

THE LINGUA FRANCA OF HEALING: HOW ENGLISH REFLECTS CULTURAL VALUES IN FOLK MEDICINE

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This paper explores the intricate relationship between the English language and the cultural values that are embedded within its folk medicine traditions. The paper analyzes how language, through its idioms, metaphors, and proverbs, reflects the deep-seated beliefs about the body, health, and the natural world. This linguistic nuance will give an insight into the cultural underpinning of the English folk medicine practices.

ВВЕДЕНИЕ. The English language, being in a continuous stage of evolution and acculturation, is much more than a mode of communication. The language represents a conventionalized deposit of cultural information in the paraphernalia of belief, value, and experience that generations have accumulated. The interesting play between the English language and the cultural values inherent in its folk medicine traditions forms the topic of

discussion. Understanding the linguistic expressions associated with health, healing, and the human body provides insights into the worldview that created these practices.

English folk medicine, a rich tapestry of traditional healing practices, draws heavily on the natural world. This is reflected in the language itself. There are many idioms and metaphors that link human health to the natural environment:

"Feeling under the weather" links health to meteorological conditions and implies that there are forces beyond our control which can affect our well-being. ***"Blooming"*** describes someone in good health, linking human vitality to the flourishing of plants. ***"It is rooted in good health"*** has an idiom where humans should be grounded and stable, similar to the ultimate strength one could imagine from tree roots.

These linguistic idioms show the existence of an inherent belief in oneness between humans and nature: the main principle underlying many folk medicine traditions.

Besides that, the language and expressions of the English language represent cultural values of the human body. The following are some of the idioms:

"To have a heart of gold"

"To be gutless"

"To have a thick skin"

Assign metaphorical meanings to specific body parts. The idiomatic phrases suggest the folk's ideas regarding the human body as being little different from human existence; it houses several organs signifying different sentiments, character features, and ethical features.

Proverbs with brief statements often possessing a metaphorical dimension have profound suggestions in understanding culture regarding health and cure. Here are a few:

"An apple a day keeps the doctor away" emphasizes the aspect of prevention and the effectiveness of herbal medicines.

"Mind over matter" refers to the aspect of mental strength as a tool for fighting physical sickness, which indicates the mind-body connection.

These proverbs are practical in their advice but also say a lot more about cultural values in relation to self-reliance, a healthy lifestyle, and the human spirit.

Conclusion

The use of idioms and metaphors in the English language offers a glimpse into the values and beliefs surrounding the folk medicine traditions. Deconstruction of these linguistic expressions will thus better help understand the historical and cultural context within which such therapeutic practices were created. The results of this investigation would not only

throw more light upon language and culture but also enlighten the timelessly human urge to connect with nature, to understand the human body, and find ways to sustain health and wellness successfully.

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