



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

www.homoeopathicjournal.com

IJHS 2023; 7(4): 486-490

Received: 28-10-2023

Accepted: 03-12-2023

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A retrospective case series study on expression of the emotion anger in ranunculaceae family

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DOI: <https://doi.org/10.33545/26164485.2023.v7.i4g.1019>

Abstract

Introduction: Anger is the most significant emotional state, expressing it will hurt others and not expressing it will hurt ourselves. A wide range of psychological and physical issues were frequently observed in angered persons. Based on pilot study, Ranunculaceae family in the plant kingdom has the highest mark in expressing the anger.

Aim and Objectives: The main aim of this study is to understand the causation, shades, types and way of expression of anger in drugs belonging to the Ranunculaceae family.

Methods: A sample of 60 cases, prescribed with remedies from Ranunculaceae family which have shown improvement in symptomatology were selected using non-random purposive sampling method. They were analysed with case concept form which allows the exploration of causation, shades and characteristic expressions of anger.

Results: Analysing the 60 cases, the most common cause of anger in the Ranunculaceae family arise from the state where others don't listen to her words and opinion. The most common shade of anger is Irritable, which enlisted in the cases, followed by shade suppression were seen. The most common way of expressing anger is that they used to keep quiet during anger are observed in the cases of Ranunculaceae family prescribed medicines.

Conclusion: Causation, shades and characteristic expression of anger in Ranunculaceae family were obtained in the study. Irritable is the highest shade of anger that arises when people don't listen to their words and opinions, and their way of expressing themselves is to keep quiet.

Keywords: Anger, cause, characteristic expressions, ranunculaceae family, shades

Introduction

Anger is the most significant emotional state, expressing it will hurt others and not expressing it will hurt ourselves. It is a pain, misery, or suffering that communicates an unexpected eruption of annoyance [1]. Almost everyone experiences anger at some point, and many individuals say they experience it frequently. A wide range of psychological and physical issues were frequently observed in angered persons [2].

A study was made on the shades of anger by PG scholar of Department of Materia Medica in Sarada Krishna Homoeopathic Medical College & Hospital and analysis was done by using the Kent repertory in Microsoft Office Excel. The comparison of remedies was based on General, Kingdom wise and Group wise. There are 140 Remedies in the Plant Kingdom expressing anger. Out of this, Ranunculaceae Family has 10 Remedies with highest marks in expression of an anger. While other family groups in plant kingdom have maximum 4 remedies with high marks with expression of anger.

Remedies which come under Ranunculaceae family are *Aconitum napellus*, *Actaea spicata*, *Actaea racemosa/ Cimicifuga racemosa*, *Clematis erecta*, *Helleborus niger*, *Hydrastis canadensis*, *Pulsatilla*, *Ranunculus bulbosus*, *Ranunculus sceleratus* and *Staphysagria*. Based on that study, it's imperative to explore the causation, shades and characteristic expressions of anger in Ranunculaceae family.

Purpose of the study

The main purpose of this study in depth, to understand the causation, shades, types and their way of expressing anger in the Ranunculaceae family.

Materials and Methods

Process of the study

By using non-random purposive sampling method, a sample of 60 cases, which are prescribed with remedies from Ranunculaceae family and have shown marked improvement in symptoms and suffering have been selected. The cases were recorded in standardized case record format of Sarada Krishna Homoeopathic Medical College & Hospital with proper expression of mental generals were utilised. Causation, shades and characteristic expressions of anger were synthesised through Life Space Table and Case Concept form developed by Institute of Clinical Research Mumbai.

Study Setting

This study included 60 patients who were chosen at non-random from the Outpatient, Inpatient and Rural centre of Sarada Krishna Homoeopathic Medical College & Hospital which have been administered with medicines from Ranunculaceae family.

Study Design: Retrospective Observational Study

Declaration of patient’s consent: Not applicable

Inclusion Criteria

Patient of age group between 15 to 80 years of age who were prescribed with medicines from Ranunculaceae family. It includes all genders.

Exclusion Criteria

Patient under 15 and above 80 years of age. Prescription based on considering the patient’s particular symptoms. Case which doesn’t have any prominent mental generals especially anger.

