

Only Way to Cope Up with Anger is Homoeopathy

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Abstract: *Now-a-days diseases due to emotional disturbances are increasing at higher rates. There are many such disturbed emotions that are paving its path in our lives very rapidly and alter our nature and behavioral response thereby indirectly affecting our health and immune system. One such basic, most debated and misunderstood emotion is ANGER. How the person behaves in anger shows his/her inner self, so it helps in differentiation of individual patient.*

Keywords: Anger, anger and Homoeopathy, dynamic

1. Definition

Anger is an emotional state that may range in intensity from mild irritation to intense fury and rage. Anger is often a response to the perception of threat due to physical conflict, injustice, negligence, humiliation or betrayal among other contentions.

2. Introduction

Anger is a normal part of human life, but when anger issue start creating problem in life than one must get alert and keep anger in control. Anger is the flash of fire that sparks in your brain when you feel short-changed. A person experiencing anger will often experience physical effects such as increased heart rate, elevated BP and increased level of adrenaline and nor-adrenaline. When there is a mismatch between what we have learned to expect and the hand we are dealt, our brain's reward circuit sounds the alarm and activity is triggered in a small almond shaped region in the brain called the Amygdala. Anger can trigger the body's fight or flight response, causing the adrenal gland to flood the body with stress hormones such as adrenaline, testosterone, preparing us for physical aggression. Anger is an instinctive response to threat and to the frustration of your goal or desires. The expression of anger can be through active or passive behaviours. If anger is not released, it "turns inward" and metamorphoses into another creature altogether.

Types of anger: There are 3 types of anger which helps shapes how we react in a situation that makes us angry.

- Passive
- Open
- Assertive

- 1) Passive- Many don't like to admit that they are angry, because they don't like confrontation, this is called passive aggression. This comes from a need to be in control.
- 2) Open- Many people have a tendency to lash out in anger, becoming physically or verbally aggressive and can often times hurt themselves or others.
- 3) Assertive- The healthy way to deal with anger is by being controlled and confident, talking and listening and open to help in dealing with situation.

Anger is found everywhere on the earth and is known to every individual who has ever lived. Even the GODs get angry. But anger's moral status is perennially contested.

Situations in which anger is appropriate, than it is normal behaviour but anyone gets angry more easily on minor incidents and more intensely than the average person than it is bad for health.

Gray Ginter, a psychologist who specialized in anger management explains that there are several sources of anger.

- Physiological
- Cognitive
- Behavioral

Physiological anger is natural anger. In certain threatening situations, for instance when we are attacked physically our bodies respond by making us physically angry.

Cognitive sources of anger are based on how we perceive things. These perceptions may be accurate, a situation may indeed be threatening, or they may not be. Sometimes we will perceive a threat, even though the external situation is not actually as dangerous as we think it is. In other words, there may be no real reason for anger but our personal biases and emotions take over, leading to aggression.

Finally behavioral sources of anger come from the environment we create for ourselves. Chronically angry people create an atmosphere in which others are aggressive in return, creating a cycle of anger.

Homoeopathic scope:

There is a vast dimension in the area of treating anger itself and its relating issues. In Homoeopathy it is considered that indisposition, disease, is internal disturbance which first manifest itself at our most fundamental levels as symptoms. Anger is not just an emotion, it is a normal human attribute, as far as destruction is concerned or it becomes harmful. Homoeopathic medicine works on dynamic plane going to the deeper levels of the brain to modify anger temperaments. It helps balance the mood and negative thoughts that lead to anger.

Some of the Homoeopathic medicines for controlling anger-

- 1) Staphysagria- Excellent remedy for anger or for its bad effects. The least word that seems wrong causes anger and indignation. Speechless from suppressed indignation, trembles from head to toe, loss of sleep. Easily arouse to anger but seldom manifests it. Impulse to throw things at persons who had caused a trifling

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- imaginary irritation.
- 2) Phosphorus- Wild temper. Rages a storm of temper, physically as well as mentally. Would fight with children and teachers in school. Unmanageable child. When angry, would lock himself in lavatory.
 - 3) Chamomila- Anger in children which may result in diarrhoea, cough or convulsion, quarrelsome children. Child wants something new every minute and refuses it when offered.
 - 4) Aurum Foliatum- Trembling when he cannot give vent to his anger. Tries to pick up quarrel with somebody to revile him.
 - 5) Colocynth- Indignation with silent mortification (acute disappointments) which causes violent neuralgia in the head eyes intestine and along the nerves.
 - 6) Calcarea Carb- Anger after coitus
 - 7) Tuberculinum- Difficult and bad tempered child. Kicks off clothes and is rude to other children without any reason. Never a smile on the face. Terrible storm of temper. Violent rage and loud uncontrolled weeping.
 - 8) Iodum- Violent anger. Wants to kill anybody who comes near him. Feels pleasure when he is by himself.
 - 9) Hepar Sulph- Quarrelsome, hard to get along with, nothing pleases, over sensitiveness to persons whose presence disturbs him and to places. Desires constant change of persons, things and surroundings but these changes again displease him and make him irritable.
 - 10) Nux Vomica- Anger from least contradiction.
 - 11) Kali Iod- Very strong degree of irritability, cruelty and harshness of temper with his family and children. Abusive
 - 12) Aurum Met- Feeling of guilt after expression of anger, suicidal thoughts and loathing of life.
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Sometimes anger can be a good thing because it gives us a way to express negative feelings until it get worst. " Anger deprives a sage of his wisdom, a prophet of his vision."

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