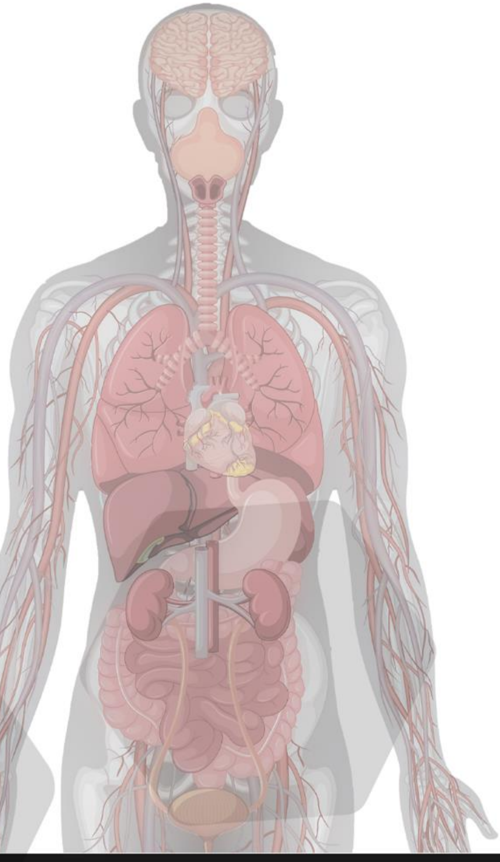
Malawi Liverpool Wellcome Research Programme

MEDICAL TERMS DICTIONARY

MAWU A ZA CHIPATALA

English - Chichewa

First Edition



Edited by FANNY KAPAKASA
in cooperation with Dr STEVEN PAAS

Medical Terms
Mawu a za Chipatala

English – Chichewa

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Copyright © 2026 Malawi Liverpool Wellcome Programme, P. O Box 30096, Chichiri, Blantyre 3, Malawi. Tel. +265 1 876444. Fax +265 1 875774

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Preface

Motivation

We are happy to welcome the publication of *Medical Terms – Mawu a za Chipatala*, conceived and supervised by the Malawi Liverpool Wellcome Programme (MLW).[1]

The list of medical terms is designed to enable the use of standard and culturally adapted vocabulary in translations of research materials, data and related information, from English to Chichewa and vice versa, to support effective and ethical research and public engagement in communities and also to support effective and culturally comprehensible communication with participants in research sites, particularly when a researcher may be from a different cultural setting and where direct translation may not be easy. The project has been led by the Behaviour and Health Group, and Data Management and Support Unit (DMSU) at MLW.

This is an ongoing project, and we plan to continue updating the list of Medical Terms as new words for inclusion are identified, or if alternative translations are suggested and agreed on. The responsible editors for this dictionary are Fanny Kapakasa and Rodrick Sambakunsi. Please, share your comments and suggestions, via the MLW intranet page or by contacting Fanny Kapakasa at fkapakasa@mlw.mw or on cell phone no. +265 999 210 085.

[1] The Malawi Liverpool Wellcome Research Programme is one of five major overseas programmes core-funded through the Wellcome Trust: a London-based organisation for medical research, named after the pharmaceutical magnate Sir Henry Wellcome (1853-1936). On his death, the Trust was established with legacies to fund medical research and the improvement of health across the UK and overseas. The vision of the MLW programme is to conduct excellent research to benefit health in Malawi and beyond and to train the next generation of researchers.

Acknowledgements

The proposal for composing the medical vocabulary was made by Dr Nicola Desmond in 2014, in response to recognition of the need for consistent translation of often complex medical terms from English to Chichewa and vice versa, and the lack of publications available to support this work. With her expertise, Fanny Kapakasa, the Senior Translation and Transcription Coordinator at MLW, then took over and began to collate medical terms into a 'living document'. Malawian stakeholders from basic science, clinical medicine, public health, social science, and public engagement participated in the development of the list of words with support from lexicographical experts. Their participation brought a range of expertise and experience and helped to ensure that the resulting list could support the work of multiple organisations and across multiple disciplines.

We have been cooperating with Dr Steven Paas, who published the *Oxford Chichewa Dictionary*.[2] He provided us with linguistic and lexicographical advice. With the permission of Oxford University Press, he included a considerable number of entries that are in his Dictionary. Moreover, he included many more items that he had collected in his files. He had planned to compile a modest but practical collection of medical terms. The idea was born in the years 1997-2005, when material was collected by him for the publication of general dictionaries English–Chichewa/Chinyanja and Chichewa/Chinyanja–English. He was motivated by a linguistic interest and by the theological conviction that God entitles users of Chichewa/Chinyanja to be informed in their language on the important issues of life. Dr Paas does not claim any scientific knowledge in the medical field, but he was fortunate to find

[2] Steven Paas, *Oxford Chichewa Dictionary*, fifth edition, Cape Town: Oxford University Press (OUP) – ORBIS, September 2016, 1158 pages. ISBN: 978-0-19-041659-1. The dictionary is also accessible online: https://translate.chichewadictionary.org/

many helpers who assisted in various degrees and aspects. He gratefully mentions some contributors to this lexicographical project in alphabetical order: Marjan van den Bos, Amos Chauma, G. Chilembwe, Maxford Blessings Chilindeni, Helix Paul Welengani Goba, Andrew Goodson, Naomi de Jonge-Vink, Martin Malikebu, Dexter Mandala Maseko, Frackson Ntawanga, D. Pandya, Carolyn Pickson, Faith Saidi. Now, Dr. Paas is very happy to contribute his collection to the MLW vocabulary and cooperate with the medical experts of Malawi who have professionalised the vocabulary.

The other stakeholders include the Ministry of Health-Bangwe Health Centre, the UNC Project, John Hopkins, Action Aid, the Malawi University of Science and Technology (MUST), and the MLW Translation Advisory Group (Pauline Mlogeni, Professor Henry Mwandumba the Director of MLW, Vella Kaudzu, Tiferanji Sochera, Florence Shumba, Rodrick Sambakunsi, and Dr Moses Kumwenda, Dr. Elias Phiri). Words for inclusion in the dictionary were suggested by this stakeholder group and collected from MLW study materials. The standard translations of these words were approved by all stakeholders and special appreciation to Isabel Kulanga, Dr Kondwani Mkandawire, Peter Jiyajiya, Daniel Gondwe, Sufia Dadabhai, Dr Marion M. Chirwa Kajombo, Esnath Mkandawire, Gladson Mopiwa and Kondwani Mshali.

We are grateful to the MLW Translation and Transcription Team (special thanks to Diana Mwaipaya, the late Catherine Amasi and Nengezi Chirwa), the MLW Translation Advisory Group, Oxford University Press, and all other stakeholders for their time in supporting this project. We also thank Wim Paas, who made the layout and contributed to the cover design.

Notation

We have limited the use of capital letters to proper names. Traditional **ŵ** has become **w**.

We have chosen an easy system of symbols to indicate categories of words and for punctuation:

-this sign replaces *'ku'* in the infinitive of Chichewa verbs; it replaces *'to'* in the infinitive of English verbs; it is put before adjectives in Chichewa instead of the concordant prefix; it is also put after the indication of the plural prefix of nouns.

-amputate -dula ziwalo
-bear child -bereka

toxic -ululu
big -kulu

\ this sign is put after Chichewa nouns, and is followed by their plural prefix, indicating the class to which they belong.

ankle msomali\mi-
bacteriakachirombo\tizirombo
bone fupa\ma-
childmwana\a-
chin chibwano\zi-

collection chosonkha\zo-
leg mwendo\mi-
neck khosi/ma-
occiput nkhongo\-
patient wodwala\o-
stomach chifu\zi-

/ this sign separates words or phrases of similar meanings.
. this sign is used is used after the numbers of definitions that subdivide the entries, and at the end of each entry.
; this sign is used between the numbered definitions.
: - this sign is used before the addition of descriptions in English.
(adj.) adjective.
(n.) noun.
(sing.) singular.
(v.) verb.

Blantyre, 2026
Fanny Kapakasa

A

abdomen mimba: -mbali ya thupi yokhala ndi ziwalo za mkati imene ili pakati pa chifuwa ndi chinena: -the part of the body that contains all the internal organs between the chest and the pelvis).

abdominal aorta kumapeto kwa mtsempha waukulu wa magazi umene umapititsa magazi m'mimba kuchokera ku mtima: -the end of the aorta which transports blood in the belly from the heart.

abdominal cavity 1. mpata wa mkati mwa mimba: -the space inside the belly; 2. mphako ya m'mimba: -the cavity within the abdomen.

abdominal discomfort kupotokola kwa m'mimba: -the pain from inside the abdomen or outer muscle wall; onani **abdominal pain**.

abdominal guarding 1. kukokana kwa minofu ya m'mimba pofuna kuteteza ziwalo zotupa chifukwa cha ululu; 2. kulimbana kwa m'minofu yoteteza mimba: -tension of the abdominal wall muscles to guard inflamed organs within the abdomen from the pain of pressure upon them.

abdominal muscle 1. m'nofu wakutsogolo kwa mimba; 2. minyewa yakutsogolo kwa mimba: -one of a large group of muscles in the front of the abdomen.

abdominal pain 1. ululu wa m'mimba; 2. kupweteka kwa m'mimba; onani **stomachache.**

abdominal tenderness ululu omwe umabwera chifukwa cha kukokeka kwa malo ena a pa mimba: -pain caused by pressure on a place in the belly.

abdominal wall muscles 1. minofu yokutira mkati mwa mimba. 2. minyewa yoteteza m'mimba: -the muscles that protect the belly or the tissue that covers the internal parts of the belly.

abiotrophy kulephera kwa kagwiridwe ntchito ka ziwalo kapena minofu opanda kuvulala: -degeneration or loss of function or vitality in an organs or muscles or tissues, or cells, not due to any apparent injury.

abnormal (-be a.) 1. -sakhala bwino. 2. -salongosoka: -deviate from the normal, average, or expected.

abnormal results zotsatira zosalongosoka: -inconclusive or uncertain results.

-abort 1. -chotsa mimba. 2. -chotsa pakati. 3. -chotsa pathupi. 4. -taya mimba.

abortion 1. kuchotsa mimba; 2. kuchotsa pakati; 3. kuchotsa pathupi; 4. kutaya mimba: -termination of pregnancy by removal of an embryo or fetus.

abortion (spontaneous a.) kupititsa pachabe: -loss of pregnancy before the twentieth week; onaninso **miscarriage.**

abortion (recurrent a.) 1. kuchotsachotsa mimba/pakati/pathupi: -**intentional**; 2. kuchokachoka mimba/pakati/pathupi: -**natural**.

abortion care chisamaliro chimene munthu amalandira akachotsa mimba kapena akapititsa padera: -the care a person receives after an abortion.

abortifacient 1. mankhwala ochotsera mimba; 2. mankhwala otayira mimba: -any drug or chemical preparation that induces abortion.

aboulia kusakhala ndi chidwi kapena kulephera kuganiza bwino chifukwa cha kusokonekera kwa ubongo: -the absence of interest or a failing mind because of confusion of the brain.

abruption (placental) kuchoka kwa nsengwa mosayembekezereka kwa mayi woyembekezera/wamimba/wapakati: -serious pregnancy complication in which the placenta detaches itself from the inner wall of the womb or uterus before delivery.

abscess chotupa/chithupsya cha mafinya cha pa khungu choyambitsidwa ndi kachirombo ka bakiteriya: -a boil with pus caused by a bacterium.

absorption kulowa kwa chakudya m'magazi kuti chikagwire ntchito m'thupi: -the process of taking nutrients from the digestive system into the blood so that it can be used in the body.

abstention kudziletsa: -voluntary self-denial (of food, drink, or sex).

abstergent 1. mankhwala otsukira zinthu; 2. mankhwala ochapira zinthu; 3. mankhwala oyeretsa zinthu: -a cleansing substance, a detergent.

abstinence onani **abstention.**

accident ngozi-: -the occurrence in a sequence of events that produces unintended injury, death, or property damage.

acetylsalicylic acid onani **aspirin**: -the acetylated derivative of salicylic acid; used as an analgesic anti-inflammatory drug.

-ache 1. -wawa; 2. -pweteka; 3. -mva ululu: -to suffer a usually dull persistent pain.

acidosis 1. kuchuluka kwa asidi m'thupi; 2. kuchuluka kwa asidi m'madzi ndi magazi a m'thupi kopyola muyezo: -a state in which the body fluids have more acid than normal.

acromegaly vuto lokula mafupa a mthupi chifukwa cha kuchuluka kwa mahomoni okulitsa: -condition in which the pituitary gland makes too much growth hormone after normal growth of the skeleton is finished.

actinomycosis matenda a mgonagona oyamba ndi kachirombo ka bakiteliya amene amagwira kumaso ndi mkhosi: -is a long-term (chronic) bacterial infection that commonly affects the face and neck.

active tuberculosis nthawi imene kachirombo koyambitsa chifuwa chachikulu kamayambitsa matendawa makamaka m'mapapo kapena malo ena: -a condition in which Mycobacterium tuberculosis causes infection; typically, in the lungs, although many systems can be involved.

acuity mulingo wakufunikira kwa thandizo la kuchipatala kwa odwala: -the general level of patient illness, urgency for clinical intervention, and the intensity of resource use within an ED's clinical care environment.

acuity auditory test kuyesa mulingo wa momwe makutu a munthu akumvera: -assess how sensitive the auditory system is to sound.

acupuncture njira yochizira matenda pobayabaya thupi ndi masingano: -treatment by inserting needles in various parts of the body.

acute 1. matenda oyamba kumene osakhalitsa; 2. zizindikiro za matenda zimene zayamba kusonyeza chiopsyezo: -a disease that it is of short duration and of recent onset; symptoms or signs that begin and worsen quickly; not chronic.

acute illness 1. kudwala kwambiri; 2. kudwala kwa kayaya; 3. matenda odza mwadzidzidzi ndi mwa mphamvu: -a short and relatively severe course of illness of rapid onset.

Adam's apple nkhwiko/kholingo: -the bump or protrusion on the front of the throat.

addicted (-be a.) kukhala ndi chibaba: -be physically or medically dependent on a particular substance.

addiction 1. chilakolako; 2. chibaba; 3. chikonga; 4. kugwiritsa ntchito kwa mankhwala osokoneza bongo kosaletseka: -the state of being physically or medically dependent on a particular substance.

Addison's disease kulephera kwa impyo kupanga mahomoni othandizira munthu akatopa kapena kukhumudwa: -failure of the adrenal gland to secrete hormones of cortisol and aldosterone.

Addisonian anaemia mtundu wa kuchepa kwa magazi chifukwa cha kuchepa kwa vitamini B12: -a serious lack of red blood cells; blood disorder caused by a lack of vitamin B12.

addled (-be a.) 1. -ganiza mosalongosoka; 2. -sokonezeka ubongo: -unable to think clearly/confused.

adduct -yendetsa/kokela chiwalo kubwera pakati pa thupi: -movement of a limb toward the midline of the body.

adducted thumbs kuumirira kwa chala chachikulu: -persistent adduction and flexion of the thumb.

adduction kusuntha kwa ziwalo kubwera pakati pathupi, mwachitsanzo ndi kuyenda kwa mkono kapena mwendo pakati-kati pa thupi: -moving limbs, for example the movement of an arm or leg towards the midline of the body.

adenitis kutupa kwa mwanabere: -general term for an inflammation of a gland.

adenoids litata la kukhosi: -are a patch of tissue that is high up in the throat, just behind the nose.

adenovirus kachirombo ka mtundu wa vairasi koyambitsa matenda munjira yopumira mpweya monga chimfine ndi chifuwa kapenanso mtundu wina wa matenda a maso a manthongo: -a virus infection causing common cold or discharge from the eyes.

adherence kutsatira moyenera ndondomeko ya za chipatala: -correctly following medical advice.

admission kugonekedwa m'chipatala: -hospital admission because a person needs to receive treatment in hospital.

adrenal crisis pamene tiziwalo topanga michere ya nthupi ta mu impso tikulephera kupanga michere yokwanira: -condition in which your adrenal glands don't make enough hormones (cortisol).

adrenal gland tiziwalo topanga michere ya m'thupi ta mu impso: -a small gland that makes steroid hormones.

adrenaline michere ya m'thupi yomwe imapereka mphamvu ngati munthu wakumana ndi zinthu zoopsya kapena zosangalatsa mwadzidzidzi: -a hormone that helps you react very quickly if you are faced with an exciting, stressful or dangerous situation.

adverse event mavuto obwera pambuyo polandira thandizo la ku chipatala: -unfavorable changes in health as a result of medical treatment or during a clinical trial.

aerophagia (-gy)/ -kudzadza mpweya m'mimba chifukwa chomeza mpweya wambiri: -excessive air swallowing.

aetiology 1.chiyambi cha matenda. 2. choyambitsa matenda. 3. gwero la matenda: -causes of a disease; onani **etiology.**

affected (be); -khudzidwa: -be affected.

afterbirth zotsalira mu chibelekero pamene mwana wabadwa: -the placenta and fetal membranes discharged from the uterus after the birth of offspring; onani **placenta.**

aftercare chisamaliro chimene odwala amalandira akatuluka m'chipatala: -care or treatment a person is given after being discharged from the hospital.

age (n.) zaka: -age.

aging 1. kukalamba; 2. kukula kwambiri: -the time-related deterioration of the physiological functions necessary for survival and fertility.

age group 1. gulu la msinkhu umodzi\ misinkhu imodzi. 2. msinkhu wofanana\misinkhu yofanana: -a segment of a population that is of approximately the same age.

agenesis kusakhalako kwa chiwalo kapena kusakula kwa chiwalo pamene mwana akadali m'mimba: -the absence or the lack of growth of an organ to develop during embryonic growth.

ageusia kulephera kumva makomedwe a chakudya: -the inability to notice the taste of food and drink.

agnosia kulephera kuzindikira zinthu monga kuwala, phokoso ndi kukhudzidwa: -the inability to recognise sensory inputs such as light, sounds and touch.

agony 1. ululu waukulu wa mthupi kapena m'maganizo; 2. kuwawa kwa m'thupi kapena m'maganizo: -intense pain of mind or body.

agoraphobia mantha okhala m'chipinda kapena pamalo pomwe pali anthu ambiri: -fear of being alone in a room or a place with many people.

agranulocytosis kuchuluka kwa asilikali a chitetezo chanthupi: -a condition that occurs when there are too many granulocytes in the blood.

Aids (Acquired Immuno-Deficiency Syndrome) 1. Edzi; 2. matenda owopsya amene amaononga chitetezo cha m'thupi: -a dangerous disease that destroys the body's immune system.

ailment nthenda\matenda: -onani **illness, disease, sickness.**

airway(s) njira yodutsa mphweya: -the organs of the respiratory tract that allow airflow during ventilation.

akinesia 1. kulephera kusuntha ziwalo za thupi; 2. kusagwedezeka ndi kulephera kusuntha kwa ziwalo: -the state of being without movement of the limbs.

alba phalaphala loyera la mu ubongo ndi mu msana: -white matter of the brain and spinal cord; onani **substantia.**

albinism matenda obadwa nawo omwe amakhudza khungu, maso ndi tsitsi ndipo amayamba chifukwa cha kuchepa kwa mlingo wa zimene zimathandizira kupanga mtundu wa khungu, maso ndi tsitsi: - an inheritable condition that affects the colour of the skin, eyes and hair, which is caused by disruptions or difficulties of the body's production of a pigment called melanin, which gives colour to the body.

albino 1. munthu wa chi alubino; 2. munthu wokhala ndi matenda obadwa nawo opanda chitetezo cha khungu: -person with the congenital disease of pigmentation.

albumin mtundu wa chakudya chomanga thupi chopangidwa mu chiwindi chimene chimathandizira kuti madzi asamaukhe mu magazi: -a protein made by the liver that helps fluids not to leak from the blood; onani **proteins.**

albuminuria chizindikiro cha matenda a mu impso osonyeza kuti mu mikodzo muli pulotini (chakudya chokulitsa thupi) wambiri: -a sign of kidney disease that indicates that a person has too much albumin in urine.

alcoholism 1. uchidakwa; 2. umbiyang'ambe; 3. chibaba cha mowa: -the addiction to alcohol.

alcoholmeter 1.chida chopimira ukali wa mowa; 2.chida choyezera mulingo wa mowa wopezeka m'zinthu za madzimadzi: -it is an instrument for detecting alcoholic content of liquids.

alert (-be a.) -khala tcheru: -be able of a patient to be aware of the examiner and respond to the environment around them independently.

aliquot mlingo wochepa wa gawo la zoyeza: -a sample taken for chemical analysis or other treatments; onani **sample.**

alive (being a.) -khala ndi moyo: -have life.

alkalosis kukhala ndi mchere ochuluka m'thupi: -the body fluids being more alkaline than normal.

allergic conjunctivitis matenda a maso obwera chifukwa chosayanjana ndi zinthu zina: -a disease caused by things that irritate the eye.

allergy 1. kusayanjana ndi zinthu zosiyanasiyana monga zakudya; 2. kusagwirizana ndi zinthu zina monga mankhwala/ zakudya; 3. kudana kwa thupi ndi china chake monga mankhwala/ chakudya/ zomera: -a condition that makes a person become sick or develop skin or breathing problems because of certain substances.

alopecia kutha kwa tsitsi pamalo pamene payenera kumera tsitsi: **-**the partial or complete absence of hair from areas of the body where it normally grows.

alveolar abscess chithupsya cha mu nkhama; ndi chotupa cha mu usinini chifukwa cha dzino lowola kapena matenda a mu usinini: -it is an abscess forming behind a tooth or a decaying or infectious cavity.

alveoli (-us) timatumba ta mphweya; ndi timatumba ta mphweya tambirimbiri tosawoneka ndi maso ta m'mapapo: -innumerable microscopic air spaces in the lungs.

amastia 1. vuto lobadwa nalo lokhala opanda mabere; 2. kusakhala ndi mabere: -a rare, congenital (present at birth) condition in which a child's breast tissue doesn't develop.

ambulance galimoto yonyamula odwala: -vehicle made for transporting patients to hospital.

ambulatory wodwala wotha kuyenda: -able to walk about and not bedridden.

amenorrhoea 1. kusiya kusamba kwa munthu wa msinkhu obereka; 2. kuleka msambo kwa munthu wa msinkhu obereka: -the absence of menstruation.

amino acid madzimadzi a m'thupi amene amaphatikizana ndi chakudya chokulitsa thupi: -molecules that combine to form proteins.

aminophylline 1. mankhwala a mphumu; 2. mankhwala othandiza kupuma bwino kwa odwala mphumu: -a chemical compound for relaxing the bronchi.

amnesia 1. vuto lolephera kukumbukira. 2. matenda oyiwala: -disease of loss of memory.

amnion 1. kachikopa kokuta mwana wosabadwa; 2. kachikopa kokuta mwana adakali m'mimba: -one of the membranes which surround the foetus in the womb.

amniotic fluid 1. madzi a m'chiberekero/ m'mimba; 2. madzi oteteza khanda m'chiberekero: -clear or slightly yellow fluid that surrounds and protects an unborn baby as it grows during pregnancy; onani **liquor amnii.**

amniotic sac 1. thumba lokhalamo madzi oteteza mwana wosabadwa m'mimba mwa mayi; 2. thumba la madzi mkati mwa chiberekero losungiramo mwana: -sac of water inside the womb during pregnancy.

amphetamine mankhwala othandizira munthu kuti azikhala tcheru kwa anthu amene ali ndi vuto losakhala tcheru: -stimulant that is used in the treatment of attention deficit.

amputate -dula chiwalo cha pathupi: -the removal by surgery of a limb (arm or leg) or other body part because of injury or disease, such as diabetes or cancer.

amylase zothandizira kugaya chakudya cha ufa kukhala shuga zimene zimapezeka m'malovu: -enzymes which break down flour into sugar found in saliva.

anaemia1. matenda osowa magazi; 2. kuchepa kwa magazi mthupi: -a condition of having a lower-than-normal number of red blood cells in the body.

anaemic (-be a.) 1. -dwala matenda osowa magazi; 2. -sowa magazi: -a condition in which the number of red blood cells or the haemoglobin concentration within them is lower than normal.

anaesthesia 1. mankhwala opha ululu; 2. mankhwala ogonetsa pathawi ya opaleshoni; 3. mankhwala opangitsa dzanzi kuti pasakhale ululu: -keeps patients from feeling pain during surgery or other procedures.

anaesthetic -samva ululu: -have loss of sensation.

anaesthetic room chipinda choperekera mankhwala oletsa ululu ndi kugonetsa pokonzekera opaleshoni: -a room in the hospital where people get anesthetized before an operation.

anaesthetist (anesthesiologist) dokotala/ katswiri odziwa kupereka mankhwala opha ululu ndi kugonetsa tulo pochita opaleshoni: -a physician/ specialist of drugs that make a person unconscious in order to prevent him from feeling pain during the operation.

anal 1. khudzana ndi kumalo kotulukira chimbudzi m'thupi; 2. khudzana ndi kumalo kosomera. 3. khudzana ndi kumalo kobibira (for kids): -having to do with the anus.

analgesia 1. kusamva ululu; 2. kusamva kupweteka: -inability to feel pain.

analgesic (n.) mankhwala oletsa ululu; 2. mankhwala ochotsa ululu: -a drug that reduces pain.

anamnesis kutenga mbiri ya kudwala kwa munthu: -the taking of a patient's personal medical history.

anaphylaxis vuto loopsya lobwera chifukwa chosayanjana ndi china chake monga makhwala kapena chakudya: -a severe and sometimes life-threatening immune system reaction to an antigen that a person has been previously exposed to; onani **allergy**.

androgen michere yanthupi yothandizira komanso kusunga mabadwidwe achimuna: -a type of hormone that promotes the development and maintenance of male sex characteristic; onani **testosterone.**

aneurysm 1.kutukuka kwa mtsempha; 2. kutupa kwa mtsempha: -a bulge in a blood vessel caused by a weakness in the blood vessel wall.

angina kupweteka kwa mtima kapena m'chifuwa chifukwa cha kuchepa kwa magazi opita ku mtima: -heart or chest pain caused by reduced blood flow to the heart.

angiocardiogram 1. kuyeza kayendedwe ka magazi ku mtima; 2. kupima kayendedwe ka magazi ku mtima: -the X-ray technique for demonstrating the blood flow through the heart.

angioedema kutupa mkati mwa khungu chifukwa cha kusayanjana ndi mankhwala kapena chinthu china: -swelling underneath the skin, usually a reaction triggered by a medicine or something one is allergic to.

anguish 1. ululu wa m'maganizo; 2. kupwetekedwa mtima; 3. kuwawidwa m'maganizo: -extreme pain, distress, or anxiety.

ankle 1. kakolo; 2. kamsomali: -region found at the junction of the leg and the foot.

ankle jerk 1. kukokeka kwa mnofu wa pa chidendene; 2. kukokeka kwa mnofu kochitika chifukwa cha kuchepa kwa mnofu: -it is the sudden contraction of the tissue of the achilles tendon, caused by lack of it.

ankle joint 1. pokumana pa mwendo ndi phazi; 2. polumikiza phanzi ndi mwendo: -a synovial joint that connects the bones of the leg, the fibula and tibia, with the talus of the foot.

ankylosing spondylitis 1. matenda a fupa la msana; 2. matenda a mu msana amene akhoza kupangitsa msana kupindika: -a form of arthritis which affects the spinal column.

anomaly(-ies) kusiyana ndi m'mene ziyenera kukalira: -any sort of deformity that makes a part of the body function incorrectly.

anorexia 1. vuto losafuna chakudya; 2. kusakhala ndi chilakolako cha zakudya: -an abnormal loss of appetite for food.

anoxia 1. kuchepa kwa mphweya; 2. kusowa kwa mphweya wokwanira wogwiritsa ntchito m'thupi: -lack of adequate oxygen for normal function.

antagonist muscle mnofu waukulu wosinthana ndi waung'ono munthu akamayenda, kupinda kapena kuwongola mwendo kapena dzanja: -the muscle which directly opposes the action of another muscle, when a person walks, folds or stretches a leg or hand.

antenatal 1. **-**khudzana ndi nthawi yomwe amayi ali oyembekezera, mwana asanabadwe; -khudza thandizo la ku chipatala pamene mayi ali oyembekezera: -having to do with the time a female is pregnant before birth occurs; onani prenatal.

antenatal diagnosis kayesedwe ka mayi woyembekezera / wapakati/ wamimba pofuna kupeza ngati mwana ali ndi vuto: -diagnostic procedures carried out on pregnant women in order to detect the presence of genetic and other abnormalities in the developing fetus.

antenatal care chisamaliro cha amayi oyembekezera: -care given to pregnant or expectant mothers.

antenatal clinic sikelo ya amayi apakati/oyembekezera: -a clinic that women attend when they are pregnant.

antepartum 1. nthawi imene amayi ali oyembekezera; 2. nthawi ya mimba; 3. nthawi imene mayi ali ndi pakati: -the time period before childbirth.

antepartum mother 1. mayi woyembekezera. 2. mayi wa mimba: -expectant mother.

anterior fontanelle liwombo: -the largest of the six fontanelles.

anthrax matenda opezeka mu dothi ndi mu ziweto omwe atha kufalikira kwa anthu: -a serious infectious disease caused by gram-positive, rod-shaped bacteria.

anthrometry kuphunzira za milingo ndi miyezo ya ziwalo za thupi la munthu ndi ntchito zake: -the science that defines physical measures of a person's size, form, and functional capacities.

antibacterial mankhwala aliwonse amene amapha tidzirombo ta mtundu wa bakiteriya: -any substance that prevents the growth or spread of bacteria.

antibiotics mankhwala opha tizirombo toyambitsa matenda ta bakiteliya: -medicine that kills bacteria, which cause diseases; onani **tetracyclines.**

antibodies (sing.: antibody) asilikali a chitetezo cha m'thupi amene amamenyana ndi nthenda: -a kind of protein that strengthens the immunity against diseases in the body.

antifungal medicine mankhwala akupha kapena kuchepetsa kukula kwa kachirombo ka fangasi: -medicines that kill the growth of fungi.

antigen za chilendo zolowa m'thupi kapena m'magazi: -any substance that causes the body to make an immune response against that substance.

antihistamine 1. mankhwala othandizira pamene munthu sanayanjane ndi china chake; 2. mankhwala oletsa/ochepetsa zizindikiro zobwera chifukwa chosayanjana ndi china chake monga mankhwala kapena chakudya: -medicine that helps when a person is allergic to something.

antimalarial medicine mankhwala ochiza komanso opewera malungo: -used for the treatment and prevention of malaria infection.

antimicrobial resistance kusagwira ntchito kwa mankhwala opha tizirombo ta mtundu wa bakiteriya: -when bacteria develop ability to defeat drugs designed to kill them.

antineoplastic mtundu wa mankhwala othandizira kuletsa kukula kapena kufala kwa khansa: -any drug used to inhibit the growth and spread of cancerous cells.

antipyretic drug 1. mankhwala ochepetsa kutentha kwa thupi; 2. mankhwala oziziritsa thupi likatentha: -a drug that reduces fever.

antiretroviral drugs/ ARVs mankwala otalikitsa moyo kwa anthu amene ali ndi kachirombo ka HIV: -drugs that reduce replication of HIV in the body of infected people.

antiscorbutic medicine mankhwala ochiza matenda a chiseyeye: -a medicine for treating scurvy.

antiseptics mankhwala ophera tizirombo tokhala ndi kuthekera koyambitsa matenda: -antimicrobial substances that are non-damaging to living tissue/skin while reducing the possibility of infection, sepsis, or putrefaction.

antiserum 1. gawo la magazi lokonzedwa kuti lirimbane ndi tizirombo toyambitsa matenda mthupi kapena kubweretsa ululu; 2. gawo la mtundu wa magazi lokonzedwa kuti lilimbane ndi poizoni, monga pamene munthu walumidwa ndi njoka: -a serum containing antibodies to a particular substance e g. snake bite serum.

antitoxin 1. chitetezo cha chilengedwe cha m'thupi chomwe chimaletsa poizoni; 2. msilikali wachilengedwe wa m'thupi amene amalimbana ndi poizoni: -natural agents in the body that fight poison.

antiviral drugs mankhwala othana ndi matenda oyambitsidwa ndi kachirombo ka mtundu wa vairasi: -a drug used to treat infections caused by viruses.

anuresis onani **anuria.**

anuria kulephera kupanga mikodzo kwa impso: -when kidneys stop producing urine.

anus 1. kotulukira chimbudzi; 2. kochitira chimbudzi; 3. njira ya chimbudzi; 4. kobibira; 5. mtumbo: -the opening of the rectum to the outside of the body.

aorta mtsempha waukulu onyamula mpweya ndi chakudya kuchoka ku mtima kupita ku mbali zonse za thupi: -the largest artery in the body that carries oxygen-rich blood away from the heart to vessels.

aortic kuyenda kwa magazi kuchokera mutsempha waukulu kupita ku mitsempha yaing'ono m'thupi: -pertaining to the aorta, the largest artery in the body.

apnoea kudukiza kupuma makamaka munthu akagona: -disorder that causes temporarly cessation of breathing especially during sleep.

apoplexy kusiya kugwira ntchito kwa chiwalo mwadzidzidzi chifukwa cha kuphulika kapena kutseka kwa mtsempha mu ubongo: -abrupt unconsciousness or incapacity resulting from cerebral heamorrhage or stroke.

appendectomy opaleshoni wochotsa apendikisi: -surgery to remove the appendix

appendicitis vuto lakutupa kwa apendikisi: -painful swelling of the appendix.

appendix (-ces) apendikisi; ndi gawo la kumapeto kwa thumbo lokhala ngati kathumba kamene kamene mumalowa mchenga: -it is the organ at the end of the intestines, appearing as a small bowel.

appetite chilakolako chofuna kudya: -a person's desire to eat food.

application kuika/ kuthira/kupaka mankhwala: -the act of applying.

apply ika/thira/paka.

arm mkono; ndi gawo la thupi pakati pa phewa ndi dzanja: -it is the limb between the shoulder and the hand.

armpit 1. mkhwapa; 2. mphako ya mkono ndi phewa: -the area of the human body directly under the shoulder joint.

arrhythmia vuto la kusagunda bwino kwa mtima: -a problem with the rate or rhythm of your heartbeat.

-arterialise -sintha magazi opanda mpweya kukhala ndi mpweya kochitika m'mapapo: -convert venous blood into bright red arterial blood by absorption of oxygen in the lungs.

arteriosclerosis 1. kuwuma kwa mitsempha ya magazi; 2. kulimba kwa mitsempha ya magazi: -abnormal thickening and hardening of the arterial walls.

artery (-ies) mtsempha (mi-) womwe umatenga magazi kuchokera mu mtima: -a blood vessel that carries oxygen-rich blood from the heart to various organs and tissues; onani **blood vessel.**

arthralgia kupweteka kwa polumikizana mafupa: -joint pain.

arthritis matenda odzetsa kutupa ndi kupweteka m'malo mokumana mafupa: -a disease that causes inflammation/swelling and pain in the joints.

artificial insemination 1. kupangitsa pakati; 2. njira yopangitsa pakati poyika umuna mu chiberekero cha mayi: -it is a way of impregnating by putting semen or seed into the cervix or uterus.

ARV onani **antiretroviral drug**.

aseptic (-be a.) 1. kupanda matenda kapena tizirombo toyambitsa matenda; 2. -tetezedwa: -it is being free from infection or pathogens; onani **sterile.**

asphyxia 1**.** kusowa mphweya m'magazi; 2. kuchuluka mpweya woipa m'magazi: -a lack of oxygen or excess of carbon dioxide in the body usually caused by interruption of breathing or insufficient oxygen supply and resulting in unconsciousness and often death.

aspiration kukoka/kuchotsa madzi; ndi zinthu zina za mthupi pogwiritsa ntchito singano: -it is the act of withdrawing fluids, tissue, or other substance through a needle.

aspirin asipirini; ndi mankhwala ochepetsa ululu/ kupweteka, kutentha kwa thupi, kutupa ndi kuundana kwa magazi: it is the drug that reduces pain, fever, inflammation, and blood clotting.

assessment kuunikika matenda; ndi kuyeza wodwala pogwiritsa ntchito mbiri ya matenda, zizindikiro, ndi zotsatira za ku labu: -it is an evaluation of a patient's condition based on clinical and laboratory data, medical history and the patient's account of symptoms.

asthma mphumu; ndi vuto la m'mapapo pamene mapapo amatupa ndipo kupuma kumatchingidwa: -it is a lung disorder in which inflammation causes the bronchi to swell and hinder breathing.

astigmatism vuto la diso; ndi kusokonekera kwa momwe diso lakhalila zomwe zimapangitsa kusaona bwino: it is an irregularity in the dome-shaped curvature of the cornea which result in blurred vision.

ataxia mavuto a mthupi obwera chifukwa chakusokonekera kwa mgwirizano wa kagwiridwe ntchito kaziwalo zam'thupi monga kuyenda ndi kulankhula: -a group of disorders that affect coordination of muscles e.g. during walking and speaking.

athlete's foot 1. nyansi; 2. zilonda za pakati pa zala: -an infection of the skin and feet that can be caused by a variety of different fungi; onani **tinea pedis.**

atlas fupa loyamba la khosi: -the first vertebra of the neck.

atrophy 1. kuonda kapena kuchepa kwa chiwalo cha thupi. 2. kunyolololoka kwa chiwalo: -the wasting (thinning) or loss of muscle tissue.

atropine mankhwala amene amagwiritsidwa ntchito pochepetsa malovu kapena makhololo mu njira yopumira panthawi ya opaleshoni: -drug that helps to reduce saliva, mucus, or other secretions in your airway during a surgery.

auditory zokhudzana ndi khutu ndi kamvedwe ka khutu: -having to do with the ear and the sense of hearing.

auscultation kumvetsera magundidwe a mtima, mapapo ndi mitsepha ya magazi pogwiritsa ntchito chipangizo choyezera: -listening the sounds of the body during a physical examination using a stethoscope.

autografts kumeletsa nyama pa thupi kuchokera ku nyama ya ziwalo zina za m'thupi: -transplanting tissue organs from one part of the body to another.

auto-immune pomwe asilikali a chitetezo cha nthupi akulimbana ndi thupi m'malo moliteteza: -when the body's immune system attacks its own cells or tissues.

autopsy 1. kupima mtembo; 2. kuyeza mtembo; 3. njira yoyezera munthu womwalira; 4. kuyeza kwa thupi la munthu wakufa pofuna kupeza chifukwa chomwe chaphetsa munthuyo: -examining a corpse in order to find the cause of death it is a postmortem examination.

axilla\ axillae onani **armpit.**

axilliary -khudza kunkhwapa: -be related to the armpit.

