IMIG SMC HANDBOOK OF

CLINICAL COMMUNICATION

1st Edition

ENGLISH | URDU | SINDHI
PUNJABI | BALOCHI | PASHTO

Pakistan's First Multilingual Clinical History Taking Handbook

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Pakistan's First Multilingual
Clinical History Taking Handbook

INTERNAL MEDICINE INTEREST GROUP

SINDH MEDICAL COLLEGE

This handbook is humbly dedicated to

Our Alma Mater,
Sindh Medical College - Jinnah Sindh Medical University
the institution that gave us our roots, and to the leadership for fostering an environment of academic excellence, innovation, and service to humanity.

Thank you for teaching us that medicine is an art of human connection.

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Internal Medicine Interest Group of Sindh Medical College,
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IMIG SMC is a student led body of Jinnah Sindh Medical University (JSMU) Karachi. Its focus has consistently remained on academic enrichment, clinical exposure, and meaningful community engagement for medical students & early career clinicians. IMIG SMC members are registered with the American College of Physicians (ACP) & function under the ACP's IMIG guidlines.

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Endorsements

Jinnah Sindh Medical University (JSMU)

"The efforts taken by Dr. Abdul Thawwab and his team are acknowledged. The booklet that they have created giving translations of common symptoms and daily outpatient department care will go a long way and better understanding and providing better care."

— Meritorious Prof. Dr. Amjad Siraj Memon
Vice Chancellor - Jinnah Sindh Medical University

Pakistan Medical & Dental Council (PMDC)

"The IMIG SMC Handbook of Clinical Communication addresses a gap that Pakistani medicine has long needed to close, "the language barrier" between clinician and patient. By equipping students and practitioners with a structured, multilingual history taking tool across Urdu, Sindhi, Punjabi, Balochi and Pashto, this handbook stands to meaningfully improve the accuracy, safety and compassion of clinical care across the country. I commend the Internal Medicine Interest Group at Sindh Medical College for this initiative and endorse its adoption as a valuable resource in medical education."

— Prof. Dr. Rizwan Taj
President, Pakistan Medical & Dental Council

Sindh Higher Education Commission (SHEC)

"Equitable, effective healthcare depends on clear communication between doctor and patient. The IMIG SMC Handbook of Clinical Communication, developed by students of Sindh Medical College, is a commendable step toward bridging Pakistan's linguistic diversity and its clinical practice, offering a structured history taking resource in 5 native languages. The Sindh Higher Education Commission is pleased to endorse this initiative and encourages its wider adoption across medical institutions in the province."

— Prof. Dr. Tariq Rafi
Chairman, Sindh Higher Education Commission

College of Physicians and Surgeons Pakistan (CPSP)

"In a country as linguistically diverse as Pakistan, effective communication is central to accurate diagnosis and compassionate care. The IMIG SMC Handbook of Clinical Communication is a commendable initiative that gives healthcare trainees a practical voice in six languages, helping bridge language barriers between patients and clinicians. CPSP appreciates and acknowledges this valuable initiative and its contribution to strengthening clinical communication in Pakistan."

— Prof. Dr. Mohammad Shoaib Shafi
President, College of Physicians and Surgeons Pakistan

Jinnah Sindh Medical University (JSMU)

"When a patient cannot tell his pain & complaints in his own language, medicine fails. This book ensures medicine listens in many languages spoken not only in Pakistan but also in the neighbouring countries. This book will improve communication skills, build trust, reduce medical errors & overcome the gap of communication leading to appropriate diagnosis-cum-therapeutic approach. Therefore, I endorse this book for MBBS, BDS, Nursing, Allied Health students & strongly recommend it for inclusion in medical education curricula & primary health care training."

— Meritorious Prof. Dr. M. Iqbal Afridi
HEC Distinguished National Professor of JSMU

Endorsements

Sindh Medical College (SMC)

"Generations to come will benefit from this booklet which will overcome barriers of communication between students, doctors & patients. The students of IMIG have put in a lot of appreciable effort in compiling this state of the art bridge between languages. Along with the booklet, there have been provided audio with proper dialect which will further ensure that the students & doctors understand the various languages spoken in Pakistan.

I am truly proud of my SMC students who have worked tirelessly to compile this gift to the Pakistan Medical Fraternity. Wish you all the best in your future endeavors & may you flourish wherever you are in this world, but always give back to your institute which has made you capable to reach this stage."

— Prof. Dr. Ambreen Usmani
Principal - Sindh Medical College
Patron of IMIG SMC

Jinnah Postgraduate Medical Center (JPMC)

"As physicians, our first and most important skill is the ability to listen and communicate with our patients. In a linguistically diverse country like Pakistan, speaking to patients in their own language can build trust and make clinical encounters more meaningful. This thoughtful initiative by the Internal Medicine Interest Group, bringing together history-taking questions in our regional languages with audio guidance for pronunciation, is a wonderful step towards more patient-centred medical education.

I commend the team for this valuable effort and hope it inspires our young doctors to become not only skilled clinicians, but compassionate physicians who truly understand their patients."

— Dr. Urooj Lal Rehman
Head of Endocrinology - JPMC / JSMU
Patron-in-Chief of IMIG SMC

Sindh Medical College (SMC)

"This booklet will serve as an essential resource that will significantly improve the communication skills of medical students & healthcare professionals treating patients from diverse regional backgrounds of Pakistan. By prioritizing empathy & cultural understanding, this guide directly bridges the gap between medical professionals & the communities they serve.

I highly recommend this booklet be adopted & followed not just by SMC students, but also as a standardized guideline across the PMDC led national platform. Implementing these practices nationwide will elevate the standard of patient-centric care across Pakistan."

— Dr. Nazish Jaffer
Vice Principal - Sindh Medical College

Preface

It began with a simple yet powerful observation shared by Dr. Sadaf Razzak, that language should never be a barrier between a doctor and a patient. During one of our conversations, she proposed having a session on communicating in different languages. The idea resonated deeply, but I knew we could make it even more impactful. So I suggested we take it a step further, to create a handbook that could reach every medical student and clinician across Pakistan. Today, I am incredibly proud to see that vision come to life.

What you hold in your hands (or on your screen) is Pakistan's first multilingual clinical communication handbook, a resource designed to bridge the gap between healthcare providers and patients who speak different languages. It contains essential history taking templates in English, Urdu, Sindhi, Punjabi, Balochi, and Pashto, all phonetically written in Roman English for ease of use, even if you are not fluent in the native script.

This handbook would not exist without the 10 month long dedication of my IMIG team. I assigned this ambitious task to the Treasurer (2025-2026), Areej Javed, who took ownership of the project with remarkable commitment. Under my guidance, she coordinated a team of native speaking medical students to translate a carefully drafted English history taking template into their respective languages, all in Roman English for accessibility.

But that was only the first step. To ensure clinical accuracy and linguistic authenticity, the translations were then proofread by native speaking House Officers and Postgraduate Trainees. And for a final, rigorous layer of quality assurance, we were honored to have multiple second line proofreading conducted by native speaking professors and lecturers from Karachi, Peshawar & Quetta. To enhance the experience further, we embedded QR codes & links which redirects you to our video tutorials for a better understanding in pronunciations and use of phrases.

This handbook is a testament to what happens when an idea is nurtured with teamwork, guided by passion, and executed with precision. To every student and clinician who will use this handbook, remember that medicine is not just about diagnosing diseases. It is about understanding people. And the first step to understanding is to listen in a language the patient speaks from their heart.

Welcome to the IMIG SMC Handbook of Clinical Communication. Let no language ever stand between a healer and those in need.

With gratitude,

Mr. Abdul Thawwab Ishaque
President (2025-2026),
Internal Medicine Interest Group,
Sindh Medical College, Jinnah Sindh Medical University.

Message from Mentor

Effective healthcare begins with effective communication. A diagnosis is only as accurate as the history we obtain, and language should never become a barrier to compassionate, patient-centered care.

The idea behind this book emerged from a simple but important observation: many healthcare professionals and students encounter patients who are most comfortable speaking their native language. While medical knowledge may be universal, meaningful communication requires an understanding of the patient's words, expressions, and concerns.

This guide has been developed to bridge that gap by providing practical clinical questions together with commonly encountered patient responses in local languages. It is my hope that this resource will help medical students, nurses, doctors, and allied health professionals communicate with greater confidence, build trust with patients, and deliver safer, more empathetic care.

I commend the dedicated efforts of everyone who contributed to transforming this concept into a practical resource. May this book serve as a valuable companion in clinical practice and inspire further initiatives that improve healthcare through better communication.

Dr. Sadaf Razzak
Associate Professor,
Department of Pathology,
Jinnah Sindh Medical University,
Karachi, Pakistan.

Acknowledgements

The *IMIG SMC Handbook of Clinical Communication* would not have been possible without the collective efforts of many dedicated individuals. This resource is a true labor of collaboration, and we are deeply grateful to everyone who contributed their time, expertise, and passion to this project.

Concept & Vision

1. **Dr. Sadaf Razzak**[1] – For planting the seed of this idea and inspiring us to think beyond boundaries.
2. **Mr. Abdul Thawwab Ishaque**[1] – For transforming a conversation into a nations very first initiative & leading the vision every step of the way.

Project Lead

1. **Ms. Syeda Areej Javed**[1] – For taking on this monumental task with unwavering dedication, coordination, and ensuring timely execution.

Student Translators (Native Speakers)

For translating the English history taking template into their respective languages.

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3. Punjabi - **Ms. Imteshal Sarfaraz**[1]
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For their invaluable expertise & scholarly oversight for the final seal of approval.

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[1] *Sindh Medical College, Jinnah Sindh Medical University, Karachi.*
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[5] *Bolan Medical College, Bolan University of Medical & Health Sciences, Quetta.*

Designing & Type setting

For crafting the entire document with precision, creativity and multiple checks.

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For the native speakers who lent their voices & faces to this project.

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4. Balochi - **Mr. Minawar Atta**[1]
5. Pashto - **Mr. Muhammad Salar**[2]

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For filming, editing, and producing high quality video content for each section.

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For support & coordination with connecting native speakers.

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5. **Ms. Naila Nadeem**[1]

Finally, thank you to every medical student and clinician who will use this handbook. You are the reason we created it. May it serve you well in breaking down language barriers and bringing compassionate care to every patient, in every corner of Pakistan.

[1] *Sindh Medical College, Jinnah Sindh Medical University, Karachi.*

[2] *Sindh Institue of Oral Health Sciences, Jinnah Sindh Medical University, Karachi.*

[3] *Aga Khan University, Karachi.*

[4] *Jinnah Postgraduate Medical Center, Karachi.*

How to Use This Handbook

Welcome to Pakistan's first multilingual clinical communication handbook. This section will help you make the most of every chapter, every link, QR code, and every phrase.

1. What This Handbook IS
This handbook is a *clinical communication tool* designed to help you take a basic medical history from patients who speaks either Urdu, Sindhi, Punjabi, Balochi or Pashto.

All phrases are transliterated so you can read them with ease.

2. What This Handbook Is NOT
This handbook is *not* a complete language course. It will not make you fluent. It will, however, help you build trust with your patient, take a basic history, ask essential questions about symptoms, pain, and medical history & show respect by trying to speak your patient's language.

A few sincere words in a patient's mother tongue can open doors that perfect English cannot.

3. How Each Language Section is Organized
Each language section follows the same clinical history taking template.

1. Biodata & Co-Morbidities
2. Chief Complaint/Presenting Complaint
3. History of Present Illness
4. Past Medical History
5. Medications & Allergies
6. Family History
7. Personal History
8. Menstrual History
9. Obstetric History
10. Socio-economic History

This consistency means once you learn the structure, you can navigate any language section easily.

4. The Translations
All translations are written to represent native sounds.

Pro tip: *When in doubt, watch to the "pronunciation guide video" first to understand the correct pronunciation.*

5. How to Use the QR Codes

Each section of this handbook contains *QR codes* that links to video demonstrations of native speakers reading the phrases aloud.



To use a QR code:

1. *O*pen your smartphone camera/scanner app.
2. Point it at the QR code.
3. Tap the notification that appears.
4. Watch and listen to the native speaker.
5. Repeat after them to practice pronunciation.

No internet? *Our videos can be downloaded in advance if you plan to use the handbook in areas with poor connectivity. Check the link instructions before you go.*

6. When to Use This Handbook

- *Before seeing a patient* - Scan the QR code and practice the phrases for 1-2 minutes.
- *During patient interaction* - Hold the handbook discreetly and read phrases as needed (patients appreciate the effort!)
- *With colleagues* - Practice together during breaks or travelling.
- *At home* - Use the videos to improve your pronunciation over time.

7. A Note on Cultural Etiquette

Speaking another language is not just about words — it's about *respect*.

- Do’s
  - Make eye contact and smile
  - Speak slowly and clearly
  - Acknowledge if you mispronounce something
  - Use the patient's name if you know it

- Dont’s
  - Read mechanically like a robot
  - Rush through the phrases
  - Pretend to be fluent when you're not
  - Skip the greeting and go straight to questions

*A simple "**I am still learning your language**" followed by your best effort will earn more trust than perfect pronunciation delivered coldly.*

8. Quick Start Guide (30 Seconds)

- Find the language you need
- Scan the QR code to watch the pronunciation guide video
- Practice the greeting out loud once or twice
- Go see your patient
- Try your best, sincerity matters more than perfection

9. Your Feedback Matters

This is the *first edition* of the *IMIG SMC Handbook of Clinical Communication*. We want to improve with every edition.

If you find:

- An incorrect translation
- A confusing pronunciation guide
- A QR code that doesn't work
- A suggestion for a new phrase or language

Please email us at: imig.smc@gmail.com
Your input will help us create a better *Second Edition*.

10. Final Reminder

- *Y*ou do not need to be fluent to be compassionate.
- You just need to try.
- And this handbook is your first step.

Now turn the page, scan your first QR code, and begin.

With continuous dedication & hardwork,

Team IMIG SMC
Striving for excellence, one language at a time.

"Medicine is the art of preserving health and curing disease. But the physician must be more than a healer of bodies, he must be a compassionate observer, a listener whose ear is attuned to the patient's soul as much as to their symptoms. The greatest physician is not one who knows all remedies, but one who knows when to listen and when to speak with kindness."

Ibn Sina (Avicenna)
980–1037 CE
The Canon of Medicine



Political Map of Pakistan

2024

Permanent Mission of Pakistan to the United Nations

1. ENGLISH

Hello, I am here to help you....

Click the link below or Scan the QR code to visit IMIG SMC YoutTube Channel

youtube.com/@IMIG-SMC

1.1 Biodata

ENGLISH

Name
What's your name?

Age
How old are you?

Gender
Male/Female (to be determined by the clinician)

Marital status
Are you married?
Do you have any children? If yes, how many?

Occupation
What do you do?

Address
Where do you come from?

Admitted via
Were you admitted via OPD/Emergency?

1.2 Co-morbidities

Do you have any chronic conditions? (DM, HTN, Asthma, TB, etc.)

1.3 Presenting Complaint

What brings you here today? How long has it been since you're having these issues?

1.3.1 Neurology

Headache
Dizziness
Weakness
Tremors

Loss of consciousnes
Gait Changes
Cognitive Changes

ENGLISH

1.3.2 Cardiology

Chest Pain
Shortness of breath
Fatigue
Palpitations
Fainting

1.3.3 Gastrointestinal

Abdominal pain
Nausea
Vomiting
Diarrhea
Constipation
Dysphagia
GI bleeding
Melena (black/tarry stools)

1.3.4 Nephrology

Oliguria
Polyuria
Nocturia
Hematuria
Foamy/frothy urine
Flank pain
Edema
Severe fatigue
Nausea
Anorexia
Itchy skin
Dysuria

1.3.5 Pulmonology

Shortness of breath (dyspnea)
Persistent cough

Wheezing
Chest pain
Coughing up blood (hemoptysis)

ENGLISH

1.3.6 Endocrinology

Polyuria
Polyphagia
Polydypsia
Weightloss
Cold intolerance
Heat intolerance
Excessive Sweating
Hirsutism
Gynaecomastia
Irregular Periods
Acne

1.3.7 Rheumatology

Joint pain
Joint swelling
Morning stiffness
Muscle pain
Weakness
Reduced movement
Back pain

1.3.8 ENT (Ear, Nose, Throat)

Ear pain
Hearing loss
Ear discharge
Tinnitus
Sore throat
Difficulty swallowing
Nasal blockage
Nasal discharge
Nosebleed

1.3.9 Ophthalmology

Blurred vision
Eye pain
Red eye
Watering of eyes
Double vision
Loss of vision
Photophobia

ENGLISH

1.4 History Of Presenting Complaint

Severity
What is the severity of your function?
Do they interfere with your daily life?

