval, miokardinfark
IsiZulu	isifo senhliziyo
IsiXhosa	ukuhlaselwa sisifo sentliziyo
SiSwati	kushaywa yinhlitiyo, kuhlaselwa yinhlitiyo
IsiNdebele	ukujama kwehliziyo
Setswana	tthaselwa ke pelo
Sepedi	go thaselwa ke pelo
Sesotho	ho jewa ke pelo, ho tshwarwa ke pelo
Tshivenꞌꞌa	vhulwadze ha mbilu
Xitsonga	vuvabyi bya mbilu

Comments: _____

heartburn

An unpleasant burning in the chest which often rises towards the throat caused by acid acting on food in the stomach.

Afrikaans	sooibrand
IsiZulu	isilungulelo
IsiXhosa	isithshisa
SiSwati	silungulela
IsiNdebele	isilungulela
Setswana	lesokolela
Sepedi	lesokolela
Sesotho	lesokolla, setleka
Tshivenꞌꞌa	tshiloko-loko, tshiungulela
Xitsonga	xangulele

Comments: _____

heart failure

A serious condition in which the heart does not work as well as it should.

Afrikaans	hartversaking
IsiZulu	ukuhluleka kwenhliziyo ekuphampeni igazi ukungasebenzi kakuhle kwentliziyo
IsiXhosa	kwehluleka kwenhlitiyo ukujanyelwa yihliziyo
SiSwati	go ema pelo
IsiNdebele	go šitwa ga pelo
Setswana	ho ema ha pelo, ho fokollwa ke pelo
Sepedi	khundelo ya mbilu
Sesotho	ku hluleka ka mbilu, vuvabyi bya mbilu
Tshiven□□a	
Xitsonga	

Comments: _____

heat exhaustion

A condition caused by too much heat or sun; the person feels weak, dizzy and has cramps.

Afrikaans	hitte-uitputting
IsiZulu	ukukhathala kwenhliziyo ikhathazwa ukushisa
IsiXhosa	ukudinwa bubushushu
SiSwati	kukhatsaliswa kushisa
IsiNdebele	ukuyathiswa yilanga
Setswana	go tsikitlela
Sepedi	tapšio ya phišo
Sesotho	ho tepelletswa ke motjheso
Tshiven□□a	u neta ho vhangwaho nga mufhiso
Xitsonga	sululwana

Comments: _____

heat rash

Tiny, itchy red spots on the skin appearing in hot weather.

Afrikaans	hitte-uitslag
IsiZulu	ukuqubuka okulumayo okuba namabala abomvu
IsiXhosa	irhatshalala ebangelwa bubushushu
SiSwati	umcubuko wekushisa
IsiNdebele	iinlonjana zokutjhisa
Setswana	boswata ba mogote
Sepedi	dišo tša phišo
Sesotho	lekgopho la motjheso
Tshiven□□a	munyavhili wo vhangwaho nga u fhisa
Xitsonga	swirhumba-rhumbani swo hlohlonya

Comments: _____

heatstroke

Synonym **sunstroke**

A very serious condition caused by being in the sun or severe heat for a long time; usually the person has a high fever.

Afrikaans	hittesteek, sonsteek
IsiZulu	isistirokhi
IsiXhosa	ukuguliswa bubushushu, isigulo esibangwa lilanga
SiSwati	kutwebuleka kwemtimba ngenca yekushisa
IsiNdebele	bulwelwe obulethwa kutjhisa khulu
Setswana	sedidi
Sepedi	titeo ya phišo
Sesotho	phokolo ya mmele ke motjheso
	Definition: <i>E bakwa ke ho hlaselwa ha mmele ke letsatsi le bohale haholo.</i>
Tshiven□□a	mavhavha□□uvha
Xitsonga	ku popiwa hi dyambu

Comments: _____

heel

The back part of the foot.

Afrikaans	hak
IsiZulu	izithende
IsiXhosa	isithende
SiSwati	sitsendze
IsiNdebele	isithende
Setswana	serethe
Sepedi	serethe
Sesotho	serethe
Tshiven□□a	tshirethe
Xitsonga	xirhendze

Comments: _____

height

Measurement of a standing person from the top of the head to the soles of the feet.

Afrikaans	lengte
IsiZulu	ubude
IsiXhosa	ubude
SiSwati	budze
IsiNdebele	ubude, ukuphakama
Setswana	bogodimo
Sepedi	bogodimo
Sesotho	bolelele

Tshiven□□a **vhulapfu**
Xitsonga **ku leha**

Comments: _____

hemeralopia ⇒ day blindness

hepatitis

Inflammation of the liver.

Afrikaans **hepatitis**
IsiZulu **ihephathithisi**
IsiXhosa **ukudumba isibindi**
SiSwati **kuvuvukala kwesibindzi**
IsiNdebele **kuvuvuka kwesibindi**
Setswana **kgotelo ya sebete**
Sepedi **keko ya sebete**
Sesotho **hepathaetisi, thuruho ya**
 sebete

Tshiven□□a **vhulwadze ha tshivhindi**
Xitsonga **ndzhumbelo wa xivindzi**

Comments: _____

herpes a sexually transmitted disease

Disease that causes small, painful blisters to appear on the skin; can be easily passed on to another person.

Afrikaans **herpes**
IsiZulu **ihephisi**
IsiXhosa **ihepes**
SiSwati **sifo sesikhumba**
 lesitsatselanako
IsiNdebele **ubulwelwe besikhumba,**
 ihepisi
Setswana **kgotelo ya letlalo**
Sepedi **bolwetše bja go dira gore**
 letlalo le tšwe maphone
Sesotho **matswabadi a bohloko a**
 tshwaetsang
Tshiven□□a **hephisi**
Xitsonga **ndzhumbelo wa nhlonge**

Comments: _____

heterosexual n.

A person feeling sexually attracted to people of the opposite sex, that is a man who is attracted to women or a woman who is attracted to men.

Afrikaans **heteroseksueel n.**
IsiZulu **umuntu othanda abantu**
 bobulili obungafani nobakhe

IsiXhosa **umntu othanda abantu**
 abanesini esingafaniyo
 nesakhe

SiSwati **umuntfu lonebudlelwane**
 bemacansi nalomunye wesilili
 lesehlukile

IsiNdebele **othanda abanobulili**
 obungafani nobakhe

Setswana **motho yo o ratang wa bong**
 bo bo sa tshwaneng le ba
 gagwe <ke tthaloso>

Sepedi **motho yo a ratanago le batho**
 ba bong bjo sa swanego le
 bja gagwe

Sesotho **motho ya ratang ba bong bo**
 sa tshwaneng le ba hae

Tshiven□□a **muthu ane a funa muthu wa**
 mbeu i sa fani na yawe

Xitsonga **munhu loyi a navelaka vanhu**
 va rimbewu rin'wana

Comments: _____

heterosexual adj.

Being sexually attracted to persons of the opposite sex.

Afrikaans **heteroseksueel adj.**
IsiZulu **uthando lobulili obungafani**
 nobakho

IsiXhosa **thanda abantu abanesini**
 esingafaniyo nesakho

SiSwati **-nebudlelwane bemacansi**
 nalomunye wesilili lesehlukile

IsiNdebele **uthando lobulili obungafani**
 nobakho

Setswana **go rata wa bong bo bo sa**
 tshwaneng le ba gagwe <ke
 tthaloso>

Sepedi **go ratana le batho ba bong**
 bjo sa swanego le bja gago

Sesotho **ho rata ba bong bo sa**
 tshwaneng le ba hao

Tshiven□□a **ku navela vanhu va rimbewu**
Xitsonga **rin'wana**

Comments: _____

heterosexuality

The condition of being sexually attracted to members of the opposite sex.

Afrikaans	heteroseksualiteit
IsiZulu	ukuheheka komuntu kubantu abanobulili obungafani nobakhe.
IsiXhosa	ukuthandana nabantu abanesini esingafaniyo nesakho
SiSwati	kuba nebudlelwane bemacansi nalomunye wesilili lesehlukile
IsiNdebele	ukuba netjhebiswano nowobulili obungafani nobakho
Setswana	go ratana le wa bong bo bo sa tshwaneng le ba gago
Sepedi	go ratana le motho wa bong bjo sa swanego le bja gago
Sesotho	ho ratana le ba bong bo sa tshwaneng le ba hao
Tshivenṱṱa	u vha na lufuno lwa vhatu vha mbeu i sa fani na yau
Xitsonga	ku navela vanhu va rimbewu rin'wana

Comments: _____

hiccough⇒hiccup**hiccup**

Synonym hiccough
A sudden movement in the chest which stops the breath and causes a person to make a sudden sharp sound.

Afrikaans	hik
IsiZulu	inkwici, intwabi
IsiXhosa	ukukhutywa
SiSwati	intfwabi
IsiNdebele	ithabe
Setswana	kgodisa
Sepedi	setheku
Sesotho	ho kgitlwa ke thabe
Tshivenṱṱa	thikhwa
Xitsonga	ntsikwani

Comments: _____

hidden fat⇒invisible fat**high blood pressure**

Synonym hypertension

Abnormally high pressure of the blood on the walls of the blood vessels.

Afrikaans	hoë bloeddruk, hipertensie
IsiZulu	ihayihayi
IsiXhosa	isifo sokunyuka kwegazi, isifo sokunyukelwa ligazi
SiSwati	ihayihayi
IsiNdebele	mfutho ophezulu weengazi
Setswana	kgatelelo e kgolo ya madi
Sepedi	kgatelelo ya madi ye godimo
Sesotho	kgatello e phahameng ya madi
Tshivenṱṱa	haiphathensheni
Xitsonga	vuvabyi bya mbilu

Comments: _____

hinge joint

A freely movable joint, eg the knee joint or elbow joint.

Afrikaans	skarniergewrig
IsiZulu	ilunga lomzimba
	elihlanganisa amanye
	amalunga omzimba nelikwazi
	ukujikeleza.
IsiXhosa	ilungu-henjisi
SiSwati	lilunga lehinji, lilunga
	leligobeka malula
IsiNdebele	ilunga elizijikelako
Setswana	tokololokgono
Sepedi	tokollo ya segono
Sesotho	lenonyelletso le kobehang ha bonolo
Tshivenṱṱa	tshinungosianwe
Xitsonga	mahlangana-xikinere

Comments: _____

hip

The area at the side of the body between the top of the leg and the waist.

Afrikaans	heup
IsiZulu	inqulu
IsiXhosa	inyonga
SiSwati	ingculu
IsiNdebele	inyonga
Setswana	noka
Sepedi	letheka
Sesotho	noka, letheka
Tshivenṱṱa	khundu
Xitsonga	nyonga, xisuti

Comments: _____

HIV ⇒ *human immunodeficiency virus*

HIV positive

Being infected with the virus that causes AIDS.

Afrikaans	HIV-positief, MIV-positief
IsiZulu	ukuba negciwane le-HIV
IsiXhosa	unentsholongwane kagawulayo
SiSwati	-neligciwane le-HIV
IsiNdebele	ukuba nomulwani wobulwelwe bombulala-sihlangu
IsiNdebele	kukuba nomulwani obanga i-HIV
Setswana	go nna le mogare wa AIDS
Sepedi	go ba le birase ya AIDS
Sesotho	ho ba le vaerase ya HIV
Tshiven□□a	HIV phosithivi
Xitsonga	ku va na xitsongwatsongwana xa HIV

Comments: _____

home birth

When a mother gives birth to her baby in her own house.

Afrikaans	tuisgeboorte
IsiZulu	ukubelethela ekhaya
IsiXhosa	ukubelekela ekhaya
SiSwati	kubelekela ekhaya
IsiNdebele	ukubelethela ekhaya
Setswana	tsalo ya kwa gae
Sepedi	pelego ya ka gae
Sesotho	ho belehela lapeng
Tshiven□□a	mbebo hayani
Xitsonga	ku kuma n'wana ekaya

Comments: _____

homemade baby food

Baby food prepared at home and not bought in bottles in the shop.

Afrikaans	tuisgemaakte babakos
IsiZulu	ukudla komtwana okwenziwe ekhaya
IsiXhosa	ukutya komtwana okwenziwe ekhaya
SiSwati	kudla kwemntwana lokwentwe ekhaya
IsiNdebele	ukudla komtwana okwenziwe ekhaya, umdoko womntwana
Setswana	dijo tsa lesea tse di itiretsweng mo gae

Sepedi	dijo tša bana tšeo di itiretswego
Sesotho	dijo tsa lesea tse etswang hae
Tshiven□□a	zwiliwa zwa nwana zwo itwaho hayani
Xitsonga	swakudya swa n'wana leswi endlwiweke ekaya

Comments: _____

homosexual n.

Synonym gay
A person sexually attracted to person of the same sex, for example a man who is sexually attracted to another man.

Afrikaans	homoseksueel, gay
IsiZulu	isitabani
IsiXhosa	umntu othandana nabantu abanesini esifana nesakhe
SiSwati	sitabani
IsiNdebele	bulili-bunye
Setswana	motho yo o ratanang le wa bong bo le bongwe le ba gagwe
Sepedi	motho yo a ratanago le batho ba bong bja go swana le bja gagwe
Sesotho	letipa, motho ya ratanang le ba bong bo tshwanang le ba hae
Tshiven□□a	homosekishuala, u dzekana ha mbeu i fanaho, muthu wa tshinna ane a funesa vhanna u fhirisa vhasadzi
Xitsonga	munhu loyi a navelaka vanhu va rimbewu ra yena, ku navela vanhu va rimbewu ra wena

Comments: _____

homosexual adj.

Synonym gay adj.
Being attracted to members of the same sex.

Afrikaans	homoseksueel, gay
IsiZulu	ubutabani
IsiXhosa	thandana nabantu abanesini esifana nesakho
SiSwati	-sitabani
IsiNdebele	yiba bulili-bunye
Setswana	go ratana le wa bong bo bo tshwanang le ba gago
Sepedi	go ratana le batho ba bong bja go swana le bja gago
Sesotho	ho ratana le ba bong bo tshwanang le ba hao
Xitsonga	ku navela vanhu va rimbewu ra wena

Comments: _____

homosexuality

The condition of being sexually attracted to members of one's own sex.

Afrikaans	homoseksualiteit
IsiZulu	ubutabani
IsiXhosa	ukuthanda abantu besini esifana nesakho
SiSwati	bumphisishange
IsiNdebele	ukufuna onobulili bakho emsemeni
Setswana	matanyola
Sepedi	go ratana le batho ba bong bja go swana le bja gago
Sesotho	ho ratana le ba bong bo tshwanang le ba hao
TshivenꞀꞀa	vhudzekani ha mbeu i fanaho
Xitsonga	xiyimo xo navela vanhu va rimbewu ra wena

Comments: _____

hookworm

A worm which lives in the bowels of a person.

Afrikaans	haakwurm
IsiZulu	isikelemu
IsiXhosa	intshulube
SiSwati	silo, linyokane
IsiNdebele	isilo-sibungu
Setswana	mphe
Sepedi	seboko sa nkgwai
Sesotho	qotsi
TshivenꞀꞀa	nowana ya zwikhwetshedzi
Xitsonga	xivungu xa marhumbu, manyokane

Comments: _____

hookworm disease

An illness caused by hookworms.

Afrikaans	haakwurmsiekte
IsiZulu	isifo sezikelemu
IsiXhosa	isifo esenziwa ziintshulube
SiSwati	sifo semanyokane, sifo setilo
IsiNdebele	ubulwelwe obubangwa isibungu-silo
Setswana	bolwetse jo bo bakwang ke dimphe
Sepedi	bolwetši bja go bakwa ke seboko sa nkgwai
Sesotho	lefu le bakwang ke qotsi

TshivenꞀꞀa	vhulwadze ha nowana
Xitsonga	vuvabyi bya manyokane

Comments: _____

hormone

A substance produced in the body which influences growth, development and functioning of organs.

Afrikaans	hormoon
IsiZulu	ihomoni
IsiXhosa	incindi yedlala
SiSwati	ihomoni
IsiNdebele	ihomoni
Setswana	horomone
Sepedi	homone
Sesotho	homoune
TshivenꞀꞀa	homoni
Xitsonga	homoni

Comments: _____

hospice

A special hospital in which people who are dying are looked after.

Afrikaans	hospies
IsiZulu	indawo yabagula ngezifo ezingasalapheki asebelinde ukufa
IsiXhosa	indawo yokuhlalisa abagulela ukufa
SiSwati	indzawo yekunakekela labagula ngemandla
IsiNdebele	ihospisi
Setswana	kokelo ya balwetse ba ba sa foleng
Sepedi	lefelu la go hlokomela balwetši bao ba lego kgauswi le go hwa
Sesotho	hospisi, sepetlele se ikgethang sa batho ba makgatheng a lefu
TshivenꞀꞀa	hosipaisi
Xitsonga	nhlangano <lowu tirhaka hi vanhu lava vabyaka ngopfu>

Comments: _____

hospital

A place where ill people stay and are looked after by doctors and nurses.

Afrikaans	hospitaal
IsiZulu	isibhedlela
IsiXhosa	isibhedlela
SiSwati	sibhedlela
IsiNdebele	isibhedlela
Setswana	bookelo
Sepedi	bookelo
Sesotho	sepetlele
Tshiven□□a	vhuongelo
Xitsonga	xibedlhele

Comments: _____

hospital birth

When a mother gives birth to her baby in hospital.

Afrikaans	hospitaalgeboorte
IsiZulu	ukubelethela esibhedlela
IsiXhosa	ukubelekela esibhedlela
SiSwati	kutalelwa esibhedlela
IsiNdebele	ukubelethela esibhedlela
Setswana	tsalo ya kwa bookelong
Sepedi	pelego ya sepetlele
Sesotho	ho belehela sepetelele
Tshiven□□a	mbebo sibadela
Xitsonga	ku kuma n'wana exibedlhele

Comments: _____

hospitalise

To put a person into a hospital.

Afrikaans	hospitaliseer
IsiZulu	ukwamukelwa noma ukungeniswa komuntu esibhedlela
IsiXhosa	lalisa esibhedlela
SiSwati	kulaliswa esibhedlela
IsiNdebele	ngenisa esibhedlela
Setswana	go tsewa kwa bookelong
Sepedi	go robala sepetlele
Sesotho	ho robatswa sepetlele
Tshiven□□a	u tangananedzwa sibadela
Xitsonga	ku amukela muvabyi exibedlhele, ku rhumela muvabyi exibedlhele

Comments: _____

hospital ward

*Synonym ward <short form>
 A room in a hospital.*

Afrikaans	hospitaalsaal, saal <short form>
IsiZulu	igumbi labagulayo
IsiXhosa	igumbi labagulayo, icandelo lezigulane
SiSwati	liwadi, ligumbi
IsiNdebele	iwodi, ikamero lesibhedlela
Setswana	phaposi ya bookelo
Sepedi	kamora
Sesotho	wate, phaposi ya bakudi sepetlele
Tshiven□□a	wadi, wadi ya sibadela, lufhera lwa vhalwadze
Xitsonga	vuhlayiselo, kamara ya xibedlhele

Comments: _____

hot compress

A pad of material soaked in hot water and pressed to a part of the body to make it less painful.

Afrikaans	warm kompres
IsiZulu	iphedi ecwiliswa emanzini ashisayo bese icindezelwa enxenyeni yomzimba ebuhlungu ukuze inciphise ubuhlungu
IsiXhosa	ilaphu elifakwe emanzini ashushu elithi libekwe kwindawo ebuhlungu
SiSwati	sicindzetelo lesishisako into yokuthoba
IsiNdebele	sepanyeletsisi se se bolelo
Setswana	segateledi sa go fiša
Sepedi	ho thoba ka motjheso
Sesotho	tshipwanyeledzi tshi fhisaho
Tshiven□□a	malapi yo tiya yo hisa
Xitsonga	

Comments: _____

household chemical

Substance used in the home for cleaning or other purposes, such as bleach, paraffin, etc.

Afrikaans	huishoudelike chemikalie
IsiZulu	ikhemikhali yasendlini
IsiXhosa	umchiza osetyenziswa ekhaya
SiSwati	ikhemikhali yasendlini
IsiNdebele	ikhemikhali esetjenziswa endlini
Setswana	khemikhale ya selegae
Sepedi	khemikhale ya selegae
Sesotho	khemikhale ya ka lapeng

Tshiven□□a **khemikala dza mutani**
Xitsonga **mirhi ya le ndyangu**

Comments: _____

household cleanliness

Having clean habits in and around the house.

Afrikaans **huishoudelike sindelikheid**
IsiZulu **ukuhlanzeka kwendlu,**
 ukugcina indlu ihlanzekile
IsiXhosa **ukucoceka kwendlu**
SiSwati **kuhlanteka kwasendlini**
IsiNdebele **ukuhlanzeka kwekhaya**
Setswana **bophepa ba mo gae**
Sepedi **thlweko ya ka gae**
Sesotho **tlhweko ya ka lapeng**
Tshiven□□a **vhudele mutani**
Xitsonga **vubasi bya ndyangu**

Comments: _____

household water

The water that is used only for the preparation of food, the washing of clothes and cleaning of the inside of the house.

Afrikaans **huishoudelike water**
IsiZulu **amanzi asendlini**
IsiXhosa **amanzi asendlini**
SiSwati **emanti ekusetjentiswa ekhaya**
IsiNdebele **amanzi wendlini**
Setswana **metse a mo gae**
Sepedi **meetse a go šomišwa ka gae**
Sesotho **metsi a ka lapeng**
Tshiven□□a **madi a hayani**
Xitsonga **mati ya le ndyangu**

Comments: _____

housemaid's knee

A painful swelling of the knee caused by too much kneeling on a hard surface.

Afrikaans **skropknie, kruipknie**
IsiZulu **amadolo aqinile abangwa**
 ukuguqa endaweni eqinile
 uma usebenza endlini
IsiXhosa **ikhodi**
SiSwati **emadvolo lacinile labangwa**
 kuguca
IsiNdebele **ukubulawa madolo** <abangwa
 kuguqa phasi endaweni eqine
 khulu>
Setswana **thurugo ya mangwele**

Sepedi **khuru ya mothuši wa ka gae**
Sesotho **thuruho ya mangwele** <*e*
 bakwa ke ho kgumama>

Tshiven□□a **mankhuru**
Xitsonga **rhukubya ra matsolo, ku**
 pfimba ka matsolo

Comments: _____

housing

The building and conditions in which people live.

Afrikaans **behuising**
IsiZulu **indawo yokuhlala**
IsiXhosa **indawo yokuhlala**
SiSwati **tetindlu**
IsiNdebele **zezindlu**
Setswana **bonno**
Setswana **kago**
Sepedi **kago ya dintlo**
Sesotho **bodulo**
Tshiven□□a **vhudzulo**
Xitsonga **vuakeri**

Comments: _____

human n.

A man, woman or child; not an animal.

Afrikaans **mens**
IsiZulu **umuntu**
IsiXhosa **umntu**
SiSwati **umuntfu**
IsiNdebele **umuntu**
Setswana **motho**
Sepedi **motho**
Sesotho **motho**
Tshiven□□a **muthu**
Xitsonga **munhu**

Comments: _____

human adj.

Of a person, eg the human body.

Afrikaans **menslik**
IsiZulu **womuntu**
IsiXhosa **womntu**
SiSwati **-muntfu**
IsiNdebele **womuntu**
Setswana **ya motho**
Sepedi **ya motho**
Sesotho **ya motho**
Tshiven□□a **zwa muthu**
Xitsonga **xa vumunhu**

Comments: _____

human bite

*A wound caused by the teeth of a person.
 Example A human bite carries a high risk of infection and should be regarded as more severe than an animal bite.*

Afrikaans	menslike byt
IsiZulu	isilonda esibangelwa ukulunywa umuntu ngamazinyo
IsiXhosa	ukulunywa ngumntu
SiSwati	lapho kulume umuntfu khona
IsiNdebele	inceba lokulunywa mumuntu ngamazinyo
Setswana	go longwa ke motho
Sepedi	ntho ya meno a motho
Sesotho	leqeba la ho longwa ke motho
Tshiven□□a	lilumelo la muthu
Xitsonga	ku lumiwa hi munhu

Comments: _____

human body

*Synonym body
 All the parts of a person that can be seen from the outside, such as the head, face, legs and arms, as well as inside parts, such as the heart, stomach, lungs etc.*

Afrikaans	menslike liggaam
IsiZulu	umzimba
IsiXhosa	umzimba
SiSwati	umtimba
IsiNdebele	umzimba
Setswana	mmele
Sepedi	mmele
Sesotho	mmele wa motho
Tshiven□□a	muvhili wa muthu
Xitsonga	miri wa munhu

Comments: _____

human immunodeficiency virus

*Synonym HIV
 The virus that causes AIDS.*

Afrikaans	menslike immuniteitgebrevirus, HIV, MIV
IsiZulu	i-HIV
IsiXhosa	intsholongwane kagawulayo
SiSwati	ligciwane lesifo sengculazi, i-HIV, ligciwane le-AIDS

IsiNdebele	umulwani obanga umbulala-sihlangu, i-HIV
Setswana	mogare wa AIDS
Sepedi	birase ye bakago thlaelo ya go souta bathong Definition: <birase ye ke yona ye bakago bolwetsi bja AIDS>, birase ya HIV
Sesotho	vaerase ya HIV, vaerase e bakang AIDS, vaerase e bakang kgaello ho boitshirelletso ba mmele mafung
Tshiven□□a	HIV, thahelelo ya thivhelavairasi
Xitsonga	HIV

Comments: _____

humerus

The bone between the shoulder and the elbow.

Afrikaans	humerus, boarmbeen
IsiZulu	ihumerasi
IsiXhosa	ithambo lenkonyana
SiSwati	litsambo lemkhono
IsiNdebele	ithambo lelunga
Setswana	elingaphezulu lomkhono
Sepedi	lesufutsogo
Sesotho	lerapo la sefaka
Tshiven□□a	lesapo la sephaka
Xitsonga	shambo la tshishasha
	rhambu ra voko-xihenhla

Comments: _____

hunger pangs

Stomach pain caused by needing something to eat.

Afrikaans	hongerpyne
IsiZulu	isisu sendlala
IsiXhosa	intlungu zendlala
SiSwati	liphango
IsiNdebele	amahlabo wokulamba, amahlabo wendlala
Setswana	dithhabi tsa tlala
Sepedi	dihlabi tša tlala
Sesotho	mahlaba a tlala
Tshiven□□a	vhutungu ha ndala
Xitsonga	ku luma ka nyoka

Comments: _____

hurt

To feel or cause pain

Example *The child's broken leg hurts.*

Afrikaans	pyn, seer wees
IsiZulu	ukuzwa ubuhlungu
IsiXhosa	ukuva ubuhlungu
SiSwati	kuva buhlungu, kulimata
IsiNdebele	ukuba buhlungu
Setswana	go utlwa botlhoko
Sepedi	bohloko
Sesotho	ho utlwa bohloko, ho utlwisa e mong bohloko
Tshiven□□a	u pfisa vhutungu
Xitsonga	ku vava

Comments: _____

hurt⇒injure**hygiene**

The practice of keeping oneself and one's surroundings clean in order to prevent illness and the spread of disease.

Afrikaans	higiëne
IsiZulu	inhlanzeko
IsiXhosa	ulwazi ngempilo
SiSwati	kuhlanteka
IsiNdebele	ezipilo
Setswana	boitekanelo
Sepedi	maphelo
Sesotho	paballo ya bophelo bo botle
Tshiven□□a	tsiravhulwadze
Xitsonga	nsivela-mavabyi

Comments: _____

hygienic

Clean and unlikely to cause illness.

Example *To ensure hygienic food preparation your hands must always be thoroughly washed before touching food.*

Afrikaans	higiënies
IsiZulu	okuphathelene nenhlanzeko
IsiXhosa	enococeko
SiSwati	-phatselele nenhlanteko
IsiNdebele	hlanzekile
Setswana	ya boitekanelo
Sepedi	ya maphelo
Sesotho	e hlwekileng, ya tlhweko
Tshiven□□a	zwa tsiravhulwadze
Xitsonga	nsivela-mavabyi

Comments: _____

hymen

A fold of skin partly closing the sex organs of a girl at birth.

Afrikaans	maagdevlies, himen
IsiZulu	ihayimeni
IsiXhosa	umhlumba
SiSwati	simo sentfombi
IsiNdebele	ihayimeni
Setswana	himene
Sepedi	haemene Definition: <i>Lemeno la letlalo le tswalelago ditho tsa bosadi tsa banenyana ge ba sa tso belegwa.</i>
Sesotho	sesupa-borwetsana Definition: <i>Ke letlalo le batlang le kwahetse ditho tsa sesadi ngwananyaneng ho tloha tswalong.</i>
Tshiven□□a	haimeni
Xitsonga	nkuva lowu funengetaka xirho xa xisati

Comments: _____

hypermetropia⇒longsightedness**hypertension⇒high blood pressure****hyperventilation**

Breathing very fast even when at rest.

Afrikaans	hiperventilasie
IsiZulu	ihayihayi
IsiXhosa	ukukhefuzela
SiSwati	kukhefutela
IsiNdebele	phefumulela phezulu
Setswana	fegetlwa
Sepedi	tsenyo ya moya wo montšhi
Sesotho	ho phefumoloha ka matla leha motho a iketlile
Tshiven□□a	haiphaventhilsheni
Xitsonga	ku hefemulela henhla

Comments: _____

hypochondria

Believing that one is ill when in truth there is nothing wrong with one's health.

Afrikaans hipochondrie, ipekonders
IsiZulu ukukholelwa ekutheni umuntu uyagula engaguli.

IsiXhosa ukukholelwa ukuba umntu uyagula engaguli

SiSwati kukholelwa ekuguleni
IsiNdebele ihipokondriya

Setswana haepokhonderia

Sepedi haepokhonderia Definition: *Ge motho a kgolwa gore o a lwala le ge a dutse a itekanetse.*

Sesotho ho ba le tumelo ya ho kula leha o phetse hantle

Tshiven haiphakhondiria
Xitsonga nchavo wa vuvabyi lowu hetaka nkarhi wo leha

Comments: _____

hysterectomy

Operation for removing the organ in a woman where a baby grows before birth (womb).

Afrikaans histerektomie,
IsiZulu baarmoederverwydering
IsiXhosa ukususwa kwesibeletso
SiSwati kukhishwa kwesibeletso
IsiNdebele ukukhutjwa kwesibeletso

Setswana go ntsha popelo

Sepedi go ntsha popelo

Sesotho oporeishene ya ho kwala tswala ho mosadi

Tshiven hisiterekhithomi
Xitsonga vuhandzuri bya xiveleko

Comments: _____

I**ileum**

Part of the bowel.

Afrikaans ileum, kronkelderm

IsiZulu i-iliyamu

IsiXhosa indawo esezantsi

SiSwati yamathumbu

IsiNdebele i-iliyamu

Setswana amathumbu asezansi

Sesotho amancani

Xitsonga eliamo

Sepedi
Sesotho

Tshiven
Xitsonga

lela
karolo ya boraro ya mala a manyenyane
lila lidenya
xiphemu xa le hansi xa rhumbu leritsongo

Comments: _____

illness ⇒ disease**immune**

Safe against a disease.

Afrikaans immuun
IsiZulu ukugoma
IsiXhosa gonyekileyo
SiSwati -gomekile, -sawotekile
IsiNdebele sowuda

Setswana soutile

Sepedi soutilego

Sesotho tshireletseho kgahlanong le mafu

Tshiven u thavhela

Xitsonga sawuta

Comments: _____

immune system

The body's defence mechanism which fights off infections and diseases.

Afrikaans immuunstelsel
IsiZulu isivikela zifo
IsiXhosa isinqanda zifo
SiSwati sincandzatifu, kugomeka kwemtimba, kusawoteka kwemtimba

IsiNdebele ihlelo lokusowuda emzimbeni
Setswana mokgwa wa tshireletsego ya mmele mo malwetseng

Sepedi tsela ya go souta

Sesotho mokgwa wa tshireletseho ya mmele mafung

Tshiven sisiteme ya thavhelo ya vhwadze

Xitsonga sisiteme ya nsawutiso wa vuvabyi

Comments: _____

immunisation

Making a person safe against a disease, eg by giving him an injection.

Afrikaans	immunisering
IsiZulu	ukugonywa
IsiXhosa	ukugonya
SiSwati	kusawotisa, kugoma
IsiNdebele	ukusowuda
Setswana	moento, tshoutiso
Sepedi	tshoutišo
Sesotho	ho soutisa, ente, ho entwa
Tshivenꞌꞌa	thavhelo
Xitsonga	nsawutiso

Comments: _____

immunity

State of being safe against a disease.

Afrikaans	immunititeit
IsiZulu	ukugomeka
IsiXhosa	ukugonyeka
SiSwati	kugomeka, kusawoteka
IsiNdebele	sowudile
Setswana	tshouto
Sepedi	tshouto
Sesotho	ho sireletseha kgahlanong le mafu
Tshivenꞌꞌa	nyelulo, thivhelavhulwadze, thavhelavhulwadze
Xitsonga	nsawuto

Comments: _____

immunodeficiency

A condition in which the body's defence system against disease does not work properly.

Afrikaans	immunitetsgebrek, imuungebrek
IsiZulu	ukungasebenzi kahle kwezivikela mzimba
IsiXhosa	ukungasebenzi kakuhle kwamajoni akhusela umzimba
SiSwati	kutsikameteka kwekugomeka, kutsikameteka kwekusawoteka
IsiNdebele	ukungavikeleki kuhle komzimba emalwelweni
Setswana	tihaelo ya tshireletso kgatihanong le malwetse
Sepedi	thlaelo ya go souta
Sesotho	kgaello ya tshireletseho kgahlanong le mafu
Tshivenꞌꞌa	tshaeo ya tshieluli
Xitsonga	ku kayivela ka nsawutiso

Comments: _____

inactive person

A person who does not exercise regularly.

Afrikaans	onaktiewe persoon
IsiZulu	umuntu ovilaphayo
IsiXhosa	umntu ongazilongiyo
SiSwati	umuntfu longenti lutfo
IsiNdebele	umuntu onganamdlandla, umuntu osidondi
Setswana	motlapa
Sepedi	motho yo a se nago mathlagathlaga
Sesotho	sekowa
Tshivenꞌꞌa	muthu a songo dalaho mafulufulu
Xitsonga	munhu loyi a nga taleki ku endla vutiolori

Comments: _____

inbreeding

When a man and a woman who are closely related, eg cousins, have children together.

Afrikaans	inteling
IsiZulu	ukuzalwa kwengane ngabazali abahlobene
IsiXhosa	ukwalamana
SiSwati	kutalanisa ngebuhlobo
IsiNdebele	ukukhulisa umuzi
Setswana	tsalo ya lesika
Sepedi	tswadiša ka leloko
Sesotho	ho itja sekgababa
Tshivenꞌꞌa	tshibebisashaka
Xitsonga	ntswariso-nghenela

Comments: _____

incision

Sharp cut made by a doctor who is operating on a patient.

Afrikaans	insnyding
IsiZulu	ukusikwa kwenyama ethambile ngomese isikwa ngodokotela
IsiXhosa	ukusika
SiSwati	umsiko
IsiNdebele	ukusikwa inyama bodorhoderu
Setswana	go phatsa
Sepedi	go gaya
Sesotho	ho sehwa ke ngaka

Tshiven□□a mutsheo
Xitsonga ku tsema hi xikangani

Comments: _____

incisor

Any of the eight sharp cutting teeth at the front of the mouth, four in each jaw.

Afrikaans snytand
IsiZulu yinoma iliphi lamazinyo amane omuhlathi ngamunye iluma
IsiXhosa litinyo lekuluma
SiSwati amazinyo aquntulako
IsiNdebele ngathi
Setswana leinothipa
Sepedi leino le ka pele
Sesotho ino la dzembe
Tshiven□□a xigidani
Xitsonga

Comments: _____

incompetent cervix

Condition when the cervix starts to open too soon, which may cause the birth of a baby before it is able to survive.

Afrikaans inkompetente serviks, ontoereikende baarmoederhals
IsiZulu ukungasebenzi kahle komlomo wesibeletso
IsiXhosa umlomo wesibeletso obuthathaka
SiSwati kwehluleka kwesijingo
IsiNdebele kungasebenzi kuhle kwentanyana yesibeletso, kungasebenzi kuhle kwesevikisi
Setswana molala wa popelo o o sa direng
Sepedi popelo ye šitwago
Sesotho popelo e sitwang, popelo e sa sebetseng ka ho phethahala
Tshiven□□a u sa kona ha sevikisi, u vulea ha sevikisi
Xitsonga xiveleko lexi nga ri ki kahle

Comments: _____

increased kidney function

When the kidneys have to clean more blood than usual, such as during pregnancy.

Afrikaans verhoogde nierfunksie
IsiZulu ukwanda komsebenzi okufanele wenziwe izinso
IsiXhosa ukwanda komsebenzi wentso
SiSwati kwandza kwemsebenti wetinso
IsiNdebele ukusebenza ngokwezinga eliphezulu kweziso
Setswana tiro e e oketsegileng ya diphilo
Sepedi tšhomišo ya dipshio ye okeditšwego
Sesotho tshebetsa e eketsehileng ya diphio
Tshiven□□a mushumo wo engedzwaho wa tswio
Xitsonga ku engeteleka ka matirhele ya tinso

Comments: _____

incubation period

The time between being infected with a disease and showing the first signs of it.

Afrikaans inkubasietydperk
IsiZulu isikhathi sokuchanyuselwa kwamagciwane esifo
IsiXhosa ukufukama
SiSwati sikhatsi sekuchamuseleka kwesifo
IsiNdebele isikhathi sokungenwa nokuveza amatshwayo wokuthoma wobulwelwe nako ya go tsenwa ke bolwetse
Setswana sebaka sa kalamelo
Sepedi nako ya ho fuama bolwetse
Sesotho tshifhinga tsha u alamela
Tshiven□□a nkarhi wo fukamela
Xitsonga

Comments: _____

incubator

Device in which very small or weak babies are kept after birth.

Afrikaans broeikas
IsiZulu isifukameli
IsiXhosa umatshini wokufaka abantwana abazelwe ngaphambi kwexesha
SiSwati umshini wekufaka tinswane letivele tingakachanyuselwa kahle

IsiNdebele	isifukamiseli
Setswana	sethuthusi
Sepedi	sealamelo
Sesotho	sesebediswa sa phuamo
	Definition: <i>Ke sesebediswa seo ho bewang masea a manyenyane haholo kapa a fokolang kamora ho tswalwa.</i>
Tshiven□□a	ndi tshishumiswa kana mutshini une khawo ha vheva vhana vha□□uku kana vha lwalaho nga murahu ha u bebiwa
Xitsonga	xifukamerisi

Comments: _____

indigestion

Discomfort caused by the stomach being unable to deal with the food which has been eaten.

Afrikaans	slegte spysvertering
IsiZulu	ukuqumbelana
IsiXhosa	ukungetyisi
SiSwati	kucumbelana
IsiNdebele	ukungagayeki
Setswana	go bipelwa
Sepedi	pipelo
Sesotho	pipitlalo, tshilo e mpe ya dijo
Tshiven□□a	vhushayatsukanyo
Xitsonga	mpfimbela, mpfimbelo

Comments: _____

induction

Causing a pregnant woman to start giving birth by means of drugs.

Afrikaans	induksie
IsiZulu	ukubelethisa umuntu singakafiki isikhathi
IsiXhosa	ukubelekisa umntu lingekafiki ixesha lakhe
SiSwati	indaksheni
IsiNdebele	ukuthoma ukusikwa yimbeleko kokuzenzela
Setswana	thuthusa
Sepedi	kgakolo
Sesotho	ho susumetsa peleho pele ho nako
Tshiven□□a	zwithavhi zwa mbebo zwo tou itwaho
Xitsonga	ndlela yo veleka ya xiencyiso

Comments: _____

inebriated⇒drunk

infant

Synonym **baby**

A very young child at the earliest stage of its life.

Afrikaans	baba, suigeling
IsiZulu	umntwana, ingane
IsiXhosa	usana, imveku
SiSwati	luswane
IsiNdebele	isana elibovana
Setswana	lesea
Sepedi	lesea
Sesotho	lesea
Tshiven□□a	lushie, □□wana
Xitsonga	n'wana, xihlangi

Comments: _____

infantile paralysis⇒poliomyelitis

infant nutrition

The food a baby gets, eg milk and porridge.

Afrikaans	babavoeding
IsiZulu	ukudla komntwana
IsiXhosa	ukutya kwemveku
SiSwati	kudla kweluswane
IsiNdebele	ukudla kwesana
Setswana	phepo ya lesea
Sepedi	phepo ya lesea
Sesotho	phepo ya lesea
Tshiven□□a	zwiliwa zwa nwana, zwiliwa zwa lushie
Xitsonga	swakudya swa xihlangi

Comments: _____

infect

To cause a person to get a disease or an infection.

Afrikaans	aansteek, besmet
IsiZulu	thelela
IsiXhosa	yosulela
SiSwati	kuhabulisa, kufakela sifo
IsiNdebele	thelela <ngobulwelwe>
Setswana	tshela
Sepedi	fetela
Sesotho	ho tshwaetsa
Tshiven□□a	u kavhiwa nga vhlwadze

Xitsonga ku tlulela

Comments: _____

infection

A disease caused by germs, often from breathing it in.

Afrikaans	infeksie
IsiZulu	i-infeshini
IsiXhosa	usulelo
SiSwati	umhabulo, kutselela noma kutsatsa lufo
IsiNdebele	bulwelwe obuthelelweko
Setswana	tshelo
Sepedi	phetetšo
Sesotho	bolwetse, tshwaetso
Tshiven□□a	vhulwadze ha phirela
Xitsonga	ntlulelo wa mavabyi

Comments: _____

infection

Germs or dirt getting into a cut or wound causing it to produce puss and preventing it from healing properly.

Afrikaans	infeksie
IsiZulu	i-infekishini
IsiXhosa	usulelo
SiSwati	umhabulo, lufo
IsiNdebele	ithelelwano
Setswana	tshelo
Sepedi	phetetšo
Sesotho	tshwaetso
Tshiven□□a	phirelo ya malwadze
Xitsonga	ntlulelo wa mavabyi

Comments: _____

infectious disease

Synonym **communicable disease, contagious disease**

Any disease that can be passed on from one person to another by direct or indirect contact.

Afrikaans	aansteeklike siekte, oordraagbare siekte
IsiZulu	isifo esithathelanayo
IsiXhosa	isifo esosulelayo
SiSwati	sifo lesitselelanako
IsiNdebele	ubulwelwe obuthelelwanako
Setswana	bolwetse bo bo tshelanang
Sepedi	bolwetši bja go fetela, bolwetši bja go fetela

Sesotho lefu le tshwaetsanang
Tshiven□□a vhulwadze ha phirela,

vhulwadze ha u fhirela

vuvabyi byo tlulela hi moya

Xitsonga

Comments: _____

infertile

Synonym **sterile, barren**

Unable to have children.

Afrikaans	infertiel, steriel, onvrugbaar
IsiZulu	ukungabi nanzalo
IsiXhosa	ukungazali, ngazali,

ngenzintsholonwane

SiSwati -ngatali, -yinyumba, -

ngenamagciwane

IsiNdebele

ukungabi yinyumba,

nganambeleko

Setswana

boopa, opafetse

Setswana

tlhwekile

Sepedi

moopa, e sa belegego

Sesotho

ho se be le tswala

Tshiven□□a

vhuumba

Xitsonga

vumhika

Comments: _____

infertility

Synonym **sterility**

The inability of a man or a woman to have children.

Afrikaans	onvrugbaarheid, infertiliteit, steriliteit
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IsiZulu	ukungabi sesimeni sokuthola umntwana
---------	--------------------------------------

IsiXhosa

ubudlolo

SiSwati

kungavundzi, bunyumba

IsiNdebele

ubunyumba, ukungabelethi

Setswana

boopa

Sepedi

ye sa enyego, go se belege

Sesotho

bonyopa

Tshiven□□a

vhuumba

Xitsonga

vumhika

Comments: _____

infestation

Insects, mice or other pests being present in large numbers.

Afrikaans	infestatie, besmetting
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IsiZulu	ukuba nezintwala
---------	------------------

IsiXhosa	ukuzaliswa
----------	------------

SiSwati	kugcwala ngulokutsite
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IsiNdebele	ukutshwenywa
Setswana	go longwa ke kgofa
Sepedi	go thlaselwa ke phelakadingwe
Sesotho	ho hlaselwa ke diphedi tse kang dikokwanyana ka bongata
Tshivenꞌꞌa	u dzhenwa nga nzulatshinya
Xitsonga	ku nghena ka switsongwatsongwana emirini

Comments: _____

inflamed wound

Wound that is red, hot and sore as a result of germs that got into it.

Afrikaans	ontsteekte wond
IsiZulu	isilonda esibhibhayo
IsiXhosa	isilonda esikralileyo
SiSwati	silondza lesibhibhako
IsiNdebele	isilonda esibhibhidlhako
Setswana	ntho e e gotetseng
Sepedi	ntho ye kekago
Sesotho	leqeba le petlileng
Tshivenꞌꞌa	tshilonda tsho kavhiwaho nga zwitshili
Xitsonga	mbanga leyi nga rhumbela

Comments: _____

inflammation

Swelling and soreness which is often red and hot to the touch, especially because of infection.

Afrikaans	inflammasie
IsiZulu	ukuqubuka
IsiXhosa	ukukrala
SiSwati	kuvuvukala
IsiNdebele	kuvuvuka
Setswana	kgotelo
Sepedi	keko
Sesotho	thuruho, ho petla
Tshivenꞌꞌa	vhupise
Xitsonga	ndzhumbelo

Comments: _____

influenza⇒flu

inhale

To breathe in air through the nose and mouth.

Afrikaans	in asem
IsiZulu	ukufaka umoya ngaphakathi ngomulomo nangamakhala
IsiXhosa	rhogela
SiSwati	kudvonsa umoya, kuphefumula
IsiNdebele	dosa umoya
Setswana	hema
Sepedi	hema
Sesotho	ho hema
Tshivenꞌꞌa	u femela ngomu
Xitsonga	ku hefemula

Comments: _____

inject

To put a liquid such as a medicine into the body with a special needle.

Afrikaans	inspuit
IsiZulu	ukujova
IsiXhosa	tofa
SiSwati	kujova
IsiNdebele	sowuda, enda
Setswana	tlhaba
Sepedi	hlabela
Sesotho	ho hlaba, tlhabo
Tshivenꞌꞌa	u thavha, u thavhela
Xitsonga	tlhavela

Comments: _____

injection

The pricking of the skin with a needle to put medicine into the body in order to prevent or cure an illness; usually given by a nurse or a doctor.

Afrikaans	inspuiting
IsiZulu	umjovo
IsiXhosa	isitofu
SiSwati	umjovo
IsiNdebele	i-endo
Setswana	tlhabo
Sepedi	thlabelo
Sesotho	tlhabo
Tshivenꞌꞌa	dzhegiseni
Xitsonga	ntlhavelo

Comments: _____

injure

Synonym **hurt**

To damage some part of the body, eg in a car accident.

Afrikaans	beseer
IsiZulu	ukulimaza
IsiXhosa	yenzakalisa
SiSwati	limata
IsiNdebele	limaza
Setswana	gobatsa
Sepedi	gobatša
Sesotho	ho lemala
TshivenꞀꞀa	u huvhadza
Xitsonga	ku vaviseka

Comments: _____

inoculate ⇒ *vaccinate*

inoculation ⇒ *vaccination*

inpatient

A patient who stays in a hospital while receiving treatment.

Afrikaans	binnepasiënt, hospitaalpatiënt
IsiZulu	isiguli esilalisiwe esibhedlela
IsiXhosa	isigulane esilalisiweyo
SiSwati	siguli lesilalisiwe
IsiNdebele	isigulani esilalisiwe esibhedlela
Setswana	molwetse yo o robetseng mo sepetelele
Sepedi	molwetši yo a robetšego sepetelele
Sesotho	mokudi ya robaditsweng sepetelele
TshivenꞀꞀa	mulwadze o ladzwaho
Xitsonga	sibadela muvabyi loyi a kumaka vutshunguri a ri exibedlhele

Comments: _____

insanity

Synonym **madness**
Illness of the mind.

