

“Case Scenarios” Related to Non-Suicidal Self-inflicted Injuries Encountered by the Forensic Pathologists and Related Aspects of Medical Sociology

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Non suicidal self-harm is a phenomenon mostly seen among adolescents. Among many methods cutting or scratching of the body parts are commoner. As JMOs (Judicial Medical Officers) the authors come across many old, healed self-inflicted scars in the daily practice though occasionally fresh self-inflicted injuries are also dealt with. The authors wish to discuss the concepts related to self-harm, as a concept paper in order to create a dialogue among the specialist in social sciences. The social media also plays a role at times in encouraging such practice in stressful situations. Authors believe that most individuals in our country have no proper idea about such practices and sometimes people tend to accept it as a benign process. Actually speaking it is a behavioural pattern seen when one is in an extreme anxiety or distress with no proper way of handling the situation. There are many healthy and effective ways in handling stressful or anxious situations but these people with the practice of self-harm tend to follow a more violent and incriminating pathway instead. Medically self-harm is not directly identified as a disease entity itself though it had not been identified as a normal phenomenon. Anyhow this medical condition should not be addressed in a medical point of view alone. The underlying cause for being such a character demands a sociological, cultural, situational and psychological explanations as well. Within the context of medical sociology the condition of self-harm should be studied in depth as it would definitely be helpful to reduce such occurrences through early recognition and through awareness programmes as well as holistically understand the person with such tell-tale marks-his vulnerability, suggestibility, other personality trends and characteristics.

Keywords: medial sociology; non-suicidal self-harm; social media; vulnerability