Onset/ duration
When did the symptoms start?
Was the onset sudden or gradual?
How long has been the symptoms present for?

Nature and course
Are the symptoms continuous or episodic?
Are there periods of improvement or worsening?

Precipitating factors
Any identifiable stressors/ triggers?
Alleviating/ exacerbating factors?
What makes your symptoms better or worse?

Associated Symptoms
Have you noticed any other symptoms along with this?

Progression
How has the symptom changed over time?

Previous Episodes
Have you ever had similar complaints before?

Treatment History
Have you taken any treatment for this problem?

ENGLISH

Impact:
How is this affecting your daily life ?

Pain
What's the site of the pain?
How was the onset of the pain, gradual or sudden?
How will you describe the character of your pain (e.g. burning, colicky etc)?
Is that pain radiating? If yes, can you please tell me towards where?
Is the pain associated with any other complaints?
Since when are you having the pain? Is it intermittent or consistent?
Is that pain exacerbated by anything? If so, what?
On the scale of 1-10 what's the severity of the pain?

1.5 Past Medical / Surgical History

Do you have any chronic medical conditions?
Have you ever required blood transfusion?
Any ICU admissions in the past?
Do you have any past surgery?
Do you have any past hospital history?

1.6 Drug History

What are your current medications?
Since when are you using them?
Can you tell me all the medicines you are taking currently?
What do you take when you feel unwell?
Have you taken any antibiotics recently?
Do you take medicines on your own without consulting a doctor?
Do you use any herbal or hakeem medicines?
Have you received any injections or drips recently?
Have you ever used steroids (tablets, creams, injections)?
Are you taking your medicines regularly?
Have you experienced any side effects from medicines?

1.7 Allergy History

ENGLISH

Do you have any allergies that you know of?
If yes, can you tell me about any reaction you've had to a medicine?
What happened when you took that medicine?
How did your body react at that time?
How quickly did the reaction come on?
What was done to treat that reaction?
Have you ever had a severe reaction that needed urgent care?
Have you ever had swelling of your face, lips, or difficulty breathing?
Are there any foods or environmental factors that cause you problems?
Have you ever reacted to an injection or vaccine?
Has any doctor advised you to avoid certain medicines?

1.8 Family History

Do you have any history of heredity conditions?
Is there any history of similar illness in the family?
Any history of TB or infectious diseases in the family?
Do you have any history of chronic medical conditions in family?
Do you have any history of malignancy in the family?
If so, who amongst your parents (mother or father) or sibling (sister or brother) had them?

1.9 Personal History

Appetite
How is your appetite?

Diet
What is your usual diet?

Bowel Habits
How are your bowel habits?

Bladder
Any issues with urination?

ENGLISH

Sleep
How is your sleep?

Weight
Have you noticed any recent weight loss or gain?

Addiction
Do you smoke? Since when and how much per day?
Do you use paan, gutka, chalia, alcohol?

1.10 Menstrual History

When was your last menstrual period?
Are your cycles regular?
Any excessive bleeding or pain?

1.11 Obstetric History

How many pregnancies have you had?
Any complications during pregnancy?

1.12 Socio-Economic History

What's your occupation?
What is your source of income?
Do you have access to clean drinking water?/ What type of water
Do you use (eg. tap water/ mineral water/ boiled water)?
What type of sanitation facilities do you use?
Is your house rented or own?
How many people live in the house together? How many rooms are there? Is your house well ventilated or not?/ Is your living environment crowded?

Thank you.

2. URDU



سلام، میں آپ کی مدد کرنے کے لیے یہاں ہوں۔

Salam, main aap ki madad karne ke liye yahan hoon

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URDU

2.1 Biodata

Name
What's your name?
Apka naam kya hai?

Age
How old are you?
Apki kya umar hai?

Gender
Male/Female
Mard/Aurat

Marital status
Are you married?
Kya ap shadi shuda hain?

Do you have any children? If yes, how many?
Kya apke bache hain? Agar han, tu kitne?

Occupation
What do you do?
Ap kam kya karte hain?

Address
Where do you live?
Apki rihaish kaha ki hai?

Admitted via
Were you admitted via OPD/Emergency?
Ap OPD k zariye dakhil huye hain ya emergency k zariye?

2.2 Co-morbidities

Do you have any chronic conditions? (DM, HTN, Asthma, TB, etc.)
Apko koi aisi bemari hay jsike liye Roz dawa khatay hon?
Jese sugar, blood pressure, dama, TB wagera?

2.3 Presenting Complaint

URDU

What brings you here today?
Ap aj kis masle se aye hai?

How long have you been experiencing these symptoms?
Apko ye masail kub se paish arahe hain?

2.3.1 Neurology

Headache → *Sar mai dard*
Dizziness → *Chakar ana*
Weakness→ *Kamzoori*
Tremors → *Haath kapkapana*
Seizures → *Jhatke*
Loss of consciousness → *Behoshi*
Gait changes → *Chaal mai badlao ana*
Cognitive changes → *Bartao / Shaksiyat mai koi tabdeeli mehsoos hona*
Disorientation → *Bethe bethe sun hojan/ Dimag sun hojana*

2.3.2 Cardiology

Chest pain → *Seene mai dard*
Shortness of breath → *Sans phoolna*
Fatigue → *Thakan*
Palpitation → *Dil ki dharkan ka itna tez hojana ke mehsoos ho*
Fainting → *Behoshi*

2.3.3 Gastrointestinal

Abdominal pain → *Pait mai dard*
Nausea → *Matli*
Vomiting → *Ulti*
Diarrhea → *Motion / Daste*
Constipation → *Qabz*
Dysphagia → *Nigalne mai dushwari*
GI bleeding= Lower GI bleeding→ *Pakhane mai khoon aana*
Upper GI bleeding→ *Ulti mai khoon aana*
Melena (black/tarry stools)= Upper GI bleed → *Bare pishab ka rang siyah hona*

Hematochezia(fresh red blood in stool) =
Lower GI bleed→ *Baray pishab k sath khoon ana*

URDU

2.3.4 Nephrology

Oliguria → *Kam peshab ana*
Polyuria → *Zyada peshab ana*
Nocturia → *Rat mai zyada peshab ana*
Hematuria → *Peshab mai khoon ana*
Foamy/frothy urine → *Peshab mai jhag*
Flank pain → *Qamar mai dard*
Edema → *Soojan/warum*
Severe fatigue → *Shadeed thakkawat*
Nausea → *Matli*
Anorexia → *Bhook na lagna*
Itchy skin → *Kharish*
Dysuria → *Pashab mai jalan/ dard*

2.3.5 Pulmonology

Shortness of breath (dyspnea) → *Sans phoolna*
Persistent cough → *Musalsal khansi ki shikayat*
Wheezing → *Sans mai seeti bajna*
Chest pain → *Seene mai dard*
Coughing up blood (hemoptysis) → *Khansi mai khoon*

2.3.6 Endocrinology

Polyuria → *Zyada peshab ana*
Polyphagia → *Zyada bhook lagna*
Polydipsia → *Zyada pyas lagna*
Weightloss → *Wazan mai kami*
Cold intolerance → *Zyada thand lagna*
Heat intolerance → *Zyada garmi lagna*
Excessive sweating → *Zyada paseena ana*
Hirsutism → *Moun pr sakht bal*
Gyenacomastia → *Chaati ke hissay mai koi soojan ya dard / mardana chati ka ghair mamoli tor per barhna*

Irregular periods → *Mahwari mai koi waqfa, mahwari ke doraniye mein tabdeli /doraniya barh jana ya kam hojana*
Acne → *Chere par dane*

2.3.7 Rheumatology

Joint pain → *Joron mai dard*
Joint swelling → *Joron ka sooj jana*
Morning stiffness → *Subah joron ka akarr jana*
Muscle pain → *Patthon mai dard*
Weakness → *Kamzori*
Reduced movement → *Ghutna poora mur Nahi Raha?*
Back pain → *Kamar mai dard*

2.3.8 ENT (Ear, Nose, Throat)

Ear pain → *Kaan mai dard*
Hearing loss → *Sunnai mai kami*
Ear discharge → *Kaan se pani/ Pus ana*
Tinnitus → *Kaan mai seetiya bajna*
Sore throat → *Galay mai dard*
Difficulty swallowing → *Nigalnay mai muskil hona*
Nasal blockage → *Naak band hona*
Nasal discharge → *Naak behna / Naak se mawad ana*
Nosebleed → *Naak se khoon ana*

2.3.9 Ophthalmology

Blurred vision → *Dhundla dikhna*
Eye pain → *Aankh mai dard*
Red eye → *Aankh ka laal hona*
Watering of eyes → *Aankhon se pani ana*
Double vision → *Do cheezen dikhna*
Loss of vision → *Nazar ka chala jana*
Photophobia → *Roshni se takleef hona*

2.4 History of Presenting Complaint

URDU

Mnemonic: **ODPAC-SIP**
A simple way to remember the structure:

O = Onset
D = Duration
P = Progression (Nature & course)
A = Aggravating & Alleviating factors
C = Character (for pain)
S = Severity
I = Impact on daily life
P = Previous episodes & Associated symptoms

Onset
When did the symptoms start?
Apko ye masle kab se shuru huye?

Was the onset sudden or gradual?
Kya ye masla achanak shuru hua ya ahista ahista?

Duration
How long have the symptoms been present?
Apko ye masail kitne arsay se hain?

Nature & Course
Are the symptoms continuous or episodic?
Kya ye masail lagatar rehte hain ya waqfe waqfe se aate hain?

Are they getting better or worsening over time?
Kya ye masla jab shuru hua tha uswaqt jo shiddat thi kia abhi bhi wohi shiddat hai ya ye barh gayi hai ya ye kam hogayi hai?

Aggravating & Alleviating Factors
What makes your symptoms worse?
Kis cheez se masla barhta hai?

What makes your symptoms better?
Kis cheez se araam milta hai?

URDU

Any triggers or stressors?
Yeh masle Kisi wajha sey barh jatay?
Yeh masle Kisi wajha sey shuru tou nah hote?

Character (Especially for pain)
How would you describe the symptom/pain? (burning, stabbing, colicky etc.)
Aap is dard ko kese bayan karein ge? (jalan, chubhan, maror jaisa dard)

Does the pain radiate anywhere?
Kya ye dard yaha se kisi aur jaga phelta hai? Agar haan to kahan?

Severity
On a scale of 1–10, how severe is it?
Aap is masle/ dard ko 10 mein se kitne number denge? (jaha 1 sabse kam shiddat aur 10 sabse zada shiddat hai?)

Impact on Daily Life
Does it interfere with your daily activities?
Kya ye masla apki rozmarra zindagi par asar dalta hai?

Previous Episodes
Have you ever had similar complaints before?
Kya pehle kabhi aise masail huay hain?

Associated Symptoms
Have you noticed any other symptoms along with this?
Kya apko is masle k sath koi aur shikayat hai?

Progression
How has the symptom changed over time?
Kya ye masail waqt k sath badle hain?

Treatment History
Have you taken any treatment for this problem?
Kya apne kabhi is masle k ilaj krwaya hai?

If the presenting complaint is PAIN → Use SOCRATES

URDU

Mnemonic: **SOCRATES**
A structured way to take a complete pain history:

S = Site
O = Onset
C = Character
R = Radiation
A = Associated symptoms
T = Timing (course over time)
E = Exacerbating / Relieving factors
S = Severity

What's the **site** of the pain?
Apko dard kis jaga horaha hai?

How was the **onset** of the pain, gradual or sudden?
Apko ye dard achanak shuru huwa ya ahista ahista?

How will you describe the **character** of your pain (e.g. burning, colicky etc)?
Ap is dard ko kese bayan karyn ge? Chubne wala dard hai/ jalan wala dard?

Is that pain **radiating**? If yes, can you please tell me towards where?
Kya apka ye dard kisi taraf barh raha hai? Agar barh raha hai tu kis taraf barh raha hai?

Is the pain **associated** with any other complaints?
Kya apko is dard k sath koi aur shikayat hai?

Since when are you having the pain? Is it **intermittent** or **consistent**?
Apko ye dard kubse horaha hai? Ye dard waqfe waqfe se hota hai ya musalsal rehta hai?

Is that pain **exacerbated** by anything? If so, what?
Kya apko ye dard kisi amal ki waja se barh jata hai? Agar han tu kis waja se barhta hai?

URDU

On the scale of 1-10 what's the **severity** of the pain?
Aap apne dard ko 10 mai se kitne number dengay jaha 1 (Aik) sabse kam shiddat aur 10 (Das) sabse zada shiddat hai?

2.5 Past Medical/Surgical history

Do you have any chronic medical conditions?
Apko koi bara marz hai? Ya pahlay se koi bemari hai?

Have you ever required blood transfusion?
Kya apko kabhi khoon chrha hai? Agar han konsa? (safed/ laal khoon)

Any ICU admissions in the past?
Kya apko kabhi isse pahlay ICU mai daakhla hua hai?

Do you have any past surgery?
Kya apki pahlay kabhi surgery hui hai?

Do you have any past hospital history?
Ap kabhi isse pahlay haspatal m dakhil huye hain?

2.6 Drug History

What are your current medications?
Kya ap abhi koi dawa le rahe hain? Agar han tu konsi?

Since when are you using them?
Ap ye dawaien kabse istemal karrahe hain?

Can you tell me all the medicines you are taking currently?
Kya ap mujhe bta sakte hain ap abhi konsi dawaien le rahe hain?

What do you take when you feel unwell?
Apki jab tabiyat khrab hoti hain ap konsi dawaien lete hain?

Have you taken any antibiotics recently?
Kya apne antibiotics li hain?

URDU

Do you take medicines on your own without consulting a doctor?
Kya ap kabhi doctor ko dikhaye beghar dawaien lete hain?

Do you use any herbal or hakeem medicines?
Kya ap koi hakeem ki dawaien istemal krte hain?

Have you received any injections or drips recently?
Kya apko hal hi mai koi drip ya injection lga hai?

Have you ever used steroids?
Kya apko doctor ne kabhi chawal ke dane ki tarah koi safed dawai dii hai?

Are you taking your medicines regularly?
Kya ap koi dawa roz le rahe hain?

Have you experienced any side effects from medicines?
Kya apko koi dawaoun ki waja se koi shikayat tu nhi hoti?

2.7 Allergy History

Do you have any allergies that you know of?
Kya apko koi allergies hain jinka apko maloom hai?

If yes, can you tell me about any reaction you've had to a medicine?
Agar han, kya ap mujhe bta sakte hain agar apko koi reaction hua hu kisi dawa se?

What happened when you took that medicine?
Jab apne dawa li thi tu apko kya hua tha?

How quickly did the reaction come on?
Apko ye sab alamat dawa lene k kitni der bad aye the?

URDU

What was done to treat that reaction?
Apne in alamat ka ilaj kese kya tha?

What happened when you took that medicine?
Jab apne dawa li thi tu apko kya hua tha?

How quickly did the reaction come on?
Apko ye sab alamat dawa lene k kitni der bad aye the?

What was done to treat that reaction?
Apne in alamat ka ilaj kese kya tha?

Have you ever had a severe reaction that needed urgent care?
Apki kabhi itni tabiyat khrab huyi hai kai apko fori ilaj ki zaroroat pari hu?

Have you ever had swelling of your face, lips, or difficulty breathing after any medicine?
Kya apko koi dwa khane k bad moun par ya hountoun pr soojan hui hai? Ya sans lene m mushkil hui hu?

Are there any foods or environmental factors that cause you problems?
Kya apko kuch kha kar ya mahool mai badlao ki waja se ye shikayat hoti hain?

Have you ever reacted to an injection or vaccine?
Kya apko kabhi kisi injection ya vaccine se ye alamat hui hu?

Has any doctor advised you to avoid certain medicines?
Kya apko kabhi kisi doctor nay chand dawaoun se perhaiz ka bola hai?

2.8 Family History

Do you have any history of heredity conditions?
Kya apke khandan mai khandani beemarian hain?

URDU

Is there any history of similar illness in the family?
Kya apke khandan mai esi beemari pai jati hain?

Any history of TB or infectious diseases in the family?
Kya apke khandan mai TB ya bare marz ki beemarian pai jati hain?

Do you have any history of malignancy in the family?
Kya apke khandan mai kabhi kisi ko cancer ka marz hua hai?

If so, who amongst your parents, mother or father, or sibling, sister or brother had them?
Agar han, tu apke ma bap ya behn bhai m se kisko?

2.9 Personal History

Appetite
How is your appetite?
Apki bhook kesi hay?

