

ALL INDIA INSTITUTE OF MEDICAL SCIENCES

MANGALAGIRI

ANDHRA PRADESH

**TELUGU HANDBOOK
(FOR MEDICOS AND DOCTORS)**

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ALL INDIA INSTITUTE OF MEDICAL SCIENCES

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ANDHRA PRADESH**

Telugu Hand book

(For Medicos and Doctors)

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Preface

“Just listen to your patient, he is telling you the diagnosis”

-William Osler.

All India Institute of Medical Sciences (AIIMS), Mangalagiri was setup under Pradhana Mantri Swasthya Suraksha Yojana (PMSSY) scheme, attracting clinical, para clinical and pre clinical faculty, residents, MBBS students, nurses, technicians from across the country and Telugu is not the mother tongue of good number of them. For any valid interaction and effective rapport building between patients, their family and care givers an effectful communication is necessary and this can be achieved when both the patient and doctor interact with each other in a common spoken language. Knowing this actuality I have brought out the first book entitled as “Telugu Handbook (for Medicos and Doctors)”.

AIIMS Mangalagiri is a budding tertiary care institution which is providing training and medical care services with twelve clinical departments and will expand its horizon in the near future with addition of many new speciality and super-speciality departments and the number of non-telugu speaking students, residents and faculty will increase exponentially. Recognizing this felt need I have conceived and written this book so that it would generate interest in every medico and doctor in interacting with the patients.

This book provides English transliteration of commonly used Telugu words and phrases in interaction between doctor and patients. The Telugu translation is provided with Telugu words spelled in English alphabets, thus deterring the need for learning Telugu script and also making it useful for anyone who knows English, regardless of his/her mother tongue.

I take this opportunity to express heartfelt gratitude to Department of Medical Education, Jawaharlal Institute of Postgraduation Medical Education and Research (JIPMER), Puducherry for their publication “Tamil for Medicos” which has instilled the thought and a source of great reference for this book.

I expect this book will benefit all the non-telugu speaking medicos and doctors of AIIMS, Mangalagiri and all others joining this esteemed institution in the near future.

Valuable suggestions, constructive criticism, errors in this book and additions required for updating the book is highly welcomed which can be sent to navyakrishna.n@aiismangalagiri.edu.in

Dr.Navya Krishna Naidu

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My sincere thanks to all my colleagues at AIIMS Mangalagiri for their encouragement and support and I look forward that every Doctor and Medico will get benefited with this book "Telugu Handbook (for Medicos and Doctors)".

I must thank and acknowledge the **Department of Medical Education, Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER), Puducherry** for their book "**Tamil for Medicos**" which was a great source of reference for me in phrases of medical history taking, conceptualizing the content, and various other aspects in bringing out this book.

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Pronunciation

English alphabet	Hindi alphabet	English alphabet	Hindi alphabet	English alphabet	Hindi alphabet	English alphabet	Hindi alphabet
'a'	अ	'ka'	क	'tha'	त	'va'	व
'aa'	आ	'Kha'	ख	'Tha'	थ	'Sa'	श
'i'	इ	'ga'	ग	'dha'	द	'Sha'	ष
'ee'	ई	'Gha'	घ	'Dha'	ध	'sa'	स
'vu'	उ	'cha'	च	'na'	न	'ha'	ह
'oo' / 'voo'	ऊ	'Cha'	छ	'pa'	प	'ksha'	क्ष
'ye'	ये	'ja'	ज	'Pha' / 'fa'	फ		
'ae' / 'yae'	ए	'Jha'	झ	'ba'	ब		
'ai'	ऐ	'ta'	ट	'bha'	भ		
'vo'	वो	'Ta'	ठ	'ma'	म		
'oe'	ओ	'da'	ड	'ya'	य		
'avu'	औ	'Da'	ढ	'ra'	र		
'am'	अं	'Na'	ण	'la'	ल		

*Readers please use English phoenics as given for hindi (being national language) alphabets

English alphabets used for pronunciation in telugu in this book	Hindi alphabet	Example of a word pronounced in hindi (English meaning)	Example of a word pronounced in telugu (English meaning)
'a'	अ	M <u>a</u> (Mother)	<u>a</u> mma (Mother)
'aa'	आ	Ja <u>aa</u> na (Go)	Na <u>aa</u> na (Father)
'i'	इ	i <u>im</u> li (Tamarind)	i <u>illu</u> (House)
'ee'	ई	Ch <u>ee</u> ni (Sugar)	Ne <u>ee</u> ru (Water)
'vu'	उ	u <u>ust</u> haadh (Teacher)	V <u>u</u> ngaram (Ring)
'oo' / 'voo'	ऊ	A <u>aloo</u> (Potato)	M <u>oo</u> du (Three) v <u>oo</u> ru (Place)
'ye'	ये	Ru <u>paye</u> (Rupees)	y <u>e</u> luka (Rat)
'ae' / 'yae'	ए	Pa <u>ed</u> (Tree)	Ra <u>e</u> pu (Tomorrow) Ya <u>e</u> nugu (Elephant)
'ai'	ऐ	a <u>in</u> ak (Spectacle)	a <u>id</u> hu (Five)
'vo'	वो	Sar <u>vo</u> ththam (Best)	v <u>o</u> kati (One)
'oe'	ओ	S <u>o</u> na (Gold)	Go <u>er</u> u (Nail)
'avu'	औ	a <u>vu</u> rath (Lady)	a <u>vu</u> thundhi (will happen)

English letters used for pronunciation in telugu in this book	Hindi Letter	Pronounced as words in hindi (English meaning)	Example of a word pronounced in telugu (English meaning)
“kka”	क्क	Nuk <u>kk</u> ad (Corner of street)	A <u>kk</u> a (Elder Sister)
“chh”	च्च	Ka <u>ch</u> ha (Raw)	Pa <u>ch</u> hadi (Pickle)
“jja”	ज्ज	Sa <u>jj</u> an (Good people)	Sa <u>jj</u> alu (Bajra)
“tta”	ट्ट	Kh <u>tt</u> a (Sour)	Pa <u>tt</u> a (Abdomen)
“dda”	ड्ड	Ha <u>dd</u> a (Weeds)	Ga <u>dd</u> am (Chin)
“thth”	त्त	Sa <u>th</u> thar (Seventy)	A <u>th</u> thayya (Aunty)
“ddha”	द्ध	Mu <u>dd</u> ha (Issue)	Ga <u>dd</u> ha (Eagle)
“nna”	न्न	Vi <u>nn</u> ahina (Different)	A <u>nn</u> am (Cooked Rice)
“ppa”	प्प	Ch <u>pp</u> al (Sandals)	A <u>pp</u> adam (Pappad)
“mma”	म्म	Cha <u>mm</u> ach (spoon)	Co <u>mm</u> a (Branch of a tree)
“yya”	य्य	Bha <u>yy</u> a (Brother)	Ma <u>av</u> ayya (Uncle)
“lla”	ल्ल	Ki <u>ll</u> ath (Shortage)	All <u>l</u> am (Ginger)

Telugu Handbook (For Medicos and Doctors)

Chapter I Common Words

1. Relationships (Sambandhaalu)			
English	Telugu spoken word in english	English	Telugu spoken word in english
Mother	<i>Amma</i>	Father	<i>Naanna</i>
Sister	<i>Akka(or) chellelu/Chelli</i>	Brother	<i>Annayya (or) thammudu</i>
Elder sister	<i>Peddha akka</i>	Elder brother	<i>Peddha annayya</i>
Younger sister	<i>Chinna Chellelu</i>	Younger Brother	<i>Chinna thammudu</i>
Grand mother	<i>Ammamma (or) naayanamma (or) Baamma</i>	Grand Father	<i>Thaathayya</i>
Aunty	<i>Atthayya (or) Pinni</i>	Uncle	<i>Mamayya (or) Baabaayi</i>
Nephew	<i>Maenalludu</i>	Niece	<i>Maenakoedalu</i>
Sister-in-law	<i>Vadhina/ Maradhalu</i>	Brother-in-law	<i>Baava/ Baavamaridhi</i>
2. Common Antonyms (vyathiraeka padhaalu)			
Big/ Large	<i>Peddha</i>	Small/short	<i>Chinna</i>
Up	<i>Pyna</i>	Down	<i>Kindha (Krindha)</i>
Right	<i>Kudi</i>	Left	<i>Yedama</i>
Back	<i>Venuka</i>	Front	<i>Mundhu</i>
Out/Outside	<i>Bayata</i>	In/Inside	<i>Loepala</i>
Here	<i>Ikkada</i>	There	<i>Akkada</i>
This	<i>Idhi</i>	That	<i>Adhi</i>
3. Pronouns: Personal (swara naamaalu)			
Male (s)	<i>Purushudu/ Purushulu/ MagavaaLLu</i>	Female (s)	<i>Sthree/ Sthreelu/ Aadavaaru</i>
He	<i>Athanu/ Aayana Ithanu/Eeyana</i>	She	<i>Aame Eeme</i>
You	<i>Nuvvu/ Meeru (With respect)</i>	I / Me	<i>Naenu</i>
They	<i>VaaLLu/ Vaaru</i>	It	<i>Idhi/ Adhi</i>
For you	<i>Neeku/ Meeku (with respect)</i>	For me	<i>Naaku</i>
For them	<i>VaaLLaki</i>	For him	<i>Athaniki/ vaariki(with respect)</i>

For her	<i>Aameki/ vaariki (with respect)</i>	For It	<i>Dhaaniki</i>
Theirs	<i>VaaLLadhi/ VaaLLavi</i>	Ours	<i>Manadhi/ Manavi</i>
We	<i>Manamu</i>	Us/ For us	<i>Maaku/ Manaku</i>

4. Numbers (ankelu)

1	<i>Okati</i>	2	<i>Rendu</i>
3	<i>Moodu</i>	4	<i>Nalugu</i>
5	<i>Aidhu</i>	6	<i>Aaru</i>
7	<i>Yaedu</i>	8	<i>Yenimidhi</i>
9	<i>Thommidhi</i>	10	<i>Padhi</i>
11	<i>Padhakondu</i>	12	<i>Pannendu</i>
13	<i>Padhamoodu</i>	14	<i>Padhnaalugu</i>
15	<i>Padhihaenu</i>	16	<i>Padhahaaru</i>
17	<i>Padhihaedu</i>	18	<i>Padhdhenimidhi</i>
19	<i>Panthommidhi</i>	20	<i>Iravi</i>
30	<i>Muppai</i>	40	<i>Nalabhai</i>
50	<i>Yaabhai</i>	60	<i>Aravai</i>
70	<i>Debbhai</i>	80	<i>Yenabhai</i>
90	<i>Thombhai</i>	100	<i>Vandha (Vandhalu) / Nooru</i>
1000	<i>Veyyi (Vaelu)</i>	1 lakh	<i>Laksha (Lakshalu)</i>
10 Lakhs	<i>Padhi Lakshalu</i>	1 crore	<i>Oka Koeti (Koetlu)</i>