B

baby 1. mwana; 2. khanda\a-; 3. mwana wakhanda.

bacillus\bacilli kachirombo kakang'ono kosawoneka ndi maso, koyambitsa matenda: -a harmful germ invisible for the eye, which causes diseases.

back (n) msana\mi-: -the rear part of human body from the neck to the end of spine.

backbone fupa la mu msana: -the bone, muscle, tendons and tissues that reach from the base of the skull to the tailbone.

bacteraemia kupezeka kwa tizirombo toyambitsa matenda m'magazi: -the presence of bacteria in the bloodstream.

bacterium\bacteria kachirombo\tizirombo toyambitsa matenda ta mabakiteriya: -a harmful germ invisible for the eye, which causes diseases.
bacterial endocarditis matenda a m'zigawo za mtima oyambitsidwa ndi tizichirombo tating'onoting'ono toyambitsa matenda tosaoneka ndi maso: **-**a bacterial infection of the chambers of the heart.
bacteriology maphunziro a tizirombota mabakiteriya tosaoneka ndi maso toyambitsa matenda: -the study of bacteria.
bactrim mankhwala othandiza kuchilitsa matenda oyamba ndi tizirombo ting'onoting'ono ta mabakiteriya tosaoneka ndi maso: -drug used to treat certain bacterial infections; onani **Cotrimoxazole.**
baldness 1. dazi; 2. chipala; ndi kutha kwa tsitsi mmutu munthu akamakula: -it is hair loss or absence of hair of the head.
bandage nsalu yomangira pa bala/chilonda: -a strip of fabric used for dressing a wound.
barbiturate mankhwala obweretsa tulo amene amadekhetsa mphamvu yochokera ku mitsempha: -a drug that acts as a central nervous system depressant.
barium enema kupima matumbo aakulu; ndi ndondomeko yojambula matumbo aakulu ndi 'X-ray' ndi cholinga cha kupeza vuto mu matumbo aakulu: -it is the X-ray exam that can detect abnormalities in the large intestine or colon.
barren 1. -sabereka; 2. -sakhala ndi mwana: -be incapable of producing offspring.
barrier nursing njira ya kasamalidwe kamatenda yopewera kufalikira kwa matendawo kwa anthu ena: -a method of nursing patients that avoids infecting others.
baseline lab testing kufufuza matenda koyamba odwala asanayambe kulandira thandizo: -any initial lab test done to detect patient's current or pre-treatment condition.
bear (child) 1. -bereka (mwana); 2. -chembeza: -giving birth to a child.
bedsores zilonda zobwera pamene wodwala wagonera mbali imodzi osatembenuka kwa nthawi yaitali: -wounds of the skin when a patient lies on one side for a long time without changing sides.
bedwetting kukodza pogona kwa munthu wopitirira zaka zisanu: -not being able to control your pee/urine.
belly mimba: -the area of the body that contains the abdominal organs; onani **abdomen.**
benumbed (-be) -chita dzanzi: -be deprived of physical feeling.
beriberi matenda otupitsa mitsempha ndi mtima, chifukwa chakuperewera kwa vitameni B1: -a disease causing inflammation of the nerves and the heart, ascribed to a deficiency of vitamin B1.
bifocal glasses mandala ogwiritsa ntchito ziwiri, kuonera patali ndi kuwerengera: -spectacles working two ways, for seeing far and for reading.
bile ndulu: -a fluid made by the liver and stored in the gallbladder; onani **gall.**

bilharzia likodzo; a disease caused by a parasitic worm: -onani **schistosomiasis.**
bilirubin madzi a chikasu amene amaoneka mmagazi pakakhala kusweka kwa magazi: -orange-yellow pigment that occurs normally when part of your red blood cells break down.
bio- -moyo: -prefix indicating living organisms.
biobank malo osungira zopima za thupi: -collection of human samples.
biochemistry nthambi ya sayansi yokhudzana ndi zinthu za moyo: -branch of science pertaining to living things.
biology maphunziro a sayansi wokhudzana ndi za moyo: -branch of science pertaining to living things.
biopsy kutenga m'nofu pa chiwalo cha thupi kuti ukayezedwe matenda: -taking tissue from a part of the body for investigating illness.
birth kubadwa.
birth attendant wothandizira pobereka: -skilled birth attendant.
birth canal njira yodutsamo mwana akamabadwa: -the structure through which the foetus passes in order to be born.
birth control kulera: -using drugs, devices or surgery to prevent pregnancy.
birth control pills 1. mankhwala olerera; 2. kalera wa mapilisi: -a pill used to prevent pregnancy.
birth defects 1. zilema zobadwa nazo; 2. zilema za mwana pobadwa: -structural changes present at birth.
birth rate chiwerengero cha ana obadwa.
birthmark chibadwa: -it is a discolouration of the skin that is present from birth.
blackout 1. kukomoka; 2. chizumba-zumba; ndi kusokonezeka kwadzidzi kwa ubongo kwa kanthawi kochepa: -it is sudden loss of consciousness; onani **syncope**.
bladder (gall b.) kathumba kokhalamo ndulu: -a small pear shaped organ on the side of the abdomen beneath the liver onani vesicles.
bladder (urinary b.) 1. chikhodzodzo\zi-; 2. thumba losungiramo mkodzo: -the organ (sack) which stores urine; onani **vesicles**.
bladder cancer khansa ya m'chikhodzodzo: -cancer of the lining of the bladder
blain (sore) chotupa: -inflammatory swelling.
bleb onani **abscess.**
bleed 1. -tuluka magazi; 2. -tulutsa magazi; 3. -chucha magazi.
blepharitis kutupa m'mbali mwa zikope za maso: -inflammation of the eyelids.
blind (v.) 1. -chita khungu; 2. -saona: -lack of vision.
blind person 1. wakhungu\a-; 2. wosaona\o-; 3. wosapenya\o-: -loss of sense of sight.
blindness khungu: -being unable to see.
blinking (be b.) -phethira: -to close and open the eyes involuntarily.

blister thudza/ matuza: -skin condition where fluids fill a space between layers of skin.

blood magazi: -red liquid that circulates in the human body.

blood cells tiziwalo tating'ono-ting'ono tomwe timapanga magazi.

blood clot kuundana/kugwirana kwa magazi: mass of blood cells sticking together.

blood coagulation 1. kugwirana kwa magazi; 2. kuwundana kwa magazi: -the process that prevents excessive bleeding when a blood vessel is injured.

blood group 1. gulu la magazi; 2. mtundu wa magazi; ndi chizindikiro chomwe chimaonetsa mtundu kapena gulu la magazi omwe munthu ali nawo - pali magulu a magazi anayi omwe ndi A, B, AB ndi O - kuzindikira gulu la magazi a munthu kumathandiza kuti alandire magazi ofanana ndi omwe ali nawo pamene ali ndi vuto lochepa magazi: - it is a label that tells the specific type of blood one has - there are four main blood groups namely A, B, AB and O - understanding one's blood group helps in ensuring that they receive a matching type of blood when they are lacking.

blood poisoning/ toxaemia kuwonongeka kwa magazi chifukwa cha tizirombo toyambitsa matenda: -a bacterial infection of the blood, causing disease.

blood pressure kuthamanga kwa magazi: -pressure of blood against the walls of arteries.

blood sugar 1**.** shuga wopezeka m'magazi; 2. shuga wa m'magazi: -glucose in the blood.

blood test (n) 1. kuyeza magazi; 2. kuyezetsa magazi: -laboratory examination of a blood sample.

blood transfusion kuwonjezera magazi mthupi: -giving of blood to a person who is in need of it.

blood vessel(s) mtsempha wa magazi\ mitsempha ya magazi: -a tube through which the blood circulates in the body.

bloodshot eyes maso ofiira: -red eyes, a common condition that occurs when blood vessels on the surface of the eyes rupture.

blue baby mwana wa mtundu wa mtambo chifukwa cha matenda a mtima: -child of blue appearance because of a congenital heart disease.

body/bodies thupi/matupi: -the physical structure.

Body Mass Index (BMI) kugwirizana kwa kulemera kwa thupi, msinkhu, ndi zaka za munthu.

body pains 1. kumva kupweteka m'thupi; 2. kuphwanya thupi: -unpleasant feeling of the body.

boil (n) onani **abscess.**

bone fupa\ma- (general term): -it is a hard part of the body that forms the skeleton.

bone cancer khansa ya m'mafupa: -cancer that forms in bone cells.

bone density mlingo wa michere yolimbitsa mafupa, monga calcium: -the rate of calcium in the bones.

bone graft opaleshoni yolumikiza mafupa: -surgical procedure that uses another bone to repair and rebuild diseased or damaged bone.

bone marrow 1. zinthu za mafutamafuta zopezeka mkati mwa mafupa; 2. mafuta opezeka m'phako ya fupa: -fats in the bones.

botulism matenda oopsa a m'mitsepha amene amayamba ndi kachirombo ka bakiteriya wa poizoni: -serious illness caused by a bacterial toxin that attacks the body's nerves.

bowel thumbo\matumbo: -long tube-shaped organ in the abdomen that completes the process of digestion.

bowleggedness 1. matewe; 2. kupindika kwa miyendo ngati uta; onani rickets.

Boyle's machine makina operekera mankhwala opha ululu popanga opaleshoni: -an apparatus for giving inhalation analgesia for an operation.

BPD kusakhwima kwa mapapo a mwana asanabadwe; -onani **bronchopulmonary dysplasia.**

brain 1. ubongo; 2. bongo.

brain cancer khansa ya mu ubongo: -growth of abnormal cells in the tissue of the brain.

brain cover khungu lopyapyala limene limaphimba bongo: -layers of membranes that cover and protect the brain.

brain death 1. kufa kwa bongo 2. kulephera kugwira ntchito kwa bongo: -cessation of all brain function.

brain fluid madzi a m'bongo; a clear fluid within the tissues surrounding the brain onani **cerebrospinal fluid.**

brainpan chigaba: -upper part of the skull/braincase.

brain surgery opaleshoni ya m'bongo: -operation to treat problems in the brain; onani **lobotomy.**

brain tumour chotupa mu ubongo: -abnormal mass of tissue in which cells grow and multiply uncontrollably.

breaking of waters 1. kutaya madzi; 2. kuswa nsupa; ndi kusweka kwa khungu lokuta mwana wosabadwa ndi kuchotsa madzi pobereka: -it is the bursting of the amnion to release the amniotic fluid during labour.

breasts 1. bere (sing.); 2. mawere (plu.): -glandular organ located on the chest.

breast cancer 1. khansa ya m'mawere; 2. chotupa m'bere: -disease in which cells in the breast grow out of control.

breast milk mkaka wa m'mawere: -milk produced by mammary glands located in the breast of a human female.

breastbone 1. fupa la pachifuwa; 3. fupa loyandikana ndi mawere: -long flat bone that forms the center front of the chest wall.

breastfeed -yamwitsa mwana bere: -the act of putting an infant on the breast for feeding.

breathe/-respire 1. -puma; 2. -puma mpweya: -process of breathing in and out through the mouth or nose.

-breathe in 1. -pumira mkati; 2. -kukoka mpweya: -inhale air.

breathlessness 1. phuma: 4. kuvutika kupuma: -frightening sensation of being unable to breathe normally.

breech birth kutsogoza matako pobadwa: -the birth of a baby in a posture where the buttocks are born first instead of the head.

bronchi onani **bronchus.**

bronchiectasis kukula kwa njira za za mpweya chifukwa chamatenda okhalitsa m'mapapo: -a widening of the bronchi due to chronic infection.

bronchiole tinjira ta mphweya ta m'mapapo: -a tiny branch of air tubes in the lungs.

bronchiolitis; matenda a m'mapapo mwa makanda kapena ana ang'ono: -common lung infection in young children and infants.

bronchitis/ acute b. kutupa kwa mkati mwa mwanjira za mpweya m'mapapo: -inflammation of the lining of bronchial tubes.

bronchogram 1. njira yojambulira m'mapapo; 2. njira yoyezera m'mapapo pojambula: -an X-ray examination of the bronchi.

bronchopneumonia chibayo; matenda amene amatupitsa mapapo: -inflammation of the lungs.

bronchoscopy ntchito yowunika njira zodutsamo mphweya m'mapapo: -examining the inside of the trachea, bronchi/ i.e. the air passages that lead to the lungs.

bronchus/ bronchi njira ya mphweya yopatuka kuchokera ku njira yayikulu yochokera ku mmero kupita ku mapapo: -air tube that begins from the trachea and branches into the lungs.

bronzed diabetes nthenda yosintha mtundu wa khungu: -a disease that changes the colour of the skin, i.e. to bronze.

brucellosis matenda omwe munthu amatenga kuchokera ku ng'ombe: -a disease that human beings contract from cattle.

bruise 1. kusupuka pa khungu; 2. kusupuka kwa chikopa; 3. bala lobwera chifukwa chosupuka; 4. kukandika pa khungu; 5. kunyuka pa khungu: -getting bruised because of coming off of the skin.

bruit 1. phokoso limene limamveka mu mtima; 2. phokoso la kugunda kwa m'mtima: -an audible vascular sound of the heart, i.e. being associated with turbulent blood flow.

bubonic plague matenda ofalikira ndi utitiri wa makoswe: -a disease spread mostly to humans by infected fleas that are found on rats.

buccal mucosa kakhungu/ kachikopa kopyapyala mkati mwa masaya ndi milomo: -the inner lining of the cheeks and lips.

bum thako\matako; onani -**buttocks.**

bunion kutupa kwambiri kwa chala cha ku phazi: -bony bump that forms on the joint at the base of the big toe.

burn\ burns 1. bala la moto; 2. kuonongeka kwa khungu kapena ziwalo zina chifukwa cha kutentha kwambiri; 4. zilonda (sing.: chilonda) za moto; bala lobwera chifukwa cha kupsa ndi moto kapena zithu zotentha kwambiri: -damage of the skin or other body parts caused by extreme heat, flame, contact with heated objects or chemical.

-burr hole boola mutu; ndi kuchita opaleshoni ya m'mutu imene imakhudzana ndi kubooledwa kwa chibade cha mutu: -it is an operation in which a hole or holes are drilled through the skull.

bursa timatumba ta madzi othandizira mafupa kuti asakhulane.

bursitis/ housemaid's knee kutupa kwa m'maondo: -inflammation of a bursa.

buttock(s) 1. thako\matako-; 2. mbina: -the fleshy part of the human body that a person sits on; onani **bum.**

C

cadaver 1. thupi la wakufa limene likhoza kugwiritsidwa ntchito ndi madotolo kuona matenda ndi zina zotero; 2. mtembo; 3. chitanda\zi-; -a dead human body that may be used by physicians and other scientists to study anatomy, identify disease sites, determine causes of death, and provide tissue to repair a defect in a living human being.

caesarean section 1. opaleshoni ya amai a pakati pofuna kubereketsa mwana; 2. ntchito yong'amba thupi la mzimayi kuti mwana abadwe; 3. opaleshoni yobadwitsa mwana; 4. kumpeni (figurative): -operating pregnant women who

want to deliver/ the action of opening the body of the woman so that the baby is born) the action of opening the body of the woman so that the baby is born.

calamine lotion mankhwala a zidzolo: -skin medication that relieves the itching, pain, and discomfort of minor skin irritations.

calcaneus fupa la chitendene; ndi fupa lopezeka kuseli kwa phazi: -the bone at the back of the foot.

calcification kusonkhana kwa mchere m'minyewa, mwachitsanzo pochiza matenda achifuwa chachikulu kapena mabala: -the gradual accumulation of calcium in the tissues e. g. for healing tuberculosis; it is also the accumulation of calcium caused by wounds.

calcium deficiency 1**.** mchere wochepa wa m'thupi; 2. kuchepa kwa mchere wa thupi; 3.kuperewera kwa mchere m'thupi; 4. mchere wochepa m'magazi; low blood level of calcium.

calcium mchere wolimbitsa mafupa; -a mineral most often associated with healthy bones and teeth, although it also plays an important role in blood clotting, helping muscles to contract, and regulating normal heart rhythms and nerve functions.

calculus/ calculi matenda a miyala amene amapezeka mu impso, ndi m'chikhodzodzo; disease of stones in the bladder: -renal disease of stones in the kidneys-gall and urethra; onani **gall stone.**

calibration 1. -konza zipangizo zoyesera kuti zikhale zofanana; 2. -ika zinthu mu mlingo wokhazikika: -adjust the accuracy of a medical display in line with regulatory standards.

calliper chida (monga thabwa) chothandizira mwendo, mkono wothyoka kapena wofooka: -the rigid framework supporting a broken or weak leg or arm.

callus 1. khungu louma lophukira; 2. khungu lolimba: -an area of thickened and sometimes hardened skin/ -thick, hardened layers of skin that develop when the skin tries to protect itself against friction or pressure.

calming drugs 1. mankhwala amene amapangitsa munthu kudekha; 2. mwankhwala ogonetsa: -sleeping drug.

calorie\calories mlingo wa mphamvu imene imapezeka mu chakudya chikagaidwa mthupi: -the amount of energy released when your body breaks down/ digests and absorbs food.

calorific (-be c.) -ndondomeko yotulutsira mphamvu kuchokera mu chakudya chikagaidwa m'thupi: -the system of acquiring energy from digested food.

cancer 1. khansa; 2. kukula kosayenera kwa tiziwalo tofalikira mu njira yopanda dongosolo: -an abnormal growth of cells that tend to proliferate in an uncontrolled way.

candidiasis 1. mauka; 2. zoyabwa kunjira ya abambo kapenanso ya amayi: -a fungal infection caused by a yeast (a type of fungus) called Candida, that causes itching warts on the private parts of men or women; onani **moniliasis.**

capillary\capillaries mtsempha (mi-) wa magazi waung'ono kwambiri: -the smallest type of blood vessel.

capillary refill kuyenda kwa magazi m'mitsempha yaing'ono kwambiri: -circulation of blood in the minor capillaries.

capsule mankhwala a kapusozi; ndi kathumba ka mnofu ndi mitsempha kamene kamazungira chiwalo, polumikizana mafupa komanso chotupa: a capsule also the form used for being taken by mouth, which usually has a shell made of gelatin with the medicine inside or it is a sac of tissue and blood vessels that surrounds an organ, joint, or tumour.

carbon dioxide mpweya woyipa wochokera mthupi: -colourless, odourless gas, which is a waste product made by the body.

carbon monoxide mpweya woyipa wochokera ku lupsa la makala: -a poisonous gas, produced by the burning of coal.

carbuncle 1. chithupsa\zi-; 2. chotupa\zo-: -a larger painful swelling under the skin

carcinogenic things zinthu zomwe zitha kuyambitsa matenda a khansa: -things liable to cause cancer.

carcinoma khansa yoyambira pa khungu kapena mu minyewa imene imakutira ziwalo za mkati mwa thupi: -a cancer that begins in the skin or in tissues that line or cover internal organs.

cardiac zokhudzana ndi mtima: -having to do with the heart.

cardiovascular khudzana ndi mtima ndi mitsempha: -being related to the heart and blood vessels.

cardiovascular system ndondomeko ya kayendedwe ka magazi kuchokera ku mtima kukafikira ku ziwalo zonse za thupi: -the system of the running of blood from the heart to all members of the body.

cardiovascular syphilis chindoko chimene chimakhudza mtima ndi mitsempha: -syphilis affecting the heart and blood vessels.

care (n.) chisamaliro: -providing medical needs and assistance.

caries matenda oboola ndi kuswa mano kapena mafupa: -decay and crumbling of a tooth or bone.

carnal (-be c.) -khudzana ndi chikhumbokhumbo cha thupi: -be related to physical, especially sexual, needs and activities of the body.

carotid angiogram 1. kawunikidwe ka m'thupi pogwiritsa ntchito makina a X-ray ndi cholinga chofuna kuona kayendedwe ka magazi mthupi; 2. kujambula

kayendedwe ka magazi kuchokera ku mtima kupita ku ubongo: -an X-ray picture that is taken after the injection of radio-opaque fluid into the carotid arteries, in order to show blood supply from the heart to the brain.

carpal tunnel polumikizira dzanja; ndi gawo la dzanja pakati polumikizira mkono ndi mafupa a zala: -it is a tunnel at the wrist between the bones of the carpus.

carpus polumikizira mkono ndi mafupa a zala; ndi mafupa asanu ndi atatu aang'ono, amene amalumikiza zala za dzanja: -they are eight small bones which form the wrist joints from which the bones of the fingers arise.

cartilage 1. mnofu wofewa woterera umene umapezeka polumikizana mafupa kuti mafupa asakhulane; 2. mnyewa umene umakuta molumikizira mafupa, monga pa bondo: -solid, resilient cellular muscle tissue, found at some joints e. g. the knee.

case 1. zochitika za wodwala; 2. zochitika za matenda: -details of specific patient

catalepsy 1. khunyu; 2. matenda okomoka; 3. matenda a mu ubongo: -the sickness of the state of the muscles in some psychiatric patients.

cataplexy kufooka mwadzidzidzi kwa minofu pamene munthu ali chidzukire: -a sudden muscle weakness that occurs while a person is awake.

cataract (of the eye) ng'ala; ndi kulowa pansi kwa gawo lamkati mwa diso, koyamba ndi kusaona: -it is the degeneration of the lens of the eye.

catarrh vuto lobweretsa mamina kuseli kwa mphuno: -inflammation of a mucous; buildup of mucus in the back of the nose, throat, or sinuses; onani **nasal catarrh.**

catatonia zizindikiro zolephera kuyenda kapena kusuntha ziwalo za thupi kophatikizana ndi kufooka: -a group of symptoms that usually involve a lack of movement and communication, and can include agitation, confusion, and restlessness.

catheter 1. chubu cha mikodzo; 2. chubu chimene chimathandizira kuchotsa mikodzo kapena madzi oipa m'thupi: -tube that helps the draining of urine or bad fluids from the body.

-catheterise -yika chubu cha mikodzo kapena chubu chochotsa madzi oipa m'thupi: -place the tube for draining urine in the body.

causalgia 1. kupweteka kwa mitsempha; 2. kuwawa kwa mitsempha; 3. ululu wochokera ku mitsempha; 4. ululu chifukwa cha kuvulala kwa mtsempha: -it is pain following injury to a nerve.

cautery njira yootchera chiwalo cha thupi kuti achichotse kapena kuti chisiye kugwira ntchito: -medical practice or technique of burning a part of a body to remove or close off a part of it.

cavity dzino lobooka; structural damage in two layers of a tooth; onani **tooth decay.**

CD4 count (cluster of differentiation 4 count) kuchuluka kwa tizirombo ta HIV m'magazi: -counting the number of blood cells, which shows whether a person has immunity against the HIV virus.

cell kachiwalo ka thupi komwe kakhoza kukhala ndi moyo pakokha: -the smallest unit that can live on its own and that makes up all living organisms and the tissues of the body.

cellulitis matenda a bakiteriya a pakhungu amene amapangitsa khungu kufira, kutupa, komanso kupweteka pamalo pamene pali matendawa: -common bacterial skin infection that causes redness, swelling, and pain in the infected area of the skin.

cerebellum 1. gawo la ubongo la kunkhongo; 2. gawo la bongo la mbali yakunkhongo: -the part of the brain situated at the back of the head; onani **occiput.**

cerebral 1. -khudzana ndi bongo; 2. -khudzana ndi mu ubongo: -be related to the cerebrum or brain.

cerebrospinal fluid madzi amene amakutira ubongo ndi fupa la msana: -a clear fluid that surrounds the brain and spinal cord.

cerebrovascular accident (CVA) kusiya kwa magazi kupita kumbali ya ubongo, zimene zimaongonga minofu ya ubongo: -loss of blood flow to part of the brain, which damages brain tissue.

cerebrum gawo lalikulu la ubongo lokhala kutsogolo kwa mutu ndipo limagwira ntchito yotsogolera maganizo: -a large part of the brains at the front of the head, which works by leading the ability of thinking.

cerumen 1. phula la m'khutu; 2. chikonga cha m'khutu; onani **earwax**.

cervical (-be) -khudzana ndi khomo la chiberekero: -pertain to the entrance of the womb

cervix 1. khomo la chiberekero; 2. kamwa la chiberekero: -lower and narrow part of the uterus\womb.

chamber of the heart 1. gawo la mtima; 2. chipinda cha mtima: -four chambers of the heart; onani **ventricle.**

chancre\chancres bala la kumaliseche losapweteka limene limayamba ku mayambiriro a matenda a chindoko: -a painless genital ulcer most commonly formed during the primary stage of syphilis.

chancroid matenda opatsirana pogonana, oyamba chifukwa cha bakiteriya wa 'Haemophilus ducreyi': -a sexually transmitted disease (STD), caused by infection with Haemophilus ducreyi bacterium.

chapped (-be c.) 1. -chikang'a (on foot); 2. -thetheka; 3. -uma ndi -ng'ambika: -dry or cracked skin.

cheatle chipangizo cha ku chipatala chopanira zinthu zina monga thonje: -a medical instrument; onani **forceps.**

check-up (medical c. -u.) kupimidwa ku chipatala kuti aone ngati munthu ali ndi vuto kapena ayi: -a check-up in hospital to assess whether a person has a problem or not.

cheek(s) tsaya\masaya: -the side of the face, which forms the side wall of the mouth.

chemist katswiri wodziwa zokhudzana ndi za kapangidwe ndi kagulitsidwe ka mankhwala: -a specialist who knows about the making and selling of medicines.

chemistry gawo la phunziro la sayansi lokhudzana ndi kapangidwe ka mankhwala: -the branch of science in chemicals pertaining to the making of medicines.

chemotherapy chithandizo cha mankhwala poletsa kukula kwa khansa kapena kuipha: -treatment that uses drugs to stop the growth of cancer cells or kill them.

chest 1. chifuwa\zi-; 2. pachifuwa; 3. pamtima: -body area located between the neck and abdomen.

-chew -tafuna: -chew food with teeth onani-masticate;

Cheyne-Stokes respirations kusinthasintha kwa kapumidwe mwa odwala a vuto la mapumidwe**: -**it is the alternating rapid and slow breathing seen in patients with irregular heartbeat.

chicken pox katsabola: -highly infectious skin dissease.

chilblains kutupa ndi kupweteka kwa mnofu chifukwa cha kuzizira: -having pain and swelling of the superficial tissue due to excessive exposure to cold; onani **pernio.**

childbearing 1. kubereka; 2. kubereka mwana; 3. kuchembeza; 4. kuchira; kubadwitsa mwana: -process of giving birth to a child.

childbirth kubadwa kwa mwana: -act of giving birth.

chill 1. kuzizidwa; 2. kunjenjemera chifukwa chozizidwa: -feeling cold\shivering.

chin 1. chibwano\zi-; 2. chigama\zi-: -lower part of the face between the mouth and neck.

chiropodist 1. katswiri wa mapazi ndi mavuto ake; 2. munthu wodziwa kuchiza matenda a mapazi: -a specialist knowing about feet and their problems.

chiropractor katswiri wodziwa kukonza zokhudzana ndi molumikizana mafupa: -a specialist who knows how to solve problems of the joints of bones.

chlamydia tizirombo toyambitsa kuyabwa, mwachitsanzo ku kumaliseche: -germs that cause itching, e.g. genitals.

chloasma kuyera kapena kuda kwa khungu chifukwa cha mimba: -pigmentation of the skin appearing during pregnancy.

chorion chikopa cholimba chokuta khanda lisanabadwe: -the outside membrane surrounding the foetus and which is ruptured before birth.

chloroform mankhwala a madzi amene amagwiritsidwa ntchito pokomola munthu pa nthawi yochita opaleshoni: -a fluid that is used to make a person unconscious before undergoing an operation.

cholecystectomy ndondomeko yochotsera ndulu: -the surgical removal of the gall or the gallbladder.

cholecystitis vuto la kutupa kwa ndulu: -inflammation of the gallbladder.

cholelithiasis miyala ya mu ndulu: -the presence of gallstones in the gallbladder.

cholera matenda otha madzi mthupi chifukwa chotsegula m'mimba ndi kusanza: -infectious sickness of vomiting and diarrhoea.

cholesterol mafuta amene amapezeka m'magazi: -fat substance made in the liver.

chorea kusuntha ndi kunjenjemera kwa ziwalo pazokha: -a movement disorder that causes sudden, unintended, and uncontrollable jerky movements of the arms, legs, and facial muscles.

chromosome tinthu tooneka ngati maulusi tomwe timapezeka mkati mwa nyukiliyasi, ntchito zawo ndi kusunga uthenga wa maonekedwe amene amapita kwa ana kuchokera mwa makolo awo: -threadlike structure made of single molecule of DNA that serve to carry the genomic information.

chronic 1. -mgonagona; 2. -khalitsa; 3. -khala nthawi yaitali: -be long-lasting and recurrent frequently.

circulation 1. kuyenda; 2. kayendedwe (process): -movement.

circulatory system (c. s. of blood) dongosolo la kayendedwe ka magazi m'thupi: -system that circulates blood through the body.

circumcision mdulidwe; 2. mdulidwe wa abambo: -the cutting off the foreskin of males; onani **male circumcision.**

circumsolar pallor kutuwa kozungulira pakamwa chifukwa chodwala: -white area around the mouth contrasting vividly with the colour of the face, seen in many kinds of fever.

cirrhosis (liver c.) vuto la chiwindi limene limabwera ndi chipsera chimene chimayamba chifukwa cha mowa ndi matenda a chiwindi: -severe scarring of the liver.

claudication kupweteka kwa minyewa chifukwa cha kuchepa mpweya: -muscle pain due to lack of oxygen that's triggered by activity and relieved by rest.

claustrophobia matenda opangitsa munthu kukhala ndi mantha ndi zinthu zina monga kuopa gulu la anthu, ndi malo ena m'maganizo ake: -a kind of neurosis

when the patient is afraid or dislikes a confined or crowded environment, or other places in his thinking.

clavicle 1. fupa la phewa; 2. nganga; ndi fupa lapakati pa phewa ndi pachifuwa: **-**it is the bone that connects the breastplate, sternum to the shoulder; onani **collarbone**.

clinic chipatala\zi-; ndi malo komwe anthu amapita kukaonanana ndi dotolo pa zokhudzana ndi zaumoyo: -it is a place where you go to see a doctor for health issues.

clinical (-be c.) -khudzana ndi za chipatala: -be related to the examination and treatment of patients.

clinician dotolo wolemba mankhwala ndi kupereka chisamaliro kwa odwala ku chipatala: -health care professional who directly treat patients.

clitoris 1. mkongo; 2. nyemba\-: -small female sexual organ that stimulates sexual pleasure.

-clot 1. -undana; 2. -uma; 3. -gwirana 4. -limba: -form insoluble mass when blood lymph gels.

clot of blood 1. m'bulu wa magazi; 2. magazi oundana; 3. nthuli ya magazi; 4. magazi olimba: -clumps that occurs when blood hardens.

-coagulate 1. -undana; 2. -gwirana; 3. -limba; 4. -sintha kwa za madzimadzi kukhala zolimba makamaka magazi: -changing of a fluid, especially blood to a solid or semi-solid state.

coarctation kuchepa kapena kuning'a kwa mtsempha wa magazi umene umapita ku mtima: -narrowing of the large blood vessel, aorta, that leads to the heart.

cobalt bomb kuwala kothandizira kuchiza matenda ngati khansa: -it is a source of radiation for deep X-ray treatment of e. g. cancer.

cochlea 1. make khutu; 2. mkati mwa khutu: -part of the inner ear involved in hearing; onani **inner ear/middle ear/eardrum.**

codeine 1. mankhwala ochepetsa ululu; 2. mankhwala opha ululu: -a drug used to lessen or kill pain.

coeliac disease vuto lobwera pamene chitetezo cha m'thupi chimalimbana ndi minyewa ya mthupi munthu akadana ndi chakudya chokhala ndi tirigu: -a condition where your immune system attacks your own tissues when you eat gluten.

cohort study kafukufuku ochitikira mkati-kati mwa gulu la a kafukufuku ena: -research done within some research groups.

coitus 1. kugonana; 2. kukhalira malo amodzi mwamuna ndi mkazi: -sexual intercourse between a man and a woman.

cold (n.) chimfine: -viral infection of the nose and throat; onani **pharyngitis, sore throat.**

cold (-be c.) -zizira: -have abnormally low body temperature.

cold injury 1. kupweteka chifukwa chozizira; 2. kuvulala kwa khungu/chikopa chifukwa cha kukhalitsa malo ozizira kwambiri: -getting one's skin wounded because of a longer stay at a very cold place.

colectomy opaleshoni yochotsa mbali ya thumbo limene lili ndi vuto lalikulu: -a surgical procedure to remove all or part of your colon.

colic (cholic) kupweteka kwa m'mimba koyamba ndi kusiya kokha: -a form of pain that starts and stops abruptly.

colitis kutupa kwa matumbo: -inflammation of the colon.

collagen ulusi wothandizira kupanga mnofu wotseka pa bala, monga kuchira kwa bala: -it is a flexible substance of which fibres of fibrous tissue are made, e. g. when a wound heals.

-collapse 1. -komoka; 2. -gwa mwadzidzi chifukwa chodwala kwambiri: -fall down, when a person suddenly falls ill seriously.

collapsed lung kukhwinyata kwa mapapo: -the shrinking of a lung or part of a lung; with obliteration of the air spaces within.

collar bone mafupa a kutsogolo kwa khosi: -bones at the base in the front of the neck. onani **clavicle.**

colon gawo lalitali la matumbo akulu: -longest part of the large intestine.

colostomy njira yothandizira odwala kutulutsa chimbudzi kudzera pa mimba; ndi opaleshoni yopanga njira yotulukira chimbudzi pamimba: -it is a surgical construction of an outlet for faeces when faeces cannot pass normally through the rectum and anus.

colostrum mkaka woyamba wa m'mawere, umene umaoneka wachikasu: -first milk from the breasts, which looks yellow.

colour blindness kusadziwa mitundu; ndi kusokoneza kwa mphamvu yowona mitundu ya zinthu: -it is the inability to distinguish colours.

coma 1. kukhala chikomokere kwa masiku angapo; 2. kukhala okomoka kwa masiku angapo: -a state of prolonged loss of consciousness.

-come off (of skin) -supuka: -pull or strip off the skin.

-come off (of lip skin) -suwa: -peeling off the skin.

common cold chimfine: -viral infection in the upper respiratory tract; onani **nasal catarrh.**

comorbidities matenda awiri kapena kuposerapo akulu mwa munthu m'modzi: -conditon of having two or more diseases at the same.

complication kukula kwa matenda: -unsuspected medical condition.

compress (n.) 1. kusina ndi madzi otentha kapena ozizira; 2. kuthowa ndi madzi otentha kapena ozizira; 3. kuziziritsa thupi ndi chinthu chonyowa kapena chozizira (cold compress): -applying a cold/hot compress.

concentration 1. chidwi choganizira mwakuya ndi mochenjera kwa nthawi yaitali; 2. kuikapo luso lonse ndi chidwi pa chinthu; ndi kukhala ndi kuthekera koganizira chinthu mwakuya: -it is the ability to think carefully about something.

conception 1. matengedwe a pakati; 2. kutenga mimba; 3. kuima: -fertilization of an egg by a sperm.

concomitant (-be c.) 1. -chitira pamodzi; 2. -chitira nthawi imodzi; 3. -perekera nthawi imodzi: -occur or to exist at the same time.

concupiscence 1. kukhumba mkazi; 2. kufuna kugona ndi mkazi; 3. kulakalaka kugonana: -a strong sexual desire.

condition 1. madwalidwe 2. momwe munthu amamvera m'thupi, mwa chitsanzo, kudwala kapena kusadwala: -a state of health, whether well or ill.

conditioned reflex kuchita zinthu mwachizolowezi; mchitidwe wochita zinthu m'mene unaziphunzirira: -a response in an individual, which has been learned by experience.

condom 1. kondomu; 2. mpira wa abambo/amayi: -a contraceptive device worn during intercourse to prevent conception and sexual transmitted infection.

cone timagawo ta diso tothandizira kuona mtundu wa zinthu: -one of the types of light sensitive cells in the retina.

confidentiality kusunga chinsinsi: -preserving authorized restrictions on information disclosure.

confusion 1. kusokonekera kwa mutu; 2. kusokonekera m'maganizo: -inability to think clearly or quickly as you normally do.

-congeal 1. -undanitsa; 2. -undana 3. -limba kuchokera ku za madzimadzi: -change from fluid to solid state

congenital disease matenda kapena mavuto obadwa nawo: -a condition or trait present at birth.

congenital defect 1. chilema cha chachibadwa; 2. kulumala kobadwa nako: -any defect of the body present from birth.

congestion of lungs 1. kudzadza madzi m'mapapo; 2. kuchuluka kwa magazi m'mapapo: -buildup of fluid in your lungs.

conjunctiva nemba yokuta diso ndi mkati mwa zikope: -the transparent membrane trenched over the eye and inside of the eyelids.

conjunctivitis (allergic c.) matenda a maso a manthongo komanso oyabwa chifukwa chodana ndi chinachake: -it is a disease of itching of the white in the eye because of skin diseases; onani **ophthalmia.**

consciousness 1. -tsitsimuka; 2. -dzidzimuka; ndi kuyamba kuzindikira zinthu munthu akatsitsimuka atakomoka: -it is beginning to realise things when regaining consciousness; state of wakefulness, awareness, or alertness.

consent 1. chilolezo\zi-; 2. kupempha chilolezo: -giving permission before being engaged in a certain activity.

constipation kudzimbidwa: -difficulty emptying the large bowel.

consultant 1. dotolo wofunsidwa nzeru kapena upangiri; 2. dotolo amene ali ndi kudziwa kwa padera; 3. dotolo wothandiza madotolo ena: -a doctor with special knowledge helping other doctors.

contact 1. kukhudzana; 2. kulumikizana: -touching/establishing communication.

contagion kufalitsa matenda mu njira yokhudzana/ yogwirana: -the spreading of a disease from one individual to another through touching.

contagious (-be c.) -patsirana: -infect with diseases that spread from person to person

-contaminate 1. -falitsa matenda; 2. -pereka matenda: -the introduction of pathogens or infectious material into or on normally clean or sterile objects, spaces, or surfaces.

contraception kulera: -the use of drugs, devices, or surgery to prevent pregnancy.

contraceptive means 1. njira zolerera; 2. mankhwala olera; 3. njira zotetezera kutenga mimba: -the method of using drugs, devices, or surgery to prevent pregnancy.

contract kutenga matenda: -catching or becoming ill with a disease.

contractions kukokeka ndi kumasuka kwa minofu; ndi kusintha mu minofu kumene kumapangitsa kufupika kwa mnofu, mwa chitsanzo popinda mwendo/mkono: -they are changes in muscle which cause forcible shortening.

contractions (labour) kuchepa kapena kukokeka kwa minofu pamene matenda ofuna kubereka ayamba: -shortening or tightening, as of a muscle; a shrinking or a reduction in size.

-control (diseases) 1. -teteza; 2. -letsa kufalikira kwa matenda; 3. -tchinjiriza: -the power to influence or direct people’s behaviour or the course of events.

-convalesce 1. -khala ndi nthawi imene wodwala akuchira kumatenda; 2. -chira komanso kubwerera kwa thanzi ndi mphamvu; 3. -khala ndi nthawi yochoka matenda m’thupi: -have the period in which the body recovers from a serious illness, injury or surgery.

convalescent (n.) munthu amene akuchira ku matenda.

convolution 1. kupiringizika pamwamba pa ubongo; 2. kukhotakhota pamwamba pa ubongo; 3. kulowalowa pamwamba pa bongo: -any of the irregular ridges on the surface of the brain and especially of the cerebrum.

convulsion kukomoka: -a condition in which muscles contract and relax quickly and cause uncontrolled shaking of the body.

copulate kugonana: -to engage in sexual intercourse.

corn chiphudu cha phazi; ndi kuuma kwa khungu la phazi: -the hardening of the skin of the foot.

cornea khungu la gawo la mkati mwa diso limene limathandizira kuwona kuwala: -the clear front window of the eye that transmits and focuses light into the eye.

corneal graft kuika diso latsopano posinthanitsa ndi lodwala: -it is the replacement of a diseased cornea with healthy cornea.

corneal opacity ng'ala: -a disorder of the cornea; onani **cutlight.**

coronary occlusion kutsekeka kwa mtsempha wopita ku mtima; partial or complete obstruction of blood flow in a coronary artery.

coronary thrombosis kutsekeka kwa mtsempha wa magazi wopita ku mtima chifukwa cha m'bulu wa magazi oundana: -a coronary occlusion due to a blood clot forming in a coronary artery, resulting in damage of the heart muscle; onani **myocardial infarction.**

corpse 1. mtembo\mi-; 2. maliro\-; 3. thupi lakufa; 4. chitanda\zi-: -a dead body.

cortex 1. khungu la kunja kwa chiwalo; 2. khungu lokuta chiwalo: -the outer layer of an organ.

corticosteroids (systemic c.) mwankhwala oletsa kutupa; ndi mankhwala amene munthu akamwa kapena akabaidwa amakatseula m'mene mwatsekeka chifukwa cha kutupa: -they are medicines that affect the whole body when taken by drinking or vaccination; onani **ketosteroid**.

cortisone mtundu wa michere ya m'thupi imene amaletsa ziwalo za thupi kutupa: - a natural steroid hormone produced in the adrenal gland.

costive bowels 1. kudzimbidwa; 2. kumangika m'mimba: -having constipation, being constipated.

Cotrimoxazole 1. bakiterium\mabakiteriya; 2. mankhwala oletsa kukula kachilombo ka mabakiteriya: -combination of trimethoprim and sulfamethoxazole and is in a class of medications called sulfonamides, which works by stopping the growth of bacteria.

cough (n.) chifuwa.

-cough 1. -tsokomola; 2. -khosomola; is a voluntary or involuntary act that clears the throat and breathing passage of foreign particles, microbes, irritants, fluids, and mucus.

cough (whooping c.) chifuwa chokoka mtima; onani **pertussis.**

counseling 1. uphungu; 2. kupereka upangiri; the process by which a professional counselor helps a person cope with mental or emotional distress and understand and solve personal problems.

