

Invaluable, Buried in the Heart

S.S. Iyengar



1955 – 2022

Forever Remembered...

Despite all the information floating around liver problems continue to be brushed under carpets in society as we struggle to make sense of it also. My wife, Mrs. Manorama Iyengar saw a hopelessness and darkness in her life when she was going through this pain starting from June 2021 till April 2022, which I was not able to completely comprehend. She screamed and she was scared and cried for help. She did not know what to do and she was in very bad pain repeatedly. This is the complexity of this disease and is parallel to Cancer problems.

The purpose of writing this article is to highlight the following:

To enlighten the world at large about the complications of liver disease. I Am into it and there is a lot to convey the intricacies about liver complication in one's life and the care that is required to be taken and that is being aware to most of the people across the world at present, especially the financially deprived people.

Introduction

Liver disease is the tenth most common cause of death in India as per the World Health Organization. In USA it is the 14th most common disease-causing death. 10 lakh patients in India are affected with liver disease. Cirrhosis is associated with other complications such as ascites (fluid build-up in the abdominal cavity), hepatic encephalopathy, chances of variceal bleeding and other infections. Acting against and controlling all these symptoms can mean a lot of cost expenditure for the patient. 75 per cent of the patients may not be able to afford this. Once these complications begin, the maximum a patient can survive without a liver transplant is 2 to 3 years.

On Tuesday at 6:00 PM, 19th a fateful day in April 2022, I heard from the Doctor Rela, the shattering news which dismembered me emotionally. The doctor advised that transplant of Liver may not work as she is unconscious and serious for the last 6 days because of brain haemorrhage and not responding to the doctors at ICU in Rela Hospital. We moved her back to Bangalore in the morning of 20th April, 2022 and joined her to the ICU section of Apollo Hospital, Seshadripuram. The Doctors were not able to help to sustain her life for a few more days as my children were supposed to join me from USA. My wife, Mrs Manorama Iyengar, salt of my earth was no more and was declared dead early morning at 2:30AM on 21st April, 2022. The interesting observation here was that her Death Star (Moola Nakshathra) synchronised with my Birth Star (Moola Nakshathra). According to astrologers, this is a very rare phenomenon that happens once in a Million years.

Years of physical and emotional turmoil ended and home we brought the warrior dead. Manorama was a warrior for sailing the boats of life in stormy winds. The struggle for 'living' existence in India had ended and struggle for 'living' for computing society has just started in Mississippi when Dr. S S Iyengar married Manorama fifty years back. The mirage of life of both sides (existential and computational) was beginning to unfold for Dr. S. S. Iyengar in 1978-80. The almost annual visits to India were full of struggle as Dr. S. S. Iyengar had to wade through comments from Indian Society that he is performing less on his duties to his family where he is born. The Indian culture ethics imparts attitudes of sharing of wealth, caring of elders, taking care of younger siblings of his parents (brothers and sisters starting from their food, education, and marriages. All his saved earnings from USA were being spent for welfare of his family members at Bangalore India. This is all in spite of the fact that he is not the eldest son of his parents. One of his elder brother had died in a car accident right at the time when he is performing his religious / social duties of cleaning temple pond (Kalyani) at his presiding deity Laxminarasihma temple in Marenahalli. Manorama was there all the time guiding him , solacing him and putting him into action in the right direction where he can fulfil both sides social and cultural requirements. She was adept in handling the matters , before they go to worse in any group talks at family house in Bangalore. Dr. S. S. Iyengar was kept

cool by her love and affection and made him ready to face the immense intelligent struggle in getting millions of dollar projects for his school of computing in Louisiana. Her son did fantastically well in Louisiana in 2022 in promoting government schemes so well, only to receive appreciation award from USA president Biden after reports of his works (second son Vineeth) got published in New York. Alas Manorama was not there to see her beloved son's achievements in Louisiana USA where they lived for thirty long years.

