

THE USAGE OF EUPHEMISMS IN THE SPEECH OF DOCTORS

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ABSTRACT

The article discusses some euphemisms used in the speech of a doctor and their role in verbal and non-verbal communication.

KEYWORDS: *Verbal and Non-Verbal Communication, Physiological Process, Rude Word, Organs, Circle, Inborn Defect, Serious Disease, Paralinguistics, The Speech of a Doctor*

INTRODUCTION

We found it necessary to define the notions of “ a doctor” and “a euphemism” at the beginning of our article. The doctor is a good conversation partner who treats patients, a confidant, and a psychologist. He needs three things in order to treat: a word, an herb and a scalpel. Euphemism serves as the base for treating with words. Euphemisms are the words that came into existence as synonyms to the words and phrases that seem to sound rude, embarrassing and unpleasant. Euphemisms serve for the purpose of avoiding speaking about negative things, for mollifying their negative effect and are used for reducing the negative effect of situations that can insult a person, show disrespect and contradict to the norms of decorum and in situations when things cannot be said directly. They are used to hide the negative effect of these situations and to express the unpleasant information in a softer way. [1]. Coming from the essence of notions, we can say that euphemism meaning enriches the base communication culture of doctors. The communication is the base of the process of treatment. And the foundation of establishing communication is in paying attention to the patient, sincerity, listening to him attentively, caring about the patient and seriousness. The relations of doctors with patients can be carried out in a verbal and non-verbal way. In verbal communication, medical euphemisms play a leading role. In General Linguistics there is a limited number of research devoted to the study of medical euphemisms. This problem has been studied by Turkic nations, particularly by Kazakh, Turkmen, Altay, Azerbaijani, Uzbek and Russian scholars. [2]. Among them are such scholars as S. Altaev, N. Jabborov, E. Maligina, T.V. Boyko, N.M. Berdova, and L.Krisin. The Ph.D. dissertation of N.Ismatullaev “Euphemisms in the Uzbek Language” suggests to studying euphemisms according to the following classification [3].

- The state peculiar to womanhood (pregnancy, menstruation).
- The euphemisms used to express the relationship within the family.
- The euphemisms related to death.
- The euphemisms related to gender.

- The euphemisms related to the human body.
- The euphemisms used in the language by a doctor and medicine.

In the dissertation of A. Omonturdiyev “The Euphemisms of a Professional Speech” (in the example of the speech of livestock breeders), there was given a brief information about the euphemisms related to the names of diseases [4].

Our aim is to discuss some medical euphemisms that are used in the speech of doctors.

On the basis of studying periodical publications related to medicine we found out that in the communication between a doctor and a patient, the following groups of the semantic meaning of euphemisms have been used:

The Euphemisms Related to the Physiological Process. We Divided the Euphemisms Expressing the States of this Process Into Three Groups.

The Euphemisms Expressing the Situations that are Embarrassing to Speak of:

