

Marital Discord resulting into severe consequences.

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Marriage is a huge commitment and when you decide to take the plunge, you usher in a new and happy chapter in your life. However, marriage can be a lot of work and you need to put in a lot of effort to make it last. Studies have shown that the divorce rates have increased by 54% in the last 10 years due to marital discord.

What are the causes of marital discord?

Not every marriage goes through the same problems; there are a lot of different reasons, which can cause a marriage to fall apart. Some of the probable causes for marital discord are:

- Expectations - Excessive and irrational expectations can put a lot of pressure on your marriage causing you to get irritated with each other and drift apart.
- Hectic work life - A frantic work life can keep you away from your partner for longer periods. It might be understandable initially but with time, it can cause cracks in your relationship.
- Physical intimacy - Physical intimacy and bond plays a huge part in making a marriage complete. An unsatisfactory sex life can take the happiness out of a marriage.
- Controlling nature - If you or your partner is very dominating or controlling, it can make the other person feel trapped in the marriage, which can ultimately lead to marital complications.

Ways to work through a successful marriage:

Despite all the problems plaguing your marriage, do not give up very easily. There are a few things you can do which might help your marriage:

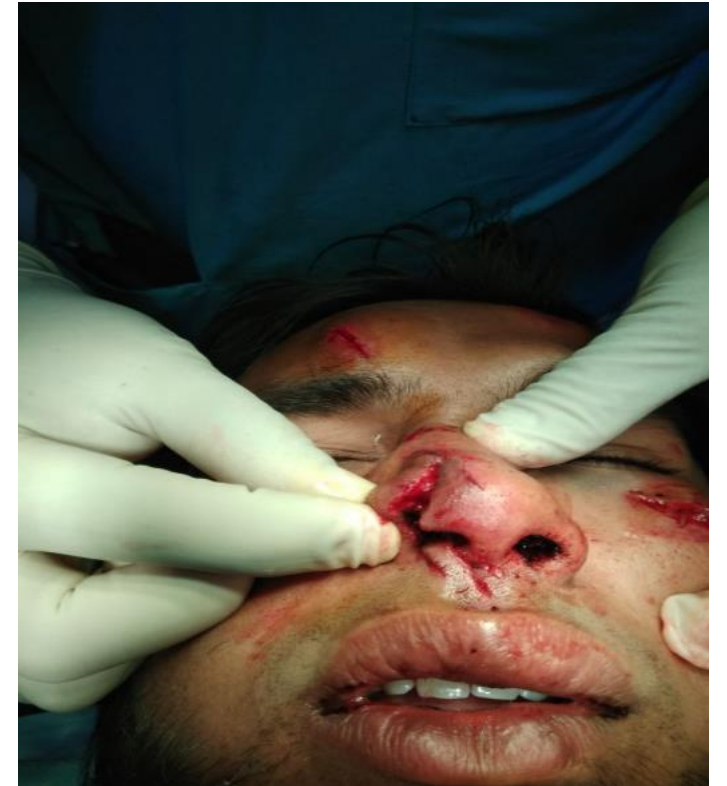
- Express yourself properly - Talk about your problems with each other without resorting to verbal and emotional abuse. Try to address everything in a constructive and understanding manner.
- Focus on the positives - Do not just focus on the negative aspects because that is not fair to your partner. Concentrate on the positive things also, work on them and move forward.
- Identify your own faults - It takes two people to make a marriage work and both of you should put in equal effort. Do not focus solely on your partner's shortcomings; focus on yours too. This will help you understand where you are going wrong and help you in understanding your partner better.

- Make compromises when needed - Occasional compromises and sacrifices are crucial for maintaining a solid marriage. Putting your partner and their needs first sometimes will make them appreciate you more. This will help you build your marriage into a happy one.
- Every marriage goes through difficulties but that does not mean that you will let go of that marriage and your partner. Work through your problems and you will have a stable and lifelong marriage.

Case 1

HOPI

23 yrs. Old male presented with H/O Quarrel with wife following which he consumed alcohol with friends & at midnight when he was piling on motorcycle at a very high speed he collided with electric pole and sustained multiple Facial and Head injuries.



He is working as a salesman in Private Company.

His marital life 3 months.

Past history – No H/O DM, HT, Asthma, CAD, Psycho -
Neuro illness.

He has got no addiction except occasional consumption of
alcohol, that too maximum 2 pegs.

Family History

He is the first born, having one younger sister 17 years old.

Father – 45 years old Grocery Merchant middle income group.

No H/O HT/DM/CAD/ Psychiatric illness education XII.

Mother – 42 years old Housewife.

No H/O HT/DM/CAD/ Psychiatric illness education IX.

Sister – 17 years old

No H/O HT/DM/CAD/ Psychiatric illness studying in XI.

Wife – 20 years old. Education B.A.

She was doing a job of receptionist in private company before her marriage which she left 3 months back after marriage.

She is from well to do family. Her father – Range Officer in Forest Department.

Mother - Housewife

Sibling – One younger brother 17 years old studying in XI class.

Relationship among all family members cordial at her father's family.

From the date of marriage wife was not having cordial relationship with her husband.

Whenever he asks for consummation she used to avoid by giving some excuses.

She was having the impression that she has been married to a person (& his family), who is not of her status – economically & socially, On this issue both of them used to quarrel every now & then.