Examples (vudhaaharanalu)

101	<i>Noota Okati</i>	102	<i>Noota Rendu</i>
103	<i>Noota Naalugu</i>	105	<i>Noota Aidhu</i>
106	<i>Noota Aaru</i>	107	<i>Noota Yaedu</i>
108	<i>Noota Yenimidhi</i>	109	<i>Noota thommidhi</i>
110	<i>Noota Padhi</i>	200	<i>Rendu Vandhalu</i>
205	<i>Rendu vandhala Aidhu</i>	467	<i>Naalugu vandhala aravai yaedu</i>
1,234 (For Example)	<i>Oka Veyyi rendu vandhala muppai naalugu</i>	1,12,332 (For Example)	<i>Oka lakshaa pannendu vaela moodu vandhala muppai rendu</i>

5. Time (Samayamu)

Morning	<i>Poddhuna</i>	1 'o' clock	<i>Onti ganta</i>
After noon	<i>Madhyahnam</i>	2 'o' clock	<i>Rendu gantalu</i>
Evening	<i>Saayanthram (or) Saayam kaalam</i>	3 'o' clock	<i>Moodu gantalu</i>
Night	<i>Raathri</i>	4 'o' clock	<i>Naalugu gantalu</i>

Early morning	<i>Vudhayaannae</i>	5 'o' clock	<i>Aidhu gantalu</i>
Month	<i>Nela / Maasam</i>	6 'o' clock	<i>Aaru gantalu</i>
Year (s)	<i>Samvatsaram / Samvatsaraalu</i> <i>Yeadu / YaeLLu</i>	7 'o' clock	<i>Yaedu gantalu</i>
Last year	<i>Nirudu</i>	8 'o' clock	<i>Yenimidhi gantalu</i>
Day	<i>Roeju</i>	9 'o' clock	<i>Thommidhi gantalu</i>
Quarter	<i>Paavu</i>	10 'o' clock	<i>Padhi gantalu</i>
Half	<i>Ara</i>	11 'o' clock	<i>Padhakondu gantalu</i>
Full	<i>Poorthi / Motham</i>	12 'o' clock	<i>Pannendu gantalu</i>
Half an hour	<i>Ara ganta</i>	15 minutes	<i>Paavu ganta</i>
45 minutes	<i>Muppavu ganta</i>	1 hour	<i>Oka ganta</i>
Today	<i>Ee roeju</i>	Yesterday	Ninna
Day before yesterday	<i>Monna</i>	Tomorrow	Raepu
Day after tomorrow	<i>YeLLundi</i>	Hour(s)	<i>Ganta / gantalu</i>
Second(s)	<i>Kshanam/ Kshanaalu</i>	Minute(s)	Nimisham/ Nimishaalu
4:50	<i>Padhi nimishaalu thakkuva aidhu</i>	Quarter to 5:00	<i>Paavu thakkuva aidhu</i>

6. Days (Roejulu)

Monday	<i>Soema vaaram</i>	Friday	<i>Sukra vaaram</i>
Tuesday	<i>Mangala vaaram</i>	Saturday	<i>Sani vaaram</i>
Wednesday	<i>Budha vaaram</i>	Sunday	<i>Aadhi vaaram</i>
Thursday	<i>Guru vaaram/ Bestha vaaram</i>	Week	Vaaram

7. Animals (Janthuvulu)

Buffalo	<i>Gaedhe</i>	Cow	<i>aavu</i>
Dog	<i>Kukka</i>	Cat	<i>Pilli</i>
Snake	<i>Paamu</i>	Scorpion	<i>Thaelu</i>
Rat	<i>yeluka</i>	Centipede	<i>kaaLLa jerri</i>
Lion	<i>Simham</i>	Tortoise	<i>thaabaelu</i>
Deer	<i>Laedi</i>	Crocodile	<i>Musali</i>
Elephant	<i>Yaenugu</i>	Crab	<i>Endra kaya</i>
Pig	<i>Pandhi</i>	Tiger	<i>Puli</i>
Bear	<i>Yelugu banti</i>	Bull	<i>yeddhu</i>
Rabbit	<i>kundaalu</i>	Goat	<i>maeka</i>
Sheep	<i>Gorre</i>	Fish	<i>Chaepa</i>

Horse	<i>gurram</i>	Camel	<i>Onte</i>
Wolf	<i>Thoedaelu</i>	Hippopotamus	<i>Neeti Yaenugu</i>
Jackal	<i>Nakka</i>	Zebra	<i>Charala gurram</i>
8. Insects (Purugulu)			
Mosquito	<i>Dhoema</i>	House fly	<i>Eega</i>
Head louse (s)	<i>Paenu / Paelu</i>	Bed bug	<i>Nalli</i>
Ant	<i>cheema</i>	Honey Bee	<i>Thaeneteega</i>
9. Birds (Pakshulu)			
Chicken	<i>Koedi</i>	Hen	<i>Koedi petta</i>
Cock	<i>Koedi Punju</i>	Peacock	<i>Nemali</i>
Sparrow	<i>Pichuka</i>	Pigeon	<i>Paavuram</i>
Parrot	<i>Chiluka</i>	Duck	<i>Baathu</i>
Crow	<i>Kaaki</i>	Crane	<i>Konga</i>
10. Vegetables (Kooragaayalu)			
Bringal	<i>Vankaaya</i>	Green leaves	<i>Aakukooralu</i>
Drumstick	<i>Munakkaaya</i>	Bottle gourd	<i>Sorakaaya</i>
Bitter gourd	<i>Kaakarakaaya</i>	Pumpkin	<i>gummadikaaya</i>
Tomato	<i>Tamaata</i>	Coconut	<i>Kobbarikaaya</i>
Potato	<i>BangaaLa dumpa / aalu</i>	Cucumber	<i>Dhoesa kaaya</i>
Ladies finger	<i>Bendakaaya</i>	Cluster beans	<i>Goeru chikkudu</i>
Turmeric	<i>Pasupu</i>	Colocasia	<i>Chaema gadda</i>
Gherkins / Tindoora	<i>Dhondakaaya</i>	Beans	<i>Chikkudu</i>
Elephant Yam	<i>Kandha gadda</i>	Ginger	<i>Allam</i>
Ridge gourd	<i>Beera kaaya</i>	Banana	<i>Koora Arati</i>
Ground nut	<i>Vaeru sanaga</i>	Red chillies	<i>Yendu mirapakaayalu</i>
Onion	<i>Vulli paaya</i>	Snake gourd	<i>Potla kaaya</i>
Garlic	<i>Vellulli / Chinnullipaaya</i>	Radish	<i>Mullangi</i>
Green Chillies	<i>Pachhi Mirapa kaayalu</i>	Carrot	<i>Carrot</i>
Mush rooms	<i>Putta godugulu</i>	Sweet potato	<i>Genisa gadda</i>
Egg plant	<i>Guththi vankaaya</i>	Tapioca	<i>Karra Pendalam</i>
11. Spices (Masala dhinusulu)			
Cardamom	<i>Yelakulu</i>	Cumin	<i>Jeela Karra</i>
Fenugreek	<i>Menthulu</i>	Coriander	<i>Dhaniyaalu</i>
Pepper	<i>Miriyaalu</i>	Mustard	<i>Aavaalu</i>
Ajwain	<i>Vaamu</i>	Asafoetida	<i>Inguva</i>

Fennel	Soempu	Nutmeg	<i>Jaaji kaaya</i>
Cinnamon	Dhalchina chekka	Sesame seeds	<i>Nuvvulu</i>
Wailong	Maraati mogga	Clove	<i>Lavangam</i>
12. Oils (Noonelu)			
Ground nut oil	Vaeru sanaga noone	Gingelly oil / sesame oil	<i>Nuvvula noone</i>
Sunflower oil	Sunflower noone	Rice bran oil	<i>Rice bran noone</i>
Soyabean oil	Soya noone	Mustard oil	<i>Aava noone</i>
Cotton seed oil	Paththi ginjala noone	Olive oil	<i>aaliv noone</i>
Ghee	Neyyi	Butter	<i>Venna</i>
Castor Oil	Aamudham	Coconut oil	<i>Kobbari noone</i>
13. Green Leafy vegetables (Aakukooralu)			
Sorrel leaves	Goengura	Fenugreek Leaves	Menthi koora
Spinach	<i>Paala koora</i>	Dock sorrel leaves	<i>Chukka koora</i>
Amaranthus green	<i>Thoeta koora</i>	Amaranthus red	<i>Koyya thoeta koora</i>
Curry leaves	Karivaepaaku	Mint leaves	Pudhina
Chinese spinach	Bachhali koora	Celery	Vaamaaku
Coriander leaves	Koththi meera	Tamarind tender leaf shoots	Chintha chiguru
Drum stick leaves	Munagaaku	Water spinach/ Dwarf copper leaves	Ponnaganti koora
14. Pulses (Pappu dhaanyaalu)			
Red Gram	Kandhi pappu	Black gram	<i>Minapappu</i>
Bengal gram	Sanaga pappu	Black eyed pea	<i>Alasandhalu / Bobbarlu</i>
Horse gram	Ulavalu	Peas	<i>BaTaaNi</i>
Kidney beans	Rajma	Green gram	<i>Pesara pappu</i>
Dhal	Pappu	Sprouted dhal	<i>Molakeththina ginjalu / Molakalu</i>
15. Cereals (ThruNa dhaanyaalu)			
Rice	Biyyam	Cooked rice	<i>Annam</i>
Wheat	Goedhumalu	Maize (corn)	<i>Mokka jonna</i>
Barley	Barley	Oats	<i>Oats</i>
Rice flakes	Atukulu	Puffed rice	<i>Maramaraalu / Borugulu</i>
Refined flour	Maidha		
16. Millets (Chiru dhaanyaalu)			
Jowar	Jonnalu	Ragi	<i>Raagulu</i>