Afrikaans	kranksinnigheid, malheid
IsiZulu	ukuhlanya
IsiXhosa	impambano
SiSwati	kugula ngengcondvo
IsiNdebele	ukurhapha
Setswana	botsenwa
Sepedi	bogafa
Sesotho	bohlanga

TshivenꞀꞀa

Xitsonga

tshipengo

rihuhe, vuhlanyi

Comments: _____

insect bite

A wound made by the sting of an insect.

Afrikaans	insekbyt
IsiZulu	isilonda sodosi lwesinambuzane
IsiXhosa	ukulunywa sisinambuzane
SiSwati	kulunywa silokatane
IsiNdebele	inceba lokulunywa yinunwana
Setswana	go longwa ke tshenekegi
Sepedi	go longwa ke khunkhwane
Sesotho	leqeba la ho hlajwa ke kokwanyana
TshivenꞀꞀa	lilumelo la zwikhokhonono
Xitsonga	ku lumiwa hi xitsotso

Comments: _____

insecticide

Chemical substance used to kill insects, usually a powder or a spray.

Afrikaans	insekdoer
IsiZulu	isibulala zinambuzane
IsiXhosa	isibulala zinambuzane
SiSwati	sibulalatilokatane, umutsi wekubulala tilokatane
IsiNdebele	isibulali-khunkhwana
Setswana	sebolayaditshenekegi
Sepedi	polayakhukhu
Sesotho	sebolaya-dikokwanyana
TshivenꞀꞀa	tshivhulahazwikhokhonono
Xitsonga	ndlhaya switsotswana

Comments: _____

insomnia ⇒ *sleeplessness*

instep

Upper surface of the human foot between the toes and the ankle.

Afrikaans	voetrug, middelvoet
IsiZulu	ingaphezulu lonyawo
IsiXhosa	umphezulu wonyawo
SiSwati	inkhwaphalunyawo
IsiNdebele	ingaphezulu lenyawo
Setswana	khubu
Sepedi	boraoito
Sesotho	lehabana

Tshivenda a mulatela wa mulenzhe
Xitsonga xikhovo

Comments: _____

instinct

A natural inborn tendency to do certain things or behave in a certain way.

Example *A mother has the instinct to care for her child.*

Afrikaans	instink
IsiZulu	ikhono lokuzalwa
IsiXhosa	ithuku, ithuku lemvelo
SiSwati	sivangenkhaba, sivangengati
IsiNdebele	kuseengazini, zelwe nakho, ukuzwa eengazini
Setswana	setlhago
Sepedi	sethlago
Sesotho	sehlaho
Tshivenda <input type="checkbox"/> <input type="checkbox"/> a	nyanyuwo, tsiko
Xitsonga	ritumbuluko, ritumbulukwa

Comments: _____

institution

A place for a specific purpose, eg for looking after people who are mentally ill.

Afrikaans	inrigting
IsiZulu	isizinda
IsiXhosa	iziko
SiSwati	inhlango, sakhivo semsebenti lotsite
IsiNdebele	ihlangano, umkhandlu
Setswana	setheo
Sepedi	kago
Sesotho	mokgatlo, institjhushene
Tshivenda <input type="checkbox"/> <input type="checkbox"/> a	dzangano
Xitsonga	nhlango, vandla

Comments: _____

insufficient

Not being enough.

Afrikaans	onvoldoende, ontoereikend
IsiZulu	nganele
IsiXhosa	engonelanga
SiSwati	-ngakeneli
IsiNdebele	ngakalingani, tlhayelako
Setswana	go sa lekana
Sepedi	ye hlaelang
Sesotho	e sa lekanang, e sa anelang, e haellang
Tshivenda <input type="checkbox"/> <input type="checkbox"/> a	zwi songo linganaho

Xitsonga lexi nga ringanangiki, xo kayivela

Comments: _____

insulin

A substance that most people produce naturally in their body and which controls the level of sugar in the blood. People with diabetes cannot produce insulin and have to take regular doses of it.

Afrikaans	insulien
IsiZulu	i-insulin
IsiXhosa	incindi yedlala elithile elawula iswekile egazini
SiSwati	i-insulini
IsiNdebele	i-insulini
Setswana	insulini
Sepedi	insuline
Sesotho	insuline Definition: Ke sehlahiswa sa mmele se laolang tekanyetso ya tswekere mading.
Tshivenda <input type="checkbox"/> <input type="checkbox"/> a	insulin
Xitsonga	nchumu lowu lawulaka mpimo wa chukela

Comments: _____

internal

Of the inside of the body.

Afrikaans	inwendig
IsiZulu	ngaphakathi
IsiXhosa	ngaphakathi, iintshulube zamathumbu
SiSwati	-ngekhatsi
IsiNdebele	ngaphakathi
Setswana	-teng
Sepedi	ya ka gare
Sesotho	ya ka hara mmele
Tshivenda <input type="checkbox"/> <input type="checkbox"/> a	zwa nga ngomu muvhilini, vhungomu
Xitsonga	ndzeni

Comments: _____

intestinal worms

Worms living in the bowels of a person, eg roundworms.

Afrikaans	ingewandswurms
IsiZulu	izikelemu, izilo
IsiXhosa	iintshulube
SiSwati	tilo, manyokane
IsiNdebele	amanyokani
Setswana	dibokwana tsa mo maleng
Sepedi	dibokwana tša ka maleng
Sesotho	dibokwana tsa maleng
TshivenꞀꞀa	nowana dzi no wanala malani
Xitsonga	manyokane

Comments: _____

intestine

Synonym **bowel**
The long tube through which digested food passes from the stomach to the anus; it consists of the large intestine and the small intestine.

Afrikaans	ingewande, derm
IsiZulu	isisu
IsiXhosa	ithumbu
SiSwati	litfumbu lelikhulu
IsiNdebele	amathumbu
Setswana	lela
Sepedi	lela
Sesotho	mala, dikahare
TshivenꞀꞀa	lula, ꞀꞀila
Xitsonga	rhumbu

Comments: _____

intoxicated⇒drunk

intoxicating

Which can make a person drunk, such as an alcoholic drink.

Afrikaans	dronkmakend, bedwelmend
IsiZulu	ukudakwa
IsiXhosa	enxiliso
SiSwati	-dzakwanako
IsiNdebele	-dakako
Setswana	setagi
Sepedi	ye tagang
Sesotho	e tahang
TshivenꞀꞀa	zwi kambaho
Xitsonga	pyopya

Comments: _____

intoxication

The state of being poisoned by a drug or other poisonous substance.

Afrikaans	intoksikasie
IsiZulu	ukufaka ubuthi noma isidakamizwa emzimbeni wakho
IsiXhosa	ukunxila
SiSwati	kudzakwa, kudziyatela
IsiNdebele	kwengcondvo
Setswana	daka
Sepedi	tagi
Sesotho	botagwa
	ho tahwa, ho kenwa ke tjehefo e itseng
TshivenꞀꞀa	vhudakwa, u kambiwa
Xitsonga	ku pyopyiwa

Comments: _____

intoxication⇒drunkenness

intrauterine contraceptive

device⇒intrauterine device

intrauterine device

Synonym **IUD <abbreviation>, intrauterine contraceptive device, IUCD <abbreviation>, loop <less formal>, coil <less formal>**

An object placed inside the womb of a woman to prevent pregnancy.

Afrikaans	intra-uteriene apparaat, intra-uteriene kontraseptiewe apparaat, IUKA, lus
IsiZulu	iluphu
IsiXhosa	iluphu
SiSwati	sivikelantalo, iluphu
IsiNdebele	iluphu
Setswana	sethibela-pelegi sa mo popelong, sediriswa sa tenga-popelo
Sepedi	sedirišwa sa go thibela pelego
Sesotho	lupu Definition: Sethibelapelehi se kengwang ka hara popelo.

Sesotho	sethibelapelehi sa IUD
Tshivenꞌꞌa	lupu ya u thivhela mbebo
Xitsonga	nsohano wo sivela mbeleko, ririmi ro sivela mbeleko

Comments: _____

intravenous

Given through the veins, such as food and drugs given to sick people through their veins rather than their mouths.

Afrikaans	binne-aars
IsiZulu	intravenasi
IsiXhosa	emthanjeni
SiSwati	-ngemitsambo
IsiNdebele	dlisa ngamaphayiphi
Setswana	mo gare ga ditshika
Sepedi	ka gare ga setlišamadi
Sesotho	ho kena ka methapo
Tshivenꞌꞌa	nga ngomu lutsingani
Xitsonga	hi misiha

Comments: _____

invisible fat

*Synonym hidden fat
Fat contained in food such as polony, sausage, pastries and fried foods which cannot be seen.*

Afrikaans	onsigbare vet, versteekte vet
IsiZulu	amafutha afihlekile
IsiXhosa	amafutha afihlakeleyo
SiSwati	emafutsa langabonakali
IsiNdebele	amafutha afihlekileko
Setswana	mafura a a sa bonaleng mo dijong
Sepedi	makhura a ka dijong a sa bonalego
Sesotho	mafura a patehileng (dijong)
Tshivenꞌꞌa	mapfura o dzumbamaho
Xitsonga	mafurha lama fihliweke

Comments: _____

involuntary muscle

*Synonym smooth muscle
Muscle that is not under control of a person, eg the muscles of the heart or stomach.*

Afrikaans	onwillekeurige spier, gladdespier
IsiZulu	izinyama ezingalawulwa umuntu
IsiXhosa	umsipha ongalawulekiyo

SiSwati	umsipha longalawuleki
IsiNdebele	imisipha ezisebenzelako
Setswana	mosifa o o itaolang
Sepedi	mošifa wo itaolago
Sesotho	mosifa o itaolang
Tshivenꞌꞌa	musipha une wa ꞌꞌilaula
Xitsonga	nsiha lowu tilawulaka

Comments: _____

iodine

A substance needed by the body for healthy growth and development; found eg in vegetables and fruit, seafood and iodised salt.

Afrikaans	jodium
IsiZulu	i-ayodini
IsiXhosa	iyadini
SiSwati	i-ayodini
IsiNdebele	i-ayodini
Setswana	ayodine
Sepedi	ayotine
Sesotho	ayodine
Tshivenꞌꞌa	ayodini
Xitsonga	ayodini

Comments: _____

iris

The coloured part around the round black spot in the middle of the eye.

Afrikaans	iris
IsiZulu	i-ayirisi
IsiXhosa	isangqa seliso
IsiXhosa	isangqa seliso
SiSwati	i-ayirisi, siyinge seliso
IsiNdebele	i-ayirisi
Setswana	molathaka wa leitlho
Sepedi	leratladi
Sesotho	mmala o potileng thaka ya leihlo
Tshivenꞌꞌa	airisi, ya ito
Xitsonga	irisi, ndzanga

Comments: _____

iron

A substance needed by the body to keep healthy; found in red meat, liver and green vegetables.

Afrikaans	yster
IsiZulu	insimbi
IsiXhosa	iyoni
SiSwati	i-ayoni, insimbi
IsiNdebele	i-ayoni
Setswana	tshipi
Sepedi	tšhipi
Sesotho	tshepe
Tshivenꞌꞌa	ayoni
Xitsonga	ayoni

Comments: _____

irritate

To make painful or to cause discomfort
 Example *Certain fumes may irritate the eyes.*

Afrikaans	irriteer
IsiZulu	hlaba
IsiXhosa	tyabula
SiSwati	hlaba
IsiNdebele	phandla, silinga
Setswana	tlhobaetsa
Sepedi	hlabahlaba
Sesotho	ho thothetsa
Tshivenꞌꞌa	ꞌꞌunga
Xitsonga	fehla, karihisa

Comments: _____

itch n.

A sore feeling which makes one want to rub or scratch.

Afrikaans	gejeuk, jeuk
IsiZulu	ukuluma
IsiXhosa	urhawuzelelo
SiSwati	kunwayisa, kuluma
IsiNdebele	ubuzikazikani
Setswana	tlhotlhona
Sepedi	hlohlonga
Sesotho	tlhohlono, tjhwatjhwasele
Tshivenꞌꞌa	muꞌꞌhoꞌꞌhono
Xitsonga	nhlalu, tihlalu

Comments: _____

itch v.

To feel a soreness which one wants to rub or scratch.

Example *Insect bites that itch are very uncomfortable.*

Afrikaans	jeuk
IsiZulu	luma
IsiXhosa	rhawuzelela
SiSwati	nwayisa, luma
IsiNdebele	zikazikani
Setswana	tlhotlhona
Sepedi	hlohlonga
Sesotho	ho hlohlonga, ho tjhwatjhwasele
Tshivenꞌꞌa	u ꞌꞌhoꞌꞌhona
Xitsonga	hlohlonga, fehla, nwayisa

Comments: _____

itching rash

Spots on the skin causing an unpleasant feeling which makes one want to scratch.

Afrikaans	jeukende uitslag
IsiZulu	amashashazi alumayo
IsiXhosa	irhatshalala elumayo
SiSwati	kucubuka lokunwayisako
IsiNdebele	ikhwekhwe
Setswana	boswata bo bo tlhotlhonang
Sepedi	legkwegwe le babago
Sesotho	nngwae
Tshivenꞌꞌa	rashi i no thothona
Xitsonga	swirhumba-rhumbani swo hlohlonga

Comments: _____

IUCD⇒intrauterine device

IUD⇒intrauterine device

J

jaundice

An illness that makes the skin and eyes become yellow.

Afrikaans	geelsug
IsiZulu	ijondisi
IsiXhosa	isifo senyongo
SiSwati	ijondisi
IsiNdebele	ijondisi
Setswana	galamoding
Sepedi	bohloko bja nyooko

Sesotho	nyooko, tshehlefalo ya letlalo ke nyooko
Tshiven□□a	dzhondaisi, u vha tada ha lukanda
Xitsonga	vuvabyi bya nyongwa

Comments: _____

jaw

One of the two bony parts of the face in which the teeth are set.

Afrikaans	kakebeen
IsiZulu	umhlathi
IsiXhosa	umhlathi
SiSwati	umhlatsi
IsiNdebele	umhlathi
Setswana	motlhagare
Sepedi	mohlagare
Sesotho	mohlahare
Tshiven□□a	lu□□aha
Xitsonga	rihlaya

Comments: _____

Johnnies⇒condom

joint

The part of the body where two bones meet, eg the elbow joint or knee joint.

Afrikaans	gewrig
IsiZulu	ijoyinti
IsiXhosa	isidibanisi
SiSwati	lilunga
IsiNdebele	ilunga
Setswana	tokololo
Sepedi	lekopano
Sesotho	lenonyeletso
Tshiven□□a	thanganyo, tshinungo
Xitsonga	mahlangano

Comments: _____



Kaposi's sarcoma

A type of skin cancer which often affects AIDS patients.

Afrikaans	Kaposi-sarkoom
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IsiZulu	kaposizi sakhoma
IsiXhosa	umhlaza wesikhumba ofunyanwa kubantu abanogawulayo
SiSwati	luhlobo lwesifo semdlavuza wesikhumba
IsiNdebele	kaposi-sakhoma
Setswana	kankere ya letlalo ya Kaposi
Sepedi	bolwetši bja letlalo bja Kaposi

Definition: *Mohuta wa kankere ya letlalo yeo gantsi e swarago balwetsi ba AIDS.*

Sesotho	thuruho ya Kaposi, kankere ya letlalo ya Kaposi, lefu la letlalo la Kaposi
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Definition: *Ke mofuta wa kankere ya letlalo e atisang ho tshwara batho ba nang le lefu la AIDS.*

Tshiven□□a	Kaposis sakoma
Xitsonga	khexe ya nhlonge ya Kaposi

Definition: *Khexe ya nhlonge leyi khomaka vanhu lava nga na EYIDZI.*

keratoplasty⇒corneal transplantation

Comments: _____

kidney

Either of a pair of organs that removes waste products from the blood and produces urine.

Afrikaans	nier
IsiZulu	inso
IsiXhosa	intso
SiSwati	inso
IsiNdebele	iso
Setswana	philo
Sepedi	pshio
Sesotho	phio
Tshiven□□a	tswio
Xitsonga	yinso

Comments: _____

kidney failure

*Synonym renal failure
 Inability of the kidney to do its work properly.*

Afrikaans	nierversaking
IsiZulu	ukungasebenzi kahla kwenso
IsiXhosa	ukungasebenzi kwezintso
SiSwati	kwehluleka kwenso
IsiNdebele	umraro weso
Setswana	go sa dire ga diphilo
Sepedi	go palelwa ga pshio
Sesotho	ho se sebetse ha phio

Tshiven□□a **khundelo ya tswio**
 Xitsonga **ku hluleka ka yinso, yinso leyi**
 nga tirheki hi mfanelo

Comments: _____

kidney machine⇒ dialiser

kidney stone

Synonym **renal calculus**
Small, hard lump formed inside the kidney, causing pain.

Afrikaans **niersteen**
 IsiZulu **iqhutshana elisezinsweni**
 elibangela ubuhlungu
 IsiXhosa **iqhuma elisezintsweni**
 SiSwati **lihlabana lenso**
 IsiNdebele **igaqana lesa**
 Setswana **letlapa la diphilo**
 Sepedi **matlapana a pshio**
 Sesotho **sekaqa ka hara phio**
 Tshiven□□a **tombo □□a tswio**
 Xitsonga **bundzu ra yinso**

Comments: _____

kidney transplant

Synonym **renal transplantation**
An operation in which the diseased kidney of a person is replaced by a healthy kidney of another person (donor).

Afrikaans **nieroorplanting**
 IsiZulu **ukufakelwa kwenso**
 IsiXhosa **ufakelo lwezintso**
 SiSwati **kufakelwa kwenso**
 IsiNdebele **ukufakelwa iso**
 Setswana **go jalololwa ga diphilo**
 Sepedi **pšalollo ya pshio**
 Sesotho **oporeishene ya ho kengwa**
 phio
 Tshiven□□a **tsimulo ya tswio**
 Xitsonga **vuhandzuri byo siva yinso**

Comments: _____

kiss of life⇒ mouth-to-mouth-resuscitation

knee

The joint between the upper and lower leg where the leg bends.

Afrikaans **knie**
 IsiZulu **idolo**
 IsiXhosa **idolo**
 SiSwati **lidvolo**
 IsiNdebele **idolo**
 Setswana **lengole**
 Sepedi **khuru**
 Sesotho **lengole, lengwele**
 Tshiven□□a **gona**
 Xitsonga **tsolo**

Comments: _____

kneecap

The bone that covers and protects the front of the knee.

Afrikaans **knieskyf**
 IsiZulu **isivalo sedolo**
 IsiXhosa **ilivi**
 SiSwati **livi**
 IsiNdebele **isigubuzesa-dolo**
 Setswana **theledi**
 Sepedi **khurumelakhuru**
 Sesotho **theledi**
 Tshiven□□a **mutibo wa gona**
 Xitsonga **nhlolo, xipfalo xa tsolo**

Comments: _____

knock-knees

Legs which turn inwards at the knees.

Afrikaans **kapknieë, X-bene**
 IsiZulu **upete**
 IsiXhosa **ukudibanisa amadolo**
 SiSwati **ipotsapotsa, -linyinyi, -tse**
 pete
 IsiNdebele **madolo atjhayisanako**
 Setswana **matshweka**
 Sepedi **dikhuru tša go thulana**
 Sesotho **maoto a thulanang**
 mangweleng
 Tshiven□□a **mapeta a nga ngomu**
 Xitsonga **marhengwe**

Comments: _____

knuckle

A joint of a finger, especially that connecting a finger to the hand.

Afrikaans	kneukel
IsiZulu	iqupha
IsiXhosa	iquphele
SiSwati	licupha
IsiNdebele	iqupha
Setswana	noko
Sepedi	senoko Definition: <i>Lekopano la monwana, kudu le kopantsego monwana le letsogo.</i>

Sesotho	senoko, kgola
Tshivenṱṱa	tshinungo tsha munwe
Xitsonga	nhlolo, mahlanganisi ya tintiho

Comments: _____

kwashiorkor

A serious disease in children caused by not getting food that contains enough protein.

Afrikaans	kwashiorkor
IsiZulu	ikhwashi
IsiXhosa	ikhwatsha
SiSwati	ikhwashiyokho
IsiNdebele	ubulwelwe bendlala, ikwatjhiyokori

Setswana	kwasiokoo
Sepedi	kwashiorkor
Sesotho	kwashioko Definition: <i>Ke lefu le kotsi baneng le bakwang ke ho se fumane dijo tse nang le dihahammele tse lekaneng.</i>

Tshivenṱṱa	kwashiokoro
Xitsonga	khwaxu

Comments: _____

L

labour

Synonym childbirth
The process in the last stage of pregnancy in which the baby is gradually pushed out of the womb of the mother; it may take from 8 to 12 hours.

Afrikaans	kraam, kindergeboorte
IsiZulu	ukubeletha
IsiXhosa	ukubeleka, ukulunywa
SiSwati	kubeleka, kusikwa
IsiNdebele	ukubeletha

Setswana	go belega, pelego
Sepedi	tshoko, pelego
Sesotho	ho pepa, ho tswala
Tshivenṱṱa	zwiṱṱhavhi zwa mbumbelo
Xitsonga	ku tshunxeka

Comments: _____

laceration

Synonym gash
A deep, uneven cut.

Afrikaans	skeurwond
IsiZulu	inxeba elikhulu
IsiXhosa	inxeba elinzulu
SiSwati	umbengo
IsiNdebele	inceba elimahliphiliphi
Setswana	ntho e e boteng
Sepedi	ntho ya makgawekgawe
Sesotho	moseho o tebileng letlalong
Tshivenṱṱa	ntho
Xitsonga	mbanga

Comments: _____

lacrimal gland ⇒ tear gland**lactation**

The production of milk in the breasts of a woman during the period before and after she gives birth.

Afrikaans	laktasie
IsiZulu	ukuphuma kobisi emabeleni ngaphambi nangemuva kokubeletha
IsiXhosa	ukuncancisa
SiSwati	sikhatsi sekuphuma kwelubisi ebeleni
IsiNdebele	yehlisa ibisi
Setswana	kamuso
Sepedi	go amušā
Sesotho	tlhahiso ya lebese

matsweleng Definition: *E etsahala pele le kamora ho pepa.*

Tshivenṱṱa	nyamuso
Xitsonga	ku hlutiwa ka mafi

Comments: _____

large intestine

The end part of the bowel which carries the undigested food out of the body.

Afrikaans	dikderm
IsiZulu	isisu
IsiXhosa	ubhobhosi
SiSwati	litfumbu lelikhulu
IsiNdebele	amathumbu amakhulu
Setswana	lela le legolo, mongomo
Sepedi	mala a magolo
Sesotho	lela le leholo, kguto
TshivenꞀꞀa	ꞀꞀila ꞀꞀihulwane
Xitsonga	rhumbu lerikulu

Comments: _____

laryngitis

Infection of the throat in which the larynx becomes swollen and painful, making it difficult to speak.

Afrikaans	laringitis
IsiZulu	ilarijithisi
IsiXhosa	ukukrala kwengqula
SiSwati	kuvuvukala kweligilo, kwemphimbo
IsiNdebele	ukutjha ilizwi, ilaringithisi
Setswana	kgotelo ya dikodu
Sepedi	keko ya kodu
Sesotho	thuruho ya qhojwa
TshivenꞀꞀa	vhulwadze ha gulokulo
Xitsonga	ndzhumbelo wa kholokholo

Comments: _____

larynx

Synonym voice box
The box-like space at the upper end of the throat in which the sounds of the voice are produced.

Afrikaans	larinks, stemkas, strottehoof
IsiZulu	igilo
IsiXhosa	ingqula
SiSwati	ligilo
IsiNdebele	igilo
Setswana	kodu
Sepedi	kodu
Sesotho	qhojwa
TshivenꞀꞀa	gulokulo
Xitsonga	kholokholo

Comments: _____

lavatory⇒toilet

laxative

Something you eat or drink which helps the bowels to empty easily.

Example People use laxatives in an attempt to prevent constipation.

Afrikaans	lakseermiddel
IsiZulu	okuhambisayo
IsiXhosa	iyeza lokuhambisa
SiSwati	umutsi loshekisako
IsiNdebele	isirhudisi, kokukhambisa indeni
Setswana	setabogisa mala
Sepedi	setšhološa
Sesotho	lepjetlane, moriana o tshollisang
TshivenꞀꞀa	mushonga wa u bvisa tshika malani
Xitsonga	xichulukisi, xihlantswa-ndzeni

Comments: _____

learning difficulties

Having problems with studying, eg when a child cannot hear or see well, or has brain damage.

Example Many learning difficulties in children are due to eye problems.

Afrikaans	leerprobleme
IsiZulu	inkinga ekufundeni
IsiXhosa	iingxaki zokufunda
SiSwati	tinkhinga tekufundza
IsiNdebele	imiraro ekufundeni
Setswana	mathata a boithuti
Sepedi	mathata a go ithuta
Sesotho	mathata a boithuti
TshivenꞀꞀa	thaidzo dza u guda
Xitsonga	vunonohi byo dyondza

Comments: _____

leg

Either of the two long, thin parts of the body used for standing and walking.

Afrikaans	been
IsiZulu	umlenze
IsiXhosa	umlenze
SiSwati	lunyawo
IsiNdebele	umlenze
Setswana	leoto
Sepedi	leoto
Sesotho	leoto
TshivenꞀꞀa	mulenzhe

Xitsonga **nenge**
 Comments: _____

lens

Transparent part of the eye behind the pupil that helps a person see clearly.

Afrikaans **lens**
IsiZulu **ilensi**
IsiXhosa **isilanga** <seliso>, **isilanga**
 esigobongqo
SiSwati **ilensi**
IsiNdebele **ilensi**
Setswana **llense**
Sepedi **lense**
Sesotho **lense ya leihlo**
Tshiven□□a **lentsi** <ya ito>
Xitsonga **lense**

Comments: _____

lens

The glass or plastic parts of spectacles through which a person looks.

Afrikaans **lens**
IsiZulu **ilensi**
IsiXhosa **ilensi**
SiSwati **ilensi**
IsiNdebele **ilensi**
Setswana **llense**
Sepedi **lense**
Sesotho **lense ya diborele, kgalase ya**
 diborele
Tshiven□□a □□**entsi**
Xitsonga **lense**

Comments: _____

leprosy

An infectious disease that causes painful white areas on people's skin, kills the nerves and can cause fingers and toes to drop off.

Afrikaans **melaatsheid**
IsiZulu **ubulepheru**
IsiXhosa **iqhenqa, isilepere**
SiSwati **bulephelo**

IsiNdebele **inafu, ubulepheru**
Setswana **lepera**
Sepedi **lephera**
Sesotho **lepera**
Tshiven□□a **mapele**
Xitsonga **nhlokohho**

Comments: _____

lesbian

A woman who is sexually attracted to other women.

Afrikaans **lesbiër**
IsiZulu **isitabani**
IsiXhosa **umfazi othandana nabafazi**
SiSwati **sitabani lesisikati**
IsiNdebele **wesifazi ositabani**
Setswana **mosadi yo o ratanang le**
 mosadi yo mongwe
Sepedi **mosadi yo a ratanago le**
 basadi ba bangwe
Sesotho **mosadi ya ratanang le mosadi**
 e mong
Tshiven□□a **Musadzi ane a funana na**
 vhasadzi vha□□we
Xitsonga **wansati loyi a rhandzanaka ni**
 vavasati van'wana

Comments: _____

leucocyte⇒white blood cell

leukocyte⇒white blood cell

lice⇒head lice

lie

The way in which the baby lies in the womb.

Afrikaans **ligging**
IsiZulu **ukuvundla kwengane esiswini**
 sikanina
IsiXhosa **ukulala**
SiSwati **kuvundla kweluswane**
 esiswini
IsiNdebele **ukulala**
Setswana **tsela e lesea le robalang ka**
 yona mo popelong
Sepedi **tsela yeo lesea le robalago ka**
 yona ka popelong
Sesotho **tsela eo lesea le robetseng ka**
 yona ka popelong

<i>Tshiven</i> □□a	kudzulele kwa □□wana mbumbeloni
<i>Xitsonga</i>	sivama

Comments: _____

lifestyle*A person's way of life.*

<i>Afrikaans</i>	lewenstyl
<i>IsiZulu</i>	indlela yokuphila
<i>IsiXhosa</i>	indlela yokuphila
<i>SiSwati</i>	indlelamphilo
<i>IsiNdebele</i>	indlela yokuphila
<i>Setswana</i>	mokgwa wa go tshela
<i>Sepedi</i>	mokgwa wa bophelo
<i>Sesotho</i>	tsela ya ho phela, mokgwa wa ho phela

<i>Tshiven</i> □□a	kutshilele
<i>Xitsonga</i>	mahanyelo

Comments: _____

lifestyle change⇒*change in lifestyle***ligament***A tough band of strong tissue in a person's body which connects bones or holds some part of the body in position.*

<i>Afrikaans</i>	ligament
<i>IsiZulu</i>	iligamenti
<i>IsiXhosa</i>	umsipha
<i>SiSwati</i>	umsipha wematsambo
<i>IsiNdebele</i>	iligamente, isihlanganisi-mathambo
<i>Setswana</i>	ntha
<i>Sepedi</i>	mošifa
<i>Sesotho</i>	mosifa
<i>Tshiven</i> □□a	mukala
<i>Xitsonga</i>	risiha leri hlanganisaka marhambu

Comments: _____

light breathing*A breathing technique that is used at the height of a contraction during childbirth.*

<i>Afrikaans</i>	ligte asemhaling
<i>IsiZulu</i>	ukuphefumula kancane
<i>IsiXhosa</i>	ukuphefumla lula
<i>SiSwati</i>	kuphefumula kancane
<i>IsiNdebele</i>	yindlela yokuphefumula kancani yokubelethisa

<i>Setswana</i>	mohemo o o botlhofo
<i>Sepedi</i>	khemo ye bofelo
<i>Sesotho</i>	ho phefumoloha ha bobebe
<i>Tshiven</i> □□a	u fema hu leluwaho

<i>Xitsonga</i>	endlele ro hefemula eku velekiweni ka n'wana
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Comments: _____

limb*An arm or a leg.*

<i>Afrikaans</i>	ledemaat
<i>IsiZulu</i>	umlenze, ingalo
<i>IsiXhosa</i>	ilungu
<i>SiSwati</i>	sitfo
<i>IsiNdebele</i>	isitho, umkhono nofana

<i>Setswana</i>	tokololo
<i>Sepedi</i>	setho
<i>Sesotho</i>	setho Definition: <i>E ka ba sephaka kapa leoto.</i>

<i>Tshiven</i> □□a	mura □□o Definition: <i>Tshan</i> □□a kana mulenzhe.
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<i>Xitsonga</i>	xirho
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Comments: _____

linctus⇒*cough linctus***liniment***A liquid for rubbing on the body to relieve soreness or stiffness.*

<i>Afrikaans</i>	smeermiddel
<i>IsiZulu</i>	ilinimenti
<i>IsiXhosa</i>	umchiza wokuhlikihla
<i>SiSwati</i>	sehlukuhlimentimba
<i>IsiNdebele</i>	isizeso esilaphako
<i>Setswana</i>	setshasi
<i>Sepedi</i>	setlolo
<i>Sesotho</i>	sepikitlammele Definition: <i>Ke setlolo sa ho pikitla mmele ho fodisa ho opa kapa ho satalla mmeleng.</i>

<i>Tshiven</i> □□a	linimenthe, tshi □□olo
<i>Xitsonga</i>	xitolwa

Comments: _____

lip

Either of the two fleshy edges of the opening of the mouth.

Afrikaans	lip
IsiZulu	udebe
IsiXhosa	umlebe
SiSwati	ludzebe
IsiNdebele	mlomo
Setswana	pounama
Sepedi	pounama
Sesotho	pou, pounama
TshivenꞀꞀa	mulomo
Xitsonga	nomo

Comments: _____

liquid⇒fluid**liver**

A large organ in the body which produces bile and cleans the blood.

Afrikaans	lewer
IsiZulu	isibindi
IsiXhosa	isibindi
SiSwati	sibindzi
IsiNdebele	sibindi
Setswana	sebeta
Sepedi	sebeta
Sesotho	sebeta
TshivenꞀꞀa	tshivhindi
Xitsonga	xivindzi

Comments: _____

liver transplant

An operation in which the sick liver of a person is replaced by the healthy liver of a person who has just died.

Afrikaans	leweeroorplanting
IsiZulu	ukufakelwa kwesibindi
IsiXhosa	ufakelo lwesibindi
SiSwati	kufakelwa sibindzi
IsiNdebele	ukufakelwa isibindi
Setswana	jalolo ya sebeta
Sepedi	pšalollo ya sebeta
Sesotho	oporeishene ya ho kengwa sebeta
TshivenꞀꞀa	tsimulo ya tshivhindi
Xitsonga	vuhandzuri byo siva xivindzi

Comments: _____

local anaesthesia

The use of a drug to make part of the body unable to feel pain, such as for a small operation on eg the finger.

Afrikaans	plaaslike verdowing
IsiZulu	ukubulala imizwa elungeni elithile lomzimba
IsiXhosa	ukudoma
SiSwati	sidzambisa miva
IsiNdebele	ukubulala imizwa
Setswana	go swisa bogatsu
Sepedi	kidibatšo
Sesotho	tshebediso ya sethethefatsi dioporeisheneng
TshivenꞀꞀa	u dzidzivhadza
Xitsonga	ku dzidzirisa

Comments: _____

lockjaw⇒tetanus**longsighted**

Being able to see things clearly when they are far away, but not when they are near.

Afrikaans	versiende
IsiZulu	ukungaboni kahle izinto eziseduze
IsiXhosa	ukubona izinto ezikude
SiSwati	mabonelakudze
IsiNdebele	ukubonela kude
Setswana	go bonela kgakala
Sepedi	go bonela kgole
Sesotho	ho bonela hole
TshivenꞀꞀa	u vhonela kule
Xitsonga	vuvonakule

Comments: _____

longsightedness

Only able to see things clearly when they are far away.

Synonym	hypermetropia
Afrikaans	versiendheid, hipermetropie
IsiZulu	ukopha kakhulu
IsiXhosa	ukubona izinto ezikude
SiSwati	ihayiphamethropiya, mabonelakudze
IsiNdebele	ukubonela kude kwaphela
Setswana	ponelokgakala
Sepedi	ponelakgole
Sesotho	ponelohole

Tshiven□□a u vhonela kule
Xitsonga vuvonakule

Comments: _____

loop⇒intrauterine device

lose weight

To start to get thinner.

Afrikaans	gewig verloor
IsiZulu	ukonda
IsiXhosa	ukwehlisa ubunzima
SiSwati	kwehlisa umtimba
IsiNdebele	yonda
Setswana	go ota
Sepedi	ota
Sesotho	ho ota, ho theoaha mmeleng
Tshiven□□a	u lozwa tshileme
Xitsonga	ku ondza

Comments: _____

loss of co-ordination

Inability to control one's movements properly, such as when one is drunk.

Example *Even one glass of wine can cause loss of co-ordination.*

Afrikaans	koördinasieverlies
IsiZulu	ukungakwazi ukuma uqonde
IsiXhosa	ukungalungelanisi
SiSwati	kwehluleka kulunganisa
IsiNdebele	ukutherezela
Setswana	go thekesela, go latlhegelwa ke maitsetsepelo
Sepedi	go lahegelwa ke tomaganyo
Sesotho	ho tsekela, ho thekesela
Tshiven□□a	u pepeleka
Xitsonga	ndzahlekelo wa ntirhisano

Comments: _____

lotion

A liquid mixture that is used on the skin to soothe, protect or heal.

Afrikaans	vloeiroom
IsiZulu	iloshini
IsiXhosa	isithambiso esingamanzi
SiSwati	iloshini, sigcobisi
IsiNdebele	ilotjhini
Setswana	seedi sa letlalo
Sepedi	setlolo sa letlalo
Sesotho	setlolo se mokedikedi

Tshiven□□a **tshi□□olo**
Xitsonga **xitolwa**

Comments: _____

louse⇒head louse

lozenge

A tablet containing medicine that is sucked to relieve a sore throat or coughing.

Afrikaans	suigtablet
IsiZulu	iphilisi elimunyungwayo
IsiXhosa	ipilisi emungunywayo
SiSwati	liswidi lemphembo
IsiNdebele	maswidi womgomani
Setswana	semonamona sa mometso
Sepedi	lekere la mokhohlane
Sesotho	pilisi ya mmetso
Tshiven□□a	zwimunamunane zwa tshiho□□ola, lozenzhe
Xitsonga	lekere ra mukhuhlwana

Comments: _____

lung

Either of the two organs inside the chest which fills with air when breathing.

Afrikaans	long
IsiZulu	iphaphu
IsiXhosa	umphunga
SiSwati	liphaphu
IsiNdebele	iphaphu
Setswana	lekgwafo
Sepedi	maswafo
Sesotho	letshwafo
Tshiven□□a	fhafhu
Xitsonga	hahu

Comments: _____

M

macula

Sensitive part of the eye which enables a person to see clearly.

Afrikaans	makula
IsiZulu	imakhula
IsiXhosa	ikhozo leliso
SiSwati	imakhula
IsiNdebele	ithoro yelihlo

Setswana	karolwana e tshetlha mo morago ga leitlho
Sepedi	tšhila
Sesotho	karolwana e tshetlha kamorao leihlong Definition: <i>E etsa hore leihlo le bontshise.</i>
TshivenꞀꞀa	makhula
Xitsonga	makula

Comments: _____

madness⇒insanity

magnesium

A substance needed by the body to function properly; found in leafy green vegetables.

Afrikaans	magnesium
IsiZulu	imagineziyamu
IsiXhosa	isiqalelo esithile esisinyithi esimhlophe
SiSwati	imagineziyamu
IsiNdebele	imagneziyamu
Setswana	magenisiamo
Sepedi	maknisiamo
Sesotho	makenesiamo
TshivenꞀꞀa	magineciamu
Xitsonga	maginisiyamu, maginisiyani

Comments: _____

maim

To wound or injure some part of the body so badly that it cannot be used properly for the rest of a person's life.

Afrikaans	vermink, skend
IsiZulu	ukukhubaza
IsiXhosa	limaza
SiSwati	kukhubata, kukhinyabeta, kuchwalisa
IsiNdebele	ukukhubaza
Setswana	go golofala
Sepedi	golofatša
Sesotho	ho holofala
TshivenꞀꞀa	u holefhadza
Xitsonga	lamata

Comments: _____

malaria

Disease which a person can get from a certain type of mosquito and which causes periods of fever and shivering.

Afrikaans	malaria
IsiZulu	umalaleveva
IsiXhosa	icesina ebangwa kukulunywa zingcongconi
SiSwati	malaleveva, imalariya, luchucho
IsiNdebele	uvevezela, imalariya
Setswana	malaria
Sepedi	letadi
Sesotho	malaria
TshivenꞀꞀa	dali
Xitsonga	dari

Comments: _____

malformation⇒deformity

malignant

Harmful and likely to cause death.

Example *Cancer is a malignant disease.*

Afrikaans	kwaadaardig, maligne
IsiZulu	imaliganenti
IsiXhosa	isifo esiyingozi
SiSwati	nyundzelako
IsiNdebele	ubulwelwe obubulalako
Setswana	-ka bolayang, - kotsi
Sepedi	kotsi
Sesotho	e kotsi, e ka bolayang
TshivenꞀꞀa	vhulwadze vhu vhaihaho vhu vhaihaho vhune vhu nga vhangha lufu
Xitsonga	lexi nga ni khombo

Comments: _____

malignant tumour

A harmful growth in the body which can spread to other parts of it.

Afrikaans	kwaadaardige gewas
IsiZulu	isimila esiyingozi emzimbeni
IsiXhosa	ilifa eliyingozi
SiSwati	buguli lobuyingoti
IsiNdebele	isimila somzimba esiyingozi
Setswana	kgeleswa e e kotsi
Sepedi	sešo se kotsi
Sesotho	boshwa bo kotsi, boshwa bo ka bolayang
TshivenꞀꞀa	bundu <ꞀꞀine ꞀꞀi nga pfukela na kha miꞀꞀwe miraꞀꞀo>
Xitsonga	tshumba leri nga ni khombo

Comments: _____

malnutrition

Poor condition of health caused by not eating enough of the right kind of food.

Afrikaans	wanvoeding
IsiZulu	ukungondleki kahle komzimba
IsiXhosa	ukungondleki, ukungondleki komzimba
SiSwati	kungondleki, gagabukani
IsiNdebele	ngondleki kuhle
Setswana	phepelotlase
Sepedi	phepompe
Sesotho	phepompe
TshivenꞤꞤa	vhushayapfushi
Xitsonga	nsiko

Comments: _____

mamba

A very poisonous black or green African tree-snake.

Afrikaans	mamba
IsiZulu	imamba
IsiXhosa	inyushu
SiSwati	imamba
IsiNdebele	imamba
Setswana	mokwepa
Sepedi	mokopa
Sesotho	masumo
TshivenꞤꞤa	dyambila
Xitsonga	mamba

Comments: _____

marked swelling

Easily noticed raised part, for example round an insect bite.

Afrikaans	duidelike swelsel
IsiZulu	indawo evuvukele
IsiXhosa	indumbane
SiSwati	kuvuvukala lokusebaleni
IsiNdebele	umzizima, indawo evuvukileko
Setswana	borurugo
Sepedi	go ruruga go bonagalago
Sesotho	thuruho e bonahalang
TshivenꞤꞤa	u zwimba hu vhonehalo
Xitsonga	ku pfimba

Comments: _____

marrow⇒bone marrow

mask of pregnancy⇒chloasma

mass⇒weight

massage

To knead and rub parts of the body firmly in order to take away stiffness or pain from the muscles.

Afrikaans	masseer
IsiZulu	ukupotoza, ukuphathaphatha
IsiXhosa	phulula
SiSwati	kumfanyata, kuhlikihla
	ngemutsi endzaweni
	lebuhlungu
IsiNdebele	hlikihla umzimba
Setswana	tshidilo
Sepedi	thoba
Sesotho	tshidilo
TshivenꞤꞤa	u masadzha, u sikiꞤꞤedza
Xitsonga	ku antswisiwa ka ndzhendzheleko

Comments: _____

mass gain⇒weight gain

mass loss⇒weight loss

maternal age

The age at which a woman gives birth to a child.

Afrikaans	moeder se ouderdom
IsiZulu	isikhathi sokuzala
IsiXhosa	intanga yokuzala
SiSwati	sikhatsi sekutala kwemfati
IsiNdebele	ezingeni lobumma
Setswana	kemo ya bosadi
Sepedi	bogolo bja mosadi
Sesotho	dilemo tsa mme ha a pepa
TshivenꞤꞤa	ꞤꞤwaha kana tshifhinga tsha
	vhusadzi
Xitsonga	ntswatsi

Comments: _____

maternal instinct

The natural inborn ability of a mother to care for her child.

Afrikaans	moederinstink
IsiZulu	ukusika kwenkaba
IsiXhosa	inkathalo yendalo kamama
SiSwati	imvangukhamba yamake

IsiNdebele	itjhejo lobumma
Setswana	tlhago ya bosadi
Sepedi	tlhago ya sesadi
Sesotho	sehlaho sa mme
Tshiven□□a	nyanyuwo ya mubebi
Xitsonga	ritumbulukwa ro hlayisa n'wana

Comments: _____

maternity clothes

Suitable and comfortable clothes for a pregnant woman.

Afrikaans	kraamdrag
IsiZulu	izingubo zabakhulelwe
IsiXhosa	iimpahla ezinxitywa ngabantu abakhulelweyo
SiSwati	timpahla talabakhulelwe
IsiNdebele	izambatho zabasidisi
Setswana	diaparo tsa baimana
Sepedi	diaparo tša kemero
Sesotho	diaparo tsa baimana
Tshiven□□a	zwiambaro zwa vhuimana
Xitsonga	swiambalo swa muyimani

Comments: _____

maternity nurse⇒midwife

mature

Fully grown or developed like a grown-up or adult.

Afrikaans	volwasse
IsiZulu	ukukhula
IsiXhosa	vuthiwe
SiSwati	-khulile
IsiNdebele	khulile, mdala
Setswana	godile
Sepedi	budule
Sesotho	motho ya butswitseng, ho hola ka ho phethahetseng
Tshiven□□a	mualuwa
Xitsonga	kurile

Comments: _____

measles

An illness causing red spots and a high fever caught especially by children and which is easily passed on from one person to another.

Afrikaans	masels
IsiZulu	isimungumungwane
IsiXhosa	imasisi
SiSwati	incubulunjwane, incubulundwane
IsiNdebele	imasela, umungu
Setswana	mmoko
Sepedi	mooko
Sesotho	maselese, mmokonyane, kgophole
Tshiven□□a	tshifumbu
Xitsonga	ximungwamungwana

Comments: _____

Medic Alert bracelet

A bracelet issued by The Medic Alert Foundation of South Africa on which information regarding the person who wears it is engraved, such as an allergy.

Afrikaans	Medic Alert-armband
IsiZulu	ibhengela leMedic Alert
IsiXhosa	isacholo esibonisa ukuba umntu lowo asinxibileyo zinto zini angalungelaniyo nazo lijiva lenhlangano iMedic Alert
SiSwati	iseqa ye-Medic Alert
IsiNdebele	leseka la Medic Alert
Setswana	leseka la Medic Alert
Sepedi	leseka la temoso la Medic
Sesotho	Alert Definition: Ke leseka la ha Medic Alert Foundation of South Africa, mme le lemosa batho ka nako ya tshohanyetso hore na ebe motho eo ya le rwetseng ke eng seo mmele wa hae o sa utlwaneng le sona.
Tshiven□□a	senga □□a Medic ALert
Xitsonga	sindza ra Medic Alert

Comments: _____

medicament⇒drug

medication⇒drug

medication

Using drugs or medicine to treat sick people.

Example *Some people suffering from diabetes must use medication for the rest of their lives.*

Afrikaans	medikasie
IsiZulu	ukwelapha
IsiXhosa	ukunyanga
SiSwati	kwelapha
IsiNdebele	ukulapha
Setswana	kalafo
Sepedi	phekolo ka dihlare
Sesotho	kalafo ka diithare, kalafo ka meriana
Tshiven□□a	u alafha nga mishonga
Xitsonga	ku tshungula

Comments: _____

medicine

A substance a person takes to cure an illness. Example The sick child feels better after taking some medicine.

Afrikaans	medisyne
IsiZulu	umuthi, umuthi wokulapha
IsiXhosa	iyeza
SiSwati	umutsi
IsiNdebele	isihlahla
Setswana	sethlare
Sepedi	sehlare
Sesotho	moriana
Tshiven□□a	mushonga
Xitsonga	murhi

Comments: _____

melanoma

A serious form of skin cancer.

Afrikaans	melanoom
IsiZulu	imelanoma
IsiXhosa	imelanoma
SiSwati	imelanoma
IsiNdebele	imelanoma
Setswana	melanoma
Sepedi	melanoma
Sesotho	melanoma, kankere e matla ya letlalo
Tshiven□□a	melanoma
Xitsonga	melanoma

Comments: _____

membrane

Thin soft skin inside the body which covers, lines or connects parts of it.

Afrikaans	membraan, vlies
IsiZulu	untwentwesana
IsiXhosa	inwebu
SiSwati	ludvadvwasi, imembreni
IsiNdebele	idlhadrwana
Setswana	letha
Sepedi	lera
Sesotho	lera, letlalo
Tshiven□□a	lukandakandane
Xitsonga	nkuva

Comments: _____

meningitis

Serious illness in which the outer part (membrane) of the brain and spinal cord becomes inflamed.

