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Sweet pills can help in anger management

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Abstract

Background: Anger is a normal, healthy emotion, but when chronic, explosive anger spirals out of control, it can have serious consequences for your relationships, your health, and your state of mind [1]. Psychologists say the numbers of patients they see clinically for anger problem just don't correspond with the relative lack of attention to it in the academic literature. "I am in clinical practice for more than 21 years. An enormous number of people come in with anger problems even children also, but the literature base is small, there are no anger diagnostic categories and psychology textbooks rarely mention anger."

I want to do the scientific observational study for treatment in anger which is very common due to exposure to various stresses in life and to establish the milestone in Homoeopathy on the treatment of anger. Constitutional drug is very effective on it. It's my observation which I published in my observational study of 2 years.

Method: We are selecting those cases of anger which cause the violence, destruction and break the relationship of patients. I am collecting the symptoms of mental ground to physical plane and asking questions to relatives and friends of patient to assess the nature and behaviour of the patient. Observing the patient's behaviour as per the case Performa of the Psychiatrist [2].

Conclusion: The initial results of my continuous observational study on anger were very encouraging. It indicates that the constitutional treatment of Homoeopathy is more effective in management of anger. Homoeopathic medicine reduces the anger or anger violence, makes the life of the patients healthier and happier. Individual patients treated with individual drugs by the principles of Homoeopathy are proven to be the most suitable approach and it is a milestone in psychological treatment. Placebo also played a very important role in management of anger.

My scientific evidence based observational study is to evaluate effects and value of homoeopathic medicine in treatment of anger. It establishes the importance of classical Homoeopathic treatment and usefulness of a single similimum.

Keywords: Psychology, anger management, homoeopathy, constitutional treatment, similimum

Introduction

The emotion of anger is neither good nor bad. Like any emotion, it conveys a message, that a situation is upsetting, or unjust, or threatening. If your kneejerk reaction to anger is to explode, however, that message never has a chance to be conveyed. So while it's perfectly normal to feel angry when you've been mistreated or wronged, anger becomes a problem when you express it in a way that harms yourself or others. That's where role of anger management comes in.

When an individual becomes angry, their heart rate and blood pressure increases as chemicals such as adrenalin are pumped through their body. Releasing this tension (often verbally or physically) may accompany these physical changes. However some individuals may not release this tension and suppress their anger. This usually leads to a build-up of emotions causing them to 'explode' when it all exceeds beyond the threshold.

I included both the adults and children in my study. I did complete case taking as per the Homoeopathic laws and observed the behaviour and nature of the patient and asked the questions to relatives, friends and those closely associated with the patients. I also observed the life situation and routine of the patients to ascertain and evaluate the case properly, to find out similimum and individualize the case. I used single similimum to cure the case and reduce the anger at the level of no harm and violence. Family members and friends and those who are closely associated with the patients and patient himself started feeling happy and confident. I consider them as cured cases because anger is not a disease; it is a manifestation of unwilling stress and situation.

As of the above stated description I have used various Materia Medica and Repertory for Prescribing of Medicines to conduct this research [5-8].

Aims and Objectives

Out-of-control anger can damage your relationships, impair your judgment, get in the way of success, and have a negative impact in the way people see you.

The goal of anger management is to control both the emotional feelings and physiological arousal that anger creates. Recognizing anger and learning to express it in the correct way can help individuals handle emergencies and solve problems easily. The key is to learn how to react calmly when something causes those feelings of anger, without lashing out, shouting or becoming violent.

Design of the study

The study was prospective and observational, conducted at my own clinic in Greater Noida. Anger, as per the laboratory investigations of adrenaline, testosterone and other tension producing hormones studied, Blood pressure, heart rate and respiration were regularly recorded because anger increases that. Regularly monitored the severity of anger. The study protocol was prepared in accordance with the Helsinki declaration on human experimentation [2].

Materials & Methods

For this prospective study, I used my own clinical observational study, patients were included successively upon their first consultation with me and followed up for two years using standardized questionnaires. Outcome Assessment Criteria Patients were followed up for at least 18 months on homoeopathic treatment.

Prolonged anger can contribute to other physical and mental ailments, deteriorate the immune system and speed up the aging process. So that mental, physical & emotional aspects are important to be considered to find out the similitum for the case.

The outcome assessment of treatment was assessed by evaluating the size of psoric lesions and the symptoms through pre and post treatment physical examination and skin biopsy.

1. **Complete resolution of**
2. **Psoric lesions** : No evidence of Violent anger with the continued treatment for more than 12 months
3. **Improved:** The cases in which anger reduced by more than 50% in comparison to first day of examination with the continued treatment for more than 12 months.
4. **Status Quo:** The cases in which anger remained as such or decreased not more than 10 % or slight improvement but prognosis bad with the continued treatment for more than 12 months.
5. **Not Improved:** The cases in which Anger increased more than 10% from the initial psychological examination with the continued treatment for more than 12 months
6. **Non Conclusive:** The cases in which patient left the treatment before 12 months of treatment.

