

Suppressed Anger

This month we will look at the effect that emotions such as anger can have as an 'exciting cause' and the different symptom pictures that can be produced as a result of anger and especially the suppression of anger.

Our reaction to situations that could evoke strong emotions such as anger differs greatly from constitution to constitution; some people remain very calm while others can be provoked easily.

Let's consider three remedies, Ignatia, Nux vomica and Staphysagria, all renowned for strong reactions in angry emotional situations and how these remedies suppress or manage that anger.

According to Margaret Roy in her *Materia Medica* Nux vomica sits on their anger and can end up with piles and pains in the rectum, Ignatia swallows their anger and has problems with the throat and Staphysagria holds it in like a hot coal that causes burning pains. To better understand how suppression affects us physically in this way let's look first at the effects of suppression on the mental/emotional level.

With Nux vomica the nervous system is affected and there is a resulting 'tension' throughout. They are impulsive, impatient people with a strong urge to have their own way. Fault finding, critical and tend to reproach others. They are averse to restrictions and the anger can surface when their style is cramped; they become irritable and impatient and are easily set off by having to wait in queues, driving in traffic etc. When circumstances don't allow them to express their anger they can get physical complaints such as headaches, stomach cramps and constipation.

Ignatia is sensitive of others and they can easily turn anger into grief, sorrow and pity. Being very idealistic they are easily brought down to earth with a thud by outside events. They can have emotional outbursts, which they quickly bring under control and be impulsive due to hysteria, instability and a feeling of overwhelm. The suppressed emotions can cause paradoxical symptoms such as alternating laughter and tears. They are very sensitive to criticism and can experience it as a personal failure and disappointments impossible to bear. The suppression of anger and grief can result in a tendency to eat away stresses resulting in overweight and/or eating disorders. There is a lump in the throat sensation and frequent sighing.

Staphysagria is sensitive to external impressions and easily offended by rudeness and made angry and frustrated by it, they feel hurt and insulted. They are shocked by a world that is different from what they expect and easily feel bullied and trampled on, victims of injustice. Criticism is experienced as an insult to their honour with wounded pride. They are yielding and mild and quite unable to stand up for themselves and this leads to a helpless acceptance and suppression of their anger and frustration. When the anger cannot be held in any more the person is inclined to throw something at the person who has offended them from a feeling of powerlessness. The remedy gives them courage and allows this type to express themselves clearly in the face of confrontation. The suppression of anger can result in many physical complaints including digestive issues such as IBS, styes and a susceptibility to head lice, mosquito bites and etc.

Next month we will explore **Plant Families**.