Afrikaans	meningitis, harsingvliesontsteking
IsiZulu	imenigithisi
IsiXhosa	ukudumba kwenwebu yobuchopho
SiSwati	kuvuvukala kweludvadvwasi lwebuchopho
IsiNdebele	imeningitisi
Setswana	tshoromo ya boboko
Sepedi	bolwetši bja go baka keko ya dikarolo tša ka ntle tša bjoko
Sesotho	lefu la thuruho ya lera, lefu la thuruho ya letlalo, meninjaetisi
Tshiven□□a	vhulwadze ha lukanda lu tsireledzaho vhuluvhi kana muto□□o, meninithisi
Xitsonga	mpfimbelo wa nkuva wa byongo kumbe mbilu

Comments: _____

menopause

Synonym change of life The time of life during which a woman gradually stops menstruating; usually when she is about 50 years old.

Afrikaans	menopouse, oorgangsjare
IsiZulu	ukuphela kwenzalo
IsiXhosa	ukuyeka ukuya exesheni
SiSwati	kuchacheka kwelifindo kulomsikati
IsiNdebele	imenophosi, ukuluphala
Setswana	menophose
Sepedi	menophose <ge mosadi a se sa bona moses>, phetogo ya

bophelo Definition: *Nako yeo ka yona mosadi a tlogelago go ipona, ge a ena le megwaga ye e ka bago ye 50.*

Sesotho

ho emisa ha dinako tsa sesadi, menophose

TshivenꞀꞀa

menophosi Definition: *Tshifhinga tsha musi musadzi a si tsha vhona ꞀꞀwedzi u pfukela kha vhukegulu.*

Xitsonga

nkarhi lowu wansati a yimaka ku va emasikwini

Comments: _____

menstrual period⇒menstruation

menstrual period

Synonym **period**

The time during each month when a woman is having a natural flow of blood from the womb.

Afrikaans

menstruasietydperk, maandstonde

IsiZulu

ukuba sesikhathini

IsiXhosa

ukuba sexesheni

SiSwati

licako, kuba sesikhatsini

IsiNdebele

isikhathi sowesifazi

Setswana

nako ya go ya kgweding,

nako ya go tlhatswa

Sepedi

nako ya go ikhunela

Sesotho

dinako tsa sesadi, ho hlapa,

ho ya kgweding, ho hatlela

TshivenꞀꞀa

tshifhinga tsha u ꞀꞀamba

Xitsonga

switlhandla, nkarhi wo

tibasisa ka wansati

Comments: _____

menstruate

To have a natural flow of blood from the womb.

Afrikaans

menstrueer

IsiZulu

yiya esikhathini

IsiXhosa

yiba sexesheni

SiSwati

kuba sesikhatsini

IsiNdebele

ukuba sesikhathini

Setswana

go ya kgweding, go tlhatswa

Sepedi

go ikhunela

Sesotho

ho hlapa, ho hatlela, ho ya

kgweding

TshivenꞀꞀa

u ꞀꞀamba

Xitsonga

ku tibasisa ka wansati

Comments: _____

menstruation

Synonym **menstrual period**

A natural flow of blood from the womb of a woman which occurs once a month between the ages of ±12 and ±50.

Afrikaans

menstruasie

IsiZulu

ukuba sesikhathini

IsiXhosa

ukuba sexesheni

SiSwati

licako, kuba sesikhatsini

IsiNdebele

ukuba sesikhathini

Setswana

tlhatswo

Sepedi

nako ya go ikhunela

Sesotho

ho hlapa, ho ya kgweding,

ho hlapa, dinako tsa sesadi

TshivenꞀꞀa

maꞀꞀambo, u vhona

ꞀꞀwedzi

Xitsonga

ku vona tin'hweti

Comments: _____

mental

That which has to do with the mind.

Afrikaans

geestelik, verstandelik

IsiZulu

okwekhanda, okomqondo

IsiXhosa

ngokwasengqondweni,

ngokwengqondo

SiSwati

-phatselene nengcondvo

IsiNdebele

komkhumbulo, kwengqondo

Setswana

kakanyo

Sepedi

ya kgopolo

Sesotho

ya kelello

TshivenꞀꞀa

muhumbulo, zwa vhuluvhi

Xitsonga

swa miehleketo

Comments: _____

mental deficiency⇒mental retardation

mental disease

Synonym **mental illness, mental disorder**

An illness of the mind.

Afrikaans

geestesiekte,

geestesversteuring

IsiZulu

isifo senqondo

IsiXhosa

isifo sengqondo,

ukuphazamiseka

engqondweni

SiSwati

sifo sengcondvo

<i>IsiNdebele</i>	ubulwelwe bengqondo, ubulwelwe bomkhumbulo
<i>Setswana</i>	bolwetse ba tihaloganyo
<i>Sepedi</i>	bolwetši bja hlogo
<i>Sesotho</i>	lefu la kelello, bohlanga
<i>Tshiven</i> □□a	vhulwadze ha muhumbulo, u tangana thoho
<i>Xitsonga</i>	vuvabyi bya miehleketo
Comments: _____	

mental disorder⇒*mental disease*

mental hospital

Place for the care of patients suffering from a mental disease.

<i>Afrikaans</i>	sielsieke-inrigting, sielsiekehospitaal, sielsiekegestig
<i>IsiZulu</i>	isibhedlela sabagula ngenqondo
<i>IsiXhosa</i>	isibhedlela sengqondo
<i>SiSwati</i>	sibhedlela salabagula ngengcondvo
<i>IsiNdebele</i>	isibhedlela sabaphatheke emkhumbulweni
<i>Setswana</i>	bookelo ba ditsenwa
<i>Sepedi</i>	sepetele sa hlogo
<i>Sesotho</i>	sepetele sa bohlanga, sepetele sa mahlanya
<i>Tshiven</i> □□a	sibadela tsha vhathu vha songo fhelelaho muhumbuloni
<i>Xitsonga</i>	xibedlhele xa tinhlanyi, xibedlhele xa lava vabyaka hi miehleketo
Comments: _____	

mental illness⇒*mental disease*

mentally disabled⇒*mentally retarded*

mentally handicapped⇒*mentally retarded*

mentally retarded

Synonym **mentally disabled, mentally handicapped**

Less intelligent than normal persons of the same age.

<i>Afrikaans</i>	verstandelik gestrem
<i>IsiZulu</i>	ukukhubazeka ekhanda
<i>IsiXhosa</i>	ukulimala kwengqondo

<i>SiSwati</i>	umuntfu lokhubateke ngekwengcondvo
<i>IsiNdebele</i>	ukuba buthaka emkhumbulweni
<i>Setswana</i>	motho yo o lwalang tihaloganyo
<i>Sepedi</i>	go golofala thlaologanyo
<i>Sesotho</i>	motho ya kelello e fokolang
<i>Tshiven</i> □□a	muthu wa muhumbulo u songo fhelelaho
<i>Xitsonga</i>	munhu loyi a tsoniweke emiehlekeweni
Comments: _____	

mental retardation

Synonym **mental deficiency**

The condition of being seriously mentally handicapped.

<i>Afrikaans</i>	verstandelike vertraagdheid, swaksinnigheid
<i>IsiZulu</i>	ukukhubazeka ekhanda, ukukhubazeka ngokwenqondo
<i>IsiXhosa</i>	ukuswela ingqondo, ukulimala engqondweni
<i>SiSwati</i>	kukhubateka ngandlelatsite engcondvweni
<i>IsiNdebele</i>	ngakahlakaniphi
<i>Setswana</i>	go sa felele mo tihaloganyong
<i>Sepedi</i>	thlaelo ya kgopolo
<i>Sesotho</i>	bofokodi ba kelello, kgaello ya kelello
<i>Tshiven</i> □□a	u sa fhelela muhumbuloni, □□hahelelo vhluluvhini
<i>Xitsonga</i>	ku tsoniwa emiehlekeweni
Comments: _____	

mercurochrome

A bright red liquid used on wounds or broken skin to kill germs.

<i>Afrikaans</i>	merkurochroom
<i>IsiZulu</i>	imekhurocrome
<i>IsiXhosa</i>	iyeza elibomvu lezilonda
<i>SiSwati</i>	imekhurokhromu, umutsi wetilondza
<i>IsiNdebele</i>	imekhurokhromu
<i>Setswana</i>	mekhurokhorumu
<i>Sepedi</i>	mekhurokhoroumu
<i>Sesotho</i>	mekhurokeroume Definition: <i>Mokedikedi o mofubedu o sebediswang maqebeng ho bolaya dikokwanahloko.</i>
<i>Tshiven</i> □□a	mekhurokhuromu
<i>Xitsonga</i>	mekhurokhuromu

Comments: _____

metabolism

The chemical processes in the body by which food is used in an efficient way, eg to supply energy.

Afrikaans	metabolisme
IsiZulu	imethabholisimu
IsiXhosa	inguqulo yokutya emzimbeni
SiSwati	indlela lekwakhiwa ngayo umtimba ngekudla
IsiNdebele	imetabholizimu
Setswana	methabolisimi
Sepedi	methabolisimu Definition: <i>Tshepeditso ya mmele yeo ka yona dijo di somiswgo ka kgontshagalo.</i>
Sesotho	mohlodi wa kgolo le mahlahlaha mmeleng
Tshiveni	methabo
Xitsonga	metabolisimu Definition: <i>Endleleleri xivumbiwa xi kumaka matimba eswakudyeni.</i>

Comments: _____

microorganism

Any living creature too small to be seen with the naked eye, such as a bacterium or a virus.

Afrikaans	mikro-organisme
IsiZulu	amagciwane angabanga izifo kodwa angabonakali
IsiXhosa	impilana
SiSwati	silokatane lesincane
IsiNdebele	imayikhro-organizimu
Setswana	tshedinye
Sepedi	sephidinyana
Sesotho	kokwana e sa bonahaleng Definition: <i>Ha e bonahale ka leihlo la nama.</i>
Tshiveni	kutshili
Xitsonga	xitsongwatsongwana

Comments: _____

microscope

An instrument which makes very small things such as microorganisms look larger so that they can be studied.

Afrikaans	mikroskoop
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IsiZulu	umabonakhulu, isikhuliso
IsiXhosa	isibonakhulu
SiSwati	imakhroskobhu, mabonisakukhulu
IsiNdebele	isibona-khulu, imayikhroskowuphi
Setswana	maekorosekopo
Sepedi	maekrosekopo
Sesotho	maekerosekoupu
Tshiveni	tshivhonatsini, maikhirosikoupu
Xitsonga	xivonantsongo

Comments: _____

microscopic

So small that it can only be seen under a microscope.

Afrikaans	mikroskopies
IsiZulu	okungabonakali ngamehlo enyama okubonakala ngesikhuliso
IsiXhosa	ncinanana
SiSwati	lokubonwa kuphela ngamabonisaakukhulu
IsiNdebele	ncani kwamambala
Setswana	e e bonwang ka maekorosekopo
Sepedi	ya maekrosekopo
Sesotho	e bonwang ka thuso ya maekerosekoupu
Tshiveni	zwine zwi nga vhonwa nga u shumisa maikhirosikoupu
Xitsonga	lexi nga voniwaka hi xivonantsongo

Comments: _____

middle age

The period between youth and old age.

Afrikaans	middeljare
IsiZulu	iminyaka emaphakathi nokuphila
IsiXhosa	ukuba seminyakeni ephakathi
SiSwati	iminyaka lesekhatsi yemphilo
IsiNdebele	phakathi naphakathi ngeminyaka
Setswana	kgolo ya bogareng
Sepedi	bogolo bja magareng
Sesotho	dilemo tse bohareng tsa kgolo
Tshiveni	murole wa vhukati
Xitsonga	malembe ya le xikarhi

Comments: _____

midriff ⇒ *diaphragm*

midwife

Synonym **maternity nurse**

A nurse qualified to help women when they are giving birth to a baby and to look after them before, during and after childbirth.

Afrikaans **vroedvrou, kraamverpleegster**

IsiZulu **umbelethisi**

IsiXhosa **umbelekisi**

SiSwati **umbelekisi**

IsiNdebele **umbelethisi**

Setswana **mmelegisi, mooki yo o**

belegisang

Sepedi **mmelegiši**

Sesotho **mooki wa baimana le**

batswetse, mopepisi

Tshiven□□a **mubebisi, muongi mubebisi,**

muongi wa u bebisa

Xitsonga **sungukati**

Comments: _____

midwife

A woman skilled in helping women when they are giving birth.

Afrikaans **vroedvrou**

IsiZulu **umbelethisi**

IsiXhosa **umbelekisi**

SiSwati **umbelekisi**

IsiNdebele **umbelethisi**

Setswana **mmelegisi**

Sepedi **mmelegiši**

Sesotho **mopepisi**

Tshiven□□a **mubebisi**

Xitsonga **sungukati**

Comments: _____

migraine

A very painful headache, usually on one side of the head, and often affecting the eyesight.

Afrikaans **migraine, skeelhoofpyn**

IsiZulu **imagreyini**

IsiXhosa **intloko ekhathaza ukuba**

buhlungu amaxesha

ngamaxesha

SiSwati **buhlungu benhloko**

lobunkenketsako

IsiNdebele

ihloko ebuhlungu hlangothi linye

Setswana

maekereine

Sepedi

rengwa ke hlogo

Sesotho

hlooho e opang ka matla

Definition: E etsa hore pono e sitisehe.

Tshiven□□a

maigireini, □□hoho i no rema

lu□□anguri

Xitsonga

ku pandza ka nhloko

Comments: _____

mild

Not strong or serious.

Afrikaans

matig, lig

IsiZulu

okumaphakathi, okungenawo

amandlakangako

IsiXhosa

phakathi

SiSwati

-sendzimeni

IsiNdebele

nganamandla

Setswana

bogareng

Sepedi

bogareng

Sesotho

e seng matla haholo, e

bohareng

Tshiven□□a

zwa vhukati

Xitsonga

xo ringanela

Comments: _____

milk glands

Organs in the breast of a woman that produce milk.

Afrikaans

melkkliere

IsiZulu

izindlala zobisi

IsiXhosa

amadlala obisi

SiSwati

emadlala elubisi

IsiNdebele

iindlala zebisi

Setswana

dikgeleswa tsa maswi

Sepedi

thaka tša maswi

Sesotho

dipudula tsa lebese

Tshiven□□a

thanga dza mikando

Xitsonga

tinhlarimbya ta masi

Comments: _____

milk tooth ⇒ *deciduous tooth*

mineral

Substance found in in very small amounts in some kinds of food which is necessary to

keep the body healthy and to let it function properly, eg iron, calcium, magnesium etc.

Afrikaans	mineraal
IsiZulu	iminerali
IsiXhosa	iminerali
SiSwati	iminerali
IsiNdebele	iminerali
Setswana	minerale
Sepedi	minerale
Sesotho	minerale
Tshivenꞌꞌa	minirale
Xitsonga	minerale

Comments: _____

minimum-smoke stove

A stove which can be used inside the house because it does not give off a lot of smoke.

Afrikaans	minimumrookstoof
IsiZulu	isitofu esinentuthu encane
IsiXhosa	isitovu esingenamsi
SiSwati	sitofu lesingakhiphi intfutfu leningi
IsiNdebele	isitofu esingathunyi khulu
Setswana	setofo sa mosi o monnye
Sepedi	setofo sa musu botlalonyane
Sesotho	setofo sa mosi o monyenyanane
Tshivenꞌꞌa	tshiꞌꞌofu tshine tsha bvisa mutsi muꞌꞌuku
Xitsonga	xitofu lexi humesaka musu lowuntsongo

Comments: _____

miocardial infarction⇒heart attack

miscarriage

The spontaneous birth of a developing baby in the early stages of pregnancy when it is not yet properly formed and cannot live.

Afrikaans	miskraam
IsiZulu	ukuchithekelwa isisu
IsiXhosa	ukuphuma kwesisu
SiSwati	kuphuphuma kwesisu
IsiNdebele	ukuyabuka, ukubuya endleleni
Setswana	fetelwa
Sepedi	pholotšo
Sesotho	ho fosa mpa, ho senyehelwa
Tshivenꞌꞌa	khumela
Xitsonga	ku onhakeriwa hi khwiri

Comments: _____

mite

Very small insect-like creature which can cause a disease like scabies.

Afrikaans	myt
IsiZulu	ubuvunya
IsiXhosa	ingolwane
SiSwati	buvunya, imayithi, luhlobo lwesibungu
IsiNdebele	imayithi
Setswana	sebokwana
Sepedi	selabe
Sesotho	phehlane, kokwanyana
Tshivenꞌꞌa	tshivhungu
Xitsonga	xivunguri

Comments: _____

mobile

Able to move easily.

Example Very old people are often not very mobile and cannot do their own shopping.

Afrikaans	beweeglik
IsiZulu	okuhambayo
IsiXhosa	ehambayo
SiSwati	-tihambelako, -hambako
IsiNdebele	kuzikhambela
Setswana	suta
Sepedi	e sepelago
Sesotho	e kgonang ho tsamaya, e kgonang ho tsamaiswa
Tshivenꞌꞌa	tshi tshimbilaho
Xitsonga	ku famba-famba

Comments: _____

moderate

Not too much or too little.

Example Moderate eating and drinking habits usually result in good health.

Afrikaans	matig
IsiZulu	okulingene, izinga elimaphakathi lokudla
IsiXhosa	phakathi
SiSwati	-sendzimeni
IsiNdebele	-lingeneko
Setswana	bogareng
Sepedi	e lekanetšego
Sesotho	e bohareng, e mahareng
Tshivenꞌꞌa	zwo linganelaho, zwi re vhukati

Xitsonga **xo ringanela**
 Comments: _____

molar

Any of the 12 large teeth at the side of the mouth used for crushing and chewing food.

<i>Afrikaans</i>	kiestand, maaltand
<i>IsiZulu</i>	amamola
<i>IsiXhosa</i>	umhlathi
<i>SiSwati</i>	litinyo lemhlatsi
<i>IsiNdebele</i>	amazinyo asilako
<i>Setswana</i>	motlhagare
<i>Sepedi</i>	leino la mohlagare
<i>Sesotho</i>	leino la mohlahare
<i>Tshiven</i> □□a	dzeu
<i>Xitsonga</i>	tshuri-khuyu

Comments: _____

mole

Small dark spot or lump on a person's skin.

<i>Afrikaans</i>	moesie
<i>IsiZulu</i>	umkhangu
<i>IsiXhosa</i>	isibhaxu
<i>SiSwati</i>	umkhangu
<i>IsiNdebele</i>	ibala lesikhumba
<i>Setswana</i>	letshwao
<i>Sepedi</i>	serunya
<i>Sesotho</i>	nkgono
<i>Tshiven</i> □□a	moulu
<i>Xitsonga</i>	ndhawu yo endla muvala

Comments: _____

morning sickness

Nausea and vomiting early in the morning during the first few months of pregnancy.

<i>Afrikaans</i>	oggendmislikheid
<i>IsiZulu</i>	ukucanuzelwa inhliziyu ngenkathi umuntu ekhulelwe
<i>IsiXhosa</i>	ukugula ekuseni komntu okhulelweyo
<i>SiSwati</i>	sicanucanu, kunyakuleka ngesikhatsi sekumitsa, kugonyuluka ngesikhatsi sekumitsa
<i>IsiNdebele</i>	ubulwelwe bamasa kosidisi
<i>Setswana</i>	bolwetse ba mesong ba go tlhatsa ga moimana
<i>Sepedi</i>	bolwetši bja mosong

<i>Sesotho</i>	ho hlatsa ha moimana hoseng Definition: <i>Ho etsahala dikgweding tsa pele tsa ho ima.</i>
<i>Tshiven</i> □□a	vhulwadze ha nga matsheloni, ha vhamana ku hlamukana, ntlíkula
<i>Xitsonga</i>	

Comments: _____

mosquito

A small flying insect which sucks the blood of people; a certain type can cause malaria.

<i>Afrikaans</i>	musket
<i>IsiZulu</i>	umndozolwane
<i>IsiXhosa</i>	ingcongconi
<i>SiSwati</i>	imbuzulwane, umndozi
<i>IsiNdebele</i>	unompopolozá
<i>Setswana</i>	monang
<i>Sepedi</i>	monang
<i>Sesotho</i>	monwang
<i>Tshiven</i> □□a	lunyunyu
<i>Xitsonga</i>	nsuna

Comments: _____

mother

A woman who is a parent.

<i>Afrikaans</i>	moeder, ma
<i>IsiZulu</i>	umama
<i>IsiXhosa</i>	umama
<i>SiSwati</i>	make
<i>IsiNdebele</i>	umma
<i>Setswana</i>	mme
<i>Sepedi</i>	mma
<i>Sesotho</i>	mme
<i>Tshiven</i> □□a	mme
<i>Xitsonga</i>	manana

Comments: _____

motherhood

The state of being a mother.

<i>Afrikaans</i>	moederskap
<i>IsiZulu</i>	ubumama
<i>IsiXhosa</i>	ubumama
<i>SiSwati</i>	sigaba sebumake
<i>IsiNdebele</i>	ubumma
<i>Setswana</i>	bomme
<i>Sepedi</i>	bomma
<i>Sesotho</i>	bomma
<i>Tshiven</i> □□a	vhumme
<i>Xitsonga</i>	vumanana

Comments: _____

mother's milk ⇒ *breast milk*

mouth

The opening on the face through which food is taken and sounds are made.

Afrikaans	mond
IsiZulu	umlomo
IsiXhosa	umlomo
SiSwati	umlomo
IsiNdebele	umlomo
Setswana	molomo
Sepedi	molomo
Sesotho	molomo
Tshiven□□a	mulomo
Xitsonga	nomo

Comments: _____

mouth-to-mouth-resuscitation

Synonym kiss of life
Helping a person who has stopped breathing to breathe again by placing one's mouth tightly against the mouth of this person and blowing air into his lungs.

Afrikaans	mond-tot-mond-asemhaling
IsiZulu	ukuphefumulela umuntu emlonyeni ukuze akwazi ukuphefumula
IsiXhosa	ukuphefumlela
SiSwati	kuphefumulela emlonyeni
IsiNdebele	phfumulela ngomnqopho wokuphilisa
Setswana	khemiso ya molomo
Sepedi	katlo
Sesotho	kako ya bophelo, ho hemela bophelo ho motho ya seng a tlohetse ho hema
Tshiven□□a	thuso□□hanzi ya u fema, u thusa muthu a sa koni u fema nga u mu femela mulomoni
Xitsonga	hefemuriso wa nomo, ku pfuneta munhu ku hefemula

Comments: _____

mouthwash

A liquid for rinsing the mouth with in order to clean or freshen it, or to cure infected parts.

Afrikaans	mondspoelmiddel
IsiZulu	okokugeza umlomo
IsiXhosa	isihlambi mlomo
SiSwati	sihlantimlomo
IsiNdebele	isihlanzisisi-mlomo
Setswana	tlhatswamolomo
Sepedi	setsukunyi sa molomo
Sesotho	lero la sehlatywa-lehano
Tshiven□□a	tshi□□anzwamulomo
Xitsonga	xihlantswa-nomo

Comments: _____

mucous membrane

Thin moist skin that covers delicate parts of the body such as the inside of the nose and mouth.

Afrikaans	slymvlies
IsiZulu	imukhasi mebrini
IsiXhosa	inwebu yangaphakathi
SiSwati	ludvwadvwasi lolusemlonyeni nasetimphumuleni
IsiNdebele	idlhadlwana lamathimila
Setswana	kgeleswamina
Sepedi	lera
Sesotho	lera
Tshiven□□a	tsikila i lembuwaho
Xitsonga	furi ra nhompfu

Comments: _____

mucus

A sticky slimy liquid that is produced by some parts of the body, eg the inside of the nose.

Afrikaans	slym, mukus
IsiZulu	amafinyila
IsiXhosa	imifinya
SiSwati	emafinyila
IsiNdebele	amathimila
Setswana	mamina
Sepedi	mamila

Sesotho **mamina**
 Tshiven□□a **maduda**
 Xitsonga **marhimila**

Comments: _____

mumps

A disease usually caught by children which causes mild fever and painful swellings in the neck.

Afrikaans **pampoentjies**
 IsiZulu **uzagiga**
 IsiXhosa **uqilikwana**
 SiSwati **emantjintjiwane**
 IsiNdebele **amatsinini, amawuwe**
 Setswana **mauwe**
 Sepedi **mauwe**
 Sesotho **ditemetwane, mankidiane**
 Tshiven□□a **mauwe**
 Xitsonga **malikwa**

Comments: _____

muscle

Part of the body which can be tightened to make a movement; the muscles of the leg are used for walking, running etc.

Afrikaans **spier**
 IsiZulu **izinyama**
 IsiXhosa **isihlunu**
 SiSwati **imisipha, tinyama**
 IsiNdebele **umsipha**
 Setswana **mosifa**
 Sepedi **mošifa**
 Sesotho **mosifa**
 Tshiven□□a **musipha**
 Xitsonga **tinyama**

Comments: _____

muscular

Having strong muscles.

Afrikaans **gespier**
 IsiZulu **ukuba nezinyama, izinyama**
 IsiXhosa **sozihlunu, isihlunu**
 SiSwati **-misiphasipha, -tinyamanyama**
 IsiNdebele **misiphasipha, kukuba**
 misiphasipha
 Setswana **mesifasifa**
 Sepedi **e maatla**
 Sesotho **e shahlileng, e matla**
 Tshiven□□a **zwa musipha, musipha**

Xitsonga **ku tiyela**

Comments: _____

muscular dystrophy

Illness in which the muscles become weaker and weaker.

Afrikaans **spierdistrofie**
 IsiZulu **imasikhula dayistrofi**
 IsiXhosa **ukuhla kwezihlunu**
 SiSwati **sifo semisipha**
 IsiNdebele **ubulwelwe bemisipha**
 Setswana **bokoa ba mesifa**
 Sepedi **bolwetši bja mešifa**
 Sesotho **lefu la bofokodi ba mesifa**
 Tshiven□□a **vhulwadze ha misipha**
 Xitsonga **vuvabyi bya tinyama**

Comments: _____

muscular tissue ⇒ *flesh*

myelitis

Inflammation of the cord of nerves inside the spine.

Afrikaans **rugmurgontsteking**
 IsiZulu **isifo somgogodla**
 IsiXhosa **isifo sokukhala komqolo**
 SiSwati **sifo semgogodla**
 IsiNdebele **ukuvuvuka kwethambo**
 lomgogodlha
 Setswana **kgotelo ya lerapo la mokwatla**
 Sepedi **keko ya megalatšhika ya mokokotlo**
 Sesotho **thuruho ya methapokutlo**
 Definition: *Ke methapokutlo e ka hara mokokotlo.*
 Tshiven□□a **vhulwadze ha mu□□o□□o,**
 mei□□ethisi
 Xitsonga **ndzhumbelo wa longo**

Comments: _____

myopia ⇒ *shortsightedness*

myopic ⇒ *shortsighted*

N

nail

The hard flat part at the end of each finger and toe.

Afrikaans	nael
IsiZulu	uzipho
IsiXhosa	uzipho
SiSwati	luzipho
IsiNdebele	izipho
Setswana	lenala
Sepedi	lenala
Sesotho	lenala
TshivenꞀꞀa	ꞀꞀala
Xitsonga	n'wana

Comments: _____

napkin⇒*nappy*

nappy

Synonym **napkin, diaper**
A piece of soft towelling or cloth which is fastened round a baby's bottom in order to soak up its urine and faeces.

Afrikaans	doek
IsiZulu	inabukeni
IsiXhosa	isishuba
SiSwati	linabukeni
IsiNdebele	idugwana
Setswana	mongato
Sepedi	leleiri
Sesotho	leleiri
TshivenꞀꞀa	ꞀꞀiꞀꞀeiri
Xitsonga	lapi ra n'wana

Comments: _____

nappy rash

Red skin rash on the part of the baby covered by the nappy; caused by wet or soiled nappies.

Afrikaans	luierslag
IsiZulu	ukuqubuka okubangelwa inabukeni elimanziswe umchamo
IsiXhosa	irhashalala eyenziwa sisishuba esimanzi
SiSwati	kucubuka kwetibunu ngenca yelinabukeni lelimanti

IsiNdebele	umqubuko emntwaneni
Setswana	boswata ba mongato
Sepedi	lekhwekhwe la leleiri
Sesotho	ho kgopholwa ke leleiri, ho phumolwa ke leleiri
TshivenꞀꞀa	u sotolwa nga maꞀꞀeiri
Xitsonga	swirhumba-rhumbani swa lapi ra n'wana

Comments: _____

narcotic

Drug that makes a person feel sleepy and unable to feel pain, especially one that a person can become addicted to.

Afrikaans	verdowningsmiddel, dwelmmiddel
IsiZulu	isidakamizwa
IsiXhosa	isidakumbisi
SiSwati	sidzakamiva
IsiNdebele	isidakamizwa
Setswana	seretebatsi
Sepedi	sehlare se robatšang
Sesotho	sethethefatsi Definition: <i>E le sethethefatsi seo motho a ka bang lekgoba la sona.</i>
TshivenꞀꞀa	zwidzizvhadzi
Xitsonga	xititivato

Comments: _____

nasal bone

Either of the pair of narrow bones that together form the upper part of the nose called the bridge.

Afrikaans	neusbeen
IsiZulu	ithambo lamakhala
IsiXhosa	ithambo lempumlo
SiSwati	litsambo lempumulo
IsiNdebele	ithambo lepumulo
Setswana	mmôpô
Sepedi	moropo
Sesotho	lesapo la nko
TshivenꞀꞀa	shambo ꞀꞀa ningo
Xitsonga	rhambu ra nhomphu

Comments: _____

nasal cavity

The space inside the nose that is divided into two halves.

Afrikaans	neusholte
IsiZulu	imbobo yekhala
IsiXhosa	igolongxa lempumlo
SiSwati	umkhoco wempumulo
IsiNdebele	intunja yepumulo
Setswana	kgapanko
Sepedi	nko
Sesotho	mahanana
TshivenꞀꞀa	mufholi wa ningo
Xitsonga	baku ra nhomphu

Comments: _____

nasal congestion

When the nose feels blocked and one is unable to breathe through the nose.

Afrikaans	nasale kongestie
Afrikaans	toeneus, neusstuwing
IsiZulu	ukucinana
IsiXhosa	ukuxinana kweempumlo
SiSwati	kugcwala kwempumulo
IsiNdebele	kuvaleka kweempumulo
Setswana	go thibana dinko
Sepedi	kitlagano ya nko
Sesotho	ho thibana ha dinko
TshivenꞀꞀa	u thivhana ha ningo
Xitsonga	ku pfaleka ka tinhomphu

Comments: _____

natural childbirth

When the mother gives birth without the use of drugs or instruments.

Afrikaans	natuurlike geboorte
IsiZulu	ukubeletha ngokujwayelekile
IsiXhosa	ukubeleka ngokuqhelekileyo
SiSwati	kubeleka lokwetayelekile
IsiNdebele	ukubeletha ngokwemvelo
Setswana	pelego ya tlhago
Sepedi	pelego ya thlago
Sesotho	peleho ya tlhago
TshivenꞀꞀa	mbebo ya tsiko, mbebo yo ꞀꞀoweleaho
Xitsonga	ku tswala ka ntumbuluko

Comments: _____

nausea

The feeling that one is about to throw up (vomit).

Afrikaans	mislikheid, naarheid
IsiZulu	isilungulelo
IsiXhosa	ubucaphucaphu
SiSwati	sicanucanu
IsiNdebele	ukugonyuluka
Setswana	go feroga sebete
Sepedi	go feroga
Sesotho	ho nyeka pelo, sebedubedu, ho feroha dibete
TshivenꞀꞀa	u ꞀꞀoꞀꞀou ꞀꞀanza
Xitsonga	hlamukana, ntlikula

Comments: _____

navel

The hollow in the middle of the belly where a person was joined to its mother before birth.

Afrikaans	naeltjie
IsiZulu	isibhono
IsiXhosa	inkaba
SiSwati	inkhaba
IsiNdebele	ikaba
Setswana	mohubu
Sepedi	mokhubo
Sesotho	mokgubu
TshivenꞀꞀa	mukombo
Xitsonga	nkava

Comments: _____

neck

The part of the body joining the head to the rest of the body.

Afrikaans	nek
IsiZulu	intamo
IsiXhosa	intamo
SiSwati	intsamo
IsiNdebele	intamo
Setswana	molala
Sepedi	molala
Sesotho	molala
TshivenꞀꞀa	mukulo
Xitsonga	nhamu

Comments: _____

nephritis

Inflammation of the kidney.

Afrikaans	nierontsteking
IsiZulu	ukuvuvuka kwenso
IsiXhosa	ukukrala kwezintso
SiSwati	sifo setinso
IsiNdebele	ukuvuvuka kweso
Setswana	kgotelo ya diphilo
Sepedi	keko ya pshio
Sesotho	thuruho ya diphio
Tshivenꞌꞌa	vhulwadze ha tswio
Xitsonga	ndzhumbelo wa yinso

Comments: _____

nerve

Any of the bundles of thin threadlike fibres that carries messages between the brain and other parts of the body.

Afrikaans	senuwee
IsiZulu	umuzwa
IsiXhosa	umthambo-luvo
SiSwati	umuva
IsiNdebele	mthambo womuzwa
Setswana	tshika
Sepedi	mogalatshika
Sesotho	mothapokutlo
Tshivenꞌꞌa	lutaledi
Xitsonga	risinga

Comments: _____

nervous system

All the nerves in the body which carry messages between the brain and the rest of the body.

Afrikaans	senustelsel
IsiZulu	uhlelo lemizwa
IsiXhosa	isixokelelwano semithambo yoluvo
SiSwati	luhlelo lwemiva
IsiNdebele	ihlelo lemithambo yemizwa, ihlelo lemizwa emzimbeni
Setswana	thulaganyo ya methapo
Sepedi	tsela ya megalatshika
Sesotho	hlohlo miso ya methapokutlo
Tshivenꞌꞌa	sisiꞌꞌeme ya vhuꞌꞌaledzi, sisiteme ya zwipfi
Xitsonga	nkatsakanyo wa misiha

Comments: _____

neurotoxin

Poison that is harmful to the nervous system, such as that of some snakes.

Afrikaans	neurotoksien, senugif
IsiZulu	ubuthi obungabulala uhlelo lemizwa
IsiXhosa	ubuhlungu
SiSwati	shevu lobulala luhlelo lwemivo
IsiNdebele	itjhefu elwa nehlelo lemizwa emzimbeni
Setswana	bothole ba methapo
Sepedi	mpholo wa megalatshika
Sesotho	tjhefo e sa lokelang

hlohlo miso ya methapokutlo
Definition: *E le tjhefo e jwalo ka ya ho longwa ke noha.*

Tshivenꞌꞌa	nyurothokhizini
Xitsonga	vuxungu bya sele yo twa

Comments: _____

newborn⇒newborn baby**newborn baby**

Synonym newborn
A baby born recently.

Afrikaans	pasgebore baba, pasgeborene
IsiZulu	usana
IsiXhosa	imveku
SiSwati	luswane
IsiNdebele	isana elibovana
Setswana	lesea
Sepedi	lesea
Sesotho	lesea le sa tswa tswalwa
Tshivenꞌꞌa	lushie, lutshetshe
Tshivenꞌꞌa	ꞌꞌwana muswa, muthu muswa
Xitsonga	n'wana loyi a ha ku velekiwaka

Comments: _____

nicotine

A poisonous substance found in tobacco which is harmful to the smoker.

Afrikaans	nikotien
IsiZulu	inikhothini
IsiXhosa	isiyobisi esifunyanwa ecubeni
SiSwati	shevu lotfolakala egwayini, inikhothini
IsiNdebele	inikhothini
Setswana	bokgakga
Sepedi	nikotine

Sesotho bokwadi
Tshiven□□a nikhothini
Xitsonga nhombe

Comments: _____

night blindness

Synonym **nyctalopia**
Inability to see in dim light or at night.

Afrikaans **nagblindheid, niktalopie**
IsiZulu **ukungakwazi ukubona ebusuku**

IsiXhosa **ukungaboni ebusuku**
SiSwati **kungakwati kubona ebusuku**
IsiNdebele **ukungaboni ebumnyameni**
Setswana **bofofu ba bosigo**
Sepedi **bofofu bja bošego**
Sesotho **ho se kgone ho bona lefifing**
Tshiven□□a **vhupofu ha vhusiku**
Xitsonga **ku tsandzeka ku vona loko ku phumerile**

Comments: _____

night sweat

Sweating heavily during the night, which may be an early sign of tuberculosis, AIDS, or other disease.

Afrikaans **nagsweet**
IsiZulu **ukujuluka kakhulu ebusuku**
IsiXhosa **ukubila ebusuku**
SiSwati **kujuluka kwasebusuku**
IsiNdebele **ukujuluka ebusuku**
Setswana **mofufutso wa bosigo**
Sepedi **go tšwa kudumela bošego**
Sesotho **ho fufulelwa bosiu**
Tshiven□□a **u bva biko vhusiku**
Xitsonga **ku dzuka nyuku ni vusiku**

Comments: _____

night vision

The ability to see objects during the night-time.

Afrikaans **nagvisie**
IsiZulu **ukubona kahle ebunyameni**
IsiXhosa **ukubona ebusuku**
SiSwati **likhono lekubona ebusuku**
IsiNdebele **ukubona kuhle emnyameni**
Setswana **pono ya bosigo**
Sepedi **pono ya bošego**
Sesotho **bokgoni ba ho bona lefifing**
Tshiven□□a **bono □□a vhusiku**

Xitsonga **ku vona ni vusiku**

Comments: _____

nipple

A small part standing out in the centre of the breast through which a baby sucks its mother's milk.

Afrikaans **tepel**
IsiZulu **ingono**
IsiXhosa **ingono**
SiSwati **ingono, umbele**
IsiNdebele **ikono**
Setswana **tlhoko**
Sepedi **thloko**
Sesotho **thloko**
Tshiven□□a **□□hungu**
Xitsonga **nhlungu**

Comments: _____

nodule

A small swelling.

Afrikaans **knoppie**
IsiZulu **ukuvuvuka okuncane**
IsiXhosa **iqhuqhuva**
SiSwati **liguludlwana, lichutwana**
IsiNdebele **igugudla**
Setswana **thumpunyana**
Sepedi **lekgohlwana**
Sesotho **leqhutswana**
Tshiven□□a **tshipundu**
Xitsonga **xibundzwana**

Comments: _____

non-dairy creamer

Powder used in the place of milk, but containing no milk or milk products.

Afrikaans **niesuiwelverromer**
IsiZulu **impushana engelona ubisi esetshenziswa esikhundleni sobisi**

IsiXhosa **engenalubisi**
SiSwati **lubisi lwemphuphu**
IsiNdebele **isinga-bisi**
Setswana **mašwi a lerole, mašwi a bupi**
Sepedi **lebebe le e sego la maswi**
Sesotho **lebese la phofo, lebese la maiketsetso**

Tshiven□□a **luvhomba lu si lwa mafhi**
Xitsonga **lexi nga hava masi**

Comments: _____

normal*That which is usual, regular or ordinary.*

Afrikaans	normaal
IsiZulu	okujwayelekile
IsiXhosa	qhelekileyo
SiSwati	-sesimeni lesikahle
IsiNdebele	jayelekileko
Setswana	siamе
Sepedi	tlwaelo
Sesotho	e tlwaelehileng
Tshivenꞌꞌa	zwo ꞌꞌoweleaho
Xitsonga	lexi nga toloveleka

Comments: _____

normal birth*The baby coming out of the mother's body without the use of instruments.*

Afrikaans	normale geboorte
IsiZulu	ukuzala okujwayelekile
IsiXhosa	ukubeleka okuqhelekileyo
SiSwati	kubeleka lokwetayelekile
IsiNdebele	beletha ngendlela ejayelekileko
Setswana	botsalo bo bo siameng
Sepedi	pelego ye tlwaelegilego
Sesotho	peleho ya tlwaelo
Tshivenꞌꞌa	mbebo yo ꞌꞌoweleaho
Xitsonga	mbeleko wa ntolovelo

Comments: _____

nose*The part of the face that sticks out above the mouth and is used for breathing and smelling.*

Afrikaans	neus
IsiZulu	ikhala
IsiXhosa	impumlo
SiSwati	imphumulo
IsiNdebele	ipumulo
Setswana	nko
Sepedi	nko
Sesotho	nko
Tshivenꞌꞌa	ningo
Xitsonga	nhomphu

Comments: _____

nosebleed*Bleeding from the nose, which may be caused by injury or by eg fever or high blood pressure.*

Afrikaans	neusbloeding
IsiZulu	ukuphuma umubongoziya
IsiXhosa	ukumongoza
SiSwati	ummongotiya
IsiNdebele	umongoziya
Setswana	mokola
Sepedi	mookola
Sesotho	ho tswa mokola
Tshivenꞌꞌa	u bva malofha ningoni
Xitsonga	mongolo

Comments: _____

nostril*Either of the two openings at the end of the nose.*

Afrikaans	neusgat
IsiZulu	ikhala
IsiXhosa	ithatha
SiSwati	imphumulo
IsiNdebele	intunja yepumulo
Setswana	lerobananko
Sepedi	kgalananko
Sesotho	lehanana
Tshivenꞌꞌa	mabuli a ningo
Xitsonga	nanga ya nhomphu

Comments: _____

nostrum⇒quack medicine**notifiable disease***A disease such as tuberculosis that has to be reported to public health authorities.*

Afrikaans	aanmeldbare siekte
IsiZulu	isifo esibonakalayo
IsiXhosa	isifo ekumele saziwe
SiSwati	sifo lesibonakalako
IsiNdebele	ubulwelwe obufanele
	bubikwe
Setswana	bolwetse bo bo itsiweng
Sepedi	bolwetši bjo welego
Sesotho	lefu le tshwanetseng ho
	tlalehwa bolaoding ba tsa
	bophelo bo botle

<i>Tshiven</i> □□a	vhulwadze vhu no □□ivhadzea
<i>Xitsonga</i>	vuvabyi lebyi faneleke ku tivisiwa va ta rihanyo

Comments: _____

nurse

A person trained to care for sick people.

<i>Afrikaans</i>	verpleegster
<i>IsiZulu</i>	umhlangikazi
<i>IsiXhosa</i>	umongikazi
<i>SiSwati</i>	umhlangikati, nesi
<i>IsiNdebele</i>	umongi, inesi
<i>Setswana</i>	mooki
<i>Sepedi</i>	mooki
<i>Sesotho</i>	mooki
<i>Tshiven</i> □□a	muongi
<i>Xitsonga</i>	muongori

Comments: _____

nutrient

A substance found in food that is needed by the body to keep healthy, such as eg proteins and vitamins.

<i>Afrikaans</i>	voedingstof, nutriënt
<i>IsiZulu</i>	umsoco
<i>IsiXhosa</i>	ondlayo
<i>SiSwati</i>	-niketa emandla emtimbeni
<i>IsiNdebele</i>	izakhi-mzimba ezisekudleni
<i>Setswana</i>	kotla
<i>Sepedi</i>	e fepago
<i>Sesotho</i>	seotli, sefepi
<i>Tshiven</i> □□a	nyu□□irienti
<i>Xitsonga</i>	xakudya xa minkarhi hinkwayo

Comments: _____

nutrition

The process of taking food into the body and absorbing it.

Example Because of poor nutrition, he has grown thinner and weaker.

<i>Afrikaans</i>	voeding
<i>IsiZulu</i>	ukudla ukudla okunomsoco
<i>IsiXhosa</i>	isondlo
<i>SiSwati</i>	-kwekondla
<i>IsiNdebele</i>	ukondleka, ukudla emzimbeni
<i>Setswana</i>	kotlo
<i>Sepedi</i>	phepo

<i>Sesotho</i>	kotlo, phepo
<i>Tshiven</i> □□a	mufusho, pfushi
<i>Xitsonga</i>	swakudya leswi nonisaka, xinonisi

Comments: _____

nyctalopia⇒night blindness

O

obesity

The state of being very fat.

Example Too much fatty and unhealthy food can cause obesity.

<i>Afrikaans</i>	obesiteit, vetsug, swaarlywigheid
<i>IsiZulu</i>	ukunona
<i>IsiXhosa</i>	ubungxukuma
<i>SiSwati</i>	kukhuluphala
<i>IsiNdebele</i>	ukunona
<i>Setswana</i>	bokima bo bo feteletseng, bokima
<i>Sepedi</i>	go nona
<i>Sesotho</i>	ho nona haholo
<i>Tshiven</i> □□a	u nona, u khwatha
<i>Xitsonga</i>	ku nyuhela

Comments: _____

obstetrician

Doctor who is specially trained to deal with childbirth and the care of pregnant women; always also trained as gynaecologist.

<i>Afrikaans</i>	verloskundige
<i>IsiZulu</i>	udokotela wokubelethisa kanye nezifo zabesifazane
<i>IsiXhosa</i>	ingcaphephe yokubelekisa
<i>SiSwati</i>	dokotela wesitfo sangasese salabasikati lophindze abe ngucwepheshe wekunakekelwa kwetinswane
<i>IsiNdebele</i>	i-obstretjhiyeni
<i>Setswana</i>	ngaka ya baimana le go belegisa
<i>Sepedi</i>	ngaka ya go hlokomela baimana le go ba belegiša
<i>Sesotho</i>	ngaka ya baimana le tsa ho pepa

Tshivenda dokotela wa u bebisa na u
 Xitsonga hohomela vhaimana
 n'anga ya mbeleko na
 nhlayiso wa vayimani

Comments: _____

occasional drinking

The habit of drinking alcoholic drinks from time to time.

Example *Occasional drinking can result in alcoholism.*

Afrikaans geleentheidsdrinkery
 IsiZulu ukuphuza njalo
 IsiXhosa ukumana usela utywala
 SiSwati kunatsa lokubekekile
 IsiNdebele ukusela ngakanye
 Setswana go nwa kgapetsakgapetsa
 Sepedi go nwa ka sewelo
 Sesotho ho nwa mohlang oo
 Tshivenda u nwa tshifhinga tshohe
 Xitsonga ku nwa nkarhi hinkwawo

Comments: _____

occupational disease

A disease that workers in certain jobs usually get, eg poisoning from certain metals in factory workers.

Afrikaans bedryfsiekte
 IsiZulu isifo esitholakala ngenxa
 yokwenza umsebenzi othile
 IsiXhosa isifo esifunyanwa
 ngabasebenzi kwindawo
 ezithile zemisebenzi
 SiSwati sifo lesotfolakala
 emisebentini letsite
 IsiNdebele ubulwelwe bomsebenzi
 Setswana bolwetse bo bo bonwang kwa
 tirong
 Sepedi bolwetši bja bašomi ba
 modiro wo rileng
 Sesotho lefu le fumanehang sebakeng
 sa mosebetsi
 Tshivenda vhumwadze vhu no wanala
 mushumoni
 Xitsonga vuvabyi lebyi kumekaka
 emintirhweni yo karhi

Comments: _____

odour

The smell of something which can be pleasant or unpleasant.

Afrikaans reuk
 IsiZulu iphunga
 IsiXhosa ivumba
 SiSwati liphunga
 IsiNdebele irobholela, umnuko
 Setswana monko
 Sepedi monkgo
 Sesotho monkgo, lephoka
 Tshivenda munukho, lwefha
 Xitsonga nun'whelo, nuhelo

Comments: _____

odourless

Not giving off a smell.

Afrikaans reukloos
 IsiZulu ngenaphunga
 IsiXhosa engenavumba
 SiSwati -ngenaliphunga
 IsiNdebele nganuki
 Setswana go tlhoka monkgo
 Sepedi ye se nago monkgo
 Sesotho e se nang lephoka, e se nang
 monkgo
 Tshivenda u shaya munukho
 Xitsonga kala nun'whelo, xo kala
 risema

Comments: _____

oedema

Synonym edema, dropsy
Gathering of fluid under the skin or in some parts of the body, like the lungs, caused by various diseases.