Covid 19 (Coronavirus disease 2019) 1. matenda a corona; 2. matenda oyamba ndi kachirombo ka vairasi kotchedwa SARS-CoV-2: -a highly contagious respiratory disease caused by the SARS-CoV-2 virus.

cramp ululu wobwera chifukwa cha kukokana kwa minofu: -a sharp pain that occurs when a muscle suddenly contracts (tightens up).

craniotomy kutsegula fupa la m'mutu ndi cholinga chofuna kufika pa ubongo; ndi kuboola fupa la m'mutu ndi cholinga chofuna kupeza ubongo: -it is a surgical procedure of opening the skull to obtain access to the brain.

cranium 1. mafupa amene amateteza ubongo; 2. mafupa okuta ubongo: -bones that surround and protect the brain.

cremation 1. kuotcha thupi la munthu wakufa; 2. kuotcha mtembo: -the process of reducing a dead body to mostly tiny bits of bone resembling ash that involves exposing the body to flame and intense heat followed by pulverization of bone fragments.

crepitus 1. kulira kwa mafupa pamalo polumikizana mafupa; 2. phokoso lochokera pa mafupa pamalo olumikizana mafupa, monga fupa lothyoka: -the crackling, crunching, grinding or grating noise that accompanies flexing a joint.

cretinism 1. kupinimbira chifukwa chosowa mchere wa ayodini mthupi panthawi imene mai anali oyembekezera; 2. kulephera kukula kwa maganizo ndi thupi chifukwa chosowa mchere wa ayodini mthupi: -a disease caused by hypothyroidism. -iodine deficiency in diet during pregnancy is the major cause of cretinism.

crisis nyengo imene matenda afika pakayakaya: -the point in the course of a disease at which a decisive change occurs, leading either to recovery or to death.

Crohn's disease nthenda ya mgonagona ya m'matumbo: -a chronic inflammation of the intestine.

croup matenda a vairasi a munjira ya mpweya amene amagwira ana: -a common, primarily pediatric viral respiratory tract illness.

crowning 1. kuonekera kwa mutu wa mwana kunjira yotulukira mwana 2. kulodza koyenera kwa mutu wa mwana pa khomo la chiberekero: -the normal obstetric presentation in which the fetal occiput lies at the opening of the uterus.

culture kafukufuku wochitikira kumalo oyezerako zinthu pomeretsa tizirombo ta mabakiteriya ndi mavairasi toyambitsa matenda ndi cholinga chopeze tizirombo timene tikuyambitsa matenda: -research of bacteria and viruses in the laboratory.

-cure 1. -chiritsa; 2. -chiza: -heal or to restore health.

curettage ndondomeko yotsuka mu chiberekero: -the scraping or removal of tissue lining the uterine cavity (endometrium) with a surgical instrument called a curette.

curette chipangizo chosongoka chokhala ngati supuni chogwiritsa ntchito potsuka mu chiberekero: **-**surgical spoon-shaped instrument with a sharp edge.

CVA (**Cerebro-Vascular Accident**) kulephera kwa magazi kupita ku mbali ya ubongo chifukwa chotchingika kepena kuphulika kwa mtsempha: -when the blood flow to a part of the brain is stopped either by a blockage or the rupture of a blood vessel.

cyscoscope chipangizo choyezera mu chikhodzodzo: -a tube with an arrangement of lenses and built-in lamp which allows visual inspection of the interior of the bladder.

cyst-1 chotupa chomera m'thupi chowoneka ngati kathumba: -a closed, sac-like pocket of tissue that can form anywhere in the body.

cystitis kutupa kwa mu chikhodzodzo chifukwa cha matenda: -inflammation of the bladder, usually caused by a bladder infection.

cytotoxic 1. poizoni; 2. chiphe; 3. zakupha tiziwalo ting'onoting'ono tamoyo tomwe tili ndi matenda monga khansa: -cyto means cell, and toxic means poison.

D

dandruff mfundu: -the peeling off of the scalp.

dead (being d.) 1. kufa; 2. kumwalira; 3. kutsirizika: -no longer living/having life.

dead body 1.mtembo\mi-; 2. womwalira\o-; 3. wotisiya\o-; 4. malemu; 5. mfumu: -someone who is no longer living; onani **deceased.**

deaf (-be d.) 1. -samva; 2. -gontha mkhutu: -lose hearing which implies very little or no hearing.

death certificate kalata ya umboni yolembedwa ndi dotolo yotsimikizira kumwalira kwa munthu.

death 1. imfa\-; 2. kufa; 3. kumwalira.

deceased onani **dead body**.

-decontaminate -pha tizirombo toyambitsa matenda: -kill germs, the process of killing or neutralizing germs from the environment, property, or life form.

decubitus ulcer onani **bedsores.**

-defecate 1. -chita chimbudzi; 2. -panga chimbudzi; 3. -pambuka; 4. -soma; 5. -biba (ana aang'ono); 6. -nyera: -movement of bowels (food waste products after digestion through the large bowel and out of the anus).

deficiency disease matenda amene amabwera chifukwa cha kusowa kwa zakudya m'thupi: -a disease caused poor nutrition.

degenerative disease kuonongeka pang'onopang'ono kwa ziwalo za mthupi chifukwa cha matenda kapena ukalamba: -gradual damaging of body tissues/organs because of diseases or old age.

dehydration 1. kuchepa kwa madzi m'thupi pazifukwa zosiyanasiyana; 2. kutha madzi m'thupi: -a condition that occurs when the body loses too much water needed to function normally.

delirium (-have d.) 1. kubwebweta; 2. kuyankhula zosamveka: -changing of a person's mental state that happens suddenly and lasts for a short period.

-deliver 1. -bereka mwana; 2. -chira mwana; 3. -badwitsa mwana: -the act of giving birth.

delivery suite chipinda choberekeramo mwana; chipinda chochirira.

deltoid muscle mtundu wa mnofu wa phewa; mnofu umene umapanga mzere wa phewa: -the muscle which forms the contour of the shoulder.

dementia kusokonekera m'maganizo kapena kuiwala zinthu chifukwa cha ukalamba kapena matenda okhalitsa: -loss of memory and getting confused, because of old age or chronic illness.

demography kusintha kwa chiwerengero cha anthu obadwa, omwalira, matenda ndi m'mene anthuwa akukhalira m'magulu awo kwa kanthawi: -changes of numbers of people regarding birth, death, diseases and their group behaviour for a given period of time.

dental (-be d.) -khudza mano.

dental clinic malo amene kumaperekedwa chisamaliro ndi chithandizo chokhudza mavuto a mano: -place where teeth problems are treated.

dentist 1. dotolo wa mano; 2. katswiri oona za mavuto a mano: -a qualified person whose job is treating people with conditions that affect the teeth.

dentistry maphunziro a za mano: -branch of medicine that deals with the diagnosis, prevention and treatment of disease of the teeth, gums and other structures of the mouth.

denture 1. mano ochita kupanga osati a chilengedwe; 2. mano oikirira: -an artificial replacement for one or more teeth.

-deodourise -chotsa kapena kuteteza fungo loipa: -eliminate or prevent the offensive odour from something.

Deoxyri Bonucleic Acid (DNA) tizinthu tating'on timene timatenga uthenga wa chamoyo chilichonse wothandizira kukula ndi kuchita zinthu, kuphatikiziraponso zoyamwira kuchokera kumtundu - cha moyo chilichonse chili ndi DNA yake ya paderadera: - very small portions (onani molecules) that comprise an 'instruction manual' inside an organism, which tells it how to develop, grow and function - every living thing has its own unique DNA.

depression mtundu wa matenda a misala wobwera chifukwa cha kukhumudwa kapena kudandaula kwambiri: -a mental breakdown due to persistent feeling of sadness; onani **melancholia**.

dermatitis matenda a pakhungu: -a general term that describes a common skin condition.

dermatology maphunziro aokhudzana ndi pakhungu: -a branch of medicine dealing with the skin and its structure, functions, and diseases.

dermatophytid eruption tizilonda ta pakhungu toyamba chifukwa chosayanjana ndi fangasi amene ali kale pathupi: -a skin rash caused by an allergic reaction to fungal infection e.g. **tinea pedis**.

-desiccate 1. -umitsa 2. -chotsa madzi: -remove the moisture from something so it becomes completely dry.

-detect 1. -fufuza mozama; 2. -tulukira maonekedwe kapena chikhalidwe cha zinthu zobisika: -notice something that is partly hidden or not clear.

detergent 1. mankhwala otsukira zinthu komanso kupha tizirombo toyambitsa matenda; 2. mankhwala ochapira: -a chemical substance in powder or liquid formulation used for cleaning and killing germs.

deteriorating 1. kulirakulira kwa matenda; 2. kuipirabe; 3 -kupitirira kudwalika: -worsen of a disease condition.

deviated nasal septum 1. vuto la zigawo za mphuno; 2. vuto la m'zigawo za mphuno lobwera ndi fupa lofewa ngati mnofu likapindika: -a problem in the cavity of the nose, which is divided by a bony plate; the surgeon removes the problem by septoplasty.

dextrose 1. mtundu wa shuga; 2. shuga wa chilengedwe: -the name of a simple sugar made from corn or wheat that's chemically identical to glucose, or blood sugar.

dhobi itch 1. matenda oyabwa a mphechepeche: -fungal infection causing intense itching and inflammation in the groin regio; onani **tinea cruris**.

diabetes 1. matenda a shuga; 2. kukhala ndi shuga wokwera kapena wotsika m'thupi: -a disease in which the body does not control the amount of glucose (a type of sugar) in the blood.

diabetes insipidus matenda okodza pafupipafupi; ndi kupangidwa kwa mikodzo yambiri chifukwa cha vuto la matenda a shuga: -it is the excessive production of urine due to diabetes.

diabetic retinopathy matenda a maso obwera chifukwa cha matenda a shuga: -eye disease caused by the high blood sugar; onani **-laser.**

diagnose 1. kupeza vuto lenileni limene odwala ali nalo; 2. kuzindikira matenda: -identify the nature of (an illness or other problem) by examination of the symptoms.

diagnosis\diagnoses 1. kayesedwe ka vuto pofuna kupeza matenda; 2. kupeza matenda; 3. kuzindikira matenda: -the process of identifying a disease, condition or injury from its signs and symptoms.

diagnostic (-be d.) -khudzana ndi ntchito yoyesa, imene ingafotokoze msanga ngati munthu ali ndi matenda ena ake: -b related to the medical specialized process of identifying an illness using a combination of signs and symptoms.

dialysis 1. njira yothandizira wodwala impsyo; 2. ndondomeko yotsukira magazi mthupi pamene impsyo singathe: -the process of filtering the blood when the kidneys are not able to.

diaper (US) thewera\matewera limene limagwiritsidwa ntchito kamodzi: -a small cloth or towel for holding a baby's excrements.

diaphragm mnofu pakati pa chifuwa ndi mimba: -thin muscle that separates the chest from the abdomen.

diarrhoea (having d.) 1. kutsekula m'mimba; 2. kuchita chimbudzi cha madzimadzi kapena chosalimba: -frequent passing of watery or loose stools.

-die 1. **-**mwalira; 2. -fa; 3. -malizika; 4. -tsirizika: -stop being alive.

diet 1. chakudya chimene munthu kapena chiweto chimadya nthawi zonse; 2. madyedwe: -liquid and solid foods regularly consumed in humans or livestock.

digesting 1. kugaya chakudya; 2. kugaya; 3. kusungunuka kwa chakudya m'thupi: -large food particles are broken down into smaller particles that can be easily absorbed in the body.

-dilate 1. -kulitsa chibowo; 2. -tsegula mokulitsa chibowo: -widen or enlarge an opening or hollow structure beyond its usual size.

-dilute 1. -sungunula; 2. -chepetsa mphamvu ndi cholinga; 3. -sukulutsa: -make something thinner or weaker.

diphtheria 1. matenda otsokomola maka mwa ana amene amabweretsa mavuto popuma; 2. matenda obwera chifukwa cha tizirombo ta mabakiteriya amapezeka kwambiri mwa ana: -a serious infection caused by strains of bacteria that leads to difficulty in breathing.

diphtheritic membrane 1. zoyangayanga zakukhosi zobwera chifukwa chamatenda otsokomola; 2. ziyangoyango za pa m'mero zowoneka mwa munthu wodwala mtundu wa chifuwa chotchedwa diphtheria: -a web across the throat seen in people suffering from diphtheria.

dipsomania 1. mchitidwe wokhala woledzera nthawi zambiri; 2. khalidwe lomwa mowa mwa uchidakwa kumatsatana ndi nthawi yongokhala osamwa mowa: -a form of alcoholism in which bouts of excessive drinking alternate with periods of relative sobriety.

disability ulumali: -condition that makes it difficult for a person to do certain activities.

disabled (-being d.) 1. -kuchititsa chilema; 2. kulumalitsa: -physical or mental condition that limits movements, sense or activities.

disalignment kusemphana kwa mafupa pamalo pamene athyoka; ndi kuchoka mmalo oyenera kwa ziwalo chifukwa chachibadwidwe kapena mwa ngozi: -the condition of being out of correct position or improperly adjusted, bad or incorrect alignment.

discharge (n.) 1. madzi otuluka mthupi: -fluid that comes out of the body.

-discharge 1. -tuluka; 2. -tulutsa: -release of a patient from care.

discontinuation 1. kusiyitsidwa; 2. kuletsedwa: -the act of stopping doing or providing something.

discrimination 1. tsankho; 2. kusalidwa: -negative actions or lack of consideration given to an individual or group that occurs because of a preconceived and unjustified opinion.

disease onani **ailment, sickness and illness.**

disinfection kupha tizirombo toyambitsa matenda ndi makhwala: -the cleaning of infection by killing or preventing the growth of disease-causing germs.

disinfectant mankhwala ophera tizirombo toyambitsa matenda: -chemicals used to kill germs.

dislocation 1. kubinya; 2. kuchoka m'malo mwake kwa mafupa awiri pamalo polumikizana mafupawo: -a separation of two bones at a joint.

-dismember 1. -dula chiwalo cha thupi; 2. -chotsa chiwalo chathupi: -cut off the limb of a person or animal.

diuretic (medicine) mankhwala othandiza kuchotsa madzi ndi michere zoonjeka mthupi kudzera m'mikodzo: -is a medicine that increases urine production and removes excess salt and water from the body.

diuresis kukodza pafupipafupi chifukwa cha kuchuluka kwa mikodzo: -increased urination due to the presence of certain substances in the fluid filtered by the kidneys.

diverticulitis 1. kubowoka kwa thumbo; 2. matenda amene amabwera chifukwa cha kubowoka kwa ziwalo m'thupi monga matumbo akulu: -inflammation of one or more pouches or sacs that bulge out from the wall of a hollow organ, such as the colon.

dizziness 1. chizungulire; 2. chizumbazumba: -the feeling that one is about to faint; feeling that you are spinning or moving, or that the world is spinning around you.

dizzy (-be d.) 1. -mva chizungulire; 2. -mva chizumbazumba: -feel faint, woozy, weak or unsteady.

DNA onani **Deoxyri Bonucleic Acid**.

doctor dotolo; ndi munthu amene anaphunzira za matenda ndi mankhwala a ku chipatala: -it is a person who has been educated, trained, and licensed to practice the art and science of medicine.

donor munthu amene amapereka magazi kapena ziwalo za thupi lake kwa wina amene ali ndi vuto: -a person who gives blood or organ for use in another person onani **transplantation.**

dose mlingo wa mankhwala operekedwa kwa munthu: -the amount of medicine taken.

Down's syndrome ulumali wachibadwa: -congenital disorder caused by the presence of extra genetic material from chromosomes in the human genome; onani **mongolism.**

-doze 1. -sinza; 2. -wodzera;: -to fall into a light sleep.

-drain 1. -chotsa zamadzimadzi zoipa za mthupi; 2. -taya zamadzimadzi: -remove fluid as it collects;

drain (n.) chubu: -a tube or wick-like device used to remove fluids from a body cavity, wound, or infected area.

-drain pus 1. -finya mafinya 2. -chotsa mafinya: -remove of pus from a bacterial infection.

drainage 1. chipanizo chogwiritsira tchito pochotsa magazi kapena mafinya pabala; 2. njira ya opaleshoni yolola magazi kapena mafinya, kuti achoke pa bala: -it is a surgical procedure designed to allow blood or pus to drain from a wound.

-dress (a wound) 1. -tsuka, kuika mankhwala ndi kumanga bala; 2. -manga chilonda: -clean and bandage a wound.

drip botolo la madzi kapena magazi limene odwala amapatsidwa: -a term for transfusion of the blood or other fluid may be seen to be dripping through a transparent apparatus.

-drool -tuluka dovu: -flow unintentionally of saliva from the mouth.

dropsy kupezeka kwa madzi pa malo osayenera m'thupi: -presence of water in the body at places where it does not belong.

drowsiness 1. kumva tulo; 2. kusinza; 3. kuodzera: -feel more sleepy than normal.

drowsy (-be d.) -funa kugona chifukwa cha mankhwala: -feel abnormally sleepy or tired due to medication or drugs.

drug mankhwala: -any substance (other than food) that is used to prevent, diagnose, treat, or relieve symptoms of a disease or abnormal condition.

drug activity 1. mphamvu ya mankhwala m'thupi; 2. ntchito ya mankhwala m'thupi; 3. kuona mmene mankhwala angachiritsire munthu: -the measure of the response that a drug produces.

drug addiction 1. kuzolowera kumwa mankhwala osokoneza ubongo; 2. kulephera kukhala osamwa mankhwala osokoneza ubongo; 3. kuzolowerera kwa thupi kumwa mankhwala komwe kumapangitsa kuwadaliraa; 4. chibaba cha mankhwala: -repeated drug taking which result in dependence on and in a constant craving for the drug e. g. opium; cocaine.

drug eruption 1. kuwengedwa pakhungu ndi mankhwala; 2. nsungu zoyamba chifukwa cha kumwa mankhwala ena: -a rash caused by taking of certain drugs.

drug resistance 1. kusiya kugwira ntchito kwa mankhwala m'thupi; 2. kusiya kuchiza matenda kwa mankhwala; 3. kusagwira ntchito kwa mankhwala m'thupi: -the reduction in effectiveness of a medication such as an antimicrobial in treating a disease or condition.

druggist 1. wogulitsa mankhwala; 2. munthu wogwira ntchito yogawira kapena kugulitsa ngakhale kupanga mankhwala: -a person who shares or sells, or makes medicines; onani **chemist, pharmacist.**

drugstore malo ogulitsirako mankhwala: -a shop where you buy medicines.

dry eyes kuuma m'maso chifukwa cha matenda: -dryness when the eyes do not produce enough tears to keep the eye lubricated.

dry mouth kuwuma kwa m'kamwa chifukwa cha matenda: -a condiotion which the salivary glands do not make enough saliva to keep the mouth wet; onani **xerostomia.**

dry skin 1. khungu lowuma; 2. kuthetheka khungu; 3. kuwuma kwa khungu chifukwa cha matenda: -dryness when the skin does not have enough moisture in it to keep it feeling soft.

Duchenne's muscular dystrophy matenda otengera ku mtundu oononga ndi kutha minofu pang'onopang'ono: -a genetic disorder characterized by progressive muscle degeneration and weakness due to the alterations of a protein called dystrophin that helps keep muscle cells intact.

ductus arteriosus mtsempha waukulu umane umapititsa magazi ku mapapo amwana asanabadwe: -a blood vessel that allows blood to go around the baby's lungs before birth.

dumbness 1. kukhala wosayankhula; 2. mbuwu; 3. ulumali wosalankhula: -the situation of completely being unable to speak.

duodenal ulcer zilonda zopezeka gawo loyamba la matumbo: -peptic ulcers which occur in the duodenum.

duodenum gawo loyamba la matumbo; ndi gawo loyamba la matumbo limene zinthu za m'mimba zimadutsamo: -the first part of the intestine into which the stomach contents empties.

dwarfism 1. kupinimbira; 2. kupirimbidzika pokula; 3. kusakula kwa munthu chifukwa cha kulumala kwa ziwalo zina zothandiza kutulutsa zofunikira m'thupi: -a diminutive physical build, often caused by abnormalities of the endocrine glands.

dysentery 1. kamwazi; 2. kankhombe; 3. kutsegula m'mimba mwa magazi; 4. kaliwende; 5. chigwewo\zi-: -an infection of the intestine that causes diarrhea containing blood or mucus.

dyslexia vuto lolemba ndi kuwerenga chifukwa cha vuto la kulephera kumvetsa maonekedwe a zilembo za mau: -having problems with writing and reading, because of not recognizing the shape of words and characters.

dysmenhorrhoea kuwawa kwa m'mimba chifukwa cha msambo: -dull achy cramps to intense pain during menstruation; onani **period pains.**

dyspareunia 1. kuwawa pogonana; 2. ululu omveka nthawi yomwe anthu akukugonana: -persistent genital pain during or after sex.

dyspepsia 1. kutupidwa; 2. kudzimbidwa ndi zakudya: -obstipation of food in the body.

dysphagia 1. kulephera kumeza; 2. kuvutika kumeza; 3. kuwawa pomeza: -difficulty in swallowing.

dysphoria 1. kuopa kwambiri; 2. mantha aakulu wopangitsa kusokonezeka maganizo; ndi kusakhazikika kwa maganizo chifukwa cha matenda monga misala:

-it is a mental state in which a person has a profound sense of unease or dissatisfaction.

dysplasia kukula pang'onopang'ono kwa zomera mthupi zomwe zimasanduka khansa: -abnormal growth of cells, which will, in turn, lead to tumours.

dyspnoea 1. kuvutika kupuma bwino; 2. kubanika; 3. befu: -sudden and severe shortness of breath or difficulty in breathing.

dyspraxia 1**.** matenda wolephera kugwira ntchito moyenera kwa ziwalo zina za ana; 2. vuto la makulidwe a chibadwa mwa ana: -disease of slow development of the proper use of the limbs etc. in children.

dystocia 1. kuvutika pobereka; 2. vuto pobereka; 3. kulephera kuchira: -abnormal labour, slow or difficult in childbirth/labour.

dystonia kukokeka kwa minyewa; ndi kuchita dzanzi kwa minofu ya m'thupi chifukwa chokhalitsa malo amodzi: -it is involuntary movement and prolonged muscle contraction that results in twisting body motions.

dystrophy 1. matenda odzetsa kufooka kwakukulu kwa minofu: 2. kufota kwa minofu; 3. kunyala kwa minofu: -a disease that causes serious weakening of the muscles

dysuria kumva kupweteka pokodza: -painful or difficult urination.

E

ear tube opaleshoni woika chubu chaching'ono m'khutu mwa mwana pofuna kuchiza matenda a m'khutu: -a small plastic tube in the ear, which helps to hear what is being said; also a very small tube that is surgically placed in a child's eardrum by a paediatric ear, nose and throat (ENT) surgeon to help treat ear infections.

earache kupweteka kwa m'khutu: -a sharp, dull or burning pain in one or both ears.

eardrum 1. nemba ya m'khutu; 2. make khutu; 3. ng'oma ya khutu: **-**a membrane in the ear canal between the external and the middle ear; onani **middle ear/ inner ear/ cochlea.**

earwax 1. chikonga cha m'khutu; 2. phula la m'mkhutu: -a brown or yellowish substance secreted in the ear canal of humans onani **cerumen.**

eclampsia mavuto a amayi amene amachitika chifukwa cha kuthamanga kwa magazi pamene ali ndi mimba: -problems with expecting women happening because of high blood pressure.

ectomorph weight 1. kuchepa thupi; 2. kukhala owonda; 3. kuchepa mnofu: -long and lean, with little body fat, and little muscle; onani **underweight.**

ectopic pregnancy mimba yomera/ yokhala kunja kwa chiberekero: -a pregnancy that occurs outside of the uterus.

eczema 1. matenda a pakhungu amene amasintha maonekedwe a khungu; 2. zipere za pa khungu: -a disease which causes discolouration of skin.

edema kutupikana chifukwa cha mavuto ena a m'thupi: -swelling caused by excess fluid in body tissues; onani **oedema.**

elephantiasis 1. mtchetcha; 2. matenda okulitsa miyendo ndi mapazi ndi ziwalo zina: -the swelling of legs, feet and other limbs of the body.

elbow 1. chigongono\zi-; 2. kasukusuku: -the joint between the arm and forearm.

emboli thovu lopezeka m'magazi limene limatchinga kayendedwe ka magazi mu mitsempha: -abnormal particle (as an air bubble) circulating in the blood; onani thrombus.

embryo gawo loyamba la kupangidwa kwa munthu mimba isanafike miyezi itatu **-** early stage in the development of humans and other animals or plants; onani **fetus.**

emergency 1. zofunika thandizo lachangu; 2. kufunikira thandizo lamsanga: -the need for speedy help.

emergency room chipinda chothandiziramo odwala ofunikira thandizo lamsanga/lachangu: -the ward for patients who need speedy help; quick treatment.

-empathy kukhudzika ndi zimene wina akudutsamo: -the ability to understand another person's thoughts and feelings from their point of view.

emphysema 1. matenda a mapapo amene amapangitsa munthu kulephera kupuma; 2. matenda a m'mapapo opangitsa phuma: -a lung condition that causes shortness of breath.

endemic mlili wa matenda ofalikira kwa anthu okhala kudera limodzi: -a condition or disease that becomes widely spread in some areas.

endometritis kutupa kwa minofu ya m'bali mwa chiberekero: -swellings of the tissue in the womb.

endomorph weight kukula thupi mofanana komanso kukhala ndi kuthekera kokula thupi: -having a heavy rounded body build often with a marked tendency to become fat.

enrolment kulowetsa munthu otenga nawo mbali mukafukufuku: -writing the name of a person in the list of a group for research purpose.

enteric fever mtundu wa matenda a taifodi; ndi matenda amene amayamba ndi tizirombo ta Salmonella: -it is a disease caused by the Salmonella bacterium.

enteropathy matenda osatchuka a m'matumbo amene amapezeka kwambiri mwa ana ndipo ana amatsegula kwambiri m'mimba: -a rare disease in which certain cells in the intestine are destroyed by a patient's immune system.

enzyme timichere ta m'thupi tothandizira kusungunula zakudya mthupi;-protein that speeds up chemical reactions in the body.

epidemic (-be e.) -fala msanga kwa matenda pakati pa anthu ambiri kudera limodzi kwa ka nthawi: -occur of more cases of a disease than would be expected in a community or region during a given time period.

epidemiology maphunziro okhudzana ndi kupeza kuwirikiza kwa kafalidwe ka matenda pakati pa magulu a anthu osiyana-siyana; ndi kafukufuku wofuna kudziwa kafalidwe ka matenda kapena mavuto a za umoyo ndi zomwe zikuthandizira kufala kwake: -it is the study of the distribution and determinants of health-related states or events in specified populations.

epidermis chikopa cha kunja kwa khungu la munthu: -the outermost layer of skin on your body.

epididymitis kutupa kwa njira yodutsa umuna mu nthupi la munthu wam'muna: -swelling (inflammation) of the tube that connects the testicle with the vas deferens(sperm duct); onani **orchitis.**

epiglottis 1. m'mero; 2. kholingo: -the flap that covers the trachea during swallowing so that food does not enter the lungs.

epilepsy 1. khunyu; 2. matenda a kugwa; 3. chifufu: -a neurological condition that causes unprovoked, recurrent seizures.

epistaxis kamfuno: -onani **nosebleed.**

erysipelas matenda a pakhungu amene amafiiritsa khungu komanso kutenthetsa thupi kwambiri: -disease of reddening of the skin and very much rising temperature of the body a skin infection involving the dermis layer of the skin, but it may also extend to the superficial cutaneous lymphatics.

erythema kufiira kwa pa khungu kosakhala bwino chifukwa cha kudana ndi mankhwala kapena matenda: -an abnormal redness of skin or mucous membranes caused by allergic reaction from medicines and infections.

esophagus 1. paipi yochokera mkamwa kukalowa m'chifu; 2. njira yodutsamo zakudya kuchokera mkamwa kufikira m'chifu: -the muscular tube through which food passes from the throat to the stomach; onani **oesophagus.**

esophagoscopy 1. kuyesa munjira yodutsamo zakudya; 2. kuunika paipi yochokera mkamwa kufikira m'chifu: -examination of the esophagus.

esophageal squamous cell carcinoma khansa ya pakhosi: -cancer that forms in the thin, flat cells lining the inside of the esophagus.

ethics ndondomeko yoyenera yosaphwanya ufulu wa munthu kutengera chikhalidwe chake: -procedure for distinguishing between what is considered right or wrong at a given time in a given culture.

etiology choyambitsa matenda: -the cause or origin of disease; onani **aetiology.**

estrogen mahomoni ofunikira othandizira pa zaubereki: -type of hormone made by the body that helps develop and maintain a sex hormone that's necessary for maintaining your sexual and reproductive health; onani **oestrogen.**

-examine 1. -yeza; 2. -pima; 3. -ika: -refer to the procedure of undergoing tests in a hospital or any other medical facility to learn about one's physical condition.

examination 1. kuyesa; 2. kuyeza; ndi kufufuza pofuna kupeza momwe mthupi muliri: -it is the procedure of undergoing tests in a hospital or any other medical facility to learn about one's physical condition.

-expire 1. -tulutsa mphweya kuchokera m'mapapo kudzera mkamwa kapena m'phuno; 2. -tha ntchito; 3. -tha mphamvu; 4. -tha moyo: -release air from the lungs through the nose or mouth/ to come to an end\terminate/ to breathe one's last breath.

exposure kukhala pa chiopsezo: -situation or condition that makes someone likely to be harmed/ affected.

eye diso\maso: -organ of sight.

eyeball make diso: -organ glomerular capsule of the vertebrate.

eyebrow 1. tsitsi lomera kumwamba kwa maso pa mphumi; 2. nsidze; 3. nkhwikwi: -the hair growing usually in a line above the eyelid.

eyeglasses magalasi a maso: -a lens worn to aid vision.

eyelash nsidze; also: nkhwinkwi: -hairs that grow at the edge of the eyelids

eyelid chikope\zi-: -movable fold of skin that covers the eyeball or opened at will.

eye-specialist dotolo wa maso: -a physician who specialises in the diagnosis and treament of diseases of the eye; onani **oculist.**

F

face 1. nkhope. 2. kumaso: -the front part of the head that extends from the forehead to the chin including the mouth, nose, cheeks and eyes.

face mask chotchingira kukamwa ndi kumphuno poteteza kutenga kapena kufalitsa matenda: -disposable device that creates physical barrier covering the mouth and the nose used for infection control.

facia mnofu osiyanitsa kapena kukumanitsa minofu kapena ziwalo: -a thin fibrous connective tissue separating or binding together muscles and organs; onani **fascia.**

facial nerve paralysis 1. kupuwala kwa nkhope; 2. kuzizira kwa nkhope; 3. kufa kwa nkhope: -an inability to move the muscle of the face on one or both sides.

faeces 1. chimbudzi; 2. tubvi; 3 bibi (for kids): -body waste discharged from the intestine through the anus during defecation; onani **feces.**

failure 1. kulephera kugwira ntchito; 2. kulephera kugwira ntchito kwa ziwalo. 3. kusiya kugwira ntchito kwa ziwalo: -a state of inability to perform a normal function or non-performance.

-faint -komoka: -suddenly and temporarily lose consciousness.

falciparum malaria malungo aakulu: -severe malaria caused by a parasite of the genus plasmodium.

fallopian tube chubu momwe mumayenda mazira kupita ku chiberekero: -a tube that transports eggs from the ovary to uterus.

false positive zotsatira zoonetsa ngati pali matenda pamene palibe: -results that are erroneously positive.

familial 1. -khudzana ndi makhalidwe otengera kumtundu amene amachitika mwamwayi pafupifupi mu banja kuposa ndi a m'mene zimayembekezekera/ -khudza khalidwe lomwe limatha kuchitika kawirikawiri pakati pa anthu abanja limodzi mosiyana ndi mmene zitha kuchitikira mwamwayi basi: -relate to a condition that tends to occur more often among family members than is expected by chance alone. 2.-banja lina lake; 3.-makhalidwe omwe amadziwitsa banja momwe limakhalira.

family planning kulera; ndi dongosolo lopewera kukhala ndi ana pafupi pafupi komanso ambiri m'banja: -planning the number and spacing of children.

fart 1. Kuphwisa; 2. kutulutsa mphweya woipa m'thupi: -to pass or emit gas from the intestines through the anus.

fascia onani **facia.**

fat (-be f.) 1. -nenepa; 2.-kula thupi; 3.-fulika: -have a lot of flabby or flesh on the body tissues or to be obese.

fat(s) mafuta: -greasy substances found in the tissues of animals and some plants.

fatality. imfa yobwera chifukwa cha ngozi, ziwawa kapena matenda: -a death caused by an accident, violence or disease.

fatigue kutopa kwambiri: -condition of being extremely tired or lack of energy.

fatty acid mafuta ofunikira m'thupi la munthu: -unsaturated fatty acid that is essential to human health.

fauces 1. m'melo; 2.njira yochokera mkawmwa kupita ku khosi: -the passage from the back of the mouth to the pharynx between the soft palate and the base of the tongue.

fear mantha: -an unpleasant emotion caused by the threat of danger, pain or harm; onani **phobia.**

febricity kutentha thupi: -a rise in the temperature of the body; onani **fever.**

febrile (-be f.) -khudzana ndi kutentha kwa thupi: -be related to fever.

fecal occult blood test (FOBT) kuyeza chimbuzi cha munthu pofuna kupeza magazi obisika: -a test of stool samples to check for hidden blood.

fecund (-be f.) -khala wobereka: -be fertile/capable of producing offspring.

fecundity kukwanitsa kubereka mwana wa moyo: -the ability or measure of reproducing live offspring.

-feed -dyetsa: -give food to.

-feel 1. -peza; 2. -mva. 3. -khudza 4. -gwira: -sense emotion or to be in a particular state of mind of another person/ any kind of conscious experience of sensation.

feet mapazi: -the part of the leg below the ankle on which an animal or person stands and uses for movement.

female (-be f.) -chikazi; 2. -wamayi: -belong to a sex which produces eggs and is capable of conceiving and bringing forth young ones.

female external genitalia bumbu; ndi maliseche a mkazi amene amaonekera kunja: -it is the external genital structure of the female.

female gonad chiwalo cha mazira a mkazi: -ovary or egg sac in the female.

female organs of reproduction ziwalo zimene zimasunga mazira mwa mkazi: -the reproductive organs such as ovaries, vagina, uterus and vulva.

female urethral meatus pokodzera mkazi: -the transport tube that leads from the bladder to discharge urine outside the body.

female urethral opening 1. bowo lokodzera; 2. pokodzera mkazi: -the external opening of the transport tube that leads to the bladder to discharge urine outside.

femur fupa lalitali la pa ntchafu: -the long bone in the upper part of the leg; onani **thighbone.**

fertile (-be f.) 1. -khala wobereka. 2. -tha kukhala ndi mwana: -be capable of producing offspring.

fertilisation kuphatikizana kwa umuna ndi ukazi: -the union of human female egg and male sperm.

fertility 1. kubereka. 2. kutha kukhala ndi mwana: -the ability of giving birth to a child.

-fester 1. **-**nyeka. 2. -chita mafinya: -become infected and produce pus; onani - **suppurate.**

fetal (-be f.) -khudza mwana wosabadwa: -be related to a fetus; onani **fetus.**

fetal alcohol syndrome (FAS) matenda a mwana obwera chifukwa choti mai ake amaledzera ali ndi mimba: -a condition in a child that results from alcohol exposure during the mother's pregnancy.

fetal mortality rate chiwerengero cha ana akhanda obadwa okufa pa chaka: -the number of perinatal deaths in a specified geographical area divided by the number of resident live births plus fetal deaths.

fetal movement 1. kugunda kwa mwana m'mimba. 2. kugwedera kwa mwana m'mimba: -the muscular movement of the developing baby inside the mother's womb.

fetus 1. kamwana kakang'ono kosabadwa. 2. mwana m'mimba mwa amake: -unborn offspring that develops and grows inside the uterus; onani **foetus;**

fever (-have f.) -tentha thupi: -condition in which the body's temperature is higher than normal because of fighting off an infection.

feverish (-be f.) kumva kutentha kwa thupi chifukwa chodwala: -feeling a higher than normal body temperature.

fibrin 1**.** zothandizira kuundana kwa magazi. 2. chakudya chopangika m'magazi chothandizira kuundana kwa magazi: -a protein involved in blood clotting.

fibrosis chipsera\zi-; ndi chopangidwa ndi mnofu pamene bala likuchira munthu akavulala: -it is the formation of fibrous tissue when healing of injury.

fibrocystic disease chithupsa cha mkati mwa bere; ndi vuto lokhala ndi chotupa mkati mwa bere koma osati khansa: -it is a common condition marked by benign (not cancer) changes in breast tissue.

fibroid chotupa mkati kapena kunja kwa chiberekero: -a common benign tumour of the uterus.

fibrotic lung kuonongeka, kulimba ndi kukakala kwa timatumba ta m'mapapo: -damage, thickening and scarring of the lung tissues from a previous disease e. g. pulmonary tuberculosis.

fibrous tissue mnofu umene umalumikiza mnofu ku fupa kapena mnofu ku mnofu unzake: -a tissue that connects, supports or surrounds other tissues, organs, bones etc.

fibrous union kulumikizana kwa fupa ndi mnofu, mmalo mwa fupa ndi fupa linzake: -the union between fractured parts of a bone by fibrous tissue instead of bone.

fibula 1**.** fupa la mwendo; 2. fupa laling'ono mwa mafupa awiri a mwendo: -the smaller of the two bones in the lower leg that gives the calf its structure and forms the top of the ankle.

filariasis matenda amene amafala ndi udzudzu ndipo amakulitsa ziwalo ndi kusinthitsa mtundu wa khungu: -a disease due to infection with filarial; parasite carried by mosquitoes.

finger chala: -slender jointed parts attached to the hand.

finger-nail chikhadabo: -the hard, slightly curved part that covers and protects the top of the end of the finger.

fingertip 1.nsonga ya chala; 2. mapeto a chala: -the tip or end of a finger.

first aid chithandizo choyamba kuperekedwa kwa munthu odwala kapena ovulala asanapite naye ku chipatala.

fistula kadzamkodzo; ndi bowo pakati pa chikhodzodzo ndi thumbo la chimbudzi, limene limabwera chifukwa chokhalitsa pamene matenda obereka ayamba, kuvulala, matenda, kapena opaleshoni: -it is an abnormal opening or passage between two organs caused by injury, infection or surgery.

fistula in ano matenda a kotulukira chimbudzi; ndi matenda ku malo otulukira chimbudzi amene amaonjezera kukula kwa bowo lotulukira chimbudzi: -a tunnel that develops between the inside of the anus and the outside skin around the anus.

fitness 1**.** kukhala ndi thupi la ngwiro. 2. kukhala ndi thupi la mphamvu: -the condition of being physically fit and healthy.

flail chest chochitika pamene mayendende a chifuwa asokonekera chifukwa cha kuthyoka ndi kusiyana kwa nthiti pamene munthu wavulala: -condition that occurs sections of broken ribs are isolated from, and interfering with normal chest movements.

flatulence kuphwisa. ndi kutulutsa mpweya oipa kudzera malo ochitira chimbuzi: -it is the releasing gas from the digestive system through the anus.

flatworms mtundu wa nyongolotsi za m'mimba: -parasitic soft-bodied usually much flattened invertebrates.

flesh mnofu\mi-: -soft part of a person's or animal's body between the bones and the skin.

flesh wound bala la pa khungu losakhudza mafupa kapena ziwalo zina: -a wound that breaks the skin but does not damage bones or vital organs.

flesh-eating bacteria tizirombo ta mtundu wa bakiteriya tomwe timaononga kunsi kwa khungu ndi minofu ya m'thupi: -rare infections that affects the tissue under the skin called fascia.

flexion kupinda kwa malo okumana mafupa zomwe zimachepetsa kutalikilana kwa mafupa a ziwalo zomwe zalumukizana, monga kupinda mkono: -the movement that causes the angle between the bones of a joint to decrease such as when a person bend the elbow joint.

flu immunisation katemera wa chimfine: -vaccination that protects against influenza.

flue chimfine: -infection of influenza viruses that causes aching muscles,chills and sweats and fever; onani **pharyngitis, cold.**

fluid za madzi-madzi: -non-solid substance such as liquid.

fluid balance kufanana kwa muyeso wa madzi olowa ndi otuluka m'thupi: -the overall balance of fluid intake and output.

flukes njoka za m'chiwindi ndi ziwalo zina zimene zimayambitsa matenda osiyanasiyana: -worms that infect the liver or other parts of the body and cause different diseases; onani **flatworms, trematodes**.

