



Original Article

Broken bonds: A study of addiction, sexuality and traumatized aging in 'A Mirror Made of Rain'

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Abstract

This paper examines the multi-layered depiction of trauma and its intergenerational transmission in the novel 'A Mirror Made of Rain' by Naheed Phiroze Patel through the character of Asha, an alcoholic mother whose unresolved traumas and addiction lead to her tumultuous relationship with her daughter Noomi. This study explores the ways through which identities, gender roles, and intergenerational relationships are shaped by addiction. The paper delves into the mechanisms through which trauma is not only inherited but re-enacted in complex familial bonds by studying Asha's psychological condition and the repercussions of maternal trauma passed down from her own mother. It delves deeper into the relationship between gender and addiction, highlighting the particular difficulties experienced by Indian women who battle substance misuse as well as the stigma associated with female addicts. Through the character of Asha, the novel presents a complex depiction of sexuality, particularly how trauma disrupts sexual agency and distorts the mother-daughter relationship. This paper contends that Asha's ageing process, which is characterised by physical and mental deterioration, is a heartbreaking tale of self-destruction and wounded motherhood, reflecting the cumulative impacts of addiction and unresolved trauma. By taking recourse to a multidisciplinary approach that integrates insights from psychology, gender studies, and

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trauma theory, this paper aims to expand the understanding of how addiction and trauma intermingle with gendered experiences and how these elements contribute to a cycle of fractured familial bonds in 'A Mirror Made of Rain'.

Introduction

'A Mirror Made of Rain' by Naheed Phiroze Patel explores the complexities of trauma, addiction, and sexuality via the prism of a broken family. The lives of Asha and her daughter Noomi are

examined in this book, which illustrates how addiction and unresolved trauma can run through families and create a vicious cycle of suffering and estrangement. Asha's battles with alcoholism and her turbulent connection with her mother are not isolated incidents; they are reflected in her relationships with Noomi, who both becomes a victim and a witness to this intergenerational cycle. This study explores the social and psychological

and daughter. It provides her with an escape from the oppressive reality of her existence, where she is often questioned about who she is.

The way that Asha and her daughter Noomi interact is essential to comprehending the generational transmission of trauma. Noomi was exposed to Asha's unpredictable behaviour as a youngster, which made her feel unstable and afraid.