Afrikaans edeem, watersug
 IsiZulu odima
 IsiXhosa iodema
 SiSwati kugcwala manti emtimbeni
 IsiNdebele i-edema, kukuba namanzi
 amanengi khulu emzimbeni
 Setswana edema
 Sepedi go ruruga
 Sesotho pokellano ya lero ka tlasa
 letlalo, edema

Tshiven□□a
Xitsonga

idima
xirhumberhumbe <nhlengeleto
wa swihalaki etiseleni>

Comments: _____

oesophagus

Synonym **gullet**
*Tube through which food and drink passes
from the mouth to the stomach.*

Afrikaans **slukderm**
IsiZulu **upopopo**
IsiXhosa **ummizo**
SiSwati **ummito**
IsiNdebele **umminzo**
Setswana **kgokgotso** <mometsō>
Sepedi **mometsō**
Sesotho **mmetsō**
Tshiven□□a **gulokulo**
Xitsonga **nkolo wo mita, nkolo**

Comments: _____

oestrogen

Synonym **estrogen** <US>
*Substance (hormone) produced in the body
of women; responsible for developing and
maintaining characteristic features of the
female body and preparing the body for
pregnancy.*

Afrikaans **estrogeen**
IsiZulu **ukukhipha(izinyo), i-estrogen**
IsiXhosa **iostrojeni**
SiSwati **i-estrojini**
IsiNdebele **i-estrojini**
Setswana **oseterojene**
Sepedi **eseterojene**
Sesotho **oseterojene** Definition: *Ke
horemone e laolang tsamaiso
ya mebele ya basadi.*
Tshiven□□a **esi□□irodzheni**
Xitsonga **nhlarimbya ya xisati**

Comments: _____

operate

To perform an operation.

Afrikaans **opereer**
IsiZulu **hlinza**
IsiXhosa **tyanda**
SiSwati **kuhlindza**
IsiNdebele **hlinza**

Setswana **go ara**
Sepedi **bua**
Sesotho **ho seha**
Tshiven□□a **u ara**
Xitsonga **handzula**

Comments: _____

operation

*Form of treatment in which a doctor cuts
open a patient's body in order to remove,
replace or repair a diseased or damaged
part of it.*

Afrikaans **operasie**
IsiZulu **umthungo**
IsiXhosa **utyando**
SiSwati **kuhlindza, luhlindzo**
IsiNdebele **ukuhlinzwa**
Setswana **karo**
Sepedi **karo**
Sesotho **ho phungwa, oporeishene**
Tshiven□□a **muaro**
Xitsonga **mbhandzulo**

Comments: _____

ophthalmologist⇒eye specialist

opportunistic infection

*Infection that occurs when a person's
immune system is not working properly.*

Afrikaans **opportunistiese infeksie**
IsiZulu **isifo esitholakale ngesithuba
amasotsha omzimba
engasebenzi**
IsiXhosa **isifo esenza ugonyo
lungasebenzi**
SiSwati **lufo lolungena
kungakalindzelwa**
IsiNdebele **ubulwelwe besikhaleni**
Setswana **tshelo e e itlelang fela**
Sepedi **phetetšo ya go leta sebaka**
Sesotho **tshwaetso e itlhalang feela**
Tshiven□□a **vhulwadze vhu faraho muthu
nge thivhelavhulwadze i si
shume**

Xitsonga vuvabyi lebyi khomaka munhu loko sisiteme ya nsawutiso yi nga tirhi hi mfanelo

Comments: _____

optician

Person who makes and sells spectacles and contact lenses.

Afrikaans brilmaker, optisiën
IsiZulu umdayisi wezibuko zamehlo
IsiXhosa ugrirha weendondo
SiSwati umuntfu lotsengisa tibuko temehlo
IsiNdebele i-optitjhiyeni, ngowenza begodu athengise amabhlera
Setswana modiri le morekisi wa digalase tsa matlho
Sepedi ngaka ya digalase tša mahlo
Sesotho moetsi le morekisi wa diborele
Tshivenṱṱa dokotela wa ngilasi dza maṱṱo
Xitsonga muendla manghilazi ya mahlo, muendli ni muxavisi wa maglazi

Comments: _____

optic nerve

Nerve from the eye to the brain which enables a person to see.

Afrikaans optiese senuwee
IsiZulu umuzwa weso
IsiXhosa umthambo weliso
SiSwati umuvo wemehlo
IsiNdebele umzila welihlo
Setswana mothapo wa leitlho
Sepedi mogalatšhikapono
Sesotho mothapokutlo wa leihlo
Tshivenṱṱa luṱṱaledzi lwa u vhona
Xitsonga nsiha wa tihlo

Comments: _____

optometrist

A person trained to test eyes and to make and sell spectacles and contact lenses.

Afrikaans optometris
IsiZulu umxilongi wamehlo
IsiXhosa ugqirha wamehlo

SiSwati dokotela wemehlo lophindze atsensengise netibuko tawo
IsiNdebele udorhodera wamehlo
Setswana ngaka ya matlho
Sepedi ngaka ya mahlo
Sesotho ngaka ya mahlo
Tshivenṱṱa ophothometirisi
Xitsonga n'anga ya mahlo

Comments: _____

oral contraceptive⇒contraceptive pill

oral hygiene

Taking good care of teeth and gums by brushing regularly with fluoride toothpaste and a good toothbrush, and flossing.

Afrikaans mondhygiëne
IsiZulu ukunakekelwa komlomo
IsiXhosa ukunakekela umlomo
SiSwati kuhlanteka kwemlomo
IsiNdebele ukutlhogonyelwa komlomo
Setswana tlhokomelo ya legano
Sepedi maphelo a tša molomo
Sesotho tlhweko ya lehano
Tshivenṱṱa tsiravhulwadze ya mulomo
Xitsonga nsivela-mavabyi wa nomo

Comments: _____

orbit⇒eye socket

organ

A part of the body that has a particular purpose or work (function), such as the heart, lung, liver etc.

Afrikaans orgaan
IsiZulu isitho
IsiXhosa ilungu
SiSwati sitfo
IsiNdebele isitho
Setswana serwe
Sepedi setho
Sesotho setho sa mmele
Tshivenṱṱa muraṱṱo
Xitsonga xirho

Comments: _____

organism

Any living animal or plant, especially one that is very small such as a bacterium or virus.

Afrikaans	organisme
IsiZulu	okuphilayo
IsiXhosa	into ephilayo
SiSwati	lokuphilako
IsiNdebele	okuphilako
Setswana	setshedi, sephedi
Sepedi	sephidi
Sesotho	sephedi
TshivenꞀꞀa	tshitshili
Xitsonga	xivumbiwa

Comments: _____

osteoporosis

Disease causing bones to become brittle and break easily.

Afrikaans	osteoporose
IsiZulu	isifo samathambo
IsiXhosa	ukulahlekelwa ngumcu wamathambo
SiSwati	sifo sematsambo
IsiNdebele	i-ostiyoporosisi
Setswana	oseteoporosese
Sepedi	oseteoporesese
Sesotho	osteoporosisi, lefu la masapo
	Definition: <i>Le etsa masapo a be bonolo mme a robehe ha bonolo.</i>
TshivenꞀꞀa	ositeoporosis
Xitsonga	ndzahlekelo wa tinyama ta marhambu

Comments: _____

outpatient

A person who goes to a hospital for treatment but does not stay there overnight.

Afrikaans	buitepasiënt
IsiZulu	umuntu olashwe wadedelwa waya ekhaya
IsiXhosa	umntu ozele unyango esibhedlele engalaliswanga
SiSwati	siguli sangaphandle, siguli sasekhaya
IsiNdebele	siguli esingakalaliswa esibhedlela
Setswana	molwetse yo o sa robaleng kwa kokelong
Sepedi	molwetši wa ka ntle
Sesotho	mokudi ya sa robatswang sepetlele

TshivenꞀꞀa
Xitsonga

mulwadze wa nnꞀꞀa
muwabyela-handle, muwabyi loyi a nga etleriki exibedlhele

Comments: _____

ovary

Either of the two organs in which egg-cells are produced in women.

Afrikaans	eierstok
IsiZulu	isizalo
IsiXhosa	isiyilelo-maqandao
SiSwati	sitalo
IsiNdebele	ziindlala zamaqanda
	kowengubo
Setswana	obari
Sepedi	popelo
Sesotho	popelo Definition: <i>Ke moo mahe a sesadi a hlahiswang teng.</i>
TshivenꞀꞀa	mbumbelo
Xitsonga	xamukela-mbewu

Comments: _____

overcrowding

Too many people living together in the same house.

Afrikaans	oorbewoning
IsiZulu	ukuminyana
IsiXhosa	xineneyo
SiSwati	kugcwala, kuminyana
IsiNdebele	kuminyana kwabantu
	endaweni
Setswana	pitlagano
Sepedi	lešaba le le ntši
Sesotho	kgobokano e fetang tekano
TshivenꞀꞀa	u ꞀꞀalesa
Xitsonga	ntlimbano

Comments: _____

overweight ⇒ fat**ovulate**

To produce or discharge an egg-cell from the ovary.

Afrikaans	ovuleer
IsiZulu	ukukhipha iqhanda
IsiXhosa	ukukhupha iqanda
SiSwati	kukhulula imbewu
IsiNdebele	ukukhupha iqanda kowesifazi
Setswana	go ntsha lee, go bopa lee

Sepedi go ntsha mae a sesadi
Sesotho ho ntsha lehe la sesadi
Tshiven u bvisa mbeu ya tshisadzi
Xitsonga ku humesa mbewu ya xisati

Comments: _____

ovulation

The discharge of an egg-cell from the ovary of a woman.

Afrikaans ovulasie
IsiZulu ukuphuma kweqanda esizalweni
IsiXhosa ukuvuthwa
SiSwati kukhululwa kwembewu
IsiNdebele ukukhutjwa kweqanda ngowesifazi
Setswana go ntsha lee, popomae
Sepedi go ntsha lee
Sesotho ho tswa ha mahe a sesadi popelong
Tshiven ovulesheni, u vhibva
Xitsonga ku humesiwa ka mbewu ya xisati eka xamukela-mbewu, ku humesiwa ka mbewu ya xisati

Comments: _____

ovum

Synonym egg-cell
The seed of life in a woman which joins with the male seed to make a baby.

Afrikaans ovum, eiersel
IsiZulu imbewu yowesifazane
IsiXhosa iqanda lomfazi
SiSwati licandza lembewu
IsiNdebele iqanda lowesifazi
Setswana sele ya lee, lee
Sepedi sele ya lee, lee
Sesotho lehe la sesadi
Tshiven gumba sele, gumba tshisadzi
Xitsonga mbewu ya mbeleko ya xisati, mbewu ya xisati

Comments: _____

oxygen

A gas without colour or smell present in the air which we breathe that is necessary for most forms of life on earth.

Afrikaans suurstof
IsiZulu i-okisijini
IsiXhosa ioksijini
SiSwati i-oksijini
IsiNdebele i-oksijini
Setswana okosijene
Sepedi oksigene
Sesotho okosejene
Tshiven okosidzhini, gesedungi
Xitsonga moya-tenga, okisijeni

Comments: _____

P

pad

Thick piece of soft material such as cotton-wool used to protect a part of the body from injury or to absorb liquid.

Afrikaans kussinkie
IsiZulu ipedi
IsiXhosa umqamelo
SiSwati umgcusho
IsiNdebele umqamedlwana
Setswana mosangwana
Sepedi mosamelo
Sesotho mosangwana
Tshiven phede
Xitsonga xiqamelo, xiseketelo, xikhigelo

Comments: _____

paediatrician

Synonym pediatrician <US>
Doctor specially trained to treat the illnesses of children.

Afrikaans pediater, kinderarts
IsiZulu udokotela wezifo zabantwana
IsiXhosa ugqirha wabantwana
SiSwati dokotela wetifo tebantwana
IsiNdebele udorhodera wabantwana
Setswana ngaka ya bana
Sepedi ngaka ya bana
Sesotho ngaka ya bana

Tshivenda **dokotela wa vhana**
Xitsonga **n'anga ya mavabyi ya vana**

Comments: _____

pain

An unpleasant feeling in a part of the body because a person has been hurt or is ill.

Afrikaans **pyn**
IsiZulu **ubuhlungu**
IsiXhosa **ubuhlungu**
SiSwati **buhlungu**
IsiNdebele **isihlabi**
Setswana **setlhabi**
Sepedi **sehlabi**
Sesotho **lehlaba, bohloko**
Tshivenda **vhungu**
Xitsonga **ku vava, xivavi**

Comments: _____

painful

Synonym **sore adj.**

Hurting or aching

Example *A child with a sore throat does not want to eat, because it is too painful to swallow.*

Afrikaans **pynlik, seer**
IsiZulu **buhlungu**
IsiXhosa **buhlungu**
SiSwati **-buhlungu**
IsiNdebele **buhlungu**
Setswana **opa, botlhoko**
Sepedi **bohloko**
Sesotho **ho utlwa bohloko, ho opelwa**
Tshivenda **u pfa vhungu**
Xitsonga **xo vavisa**

Comments: _____

painkiller

Synonym **analgesic**

A medicine, pill or injection that stops or reduces pain.

Afrikaans **pynstiller, analgetikum**
IsiZulu **isibulala zinhlungu**
IsiXhosa **isidambisi zintlungu**
SiSwati **sidzambisatinhlungu**
IsiNdebele **sidambisa-buhlungu**

Setswana **sebolaya-ditlhabi**
Sepedi **polayi ya sehlabi**
Sesotho **sebolaya-mahlaba**
Tshivenda **tshivulahavhungu**
Xitsonga **xihwuhwati xa ku vava**

Comments: _____

palate

The top part of the inside of the mouth.

Afrikaans **verhemelte**
IsiZulu **ulwanga**
IsiXhosa **inkalakahla**
SiSwati **lwanga**
IsiNdebele **ilwanga**
Setswana **magalapa**
Sepedi **magalapa**
Sesotho **mahalapa, leshano**
Tshivenda **hangamulomo**
Xitsonga **laka**

Comments: _____

palm

The inner part of the hand from the wrist to the base of the fingers.

Afrikaans **palm**
IsiZulu **impama**
IsiXhosa **intende yesandla**
SiSwati **imphama**
IsiNdebele **intende, ingaphakathi lesandla**
Setswana **legofi**
Sepedi **legoswi**
Sesotho **seatla, lehofi**
Tshivenda **vhungomu ha tshanda**
Xitsonga **xandla, xihahati**

Comments: _____

pancreas

A big gland near the stomach that produces insulin and substances which help in the digestion of food.

Afrikaans **pankreas**
IsiZulu **inyikwe**
IsiXhosa **amasi**
SiSwati **emalulu**
IsiNdebele **amanyaka**
Setswana **marakanamantsi**

<i>Sepedi</i>	pankarea
<i>Sesotho</i>	manyeme
<i>Tshiven</i> □□a	phankhirisi
<i>Xitsonga</i>	rivengwana

Comments: _____

Pap smear

Synonym **cervical smear**

A piece of tissue taken from the neck of the womb (cervix) of a woman for detection of cancer.

<i>Afrikaans</i>	Pap-smeer, servikssmeer
<i>IsiZulu</i>	ucwephana lomlomo wesibeletso
<i>IsiXhosa</i>	uvavanyo lomhlaza kumlomo wesibeletso, ulwelo lomlomo wesibeletso
<i>SiSwati</i>	luceshwana lolutsatfwa esitfweni salomsikati lokwentwa ngalo luhlolo izeso elithethwe eseviksini
<i>IsiNdebele</i>	ukuhlahluba ubukhona bekankere, inindo lalokho okuthethwe entanyeni yesibeletso ngomnqopho wokuyokuhlahluba
<i>Setswana</i>	teko ya kgotshane, teko ya popelo
<i>Sepedi</i>	teko ya go lekola kankere popelong ya mosadi
<i>Sesotho</i>	ho nkuwa ha sekotwana sa thishu molomong wa popelo
	<i>Definition: Sena se etsetswa ho lekola boteng ba kankere.</i>
<i>Tshiven</i> □□a	ndingo ya n□□odzo ya sevikisi, ndingo ya n□□odzo ya mbumbelo, n□□odzo ya sevikisi, n□□odzo ya mukulo wa mbumbelo
<i>Xitsonga</i>	xitotwa xa nkolo wa xiveleko

Comments: _____

Pap test

Test for early diagnosis of cancer of the neck of the womb (called the cervix).

<i>Afrikaans</i>	Pap-toets
<i>IsiZulu</i>	ukuhlolwa okubonisa ukuqala komdlavuzwa emlonyeni wesibeletso
<i>IsiXhosa</i>	uvavanyo lomhlaza olwenziwa emlonyeni wesibeletso

<i>SiSwati</i>	luceshwana lolutsatfwa esitfweni salomsikati lokwentwa ngalo luhlolo ihlahlubo yesevikisi yekankere teko e e dirwang mo molomong wa popelo go lebelela matshwao a kankere teko ye dirwago molomong wa popelo go lebelela maswao a kankere
<i>IsiNdebele</i>	teko bakeng sa boteng ba matshwao a kankere molomong wa popelo
<i>Setswana</i>	ndingo i no itwa mulomoni wa mbumbelo
<i>Sepedi</i>	nkambelo wa khexe ya nkolo wa xiveleko

Comments: _____

paracetamol

A drug used to relieve pain and reduce fever.

<i>Afrikaans</i>	parasetamol
<i>IsiZulu</i>	umuthi wezinhlungu iparasetamoli
<i>IsiXhosa</i>	ipharasethamoli, umutsi wetinhlungu
<i>SiSwati</i>	iparasetamolo
<i>IsiNdebele</i>	parasetamolo
<i>Setswana</i>	pharasetamol
<i>Sepedi</i>	pharasetamol
<i>Sesotho</i>	pharasetamol, sebolaya-mahlaba le feberu
<i>Tshiven</i> □□a	pharasethamo□□o
<i>Xitsonga</i>	pharasetamolo

Comments: _____

paralysis

The loss of the ability to move the body or part of it, like an arm or a leg.

<i>Afrikaans</i>	verlamming
<i>IsiZulu</i>	ukukhubazeka
<i>IsiXhosa</i>	ukoma kwelungu lomzimba
<i>SiSwati</i>	kufa luhlangotsi
<i>IsiNdebele</i>	umrephelelo, ukutjhwaba kwelunga lomzimba
<i>Setswana</i>	go swa ditokololo
<i>Sepedi</i>	go repa ditho
<i>Sesotho</i>	ho shwa ditho, kgolofalo
<i>Tshiven</i> □□a	vhuomamira□□o
<i>Xitsonga</i>	ku khwanyana swirho, ku khanyana swirho

Comments: _____

paraplegia

Paralysis of the lower part of the body, including both legs.

Afrikaans	paraplegie
IsiZulu	ukufa isingezansi
IsiXhosa	ukufa amanqe
SiSwati	inkhubela, kukhubateka
IsiNdebele	ukufa ingaphasi kwedini
Setswana	bogole
Sepedi	bogole Definition: <i>Go thoma lethekeng yo ya fase.</i>
Sesotho	kgolofalo ya ka tlasa letheka
Tshivenꞌꞌꞌa	vuhole <ha u oma mirado>
Xitsonga	ku khwanyana swirho

Comments: _____

paraplegic

Person whose lower half of the body, including the legs, is paralysed.

Afrikaans	parapleeg
IsiZulu	isishosha
IsiXhosa	umntu ofe amanqe
SiSwati	inkhubela
IsiNdebele	umuntu ofe ingaphasi ledini
Setswana	segole
Sepedi	segole Definition: <i>Sa go thoma lethekeng go ya fase.</i>
Sesotho	sehole Definition: <i>Se holofetseng lethekeng ho ya tlase.</i>
Tshivenꞌꞌꞌa	tshihole Definition: <i>Muthu o omaho mirado.</i>
Xitsonga	xigono Definition: <i>Munhu wo khwanyana swirho.</i>

Comments: _____

particle

A very small piece of matter.

Afrikaans	partikel, deeltjie
IsiZulu	into
IsiXhosa	isuntswana
SiSwati	intfo
IsiNdebele	into
Setswana	karolwana
Sepedi	seripana
Sesotho	karolwana
Tshivenꞌꞌꞌa	kupali
Xitsonga	xiphemu

Comments: _____

paste

A soft sticky preparation for use on sores and wounds.

Afrikaans	pasta
IsiZulu	umuthi ogcotshiswa
IsiXhosa	esilondeni
SiSwati	intlama
IsiNdebele	sinindvo
Setswana	isihlahla sesilonda
Sepedi	sekgomaretsi
Sesotho	segomaretši
Tshivenꞌꞌꞌa	hlama
Xitsonga	tsha u nambatedza
	xidamarheti, xinamaketi

Comments: _____

pasteurisation

The special process of heating milk to a certain temperature and then chilling it in order to kill bacteria.

Afrikaans	pasteurisasie
IsiZulu	ukubulawa
IsiXhosa	kwamabhakithiriya obisini
SiSwati	ukubulala iintsholongwane
IsiNdebele	elubisini ngobushushu
Setswana	kubulala emagciwane
Sepedi	elubisini
Sesotho	ukubulawa kwebhakthiriya ebisini
	pasetiriso
	pasterišo
	paseteriso, pediso ya lebese
	Definition: <i>Pediso ena e etswa ho bolaya dikokwanahloko.</i>
Tshivenꞌꞌꞌa	muphasiꞌꞌꞌieriso
Xitsonga	mphungahato

Comments: _____

pasteurise

To kill harmful bacteria in milk by means of a special process called pasteurisation.

Afrikaans	pasteuriseer
IsiZulu	ukubulala amagciwane
IsiXhosa	obisini
SiSwati	bulala iintsholongwane
IsiNdebele	bulala emagciwane elubisini
Setswana	bulala ibhakthiriya ebisini
Sepedi	go pasetirisa
	pasterišo Definition: <i>Tsela ya go bolaya dikokwanahloko tse kotsi maswing.</i>
Sesotho	ho paseterisa, ho bedisa lebese

Tshivenda **u vhilisa mafhi**
Xitsonga **phungahata**

Comments: _____

pasteurised milk

Milk treated by the process of pasteurisation in order to make it safe for use.

Afrikaans **gepasteuriseerde melk**
IsiZulu **ubisi olungenawo amabhakithiriya**
IsiXhosa **ubisi olungenantsholongwane**
SiSwati **lubisi lolukhishwe emagciwane**
IsiNdebele **ibisi elihlanjululiwe**
Setswana **mašwi a a pasetirisitsweng**
Sepedi **maswi a pasterišitšwego**
Definition: *Maswi ao go bolailwego dikokwanahloko ka gare ga wona.*
Sesotho **lebese le paseteritsweng**
Tshivenda **mafhi o vhiliswaho**
Xitsonga **masi yo phungahatiwa**

Comments: _____

patch test

A skin test to find out to which substances a person is allergic.

Afrikaans **koltoets, plakproef**
IsiZulu **ukuhlolwa kwezinto ezingaba inkinga esikhumbeni**
IsiXhosa **uvavanyo lokuqonda unobangela wokwalisa**
SiSwati **luhlolo lweluvelelo lwesikhumba semuntfu**
IsiNdebele **ihlahlubo yephetjhi**
Setswana **teko ya aleji**
Sepedi **teko ya lelapi**
Sesotho **teko ya aleji**
Tshivenda **ndingo ya zwipi zwa lukanda**
Xitsonga **nkambelo wa minchumu leyi vangaka tialeji**

Comments: _____

pediatrician ⇒ *paediatrician*

pelvis

The basin-shaped framework of bones at the base of the backbone.

Afrikaans **pelvis**
IsiZulu **unkimfi**
IsiXhosa **amarhorho**
SiSwati **ingculu, iphelvisi**
IsiNdebele **ithambo ledini, isifunzi**
Setswana **setlhana**
Sepedi **letheka**
Sesotho **noka, letheka**
Tshivenda **khundu, shambo**
khundu, o itaho tshishelo
Xitsonga **xisuti**

Comments: _____

penicillin

An antibiotic medicine used to treat infections caused by bacteria.

Afrikaans **penisillien**
IsiZulu **iphenisilini**
IsiXhosa **iphenisilini**
SiSwati **iphenisilini**
IsiNdebele **iphenisilini**
Setswana **peniselene**
Sepedi **peniselene**
Sesotho **penisiline**
Tshivenda **phenisi**
Xitsonga **phenisilini**

Comments: _____

penis

Part of the body of a man which is used when urinating and when having sex.

Afrikaans **penis**
IsiZulu **ipipi**
IsiXhosa **umphambili wendoda**
SiSwati **umthondo**
SiSwati **sitfo salomdvuna**
IsiNdebele **ipipi <vulgar>**
IsiNdebele **umphambili <euphemism>**
Setswana **bonna, ntoto**
Sepedi **lepele**
Sesotho **ntoto <vulgar>, setho sa botona**
Tshivenda **tshitungulo**
Xitsonga **xirho xa mbeleko xa xinuna <euphemism>**

Comments: _____

perineum

The region of the body between the anus and the scrotum or vulva.

Example *An incision is usually made in the perineum during childbirth to make the birth process easier.*

Afrikaans	perineum
IsiZulu	umnsinsila
IsiXhosa	ipheriniyam
SiSwati	ipherinamu, sidzidzi
IsiNdebele	umsisila
Setswana	moroko wa mpapa
Sepedi	pherineamo Definition: <i>Karolo yeo e lego gare ga mogwete le ditho tsa bosadi.</i>
Sesotho	moqaqa Definition: <i>Ke karolo e pakeng tsa mosima le ditho tsa bong.</i>
Tshivenꞌꞌa	pheriniamu Definition: <i>Ndi tshipiꞌꞌa tshi re vhukati ha tshivhunu na muraꞌꞌo wa tshisadzi.</i>
Xitsonga	pheriniyamu Definition: <i>Xivandla xa le xikarhi ka xiheta-mavele na xirho xa xinuna kumbe xisati.</i>

Comments: _____

period⇒menstrual period

permanent tooth

Any of the set of 32 teeth that appears during and after childhood and usually lasts until old age.

Example *The set of permanent teeth consists of 32 teeth.*

Afrikaans	permanente tand
IsiXhosa	amazinyo obudala
SiSwati	litinyo lebudzala
IsiNdebele	izinyo
Setswana	leinosennele, leinoino
Sepedi	leinoino
Sesotho	leino la boholo
Tshivenꞌꞌa	maꞌꞌo a tshoꞌꞌhe
Xitsonga	tino

Comments: _____

personal cleanliness⇒personal hygiene

personal hygiene

Synonym **personal cleanliness**
Having clean habits like daily bathing, regular brushing of teeth and the washing of

hair and changing of dirty clothes and bedding.

Afrikaans	persoonlike higiëne, persoonlike sindelikheid
IsiZulu	ukuzigcina uhlanzekile
IsiXhosa	ukucoceka
SiSwati	kuhlanteka kwemuntfu
IsiNdebele	ukuhlanzeka komuntu
Setswana	itlhokomelo
Sepedi	thlweko ya motho
Sesotho	tlhweko ya mmele, boitlhokomelo ba mmele
Tshivenꞌꞌa	ndondamuvhili, mutakalo wa muthu
Xitsonga	vutihlayisa-miri

Comments: _____

perspiration⇒sweat

perspire⇒sweat

pesticide

A chemical substance used to kill pests, especially insects, harmful to plants and which can be harmful to people and animals.

Afrikaans	plaagdoder
IsiZulu	isibulala zinambuzane
IsiXhosa	iyeza lokubulala izitshabalalisi
SiSwati	sibulalilakatanane
IsiNdebele	isibulali-khonkhwana esiyingozi
Setswana	sebolaya ditshenekegi
Sepedi	polayakhukhu
Sesotho	sebolaya-disenyi, sebolaya-dikokwanyana
Tshivenꞌꞌa	tshivhulahazwikhokhonono
Xitsonga	xidlaya switsotswana

Comments: _____

pharmacist

Synonym **chemist**
A person who is qualified to prepare and sell drugs and medicines in the pharmacy.

Afrikaans	apteker
IsiZulu	usokhemesi
IsiXhosa	umphithikezi-mayeza
SiSwati	sokhemisi
IsiNdebele	usokhemisi
Setswana	rakhemisi
Sepedi	rakhemisi
Sesotho	rakhemisi

Tshiven□□a murengisi wa mishonga
 Xitsonga muxavisi wa mirhi

Comments: _____

pharmacy

Synonym chemist
A special shop where drugs and medicines can be bought.

Afrikaans apteek
 IsiZulu ikhemisi
 IsiXhosa indlu ethengisa amayeza
 SiSwati likhemisi
 IsiNdebele ikhemisi
 Setswana khemise
 Sepedi khemisi
 Sesotho khemising
 Tshiven□□a vhurengisamishonga
 Xitsonga khemisi, ndhawu leyi ku nga xaviwaka mirhi

Comments: _____

pharynx

A hollow at the back of the mouth where the passages to the nose, mouth and larynx begin.

Afrikaans farinks, keelholte
 IsiZulu ifaren'si
 IsiXhosa amakrini
 SiSwati emalakanya
 IsiNdebele ifarinkisi
 Setswana kgoqobe
 Sepedi farinkisi
 Sesotho kodu
 Tshiven□□a hanwahanwani
 Xitsonga lakalaka

Comments: _____

PHC⇒primary health care

physical

That which has to do with the body.
 Example *Children who are well fed are in good physical condition.*

Afrikaans fisies, liggaamlik
 IsiZulu okomzimba
 IsiXhosa ngomzimba, omzimba
 SiSwati -ngekwemtimba
 IsiNdebele komzimba, ngokomzimba
 Setswana popego, sebopego

Sepedi ya mmele
 Sesotho ya mmele
 Tshiven□□a zwa muvhili, muvhili
 Xitsonga xivumbeko xa miri

Comments: _____

physically disabled

Synonym physically handicapped
Having something wrong with the body such as not being able to walk.

Afrikaans fisies gestrem
 IsiZulu ukukhubazeka emzimbeni
 IsiXhosa ukuba ngumlwelwe ngokwasemzimbeni
 SiSwati -khubatekile ngekwemtimba
 IsiNdebele rholophele
 Setswana golofetse mo mmeleng, kgofofalo
 Sepedi segole mmeleng
 Sesotho bofokodi mmeleng, kgofofalo
 Tshiven□□a u holefhala muvhilini
 Xitsonga ku lamala emirini

Comments: _____

physically handicapped⇒physically disabled

pigment

A substance giving colour to the skin, eyes, hair etc.

Afrikaans pigment
 IsiZulu isinikabala
 IsiXhosa isidalibala <sengqakumba yeliso>
 SiSwati sentambala
 IsiNdebele isenzi-mbala, iphigmenti
 Setswana sebalafatsi
 Sepedi sefa mmala
 Sesotho mmala
 Tshiven□□a phigimente
 Xitsonga xiendla-muvala

Comments: _____

piles⇒haemorrhoids

pill

Synonym tablet
A small solid form of medication, often flat and round in shape.

Afrikaans	pil, tablet
IsiZulu	iphilisi
IsiXhosa	ipilisi
SiSwati	liphilisi
IsiNdebele	ipilisi
Setswana	pilisi
Sepedi	philisi
Sesotho	pilisi
TshivenꞀꞀa	philisi
Xitsonga	philisi

Comments: _____

pimple

A small inflamed swelling on the skin that contains pus.

Afrikaans	puisie
IsiZulu	induna
IsiXhosa	iqhakuva
SiSwati	indvuna, liphimpuli
IsiNdebele	ithuthuva
Setswana	seso
Sepedi	kemola
Sesotho	sehloba
TshivenꞀꞀa	vhupwa
Xitsonga	xibundzwana

Comments: _____

pink-eye⇒conjunctivitis

pinworm⇒threadworm

pit latrine

*A toilet built over a deep hole.
Example A pit latrine is cheap to build, easy to use and needs little care.*

Afrikaans	putlatrine
IsiZulu	indawo yangasese ewumgodi
IsiXhosa	indlu yangasese eyakhiwe
	phezu komngxuma
SiSwati	umthoyi wengodzi
IsiNdebele	indlu yokuzithuma yomgodi
Setswana	ntlwana ya mosima
Sepedi	boithomelo bja molete
Sesotho	ntlwana e tjhekiweng
TshivenꞀꞀa	bunga ꞀꞀa mulindi
Xitsonga	xihambukelo lexi akiweke ehenhla ka mugodi

Comments: _____

placenta

Thick mass inside the womb of a pregnant woman to which the unborn baby is attached; it comes out of the mother after the baby is born.

Afrikaans	plasenta, nageboorte
IsiZulu	iplasenta
IsiXhosa	umkhaya
SiSwati	ingubo yemntfwana
IsiNdebele	yingubo yesana elisesesibeletweni.
Setswana	polasenta
Sepedi	mohlana
Sesotho	sesalamorao, serokolo
	<i><taboo></i>
TshivenꞀꞀa	muꞀꞀana <taboo>, nguvho ya ꞀꞀwana <euphemism>
Xitsonga	muchaga, muchana

Comments: _____

plague

Any deadly infectious disease that kills many people.

Afrikaans	pes
IsiZulu	ubhubhane
IsiXhosa	ubhubhane
SiSwati	bhubhane
IsiNdebele	ubulwelwe obusabekako, umbulali-sitjhaba
Setswana	lerororobo
Sepedi	lerororobo
Sesotho	sewa
TshivenꞀꞀa	dwadze
Xitsonga	ntungu

Comments: _____

plaque

A yellow substance which forms on teeth when it is not cleaned regularly which can cause gum disease.

Afrikaans	plaak
IsiZulu	iplaki
IsiXhosa	uqweqwe olusemazinyweni
SiSwati	iplaki
IsiNdebele	iplaka
Setswana	leswe la meno
Sepedi	leroborobo
Sesotho	tshila ya meno
TshivenꞀꞀa	puꞀꞀaka, tshika ya maꞀꞀo
Xitsonga	thyaka ra meno

Comments: _____

plaster⇒adhesive plaster

plaster cast

*Synonym cast Short form
A hard, stiff, protective covering for holding a broken bone in place while it is healing.*

Afrikaans	gipsverband
IsiZulu	ukhonkolo
IsiXhosa	isibopho esikhuselayo
SiSwati	"semende"
IsiNdebele	isamende
Setswana	samente
Sepedi	samente ya thobego
Sesotho	polasetere ya samente
TshivenꞀꞀa	semennde
Xitsonga	xihlangalala

Comments: _____

plastic surgery

Operation to repair or replace skin which has been damaged, eg when a person has been badly burned, or to improve a person's appearance.

Afrikaans	plastiese snykunde
IsiZulu	ukulungiswa kwesikhumba
IsiXhosa	ukulungiswa kolusu
	olonakeleyo ngokuthunga ngesikhumba
SiSwati	kulungiswa kwesikhumba ngemifakela
IsiNdebele	ukulungiswa kwesikhumba ngeplastiki
Setswana	karo ya go baakanya letlalo
Sepedi	puo ya go lokiša ditebego
Sesotho	oporeishene ya ho lokisa letlalo

TshivenꞀꞀa	muaro wa u vhuedzedza lukanda
Xitsonga	vuhandzuri bya nhlonge

Comments: _____

pleura

A membrane which covers the lungs on the inside of the chest.

Afrikaans	pleura, longvlies
IsiZulu	iplora
IsiXhosa	inwebu yemiphunga
SiSwati	ludvwadvwasi lwesikhala seliphaphu, iplura
IsiNdebele	mgodlana ovikela iphaphu esifubeni
Setswana	lethakgwafo
Sepedi	lera la maswafo
Sesotho	letswalo
TshivenꞀꞀa	lukanda lwa mafhafhu
Xitsonga	nkuva wa mahahu

Comments: _____

pleurisy

Inflammation of the membrane that covers the lungs (pleura).

Afrikaans	pleuritis, longvliesontsteking
IsiZulu	iplorisi
IsiXhosa	ukukrala kwenwebu yemiphunga
SiSwati	kuvuvukala kweplura
IsiNdebele	ukuvuvuka komgodla ovikela iphaphu
Setswana	kgotelo ya letha la makgwafo
Sepedi	keko ya lera la maswafo
Sesotho	lefu la letswalo, thuruho ya letswalo
TshivenꞀꞀa	vhulwadze ha lukanda lwa mafhafhu
Xitsonga	puluresi, tlofu

Comments: _____

PMT⇒premenstrual tension

pneumonia

Inflammation of the lung causing difficulty in breathing.

Afrikaans	longontsteking
IsiZulu	inyumoniya, umkhuhlane wamaphaphu
IsiXhosa	ukukrala kwemiphunga
SiSwati	lihlaba, inyumoniya
IsiNdebele	inyumoniya
Setswana	nyumonia
Sepedi	nyumonia
Sesotho	nyomonia
Tshivenꞌꞌa	nyumonia, tshiꞌꞌhavhi, tshikana
Xitsonga	xitlhavi

Comments: _____

poison n.

Any substance that harms or kills people or animals, such as insecticides.

Afrikaans	gif
IsiZulu	uphoyizeni
IsiXhosa	ityhefu
SiSwati	shevu
IsiNdebele	itjhefu
Setswana	botlhole
Sepedi	mpholo
Sesotho	tjhefo
Tshivenꞌꞌa	phoizeni, vhuꞌꞌungu
Xitsonga	chefu, vutsulu, vuxungu

Comments: _____

poison v.

To kill or make ill by means of poison.

Afrikaans	vergiftig
IsiZulu	loya, ukudlisa ushevu
IsiXhosa	tyhefa
SiSwati	kufakela shevu, kubulala ngashevu, kudlisa shevu
IsiNdebele	faka itjhefu
Setswana	go jesa botlhole
Sepedi	swaro ya mpholo
Sesotho	ho kenya tjhefo, ho kenwa ke tjhefo
Tshivenꞌꞌa	u vhulaha nga u shumisa phoizeni, u vhulaha nga u shumisa vhutulu
Xitsonga	ku chelela munhu chefu, ku dyisa munhu chefu

Comments: _____

poison handling

Use of or working with poison.

Afrikaans	hantering van gif
IsiZulu	ukuphathwa koshevu
IsiXhosa	ukusetyenziswa kwetyhefu
SiSwati	kusebentisa shevu
IsiNdebele	ukuphathwa kwetjhefu
Setswana	go dirisa botlhole
Sepedi	tshwara ya mpholo
Sesotho	ho sebetsana le tjhefo
Tshivenꞌꞌa	u shumisa phoizeni
Xitsonga	ku tirhisa chefu

Comments: _____

poisonous

Contains poison and is harmful.

Afrikaans	giftig
IsiZulu	okunoshevu
IsiXhosa	inetyhefu
SiSwati	-nashevu
IsiNdebele	netjhefu
Setswana	-nang le botlhole
Sepedi	ye nago le mpholo
Sesotho	e nang le tjhefo, ho ba le tjhefo
Tshivenꞌꞌa	zwi re na phoizeni, zwi re na vhutulu
Xitsonga	xa vuxungu, xa chefu

Comments: _____

polio ⇒ *poliomyelitis*

poliomyelitis

Serious disease of the nerves in the backbone, especially affecting children, often resulting in a lasting inability to move certain muscles (paralysis).

Synonym **polio, infantile paralysis**

Afrikaans	poliomiëlitis, polio, kinderverlamming
IsiZulu	uvendle
IsiXhosa	ipholiyo
SiSwati	ipholiyo
SiSwati	vendle
IsiNdebele	ipholiyo
Setswana	pholio
Sepedi	polio
Sesotho	pholio
Tshivenꞌꞌa	phoꞌꞌiomeꞌꞌithisi
Xitsonga	pholiyo, ku khanyana swirho

Comments: _____

pollute

Synonym **contaminate**
To make water, air, soil etc dirty and unfit for use.

Afrikaans	besoedel, kontamineer, besmet
IsiZulu	ukunukubeza
IsiXhosa	ngcolisa
SiSwati	onakalisa, ngcolisa
IsiNdebele	silaphaza
Setswana	kgotlela
Sepedi	tšhilafatša
Sesotho	ho silafatsa
Tshiveni	tshikafhadza, u tshikafhadza
Xitsonga	tluleta, nyamisa, chela vuvabyi

Comments: _____

polluted water

Unclean or impure water.
Example Polluted water should not be used for drinking.

Afrikaans	besoedelde water
IsiZulu	amanzi anukubezekile
IsiXhosa	amanzi angcolileyo
SiSwati	manti langcolile
IsiNdebele	amanzi asilaphele
Setswana	metsi a a kgotlelegileng
Sepedi	meetse a tšhilafetšego
Sesotho	metsi a silafetseng
Tshiveni	ma o tshikafhadzwaho, ma o tshinyadzwaho
Xitsonga	mati ya thyaka

Comments: _____

pore⇒sweat pore

porridge

A dish made from eg oats or mealie meal, cooked in water until thick and usually eaten with milk and sugar.

Afrikaans	pap
IsiZulu	iphalishi
IsiXhosa	ipapa
SiSwati	liphaslishi
IsiNdebele	umntatha
Setswana	motogo

Sepedi	bogobe
Sesotho	motoho
Tshiveni	mukapu
Xitsonga	vuswa

Comments: _____

postmortem⇒autopsy

postnatal

Happening after the birth of a baby.

Afrikaans	postnataal
IsiZulu	emuva kokubeletha
IsiXhosa	impahla
SiSwati	-ngemuva kwekutalwa
IsiNdebele	ngemva kokubelethwa
Setswana	morago ga tsalo
Sepedi	morago ga pelego
Sesotho	kamora peleho ya lesea
Tshiveni	nga murahu ha mbebo
Xitsonga	endzhaku ko velekiwa

Comments: _____

potty training

Synonym **toilet training**
Teaching a child to pass urine or faeces from the body only when sitting on the toilet or a potty so that it will not have to wear nappies anymore.

Afrikaans	toiletafrigting
IsiZulu	ukuqeqeshelwa komntwana ukusebenzisa indlu yangasese
IsiXhosa	ukuqeqesha umntwana ukuba akwazi ukuya kwindlu yangasese
SiSwati	kufundzisa umntwana kuya emthoyi
IsiNdebele	ukufundisa umntwana ukusebenzisa indlu yokuzithuma
Setswana	go ruta ngwana go dirisa ntlwana
Sepedi	thutela boithomelo
Sesotho	ho rupella ngwana ho sebedisa ntlwana

Tshiven□□a **vhugudisi ha kushumisele kwa bunga**
Xitsonga **ku dyondzisa n'wana ku tipfuna**

Comments: _____

poultice

Soft moist heated mass spread on a bandage and put on a sore place on the body to make pain or swelling better.

Afrikaans **pap**
IsiZulu **ipholithisi**
IsiXhosa **amayeza afudunyeziweyo asongelwa elaphini abekwa phezu kwendawo ezibuhlungu**
SiSwati **sitfobo**
IsiNdebele **into yokuthoba**
Setswana **setshaso se se bothito se se bewang mo sesong**
Sepedi **motepa o bewang sešong**
Sesotho **motoho wa ho thoba**
Tshiven□□a **labi □□o nukalaho □□a u fhisa □□ine □□a shumiswa u unguvhadza vhu□□ungu**
Xitsonga **xiantswisa-ku vava**

Comments: _____

pregnancy

The period during which a woman carries a developing baby in the womb.

Afrikaans **swangerskap**
IsiZulu **ukukhulelwa**
IsiXhosa **ukukhulelwa**
SiSwati **kumitsa, kukhulelwa**
IsiNdebele **ukuba sebantwini, ukuba sidisi**
Setswana **kimo**
Sepedi **kemero**
Sesotho **boimana**
Tshiven□□a **vhuimana**
Xitsonga **ku tika**

Comments: _____

pregnancy by choice

The right of choosing to get pregnant or not.

Afrikaans **swangerskap uit vrye keuse**
IsiZulu **ilungelo lokukhulelwa**
IsiXhosa **ukuzikhethela ukukhulelwa**
SiSwati **kumitsa ngekutikhetsela**

IsiNdebele **ukuba sidisi ngokuthanda, ukungakatwa bona ube sidisi**
Setswana **go ima ka go rata**
Sepedi **kemero ka thato**
Sesotho **ho ima ka boithatelo**
Tshiven□□a **vhuimana ho tou funiwaho**
Xitsonga **ku tihlawulela ku tika**

Comments: _____

pregnancy test

A test carried out on the mother's urine to find out whether she is pregnant or not.

Afrikaans **swangerskaptoets**
IsiZulu **ukuhlolwa kokukhulelwa**
IsiXhosa **uvavanyo lokubanzima**
SiSwati **kuhlololwa, kuvivinyelwa kumitsa**
IsiNdebele **ukuhlolwa kokuba sidisi**
Setswana **teko ya kimo**
Sepedi **teko ya kemero**
Sesotho **teko ya ho ima**
Tshiven□□a **u □□olwa ha u vhfifa**
muvhilini
Xitsonga **nkambelo wo lava ku tiva loko wansati a tikile**

Comments: _____

pregnant

Having a baby developing in the womb.

Afrikaans **swanger**
IsiZulu **ukukhulelwa**
IsiXhosa **ukubanzima,ukukhulelwa**
SiSwati **-mitsi**
IsiNdebele **sidisi**
Setswana **go ima**
Sepedi **emera**
Sesotho **ho ima, ho ithwala**
Tshiven□□a **u vhfifa muvhilini, u vha na thumbu, u □□ihwala, u gonya miri, u vha muimana**
Xitsonga **ku tika, ku va ni khwiri**

Comments: _____

premature baby

A baby born before the date it is due to be born.

Afrikaans	vroegebore baba, premature baba
IsiZulu	umntwana ozalwe ngaphambi kwesikhathi
IsiXhosa	umntwana ozelwe phambi kwexesha
SiSwati	umntwana lotelwe sikhatsi singakafiki
IsiNdebele	isana elibelethwe ngaphambi kwesikhathi
Setswana	ngwana wa pele ga nako
Sepedi	ngwana wa go tla pele ga nako
Sesotho	lesele le tswetsweng pele ho nako
Tshivenḽḽa	ḽḽwana o bebwaho a songo swika
Xitsonga	n'wana loyi a velekiwaka ku nga si fika siku leri pimanyetiweke

Comments: _____

premenstrual tension

*Synonym PMT <acronym>
 Nervousness, headache and depression felt by women a few days before menstruation.*

Afrikaans	premenstruele spanning, PMS <i>Acronym</i>
IsiZulu	ukungazizwa kwangaphambi kokuya esikhathini
IsiXhosa	isimo saphambi kokuya exesheni
SiSwati	kungativa kahle uma kuyiwa esikhatsini
IsiNdebele	ukuhlangahlangana okulandela isikhathi kowesifazi
Setswana	letsapa la pele ga go bona kgwedi
Sepedi	kgagamalo ya go tla pele ga khunelo
Sesotho	kgatello moyeng le mmeleng pele ho dinako tsa sesadi
Tshivenḽḽa	zwiḽḽhavhi phanḽḽa ha maḽḽambo
Xitsonga	ku tikeriwa ka wansati loko a ri kusuhani no vona tin'hweti

Comments: _____

prenatal

Before the birth of a baby.

Afrikaans	prenataal
IsiZulu	ngaphambi kokubeletha
IsiXhosa	phambi kokubeleka
SiSwati	ngembi kwekutalwa
IsiNdebele	ngaphambi kokubelethwa
Setswana	pele ga tsalo
Sepedi	pele ga peleho
Sesotho	pele ho peleho
Tshivenḽḽa	phanḽḽa ha mbebo
Xitsonga	a nga si velekiwa

Comments: _____

preparation *eg for the treatment of head lice*

A mixture that has been prepared for use as a medicine, etc.

Afrikaans	preparaat
IsiZulu	uzifozonke
IsiXhosa	uzifozonke
SiSwati	inhlanganisela
IsiNdebele	isihlahla
Setswana	setlhare, molemo <wa phodiso ya dinta>
Sepedi	tokišo
Sesotho	setlhare, moriana
Tshivenḽḽa	mushonga wa u alafha
	vhlwadze
Xitsonga	vutshunguri bya vuvabyi

Comments: _____

preparation

Getting something ready for use, such as food, or making arrangements to deal with a situation, such as the birth of a baby.

