



# ANACARDIUM ORIENTALE-

## I CAN'T HELP BUT BE THE DEVIL

*Anacardium* has features in common with its botanical relative- the *Rhus* species, especially in the action on skin, muscles and joints, but its distinctive features are:

1. The characteristic sensation of a pressing or penetrating pain as from a plug; this may occur in any locality- in neuralgias, ear affections, even piles, but when present it is *Anacardium* and nothing else.  
-Dr Clarke
2. Has won a reputation in "examination funk" and allied conditions- ie brain fag.
3. In this article we will focus on the mental aberrations - Its sense of duality and unreality; its perversions, blasphemous and cruel; its illusions, delusions and fears.

Everyone has a Jekyll and Hyde buried within. In *Anacardium*, the Hyde predominates. Ref to rubrics in CHITKARA'S MATERIA MEDICA OF THE MIND:

"Anger, irascibility; could have stabbed any one; violent; antagonism, contradiction intolerant of; cruelty, inhumanity; cursing, swearing; raging delirium; demoniacal, thinks he is; devil he is; devil sits on his neck- speaking in one ear, angel in the other, prompting to murder or acts of benevolence; being possessed; is under superhuman control; godless, want of religious feeling; kill desire to; malicious, spiteful, vindictive, anger with; moral feeling want of; rage, fury; slander, disposition to; unfeeling, hardhearted; unsocial; deeds of violence, rage leading to."

It is the most violent, angry and cruel remedy in our HMM. Vithoukas says it stems from basic anxiety, insecurity and lack of self-confidence. Their assertion often takes the form of cruelty. They might have been



*Compiled by*

**TK KASIVISWANATHAN**  
10/149, Shobha, Road no 9,  
Wadala, Mumbai-400 031  
Tel: 416 2165

victims of physical or sexual abuse and cruelty emerges when emotions get blanked out; because when they cannot feel anymore, they can do harm almost with joy. They start believing that everybody is their enemy. They exhibit rage and violent behaviour.

In their book "TREATING TYPE A BEHAVIOUR AND YOUR HEART", a sequel to their earlier book "Type A behaviour and your heart", Dr Friedman and Diane Ulmen observed that American President Lyndon Johnson confessed that he did not get unconditional love from his mother. They found that many with Type A behaviour had not received love and affection from parents. This led to insecurity, lack of confidence and short fused hyper aggressiveness with free floating hostility towards others.

Even more disturbing is the emergence of cruel and violent behaviour in young children.

In one of her TV shows, Oprah Winfrey showed cases of young children who exhibited uncontrolled rage and destructive behaviour. One case, a boy just 8 y, in the presence of his father and sister shot dead his mother at the breakfast table because his mother criticized him. A year earlier he had tried to strangle his mother because she took away his Sony Play Station.

### CASE 1: JUDYTH AND ROBERT ULLMAN

Christopher, aged 13, was brought by his mother for uncontrolled rage and other undesirable behavioral problems. Mother said:

"He is 13 now and lacks self-esteem. Making friends is beyond his reach. His dad and I are divorced and it became more difficult for him when we moved to another city. Recently, his behaviour has become bad, the violence unpredictable. I do not feel safe to leave him with his younger siblings for fear of what he might do to them. He resents change and alteration of plans. He is very rude. He feels uncomfortable in his own skin.



He scratches his head and bites fingernails and toe nails.”

“What concerns me is his fascination with anything *violent*. Weapons, guns etc. Lies and steals for the pleasure of it.”

“Christopher is a bundle of contradictions. (the clue to the remedy)-a saint one minute and a devil the next! Will slap or push his sister or be incredibly insulting. One side- sweet and empathetic; loves to be held and smothers you with hugs and kisses. The other part, which yells, “Don’t talk to me. Don’t touch me”-down-right aggressive and mean. He often threatens to kill me with a gun. When he is really bad he swears at his sister, pushes her down and break her things. When he was only 4, he pushed his younger brother down the stairs. He torments people- switches off the television when his sister is watching her favorite programme, rips her toys apart.”