Observations and Results

Analyzing the cases based on distinguishable characters in whole ranunculaceae family

Table 1: Categorization of the cases according to the remedies

Remedies	No of cases
<i>Pulsatilla</i>	27
Staphysagria	25
<i>Actaea spicata</i>	1
<i>Ranunculus bulbosus</i>	2
<i>Aconitum napellus</i>	3
<i>Pulsatilla & Staphysagria</i>	2
Total	60

Table 2: Age Wise Classification of Each Remedy

Age	Puls	Staph	Acon	Act. s	Ran-b	Puls & staph
15-24	1	4	1			
25-34	11	8				
35-44	4	3	2			1
45-54	6	6		1	1	1
55-64	4	4				
65-74	1				1	
Total	27	25	3	1	2	2

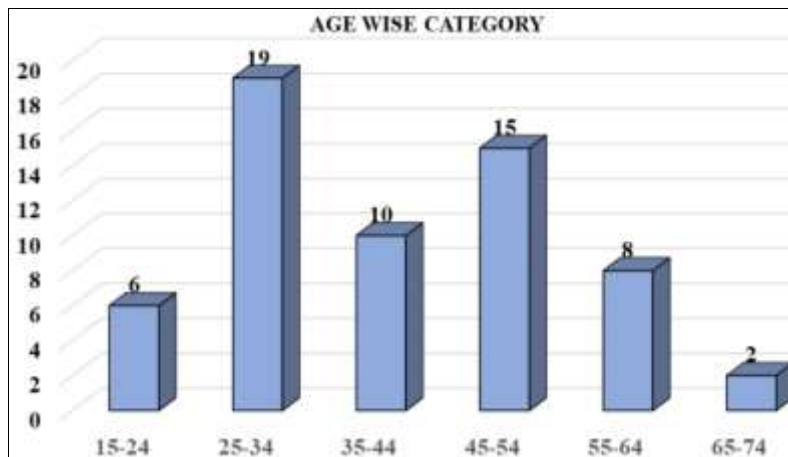


Fig 1: Age Wise Categorization of Each Remedy

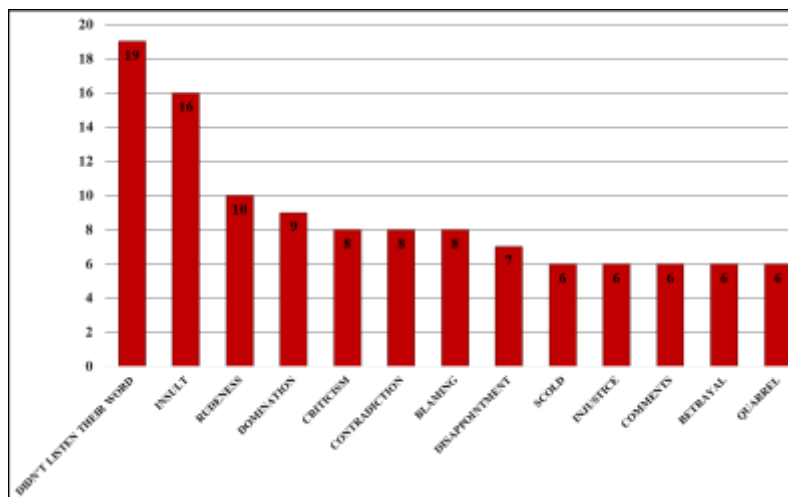


Fig 2: Causation of anger in ranunculaceae family

Table 3: Gender wise classification of each remedy.

Gender	Puls	Staph	Acon	Act.s	Ran-b	Puls & staph
Male	4	7			2	
Female	23	18	3	1		2
Total	27	25	3	1	2	2

Table 4: Causation of anger in ranunculaceae family

S.no	Causation	Total
1	Others didn't listen their word	19
2	Insult	16
3	Rudeness	10
4	Domination	9
5	Criticism	8
6	Contradiction	8
7	Blaming	8
8	Disappointment	7
9	Scold	6
10	Injustice	6
11	Comments	6
12	Betrayal	6
13	Quarrel	6

Table 5: Shades of anger in ranunculaceae family.

