

A Homoeopathic drug proving of *Bitis atropos* with a subsequent comparison to venom toxicology and related remedies

By

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I Shraddha Brijnath do declare that this dissertation is representative of my own work, both in conception and execution.

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DEDICATION

For Bheem, who lived through this experience with me.

For my parents Nisha and Santosh, I am eternally grateful for all your sacrifices. I love you both, thank you.

For my nani, nana, aaji and aaja for the unconditional love and support.

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ABSTRACT

Introduction

This study was a homoeopathic drug proving of *Bitis atropos* 30CH (derived from Berg adder venom) with a subsequent comparison of the proving symptoms to known venom toxicology and existing remedies from the materia medica, that on repertorisation, yielded the greatest similarities in the Mental, General, Physical and unique symptomatology of *Bitis atropos*.

Methodology

The proving was carried out in the form of a double-blinded, placebo controlled trial on healthy subjects who were administered the proving substance or placebo. The resultant influence of this substance on the health of provers (i.e. symptoms produced) was recorded in journal format and formed the materia medica and ultimately the clinical indications thereof according to the Law of Similars. Twenty eight healthy consenting provers who meet the inclusion criteria (Appendix B), were randomly split into two groups, one being the experimental group comprising 22 provers, and the other a placebo control group comprising 6 provers. This was further split between the researcher and co-researcher, each responsible for 11 provers receiving verum and 3 receiving placebo. The researchers and the individual provers were unaware of their respective group allocation and the provers were unaware of the identity of the proving substance.

The fresh venom sourced from a wild, Berg adder, was processed according to the German Homoeopathic Pharmacopoeia (Appendix G) to produce the 30CH Homoeopathic potency thereof. Six lactose powders were dispensed to each prover (either placebo or verum) and taken sublingually three times a day or until the onset of symptoms. Symptoms were recorded by the provers in journals over 4 weeks and were closely supervised by the researcher.

When the symptoms subsided, the combined journals were collected, collated, analysed, interpreted and validated. Accepted symptoms were converted to materia medica and Repertory format.

Results

The proving yielded a total of 903 rubrics, of which 18 were newly created. The systems mostly affected were Dreams, Mind, Head and Eye. Comparison of proving symptoms to that of venom toxicology, as seen in case studies of envenomation by *Bitis atropos*, yielded similar results, as the sensations experienced in provers closely matched that of known venom toxicology. On repertorisation of the proving symptoms, the existing remedies that were closely related were *Sepia officinalis*, *Lachesis mutus* and *Argentum nitricum*. Further repertorisation of toxicological symptoms indicated a further relation to *Belladonna*, *Natrum muriaticum* and *Hyoscyamus niger*.

Conclusion

Clearly observable signs and symptoms were produced by healthy provers in response to administration of *Bitis atropos* 30CH, in addition there was a significant degree of similarity between proving symptoms and that of known toxicology of the crude substance. The researcher identified *Sepia officinalis*, *Lachesis mutis* and *Argentum nitricum* as the three most similar existing homoeopathic remedies and a detailed comparison thereof was conducted. A further repertorisation of the toxicological symptoms of envenomation by the snake, yielded the remedies *Belladonna*, *Natrum muriaticum* and *Hyoscyamus niger* which were also compared to *Bitis atropos*.

DEFINITION OF TERMS

Centesimal potency

A potency scale with a dilution in the proportion of 1 part in 100, with the sequential addition of the previous potency to 99 parts of diluents. The number of these serial dilutions, performed with succussion, defines the centesimal potency (Swayne, 2000:36).

Succussion (dynamisation)

Succussion is a method of potentization which involves vigorous shaking, with impact or 'elastic collision', carried out at each stage of dilution in the preparation of a homeopathic potency (Swayne, 2000:201).

Potentization

A multi-step process developed by Hahnemann by which the medicinal power (potency) of a homoeopathic medicine is released or increased, involving serial dilution with succussion or using trituration or fluxion (Swayne, 200:168).

Potency

The medicinal power of a homoeopathic medicine, released or developed by dynamisation or potentization. The measure of power of the medicine based on the degree to which it has been potentized, expressed in terms of the degree of dilution. (Swayne, 2000:166)

Verum

In the context of a homeopathic proving it refers specifically to the medically active substance administered to provers as opposed to the medically inert placebo (Moore, 2007).

Law of Similars

The fundamental principle of homeopathy, which states that substances may be used to treat disorders whose manifestations are similar to those which they will themselves induce in a healthy subject. Expressed as “*similia similibus curentur*” (let like be cured by like) (Swayne, 2000:193).

Materia Medica

The description of the nature and therapeutic actions of homeopathic medicines; of the pathology, the symptoms and signs and their modifying factors (Swayne, 2000:132).

Placebo

The inactive agent used for comparison with the substance or method to be tested in a controlled trial, and is indistinguishable from it (Swayne, 2000:162).

Prover

A volunteer of a homeopathic pathogenetic trial, who is in good health, who records changes in his or her condition during and after the administration of the substance to be tested (Swayne, 2000:174).

Proving

The process of determining the medicinal properties of a substance; testing substances in material doses, mother tincture or potency, by administration to healthy volunteers, to elicit effects from which the therapeutic potential, or Materia Medica of the substance may be derived (Swayne, 2000:174).

Repertory

A repertory is a systemic cross reference of symptoms and disorders to the homoeopathic medicines in the Materia Medica to identify the medicine indicated after analysing a case. (Swayne, 2000:183).

Rubric

The phrase used in a repertory to identify a symptom or disorder and its component elements and details, and the categories of these, and to which a list of the medicines which are known to have produced that symptom or disorder in homeopathic pathogenetic trials, or to have remedied it in clinical practice, is attached (Swayne, 2000:186).

Toxicology

Toxicology is the study of the toxic properties of poisonous substances (Swayne, 1998:217).

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CHAPTER 1

1. OVERVIEW

1.1 Introduction

The evolution of disease and disease processes in the modern world has left us deficient of effective means of cure, propelling research to determine new and improved ways of treatment to meet the demand of a diseased population (Smal, 2004:2). To fulfil this need, further research to extend the therapeutic armamentarium of Homoeopathic practice is essential (Vithoukcas, 1980:143). Without this, Practitioners rely on less well indicated remedies that may bring about relief, but not cure the patient (O'Reilly, 1996). It was hypothesized that homeopathic *Bitis atropos* may serve as a new tool in effective treatment or management of disease in Homoeopathic practice. Homoeopathy is a holistic, rapid and gentle method of curing disease (O'Reilly, 1996). The word Homoeopathy is derived from the Greek words *omeos* and *pathos* translated "similar" and "suffering" (Vithoukcas, 2000:6). It describes the Law of Similars which states that that substance, which causes symptomology when administered in an infinitesimal dose to a healthy person, will cure those same symptoms in a sick individual. Further, an illness is always dynamic in nature and therefore requires a dynamic remedy for the illness to be cured (Vithoukcas, 2000:5).

1.1.1 What is a proving?

A proving is a systematic procedure of administering substances in a potentized form to a group of healthy human beings in order to elucidate the symptoms reflecting the therapeutic action of the substance, based on the prover's sensitivity to the substance (Vithoukcas, 1980:96) (ECCH & ICCH, 1997:33). Collections of symptoms, sensations, concomitants and modalities that characterize the remedy are followed, expanded and weaved together to

produce a viable remedy that can be used clinically in the treatment of disease (Tessler, 2004).

Provings are the basis of Homoeopathy, as a proving carried out following the correct procedures and protocol, yields a reliant and efficient remedy which is the 'tool by which the process of cure is put into motion' (Vithoulkas, 1980:143). For cure to be effected, a totality of concise and accurate knowledge of the remedy must be available. This knowledge is gained through the proving process and is indispensable. 'The process of cure and proving are alike, but they are the inverse of each other' (ECCH & ICCH, 1997:33).

Most importantly Hahnemann states in aphorism 105 'The second point of the business of a real follower of the healing art concerns the research into the tools that are determined to cure' (O'Reilly, 1996). Hahnemann himself proved over 60 remedies in his lifetime, indicating the need for research as Homoeopathy requires permanent development to apply new, well proved substances to the ever expanding list of diseases.

1.2 Why *Bitis atropos*?

Bitis atropos, or the Berg Adder, is an indigenous snake and according to Sherr (1994:49), new substances that are proved should ideally be indigenous to the region of experimentation. Our current lifestyles have separated us from nature from which we evolved, however our link with the environment is undeniable, hence substances from around us prove to be our greatest cure (Master, 2008: xi). The snake is a creature of great fascination, fear and a symbol of health and spirituality. Further, previous provings of snake venoms have made an indispensable contribution to the materia medica. Hence an unproven indigenous snake venom was identified for this proving.

According to the hermetic world view, the Law of Similars is demonstrated by the polarity of a substance- in the manifested world everything exists in duality, hence nothing can exist without the simultaneous operation of its opposite (Wichmann, 2001:202). It can be deduced that all toxicological effects as well as proving symptoms demonstrates the therapeutic nature, or the polar opposite, of the venom of *Bitis atropos*. The venom of the Berg Adder is unique in its effects, as it produces peculiar neurological symptomatology in its toxicology. It can be concluded that the inverse of this will have dramatic results as a cure and its therapeutic potential will have a profound effect on patients that need this remedy. Substances can only cure if they have the possibility to produce symptoms, and the more poisonous the substance, the more powerful the medicine (O'Reily, 1996).

There is no anti-venom for one bitten by the Berg adder and this remedy could prove to be successful in treating bites (Rivers& Koenig, 1981).

1.3 Aims:

Aim 1

To determine the resultant symptomatology produced by healthy provers in response to the administration of *Bitisatropos30CH* and in doing so determine the Homoeopathic materia medica of this substance so that it may be prescribed for similar disease states according to the Law of Similars.

Aim 2

To compare the materia medica of *Bitis atropos 30CH* with the toxicology of the venom and the existing related homoeopathic remedies, as this will elicit the curative potential of the substance in its entirety.

1.4. Hypothesis

It was hypothesised that the 30CH potency of *Bitis atropos*:

- Would produce clearly observable signs and symptoms in healthy proving volunteers.
- That a comparison of *Bitis atropos* to existing homeopathic remedies in the materia medica would elucidate similarities and differences between these remedies.
- That symptoms elicited from this proving, will resemble its toxicology as Hahnemann observed in his cases of toxic substances (O'Reilly, 1996:146).
- Will yield unrelated results when compared to the placebo group being prepared in exactly the same manner as *Bitis atropos*, except for the addition of the venom itself.

1.5. The delimitations

The study did not:

- attempt to explain the mechanism of action of the Homeopathic preparation of *Bitis atropos* in its production of symptoms in healthy proving volunteers;
- determine the effects of potencies of the substance other than the thirtieth centesimal potency;
- seek to perform multicentre trials of the drug;
- attempt to prove the effects of the placebo.

1.6. The assumptions

- Provers complied with the proper procedures, maintaining a similar lifestyle and diet compared to before the proving.
- Provers adhered to the protocol with regards to taking the remedy in the correct dosage and frequency as instructed by researcher.
- Provers accurately captured their symptoms by self-reflection and honest recording.

CHAPTER 2

2. LITERATURE REVIEW

2.1 Historical background

Homoeopathy was born during an age where medical practice was at a stage of confusion, practicing the Brunonian system of venesections, emetics, purgatives and diaphoretics (Handley, 1990:57-58). This spurred German physician Samuel Hahnemann to find a safer, gentler, more reliable method of healing. Upon translating the *Treatise on Materia Medica* by Dr William Cullen, into German, Hahnemann disagreed with Cullen's theory that Chinchona bark was an excellent anti-malarial due to its bitter, astringent properties, as Hahnemann knew that other bitter herbs were ineffective against malaria (De Schepper, 2006). He therefore began experimenting by ingesting small amounts of the bark extract and as a result thereof he produced the symptoms of Malaria (Handley, 1990:61). Intrigued by the similarity, and recognising that it was more than co-incidence, he pursued the idea that the bark was curative because of their symptomatic resemblance (Galego, 2008:62). With this new insight, he began experimenting further, which confirmed his new system of cure i.e. that 'any medicine will cure the particular kind of disease the symptoms of which happen to be most similar to those symptoms it produces in healthy people when consistently ingested' and thus confirmed the principle '*similia similibus curentur*' or 'let likes be treated by likes' (Galego, 2008:62).

'One should imitate nature, which, at times, heals a chronic disease by another additional one. One should apply in the disease to be healed, particularly if chronic, that remedy which is able to stimulate another artificially produced disease, as similar as possible, and the former will be healed-similia similibus- likes with likes' (Handley, 1990:64)

Curious to observe the effects of different substances on the healthy body, Hahnemann experimented by consuming crude medicinal substances, in small doses and recording the symptoms he produced, which were the first of many experiments that became known as a proving (Bloch & Lewis, 2003:17). However, he discovered that the crude substances caused such violent aggravations that he had to experiment with even smaller dosages, eventually realising that only when the substance was diluted until the trace element barely remained, and by further increasing its dynamic state by succussion or trituration, a process known as potentization, that it enhanced the effectiveness of the substance, while avoiding the violent reaction (Hall, 2008). In this way, the potency of the substance was created.

Hahnemann registered only behavioural signs and subjective symptoms whereas in modern proving methodology results have now become more scientifically viable due to the contributions of many homoeopaths, thus the proving process was refined through experience gained by hundreds of years of experimentation (Van Wijk, 2007).

The experimentation of like curing like, however, was not a new concept as Hippocrates (460-350 BC) knew the principle and Paracelsus (1493-1541) stressed it strongly (Handley, 1990:64). More recently, it was accepted by the likes of Antoon de Haen, and Danish scholar Georg Stahl and others such as Alexander (1767), Menghini (1755) and Fontana (1765), who experimented using venomous snakes (Smal, 2004) (Handley, 1990:64). Hahnemann, however, transformed this theoretical knowledge into a rationalized, systematic and practical approach (Cook, 1989:2) that has been built on, yet in essence, the fundamental principles have remained.

In conventional medicine, as well, there exist many scenarios where the principle of like cures like is implemented. Arndt Schulz law claims that many or all substances have two opposite effects, as many drugs used today prove so (Scholten, 2004:231). 'Anti-psychotics can produce psychosis, anti-epileptics can produce epileptic attacks, in acupuncture, pain points are used for puncture' (Scholten, 2004:231). Others such as Victor Frankl, Milton

Erickson and Haley all have therapeutic techniques utilizing paradoxical intention (Scholten, 2004:231).

2.2 Proving methodologies

“It is evident that the method of conducting a proving is a matter of great importance, and should not be left to caprice or accident. The completeness of our Materia Medica and consequently our ability to cure disease, depend upon our selection of a happy method” (Sherr, 1994:41).

From the conception of a proving, to the prescription of the proving substance, there are many decisions for the Homoeopath to make to ensure a successful remedy is birthed (Messer, Cage, Oksman, Bedell, Eller, Austin, 2004). However, this proves a difficult task due to the many controversial thoughts behind how a proving should be conducted (Messer et el. 2004).

In the early 1980's the methodology of provings was unrefined and yielded unreliable symptomatology due to the lack of supervision and the low standardisation of proving protocol and hence the production of incomplete remedy picture (Sherr, 1994). However, of recent times, Sherr, in his book, *The Dynamics and Methodology of Homoeopathic Provings*, has set forth systematic ground rules for careful and thorough provings that will result in the standardisation of proving protocol, assuring the quality and reliability of the proved substance (Sherr, 1994:3).

The conditions and requirements Sherr proposes have a sound base in Hahnemann's own intention (Sherr, 1994:3). These methodologies are clearly explained in the 6th edition of Hahnemann's Organon of the Medical art.

2.3 The application of blinding

In a typical double-blind homoeopathic proving, the researcher as well as the prover, are both unaware of the allocation of the respective prover to either the verum (active) or placebo group. The purpose of the double-blinding procedure is to ensure fair and accurate results, adding to the active substance's credibility. Further, it compensates for bias of the observer and faith in the patient (Sherr, 1994:36).

2.4 Placebo

The use of placebo in provings, has been brought about in recent times to add to the scientific value and objectivity in research that is carried out. It is argued however, that the use of placebo is a waste of provers and that provings in the past have elicited valuable symptoms even without the use of placebo (Sherr, 1994). The benefits are that the symptoms of the proving process itself, is removed from symptoms of the remedy as well the imagination of the provers (Sherr, 1994;Smal, 2004). It also serves as a means to increase the provers' attention to the process; adds to the reliability and credibility of the substance; or acts as a control by enabling one to deduce clearly symptoms of the remedy when set against those that arise spontaneously in the general population (ECCH & ICCH, 1997). The current view is to use a small percentage of the total population size in the proving; Sherr(1994) recommends between 15% - 20% in this regard.

2.5 Potency

'The potentization of medicines is one of the peculiar yet invaluable inventions of Hahnemann; that the remedies become stronger by potentizing (diluting) them is a strange, crucial, unexpected and paradoxical effect' (Scholten, 2004:231).

Further, when a drug that has the ability to cause destruction in its natural state it must be proved only in high potencies (high dilution), as the irritating symptoms viewed in lower potencies are the result of mechanical disturbances and give incorrect data on the true characteristic of the drug (Wright, 1999). The venom of *Bitis atropos* causes destructive pathology in its crude form and therefore has to be proved in a potency at level where effects will elicit the therapeutic action of the remedy, but also not cause any permanent detrimental effects to the provers health attributable to its toxicology.

‘This remarkable transformation of the properties of natural bodies through the mechanical action of trituration and succussion on their particles (while these particles are diffused in an inert dry or liquid substance) develops the latent dynamic powers previously imperceptible and as it were lying hidden asleep in them. These powers electively affect the vital principle of animal life. This process is called dynamization or potentization (development of medicinal power), and it creates what we call dynamizations or potencies of different degrees’ (O’Reilly, 1996).

In aphorism 128 of the Organon, Hahnemann states that substances in their raw state do not manifest therapeutic symptoms to their full potential, as provings do, especially the 30th potency as this potency has shown the richness and fullness of the substance (O’Reilly, 1996). Hahnemann attempted to standardise provings at the 30CH level since, as symptoms produced at this level are very strong (Wright, 1999), however there is much discrepancy today in the potency being used. Many researchers use varying potencies to ascertain the action of the remedy on different levels and so that the subtle effects of the remedy can be seen, however it is impractical to do so (Messer et al. 2004).

The Durban University of Technology (DUT) has implemented the use of a 30CH potency in the conduction of all of its provings, with the exception

being the proving of *Sceletium tortuosum* which used a 6CH potency in its study (Ross, 2009).

2.6 Preparation of snake remedies

The production of a snake remedy using freeze dried or fresh venom is debatable. Wright (2012) is of the opinion that fresh would be best, preferably from a number of different individuals, both male and female, with as much information as possible of the snake from which the venom is sourced; as in the proving of *Haliaeetus leucocephalis* symptoms produced clearly matched pathology that belonged to the individual bird used. He was also concerned that with freeze dried venom there could be possible denaturation of substances in the preparation process (Wright, 2012). Thompson (2012) adds that all original venom provings were done with fresh venom, either as the result of envenomation or because the technology did not exist at the time to freeze dry the sample. However, the remedies *Lachesis mutus* as well as *Naja tripudians* were prepared from freeze dried venom as directed by the German Homoeopathic Pharmacopoeia (initially, 0,3 parts of the freeze dried venom is dissolved in 0.7 parts of purified water to which 99 parts of glycerol 85 percent is added and is succussed. Subsequent dilutions are prepared according to method 5a, using glycerol 85 percent for the 3rd to 6th decimal dilutions and alcohol (43 per cent m/m) for subsequent dilutions. To prepare the 2nd decimal trituration from 0.3 parts of the substance and 99.7 parts of lactose monohydrate. Subsequent triturations are prepared according to Method 6) (GHP, 2005).

Venom is potentised using glycerol initially as it has a stabilizing effect on native proteins (Raibekas&Massey, 1996), has a storage buffer component (Glycerol, 2010), it is soluble in water and alcohol, is of low toxicity, colourless, odourless and is stable (Glycerol Compound study, 2009).

2.7 Dosage

The influence of a substance on an individual must act to that point at which the 'sick-making' properties of a drug can be ascertained therefore, the dose given, must allow for that change in the prover (Lippe, 1999). There are again many discrepancies in the dose given as certain provers are not susceptible to the effects of the drug and it's argued that in those cases, the potency should be changed. In this research that proves to be impractical. Based on a refined methodology used at Durban University of Technology, 6 lactose powder sachets are given to each prover as seen in six out fifteen provings conducted, where one powder was taken sublingually three times a day or until the onset of symptoms, but for no longer than 2 days (Ross, 2009).

2.8 Sample Size

The number of provers used is controversial, and has ranged from 1 person to between 50-100 provers. It is of Sherr's (1994) opinion that too many provers may lead to an impractical proving and an over proved substance that would over flood the repertory and therefore suggests between 15-20 provers. However, too few provers, will yield an incomplete remedy picture (Messer et al. 2004). The trend at Durban University of Technology currently, is to use 30 provers (9 of the provings conducted at DUT) although successful provings at DUT have been conducted using as little as 15 provers (Pistorius, 2006) (Ross, 2009).

2.9 Related Research

The table below adapted from Ross (2009) and Hansjee (2010) indicates the methodology followed at Durban University of Technology for snake provings and indicates a fairly similar split, except for the number of provers on placebo, which was lowered in newer provings.

Table 2.1: Methodology of previous snake provings conducted at Durban University of Technology

Remedy name	Sample size	Verum	Placebo	Potency	Venom type	Researcher
<i>Bitis arietans arietans</i>	30	15	15	30C	Dried	Wright, 1999
<i>Bitis gabonica gabonica</i>	30	15	15	30C	Fresh	Thomson, 2004
<i>Naja mossambica</i>	20	15	5	30C	Dried	Smal& Taylor, 2004
<i>Hemochatus haemochatus</i>	30	24	6	30C	Dried	de la Rouviere& Cahill, 2008
<i>Dendroaspis angusticeps</i>	30	24	6	30C	Dried	Hansjee, 2010

In addition the provings conducted were double blinded and a post proving workshop was carried out (Ross, 2009). The initial dosage of remedy administered was less than 21 powders in *Bitis arietans arietans* and *Bitis gabonica gabonica*, with 6 powders dispensed in *Naja mossambica*, *Hemochatus haemochatus* and *Dendroaspis angusticeps* (Ross, 2009) (Hansjee, 2010). This variability is present in search of an accurate method of proving protocol.

2.10 Comparative materia medica

For *Bitis atropos* to be a viable, well used remedy, a detailed remedy picture must be ascertained to explain the remedy in its entirety. This allows for the remedy to be identified with ease if one can, at a glance, identify the rare, peculiar symptoms of this remedy and compare the similarities and differences between this remedy and already well used Homoeopathic

remedies. This makes it easier to prescribe as this remedy has not undergone any drug trials for clinical use (Moore, 2007:27).

2.11 Snakes in Homoeopathy

To understand the snake, it is important to analyse the features of the animal in general, and then to hone in on snake qualities that make them unique.

Animals have their own characteristic signature which has led to studies into the behaviour of animals in general. In so doing the following themes are prominent:

- Competition – the need for survival is at the forefront in animal behaviour, as every animal is both predator and prey, and has to therefore attack and defend (Sankaran & Shah, 2010:35).
- Territoriality – the hierarchy of an animals' ability to attack and defend, allows the strongest to have reign over territory with the greatest resources, therefore best chance of survival (Sankaran & Shah, 2010:35).
- Mating – sexuality ensures the continuation of its species and is associated with attention seeking, attractiveness and allure (Sankaran & Shah, 2010: 39)
- Survival skills – Method of attack and defence- animals have evolved to protect themselves in their environment, and will usually attack if they are threatened, to protect their family or to gain resources (Sankaran & Shah, 2010:40). Their method of attack might cause injury or pain to its opponent, allowing time for escape to take place (Sankaran & Shah, 2010:40). Methods of defence include blending into the environment, deceptive markings, mimicry, producing sounds or exhibiting aggressive displays to scare off the enemy (Sankaran & Shah, 2010:42).

- Symbiosis- animals have the ability to create varying relationships with other organisms so they can live harmoniously in a group (Sankaran & Shah, 2010:42).
- Communication- plays an important part in the animals' defence, to entice a mate or to capture food (Sankaran & Shah, 2010:42).
- Restriction and freedom - there is a feeling of being trapped and the desire to be free, as the aggressor too can be a victim, thereby limiting the freeness of an animal (Sankaran & Shah, 2010:43).
- Mobility – is of utmost importance to move around to capture prey, escape or to be able to move (Sankaran & Shah, 2010: 44).
- Music - There is generally rhythm in the sounds made, or the dances performed in their communication with one another (Sankaran & Shah, 2010: 44).

Snake characteristics are as follows:

- Exothermic – they regulate their own body temperature by exposing themselves to heat and are thus seen basking in the sun, which makes them vulnerable to predators (Sankaran & Shah, 2010: 53).
- Energy - in order to have energy for their basic necessities, they conserve energy by moving only when needed or suddenly with a burst of energy to either attack or defend, surprising their opponent from their hidden location (Sankaran & Shah, 2010: 53).
- They tend to escape or avoid face – to – face combat and rather remain hidden or go unnoticed, unless provoked where they can become incredibly aggressive, angry and violent, leading them to strike and bite (Sankaran & Shah, 2010: 54).
- They are indifferent to their offspring; there is no evidence that any snake in the world protects the young with the exception of baby pythons that may crawl back into the female's burrow for the first few weeks after hatching (Marais, 2012).
- They are limbless and are adapted well to burrowing, swimming, climbing trees or even gliding through air (Sankaran & Shah, 2010: 57)

- Scent particles are picked up by their forked tongue sent to the Jacobson's organ where information is further analysed (Sankaran & Shah, 2010: 57).
- There is 3 dimensional movement of the skull which allows for swallowing of larger prey whole, head first, so the limbs do not become wedged (Sankaran & Shah, 2010: 57).
- They are deaf as they lack an external ear opening, middle ear and eardrum (Master, 2008).
- They have excellent senses of smell and taste and can sense vibrations transmitted through the ground (Sankaran & Shah, 2010: 57).
- Their eyes cannot be closed, and vision is poor in most snakes.

Homeopathic themes of snake remedies according to Sankaran (2005:46) are:

- Superior and inferior
- Manipulative
- Jealousy/suspicion
- Split in the mind or antagonism with himself
- Vulnerability
- Clairvoyance
- Sexuality
- Hiding, deceit, concealment, never seen, disguise
- Closed and no way ahead
- Fear of attack, attack from behind, attack from a concealed position
- Feeling of being pursued and desire to hide
- Sudden movement

In addition absentmindedness, anxiety, a desire for company, indifference, irritability and sadness (De la Rouviere, 2008), excessive sensitivity to touch, avoids contact with all other creatures except food, does not strike

haphazard, the direction of the symptoms inevitably moves in the direction of the snakes coiling (Sankaran & Shah, 2010: 3), are common themes.

To expand on the split in the mind, Ross (2011), explains the polarity of snakes, as there is a split between the conscious (all that is known and logical) and sub-conscious (all that is felt-emotions, creative side) and the transition between polar opposite states incurs reaction resulting in snake modalities.

The symbolism of the snake too has a great polarity according to Vermeulen (2002):

- as it can be male or female,
- as a killer it is death, and destruction yet its renewing skin symbolizes life and resurrection,
- light and darkness,
- good and evil,
- wisdom and blind passion,
- healing and poison,
- preserver and destroyer.

According to the Snake themes of Massimo Mangialavori (2003), there is a hierarchy of the themes of snake remedies and are as follows:

1. Seduction – the individual must be seen by others and appreciated as a special person, it must be clear how valuable and how much better they are.
2. Duality
3. Forsaken
4. Betrayal
5. Discolouration
6. Congestion – which compares to a feeling of fullness experienced. Symbolically compared to the snake with inelastic skin in which they cannot grow.

Other themes that occur according to Mangialavori (2003):

- Persecution – can't trust those around them, as they themselves are unworthy of trust.
- Knowledge - they cannot stand mysteries and the details of things they cannot understand must be explained.
- One-sided symptoms
- Haemorrhages
- Discoloration
- Eroticization of feelings
- Seduction
- Suspiciousness
- Thermal regulation
- Forsaken – they feel they deserve something they don't get. In a relationship they would leave someone first, as they cannot deserve to be left.

The snake, is further, a symbol of primeval life force – coiled around the cosmic tree or any other axial symbol as in the Asclepius, the symbol of medicine. The Ouroboros, of the snake swallowing its own tail, symbolizes eternity and self-sufficiency.

Physical symptoms produced by snake remedies are described by Thakkar (2007:56) and De la Rouviere (2008) includes:

- Dry, lustreless skin. Tendency to suppuration, boils, acne, psoriasis
- Cutaneous hyperaesthesia
- Sense of constriction and aversion to tight clothing around the neck and chest
- Dryness of eyes and blurry vision
- Acute sense of smell or anosmia
- Vertigo
- Warm – bloodedness with sensitivity to extremes of temperature

- Increased appetite with a tendency to over eat. Inability to tolerate hunger.
- Sluggish digestion, tendency to acid dyspepsia and heartburn
- Respiratory tract complaints, with a tendency to tonsillitis, asthma and bronchitis
- Heart pathology – tachycardia, irregular beats, cardiomyopathy
- Premenstrual breast tenderness and premenstrual syndrome
- Increased sexual desire and tendency to masturbation
- Vertigo
- Heaviness of the head, pain in the forehead
- Epistaxis
- Sensation of a lump in the throat and difficulty swallowing
- Increased thirst
- Abdominal flatulence and rumbling, and a tendency to constipation
- Painful menses
- Sense of constriction and oppression in the chest, and heart palpitations
- Pain in the cervical area, and rheumatic pain in the extremities
- Coldness of the hands and feet
- Deep sleep, sleepiness
- Weakness

2.12 The Proving Substance

2.12.1 Substance Classification (Animal Diversity web, 2012)

Phylum: Chordata

Subphylum: Vertebrata

Class: Reptilia

Order: Squamata

Suborder: Serpentes

Family: Viperidae

Genus: Bitis

Species: *Bitis atropos*

Common names: Berg adder, Cape mountain adder, Mountain adder

2.12.2 Appearance

Figure 2.1: The Berg Adder (*Bitis atropos*, 2012)



Bitis atropos is a small snake, between 30-40cm, with paired triangular markings on its thick body with the head distinct from the body, but more elongated than other adders (Marais, 2004:68). Their colouration is usually greyish olive to a dark brown or black, with a silvery white dorso-lateral line on either side from behind the head to the tail (Marais, 2004:68). The chin

and throat are creamy or pink, spotted with black; the belly ranges from a dirty white to dark grey (Marais, 2004:68).

2.12.3 Habitat

This snake prefers the mountain fynbos in the south and the montane grassland and sourveld of the north having relatively cool environments with high levels of precipitation(Marais, 2004:68).They are usually associated with mountain slopes, up to 3000m and rocky hillsides in areas such as the Cape Province and Drakensburg Range and is endemic to South Africa (Marais, 2004:68).

2.12.4 Behaviour

It is a bad tempered snake that is described as 'irascible', irritable as it hisses loudly, twists convulsively and will strike if approached as it is very easily provoked (Marais, 2004)(Berg or Mountain Adder, 2011).It enjoys basking in grass tussocks, rocky ledges or footpaths and will hide when disturbed (Marais, 2004).Due to its small size and excellent camouflage, it is rarely seen yet dangerous when disturbed by the hand or foot of a rock climber resulting in damage to the snake and a bite to the offender. They are shy and prefer to escape danger by a loud hissing noise, which causes vibration of the entire body and a squeaking noise in smaller specimens (Berg or Mountain Adder, 2011) (Ellis, 1979:545). The snake seldom thrives in captivity as it refuses to eat (Ellis, 1979: 544).In a review of the known number of snake bites in Kwa-Zulu-Natal from 1957 - 1963 it was indicated that one berg-adder bite with no serious effects had occurred, further indicating its scarcity(Hurwitz, 1971).

2.12.5 Prey

They have a varied diet, feeding mostly on lizards, small rodents, amphibians, nestlings of ground living birds and smaller snakes (Marais, 2004).

2.12.6 Reproduction

The snake is viviparous and mating occurs in autumn and females give birth to 4-16 offspring in late summer. They can produce more than one batch of young from a single mating (Marais, 2004).

2.12.7 Toxicology

The toxicological data obtained is a rewarding source of symptomatology in addition to that derived from its potentized form, as these can be incorporated into proving symptoms to form a complete picture of the remedy (Sherr, 1994). The Berg adder is unusual among *Bitis* species in that its venom is predominantly neurotoxic, so much so that effects of the bite seldom include necrosis or infection. Venom strength differs between different populations (Marais, 2004:68-69). The venom is not powerful enough for the dose injected at a single strike to kill an adult human, and no records of human fatality are recorded, in addition patients do not seem to respond usefully to anti-venom, so treatment is limited to symptomatic control (Hurwits & Hull, 1971).

2.12.8 Toxicological symptoms

- Profound ophthalmoplegia, including diplopia, ptosis
- Dizziness
- Anosmia
- Loss of taste

- Symptoms comparable to alcohol intoxication
- Respiratory failure is unlikely, depending on the strength of the venom
- Hyponatremia: nausea, emesis, and headaches followed by seizures, respiratory arrest, and coma.
- Hostile, disoriented, depression, hallucinations, incontinent, obtunded, confusion, lethargy (Allen, Lueck, Dennis, 2006) (Lauriat & Berl, 1997)
- Extensive swelling in the region of the bite site
- Affecting in particular cranial nerves III, IV, and VI (Hurwitz, 1971).

Although symptoms are temporary, they can be troublesome and their effects sometimes persist for some days or even weeks, which suggest the venom causes nerve damage that does not mend quickly if it is severe (Marais, 2004).

2.12.9 Toxicological studies:

According to Rivers and Koenig (1981):

The relative scarcity of the berg adder and its low yield of venom have resulted in few studies on the venom. With the use of electrophoresis, one study found the presence of five protein bands, four of which migrated to the anode and one to the cathode. It was suggested that in past studies evidence of fragments migrating towards the cathode were toxic yet those that moved towards the anode were non-toxic. Secondly, the rapid systemic involvement indicates a low molecular weight as toxins are readily absorbed, contra indicating the need for antivenom as it will have minimal effect.

In another study van Zyl, Müller, van der Merwe (2001) found:

The enzymatic activities of snake venoms are diverse and include phospholipase A₂ activity. In conjunction with its catalytic activity, this enzyme displays various pharmacological activities such as “pre-synaptic and post-synaptic neurotoxicity, myotoxicity, cardiotoxicity and alteration in platelet aggregation.” Other effects include “oedema, hypotensive, haemolytic and convulsant activities.”

On purification of 2 Phospholipase A₂ enzyme the following was discovered:

- On comparison with 20 other snakes and their levels of different types of enzymatic activity, it was found that Berg adder venom displays substantially higher arginine ester hydrolysing activity and lower protease activity than the other snake venoms.
- The proteolytic activity (the enzyme responsible for the extensive damage to local tissue) was low. It is suggested that the swelling seen with berg adder bite might be caused by the arginine ester hydrolyzing activity of the venom which possibly increases blood capillary permeability.
- “berg adder venom contains at least three Phospholipase A₂ enzymes of which a 14-kDa enzyme shows lethality *in vivo*, whereas the 29-kDa enzyme displays *invitro* cytotoxicity only. The presence of a third lethal 29-kDa PLA₂ enzymes suggests that the neurotoxic effects of berg adder venom is not due to a single major component, but to the activity of several toxins. Further studies on the biological activities of the different venom components are in progress.”

Further the venom contains L-amino-acidoxidase, which together with the phospholipase causes disruption of protein-bound phospholipids and oxidative deamination of the L isomer of most amino acids (Hurwitz, 1971).

2.12.10 Cases of *Bitis atropos* envenomation:

Case 1

Byrom & Pears (1997) published a detailed recording of a bite victim who was bitten by a Berg adder whilst hiking in the Drakensberg of Kwa-Zulu Natal:

- Bitten on Friday at 12h30 on the right hand on the third digit, between the knuckle and first joint. By 13h00 finger was considerably swollen and was followed by a bitter taste in the mouth. Sense of taste impaired.
- By 14h00 there was slight blurring of distant vision followed by double vision and vision markedly impaired fifteen minutes later. Pain in right lymph gland in armpit is very painful with a feeling of nausea. Tingling sensation on lips.
- Felt nauseas when eating and vomited after consuming chicken stew.
- The next morning I experienced a bad sore throat, unable to raise eyelids, slight swelling at the posterior aspect of the hand. Unable to support head upright. No effect from anti histamine eye drop.
- By 9h30 I was unable to stand or focus properly. Cannot approximate the distance of objects away from him. Vomited again. No evidence of tea being digested after 3 hours.
- That Sunday- eyesight slightly worse. Unable to stand unattended. Throat and neck muscles recovered. Swelling in hand gone.
- By 11h00 in hospital- diagnosed with cross reflexes. Unable to move eyes at all by 3h00. Pupils widely dilated - no reaction to light. Very difficult to open eyes fully. Taste and balance badly impaired.
- Monday- able to eat
- Tuesday- no eye movement, no improvement in taste, balance slightly improved.

- Wednesday- able to move eyes slightly- no reaction to light, no improvement in taste. Can walk unaided.
- Thursday- slight reaction of right pupil to strong light. Vision still blurred and doubled. Taste slightly improved.
- Friday- slight reaction of left pupil to light. Able to read and write with discomfort.
- Saturday- vision and taste improved. Double vision pronounced.
- Sunday- slight improvements to vision and taste. Can control double vision. Left pupil more dilated than right. Coloration normal. Second and fourth digits numb on adjacent side of bitten finger. Vision improved after dark as both pupils dilated to equal size.
- Monday- double vision gone. Near vision satisfactory. Distant vision blurred and distorted. Still slow to focus.
- Tuesday – left pupil more dilated than right
- Wednesday- distant vision reasonable
- Thursday- more improvement
- Sunday- vision and taste normal
- Monday- fingers still numb
- Tuesday third digit still numb, tips of 2nd and 3rd finger slightly numb
- Wednesday- sensation back in fingers

Case 2

Lloyd (1977) also reports the following case of a Berg adder bite:

Day 0

- 16.30 bite inflicted on ventral surface of left index finger close to nail, leaving two fang punctures. I immediately sat down in a comfortable position to relax. Sweet black tea was made to alleviate dehydration after a hard days hiking. No symptoms. No oral suction, tourniquet or incision.

- 16.45. a burning pain in index finger began about 5 minutes after the bite. A trickle of blood which dried over an area of 1cm² from each fang puncture had stopped by now. No subsequent bleeding. Taste and smell were normal at this time as tested with tea and tobacco. Pulse rate 144.
- 17.00. began decent to the 7000' contour track, being mostly carried, but walking slowly over the more difficult terrain.
- 17.10. pulse rate 124.
- 17.30. pulse rate 124. Index finger swelling; numb tingling feeling.
- 18.00. Difficulty in focusing on objects over 300m away. Unsteady on feet; stumbling. Water taken often.
- 20.00. Arrived near contour track. Extremities very cold. Picked up by Landrover and warmed up quickly. Focussing by now impossible over whole of visual field; clarity in patches. Some diplopia and eyelids heavy. A strange taste like 'plastic' in the mouth.
- 20.30. Speech slurred; drunken euphoric feeling. Weakness in limbs but no faintness or dizziness. Occasional diplopia with images vertically aligned.
- 22.30. Arrived at Escourt hospital. Speech normal. Vision blurred and diplopic. Eyelids very heavy. Balance poor. First and all subsequent urinations appeared normal Fitzsimon's polyvalent serum given: 5cc in each buttock, and an antihistamine injection (Anthazine).
- 22.30. Pulse rate 112. Blood pressure 110/90. Pupils equal, and sluggish to light; moderately constricted. Reflexes present in arms and legs.

Day 1:

- Saturday 10th February. Pulse rate taken hourly from 00.30 until 07.30: 88, 84, 82, 82, 84, 78, 76. Rhythm and rate regular. Blood pressure at 03.30 110/70; 07.30 130/88. Temperature 36-35.8 degrees Celsius. Transfer to Greys hospital, Pietermaritzburg.

