

# Study of Rubric Anger from Synthesis Repertory and Proving Its Efficacy in Homoeopathic Treatment

Dr Neha Kalra

B. H. M. S., Post Graduate Scholar, Department of Repertory, Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana, Affiliated to Guru Ravidas Ayurved University, Punjab, India  
nehakalrabhalla[at]gmail.com

**Abstract:** Diseases caused by emotional disturbances are on the rise these days. Many such disturbed emotions are fast paving their way into our life, altering our nature and behavioural responses, and thus indirectly impacting our health and immune system. One such most basic, disputed and misunderstood emotion is, ANGER. Anger is a natural feeling, but when it interferes with our ability to live a normal life, causing diseases, intervention (whether medical or psychological) becomes necessary in order to live a healthy life both mentally and physically. This research is mostly focused on anger issues and its impact on health. As this was an exploratory study, it included an exploration of different aspects and several facets of anger. Considering all the parameters out of 50 cases 22% showed marked improvement, 40% moderate improvement, 30% mild improvement, 4% showed no improvement and 4% got worse. So, from above study it concluded that 92% of the cases responded well to the indicated Homoeopathic remedy.

**Keywords:** Anger, Rubric, Synthesis Repertory, Emotion, Mental health, Homoeopathy, dynamic

## 1. Introduction

Anger is one of the fundamental human emotions, as elementary as happiness, sadness, anxiety. These emotions are hitched to basic survival and were stropped over the evolution of human history.

World Health Organization (WHO) described Health as “a state of complete physical, mental and social well - being and not merely the absence of disease or infirmity<sup>[1]</sup>. ”As the health status of the world is continuously changing, progressing and advancing, "mental health" is becoming increasingly important as one of the most visible disturbances, resulting in a slew of new difficulties.

As rightly quoted by ARISTOTLE

*“Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way... that is not easy.*  
~ ARISTOTLE

It's an acquired behaviour how someone expresses their anger. The majority of anger - related outcomes are caused by poor expression of anger, and the importance of appropriately expressing anger is still contested. One of the most fundamental things to understand about anger is that it is a natural emotion that will arise or be experienced. As a result, feeling angry is something that should never be overlooked. To experience anger, which is a natural emotion, without damaging himself or the environment, an individual must first acknowledge and understand his or her anger, and then express it in a good way.

Anger is a natural feeling, but when it interferes with our ability to live a normal life, causing diseases, intervention (whether medical or psychological) becomes necessary in order to live a healthy life both mentally and physically.

This research study mostly focused on anger issues and its impact on health.

For the conduction of this study my choice of Repertory is Synthesis Repertory as it has extensive and well elaborated MIND section therefore fulfilling my requirement of case studies.

There is a great scope in Homoeopathy for treating anger issues and its related health problems due to it or along with it. Allopathic treatment not specifically target anger within the body, but they do have calming effect that can support control of rage and negative emotion.

Homeopathy suggests that illness, or disease, is internal imbalance which first presents itself at our most fundamental levels. Illness, according to homeopathy, denotes an underlying imbalance, one that shows itself as symptoms. Anger is more than just emotion, a normal human attribute, as long as it does not go out of hand or become destructive. Homoeopathic medicine works on a dynamic plane going to the deeper levels of the brain to modify anger temperaments. It helps to balance the mood and negative thoughts that leads to anger.

## 2. Materials & Methodology

The study has been conducted on the patients who attended OPD, IPD, and peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana.

### Inclusion Criteria

All the cases of different diseases in which anger symptom was present directly or indirectly was considered. Any age group of both sexes

**Exclusion Criteria**

Patients with advance pathologies and who were non - cooperative and don't want to continue treatment. Cases with complications and other deep pathological changes.

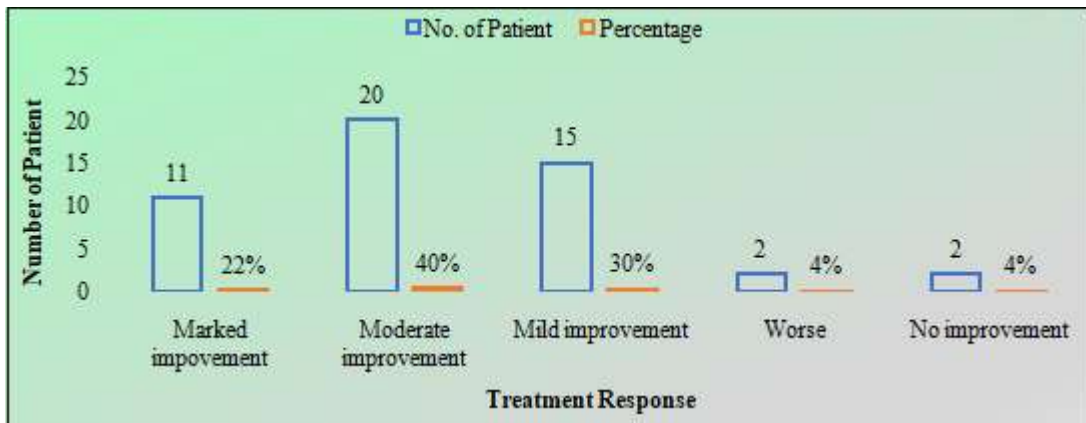
**Research Technique**

This was an exploratory study. Cases which have symptoms of anger either as a personality attribute or as the causative elements were included. Proper case taking, individualization of each case, repertorization from Synthesis Repertory has been done to find the similimum. The data from the sample size of 50 was statistically