Diet
What is your usual diet?
Roz khanay peenay mai kia cheezein hoti hay?

Bowel Habits
How are your bowel habits?
Apko pakhana kesa ata hai?

Bladder
Any issues with urination?
Apko peshab mai tu koi shikayat nhi hai?

Sleep
How is your sleep?
Apki neend kesi hai?

URDU

Weight

Have you noticed any recent weight loss or gain?
Kya apko apne wazan main tabdeeli mehsoos hui hai?
kya apke kapre dheele huye hain?

Addiction

Do you smoke? Since when and how much per day?
Kya ap cigarette peete hain? Agar han tu kab se aur din me kitni bar?

Do you use paan, gutka, chalia, alcohol?
Kya ap paan, gutka, chalia istemal krte hain? Kya ap sharab peete hai?

2.10 Menstrual History

When was your last menstrual period?
Apko akhri bar mahwari kab ai thi?

Are your cycles regular?
Mahwari kitne din k waqfe se ati hay?
Har dafa itna hi hota hai, ya agay peeche hojata hai?

Any excessive bleeding or pain?
Kya apko zyda takeef hoti hai? Ya zyada khoon ata hu?

2.11 Obstetric History

How many pregnancies have you had?
Apka kitni bar hamal thera hai?

Any complications during pregnancy?
Kya apko hamal ke doraan koi masla paish ayaa?

2.12 Socio-Economic History

URDU

What's your occupation?
Ap kam kya krte hain?

What is your source of income?
Apki kamai k kya zariya hai?

Do you have access to clean drinking water?/ What type of water do you use (eg. tap water/mineral water/boiled water)?
Apko saaf pani mayassar hai? Ap kesa pani peetee hain?

Is your house rented or own?
Apka ghar apna hai ya kiraye ka?

How many people live in the house together?
Apke ghar mai apke sath kitne log rehte hain?

How many rooms are there?
Apke ghar mai kitne kamre hain?

Is your house well ventilated or not?
Kya apka ghar hawadar hai?

Thank You.
Shukriya.

2.13 Glossary Tables

URDU

i. Counting

English	Urdu
One	*Aik*
Two	*Do*
Three	*Teen*
Four	*Chaar*
Five	*Paanch*
Six	*Chhay*
Seven	*Saat*
Eight	*Aath*
Nine	*Nau*
Ten	*Das*
Eleven	*Gyarah*
Twelve	*Barah*
Thirteen	*Terah*
Fourteen	*Chaudah*
Fifteen	*Pandrah*
Sixteen	*Solah*
Seventeen	*Satrah*
Eighteen	*Atharah*
Nineteen	*Unnes*
Twenty	*Bees*
Thirty	*Tees*

Forty	*Chalees*
Fifty	*Pachas*
Sixty	*Saath*
Seventy	*Sattar*
Eighty	*Assi*
Ninety	*Navey*
Hundred	*Sau*

ii. Time

English	Urdu
Today	*Aaj*
Yesterday	*Kal*
Morning	*Subah*
Evening	*Shaam*
Night	*Raat*
Day	*Din*
Week	*Hafta*
Month	*Mahina*
Year	*Saal*
Before	*Pehle*
After	*Baad*
Since	*Se*
Suddenly	*Achanak*
Gradually	*Ahista Ahista*

iii. Localization

English	Urdu
Here	*Yahan*
There	*Wahan*
Right	*Daen*
Left	*Baen*
Both	*Dono*
Front	*Aagay*
Back	*Peechay*
Upper	*Upar*
Lower	*Neechay*
Inside	*Andar*
Outside	*Bahar*
Whole body	*Pura Jism*

iv. Frequency

English	Urdu
Once	*Aik Baar*
Twice	*Do Baar*
Daily	*Roz*
Continuous	*Musalsal*
Sometimes	*Kabhi Kabhi*
Always	*Hamesha*
Never	*Kabhi Nahin*

v. Severity

English	Urdu
Mild	*Halka*
Moderate	*Darmiyana*
Severe	*Shadeed*
Better	*Behtar*
Worse	*Zyada Kharab*

vi. Common Symptom Words

English	Urdu
Pain	*Dard*
Fever	*Bukhar*
Swelling	*Soojan*
Weakness	*Kamzori*
Dizziness	*Chakkar*
Headache	*Sar Dard*
Cough	*Khansi*
Itching	*Khujli*
Lump	*Gaanth*

vii. Basic Commands

English	Urdu
Show me	*Mujhe dikhaiye*
Point here	*Yahan ishara kijiye*
Open your mouth	*Munh kholiye*
Take a deep breath	*Gehri saans lijiye*
Cough	*Khansi kijiye*
Swallow	*Nigal lijiye*
Sit	*Baith jaiye*
Stand	*Kharay ho jaiye*
Lie down	*Let jaiye*
Turn	*Palat jaiye*

viii. Body Parts

English	Urdu
Head	*Sar*
Face	*Chehra*
Brain	*Dimagh*
Eye	*Aankh*
Pupil	*Putli*
Ear	*Kaan*
Nose	*Naak*
Mouth	*Munh*

Lips	*Honth*
Teeth	*Daant*
Gums	*Masooray*
Tongue	*Zubaan*
Cheek	*Gaal*
Jaw	*Jabra*
Chin	*Thodi*
Throat	*Gala*
Neck	*Gardan*
Thyroid	*Gale ka ghudood*
Chest	*Seena*
Heart	*Dil*
Lungs	*Phephray*
Rib	*Pasli*
Back	*Peeth*
Shoulder	*Kandha*
Armpit	*Baghal*
Arm	*Baazu*
Elbow	*Kohni*
Wrist	*Kalai*
Hand	*Haath*

Palm	*Hatheli*
Finger	*Ungli*
Thumb	*Angootha*
Fingernail	*Naakhun*
Abdomen	*Pait*
Stomach	*Maida*
Liver	*Jigar*
Gallbladder	*Pitta*
Pancreas	*Lablaba*
Spleen	*Tilli*
Small intestine	*Choti aant*
Large intestine	*Bari aant*
Kidney	*Gurda*
Ureter	*Gurday ki nali*
Urinary bladder	*Masana*
Urethra	*Peshab ki nali*
Genitals	*Sharamgah*
Uterus	*Bachadani*
Cervix	*Bachadani ka munh*
Ovary	*Bayza dani*
Fallopian tube	*Bayza dani ki nali*
Leg	*Taang*

Thigh	*Raan*
Knee	*Ghutna*
Ankle	*Takhna*
Heel	*Aeri*
Foot	*Paon*
Skin	*Jild*
Bone	*Haddi*
Joint	*Jor*
Vein	*Rag*
Artery	*Sharyan*
Blood	*Khoon*

3. SINDHI



سلام، مان هتي توهان جي مدد لاءِ آهيان

Salām, mān hite tuhān jī madad lā'i āhyān

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SINDHI

3.1 Biodata

Name
What's your name?
Tawhan jo nalo chhaa ahey?

Age
How old are you?
Tawhan ji umer gharin ahey?

Marital status
Are you married?
Chha tawhan shadi shudha ahio?

Do you have any children? If yes, how many?
Tawhan ja gharan baar ahaein?

Occupation
What do you do?
Tawhan chha kanda ahio?

Address
Where do you come from?
Tawhan kithan jaa ahio/ Tawhan ji rehaish kithe ji ahay?

Admitted via
Were you admitted via OPD/Emergency?
Tawhan hithe kehre zarye daakhil thiya ahio? (Emergency ya OPD)

3.2 Co-morbidities

Do you have any chronic conditions? (DM, HTN, Asthma, TB, etc.)
Tawhan khe ko sugar, BP ya saah ya TB ji beemari aahey?

3.3 Presenting Complaint

What brings you here today? How long has it been since you're having these issues?
Tawhan hity aj kehre masly laae aya ahoy? Tawah khy kadah kha ehyo maslo ahy?

3.3.1 Neurology

Headache → *Mathay mai soor*
Dizziness → *Chakar achan*
Weakness→ *Kamzori*
Tremors/seizures → *Jhatka*
Loss of consciousness → *Behoshi*
Gait changes → *Halan ji chaal mai farq*
Cognitive changes → *Soch samajh ji salahiyat mai farq*

3.3.2 Cardiology

Chest pain → *Chhaati mai soor*
Shortness of breath → *Saah main ghutt*
Fatigue → *Thakhan/ Thakawat*
Palpitation → *Dil ji dharkan zor sa mehsoos thiay*
Fainting → *Behoshi*

3.3.3 Gastrointestinal

Abdominal pain → *Pait me soor*
Nausea → *Matli/ Dil Kharab*
Vomiting → *Ulti*
Diarrhea → *Motion/ Dust/ Julaab*
Constipation → *Qabzi*
Dysphagia → *Khado peeto girkainh main ko maslo*
GI bleeding → *Ya pakhane mai ratt eendo, khoon di ulti achan*
Melena (black/tarry stools)→ *Kaara pakhana*

3.3.4 Nephrology

Oliguria → *Mamool kha ghat peshab*
Polyuria → *Mamool kha whadeeq peshab*
Nocturia → *Rat jo ghari dafa peshab*
Hematuria → *Paishab mai ratt eendo* ahey
Foamy/frothy urine → *Peshab mai jhaag ya gijj eendi ahey*
Flank pain → *Paasan mai soor*
Edema → *Kithay soj thiye*
Severe fatigue → *Gharein thakawat theendi ahey*
Nausea → *Matli/ Dil kharab*
Anorexia → *Khurak ghatt thee waee ahey*
Itchy skin → *Khaarish*
Dysuria → *Paishab mai ko soor ya jalan mehsoos*

3.3.5 Pulmonology

Shortness of breath (dyspnea) → *Saah kharar mai takleef*
Persistent cough → *Khang rahandi ahay*
Wheezing → *Saah mai seeti wangar awaz eendo ahey*
Chest pain → *Chhatee mai soor*
Coughing up blood (hemoptysis) → *Balgam mai ratt*

3.3.6 Endocrinology

Polyuria → *Mamool kha wadeeq pishab*
Polyphagia → *Mamool kha wadeeq bhukh*
Polydipsia → *Mamool kha wadeeq unjya*
Weightloss → *Wazan ghat thyo ahey*
Cold intolerance → *Mamool kha wadeeq seeu/ sardi mehsoos*
Heat intolerance → *Mamool kha wadheek garmi mehsoos*
Excessive sweating → *Tawhan khe wadheeq paghar achan tha?*
Hirsutism → *Tawhan khe muh te ghair mamoli waar achan tha?*
Irregular periods →*Tawhan g mahwari theek ahey?*
Acne → *Munh tay dana*

3.3.7 Rheumatology

Joint pain → *Joran mein dard/soor*
Joint swelling → *Joran jo soji vanyar*
Morning stiffness → *Subhu jo joran jo akarji vanjain*
Muscle pain → *Doran main soor*
Weakness → *Kamzori*
Reduced movement → *Goda natha muran*
Back pain → *Chailh main soor*

3.3.8 ENT (Ear, Nose, Throat)

Ear pain → *Kan main soor*
Hearing loss →*Budhan mai ghath achain*
Ear discharge → *Kanan maan kitchro achan*
Tinnitus → *Kanan main seeti wajjan*
Sore throat → *Galay main soor*
Difficulty swallowing → *Grikanih main dukhyaee*
Nasal blockage → *Nak band thiyan*
Nasal discharge → *Nak wahando ahey? Nak maan ko mawad achan*
Nosebleed → *Nak ma khun/rat achan*

3.3.9 Ophthalmology

Blurred vision → *Dhundlo dussan*
Eye pain → *Akh main sor*
Red eye → *Akhyoon garhyoon thiyan*
Watering of eyes → *Akhi maan paani acha*
Double vision → *Shayoon ba nazar acha*
Loss of vision → *Nazar halee wanjan*
Photophobia → *Roshni saan takleef thiyan*

3.4 History Of Presenting Complaint

Onset
When did the symptoms start?
Tawhan jo maslo kadhenh shuru thyo?

Was the onset sudden or gradual?
Tawhan jo maslo hik dum shuru thyo ya aram aram san wadhyo?

Duration
How long has been the symptoms present for?
Tawhan jo maslo gharein arsay kha ahay?

Progression
Are the symptoms continuous or episodic?
Hi maslo lagataar ahay ya kadhenh kadhenh theendo ahay?

Are there periods of improvement or worsening?
Tawhan jo maslo waqt sa gadh ghatyo ahay ya wadhyo ahay?

Aggravating/Relieving factors
Any identifiable stressors/ triggers? alleviating/ exacerbating factors?
Ko ehri shaye ya kam je tawhan je hin masalay khe ghatayo ya wadhayo huje?

Pain:
What's the site of the pain and when did the pain start?
Kehri jaye te soor ahay? Kadhenh shuru thiyo?

How was the onset of the pain, gradual or sudden?
Hik dum wadheeq soor payo, ya aaram aaram sa wadhyo?

How will you describe the character of your pain (e.g. burning, colicky etc)?
Kehre qism jo soor ahay? (watta, sarhan, chubhan)

Is that pain radiating? If yes, can you please tell me towards where?
Chaa hi sur be kenh paasay bhi wendo ahay?

Is the pain associated with any other complaints?
Soor jee ilwa bio ko maslo?

Since when are you having the pain? Is it intermittent or consistent?
Lagataar soor ahay ya eendo weendo rahay tho?

Is that pain exacerbated by anything? If so, what?
Kehri shaye kha soor ghatjando ya wadhando ahay?

On the scale of 1-10 what's the severity of the pain?
Hik khan daha (1-10) tai budhayo, gharu soor ahay? 1 maani tamam ghatt ayin 10 maani gharu wadheek?

Severity
What is the severity of your function?
Tawhan jo maslo ketro sanjeeda ahay?

Do they interfere with your daily life?
Chaa tawhan jo maslo, tawhan ji roz marra ji zindagi khe mutasir kare tho?

Impact
How is this affecting your daily life?
Cha hee takleef tawhan jee rozmarah jee zindage ka mutasur karey thi?

SINDHI

Previous Episodes
Have you ever had similar complaints before?
Ehri kaa takleef tawhan khe hin khaa pehri bhi thi ahay?

Associated Symptoms
Have you noticed any other symptoms along with this?
Hin masalay sa gadh tawhan khe bi kaa takleef ahay?

Treatment History
Have you taken any treatment for this problem?
Tawhan hin takleef jo kadhein pehri ko ilaaj warto ahay?

3.5 Past Medical/Surgical History

Do you have any chronic medical conditions?
Tawhan khe ka puranni beemari ahay?

Have you ever required blood transfusion?
Tawhan khe kadhay ratt charyo ahay?

Any ICU admissions in the past?
Tawhan kadhay ICU mai dakhil thiya ahio?

Do you have any past surgery?
Tawhan jo pehri ko operation thyo ahay?

Do you have any past hospital history?
Tawhan kadhay ispatal mai daakhil thiya ahio?

3.6 Drug History

What are your current medications?
Tawhan hin waqt ka bhi dawa khayenda ahio?

Since when are you using them?
Hi dawa kadhay shuru kayi?

Can you tell me all the medicines you are taking currently?
Tawhan hin waqt ka bhi dawa khayenda ahio?

SINDHI

Do you take medicines on your own without consulting a doctor?
Tawhan pehnji marzi saa ka dawa khayenda ahio bina doctor ji salah je?

Do you use any herbal or hakeem medicines?
Tawhan ko hakeemi dawa wathanda ahio?

Have you experienced any side effects from medicines?
Kadhenh kehn dawa khayir saa tabyat kharab thi ahay?

3.7 Allergy History

Do you have any allergies that you know of?
Tawhan khe kehri shaye khaan allergy ahay?

If yes, can you tell me about any reaction you've had to a medicine?
Agar ahay ta chaa theendo ahay?

How did your body react at that time?
Tawhan ji tabyat un shaye kha poye hik dum kharab theendi ahay ya ahista ashista?

Has any doctor advised you to avoid certain medicines?
Tawhan khe kadhay doctor kaa dawa na khayirn ji salah dinni ahay?

3.8 Family History

Do you have any history of heredity conditions?
Tawhan khe ka khandani beemari ahay?

Is there any history of similar illness in the family?
Hi maslo tawhan je khandan mai pehri kehn khe thyo ahay?

Any history of TB or infectious diseases in the family?
Tawhan je ghar mai kehn khe TB ya BP sugar jo maslo ahay?

Do you have any history of malignancy in the family?
Tawhan je khandan mai kehn khe cancer ahay?

3.9 Personal History

SINDHI

Appetite
How is your appetite?
Tawhan ji bhukk theek ahay?/ Bukh lagay thi?

Diet
What is your usual diet?
Tawhan pehnje mamool je mutabiq maani khayenda ahio?

