

## ANGER OUTBURST IN CONTEXT OF NUTRITIONAL DISORDER

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### ABSTRACT

The present research article deals with the fact that you are what you eat. The effect of our food is on our whole-physically and emotionally. Anger is a human emotion which is a part of being human that we experience along with other emotions, which ranges from mild to severe; from verbal abuse, assault, grievous bodily harm, domestic violence murder and even mass murder. Anger management problems should never be underestimated. Many researches prove that anger can be controlled through diet nutrition and behavioral modification. Medical and psychological research has shown that no matter how much you exercise or eat correctly, you are putting yourself at risk, if you do not manage your anger, because anger causes a wide spread effect on the body. It is important to understand what happens to the body when one becomes angry. In a moment of anger, you may experience muscle tension, grinding of teeth and teeth clenching, ringing in the ears, flushing, higher blood pressure, chest pains, excessive sweating, chills, severe headaches or migraines. With chronic anger people can also experience peptic ulcers, constipation, diarrhea, intestinal cramping, hiccups, chronic indigestion, heart attacks, strokes, kidney problems, obesity, and frequent colds. Medical experts have found the heart muscle is affected by anger, and anger can actually reduce the heart's ability to properly pump blood. The results of prolonged anger can harm the body. People who hold in their anger often have skin diseases such as rashes, hives, warts, eczema and acne. Researchers have studied the relationship of anger and skin disorders and discovered that when a person resolves his anger, skin disorders dramatically improve. The present study tries to indicate the role of nutrition and food to improve symptoms of anger with traditional treatments that involve medication and therapy, so that to change the diet to keep mood busting foods in check and curtail consumption for a complete mood make-over and that get one step closer to health and happiness.

**KEYWORDS:** Human emotion, Anger, Grinding of teeth, Obesity, Hiccups, Intestinal cramping

The effect of our food is on our whole-physically and emotionally. Anger is a human emotion which is a part of being human that we experience along with other emotions, which ranges from mild to severe; from verbal abuse, assault, grievous bodily harm, domestic violence murder and even mass murder. Anger management problems should never be underestimated. Many researches prove that anger can be controlled through diet nutrition and behavioral modification. Medical and psychological research has shown that no matter how much you exercise or eat correctly, you are putting yourself at risk, if you do not manage your anger,

because anger causes a wide spread effect on the body.

Emotional stress and anger trigger the release of stress hormone cortisol in the body small release at cortisol can give the body a quick burst of energy. It can create a blood sugar imbalance it can decrease bone density. It can suppress thyroid function, slowing down the body's metabolism. It can impair the brain's thinking ability and increase blood pressure.

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## OBJECTIVES

1. To explore effects of nutrition on human behavior with special reference to anger.
2. To reveal effects of anger physically and mentally.
3. To study that does nutritional balancing help with anger.
4. To suggest method to control anger by appropriate diet and other changes.

## METHODOLOGY

The research paper includes the secondary sources. The major data and information pertaining to the study have been collected from secondary sources, reports from Chhattisgarh government agricultural department, general discussion of findings and articles were taken and included from India and abroad.

## RESULT AND DISCUSSION

Daniel Amen MD introduces the concept of the anti anger diet according to one study nutrition can better balance brain's function to respond to stimuli in a less anger creating manner. Diet is considering vitamins nutrition and supplants that help better respond to such experience like anger. Daniel Amen offers advance on numerous realms mental anguish including anger and ways to combat rage through diet.

Five major emotion are mental health issue from many of us suffer anger being one of them. Dr Amen offers diet vitamin and supplement suggestions that pertain to part of the brain and assisting its ability to process control are avoid anger or reaction from anger. According to one study sugar handling problem and means, that people with anger problems have insulin resistance. Loss of anger control is one

of the many symptoms of the hypoglycemic syndrome.

Food is a basic ingredient in the formation on natural mood elevating brain chemicals like serotonin. Serotonin deficiencies cause depression, anxiety, anger problems and eating disorders. Neurons (brain cells) require food nutrition to make the chemical messengers that influence every system of the body. Our emotion can instantly change depending on what we eat. If we grab fast food, boxed, packaged or processed food we get a stimulating high from sugar, salt and fat. Unfortunately a crash follows as our brain is starved of serotonin enhancing nutrition. The crash causes food craving that can lead to overeating weight gain and irritability.

Various studies have shown that subjects with delinquency and behavioral problems almost always are deficient in vitamin B1 as well other essential vitamins and minerals. This is due typically to a nutritionally deficient diet based on junk foods. A lack of this B vitamin and other nutrients can result in irritable, quarrelsome and emotionally over-reactive and even aggressive behavior. In the studies, supplementation has resulted in improved behavior for subjects.

Anger flood the body with stress hormones that over time can prove harmful to heart and other organ system of body. Anger places demands on our body & brain draining it of energy & resources. According to one study sugar & caffeine high leads to a crash, making self control or anger management nearly impossible to implement.

## CONCLUSION

We can control anger by proper nutrition. If we want to stop us from losing control over anger.

We need to treat hypoglycemia that will normalize insulin, blood sugar level and stress hormones. Here of something you can do to get anger attention through nutrition. Eat a variety of food from major food group, avoid fat, eat more whole food (such as avoid raw.), avoid Sodium, eat frequent calm meal and eat slowly. We should eat Vitamin B1, B3, Iron, magnesium and selenium; these are very useful for control anxiety, anger and mood instability.

### SUGGESTION

If you suffer from stress, one of the best things you can do for yourself is to eat a balanced diet. The diet should contain vitamins and minerals that are found in fruits and vegetables, especially the dark green vegetables, proteins and whole grains. Take a close look at your diet to keep these mood busting foods in check and curtail your consumption for a complete mood make-over and get one step closer to health and happiness.

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