

Recovery From Long Years of Battle Against Schizophrenia and Vision of Science- A Scientific Perspective

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ABSTRACT

Schizophrenia is a devastating illness. It is a disaster to human health. Psychology and science has few answers. The world of challenges, the unsurpassed frontiers of psychological science and the road to recovery for an afflicted patient are wide and many. Human health science is in today's world in a catastrophe with the growing number of mentally ill people in our society. The human civilization is at a deep distress with the ravage of this incurable illness. The author elucidates his own fight against schizophrenia with deep details. The disease was first diagnosed in December,1993 and till today the author is on medication. In 1997 , he was prescribed Clozapine by National Institute of Mental Health and Neuro Sciences, Bangalore, India. Till today and the remote future, the author will have to continue with the wonder drug-Clozapine. The author informs to a wider audience the lucid details the early years, the years of struggle due to ill health and the present health.

Keywords: Schizophrenia, Illness, Mental, Devastation, Life

INTRODUCTION

Schizophrenia and its treatment in today's world is surpassing visionary scientific frontiers. As human civilization progresses, the scientific challenges are demeaned and the fetters of scientific understanding undermined. The author is suffering from this death defying ailment from 1993. Scientific understanding and scientific vision of schizophrenia has no definite and constructive answers. Mental health science is at a critical distress in this century. The sufferings and struggles are immense. Vision of medical science is devastated and needs to be refurbished. A patient's suffering is answered with the development of new medicine like Clozapine. The author relates with lucidity the struggle within and the road to progress after being administered with the drug. Science and vision of life is so ground breaking in today's human life. Every path of life today is full of inimitable barriers. The author observes and informs to the wider audience the cause of his illness and the success of medical recovery with deep introspection.

VISION AND AIM OF THIS TREATISE

Science and technology is moving at a drastic pace in today's human civilization. Medical science in the similar vein is gearing up for new challenges. Man's vision, civilisation's prowess and the wide world of medical science is moving towards a true world of deep emancipation and comprehension [1,2]. The medical world of schizophrenia is at a situation of devastating challenge and drastic changes. The author elucidates upon the immense and deep struggle during his fight against schizophrenia. Every minute details of his days of agony are elucidated in this visionary treatise. The greatness and glory of medical science in today's world is unbelievable. Human scientific endeavour is in the path of immense introspection. Man's challenges and civilisation's greatness are changing the face of human scientific endeavour. The author with deep comprehension and cogent insight delves into the world of psychiatry and psychological science taking into consideration his own example. The struggle of life is enormous and monstrous yet there is a little ray of hope [1-5].

VISION OF SCIENCE AND MARCH OF PSYCHOLOGY

Vision of science and progress of human civilization are in the path of a new glory. Psychological science in today's human civilization stands in the midst of serious scientific challenges. Long years of the author's illness cannot be expressed in words. Medical science and health science are in today's world at its visionary zenith. Human agony is at its devastating path of angle. In today's scientific world, schizophrenia cannot be defeated and overcome. March of psychological science is arduous as well as visionary. The boons of medical science and psychiatry are veritably unimaginable. This treatise delves into the difficult and agonizing days of a schizophrenic patient. A scientific perspectives is presented with minute details [3-5].

INITIAL DIAGNOSIS AND THE DEVASTATION OF A FAMILY

Initial years of the illness were devastating and extremely agonizing. Human scientific endeavour is at a deep distress with respect to the cure of schizophrenia. Answers are few but hope and optimism are many. Scientific adjudication and scientific fortitude is at a devastating situation with respect to the research in the medical world of schizophrenia. The initial years of the devastating years was extremely painful and agonizing. There was absolutely no ray of hope. Scientific justification and scientific forbearance had no place in his life. There was total disaster in the family. The author's parents were hapless and were agonized when they saw their son struggling. Till today, my parents are calling to Lord Almighty to give a ray of hope for their diseased son. Today, the author recollects how agonizing days were those initial years of hapless illness. The medical world of schizophrenia was in those early years of 1993-1994 was immature yet groundbreaking. Today in 2016, my father passed away. Yet I survived the wrist-clenching struggle against schizophrenia. The scientific vision of the medical science of schizophrenia has surpassed wide frontiers [3-5].