Balog'atga yetmoq (Reaching maturity). *Qizimiz balog'atga yetib qolgan. Uning ertasini o'ylayman.* (Translation: My daughter has reached maturity. I am concerned about her future.) (“Hamshira”, 2013, №1, p.25.). Bo'yga yetmoq. (Become mature) Ayniqsa bo'yga yetgan qizlarda fiziologik jarayon erta boshlanadi. (Translation: The physiological process starts early in the girls who have become mature.) (“Shifo-info”, 2016, №21, p.13.) Yetilmoq (To reach maturity). Juda yetilgan vaqti – o'n sakkizga kiribdi. (Translation: She is eighteen - she has reached maturity. (Ch.,”Yorqinoy”, p.78)). Homilador bo'lmoq. To become pregnant. Homiladorlikni rejalashtirish vaqtida er-xotin baravariga kuchli dorilar istemolidan o'zlarini saqlashlari lozim. (Translation: While planning pregnancy a husband and a wife should avoid strong medications.) (“Tashkhis”, 2015, №37, p.3.). Nozik davr. Delicate period– Bu nozik davrda qabul qilinishi shart bo'lgan va qat'iy ta'qiqlanadigan dori-darmonlar mavjud. (Translation: There are medications that must be taken and the medications that are strictly forbidden during this delicate period.) (“Tashkhis”, 2015, №37, p.3.). Bo'yida bo'lmoq. To become pregnant. Bo'yingizda bo'lgan kundan boshlab ginekolog nazoratida bo'ling. (Translation: Starting from the day you become pregnant, you must be under the supervision of the gynecologist.) (“Shifo-info”, 2016, №21, p.7.) There are many examples of euphemisms expressing pregnancy in the Uzbek language: boshqorong'u bo'lmoq, dog' paydo bo'lmoq, dujon, oy-kuni yaqin, oyog'i og'ir, og'ir oyoq, yukli, yuzida dog'i bor. Tug'moq. To give a birth. Dunyoga keltirmoq. To bring into the world – Katta vaznli chaqaloqni dunyoga keltirgan onalar qandli diabet bor-yo'qligini aniqlash uchun tekshiruvdan o'tishlari kerak. (Translation: The mothers that brought into the world big babies must be examined for the presence of diabetes.) (“Shifo-info”, 2016, №20, p.3). Jajji avlodning paydo bo'lishi. The emergence of a young generation-Oilada jajji avlodning paydo bo'lishi yoshi ulug'lar uchun o'z yoshligiga qaytish uchun katta imkoniyat. (Translation: The emergence of a young generation in the house is an opportunity for the elderly to return to the days when they were younger) (“Shifo-info”, 2016, №19, p.8). Emizmoq. To breastfeed. Oziqlantirmoq. To feed.– Go'dakni o'z vaqtida ko'krak suti bilan oziqlantirmaslik sababli ayolda laktostaz kelib chiqadi. (Translation: When a woman does not breastfeed the baby on time, she will develop lactostasis.) (“Shifo-info”, 2016, №20, p.6). Ona suti bilan parvarishlash. Feeding with breastmilk – Bolani ona suti bilan parvarishlash to'xtatilgach, albatta, mammolog ko'rigiga borish zarur. (Translation: A woman must consult a mammologist after she stops breastfeeding) (“Shifo-info”, 2016, №20, p.7).

Hayz ko'rmoq. To menstruate. – Hayz jarayoni taniqli ginekolog, akademik V.F. Snegirev ta'biri bilan aytilganda, bu “ayolning urug'lanmagan o'z tuxum hujayrasini har oyda bir tug'ishi” demakdir. (Translation: According to a famous gynecologist and academician V.F. Snegirev, menstruation is a woman's giving a birth to her unfertilized egg every month”) (“Tibbiy saboqlar”, 2016, №49, p.13)

Bu yoshga kirgan musulima qiz “oqila” bo'lganlari onalari tomonidan uqtirilib, vujudlari sihatini bo'lgusi onalikka tayyorlash zarurligini anglab yetishgan. Oy ko'rgan ayollar namoz o'qimasa-da, qazosi o'talmasligi, ro'zasi qolib ketsa keyin tutib berishlari, aytilgan. (Translation: The girls who have reached this age are told by their mothers that they have become “oqila”(wise). They fully acknowledge that they have to prepare their body for motherhood. They are also told that even though they don't pray while menstruating, they don't have to make up for the missed prayer and when they don't fast because of this excuse, they can fast later after menstruation days. (“Jinsiy hayot saboqlari”, “Aziza”larning “ojiza”liklari). There are other euphemistic units for menstruating in the Uzbek language as “oy ko'rish”, “oyboshi”, “balog'atga yetishish”, “jinsiy balog'atga yetish davri”, “sikl boshlanishi”, “fiziologik jarayon”, “nopoklik”, “uzurli ayol”, “ajralma kelishi”, “kasal bo'lmoq”, “qon ko'rish”, “mehmonlar kelgan” and etc.