O/E – Patient was in agony due to multiple facial and scalp wounds

SPO2 – 92%, Temp. – N, Pulse – 100/min., BP – 150/100mm.

Examination of Chest, Abdomen & Extremities – NAD

Multiple contused lacerated wounds and abrasions over face, nose and skull.

MENTAL STATUS EXAMINATION

Appearance	-	Normal except disfigurement due to injury
Behaviour	-	Normal
Attitude	-	Normal
Level of consciousness	-	Conscious
Orientation	-	Oriented
Speech & Language	-	Normal
Mood	-	Depressed
Affect	-	Stable
Thought process / Form	-	Normal

Thought content	-	Coherent
Suicidality and Homicidality	-	No
Attention Span	-	Normal
Insight & judgement	-	Normal
Memory	-	Normal
Intellectual Functioning	-	Normal

Right ala of nose was badly lacerated up to middle of the nose. Skin flap avulsed and there was a tear in the underlying cartilage.

CLW (1.5 x 0.5 x 1 cm.) over philtrum.

Abrasion with loss of epidermis, (2x1 cm) over nose 2 cm. below nasion.

CLW over left infra orbital region.

CLW (4 x 0.5 x bone deep) over vault of the scalp.

INVESTIGATIONS

Hb	: 12 Gm%
TLC	: 8600/cu. mm.
DLC	: P 70, L 30
Platelet	: 1.5 L /cu. mm.
Blood Glucose	: 110 mg.%
Serum Urea	: 30 mg.%
Serum Creatinine	: 1.2 mg.%

3-D CT Skull and Face

There is no fracture of skull or facial bones.

There is no focal parenchymal abnormality detected in the cerebral hemispheres.

The ventricles appear normal.

The brain stem and cerebellum appear normal.

Visualized paranasal sinuses and mastoids appear clear.

3-D CT Skull and Face



Management

All the nasal labial and facial wounds & scalp wounds repaired under LA + Sedation after thorough debridement.

The post- operative period was uneventful.

The patient was discharged on 3rd post- operative day.





15 days after injury



1 month after injury



15 days after injury

Complications

- 1. Septal Haematoma**
- 2. Nasal Obstruction**
- 3. Epistaxis**
- 4. CSF Leak**
- 5. Loss of sense of smell (anosmia)**

Discussion

Nasal injuries can result in damage to skin, bone, cartilage or any combination.

If the skin is cut this requires cleaning and then closing using either suture or self-adhesive strips.

Bony fractures of the nose account for nearly 50% of all facial fractures. Fracture to nasal bone cause a lot of swelling.

CT scan of skull and face helps in diagnosing fractures of nasal bone or any other associated injuries.

If the bone is deformed after the swelling is subsided (5- 7 days after injury) manipulation under anaesthesia can be done before 14 days after the injury and the patient made aware that deformity cannot be corrected completely. Any residual deformity even after manipulation may require more surgery 12 months or more after the injury.

Small fractures seal spontaneously with conservative management (95% within 2 weeks).

Marital Discord- A perspective



These are the times when the way to each other's heart is not through your stomach but through a pompous declaration of love on social media.

Love, now a day, is celebrated online where couples share on their timelines, a spectacular click against a scenic backdrop a la **Shahrukh - Kajol** with a racy score - **Khullam khulla PYAAR kareng hum dono**-playing in the background.



The world applauds and celebrates your love through countless likes and innumerable comments. Once the hype settles down and couple comes to terms with daily chores and as the online love fiction replaces offline discord friction, the love declaration track changes to - **Khullam khulla VAAR karenge hum dono**

Wife who comes to new home idolizing her father, her hero, keeps complaining.... You can never be as considerate and as loving as my father.

What perhaps both forget is that all mothers love their sons and all fathers love their daughters for the reason they are born through them and no one ever detests their own extensions. Moreover, comparing a wife with mother and a husband with father is as raw and as childish as comparing apples with orange.



A marriage is said to be union of souls but it turns out to be union of two mouldable commodities. You mould yourself to adjust, but in the process, you start behaving like a commodity which is mouldable, foldable and adjustable.

More you adapt, more you are accepted, more you are accepted, the more you have to adapt to be accepted still more. A classic case of - **Dil Maange More**.

Now, you can accept service and utility from a commodity but can never expect love and affection. No surprises, we have happy faces in society life but unhappy faces in private life.

Homes have turned into fancy lodges and an opulent restaurant where décor is classic but ground reality is pathetic.

Perhaps, couples fail to differentiate between feelings and facts. It is one thing to convey a fact but an entirely different thing to convey a feeling and most of the time, there is a strong disconnect of heart with speech.

Facts remains, truth needs no crutches and in marriages ability of a partner to sense truth is utterly amazing. They hear not through ears but through their eyes, through body languages and through voice inflection.

Sometimes your mouth is saying something but your pitch and tone is saying something else and both the partners are quite intuitive in realizing the abject mismatch in tone and facts.

That mismatch leads to confusion and that confusion leads to conflict.

On a lighter note, the way patience between couples is becoming a scares commodity, it shall not be surprising that twenty years from now, husband and wife living together shall be called -

A – Joint Family

**The reason why some
couples are heading
for a 'sleep divorce'**



THANK YOU