- 13.15. Arrived at greys hospital. Diplopia on day 1 changed: images side by side. Impossible to read print on box of matches or clock at the end of ward. Muscular weakness; reflexes normal. Difficulty with balance. Swelling at a maximum but limited to index finger; dark discolouration. Given ampicillin 500mg six hourly; tetanus toxoid injection of 0.5ml. Pulse rate in afternoon 96, temperature 37.1. Tenderness in fingers, back of hand, left arm and armpit.

Day 2:

- 07.00. Pulse rate 76; BP 20. Feeling very weak. Urine test: colour – amber, reaction: acid, SG – 1028, albumen – trace, sugar- trace, pus – nil, blood – nil, acetone – nil, bile –nil, micro deposit – cloudy.
- p.m swelling reduces, numbness same in finger. Feeling stronger. Diplopia changed in that right image inclined about 30 degrees from the vertical, pronounced outward squint in right eye. However, vision improved at close range enough to read print on matchbox with difficulty. Pulse rate 69.

Day 3:

- 07.00. Pulse rate 76, Feeling stronger, discharged with ampicillin 250mg six hourly for 5 days. Eyelids not so heavy, diplopia still pronounced especially in corridors and for objects more than 15 feet away. Focussing possible up to about 20 feet.

Day 5:

- Possible to read with difficulty. Finger normal size, but numb and tender.

Day 8:

- Vision almost normal, squint gone and focus good up to about 100m. Late evening a rash of large and small blisters developed on each buttock but disappeared by morning.

Day 10:

- Rash on buttocks developed at midday and by evening had spread to thighs and chest. Intense irritation.

Day 11:

- Awoke with rash over thighs, back, buttocks arms. Puffiness and red patches on face. Face cleared up quickly, but rest of the body still covered.
- 16.00. went to hospital, given antihistamine injection and tablets to be taken three times a day. By day 14 it was possible to take only one tablet per day.

Day 12:

- Pain felt in finger joints of left hand, right shoulder and right leg.

Day 13:

- Pain slowly increasing in legs throughout day and in evening rapidly becoming worse. Both legs painful at knee joints, thighs and feet.
- 20.00. went to hospital, told this was a serum reaction, given Opicot for the pain

Day 15:

- Pain worse when trying to walk, but better when resting.

Day 16:

- Impossible to walk unaided to the bathroom in morning. Improving rapidly throughout day and by evening walking with no difficulty.

Day 20:

- Vision by now normal, finger only slightly numb and complete recovery felt.

Case 3

According to Branch & McCartney (1986):

Victim: an adult Caucasian male, 20 years old, 65kg.

Bite site: Bitten on outer surface of index finger on right hand, 10am. 2 March 1971. No immediate pain. Wound sucked; antivenom collected and arrived at Stellenbosch Hospital 15 minutes after bite. No incisions or tourniquet administered.

Symptoms and treatment:

- 10 min. Finger swelling; faint, pale and difficulty focusing the eyes.
- 20 min. Polyvalent antivenom (SAIMR) administered – 10cc. intravenously, 10cc. intramuscularly into right deltoid muscle, 100mg Pernilotfan given. Finger cleaned and dressed with Safratulle
- 5 hours. Finger and hand very swollen and painful; swelling extending midway up forearm; wounds draining serous fluid and blood; Parenzyme and Orenzyme administered, and Dolorene given for pain, and antibiotics administered (Mystechin V.)
- 14 hours. Vision blurring, Phenergan (60mg) given in; arm very swollen and glands in the armpit swollen and tender; pain intense; unable to sleep; cold compress given every hour through the night.
- 24 hours. Vision blurred, pupils fixed and dilated; no other neurological symptoms; finger and hand very swollen; blood blisters on index

finger; antibiotic and or enzyme treatment maintained, and alternate warm and cold compresses applied to hand.

- 2 days. Pupils fixed and dilated; swelling and oedema stabilized; some blood blisters opened.
- 3 days. Oedema subsiding; pupils starting to react to light.
- 6 days. Pupils reacting normally, but bright light painful; swelling in arm subsided; dead skin surgically removed from finger leaving behind some deeper necrotic tissue; discharged from hospital, but continue to attend Fish Hoek Hospital as outpatient for dressing to wound.
- 2nd week. Wound healing; bright light still uncomfortable; cigarettes taste like “burnt porridge”; swelling on finger almost gone.
- 1 year: tiredness, lack of stamina and phases of depression continued for a year after the bite.

Comments: the bite caused serious swelling and necrosis at the bite site. This was not due to any ill-advised first-aid (i.e. incisions or tourniquet), although the use of antivenin was pointless. Obvious neurological symptoms involved only vision.

Case 4

According to Branch & McCartney (1986):

Victim: male, Caucasian, age 17 years, weight 65kg.

Bite site. A single bite (both fangs penetrating) was received on the inside surface of the right thumb when a grass tuft was grasped whilst climbing a steep hill.

Symptoms and treatment:

- 2 min. Slight pain and swelling of thumb; pulse 84.
- 5min. Thumb swollen, painful; slight discolouring near fang marks; pulse 72.

- 10 min. Hand itchy and beginning to swell.
- 30 min. Nauseous and giddy; pulse 72.
- 45 min. Whole hand swollen and pain in forearm; pupils dilated; loss of sense of smell and taste; 'pin and needles' in mouth, tongue and lips; nauseas, pulse 72
- 50 min. vomiting and stomach cramps; eyelids drooping; pupils fully dilated; slight breathing difficulty; 'ringing' in ears; pulse 102.
- 60 min. Lips blue and face pale; vomiting and stomach cramps continue; unable to stand; forearm swollen, vision impaired, all objects appear very small and far away; unable to focus on objects less than 1m away.
- 90 min. breathing normal; pulse 100.
- 2 hours. Facial muscles paralysed; eyes closed; left eye unable to move and blurred vision; stomach cramps and vomiting continue.
- 3 hours. Arrive home; given 10ml 'Myrbental' for stomach cramps; right eyelid can be opened, but drooping; pulse 72.
- 3 hours 15 min. Muscle spasms in right biceps, triceps and thumb, which subsides after a while; maximum swelling in forearm and hand; top of thumb light blue; hand and forearm 'icy cold', skin on hand without feeling; stomach cramps subsiding.
- 3 hours 25min. Speech slurred; still nauseas but no stomach cramps; thirsty.
- 4 hours. Slight stomach cramps and vomiting; feeling returned to skin on hand; lymph glands slightly swollen and painful; warmth and colour returned to the hand and arm.
- 5 hours. Speech normal; lymph glands very swollen and painful.
- 6 hours. Feeling better. Pulse 72; sleep.
- 10hours. Retching and stomach cramps; forehead cold; arm painful; pulse 86; given 10ml 'Myrbentyl'
- 11 hours. Feeling better. Pulse 72; sleep.

- 16 hours. Awake; eat; limb painful and swollen; pupils grossly dilated; left eye unable to move; eyelids drooping; no sense of taste or smell; pulse 72.
- 24 hours. Given anti-tetanus and cortisone injection; blood pressure and pulse normal (72); nauseas; eyes sensitive to bright light; unable to focus on close objects; pupils dilated; eye lids drooping.
- Day 2-5. Swelling subsiding; pupils returning to normal; still unable to focus left eye.
- Day 8. Vision normal, arm still slightly swollen, no sense of taste and smell.
- Day 14. Normal.

Comments: no anti-venom was administered. The bite, from a very large specimen, caused the most severe neurological symptoms, including possible respiratory impairment, so far recorded for a berg adder. There was no evidence of necrosis at the bite site.

Case 5

According to Hurwitz (1971):

On 10 January 1971 a 16-year-old Johannesburg school boy and amateur herpetologist, was bitten on the dorsum of his left thumb by a 20.5 cm berg adder, which he was carrying in his pocket. Both fangs penetrated the flesh. He swung his arm violently, and blood oozed from the wound. He applied oral suction and then pressure to the base of the thumb. Within 30 minutes the hand and forearm were tender and swollen; the wound was discoloured and generalized weakness ensued. After 45 minutes the eyelids felt heavy and he had blurred vision. After 1 hour there was generalized muscular weakness, nausea and vomiting, impaired sense of balance and paraesthesia of the tongue and mouth. The eyelids were heavy and he had difficulty in focusing and moving his eyes. After 2 hours he had lost his sense of taste and smell. After 3 hours he felt very weak with continuous nausea

and repeated vomiting. He was unable to open, move or focus his eyes. There was complete loss of taste, smell and balance. All his muscles were tender 6 hours after being bitten, and his speech was slurred. After 9 hours he experienced hyperacusia and the paraesthesia started diminishing. His hearing had reverted to normal 3 hours later but he felt very tired and drowsy.

Examination

Approximately 24 hours after being bitten the patient was admitted to hospital. His left hand and forearm were swollen, oedematous and tender with two discoloured fang marks on the dorsum of his thumb. No petechiae were seen. Pulse rate was a regular 80/ min, blood pressure 120/90 mmHg and temperature 36.9°C. There was anosmia to tobacco, complete bilateral ptosis and total ophthalmoplegia with widely dilated pupils not responding to light or accommodation. His vision was blurred, and the corneal reflex was absent but the fundi were normal. Taste was lost but hearing was normal. Balance was markedly impaired, speech was slurred and the gag reflex absent. There were no signs of cerebellar dysfunction. There was generalized muscular tenderness but the rest of the examination showed nothing abnormal.

Clinical Investigations

Clinical investigations showed the following: haemoglobin level 16 g/100ml; packed-cell volume 51 %; leucocyte count $11\,600/\text{mm}^3$, with 84% neutrophils; erythrocyte sedimentation rate (Wintrobe-Landsberg method) 2 mm/hour. The platelet count was normal, as were the blood urea and electrolyte estimations. Whole-blood clotting time (Lee-White) was 2 - 2½ minutes; bleeding time 4-4 minutes; prothrombin consumption time 9% (N<15 %); one-stage. On admission the patient suffered total ophthalmoplegia and the pupils were widely dilated. Prothrombin time 13.3 seconds (N=12.0 seconds); and kaolin partial thromboplastin time 43-4 seconds (N=40.6 seconds). Fibrinogen 189 mg/100ml; factor V assay 94 mg/100 ml

(N=50 - 150 mg/100ml); factor VIII assay 90 mg/100 ml (N=50 - 150 mg/100ml); and euglobulinlysis time +5 hours (N= 5 - 10 hours).

The ECG was within normal limits.

Treatment

The patient was given no specific treatment and kept under close observation.

Pattern of Recovery

Day 2: Nausea, vomiting and muscle tenderness abated.

Day 3: Patient alert with drowsiness abating and oedema of arm settling; vision 1/9metres.

Day 4: Taste and smell returning; ptosis incomplete but slight ocular movements (with nystagmus) in all directions; vision 1/16 metres.

Day 5: Partial ptosis; corneal reflex present, but eyeball movements incomplete, vision 1/1metre.

Day 6: Eye movements full and complete, balance normal.

Day 10: Patient discharged. Gag reflex absent and fixed, dilated pupils still not responding to light or accommodation.

Day 30: Pupils completely normal and gag reflex absent.

Treatment

No specific antivenom is available. "Neither the polyvalent antivenom (*Bitis*, *Naja*, *Hemachatus*) nor any other serum has any effect on berg-adder bite. A tourniquet should not be used as this may aggravate local tissue damage. Corticosteroids and antihistamines have no proved effect."

Case 6

According to Paget and Cock (1979):

On Tuesday, 8th November, 1977 an adult African male reported to the Forces Convalescent Centre, Tsanga Lodge, at Troutbeck in the Inyanga district of Rhodesia, having been bitten by a Berg Adder. Fortunately a positive identification of the snake was possible as the culpable reptile was killed and brought in by the victim. The resultant case history, presented here with, is of interest in that the symptoms produced in this case differ markedly from those previously recorded following such a bite.

USEFUL BACKGROUND DATA

Details of victim.

- Name: Samuel Nyanhongo
- Age: 31 years
- Occupation: Cottage Caretaker
- Sex: Male
- Race: African
- General: Height: 1.7 metres; Weight: 62 kg.; Health good.

Details of snake.

- Species: Berg Adder (*Bitis a. atropos*)
- Length: 303 mm
- Sex: Male
- General condition: Excellent - well fed and vividly marked.

Details of bite.

- Date: 8th November, 1977
- Time: 08.50 hours
- Site: Lateral aspect of right hand between the base of the finger and the wrist. Both fangs had penetrated but no bleeding reported.

Details of area.

- Map. ref.: Inyanga VQ7690 771 - 920 (1: 5000)

- Altitude: Approx. 2 200 metres
- Type: Montane grassland with introduced exotic pines.

CASE HISTORY

Victim was first seen ten to 15 minutes after the bite: Both fang punctures were visible, small and not bleeding: Slight swelling at the site of the bite with mild throbbing pain; No systemic symptoms. Vital signs: - Pulse 50, good volume, Respiration 20, regular. Temperature normal. Pupils: equal and react to light. A tourniquet had been applied at the brachial artery but this was removed. Two Tavegyl tabs given. The swelling progressed with some increase in pain for which two Panadol tablets were given. An ice-pack was applied and the limb was elevated. The ice-pack proved to be uncomfortable and was removed after one hour: By 15.30 hours the swelling had reached the elbow. The hand and fingers were grossly swollen, hard and painful with the bitten area being most affected: No discolouration or blistering: No systemic symptoms noted: The icepack was replaced, two more Panadol tablets given and ten ml of ten percent Calcium gluconate administered intravenously. The pain subsided but by 19.45 was more intense: The swollen area was hot and hard. The patient was bright and cheerful with good appetite and no ptosis, disturbance of vision, balance or smell. Treatment was continued with one Tavegyl tablet, two Propon capsules and two Orenzyme tablets. By 22.00 hours there were still no systemic signs. The pulse rate was 58, good volume, respiration 19, regular and temperature normal.

By the second day (Wednesday, 9th November) at 05.30 hours the swelling had reached the shoulder. No discolouration or blistering or signs of tissue necrosis. Pulse 50, good volume, and respiration 20, regular, temperature normal: No systemic symptoms: Treated with Tavegyl and Orenzyme: followed at 9.15 with ten ml calcium gluconate ten per cent intravenously. Propon capsules and copious oral fluids with a little salt: The pain subsided

quite markedly after this although the swelling progressed; and slight axillary adenitis developed. By the evening of day two, despite more Orenzyme, and a general reduction in pain, with the maintaining of vital signs as in the morning, the swelling had progressed a little more and was causing concern. Two Prednisil, one X five mgm tablets were added to the treatment in an effort to control the swelling. The Tavegyl and Orenzyme was continued.

The swollen area was gross and hot with axillary adenitis. The area was, tender to touch but the pain was otherwise -less than in the morning. At 21.30 pulse 78, the volume was good, respiration 22, regular and temperature 38,6. Eyelids looked droopy but patient claimed he just felt tired. Since he could control his lids this symptom was attributed to the antihistamine. Plans were being formulated to get the patient to Harare Hospital, a distance of 300 km, which, with night travel restricted over the first 100 km, presented some problems.

On the morning of the third day, Thursday, November 10th, the swelling had progressed no further. The area remained hot, hard and tender to touch and the adenitis was the same. No pain except on pressure. No heaviness of the eyelids: Pulse 72, good volume, respiration 24 regular, temperature 37°. Tavegyl, Prednisilone and Orenzyme were continued. Copious fluids and multivitamins were being given. The patient was bright and eating well so evacuation was postponed: By afternoon the swelling had advanced again - into the neck and trunk. There was no other deterioration and treatment was continued as before with ten ml more calcium-gluconate given intravenously. By the fourth day, Friday, November 11th, the swelling had not increased further and pulse was 64, good volume, respirations 24 regular and temperature 37° - a slight irritant type cough had developed. Treatment was continued as before, and by afternoon the swelling appeared to be subsiding and the patient could move his fingers slightly. By the fifth day the swelling was obviously less marked and this improvement continued enabling the patient to be discharged (in the sixth day with his arm in a St. John's Arm

sling, to be treated as an "out-patient" for the next three days when the arm was almost back to normal. Tavegyl, Prednisilone and Orenzyme were reduced over this period and discontinued after the tenth day.

On the 11th day after the bite an area 20 mm across over the bitten area was still slightly puffy, and this became hard and then moist and by the 15th day - looked as if it might breakdown. Betadine ointment was applied for several days and the area healed by the 19th day.

On the 21st day a slight blister developed on the back of the hand which opened on the 23rd day and healed. Flexion in the wrist improved from about 25° on the 13th day to 70° by the 18th day and practically normal by the 20th day.

The patient went on a week's leave on Thursday, December 1st and on his return was fully recovered. Because there is no effective serum for Berg Adder bites, none was administered in this case. Nor were antibiotics given since there was no evidence of sepsis. I would submit; both commendably correct decisions, but in practice I would think the temptation to use both in a case such as this would be *very* strong. It is interesting to conjecture whether the standard poly-valent anti-serum would have favorably altered the course of these typical adder bite symptoms. It is interesting to note that despite the considerable swelling, the patient was at all times bright and cheerful and eating well. Only on the evening of day two was there any symptom remotely resembling ptosis but this was certainly *very* mild and could easily have been due to the antihistamines. The victim was warned at the outset to disturbances in his vision, taste and poor sense of smell, so would have reported them if they had occurred.

COMMENT

This is the first known case history of a Berg Adder bite which resulted in "typical" Adder symptoms without the "atypical" symptoms of ptosis, double

vision and disturbances of taste and smell. (Montgomery, 1959; Hurwitz & Hull, 1971; Visser, 1966, and Visser & Chapman, 1978).

This case fortunately occurred close to and was brought to Tsanga Lodge in Inyanga, where the Officer in charge is Lt. Dick Paget, a senior military medical assistant who has for many years had a deep interest in snakes and therefore we have a detailed and accurate account of the symptoms of this bite and the progress of the case. The identification was confirmed, but the snake was sent to the Curator of Herpetology, National Museums of Rhodesia, Dr. D. G. Broadley, who also confirmed that the snake was a normal male Berg Adder (*Bitis atropis*) recently sloughed, in good condition (Broadley & Cock, 1975). There cannot be any doubt about this snake being the culprit. The victim was slashing grass. He bent down to clear some of the cut grass to one side and was bitten. This snake was then killed at that time. The chances of two species of adder being in the same clump of cut grass seem remote. The only other adder likely to be present in these areas is the Rhombic night adder (*Causus rhombeatus*) and even this is not common. Such extensive swelling following a bite seldom follows a night adder bite.

SUMMARY

The consequences of a bite by a Berg Adder, (*Bitis atropis*) are recorded. The symptoms shown were the extensive swelling typical of adder bites without any indication of the atypical neurological symptoms hitherto described with this species.

Cases 7 and 8

According to Montgomery (1959):

Two cases of snake bite by a berg adder (*Bitis atropis*) were encountered within a short period towards the end of 1957. The principal manifestations were paralysis of the eyeballs and eye muscles. In the second case the unusual circumstances in which the patient was bitten made the identification

of the snake certain. The record by the patient of his symptoms is valuable in that he is an experienced observer in herpetology and therefore a good witness, since his account is factual and relatively free of the emotional reactions which colour most histories of snake bite. The almost identical pattern of signs observed in both cases makes it practically certain that the same species of snake was responsible for the bite in Case 7.

Case 7

Mrs. S.M., age 21, was on holiday in the Inyanga district in the eastern mountainous border of Southern Rhodesia. On 17th November, 1957, at about 1.30 p.m., when scrambling up a slope, she grasped a tuft of grass to pull herself upwards and felt a sudden lancinating pain at the base of the left little finger. No snake was seen, but there was a single fang mark. This was sucked out at once by the patient herself, and she and her husband set out for the nearest mission clinic.

At about 2.30 p.m. she received 10 C.c. of poly valent antivenom. An hour later she was seen by Dr. J. D. Taylor, of Bonda Mission hospital, who noted impaired vision, vomiting and some degree of emotional distress. She was admitted to Umtali hospital at 5.15 p.m. On admission she complained of blurred vision with increasing heaviness of the eyelids. She also complained of tightness of the throat and numbness around the mouth. On examination, the temperature was 98.4° F., the pulse 96 and respiration 20. There was moderate swelling around a single fang mark at the base of the left little finger, but no discoloration or subcutaneous haemorrhage.

The striking feature was bilateral ptosis. By strong voluntary effort, using the frontalis to furrow the forehead, and by tilting her head backwards, a small degree of retraction of the upper eyelids could be obtained. Both pupils were widely dilated, with a faint response to strong light. There was total ocular paralysis. Vision was blurred and limited to finger movements, with errors indicating double vision. In repose, the patient appeared to be asleep, and

there was a contrast between the features at rest and in full voluntary effort to open the eyelids.

There were no signs of involvement of other cranial nerves, apart from the subjective complaints of numbness around the mouth and tightness of the throat, with a slight tendency to slurring of speech. Systemic disturbance was absent and the patient was remarkably calm, despite the anxiety which must have been associated with the marked visual symptoms and the uncertainty of the outcome at this stage.

TREATMENT

A further 10 C.c. of anti-venom was given intramuscularly, as well as 10 c.c. of calcium gluconate by the intravenous route and 250,000units of penicillin six-hourly.

PROGRESS

Four hours later the patient was restless and complained of pain in the hand. No spread of paralysis general condition satisfactory.

18.11.57: Hand less swollen; no change in eyes; slept well; drinking satisfactorily; speech less slurred.

19.11.57: Pupils less dilated; ocular paralysis unchanged. Speech now normal; slept without sedation.

20.11.57: Slight improvement in ocular movement and ptosis. Pupils still dilated. Double vision persists.

21.11.57: Considerable improvement in movements of eyeballs and eyelids. Able to get up and wash.

22.11.57: Recovery complete. Pupils reacted to light and accommodation. Eye movements normal. Very slight bilateral ptosis. Discharged.

Case 8

Mr. W.W.A., age 19. As already stated, the patient is an enthusiastic naturalist. He was bitten whilst demonstrating a berg adder, to a reporter in the local newspaper offices. His own account of his symptoms and reactions are given in this case record.

- 12.12.57; 9.30 a.m.: "Bitten on the top of the left thumb by a 5 and a half inch berg adder. One fang penetrated deeply, the other scoring the skin surface.
- 9.40 a.m.: "Cuts made through the fang punctures; very little bleeding after squeezing."
- 9.45 a.m.: "Thumb beginning to swell; very painful."
- 10 a.m.: "Badly swollen; pain gone. Tingling in the mouth."
- 10.15 a.m.: "Beginning to feel light-headed; difficulty in focusing."
- 10.30 a.m.: "Eyelids becoming heavy; losing sense of balance."
- 10.45 a.m.: "Tingling in mouth worse; throat dry; focusing bad."
- 11 a.m.: "Eyelids heavy; eyes crossed; vision blurred; given antivenom 1.5 c.c. (1955, expiry date) above thumb on top of hand, and another 1.5 c.c. in back of biceps. Drank cup of hot coffee; staggering."
- 11.10 a.m.: "Hospital. Staggering. Eye lids closing; vision blurred. Sense of taste and smell nil; feeling faint."
- 11.15 a.m.: "Given 20 c.c. of anti-venom in buttock. Put to bed."
- 11.30 a.m.: "Vomited coffee; swelling of hand up to wrist. Eyelids paralysed. Mouth slightly swollen; jaws a little stiff; some difficulty in speech."
- 13.12.57: "Eyes still paralysed; no change in swelling."
- 14.12.57: "Slight improvement; lifted eyelids with fingers in order to see. Vision blurred."

- 15.12.57: "Swelling gone from hand, but still in thumb. Left eyelid still paralysed; right half open." Still no sense of smell or taste; anything sweet tastes bitter."
- 16.12.57: "Both eyelids open; left eye facing left. No swelling at all in thumb. Discharged from hospital."
- 17.12.57 : "Eyes straight; focusing slow. No sense of taste."
- 18.12.57: "Everything satisfactory. Sense of taste back; site of bite numb to touch."

On examination, temperature 97.6° F., pulse 74, respiration 20. Local reaction apart from swelling was minimal. Dr. S. G. Corner (ophthalmologist) saw the patient an hour after admission and reported: "Total ophthalmoplegia-bilateral ptosis; no muscular movements. Pupils widely dilated-no reaction to light or accommodation. Fundi normal- no haemorrhage seen."

TREATMENT

Twenty c.c. of anti-venom was given on admission. Beyond this, no further specific treatment was given.

PROGRESS

The pattern of recovery was similar to Case I. The patient's record being substantially accurate. It was noted, however, that pupil reaction to light and some muscular movements of the eyes were present on 13th December.

On 27th December all eye movements were normal and vision unimpaired. A small area of skin around the original fang mark was insensitive to pain, light touch being normal.

SUMMARY

Two cases of berg adder bite are described in which ophthalmoplegia was the outstanding feature. This syndrome is of interest because it does not appear to have been reported previously in Southern Africa. Berg adder

venom is considered by authorities to be the least toxic of the viperene venoms. It is evident; however, that this venom can cause a specific syndrome in the central nervous system and that more serious effects might result with a full dose.

CHAPTER 3

3. METHODOLOGY

The research project involving the proving of *Bitis atropos* 30CH was that of a true experimental design, taking the form of a double-blinded, randomised placebo controlled trial and was conducted on 30 healthy participants who met specified inclusion criteria.

3.1 Sample size and recruitment process

Thirty Provers were recruited from Durban and surrounding areas, the majority of which were students from the Department of Homoeopathy, Homoeopaths and others who had a sound knowledge of Homoeopathy. They were recruited by means of advertisements, pamphlets and word of mouth (see appendix A). The sample was then divided equally between the researcher and co-researcher. Therefore, each researcher supervised 14 provers, 11 of which received the active intervention and 3 the placebo. Of the total number recruited for the proving (28) 6 provers received placebo and 22 received verum. The first 28 consenting provers who responded to the advertising and met the required inclusion criteria were recruited this constitutes what is termed 'convenience sampling' – a form of non-probability sampling.

3.2 Inclusion/exclusion Criteria

The following criteria had to be met by prospective provers in order to be considered suitable for participation:

Prospective provers had to:

- a) Be between 18 and 65 years of age.
- b) Be in possession of parental consent if he/she was between 18 and 21 years old.

- c) Be in a generally good state of health with no gross physical or mental pathology, determined by a case history and physical examination (Sherr, 1994:44)
- d) Not be in need of medical treatment, conventional, homoeopathic or other.
- e) Have not used the oral contraceptive pill or hormone replacement therapy for six months preceding the study (Sherr, 1994:44).
- f) Not be pregnant or breastfeeding (Sherr, 1994:44).
- g) Not be a recreational drug user (Sherr, 1994:44).
- h) Have not had surgery in the preceding six weeks.
- i) Not consume more than two measures of alcohol per day, 10 cigarettes per day, or three cups of coffee or tea per day.
- j) Not suffer from hypersensitivity diseases such as asthma, hay fever, allergies or food sensitivities (Vithoukias, 1980).

3.3 Training of provers

An initial interview was set up to screen potential provers according to specific Inclusion Criteria (Appendix B), they were then be briefed on the process of provings and were provided with a Prover Information Form (Appendix F); this ensured that they were acquainted with the principles and methods of Homoeopathic drug provings. The prover had to be able to adhere to the specific prescribed procedures for the duration of the proving such procedures were issued to provers in writing (Appendix E). If they agreed to the conditions of participation, they were requested to complete an Informed Consent Form (Appendix C). Once informed consent was obtained a thorough case history (Appendix D) and physical examination was performed. Each prover was provided with a unique prover number (correlating to the number on the medicinal envelope and a journal), a list of instructions, an information sheet, a journal and a pen.

3.4 Randomisation and blinding

Provers were randomly assigned into two groups i.e., the experimental (active/verum) group or the placebo group. Prior to the recruitment of provers twenty eight pieces of paper were numbered (1-28) placed into a container and mixed; a piece of paper was drawn from the container and then replaced noting the number each time. Between each drawing the container was mixed, this process was repeated until six unique numbers were drawn (if the same number was drawn again it was replaced and another one drawn). The first 6 numbers to be drawn in this manner were allocated to the placebo group and the remaining 22 constituted the verum group accordingly. Subsequently the six placebo and 22 verum allocations were randomly and equally divided amongst the two researchers, ensuring that they each were responsible for 3 placebo and 11 verum provers respectively. A randomisation/allocation table was independently compiled accordingly and as provers were recruited they were allocated a prover number in the numerical order in which they were recruited, their name was recorded against the corresponding numerical allocation and the researchers notified of the unique prover number allocated.

This entire procedure was performed independently of the researchers; effectively ensuring that the researchers were blinded in terms of prover allocation; in addition provers were also unaware of their respective allocation. Both researchers and provers remained blind in this manner until the proving was complete. Furthermore the provers were not given any information as to the nature of the remedy being proven or the potency thereof.

3.5 Intervention:

3.5.1 Dose and posology

- One lactose powder sachet containing 10 lactose granules (verum or placebo) was dissolved sublingually 3 times a day until the onset of symptoms commenced and for a maximum of 2 days (i.e. 6 doses dispensed to each prover).
- No powders were to be taken after the onset of symptoms.

Provers were instructed not to eat or drink for 20 minutes before and after each dose and not to take anything orally, topically or by olfaction that may antidote the remedy such as camphor, coffee, peppermint or menthol in any form.

3.5.2 Preparation and dispensing of the remedy

The thirtieth centesimal potency of the venom of *Bitis atropos* was prepared by hand from a fresh venom sample milked from a female wild Berg Adder (*Bitis atropos*) snake captured in the Limpopo province of South Africa. The remedy was produced according to a modification of Method 5a as specified by the German Homoeopathic Pharmacopoeia (GHP), supplement (2005) (Appendix G), in keeping with the production of other fresh snake venoms produced at Durban University of Technology. The verum was dispensed as lactose granules which were triple impregnated at 1% v/v with *Bitis atropos* 30CH in 96% ethanol impregnating potency according to Method 10 of the GHP (2005) (Appendix G). The placebo was dispensed as lactose granules as above but triple impregnated with a 30 CH preparation of Glycerol i.e. the vehicle used in the preparation of the first potency of *Bitis atropos*. The same batch of glycerol (BP) and lactose granules (BP) were used in the preparation of both the verum and placebo potencies. This procedure ensured that the only difference between the verum and placebo groups was that of the independent (experimental) variable i.e. *Bitis atropos* 30CH.

3.6 The proving process

- In order to ascertain the provers normal, day to day symptoms, they were asked to record their symptoms every day as they occurred for the course of seven days prior to taking the first dose. These served to define the provers' 'individual normal state' against which new symptoms were compared this process also allowed provers to become accustomed to the process of self-observation and journaling (Sherr, 1994).
- After a week of pre-proving journal entry, the prover was instructed to take the first dose of medication and subsequently record any changes that occurred. Once the respective new symptomatology occurred the provers were required to discontinue taking the medication, in circumstances where the symptoms were very subtle some provers were requested to take an additional dose (Sherr, 1994).
- If no symptoms occurred the prover continued taking the proving substance three times a daily for 2 days (i.e. a maximum of 6 doses).
- Provers recorded their symptoms for a minimum of 4 weeks after their last dose was taken. Symptoms were recorded as they occurred, to minimise inaccuracy of symptom recall.
- At the point where no further proving symptoms had occurred and the provers had returned to their baseline healthy state the proving was deemed complete and the respective journals were collected by the researcher.
- The group allocation was then un-blinded to the researchers and provers as they extracted symptoms from the respective journals.
- A date for a post proving meeting was then set where all provers involved met.
- The post proving meeting served to achieve the following (Sherr, 1994):
 - Provers and supervisors discussed their experiences.

- Certain symptoms could be clarified, validated or discarded.
 - Discussion allowed triggering memories that went unnoticed or that provers were unsure about.
 - The therapeutic value for provers to release any negativity experienced induced by the proving process was achieved.
- Data was extracted and collated from the journals belonging to provers in the verum group and after applying a rigorous screening process valid symptoms were written up into materia medica and repertory format.

3.7 Monitoring of provers

- The researcher made regular contact with the provers to ensure journal entries were accurately made and that provers were complying with the general proving methodology.
- The researcher contacted each prover daily during the first week to discuss symptoms experienced and to decide whether provers required additional doses of the proving substance or not. Telephonic contact was then reduced to every second day in the second week, every third day in the third week and every fourth day in the fourth week respectively. The provers continued recording their symptoms for a minimum of 4 weeks or until all proving symptoms have disappeared.

If symptoms became intolerable, or if the prover decided they wanted to discontinue the study, they were antidoted accordingly, the data recorded until the point of antidote being admissible for data analysis if applicable. The respective antidote was determined process by taking a full case of the prover in their current state of health and prescribing the respective Homoeopathic similimum. They were anti doted according to the method stated by Kerschbaumer (2004):

- a. A homoeopathic similimum based on the totality of symptoms of both the pre-proving case history and the proving was prescribed.
- b. If Method a. was ineffective, the provers “constitutional homoeopathic remedy would be administered. If it were unknown, it would have been ascertained from the pre-proving case history.
- c. If Method b. was ineffective, an “acute” homoeopathic remedy would be prescribed according to the smaller presenting totality of the proving symptoms.
- d. If Method c. failed, the commonly known methods of antidoting i.e. applying camphor, coffee, mints etc. would be used.

3.8 Data collection and processing

This phase involved the conversion of prover journals into materia medica format and extracting valid proving symptoms (ECCH & ICCH, 1999:35). Symptoms were included or rejected according to the following criteria:

- a) A new symptom unfamiliar to the prover occurring after taking the remedy (ECCH & ICCH, 1999:36).
- b) The symptom did not appear significantly in a prover in the placebo group.
- c) A usual or normal symptom intensified to a marked degree (Sherr, 1994:72).
- d) The frequency of the symptom (Sherr, 1994:73)
- e) The number of verum provers experiencing the symptom (Riley, 1995a,b).
- f) The duration of the symptom (Riley, 1995a,b).

- g) The modalities and concomitants associated with the symptom (Riley, 1995a, b).
- h) The symptom was strange, rare or peculiar either for that prover or in general (Riley, 1995a,b).
- i) The cure of a pre-existing chronic symptom (Riley, 1995a,b).
- j) A current symptom was modified or altered with a clear description of current and modified component (ECCH&ICCH, 1999:36).
- k) The symptom did not occur in the prover within the last year (Sherr, 1994:70)
- l) The symptom did not appear naturally or spontaneously during the proving i.e. did not have an extraneous cause (Sherr, 1994:70).
- m) Accidents and co-incidences that occurred to more than one prover were considered for inclusion.
- n) The time of the day that a symptom occurred in provers is added only if occurs in another prover (ECCH&ICCH, 1999:36).
- o) A symptom that occurred a long time ago (5 or more years previously) and there is no reason for its reappearance at the time of the proving (Sherr, 1994:70).

The data within each verum journal (symptoms) was then sorted into the relevant sections and subsections of the repertory (Synthesis Ed 9.1, 2004) (Mind, Vertigo, Head, etc) then each section from each journal was grouped together according to repertory section, each symptom being labelled with the prover number, gender and time of onset. Symptoms that were similar or identical between provers were listed consecutively according to the following criteria:

- Nature of the symptom
- The prover

- The sequence development of the symptom
- The time of appearance of the symptom

Symptoms that reoccurred constantly in a prover were amalgamated and if a symptom covered more than a single body/system, it was listed under the most central heading. Recurring symptoms, sides of the body, modalities and times of day repeated more than 3 times were included in the General symptoms section of the repertory.

3.9 The materia medica

All symptoms were grouped in materia medica format according to the following headings (Schroyens, 2004):

- Mind
- Vertigo
- Head
- Eyes
- Ears
- Nose
- Back
- Respiratory system
- Digestive system
- Skin
- Urinary system
- Extremities
- Genitalia
- Sleep
- Dreams
- Generals

3.10 The Repertory

Valid proving symptoms were then converted to rubrics of a form that was compatible with the modern repertory Synthesis–edition 9.1 Schroyens (2004) and the electronic version thereof; RADAR Version 10.1 using the Millennium View (Progressive) setting.

3.11 Toxicological data

The symptoms experienced by provers were analytically compared to case studies of *Bitis atropos* envenomation symptoms, drawing on similarities and differences. Such secondary data was obtained by the researcher after performing an extensive literature review and sourced mainly from journal articles and the internet. The majority of this data comprised detailed accounts of the sequence of signs and symptoms experienced by victims of snake bite from *Bitis atropos* either recorded by the victim themselves or by those who cared for them. These symptoms were further analysed and repertorised as seen in Appendix K and Appendix L, and three of the remedies indicated was then compared to *Bitis atropos*.

3.12 Related remedies

Once the valid symptoms were determined they were repertorised using RADAR Version 10.1 using the 'sum of symptoms and degrees' setting and a list of existing remedies with similar symptomatology was established. This was accomplished by separately repertorising a selection of key Mind, General and Physical symptoms, in addition symptoms that were considered to be rare, peculiar, strange or specific to *Bitis atropos* were selected and repertorised. The most prominent remedies common to the three respective repertorisations were deemed to be the 'most related' of existing homoeopathic remedies. A subsequent series of comparisons of materia

medica were thus conducted between *Bitis atropos* and three remedies considered to be most related determined by the method described above.

3.13 Ethics

The research was approved by the Faculty of Health Sciences Research Ethics Committee and was carried out according to an approved protocol standard to DUT. Furthermore, participation was voluntary and free from coercion; full, written informed consent was obtained from all provers after being thoroughly informed of the research process, their role as provers and the potential risks to participation (Appendix B, Appendix C, Appendix E, Appendix F). In addition to meeting the ethical requirements of DUT, the European Central Council of Homeopaths (ECCH) guidelines were applied. Provers were closely monitored throughout the proving process as described in section 3.7 and were free to withdraw from the study at any stage; and where necessary anti-doting was offered followed by a careful monitoring and management until the prover returned to the original state of health.

CHAPTER 4

4.1 Introduction

The extracted symptoms from the journals of the experimental group of provers are hereby represented firstly in materia medica format and then converted to rubrics according to the categories of the Synthesis Repertorium Homeopathicum Syntheticum repertory (Schroyens, 2004).

4.2. The Provers

The following table lists the prover number, age, sex and ethnicity of the verum provers that participated in the proving of *Bitis atropos*. The diversity of race, age and gender resulted in a wide variety of proving symptoms which is apt to the South African population and the needs of a multi-racial, multi-cultural community.

