

Anger, Temper And Irritability Cured By Homoeopathy

ABSTRACT: Women vary in the way they react to annoying events or individuals, indeed some are constantly angry due to real or imagine grievances, others simply argue for the sake of arguing - it is part of their personality. However irritability may be a feature of another illness, constant pain is one example. Worry can often show itself by outbursts of bad temper. Whatever the cause, homoeopathy will help.

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STRESS

Stress results from a situation or event that disturbs your mental emotional or physical health. In small amounts, stress can be a stimulus but if it is excessive or prolonged it can lead to a breakdown of health. Some suggestions to help you reduce the stress in your life are given on selfhelp. Homoeopathic medicines will need to be chosen according to the symptoms that you are experiencing such as depression mood swings or temper. To help you cope with stressful situations you may have to rely on various substances such as tea, coffee, alcohol, sugar and tobacco. The problem with relying on these substances too much is that you become accustomed to them and tend to need greater amounts of them as time goes on.

STRESS DISORDERS

In the section on stress and life style we looked at, the causes of stress and the symptoms and signs are the early warning signals which if not properly attended to, will turn into stress disorders or diseases in their own right. Many of these disorders and diseases are dealt with separately in other sections of the book. Stress can affect the muscles and organs of your body in a variety of unwelcome ways.

CAUSES

It is now generally accepted that one way that

stress results in increased infection or disease is through the immune system which is that part of our bodily processes that protects us.

SYMPTOMS AND MEDICINE

Cannot bear to be touched or looked at, anger occurs in many situations, over excitability - *Antimonium-crudum*

Anger follows fright - *Arnica-montana*

Weakness and restlessness with exhaustion after the slightest exertion - *Ars-album*

Nightly aggravations, anger, fear and worry; peevish at the least contradiction, profound depression perhaps with talk of suicide, over sensitivity - *Aur-metallicum*

Headache and dizziness from sitting up, dry parched mouth, everything is irritating - *Bryonia-alba*

Absent minded and lacking in self confidence - *Calcarea-silicata*

Anxiety and intolerance - *Carboneum-sulphuratum*
Wild anger, promiscuity and tendency to swear - *Cereus-serpentinae*

Complains after a period of anger; colic is often present, anger causes perspiration - *Chamomilla*

Nervous with an aversion to being touched; can get very angry at night - *Cina*

Abdominal pain after anger and with great indignation - *Colocynthis*

Laughs a lot, may be violent with anger and sorrow afterwards –*Crocus-sativas*
 Cannot bear the slightest contradiction; feels much better if kept busy –*Helonias*
 Unreasonable anger, headache follows the anger; forever sighing and sobbing with changeable moods. Melancholic and uncommunicative; symptoms may follow shock, grief and disappointment –*Ignatia*
 Very nervous; is easily startled; pale, sensitive and weepy –*Kali-phos.*
 Sudden anger with an impulse to violence –*Mercurius-solubilis*
 Ill effects from anger, with fear –*Natrum-mur*
 Hateful, vindictive, head strong but with hopeless despair, sensitive to noise, pain and touch –*Nitric-acid*
 Violent temper: cannot bear contradiction, gener-

ally irritable and angry; anger from loud noises which seems painful; anger may lead to indigestion; Irritable and cannot bear noise/smell; fault-finding, with a fiery temperament –*Nux-vomica.*
 A feeling that death is near, irritable; easily offended and vexed at every thing –*Petroleum*
 Easily offended and indifferent to family; very sad and weepy with anxiety towards evening –*Sepia*
 Ill effects from anger and insults; suppressed anger and indignation –*Staphysagria*
 Feels depressed, weak, lazy and irritable; selfish with no regards for others –*Sulphur*
 Sudden mood swings; seems ungrateful and discontented –*Tarentula-hispania*
 Craving for tea; withdrawal headaches and muscle pains –*Thea*
 Craving for coffee –*Coffea-cruda*

Repertory of Mind

A bad act; as if had committed or not done his duty, great sadness - *Cyclamen-eu*
 A bitter sour fluid, gulping – swimming a sort of vertigo with dimness of sight- *Cauro*
 A child, sobbing, like, desponding—*Lobelia-inf*
 Choking sensation in throat as if swollen outside. Prone to weep or to laugh immediately with –*Ferrum-phos*
 A column of figures over and over before correct; inability to concentrate mental effort, must read a subject several times or add –*Ailanthus-gland*
 A crime as if she had committed, anxiety, allowing no rest at any employment -*Chellidonium*
 A crowd afraid of a or of crossing busy street -*Aconite*
 A disposition to suicides haunted by -*Capsicum*
 A debauch on awaking in night dull stupid, foggy and after, dizziness he falls down —*Psorinum*
 A feeling of deep-seated inward trouble which makes him melancholy and sad, great tiredness and laziness with –*Sabina*
 A few roads seems an immense distance, exag-

geration of extent of space—*Cannabis-indica.*
 A dog; growled and barked like ; instead of eating bit the wooden spoon in two Gnawed the plate –*Belladonna*
 A dream as if arousing himself from confusion of head making thinking difficult , morning on awaking he had to make great exertion –*Carbo-veg.*
 A foreign tongue; talks in strange language – (typhus). A fright; after; afraid in the dark after fright with vexation or anger heat congestions, threatened abortions, ailments from fright following later -*Aconite*
 A great hurry; must do everything in –*Sulphur*
 A kind of stammering; he uses syllables of words in wrong connections; therefore pronounces some words incorrectly –*Selenium.*
 A knife seeing blood on; she has horrid ideas of killing herself though she abhors the idea -*Allumina.*
 A living animal were in abdomen as if –fixed ideas as if a strange person was at his side, as if soul and body were separated, as if made of glass - *Thuja.*

