Madness in the Long Durée: Azad Kashmir, Psychiatry and Quranic Cures

This ethnographic project is interested in interrogating the work of psychiatry and Islamic healing within Azad Kashmir – the part of Kashmir under Pakistan’s control. Based on my fieldwork from summer 2018, I take 2005 as my starting point, the moment when the landscape of Azad Kashmir transformed – geographically and politically – due to an earthquake which multiply displaced those uprooted through the previous decades of interstate wars. Post-2005, Azad Kashmir saw an influx of international interest in the form of humanitarian funding and human rights workers – all efforts that became imbricated in a disaster management-healthcare network. My project thus seeks to illuminate how dislocations produced by previous interstate wars, as well as the re-displacement produced by the earthquake, are resolved through a focus on psychiatric care, all in efforts routed through the Pakistani military. Further, I intend to trace the ways in which the rise of new discourses about mental health in the region are being mutually engaged and transformed by local Islamic notions of healing, suffering and resistance.

In order to trace the work of military psychiatry in this post-2005 political landscape, I will return to the psychiatric hospital in the city of Rawalakot that I began work at last summer. Additionally, before I left, I established further connections in the psychiatric hospital in Muzaffarabad and several smaller towns along the border. In my proposed work for the summer of 2019, I will continue my conversations with psychiatrists, Islamic healers, patients, nongovernmental care providers, people housed in refugee camps, as well as freedom fighters – to continue to investigate how the state and psychiatry mold each other.

Hence, my ethnographic study in Azad Kashmir proposes to explicate the ways in which the Pakistani state makes itself through psychiatry in Azad Kashmir and how Azad Kashmiri psychiatrists as well as Islamic healers in the region navigate this complex attachment with Pakistan, thereby revisiting the “unfinished business” of the Partition of 1947 that continues to haunt both Azad Kashmir and Pakistan, situating the current management of madness within the long durée of madness of the earlier moment of decolonization.