



I WILL DIE, DEFINITELY: A CASE REPORT

Forensic Medicine

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ABSTRACT

Suicide ranks among the leading causes of death globally, representing a significant medical and social issue. It impacts individuals across all sociodemographic groups, age ranges, and populations. Considerable efforts are underway to identify the factors that contribute to or elevate the risk of suicide. Various studies indicate that suicide attempts are often linked to mental health conditions, such as affective and psychiatric disorders, depression, hopelessness, impulsivity, and substance abuse. While alcohol and substance use are closely associated with suicidal thoughts, they are less effective at predicting actual suicide attempts among those who experience these thoughts. The relationship between psychotropic medications and suicide risk is a topic of ongoing debate. Antipsychotic medications seem to offer protective benefits against both non-fatal and fatal suicide attempts, yet the effects of antidepressants on suicide risk remain unclear. Notably, individuals on medication are 9.6 times more likely to attempt suicide while intoxicated. The combination of certain drugs, like opioids or barbiturates, significantly heightens the risk of a suicide attempt being completed. Despite advancements in understanding suicidal behavior, many biological responses remain unresolved. Conducting toxicological analyses in cases of fatal suicide is vital for understanding consumption patterns and developing strategies and protocols for suicide detection and prevention.

KEYWORDS

Suicide, Sociodemographic, Intoxicated, Depression.

INTRODUCTION

Suicide is a significant social issue in India. In 2020, the country reported 153,052 suicides, representing a 10% increase from the 139,123 suicides recorded in 2019. Below is a ranking of States and Union Territories in India based on their suicide rates for 2020, calculated as the number of suicides per 100,000 people. This data is sourced from the 2020 Accidental Deaths and Suicides in India report published by the National Crime Records Bureau (NCRB) of the Government of India. In 2015, the States with the highest suicide rates were Puducherry, Sikkim, and the Andaman and Nicobar Islands, while Bihar had the lowest rates. By 2020, the highest suicide rates were observed in the Andaman and Nicobar Islands, Sikkim, and Chhattisgarh, with Bihar continuing to have the lowest rates.

States by Suicide Rate

Rank	State	Suicide Rate (Per 1 Lakh) 2020
1	Sikkim	42.5
2	Chhattisgarh	26.4
3	Kerala	24.0
4	Tamil Nadu	22.2
5	Telangana	21.5
6	Tripura	20.9
7	Goa	19.9
8	Karnataka	18.4
9	Madhya Pradesh	17.4
10	Maharashtra	16.1
11	Haryana	13.7
12	West Bengal	13.4
13	Andhra Pradesh	13.4
14	Odisha	12.2
15	Gujarat	11.6
16	Himachal Pradesh	11.6
17	Arunachal Pradesh	10.5
18	Assam	9.3
19	Mizoram	8.9
20	Punjab	8.7
21	Uttarakhand	8.3
22	Rajasthan	4.8
23	Meghalaya	6.9
24	Jharkhand	5.6
25	Nagaland	2.2
26	Uttar Pradesh	2.1

27	Manipur	1.4
28	Bihar	0.7
UT1	Andaman and Nicobar Islands	45.0
UT2	Puducherry	26.3
UT3	Delhi	15.5
Ut4	Dadra and Nagar Haveli and Daman and Diu	15.0
UT5	Chandigarh	10.7
UT6	Ladakh	4.0
UT7	Lakshwadeep	2.9
UT8	Jammu and Kashmir	2.2

Case Report

A case of a 56 years old female with an alleged history of ingestion of unknown substance after which she was taken to Hospital where she was declared brought dead. (Fig. 1A)



Figure 1

Past History: Deceased was suffering from depression. She was also undergoing psychiatric treatment and she attempted suicide recently by slitting her both wrists after which she was brought to Hospital and both her wrists were sutured. (Fig1B, 1C). After 3 days of the event she again came Hospital for follow-up with her husband, after follow-up in the O.P.D. she asked her husband to wait as she wanted to go to the toilet. When she did not returned for at least half an hour, her husband doubted and started searching. She was found unconscious in ladies toilet; later on she was declared brought dead.

Autopsy Finding: Most of the visceral organs were found to be congested. And as a routine protocol followed in unknown substance ingestion. Viscera was sent for chemical analysis. Later on it was found in viscera-chemical analysis report tht the lady had ingested almost 8-10 tablets of "Celphos" (aluminum phosphide).

DISCUSSION

On November 21, 2022, the Ministry of Health and Family Welfare of the Government of India introduced the National Suicide Prevention Strategy, which received positive feedback from stakeholders and the media. In India, suicide is the leading cause of death among people aged 15 to 29, exceeding deaths from road traffic accidents and maternal mortality. Following a decade of decline, suicide rates have increased from 9.9 per lakh in 2017 to 12 per lakh in 2021. Contributing factors include mental health challenges, family issues, poverty, unemployment, and illnesses, with high-risk groups being daily wage laborers, students, and marginalized communities. The strategy aims to decrease suicide mortality by 10% by 2030, a modest goal compared to the WHO's target of a one-third reduction. Its key objectives are:

1. Strengthening leadership and institutional capacity.
2. Enhancing health services for suicide prevention.
3. Building community resilience and reducing stigma.
4. Improving surveillance and evidence generation.

Goals are divided into three timelines:

- * Immediate (1-3 years): Focus on responsible media reporting, limiting access to harmful substances, increasing the number of mental health professionals, supporting individuals with substance dependence, and enhancing data collection.
- * Intermediate (4-7 years): Address psychological issues such as addiction, integrate mental health services into general healthcare, train helpline workers, and mitigate workplace stress.
- * Long-term (8-10 years): Advocate for destigmatizing mental health issues, promote alternative pest control methods, and improve psychosocial support for those affected and their families.

The strategy highlights the urgent need for action to address the rising trend of suicides in India.

CONCLUSIONS

Cause of death in this case was cardiac failure subsequent to aluminium phosphide ingestion. The story behind this death is disheartening as the deceased was suffering from depression and was adamant to die.

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