

STUDY OF THE WRITINGS OF ADYNATUS LITERARY WRITERS

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Abstract

There will hardly be any living creature on earth that has not suffered from some disease. They cried and sought medical help. In the end, they are powerless to outwit death. Everybody encounters minor obstacles in life. However, when these minor problems combine to form a big problem, such as a mental disorder, in this case, the individual finds himself in a lot of difficulties and thinks that the only option left is to commit suicide. But, if a writer is afflicted with an illness or other issue, all he needs is a pen and paper to assuage his suffering and immortalize his words for all eternity. Nevertheless, he still suffers from his condition. Numerous problems entered his life. Even though no one can comprehend them, they hold onto hope no matter what. Some tried to live, and some committed suicide, but all they left was great work. In addition to outlining a condition's drawbacks, a writer may also discuss its positive aspects. They produced literary masterpieces, providing them with immortality with their fantastic touch. We have witnessed the early deaths of several of our literary figures, which was a loss to literature. This paper examines the writings of the Adynatus writers who suffered from some psychological disorders. Psychological stress can arise in any way and can grow to any extent. It can arise from physical deformity (where any person has negatively exaggerated their physical deformity to the maximum level) or it can be a combination of multiple anxiety disorders. Any writer's works reflect the impact of his life experiences, and this experience goes even deeper if a writer is suffering from a disease.

Keywords – Psychoanalysis, Sigmund Freud, Virginia Woolf, Herman Melville, Maladaptive daydreaming, Depression, Monomania, Schizophrenia, psychosis, Mrs Dalloway, Moby-Dick, Asperger Syndrome Disorder, Epilepsy, Fyodor Dostoevsky, Sylvia Plath.

People with physical or mental illnesses can experience alienation even though the world exists. Often, they create an imaginary world around themselves when they are lonely, which can help to reduce the pain. People who have passed away in the real world may also exist in such an imaginary world, or an individual may create some imaginary people. However, the reality is far away from their imagination. These imaginations are further divided into two categories: the "primary imagination," where one can experience fleeting pleasure, and the "extreme imagination," where everything comes true. They separate themselves from the group of individuals. These are the symptoms of maladaptive daydreaming. According to well-known Austrian psychologist, Sigmund Freud, daydreaming is "a tool to experience repressed desire and instinct that is not acceptable in our waking world" (Creative Writers and Day-Dreaming, Sigmund Freud, 1908). The death of Virginia Woolf's father and half-sister "Stella Duckworth" caused her to experience a nervous breakdown. In her novel "Mrs Dalloway", she created a self-shocked character named "Septimus Smith" who feels a hallucination that his friend "Evans" is alive after seeing another character in the novel, but eventually, he commits suicide. "For God's sake, do not come!" Septimus cried out. He could not look upon the dead. But the branches parted. A man in grey was actually walking toward them. (Mrs Dalloway, Virginia Woolf, 1925)". It was Peter Walsh, another character of the novel, but Septimus Smith felt a hallucination, which is the result of schizophrenia. Thus, it is more likely that modern writer Virginia Woolf also engaged in daydreaming. "Septimus Smith" was the unacknowledged character Virginia Woolf may have harboured inside her. In addition, Virginia Woolf, as a child, was molested by her half-brothers, which could be one of the causes behind her mental illness and that led her to commit suicide like "Septimus Smith." "Septimus Smith" was also suffering from psychosis, "A symptom of mental illness characterized by severe impairment in cognitive, affective, and social functioning. Features of psychosis include grossly impaired reality testing, hallucinations, delusions, paranoia, disorganized thinking, interpersonal and social difficulties, and a lack of awareness that the behaviour is unusual. (Psychosis, psychiatric literature, Karl Friedrich Canstatt)".