(Now the other clue) “Christopher once told me that he had a *dark side*: embroiled in a constant struggle between dark and light. *There was a voice inside him telling him to do bad things*. He desperately wants friends but he scares them away. Often he goes out of his way to please them. Though bright, for a test he may just sit there and do nothing.”

“My pregnancy with Christopher was ideal. I had a home birth but he got stuck. My cervix was completely dilated except for one tiny area. He came out after I pushed for 45 minutes. He had a cone head. For some reason he never learned to nurse! At school he was disrespectful and resented when corrected.”

When the doctors questioned him he said “this is stupid” but later on answered: He said that the thing hardest for him is when others do not part with the things he liked. About the conflict inside him he said “there is a good side that tells me to do one thing and a bad side that tells me not to.”

The remedy was clearly *Anacardium-orientale*.

The sense of duality, with one egging him on to commit acts of violence and the other restraining him but the devilish part was having the upper hand.

**THE RUBRICS** are: Delusion. Devil sees; devil speak-

ing in one ear angel in the other; prompting to murder or acts of benevolence; double of being; delusion, under superhuman control, he is; Duality, sense of; moral feeling want of; two wills, feels as if he had.

Rage, fury (KR 70); violent, vehement etc (KR 91), Blasphemy, cursing, Confusion of mind, identity, duality sense of; contradict disposition to, contradiction intolerant of, cruelty, inhumanity, cursing, swearing, rage in; insanity, madness; malicious, spiteful, vindictive, offended easily, takes everything in bad part; rudeness; unfeeling, hard hearted; deeds of violence, rage leading to.

Often, *Anacardium* children direct their vehemence and rage toward their parents. It may be because parents are either too permissive, or too busy and neglect their children, do not spend enough time with them. Often, lack of parental love leads to low self-esteem. The parents forget that the world is too big for the children to navigate on their own and are frightened to take on such enormous responsibility. They appreciate if their parents set down some limits. It is possible that these frightened children put up a front by being aggressive and domineering like terrorizing the entire classroom. As Hahnemann puts it, “He is at odds with the whole world, and has so little confidence in himself that he despairs of being able to accomplish what is demanded of him”. The *Anacardium* child feels neglected and rejected; feels that no one is interested in him and reciprocate by not showing any interest to the thoughts and feelings of others. It is as if the devil has taken control over them. They resort to incredible cruelty and anger or rage, malicious acts etc.

-HOMOEOPATHY TODAY, NOVEMBER 1999

### CASE 2: CAROL MEL WOLF

This child initially exhibited obsessive-compulsive anxiety, which began after a visit to the dentist for a silver amalgam filling. A single dose of *Arg-nit* 200 cured him of his anxiety. But probably this was only the outer layer as he saw cold anger in his eyes and rude manners.

Later his parents reported that they could hardly be-



lieve that he could get so angry. He cursed, cried and went into rage if he did not get his way. Jealous of his little brother, he physically and verbally abused him. He did not like to play with a new toy as he thought it was a devil. He asked a lot of questions about God and Hell and when reprimanded, he coolly said that he did not believe in God. His mother said that he treated her as his enemy.

One interesting observation from his parents: this changed personality emerged after he developed a craving for sugar. Dr Wolf says that *Anacardium* children's behavior is exacerbated if they eat sugar for which they have an intense craving. (*In Synthetic Repertory this remedy is not listed under the rubric- Sugar agg or desire for sugar (p273 –SR II. This is worth exploring in children-KV).*)

Although his parents loved him, there was an *Anacardium* etiology in that his father was jealous of all the attention his wife gave to this child when he was born.

**THE RUBRICS SELECTED WERE:**

Mind, cursing, swearing

Mind: anxiety, children in

Mind, anxiety, salvation of

Mind: anger, ailments after

Mind obstinate, headstrong

Mind: jealousy

Mind: cruelty, inhumanity

Mind: forsaken sensation of isolation

*Anac* 1M -one dose changed his behaviour for the better. Followed up for one year without relapse.