-fluoridate -thira mankhwala m'madzi ochepetsa kuola kwa mano: -add fluoride to a water supply to help prevent dental decay.

fluoride mankhwala othandiza kuteteza kuwola kwa mano: -medicine or chemical to reduce tooth decay.

fluothane mtundu wa mankhwala oletsa ululu komanso kugonetsa tulo pochita opaleshoni: -general anaesthetic.

flutter eyelids (to) -phethira zikope msanga msanga: -blinking of the eyelid in a quick motion.

foam thovu\-/ thobvu\: -a whitish bubble mass of saliva; onani **froth.**

foetus mwana amene sanabadwe: -a developing baby or young animal before it is born; onani **fetus.**

folic acid 1. mankhwala a magazi. 2**.** mankhwala oonjezera magazi m'thupi: -a substance necessary to the body for the normal production of red blood cells; onani **hypofolicosis.**

follicle kabowo ka pakhungu, monga pomwe pamamera tsitsi: -any of the very small holes in the skin, especially one that a hair grows from.

follow-up kalondolondo. ndi kulondoloza wodwala pofuna kudziwa kusintha komwe kulipo kuchokela pomwe anaonedwa ndi achipatala komaliza: -it is making contact with a patient or caregiver at a later, specified date to check on the patient's progress since his or her last appointment.

fontanelle liwombo; ndi mpata pakati pa mafupa a pamutu pa mwana wa khanda: -the gap between the bones of the skull of a baby.

food chakudya\za-: -any nourishing substance that is eaten, drunk or taken into the body to sustain life, provide energy or promote growth.

food poisoning matenda omwe amayamba munthu akadya kapena kumwa chakudya chomwe chili ndi tizirombo toyambitsa matenda: -a type of foodborne illness or sickness people get from something they ate or drank.

foot phazi\mapazi; onani **feet.**

footling breech mwana kuyamba kubadwa mapazi: -when a baby is born bottom first instead of head first, as is normal.

footsore khala ndi mapazi otopa ndi kupweteka chifukwa cha kuyenda kwambiri: -having painful, tired feet, especially after a lot of walking.

foramina 1. mphako, bowo, kapena njira zopezeka m'thupi, makamaka m'mafupa. 2. mabowo a m'thupi odutsamo magazii: -an opening, hole, or passage in the body, especially in a bone.

-force 1. -kakamiza; 2. -umiriza: -use physical strength or effort to make something move or open.

forceps zipangizo za chitsulo zopanira ndi kukokera zinthu pa thupi pochita opaleshoni: -a metal instrument used in a medical operations for grasping, holding firmly and exerting traction during operation; onani **cheatles.**

fore-arm mbali ya mkono kuchokera pa chigongono kufikira polumikiza dzanja: -the part of human arm between the elbow and the wrist.

fore-finger chala cha mkombaphala: -the finger next to the thumb or index finger.

forehead chipumi\zi-: -front part of the head between your eyebrows and your hair.

foreign body chinthu cha chilendo m'thupi la munthu: -an object that is stuck in an organism and should not be in it.

forensic medicine kugwiritsa ntchito nzeru za chipatala pofufuza za uchigawenga, makamaka chimene chadzetsa imfa kapena kuvulala: -application of medical knowledge to the investigation of crime, particularly in establishing the causes of injury or death.

foreskin 1. khungu la kunsonga kwa mbolo. 2. khungu lochotsedwa pochita mdulidwe: -a fold skin that covers the head\gland of the penis; onani **prepuce.**

formaldehyde makhwala a m'chipatala okupha tizirombo ndikusungira zoyesa kumalo oyezerako zinthu kuti zisawole: -a chemical commonly used to kill germs and to preserve laboratory specimens and tissues.

formalin onani formaldehyde

fracture 1. kuthyoka fupa; 2. kusweka fupa: -a break, usually in a bone.

frail (-be f.) 1. -fooka; 2. -lobodoka: -a clinically recognizable state of increased vulnerability resulting from aging.

frailty 1. kufooka; 2. kukhala wofooka; 3. kupanda mphamvu: -a medical condition of reduced function and health in older individuals.

Freudian psychology dongosolo la kafufuzidwe ka chiyambi cha matenda a kusokonezeka kwa m'mutu pofufuza mgwirizano omwe ulipo pakati pa zinthu zokumbukirika komanso zoyiwalika za m'maganizo a wodwala pofuna kupeza njira yabwino yothandizira wodwalayo kuti apezenso bwino: -therapy to treat mental disorders by investigating the interaction of conscious and unconscious elements in the mind and bringing repressed fears and conflicts into the conscious mind.

fugue vuto loiwala limenenso limatha kupangitsa munthu kuchoka kwawo ndi kupita ku malo ena osayembekezela.: -a temporary psychiatric disorder that involves memory loss and travel to some unexpected place; onani **amnesia.**

funeral 1. maliro; 2. mwambo wa maliro: -a ceremony or service held shortly after a person's death, usually including the person's burial or cremation.

fungus\fungi 1. unyawi\ma-; 2. nyesi; ndi mtundu wa tinthu ting'onoting'ono topanda masamba, nthambi ndi mitsitsi monga yisiti, nguwi, komanso bowa tomwe timathanso kuyambitsa matenda: -it is any of a group of spore-producing organisms feeding on organic matter, including moulds, yeast, mushrooms, and toadstools.

fungal infection gulu la matenda oyambitsidwa ndi mtundu wa tizirombo totchedwa **fungus.**

furuncle mtundu wa chithupsa: -skin abscesses caused by staphylococcal infection, which involve a hair follicle and surrounding tissue.

G

gall madzi a mu ndulu; ndi madzi obiriwira amene chiwindi chimatulutsa, amapezeka mu ndulu ndipo amathandizira kusungunula zakudya za mafuta m'thupi: -a clear yellow or orange fluid produced by the liver that helps digest fats in the food; onani **bile.**

gall-bladder ndulu; ndi kathumba kamene kamapezeka pansi pa chiwindi ndipo kamasunga madzi a ndulu: -it is the organ located below the liver that stores the bile.

gametes tiziwalo tamoyo ta mthupi tothandizira kubereka: -a reproductive cell of an animal or plant; onani **sex cells.**

gangrene kufa kapena kuonongeka kwa ziwalo za thupi chifukwa cha kutsekeka kwa mitsempha yoyendetsa magazi m'thupi kapena chifukwa cha matenda oyamba ndi kachirombo ka bakiteriya: -dead or damaged body tissue due to a lack of blood flow or a serious bacterial infection/ -a dangerous and potentially fatal condition that happens when the blood flow to a large area of tissue is cut off.

-gargle -chukucha m'kamwa ndi kukhosi ndi madzi a mchere kapena mankhwala: -rinse the mouth and the throat by holding a solution in the open mouth and agitating.

gas mtundu wa mpweya othandizira odwala mchipatala: -one that is manufactured, packaged and intended for administration to patients.

-gasp 1. -banika; 2. -chita phuma; 3. -lephera kupuma: -intake of a sudden, short breath as in shock or surprise.

gastric malaria mtundu wa malungo opangitsa kusanza, kupweteka m'mimba komanso kutsegula: -kind of malaria that induces pain, vomiting, and other gastrointestinal problems.

gastritis kutupa kwa m'mimba chifukwa cha matenda ndi zina: -inflammation of the stomach lining by infection and other causes inflammation (irritation) of the stomach lining.

gastroenteritis matenda amene amayamba ndi kachirombo ka vairasi, bakiteriya kapena parazaiti kamene kamatupitsa khungu la m'mimba: -an inflammation of the lining of the stomach and the intestines caused by viruses, bacteria, or parasites.

gastroenterostomy opaleshoni wotsegula pakati pa chifu ndi matumbo ang'ono ndi cholinga cholola chakudya kuti chidutse: -the surgical operation of an artificial opening between the stomach and the small intestine to enable food to pass directly to the middle section of the small intestine.

gastroscopy njira younikira m'mimba; ndi kuyeza mkati mwa mimba pogwiritsa ntchito chipangizo chopimira: -it is the examination of the lining of the stomach by means of a gastroscope or a telescope.

genes majini; zotengera ku mtundu; awa ndi mauthenga amene amapezeka mu DNA ka kamangidwe kwa thupi - majini amatsimikizira momwe munthu (kapena chamoyo) a(chi)ngaonekere, mwa chitsanzo kutalika, khungu, mtundu wa maso – amatengera ku mtundu kuchokera kwa makolo kupita kwa ana: -they are the instructions in the DNA for building the body - genes are what determines how a person or an organism looks e.g., height, complexion, eye colour etc. – they transmit the characteristics from parents to children; onani DNA, heredity.

genetic 1.-khudzana ndi majini komanso DNA; ndi chilichonsecho chitha kukhala cha umoyo wabwino kapena zokhudza matenda: - it is anything related to genes and DNA, which can be about normal states or diseases; 2..-tengera ku makolo;

3.-mtundu; genetic information: -ndondomeko yamtundu; genetic make up: -za kumtundu.

genetic variation kusiyana kwa dongosolo la zigawo za DNA kapena majini: -difference in the order of the components of the DNA or genetic makeup; onani **variants**.

geneXpert makina oyezera makhololo pofuna kupeza chifuwa chachikulu: -machine that can detect, mycobacterium tuberculosis, in a sample of sputum.

genital warts 1. mauka; 2. njerewere za ku maliseche: -a raised growth on the surface of the genitals caused by human papillomavirus (HPV) infection.

genitals 1. kumaliseche/ maliseche; 2. kumaso: -the sexual or reproductive organs located on the outside of the body.

genomics maphunziro okhudzana ndi zonse zimene munthu amatengera kuchokera kumtundu kuphatikizapo m'mene zimagwirizanirana komanso kugwirizana ndi zimene zamuzungulira munthu: - the study of all the genes in a person's DNA, known as the genome, which explores the interactions of those genes with each other and with the person's environment.

genotype zotengera kumtundu: -genetic makeup of an organism.

genu valgum ulumali wogundana mabondo: -a common lower leg abnormality that is usually seen in the toddler, preschool and early school age child; onani knock-knees.

genu varus matewe: -condition where one or both legs are curved outward from the knees downwards; **onani bowleggedness.**

germ kachirombo koyambitsa matenda: -a bacterium, virus or other micro-organism that can cause infection and disease; onani **bacillus.**

German measles 1. mtundu wa chikuku; 2. matenda oyamba ndi kachirombo ka vairasi: -it is a mild virus infection, characterised by a rash and swollen neck glands; onani **rubella.**

gestation 1. nthawi imene mayi ali ndi mimba; 2. nthawi imene mayi ali ndi pakati; 3. nthawi imene mayi ali oyembekezera: -the period of time that a baby is in the uterus.

gingivae 1. usinini; 2. nkhama; ndi m'nofu umene umagwira mano mkamwa: -it is the tissue of the upper and lower jaws that surrounds the base of the teeth; onani gums.

gland tiziwalo ta thupi timene timapanga ndi kusunga timichere (mahomoni) tofunikira m'thupi, mwachitsanzo malovu, thukuta ndi zina: -it is an organ that makes one or more substances such as produce sputum sweat.

glandular fever matenda otentha thupi opatsirana kudzera m'malovu pophyophyonana: -viral infection that causes high body temperatura\fever; onani **mononucleosis-infections.**

glaucoma matenda owononga mitsempha ya m'maso amene amayambitsa khungu: -eye condition that damages the optic nerve can lead to permanent blindness; condition in which there is a build-up of fluid in the eye, which presses on the retina and the optic nerve.

glucose shuga wa m'thupi: **-**type of sugar found in blood; onani **zymase.**

goitre chithokomiro: -a swelling of the thyroid gland.

gonad ziwalo za ubereki zimene zimapanga ndi kutulutsa mazira kapena umuna: -the part of the reproductive system that produces and releases eggs (ovary) or sperm (testicle/testis).

gonorrhoea chinzonono; ndi matenda opatsirana pogonana obwera chifukwa cha tizirombo ta bakiteriya totchedwa: 'Neisseria gonorrhoea': -it is a sexually transmitted disease (STD) caused by bacterium called Neisseria gonorrhoeae or gonococcus; onani **clap.**

gout matenda opereka ululu waukulu otupitsa miyendo, zala ndi mawondo chifukwa chakuchuluka kwa michere ya yuliki asidi: -painful condition that causes inflammation in the joints and sudden severe swelling of legs, knees; onani **sciatica.**

groin 1. mphechepeche; 2. pokumana mimba ndi ntchafu: -the area between the abdomen and the upper thigh on either side of the body; the area where the thigh meets; onani **inguinal.**

growth 1. kukula; 2. kumera: -development, maturation or expansion of physical structure.

guardian 1. woyang'anira wodwala\o-; 2. woyang'anira matenda ku chipatala: -a guardian for the patients at hospital.

gums 1. nkhama; 2. usinini; the tissue of the upper and lower jaws that surrounds the base of the teeth; onani **gingivae.**

gynaecologist dotolo wowona zokhudzana ndi ubereki kapena uchembere: -a doctor who specializes in female reproductive health.

gynaecology maphunziro okhudzana ndi za ubereki komanso uchembere: -a branch of medicine that specializes in the care of women during pregnancy, childbirth and diagnosis and treatment of diseases of the female reproductive organs.

gynaecomastia kumera kapena kukula kwa mabere mwa amuna: -the abnormal growth of breast gland tissue in males of the breasts of men and boys.

H

haematemesis kusanza magazi: -vomiting blood.

haematology maphunziro okhudzana ndi magazi ndi matenda ake: -the study of blood and its diseases/disorders.

haematoma kutupa mnofu chifukwa cha m'bulu wa magazi: -a solid swelling of clotted blood within the tissues.

haematuria magazi m'kodzo: -the presence of blood in the urine.

haemoglobin magazi; ndi gawo la magazi lofiira limene limayendetsa mphweya wa bwino (oxygen) kapena zakudya kupititsa m'thupi: -it is the iron containing protein in blood cells of vertebrates that transports oxygen to the tissues.

haemoglobinuria kufiira kwa mikodzo chifukwa cha kuchuluka kwa mlingo wamagazi: -an abnormally high level of hemoglobin in the blood, which causes hemoglobin to appear in the urine.

haemolysis kusweka kwa tiziwalo ting'onoting'ono tofiira ta magazi: -the breakdown of red blood cells which leads to the release of hemoglobin.

haemolytic streptococcus tizirombo timene timatulutsa poizoni m'thupi amene amayambitsa matenda otaya magazi m'thupi: -the streptococcus that produces a toxin which in turn causes the breakdown of red blood cells (haemolysis).

haemophilia vuto la kusaundana kwa magazi; ndi vuto la kutuluka magazi kwa nthawi yaitali osasiya kumene anthu amatha kutengera kuchokera kwa makolo awo: -it is the inherited medical condition in which the ability of the blood to clot is severely reduced, causing the sufferer to bleed severely from even a slight injury.

haemoptysis 1. khosomola magazi; 2. kutsokomola magazi: -coughing or spitting up blood from the respiratory system.

haemorrhage 1. kutaya magazi kwa mzimayi akangobereka kumene: -bleeding from the uterus following child birth **(post-partum h.)**; 2. kuchucha kwa magazi kosalekeza kuchokera m'thupi: -excessive bleeding or the abnormal flow of blood from damaged blood vessel.

haemorrhoids mudzi; ndi mtsempha wotupa wamagazi wa m'thumbo la chimbudzi: -it concerns swollen veins in the lower rectum or the anus: onani **piles.**

halitosis kukhala ndi fungo loyipa la mkamwa: -an oral health problem that causes unpleasant odour from the mouth or bad breath.

hallucination 1. zilubwelubwe; 2. kuona kapena kumva zinthu zimene palibe; 3. mazangazime\ mazangazibwe: -a false perception of object or events involving your senses.

hallux valgus kupotoka kwa chala chachikulu cha kumphazi: -1. a deviation of the big toe to one side; 2. one of the most common forefoot deformities.

hand dzanja\ manja: -body part attached to the forearm at the wrist.

handicap 1. chilema; 2. ulumali; ndi kusatha kuchita zinthu m'mene ziyenera kuchitikira: -it is the impairment or disbality that limits certain normal life activities.

harmful (-be h.) 1. -ononga; 2. -psa; 3. -sakaza; 4. -pweteka; 5. -ipa; 6. -kupha: -be related to anything that affects the safety of one's well being, causing damage, causing injury.

haunch ntchafu: -the part of the leg that includes hip and buttocks; onani **thigh.**

hay fever 1. chimfine choyamba nthawi imene zomera zayamba kuchita maluwa; 2. chigwegwe; 3. chigwagwa: -an acute allergic reaction to pollen; onani **summer cold.**

HBV katemera wa matenda a muchiwindi: -a vaccine for liver infection caused by the **hepatitis B virus (HBV).**

hepatitis B virus/ HBV kachirombo koyambitsa matenda a mu chiwindi: -virus causing disease in the liver.

head mutu\mi-: -uppermost part of the body of the human or other vertebrates.

headache 1. mutu; 2. kupweteka kwa mutu; 3. kuphwanya kwa mutu; 4. kudwala mutu: -sharp discomfort pain in the head or the face/ pain in any region of the head.

heaf test njira yoyesera matenda a chifuwa chachikulu kudzera pa khungu: -a diagnostic skin test to determine the exposure of tuberculosis infection.

-heal 1. -chiza; 2. -pola; 3. -chiritsa; 4. -lunga; 5. -chira: -be the act or process of curing or restoring to health.

health 1. umoyo; 2. thanzi: -a state of complete physical, mental and social well-being.

health worker 1. wazaumoyo\a-; 2. wogwira ntchito ya zaumoyo: -anyone who works in a healthcare setting or who delivers health services to the sick and ailing.

healthcare chisamaliro chazaumoyo kwa anthu: -efforts made by medical professionals to restore health.

health facility chipatala\zi-: **-**a place that provides health care.

healthy (-be h.) 1. -khala ndi thanzi; 2. -khala ndi umoyo wabwino: -have a state of complete physical, mental and social well-being.

-hear -mva: -perceive or sense sound being made through the ear.

hearing aid chipangizo chothandizira kumva kwa anthu amene ali ndi ulumali wosamva: -electronic device worn inside or next to the ear to enable hearing in people with hearing problems.

heart attack matenda a mtima adzidzidzi amene mtima umasiya kugwira ntchito bwino-bwino/ moyenerera: -a sudden problem caused by the heart failing to beat well.

heart failure 1. kulephera kugwira ntchito kwa mtima; 2. kufa kwa mtima: -the heart is unable to pump blood properly around the body.

heart mtima\mi-: -the organ located between the lungs that pumps blood in the body.

heart valves zigawo za mtima zomwe zimakhala ngati zitseko zimene zimatsekuka ndi kutsekeka kuti zilole magazi apite gawo lina la mtima: -organs of the heart that act like doors, opening and closing to let blood flow from one area of the heart to another.

heartache-1 1. ululu wa mtima; 3. kuwawa kwa mtima; 3. kupweteka kwa mtima: -pain of the heart.

heartache-2 1. kusweka mtima, 2. kukhumudutsidwa kwambiri: -great sadness and emotional suffering.

heartbeat kugunda kwa mtima: -regular movement of the heart in one complete pulsation cycle of the heart.

heartburn 1. chilungulira; 3. kuotcha pa mtima: -painful burning feeling in the chest or throat.

heart-disease matenda a mtima: -a type of disease that affects the heart or blood vessels

heat-cramp kupweteka kwa mnofu nthawi imodzi kumene kumachitika chifukwa chogwira ntchito kwambiri mu nthawi yotentha ndikutulutsa mchere mthupi kudzera mu thukuta: -painful muscle spasms that usually occur during heavy exercise in hot weather, and losing salt by sweating.

heart muscle onani **myocardium.**

heatrush nsungu zobwera chifukwa cha kutentha kwa dzuwa, 2. matuza aang'ono otuluka chifukwa cha kutentha kwa dzuwa: -a rash that occurs when one is exposed to excessive sunlight heat.

heatstroke kutentha kwambiri kwa thupi; ndi kutentha kwambiri kwa thupi chifukwa cha kutentha kwa kudera ndipo nthawi zambiri kumapangitsa munthu kukomoka: -it is a condition marked by fever and often by unconsciousness, caused by failure of the body's temperature-regulating mechanism when exposed to excessively high temperatures.

hectic fever kutentha thupi kotsatira nyengo m'mene ilili, nthawi zambiri kotsika m'mawa ndi kokwera madzulo: -fever in large variations in temperature usually low in the morning and high at night.

heel 1. chidendene\zi ; 2. chitendene\zi-: -the bone that makes up the lower part of the ankle joint (the tibia and fibula make up the upper part); onani **talus.**

height board 1. poyesera msinkhu wa munthu; 2. poyesera kutalika kwa munthu: - measuring board used to measure the standing height of children of two years and older and adults, or the recumbent length of infants less than two years of age.

Heimlich manoeuvre kukankha mwadzidzidzi pa mimba pakati pa mchombo ndi nthiti kuti chimene chatchinga njira yampweya chichoke: -pushing abruptly on the belly between the navel and ribs to dislodge an object from patient's airway.

helminth njoka za m'mimba mtundu wa nyongolotsi za m'mimba zoyambitsa kutupa: -a kind of worms in the belly causing it to swell.

Henoch Schönlein purpura matenda amene amapezeka mwa ana amene amapangitsa mitsempha, molumikizana mafupa, matumbo ndi impsyo kutupa ndi kutuluka magazi: -a disease occurring mainly in children, caused by a temporary bleeding tendency/ a disorder that causes the small blood vessels in your skin, joints, intestines and kidneys to become inflamed and bleed.

heparin mankhwala othandizira kuti magazi asaundane: -a substance which helps to prevent clotting of blood.

hepatitis matenda otupitsa chiwindi: -a disease causing the swelling of the liver.

hepatomegaly 1. kutupa kwa chiwindi; 2. kukula kwa chiwindi: -enlarged liver.

hereditary -khudzana ndi zotengera kuchokera kwa makolo, ku mtundu kupita kwa ana: - be related to biological traits or things that are passed from parents to kids.

heredity 1. zotengera kuchokera kwa makolo, ku mtundu kupita kwa ana; 2. chikhalidwe chotengera; 3 chibadwidwe choyamwira; ndi momwe zikhalidwe kapena zinthu zakubadwa zimapatsira kuchokera kwa makolo kupita kwa ana: -it is the transfer of behaviour, conditions or characteristics from former generations, or from parents to children.

hernia chochitika pamene mbali ya chiwalo china chamkati mwathupi chatulukira pamalo amene ali ofooka mthupi: -the bulging of an internal organ through a weak area or tear in the muscle or other tissue that holds it in place.

herpes (general) nsungu zoyandikanayandikana zopereka ululu ootcha; ndi mtundu wa matenda apakhungu obwera chifukwa cha vairasi omwe amakhala ngati tinsungu toyandikana pakhungu: -it is a group of of virus-caused diseases that look like small sores sticking together on the skin.

herpes labialis zilonda za mutu; ndi matenda a matuza ang'ono-ang'ono opweteka amene amatuluka pa mlomo, usinini kapena pa khosi: -they are infections of the mouth area that causes small, painful blisters to develop on the lips, gums or throat.

herpes simplex virus (HSV) nsungu zoyamba ndi kachirombo ka vairasi zimene zimakhala m'milomo/pakamwa kapena kumaliseche: -virus-caused sores on the mouth or the private parts.

herpes zoster mashingozi; ndi matenda a mu mitsempha amene amayamba ndi kachirombo ka vairasi amene amabweretsa nsungu zomatana komanso zootcha pakhungu: -it is an acute infection caused by the virus herpes zoster, which causes sores that are sticking together and scorching on the skin; onani **shingles.**

hexachlorophene mtundu wa sopo wokhala ndi mankhwala woletsa kufala kwa tizirombo toyambitsa matenda: -an antiseptic substance, often incorporated in soaps, used to prevent the spread of infection.

hiccup 1. chidikhodikho; 2. ntchirichiri/ro: -a sudden stopping of breath with a cough-like sound; onani **hiccough.**

hip bone 1. fupa lolumikiza chiuno ndi mwendo; 3. fupa la m'chiuno: a large flat bone, constricted in the centre and expanded above and below: onani **thighbone.**

-hirsutism 1. -mera tsitsi pa khungu la munthu wamkazi; 2. -mera ndevu munthu wamkazi: -excessive growth of hair over the body surface, abnormal in females.

histamine zinthu zopezeka mthupi zimene zimatuluka ndi kutupitsa thupi likadana ndi chinachake: -a substance present in the body which takes part in the process of inflammation.

hives 1. zidzolo zoyabwa kwambiri; 2. ziwengo zoyabwa: -hard, thick, raised spots on the skin that itch severely; onani **urticaria.**

hoarseness kusasa mawu: -the diminution in volume and alteration of pitch of the voice.

Hodgkin's lymphoma khansa yokhudza chitetezo cha thupi: -cancer of the immune system that is marked by the presence of a type of cell called the Reed-Sternberg cell.

homeostasis njira imene zinthu zonse mu thupi zimayendera bwino kuti thupi likhale ndi moyo komanso kuti lizigwira bwino ntchito: -a state of balance among all the body systems needed for the body to survive and function correctly, such as the temperature remaining constant in spite of changes outside the body.

homicidal (-be h.) -khala ndi maganizo okupha munthu.: -thoughts about homicide.

homosexuality 1**.** kugonana kwa pakati pa akazi okhaokha kapena amuna okhaokha; 2. mathanyula: -sexual intercourse between men only or between women only.

hormones michere ya mthupi imene imapangitsa kukhala chachimuna kapena chachikazi: -the body substance which regulates masculinity or femininity of a person.

hospice chipatala cha anthu amene moyo wao uli pakati pa moyo ndi imfa; ndi kumalo kosamalirirako anthu odwala kwambiri: -it is a hospital for people between life and death, who will die soon/ a place for people who are very ill.

hospital chipatala\zi-; licensed institutions with at least six beds whose primary function is to provide diagnostic and therapeutic patient services with medical conditions.

hospital attendant woyang'anira odwala/ wosamalira odwala: -healthcare employees who can be called upon to assist in a wide range of non-technical clinical tasks.

hospitalization kugonekedwa m'chipatala: care in a hospital that requires admission as an inpatient and usually requires an overnight stay.

housemaid's knee: kutupa kutsogolo kwa bondo: -a swelling in the sac at the front of the knee called the prepatellar bursa; onani **bursitis.**

Human Immuno-deficiency Virus -HIV kachirombo ka vairasi koononga chitetezo m'thupi la munthu: -a virus which destroys the immunity of the human body.

humerus 1. fupa la mkono; 2. fupa lalitali la kumtunda kwa mkono: -*(a)* the long bone of the arm, *(b)* a long bone located in the upper arm, between the shoulder joint and elbow joint.

Huntington's chorea matenda amene amagwira gawo la ubongo limene limathandizira kuyenda , komanso magawo ena: -disease that attacks areas of the brain that help to control voluntary (intentional) movement, as well as other areas.

-hurt 1. -vulala; 2. -pweteka: -be bodily injured or wounded.

hydration kuwonjezera madzi m'thupi: -adding water in the body.

hydrocele 1. phudzi; 2. mwera; ndi kutupa kwa kumaliseche kwa munthu wamwamuna chifukwa cha madzi odzadza mu kachikopa kokuta machende: -it is a type of swelling in the scrotum that occurs when fluid collects in the thin sheath surrounding a testicle; -an abnormal collection of serous fluid between the two layers of tunica vaginalis of testis.

hydrocephalus madzi a mu ubongo obwera chifukwa cha matenda: -a condition in which there is an excess of cerebrospinal fluid.

hydrochloric acid asidi wa m'mimba wothandizira kugaya chakudya: -an acid produced naturally in the human stomach to help digest food.

hydronephrosis kukula kwa kunja kwa impso chifukwa cha kutsekeka kwa mtsempha wotulutsa madzi mu impso, monga kutsekeka ndi mwala: -an enlargement of the kidneys outside due to fluid, caused by obstruction in the urethra i. e. a renal stone.

hydrophobia kudana ndi madzi; ndi kuopa madzi chifukwa cha kusayenda bwino kwa bongo chifukwa cha chiwewe: -it is being afraid of water because of a problem in the brain; it is also failing to drink because of a disease, e. g. malaria and rabies.

hydrothorax kupezeka kwa madzi mu nthiti: -the presence of serous fluid in the pleural space/ pleural cavity.

hygiene ukhondo: -the science of health, and the practice of cleanliness that promotes good health and well-being.

hymen kakhungu ka kunjira ya amayi kamene kamang'ambika pokumana ndi mwamuna koyamba: -a thin membrane closing the vagina in virgins, which is ruptured during the first act of coitus.

hyoscine mankhwala a m'mimba mopotokola kapena mocheka: -an antispasmodic medicine which is taken to relieve cramps in the stomach, intestines or bladder.

hyoscine mankhwala opangidwa kuchokera ku mtengo wa belladonna othandizira kuti munthu asasanze paulendo; a derivative of the belladonna plant used in the prevention of motion sickness.

hyperemesis gravidarum kusanza kwambiri pa nthawi imene mayi ali oyembekezera: -excessive vomiting in pregnancy.

hyperglycaemia 1. kuchuluka kwa shuga m'thupi; 2. shuga wokwera m'thupi: -high blood glucose.

hypermetropia 1. kuona patali; 2. kusaona pafupi; 3. vuto makamaka la anthu achikulire; onani **longsightedness.**

hyperparathyroidism kuchuluka kwa mahomoni a pakhosi zinthu zimene zikhoza kuchepetsa mchere wa calcium mthupi kapena m'magazi: -condition in which the parathyroid gland (one of four pea-sized organs found on the thyroid) makes too much parathyroid hormone which causes a loss of calcium from the bones and an increased level of calcium in the blood.

hyperpnea kupuma mpweya wambiri moposa muyezo wa mpweya umene umapumidwa nthawi zonse: -breathing in more air than you normally do.

hypersensitive (being h.) kugwira ntchito kwambiri kwa chitetezo cha m'thupi kumene kukhozanso kukhala koononga kapena kosowetsa mtendere: -over-

reaction of the immune system and these reactions may be damaging and uncomfortable.

hypersexuality nyere; ndi chilakolako chosaletseka choganizira kwambiri zogonana kapena kukonda kwambiri zogonana: -an intense focus on sexual fantasies, urges or behaviours that can't be controlled.

hypertension kuthamanga kwa magazi mopitirira muyezo; ndi kuthamanga kwa magazi chifukwa cha kusokonekera kwa kayendedwe ka magazi koyenerera: -high blood pressure because of the confusion of the normal blood circulation.

hypertensive rectinopathy kuonongeka kwa mitsempha ya magazi m'diso chifukwa cha kuthamanga kwa magazi: **-**change in the blood vessels of the retina in the presence of hypertension.

hyperthermia kutentha thupi mopitirira muyeso: -the condition of having a body temperature much above normal.

hyperthyroidism vuto lomwe limabwera pamene chithokomiro chikutulutsa mulingo wochuluka wa holomoni: -condition that occurs when the thyroid gland makes more thyroid hormones than the body needs; onani **thyrotoxicosis.**

hypertrophy kukula kwa mnofu wa chiwalo cha thupi mopitirira muyeso wake; mwa chitsanzo kukula kwa mtima chifukwa cha kuthamanga kwa magazi mopitiriza: -the increase in size of an organ due to enlargement of existing tissue, e. g. hypertrophy of the heart because of hypertension.

hypervitaminosis kuchuluka kwa mavitamini: -any abnormal state produced by excessive absorption of vitamins/ an excess of certain vitamins by overdose, and hence intoxication.

hypnosis kuchita kapena kunena zinthu zachinsinsi chifukwa chogonetsedwa ndi mankhwala: -the induction of a state of consciousness in which a person apparently loses the power of voluntary action and is highly responsive to suggestion or direction.

hypnotic 1. mankhwala opereka tulo; 2. mankhwala ogonetsa; 3. mankhwala opatsa tulo: -any drug which induces sleep.

hypoadrenalism kuchepa kosakhala bwino kwa kagwiridwe ntchito kwa anabere a ku impsyo: **-**abnormally decreased activity of the adrenal glands; onani **Addison's disease.**

hypocalcaemia kuchepa mchere wa calcium m'thupi: -deficiency of calcium in the body.

hypogonadism vuto limene mamuna kapena mkazi amakhala ndi michere yochepa yopatsa chilakolako chogonana: -a condition in which the male testes or the female ovaries produce little or no sex hormones.

hypoparathyroidism kuchepa kwa mahomoni a pakhosi kumene kumapangitsa mwana kupindika mafupa ndi kusakula: -the inadequate production of hormone by the parathyroid glands, resulting in retarded growth.

hypothalamus gawo la ubongo limene limachita ntchito zambiri za thupi, monga tulo: -the part of the brain which controls many body activities, such as sleep.

hypothermia kuzizira thupi kwambiri kudutsa mlingo woyenerera: -the situation when the body loses heat faster than it can produce the heat.

hypothyroidism kupangidwa kosakwana kwa mahomoni a muchithokomiro zimene zimapangitsa munthu kukhala wotopa, kunenepa, kuonda ndi zina zotero: -the inadequate production of thyroid hormone by the thyroid gland.

hypoxaemia kuchepa kwa mphweya m'magazi: -low levels of oxygen in the blood.

hysterectomy kuchotsa chiberekero: -a surgical operation to remove the uterus.

hysteria mchitidwe wa munthu pamene ali ndi mantha akulu komanso kupanizika, kawirikawiri amabwebweta kapena kupuma mothamanga: -a medical condition or general state of extreme fear and panic.

hysteria neurosis matenda mwa amayi pamene amasokonezeka mutu mdipo amalephera kudzigwira pochita zinthu: -a disease mainly of women, characterized by lack of control over emotions and acts.

I

illness 1. kudwala; 2. matenda: -unhealthy condition of body or mind; onani **disease, sickness, ailment.**

immune (-be i.) 1. -khala ndi chitetezo cha m'thupi pa matenda; 2. -khala wotetezeka ku matenda: -refer to the immune system's way of protecting the body against an infectious disease.

immunisation katemera; -a process by which a person becomes protected against a disease through vaccination; onani **vaccination.**

-immunise -pereka chitetezo polandira katemera: -give the body protection by receiving vaccination/ the act of introducing a vaccine into the body to produce protection from a specific disease.

immunity chitetezo cha m'thupi: -the immune system's way of protecting the body against an infectious disease.

impaired (-be i.) -kusagwira bwino ntchito: -refer to the loss or abnormality of a body function that can be anatomical, physiological or psychological.

implant chinthu choikidwa m'thupi la munthu; ndi kuyika chiwalo m'thupi m'malo mwa chomwe chinaonongeka: -it is inserting a body part at the place of the damaged part/ a substance or object that is put in the body as a prosthesis, or for treatment or diagnosis.

incision 1. kucheka; 2. kung'amba: -making a cut in the body to perform surgery.

induration kuuma mnofu wa thupi ku malo ena: -becoming thicker or harder of the soft tissue of different parts of the body, especially the skin, due to an inflammatory process caused by various triggering factors.

infant mwana wamng'ono: -a child under the age of 1 year.

-infect 1. **-**pereka matenda; 2. -falitsa matenda: -contaminate with a disease-producing substance or agent (such as bacteria).

infected (-be i.) 1. -tenga matenda; 2. -patsidwa matenda ndi; 3. -khudzidwa ndi; 4. -gwidwa ndi: -cause people to have a disease or illness.

infection matenda: -the invasion and growth of germs in the body.

infectious (-be i.) -falikira kwa matenda: -be able to be spread by infection.

infertile (-be u.) -sabereka; ndi kulephera kutenga kapena kupereka mimba: -it is being unable to get or to make pregnant.

inflammation kutupa chifukwa thupi likudziteteza ku matenda kapena ku kuvulala: -a normal part of the body's response to injury or infection.

infusion 1. kupereka za madzimadzi m'thupi kudzera pa msempha; 2. kutsira za madzimadzi m'thupi kudzera mu mtsempha: -infusion of a fluid in the body through a vein; a method of putting fluids, including drugs, into the bloodstream.

ingestion 1. kumeza; 2. kudya; 3. kumwa: -the process of taking food, drink, or another substance into the body.

inguinal (-be i.) -khudzana ndi gawo lathupi limene lili pansi pa mimba penipeni; -relating to, or being situated in the region of the groin or in either of the lowest lateral regions of the abdomen.

inheritance kutengera kuchokera kwa makolo: -the transmission of genes from parent to child; onani **heredity.**

-inject -baya: -use of a syringe and needle to push fluids or drugs into the body.

injection 1. jakisoni; 2. mankhwala olandira kudzera kubaya: -the use of a syringe and needle to push fluids or drugs into the body.

injury 1. kuvulala; 2. kupweteka: -damage the body.

-inoculate -landira katemera; -vaccinate/ being related to the process of producing immunity that consists of introduction of the infectious agent into the body.

insomnia 1. kusakhala ndi tulo; 2. kusowa tulo; 3. kulephera kugona: -the presence of an individual's report of difficulty with sleep.

insensible (-be i.) 1. -samva kanthu; 2. -komoka; 3. -sazindikira: **-**lack sensory perception or ability to react.

intellect kuthekera kwa munthu m'maganizo kuzindikira zinthu zolondola komanso zabodza ndikutha kupanga ziganizo zoyenelera: -the ability of the human mind to reach correct conclusions about what is true and what is false in reality; and how to solve problems; onani **mind.**

intervention ntchito yothandizira kupititsa patsogolo za umoyo: -action to make health continue/ a treatment, procedure, or other action taken to prevent or treat disease, or improve health in other ways.

interview zokambirana zofuna kudziwa pofunsa mafunso: -conversation aimed at getting information by asking questions.

intestines matumbo: **-**the long, tube-shaped organ in the abdomen that completes the process of digestion.

intoxication kusokonezeka kwa ubongo kwa nthawi yochepa kumene kumabwera chifukwa cha mowa kapena mankhwala ozunguza ubongo: -temporary and reversible condition that affects the central nervous system after a person ingests certain substances, such as alcohol or drugs.

intrapartum nthawi yochira; ndi nthawi yobereka kuyambira pamene matenda ayamba kufikira kutuluka nsengwa: -it is the time or period spanning childbirth, from the onset of labour through delivery of the placenta.

intra-uterine 1. -lupu; 2. -njira yolera ya lupu: -pertain to the way of preventing conception through using a contraceptive coil.

intravenous 1. kuperekera za madzidzi mthupi kudzera mu mtsempha; 2. -dilipi ya madzimadzi: -a way of giving a drug or other substance through a needle or tube inserted into a vein.

investigation 1. kuyeza; 2. kuunika: -systematic investigation involving one or more human subjects, undertaken to assess the safety or performance of a medical device; onani **examination.**

iron folate mankhwala a magazi: -*(a)* iron containing medicine for the blood, *(b)* a combination drug containing iron and folic acid (haematinics combination) primarily used to treat anaemia.

-itch 1. -yabwa; 2. -nyanya: -an irritating sensation that makes you want to scratch.

J

jadelle onani **norplant.**

jaundice chikasu; ndi matenda opangitsa chikasu oonetsa kusagwira ntchito bwino kwa chiwindi: -it is a disease of the malfunction of the liver, which makes the eyes and hands look yellow.

jaw nsagwada: -the movable junction of the bones below the mouth (the mandible) and the bone just above the mouth (the maxilla).

jawbone chibwano\zi-: -the largest and strongest bone in the face.

jejunum gawo la pakati pa matumbo an'gono: -the middle section of the small intestine joined to the duodenum at one end and the ileum at the other.

joint molumikizana mafupa: -the place where two or more bones are connected. Examples include the shoulder, elbow, knee, and jaw.

K

kala-azar matenda a mayiko otentha obwera chifukwa cha kachirombo kakang'ono kamene kamafalitsidwa ndi ntchentche: -a tropical disease due to a minute parasite, which is spread by female sand flies.

keloid chispyera chachikulu cha pabala: -excessive scar tissue occurring in a wound.

ketone bodies zinthu zimene zimachokera m'mafuta opezeka m'magazi a munthu wodwala matenda a shuga: -substances derived from fat in the blood of a diabetic.

ketosis chochitika pamene thupi limagwiritsa tchito mafuta osingidwa mthupi m'malo mwa shuga kuti thupi lipeze mphamvu: -a metabolic state that occurs when your body burns fat for energy instead of glucose.

kidney impso\-; ndi modzi mwa ziwalo ziwiri zomwe zimachotsa zonyansa mthupi ndikupanga mkodzo: -it is one of a pair of organs whose function is to remove waste products from the blood and produce urine.

kidney cancer khansa ya mu impso: -cancer that forms in tissues of the kidneys.

kidney transplant 1. kuyikirira impso ina. 2. kuyika impso yabwino. ndi kuyika impso yabwino pochotsa yamatenda/ yoonongeka m'thupi: -it is a replacement of a diseased, damaged, or missing kidney.

klebsiella tizirombo ta mtundu wa bakiteriya toyambitsa matenda osiyana-siyana a m'magazi, pa bala la opaleshoni komanso chibayo ndi matenda oumitsa khosi: -type of Gram-negative bacteria that can cause different types of healthcare-associated infections, including pneumonia, bloodstream infections, wound or surgical site infections, and meningitis.

kleptomania matenda a m'mutu amene amalepheretsa munthu kupewa chilakolako cha kuba zinthu zomwe alibe nazo ntchito: -a mental health disorder that involves repeatedly being unable to resist urges to steal items that you generally don't really need.

knee bondo\ma-; ndi molumikizana mafupa m'mene mumalola kupindika kwa mwendo: -it is a joint that permits the leg to bend, i.e. to move backward or forward.

knee-cap fupa la patsogolo pa bondo: -a protective shield to the rest of the knee joint.

knee-jerk kuyenda kwa mwendo kochitika pamene fupa la pa bondo la gundidwa modzidzimutsa: -a kick reflex produced by sharply tapping the patellar ligament.

knock-knees kisi mabondo; ndi vuto lobadwa nalo la kupuwala kwa m'munsi mwa miyendo lokumana mawondo: -it is a condition in which the knees tilt inward while the ankles remain spaced apart/ it is congenital deformity of the lower limbs converging at the knees; onani **genu valgum**.