Bajra	Sajjala	Fox tail millet	Korralu
Barnyard millet	Oodhalu	Kodo Millet	Arikalu
Little Millet	Saamalu	Browntop millet	Andu korralu
17. Fruits (Pandlu)			
Mango	<i>Mamidi pandu</i>	Pineapple	<i>Anaasa pandu</i>
Jackfruit	<i>Panasa pandu</i>	Apple	<i>Apple pandu</i>
Banana	<i>Arati pandu</i>	Custard apple	<i>Seethaa phalam</i>
Sweet lime	<i>bathaayi</i>	Grapes	<i>Draaksha pandlu</i>
Lime	<i>Nimmakaya</i>	Pomegranate	<i>Dhaanimma pandu</i>
Guava	<i>Jaama kaaya</i>	Dates	Karjoora pandlu
Papaya	<i>Boppayi pandu</i>	Sapota/chiku	Sapota
Water melon	<i>Puchakaya</i>	Musk melon	Kharbhuj
Fig	<i>Anjeera</i>	Orange	Kamala pandu
18. DRY FRUITS (Yendina pandlu)			
Cashew nut	<i>Jeedi pappu</i>	Almond	<i>Baadam pappu</i>
Dates	<i>Yendu Karjoora</i>	Raisin/dry grapes	<i>Yendu draaksha / Kis mis</i>
19. Colours (Rangulu)			
Green	<i>Aaku Pacha</i>	Blue	<i>Neelam</i>
White	<i>Thelupu</i>	Orange	<i>Naarinja rangulu</i>
Black	<i>Nalupu</i>	Violet	<i>Vankaya rangulu/ Oodhaa</i>
Yellow	<i>Pasupu</i>	Red	<i>Yerupu</i>
Pink	<i>Gulaabee rangulu</i>	Brown	<i>Goedhuma rangulu</i>
Gray	<i>Boodidha rangulu</i>		
20. Tastes (Ruchulu)			
Bitter	<i>Chaedhu</i>	Sweet	<i>Theepi</i>
Sour	<i>Pulupu</i>	Acrid	<i>Vagaru</i>
Spicy / Hot	<i>Kaaram</i>	Salt	<i>Uppu</i>
21. Interrogation (Prasnalu)			
Where	<i>Yekkada</i>	How	<i>Yelaa</i>
What	<i>Yaenti / Yaemiti</i>	How much	<i>Yentha</i>
Who	<i>Yevaru</i>	How long	<i>Yentha varaku (dist.) Yentha saepu (Time)</i>
When	<i>Yeppudu</i>	This	<i>Idhi</i>
Why	<i>Yendhuku</i>	That	<i>Adhi</i>
Whom	<i>Yevarini</i>	These	<i>Ivi</i>
Whose	<i>Yevaridhi</i>	Those	<i>Avi</i>
Which	<i>Yaedhi</i>	But	<i>Kaanee</i>
Any one	<i>Yevarikaina/ Yevaraina</i>		

Chapter II Medical Related

1. Anatomical Structures

1.1) Head and Neck

English	Telugu spoken word in english	English	Telugu spoken word in english
Hair	<i>Juttu</i>	Head	<i>Thala</i>
Forehead	<i>Nudhuru</i>	Nose	<i>Mukku</i>
Eyes	<i>KaLLu</i>	Eyebrows	<i>Kanu bommalu</i>
Eye lid	<i>Kanu reppa (Kanu reppalu)</i>	Eye lashes	<i>Kanu reppala meedha vunde ventrukalu</i>
Iris	<i>Kanu paapa</i>	Sclera	<i>Naetra patalam</i>
Conjunctiva	<i>Kanti pora</i>	Cheek(s)	<i>Chempa(lu)</i>
Ears	<i>Chevulu</i>	Tympanic Membrane / Ear drum	<i>Karna Bhaeri</i>
Jaw(s)	<i>Dhavada</i>	Upper jaw	<i>Pai Dhavada</i>
Lower jaw/ Mandible	<i>Kindhi dhavada</i>	Chin	<i>Gaddam</i>
Lip(s)	<i>Pedhavi/ Pedhavulu</i>	Upper lip Lower lip	<i>Pai pedhavi Kindhi pedhavi</i>
Tooth	<i>Pannu</i>	Teeth	<i>PaLLu</i>
Tongue	<i>Naaluka</i>	Gum(s)	<i>Chiguru/ ChiguLLu</i>
Saliva	<i>Ummi/ Laalaajalam/ Songa</i>	Neck	<i>Meda</i>
Vein/Artery	<i>Naramu</i>	Nerve	<i>Naadi</i>
Pulse	<i>Naadi</i>	Neck Lymph node	<i>Dhavada Billalu</i>
Tonsils	<i>Tonsils</i>	Uvula	<i>Chiru naaluka / Konda Naaluka</i>
Pharynx/ Throat	<i>Gonthu</i>	Larynx	<i>Swara paetika</i>
Palate	<i>Angili</i>		
1.2) Thorax			
Shoulder(s)	<i>Bhujam / Bhujaalu</i>	Scapula	<i>Rekka yemuka</i>
Chest	<i>Chaathi</i>	Heart	<i>Gunde</i>
Lungs	<i>Oopiri thiththulu</i>	Trachea	<i>Gaali gottamu / Oopiri gottamu</i>
Bronchi	<i>Swaasa NaaLaalu</i>	Pleura	<i>Oopiri thiththula pai pora</i>
Pericardium	<i>Gonde pai pora</i>	Rib	<i>Pakka Yemuka</i>
Oesophagus	<i>Anna Vahika</i>	Stomach	<i>Potta/ Kadupu</i>

Abdomen	<i>Vudharam</i>	Thorax	<i>Rommu Bhagamu / Uramu</i>
Breast(s)	<i>Rommu/ Rommulu</i>		
1.3) Upper limb			
Fore arm	<i>Munjaeyi</i>	Elbow	<i>Moechaeyi</i>
Wrist	<i>Mani Kattu</i>	Fingers	<i>Chaethi vaeLLu</i>
Thumb	<i>Chaethi Brotana vaelu</i>	Fore finger	<i>Choopudu vaelu</i>
Middle Finger	<i>Madhya vaelu</i>	Ring finger	<i>Ungarapu vaelu</i>
Little finger	<i>Chitikena vaelu</i>	Joint(s)	<i>Keelu / KeeLLu</i>
Upper Limb	<i>Chaeyi</i>	Hand	<i>Chaeyi</i>
Palmar aspect(s)	<i>Arachaeyi/ Arachaethulu</i>	Knuckles	<i>Metikalu</i>
Axilla	<i>Chanka</i>		
1.4) Abdomen			
Liver	<i>Kaalaeyam /Liver</i>	Stomach	<i>Kadupu / Potta</i>
Spleen	<i>Pleehamu</i>	Pancreas	<i>Kloema grandhi</i>
Intestines	<i>Preagulu/Paegulu</i>	Small Intestine	<i>Chinna Praegu</i>
Large Intestine	<i>Peddha Praegu/ Peddha Paegu</i>	Blood vessel(s)	<i>Raktha NaaLamu Raktha NaaLamulu</i>
Anus	<i>Muddi / Mala dwaaramu</i>	Flatus	<i>Kindha nunchi gaali poeindhaa? (Piththulu)</i>
Kidney(s)	<i>Moothra pindam/ Moothra Pindaalu</i>	Gall Bladder	<i>Piththasayamu</i>
Ureters	<i>Moothra NaaLamu</i>	Urinary bladder	<i>Moothraa sayamu</i>
Uterus	<i>Garbhaasayamu/ Garbha sanchi</i>	Fallopian tubes	<i>Anda Vaahikalu</i>
Cervix	<i>GarbhaaSaya Mukha dwaaramu</i>	Vagina	<i>Yoeni</i>
Spine	<i>Vennemuka / Vennu poosa</i>	Testicle / Testes	<i>Vrushanam / vrushanaalu/ Beerjaalu</i>
Vas deferens	<i>Sukra vaahika</i>	Lymph nodes	<i>BiLLalu</i>
Ovaries	<i>AndaaSayam</i>	Ovum	<i>Andam</i>
Sperm (s)	<i>Sukra Kanam / Sukra kanaalu</i>	Urethra	<i>Moothra NaaLamu</i>
Vulva	<i>Jananaangam</i>	Penis	<i>Purushaangam</i>
Perpuce	<i>Sisnam pai vundae thoelu</i>	Glans penis	<i>Sisnamu</i>
Scrotum	<i>Bheerjalu vundu sanchi</i>	Inguinal / Groin	<i>Gajja / Gajjalu</i>
Adrenals	<i>Adrenal grandhi</i>	Prostate	<i>Prostatu grandhi</i>
Umbilicus	<i>Boddu</i>	Umbilical cord	<i>Boddu thaadu</i>

Placenta	<i>Maaya</i>	Amniotic fluid	<i>Umma Neeru</i>
Pelvis	<i>Poththi kadupu</i>	Skin	<i>Charmam/ Thoelu</i>
Waist	<i>Nadumu</i>		

1.5) Lower Limb

Thigh(s)	<i>Thoda/ Thodalu</i>	Knee(s)	<i>Moekaalu / MoekaaLLu</i>
Leg	<i>Kaalu</i>	Lower Limb	<i>Kaalu</i>
Bones	<i>Yemukalu</i>	Nail(s)	<i>Goeru / Goerlu</i>
Toe(s)	<i>Kaali vaelu / Kaali VaeLLu</i>	Hip	<i>Thonti</i>
Foot	<i>Paadhamu</i>	Ankle	<i>Cheela mandalam</i>
Nail(s)	<i>Goeru/ GoeLLu</i>	Skin	<i>Charmam / Thoelu</i>
Plantar aspect(s)	<i>Arikaalu/ ArikaaLLu</i>	Joint(s)	<i>Keelu/ KeeLLu</i>
Calf muscles	<i>Pikkalu</i>		

1.6) Others

Sweat glands	<i>Swaedha grandhulu</i>	Sweat	<i>Chemata</i>
Blood	<i>Rakthamu</i>	Lymph	<i>Soesha rasamu</i>
Urine	<i>Moothram</i>	Stool	<i>Motion/ Malam/ Dhoddiki</i>
Red Blood Cell	<i>Yerra Raktha KaNaalu</i>	White Blood Cells	<i>Thella Raktha KaNaalu</i>
Platelets	<i>Raktha phalakikalu / Platelets</i>	Clotting of blood	<i>Raktham gadda kattadam</i>
Scalp Hair	<i>Juttu</i>	Bodily hair	<i>Ventrukalu</i>
Muscle(s)	<i>Kandaram/ Kandaraalu</i>	Skeleton	<i>Asthi panjaram</i>
Blood vessels	<i>Raktha naaLaalu</i>	Sleep	<i>Nidra</i>

2. Symptoms and diseases

Fever	<i>Jwaram</i>	Cough	<i>Dhaggu</i>
Pain	<i>Noppi</i>		
Cold/ Running Nose	<i>Jalubu/ Rompa/ PadiSam</i>	Nasal Blockade	<i>Mukkulu Pattesaayi / Mukkulu Bigaesayi</i>
Throat pain/ Pharyngitis	<i>Gonthu noppi</i>	Sneeze	<i>Thummulu</i>
Anemia	<i>Raktha heenatha / Raktha thakkuvuga vundadam</i>	Jaundice	<i>Pachha Kaamerlu/ Kaamerlu</i>
Cyanosis	<i>Neelam gaa Maaradam</i>	Seizures/ Epilepsy	<i>Moorcha</i>
Skin rash	<i>Dadhdhrlu</i>	Conjunctivitis / Red Eye	<i>KaLLa kalaka</i>
Glaucoma	<i>Neeti Kaasulu</i>	Cataract	<i>Shuklaalu</i>