The Euphemisms Related to Sexual Intercourse

Birga bo'lmoq, jinsiy mayl. Have sexual intercourse, sexual desire. Homiladorlikning dastlabki 3 oyi davrida turmush o'trog'ingiz bilan birga bo'lish tavsiya etilmaydi. Bu bolangiz uchun xavfli. Homiladorlikning keyingi davriga kelib esa tug'ruq oldi tashvishlari tufayli jinsiy maylning yana kamayishi kuzatiladi. (Translation: It is not recommended to have sexual intercourse with your husband during the first trimester of pregnancy. It is dangerous for pregnancy. In the last period of pregnancy, the decrease in sexual desire has been observed because of problems before labor.) (“Shifo-info”, 2016, №21, p.21). Qovushish. Make love. (Translation: Making love is a natural physiological process and if there are no contraindications, it will not cause any discomfort both for woman and man.) (“Shifo-info”, 2016, №21, p.21.). There are also such examples of euphemisms as “ aloqa qilmoq” “yotmoq”, “er-xotin bo'lmoq”, “yaqinlik qilmoq”, “teginmoq”, “qo'shilmoq”, “ishini bajarmoq”, “ana unaqa ish”, “bir kecha bo'lmoq”, “dam olmoq”, “xursandchilik qilmoq”, “qo'yniga kirmoq”.

The Euphemisms that are Used Instead of Rude Words

Semizlik. Obesity. Ortiqcha vazn. Extra weight. Ortiqcha vaznim borlgi sababli parhez tutmoqchiman. (Translation: I want to keep a diet because I have extra weight.) (“Shifo-info”, 2017, №39, p.3).

O'sirmoq. To fart. Yel ajratmoq. To pass gases. Og'riq ovqat iste'mol qilingandan keyin kuchayadi, najas va yel chiqargandan so'ng esa kamayadi. (Translation: The pain intensifies after consuming heavy food and reduces after passing gas and defecating.) (“Shifo-info”, 2017, №39, p.37). Other verbal euphemisms as “havo chiqarmoq”, “bod chiqarmoq”, “gaz chiqarmoq” are also used.

Sassiq hid. Bad smell. Noxush hid taralishi. Spreading of unpleasant smell.- Vaginoz (qil yallig'lanishi)dan ozor chekadigan ayollarning qov sohasidan noxush hid taraladi. (Translation: The women suffering from vaginosis emit unpleasant smell from their vagina.) (“Shifo-info”, 2016, №20, p.4.). Ichi qotish . Qabziyat. Constipation. Agar bemorni qabziyat qiynasa, bo'shashtiruvchi preparatlarni tavsiya qilamiz. (Translation: If a patient suffers from constipation, we recommend laxatives.) (“Tashkhis”, 2015, №37, p.3). Qorin og'riq. Stomachache. Qorin nolas. The stomach cry. Kasallik profilaktikasi har doim qorin nolasiga quloq tutish, oshqozon-ichak tizimi xastaliklarini o'z vaqtida aniqlatishga bog'liq.

(Translation: The prophylactics of a disease is always connected with listening to the stomach cry and identifying the diseases of the gastrointestinal system on time.) (“Shifo-info”, 2017, №39 , p.13). The words as “burun sassiqchasi”, “bavl qilmoq”, “axlat”, “najas”, “kattasi”, “kakasi”, “peshob”, “lulusi”, “kichigi”, “hidli ajralma” are included into this category.

2. The words related to somebody parts: We divided the euphemisms related to this process into two groups.

The Euphemisms Used for Genitals

Avrat (parts of the body which must be covered in Islam) Abu Dovud va Ibn Mojahlar rivoyat qilgan hadisda esa Banu Qurayza bilan bo'lgan jang tafsilotlari keltirilib, asirlarning balog'atga yetgan-yetmaganini aniqlashda ularning avrat tuklariga qaralgani keltirilgan. (Translation: In the hadith narrated by Abu Dovud and Ibn Mojah the details of the war with Banu Qurayza have been given and it was written that in order to determine whether the captives have reached puberty or not the hair on their avrat (genitals) have been checked.) (“Tibbiy saboqlar”, 2014, №7, p.7). Yorg'oq. Scrotum. O'g'il bolada yorg'oq ichidagi harorat tana harorati bo'lmish 36°C-36,5°C dan 1-1,5°C gacha past, ya'ni 35°C-35,5°C bo'ladi. Aynan shu past harorat moyaklarning yaxshi rivojlanishiga yetarlicha imkon beradi. Havo o'tkazmaydigan har qanday tagliklar esa yorg'oqning qizib ketishiga olib kelib, o'g'il bolalar jinsiy rivojiga salbiy ta'sir etishi bois xatarli hisoblanadi. (Translation: The temperature inside of boy's scrotum is lower from body's temperature 36°C-36,5°C to 1-1,5°C degree, which means it is 35°C-35,5°C. This temperature creates favorable condition for testicles to develop. The diapers that do not allow air to pass cause heating of scrotum and are considered dangerous, because they have a negative effect on the boys' sexual development.) (“Shifo-info”, 2016, №13, p.34) Orqa chiqaruv kanali. Anus – Orqa chiqaruv yo'li gigiyenasida maxsus yuvuvchi vositalardan foydalanish tavsiya qilinmaydi. Using special washing liquids for the hygiene of anus is not recommended. (“Shifo-info”, 2016, №20, p.20).