INITIAL YEARS OF EXTREME AGONY AND INTENSE STRUGGLE

The ailment of schizophrenia was first diagnosed in 1993. Initial years were so agonizing yet full of optimism and hope. The author wished to view the light at the end of the tunnel. From 1988 after completion of school level education in India, the author plunged into the deep sea of the outer world. Competition became scary and roads full of thorns. The author entered the world of engineering education at Jadavpur University, Kolkata, India. He crossed the school's boundary to the world of an university. Physically he was not weak but mentally a simmering illness was growing and slowly evolving. Peer pressure to excel in studies crossed limits. The entrance examination of engineering education in the West Bengal state of India – Joint Entrance Examination was exceedingly tough for a mediocre boy and that shattered the mind. Challenges surmounted and vision of life became stunted with the course and passage of life. The author could not clear the examination in one attempt in 1987. He prepared again and qualified the examination in 1988. 1987-1988 was an year of immense academic struggle, comprehension and hardwork. Delusion and fear to mix with friends and other people increased. The author fell anxious in those initial years. So he started his university days with immense hope, fortitude and justification. The aim and vision was definite and unswerving. Slowly in the first days at Jadavpur University, the delusion was gathering storms. The illness was visible in the distant scientific horizon. Slowly after first year of four years of bachelor's degree of chemical engineering, storms of life and the unknown world of schizophrenia began to gather [3-5].

INNER STRUGGLE AND DEVASTATING GLOOM

The inner struggle in those initial years were devastating. There was lack of self-confidence and courage. Medical science till today has no concrete answers to schizophrenia. The battle

against schizophrenia is always awful and disastrous. Human scientific vision and the futuristic vision of medical science needs to be readdressed and re-envisioned at every step of human life. The unbelievable world of challenges, the grit and immense determination helped the author to move forward in life. The devastating gloom, the deep inner struggle and the bedraggled future always haunted the author due to schizophrenia. Man's vision as well as a science's prowess were witnessing the bitter test of life. The challenge and struggle was unbelievable and inimitable. Medical science and psychiatry in today's world needs to be restructured and re-envisioned at every step of human life. Psychological science is veritably facing its deepest struggle in this century due to the cause of the medical world of schizophrenia [3-5].

MAN'S STRENGTH, A PATIENT'S DEEP INNER STRUGGLE AND THE ROAD TO PROGRESS

Human strength, man's courage and the schizophrenic's immense struggle are the pallbearers of a greater vision of tomorrow. At every step of life since 1993, the question of forbearance and fortitude goaded the author to move forward in life. The vision, the immense aim and mission to move forward in life are the cornerstones of a greater scientific understanding of the medical science of schizophrenia. The author in his immense struggle against the disease calls eagerly the God Almighty at every moment to give him peace and harmony of future life. Schizophrenia has no practical answers. The support of family, relatives and friends has helped the author to move forward in life with immense forbearance and courage. Today his message to all other sufferers is to stand against the illness with defiance and courage.

DEVASTATION AND AGONY IN THE FAMILY AND A CALL TO ALMIGHTY

Devastation, distress and agony are the veritable part and parcel of a schizophrenic's life. A call to Almighty has no practical answers. Vision of medical science and the futuristic path of human scientific endeavour are witnessing its deepest questions with respect to the cure of schizophrenia. Human vision is so stunted and the future scientific endeavour is so retrogressive in today's civilization. The agony of a schizophrenic is unbelievable. The author is suffering and witnessing the burden of the illness for the last twenty one years. Only family support, the author's deepest grit and the single purpose mind-set has goaded him to move forward in life. The mental torture and the deep agony of a schizophrenic patient is just unimaginable [3-5].

STRUGGLE IN THE INITIAL YEARS IN THE JOB ATMOSPHERE

Initial years of unbelievable agony needs to be elucidated as the author embarks upon the journey of his future life. The author relates the immense struggle, the devastation vision and unbelievable delusion in the job atmosphere in those initial years. The history of human challenges against a catastrophic illness needs to be re-envisioned at every step of human life. Confusion, doubt and delusion reigned supreme in those early years of illness after 1993. Frequent change of

jobs and decisionless mind were the effects of the burning ailment of schizophrenia. The author faltered in every aspect of deliverance in his job in those early years. The challenges and the barriers were enormous yet the author with his immense grit developed his single purpose set of mind [3-5].