Head injury	<i>Thalaku dhebba thagaladam</i>	Head ache	<i>Thala Noppi</i>
Pus	<i>Cheemu</i>	Discharge	<i>Kaaradam</i>
Vertigo	<i>Thala dhimmu</i>	Giddiness/ Dizziness	<i>Thala thiragadam/ KaLLu thiragadam/ Maikam</i>
Tinnitus	<i>Cheviloe hoeru / Cheviloe yemanna sound vinapaduthundhaa?</i>	Dyspnoea/ Breathlessness/ SOB	<i>Aayaasam / Dhammu</i>
Sputum	<i>KaLLe/ Themada/ Kafam</i>	Nasal Discharge	<i>Cheemidi</i>
Poison	<i>Visham</i>	Numbness	<i>Thimmirlu</i>
Chest pain	<i>Chaathi noppi</i>	Alopecia / Hair loss	<i>Juttu Voodadam</i>
Pimples	<i>Motimalu</i>	Ear ache	<i>Chevi noppi</i>
Ear discharge	<i>Chevi nunchi cheemu kaaruthoendhi</i>	Oral Ulcers/ Aphthous ulcers	<i>Notiloe pootha/ Noeru poochindhi/ Notiloe Pundlu</i>
Gingivitis	<i>Chigurlu vaayadam</i>	Lymphadenopathy of neck	<i>Dhavada Billalu</i>
Mumps	<i>Gavadha billalu</i>	Swelling	<i>Vaapu</i>
Dental pain	<i>Panti noppi</i>	Decay of tooth	<i>Pannu puchhindhi</i>
Injury	<i>Debba / Gaayam</i>	Dandruff	<i>Chundru</i>
Pediculosis	<i>Thalaloe paelu</i>	Sinusitis	<i>Sinus problem</i>
Sore throat	<i>Gonthu manta</i>	Tonsillitis	<i>Tansilsu vachayi</i>
Pain on swallowing	<i>Mingaetappudu noppi</i>	Hiccups	<i>VekkiLLu</i>
Belching	<i>Thraenpulu / Thaepulu</i>	Hoarseness of voice	<i>Gonthu gara gara / Gonthu maarindhi</i>
Abdominal pain	<i>Kadupuloe noppi</i>	Burning pain Abdomen	<i>Kadupuloe manta</i>
Vomiting(s)	<i>Vaanthi / Vaanthulu</i>	Asthma	<i>Vubbasam</i>
Bloating abdomen	<i>Kadupu vubbaram</i>	Chest tightness	<i>Chaathi Pattaeyadam</i>
Appendicitis	<i>Iravai naalugu(24) gantala kadupu noppi</i>	Hook worm Round worm Pin worm	<i>Konki purugu Yaelika Paamu Nuli purugu</i>
Small pox	<i>Peddammoru</i>	Chicken pox	<i>Chinnammoru / Aatalamma / spoetikam</i>
Rubella	<i>Pongu</i>	Chikungunya	<i>Chicken gunya jwaram</i>
Whooping cough/ Pertussis	<i>Koerantha dhaggu</i>	Diphtheria	<i>KanTa sarpi</i>

Measles	<i>Thattu</i>	Filariasis	<i>Boedha Kaalu</i>
Malaria	<i>Malaria jwaram</i>	Dengue	<i>Dengoo jwaram</i>
Typhoid	<i>Typhoid jwaram</i>	Rabies	<i>Rabies</i>
Leprosy	<i>KushTu Vyaadhi</i>	Tuberculosis	<i>Kshaya vyaadhi</i>
HIV	<i>HIV</i>	Tetanus	<i>Dhanurvaatham</i>
Diabetes	<i>Sugar vyaadhi/ chekkeru vyaadhi/ Diabetes</i>	Hypertension	<i>Adhika raktha poetu</i>
Obesity	<i>Ooba kaayam</i>	Cancer	<i>Cancer / Raacha Pundu</i>
Stroke	<i>Pakshavaatham</i>	Blindness	<i>Andhatwam/ Gruddithanam</i>
Burning Micturition	<i>Moothram loe manta</i>	White discharge PV	<i>Thella maila / Thella batta/ white avvadam</i>
Hard of hearing / Deafness	<i>Chevudu / vinikidi samasya</i>	Hernia	<i>Hernia</i>
Burning pain	<i>Manta</i>	Itch	<i>Dhuradha</i>
Pricking pain	<i>Guchhi natlu noppi raavadam</i>	Squeezing pain	<i>Pindi natlu noppi raavadam</i>
Rash	<i>Dhadhdhurlu</i>	Haemoptysis	<i>Kalle loe raktham padadam</i>
Haematemesis	<i>Rakthapu vaanthulu</i>	Loose stools	<i>Viroechanaalu / Viraechanaalu</i>
Diarrhoea	<i>Athisaaram</i>	Lump	<i>Gadda</i>
Palpitation	<i>Gunde dhada</i>	Jaundice	<i>Pachha kaamerlu / Kaamerlu</i>
Constipation	<i>Mala badhdhakam</i>	Kidney stones	<i>Moothra pindaaLlo raaLLu / Kidney loe raaLLu</i>
Foot Corn	<i>Aane</i>	Scabies	<i>Gajji</i>
Taenia versicolor	<i>Thaamara</i>	Circumcision	<i>Sunthi</i>
Hydrocoele	<i>Vari Beerjam</i>	Intestinal worms	<i>Nuli Purugulu</i>
Snake bite	<i>Paamu Kaatu / Paamu karichindhi</i>	Scorpion sting	<i>Thaelu kuttindhi</i>
Dog bite	<i>Kukka karichindhi</i>	Pneumonia	<i>Nemmu</i>
Medical Test/ Investigation	<i>Vaidhya Pareeksha</i>	Treatment	<i>Vaidhyam</i>
Smile/ Smiling	<i>Navvu / Navvadam</i>	Cry / crying	<i>Yaedavadam</i>
Unconscious	<i>Spruha laeka poevadam</i>	Bone Fracture #	<i>Yemuka viragindhi</i>
Piles	<i>Malalu / Piles</i>	Lack of sleep	<i>Nidra pattaka poevadam</i>
Cholelithiasis / Gall bladder stones	<i>Piththaasayam loe raaLLu</i>	Differently abled	<i>Dhivyaangulu</i>

Heart burn	<i>Gundelloe Manta / Chaathiloe manta</i>	Leg swelling	<i>Kaalu vaapu/vaachindhi</i>
Face swelling	<i>Mukham vaapu/vaachindhi</i>	Hand swelling	<i>Cheyvi vaapu/vaachindhi</i>
Cardiac problem	<i>Gunde jabbu</i>	Cancer	<i>Cancer/ raacha pundu</i>
Bleeding	<i>Raktha sraavam</i>	Accident	<i>Pramaadham</i>
Delivery	<i>Prasavam</i>	Prickly heat	<i>Chemata kaayalu</i>
Abscess	<i>Cheemu gadda</i>	Wheeze	<i>Pilli Koothalu</i>
Cardiomyopathy	<i>Gunde Perigindhi</i>	Pleural Effusion	<i>Oopirithullo Neeru chaerindhi</i>
Pericardial Effusion	<i>Gunde chuttoo neeru chaerindhi</i>	Abdominal Discomfort	<i>Kadupu pattesinattu vundadam</i>

3. Instructions (aadaeSaalu)

Come	<i>Ra / Randi(with respect)</i>	Sit	<i>Koorchoe / Koorchoendi (with respect)</i>
Go	<i>Po/VeLLu / Poendi/Vellandi (with respect)</i>	Lay down	<i>Padukoe / Padukoendi (with respect)</i>
Take side / Turn to one side	<i>Thirigandi / Thirigi padukoendi</i>	Sleep	<i>Nidrapo / Nidrapoendi (with respect)</i>
Walk	<i>Naduvu / Nadavandi (with respect)</i>	Read	<i>Chadhuvu</i>
Look up	<i>Paiki choodandi</i>	Turn this side	<i>Itu vaipu thirangandi</i>
Look down	<i>Kindhaki choodandi</i>	Turn that side	<i>Atu vaipu thirangandi</i>
Close eyes	<i>KaLLu moosukoendi</i>	Fold your hands	<i>Chaethulu mudavandi</i>
Show your tongue	<i>Naaluka chaapandi / Naaluka Bayata pettandi</i>	Lift your leg	<i>Kaalu paiki yetthandi</i>
Open your mouth	<i>Noeru theravandi</i>	Fold your leg	<i>Kaalu mudavandi</i>
Take a Deep breath	<i>Oopiri бага theesukoendi</i>	Exercise	<i>Vyayaamam / Exercise</i>
Lift your hands	<i>Chaethulu paiki etthandi</i>	Get up & Walk	<i>Laechi nadavandi</i>
Close your fist	<i>Pidikili biginchandi</i>	Look & Walk	<i>Choosi nadavandi</i>
Drink Water	<i>Manchi neellu</i>	Add Curd	<i>Perugu chaerchukoendi</i>

	<i>thagandi</i>		
Drink Juice	<i>PaLLarasam thagandi</i>	Drink Buttermilk	<i>Majjiga thaagandi</i>
Drink Milk	<i>Paalu thaagandi</i>	Drink Tender Coconut	<i>Kobbari neeLLu thaagandi</i>
Eat Rice	<i>Annam thinandi</i>	Eat Chapathi / Roti	<i>Chapathi / Roti thinandi</i>
Hot fomentation	<i>Kaapadam pettandi</i>	Steam inhalation	Aaviri pattandi
Warm Saline water Gargling	<i>Goeru vechhani neetiloe vuppu veskoni pukkilipattandi</i>	Bath	Snanam
Head bath / shower	<i>Thala snaanam</i>	Sponging	<i>vontini thadi guddathoe thudavandi</i>

4. Miscellaneous (Itharathraalu)

Age	<i>Vayassu</i>	Sun	<i>Sooryudu</i>
Star	<i>Nakshatram</i>	Rain	<i>Varsham</i>
Sky	<i>Aakaasam</i>	Tree	<i>Chettu</i>
Thunder	<i>Pidugu</i>	Fruit	<i>Pandu</i>
Flower	<i>Puvvu</i>	Tomorrow	<i>Raepu</i>
Yesterday	<i>Ninna</i>	Storm	<i>Thuphaanu</i>
Moon	<i>Chandamama</i>	Vegetables	<i>Kaayagooralu</i>
Cloud	<i>Maegham</i>	Today	<i>Ivvaala / Ee roeju</i>
Mat	<i>Chaapa</i>	Pillow	<i>Dhindu</i>
Bed sheet	<i>Pakka Dhuppati</i>	Blanket	<i>Dhuppati / KambaLi</i>
Blouse/Shirt	<i>Jyakettu/ Chokka</i>	Bag	<i>Sanchi</i>
Saree	<i>Cheera</i>	Water	<i>Neeru / neeLLu</i>
Skirt/ Petti coat	<i>Langaa</i>	Salad	<i>Pachhi kooragaayalu</i>
Cot	<i>Mancham</i>	Mattress	<i>Parupu</i>
Plant	<i>Mokka</i>	Curry	<i>Koora</i>
Sugar	<i>Chekkera/ Panchadhaara</i>	Jaggery	<i>Bellam</i>
Rain	<i>Varsham / Vaana</i>	Non Veg	<i>Maamsaahaaram / Maamsam thintaaraa?</i>
Veg	<i>Saakhaahaaram</i>	Wind	<i>Gaali</i>
Beef	<i>Goddu maamsam</i>	Pork	<i>Pandhi maamsam</i>
Betel leaves	<i>Thamala paakulu</i>	Tobacco	<i>Pogaaku</i>
Salt	<i>Uppu</i>	Honey	<i>Thaene</i>
Milk	<i>Paalu</i>	Curd	<i>Perugu</i>

