



# Indian Journal of Clinical Psychiatry

(Official publication of Indian psychiatric Society- UP branch)

*In this issue.....*

## EDITORIAL

When The Whole World was Witnessing COVID-Crisis...A New Chapter Began  
Vipul Singh, Sujit Kumar Kar

The Slippery Slope of Editing : Balanced Perspectives for Initiating a New Biomedical Journal  
Debanjan Banerjee, T. S. Sathyanarayana Rao

## PERSPECTIVE

A Private Psychiatric Specialty Hospital in Kanpur – Some Initial Experiences  
R. K. Mahendru

Mental Health in U.P. - Last Fifty Years  
A. K. Agarwal

A Kaleidoscopic View of Substance Use in Uttar Pradesh  
Pranob Kumar Dalal and Kopal Rohatgi

NGO's and Their Role in Mental Health Care in India  
Shashi Rai, Bandna Gupta

Suicide in Uttar Pradesh : An Overview  
Shivangini Singh and Teena Bansal

## REVIEW ARTICLE

COVID-19 Chaos and New Psychoactive Substances: New Threats and Implications  
Kumari Rina, Sujita Kumar Kar, Susanta Kumar Padhy

Mental Health Issues in Covid and Post Covid-19 Scenario: The Way Forward  
Tapas Kumar Aich, Amil H Khan, Prabhat Kumar Agrawal

Psychiatrists in The State of Uttar Pradesh: The Iconic Professionals  
S. C. Tiwari, Nisha Mani Pandey

Werther's Effect: A Brief Review  
Rakesh Yaduvanshi, Anurag Agrawal, Chinar Sharma

Immune-inflammatory Pathways in Somatoform-Disorders : A Theoretical Update  
Vikas Menon, Natarajan Varadharajan, Selvaraj Saravanan

## VIEW POINT

Attributes of Distress Among Healthcare Workers Infected with COVID-19

Sujita Kumar Kar, Akanksha Shankar, Sudhir Kumar Verma, Parul Verma, Rahul Kumar, Suyash Dwivedi, Anand Kumar Maurya and Rajnish Kumar

Choosing and Publishing A Research Project  
Yasodha Maheshi Rohanachandra, Raviteja Innamuri, Amit Singh, Anoop. G, Guru S Gowda, Harita Mathur, Jayant Mahadevan, Lochana Samarasinghe, Naga V S S Gorthi, Pratikchya Tulachan, Rajesh Shrestha, Rajitha Dinushini Marcellin, Samindi T. Samarawickrama, Shanali Iresha Mallawaarachchi and Shreeram Upadhyaya, Shreeram Upadhyay and Sharad Philip

## ORIGINAL ARTICLE

Sexual Openness and Sexual Dysfunction in Indian Women: A Qualitative Approach  
Jyoti Mishra, Nitin Gupta and Shobit Garg

## CASE REPORT

Cannabis Induced Psychotic Disorder in Cannabis With-drawal During COVID-19 Lockdown : A Case Report  
Dhana Ratna Shakya, Sandesh Raj Upadhaya

COVID-19 : Depression & Psychogenic Erectile Dysfunction  
Raghav Gupta, Pranahith Reddy and Kishore M.

Art & Mental health : Perspectives of The Mind  
Pawan Kumar Gupta and Aditya Agarwal

## ABSTRACTS



## Art & Mental health : Perspectives of The Mind

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From a tiny insect crawling through the centre of the image to a humongous bat flapping its wings right through the art, it is our fickle minds that make sense out of what objectively is nothing but colours spread over paper. Made famous by Hermann Rorschach by using it for psychoanalysis, klecksography is the art of creating images out of random inkblots by merely folding the piece of paper[1,2]. The artwork (shown above) uses the same technique, but instead of monochrome, multiple contrasting colours have been used to create a vivid, dream like image. It may just be plain colours for someone, and for someone else, it may be an abstract work of art that takes her to a place of bewilderment, making her ponder over the deeper meaning of life. Forests, venation of leaves, lakes, angel wings, a human in a yoga pose, peacock, caves, seashell, multiple objects, and creatures become visible as our minds put into use its tendency to find meaningful patterns everywhere. As Klaus Conrad termed it, Apophenia is a unique trait in humans that has evolutionarily helped us survive by recognizing danger patterns early on[3]. More interestingly, for an observer of human behaviour like us psychiatrists, this provides a perspective of an individual's hidden self. Almost like a window opening up to an astonishing view of the mind. A view filled with subtle traits of personality, clues into past experiences, and particulars of behaviour. This is where

a psychiatrist's scientific, structured mind and a free-flowing, fantasizing imagination of an artist come together. A combination that is unusual to see in our very restricted lives, but its amalgamation is what makes us palpate the humanness within us. Art, in all its forms, has played multiple roles throughout human history. A treat to the eyes of the spectator it is. A key to unlock hidden emotions for the painter. For a stressed mind, a therapeutic session for the relief it is. With their different viewpoints, art and psychiatry may although seem a bit far off. It is in paintings like the one shown above; one can notice the point of their submergence. A holy dip into this sea of abstraction can wash away and clean our minds to reveal the real soul of ours.

## REFERENCES

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