It was during 1974, I saw my Manorama first. That was only for a second. She was a very beautiful young 18-year-old girl. She used to stay with her brother Rama Iyengar Road in VV Pura. All went without any fuss and the marriage took place on August 30th, 1974.

Then soon after marriage, I came to my University in Mississippi, United States of America. I was a faculty teaching and doing research in computer science. But, my journey from Hemmige village on the banks of river Cauvery to the United States of America was not a bed of roses. It was probably the most toughest journey anyone with a humble background like me could have traversed. I climbed up the career ladder and counted amongst the best in the field. In the meantime, Manorama, whose presence was like air, only absence mattered, held the family together in all its most turbulent days. Manorama groomed me and lives of my sons. Who now have a strong hold in their respective fields, almost anticipating a bigger recognition Prize. Two of our sons, Dr. Puneeth Iyengar and Dr. Vijeth Iyengar are into medical/health field. Further, I went around the world lecturing on my speciality, receiving awards, medals and taking patents and life was like a Niagara falls its full form. My work got world recognition during the last 50 years.

Early stages of liver complications

Our mission in our life is to enlighten public at large about the complications of liver. Am into it and there is a lot to write about liver complication and the care that is required to be taken and not existing at present.

It was in the year 1992, during annual health check-up that we came to know about Manorama's medical complication, fatty liver. The next ten years were spent event less with regard to her liver disorder. Later, it manifested into cirrhosis of liver. We never knew that in some people, a fatty liver, a most common diagnosis among the population could manifest into what could be life threatening cirrhosis. Unfortunately destiny chose her. Manorama was so beautiful and elegant in her behaviour with Dr. S. S. Iyengar as well as in Western and Eastern Society, their points of discussion at times, that Dr. S. S. Iyengar forgot about the illness or belittled it in front of her charming walks in life along with him. They went to all places of high 'computational' value where the seminars/ conferences / workshops around the world adored Dr. S. S. Iyengar with Key Note speeches, Program Chairs, Curriculum Evaluation /revisions across many countries. Germany, Saudi Arabia, China, Israel, Bangkok, London, and almost most metropolis cities in India wherein Dr. S. S. Iyengar had to groom younger generation to take up "higher computations". The journey from 1992-2020 saw many things in Dr. S. S. Iyengar's life.

Handling complex situations in turbulent times

Puneeth Iyengar his first son got married in India. The role Manorama played in such complex situations like Dr. S. S. Iyengar's father Sunderraj died no sooner than Puneeth was tying a wedding knot. The family underwent a turmoil. One of his sisters young daughter died in a car accident. Veneeth, second son of Dr. S. S. Iyengar, got married to a Philippine girl in India. Dr. S. S. Iyengar's mother died. Dr. S. S. Iyengar was highly emotionally attached to his parental side. All these

happenings took him in a turbulent waves of mind. Manorama used to tell the realities of life and bring back Dr. S. S. Iyengar to his 'computational world'.

The cirrhosis and liver complications never mattered much for Manorama as she knew the Lion of Computation (Dr. S. S. Iyengar) is making inroads into Quantum Computational field. It is actually Manorama who used to give him comforts amidst all her insurmountable / unexplained pains of health complications, at times of his breaks in thinking, that made Dr. S. S. Iyengar enter into deeper world of Quantum Computing and he is still busy in that. The temples of quantum computing are ringing bells in Dr. S. S. Iyengar and finding solace in them now, in the absence of Manorama. Manorama was live with Dr. S. S. Iyengar when he was adored with Pravasi Samman Award in London and also at Times of India award for eminent researcher at Mumbai. She will be no more with him in future awards of Dr. S. S. Iyengar.

