



FATHER MULLER MEDICAL COLLEGE

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CHATHUR VAIDYABHAASHA BODHINI

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DIRECTOR SPEAKS.....

Language is a powerful means of communication by which we express our emotions, sentiments and feelings. Through language we can know another person's feelings, emotions and sentiments. We human beings express our emotions and feelings through language. But if we know a particular language we are comfortable to converse with them otherwise we may have to use only symbolism to express our needs or desires.

For Medical students knowing the language of the patient would help to a great extent to get history accurately and to come to a proper diagnosis. Hence effort is made for those who do not know Kannada, Tulu or Malayalam language a common guide to know at least the bare minimum to get history and make a proper diagnosis and

treat the patient in a fitting manner. Fr Ajith Menezes has thought of a book. This book, authored by Dr Meenakshi Ramachandra, is first of its kind in our Medical College. Thanks to the thought of Fr Ajith Menezes which expresses his concern towards young medicos. I thank Dr Meenakshi for her sincere effort in providing these 20 small chapters a tip to the medical students.

I am sure our medical students will certainly benefit a lot by this small booklet. After all, this small effort is to help our students. Please make the best use of it, so that you all our medicos feel comfortable to talk to any patients without any fear or anxiety.

Rev. Fr Richard Aloysius Coelho
DIRECTOR
Father Muller Charitable Institutions

THE AUTHOR SPEAKS.....

Language is an essential means to express human emotions. It is the medium invented by man to share his feelings of joy and sorrow with another being as well as to reciprocate to these feelings effectively. India is a land of diverse languages. Every region has its unique language. Hence, communication becomes a barrier when we travel from one region to another even within the same State and it becomes imperative to have basic knowledge of the language of the region for effective communication. This requirement becomes more pronounced in the medical field where language is of utmost importance not just to communicate with the patient but to understand the feelings of the patient and to reassure him. The crux of the medical

profession is in effective communication and if the patient's symptoms and signs are not properly analyzed because of a poor communication, the results can be disastrous especially in this era where medico-legal cases are on the rise. Keeping this in mind, this book has been designed for the benefit of Medical students in aiding them with effective communication skills and is an attempt at thinning the language barrier during patient communication. The Administrator of Father Muller Medical College, Rev. Fr Ajith Menezes is the guiding force behind this effort. Having witnessed the difficulties faced by the Medical students in patient communication, Fr Menezes was determined to solve this problem and he approached me with this idea of creating a guide to help medical students with overcoming the language barrier. I have put

in my efforts to make this book as simple as possible while trying to ensure that all aspects of basic medical communication are covered within the pages of this book. With this book, I hope I have been able to bring justice to the expectations of Fr Ajith Menezes to whom I am indebted for providing me this opportunity and all success is dedicated to his determination. I express my sincere gratitude to Dr B. Sanjeev Rai, Senior Clinician & Chief of Research, Dr Shivashankara A.R., Associate Professor of Biochemistry and Dr Maitreyee D.S., Assistant Professor of Biochemistry for all the support in compiling this book.

This book is my effort at providing the best possible guidance within the short time period that was available and I understand that this book is not full proof and there is still scope for improvement. I leave it up to

you, readers to judge the quality of the work and would appreciate it, if any criticism is conveyed in person so that we can improvise on the book. In a city like Mangalore with multi-lingual and multi-cultural ethnicity, I hope this book allays the fears regarding language constraints among Medical students and serves to strengthen their communication skills. In the future, with further enhancements and modifications, I wish for this book to be an indispensable part of the Medical student's armamentarium. I seek all your support and good wishes to turn this dream into a reality.

Mangaluru
30-08-2019

Dr Meenakshi Ramachandra
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Please Note: In this book the Capital Letters are used in the middle of the words. They are according to the pronunciation of the Kannada, Tulu and Malayalam language words.

1. General Words

English	Kannada	Tulu	Malayalam
Good morning	Namaskaara	namaskaara	namaskaaram
How are you?	hEgiddeeri?	encha ullaar?	Enhine unD/ sukhamaaN
Please sit	kuLithukoLLi	kull'le	irikkum
Tell	hELi	pan'le	parayu
you	neevu	yeer	ningaL
your	nimma	yerna	ningaLuDe
Name	hesaru	pudar	pEr
place	ooru	ooru	nad
Where?	yelli?	olpa?	yevide?
How many?	yeshTu?	yeth?	ethra?

have	ide	unDu	unD
occupation	kelasa	kelasa	joli
marriage	maduve	madme	kalyaaNam
Hungry	hasivu	badavu	vishapp
Thirsty	baayaarike	baajel	daaham
Anything	yenaadaroo	yenchinaan Dalaa	yendengulum
Do	maaDi	malpule	chaiyyum
Eat	thinni	thinle	kazhikkum
want	bEku	bODu	vEnum
Habit	abhyaasa	abhyaasa	sheelam
Finish	mugiyithu/ ayithu	muginD/aanD	theernu/ kazhinhu
look	nODi	thoole	nOku
pain	nOvu	bEne	vEdana
Swimming	yeejaaDu	neen'duNe	neendal
Bathing	snaana maaDu	meepuNe	kuLikkuga

Brushing	hallu thikku	kooli dekkune	pall' theiykuga
Drink	kuDiyiri	parple	kuDikku
Eat	Thinni	Thin'le	Kazhikku/ thinnu
Sleep	Nidrisi	Nidre malpule	uranghuga
take	thegeyiri	deppule	eDukku
bring	thanni	kanale	konDuvaru
Looking	nODuvudu	thoopuNe	nOkuga
Washing	thoLeyu	dekkuNe	kazhuguga
Jumping	kuNiyu	laagyuNe	thuLLuga
Laughing	nagaaDu	thelipuNe	chirikkuga
Cooking	aDige maaDu	Atil malpuNe	aDukkaLa joli
House work	Mane kelasa	Illada bEle	Veett jOli
Care	Araike	Araike/ thoopuNe	shraddhikkuga
Good	oLLeyadu	eDDe	nallad
bad	kettadu	haaL	cheetha
Thank you	dhanyavaada- gaLu	solmel	nanni

2. Common words

Yes	hawdu	and'	ade
No	illa	lijji	illa
Not	alla	atth'	alla
Come	banni	bale.	veru
Get in	oLage banni	ulaayi bale	agatthek veru
Came	bande	Baide/batte	vannu
Go	hOgi	pOle	pOku
Give	koDi	korle	theru
Take	thegedukoLLi	dethonle	eDthoLum
Think	yochisi	aalOchane	chindikku
here	illige	moolu/eeDe	iviDe
There	alli	aaDeg'/avulu	aviDe
this	ide	unDu	unD
had	itthu	ithn'D	unDaayirunnu
To	avarige	aareg	avar'k
From	Allinda/ avarinda	alpaD'd/ aareD'd	Avidunnu/ avarilninnu

I/Me	naanu	yaan	nhaan
My	nanna	enna	ende
mine	nannadu	ennavu	endedaaN
Our	namma	enklena/ namma	nammaLuDe
Your	nimma	eerena	ningaLuDe
Their	avara	aaklena	avaruDe
He	avanu(S) avaru(P)	aaye(S)aar(P)	avan'(S) avar(P)
She	avaLu(S) avaru(P)	aal'(S)aare(P)	avaL'(S) avar(P)
His	avana(S) avara(P)	aayana(S) aarna(P)	avande(S) avaruDe(P)
Her	avaLa(S) avara(P)	aalena(S) aarena(P)	avaLuDE(S) avaruDe(P)
You	neevu	yeer	ningaL
We	nAvu	enkulu	nammaL
Call	kareyiri	leppule	viLikkum
Call Her/him	avarannu kare	aaren leppule	avare viLikku

Call them	avarannu kareyiri	aaklen leppule	avare viLikku
Do	maadi	malpue	chaiyum
Did	maaDide	malthe	chaidu
Don't	bEDa	boDchi	vEnDa
Don't do	maadabEDi	malpoDchi	chaiyyanDa
some	svalpa	onchooru	itthiri
Lots	hecchu	jaasthi	kurE/thOne
little	swalpa	chooru	Lesham/itthiri
Enough	saaku	yaavu	madi
Anything	Eenaadaroo	enchinaandalaa	endengilum
What	Eenu?	Enchina	Endaa?
When	Yaavaaga	yEpa	eppoLaa
Where	elli	Olu	evide
Which	yaavudu	ovvu	yedaa
Why	enthadakke	daaye	endinaa
From Where	Ellinda	olpaD'd	eviDe ninnu

Whom	yaarannu	yeren'	aare
To whom	yaarige	yereg	aark
How	hEge	encha	enghine
How much	eshTu	yeth	ethreya
This much	ishTu	yeeth	yithra
That much	ashTu	aath	athra
Here	illige	moolu/eeDe	iviDe
Know	thiLi	theriyu	ariyu
About that	adara bagge	aytha bagge	adine patti
Truth	sathya	sathya	Sathyam/nEr
Lie	suLLu	suLLu	kaLavu
look	nOdi	thoole	nOku
Smile	muguLunagu	Muguru thelike	punchiri
laugh	nagu	thelike	chirikkuga
Cry	aLu	bulipu	Karchal/kareyu
Tell	hELi	panle	parayu
Stop	nillisi	unthaale	nirthu

Breakfast	beLagina upaahaara	kaanDeda thinDi	Raavilethe kazhikkal
Meals	Oota	onas	OoN
Curry	padaartha	kajipu	kari
Pickle	uppinakaayi	uppaaD	acchaar
Fried	karida	kaithina	varuttha
Oily	eNNemaya	eNNeda	pasha
Spicy	khaara	khaara	eru
Sour	huLi	puLi	puLicchad
Water	neeru	neer	vellam
Tea	chahaa	chaa	chaaya
Coffee	kaapi	kaapi	kaapi
Milk	haalu	pEr	paal
Food	aahaara	tenas	aahaaram
Hot	Bisi	Beccha	chhooD
Cold	thaNNaneya	chaLi	thaNutthad
Rice	Akki/anna	Ari/nuppu	Ari/chor'S