analysed, yielding a 95% confidence limit. T - tests were used to demonstrate the efficacy in the post - test results.

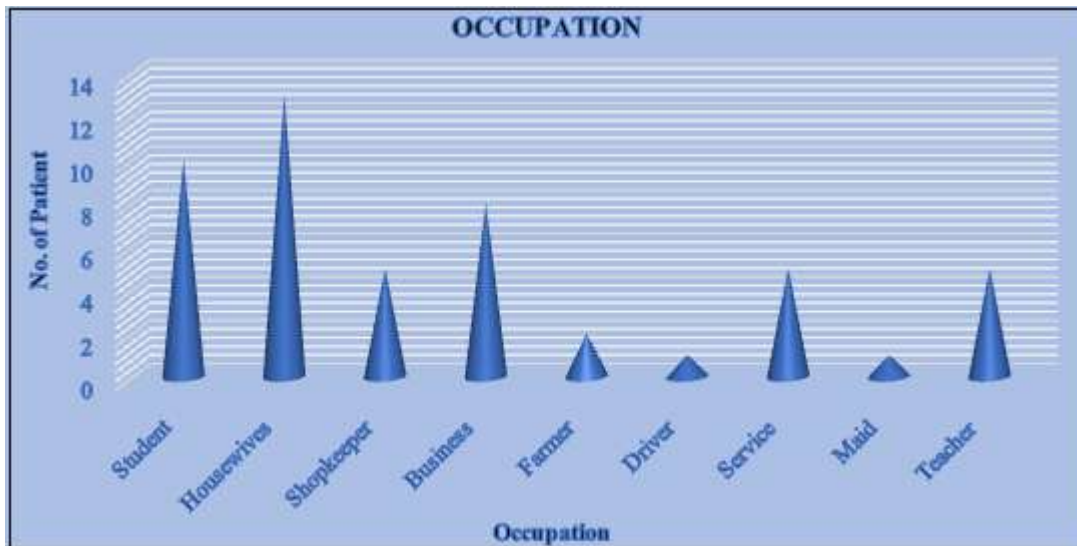
**3. Result**

- Overall, this study achieves practically all of the aims and objectives that were established for it.
- Most frequently selected rubric were Anger violent (14%) and Suppressed anger (12%).
- Out of 50 cases 22% showed marked improvement, 40% moderate improvement, 30% mild improvement, 4% showed no improvement and 4% got worsened.



**Figure 1:** Graphical representation of cases in relation to improvement status

- Housewives are the most afflicted category (26%), followed by students (20%), businessmen (16%), teachers (10%), shopkeepers (10%), servicemen (10%), and farmers (4%). With only one case, Driver and Servant had the least representation (2%).



**Figure 2:** Graphical representation to show occupation incidence

- Sulphur and Lycopodium were the mostly indicated remedies followed by Arsenic album, Phosphorous, Natrum mur