Butter Milk	<i>Majjiga</i>	Sunny	<i>Yenda</i>
Warm water	<i>Goeru vechhani neeLLu</i>	Cold water	<i>ChanneeLLu</i>
Cloth	<i>Gudda / Batta</i>	Dressing	<i>Kattu kattadam</i>
Mutton	<i>Potaelu/ Gorre/ Maeka Maamsam</i>	Cheese	<i>Cheese</i>
Waste	<i>Cheththa</i>	Waste / dust bin	<i>Cheththa dabba/ Cheththa kundi</i>
Food	<i>Aahaaram</i>	Lunch/ Dinner	<i>Bhojanam</i>
Diet	<i>Pathyam</i>	House	<i>Illu</i>
Place	<i>Vooru/ Sthalam</i>	Palletooru	<i>Village</i>
Appetite	<i>Aakali</i>	For Example	<i>vudhaaharaNaku</i>

Telugu Handbook (For Medicos and Doctors) - AIMS Mangalagiri

CHAPTER – III

HISTORY TAKING

1. General History Taking	
Question in english	Question in telugu
What is your name?	<i>Mee paeru yenti?</i>
What is your age?	<i>Mee vayassu yentha?</i>
Where are you from?	<i>Mee vooru yaemiti?/ Meeru yekkada Vuntaru?</i>
Please come & Sit	<i>Randi Koorchoendi</i>
How are you?	<i>Yelaa vunnaaru?</i>
What is your problem?	<i>Meeku yemiti ibbandhi?</i>
Is there any pain?	<i>Yekkadannaa noppi vundhaa?</i>
Are you having giddiness?	<i>Meeku thala thiruguthoendhaa?</i>
Is there Nausea present?	<i>Vikaaramga/Vaanthi vachaelaa vundhaa?</i>
Did you vomit?	<i>Vaanthi chaesukunnaaraa?/ Vaanthulu ayyaayaa?</i>
How long are you having this problem?	<i>Meeku yentha kaalam nundi ee ibbandhi vundhi?</i>
Is your urine output ok?	<i>Moothram baga vasthundhaa?</i>
Do you pass motion daily?	<i>Prathi roejoo Motion ki (dhoddiki) velthunnaraa?</i>
Are you having good sleep?	<i>Nidra sarigga poethunnara?</i>
Any palpitation?	<i>Gunde dhada ga vuntundhaa?</i>
Do you know your weight?	<i>Mee baruvu meeku thelusa?</i>
Do you know your blood group?	<i>Mee blood group meeku thelusa?</i>
Are you having more sweating?	<i>Meeku Chemata yekuvugaa poesthundertundhaa?</i>
2. Treatment History	
Have you consulted any doctor previously?	<i>Idhivaraku evaranna doctor ki choopinchaaraa?</i>
What treatment you took?	<i>Em mandhulu vaaduthunnaru/ emi vaidhyam cheasaaru?</i>
Any operation done?	<i>Yaemanna sashtra chikitsa (operation)cheasaara?</i>

Any Investigation done?	<i>Emanna vaidhya pareekshalu cheainchukunnaaraa?</i>
Did they do any scan?	<i>Scan emanna theeinchukunnara?</i>
3. Past History	
Did you have any medical (Health) problem before?	<i>Inthakumundhu yemanna aarogya samasyalu vunnayaa?</i>
Did you have fever?	<i>Jwaram vachindha?</i>
Did you have BP problem?	<i>Meeku BP vundha? / Meeku adhika raktha poetu vundha?</i>
Did you suffer from DM?	<i>Meeku shugar vundha? / Meeku chekkera vyaadhi vundha?</i>
Did you suffer from TB?	<i>Meeru inthakumundhu dhagguku aaru nelalu mandhulu yaemanna vaadaaraa? / Meeku inthakumundhu kshaya vyaadhi (T.B) vachhindha?</i>
Jaundice	<i>Pachha kaamerlu</i>
Did you have fever with joint pain anytime during your childhood?	<i>Mee chinnappudu eppudaina jwaramthoepaatu keeLLa noppulathoe baadha paddaaraa?</i>
4. Family History	
Did your parents suffer from any disease like TB, BP, DM, Jaundice?	<i>Mee thallithandrulu Kshaya (T.B), adhika raktha poetu (B.P), chekkera vyaadhi (Shugaru), pachha kaamerlu vanti jabbulatho ibbandhi paddaaraa?</i>
Did any of your family members suffered from cancer?	<i>Mee kutumba sabhyulalo evaraina cancer samasyathoe ibbandhi paddaaraa?</i>
5. Marital History	
Are you married?	<i>Meeku peLLi aindhaa?</i>
Did you marry from close relation?	<i>Daggara bandhuvuni peLLi chaesukunnaaraa?</i>
6. Anesthesiology	
Do you have high BP?	<i>Meeku adhika raktha poetu (B.P) vundhaa?</i>
Do you have Diabetes?	<i>Meeku shugaru (chekkeru vyaadhi) vundhaa?</i>
Did you ever suffered from TB?	<i>Meeru inthaku mundhu eppudaina dagguki aaru nelalu mandhulaemaina vaadaaraa? / meeku eppudaina kshaya (T.B) vachhindhaa?</i>

Did you undergo any operation, anytime?	<i>Meeru yepudaina yaedhaina sashtra chikitsa (operation) chaeinchukunnaaraa?</i>
If any whether any Local Anesthesia (or) General Anesthesia? Was administered?	<i>Inthaku mundhu operation chaeinchukunnappudu, maththu ichi chaesaaraa? Laedaa operation chaese choeta maththu mandhu soodhi ichhi chaesaraa?</i>
Are you on treatment for BP (or) sugar?	<i>Meeru B.P ki kaanee Shugaru ki kaanee mandhulu vaaduthunnaaraa?</i>
Are you a smoker?	<i>Cigarettu, Beedi, chutta laanti alavaatlu yaemaina vunnayaa? Poga thaagadam alavaatu vundhaa?</i>
Do you consume alcohol?	<i>Meeku mandhu alavaatu vundhaa?</i>
Do you chew tobacco products?	<i>Gutka, Pan, Pogaaku laantivi namaladam alavaatlu yaemanna vunnaayaa?</i>
Did you ever have any head injury before?	<i>Meeku inthaku mundhu thalaki debba yaemanna thagilindhaa?</i>

7. Cardiac problems (Related to Cardiology)

Do you have chest pain?	<i>Meeku Chaathilo (gundelloe) noppi vundha?</i>
Do you have heartburn?	<i>Meeku gundello/ chathiloe mantaga vundhaa?</i>
Are you having breathing difficulty?	<i>Meeku aayaasamga vundha?</i>
Are you having palpitation?	<i>Meeku gunde dhaDagaa vundhaa?</i>
Do you have chest tightness?	<i>Meeku chaathi / gundelu pattaesinattu vundha?</i>
Do you have sweating during chest pain?	<i>Gundello noppi vunnappudu chemata yekuvugaa poesindhaa?</i>
Are you having breathlessness while climbing stair case?	<i>Metlu yekkeatappudu meeku aayaasamga vuntundhaa?</i>
Do you have Pedal oedema?	<i>Mee Paadhaalaku vaapu vasthundhaa?</i>
Are you passing urine adequate?	<i>Ontaelu sarigga vasthundhaa?</i>

During chest pain is it radiating to shoulder?	<i>Gundelloe noppi/Chaathae noppi yae bhujanikainaa paakuthunnatlu anipisthundhaa?</i>
Did you feel giddiness?	<i>Thala thiruguthunnatlu vundha?</i>
Did you have nausea (or) vomiting?	<i>Vaanthi vachinattu laedhaa vaanthi raavaDam yemanna vundhaa?</i>
Did you suffer from fever with joint pain during your childhood?	<i>Chinnappudu jwaramthoepaatu keeLLa noppulatho emanna ibbandhi paDDaaraa?</i>

8. Pulmonary Medicine

What is your problems	<i>Mee ibbandhi yaemiti?</i>
Are you having cough?	<i>Meeku dhaggu vundhaa?</i>
Are you having fever?	<i>Meeku jwaram vundha?</i>
Did you lose weight? & how much?	<i>Meeru baruvu yemanna thaggaaraa? Yentha thaggi vundoohhu?</i>
Are you having fever during evening hours?	<i>Saayanthram poota jwaram vasthundhaa?</i>
Are you having cough with sputum?	<i>Meeru dhagginappudu kaLLe vasthundhaa?/ Thadi dhaggaa? laedhaa podi dhaggaa?</i>
Are you having loss of appetite?	<i>Aakali yaemanna thaggindhaa?</i>
Did any of your family member suffer from TB?	<i>Mee intloe yevaraina dhagguku aaru nelalu mandhulu vaadaaraa?/ Mee intloe yevaraina kshaya vyaadhithoe baadha paDDaaraa?</i>
Did anybody of your family member suffer from DM / Hypertension?	<i>Mee intloe yevarikainaa B.P / shugar vundhaa?</i>
Are you having any chest pain?	<i>Meeku Chaathilo (gundelloe) noppi vundha?</i>
Are you having breathing difficulty?	<i>Meeku aayaasamga vundha?</i>
When are you having breathing difficulty while sleeping or during resting time?	<i>Padukunnappudu kaanee koorchunnappudu kaanee aayaasamga vuntundhaa?</i>

You are having TB for that we are starting ATT, you should take that regularly.	<i>Meeku kshaya (TB) vundhi, andhuku maemu mandhulu peduthunnamu, meeru kramam thappakundaa vaadaali .</i>
While taking ATT you should eat food properly, healthy & high protein diet. (lot of fruits) green leaf vegetable, egg, fish, meat, etc dhal, cereals.	<i>Ee mandhulu vaadaeppudu manchi aahaaram antae gudlu, Maamsam, Chaepalu, kooragaayalu, pandlu, aaku kooralu, pappu, annam yekkuvugaa theesukoevaali.</i>
All the ATT drugs to be taken in empty stomach.	<i>Ee mandhulu podhdhuna parakadupuna maathrame vaesukovali.</i>
During ATT treatment if you are having nausea, vomiting or any skin rashes, you should show	<i>Ee mandhulu vaadaeppudu vikaaram , vaanthi, charmam meedha dhadhurlu laantivi vasthae dhaggarloe vundae aasupathri (hospital) ki veLLi choopinkoevaali</i>

