As a part of the Qualitative method data collection case study method was used to explain the problems of people living with chronic conditions. Two peculiar cases are presented here, which the researcher came across during the data collection. It shows the intensity of the problem of people living with chronic disease. One case is from the Urban PHC and another from the CHC. A case study is an intensive study of a specific individual or specific context. The researcher intends to showcase the individual cases in order to better explain the social problems faced by the diseased.
**Case 1**

“Life has become more difficult, with diabetes and hypertension; I have no support and place to live, left alone by my children”. This was the statement made by Mrs. Indra, 67 years old female, she is a widow. She is a know case of diabetes with hypertension for about 12 years. Initially she took treatment with private doctors when she was with her family. For the last 4 years she is taking treatment at the Muthialpet PHC. It is a PHC in urban area, she also lives very near to it. She has three sons and two daughters. She has been deserted by her children. But now there is no one to take care of her. She lives alone in one of her distant relative’s house where she does the household activities. They provide some space for staying and food. Her children are in good position and leading a wealthy life. But they left their mother alone because their spouse doesn’t want to keep her with them. She felt very much depressed, and worried. She doesn’t want to live in this world. She was about to cry when she was say this. By doing household activities in her relative’s house she earns some money which is not at all enough for her expenditure. Because they provide her food two times a day and she has to take care of her one meal. She cannot follow strict diet control because whatever food available she has to take otherwise she has to be without food. Because of medication she has to take some food which is available with the less amount of money she has to manage with her expenses. She has not met her children years together. She is very much distressed because she has been all for her children, she had put in lot of hard work to bring them to good position. After her husband death it so happened that everything went out of control and slowly she lost her fame in the family and the family got divided and she was refused by her children. It so happened that she was sent out of the
family due to some quarrel with one of her daughter-in-law. The son made her to stay in a relative house because other children also decided not to keep her with them. Initially it was a temporary arrangement and he promised her to take her back home after sometime. But no one came for her rescue and then she recognized that she was isolated by her children. Now there is no support for her.

She is now living with the problems of family life which are more social, which cannot be solved unless her children agree to take her back and the medical problems of her disease, also complicates the life style. She has severe body pain and it very hard to walk. It is very difficult for her to reach the PHC by walk once in 15 days to get the medicine. She has no house; she stays in the place where she works. She has no belongings or possessions. There is no one to take care of her when she is ill or some problem arises.

The important thing for a person in old age is the social support he/she receives from the family, it will make them feel secure and bring them out of sufferings. Otherwise they make them feel lonely and no one to take care of them. The feeling of isolation itself makes them to die in agony. This is happening in case of Indra she is left alone without any social support. If she is not having anyone to support, then she will not worry. She has children who can support her, it make her more miserable. It is very difficult for her to share her feelings with other because there is no one to share with. She is alone, no one bothers for her. No one will listen to her. Even though, she lives in a society where there are lot of people, she feels
like a single person living in a jungle. That much feeling of loneliness is there in her mind.

This case tries to bring out the lack of support system of an old woman who has led a very good life before some years. This situation arises in Indian society due to the fact that India’s economy is in transition of agrarian to and industrial capitalist one. As in most such global contexts, agrarian value systems of filial pitey and large family size with obedience to god and parents are challenged and broken down and replaced with those of industrial capitalism such as social fragmentation, and individual-based orientation (Robbins 2006 [Richard Robbins Global problems and The Culture of Capitalism]). Communal values are replaced with those of greedy individual based over-consumption (Robbins 2006). Lack of social control in the communities in urban life. People do not bother about others and lead a selfish life. Individualistic perspective way of life causes these problems. . The family should exercise control over the children and teach them the basic morals in the society. Indra’s case study is very typical for people of her age and gender in an economy that is transitioning from agrarian to industrial capitalist one.

There is a hidden cause for isolating her from the household. It is because of the increasing cost for treatment of the disease. Her children are treating her as a burden and they don’t want to spend any money for her. Now she is taking treatment at PHC. It is evident from the above illustration that when an old member of the household falls sick and begin to depend upon other family members for their needs, in most cases they are treated as a burden to the family. This view is
expressed on the basis of the case history and irresponsible behaviour of the children. Some time it so happens that children will make them go out of home voluntarily. In this case a different method was adopted by the children to isolate their mother. There is no guarantee whether she will be back to her children home are die alone in pain.
Case 2

“We are born in this world, to live our lives; we should not be a burden to others” this was the statement said when asked about her by Mrs. Kowsalya, 65 years old female from a rural settlement. She is illiterate and a diabetes patient for more than 10 years. She is taking regular treatment at Karikalampakkam CHC. She is living with her husband in a nuclear family. Now her family has only two members; herself and her husband. She has six children and three males and three females. All of them are married. Her husband is a barber. He had a saloon and from that income she was maintaining the family and all the children were brought up. After they grew up they were married and one by one left the family. Not only females but also male children, they don’t want to be as one family, they had their own shop and one by one went out, left the parents alone. Now she is living in a small hut near the house of her younger son. He is also a barber and has a saloon and leading a better life. In her case the sons want to support their parents but their wives are not allowing them to do so.

She narrated an incident which happened very recently at her home. There is no water facility in their home so they have to fetch water from the nearby public pipe for daily use. Being old she found it very difficult to bring water from out. But there is no other alternative she was doing it for many years. Recently her younger son who is living beside her home installed a water connection and water was brought into the premises of the house. He gave a pipe connection to his parent’s house also from the main connection. Immediately after seeing this, his wife became violent and started quarrelling with him. The daughter-in-law went up to
the extent of threatening her husband that she will commit suicide if he is not removing the connection. It broke out to be a heavy quarrel when the son refused to do it. Then she went to her son and told to remove the water pipe connection, because she doesn’t want her son life to be spoiled for a simple reason. Then after removing the connection only the problem was solved. From that time onwards she told her sons that please don’t try to support me without your wife’s knowledge.

Her husband is 75 years old, still he is continuing to work as a barber, but no longer has his own shop. His earnings are their main source of income which is supplemented by the Old Age Pension.(can you quantify their average household income?). With a small hut, the old woman cooks for her husband and herself. She used to visit the CHC every 15 days for getting tablets for herself and her husband. He has both diabetes and hypertension. Both are helping each other and living together without depending upon their children. She said that sometime her sons and used to give money to her for expenses. She has many grandsons and granddaughters. They also used to visit her and support her in some means. Even though she is not satisfied with her life, because she wanted to live together with all her sons, which is not at all possible.

From this case it is evident that old parents are left to live alone at the end of their life without the social support of their children. In our society the system was very good to support the old aged. But nowadays the change in value system has lead to this kind of problem. Elderly people are often left to manage their chronic disease issues such as frequent head ache and body pain all alone. These people also have significant problems in moving around and it is quite difficult for her to walk
and coming to CHC itself. She takes normal diet (what is this? You cannt just say normal with out explaining what it consists of and follows diet control very strictly. Because of age factor they could eat very little only (this is a claim…some old people continue to eat quite a lot…maybe they eat little because that is all they can afford??. Rarely they take non-vegetarian food maybe they cant afford it? .She noted that her when her sons and daughter visit her, they provide fruits to her and other than that she and her husband cannot afford to purchase fruit. They have the habit of consuming more vegetables and greens which should be a ideal diet for both diabtes and hypertension. Exercise is not possible at this age. Both husband and wife used to walk a lot. Apart from isolation these old parents do not have any other problem.