

LESSON NOTES

Onomatopoeia #21

Can Your Japanese Affect Your Health?!

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KANJI

1. (ハクション！ハクション！ハクション！)
2. 部長: 風邪か？
3. 鈴木: いえ、目がしょぼしょぼして、鼻もずるずる出るので、アレルギーだと思えます。(ゴホゴホ)
4. 部長: ちょっと、タバコをやめたほうが、いいんじゃないか。
5. 鈴木: そうかもしれないですね。
タバコをすうと、ゲホゲホするし、のどもイガイガするんですよ。
実は、先週位から、腹もごろごろするんですよ。
6. 部長: おいおい、大丈夫かよ。
7. 鈴木: 時々きりきりと痛いんですよ。
ものを食べると、胃がむかむかするし、ときどき、耳もキーンとするし。
8. 部長: 医者に行けよ。
9. 鈴木: 毎日、へとへとになるまで、働いているので、ストレスですかね、部長。

KANA

1. (ハクション！ハクション！ハクション！)
2. ぶちょう: かぜか？

3. すずき: いえ、めが しょぼしょぼして、はなも ずるずるでるので、アレルギーだと おもいます。(ゴホゴホ)
4. ぶちょう: ちょっと、タバコを やめたほうが、いいんじゃないか。
5. すずき: そうかも しれないですね。
タバコを すうと、ゲホゲホするし、のどもイ ガイガするんですよ。
じつは、せんしゅうくらいから、はらも ごろごろするんですよ。
6. ぶちょう: おいおい、だいじょうぶかよ。
7. すずき: ときどき きりきりと いたいんですよね。
ものを たべると、いがむかむかするし、ときどき、みみも キーンとするし。
8. ぶちょう: いしゃに いけよ。
9. すずき: まいにち、へとへとに なるまで、はたらいているので、ストレスですかね、ぶちょう。

ROMANIZATION

1. (Hakushon! hakushon! hakushon!)
2. BUCHŌ : kaze ka?
3. SUZUKI: le, me ga shoboshobo shite, hana mo zuruzuru deru node, arerugi da to omoi masu.(gohogoho)

CONT'D OVER

4. BUCHŌ : Chotto, tabako o yameta hō ga, ii n ja nai ka?
5. SUZUKI: Sō kamo shirenai desu ne.
Tabako o sū to, gehogeho suru shi, nodo mo igaiga suru n desu yo.
Jitsu wa, senshū kurai kara, hara mo gorogoro suru n desu yo ne.
6. BUCHŌ : Oioi, daijōbu ka yo.
7. SUZUKI: Tokidoki kirikiri to itai n desu yo ne.
Mono o taberu to, i ga mukamuka suru shi, tokidoki, mimi mo kīn to suru shi.
8. BUCHŌ : Isha ni ike yo.
9. SUZUKI: Mainichi, hetoheto ni naru made, hataraitte iru node, sutoresu desu ka ne, buchō.

ENGLISH

1. (achoo! achoo! achoo!)
2. MANAGER: You got a cold?
3. SUZUKI: No, my eyes are bleary, and my nose is running, so I think I have allergies. (cough cough)
4. MANAGER: Don't you think you should stop smoking?
5. SUZUKI: Yeah, you might be right.
When I smoke, I cough a lot, and I feel like I have a frog in my throat.
Actually, since about last week or so, I've been getting an upset stomach.

CONT'D OVER

6. **MANAGER:** Whoa, are you okay?
7. **SUZUKI:** Sometimes, I feel a sharp pain in my stomach.
When I eat something, I feel nauseous and sometimes, I feel a ringing in my ears.
8. **MANAGER:** You had better go see a doctor.
9. **SUZUKI:** I wonder if it's because of stress from working until I'm exhausted every day.

VOCABULARY

Kanji	Kana	Romaji	English
風邪	かぜ	kaze	cold (illness)
ストレス	ストレス	sutoresu	stress
耳	みみ	mimi	ear
なる	なる	naru	to become; V1
胃	い	i	stomach
腹	はら	hara	stomach, belly, abdomen
実は	じつは	jitsu wa	the truth is, actually
のど	のど	nodo	throat
すう	すう	sū	to smoke, to inhale; V1
やめる	やめる	yameru	to quit, to end, to stop; V2
アレルギー	アレルギー	arerugi	allergy
鼻	はな	hana	nose

部長

ぶちょう

buchō

department head,
section chief

SAMPLE SENTENCES

風邪ですか。 <i>Kaze desu ka.</i> Do you have a cold?	たろうは、ストレスで病気になった。 <i>Taro wa sutoresu de byōki ni natta.</i> Taro got sick due to stress.
耳が痛いです。 <i>Mimi ga itai desu.</i> I have an earache.	最近、寒くなったね。 <i>Saikin samuku natta ne.</i> It's been getting colder lately, hasn't it.
胃薬をのみました。 <i>I-gusuri o nomimashita.</i> I took some stomach medicine.	腹が痛い。 <i>Hara ga itai.</i> I have a stomachache.
実は、彼氏がいます。 <i>Jitsu wa, kareshi ga imasu.</i> Actually, I have a boyfriend.	のどが痛いです。 <i>Nodo ga itai desu.</i> I have a sore throat.
タバコをすいますか。 Do you smoke?	やめて。 <i>Yamete.</i> Stop it!
アレルギーがあります。 <i>Arerugi ga arimasu.</i> I have allergies.	鼻がかゆいです。 <i>Hana ga kayui desu.</i> My nose is itchy.
田中さんはいい部長です。 <i>Tanaka-san wa ii buchō desu.</i> Mr./Ms. Tanaka is a good manager.	