Afrikaans	voorbereiding
IsiZulu	amalungiselelo
IsiXhosa	amalungiselelo
SiSwati	hlanganisa
IsiNdebele	amalungiselelo
Setswana	paakanyo
Sepedi	tokišo
Sesotho	dithlophiso, ditokisetso
Tshivenḽḽa	nzudzanyo, ndugiselo
Xitsonga	ndzulamiso

Comments: _____

presbyopia

Difficulty in reading and seeing things close by occurring when people get old.

Afrikaans	presbiopie, ouderdomsversienheid
IsiZulu	ukuhluleka ukufunda ngenxa yobudala
IsiXhosa	ukungakwazi ukufunda ngenxa yobudala
SiSwati	kwehluleka kufundza ngenca yebudzala
IsiNdebele	ukuphophala kobudala
Setswana	go se bone sentle ka ntlha ya go tsofala
Sepedi	go se bone botse ka baka la go tsofala
Sesotho	ho se bone hantle ka lebaka la boqheku
TshivenꞋꞋa	phuresibayophia
Xitsonga	ku tsandzeka ku hlaya hikwalaho ko dyuhala

Comments: _____

prescription

Written instructions from a doctor to a pharmacist to provide the patient with certain medicine.

Example The pharmacist is not allowed to give certain kinds of medicine to somebody without a prescription from a doctor.

Afrikaans	voorskrif
IsiZulu	isiyalo sokudliwa kwemithi
IsiXhosa	ummiselo, ukumisela <kokutya komntwana>
SiSwati	siyalelo ngemitsi
IsiNdebele	isiyalo
Setswana	taelo
Sepedi	taelelo
Sesotho	taelo ya moriana
TshivenꞋꞋa	zwo randelwaho, ndayamushonga, ndayandugiselo(ya zwiꞋꞋiwa zwa ꞋꞋwana
Xitsonga	swiletelo swa mirhi

Comments: _____

prescription

Medicine which a doctor orders for a patient.

Example The pharmacist delivered the prescription to the patient's house as he was too sick to fetch it himself.

Afrikaans	voorskrif
IsiZulu	isiyalo sokudliwa kwemithi
SiSwati	siyalelo semitsi
IsiNdebele	siyalelo seenhlahla
Setswana	setlhare se ngaka e se laeelang molwetsi
Sepedi	taelelo
Sesotho	moriana o laetsweng ke ngaka
TshivenꞋꞋa	mushonga une dokotela a ri u fanela u shumiswa
Xitsonga	murhi

Comments: _____

prevent

To keep from happening, as eg to prevent a disease.

Example A woman can prevent pregnancy by using the Pill.

Afrikaans	voorkom
IsiZulu	vikela
IsiXhosa	ukuzikhusela <kwizifo>
SiSwati	vikela
IsiNdebele	vikela, vimbela <isifo; ubulwelwe>
Setswana	thibela <bolwetse>
Sepedi	go thibela
Sesotho	ho thibela
TshivenꞋꞋa	u thivhela
Xitsonga	ku sivela

Comments: _____

primary health care

Health care to keep people healthy, discover health problems at an early stage and prevent disease.

Synonym	PHC <acronym>
Afrikaans	primêre gesondheidsorg, PGS <acronym>
IsiZulu	unakekelo lwempilo
IsiXhosa	ukukhathalelwa kwempilo
SiSwati	kunakekela lokusekucaleni, kunakekela lokuvamile
IsiNdebele	itjhejo lokuleya lezobuphilo
Setswana	tlhokomelo ya pele ya bophelo jo bo siameng
Sepedi	ditselakgolo tša thlokomelo ya maphelo
Sesotho	tlhokomelo ya pele ya bophelo bo botle

<i>Tshiven</i> □□a	□□hogomelo ya u thoma ya mutakalo
<i>Xitsonga</i>	vutshunguri byo sungula

Comments: _____

process

The method of doing something, or the actions carried out in order to make, do or achieve something.

<i>Afrikaans</i>	proses
<i>IsiZulu</i>	uhlelo
<i>IsiXhosa</i>	inkqubo
<i>SiSwati</i>	luhlelo
<i>IsiNdebele</i>	ihlelo
<i>Setswana</i>	tsamaiso
<i>Sepedi</i>	tshepetšo
<i>Sesotho</i>	tshebetso
<i>Tshiven</i> □□a	n□□ila ya u ita zwithu
<i>Xitsonga</i>	endlelo

Comments: _____

processed food

Food treated by special processes to preserve it.

<i>Afrikaans</i>	geprosesseerde voedsel, verwerkte voedsel
<i>IsiZulu</i>	ukudla okuhlelwe ngandlela thile ukuze kugcineke
<i>IsiXhosa</i>	ukutya okwenzelwe ukuba kungonakali
<i>SiSwati</i>	kudla lokuhleliwe
<i>IsiNdebele</i>	ukudla okubulungiwe
<i>Setswana</i>	dijo tse di dirilweng gore di se bole
<i>Sepedi</i>	sekhušwa
<i>Sesotho</i>	dijo tse lokisitsweng hore di se bole, dijo tse sebeditsweng hore di se bole
<i>Tshiven</i> □□a	zwi□□iwa zwo itwaho u ri zwi si sine
<i>Xitsonga</i>	mikhusa

Comments: _____

progesterone

A hormone that prepares the womb for pregnancy.

<i>Afrikaans</i>	progesteron
<i>IsiZulu</i>	iprojesterone
<i>IsiXhosa</i>	iprojesteroni
<i>SiSwati</i>	iphrojesteroni

<i>IsiNdebele</i>	iphrojesteroni
<i>Setswana</i>	porojesterone
<i>Sepedi</i>	progesterone
<i>Sesotho</i>	prokeseterone, horemone e laolang tsa sesadi
<i>Tshiven</i> □□a	homoni ine ya laula zwa tshisadzi
<i>Xitsonga</i>	homoni leyi sivelaka ku humesiwa ka mbewu ya xisati

Comments: _____

prostate gland

A sex gland in men that sometimes becomes enlarged when they get older.

<i>Afrikaans</i>	prostaatklier
<i>IsiZulu</i>	indlala etholakala kwabesilisa
<i>IsiXhosa</i>	idlala lamadoda
<i>SiSwati</i>	lidlala lesidvodza
<i>IsiNdebele</i>	idlala lamadoda
<i>Setswana</i>	kgeleswa ya senna
<i>Sepedi</i>	thaka ye namaletšego
<i>Sesotho</i>	pudula ya senna
<i>Tshiven</i> □□a	thanga ya vhunna
<i>Xitsonga</i>	nhlarimbya ya khin'wana

Comments: _____

protect

To keep safe from harm or trouble.

<i>Afrikaans</i>	beskerm
<i>IsiZulu</i>	ukuvikela
<i>IsiXhosa</i>	khusela
<i>SiSwati</i>	vikela
<i>IsiNdebele</i>	khandela, vikela
<i>Setswana</i>	sireletsa
<i>Sepedi</i>	šireletša
<i>Sesotho</i>	ho sireletsa
<i>Tshiven</i> □□a	u tsireledza
<i>Xitsonga</i>	biyelela, sirhelela

Comments: _____

protective food

Food such as fruit, vegetables and whole-wheat bread containing vitamins which help to protect the body against infections.

<i>Afrikaans</i>	beskermende voedsel
<i>IsiZulu</i>	ukudla okuvikela umzimba
<i>IsiXhosa</i>	ukutya okukhuselayo
<i>SiSwati</i>	kudla lokuvikelako
<i>IsiNdebele</i>	ukudla okuvikelako
<i>Setswana</i>	disireletsa-mmele

<i>Sepedi</i>	dijo tše šireletsang
<i>Sesotho</i>	disireletsa-mmele, dijo tse sireletsang
<i>Tshiven</i> □□a	zwi□□iwa zwine zwa tsireledza muvhili
<i>Xitsonga</i>	swakudya leswi sirhelelaka

Comments: _____

protein

Substance found in eg meat, eggs, dried beans and milk which is needed to build up the body and keep it healthy.

<i>Afrikaans</i>	proteïen
<i>IsiZulu</i>	amaprotheni
<i>IsiXhosa</i>	iprothini
<i>SiSwati</i>	emaphrotheni
<i>IsiNdebele</i>	iphrotheni
<i>Setswana</i>	poroteine
<i>Sepedi</i>	protine
<i>Sesotho</i>	protheine
<i>Tshiven</i> □□a	phurotheini
<i>Xitsonga</i>	pireteyini

Comments: _____

prudent diet

Eating more fresh fruit and vegetables, whole-grain bread, rice and dried beans, and less red meat, fat, sugar, salt and alcohol.

<i>Afrikaans</i>	verstandige dieet
<i>IsiZulu</i>	ukudla okwakhako umzimba
<i>IsiXhosa</i>	isidlo
<i>SiSwati</i>	kudla lokwakhako
<i>IsiNdebele</i>	ukudla okwakhako
<i>Setswana</i>	dijo tse di siametseng mmele
<i>Sepedi</i>	dijo tše hlokometšweng
<i>Sesotho</i>	phepo e loketseng mmele
<i>Tshiven</i> □□a	ndyo yo □□hogomelwaho
<i>Xitsonga</i>	swakudya leswi akaka miri

Comments: _____

psychiatric

That which has to do with mental illnesses and its treatment.

<i>Afrikaans</i>	psigiatries
<i>IsiZulu</i>	okuphathelene ngokugula ngenqondo noma nezifozengqondo
<i>IsiXhosa</i>	ezifo zengqondo
<i>SiSwati</i>	-phatselene nekusebenta kwengcondvo
<i>IsiNdebele</i>	ilwazi lezokuthikamezeka komkhumbulo
<i>Setswana</i>	-ya malwetse a tlhologanyo
<i>Sepedi</i>	ya monagano
<i>Sesotho</i>	tsa mafu a kelello
<i>Tshiven</i> □□a	zwa muhumbulo
<i>Xitsonga</i>	dyondzo ya vuvabyi bya miehleketo

Comments: _____

psychiatrist

A doctor who is specially trained to treat people suffering from mental illness.

<i>Afrikaans</i>	psigiater
<i>IsiZulu</i>	udokotela wezifo zenqondo
<i>IsiXhosa</i>	ugqirha wezifo zengqondo
<i>SiSwati</i>	umuntfu losebenta ngetifo tengcondvo
<i>IsiNdebele</i>	udorhodera wabagula ngokomkhumbulo
<i>Setswana</i>	ngaka ya malwetse a tlhologanyo
<i>Sepedi</i>	ngaka ya monagano
<i>Sesotho</i>	ngaka ya mafu a kelello
<i>Tshiven</i> □□a	dokotela wa malwadze a mihumbulo
<i>Xitsonga</i>	dokodela wa vuvabyi bya miehleketo

Comments: _____

puberty

Stage in a boy's or girl's life when he or she starts to grow into a man or a woman and becomes able to have children.

<i>Afrikaans</i>	puberteit
<i>IsiZulu</i>	ukuthomba
<i>IsiXhosa</i>	ukufikisa
<i>SiSwati</i>	kutfomba
<i>IsiNdebele</i>	thomba, yibamkhulu
<i>Setswana</i>	bokgarebe, bokau
<i>Sepedi</i>	bosogana
<i>Sesotho</i>	ho kena borwetsaneng/ bohlananeng

Tshiven□□a u hula
Xitsonga ku kula

Comments: _____

puffadder

A large poisonous African snake that swells out it's body when excited.

Afrikaans pofadder
IsiZulu ibululu
IsiXhosa irhamba
SiSwati libululu
IsiNdebele irabi
Setswana lebolobolo
Sepedi marabe
Sesotho marabe
Tshiven□□a vuluvulu
Xitsonga mhiri

Comments: _____

pulse⇒pulse beat

pulse beat

Synonym pulse
The regular beating of the blood in the blood vessels as a result of the pumping of blood by the heart, which can be felt at the wrist.

Afrikaans polsslag
IsiZulu ukushaya kwenhliziyo
IsiXhosa ukubetha kwentliziyo
SiSwati kushaya kwenhlitiyo
IsiNdebele ukubetha kwehliziyo
Setswana mokibo wa pelo
Sepedi go thonyathinya
Sesotho ho otlha ha pelo
Tshiven□□a mudivhitho, u rwa ha mbilu
Xitsonga ku ba ka mbilu

Comments: _____

pulse rate

The speed of a person's heartbeat.
Example *The pulse rate of a victim of snake bite should be carefully watched on the way to a doctor.*

Afrikaans polsslag
IsiZulu ukushaya kwenhliziyo
IsiXhosa ukubetha kwentliziyo
SiSwati kushaya kwenhlitiyo
IsiNdebele kubetha kwehliziyo
Setswana mosito wa pelo

Sepedi tekanyo ya go thinyathinya
Sesotho sekgahla sa ho otlha ha pelo
Tshiven□□a mupimo wa mudivhitho
Xitsonga ku ba ka mbilu

Comments: _____

pupil

The small round black hole in the centre of the eye through which light enters the eye.

Afrikaans pupil, kyker
IsiZulu inhlamvu yehlo
IsiXhosa ukhozo lweliso
SiSwati inhlavu yeliso
IsiNdebele ithoro yelihlo
Setswana thaka
Sepedi thaka
Sesotho thaka ya leihlo
Tshiven□□a tshanga ya i□□o
Xitsonga ndzololo

Comments: _____

purification

Making clean or free from harmful germs.
Example *Purification of water is very important to prevent the spread of disease.*

Afrikaans suiwering
IsiZulu ukuhlajwa
IsiXhosa ukucoca
SiSwati kuhlantisisa
IsiNdebele ukuhlanjululwa
Setswana phepatso
Sepedi tlhwekišo
Sesotho tlhwekiso
Tshiven□□a khunakiso ya ma□□i
Xitsonga ntengiso

Comments: _____

pus

Thick yellowish liquid that forms in wounds when they are infected.

Afrikaans etter
IsiZulu ubomvu
IsiXhosa ububomvu
SiSwati bovu
IsiNdebele ubovu
Setswana boladu
Sepedi boladu
Sesotho boladu
Tshiven□□a vhumwa
Xitsonga vuvopfu

Comments: _____

pyorrhoea

A disease of the flesh surrounding the roots of the teeth (gums) which may cause the teeth to become loose or fall out.

Afrikaans	piorree
IsiZulu	isifo sezinsini
IsiXhosa	ukukrala kwentsini
SiSwati	sifo setinsini
IsiNdebele	iphayoriya, ubulwelwe beensini
Setswana	phayorea
Sepedi	payorea
Sesotho	thuruho ya marenene
Tshivenꞌꞌa	phayorea
Xitsonga	vuvabyi bya maxinini

Comments: _____

Q

quack

A person who pretends that he is a medical doctor but in truth is not a qualified doctor.

Afrikaans	kwaksalwer
IsiZulu	udokotelambumbulu
IsiXhosa	umtu othi uyazi engazi
SiSwati	dokotela-mbumbulu
IsiNdebele	umuntu ozenza udorhoda
Setswana	ngaka e e seng ya nnete
Sepedi	kwakwaretša
Sesotho	ngaka ntshonyana, ngaka mmotwana
Tshivenꞌꞌa	dokotela wa vhufhura, dokotela a si wa vhukuma
Xitsonga	n'anga leyi nga dyondzangiki

Comments: _____

quack medicine

*Synonym nostrum
Kind of medicine which is prepared and sold by someone who is not properly qualified.*

Afrikaans	kwaksalwersmiddel, raat
IsiZulu	umuthi ongathakwanga umuntu okwazi ukuthaka imithi
IsiXhosa	iyeza elenziwe ngumntu
SiSwati	umutsi wekutentela

IsiNdebele
Setswana
Sepedi
Sesotho
Tshivenꞌꞌa
Xitsonga

isihlahla sokuzenzela setlhare se e seng sa nnete kalafo pheko ya ka potlako nosiꞌꞌiramu murhi wa n'anga leyi nga dyondzangiki

Comments: _____

quadriplegia

Paralysis affecting the arms as well as the legs.

Afrikaans	kwadruplegie
IsiZulu	ukukhubazeka isingenhla nesingezansi
IsiXhosa	ukufa umzimba wonke
SiSwati	kukhubateka
IsiNdebele	ukufa ingehla ledini
Setswana	go swa matsogo le maoto bogole Definition: <i>Kgolofalo ya matsogo le maoto.</i>
Sepedi	kgolofalo ya maoto le matsoho
Sesotho	kgolofalo ya maoto le matsoho
Tshivenꞌꞌa	vhuhole <ha u oma milenzhe na zwanda>
Xitsonga	vugono <ku khwanyana mavoko ni milenge>

Comments: _____

quadriplegic

Person whose arms as well as legs are paralysed.

Afrikaans	kwadrupleeg
IsiZulu	isigoga
IsiXhosa	umntu ofe umzimba wonke
SiSwati	inkhubela
IsiNdebele	umuntu ofe ingehla kwedini
Setswana	motho yo o suleng matsogo le maoto
Sepedi	segole Definition: <i>Segole sa maotong le matsogong.</i>
Sesotho	seritsa, sehole Definition: <i>Se holofetseng maoto le matsoho.</i>

Tshiven□□a **tshihole** Definition: *Tsho omaho milenzhe na zwanda.*
 Xitsonga **xigono** Definition: *Munhu wo khwanyana mavoko ni milenge.*

Comments: _____

quality of life

The standard of daily life.

Example *You can better your quality of life by planning your family.*

Afrikaans **lewensgehalte**
 IsiZulu **izinga lempilo**
 IsiXhosa **ixabiso lobomi**
 SiSwati **lizinga lemphilu**
 IsiNdebele **izinga lepilo**
 Setswana **boleng ba botshelo**
 Sepedi **khwaliti ya bophelo**
 Sesotho **maemo a bophelo**
 Tshiven□□a **vhunzani ha vhutshilo**
 Xitsonga **nkoka wa vutomi**

Comments: _____

quarantine

The period for which a person that may have an infectious disease is kept away from other people to prevent the spread of the disease.

Afrikaans **kwarantyn**
 IsiZulu **ukuvalelwa ngenxa yesifo**
 IsiXhosa **uvalelo ngenxa yesifo**
esosulelayo
 SiSwati **kuvalelwa**
 IsiNdebele **isikhathi sokuvalelwa**
ngesibanga sobulwelwe
obuthathelwanako
 Setswana **tswalelo**
 Sepedi **kilelo**
 Sesotho **kwallo**

nakwana ya thibelo eo ba nang le lefu le tshwaetsang ba bolokwang hole le ba bang ho thibela ho ata ha lefu

Tshiven□□a **khethela thungo**
 Xitsonga **nhlambulo**

Comments: _____



rabid animals

Animals that have the disease called rabies.

Example *Rabid animals often appear mad, have frothy spit around the mouth and attack people or animals without cause.*

Afrikaans **hondsdol diere**
 IsiZulu **isilwane esinamarabi**
 IsiXhosa **izilwanyana ezinomgada**
 SiSwati **tilwane letinamarabi**
 IsiNdebele **ziinlwana ezinamarabi**
 Setswana **diphologolo tse di tsenwang**
 Sepedi **diphoofolo tše gafang**
 Sesotho **diphoofolo tse nang le bohlanyantja**

Tshiven□□a **zwipuka zwi re na vhlwadze ha rebisi**
 Xitsonga **swiharhi leswi nga ni rihuhumbyana**

Comments: _____

rabies

A very serious disease found in animals, mostly dogs, which is passed on to people by the bite of such an animal and can cause death.

Afrikaans **hondsdolheid**
 IsiZulu **amarabi**
 IsiXhosa **umgada**
 SiSwati **marabi, sifo setinja**
 IsiNdebele **amarabi**
 Setswana **bolwetse jwa botsenwa jwa dintšwa**
 Sepedi **bogafa bja dimpša**
 Sesotho **bohlanyantja, bohlanya ba dintja**
 Tshiven□□a **vhlwadze ha dzimbwa**
 Xitsonga **rihuhu-mbyana**

Comments: _____

rape n.

The crime of violently forcing a person, especially a woman, to have sex against that person's will.

Afrikaans **verkracting**
 IsiZulu **ukudlwengula**
 IsiXhosa **ukudlwengula**
 SiSwati **kudlwengula**
 IsiNdebele **kata emsemeni**
 Setswana **petelelo**
 Sepedi **kata**
 Sesotho **peto**
 Tshiven□□a **u binya, u tshipa**

Xitsonga **ku khoma wansati, ku sindzisa**

Comments: _____

rape v.

To force a person, especially a woman, to have sex against that person's will.

Afrikaans **verkrag**
IsiZulu **dlwengula**
IsiXhosa **dlwengula**
SiSwati **kudlwengula**
IsiNdebele **ukukata umuntu bona aye emsemeni, ukudlelezela emsemeni**

Setswana **go betelela**
Sepedi **betelela**
Sesotho **ho beta**
Tshiven□□a **u binya**
Xitsonga **ku sindzisiwa**

Comments: _____

rapid heartbeat

The heart beating at a high speed.

Afrikaans **vinnige hartklop**
IsiZulu **ukushaya ngamandla kwenhliziyo**
IsiXhosa **ukubetha kwentliziyo okukhawulezayo**
SiSwati **kushaya matima kwenhlitiyo**
IsiNdebele **ukubetha msinyana kwehliziyo**

Setswana **go kiba ka bonako ga pelo go thinyathinya ga pelo ka lebelo**

Sesotho **pelo e otlang ka potlako**
Tshiven□□a **u divhitha ha mbilu nga u □□avhanya**

Xitsonga **ku ba ka mbilu hi matimba**

Comments: _____

rapid weight gain

When the body of a person becomes larger (fatter) in a short time.

Afrikaans **vinnige gewigtoename**
IsiZulu **ukukhuluphala masinyane emuva kwesikhathi esincane**
IsiXhosa **ukunyuka kobunzima okuzingileyo**
SiSwati **kwandza lokungakalindzeleki kwesisindvo**

IsiNdebele **ukunona msinya**
Setswana **go nona ka bonako**
Sepedi **go nona ka pele**
Sesotho **ho nona ka potlako**
Tshiven□□a **u vha na muvhili nga u □□avhanya**

Xitsonga **ku engeteleka ka ntiko**

Comments: _____

rash

Red spots on the skin, often caused by an illness or allergy.

Afrikaans **uitslag**
IsiZulu **ukuqubuka**
IsiXhosa **irhatshalala**
SiSwati **umcubuko, kuluma, kunwayisa**

IsiNdebele **ikhwekhwe**
Setswana **boswata**
Sepedi **lekhwekhwe**
Sesotho **lekgopho**
Tshiven□□a **rashi**
Xitsonga **swirhumba-rhumbani**

Comments: _____

reassure

Synonym **comfort**

To say or do something to make a person stop worrying or being afraid.

Example A doctor should reassure the parents of a sick child because they are often worried.

Afrikaans **gerusstel**
IsiZulu **ukuqinisekisa, ukududuza**
IsiXhosa **thuthuzela, ukuqinisekisa**
SiSwati **dvudvuta, kudvudvuta, tsembisa**

IsiNdebele **tjhiriya, duduza, qinisa ngokutjhiriya**

Setswana **kgomotso, kgothatsa**
Sepedi **khomotšo, nnetefatša**
Sesotho **ho kgothatsa, ho kokobetsa letswalo**

TshivenꞀꞀa u fhumudza, u fulufhedzisa
Xitsonga ku chavelela

Comments: _____

recovery

Process of becoming well again after an illness or an operation.

Afrikaans **herstel**
IsiZulu **ukululama**
IsiXhosa **ukuchacha**
SiSwati **kwelulama**
IsiNdebele **phola**
Setswana **pholo**
Sepedi **pholo**
Sesotho **ho fola, pholo**
TshivenꞀꞀa **u vha khwine, u fhola**
Xitsonga **ku hola**

Comments: _____

recovery position

Lying on the side with the knees drawn up. Example To prevent an unconscious child from choking on vomit, blood or saliva, he must be placed in the recovery position.

Afrikaans **herstelposisie**
IsiZulu **isimo sokuphaphama**
IsiXhosa **isimo sokuchacha**
SiSwati **simo sekwelulama**
IsiNdebele **indawo yobujamo obuletha ukululama**
Setswana **boemo ba go fola**
Sepedi **boemo bja go fola**
Sesotho **seemo sa ho hlapohelwa**
TshivenꞀꞀa **tshiimo tsha u dzivhuluwa**
Xitsonga **yimelo ro antswa**

Comments: _____

rectum

The bottom end of the tube down which waste food passes out of the body.

Afrikaans **rektum**
IsiZulu **umtshazo**
IsiXhosa **undonci**
SiSwati **umntjaza**
IsiNdebele **umtjaza**
Setswana **molatelo**
Sepedi **motsila**
Sesotho **mohlamu <taboo>**
Sesotho **mokoteng**

TshivenꞀꞀa ꞀꞀilagumo
Xitsonga **xiheta-mavele** *Euphemism*

Comments: _____

red blood cell

A blood cell which carries oxygen round the body.

Afrikaans **rooibloedsel**
IsiZulu **iredi bladi seli**
IsiXhosa **iseli zegazi ezibomvu**
SiSwati **iseli lebovu yengati**
IsiNdebele **amasele athwala i-oksijini emzimbeni**
Setswana **sele ya madimahibidu**
Sepedi **sele ya madi**
Sesotho **sele e kgubedu ya madi**
TshivenꞀꞀa **sele tswuku ya malofha**
Xitsonga **sele ya ngati yo tshwuka**

Comments: _____

red eye⇒eye inflammation

red meat

Any meat that is dark in colour, especially beef and lamb.

Afrikaans **rooivleis**
IsiZulu **inyama ebomvu**
IsiXhosa **inyama ebomvu**
SiSwati **inyama lebovu**
IsiNdebele **inyama ebovu**
Setswana **nama e khibidu**
Sepedi **nama ye hwibidu**
Sesotho **nama e kgubedu**
TshivenꞀꞀa **ꞀꞀama tswuku**
Xitsonga **nyama yo tshwuka**

Comments: _____

refined food

Food containing very little or no fibre, such as white bread or cake.

Example Eating too much refined food can cause headaches and constipation.

Afrikaans **verfynde voedsel**
IsiZulu **ukudla okucosakele**
IsiXhosa **ukutya okucoliweyo**
SiSwati **kudla lokugayisisiwe**
IsiNdebele **ukudla okusilweko**
Setswana **dijo tse di phepafaditsweng**
Sepedi **sejo se hlwekišitšwego**

Sesotho **dijo tse se nang ditlheberetsi**
 Tshivenꞌꞌa **zwiꞌꞌiwa zwo nanguludzwaho**
 Xitsonga **swakudya swo pfumala xikampfi**

Comments: _____

refuse⇒garbage

refuse removal⇒garbage removal

regularly

According to a definite arrangement or plan, eg at a certain time every day.

Afrikaans **gereeld**
 IsiZulu **ngokuvamile**
 IsiXhosa **rhoqo**
 SiSwati **ngalokuvamile, ngesikhatsi lesetayelekile**
 IsiNdebele **ngokujayelekile**
 Setswana **ka metlha, ka tlhomamo**
 Sepedi **ka mehla**
 Sesotho **kgafetsa**
 Tshivenꞌꞌa **misi yoꞌꞌhe, tshifhinga tshoꞌꞌhe**
 Xitsonga **hi ku ringana**

Comments: _____

regulate

To control.

Afrikaans **reguleer**
 IsiZulu **ukureguletha**
 IsiXhosa **lawula**
 SiSwati **hambisa ngendlela**
 IsiNdebele **lawula**
 Setswana **laola**
 Sepedi **sepetša ka molao**
 Sesotho **ho laola**
 Tshivenꞌꞌa **u laula**
 Xitsonga **lawula**

Comments: _____

related

Belonging to the same family. Example People who are closely related, such as cousins, should not marry each other.

Afrikaans **verwant**
 IsiZulu **ukuhlobana**
 IsiXhosa **ukuzalana**

SiSwati **-hlobene**
 IsiNdebele **hlobene**
 Setswana **amaana**
 Sepedi **amana**
 Sesotho **ho tswalana, ho amana**
 Tshivenꞌꞌa **u vha mashaka**
 Xitsonga **rixaka rin'we**

Comments: _____

relax

To feel less worried or more calm.

Afrikaans **ontspan**
 IsiZulu **khululeka**
 IsiXhosa **ukuyekelela**
 SiSwati **kukhibika, kungcebeleka**
 IsiNdebele **zigidle**
 Setswana **go iketla**
 Sepedi **iketla**
 Sesotho **ho kgatholoha, ho iketla, ho lokoloha moyeng**
 Tshivenꞌꞌa **u ꞌꞌigeꞌꞌa**
 Xitsonga **wisa**

Comments: _____

relax

To take a rest.

Afrikaans **ontspan**
 IsiZulu **ukuphumula**
 IsiXhosa **ukuphumla**
 SiSwati **kuphumula**
 IsiNdebele **phola, phumula**
 Setswana **go ikhutsa**
 Sepedi **iketla**
 Sesotho **ho phomola**
 Tshivenꞌꞌa **u awela**
 Xitsonga **ku wisa**

Comments: _____

relax

To make or let become a part of the body less stiff or tight.

Afrikaans **verslap**
 IsiZulu **thambisa umzimba, khululeka**
 IsiXhosa **ukuyekelela**
 SiSwati **kukhibika, kungcebeleka**
 IsiNdebele **ukuphola**
 Setswana **repa**
 Sepedi **iketla**
 Sesotho **ho hlephisa, ho lokolla, ho nyehlisa**

Tshiven u le isa
Xitsonga wisa

Comments: _____

relaxation

*Spending time that is pleasant and restful.
Example Relaxation is very important, especially to pregnant women.*

Afrikaans	ontspanning
IsiZulu	ukuphumula
IsiXhosa	ukuphumla
SiSwati	kungcebeleka
IsiNdebele	ukuphumula, ukuzigedla, ukuphola
Setswana	boiketlo
Sepedi	boiketlo
Sesotho	boikgathollo
Tshiven 	u netuluwa
Xitsonga	ku wisa

Comments: _____

reliable

Which can be trusted.

Afrikaans	betroubaar
IsiZulu	thembekile
IsiXhosa	uthembekile
SiSwati	-tsembekile
IsiNdebele	thembekile
Setswana	ikanyega, tshepega
Sepedi	tshepega
Sesotho	e tshepahalang
Tshiven 	fulufhedzeaho
Xitsonga	xo tshembeka

Comments: _____

reliable contraceptive method

A way of preventing pregnancy which will not fail.

Afrikaans	betroubare geboortebeperkingsmetode
IsiZulu	indlela yokuhlela ethembekile
IsiXhosa	indlela ethembekileyo yokucwangcisa
SiSwati	indlela leyetsembekile yekuvikela
IsiNdebele	indlela ethenjwako yokukhandela imbeleko
Setswana	mogwa o o ikanyegang wa thibelapelegi

Sepedi	mogwa wa go thibela pelegi wo tshepegago
Sesotho	mogwa o tshepahalang wa ho thibela pelehi
Tshiven 	n ila yo fanelaho ya u thivhela mbebo
Xitsonga	ndlela yo tshembeka yo sivela mbeleko

Comments: _____

renal calculus⇒kidney stone

renal failure⇒kidney failure

renal transplantation⇒kidney transplant

reproduce

To have children.

Afrikaans	voortplant
IsiZulu	ukukhiqiza
IsiXhosa	fanekisela
SiSwati	kutala
IsiNdebele	beletha
Setswana	go tshola bana
Sepedi	belega
Sesotho	ho tswala, ho ikatisa, ho ikeketsa
Tshiven 	u beba
Xitsonga	ku tswala

Comments: _____

reproduction

The act or process of producing children.

Afrikaans	voortplanting
IsiZulu	ukuzala
IsiXhosa	ukufanekisela
SiSwati	kutala
IsiNdebele	ukubeletha
Setswana	katiso, ntsifatso
Sepedi	pelego
Sesotho	boikatiso, boikeketso
Tshiven 	mbebo
Xitsonga	ku tswala vana

Comments: _____

respiration⇒breathing

respirator

A device (machine) that helps a patient to breathe when he cannot breathe on his own, eg because he is ill or has been injured.

Afrikaans	respirator
IsiZulu	okokuphefumula
	okusetshenziselwa
	ukuphefumulisa isiguli
	esikhubazekile
IsiXhosa	isixhobo esincedisa
	ukuphefumla
SiSwati	umshini wekuphefumula
IsiNdebele	isiphefumulisi
Setswana	sethusakhemo
Sepedi	sehemiši
Sesotho	sethusakgemo
Tshiven□□a	tshithusaufema
Xitsonga	xihefumurisi

Comments: _____

respiratory distress

When a person cannot get air into his lungs as in the case of choking on a piece of food.

Afrikaans	asemnood
IsiZulu	ukuhisheka
IsiXhosa	ingxaki yokuphefumla
SiSwati	kuhisheka ekuphefumuleni
IsiNdebele	ukuvaleka umoya
Setswana	go palelwa ke go hema
Sepedi	go kgamega
Sesotho	ho sitwa ho hema, ho sitwa
	ho phefumoloha
Tshiven□□a	u tshipea
Xitsonga	ku vindziwa, ku tlimbiwa

Comments: _____

respiratory failure

When the lungs and muscles used in breathing do not function properly and a person's body does not get enough oxygen.

Afrikaans	asemhalingsversaking
IsiZulu	ukuhluleka ukuphefumula
IsiXhosa	ukungaphumeleli
	ukuphefumla
SiSwati	kwehluleka kuphefumula
IsiNdebele	kubhalelwa kuphefumula
Setswana	go palelwa ke go hema, go
	tilhoka go hema
Sepedi	go palelwa ke go hema
Sesotho	ho hloleha ho hema, ho
	kgaotsa ho hema, ho kgaotsa
	ho phefumoloha
Tshiven□□a	khundelo ya u fema
Xitsonga	ku tsandzeka ku hefumula

Comments: _____

respiratory muscles

The muscles responsible for breathing, eg the diaphragm.

Afrikaans	asemhalingspiere
IsiZulu	izinyama eziphathelene
	nokuphefumula
IsiXhosa	izihlunu zokuphefumla
SiSwati	umtsambo wekuphefumula
IsiNdebele	imisipha yokuphefumula
Setswana	mesifa ya khemo
Sepedi	mešifa ya go hema
Sesotho	mesifa ya ho hema, mesifa ya
	phefumoloho
Tshiven□□a	misipha ya u fema
Xitsonga	tinyama to hefumula

Comments: _____

respiratory system

All parts of the body involved in the breathing process, such as the nose, lungs, diaphragm etc.

Afrikaans	asemhalingstelsel
IsiZulu	umgudu wokuphefumula
IsiXhosa	isixokelelwano sokuphefumla
SiSwati	umgudvu wekuphefumula
IsiNdebele	ihlelo lokuphefumula
Setswana	dirwe tsothle tsa khemo
Sepedi	tsela ya go hema
Sesotho	ditho tsohle tsa ho hema,
	hlohloiso ya ditho tsa
	phefumoloho
Tshiven□□a	sisi□□eme ya mufemo
Xitsonga	hefumulo, sisiteme yo
	hefumula

Comments: _____

restrictive clothing

Too tight clothing, such as a collar and tie.

Example When a child suffers respiratory failure, all restrictive clothing such as a tight collar should be removed or loosened.

Afrikaans	stywe klere
IsiZulu	izingubo ezikubambayo
IsiXhosa	impahla ezikubambayo
SiSwati	timphahla letimphintjako
IsiNdebele	izambatho ezibambako
Setswana	diaparo tse di ngangang
Sepedi	diaparo tše kgaoletšago

Sesotho **diaparo tse tshwarang, diaparo tse tiisang**
 Tshiven□□a **zwiambaro zwa u fara**
 Xitsonga **swiambalo leswi manyaka**
 Comments: _____

retch

To make the sounds and movement of vomiting, but without bringing anything up from the stomach.

Afrikaans **braakbewegings maak**
 IsiZulu **ukugonyuluka**
 IsiXhosa **ukukhonyuluka**
 SiSwati **kugonyuluka**
 IsiNdebele **ukugonyuluka**
 Setswana **betologa**
 Sepedi **go palelwa ke go hlatša**
 Sesotho **ho kganola, ho kganthola**
 Tshiven□□a **u ima ha dzimbilu**
 Xitsonga **ku lava ku hlanta, ntlikula, hlamukana**

Comments: _____

retina

Part at the back of the eye which is sensitive to light.

Afrikaans **retina, netvlies**
 IsiZulu **irethina**
 IsiXhosa **irethina**
 SiSwati **irethina, ingobo yeliso**
 IsiNdebele **irethina, ithoro yelihlo**
 Setswana **lethapono**
 Sepedi **retina**
 Sesotho **sesefa-kganya leihlong, lera le sefang kganya leihlong**
 Definition: *Le fumaneha kamorao leihlong.*
 Tshiven□□a **rethina**
 Xitsonga **rhetina**

Comments: _____

retrovir⇒*zidovudine*

Rhesus factor

Synonym **Rh factor**
A substance present in the blood of most people; the presence or absence may have dangerous effects on newborn Rhesus-

negative babies, or when one person receives blood from another.

Afrikaans **Rhesus-faktor, Rh-faktor**
 IsiZulu **ifekitha yeRhesus**
 IsiXhosa **ifekta kaRh**
 SiSwati **intfotitse engatini, ifektha iRhesus**
 IsiNdebele **iphrotheni ye-RH**
 Setswana **lebaka la Rh**
 Sepedi **faktoro-RH**
 Sesotho **ntlha ya Rhesus** Definition: *Ntho e mading a bongata ba batho, eo boteng kapa bosiyo ba yona bo ka bang le ditlamorao tse mpe baneng ba hananang le yona ba sa tswa tswalwa.*
 Sesotho **ntlha ya Rh**
 Tshiven□□a **Fekitha ya Rh**
 Xitsonga **piroteyini ya Rh**

Comments: _____

Rhesus negative

Synonym **Rh negative**
When a person's blood does not contain the Rh factor.

Afrikaans **Rhesus-negatief, Rh-negatief**
 IsiZulu **ukungabibikho kwefekitha yeRhesus**
 IsiXhosa **akanayo iRh**
 SiSwati **-ngenafektha iRhesus**
 IsiNdebele **tlhoga iphrotheni ye-RH**
 Setswana **Rh-kganetso**
 Sepedi **kganetšo ya RH**
 Sesotho **ho se be le ntlha ya Rhesus mading**
 Tshiven□□a **Rh ya negethivi**
 Xitsonga **ngati leyi nga hava piroteyini ya Rh**

Comments: _____

Rhesus positive

Synonym **Rh positive**
When a person's blood contains the Rh factor.

Afrikaans **Rhesus-positief, Rh-positief**
 IsiZulu **ukubakhona kwefekitha yeRhesus**
 IsiXhosa **une Rh**
 SiSwati **-nefektha iRhesus**
 IsiNdebele **yiba nephrotheni ye-RH**
 Setswana **Rh-tumelo**
 Sepedi **nnetefatšo ya RH**

Sesotho **ho ba le ntlha ya Rhesus mading**
 TshivenꞀꞀa **Rh ya phosithivi**
 Xitsonga **ngati leyi nga na piroteyini ya Rh**

Comments: _____

rheumatism

An illness that makes joints and muscles stiff and painful.

Afrikaans **rumatiek**
 IsiZulu **Ubuhlungu ezinyameni nasemajoyintini**
 IsiXhosa **ukutyatyamba kwamathambo**
 SiSwati **sifo sematsambo**
 IsiNdebele **iramatiki, ubunyelele**
 Setswana **ramatiki**
 Sepedi **bonyelele**
 Sesotho **ramatiki** Definition: *Bohloko ba mesifa le manonyello.*
 TshivenꞀꞀa **ꞀꞀowagudu**
 Xitsonga **nyoka-jundzu**

Comments: _____

Rh factor⇒*Rhesus factor*

Rh negative⇒*Rhesus negative*

Rh positive⇒*Rhesus positive*

rib

Curved bone that goes from the backbone to the chest; people have 12 ribs on either side of their bodies.

Afrikaans **ribbebeen**
 IsiZulu **izimbambo**
 IsiXhosa **imbambo**
 SiSwati **lubhambo**
 IsiNdebele **ibhambo**
 Setswana **legopo**
 Sepedi **kgopo**
 Sesotho **kgopo, lehopo**
 TshivenꞀꞀa **mbabvu**
 Xitsonga **rimbambu**

Comments: _____

ribcage

Framework of ribs round the chest that encloses and protects the lungs and heart.

Afrikaans **ribbekas**
 IsiZulu **Indawo eyakhiwe izimbambo evalele amaphaphu nenhliziyo**
 IsiXhosa **amathambo embambo**
 SiSwati **timbambo**
 IsiNdebele **ubuvikelo beembambo**
 Setswana **nkgara**
 Sepedi **dithapa**
 Sesotho **masapo a sefuba**
 TshivenꞀꞀa **mbabvu**
 Xitsonga **xisirhelelo xa rimbambu**

Comments: _____

rich food

Food containing large amounts of fat, butter, cream or sugar.

Afrikaans **ryk voedsel**
 IsiZulu **Ukudla okunonile**
 IsiXhosa **ukutya okunamafutha**
 SiSwati **kudla lokunonile**
 IsiNdebele **ukudla okunomsoco**
 Setswana **dijo tse di nontshang**
 Sepedi **dijo tše nonnego**
 Sesotho **dijo tse mafura**
 TshivenꞀꞀa **zwiꞀꞀiwa zwo pfumaho, pfushi**
 Xitsonga **swakudya swa mafurha**

Comments: _____

ring-necked spitting snake

Synonym **rinkhals**
A poisonous southern African snake.
 Example *The venom of a ring-necked cobra damages respiratory muscles.*

Afrikaans **rinkhals slang**
 Afrikaans **rinkhals**
 IsiZulu **uhlobo lwenyoka**
 IsiXhosa **inyoka emnyama**
 SiSwati **phemphetwane**
 IsiNdebele **uphembethwana**
 Setswana **mokwepa**
 Sepedi **rankalese**
 Sesotho **masumo**
 TshivenꞀꞀa **phakhuphakhu**
 Xitsonga **xivatlankombe**

Comments: _____

rinkhals ⇒ ring-necked spitting snake

risk of pregnancy

The possibility that a woman can become ill as a result of pregnancy.

Afrikaans	swangerskapsrisiko
IsiZulu	ukugula okungabangelwa ukukhulelwa
IsiXhosa	ukuzifaka engozini yokukhulelwa
SiSwati	ingoti yekukhulelwa
IsiNdebele	ingozi yokuba sidisi
Setswana	kotsi ya go ima
Sepedi	kotsi ya go emera
Sesotho	kotsi ya ho ka kudiswa ke ho ima
Tshivenḽḽa	khombo ya u vha muimana
Xitsonga	khombo ro va muyimani a khomiwa hi vuvabyi

Comments: _____

roughage ⇒ fibre

roundworm

A worm which lives in the bowels of a person.

Example *Roundworm causes stomach pains and diarrhoea.*

Afrikaans	rondewurm
IsiZulu	izikelemu
IsiXhosa	intshulube
SiSwati	linyokane
IsiNdebele	amanyokana
Setswana	sebokwana
Sepedi	sebokwana
Sesotho	manyowane
Tshivenḽḽa	tshiḽḽowana tsha tshikate
Xitsonga	nyokane

Comments: _____

rubella ⇒ German measles

rupture

To burst apart or open.

Afrikaans	bars, skeur
IsiZulu	ukuhlukanisa, ukuvula
IsiXhosa	ukugqabhuka
SiSwati	kugcobhoka
IsiNdebele	ukuhlephuka, ukuvuleka
Setswana	thubega

Sepedi	phulego
Sesotho	ho patsoha
Tshivenḽḽa	u balea
Xitsonga	ku tsemeka, ku tshoveka

Comments: _____

S

sac

A part of the body that is shaped like a little bag which contains air, liquid or some other substance.

Afrikaans	sak
IsiZulu	isaka
IsiXhosa	ingxowana yenwebu, isingxobo
SiSwati	sikhwama
IsiNdebele	mgodlana
Setswana	kgetse
Sepedi	kgetse
Sesotho	mokotlana
Tshivenḽḽa	tshisagana
Xitsonga	xinkwamani, xiputsa

Comments: _____

safeguard

To protect or prevent from being destroyed.
Example *A fence was put around the water-hole to safeguard it.*

Afrikaans	beveilig
IsiZulu	ukuvikela
IsiXhosa	ukukhusela
SiSwati	kuvikela
IsiNdebele	vikela, khandela
Setswana	sireletsa
Sepedi	sireletša
Sesotho	tshireletso
Tshivenḽḽa	u tsireledza
Xitsonga	sirhelela

Comments: _____

safer sex

Taking precautions when having sex, such as using a condom, in order to prevent the spread of diseases like AIDS.

Afrikaans	veiliger seks
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IsiZulu	ucansi oluphephile
IsiXhosa	ulalano olukhuselekileyo
SiSwati	budlelwano belicansi lobuphephile
IsiNdebele	ukuya emsemeni ngokuphepha
Setswana	thobalano e e sireletsegileng
Sepedi	thobalano ye bolokegilego
Sesotho	thobalano e sireletsehileng, thobalano e bolokehileng
TshivenꞀꞀa	u lalana ho tsireledzeaho, u lalana ho vhulungeaho
Xitsonga	ku ya emasangwini loku hlayisekeke

Comments: _____

saliva

The watery liquid that forms in the mouth and which helps to chew and digest food.

Afrikaans	speeksel
IsiZulu	amathe
IsiXhosa	amathe
SiSwati	ematse
IsiNdebele	amathe
Setswana	mathe
Sepedi	mare
Sesotho	mathe
TshivenꞀꞀa	mare
Xitsonga	marha

Comments: _____

salivary gland

A part that produces the watery liquid called saliva in the mouth.

Afrikaans	speekselklier
IsiZulu	idlala lamathe
IsiXhosa	idlala lamathe
SiSwati	lidlala lematse
IsiNdebele	idlala yamathe
Setswana	kgeleswa ya mathe
Sepedi	thaka ya mathe
Sesotho	pudulana ya mathe, thupulana ya mathe
TshivenꞀꞀa	thanga ya mare
Xitsonga	makeje

Comments: _____

salt

Synonym table salt, sodium chloride

White crystals used for flavouring or preserving food.

Example *Too much salt in the diet can result in high blood pressure.*

Afrikaans	sout, tafelsout, natriumchloried
IsiZulu	utshwayi
IsiXhosa	ityuwa
SiSwati	litswayi, sawoti
IsiNdebele	itswayi elidliwako, itswayi
Setswana	letswai
Sepedi	letswai
Sesotho	letswai
TshivenꞀꞀa	sodiamu kiꞀꞀoraidi, muꞀꞀo
Xitsonga	munyu

Comments: _____

salt intake

The amount of salt used in the food you eat.

Example *A high salt intake can cause the body to keep water and may result in swelling.*

Afrikaans	soutinname
IsiZulu	ubungako botshwayi ekudleni
IsiXhosa	ityuwa emele ukuthathwa
SiSwati	kutsatsa lutswayi
IsiNdebele	izinga letswayi ekudleni
Setswana	letswai
Sepedi	go ja letswai
Sesotho	tekanyetso ya letswai dijong
TshivenꞀꞀa	muno u shumiswaho
Xitsonga	mpimo wa munyu eswakudyeni

Comments: _____

salve

An ointment or other substance that is put on sore skin or a wound to help it heal.

Afrikaans	salf
IsiZulu	noma yini esiza ukwelapha izilonda
IsiXhosa	amafutha ezilonda
SiSwati	sitsambisi
IsiNdebele	isalfa
Setswana	setlolo
Sepedi	setlolo
Sesotho	salofa, sefodisamaqeba
TshivenꞀꞀa	mushonga wa u ꞀꞀodza
Xitsonga	zwilonda xihorisi, xitolwa

Comments: _____

sanitary pad

Synonym sanitary towel
A pad of thick soft material which women wear to absorb the blood when they have a menstrual period.

