

## Medical English Paper Translation from the Perspective of Functionalist Translation Theory

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**Abstract:** In the 1970s, the functionalist translation theory from Germany gradually took shape and was rapidly applied in the translation of medical English papers. Taking the “purpose” of translation as the core, the translation of medical English papers is helped to break away from the previous linguistic translation theory which emphasizes equivalence. In this context, this paper takes the functionalist translation theory as the starting point, and combines the core content of functionalist translation theory, expounds the main points of translation of medical English papers from the perspective of functionalist translation theory. A simple analysis of the translation of medical English papers from the perspective of functional translation theory was made.

### 1. Introduction

Since 2000, the study of medical English translation in China has been remarkable. It can be concluded from the history of medical English translation studies in China in the past 19 years that medical English translation studies are mainly guided by specific applications, focusing on various translation techniques and translation error analysis. Based on this, in order to ensure a new breakthrough in medical English translation research in China, it is of great significance to properly analyze the translation practice of medical English papers from the perspective of functionalist translation theory.

### 2. The Core of Medical English Thesis Translation from the Perspective of Functionalist Translation Theory

Functionalist translation theories are mainly supported by Vermeer's Skopos Theory and Nord's Functional and Loyalty Theory. Among them, Skopos theory mainly comes from Greek, and the term Skopos is usually used to refer to the purpose of translation. Its main core is functionalist translation theory, which can help medical English paper translation get rid of the constraints of previous centralism [1]. Skopostheorie emphasizes the important role of medical translation results in the communicative function of translation language culture. The translation is regarded as a kind of human behavior. The purpose of deciding behavior development is that the translation results of medical English papers are consistent with the reader's cultural background knowledge, communication needs, and expectations of translated articles. Function Plus Loyalty regards translation as “with primitive texts”. A target text that maintains certain links and has a special function.” Functional plus loyalty theory emphasizes the relationship between the source text and the target text, and the relationship between the source text and the target text is determined by the expected function of medical papers [2], such as the factors that medical English papers operate according to the intended mode in the translated language environment, the interpersonal relationship between the translator and the author of the original text or the reader of the translated text, etc

### **3. Translation Principles of Medical English Papers from the Perspective of Functionalist Translation Theory**

#### **3.1 Objectivity of exposition**

Most of the original texts translated by medical English papers are descriptions of experimental methods, analysis of case efficacy, investigation of medical problems, etc., which have higher requirements for the accuracy and objectivity of the translated texts. Therefore, in the process of translating medical English papers, translators need to avoid using too many active voices to affect the objectivity and fairness of the overall paper translation. At the same time, the frequency of passive voice should be increased, or the subject of action should be omitted, so as to highlight the objectivity of the translated texts of medical English papers. If necessary, the sentence structure can also be adjusted appropriately. For example, the patients in the control group were treated by routine methods, including anti-infection, anti-inflammation, cough relief and asthma, oxygen inhalation, expectoration and so on. The patients in the observation group were given salbutamol combined with Budesonide aerosol inhalation program.

Can be translated as: Patients in the control group received routine treatment, including anti-infection, anti-inflammation, cough relief and asthma, oxygen inhalation, expectoration and other measures. Patients in the observation group were given salbutamol combined with Budesonide aerosol inhalation program.

#### **3.2 Formal style**

As medical experiments observed and summarized in medical English papers or medical problems analyzed and discussed need to be raised to the level of scientific theory. This feature also determines the formal seriousness of the style in the translation of medical English papers. Among them, the title of medical English paper can best reflect the formal style. According to the requirements of functionalist translation theory, the title should be concise, accurate and appropriate without changing the original meaning. For example, “Treatment of acute exacerbation of chronic obstructive pulmonary disease with non-invasive ventilator” is the title of “Treatment of acute exacerbation of chronic obstructive pulmonary disease”. But “acute exacerbation” is more general and does not emphasize the acute exacerbation period of lung disease. Therefore, it can be changed to “acute aggravation period” to reveal the coherence of catalytic aggravation of lung disease and ensure the correctness and appropriateness of the overall style.

#### **3.3 Accurate language**

Since the main purpose of medical English papers is to serve the exchange of scientific research results, improvement of professional level, introduction of clinical experience or deepening of academic thoughts, there are high requirements for readability, effectiveness and logical clarity of the overall paper language. Based on this, in the translation process of the thesis, the translator not only needs to ensure that the language is accurate and concise, but also needs to use the acronyms and professional vocabulary as the main points to properly check the common mistakes [3]. For example, budesonide is a commonly used glucocorticoid drug with good anti-allergic and anti-inflammatory effects. It can highly bind to glucocorticoid receptors. It can be inhaled by atomization directly to the lesion and has a significant inhibitory effect on airway reactivity.