9. Endocrinology

What all your complaints?	<i>Mee ibbandhi emitit?</i>
How much weight you have gained since when?	<i>Meeru yentha baruvu perigaru? Eppatinunchi?</i>
Are you having more sweating?	<i>Meeku chamata yekkuvuga poesthundhaa ?</i>
Are you feeling very hot (or) cold suddenly?	<i>Meeku akasmaaththuga (sudden ga) chalaesthundha laedha vaedigaa vuntundhaa?</i>
(If female patient) Are your periods (menstrual cycle) are normal?	<i>Meeku nelasari prathi nelaa sarigga vasthundha?</i>
Are you having this goitre since when?	<i>Meeku yeppati nunchi thyroid vaapu vundhi?</i>
Since when are you having excessive hair in upper lip & face	<i>Meeku eppatinunchi pai pedhavi meedha, mokham meedha ekkuvuga ventrukalu vasthunnai?</i>
Are you having good appetite?	<i>Meeku aakali baagaa vaesthundhaa?</i>
Did you have proper digestion?	<i>Meeku thinnadhi baagaa aruguthundhaa?</i>
Lift your hands both & keep straight extended in front	<i>Chaethulu rendu paiki yeththi mundhuku nitaarugaa chaapandi</i>
Are you having tremors?	<i>Meeku VaNuku vasthundertundha?</i>

Are you passing urine & motion properly?	<i>Ontaeluki, dhoddiki (motion ki)sarigga pothunnaaraa?</i>
Tell me, whether your spouse is related to you/ Consanguinous marriage	<i>Meeru mee bhandhuvunae peLLi chaesukunnaaraa? Dhaggara bhandhuvaa? Dhoorapu bhandhuvaa?</i>
10.1 ENT - Ear problems	
Can you hear?	<i>Meeku vinapaduthundhaa?</i>
Which ear you are having difficulty in hearing?	<i>Meeku yae chevi sarigga vinapadatam laedhu ?</i>
Are you having Tinnitus?	<i>Cheviloe yaedhanna (ghanta moeguthunnattu) sound vinapaduthundhaa?</i>
Are you having watery discharge in your ears?	<i>Cheviloe nunchi neeru laantidhi yaemanna kaaruthundhaa?</i>
Are you having pus discharge in your ears?	<i>Cheviloe nunchi cheemu yaemanna karuthundhaa?</i>
You ears are packed with wax	<i>Mee chevulu gubilithoe nindi poyyayi</i>
Are you having vertigo?	<i>Meeku thala thiruguthunnattu anipisthundhaa?</i>
10.2 ENT - Nasal problems	
Are you having running nose?	<i>Mukkulu kaaruthunnayaa?</i>
Are you having nasal block?	<i>Mukkulu bigaeSaayaa?</i>
Are you having bleeding from the nose?	<i>Mukku nunchi raktham kaaruthoendhaa?</i>
Are you having non stop bleeding nose?	<i>Mukku nunchi aagakundaa raktham kaaruthoendhaa?</i>
Are you having foul smelling nasal discharge?	<i>Mukku nunchi vachae cheemidi chedu vaasana yaemanna vasthundhaa?</i>
Are you mouth breathing?	<i>Noeti dwaaraa gaali theesukuntunnaaraa?</i>
10.3 ENT - Throat problems	
Are you having sore throat?	<i>Meeku gonthu noppi vundhaa?</i>
Do you suffer with recurrent sore throat?	<i>MaLLi MaLLi gonthu noppi vasthundertundhaa?</i>
Are you having pain while swallowing?	<i>Mingaetappudu gonthu noppi vuntundhaa?</i>

Are you having hoarseness of voice?	<i>Gonthu bongurupoeindhaa?</i>
Are you having cough?	<i>Meeku dhaggu vundhaa?</i>
Are you having breathing difficulty?	<i>Oopiri theesukoevdam kashtam gaa vundhaa?</i>
11. Gynaecology / Antenatal	
Name	<i>Mee paeru</i>
Age	<i>Vayassu</i>
Are you educated?	<i>Meeru chadhuvukunnaaraa?</i>
How many kids do you have?	<i>Meeku yentha mandhi pillalu?</i>
Abortion	<i>Meeku idhivaraku abortion aindhaa (garbha sraavam ayindhaa)?</i>
11.1. Menstrual History	
At age you have attended menarche?	<i>Yae age lo meeru Pedha manishi (pushpavathi) ayyaru?</i>
Are the period are regular?	<i>Nelasari sarigga vasthundhaa (regular ga)?</i>
For how many days does the bleeding present?	<i>Nelasari yenni rojulu avuthundhi?</i>
Do you have severe abdominal pain with vomiting during menstruation?	<i>Nelasari vachaepudu kadupuloe noppithoe paatu vaanthulu yaemanna avuthaayaa?</i>
Previous deliveries are Hospital (or) home delivery?	<i>Meeku prasavaalu (deliveries) hospitallo jarigaayaa laedhaa intloenaa?</i>
If operated before for what reason they have done?	<i>Inthakumundhu Operation chaesara? yendhuku chaeSaaru?</i>
Is there any pedal oedema?	<i>Paadhaalaki yaemanna vaapu vundhaa?</i>
Your output is ok?	<i>Ontaeluku sarigga poethunnaara?</i>
Did you take T.T. Injection?	<i>Thuppu (T.T) injection chaeinchukunnaara?</i>
Did you get checked up in any hospital?	<i>Yaedhaina hospitallo choopinchukunnaaraa?</i>
Threatened abortion	<i>Garbhasraavam ayyindhaa?</i>
How many months have you completed till now?	<i>Ippativaraku enni nelalu poorthayyayi?/ Enno Nela amma?</i>
Are you feeling the movements?	<i>Bidda kadhalikalu thelusthunnaayaa?</i>

While lying down please turn to your left side	<i>Padukunaetappudu yedama vaipu thirigi padukoendi</i>
Eat balanced diet, less salt and take vitamin tab as doctors prescribed	<i>Samathula aahaaram theesukoendi, vuppu thakkuvuga vaadandi, vitamin maathralu doctor cheppina vidhamga vaesukoevaali</i>
During 9 th month you should come for checkup weekly	<i>Thommidhoe nelalo prathi vaaram checkup ki raavaali</i>
If you have any bleeding, loss of foetal movements immediately come to Hospital	<i>Raktha sraavam yaemanna ainaa, bidda kadhalikalu theliyapoinaa ventanae aasupathriki vachhi choopinchkoevaali</i>
Still born	<i>Bidda chanipoyi puttindha?</i>
Any white discharge are you having?	<i>Thella maila yaemanna avuthundhaa?/ Thella Batta yaemanna avuthundha?/ White yaemanna avuthundhaa?</i>
Is this having any foul smell?	<i>Thella maila vasana vasthundhaa?</i>
How many abortion?/ for (Bad Obst. History)	<i>Yenni abortions jarigaayi amma?/ Yenni saarlu garbha sraavam ayindhi?</i>
H/o Trauma before Abortion?	<i>Abortion / Garbha sraavam ayyae mundhu yaemanna dhebba thagilindhaa?</i>
H/o TB in past?	<i>Inthankumundhu TB yaemanna vachindhaa?</i>
H/o TB in family?	<i>Intlo vaariki yevarikaina TB vundindhaa?</i>
At what month PIH was detected?	<i>Enno nelaloe BP/ Raktha poetu, Kaallaki vaapulu vachhaayi?</i>
At what month first went to hospital for routine checkup?	<i>Modhati saari hospital ki poeyi enno nelaloe checkup chaeyinchukunnaru?</i>
H/o painful coitus?	<i>Mee vaarithoe kalisaetappudu noppi yaemanna vasthundertundhaa?</i>
H/o OC pills / if used for how many month / year?	<i>Pillalu puttakundaa yaemanna maathralu vaadaaraa? Enni nelalu/ samvathsaraalu vaadaaru?</i>

12. Pregnancy & New Born Care

Normal delivery	<i>Sukhaprasavam / Normal ayindha laedhaa Operation ayindhaa?</i>
Operation	<i>Operation chaesi biddani delivery chaesaaraa?</i>
Instrumental delivery	<i>Yaedhaina parikaram vaadi biddani bayataku theesaaraa</i>
Breech presentation	<i>Bidda addam thirigindhaa</i>
Cord prolapse	<i>Boddu thaadu bayataki vachindhaa</i>
Seizures	<i>Moorcha</i>
Placenta preavia	<i>Maaya mundhuku vachindhi</i>
APH	<i>Prasavamkaaka mundhae sudden gaa raktha sraavam aindhaa?</i>
Retained placenta	<i>Bidda puttaaka maaya lopalae vundipoindhaa</i>
At birth is the baby cry normal?	<i>Puttinappudu bidda baaga yaedchindhaa?</i>
Birth weight	<i>Bidda puttinappudu baruvu yentha vundhi?</i>
How much time after delivery did you give milk to the baby?	<i>Bidda puttaka yentha saepatiki paalu ichhaaru?</i>
Did you get enough milk?	<i>Meeku paalu baaga paddaayaa?</i>
Did the baby pass urine & stool?	<i>Bidda ontaeluki, Motion ki (dhoddiki) poindhaa?</i>
Keep the baby in the early morning sunlight to prevent neonatal jaundice	<i>Pacha kaamerlu raakundaa vundataaniki Biddani podhunapoota vachae yendaloe vunchandi.</i>
After feeds burping should be done	<i>Thalli paalu ichaaka bhujana vaesukoni threpulu vachaevaraku thatti tharvaatha padukoepettandi.</i>
Always feed in sitting position	<i>Koorchoni maathrame thalli paalu ivvandi.</i>
Don't give bottle feeds	<i>Dabba paalu pattakandi.</i>
Get your child immunized properly	<i>Teekaalu thappani sariga vaeyinchandi.</i>