Jiddiy a'zolar. Serious organs. Jiddiy a'zolari mikroblardan tozalashda (dezinfeksiya) ishqorli sovunlardan foydalangan ma'qul. (Translation: It is recommended to use soaps with alkali for cleaning serious organs from microbes (disinfection)) (“Shifo-info”, 2016, №20, p.20).

Nozik scholar. Sensitive areas –Nozik sohalar uchun sochiqlar toza, yumshoq va eng asosiysi, shaxsiy bo'lmog'i zarur. (Translation: The towels for sensitive areas must be clean, soft and most importantly personal). (“Shifo-info”, 2016, №20, p.20).

Qorinning pastki qismi. The lower part of the abdomen. Hayz kelganda beli va qorning pastki qismida og'riq sezadi. (Translation: The pain in the back and lower part of the abdomen can be felt during menstruation.) (“Shifo-info”, 2016, №20, p.20).

Peshob chiqarish kanali. The urinary canal. Bemorda peshob tutilishi kuzatilgani bois unga sistostoma o'rnatiladi. Bu usul adenomaning peshob chiqarish kanalini bevosita ezib turuvchi qismi olib tashlanadi. (Translation: Because of the difficulty while urinating cystostomy is attached to the patient. By this method, the part of adenoma that directly presses on the urinary canal is removed.) (“Shifo-info”, 2016, №20, p.47). The euphemisms of this category include: “adoq”, “boshqa joy”, “beldan past”, “bu yer”, “jinsiy a'zo”, “yigitlik nishonasi”, “olat”, “qorin pasti”, “qin”, “oldin”, “peshob yo'li”, “kukasi”, “mumchasi”, “yomon joyi”, “nozik maydon”, “hushtakchasi”.

The Euphemisms Used Instead of Some Body Parts

Ko'krak uchi, ko'krak so'rg'ichi. Nipple. So'rgich haddan tashqari sezuvchan bo'lib, unda juda ko'p nerv tolalari joylashgan. (Translation: The nipple is highly sensitive and there are many nerve fibers there). ("Shifo-info", 2016, №20, p.6).

Aylana. Circle. Go'dakni to'g'ri oziqlantirish uchun ko'krak areola (aylana) sini bola og'ziga tutish lozim. (Translation: It is necessary to insert the breast areola into the child's mouth in order to feed the baby right. This way mammary glands will be free of milk completely.) ("Shifo-info", 2016, №20, p.6). Bez. Gland. Ko'yilagini pichagina ko'tarib turibdi mushtday bezki, hur tal'atli. (Translation: Her dress was raised a bit by a gland of a fist size, her face was like that of a virgin of a paradise.) ("Misqol pari", p.8). Euphemization, which is reached through adding the possessive particle –imiz to the words denoting the parts of body during the consultation or treatment will make the speech more polished. For example, "boshimiz", "qo'limiz", "og'zimizga...dorini surtamiz" and etc.