GRAMMAR

The Focus of This Lesson is Onomatopoeia to Describe Health Conditions

目がしょぼしょぼして、鼻もずるずる出るので、アレルギーだと思います。

Me ga shoboshobo shite, hana mo zuruzuru deru node arerugi da to omoimasu.
"My eyes are bleary and my nose is running, so I think I have allergies."

In this lesson, we'll introduce onomatopoeia to use when talking about health symptoms.

Describing the Condition of One's Eyes

目がしょぼしょぼする

[*me ga shoboshobo suru*]

"to have bleary eyes" / "to have puffy eyes"

This phrase describes a state where you can't fully open your eyes and need to blink a lot.

目がごろごろする

[*me ga gorogoro suru*]

Gorogoro is an onomatopoeia which describes the sound of a heavy object rolling about. When we use it with *me* (目) "eye," it means you feel like you have something in your eye.

Sample Sentence

昨日、あまり眠れなかったので、目がしょぼしょぼする。

Kinō, amari nemurenakatta node, me ga shoboshobo suru.

"Since I couldn't sleep well last night, my eyes are puffy."

Describing the Condition of One's Nose

鼻がずるずる出る

[*hana ga zuruzuru deru*]

"to have a runny nose"

Zuruzuru is an onomatopoeia which indicates the sound or appearance of sniffing, slurping or snuffling.

鼻がむずむずする

[*hana ga muzumuzu suru*]

"My nose is tickling."

Muzumuzu suru means "to feel a tickling sensation." When you're about to sneeze, you probably feel this.

Sample Sentence

私は花粉症で、鼻がずるずる出る。

Watashi wa kafun-shō de hana ga zuruzuru deru.

"I have a runny nose because of my hay fever."

Describing the Condition of One's Ear

耳がキーンとする

[*mimi ga kīn to suru*]

"to have a ringing noise in one's ear," "to have tinnitus"

Kīn refers to a high-pitched ringing sound.

Sample sentence

ダイビングをしたとき、耳がキーンとした。

Daibingu o shita toki, mimi ga kīn to shita.

"When I went diving, I felt a ringing in my ears."

Describing the Condition of Your Throat

のどが いがいがする

[*nodo ga igaiga suru*]

Iga refers to a bur (as in the spiky seed case of a chestnut). We often use this phrase when there is "a frog in one's throat."

Sample sentence

のどが いがいがするので、のどあめを買った。

Nodo ga igaiga suru node, nodo-ame o katta.

"I bought cough drops because I have a frog in my throat."

Describing the Condition of Your Stomach

お腹がごろごろする

[*onaka ga gorogoro suru*]

Gorogoro also expresses the rumbling sound of thunder or one's stomach. When used to talk about one's stomach, it means an upset stomach usually associated with diarrhea. It doesn't refer to a rumbling stomach due to hunger.

胃がむかむかする

[*i ga mukamuka suru*]

"to feel sick in one's stomach"

Mukamuka means a feeling of discomfort due to nausea or anger.

胃がきりきり痛い/胃がきりきりする

[*i ga kirikiri itai / i ga kirikiri suru.*]

"to have a sharp pain in one's stomach"

Kirikiri refers to a sharp, continuous pain in the stomach.

Sample sentences

1. ジュースを飲みすぎて、お腹がごろごろする。
Jūsu o nomisugite node onaka ga gorogoro suru.
"I drank too much juice and now I have an upset stomach."
2. ピザを食べ過ぎて、胃がむかむかする。
Piza o tabesugite, i ga mukamuka suru.
"I ate too much pizza and I now feel nauseous."
3. 会社に行きたくない…。月曜日はいつも、胃がきりきりする。
Kaisha ni ikitakunai. Getsuyōbi wa itsumo i ga kirikiri suru.
"I don't want to go to work.... I always have a sharp pain in my stomach on Mondays."

Describing the Pain

頭ががんがん痛い / 頭ががんがんする

[*atama ga gangan itai / atama ga gangan suru*]

"to have a pounding headache"

Gangan describes a pounding pain in one's head.

ちくちく痛い / ちくちくする

[*chikuchiku itai / chikuchiku suru*]

"to have prickly pain"

Chiku describes the pain you feel when pricked by a sharp object such as a needle or thorn.

ずきずき痛い / ずきずきする

[*zukizuki itai / zukizuki suru*]

"to have a throbbing pain"

This phrase describes a throbbing pain, such as a throbbing headache.

ひりひり痛い / ひりひりする

[*hirihiri itai / hirihiri suru*]

"to have a burning pain"

Hirihiri indicates a burning pain or sensation that you feel on your skin or tongue.

Describing Tiredness

へとへと [*hetoheto*]

くたくた [*kutakuta*]

Both *hetoheto* and *kutakuta* describe the state of being completely tired, worn out, or exhausted.

Sound of Coughing

Here are some onomatopoeia that describe a coughing sound in Japanese.

けほけほ [*kehokeho*]

こんこん [*konkon*]

ごほごほ [*gohogoho*]

げほげほ [*gehogeho*]

As we learned in the previous lesson, a voiced consonant has a heavier and more serious feeling, which means that a *gehogeho*-cough sounds more serious than a *kehokeho*-cough.