Implications of Cirrhosis

Right now, the major causes of liver cirrhosis are Hepatitis B and C, alcohol abuse and non-alcoholic fatty liver disease in the ratio 3:4:3 in India. Manorama had been diagnosed as non-alcoholic fatty liver in 1992 itself. But no awareness that fatty liver leads to many complications including cirrhosis and HCC (hepatocellular carcinoma). Manorama had **cirrhosis** for the last two years. In India, the age for alcoholic liver disease is coming down and it mostly occurs between the ages of 30 and 40. Whereas, in the West, the average age for the disease has gone up to 45 to 55 years. This is against the popular notion that alcoholism at an early age is more prevalent in the West. Instead, in India, the average age when people start drinking has come down to 16. Is liver disease the next major lifestyle disease of India after diabetes and BP?

Immediately after knowing the seriousness of her ailment, best medical help was availed to her in **2020**. But, the situation was already slipped out of our hands. I lost the lady who created world for me, following a dreadful liver ailment, Am completely in agony, despair and unimaginable emptiness. Standing amidst this sorrow, a question haunts, where things went wrong? We were with the best hands on earth which money can get. Two of our own off springs were in the medical field and were best in their skills. *But...*

I have broken down on many occasions during the last months of March and April, 2022. With regard to her question about what is going to happen to her. She used to ask, "What is the puzzle that we are missing?" Did she knew when she looked at me gazingly, that her life is coming to an end, when I was bathing her in a hired apartment on April 11th, 2022 at Chennai near Raila hospital?. What piece of the puzzle are we missing? And she asked me this question, tears would not stop all night. We shared whatever we could, whenever we came to know of their limitations of money or mid-course corrections for studies of the children - of all our relatives and of course did our duties, we thought, and now god is departing us, me and Manorama! Justice denied I think. Liver for transplant could not be arranged in time. This is in spite of umpteen efforts by doctors, friends and relatives, who live in Chennai, Bangalore, Hyderabad metropolis of India to look for donors of livers. India has large populace in all its metropolis. Manorama used to feed hundreds of people in her farm as well as Punarjanma house in Sadashivanagar Bangalore. On holy festival times, family rituals and yearly festivals of lord Venugopalaswamy at Soladevanahally farm including village populace, Manorama's prasad (meal items) giving - done for years; but no liver donors could be found. Are we aliens in this mother land India, Dr. S. S. Iyengar felt. Is God sleeping? Or as Prof. RL Kashyap my mentor in USA (who lives in India told me) soothed me by telling that some stars have short spans of life and vanish early. I am born in Mula Nakshatra (star) and she died in Mula Nakshatra (star) so, she is my

life partner after this life also. These birth and death nakshatra's are based on our time of birth in Hindu Jyothisha (Astrology based on astronomical phenomena influences) and decide on rebirth and relations of life later.

The next few weeks, I spent desperately trying to convince doctors/coordinators that she needs a transplant as early as possible. I explained to Dr. Rela, the world renowned hand in the matter, that for me, this is a tall order that she needs a new liver as early as possible. Finally it did not happen and again we are trapped in darkness not knowing where to move forwards.

"One year in my life, I wanted to celebrate festivals in my life, kids' birthday, my birthday, mother's day, not even once it happened, what kind of life I'm living" was her worst worry and I don't know why it did not happen. The only reason I can sight to it now is we never thought the ailment was life threatening.

A light that darkened

There was light in her face, when there was a possibility of taking a part of our son's liver and transplanting it. She was overjoyed about the very thought of it. Unfortunately, for some medical reasons this could not be done and it deposed her to utter agony.

Trapped in Darkness

Medications are playing havoc on her mind. She started to feel anger on all things. She would cry over everything. Wake up in the middle of the night and start writing some emails to all of us.

Our family boat stayed afloat in choppy waters all these days. At the end I felt that I'm loosing energy to deal with anything.

I never had before seen a liver disease up close and this is too personal. It is not something big until it hits close to your family.

I failed to recognise symptoms at an early stage.

I have seen liver failure causing pain in dark days, disturbed nights, feeling numb in emotions and no sleep all the night.