Afrikaans	sanitêre doekie
IsiZulu	iphedi
IsiXhosa	ilaphu lomntu obhinqileyo azikhusela ngalo xa asexesheni
SiSwati	liphedi
IsiNdebele	amadugwana asetjenziswa ngabeengubo abasesikhathini
Setswana	mosamo wa tlosoleswe
Sepedi	mosamelwana wa maphelo
Sesotho	mosangwana wa boitshireletso ka dinako tsa sesadi, mosangwana wa tlhweko ka dinako tsa sesadi
Tshiveni	maambelo, malabi a vhusadzi, muserwa
Xitsonga	duku ra mbhasiso, thawula ra mbhasiso

Comments: _____

sanitary towel ⇒ *sanitary pad*

sanitation

Arrangements to protect people's health by keeping places clean and healthy, especially by removing waste.

Afrikaans	sanitasie
IsiZulu	ukuvikelwa komphakathi ekuncoleni
IsiXhosa	ezococeko
SiSwati	kuvikela ekungcoleni
IsiNdebele	ukuhlanzeka komphakathi
Setswana	tshireletso ya setšhaba kgatlhanong le leswe
Sepedi	thlwekišo
Sesotho	tshireletso ya setjhaba mafung
Tshiveni	vhuthathatshili
Xitsonga	mbhasiso

Comments: _____

scab

Dry crust formed over a wound or sore as it heals.

Afrikaans	roof
IsiZulu	uqweqwe
IsiXhosa	ukhokho
SiSwati	lukhokho
IsiNdebele	isikhokho sesilonda
Setswana	sekgwagwa
Sepedi	ntane
Sesotho	lehoho
Tshiveni	vhudagwembe, gwembe
Xitsonga	rikoko, gwembe

Comments: _____

scabies

Synonym the itch
A skin disease which makes one want to scratch and which is easily passed on from one person to another; caused by very small insects called mites.

Afrikaans	skabies
Afrikaans	jeuksiekte, help-my-krap
IsiZulu	utwayi
IsiXhosa	ukhwekhwe
SiSwati	lukhwekhwe
IsiNdebele	ikhwekhwe, ukuluma
Setswana	sekgwagwa
Sepedi	lekhwekhwe
Sesotho	nngwae
Tshiveni	pha
Xitsonga	rikhwekhwe

Comments: _____

scald

A burn caused by eg boiling liquid or steam.

Afrikaans	brand met vloeistof, vogbrand
IsiZulu	isilonda esibangelwa amanzi noma isitimu
IsiXhosa	isilonda esibangwa kukutsha
SiSwati	sibhadlu
IsiNdebele	inceba lokutjha
Setswana	pabolo
Sepedi	babola
Sesotho	tlabolo
Tshiveni	naruwo
Xitsonga	rhukubya

Comments: _____

scalp

The skin on the top of a person's head where the hair grows.

Example *When infected with head lice, the scalp becomes itchy.*

Afrikaans	kopvel
IsiZulu	isikhumba esisekhanda
IsiXhosa	isikhumba esigquma ukhakhayi
SiSwati	sikhumba senhloko
IsiNdebele	isikhumba sehloko
Setswana	letlalo la tlhogo
Sepedi	legata
Sesotho	letlalo la hlooho
Tshivenꞌꞌa	ganda ꞌꞌa ꞌꞌhoho
Xitsonga	nhlonge

Comments: _____

scalpel

A knife with a short, thin and very sharp blade which is used by a doctor during operations.

Afrikaans	skalpel
IsiZulu	umumese onokudla okuncane wokuhlinza iziguli
IsiXhosa	ingadla kagqirha
SiSwati	umukhwa wekuhlinza
IsiNdebele	iskapula
Setswana	legare
Sepedi	thipa ya karo
Sesotho	thipa ya bongaka, thipa ya ho buuwa (dioporeisheneng)
Tshivenꞌꞌa	tshikalipele, lufhanga lu no shumisiwa kha vhuari
Xitsonga	mukwana wa vuhandzuri

Comments: _____

scapula ⇒ shoulder blade

scar

Any mark left on the skin after the healing of a wound.

Afrikaans	litteken
IsiZulu	isibaza
IsiXhosa	isiva
SiSwati	sibati
IsiNdebele	isibazi, isibala
Setswana	lebadi
Sepedi	lebadi
Sesotho	lebadi
Tshivenꞌꞌa	vhadzi
Xitsonga	xivati

Comments: _____

scarlet fever

A serious and easily-spread disease caught especially by children, which causes a painful throat and red spots on the skin.

Afrikaans	skarlakenkoors
IsiZulu	isinkalethi fiva
IsiXhosa	ifiva egwangqa
SiSwati	iskalatina
IsiNdebele	umungu obovu
Setswana	tshoromokhibidu
Sepedi	bolwetši bja sekalata
Sesotho	feberu e kgubedu
Tshivenꞌꞌa	tshikalatina, vhumwadze ha vhana vhu no fhirela
Xitsonga	xifumbu

Comments: _____

sclera

Outer covering of the eyeball; the white of the eye.

Afrikaans	sklera, buiteoogvlies
IsiZulu	silera
IsiXhosa	inwebu yeliso
SiSwati	indumbu yeliso
IsiNdebele	isiklera
Setswana	setlelera, lethathaka
Sepedi	lera la leihlo
Sesotho	setlelera, bosweu ba leihlo
Tshivenꞌꞌa	lukanda lwa iꞌꞌo, ganda ꞌꞌa iꞌꞌo
Xitsonga	xitlera

Comments: _____

sclerosis

Hardening of some soft organ or part of the body such as the walls of a blood vessel.

Afrikaans	sklerose
IsiZulu	ukuqina kwesitho somzimba esithambile
IsiXhosa	ukuqina kwemithambo
SiSwati	kucina kwesitho semtimba
IsiNdebele	isiklerosisi
Setswana	setlelerosisi
Sepedi	go tia ga setho se bothata sa mmele
Sesotho	ho thatafala ha setho sa mmele

Tshiven□□a u khwa□□ha ha mura□□o wa
 Xitsonga muvhili
 ku tiya ka tinhlarimbya to
 olova

Comments: _____

screening test

A test to find out whether a person has a specific disease.

Afrikaans	siftingstoets
IsiZulu	ukuhlolwa
IsiXhosa	ukuvavanywa kwesifo
SiSwati	luhlolo lwesifo
IsiNdebele	ukuhlahlubwa kwamalwelwe, ukuphengula
Setswana	teko ya go bona gore motho o na le bolwetse jo bo rileng
Sepedi	diteko tša go bona gore motho o na le bolwetši bjo itšego
Sesotho	teko ya boteng ba lefu le itseng
Tshiven□□a	dzindingo dza vhlwadze
Xitsonga	nkambelo wa vuvabyi

Comments: _____

scrotum

The pouch of skin behind the penis of a man that contains the two sex glands that produce sperm (testicles).

Afrikaans	skrotum
IsiZulu	isikhwama samasende
IsiXhosa	isingxobo samasende
SiSwati	sikhwama semasendze
IsiNdebele	isikhwama samasende
Setswana	sekerotamo
Sepedi	kgetsana
Sesotho	sesete <i>Offensive, mokotlana</i>
Tshiven□□a	dzhende
Xitsonga	xipaci xa matandza ya xinuna, xiputsa

Comments: _____

scurvy

An illness caused by not eating enough fresh fruit and vegetables in which the gums begin to bleed.

Afrikaans	skeurbuik
IsiZulu	isikevi
IsiXhosa	umtshetshe
SiSwati	gagabukani, sikevi
IsiNdebele	isikevi
Setswana	sekhebi
Sepedi	sekabi
Sesotho	motjhetjhafatshe
Tshiven□□a	□□ombe
Xitsonga	n'ombe

Comments: _____

secondary smoker

A person who breathes in the smoke breathed out by other persons who smoke cigarettes or a pipe.

Afrikaans	sekondêre roker
IsiZulu	umuntu othola ukubhema ngoba lo ahlala naye uyabhema bese yena ehogela intuthu
IsiXhosa	umfazi ongatshayiyo indoda itshaya
SiSwati	imbhemangaphutsa
IsiNdebele	ongabhemi bunqophu
Setswana	mogogitlaleletso
Sepedi	mogogi wa bobedi
Sesotho	ya tsubang ka ho hema mosi wa kwae
Tshiven□□a	mufumakadzi ane munna wawe a daha ene a sa dahi
Xitsonga	munhu loyi a hefumulaka musi wa fole

Comments: _____

second trimester

The second period of three months during pregnancy.

Afrikaans	tweede trimester, tweede drie maande
IsiZulu	isikhathi sesibili senyanga yesithathu
IsiXhosa	ixesha lesibini kwinyanga ezintathu zokukhulelwa
SiSwati	tinyanga letintsatfu tesibili
IsiNdebele	iinyanga ezintathu zesibili kosidisi
Setswana	kgweditharo ya bobedi
Sepedi	kgweditharo ya bobedi

Sesotho **kgweditharo ya bobedi ya ho ima**
 TshivenꞀꞀa **miꞀꞀwedzi miraru ya vuhvhili**
 Xitsonga **tin'wheti tinharhu ta vumbirhi to biha emirini**

Comments: _____

secrete

To release or produce.
 Example *The salivary glands secrete saliva in the mouth.*

Afrikaans **afskei**
 IsiZulu **ukuphuma, ukukhipha**
 IsiXhosa **khupha**
 SiSwati **kipha**
 IsiNdebele **khupha**
 Setswana **ntsha**
 Sepedi **tswetswena**
 Sesotho **ho ntsha**
 TshivenꞀꞀa **u bvisa**
 Xitsonga **ku hluta, ku pfempfa**

Comments: _____

secretion

A substance that is produced by the body, eg bile or saliva.

Afrikaans **afskeiding**
 IsiZulu **ukumfoma**
 IsiXhosa **incindi**
 SiSwati **lokukhishwako**
 IsiNdebele **kukhupha, okukhutjhwako**
 Setswana **ntshiwa**
 Sepedi **tswetsweno**
 Sesotho **tse ntshwang ke mmele**
 TshivenꞀꞀa **mubviso, u bvisa**
 Xitsonga **swipfempfo, nchumu lowu humesiwaka hi sele**

Comments: _____

secretion

The process by which a substance such as eg bile is secreted.

Afrikaans **afskeiding**
 IsiZulu **ukumfoma**
 IsiXhosa **ukukhupha**
 SiSwati **kukhipha**
 IsiNdebele **indlela yokukhupha**
 Setswana **go ntsha**
 Sepedi **tswetsweno**
 Sesotho **ho ntsha**

TshivenꞀꞀa **u bvisa**
 Xitsonga **ku hlutiwa ka minchumu etiseleni**

Comments: _____

sedative

A drug that calms a person.

Afrikaans **kalmemiddel**
 IsiZulu **isedathivu**
 IsiXhosa **isizolisi**
 SiSwati **sidzambisi**
 IsiNdebele **isidakwa-mizwa esithulisako**
 Setswana **seokobatsi**
 Sepedi **seokobatsi**
 Sesotho **sekokobetsi**
 TshivenꞀꞀa **tshiunguvhadzi**
 Xitsonga **murhi lowu wisisaka no susa nchavo**

Comments: _____

seizure⇒convulsions

self-inflicted

Caused to oneself on purpose, like a wound or injury.

Afrikaans **selftoegedien**
 IsiZulu **ukuzenzakalisa**
 IsiXhosa **ukuzenzakalisa**
 SiSwati **-tentile, -tentele**
 IsiNdebele **ukuzilimaza**
 Setswana **ikgobatsa**
 Sepedi **e itiretšwego**
 Sesotho **ho iketsa** Definition: *Jwalo ka ho itematsa.*
 TshivenꞀꞀa **u ꞀꞀivhaisa**
 Xitsonga **ku ti vavisa**

Comments: _____

semen

Synonym **seminal fluid**
Liquid containing the male seed (sperm) which is produced by the sex organs of a man and discharged when having sex.

Afrikaans **semen, saadvloeistof**
 IsiZulu **isidoda**
 IsiXhosa **amadlozi**
 SiSwati **sidvodza**
 IsiNdebele **isidoda**
 Setswana **metsi a bonna**

<i>Sepedi</i>	moroto
<i>Sesotho</i>	lero la senna, lero la botona
<i>Tshiven</i> □□a	vhunna
<i>Xitsonga</i>	mbewu ya xinuna, vununa

Comments: _____

semen⇒*sperm*

seminal fluid⇒*semen*

sense

A person has 5 senses, namely the ability to hear, smell, see, feel and taste.

<i>Afrikaans</i>	sintuig
<i>IsiZulu</i>	imizwa
<i>IsiXhosa</i>	isivo
<i>SiSwati</i>	litfo tekuva
<i>IsiNdebele</i>	inzwa
<i>Setswana</i>	temosi
<i>Sepedi</i>	dikwi
<i>Sesotho</i>	kutlo
<i>Tshiven</i> □□a	zwipfi
<i>Xitsonga</i>	switwi

Comments: _____

sense organ

Part of the body such as the eye, nose, ear, tongue and skin from which the brain receives messages from the outside world.

<i>Afrikaans</i>	sintuig
<i>IsiZulu</i>	isitho sokuzwa
<i>IsiXhosa</i>	ilungu lokuva
<i>SiSwati</i>	sitfo sekuva
<i>IsiNdebele</i>	isitho sokuzwa
<i>Setswana</i>	serwe sa temosi
<i>Sepedi</i>	ditho tša go kwa
<i>Sesotho</i>	setho sa methapokutlo
<i>Tshiven</i> □□a	mira□□o ya u pfa
<i>Xitsonga</i>	xitwi

Comments: _____

sepsis

Condition resulting from poisoning of part of the body by harmful bacteria, often producing a yellowish substance called pus.

<i>Afrikaans</i>	sepsis, sepse
<i>IsiZulu</i>	ukubhibha
<i>IsiXhosa</i>	okutyhefwa kwegazi

<i>SiSwati</i>	kwakheka kwebovu, kubhibha
<i>IsiNdebele</i>	ukubhibhidlha
<i>Setswana</i>	go phera
<i>Sepedi</i>	go phera
<i>Sesotho</i>	ho hlehla, ho petla
<i>Tshiven</i> □□a	u mweka
<i>Xitsonga</i>	vuvabyi bya switsongwatsongwana

Comments: _____

septic

Infected as a result of harmful bacteria getting into the body; often producing a yellowish substance called pus.

<i>Afrikaans</i>	septies
<i>IsiZulu</i>	Ukungenwa ibhakhithiriya elibanga ubomvu
<i>IsiXhosa</i>	okutyhefwa kwegazi
<i>SiSwati</i>	-phatselene nalokubolako, -phatselene nekubhibha bolako
<i>IsiNdebele</i>	bolako
<i>Setswana</i>	phera
<i>Sepedi</i>	bola
<i>Sesotho</i>	ho petla, ho hlehla
<i>Tshiven</i> □□a	fulwaho
<i>Xitsonga</i>	mbholelo, ku tluleriwa hi vuvabyi bya xivunguri

Comments: _____

septicaemia⇒*blood poisoning*

septic sore

A sore infected with harmful germs that often produces a yellowish substance called pus.

<i>Afrikaans</i>	septiese seer
<i>IsiZulu</i>	isilonda esibhibhayo
<i>IsiXhosa</i>	isilonda esinokutyhefwa kwegazi
<i>SiSwati</i>	silondza lesibhibhako
<i>IsiNdebele</i>	isilonda esinobubovu
<i>Setswana</i>	seso se se pherileng
<i>Sepedi</i>	ntho ye bodilego
<i>Sesotho</i>	leqeba le hlehang, leqeba le boladu

Tshivenꞌꞌa tshilonda tshi no khou sina
Xitsonga xilondza xa xivunguri

Comments: _____

set limb

A broken arm or leg that is put in a fixed position so that it will heal properly.

Afrikaans **gespalkte ledemaat**
IsiZulu **umlenze noma ingalo**
 esekeliwe ukuze isheshe
 ilunge

IsiXhosa **ilungu elophukileyo elibekwe**
 ngokulungelelana ukuze
 liphole kakuhle

SiSwati **sitfo lesiboshelwe**
IsiNdebele **umkhono nofana umlenze**
 obotjhiweko ngesibanga
 sokwephuka

Setswana **tokololo e e tshageditsweng**
Sepedi **setho se thušwago**
Sesotho **setho se tshheditsweng**
Definition: *Ke setho se*
tlangweng ka tsela e itseng
hore se fole hantle.

Tshivenꞌꞌa **tshanꞌꞌa kana mulenzhe u**
 sa koni u shuma

Xitsonga **xirho lexi pfunetaka hi**
 xihlangalala

Comments: _____

severe

To be serious or very bad.

Afrikaans **ernstig**
IsiZulu **Ukuthi uma ugula ugule kabi**
 noma kakhulu

IsiXhosa **kakhulu**

SiSwati **-matima, -nyakatisile**

IsiNdebele **ukuncama khulu, rhagele**

Setswana **feteletse**

Sepedi **kudu**

Sesotho **ho mpefala**

Tshivenꞌꞌa **zwo kalulaho, u khwaꞌꞌhisa**
Xitsonga **xo nonon'hwa, xo tika**

Comments: _____

sewage

Waste matter, such as human faeces or water that has been used in homes and factories, which is carried away in large underground pipes to be treated and made harmless.

Afrikaans **riool**
IsiZulu **inkunkuma**

IsiXhosa **ukungcola**

SiSwati **inkhucunkhucu**

IsiNdebele **irherho lekucukucu, isiwiritjhi**

Setswana **maswe**

Sepedi **mantle**

Sesotho **suretjhe**

Tshivenꞌꞌa **suredzhi**

Xitsonga **sampungane**

Comments: _____

sex⇒gender

sex⇒sexual intercourse

sexual

That which has to do with male and female or the act of sex.

Afrikaans **seksueel, geslagtelik,**
 geslags-

IsiZulu **Okuphathelene nomuntu**
 wesilisa nowesifazane

IsiXhosa **ezobuni**

SiSwati **-phatselele nebulili**

IsiNdebele **kobulili**

Setswana **bong**

Sepedi **ya bong**

Sesotho **ya bong, ya thobalano**

Tshivenꞌꞌa **tsha mbeu**

Xitsonga **xinuna ni xisati**

Comments: _____

sexual intercourse

Synonym copulation, sex
The bodily act between a man and a woman in which the sex organ of the man (penis) enters the woman.

Afrikaans **geslagsgemeenskap,**
 seksuele omgang, seks

IsiZulu **ukuya ocansini**

IsiXhosa **ukulalana**

SiSwati **kulalana**

IsiNdebele **ukuya emsemeni <euphemism>,**
 ukulalana

Setswana **thobalano**

Sepedi **kamano ya bong**

Sesotho **thobalano**

Tshivenꞌꞌa **u lalana**

Xitsonga **ku ya emasangwini**
 <euphemism>

Comments: _____

sexually transmitted disease

Synonym **STD, venereal disease, VD**
Any disease passed on from one person to another by having sex him or her, such as AIDS.

<i>Afrikaans</i>	seksueel oordraagbare siekte, SOS, veneriese siekte
<i>IsiZulu</i>	isifo socansi esithathelanayo, isifo socansi, Isifo socansi
<i>IsiXhosa</i>	isifo esosulela ngokulalana
<i>SiSwati</i>	sifo semacansi
<i>IsiNdebele</i>	ubulwelwe obuthathelwana emsemeni
<i>Setswana</i>	bolwetse bo bo tshelanang ka thobalano, bolwetse bo bo fetelelang ka thobalano
<i>Sepedi</i>	bolwetšimpša, bolwetsi bja thobalano
<i>Sesotho</i>	lefu le tshwaetsanang ka thobalano, tshwaetso ka thobalano
<i>Tshivenṁṁa</i>	vhulwadze ha phirela ha u lalana, vhulwadze ha u lalana vhune ha pfukhela, malwadze a u lalana, malwadze a phirela vuvabyi bya le masangwini
<i>Xitsonga</i>	

Comments: _____

sheath⇒condom

shelter

A place to live or stay that gives protection from weather and is needed by a person to keep healthy.

<i>Afrikaans</i>	skuiling
<i>IsiZulu</i>	indowo yokufihla ikhanda
<i>IsiXhosa</i>	indawo yokuhlala
<i>SiSwati</i>	indlu, luphahla
<i>IsiNdebele</i>	kokukhosela
<i>Setswana</i>	setlaagana
<i>Sepedi</i>	seširelo
<i>Sesotho</i>	setshirelo
<i>Tshivenṁṁa</i>	tshitsireledzi, vhudzumbamo
<i>Xitsonga</i>	vusirhelelo, xichavelo

Comments: _____

shin

The bony front part of the leg between the knee and the ankle.

<i>Afrikaans</i>	skeen
<i>IsiZulu</i>	Indawo engaphili komlenze ngezansi kwedolo
<i>IsiXhosa</i>	uxhongo
<i>SiSwati</i>	umbala
<i>IsiNdebele</i>	umbala
<i>Setswana</i>	mosetlase
<i>Sepedi</i>	moomo
<i>Sesotho</i>	moomo
<i>Tshivenṁṁa</i>	shambo ṁṁa mwondo
<i>Xitsonga</i>	nhlampfana

Comments: _____

shinbone

Synonym **tibia**
The front bone in the leg below the knee.

<i>Afrikaans</i>	skeenbeen, tibia
<i>IsiZulu</i>	ithibhiya
<i>IsiXhosa</i>	intungo
<i>SiSwati</i>	galu
<i>IsiNdebele</i>	ithambo lombala
<i>Setswana</i>	motwane
<i>Sepedi</i>	moomo
<i>Sesotho</i>	leshwa
<i>Sesotho</i>	moomo
<i>Tshivenṁṁa</i>	shambo ṁṁa mwondo
<i>Xitsonga</i>	rhambu ra nhlampfana

Comments: _____

shock

Serious state of extreme weakness usually caused by injury, pain or distress.

<i>Afrikaans</i>	skok
<i>IsiZulu</i>	ukushokheka
<i>IsiXhosa</i>	umothuko
<i>SiSwati</i>	kwetfuka
<i>IsiNdebele</i>	kuthuka
<i>Setswana</i>	letshogo
<i>Sepedi</i>	letšhogo

Sesotho **letshoho**
 Tshiven□□a **dzhenuwu, luvalo**
 Xitsonga **nchuho, ntshuko**

Comments: _____

shortsighted

Synonym myopic
Being able to see things properly when they are near to you, but not those that are far away.

Afrikaans **bysiende, miopies**
 IsiZulu **ukungakwazi ukubona ngokucacile izinto ezikude kodwa ukwazi ukubona eziseduze.**

IsiXhosa **ukubona kufutshane**
 SiSwati **kubonela dvutane**
 IsiNdebele **ukubona eduze kwaphela**
 Setswana **go bonela gaufi**
 Sepedi **go bonela kgauswi**
 Sesotho **ho bonela haufi**
 Tshiven□□a **u vhonela tsini**
 Xitsonga **la nga voniki kule**

Comments: _____

shortsightedness

Synonym myopia
The inability to see objects that are far away clearly.

Afrikaans **bysiendheid, miopie**
 IsiZulu **ukungaboni izinto ezikude**
 IsiXhosa **ukungaboni nto ikude**
 SiSwati **kungaboni khashane**
 IsiNdebele **imayophiya, ukungaboni kude**
 Setswana **ponelogaufi**
 Sepedi **ponelakgauswi**
 Sesotho **ponelohaufi**
 Tshiven□□a **mayophia, mbonelatsini**
 Xitsonga **riphume ra mahlo**

Comments: _____

shoulder

The part of the body between the neck and the top of the arm.

Afrikaans **skouer**
 IsiZulu **ihlombe**
 IsiXhosa **igxalaba**
 SiSwati **siphanga**
 IsiNdebele **ihlombe**
 Setswana **legetla**

Sepedi **legetla**
 Sesotho **lehetla**
 Tshiven□□a **sha□□a**
 Xitsonga **katla**

Comments: _____

shoulder blade

Synonym scapula
Either of two large flat three-sided bones, one on each side, at the top of the back.

Afrikaans **skouerblad, blad, skapula**
 IsiZulu **isiphanga**
 IsiXhosa **ithambo legxalaba**
 SiSwati **liceba**
 IsiNdebele **ithambo lehlombe**
 Setswana **legetla**
 Sepedi **bogale bja legetla**
 Sesotho **kgarafu, lesapo la lehetla**
 Tshiven□□a **shambo □□a sha□□a**
 Xitsonga **xiphanga, gombe, xiphangu**

Comments: _____

Siamese twins

Twins born with their bodies joined together in some way, eg at the head.

Afrikaans **Siamese tweeling**
 IsiZulu **amawele axhumene ngezitho ezithile zomzimba**
 IsiXhosa **amawele adibene ngamalungu omzimba**
 SiSwati **emawele lahlangene ngetitfo temtimba**
 IsiNdebele **amaphahla anamatheleneko**
 Setswana **mafatlha a a tshwaraganeng ka dirwe tsa mmele**
 Sepedi **mafahla a go kgomana ka ditho tša mmele**
 Sesotho **mafahla a kopanetseng ditho tsa mmele**
 Tshiven□□a **mafha□□a o bebiwaho o farana, malwelavan□□a o bebiwaho o farana**
 Xitsonga **mahahla lawa ya velekiwaka ya khomanile**

Comments: _____

sickness⇒disease

side effect

Any unwanted effect caused by a drug that may be harmful to the user.

Afrikaans	newe-effek
IsiZulu	imiphumela emibi
IsiXhosa	iziphumo xa ubusebenzise iziyobisi
SiSwati	sidzinwa
IsiNdebele	imiphumela emimbi
Setswana	ditlamorago
Sepedi	ditlamorago
Sesotho	ditlamorao tse mpe
TshivenꞀꞀa	zwiꞀꞀamurahu
Xitsonga	ku vava loku landzaka

Comments: _____

sign of pregnancy

Change that takes place in a woman's body that shows that she is pregnant, eg menstruation stops, breasts become tender and larger, etc.

Afrikaans	teken van swangerskap
IsiZulu	inkomba yokukhulelwa
IsiXhosa	iimpawu zokukhulelwa
SiSwati	inkhomba yekukhulelwa
IsiNdebele	itshwayo lokubasidisi
Setswana	letshwao la go ima
Sepedi	dišupo tša kemero
Sesotho	letshwao la ho ima
TshivenꞀꞀa	maswao a vhuimana
Xitsonga	xikombiso xo biha emirini

Comments: _____

sinus

A hollow space inside a bone, especially any of the air-filled spaces in the bones of the face.

Afrikaans	sinus
IsiZulu	isayinasi
IsiXhosa	umngxuma ethanjeni
SiSwati	imbobo lesemphumuleni yemuntfu
IsiNdebele	intunja yomoya ephakathi kwethambo
Setswana	sinase
Sepedi	saenase
Sesotho	sekgeo ka hara masapo
TshivenꞀꞀa	bako maramboni
Xitsonga	ximbhovana xa moya

Comments: _____

sinusitis

Inflammation of a sinus.

Afrikaans	sinusitis
IsiZulu	isayinasithasi
IsiXhosa	ukukrala kwamadlala asempumlweni
SiSwati	kuvimbana, isayinasithisi
IsiNdebele	ukuvuvuka kwedhlala elisentunjeni yomoya esethanjeni
Setswana	sinataesese
Sepedi	keko ya saenase
Sesotho	thuruho dikgeong tse ka hara masapo
TshivenꞀꞀa	vhulwadze ha lukanda lwo tsireledzaho sinus
Xitsonga	ndzhumbelo wa ximbhovana xa moya

Comments: _____

skeleton

The framework of bones which supports and protects the organs and muscles of the body.

Afrikaans	skelet, geraamte
IsiZulu	isikelethoni
IsiXhosa	uphahla lomzimba
SiSwati	luhlaka lwemtimba
IsiNdebele	amathambo womzimba
Setswana	letlhotlholo
Sepedi	marapo a mmele
Sesotho	mohlolohloho, mathapo
TshivenꞀꞀa	tshikeꞀꞀetoni, muhangarambo
Xitsonga	kongotlo

Comments: _____

skimmed milk

*Synonym skim milk
Milk from which the cream has been removed.*

Afrikaans	afgeroomde melk
IsiZulu	ubisi olususwe amafuhta nocrimu
IsiXhosa	ubisi olususwe ucwambu
SiSwati	lubisi lolwengulwe lulata
IsiNdebele	itlabhuza
Setswana	tswapo
Sepedi	motsaro
Sesotho	motsarane

<i>Tshiven</i> □□a	mafhi o bviswaho luvhomba, mafhi o bviswaho mapfura masi yo wunguriwa
<i>Xitsonga</i>	
Comments:	

skim milk⇒*skimmed milk*

skin

Natural outer covering of the body.

<i>Afrikaans</i>	vel, huid
<i>IsiZulu</i>	isikhumba
<i>IsiXhosa</i>	isikhumba
<i>SiSwati</i>	sikhumba
<i>IsiNdebele</i>	isikhumba
<i>Setswana</i>	letlalo
<i>Sepedi</i>	letlalo
<i>Sesotho</i>	letlalo
<i>Tshiven</i> □□a	lukanda
<i>Xitsonga</i>	nhlonge
Comments:	

skin cancer

Synonym **skin carcinoma**
Different types of this disease are found; very often caused by too much exposure to the sun.

<i>Afrikaans</i>	velkanker, velkarsinoom
<i>IsiZulu</i>	umhlaza wesikhumba
<i>IsiXhosa</i>	umhlaza wesikhumba
<i>SiSwati</i>	umhlala wesikhumba
<i>IsiNdebele</i>	ikankere yesikhumba
<i>Setswana</i>	kankere ya letlalo
<i>Sepedi</i>	kankere ya letlalo
<i>Sesotho</i>	kankere ya letlalo
<i>Tshiven</i> □□a	khentsa ya lukanda
<i>Xitsonga</i>	khexe ya nhlonge
Comments:	

skin carcinoma⇒*skin cancer*

skin graft

An operation to repair eg a burn or wound by taking a piece of healthy skin to put in place of the damaged skin.

<i>Afrikaans</i>	veloorplanting
<i>IsiZulu</i>	ukufakelwa kwesikhumba
<i>IsiXhosa</i>	ukufakelwa inyama eyonakeleyo emzimbeni

<i>SiSwati</i>	kufakelwa kwesikhumba, kuvuselelwa kwesikhumba ukupetjha inyama emzimbeni karo ya go baakanya letlalo hlokomelo ya letlalo oporeishene ya ho kenya letlalo le letjha, oporeishene ya tokiso ya letlalo
<i>IsiNdebele</i>	
<i>Setswana</i>	
<i>Sepedi</i>	
<i>Sesotho</i>	
<i>Tshiven</i> □□a	□□humetshedzo ya lukanda
<i>Xitsonga</i>	vuhandzuri bya nhlonge
Comments:	

skinny⇒*underweight*

skin trouble

Damage to or ugly spots on the skin.

<i>Afrikaans</i>	velprobleem
<i>IsiZulu</i>	lzinkinga zesikhumba
<i>IsiXhosa</i>	ingxaki yolusu
<i>SiSwati</i>	inkhinga yesikhumba
<i>IsiNdebele</i>	ikinga yesikhumba, umraro wesikhumba
<i>Setswana</i>	bothata ba letlalo
<i>Sepedi</i>	mathata a letlalo
<i>Sesotho</i>	kgathatso ya letlalo, mathata a letlalo
<i>Tshiven</i> □□a	u tshinyala ha lukanda
<i>Xitsonga</i>	ku onhaka ka nhlonge
Comments:	

skull

The bony casing of the head which encloses the brain.

<i>Afrikaans</i>	kopbeen
<i>IsiZulu</i>	ugebhezi lwekhanda
<i>IsiXhosa</i>	ukhakhayi
<i>SiSwati</i>	lukhakhayi
<i>IsiNdebele</i>	amathambo wehloko
<i>Setswana</i>	legata
<i>Sepedi</i>	legata
<i>Sesotho</i>	lehata
<i>Tshiven</i> □□a	dethele, dethe
<i>Xitsonga</i>	xipalapala
Comments:	

sleep n.

A natural state in which the eyes are closed and the mind and body are at rest, usually for several hours every night.

Afrikaans	slaap
IsiZulu	ukulala
IsiXhosa	ukulala
SiSwati	ukulala
IsiNdebele	ukulala
Setswana	boroko
Sepedi	robala
Sesotho	boroko
Tshiveni	u e
Xitsonga	vurhongo

Comments:

sleep v.

To be in a state of sleep

Afrikaans	slaap
IsiXhosa	lala
SiSwati	lala
IsiNdebele	lala
Setswana	go robala
Sepedi	robala
Sesotho	ho robala
Tshiveni	u e
Xitsonga	ku etlela

Comments:

sleeping sickness

A disease of tropical Africa caused by the bite of tsetse flies and of which the symptoms are fever, headaches and chills.

Afrikaans	slaapsiekte
IsiZulu	isifo sokulala
IsiXhosa	isifo sobuthongo
SiSwati	imfiva
IsiNdebele	ubulwelwe bokulala
Setswana	bolokwana
Sepedi	bolwetši bja go robala
Sesotho	lefu la boroko
Tshiveni	vhulwadze ha u e
Xitsonga	ndzhongwani, vuvabyi bya vurhongo, vuvabyi byo etlela

Comments:

sleeplessness

*Synonym insomnia
Inability to sleep*

Afrikaans	slaaploosheid
IsiZulu	ukuqwasha
IsiXhosa	ukuphuthelwa
SiSwati	kucwasha, kuphelelwa butfongo
IsiNdebele	ukuhlubayela, ukuphilelwa
Setswana	tlhobaelo
Sepedi	thlobaelo
Sesotho	ho hlobaela
Tshiveni	vhushayakhofhe
Xitsonga	nkelunkelu, ku pfumala vurhongo

Comments:

sling

A wide bandage which is tied around the neck and in which an injured arm rests.

Afrikaans	hangverband
IsiZulu	ibhandeji ebanzi efaselwa entanyeni olengisa ngayo ingalo uma wephukile
IsiXhosa	ibhandeji ebotshelelwa entanyeni ize ifike nasengalweni xa umntu enengalo eyophukileyo silengiso
SiSwati	isilengiso kolimele umkhono
IsiNdebele	segole
Setswana	lešelathekgo
Sepedi	banteje ya ho tshehetsa sephaka
Sesotho	khungelo
Tshiveni	xisingarhelo
Xitsonga	

Comments:

small intestine

The first part of the the bowel that carries the food from the stomach, and in which the food is broken down so that the body can use it (digested).

Afrikaans	dunderm
IsiZulu	isisu esincane
IsiXhosa	amathumbu amancinci
SiSwati	litfumbu lelincane
IsiNdebele	amathumbu amancani
Setswana	tšorwane
Sepedi	mala a manyenyane

Sesotho	lelana
Tshiven□□a	□□ila □□i□□uku
Xitsonga	xirhumbyana

Comments: _____

smallpox

A very serious infectious disease causing high fever and a rash that scars the skin.

Afrikaans	pokke, pokkies
IsiZulu	ismoliposi
IsiXhosa	ingqakaqha
SiSwati	lufala
IsiNdebele	isigobonyani
Setswana	sekonkonyane
Sepedi	sekobonyane
Sesotho	sekonkonyane, sekgolopane
Tshiven□□a	thomba
Xitsonga	mpondzo

Comments: _____

smear

A little piece of tissue taken from the body and smeared on a microscope slide for examination, such as a Pap smear.

Afrikaans	smeer
IsiZulu	Inyamana encane ethathwa emzimbeni ukuze iyohlolwa
IsiXhosa	umcu othathelwe ukuxilongwa
SiSwati	sisihla
IsiNdebele	inyanyana ehlahlubwako ezeswe isibonakhulu
Setswana	tshaso
Sepedi	tlola
Sesotho	karolwana ya letlalo e nkuwang bakeng sa teko ka maekerosekoupu
Tshiven□□a	simie
Xitsonga	xiphemu xa nyama lexi tekiwaka ku kamberiya

Comments: _____

smoking habit

Habit of smoking cigarettes or a pipe.

Afrikaans	rookgewoonte
IsiZulu	umkhuba wokubhema
IsiXhosa	umkhuba wokutshaya
SiSwati	umkhuba wekubhema
IsiNdebele	umukgwa wokubhema
Setswana	tlwaelo ya go tsuba

Sepedi	mokgwa wa go goga
Sesotho	tlwaelo ya ho tsuba
Tshiven□□a	n□□lowelo ya u daha
Xitsonga	ntolovelo wo dzaha

Comments: _____

smoking risk

The danger of eg lung disease as a result of the smoking habit.

Afrikaans	rokersrisiko
IsiZulu	ingozi yokubhema
IsiXhosa	ingozi yikutshaya
SiSwati	ingoti yekubhema
IsiNdebele	ingozi yokubhema
Setswana	kotsi ya go tsuba
Sepedi	kotsi ya go goga
Sesotho	kotsi ya ho tsuba
Tshiven□□a	khombo ya u daha
Xitsonga	khombo ro dzaha

Comments: _____

smooth muscle⇒involuntary muscle

snack

A small meal that is eaten instead of a main meal or between main meals.

Afrikaans	versnapering
IsiZulu	isibamba moya
IsiXhosa	amashwamshwam
SiSwati	siphungandlala, kudla lokungasho lutfo
IsiNdebele	isibuyisamathe
Setswana	lemme
Sepedi	sesolana
Sesotho	sebiyamala
Tshiven□□a	zwidyangudyangu
Xitsonga	swakudyanyana, swakudyanyana swo dya u yimile

Comments: _____

snakebite serum

Synonym anti-snakebite serum, antivenomous serum

A substance used to treat persons who have been bitten by a snake.

Afrikaans	slangbytserum, slangteengif
IsiZulu	umantshu olwa nobuthi benyoka

IsiXhosa	iyeza lokunyanga umntu olunywe yinyoka
SiSwati	umutsi wekwelapha kulunywa yinyoka
IsiNdebele	ubuhlungu, isibiba
Setswana	selwantsha-botlhole ba go longwa ke noga
Sepedi	seramo ya go ila mpholo wa noga
Sesotho	moriana wa selwantsha-tjhefo (ya ho longwa ke noha)
Tshivenḽḽa	mushonga wa u alafha muthu o luḽḽwaho nga ḽḽowa
Xitsonga	hlungu ya pandzukelo

Comments: _____

sneeze n.

A sudden uncontrollable outburst of air through the nose and mouth as in hayfever or when a person has a cold.

Afrikaans	nies
IsiZulu	ukuthimula
IsiXhosa	ukuthimla
SiSwati	kutsimula
IsiNdebele	ukuthimula
Setswana	ethimola
Sepedi	ethimola
Sesotho	moethimolo
Tshivenḽḽa	u etsimula
Xitsonga	entshemula

Comments: _____

sneeze v.

To make a sneeze as eg in hay fever.

Afrikaans	nies
IsiXhosa	thimla
SiSwati	tsimula
IsiNdebele	thimula
Setswana	go ethimola
Sepedi	ethimola
Sesotho	ho ethimola
Tshivenḽḽa	u etsimula
Xitsonga	ku entshemula

Comments: _____

snore

To breathe heavily and noisily through the mouth and nose while asleep.

Afrikaans	snork
IsiZulu	ukuhona
IsiXhosa	rhona
SiSwati	kuhona
IsiNdebele	rhona
Setswana	gōna
Sepedi	gona
Sesotho	ho kgona, ho hona
Tshivenḽḽa	u hona
Xitsonga	mantonorho, ngoromela

Comments: _____

social drug

Substances like alcohol and tobacco that can be used and bought freely.

Afrikaans	sosiale dwelm, sosiaal aanvaarbare dwelm
IsiZulu	isidakamizwa esivumelekile
IsiXhosa	isiyobisi esiqhelekileyo
SiSwati	sidzakamiva lesemukelekile
IsiNdebele	isidakamizwa esibulula
Setswana	seokobatsi sa botlhe
Sepedi	diokobatši tša kgwerano
Sesotho	sethethefatsi se amohelehileng setjhabeng
Tshivenḽḽa	zwidzizivhadzi zwo tendelwaho u shumiswa
Xitsonga	mahlungu yo toloveleka

Comments: _____

socio-economic circumstances

The way a person lives, that is whether he has money, a house, clothes and food.

Afrikaans	sosio-ekonomiese omstandighede
IsiZulu	Indlela ophila ngayo nokuthi unayo yini imali enele, ukudla kanye nendawo yokuhlala
IsiXhosa	indlela yokuphila
SiSwati	timeko ngekwenhlalomnotfo
IsiNdebele	ijamo lomuntu lezomnotho emphakathini
Setswana	mabaka a ikonomiboago
Sepedi	mabaka a tšhelete le phedišano

Sesotho maemo a setjhaba le a tsa moruo
 Tshiven□□a maimo a vhutshilo
 Xitsonga ndlela leyi munhu a hanyaka hi yona

Comments: _____

sodium chloride⇒salt

soft drink⇒cooldrink

soft palate

The soft top part at the back of the inside of the mouth.

Afrikaans sagte verhemelte
 IsiZulu ulwanga oluthambile
 IsiXhosa indawo engasemva yenkalakahla
 SiSwati emalakanya
 IsiNdebele ilwanga langemva
 Setswana magalapa a a boleta
 Sepedi magalapa a boleta
 Sesotho mahalapa
 Tshiven□□a ha□□wani ha murahu
 Xitsonga lakalaka, laka

Comments: _____

solid n.

A substance which is not a liquid or a gas.

Afrikaans vastestof
 IsiZulu okungancibiliki
 IsiXhosa qinileyo
 SiSwati sigadla
 IsiNdebele isigaqa
 Setswana komota
 Sepedi e tiilego
 Sesotho sekaqa, sethata
 Tshiven□□a tshiomate, tsho khwa□□haho
 Xitsonga gadi

Comments: _____

solid adj.

Which is not liquid or gas.

Afrikaans solied
 IsiXhosa qinile
 SiSwati sigadla
 IsiNdebele sigaqa
 Setswana komota
 Sepedi sethata

Sesotho bokaqa, bothata
 Tshiven□□a tshiomate
 Xitsonga xo tiya

Comments: _____

solution

A liquid in which another substance is dissolved, eg a solution of water and salt.

Afrikaans oplossing
 IsiZulu ingxube
 IsiXhosa umxube
 SiSwati umbhubhudlo
 IsiNdebele ihlanganiso
 Setswana tlhaoloso
 Sepedi motswako
 Sesotho motswako
 Tshiven□□a munwelo
 Xitsonga n'oko

Comments: _____

sonar⇒sonar scan

sonar scan

Synonym sonar, ultrasound scan
A painless procedure whereby a doctor can see what is going on in parts of the body; especially used to look at an unborn baby still inside the womb of its mother.

Afrikaans sonarondersoek, ultraklankaftasting
 IsiZulu isona
 IsiXhosa ukujonga umntwana ongekazalwa esiswini sikanina
 SiSwati luhlolo lwetitfo temtimba
 IsiNdebele umtjhini wokuhlola okungaphakathi komuntu, isona
 Setswana teko ya sona Definition: E dirwa ke ngaka go tlhatlhoba lesea le le iseng le tsalwe.
 Sepedi teko ya modumo wo fetago tekanyo
 Sesotho teko ya soona Definition: E etswa ke ngaka ho bona se etsahalang ka hara mmele, mme ha e bohloko.

Tshiven□□a **sona**
Xitsonga **sona**

Comments: _____

soothe

To make calm.

Afrikaans **kalmeer**
IsiZulu **ukushushuzela,**
 ukuthuzuzela
IsiXhosa **thuthuzela**
SiSwati **kudvudvuta**
IsiNdebele **thulisa**
Setswana **okobatsa**
Sepedi **okobatša**
Sesotho **ho kokobetsa**
Tshiven□□a **u unguvhadza**
Xitsonga **swoswela**

Comments: _____

soothe

To relieve pain.

Afrikaans **verlig, streef**
IsiXhosa **ukupholisa**
SiSwati **kucedza tinhlungu**
IsiNdebele **pholisa**
Setswana **go okobatsa**
Sepedi **okobatša**
Sesotho **ho thethefatsa, ho kokobetsa**
 bohloko
Tshiven□□a **u fhodzisa**
Xitsonga **ku horisa**

Comments: _____

sore n.

Painful place on the body where the skin or flesh is injured.

Afrikaans **seer**
IsiZulu **isilonda**
IsiXhosa **isilonda**
SiSwati **silondza**
IsiNdebele **isilonda**
Setswana **botlhoko**
Sepedi **opa**
Sesotho **leqeba**
Tshiven□□a **tshilonda tshi no vhavha,**
 tshilonda
Xitsonga **xilondza, ku vava**

Comments: _____

sore⇒painful**sore throat**

Pain in the throat, usually caused by inflammation of the tonsils.

Afrikaans **seerkeel**
IsiZulu **Ubuhlungu emphinjeni**
 okubangwa amabhakhithiriya,
 Ukuzwa ushukela, uswayi
 nokunye ukuthi kuyezwakala
 yini ekudleni
IsiXhosa **umqala obuhlungu**
SiSwati **umphimbo lobuhlungu**
IsiNdebele **umphimbo obuhlungu**
Setswana **mometso o o botlhoko**
Sepedi **mogolo wo bohloko**
Sesotho **mmetso o bohloko**
Tshiven□□a **tshilonda tsha mukuloni**
Xitsonga **ku vava ka nkolo**

Comments: _____

spastic

Condition affecting the muscles caused by brain damage.

Afrikaans **spasties**
IsiZulu **ukuphazamiseka kwama**
 masela okubangwa ukulimala
 kobuchopho.
IsiXhosa **ukuchaphazeleka**
 kwamalungu okubangwa
 kukufa kwengqondo
SiSwati **kugidzitela**
IsiNdebele **kutsirimezeka**
Setswana **khunyelo ya mesifa** Definition:
 E bakwa ke kgobalo mo
 bokong.
Setswana **kudupano**
Sepedi **khunyelo ya mešifa** Definition:
 Khunyelo ye e bakwa ke
 kgobalo bjokong.
Sesotho **kgonyelo ya mesifa** Definition:
 E bakwa ke temalo bokong.

Tshiven□□a **u hwetekana ha misipha**
 Definition: *Musi muthu o huvhala maluvhini.*
Xitsonga **ku khanyana swirho**
 Comments: _____

specialist

A doctor specially trained to treat certain parts of the body or a certain group of patients, like eg a heart specialist or paediatrician (children).

Afrikaans **spesialis**
IsiZulu **ucwepheshe**
IsiXhosa **incutshe**
SiSwati **cwepheshe, sipeshalisi**
IsiNdebele **isilemuki**
Setswana **motseneledi**
Sepedi **matwetwe**
Sesotho **ngaka e leng setsibi sa lefu le itseng**
Tshiven□□a **mugudeleli**
Xitsonga **mutshila, ntokoti**
 Comments: _____

spectacles

Two pieces of specially-cut glass in a frame worn in front of the eyes in order to see better.

Synonym **glasses**
Afrikaans **bril**
IsiZulu **izibuko, izibuko zamehlo**
IsiXhosa **iindondo**
SiSwati **tibuko temehlo**
IsiNdebele **amabhlera**
Setswana **diborele**
Sepedi **dipeketsane**
Sesotho **diborele**
Tshiven□□a **mangilasi**
Xitsonga **maghilazi ya mahlo**
 Comments: _____

sperm

Synonym **spermatozoon, semen**
Cell produced by the sex organs of a man which is able to unite with the egg-cell of a woman to make her pregnant.

Afrikaans **sperm, saadsele, spermatozoön**
IsiZulu **isidoda**

IsiXhosa **amadlozi**
SiSwati **sidvodza**
IsiNdebele **isidoda**
Setswana **peo ya bonna**
Sepedi **peu**
Sesotho **peo ya botona**
Tshiven□□a **vhunna**
Xitsonga **mbewu ya xinuna, vununa**

Comments: _____

spermatozoon⇒sperm

sperm count

The concentration of sperm present in the semen of a man.

