

PHRASEOLOGY FORMED ON THE BASIS OF HUMAN BODY PARTS

Mokhigul O'ktamova

FSU main teacher uktamovamoxigul@gmail.com

Sevara Murodova

**ARTICLE
INFORMATION**

ABSTRACT:

ARTICLE HISTORY:

Received: 24.03.2026

Revised: 25.03.2026

Accepted: 26.03.2026

This article discusses idiomatic expressions based on human body parts and analyzes them. General conclusions are drawn about their meanings and usage

KEYWORDS:

*phrase, phraseology,
idioms, human body*

Phraseology, the study of fixed expressions such as idioms, collocations, and phrasal verbs, plays a crucial role in language learning, communication, and linguistics. Its significance can be understood in the following contexts. Phraseological units make communication more vivid and engaging by adding color, emotion, and imagery. Idioms and fixed expressions convey complex ideas in a concise way, reducing the need for lengthy explanations. Phraseology often reflects the history, values, and traditions of a culture. Learning these expressions helps speakers understand the cultural context behind a language. Recognizing and using culturally relevant idioms can improve cross-cultural communication and make interactions more relatable. Native speakers frequently use idioms and collocations, so mastering phraseology is essential for sounding fluent and natural in a language. Understanding phraseological units helps learners grasp the meaning of texts and conversations more accurately, as many idioms have meanings beyond their literal words.

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If we look at the history of phraseology, it appeared in Russian linguistics in the 40s of the 20th centuries, Russian scientists such as A. A. Potebnya⁸⁶, I. I. Sreznevsky⁸⁷, A. A. Shakhmatov⁸⁸ described an independent branch of this linguistics in their works. In addition, phraseologisms are studied more fully in the works of Ye. D. Polivanov⁸⁹, L. A. Bulakhovsky⁹⁰. Phraseology, the study of fixed expressions or word combinations, has deep historical roots but developed as a formal field of study relatively recently. Its modern foundation is attributed to the Swiss linguist Ch. Bally⁹¹, whose pioneering work in the early 20th century laid the groundwork for this branch of linguistics.

In his seminal work, *French Stylistics* (1909), Bally introduced systematic methods to study how words combine in language, emphasizing their stylistic and functional properties. His work included dedicated chapters on word combinations, where he explored how fixed phrases convey meaning and stylistic nuance that go beyond the literal meanings of individual words.

Bally's contributions were groundbreaking because they highlighted the importance of context and usage in understanding language, bridging the gap between grammar and semantics. His approach set the stage for further development of phraseology as a distinct area of linguistics, influencing subsequent scholars and schools of thought, particularly in Europe. When it comes to Russian linguistics, it appeared in Russian in the 40s of the 20th centuries, Russian scientists such as A. A. Potebnya, I. I. Sreznevsky, A. A. Shakhmatov described an independent branch of this linguistics in their works. In addition, phraseologisms are studied more fully in the works of Ye. D. Polivanov, S. Abakumov, L. A. Bulakhovsky.

Phraseological units, commonly referred to as idioms, are an integral part of language that enrich communication through vivid, metaphorical expressions. These fixed expressions often carry meanings that cannot be deduced from the literal meanings of their individual words, making them both fascinating and challenging for learners of a language. Several authoritative English dictionaries are dedicated to cataloging and explaining idioms such as *The Oxford Dictionary of Idioms*,

Collins Dictionary of Idioms, *Longman Dictionary of Idiom*.

⁸⁶ A. Potebnya, *Myśl' i yazyk* (Thought and Language) (Kharkov, 1862), 112–120.

⁸⁷ I. Sreznevsky, *Mysli ob istorii russkogo yazyka* (St. Petersburg, 1850–1860), 45–52.

⁸⁸ A. Shakhmatov, *Sintaksis russkogo yazyka* (St. Petersburg, 1925), 78–85.

⁸⁹ E. Polivanov, *Stat'i po obshchemu yazykoznaniiu* (Moscow: Nauka, 1968), 134–140.

⁹⁰ L. Bulakhovsky, *Vvedenie v yazykoznanie* (Moscow: Foreign Languages Publishing House, 1953), 201–210.

⁹¹ Charles B., *Traité de stylistique française* (Geneva: Georg & Cie, 1909), 65–78.

Idioms involving body parts are common in both American and British English and serve as vivid and memorable ways to express ideas. While these phrases reference body parts, their meanings often have little or nothing to do with the literal function of those parts. Instead, they use the body as a metaphor to simplify or illustrate complex concepts and some of idioms have own historical meanings. The first and foremost example for this, to keep at arm's length. Definition is, to keep something/someone away from you and stop them from getting too close. Similar expressions won't go near someone with a barge pole. However, its origin dates back to the 1600s when it appeared as keep at arm's end. By the 1700s, the modern phrasing, keep at arm's length, became standard. An early version of the phrase can be found in Shakespeare's As You Like It (1599):

“Thy conceit is nearer death than thy powers. For my sake, be comfortable: hold death awhile at arm's end.” Shakespeare's usage suggests maintaining a deliberate distance from danger or discomfort, which aligns with the modern idiom's meaning of avoiding closeness, whether emotional, physical, or relational. The idiom also reflects historical practices of using body parts as units of measurement. An arm's length was a familiar and practical standard for distance. During this period, maintaining appropriate personal space was essential, particularly among the upper classes. Bowing or curtsying at a respectful distance was a sign of good manners, and breaching this space could be seen as intrusive or disrespectful. Thus, the phrase evolved to symbolize the broader idea of maintaining a safe or polite distance in various contexts, a concept still relevant today.

On the tip of my tongue- a moment of forgetfulness/ something you know but have forgotten at that moment. When it comes to this term it's originally known as TOT that created by Carl Jung in the part of 20th century.

To get something off one's chest-to make an important statement or confession in order to feel relieved or less burdened. In another word, it's said Own up to something, Speak your mind, Confess. The phrase likely stems from the metaphorical concept of negative emotions or burdens “weighing” on a person, which was common in 18th-century literature. The Oxford English Dictionary defines it as “to relieve one's mind by making a statement or confession,” with its earliest citation from a 1902 publication. The phrase may have gained popularity during a period when doctors were advancing their understanding of anatomy, possibly leading to a heightened awareness of emotional and physical connections.

A sweet tooth is an idiomatic expression that refers to a strong liking or craving for sweet foods, such as candy, chocolate, pastries, and desserts. People who have a sweet tooth often

enjoy sugary treats more than other types of food. The exact origin of the idiom is unclear, but it dates back to the 14th or 15th century. The word tooth was historically used to refer to taste or appetite. Adding sweet to it emphasized a desire for sugary flavors.

Keep your chin up is used to encourage someone to stay positive, optimistic, and confident, especially during challenging or difficult times. It suggests maintaining a brave or hopeful attitude despite adversity. The phrase likely comes from the idea that a person's posture can reflect their emotional state. A drooping chin often indicates sadness or defeat, while keeping the chin up signifies strength, determination, and positivity. It gained popularity in the late 19th and early 20th centuries, particularly in English-speaking countries, often as a motivational phrase. There's mostly 2 importance of this popular idiom. From mental resilience, the phrase emphasizes the importance of maintaining a positive outlook during hard times, which can improve emotional well-being and from cultural impact, it has become a universally understood way of expressing support and encouragement, often heard in personal and professional settings.

Idioms and phrases are more than just linguistic tools—they are reflections of culture, creativity, and human connection. In today's globalized and interconnected world, their role in communication and cultural preservation remains as vital as ever. Understanding and using idioms enriches language and strengthens bonds, making them indispensable in modern society.

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