Kveim test njira yoyezera pofuna kupeza zotupa minofu ya ziwalo za m'thupi la munthu: -a test used to discover tumours or lumps in tissues of various body organs.

kwashiorkor kutupikana chifukwa chosowa zakudya zoyenera zomanga thupi: -swellings caused by lack of good food in the body.

kyphoscoliosis 1. chilema cha pamsana; 2. kupindika kwa fupa la pamsana: -it is deformity of the spine.

L

labia (labium sing.) milomo ya ku maliseche a mkazi: -the lips of a woman's private part.

lip(s) mlomo\mi-; milomo ya kukamwa: -the lips of the mouth.

laboratory malo oyezerako zokhudzana ndi za chipatala: -a place for doing tests and research procedures, and for preparing chemicals and some medications also known as **lab.**

labour (-be in l.) 1. matenda oti mwana abadwe; 2. matenda a nthawi yobereka: -the activity and pains experienced when giving birth.

labyrinth chiwalo cha mkati mwa khutu m'mene muli ziwalo zomvera phokoso ndi kukhala okhazikika m'mutu**:** -the complex structure in the inner ear or cochlea, which contains the organs of hearing and balance.

labyrinthitis matenda a mkati mwa khutu: -an inner ear infection that causes the labyrinth to become inflamed thereby affecting hearing and balance.

-lacerate 1. -cheka; 2. -ng'amba; 3. -boola; 3. -baya: -tear or make deep cuts in (flesh or skin).

laceration 1. bala lochekedwa; 2. chilonda chobwera chifukwa chakuchekedwa; 3. bala/chilonda chobooledwa; 4. chilonda/bala lobaidwa; ndi chilonda chobwera chifukwa cha kadulidwe ka chikopa ndi chinthu chokuthwa kapena ngozi: -it is a wound in which the skin is broken/ cut by a sharp edge or through an accident.

lachrymal gland kathumba kopanga misozi kamene kamapeza kumbuyo kwa mmwmba mwa diso: -tears producing gland situated in the orbit above the lateral end of the eye.

lacrimation kutulutsa misozi: -shedding or secretion of tears.

lactating mother mayi oyamwitsa: -a mother who is breast-feeding her baby.

lactation 1. kupangika ndi kutuluka kwa mkaka; 2. kuyamwitsa: -producing and releasing milk from the mammary glands in the breast.

lactic (-be l.) 1. -pangidwa kuchokera ku mkaka; 2. -chokera ku mkaka: -be related to milk or obtained from milk.

lactose 1. shuga wa mu mkaka; 2. zotsekemera zopezeka mu mkaka: -a type of sugar found in milk and other foods made from milk.

lactose intolerance kusayanjana ndi zakudya zomwe ziri ndi shuga ochokera ku mkaka: -condition when getting symptoms such as stomach ache after eating food containing lactose.

lame (-be l.) 1. -lumala; 2. -puwala; 3.-khala ndi ulumali: -have the problem of not being able to use the limbs of the body.

languor kutopa m'thupi kapena m'maganizo: -a feeling of weariness or exhaustion as from illness.

lap 1. pamiyendo; 2. pa ntchafu: -the front part of the human body from the waist to the knees when in a sitting position.

laparotomy opaleshoni wong'amba pa mimba: -it is a surgical procedure of opening the abdominal wall to obtain access to the abdominal organs.

laryngitis 1. kutupa kwa kukhosi/kummero; 2. kutsekeka ku khosi/mmero: -swelling and irritation (inflammation) of the voice box (larynx).

laryngoscope chida chowunikira kukosi/kummero; ndi chida choyikidwa ku kamwa pofuna kukaona nkhwiko: -an instrument which is placed in the mouth to examine the larynx.

laryngotracheobronchitis matenda a ku m'mero kapena paipi yodutsa mpweya: -a viral disease of the larynx and trachea.

larynx kholingo; ndi gawo la pakhosi limene limathandizira popuma, kumeza ndi kulankhula: -it is the area of the throat containing the vocal cords and used for breathing, swallowing, and talking.

lascivious (-be l.) 1. -khala ndi chilakolako chofuna kugonana; 2. -khala ndi nyere: -be filled with or showing sexual desire.

laser therapy njira yochiza matenda pogwitsa ntchito kuwala kwa mphavu pofuna kudula, kuotcha kapena kuononga minyewa: -medical treatment that uses a strong beam of light to cut, burn, or destroy tissue.

laxative (n.) 1. mankhwala othadizira kuti munthu atsegule m'mimba; 2. mankhwala ochotsa kudzimbidwa: -a substance that loosens stool and increases bowel movements.

leg mwendo\miyendo: -the entire lower limb, or from hip to ankle.

lens gawo la mkati mwa diso limene limaona kuwala: -the transparent structure inside the eye that focuses light rays onto the retina.

leper 1. wakhate\a-; 2. wodwala khate: -a person affected with leprosy.

leprosarium chipatala cha anthu odwala khate: -a hospital for leprosy patients.

leprosy khate: -a chronic infectious disease caused by mycobacterium leprae affecting the skin and peripheral nerves.

leptospirosis matenda oyamba ndi kachirombo ka mtundu wa bakiteliya amene amagwira athu ndi zinyama okhala ndi zizindikiro monga kutentha thupi, mutu, kusanza ndi chikasu: -leptospirosis is an illness caused by an infection with the bacteria Leptospira whose symptoms include high fever, headache, chills,, muscle aches, vomiting, and jaundice; onani **Weil's disease.**

lesion gawo la khungu lomwe ndi losiyana ndi khungu lomwe lazungulidwa nalo m'maonekedwe, kakakalidwe ndi makulidwe: -any skin area that has different characteristics from the surrounding skin, including colour, shape, size, and texture.

lethargy 1. kutopa; 2. kufooka: -a condition marked by drowsiness and an unusual lack of energy and mental alertness.

leucocytes asilikali a m'magazi; gawo loyera la magazi limene limapereka chitetezo cha mthupi: **-**white blood cells; onani **white blood cells.**

leucoderma matenda a pakhungu amene amachotsa mtundu wa khungu kuti malo ena adziwoneka oyera: -a skin disease that causes loss of skin pigmentation that leads to skin whitening; onani **melanin, vitiligo.**

leucoma ng'ala; ndi mwana wa m'mdiso woyera chifukwa cha matenda: -a white opacity in the cornea of the eye; eye disease consisting of an opaque white spot on the cornea.

leucorrhoea chikazi: -refers to the natural secretions that are released from a woman's vagina.

leukemia khansa ya m'magazi: **-**cancer of the white blood cells, which begin in the bone marrow.

libido 1**.** chilakolako chofuna kugonana; 2. nyere: -sex drive or the desire for sex.

lichen planus matenda amene amayambitsa kutupa komanso kuyabwa pakhungu kapena mkamwa: -a common disease that causes inflammation (swelling and irritation) on your skin or inside one's mouth.

lifespan kutalika kwamoyo wa munthu: -the number of years that one person lives.

life expectancy kuchuluka kwa zaka zomwe munthu amayembekezereka kukhala ndi moyo: -the number of years that someone is expected to live from a specific starting point.

ligament m'nofu wolimba umene umalumikiza polumikizana mafupa: -a short band of tough, flexible fibrous tissue which connects two bones or cartilages or holds together a joint; onani **sinew.**

limb(s) chiwalo\zi-; monga nkhono kapena mwendo: -for example a jointed, muscled appendage of a tetrapod used for terrestrial locomotion; onani **organs.**

-limp -tsimphina: -walk lamely, especially with an uneven and usually slow movement or gait.

linctus mankhwala a madzi a chifuwa: -a syrupy medicinal formulation taken to relieve coughs and sore throats.

linear accelerator mphamvu ya kuwala imene imagwiritsidwa ntchito kujambula odwala ku chipatala: -power of a device that uses electricity to generate high energy beams of X-rays.

lipids mafuta a m'thupi: -fatty compounds that perform a variety of functions in your body.

lipid profile dongosolo la m'mene mafuta a m'magazi alili: -lipid profile usually includes the levels of total cholesterol, high-density lipoprotein (HDL) cholesterol, triglycerides, and the calculated low-density lipoprotein (LDL) cholesterol.

lipodystrophy vuto lokhala ndi mlingo okwera kapena otsika kwambiri wa mafuta a m'magazi a mthupi: -problem where there is an abnormal distribution of fat in the body.

lipoma\ lipomata mphuwa: -a non cancerous (benign) lump that forms due to an overgrowth of fat cells.

liver chiwindi\zi-: -a large organ located in the upper abdomen that cleanses the blood and aids in digestion by secreting bile.

lobe gawo losiyanitsa kapena kutalikitsa chiwalo mwa chitsanzo ubongo, mapapo, chiwindi, impso ndi khutu: -part of an organ partially separated from the rest, e. g. the lobes of the lungs, liver, brain, kidneys and ears.

lobotomy opaleshoni osiyanitsa gawo la ubongo ngati imodzi mwa njira yo chizira matenda a muubongo: -brain surgery that breaks connections between the frontal lobe and different parts of the brain as part of treatment for mental illness.

local heat therapy kutsina/kuthowa ndi chinthu chothentha ngati njira imodzi yothetsa ululu wa minyewa: -the treatment applied for the relief of muscular and arthritic pain, by using hot bricks or towels dipped in very hot water.

locomotion kutha kuyenda kuchoka pa malo amodzi kupita pena: -an act or the power of moving from place to place.

locomotive 1. kutha kuyenda; 2. kupangitsa kuyenda: -be related to locomotion.

locomotive system ndondomeko yomwe imalola kuyenda kuchoka malo amodzi kupita malo ena: -a system that permits movement from one place to another in humans.

logrolling njira yotembenuzira wodwala mosamala ndi cholinga choti fupa la munsana lisachoke m'malo mwake: -a method of turning patients following neurosurgical procedures when the spine must be maintained in alignment.

loins zigawo zathupi zomwe zili pakati pa nthiti za m'munsi ndi chiuno: -the part of the body of a human or a quadruped that is situated on each side of the spinal column between the hip bone and the false ribs.

longsightedness kutha kuona patali bwino kuposa pafupi: -a condition that makes it difficult to see objects up close, affecting tasks like reading and sewing and mostly affects people over the age of 4; onani **hyperopia.**

loop 1. njira ya kulera; 2. njira ya kulera pogwiritsa ntchito lupu: -a contraceptive device to prevent conception.

lumbago 1**.** nyamakazi; 2. kupweteka kwa m'msana koyambira m'munsi mwa masana: -mild to severe low back pain.

lumbar (-be l.) -khudza kumunsi kwa msana kumene mafupa anakweranakwerana/ anasanjikizana: -be related to the lower back region where the vertebral bodies are stacked on top of each other with a disc in between each one.

lumpy jaw matenda otupa tsagwada amene amabwera kumaso chifukwa cha kudwala kuvulala, kukhala mu mantha chifukwa cha zimpsyinjo, opaleshoni komanso matenda ena: -disease caused by a bacteria introduced to face tissues by trauma, surgery or infection; onani **actinomycosis.**

lunacy 1. misala yoyendera mwezi; 2. kuzungulira mutu koyendera mwezi; 3. kupenga koyendera mwezi; 4. kusokonekera mutu koyendera mwezi: -insanity; mental disorder. intermittent insanity, formerly believed to be related to phases of the moon.

lunatic (n.) 1. wopenga\o-; 2. wamisala\a-; 3. wozungulira mutu; 4. wosokonekera mutu (woyedera mwezi): -an individual marked by a severely disordered state of mind.

lungs mapapo: -a pair of organs in the chest that supplies the body with oxygen, and removes carbon dioxide from the body.

lupus erthematosus matenda amene amabwera chifukwa chitetezo cha m'thupi chimakhudza mwangozi minyewa yopanda matenda zimene zimapereka mavuto ku khungu, molumikizana mafupa, ubongo ndi zina zotere: -a disease that occurs because the immune system of the body mistakenly attacks healthy tissue, which causes problems for the skin, the joints, the brain etc.

lupus vulgarise chifuwa chachikulu cha pa khungu: - tuberculosis of the skin; painful cutaneous tuberculosis skin lesions with nodular appearance

luxation kuchoka kwa ziwalo m'malo mwake; ndi kusuntha kwa ziwalo m'malo mwake, monga fupa, molumikizana mafupa, mu diso: -dislocation of an anatomical part, such as a bone, a joint or the lens of the eye.

lymph gland mwanabere wa m'thupi amene amamenyana ndi matenda mthupi: -gland, or small lump of tissue that contain white blood cells, which fight infection.

lymph 1. mtundu wa zamadzimadzi za m'thupi; 2. zinthu za madzimadzi zopanda utoto/mtundu m'thupi: -colourless fluids in the body.

lymphadenitis kutupa ndi kukula kwa mwanabere chifukwa cha matenda: -inflammation of the lymph glands/ inflamed and enlarged lymph nodes usually due to an infection.

lymphatic 1. mtsempha wa mwanabere; 2. mtsempha wotulutsa madzi ochokera mu mwanabere: -a vessel that drains the lymph or things related to the system that helps your body clear out toxins and waste.

lymphogranuloma venereum (LGV) matenda opatsirana pogonana amene amapanga zitupsya mphechepheche: -a sexually transmitted disease that causes boils between the legs/ an ulcerative sexually transmitted infection of the genital area caused by Chlamydia trachomatis that is transmittable by vaginal, oral or anal sex.

M

macula gawo la lapakati pa diso lothandizira kuwona zimene zili patsogolo pako: -the part of your eye that processes what you see directly in front of you.

mad (-be m.) 1. -khala ndi matenda a misala; 2. -zungulira mutu; 3. -chita misala: -be reated to mental illness, to be mentally ill (better term), of a severe nature/ **-**be insane.

Magnetic Resonance Imaging (MRI) makina ounikira munthu m'thupi;-medical imaging test that produces detailed images of almost every internal structure in the human body**.**

malabsorption kusagwira bwino ntchito kwa matumbo polephera kutenga zakudya zofunikira m'thupi kuchokera ku zakudya zomwe munthu wadya: -failure of the intestine to absorb substances.

malady matenda kapena kusokonekera kwa m'thupi ndi maganizo: -disease or disorder condition of the body and the mind.

malaise 1. kumva kudwala; 2. kumva kuphwanya m'thupi; 3. kumva kunyong'onyeka kwa m'thupi: -a general feeling of discomfort, illness, or unease whose exact cause is difficult to identify.

malaria malungo: -serious and fatal disease caused by parasites.

malaria (gastric m.) malungo opangitsa kutsegula m'mimba ndi kusanza: -a condition where the stomach membrane layer gets disturbed and leads to the secretion of acids.

male 1. mwamuna; 2. munthu wam'muna: -an individual that produces small motile gametes as sperm.

male gonads 1. machende; 2. mapwala; 3. ziwalo za abambo zimene zimapanga umuna: -the testicles that produce sperm in the form of spermatozoa; onani **male sex gland, testicle.**

male sex cells 1. umuna; 2. ukala: -male gametes; onani **sperms.**

male sex gland(s) tchende\machende: -a pair of glands located in the scrotum outside the body.

malformed (being m.) 1. kulumala; 2. chilema: -a structural defect in the body due to abnormal embryonic or fetal development.

malignancy kupezeka kwa tiziwalo ta khansa m'thupi tomwe tili ndi kuthekera kofalikira ku malo ena, kapena kuononga mnofu: **-**the presence of cancerous cells that have the ability to spread to other sites in the body (metastasize) or to invade nearby (locally) and destroy tissues.

malnutrition 1. kunyentchera; 2. kuperewera zakudya m'thupi: -a conditon in which the body is deprived of enough calories or right amount of nutrients.

malunion 1. kulephera kwa fupa losweka kulunga; 2. kulumikizana kwa mafupa othyoka kosayenerera: -union of fractures bones in an abnormal position.

mammary zokhudzana ndi mabere: -glandular organ relate to the mammary or breast.

mania 1. kuzungulira mutu; 2. kuchita misala; 3. kusokonezeka mutu: -mental illness marked by periods of episode of severe mania depression along with psychotic symptoms and hallucinations; onani **neurosis.**

maniac 1. munthu wamisala; 2. munthu wozungulira mutu 3. wosokonezeka mutu 3. wopenga: -a person exhibiting extremely wild or violent behaviour.

Mantoux tuberculin skin test njira yoyezera chifuwa chachikulu kudzera pa khungu: -a test for immunity to tuberculosis using intradermal injection of tuberculin: -a tool for screening for tuberculosis and tuberculosis diagnosis.

marasmus 1. kunyentchera; 2. kusowa zakudya m'thupi: -undernourishment causing children's weight to be significantly low.

masculinity 1. kukhala mwamuna; 2. maonekedwe a munthu wamamuna: -the normal characteristics of men.

massage kufikisa ndi kusisita thupi ndi manja ndi cholinga chomasula ndi kuchepetsa ululu: -the rubbing and kneading of muscles and joints of the body with the hands, especially to relieve tension or pain.

mastectomy opaleshoni yochotsa bere: -it is a surgical operation to remove part of the breast

-masticate -tafuna: -chew food before swallowing it; onani -**chew.**

mastitis kutupa kwa bere/mabere chifukwa cha matenda; ndi matenda a mnofu ya bere: -it is an inflammation of breast tissue that sometimes involve an infection.

mastoid fupa la m'mutu limene lili kumbuyo kwa khutu: -part of the temporal bone of the skull located just behind the ear.

-masturbate 1. -bunyula; 2. -pukusa: -touch one's genitals or other sensitive areas of the body for sexual arousal or pleasure.

mate (n.) munthu wogonana naye: -the sexual partner.

maternal health chisamaliro chabwino cha nthawi ya ubereki: -woman's health and well-being before, during and after pregnancy.

maternity wing chipinda cha ku chipatala chosamalirako amayi oyembekezera komanso amene achira kumene: -a ward in a hospital allocated for the treatment and care of women and babies during pregnancy and childbirth.

mature (-be m.) 1. -khwima; 2. -kula: -have reached full natural growth or development.

maxilla\ae tsagwada: -a pair of bones that form the dominant portion of the jaw; onani jaw.

measles chikuku-; ndi matenda opatsirana a vairasi oyambitsa kutentha ndi nsungu: -it is a highly contagious viral infection causing fever and a rash); onani **morbilli.**

measurement 1. mlingo\mi-; 2. muyeso\mi-; 3. msinkhu, kuchuluka: -it is the scale for measurement or the measuring scale of size, length, or amount of something, as established by a unit or system of measuring.

medical history 1. mbiri ya kuchipatala ya umoyo wa munthu; 2. zochitika zokhudzana ndi umoyo wa munthu: -a record of information about a person's health.

-medicate -pereka mankhwala: -administer a drug to someone.

medicinal zokhudzana ndi zinthu zokhala ndi mankhwala: -the practice and the procedure used for prevention, treatment or relief of symptoms of diseases or abnormal conditions.

medicine mankhwala: -a substance used to in treating a diseases or pain.

medico 1. dotolo; 2. wophunzira za chipatala kapena za mankhwala a odwala: - person for relating to the science of medicine or to the treatment of patients by drugs, etc, as opposed to surgery.

medulla oblongata 1. polumikiza ubongo ndi mtsempha wa msana; 2. ubongo wa mbali ya kunkhongo;-the connection between the brain and the spinal cord: -the bottom-most part of the brain.

megacolon 1**.** matenda a m'matumbo akulu; 2. kukula kosayenera kwa mu thumbo lalikulu; 3. kumangika m'mimba kwa nthawi yaitali: -an abnormal enlargement of the colon associated with prolonged constipation.

melena chimbudzi cha magazi: -the production of dark sticky faeces containing partly digested blood as a result of internal bleeding or the swallowing of blood.

melancholia 1. kukhumudwa kwambiri; 2. kukhala ndi vuto la malingaliro a ungwiro: -suffering from or denoting a severe form of depression characterized especially by profound sadness and despair; onani **depression.**

melanin mtundu wa michere womwe umapangitsa kuti mtundu wakuda udziwoneka mu tsitsi, pa khungu, ndi m'maso: -a substance in the body that produces hair, eye and skin pigmentation; onani leukoderma.

melasma zikanga: -a skin condition characterized by brown or blue-grey patches or freckle-like spots.

membrane nemba\-: -a thin sheet of tissue or layer of cells acting as a boundary, lining, or partition in an organism.

menarche 1. kusamba koyamba; 2. kutha msinkhu; 3. kupita kumwezi koyamba; 4. kukula chainamwali: -the first occurrence of menstruation.

Ménière’s disease vuto la mkhutu lopangitsa chizungulire ndi kusamva bwino komanso kumva zoliralira mkhutu: -disorder of the inner ear that causes dizziness,tinnitus,hearing loss and congestion in the ear; onani **vertigo.**

meningococcal matenda oumitsa khosi oyamba ndi kachirombo ka bakiteliya ka ‘Neisseria meningitidis’: -any illness caused by bacteria called Neisseria meningitidis, often severe, can be deadly, and include infections of the lining of the brain and spinal cord.

meninges magawo a minofu atatu a kunja kwa ubongo amene amakuta ubongo ndi fupa lapakati pa msana: -the three of tissue or membranes that covers and protect the brain and spinal cord

meningism kuwuma khosi; nthendayi imaoneka kudzera m’zizindikiro mwa odwala mwa chitsanzo kuwuma khosi , malungo akulu, komanso kawirikawiri kufuna kusanza ndi kusanza: -this clinical syndrome appears with headache, neck stiffness, and photophobia, often with nausea and vomiting; oninanso: **meninges, meningococcus, meningitis, meningitidis.**

meningitis 1. matenda owumitsa khosi; 2. matenda a chithyola khosi; ndi nthenda yoopsa, yoyamba ndi matenda a vairasi kapena bakiteriya: -it is a serious disease in which there is inflammation of the meninges, caused by viral or bacterial infection, and marked by intense headache and fever, sensitivity to light, and muscular rigidity; onaninso **meninges, meningococcus, meningtides.**

menopause kusiya kusamba; ndi kusiya kupita kumwezi; ndi nyengo ya kumaliza kwa kusamba m’moyo wa akazi pakati pa zaka 45 ndi 50: -it is the period in a woman’s life (typically between the ages of 45 and 50) when menstruation ceases

menorrhagia kusamba kwambiri; ndi kutaya magazi ambiri posamba mzimayi pa nthawi ya kumwezi: -abnormally heavy bleeding at menstruation.

menstrual period nthawi ya kumwezi; ndi nthawi yosamba kwa amayi mwezi uliwonse: -it is the normal vaginal bleeding that occurs as part of a woman’s monthly cycle

-menstruate 1. -samba; 2. -khala ku mwezi; ndi kutuluka kwa magazi ndi zina kuchokera chiberekero ku mwezi uliwonse: -it is the discharge of blood and other material from the lining of the uterus as part of the menstrual cycle

mental (-be m.) -khudzana ndi ubongo/ kuganiza; ndi zinthu zokhudzana maganizo a munthu: -things relating to the mind.

menstruation 1. kusamba; 2. msambo; 2. chakumwezi: -the normal periodic vaginal bleeding that occurs as part of a woman’s monthly cycle; onani **menstrual period.**

mental illness 1. misala; 2. kusokonekera mutu; 3. kusokonekera bongo; 4. kupenga: -a condition which causes a serious disorder in a person’s behaviour or thinking.

mersalyl mtundu wa mankhwala ochiza nthenda ya mtima: -a potent diuretic consisting of mercury for the treatment of congestive heart failure.

mesomorph weight 1. kulemera koyenerera; 2. kulemera kwabwinobwino; 3. sikelo yabwino: -normal weight.

metabolism 1. kusinthika kwa chakudya m'thupi potulutsa mphamvu; 2. kugaya chakudya; 3. kagwiridwe ntchito ka chakudya thupi: -the process by which your body converts what you eat and drink into energy.

metacarpal 1. mafupa ataliatali olumikiza ku dzanja kapena phazi, zala, mkono; 2. fupa la chikhatho: -long bones that are connected to the hand and foot, the fingerbones called 'phalanges', and the wristbones called 'carpals'.

metacarpus (-pi) mafupa asanu ataliatali a pakati pa zala ndi polumikizana mkono ndi dzanja: -the five bones between the wrist and the fingers

metatarsalgia kupweteka kwa mnofu wa ku phazi; ndi ululu wochokera ku malo omwe palumikizana mafupa a zala za ku phazi: -it is pain in the ball of the foot where the bones of the toes are connected.

metatarsus malo olumikizana mafupa a zala za ku phazi: -the part of a foot or hind limb, especially its bony structure, included between the tarsus and the toes or phalanges; onani **tarsus.**

methadone 1. mankhwala wothetsa ululu; 2. mankhwala ogonetsa tulo; 3. mankhwala othandiza anthu olowerera 'opioid': -a medication used to treat people addicted to an opioid, called Opioid Use Disorder; onani **OUD.**

metritis kutupa kwa chiberekero kumene kumayamba chifukwa cha kuukha kwa magazi amayi akangobereka: -inflammation of the uterus that develops in the immediate postpartum period after bleeding and birth.

microbes tizirombo tating'ono tosaoneka ndi maso toyambitsa matenda: -micro-organisms or tiny living things which cause diseases.

microbiology phunziro la tizirombo tosaoneka ndi maso: -the study of living organisms that are too small to be visible with the naked eye.

micro-organism kachirombo kakang'ono kosaoneka ndi maso, makamaka bakiteriya, vairasi, kapena fangasi: -microscopic organism especially a bacteria, viruses, or fungi.

microscope chida chokulitsa kwambiri zinthu ting'onoting'ono poona mwachitsanzo ziwerengero za maminolozi, nyama kapena zomera: -an optical instrument used for viewing very small objects, such as mineral samples or animal or plant cells.

microscopic -saoneka ndi maso; ndi chinthu chooneka mokula pogwiritsa ntchito chida chokulitsa zinthu zing'onozing'ono: -the appearance of an object that cannot be seen without the aid of magnification.

-micturate 1. -kodza mkodzo; 2. -taya madzi: -remove metabolic products and toxic waste in form of fluid from the human body; onani **-urinate.**

middle ear make khutu; ndi gawo lapakati la khutu kuchokera pa nemba ya khutu kupita mkati, kapena mbali ya ng'oma momwe muli chubu chomvera: -it is the internal part of the ear from the membrane to the middle, or the part of the ear between the tympanic membrane and the cochlea; onani **inner ear, cochlea.**

midriff kutsogolo kwa thupi pakati pa chifuwa ndi chiuno: -the region of the front of the body between the chest and the waist.

midwife(-ves)1. mzamba\a-; 2. namwino wobereketsa; ndi munthu, makamaka mkazi, amene anaphunzira kuthandiza amayi oberekera mwana: -it is a person, typically a woman, who is trained to assist women in childbirth.

midwifery 1. uzamba; 2. udindo kapena ntchito zothandiza amayi poberekera ana; 3. ntchito ya namwino amene amabereketsa amayi: -it is the profession or practice of assisting women in childbirth.

migraine 1. matenda a mutu wa ching'ang'aza; 2. mutu waching'alang'ala: -a recurrent throbbing headache that typically affects one side of the head and is often accompanied by nausea and disturbed vision.

mind maganizo; ndi malingaliro ndi kupanga chinganizo pa chinthu: -it is a person's ability to think and reason.

minerals 1. michere yopezeka m'zakudya; 2. michere ya m'thupi; 3. zinthu za chilengedwe zopezeka mu nthaka: -they are naturally occurring inorganic solid substances, with a definite chemical composition, and an ordered atomic arrangement.

Ministry of Health and Population unduna wa za umoyo ndi chiwerengero cha anthu; ndi nthambi ya boma yoyang'anira za umoyo ndi chiwerengero cha anthu: -it is the government's ministry is responsible for overall policy formulation, planning, organisation and coordination of the health sector.

miscarriage 1. mtayo; 2. kutaya mimba mwangozi mosayembekezera; 3. kupita pa chabe; 4. kupititsa mimba pachabe; 5. kupititsa mimba padera; 6. kutaika kwa pakati: -the spontaneous loss of a pregnancy before the 20th week.

miscegenation kubadwitsa ana omwe makolo awo ndi osiyana mtundu: -the interbreeding of people considered to be of different racial types.

misconception zikhulupiriro zosagwirizana ndi maganizo a za sayansi: -incorrect ideas that do not match current scientific views.

mitral incompetence matenda a mtima olephera kutsekeka kwa kwa tizitseko ta m'mtima: -a disease in which the heart's mitral valves don't close tightly, which allows blood to flow backward in the heart.

mitral stenosis kuning'a kwa tizitseko ta m'mitima kumene kumalepheretsa kuti titseguke: -the narrowing of the mitral valve, which is the heart valve that controls the flow of blood from the heart's left atrium to the left ventricle.

mitral valvotomy opaleshoni ya mtima pokulitsa mitsempha yodutsa magazi ndi cholinga chakuti mtima ugwire ntchito bwino: -a surgical operation to enlarge the opening for the heart valves.

molar 1. dzino lalikulu lakumapeto; 2. chitsakano\zi-; ndi dzino lophwanya zinthu lakumbuyo: -it is a grinding tooth at the back of the mouth.

mole chibadwa; ndi dontho pakhungu ndi dontho laling'ono la pa khungu limene limakhala lakuda kapena loyera: -it is a small black or white spot on the skin; onani **melanin.**

molecules tazinthu tatang'ono kwambiri tomwe tangathe kugawa chinthu koma osasintha chilengedwe chake: - the smallest portion to which a substance can be reduced without losing its chemical identity.

mongolism chilema chobadwa nacho chimene chimapangitsa nkhope kuphwatalala, ndipo munthu satalika, komanso nzeru zimakhala zobwerera m'mbuyo: -a congenital disorder caused by having an extra 21st chromosome, resulting in a flat face and short stature and mental retardation.

moniliasis mauka; ndi matenda opatsirana pogonana oyabwitsa kumaiseche: -it is an infectious disease produced by the yeastlike fungus Candida albicans and closely related species; onani **candida.**

Monitor (n.) chipangizo chothandizira kuona kapena kulemba zochitika mopitiliza: -a device used for observing, checking, or keeping a continuous record of something.

-monitor 1. -yang'anira wodwala; 2. -mvetsera; 3.. -yesa; 4. -onetsetsa; kuyang'anira ndi kufufuza mwadongosolo kopita patsogolo: -the systematically observing and checking the progress or quality of something over a period of time.

mononucleosis infections matenda opatsirana oyamba ndi vairasi ya nsungu zomatamata: -a contagious infection caused by a herpes virus; onani **glandular fever.**

morbidity 1. mlingo wa anthu okhala ndi matenda; 2. chiwerengero cha anthu odwala; 3. mlingo wa matenda mwa anthu: -the rate of diseases in a population

morbilli chikuku; ndi matenda opatsirana oopsa, oyamba ndi vairasi, amene apangitsa thui kutentha, kukhosomola, chimfine, kufiira maso ndi nsungu pa khungu: -it is an acute highly contagious viral disease with fever, runny nose, cough, red eyes, and a spreading skin rash.

morgue 1. nyumba yosungiramo maliro; 2. nyumba ya chisoni; ndi malo osungirako anthu omwalira kwa nthawi yochepa, kuti afufuzidwe asanayikidwe ku

manda: -it is a place where the bodies of dead persons are kept temporarily pending identification or release for burial or autopsy; onani **mortuary.**

moribund (-be m.) -dwala kufika pa kayakaya: -be at the point of death.

morphine 1. mtundu wa mankhwala oletsa kupweteka; 2. mankhwala oletsa kumva kuwawa; 3. mankhwala oletsa ululu wa mphamvu, ochokera ku 'opioids': -a very strong painkiller derived from the opioids.

mortal remains 1. thupi la munthu wakufa; 2. mtembo\mi-; 3. maliro: remains of person's dead body.

mortality 1. imfa; 2. kumwalira: -the state of death, dying.

mortality rate 1. chiwerengero cha anthu omwalira; 2. chiwerengero imfa: -number of deaths divided by the total population at that time.

mortuary 1. nyumba yosungira mitembo kapena maliro; 2. nyumba ya chisoni; 3. malo osungira thupi la wakufa: -a place where dead bodies are kept before burial; onani **morgue.**

mother mayi\a-: -female parent or guardian.

motherhood 1. umayi; 2. kukhala mayi: -the state of being a mother.

mother-to-be 1. mayi woyembekezera mwana; 2. mayi wapakati/wamimba/ wodwala: -a woman who is pregnant; onaninso antepartum mother.

motion sickness mseru wobwera poyenda m'galimoto, m'ndege, kapena m'sitima ya m'madzi kapena m'ngalawa: -nausea and vomiting due to movement in a vehicle, aeroplane, boat.

motor-neurone disease matenda a m'mitsempha amene amapangitsa kufowoka kwa minofu: -a disease affecting different groups of nerve cells giving muscular weakness.

mould 1. nguwi; 2. chuku: -a large group of fungi that can proliferate on food or in moist areas.

mouth 1. kamwa; 2. kukamwa; 3. pakamwa; 4. m'kamwa: -the opening and cavity in the lower part of the human face, surrounded by the lips, through which food is taken in and words are emitted.

mouth to mouth pakamwa ndi kwamwa ndi njira yopumira mpweya kuchokwa pakamwa munthu kupita kwa munthu wina pamene wa banika, kapena akakhala chikomokere: -the most efficient form of artificial respiration when a person is unconscious.

MRI (Magnetic Resonance Imaging) makina ojambula mkati mwa thupi la munthu ndi makina a maginito: -a non-invasive imaging technology that produces three dimensional detailed anatomical images; onani **Magnetic Resonance Imaging.**

mucus (n.) 1. mamina (nose); 2. makhololo (from the throat): -a thick liquid produced inside the nose and other parts of the body;

mumps matsagwidi; ndi matenda opatsirana a vairasi otupitsa tsagwada: -it is an acute contagious viral disease of the parotid salivary glands, characterized by swelling of the affected parts, fever, and pain beneath the ear; onani **parotitis epidemic.**

muscle 1. m'nofu\-; 2. mnyewa\mi-: -a band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body.

muscular dystrophy 1. matenda ooopsa otengera kumtundu amene amaononga ndi kutha minofu pang'onopang'ono; 2. gulu la matenda amene amayambitsa kufooka kopitirira kwa minofu: -a group of diseases that cause progressive weakness and loss of muscle mass.

mutation 1. kusinthika kwa zinthu, mwa chitsanzo ndondomeko ya DNA m'thupi,: - a change of things, for example in the arrangement of DNA in the body; 2. kusintha kwa uthenga wa DNA wotengera kuchokera kumtundu wothandizira kukula ndi zochitika: -a change in the DNA message from the kind that makes things grow and be done.

myalgia 1. ululu wa m'minofu kapena m'minyewa umene umapweteketsa thupi; 2. kuphwanya/ kupweteka kwa thupi kuchokera ku minofu: -muscle aches and pain, which can involve ligaments, tendons and fascia, the soft tissues that connect muscles, bones and organs.

myasthenia gravis matenda amene chitetezo cha mthupi chimatchinga kagwiridwe ntchito ka misempha choncho miyendo ndi manja zimafooka, pamakhala vuto la kuona, komanso zikope ndi mutu zimagwa: -disease in which antibodies made by a person's immune system prevent certain nerve-muscle interactions, causing weakness in the arms and legs, vision problems, and drooping eyelids or head.

mycobacterium tuberculosis matenda a chifuwa chachikulu cha m'mapapo chomwe chimatulusa makhololo: -contagious infection that attacks the lungs; onani **tuberculosis.**

myelogram njira yojambulira mkati mwa msana poyaba dayi: -an X-ray technique for outlining the spinal cord.

mycobacterium leprae khate: -an infectious diseases that causes severe skin sores and nerve damage; onani **leprosy.**

myocardial infarction matenda a mtima obwera chifukwa cha kuchepetsa kapena kumaliza kwa magazi obwera ku mtsempha wa mtima: -the disease occurs when blood flow decreases or stops to the coronary artery of the heart; onani **heart attack.**

myocarditis kutupa kapena kuonongeka kwa mnofu wa mtima: -inflammation or damaging of the heart muscle; onani **myocardium.**

myocardium mnofu wa mtima: -the muscular tissue of the heart

myopia 1. kusaona patali; 2. kuona zinthu zapafupi: -common vision condition in which near abojects appear clear but objects farther away look blurry; onani **shortsightedness**.

myscodema matenda amene amapangitsa khungu kukhakhala, komanso kusonyeza kusokonekera kwa thupi ndi maganizo: -a disease that is characterized by thick, rough, cold skin, thinning of the hair, and slowing down of the physical and mental faculties.