Oil	eNNe	eNNe	eNNa
Ghee	thuppa	naiy	naiy
curds	mosaru	kojappu	thair
Butter milk	majjige	aLe	mor
Butter	beNNe	beNNe	veNNa
Cereals	DhaanyagaLu	Dhaanyolu	payarvarganhaL
Green Vegetables	Hasiru tharakaari	tharakaari	pacchakkarigaL
Leaves	soppu	thappu	pacchilagaL
Chappathi	–	–	–
Fruits	haNNugaLu	Par'ndulu	pazhavarganhaL
Banana	baaLehaNNU	Parn'd	pazham
Orange	kitthaLe	chitthupuLi	orange/ madhura naaranga
Lime	nimbe	limbe	naarannya
Apple	SebuhaNNU	apple	aaple
Guava	pEraLe/seebe	pEraLe	pEraKka

Grapes	draakshi	draakshe	draaksha
Jackfruit	halasinahaNnu	pelakkaayi	chakka
Juice	haNNina rasa/ juice	juice	juice
Tender coconut	eLaneeru	bonDa	iLaneer
Fish	meenu	meen	meen
Chicken	kOLi	kori	kozhi
Mutton	maamsa	maasa	iracchi
Old	halathu	parath	pazhayad
New	hosathu	posath	pudiyad
Talk	maathanaaDi	paatherle	Samsaarikku/ minDu
Sleep	malagi	jeppule	kiDakku
Less	swalpa	chooru	korecche
More	hecchu	masth	kurE
Big	doDDa	malla	veliya
Good	oLLEyadu	eDDe	nallad'
Very good	thumbaa oLLEyadu	bhaaree eDDe	vaLare nallad

Bad	kettadu	haaL	cheetha
Love	preethi	mOke	premam
Like	ishTa	ishTa	ishTam
Dislike	ishTavilla	ishTa ijji	ishTamilla
Huge	baari doDDa	baari malla	kurE veliyad'
Small	saNNa	Elya/kinya	Cherud'
Thin	sapUra	sapUra	melinha
Heavy	bhaara	bhaara/dunna	khanam/ bhaaram
Light	hagura	hagura	Khanam kuranhad
Strong	gatti	gatti	shakthiyuLLad
difficult	kashTa	kashTa/ bangha	kashTam
easy	sulabha	sulabha	eLuppam
Clean	swaccha	swaccha	vrithi

3. Common check up words

Please	dayamaaDi	dayamalth'd	dayav chai'd
sit down	kuLithukolli	kullule.	irikka
Lie down	malagiri	Jeppule	kidakku
upside down	kavuchi	kankani	kaminh
Turn	thirugiri	Thirg'le	thiriyum
Mouth	baayi	baayi	vaa
Open	theyyiri	angaale	thurakku
Show	Thorisi	thOjaale	KaaNikka
tongue	naalage	naalaayi	naak
Say aaaaaa	aaaa maadi	aaa malpule	aaa parayu
side	badi	maiya	appurath
right	bala	balattha	valatth
left	eda	dattha	edatth
Lift	etthi.	Derpule.	Uyarthuka
Fold	maDachiri	maDipule	maDakkuka
Breath	Shwaasa	shwaasa	shwaasam

Deep breath	Deerga shvaasa	mallashvaasa	Deerga shvaasam
Normal	saamanya	sariyaad	Shariyaayi
Hold	thaDedu hidiyiri	thaDth'd pi patthle	Dicchu vekkum
Stand	Nilli	Unthle	Nilku
swallow	nungi	ning'le	vizhunghu
Walk	naDeyiri	naDappule	naDakku
Bend	baggiri	Bagg'le	kuniyu
Wait	kaayiri	kaapule	Kaathirukku
Sorry	kshamisi	kshame malpule	kshamikkuka
Alone	obbare	oriye	oTTiak
With	ottige	ottugu	onnicchi
Assistance	sahaaya	sahaaya	sahaayam
Anybody	yaaraadaroo	EranDalaa	aarengilum
Accompany	jathe	jathe	opparam
This	idu	undu	ldine
That	adu	auvu	ad'

It	adannu	aiyn	adine
Bring	thanni	kanale	konDuveru
How long?	eshTu samayadinda?	Eth samayaDd?	Ethra kaalamaayi?
Notice	gamana	gamana	shraddha
Try	prayathnisi	prayathna	shramikku
Speak	maathanaadi	paatherle	samsaarikku
Mussle	maamsa khanDa /pEshi	maamsa khanDa	pEshi
Harden	bigihiDiyiri	gattimalpule	urakke piDikku
Light	beLaku	bolpu	veLiccham
Dark	katthale	katthale	irutt
Don't talk	maathanaa DabeDi	paatheroDchi	minDalle
Silence	nishhabddh araagiri	Shabda malpoDchi	shabdham unDaakarud'
See here	illi nODi	moolu thoole	iviDe nOku
Take that	adannu thegeyiri	ain' deppule	adine eDukku

4. Parts of the body

Where is the Pain?	Elli novu?	Bene Olu?	Vedana eviDe?
Head,	Thale	Thare	Thala
Hair	Koodalu	Kujaal	ThalamuDi
Forehead	HaNe	Munda	Netthi
Face,	MuKha	Mone	Mukham
Cheek	Kenne	Keppe	Chennaadi
Chin	Gadda	Gadda	thaadi
Eye	Kannu	Kann	KaN
Eyelashes	ReppegaLu	KaNN'da reppelu	KaNpeeligaL
Eye brows	HubbugaLu	Hubbub	KaNpurigam
Ear	Kivi	Kebi	Chevi
Nose	Moogu	Moonku	Mook
Nostrils	HoLLegalu	Moonkuda otte	Naasa randram/ mookile dwaram

Lip	Thuti	Bimba	Adharam
Mouth	Baayi	Baayi	vaay
Teeth	Hallugalu	Koolilu	Pallugal
Gums (Upper, Lower) /Jaws	Davadegalu (mEldavade, keladavade)	Niji (mittha niji, thirtha niji)	mONagaL
Chin	gadda	gadda	thaaDi
Tongue	Naalage	Naalaayi	Naak
Lower part of the tongue	NaaLageya adi	Naalaayida adi	Naakinde keezhe
Neck	Kutthige/kattu	Kekkl'e	Kazhuth
Throat	Gantalu	Kantel	Thonda
Arm	ThOLu	RaTTe	thOL
Shoulders	Bhuja/hegalu	Pugel	Bhujam/ skandam/ chumal
Pelvis	SonTa	SonTa	NaDu
Back	Bennu	Beri	Puram
Chest	Ede	Thigale	Nenji

Lungs	Shwasa kosha	Shwasa kosha	Shwasakosham
Heart	Hridaya	Hridaya	Hridayam
Breast	Sthana	Mire	Sthanam
Abdomen	HoTTe	Banji	Vayar
Intestine (Big, Small)	Karulu (dodda,saNNa)	Kar'l (malla, elya)	Kodal (velud,cheru)
Hand	Kai	Kai	Kai
Palm	Angai	Angai	ULLangai
Finger	BeraLu	Birel	viral
Nail	Uguru	Ugur	Nakham
Elbow	ManiganTu	ManigantT	KaimuTT
Thigh	ThoDe	ThuDe	ThuDagal
Knee	ManDi	Kaarda ganT	KaalmuTT
Leg	Kaalu	Kaar	Kaal
Ankle	KaNakaalu	KaNakaar	KaNankaal
Foot	Paada	Paada	Paadam
Toes	Kal beralu	Kaar'da birel	Kaal viral

Skin	Charma	Charma	Charmam
Bone	Elubu	Elu	Ell'
Muscle	MaamsakhanDa	Maasa KhanDa	Peshi

5. Common Diseases

Fever	jwara	jwara	pani
Disease	khaayile/rOga	rOgA / seek	rOgam/ sukakkeD
Tiredness	nithraaNa	bacchuNe / nithraaNa	ksheeNam
Headache	thalenOvu	thare bEne	thalavEdana
Cough	kemmu	themma	chuma/kura
Cold	sheetha	seetha	jaladOsham
Pain	vEdane /nOvu	bEne	vEdana/ nombaram
Ulcer	huNNu	puDi	puNN'
Eye Pain	kaNNu nOvu	kaNN ' bEne	KaNN' vEdana
Ear Pain	kivi nOvu	kebi bEne	chevi vEdana
Toothache	hallu nOvu	kooli bEne	pall' vEdana
Throat Pain	ganTalu nOvu	donDe bEne	thonDa vEdana
Neck pain	Kuttige nOvu	kanTel bEne	kazhuth vEdana

Weakness	nithraaNa	nithraana	ksheeNam
Vomiting sensation	vaakarike	kakkyare batthilekka aapuNe	vaakaanam
Vomiting	vaanthi	kakkuNe	chardi
Chest pain	yede nOvu	thigale bEne	nenji vEdana
Palpitation	yede haaru/ edeheDEyu	thigale haakune	nenju aDikkal/ thuLLal
Abdominal pain	hotte nOvu	banji bEne	vayar vEdana
Knee pain	manDi nOvu	kaarda ganT bEne	mutt vEdana
Body ache	shareera nOvu	shareera bEne	shareera vEdana
Joint pain	sanDhi nOvu	ganT bEne	sandhi vEdana
Diarrea	bhEdhi	bhedhi	vayariLakkam
Urine Infection	uri moothra	uri paTike	uri moothram
Mucus	simbaLa	suraLe	mookatta
Blood Pressure	rakthadotthaDa	nettherda otthaDa	chOrasa mmardham