**CASE 3: CAROL MEL WOLF**

Mike was described by his teachers as lacking in self-confidence, seeking other kids' approval but dominating smaller children. Bright but aggressive; sometimes he would apologize for his behaviour, at other times not. (Seems bent on wickedness.) Etiology: non-attention from parents, who were divorced. His father loved him but had no time for him. His mother did not set limits- vacillating from permissiveness to punishment. He was expelled from three schools. Initially his symp-

toms suggested *Lycopodium* but seemed closer to *Sulphur*. One dose in 200 gave initial amelioration but did not last. There was return of symptoms and his teachers threatened to expel him from the school.

*Lycopodium* 30 C brought about immediate improvement for about two months. After that he began to grind his teeth during night, bedwetting and became aggressive. His mother hated him and did not treat him for his ear infection. Mike became so despondent he wanted to kill himself. Other remedies like *Tub* and *Cina* did not help him a great deal. Re-analyzing the case brought out that Mike was cold, dishonest and always had to win; he bullied other children. Felt victimized and unfairly treated (both by teachers and mother who physically punished him).

He was given *Anacardium* 1M and almost immediately his typical vehemence vanished. When his father set a limit, he adhered to it. He became more tolerant. He could admit how bad he was earlier.

Dr Wolfe writes: *Anacardium*'s religious mania comes from a desperate hope that there might be a loving God but there is a dread that He might be the same as his parents. No wonder some *Anac* children turn away from God and refuse to believe he exists. "After a dose of *Anacardium* they spontaneously and affectionately speak of God."

**CASE 4: DR RAJAN SANKARAN**

A 9-year-old Greek boy had mental retardation. He not only put his finger in his mouth but also held his foot and toes with his hands. Very restless even while watching TV. FASTIDIOUS<sup>3</sup> - wanted everything in proper place and spent a lot of time rearranging his room, toys and pillows. He was jaundiced at birth and had tonic-clonic spasms, hospitalized; 'tortured' and his hands, feet and head had turned black He was slow to talk and did not understand anything of discussions. He does not like to be touched, but liked caressing by his mother; afraid when attempt made to cut the nails; extreme fear of dogs and pigeons; resistant to pain. He remembers well the places and streets he visited and is very observant; but he is a very obstinate, gets angry, spiteful and ag-



gressive. He cannot write on the line and feels embarrassed when his schoolmates tell him that he cannot read or write or talk about his disabilities. He is childish, shy and hides behind mother, when asked something. He likes to listen to classical music. His parents were desperate.

**Mother's state during pregnancy:** She was playing piano during the first 5 months of pregnancy; liked classical music. The day she learned that she was pregnant she cried a lot as she and her husband had a lot of disputes at that time. She thought that her husband was cruel and heartless and she hated him. She *wanted the child as revenge*; she hoped the child should be bad in health which would be adequate revenge. She had a brother who had a psychological problems and did not want him to come to see her in the hospital as his behaviour would embarrass her.

As a child she had the fear that her mother or a close relation who visited her house was going to poison her - a sense of isolation and anxiety. Afraid of dark. His father was always on tour and not interested in the family. Her mother was dominating. After marriage she was depressed and felt lonely as her husband would go away on work and felt that she could not effectively communicate with him; used to be scared that something bad will happen when she was alone. "My husband is the only person I could rely on but he is not close to me." She was very fastidious and when things were not in order she could not read or concentrate. She became sick with anxiety before examination and tense when her own students of music have exams.

**CASE ANALYSIS:** The mother's state during pregnancy was that her husband was cruel and heartless and she wanted a child with severe bad health as revenge. She was a perfectionist and played piano for 5 hours daily. The feeling that I am not perfect and want to be perfect is the feeling of cancer miasm of Rajan Sankaran. One can see the intolerance for disorder, as the mother and child were perfectionists. Her fears of dark and that something bad will happen to her and the boy's fears show the intensity of the miasm. This indicated a possibility of *Carcinocin*. But the sensitivity of the mother -

liking music, love of arts and literature indicate a plant remedy, a remedy which has cancer miasm with a strong sense of cruelty and heartlessness, hatred and revenge.