Bowel Habits
How are your bowel habits?
Tawhan jo pait rozana halando ahay ya na?

Bladder
Any issues with urination?
Peshab main ka takleef?

Sleep
How is your sleep?
Tawhan ji nindd kiyen ahay?

Weight
Have you noticed any recent weight loss or gain?
Tawhan pehnje wazan mai ka tabdeeli mehsoos kayi ahay?

Addiction
Do you smoke? Since when?
Chaa tawah cigarette piyanda ahyo? Ketre arse kha piyanda ahyo?

Do you have any addictions? Paan, gutka, supari, alcohol?
Tawhan khe kehre nashay ji adat ahay? Paan, gutko, supari, sharab?

3.10 Menstrual History

When was your last menstrual period?
Aakri mahwari kadhay thi hui?

Are your cycles regular?
Mahwari theek eendi ahay?

Any excessive bleeding or pain?
Wadheeq soor ya ratt jehri takleef ahay?

3.11 Obstetric History

How many pregnancies have you had?
Tawhan khe kadhay hamal thyo ahay?

Any complications during pregnancy?
Delivery je doraan ko maslo ta na thyo?

3.12 Socio-Economic History

What's your occupation?
Tawhan chaa kam kanda ahio?

What is your source of income?
Kamai jo zario?

Do you have access to clean drinking water?/ What type of water do you use (eg. tap water/ mineral water/ boiled water)?
Tawhan kehro paani istemal kanda ahio?

What type of sanitation facilities do you use?
Safai g kehri sahoolatoon isthemal kandan ahio

Is your house rented or own?
Tawhan jo ghar pehnjo ahay ya mashwar jo?

How many people live in the house together?
Ghar main gharan marhoo rehnda ahin?

How many rooms are there?
Ghar mai gharan kamra ayein bathroom ahin?

Is your house well ventilated or not?
Chaa tawhan jo ghar hawadar ahay?

Is your living environment crowded?
Chaa tawhan je ghar watt gorr ta na ahey?

Thank You.
Tawhan j Mehrbani.

3.13 Glossary Tables

SINDHI

i. Counting

English	Sindhi
One	*Hik*
Two	*Ba*
Three	*Tre/Tray*
Four	*Chaar*
Five	*Panja*
Six	*Chhaha*
Seven	*Sata*
Eight	*Atha*
Nine	*Navoan*
Ten	*Daha*
Eleven	*Yaarahn*
Twelve	*Baarahn*
Thirteen	*Terahn*
Fourteen	*Chaudan*
Fifteen	*Pandrahn*
Sixteen	*Sorahn*
Seventeen	*Satrahn*
Eighteen	*Arirhan*
Nineteen	*Unveeha*
Twenty	*Veeha*
Thirty	*Treeha*

Forty	*Chaaliheh*
Fifty	*Panjaah*
Sixty	*Sath*
Seventy	*Sattar*
Eighty	*Assi*
Ninety	*Nawey*
Hundred	*Sau*

ii. Time

English	Sindhi
Today	*Aj*
Yesterday	*Kalh*
Morning	*Subuh*
Evening	*Shaam*
Night	*Raat*
Day	*Deenh*
Week	*Hafto*
Month	*Mahino*
Year	*Saal*
Before	*Agu*
After	*Poe*
Since	*Khaan*
Suddenly	*Ochito*
Gradually	*Ahistay Ahistay*

iii. Localization

English	Sindhi
Here	*Hitte*
There	*Hutte*
Right	*Saajo*
Left	*Khaabo*
Both	*Bayee*
Front	*Agiyaan*
Back	*Poyaan*
Upper	*Mathiyoon*
Lower	*Hethiyoon*
Inside	*Andar*
Outside	*Baahar*
Whole body	*Saaro Badan*

iv. Frequency

English	Sindhi
Once	*Hik bhero*
Twice	*Ba bhera*
Daily	*Rozaano*
Continuous	*Laagito*
Sometimes	*Kadahin Kadahin*
Always	*Hamesha*
Never	*Kadahin Bhi Na*

v. Severity

English	Sindhi
Mild	*Halko*
Moderate	*Darmiyaani/Wichow*
Severe	*Tamam gharoun*
Better	*Behtar*
Worse	*Vadhik Kharaab*

vi. Common Symptom Words

English	Sindhi
Pain	*Soor*
Fever	*Tap*
Swelling	*Sojj*
Weakness	*Kamzori*
Dizziness	*Chakkar*
Headache	*Mathe jo Soor*
Cough	*Khangha*
Itching	*Khaarish*
Lump	*Gandh*

vii. Basic Commands

English	Sindhi
Show me	*Moon khe dikhario*
Point here	*Hitte ishaaro karyo*
Open your mouth	*Waat kholyo*
Take a deep breath	*Ghero saah khano*
Cough	*Khangho*
Swallow	*Gaho/Girkaya*
Sit	*Vaiho*
Stand	*Utho*
Lie down	*Leto*
Turn	*Murro*

viii. Body Parts

English	Sindhi
Head	*Matho*
Face	*Chehro*
Brain	*Maghaz*
Eye	*Akh*
Pupil	*Akh ji Putli*
Ear	*Kann*
Nose	*Nakk*
Mouth	*Waat*

Lips	*Chappa*
Teeth	*Danda*
Gums	*Jarhee*
Tongue	*Zabaan/Jibi*
Cheek	*Gitto*
Jaw	*Jhari*
Chin	*Khadee*
Throat	*Galo*
Neck	*Gichi*
Thyroid	*Galo ji gandh*
Chest	*Chhati*
Heart	*Dil*
Lungs	*Phiphar*
Rib	*Paasrati*
Back	*Puth*
Spine	*Puthi jo Hado*
Shoulder	*Kulho*
Armpit	*Baghal/Kuchh*
Arm	*Banh*
Elbow	*Thonth*
Wrist	*Karai*
Hand	*Hath*

Palm	*Tiri*
Finger	*Aangur*
Thumb	*Angotho*
Fingernail	*Nuhan*
Abdomen	*Pait*
Stomach	*Maydo*
Liver	*Jigar*
Gallbladder	*Pitto*
Pancreas	*Lablabah*
Spleen	*Tiri*
Small intestine	*Nandho Aandh*
Large intestine	*Waddo Aandh*
Kidney	*Buki*
Ureter	*Gurde ji Nali*
Urinary bladder	*Masano*
Urethra	*Peshab ji Nali*
Genitals	*Sharamgah*
Uterus	*Bachaydani*
Cervix	*Bachaydani jo Munh*
Ovary	*Bayza Dani*
Fallopian tube	*Bayza Dani ji Nali*
Leg	*Tang*

Thigh	*Raan*
Knee	*Godo*
Ankle	*Murio*
Heel	*Khurhee*
Foot	*Paya*
Skin	*Chamri*
Bone	*Hado*
Joint	*Jorr*
Vein	*Rag/nass*
Artery	*Sharyan/nass*
Blood	*Ratt*

4. PUNJABI



سلام، میں تواڈی مدد کرن لئی اتھے آں۔

Salam, main twadi madad karan layi ethe aan.

Click the link below or Scan the QR code to watch Punjabi Pronunciation video guide

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PUNJABI

4.1 Biodata

Name
What's your name?
Tuhada naa kiay?

Age
How old are you?
Tuhadi umar kinniay?

Gender
Female: *Kuri*
Male: *Munda*

Marital status
Are you married?
Tussi shadi shudao?

Do you have any children? If yes, how many?
Tuhday niyaren nay? Kinnay nay?

Occupation
What do you do?
Tusi ki kum / nokri karday o?

Address
Where do you come from?
Tusi kidron ayo?

Admitted via
Were you admitted via OPD/Emergency
Tussi opd wicho dakhil hoye si ya emergency ton aye si?

4.2 Co-morbidities

Do you have any chronic conditions? (DM, HTN, Asthma, TB, etc.)
Tuhanu koi khandani bimari tan ni hai maslan damma, bp, sugar ya TB?

4.3 Presenting Complaint

PUNJABI

What brings you here today? How long has it been since you're having these issues?
Aj tussi keri shikayat nal aye o? Tay ay maslay kadon day shuru hoye nay tuhanu?

4.3.1 Neurology

Headache → *Seer chay dard*
Dizziness → *Chakkar aonday / Sir khumda*
Weakness → *Kamzori*
Tremors → *Kaamba lageya*
Seizures → *Chhatkay*
Loss of consciousness → *Behoushi / Behoush ho k dig peran*
Gait changes → *Wigreya hoya chal*
Cognitive changes → *Zehni salahiyatan which tabdeeli*

4.3.2 Cardiology

Chest pain → *Seenay ich dard*
Shortness of breath → *Saa charheya hoya*
Fatigue → *Thakan*
Palpitation → *Dil tarkan*
Fainting → *Behosh ho k dig penda* (if it's frequent)
Dig peya si (if it happened once)

4.3.3 Gastrointestinal

Abdominal pain → *Pait de thalay hissay ich dard*
Nausea → *Matli / Dil kharab honra*
Vomiting → *Ulti*
Diarrhea → *Motion*
Constipation → *Qabz*
Dysphagia → *Khanr welay mushkil honra*
GI bleeding → *Tid / Ulti whicho khun wagna*
Melena (black/tarry stools) → *Wada peshab kala honda*

PUNJABI

4.3.4 Nephrology

Oliguria → *Kam peshab anda*
Polyuria → *Bota peshab anda*
Nocturia → *Rati boht'thi vari peshab karan wastay uthna*
Hematuria → *Peshab which khoon anda*
Foamy/frothy urine → *Peshab nal ch'haag banrdi*
Flank pain → *Pait de sajjay pasay (right flank)*
Pait de kkhabbay pasay (left flank)
Edema → *Waram honda*
Severe fatigue → *Shadeed thakan hondee*
Nausea → *Matli hondee*
Anorexia → *Pukh na lagdi*
Itchy skin → *Jild utay kharish*
Dysuria → *Peshab karday welay dard / Jalan hondi*

4.3.5 Pulmonology

Shortness of breath (dyspnea) → *Saa band honda / Saa kh'hat aonda*
Persistent cough → *Musalsal khang*
Wheezing → *Seeti warghi awaz aondi*
Chest pain → *Seenay ich dard*
Coughing up blood (hemoptysis) → *Khang nal khoon*

4.3.6 Endocrinology

Polyuria → *Peshab zada aonda?*
Polyphagia → *Pukh zada lagdi?*
Polydipsia → *Piyas zada lagdi?*
Weightloss → *Wazan kath'yeah hae?*
Cold intolerance → *Sardi lagdi hae?*
Heat intolerance → *Garmi lagdi hae?*
Excessive sweating → *Paseena bota anda?*
Hirsutism → *Chehray, chaati ya kamar tay baal zyada anday?*
Gynaecomastia → *Chhati which soojan hoondi?*
Irregular periods → *Mahwari theek andee?*
Acne → *Chehry tay daney hondey?*

4.3.7 Rheumatology

Joint pain → *Joran vich peerd hona*
Joint swelling → *Joran te soojh aona*
Morning stiffness → *Aakrra jism*
Muscle pain → *Patthey da dard*
Weakness → *Kamzori*
Reduced movement → *Harkat ghatt hona*
Back pain → *Kamar vich dard*

4.3.8 ENT (Ear, Nose, Throat)

Ear pain → *Kannan vich dard*
Hearing loss → *Sunan di taqat ghatt hona / Ucha sunna*
Ear discharge → *Kaan da vagna*
Tinnitus → *Kannan vich saen saen hona*
Sore throat → *Gale vich peerh hona*
Difficulty swallowing → *Roti ya pani langhan vich mushkil hona*
Nasal blockage → *Nakk band hona*
Nasal discharge → *Nakk waghna*
Nosebleed → *Nakk choon khoon aona*

4.3.9 Ophthalmology

Blurred vision → *Dhundla nazar aona*
Eye pain → *Akh vich peerd hona*
Red eye → *Akh surakh / Laal* hona
Watering of eyes → *Akhan choon pani aona*
Double vision → *Iko cheez do do nazar aona*
Loss of vision → *Nazar ghatt hona ya chali jana*
Photophobia → *Tez roshni toon takleef hona*

4.4 History Of Presenting Complaint

PUNJABI

Onset

When did the symptoms start?

Ay alamat kadon shuru hoyi sun ?

Was the onset sudden or gradual?

Ae alamat yak dam shuru hogyi sun ya holay holay wad rayi sun?

Duration

How long has been the symptoms present for ?

Hun ay alaamat nu zahir honday kinna arsa langeya?

Nature and Course

Are the symptoms continuous or episodic?

Aye halat musalsal rehndi ya waqfay nal aondiyan ne alamat ya din day kisay makhsoos welay aondiyan nay?

Are there periods of improvement or worsening?

Tuhanu which kaday behtari mehsoos hondi ya kaday bigaar mehsoos honda?

Severity

What is the severity of your function?

Tuhadday masly di shiddat keho jayi hai?

Do they interfere with your daily life?

Ae masla tuhadday roz marra di zindagi nu mutasir karda wa?

Precipitating factors

Any identifiable stressors/ triggers?

Tussi kaday eho jayi shay tay ghor kita jidda karkay ay alamat wad jandiyan nay ya tabiyat which bigar peda hounda?

PUNJABI

Any alleviating/ exacerbating factors?
Koi wi eho jayi shay ya kam jiday toun tabiyat behtari ya wigri hoi mehsoos hondi ?

What makes your symptoms better or worse?
Ki karan to ay alaamat which behtari andi ya bigar mehsoos hounda?

Associated Symptoms
Have you noticed any other symptoms along with this?
Aeday naal koi hor alamaat v mehsus kitiyan nay?

Progression
How has the symptom changed over time?
Halay tak alamaat which koi badlao aya tay o dasso?

Previous Episodes
Have you ever had similar complaints before?
Es to pehlan v kaday eho jayi shikayat hoyi aa tuhanu?

Treatment History
Have you taken any treatment for this problem?
Es maslay wastay tusi koi tor karan di koshish kitti a?

Impact
How is this affecting your daily life?
Tuhadi roz marra di zindagi nu kis tarah mutasir kar reya ey?

Pain
What's the site of the pain?
Dard kithay hounda?

How was the onset of the pain, gradual or sudden?
Jadon dard shuru hoya tay holay holay shuru hoya ya achanak ikko vari hoya?

PUNJABI

How will you describe the character of your pain (e.g. burning, colicky etc)?
Tuhadda dard keho jeya mehsoos honda maslan jalan, chubhan ya dabao warga?

Is that pain radiating? If yes, can you please tell me towards where?
Ae dard kidray hor v janda mehsoos honda edron?

Is the pain associated with any other complaints?
Ae dard nal kojh hor v honda ya sirf dard hi honda?

Since when are you having the pain?
Dard kadon da horeya?

Is it intermittent or consistent?
Musalsal horeya ya waqfay nal honda?

Is that pain exacerbated by anything? If so, what?
Jay dard wadiya tan kaday nal wadiya?

On the scale of 1-10 what's the severity of the pain?
Hik ton das de darmeyan tuhanu keho jeya mehsoos honda?

4.5 Past Medical/Surgical History

Do you have any chronic medical conditions?
Tuhanu koi daimi bimari taan ni hai?

Have you ever required blood transfusion?
Kaday khoon lawaya ae?

Any ICU admissions in the past?
Kaday haspataal ya icu dakhil raye ho ?

Do you have any past surgery?
Kaday operation hoya tuhada?

PUNJABI

Do you have any past hospital history?
Kisay sangeen bimari wastay haspataal tan ni aran peya?

4.6 Drug History

What are your current medications?
Hajay ki dawaiyan istemal karday o?

Since when are you using them?
Kadon di istemal karday o?

Can you tell me all the medicines you are taking currently?
Jay tusi halay koi dawaiyan lainday o tan una day naam dasso?

What do you take when you feel unwell?
Jadon tabiyat bigardi tan ki lainday o?

Have you taken any antibiotics recently?
Ae hajjay tusi koi antibiotic litti aa?

Do you take medicines on your own without consulting a doctor?
Tussi dactar ton likhawnr bagher aprayn wallon dawaiyan lainday o?

Do you use any herbal or hakeem medicines?
Hakeem ton dawaiyan lainday o?

Have you received any injections or drips recently?
Tuhanu ena dinan which koi teeka ya drip lagi aye?

Have you ever used steroids (tablets, creams, injections)?
Kaday steroid / chawal wali goli littay nay?

Are you taking your medicines regularly?
Tussi baqaidgi nal dawaiyan lainday o?

Have you experienced any side effects from medicines?
Dawaiyan nal kaday koi zamni asrat tan ni mehsoos kitay?