Virginia Woolf and Septimus Smith both committed suicide; the only distinction is that Virginia Woolf leapt into the River Ouse, whereas Septimus Smith jumped out of a window. On turning the pages of history, we find that there is a disease due to which most of the writers have reached the verge of attempting suicide, and the name of that mental illness is depression. Depression is such a disease that not only a poet but also every person who has been a victim of it is badly affected. "Depressive disorders are characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness, and poor concentration. Depression can be long lasting or recurrent, substantially impairing an individual's ability to function at work or school or cope with daily life. At its most severe, depression can lead to suicide." (Depression and Other Common Mental Disorders, World Health Organization.) Some writers like Herman Melville, Virginia Woolf, Mark Twain, Stephen King, Ernest Hemingway, Arthur Koestler, Francis Scott Fitzgerald, Cesare Pavese, Sylvia Plath, Emily Dickinson, and Joanne Rowling suffered from depression, and many of them attempted suicide. There is no single reason for any person to have depression. It happens for many reasons. A failure to meet expectations is one of the factors contributing to depression. It never happens that an intrinsically happy person becomes a victim of depression. American author Herman Melville experienced severe mental illness while penning his book "Moby Dick," which left him feeling isolated and depressed. He then created the character

"Captain Ahab," who experienced monomania, a form of insanity. "Monomania was a new disease concept characterized by the presence of an expansive fixed-idea in which the mind was diseased and deranged in some facets but otherwise normal in others. (French psychiatrist Jean-Étienne Dominique Esquirol, Monomania 1810)". "Herman Melville had inherited mental disorders. His father and brother died of manic conditions. Herman's son, Malcolm, murdered himself with a gun at the age of 18, and Herman's relative, Henry, was deemed legally insane (Dolman)". Herman Melville's character, Captain Ahab, had monomania. He wanted to take revenge against Moby-Dick or The Whale, and he was so obsessed with killing Moby-Dick that he did not even care about his crew members.

Another character, "Billy Budd" by Herman Melville, is suffering from "Asperger Syndrome Disorder." Billy Budd, a highly gorgeous and appealing man, has a speech problem and is occasionally unable to speak due to extreme emotions. His crew members were quite kind to him, but John Claggart, an intelligent man, accused Billy Budd of plotting a mutiny. Unable to defend himself, Billy Budd killed John Claggart.

Henrik Ibsen, the founder of realism and a Norwegian playwright, had a cerebrovascular illness. He suffered many strokes throughout his life before finally dying of "paralysis cordis." Aside from this, he worked at the Det Norske Theatre. Because the theatre was not a source of good earnings for him, Ibsen stopped writing for some years. As Henrik Ibsen Suffered with Strokes, in his play "Ghosts," Oswald experienced syphilis and inadvertently wed "Regina," his half-sister. He asked for "Morphia powders" but his mother denied giving it. "Mrs. Alving. I, who gave you your life, Oswald, I never asked you for life. And what kind of a life was it that you gave me? I don't want it! You shall take it back! (Henrik Ibsen, Ghosts, 1881)"

According to the play, when the doctor declared, "The sins of the fathers are punished upon the children, (Henrik Ibsen, Ghosts, 1881)" syphilis was a hereditary illness that may have been passed down to him from his father. When Oswald learned that he had syphilis, he started to experience what is known as "Nosophobia," or the dread of contracting any disease. In addition to this, Oswald's unknowingly marriage to his half-sister contributed to the mental illness. He said to his Mother, "Mother, it's my mind that has broken down—gone to pieces—I shall never be able to work anymore! Never to be able to work anymore! Never—never! A living death! Mother, can you imagine anything so horrible! (Henrik Ibsen, Ghosts, 1881)." Henrik Ibsen wrote to his friend "Everything that I have written is most minutely connected with what I have lived through, if not personally experienced ... for every man shares the responsibility and the guilt of the society to which he belongs. To live is to war with trolls in heart and soul. To write is to sit in judgment on oneself. (Modern European Drama, Henrik Ibsen, Ghosts(1881), Jeetumoni Basumatary)".