*Anacardium* chosen on the following rubrics:-

RM 1091- Rest cannot until things are in order

RM 990- Forsaken feeling and sensation of isolation

RM 990- Abandoned

RM1050- Fear of being poisoned

RM101- Cruelty

RM1116- Unfeeling, hardhearted;

Alternation between aggressive and affectionate. (duality)

Ailments from anticipation.

RM 1058-Helplessness (wanted to shout but could not)

RM1011- Clairvoyance

RM 1031- Sadness after quarrels with husband  
(only remedy)

RM1098- Sensitive to music and piano

RM1022- Cursing (may the child have bad health)

The child was given *Anac* in LM potency with stepping up of the potency every month.

**FOLLOW-UP:**

ONE YEAR: child more relaxed; tries to read and write and able to concentrate; could write letters. He still has fear of nail clipping and pigeons but can get close to a dog. He was able to ride a bike without wheels.

3 YEARS: Doing much better in school. Motor abilities improved. His mother also got the same remedy.

(From Dr RAJAN SANKARAN's book: The System of Homoeopathy- Case 9).

### **CASE 5: Dr RAJAN SANKARAN**

A 46 yr-old American. Her main complaint was difficulty in forging relationship with people. Feels cut off and cannot be close. She married but did not get sex and love nor a child as husband had an operation and was also not interested in sex. The patient wanted passion, understanding, verbal communication and caring. They subsequently divorced. The next person also did not give her that love. Yet she does not want to leave him but wants to take care of him as he fell sick; would feel guilty if anything happened to him. She feels that



love should be first physically rooted. Hence feels starved emotionally and physically; she feels that he does not want her physically. She was having extra-marital affairs to satisfy her sexual urges.

In her parental home, she was disgusted with her mother and ran away, joined a school in a different city and did not communicate with her family. She says that her parents wanted to control her and expected money from her. Yet felt guilt; wants to make peace with them; so her mother should not destroy her. As a child she was distressed when her parents quarreled; she felt abandoned.

#### CASE ANALYSIS:

There is clear evidence of duality—mind separated from body; love physical separated from spiritual. She is at antagonism against herself. Feels abandoned and forsaken. A definite delusion of being stabbed with a dagger or the opposite of this- to kill.; at the same time she is also sympathetic- again duality- love and hatred. She feels estranged from her husband and family. She has impulses to be cruel to others but controls through meditation. She describes herself as artistic and a perfectionist.

*Anacardium* helped. She left her husband and felt good; menses better; the whole world looked better. (The System of Homoeopathy Case No. 7).

**CASE 6: Dr ANNE PETTIGREW-** The ultimate pessimist. The wife brought her 51 yr old husband for consultation, for being *disinterested* in everything. The patient was unshaven, grey, puffy, bags under his eyes and looked desperate; he was slow and weary in answering. He said that he was not interested in anything because everything was corrupt; religion and life are farce; he wanted fair play for everyone. He was a smoker and an alcoholic. He was a taxi driver till two years back and gave it up because he felt that the taxi union was corrupt and they thought he was mad. He felt alone, as nobody understood him and his son aged 23 did not need him. Suicide, he said, was not an option as he would still be depressed and ignored. He abused and cursed his family. He said "I cannot make decisions -

always there is this duality, the right and the wrong; the good and bad. I have the burden of the society. I sense so many things, which others cannot see. I want to go home but I am not sure I will not curse and swear and upset my wife."

#### THE RUBRICS SELECTED WERE:

1. Mind- estranged from society
2. Mind: forsaken, isolation, sensation of
3. Mind: delusion, persecuted
4. Mind: misanthropy
5. Mind: malicious
6. Mind: morose
7. Sense of Duality
8. Cursing, restraining himself in order not to
9. Company; aversion
10. Mind: answers slowly
11. Mind: answers: reflects long

*Anacardium* 1M single dose given.

(KV: My computer repertorisation on Kent's repertory using these rubrics *Anac* got 20 marks followed by *Phos* (11) and *Nux-vom* (11) way behind.)

