

## **Anger: Mother of All Diseases**

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**Abstract:** *The foundation of Tibb al Nabavi or Tibb al Islami has placed great emphasis on preventative measures relating to lifestyle incorporating the spiritual, emotional, and physical aspects of a human being. All classical references of Tibb al Nabavi attribute the onset of illnesses to the disturbance of one's lifestyle. This paper aims to shed light on preventive action against anger for health and disease prevention. The Qur'an says regarding anger: "And heal the breasts of a believing people, and remove the anger of their hearts." (Surah 9, Ayah 14-15). Anger is dangerous for the health; it can lead to several significant health disorders and the forces person to commit sin and crime on which he profoundly regrets afterward. It is the product of Shait'an which he gifts human being as soon as he sins. It is destructive physically as well, leaving behind problems and wounds. Therefore, fight the fire of anger – and try to stay calm with the help of Nabavi prescription. Rasulallah(S) gave us the advice to sit down when feeling angry. He (S) says: "When one of you becomes angry while standing, he should sit down. If the anger leaves him, well and good; otherwise, he should lie down."*

*Anger is a part of human nature; basically, it is part of a person's central character, which exists from birth, and reflects in extraordinary circumstances and occasions. Anger covers every part of the body; the eyes and face become fiery. Hands and tongue shiver, the legs tremble, and the mouth become foamy. The nervous system is affected, and your body parts go out of control, thereby losing your rational senses, leaving no difference between an angry and a mad man. It is possible, that in anger, you commit blunders, which may result in a person suffering for a long time, as well as irreparable damage to the relationship. A Hadith says:*

*"The anger spoils the faith just like vinegar spoils the honey."*

*Amir al Mumineen Ali Ibn Abi Talib (as) says:*

*"Be aware of anger; it starts from madness and ends in shame and regret."*

*He (as) also says:*

*"Anger is a bad companion, which exposes a person's hidden defects. It is a thing which brings the person closer towards sins and creates a long distance from good deeds".*

*Abi Abdillah al-Imam Jafar us Sadiq (as) explain further:*

*"Anger is the key to crimes and sins. It sabotages religion and damages the good deeds".*

*Under the shade of anger, a person utters nonsense and commits sinful acts; this exposes him totally and degrades him before the eyes of others. Frequent anger has a terrible effect on the*

brain and heart, which seriously affects the health. Therefore a person, who cares for his health, peace, and creed, should try to remove this habit of evil with a strong will. It is anger that creates stress destroy one's peace and prestige. Medically it is proved that anger affects the heart and brain. It increases the rate of a heart beating to an abnormal state and consequently increases the blood pressure, heart attack, and stroke. Physical activities increase the heart beating, accompanied by physical exertion; therefore, it is necessary to maintain a balance between the heart exertion and physical activities. Scientists, in the past, used to think that anger leads to several consequences, including cancer. The point to be noted is that an angry nature is dangerous for health and wealth. It creates problems everywhere. Anger is justified where it is required and in situations where it cannot be ignored. In Jih'ad, in defense of Islam, in the establishment of Maruf (favor) and restrained Munkar (offensive action), anger is necessary. For the safeguard of one's "prestige and property", anger is allowed. Similarly, for a tyrant, an apostate or for a hypocrite, to extend displeasure and anger is compulsory. If through anger, one can provide any relief and protection to a deserving person, it is allowed. Furthermore, total absence of anger is also a weakness, which brings humiliation, subjugation and inability to defend one's own rights.

The writer of "Al Mustadrak" has quoted Amir al Mumineen Ali (as) in his vol. ii as follow:  
"If you follow your anger then surely it will lead you towards the destruction."

Anger cannot be eliminated from a person's nature. He cannot remain unconcerned with what is occurring around him. It is up to him how to utilize this power in a sensible manner or proper occasions. Anger as habit generally flourishes in a human from one's childhood, side by side, with other faculties. This is part and parcel of human nature, but its excess and decrease are related to the nourishment and upbringing of each person. The behavior of the parents with the child can bring this habit on equilibrium or to the minimum or excessiveness. This point should always be kept in mind that human habits are not the same. Some have a higher anger level of and some less depending upon his childhood.

Wise and foresighted parents treat their kids according to their temperament. They always try to control the child from any excessiveness or abnormalities of nature. When a child cries in anger and creates disturbances, its body shivers, and its face appearance changes. In this situation, baby shouts and wants to be aloof from others, and hide in a corner. It is advice able to find the reason for the child's anger and remove it. Anger is the result of some trouble, painful feeling, or displeasure. It is a result of many things, which is not possible to describe in a few lines. A few reasons are as follows:

- i). Less sleep
- ii). Hunger
- iii). Thirst
- iv). Hot climate
- v). Cold weather

Other causes of anger are, to impose unnecessary restrictions upon the child, such as harsh attitude, wrongful act, insult, torture, strict handling, and demand undue-obedience. To impose anything strongly against a child's wishes affects its self-confidence and the child feels insecure

and loses confidence. An unpleasant manner of handling can turn the child into an irrational being. The repetition of such attitude forces the child to revolt against this situation. It is the parents who damage the personality of the child and transform his temperament by their harsh Parents are responsible for such defects.

If your child is in an angry mood, then the parent should remain calm and try to calm the child, because the child aims to gain attention. Find out the reasons behind the anger, and seek the remedy to remove his grievance. Thirst and hunger are one of the most common causes of anger in children. If the child is tired, get him/her to sleep. If the child is being disturbed due to your working, cease working, and calm your child for that time. If the child is concerned with some abnormal happening, then divert his/her attention. If the child has any genuine demands, try to fulfill it. When the child becomes normal, explain lovingly, and make him understand so that the child may realize the difference between good and evil. Full cooperation with the child is necessary to control his/her mood.

A father once selected a unique manner to remove the bad habit of anger from his child. The father gave his son a bag of nails and asked him that whenever he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually decreased. He discovered that it was more comfortable to hold his temper than to drive those nails into the fence. Finally, the day came when the boy didn't lose his temper at all. He informed his father about it, and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed, and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said:

"You have done well, my son! However look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a wound just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry; the wound is still there".

Therefore, a verbal wound is worse than a physical one and not easy to cure. The conclusion of the discussion is the advice of Moula Amir al Mumineen Ali Ibn Abi Talib (as) available in "Ghurar'il Hikam":

"Beware of anger, it should never be stressed upon you and not become a permanent habit".

Best is to keep silent! Don't speak and reply. A Hadith says:

"If any of you becomes angry, let him keep silent."

Divert attention away from the cause of anger and participate in some activity which turn mind from anger mode. It is better to convey the reason of anger feeling.

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