4.7 Allergy History

PUNJABI

Do you have any allergies that you know of? (open-ended question)
Tuhanu kisay shay ton allergy aa?

If yes, Can you tell me about any reaction you've had to a medicine?
Jay hai tan tussi mainu das sakday o keho jayi allergy hoyi ya hondi a?

What happened when you took that medicine?
Jadon tussi dawayi litti si tan ki hoya si?

How did your body react at that time?
Tuhadday jism which ki mehsoos hoya si?

How quickly did the reaction come on?
Dawaiya khaan to badd kinnay time which hoya si reaction?

What was done to treat that reaction?
Reaction da ilaj kenj kita si?

Have you ever had a severe reaction that needed urgent care?
Kaday inna wadeya hoya reaction tan ni hoya k emergency ya fouri doctor kol jaana paway?

Have you ever had swelling of your face, lips, or difficulty breathing after any medicine?
Kaday koi dawa ton bad mukhray ya hontan/ bull which Sojan hoyi a? Ya sans lain which masla hoya?

Are there any foods or environmental factors that cause you problems?
Kisi khannay to ya mahol whicho kisi shay ton kaday masla/ reaction tan ni hoya?

PUNJABI

Have you ever reacted to an injection or vaccine?
Kaday teeka ya vaccine ton koi reaction / raad-e-amal tan ni hoya?

Has any doctor advised you to avoid certain medicines?
Kaday kisi doctor ne tuhanu parhaiz da keya jay?

4.8 Family History

Do you have any history of hereditary conditions?
Tuhanu koi morusi / khandani bimari hai gi?

Is there any history of a similar illness in the family?
Jeri shikayat tuhanu halay hoyi aa, ay pehlan v kaday kisay nu hogi khandan ich?

Any history of TB or infectious diseases in the family?
Kaday TB waghera tan ni hoyi?

Do you have any history of malignancy in the family?
If so, who amongst your parents, mother or father, or siblings, sister or brother had them?
Kaday khandan which kisay nu cancer tan ni hoya?
Jay hoya ty kennu hoya?

4.9 Personal History

Appetite
How is your appetite?
Tuhanu pukh thek lagdi aa?

Diet
What is your usual diet?
Aam tor te ki khanday o?

Bowel Habits
How are your bowel habits?
Chota bara peshab thek aanda tuhanu?

PUNJABI

Bladder

Any issues with urination?

Chotay peshab nal koi takleef ya ghair mamooli masla tan ni honda?

Sleep

How is your sleep?

Tuhadi neend keho jayi aa?

Weight

Have you noticed any recent weight loss or gain?

Tusi wazan khatt ya wad'da hoya tan ni mehsoos kitta?

Addiction

Do you smoke? Since when and how much per day?

Tussi cigarette peenday o? Ay kadon da peenday o nalay din which kinni vari peenday o?

Do you use paan, gutka, chalia, alcohol?

Paan, gutka chalia tan ni khanday ya sharab noshi tan ni karday?

4.10 Menstrual History

When was your last menstrual period?

Akhri wari tuhano mahwari kadon hoyi si?

Are your cycles regular?

Tuhadi mahwari normal aa?

Any excessive bleeding or pain?

Zada khoon ya zada dard tan ni honda?

PUNJABI

4.11 Obstetric History

How many pregnancies have you had?
Kinni wari hamal tehreya tuhanu?

Any complications during pregnancy?
Hamal which koi maslay tan ni hoye kadi?

4.12 Socio-Economic History

What's your occupation ?
Tusi ki kam karday o?

What is your source of income?
Kamayi da ki zariya tuhada?

Do you have access to clean drinking water?/ What type of water do you use (eg. tap water/mineral water/boiled water)?
Paani keho jeya peenday tussi , ubaal k peenday ya tuti (tap) da paani peenday?

What type of sanitation facilities do you use?
Bathroom which safaee suthraee aur paani theek ae?

Is your house rented or own ?
Tuhada kaar apran ya kiraye da?

How many people live in the house together?
Tuhadday kaar kinay loki rehnday?

How many rooms are there?
Kaardey kinnay kamray nay?

Is your house well ventilated or not?
Kaardey undar hawa aondi aa?

Is your living environment crowded?
Tuhadday rehnr alay mahol ich zada loki rehnday nay?

Thank You.
Meharbaani / Shukriya.

4.13 Glossary Tables

PUNJABI

i. Counting

English	Punjabi
One	*Ik*
Two	*Do*
Three	*Tinn*
Four	*Chaar*
Five	*Panj*
Six	*Chhe*
Seven	*Satt*
Eight	*Att*
Nine	*Nau*
Ten	*Dass*
Eleven	*Gyarah*
Twelve	*Barah*
Thirteen	*Terah*
Fourteen	*Chaudah*
Fifteen	*Pandrah*
Sixteen	*Solah*
Seventeen	*Satarah*
Eighteen	*Atharah*
Nineteen	*Unni*
Twenty	*Vee*
Thirty	*Tee*

Forty	*Chali*
Fifty	*Panjah*
Sixty	*Satth*
Seventy	*Sattar*
Eighty	*Assi*
Ninety	*Nabbe*
Hundred	*Sau*

ii. Time

English	Punjabi
Today	*Ajj*
Yesterday	*Kal*
Morning	*Savere*
Evening	*Shaam*
Night	*Raati*
Day	*Din*
Week	*Hafta*
Month	*Mahina*
Year	*Saal*
Before	*Pehlan*
After	*Baad*
Since	*Toon*
Suddenly	*Achanak*
Gradually	*Hauli Hauli*

iii. Localization

English	Punjabi
Here	*Ithe*
There	*Othe*
Right	*Sajja*
Left	*Khabba*
Both	*Dono*
Front	*Agge*
Back	*Piche*
Upper	*Utton*
Lower	*Thalle*
Inside	*Andar*
Outside	*Bahar*
Whole body	*Sara Sareer*

iv. Frequency

English	Punjabi
Once	*Ik Vaari*
Twice	*Do Vaari*
Daily	*Roz*
Continuous	*Lagatar*
Sometimes	*Kadi Kadi*
Always	*Hamesha / har welay*
Never	*Kadi Vi Nahi*

v. Severity

English	Punjabi
Mild	*Halka / maara jeya*
Moderate	*Darmiyana / marein ton wad*
Severe	*Shadeed*
Better	*Vadhia*
Worse	*Zyada Kharab*

vi. Common Symptom Words

English	Punjabi
Pain	*Dard*
Fever	*Tap*
Swelling	*Sujaan*
Weakness	*Kamzori*
Dizziness	*Chakkar*
Headache	*Sir Dard*
Cough	*Khangh*
Itching	*Khujli*
Lump	*Ganth*

vii. Basic Commands

English	Punjabi
Show me	*Mainu wakhao*
Point here	*Ithe ishara karo*
Open your mouth	*Muh khollo*
Take a deep breath	*Lammi saah lao*
Cough	*Khangh karo*
Swallow	*Nigal lao*
Sit	*Baitho*
Stand	*Khalou jao*
Lie down	*Let jao / lamay paey jao*
Turn	*Mud jao*

viii. Body Parts

English	Punjabi
Head	*Sir*
Face	*Muh*
Brain	*Dimagh*
Eye	*Akh*
Pupil	*Putli*
Ear	*Kann*
Nose	*Nakk*
Mouth	*Muh*

Lips	*Bulh*
Teeth	*Dand*
Gums	*Masoode*
Tongue	*Zabaan*
Cheek	*Gall*
Jaw	*Jabra*
Chin	*Thodi*
Throat	*Gala*
Neck	*Gardan*
Thyroid	*Gale di Ghund*
Chest	*Chhati*
Heart	*Dil*
Lungs	*Phephre*
Rib	*Pasli*
Back	*Pith*
Spine	*Reedh di Haddi*
Shoulder	*Mohna*
Armpit	*Kach*
Arm	*Baazu*
Elbow	*Kohni*
Wrist	*Guttt*
Hand	*Hath*

Palm	*Hathheli*
Finger	*Ungal*
Thumb	*Angutha*
Fingernail	*Nauhn*
Abdomen	*Pet / Tidh*
Stomach	*Maida*
Liver	*Jigar*
Gallbladder	*Pitta*
Pancreas	*Lablaba*
Spleen	*Tilli*
Small intestine	*Choti Aant*
Large intestine	*Vaddi Aant*
Kidney	*Gurda*
Ureter	*Gurde di Naali*
Urinary bladder	*Masaana*
Urethra	*Peshaab di Naali*
Genitals	*Sharamgah*
Uterus	*Bachedani*
Cervix	*Bachedani da Muh*
Ovary	*Baiza Dani*
Fallopian tube	*Baiza Dani di Naali*
Leg	*Lat*

Thigh	*Paun*
Knee	*Gitta / Ghutna*
Ankle	*Gitta*
Heel	*Ariyaan*
Foot	*Paer*
Skin	*Chamdi*
Bone	*Haddi*
Joint	*Jor*
Vein	*Rag*
Artery	*Shiraa*
Blood	*Lahu / Khoon*

5. BALOCHI



سلام، من ادا ھستاں کہ ترا کومک بکنیں۔

Salam, man ada hastan ke tara komak bakan.

Click the link below or Scan the QR code to watch Balochi Pronunciation video guide

https://drive.google.com/drive/folders/1Z3kkmpzB2GJSDEWJgNyCpRBOvBuCqSL8?usp=sharing

5.1 Biodata

BALOCHI

Name
What's your name?
Táe nám kaenth?

Age
How old are you?
Táe omr chekas / chenchok en?

Gender
Male/female
Mardèn/ Janén

Marital status
Are you married?
Tho sór / árós kotà

Do you have any children? If yes, how many?
Tra chok / zahg asth? Agn haw , chencho / chekas?

Occupation
What do you do?
Taw kár che knay?

Address
Where do you come from?
Taw kojá chá athkgay?

Admitted via
Were you admitted via OPD/Emergency?
Taw OPD / Emergency á chà dhákil bothgay?

5.2 Co-morbidities

Do you have any chronic conditions? (DM, HTN, Asthma, TB, etc.)
Trá dgá déré en bimmári asth? (sugar , blood pressure , sáh ay bimmári , TB)

5.3 Presenting Complaint

BALOCHI

What brings you here today?
How long has it been since youre having these issues?
Taw marchi parchá atkagay? Cheká wahd beth trá e mslá asthn?

5.3.1 Neurology

Headache → *Sardard*
Dizziness → *Sartarr*
Weakness → *Nizori*
Tremors → *Larzag*
Seizures → *Jatká*
Loss of consciousness → *Háyál / Hosh ay ráwag*
Gait changes → *Ráh-ráwáji / gardag ay badali*
Cognitive changes → *Fikar o fehm ay badali*

5.3.2 Cardiology

Chest pain → *Senág dard*
Shortness of breath → *Sáh ay kammi*
Fatigue → *Dhum-barag*
Palpitation → *Del ay tez tapag*
Fainting → *Tosag*

5.3.3 Gastrointestinal

Abdominal pain → *Láp dard*
Nausea → *Dilbadi*
Vomiting → *Shánag*
Diarrhea → *Laap/ Laap rawag / Laap richi*
Constipation → *Kabz*
Dysphagia → *Wárag er-barag ay moshkiláth / Warag erbarag ay sakki*
GI bleeding → *Mehda e hoon raichi*
Melena (black/tarry stools) → *Mazan en pesháb á hon*

5.3.4 Nephrology

Oliguria → *Peshab kammi ya tangi*
Polyuria → *Bázmessi*
Nocturia → *Shapmessi*

Hematuria → *Hón-messag*
Foamy/frothy urine → *Kásane pesháb á goj*
Flank pain → *Láp-dard*
Edema → *Gowáth gerag*
Severe fatigue → *Sakká dhum-barag*
Nausea → *Dilbadi*
Anorexia → *Dil wrag nazoorag / Dil warag nakashag*
Itchy skin → *Ján kechag*
Dysuria → *Be-messi*

5.3.5 Pulmonology

Shortness of breath (dyspnea) → *Sáh ay kammi*
Persistent cough → *Kollag*
Wheezing, → *Sah ay awaz kanag / Sah kashag e tawar*
Chest pain → *Senά dard*
Coughing up blood (hemoptysis) → *Hon-shánag / Hon kollg*

5.3.6 Endocrinology

Polyuria → *Báz-messi (kásáne pesháb báz kanag)*
Polyphagia → *Báz-wardini (wardhin baz warag)*
Polydipsia → *Báz-tonni (zeyáddáhen tonn gerag)*
Weightloss → *Wázan kam bohag*
Cold intolerance → *Sard na saggag*
Heat intolerance → *Garm na saggag*
Excessive sweating → *Báz-hédi (báz héd kanag)*
Hirsutism → *Zálbol / Janen ay demay mudh*
Gyenacomastia → *Mard ghorai bahar argh*
Irregular periods → *Máhwárii wahday sará ná áyag*
Acne → *Dánag*

5.3.7 Rheumatology

Joint pain → *Jod dard*
Joint swelling → *Jod gowath gerag*
Morning stiffness → *Sobhay saray kamzori*
Muscle pain → *Gosht / Patta dard*
Weakness → *Nizori / Kamzori*
Reduced movement → *Harkat kam kanag*
Back pain → *Poshth dard*

5.3.8 ENT (Ear, Nose, Throat)

Ear pain → *Gosh dard*
Hearing loss → *Karr bohag*
Ear discharge → *Gosh aap / Hon deyag*
Tinnitus → *Gosh awaz kanag*
Sore throat → *Gott harab bohag*
Difficulty swallowing → *Warag er baraga takleef*
Nasal blockage → *Ponz bandh bohag*
Nasal discharge → *Ponz aap deyag*
Nosebleed → *Ponz hon deyag*

5.3.9 Ophthalmology

Blurred vision → *Nezar mojj bohag*
Eye pain → *Chamm dard*
Red eye → *Sohr chamm*
Watering of eyes → *Chamm aap deyag*
Double vision → *Dho-bar gendag ayag*
Loss of vision → *Kor bohag*
Photophobia → *Roch na sag-gag*

5.4 History Of Presenting Complaint

Onset
When did the symptoms start?
Takleef / alámath kdi shru / bendáth bothgan?

Was the onset sudden or gradual?
Shru yakdhum ya áesthá botá?

Duration
How long has been the symptoms present for?
Chencho der enth k takleef asth en?

Severity
What is the severity of your function?
Táe wati har-rochi en kár an kanaga ay?

Do they interfere with your daily life?
Táe zindh ay tahá esháni modákilath asth?

Nature and course
Are the symptoms continuous or episodic?
Takleef har-wahd ya baré baré asth anth?

Are there periods of improvement or worsening?
Eshani moddat gehter ya gunter bohagá an?

Precipitating factors
Any identifiable stressors/ triggers?
Che kanágá chá takleef sharter ya gunter b?

What makes your symptoms better or worse?
Tae takleef á che sharter ya gunter knth?

Associated Symptoms
Have you noticed any other symptoms along with this?
Eshiyá awár taw dgá takleef háyál kotá?

Progression
How has the symptom changed over time?
Wahd ay gomá takleef badal bothagán?

Previous Episodes
Have you ever had similar complaints before?
Tará pesará kadi hame wad en shikáyath bothag?

Treatment History
Have you taken any treatment for this problem?
Taw kdi e maslá eláj kotá?

Impact
How is this affecting your daily life?
E chun táe zindagi á asar-mand kanagá en?

Pain

What's the site of the pain?
Dard ay jágah kojám enth?

How was the onset of the pain, gradual or sudden?
Dard bendáth / Shru chun botá , áesthá ya yak-dhum?

How will you describe the character of your pain (e.g. burning, colicky etc)?
Taw wati dard á che paym bayán kanay? (sochóken , kolenji)

Is that pain radiating? If yes, can you please tell me towards where?
Tae dard degá jáh ráwagá en? Agn haw , taw gosht knay kojám jáh á ráwagá en?

Is the pain associated with any other complaints? eg: vomiting
Tae dard dgá shikáyath á gon bandhók enth? Shánag

Since when are you having the pain? Is it intermittent or consistent?
Kadi o thá e dard trá asth enth? E kam-kam asth enth ya zeyáth

Is that pain exacerbated by anything? If so, what?
Tae dard domi chéz eá cha gesh beth? Agn haw , goda che enth?

On the scale of 1-10 what's the severity of the pain?
Yakka ta dahay ay tahá tae dard ay tornákii chékas enth ?

5.5 Past Medical/ Surgical History

Have you ever required blood transfusion?
Tará kadi hón janag ay zaroorath bothá?

Any ICU admissions in the past?
Pesará taw ICU á dakil bothagay?

