

BEING SICK AND GETTING WELL IN NSO

[DRAFT - FOR COMMENT ONLY]

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1. Introduction

2. Background to Nso

3. Concepts of sickness

yàsí pl. ayàsí

Is the name of disease, sickness, illness

rare word

jòy no pl.

kifə' epidemic

gon [gon ˘] n. wom 1/2. physical disability or stunted growth.

Gon koo wan, vee dzə mbom rə
disability catch child they [people] nature his
[proverb form]

The child is affected by a sickness that keeps him stunted but the parents say that it is his nature. ⇒ ηgaa gon.

goner [goner] vt. to care for a disabled person; to nurse

Taata loo gon, wan waa goner
grandfather when disabled child CONT nurse
When grandfather becomes disabled his child will nurse him.

gonri [gonri] vi.dim. to be constantly down with sickness but not fully disabled.

Wan wom gonri ne e ηaη, e laa yo' dzəə a kuy
child my sick already in too much and Not Not be CONT grow

My child has been constantly down with sickness and is not growing anymore.

jôy [joy] 1) vi. to be sick; ill.

Wir yii lóo jòy, bo wù waa tà' ηgaa shìv
person do when sick then he CONT look person medicine

Only when one is sick does he look for a doctor .

2) vt. to have a certain sickness.

Wàn joy kitú, m buη mbàm se shìv.

The child has a headache but I have no money for medicine. ⇒ joy, joyri.

jòy [joy ˘] n. wom 1. sickness; illness.

Wàn ki' bèn, a jòy dzə é wùn wó.

The way this child looks indicates that it must have some illness. Syn: yasi.

joyri [joyri] vi.dim. to be always sick; to be sickly or ailing.

kaar vt.caus. to cause s.o. to be barren by sickness or magic.

A wanle wo teri koo ngaṅ, bo wu kaar kitu kfǎ. If a young man practices magic healing he will cause himself to become sterile (according to popular belief).

káy3 [káy`M] n. 1) sém 10. live coals. Vǎy viyaṅe yò' kér káy. A ra_a leaf_re does not produce coals.

2) a type of sickness of the skin that causes black spots on the legs. ⇒ kikáysín.

kee1 vi. to move weakly because of cold or sickness; to drag oneself along. Kifǎ' ki ghár ṅgvǎv, sí wàa keè keèn. When chicken pest affects the fowls they become very weak. ⇒ keeti, kiṅkee (ke kifa), ṅkee (kifa).

kfǎm vt. to make smoke; to smoke up a place.

kfǎm2 vt. 1) to make smoke; to smoke up a place. Taata kfǎm meṅka' meshooṅ, kindzǎ' ki kfǎm lav. Father is making smoke by burning wet firewood and is smoking up the house.

2) to treat a sickness with smoke. Wan-ee mey kfǎnkfǎn, a kfǎmri e kiṅ nama'a. Formerly, when a newborn baby did not cry they would treat it by blowing tobacco smoke on it. This used to be a common treatment

3) to burn incense or medicines for ritual cleansing. Wir yii kesine, ve kifane kfǎm kifan e maandzǎ. When s.o. hung himself certain medicine men come and burn medicines in the yard to cleanse the place ritually.

⇒ kfǎm3, kfǎmer, kfǎme, kfǎmsin, kfǎmnin, kiṅkfǎmri. ⇒ kfǎm kitu e lav, ⇒ kfǎmri kitu.

⇒ kfǎm3, kfǎmer, kfǎme, kfǎmsin, kfǎmnin, kiṅkfǎmri. ⇒ kfǎm kitu e lav, ⇒ kfǎmri kitu.

kifǎv' ir type of disease making the skin look grey.

gim

n. wom 1/2. an abscess or a large boil. (Prov.)

Ku	gwar	Nyuy	gim	fo	kan	ndzǎm
must	cut	God	swelling		from	monkeyback

humans treat humans but only God will cure a monkey

God looks after poor people

ndzǎ' poison intentional

anybody can poison you

4. Nso' sickness and trauma

Table 1 represents a preliminary attempt to list and identify diseases named by the Mwaghavul. The description is that given by speakers/sufferers. Traditional causes and cures are listed in two more columns.

Table 1. Nso' disease names

No.	Nso'	English	Description	Cause	Treatment	Comments
1.	kinjà' ke baàkí	'yellow fever'	probably hepatitis			
2.	kòy wo waméné	arm pain				
3.	kighísíí ke nsaṅ ki	asthma				
4.	kár	barren, sterile				
5.	shinsa	boil, abscess				
6.	sè'kùv	open wound, crack under the toe	common in the rainy season			
7.	jìy	cataract				
8.	kinjà' keé wòṅrí ndzàm	cerebro-spinal meningitis				'fever of spinal cord'
9.	nsaṅ se nyarín sí	chest pains				
10.	sàlò'	chicken-pox				
11.	kishwinnìn	cold				
12.	kifimnìn	cold				much rarer word
13.	sí ye ghaavíné	conjunctivitis				
14.	bvəm ye ko'óné	constipation				
15.	kighísíí	cough				
16.	kitu'ùr ke sàérín kí	deafness, temporary				
17.	bvəm ye duùnέ	diarrhoea				lit. 'stomach that is going'
18.	ntoòmbùn	diarrhoea				
19.	kùm	dropsy, edema	the stomach or limbs swell with fluid			
20.	ntònmbàṅ	dysentery				
21.	kitu'ùr ke fəən	ear bleeding, greater				