The translation is as follows: Budesonide is a commonly used GC drug. It has good anti-allergic and anti-inflammatory effects. It can highly bind to glucocorticoid receptors. It can be inhaled by atomization directly to the lesion and has a significant inhibitory effect on airway reactivity.

It can be seen from the original text that “Glucocorticoid drugs” is the most important sentence in the key vocabulary of the thesis, therefore, abbreviations cannot be used in the translation of key vocabulary, but “GC drug” should be changed to “glucocorticoid drugs”.

#### **3.4 Terminology intensive**

Medical English papers belong to the field of science and technology, and science is the basic

requirement for medical paper translation. In order to ensure the efficient exchange of advanced scientific research results and practical experience in the medical field, more medical terms need to be applied [4]. For example, “salbutamol has selective agonistic effect on respiratory  $\beta$  receptor, which can stimulate intracellular cyclophosphamide secretion and relax bronchial smooth muscle, thus controlling airway obstruction and bronchospasm.”

Translated into: Salbutamol can selectively stimulate the secretion of cyclophosphamide and relax the bronchial smooth muscle. On this basis, airway obstruction and bronchial spasm can be controlled.

In the above translations, “Respiratory beta receptor”, “cyclophosphamide”, “Bronchial smooth muscle” and the like are all professional medical terms. When translating medical English papers, we should pay attention to the connotation of the above terms and find reasonable corresponding words.

#### **4. Translation Measures of Medical English Papers from the Perspective of Functionalist Translation Theory**

##### **4.1 Lexical translation of medical English papers from the perspective of functionalist translation theory**

The translation of medical English lexical lexicon is a very important module in the perspective of functionalist translation theory. This is mainly because Chinese kanji is rich in content, and the same vocabulary may have the opposite meaning through different collocations. Therefore, in the process of translating medical English papers, translators should pay more attention to the collocation of words [5]. For example, budesonide with high dose and low dose can effectively treat chronic obstructive pulmonary disease and shorten the course of chronic obstructive pulmonary disease.

The translation is: High dose and low dose budesonide can effectively treat chronic obstructive pulmonary disease and shorten the course of chronic obstructive pulmonary disease.

As shown above, shorten, reduce and decrease all mean “shortening”, while shorten basically means “promoting shortening”. It emphasizes shortening duration or superficial sensory shortening. It is commonly used in Chinese-English translation with intransitive verbs or transitive verbs. While “reduce” is usually followed by an object; “reason” or no object. Therefore, “shorten” can be changed to “reduce”.

##### **4.2 Syntactic translation of medical English papers from the perspective of functionalist translation theory**

From the perspective of functionalist translation theory, the sentences of medical English papers have higher requirements on logical rigor. Translators need to use link words to accurately reflect the logical relationship between sentences on the basis of ensuring the accurate definition of each component of the sentence. For example, the patients in the control group were treated in a conventional way, including anti-infection, anti-inflammation, cough relief and asthma, oxygen inhalation, expectoration and other measures. The patients in the observation group were given salbutamol combined with Budesonide aerosol inhalation scheme [6].

After the initial translation: The patients in the control group were treated by routine methods, including anti-infection, anti-inflammation, cough relief and asthma, oxygen inhalation, expectoration and other measures. Atomization inhalation of salbutamol budesonide.

If the translation is simply based on the Chinese language habits, salbutamol will become a modifier of budesonide aerosol inhalation scheme, and the logical relationship of the whole sentence is confused. Salbutamol and budesonide are both aerosol inhalation therapies. Therefore, the above-mentioned conjunctions can be properly handled to ensure that the overall sentence logic is clear and reasonable, that is, “Inhalation of salbutamol combined with budesonide in observation group”.

In addition, functionalist translation theory regards translation as an intercultural communication

behavior. Therefore, when translating, translators should consider the differences in medication habits and medical methods caused by differences in Chinese and English. The translation of medical English papers should be integrated into the cross-cultural communication environment so as to improve their sensitivity to the cultural differences between China and Britain.

## 5. Conclusion

To sum up, functionalist translation theory runs counter to some existing translation standards for medical English papers. However, after examination, it is determined that the application of appropriate translation strategies and methods provides theoretical support for the translation of medical English papers. Therefore, in the process of translation of specific medical application papers, translators should rationally use the subtraction method or the translation method based on the original text analysis according to the requirements of the theory of function, function and loyalty theory in the perspective of functionalist translation theory. Ensure the successful conclusion of the intended purpose of translation of medical English papers.

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