N

naevus (-vi) chibadwa\zi-: -a visible birthmark on the skin.

nail chikhadabo\zi-: -a horny covering on the upper surface of the tip of the fingers and toes.

nakedness maliseche; ndi kuvula zovala zonse; kukhala wosavala kanthu: -it is the state or fact of the body being without clothes or covering.

nape of the neck kumbuyo kwa khosi: -the back of the neck.

nappy thewera: -a basic garment especially for infants consisting of a folded cloth or other absorbent material drawn up between the legs and fastened about the waist; onani **diaper.**

narcolepsy vuto la mu ubongo lopangitsa kugonagona: -a rare long-term brain condition that causes a person to suddenly fall asleep at inappropriate times; a chronic neurological disorder that affects the brain's ability to control sleep-wake cycles.

nasal m'mphuno: -having to do with the nose.

nasal catarrh kutseka kwa mphuno kapena njira yopumira ndi mamina: -a build-up of mucus in an airway or cavity of the nose.

nasal mucosa kachikopa kopyapyala koyala m'mphuno: -the lining of the nasal cavity.

nausea nseru; ndi kumva ngati ukufuna kusanza: -it is a feeling of sickness with an inclination to vomit.

nauseate 1. -funa kusanza; 2. -khala ndi nseru: -have a feeling of sickness or discomfort in the stomach that may come with an urge to vomit.

nauseous (-be n.) 1. -sanzitsa; 2. -patsa nseru; ndi kumva ngati ndisanza: -be affected by nausea.

navel mchombo\mi-: -a rounded knotty depression in the centre of a person's belly: onani **umbilicus.**

neck (n.) khosi\makosi: -the part of a person's or animal's body connecting the head to the rest of the body.

nectrotising fasciitis matenda oyamba ndi kachirombo ka bakiteriya kamene kamadya mnofu wa mthupi, ndipo munthu akhoza kumwalira: -a rare bacterial infection that spreads quickly in the body causing death of tissues and can lead to death.

neoplasm 1. chomera chosafunikira m'thupi; 2**.** chinthu chongoyamba kukula m'thupi: -the abnormal mass of tissue that forms when cells grow and divide more than they should or do not die when they should.

nephritic syndrome matenda otupa impso chifukwa cha kuchepa kwa zakudya zomanga thupi/ mapoloteni mu impso: -a clinical state in which there is gross oedema due to loss of protein from a diseased kidney.

nephritis 1. matenda a impso pamene impso imalephera kuchotsa zoipa; 2. kutupa kwa impsyo: -inflammation of the kidney causing them to have problems filtering waste from the blood; onani **Bright's disease.**

nerve mitsempha\mi-: -a bundle of fibres that receives and sends messages between the body and the brain.

nerve cells onani **neurons.**

nervousness 1. mantha; 2. nthumanzi; 3. kuopa; 4. kukhala ndi mantha: -having or showing feelings of worry, fear, or anxiety.

neural (-be n.) -khudzana ndi dongosolo la mitsempha ya m'thupi imene imanyamula mauthenga kupita ndi kuchokera ku ubongo: -refer to the system of nerves that carry messages to and from the brain.

neuralgia ululu waukulu wa mu mtsempha kapena m'mitsempha: -acute paroxysmal pain radiating along the course of one or more nerves usually without demonstrable changes in the nerve structure.

neuralgic (-be n.) -khudzana ndi ululu wa mu mitsempha, makamaka m'mutu ndi nkhope: -relate to pain felt along a nerve, especially in the head or face.

neurasthenia matenda a mtsempha wa ubongo; ndi vuto lokhudzana ndi mitsempha wa ku ubongo limene limadziwika ndi kumva kutopa pafupi-pafupi: -it is a nervous prostration characterised by tiredness.

neuritis matenda otupitsa mtsempha kapena gulu la mitsempha: -inflammation of a peripheral nerve or nerves.

neurodevelopment kukula mwa chilengedwe kwa ubongo ndi mitsempha: -the development of the brain and nerves.

neurological (-be n.) -khudzana ndi ubongo ndi mitsempha: -refer to the branch of medicine that deals with problems affecting the nervous system.

neurology maphunziro okhudza ubongo ndi mitsemha: -the branch of medicine that deals with the anatomy, functions, and organic disorders of nerves and the nervous system.

neuroma chotupa cha mu mitsempha: -an abnormal growth in the nerve.

neurons magawo ang'ono-ang'ono a mitsempha amene amabweretsa ndi kupititsa uthenga ku ubongo: -a special cell transmitting nerve impulses to and from the brain.

neuropathy vuto la mtsempha limene limapangitsa kufooka kwa ziwalo zina za thupi: -peripheral nerve problem that causes weakening or dysfunctioning of one or more parts of the body; onani **neuritis.**

neurosis(-ses) 1. vuto la muubongo; 2. matenda a m'maganizo amene amapangitsa munthu kukhala ndi mantha kwambiri: -a mental disorder that causes a person to experience a constant preoccupation with fear; onani **psychoneurosis.**

neurosurgery opaleshoni okhudzana ndi ubongo, mitsempha ndi fupa la pamsana: -surgery of the brain, the spinal cord and the nerves.

neurosyphilis matenda a mabakiteriya a mu ubongo, makamaka a anthu amene anadwalapo chindoko ndipo sanalandirepo thandizo la mankhwala kwa zaka: -it is a bacterial infection of the brain or spinal cord, especially in people who have had untreated syphilis for many years.

neurotic (being n.) kulephera kupanga chiganizo chifukwa chopanikizika m'maganizo: -an abnormal inability to act or make decisions, caused by suggestive of psychological compulsion.

neurotis kutupa kwa mitsempha koyamba chifukwacha kunyetchera kapena kupezeka kwa poyizoni mthupi: -inflammation of a nerves caused by poisoning and deficient diet.

nicotine mankhwala oipa opezeka mu fodya pamene munthu wasuta amene amapangitsa uthenga kuthamanga mwachangu kuchokera ku ubongo kupita magawo ena a thupi: a health damaging drug in tobacco that speeds up the messages relayed between the brain and body.

nipple 1. nkhumbu; 2. nsonga ya bere: -the small projection at the front end of the breast.

nitrogen mustard mtundu wa mankhwala opha zotupa za khansa mthupi: -a powerful chemical which kills cancer cells.

nitro-glycerine mankhwala amene amathandizira kuchiza matenda ena a mtima komanso kutsegula njira zodutsamo magazi m'thupi: -substance used as a drug to treat certain heart conditions and to widen the openings in blood vessels.

non-invasive ndondomeko yothandizira wodwala ku chipatala imene siimagwiritsa ntchito zipangizo zolowetsedwa m'thupi: -a procedure that does not involve the introduction of medical instruments into the body.

non-union 1. kusalumikizana kwa mafupa; 2. kulephera kulumikizika kwa fupa lothyoka; 3. kusapola/kusachira kwa fupa lothyoka; 4. kusalunga kwa fupa lothyoka: -the failing to heal of a broken bone.

noradrenaline onani **norepinephrine.**

norepinephrine amathandiza kupereka mphamvu ku minofu, mafupa ndi mtima pamene munthu akufuna kudziteteza kuchiopsezo chadzidzi: -a substance (fight-flight hormone) released in the body from nerve fibres that acts to increase the force of skeletal muscles contraction and the rate and force of contraction of the heart.

norplant 1. nolopulanti; 2. njira yolera yapamkono: -a contraceptive for women consisting of small rods implanted under the skin which gradually release the hormone levonorgestrel over a number of years.

nose (n) mphuno: -the external midline projection on the face.

nosebleed 1. kamfuno; 2. kutuluka magazi m'mphuno: -bleeding from the nose.

nostrils 1. mabowo awiri a mphuno; 2. mabowo opumira a mphuno: -two external openings of the nasal cavity in vertebrates for breathing and smelling.

nostrum mankhwala okonzedwa ndi munthu amene sanaphunzire zakakonzedwe ka mankhwala, makamaka mankhwala amene amakhala opanda mphamvu/ntchito: -a medicine prepared by an unqualified person, especially a medicine that is not considered effective.

novocaine mtundu wa mankhwala oletsa ululu pa opaleshoni maka-maka opaleshoni ya dzino komanso ochepetsa ululu wa jakisoni wa peniselini: -a local anesthetic drug of the amino ester group, which is most commonly used in dental procedures to numb the area around a tooth and is also used to reduce the pain of intramuscular injection of penicillin.

numbness 1. dzanzi; 2. kusamva kanthu pamene wakhudza kanthu: -lose the feeling or sensation in an area of the body.

nurse 1. namwino\a-; 2. wosamalira wodwala kuchipatala: -a licensed health-care professional who practices independently or under supervision in promoting and maintaining health.

-nurse (v) -samalira odwala: -care for and wait on a sick person; attempt to cure by care and treatment.

nursery\nurseries kumagetsi; ndi malo amene ana obadwa kumene ndipo apezeka ndi vuto, amasungidwako ndikulandirirako chithandizo: -it is the department of a hospital where newborn babies with medical or health problems are cared for.

nursing 1.kupereka chisamaliro kwa munthu odwala kuchipatala kapena kunyumba; 2. kulimbikitsa umoyo wabwino pakati anthu a magulu osiyasiyana molingana ndi zosowa kapena zofuna zawo kuti akhale athanzi: -the encompassing of the promotion of health and care of physically and mentally ill and disabled people of all ages, in all health care and other community settings.

nutrition 1. kulandira chakudya choyenerera pa umoyo; 2. kulandira chakudya cha magulu oyenelera mthupi; 3. dongosolo loperekera kapena kulandilira chakudya choyenerera kuti munthu akule ndi thanzi labwino: -it is the process of providing or obtaining the food necessary for health and growth.

nutritious zakudya zofunikira m'thupi zopatsa thanzi: -food which is to a high degree nourishing and healthful.

nyctalopia vuto losaona bwino usiku; 2. kusapenya usiku: -a condition characterized by an abnormal inability to see in dim light or at night, typically caused by vitamin A deficiency.

nymphomania chilakolako chofuna kugonana mwa munthu wamkazi: -the uncontrollable or excessive sexual desire in a woman.

nystagmus kusunthasutha/kuyendayenda kwa maso paokha, monga kutsika ndi kukwera, kutembenuka kapena kuzungulira: -a vision condition in which the eyes make repetitive, uncontrolled movements which can occur from side to side, up and down, or in a circular pattern.

O

obesity 1. kunenepa kwambiri; 3. kunenepa kwa chiopsyezo ku moyo wa munthu; 4. kukula thupi; 5. kufulika; -excessive accumulation of fat in the body often caused by overeating, which is dangerous to an individual's health; onani **overweight.**

obsessional neurosis 1. mtundu wa matenda osokonezeka mutu amene munthu amachta zimene zamubwerera m'maganizo; 2. matenda osokonezeka ubongo amene amamulamulira munthu: -type of mental disorder in which an individual experiences obsessions or compulsions or both.

obsterics gawo la sayansi limene limaona za ubereki komanso chisamaliro cha amayi panthawi imene asanabereke, pobereka komanso mwana akabadwa: -a branch of medical science that deals with childbirth and with the care of women before, during, and after childbirth.

obstetric emergencies mavuto a chiopsyezo pa umoyo kwa mayi oyembekezera nd mwana obadwa: -health problems that are life-threatening for pregnant women and their babies.

obstetrician dotolo wozama pa nkhani za ubereki: -a doctor who specialises in care during pregnancy, labour and after birth.

obstipation 1. kamatira; 2. kudzimbidwa koyipa: -severe form of constipation, where a person cannot pass stool or gas.

obstruction 1. kutseka kapena kutchinga kwa njira yodutsamo chimbudzi; 2. kulephera kupanga chimbudzi ngakhale munthu atafuna kutero: -the action of being unable to relieve oneself by an obstruction or being obstructed, i.e. a blockage of a passage.

obstructive jaundice matenda a chikasu amene amabwera chifukwa cha kutsekeka kwa njira yodutsamo ndulu: -the disease of jaundice due to obstruction of the bile duct.

occiput 1. nkhongo; 2. kumbuyo kwa m'mutu: -the back part of the head or skull; onani **cerebellum**.

ocular (-be o.) 1. -khudza diso; 2. -ona; 3. -penya: -be related to eye, optic, sight, visual, ophthalmic, and visible.

oculist dotolo wa maso; a physician whose specialty is diseases or defects of the eye; onani **eye-specialist, ophthalmologist, optician.**

odontology maphunziro a zokhudzana ndi mano mano: -the science dealing with teeth, their structure and development, and their diseases.

odour 1. fungo; 2. kununkha: -an unpleasant odour.

oedema 1**.** kutupikana; 2. kutupa kwa thupi chifukwa cha kuchuluka kwa madzi m'thupi; 3. kutupa koti kudina chala chimalowa: -the swelling caused by excess fluid trapped in your body's tissues; onani **swelling, edema.**

oesophagoscopy kuunika kukhosi: -the examination of the esophagus using an esophagoscope.

oesophagus njira yodutsamo chakudya kuchokera m'kamwa kufika m'mimba: the pa-rt of the alimentary canal which connects the throat to the stomach.

oestrogen mahomoni othandzira za ubereki mwa amayi: -one of the main female sex hormones; onani **estrogen.**

oestrus nthawi imene dzira la munthu wa mayi likukhwima m'thupi; ndi nthawi imene munthu wamkazi amakhala ndi chilakolako cha mwauna;: -it is the period when the oestrogen hormones are released in the female/ -the cyclic changes occurring during the reproductive phase.

ointment -mankhwala a mafuta opaka pakhungu: -substance used on the skin to soothe or heal wounds, burns, rashes, scrapes, or other skin problems.

onchocerciasis matenda oonongeka maso amene amafala ndi ntchentche yakuda imene imapezeka pafupi ndi mtsinje: -a disease transmitted by the black fly that lives and breeds near fast-flowing streams and rivers; onani **river blindness.**

-ooze 1. -chucha; 2. -tuluka; 3. -taya: -flow slowly out of something through a small opening, or to slowly produce a thick sticky liquid.

opacity 1. kuoneka mwa mbuu 2. kusaonekera: -the lacking of transparency on a radiograph.

-operate -chita opaleshoni pofuna kuchotsa choyambitsa vuto mthupi: -perform a procedure on a living body usually with instruments especially for the repair of damage or defect or the restoration of health: onani **surgery.**

operating-theatre chipinda chochitira opaleshoni: -a special room in a hospital where surgeons carry out medical operations/ a room in a hospital equipped for the performance of surgical operations.

ophthalmia matenda opangitsa maso kufiira komanso kutupa: -an inflammation of the eye; onani **conjunctivitis.**

ophthalmia neonatorum matenda a maso a mwana wobadwa kumene (khanda) amene mwana amatengera pobadwa kwa amai amene ali ndi matenda a chizonono kapena mauka: -a bacterial eye infection in newborn infants that is passed from a mother with a gonorrhea or chlamydia infection during birth.

ophthalmic (-be o.) -khudzana ndi diso ndi matenda a diso: -be related to the eye and its diseases.

ophthalmologist katswiri wodziwa za diso ndi matenda ake: -a specialist in the branch of medicine concerning the study and treatment of disorders and diseases of the eye/ a doctor who has special training in diagnosing and treating eye problems, including injury and disease; onani **oculist, optician.**

ophthalmology maphunziro okhudzana ndi za maso; ndi maphunziro a m'mene diso linapangidwira komanso m'mene limagwirira ntchito ndi matenda amene amakhudza disolo: -it is the branch of medicine concerned with the study and treatment of disorders and diseases of the eye.

ophthalmoscope 1. chipangizo choyezera maso; 2. chipangizo chounikira maso: -an instrument for inspecting the retina and other parts of the eye.

opiate mankhwala ogwiritsidwa ntchito pochotsa ululu: -drugs used to treat pain

optic 1. -khudzana ndi kuona 2. -khudzana ndi zipangizo zothandiza kuona: -be related to seeing or to instruments that assist in seeing; onani lens, optical.

optic atrophy kuchepa kwa mitsempha wa diso kumene kumabweretsa khungu: -pathological term referring to optic nerve shrinkage caused by the degeneration of retinal ganglion cell (RGC) axons.

optic nerve 1. mtsempha wa diso umene umanyamula uthenga kuchokera ku diso kupita ku ubongo 2. mtsempha wolumikizana ndi gawo la diso ndi ubongo: -the nerve which carries impulses from the retina of the eye to the brain.

optical (-be o.) -khudzana ndi kuona kapena diso: -be related to *(a)* producing, or involving light, or *(b)* to the eye or to the sense of sight.

optician dotolo wa maso: -a person qualified to prescribe and dispense glasses and contact lenses/ a person qualified to detect eye diseases, or make and supply glasses and contact lenses; onani **oculist, ophthalmologist.**

optometer chipangizo choyezera maso: -an instrument for testing eyes.

optometrist katswiri woyesa maso pofuna kudziwa vuto la kuona, kuvulala, matenda ndi mavuto ena: -a specialist trained to examine the eyes to detect defects in vision, signs of injury, ocular diseases or abnormality and problems with general health, such as high blood pressure or diabetes: onani **oral (-be o.).**

oral cancer khansa ya m’kamwa: -cancer that develops in any part of the mouth.

oral contraceptive 1. mapililitsi okumwa olelera; 2. mankhwala amapilitsi oletsa kutenga mimba: -a contraceptive which can be swallowed as a tablet.

oral vaccine katemera wamkamwa: -type of vaccine taken through the mouth.

orchitis 1. mwera 2. phudzi; ndi matenda amene amatupitsa machende: -it is inflammation of the testes causing them to swell; onani **epididymitis.**

organs ziwalo za m’thupi zimene zili ndi ntchito zake zapadera: -parts of the body that perform their own specific functions.

organism chinthu cha moyo: -*(a)* a living thing that has an organized structure, can react to stimuli, reproduce, grow, adapt, and maintain homeostasis; *(b)* a living thing, such as an animal, a plant, a bacterium, or a fungus.

orgasm 1. pachimake pogonana; 2. kumva kukoma kwa mwamuna ndi mkazi pogonana pamene mwamuna amathira umuna/ukala: -the climax of coitus in both sexes which accompanies the ejaculation.

orthopaedics maphunziro okhudzana ndi mafupa ndi minyewa: -the branch of medicine dealing with the correction of deformities of bones or muscles.

orthopedic surgery opaleshoni wokhudzana ndi mafupa: -surgery concerning bones, joints, limbs, including the treatment of fractures.

ossicle kafupa kakang’ono ka m’khutu: -a small bone within the ear.

ossification 1. kapangidwe ka mafupa; 2. kusandulika kwa mnofu kukhala fupa m'thupi: -it is the generation of tissue to body structure; the formation of bone matrix. the replacement of other tissue by bone, esp. during fetal development.

osteologist katswiri wodziwa za mafupa: -a specialist of the bones

osteomalacia matenda ofewa mafupa chifukwa chosowa michere yofunikira m'thupi: -softening of the bones, because of a deficiency of vitamin D or calcium/ a condition in adults in which bones become soft and deformed because they don't have enough calcium and phosphorus.

osteomyelitis matenda otupitsa mphanga/mipata ya fupa: -an infection or inflammation affecting the marrow of the / an inflammation of the bone caused by an infection, which may spread to the bone marrow and tissues near the bone.

osteopathy njira yochizira matenda pogwiritsa ntchito mphamvu za manja: -a system of treatment based on the manipulation of joints.

osteoporosis matenda a m'mafupa pamene michere ya m'mafupa yachepa: -a bone disease that develops when bone mineral density and bone mass decreases, or when the quality or structure of bone changes.

osteotomy 1. opaleshoni yodula fupa; 2. opaleshoni yokonza mafupa: -an operation to correct a deformity of bones that had been broken, involving cutting bone, and sometimes adding bone tissue, to reshape or realign your bones.

otitis 1. mphenga; 2. matenda a m'khutu; 3. kutupa kwa m'khutu chifukwa cha matenda: -infection or inflammation of the ear.

otitis externa mphenga yoyambira panja pa khutu: -an infection of the tube which leads from the surface of the ear to the eardrum.

outbreak kubuka kwa matenda okhudza anthu ambiri kwa kanthawi kochepa: -a sudden occurrence of a disease affecting many people.

outer ear khutu la kunja: -the outer visible portion of the ear that collects and directs sound waves toward the tympanic membrane by way of a canal which extends inward through the temporal bone; onani **pinna, auricle.**

Out-Patient Department/(OPD) malo olandirirako thandizo ku chipatala osagonekedwa: -the part of a hospital designed for the treatment of outpatients.

ova mazira a mthupi mwa mkazi: -a female gamete; it is a macrogamete also egg cell cell; onani **ovum.**

ovary (-ies) thumba la mazira a m'thupi la mkazi: -one of a pair of female glands in which the eggs form and the female hormones estrogen and progesterone are made.

overdose 1. kumwa mankhwala mopyola mulingo wake; 2. kupyola mulingo wa mankhwala: -an excessive and dangerous dose of a drug.

overweight 1. kulemera kwa thupi kopyola muyeso; 2. kulemera kwa thupi kuposa mlingo wovomerezeka; 3. kunenepa mopitirira mulingo: -abnormal or excessive fat accumulation that presents a risk to health; onani **obesity.**

ovulation 1. kutuluka kwa dzira la mkazi; 2. kupya kwa dzira la mkazi kuti asambe: -the process in which a mature egg is released from the ovary.

ovum (pl.: ova)1. dzira la mkazi; 2. dzira la m'chiberekero; 3. dzira limene lili m'thumba la chiberekero: -an egg within the ovary of the female.

oxide kusakazikana kwa mphweya wabwino ndi zinthu zina: -a binary compound of oxygen with another element or group.

oxygen mphweya wabwino wopatsa moyo; 2. mphweya wopanda mtundu ndi fungo: -a colourless, odourless reactive gas, the chemical element of atomic number 8 and the life-supporting component of the air.

P

pain (-feel p.) 1. -mva kupweteka. 2. -mva kuwawa. 3. -mwa ululu: -have an unpleasant sensation that can range from mild, localized discomfort to agony.

pain (n.) ululu.

painkiller 1. mankhwala oletsa kumva kupweteka. 2. mankhwala oletsa kumva kuwawa. 3. mankhwla ochotsa ululu: -drug or medicine for relieving pain.

palliative (-be p.) -khudzana ndi njira yothandizira wodwala, osati pochiza matenda, koma pochepetsa ululu: -be related to a method of helping a patient, not by healing the disease, but by decreasing the pain.

pallor kuoneka kuyera maka khope kosakhala bwino kusiyana ndi mmene munthu amaonekera, pali zifukwa zambiri zomwe zimachititsa, monga matenda, kusowa kwa magazi: -a condition in which a person's skin and mucous membranes turn lighter than they usually are.

pancreas mphafa: -a large gland behind the stomach which secretes digestive enzymes into the duodenum.

pandemic mlili wa matenda: -a widespread occurrence of an infectious disease over a whole country or the world at a particular time.

papilloma virus (human p. v.) mavairasi omwe amafala kudzera munjira yogonana omwe nthawi zambiri sayambitsa matenda koma ali ndi kuthekera koyambitsa khansa: -a common infection spread through sex. Only high-risk forms of the virus can progress to cervical cancer.

papule 1. chiphuphu. 2. nsungu: -a raised area of skin tissue that's less than 1 centimeter around, developing from the excess of oil and skin cells clogging a pore.

paralysis 1. kufooka kwa ziwalo za thupi. 2. kuzizira kwa ziwalo: -being unable to make voluntary movements, commonly caused by strokes, spinal cord injuries and nerve disorders like multiple sclerosis.

parasite kachirombo komwe kamayambitsa matenda komwe kamakhala pa chinthu cha moyo: -an organism that causes diseases and lives on or in a host organism and gets its food from or at the expense of its host; onani **bacillus.**

partner (sex p.) wogonana naye: -primary sex partner.

parotitis epidemic 1. masagwidi. 2. matenda otupitsa nsagwada: -a contagious disease that leads to painful swelling of the salivary glands; onani **mumps.**

paternity test kuyezedwa kofuna kudziwa bambo weniweni wa munthu: -parentage testing to determine a person's biological father.

patient (n.) wodwala\o-: -a sick individual, could be under medical care or on treatment.

PCV (Pneumococcal Conjugate Vaccine) katemera wa chibayo: **-**vaccination against pneumonia, especially for children.

-pee -kodza: -act of producing urine; onani **urine.**

pelvis mafupa a m'munsi mwa chiuno, pomwe pamalumikizana mitendo ndi thunthu: -a basin-shaped complex of bones that connects the trunk and the legs, supports and balances the trunk, and contains and supports the intestines, the urinary bladder, and the internal sex organs.

penicillin mankhwala a antibiotiki; ndi mtundu wa mankhwala opha tizirombo toyambitsa matenda a mabakiteriya mwa anthu ndi nyama: -they are drugs that attack a wide range of bacteria.

penis 1. mbolo; 2. chokodzera; 3. maliseche a mwamuna: -the male sexual organ.

perineum malo amene ali pakati pa kumalo kochitira chimbudzi ndi machende mwa anthu amuna ndipo mwa akazi pakati pa malo ochitira chimbudzi ndi maliseche a amayi: -the area between the anus and the scrotum or vulva.

period pains 1. kuwawa kwa m'mimba kobwera nthawi ya kumwezi. 2. kupweteka kobwera nthawi ya nsambo: -the pain that occurs when the muscular wall of the womb tightens/contracts; onani **dysmenorrhoea.**

peritonitis kutupa kwa mimba koyambitsidwa ndi vuto la m'mimba: -the inflammation of the peritoneum, caused by bacterial infection either via the blood or after rupture of an abdominal organ.

pernio kutupa pa khungu kamba ka kuzizira: -an inflammatory skin problem caused by exposure to cold as pruritic and/or painful erythematous-to-violaceous acral lesions; onani **chilblains**.

pernicious anaemia kuchepa kwa magazi mthupi chifukwa cha kukanika kwa matumbo kuyamwa Vitamini B12: -a decrease in red blood cells that occurs when the intestines cannot properly absorb vitamin B12.

pertussis chifuwa chokoka mtima; ndi matenda opatsirana a mapapo, oyambitsidwa ndi kachirombo ka mtundu wa bakiteriya: -a highly contagious respiratory disease, caused by a bacterium, the Bordetella pertussis; onani **whooping cough.**

pharmaceutical -khudzana ndi kapangidwe ka mankhwala ogwiritsidwa ntchito mu chaipatala: -be related to, or engaged in pharmacy or the manufacture and sale of pharmaceuticals.

pharmacist 1. katswiri wa za mankhwala 2. wopanga mankhwala. 3. wogulitsa mankhwala; 4. wopereka mankhwala: -a health professional trained in preparing and dispensing prescription drugs; onani **chemist, druggist, pharmacologist.**

pharmacokinetics nthambi ya maphunziro younika m'mene mankhwala amayendera ndi kugwirira ntchito m'thupi: -the branch of pharmacology concerned with the movement of drugs within the body.

pharmacologist katswiri wodziwa za kapangidwe ndi kagwiritsidwe ntchito ka mankhwala osiyanasiyana: -the scientist who studies how medicines are made and work; onani **pharmacist, chemist, druggist.**

pharmacology gawo la maphunziro lowona za kapangidwe, kagwiritsidwe ndi kagwiridwe ntchito ka mankhwala mthupi la munthu: -the branch of medicine concerned with the making of medicines, and their usage, effects, and modes of action.

pharmacopoeia buku lokamba za maina a mankhwala ndi kapangidwe kake: -a book describing drugs, chemicals, and medicinal preparations.

pharmacy malo osungirako mankhwala, kugulitsa kapena kulandira mankhwala: -a shop or hospital dispensary where medicinal drugs are prepared or sold.

pharyngeal -njira yolumikiza kumbuyo kwa mphuno ndi m'kamwa: -a biological cavity lined with moist tissue that connects the mouth (oral cavity) and the nostrils (nasal cavities).

pharyngitis matenda otupitsa ku m'melo: -an inflammation of the pharynx; onani **sore throat.**

pharynx mpata wa kumbuyo kwa mphuno ndi kamwa: -the cavity behind nose and mouth; onani **throat.**

phlebotomy kutenga magazi kwa odwala kuchokera ku mtsepha: -obtaining blood from a vein.

phlegm makhololo okhutala ambiri: -a more than normal amount of thick mucus made by the cells lining the upper airways and lungs; onani **sputum**.

phthisis nthenda iriyonse yopangitsa kuti thupi lizitha/lizichepa, monga chifuwa chachikulu cha m'mapapo (TB): -a progressively wasting or consumptive condition especially pulmonary tuberculosis.

physical -khudzana ndi thupi: -related to the physical body.

physique maonekedwe a kakulidwe ka thupi: -the form, size, and development of a person's body.

piles 1. mudzi; 2. likango; ndi zotupa mkati komanso kuzugulira kotulukira chimbudzi: -they are lumps inside and around the bottom or anus; onani **haemorrhoids.**

pill 1. pilitsi\ma-; 2. m'bulu wa mankhwala: -a small round mass of solid medicine for swallowing whole; onani **tablet.**

placebo chongoyerekezera mankhwala; chooneka ngati mankhwala, chogwiritsidwa ntchito mu kafukufuku: -something that look like medicine but not, usually used in research.

placenta nsengwa\-: -a flattened circular organ in the uterus of pregnant mothers, nourishing and maintaining the fetus through the umbilical cord.

plague (infection) matenda opatsirana oyamba ndi kachirombo ka bakiteriya amene amapangitsa thupi kutentha komanso kusokonezeka mutu komanso kukhwapa kumabwera mwanabere: -a contagious bacterial disease characterized by fever and delirium, typically with the formation of buboes, bubonic plague, and sometimes infection of the lungs, pneumonic plague.

plaque (on teeth) zokangamira m'mano zokhala ndi mabakiteriya zomwe zingayambitse chiseyeye: -sticky deposit on teeth in which bacteria proliferate, which may lead to gingivitis.

plasma madzi opanda mtundu omwe amapezeka m'magazi: -the colourless fluid in blood, lymph, or milk, in which corpuscles or fat globules are suspended.

platelets tizigawo ting'ono ting'ono ta magazi tomwe timathandizira magazi kuwundana m'thupi pofuna kuletsa kutaya magazi: **-**tiny blood cells that help your body form clots to stop bleeding.

pleural cavity kamphako kokhala ndi timadzi momwe mapapo amakhalamo: -a fluid filled space that surrounds the lungs; onani **thoracic cage.**

pneumonia chibayo\zi-; ndi matenda a m'mapapo: -it is inflammation of the lungs.

Pneumococcal Conjugate Vaccine katemera yemwe amathandizira kuteteza thupi ku mabakiteriya omwe amayambisa chibayo: -a vaccine to protect against bacteria that causes pneumococcal disease; onani **PCV.**

pneumoconiosis matenda a m'mapapo obwera chifukwa chopuma fumbi: -a lung disease due to inhalation of certain dusts.

pneumocuccus tizirombo ta mtundu wa bakiteriya toyambitsa matenda a chibayo: -a Gram-positive bacterium that is responsible for the majority of community-acquired pneumonia.

pneumothorax vuto lomwe mphweya ukupezeka kunja kwa mapapo kapena m'mbali mwa mapapo: -the problem of air around or outside the lungs, caused by an abnormal collection of air in the space between the thin layer of tissue that covers the lungs and the chest cavity.

poison chiphe; ndi zinthu zomwe zili ndi kuthekera kwa kupha munthu kapena nyama: -it concerns substances that are capable of causing the illness or death of a living organism when introduced or absorbed.

polio poliyo; ndi nthenda yopuwalitsa ziwalo za m'thupi yoyamba ndi kachirombo ka vairasi: -an illness caused by a virus that mainly affects nerves in the spinal cord or brain stem.

pore kachibowo ka pa khungu kotulukira thukuta: -a minute opening in the skin through which gases, liquids, or microscopic particles may pass.

post mortem ntchito yoyeza thupi lakufa pofuna kupeza chimene chabweretsa imfa: -an examination of a dead body to determine the cause of death.

postnatal (-be p.) -khudzana ndi chisamaliro cha ku chipatala mwana akabadwa: -related to or denoting the period after childbirth; onani **postnatal care.**

potent (-be p.) -kutha kugwira ntchito, kagwiridwe ntchito ka mankhwala: -have the force or power to work of chemicals or medicines.

potency mphamvu ya mankhwala kutha kugwira ntchito pa matenda: -activity of a drug to work on disease.

pregnant (-be p.) 1. -khala ndi mimba. 2. -khala woyembekezera. 3. -khala ndi pakati: -carry and develop an embryo or fetus within the female body.

prenatal (-be p.) -khudzana ndi nthawi imene mwana asanabadwe: -the time before birth occurs.

prepuce khungu la kunsonga kwa mbolo: -the loose fold of skin on the head of the penis; onani **foreskin.**

presbyopia kuvutika kuona zinthu za pafupi pomwe zapatali ukuziona: -the gradual loss of the eyes ability to focus on nearby object; onani **long sightedness.**

prescription kulemberedwa mankhwala ndi dotolo kapena munthu wina wa za chipatala; ndi malamulo a kagwiritsidwe ntchito ka mankhwala: -it is an instruction written by a physician or another medical practitioner that authorizes a patient to be issued with a medicine or treatment.

-prick -baya: -perform the procedure in which a finger is pricked with a lancet.

private parts kumaliseche: -a person's genitals or external sex organs.

probe (n.) kachida kogwiritsira ntchito pa thupi la munthu monga poyeza bala kapena pa malo pamene dzanja silingafikire: -a blunt-ended surgical instrument used for exploring a wound or part of the body.

prodromal (-be p.) -khudzana ndi nthawi imene zizindikiro za matenda zimayamba kuonekera ndi nthawi imene matenda amayamba kuonekera: -concern an early sign or symptom that often indicates the onset of a disease.

prophylaxis (pre-exposure p.) 1. mankhwala oteteza kuti kachirombo kasalowe m'thupi. 2. thandizo lothandizira kukapewa nthenda: -a treatment given or action taken to prevent disease.

proteins zakudya zokulitsa thupi: -they are the basic nutrients for the body structures; onani **albumin.**

pruritus kuyabwa kwambiri kwa khungu kokhala chizindikiro cha matenda osiyana siyana: -severe itching of the skin being a symptom of various diseases; onani **trichomonas.**

psoriasis matenda a pa khungu opangitsa matuza ofiira oyabwa m'malo monga mabondo, zigongondo, pachifuwa, ndi khungu la mutu: -a skin disease that causes a rash with red itchy, scaly patches, most commonly on the knees, elbows, trunk and scalp.

psychiatric disorders 1. kusokonekera kwa m'mutu; 2. misala; ndi matenda a mu ubongo obwera chifukwa cha mavuto osiyana siyana monga mavuto ambanja: -it is a problem of significant changes in thinking, emotions, and/or behaviour, and of stress and/or problems functioning in social, work, or family activities.

psychiatrist 1. dokotala wa matenda a muubongo; 2. dokotala wa anthu a misala: -a physician for mental patients.

psychiatry maphunziro okhudzana ndi matenda a muubongo: -a field of medicine focused specifically on the mind, aiming to study, prevent, and treat mental disorders in humans.

psycho-analysis njira yothandizira munthu yemwe ali ndi mavuto a muubongo popanda kugwiritsa ntchito mankhwala: -the therapeutic treatment of mental conditions which focuses on increasing your awareness of unconscious thoughts and behaviours, developing new insights into your motivations, and resolving internal conflicts; onani Freudian psychology.

psychological (-be p.) -khudzana ndi za mutu ndi m'maganizo: -be related to head and a mind.

psychological trauma kusokonekera kwa mutu chifukwa cha zokhumudwitsa: -emotional response to an distressing event or series of events.

psychology maphunziro a kaganizidwe ka munthu komanso kagwiridwe ntchito ka m'mutu mwa munthu komanso khalidwe: -the scientific study of the human mind and its functions, especially those affecting behaviour.

psychoneurosis 1. kusokonekera kwa maganizo kapena kaganizidwe ka munthu; 2. matenda amaganizo; 3. kupenga; 4. kubalalika: -mental disorder onani neurosis;

psychosis (-es) kusokonekera kwa maganizo kapena kaganizidwe ka munthu, pamene samatha kusiyanisa pa zomwe zikuchitika kapena kukhala pa modzi ndi anthu ena**: -**severe mental disorder in which a person loses the ability to recognize reality or relate to others; onani **mania.**

psychosomatic -khudzana ndi matenda a m'thupi oyamba kamba mavuto a mu ubongo: -refer to physical symptoms that are worsened or complicated by mental factors.

psychotherapy kuthandiza munthu amene ali ndi mavuto okhudzana ndi maganizo kapena muubongo pokambirana osati kupereka mankhwala: -treating a person who has problems in mind or head, by talking, not by medicines.

pulmonary -khudzana ndi mapapo: -have to do with the lungs; onani **phthisis.**

pulse kugunda kwa mtima, pamene magazi akudutsa m'njira zake zochokera ku mtima, kumamvekera pa mkono kapena pa khosi: -a rhythmical throbbing of the heart as blood is propelled through the arteries typically as felt in the wrist or neck.

puncture (lumbar p.) kutenga madzimadzi pa msana ndi cholinga chofuna kufufuza matenda: -a procedure whereby spinal fluid is removed from the spinal canal for the purpose of diagnosis; onani **lumbar.**

pupil kamkati mwa diso kozungulira ngati mpira komanso kakuda: -the round opening in the center of the iris.

Q

q -fever matenda amene amayamba ndi kachirombo koyambitsa matenda ka mtundu was bakiteriya zomwe zizindikiro zake ndi kutentha thupi, mutu, kumva kutopa komanso chibayo: -an infectious disease due to the bacterium Coxiella burnetii whose symptoms include fever, headache, malaise, and pneumonia.

quadriceps minyewa yaikulu ya kutsogolo kwa ntchafu: -a large muscle on the front of the thigh which is attached to the patella and from there to the tibia);

quarantine kumuika munthu odwala matenda opatsirana malo ayekha ndi cholinga choteteza amene alibe matenda: -separating patients of contagious diseases to be at one place only aiming at the protection of those who are not ill.

quartan fever kutentha thupi kumene kumayamba pa tsiku lachitatu kapena lachinayi lodwala malungo: -an intermittent fever that recurs at approximately 72-hour intervals, especially with malaria.

quassia mankhwala opangidwa kuchokera ku khungwa la mtengo ogwiritsidwa ntchito kuchiza matenda monga a m'mimba ndi ena monga kulimidwa ndi tizirombo: -it is a drug from the heartwood and bark of trees of the Ailanthus family, used especially for roundworms in children and as an insecticide.

queasy (-be q.) -kumva nselu (-funa kusanza): -feel nausea.

quinine mankhwala a malungo owawa opangidwa kuchokera ku khungwa la mtengo: -a bitter compound present in cinchona bark, formerly used as an antimalarial drug.

quinsy chotupa cha ku khosi cha mafinya: -an accumulation of pus due to an infection behind the tonsil.

-quiver -kukhudzana ndi kuchiza matenda kapena chilonda: -be related to the treatment of illness and injuries.

R

rabid (-be r.) -khudzana ndi chiwewe: -be related to the disease of the nervous system caused by the rabies virus.

rabies chiwewe: -a disease of the nervous system caused by the rabies virus, marked by an increase in saliva production, abnormal behaviour, paralysis and death.

radiation sickness matenda oononga matumbo ndi mkati mwa mafupa obwera chifukwa cha kuwala pojambulidwa kopyola: -a disease affecting the intestines and marrow of bones caused by excessive exposure to radioactivity.

radiation therapy chithandizo cha matenda monga khansa kudzera ku mphamvu ya kuwala: -a type of cancer treatment that uses beams of intense energy to kill cancer cells

radiography kujambula ziwalo za mkati mwa thupi: -the method and science of finding diagnosing disease by using radiation to provide images of the internal parts of the body; onani **X-ray.**

radiology maphunziro ogwiritsa ntchito zida zojambulira ziwalo za mkati mwa thupi la munthu ndi cholinga chopeza matenda: -a branch of medicine that uses imaging technology to diagnose and treat disease.

radius limodzi mwa mafupa awiri ang'ono a mkono amene ali mbali ya chala chachikulu: -the smaller of the two bones of the forearm, located on the thumb's side

rales phokoso losayenera komanso losakhala bwino lomveka poyesa mapapo mu chifuwa limene lingakhale chizindikiro za chibayo: -an abnormal sound heard when by auscultation testing the lungs or chest, which can be an indication of pneumonia.

randomization kugawa otenga nawo mbali mu magulu a kafukufuku posatsata ndondomeko: -the randomly assigning persons or things in a study to different groups.

rash (n.) vuto la pa khungu pamene khungu limakhala ndi nsungu zoyabwa kapena limatupa: -a skin condition characterized by irritation, or swelling.

-recover 1. -chira; 2. -peza bwino; 3.-bwerera ku thanzi labwino: -regain health after illness.

recovery room chipinda chimene wodwala amagonekedwako akachokera ku opaleshoni asanapite ku wodi/ chipinda chogundizana ndi malo ochitirako opaleshoni momwe odwala wopangidwa opaleshoni amasamaliridwamo: -a room or ward near to the operating theatre where the operation took place, in which a patient is cared for.

rectal (-be r.) 1. -khudzana ndi gawo lomaliza la matumbo mpaka pochitira chimbudzi/ pobibira; 2. -khudzana ndi thumbo losungira chimbudzi: -be related to the last several inches of the large intestine closest to the anus.

rectal thermometry kuyeza munthu kutentha kwa thupi kudzera ku malo ochitirako chimbudzi: -the taking a person's temperature by inserting a thermometer into the rectum via the anus.

rectum 1. potulukira chimbudzi; 3. posomera; 3. pochitira chimbudzi; ndi gawo lomaliza la matumbo mpaka pochitira chimbudzi: -it is the final section of the large intestine, terminating at the anus.

-recuperate 1. -chira; 2. -bwereramo: -recover health and strength

reduction opaleshoni wobwenzera m'malo mwake mafupa othyoka kapena ochoka m'malo mwake: -the restoring of a fractured or dislocated bone to its original position.

referral kutumizidwa ku chipatala china chachikulu: -the directing of a patient to another/ bigger hospital with medical specialists.

referred pain ululu wochokera ku chiwalo china cha thupi: -pain perceived at a location other than the site of the painful stimulus origin.

reflex kudzidzimuka mosadziwa kapena mosazindikira: -an automatic action of the body in response to something, without even noticing it or thinking about it.

refractory matenda kusamva mankhwala: -being stubborn, unmanageable, resistant to treatment or cure.

regimen ndondomeko kamwedwe ka mankhwala kapena kadyedwe ndi cholinga chokhala ndi umoyo wabwino kwa wodwala: -a systematic plan (as of diet, therapy, or medication) especially when designed to improve and maintain the health of a patient.

-regurgitate -bwerera kwa zinthu, monga chakudya mu njira yosanza kapena kubyukula komanso magazi ku mtima: -flow backward, as in the return of solids or fluids to the mouth from the stomach or the backflow of blood through a defective heart valve.

relapse (n.) kuyambiranso kwa matenda kapena zizindikiro za matenda pambuyo pakuchira: -the return of a disease or of its signs and symptoms after a period of improvement.

-relieve -chepetsa china chake, monga ululu kapena chizindikiro cha vuto: -lessen something, such as pain or a symptom of a disease.