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No.	Nso'	English	Description	Cause	Treatment	Comments
22.	kí kitu'ùr ke toón	ear bleeding, less				
23.	kí kitu'ùr ke lurìn	ear blocked, trauma or damage				
24.	kí kitu'ùr ke bayín	ear pain				
25.	kí kitu'ùr ke wamen kí	ear pain, worse				
26.	kinsaàsi	eczema				
27.	kitàm	elephantiasis				
28.	waàkintá	enlarged spleen				
29.	sí ye bayíné	eye itching		caused by smoke, fumes		
30.	sí ye sovniéné	eye pain	sharp pains in the eye			< sov 'to pierce'
31.	ɲkó'dúŋ	eye swelling, stye				
32.	kingbu	fainting fit, epilepsy				
33.	kiŋgááŋgà	convulsion, fit				
34.	kinjà'	fever, general term				often applied to malaria in practice
35.	kinshev	gastritis				
36.	mbuùné	narcoma but locally called 'sleeping sickness'	people who suddenly fall asleep in the day			
37.	nsə̀	giddiness, dizziness				
38.	ɲkó'lílón	goitre		believed to be caused by eating a type of cabbage		
39.	gúugúu	gonorrhoea (men)				
40.	kifá kee fó bvəm	gonorrhoea (women)				
41.	són visaá	gums, bleeding				
42.	kiwó ke nyarín	hand pain				
43.	kí kitú ke wamenkí	headache I				
44.	kitú ke jwi	headache II				
45.	kitú ke wìr	headache, frontal				
46.	shilív she nyarín	heartburn				

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No.	Nso'	English	Description	Cause	Treatment	Comments
	shí					
47.	tú'	projecting flap of skin	harmless but not desired			
48.	kitár	numbness due to staying in one position for too long also refers to the fingers getting cramped				
49.	sì'si	hiccough				
50.	shimkpújùv	impotence				lit. 'skin is dead'
51.	bvəm ye taané	indigestion				
52.	shishúr shé shìv	infection on the sole of the foot, ? verruca				
53.	kibwə'ri	infection on the sole of the foot, ? verruca				
54.	kinto'	infection that emits pus				
55.		intestinal worms				
56.	viŋko'kir	swellings on the skin				
57.	kiŋgoylàn	itching of skin due to worm infestation				
58.	nsə'si	joint pain				
59.	ndzəm ye yarín	back pain				
60.		jigger				
61.	ŋkfəy	leprosy				
62.	shivnsāy	leprosy				
63.	kibaá	madness				
64.	ŋkfə'	measles				
65.	ghán sé vikìy	menstrual period				lit. 'time of women'
66.	kijív	mental illness, strange behaviour				
67.	kijiŋ	mental illness	someone who is sometimes normal and sometimes does strange things			applied to cassettes that keep jumping in the player
68.	kitú ke bumènkí	migraine				
69.	meŋgísí	mumps				
70.	bùbùm	nose bleed				

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No.	Nso'	English	Description	Cause	Treatment	Comments
71.	bábár	pneumonia				
72.	ngwer	polio or other crippling diseases				
73.	kishèv	piles				
74.	meṅkfər	pimples on the face				
75.	kishèv ke ki fəər kinye	prolapsed anus				
76.	sòv	side or chest pain				
77.	vinsə̀y	rheumatism				pl. form
78.	kimben	ringworm, tinea capitis, dermatophytosis		Caused by an insect that drops liquid on your head, or else the bite of a certain spider		
79.	vintàṅ	scabies				pl. of 'smallpox'
80.	káy	skin rash gives a grey appearance				
81.	kiváy kè yarín kí	shoulder pains				
82.	váy Nyù	skin problem, remains painful, possibly shingles				fire of God
83.	wùn wo waméné	body pain				
84.	wùn wo yuriné	skin rash in soft places, painful				
85.	kiṅkóm wún	skin rash in soft places, very painful				lit. 'it scratches the skin'
86.	kifá kee fə́ wùn	skin rash, dermatitis				lit. 'something comes out on the skin' now disappeared
87.	kintàṅ	smallpox				
88.	rəmèr	sprain, dislocation				
89.	ṅkuv	bone-setting				by the ṅgaa ṅkuv specialists
90.	kilòṅ ke taamèn kí	sore throat				
91.	bvəm ye bayíné	stomach ache				
92.	bvəm ye yorkiné	stomach grumbling				
93.		stroke				

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No.	Nso'	English	Description	Cause	Treatment	Comments
94.	gim		swellings in the groin or armpits			
95.	kintò'		syphilis			
96.	meṅkwèmbùn		tapeworm eggs	mostly in dogs		sg. shi-
97.	nshè'kir sòṅ		teeth, decayed, blackened			
98.	kinyóṅ wún		testes fail to descend in children			lit. 'it sucks the skin'
99.	láj teetì		thrush	for all persons		
100.	shuu wo tsáméné		thrush, mouth infection of children		children are given doṅ honey to cure it	
101.	kilòṅ ke darin kí		tonsilitis			
102.	sóṅ ye to'óné		tooth cavities, tooth decay			
103.	sóṅ ye bayiné		toothache I			
104.	sóṅ ye wamíné		toothache, most painful			
105.	kinjà' keé vito		typhoid			'fever of intestines'
106.	kiváv		ulcer			
107.	kiṅge'		vomiting			
108.	kilur		hard place after a wound has healed			
109.	kibúv		blister			
110.			wart			
111.	sir		whitlow			
112.	kighísif kimbè'biy	ke	whooping cough			
113.	mgbùkir		yaws			
114.	wam		worms			
115.			wound			

4. Conclusions

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