**FOLLOW-UP:** In 4 weeks he was back home, clean shaven, feeling better and brain a little clearer. No panic attacks; talks proudly about son and willing to discuss about balancing his life with his family. (The first effect is removal of estrangement from family) *Anac* 10M brought about further improvement. 2nd Mth: calm and smiling and agrees to continue conventional therapy for his schizophrenia. Two more months later he applied for a job but did not get because of bad antecedents. But he was not desperate. He was given *Anac* 1M another dose and two months later he was much better and got a job and he was less troubled by the external world. After a dose of the same remedy in 200C two months later he was doing fine. This case clearly shows that an *Anacardium* personality persists for years unless appropriate Homoeopathic remedy is given to eradicate the taint. - **THE BRITISH JOURNAL OF HOMOEOPATHY, JANUARY 2000-VOL 89, NO 1**

This remedy may be helpful in post-traumatic stress syndrome and Dissociative disorders also. There are



several instances of physical and sexual abuse of children, especially girls, by their own kith and kin and this trauma is deeply implanted in their psyche. Think of *Anacardium*. It is both useful for the perpetrator and the victims. Dr Hruby admirably sums up the relevance of this remedy in these cases:

"*Anacardium* is often used for the consequences of extreme, prolonged abuse, ritual abuse, torture and double bind situations, especially for choices where the patient is forced to be cruel to other people. It can also be used for so-called milder cases of severe humiliation. The essence of *Anacardium* in this usage, is **conflict**. Externally what that means is: hatred for abusers; obsession with vengeance, which may enable people to survive; murderous rage; and stimulation by cruelty. The internal conflict is conflict of wills: torn between rage and restraint; torn between desire to prove oneself and the certainty that humiliation and shame will result again; torn in the original experience of torture between a double bind where either option leads to life-threatening punishment or to soul-threatening cruelty or shame. This is the most tortured indecisiveness—a classic hallucination of a devil sitting on one shoulder yelling "Kill him" while an angel sits on the other screaming "stop".

### CASE 7: Dr HRUBY: PTSD

The woman was an incest survivor. She had a pleasant manner but was seething with rage inside. Her chief complaint was suicidal desires and incidents of self-injury, either by cutting herself or by smashing her hands against walls in anger. There was insomnia and the tendency increased after contact with her family or any other situation where she felt helpless. She was given *Staph* initially and she responded well but after two months she returned with the symptom that she felt hatred for all people resulting in severe sense of isolation; her pent up anger was so great that she could hardly

continue the dialogue. *Anacardium* cured her.

### CASE 8: Dr HRUBY: PTSD

The mother of two foster children consulted for her memory loss. *Anacardium* cured her. The doctor made a point of observing her relationship with her children. She wanted to ensure that there was no physical abuse going on in the family but it transpired that she was hitting her children. Basically the foster children she took had a long history of physical and sexual abuse. Whenever she had children of physical abuse she would give the mother a dose of Anac to cure her of this tendency.

- (JAIH Summer 1993)

### CONCLUSION :

Roger Morrison says: '*Anacardium* is a remedy which is especially needed for complaints stemming from abuse incurred during childhood when the patient had nobody to turn to. If the patient feels that there is no way out, that there is no one nearby who is willing to do anything to rectify the situation, then the *Anacardium* state is likely to emerge. This is not the case where the child feels that the mother is too afraid to react to his father but when he or she feels that the mother does not care enough to do anything. It emerges because of the absolute lack of feeling of self-worth which would naturally result when a child's own mother or father does not care enough to protect him or actively solicits the abusive behaviour of the other or if the child sees that the other parent is also a party to the abuse. The child's self-esteem is shattered; it produces tremendous anger and an ingrained inability to connect with other people. This lack of self-esteem is not associated with cowardice as in *Lyc* (being afraid to enter into fights) but *Anac* can fight and exhibit their cruelty."

An *Anacardium* patient has the most forlorn look on his face; suffering is etched on the face. There is also a look of hardness on the face. (hard-hearted). □

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The most important thing I have learned over the years is the difference between taking one's work seriously and taking one's self seriously. The first is imperative, and the second disastrous."

- Margaret Fontey