Diabetes	Sakkare kaayile/ madhumEha	cheepe paTike	pansaara Ogam/ madhu mEham
Digestion	jeerNa / karagu	jeerNa / karavune	jeerNam
Indigestion	ajeerNa	ajeerNa	ajeerNam
Distention of Abdomen	hotte ubbarisu	banji uberuNe	Vayar veerkal
Swelling	baavu/ dappagaagu	baapuNe/ baath'dn'D	thaDikkuga / vaNNam/neer
Bleeding	rakthasraava	Nether ariyuNe	chOra ozhugal
Dyspnoea	Usirikattu/ dammu	shwasakattuNe/ usirikattu Ne/dammu	Shwasam muttal
Itching	thurike	kirumbuNe	choricchal
Burning	uriyu	uri/potthuNe	katthunnu
Wheezing	ubbasa/ nevasa/ dammu	ubbasa/ dammu	ummatam/veli/ shwaasam muTT
Vertigo	thale thiruguvudu	thare thirguNe	thalakarakkam

Vision problem	dhrishTi dOsha	dhrishTi dOsha	dhrishTi dosham
Hemiplegia	pakshawaatha	pakshavaatha	thalarvaatham
Anemia	Raktha heenathe/ biLichikoLLu	Nether ijjandina/ boLchi kaTTune	chOra kurav/ viLarcha
Numbness	marakattu	marakattuNe	tharipp
Tingling/ Ant crawling	iruve haridanthaagu	pijin parathilekka	tharipp'
Appetite	hasivu	baDavu	vishapp
Jaundice	haLadi kamaale	manjal seek/ pittha	manha pittham
Thirsty	baayaarike	baajel	daaham
Dryness	oNaguvudu / shushkavaada	nunguNe / pase aajuNe	uNakkam / shushkatha
Pregnant	garbhiNi/basiri	banjinaal	garbhiNi
Menstruation	muttu	muttu/pidaayi	maasakkuLi / puratth
Delivery	herige	pedupuNe	prasavam

6. Common Feelings and emotions

Feelings	bhaavanegaLu	bhaavanelu	bhaavanagaL
Happy	santhOsha	santhOsa	sandosham
unhappy	asanthosha	bEjaara	asanthhushTi
Sad	bEsara	bEjaara	sangaDam
Weep	kaNNeeru hanisu/ dukkhisu	kaNNa neer paaDune	kaNNeer olippikkuka
Cry	aLu	bulipu	karayu
Console	Samaadhaan apaDisu	Samaadhaana malpu	samaadhaanikku
Angry	kOpa	kOpa	deshyam
Arrogant	haTa	haTa	shaaDyam
Misery	asanthOsha	bEjaara	dukkam
surprise	aashcharya	aashcharya	adishyam
Joy	aahlaada	Bhaaree kusi	aahlaadam
Trust	nambike	nambike	vishvaasam
Courage	dhairya	dhairya	dhairyam

Satisfaction	thripthi	thripthi	thripthi
Confident	Aathmavish- vaasa	aathmavish- vaasa	aathmavish- vaasam
Gloomy	nirviNNathe	manda	vishaNNatha
A lert	ecchara	jaagrathe	jaagrutha
Overwhelm	paravashathe	Paravasha aapuNe	nimagnatha
Afraid	bhayagonDa	pODige aapuNe	pEDiccha
Dreadful	bhayaanaka	pODipaavuna	bheesha Namaya
frighten	hedarida	pODdiyuna	pEDiccha
Sensitive	samvEdane	Mrudu manas'	samvediyaaya
Suspicious	sandEhaas- pada	Samshay a utthina	Shanka yuLLa
Apprehension	aathanka	gaabari	Aashankam/ avabhOdham
Terrified	bhayavihval- anaada	pODid' uppuna	bhayavihvalam
Worry	chinthe	chinthe	vishamam

Comfort	aaraama	aaraama	aashvaasam
Dull	nirutsaaha	manassij- aandaina	nirutsaaham
Hopeful	pratheekshe	pratheekshe	pratheeksha
Adventurous	saahasamaya	saahasa	saahasamayam
Mischievous	thunTathana	pOkiri	kusruthi
Passive	sahishnuthe	sahisoNuna	sahanasheelam
Toleration	sahane	sahane	sahishNutha
Uneasy	asvasthathe	Sowkya ijjaandina	asvasthatha
Disgust	jugupse	jigupse	verupp
Distraction	chaanchalya	chanchala	Shraddha padarcha
Unpurtable	nirvikaarathe	nirvikaara	avichalamaaya
Indifferent	alakshya	asaDDe	Thaalparya- millathed'
Reluct	hinjarike	Edu bararandina	vimukhatha
Restless	ahithakara	Hita ijjandina	asvasthata

Astonished	beragugoLisu	Acchiri malpu	ambarippikkuka
Curiosity	kutoohala	aasakthi	ariyaanuLLa aagraham
Pathetic	karuNaajanaka	karuNe barpuNa	karu- Naajanakam
Fond	vaathsalya	Bhaari mOke	Amitha vaathsalyam
Enthusiastic	uthsaaha	uthsaaha	ulsaaham
Surprise	aashcharya	acchiri	aashcharyam
Grateful	krithajnhathe- yuLLa	upakaara- smaraNe	nandiyuLLa
Proud	hemme	hemme	abhimaanam
Eager	kuthoohala	aasakthi	thaalparyam
Selfish	swaartha	swaartha	swartham
Agitation	kshObhe	kshObhe	kshObham
Self-centered	Sva kendritha	Thannathige	Sva kendrithamaaya
Scare	hedarike	pODige	bhayam
Annoyed	keralisu	Kirikiri malpu	alaTTuga

Concern	kaaLaji	kaaLaji	Thaalparya eDukkuka
Furios	ugra	Bhaari kOpada	ugram
Irritable	rEgisu	Kirikiri	shunTippe Dutthal
Timid	bheeru	pODigedaaye	bheeru
livid	biLichikonDa	Nether ijjaandina	viLariya
Affectionate	vishvasaneeya	vishvaasada	vishvaasamuLLa
Disappoint	niraashe	niraase	niraasha
Thankful	krithjnhath- aabhaava	solmelu	nandiyuLLa
Depression	khinnathe	bEjaar	vishaadam
Regret	pashchaatthapa	pashchaatth- aapa	pashchaatth- apikku
Isolation	prathyekathe	dooramalpu	agaTTuga
Frustration	aashaabhanga	niraase	mOhabhangam
Optimistic	aashaavaadi	aashaavaadi	aashaavaadi
Pessimistic	niraashaavadi	niraashaavaadi	niraashaavadi

Loneliness	onTithana	oriyene	yekanthatha
Jealous	asooye	mathsara	asooya
Nervousness	adhairya	pODige	adhairyam
Excitement	udvEga	udvEga	kshobham
Impatient	asahane	asahane	akshamam
Patience	sahane	sahane	kshama
Relax	ullaasa	ullaasa	ullaasam
Illution	bhrame	bhrame	vikalpam
Shock	Aaghaatha	aaghaatha	aaghaatham
Stress	otthaDa	otthaDa	sammardam
Hurt	nOyisu	bEne malpu	vEdanippikku
Inferiority complex	keeLarime	keelarime	Apakarshatha bodham
GUILTY	Aparaadhi manObhaava	Aparaadhi manObhaava	kuTTabOdham
Deprive	nashTavaadu	kaLeyonu	nashTappeTTa
confusion	gondala	Enchinaand gotthaavandina	Aashaya kuzhappam

7. Normal Medical Words

Hospital	Aaspathre	aaspathre	aashupathra
Medical shop	Oushadhada angaDi/ maddina angaDi	Mard'da angaDi	Aushadha shaala/marunn shaap
Medicine	Oushadha/ maddu	Mard'	Marunnu
Injection	Chucchumaddu	Sooji deepuNe	Kutthivelp
Investigation	Pareekshe	Pareekshe	Parishodhikkuka
Report	Varadi	Varadi	report
Check-up	Pareekshe maaDalu	Pareekse malpyare	parikshodhana
Health	AarOgya	AarOgya	AarOgyam
Test	Pareekshe	Pareekse	Pareekshikkal
List	Patti	Patt i	Kuripp'
Prescription	Oushadhada cheeti	Mard'da cheeti	Marunninde kuripp
Preparation	Thayaari	Thayaari	ThayaareDupp

Scissors	Kattari	Kattari	Kathriga
Knife	Choori	Beesakatti	Peecha kaththi
Cotton	Hatti	Parthi	Paruththi
Cloth	Batte	KunTu	ThuNi
Thread	Noolu	Nool	Nool
Needle	Sooji	Sooji	Thooyi/sooji
Tablet	Maathre / GuLige	Mathre/ GuLige	Guliga
Sickle	Katti	Katti	koDuvaal

8. Time

Time	Samaya	Porthu/ Samaya	Samayam
Time	GanTe	GanTe	MaNi
Now	Eega	Itthe	Ippol
Then	Aaga	Apaga	AppoL
later	Matte	Bokka	Pinne
Till	Alliyavarege	Aademutta	Avidevare
Day/Days	Divasa / divasagalu	Dina	Divasam/ divasangal
Week	Vaara	Vaara	Aazcha
Month	Thingalu	Thingolu	Maasam
Year	Varsha	Varsa	Kollam/ varsham
Morning	BeLigge	PulyakaanDe	Pularcha
Noon	Madhyaanha	Madhyaanha	Ucchayik
Afternoon	Madhyaanha nanthara	MadhyaanhaD'd bokka	Uccha thirinh

evening	Sanje	Baiyyag	Sandhya
Night	Raathri	Rathre	Raathri
Afterwards	Ananthara / Matte	Bokka	Pinne