Table 4.1 Experimental group

Prover number	Age	Sex	Ethnicity
2	30	F	Black
3	20	F	White
4	24	M	White
6	30	M	Indian
8	25	M	White
9	22	F	Black
13	21	M	Black
14	24	F	Black
15	24	F	Indian
17	53	F	Indian
18	23	F	Indian
19	31	F	White
20	33	F	White
23	23	M	Coloured
24	38	F	White
25	32	F	White
27	25	F	White
30	26	F	White
32	37	F	White
33	29	F	White
34	23	F	White
35	21	M	Black

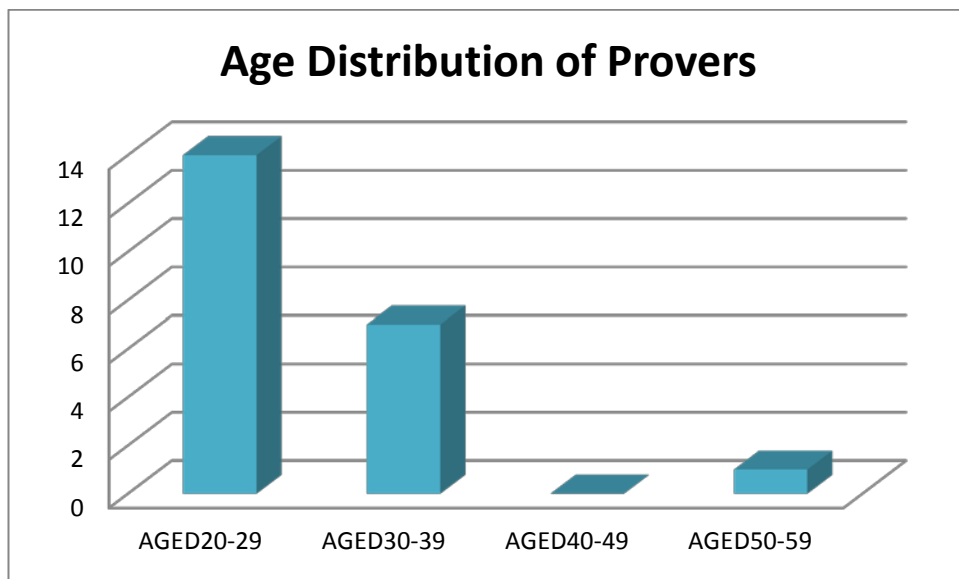


Figure 4.1 Age distribution of provers

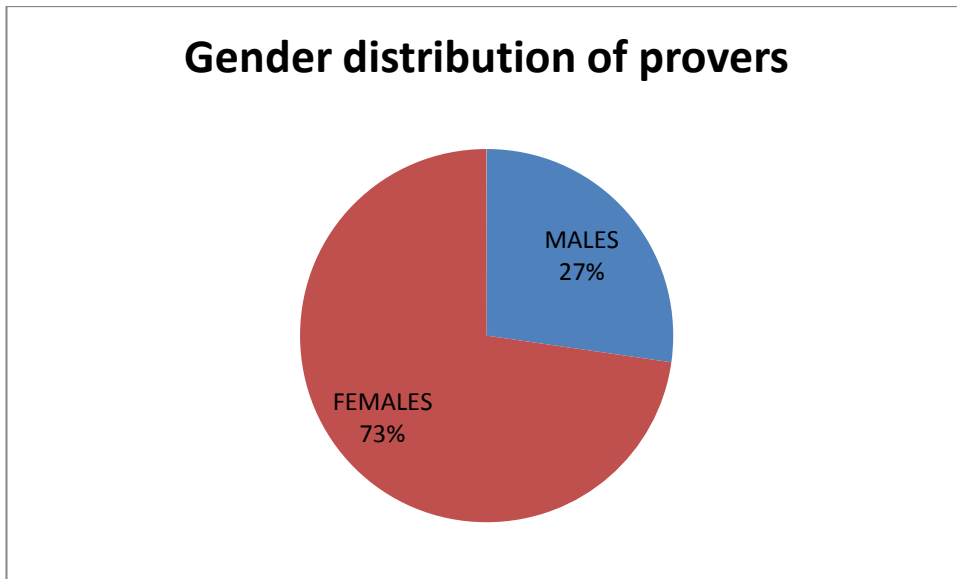


Figure 4.2 Genderdistribution of provers

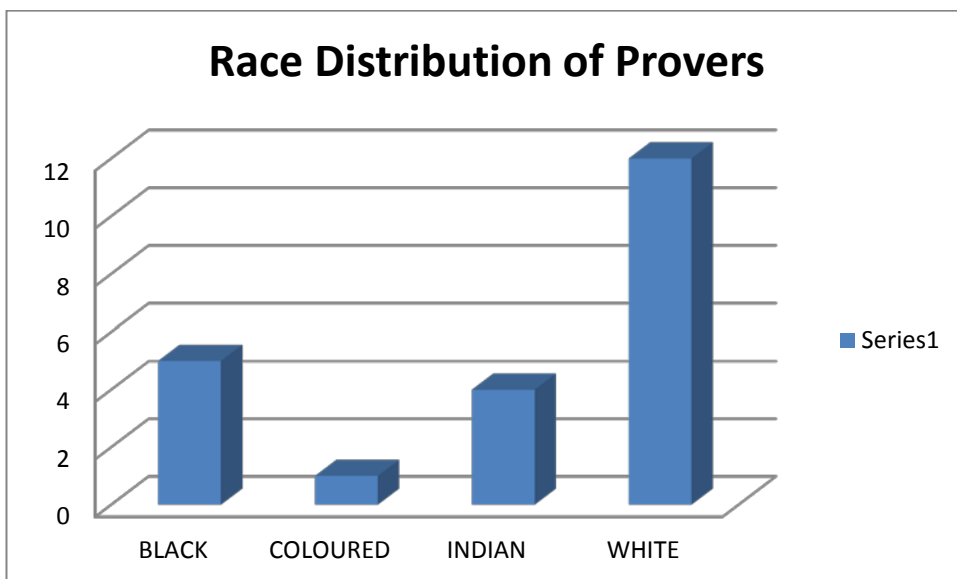


Figure 4.3 Race distribution of provers

4.3 Nomenclature and reporting

Each individual symptom extracted is followed by the prover number; the gender of the prover and the time elapsed after the first dose was consumed.

After 24 hours, the minutes are regarded as unimportant and therefore marked XX. Sometimes, the prover was unaware of the date or time the symptom occurred, hence it is marked as XX:XX:XX (Sherr, 1994:73).

All symptoms are reported verbatim, as they were transcribed from prover journals, thus spelling and grammatical errors made by provers were not corrected. Further, applicable symptoms were grouped into themes and reported in groups.

4.4 Materia Medica

4.41 MIND

4.4.1.1 Absent minded& forgetful

Very confused and tight with money, careful not to spend, calculating exact amounts spent/earned.

03F:04:XX:XX

forgetful during the day in chaos. Felt absentminded and lost in my own thoughts. On posting and printing documents had to repeatedly review as I forget details. Also forgot to take 2nd powder.

06M:00:XX:XX

felt confused repeatedly today at work and in conversation. Lost trail of my thought and had to clarify matters in conversations. Misunderstood meanings and words in a conversation.

06M:00:XX:XX

Speech: was confusing and missing syllables as I spoke. Made many errors in speaking also.

06M:00:XX:XX

had a busy day with patients and amidst it all felt silent, powerful and still. Was extremely forgetful on leaving work. Lost my car keys and made 5 people look for keys when the keys was simply in my bag. Really absent minded moment. Felt quiet and introspective on my break today.

06M:01:XX:XX

really becoming absent minded. Forgetting keys, forgetting to switch kettle on. During day- day activities and daily chores seemingly becoming slow, confused and forgetful. Feeling really silly as I am developing a mental amnesia in daily functioning.

06M:02:XX:XX

The absentmindedness is becoming more distinct. Mom and my partner both related how confused and dazed I have become. Forgot yet again to return calls messages and important meetings.

06M:03:XX:XX

I feel a bit dazed as if my mind is elsewhere

15F:01:XX:XX

Feel as if there is dullness in my mind. I am here but my mind is somewhere else.

18F:07:XX:XX

Tonight I put the glasses where the mugs go. Feeling absent minded.

19F:03:XX:XX

Can't focus at all WORSE in the morning

It's like I am suspended in something. Like my brain doesn't understand words it only understands images. I can't even think, I think through porridge.

I don't understand what people are saying and I can't read anything I don't understand what words mean, I look at words like "symptom" and "heamorioid" and don't understand what they mean??

19F:29:XX:XX

4.4.1.2 Alone – aversion to company

desire to be alone in solitude and inner silence. Amidst actively feeling-
desire to be alone. Desire to be away and not at home or work.

06M:05:XX:XX

People seem foreign/annoying/obstreperous

Want to go home!

Worse for company

Better for alone

08M 04:XX:XX

Towards afternoon was a bit irritable, wanted to be left alone. Mood seemed to pick up in the evening.

18F:02:XX:XX

want to be alone and hibernate, so much to do so little time.

18F:06:XX:XX

much calmer once I left campus.

18F:08:XX:XX

Yesterday I had this deep almost sweet sadness in the afternoon. Unknown origin, it was just settled on me. Didn't affect me in any way, and I didn't want to do anything about it as if there was nothing I could do. Just the sadness about life in general, felt the pain of existence. Today I am in a strange

space, as if everything is carrying on around me, bright daylight cars driving back and forth, people talking in the street but I am separate.

19F:02:XX:XX

I am so stressed I don't know why. Exams I'm being offered a job and don't know why I am totally fed up to be bombarded with responsibility, I feel inadequate and like a failure, I have an internal exhaustion, I'm deepest totally overwhelmed by these challenges. I feel like I want to be alone, I don't want people around me

23M:26:XX:XX

4.4.1.3 Anger

I feel snappish, worse than when I PMS. I want to scream and be aggressive and strangle someone. Not like me to be like this at all!!!

15F:02:XX:XX

I am being assessed at hospital today, I asked the class if there wasn't someone who could please take my turn as I was feeling so ill. No one wanted to help me. I am now angry that no one will help me, especially when I always help when I can.

15F:06:XX:XX

I am so angry and frustrated with people.

15F:06:XX:XX

I could actually feel the rage inside of me.

18F:08:XX:XX

I'm extremely annoyed today. Feel as if something inside of me wants to come out to attack these annoying people around me.

18F:08:XX:XX

Still feeling a bit angry.

20F:02:XX:XX

got very annoyed with other drivers on the road on my way to work this morning. A bit of road rage which is very unusual for me.

20F:02:XX:XX

Again felt snappy and angry just annoyed in general

24F:04:XX:XX

a very bad mood, begrudging doing everything

25F:05:XX:XX

Afternoon- extremely bad mood, ratty, felt pmsy, felt as if anger bubbling over

25F:05:XX:XX

4.4.1.4 Antagonism with oneself

I want to do stuff but I don't/refuse to do them

Like I'm really thirsty- usually I'll jump and go get water – but I'm not doing so. My house is really cold, and I'm freezing, but I'm not covering myself- usually I cover myself too much. Always walking around the house with a scarf around my neck and a jersey and closed shoes on. Cos I don't want to catch a cold- afraid to, because I hate coughing, hate the flu, and any cold stuff. But today I don't care. No jersey/scarf to protect myself. I opened all the windows- to get air in (cold air). Now in bed, using just a blanket, not even sheets (double sheets and double blanket plus scarf and jersey- especially in winter

I'm not listening to my body.

Right now I'm so tired and should be sleeping, it's late. But here I am jumping, walking up and down the stairs, watching movies instead of sleeping.

02F:01:23:44

I was fighting with myself. Eg. I was thirsty(body) but I decided not to drink

I (body) needed to sleep but I didn't go to sleep

Restless, toss and turn

I deliberately refused to listen to my body

Overriding the normal/natural need.

No wonder I'm in pain!

02F:02:XX:XX

Very judgmental of people internally and yet easily social outwardly.

03F:02:XX:XX

Freeness, connection to nature, uninhibited, mischievous, like a child. Acting without thought of consequence, yet inwardly distrustful, suspicious, careful, guarded (from other people)

03F:04:XX:XX

A part of me desires to shed this good boy persona and become liberated.

Give myself over to promiscuity, sexual self-indulgence, the dark side

04M:03:XX:XX

Contemplative. Been dwelling on my hidden urges, my darker inner world, and I'm interested in how these dark sexual desires are so unlike the image I portray in everyday life- a good, wholesome, slightly awkward boy. I wonder if these deep dark urges will ever get a chance to rule my body.

04M:03:XX:XX

Groggy/lethargic- don't want to do anything/ yet feel the need to do something

06M:04:XX:XX

Busy with campus work can't seem to concentrate. Feel like being a rebel and not doing anything.

18F:06:XX:XX

I feel like an old woman with a teenage girl stuck inside.

19F:04:XX:XX

4.4.1.5 Anxious

Feeling a bit anxious

18F:12:XX:XX

Feeling rushed and stressed to get to work this morning.

20F:08:XX:XX

Everyone was noticing that I am sick and they would keep on telling me that you look sad and my eyes looked smaller (even though they are big). This made me worry even more.

35M:XX:XX:XX

4.4.1.6 Attention

Normally I don't like to draw attention to myself, I prefer to focus on others, let them take the spot light and in a way, fade in the background, and do my things without being noticed.

Right now:

- I want to SHINE
- Take the spot light; let the world know that I'm here to stay.

- I want the people to know I'm here, to notice me. Even though it doesn't feel easy I want to try.
- Not in a mean way, just to stand up and fight back, say something without worrying what others might think, not go along with whatever I don't agree with. Say NO and not being afraid to DARE.
- Take a chance
- Let people see me for who I am ENTIRELY. Not just part of me cause I have a lot to offer!
- Potential, talent, love, care, warmth, kindness, laughter smile

Being present, cause I matter

02F:04:XX:XX

I keep seeing myself surrounded by people, singled out and they are all looking at me and waiting for me to speak/answer to their question.

I wasn't afraid to stand out into the crowd, even though I could keep quiet and hide, I didn't.

I didn't mind to be the centre of attention, to be singled out. Normally I'll look for support. Lean on a wall or use a pen or something to distract me. I stood up. It feels good to stand up.

02F:05:XX:XX

Later people's intentions proved to be good and feelings of shame, embarrassment. Trying hard to 'make up' for lack of whatever compete for attention/seek praises of talents in order to hide inadequacy feelings.

03F:04:XX:XX

Lots of inadequacy issues coming up. Trying to work harder, better, more to be worthy instead of just be. Want to give/serve/help so that I can win favour/be fondly remembered.

03F:05:XX:XX

4.4.1.7 Cheerful

Everything brings a smile to my face: Peoples kindness, kids, strangers walking in the street. I can't see what's making me smile, but I smiled a lot today.

02F:21:XX:XX

felt a sensation of flying in the air above the clouds. A freedom was experienced as I travelled in my mind eye to realms of high spaces. Was jovial at night and composed a playful tune and sang it as: I am flying free in the wind, flying free in the night's breadth, I am free.

06M:00:XX:XX

my mind has become so jovial in its mannerisms. Dancing and singing away in a playful attitude throughout the day. Really celebrated the essence of being a child again. Merrily played and sang as a child world in joy and smiles.

06M:02:XX:XX

spent time at a place of solitude and mind absorbed a silent atmosphere. A space of quietness and inner joy of dancing with the self was experienced.

06M:06:XX:XX

Feeling extremely happy, light hearted and care free.

18F:01:XX:XX

Woke up in a cheerful mood

18F:02:XX:XX

Still waking up in a cheerful mood

18F:03:XX:XX

In a good mood.

18F:05:XX:XX

Seems as if food is making me happy and wholesome.

18F:06:XX:XX

Everyone seems like loose cannon around me but I am calm and collective.

Fill with positivity.

18F:07:XX:XX

Feel a bit chirpy today

18F:10:XX:XX

Meet a friend feeling quite annoyed from the day, spoke openly about her, feel like I have been moaning alot about it and need to focus on positive

27F:01:XX:XX

Very happy and talkative

27F:06:XX:XX

Very happy and relaxed

27F:07:XX:XX

Feeling very excited and very alive

34F:01:XX:XX

4.4.1.8 Connecting

As much as I feel protective of my family- always wanting to be there to shield them, I also find it difficult to connect emotionally.

It's as if I don't want to get too close, I don't allow them to open up to me emotionally- this is new to me. I'm the person who cares a lot

A shoulder to cry on, I love to be there for others. Now I just can't, its difficult like a barrier, - a blockage in front of me, in my ears and heart.

Fears that it going to bring me down and hurt me (their emotions). Like a burden

Response/solution: to these conflicting emotions is not listening, shutting down, ignoring the other person's need- this is not me.

Physically I want to use my body to shield my loved ones against any harm and hurtful things, at the same time I don't want to let go and connect on the emotional level.

Delusion:

Connecting emotionally, or opening up feels as if I'm vulnerable, weak, a prey

And if something dark, unknown will come and get me. A defenseless prey who needs to be on the watch/on guard constantly, not sleep at all for the dangerous creatures will crawl into the house and get you, eat you alive.

I can't stand visitors/strangers that come visit.

It feels as if they are a danger, they are going to hurt my sisters, my family- I'm so mean to them-I don't like it but I can't help it.

02F:13:XX:XX

In evening sense of 'what am I doing here?' intensified. Not unfriendly but avoiding contact with people (or wanting contact, but with close intermit friends, not able/willing to make new friendships).

03F:01:XX:XX

Very astute business side. Good at money issues(unusual) and making connections

03F:03:XX:XX

Freeness, connection to nature, uninhibited, mischievous, like a child. Acting without thought of consequence, yet inwardly distrustful, suspicious, careful, guarded (from other people)

03F:04:XX:XX

Need to connect with people and nature.

03F:05:XX:XX

At the end of the eve I was eager to experiment with weed. I've been crying since Thursday eve (yesterday). With the strikes, boredom and anxiety, a part of me really felt like it needed an outlet, a space where I can relax (mentally). Needed a way to detach from this reality and cut myself free of this anxiety I've been carrying. Unfortunately, the joint I smoked had no effect that I noticed anyway.

04M:22:XX:XX

Feeling the need to connect with the world

34F:02:XX:XX

4.4.1.9 Desire for company

Don't want to talk to anyone, but want comfort of having someone close

03F:00:08:10

Prefer animal company to humans

03F:02:XX:XX

I am really depressed today. I have to listen to everyone else's crap and when is it my turn? Where is my ear? Worse for being alone. Better for company.

19F:05:XX:XX

4.4.1.10 Critical

Judgmental of everyone and thing, unable to truly appreciate beautiful divine

03F:01:XX:XX

People seem overly unfriendly. Feeling dissipated after a while

03F:01:11:00

unscrupulous

03F:02:XX:XX

Very prying into people's personal issues

03F:02:XX:XX

Very judgmental of people internally and yet easily social outwardly.

03F:02:XX:XX

need to undermine other people so that I may feel better

03F:06:XX:XX

I am very self-conscious at the moment. I covered myself in smelly aromatherapy oils so that I would smell nice (as opposed to what I think I smell like) and nothing looked good on me. I feel overweight and my stomach feels not toned at all, a blobby mass of spongy jelly. It distracts me. I sit here conscious of how soft and engorged my rolls of flab are all squished together when I hunch. (I am usually not so body-dismorphic

19F:03:XX:XX

4.4.1.11 Indignation

Then, I fought with my friend over the phone- misunderstanding. She accused me of judging her- which I didn't do. I got so angry and hurt; she should know that I wouldn't do/say something to hurt anyone on purpose.

I didn't back off, I made sure, my name/ my innocence was proved. But I kept having these words dancing in my head over and over.

Palpitations, anxious

02F:05:XX:XX

I went to salon and my hair dresser was late. At first she ignored my calls then finally decided to call me 1 hour later to apologise and let me know she's coming and did not forget the appointment. Still, she did not come. Now, I'm stressing, my heart is pumping, I feel cheated, mistreated, lied and taken advantage off cause I've got to be at tech before 12.50.

Again I fought back, normally I will shake uncontrollably with indignation and gather the courage to stand up and live, cause I'll feel like everyone can see right through me how badly I was treated and either laugh at me or feel sorry for me.

11am. This is what I did- I wanted to teach her a lesson (not me, usually forgiving, let's give her another chance, until it's too late)

I called her and let her know what I think-politely I told her what I think but with a trembling voice as if almost crying.

Then I approached another hairdresser, and asked her to do my hair, I convinced to do my hair. This is great! No more rolling down or over and letting others walk all over me. But fight for what is mine. The RIGHT to take any decision concerning my life without worrying what they'll say or think. After all, it's her fault if I had to go to someone else, not mine.

It feels good, empowering and strong! Instead of feeling sorry for oneself and not acting/fighting back.

I like these words: FIGHT BACK

I don't want to hurt to hurt anyone, just defend myself. It's not a competition, just the right to live my life. It's not about anarchy and not following rules-respect, love, kindness, let the others know that you have a say in whatever is happening and you're/I'm important.

I'm glad I made it at tech at 12.00. I wasn't late and I look pretty, clean, good. My hair was a mess. Not anymore, I took the courage to say no. No more waiting game. Let someone else do my hair, so my life could carry on according to plan.

02F:05:XX:XX

I keep seeing myself surrounded by people, singled out and they are all looking at me and waiting for me to speak/answer to their question.

I wasn't afraid to stand out into the crowd, even though I could keep quiet and hide, I didn't.

I didn't mind to be the centre of attention, to be singled out. Normally I'll look for support. Lean on a wall or use a pen or something to distract me. I stood up. It feels good to stand up.

02F:05:XX:XX

I'm loving my new independence, standing up for myself, my views, my opinions, if I don't agree I'll tell you and if you don't agree with me its fine.

Before: I'll go with the majority, even if deep down I don't feel it. Rarely, I'll go against them and in return I expect people to do the same with me and I used to get offended if they didn't. It felt like a personal attack.

Now, I know that not accepting everyone's views (on some things) or decision on some accept of things is not disrespectful nor hurtful, it shouldn't be.

By accepting their views, I mean, not voicing my view and keeping quiet and deep down I'll be boiling and wanting to say what I think but couldn't- this is what I meant by going with the majority. Keeping quiet when your gut says something else.

02F:09:XX:XX

I have become tense:

Especially my muscles

I can't lay back in bed and just relax and fall asleep

Everything is worse at night

Not the physical symptoms, but mentally or emotionally, I don't know what.

I still feel the need to be on my guard- I think that's where the tension comes from.

I miss laying down in bed and just being lazy and let my thoughts float until I fall asleep.

I toss and turn so much in bed that the bed sheets are always coming out.

Changing position

Not being comfortable in bed.

02F:20:XX:XX

Very indignant, need to prove myself as independent and capable. Very abrupt business woman.

03F:02:XX:XX

4.4.1.12 Delusions

I'm very worried that if I look in the mirror, I'll see a bloody red eye, plus bluish, purple skin – the BRUISED sensation feel as if the punch happened days ago. Now it's black/ dark blue, shiny and very sensitive. Don't touch! That's the picture I have in my mind. I know I'm fine, just little bit sore and bruised. Worse for touching with cold fingers.

02F:00:06:26

Together with neck left side of my face:

- Delusion it's paralysed.
- It feels strange, hanging down, loose. Heavy as if falling down.
- Better for movement – cause it reminded me that I can control the muscles

Better for sleeping on the left side and prayer- reassurance.

02F:02:02:00

Connecting emotionally, or opening up feels as if I'm vulnerable, weak, a prey. And if something dark, unknown will come and get me. A defenseless

prey who needs to be on the watch/on guard constantly, not sleep at all for the dangerous creatures will crawl into the house and get you, eat you alive. I can't stand visitors/strangers that come visit. It feels as if they are a danger, they are going to hurt my sisters, my family- I'm so mean to them-I don't like it but I can't help it.

02F:13:XX:XX

Feel as if there is dullness in my mind. I am here but my mind is somewhere else.

18F:07:XX:XX

Time is moving much faster than I am and I can't seem to keep up.

18F:12:XX:XX

My sweat smells like sweat

My urine smells like urine

My poo smells like poo

My menses smells like menses

Everything smells of bodily excretions. I feel like people can smell me

19F:13:XX:XX

Feel like a monkey scratching my head

20F:13:XX:XX

also have a feeling like I want to get this remedy as far away from me as possible. (Feel like this remedy is not good for me and is going to harm me)

33F:01:XX:XX

4.4.1.13 Difficulty :

- **Concentration difficult**

Inability to focus on tasks

03F:00:08:10

felt confused repeatedly today at work and in conversation. Lost trail of my thought and had to clarify matters in conversations. Misunderstood meanings and words in a conversation.

06M:00:XX:XX

Busy with campus work can't seem to concentrate. Feel like being a rebel and not doing anything.

18F:06:XX:XX

Can't focus at all WORSE in the morning

It's like I am suspended in something. Like my brain doesn't understand words it only understands images. I can't even think, I think through porridge. I don't understand what people are saying and I can't read anything I don't understand what words mean, I look at words like "symptom" and "heamoriod" and don't understand what they mean??

19F:29:XX:XX

My mind is very busy, thinking about everything and nothing. Mainly work.

20F:06:XX:XX

Concentration not great

25F:08:XX:XX

- **Difficulty with words**

Words – after and during the day:

- I had the perfect words in my head but I couldn't say them. They all come out different, incoherent, or the opposite of what I was trying to say.

02F:17:XX:XX

felt confused repeatedly today at work and in conversation. Lost trail of my thought and had to clarify matters in conversations. Misunderstood meanings and words in a conversation.

06M:00:XX:XX

- **Difficulty speaking**

Speech: was confusing and missing syllables as I spoke. Made many errors in speaking also.

06M:00:XX:XX

4.4.1.14 Fears :

- **Fear of heights& falling**

Fear of falling down the stairs

There are 18 steps at my house so it's not a huge or really elevated/steep stairs

02F:08:XX:XX

Fear of height worse at night and in the dark.

I have an irrational fear of falling off the balcony into the stairs. It's weird and new. Naturally I like the height I can see everything, the view is excellent.

Now I have to hold onto someone's arm when I'm at the balcony (stairs). At night I have to keep the light on when going to the toilet, walking far away from the stairs. I have to watch my steps when going down the stairs. This is bizarre/weird.

02F:09:XX:XX

- **Fear of thieves/robbers**

Worse during day, better at night because all my family is at home

- Fear of robbers breaking into our house and find my sisters defenseless
- Solution- I don't want to go out and leave them alone
- I want to protect them by constantly staying with them.
- Also, always locking all the doors.

02F:13:XX:XX

When I was asleep that other night I had a delusion someone was breaking into the window, I then became scared and nervous I just cover my head with the blanket I was sleeping with

09F:XX:XX:XX

4.4.1.15 Focus

more focused and concentrated in my work and planning

06M:03:XX:XX

strangely this remedy seem to be more organised, planned and productive. Sent my outstanding documents out today, planned diary well and really had a high energy to focus.

06M:04:XX:XX

Can't focus at all WORSE in the morning

It's like I am suspended in something. Like my brain doesn't understand words it only understands images. I can't even think, I think through porridge. I don't understand what people are saying and I can't read anything I don't understand what words mean, I look at words like "symptom" and "heamoriod" and don't understand what they mean??

19F:29:XX:XX

Feeling good, quite focused

27F:02:XX:XX

4.4.1.16 Freedom

The fish is free, swims whenever and wherever it wants, but it has a destination, a set goal, and it won't get distracted.

02F:08:XX:XX

I sort of feel like my life is being wasted in Durban. I want to experience more of the world and live in other places.

04M:11:XX:XX

as though being trapped for the next 4 years may take an irreparable toll on me.

04M:11:XX:XX

usually feel quite self-conscious, but last night I felt quite free of inhibition

04M:16:XX:XX

By the way I smoked last night. Often when I go out I'll take a few drags in attempt to learn how, but last night I got it right for the first time. It felt good to know what a smoker experiences when smoking and now for the first time I can understand the appeal. It sounds silly of me to say as though I accomplished something, but I did. I feel as though my time on this planet is

learning and so I don't want to restrict learning/experiencing in anyway, hence a reason for ditching religion which I believe prevents a person from exploring, discovering etc.

04M:16:XX:XX

At the end of the eve I was eager to experiment with weed. I've been crying since Thursday eve (yesterday). With the strikes, boredom and anxiety, a part of me really felt like it needed an outlet, a space where I can relax (mentally). Needed a way to detach from this reality and cut myself free of this anxiety I've been carrying. Unfortunately, the joint I smoked had no effect that I noticed anyway.

04M:22:XX:XX

felt a sensation of flying in the air above the clouds. A freedom was experienced as I travelled in my mind eye to realms of high spaces. Was jovial at night and composed a playful tune and sang it as: I am flying free in the wind, flying free in the night's breadth, I am free.

06M:00:XX:XX

4.4.1.17 Home sick

I want to go back home for the holidays.

14F:02:XX:XX

Feel like I could just go home and sleep

33F:08:XX:XX

4.4.1.18 Images :

- **Wounds, flesh & blood**

These were the images/delusion coming to my head or mind:

- Rawness
- big opened wounds on my face, arm
- blue, dark, blood- signs of bruising
- being cut open- arm, cheek, and eye- left skin to hang down
- My skin was not protecting or covering what was inside.
- Paralysis or looseness/weakness of parts.
- Loss of muscles control.

Snake bite- flesh and skin ripped off, fissures-deep one. As if acidic content opened up my skin and exposed my flesh. No wonder, I couldn't bare the cold wind on my left face and left arm and shoulder to tips of fingers. It was too cold. Icy cold. Better for warmth, jacket, scarf, warm breathe, better for rubbing.

Animal- lizard with big, sharp nails that could rip your flesh open.

What if I'm on placebo. – That will be funny. 02F 02:XX:XX

Whilst talking to a group of people that I didn't know I imagined my period would start and start gushing down my trousers. I was worrying the whole time we were speaking that it would happen and what would I do-run out of the room.

19F:03:XX:XX

- **Fish**

Image of fish:

- The type of fish who swims up the stream against the current
- Its strong, doesn't bother about the surroundings (people's opinions) just mind about its own business.
- Colour: grey and black, shining under the sunlight. Beautiful and strong.
- Current: it's about people, the limitation their view that they try to enforce on you

The fish is free, swims whenever and wherever it wants, but it has a destination, a set goal, and it won't get distracted.

02F:08:XX:XX

4.4.1.19 Inadequate & dissatisfied

But lack of trust in self, fidelity

03F:03:XX:XX

Later peoples intentions proved to be good and feelings of shame, embarrassment. Trying hard to 'make up' for lack of whatever compete for attention/seek praises of talents in order to hide inadequacy feelings.

03F:04:XX:XX

Lots of inadequacy issues coming up. Trying to work harder, better, more to be worthy instead of just be. Want to give/serve/help so that I can win favor/be fondly remembered.

03F:05:XX:XX

Meditations around issues of TRUST in GOD/MYSELF.

03F:05:XX:XX

Disgust with body, trying to hide sickness

03F:05:XX:XX

This evening however I've been feeling very good about the way I look. The past few days I've been a little disappointed in my appearance but tonight I'm quite impressed by what I'm seeing in the mirror.

04M:00:XX:XX

Time is moving much faster than I am and I can't seem to keep up.

18F:12:XX:XX

I am very self-conscious at the moment. I covered myself in smelly aromatherapy oils so that I would smell nice (as opposed to what I think I smell like) and nothing looked good on me. I feel overweight and my stomach feels not toned at all, a blobby mass of spongy jelly. It distracts me. I sit here conscious of how soft and engorged my rolls of flab are all squished together when I hunch. (I am usually not so body-dismorphic

19F:03:XX:XX

It is very hard to find clothes to wear in the morning. I am very self-conscious of what I look like. I am also very indecisive. I couldn't decide which shop to go to. I didn't want to go to Woolworths as I was worried what people would think of what I was wearing.

19F:04:XX:XX

Salsa was a bad idea, all these attractive women all dancing and me in the middle feeling like a fat soft bloated and unattractive creature amongst beautiful.

I don't know why I have this need to be and look attractive and smell good, is it for the opposite sex??

19F:14:XX:XX

I look at the beautiful women in my class and experience a feeling of inadequacy and hopelessness. I think its sadness and have defiantly been worse for menses

19F:15:XX:XX

I am so stressed I don't know why. Exams I'm being offered a job and don't know why I am totally fell to be bombarded with responsibility, I feel inadequate and like a failure, I have an internal exhaustion, I'm deepest totally overwhelmed by these challenges. I feel like I want to be alone, I don't want people around me

23M:26:XX:XX

4.4.1.20 Indifferent

I don't care about anything. "Don't care attitude" feeling very indifferent.

15F:01:XX:XX

Feeling very indifferent, filed some notes that I didn't have to file instead of doing work. .

15F:03:XX:XX

By the evening I felt indifferent towards people who are selfish

15F:06:XX:XX

4.4.1.21 Irritability :

- **General irritability**

Very tired and irritable in club

08M:04:XX:XX

Towards afternoon was a bit irritable, wanted to be left alone. Mood seemed to pick up in the evening.

18F:02:XX:XX

Slightly irritable.

18F:03:XX:XX

feeling very irritated and short tempered.

20F:01:XX:XX

VERY IRRITATED!!!!

20F:02:XX:XX

Thinking alot and feeling annoyed!

20F:06:XX:XX

Irritable.

20F:12:XX:XX

feel very irritable and don't want to go to varsity

23M:01:XX:XX

Felt irritable and snappy all day but worse in the evening

24F:02:XX:XX

Stillabit crabby and just irritable

24F:03:XX:XX

Also felt like I had a short temper which is unusual for me

24F:03:XX:XX

short tempered before meals

24F:04:XX:XX

Still irritable

24F:07:XX:XX

was irritable and tired a few more days

24F:XX:XX:XX

I felt very grumpy for no reason but think maybe I was hungry

32F:05:XX:XX

feeling tired and irritable

33F:07:XX:XX

getting really irritated at work

33F:07:XX:XX

feeling frustrated and grumpy

34F:04:XX:XX

- **With people**

Irritability at people

03F:00:08:10

I'm extremely annoyed today. Feel as if something inside of me wants to come out to attack these annoying people around me.

18F:08:XX:XX

This evening I am so IRRITATED with my friends. I am stiff and sore and in a bit of pain and they are being retarded. I am over bothering to make an effort with my friends if it is not reciprocated.

19F:02:XX:XX

Cross, irritable, annoyed, generally. Any one that doesn't pay me attention or do what I want them to do must have their teeth knocked out!

19F:02:XX:XX

I am so irritated with everyone. If they make me do something I am irritated, if they don't, I am still irritated. No one can do anything right.

19F:03:XX:XX

I have noticed that I am sensitive to people putting effort into things (and then subsequent non reciprocation of the effort irritates me) being unappreciated.

19F:04:XX:XX

So irritated with everyone and anyone

19F:06:XX:XX

feeling unusually annoyed and am not sure why. Everyone just seems to be irritating me for no particular reason

20F:01:XX:XX

My husband is annoying me. Everything he does is irritating.

20F:01:XX:XX

Work colleagues annoying me. I am definitely more highly strung than usual

20F:03:XX:XX

short tempered with my child tonight, trying to get him to bed

20F:03:XX:XX

so irritable again. People are just getting on my nerves

20F:08:XX:XX

Together with all my symptoms, there was a feeling of being irritated and <for being around people.

27F:XX:XX:XX

Then went for a full body massage at the techs beauty clinic. I was really looking forward to it as my neck and shoulders are so sore at the moment. However, it turned out to be an awful massage as the girl doing it had no interest in it whatsoever and just kept looking at her cell phone. I wanted to get up and scream! But thankfully I didn't.

32F:14:XX:XX

4.4.1.22 Laziness

Just lazy.don't want to do anything

02F:18:XX:XX

Groggy/lethargic- don't want to do anything/ yet feel the need to do something

06M:04:XX:XX

4.4.1.23 Loquacity

Very happy and talkative

27F:06:XX:XX

I am Wanting to talk to people

34F:02:XX:XX

4.4.1.24 Money

not embarrassed by money (lack)

03F:02:XX:XX

Very indignant, need to prove myself as independent and capable.Very abrupt business woman.

03F:02:XX:XX

Very astute business side. Good at money issues(unusual) and making connections

03F:03:XX:XX

Very confused and tight with money, careful not to spend, calculating exact amounts spent/earned.

03F:04:XX:XX

4.4.1.25 Placebo

Think I'm on placebo. Because all the symptoms don't last longer and these powders affected me more before I took them, then after.

02F:01:12.25

I'm on placebo?

- Am I?

What if, all these sensations and images are because I'm paying more attention to myself and noticing all the small or big things.

02F:10:XX:XX

I'm on the placebo

14F:01:XX:XX

clearly nothing is happening. It feels stupid now just to keep recording everyday and writing things that aren't important. Why did I have to be in the placebo group?

14F:07:XX:XX

I think I have placebo.

33F:04:XX:XX

4.4.1.26 Quiet

a sense of silence overtook me during the day. On meeting some colleagues was quiet, silent and introverted. Normally am task driven, sociable and interactive in conversation but after remedy felt quiet and silent. A quiet

solitude overcame me today. Was a silent observer today as I interacted with others.

06M:00:XX:XX

had a busy day with patients and amidst it all felt silent, powerful and still. Was extremely forgetful on leaving work. Lost my car keys and made 5 people look for keys when the keys was simply in my bag. Really absent minded moment. Felt quiet and introspective on my break today.

06M:01:XX:XX

I have been quieter than usual today. Have not felt like talking.

20F:04:XX:XX

Feeling relaxed and ready to take on the day

34F:01:XX:XX

4.4.1.27 Reciprocation

I have noticed that I am sensitive to people putting effort into things (and then subsequent non reciprocation of the effort irritates me) being un appreciated.

19F:04:XX:XX

I am really depressed today. I have to listen to everyone else's crap and when is it my turn? Where is my ear? Worse for being alone. Better for company.

19F:05:XX:XX

4.4.1.28 Sadness

feelings of deep sadness, nostalgic grief and lack of lust for pleasurable things flooded me

03F:00:08:10

Some feelings of despair

03F:01:07:30

Felt very lonely, sad, felt as though my partner didn't love me anymore. I missed him terribly. More so I missed feeling as though I was loved

04M:16:XX:XX

I'm feeling down today and I just hope that my day doesn't go too badly.

14F:12:XX:XX

Yesterday I had this deep almost sweet sadness in the afternoon. Unknown origin, it was just settled on me. Didn't affect me in any way, and I didn't want to do anything about it as if there was nothing I could do. Just the sadness about life in general, felt the pain of existence. Today I am in a strange space, as if everything is carrying on around me, bright daylight cars driving back and forth, people talking in the street but I am separate.

19F:02:XX:XX

Very sad (21/02)

30F:07:XX:XX

4.4.1.29 Stimulation

My mind wants outside stimulation- lots of it! Not inward focus. I don't know how to put it down. It's like my eyes are closed; now my mind is taking over or my thoughts are.

02F:20:XX:XX

Still feeling tired, stuck in this rut and routine.

18F:13:XX:XX

feeling restless, cannot relax mentally active

20F:11:XX:XX

Feel like I need to get out and exercise

34F:02:XX:XX

4.4.1.30 Vanity & appearance

It's all about looking beautiful, making yourself pretty. Pretty outfits, pretty make up, pretty hair style- yet again not putting much effort into it, like letting someone else do it for you, then u get all the glory. Pretty vain!

Like winning a makeover contest, where I sit and people around me will be busy running around doing all the work for me and I just come and get dressed. Body wants, mind doesn't or the other way around.

02F:03:XX:XX

This evening however I've been feeling very good about the way I look. The past few days I've been a little disappointed in my appearance but tonight I'm quite impressed by what I'm seeing in the mirror.

04M:00:XX:XX

I'm noticing that my focus has been more and more on aesthetics. I've been particularly pleased with the way I've looked the past few days, but yesterday and today especially. I feel like my new short hair style has made me look quite attractive, quite beautiful really (as egotistical as this may sound)

04M:01:XX:XX

We did our eyelashes (false) for the first time. Feels good

17F:08:XX:XX

Off to the hairdresser. Hair done- looking good

17F:09:XX:XX

Salsa was a bad idea, all these attractive women all dancing and me in the middle feeling like a fat soft bloated and unattractive creature amongst beautiful.

I don't know why I have this need to be and look attractive and smell good, is it for the opposite sex??

19F:14:XX:XX

4.4.1.31 Miscellaneous mind symptoms

I wanted to be carried like a child, a hug. Child: so I could fall asleep. I tried to lean against my brother, actually I leaned my head against his shoulder and I could sleep for a moment.

02F:02:XX:XX

I'm less demanding with my family. I like certain things to be done a certain way; I think I'm becoming more patient. And I'm learning to let others do things, trust- delegate responsibilities (at home) to my siblings. I don't need to be the mum over seeing everything.

Usual reaction when things don't go the way it should:

- Angry, upset
- Won't let it out
- Keep it inside and keep quiet for a while on my own then come back and maybe talk about it or just forget about it!- suppression.
- I laugh more to jokes- love it, cause they not laughing at me but with me.

If things go differently now:

- Why worry?
- It's done anyway
- Relax and what next we can we do
- Let go, turn the page

Is there anything else we can do? If yes- good, if no-well, things happen for a reason.

02F:05:XX:XX

nervous feeling in back of throat and heart

03F:01:07:30

Freeness, connection to nature, uninhibited, mischievous, like a child. Acting without thought of consequence, yet inwardly distrustful, suspicious, careful, guarded (from other people)

03F:04:XX:XX

Jealousy of other guest, ego, trying to 'measure up' resulting in over eagerness/resentment(mild)/ interrupting other people instead of listening.

03F:05:XX:XX

Contemplative. Been dwelling on my hidden urges, my darker inner world, and I'm interested in how these dark sexual desires are so unlike the image I portray in everyday life- a good, wholesome, slightly awkward boy. I wonder if these deep dark urges will ever get a chance to rule my body.

04M:03:XX:XX

I imagined myself receiving light/energy, sort of as in kabbalah philosophy. I then channelled it to my partner. I never really do that sort of thing, so I guess it was quite unusual.