Any illness has a profound effect on a person's life. He progressively feels anxious even without any intention. In this situation, the person progressively grows irritated, and when it reaches a certain point, he might also commit a crime. Famous Russian Novelist Fyodor Mikhailovich Dostoevsky praised his disease who suffered from "ecstatic epilepsy". In his polyphonic novel "The Idiot" he wrote "What matter though it be only disease, an abnormal tension of the brain, if when I recall and analyze the moment, it seems to have been one of harmony and beauty in the highest degree--an instant of deepest sensation, overflowing with unbounded joy and rapture, ecstatic devotion, and completest life? (The Idiot, Fyodor Dostoevsky, 1869)". On the other hand, he also felt depression, Hallucinations. Fyodor Dostoevsky's character "Prince Lev Nikolaevich Myshkin", a character in the novel "The Idiot", also suffered from "Epilepsy" and after having treatment at a Swiss clinic in Switzerland, returned to Russia to make acquaintance with "Mr. Lizaveta Prokofyevna" and talk about business. The author relives his life through the Protagonist who was an innocent person and she is repeatedly called an idiot by a girl. At the end of the story we see that he found nothing but our protagonist is again returning to Switzerland for his treatment. Another character is "Nastasya Filippovna Barashkov", which the author has taken from his real life (from his beloved "Apollinaria Prokofyevna Suslova") left prince Myshkin alone and eloped with another character and the same way Fyodor Dostoevsky's beloved "Apollinaria Prokofyevna Suslova" married with "Vasily Rozanov". All his life Fyodor Dostoevsky was exhausted by his health, which affects his life, His first wife "Maria Isayeva" was very upset because of his epilepsy which causes a syndrome called "Geschwind Syndrome". "Geschwind Syndrome, a characteristic behavioral syndrome frequently described in patients affected by temporal lobe epilepsy, consists of the following features: hyper-religiosity, Hypergraphia, hyposexuality, and irritability (National Library of Medicine)". In his another Novel "The Brothers Karamazov", a character named "Smerdyakov" suffers from Epilepsy who finally committed suicide on the eve of the trial. Smerdyakov was the illegitimate son of "Fyodor Pavlovitch" but working as a servant in his home. After his first epilepsy attack, another character in the novel reveals his curiosity. "But they say one can't tell with epilepsy when a fit is coming. What makes you say you will have one to-morrow?" Ivan inquired, with a peculiar, irritable curiosity. (Dostoevsky, The Brothers Karamazov, 1880.)". With this approach, we discover that the impact of his illness is glaringly evident in Dostoevsky's novels.

Sylvia Plath, an American confessional poetess, suffered from depression. She made several suicide attempts throughout her whole life. She first attempted suicide when she was only twenty years old, after receiving a rejection from Harvard Summer School for a short story writing class taught by author Frank O'Connor. She had inherited her depression, which she later bequeathed to her son.

"Plath's mother, a sister and a niece were all depressives. Sylvia Plath's son, Nicholas Hughes, also committed suicide, implicating again the genetic connection and/or early trauma from losing his own mother and a subsequent mother figure (The Right Mind of Sylvia Plath: Magic, Myth and Metamorphosis, Carole Brooks-Platt, PhD)." In her autobiographical novel The Bell

Jar she wrote "My drink was wet and depressing. Each time I took another sip it tasted more and more like dead water. Around the middle of the glass there was painted a pink lasso with yellow polka dots. I drank to about an inch below the lasso and waited a bit, and when I went to take another sip, the drink was up to lasso-level again. (The Bell Jar, Victoria Lucas (Sylvia Plath), 1963)". At the age of seven, Plath lost her father, and a year later, she published her first poem in the Boston Herald. It implies that Sylvia Plath might have experienced internal loneliness, which could be the beginning of her depression. Later, the unsuccessful marriage disturbed her; her husband had an affair; and eventually, she committed suicide.

Conclusion

Therefore, we conclude that a person is profoundly affected by any ailment in his life. But when it comes to authors, we often discover descriptions of their illnesses in their writing, which significantly alters the way they write. Some illnesses make it impossible for us to interact socially, and this leads us to loneliness, where, after some time, other mental illnesses take place. An adynatus writer uses his characters to communicate his suffering and makes his stories very sensitive, Even though he can change the disease but he perfectly captures the pain he experienced.

Of all the rasas, sorrow is the only rasa that pours the writer's heart completely in his writing. From the pain, an imaginary world rises where a writer deals with his or her illness.

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