9. Days - weeks

Today	Ivatthu	Ini	inn
Yesterday	Nine	KOde	Innale
Tomorrow	Nale	Elle	NaaLa
Day after tomorrow	Naadiddu	Ellanji	MaTTannaL
Day before yesterday	Monne	Muraani	Mininhaan
Sunday	Aadithyavaara/ Bhaanuvaara	Aythaara	Nhaayaraaycha
Monday	SOMavaara	Somaara	Thingalaaycha
Tuesday	Mangalavaara	Angaare	Chowvaaycha
Wednesday	Budhavaara	Budvaara	Budhanaaycha
Thursday	Guruvaara	Gurvaara	Vyazaaycha
Friday	Shukravaara	Sukraara	Velliyaaycha
Saturday	Shanivaara	Sanivaara	Shaniyaaycha

10. Numbers

One	Ondu	Onji	Onn'
Two	EraDu	RaDD	Rand
Three	Mooru	Mooji	Moon
Four	Naalku	Naal	Naal
Five	Aidu	Ain'	Anji
Six	Aaru	Aaji	Aar'
Seven	Elu	E'L	Ezh
Eight	EnTu	Enma	Ett'
Nine	Ombatthu	Orumba	Ombad
Ten	Hatthu	Path	Path
Eleven	Hannodu	Patthonji	Padinonn'
Twelve	HanneraDu	PadraaD	PandiranD
Thirteen	Hadimooru	Padimooji	Padimoon
Forteen	Hadinaalku	Padnaal	Padnaal
Fifteen	hadinaidu	padinain	padinanji
Sixteen	hadinaaru	padinaaji	Padinaar

Seventeen	HadinELu	PadineLI	Padinezh
Eighteen	Hadinentu	Padnenmo	Padinett
Nineteen	Hatthombatthu	Padnorumba	Patthombad
Twenty	Ippatthu	Iruvo	Iruvad
Twenty one	Ippatthodu	Iruvatthonji	Iruvatthonn'
Thirty	Moovatthu	Muppo	Muppad
Thirty one	Moovatthodu	Muppatthonji	Muppatthonn
Forty	Naluvatthu	Nalpa	Naalpad
Forty one	Naluvatthodu	Nalpatthonji	Naalpatthonn
Fifty	Aivattu	Aiva	Anbad
Fifty one	Aivatthodu	Aivatthonji	Anbatthonn
Sixty	Aruvatthu	Ajippa	Aruvad
aruvatthodu	Aruvatthodu	Ajipatthonji	Aruvatthonn
Seventy	Eppatthu	Elpa	Embad
Seventy one	Eppatthodu	Elpatthonji	Ezhuvatthonn'
Eighty	Embatthu	Enpa	Embad
Eighty one	Embatthodu	Elpatthonji	Embatthonn

Ninety	thombatthu	sonpa	thonnoor
Hundred	Nooru	Noodu	Nor
One hundred one	Noora ondu	Noothonji	Noottonn
Two hundred	innooru	irnoodu	irnoor
Two Hundred one	Innoora ondu	Irnootha onji	Irnoothonn
Three hundred	Munnooru	Munnoodu	Munnoor
Three hundred one	Munnoora ondu	Munnootha onji	Munnootta onn
Four hundred	Nannooru	Naannoodu	Naannor
Four hundred one	Nannoora ondu	Nannootha onji	Nannoothaonn
Five hundred	Ainooru	Ainoodu	Anhoor
Five hundred one	Ainoora ondu	Ainootha onji	Anhootha one
Six hundred	Aarunooru	Aajinoodu	Arnoor
Six hundred one	Aarnoora ondu	Aajinoothonji	Arnoothonn

Seven hundred	Elnooru	ELnoodu	Ezhunoor
Seven hundred one	Elnoora ondu	Elnootha onji	Ezhunnootha one
eight hundred	EnTu nooru	Enmanoodu	Ettnoor
Eight hundred one	EnTunooru ondu	Enmanootha onji	Ettnoothonn
Nine hundred	Onbainooru	Orumbanoodu	ThoLLaayiram
Nine hundred one	Ombainooru ondu	Orumbanootha onji	ThoLLaayira-tthonn
Thousand	Saavira	Saavira	Aayiram
Lakh	Laksha	Laksha	Laksham
Crore	Koti	Koti	Koti

11. Colours

Colour	baNNa	baNNa	varNam /niram
White	biLi	boldu	veLLa
Black	kappu	kappu	karupp'
Violet	nEraLe	nEraLe	audaniram/ violetniram
Indigo	kaDuneeli	kappuneeli	neelakkarupp'
Blue	neeli	neeli	neelam
Green	hasiru	pacche	paccha
Yellow	haLadi	manjaal	manha
Orange	kEsari / kitthaLe	kEsari	orang'
Red	kempu	kempu	chuvapp
Pink	gulaabi	gulaabi	paatalavarNam
Brown	kandu	kandu	thavittu
Magenta	thiLi kempu	Chooru kempu	iLam chuvapp'
Meroon	kaDu kempu	kaDu kempu	kaDuttha chuvapp'

Grey	boodu	boodu	Chaaara niram
Teal	yeLa neeli	Chooru neeli	iLam neela
Lime colour	nimbe baNNa	Limbeda baNNa	Naaranha niram
Navy	kaDu neeli	kaDu neeli	kaDuttha

12. Directions

Please	dayamaaDi	dayamalth'd	dayavu chaid
Ask sister	sister nnu kEL	sister Da ken'le	sisteroD choyikku
Go up	mele hOgi	Mitth pOle	mugaLil pogu
Get down	keLage iLiyiri	thirth jappule	thaaZheyik iranhu
Go there	allige hogi	aaDe pole	aviDe pOku
Go straight	nEra hogi	seeda pOle	nerke poku
Climb the steps	mettilu hatti	muttu mittharle	chavitt paDi kayaru
Use the steps	mettalugaLannu baLasi	muttuDe pOle	chavittu paDiyil pOgum
East	poorva	mooDaayi	kizhakk
West	pashchima	paDDaayi	paDinhaar
North	utthara	baDekkaayi	vaDakk
South	dakshiNa	thenkaayi	thekk'

13. Relations

Father	thande/Appa	ammer/poppa	acchan
Mother	thaayi/amma	appe/amma	amma
husband	ganDa /pathi	kanDani	bharthaav
Wife	henDathi	buDedi	bhaarya
Child	magu	baale	kuTTi
Children	makkaLu	baalelu	kuTTigaL
grand father	ajja	ajjer	acchacchan
Grand mother	ajji	ajji/doDDa	ammamma
Elder brother	aNNa	ANNe /palaye	yettan/jyeshtan
Elder sister	akka	akka/paldi	ettatthi/ jyeshtatthi
Younger brother	thamma	megye	aniyan/anujan
Younger sister	thangi	megdi/ thangaDi	anujatthi
uncle	maava/ chikkappa	thammale/ thidyammer	Ammaavan/ cheriyacchan

aunty	atte/ chikkamma	maami/ thidyappe	ammaayi/ cheriyamma
Son	maga	mage	mon
Daughter	magaLu	magaal	moL
Grand children	mommakkaLu	puLLilu	pera kuTTigaL
Grand son	mommaga	aaN puLLi	AaN pEra kutti
grand daughter	mommagaLu	poNNu puLLi	peNN pera kutti
Son-in-law	aLiya	marmaaye	marumagan
Daughter-in-law	sose	marmaal	marumagaL
Friend	geLeya/ mithra	dOsthi	changaadi

14. Past, Present, Future (S=Singular, P= Plural)

(Bhootha , varthamaana, bhavishya)

I come	Naanu barutthene	Yaan barpe	Nhaan varunnu
I came	Naanu bande	Yaan batthe	Nhaan vannu
I will come	Naanu barutthene	Yaan baruve/barpe	Nhaan varum
I went	Naanu hOde/ /hOgidde	Yaan pOthe/ podutthe	Nhaan pOyi/ pOyirunnu
I go	Naanu hOgutthEne	Yaan pOpe	Nhaan pOvunnu
I am going	Naanu hOgutthidEne	Yaan pOvondulle	Nhaan pOyikon Dirikkunnu
I will go	Naanu hOguvenu/ hOguttEne	Yaan pOve	Nhaan pOgum
You came	Neenu bande(S)neevu bandiri(P)	Yee battha(S) eer batthaar(P)	Nee vannu(S) ningaL vannu(P)
You are coming	Neenu barutthiddee yaa(S)neevu barutthiddeeri (P)	Yee barondulla(S) yeer barondullar (P)	Nee varunnu(S) ningaL varunnu

You will come	neenu baruve(s) neevu baruviri (p)	yee barpa (s) yeer barpaar (p)	nee varum (s) ningal varum (p)
You went	neenu hOde/(s) neevu hOdiri(p)	yee pOtha(s) yeerpOthaar(p)	nee pOyirunnu(s) ningal pOyirunnu(p)
You go	neenu hOgu	yeer pOle	ningal pOgu
You are going	neenu hOgutthiddeeya/neenu hOgutthi(s) neevu hOgutthiddeeri/ hOguitteeri(p)	yee pOvon- dulla (s) yeer pOvundullar	nee pOgunnu(s) pOgunnuD(p) ningal
You will go	neenu hOguve (s)neevu hOguviri(p)	yee pOpa(s) yeer pOpaar(p)	nee pOku(s) ningal pOku(p)
He came	avanu banda(s) avaru bandaru(p)	aaye batthe(s) aar batther(p)	avan vannu(s) avar vannu(p)
He is coming	avanu bandanu(s) avaru bandaru (p)	aaye barpe(s) aar barpere(p)	avan varunnu(s) avar varunnu(p)