-relieve oneself 1.-pita ku chimbudzi; 2. -panga chimbudzi; 3. -dzithandiza: -pass waste from the body.

remission kuchepa kwa zizindikiro za matenda a khansa: **-**cancer treatment which reduced or eliminated the symptoms and signs of cancer.

renal (-be r.) -khudzana ndi impso: -refer to the kidney.

renal cancer khansa yoyamba ku impso: -cancer that begins in the kidneys.

renal carbuncle zotupa zokhala pamodzi: -a condition wherein single or multiple abscesses form on the kidneys or their filtration units.

renal colic ululu waukulu wa mu njira ya mikodzo umene umabwera chifukwa cha kutsekeka kwa njira ya mikodzo: -a sudden, acute pain in the kidney area caused by the obstruction of urine flow from the kidney to the bladder.

renal stones miyala ya mu impso; ndi zinthu zolimba zimene zimapangika mkati mwa impso: -they are hard deposits made of minerals and salts that form inside kidneys.

reproduction 1. kubereka; 2. kukhala ndi mwana: -the production of offspring.

reproductive health 1. uchembere wabwino; 2. chisamaliro cha ubereki; 3. chisamaliro cha uchembere: -a state of complete physical, mental and social well-being in all matters relating to the reproductive system.

resection opaleshoni yochotsa chigawo cha pathupi: -any surgical operation involving the cutting away of a part of the body.

resistance 1. kusagwira tchito; 2. kusiya kugwira ntchito: -perform the act or power of resisting, opposing, or withstanding something.

-respire -puma: -inhale and to exhale air successively; onani **breath.**

respiratory system 1. ziwalo zopumira; 2. ziwalo zimene zimathandiza kupuma: -the organs that are involved in breathing.

resuscitation 1. njira yothandizira munthu kuti akhale ndi moyo; 2. kuthandizira kupulumutsa moyo: -the action or process of reviving someone from unconsciousness or apparent death.

retarding growth 1. kukanika kukula; 2. kukwinimbira; 3. kunyetchera: -the delay or holding back in terms of progress or development.

retention of urine 1. kutsalira kwa mikodzo; 2. kulephera kumalizitsa mikodzo pokodza: -have the problem of the bladder not emptying itself completely leaving back urine in the bladder.

retina minyewa ya mitsempha ya kumbuyo kwa diso imene imalandira zithunzi komanso kutumiza zithunzi ku ubongo: -the light-sensitive layers of nerve tissue at the back of the eye that receive images and sends them as electric signals through the optic nerve to the brain.

retinopathy matenda a nemba ya maso, amene amaononga kapena kupha kaonedwe: -a disease of the retina which results in impairment or loss of vision.

rhesus disease kulephera kugwirizana kwa mitundu ya magazi pakati pa iwe ndi mwana wak: -an incompatibility between your and your baby's blood types.

rheumatic fever vuto limene likhoza kutupitsa mtima kapena molumikizana mafupa ndi khungu kutupa: -a condition that can inflame or make the heart, joints, brain, and skin swell.

rheumatism nyamakazi; ndi kuphwanya kwa minyewa; ndi molumikizana mafupa: -it is any of various conditions characterized by inflammation or pain in muscles, joints, or fibrous tissue.

rhinitis chinachake chimene chachitika chimapangitsa mamina, chimfine ndi kuyabwa mphuno: -something which causes nasal congestion, runny nose, sneezing, and itching.

rib nthiti\-; ndi gawo limodzi la mafupa olumikizidwa ku fupa lapakati pa msana ozungulizidwa pa chifuwa: -it is one of a set of bones attached to the spinal column and encircling the chest.

riboflavin mmodzi mwa mtundu wa mavitamini B: -it is Vitamin B2, one of 8 B vitamins.

Ribo Nucleic Acid (RNA) amthenga amene amathandizila kunyamula mauthenga (osungidwa mu DNA) a zotengera kuchokera kumtundu kuwafikitsa komwe akufunikira mu thupi: - messengers that help to carry instructions from the DNA to where they need to go in the body of an organism.

rickets matewe; ndi kupindika kwa mafupa kwa ana osowa vitamini D; it is the problem of deformed bones in the legs of undernourished children caused by inadequate vitamin D in the diet; onani **bowleggedness.**

rigid (being r.) 1. kulimba kwa minyewa. 2. kusafewa kwa miyewa: -continuous involuntary sustained muscle contraction.

ringworm chipere cha pakhungu ndi m'mutu; ndi matenda oyamba ndi nyongolotsi za pakhungu oyamba ndi kachirombo ka fangasi, opangitsa kuyabwa pakhungu: -it is an infection by ringworms on the skin accompanied by itching of the skin caused by a fungus.

river blindness matenda oyabwa pakhungu komanso owononga maso amene amayamba ndi tizirombo touluka topezeka m'mbali m'mtsinje: -a skin disease that damages the eyes, caused by a parasitic filarial worm transmitted by black flies which breed in fast-flowing rivers; onani **filariasis, onchocerciasis.**

RNA onani **Ribo Nucleic Acid**.

roseola matenda oyamba ndi vairasi okhudza makamaka ana ang'ono a pakati pa miyezi 6 ndi zaka 2 ndipo ali ndi zizindikiro ngati za chikuku: -a viral illness that most commonly affects young kids between 6 months and 2 years old, usually marked by several days of high fever, followed by a distinctive rash just as the fever breaks.

rotavirus (RV) kachirombo ka vairasi koyambitsa matenda otsegula m'mimba: -a virus that causes diarrhoea and other intestinal symptoms); onani **RV1.**

round worm 1. njoka za m'mimba; 2. nyongolotsi za m'mimba; 3. mtundu wa maparasaiti wopezeka m'matumbo: -it is a type of parasite that is found in the intestines.

rubella chikuku choyamba ndi kachirombo kamtundu wina ka vairasi ndipo siooopsya kwambiri: -a virus infection, characterised by a rash and swollen neck glands); onani **German measles.**

S

salbutamol mankhwala a mphumu; ndi amodzi a mankhwala a gulu la 'bronchodilators': -it is one of bronchodilators, which works by relaxing the muscles of the airwaves into the lungs, which makes it easier to breathe.

salicylates 1. mtundu wa mankhwala ochepetsa ululu; 2. mankhwala oletsa ulu; 3. mankhwala oletsa oletsakupweteka: -it is a group of chemical substances which are of medical importance for relieving pain.

saline madzi a mchere omwe amafunikira m'thupi: -a solution of salt in water, required for the body.

salivation 1. kutulutsa dovu; 2. kutuluka malovu; 3. kukha dovu; ndi kutulutsa kapena kudzaza kwa malovu ambiri, kawirikawiri chifukwa cha zilonda za mkamwa ndi mu usinini: -it is excessive secretion of saliva often accompanied by soreness of the mouth gums.

-spit -lavula: -the act of ejecting saliva from one's mouth.

salivary glands anabere otulutsa malovu/mate m'kamwa: -the glands near the mouth into which they discharge their secretions.

sputum makhololo; ndi mamina ochokera mu mapapo munthu akatsosomola: -it is mucus and other matter brought up from the lungs; onani **phlegm.**

salmonella mtundu wa mabakiteriya oyambitsa matenda a thaifodi: -a bacterium causing typhoid; onani **typhus.**

salpingitis kutupa kwa machubu a chiberekero: -an acute inflammation of the fallopian tubes.

salpingogram ndondomeko yoyezera machubu a chiberekero pofuna kuona ngati ndi otseguka, pogwiritsa ntchito makina a X-ray: -an X-ray procedure used to see whether the fallopian tubes are patent or open.

-salve 1. -thira mankhwala; 2. -paka mankhwala a mafuta pa bala kapena chilonda kuti lichire kapena khungu litetezedwe: -pour or to apply ointment to a wound for healing or skin protection.

sarcoidosis matenda a mapapo ndi chiwindi oonetsa zizindikilo zofanananirako ndi chifuwa chachikulu; ndi nthenda yokhalitsa ya chiyambi chosadziwika: -a chronic disease of unknown cause characterized by the enlargement of lymph nodes in many parts of the body and the widespread appearance of granulomas derived from the reticuloendothelial system which resembles those of tuberculosis.

sarcoma mtundu wa khansa; ndi khansa yoyambira ku mafupa kapena ku minofu: -a type of tumour that begins in bone or in the soft tissues of the body, including cartilage, fat, muscle, blood vessels, fibrous tissue, or other connective or supportive tissue.

scabies 1**.** mphere; 2. zilonda za pa khungu, zoyamba ndi nsabwe: -a contagious skin disease marked by itching and small raised red spots, caused by the itch mites.

scalp 1. chikopa cha m'mutu; 2. khungu la m'mutu; ndi chikopa cha pansi pa tsitsi la m'mutu: -it is the skin on top of the head where the hair grows.

scalpel kampeni kochitira opaleshoni; ndi mpeni wokuthwa wogwiritsidwa ntchito ndi dokotala amene amachita opaleshoni: -a sharp knife used by a surgeon.

-scan 1. -unika m'thupi pogwiritsa ntchito zipangizo za zamakono; 2. -unika m'thupi poonesetsa/ poyang'ana mofatsa; 3. -jambula: -type of test that makes detailed pictures of areas inside the body.

scaphoid fupa la lapakati pa dzanja ndi mkono; ndi mmodzi mwa mafupa 8 ku mizere iwiri ya mu mfundo ya dzanja: -one of 8 small round bones that sit in 2 rows in the wrist.

scapula fupa la phewa limene limalumikiza fupa la khosi ndi fupa la mkono: -the shoulder blade that connects the collarbone with the upper arm bone.

scar 1**.** chipsyera\zi-; 2. chizindikiro cha chilonda/bala cha pa khungu; 3. chilema\zi-: -a mark of a wound left on the skin.

schistosome nyongolotsi imene imayambitsa matenda a likodzo: -a worm that causes bilharzia.

schistosomiasis likodzo; matenda okodza mikodzo yosakanikirana ndi magazi: -a disease shown by the presence of blood in the urine; onani **bilharzia.**

schizophrenia 1. kusokonekera kwa m'maganizo; 2. kusagwirizana kwa zochitika ndi m'maganizo; ndi kusokonekera kwa mutu kwa nthawi kosintha munthu makhalidwe ndi kakhalidwe ndi anthu: -it is a long-term mental disorder of a type involving a breakdown in the relation between thought, emotion, and behaviour, leading to faulty perception, inappropriate actions and feelings, withdrawal from reality and personal relationships into fantasy and delusion, and a sense of mental fragmentation.

sciatica ululu, kuzizira, dzanzi ndi kufooka kwa miyendo chifukwa cha kuphinjika kwa mtsempha: -pain, weakness, numbness, or tingling in the leg caused by injury to or pressure on the sciatic nerve; onani **gout.**

scrotum\ scrota 1. thumba lokhalamo machende; 2. chifu cha machende: -a pouch of skin containing the testicles.

scurvy chiseyeye; ndi otulutsa magazi m'nkhama za mano chifukwa cha kusowa kwa vitamini C: -it is a problem of bleeding of the gums, caused by a deficiency of vitamin C; onani **antiscorbutic medicine.**

secretion kupanga ndi kutulutsa madzi m'thupi; ndi dongosolo lochotsa zosayenera zochokera ku tiziwalo tating'onoting'ono ta m'thupi: -it is a system of body cells that secrete substances, such as sweat that cools the body or hormones that act in other parts of the body.

sedation kumwetsa/kupatsa mankhwala kuti munthu agone/apume: -administering a sedative drug to produce a state of calm or sleep.

sedatives mtundu wa mankhwala ogonetsa; ndi mtundu wa mankhwala opangitsa wodwala kudekha: -it is a kind of drugs with the property of calming a patient.

seizure 1. nthenda yobwera mwadzidzidzi imene imagwira ubongo; 2. kugwa khunyu; 3. kukomoka: -a sudden attack of illness concerning the brains; onani **epileptic fit.**

self-testing kudziyeza wekha: -testing oneself without seeing a doctor.

semen 1. umuna; 2. ukala; 3. mbewu ya abambo; ndi zamadzi zimene zimatulutsa abambo pogonana: -it is the secretion from the testes and prostate.

senility vuto la kuiwalaiwala chifukwa cha kukula.

sepsis matenda oopsa a m'magzi oyamba ndi tizirombo tofalikira m'magazi amene amatha kuononga ziwalo ndi moyo: -a disease caused by the spreading of germs in the blood that can destroy limbs and life.

septic (-be s.) -patsidwa matenda ndi tinthu tating'ono, makamaka mabakiteriya oipa: -be infected with micro-organisms, especially harmful bacteria.

septicaemia matenda oononga magazi ndi poizoni wochokera ku mabakiteriya: -blood poisoning, especially caused by bacteria or their toxins.

septoplasty opaleshoni yoongola mafupa opezeka pakati pa mobowo awiri a mphuno: -surgery performed to straighten or repair the septum of the nose.

sequelae zotsatirapo zobwera chifukwa cha matenda kapena kuvulala: -difficult consequences of a previous disease or injury.

sequencing njira yoyeza yofuna kumvetsa mmene magawo a DNA kapena majini ayalidwira mu dongosolo lawo: - the process of studying or understanding the order of the components of the genetic make up of an organism; njirayo ndi ngati kuwerenga buku la uthenga wopangira chinthu cha moyo: -that process is like reading the genetic instruction book from start to finish.

serology kuyeza magazi kuti aone chitetezo cha m'thupi; ndi maphunziro a za gawo la madzi a m'magazi: -the scientific study or diagnostic examination of blood serum, especially with regard to the response of the immune system to pathogens or introduced substances.

serosurvey kuyeza madzi a m'magazi kuti aone kuchuluka kwa chitetezo cha m'thupi kwa amene ali ndi HIV potengera kafukufuku: -a test of blood serum from a group of individuals to determine seroprevalence, as of antibodies to HIV.

serum gawo la madzi a m'magazi; ndi madzi a mtundu wa chikasu m'magazi omwe amaoneka magazi akaundana: -it is an amber-coloured, protein-rich liquid which separates out when blood coagulates.

sex (-have s.) 1. -gonana; 2. -khala malo amodzi ndi wamwamuna/mkazi: -perform the act of the penis of the man entering the vagina of the woman.

sex partner munthu wogonana naye: -the person whom one has sex with.

sexes magulu awiri osiyana a anthu, mwamuna kapena mkazi: -the two different sex groups that exist, men and women.

sex cell (female s. c.) mahomoni a dzira la mkazi: -a type of hormone made by the body that helps to develop and maintain female sex characteristsics.

sex cell (male s. c.) 1. ukala; 2. umuna; ndi tiziwalo za m'thupi tonyamula majini/chibadwa: -they are cells responsible for transmitting DNA to the next generation; onani **semen sperm, spermatozoa.**

sex gland (male s. g.) tchende\ma-; ndi mwanabere opanga umuna: -it is a gland in which gametes or sex cells are produced.

Sexually Transmitted Diseases (STD) matenda opatsirana pogonana: -a diseases caused by infection with certain bacteria,viruses or other microorganisms passed from one person to another through sexual intercorse; onani **venereal diseases** (VD).

shinbone fupa lalikulu la mwendo lomwe lili pakati pa bondo ndi kamsomali: -larger of two bones between the knee and ankle; onani **tibia.**

shingles mashingozi; ndi tizilonda ting'onoting'ono ta pa khungu tokhala ngati matuza a moto: -it is an acute infection caused by the virus herpes zoster.

shock vuto la magazi kulephera kufika kuziwalo zina za thupi, loyamba ndi zochitika monga kutaya magazi, kukhumudwa mwadzidzidzi, kapena kuona/ kumva zodabwitsa: -an acute problem of falling blood pressure, caused by events such as loss of blood, suddenly being upset, or seeing/ experiencing a surprising event.

shortsightednes kusaona kutali; ndi kusatha kuona zinthu bwino pokapokha zili pafupi: -it is being unable to see things clearly unless they are close to the eyes; onani **myopia.**

shoulder 1. phewa\mapewa-; 2. phunzi\-; ndi molumikizana mkono ndi khosi: -it is the joint of the arm and neck.

shoulder blade mafupa a phewa okumana pakati pa msana: -one pair of triangular bones at the back of the shoulder; onani **scapula.**

siaslorrhea kutuluka dovu kwambiri: -hypersalivation or excessive drooling, literally means excessive saliva flow.

sick (-be s.) -dwala; ndi kukhudzidwa ndi matenda a m'thupi kapena m'maganizo: -it is being affected by physical or mental illness.

sick person wodwala\o-: -a person, who has an illness/ a patient.

-sicken -dwalitsa: -make or to become sick or ill.

sickle cell disease matenda okhudzana ndi magazi; ndi matenda otengera kwa makolo amene amatha magazi mthupi amene amatchinga magazi kutenga mphweya wofunikira mthupi: -an inherited blood disorder marked by defective hemoglobin, inhibiting the ability of hemoglobin in red blood cells to carry oxygen.

sickness 1. kudwala; 2. matenda: -a disordered, weakened or unsound condition.

sickroom 1. chipinda chogonamo odwala; 2. chipinda cha odwala: -a room in which persons are confined by sickness and lie in bed.

sight 1. kupenya; 2. kuona: -the ability or function of seeing.

sign 1. chizindikiro cha matenda; 2.chisonyezo cha matenda oyeza: -a finding during a physical exam or from a laboratory test that shows that a person may have a disease.

sigmoidoscopy njira yoyezera mkati polowetsa chipangizo kochitira chimbudzi pofuna kuyeza matenda mu matumbo: -examination of the lower colon using a sigmoidoscope, inserted into the rectum.

sinew 1. mtsempha\mi-; 2. nyewa\mi-; 3. msunduli\mi-; 4. polumikiza nyama ndi fupa: -a fibrous tissue uniting muscle to bone; onani **ligament/tendon.**

skeleton 1. mafupa a thupi lonse; 2. mafupa olumikizana thupi ndipo alipo 206: -the framework of the body, which is composed of 206 bones.

skin khungu; ndi chikopa cha kunja kwathupi, choteteza thupi ku matenda, ku kuvulala, kukutentha ndi kuwala: -it is the body's outer covering, which protects against heat and light, injury, and infection.

skin (dry s.) 1. kuthetheka khungu; 2. kuuma kwa khungu chifukwa cha matenda; kuuma/kukakala kwa khungu chifukwa cha kuchepa kwa madzi ndi mafuta mthupi: -drying which occurs when one's skin loses too much water and oil it becomes rough, itchy, dry; onani **xerosis.**

skin abscess 1. chitupsya cha pa khungu; 2. chitupira\zi-; 3. chotupa\zo-; 4. kanjinji; ndi thumba lozama la mafinya pansi pa khungu: -it is a deep pocket of pus under the skin, which forms when the body tries to protect itself from an infection by creating a wall around it.

skin cancer khansa ya pa khungu: -the uncontrolled growth of abnormal skin cells, which occurs when damage to skin cell, often caused by ultraviolet radiation from sunshine or tanning beds, causes skin cells to multiply rapidly and form malignant tumours.

skull 1. chigaba\zi-; 2. chigaza\zi-: -the bone framework enclosing the brain.

-sleep -gona: -have a period of rest and recuperation for the body and the brain.

sleeping powder mankhwala a ufa ogonetsa; ndi mankhwala obweretsa tulo: -it is a drug to treat insomnia.

sleeping sickness 1. kaodzera; 2. matenda ogonagona; ndi matenda ogonetsa tulo amene amayamba ndi kachirombo ka maparasaiti kudzera mukulumidwa ndi tstetse fly: -it is a disease caused by parasites that are transmitted by the bite of tsetse flies, causing a condition of sleeping; onani **narcolepsy.**

smallpox nthomba; ndi matenda oopsya a vairasi opatsirana amene amapangitsa thupi kutentha komanso zilonda zotsala zipsera za muyaya: -it is a severe contagious viral disease, with fever and pustules that usually leave permanent scars.

sneezing kuyetsemula: -it is the sudden expulsion of air from the nose and mouth caused by irritation to the membranes.

-sniff -nunkhiza; ndi kupumira mkati kudzera m'mphuno pamene kamwa lili lotseka: -it is to inhale through the nostrils with the mouth closed.

social distancing kukhala motalikirana pofuna kuteteza kutenga kapena kupatsirana matenda, mwa chitsanzo Covid-19: -maintaining physical distance in protection against an infectious disease, for example Covid-19.

sore nsungu; ndi nsungu zopweteka za pa khungu kapena nemba ya mu mphuno: -it is any type of tender or painful sore of the skin or mucous membrane.

sore-throat 1. ululu wa pakhosi; 2.nsungu za kukhosi; 3. nsungu za kukhosi; ndi kupweteka kwa ku khosi, makamaka pomeza, mwachitsanzo matenda a vairasi a 'pharyngitis', kapena chimfine: -it is pain of the throat, especially when swallowing, for example the viral infection of pharyngitis, or the flu.

spasm 1. kukokana kwa minofu; 3. kuchita tsemwe; ndi kufupika kwa mtsempha mwadzidzidzi ndi mosafuna: -it is a sudden involuntary muscular contraction; onani **cramp.**

spastic (being s.) kumva kukokana kwa minofu; ndi kuuma kwa minofu komwe kungasokoneze kuyenda kapena kulankhula: -it is a condition of abnormal increase in stiffness of muscles, which might interfere with movement and speech.

specimen zoyeza za zotenga ku thupi la munthu ndi cholinga chofufuza matenda: -investigating by microspcope a part of bodily tissue to determine whether disease is present.

speculum chipangizo chokulitsira pamene pakuchitidwa opaleshoni: -an instrument used to widen an opening of the body for an operation.

speech organ chiwalo cholankhulira; ndi chiwalo chothandizira munthu kuti alankhule, mwachitsanzo magawo la kholingo, lilime, ndi milomo: -it is an organ helping to talk, e.g. the organs larynx, tongue, and lips, playing a part in speech.

sperm 1. umuna; 2. ukala; 3. mbewu ya abambo: -a cell which is produced in the sex organ of a male and used for fertilization.

psermatozoon (-zoa) mbewu ya abambo yomwe imanyamula zotengera kumtundu (genes): **-**male sex cells that carry a man's genetic material; onani **semen/sperm.**

-spew 1. -sanza; 2. -bzukula; ndi kutuluka kwa chakudya mofulumira ndi mwa mphamvu kuchokera m'mimba: -it is expelling large quantities of something rapidly and forcibly (food); onani **vomit.**

sphygmomanometer chipangizo choyezera kuthamanga kwa magazi: -an instrument for measuring blood pressure.

spine 1. fupa la pakati pa msana; 2. msana\mi-; 3. chigwira msana; ndi mzere wa mafupa wochokera ku mutu kufikira m'matako: -it is a row of bones, muscles, tendons, and other tissue stretching from the head to the buttock, enclosing the spinal cord and the fluid surrounding the spinal cord; also called: backbone, spinal column, vertebral column.

spinal column msana; ndi mafupa, mitsempha ndi minofu ina yochokera mutu mpaka m'matako: -they are the bones, muscles, and other tissues that reach from the base of the skull to the tailbone; onani **vertebral column.**

spinal cord 1. kachingwe kakatali koyera kamene kali pa fupa la pamsana ndipo kamanyamula uthenga kuchokera ku ubongo kupita ku thupi lonse; 2. mtsempha waukulu wochokera ku msana wopita ku mutu: -the long cord at the spinal column which carries messages from the brains to the whole body which forms the central nervous system.

spinal fluid madzi a mumsana: -the fluid that flows in and around the hollow spaces of the brain and spinal cord, and between two of the meninges, i.e. the thin layers of tissue that cover and protect the brain and spinal cord; onani **cerebrospinal fluid.**

spinal jacket chovala munthu wothyoka msana: -an instrument which immobilises the spinal column, worn by patients who have injured their spine, e.g. by spinal fractures, or/and have been operated upon.

spirochete mtundu wa mabakiteriya amene amayambitsa matenda monga chindoko: -a class of bacteria which cause diseases of e.g. syphilis; onani **treponema pallidum.**

spirometry kuyeza mulingo wa mpweya umene munthu akhoza kupumira kunja pa nthawi imodzi: -a test used to help diagnose and monitor certain lung conditions by measuring how much air you can breathe out in one moment of forced breath.

spleen kapamba; ndi gawo laling'ono kumbali ya kumanzere kwa m'mimba pafupi ndi chifu kumbuyo kwa nthiti, lofunikira ku chitetezo cha thupi: -it is a small organ in the upper left side of the abdomen, next to the stomach and behind the ribs, which is important for the immune system.

splenectomy opaleshoni ya kapamba; ndi kachotsedwe ka kapamba ngati akusokoneza magazi: -the surgical removal of the spleen, because it is adversely affecting the blood.

splenomegaly kutupa kwa kapamba; ndi kukula kwa kapamba, mwachitsanzo chifukwa cha matenda a m'magazi, chiwindi ndi khansa: -it is the problem of a growing spleen e.g. because of infections, liver disease and cancer.

spongy gum 1. zizindikiro za matenda a chiseyeye; 2. matenda oononga mizu ya mano; ndi matenda owoletsa mizu ya mano komanso kuchotsa mano: -it is a problem threatening the roots of the teeth, leaving them at risk of decay and loss.

-sprain 1. -binya; 2. -dzungunyuka; ndi kuvulala pamene minofu imatanuka kapena kung'ambika: -it is getting an injury by stretching or tearing the ligaments, resulting from overuse or trauma.

-spray 1. -popera mankhwala; 2. -waza mankhwala a madzimadzi: -apply liquid medicine in small drops.

-stagger 1. -dzandira; 2. -yenda kapena kusuntha mophepheluka: -walking and to move unsteadily.

staphylococcus gulu la tizirombo ta mabakiteriya toyambitsa matenda makamaka a pa khungu, omwe amachizidwa ndi 'penicillin': -a group of bacteria causing inflammation, especially on the skin, to be killed by penicillin.

status asthmaticus 1. mtundu wa matenda a mphumu; 2. kubanika koopsa kwa mphumu: -a severe attack of asthma, characterized by hypoxemia, hypercarbia, and secondary respiratory failure.

STD /STI (sexually transmitted diseases/ infections) matenda amapatsirana pogonana, mwa njira ya amayi, kutulukira chimbudzi, ndi kamwa: -infections that are spread from one person to another, usually through vaginal, anal, and oral sex.

stench 1. mphweya woipa; 2. fungo loipa; 3. kununkha; ndi fungo loipa la mphamvu: -it is a strong and very unpleasant smell.

sterile (-be s.) -sabereka; ndi kusatha kubereka ana: -it is being unable to reproduce.

sterilisation 1. opaleshoni yotseka kubereka: -operation to stop the ability of reproduce; 2. ntchito yotsuka/ kuwiritsa zipangizo za ku chipatala pogwiritsa ntchito madzi otentha: -the cleaning medical instruments in hot water; 3. kugwiritsa ntchito mankwala ophera tizirombo toyamitsa matenda: -using medicines that kill germs.

sterilizer chipangizo chokupha/chochotsela tizirombo toyambitsa matenda, pogwiritsa ntchito mphweya wotentha wowuma: -an apparatus for destroying viable microorganisms, as by the use of steam or dry heat.

sternum fupa lomwe limapezeka pakati pa chifuwa; ndi fupa la pakati pa mabere: -it is a partially T-shaped vertical bone, which forms the anterior portion of the chest wall centrally.

stethoscope chipangizo chomvera kugunda kwa mtima komanso kupuma, kumvera m'mapapo: -a medical instrument for listening to the action of the heart or breathing; the instrument has a small disc-shaped resonator that is placed against the chest, and two tubes connected to.

stiff (-be s.) 1. -limba; 2. -uma; 3. -vutika kupinda kapena kusintha maonekedwe a zinthu, mwa chitsanzo minofu yowuma: -the problem of not being flexible e.g. stiff muscles.

stigma kusala: -involving negative attitudes or discrimination against someone based on a distinguishing characteristic such as certain illness.

stigmatisation kusalidwa: -considering someone or something as worthy of disgrace or great disapproval.

stillbirth mwana wobadwa wakufa; ndi mwana amene wafa pamene nthawi yobadwa: -it is a baby who is born dead after 24 completed weeks of pregnancy.

-stink -nunkha; ndi kukhala ndi fungo loipa: -it is having a strong unpleasant smell.

stoma kachibowo koboola pamimba ndi cholinga chochotserapo zoipa za mthupi: -a small opening in the abdomen which is used to remove body waste, such as faeces and urine, into a collection bag.

stomach mimba\-; ndi gawo la thupi lothandizira kugaya/ kusungunula chakudya: -it is the digestive organ that is located in the upper abdomen.

stomachache kupweteka kwa m'mimba; ndi kumva ululu m'mimba: -it is pain from inside the abdomen or the outer muscle wall; this pain ranges from mild and temporary to severe and requiring emergency.

stool chimbudzi\zi-; 2. bibi (for kids): -a substance which is discharged in a movement of the bowels.

stool test kuyeza chimbudzi: -the collection and analysis of faecal matter to diagnose the presence or absence of a medical condition.

stridor 1. mapumidwe a phokoso popumira mkati; 2. kupuma kwa phokoso konjenjemera mopitirira chifukwa cha kutsekeka kwa kholingo: -a harsh, grating or vibrating noise when breathing, caused by obstruction of the windpipe or larynx.

stroke 1. matenda oziziritsa ziwalo za thupi; 2. kufa mbali ina ya thupi; ndi kuphulika kwa mitsempha yaikulu ya m'mutu/ bongo kumene kumabweretsa zizindikiro zolephera kuyenda/kusuntha kulankhula kapena kumvetsa: -it is the bursting of the big arteries in the head/brains associated with symptoms like

troubled walking, speaking and understanding, as well as paralysis or numbness of the face, arm or leg.

stye 1. sochera\-; 2. sokera\-; ndi matenda a mabakiteriya, ofanana ndi ziphuphu mu ntsidze za m'maso: -it is a painful bacterial infection, similar to a red boil or a pimple, involving the small glands near the base of your eyelashes/ eyelid.

sudoriferous glands timabowo ta pa khungu timene timatulutsa thukuta: -tiny openings in the surface of the skin that discharge sweat; they are small tubular structures situated within and under the skin.

-suffer 1. -zunzika; 2. -dwala; 3. -mva kupweteka; 4. -vutika; zochitika kapena kamvedwe koipa ndi kosayenera mthupi: -a situation or an experience of something bad or unpleasant.

suffering(s) 1. chipsyinjo\zi-; 2. ululu; 3. matenda; 4. kudwala; 5. mikwingwirima; 6. zowawa; 7. zopweteka; 8. zokhumudwitsa; 9. mazunzo, chiphinjo, kapena mazunzo: -the state of undergoing pain, distress, or hardship.

suffocation 1. kusowa mphweya; 2. kuchepa mphweya; 3. kutha mphweya; ndi kupuma movutika kusatha kupuma: -the state of difficulty in breathing, or the process of dying from being deprived of air or unable to breathe.

summer cold matenda a chimfine obwera chifukwa cha zouluka zochokera ku maluwa ndi zomera zina mu nthawi yotentha: -a common cold you catch because of blossoming flowers during summertime; onani **hay fever.**

-suppurate 1. -psa; 2. -phulika: -form or to discharge pus; onani **fester.**

surgeon dotolo amene anaphunzira za opaleshoni: -a medical practitioner qualified to practice surgery.

surgery 1. kuchita opaleshoni; 2. kuchiza pong'amba chiwalo chomwe chili ndi vuto/matenda; 3. kubwezeretsa ziwalo zovulala m'malo mwake; 4. kudula ziwalo; 5. kuchotsa ziwalo: -the branch of medical practice that treats injuries, diseases, and deformities by the physical removal, repair, or readjustment of organs and tissues, often involving cutting into the body.

surgical (-be s.) 1. -yenera opaleshoni; 2. -funika opaleshoni: -prepare the procedure to remove or repair a part of the body to find out if there is a present of disease.

susceptible (-be s.) -sachedwa kutengera matenda; ndi kulandira msanga matenda: -it is being likely or liable to be harmfully influenced by a disease.

sweat (n.) 1. thukuta; 2. chitungwi: -the release of liquid from the body's sweat glands.

sweat glands 1. timatumba ta mthupi topanga ndi kutulutsa; 2. malo otulutsa thukuta: -they are the coiled tubular structures vital for regulating human body temperature; onani **glands;**

sweat test 1. kuyeza thukuta; 2. kuyeza thukuta la odwala pofuna kupeza vuto la m'khungu: -the measuring of the amount of chloride, i.e. a component of salt, in the sweat/ a test of a patient's sweat to find problems of the skin.

swelling 1. kutupa; 2. kutupikana; 3. kufufuma; 4. chotupa\zo-; ndi kukula kosayenera kwa chiwalo chifukwa cha matenda kapena kukhala ndi madzi: -it is any abnormal enlargement of a body part, which is the result of an inflammation or a buildup of fluid; onani **oedema.**

swelling of the testicles mphudzi; ndi kutupa kwa maliseche a abambo, koyamba ndi matenda a bakiteriya, vairasi, kapena kupatsirana pogonana: -a swelling in one or both testicles as a result of an infection, which may be viral, bacterial or sexually transmitted.

swollen (-be s.) 1. -tupa; 2. -tupikana; -pertain to things that are abnormally enlarged.

symptom(s) 1. chizindikiro\zi-; 2. chisonyezo\zi-; ndi maonekedwe a thupi amene akuonetsa matenda: -it is a physical or mental feature indicating a disease.

syndrome 1. kuphatikizika kwa zizindikiro za matenda; 2. zizindikiro za matenda; 3. zizindikiro zosakhala bwino zimene zimabwerera pamene thupi likumenyana ndi mankhwala amene munthu akumwa: -a disease linked to group of associated symptoms which always occur together.

syphilis chindoko; ndi matenda oyamba ndi kachirombo ka abakiteriya yopatsirana pogonana kapena kukhudzana ndi timadzi ta mthupi tomwe tili ndi tizilomboti: -it is a bacterial infection, which is sexually transmitted); syphilis starts as painless sores on the genitals, rectum or mouth and spreads from person to person via skin or mucous membrane contact with these sores.

syncope kukomoka; ndi kugwa kapena kufooka, chifukwa cha kuchepa kwa magazi kwa kanthawi kochepa: -it is the situation of fainting or passing out, caused by a temporary dropping of the amount of blood.

T

tablet 1. mbulu wa mankhwala. 2. pilisi\ma-; 3. mapilisi a mankhwala: -a pharmaceutical oral dosage form/ a solid unit dosage form; onani **pill**.

tachycardia kuthamanga kwa mtima; ndi kuthamanga mtima kopyola muyezo wa 100 pa mphindi imodzi: -it is a condition that makes your heartbeat more than 100 times per minute.

talus fupa la chidendene: -the human tarsal bone that bears the weight of the body and that together with the tibia and fibula forms the ankle joint; onani heel.

tape worm 1. njoka za m'mimba; 2. nyongolotsi za m'mimba: -a parasitic worm resembling a piece of tape and consisting of many similar segments joined together.

tarsus mafupa a phazi amene amapanga mbali yeniyeni ya phazi: -the bones which form the main part of the foot; onani **metatarsus.**

TB chifuwa chachikulu: -a bacterial disease that usually attacks the lungs; onani **tuberculosis.**

TBA (Traditional Birth Attendant) mzamba\a-: -a person who assists a mother during childbirth and initially acquired her skills by delivering babies herself or through apprenticeship to other traditional birth attendants.

tear msozi\mi-: -a drop of clear saline fluid secreted by the lacrimal gland and diffused between the eye and eyelids to moisten the parts and facilitate their motion.

teeth mano (sing. dzino): -one of the structures within the mouth that are used for biting and chewing.

temperature kutentha kapena kuzizira kwa thupi, kumene kumapimidwa ndi chipangizo choyesera: -the degree of intensity of heat or cold in the body as measured by a thermometer.

temporary teeth 1. mano oyamwira; 2. mano oyambirira kutuluka mwa ana aang'ono; 3. timano tongoyembekezera tamwana: -the first set of teeth in the growth and development of humans.

tendon m'nofu wolimba wa maulusi umene umalumikiza minofu ku fupa: -tough, fibrous, cord-like tissue that connects muscle to bone or another structure, such as an eyeball; onani **sinew, ligament.**

tenosynovitis kutupa kwa mkati mwa mtsempha umene umalumikiza fupa ndi mnofu/nyewa: -an inflammation of the lining of the sheath that surrounds a tendon.

tenotomy opaleshoni ya mtsempha umene umalumikiza fupa ndi m'nofu: -the surgical cutting or reconstruction of a tendon.

tension headache 1. litsipa; 2. mutu: -heachaches that occur when neck and scalp muscles become tense or contract; onani **headache.**

term 1. nthawi ya mimba; 2. nthawi imene mayi ali woyembekezera: -the span of normal pregnancy.

termination 1. kusiyitsa/ kusiya; 2. kuthetsa; 3. kuletsa. 4. kuchotsa; 5. kutaya: -the early discontinuation or early termination of something e.g. a pregnancy.

test (n.) 1. kuyesa. 2. kuyeza. 3. kufufuza. 3. kupima; ndi dongosolo lofuna kupeza ndi kuyang'anira matenda, komanso kuganizira kasamaliridwe kake: -it is a

procedure to detect, diagnose, and monitor diseases, and to determine a treatment; onani **examination.**

testes onani **testicles.**

testicle tchende\machende; ndi anabere awiri ofanana m'thumba amene amapanga umuna ndi mahomoni a mwamuna: -it is one of two egg-shaped glands inside the scrotum that produce sperm and male hormones.

testicular cancer khansa ya mu machende: -cancer that forms in tissues of one or both testicles.

testosterone michere ya m'thupi yothandizira kupereka komanso kusunga maonekedwe achimuna: -male sex hormone or androgen produced in the testes; onani **androgen.**

tetanus 1. kalongolongo. 2. kafumbata. 3. matenda oumitsa minofu ndi mafupa a nsagwada; ndi matenda amene amabwera chifukwa cha bakiteria wotchedwa 'clostridium tetani': -it is an infection caused by the clostridium tetani bacterium and characterized by muscle spasms and lockjaw.

tetany kukokeka kwa m'nofu chifukwa cha kupuma mozama kwa nthawi yaitali: - the muscular contraction, produced by prolonged excessive deep breathing.

tetracycline mankhwala a tetasaikilini. ndi mankhwala ophera tizirombo toyambitsa matenda ta bakiteriya: -it is an antibiotic drug that kills bacteria, which cause diseases; onani **antibiotics.**

thalamus gawo la ubongo lothandizira munthu kuti azimva zochitika m'thupi: - part of the brain which plays an important part in the mechanism of sensation.

therapeutics maphunziro othandizira kuchiza matenda pogwiritsa ntchito mankhwala ndi zinthu zina: -the science of treating diseases, involving the use of drugs and other measure.

therapy 1. njira yochizira matenda a mthupi kapena a m'maganizo; 2. njira yochepetsera vuto: -remedial treatment of mental or bodily disorder.

thiamine vitamini B1: -a vitamin that helps the body's cells change carbohydrates into energy.

thigh 1. ntchafu; 2. gawo la mwendo la m'mwamba: -the upper part of the leg.

thighbone fupa loyambira m'chiuno kufika pa bondo: -the bone extending from the pelvis to the knee; onani **hip.**

thoracic (-be t.) -khudzana ndi za m'chifuwa kapena mu ngaga: -pertain to the chest.

thoracic cage mafupa a msana, nthiti, ndi chidale amene amaphimba mapapo: -the bones of the spinal column, ribs, and sternum, which form the framework of the

chest and enclose the lungs also known as rib cage or chest wall; onani **pleural cavity.**

thoracoplasty opaleshoni yochotsa nthiti imodzi kapena zingapo ndi kupangitsa khoma la chidale kulowa mkati ndi kukaphwafula mapapo ogwidwa ndi matenda monga a chifukwa chachikulu: -the surgical removal of ribs, allowing the chest wall to move inward and collapse a diseased lung.

thorax pachifuwa; ndi gawo la thupi lobisika ndi nthiti limene lili pakati pa mimba ndi khosi: -it is the area of the body, covered by the ribs, which is located between the abdomen and the neck.

thread worm 1. nyongolotsi za m'mimba. 2. tinjoka ta m'mimba. ndi mtundu wa nyongolotsi za maonekedwe ngati ulusi zimene zimayambitsa matenda m'matumbo komanso kuyabwa m'malo ozungulira potulukira chimbudzi: -it is a kind of minute worms, like threads, which infect the intestine causing intense itching round the anus.

throat 1. pakhosi. 2. kum'mero: -a ring-like muscular tube at the front of the neck that acts as the passageway for air, food and liquid.

throat cancer khansa pa pakhosi: -cancer that occurs in the throat (pharynx), voice box (larynx) or tonsils.

throat swab thonje pa kamtengo kotengera zoyesa/zoyeza kukhosi/kum'mero: -a small piece of cotton on a thin stick for investigating the throat; a test of the germs in the back of your throat.

