

Insights of Trauma from Arundhati Roy's, "The Ministry of Utmost Happiness"

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Abstract--*No man in the world is without grief. Every person has got their own burden to carry in their life. But few only experience trauma during their lifetime. It stands for a deeply distressing experience in a person. This journal enumerates the medically traumatic experience of Arundhati Roy's few characters like Amrik Singh, Loveleen Singh Nee Kaur who had suffered destructive and traumatic events such as torture, indefinite periods of incarceration and separation from family. This paper also deals with medical traumatic experiences of Maryam Ipe the mother of Tilo. She was isolated from family due to her secret unworthy relationship with low strata man. The solitary feelings worked inwardly in her thoughts, words, and mind throughout her entire life despite her career achievements. In her last stages, she became medically traumatized.*

Key words--*This journal enumerates the medically traumatic experience of Arundhati Roy's few characters like Amrik Singh, Loveleen Singh Nee Kaur who had suffered destructive and traumatic events such as torture, indefinite periods of incarceration and separation from family.*

I. INTRODUCTION

Trauma is the antithesis of empowerment. Vulnerability to trauma differs from person to person depending on a variety of factors, especially age and trauma history. Its symptoms are due to the enormity of an external event. The magnitude of the stressors is clearly an important factor; it does not define trauma, because "Trauma is not in the event itself; rather, trauma resides in the nervous system. According to American Psychiatric Association [APA], trauma is a direct personal experience of an event that involves real or threatened death or serious injury, Ideas and Research You Can Use: VISTAS 2013 2 with the response involving fear, helplessness, or horror.

II. PUNISHMENT REWARDED FOR VIRTUE

Roy's, Amriksingh a Military Major and his wife Loveleen Singh nee Kaur had none to cuddle them, care, share their problem and safeguard them at Canada. They had no option of getting comfort. The basis of "single event" trauma is physiological rather than psychological. Amriksingh was originated from Chandigarh, in 1964; married had three children, served the Indian Army as a Commissioned Officer. He worked in various counter insurgency and peacekeeping duties within India and abroad. In 1995, he was posted as Military Major for the insurgency in Srinagar, Kashmir. His family was not with him on the base but in private accommodation in Jawahar Nagar, Srinagar. He did not accept bribes, disliked Muslim terrorists and an honourable man on the whole. "I will not cheat on my country and you cannot bribe me".pg:199. Actually, a banned terrorist in the post of human right's lawyer, named Jalib Qadri was kidnapped and killed. Both the Kashmir police and Indian Government bestowed the blame on him and made a scapegoat. In order to avoid being killed or never to be seen or to face tortures like beating, shocks, water boarding food and sleep deprivation etc., he planned to flee

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to the United States. The whole family was persecuted as a result of abuse, police corruption and extortion. They lived a very stressful life in their own motherland, so they fled to Canada.

When they sought asylum, they were interviewed and was found that they had Trauma Symptom Inventory-2 (TSI-2), Mental Status Checklist, Post Traumatic Stress Disorder (PTSD) and a Davidson Trauma Scale. Even after their immigration, they were watched by terrorists, so they were constantly anxious about their safety. As they had symptoms of PTSD, they experienced changes in behavioural pattern, psychologically, mood etc., “PTSD actually manifested itself as depression or anxiety, or mood changes that made her feel low, high, sad, angry, upset, for ‘seemingly’ no reason”. These signs proved that a person was really suffering.”

III. REPRESENTATION OF PTSD

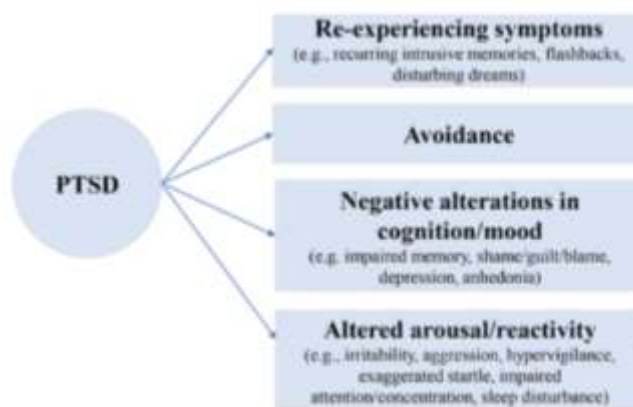


Fig. 3.1 Post Traumatic Stress Disorder

One day when Amriksingh disciplined his children verbally, his wife who had Trauma Symptom Inventory-2 (TSI-2), Post Traumatic Stress Disorder (PTSD) began to hurt herself on head, chest, legs, ran like a crazy woman thinking that she was going to die. As she could not bore the loud noise, she called the police and was unsure about the happenings that had taken place. She behaved like a psychic because it is said by researchers that the primitive parts of the brain perceive danger, they automatically activate an extraordinary amount of energy like the adrenaline rush that had made her dial police. Consequently, her husband was arrested and later got released on bail. The news came in papers and on the internet about Kashmir Major. This incident had paved the way for the Muslim terrorists to hunt for him once again. In the name of Indian Magazine Journalist, Muslim terrorists watched their house. Due to lack of money, they couldn't shift their house and despite scary feelings Major wanted to live. His wife stopped running a small beauty parlour to avoid strangers' visit instead she kept the curtains closed at home and noticed outside from behind it. Even though seventeen years passed that lawyer man's death blame was laid on the Major that spread over the World Wide Web too. This degree of stress is definitely indicative of individuals that have suffered destructive and traumatic events such as torture, indefinite periods of incarceration and separation from family. A couple of months later Amrik Singh shot himself and his family committed suicide and died (Fig. 3. 1).