He will come	avanu barutthaane(s) avaru baruvaru(p) / barutthaare	aaye baruve(s) aar baruver(p)	avan varu(s) avar varu(p)
He went	avanu hOda(s) avaru hOdaru(p)	aaye pOye(s) aar pOyer(p)	avan pOyi(s) avar pOyi(p)
He is going	avanu hOgutt- hiddaane/ hOgutthaane (s) avaru hOgutthiddaare/ hOguttaare(p)	aaye pOvon- dulle/ pOpe(s) aar pOvond- ller/pOper(p)	avan pOgunnunD (s) avar pOgunnunD(p)
He will go	avanu hOguvanu(s) avaru hOguvaru(p)	aaye pOve(s) aar pOver(p)	avan pOGum(s) avar pOGum(p)
She came	avaLu bandalu(s) avaru bandaru(p)	aal baidaal(s) /batthdaalaar baidar	avaL vannu(s) avar vannu(p)
She is coming	AvaLu barutthiddale(s) avaru barutthiddaare (p)	aal aal barondullal(s) aar baronduller(p)	avaL varunnunD (s)avar varunnunD(p)

She will come	avaLu barutthaaLe(s) avaru barutthaare(p)	aal barpaal(s) aar barper(p)	avaL varu(s) avar varu(p)
She went	avaLu hOdal(s) avaru hOdaru(p)	aal pOyaal(s) aar pOyer(p)	avaL pOyi(s) avar pOyi(p)
She is going	avaLu hOgutthaaLe/ hOgutthidd- aaLe(s) avaru hOgutthidd- aare(p)	aal pOvond- ullaal/ pOpaal(s) aar pOvon- duller(p)	avaL povunnu/ poikon Dirikkunn (s) avar pOgunnu/ pOyikon Dirikkunnu
She will go	avaLu hOguvalu(s) avaru hOguvaru(p)	aal pOvaal(s) aar pOver(p)	avaL pOgu(s) avar pOgu(s)
They came	avaru bandaru	akulu batther	avar vannu
They are coming	avaru barutthidare	aakulu baronduller	avar vennkon Dirikkunn
They will come	avaru barutthaare	aakulu baruver	avar varu

We came	naavu bandevu	enkulu battho	nhangal vannu
We are coming	naavu barutthiddeve	enkulu batthondullo	nhangal vannukon Dirikkunn
We will come	naavu baruvevu	enkulu barpo	nhangal varum
We went	naavu hOgiddevu/ hOdevu	enkulu pOduutto/ pOyo	nhangal pOyirunnu/pOyi
We go	naavu hOgOna	enkulu pOya/pOyi	nhangal pOgam
We are going	naavu hOgutthiddeve	enkulu pOpo	nhangal pOvunnunD
We will go	naavu hOguvevu	enkulu pOvo	nhangal pOkum

15. General Questions

English	Kannada	Tulu	Malayalam
What is your name?	nimma hesarenu	eerna pudar dada/ encha?	ningalude perendaa?
Which is your place?	ooru yaavudu?	ooru olu?	naD evideyaa?
Where do you come from?	neevu ellinda bandiri?	eer olpad'd bathdaar/ baidaar?	ningal evidDunn' vannada?
What is your occupation?	yaava kelasa-dalliddeeri?	kelasa enchina?	endaa joli?
Fathers Name?	thandeya hesaru enu?	poppana pudar encha?	acchande perendaa?
Mothers Name?	thaayiya hesarenu?	ammaana pudaar?	ammeyude perendaa?
Are you married?	nimage maduveyaa-gideyaa	eereg madme aathn'daa?	ningal kalyaanam kazhichittundo?
Husbands Name?	ganDana hesaru enu?	kandanina pudaar encha?	bharthaavinde perendaa?

How many children you have?	eshTu makkaLu?	eath jokulu?	kuTTigal ethreyaa?
How many brothers you have?	eshtu aNna thammandiru iddaare?	eth megye palayanakulu uller?	ningaLk ethraya sahodaranmaar?
How many sisters you have?	eshtu mandi akka thangiyaru	eath jana megdi palinaaklu?	ethra sahodarimaar? (ettatthi anujethimaar?)
How are you?	hegiddeeri	encha ullaar?	enhine unD?
Are you hungry?	hasivaagu-tthideye?	bada aapundaa?	vishkkunnun Do?
Have you finished your food?	enaadaroo thindiraa?	enchinaand- alaa thindaaraa?	endengulum kazhicchuvo?
What do you want to eat?	thinnalu enu beku?	thiniyara dada bodu?	kazhikkaan end venu?
Have you finished your Breakfast?	belaggina thindi/ upaah- aaraayithaa	kateda thindi aanda?	raavile end kazhicchu?
What did you eat?	enu thindiri?	dada thindaar?	end kazhicchu?

Have you finished your meals?	oota maadi ayithaa?	eerna onas aanda?	oonu kazhicchuvo?
Take meals	ooTa maaDi	oNas malpule	ooN kazhikku
Are you thirsty?	Baayaarike aagutthideyE?	Baajel aapundE?	Daahikku-nnundo?
Did you drink water?	neeru kudidiraa?	Neer pariyaaraa?	vellam kudicchuvo?
Drink water	neeru kuDiyiri	neer parle	veLLam kuDikku
How many glasses?	eshtu glaassu?	yeath glass?	Ethra glass?
Do you want water?	neeru bEkaa?	neer bodaa?	vellam vEno?
What time you are getting up?	eshtu hotthige elutthiri?	eth porthug lakkuvaar?	ethra nerath unarunnu?
Did you brush your teeth?	neevu hallu thikkiddeeraa?	kooli dekkiyaaraa?	pall thudacchuvo?
Have you washed your face?	mukha tholediraa?	mone dekkiyaaraa?	mukham kazhukiyo?

Have you finished your bath?	snaana aayithaa?	meeyaraa?	kulicchuvo?
Do you have the practice of exercising?	vyaayama maaduva abhyaasa ideyaa?	vyaayama malpuna abhyaasa unda?	vyaayamam cheyyunna sheelam undo?

16. Questions on Complaints

What is your complaint?	nimagiruva thondare yEnu?	Yeeregenchina tondare unDu?	ningaLk end'aa kuzhappam?
When was your last visit?	kaLeda baari neevu yaavaaga bandiri?	karisarthi eer Yepa battthine?	kazhinha praavashyam ningal enna vannad?
Have you consulted any other Doctor previously?	bere Doctor hatthira hOgiddeeraa?	bethe Doctorena kaithal pOtharaa?	vEra Doctore kaaNicchuvO?
If yes; what are the medicines? Will you show the prescriptions?	haagiddare; avaru yaava maddu koT Tiddaare?	andaanDa; aar ouvu mard korther?	aaNengil avar thanna merunn yedaaN /
How long are you suffering?	eshtu samayadinda nimage ee thondare ide?	yeth samaya D'd eereg ee thondare unDu?	id thudangiyith ethra kaalamayi
Where is the pain?	nimage elli nOvide?	yeereg Olu bEne aapunDu?	ningaLk eviDe vedanayunD?

When do you feel the pain?	nimage yaavaaga nOvaagutthade?	yeereg yEpa bEne aapunDu?	ningaLk eppoL vedana aavunnu?
Which part of the body?	nimma shareerada yaava Bhaagadalli nOvaagutthade?	yeere'g shareeraD oOlu bEne aapunDu?	ningaL'k shareeratthinde E'd vashath vedana anubhavappe Dunnu?
When does the pain increases?	yaavaaga nOvu hecch- aagutthade?	yepa eerena bEne jast- hiyaapunDu?	ningaL'k vEdana eppoL kooDunnu?
Walking	naDeyuvaaga	naDapunaga	naDakku mboL
Sitting	kuLithaaga	kullunaga	irikkumboL
Lying/sleeping	malagidaaga	jeppunaga	kiDakkumboL
Talking	maathanaa Duvaaga	paathernaga	samsaarikkum boL
Breathing	shwaasathe- geyuvag	shwaasa- deppunag	shwasikkum- boL
Turning getting up	thirugidaaga ELuvaaga	athirgnaga lak'naga	thiriyumboL ezzhunne lkkumbol
What is the nature of pain?	nOvu hegi- ruttthade?	bEne encha uppun'D?	vEdanayude swabhavam?

