

## COMPARATIVE CULTURAL AND SPIRITUAL ANALYSIS OF SOMATIC PHRASEOLOGISMS IN ENGLISH AND UZBEK

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**Annotation:** This article explores the cultural and spiritual meanings embedded in somatic phraseologisms in English and Uzbek languages. Phraseological units involving body parts such as “heart”, “head”, “eye”, and “hand” are analyzed from a linguocultural perspective. The study compares how these expressions reflect national mentality, worldview, and traditional beliefs in each culture. Through selected examples, the paper demonstrates that somatic idioms not only serve a stylistic function but also reveal profound cultural and ethical values. The comparative analysis highlights both shared human experiences and culture-specific interpretations.

**Keywords:** somatic phraseology, culture, spirituality, metaphor, English, Uzbek, national mentality, idioms, linguoculturology

**Somatic Phraseologisms** (or somatic idioms) are expressions or phrases in which the meaning is derived from **body parts** or bodily functions. The term "**somatic**" refers to the body, and in the case of **somatic phraseologisms**, body parts (such as the **head, heart, hands, eyes**, etc.) are used metaphorically to express concepts, emotions, or ideas in a figurative manner.

### Key Characteristics of Somatic Phraseologisms:

#### 1. Body Parts as Symbols:

- Body parts often represent specific **emotions, behaviors, qualities, or states of mind**. For example:
  - **Heart:** commonly associated with **emotion** (e.g., "heart of gold" = kind-hearted).
  - **Head:** often connected to **intelligence or control** (e.g., "head over heels" = deeply in love).
  - **Eyes:** can symbolize **vision, perception, or insight** (e.g., "the apple of one's eye" = something or someone cherished).
  - **Hands:** usually related to **actions, work, or power** (e.g., "lend a hand" = to help).

#### 2. Cultural Context:

- Somatic phraseologisms **vary across languages and cultures**, reflecting different attitudes and concepts related to body parts. In some cultures, certain body parts may have **positive** associations (like the heart being a symbol of **love** or **goodness**), while in others, they may carry more **negative** connotations (e.g., the eye might symbolize **envy** in some cultures).

#### 3. Metaphorical Use:

- These expressions often **extend the meaning** of the literal body part into an **abstract concept** or **emotional state**. For instance:

- "Cold feet" (meaning fear or nervousness) uses **feet** to represent a **lack of confidence**.
- "A pain in the neck" (meaning something annoying or troublesome) uses the **neck** as a metaphor for **irritation** or **discomfort**.

#### 4. Idiomatic Nature:

- Somatic phraseologisms are **idiomatic**, meaning that their meanings cannot be deduced directly from the literal meanings of the words. They often carry **cultural and historical nuances** that make them unique to specific languages.

Language and culture are inseparable. Through language, people preserve, transmit, and reinforce their worldview, traditions, and emotional patterns. Among the various linguistic tools, **somatic phraseologisms**—idioms based on human body parts—occupy a special place in expressing **spirituality and cultural norms**.

Both English and Uzbek languages possess a rich set of idiomatic expressions involving body parts, such as the heart, head, eye, and hand. These expressions not only describe physical or emotional states but often carry deeper moral or spiritual meanings. For instance, having a “clean heart” or “clear eyes” symbolizes inner purity in many cultures. However, the connotations and usage of such idioms often differ across linguistic communities, reflecting distinct cultural values.

This article conducts a comparative cultural and spiritual analysis of somatic phraseologisms in English and Uzbek, aiming to uncover how these expressions embody each nation’s mentality and moral understanding.

### 1. The 'Heart' as a Cultural and Spiritual Symbol

The heart is universally recognized as a metaphor for **emotion, compassion, and morality**.

- In **English**, idioms such as:
  - “a heart of gold” – extremely kind and good
  - “heavy-hearted” – sorrowful
  - “have a change of heart” – change in feelings or attitude

These reflect emotional and sometimes spiritual transformation.

- In **Uzbek**, phrases include:
  - “yuragi pok” (pure-hearted) – morally clean and trustworthy
  - “yuragi keng” (big-hearted) – generous and forgiving
  - “yuragi og‘ir” – deeply concerned or spiritually burdened

**Observation:** While both cultures associate the heart with positive traits, **Uzbek idioms** tend to carry a stronger moral and spiritual weight, reflecting communal values and spiritual depth.

### 2. The 'Head' as an Image of Reason, Status, and Control

The head often represents intellect, leadership, and balance.

- **English examples:**
  - “keep your head” – remain calm
  - “head and shoulders above” – superior in ability
  - “go to one’s head” – become arrogant
- **Uzbek examples:**
  - “bosh egmoq” – show humility
  - “bosh ko‘tarmoq” – rise in status
  - “boshini baloga qo‘ymoq” – risk one's life

Here, **English** emphasizes rational control and individual ability, while **Uzbek** idioms often emphasize **spiritual modesty** and **social sacrifice**, highlighting traditional communal ethics.

### 3. 'Eyes' as Perception and Purity

The eyes symbolize not only physical sight but also **spiritual insight and perception**.

- **English idioms:**
  - “in the blink of an eye” – very quickly
  - “turn a blind eye” – ignore knowingly
  - “apple of one’s eye” – someone cherished
- **Uzbek idioms:**
  - “ko‘zi ochiq” – alert, wise
  - “ko‘z oldida tutmoq” – to honor
  - “ko‘zi to‘q” – spiritually satisfied, not greedy

**Cultural insight:** In Uzbek culture, "ko‘zi to‘q" (contented eyes) conveys spiritual and ethical fulfillment, not just physical restraint, reflecting **inner discipline**.

### 4. The 'Hand' in Service and Power

The hand is commonly linked to **action, support, and authority**.

- **English phrases:**
  - “a helping hand” – assistance
  - “hands are tied” – powerless
  - “take the law into one’s own hands” – enforce justice personally
- **Uzbek phrases:**
  - “qo‘li ochiq” – generous
  - “qo‘li baland” – dominant, powerful
  - “qo‘li yengil” – brings success (often spiritual connotation)

**Comparison:** While both languages link the hand to agency and generosity, Uzbek idioms often imply **blessings, spiritual touch**, or fate, reflecting a more mystic worldview.

The comparative analysis of somatic phraseologisms in English and Uzbek languages reveals a fascinating interplay between linguistic form and cultural worldview. Though both languages employ similar body-part imagery, their spiritual and cultural meanings can diverge significantly.

- **English idioms** tend to emphasize **individual emotion, rationality, and social function**.
- **Uzbek idioms**, on the other hand, often reflect **communal ethics, spiritual purity, and moral responsibility**.

These differences underscore how somatic phraseologisms serve as **linguistic reflections of national mentality**, shaped by history, religion, and collective identity. Understanding such culturally embedded meanings is essential for effective intercultural communication and translation.

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