



METAPHORICAL DIAGNOSTICS HELPFUL IN ASSESSING PERSONALITY DEFECTS

Biological Science

Ayush Amlan

1st Year MBBS Student, AIIMS Hyderabad, India

KEYWORDS

I shall not miss him,
Because when those bulbs are once again dim,
His teaching shall be the new radiance,
That would ensure my successful sustenance...

As and when had I heard about angels who bring peace to our life. But recently, I actually met an angel who brought harsh realization to me. And I guess, the latter genre of angels is sometimes more significant to signify the actual failures of an apparently smooth life. So, it was indeed a hasty day with a highly disturbed sleep the night before in the ongoing first year of my MBBS. It was time for the class of Biochemistry wherein maximum students complete their sleep. However, the senior resident was bound to teach to his fullest zeal. So, I too was unapologetically sleeping. However, the worse part was when I got up to click a pic of my friends who too were in no way interested in the content of the class. And it was at this very awkward moment when the senior resident gently asked me to stand up and asked me, "What do you want?". And I did not know what to say. Highly uncomfortable was for sure this moment of utter silence. Then he smiled and asked me to sit down. As he continued the class with my state of sleepiness faded into the outskirts of embarrassment, all his words now struck the accurate lobes of my brain. And I realized that it takes immense acceptance to accept the fact that till date, I had missed each and every aspect of the biochemical beauty of life. There has been divine sequencing of events for every life such that each event inculcates a completely new moral facet of that being. I was guilty but not to the depth of fullest sense of realisation of my mistake. Then came the time of Biochemistry practicals when I saw the same senior resident once again stepping in with his presentation ready. I was busy in designing a logo for the fest which was just a few days apart and simultaneously I was taking a casual note of what Sir was teaching. It so happened that I did not even realize when it was time for the class to conclude when he made a spine-chilling announcement, "This would be therefore my last theory session with you guys cause I am shifting to Kerela." With the most rudimentary knowledge of Biochemistry, little did I know about folate trap. However, now I very well knew what a guilt-trap felt like. Not only had I lost the opportunity of improving upon my attention to the importance of my words, I was now bound to face the outcome of this Karma wherein people would not listen to my words howsoever important they are. The fear of this Karma was a trigger for me to jump down into contemplation that elaborated the true nature of my mistake: "taking life casually with insensitivity to its pros and cons on people related to me." "What should I choose to be in such a situation? Should I simply choose to be a helplessly regretful student? Well, I chose to be a patient. The word patient comes indirectly from the Poto-Indo-European root "Pati" which means "constancy of labour or exertion" {reference: www.etymonline.com}. Obviously, amidst the constancy of variability of circumstances, I had developed an impaired sense of judgement. At this moment, my casual attitude was like an "antigen". My conscience was like an "Antigen Presenting Cell (APC)" and my respected mentor's rebukes were like antibodies. And my mentor's scolding therefore phagocytosed most of my casualty successfully. However, worth remembering is the fact, that by virtue of its memory, the acquired immune system can produce a stronger anamnestic immunological response (more effective response in fighting the pathogens) which in my case was for sure the news of the senior resident leaving the college which totally destroyed the remnants of my casual attitude to life and its precise opportunistic environment. Had I preferred being that regretful weeping hopelessness, I would still be bewildered by the strange nature of this guilt. What I personally found more important was the mechanism by which electrodiagnostics turn out to be more helpful in treating nerve injuries as explained by Dr. Y. Ranjith Kumar (associate professor of orthopaedics at AIIMS Bibinagar. First and foremost we need to localize the lesion (In my case

it was localizing the cause of my casualty by analysing the areas of my activity which it affected-"something called referred pain in medical terminology"). The second step was to characterize the pathophysiology (in my case it was comprehending the mechanism of behavioural and cognitive damage that I was undergoing). The final step was assessing the quantitative severity (in my case it was assessing how much of my personality had already been degraded and how much treatment was needed to gain the maximum part of it back). One simple incident with one apparently simple professor made my diagnosis and a few classes thereafter to increase my attention span with conscious efforts out of genuine guilt was the treatment given. I now pray to God to give me the strength to act persistently, being blessed by successes and failures constituting a satisfactory prognostics. All thanks to Dr. Shyamkrishnan R (my dearest mentor of Biochemistry) who did the right diagnosis at the right time allowing the right treatment to ensue. Wherever you go Sir, I hope you keep enlightening the right path for patients like me with your health intact and your passion outgrowing the set horizons.

Crest or trough,
Nothing shall be rough,
Until the right doctor,
Empowers community health to be stronger...