When you feel the relief? after taking medicine or after taking rest	nOvu yaavaaga kaDimey-aagutthade? madduthekkon Daaga viShraanthi thekkonDaaga	bEne Epa kammi aapund? mard detton' naga pokkaDe kull'naga	vEdana eppOL kuravu thOnunnu? marunn' kazhicchappOL allengil vishramicchaal?
Do you have Dyspnoea While walking Talking simply sitting coming	nimage Dammu- naDeyuvaaga maathanaa Duvaaga summane kuLithaaga barutthadaa?	yeere'g dammu - naDappunaga Paathernaga pokkaDe kullnaga barpundaa?	ningaLk swasam muttal- naDak kumbOL samsaarik kumbOL verude irikkumbOL unDO?
Do you have headache?	niimage thalenovu ideyaa?	yeereg tharebEne unDAA?	ningaLk thalavEdana undo?
How long are you suffering?	eshtu samayainda	yeth samayaDd	yethra samayamaayi?
Which part	Yaava bhaagadalli	vaa bhaagaD	yed bhaagath

Whole head	poorthi thale	iDee thare	thaleyaage
One portion	ondu bhaaga	onji bhaaga	oru vasham?
Do you have vertigo?	nimage thale thiruguthadaa?	yeereg kann katthale barpunDaa?	ningaLk thala karakkam undo?
Do you have vomiting sensation?	vanthi bandha haage aaguthadeye?	kakkiyara batthilekka aapunDaa?	chardiakaanm vanna pOle aavunnunDo?
Do you have any vision problem?	nimage drishti dOsha ideyE?	yeereg drishti dOsha unDaa?	ningaLk kaycha kkurav undo?
Do you checked your vision	neevu drishti /kaNnu pareekshe maaDisidd-eeraa?	yeer kaNN pareekshe malthdaaraa?	ningaL drishti / kaNN parishodhi-cchittunDo?
Come next week	mundina vaara banni	barpivaara bale	aDuththa aaycha varu
Don't worry	bEsarisabEDi	bEjaar malpoDchi	sangada paDalle
Don't fear	hedarabEDi	pODiyoDchi	pEDikkalle

Don't be upset	neevu gaabariyaag- abEDi	yeer gaabari aavoDchi	ningal pEDikkanDa
Nothing will happen to you	nimagEnoo aaguvudilla	yeereg daala aapuji	ningal'k onnum sambhavikilla
You are alright	neevu chenn- aagiddeeraa	yeereg daala aath'ji/ eer usaar ullaar.	ningal'k onnum sambhavi- cchittilla
Take Medicine from the medical	oushadhada angaDiyinda/ meDicalininda Maddu thegedukoLLi	mard'da angaDiDd / meDical'Dd Mard dethonle	marunnu shaapil ninnu marunnu vaangicchoLu
You have to get admitted	neevu aDmit aagabEkide	yeer aDmit aavoDu	ningal aDmit aavaNam
Please pay the bill in the counter	haNavannu counTerinalli kaTTi	Kaas'n counterD katt'le	paisha counteril aDakkuka
Please bring the reciept	rasheedi thegedukoLLi	rasheedi dethon'le	rasheedi eDutthOLu
You should do the blood test	nimma Raktha pareekshe maaDisabEku	yeerena nether pareekshe malpoDu	ningaluDechOra parishOdhik- kaNam

Do the urine test	moothra pareekshe maaDabEku	yeerna paTike pareekshe malpoDu	ningaLude moothram parishOdh-ikkaNam
Bring the report and show	report thanduthOrisi	report kanaththOjaale	report konDvann kaaNikkuga
You have little blood pressure	nimage swalpa rakthadotth aDavideide	yeereg onchooru Blood Pressure unDu	ningaL'k itthiri raktha sammardam unD.
You should take care	neevu jaagrathe maaDabEku	yeer jaagrathe malpoDu	ningal sookshikka-Nam
Drink enough water	thumbaa neeru kuDiyiri	masth neer parle	sharikkum veLLam kuDikkum
Don't worry	bEсарisabEDi	bEjaar malpoDchi	sangaDam paDalle
You will be alright	neevu sari hOguttheeri	yeereg guNa aapunDu	ningaLk sukhamaaakum
Drink tender coconut	yeLaneeru kuDiyiri	bonDa parle	iLanir kuDikkuga

Take medicines regularly	maddu samayakke sariyaagi thegeduko-LLutthiri	mard'n sariyaad' dethon'd uppule	samayamth- orum marunn kazhicchon Dirikkuga
Time to time	samayakke sariyaagi	portu portu	samayaa samayam
Don't stop the medicine	maddu thegedukoLLuvu-dann u nillisabeDi	mard' dethonunen unthaavodchi	marunn kazhikkunnad nirthalle.
You should follow the instructions	neevu nirdE-shanagaLannu paalisabEku	yeer paDlek-kane naDapoDu	ningal nirdEsham paalikkuga
Come for check up regularly	aagaaga pareekshe maaDisiko-LLalu barabEku	apagapaga pareekshe malpyare baroDu	appoL appoL check up cheyyan varaNam
Come next week	mundina vaara banni	barpi vaara bale	aduththa aaycha veru
Thank you	dhanyavaad-agaLu	solmelu	nanni

17. Instructions

Open	theyyiri	deppule	thurakku
Close	mucchi	mucch'le	aDakku
Stop	nillisi	unthaale	nirthu
Start	aarambhisi	suru / surumalpule	thuDanhgu
Get ready	thayaaraagi	thaiyaarale	purappeDu
Bring	thanni	kanale	konD varu
Get in	oLage banni	uLaayi bale	agatthek varu
Get out	horage hOgi	pidaayi pOle	puratth pogu
Sit down	kuLithuikoLLi	kull'le	irikku
Lie down	malagi	jeppule	kiDakku
Come up	mEle banni	mith bale	mugalileik varu
Go up	mEle hOgi	mith pOle	mugalilek pOKu
Eat	thinni	thinle	kazhikku
Drink	kuDiyiri	par'le	kuDikku
Come down	keLage bann	thirth bale	thaazhe varu

Study	kaiyiri	kalpule	paDikku
Lift	yethi	derpule	uyarthu
Do	maaDi	malpule	Cheiyu
Don't do	maaDa bEDi	malpoDchi	chaiyyarude
Hear me	illi kELi	moolu kEnle	ivide kELku
Tell me	hELi	pan'le	parayu
Sleep	nidre maaDi	nidre malpule	uranghu
Lie	malag i	jeppule	kidakku
Take him	avarannu konDu hOgi	aaren letthondu pOle	avare konD pOgu
Touch	mutti	muttle	sparshikku
hold	hiDiyiri	pathle	piDikku
carefully	mellage	mella	melle/ sookshicch
Take this medicine three times daily	yee maathre- yannu dinakke mooru baari thegedukoLL- abEku	yeer ee maathren dinokk mooji sarthi detthonoDu	ningaL ee marunn divasakm moon neram kazhikkaNam

Take it on empty stomach	khaali hotteyalli thegedukoLL-abEku	bajee banjiD detthonoDu	verum vayaTTil eDukkaNam
Patient needs two bottles of blood	rOgige eraDu baatii raktha bEku	rOgig raDD baatii/kuppi netter bODu	rOgikk rand kuppi chOra vENam
Patients condition is serious	rogiya sthithi chinthaajana-kavaagide/ gambheera-vaagide	rOgina sthithi gambheera unDu	rOgiyuDe nila guruthara-maaN
Patient needs operation	rOgige operation maaDabEKide	rOgig operation malpoDE bODu	rOgikk operation chaiyanDad aavashyamaaN
Operation success	operation sariyaayithu	aarn operation sari aanD	avaruDe operation shari aayi
You can see him	innu neevu avarannu nODabahudu	nana nik'leg aaren thoovoli	ini avare ningaLk kaaNam
He is out of danger	avaru apaaya-dinda paaraa-giddaare	aareg nana daala aapuji	avar'k ini onnum sambhavikkilla

He is alright	avaru eega hushaaraagi- ddaare	aar itte ushaar aather	avar ippoL ushaaraaN
We will shifting him to ward	naavu avara- nnu wardige haakuttheve	nana aaren ward'g paaDuvo.	avare nhangaL warDilek konD varunnu
You can take him	avarannu konDu hOgabahudu	aaren koNpOvoli	avare konDupOvu
Please look after him carefully	avarannu jaagratheyinda nODikoLLi	aaren jaagratheD thoovonle	avare vaLare nannaayi shraddikka- Nam
We tried our best	Nammindaada prathna maaDiddeve	yenkleD'd aayina prayathna enkulu malthudo	nhangaL aayadum prayathnicchi TTunD
We could not save him	Namage avarannu uLisalu aagalilla	enkleD'd aaren orippaayara aathji	nhangaL'k avare rakshikkaan aayilla
Sorry he /she is no more	kshamisi avaru innilla	map malpule aar nana ijyjer	kshamikkuga Avar ini illa.

**18. Conversation with Patient
suffering from Fever**

When did the fever start?	yaavaagininda jwara barutthide?	yepaD'd jwara suru aathn'D?	pani eppoLaaN thuDanhiyad?
Do you have cold?	Nimage sheetha ideyaa?	Ee5reg sheetha unDaa?	ningal'L'k jaladosham undo?
Do you have running nose?	moogininda suriyutthadeyE?	moonkuDd doriyunDaa?	mookil ninnu ozhugun-nunDo?
How?	hEge?	yencha?	Enghine?
Watery?	neeru neeru?	neer neer?	veLLampole?
Thick?	gatti?	gatti?	katti?
Which colour?	Yaava baNNa?	Vaa baNNa?	Endaa niram?
White?	biLi?	boldu?	veLLa ?
Yellow?	haLadi?	manjal?	manha?
Cough?	Kemmu?	Themma?	Chuma?
On and off	bittu bittu?	buDdu,buDdu?	Nirthi nirthi?
Continues?	ondE savane nillade?	buDaande?	nilkaade/orE pOle?

