
BBC LEARNING ENGLISH

English Together

Can We Control Pain?



This is not a word-for-word transcript

Tejali

नमस्कार मित्रांनो, English Together, मध्ये तुमचं स्वागत. इथे आपण चर्चा करतो निरनिराळे विषय आणि त्यासंबंधित शब्दांबद्दल. मी तेजाली आणि माझ्याबरोबर आहे सॅम आणि टॉम.

Sam

Hi, I'm Sam.

Tom

And I'm Tom. Welcome to the programme!

Tejali

आपला मेंदू हा एक अफाट शक्ती असलेला अजब कॉम्प्युटर आहे. एकाच वेळी तो अनेक काम करत असतो. एका संशोधनानुसार, मेंदूला प्रशिक्षण देऊन शारीरिक वेदना नियंत्रित करता येतात. ते कसं ते आपण आज बघणार आहोत.

पण त्याआधी, नेहेमीप्रमाणे एक प्रश्न...कुठलं हाड fracture झालं तर तुम्हाला जास्त दुखेल?

- a) पाय
- b) मान
- c) पाठ

Sam

Mmm, I'm going to guess the neck. That sounds really painful!

Tom

More painful than your back? I'm not sure about that!

Tejali

Ok, guys,..ठीक आहे. आता आपण बातमीत काय सांगितलंय ते ऐकू.

News insert

Can we control the pain we feel? New research has shown how brain imaging is being used to help us understand pain, and also pain relief. The study included following a group of very young children

taught to cope with pain in a karate class through a series of breathing exercises. The exercises helped the brain change the messages sent from the hurt part of the body so that the messages were either reduced or completely stopped. With fewer signals sent to the brain, the result was less pain.

Sam

Wow! Do you think it might be possible for us to control our physical pain, Tom? Wouldn't it be incredible if we could?

Tom

Yeah, incredible is probably the right word. We're not superheroes, you know. People can't just control pain.

Sam

But in the story it talked about how children are learning to cope with pain during martial arts classes, like karate. "Cope" means to control, doesn't it?

Tejali

Something similar. . To "cope with" means म्हणजे आलेल्या परिस्थितीची यशस्वी सामना करणे. Like we do with Tom!

Sam

Aw! Don't worry, Tom. You're not that difficult to cope with, really.

Tom

Very funny.

Sam

No, but seriously. The story talks about how pictures of the brain are helping us understand pain and pain relief. I think that's so cool.

Tejali

Yeah.. it is. वेदनाशमन, वेदना कमी होणे किंवा थांबणे म्हणजे "pain relief".. पण that's what painkillers are for?

Tom

Exactly! What else is there to understand about pain relief? You take a pill and the pain hopefully goes away. I don't need any pictures of the brain to help me understand that.

Sam

Ok, but what if there was an alternative to taking a pill? They say that too many painkillers are bad for your stomach, and they will eventually stop working.

Tom

Well, then you just take more tablets. I used to play football, I got injured all the time. I had to take painkillers, I couldn't just push through.

Tejali

Oh that's bad Tom! "Push through" म्हणजे सहन होणं, सहन करणं. अगदीच त्रास झाला तर ठीक आहे, पण वेदनाशामकंच्या अतिसेवनामुळे शरीराला त्याची सवय होउन नंतर ती लागू पडत नाहीत. You played football, Tom?

Tom

Yes, thank you. I broke my ankle once, and it was far too painful to push through without any help.

Sam

Yeah, I remember that. Those were a fun few weeks...

Tejali

And talking of breaking bones, it's time for the answers. काय विचारलेलं मी तुम्हाला? कुठलं हाड मोडल तर जास्त वेदना होतात? याचं उत्तर आहे पाठीचं हाड म्हणजे मणका. कोणाकोणाचं उत्तर बरोबर आलं?

Sam

Oh, my neighbour broke his back once, and he actually said that natural remedies really helped him.

Tejali

Really? "Remedies" म्हणजे उपचार/ उपाय. Did natural remedies really help with back pain?

Tom

Yeah, don't tell me natural remedies helped! Next you're going to say that breathing helps with pain!

Sam

Actually, I am! That's what they taught those children in their martial arts class - breathing exercises to help with pain!

Tom

How much pain can children really experience in an exercise class, anyway?

Tejali

Do children even know what real pain is?

Sam

Of course they do, guys! And research shows that breathing can really help.

Tom

Yeah, and so does magic...

Sam

Oh, I think I need some breathing exercises right now!

Tom

And you can see if they help!

Tejali

Ha ha, breathe you two! अरे अरे.. शांत व्हा ... हा .. श्वास घ्या जरा. Let's ask our audience.

तर.. तुम्हाला पटतंय का हे? खरंच श्वासाद्वारे शरीराच्या वेदना कमी होऊ शकतात? मी शक्यतो painkillers नाही घेत. तुम्ही काय करता, do you push through की लगेच pain killer घेता? तुम्ही कधी नैसर्गिक उपाय केले आहेत का? "natural remedies" वापराल्या आहेत का तुम्ही कधी?

आणि आजचा एपिसोड संपण्याआधी आजचे शब्द. ते सगळे शब्द शरीराच्या वेदनेबद्दल होते.

"to cope with" परिस्थितीशी यशस्वी सामना करणे; "pain relief" म्हणजे वेदनाशामक औषधे ; "to push through" म्हणजे सहन करणे, "a remedy" म्हणजे उपाय.

पुन्हा भेटू English together च्या पुढच्या भागात ... Bye!