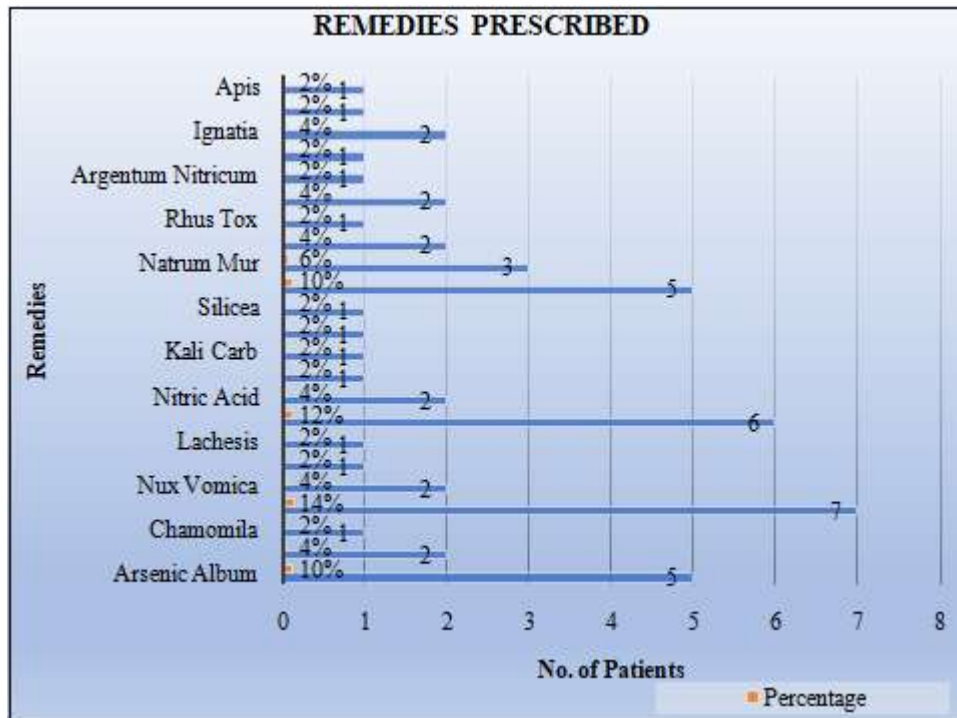


Figure 3: Graphical representation to show remedy prescription

#### 4. Discussion

During the study, proper case taking has been done followed by analysis and evaluation of the symptoms, after that most important step was done that is repertorisation from Synthesis Repertory, in which the eliminating symptoms which represent the patient as a whole were used.

During this study exploration of anger rubric has been carried out in different diseases using Synthesis Repertory.

The cases with any disease which has an element of anger were taken into consideration, keeping in mind with inclusion and exclusion criteria.

This observation shows that the most affected age group is 31 - 40 years, being the most stressful physically and mentally active years of life, career wise familywise saving wise

The maximum incidence 52% seen in males, 40% seen in females, 8% seen in children.

The incidence was observed to be higher in urban areas (64%) and predominately in males (52%)

Because of the stressful environment and societal pressure, the middle - income group is more affected (58%) than the upper income group (26%)

According to this study, housewives are the most afflicted category (26%), followed by students (20%), businessmen (16%), teachers (10%)

From studying the efficacy of Homoeopathy in cases relating to anger, the result found to be positive. This study opens a window for new further researches and that's the main purpose of the study.

#### 5. Conclusion

The study sample comprises of total fifty patients which were selected on the basis of inclusion and exclusion criteria from IPD/OPD and Peripheral Dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana and following conclusion has been procured after analysis and observation of the outcomes of the study with proper statistical analysis using paired t - test.

Synthesis Repertory includes wide range of anger related rubrics and sub rubrics with minutest details about it, covering almost all its expressions, reactions, sensitivities, so from this study it concluded that in order to have better understanding of Mind Rubrics Synthesis Repertory can be of great help.

This study not only aided in grasping and comprehending the various aspects, attributes and characteristics of anger and its consequences and effects on health, but also in ascertaining and determining the effectiveness of the Rubrics and sub - rubrics of anger in individualising a case so that a proper clear cut picture can be made assisting in differentiation between similar remedies and helps in the selection of similimum as well as improving the overall quality of life of the patients who participated in the study.

So, it concluded that anger can be a part of the disease or the root cause of the disease but if give due importance than it can prove to be very efficacious in treating illness holistically thereby providing relief to the patient in both the planes mentally and physically as the sole aim of the physician is to cure the patient in all its aspects.

Overall, this study achieves practically all of the aims and objectives that were established for it. So, the scrutiny of this exploratory study showed that Anger Rubric from Synthesis Repertory can be effectively used in managing and treating

cases of anger, in reducing intensity and consequences of anger and ailments due to it, thereby directly influencing our emotional well - being and disrupting our physical well - being.

## 6. Acknowledgement

Dr Amisha M. D. (Hom.) Professor, HOD Department of Repertory, Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana

## 7. Conflict of interest

None declared.

## References

- [1] <https://www.who.int/about/governance/constitution>
- [2] Woodruff J. Anger Management Best Practice Handbook: Controlling Anger Before it Controls You, Proven Techniques and Exercises for Anger Management -: Controlling Anger Before it Controls You, Proven Techniques and Exercises for Anger Management. Lulu.com; 2009.
- [3] <https://online.uwa.edu/infographics/basic-emotions/>
- [4] <https://www.psychologytoday.com/us/basics/anger>
- [5] <https://www.healthline.com/health/anger-issues#summary>
- [6] The 6 Types of Basic Emotions (verywellmind.com)
- [7] Prof. Dr. Tiwari, Shashikant; Essentials of Repertorisation (A Comprehensive textbook on Case Taking and Repertorization); 5th Edition - 2012; 22nd Impression - 2012; B. Jain Publishers (P) Ltd
- [8] Dr. Schroyens, Fredrick; AugmentedClinicalSynthesis - Repertorium. Homeopathicum Syntheticum; Edition 9.1 - 2014 B. Jain Publishers (P) Ltd