EUPHEMISMS RELATED TO DIFFERENT DISEASES

The Euphemisms Related to Inborn Diseases

Imkoniyati cheklangan. Impaired. Imkoniyati cheklangan bolalar uchun ixtisoslashtirilgan davlat ta'lim muassasalari tashkil etilgan. (Translation: There have been established state educational institutions for impaired children.) ("Salomatlik sirlari", 2015, №3, p.12). Visually impaired-Bepul foydalanish huquqi ko'zi ojiz nogironlar va ko'zi ojiz nogironlarga hamrohlik qiluvchi shaxslarga beriladi. (Translation: The right to use the service free of charge is given to visually impaired people and those who accompany them.) ("Shifo-info", 2017, №39, p.14). Qulog'i zaif. Hearing impaired – Qulogi zaiflik mutlaqo eshitmaslik, garanglik, so'zni anglay olmaydigan darajada og'irligi, tug'ma va hayotda orttirilgan bo'lishi mumkin. (Translation: Hearing impairment may be absolute deafness, the deafness to the degree of not understanding the word, inborn and acquired.) ("Hamshira", 2015, №37, p.3). Quloqdan qolish. To become deaf. Quloqdan qolish yosh tanlamaydi. (Translation: A person may become deaf at any age.) ("Shifo-info", 2016, №20, p.16)

Eshitish qobiliyati yomonlashuvi. Worsening of hearing ability. Eshitish qobiliyati yomonlashuviga taxminan 30 foiz hollarda shovqin sababchidir. (Translation: Noise is the reason of deafening in 30% of cases.) ("Shifo-info", 2016, №20, p.16).

Tevarak atrofdagi ovozlardan, so'zlardan mosuvolik. Eshitish qobiliyatini yo'qotgan odam holati. (Translation: Lacking the ability to hear sounds and words around. The state of a person who lost his hearing.) ("Shifo-info", 2016, №20, p.15).

Muloqot qilish imkoniyatining cheklanganligi. The limited ability to communicate-Har xil xizmatlardan foydalanish hamda muloqot qilish imkoniyatining cheklanganligi bunday kishilarning hayotiga ta'sir etmay qolmaydi. (Translation: The limitations in using different kinds of services and the limited ability to communicate influence on the daily life of these people). ("Shifo-info", 2016, №20, p.15).

Quloqlaringiz borgan sari atrofdagi tovushlarni qabul qilishdan bosh tortayapti-Aslida, tevarak-atrof, tabiatdagi ovozlari shivirlayotgani yo'q, balki sizning quloqlaringiz borgan sari atrofdagi tovushlarni qabul qilishdan bosh tortayapti. (Translation: Gradually your ears are rejecting to accept the sounds around you. In reality the sounds around you, the sounds of Nature did not stop. It is your ears, which refuse accepting these sounds.) ("Shifo-info", 2016, №20, p.15).

Qarilik davrining ilk alomati. The first sign of aging- Eshita olmay qolish jismoniy nuqson yohud tobora yaqinlashib kelayotgan qarilik davrining ilk alomati sifatida tushuniladi. (Translation: Loosing the hearing ability may mean a physical defect or the first sign of aging.) (“Shifo-info”, 2016, №20, p.15).

Eshitish bilan bog’liq nuqsonlardan aziyat chekadiganlar. Those who are suffering from problems related to hearing. Eshitish bilan bog’liq nuqsonlardan aziyat chekadiganlar, eng avvalo boshqalar bilan muloqot qilish imkoniyatidan mahrum bo’ladilar. (Translation: Those who are suffering from problems related to hearing are deprived of the opportunity to communicate with others.) (“Shifo-info”, 2016, №20, p.15).

Og’irlik. Deafness- Eshitish kanallarida paydo bo’lgan qandaydir to’siqlar tufayli tashqi va o’rta quloq tizimlari qabul qilingan ovozli signalni ichki quloqqa yetkazib bera olmaydi. Bu turdagi og’irlikni jarrohlik yo’li bilan yoki boshqa keng tarqalgan usullar bilan davolasa bo’ladi. (Translation: Because of the obstacles that appear in the hearing canal, the systems of outer and middle ears do not pass the sound signal in the inner ear. This kind of deafness can be treated by means of surgery and other widespread methods.) (“Shifo-info”, 2016, №20, p.16).

Euphemisms Related to Contagious Diseases

Sil kasali. Tuberculosis- Aslida u odamdan odamga havo-tomchi yo’li orqali yuqishini hech kim bilmagan. (Translation: No one knew that tuberculosis could be infected by air drop way). Xastalik. Disease. Ko’zga ko’rinmas zarralarda mikrobakteriyalarda mavjud bo’lgan havodan nafas olgan kishining immuniteti past bo’lsa, xastalikni yuqtiradi. (Translation: If the immunity of a person who breathes from the air that has tuberculosis microbacteria may contract this disease) Other euphemisms used for this disease are : “qattiq yo’taldan azoblanayotgan kishi”, “sil tayoqchalari tekkan kasallik” (“Shifo-info”, 2014, №12, p.14).