A mere noise at the door makes him anxious, apprehensiveness, full of fear -*Aur-met*
 A mirror or any thing bright excites convulsion; screams bites mouth dry pupils large; unconscious (hydrophobia) -*Stramonium*.
 A moment what he was about to do; forgets in, memory impaired -*Belldonna*.
 A naked man is wrapped in her bed clothes; fancies, dreams of men -*Pulsatilla*
 A nocturnal emission; after a fright at noises - *Aloe*
 A noise or shock shortens the attack bear; moroseness with nausea -*Sanguinaria*
 A quiet relaxing and recreating nature; after visions of-sudden transitions from one fantasi when completed another; the general character may remain unchanged -*Cannabis-indica*.
 A rash; dullness of senses; also before -*Stramonium*
 The mental faculties and memory are perfect but on every attempt to move, vertigo -*Kalmia-latifo*

A sense of helplessness from brain weakness, mental exertions cause; inability to attend to anything, requiring thought -*Gelsemium*
 A sexual cause in women; manias, especially proceeding from -*Apis-mellifica*
 A shock or noise shortens eclampsia *Helli*
 A short sentence; can not understand even, can read but -*Colchicum*
 A short time ago; forgetfulness of what he had done -*Calc-phos*
 A short time to anyone thing; unstable minded, begins now this again that holds but -*Bismuth*
 A single note sung; sings involuntarily on hearing even; laughs at herself; but soon sings again in spite of her determination to stop -*Crocus-sativus*
 A somewhat cheerful, careless mood, anxiety, following; depression of spirits -*Gelsemium*
 A sort of vertigo with dimness of sight; swimming gulping up a bitter sour fluid -*Caulophyllum*

Cardiac Neurosis -A Mental State or Mental Disease?

ABSTRACT: *As the title suggests the author gives in details the article on cardiac neurosis and explains it with the help of case. Also does a survey of the disease, amongst the Cardiologists, Allopathic Physicians, Psychiatrists, Homoeopaths, Ayurvedacharyas and Patients suffering from heart ailments and concluded, many of the physician market cardiac neurosis for their personal gain. An article worth reading!*



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Cardiac Neurosis or Cardiophobia as is widely known refers to symptoms arising due to persistent anxiety about contracting some cardiac disorder or not getting well once it is acquired. Many believe that it may be a precursor or the first stage in the spectrum of development of Hypertensive state or Ischemic heart disease. Paradoxically many

Physicians instill fear amongst the patients about heart disease. I must admit and the readers would agree that the latter is widely practiced and is becoming a menace where as the former is the reflection of a sick state that can very well be managed and treated - both by sympathetic words and sweet pills.

A month ago, Ashok, aged 28 years, an apprentice at a printing press came to our clinic. He complained of episodes of sensation of a load on the anterior aspect of the chest since 2-3 weeks. It aggravated on rest. No history of increase of symptoms after meals or on exertion. It had started after his co-worker aged about 70 years suffered a myocardial infarct. Ashok had already been to a local physician who took his ECG (that was normal) and was generous enough to instill a fear in him that he is likely to get a heart attack. The poor man had no history of hypertension or diabetes in the past and could hardly speak English. But in a day or two was well acquainted with the words "Treadmill Test", "Angiography", "Atenolol 50mg", etc. He started having disturbed sleep, disinterest in tobacco (that he was addicted to), work and sex. Obviously when he came to us, after hearing his woes, he was counseled and responded to 3 doses of *Argentum-nitricum*. He is still under follow-up. Today he is back to work without **CARDIO-PHOBIA**.

I also happened to see Mrs Rekha, a 46 years old plump banker. She was advised urgent hospitalization in view of her accelerated (180/110mm Hg) and fluctuating blood pressure and an ECG that depicted - Left ventricular stain pattern. Since it was the year end (25th March 2008), she refused to get hospitalized but chose homoeopathy instead. On history we learnt that she was peri-menopausal, had frequent hot flushes (the doctor says there is tremendous heat in my body due to high blood pressure), missed her only son who was in Bangalore pursuing Hotel management and the work load at the bank. She was quite anxious and was sure that she would end up in the ICU. A round of educating her about menopause, frequent telephonic talks with her son and few repetitions of *Arsenic-alb* settled her completely. Today she is fit as a fiddle. There are no BP fluctuations and although her menopause continues, there are no complaints.