Comments on her death: "Mrs. MANORAMA IYENGAR, 67 years old female patient, known case of Decompensated chronic liver disease with Portal Hypertension with oesophageal varices and upper GI bleed, AKI, Right Parietooccipital bleed, Seizure disorder, bronchial asthma, Type 2 Diabetes Mellitus shifted here for supportive care. On arrival she was drowsy having poor GCS, hypotensive requiring vasopressor support and having large volume GI bleed. In view of possible variceal hemorrhage gastroenterologist opinion sought. After informed consent, patient underwent upper GI endoscopy which revealed esophageal varices with active bleed and EVL was done. Patient was transfused with 4 units of PRBC. She was in coagulopathy with high apt and IN values, FFP and RDP was transfused. Patient remained to be drowsy, hypotensive on very high vasopressor supports. Grave prognosis was explained in detail to the patient's attenders. On 21/04/2022 at 2AM, patient's condition further deteriorated, she had cardiac arrest, CPR was started as per ACLS protocol. Despite all our best resuscitative efforts, she could not be revived and was declared dead on 21/04/2022 at 02:30AM'.

When I was dreaming about tomorrow and wondering if there is meaning in living further in life, the shattering news came in. Manorama expired for the world on April 21 2022. But she lives in me for ever.

All force in me , impetus in me, and collaborative works of man and woman (Dr. S. S. Iyengar and Manorama) to live a highly esteemed life of research in a discipline called computing with ethics seems to have taken a back seat for some time now. Who can undermine God's computational design in Dr. Iyengar's life. Can god revive my research life be it in India or abroad so that I can contribute to society like earlier times (with Manorama) ?. The Vaikunta Samaradhane was carried out on June 3rd, 2022 where in all my relatives and friends are visitors for Manorama's last prasad offerings . All of them , I don't want to leave anybody thank them for trying to solace me, my loss in life . Manorama was here all these fifty five years in my heart recesses and how can solace expel it away?

Liver transplant is not only expensive but also unsystematic in rural hospitals and even in few urban areas. It has been found that There is no organised way of inventorying , collection, repository and transplant operations. Although there are a few hospitals that are very good comparable to hospitals in USA and other places. Added to this discomfort of non-organised attempts in rural places. The confusion prevailed till the end for getting liver for Manorama, be it living person or cadaver (brain dead persons liver part). In India 97 percent of liver transplants are from living persons part of liver than cadaver. Yet there are no organised networks to educate and make people donate / or sell voluntarily for the needy and affordable patients.

Following the Hindu Rituals:

On May 17th, 2022, as per Hindu rituals, we went to Varanasi by an early morning flight and reached there at 8:30 AM, I was accompanied by 2 priests and Swami. From 10:00Am till 1:00PM we performed the pooja and left some portion of her holy remains (ashes) into the Ganga River.

On May 18th, we rented a taxi and drove 5 hours to Buddha Gaya where we performed the last rites again. This is a very beautiful place with a lot of history about Goutham Buddha. In the evening, we came back to Varanasi, at 8:00PM.

On May 19th, we went to Allahabad, where the 3 rivers namely Ganga, Sarasvathi and Yamuna unite and this is called *Triveni Sangama*, This is another beautiful Place. We immersed all the remaining holy remains (ashes) in this holy place, then we came back at 6:00 PM and we flew back to Bangalore.

For more details and visual display. Please refer

<https://www.youtube.com/watch?v=eVdmloYcQn4&t=38s>

Final Thoughts

In the early stages of liver disease, there are a few good diet treatments, but the efficacy of that needs to be improved. There is also a hope in the future there will be better treatment and diagnostics process for Liver cirrhosis.

One path in this regard is to look at large amount of experimental data that are available in many hospitals worldwide. The best treatment is contacting the doctor early in the process and monitoring very carefully. Please contact your personal doctors.

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