IV. MEDICAL TRAUMA – AN EXAMPLE

Mary Ipe, belonged to an old aristocratic Syrian Christian family from Kerala. She was educated at a convent in Ootacamund of Nilgiris and joined graduation at Madras Christian College which she was forced to

leave in the midway as her father was deteriorating. She started her career as an English teacher in a local school. She had a love affair in a small town with an 'Untouchable' caste (a Paraya). She was made to stay in a Christian orphanage until the baby was born; she was disowned by the family and stayed unmarried. To make a better living, she established a kinder garden school which later developed into a High School through the implementation of innovative methods and beautiful campus. She had won awards in school's name for its trendy teaching methodology, green holistic environment and social campaigns. For several years many articles were published in papers regarding her High School and misfortunes. She was described as an iconic feminist; even though still travelled the hardest path retained in her small town without shifting to a big city. As she overcame the struggle of gangster torment she was respected, admired and inspired by desired young women of that generation.

She never acknowledged herself as Tilo's mother instead referred to magazines, newspaper articles that she grew an adopted daughter. She gave an interview about her foster daughter Tilo, that she got her from sister scholastic of Mount Carmel orphanage where a menial labour woman left a new born baby. She planned to give life to a jet black baby who was like a little piece of coal got fitted within her palm. As she looked like a sesame seed, she was named 'Tilo' as per Sanskrit version. She was attacked by Chronic Obstructive Pulmonary Disease. It's nothing but she became a medical traumatic patient. Medical trauma is a phenomenon that deserves the attention of mental and physical healthcare providers. Tedstone and Tarrier (2003) included numerous risk factors to psychological pain in reaction to a medical diagnosis or event: Age, socioeconomic status, quality of social relationships etc., She was neither cared nor considered at home after misconceive relationship.

She struggled to maintain the status, all relationships and reverence in the society. The mental stress from her young age regarding the family and society led her to be medical traumatic patient. The Lakeview hospital staff, the doctors, nurses and even the attendants called her Ammachi (Grandmother) showering kindness and love. She was very keen enough about their caste and sub-caste of everyone. When she found them as Syrian Christian she intends to know whether they were Marthoma, Yacoba, Church of South India or C'naah if she confused someone as Syrian Christian, then she enquired then family name, whose married to their nephew's, sister-in-law's niece, grandfather and great-grandfather's sister's daughter etc. In the case of Hindu, finding out as Ezhawa, she was particular whether they were Theeyas or Chekavars, in the case of 'Scheduled Caste' she was willing to know if they were Parayas, Pulayas, Paravans, Ulladans. She showed more interest in their ancestors designated corpse-carriers, shit cleaners, clothes-washers or rat-catchers. As her illness intensified Ipe became restless, stayed awake night after nights, even her pupils got dilated and eyes terrified, so she talked non-stop abusive, pleasant or aggressive words. At times, she sung old songs, hymns, Christmas carols, Onam boat-race songs, recited Shakespeare poems.

Signs of emotional & psychological trauma

- (a) Loss of memory and concentration abilities
- (b) Disorientation
- (c) Confusion
- (d) Mood Swings

The body's chemical reaction to the trauma had put her in extreme survival mode "fight or flight, "When in a state of fight or flight she became "freeze" immobilized by fear and reached out of control status.

Needless to say, this was very painful and scary. She could not be calm down or fall asleep at night. As, days pass by she became more aggressive in nature with increased appetite. She fought with doctors, nurses, pulled the **spinges** out of her veins and couldn't be sedated as it would lead to lung malfunction. She lost trust in other people and the greater world around her but it was often more likely rooted in a lack of trust in herself. After a traumatic experience, it's common to be generally distrusting of others, the world, and one's self. She couldn't take anything at face value, and she was subconsciously 'testing' her relationship with people or constantly questioning the other person's commitment or loyalty.

Symptoms of Medical Trauma

- (a) Hypervigilance
- (b) Avoidance behaviour
- (c) Anxiety
- (d) Intrusive memories
- (e) Intense emotions
- (f) Emotional numbing

After she was moved back to ICU, became furious and full into psychosis. She planned to escape guilefully from hospital premises. She was ready to forfeit even her school to a young doctor if he would help her to step out of the hospital. She tried to escape even wearing the hospital uniform. After this incident, two nurses were made to be a vigil on her clockwise. As doctors and others found her not only non co-operate and felt her as troublesome and burden they further refused to care her. On the very special request of Tilo, they gave special permission for her to take care of her mother in ICU. Tilo, her daughter sat by her side with a notebook taking down the notes dictated by her.

V. CONCLUSION

Living with trauma can make work, social gatherings, even commuting a terrifying and exhausting experience. Over time, we learn and adapt our behaviours based on our past experiences and how we've processed them. A traumatic event that happened once can happen it again. In a way, being hypervigilance provides a sense of security—if "expecting the unexpected" anyone can be better prepared and hopefully enact a different outcome than when the trauma happened. Eventually, people will look out for when the next 'bad thing' would happen and actively try to prevent it by anticipating the threat and protecting themselves against it before it's too late. "Unfortunately, the surge of adrenaline that makes us feel on edge, anxious, and panicked, like people have to do something or run, often create even more chaos, problems, and even physical health conditions."the very responses that are meant to give a physical advantage can become downright frightening. Persons who are experiencing high levels of stress in developmental, physical, existential, relational, occupational, or spiritual domains of their life may be at risk for struggling with difficult personal medical procedures. Mary Ipe, stands as an example of medical trauma. Due to her age, the crush and outward infatuation ushered to undergo vivid stress like physical; got pregnant, relational; lost everyone's care and love at home, existential; survival without a bad name in the society became highly challengeable. Hence it is better for everyone to avoid excess grief to escape from traumatised and its further consequences. Refined thoughts would help people to escape from traumatic conditions.

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