STRUGGLE IN THE ROAD TO PROGRESS AND RECOVERY

The struggle in the road to recovery was absolutely agonizing in those initial years of illness. In 1997, the author was administered and prescribed with Clozapin and that medicine changed the face of the illness. Human struggle was enormous and devastating. The question of forbearance and fortitude had no constructive answers. Clozapin acted wonders throughout his future life after 1997. The author with his parents went to National Institute of Mental Health and Neuro Sciences, Bangalore, India for more consultation as prescribed by doctors in Kolkata, the author's home-city. The author's parents were in terrible agony. The world crumbled at the feet of the author's parents. How hapless and agonizing life can be! Yet the tears were obliterated and the vision restructured as the author moved forward in life [3,4].

DELUSION, EXTREME CONFUSION AND THE DEFEAT IN LIFE

Delusion, extreme confusion and the imminent defeat in life were unimaginable in the future course of life for a schizophrenic. At every step of life, the author wishes to have a fresh breath of life. Yet his single purpose set of mind unravels his immense courage and determination at every step of his future avenue of life. Man's immense scientific prowess as well as medical science's scientific pursuit are in today's world witnessing drastic challenges. Human scientific endeavour is at a distress with the march of medical science. The defeat in life has always and in every moment in life has debilitated the sufferer's stance of life. Human vision in today's world is retrogressive with respect to cure of schizophrenia [3-5].

TOTAL DISASTER AND THE DETERIORATION OF HEALTH IN 1996

Total disaster and total deterioration of health started in 1996 when in August, 1996, he started discontinuing medicine. The result was absolutely catastrophic. Delusion and hallucination reigned supreme as the author went to Birla Institute of Technology and Science, Pilani, India to teach chemical engineering in August 1996. From 1994(post-graduation year) to 1996, the author changed three jobs. The author was veritably confused. The disaster was visible in life's distant horizon. History was repeating itself with surmounting health disaster. Man's hapless vision seems to be stunted as schizophrenia takes over the health of the sufferer. The challenges became devastating. As the author reached Pilani, India, the weather was sweltering and extremely sultry. The author's mind was confused as slowly he discontinued medicines. Hallucination levels were unimaginable. The author's medicine was fluoxetine which had tremendous side-effects. He thought that it would be better to be happy without medicines. Parents visited the author in Pilani campus and pleaded with the author. But the cries and the tears of the parents were futile.

Situation became disastrous. The author was hearing sounds in his quarters and at classroom/institute. So unfortunate and hapless he was. His life was veritably destroyed. Calling God Almighty did not help. The author became paranoid schizophrenic. The author's uncle rushed to Pilani from Kolkata to accompany him back to Kolkata. Things became different and the author's life fell like a house of cards. Returning back to Kolkata, he was admitted in a psychiatric nursing home. Life turned into a bed of thorns and difficulties. As medicines were increased, side-effects multiplied. In 1997, at the advice of Kolkata doctors, parents and the author went to National Institute of Mental Health and Neuro Sciences, Bangalore, India. It is here, for the first time, the author was prescribed with Clozapine. Hallucination levels were enhanced and side-effects brought an end to the author's mental state. But today in 2016, the author is still on Clozapine and is teaching Chemical Engineering at a reputed university in Dehradun, India. The author is substantially well and today breathing a fresh air of life [1-5].

PRESCRIPTION OF CLOZAPINE AND A NEW HEALTH-RELATED CHALLENGE

Clozapine reframed the schizophrenic patient's mind. The immense challenges in today (2016) are not over but to a lesser extent. In 2008 the author went to Queen's University, Northern Ireland, United Kingdom to do research in the field of Environmental Engineering. He successfully published papers and participated in numerous international conferences. He returned back to India in 2010 and again took up a chemical engineering teaching job in Bidar, Karnataka, India. In 2012, the author again left India and took a chemical engineering teaching job in Sultanate of Oman and taught there for eight months. From July, 2012 he is teaching in a reputed university in Dehradun, Uttarakhand, India. Life has become streamlined for him. Human perseverance, grit and courage goaded him forward. The world of difficulties and barriers are slowly obliterating. In 2012, September, the author was diagnosed with glaucoma in his both eyes. Osteo-arthritis and irritable bowel syndrome are his new health related challenges. Medical science till today has no answers to schizophrenia. Clozapine is the only answer and a veritable cure-all [3-5].