Results and Data analysis

I included 43 patients in the present analysis (Table 1), who are treated by Myself. All cases taken at baseline were chronic diseases that usually had been under – mostly conventional – treatment before (Tables 1 and 2) and had lasted for 7.8–58.1 years (Table 2). During the period of Two year, 43 patients were screened, out of which 2 were excluded due to certain reason. Finally 41 patients were enrolled, out of which 1 did not turn up after baseline

investigations, 3 were lost to follow up and 1 female got married and left treatment.

A total of 36 patients completed the study as per protocol during the period. The results, therefore includes analysis of 36 patients.

Table 1: Demographics and baseline status

Patients	36
Female	59.2% (17)
Age (years)	7.8 ± 85.1
≥10 Years	School 12.9% (5)
Patient expected: homeopathy	5 %,(1)
– Will Help	88.2% (29)
– May Help	21.4% (4)
– Will Not Help	10.4% (3)
Baseline diagnoses	
Total, number	7.7 ±1.2
– Severity (NRS)	3.6 ±1.4
Chronic, number	2.8 ±1.1
Any baseline diagnosis pre-treated	(%, N)
Medication	80.5% (28)
Any Treatment	96.3% (34)

Table 2: Baseline diagnosis

Disease	Patients (% & N)	Severity (NRS)	Duration (Years)
Anger	100.0% (84)	5.9 ±1.2	18.7 ± 12.9
Depression	10.0% (9)	4.9 ±3.6	17.9 12.4
aggression	10.8% (8)	4.1 ±3.4	28.1 ±6.9
Frustration due to failure	5.3% (6)	7.7±2.6	8 4.3 ±1.2
Hypertension	7.1% (5)	4.8 ±2.3	9.4 ± 6.7
Insult	8 6.1%(5)	7.2 ±1.3	26.3 ±12.6
Forsaken feeling	7.9% (4)	8.8 ±2.2	24.8 ±11.3
Idiotic	9 4.9%(79)	7.8 ±39	4.8 ±1.9

Psoric lesions improved slower than the means of all diagnoses and complaints after at least month some improvement were seen in all patients but the strongest improvement of sign and symptoms was seen in the first 5 months in adults those who were frustrated due to loss and other adults 2 months and in children's in first months; it continued during the full observation period.

The useful homoeopathic medicines in this study were Belladonna, Stramonium, Staphysagria, Natrium Muriaticum, Sulphur, Sepia, Lycopodium Clavatum, Phosphorus, Pulsatilla, Arsenic album, Syphilinum and Calcarea Carbonica which are almost similar to the constitutional medicines used in the studies. This study shows the group of symptom compiled from the improved cases and the verified prescribing indications. It is important to note that patients with Anger need to be assessed on mental and emotional and physical aspects for better management.

Discussion

This potential observational study has shown appreciating results with homoeopathic treatment in cases of anger management. It was observed that the mean (± SE) of maximum dimension at entry and at end of follow-up was 73.12 ± 2.43 and 58.07± 2.19 respectively. The result showed statistically significant difference (p=0.005) in the post treatment outcome. The study supports the findings of preceding contemplation in treatment of psychological cases. This study can support the theory drawn for the study

and thus it could be said that individualized homoeopathic medicines are useful in treatment of Psychological disorder. My study shows the homoeopathic principal of sick is proven. We are treating the person not the disease. Each and every case needs complete case taking (mental, emotional, life situation and physical). Whenever, This is missed the cure as desired will not happen. Each and every case is individual and treated as a different (individual) for selecting individual medicine^[3].

My study also shows the higher potency is more suitable than the lower ones. I started with the 1M and gradually increased the potencies. Lower potencies fail to benefit at mental plane^[3].

But they may be good in physical plane. In some cases CM potency was used.

I also observed that children are more sensitive and reacted rapidly than adults and in adult females, especially housewives show more prominent and quick results.

My study is based on the constitutional treatment. I strictly followed the Homoeopathic Principles. Placebo as a regular medicine in repeated doses even when anger is aroused I repeated frequently and it has helped psychologically. I considered Placebo as a very useful medicine especially in psychological disorders.

Conclusion

My Study proves beyond doubt that Homoeopathic treatment has a positive role in the management of Anger. The result of this evidence based observational study is important for justification of Homoeopathic medicines in the treatment of anger. It has opened new windows in the field of clinical research in Psychological Disorders. Suitably designed study with extensive time period is recommended.

Constitutional Homoeopathic treatment is more effective and result oriented. My conclusion about the anger management isn't to suppress feelings of anger but rather to understand the message behind the emotions and help patients.

Mastering the art of anger management demands a lot but the more you practice, the easier it will become^[1, 4].

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