04M:19:XX:XX

my mind has become so jovial in its mannerisms. Dancing and singing away in a playful attitude throughout the day. Really celebrated the essence of being a child again. Merrily played and sang as a child world in joy and smiles.

06M:02:XX:XX

Mind: after months of solitude and silence am starting to be more interactive and sociable. Making more contacts and networking well with people. My sense of isolation is slowly leaving my state of being closed as I am craving to mix and contact friends, colleagues.

06M 04:XX:XX

felt a great strength within, a feeling of abundant mental, physical and spiritual energy.

06M:08:XX:XX

Guessed a test question correctly, felt a bit psychic

19F:10:XX:XX

4.4.2 TEETH

Teeth clenched

03F:01:11:00

4.4.2.1 Pain

My right mandibular teeth painful. It feels as if some nerves where pulled

02F:02:XX:XX

Toothache: aching pain on lower right jaw. Teeth included. Lasted for about 5 minutes. followed by a chest pain, in the middle of the chest about the size of a fist toward the back. As if heart chakra had been squeezed, aching pain. Not radiating anywhere. Think its because I have been sitting for so long. Almost as if toothache and back ache happening at the same time.

19F:02:XX:XX

4.4.3 EXPECTORATION

Coughed up small amount of phlegm, yellow

33F:16:XX:XX

Later during the evening the coughing produced a lot of sputum from my chest and the colour of the sputum was cream yellowish.

35M:11:XX:XX

During the day I was coughing and this produced even more sputum forming from my mouth.

35M:15:XX:XX

4.4.4 GENERALS

4.4.4.1 Emaciation

I lost a bit of weight in my hip region. I noticed some other pants were no longer fitting me tightly.

35M:12:XX:XX

4.4.4.2 Exhaustion

woke up feeling strange, tired as if the flu is on its way

02F:30:XX:XX

tiredness, slough

03F:00:12:00

Energy: at the end of the day a low depleted energy.

06M:06:XX:XX

I feel tired, like I should be resting in bed

15F:08:XX:XX

I did not have enough energy to start the day. I do not feel like getting out of bed

15F:09:XX:XX

I feel like I have used allot of energy and strength in the last few days

15F:10:XX:XX

Feel very tired even though I have had a normal day

15F:11:XX:XX

Feeling tired; just want to cuddle up in bed.

18F:02:XX:XX

Very tired.

18F:07:XX:XX

Feeling exhausted, even look drained and weary

18F:09:XX:XX

very tired today

20F:03:XX:XX

so tired I can hardly keep my eyes open

20F:05:XX:XX

woke up feeling exhausted at 5-30am. Could have slept another 3 hours

20F:10:XX:XX

was irritable and tired a few more days

24F:XX:XX:XX

tired especially around lunch time

24F:07:XX:XX

Feel very tired in the evening

25F:01:XX:XX

Slight drowsiness this morning

27F:05:XX:XX

feeling tired

33F:02:XX:XX

feeling weak and exhausted

33F:03:XX:XX

feeling tired

33F:07:XX:XX

Feeling very flat.

33F:08:XX:XX

Also feeling extremely tired

33F:11:XX:XX

I was just not myself. Not being full of energy.

35M:19:XX:XX

4.4.4.3 Food and drink

Since yesterday hungry all the time. Craving pizza, fat cook, fruits- apples and bananas, coffee. Aversion for bread. Crave any food that will stimulate me, tasty, well-seasoned, spicy-not too spicy. Meat

02F:08:XX:XX

Aversion to drinking anything, especially water- normally drink a lot of water.

03F:03:XX:XX

Aversion to drinking water, only tea

03F:05:XX:XX

I've been craving oranges

04M:01:XX:XX

Craving oranges again

04M:02:XX:XX

I had a brief moment whilst drinking some yummy coffee where I felt that everything was okay.

04M:16:XX:XX

Crave coffee-more so than usual

04M:20:XX:XX

craved coffee

04M:20:XX:XX

craving chilli and pepper today and asked waiter to add extra chilli and pepper to my soup

06M:00:XX:XX

craved jam today so bought a jar of berry jam. The taste of fresh berries soothes my taste buds with a fruity feeling.

06M:00:XX:XX

Thirst: increased dose for water. Craving ice water to cool the redness in the body.

06M:06:XX:XX

Didn't have any desire to eat anything else (like sweets, tea or juice) like I usually do.

17F:00:XX:XX

Had a tiny craving for chocolate nuts

18F:01:XX:XX

Was dying for something savoury went to have chicken pasta and butternut soup.

18F:07:XX:XX

Still wanting to eat wholesome food-savoury like. Home food isn't satisfying me, I want food from restaurants. Warm foods will make me better.

18F:08:XX:XX

Seems like I only get an appetite when I am at campus and I indulge in food, warm wholesome food.

18F:13:XX:XX

Craving chocolate today and nuts. I love nuts.

18F:14:XX:XX

Craving tea.

20F:03:XX:XX

Craving chocolate

20F:11:XX:XX

woke up and desired chocolate straight away!

20F:12:XX:XX

craving tea

20F:14:XX:XX

desire salty foods

20F:14:XX:XX

Craving tea.

20F:02:XX:XX

coffee which made me feel much better

32F:11:XX:XX

Still craving salt

34F:01:XX:XX

Craving for salt around midday, very peculiar

34F:01:XX:XX

Still craving salt

34F:02:XX:XX

Craving salt again

34F:05:XX:XX

4.4.4.4 Heat/warmth

These days- I only bath or shower with really really hot water.

- So hot that steam is coming out of my skin after bath.

02F:13:XX:XX

Craving the sun, its warmth, here I am sitting directly under the sun and studying at the same time. It's sunny today yet I'm freezing.

02F:15:XX:XX

Better for sitting under sunlight day

02F:23:XX:XX

got some sun at about 10.30. Enjoyed the warmth, it made me feel a bit better.

04M:22:XX:XX

Also feeling very hot

17F:01:XX:XX

4.4.4.5 Increased energy

Energy: at night experienced a boost of vibrant energy. My body reverberated with a loved, soulful and energetic flow.

06M:04:XX:XX

second wind of energy after being so tired. Now I am not tired at all! Weird.

20F:05:XX:XX

lots of energy today

20F:06:XX:XX

not tired at all tonight

20F:07:XX:XX

have noticed something my energy levels are indeed increasing 9/10.

23M:05:XX:XX

I also felt physically really good – not tired for a change!

32F:06:XX:XX

Not tired again! This is odd for me as I usually always feel exhausted!

32F:07:XX:XX

I'm beginning to think maybe this remedy is making me feel good! I had a really good day again and felt very good and not my usual tired self.

32F:07:XX:XX

still energised

34F:03:XX:XX

Energy up all day

34F:02:XX:XX

4.4.4.6 Weakness

Sudden muscle weakness causing me to fall

03F:XX:XX:XX

Feeling weak and tired , lack lustre

19F:14:XX:XX

Feeling weak and “out of it”

33F:16:XX:XX

4.4.4.7 Miscellaneous general symptoms

Muscles are tense. Still unable to relax. Worse at night, better during the day.

02F:21:XX:XX

Left sore side- better for pressure and better for lying on it.

02F:02:XX:XX

4.4.5 VERTIGO

Left temple- tight- feels as tension

Head- feeling of dizziness- actually it's like my head is in the sky, floating- like I smoked something.

I never smoked before, it feels as if I slept for a long time and I'm not awake, not totally. DAZED- I think that's the word.

02F:00:11:56

Dizziness, blacking out.

03F:00:12:00

Sensation of light headedness, floating, pleasant vibration in head and feel as if tipsy

03F:00:12:00

sensation of light-headedness was experienced at night. Dazzy walking closed eyes to regain vision. Head had a floating sensation, worse for movement, better for standing still, better for sitting down. Felt as if I was flying in the clouds, lost in space.

06M:00:XX:XX

I woke up with a very painful headache which was in the frontal lobe region. The painful sensation is the one that woke me up in my sleep, and when I woke up in bed it was even worse. When I was standing the pain went to the back of my head and I was a bit dizzy. I had to drink water to calm the headache and the dizziness.

35M:09:XX:XX

I lost balance this morning

02F:19:XX:XX

feeling off balance when walking , I start to fall over and having to “catch myself”

33F:06:XX:XX

I couldn't sleep well due to the headache of which was very intense. The pain was in the back of my head. The pain made me loose balance and I couldn't walk quick or well from my room to the kitchen.

I had to walk slowly to make the pain better.

35M:10:XX:XX

4.4.6 THROAT

4.4.6.1 Dryness

have had a rough dry throat the whole day, better for eating and drinking

33F:07:XX:XX

throat is still very dry with dry annoying cough

33F:16:XX:XX

Throat still dry

33F:17:XX:XX

4.4.6.2 Itchy

I'm in bed now and my dust allergy is flaring. It started with a runny nose and now my throat is itchy.

04M:00:XX:XX

4.4.6.3 Pain

Throat pain:

Cutting pain as sharp as razors

Better for clearing throat and water

Worse for swallowing and worse for empty swallowing

02F:13:XX:XX

Sore throat- my heart was beating in my throat- more toward the base of my neck.

better for fruits

Better for warm drinks

Worse sweet stuff

Worse scarf around neck

02F:30:XX:XX

Throat is so sore and raw. Tickling, worse on the left side

02F:31:XX:XX

Pain in throat when trying to talk. Better for quiet, worse for talking.

02F:32:XX:XX

a sore throat

03F:01:07:30

Woke with a sore throat, it felt inflamed, itchy and tender. Lots of thick postnasal and a bit of coughing

04M:22:XX:XX

felt a strange sensation in throat. Sticky/slimy yet spiny thing in throat. Tenacious phlegm can't bring up

08M:00:00:00

My throat is dry and irritated. It feels like it is scratchy.

15F:1:XX:XX

Felt the food stuck in my throat- conscious of being full.

17F:00:XX:XX

A little sore throat.

17F:02:XX:XX

Feels like there is something stuck in my throat, like a ball of air.

19F:01:XX:XX

Slightly sore dry throat on waking, hope I am not getting sick!

20F:11:XX:XX

post nasal drip has started and sore throat noticeable again
sore throat/pharyngitis is getting worse.<swallowing warm drinks

20F:12:XX:XX

Still have a very slight post nasal drip, causing a tickle in the back of my throat

20F:14:XX:XX

Throat very sore, < left side, burning, (<swallowing),Feels like a chilli in the throat

25F:08:XX:XX

Throat still a bit sore, not as bad now, just scratchy

25F:09:XX:XX

Sore throat, post nasal drip starting

30F:01:XX:XX

Sore throat, on fire!!

30F:02:XX:XX

Very sore throat

30F:05:XX:XX

sore throat

30F:06:XX:XX

sharp splinters like pain in my throat, swallowing does not make it better or worse.

33F:01:XX:XX

slight sore throat as if splinter in throat (RHS)

33F:05:XX:XX

slight sore throat on the rhs, same sensation as if splinter in throat. Water relieves it, feeling dry

33F:05:XX:XX

sharp splinter like pain in throat on waking , better for getting up

3 woke with rough dry throat relieved temporarily by drinking water

33F:07:XX:XX

woke up with a sore throat , scratchy

33F:08:XX:XX

throat is now raw rough feeling, sore Craving water to soothe it,

33F:08:XX:XX

throat is still raw and sore,

33F:08:XX:XX

throat still sore, dry scratchy with cutting sensation (getting worse)

33F:09:XX:XX

woke up with a swollen dry throat, with splinter like pain.

33F:11:XX:XX

woke up with sore dry throat, splinter like pain

33F:12:XX:XX

throat is really sore, sharp burning pain, feels really dry

33F:18:XX:XX

later on when I was talking to my roommate I noticed that I throat was very sore, and I had to clear it all the time to make it better and to talk properly. My throat was getting sore when I was talking to someone and it was a bit itchy in the uvula region.

35M:09:XX:XX

sore throat

35M:10:XX:XX

my throat was still sore and was worse when I'm swallowing food or fluids.

35M:10:XX:XX

When I woke up, my voice was gone, not even a single word could be heard when I was trying to talk. My throat was very sore and it was even worse if I was trying to talk. The only thing that made it better was drinking tea. I had a pain also just below the uvula in my throat.

35M:12:XX:XX

4.4.6.4 Mucous

Thicker mucus covering back of throat. Some pain on swallowing

03F:01:XX:XX

Thick mucus in back of throat. Feels gross like a sticky yellow river

03F:02:XX:XX

Post nasal drip

30F:02:XX:XX

have a mucous plug in my throat

33F:03:XX:XX

throat is getting worse and I feel like I need to cough the whole time, also have a mucous plug in my throat

33F:08:XX:XX

mucous plugs in throat

33F:11:XX:XX

mucous plug in throat is so bad to the extent that I am choking on it. Trying to swallow but it is battling

33F:11:XX:X

still battling with mucous in throat, and feeling like it is a little more effort to breathe than norm

33F:11:XX:XX

Still have an irritating mucous plug that makes me cough.

33F:12:XX:XX

have had a mucous plug on and off the whole day, battled to breath in Pilates because of it

33F:14:XX:XX

4.4.6.5 Sensation

another 20 minute coughing session- tickle in my throat and had to keep coughing to clear it. Drinking water helped

32F:00:13:00

another 20 minute coughing session- just a little tickle in my throat that I kept trying to cough out. Drinking water helped.

32F:01:XX:XX

have an unusual sensation rising up into the throat it's like warm pins and needles tingling making me feel claustrophobic

33F:01:XX:XX

4.4.6.6 Swelling

throat feeling swollen

33F:10:XX:XX

Throat dry and swollen, need to cough when talk too much

33F:10:XX:XX

4.4.7 CHEST

4.4.7.1 Pain

I woke up in so much pain

My ribs left side of my body were in pain and the muscles on the left side on the same area as my ribs (6th to 9th ribs) were in spasms, constricted and in so much pain.

At first it was better for stretching and bending toward the right side (laterally). Then nothing worked. Worse for breathing and standing erect. Better sitting and double up, better for lying on my stomach, lying on my sides didn't help.

better stretching while putting pressure on my left hip or on the ribs

I had to do this in order to walk

better for prayer

I prayed a lot, on my knees with my stomach leaning on the bed- I felt better.

My whole body was shaking because of the intensity of the pain.

On a scale of 1 to 10, I give it a 10, even a 20 out of 10.

I never felt such pain before

It lasted 30minutes or more.

Pain is worse on the left

02F:16:XX:XX

The pain in my ribs felt like tetani, spasm, stuck and constricting. Toward the end it travelled to my right side of the back: lumbar region

02F:16:XX:XX

Left intercostals muscles 1pm:

Bruised feeling and pain

It's a gnawing pain, not sharp, just there and drawing attention to the pain. Better for sitting with back supported by the chair. Worse for standing and bending laterally.

02F:17:XX:XX

Intermittent left breast pain, echo of intense mastitis pain. Low, moaning ache, stronger and longer than before

03F:01:07:30

sore tight chest,

30F:05:XX:XX

sharp pain in chest

33F:07:XX:XX

During the evening my chest had a pain on the left lung and this was painful every time I cough. The pain made me even touch the chest region if I'm coughing.

35M:15:XX:XX

During the day I only had chest pain but I wasn't coughing

35M:16:XX:XX

4.4.7.2 Sensation

I feel nauseous it sitting in my chest- feels like warm thing sitting behind the sternum.

At the same time I have this pain gnawing pain on my back- on the left around the kidney area.

02F:03:XX:XX

felt a tingling sensation in the chest area, the remedy is flying through my body in quick flight.

06M:00:00:00

Chest: burning sensation in chest as if ate too much chilli. A hotness in the chest.

06M:05:XX:XX

4.4.7.3 Palpitation

today my heart did something strange. It was beating quite irregularly, but it wasn't palpitations. It felt like it was trying to 'reset' itself. It was very brief – maybe a minute.. It wasn't at all painful and wasn't accompanied by any other symptoms. Now that I think of it I was a little anxious for the greater part of this morning.

04M:17:XX:XX

Palpitations, brief as if heart is knocking on rib cage

25F:04:XX:XX

when I woke up from my nap I could feel my heart beating really fast for quite a long time. I felt terrible and I got up and splashed my face with some water. When I looked in the mirror my face was very pale- almost greenish.

32F:05:XX:XX

I noticed that my heart was beating fast and I was a bit dizzy but after a few minutes I was okay.

35M:20:XX:XX

4.4.7.4 Tightness

My chest was slightly (very slightly) tight and wheezy earlier

04M:01:XX:XX

About an hour after waking, my chest started to tighten and I started coughing

04M:02:XX:XX

chest is tight, still coughing.

04M:02:XX:XX

I cycled to school this morning and noticed that I had a tight chest when I arrived

04M:14:XX:XX

Tight chest

30F:05:XX:XX

have a tightness in my chest and breathing has become more difficult.

33F:08:XX:XX

4.4.8 HEAD

4.4.8.1 Heaviness

Heaviness in the forehead and the eyes.

17F:01:XX:XX

head feels very heavy

33F:08:XX:XX

4.4.8.2 Pain

Terrible left sided headache. I have a terrible headache. I don't know what to do. The pain is extending from the left eye. Starting from inside the eye.

Better for warmth, worse for cold air

Holding my hand/scarf near my nose and breathe into and the warm air warms up my eye. Better for sunlight- its warmth

First was worse for glasses, then better for wearing them.

02F:02:XX:XX

Location – head

Sensation- throbbing sensation

Time- it started around 11pm

Intensity- it was like a strike of lightening

09F:01:XX:XX

Location- head, pain, on the temples, bilaterally. Sensation- head, throbbing, headache. Modality- open cool air. Time- 7pm as I journal. Concom- hot pulling surges of heat, I feel wet with perspiration but when I touch myself I am dry.

23M:01:XX:XX

Sharp headache –top of head slightly to the right, lasted 10 minutes or so, then jumped to left temporal region

25F:08:XX:XX

Feel a bit headachy, dull frontal pain < for movement, slight nausea. >outside in the fresh air. Doesn't last long.

27F:03:XX:XX

Headache of note

30F:06:XX:XX

very mild headache all over my head , dull ache

33F:08:XX:XX

I couldn't sleep well due to the headache of which was very intense. The pain was in the back of my head. The pain made me loose balance and I couldn't walk quick or well from my room to the kitchen.

I had to walk slowly to make the pain better.

35M:10:XX:XX

During the day I was very sick, I was coughing, had a headache and sore throat.

35M:10:XX:XX

4.4.8.3 Concomitants

At the front of head there is a sensation of warmth, which affects my eyes, worse left eye, as if something was in front of the eye

02F:00:01:16

my eye and head are so painful

02F:02:XX:XX

sensitivity, creating a headache-unusual photophobia

20F:09:XX:XX

Cough-then dull headache

30F:05:XX:XX

When I'm coughing a very intense pain from my chest will be produced which will make the headache more painful.

35M:10:XX:XX

4.4.8.4 Location

This time headache went central and during late afternoon

24F:04:XX:XX

- **Frontal**

Forehead is still heavy. Feels as if bulging, as if full of warm water

02F:00:02:06

Retro orbital pressure and a mild frontal headache. < stooping > pressure.

20F:02:XX:XX

Slight frontal headache before lunch then went away with lunch

24F:01:XX:XX

Frontal headache again

24F:04:XX:XX

Had another headache today was frontal and quite sharp

24F:06:XX:XX

Frontal headache, slight dull, >pressure

25F:05:XX:XX

frontal headache and it also ached behind my eyes- both left and right. A dull ache, not sharp/shooting. It was only mild and did not bother me too much.

32F:01:XX:XX

two o clock I developed a headache – the same as the other day. A mild headache in my forehead and behind both eyes

32F:03:XX:XX

also have a frontal headache, associated with a constricted feeling in head.

33F:01:XX:XX

Also frontal headache

33F:02:XX:XX

woke with frontal headache moving to the same temporal head ache. (Better for getting up and being busy)

33F:03:XX:XX

been getting frontal headache on and off all day.

33F:11:XX:XX

I woke up with a very painful headache which was in the frontal lobe region. The painful sensation is the one that woke me up in my sleep, and when I woke up in bed it was even worse. When I was standing the pain went to the back of my head and I was a bit dizzy. I had to drink water to calm the headache and the dizziness.

35M:09:XX:XX

- **Left**

I have a dull headache, it is on the left side, on the temple. It is a nagging dull headache.

15F:01:XX:XX

I feel fine on period no sadness or anything, just a slight dull headache on the left frontal area when period started this morning

19F:13:XX:XX

a headache on left temporal side feels bruised

33F:02:XX:XX

The moment I woke up I had a very intense pain on the left hand side of the head.

35M:11:XX:XX

- **Occiput**

headache now moved to the occiput, along with intensification of stiff neck. Its a tight kind of a pain.

33F:08:XX:XX

- **Sinus**

aching pain inbetween eyes. On bridge of nose. Feels like a sinusitis type pain but sinuses are clear.

33F:08:XX:XX

- **Temporal**

Temporal headache, achy

25F:01:XX:XX

- **Top**

Extremely bad headache. Pain located on top of head. Just a heavy feeling on the head disappeared after about 2 hours.

18F:05:XX:XX

Had a slight headache. Was a dull pain located on the top of my head? It seems to come and go but doesn't dampen my mood

18F:02:XX:XX

4.4.8.5 Modalities

Cold air increases headache and pain in forehead and eyes.

02F:06:XX:XX

headache is worse for movement

33F:08:XX:XX

I went to school to attend lectures with the headache of which was even worse during the day. I tried to stay away from sunlight and drink a lot of water but still nothing changed.

35M:09:XX:XX

The headache was very painful during the day when there was sunlight. When I'm coughing a very intense pain from my chest will be produced which will make the headache more painful.

35M:10:XX:XX

The weather was a bit windy and this made the headache better,

35M:11:XX:XX

I woke up with a dream that made my headache even worse. I was dreaming about a lot of cars passing my place, making noise with their owners also shouting.

35M:11:XX:XX

4.4.8.6 Time

A headache started at about 4pm. Stayed dull, was on the left side behind the eye extending posteriorly and superiorly. Dull throb that intensified a lot when I bent/crouched down.

04M:05:XX:XX

I had a terrifying headache in the midnight the headache was in the back of my head and it made me not to be in the standing position.

35M:15:XX:XX

4.4.8.7 Type

My head felt heavy, congested. All around- no specific sides After first powder

02F:00:00:00

Congested and heavy

As if I smoked something and my oxygen supply was decreased

02F:00:01:16

Left temple:

- Pulsating
- Better for pressure, brings reliefs briefly

Better for warmth also

02F:02:XX:XX

Sinusitis headache, stuffy groggy

08M:06:XX:XX

Felt like fireworks in my forehead, very sharp and explosive

24F:04:XX:XX

head feels tight and constricted

33F:01:XX:XX

4.4.9 EXTERNAL THROAT

Left tonsil is swollen on palpation. Right also swollen on palpation

02F:03:XX:XX

Submandibular lymph nodes painful

08M:06:XX:XX

4.4.10 URINE

4.4.10.1 Increased frequency

increased urination at night. Light green colour of urine.

06M:00:XX:XX

increase urination, light green in colour.

06M:02:XX:XX

Urinating more often. .

15F:03:XX:XX

Seem to be passing alot of urine today, only drank a cup of coffee and a bottle of water.

18F:08:XX:XX

Frequent urination.

20F:06:XX:XX

still frequent urination.

20F:06:XX:XX

I must have urinated at least 8 times during the night.

20F:07:XX:XX

4.4.10.2 Odour

my urine smells like coffee

18F:10:XX:XX

4.4.11 BACK

4.4.11.1 Itching

These days I'm feeling itchy in my lumbar region and it is better for scratching and warmth, worse for cold.

09F:01:XX:XX

my back was a bit itchy

35M:00:XX:XX

4.4.11.2 Pain

Back muscles:

Pain better for stretching.

They felt contracted, spasm

I wanted someone to punch my back in the lumbar region- desired it!

Pain better for pressure and massage.

02F:10:XX:XX

Back muscles and hips- sore and painful. Less intensity as previous day.

02F:12:XX:XX

I woke up with pain in my muscles around the lumbar area and pain in my hips both left and right. Better for exercise. Stimulating swimming movement while lying on my stomach.

02F:13:XX:XX

All the muscles in my back were twitching and trembling with pain.

02F:16:XX:XX

Bruised and sore- more toward the middle part of my back

02F:19:XX:XX

The sacrum still feels bruised and sore, not continually, but from time to time. Especially worse for walking long distance

02F:20:XX:XX

I had a sore lower back

04M:22:XX:XX

Have a nagging lower back pain. Located on the right side, just above my iliac crest. Back pain is worse for movement and stretching. Better for heat and sitting still.

18F:04:XX:XX

Have an intense back pain just under my scapulae. Think it's from the way I slept. It's better for pressure and heat and worse for bending over. I can't even straighten up properly after bending.

18F:14:XX:XX

After doing copoeira, I had a pain in my lower lumbar spine and T-spine, almost in between scapulae. Aching pain. Feels like its drawing life juices out

of me. Worse for movement, better for sitting down or lying comfortably, around 8pm.

19F:01:20:00

Painful coccyx, worse for trying to sit down

Aching pain.

19F:12:XX:XX

Lower back is very painful, aching worse for sitting still the whole time

The pain extends up to my back when I sit for a long period; lumbar spine joins in with the pain

19F:13:XX:XX

Dull aching pain in shoulder blades, more on the left worse for keeping still better for moving about

19F:02:XX:XX

lower back ache related to menstruation

20F:11:XX:XX

4.4.11.3 Sensation

Lumbar spine as if dislocated from the rest of the spine hanging by a small cord

Better for bending and keeping spine flat at the same time. Better for stretching, standing, pulling spine.

02F:11:XX:XX

Feels like there is a lump growing out of my backside, like I'm growing tall, or like when I put pressure on my coccyx its putting pressure on my spinal cord

Aching pain and intense

19F:14:XX:XX

4.4.12 EYE

4.4.12.1 Conjunctiva

The conjunctiva have changed in colour. They are red-brown

On waking my left eye was almost glued. The eyelids where attached together medially. (The right eye is fine).

02F:01:08:40

4.4.12.2 Discharge

Watery discharge in left eye.

02F:01:08:40

Right eye keeps on discharging white stuff- located medially

02F:01:12:25

My nose is running, mucous is clear, eyes are a little watery

04M:02:XX:XX

4.4.12.3 Dryness

Eyes scratchy, dry, red, tired

03F:01:XX:XX

Eyes red, heavy, tired, even after rest

03F:03:XX:XX

Eyes dry and burning

25F:02:XX:XX

Dry eyes (19/11)

25F:03:XX:XX

left eye is very dry and burning (also eyeball itself) , having to blink alot

33F:08:XX:XX

During the day I was coughing from now and then and this made my eyes teary every time I coughed for a long time.

35M:12:XX:XX

4.4.12.4 Heaviness

Heaviness in the forehead and the eyes.

17F:01:XX:XX

4.4.12.5 Itching

slightly itchy right eye

04M:07:XX:XX

Eye itching like there is something in it like sand, there is maybe a tender spot on the lower lid on the left sort of in the middle lid

19F:19:XX:XX

4.4.12.6 Pain

Left eye is twitching muscle pain. Inside eyeball- warmth and dryness, right side is cold. Worse for opening eyes and wind.

I'm aware of my eyeball, the right is okay (not aware of it)

Worse for touching with cold fingers

Better warmth- external

The area- (external eyeball) actually bellow the eye on the bone- mandibular- feels warm to the touch.

Pulsating pain.

02F:00:02:06

Sore muscles.

02F:00:02:06

My vision is not affected, just all the muscles all around my eyes- Hot Hot and painful.

02F:00:02:06

Pain worse in the median side, the punctum plus heavy eyelids.

02F:00:02:06

Eyes bruised feeling is worse sun and direct light shining in them.

02F:00:08:06

Eyes stitching pain

02F:00:11:56

My eyes are feeling bruised

02F:00:14:01

Left eye:

More pain compared to the right

Lower eyelid and upper cheek (around mandibular bone) pain

Eye feels raw as if the skin was peeled off and hanging down.

Upper eyelid twitching and contracting feels heavy, putting weight on my left eye.

right eye is okay. No sensation, just changed in colour, red-brown, not white.

02F:00:14:01

Right eye:

Stitching pain

Better for keeping the eyelids almost closed

Worse for light

02F:00:17:03

Right eye:

The pain is inside the eye itself, not the muscles

It's so dry and it seems as if the wind is blowing into my eye though the window in the bedroom is open and just a breeze is getting into the room.

The wind is not strong, but it feels as if it's too much for my eye and nose-right sided. Left side is fine.

02F:00:17:03

Left eye:

Constriction. Better for closing eyes/eye

02F:02:XX:XX

My eye and head are so painful

02F:02:XX:XX

My eyes started paining again- they were fine. It feels as if I was swimming and water got stuck in my ears and eyes are burning with chlorine. Left side is worse than right.

02F:03:XX:XX

Right eye was also affected. Pain located medially

Constricting pain- better closing eye

02F:09:XX:XX

right eye feels bruised and aching slightly redder than the left

33F:02:XX:XX

eye still feels bruised

33F:03:XX:XX

RHS eye still feels bruised (31/03)

33F:03:XX:XX

both eye balls aching and burning whilst driving, only lasted for a minute

33F:08:XX:XX

4.4.12.7 Modalities

Left eye:

Better keeping it almost closed

Better for human touch, someone else

02F:02:XX:XX

4.4.12.8 Sensation

At the front of head there is a sensation of warmth, which affects my eyes, worse left eye, as if something was in front of the eye

02F:00.01.06

Both eyes now.

It started as if they are opening wider and wider

As if someone tried to forcefully open them.

I'm wearing a blue jacket/jean jacket. It's disturbing my eyes like if you're staring at shiny surface. –Watery surface- that's it! The reflection of light on the surface of the water.

02F:00:02:06

I feel as if my eyes are instable in the sockets:

Shaking

Moving from side to side

Slight flickering movement

My heart is palpating in my eyes

02F:00:02:06

It feels as if my left lower eyelid is falling down, hanging as if paralysed.

02F:00:06:26

4.4.12.9 Redness

My eyes were red

35M:09:XX:XX

People were telling me that my eyes are red

35M:10:XX:XX

My eyes were also red but they were never itchy or burning

35M:12:XX:XX

eyes where very red

35M:15:XX:XX

4.4.12.10 Size

my eyes looked smaller (even though they are big).

35M:12:XX:XX

4.4.12.11 Strain

Strained

02F:00.00.00

Eyes so tired and strained.

Heavy as if I cried my eyes out

Very sensitive to what? I don't know yet, just sensitive.

02F:00:02:06

4.4.12.12 Swollen

They feel swollen

02F:00.01:06

They feel swollen now they are watery

02F:00:02:06

Both eyes are swollen and there's pain in the left eye only.

02F:01:08:40

Both my eyes are swollen

Tears are coming out of my left eye- not much tears, just a little, right is so dry

02F:03:XX:XX

4.4.13 NECK

4.4.13.1 Pain

Left neck:

Is so tense, so tight and painful that's better just bending forward. To write just made everything better.

02F:02:02:00

Bruised feeling and a stiffness on the left side of my neck.

02F:02:XX:XX

My neck feels sore today. Did some neck exercises, stretching and rolling the neck. Pain- burning.

17F:06:XX:XX

Pain in the nape of my neck, in the curve. Pain is always deep and aching. Makes me think of curves and circles, the pain doesn't have "sharp edges." circle is the symbol of eternity.

19F:02:XX:XX

Head is heavy; when I bend my neck forwards I feel the pain in my neck. Pain worse bending head forwards then pain in shoulders and neck pain is located around the bone that sticks out of C7/T1? Can't remember that far back in anatomy. Also the nape of my neck the curve is worse for stretching. It feels like my neck is stretching, too elongated and my head will fall off.

19F:02:XX:XX

Neck muscles also aching

33F:08:XX:XX

back of neck extremely stiff and sore. I feel a warm bath and massage will help

33F:08:XX:XX

Neck, scm and trap still stiff and sore.

33F:09:XX:XX

I notice that I had a pain at the back of my neck that wasn't so painful. It was better if I moved my head left and right.

35M:12:XX:XX

4.4.13.2 Tightness & stiffness

Left neck- tightness

02F:00:11:56

Tightness from the base of the neck (to left ear)

02F:01:12.25

Neck:

Base of my neck- muscles constriction. Feels like a hard ball crushing everything

Increase pulsating

Together with neck left side of my face:

Delusion it's paralysed.

It feels strange, hanging down, loose. Heavy as if falling down.

Better for movement – cause it reminded me that I can control the muscles

Better for sleeping on the left side and prayer- reassurance.

02F:02:02:00

A stiff neck (worse on left)

02F:16:XX:XX

My whole neck and shoulder feels cold, better for warmth. Today is a sunny day, not cold. But I just want to cover my neck, shoulder and ears.

My neck is stiff on the left side and feels sore, bruised

02F:16:XX:XX

Neck is stiff/sore

08M:06:XX:XX

my neck and shoulders feel tight.

32F:09:XX:XX

4.4.14 EXTREMITIES

4.4.14.1 Burning

My feet are burning underneath, especially the heels. Every time my feet touch the floor they burn underneath

15F:03:XX:XX

4.4.14.2 Coldness

Only cold feet better for uncovering them during the day. They become better covering them during the night. Better for socks and closed shoes or blanket.

02F:18:XX:XX

The more cold and freezing the more they seem to be fine. Better for slops and sandals. I did try to cover them with a sheet – few minutes later I'll unconsciously pull them out.

02F:18:XX:XX

My lower legs feel cold, from the knee down. Like soggy ice blocks.

19F:03:XX:XX

4.4.14.3 Cramps

Cramps in both calves, like I have been running a marathon the day before.

19F:03:XX:XX

Aching knee joints and crampy aching calves. Worse for walking down stairs.

19F:04:XX:XX

muscle cramps in quads and calves. Continuous cramping as I am sitting.

20F:09:XX:XX

cramping persists. Eventually I had a bit of salt and a glass of water which helped quite alot

20F:09:XX:XX

- muscle cramping like yesterday. In calves and quads and glutes. Needed to drink salt again to ease it

20F:10:XX:XX

4.4.14.4 Electric shocks

Left arm- there's like electric shots from shoulder to the tips of fingers

02F:00:14.01

4.4.14.5 Eruptions

I developed a whitlow on my right index finger yesterday. It's slightly inflamed.

04M 14:XX:XX

Have noticed a few small red lesions on my ankle, look like insect bites, quite itchy. Left ankle.

27F:12:XX:XX

4.4.14.6 Heavy

Felt quite tired like my legs were heavy

24F:06:XX:XX

4.4.14.7 Itching

Feet:

- Itchy increased, better for rubbing against rough surface eg, carpet.
- Itching between toes and plantar surface close to toe
- Right cold today- icy cold but I won't wear close shoes
- I want them to be cold, want air to pass between my toes and keep them dry.
- As I have the feeling that wearing closed shoes so often will favorise fungal infection.
- This is weird. It's not like their sweating or something. And I always make sure that my feet and toes are dry. I guess this is a delusion.

02F:13:XX:XX

- Irritating itch
- Worse during the day 10-11am
- Can't get rid of it
- Better for rubbing on rough surface

02F:13:XX:XX

All my toes are incredibly itchy, feels like an athlete's foot in the parts where they touch each other. They look dry flaky red and gross (as always).

19F:02:XX:XX

Feet itchy, all over especially toes and soles of feet. Worse for wearing shoes, better for not wearing shoes and scratching soles.

19F:03:XX:XX

My hands are itchy (palms of both hands") localised areas of redness that are pruritic. Worse for scratching. Better for cold water.

20F:01:XX:XX

Hands are itchy again

20F:02:XX:XX

itchy hands in small spots.

20F:07:XX:XX

Red pruritic areas between fingers and on dorsal aspects of hands.

20F:07:XX:XX

4.4.14.8 Loose

Hip:

- This morning it felt as if the ligaments were loose
- Pain in the sacrum and coccyx
- Heavy and pulling down
- Started at first in the left anterior hip (femur head) then it moved toward the middle
- I was aware of my coccyx and sacrum
- The loose feeling was uncomfortable and painful
- Better for bending forward, doubling up
- Worse for walking- my walk changed as if my bones (in my hips) will fall or break into pieces.
- It lasted less than 30minutes
- My walk was funny. I had to walk small steps at once, better for walking that way.
- I couldn't swing my hips
- Better for keeping it still

Better for pressure and support for lower back

02F:17:XX:XX

4.4.14.9 Oedema

peripheral oedema of ankles.< right.

20F:13:XX:XX

Still have the slightest peripheral oedema of ankles< right side

20F:14:XX:XX

4.4.14.10 Pain

Left arm:

- Lameness feeling in the whole arm
- Stabbing pain in the scapula worse for laughing
- Worse pain in the shoulder- at the joint attachment.
- Weak wrist
- Warmth in my whole arm plus BRUISED
- My whole arm feels bruised and swollen

02F:00:11.56

Left fingers:

- Numb- especially the 3 middle digits
- Pulsating distal digits

My triceps are sore and lame. It's like some tightness, not all around the arm but worse posterior arm (triceps)

02F:00:11.56

Pain in my hips:

Cutting pain- better for stretching and pressure

02F:10:XX:XX

Hip: lumbar region- worse right, left okay

- Cutting pain as if sliced with an electric knife- not constant- comes and goes

02F:11:XX:XX

Back muscles and hips- sore and painful. Less intensity as previous day.

02F:12:XX:XX

Left Shoulder joint:

- There's a sore and bruised feeling that's better for extending the arm outwardly
- It's also dull aching, as if I over used it
- Worse for putting pressure on it
- Worse for lying on the left side

02F:20:XX:XX

Pain in my left shoulder joint and left side of my neck

- Worse for lying on the right side, cause it means pulling the neck muscles on the left
- Better laying on the left/using a lot of pillows to raise my neck if I still want to lie on the right.

02F:21:XX:XX

Joint pain: especially in the right shoulder right now, but it wanders around seems to be affecting the larger joints (knee, hips, shoulder) primarily. Aching pain.

19F:02:XX:XX

big toe is paining as if it was cutting my nails and slightly chipped it but I didn't.

23M:08:XX:XX

4.4.15 VISION

4.4.15.1 Acuity

I don't need my glasses. I can't stand them!

02F 00:02:06

4.4.15.2 Sensitivity

light sensitivity, creating a headache-unusual photophobia

20F:09:XX:XX

4.4.16 STOMACH

4.4.16.1 Appetite

- **Decreased**

Loss of appetite didn't need to eat at lunch or supper, missed super

03F:01:XX:XX

Unable/willing to eat. Didn't eat anything till 6pm. Except a banana and apple, didn't feel hungry. Once I ate I felt overfull.

03F:02:XX:XX

Food has become a completely sensory experience, I don't need to eat at all, and it's just taste

03F:02:XX:XX

Food is off putting. Bought food, trying to give it away, don't want to cook or think about eating yet ate supper with new friends because it was FREE...?

03F:02:XX:XX

No hunger for lunch. Hunger and pain and nausea together at dinner.
Aversion to eating ate for social
03F:04:XX:XX

No lunch (no hunger/desire).
03F:05:XX:XX

Seems as if my appetite has decreased a bit. find myself indulging in alot of
sweet things.
18F:03:XX:XX

Not much of an appetite today.
18F:10:XX:XX

No appetite, I just want liquids like black tea and water.
18F:12:XX:XX

no appetite this evening. Cannot think of anything I feel like eating
20F:13:XX:XX

no appetite
25F:03:XX:XX

no appetite again
25F:03:XX:XX

Decreased appetite
25F:07:XX:XX

Loss of appetite
30F:03:XX:XX

loss of appetite

30F:05:XX:XX

loss of appetite but ate any way

33F:01:XX:XX

4pm no appetite again but always feel like I need to drink water

33F:03:XX:XX

The smell of food made me want to vomit. I think I lost my appetite and the only thing that could go to my mouth were fluids

35M:10:XX:XX

I did not have an appetite during this day; the only thing that I could put into my mouth was amagewel (I don't know how it is called in English).(LIQUID PORRIDGE)

35M:11:XX:XX

- **Increased**

Since yesterday hungry all the time

While I'm eating I still feel hungry.