TREMENDOUS SIDE-EFFECTS OF CLOZAPINE AND THE STRUGGLE TO MOVE FORWARD

Clozapine in the beginning years of my illness (1997) had tremendous side-effects. The life according to the author became miserable and awful. Courage, grit and determination fell like a house of cards. Yet the urge to excel in life geared the author forward in life. The author's mind and energy was devastated and he cried out during the course of the day. Life had no meaning to him. From 1998 to 2001, he worked as a Research Scholar at Indian Institute of Technology, Kharagpur, India. He was a residential scholar in the institute. In the weekends he came back home to meet his family. Such were the horrendous days with hallucination levels at its zenith. As he travelled by train, his hallucination levels increased. From 2001 to 2006, the author was a consultant in an engineering industry in the outskirts of the city of Kolkata, his home city. Travelling by local train

was horrendous and exhausting. As he returned back by local train, he used to hear sounds and was extremely suspicious. His wailings and cries are till today not answered by God Almighty. As he returned back to house at the end of the day, there was a lull in the storm in his mental state. He expressed his joy and ecstasy by talking with his parents. His feelings were joyful and happy. His mother used to talk to him and increase his level of confidence. From March 2006- August 2008, the author worked at a Faculty cum Content Developer in two different organizations in Kolkata. As he travelled back home in Metro railway, Kolkata, he started hearing awful sounds and hallucination levels increased. In September, 2008, the author received a scholarship to do doctorate in Queen's University, Belfast, Northern Ireland. Things were not that rosy in those one year eight months in Belfast. Hallucination levels decreased and the author breathed a fresh whiff of air. But the agonizing fact is that he could not complete his PhD as he had to return to his country. Till today, PhD has remained an illusion to him. Before Queen's University Belfast, he was enrolled as a PhD student at Indian Institute of Technology, Kharagpur, India but after spending three years i.e. 1998-2001, he could not complete his PhD. Doing a doctorate is quest in life for him. After he returned home in 2010, he worked in an engineering college in Bidar, Karnataka state in India. In 2011, the author was in Oman on a teaching assignment. He stayed there upto May, 2012 after which he is teaching in Dehradun, India [3-5].

After taking Clozapine, life has never been fit and fine for the author. Scientific vision and a sufferer's struggle had gone a long way in the true realization of being totally fit and fine in future life. Today, medical science is surpassing wide and visionary frontiers. It is only the doctors and health science professionals who are the true guardians of human civilization. They are the only humans who are doing service to the society. A humane vision is truly realized by health science and medical science resulting in the progress of human civilization.

RECURRENT RELAPSE AND UNCONTROLLABLE HALLUCINATION

From 1996, the author is fighting against heavy odds of the arduous world of schizophrenia. At every moment of life, the author's mind is shattered and he has to face a new world and a new situation. The challenge is unimaginable. He cries and wails out to God but of no respite. A sufferer's vision is devastated at each step of life. The history of challenges and the history of life's defeats are unending. From the early years of illness, I had frequent relapses of the attacks of schizophrenia. During bouts of hallucination, the thoughts of challenges and difficulties increases. The author becomes negative minded. He becomes suspicious. The whole world seem to fall like a house of cards. Today in 2016, the health situation is similar but substantially the hallucination is decreased. Vision of medical science in today's world is so awe-inspiring. Torture, difficulties and the path of life's defeats are the hallmarks of greater devastation of tomorrow.

A BREATH OF FRESH AIR IN 2008 AND A NEW JOURNEY FORWARD

In 2008 after long years of illness, the author got a good job as a Researcher to Queen's University, Belfast, U.K. It was so joyous and full of ecstasy in the author's mind. Though he was

introvert, the Irish atmosphere suited him. He mixed with his fellow PhD students. In those one year eight months, he never had relapses of hallucination. But success eluded him. He failed in getting his PhD [3-5]. The author came back to India to start a new and fresh life. Scientific justification and fortitude goaded him to move forward.