Afrikaans **spermtelling**
IsiZulu **ukubalwa kwesidoda**
IsiXhosa **ubungakanani bamanzi obudoda**
SiSwati **kubala sidvodza**
IsiNdebele **isibalo sembewu yowesilisa**
Setswana **palo ya peo**
Sepedi **palo ya peu**
Sesotho **tekanyetso ya peo ya botona**
Tshiven□□a **mbalo ya vhunna**
Xitsonga **ku hlayiwa ka vununa, ku hlayiwa ka mbewu ya xinuna**

Comments: _____

spinal cord

Mass of nerve fibres enclosed in the spine; injury may cause paraplegia or quadruplegia.

Afrikaans **rugmurg**
IsiZulu **umfunkulu**
IsiXhosa **umnqonqo**
SiSwati **umgogodla, umfonkholo**
IsiNdebele **ithambo lomgogodlha**
Setswana **mongetsane**
Sepedi **mongetsane**
Sesotho **mokolla**
Tshiven□□a **mutshilitshili**
Xitsonga **nkhenunkhenu**

Comments: _____

spine

Synonym **backbone, vertebral column**
Row of small linked bones down the middle of the back from the skull to the hips.

<i>Afrikaans</i>	ruggraat, rugstring, werwelkolom
<i>IsiZulu</i>	umgogodla, iqolo
<i>IsiXhosa</i>	umqolo
<i>SiSwati</i>	umgogodla
<i>IsiNdebele</i>	irholo lethambo lomgogodlha
<i>Setswana</i>	lerapo la mokwatla, mokokotlo
<i>Sepedi</i>	mokokotlo
<i>Sesotho</i>	masapo a mokokotlo
<i>Tshiven</i> □□a	mu□□o□□o
<i>Xitsonga</i>	longo

Comments: _____

spirits

Strong alcoholic drinks such as brandy, rum, whisky or gin.

<i>Afrikaans</i>	sterk drank
<i>IsiZulu</i>	ugologo
<i>IsiXhosa</i>	iziselo ezinxilisayo
<i>SiSwati</i>	gologo, mankantjane
<i>IsiNdebele</i>	isisele esidakako
<i>Setswana</i>	dituki
<i>Sepedi</i>	dino tše bogale
<i>Sesotho</i>	senotahi sa sepiniti
<i>Tshiven</i> □□a	tshipiriti, halwa ha u vhavha
<i>Xitsonga</i>	xipayoni, xipiriti

Comments: _____

spleen

An organ near the stomach which regulates the quality of the blood.

<i>Afrikaans</i>	milt
<i>IsiZulu</i>	ubende
<i>IsiXhosa</i>	ubende
<i>SiSwati</i>	lubendze
<i>IsiNdebele</i>	ibende
<i>Setswana</i>	lebeta
<i>Sepedi</i>	lebeta
<i>Sesotho</i>	lebeta
<i>Tshiven</i> □□a	lumende
<i>Xitsonga</i>	rivengo

Comments: _____

splint

Device of plaster, metal or wood used to keep a broken bone in position so that it can heal properly.

<i>Afrikaans</i>	spalk
<i>IsiZulu</i>	isiplinti, Kungaba ugodo noma yini eqinile engasetshenziswa uma uphukile ukuze ukuphuka kungaqubeki
<i>IsiXhosa</i>	isibopho sokubopha ithambo elaphukileyo
<i>SiSwati</i>	luhlaka lwekubopha
<i>IsiNdebele</i>	sisekelo somkhono nofana umlenze ophukileko
<i>Setswana</i>	sepalaka
<i>Sepedi</i>	sepalaka
<i>Sesotho</i>	lefaisa, setshehetso
<i>Tshiven</i> □□a	thikho, tshiparako
<i>Xitsonga</i>	xihlangalala

Comments: _____

spongy

Light, porous and elastic, eg like the lungs.

<i>Afrikaans</i>	sponsagtig
<i>IsiZulu</i>	isiponji
<i>IsiXhosa</i>	mfakumfaku
<i>SiSwati</i>	-sasipantji
<i>IsiNdebele</i>	isponji
<i>Setswana</i>	boleta
<i>Sepedi</i>	hupago
<i>Sesotho</i>	e seponse
<i>Tshiven</i> □□a	zwa tshipontshi, shukuto
<i>Xitsonga</i>	xiponji

Comments: _____

spotted fever⇒typhus**sprain n.**

An injury caused by sudden twisting of a joint, especially a wrist or an ankle.

<i>Afrikaans</i>	verstuiting, verswikking
<i>IsiZulu</i>	isipreyini
<i>IsiXhosa</i>	ukukruneka
<i>SiSwati</i>	senyelo, kubhinyeka
<i>IsiNdebele</i>	ukutshinyeka, ukuthinyeka
<i>Setswana</i>	thinyego
<i>Sepedi</i>	thinyego
<i>Sesotho</i>	nonyetseho

Tshiven□□a **phireo**
Xitsonga **nsuleko**

Comments: _____

sprain v.

To damage a joint by sudden twisting, especially a wrist or an ankle.

Afrikaans **verstuit, verswik**
IsiXhosa **kruna**
SiSwati **kwenyela**
IsiNdebele **thinyeka, tshinyeka**
Setswana **go thinyega**
Sepedi **thinyega**
Sesotho **ho nonyetseha**
Xitsonga **ku suleka**

Comments: _____

sputum

Saliva mixed with mucus coughed up from the lungs.

Afrikaans **sputum**
IsiZulu **ispathamu**
IsiXhosa **isikhohlela**
SiSwati **ematse**
IsiNdebele **isikhohlela**
Setswana **segotlhola**
Sepedi **sehuba**
Sesotho **sehohlela**
Tshiven□□a **tshilambwa**
Xitsonga **xikhohlola**

Comments: _____

squint

Disorder in which the eyes do not move together.

Afrikaans **skeelheid**
IsiZulu **ingxemu**
IsiXhosa **igxwem**
SiSwati **emasoli**
IsiNdebele **namehlo aphambeneko**
Setswana **pelekane**
Sepedi **leana**
Sesotho **mahlo a tshweka, mahlo a pelekaneng**

Tshiven□□a **mangai**
Xitsonga **swola**

Comments: _____

stamina

Energy and strength needed to keep on with an activity for a long period of time.

Example *Exercise helps to build stamina.*

Afrikaans **stamina, uithouvermoë**
IsiZulu **isitamina, Isitamina, ukuba nomoya**

IsiXhosa **amandla**
SiSwati **umfutfo wemandla**
IsiNdebele **amandla wokubambelela**
Setswana **setšhe**
Sepedi **kgotlelelo**
Sesotho **mokoka**
Tshiven□□a **maan□□a, □□ungo**
Xitsonga **ntamu**

Comments: _____

stammer

To speak or say something in a hesitant way or repeat the first letters of words.

Afrikaans **hakkell**
IsiZulu **Ukuphindaphinda, ukugcizelela**

IsiXhosa **ukuthintitha**
SiSwati **ngangamela**
IsiNdebele **ngingiza**
Setswana **kokoretsa**
Sepedi **kwakwetša**
Sesotho **ho kokotletsa, ho hweleha**
Tshiven□□a **u kakamela**
Xitsonga **gamagameka**

Comments: _____

starvation

Suffering from lack of food.

Afrikaans **verhongering, hongersnood**
IsiZulu **uklamba**
IsiXhosa **indlala**
SiSwati **indlala**
IsiNdebele **indlala**
Setswana **tlala**
Sepedi **tlala**
Sesotho **tlala**

<i>Tshiven</i> □□a	u fa nga n□□ala, u sika, n□□ala
<i>Xitsonga</i>	nsiko, ndlala

Comments: _____

starve

To suffer from great hunger.

<i>Afrikaans</i>	hongerly, verhonger
<i>IsiZulu</i>	ukulamba
<i>IsiXhosa</i>	ukulamba
<i>SiSwati</i>	kuphatfwa yindlala, kubulawa yindlala
<i>IsiNdebele</i>	lamba khulu
<i>Setswana</i>	go bolawa ke tlala
<i>Sepedi</i>	tlala
<i>Sesotho</i>	ho shwa ke tlala, ho lapa
<i>Tshiven</i> □□a	u sika
<i>Xitsonga</i>	ku sika

Comments: _____

STD⇒sexually transmitted disease

sterile⇒infertile

sterile

Completely clean and free from germs.

<i>Afrikaans</i>	steriel
<i>IsiXhosa</i>	ngenantsholongwane
<i>SiSwati</i>	-ngenamagciwane
<i>IsiNdebele</i>	hlanzeke khulu
<i>Setswana</i>	tlhwekileng
<i>Sepedi</i>	e thlwekilego
<i>Sesotho</i>	tlhweko dikokwanahlokong
<i>Tshiven</i> □□a	u sa vha na zwitshili
<i>Xitsonga</i>	lexi nga hava switsongwatsongwana

Comments: _____

sterile dressing

A covering which is free from germs that is put on a wound.

<i>Afrikaans</i>	steriele wonddekkings, steriele wondverband
<i>IsiZulu</i>	ibhandeji elingenawo amagciwane
<i>IsiXhosa</i>	ukubopha okungenazintsholongwane
<i>SiSwati</i>	libhandishi lelingenamagciwane

<i>IsiNdebele</i>	ibhanditjhi ehlanzekileko
<i>Setswana</i>	sefapo se se tlhwekileng
<i>Sepedi</i>	mfofo wo thlwekilego
<i>Sesotho</i>	tlami e hlwekileng
<i>Tshiven</i> □□a	bandishi i si na zwitshili
<i>Xitsonga</i>	bandeji ra nxuvo

Comments: _____

sterilisation

Operation by which a man or a woman is made unable to have children.

<i>Afrikaans</i>	sterilisasie
<i>IsiZulu</i>	ukuthena
<i>IsiXhosa</i>	ukudlolisa
<i>SiSwati</i>	kuvala intalo, kucedvwa kwembewu
<i>IsiNdebele</i>	thena, phawula
<i>Setswana</i>	opafatso
<i>Sepedi</i>	kgakolo
<i>Sesotho</i>	ho kwalwa tswala, ho kwalwa boikatiso, ho opafatsa
<i>Tshiven</i> □□a	mukumiso, u thena
<i>Xitsonga</i>	nxuvo

Comments: _____

sterilisation

Process by which germs are killed.

<i>Afrikaans</i>	sterilisasie
<i>IsiZulu</i>	ukubulala amagciwane
<i>IsiXhosa</i>	ukubulala iintsholongwane
<i>SiSwati</i>	kubulala emagciwane
<i>IsiNdebele</i>	ukusteralayiza, indlela yokubulala umulwani
<i>Setswana</i>	go foka <go phepafatsa kgatlhanong le megare>
<i>Sepedi</i>	hlwekisa
<i>Sesotho</i>	tlhwekiso kgahlanong le dikokwanahloko
<i>Tshiven</i> □□a	mbulawo ya zwitshili
<i>Xitsonga</i>	xuva, dlaya switsongwatsongwana

Comments: _____

sterilise

To make free from germs.

Example *The doctor sterilises his instruments before using it.*

<i>Afrikaans</i>	steriliseer
<i>IsiZulu</i>	ukubulala amagciwane
<i>IsiXhosa</i>	ukubulala iintsholongwane

SiSwati	kubulala emagciwane
IsiNdebele	hlanzisisa
Setswana	go foka
Sepedi	thlwekiša
Sesotho	ho hlwekisa kgahlanong le dikokwanahloko
Tshiven□□a	u vhulaha zwitshili
Xitsonga	xuva

Comments: _____

sterilise

To do an operation to make a man or a woman no longer able to have children.

Afrikaans	steriliseer
IsiZulu	thena
IsiXhosa	ukudlolisa
SiSwati	kuvala intalo, kucedza imbewu
IsiNdebele	thena, phawula
Setswana	opafatsa
Sepedi	fagola
Sesotho	ho kwala tswala, ho kwala boikatiso, ho opafatsa
Tshiven□□a	u langa mbebo
Xitsonga	ku dlaya mbeleko, dzidzirisa

Comments: _____

sterility⇒infertility

stethoscope

An instrument that a doctor uses to listen to the heart and other sounds inside the body.

Afrikaans	stetoskoop, gehoorpyp
IsiZulu	isipopolo
IsiXhosa	ixilongo logqirha
SiSwati	sipopolo
IsiNdebele	iipopolo
Setswana	sethetesekoupu
Sepedi	sethetesekoupu
	Definition: <i>Sediriswa seo se somiswago ke dingaka go theeletsa medumo ya pelo le ditho tse dingwe ka gare ga mmele.</i>
Sesotho	stethosekoupu
Tshiven□□a	stethosikoupu
Xitsonga	muchini wo pompola

Comments: _____

sticking plaster⇒adhesive plaster

stillbirth

Birth of a dead child.

Afrikaans	doodgeboorte
IsiZulu	Ukuzalwa kwengane engenazo izimpawu zempilo
IsiXhosa	imvambilini
SiSwati	kutalwa ufile
IsiNdebele	ukubelethwa sele ahlolongakele
Setswana	motlaalapile
Sepedi	sefolotšane
Sesotho	ho tswala ngwana a se a kgathetse
Tshiven□□a	u bebiwa ha □□wana o lovha
Xitsonga	n'wana loyi a velekiwaka a lovile

Comments: _____

stillborn baby

Dead when it is born.

Afrikaans	doodgebore baba
IsiZulu	umtwana ozalwe eseshonile
IsiXhosa	usana oluzelwe lufile
SiSwati	umntwana lotelwe afile
IsiNdebele	isana elibeletwe lihlolongakele
Setswana	motlaalapile
Sepedi	ngwana yo a belegwego a hwile
Sesotho	lesea le tswetsweng le kgathetse
Tshiven□□a	□□wana ane a bebiwa o lovha
Xitsonga	n'wana loyi a velekiwaka a lovile

Comments: _____

stimulant

A drug or substance that causes a person to become more active or alert.

Afrikaans	stimulant
IsiZulu	isikhuthaza
IsiXhosa	isivuseleli
SiSwati	sihlahlambiso, sihlakahliso
IsiNdebele	isikhuthazi, umvusi
Setswana	phaphamisi
Sepedi	sematlafatši
Sesotho	setlhare se tsoang, setsosollotsi

Tshiven□□a **tshikarusi**
Xitsonga **xinyanyuli**

Comments: _____

sting n.

Part of an insect used to prick through a person's skin like a sharp needle.

Example *The sting of the bee must be taken out of the skin.*

Afrikaans **angel**
IsiZulu **udosi, ukutinyela**
IsiXhosa **ulwamvila, hlaba**
SiSwati **ludvonsi, kuntinyela**
IsiNdebele **iliva, kutinyelwa** <isib yinunwana>

Setswana **lebolela, ponya**
Sepedi **lebolela**
Sesotho **tšenene**
Tshiven□□a **luvholela, u luma**
Xitsonga **ndzhombo**

Comments: _____

sting n.

The wound or mark caused by the pricking of the skin by an insect such as eg a bee.

Afrikaans **steek**
IsiZulu **isigxala**
IsiXhosa **sitinyelo**
SiSwati **ukutinyelwa, ukusuzelwa**
IsiNdebele **lebadi la go longwa**
Setswana **lebadi la go longwa**
Sepedi **leqeba la ho hlajwa**
Sesotho **□□ilumelo**
Tshiven□□a **xilondza xo luma hi**
Xitsonga **xitsotswana**

Comments: _____

sting v.

To wound by pricking the skin, usually by insects.

Example *The child cries when the bee stings her.*

Afrikaans **steek**
IsiZulu **tinyela**
IsiXhosa **suzela**
SiSwati **tinyela**
IsiNdebele **tinyela, suzela**
Setswana **ponya**

Sepedi **loma**
Sesotho **ho hlaba ka tšenene**
Tshiven□□a **luvholela**
Xitsonga **ku lumiwa hi xitsotswana**

Comments: _____

stitch n. <plural: stitches>

Synonym **suture**

One turn of a special piece of thread that a doctor uses to sew the edges of a wound together.

Example *The doctor had to put in 5 stitches to close the cut on his leg.*

Afrikaans **steek**
SiSwati **sitishi**
IsiNdebele **ukuthungwa komuntu**
Setswana **moroko**
Sepedi **moroko** <singular>
Sesotho **moroko**
Tshiven□□a **murungo**
Xitsonga **ndzhungo**

Comments: _____

stitch v.

Synonym **suture**

To use a special needle and thread to join the edges of a wound together so that it will heal.

Afrikaans **steke insit**
IsiZulu **isitishi**
IsiXhosa **thunga**
SiSwati **kutfunga**
IsiNdebele **thunga**
Setswana **go roka**
Sepedi **roka**
Sesotho **ho roka leqeba**
Tshiven□□a **u runga**
Xitsonga **ku rhunga**

Comments: _____

stomach

A saclike organ that lies inside the ribs and beneath the lungs where food is digested.

Afrikaans **maag**
IsiZulu **isisu**
IsiXhosa **isisu**
SiSwati **sisu**
IsiNdebele **umrhoru**
Setswana **mogodu**

<i>Sepedi</i>	mala
<i>Sesotho</i>	mpa
<i>Tshiven</i> □□a	thumbu, tshi □□elo
<i>Xitsonga</i>	khwiri

Comments: _____

stool ⇒ faeces

stress

Any factor such as injury, disease or worry that affects a person's wellbeing.

<i>Afrikaans</i>	stres
<i>IsiZulu</i>	isitresi
<i>IsiXhosa</i>	ukucinezeleka
<i>SiSwati</i>	kudzinwa, kucineka
<i>IsiNdebele</i>	ukudinwa emkhumbulweni nofana emzimbeni
<i>Setswana</i>	kgatelelo
<i>Sepedi</i>	kgatelelo
<i>Sesotho</i>	kgatello moyeng, ho tshwenyeha moyeng
<i>Tshiven</i> □□a	khandelelo
<i>Xitsonga</i>	ku karhala ka miri kumbe miehleketo

Comments: _____

stretchmark

Silver mark that remains visible on the skin of the belly or breasts due to the swelling of the body during pregnancy.

<i>Afrikaans</i>	rekmerk
<i>IsiZulu</i>	umnyama
<i>IsiXhosa</i>	umnyama
<i>SiSwati</i>	umnaba
<i>IsiNdebele</i>	iminyame
<i>Setswana</i>	mabadi a ngangego
<i>Sepedi</i>	mabadi a ngangego
<i>Sesotho</i>	monyama
<i>Tshiven</i> □□a	dzimbambakhadzi
<i>Xitsonga</i>	ku vambeka ka tinyama

Comments: _____

stroke

Sudden attack of illness in the brain that can cause loss of the power to move, speak clearly etc.

<i>Afrikaans</i>	beroerte, toeval
<i>IsiZulu</i>	isitrokhi
<i>IsiXhosa</i>	ukufa komzimba

<i>SiSwati</i>	sifo sekutfwebuleka kwemtimba
<i>IsiNdebele</i>	istrokhi, ukuthwebuleka
<i>Setswana</i>	mofama
<i>Sepedi</i>	titeo
<i>Sesotho</i>	seterouku, kgaoho ya tshohanyetso ya methapo bokong Definition: <i>Kgaoho ena e ka baka lefu, kgolofalo kapa ho se kgone ho bua ka phethahalo.</i>
<i>Tshiven</i> □□a	tshi □□irouku
<i>Xitsonga</i>	ntlhaveko, ndzhati, ximfula

Comments: _____

stye

Infected place on the edge of the eyelid, usually red and swollen.

<i>Afrikaans</i>	karkatjie
<i>IsiZulu</i>	inkohlisa
<i>IsiXhosa</i>	indumbisa
<i>SiSwati</i>	ingongoma
<i>IsiNdebele</i>	ikohlela
<i>Setswana</i>	sesimane
<i>Sepedi</i>	sešimanyana
<i>Sesotho</i>	tlhasela
<i>Tshiven</i> □□a	tshisimana
<i>Xitsonga</i>	nhlekela

Comments: _____

substance

A material or type of matter.

<i>Afrikaans</i>	stof
<i>IsiZulu</i>	into
<i>IsiXhosa</i>	into
<i>SiSwati</i>	intfo
<i>IsiNdebele</i>	into
<i>Setswana</i>	sere
<i>Sepedi</i>	selo
<i>Sesotho</i>	ntho, ntho e ka angwang
<i>Tshiven</i> □□a	thukhitha
<i>Xitsonga</i>	nchumu

Comments: _____

sufficient intake

Getting enough of a certain type of food or drink.

<i>Afrikaans</i>	voldoende inname
<i>IsiZulu</i>	ukuthola ngokwanele
	izinhlobo ezithile zokudla
<i>IsiXhosa</i>	ukuthatha ngokwaneleyo

SiSwati	kutsatsa ngalokwanele
IsiNdebele	thola ngokwanele
Setswana	go ja dijo tse di lekaneng, go kgora
Sepedi	go ja go go lekanego
Sesotho	ho fumana dijo kapa dino tse lekaneng
Tshivenꞌꞌa	u ꞌꞌa zwiꞌꞌiwa zwo
Xitsonga	linganaho mpimo lowu eneleke

Comments: _____

suffocate

To die as a result of not being able to breathe.

Afrikaans	versmoor
IsiZulu	cinana
IsiXhosa	futhanisela
SiSwati	kucinana, kufutselana
IsiNdebele	bulawa simuku
Setswana	go hupelwa
Sepedi	kgamega
Sesotho	ho bipelwa, ho qhwelwa
Tshivenꞌꞌa	u pfunda
Xitsonga	ku tlimbiwa

Comments: _____

suffocation

Condition of not being able to breathe.

Afrikaans	versmoring
IsiZulu	ukucinana
IsiXhosa	ukufuthaniseleka
SiSwati	kucinana
IsiNdebele	ukubulawa simuku
Setswana	khupelomowa
Sepedi	kgamego
Sesotho	pipetso
Tshivenꞌꞌa	vhupfundi
Xitsonga	xihluku

Comments: _____

sugar

A sweet substance usually in the form of white crystals which is used to sweeten food or coffee, tea etc.

Afrikaans	suiker
IsiZulu	ushukela
IsiXhosa	iswekile
SiSwati	shukela
IsiNdebele	iswigiri, umdoseni

Setswana	sukiri
Sepedi	swikiri
Sesotho	tswekere
Tshivenꞌꞌa	swigiri
Xitsonga	chukela

Comments: _____

suicide

The act of killing oneself intentionally.

Afrikaans	selfmoord
IsiZulu	ukuzibulala
IsiXhosa	ukuzibulala
SiSwati	kutibulala
IsiNdebele	ukuzibulala
Setswana	boipolao
Sepedi	go ipolaya
Sesotho	ho ipolaya
Tshivenꞌꞌa	vhuꞌꞌivhulahi
Xitsonga	ku tihinga, ku tisunga, ku tidlaya

Comments: _____

sunburn

Redness of the skin and blisters caused by staying in the sun for too long.

Afrikaans	sonbrand
IsiZulu	Umonakalo esikhumbeni obangwa ukuhla elangeni isikhathi eside
IsiXhosa	ukutshiswa lilanga kolusu
SiSwati	kushiswa lilanga
IsiNdebele	ukutjhiswa yilanga
Setswana	dipala
Sepedi	go fišwa ke letšatši
Sesotho	ho tjheswa ke letsatsi
Tshivenꞌꞌa	u swa nga ꞌꞌuvha
Xitsonga	ku tshwa hi dyambu

Comments: _____

sunken eyes

Eyes set deep in the sockets, usually as a result of illness or bad health.

Afrikaans	ingesonke oë
IsiZulu	Amehlo ashone phakathi
IsiXhosa	amehlo agongxokileyo
SiSwati	emehlo langene ekhatsi, tingobho
IsiNdebele	amehlo asemgodini
Setswana	matlho a a wetseng
Sepedi	mahlo a kotimetšego

Sesotho mahlo a kgohletseng
 Tshivenꞌꞌa maꞌꞌo o welaho, maꞌꞌo o
 godimelaho
 Xitsonga mahlo lama ngeheneke
 endzeni

Comments: _____

sunstroke⇒*heatstroke*

supporting bra

Undergarment that should be worn by pregnant and breast-feeding women to support the breasts.

Afrikaans ondersteunende bra
 IsiZulu ubhidisi
 IsiXhosa ibhodisi
 SiSwati ibhodisim, sibambamabele
 IsiNdebele itjhimbisi, ibhodi
 Setswana setshwaramatswele
 Sepedi seswaramatswele
 Sesotho setlama-matswele sa
 tshehetso Definition: *Se*
tshwanetse ho sebediswa ke
baimana le ba antshang.

Tshivenꞌꞌa bodi
 Xitsonga xiboha-mavele, xitlhekusi,
 xihakarha-mavele

Comments: _____

suppuration

The forming of a thick yellow fluid called pus in a wound or part of the body because of infection.

Afrikaans ettering
 IsiZulu Ukukhanywa kobomvu,
 ukuphuma kobomvu
 IsiXhosa ukuchiza
 SiSwati bukhubele, kubhibha
 IsiNdebele kuba nobubovu
 Setswana tutelo
 Sepedi go tswa boladu
 Sesotho ho tswa boladu
 Tshivenꞌꞌa u bva ha vhulwa
 Xitsonga malanga

Comments: _____

surgery

Medical treatment by performing an operation.

Afrikaans chirurgie
 IsiZulu Indawo yokuhlinzela
 IsiXhosa ukutyanda
 SiSwati tekuhlinza
 IsiNdebele isejari, ukuhlinzwa
 esibhedlela
 Setswana karo
 Sepedi karo
 Sesotho kalafo ya ho buuwa
 Tshivenꞌꞌa muaro, vhuari, sedzhari
 Xitsonga xiyenge xa vuhandzuri,
 ndhawu yo tshungula vavabyi

Comments: _____

surgery

A place where a doctor or dentist sees his patients.

Afrikaans spreekkamer
 IsiXhosa igumbi likagqirha
 SiSwati isejari, indzawo yadokotela
 IsiNdebele isejari
 Setswana boalafelo
 Sepedi satšeri
 Sesotho ngakeng
 Tshivenꞌꞌa sedzhari
 Xitsonga ndhawu yo tshungula vavabyi

Comments: _____

suspension

A liquid containing tiny particles of solid matter floating in it.

Afrikaans suspensie
 IsiZulu ukumisa
 IsiXhosa ukutshintshwa
 SiSwati lokusaliketjezi lokunalokutsite
 IsiNdebele ekhatsi
 Setswana isasipentjhi
 Sepedi kemiso
 Sesotho kemišo
 Tshivenꞌꞌa mokedikedi o hloko hlwang
 Xitsonga phaphamalo
 papamala

Comments: _____

suture⇒*stitch*

swallow

To pass food or drink from the mouth to the stomach with the help of the muscles in the throat.

Afrikaans	sluk
IsiZulu	ukugwinya
IsiXhosa	ginya
SiSwati	kugwinya
IsiNdebele	ginya
Setswana	metsa
Sepedi	kwametša
Sesotho	ho kwenya, ho metsa
Tshivenꞌꞌa	u mila
Xitsonga	ku mita

Comments: _____

sweat n.

Synonym perspiration
The salty liquid which comes through the skin when it is very hot or when a person is ill or scared.

Afrikaans	sweet, perspirasie
IsiZulu	umujuluko
IsiXhosa	umbilo
SiSwati	umjuluko, titfukutfuku
IsiNdebele	umjuluko, ingurumela
Setswana	mofufutso
Sepedi	kudumela
Sesotho	mofufutso
Tshivenꞌꞌa	biko
Xitsonga	nyuku

Comments: _____

sweat v.

Synonym perspire
To have sweat coming out through small holes in the skin.

Afrikaans	sweet, perspireer
IsiZulu	juluka
IsiXhosa	bila
SiSwati	juluka, foma
IsiNdebele	juluka
Setswana	go fufulelwa
Sepedi	fufulelwa
Sesotho	ho fufulelwa
Tshivenꞌꞌa	u bva biko
Xitsonga	ku dzuka nyuku

Comments: _____

sweat pore

Synonym pore
A small opening in the skin through which the sweat comes.

Afrikaans	sweetgaatjie, porie
IsiZulu	imbobo yesikhumba, imbobo yomujuluko
IsiXhosa	intunja, intunja yombilo
SiSwati	sikhala semjuluko
IsiNdebele	iimbotjana zomjuluko, iimbotjana zengurumela
Setswana	lesobana, leroba la mofufutso
Sepedi	lerobana la kudumela
Sesotho	lesoba la mofufutso
Tshivenꞌꞌa	mabuli a biko
Xitsonga	ximbhovana, ximbhovana xa nyuku

Comments: _____

swell

To become larger or rounder than normal, usually as a result of illness or injury.

Afrikaans	swel
IsiZulu	ukuvuvuka
IsiXhosa	ukudumba
SiSwati	kuvuvuka
IsiNdebele	ukuvuvuka
Setswana	ruruga
Sepedi	ruruga
Sesotho	ho ruruha
Tshivenꞌꞌa	u zwimba
Xitsonga	kukumuka, ku pfimba, rhumbela

Comments: _____

swelling

Place on the body which stands out from the rest as a result of eg an injury or illness.

Afrikaans	swelsel
IsiZulu	ukuvuvuka
IsiXhosa	ukudumba
SiSwati	kuvuvukala
IsiNdebele	vuvukile
Setswana	boruruga
Sepedi	go ruruga

Sesotho	thuruho, boruuisi
Tshiven□□a	nzwimbo, u zwimba
Xitsonga	rhukubya

Comments: _____

swollen

Being larger or rounder than normal, eg as a result of an injury or illness.

Example *After the car accident his face was swollen.*

Afrikaans	geswel
IsiZulu	dumbile
IsiXhosa	idumbile
SiSwati	vuvukile
IsiNdebele	vuvukile
Setswana	rurugile
Sepedi	rurugile
Sesotho	e ruruhileng
Tshiven□□a	u zwimba
Xitsonga	bvubvuka

Comments: _____

symptom

Change in the body that is a sign of an illness, such as pain or high fever.

Afrikaans	simptoom
IsiZulu	Uphawu lwesifo esithile
IsiXhosa	uphawu
SiSwati	imphawu, inkhomba yesifo
IsiNdebele	itshwayo lobulwelwe
Setswana	sesupo, letshwao
Sepedi	sešupo
Sesotho	letshwao
Tshiven□□a	tsumbadwadze
Xitsonga	nkombeto, xikombiso

Comments: _____

syndrome

A set of symptoms found together indicating a particular disease or abnormal condition, such as eg Down's syndrome.

Afrikaans	sindroom
IsiZulu	Izimpawu zesifo esithile
IsiXhosa	impawu ezalatha into engamanga kakuhle emzimbeni
SiSwati	isindromu, inhlanganisela yetimphawu tesifo
IsiNdebele	isindromu

Setswana	sindromo
Sepedi	sindromo
Sesotho	pokellano ya matshwao a lefu
Tshiven□□a	sin□□iromu
Xitsonga	swikombiso swa vuvabyi

Comments: _____

syphilis

A serious disease passed from one person to another during sexual activity (sexually transmitted disease); causes sores on the sex organs and throughout the body if not treated in time.

Afrikaans	sifilis
IsiZulu	isifilisi
IsiXhosa	igcushuwa
SiSwati	gcunsula, sipatjolo, lijovela
IsiNdebele	isifilisi
Setswana	sifilisi
Sepedi	thosola
Sesotho	mokaola
Tshiven□□a	thusula
Xitsonga	thusula, vuva

Comments: _____

syringe

A device used for injecting drugs into a person's body or for taking blood samples.

Afrikaans	spuit
IsiZulu	spuit, isirinja
IsiXhosa	isirinji
SiSwati	umjovo
IsiNdebele	ispeyidi
Setswana	lemao
Sepedi	sepeiti
Sesotho	sepeiti, mohlabelo
Tshiven□□a	dzhegiseni, tshipeiti
Xitsonga	xitlhaveti

Comments: _____

T

table salt ⇒ salt

tablet ⇒ pill

tampon

A plug of cotton wool or other absorbent material fitted into a woman's sex organ to take in the monthly bleeding; also used to stop bleeding or absorb secretions in other parts of the body.

Afrikaans	tampon
IsiZulu	okokuvimbela ukopha kowesifazane uma eya esikhathini
IsiXhosa	isivingco sokunqanda ukopha
SiSwati	sibhinco
IsiNdebele	itamponi
Setswana	tampone
Sepedi	setsenyo
Sesotho	thampone
TshivenꞀꞀa	maꞀꞀambelo, themponi, tshithivho, muserwa
Xitsonga	voya bya vutiyi lebyi sivelaka ku huma ka ngati

Comments: _____

tapeworm

Long flat worm which lives in the bowels and stomach of a person.

Afrikaans	lintwurm
IsiZulu	umsundu
IsiXhosa	intshulube
SiSwati	linyokane
IsiNdebele	amanyokani
Setswana	mphe
Sepedi	nogana ya lenti
Sesotho	tlhoya
TshivenꞀꞀa	tsela, theiphweme
Xitsonga	nyoka ya le ndzeni

Comments: _____

taste

One of the five senses; enables a person to sense whether food is sweet, sour, bitter or salt.

Afrikaans	smaak
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IsiZulu	ukunambitha
IsiXhosa	ngcamla
SiSwati	kunambitsa
IsiNdebele	ukunambitha
Setswana	tatso
Sepedi	tatso
Sesotho	tatso
TshivenꞀꞀa	muthetshelo
Xitsonga	nantswo

Comments: _____

TB ⇒ tuberculosis**tear**

Salty liquid that flows from the eye, eg when a person is crying or has hayfever.

Afrikaans	traan
IsiZulu	inyembezi
IsiXhosa	inyembezi
SiSwati	inyembeti
IsiNdebele	iminyembezi
Setswana	keledi
Sepedi	mookgo
Sesotho	keledi
TshivenꞀꞀa	muꞀꞀodzi
Xitsonga	nhloti

Comments: _____

tear gland

*Synonym lacrimal gland
Part which produces tears.*

Afrikaans	traanklier
IsiZulu	idlala lezinyembezi
IsiXhosa	idlala lenyembezi
SiSwati	lidlala letinyembeti
IsiNdebele	idlala yeminyembezi
Setswana	kgeleswa ya dikeledi
Sepedi	dithaka tša mookgo
Sesotho	pudula ya meokgo, pudula ya dikeledi
TshivenꞀꞀa	thanga dza miꞀꞀodzi
Xitsonga	nhlarimbya ya mihloti

Comments: _____

teenage pregnancy

A young girl between 13 and 19 years of age having a child developing in the womb.

Afrikaans	tienswangerskap
IsiZulu	ukukhulelwa kwentsha
IsiXhosa	ukukhulelwa kolutsha

SiSwati	kumitsa kwensha
IsiNdebele	kukuba sidisi kwetja
Setswana	go ima ga moša
Sepedi	kemero bošeng
Sesotho	ho ima ha batjha
Tshivenꞌꞌa	vhuimana ha vhaswa
Xitsonga	xinhwanyetana lexi biheke emirini

Comments: _____

teeth <plural: see tooth>

IsiZulu	amazinyo
IsiXhosa	amazinyo
SiSwati	ematinyo
IsiNdebele	amazinyo
Setswana	meno
Sepedi	meno
Sesotho	meno
Tshivenꞌꞌa	maꞌꞌo
Xitsonga	meno

Comments: _____

teething

When the teeth of a baby is starting to appear through its gums, often causing pain.

Afrikaans	tandekry
IsiZulu	ukumilisa
IsiXhosa	ukufumana amazinyo okuqala
SiSwati	kutsenga, kutselela
IsiNdebele	ukuthenga, ukumilisa
Setswana	go medisa
Sepedi	mediša
Sesotho	ho medisa
Tshivenꞌꞌa	u mela maꞌꞌo
Xitsonga	ku boxa meno

Comments: _____

temperature

*Synonym body temperature
The degree of hotness of the body which can be a sign of illness; measured by using a clinical thermometer.*

Afrikaans	koors, liggaamstemperatuur
IsiZulu	izinga lokushisa
IsiXhosa	iqondo lobushushu
SiSwati	lizinga lekushisa
IsiNdebele	izinga lokutjhisa emzimbeni
Setswana	themphereitšha
Sepedi	themperetšha ya mmele
Sesotho	themperetjha ya mmele

Tshivenꞌꞌa	thempharetsha
Xitsonga	mahiselo

Comments: _____

temple

The flat part of the head at each side of the forehead.

Afrikaans	slaap
IsiZulu	indawo engaphambi kanye nengemuva kwezindlebe
IsiXhosa	intlafuno
SiSwati	inhlafuno
IsiNdebele	ihlafunyo
Setswana	tempele
Sepedi	tempele
Sesotho	tlhafunelo
Tshivenꞌꞌa	thembele
Xitsonga	tempele, xivandla exikarhi ka mahlo ni tindleve

Comments: _____

temporary splint

Something like a rolled up towel or newspaper used to keep a broken bone still until a doctor can set it properly.

Afrikaans	tydelike spalk
IsiZulu	uhlaka lwesikhashana
IsiXhosa	isincedi sexeshana
SiSwati	luhlaka lwesikhashana
IsiNdebele	sisekelo somkhono nofana umlenze ophukileko sesikhatjhana
Setswana	sepalaka sa nakwana
Sepedi	sepalaka sa nakwana
Sesotho	lefaisa la nakwana Definition: <i>Le entsweng ka lesela kapa ka koranta.</i>
Tshivenꞌꞌa	thikho ya tshifhinganyana
Xitsonga	xihlangalala

Comments: _____

tender breasts

Sensitive and painful when touched; an early sign of pregnancy.

Afrikaans	gevoelige borste
IsiZulu	amabele antofontofo
IsiXhosa	ukufuvuka kwamabele
SiSwati	emabele latsambile
IsiNdebele	ukuzwela khulu kwamabele

Setswana	matswele a a boleta e bile a le botlhoko
Sepedi	matswele a boleta
Sesotho	matswele a bohloko
Tshivenꞌꞌa	vhupfi ha maꞌꞌamu
Xitsonga	mavele lama olovaka

Comments: _____

tension

A feeling of worry or nervousness which makes it difficult for a person to relax.

Afrikaans	spanning
IsiZulu	ixhala
IsiXhosa	ukuxhalaba
SiSwati	kuba nesicinano
IsiNdebele	ukutshwenyeka, ukubopheka
Setswana	letsapa
Sepedi	kgagamalo
Sesotho	tsitsipano, ho se iketle, ngongoreho
Tshivenꞌꞌa	mbilaelo
Xitsonga	ku hiseka

Comments: _____

terminal disease

An illness that causes death and cannot be cured.

Afrikaans	terminale siekte
IsiZulu	isifo esiyogcina sikukulele
IsiXhosa	isifo esibulalayo
SiSwati	sifo lesimatima
IsiNdebele	ubulwelwe obubulalako
Setswana	bolwetse bo bo bolayang
Sepedi	bolwetši bja go bolaya
Sesotho	lefu le bolayang
Tshivenꞌꞌa	vhulwadze vhu no vhulaha
Xitsonga	vuvabyi lebyi yisaka eku feni

Comments: _____

testicle

Synonym testis
One of the pair of round sex glands in a man enclosed in a bag of skin behind and below the penis (scrotum) that produces the male seed (sperm).

Afrikaans	testikel, testis
IsiZulu	amasende <taboo>
IsiXhosa	isende
SiSwati	lisendze
IsiNdebele	isende, ihlwayi

Setswana	lerete, thala
Sepedi	marete
Sesotho	lekwalata <vulgar>, lerete, lepele <euphemism>
Tshivenꞌꞌa	dzhende
Xitsonga	matandza ya xinuna <euphemism>, nyongori

Comments: _____

testis⇒testicle

tetanus

Synonym lockjaw
A serious and painful disease caused by bacteria that enter the body through cuts and wounds; causes the muscles to stiffen, especially that of the jaw.

Afrikaans	tetanus, klem-in-die-kaak
IsiZulu	umhlathi-ngqi, ithethanasi
IsiXhosa	uminxano-mihlathi, uminxano mihlathi
SiSwati	umshokoma
IsiNdebele	umhlathi-ngqi, inghanghabala
Setswana	khirimano
Sepedi	kgohlanyamehlagare
Sesotho	tsitsipano ya mohlahare, mohlahare o nganganeng
Tshivenꞌꞌa	tetanus, tetanasi
Xitsonga	vuvabyi byo oma tinhlaya, vuvabyi bya rihlaya

Comments: _____

the itch⇒scabies

the Pill⇒contraceptive pill

thermometer⇒clinical thermometer

thigh

The part of the leg between the hip and the knee.

Afrikaans	dy, bobeen
IsiZulu	ithanga
IsiXhosa	ithanga
SiSwati	litsanga
IsiNdebele	inyonga
Setswana	serope
Sepedi	serope
Sesotho	serope
Tshivenꞌꞌa	tshirumbi
Xitsonga	ndzhumbi

Comments: _____

thin ⇒ *underweight*

third trimester

The third or last three-month period of pregnancy.

Afrikaans	derde trimester, derde drie maande
IsiZulu	Izinyanga ezintathu zokugcina zokukhulelwa
IsiXhosa	inyanga zokugqibela zokubanzima
SiSwati	tinyanga letintsatfu tesitsatfu
IsiNdebele	iinyanga ezintathu zamaphelelo <kosidisi>
Setswana	kgweditharo ya boraro
Sepedi	kgweditharo ya boraro ya kmero
Sesotho	kgweditharo ya boraro ya ho ima
TshivenꞀꞀa	miꞀꞀwedzi miraru ya vhuimana
Xitsonga	tin'hweti tinharhu to hetelela to biha emirini

Comments: _____

thorax

Synonym breast, chest
The top part of the front of the body between the neck and the waist where the ribs, lungs and heart are.

Afrikaans	toraks, bors, borskas
IsiZulu	isifuba
IsiXhosa	isifuba <kwintwala yentloko>
SiSwati	sifuba
IsiNdebele	isifuba
Setswana	sehuba
Sepedi	kgara
Sesotho	sefuba
TshivenꞀꞀa	khana
Xitsonga	xifuva

Comments: _____

threadworm

Synonym pinworm
A small worm living in the end part of the bowel (large intestine).
 Example *Threadworms cause severe itching.*

Afrikaans	draadwurm, haarwurm
IsiZulu	isikelemu
IsiXhosa	intshulube
SiSwati	linyokane
IsiNdebele	amanyokana
Setswana	nogana ya tlhale
Sepedi	nogana ya thlale
Sesotho	lenyonyo
TshivenꞀꞀa	ꞀꞀowana
Xitsonga	xivungu xa marhumbu, manyokane

Comments: _____

throat

The front part of the neck.

Afrikaans	keel
IsiZulu	umphimbo
IsiXhosa	umqala
SiSwati	umphimbo, bhongwane
IsiNdebele	umphimbo
Setswana	mometso
Sepedi	mogolo
Sesotho	mmetso
TshivenꞀꞀa	mukulo
Xitsonga	nkolo

Comments: _____

throat

Passage in the neck through which food passes to the stomach and air passes to the lungs.

Afrikaans	keel
IsiXhosa	umqala
SiSwati	bhongwane, ummito
IsiNdebele	umphimbo
Setswana	mometso
Sepedi	mometšo
Sesotho	mmetso
TshivenꞀꞀa	gulokulo
Xitsonga	nkolo

Comments: _____

thrombosis

Formation of a blood clot in a blood vessel or in the heart.

Afrikaans	trombose
IsiZulu	ukwakheka kwamahlulu egazi emthanjeni
IsiXhosa	ukuvaleka komthambo lihlwili
SiSwati	kucina kwengati emitsanjeni
IsiNdebele	ukwakhekha kwehlwili ehliziyweni nofana emithanjeni
Setswana	go bopega ga letlhole mo pelong kgotsa tshikeng
Sepedi	go direga ga lehlwe la madi methapong
Sesotho	kaheho ya mahlwele pelong kapa setsamaisamading
TshivenꞀꞀa	u vhumbea ha govho ꞀꞀa malofha
Xitsonga	ku vumbeka ka felangati

Comments: _____

thrombus⇒*blood clot***throw up**

Synonym vomit
To bring out out food or other matter from the stomach through the mouth, eg because of illness.

Afrikaans	opgooi, opbring, vomeer, braak
IsiZulu	ukuhlantza, ukubuyisa
IsiXhosa	gabha
SiSwati	kubuyisa, kuhlanta
IsiNdebele	buyisa, hlanza
Setswana	go tihatsa, go kgwa
Sepedi	hlatša
Sesotho	ho hlatsa
TshivenꞀꞀa	u ꞀꞀanza
Xitsonga	ku hlanta

Comments: _____

thrush

Disease which occurs in the mouth and throat of small children, as well as the inside of the sex organ of a woman.

Afrikaans	sproei
IsiZulu	amalovula
IsiXhosa	isifo samaqhakuva emlonyeni nasemqaleni
SiSwati	sifo setitfo tasengwace
IsiNdebele	ispruyi

Setswana	diso tse di tswang mo lelemeng la ngwana
Sepedi	dišo
Sesotho	lekgopho lelemeng le molomong wa bana, lekgopho le tshwaetsang dithong tsa sesadi
TshivenꞀꞀa	vhulwadze ha fungasi
Xitsonga	vurhukurha

Comments: _____

thumb

The shortest and thickest of the fingers on the hand.

Afrikaans	duim
IsiZulu	isthupha
IsiXhosa	ubhontsi
SiSwati	sitfupha
IsiNdebele	uthubhakguru
Setswana	kgonojwe
Sepedi	monotona
Sesotho	monotona, monwana o motona wa letsoho
TshivenꞀꞀa	gunwe
Xitsonga	khudzu

Comments: _____

thyroid gland

A gland in the neck that produces substances which control the way the body grows and functions.

Afrikaans	skildklier, tiroïedklier
IsiZulu	itayirodi glandi
IsiXhosa	idlala lengqula
SiSwati	lidlala leligilo
IsiNdebele	idlala yegilogo, idlala yethayirodi
Setswana	kgeleswa ya kodunama
Sepedi	thaka ya kgokgokgo
Sesotho	pudulana ya qhoojwa/kodu
TshivenꞀꞀa	thanga
Xitsonga	nhlarimbya ya kholokholo

Comments: _____

tibia⇒*shinbone*

tick

A small insect-like animal which lives on the bodies of people and animals and uses their blood as food; their bite can cause illness.

Afrikaans	bosluis
IsiZulu	umukhaza
IsiXhosa	ikhalane
SiSwati	likhatane
IsiNdebele	umkhaza
Setswana	kgofa
Sepedi	kgofa
Sesotho	mokgasa, kgofa
Tshivenꞌꞌa	thatha, tshievhe
Xitsonga	xigalana

Comments: _____

tick bite

A small wound caused by the bite of a tick; it can lead to an illness such as tick fever.

Afrikaans	bosluisbyt
IsiZulu	Ukulunywa yinoma isphi isilwane esimunca igazi
IsiXhosa	ukulunywa likhalane
SiSwati	kulunywa likhatane
IsiNdebele	inceba lokulunywa mkhaza
Setswana	go longwa ke kgofa
Sepedi	go longwa ke kgofa
Sesotho	leqeba la ho longwa ke kgofa
Tshivenꞌꞌa	ꞌꞌilumelo ꞌꞌa tshievhe
Xitsonga	ku lumiwa hi xigalana

Comments: _____

tick fever

An illness caused by the bite of a tick.

Afrikaans	bosluiskoors
IsiZulu	Isifo esibangwa ukulunywa umkhaza
IsiXhosa	umkhuhlane owenziwe kukulunywa likhalane
SiSwati	imfiva yekulunywa likhatane
IsiNdebele	kutjhisa komzimba nofana bulwelwe obulethwa kulunywa mikhaza
Setswana	bolwetse jwa kgofa
Sepedi	bolwetši bja kgofa
Sesotho	feberu ya mokgasa
Tshivenꞌꞌa	mufhiso wa tshievhe, mugalane
Xitsonga	rigalana

Comments: _____

tissue

Cells that are alike in form or purpose and make up a particular part of the body, such as muscle tissue, lung tissue, etc.

