

## FURY

DR. D. M. GIBSON

If fear is the fundamental emotion, begotten of any threat to well-being or security, fury in one form or another is one of the commonest of moods. How easily and how often is man enraged, annoyed, peeved, irritated, ashamed.

Shame is a form of rage, anger against oneself for being a fool or a failure. Hot shame is the reaction to cold fear, the fear of loss of prestige whether social or spiritual.

All forms of fury are of the opposite pole to fear, which chills and freezes. Purple rage replaces the pallor of fear. Boiling with rage, blazing with wrath the instinct to run away is swamped in a desire to rush to the attack; cold inertia is changed into hot activity.

In a sense, therefore, anger provides an antidote to fear and as such has its uses as a spur and incentive to courageous action. But fury can also be a very harmful emotion by its effects both on body metabolism and on behaviour. Man in blind fury is apt to do things which he may later regret. The effects of anger on the circulation may carry an immediate danger of sudden apoplexy, or a prolonged risk of damaging tension.

It is this smouldering type of wrath, pent-up rage, that is especially inimical not only to peace of mind but to a wide range of bodily functions. Violent outbursts of rage may result in damage to the furniture or involve one in unprofitable hostilities, but bottled-up resentment or constant minor annoyance and irritation may have far more serious consequences on health.

Obviously futile though it be, the temptation to give way to a feeling of frustration is an inevitable concomitant of modern life. But unfortunately frustration is not only futile it is also the source of constant wear and tear on "the nerves". Moreover "frayed nerves" mean disordered physiology with its train of physical distresses, indigestion, insomnia, inertia and the rest.

Obviously, therefore, the fires of wrath, whether in violent eruptions or smouldering inwardly, are of no very great advant-

age to health, and fury in its various forms must be classed with fear as a potentially harmful emotion.

#### **Moods and Medicine**

The tendency to anger may be temperamental or it may be associated with various states of bodily illness.

The BELLADONNA patient may be not only red in the face but in a boiling rage and belligerent to the point of violence.

The BRYONIA patient on the other hand is morose and irritable and gets angry if crossed.

The CAPSICUM child sings and laughs but is lightning quick to take offence and flies into a rage on the slightest provocation.

CANTHARIDES is associated not only with a red, flaming, hot visage but also with paroxysms of frenzied rage brought on by exposure to dazzling light or by stroking the throat or even by the sight of water.

The CHAMOMILLA child is typically in a perpetual pet, howling for a toy, then throwing it away as soon as brought, crying with rage at every interference, only quiet when asleep or being carried about. This state of "temper in a turmoil", "nothing is right", "everything is intolerable", is by no means exclusive to children.

CHELIDONIUM, the liver remedy, with the yellow, irritating, bile-like juice manifests a quarrelsome, peevish mood liable to quite uncalled for outbreaks of temper. This remedy is also related to the feeling of shame, an agony of conscience and an urge to apologise profusely for wrongs committed.

COLCHICUM, a violent irritant poison, is characterised by undue sensitiveness to any stimulus, light, noise, odours, least jar or jolt. The mental state is exceedingly "touchy" so that there is "no pleasing him" and the least little thing annoys.

The HEPAR SULPHURIS patient is also immoderately sensitive to touch, pain, people and correspondingly difficult to get on with; is touchy, quarrelsome and gets furious over trifles, even to the point of impulse to do violence.

#### **Remedy of Moods**

IGNATIA, obtained from the seeds of a large pear-shaped berry filled with bitter pulp, is a remedy of moods. Amongst these is the tendency to pent-up wrath, the bottling-up of re-

sentments and bitter feelings; the liability to get in a flap and lose self-control when frustrated.

The tendency to sudden temper tantrums in a child, or blowing up over trifles in an adult, points to LYCOPODIUM, a constitutional remedy suited to the intellectually alert but physically mediocre type. Is quick to take offence and become snappy, especially if tired or sick; resents correction and hates being watched.

NATRUM MURIATICUM is also a moody remedy with a tendency to harbour resentment over real or imagined insults and sulk in silence; may get distracted and worked up over trifles, and annoyed to tears; strongly objects to being fussed over or sympathised with, yet does not like neglect.

Another remedy associated with excessive irritability is NUX VOMICA. A chilly, lean, active, repressed individual who must have an outlet; goes off the deep end, kicks the furniture about, takes it out on himself and everybody around, and feels better after a really good bust up. Is fussy over trifles and meticulous about order and accuracy, and correspondingly liable to be unduly exasperated by petty annoyances.

The SILICA child, although devoid of girl and go, and wanting in initiative, is nevertheless very touchy, self-willed and hates to be handled or looked at. Is easily irritated by trifles and apt to lose all control and "go Berserk" if provoked.

STAPHISAGRIA, French staphisaigre, the name suggesting bitterness, is another remedy of the smouldering wrath type. Broods in silence, rages and fumes inwardly and finally as the result of pent-up emotion and repressed wrath "goes all to pieces".

Violent, destructive or ungovernable rages are associated with HYOSCYAMUS, STRAMONIUM, TARANTULA HISPANA and VERATRUM ALBUM.

Ill-temper may be an inherited temperamental tendency or it may be a concomitant of ill-health. In any case there is little profit and often much potential harm in giving way to rage and peevishness. The suitable remedy may be of considerable help in dealing with such moods and evil humours and in restoring normal poise and cheerfulness.

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