Gepatit. Sarg’ayma. Hepatitis. Virusli gepatitlar jigarning yuqumli kasalliklari turkumiga kirib, xalq tilida sarg’ayma deyilishini hamma biladi. (Translation: Virus hepatitis is included into the category of contagious diseases and it is known that it is called “sarg’ayma” in folk language. Other euphemisms used for hepatitis are “sariq, zafarma, jigar kasali...” (“Hamshira”, 2016, №4, p. 23)

Quturish-Hydrophobia rabies. Dushvor dard. Serious disease. Itda quturish paydo bo’lishi va buni odamga yuqtirib, dushvor dardga yo’liqtirish dunyoda kuzatiladigan falokat. (Translation: There have been cases when the dog with rabies infected humans.) Other euphemisms that are used for rabies are: tishlangan odam, it tishlagan (the man bitten by dog). (“Tashxis”, 2017, №47, p.14).

Qizamiq. Measles-Obila. “Obila” is a Persian and Tajik word that means “blister”, “pustule”. Zaynab Sul-tonbegim... ikki-uch yildan so’ng obila zahmati bilan olamdin bordi. (Translation: Zaynab Sul-tonbegim died from measles after two three years.) (“Boburnoma”, p.83) [5]. The diseases as whooping cough, leprosy, typhoid fever, malaria, syphillis may be included into this category. The following euphemisms may be used as a common word for denoting these diseases: bemor, kasal, yomon kasal, yuqumli dard, xastalik, betob, bemador.

The Euphemisms Related to the Incurable Diseases

AIDS, HIV infection. Asr vabosi. The plague of a century. Bu kasallikning shiddatli tarqalishi va shu kungacha davosi topilmaganligi uning yigirmanchi asr vabosi deb atalishiga sabab bo’ldi va xavfli kasallik “unvoni”ni oldi.

(Translation: The rapid spread of the disease and the fact that there is no cure for it until now became the reason for calling it the plague of the century and giving it the “title” dangerous disease.) (“Tashkhis “, 2016, №23, p.12).

Narkoman. Drug addict.- Keyinchalik odamda jismoniy qaramlik paydo bo’lib, abstinent (xumorilik) sindromi boshlanadi, natijada odam narkotik qabul qilishga majbur bo’ladi. (Translation: Afterwards a person will develop a physical dependency and an abstinence syndrome will start. As a result, he will have to take a drug.)
Giyohvand- Giyohvand moddalarning turlariga qarab, odamda giyohvandlik turli ko’rinishlarda namoyon bo’ladi. (Translation: According to the types of drugs, drug addiction may be in different forms.) (“Shifo-info”, 2014, №7, p.32).

It is important to note that along with aforementioned verbal means there are non verbal means as well, which are used if necessary during the communication between a doctor and a patient. There may arise the necessity of expression via paralinguistic means, that is to say the communication without words. For example clutching one’s head may mean headache, holding one’s abdomen with the hands may mean stomachache, toothache may be expressed by putting one’s palm on the face or by facial expression showing pain. Non verbal communication is conveying information and emotions through gestures, facial expressions and movements. This kind of communication mainly occurs with movements and gestures. The beauty of communication, its grace and attraction are mainly expressed with movements. [6]. Different situations may be observed during the doctor’s communication when they show warm attitude to patients using non verbal euphemized movements.

CONCLUSIONS

The degree of doctor’s communication, culture can be seen in his attitude towards patients, his reaching communicative aim by following the speech etiquette, his effective use of euphemize means that contribute to the beauty of conversation. As is has been known from the aforementioned, studying the speech of doctors and its euphemizes helps to enrich the contemporary Uzbek literary language with thousands of words, euphemisms, and the expressions and assist in the process of developing medical, medical euphemize, paralinguistic, ethnolinguistic dictionaries of the Uzbek language. One of the next tasks of linguistics is to study the forms of doctor’s communication deeply.

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