Craving pizza, fat cook, fruits- apples and bananas, coffee

Aversion for bread

Crave any food that will stimulate me, tasty, well-seasoned, spicy-not too spicy. Meat

02F:08:XX:XX

Even though I had no energy, I was more hungry than usual

15F:09:XX:XX

Unusually hungry. I eat and then I still feel hungry

20F:02:XX:XX

Still feeling unusually hungry. Have eaten dinner and am still looking for snacks.

20F:03:XX:XX

excessive hunger.

20F:04:XX:XX

hungry again, but I am not sure what for. Insatiable hunger

20F:05:XX:XX

Very hungry. Eating much more than I usually do.

20F:07:XX:XX

hungry and craving tea again

20F:08:XX:XX

Was very hungry today especially around 11am

24F:11:XX:XX

Hungry today felt like chocolate (17/11)

25F:02:XX:XX

4.4.16.2 Empty

Empty feeling in stomach

03F:01:07:30

4.4.16.3 Eructation

I burp all the time. With/without food. On full or empty stomach. It's loud/so loud!

02F:05:XX:XX

Still burping away- increase during the day and after eating, if I could count maybe 20 times a day.

02F:08:XX:XX

Too much gas

It doesn't matter what I eat/drink

Fruits, pap, rice, meat, fish, coffee, ...

There's increase bowel sounds and a sensation as if I have a runny tummy.

02F:13:XX:XX

4.4.16.4 Fullness

Heavy rich lunch- over fullness

03F:00:12:00

Ate at 8.30. fruit, yogurt toast rooibos but immediately felt overfull.

03F:03:XX:XX

Had mealie meal again for breakfast and still have the feeling of fullness.

17F:01:XX:XX

After lunch I had a big cream scone at Botanical Gardens. It left me with a heavy ache in my solar plexus- but not the same as I had the other day. This was more a feeling as if the scone hadn't gone down. It went away once I had walked around for a while.

32F:07:XX:XX

4.4.16.5 Nausea

The nausea, better for urinating, after that it went away.

02F:03:XX:XX

Irritating cough. Better for water, not too cold. Worse for sweet stuff- I almost vomit, it made me nauseas (sugar in my coffee and in sugar beans)

02F:13:XX:XX

slight nausea (more a feeling in stomach then wanting to vomit)

03F:00:12:00

Later nauseas after eating deep heavy aching nausea in bottom of stomach. No immediate desire to throw up.

03F:03:XX:XX

Later, more shallow nausea in back of throat accompanied by pain/nausea in lower abdomen.

Feels like a bone stuck at the back of throat.

03F:03:XX:XX

Some what a feeling of spiritual freedom from food.ie, no need to eat. Avoided all food except some small bits of fruit. Felt hunger, but not a normal hunger, hunger with a pain and cramping of stomach, aching nausea, strengthening of 'bone in throat' feeling.

03F:03:XX:XX

Cramps and nausea in stomach, better for massage, heat, hot drinks(only slight), worse after eating. Not much pain on palpation.

03F:03:XX:XX

Subtle nausea persisting, better for hot, clear tea and gentle touch. Worse for rich foods, putrid smells.

03F:06:XX:XX

some nausea (mild)

03F:06:XX:XX

had slight nausea

04M 22:XX:XX

Slightly nauseas after eating lunch

27F:01:XX:XX

tummy feeling slightly queasy this morning. >food

27F:05:XX:XX

feeling nauseas and flat

33F:02:XX:XX

feeling nauseas,

33F:08:XX:XX

Still feeling nauseas, nausea better for eating

33F:08:XX:XX

Feeling nauseas

33F:17:XX:XX

4.4.16.6 Pain

tingling pain in the stomach area as if small pins were poking. Poking pain sensation.

06M:00:XX:XX

High acid levels in stomach causing heartburn.

Location: throat

Sensation: burning pain

Modality: better- eating

Worse- ingesting fluids

Time: 23h00-01h00

Intensity: burning pain which causes slight asphyxiation.

Aetiology: possibly ingestion of too much food.

13M:00:XX:XX

finished the coffee I developed a terrible ache in my stomach- exactly where my solar plexus is. It was really sore and I thought the coffee had brought it on although I have never experienced this before. I'm not sure how long it lasted as once I was in my car driving I forgot about it.

I now have the same ache again. I have just eaten lunch and drank a glass of water and I have this very sore pain in my solar plexus- like a lump of concrete is sitting there. The time is 1pm.

32F:04:XX:XX

4.4.16.7 Thirst

increased thirst with drinking sips of water throughout the night. Tongue was dry

06M:00:XX:XX

I feel thirsty, drank 500mls of water and this was in the evening, and I still feel thirsty. I don't normally drink that much, but I am almost craving water!

15F:01:XX:XX

Still very thirsty

15F:02:XX:XX

Thirst especially in the evenings.

15F:04:XX:XX

Thirsty this morning so I downed 3 glasses of water.

19F:04:XX:XX

Feeling very dehydrated too

20F:02:XX:XX

feeling dehydrated again.

20F:03:XX:XX

I have been more thirsty, craving foods- acidic foods and drinks.

23M:02:XX:XX

Very thirsty tonight

25F:07:XX:XX

Very thirsty

25F:08:XX:XX

Still very thirsty

25F:09:XX:XX

- **Without**

I drink a huge quantity of water at once, without thirst.

02F:00:14:01

Aversion of drinking water (throughout day). Fear of water causing more nausea.

03F:06:XX:XX

4.4.17 MALE

4.4.17.1 Libido

Libido was high this morning and I felt a bit depressed when I didn't get my way

04M:03:XX:XX

very aroused through the night

04M:04:XX:XX

High libido

04M:10:XX:XX

4.4.18 SLEEP

4.4.18.1 Refreshed sleep

Great sleep no dreams I can remember. Wake up feeling refreshed and determined to have a happy positive day.

27F:02:XX:XX

Great solid sleep no dreams very lazy to get out of bed-very normal for me. Feeling very sleepy this morning, think I over slept!

27F:03:XX:XX

Wake feeling refreshed.

27F:05:XX:XX

Wake up refreshed

27F:06:XX:XX

4.4.18.2 Restful

Had an afternoon nap for about 5 minutes and it felt as if I was dead to the world!

19F:01:XX:XX

4.4.18.3 Restlessness

My sleep pattern is completely disturbed

I haven't slept 8 hours since last week Tuesday and tomorrow is going to be 1 week.

Its midnight again and I'm awake. My eyes are dry. My sleep is gone

02F:12:XX:XX

Its back again to the sleeping late thing. Its 1.07am I'm so tired after a long day of doing assignment on computer. Just can't sleep!!!

I think the more exhausted I am the more I can't sleep. Weird! GIVE ME BACK MY SWEET SLEEP!

02F:19:XX:XX

I could sleep, but only for few hours- 1 to 2 hours continuously then wake up again.

I tossed and turned so much in bed that when I woke up and I was lying obliquely in another direction then when I went to sleep.

02F:22:XX:XX

I woke up feeling unrest

Didn't get much sleep

02F:23:XX:XX

Slept fitfully, unable to rest

03F:01:XX:XX

Didn't sleep too great, was restless, tossed and turned

04M:04:XX:XX

woke up and couldn't sleep

08M:06:XX:XX

Felt sleepy during the day – so I had 1 hour nap. Which is unusual

17F:00:XX:XX

Sleep broke at 7am and fell off to sleep again. Awoke at 9.15am which is very unusual. Its 12.16 and I'm feeling sleepy.

17F:01:XX:XX

Had a problem falling off to sleep

17F:02:XX:XX

I just want to sleep but my mind is racing with all the things I have to do before Monday

18F:12:XX:XX

Tried to sleep from 9pm, but can't sleep. It's now 11pm.

19F:02:XX:XX

could not sleep last night. I was wide awake form 2am and 4am. Over active mind. Was thinking about work. How frustrating. So feeling tired now. My child just woke me up!

20F:03:XX:XX

did not have much sleep last night but have woken surprisingly energetic. Tossed and turned alot last night. Was awake alot of the time. Thinking alot and feeling annoyed!

20F:06:XX:XX

Slept ok, woke at 2am, took a bit of time to get back to sleep

25F:01:XX:XX

Struggled to sleep at night, temp uncomfortable, with blanket too hot without too cold.

25F:08:XX:XX

Struggled to sleep, tossed and turned.

25F:09:XX:XX

Toss and turn in sleep think because I am hot, windows were closed.

27F:04:XX:XX

Slept well for 11 hours

30F:04:XX:XX

No sleep!

30F:06:XX:XX

I was turning left and right in bed thinking I want to go back to sleep but it never happened.

35M:15:XX:XX

Bad sleep no dreams but I laughed in my sleep and it woke me up

30F:08:XX:XX

4.4.18.4 Unrefreshed sleep

No matter how much I have slept I still feel unrefreshed.

18F:14:XX:XX

4.4.19 EAR

4.4.19.1 Blocked

Ears blocked intermitted in second half of the day, relieved by popping, no pain

03F:02:XX:XX

ears also feel blocked

33F:08:XX:XX

ears blocked

33F:09:XX:XX

Blocked ear is better but still not 100%, seems like it is worse in the evenings.

33F:14:XX:XX

4.4.19.2 Itching

my ear lobes and the tip of the nose was itching

35M:00:00:20

4.4.19.3 Pain

Ears right and left:

It sore inside my ears

The pain is worse for music and vibration. Better for quiet.

From the ears the pain is also radiating to my tonsils.

Pain is worse for opening the mouth and worse for pressure

02F:03:XX:XX

4.4.19.4 Left ear

Left ear:

Tightness from the base of the neck

Pulsating left tympanic membrane

Plus itching

Ear feels as if full of water

02F:01:12:25

Left ear:

Sore in the ear canal

Better for warmth and covering the entrance with my finger.

02F:02:XX:XX

It feels as if I was swimming and water got stuck in my ears and eyes are burning with chlorine. Left side is worse than right.

02F:03:XX:XX

Pain in my left ear. Sensitive to wind, as if cold air was blowing into ear.

Tympanic membrane tense, pulsating. Better for closing ear with finger, better for pressure and warmth.

02F:05:XX:XX

Left ear pain and itching in both

02F:30:XX:XX

left ear has been quite sore < opening mouth wide

27F:XX:XX:XX

left ear starting to feel blocked up

34F:03:XX:XX

Left ear still blocked

34F:04:XX:XX

Left ear blocked

34F:05:XX:XX

4.4.19.5 Right ear

Shooting pains to right ear periodically

20F:12:XX:XX

Right ear has also been a Bit sensitive.

27F:XX:XX:XX

Not a fan at all of this wind, ear feeling quite sensitive on the right.

27F:08:XX:XX

my right ear is blocked and very uncomfortable and sore it is better when I push on it. I have tried all sorts but cannot unblock it.

33F:13:XX:XX

blocked rhs ear, very painful last night and battled to fall asleep on it

33F:13:XX:XX

4.4.20 ABDOMEN

4.4.20.1 Bloating

Tummy was bloated today, was quite gassy and had to go to the loo 3 times – not to urinate. Slight diarrhea, but felt fine, just a bit lethargic.

04M:10:XX:XX

My stomach feels a bit bloated. There is no pain, it's just uncomfortable. Feels better with loose clothing

15F:02:XX:XX

Feels like my stomach and abdomen area is so enlarged. Soft and flabby. And enlarging!

19F:03:XX:XX

4.4.20.2 Cramps

Late afternoon strong cramps (like a hand grabbing and twisting/snake wringing intestines in lower central abdomen) and urge to defecate

03F:05:XX:XX

Had slight tummy cramps mostly on the right side. The cramps did ease up and disappear by midday.

18F:04:XX:XX

4.4.20.3 Pain

My whole lower abdomen feels funny- as if it belongs to someone else. Pain is located from the pubic symphysis to the sacrum. Better for sitting with legs up to my stomach

02F:20:XX:XX

pain in the lower part of the abdomen below the umbilicus, other pain is felt in the rectum and it feels as if something wants to come out.

09F:01:10:XX

Slight abdominal ache

25F:05:XX:XX

4.4.20.4 Sensation

today I had a strange feeling in my pelvic area. Tingling, flicking darting shooting sensations

19F:03:XX:XX

4.4.21 FEMALE

4.4.21.1 Itching

My vagina is itching

19F:13:XX:XX

4.4.21.2 Libido

Libido high

34F:03:XX:XX

4.4.21.3 Menses

Menses: Very loose stool throughout

Increase flatulence at the end (new)

Usually heavy flow on second day only this time it was heavy throughout the menses(4 pads a day new for me)

Blood- bright red- sometimes a bit paler- almost pink in colour

02F:06:XX:XX

Cramp of my uterus

Sudden gushing out of menstrual flow, messed my trousers had to run to the bathroom

Period flow is much heavier than usual

Diluted looking like light red blood

Not big clots just little ones with granule things

Bright colour

Heavy all day

Feeling as if my uterus being dragged backwards to my lower back

19F:13:XX:XX

started my period without any warning. Weird, I usually have pms symptoms

2 days before.

20F:11:XX:XX

period stopped. Usually lasts longer than this

20F:14:XX:XX

Still bleeding, watery as if bleeding

25F:02:XX:XX

Still bleeding, still watery

(different to usual)

25F:05:XX:XX

started my period, lots of cramps, heavy dark flow, not normal

34F:05:XX:XX

4.4.21.4 Pain

It feels as if things are going to escape/fall out of my private part

I don't have my period and I usually don't have any period pain – it's usually uneventful, quiet, unnoticeable

It feels as if muscles in the area are weak and trembling from the anterior part to the posterior part

Dull aching pain

Worse for standing erect

Better for doubling up or standing with my back arched

It feels as if there's an open space

02F:20:XX:XX

ovary pain has started again. Pain mostly on the right side. Feels as if something is moving along my fallopian tubes.

18F:07:XX:XX

4.4.22 DREAMS

4.4.22.1 Attention

I dreamt of the competition where they were singing and dancing and I was the mc and there was a time where I was supposed to go and do the cramping, for the other group ask who can cramp and I just went straight to the stage. They gave me a pink t-shirt which was written in black. I had to wear that t shirt for my cramping dance. It felt so good and yha!!

09F:XX:XX:XX

4.4.22.2 Benevolence

Dream

That people have to help each other and give each other opportunities to succeed in life, and that we have to help people who do not have home.

I dreamt of this other doctor getting married so we were at the wedding where they were so many brides and grooms maids. The wedding was at this other church and the way they were dancing was so funny, there was no decoration.

09F:XX:XX:XX

4.4.22.3 Beauty

I've just remembered last night's dream by the way. Part of it was about a penthouse apartment and again it was the architecture that interested me and the owner had had imitation wood laminate flooring put in... part 2 was about me wondering around a more artsy polished version of DUT campus with 2 friends, straight guys (I don't usually 'hang' with straight blokes that much in real life) the one guy I've never seen before, and the other was a very handsome guy I've not seen in ages. He used to go to the same bible study as me and I had a bit of a crush. Anyway, we just sort of wondered about. I enjoyed their company and they enjoyed mine, it was a platonic relationship by the way. I felt quite relaxed and content throughout most of the dream. The dream progressed and I found myself on a little mission on my own, searching for a man, a wise man I think. I was led to places I didn't recognise. They were all quite beautiful and usually had lots of plants growing everywhere, particularly creepers that would cover buildings and dangle a lot. It all had a lovely organic feel about it, something I relate to. I'd just like to mention that the last part of my dream, where I was searching through the overgrown buildings, felt like a taste of the place I'd like to go /or have come from – 'my planet' so to speak. It felt comfortable and natural.

04M:01:XX:XX

Dreamt about my sister's grandson. He's the most beautiful baby. Also dreamt of my other sisters grandson telling me how I'm his favourite and his

father's favourite and he loves me so much and I'm telling him how much I love him and he's my favourite.

17F:08:XX:XX

4.4.22.4 Connection

Many, many dreams, most seeking comfort and refuge, many involving my partner, togetherness, warmth.

03F:01:XX:XX

Last night's dream was again focused on architecture and I dreamt of a semidetached house made of industrial steel beams and glass. Someone I know lived in the house. In another part of my dream I felt as though I was somewhere new and I was trying to make friends at some sort of social gathering. I felt quite awkward, like I didn't quite fit in. People were being polite, but I felt no connection with them. I felt a sense of urgency to make friends though, felt like I shouldn't be on my own (more like a social pressure though) as though to be seen/known to not have friends was a negative thing.

04M:04:XX:XX

My dream was quite boring last night, what I could remember anyway. I was making small talk with a girl at school.

04M:11:XX:XX

I dreamt of some other guy of which I don't know and not familiar with. But this guy was sitting next to me and we were both laughing. I don't remember what we were laughing at.

Also I remember a girl of which I saw a week back and we had a little conversation with her and I took her numbers but in my dream I think I saw her passing by. I don't remember her looking at me or speaking to me.

35M:00:XX:XX

I remember seeing myself at the barber shop shaping my hair, but I couldn't see the guy that was shaving me because he was behind me. Another that I can remember in my dreams was walking with my home boy in my home town and I think we were on our way to see another friend. And I don't remember what we were talking about.

35M:01:XX:XX

I only remember myself at home with my family and I couldn't see my dad. I only saw my mum and brother.

35M:04:XX:XX

I woke up with the dream were I was with some other guy who is my class mate and we were around his home town and he was showing me his location.

35M:23:XX:XX

4.4.22.5 Criticized

I dreamt of this other girl, who I don't know very well. She is in a coffin dead, people were crying, some went to say their last goodbyes. This girl said something about born again Christians who are playing God, I felt offended because I'm also a born again Christian, then I went to that girl to apologise for all the things I've done to her but I didn't do anything to her, the feeling I had was to take my salvation serious.

09F:XX:XX:XX

I woke up thinking of the horrible dream that I had. I was dreaming of this person who doesn't have a normal head. His head was very big compared to ours. I remember seeing myself touching his head with some other people of which happen to be friends. This was really a sad moment, I remember hearing him saying, guys I'm also normal just like you all.

But some were laughing and feeling sorry for him. He only had one big eye on his forehead and no ears. I could tell what race he was but then he was talking like a human being.

35M:06:XX:XX

4.4.22.6 Good an evil

4 roses in a vase at different stages of bloom- stunningly beautiful pink. I went to get my camera to photograph it and capture it on film and when I returned some idiot cut them off. I was very upset that it was separated from its stem.

17F:03:XX:XX

Another dream was myself with another guy having a conversation. All I remember is that he was telling me about the heaven and god himself. We had a very short conversation of which ended up with a sad ending. He told me that Heaven only accepts good persons and God accepts both good and bad people. This was really strange and confusing. I asked him to make this clear and simple because it's confusing and then he left.

35M:08:XX:XX

4.4.22.7 Inappropriate behaviour

Dreamt about my friend walking around naked. The sight of her disturbed me. I was worried about how much weight she had gained. Also, she kept walking past me as though she hadn't noticed I was there. She seemed to be slightly zomby-ish.

04M:24:XX:XX

I dreamt of my pastor where we were preparing for a party and all of a sudden I was with my friends in a car where we were all happy.

09F XX:XX:XX

I dreamt of a wedding where there were church people who were rejoicing, they were singing and dancing, but the strange thing is I dreamt of people having sex while they were on a trip actually these people were learners from high school.

The other dream I had, I was robbed a phone which was new that I have not used and I started crying.

09F XX:XX:XX

Dreamt that I went to the doctor. Two very young doctors, like between the ages of 10-12 who are supposed to be gifted human beings saw me. They pressed on my stomach where my ovaries are and took me into x-ray. That's where it ended.

17F:00:XX:XX

The only thing I remember from my dreams was seeing myself at home with my cousin sleeping in the same bed with him.

35M:14:XX:XX

Dream- I was studying in the halls of res with a guy I know I was interested in me, visiting me all the time, he asked me to live with him. I packed everything into a huge suitcase and he came to pick me up. On his way he wanted to stop somewhere to collect money we drove up a high mountain. While he was talking to the mafia his wife showed me her kitchen, out the window of the kitchen I saw a cliff and down below a lot of battle ships. I pretended not to notice as I would be in danger

When I went back into the room the mafia boss had taken my boyfriend away. The only way to get him back was to do the mafia boss a favour. I woke up thinking that my dream boyfriend was real, and I wanted my boyfriend back

19F:06:XX:XX

4.4.22.8 Pursued

Another dream that I had I was seeing people vans and blue uniforms only. It seemed as if they were looking for someone and I don't know who that person was.

35M:08:XX:XX

I woke up with a dream that was very scary. It was myself being chased by someone and suddenly I jumped through a river and the water was yellowish in colour and stinky.

I was then trying to get out of the river and this person was pushing me back. Very scary!

35M:16:XX:XX

My dreams- I woke up feeling startled, almost in a panic state, I dreamt a man chasing me with a "knife/gun" and as I ran he was striking and I just woke up in a panic.

23M:03:XX:XX

Weird dreams all night , being chased by monsters being under attack, woke up feeling tired and anxious

34F:04:XX:XX

4.4.22.9 Reality

- **Aggravated**

I woke up with a dream that made my headache even worse. I was dreaming about a lot of cars passing my place, making noise with their owners also shouting.

35M:11:XX:XX

- **Contradictory to**

Dream:

- Water- I'm swimming and it felt good
- Play in the pool then in the river
- Usually I'm scared of water-my head in water
- Can't hear, can't see a thing- scary for me
- In my dream I was okay.

02F:10:XX:XX

There was this dream where I was with my home boy who was arrested 4 years back and came back early this year. To be honest he was never a good guy, I grew up with him in the same area. But then, when he was a teenager, he was no longer a good guy. In my dream this guy was giving my other friend a cake and wishing him a happy birthday. This was really strange because these two guys don't know each other. They also said to him 'there's still more presents coming from me'. But then all of a sudden we saw him walking away from us. This was really unlike him, I know him in person, he doesn't have a good heart. If possible this will happen in real life, I will be glad.

35M:08:XX:XX

- **Past event**

woke up with a dream that once happened when I was in high school. I woke up from my dream but not in real life then something strange happened then I woke up in real life.

35M:21:XX:XX

4.4.22.10 Sexual

Had another sexual dream last night. It was with my partner and it seemed as though his desires and mine aligned and resulted in some rather satisfying sexing. I wasn't particularly excited in the dream – it seemed a little routine, but enjoyable none the less.

04M:12:XX:XX

Dream- I had sex with my neighbour!!

The actual act was quite graphic; the penetration part was so real I could feel it

19F:24:XX:XX

Intense sexual dreams all night

34F:02:XX:XX

- **Unsatisfied**

In my dream I was very sexually charged. I found the sexual experiences I had in the dream were not satisfying. I wanted more excitement, more risky behaviour, but my partner was unwilling.

04M:02:XX:XX

- **Perverted**

Last night's dream were very erratic. I discovered in my dream that my partner was no longer attracted to me. I wasn't too devastated and instead saw it as a way of being free. I immediately engaged in sexual acts with strangers. It made me feel empowered confident and satisfied.

04M:07:XX:XX

Had very sexual dreams again last night – seem to be having lots lately? In my dream I was having sex with a stranger and my partner was watching- it felt quite normal.

04M:09:XX:XX

Dream: I was in a flat on the first floor, and I was having sex with an older man, an ex- boyfriend of mine. My wife was in the room next door, we had broken up and she was packing for Sweden. I told the ex- boyfriend that I wanted more and he told me raunchy sex did not do it for him, but more intimate sex did. I was defiantly more assertive than I am in real life. Afterwards he left and had left muddy foot prints on the floor, that my wife saw when she came over to watch a movie with a friend of hers. I tried to wipe them up.

19F:02:XX:XX

4.4.22.11 Miscellaneous dream symptoms

dreamt that a long lost lover who was meeting me again. The lover and my present partner were sitting together deciding who will be with me and who will date me. Felt a great polarity watching the 2 argue. The one was super-hot and the other super-caring. A polar opposite in personality. In the dream I was highly wanted as here I am boy in the middle of 2 individuals who desire me.

06M:02:XX:XX

dreamt last night of a massive snake. It looked like a big fat brown puff adder and felt scared in the dream. I don't normally dream of snakes.

20F:05:XX:XX

Dreams- I dreamt I was in a mountainous place, in the berg and there was a building that I needed to enter and any door I opened the was a flock of sheep obstructing the enterance. I tried several doors, and all the doors were

obstructed by these sheep. I had gone up and ran down the mountain. I tumbled on black berries; they poked me with their thorns. I was feeling so restricted then suddenly I was meant to go out with my friends to the beach, and when I go into the building, I couldn't get a shower, they were all occupied. I felt that all things I seek are not coming to reality. I waited, frustrated, then when I finally got into the shower, this guy tells me the water has run out until my friend opted out and said we should cancel going.

23M:15:XX:XX

this dream about my blood pressure. It was 138/90 and woke up shocked wanting to take it but refrained myself from doing so.

23M:02:XX:XX

a nice dream in which I was sketching a ballet dancer

32F:01:XX:XX

I woke up in the middle of the night with a terrible dream. I was dreaming about his guys who were stabbing me in the back I remember them talking and saying 'we stabbed him 16 times' and the next thing I remember was seeing myself in hospital, that's when I woke up.

35M:07:XX:XX

I only remember a dream seeing myself lost the remedies that you gave me. And I was busy looking for them. And on my left hand side I was carrying this journal, very funny!

35M:19:XX:XX

4.4.23 RECTUM

4.4.23.1 Diarrhoea

diarrhoea (not continuous) and increase gas (during menses)

02F:03:XX:XX

Diarrhoea still persistent in morning

03F:06:XX:XX

had a bit of diarrhea this morning and yesterday. Not sure why, it was mild though

04M:14:XX:XX

I had mild diarrhea this morning

04M:17:XX:XX

There's was something strange happening in my stomach later that day of which was a feeling that made me want to go to the toilet. But I just ignored it and later it came back, this time I really had no choice, I really needed a toilet. There was a bit of a pain in my abdominal muscles of the left hand side of the stomach. My stools were not that solid and they were separated.

35M:06:XX:XX

When I went to the toilet I noticed my stools were not solid and it happened as if I had diarrhoea.

35M:11:XX:XX

I had a pain in my abdomen and a few minutes I had the feeling of going to the toilet, I then did. My stools where not that solid and they were yellowish.

35M:20:XX:XX

4.4.23.2 Flatulence

There's increase flatulence

02F:00:14:01

After defecation, relief and sexual desire. Putrid farts and belching

03F:05:XX:XX

Passed a fair bit of gas at 3pm. Feeling a little shy.

04M:00:15:00

Tummy was bloated today, was quite gassy and had to go to the loo 3 times – not to urinate. Slight diarrhea, but felt fine, just a bit lethargic.

04M:10:XX:XX

Had a little more gas than usual and instead of having one large bowel movement in the morning, I had 4 small ones through the course of the morning. Two of them I recall being a little urgent, sort of like diarrhea, but the stools looked normal.

04M:24:XX:XX

4.4.23.3 Pain

after having coffee I just had a feeling as if I wanted to defecate and I had a bit of cramps in my abdomen including my rectum.

Location- pain in the lower part of the abdomen below the umbilicus, other pain is felt in the rectum and it feels as if something wants to come out.

Sensation- cramping pain, it feels like someone is putting needles at my back- rectum

Modalities- better for sitting down, worse for cough

Aetiologies- I think the coffee caused that

Sensation- in my rectum there's a feeling as if someone is fettling me and it is painful.

09F:01:10:XX

- **Sensation**

Anus- feels warm, not that hot and there's a sensation as if something is in the rectum and will come out

02F:20:XX:XX

4.4.23.4 Urgency

Sensation of having to go to the toilet often, as if there's still some left behind. Better for massaging stomach small circular pattern up and down movement.

02F:13:XX:XX

and urge to defecate. Extreme urgency. On passing stool, relief.

03F:05:XX:XX

sometimes urge so desperate and sudden that I did not make it to the toilet

03F:05:XX:XX

Late afternoon some mild diarrhoea returned at night (8pm) diarrhoea with extreme urgency and pain returned but not as strong and more solid than before

03F:06:XX:XX

4.4.23.5 Miscellaneous rectum symptoms

Urge to defecate but inability to pass stool

03F:03:XX:XX

4.4.24 CHILL

4.4.24.1 Coldness

Shivering – better for covering myself. Feeling so cold, as if I’m coming down with the flu. Worse after long night studying

Better for sleep

02F:07:XX:XX

I’ve been pretty cold all day and struggled to warm up

04M:00:XX:XX

Having chills today even though it is hot.

18F:11:XX:XX

Feeling generally colder than usual today

20F:03:XX:XX

Feeling cold again

20F:04:XX:XX

cannot warm up. I am so cold!

20F:04:XX:XX

feeling very cold. Just cannot warm up

20F:08:XX:XX

I know that it is winter but I am unusually cold.

20F:08:XX:XX

I am so so cold**

20F:09:XX:XX

up feeling so cold this, morning

20F:10:XX:XX

still very cold, drinking warm drinks to try stay warm

20F:10:XX:XX

4.4.25 NOSE

4.4.25.1 Congestion

Both nostrils slightly blocked (unusual at night)

03F:00:08:10

Both nostrils blocked, right then left. Uncomfortable feeling of 'popping' in nose. Some post nasal drip

03F:01:07:30

Nose still feels congested and stuffy. It feels burny inside especially with cold air.

15F:07:XX:XX

My nose is still runny and congested. Both nostrils are affected. I have to sniff all the time

15F:08:XX:XX

Bit of a stuffy nose tonight

19F:03:XX:XX

Itchy nose, better for rubbing, feels congested.

19F:04:XX:XX

My nose has been stuffy almost every day; it itches suddenly at periods during the day, better for rubbing it vigorously

Notice congestion when I have to breathe through my nose it is very low grade.

19F:14:XX:XX

Very congested (nasal)

30F:01:XX:XX

Left nose blocked

30F:06:XX:XX

have nasal congestion. Thin watery colourless discharge with post nasal drip.

33F:14:XX:XX

Woke up very congested, a little yellow mucous coming out of lhs nose.

Feels like I am drowning in mucous on waking

33F:16:XX:XX

had blocked nose and something heavy in my chest. When I got up from bed I was coughing for quite a few times

35M:08:XX:XX

My nose was blocked for the rest of the day. It was better I took a shower.

They will produce a popping sound if I took a shower when they are going back to normal.

35M:13:XX:XX

4.4.25.2 Coryza

Runny nose – white in colour

Post nasal drip

02F:30:XX:XX

Colour- yellow but most of the time clear.

02F:30:XX:XX

Clear burning watery mucous

03F:01:07:30

I'm in bed now and my dust allergy is flaring. It started with a runny nose and now my throat is itchy.

04M:00:XX:XX

I have a snotty nose too. The snot seems to be clear at the moment

04M:02:XX:XX

My nose is running, mucous is clear, eyes are a little watery

04M:02:XX:XX

snotty nose, pale green mucus

04M:22:XX:XX

Discharge is clear, watery and odourless

15F:02:XX:XX

I have to constantly sniff because my nose feels congested. Both nostrils. It feels dry and sore. It looks clean inside. The membrane is dry and shiny

15F:05:XX:XX

left nostril, blocked nose

30F:01:XX:XX

watery discharge coming from left nose

33F:14:XX:XX

have watery discharge from both sides of nose

33F:16:XX:XX

nose watery, discharge from rhs

33F:17:XX:XX

I also have a lot of mucus from my nose which was colourless. This happened during the day when it was very hot; I needed a tissue to clear this.

35M:12:XX:XX

I still had the clear and colourless mucus coming from nose and I had to carry a tissue with me all the time to overcome it.

35M:13:XX:XX

During the evenings I only had the running nose with clear mucus and I went to bed late with no symptoms.

35M:13:XX:XX

I still had some mucus from my nose and I would even spit out some sputum from my chest, of which can be felt that it is in larger amounts.

35M:15:XX:XX

4.4.25.3 Dryness

Right nostril

Dry, worse breathe in the air.

The air feels dry, too dry and icy cold, it hurts to breathe in.

02F:00:17:03

Very dry nose.

02F:01:06:24

4.4.25.4 Itching

Itching on the tip of my nose, sudden onset. Wanted to rub it off!

19F:03:XX:XX

my ear lobes and the tip of the nose was itching

35M:00:00:00

I had an irritation of my sinuses during the day that was very itchy and terrifying. But it only lasted for few minutes.

This irritation produced a bit of mucus from my nose.

35M:19:XX:XX

4.4.25.5 Pain

Nose:

Pain- icy coldness inside. Worse for breathing cold air

Better warm air

Better put hand/scarf in front of/to the nose for warm air.

Nose cold to the touch

02F:06:XX:XX

Nose –right sided: It's so painful. It feels as if ice is stuck inside

Worse for breathing cold air

Better for warm air- use hand to warm it.

This sensation was there throughout the day until midnight. From 10am till midnight.

I used my hand to create wind before my nose to create cold air :

Increase pain but if I did that for few seconds, that pain in my nose and eye last lesser- it didn't take time to go away.

The wind I created aggravated the complaint- but the 'recovery' period was much shorter.

02F:09:XX:XX

Right side of nose: pain, very dry, icy cold, better for suns warmth, normally I can't stand the sun on my face.

02F:10:XX:XX

Nose right and left: Cold sensation inside

No pain in eyes

Better for warmth

02F:12:XX:XX

Inside nostrils burning like sea water/chillies rubbed on mucus membrane till raw

03F:01:XX:XX

Allergic rhinitis:

- Not a usual itch in palate, instead pain in nasopharynx extending to Eustachian tubes.
- Worse in morning
- Better in afternoon

08M:06:XX:XX

- **Modality**

The wind is not strong, but it feels as if it's too much for my eye and nose- right sided

02F:00:17:03

4.4.25.6 Post nasal drip

Sneezing and post nasal drip at night- unusual at night

03F:01:XX:XX

Post nasal drip the whole day

03F:06:XX:XX

I developed a very thick sludgy post nasal drip at about 5. It's gross!! I have to try swallow it though- yuck! It feels very viscous and swallowing it isn't easy.

04M:21:XX:XX

Post nasal drip with allergic rhinitis type sneeze

08M:00:00:00

feel like I have a postnasal drip (still have a mucous plug in throat) need to swallow which only helps a bit (05/04)

33F:08:XX:XX

left postnasal drip still there

34F:05:XX:XX

Left post nasal drip in the evening

34F:03:XX:XX

4.4.25.7 Sneezing

Sneezing:

First started with coldness in my right nose. Better for warmth

Outside/external surface was cold to the touch compared to the left

Then sneezing: continuous sneezing at once(3-4 sneezes at once)

Left nose:

Wet and pain inside, right dry

Pain increases with breathing air in

External surface right and left warm to the touch.

02F:13:XX:XX

Violent, explosive, spraying sneezing of watery burning mucous

03F:01:XX:XX

Violent, explosive, spraying sneezing of watery burning mucus. Not much mucus, short bursts, expelled too hard, feels as if I might hurt myself in the force of sneezing with very little actual purpose i.e not much mucus

03F:01:XX:XX

I sneezed for fair bit earlier. Sneezing is definitely better for fresh air, it seems to be dust allergy related.

04M 01:XX:XX

Sinuses has started to trouble me, continuous sneezing with clear mucous

18F:01:XX:XX

sneezing.

20F:12:XX:XX

I sneezed for at least 2 minutes, I don't know why

23M:01:XX:XX

itchy sinuses every morning and sometimes I sneeze, but at this day it was long lasting

35M:01:XX:XX

4.4.26 STOOL

4.4.26.1 Frequency

More than one bowel movement today which is unusual.

20F:03:XX:XX

had two bowel movements today which is unusual for me.

20F:10:XX:XX

two bowel movements for me this morning, very unusual for me.

20F:14:XX:XX

4.4.26.2 Nature of stool

Stool is very soft and bowel movements have increased these past few days
(2 days)

Colour- brownish yellow

Not smelly

02F:13:XX:XX

Stool watery yellow, putrid smelling with bits of black/green/dark brown solid
undigested matter suspended in completely watery bright yellow solution

03F:05:XX:XX

stool was a bit pale too

04M:17:XX:XX

the stools looked normal. Noticed that's it's been a little on the pale side
recently.

04M:24:XX:XX

There's was something strange happening in my stomach later that day of which was a feeling that made me want to go to the toilet. But I just ignored it and later it came back, this time I really had no choice, I really needed a toilet. There was a bit of a pain in my abdominal muscles of the left hand side of the stomach. My stools were not that solid and they were separated.

35M:06:XX:XX

When I went to the toilet I noticed my stools were not solid and it happened as if I had diarrhoea.

35M:11:XX:XX

During the evening I went to the toilet and noticed my stools where running. NOt solid and very smelly. Yellowish in colour

35M:13:XX:XX

Some applies during the evening but only that my stools where runny and very smelly when I was in the toilet.

35M:16:XX:XX

I had a pain in my abdomen and a few minutes I had the feeling of going to the toilet, I then did. My stools where not that solid and they were yellowish.

35M:20:XX:XX

4.4.27 LARYNX

4.4.27.1 Voice

My voice is officially gone, I'm whispering now

No pain when doing so

02F:33:XX:XX

Also realised voice has been sounding gravelly

25F:09:XX:XX

voice is going hoarse;

33F:15:XX:XX

voice is very rough and scratchy

33F:16:XX:XX

4.4.28 FEVER

Developed a low grade fever with chills at 13.40.

08M:06:XX:XX

I feel feverish, and want to keep warm. But still manage to do what I need too

15F:04:XX:XX

Am feeling very hot, sweating from the back of my neck.

18F:12:XX:XX

My body feels hot and my temperature is raised.

19F:02:XX:XX

4.4.29 FACE

4.4.29.1 Itching

However, one thing I noticed today is that the skin on my face is very itchy and sensitive. I have naturally sensitive skin which used to get very red and itchy (especially when I was pregnant). But it has been fine the last few years. However, yesterday it was a bit itchy and today it is really sensitive (stung when I put toner on) and itchy. So this evening I stopped using my

normal face cream and used some chamomile aroma therapy oil in a special cream (for eczema).

32F:07:XX:XX

4.4.29.2 Cheek

The upper left cheek is pulsating warm to the touch (right is cold/ not as warm). Plus pain. As if someone punched me in the face!

02F:00:06:26

Left cheek-Pain, sensation as if a sore (mouth sore) is inside the cheek, as if I've bitten myself while eating- I checked- no sores

02F:00:08:06

Left cheek feels heavy.

02F:00:08:06

upper cheek (around mandibular bone) pain

02F:00:14:01

Left cheek:

Very sensitive to cold, right is fine

It feels as if some ice is sitting/attached to my cheek.

Location: more closer to the ear, or half of it, more laterally.

02F:02:XX:XX

Left side- eye and cheek

All feeling sore, some sensation as if exercising your muscles.

02F:02:XX:XX

4.4.29.3 Jaw

Left lower jaw- Pain to touch

Worse for pressing

The pain radiated to the left ear.

02F:00:08:06

Pain in upper jaw:

Gnawing pain

The pain started in the upper jaw now its affected my ears

02F:03:XX:XX

There is a weird sensation in my upper left mandible, deep to my cheek, when I bite down. As if it is filled with spongy air, worse when I bite down.

19F:01:XX:XX

Weird sore lump on right jaw line, very sore

30F:02:XX:XX

lump still on right jaw line

30F:05:XX:XX

4.4.29.4 Lips

Lips – they are dry

02F:00:17:03

Upper lip is cracked. No pain just cracked in the middle

02F:00:17:03

4.4.29.5 Temperature

So cold- icy cold

All sides is warm to touch but feels icy cold

02F:02:XX:XX

face was a bit red- not just rosy cheeks but more of a general redness, feeling warm in the face

04M:22:XX:XX

4.4.29.6 Eruptions

Today people commented on the pimples on my face, chin

Small red pimples on my chin and lower cheeks, both sides

19F:13:XX:XX

Small pimple on the left hand side, can only feel when I press it. Pain does not go anywhere, only a small spot. Biting pain. ANNOYING!! I want to pick it off.

19F:01:XX:XX

I have more pimples than usual. Mainly on chin area and right cheek.

20F:05:XX:XX

4.4.29.7 Dryness

My skin looks dry and dehydrated, especially on my face.

20F:02:XX:XX

My face looks dry and my eyes appear sunken in, like when you are dehydrated.

20F:03:XX:XX

4.4.29.8 Miscellaneous face symptoms

Feel as though I am frowning alot

20F:01:XX:XX

4.4.30 BLADDER

4.4.30.1 Pressure

No pain though. Just a pressure in the area of the bladder

20F:07:XX:XX

Feel a pressure in my bladder as if it's very full but not much to urinate.