Do you have any past surgery?
Táe pesará / sáriá operation bothag?

Do you have any past hospital history?
Taw pesará hospital á dákil bothgag ay?

5.6 Drug History

What are your current medications?
Annuge dáwáii kojám anth?

Since when are you using them?
Kadi o thá eshn taw istemál kanagá ay?

Can you tell me all the medicines you are taking currently?
Taw porá en dáwáii án goshth kanay hamáyán k anu waragá ay?

What do you take when you feel unwell?
Taw che istemál kanay wahde taw ná-jod bay?

Have you taken any antibiotics recently?
Taw anu zoth án antibiotics istemál kotá?

Do you take medicines on your own without consulting a doctor?
Taw bgair doctor á maloom kanagá wati srá dáwáii wáray?

Do you use any herbal or hakeem medicines?
Taw tahlag ya hakeem e dáwáii istemál kanay?

Have you received any injections or drips recently?
Taw anu zoth án succhen ya drip jathag?

Have you ever used steroids (tablets, creams, injections) ?
Taw kadi steroid istemál kothag (goli , cream , succhen)

Are you taking your medicines regularly?
Taw har-róch wati dáwáii án wáray?

Have you experienced any side effects from medicines?
Taw dáwáii án chá tabyath ay tahá kammi-béshi désthá?

BALOCHI

5.7 Allergy History

Do you have any allergies that you know of ?
Trá allergy asth?

If yes, can you tell me about any reaction you've had to a medicine?
Agn haw , godá taw gosht kanay k trá chune reaction botá dáwáii waragá cha rand?

What happened when you took that medicine?
Che bothag wahde taw áá dáwáii wárthag?

How did your body react at that time?
Tae jism chun botá (tráwal , kechag)?

How quickly did the reaction come on?
Reaction chencho jaldi bothag?

What was done to treat that reaction?
Reaction ay iláj kanagay wástá che kothag?

Have you ever had a severe reaction that needed urgent care?
Tará kadi choshen reaction bothag k hamá time a succhen ay zaroorath bothag?

Have you ever had swelling of your face, lips, or difficulty breathing after any medicine?
Dáwáii waragá rand tae dem ya lont gowáth gepthgán, ya sáh ay zoragay takleef bothag?

Are there any foods or environmental factors that cause you problems?
Choshen warag ya máhooli tab-dili asth anth k reaction ay wajáh jod bothagán?

Have you ever reacted to an injection or vaccine?
Taw kadi socchen ya tokká á chá reaction kotá?

Has any doctor advised you to avoid certain medicines?
Doctor á kadi trá dáwáii waragá mkn kotá?

5.8 Family History

Do you have any history of heredity conditions?
Tará pósshthi / Werásathi bémárii asth?

Is there any history of similar illness in the family?
Táe kándán ay tahá degá choshen bémárii asth?

Any history of TB or infectious diseases in the family?
Táe kándán ay tahá TB ya infection ay bémárii asth?

Do you have any history of chronic medical conditions in family?
Táe kándán ay tahá déré en bémárii asth?

Do you have any history of malignancy in the family?
Táe kándán ay tahá cancer ay bémárii asth?

If so, who amongst your parents (mother or father) or sibling (sister or brother) had them?
Agn haw, godá shomay tahá k táe peth, máth ya gohár, bráth á asth enth?

5.9 Personal History

Appetite
How is your appetite?
Táe gozhn chun enth?

Diet
What is your usual diet?
Táe har-rochi en wardhen / warag che en?

BALOCHI

Bowel Habits
How are your bowel habits?
Tará kabz asth ya láp recheth?

Bladder
Any issues with urination?
Kasáne pesháb á mslá asth?

Sleep
How is your sleep?
Táe wáb chun enth?

Weight
Have you noticed any recent weight loss or gain?
Anu zóth án taw wazan ay kammi ya geshi hayál kotá?

Addiction
Do you smoke? Since when and how much per day?
Taw cigrette kasshay? Kadi o thá o yak roch e chencho kasshay?

Do you use paan, gutka, chalia, alcohol?
Taw páán , gutká , sopádi ya sharáb waray?

5.10 Menstrual History

When was your last menstrual period?
T áe akhiri mahwárii kadi atkgan án?

Are your cycles regular?
Tae mahwárii wahday sará káyanth?

Any excessive bleeding or pain?
Zeyádahen hón ya dard asth?

5.11 Obstetric History

BALOCHI

How many pregnancies have you had?
Chencho bará táe láp-porrii bothag?

Any complications during pregnancy?
Láp-porri ay wahdá degá mslá botá?

5.12 Socio-Economic History

What's your occupation?
Taw káár che kanay?

What is your source of income?
Táe kamái ay zariyá che anth?

Do you have access to clean drinking water?/ What type of water do you use (eg. tap water/mineral water/boiled water)?
Shomay kerrá waragay sáápen ápp asth? / Chune ápp shomá waray? (Null ay ápp , mineral / lahd dáthagen ápp)?

What type of sanitation facilities do you use?
Taw sapáhe ay che áseráthi / sáhoolath kármarz / istemál kanay?

Is your house rented or own?
Táe lógg / ges táe wati enth ya rent e?

How many people live in the house together? How many rooms are there? Is your house well ventilated or not?/ Is your living environment crowded?
Shomá lóggá chencho mardom ay? Chencho kóthi asth enth? Shomay lóggá gowáth shr kayth? Shomá báz mardom yak-jáh ay?

Thank you.
Menaatwar an.

5.13 Glossary Tables

BALOCHI

i. Counting

English	Balochi
One	*Yak*
Two	*Dho*
Three	*Say*
Four	*Chaar*
Five	*Panch*
Six	*Shash*
Seven	*Haft*
Eight	*Hasht*
Nine	*Nuh*
Ten	*Dah*
Eleven	*Yazdah*
Twelve	*Duwazdah*
Thirteen	*Sezdah*
Fourteen	*Chardah*
Fifteen	*Panzdah*
Sixteen	*Shazdah*
Seventeen	*Hafdah*
Eighteen	*Hashdah*
Nineteen	*Nuzdah*
Twenty	*Beest*
Thirty	*Si*

Forty	*Chil*
Fifty	*Panjah*
Sixty	*Shast*
Seventy	*Haftaad*
Eighty	*Hashtaad*
Ninety	*Navad*
Hundred	*Sad*

ii. Time

English	Balochi
Today	*Marchi*
Yesterday	*Zi*
Morning	*Sohbi*
Evening	*Bey-gah*
Night	*Shab*
Day	*Roch*
Week	*Haftag*
Month	*Maah*
Year	*Saal*
Before	*Peshtar*
After	*Pada*
Since	*Ta*
Suddenly	*Nagahani*
Gradually	*Ahista Ahista*

iii. Localization

English	Balochi
Here	*Eda*
There	*Odda*
Right	*Rasti*
Left	*Chapi*
Both	*Doen*
Front	*Demaa*
Back	*Poshta*
Upper	*Borzi*
Lower	*Jahli*
Inside	*Tokaa*
Outside	*Danna*
Whole body	*Drohen jism*

iv. Frequency

English	Balochi
Once	*Yak Bar*
Twice	*Do Bar*
Daily	*Har-roch*
Continuous	*Musalsal*
Sometimes	*Barey barey / kadi kadi*
Always	*Har-wahda*
Never	*Hech Wahd Na*

v. Severity

English	Balochi
Mild	*Halka*
Moderate	*Miyani*
Severe	*Saqt*
Better	*Behtar*
Worse	*Ziyada harab*

vi. Common Symptom Words

English	Balochi
Pain	*Dard*
Fever	*Tap*
Swelling	*Gowath-gerag*
Weakness	*Zaifi / Nizori*
Dizziness	*Sar-chakarag*
Headache	*Sar Dard*
Cough	*Kollag*
Itching	*Khaarish*
Lump	*Gonda*

vii. Basic Commands

English	Balochi
Show me	*Manaa pesh-dar*
Point here	*Eda Ishara Kan.*
Open your mouth	*Dapa pach kan*
Take a deep breath	*Balahen Saal Kash.*
Cough	*Kollag*
Swallow	*Er-bar.*
Sit	*Nendh*
Stand	*Boshth*
Lie down	*Tachk bo*
Turn	*Chakar*

viii. Body Parts

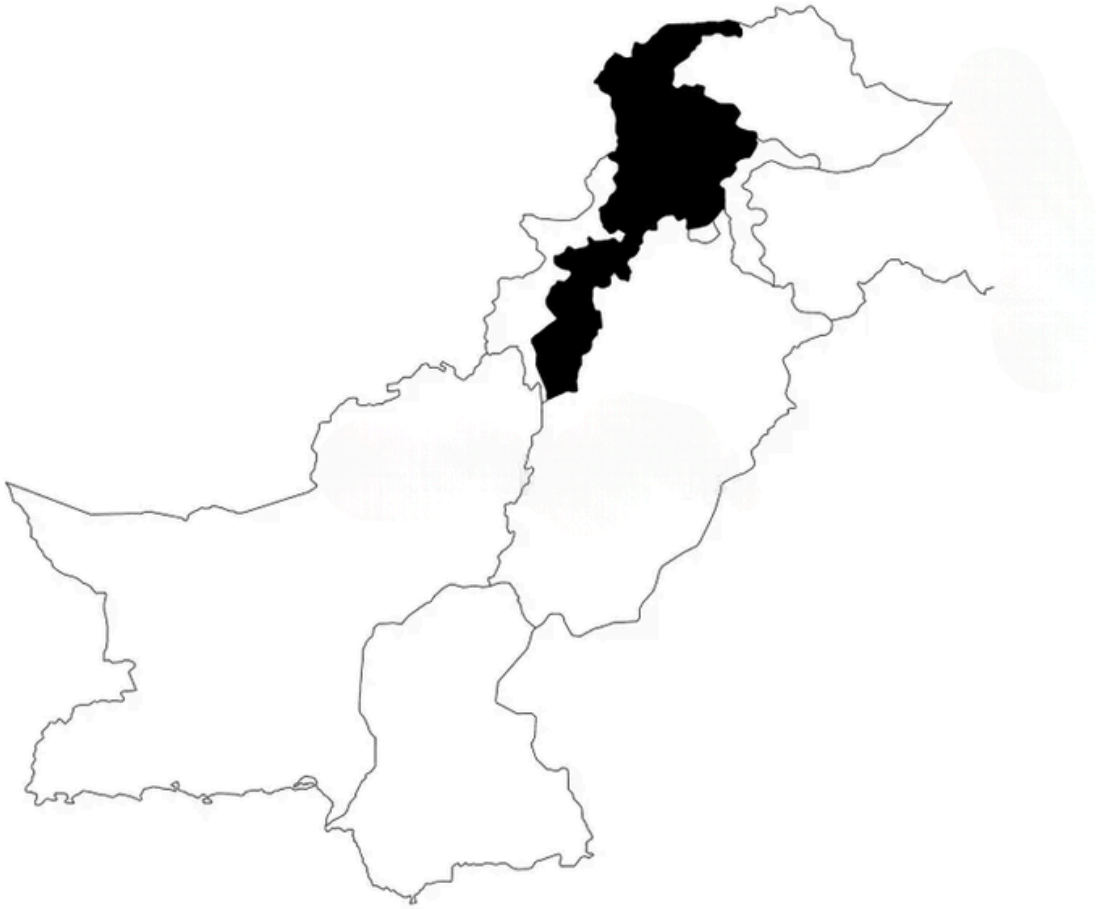
English	Balochi
Head	*Sar*
Face	*Dem*
Brain	*Maghz / damagh*
Eye	*Chum*
Pupil	*Chumi Putli/ putli*
Ear	*Gosh*
Nose	*Ponz*
Mouth	*Dap*

Lips	*Lont*
Teeth	*Dandan*
Gums	*Dandani Gosht / Aaruk*
Tongue	*Zaban*
Cheek	*Gul*
Jaw	*Shagor*
Chin	*Zanuk*
Throat	*Gott*
Neck	*Gardan*
Thyroid	*Gardani Ghudood*
Chest	*Seengh*
Heart	*Dil*
Lungs	*Pop*
Rib	*Pahlu*
Back	*Posht*
Spine	*Seyren*
Shoulder	*Kopag*
Armpit	*Baghal*
Arm	*Bazu*
Elbow	*Mokk*
Wrist	*Dasti Band*
Hand	*Dast*

Palm	*Dasti dil*
Finger	*Lankok*
Thumb	*Mathi-lankok*
Fingernail	*Nakhun*
Abdomen	*Laap*
Stomach	*Meda*
Liver	*Jigar*
Gallbladder	*Pitta*
Pancreas	*Lablaba*
Spleen	*Talli*
Small intestine	*Kasani roth*
Large intestine	*Mazani roth*
Kidney	*Gordha*
Ureter	*Gurdi Nali*
Urinary bladder	*Masana*
Urethra	*Peshabi Nali*
Genitals	*Sharamgah*
Uterus	*Bachadani / Chok-daan (often used as-is)*
Cervix	*Bachadani Dam*
Ovary	*Baiza Dani*
Fallopian tube	*Baiza Dani Nali*
Leg	*Pad*

Thigh	*Ran*
Knee	*Kondd*
Ankle	*Takhna*
Heel	*Ponz*
Foot	*Padh*
Skin	*Post*
Bone	*Hadd*
Joint	*Band*
Vein	*Rag*
Artery	*Sharyan*
Blood	*Hoon*

6. PASHTO



سلام، زه دلته یم چې ته سره مرسته وکړم

Salam, za delta yem che la taso sara marasta wakram.

Click the link below or Scan the QR code to watch Pashto Pronunciation video guide

https://drive.google.com/drive/folders/1fQQekPOogYVkOCICLEejLyBsIQ5YzGdJ?usp=sharing

6.1 Biodata

PASHTO

Name
What's your name?
Stasi nom sa dai? (Staso num sa de)

Age
How old are you?
Taso da so kaalo yai?

Gender
Male/ Female
Narina / Khazina

Marital Status
Are you married?
Taso wada karay de?

Do you have any children? If yes, how many?
Staso bachee shta? Ao ka shta no sumra?

Occupation
What do you do?
Tasi sa karobar kawi? (Taso sa kar kawaey?)

Address
Where do you come from?
Tasi la kom zai raghli ye? (Taso kom zai na raghali ye?) (Taso kor charta de?)

Admitted via
Were you admitted via OPD/ Emergency?
Tasi da OPD la khwa na admit shwe wai ao ka emergency na?

6.2 Co-morbidities

PASHTO

Do you have any chronic conditions? (DM, HTN, Asthma, TB, etc.)
Aya thaso tha da sugar ya blood pressure ya dama ya TB bemari shta?

6.3 Presenting Complaint

What brings you here today? How long has it been since youre having these issues?
Taso nan dalta sa masalay sara raghali ye? Somra wakht na darta da masla da?