S. No	Shades	Total
1.	Irritable	125
2.	Fretful	42
3.	Excitable	23
4.	Vexation	40
5.	Indignation	21
6.	Irascible	21
7.	Abusive	47
8.	Quarrelsome	13
9.	Rage	36
10.	Fury	33
11.	Violence	33
12.	Impulsive	9
13.	Suppression	77
14.	Mortification	5
15.	Hatred	8
16.	Repression	2
17.	Guilt	2

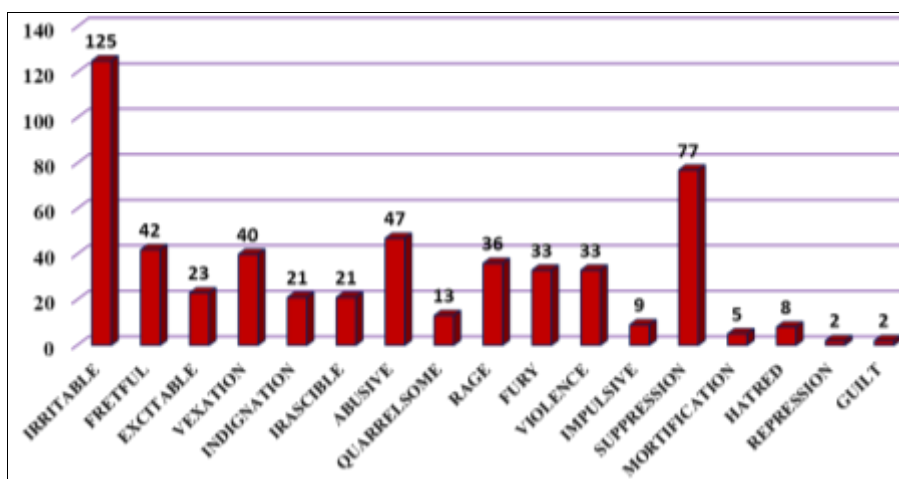


Fig 3: Shades of Anger

Table 6: Characteristics expression of anger.

S. No	Characteristics expressions	Total
1	Keeps quiet	58
2	Weeps	29
3	Shouts back	30
4	Threw things from hand	16
5	Shuts the door forcefully	7
6	Politely talks back	6
7	Self-hurt	9

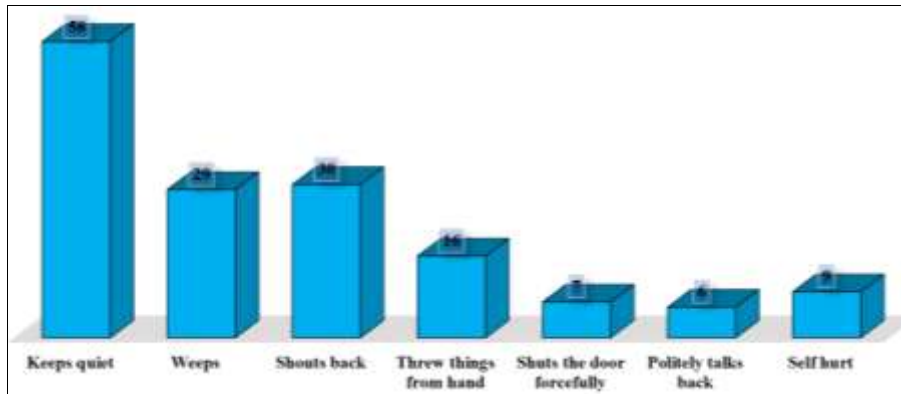


Fig 4: Characteristics Expression of Anger

Discussion

According to the observations, *Pulsatilla* and *Staphysagria* were prescribed in age in age group between 25 and 34 years. This observation is in confirmation with Hering’s guiding symptoms observation in the chapter of Stages of Life and Constitution for these remedies [3]. They may encounter the obstacles throughout that stage of life, such as relationships, employment and adapting to the circumstances, may have been the main cause of the affection in age group 25 to 34 years. There were no cases observed in *Staphysagria* between the age group of 65-74 years, similarly no cases seen after 60 years in Hering guiding symptoms³. Perhaps beyond the age of 60, people can start to be indifferent, lose their egoistic tendencies and adopt a religious route. According to this study, 25 to 34 is the most common age group for the *Ranunculaceae* family in general, because *Pulsatilla* and *Staphysagria* were the most commonly prescribed medicines, same age group is predominated there.