CARDIO-PHOBIA - GOOD BYE.

An interesting short study was carried out last

month by the department of homoeopathic cardiology. The National Academy of Homoeopathy, India. We sent the following questionnaire to 38 Cardiologists, Allopathic Physicians, Psychiatrists, Homoeopaths, Ayurvedacharyas and Patients suffering from heart ailments. Sixty eight percent participants responded. Following were the questions along with their collective answers (text and graphs)

1. What is your view regarding Cardiac Neurosis?

Ans: It is a term used to define collective symptoms and signs of anxiety relating to cardiovascular diseases described by an individual who experiences persistent stress and is unable to cope with it. It is a serious problem as cardiac disease itself warrants treatment.

2. How much in your experience is the percentage of cases of functional and structural heart diseases in the general population of Vidarbha?

Ans: Generally Physicians from all the schools were of the opinion that the prevalence of functional heart diseases in the general population of Vidharbha was around 25%. Rest of the patients that presented to the clinics were having some form of structural heart disease.

3. In our quest of creating awareness about heart diseases, are we (physicians) responsible for instilling cardio-phobia amongst the masses?

Ans: 54% agreed and said - Yes, it is a double edged sword. Whereas 46% disagreed with the statement.

4. Wasn't ignorance Bliss in earlier days?

Ans: Only 20% agreed with the premise that ignorance about heart disease was really bliss in the earlier days. Of these 20% majority were from the patient group. The medical fraternity was quite united in remarking that ignorance was, is and would always be a bane. Cardiophobia is much better than ignorance.

5. Is the Media also responsible for flaring fear about Heart Diseases?

Ans: Many (23%) participants believed that media was just doing its work of educating the masses

about heart diseases and their causations, etc. But those persons, who are cardiophobics, take the negative aspect of the campaign. Other participants (77%) opined that with so many channels (electronic / print) competing with each other, sometimes the views of experts are dissected in a wrong manner.

6. Do Physicians for their personal gains create a market of cardio-neurotics?

Ans: An over-whelming 66% voted in affirmative where-as the rest did not agree.

Another study was carried out by the Department of Homoeopathic Cardiology, The National Academy of Homoeopathy, India between 19/9/2006 to 19/5/2007.

Aim - The purpose of this study was to assess the prevalence of cardiophobia, its types and to evaluate the quality of life of patients with this disorder.

Methods - A consecutive series of 40 patients who satisfied the diagnostic criteria for cardiophobia were included in this study. Patients underwent the process of detailed case taking involving extensive evaluation of their mental state and life space.

OBSERVATIONS

1. In 29 patients (72.5%), a psychiatric diagnosis (mainly an anxiety disorder) antedated the onset of cardiophobia. Hence it was defined as secondary. The cardiorespiratory symptoms were part of the mental symptoms. In the remaining 11 patients (27.5%) cardiophobia was the primary disorder.
2. Patients with secondary cardiophobia reported significantly higher levels of anxiety, depression, social phobia, abnormal illness behavior and an impaired quality of life compared with patients with primary cardiophobia. This latter did not significantly differ in these variables (except for depression) from healthy control subjects matched for sociodemographic variables.

An 8 month follow-up revealed that patients with primary cardiophobia had a much better prognosis than those with secondary cardiophobia.

Homoeopathic Outlook - The homoeopathic ap-

proach towards this disorder is quite clear. It is a sickness and requires effective management. Majority of already diagnosed patients who come to a Homoeopath are on anti-depressants, tranquilizers, mood elevators or other allopathic, ayurvedic or unani medicines. When these patients demand homoeopathic care, then gradual tapering of the above drugs with replacement of so called specific dynamic remedies (acute palliatives and complimentaries) should be followed. Apart from psychotherapeutic measures and counseling, homoeopathic remedies play a significant role in alleviating this state of anxiety. Several rubrics are enlisted in various repertories that can be used for prescribing remedies in acute state like

1. Mind; Fear (see anxiety); Heart Disease of
2. Mind; Delusions, (illusions, hallucinations) imaginations; Heart Disease, will have, and die
3. Mind; Delusions, imaginations: Disease, She has some organic disease.

But the final prescription remains the deep acting constitutional antimiasmatic remedy that needs to be administered, once the patient is settled along with proper repetitions. The management has to be strictly individualized for every patient. It will be foolish to treat the nosological labeling of Cardiophobia, since our therapy deals with the patient and not with the disease. Patients have to be prepared for receiving homoeopathic care. This is done by educating them (and their care takers) regarding the mode of therapeutics, disciplining the lifestyles so as to eliminate the possible maintaining causes. Avoidance of self medications should be explicitly outlined to the patient. Primary cardiophobia is a psoric mental state and it responds very well to homoeopathic methods of working. The cure rate is much higher. In Secondary cardiophobia - organic miasms take the upper hand especially the psoro-syphilitic and the syphilitic miasm. The cure rate in such cases is lower but palliation is very well possible. So the final word is that the homoeo soldiers and homoeo armore is ready. Its time to uproot this evil - Cardiophobia.