6.3.1 Neurology

Headache → *Sar Dardi*
Dizziness → *Sar chorlidal*
Weakness → *Kamzoori*
Tremors → *Larza*
Seizures → *Jhatka / Mirgee*
Loss of consciousness→ *Bi hoshi*
Gait changes → *Da tag ao raftar badloon*
Cognitive changes → *Zehni badloon*

6.3.2 Cardiology

Chest pain → *Da seenay dard*
Shortness of breath→ *Saa landi / Saa bandi*
Fatigue → *Starya (stary waly)*
Palpitation → *Da zra takan tezedal / Da zra draza tezedal*
Fainting → *Bi Hoshi*

6.3.3 Gastrointestinal

Abdominal pain → *Da khetay dard*
Nausea → *Da zra badwali (da zra kharabedal)*
Vomiting → *Kaangi (oltaay)*
Diarrhea → *Nas nasti (dastona / kheta kharabedal)*

Constipation → *Qabz (kheta sakhtedal)*
Melena (black/tarry stools) → *Tore dakay mitiazay / Dakay mitiazay kho tore na de?*

6.3.4 Nephrology

Oliguria → *Ta tasho mitiazo kamwali (kamwaly)*
Polyuria → *Ta tasho mitiazo derwali*
Nocturia → *Pa shpa ki deri tasi mitiazi kawal*
Hematuria → *Pa tasho mitiazo ki weena*
Foamy/frothy urine → *Mitiaze zag/ jaag kho na kaee*
Flank pain → *Da arkh dard*
Edema → *Parsoob*
Severe fatigue → *Dera starya (der starewaly)*
Nausea → *Zra Badwali (zra kharabedal?)*
Anorexia → *Da ishtiha kamwali (khorak la zra na kedal)*
Itchy skin → *Da postaki kharakh (kharakh)*
Dysuria → *Tasho mitiazo sra dard?*

6.3.5 Pulmonology

Shortness of breath (dyspnea) → *Saa landi / bandi*
Persistent cough → *Dawamdara tokh (musalsal tokhay)*
Wheezing → *Saa ki ghag / Shrangari*
Chest pain → *Da seeni dard*
Coughing up blood (hemoptysis) → *Pa tokhi ki weena*

6.3.6 Endocrinology

Polyuria → *Da tasho mitiazo ziatwal*
Polyphagia → *Da ishtiha Derwali / Da lowagi Ziatwali*
Polydipsia → *Ziata tanda / Der Taagi kedal*
Weightloss → *Da Wazan kamedal*
Cold intolerance → *Da badan Yakhni kedal*
Heat intolerance → *Da badan garmi kedal*
Excessive sweating → *Dera khwala kawal (khwala ratlal)*
Hirsutism → *Pa badan der wekhtan laral (Khazena)*
Gyenacomastia → *Da nareena seeni ghatwali*
Irregular periods → *Da haiz / Periods gadwadedal (jaamy gadwadedal)*
Acne → *Pa makh ao badan daani*

PASHTO

6.3.7 Rheumatology

Joint pain → *Da Jorhuno / Banduno darh*
Joint swelling → *Da Jorhuno / Banduno parsob*
Morning stiffness → *Da Sahar la khwa da jorhuno / Banduno sakhtwalay*
Muscle pain → *Da azlaato darh*
Weakness → *Kamzori*
Reduced movement → *Da harakat kamwalay / Mahdudaidal*
Back pain → *Da mla darh*

6.3.8 ENT (Ear, Nose, Throat)

Ear pain → *Da ghwag darh*
Hearing loss → *Da aoraidalo kamwalay*
Ear discharge → *Da ghuwag sakha oba / Maya / Tarshah ratlal*
Tinnitus → *Pa ghuwag ke shrhang / Ghash / Shor*
Sore throat → *Da stoni darh / Kharaba marayi*
Difficulty swallowing → *Da tairolavi ki masala*
Nasal blockage → *Da posay bandaidal*
Nasal discharge → *Da posay sakha oba / Tarshah ratlal*
Nosebleed → *Da posay na veena ratlal*

6.3.9 Ophthalmology

Blurred vision → *Da lidau tatwalay*
Eye pain → *Da stargay darh*
Red eye → *Da stargay surwalay*
Watering of eyes → *Da stargo okhkay ratlal*
Double vision → *Dwa dwa lidal*
Loss of vision → *Da lidau la lasa wakawal*
Photophobia → *Da ranrhan na hasasiyat*

6.4 History Of Presenting Complaint

PASHTO

Severity
What is the severity of your function?
Stasi da Alayemo (Nakho) shiddat somra dai?

Do they interfere with your daily life?
Stasi pa roz mara zhwand sa tasir lari?

Onset
When did the symptoms start?
Stasi da bemari alayem sa wakht shroo sho?

Was the onset sudden or gradual?
Aya pa yu zal alamaat shuru sho ka na ro ro shuru shawee wo?

Duration
How long has been the symptoms present for ?
Somra wakht pori dabemari alayem mawjood di ?

Nature and course
Are the symptoms continuous or episodic?
Aya da bemari alayem dawamdara de ka kala-kala? (Musalsal we ku kala kala)*

Are there periods of improvement or worsening?
Aya da bemari alayem / nakhi kha kegi ka kharabegi? (Aya da bemari kha kegi ka na kharabegi)

Precipitating factors
Any identifiable stressors / triggers?
Aya dasy sa shta che aghy de wjh staso da bemari alamat shroo shwe yi?

Alleviating/ exacerbating factors
What makes your symptoms better or worse?
Stasi da bemari alayem / nakhi pa sa kha kegi ya kharabegi?

Associated Symptoms
Have you noticed any other symptoms along with this?
Aya tasi kom nor alayem ya nakhi ledali de ?

PASHTO

Progression
How has the symptom changed over time?
Aya da nakhi / alayem da wakht sra badal shwe de?

Previous Episodes
Have you ever had similar complaints before?
Aya tasi makhki ham dasi shikaayat laral?

Treatment History
Have you taken any treatment for this problem?
Aya tasi kom treatment kri? (Aya taso de bemari da para sa ilaaj kare d)

Impact
How is this affecting your daily life
Da bemari stasi zhwand bandi senga taseer (impact) kawi? (Asar lari?)

Pain
What's the site of the pain?
Stasi dard pa kom zai dai?

How was the onset of the pain, gradual or sudden?
Aya stasi dard ya dafayi shro shwe ka wro wro?

How will you describe the character of your pain (e.g. burning, colicky etc)?
Tasi ba khpal dard senga bayanwi? (swazeedal teez / kolmo dard)

** Relevent words that can be used*

PASHTO

Is that pain radiating? If yes, can you please tell me towards where?
Aya dard kom zai ta khparegi? Ka Ho no kom zai ta? (Taso da dard bal zay la ze?)

Is the pain associated with any other complaints?
Aya dard sra nor shikayat ham shta?

Since when are you having the pain? Is it intermittent or consistent?
Da kom wakht na stasi dard lari? Aya dard mo kala kala we ka hamesha? (Taso la da kam wakht na dard shuru shwe)?

Is that pain exacerbated by anything? If so, what?
Aya dard mo la kom kaar sra deregi? Ka ho no la kom kaarsra? (Aya da dard sa sara sewa kegi? Ku aw nu da sara?)

On the scale of 1-10 what's the severity of the pain?
Da yaw na las (1-10) pori ba khpal dard ta somra numberi warkawai?

6.5 Past Medical/Surgical History

Do you have any chronic medical conditions?
Aya stasi koma ogda bemari larai?

Have you ever required blood transfusion?
Aya tasi weena khejawalay da

Any ICU admissions in the past?
Aya kala pa ICU ki dakhil(admit) shwe?

Do you have any past surgery?
Aya tasi kala amaliat(surgery) kri de?(Aperation)

Do you have any past hospital history?
Aya pa hospital ki di na makhki dakhil shwe?(Haspataal)

** Relevent words that can be used*

6.6 Drug History

PASHTO

What are your current medications?
Tasi os kom dawai istimala wai?

Since when are you using them?
La kom wakht na da dawa istemalawai?

Can you tell me all the medicines you are taking currently?
Aya mata tol hagha daawagaani wayeli shai che tasi ye istemalawai?

What do you take when you feel unwell?
Che kala tasi da bemari ihsas kawi tasi koma dawa akhli? (Kala taso bemar ye kama dwai istemala way)

Have you taken any antibiotics recently?
Aya kala mo antibiotics akhesti? (Jaraseem da para dawayanay)

Do you take medicines on your own without consulting a doctor?
Aya tasi dawa da doctor pa mashwara akhli ka pa khpal saar?

Do you use any herbal or hakeem medicines?
Aya la hakemi dawa istemalawi?

Have you received any injections or drips recently?
Aya os wakht ki mo stani ya drip lagawli?

Have you ever used steroids (tablets, creams, injections)?
Aya tasi steroids istemal kri? (Darduno dawai istemala way)

Are you taking your medicines regularly?
Aya khpala dawa musalsal akhli?

Have you experienced any side effects from medicines?
Aya tasi khpli dawa na kom side effects tajruba kri? / Aya tasi dawa na koma masla raghli? (Aya dawyano pa taso sa olta asar kary)

PASHTO

6.7 Allergy History

Do you have any allergies that you know of?
Aya taso sa seez na hasasiyat lari?

If yes, can you tell me about any reaction you've had to a medicine?
Ka cherta ho, no wayeli shai rata che la kmi dawa sra? (Ku charta we nu taso mata wayale shay che taso ta sa dawaye na allergy shawe?

What happened when you took that medicine?
Kala che tasi dawa wakhesta no sa oshwal?(Taso che kala agha dawaye agheshtay wa no aghy na pas sa osho?)

How did your body react at that time?
Stasi badan senga aks ul amal okhoda? (Staso badan agha wakht sa amal oko?)

How quickly did the reaction come on?
Somra wakht ki da allergy shro shwa?(*amal)*

What was done to treat that reaction?
Da di dapara di bia sa wakra? (De allergy / Amal da ilaj da para mu sa oku?)

Have you ever had a severe reaction that needed urgent care?
Aya stasi kala shadida allergy paida shwe kom dapara che aajil treatment ta zarorat we? (Aya taso ta sa shadeed masla shawe che taso ta fawri ilaaj zarorat wu?)

* *Relevent words that can be used*

PASHTO

Have you ever had swelling of your face, lips, or difficulty breathing after any medicine?
Aya tasi kala pa makh, shondo parsob paida shwe ya mo saa landa shwe worsta da komi dawaa akhesto na?

Are there any foods or environmental factors that cause you problems?
Aya dasi kom khwarak ya bala waja shta che tasi ta dasi mushkilat pekh she?

Have you ever reacted to an injection or vaccine?
Aya tasi kala injection ya vaccine khodli? (*tikkey) (*amal)*

Has any doctor advised you to avoid certain medicines?
Aya tasi kala doctor da kom medicine na mana kri ye? (aya doctor kala da sa dawa na mana kare yay?)

6.8 Family History

Do you have any history of heredity conditions?
Aya tasi pa khandan ki koma maurosee bemari larai?

Is there any history of similar illness in the family?
Aya da bemari stasi pa khandan ki shta?

Any history of TB or infectious diseases in the family?
Aya pa khandan ki sok TB lari? (*shta de)*

Do you have any history of chronic medical conditions in family
Aya pa khandan ki koma bala ghata bemari larai? (*shta de)*

Do you have any history of malignancy in the family?
Aya pa khandan ki sok cancer lari? (*shta de)*

** Relevent words that can be used*

PASHTO

Is there any history of similar illness
If so, who amongst your parents, mother or father, or sibling, sister or brother had them?
Ka cherta lari no sok stasi moor ,plar ka ror ao khor?
(ke cherta we nu sok? Mor,plar,ror ya khor ke sok?)

6.9 Personal History

Appetite
How is your appetite?
Stasi khwarak / Ishtiha senga da?

Diet
What is your usual diet?
Stasi kor ki sa khwarak kawi?

Bowel Habits
How are your bowel habits?
Stasi da kolmo aadatona senga de? (staso dake mitiaze senga de?)

Bladder
Any issues with urination?
Aya tasi pa tasho mitiazo ki koma masla larai?

Sleep
How is your sleep?
Stasi khob senga dai?

Weight
Have you noticed any recent weight loss or gain?
Aya tasi pa nezdi wakht ki wazan der shwe ya ka kam shwe de?

Addiction
Do you smoke? Since when and how much per day?
Aya tasi ciggerete ski? Da kom wakht na mo shro kri ao da wrazi so daani?

PASHTO

Do you use paan, gutka, chalia, alcohol?
Aya tasi paan chaila ya sharab kawi? (*skay)*

6.10 Menstrual History

When was your last menstrual period?
Stasi da haiz akhiri wraz koma wa? (jaamey/ bemaray?)*

Are your cycles regular?
Aya stasi da haiz bemaari pa time razi?(*jaamey/ bemaray?)*

Any excessive bleeding or pain?
Aya dera weena ao dard kho ba warsra na we?

6.11 Obstetric History

How many pregnancies have you had?
Tasi so zal pregnant(hamila) shwe ye? (*mashumanu bande kha shawe yay?)*

Any complications during pregnancy?
Aya hamal dauran sa masla kho na wa?

6.12 Socio-Economic History

What's your occupation?
Stasi sa kaar kawi?

What is your source of income?
Tasi kor kharacha sok brabara wee?

Do you have access to clean drinking water?/ What type of water do you use (eg. tap water/mineral water/boiled water)?
Aya stasi kor ki paki oba skloo ta shta? Sa rakam oba tasi istemalawi tap ka mineral(aya taso kor ke safa oba shta skhalu dapara? Taso sanga oba istemala way : da nalke oba ku na da botel ya khutkedale oba istemala way)

** Relevent words that can be used*

PASHTO

What type of sanitation facilities do you use?
Stasi kom da sanitation asantya shta? (taso da safai sa sahulatuna istemala way?)

Is your house rented or own ?
Tasi kor pa kraya dai ka khpal?(*da)*

How many people live in the house together?
Tasi pa kor ki somra nafar(*khalak) osegi?*

How many rooms are there?
Somra rooms(*kamre) mawjood de?*

Is your house well ventilated or not?
**Da hawa badloon? Roshandaan. Ao hawa sama da ?*

Is your living environment crowded?
Kom zai che osegi khalk der de?

Thank You.
Tashakur / Meharbani.

** Relevent words that can be used*

6.13 Glossary Tables

PASHTO

i. Counting

English	Pashto
One	*Yaw*
Two	*Dwa*
Three	*Dre*
Four	*Salor*
Five	*Pinza*
Six	*Shpag*
Seven	*Owa*
Eight	*Atə*
Nine	*Naha/ nha*
Ten	*Las*
Eleven	*Yawolas*
Twelve	*Dolas*
Thirteen	*Dyarlas*
Fourteen	*Swarlas*
Fifteen	*Pinzalas*
Sixteen	*Shpaaras*
Seventeen	*Owalas*
Eighteen	*Atallas*
Nineteen	*Nonlas*
Twenty	*Shal*
Thirty	*Dairsh*

Forty	*Salwaikht*
Fifty	*Panzos*
Sixty	*Shpaita*
Seventy	*Avya*
Eighty	*Atya*
Ninety	*Navee*
Hundred	*Sel*

ii. Time

English	Pashto
Today	*Nan*
Yesterday	*Paroon*
Morning	*Sahar*
Evening	*Makham*
Night	*Shpa*
Day	*Wraz*
Week	*Hafta*
Month	*Myasht*
Year	*Kaal*
Before	*Paila / Makh ke / Awal*
After	*Wrusta / Pasta*
Since	*La hagha wakhta che / Zaka che*
Suddenly	*Yo dam / Naagahani*
Gradually	*Wro Wro*

iii. Localization

English	Pashto
Here	*Dalta*
There	*Halta / Alta*
Right	*Khay /Khi / Sum*
Left	*Gus/Apoota*
Both	*Dwara*
Front	*Makh*
Back	*Shaa*
Upper	*Bareen / Pasanay / Porta*
Lower	*Kotan / Landay/ Khkata*
Inside	*Danana*
Outside	*Bahar*
Whole body	*Tol Badan*

iv. Frequency

English	Pashto
Once	*Yawa Zal*
Twice	*Dwa Zala*
Daily	*Hara Wraz*
Continuous	*Bai Wakfay / Musalsal*
Sometimes	*Kala Kala*
Always	*Hamesha*
Never	*His Kala Na*

v. Severity

English	Pashto
Mild	*Lag shantay*
Moderate	*Manzani*
Severe	*Sakht*
Better	*Der Kha*
Worse	*Der Kharaab / Der bad*

vi. Common Symptom Words

English	Pashto
Pain	*Darh/ Dardh*
Fever	*Taba*
Swelling	*Parsob*
Weakness	*Kamzori*
Dizziness	*Sar Gharzedal / Sar churlaidal*
Headache	*Sar Darh*
Cough	*Tukhay*
Itching	*Kharakh*
Lump	*Ghuta / Rasolaye*

vii. Basic Commands

English	Pashto
Show me	*Mata Wakhaya*
Point here	*Dalta Ishara Waka*
Open your mouth	*Khola di khalasa / Kulawa ka*
Take a deep breath	*Oughdah Saah Wakhla*
Cough	*Tukhay Waka / Tokhi Waka*
Swallow	*Taira ka /Tair ka*
Sit	*Kaina*
Stand	*Pasa*
Lie down	*Prewza*
Turn	*Tao shaa*

viii. Body Parts

English	Pashto
Head	*Sar*
Face	*Makh*
Brain	*Mazhgae*
Eye	*Stərga*
Pupil	*Stərgay Putli*
Ear	*Ghwag*
Nose	*Poza*
Mouth	*Khola*

Lips	*Shoonday*
Teeth	*Ghaakhuna*
Gums	*Oraye / Wraye*
Tongue	*Zhaba*
Cheek	*Rukh / Anangi / Nangi*
Jaw	*Zhamey / Darhay*
Chin	*Zna*
Throat	*Maraye / Alakh*
Neck	*Ghara / Pshi*
Thyroid	*Ghari Ghudood (medical term, often as-is)*
Chest	*Seena / Tattar*
Heart	*Zra*
Lungs	*Sazh-gai / Parhpoos*
Rib	*Pukhtay / Pukhtaye*
Back	*Mla*
Spine	*Mla hadokay*
Shoulder	*Uga*
Armpit	*Trakh*
Arm	*Laas / Bazu*
Elbow	*Sangala*
Wrist	*Marwanj*
Hand	*Laas*