According to a study of the 60 cases, the *Ranunculaceae* family has a higher proportion of females than males. The high percentage of females is due to the fact that they are more emotional and affectionate than men. The majority of the cases in *Pulsatilla* were females [3, 4]. The male to female ratio in *Staphysagria* was 7: 18, hence it is applicable to both genders [3, 4]; Female count observed to be high in *Staphysagria* in these studies, which contrary to Philip M Bailey observation on *Staphysagria*, that it is male *Staphysagria*’s outnumber females by three or four to one⁵, could be due to his observation in European context. In the Indian context, females are prominent. Due to their predisposition nature for fear and fright, *Aconite* is more prevalent in females. As per Hering guiding symptoms, *Actaea spicata* especially for male, whereas *Actaea racemosa* for female [3]; But in these study, only one case of *Actaea spicata* was found, that was female.

The major causation of anger in *Ranunculaceae* family where People didn’t listen to their words; In *Pulsatilla* it is due to want of attention [5] and cares about her family [3], but

in *Staphysagria* it is due to want of self-respect and their egoistic nature. Another major cause seen in *Staphysagria* was injustice to him/ her and their family. In case of *Ranunculus bulbosus*, they believe that their loss in business led to their loss of respect. Other common causes were seen in the whole family were insults, rudeness, dominance, criticism, contradiction, blames them, disappointment, being scolded, commenting bad about them, betrayal and quarrel, all of this led to a loss of self-respect, cruelty toward them, intolerance to violence and their irritable disposition.

Irritable and suppression were the highest shade of anger in the *Ranunculaceae* family according to this study. *Ranunculaceae* family remedies shows irritable [3, 4, 6, 7, 8]. Because all plants in the *Ranunculaceae* family contains toxin named protoanemonin, when contact with harmed plant will cause irritation on skin and mucous membrane will produce irritation and blister formation [9-11]. Emotions play major in developing disease. Psychodermatology shows interaction of Mind and Skin [12]. Hence, it signifies that, *Ranunculaceae* family may have a tendency to produce irritability in the mind as well. Guilt and repression seen in each two cases. No occurrences of Misanthropy shade have been observed in this study, but as per Kent repertory and Clarke’s practical *Materia medica* misanthropy shade seen in both *Aconite* and *Pulsatilla* [13, 6].

Depending upon the relationship, *Ranunculaceae* family will express their anger. Most of time they used to keep quiet when they were in anger. Weeping is the second highest expression seen in *Ranunculaceae* family. In this study *Pulsatilla* will weep in front of everyone but *Staphysagria* prefers to weep alone. Shouts back, throwing things from hand, shutting the door forcefully and self-hurt were commonly observed expression of anger in *Ranunculaceae* family.

Conclusion

Homoeopathic mode of therapeutic is a wholistic method taking into consideration of both the mental and physical symptoms of the patient in relation to the time and

circumstances which contribute for the peculiar mental state. Anger is the strongest emotion, which may cause effect in mind as well in body. The most common reason for anger is that people didn't listen to their words, insults, rudeness and domination. The most frequent shades that appear in the Ranunculaceae family are irritable and suppression. The most common characteristic expressions of anger in the Ranunculaceae family were keeps quiet, weeping and scold them back.

Limitations

Ranunculus bulbosus, Aconite and *Actaea spicata* remedies were rarely prescribed and it was prescribed as an acute remedy along with mental general for the illness. *Cimicifuga* was prescribed as an acute remedy for the constitutional medicines like *Pulsatilla* and Staphysagria, mental state, notably anger, was difficult to gather in the prescribed case. Cases of *Ranunculus sceleratus* and *Helleborus niger* were not even observed. Uncommonly prescribed medicines like *Clematis erecta* and *Hydrastis canadensis* cases were obtained, but they were excluded from the study due to a lack of mental generals, mostly about anger.

Declaration of patient consent

It is a retrospective observational study, so patient consent is not necessary because the patient's identity is not disclosed or compromised.

Financial support and sponsorship

Nil

Conflicts of interest

There are no conflicts of interest.

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How to Cite This Article

Anish FK, Jayanthdevan V, Lohita S, Ahmed KF, Winston VV, Gopika RS. A retrospective case series study on expression of the emotion anger in ranunculaceae family. International Journal of Homoeopathic Sciences. 2023;7(4):486-490.

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