

CHAPTER THIRTY FOUR

Anger

O Allah (The Exalted) bless our master Muhammad (may Allah bless him and grant him peace) as much as the entire earth and what it holds and what it bears of Your Creation.

A man sought advice from the Messenger of Allah (may Allah bless him and grant him peace). The Messenger of Allah (may Allah bless him and grant him peace) said to him "Don't be angry", the man repeatedly sought for more advice and the Messenger of Allah (may Allah bless him and grant him peace) repeated, "Don't be angry." ⁱ

Now, it is scientifically and medically proved that anger as a form of human reaction affects human heart. It increases the rate of heart beating to an abnormal or unnatural state and consequently increases the blood pushed in the blood vessels and increases the probability of blood pressure and heart attack. It is well known that physical efforts such as running or working a physically hard work increases the heart beating. But in such cases the heart beating is accompanied by physical exertion and toil therefore there is a balance between the heart exertion and physical to it.

It improves the healthy of both the heart and the body. But in the case of anger it is only the heart which experience tense in addition to the harmonic and inner changes which affect the angry, more blood gets pumped into the body whose blood vessels are not ready and wide to receive the pushed blood and consequently, creates blood pressure and heart attack. A running man may stops running and achieve a normal rate of heart beating, but and angry man may not be able to get rid of the anger and its cause quickly and consequently increases an imbalance heart tense and this results into health problems. This is in addition to the social tension, crimes and family unrest.

Scientists, in the past, used to think that the anger expressed frankly and openly is not harmful to health. They lead to the same consequences. They may differ in their tense. In the case of suppressed anger, a repeated suppressed anger may increase blood pressure and sometimes causes cancer. But in the case of frankly expressed anger and when it is repeated, it may lead to damages in arteries of heart and increases the possibility of heart attack.

Because the explosion of anger may increase its wares and it becomes difficult to control over the reaction of the angry because the physical state of the person is inseparable from his psychological condition, consequently, the effect of anger reaches to the human glands which secretions. These secretions may forbid the reasoning and immunizing system to act. They may hinder the work of anti-bodies. The body fails to use its defensive weapons which are released by important glands. The body becomes weak as a result of repeated anger. This may interpret the reason behind the turning of normal cells into cancerous cells due to the absence of the normal functioning of the defence system of the body.

Therefore, it is clear that the saying of the Messenger of Allah (may Allah bless him and grant him peace) contains a valuable wisdom which, it followed, protects human body of scientific medical miracles in the saying of the Messenger of Allah (may Allah bless him and grant him peace) who advised Muslims not to angry. ⁱⁱ

Dr. Ahmed Shawgi Ibrahim, the remember of the Royal Medical Association in London & the internal & heart diseases consultant says ... Avoiding anger can not be avoided by taking sedative tablets and medicines because such medicines will give effect only after repeated uses. Moreover, they make man addictive of such medicines. Anger changes human behaviour and conducts, therefore, for the purpose of avoiding anger man should change his behaviour and adopt a wise course of solving daily problems and turn his anger into calmness, balance and tranquillity.

Dr. Ahmed Shawagi adds, the psycho therapy found two ways of curing the angry patient. The first by reducing the sensitiveness to actions and reactions by training the patient, under the supervision of a doctor, to practice relaxation and self-control while facing the same difficult situations which made him angry before. Hence he becomes capable of confronting such problems without getting angry or irritated.

The second way of treatment is by adopting muscle and psychological relaxation. The doctor asks the patient to remember the difficult and problematic situations. If the patient was standing he is asked to lie-down and gets chances of meditation and tranquillity. This method of treatment is adopted by the modern psychotherapy whereas the Messenger of Allah (may Allah bless him and grant him peace) has explained it before fourteen centuries. The Messenger of Allah (may Allah bless him and grant him peace) said if any of you becomes angry while he was standing he should sit down, if anger does not disappear then he should lie-down. ⁱⁱⁱ

ⁱ Bukhari

ⁱⁱ "Scientific Miracles in Islam and Sunna Nabaweya" By: Mohammed Kamil Abdel Samad.

ⁱⁱⁱ Reformation Magazine No.: 296, 1994 From the symposiums of the Association of the scientific Miracles in Quran, Cairo.