Chest conjection?	usiru kaT Tutthadaa?	dammu ka TTunDaa?	shwasam keTTunnunDo?
Wheezing?	dammu/ nEvasa?	dammu oypuNe?	shwasam muTTal/ ummaTam/veii?
What is the nature of fever	jwara hEge barutthade?	jwara encha barpunDu?	pani enghine varunnu?
Continues? barpunDaa?	nillade barutthadaa? pani vannu konDe irikkunno?	barutthadaa? De irikkunno?	u n t h a a n d e
On and off barpunDaa?	alla aagaaga barutthadaa? alla appoL appoL verunno?	barutthadaa? appoL verunno?	ath apagapaga
Is there high fever?	jwara joru untaa?	jwara jaasthi unDaa?	pani kooDdal undo?
Is it heavy in night?	raathri hecch-aagutthadaa?	raathreD jaasthi aapunDaa?	raathri kooDdal aavunnO?
Is there weakness?	nithraaNa ideyaa?	nithraaNa aapunDaa?	ksheenamun Do?
Is there Body pain?	Mai kai nOvuideyaa?	Maikai bEne unDaa?	Shareera vEdana undo?
Severe headache	bahaLa thalenOvu	bhaari tharebEne	bheevramaaya thalavEdana

Eye pain?	kaNNu nOvu?	kaNN bEne?	kaNN vEdana?
Joint pain?	ganTu nOvu?	ganT bEne?	sanDhi vEdana?
Is there Chill	chaLi ideyaa?	chaLi unDaa?	kuLirunno?
Is there Shivering?	naDuka ideyaa?	chalit na DugunDaa?	kuLirkonD viraykkunno?
Is there Vomiting?	vaanthi Enaadaroo ideyaa?	kakkuNE unDaa?	chardikku-nnunDo?
Is there any rashes in body?	shareeradalli daddu yenaadaroo ideyaa?	shareeraD olaanDalaa dappa dappa aathn'Daa?	Shareeratthil eviDeyengilum thaDicchittun Do?

19. Conversation with Cardio/ lungs Patient

What is your age?	nimma praayaveshtu?	yeerenA praaya?	praayam ethra?
What is your profession?	nimma udy OgavEnu?	eer dada bele malthondullaar?	ningaluDe jOli yendaaN?
What is your complaint?	nimagiruva thondare Enu?	yeereg' dada aapunDu?	ningalKendaaN kuzhappam?
Do you have cough?	nimage kemmu ideyaa?	yeereg themma undaa?	ningalK chuma/ kura undo?
How long are you suffering from cough?	yeshTu samayadinda kemmu ide?	yeth samayaD'd eereg themma unDu?	yethra kaalamaayi chuma thoDanhiyitt?
Do you have the habit of smoking?	neevu Dhooma paana maa Duttheeraa? (/ beeDi sigarettu sEdutheera?)	yeereg beedi sigarett oypuNa abhyaasa unDaa?	ningal beeDi cigarett velikkunnun Do?

Do you have the habit of chewing gutka?	nimage gutka agiyuva abhyaasa ideyaa?	yeer gutka thinpaaraa?	ningaL gutka chavaykalun Do?
Do you have the habit of consuming alcohol?	neevu madyapaana maaDuttheeraa?/ kudiyuttheeraa?	yeereg parpuna abhyaasa unDaa?	ningaL madyapaanam chaiyunnunDo? / kuDikkunnunDo?
How long?	yaavagininda?	EepoDdinchin?	eppoL mudal?
Do you have spuctum while coughing?	kemmuvaaga kapha barutthadaa?	themmal-punaga kapha barpunDaa?	chumacchappOL kapham verunnunDo?
What is the colour of spuctum?	kaphada baNNa hEgirutthade?	kaphada baNNa yenchappunDu?	kaphatthinde niram yendaan?
Is there blood while coughing?	kemmuvaaga raktha yenaadaroo barutthadaa?	themmal punaga nether mini barpunDaa?	chumakkumbOL chora mattum verunnunDo?

Is there the cough is continuous or cut cut?	kemmu nirantharavaagi barutthadeyaa alla ninthu nintu barutthadeyaa?	themma onje lekka baronde uppunDaa ath gaDi gaDi barpunDaa?	chuma yeppolum vannu konDe irikkunno alla ninn ninn verunnunDo
Is the cough is more while lyeing?	malagidaaga kemmu jaasthiyaag-utthadeye?	jetthduppun -aga themma jaasathi aapunDaa?	kiDakkumbOL chuma kooDdal thOnunnunDo?
Is the cough is more after evening?	sanjeya mEle kemmu jaasthiyaag-utthadeye?	bayyaanaga themma eccha aapunDaa?	vaigunneram chuma kooDudunnun Do?
We have to take a XRay of your chest	nimma edeya XRay maa DisabEku	yeerna thigaleda XRay deppoDu	ningaluDe enjinde XRay neDukkaNam
Is there fever	jwara untaa?	jwara unDaa?	pani undo?
Is there chest pain?	nimage ede nOvu ideyaa?	yeereg thigale bEne undaa?	ningaLk nenj vEdana undo?

Do you have the breathing problem?	nimage shwasa thegeduko LLuvaaga ashta kaag-utthideye?	yereg shwaasa deppunaga kashta aaapundaa?	ningaLk shwasam kazhikkumbOL buddhimu-ttundo?
Do you suffering from suffocation while climbing the steps?	nimage me TTilu hatthuvaaga dammu kattutthadeye?	yeereg muTTu mittharnaga dammu kattunDaa?	ningaLk paDi kayarumbOL shwaasa muttunnunDo?
You have to take ECG?	nimma E.C.G. thegeyabEku	yeerena E.C.G. deppoDu	ningaluDe E.C.G. eDukkaNam
You have a slight problem in your heart	nimma hridayadalli saNNa thondareyide	yeerena thigaleD elya thondare unDu	ningaLuDe hridayatthil cherudaayi oru kuzhappam unD.
We can cure it in medicine	adannu maddininda guNapa Disabahudu	ayin mard'D guNa malpoli	adine merunn konD sharipeduttam

We can cure it by a small surgery	adannu saNna operationin inda saripa Disabahudu	ayn elya onji operation'D sama malpoli	adine cheriya oru operation kon'D sharippe Duttam
Don't fear. It will be allright	hedarabEDi. Ellavoo sarih Ogutthade	pODiyoDchi poora sariyaapunDu	pEDikkalle ellam shariyaagum.
Take rest	vishraanthi paDedukoLLi	vishraanthi detthon'le	vishramiccho-Lu

20. Common Check up Conversation

Come here	illige banni	yeedeg bale.	iviDe / ingot varu
Did you come yesterday?	ninne bandiddeeraa?	kode baidaraa?	innale vanno?
Please sit down	kulithukolli	kullule	irikku
Lie down	malagiri	jeppule	kiDakku
lie upside down	kavuchi malagiri	kankani jeppule	kaminhi kiDakku
Turn your head	nimma thaleyannu thirugisi	eerna thren thirgaale	ningale thala thirikku
Open your mouth.	baayiyannu thereyiri	baayi angaale	vaa thorakku
Show your tongue	nimma naalageyannu thorisi	yeerna naalaayi thOjaale	ningalude naak kaanikku
Please lie to right side	bala badige thirugi malagiri	balatthamaik thirg'd jeppule	valatthek thirinh kiDakku
Please lie to left side	eDa badige thirugi malagiri	eDatthamaik thirg'd jeppule	eDatthok thirinh kiDakku

Lift your right hand	nimma balada kaiyannu etthi.	yeerna balattha kain Derpule.	ningaluDe valatthe kai uyarthuka
Fold your hands	nimma kaiyannum-adachiri	eerna kai'n maDipule	ningaluDe kai madakkuka
Lift your left hand	nimma eDada kaiyannu etthi.	yeerna edattha kai'n derpule.	ningalude iDad kai uyarthuka
lift your right leg.	nimma balada kaalannu etthi	yeerna balattha kaar'n derpule	ningalude valatthe kaal uyarthuka
lift your left leg	nimma eDada kaalannu etthi	yeerna eDattha kaar'n derpule	ningalude eDattha kaal uyarthuka
Fold your legs	nimma kaalannu maDachiri	yeerna kaar'n maDipule	ningaluDe kaal maDakkuka
Please take a deep breath	deerghash-vaasavannu thegeyiri	malla shvaasa deppule	deerga (veliya) shvaasam/ eDukku

Breath normally	sariyaagi usiraadi	sariyaad shwaasa deppule	shariyaayi shvaasikkuka
Hold your breath	shvaasavannu thadedu hidiyiri	shwaasa thadth'd patthle	shvasam pidicch vekku
Have come alone or anybody accompanied you?	neevu obbare bandidira? Athavaa jothege yaaraadaroo iddaaraa?	yeer oriyena ath yeraandala ottugu ulleraa?	ningal oththak vannadano alla aarengulum koode undo?
Do you want any assistance?	sahaayakke yaaraadaroo beke?	yeraandalaa sahaayag bOdaa?	Aarengulum sahaayikkaan veno?
Do you want anything?	nimagenaad- aroo bEke?	yeereg daadaandalaa boDaa?	ningalk endengulum veno?
Do you want to eat something?	yeenaadaroo thinnalikke bEke?	daadanDala thiniyare bode?	yendengulum kaikaan veNo?
Take this	idannu thegedukolli.	inden detthonle.	idine eduttholu

Give me that.	adannu nanage kodi	ain enk korle	adine enik theru
Bring it to my notice.	adannu nanna gamanakke thanni	ain' enna gamanag kanale	adine ende shraddakk kondvaru
Try to walk	nadeyalu prayathnisi	nadappzare prayathna malpule	nadakkaan shramikku
Try to speak	maathanaadalu prayathnisi	paatheriyara prayathna malpule	samsaarikkaan shramikku
Very good	bahala olleyadu	baaree Edde	valare nallad
What is your weight?	nimma thooka eshtu?	eerna Bhara Eth?	ningalude kanam ethrayaa?
Let us see your weight.	Nimma thooka nODoNa	Eerna bhaara thooka	Ningalude khanam noka.
Please wait	Dayavittu kaayiri	Dayamalth'd kaapule	Dayavuchaid Kaathirukkum
Sorry	Kshamisi	Kshame malpule	Kshamikkuka

Are you passing urine and motion properly and in time?	Nimage mala moothra visarjane sariyaagi aagutthideye?	Eereg pee paTike sariyaad pOpunDaa?	ningaLk mala moothram shariyaayi visarjikkunnun Do?
Do you eat fruits regularly?	Neevu yaavaagaloo haNNannu sevisutthiddeeraa?	Eer epalaa fruits thinpaaraa?	Ningal eppoLum pasha varganhaLe kazhikkaarun Do
Do you have drinking, chewing or smoking habits?	Nimage kuDiyuva, guTkaa jagiyuva dhoomapaana maaDuva abhyaasa Enaadaru ideyaa?	Eereg parpuNa, guTka paaDuna beeDi cigarette oiypuna abhyaasa unDaa?	ningaLk madyapaanam, guTka thinnal, dhoomapanam chaiyunna Sheelam unDo?
Do you have same type of complaints anybody in your family?	Nimma ku Tumbadalli yaarigaadaroo inthaha kaayile ideye?	Niklena kuTumboDu yeregaan Dalaa inchitthina rOga undaa?	ningaluDe kuTumbattil aarikengillum id pOluLLa rOgam undo?