Palm	*Laas tali / Las talay*
Finger	*Gwata / Gota*
Thumb	*Ghata Gwatha / Gota*
Fingernail	*Nuk / Nook*
Abdomen	*Gheda / Khaita*
Stomach	*Meda*
Liver	*Yina / Zhyigar*
Gallbladder	*Treekhay*
Pancreas	*Lomban ghudood*
Spleen	*Tilli*
Small intestine	*Warha Kulma*
Large intestine	*Loya Kulma*
Kidney	*Pukhorgay / Gurda*
Ureter	*Tasho mutyazo nalay*
Urinary bladder	*Masaana*
Urethra	*Da mutyazo laar*
Genitals	*Tanāsuli Aaza*
Uterus	*Bachadani (often as-is)*
Cervix	*Bachadani Khula*
Ovary	*Da zanano tokhm-daanay*
Fallopian tube	*Da zanano tokhm-daanay nalay*
Leg	*Pkha / Psha / Khpa*

Thigh	*Patoon / Patan*
Knee	*Zangun / Goda*
Ankle	*Bijlak*
Heel	*Punday / Panday*
Foot	*Pakha / Khpa*
Skin	*Chamrha / Postakay*
Bone	*Hadokay / Adokay*
Joint	*Bandh / Jorh*
Vein	*Rag*
Artery	*Rag*
Blood	*Wina*

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Page references are given per language section: Eng = English, Ur = Urdu, Sd = Sindhi, Pj = Punjabi, Bl = Balochi, Ps = Pashto

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Acne — Eng 25; Ur 34; Sd 55; Pj 73; Bl 94; Ps 114
Addiction — Eng 29; Ur 42; Sd 60; Pj 81; Bl 101; Ps 122
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C

Cervix — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Character of pain — Eng 27; Ur 35, 36, 37; Sd 57; Pj 77; Bl 97; Ps 117
Cheek — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Chest — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Chest pain — Eng 24, 25; Ur 32, 33; Sd 54, 55; Pj 72, 73; Bl 93, 94; Ps 113, 114
Chin — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Co-morbidities — Eng 23; Ur 31; Sd 53; Pj 71; Bl 92; Ps 113
Cognitive changes — Eng 24; Ur 32; Sd 54; Pj 72; Bl 93; Ps 113
Cold intolerance — Eng 25; Ur 33; Sd 55; Pj 73; Bl 94; Ps 114
Constipation — Eng 24; Ur 32; Sd 54; Pj 72; Bl 93; Ps 114
Continuous — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127
Cough — Ur 47, 48; Sd 65, 66; Pj 86, 87; Bl 106, 107; Ps 128, 129
Coughing up blood (hemoptysis) — Eng 25; Ur 33; Sd 55; Pj 73; Bl 94; Ps 114
Counting — Ur 44–45; Sd 62–63; Pj 83–84; Bl 103–104; Ps 125–126

D

Daily — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127
Day — Ur 45; Sd 63; Pj 84; Bl 104; Ps 126
Diarrhea — Eng 24; Ur 32; Sd 54; Pj 72; Bl 93; Ps 113
Diet — Eng 28; Ur 41; Sd 60; Pj 80; Bl 100; Ps 122
Difficulty swallowing — Eng 25; Ur 34; Sd 55; Pj 74; Bl 95; Ps 115
Disorientation — Ur 32
Dizziness — Eng 23; Ur 32, 47; Sd 54, 65; Pj 72, 86; Bl 93, 106; Ps 113, 128
Double vision — Eng 26; Ur 34; Sd 56; Pj 74; Bl 95; Ps 115
Drug History — Eng 27; Ur 38; Sd 58; Pj 78; Bl 98; Ps 119
Duration (symptom) — Eng 26; Ur 35; Sd 56; Pj 75; Bl 95; Ps 116
Dysphagia — Eng 24; Ur 32; Sd 54; Pj 72; Bl 93
Dysuria — Eng 24; Ur 33; Sd 54; Pj 73; Bl 94; Ps 114

E

Ear — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Ear discharge — Eng 25; Ur 34; Sd 55; Pj 74; Bl 95; Ps 115
Ear pain — Eng 25; Ur 34; Sd 55; Pj 74; Bl 95; Ps 115
Edema — Eng 24; Ur 33; Sd 54; Pj 73; Bl 94; Ps 114
Elbow — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Evening — Ur 45; Sd 63; Pj 84; Bl 104; Ps 126
Excessive sweating — Eng 25; Ur 33; Sd 55; Pj 73; Bl 94; Ps 114
Eye — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Eye pain — Eng 26; Ur 34; Sd 56; Pj 74; Bl 95; Ps 115

F

Face — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Fainting — Eng 24; Ur 32; Sd 54; Pj 72; Bl 93; Ps 113
Fallopian tube — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Family History — Eng 28; Ur 40; Sd 59; Pj 80; Bl 100; Ps 121
Fatigue — Eng 24; Ur 32, 33; Sd 54; Pj 72, 73; Bl 93, 94; Ps 113, 114
Fever — Ur 47; Sd 65; Pj 86; Bl 106; Ps 128
Finger — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Fingernail — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Flank pain — Eng 24; Ur 33; Sd 54; Pj 73; Bl 94; Ps 114
Foamy/frothy urine — Eng 24; Ur 33; Sd 54; Pj 73; Bl 94; Ps 114
Foot — Ur 51; Sd 69; Pj 90; Bl 110; Ps 132
Front — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127

G

Gait changes — Eng 24; Ur 32; Sd 54; Pj 72; Bl 93; Ps 113
Gallbladder — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Genitals — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
GI bleeding — Eng 24; Ur 32; Sd 54; Pj 72; Bl 93
Gradually — Ur 45; Sd 63; Pj 84; Bl 104; Ps 126
Gums — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Gynaecomastia — Ur 33; Bl 94; Ps 114

H

Hand — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Head — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Headache — Eng 23; Ur 32, 47; Sd 54, 65; Pj 72, 86; Bl 93, 106; Ps 113, 128
Hearing loss — Eng 25; Ur 34; Sd 55; Pj 74; Bl 95; Ps 115
Heart — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Heat intolerance — Eng 25; Ur 33; Sd 55; Pj 73; Bl 94; Ps 114
Heel — Ur 51; Sd 69; Pj 90; Bl 110; Ps 132
Hematuria — Eng 24; Ur 33; Sd 54; Pj 73; Bl 94; Ps 114
Here — Ur 46, 48; Sd 64, 66; Pj 85, 87; Bl 105, 107; Ps 127, 129
Hirsutism — Eng 25; Ur 33; Sd 55; Pj 73; Bl 94; Ps 114
HOPC — Eng 26; Ur 35; Sd 56; Pj 75; Bl 95; Ps 116

I

Impact on daily life — Eng 27; Ur 35, 36; Sd 57; Pj 76; Bl 96; Ps 117
Inside — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127
Irregular periods — Eng 25; Ur 34; Sd 55; Pj 73; Bl 94; Ps 114
Itching — Ur 47; Sd 65; Pj 86; Bl 106; Ps 128
Itchy skin — Eng 24; Ur 33; Sd 54; Pj 73; Bl 94; Ps 114

J

Jaw — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Joint — Ur 51; Sd 69; Pj 90; Bl 110; Ps 132
Joint pain — Eng 25; Ur 34; Sd 55; Pj 74; Bl 94; Ps 115
Joint swelling — Eng 25; Ur 34; Sd 55; Pj 74; Bl 94; Ps 115

K

Kidney — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Knee — Ur 51; Sd 69; Pj 90; Bl 110; Ps 132

L

Large intestine — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Left (direction) — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127
Leg — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Lie down (command) — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Lips — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Liver — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Loss of consciousness — Eng 24; Ur 32; Sd 54; Pj 72; Bl 93; Ps 113
Loss of vision — Eng 26; Ur 34; Sd 56; Pj 74; Bl 95; Ps 115
Lower — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127
Lump — Ur 47; Sd 65; Pj 86; Bl 106; Ps 128
Lungs — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130

M

Melena (black/tarry stools) — Eng 24; Ur 32; Sd 54; Pj 72; Bl 93; Ps 114
Menstrual History — Eng 29; Ur 42; Sd 60; Pj 81; Bl 101; Ps 123
Mild — Ur 47; Sd 65; Pj 86; Bl 106; Ps 128
Moderate — Ur 47; Sd 65; Pj 86; Bl 106; Ps 128
Month — Ur 45; Sd 63; Pj 84; Bl 104; Ps 126
Morning — Ur 45; Sd 63; Pj 84; Bl 104; Ps 126
Morning stiffness — Eng 25; Ur 34; Sd 55; Pj 74; Bl 94; Ps 115
Mouth — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Muscle pain — Eng 25; Ur 34; Sd 55; Pj 74; Bl 94; Ps 115

N

Nasal blockage — Eng 25; Ur 34; Sd 55; Pj 74; Bl 95; Ps 115
Nasal discharge — Eng 25; Ur 34; Sd 55; Pj 74; Bl 95; Ps 115
Nature and course — Eng 26; Pj 75; Bl 96; Ps 116
Nausea — Eng 24; Ur 32, 33; Sd 54; Pj 72, 73; Bl 93, 94; Ps 113, 114
Neck — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Never — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127
Night — Ur 45; Sd 63; Pj 84; Bl 104; Ps 126
Nocturia — Eng 24; Ur 33; Sd 54; Pj 73; Bl 93; Ps 114
Nose — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Nosebleed — Eng 25; Ur 34; Sd 55; Pj 74; Bl 95; Ps 115

O

Obstetric History — Eng 29; Ur 42; Sd 61; Pj 82; Bl 102; Ps 123
Oliguria — Eng 24; Ur 33; Sd 54; Pj 73; Bl 93; Ps 114
Once — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127
Onset (symptom) — Eng 26; Ur 35; Sd 56; Pj 75; Bl 95; Ps 116
Open your mouth — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Outside — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127
Ovary — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131

P

Pain — Ur 47; Sd 65; Pj 86; Bl 106; Ps 128
Palm — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Palpitations — Eng 24; Ur 32; Sd 54; Pj 72; Bl 93; Ps 113
Pancreas — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Past Medical/Surgical History — Eng 27; Ur 38; Sd 58; Pj 77; Bl 97; Ps 118
Persistent cough — Eng 24; Ur 33; Sd 55; Pj 73; Bl 94; Ps 114
Personal History — Eng 28; Ur 41; Sd 60; Pj 80; Bl 100; Ps 122
Photophobia — Eng 26; Ur 34; Sd 56; Pj 74; Bl 95; Ps 115
Point here — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Polydipsia — Eng 25; Ur 33; Sd 55; Pj 73; Bl 94; Ps 114
Polyphagia — Eng 25; Ur 33; Sd 55; Pj 73; Bl 94; Ps 114
Polyuria — Eng 24, 25; Ur 33; Sd 54, 55; Pj 73; Bl 93,94; Ps 114
Precipitating factors — Eng 26; Pj 75; Bl 96; Ps 116
Presenting Complaint — Eng 23; Ur 32; Sd 53; Pj 72; Bl 93; Ps 113
Previous episodes — Eng 26; Ur 35, 36; Sd 58; Pj 76; Bl 96; Ps 117
Progression — Eng 26; Ur 35, 36; Sd 56; Pj 76; Bl 96; Ps 117
Pupil — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129

R

Radiation of pain — Eng 27; Ur 36, 37; Sd 57; Pj 77; Bl 97; Ps 118
Red eye — Eng 26; Ur 34; Sd 56; Pj 74; Bl 95; Ps 115
Reduced movement — Eng 25; Ur 34; Sd 55; Pj 74; Bl 94; Ps 115
Rib — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Right (direction) — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127

S

Seizures — Ur 32; Sd 54; Pj 72; Bl 93; Ps 113
Severe — Ur 47; Sd 65; Pj 86; Bl 106; Ps 128
Severe fatigue — Eng 24; Ur 33; Sd 54; Pj 73; Bl 94; Ps 114
Shortness of breath (dyspnea) — Eng 24; Ur 32, 33; Sd 54, 55; Pj 72, 73; Bl 93, 94; Ps 113, 114
Shoulder — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Show me (command) — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Since — Ur 45; Sd 63; Pj 84; Bl 104; Ps 126
Sit (command) — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Site of pain — Eng 27; Ur 37; Sd 56; Pj 76; Bl 97; Ps 117
Skin — Ur 51; Sd 69; Pj 90; Bl 110; Ps 132
Sleep — Eng 29; Ur 41; Sd 60; Pj 81; Bl 101; Ps 122
Small intestine — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Socio-Economic History — Eng 29; Ur 43; Sd 61; Pj 82; Bl 102; Ps 123
Sometimes — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127
Sore throat — Eng 25; Ur 34; Sd 55; Pj 74; Bl 95; Ps 115
Spine — Sd 67; Pj 88; Bl 108; Ps 130
Spleen — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Stand (command) — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Stomach — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Suddenly — Ur 45; Sd 63; Pj 84; Bl 104; Ps 126
Swallow (command) — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Swelling — Ur 47; Sd 65; Pj 86; Bl 106; Ps 128

T

Take a deep breath — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Teeth — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
There — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127
Thigh — Ur 51; Sd 69; Pj 90; Bl 110; Ps 132
Throat — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Thumb — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Thyroid — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Tinnitus — Eng 25; Ur 34; Sd 55; Pj 74; Bl 95; Ps 115
Today — Ur 45; Sd 63; Pj 84; Bl 104; Ps 126
Tongue — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130
Treatment — Eng 27; Ur 36; Sd 58; Pj 76; Bl 96; Ps 117
Tremors — Eng 23; Ur 32; Sd 54; Pj 72; Bl 93; Ps 113
Turn (command) — Ur 48; Sd 66; Pj 87; Bl 107; Ps 129
Twice — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127

U

Upper — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127
Ureter — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Urethra — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Urinary bladder — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131
Uterus — Ur 50; Sd 68; Pj 89; Bl 109; Ps 131

V

Vein — Ur 51; Sd 69; Pj 90; Bl 110; Ps 132
Vomiting — Eng 24; Ur 32; Sd 54; Pj 72; Bl 93, 97; Ps 113

W

Watering of eyes — Eng 26; Ur 34; Sd 56; Pj 74; Bl 95; Ps 115
Weakness — Eng 23, 25; Ur 32, 34, 47; Sd 54, 55, 65; Pj 72, 74, 86; Bl 93, 94, 106; Ps 113, 115, 128
Week — Ur 45; Sd 63; Pj 84; Bl 104; Ps 126
Weight loss — Eng 25, 29; Ur 33, 42; Sd 55, 60; Pj 73, 81; Bl 94, 101; Ps 114, 122
Wheezing — Eng 25; Ur 33; Sd 55; Pj 73; Bl 94; Ps 114
Whole body — Ur 46; Sd 64; Pj 85; Bl 105; Ps 127
Worse — Ur 47; Sd 65; Pj 86; Bl 106; Ps 128
Wrist — Ur 49; Sd 67; Pj 88; Bl 108; Ps 130

Y

Year — Ur 45; Sd 63; Pj 84; Bl 104; Ps 126
Yesterday — Ur 45; Sd 63; Pj 84; Bl 104; Ps 126



INTERNAL MEDICINE INTEREST GROUP

SINDH MEDICAL COLLEGE

Founded in 2023, the *Internal Medicine Interest Group of Sindh Medical College* (IMIG SMC) is a student-led organization dedicated to cultivating passion, skills, and academic excellence within the field of internal medicine. Guided by prominent faculty leadership at *Jinnah Sindh Medical University* (JSMU), the group serves as a vital bridge between theoretical medical education and practical clinical excellence.

IMIG SMC actively empowers the next generation of physicians by organizing specialized clinical workshops, interactive case discussions, and international mentorship webinars designed to guide students through global residency and career pathways. Through its commitment to peer education and professional development, the organization continues to foster a collaborative community that prepares medical students for the evolving challenges of modern healthcare.

A free, open-access resource developed by the *Internal Medicine Interest Group (IMIG) of Sindh Medical College,* to help clinicians and students communicate with patients across Pakistan's linguistic diversity, one of the country's most overlooked barriers to accurate diagnosis and compassionate care.

Pakistan is home to dozens of languages, yet medical education and clinical history-taking are conducted almost entirely in English. When a patient cannot describe their symptoms in a language their clinician understands, diagnosis suffers and trust breaks down. This handbook offers a complete, ready-to-use history-taking template, Biodata through Socio-Economic History, translated into Urdu, Sindhi, Punjabi, Balochi and Pashto, alongside the original English.

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