Frequency but no urgency

20F:06:XX:XX

Bladder pressure has started again

20F:07:XX:XX

4.4.31 RESPIRATION

4.4.31.1 Difficulty breathing

The air I breathe feels too cold. Better covering my nose and warming the air.

02F:01:06:24

I have to breathe deeply. It feels as if air is not getting/going through my (throat) trachea into the lungs

Trachea feels squashed/glued plus dry at the base of the neck.

Worse tilting head back.

Better bending halfway the neck

Pulsating (pain)

02F:01:12:25

Breathing:

Much sighing and taking deep breath

02F:11:XX:XX

Can hardly breath

30F:06:XX:XX

can't breathe at night

30F:08:XX:XX

I felt breathless earlier or like I couldn't breathe easily (suffocative feeling)

33F:01:XX:XX

after a walk down the passage, I am battling to breath

33F:10:XX:XX

still battling to catch my breath after a few minutes

33F:10:XX:XX

4.4.31.2 Wheezing

My chest was slightly (very slightly) tight and wheezy earlier

04M:01:XX:XX

I'm wheezing a bit too

04M:02:XX:XX

And then, 10 minutes after having got in bed I had an asthma attack! I was wheezy and tight chested with lots of post nasal drip and phlegm. And coughing to clear the phlegm.

Standing helped a bit in that I could swallow the post nasal thus stopping it from gathering in my chest. I retreated to the lounge seeing as that was where I had been all eve without complaint. The tightness eased after about 1hour 40 minutes at about 2am. I slept in a more-or-less sitting position as lying down made breathing more difficult.

04M:07:XX:XX

I developed an ominous sounding cough soon after waking. It was irritable, not too phlegm but not dry and I had quite a tight wheezy chest.

04M:20:XX:XX

My chest was burning and it produced some wheezing sound every time I coughed and this happened on the front region of the chest, and the coughing will happen at any time, whether it's windy, hot, and mild or at night.

35M:12:XX:XX

When I was outside, I started coughing again and this again came with the wheezing sound and a pain in the anterior region of my chest.

35M:13:XX:XX

There were still some funny sounds in my chest every time I'm breathing. Especially if I'm in the lying position.

I couldn't sleep at this point in time. I was coughing of which I had an intense pain in my chest and that made the headache even worse every time I'm coughing.

35M:15:XX:XX

4.4.32 PERSPIRATION

every night, too many times disturbed with night sweats.

17F:05:XX:XX

4.4.33 MOUTH

Woke up this morning with terrible breath! It smelled like poo I even smelled it by mistake when woke up, it was so bad! There was a horrible taste in my mouth; I made sure I brushed my teeth well.

19F:03:XX:XX

4.4.33.1 Dryness

Lips are dry and I'm picking at them with my teeth.

19F:04:XX:XX

Dry mouth

25F:03:XX:XX

Dry mouth again

25F:04:XX:XX

4.4.34 COUGH

irritating cough

02F:03:XX:XX

Irritating cough. Better for water, not too cold. Worse for sweet stuff- I almost vomit, it made me nauseas (sugar in my coffee and in sugar beans)

02F:13:XX:XX

I coughed the whole night.

Cough: worse at night but much better during the day.

02F:31:XX:XX

I was coughing and gagging and retching so hard to get the mucus out.

Too much saliva in my mouth plus too much mucus

To get the mucus out: better lying on abdomen, better getting rid of it. Colour-yellow but most of the time clear.

Worse taking deep breath- Made me cough more

My cough:

Very bad

Too much sputum

I hate coughing my voice is completely gone now cause I'm coughing so much.

02F:32:XX:XX

It was an itchy cough and feels as though it's originating from my suprasternal notch

04M:02:XX:XX

a bit of an itchy, slightly asthmatic cough

04M:02:XX:XX

Started coughing at about 1 pm. It didn't feel like hay fever cough, but more like a sick cough

04M:04:XX:XX

I started coughing and my chest hurt a bit. It wasn't a completely dry cough, but it wasn't productive

04M:16:XX:XX

I developed an ominous sounding cough soon after waking. It was irritable, not too phlegm but not dry and I had quite a tight wheezy chest.

04M:20:XX:XX

Woke with a sore throat, it felt inflamed, itchy and tender. Lots of thick postnasal and a bit of coughing

04M:22:XX:XX

The cough is still present , dry and irritating. Worse when I talk

15F:12:XX:XX

I have an irritating dry cough. Worse for talking and better for eating and drinking. It's a hoarse cough. Can't talk because it makes me want to cough

15F:05:XX:XX

I feel really sick and fluish, if I talk I want to cough.

15F:06:XX:XX

phlegm in cough

30F:02:XX:XX

Cough-then dull headache

30F:05:XX:XX

phlegm cough

30F:06:XX:XX

Feeling sick (nauseas) with this cough

30F:07:XX:XX

I had a very strong coughing moment of which lasted maybe 2-3 minutes and it made the headache 100 times worse. The coughing came with a burning

pain in my chest right in the centre of my chest. I went back to bed coughing nonstop. I couldn't sleep from that point and my headache was also burning.

35M:10:XX:XX

Every 10-20 minutes I will cough and this will bring a very sensitive pain in my chest.

I even went to bed with the coughing, of which was no more when I was asleep.

35M:10:XX:XX

Every now and then I was coughing from the morning till midday

35M:11:XX:XX

But then coughing was still happening and it would last for few seconds or even a minute, and after 5 to 10 or 12 minutes it would come back again.

35M:11:XX:XX

During the day I was coughing from now and then and this made my eyes teary every time I coughed for a long time.

35M:12:XX:XX

It was coughing that came with intense pain in between the chest and a very sore throat with no voice that was only abnormal about me.

35M:12:XX:XX

When I was outside, I started coughing again and this again came with the wheezing sound and a pain in the anterior region of my chest.

35M:13:XX:XX

There were still some funny sounds in my chest every time I'm breathing. Especially if I'm in the lying position.

I couldn't sleep at this point in time. I was coughing of which I had an intense pain in my chest and that made the headache even worse every time I'm coughing.

35M:15:XX:XX

I was coughing like nobody's business. This produced a wheezing sound in the anterior region of my chest. Also an intense pain came through when I was coughing. I would cough and reach the point where I would run out of air! And this made my abdominal region painful.

During the day I was coughing and sneezing only. Nothing much happened. But I still have mucus in my nose.

35M:17:XX:XX

I was then coughing like now and then. And this makes me run out of air, but then I drank water and I was a bit okay.

During the day at school I was coughing and it came with a pain in my chest that made me to touch my chest as it's too painful.

35M:21:XX:XX

4.4.35 SKIN

4.4.35.1 Eruptions

Now my face is covered in pimples-which come out when the sunlight (hot one) touches my face for a long time.

02F:13:XX:XX

Boil:

Left side in the groin. Oh no! Worse for sitting

Worse for crossing legs

In the morning it wasn't there and later that evening it was

No pain, just uneasiness and discomfort

02F:31:XX:XX

Noticed 2 pimples appeared on my forehead, I don't usually get pimples there. They were small, red but don't seem to have come to a head

04M:03:XX:XX

I've had a few strange spots on my face since yesterday. They look like pimples to begin with, become slightly raised, are quite small, but then instead of coming to a head like ordinary pimples, they flatten again and the skin peels leaving a flat reddish dot. They (=/- 5) all lateral to the nose, don't last long- appear and heal again in about a day and a half. Nothing came out when I squeezed. I don't recall having such pimples before. They make my skin look unhealthy.

04M:11:XX:XX

I developed a whitlow on my right index finger yesterday. It's slightly inflamed.

04M:14:XX:XX

My skin looks dry and dehydrated, especially on my face.

20F:10:XX:XX

Skin also seems quite pimple ridden which is unusual

24F:01:XX:XX

Skin still pimply

24F:06:XX:XX

4.4.35.2 Itching

Itching:

Small spots in my body especially the neck and face. And every time I'll scratch, it's the site of mole- small moles

Never itched before- first time

Sometime, the itch was the first thing that drawn my attention to the mole.

Meaning: by scratching the area then I discovered the mole. Always small in size and long, like long thin strings

02F:06:XX:XX

scalp feels very itchy, feels dry

20F:13:XX:XX

scalp still itching

20F:14:XX:XX

4.4.35.3 Temperature

My left arm- the skin is so cold, not inside just the skin. Icy cold but feels warm to the touch.

Location: left scapula to tips of fingers. The top of my skin, not anterior but the posterior and back.

02F:02:XX:XX

All my left side was very sensitive to cold air. My skin left of face to the tips of fingers

02F:02:XX:XX

Was a hot day, skin felt very sensitive to the heat-did however not burn but sensation of burning in the hot sun the moment I was in it

25F:07:XX:XX

4.5 REPERTORY

The Rubrics that were identified in the proving of *Bitisatropos* are represented as such:

CHAPTER – RUBRIC – sub rubric – grade

Rubrics were derived from existing rubrics in the Synthesis Repertorium Homeopathicum Syntheticum repertory (Schroyens, 2004). All new Rubrics created are presented in an underlined format.

The grading system used is as per Ross (2011):

- All valid symptoms and their respective rubrics are by default graded as Grade 1
- Any rubric produced by 3 or more different provers are elevated to *Grade 2* (italics)
- Any rubric produced half or more of the verum i.e. 10 or more provers i.e. is elevated to **GRADE 3**
- All newly created rubrics will be graded by default as grade 1

Table 4.2: Rubrics and grading

Chapter	Rubric	Provers number originating from and frequency thereof	Final grading
MIND	<i>MIND – ABSENTMINDED</i>	2, 6, 6, 6, 6, 6, 6, 6, 19, 19	2
	MIND – ACCEPTANCE	2	1
	MIND – ACTIVITY – desires	34	1
	MIND – ADVENTUROUS	4	1
	MIND – AILMENTS FROM – anger – suppressed	32	1
	MIND – AILMENTS FROM –	15	1

	disappointment		
	MIND – AILMENTS FROM – scorned; being	15,15	1
	MIND – AMBITION – increased	2, 3	1
	<i>MIND – ANGER</i>	2, 15, 15, 19, 20, 24, 25, 32	2
	MIND – ANGER – contradiction; from	19	1
	MIND – ANGER – easily	20, 20, 24, 24, 24	1
	MIND – ANGER – indignation; from	2, 32	1
	MIND – ANGER – violent	15, 19	1
	MIND – ANIMALS – love for animals	3	1
	MIND – ANTAGONISM with herself	2, 2, 4, 4	1
	MIND – ANTISOCIAL	3, 8	1
	<i>MIND – ANXIETY</i>	2, 3, 35, 18, 20, 23	2
	MIND – ANXIETY – family; about his - safety of family; for	2	1
	MIND – ANXIETY – hurry, with	20	1
	MIND – ANXIETY – money matters, about	3	1
	MIND – ATTACK others, desire to	18	1
	MIND – BED – remain in bed; desire to	15, 18	1
	MIND – BENEVOLENCE	4	1

	MIND – BROODING	20	1
	MIND – CAPRICIOUSNESS	19	1
	MIND – CAREFREE	3,6	1
	MIND – CENSORIOUS – silent; disposition to be faultfinding or	3	1
	<i>MIND – CHEERFUL</i>	2,6,6,18,18,18,18,18 27, 27	2
	MIND – CHILDISH	6	1
	MIND – CLAIRVOYANCE	19	1
	<i>MIND – COMPANY – aversion to</i>	3,6,6,8,8,18,18, 23,23, 27, 33	2
	<i>MIND – COMPANY – aversion to – desire for solitude</i>	6,6, 8,18	2
	MIND – COMPANY – desire for	3,19	1
	MIND – COMPANY – desire for – spoken to, but averse to being	3	1
	MIND – CONCENTRATION – active	6, 27	1
	<i>MIND – CONCENTRATION – difficult</i>	3,3,18,19,19,25	2
	MIND – CONFIDENT	2	1
	MIND – CONFIDENCE – failure, feels himself	23	1
	<i>MIND – CONFIDENCE – want of self-confidence</i>	3,4,19,23	2
	MIND – CONFLICT – will; of the	8	1
	<i>MIND – CONFUSION</i>	2,2, 3,4,	2

		4,6,6,6,6,6,15, 19, 19	
	MIND – CONTRADICTION – intolerant of contradiction	19	1
	MIND – CONTRADICTORY – actions are contradictory to intentions	2,2,3,3,3	1
	MIND – CONVERSATION – aversion to	20	1
	MIND – DELUSION – danger, impression of	33	1
	MIND – DECEITFUL	3	1
	MIND – DEFIANT	2,2	1
	MIND – DELUSIONS – appreciated, she is not	19	1
	MIND – DELUSION – body – ugly; body looks	3, 19,19,19,19, 19	1
	MIND – DELUSIONS – criticized, she is	2,19	1
	MIND – DELUSIONS – enlarged – body is – fat; feeling	19	1
	MIND – DELUSIONS – falling – looks – down; falls if he looks – downstairs; when going	2	1
	MIND – DELUSIONS – flying	6	1
	MIND – DELUSION – head, fall, head would, off	19	1
	MIND – DELUSION – injury – injured he is	2,2,2,2,2	1
	MIND – DELUSIONS – mind, separated, mind and body are	18	1
	<u>MIND – DELUSIONS –</u>	19	1

	<u>menses; start will</u>		
	MIND – DELUSIONS – neck – elongated; is	19	1
	MIND – DELUSIONS – old – feels old	19	1
	MIND – DELUSIONS – person – two personalities	4,4	1
	MIND – DELUSIONS – robbed, is going to be	2,9	1
	MIND – DELUSIONS – separated – world; from the – he is separated	19	1
	MIND – DELUSIONS – smell, of – own body has offensive odour	19	1
	MIND – DELUSIONS – thieves – house	2,9	1
	MIND – DELUSIONS – time, earlier , time seems	18	1
	MIND – DELUSIONS – trapped; he is	4	1
	MIND – DESPAIR	3	1
	MIND – DICTATORIAL	19	1
	MIND – DISCONTENTED	8	1
	MIND – DRUGS – desire	4	1
	<i>MIND – DULLNESS</i>	<i>2,8,15,18</i>	<i>2</i>
	MIND – DULLNESS – understand; does not – questions addressed to her	19	1
	MIND – EMBRACES – desire	2	1

	to be embraced		
	MIND – EMOTIONS – suppressed	2,32	1
	MIND – ESTRANGED – society, from	3	1
	MIND – EXCITEMENT	34	1
	MIND – EXTROVERTED	6	1
	<i>MIND – FASTIDIOUS</i>	2, 3, 6	2
	MIND – FASTIDIOUS – prove oneself	2, 3,3,3	1
	MIND – FEAR – falling, of - descending stairs; when	2	1
	MIND – FEAR – opinion of others, of	19,19	1
	MIND – FEAR – robbers, of	2,2,9	1
	MIND – FEAR- robbers, of – night	2,9	1
	MIND – FLATTERED – desire to be	4,4	1
	MIND – FORGETFUL	2,6,6,6,6	1
	MIND – FORGETFUL – words	2,6,6	1
	MIND – FORSAKEN	4, 6	1
	MIND – FREEDOM – doing what he had to do; remarkable freedom in	4,6	1
	MIND – GRIEF – past events, about	3	1
	MIND – HELPLESSNESS	23	1

<u>MIND – HIBERNATION- desire for</u>	<u>18</u>	<u>1</u>
MIND – HOMESICKNESS	14, 33	1
MIND – IMPATIENCE – children; about his	20	1
MIND – INACTIVITY	8	1
<i>MIND – INDIFFERENCE</i>	<i>3, 15, 15, 18, 23, 25</i>	2
MIND – Indifference – ennui with	18	1
MIND – INDIFFERENCE – opinion of others, to	3	1
MIND – INDIFFERENCE – others, towards	15	1
<i>MIND – INDIFFERENCE – work – aversion to work; with</i>	<i>15, 18, 23</i>	2
MIND – INDIGNANT	2, 3, 15, 32	2
<i>MIND – INDIGNATION</i>	<i>2, 3, 15, 32</i>	2
<i>MIND – INDIGNATION – misdeeds of others; at the</i>	<i>2, 32, 15</i>	2
MIND – INDUSTRIOUS	3	1
MIND – INTOLERANCE	2, 19	1
MIND – INTROSPECTION	2, 6, 6, 6	1
<u>MIND – IRRITABILITY</u>	<u>8, 15, 18, 18, 19, 19, 19, 20, 20, 20, 20, 20, 20, 20, 20, 23, 24, 24, 24, 24, 24, 25, 27, 27, 32, 33, 34</u>	<u>3</u>
<i>MIND – IRRITABILITY – people; with</i>	<i>3, 8, 15, 19, 20, 20, 20, 20</i>	2
MIND – JEALOUSY	3	1

	MIND – JESTING	6	1
	MIND – LAMENTING – appreciated, because he is not	19	1
	MIND - LAUGHING - sleep - during	30	1
	MIND – LAZINESS	3,8	1
	<i>MIND – LIBERTINISM</i>	<i>2,3,4,4,4,4</i>	2
	MIND – Loathing life	18	1
	MIND – LOATHING – work	25	1
	<i>MIND – LOQUACITY</i>	<i>6, 27, 33</i>	2
	MIND – MEDITATING	6	1
	MIND – MEMORY – weakness – words	2,6	1
	MIND – MENTAL POWER – increased	6	1
	MIND – MILDNESS – masking violence	32	1
	MIND – MISTAKES; making	19	1
	MIND – MISTAKES – speaking, in	2,6,6	1
	MIND – MOOD – repulsive	25,25	1
	MIND – PATIENCE	2	1
	MIND – PERSEVERANCE	2	1
	MIND – PLAYFUL	6,6	1
	MIND – PROTECTING – desire to protect	2	1
	<i>MIND – QUARRELSOME</i>	<i>15,18,19, 24, 24</i>	2

	MIND – QUIET disposition	6,6	1
	MIND – RAGE	18	1
	MIND – REALITY – flight from reality	4	1
	MIND – REBELLIOUS	4,4,4,18	1
	MIND – REPROACHING others	19	1
	MIND – RESERVED	6	1
	MIND – RESPONSIBILITY – inability to take	23	1
	MIND – RESTLESSNESS	2, 20	1
	<i>MIND – SADNESS</i>	<i>3,4,14,19,30</i>	2
	MIND –SADNESS – menses, during	19	1
	MIND – SADNESS – sexual desire / suppressed sexual desire; sadness after	4	1
	MIND – SELFISHNESS	2	1
	<i>MIND – SENSITIVE</i>	<i>2, 3, 19</i>	2
	MIND - SENSITIVE - opinion of others; to the	19	1
	MIND – SENSITIVE – rudeness, to	3	1
	MIND – SENSITIVENESS – want of sensitiveness	19	1
	MIND – SINGING - joyously	6,6	1
	MIND – SLOWNESS	6	1

MIND – SMILING	2	1
MIND – SNAPPISH	15, 24, 24	1
MIND – SOCIABILITY	6	1
MIND – SPACED-OUT feeling	15	1
MIND – SPEECH – confused	6	1
MIND – SPEECH – inarticulate	2,6	1
MIND – SPIRITUALITY	6	1
MIND – STRANGER – presence of strangers – agg.	2, 3	1
MIND – SUSPICIOUS	3	1
MIND – SYMPATHY from others – desire for	19	1
MIND – TALKING – desire to talk to someone	27, 34	1
MIND – TENSION, mental	2,2	1
MIND – THOUGHTS – disconnected	19	1
MIND – THOUGHTS – persistent	20	1
MIND – THOUGHTS – sexual	4,4,4	1
MIND – TIME – quickly, appears shorter; passes too	18	1
<i>MIND – TRANQUILLITY</i>	<i>18, 27,34</i>	2
MIND – POSITIVNESS	18	1
MIND – TRAVELLING – desire for	4	1
MIND – UNIFICATION –	34	1

	desire		
	MIND – UNSYMPATHETIC	3	1
	<i>MIND – VANITY</i>	<i>2,4,4,17,17</i>	2
	MIND – VIOLENT	15	1
	<i>MIND – WILL – contradiction</i>	<i>2,4,4,8</i>	2
	MIND – WILL – two wills; sensation as if he had	4,4,8	1
	MIND – WRONG, everything seems	19	1
TEETH	TEETH – PAIN – nerve were touched; as if	2	1
	TEETH – PAIN – upper – right	2	1
EXPECTORATI ON	EXPECTORATION – CREAM- LIKE	35	1
	EXPECTORATION – DAYTIME	35	1
	EXPECTORATION – DIFFICULT	2	1
	<i>EXPECTORATION – YELLOW</i>	<i>2, 35, 33</i>	2
GENERALS	<u>GENERALS – BATHING</u> – hot <u>bathing – desire for</u>	<u>2</u>	<u>1</u>
	GENERALS – COLLAPSE – accompanied – vertigo	3	1
	GENERALS – EMACIATION – single parts, of	35	1
	<i>GENERALS – ENERGY – excess of energy</i>	<i>6, 32, 32, 32, 20, 20, 23,34, 34</i>	2
	GENERALS – FOOD AND DRINKS – apples – desire	2	1
	GENERALS – FOOD AND DRINKS – bananas – desire	2	1

	GENERALS – FOOD AND DRINKS – bread – aversion	2	1
	<i>GENERALS - FOOD and DRINKS - chocolate - desire</i>	18, 20, 20, 25	2
	GENERALS – FOOD AND DRINKS – coffee – desire	2,4,4	1
	GENERALS – FOOD AND DRINKS – coffee – agg.	32	1
	GENERALS – FOOD AND DRINKS – coffee – amel.	4, 32	1
	GENERALS – FOOD AND DRINKS – cold drink, cold water – desire	6	1
	GENERALS – FOOD AND DRINKS – drinks – desire – accompanied by – thirstlessness	2	1
	GENERALS – FOOD AND DRINKS – fruit – desire	6	1
	GENERALS – FOOD AND DRINKS – meat – desire	2	1
	GENERALS - FOOD and DRINKS - nuts - desire	18, 18	1
	GENERALS – FOOD AND DRINKS – oranges – desire	4,4	1
	GENERALS – FOOD and DRINKS – pepper – desire	6	1
	GENERALS – FOOD AND DRINKS – pizza – desire	2	1
	GENERALS – FOOD AND DRINKS – red pepper – desire	6	1
	GENERALS - FOOD and	18	1

	DRINKS - rich food - desire		
	GENERALS - FOOD and DRINKS - salt - amel.	20, 20	1
	GENERALS – FOOD AND DRINK - salt, desire	20, 34, 34, 34, 34	1
	GENERALS – FOOD AND DRINK – sour drinks, desire	23	1
	GENERALS - FOOD and DRINKS - sour food, acids - desire	23	1
	GENERALS – FOOD and DRINKS– spices – desire	2	1
	GENERALS – FOOD AND DRINKS – sweet – agg.	2	1
	GENERALS – FOOD AND DRINKS – sweets - aversion	17	1
	GENERALS - FOOD and DRINKS - sweets - desire	18	1
	GENERALS – FOOD AND DRINKS – tea – desire	3, 20, 20, 20	1
	GENERALS – FOOD AND DRINKS – water – amel.	32, 35	1
	GENERALS – FOOD AND DRINKS – water – aversion	3,3	1
	GENERALS - FOOD and DRINKS - water - desire	15, 19	1
	GENERALS – HEAT – flushes of – perspiration – with	17	1
	<i>GENERALS – HEAT – lack of vital heat</i>	<i>2, 4, 18, 20, 20, 20, 20, 20, 20, 20, 20, 33</i>	2
	GENERALS – LEFT	2	1
	GENERALS – LYING – side;	2	1

	on – left – amel.		
	GENERALS – PULSE – irregular	4	1
	GENERALS – REDNESS	6	1
	GENERALS – SICKFEELING; vague	2	1
	GENERALS – SUN – exposure to the sun – amel.	2,2,2,4	1
	GENERALS – TENSION	2	1
	GENERALS – TENSION – muscles; of	2	1
	GENERALS – TOBACCO – desire for tobacco – smoking; desire for	4	1
	GENERALS – WARM –amel.	2	1
	GENERALS – WARM – bathing – amel – hot bath	2	1
	GENERALS – WARM – desire for warmth	4	1
	<i>GENERALS – WEAKNESS</i>	2,3,3,6, 35, 15, 15, 15, 18,18, 19, 33, 33	2
	<i>GENERALS – WEARINESS</i>	15,18, 18, 19, 20, 20, 24, 27,33, 33, 33, 33, 33	2
VERTIGO	VERTIGO – ACCOMPANIED BY – dim vision	6	1
	VERTIGO – ACCOMPANIED by – head –pain	35, 35	1
	VERTIGO – CLOSING THE EYES – amel	6	1
	VERTIGO - FALL, tendency to	2, 33	1

	<i>VERTIGO – FLOATING; as if</i>	2,3,6	2
	VERTIGO – INTOXICATED; as if	2,3	1
	VERTIGO – MOTION – agg.	6	1
	VERTIGO – SITTING – amel	6	1
	VERTIGO – STANDING – amel.	6	1
	VERTIGO – SYNCOPE, with	3	1
	VERTIGO – WALKING – agg.	33, 35	1
THROAT	THROAT – BONE in; sensation of a	3,3,3,3	1
	<i>THROAT – CATARRH</i>	3,4, 8, 20, 30,30 33, 33, 33, 33, 34, 34	2
	THROAT - CHOKING - mucus; from	33	1
	THROAT – CHOKING – sensation of	13	1
	<i>THROAT – DRYNESS</i>	15, 20,33, 33, 33, 33, 33, 33, 33	2
	THROAT – DRYNESS- cold water amel	33	1
	THROAT - DRYNESS - eating - amel.	33	1
	THROAT – DRYNESS – morning	20, 33	1
	THROAT – DRYNESS	20, 33	1
	THROAT –pain, cutting	2	1
	THROAT – FOOD – lodges in throat	17	1
	<i>THROAT – FOREIGN body;</i>	3, 8, 17, 19	2

	<i>sensation of a</i>		
	THROAT – FOREIGN body; sensation of a – lodged in throat	8, 17	1
	THROAT - FOREIGN body; sensation of a lump	19, 19, 33,33	1
	THROAT – FULLNESS	17	1
	THROAT – HAWK; disposition to	35	1
	THROAT – INFLAMMED	4	1
	THROAT – INFLAMMATION – tonsils	2	1
	THROAT – IRRITATION	15, 32	1
	THROAT – ITCHING	4,4	1
	THROAT – ITCHY – uvula	35	1
	<i>THROAT – MUCUS – tenacious</i>	3,8, 33, 33, 33, 33, 33	2
	THROAT – MUCUS –thick	3, 8	1
	THROAT – MUCUS – yellow	3	1
	THROAT – OBSTRUCTION	17	1
	<i>THROAT – PAIN</i>	3, 17, 25, 33, 35, 35, 30, 30, 30, 30	2
	<i>THROAT – PAIN, burning</i>	25, 30, 33	2
	THROAT – PAIN – burning – Esophagus– extending to – Stomach	13, 13	1
	THROAT - PAIN - burning - swallowing - when	25	1
	THROAT – PAIN – cold water,	33	1

	amel		
	THROAT – PAIN – cutting pain	2	1
	THROAT – PAIN – drinks – warm – amel.	35	1
	THROAT – PAIN – drinks – water- amel	2	1
	THROAT – PAIN – eating – after – amel	2	1
	THROAT – PAIN – hawking, on - amel.	2, 35	1
	THROAT - PAIN – left	25	1
	THROAT – PAIN, left, burning	25	1
	THROAT – PAIN – pulsating pain	2, 2	1
	THROAT – PAIN – raw, as if	2, 33, 33	1
	THROAT – PAIN – right	33, 33	1
	THROAT – Pain – Scarf around neck – agg	2	1
	THROAT – PAIN, scratching, pain	25, 33, 33	1
	THROAT – PAIN – sore, accompanied by, coryza	20	1
	THROAT – PAIN – splinter, as if from a	33, 33, 33, 33, 33	1
	THROAT - PAIN - stitching - right	33	1
	<i>THROAT – PAIN – swallowing –agg.</i>	<i>2,3, 20, 25,35</i>	2
	THROAT – PAIN – swallowing – empty – agg.	2	1

	THROAT – PAIN – swallowing – food – agg.	35	1
	THROAT – PAIN – swallowing – liquids – agg.	35	1
	THROAT – PAIN – sweets – agg.	2	1
	THROAT – PAIN – talking	2, 35	1
	THROAT – PAIN – Uvula	35	1
	THROAT – PAIN – warm – drinks – amel	2, 35	1
	THROAT – SCRATCHING	15	1
	THROAT - SWALLOW, constant disposition to - mucus, from thick	33	1
	THROAT – SWELLING	33, 33	1
	THROAT – TICKLING	2, 20	1
	THROAT – TICKLING – cough; causing	32,32	1
CHEST	CHEST – ANXIETY – Heart, region of	4	1
	CHEST – COMPLAINTS of chest – extending to – lumbar region	2,2	1
	<i>CHEST – CONSTRICTION</i>	4,4,4,4, 30, 33	2
	CHEST – HEART complaints of the – accompanied by – vertigo	35	1
	CHEST – HEAT – burning	6	1
	CHEST – HEAT – sternum;	2	1

	behind		
	CHEST – NAUSEA – in chest	2	1
	CHEST - OPPRESSION	30	1
	CHEST – PAIN	3, 35, 35	1
	CHEST – PAIN – burning	6	1
	CHEST – PAIN – cough, during	35, 35, 35	1
	CHEST – PAIN – cough – during – agg –burning	35, 35, 35	1
	CHEST - PAIN - extending to - back	2	1
	CHEST - PAIN - Intercostal muscles - left	2	1
	CHEST – PAIN–Mammae– left	3	1
	CHEST - PAIN - Ribs - inspiration	2	1
	CHEST – PAIN – sides – breathing – agg.	2	1
	CHEST - PAIN - sides - left	2,3,35	1
	CHEST – PAIN – sides – left – cough agg.	35	1
	CHEST – PAIN – sides – pressure – amel.	2	1
	CHEST – PAIN – sides – sitting – bent forward – amel.	2	1
	CHEST – PAIN – sides – standing – agg.	2	1
	CHEST – PAIN – sides – stretching – amel	2	1

	CHEST – PAIN – sitting – erect – amel.	2	1
	CHEST – PAIN – sore	2	1
	CHEST - PAIN - stitching	33	1
	<i>CHEST – PALPITATION of heart</i>	2, 4, 32, 35, 25	2
	CHEST – PALPITATION of heart – accompanied by – Face pale	32	1
	CHEST – PALPITATION of heart – accompanied by – Throat; pulsating in	2	1
	<u>CHEST – PALPITATION – Extending – eyes to</u>	<u>2</u>	<u>1</u>
	CHEST – PALPITATION – irregular	4	1
	CHEST – PALPITATION of heart – morning – waking – on	32	1
	CHEST - PALPITATION of heart - tumultuous, violent, vehement - chest; as if heart beat throughout the	25	1
	CHEST – TINGLING	6	1
HEAD	HEAD – COMPLAINTS – accompanied by, photophobia	20	1
	HEAD – COMPLAINTS of head – accompanied by – eyes – pain	2,2	1
	HEAD – CONGESTION	2,8	1
	HEAD – CONSTRICTION	2, 33, 33	1
	HEAD – FULLNESS –water;	2	1

	as by		
	HEAD - HEAT - accompanied by - Head; pain in	23	1
	HEAD – HEAT – forehead – warm – flowing; sensation of warm – eyes – above/left	2	1
	<i>HEAD – HEAVINESS</i>	2,2, 17, 33	2
	HEAD – HEAVINESS – eyes, heaviness of	17	1
	HEAD – HEAVINESS – forehead	2, 17	1
	HEAD – ITCHING	20,20	1
	HEAD – LIGHTNESS; sensation of	3, 6	1
	HEAD – PAIN	2,4,19, 23, 24,25,27,30,30,32,33 ,35	3
	<i>HEAD – PAIN –accompanied by – eye – pain</i>	2,2, 4, 32	2
	HEAD - PAIN - accompanied by - Neck - pain in	19, 33	1
	HEAD - PAIN - accompanied by - Neck - stiffness in - Nape of neck	33	1
	HEAD – PAIN, aching	25, 33,33	1
	HEAD – PAIN, afternoon	24	1
	HEAD - PAIN - air - open - amel.	23, 27	1
	HEAD – PAIN – alternating with, cough	30	1
	HEAD – PAIN – bending head – forward	4	1

	HEAD – PAIN – burning	35	1
	HEAD - PAIN - bursting	24	1
	HEAD – PAIN – catarrhal	8	1
	HEAD – PAIN – cold – air – agg.	2	1
	HEAD – PAIN – cough – during – agg.	30,35, 35, 35	1
	HEAD - PAIN - cutting	24, 24	1
	HEAD – PAIN – daytime	35	1
	<i>HEAD – PAIN – dull</i>	8, 15, 19, 33	2
	HEAD - PAIN – eating, after ,amel.	24	1
	HEAD – PAIN – eminence, frontal , stooping , aggravates	20	1
	HEAD – PAIN – eyes	2, 20	1
	HEAD – PAIN, forehead	24, 24, 24, 33, 33, 33, 33	1
	HEAD – PAIN – Forehead – cold – air – agg.	2	1
	HEAD – PAIN, forehead, dull pain	25, 27	1
	HEAD – PAIN – Forehead – eyes – behind – dull pain	4, 32, 32	1
	HEAD – PAIN – Forehead – eyes – behind - left	4	1
	HEAD – PAIN – forehead – extending to – occiput	35	1
	HEAD – PAIN – fore head – left	35	1

	HEAD – PAIN – forehead – pressing pain	20	1
	HEAD – PAIN – forehead – sleep – after – agg.	35	1
	HEAD – PAIN – jar – any jar; from	35	1
	HEAD – PAIN – lightning-like	9	1
	HEAD – PAIN – motion, agg	33	1
	HEAD – PAIN – occiput	33, 35	1
	HEAD – PAIN – occiput – accompanied by – vertigo	35	1
	HEAD – PAIN- occiput - extending to neck	33	1
	HEAD – PAIN – occiput – night – midnight	35	1
	HEAD – PAIN – occiput – standing – agg.	35	1
	HEAD – PAIN – occiput – walking – agg	35	1
	HEAD - PAIN - occupation - amel.	33	1
	HEAD – PAIN – pressure – amel.	2	1
	HEAD - PAIN - pressure, external - amel.	20, 25	1
	HEAD – PAIN – pulsating pain	2, 9	1
	HEAD – PAIN – rising – agg.	35	1
	HEAD – PAIN, sharp	24, 24, 25	1

	HEAD - PAIN - sharp - Vertex	25	1
	HEAD - PAIN - Sides - left	2, 4	1
	HEAD – PAIN – sleep – after – agg.	35	1
	HEAD – PAIN – sleep – waked from sleep by headache	35	1
	HEAD – PAIN – sore	33	1
	HEAD – PAIN – stooping – from	4	1
	HEAD – PAIN – sun – exposure to sun; from – amel.	2, 35	1
	<i>HEAD – PAIN, temples</i>	15, 23,25, 33	2
	HEAD – PAIN – temples , left	33	1
	HEAD – PAIN –temples, left, dull pain	15	1
	HEAD – PAIN – temples, pulsating pain	23	1
	HEAD –PAIN – vertex, dull pain	18	1
	HEAD – PAIN – vertex, pressing pain	18	1
	HEAD – PAIN – warmth – amel.	2,2	1
	HEAD – PAIN – wind – cold – amel.	35	1
	HEAD – STOOPING – agg.	4	1
	HEAD – WATER, sensation as of – warm water, in	2	1

EXTERNAL THROAT			
	EXTERNAL THROAT – PAIN – cervical	8	1
URINE	URINE – COLOR – greenish	6,6	1
	URINE – COPIOUS	6	1
	URINE – COPIOUS – night	6	1
	URINE – OUDOR- coffee	18	1
BACK	BACK – ITCHING	9, 35	1
	BACK – ITCHING – Lumbar region	9	1
	BACK – PAIN – Cervical – bending – forward – amel.	2	1
	BACK – PAIN – cervical – burning	17	1
	BACK – PAIN – Cervical – cold –agg.	2	1
	BACK – PAIN – Cervical – constricting pain	2,2	1
	BACK – PAIN – Cervical – crushed, as if	2	1
	BACK – PAIN – Cervical – extending to - Ear	2,2	1
	BACK – PAIN – Cervical – left – sore	2	1
	BACK –PAIN – Cervical – Nape of neck – pressing pain – weight; as from a	2	1
	BACK – PAIN – Cervical –	2	1

pulsating pain		
BACK – PAIN – Cervical – warmth - external/amel.	2	1
<i>BACK – PAIN – Cervical region</i>	2,8, 17, 32, 35, 33, 33	2
BACK – PAIN – Coccyx	2, 19	1
BACK – PAIN – coccyx, aching	19	1
BACK – PAIN – contracting	2	1
BACK – PAIN – dorsal region, aching	19, 19	1
BACK - PAIN - Dorsal region - motion - agg.	19	1
BACK – PAIN – dorsal, scapulae, below	18	1
BACK – PAIN – Dorsal – Scapulae – left – cutting pain	2	1
BACK – PAIN – extending to – hips	2	1
BACK – PAIN – laughing agg	2	1
BACK – PAIN – Lumbar	2,4, 18,19	21
BACK – PAIN – Lumbar – bending – amel	2	1
BACK – PAIN – Lumbar – broken; as if	2	1
BACK – PAIN – Lumbar – dislocated; as if	2	1
BACK – PAIN – Lumbar – exertion – amel.	2	1
BACK – PAIN – Lumbar –	2	1

	extending to – hips		
	BACK – PAIN – lumbar – gnawing pain	2	1
	BACK – PAIN – Lumbar – motion – amel.	2	1
	BACK – PAIN – lumbar region, right	18	1
	BACK – PAIN – lumbar, sitting, agg	19	1
	BACK – PAIN – Lumbar – standing – amel.	2	1
	<u>BACK – PAIN – Lumbar – stretching – amel.</u>	<u>2</u>	<u>1</u>
	BACK - PAIN - menses - during	20	1
	BACK - PAIN - motion, on	18	1
	BACK – PAIN – pressure – amel.	2,2	1
	BACK – PAIN – Sacral – pressure – amel.	2	1
	BACK – PAIN – Sacral – sore	2	1
	BACK – PAIN – Sacral – walking – agg.	2	1
	BACK - PAIN - Sacral region - extending to - Pubis	2	1
	BACK - PAIN - sitting - while	19	1
	BACK – PAIN – sore	2, 2	1
	BACK – SPINE; complaints of	2	1

	- spinal cord		
	BACK – STIFFNESS – Cervical region	2,2	1
	BACK – STIFFNESS – cervical region – accompanied by – shoulder; stiffness in	32	1
	BACK - STIFFNESS - Cervical region - headache, during	33	1
	BACK – STIFFNESS – Cervical – left	2,2,2	1
	BACK – TENSION – Cervical region	2	1
	BACK – TREMBLING	2	1
	BACK – TWITCHING – muscles, of the	2	1
EYE	EYE – AGGLUTINATED – left	2	1
	EYE – AGGLUTINATED – morning	2	1
	EYE – AWARENESS of	2	1
	EYES – BURNING, dry burning	25	1
	EYE –CLOSING THE EYES – amel.	2,2,2	1
	EYE – COLDNESS – Eyeballs	2	1
	EYE – COLDNESS – right	2	1
	EYE – CONTRACTIVE – Lids	2	1
	EYE – CONTRACTIVE sensation	2	1
	EYE – DISCHARGES – Canthi – Inner	2	1

	EYE – DISCHARGES – right eye	2	1
	EYE - DISCHARGES - watery	2	1
	EYE – DISCHARGES – white	2	1
	<i>EYE – DISCOLORATION – red</i>	2,33, 35, 35, 35	21
	EYE – DISCOLORATION – red – conjunctiva	2	1
	EYE – DISCOLOURATION, red , right	33	1
	<i>EYE – DRYNESS</i>	2, 25, 33	2
	EYES – DRYNESS EYES – burning	25	1
	EYE – HEAT in – left	2	1
	EYE – HEAT in – painful	2	1
	<i>EYE – HEAVINESS</i>	2,3,17	2
	EYE – HEAVINESS – Lids – left	2	1
	EYE - ITCHING	19	1
	EYE – ITCHING – right	4	1
	<i>EYE – LACHRYMATION</i>	2, 4, 35	2
	EYE – LACHRYMATION – left	2	1
	EYE – LIGHT; from – agg.	2,2,2	1
	EYE – LOOKING – light; at – bright light	2	1
	EYE – LOOSE, sensation as if	2	1

