

Phrases for 48 BCS Doctors:

Idioms and Expressions Related to Health and Well-Being

1. **Under the weather** - অসুস্থ বোধ করা
 - Meaning: Feeling unwell or slightly ill.
 - Example: She's been under the weather since the rain started.
2. **Back on your feet** - রোগ থেকে সুস্থ হওয়া
 - Meaning: Recovered from illness or back to normal health.
 - Example: After a week of rest, he was back on his feet.
3. **At death's door** - মৃত্যুর কাছাকাছি
 - Meaning: Very ill or near death.
 - Example: The old man was at death's door after the heart attack.
4. **Fit as a fiddle** - পুরোপুরি সুস্থ
 - Meaning: Very healthy and full of energy.
 - Example: After the treatment, he's fit as a fiddle.
5. **On the mend** - সুস্থ হওয়ার পথে
 - Meaning: Recovering from an illness or injury.
 - Example: The patient is on the mend after the surgery.
6. **A clean bill of health** - পূর্ণ স্বাস্থ্য প্রতিবেদন
 - Meaning: A declaration of being completely healthy.
 - Example: The doctor gave him a clean bill of health.
7. **Run-down** - ক্লান্ত বা দুর্বল
 - Meaning: Feeling tired or physically weak due to overwork or illness.
 - Example: She felt run-down after working long shifts.
8. **Bite the dust** - মারা যাওয়া বা ব্যর্থ হওয়া
 - Meaning: To die or fail, often used humorously for health collapse.
 - Example: He nearly bit the dust after the fever.
9. **In the pink** - খুব সুস্থ
 - Meaning: In excellent health.
 - Example: After the vacation, she's in the pink.

10. **Take it easy** - শান্ত থাকা বা বিশ্রাম নেওয়া
- Meaning: To rest or avoid overexertion for health.
 - Example: The doctor advised him to take it easy after the operation.
11. **Feel under the knife** - অস্ত্রোপচারের জন্য প্রস্তুত
- Meaning: About to undergo surgery.
 - Example: He feels under the knife tomorrow morning.
12. **Over the hill** - বার্ধক্যে পড়া
- Meaning: Too old or past one's prime, often health-related.
 - Example: At 70, he feels over the hill.
13. **Catch your death** - গুরুতর অসুস্থ হওয়া
- Meaning: To become seriously ill, often from exposure.
 - Example: Don't go out in the rain, or you'll catch your death.
14. **Fighting fit** - পুরোপুরি সুস্থ এবং শক্তিশালী
- Meaning: Very healthy and strong.
 - Example: After physiotherapy, he's fighting fit.
15. **On your last legs** - মৃত্যুর কাছে
- Meaning: Very close to death or complete exhaustion.
 - Example: The patient was on his last legs yesterday

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Some more Phrases for 48 BCS Doctors:

Under the weather	- Feeling sick/unwell
Back on your feet	- Recovered from illness
At death's door	- Very seriously ill
Alive and kicking	- Healthy and active
As fit as a fiddle	- In very good health
On the mend	- Recovering from illness
Kick the bucket (informal)	- To die

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- Look like death warmed up** - Look very ill/tired
- Feel blue** - Feel sad or low (mentally)
- Catch a cold** - To become ill with a cold
- Go under the knife** - To have surgery
- A clean bill of health** - Official statement that one is healthy
- Run down** - Weak or exhausted
- Break out in a rash/sweat** - Suddenly develop rash/sweat
- Feel off-colour** - Not feeling well (British)
- Be on your last legs** - Close to dying or breaking down
- Have a splitting headache** - Very severe headache
- Come down with (an illness)** - Start to get ill
- Take a turn for the worse** - Suddenly get more ill
- Pop your clogs (UK, informal)** - To die

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