By 6 th month baby should be double of his body weight	<i>Biddaki aaru nelalu nindae loepu baruvu rendinthalu avvaali.</i>
H/o tubal ligation	<i>Chinna operation chaeinchukunnara?/ pillalu puttakundaa operation chaeinchukunnara?</i>
-When done/ during sterilization LSCS (or) -Interval	<i>Pedha operation chaesaetappudu chaesaara laedha biddaki samvatsaram vachaka chaesaara?</i>
Any IUD (or) Still born?9	<i>Bidda garbham loenae chanipointha? Chanipoeyi puttindhaa?</i>
Any test done (IUD) Foetus?	<i>Chanipoeyina biddaki yaemanna pareekshalu chaesaaraa ?</i>
Any semen analysis for Husband?	<i>Mee vaariki yaemanna veerya pareeksha chaesaara?</i>
Any Drug taken for getting pregnant./ What are they How long?	<i>Pillalu puttadaaniki yaemanna mandhulu vaadaaraa? Emi mandhulu vaadaaru? Yentha kaalam vaadaaru?</i>
Any allergy to your Husbands semen?	<i>Mee vaarithoe kalinappudu (chaeraetappudu) veeryaaniki yaemanna allergy/daddhu vundhaa meeku?</i>
13. Neurology - Head Injury	
How did the Injury occur?	<i>Debba yelaa thagilindhi?</i>
When did this happen?	<i>Yeppudu jarigindhi?</i>
Did you have Head Injury?	<i>Thalaki debba yaemanna thagilindhaa?</i>
Are you having Nausea (or) Vomiting?	<i>Vikaaram (vaanthi vachinatlu vundadam), Vaanthi yaemanna vundha?</i>
Is there any other place on your body injured?	<i>Onti meedha inka yaemanna dhebbalu thagilaayaa?</i>
Can you lift your leg (or) hands?	<i>Kaalu/chaeyi paiki yeththa galaraa?</i>
Can you sit?	<i>kurchoegalaraa?</i>
Turn to one side?	<i>Oka vaipuki thiragandi?</i>
See my finger & see where it moves don't move your head, rotate your eyes	<i>Naa vaeluni choodandi, etuvaipu kadhuluthondoe atuvaipae choodandi, thala kadalchoddu, kaLLu maathramae thippandi</i>

13.1 Question to the relatives/Patients of severely Head Injured	
Is there any bleeding from the Nose (or) Ears?	<i>Mukku nunchi kaanee chevula nunchi kaanee raktham yaemanna vasthundhaa?</i>
Did the patient have loss of consciousness & how long?	<i>Spruha laekundaa vundhaa? Yentha saepu spruhaloe laeru?</i>
How much was the blood loss?	<i>Yentha raktham poindhi?</i>
14. Urology & Nephrology	
Since when are you having puffiness of the face	<i>Meeku mukham vaapu ennaaLLanunchi vundhi?</i>
Do you have Pedal oedema	<i>KaLLaki (Padaalaki) vaapu ennaaLLa nunchi vundhi?</i>
Passing urine adequate?	<i>Ontaelu sarigga pothunnaaraa?</i>
What is the colour of the urine?	<i>Ontaelu yae ranguloe vundhi?</i>
Are you passing frothy urine?	<i>Ontaelu ki vellinappudu nuraga yaemanna vasthundha?</i>
Are you having dribbling of urine?	<i>Ontaelu botlu botluga vasthundha?</i>
Are you having back pain?	<i>Nadum noppi vundha?</i>
Did you have haematuria (or) pyunia	<i>Ontaeluloe raktham kaanee cheemu kaanee vasthundhaa?</i>
Did you have burning micturation?	<i>Ontaelu ki veLLinappudu manta yaemanna vasthundhaa?</i>
Did you have urgency to pass urine?	<i>Ontaeluki thodharagaa veLLaali anipisthundha?</i>
Are you passing urine while coughing / Sneezing?	<i>Dhagginappudu gaani, Thumminappudu gaani moothram poethundhaa?</i>
General weakness?	<i>Ontloe balaheenamgaa vuntundhaa?/ Kaallu chaethulu laaguthunnai?/ Ontloe shakthi laekunda vuntundha?</i>
Are you having good appetite?	<i>Aakali baagaa vaesthundhaa?</i>
Are you having any joint pain?	<i>KeeLLa neppulu vunnaayaa?</i>
Do you have worsening breathless on lying down?	<i>Padukunnappudu aayaasam yekkuva avuthundhaa?</i>
H/o altered sensorium?	<i>Soeyi laekunda vunnaaraa?</i>

16. Ophthalmology

Can you see? Are you having good vision?	<i>Meeru chooda galuguthunnaaraa? Meeku choopu baagundha?</i>
Your vision diminished suddenly (or) progressively?	<i>Meeku choopu sudden ga (akasmaaththugaa) thaggindhaa laedhaa krama kramamгаа thaggindhaa?</i>
Are you having double vision?	<i>Meeku rendu rendu ga kanapaduthunnaayaa?</i>
Are you having difficulty in identifying the colours?	<i>Meeku rangulu gurthinchadam kashtamгаа vundhaa?</i>
Are you having photophobia?	<i>Meeru veluthuru choodalaeka poethunnaaraa? / Meeku kaLLaloe velthuru padithae chiraakugaa vuntundhaa?</i>
Do you have excessive tears?	<i>Meeku KaLLa nundi neeLLu yekuvugaa kaaruthunnaayaa?</i>
Your eyes are reddish, since when?	<i>Mee kaLLu yerragaa vunnayi, Eppatinunchi ilaa yerragaa vunnayi?</i>
Since when you are having black spot in your eyes?	<i>Meeku yeppati nunchi choopuloe nalla machhalu thelusthunnaay?</i>
Did you have any injury to your eyes?	<i>Kantiki yaemanna dhebba thagilindhaa?</i>
Any H/o foreign body in your eyes?	<i>KaLLaloe yaedhanna (dhummu)vunnatlu anipisthundhaa?</i>
Are you having any irritation in your eyes?	<i>kaLLaloe yaemanna mantagaa kaanee dhuradhagaa kaanee vundhaa?</i>
Any purulent discharge in your eyes?	<i>KaLLaloe nunchi pusulu yekuvugaa vasthunnaayaa?</i>
Are you having visual difficulty since child hood?	<i>Meeku choopu sarigga kanapadakapoevadam chinnappati nunchae vundhaa?</i>
Are you suffering with near vision (or) distant vision?	<i>Daggaragaa vunnadhi choodadam kashtamгаа vundhaa? (laedha) dhooramгаа vunnadhi choodadam kashtamгаа vundhaa?</i>
Are you using any contact lens?	<i>KaLLaki lens yaemanna vaaduthunnaaraa?</i>
Did you undergo any eye surgery (catract)	<i>Shuklaalaki yaemanna operation chaeinchukunnaraa?</i>

Did you undergo any laser surgery?	<i>Mee kaLLaki yaemanna laser operation chaesaaraa?</i>
Are you using spectacles? since when	<i>KaLLadhhaalu yaemanna vaaduthunnaraa?</i>
Wash your eyes with clean water.	<i>KaLLani manchi neeLLathoe kadagandi.</i>
After cataract surgery don't have hair wash until _____ weeks?	<i>Shuklaalaki operation chaesaaka, _____ vaaraalu thala snaanam chaeyakandi.</i>
17. Rheumatology	
H/o skin rash on exposure to sunlight?	<i>Yendaloeki veLLagaanae charmam meedha dhadhdhurlu yaemanna vasthunnaayaa?</i>
How long does it take for the rash to subside?	<i>Aa dhadhdhurlu thagaadaaniki yentha samayam paduthundhi?</i>
Hair loss	<i>juTTu vooduthoendhaa?</i>
Pricking type chest pain	<i>Chaathiloe noppi guchhukunnatlu gaa vundhaa?</i>
Do you have joint pain on getting up from bed in the morning, how long does it last?	<i>Podhdhunna nidra nunchi laevagaanae keeLLa noppulu vasthunnaayaa, vasthae yentha saepu vuntunnayi?</i>
Joint stiffness?	<i>KeeLLu (Joint) mudavadam kashtam gaa vundhaa?</i>
Which it first involved, 2 nd ?	<i>Modhata yae Keelu (joint)mudavadam kashtamgaa anipinchindhi?</i>
H/o seizure?	<i>Moorcha vachhi kaaLLu chaethulu kottukoevadam yaemanna vundhaa?</i>
H/o any abnormal bleeding?	<i>Ontloe yekkadaina raktha sraavam avuthundhaa?</i>
H/o pain on bluish discoloration of hand after exposure to cold water?	<i>ChanneeLLu paipadagaanae chaethulu neelamgaa maari noppi raavadam yaemanna vuntundhaa?</i>
H/o dry eyes / mouth or salivation? Excessive salivation?	<i>KaLLu (eyes) thadi aaripothunnaayaa? Noeru thadi aaripothundhaa? Ummi (laalaajalam)yekkuvugaa vooruthoendhaa?</i>

Muscle weakness proximal / distal?	<i>Kandaraala balaheenatha vundhaa? Yekkada vundhi?</i>
Difficulty in holding chappals?	<i>Cheppulu voorikae jaaripoethunnaayaa?</i>
Difficulty in combing hair?	<i>Thala dhuvvukoevadam kashtam gaa vundhaa?</i>
Difficulty holding glass of water?	<i>NeeLLa glaasu pattukoevadam kashtam gaa vundhaa?</i>
Difficulty in getting up from squatting position?	<i>Guntha koorchoni paiki laevadam kashtam gaa vundhaa?</i>
H/o breathlessness?	<i>Aayaasam gaa vundha?/ gaali theesukoevadam kashtam gaa vundha?</i>
After how much distance you get breathless?	<i>Yentha dhooram nadisthae meeku aayaasam gaa vuntundhi?</i>
H/o sputum expectoration?	<i>KaLLe (themada/kafam) vasthundhaa ?</i>
Colour of sputum?	<i>KaLLe yae ranguloe vundhi?</i>
Any variation in sputum production in day? Morning or evening	<i>Yeppudu kaLLe yekkuvugaa vasthundertundhi? Podhdhunna laeka saayamthramaa.</i>
H/o breathlessness is more after getting to sleep?	<i>Padukunnappudu aayaasam yekkuvugaa vuntundhaa?</i>
H/o change in breathless in change in position to right or left?	<i>Padukunnappudu yae vaipu thirigithae aayaasam yekkuva avuthundhi? Kudi vaipaa Yedama vaipaa?</i>
H/o distension of abdomen?	<i>Kadupu vubbaram gaa vundhaa?</i>
H/o distension of neck veins?	<i>Meda naraalaki vaapu eppatinunchi vundhi?</i>
H/o amount of sputum per day - a cup - ¾ cup - ½ cup - ¼ cup	<i>Rojuki yentha kaLLe vasthundhi?</i> - Cup aa? - Muppaavu cup aa? - Sagam cup aa? - Paavu cup aa?