SUCCESS IN TEACHING AND RESEARCH ALONG WITH MEDICATION

Success did not come so easily in his life. Yet in teaching and writing research papers, he attained higher levels. In spite of the sickness and health related difficulties, the author surged forward in the path of life. Life's barriers, difficulties and fetters are immense but the author's single purpose state of mind helped him to move forward. When I was teaching and doing research after 2008, I was on continuous medication. Life became so crumbling for me but hope and optimism were immense. Science has no answers to schizophrenia. Success in medical science till today has resulted in futile answers. A sufferer of schizophrenia has to bear the burden of life's difficulties and wail at Almighty. That is his only hope. Yet in spite of being in fetters, immense courage and support of the family goaded him to move forward in life and do something in life. Today the author has published numerous scholarly journal papers in international and national journals. It is the tremendous grit, determination and optimism. The faculties of a human being are emboldened at every step of a schizophrenic's life [3-5].

DEEP COMPREHENSION IN RESEARCH AND THE ECSTASY IN WRITING SCIENTIFIC PAPERS

Medical science and health issues have no answer to the wide world of schizophrenia. Questions till today remain unanswered. Vision of science, progress of human mankind and the urge to excel in job atmosphere will go a long way in the true realization of medical science and cure of schizophrenia. Today, the author is writing extensively in journals in India and abroad. It is just a miracle that he is doing something. The challenges in the path of life are unimaginable. Yet the strength and courage are insurmountable. Only single purpose set of mind will help him to win in life. In this long journey, parents, sister and his doctors were by his side. The author at every step of life yearns for a wiff of fresh air. Yet he faces difficulties and the thought of defiance goads him to move forward. This thought of defiance and inimitable courage is always a winner in author's life [4-5].

MARCH OF SCIENCE AND SCHIZOPHRENIA

In today's human civilization, medical science is doing wonders and surpassing wide and visionary frontiers. Science and technology are transforming itself towards a newer visionary era. In such a similar vein, psychological science and schizophrenia cure are witnessing a newer future trends and astonishing metamorphosis. A sufferer's struggle and a doctor's immense zeal are changing the global health science scenario. March of science in today's world is unimaginable. Discovery of new drugs such as Clozapine are breaking barriers of discovery and drastically reducing the scientific challenges. The author witnessed such struggle from 1993. Much water has gone down the river. Yet the author is desperate in his future path of life [4,5].

FUTURE THOUGHTS AND A COMPASSIONATE MESSAGE TO SUFFERERS

The sufferer of schizophrenia is hapless and yearns for happiness, joy and ecstasy. The author as a sufferer is a glorious witness to the struggle against schizophrenia. Science till today has no constructive and practical answers to the wide and disastrous world of schizophrenia. From 1993 when he was first diagnosed with schizophrenia till today, a deep courage and a single purpose set of mind helped him to move forward in life. From the family ward of NIMHANS, Bangalore, India to the classrooms of the university at Dehradun where he is teaching, his wide vision and the immense courage thwarted any difficulties and barriers of life [4,5].

The only compassionate message to the sufferers of schizophrenia is that one should not lose hope in life. Doctor's and parents's support are of utmost importance in moving forward in the path of life. Extensive psychological counseling is veritably needed. Continuous medication is the another facet of treatment of schizophrenia. The world of challenges , the future progress in life and the struggle within oneself are the hallmarks of the path of life of tomorrow. The author struggled a lot in life. Yet he did not give up. With zeal and determination he did his job after August, 2008 when he went to United Kingdom to do research. Medical science in today's world is emboldened as cure and diagnosis showed a new path in the history of schizophrenia treatment [4,5].

FUTURE VISION OF LIFE

Human scientific vision and the vision of medical science are groundbreaking and surpassing wide and versatile frontiers. The author with schizophrenic medication is doing lots of research work. Science has no answer to his immense struggle in life. This treatise elucidates the path of his life after diagnosed with schizophrenia in 1993. His future vision of life is an unfinished journey. Science and technology in today's world are moving fast towards a newer visionary frontier. Medical science has a wide and definitive vision of its own. Diagnosis, cure and the urge to move forward in life are changing the mind-set of the sufferer of this ailment [3-5].

CONCLUSION

The world of science and vision of science are moving forward towards a new scientific frontier and a new generation. Medical science in today's world is a huge colossus. Treatment of schizophrenia is surpassing wide and visionary frontiers. After the administration of Clozapine, the author felt a little relief. Yet the path of life is arduous. Hallucination and extreme delusion are devastating in his life. Yet the author's immense scientific fortitude and forbearance brought him a new life. Challenges in his future life are many and the optimism of the author are substantial. Today, medical science and health science are opening new doors of innovation to help the hapless sufferers.

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