-throb 1. -puma. 2 -gunda. 3. -mva kupweteka mogunda: -pulsate or pound with abnormal force or rapidity.

throes 1. ululu waukulu kwambiri; 2. kupweteka kwambiri pobereka: -severe pangs or spasms of pain, as in childbirth.

thrombocytes tiziwalo tatin'gono ta m'magazi timene timathandizira magazi kuuundana: -tiny, disc-shaped pieces of cell that are found in the blood and spleen; onani **platelets**.

thrombocytopenic vuto limene m'magazi muli tiziwalo tating'ono tothandizira magazi kuundana tocheperako kutengera ndi mlingo ofunikira: -a condition in which there is a lower-than-normal number of platelets in the blood.

thrombosis kuwundana kwa magazi mu mtsempha wa magazi kapena mkati mwa zipinda za mumtima: -the formation of a blood clot (thrombus) inside one of your blood vessels or a chamber of the heart.

thrush mauka: -a condition in which Candida albicans, a type of yeast, grows out of control in moist skin areas of the body; onani candidiasis.

thumb 1. chala chachikulu cha dzanja; 2. chala chachifupi chonenepa cha dzanja: -the short, thick finger on the body side or 'radial side' of the hand.

thymus mwanabere amene ali kumtunda komanso kumbuyo kwa fupa la bere, pansi pa khosi ndipo amatulutsa zinthu zimene zimapereka chitetezo cha m'thupi: -*(a)* the gland that is located in the upper chest behind the breastbone and in front of the lower neck in which the immune cells called T are produced, and *(b)* a gland that becomes smaller when the body grows.

thyroid cancer khansa ya mu chithokomiro: -a type of cancer that starts in the thyroid gland.

thyroid gland mwanabere wa pa khosi; ndi mwanabere amene ali kutsogolo kwa chubu chodutsa mphweya, amene amapanga michere yotchedwa ya 'thyroid' ndi 'calcitonin': -it is (a) a gland in the neck, situated in front of the trachea, which produces thyroid hormone, and (b) a gland located beneath the larynx (voice box) that makes thyroid hormone and calcitonin.

thyroidectomy opaleshoni yochotsa mwanabere wa pakhosi kapena gawo lina la mwanabere ngati njira imodzi yolimbana ndi matenda monga a chithokomiro kapena khansa yamu chithokomiro: -a surgical removal of all or part of the thyroid gland.

thyrotoxicosis vuto lomwe limabwera makamaka kwa amayi pamene pamene m'magazi am'thupi mukupezeke timichere tochuluka koposa mulingo woyenelera topangidwa ndi mwanabere wotchedwa 'thyroid': -a medical condition caused by an excessive amount of thyroid hormones in the bloodstream; onani **hyperthyroidism.**

thyroxine mtundu wa timichere tofunikira kwambiri m'thupi topangidwa ndi mwanabere wa pakhosi wotchedwa 'thyroid': -a hormone that is made by the thyroid gland and is one of the most important thyroid hormones.

tibia fupa lalitali lapakati pa bondo ndi kakolo: -the larger of two bones between the knee and ankle; onani **shinbone.**

tinea chipere: -a contagious fungal skin infection; onani **ringworm.**

tinea cruris mtundu wa zipere wobwera chifukwa cha nyongolotsi za pakhungu zmene zimapezeka mpheche-mpheche: -a ringworm of the groins.

tinea pedis 1. zilonda pakati pa zala; 2. nyatsi: -an infection of the skin and feet that can be caused by a variety of different fungi; onani **athlete's foot.**

tinnitus kumva phokoso m'makutu lochokera m'thupi mwako: -hearing sounds that come from inside your body, rather than from an outside source; onani Ménière's disease.

tissue m'nofu wolimba umene umapanga magawo osiyanasiyana a thupi; ndi gulu la kachiwalo ka thupi kokhala ndi dongosolo limodzi: -it is a group of cells that have similar structure and functions together as a unit.

tomogram chithunzi choonetsa mkati mwathupi chojambulidwa ndi makina a X-ray: -a radiograph (X-ray) of a selected layer of the body made by tomography.

tomography njira yojambulira zithunzi zamkati mwathupi zoonetsa mbali zitatu: -a medical imaging technique that takes pictures of slices or cross-sections of the body at different levels which can be combined to create a 3D image.

tongue lilime: -the muscular organ attached at one end in the region of the larynx, the other end being free.

tonometer chipangizo choyezera mphamvu ya kukungana kwa madzi m'diso: -an instrument for measuring tension or pressure and especially intraocular pressure.

tonometry njira yoyezera mphamvu ya kukungana kwa madzi m'diso: -a standard eye test that is done to determine the fluid pressure inside the eye.

tonsils ziwalo ziwiri zazing'ono za m'nofu mu mipata yopezeka kuseli kwa mphuno ndi kamwa: -a pair of small structures composed of lymphatic tissue in the pharynx.

tonsillitis matenda oyamba ndi tizirombo ta mabakiteriya amene amatupitsa ziwalo za m'nofu mu mipata yopezeka kumbuyo kwa mphuno ndi kamwa: -an inflammation of the tonsils, due to bacterial infection.

tooth dzino\ma-: -any of the hard, bony structures of the upper and lower jaws used for cutting, tearing and chewing; onaninso **molar.**

toothache 1. kupweteka kwa dzino; 2. ululu wa dzino: -pain concerning a tooth.

toxaemia matenda amene amayamba chifukwa cha kufala kwa kachirombo ka bakiteliya ndi poizoni wake m'thupi: -a disease caused by the spread of bacteria and their toxins in the bloodstream; onani **blood poisoning.**

toxic (-be t.) -khudzana ndi zakupha: -have to do with poison or something harmful to the body.

toxicology maphunziro okhudzana ndi poizoni: -the study of poisons, including the source, effect, and treatment of poisoning.

toxin 1. zakupha; 2. poizoni: -a poison made by certain bacteria, plants, or animals, including insects; onani **poison.**

toxoid vaccine katemera woteteza ku matenda; mwachitsanzo karongorongo, wochokera ku poizoni wochepetsedwa mphamvu: -a vaccine against diseases, e.g. tetanus, derived from modified poison to make it harmless.

trachea 1. chubu chimene mumadutsa mphweya popuma kuchokera mkamwa kupita ku mapapo; 2. nkhwiko; 3. kholingo: -the tube that conveys air for respiration from the mouth to the lungs.

tracheostomy opaleshoni yotsegula njira yodutsamo mphweya; ndi kutsegula chubu cha mphweya kuti mpweya wochokera kunja kwa thupi uzilowa. ndi

opaleshoni yothandiza kuchotsa vuto loopsya pochotsa zotchinga kuyenda kwa mpweya mu njira za mpweya: -it is an emergency operation to remove the airway obstruction in the pharynx or larynx, by making an opening or stoma into the windpipe.

trachoma 1. matenda a maso a manthongo; 2. linyonyo; ndi matenda a maso amene amatupitsa maso ndikupanga manthongo ndipo amayambitsa nkhungu/ kusaona/kupha maso: -it is an eye disease that produces a white substance and causes swollen eyes and blindness.

traction njira yochizira mafupa othyoka ponyamulitsa wodwala zinthu zolemera monga miyala: -method of healing a fractured limb by the steady pull exerted by a system of heavy weights e.g. stones on it.

trait khalidwe lapaderadera la munthu: - a specific feature or characteristic of an individual.

-tranquilise 1. -dekhetsa munthu ndi mankhwala; 2. -gonetsa munthu ndi mankhwala; 3. -chepetsa kumva kusowa mtendere ndi mantha kudzera m'mankhwala: -relieve mental tension and anxiety by means of drugs.

tranquiliser 1. mankhwala ochepetsa ululu; 2. mankhwala opatsa mtendere: -a drug that calms and soothes, and reduces stress and tension; onani **pain killer.**

transfusion (blood t.) 1. kuonjezera magazi m'thupi; 2. kupereka magazi kwa munthu.

transmission 1. kufala kwa matenda; 2. kupatsirana matenda; ndi kusamuka kwa matenda kuchokera kwa munthu kupita kwa munthu wina: -it is the transferring or spreading of a disease or infection from person to person.

transplantation kutenga nyama pa gawo lina la thupi ndi kuyikira pa gawo lina la thupi; ndi kutenga nyama pa gawo lina la thupi la munthu kupita pa gawo la thupi la munthu wina: -it is the surgical procedure in which tissue or an organ is transferred from one area of the body to another area of the same person or from the body one person (the donor) to another person (the recipient).

trauma kuwawidwa m'amaganizo kapena pa thupi chifukwa cha ululu, kuvulala, mankhwala kapena mantha ndi zochitika zoopsya za ku chipatala polandira thandizo la mankhwala: -the emotional and physical responses to pain, injury, serious illness, medical procedures and frightening treatment experiences.

treatment chithandizo cha mankhwala cha ku chipatala; ndi zonse zimene zimachitidwa ndi osamalira odwala poyang'anira ndi kuchepetsa zovuta zawo: -the help by health care providers do for their patients to control and lessen their health problems.

trematodes mtundu wa nyongolotsi zopezeka m'misempha ya magazi, m'matumbo, komanso m'chiwindi: -flatworms that live in blood vessels, biliary tract, intestines, and lungs of humans; onani **flukes.**

tremor 1. vuto la m'mitsempha lopangitsa ziwalo za thupi kunjenjemera, makamaka manja 2. manjenje: **-**disorder in veins that causes shaking movements in parts of the body, most often in the hands.

trench mouth matenda a ululu amene amachokera mu usinini ndipo amafalikira ku kamwa ndi kukhosi amene amayambitsa zilonda ndi zotupa pochotsa m'nofu yakufa: -a painful infection of the gums, spreading to the mouth and the throat with ulceration and swelling and sloughing off of dead tissue; onani **Vincent's angina.**

treponema pallidum tizirombo ta mabakiteriya timene timayambitsa matenda a chindoko: -a species of spirochete bacteria which cause syphilis; onani **spirochaeta pallida.**

-triage 1. -yika odwala m'magulu malingana ndi kukula kwa matenda amene akudwala kuti alandire thandizo mwamsanga komanso moyenelera; 2. -yika odwala m'magulu malingana ndi chiopsyezo cha matenda amene akudwala kuti alandire thandizo mwamsanga komanso moyenelera: -assess patients or casualties preliminary in order to determine the urgency of their need for treatment and the nature of treatment required.

Trichomonas (trichomoniasis) 1. kachirombo koyambitsa matenda ku maliseche a amayi; 2. kachirombo koyambitsa matenda a m'magazi opatsirana pogonana: -a small parasitic organism which infects the vagina, spreading by sexual contact; onani **pruritus.**

tricuspid valve mtsempha wa mtima m'mene magazi amadutsa: -the heart-valve which separates the right atrium and ventricle.

tsetse fly 1. pwayi\a-; 2. kashembe\a-: -any of several dipteran flies of the genus glossina that occur in sub-Saharan Africa and include vectors of human and animal trypanosomes (as those causing sleeping sickness and nagana); onani **sleeping sickness**.

tuberculin mtundu wa kachirombo koyambitsa matenda a chifukwa chachikulu kochepetsedwa mphamvu kamene kamagwiritsidwa ntchito kupeza chifuwa chachikulu: -a sterile liquid prepared from cultures of attenuated tubercle bacillus and used in the diagnosis of tuberculosis.

tuberculosis (TB)/active tuberculosis chifuwa chachikulu chopatsirana chimene chimayamba ndi bakiteriya wotchedwa 'mycobacterium tuberculosis: -a highly contagious infection that is caused by the mycobacterium tuberculosis.

tumour chotupa chosonyeza kuti thupi lili ndi vuto kapena ayi: -a malignant or benign swelling of a part of the body, generally without inflammation, caused by an abnormal growth of tissue.

tunneling wound bala lopangitsa mphako pansi pa khungu: **-**a wound that progressed to form passageways underneath the surface of the skin.

twinge kupweteka kwa thupi kodzidzimutsa koma kosakhalitsa: -a sudden sharp stab of pain.

tympanic membrane 1. nembanemba ya m'khutu; 2. ng'oma ya m'khutu; 3. mwini khutu; 4. make khutu: -the membrane that separates the outer ear from the middle eardrum.

typhus matenda oopsya amene amafala kuchokera ku zinyama kupita kwa anthu kudzera mu utitili, nsabwe ndi nthata: -a group of diseases caused by bacteria that are spread to humans by fleas, lice, and chiggers.

U

ulcer chilonda\zi-; chilonda chochedwa kupola kapena chobwerabwera chimene chimaboola khungu kapena nemba ya ziwalo za mkati mwa thupi: -it is a sore that is slow to heal or keep returning, and break on the skin, and on the lining of an organ.

ulna fupa la mbali ya chala chaching'ono cha dzanja limene limathandizira dzanja kuzungulira: -the bone on the little-finger side of the human forearm that forms with the humerus at the elbow joint and serves as a pivot in rotation of the hand.

umbilical cord mchombo wa mwana wosabadwa omwe umalumikiza mwanayo and thupi la mayi m'mimba: -a cord arising from the navel of the fetus and connects with the placenta.

umbilical hernia vuto la kukula kwa mchombo; ndi kutulukira kwa matumbo pa mchomo chifukwa cha kufooka kwa minofu yoteteza m'mimba kapena minofu yokutira m'kati mwa mimba: -it is hernia at the site of the umbilicus, due to the weakness in the abdominal wall; onani **hernia**.

umbilical sepsis matenda a pa mchombo wosapola wa mwana wobadwa kumene: -an infection at the unhealed umbilicus of a newborn baby.

umbilicus mchombo\mi-: **-**belly button; onani **navel.**

unconscious (-be u.) -khala chikomokere: -be not awake or aware and responding.

underarm mkhwapa-: -the hollow beneath the junction of the arm and shoulder; onani **axilla.**

underfive clinic sikelo ya ana a zaka zosaposera zisanu: -clinic that provides comprehensive care for the sick and healthy children of under five years.

undernourished onani **undernutrition.**

undernutrition 1. nyentchera; 2. kudya zakudya zosakwanira kupatsa mthupi thanzi; ndi kusowa chakudya chofunikira mthupi kuti likhale lathanzi: -it is having insufficient intake of food or other nutritious substances for health body; onani **malnutrition.**

underweight 1. sikelo yotsika kutengera msinkhu ndi zaka; 2. kulemera kochepera msinkhu ndi zaka za munthu; ndi kukhala ndi mlingo wotsika wa kulemera kwa thupi moyerekeza ndi zaka komanso msinkhu wa munthu: -it is being below the healthy weight range; onani **Body Mass Index.**

unhealthy (-be u.) 1. -dwaladwala; 2. -kusakhala ndi umoyo wa thanzi: -do not have or do not show good health.

uraemia kuchuluka kwa mchere wa urea ndi zosayenera zina m'magazi komwe kumasonyeza kuonongeka kwa impso: -having elevated concentrations of urea and other nitrogenous waste compounds in the blood associated with deterioration of kidney function.

urea mchere wosayenera m'magazi wotulitsidwa ndi impso kudzera m'mikodzo: -a waste product of nitrogen protein in the blood which is excreted by the kidneys in the urine.

ureters machubu amene amatenga mikodzo kuchokera ku impso kupita ku chikhodzodzo: -the tubes made of smooth muscle that propel urine from the kidneys to the urinary bladder.

urethra 1. njira imene mikodzo imadutsa kuchokera mu chikhodzodzo kupita kunja: -the tube that leads from the bladder and transports and discharges urine; 2. njira yotulukira mkodzo, komanso umuna wa amuna: -the tube that transports and discharges urine and semen.

urethral meatus 1. bowo lokodzera; 2. potulukira mkodzo; 3. pokodzera; -the point where urine exits the urethra in both sexes.

urethritis kutupa kwa njira ya mikodzo: -the inflammation of the urethra.

urinary bladder chikhodzodzo\zi-; ndi malo osungiramo mkodzo kwa ka nthawi: -it is the temporary storage reservoir for urine.

-urinate -kodza: -discharge urine from the body; onani **-micturate.**

urine mkodzo\mi-: -fluid containing water and waste products; onani **-pee.**

urology maphunziro a ukadaulo okhudzana ndi mmene thupi limapangira komanso kuchotsa mikodzo mthupi: -the branch of medicine and physiology concerned with the function and disorders of the urinary system.

urticaria matuza amene amatuluka pa khungu ndipo amayabwa/ amanyeren yesa kwambiri: -a raised, itchy allergic reaction rash that appears on the skin; onani **hives**.

uterine cancer khansa ya m'chiberekero: -cancer that forms in tissues of the uterus.

uterine polyps zomera za m'chiberekero; ndi zomera zosayenera zokula mkati mwa chiberekero ndi kunja ku mphako yake: -they are growths that attach to the inner wall of the uterus that extend into the uterine cavity

uterus chiberekero\zi-: -hollow, pear-shaped organ in a woman's pelvis; onani **womb.**

V

-vaccinate -pereka katemera; ndi kukulitsa kwa chitetezo cha m'thupi kudzera m'jakisoni ya mankhwala: -it is strengthening the immunity of the body by way of injecting medicine; onani **-inoculate, -inject;**

vaccination ndondomeko yopereka katemera*:* -the process of giving vaccine; onani **immunization.**

vaccine katemera: -an immunity booster.

vacuole mpata waung'ono opezeka m'minofu umene umakhala ndi madzi kapena mpweya: -a small cavity or space in the tissues of an organism containing air or fluid; onani **vesicles.**

vacuum extractor chipangizo chothandiza kubereka pokoka mwana kuchokera m'chiberekero: -a device that helps in the birth of a baby by pulling it from the womb when labour is stalled in the second stage; onani **forceps, cheatle.**

vagina 1. njira ya abambo; 2. njira ya amayi yotulukirako mwana; ndi chubu cha minofu kuchokera kunja kumaliseche kufikira khomo la chiberekero: -it is the muscular tube leading from the external genitals to the cervix of the uterus.

vaginal discharge chikazi: -fluid produced by glands in the vaginal wall.

valium amodzi mwa mitundu a mankhwala ogonetsa tulo; ndi mankhwala odekhetsa munthu, makamaka pochepetsa mantha: -it is a tranquillizing muscle-relaxant drug mainly used to relieve anxiety.

valve zitseko za mu mtima zolola magazi kulowa ndi kutuluka; -flaps (leaflets) that act as one-way inlets for blood coming into a ventricle and one-way outlets for blood leaving a ventricle.

valvular disease matenda a mtima amene amagwira zitseko zotulutsa kapena kulowetsa magazi mu mtima: -an abnormality in the functioning of the heart when any of the four valves has been damaged or is diseased.

variants gawo laling'ono la DNA lomwe ndi losiyana pakati pa ma DNA awiri omwe ndi opangidwa mofanana kwambiri: - a specific small section of a DNA make up which differs between 2 DNA genomes. without completely different genomes; onani **genetic variation**.

varicella katsabola; ndi matenda opatsirana a pakhungu owonekera mwa matuza oyabwa, oyamba ndi vairasi: -it is a highly contagious disease, marked by an itchy, blister-like rash, caused by the varicella-zoster virus, which is a type of herpesvirus; onani **chickenpox.**

varicocele mphudzi; ndi kukula kwa mitsempha ya magazi imene imachotsa magazi ku machende kupita ku mtima: -it is an enlargement of the veins that transport oxygen-depleted blood away from the testicles.

varicose eczema malo amene amayamba ndikuyabwa, kutupa ndi kusintha mtundu pa khungu m'miyendo: -itching places, inflammation and pigmentation at the skin of the lower legs.

varicose ulcer zilonda za m'miyendo zoyamba pamene mitsempha ya magazi ya m'miyendo ikulephera kubwezeretsa magazi ku mtima: -leg wounds that come because of poor blood return to the heart due to failure of valves in the veins.

varicose veins makanda ntchembere; ndi mitsempha yotupa yowonekera makamaka m'miyendo, pa mimba ndi mapazi: -they are swollen and enlarged veins that usually occur on the legs, stomach and feet.

variola minor nthomba; ndi matenda oyamba ndi kachirombo ka vairasi koma ka chiopsyezo chochepa: -it is a virus infection of a mild form of smallpox of low mortality; onani **smallpox.**

vascular gawo lalikulu la mitsempha limene limanyamula magazi m'thupi: -a large network of blood vessels and lymph vessels that circulate blood and lymph throughout the body.

vasectomy 1. njira yolera ya a bambo; 2. kutseka kwa a bambo; ndi opaleshoni yodula kapena kumanga machubu awiri amene amanyamula umuna kuchokera mmachende: -it is an operation to cut or tie off the two tubes that carry sperm out of the testicles.

vasoconstriction kunin'ga kwa mkati mwa mitsempha yonyamula magazi, chifukwa cha minyewa yaing'ono yomera m'mbali mwake: -the narrowing (constriction) of blood vessels by small muscles in their walls.

veneral diseases matenda opatsirana pogonana: -diseases that are passed from one person to another through sexual intercourse; onani **sexually transmitted disease STD.**

veganism kusadya nyama; ndi kusala mitundu yonse ya chakudya chochokera ku nyama: -it is abstinence from all food that comes from animals.

vegetables masamba: -a plant specifically used as food.

vegetarianism kudya zamasamba zokhazokha; ndi khalidwe losadya nyama kapena nsomba: -it is the abstinence from meat and fish, and eat vegetables only.

vein mtsempha\mi-; ndi mtsempha wotenga magazi amene agwira ntchito mthupi kuwabwezeretsa ku mtima: -it is a blood vessel that carries deoxygenated blood from tissues and organs in the body to the heart.

venepuncture njira yotengera magazi pa mtsempha, pogwiritsa ntchito singano kapena njakisoni: -a technique of withdrawing blood from a vein, using a hollow needle and syringe.

venesection njira yotengera magazi pocheka pa mtsempha ndi cholinga choyeza magazi: -the method of drawing or removing blood from a vein for the purpose of analysis of the blood.

venom 1. poizoni wochokera ku zinyama; 2. zakupha zochokera ku zinyama: -a toxic substance produced by some animals as snake, bees or scorpions; onani **poison.**

ventilation kulowa ndi kuyendayenda kwa mphweya wabwino m'chipinda: -the provision of fresh air to a room.

ventilator makina othandizira wodwala kupuma: -a machine used to help a patient breath; onaninso **respiratory**.

ventricle mphanga zikuluzikulu za mtima zimene zimalandira komanso kutulutsa magazi kuchoka mumtima kupita mthupi ndi mmapapo: -large chambers toward the bottom of the heart that collect and expel blood towards the peripheral beds within the body and lungs.

ventricular septical defect chibowo chobadwa nacho cha mnofu wolimba wapakati pa mphanga ziwiri za mumtima: -the congenital problem of a hole in the heart, which occurs in the wall or septum that separates the heart's lower chambers, or ventricles, and allows blood to pass from the left to the right side of the heart.

ventriculogram kuyeza kwa mtima kumene kumasonyeza m'mene mtima ukugwira ntchito yopopa magazi: -a test that shows images of how your heart is pumping blood.

venus blood magazi amene alibe mpweya wabwino ndipo amaoneka kufiira koderadera: -dark red blood due to low level of oxygen.

veremia kupezeka kwa kachirombo ka vairasi m'magazi: -the presence of viruses in the blood.

vertebra(-ae) 1. timafupa ta kumsana tolumikizana; 2. gawo laling'ono la fupa la msana; 3. timafupa ta pakati pa msana: -individual, interlocking bones that form the spinal column.

vertebral column msana: -the central axis of the skeleton; onani **spine, backbone.**

vertex 1. liwombo; 2. pa mwamba pa mutu: -the top/crown of the head.

vertex presentation njira yabwino ya mwana pobadwa potsogoza mutu: -the ideal position for a fetus to be in for a vaginal delivery; onani **crowning.**

vertigo kumva ngati chilichonse chikuyenda kapena kuzungulira pamalo pamene wakhala komanso kumva phokoso m'khutu: **-**the sensation that you, or the environment around you, is moving or spinning; onani **Ménière's disease.**

vesicle kathumba kakang'ono ka madzi m'malo osiyanasiyana thupi: -a small fluid-filled sac within the body; onani **vacuole.**

vibrio kachirombo kosaoneka ndi maso kopezeka mu nyanja za mchere koyambitsa matenda a otsekula m'mimba monga kolera ndi kamwazi: -a microorganism responsible for diarrhoea diseases like dysentery and cholera.

visceral (-be v.) 1. -chita mopupuluma; 2. -chita pongoona ndi maso kapena kungomva mopanda kuganiza mofatsa: -result from strong feelings rather than careful thought, gut feeling.

visceral (n.) ziwalo za mkati mwa thupi makamaka zimene zili mkati mwa nganga monga mtima ndi mapapo, komanso mmimba monga chiwindi ndi matumbo: -the internal organs of the body, specifically those within the chest (as the heart or lungs) or abdomen (as the liver, pancreas or intestines).

visceral fat mafuta oopsa ku thanzi la munthu opezeka mkatikati mwa mmimba, omwe amakuta ziwalo monga chifu, chiwindi ndi matumbo: -belly fat which is more dangerous to health found deep within the abdominal cavity, surrounding important organs like the stomach, liver and intestines.

visceral pain ululu obwera chifukwa ziwalo za mkati zili ndi vuto kapena zavulala: -the pain felt when the internal organs are inflamed, diseased, damaged or injured.

Vincent's angina matenda amene amatupitsa kukhosi ndi kupagitsa zilonda mu nkhama: -an infection that causes swelling in the throat and ulcers around the gums.

viral (-be v.) -khudzana ndi kachirombo ka vairasi: -pertaining to a virus.

virology maphunziro a mavairasi komanso matenda oyamba ndi mavairasi: -branch of medicine that studies viruses and the diseases they cause.

virus vairasi\ma-; ndi kachirombo kosaoneka ndi maso koyambitsa matenda osiyanasiyana: -it is a germ causing diseases.

vitamin zakudya zofunikira m'thupi zopezedwa mu mbewu ndi nyama zothandiza kukula ndi moyo wa thanzi: -any of a group of organic compounds which are essential for normal growth and nutrition and are required in small quantities in the diet because they cannot be synthesized by the body.

vitiligo matenda omwe amasintha mtundu wa khungu kubwera madotho oyera: -a chronic auto-immune disorder that causes patches of the skin to lose pigment or colour; onani **leukoderma.**

voicebox onani **larynx.**

vomit 1. -sanza; 2. -bzikula (ana akhanda); ndi kutulutsa kwa chakudya chomwe chadyedwa kale kuchokera ku m'mimba mwadala kapena chifukwa cha kusamva bwino ndi zina: -it is the forcible voluntary or involuntary emptying ('throwing up') of stomach contents through the mouth.

vomitus 1**.** masanzi; 2. masanzo: -the matter that has been vomited

vulva 1. kumaliseche kwa munthu wamkazi; 2. kumalo obisika a munthu wamkazi: -term that describes all of the structures that make the female external genitalia.

vulvilitis 1. kutupa kwa ku maliseche a munthu wamkazi; 2. kutupa kwa kumalo kobisika kwa munthu wamkazi; 3. ndi matenda a kumalo kobiskia kwa munthu wamkazi: -it is an inflammation of the vulva.

W

waist chiuno\zi-: -the part of the abdomen between the rib cage and hips.

ward 1. chipinda chachikulu chosungiramo anthu odwala m'chipatala; 2. chipinda chogonekamo odwala ku chipatala; -a large room in a hospital where a number of patients often requiring similar treatment are accommodated; onani **sickroom.**

ward attendant wothandizira mu chipinda cha odwala ku chipatala: -person who assists the patients in the ward in hospital.

warts 1. njerewere-; 2. mauka; 3. likango (genital warts); ndi zomera pakhungu zoyamba ndi kachirombo ka vairasi: -they are benign, epidermal lesions can appear anywhere on the body and are caused by human papilloma virus infection).

Wassermann test kuyeza kwa magazi pofuna kuyeza matenda a chindoko: -a blood test which detects syphilis infection.

watery stool chimbudzi cha madzimadzi; ndi kutsegula m'mimba koyamba ndi kachirombo ka bakiteriya ndi vairasi: -it is watery stool, which means having diarrhoea caused by bacterial and viral infections.

wax phula la m'khutu; ndi zinthu zopangidwa mkhutu: -it is the 'wax' substance secreted in the passage leading to the ear drum.

weakness 1. kufooka; 2. kusakhala ndi mphamvu: -it is the state of not being strong or powerful.

weight 1. kulemera kwa thupi kapena chinthu; 2. sikelo: it is a body's relative mass or the quantity of matter contained by it.

Weil's disease/ leptospirosis matenda obwera ndi makoswe, oyambitsa chikasu: -an illness that is spread by sewer rats causing jaundice.

wheelchair mpando wa matayala wothandizira anthu omwe ali ndi vuto loyenda, chifukwa cha matenda, kuvulala kapena kulumala: -a chair on wheels for persons who are unable to walk as a result of illness, injury, or disability.

-wheeze -lira kukhosi popuma; ndi phokoso losakhala wino lomveka popuma chifukwa cha kutchingika kwa chubu cha mphweya: -it is an uncommon sound in the chest when breathing, as a result of obstruction in the air passages.

white matter gawo la ubongo la phalaphala lofikira kumsana la mitsempha yopereka uthenga ku zigawo za thupi: -the part of the nervous system consisting of axons/ nerves which have white matter; onani **substantia alba.**

whitlow 1. katulutulu; 2. kafulukutu; ndi kutupa kwa mafinya kwa chala cha m'manja chifukwa cha mabakiteriya: -it is a bacterial infection or abscess involving the pus at the tip of finger.

WHO (World Health Organisation) Bungwe Loyang'anira za Umoyo pa Dziko lonse.

whooping cough onani **pertussis.**

wind (-belch w.) 1. -geya; 2. -puma; ndi kutulutsa mwaphokoso mphweya kuchokera m'mimba kudzera m'kamwa: -it is to emit wind noisily from the stomach through the mouth.

wind (-pass w.) 1. -phwisa; 2. -geyetsa (of a baby).

window period nthawi yosaonekera kwa matenda; ndi nthawi imene ili pakati pa kutenga matenda ndi kuyezedwa matenda: -the window period for testing designed to detect a specific disease, particularly an infectious disease.

windpipe onani **trachea.**

womb/ uterus chiberekero\zi-; ndi chiwalo cha m' mimba mwa akazi chomwe mwana amakuliramo: -it is the organ in the belly of a woman in which a baby develops before birth.

worms njoka za m'mimba.

wound 1. bala\ma-; 2. chilonda\zi-: an injury to living tissue, breaking the skin, caused by a cut, a blow, or other impact.

wounded (-be w.) 1. -vulala; 2. -pwetekeka; ndi kupangitsa chilonda: -it is being inflicted with a wound.

wrist mfundo ya dzanja; ndi polumikiza dzanja ndi mkono: -it is the joint between the hand with its carpal bones and the forearm.

X

xeroderma(-ia) 1. vuto la pakhungu lobadwa nalo pamene khungu limapeza mavuto ndi dzuwa komanso likhoza kukhala pa chiopsyezo cha khansa yapakhungu; 2. kuthetheka khungu; 3. kukhakhala kwa khungu cha matenda; 4. kuwuma pa kamwa; 5. kuwuma m'kamwa chifukwa cha matenda: -the problem of an exessively dry skin which result in skin roughness, tightness, flaking and scaling.

xerophthalmia maso owuma; ndi kuwuma kwa maso chifukwa cha matenda; ndi kuwuma kosayenera kwa ganda la diso ndi mkati mwa diso: -abnormal dryness of the conjunctiva and cornea of the eye, with inflammation and ridge formation, typically associated with vitamin A deficiency.

xerostomia kuwuma kwa malovu m'kamwa; ndi vuto la kuchepa kwa mate m'kamwa: -the problem of decreased salivary flow.

xerosis khungu louma: -the problem that occurs when the skin loses too much water and oil; onani **dry skin.**

X-ray kujambula kwa thupi kapena mkati mwa thupi mwa njira ya kuwala; kudzera m'magetsi ndi cholinga chopeza matenda: -a form of electromagnetic radiation of the inner of the body, aimed at finding diseases.

Y

yellow fever malungo opangitsa chikasu; ndi matenda a vairasi ofalikiridwa ndi udzudzu: -it is a viral disease transmtited by mosquitos; onaninso **hepatitis, jaundice.**

yaws matenda a pakhungu a tizilonda tokhala ngati njerewere; ndi matenda opatsirana oyamba ndi tizirombo ta mabakiteriya toyambitsa matenda a chindoko: -it is a skin infection of bacteria causing syphilis.

yeast (infection) mauka; ndi matenda oyabwa amene amagwira ku malo obisika kwa akazi, oyamba ndi fangasi: -it concerns warts and itching at the gential parts of a woman, caused by a fungus.

Z

zinc mchere wofunikira m'thupi umene thupi limatenga ku zakudya kapena ku mankhwala: -an essential body mineral, available for the body in food or medicine.

zoonosis(-es) matenda alionse ochokera kwa zinyama kupita kwa anthu: **-**any disease or infection that is naturally transmissible from vertebrate animals to humans.

zygoma fupa la tsaya; ndi fupa limene limapanga maonekedwe a tsaya: -the bone that forms the prominence of the cheek.

zygonia molumikizana mafupa a mutu; ndi malo amene mafupa a chibade cha mutu amalumikizana: -they are the places where the bones of the skull are connected.

zygote khanda losamaliza kumera ziwalo zonse m'mimba mai ake: -the fetus in the womb that is not yet fully grown; ndi kumera komwe kamapangidwa chifukwa cha ukazi, kapena dzira la mkazi, ndi umuna yopangidwa ndi mgwirizano wa umuna ndi dzira, yotsatiridwa ndi kukhala kwa kamwana kakang'ono kosabadwa: -it is the first diploid cell that is formed by the fusion of male and female gametes resulting in the formation of an embryo.

zymase zinthu za m'thupi zothandizira kusungunula shuga m'thupi: -the enzyme that helps the digestion of sugar; onani glucose.

Acronyms

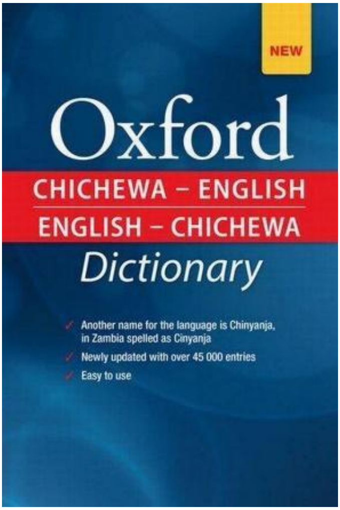
AIDS	Acquired Immunodeficiency syndrome	Matenda a EDZI.
ART	Anti-Retroviral Therapy	Mankhwala a kachirombo ka HIV (otalikitsa moyo).
BEONC	Basic Emergency Obstretic and Neonatal Care	Chithandizo chofunikira mwadzidzidzi chokhudza ndi ubereki ndi chisamaliro cha ana obadwa kumene.
BPD	Bronchopulmonarchy dysplasia	Matenda a m'mapapo a ana ang'ono, makamaka amene anabadwa maskiku osakwanira.
CBD	Community Based Distribution	Kagawidwe ka zinthu kudera.
CHAM	Christian Health Association of Malawi	Bungwe lachikhristu loyang'anira zaumoyo m' Malawi.
COVID-19	COVID 19	Matenda oyamba ndi kachirombo ka Corona amene anabuka mu chaka cha 2019.
CVA	Cerebrovascular accident	Kuvulala kwa ubongo komwe ubongo umadzadza ndi magazi.
EC	Emergency Contraception	Mankhwala olera apangozi.
EHP	Essential Health Package	Thumba la umoyo wabwino.
EN/M	Enrolled Nurse/Midwife	Namwino/ Mzamba.
FOBT	Faecal Occult Blood Test	Kuyesa magazi a m'chimbudzi amene angatanthauze kukhalamo matenda a kansa.

HAS	Health Surveillance Assistant	Alangizi a za umoyo.
HBV	Hepatitis B Virus	Kachirombo ka vairasi koyambitsa matenda a mu chiwindi.
HIV	Human Immuno-deficiency Virus	Kachirombo koyambitsa HIV; Kachirombo ka vairasi kochepetsa chitetezo cha m'thupi la munthu.
HTC	HIV Testing and Counseling	Kuyeza ndi kupereka uphungu wa HIV.
ITN	Insecticide Treated Bed Nets	Neti ya mankhwala yophera udzudzu.
IUCD	Intra-uterine contraceptive device	Njira ya kulera ya lupu.
LGV	Lymphogranuloma Venereum	Mtundu wa matenda opatsirana pogonana amene amapanga zitupsya m'phechepeche.
MDGs	Millennium Development Goals	Zolinga za chitukuko pa nthawi/ zaka zokonzedwa
MDHS	Malawi Demographic and Health Survey	Kafukufuku wa chiwerengero ndi umoyo wa anthu a ku Malawi.
MGDS	Malawi Growth and Development Strategy	Njira zokwezera ndi kutukulira Malawi.
MMR	Maternal Mortality Ratio	Chiwerengero cha amayi omwalira chifukwa cha ubereki pachaka.

MNH	Maternal and Neonatal Health	Umoyo wa amayi wokhudzana ndi ubereki ndi ana obadwa kumene.
MoHP	Ministry of Health and Population	Unduna wa za Umoyo ndi Chiwerengero cha Anthu.
MRI	Magnetic Resonance Imaging	Njira yojambula mkati mwa thupi la munthu ndi makina a maginito.
MSM	Men having Sex with Men	Amuna ogonana ndi amuna okhaokha (mathanyula).
MTCT	Mother to Child (HIV) Transmission	Mayi kupatsira mwana kachirombo ka HIV pamene akubereka.
NAC	National AIDS Commission	Bungwe loona za matenda a EDZI.
NAPHAM	National Association of people living with HIV and AIDS in Malawi	Bungwe la anthu amene ali ndi kachirombo ka HIV komanso amene akudwala matenda a EDZI.
NCC	Nested Cohort Control	Kafukufuku ochitikira mkati-kati mwa gulu la akafukufuku ena.
NGO	Non-Governmental Organization	Mabungwe amene si aboma.
NMCM	Nurses and Midwives Council of Malawi	Bungwe loyang'anira anamwino ndi azamba m'Malawi.
NVP	Neviraprine	Mankhwala a kachirombo ka HIV.
OPD	Out-Patient Department	Malo olandirirako thandizo odwala omwera mankhwala ku nyumba amene sanagonekedwe ku chipatala.
PCV	Pneumococcal Conjugate Vaccine	Katemera wa chibayo.

PMTCT	Prevention of Mother-to-Child Transmission	Kuteteza kupatsirana matenda kuchokera kwa mayi kupita kwa mwana.
POA	Programme of Action	Ndondomeko ya zochitika.
PoW	Programme of Work	Ndondomeko ya ntchito.
RH	Reproductive Health	Uchembere wabwino.
RHU	Reproductive Health Unit	Ofesi yoona za uchembere wabwino.
RNM	Registered Nurse/Midwife	Namwino/Mzamba amene anaphunzira ku sukulu yovomerezeka ndi dziko ndi kukhoza mayeso andi kukhala ndi chiphaso chosamalira odwala ndi nthambi ya boma yoona za anamwino mdziko.
RV	Rota Virus	Kachirombo ka vairasi koyambitsa matenda opatsirana amene amatsagana ndi kutsekula m'mimba komanso kusanza.
SRH	Sexual and Reproductive Health	Uchembere ndi ubereki wabwino.
SRHR	Sexual and Reproductive Health and Rights	Maufulu a kugonana ndi ubereki wabwino.
STD	Sexually Transmitted Diseases	Matenda opatsirana pochita pogonana
STI	Sexually Transmitted Infections	Matenda opatsirana pogonana.
SWAp	Sector Wide Approach	Ndondomeko younika zotsatira za umoyo potengera mbali zochulukirapo
TBA	Traditional Birth Attendant	Mzamba.

UNFPA	United National Population Fund	Thumba la za chiwerengero cha anthu la Bungwe la Maiko onse a Dziko Lapansi.
VD	Venereal Diseases	Matenda opatsirana pogonana.
WHO	World Health Organisation	Bungwe Loyang'anira za Umoyo wa Anthu pa Dziko lonse la pansi.



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MEDICAL TERMS

MAWU A ZA CHIPATALA

English - Chichewa
First Edition

The list of medical terms is designed to enable the use of standard and culturally adapted vocabulary in translations of research materials, data and related information, from English to Chichewa , in order to support effective and ethical research and public engagement in communities.

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Malawi Liverpool Wellcome Research Programme
P. O Box 30096, Chichiri, Blantyre 3, Malawi.
Tel. +265 1 876444. Fax +265 1 875774