Afrikaans	weefsel
IsiZulu	ithishu
IsiXhosa	inyama ethile emzimbeni
SiSwati	inyama, ithishu
IsiNdebele	iinyama
Setswana	togwa
Sepedi	thlalenama
Sesotho	thishu, popeho ya disele
Tshivenꞌꞌa	tsikila, ꞌꞌama
Xitsonga	tinyama

Comments: _____

tobacco

A harmful substance which people smoke in pipes or cigarettes.

Example Tobacco has numerous harmful effects on the smoker.

Afrikaans	tabak
IsiZulu	Ugwayi
IsiXhosa	icuba
SiSwati	ligwayi
IsiNdebele	igwayi, itjhwala
Setswana	motsoko
Sepedi	motsoko
Sesotho	kwae
Tshivenꞌꞌa	fola
Xitsonga	fole

Comments: _____

toe

Any one of the five movable parts at the end of the foot.

Afrikaans	toon
IsiZulu	uzwane
IsiXhosa	uzwane
SiSwati	lutwane
IsiNdebele	izwani
Setswana	monwana wa leoto
Sepedi	monwana wa leoto

Sesotho	monwana wa leoto
Tshiven□□a	tshikunwe
Xitsonga	xikunwana

Comments: _____

toilet

Synonym lavatory
A seatlike device used when getting rid of faeces or urine from the body.

Afrikaans	toilet
IsiZulu	indlu yangasese
IsiXhosa	ithobhi
SiSwati	indlu lencane, umthoyi, lithoyilethi
IsiNdebele	indlu yokuzithuma
Setswana	ntlwana, boithusetso
Sepedi	boithomelo
Sesotho	ntlwana
Tshiven□□a	bunga
Xitsonga	xihambukelo, xiyindlwana, xihumelo

Comments: _____

toilet paper

Paper used for cleaning one's body after using the toilet.

Afrikaans	toiletpapier
IsiZulu	iphepha lendlu yangasese
IsiXhosa	iphepha lendlu yangasese
SiSwati	liphepha lasendlini lencane, ithoyilethiphepha
IsiNdebele	iphephe lendlini yokuzithuma
Setswana	pampiri ya ntlwana
Sepedi	pampiri ya boithomelo
Sesotho	pampiri ya ntlwaneng
Tshiven□□a	bambiri □□ine □□a shumiswa
Xitsonga	bungani
	phepha ra le xihambukelweni

Comments: _____

toilet training⇒potty training

tongue

Soft movable part inside the mouth which is used in tasting, eating and speaking.

Afrikaans	tong
IsiZulu	ulimu
IsiXhosa	ulwimi
SiSwati	lulwimi

IsiNdebele	ilimu
Setswana	loleme
Sepedi	leleme
Sesotho	leleme
Tshiven□□a	lulimi
Xitsonga	ririmi

Comments: _____

tonsillitis

Inflammation of the tonsils causing a sore throat, fever, and difficulty in swallowing.

Afrikaans	mangelontsteking
IsiZulu	Ukuphathwa amathansela
IsiXhosa	ukudumba kweendimla
SiSwati	emadlala, emathonsela
IsiNdebele	ubulwelwe bamadlala
Setswana	kgotelo ya dikodu
Sepedi	dithaka
Sesotho	thuruho ya ditemetwane
Tshiven□□a	vhulwadze ha thanga, vhulwadze ha tseleswa, vhulwadze ha khala
Xitsonga	minkolo, ndzhumbelo wa xindzin'wana

Comments: _____

tonsils <plural> tonsil <singular>

Two small soft lumps found at the sides of the throat at the back of the mouth which help protect the body against infection.

Afrikaans	mangels
IsiZulu	amathansela
IsiXhosa	iindimla
SiSwati	emadlala
IsiNdebele	amadlala, amathonseli
Setswana	dikodu
Sepedi	dithaka
Sesotho	ditemetwane
Tshiven□□a	dzithanga, tseleswa, khala
Xitsonga	xindzin'wana

Comments: _____

tooth <plural: teeth>

One of the hard white bony objects in the mouth used for biting and chewing food.

Afrikaans	tand
IsiZulu	izinyo
IsiXhosa	izinyo
SiSwati	litinyo
IsiNdebele	izinyo

Setswana	leino
Sepedi	leino <plural: maino>
Sesotho	leino
Tshiven□□a	i□□o
Xitsonga	tino

Comments: _____

toothache

A pain in a tooth.

Afrikaans	tandpyn
IsiZulu	Ubuhlungu bezinyo
IsiXhosa	izinyo elibuhlungu
SiSwati	buhlungu belitinyo
IsiNdebele	ubuhlungu bezinyo
Setswana	go opelwa ke leino
Sepedi	go bolawa ke mehlagare
Sesotho	ho opelwa ke leino
Tshiven□□a	u rema ha i□□o
Xitsonga	ku pandza ka tino

Comments: _____

toothbrush

A small brush with a long handle for cleaning the teeth.

Afrikaans	tandeborsel
IsiZulu	Ibhulashi lokuhlamba amazinyo
IsiXhosa	ibhrashi yokuhlamba amazinyo
SiSwati	sihlukunghlo
IsiNdebele	ibhratjhi yamazinyo
Setswana	boraše ba meno
Sepedi	borosolo ya meno
Sesotho	borosolo ba meno
Tshiven□□a	bulatsho ya ma□□o
Xitsonga	bulachi ya meno

Comments: _____

tooth decay ⇒ dental caries

tooth extraction

The pulling out of a tooth from the mouth by a dentist.

Afrikaans	tanduittrekking, tandekstraksie
IsiZulu	ukukhishwa kwezinyo
IsiXhosa	ukukhupha izinyo
SiSwati	kukhishwa kwelitinyo
IsiNdebele	ukukhutjwa kwezinyo

Setswana	go ntsha leino
Sepedi	go ntšha leino
Sesotho	ho ntsha leino
Tshiven□□a	u kula i□□o
Xitsonga	ku gula tino, ku susiwa ka tino

Comments: _____

toothpaste

A thick substance which is put on the toothbrush to clean the teeth.

Example Toothpaste that contains fluoride protects teeth against tooth decay as well as gum disease.

Afrikaans	tandepasta
IsiZulu	umuthi wokuhlamba amazinyo
IsiXhosa	intlama yamazinyo
SiSwati	umutsi wekuhlukunghlo
IsiNdebele	isihlahla sokuhlamba amazinyo
Setswana	sesepa sa meno
Sepedi	sesepa sa go hlapa meno
Sesotho	sesepa sa meno
Tshiven□□a	bwindi, □□onzhe □□a u □□amba ma□□o
Xitsonga	xisibi xa meno

Comments: _____

toxic

Having a poisonous effect.

Afrikaans	toksies
IsiZulu	Into enobuthi, enobungozi inetyhefu
IsiXhosa	inetyhefu
SiSwati	-ba nebutsi, -ba nashevu
IsiNdebele	nethoksini, nesihlungu, netjhefu
Setswana	-nang le botlhole
Sepedi	mpholo
Sesotho	e nang le tjhefo
Tshiven□□a	zwi re na phoizeni
Xitsonga	chefu, vuxungu

Comments: _____

toxin

A poisonous substance, especially one formed by bacteria in plants and animals.

Afrikaans	toksien
IsiZulu	Ubuthi obukhiqizwa amabhakhithiriya, ithokhizini ityhefu, ubuhlungu shevu, butsi ithoksini, isihlungu, itjhefu, itjhefu ebangwa ziingogwana eziphila emizimbeni
IsiXhosa	
SiSwati	
IsiNdebele	
Setswana	bothole
Sepedi	mpholo
Sesotho	tjhefo
Tshiven□□a	phozeni, thokizini, vhutulu
Xitsonga	vuxungu

Comments: _____

toxoplasmosis

A disease carried especially by cats that can very easily be passed on to people and even to unborn children through the pregnant mother.

Afrikaans	toksoplasrose
IsiZulu	isifo esithwalwa amakati asindlulisele kubantu
IsiXhosa	itokzoplasmosisi
SiSwati	sifo lesitfwalwa ngemakati
IsiNdebele	ithokzoplasmosisi, ubulwelwe obuthwalwa bokatsu
Setswana	tshwaetso ya dikatse e e ka amang lesea le le iseng le tsalwe
Sepedi	thoksopolasemosisi Definition: <i>ke bolwetsi bja Dikatse bjo bo ka fetelago batho gabonolo le bana ba sego ba belegwe ba ka bo humana go bo mmabo.</i>
Sesotho	tshwaetso ya dikatse e ka amang lesea le popelong, thoksopolasemosisi
Tshiven□□a	toxoplasmosis
Xitsonga	toxoplasmosis

Comments: _____

trachea⇒windpipe**trance**

A state in which a person is not fully aware of what is going on around him.

Afrikaans	beswying
IsiZulu	Isimo lapho umuntu enganalo ulwazi ngezinto ezimuzungezile
IsiXhosa	iphupharha
SiSwati	sitfongwane sengcondvo
IsiNdebele	ukulahlekelwa mkhumbulo
Setswana	letsha
Sepedi	sekakidibalo
Sesotho	ho hapeha moya, ho nkeha mohopolo
Tshiven□□a	muloro
Xitsonga	vuphume

Comments: _____

tranquilliser

A drug that makes an anxious person feel calm.

Afrikaans	susmiddel
IsiZulu	itrankwilaza
IsiXhosa	iyeza lokuzolisa
SiSwati	sidzambisi
IsiNdebele	isidakamizwa esehlisa amatshwenyeko
Setswana	seokobatsi
Sepedi	sekhutšisi
Sesotho	sekokobetsi
Tshiven□□a	zwidzidzivhadzi zwa u unguvhadza
Xitsonga	xidzidzihati lexi herisaka nchavo no karhala

Comments: _____

transfusion⇒blood transfusion**transmit** <a disease>

To pass from one person to another, as eg a disease like AIDS.

Afrikaans	oordra
IsiZulu	ukundlulisa, ukusabalalisa, Ukundlulisa isifo
IsiXhosa	yosulela <isifo>, sulela <isifo>
SiSwati	dlulisela, engcisela, fakela
IsiNdebele	thutha <ubulwelwe>
IsiNdebele	khambisa <ubulwelwe>, dlulisela <ubulwelwe>

Setswana	tshela <bolwetse>
Sepedi	go fetetša
Sesotho	ho fetisa lefu, ho tshwaetsa
Tshivenꞌꞌa	tshirathisi, u rathisa, tshifhirisi, tsha vhlulwadze, u pfukisa
Xitsonga	hangalasa

Comments: _____

trauma

Damage to the body such as a wound or injury, or emotional shock caused by a terrible experience.

Afrikaans	trauma
IsiZulu	itroma
IsiXhosa	ukwenzakala
SiSwati	kulimala matima
IsiNdebele	ubuhlungu obukhulu
Setswana	manokonoko
Sepedi	kgobalo
Sesotho	temalo mmeleng kapa moyeng Definition: <i>Ka lebaka la kotsi kapa ketsahalo e mpe haholo.</i>
Tshivenꞌꞌa	ꞌꞌhiroma
Xitsonga	ku vaviseka

Comments: _____

trimester

One of the three periods of approximately three months into which pregnancy is divided.

Afrikaans	trimester
IsiZulu	ingxeny e yokuthathu ezinyangeni zokukhulelwa
IsiXhosa	inxenye ekwahlukanisweni kweenyanga zokukhulelwa ngantathu
SiSwati	incenye kuletintsatfu ngesikhatsi sekukhulelwa
IsiNdebele	ukuhlukaniswa kweenyanga ngazintathu kosidisi
Setswana	kgweditharo
Sepedi	kgweditharo Definition: <i>Sebaka se tee sa dikgwedi tse tharo seo boimana bo arogantswego ka sona.</i>
Sesotho	kgweditharo ya ho ima
Tshivenꞌꞌa	miꞌꞌwedzi miraru miraru ya vhuimana
Xitsonga	xiphemu xin'we xa tin'hweti to biha emirini

Comments: _____

trunk

The main part of the body without the head, neck, arms and legs.

Afrikaans	romp
IsiZulu	Umzimba uma ikhanda, intamo, imilenze kanye nezingalo kungekho, Umzimba ngaphandle kwezingalo, intamo, ikhanda nemilenze
IsiXhosa	isiqu, isibhukubhuku
SiSwati	umtimba
IsiNdebele	umzimba
Setswana	mmele
Sepedi	sebelebele
Sesotho	sebelebele, mmele
Tshivenꞌꞌa	mutumbu
Xitsonga	miri

Comments: _____

tsetse fly

An African fly that feeds on blood and can cause serious diseases, such as sleeping sickness, in the people and animals that it bites.

Afrikaans	tsetsevlieg
IsiZulu	insense flayi
IsiXhosa	ingcongconi
SiSwati	sibawu selunakana
IsiNdebele	ihlobo lepukani ebanga ubulwelwe bokulala
Setswana	tsetse
Sepedi	ntšhitsetse
Sesotho	seboba
Tshivenꞌꞌa	mmbo
Xitsonga	seke

Comments: _____

tuberculosis

Synonym TB <acronym>, consumption
Serious infectious disease that affects many parts of the body, especially the lungs.

Afrikaans	tuberkulose, TB <acronym>
Afrikaans	tering
IsiZulu	isifo sofuba
IsiXhosa	isifo sephepha
SiSwati	sifo sesifuba
IsiNdebele	ubulwelwe besifuba

Setswana
Sepedi

bolwetse ba mafatla
bolwetši bja mafahla, TB
Definition: *Bolwetsi bjo kotsi bja go fetela bjo ka hlaselago dikarolo tsa mmele tse dintsi, kudu maswafo.*

Sesotho
Tshiven□□a
Xitsonga

lefuba
lufhia, thibii
rifuva

Comments: _____

tubular

Small, long and hollow like a tube.

Afrikaans
IsiZulu

buisvormig
Okuncane, okude
kanyenembobo

IsiXhosa
SiSwati
IsiNdebele
Setswana
Sepedi
Sesotho
Tshiven□□a
Xitsonga

imibhobho
-ngumbhobho, -litfumbu
sathumbu
sebopego sa tšhupu
ya tšhupu
e kang tjhupu
tsha tshubu
thumbu

Comments: _____

tumour

An abnormal mass of new tissue growing in or on part of the body.

Afrikaans
IsiZulu

gewas
Yinoma ikuphi ukuvuvuka
okungajwayelekile emzimbeni

IsiXhosa
SiSwati
IsiNdebele
Setswana
Sepedi
Sesotho
Tshiven□□a
Xitsonga

ilifa
lichubu, litfumba
ilifa, ithumba
tlhagala
sešo
hlahala
bundu
rhumba, thumba, xipfimbo

Comments: _____

twins

Two babies that are born at the same time and of the same parents.

Afrikaans
IsiZulu
IsiXhosa
SiSwati
IsiNdebele

tweeling
amawele
amawele
amaphahla
amaphahla

Setswana
Sepedi
Sesotho
Tshiven□□a
Xitsonga

mawelana
mafahla
mafahla
malwelavan□□a
mahahla

Comments: _____

typhoid⇒*enteric fever*

typhoid fever⇒*enteric fever*

typhus

Synonym
spotted fever
An infectious disease carried by lice, which causes headache, red spots over the body and a high fever.

Afrikaans
IsiZulu
IsiXhosa
SiSwati
IsiNdebele
Setswana
Sepedi
Sesotho
Tshiven□□a
Xitsonga

tifus, tifuskoors
ithayifasi
isifo seentwala
luhlobo lwemfiva
ubulwelwe beentwala
letshoroma la lenta, lenta
lenta
lenta, lefu la dinta
thafasi, thifusi
thayipasi, thayifasi

Comments: _____

U

ulcer

An open sore on the outside or inside of the body.

Afrikaans
IsiZulu
IsiXhosa
SiSwati
IsiNdebele
Setswana
Sepedi
Sesotho
Tshiven□□a
Xitsonga

ulkus, rouseer, seer
iyul'sa
isilonda
silondza sangekhatsi, i-alsa
isilonda esingapholiko
tlhagala
alsa
hlenehlene, seso
□□watela
phokola, thumba, xilondza

Comments: _____

ulna

The inner and longer of the two bones from the elbow to the wrist.

Afrikaans	ulna
IsiZulu	iyul'na
IsiXhosa	ithambo lengalo
SiSwati	litsambo lemkhono
IsiNdebele	ithambo lomkhono
	elingaphakathi
Setswana	sefarateng
Sepedi	sefakana
Sesotho	lesapo la letsoho le ka tlase
TshivenꞀꞀa	shamboꞀꞀilivhakuwe
Xitsonga	xintihwana <rhambu ra voko>

Comments: _____

ultrasound scan⇒sonar scan

umbilical cord

The tube which connects the baby to its mother before it is born and through which the unborn baby receives oxygen and nutrients.

Afrikaans	naelstring
IsiZulu	umbilikhali khodi, lthumbu elihlanganisa umama nengane ngenkathi ingakazalwa
IsiXhosa	imfesane
SiSwati	inkhaba
IsiNdebele	inongo
Setswana	thapo ya mohubu
Sepedi	kalana
Sesotho	kalana, mokallo wa mokgubu
TshivenꞀꞀa	mukovhori
Xitsonga	nkava

Comments: _____

unconscious

A condition of being unaware of what is going on around one, as in sleep.

Example The man is still unconscious after the accident and cannot tell what has happened.

Afrikaans	bewusteloos
IsiZulu	ukuquleka
IsiXhosa	ngabisezingqondweni
SiSwati	-ngaboni, -ngeva
SiSwati	culekile
IsiNdebele	tsirimezekile, yathile
Setswana	kidibalo
Sepedi	idibetšego
Sesotho	ho idibana

TshivenꞀꞀa	u dzidzivhala
Xitsonga	titivala

Comments: _____

underweight

Synonym thin, skinny

When a person has too little flesh on his body, eg because of not having enough to eat or because of illness.

Afrikaans	ondergewig, maer
IsiZulu	zacile
IsiXhosa	bhityile
SiSwati	-ondzile, -ba nemicondvo
IsiNdebele	wondile
Setswana	go ota
Sepedi	sese
Sesotho	ho ota
TshivenꞀꞀa	u sekana
Xitsonga	ku ondza

Comments: _____

upper arm

The part of the arm between the shoulder and the elbow.

Afrikaans	boarm
IsiZulu	izinkonyane
IsiXhosa	umphezulu wengalo
SiSwati	umkhono wangenhla
IsiNdebele	ingaphezulu lomkhono
Setswana	lesufutsogo
Sepedi	sefaka
Sesotho	sephaka
TshivenꞀꞀa	tshishasha
Xitsonga	voko-xihenhla

Comments: _____

urge

A strong need, eg an urge to urinate.

Afrikaans	drang
IsiZulu	ukuphiswa
IsiXhosa	ukutshiseka
SiSwati	inshisekelo
IsiNdebele	ukuphatheka
Setswana	phisego

Sepedi	tutuetšo
Sesotho	ho tjheseha
Tshiven□□a	u fhisea
Xitsonga	nsusumeto

Comments: _____

urinary bladder

Synonym **bladder**
An organ shaped like a hollow bag that stores the urine before it leaves the body.

Afrikaans	urienblaas, blaas
IsiZulu	isinye
IsiXhosa	isinyi
SiSwati	sinye
IsiNdebele	isinye
Setswana	setlha, senya
Sepedi	senya
Sesotho	senya
Tshiven□□a	dundelo
Xitsonga	thundela, ndzhundzhelo

Comments: _____

urinate

To discharge urine from the body.
 Example *Due to the enlarging womb during pregnancy, the mother may have the urge to urinate more frequently.*

Afrikaans	urineer
IsiZulu	ukuchama
IsiXhosa	ukuchama
SiSwati	kuchama, kugcabhaza
IsiNdebele	thunda, hlambuluka, joba
Setswana	rota
Sepedi	hlapologa
Sesotho	ho rota, ho ntsha metsi <euphemism>
Tshiven□□a	u runda
Xitsonga	ku xixita

Comments: _____

urine

Waste liquid that collects in the bladder and is passed from the body.

Afrikaans	urine, urien
IsiZulu	umuchamo
IsiXhosa	umchamo
SiSwati	umchamo
IsiNdebele	umthondo
Setswana	moroto
Sepedi	mohlapologo

Sesotho	moroto
Tshiven□□a	murundo
Xitsonga	mirhundzu, mixixito

Comments: _____

uterus⇒womb

uvula

The small soft piece of flesh which hangs from the top of the inside of the mouth at the back.

Afrikaans	kleintongetjie, uvula
IsiZulu	u-uvula
IsiXhosa	incakrancakra
SiSwati	govana, lilakanya
IsiNdebele	ikanka
Setswana	lelengwana
Sepedi	lelengwana
Sesotho	lelengwana
Tshiven□□a	luli□□wana, tshidikadika
Xitsonga	mpfun'wana, ndzin'wana

Comments: _____

V

vaccinate

Synonym **inoculate**
To inject a person with a substance which will protect him against a certain disease, such as eg measles.

Afrikaans	vaksineer, inent, ent
IsiZulu	goma
IsiXhosa	gonya
SiSwati	goma
IsiNdebele	sowuda, enda
Setswana	enta
Sepedi	enta
Sesotho	ho enta
Tshiven□□a	u haya, u ennda
Xitsonga	tlhavela mpondzo, sawutisa

Comments: _____

vaccination

Synonym **inoculation**
The injection of a person with a substance which will protect him against a certain disease, such as eg measles.

Afrikaans	vaksinering, inenting
IsiZulu	ukugoma
IsiXhosa	ukugonya
SiSwati	kugoma
IsiNdebele	ukusowuda, uku-enda
Setswana	kento
Sepedi	thlabelo
Sesotho	ente, kento
TshivenꞀꞀa	muhayo, muenndo
Xitsonga	ntlhavelo, nsawutiso, vutlhavelo

Comments: _____

vaccine

A substance given to people, usually by injection, to protect them against a certain disease, such as eg measles.

Afrikaans	vaksien, entstof
IsiZulu	umgomo
IsiXhosa	iyeza lesitofu
SiSwati	umutsi wekugoma
IsiNdebele	i-endo
Setswana	moento
Sepedi	moento
Sesotho	seenti
TshivenꞀꞀa	khaelo, tshihaelo
Xitsonga	murhi wo tlhavela

Comments: _____

vagina

The passage from the womb to the outside of the body through which a baby moves during childbirth.

Afrikaans	vagina
IsiZulu	isitho sangasese
	sowesifazane
IsiXhosa	indlela eya esizalweni
SiSwati	inhlunu, sitfo salomsikati
IsiNdebele	isifazi <euphemism>
Setswana	nnyo
Sepedi	nnyoo
Sesotho	namahadi <taboo>, nnyo <taboo>, setho sa bosadi <euphemism>
	nnyo
TshivenꞀꞀa	xirho xa mbeleko xa xisati <euphemism>, hlunu <taboo> <xirho xa xisati>
Xitsonga	

Comments: _____

vaginal discharge

Blood or other fluid coming out of the sex organ of a woman.

Afrikaans	vaginale afskeiding
IsiZulu	okuphuma esithweni
	sangasese sowesifazane
IsiXhosa	ulwelo oluphuma ngaphantsi
SiSwati	lokuphuma ngesitfo salomsikati
IsiNdebele	okuphuma esifazini
Setswana	go nya ga nnyo
Sepedi	go tšwetšwena ga nnyoo
Sesotho	lero le tswang bosading
TshivenꞀꞀa	zwibvannyoni
Xitsonga	thyaka ra xirho xa xisati

Comments: _____

varicose vein

Blood vessel, especially of the leg, that has become thickened, swollen and painful.

Afrikaans	spataar
IsiZulu	umthambo ovuvukele
IsiXhosa	umdondosholo
SiSwati	umtsambo lonelihlwili
IsiNdebele	umthambo weverikhosi
Setswana	setlisamaditotoma
Sepedi	tšhikakoto
Sesotho	mororopa o motala, thuruho ya methapo ya madi
	u zwimba ha tsinga dza malofha
TshivenꞀꞀa	
Xitsonga	mpfimbo-nkhulukwana

Comments: _____

vasectomy

An operation that is done on a man in order to remove his ability to make a woman pregnant, by cutting the tube carrying the male seed.

Afrikaans	vasektomie
IsiZulu	ivasekhithomi
IsiXhosa	utyando lokwenza indoda ingabinanzala
SiSwati	kuvalwa kwentalo yalomdvuna
IsiNdebele	ivasekthomi, ukusikwa okukhandela imbeleko kowesilisa
Setswana	baseketomi
Sepedi	phagolo
Sesotho	oporeishene ya ho kwala tswala monneng
	vasekhithomi
TshivenꞀꞀa	

<i>Xitsonga</i>	vuhandzuri byo sivela mbeleko eka wanuna
Comments:	

VD⇒ *sexually transmitted disease***vein**

A blood vessel through which blood flows to the heart.

<i>Afrikaans</i>	aar
<i>IsiZulu</i>	umthambo, umuthambo
<i>IsiXhosa</i>	umthambo
<i>SiSwati</i>	umtsambo
<i>IsiNdebele</i>	mthambo weengazi
<i>Setswana</i>	tshika
<i>Sepedi</i>	seišamadi
<i>Sesotho</i>	setlisamadi
<i>Tshiven</i> □□a	lutsinga
<i>Xitsonga</i>	nsiha, mutherisa-ngati
Comments:	

venereal disease⇒ *sexually transmitted disease***venom**

Poison which certain snakes, scorpions and spiders use when biting or stinging.

<i>Afrikaans</i>	gif
<i>IsiZulu</i>	Ubuthi obukhishwa inyoka noma isicabucabu uma sikutinyela ubuhlungu
<i>IsiXhosa</i>	sihlungu
<i>SiSwati</i>	itjhefu
<i>IsiNdebele</i>	bothole
<i>Setswana</i>	mpholo
<i>Sepedi</i>	tjhefo
<i>Sesotho</i>	vhu □□ungu
<i>Tshiven</i> □□a	chefu, nyemba, vuxungu
<i>Xitsonga</i>	
Comments:	

ventilation

Allowing fresh air to get into and move around inside a building or room, eg by means of windows.

<i>Afrikaans</i>	ventilasie
<i>IsiZulu</i>	Ukufaka umoya
<i>IsiXhosa</i>	intunja
<i>SiSwati</i>	indlela yekufaka umoya

<i>IsiNdebele</i>	ukufaka umoya omakhaza
<i>Setswana</i>	tlhabisaphefo, tlhabisamowa
<i>Sepedi</i>	tsenyomoya
<i>Sesotho</i>	ho phalla ha moya phaposing
<i>Tshiven</i> □□a	mvulelamufhe
<i>Xitsonga</i>	mphyuphyiso, mpfulelo-moya, ngeniso wa moya
Comments:	

vertebra <plural: *vertebrae*>

One of the small linked bones down the middle of the back forming the backbone.

<i>Afrikaans</i>	werwel
<i>IsiZulu</i>	Elinye lamathambo akhe umfunkulu
<i>IsiXhosa</i>	umqolo
<i>SiSwati</i>	litsambo lemogodla
<i>IsiNdebele</i>	ithambo lomogodlha
<i>Setswana</i>	mokokotlo
<i>Sepedi</i>	mokolo
<i>Sesotho</i>	lesapo la mokokotlo
<i>Tshiven</i> □□a	marambo a mu □□o□□o
<i>Xitsonga</i>	rhambu ra longo
Comments:	

vertebrae <plural *see vertebra*>

<i>IsiZulu</i>	amathambo omogodla
<i>IsiXhosa</i>	amathambo omqolo
<i>SiSwati</i>	ematsambo emogodla
<i>IsiNdebele</i>	amathambo womogodlha
<i>Setswana</i>	marapo a mokokotlo
<i>Sepedi</i>	marapo a mokokotlo
<i>Sesotho</i>	masapo a mokokotlo
<i>Tshiven</i> □□a	marambo a muto □□o
<i>Xitsonga</i>	marhambu ya longo
Comments:	

vertebral column⇒ *spine***violence**

Behaviour which is meant to hurt or kill people, eg hitting, kicking or using guns or bombs.

<i>Afrikaans</i>	geweld
<i>IsiZulu</i>	udlame
<i>IsiXhosa</i>	ubundlobongela
<i>SiSwati</i>	ludlame, lutfutfuva, budlova
<i>IsiNdebele</i>	indwa
<i>Setswana</i>	boganka

virus

Sepedi	thubakanyo
Sesotho	dikgoka
Tshiven□□a	nndwa
Xitsonga	vukari

Comments: _____

virus

A very small kind of germ that can cause illness.

Afrikaans	virus
IsiZulu	ivayirasi
IsiXhosa	intsholongwane
SiSwati	ligciwane
IsiNdebele	ivariyasi, umulwani othathelwanako
Setswana	mogare
Sepedi	birase
Sesotho	kokwanahloko, tchefofatsa, vaerase
Tshiven□□a	vairasi
Xitsonga	vuxungu bya mavabyi

Comments: _____

vision⇒eyesight

vitamin

Substance found in small amounts in some kinds of food which people need to remain healthy.

Afrikaans	vitamien, vitamine
IsiZulu	uvithamini
IsiXhosa	ivithamini
SiSwati	emavithamini
IsiNdebele	ivithamini
Setswana	bitamini
Sepedi	sematlafatši
Sesotho	vithamine
Tshiven□□a	vithamini
Xitsonga	vitamine

Comments: _____

vitamin A

Found in yellow and dark green vegetables and fruit, as well as in eggs, full-cream milk, cheese, enriched margarine etc; guards the body against infection and is necessary for good eyesight.

Afrikaans	vitamien A
IsiZulu	uvithamini A
IsiXhosa	ivithamini A
SiSwati	vithamini A
IsiNdebele	ivithamini A
Setswana	bitamini A
Sepedi	sematlafatši A
Sesotho	vithamine A
Tshiven□□a	vithamini A
Xitsonga	vitamine A

Comments: _____

vitamin B complex

Found in a variety of food, eg fresh vegetables and fruit, whole-wheat bread, milk, dried beans, meat, eggs etc; keeps skin and nervous system healthy.

Afrikaans	vitamien B-kompleks
IsiZulu	inhlanganisela yovithamini B
IsiXhosa	intlanganisela ka vithamini B
SiSwati	inhlanganisela yavithamini B
IsiNdebele	ihlanganisela yevithamini B
Setswana	bitamini B khompolekese
Sepedi	sematlafatši tharano B
Sesotho	tharahano ya vithamine B
Xitsonga	nkatsano wa vitamine B

Comments: _____

vitamin C

Synonym ascorbic acid

Found in most fresh fruit and vegetables, especially eg oranges and tomatoes; guards the body against infection

Afrikaans	vitamien C, askorbiensuur
IsiZulu	uvithamini C
IsiXhosa	uvithamini C
SiSwati	vithamini C, i-asidi letfolakala etitselweni letinjengemalamula
IsiNdebele	vithamini C
Setswana	bitamini-C
Sepedi	sematlafatši sa C
Sesotho	vithamine C
Tshiven□□a	vithaminiC
Xitsonga	vitamine C

Comments: _____

vulnerable

Comments: _____

vitamin D

Found in fish, eggs, cheese, full-cream milk, butter, enriched margarine etc and also produced in the body by direct sunlight; keeps teeth and bones healthy.

Afrikaans	vitamien D
IsiZulu	uvithamini D
IsiXhosa	uvithamini D
SiSwati	vithamini D
IsiNdebele	ivithamini D
Setswana	bitamini D
Sepedi	sematlafatši D
Sesotho	vithamine D
Tshiven□□a	vithamini D
Xitsonga	vitamine D

Comments: _____

vitamin E

Found in eg whole-wheat bread, green mealies, sunflower oil, eggs etc; guards the body against infection.

Afrikaans	vitamien E
IsiZulu	uvithamini E
IsiXhosa	uvithamini E
SiSwati	vithamini E
IsiNdebele	ivithamini E
Setswana	bitamini E
Sepedi	sematlafatši E
Sesotho	vithamine E
Tshiven□□a	vithamini E
Xitsonga	vitamine E

vitamin K

Found in full-cream milk, cheese, butter etc; necessary to make blood clot.

Afrikaans	vitamien K
IsiZulu	uvithamini K
IsiXhosa	uvithamini K
SiSwati	vithamini K
IsiNdebele	ivithamini K
Setswana	bitamini K
Sepedi	sematlafatši sa K
Sesotho	vithamine K
Tshiven□□a	vithamini K
Xitsonga	vitamine K

Comments: _____

vitreous humour

Clear jelly-like substance inside the eyeball.

Afrikaans	glasvog
IsiZulu	okusaketshezi ebholeni lehlo
IsiXhosa	ulwelo lwamehlo
SiSwati	emantana elibhola lelisho
IsiNdebele	amanzana wegaqa lelihlo
Setswana	borerepaitlho
Sepedi	moro wa leihlo
Sesotho	karologalase ya leihlo
Tshiven□□a	vaithiriasi yuma
Xitsonga	ntsutsu

Comments: _____

voice box⇒ *larynx*

vomit n.

Food or other matter that has come out of the stomach through the mouth.

Afrikaans	vomeersel, braaksel
IsiZulu	umhlanzo
IsiXhosa	ukugabha
SiSwati	emahlanta
IsiNdebele	ukuhlanza
Setswana	matlhatsa
Sepedi	mahlatsša
Sesotho	mahlatsa
Tshiven□□a	ma□□anza
Xitsonga	mahlanta

Comments: _____

vomit⇒ *throw up*

vulnerable

Getting sick easily.

Afrikaans	kwesbaar
IsiZulu	ukba sesimeni sokulimala noma inini
IsiXhosa	ukuba nokwenzakala
SiSwati	-nekulimateka
IsiNdebele	limala bulula
Setswana	go ka lwala bonolo, go ka gobala bonolo
Sepedi	go ka gobala bonolo
Sesotho	ho ka kenwa ke mafu ha bonolo
Tshiven□□a	u □□i□□ana, tshine tshi nga huvhala
Xitsonga	ku pfumala vusirhelelo

Comments: _____

vulva

The outer part of a woman's sex organ.

Afrikaans	vulva, skaamdeel
IsiZulu	umlomo wobulili
	bowesifazane
IsiXhosa	umphambili womntu
	obhinqileyo
SiSwati	umlomo wenhlunu
IsiNdebele	isitho esifihlwako
Setswana	bontle ba nnyo
Sepedi	bokantle bja nnyoo
Sesotho	bokantle ba nnyo <taboo>
	bokantle ba setho sa bosadi
	<euphemism>
Tshivenꞌꞌa	vumbu
Xitsonga	nomo wa xirho xa xisati

Comments: _____

W

waist

The part of the body between the ribs and the hips.

Afrikaans	middel, middellyf
IsiZulu	ukhalo
IsiXhosa	isinge
SiSwati	lukhalo
IsiNdebele	idini
Setswana	letheka
Sepedi	letheka
Sesotho	letheka
Tshivenꞌꞌa	khundu
Xitsonga	xisuti

Comments: _____

ward ⇒ hospital ward

wart

A small often hard growth on the skin, especially of the face or hands.

Afrikaans	vrat
IsiZulu	ukuvuvuka
IsiXhosa	intsumpa
SiSwati	insumphe
IsiNdebele	isupa
Setswana	kakana
Sepedi	kakana
Sesotho	hlokofele
Tshivenꞌꞌa	phopho, u kukumuwa ha
	lukanda
Xitsonga	nhlungu

Comments: _____

waste disposal

Getting rid of waste matter from homes and factories by eg treating, burying or burning it.

Afrikaans	afvalwegdoening
IsiZulu	ukulahla udoti
IsiXhosa	ukulahla inkunkuma
SiSwati	kulahla tibi
IsiNdebele	ukulahlwa kwekucukucu
Setswana	go latlha matlakala
Sepedi	go lahla matlakala
Sesotho	ho tloswa ha dithole, ho tloswa ha matlakala
Tshivenꞌꞌa	u bviswa ha malaꞌꞌwa
Xitsonga	ku cukumeta thyaka

Comments: _____

water-borne disease

A disease that is spread by water, eg cholera.

Afrikaans	watergedraagde siekte
IsiZulu	isifo esisabalaliswa amanzi
IsiXhosa	isifo obanaso xa uthe wadibana namanzi
SiSwati	tifo telitfwalwa ngemanti
IsiNdebele	ubulwelwe obudluliswa mamanzi
Setswana	bolwetse bo bo bakwang ke metsi
Sepedi	bolwetši bja go bakwa ke meetse
Sesotho	lefu le bakwang ke metsi
Tshivenꞌꞌa	vhulwadze vhune ha vhangwa nga maꞌꞌi
Xitsonga	vuvabyi lebyi vangiwaka hi mati

Comments: _____

water purification

Making water clean and free from germs which cause disease.

Example *Water purification is necessary to stop the spread of disease.*

Afrikaans	watersuiwering
IsiZulu	Ukuhlajwa kwamanzi
IsiXhosa	ukucocwa kwamanzi
SiSwati	kuhlantwa kwemanti
IsiNdebele	ukuhlanzisiswa kwamanzi
Setswana	phepafatso ya metsi, tihwekiso ya metsi
Sepedi	thlwekišo ya meetse
Sesotho	tihwekiso ya metsi
Tshivenꞌꞌa	khunakiso ya maꞌꞌi
Xitsonga	ntengiso wa mati

Comments: _____

water source

The place from which people get water, such as a river, borehole or a well.

Afrikaans	waterbron
IsiZulu	Indawo lapho kutholakala khona amanzi
IsiXhosa	umthombo wamanzi
SiSwati	umtfoombo wemanti
IsiNdebele	lapho kutholakala khona amanzi
Setswana	motswedi wa metsi
Sepedi	mothopo wa meetse
Sesotho	mohlodi wa metsi
Tshivenꞌꞌa	tshisima tsha maꞌꞌi
Xitsonga	xihlovo xa mati

Comments: _____

weight

Synonym **mass**
The heaviness of a person in kilogram or pounds.

Afrikaans	gewig, massa
IsiZulu	isisindo
IsiXhosa	ubunzima
SiSwati	sisindvo
IsiNdebele	ubudisi
Setswana	boima
Sepedi	boima
Sesotho	boima
Tshivenꞌꞌa	tshileme
Xitsonga	masa, ntiko

Comments: _____

weight gain

Synonym **mass gain**
An increase in the amount a person weighs.

Afrikaans	gewigtoename, massatoename
IsiZulu	ukwanda kwesisindo
IsiXhosa	ukongezeleleka kobunzima
SiSwati	kwengetela sisindvo
IsiNdebele	ukunona
Setswana	go nona
Sepedi	go nona
Sesotho	ho nona
Tshivenꞌꞌa	nyengedzeo ya tshileme
Xitsonga	engetelo wa ntiko

Comments: _____

weight loss

Synonym **mass loss**
When the amount a person weighs becomes less, sometimes as a result of illness.

Afrikaans	gewigverlies, massaverlies
IsiZulu	ukwehla kwesisindo
IsiXhosa	ukwehlisa ubunzima
SiSwati	kwehla kwentimba
IsiNdebele	ukwehla komzimba
Setswana	go ota
Sepedi	go lahlegelwa ke boima
Sesotho	ho ota, ho theoha mmeleng
Tshivenꞌꞌa	u fhungudza tshileme, u tsha ha tshileme
Xitsonga	ku hunguteka ka ntiko

Comments: _____

wheeze

To breathe with difficulty making a loud hoarse whistling sound, as eg a person with asthma.

Example *When a child who suffers from asthma starts to wheeze he must get medicine.*

Afrikaans	hyg
IsiZulu	ukuhefuzela
IsiXhosa	tswina
SiSwati	cinana
IsiNdebele	kuquma

Setswana	go hupelwa
Sepedi	sehumula
Sesotho	ho hwehla, ho bipetsana
Tshiven□□a	u femeleka
Xitsonga	hefemuteka

Comments: _____

whiplash injury

Damage to the neck, caused by sudden jerking forwards of the head and then back again, for Example in a car accident.

Afrikaans	sweepsagbesering
IsiZulu	Ukulimala entanyeni okubangwa ingozi yemonto, Ukulimala kwemisipha, isingezansi, intamo okubangelwa ingozi yemoto
IsiXhosa	ingozi ebangelwa kukubetheka kwentloko kuze kwenzakale intamo
SiSwati	kulimala kwetitfo tentsamo
IsiNdebele	kutshinyeka kwentamo
Setswana	<i><kujayeleke eengozini zeenkoloyi></i> ukuswayeka kwentamo
Sepedi	kgobalo ya diitshika tsa molala, kgobalo ya molala
Sesotho	kgobalo ya foroselaga ho tsweneha molala Definition: <i>Ho lemala molala ka lebaka la kotsi ya tshohanyetso.</i>
Tshiven□□a	fuvhalo □□a mutsinga, fuvhalo la mukulo
Xitsonga	ku onhaka ka risiha ra longo na nkhenу-nkhenу

Comments: _____

white blood cell

Synonym	leucocyte, leukocyte
	<i>Blood cell that fights against infection.</i>
Afrikaans	witbloedsel, leukosiet
IsiZulu	amasotsha omzimba alwa nezifo ezithathelanayo
IsiXhosa	ikopasile emhlophe egazini
SiSwati	silwinalufo
IsiNdebele	iliyukhosithi, masele amhlophe eengazini alwa namalwelwe
Setswana	sele e tshweu ya madi
Sepedi	sele ya madi a mašweu
Sesotho	sele e tshweu ya madi
Tshiven□□a	sele ya malofha tshena
Xitsonga	tikhopasili to basa

Comments: _____

whitlow

Painful inflammation of the end of a finger or toe.

Afrikaans	fyt
IsiZulu	Isilonda ekugcineni komunwe
IsiXhosa	isifesane
SiSwati	sifesane
IsiNdebele	isifesana, sifesana
Setswana	feite
Sepedi	phehli
Sesotho	setopa
Tshiven□□a	thungunyamunwe, tshilonda tsha munwe
Xitsonga	xivhezani

Comments: _____

whole-milk⇒full-cream milk

whooping cough

An illness which mainly children get and in which each attack of coughing is followed by a long noisy drawing in of the breath; easily passed on from one person to another.

Afrikaans	kinkhoes
IsiZulu	umkhuhlane
IsiXhosa	unkonkonko
SiSwati	umkhuhlane, kukhwehla
IsiNdebele	ukhohlokhohlo, ikenkusi, umgodogodo
Setswana	kgookgoo
Sepedi	kgookgoo
Sesotho	mokgokothwane
Tshiven□□a	tshikwaikwai
Xitsonga	nkinkosi

Comments: _____

windpipe

Synonym **trachea**
The tube through which air is taken to the lungs.

Afrikaans	luggyp, tragea
IsiZulu	upopopo, ipayipi lomoya
IsiXhosa	uqhoqhoqho, umbhobho womoya
SiSwati	chochocho

<i>IsiNdebele</i>	iphayiphi lomoya, iqhoqhoqho, yiphayiphi elisa umoya emaphatjhini
<i>Setswana</i>	kgokgotso
<i>Sepedi</i>	kgokgokgo, peipi ya moya qoqotho, qamane
<i>Sesotho</i>	phaiphi ya muya, gulokulo
<i>Tshiven</i> □□a	khokholo
<i>Xitsonga</i>	khokholo

Comments: _____

wisdom tooth

Any of the last four teeth at the back of the mouth appearing at the age of 17 to 20.

<i>Afrikaans</i>	verstandtand
<i>IsiZulu</i>	Amazinyo okuhlakanipha, okukhula, obudala
<i>IsiXhosa</i>	isiza
<i>SiSwati</i>	litinyo lebudzala
<i>IsiNdebele</i>	izinyo lomhlathi elilandela lamaphelelo
<i>Setswana</i>	leino la bogolo
<i>Sepedi</i>	leinobohlale
<i>Sesotho</i>	haka
<i>Tshiven</i> □□a	dzeutsalela
<i>Xitsonga</i>	khuyu

Comments: _____

womb

*Synonym uterus
The part inside the body of a woman where the baby grows before it is born.*

<i>Afrikaans</i>	baarmoeder, uterus
<i>IsiZulu</i>	isibeletho, isizalo, isbeletho
<i>IsiXhosa</i>	isibeleko
<i>SiSwati</i>	sibeletfo
<i>IsiNdebele</i>	isibeletho
<i>Setswana</i>	popelo
<i>Sepedi</i>	popelo
<i>Sesotho</i>	popelo
<i>Tshiven</i> □□a	mbumbelo, mudi, nowa
<i>Xitsonga</i>	mbeleko, xiveleko

Comments: _____

wound

Damage or injury to part of the body, eg a bruise, graze, cut or burn.

<i>Afrikaans</i>	wond
<i>IsiZulu</i>	isilonda
<i>IsiXhosa</i>	isilonda
<i>SiSwati</i>	silondza

<i>IsiNdebele</i>	isilonda
<i>Setswana</i>	ntho
<i>Sepedi</i>	ntho
<i>Sesotho</i>	leqeba
<i>Tshiven</i> □□a	tshilonda, mbonzhe
<i>Xitsonga</i>	mbanga, phokola, xilondza

Comments: _____

wrist

*Synonym wrist joint
The joint between the forearm and the hand which bends when the hand is moved.*

<i>Afrikaans</i>	pols, polsgewrig
<i>IsiZulu</i>	isihlakala
<i>IsiXhosa</i>	isihlahla
<i>SiSwati</i>	sihlakala
<i>IsiNdebele</i>	isihlakala
<i>Setswana</i>	letlhalela
<i>Sepedi</i>	lenakaila
<i>Sesotho</i>	leqaqailana-tsoho
<i>Tshiven</i> □□a	tshinungunungu
<i>Xitsonga</i>	hlakala ra voko, xinungu

Comments: _____

wrist joint ⇒ wrist

X

x-rays

Used by doctors to photograph parts of the body to find out whether bones are broken, etc.

<i>Afrikaans</i>	x-strale
<i>IsiZulu</i>	i-x-reyi
<i>IsiXhosa</i>	ugesi
<i>SiSwati</i>	i-X-reyi, sitfombe sagesi
<i>IsiNdebele</i>	i-ekstreyi
<i>Setswana</i>	ekeserei
<i>Sepedi</i>	X-rei
<i>Sesotho</i>	diekeserei, mahlasedi a X, di X-rei
<i>Tshiven</i> □□a	x-rei
<i>Xitsonga</i>	xivoninga-ndzeni, X-rheyi

Comments: _____

Y

yawn

To open the mouth wide and breathe in deeply, as when sleepy, tired or bored.

Afrikaans	gaap
IsiZulu	ukuzamula
IsiXhosa	ukuzamla
SiSwati	kutamula
IsiNdebele	ukuzamula
Setswana	edimola
Sepedi	edimola
Sesotho	ho edimola
TshivenꞀꞀa	u alamula
Xitsonga	ahlamula

yellow fever

A very serious disease of tropical Africa passed on by mosquitoes.

Afrikaans	geelkoors
IsiZulu	iyelo fiva
IsiXhosa	ulubhelushe
SiSwati	iyelofiva
IsiNdebele	iyelo fiva
Setswana	letshoroma le lesetlha
Sepedi	letadimodipa
Sesotho	feberu e tshela
TshivenꞀꞀa	dalindulu
Xitsonga	dari ya nyongwa

Comments: _____

Z

zidovudine

Synonym **AZT** <acronym>, **retrovir**
A drug used to treat people with AIDS.
The commercial name for a drug (AZT) which delays the onset of symptoms in people infected with the Aids virus.

Afrikaans	sidovudien, AZT <acronym>
IsiZulu	i-AZT
IsiXhosa	AZT
SiSwati	umutsi wekwelapha ingculazi, i-AZT
IsiNdebele	i-AZT
Setswana	setlhare sa go alafa bolwetse ba AIDS, AZT
Sepedi	AZT
Sesotho	AZT, setlhare sa zidovudine Definition: <i>Setlhare se sebediswang ke ba nang le lefu la AIDS.</i>
TshivenꞀꞀa	AZT
Xitsonga	AZT

Comments: _____