EYE – MOVEMENT – sensation of	2	1
EYE – OPEN lids – sensation as if open – wide open	2	1
EYE – OPENING the lids – agg.	2	1
EYE – PAIN –aching	33	1
EYE – PAIN – burning	2, 33	1
EYE – PAIN – burning – left	2	1
EYE – PAIN – closing the eyes – agg.	2	1
EYE – PAIN – closing the eyes – amel.	2	1
EYE – PAIN – cold – air – agg.	2	1
EYE – PAIN – cold – air – amel	2	1
EYE – PAIN – left	2,2,2	1
EYE – PAIN – left, burning	33	1
EYE – PAIN – Lids –corrosive	2	1
EYE –PAIN –lids, left	19	1
EYE – PAIN – Lids –Lower – left	2	1
EYE – PAIN – Lids – paralyzed, as if	2	1
EYE – PAIN – light; from – agg.	2	1
<u>EYE – PAIN – muscles about</u>	<u>2</u>	<u>1</u>
EYE – PAIN – pulsating pain	2	1

	EYE – PAIN – Raw, as if	2	1
	EYE – PAIN – right	2,2, 33	1
	EYE – PAIN – right –aching	33	1
	EYE – PAIN – right – stitching	2	1
	EYE – PAIN – sand, as if from	19	1
	EYE – PAIN – sore	2,2,2, 33, 33	1
	EYE – PAIN – stitching	2	1
	EYE – PARALYSIS – Lids, of – left	2	1
	EYE – PARALYSIS – Lids, of – lower	2	1
	EYE - PULSATION - In the eyes	2	1
	EYE – SENSITIVE	2	1
	EYE – SENSITIVE – brilliant objects	2	1
	EYE – SMALLER; sensation as if	35	1
	EYE – STRAINED	2,2	1
	EYE - SUNKEN - sensation	20	1
	EYE – SWELLING – sensation of	2,2,2,2	1
	EYE – TIRED SENSATION	2,3,3	1
	EYE – TOUCH – agg.	2	1
	EYE – TOUCH - amel	2	1
	EYE – TWITCHING - left	2	1

	EYE – TWITCHING – Lids – Upper – left	2	1
	EYE – WARM – covering / amel.	2	1
	EYE – WIND – agg.	2,2	1
NECK	NECK – COLDNESS – sensation of	2	1
	NECK – CONSTRICTION	2	1
	NECK – MOTION – amel.	35	1
	<i>NECK – PAIN</i>	<i>2, 17, 19, 33</i>	<i>21</i>
	NECK – PAIN – burning	17	1
	NECK – PAIN – sore	33, 33, 33	1
	<i>NECK – STIFFNESS</i>	<i>2,2,2,2,2, 8, 33, 33</i>	<i>2</i>
	NECK – STIFFNESS – one side	2	1
	NECK – STRETCHING - agg	19	1
EXTREMITIES	EXTREMITIES – COLDNESS – Feet – icy cold	2,2,2	1
	EXTREMITIES - COLDNESS - Foot	2	1
	EXTREMITIES - COLDNESS - Leg - icy	19	1
	EXTREMITIES – COLDNESS – lower limbs	19	1
	EXTREMITIES – CONSTRICTION –Upper arms	2	1
	EXTREMITIES – ELECTRICAL current;	2	1

	sensation of an		
	EXTREMITIES - ERUPTIONS - Ankle	27	1
	EXTREMITIES - ERUPTIONS - Ankle - eczema - itching	27	1
	EXTREMITIES - ERUPTIONS - Ankle - red	27	1
	EXTREMITIES – ERUPTIONS – boils	2	1
	EXTREMITIES – ERUPTIONS – lower limbs, itching	27	1
	EXTREMITIES – FELON	4	1
	EXTREMITIES – HEAT – Upper arms – sensation of	2	1
	EXTREMITIES – HEAVINESS, legs	24	1
	EXTREMITIES – ITCHING – cold applications amel.	2	1
	EXTREMITIES – ITCHING – Feet – scratching – amel.	2,2	1
	EXTREMITIES – ITCHING – feet, soles of	19	1
	EXTREMITIES – ITCHING – hands	20, 20	1
	EXTREMITIES – ITCHING – hands, back of hands	20	1
	EXTREMITIES – ITCHING - hands, between fingers	20	1
	EXTREMITIES - ITCHING - Hand - Palm	20	1
	EXTREMITIES – ITCHING –	20	1

	hands , palms, scratching, amel		
	EXTREMITIES – ITCHING – Toes – Between	2, 19, 19	1
	EXTREMITIES – LAMENESS –Upper limbs	2	1
	EXTREMITIES – LAMENESS – Upper arms – left	2	1
	EXTREMITIES – LOOSENESS – sensation of looseness – Hips	2	1
	<u>EXTREMITIES – MOIST – foot – sensation as if</u>	<u>2</u>	<u>1</u>
	EXTREMITIES – NUMBNESS – Fingers	2	1
	EXTREMITIES – PAIN - aching	19	1
	EXTREMITIES - PAIN - burning - Foot - Heel	15	1
	EXTREMITIES - PAIN - burning - Foot - Sole	15	1
	EXTREMITIES - PAIN - burning - Foot - Heel - stepping	15	1
	EXTREMITIES – PAIN – cramping	20, 20	1
	EXTREMITIES - PAIN - cramping - Leg - Calf	19, 20	1
	EXTREMITIES – PAIN – Fingers – pulsating pain	2	1
	EXTREMITIES – PAIN – Hips	2,2,2,2,2,2,2,2,2,2,2,2	1

<u>EXTREMITIES – PAIN – Hips</u> <u>– bending – body – forward</u> <u>amel</u>	<u>2</u>	<u>1</u>
EXTREMITIES – PAIN – Hips – cutting pain	2,2	1
EXTREMITIES – PAIN – Hips – extending to – Sacrum	2	1
EXTREMITIES – PAIN – Hips – motion – agg.	2	1
EXTREMITIES – PAIN – Hips – motion –amel.	2	1
EXTREMITIES – PAIN – Hips – pressure – amel.	2	1
EXTREMITIES – PAIN – Hips – right	2	1
<u>EXTREMITIES – PAIN – Hips</u> <u>– sitting – bent double –amel</u>	<u>2</u>	<u>1</u>
EXTREMITIES – PAIN – Hips – sore	2	1
EXTREMITIES – PAIN – Hips – walking – agg.	2	1
EXTREMITIES - PAIN - Knee - descending stairs	19	1
EXTREMITIES – PAIN – legs, cramping	20	1
EXTREMITIES – PAIN – lower limbs, aching	19	1
EXTREMITIES – PAIN – rheumatic	19	1
EXTREMITIES – PAIN-	2,2,2,2,2,2,2,2	1

	Shoulders		
	EXTREMITIES – PAIN – Shoulders – dull pain	2	1
	<u>EXTREMITIES – PAIN – Shoulders – extending the arm – amel</u>	<u>2</u>	<u>1</u>
	EXTREMITIES – PAIN – Shoulder –extending to – Fingers – Tips	2	1
	EXTREMITIES – PAIN – Shoulders – left	2,2	1
	EXTREMITIES – PAIN – Shoulders – lying –side; on – left – agg.	2	1
	EXTREMITIES – PAIN – Shoulders – lying –side; on – left – amel.	2	1
	EXTREMITIES – PAIN – Shoulders – pressure – agg.	2	1
	EXTREMITIES – PAIN – toes	23	1
	EXTREMITIES - PAIN - Toes - Nails	23	1
	EXTREMITIES – PAIN – Upper arms – sore	2	1
	EXTREMITIES – PAIN – Upper limb – sore	2	1
	EXTREMITIES – SWELLING – ankles	20,20	1
	EXTREMITIES - SWELLING - dropsical	20	1
	EXTREMITIES – SWELLING – Upper limbs - sensation of	2	1
	EXTREMITIES – TENSION –	2	1

	night		
	EXTREMITIES – WALKING – after – agg.	2	1
	EXTREMITIES - WEAKNESS - Leg	24	1
	EXTREMITIES – WEAKNESS – Wrists	2	1
VISION	VISION – ACUTE	2	1
STOMACH	STOMACH - APPETITE - capricious appetite	20	1
	<i>STOMACH – APPETITE – diminished</i>	3,3,3,3,3,3,3, 18, 20, 25, 25, 25, 25, 30, 30, 33, 33,35	2
	STOMACH – APPITITE – diminished - thirst; with	35, 35, 18	1
	STOMACH – APPITITE – easy satiety	3,3,3	1
	<i>STOMACH – APPITITE – increased</i>	2, 15, 25	2
	STOMACH – APPITITE – insatiable	2, 20, 20, 20, 20, 20, 20	1
	STOMACH – APPITITE – ravenous	2	1
	STOMACH – COMPLAINTS of the stomach – accompanied by – Lumbar region; pain in	2	1
	STOMACH – EATING – after – overeating agg.; after	13	1
	STOMACH –EMPTINESS	3	1
	STOMACH – ERUCTATIONS – eating – after – agg.	2	1
STOMACH – ERUCTATIONS	2,2,2	1	

	- frequent		
	STOMACH - ERUCTATIONS; TYPE OF - loud	2	1
	STOMACH – FOOD – stays in stomach and will not go down	32	1
	<i>STOMACH – FULLNESS; sensation of</i>	3,3,3,3,3,3,3, 17, 17, 32	2
	STOMACH – FULLNESS – coffee agg	32	1
	STOMACH – FULLNESS – eating – after – agg.	32, 32	1
	STOMACH – HEARTBURN	13	1
	STOMACH – HEARTBURN – drinking agg.; after	13	1
	STOMACH – HEARTBURN – eating – after – amel	13	1
	STOMACH – HEAVINESS – eating – after – agg.	32, 32	1
	STOMACH – HEAVINESS – walking in open air - amel	32	1
	STOMACH – INDIGESTION	13	1
	STOMACH - LUMP; sensation of a	32	1
	<i>STOMACH – NAUSEA</i>	2,3,3,3, 4,27,30 33, 33, 33	2
	STOMACH – NAUSEA – chest, in	2	1
	STOMACH – NAUSEA – cough	2	1
	STOMACH - NAUSEA - cough	30	1

	- during		
	STOMACH – NAUSEA – drinking – after – water – agg.	3	1
	STOMACH – NAUSEA – eating, after	3,3,27	1
	STOMACH - NAUSEA - eating - after - amel.	27, 33	1
	STOMACH – NAUSEA – food – smell of	35	1
	STOMACH – NAUSEA – morning	27	1
	STOMACH – NAUSEA – odoursagg	3	1
	STOMACH – NAUSEA – pressure – abdomen; on – amel.	3	1
	STOMACH – NAUSEA – rich food agg.	3	1
	STOMACH – NAUSEA – sweets	2	1
	STOMACH – NAUSEA – Throat, in	3	1
	STOMACH – NAUSEA – urination – after – amel.	2	1
	STOMACH – NAUSEA – warm – drinks – amel	3,3	1
	STOMACH – PAIN – burning – extending to – Throat	13	1
	STOMACH – PAIN – coffee – after	32	1
	STOMACH – PAIN – cramping	3	1

	STOMACH – PAIN – nausea, during	3	1
	STOMACH – PAIN – prickling pain	6	1
	STOMACH – PAIN – stitching	6	1
	STOMACH – RUMBLING	2	1
	STOMACH – STONE; sensation of a	32	1
	<i>STOMACH – THIRST-extreme</i>	<i>15, 15, 19, 20, 20, 25, 25, 25</i>	2
	STOMACH – THIRST – night	6, 25,15	1
	STOMACH - THIRST - unquenchable	15	1
	STOMACH – THIRSTLESS – desire to drink; with	2	1
MALE	MALE GENITALIA/SEX – SEXUAL DESIRE – increased	4, 4, 4	1
SLEEP	SLEEP – BAD	2	1
	SLEEP – DISTURBED, midnight, after 2h	25	1
	SLEEP – FALLING ASLEEP – difficult	17	1
	SLEEP – INTERRUPTED	2	1
	SLEEP - INTERRUPTED - night - midnight - after	2	1
	SLEEP – POSITION – changed frequently	2	1
	SLEEP – PROLONGED	17	1
	SLEEP – REFRESHING	27, 27, 27	1

	<i>SLEEP – RESTLESS</i>	2,3, 4, 35, 25	2
	SLEEP – SLEEPINESS – daytime	17	1
	<i>SLEEP – SLEEPLESSNESS</i>	2,2, 8, 19, 20,27,30	2
	SLEEP –SLEEPLESSNESS – anxiety, from	20	1
	SLEEP – SLEEPLESSNESS – from irritability	20	1
	SLEEP – SLEEPLESSNESS – heat, during	27	1
	<i>SLEEP – SLEEPLESSNESS – restless</i>	2,2,3, 35	21
	SLEEP – SLEEPLESSNESS – sleepiness – with	2	1
	SLEEP – SLEEPLESSNESS – thoughts, activity of thoughts, from	18, 20, 20	1
	SLEEP - SLEEPLESSNESS - thoughts - disagreeable things; of	20	1
	SLEEP – SLEEPLESSNESS – weariness – from	2,2	1
	SLEEP – UNREFRESHING	2, 18	1
	SLEEP – WAKING – frequent	2	1
EAR	EARS – FULLNESS	3	1
	EAR – ITCHING	2	1
	EAR – ITCHING – Lobes	35	1
	EAR – NOISES in – reports in	3	1

	EAR – PAIN	2,2,2,2,2,8,8,2, 2,2,2, 27,2,33,33,2,2,2,2,33 ,2,2,2,2,27,27,33,33, 20,2,33,2,2,2,2,2,34, 34,34,2,2	
	EAR – PAIN – air – draft	2	1
	EAR – PAIN – closing the ear lightly/amel	2,2	1
	<u>EAR – PAIN – covering amel.</u>	<u>2</u>	<u>1</u>
	EAR – PAIN – Eustachian tube	8	1
	EAR – PAIN – extending to – Eustachian tube	8	1
	EAR – PAIN – extending to – Throat	2	1
	EAR – PAIN – left	2,2,2, 27	1
	EAR – PAIN – left – sore	2	1
	EAR - PAIN - lying - ear; on	33	1
	EAR - PAIN - night	33	1
	EAR – PAIN – noise agg.	2,2	1
	EAR – PAIN – opening the mouth – agg.	2	1
	EAR – PAIN – pressure – agg.	2	1
	EAR - PAIN - pressure, on - amel.	33,2,2	1
	EAR – PAIN – pulsating pain	2,2	1
	EAR – PAIN – right	27, 27, 33,33	1
	EAR – PAIN –right, stitching pain	20	1

	EAR – PAIN – sore	2, 33	1
	EAR – PAIN – touch – amel.	2,2	1
	EAR – PAIN – warm – amel.	2,2	1
	EAR – PAIN– warm; wrapping up amel.	2	1
	EAR – PAIN – wind – cold agg.	2	1
	EAR – STOPPED – left	34, 34, 34	1
	EAR – STOPPED, evenings	33	1
	EAR – STOPPED sensation	3, 33, 33	1
	EAR – WATER; sensation of – in ear	2,2	1
	EAR– WIND – sensitive	27	1
ABDOMEN	ABDOMEN – ALIVE; sensation of something	3	1
	ABDOMEN - CLOTHES - loosening - amel.	15	1
	ABDOMEN - CLOTHING; sensitive to	15	1
	ABDOMEN – DISTENSION	4, 15	1
	ABDOMEN - ENLARGED - sensation as if	19, 19	1
	<i>ABDOMEN – PAIN</i>	<i>2,3,9,18,33,35, 25</i>	2
	ABDOMEN - PAIN - bending - double - amel.	2	1
	ABDOMEN – PAIN – cough agg.	35	1
	<i>ABDOMEN – PAIN – cramping</i>	<i>3, 9, 18</i>	2

	ABDOMEN – PAIN – dragging, bearing down – extending to – Rectum	9	1
	ABDOMEN – PAIN – drawing, bearing down	33	1
	ABDOMEN – PAIN – extending to rectum	9	1
	ABDOMEN – PAIN – Hypochondria	9	1
	ABDOMEN – PAIN – hypogastrium – stool - before	3, 35	1
	ABDOMEN – PAIN – lower abdomen	2, 9	1
	ABDOMEN – PAIN – menses, during	34	1
	ABDOMEN – PAIN – sides – left	35	1
	ABDOMEN- PAIN – sitting – bent forward – amel.	2	1
	ABDOMEN – PAIN – stool – before	35	1
	ABDOMEN – PAIN – squeezed; as if	3	1
FEMALE	FEMALE GENITALIA/SEX – bending double – must bend double	2	1
	FEMALE GENITALIA/SEX – MENSES – bright red	2	1
	FEMALE GENITALIA/SEX – MENSES – copious	2	1
	FEMALE GENITALIA/SEX - ITCHING - Vagina	19	1

	<u>FEMALE – GENETALIA/SEX – Movement – fallopian tube as if something was</u>	<u>18</u>	<u>1</u>
	FEMALE – MENSES – appear , sudden	20	1
	FEMALE GENITALIA/SEX - MENSES - copious	19	1
	FEMALE GENITALIA/SEX - MENSES - dark	19	1
	FEMALE GENITALIA/SEX - MENSES - gushing	19	1
	FEMALE GENITALIA/SEX - MENSES - painful - accompanied by - copious menses	34	1
	FEMALE GENITALIA/SEX - MENSES - pale	2, 19	1
	<u>FEMALE GENETALIA/SEX – Sexual desire – stool after</u>	<u>3</u>	<u>1</u>
	FEMALE – SEX –desire, increased	34, 34	1
	FEMALE GENITALIA/SEX – WEAKNESS – Pelvic muscles	2	1
DREAMS	<i>DREAMS – AMOROUS</i>	<i>4, 4, 4, 4, 9, 35, 19, 24, 34</i>	<i>2</i>
	DREAMS – BUILDINGS – structure of	4, 4	1
	DREAMS – BUSINESS	9	1
	DREAMS – CHILDREN -; about – fondness for	17	1
	DREAMS – COITION	4	1
	DREAMS – CONNECTED	4	1

DREAMS – CONTRADICTION – Reality to	4	1
DREAMS – COFFINS	9	1
DREAMS – COITION	4, 4, 19, 19	1
DREAMS – COITION - observed	4	1
DREAMS – CONFUSED	35	1
<i>DREAMS – CONTRADICTION – Reality to</i>	2, 9, 9, 17, 35	2
DREAMS – CONVERSATIONS	35, 35, 35	1
DREAMS – COUSIN	35	1
DREAMS – CRIME	19	1
<i>DREAMS – CRITICIZED; being</i>	4, 9, 35	2
<i>DREAMS – DANGER</i>	2, 19, 30	2
DREAMS – DANGER – fear, without	2	1
DREAMS – DANCING	9, 9, 32	1
DREAMS – DECIET	19	1
DREAMS – DISAPPOINTMENTS	4	1
DREAMS – DISEASE – own disease, his	23	1
DREAMS – DOCTORS	17	1
DREAMS – DREAMING, of	35	1
DREAMS – ENEMIES	30	1

DREAMS – ENTERTAINMENT	9	1
DREAMS – EVENTS – past; long	35	1
DREAMS – EXPLOSION	9	1
DREAMS – FAMILY	17,17,35	1
DREAMS – FORGOTTEN something; one has	35	1
DREAMS – FRIENDS – company; being in	4, 9	1
DREAMS – FRIENDS – old	35	1
DREAMS – FRIENDS – seeing friends – cheerful mood, in a	9	1
<i>DREAMS – FRIGHTFUL</i>	<i>35, 20, 23</i>	2
DREAMS – GIRLFRIEND – old girlfriend	6	1
DREAMS – GOOD AND EVIL	35, 35	1
DREAMS – GROUPS	4	1
DREAMS – HAIR – cut; having hair	35	1
DREAMS – HEAD – comical heads; seeing	35	1
DREAMS – HELPING – people	9	1
DREAMS – HOMEOPATHIC REMEDIES	35	1
DREAMS – IGNORED – She is	35	1
DREAMS – INADEQUATE	4	1

<u>DREAMS – INAPPROPRIATE</u> <u>– sexually inappropriate</u>	4, 4, 4, 4, 6, 9, 35, 19, 19	<u>2</u>
DREAMS – LAUGHING	35	1
DREAMS – MANY	3	1
DREAMS – MONSTERS	34	1
DREAMS – MOUNTAINS	19, 23	1
DREAMS – NAKED people	4, 9	1
DREAMS – NIGHTMARES	35	1
DREAMS – NOISE	35	1
DREAMS – NOSTALGIC	35	1
DREAMS – OBSTACLES – path; in his	23	1
DREAMS – ONENESS – searching for	3, 4	1
DREAMS – PARTIES	9	1
DREAM – PEOPLE	35, 35	1
DREAMS – PEOPLE – bed with him; another person is lying in	35	1
DREAMS – PEOPLE – loved by him	3	1
DREAMS – PEOPLE – seen for years, people not	4	1
DREAMS – PURSUED	23,23,35, 34	1
<i>DREAMS – PLEASANT</i>	4, 9, 32	2
DREAMS – REMEMBERED	4	1
DREAMS – RELIGIOUS	9, 35	1

	DREAMS – RESTLESS	32	1
	DREAMS – ROBBERS	9	1
	DREAMS – SEARCHING – someone; for	4, 35	1
	<i>DREAMS – SEXUAL</i>	4, 4, 19, 24, 34	2
	<i>DREAMS – SEXUAL – perversity</i>	4, 4, 4, 9, 9, 19	2
	DREAMS – SHEEP	23	1
	DREAMS – SNAKES	20	1
	DREAMS – SPACESHIP	9	1
	DREAMS – STABBED, being	35	1
	DREAMS – SWIMMING	2	1
	DREAMS – SYMPATHETIC	35	1
	DREAMS – TALKING	35, 35, 35	1
	DREAMS – TALKING – school friends	4	1
	DREAMS – THINGS – changing quickly	9, 9	1
	DREAMS – THINGS – fixed upon the same things, dreams	3	1
	DREAMS – UNIFICATION, of	3, 4	1
	DREAMS – UNIFORMS	35	1
	DREAM – UNPLEASANT	35	1
	DREAMS – UNSUCCESSFUL EFFORTS – coition, in	4	1

	DREAMS – VIVID	25	1
	DREAMS – WATER – YELLOW	35	1
	DREAMS – WEDDINGS	9, 9	1
RECTUM	RECTUM – CONSTIPATION – ineffectual urging and straining	3	1
	<i>RECTUM – DIARRHEA</i>	2,3,3, 4,4, 4, 35	2
	RECTUM – DIARRHEA – menses – during	2,2	1
	RECTUM – FLATUS – afternoon	4	1
	RECTUM – FLATUS – copious	2,2,2, 4, 4, 4	1
	RECTUM – FLATUS – offensive	3	1
	RECTUM – FLATUS – menses, during	2,2	1
	RECTUM – FLATUS – putrid, foul	3	1
	RECTUM – INVOLUNTARY stool	3,3, 35	1
	RECTUM - IRRITATION	9	1
	RECTUM - LUMP; sensation of a	19	1
	RECTUM – PAIN – cough – agg.	9	1
	RECTUM – PAIN – constriction	9	1
	RECTUM – PAIN – sitting – amel.	9	1
	<u>RECTUM – Protrusion –</u>	<u>9</u>	<u>1</u>

	<u>something wants to – sensation of</u>		
	RECTUM – URGING	35	1
	RECTUM - URGING - coffee, after	9	1
	RECTUM – URGING – frequent	2,2	1
	RECTUM – URGING – stool - sudden	3, 3, 3, 9	1
CHILL	<i>CHILL – CHILLINESS</i>	2, 4, 18, 20, 20, 20, 20, 20, 20, 20, 33	2
	CHILL –CHILLINESS – morning	20	1
	CHILL – SHAKING – sleep – after – amel.	2	1
	CHILL – WARM – desire for warmth which does not relieve	4	1
NOSE	NOSE – AIR – inspired air; sensitive to – feels cold	2	1
	NOSE – AIR AGG.; draft of	2	1
	NOSE – CATARRH	33,33,35, 35	1
	<i>NOSE – CATARRH – Postnasal</i>	2, 3, 3, 4, 4, 8, 30, 30, 33, 33, 34, 34	2
	NOSE – COLDNESS – icy coldness	2,2,2,2,2	1
	NOSE – COLDNESS – Inside	2,2,2,2,2	1
	NOSE – COLDNESS – sensation of	2,2,2,2,2	1
	NOSE – COLDNESS – warm applications amel.	2,2,2,2	1
	<i>NOSE – CONGESTION</i>	3,1935, 35, 15, 15, 15, 30, 30, 33	2

	NOSE – CONGESTION- night	3, 19	1
	NOSE – CORYZA	15, 15	1
	NOSE – CORYZA, left	33	1
	<i>NOSE – DISCHARGE</i>	3,4, 35, 35	21
	NOSE – DISCHARGE – burning	3	1
	<i>NOSE – DISCHARGE – clear</i>	3, 4, 4, 35, 35, 15	2
	NOSE – DISCHARGE – copious – stuffing of head; with	33	1
	NOSE – DISCHARGE – greenish	4	1
	NOSE – DISCHARGE – mucous	3	1
	<i>NOSE – DISCHARGE – Posterior nares</i>	2,3, 4, 8, 20, 20, 30, 30, 33, 33, 34, 34	2
	NOSE – DISCHARGE – viscid, tough	4	1
	NOSE - DISCHARGE - watery	15, 33, 33	1
	NOSE – DISCHARGE –watery , right	33	1
	NOSE – DISCHARGE – white	2	1
	NOSE – DISCHARGE – yellow	2, 33	1
	NOSE – DRYNESS – Inside	2, 15	1
	NOSE – HAY FEVER	8	1
	NOSE – ITCHY	19, 19, 35, 35	1
	NOSE – ITCHING – Tip	35, 19	1

	<i>NOSE – OBSTRUCTION</i>	3,19, 19,30	21
	NOSE – OBSTRUCTION – left	30, 30	1
	NOSE – OBSTRUCTION – night	3, 19	1
	NOSE – OBSTRUCTION – right – then left	3	1
	NOSE – PAIN – air – agg.	2	1
	NOSE – PAIN – air; during inspiration of	2, 15	1
	NOSE – PAIN – burning	15	1
	NOSE – PAIN – cold – air – agg.	2,2	1
	NOSE – PAIN – dryness, from	2,2	1
	NOSE – PAIN – excoriating	3	1
	NOSE – PAIN – extending to – ears	8	1
	NOSE – PAIN – inspiration agg.	2,2	1
	NOSE – PAIN – nostrils – raw; as if	3	1
	NOSE – PAIN – right	2,2,2	1
	NOSE - PAIN - Root - headache, with	33	1
	NOSE – PAIN – warm – air – inspiration – amel	2,2,2	1
	NOSE - RUBBING - amel.	19	1
	<i>NOSE – SNEEZING</i>	2,3,4, 8, 18, 35, 35, 20, 23	2
	NOSE – SNEEZING – air; in open – amel.	4	1

	NOSE – SNEEZING – coryza, with	18	1
	NOSE – SNEEZING – night	3	1
	NOSE - SNEEZING – paroxysmal	23	1
	NOSE - SNEEZING - paroxysmal - prolonged paroxysms	23	1
	NOSE – SNEEZING – violent	3,3	1
STOOL	STOOL – FREQUENT	2, 4, 20	1
	STOOL – LIGHT COLORED	4, 4	1
	STOOL – ODOR – offensive	35	1
	STOOL – SOFT	35	1
	STOOL – THIN	35, 35, 35	1
	<i>STOOL – THIN – yellow</i>	2,3, 35, 35	2
	STOOL – UNDIGESTED	3	1
	STOOL – WATERY	35	1
	STOOL – WATERY – yellow	2,3	1
	LARYNX	LARYNX AND TRACHEA – CONSTRICTION – Trachea	2
LARYNX AND TRACHEA – OBSTRUCTION; sensation of – Trachea		2	1
LARYNX AND TRACHEA - VOICE - changed		15	1
<i>LARYNX – VOICE – hoarseness</i>		2, 15, 25, 33,35	2

	LARYNX AND TRACHEA - VOICE - hoarseness - cough - after	2	1
	LARYNX AND TRACHEA – VOICE – hoarseness – painful	35	1
	LARYNX AND TRACHEA – VOICE – lost	2,2, 35, 35	1
	LARYNX AND TRACHEA – VOICE – lost – painful	35	1
	LARYNX AND TRACHEA – VOICE – lost – painless	2	1
	LARYNX – VOICE- rough	33	1
FEVER	FEVER	35	1
	FEVER – CHILL; with	8, 15	1
	FEVER – HEAT	15, 19	1
	FEVER – PERSPIRATION – heat	18	1
FACE	<u>FACE – AIR – upper jaw filled as if it were, biting down on</u>	<u>19</u>	<u>1</u>
	FACE – COLDNESS – Cheeks – left/ burning pain in face; from	2	1
	FACE – COLDNESS – icy coldness	2	1
	FACE – COMPLAINTS of face – left side	2,2	1
	FACE – CONGESTION	4	1

	FACE – DISCOLORATION – red	4, 32	1
	FACE – DISCOLORATION – red – heat – with	4	1
	FACE – DRYNESS	20, 20	1
	FACE – DRYNESS – Lips	2, 19	1
	<i>FACE – ERUPTIONS</i>	<i>2, 4, 19, 20, 24</i>	<i>21</i>
	<i>FACE – ERUPTIONS – acne</i>	<i>4, 19, 20, 24</i>	<i>2</i>
	FACE - ERUPTIONS – acne, chill	20	1
	FACE – ERUPTIONS – acne – Forehead	4	1
	FACE – ERUPTIONS – pimples, chin	19, 19	1
	FACE – HEAT – pains, with	2	1
	FACE – ITCHY	32	1
	FACE – MOTION – amel.	2	1
	FACE – PAIN – air – draft agg.	2	1
	FACE – PAIN – blow, as from a	2	1
	FACE – PAIN – Cheeks	2, 2	1
	FACE – PAIN – Cheeks – left	2	1
	FACE – PAIN – Jaws – Lower – extending to – Ear	2	1
	FACE – PAIN – Jaws – Lower	2	1

	– left		
	FACE – PAIN – jaw, right, lower	30, 30	1
	FACE – PAIN – Jaws – Upper – extending to – Ears	2	1
	FACE – PAIN – Jaws – Upper – gnawing pain	2	1
	FACE – PAIN – Malarbones – left	2	1
	FACE – PAIN – sore	2	1
	<i>FACE – PARALYSIS – sensation of</i>	2	1
	FACE – SENSITIVE	32	1
	FACE - SWELLING - Jaw - Lower	30	1
	FACE – WRINKLED – forehead	20	1
BLADDER	BLADDER – HEAVINESS	20, 20, 20	1
	<i>BLADDER - URINATION - frequent</i>	<i>15, 18, 20, 20, 20, 20</i>	2
	BLADDER - URINATION - frequent - night	20	1
RESPIRATION	RESPIRATION – ASTHMATIC – accompanied by – chest – constriction; sensation of	4	1
	RESPIRATION – ASTHMATIC – lying – agg.	4	1
	RESPIRATION – ASTHMATIC – sitting – erect – amel.	4	1
	RESPIRATION – BENDING – forward – amel.	2	1

	RESPIRATION – BENDING – head - forward – amel.	2	1
	RESPIRATION – COLD – air – agg.	2	1
	RESPIRATION – COLDNESS of breath – inspiration – agg.	2	1
	RESPIRATION – DEEP	2	1
	RESPIRATION – DEEP – desire to breathe	2	1
	<i>RESPIRATION - DIFFICULT</i>	2,30, 30, 30, 33, 33, 33, 33	2
	RESPIRATION – DIFFICULT – constriction – Trachea; of	2	1
	RESPIRATION - DIFFICULT - exertion - least; from the	33	1
	RESPIRATION - DIFFICULT - mucus; from - Trachea; in	33, 33	1
	RESPIRATION – DIFFICULT – night	30	1
	RESPIRATION – DIFFICULT – Trachea; felt in	2	1
	RESPIRATION – DIFFICULT – walking, agg	33	1
	RESPIRATION - IMPEDED, obstructed	30, 30, 30	1
	RESPIRATION - IMPEDED, obstructed - plug; from sensation of a - throat; in	33, 33	1
	RESPIRATION – LOUD	35	1
	RESPIRATION – SIGHING	2	1

	RESPIRATION - SUFFOCATION; attacks of	33	1
	RESPIRATION – WHEEZING	4, 4, 4, 35, 35, 35	1
	RESPIRATION – WHEEZING – lying agg.	35	1
MOUTH	MOUTH – DRYNESS	25, 25	1
	MOUTH – ODOUR – offensive, morning	19	1
	MOUTH - TASTE - bad - morning - waking; on	19	1
COUGH	COUGH	35, 35	1
	COUGH – ACCOMPANIED BY – lachrymation	35	1
	COUGH – AIR; in open – agg.	35	1
	COUGH – AFTERNOON	4	1
	COUGH – ASTHMATIC	4, 4, 4, 4, 35, 35	1
	COUGH – BREATHING – deep	2	1
	COUGH – BREATHING – deficient, being	35, 35	1
	COUGH – CHOKING	2	1
	COUGH – DAYTIME –amel.	2	1
	COUGH – DRINKING –amel.	32, 15	1
	COUGH – DRINKS – cold – amel.	2	1
	COUGH – DRY	4, 15, 33	2
	COUGH – DRY COUGH –	15, 15, 33	1

TALK, agg		
COUGH - EATING - amel.	15	1
<u>COUGH – FOOD – Sweet food</u> <u>– agg.</u>	<u>2</u>	<u>1</u>
COUGH – FORCIBLE	2, 35	1
COUGH – HAWKING	2	1
COUGH – INSPIRATION agg.	2	1
COUGH – ITCHING – throat ; in	4	1
COUGH – ITCHING – throat pit	4	1
COUGH – IRRITABLE	2, 4	1
COUGH - IRRITATION; from - Throat-pit; in	33	1
COUGH – LOOSE	30, 30	1
COUGH – MORNING – waking; on	4	1
COUGH – NIGHT – only	2	1
COUGH – PAINFUL	35	1
COUGH – PAROXYSMAL – attacks follow one another quickly	35	1
COUGH – PAROXYSMAL – long paroxysms	35	1
COUGH – PERIODICAL	35	1
COUGH – SLEEP – preventing	35, 35	1
COUGH – SUGAR – agg.	2	1
COUGH – SUFFOCATIVE	35, 35, 35	1

	COUGH - TALKING	15,15	1
	COUGH – TALK, agg	15,15, 33, 33	1
	COUGH – TICKLING – throat; in	32, 32	1
	COUGH – VIOLENT	35	1
SKIN	SKIN – COLDNESS – sensation of	2,2	1
	SKIN – DRYNESS	19,20,20	1
	SKIN – ERUPTIONS - boils	2	1
	SKIN – ERUPTIONS – itching	2	1
	SKIN – ERUPTIONS – pimples	2, 24, 24	1
	SKIN – ITCHING	2	1
	<u>SKIN – Itching – moles</u>	<u>2</u>	<u>1</u>
	SKIN – ITCHING - stinging	32	1
	SKIN – SENSITIVENESS, sun to	25	1
	SKIN – UNHEALTHY	4	1

4.6 Comparative materia medica

The extracted symptoms were compared to, firstly the toxicology of *Bitis atropos* venom and secondly to existing Homoeopathic remedies that draw the closest resemblance on repertorisation. These are further discussed in Chapter 5, 5.4 and – 5.5 respectively.

CHAPTER 5

5. DISCUSSION OF RESULTS

5.1 Introduction

The proving of *Bitis atropos*, yielded a total of 903 rubrics, 18 of which were newly formulated rubrics. The majority of rubrics corresponding to the remedy *Bitis atropos* were from the Dreams, Mind, Head and Eye sections of the repertory.

Table 5.1: Number of rubrics

System	Rubrics	New Rubrics	System	Rubrics	New Rubrics
MIND	71	1	SLEEP	21	
TEETH	2		EAR	31	1
EXPECTORATION	4		ABDOMEN	20	
GENERALS	13	1	FEMALE	12	2
VERTIGO	11		DREAMS	83	2
THROAT	58		RECTUM	18	1
CHEST	33	1	CHILL	4	
HEAD	73		NOSE	52	
EXTERNAL THROAT	1		STOOL	9	
URINE	4		LARYNX	10	
BACK	50	1	FEVER	4	
EYE	69	2	FACE	31	1
NECK	9		BLADDER	3	
EXTREMITIES	65	4	RESPIRATION	23	
VISION	1		MOUTH	3	
STOMACH	52		COUGH	35	
MALE	1		SKIN	9	1

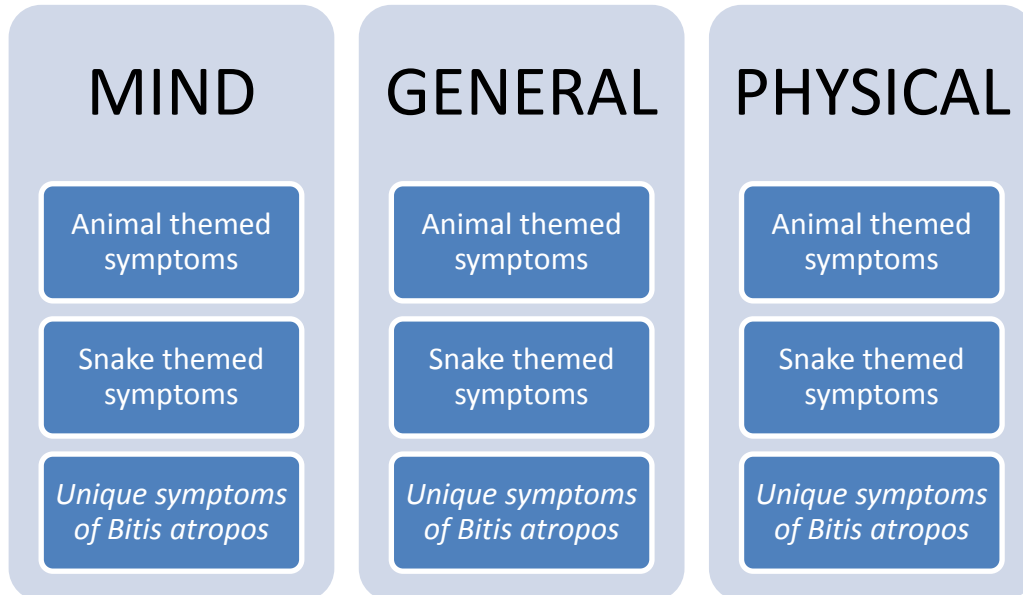
5.2 Abbreviation of the Remedy

The remedy shall be abbreviated as Bit-at, as per the recommendations made by Schroyens in *Synthesis Repertorium Homeopathicum*(2004): The Latin name of a remedy serves as the basis for the abbreviation known as a root. Further letters are added on to it to distinguish it from a substance which would be abbreviated with the same root.

5.3 Symptoms discussed

The symptoms are hereby discussed under the broad categories of Mind, General and Physical symptoms. To determine the unique characteristics of *Bitis atropos*, proving symptoms that are common to the animal and snake themes are separated under the headings Animal and Snake. This allows for the symptoms more specific to *Bitis atropos* to be pronounced. It shall be explained as follows:

Table 5.2: Breakdown of the symptoms discussed



According to the researcher, all the themes of animals and snakes in Homoeopathy, have a common underlying characteristic - The feeling of being threatened. When an animal is threatened in any way it must:

- Fight back (attack and defend):
 - deceitfully, by manipulation, cunning, from hidden perspective, don't show true self, or
 - Aggressively, strike to kill.
 - This change from rest must be sudden.
 - This must be done to attack prey, protect their territory, and scare away competition.

OR

- Escape:
 - Need to be mobile
 - Must be able to communicate, or threaten its opponent, to buy time for escape.