Since when?	yaavagininda	yepaDdinchi?	eppoL mudal?
Do you have B.P.or Sugar complaint?	Nimage rakthadottaDa/ madhumEhada kaayile ideyaa?	Eereg Blood pressure/ sugar unDaa?	ningaL'k rakthasam mardam/ madhumeham undo?
Do you have any other complaints?	Nimage bErEnaadaroo kaayile ideye?	Eereg bEthe enchinaan Dallaa rOga unDaa?	ningaL'k vera yedengilum rOgamunDo?
Do you feeling weakness?	Nimage shareeradalli nithrana aagutthadeye?	Eereg nithraaNa aapunDaa?	ningaL'k ksheeNam thOnunnunDo?
Do you have tremors?	Nimage mY naDuka ideye?	Eereg shareera naDugunDaa?	ningaL'k thaDi viraykal undo?
Do you have headache?	Nimage thale nOvu ideyeE?	Eereg thare bEne unDaa?	ningaL'k thala vEdana undo?
Do you have any hearing trouble?	Nimage kivi sariyaagi kELisutthideyaa?	Eereg kebi sari kEnun Datthaa?	ningaL'k chevi kELkkunnun Dallo?

Do you have any problem of memory loss recently?	Nimage ittheechege marevina samasye yenaadaroo ideye?	Eereg inchig olaanDalaa madath'd pOpunDaa?	ningal'k aDuth eppoLengilu maravi sambhavik kunnunDo?
Do you have any fall?	Neevu elliyaadaroo biddiruviraa?	Eer Olaan Dalaa boordaaraa?	ningal'k eppoLengilum veezhcha paTTittunDo?
Is there any wound in your body?	Nimma shareeradalli elliyaadaroo gaayavaagideye?	Eerena shareeraD Olaan Dalaa gaaya aath'nDaa?	ningaluDe shareeratthil eviDeyengilum muriv undo?
Is there pus?	Lasike ideye?	rEsi unDaa?	Chalam unDo?
Is the cough is more at night?	Nimage raathriya hotthinalli kemmu jaasth iyaagutthadeye?	Eereg raathreD themma eccha aapunDa?	Ningal'k rathri chuma kooDunnun Do?
Do you have Wheezing problem?	Nimage ubbasa ideye?	Eereg dammu UnDa?	Ningal'k veli unDo?

Is there chest pain?	Nimage ede nOvu ideye?	Eereg thigale bEne unDa?	NingaL'k nenji vEdana unDo?
While coughing any spuctum or blood is coming out?	Kemmuvaaga kaphadondige rakthav Enaadaroo barutthadeye?	Themmal punaga kaphada oTTugu nether barpunDa?	NingaL'k chumakkumb OL kaphatthin opparam chora verunnunDo?
what is the colour of spuctom?	Kaphada baNNa hEgide?	Kaphattha baNNa encha unDu?	Kaphatthinde niram endaaN?
Areyou suffering from fever frequently?	Nimage aagaaga jvara barutthadeye?	Eereg apagapaga jwara barpunDa?	NingaL'k iDaikiDe pani verunno?
How is your appetite?	Nimage hasivu hEgide?	Eereg baDavu encha unDu?	NingaL'k vishapp enhine unD?
Do you have blood While passing the urine?	Moothradondige nettharu irutthada?	paTikedo TTige nether pOpunDa?	Moothrathinde opparam chora pOvunnunDo?

Do you have any trouble while passing the urine?	Nimage moothra maaDalu kashTava gutthadeye?	Eereg paTike maiypyare kashTa aapunDa?	NingaL'k moothra oiykkan buddhimuTT unDo?
Are you suffering from Retention of Urine?	Moothra kattuvudu/ bandaaguvudu ideye?	Patike kattune/ bandaapune unDa?	NingaL'k moothram keTTunnun Do?
What is the colour of urine?	Nimma moothrada baNNa hEgide?	Eerna pa Tikedada baNNa encha unDu?	NingaLuDe moothratthinde niram endaaN?
Are you suffering from body ache?	Nimage shareera nOvu ideye?	Eereg shareera bEne unDa?	NingaL'k shareera vEdana unDo?
Do you have joint pain?	Nimage gan Tu nOvu ideye?	Eereg gan T bEne unDa?	NingaL'k sandhi vEdana unDo?
Have you got any injury ?	Nimage shareeradalli elliyaadaroo gaayavideye?	Eerna shareeraD OlanDalaagaaya unDa?	NingaLuDe shareeratthil eviDeyengillum murivu unDo?
Do you have stomach pain?	Nimage hoTTe nOvu ideye?	Eereg banji bEne unDa?	NingaL'k vayar vedana unDo?

Do you have burning sensation?	Nimage maiyalli uri anubhava aagutthadeye?	Eereg maiy uriyulekka aapunDa?	NingaL'k shareeratthil katthunna pole aavunnunDo?
Do you feeling difficulty while swallowing?	Nimage nungaluvaaga kashTavaagutthideye?	Yeereg ningyare kashTa aapunDaa?	NingaL'k vizhunhaan buddhimutt unDo?
Do you have palpitation?	Nimage ede hodeduko LLutthadeye	Eereg thigale laagyunDaa?	ningaL'k nenji iDipp unDo
Do you have any swelling in your body?	Nimage shareeradalli elliyaadaroo baathukonDu ideye?	Eereg shareeraD OlanDalaa baathd unDaa?	ningaLuDe thaDiyil eviDeyengilum veekam undo?
Do you have any itching sensation in your body?	Nimage shareera thurisutthadeye?	Eereg shareera kirumbun Daa?	ningaL'k thaDiyil chorichal undo?
Do you have Dizziness?	Nimage thale thiruguttadeye?	Eereg thare thirugunDaa	ningaL'k thala karakkam undo?

Do you have Numbness in any part of your body?	Nimage shareeradalli elliyaadaroo maragatti danthe aaguttadeye?	Eereg shareeraD olaanDalaa marakattilekka aapunDaa?	ningaL'k sharreratthil eviDeyengilum tharipp anubhavappe DunnunDo?
Are you getting sweat?	Nimage bevarutthideye?	Eereg begarunDaa?	ningaL'k visharkunnun Do?
Are you feeling hot?	Nimage bisi bisi anisutthideye?	Eereg shareeraD beccha aapunDaa?	ningaLk thaDiyil chhooD thOnunnunDo?
Are you feeling cold?	Nimage chaLi aagutthadeye?	Eereg chaLi aapunDaa?	NingaL'K kuLirunnunDo?
You should take healthy food.	Neevu aarO- gyakaravaad- aahaaravannu sEvisabEku	Eer aarogya- maayina aahaaran thinoDu	NingaL aarOgyamuLLa ahaaram kazhikkaNam
You should take food Timely and correctly.?	Neevu samayakke sariyaagi aahaaravannu sEvisabEku.	Eer sariyaad' samaya amayag aahaara dethonoDu.	NingaL shariyaayi samayatthini aahaaram kazhikkaNam

You should come to check up regularly.	Neevu aagaaga pareekshe maaDisalu barutthirabEku	Eer apagapaga pareekshe malpyare baronduppoDu	NingaL iDaikkiDe parishOdhanaik veraNam
You should take rest fordays ...one week, one month, one year.	Neevu dinagaLu/ vaara/ thingaLu vishraanthi thegedukoLLabEku	Eerdina / vaara/ thingoLu vishraanthi dettonoDu	NingaLdivasam/ aazhcha/ maasam vishramam eDukkaNam
You should walk everyday	Dinavoo naDeyabEku	Dinaala naDapoDu	Divasavum naDakkaNam
Come with empty stomach	Bari hotteyalli banni	Khaali banjiD bale	Verum vayattil veru
Do not climb the steps.	mettilugaLannu hatthabEDi	Muttu mittaroDchi	paDi kayararud.
Take care while climbing the steps	meTTilu hatthuvaaga jaagrathe maaDi	muTTu mithar'naga jaagrathe malpule	paDi kayarumbOL sookshikkuga

Do not sit on the floor.	Neladalli kuLithuko- LLabEDi	Nelath kulloD'chi	Tharayil irikkalle
Do not walk in bare foot	Baree kaalinalli ODaaDabEDi	Bajee kaar'D naDappoDchi	Verum kaali' naDakkarud
Control while taking oily food	eNNeya aahaaravannu sEvisuvudannu kaDime maaDi	eNNeda aahaara thinpuNen kammi malpule	eNNamay atthinde aahaaram kazhikkunnad kuraykkuga
You should follow the diet.	Neevu pa Thyavannu maaDabEku	Eer paThya malpoDu	Ningal paThyam paalikkaNam
Foment in hot water	Bisi neerinalli shaakha koDi	Beccha neer'D/ shaakha kor'le	chooD veLLatthil/ aavi koLlikku



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