18. Public Health Advices

Health advices for Paediatric Age Group (To Mothers/Parents)

Advices in English	Advices in telugu
Start giving breast milk immediately after birth	Bidda puttina ventanae thalli paalu ivvadam modhalu pettaali
Breast feeding will not only benefit the baby but also the mother	Thalli paalu pattadam biddakae kaadhu thalliki kooda prayoejanam vuntundhi
Exclusive breast feeding to be given to infants upto six months, Do not give even water or other fluids	Aaru nelala loepu pillalaki thalli paalu maathrame pattali, neeLLu laedha ithrathra paaneeyaalu kooda ivvakoodadhu
As and when when the baby demands that many times breast milk to be given	Bidda enni saarlu thaagagaligithae anni saarlu thalli paalu pattaali
Practice Rooming in, Bedding in	Mee biddani mee gadhiloe mee pakkaloenae paduko pettukovaali
All vaccines to be given to the child as prescribed by the doctor	Biddaki anni teekaalu doctor cheppina vidhamгаа thappani sariga veyinchali
Immediately report to nearest doctor if your child presents with any one of the following Red Flags : 1.Fever, 2.Hypothermia, 3.Convulsions, 4. Fast breathing, 5. Nasal flaring, 6. Severe chest indrawings, 7. Pustules/Boils, 8. Loose stools, 9. Blood in stools, 10.Severe dehydration, 11.Lethargy, 12.Pus discharge from Umbilicus, 13.Pus discharge from ears	Krindhi pramaadha soochikalaloe yaedhainaa mee biddaloe gurthisthae daggalaloe vunna doctor ki ventanae choopinchaali: 1. Jwaramu, 2. VoLLanthaа challa padi povadamu, 3. Moorcha vachi kaaLLu chaethulu kottukovadamu, 4. Swasa vaegamгаа theesukovadamu, 5. Mukkulu yegara vaeyadamu, 6.Dokkalu yegara vaeyadamu, 7.Pongu vachhi vonti meedha pokkulu raavadam, 8.NeeLLa Viroechanaalu, 9.Virochanam lo raktham padatam, 10. Moothram raaka povadamu, noeru mariyu gonthu thadi aari poevadamu, charmam podibaari poeyi mudathalu padipoevadamu, Yaedchinaa kanneeLLu raakapoevadamu (nirjaleekaraNa lakshaNaalu) 11. Badhhakamga kanapadatam, 12. Boddu nunchi cheemu kaaradam, 13.Chevula nunchi cheemu kaaradam
Check your child's weight and height regularly	Mee bidda baruvu mariyu yethhu kramam thappakundaa choopinchaali
Avoid giving artificial pacifiers	Peekalu alavaatu chaeyakandi
After 6 months weaning food to be started	Aaru nelala tharuvaatha biddaki methhati ghanaahaaraanni ivvadam modhalu pettaali

Dehydration during Diarrhoea can be prevented by giving ORS solution to the child	Athisaaram loe vachae nirjaleekarana (dehydration) lakshanaala nivaaraNaku mee biddaku ORS dhraavaNam thraapaali
Give foods like milk, egg, dhal, cereals, ghee, banana like fruits (Yellow colour fruits), vegetables, Fish etc. to prevent malnutrition in children	Pillalloe paushtikaahaara loepam nundi nivaarinchadaaniki paalu, guddu, pappu, annam, neyyi, arati pandu(pasupu ranguloe vunde pandlu), kooragaayalu, aakukooralu, chaepalu modhalaina aahaaraanni andhinchali
Encourage you children to brush twice daily, rinse mouth after every meals	Mee pillalni rendu potalaa brush chaesukoemani protsahimchandi, thinna prathisaari noeru pukkulinchamani cheppandi
Train the children to use toilet	Pillalaki marugu dhoddi vaadatam alavaatu chaeyaali
Train your child handwashing with soap and water before and after meals and after using toilet	Thinae mundhu thinna tharuvaatha mariyu toilet ki veLLi vachhaka chaethulu sabbu mariyu neeLLathoe kadukkovadam naerpinchali
Keep children away from mobiles, tabs, laptops instead encourage your children to play games, involve them in household works	Mobiles, Tabs, Laptops vantivi pillalaku dhooramгаа vunchandi. Vaati badhulu pillalanu aatalu aadukovadaniki prothsahimchandi, inti panulu chaesaelaa protsahimchandi
Maternal Health advices	
After diagnosing pregnancy get registered in a nearest health centre/anganwadi centre	Garbha nirdhaaraNa aina ventanae dhaggarloeni aaroegya/ anganwadi kaendramloe mee paerunu namoedhu chaeyinchukovaali
After registration have atleast 4 health checkups in this pregnancy	Ee garbhiNeeloe paeru namoedhu chaesukunnaaka kaneesam naalugu saarlainaa aaroegya pareekshalu chaeinchukoevaali
Every time you come for health checkups check your weight. Pregnant woman should gain atleast 10-12 kgs, last six months atleast 1kg per month during the pregnancy	Pareeksha chaeinchina prathi saari mee baruvu choosukoevaali. GarbhiNi sthree 10-12 kg la baruvu peragaali, chivari aaru nelalloe nelaki oka KG choppuna baruvu peragaali
All types of food items can be taken	Anni rakaalaina aahaara padhaarthaalanu theesukoevachhu
Meat, Green leafy vegetables, Fruits, Dry fruits, Dates, Ground nuts, jaggery, Beans are the Iron rich foods to be eaten during pregnancy	Maamsam, Aaku kooralu, Pandlu, Yendina pandlu, Karjooraalu, VaeruSanagalu, Bellam, Beens vanti iron kaligina aahaaraanni garbhiNee samayamloe theesukovaali
Take food in increased frequencies in a day	Rojuloe yekkuva saarlu aahaaram theesukuntoo vundaali

Take supplementary nutrition given by the anganwadi centre	Anganwadiloe ichhae anubandha aahaaram koodaa theesukoevaali
Have 2 hours of rest at day time and 8 hours of sleep at night	Pagati poota rendu gantalu visraanthi theesukoevaali mariyu raathri yenimidhi gantala nidra poevaali
Get your BP checked in every health check up	Pareeksha chaeyinchukunae prathi saari BP choopinchkoevaali
Daily take one Iron and Folic Acid tablet	Iron mariyu folic acid maathra roejuki okati choppuna vaesukoevaali
Get 2 TT injection one at the time of registration and one after 1 month during this pregnancy	Garbha nirdhaaraNa samayamloe oka TT injection mariyu nela tharuvaatha inkoka TT injection theesukoevaali. Ee garbhiNeeloe rendu TT injection lu theesukoevaali
Immediately report to doctor if any one of the following Red Flags are identified 1.Fever, 2. Anaemia 3. Abdominal Pain, 4.Vaginal Bleeding, 5. Convulsions, 6. Severe headache with blurred vision, 7.Puffiness of face, legs 8. Leakage of amniotic fluid 9. Reduced fetal movements 10. Back pain 11. Severe nausea and vomitings	Ee Pramadha soochikalu gurthinchi ventanae doctor ki choopinchkoevaali: 1.Jwaramu 2. Raktha heenatha 3.Kadupu noppi 4.Raktha sraavam avadamu/ yerra batta avadam 5.Moorcha vachhi kaaLLu chaethulu kottukoevadamu 6.Thalanoppi vachhi choopu masaka baaram 7. Mohamu, KaaLLaki vaapu raavam 8. Vumma neeru padipoevadamu 9. Bidda kadalikalu theliyaka poevadamu 10. Nadum noppi raavam 11. theevramyna Vikaaram / Vaanthulu avadam
Health advices for Diabetes/Hypertension	
Regular blood sugar estimation to be done every 2-3 months	Rendu moodu nelalaki okasaaari blood sugar pareekshalu kramam thappakunda chaeyinchukoevaali
Take small meals at frequent intervals i.e 3 main meals and 1-2 snacks in-between.	Koncham koncham yekkuva saarluga thinaali ante moodu saarlu bhojanam thoe paatu madhyaloe swalpaahaaram theesukuntu vundaali
Include fruits and cut vegetable salads as snacks	Pandlu kooragaya mukkalu salaads ni swalpaahaaram/snacks lo chaerchukoendi
Avoid Sweets, Tubers, Fruits like Banana, Sapota, Mango, and Custard apple, juices, cool drinks, maida containing bakery items, Fried items etc.	Sweetlu, dhumpa kooralu, arati, sapoeta, maamidi, seetha phalam laanti pandlu, palla rasaalu, cool drinklu, maidha kaligivunna bakery vuthpathhulu, veyinchina aahaaraalu modhalainavi theesukoekandi

Restrict high fat containing food items like ghee, butter, vanaspathi	Neyyi, venna, daalda vanti kovvu Saatham yekkuvugaa vunna aahaara padhaarthaalanu thakkuvuga thinandi
Drink atleast 8-10 glasses of water everyday	Prathi roeju yenimidhi nunchi padhi glaasula neeLLu thraagandi
Do not skip meals or undertake fasting	Bhojanam thinakundaa dhatavaeyadam kaanee vupavaasam kaanee chaeyakandi
Do not over eat	athiga thinadam maanivaeyandi
Eat food rich in dietary fibre like vegetables, green leafy vegetables, fruits, bran cereals	Kaayagooralu, aakukooralu, pandlu, pottu theyyani dhaanyaalu vanti peechu padhaartham vunna aahaaram thinandi
Reduce added salt and avoid salt containing foods like Pickles, paapads, salted chillies etc.	Vupunu joedinchi thinadam thagginchandi mariyu vooragaayalu, appadaalu, vuppu mirapakaayalu vanti vuppu yekkuvuga vundae aahaara padharthaalanu thinadam maanivaeyandi
Take Diabetic medications regularly	Shugaru mandhulu kramam thappakunda vaesukondi
Do regular brisk walking for atleast half an hour per day for atleast five days per week	Rojuki kaneesam ara ganta vaaramloe kaneesam aidhu roejulu kramam thappakundaa churukugaa nadavadam alavaatu chaesukoendi
Limit use of alcohol	Madhyam/Mandhu thraagadam thagginchandi
Quit smoking	Poga thaagadam maanivaeyandi
Check your feet daily for any cracks, blisters, injuries, or any change in colour with a mirror	Prathi roeju oka adham pettukuni paadaalu, arikaaLLanu paguLLu, pokkulu, gaayaalu laedha rangu maaradam gurinchi pareekshinchukoendi
Use footwear regularly	Cheppulu/paadha rakshalani thappani sariga vaadandi
Avoid injuries	Gaayaalu kaakunda choosukondi
Fundoscopy and Kidney function tests to be get done every year	Kanti loepala vundae Retina pareeksha mariyu moothra pindaala panitheeru pareekshalu samvatsaraaniki okasari chaeyinchandi
Get BP checked regularly	BP pareeksha kramam thappakunda chaeyinchukoevaali
Take anti hypertensives regularly	BP mandhulu kramam thappakunda vaadukoevaali
Yearly get your eyes tested atleast once	Samvatsaramloe okasaaraina kanti pareekshalu chaeinchukovaali
Yearly get your kidneys tested atleast once	Samvatsaramloe okasaaraina kidney(Moothra pindaalu) pareekshalu chaeinchukovaali

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