The feeling of being threatened makes the snake anxious and fearful, which brings with it some degree of vulnerability. This feeling of inadequacy, circles back to attack and defend, which is overcome by a fight or flight response, in a matter of speaking.

Being threatened also restricts freedom to do as they please, as it has to be on constant guard for fear of predators. This leads to feelings of suspicion and the inability to trust.

Lastly, to ensure the continuation of the genetic line is not threatened, there is a need to mate, which results in attractive, attention seeking behaviour, which in turn leads to competition, and jealousy and again circles back to attack or defend.

Thus the themes of animal and snake intertwine, although the manner of the action – reaction pathway the snake takes, is unique to the group. Within this

structure, there are key elements exclusive to *Bitis atropos* that are discussed herein.

5.3.1 MIND

The mental symptoms will be explained as follows:

Table 5.3: Breakdown of the Mind symptoms

Animal themed symptoms	Snake themed symptoms	Symptoms unique to <i>Bitis atropos</i>
Attack and defence	Aggressive	Irritability towards people
Competition	Alone	Polarity specific to <i>Bitis atropos</i>
Mating and appearance	Anxiety	Connectedness
Territoriality	Clairvoyance	
Restriction and freedom	Desire for company	
Symbiosis	Direction of the symptoms inevitably moves in the direction of the snakes coiling	
Music	Escape	
Mobile	Fear	
	Hiding, deceit, concealment, never seen, disguise	
	Indifference	

	Indifferent to their offspring	
	Jealousy/suspicion	
	Sexuality	
	Vulnerability	

5.3.1.1 Animal:

Attack and defence

There was an alertness, or the feeling of being on guard which resulted in much restlessness and tension in provers (02F:20:XX:XX). Provers became very defensive, standing up for themselves, ensuring that their point was proved, although this came with feelings of anxiety (02F:05:XX:XX) (02F:09:XX:XX) (03F:02:XX:XX).

Provers also became defensive about lack of money and becoming very astute in the business sense, to attack the money market (03F:03:XX:XX). There was an intolerance to criticism, feeling excluded from a group and suspicious of their intentions as if “I had to watch my back, read into people’s actions,” a feeling of being very threatened (Appendix H). Prover 2 became very tense in all spheres of her being as she felt she had to be on guard at all times, especially at night.

There were feelings of revenge, and vengeance when wronged, a courage and determination to not go unheard. “I don’t want to hurt anyone, just to defend myself; it’s not a competition, just the right to live my life. It’s not about anarchy and not following rules- respect, love, kindness, let the others know that you have a say in whatever is happening and you’re/I’m important.” (02F:05:XX:XX). It’s very curious that a snake that is not treated with much

importance, due to its scarcity and low venom yield in the wild (Rivers & Koenig, 1981:26), has similarly faced an issue of not being seen as a symptom of provers.

Competition

There is a fight for attention and in so doing, manipulation - prying into others personal details, judging them, yet hiding the true feelings toward them, undermining them to feel better about oneself, working harder and better to gain the praise and attention of those around and to be remembered fondly, although through deceptive means(03F:04:XX:XX) (03F:05:XX:XX) (03F:06:XX:XX).

Mating and appearance

Provers began to draw attention to themselves by standing out and being noticed (02F:04:XX:XX), aesthetically making changes. *It's all about being beautiful and making yourself pretty*, feeling good about the way one looks and focusing on how to enhance that beauty physically by new hair dos, make up and false eyelashes (02F:03:XX:XX) (04M:00:XX:XX) (17F:08:XX:XX). There is a need to be attractive and smell good and as prover 19 suggested, it is all for alluring the opposite sex. (19F:14:XX:XX).

Territoriality

Prover 2 could not handle strangers or visitors entering her home as she believes them to be a danger; something who will hurt her and her family and so she makes this known to people who come there (02F:13:XX:XX). Provers also experienced the feelings of home sickness and just wanting to be home (14F:02:XX:XX) (33F:08:XX:XX).

Restriction and freedom

There was a feeling of being trapped which was taking a toll on prover 4 with the desire to break free, travel the world, or to do as pleased, which resulted in experimentation with drugs and cigarettes for the first time, as it served to escape reality and would not restrict learning (02F:08:XX:XX) (04M:11:XX:XX) (04M:16:XX:XX) (04M:22:XX:XX). On the other hand there was a prover who experienced a joyous freedom in the proving (06M:00:XX:XX).

Symbiosis

There was a freeness and connection to nature, and the preference of animal company to humans (03F:02:XX:XX) (03F:04:XX:XX).

Music

There was a relief or good feeling listening to music (Appendix H).

Mobile

There was a feeling of no coordination in a prover after falling ill. (Appendix H).

5.3.1.2 Themes relating to snake remedies in general:

Aggressive

There is great aggression and anger, wanting to strangle someone, and especially anger and frustration towards people, with rage bubbling over, and feelings of being snappish and wanting to scream (15F:02:XX:XX)

(18F:08:XX:XX)(24F:04:XX:XX) (25F:05:XX:XX). There is even road rage experienced (20F:02:XX:XX).

Alone

A strong desire to be alone, as seen in 5 proverbs. One proverb even mentioned that she'd like to hibernate (18F:06:XX:XX). There was a feeling of being separate and not part of the greater community (19F:02:XX:XX), avoiding contact with people, yet wanting contact with close friends, however unwilling to create new friendships (03F:01:XX:XX).

Anxiety

There was nervous feeling in back of throat and heart (03F:01:07:30).

Clairvoyance

Proverb 19 mentions feeling psychic (19F:10:XX:XX).

Desire for company

Interactions and social behaviour was experienced in a proverb who made more contacts and networked and craved to mix with friends (06M 04:XX:XX).

Direction of the symptoms inevitably moves in the direction of the snakes coiling

Proverb 2 began with all the symptoms on the left hand side, but as time elapsed, they moved to the right hand side. Proverbs also experienced symptoms in either sphere of the body.

Escape

“I was threatened by people coming close, stress if people came close. Didn’t know whether to run away or to fight. Just wanted to be left alone and hide from the world.” (Appendix H).

Fear

There is a fear of falling down the stairs from a height which is heightened at night and in the dark (02F:08:XX:XX) (02F:09:XX:XX).

There is a fear of thieves breaking into the house (02F:13:XX:XX) (09F:XX:XX:XX).

Hiding, deceit, concealment, never seen, disguise

Refer to competition.

Indifference

One prover, felt he was emotionally indifferent, as if he was split in two (Appendix H). Provers described it as a “don’t care attitude”, no interest in studying, or feeling indifferent towards selfish people (15F:01:XX:XX) (15F:03:XX:XX) (15F:06:XX:XX).

Indifferent to their offspring

There was 1 prover who became short tempered with her child (20F:03:XX:XX), however, the polar opposite sensation was experienced in were there was great concern to look after family, shielding them from harm (02F:13:XX:XX).

Jealousy/suspicion

The competitive nature, resulted in jealousy of those who were the greatest threat and resulted in emotions of deceit and manipulation to be noticed, trying to hide inadequacies physically and emotionally (03F:05:XX:XX).

Sexuality

There were sexual thoughts that pervaded especially one prover who wished for more adventurous sexual pleasures (04M:03:XX:XX). Six provers had explicit sexual dreams as mentioned under 5.3.3.

Vulnerability

There is a sense of not wanting to get close to people and the inability to connect emotionally. There is a fear of being hurt, prover 2 suggests “Connecting emotionally, or opening up feels as if I’m vulnerable, weak, a prey, and if something dark, unknown will come and get me. A defenseless prey who needs to be on the watch/on guard constantly, not sleep at all for the dangerous creatures will crawl into the house and get you, eat you alive.” (02F:13:XX:XX).

There is also a lack of trust in the self and an inability to keep up(03F:03:XX:XX) (03F:05:XX:XX) (18F:12:XX:XX). There are feelings of being a failure, inadequate and an exhaustion of being unable to cope with the challenges around, which is ameliorated when alone (23M:26:XX:XX). With these feelings comes a sense of anxiety and stress. (18F:12:XX:XX) (20F:08:XX:XX) (35M:XX:XX:XX).

5.3.1.3 Themes specific to *Bitis atropos*:

The symptoms that related to the nature of the snake as described in Chapter 2 include the following:

The key feature, in the mental symptoms of this remedy is the intense irritability experienced by many provers. Although a common theme in snakes, the unique nature is that it is **mostly directed towards people** and is therefore better when alone (08M:04:XX:XX) (18F:03:XX:XX) (20F:01:XX:XX) (23M:01:XX:XX) (24F:07:XX:XX) (03F:00:08:10). One prover describes the sensation as “Feel as if something inside of me wants to come out to attack these annoying people around me” (18F:08:XX:XX). This can be compared to the snake as it will strike if approached and prefers to be left alone as it often escapes company. There is a marked irritation even at friends for not reciprocating, incompetent people, or irritation at one’s spouse, child or work colleagues (19F:03:XX:XX) (20F:03:XX:XX) (32F:14:XX:XX). The snake makes a loud hissing sound which could be seen especially in prover 2, who usually quiet and reserved, began to voice her opinions and became more vocal when she was unhappy. The attention seeking behaviour of provers, their desire to be beautiful and stand out, could relate, as the snake is seldom seen explaining the need to be attractive. The snake is also referred to as “thick bodied”, it is curious that prover 19 described “I feel overweight and my stomach feels not toned at all, a blobby mass of spongy jelly. It distracts me. I sit here conscious of how soft and engorged my rolls of flab are all squished together when I hunch. (I am usually not so body-dismorphic)” (19F:03:XX:XX).

It is curious the dichotomy of wanting to be seen as beautiful, and standing out in a crowd, and being critical of what others think of them, yet, they don’t want people around as it causes great irritability. This polarity of nature is seen commonly throughout the mental, general and physical symptoms. The duality seen in the mental sphere is described in the table below.

Table 5.4: The split/ polarity specific to *Bitisatropos*

<p>Alone</p> <p>There is a strong desire to be alone, away from people and an inability to want to make new friends. Refer to Alone.(06M:05:XX:XX) (08M:04:XX:XX)(18F:02:XX:XX) (19F:02:XX:XX) (23M:26:XX:XX)</p>	<p>Company</p> <p>There is a need for people to be around for the comfort of having someone close by, animal company is also appreciated. (03F:00:08:10) (19F:05:XX:XX) (03F:02:XX:XX)</p>
<p>Sad</p> <p>There are feelings of utter sadness and despair, nostalgic grief, loneliness, of being unloved, being separate from the world, feeling unappreciated, depressed (03F:00:08:10) (03F:01:07:30) (04M:16:XX:XX) (14F:12:XX:XX)(19F:02:XX:XX) (30F:07:XX:XX) (19F:05:XX:XX) (19F:04:XX:XX)</p>	<p>Cheerful</p> <p>Feeling of complete joy and happiness, smiling at the kindness of people, children, strangers, the sensation of flying above the clouds, singing playful tunes, jovial mannerisms, celebrating, child –like behaviour, light hearted and care free, cheerful, excited and alive (02F:21:XX:XX) (06M:00:XX:XX) (06M:02:XX:XX) (06M:06:XX:XX) (18F:01:XX:XX) (18F:02:XX:XX) (18F:03:XX:XX) (18F:05:XX:XX) (18F:06:XX:XX) (18F:10:XX:XX) (27F:06:XX:XX) (27F:07:XX:XX) (34F:01:XX:XX)</p>
<p>Inadequacy of self</p> <p>There is a feeling of inadequacy about the physical appearance of many provers who feel threatened in the crowd, whose sense of self-</p>	<p>Vanity</p> <p>Aesthetically making changes to one's physical appearance to look beautiful and be more attractive. Refer to Mating and appearance above.</p>

<p>consciousness takes over reason and an anxiety of what people may think about them. There is also a feeling of hopelessness with regard to appearance.(19F:14:XX:XX) (03F:05:XX:X) (19F:03:XX:XX) (19F:04:XX:XX) (19F:15:XX:XX)</p>	<p>(02F:03:XX:XX) (04M:00:XX:XX) (17F:08:XX:XX).</p>
<p>Absent minded Five provers developed absentmindedness and forgetfulness including confusion and a feeling of being dazed and inability to focus or concentrate on a task at hand (03F:00:08:10) 06M:00:XX:XX) (06M:03:XX:XX). There was also confusion with words, thoughts, and the interpretation of words as well as making errors in speaking and with money.</p>	<p>Increased focus Was easier to focus, plan and concentrate on work to become more productive. (06M:03:XX:XX) (06M:04:XX:XX) (27F:02:XX:XX)</p>
<p>Calmness There are feelings of calmness and positivity or an acceptance that a positive outlook is needed (18F:07:XX:XX) (27F:01:XX:XX).</p>	<p>Anger There is an aggressive anger. Refer to aggressive above.</p>
<p>Stimulation There is a desire for stimulation from the outside world, very mentally active, desire to go out and</p>	<p>Lethargy Laziness was experienced by provers, indicative of the conservation of energy required due to the exothermic</p>

<p>exercise, internal restlessness that needs to be released (02F:20:XX:XX) (18F:13:XX:XX) (20F:11:XX:XX) (34F:02:XX:XX)</p>	<p>feature of snakes. (02F:18:XX:XX) (06M:04:XX:XX) In the post proving meeting (Appendix H), many provers mentioned that even writing in their journals felt tiring, was hard work, too much effort to write, they felt lazy and preferred sleeping and being on social networks, felt too tired to put even words together. There were also bursts of energy experienced versus very tired also indicative of snake normality. Some provers experienced a sense of silence, introversion, relaxed again indicating a conservation of energy. (06M:01:XX:XX)(20F:04:XX:XX)(34F:01:XX:XX)</p>
<p>Loquacity Happy talkative, wanting to talk to people (27F:06:XX:XX) (34F:02:XX:XX)</p>	<p>Quiet Quiet disposition, to be silent, introverted (06M:00:XX:XX) (06M:01:XX:XX) (20F:04:XX:XX)</p>
<p>Connected the ability to connect to everything (Appendix H) , yet scared to be connected for fear of being hurt (02F:13:XX:XX)</p>	<p>Unconnected There was an inability to connect to reality and the desire to connect to nature and people (03F:05:XX:XX) (34F:02:XX:XX).</p>
<p>Split of emotions</p>	

<p>“Outwardly free, connected to nature, uninhibited, mischievous, like a child, Acting without thought of consequence” 03F:04:XX:XX</p>	<p>“Inwardly distrustful, suspicious, careful, guarded (from other people)” 03F:04:XX:XX</p>
<p>Desire to do tasks to satisfy bodily needs such as drinking water when thirsty, cover the body when cold, sleep. 02F:01:23:44</p>	<p>“Refuse to listen to bodily needs – will not get water, will not cover myself instead opened window to let cold air in, watch movies instead of sleep” 02F:01:23:44</p>
<p>Easily social outwardly 03F:02:XX:XX</p>	<p>Judgemental of people internally 03F:02:XX:XX</p>
<p>“Desire to shed good boy persona and become liberated from the image I portray – good, wholesome, slightly awkward boy”. 04M:03:XX:XX</p>	<p>“Give over to the hidden urges of promiscuity, sexual self-indulgence, my dark inner world and wonder if these urges will ever have a chance to rule my body.” 04M:03:XX:XX</p>
<p>“Lethargic – don’t want to do anything” 06M:04:XX:XX</p>	<p>“Feel the need to do something” 06M:04:XX:XX</p>
<p>“Can’t seem to concentrate” 18F:06:XX:XX</p>	<p>“Feel like being a rebel and not doing anything” 18F:06:XX:XX</p>
<p>“Feel like an old woman” 19F:04:XX:XX</p>	<p>“Teenage girl stuck inside” 19F:04:XX:XX</p>
<p>“Feel as if there is dullness in my mind. I am here but my mind is</p>	

somewhere else.”

18F:07:XX:XX

Polarity of symptoms also occurred within the same prover, for example, prover6 experienced confusion, forgetfulness, yet later in the proving experienced increased levels of concentration and focus. Contrary to the mistrustful nature of snakes, provers became more patient, trusting others to take over tasks and not becoming anxious about issues (02F:05:XX:XX).

In the post proving meeting (Appendix H), the importance of the theme of ‘Connectedness’ was brought up. Those who usually where very connected emotionally to others, who cared and gave of themselves became indifferent when on the proving. The feeling of not being connected to reality and nature was also felt, and there was a desire to be in nature. Provers felt as if they were floating, and disconnected with an inability to focus and recall – inability to be connected to even their own thought (Appendix H). Confusion was also highly marked with forgetfulness; provers lost their trail of thought and had to clarify matters in conversations, misunderstood meanings and words in a conversation, confused and missing syllables in speech, and was reported as a mental amnesia in daily functioning. (06M:00:XX:XX) (06M:00:XX:XX) (06M:02:XX:XX) (06M:03:XX:XX) (19F:03:XX:XX)(Appendix H).

There was a desire to be connected by touch and to be embraced, to be treated like a child and to feel the comfort of being looked after (02F:02:XX:XX). There were many other references to child-like behaviour and childishness, mischievousness, the essence of being a child and joyously singing and being cheerful, which could be paralleled to the indifference of parental care in snakes (03F:04:XX:XX) (06M:02:XX:XX).

The fear of height that occurred in Prover 2, was strange, in that the berg adder’s habitat is that of mountainous areas, in addition there were also provers who dreamt of being in the mountains.

5.3.2 GENERALS

The general symptoms will be explained as follows:

Table 5.5: Breakdown of the General symptoms

Snake themed symptoms	Symptoms unique to Bitis atropos
Energy	Food and drink
Heat/warmth	Weakness
	Direction

In general, there was a feeling as if the prover was going to get sick, but then did not (Appendix H).

5.3.2.1 General systemic symptoms common to snake remedies in general:

Energy

There was a polarity of energy, with a great change of energy in 5provers who felt an abundance, or a surge of mental, physical and spiritual energy (06M:08:XX:XX)(06M:04:XX:XX) (20F:06:XX:XX) (23M:05:XX:XX) (32F:07:XX:XX) (34F:02:XX:XX) compared to feelings of complete exhaustion as if you about to get sick, energy completely depleted and feeling of intense tiredness with the desire to sleep (02F:30:XX:XX) (03F:00:12:00) (06M:06:XX:XX) (15F:08:XX:XX) (15F:09:XX:XX) (18F:02:XX:XX) (20F:03:XX:XX) (20F:05:XX:XX). "I feel like I have used allot of energy and strength in the last few days" (15F:10:XX:XX) or the feeling of being tired although having a normal day (15F:11:XX:XX) or waking up feeling tired (20F:10:XX:XX).

Heat/warmth

There was a craving for heat and warmth, sitting directly under the sun or having hot showers till steam comes out of the skin (02F:13:XX:XX). The warmth of the sun was ameliorating (04M:22:XX:XX) (02F:15:XX:XX) (02F:23:XX:XX) (17F:01:XX:XX) which compares to the basking in the sun of snakes, to regulate their cold – bloodedness. A common symptom was the sensation of coldness and struggling to warm up (02F:07:XX:XX), (04M:00:XX:XX), (18F:11:XX:XX), (20F:03:XX:XX). In addition one prover had a difficulty to find a temperature that suited her – too hot when covering and too cold when not, which led to sleeplessness (25F:08:XX:XX)

5.3.2.2 General systemic symptoms specific to *Bitis atropis*:

Food and drink

There was an aversion to drinking water (03F:03:XX:XX) and an increased thirst for water(06M:06:XX:XX), an amelioration from and craving for coffee (04M:16:XX:XX)(04M:20:XX:XX)(04M:20:XX:XX) (32F:11:XX:XX), craving salt (20F:14:XX:XX) (34F:01:XX:XX) (34F:01:XX:XX) (34F:02:XX:XX) (34F:05:XX:XX) and a craving for chocolate (18F:01:XX:XX) (20F:11:XX:XX) (20F:12:XX:XX) or an aversion to sweets(17F:00:XX:XX).

Weakness

There was loss of weight (35M:12:XX:XX), sudden muscle weakness general feeling of weakness (03F:XX:XX:XX) (19F:14:XX:XX) (33F:16:XX:XX).

Direction

Symptoms worse at night and firstly the left side, then right side (02F:16:XX:XX) (02F:00:17:03) (02F:21:XX:XX), or mostly left sided or right sided.

5.3.3 PHYSICALS

The physical symptoms will be discussed as follows:

Table 5.6: Breakdown of the Physical symptoms

Snake themed symptoms	Symptoms unique to <i>Bitis atropos</i> under the following systems
Vertigo	Throat
Sensation of a lump in the throat and difficulty swallowing	Chest
Sense of constriction in the chest, heart palpitations and aversion to tight clothing around the neck and chest	Head
Heaviness of the head, pain in the forehead	Urine
Pain in the cervical area (Neck), and rheumatic pain in the extremities	Back
Dryness of eyes and blurred vision	Eye

Increased appetite with a tendency to over eat	Extremities
Sluggish digestion, tendency to acid dyspepsia and heartburn	Vision
Increased thirst	Stomach
Abdominal flatulence and rumbling	Sleep
Deep sleep, sleepiness	Ear
Premenstrual syndrome and painful menses	Abdomen
Increased sexual desire and tendency to masturbation	Female
Dry, lusterless skin with a tendency to suppuration, boils, acne	Dreams
Cutaneous hyperesthesia	Rectum
Respiratory tract complaints, with a tendency to tonsillitis, asthma and bronchitis	Nose
	Stool

	Cough
	Skin

5.3.3.1 Physical symptoms common with snake remedies in general:

Vertigo

There was a sensation of dizziness, as if floating, flying in the clouds and intoxicated, light headedness that's worse for movement and better standing still (02F:00:11:56) (03F:00:12:00) (03F:00:12:00) (06M:00:XX:XX) (35M:09:XX:XX). There was also loss of balance experienced (02F:19:XX:XX) (33F:06:XX:XX).

Sensation of a lump in the throat and difficulty swallowing

There was the sensation of a foreign object (slimy yet spiny thing stuck in throat (08M:00:00:00), food (17F:00:XX:XX), like a ball of air(19F:01:XX:XX)) stuck in throat.

There was also the feeling of mucous build up at the back of the throat, collecting from a post nasal drip (03F:01:XX:XX) (30F:02:XX:XX). It was described as being 'gross and like a sticky, yellow river' (03F:02:XX:XX) or "like a mucous plug that needs to be coughed up" to the extent that the prover chokes on it, having difficulty swallowing and breathing (33F:03:XX:XX)(33F:08:XX:XX)(33F:11:XX:X) (33F:12:XX:XX) (33F:14:XX:XX).

There was a nausea that developed with the sensation as if a bone was stuck at the back of throat (03F:03:XX:XX).

Sense of constriction in the chest, heart palpitations and aversion to tight clothing around the neck and chest

Heart palpitations were experienced as if the rhythm felt irregular, trying to reset itself (04M:17:XX:XX), as if heart is knocking on the rib cage (25F:04:XX:XX), heart beating very fast for a long time and feeling dizzy (32F:05:XX:XX) (35M:20:XX:XX).

There was the sensation of tightness coupled with wheezing, coughing and difficulty breathing (04M:01:XX:XX) (04M:02:XX:XX) (04M:14:XX:XX) (30F:05:XX:XX) (33F:08:XX:XX). Constricting pain was also experienced (02F:16:XX:XX). Pain in the throat was worse for scarf around neck (02F:30:XX:XX).

Heaviness of the head, pain in the forehead

There is a sensation of heaviness experienced in the head and forehead; (17F:01:XX:XX) (33F:08:XX:XX)(02F:00:00:00) (02F:00:01:16). In the frontal hemisphere, there was pain (24F:01:XX:XX) (33F:01:XX:XX) (35M:09:XX:XX), and a sensation of heaviness, as if bulging being filled with warm water (02F:00:02:06), a sharp sensation (24F:04:XX:XX), a dull ache (27F:03:XX:XX) (32F:01:XX:XX), explosive sensation (24F:04:XX:XX) that is worse for stooping and better for pressure (20F:02:XX:XX), and conversely, worse for pressure (25F:05:XX:XX). It was also ameliorated being outside in the fresh air (27F:03:XX:XX) and worse for movement (27F:03:XX:XX). The headaches were also described as being tight and constrictive (33F:01:XX:XX).

Pain in the cervical area (Neck), and rheumatic pain in the extremities

Pain in the neck area was described mainly as tight (02F:00:11:56)

(17F:06:XX:XX) (32F:09:XX:XX) and stiff (08M:06:XX:XX) (33F:08:XX:XX) (33F:09:XX:XX) on the left side of the neck (02F:02:XX:XX). It was ameliorated by bending forward (02F:02:02:00) and aggravated by the same factor (19F:02:XX:XX). Another ameliorating factor, interestingly, is moving the neck **left** and **right** (35M:12:XX:XX).

The sensation of “neck is stretching, too elongated and my head will fall off” corresponds to snake anatomy in the researchers opinion, as in essence, the snake visibly, is ‘an elongated neck’, the same prover made mention “curves and circles, the pain doesn’t have ‘sharp edges:’ circle is the symbol of eternity” (19F:02:XX:XX), which corresponds to the symbolic essence of the snake as the Ouroboros, symbolizing divine self – sufficiency, with the imagery of the snake swallowing its own tail (Vermeulen, 2002).

There was a bruised sensation in the left shoulder joint that was worse for pressure (02F:20:XX:XX) (02F:21:XX:XX) that moved to the right shoulder. In prover 19 there was a wondering, aching, pain affecting the larger joints (knee, hips, shoulder) (19F:02:XX:XX).

Dryness of eyes and blurred vision

Redness of eyes (35M:09:XX:XX), watery discharge from the eye (02F:01:08:40) (02F:01:12:25) (04M:02:XX:XX) and dry eyes (03F:01:XX:XX) (25F:03:XX:XX) with burning sensation (25F:02:XX:XX) were common symptoms of the proving. There was agglutination of only the left eye that occurred in one prover, with the reddish-brown change in the colour of the conjunctiva (02F:01:08:40). Eyes were also itchy (04M:07:XX:XX) as if sand where in the eyes (19F:19:XX:XX). It is of the researchers opinion that these symptoms could compare to the fact that snakes eyes are unable to close (Master, 2008:6), which when experienced in a human, would relate to feelings of dryness which leads to itchiness, redness and lachrymation, this could also explain why eye symptoms are worse for light and touch, and better for closing the eyes.

Increased appetite with a tendency to over eat

There was an increase in appetite (25F:02:XX:XX) in a few provers who felt hungry all the time (02F:08:XX:XX), with no energy (5F:09:XX:XX) and feeling hungry even after eating (20F:02:XX:XX) (20F:04:XX:XX) (24F:11:XX:XX).

Sluggish digestion, tendency to acid dyspepsia and heartburn

Heartburn was experienced that was worse for drinking liquids and better for eating food, and was described as a burning pain that caused slight asphyxiation, as it would in a snake which swallows its meal whole (13M:00:XX:XX).

There was an empty feeling in stomach (03F:01:07:30) as well as a sensation of fullness (03F:00:12:00) (03F:02:XX:XX)(17F:01:XX:XX) described as a heavy ache in the solar plexus or as if there was a lump of concrete there, or as if the food hadn't gone down, even though eating very little (32F:07:XX:XX) (32F:04:XX:XX). Also, the feeling of a deep heavy aching nausea in bottom of stomach was present (03F:03:XX:XX).

Increased thirst

There was increased thirst in 6 provers (06M:00:XX:XX) (15F:02:XX:XX) (19F:04:XX:XX) (23M:02:XX:XX) (25F:07:XX:XX) (20F:02:XX:XX).

Abdominal flatulence and rumbling

There was an increase in eructations in several provers that were loud (02F:05:XX:XX) (02F:08:XX:XX), with an increase in bowel sounds (02F:13:XX:XX). Increased flatulence with a putrid smell was common in provers (02F:00:14:01) (04M:00:15:00) (03F:05:XX:XX).

Deep sleep, sleepiness

Sleeping deeply and feeling refreshed and restful (27F:02:XX:XX) (27F:03:XX:XX) (27F:05:XX:XX) (27F:06:XX:XX) (19F:01:XX:XX) (30F:04:XX:XX), yet also the symptom of no matter how much she slept, still felt unrefreshed (18F:14:XX:XX). There was also the sensation of sleepiness during the day (17F:00:XX:XX) (17F:01:XX:XX).

Premenstrual syndrome and painful menses

There was a diarrhea and flatulence experienced in conjunction with menses, with very heavy flow with and a bright red flow of blood (02F:06:XX:XX) (19F:13:XX:XX) (25F:02:XX:XX) (34F:05:XX:XX).

There was a curative result in prover 20, where she would usually experience premenstrual symptoms and increased duration of bleeding, on the proving her menses stopped early and without any premenstrual syndrome occurring (20F:11:XX:XX) (20F:14:XX:XX).

Increased sexual desire and tendency to masturbation

There was an increase in the libido in two provers with masturbation in prover 4 (04M:03:XX:XX) (04M:04:XX:XX) (04M:10:XX:XX) (34F:03:XX:XX).

Dry, lusterless skin with a tendency to suppuration, boils, acne

Dry skin on the face as well eruptions – described as small red pimples were present in provers 2, 4 and 24, as well as dry skin generally. There was also a sensation of dryness in the mouth and lips. Boils were present in prover 2 and a whitlow on prover 4's digit.

Cutaneous hyperaesthesia

There was a marked increase in sensitivity in the face, feeling warm to touch, and a sensation of heaviness and chilliness in prover 2. Further, there was a feeling of warmth in the face and redness (04M:22:XX:XX).

There was a sensation of coldness deep to the skin of the arm from the scapula to the tips of the fingers on the posterior aspect of the arm (02F:02:XX:XX). There was increased sensitivity to cold air on the left hand side of the face and increased sensitivity to heat while in the sun (02F:02:XX:XX) (25F:07:XX:XX).

The sensation of coldness of the feet (02F:18:XX:XX) and craving for them to be kept cold (02F:18:XX:XX), or the feeling as if they are ice blocks (19F:03:XX:XX) was experienced by provers.

Respiratory tract complaints, with a tendency to tonsillitis, asthma and bronchitis

Dyspnea was common to 3 provers with the sensation of a squashed trachea (02F:01:06:24) (30F:06:XX:XX) (33F:01:XX:XX).

Asthmatic attacks were common to provers 4 and 35 with wheezing, a tight chest, coughing and difficulty breathing, worse for lying down.

5.3.3.2 Physical symptoms specific to *Bitis atropis*:

Throat

Dryness (05F:1:XX:XX)(33F:07:XX:XX) (33F:17:XX:XX),itchiness (04M:00:XX:XX) and swelling (33F:10:XX:XX) (33F:10:XX:XX) were experienced in the throat. There was pain with the sensations:

- sharp as if razors cut the throat (02F:13:XX:XX)
- as if heart beating in throat, towards base of neck (02F:31:XX:XX)

- Sore
(02F:31:XX:XX)(03F:01:07:30)(17F:02:XX:XX)(20F:11:XX:XX)(30F:06:XX:XX)
- tickling (02F:31:XX:XX)(20F:14:XX:XX) (32F:00:13:00)
- inflamed, itchy and tender(04M:22:XX:XX)(25F:09:XX:XX)
- feels like a chilli in the throat (25F:08:XX:XX)
- sharp splinters like pain in my throat(33F:01:XX:XX)
- cutting sensation (getting worse) (33F:09:XX:XX)
- warm pins and needles tingling (33F:01:XX:XX)

The modalities included:

- Dryness better for eating and drinking
(33F:16:XX:XX)(02F:30:XX:XX),with polar opposite -
- worse when I'm swallowing food or fluids(35M:10:XX:XX)
- Pain worse for empty swallowing (02F:13:XX:XX) (25F:08:XX:XX)
- Better for warm drinks (02F:30:XX:XX) (35M:12:XX:XX), with polar opposite -
- Worse swallowing warm drinks (20F:12:XX:XX)
- Worse sweet stuff (02F:30:XX:XX)
- worse on the left side(02F:31:XX:XX) (25F:08:XX:XX)
- Better for quiet, worse for talking (02F:32:XX:XX) (35M:12:XX:XX)
- Water relieves it, feeling dry (33F:05:XX:XX) (32F:00:13:00)

Chest

Chest pain was experienced in various intensities one prover's pain was so intense the her entire body began to shake such pain had never before been experienced by this prover (02F:16:XX:XX). The pain was located:

- ribs **left** side of my body (02F:16:XX:XX)
- Pain is worse on the **left**(02F:16:XX:XX)
- **Left**intercostals muscles (02F:17:XX:XX)

- Intermittent **left** breast pain(03F:01:07:30)
- the **left** lung(35M:15:XX:XX)
- pain **travelled** to **right** side of back (02F:16:XX:XX)

It is experienced as a sensation of:

- spasms,tetany (02F:16:XX:XX)
- bruised feeling and pain(02F:17:XX:XX)
- it's a gnawing pain(02F:17:XX:XX)
- low, moaning ache(03F:01:07:30)
- sharp (33F:07:XX:XX)
- nauseous it sitting in my chest- feels like warm thing sitting behind the sternum(02F:03:XX:XX)
- tingling sensation in the chest area(06M:00:00:00)
- burning sensation in chest as if ate too much chilli. A hotness in the chest(06M:05:XX:XX)

The modalities included:

- better for stretching (02F:16:XX:XX)
- better bending toward the right side (laterally)(02F:16:XX:XX)
- worse bending laterally (02F:17:XX:XX)
- worse for breathing (02F:16:XX:XX)
- worse standing erect (02F:16:XX:XX)(02F:17:XX:XX)
- better sitting and double up (02F:16:XX:XX)(02F:17:XX:XX)
- better for lying on my stomach (02F:16:XX:XX)
- better pressure on my left hip or on the ribs (02F:16:XX:XX)
- better for prayer(02F:16:XX:XX)
- worse cough(35M:15:XX:XX)

Head

Pain that was associated with the eyes (02F:02:XX:XX) was peculiar in many provers, either beginning behind the left eye (02F:02:XX:XX) (04M:05:XX:XX), or there was pain behind both eyes (32F:03:XX:XX) (17F:01:XX:XX) (33F:08:XX:XX). There was also the sensation of something being in front of the eyes (02F:00:01:16), or an associated photophobia (20F:09:XX:XX). Aching pain was experienced inbetween eyes, on the bridge of the nose with a sinusitis type pain (33F:08:XX:XX) and with the sensation of being congested (08M:06:XX:XX). Cold air aggravated the headache between the eyes (02F:06:XX:XX). The dull ache behind the left eye extended posteriorly and superiorly that was aggravated by bending (04M:05:XX:XX).

Headaches were on varying scales (30F:06:XX:XX) (35M:10:XX:XX) with the sensations of throbbing (09F:01:XX:XX) (23M:01:XX:XX), as if a strike of lightening (09F:01:XX:XX), sharp sensation (25F:08:XX:XX) and a dull ache (33F:08:XX:XX).

Pain located in the left hemisphere (02F:02:XX:XX) (35M:11:XX:XX), with a sensation of dullness (15F:01:XX:XX) (19F:13:XX:XX) or a bruised feeling (33F:02:XX:XX). Modalities included better for warmth or sunlight (02F:02:XX:XX) and worse for cold air (02F:02:XX:XX).

In the occiput (35M:10:XX:XX), the headache aggravated complaints of stiff neck, with a tight sensation (33F:08:XX:XX). Headache was worse for standing (35M:15:XX:XX).

Headaches in the temporal region where aching (25F:01:XX:XX)(23M:01:XX:XX). Or they began in another part of the head and travelled to the temporal region (25F:08:XX:XX) (33F:03:XX:XX). There

was a sensation of pulsating and pressure; warmth ameliorated the complaint (02F:02:XX:XX).

There was pain at the top of the head with a heavy sensation (18F:05:XX:XX) (18F:02:XX:XX).

Modalities include:

- worse for movement (33F:08:XX:XX)
- worse during the day (35M:09:XX:XX)
- worse for sunlight (35M:10:XX:XX)
- worse for coughing (35M:10:XX:XX)
- worse dreams of noise (35M:11:XX:XX)
- better for wind (35M:11:XX:XX)

Concomitant symptoms were the sensation of heat and perspiration (23M:01:XX:XX) and coughing (30F:05:XX:XX) (35M:10:XX:XX).

Urine

There was increases frequency of urination (06M:00:XX:XX) (06M:02:XX:XX) (15F:03:XX:XX) (18F:08:XX:XX) (20F:06:XX:XX) (20F:06:XX:XX) (20F:07:XX:XX) that had a light green colour in one prover(06M:00:XX:XX) (06M:02:XX:XX) and smelt like coffee (18F:10:XX:XX).

Back

There was a sensation of itchiness (35M:00:XX:XX) that was better for scratching and warmth and worse for cold (09F:01:XX:XX). There was a peculiar sensation that the lumbar spine was dislocated from the rest and was hanging by a small cord (02F:11:XX:XX) and a sensation that there was a lump growing in the sacral area, elongating the individual (19F:14:XX:XX). In the opinion of the researcher, this indicates a parallel to the serpentine

nature of the snake, where the spine has to be flexible enough for its movement, hence resulting in these sensations experienced by provers.

The muscles of the back felt contracted, in spasm (02F:10:XX:XX), and great pain in back(02F:12:XX:XX), and pain in the lumbar area (02F:13:XX:XX) (04M:22:XX:XX) (19F:01:20:00) (19F:13:XX:XX), during menstruation (20F:11:XX:XX). On the right side (18F:04:XX:XX), muscles twitched and trembled with pain (02F:16:XX:XX). There was a bruised sensation in the middle back (02F:19:XX:XX) and sacrum (02F:20:XX:XX). Pain under the scapulae was also present(18F:14:XX:XX) (19F:01:20:00) (19F:02:XX:XX) as well as, aching pain in coccyx (19F:12:XX:XX).

The modalities included:

- pain better for stretching (02F:10:XX:XX)
- pain better for pressure and massage (02F:10:XX:XX)(18F:14:XX:XX)
- better for exercise (02F:13:XX:XX)
- worse for movement and stretching(18F:04:XX:XX)(19F:01:20:00)
- better for heat (18F:14:XX:XX)(18F:04:XX:XX)
- better sitting still (18F:04:XX:XX)(19F:01:20:00)
- better for lying down (19F:01:20:00)
- coccyx:worse for trying to sit down(19F:12:XX:XX)
- Scapulae: more on the left; worse for keeping still, better for moving about (19F:02:XX:XX)

Eye

Swelling (02F:00.01:06) (02F:00:02:06) (02F:01:08:40) (02F:03:XX:XX) and the sensation of being strained (02F:00.00.00) (02F:00:02:06) were experienced. The pain could be described as:

- left eye is twitching muscle pain.(02F:00:02:06)(02F:00:14:01)
- pulsating pain. (02F:00:02:06)
- heaviness (02F:00:02:06)

- bruised feeling (02F:00:08:06)(02F:00:14:01)(33F:03:XX:XX)
- eye feels raw as if the skin was peeled off and hanging down. (02F:00:14:01)
- stitching pain (02F:00:11:56)(02F:00:17:03)
- the pain is inside the eye itself (02F:00:17:03)
- burning (02F:03:XX:XX)

Modalities where:

- worse for opening eyes and wind(02F:00:02:06)
- worse for touching with cold fingers (02F:00:02:06)
- better warmth- external (02F:00:02:06)
- worse sun and direct light shining in them(02F:00:08:06)
- worse Left eye (02F:00:14:01)(02F:03:XX:XX)
- right eye (02F:00:17:03) (33F:02:XX:XX)
- better for keeping the eyelids almost closed(02F:00:17:03)
- worse for light (02F:00:17:03)
- better for closing eyes/eye(02F:02:XX:XX)(02F:09:XX:XX)

There were other peculiar sensations experienced by prover 2; as if someone was trying to open her eyes wider and wider yet, prover 35 had the sensation that his eyes were looking smaller. Further, there was a sensation of the eyes being instable in the sockets, moving from side to side (02F:00:02:06) and the sensation of the left lower eyelid falling down, hanging as if paralysed (02F:00:06:26)

Extremities

In the feet, there was a sensation of burning upon touching the floor (15F:03:XX:XX), although in proverbs with itchiness of the feet (19F:02:XX:XX), there was a relief from rubbing feet against the carpet and

scratching (02F:13:XX:XX) (19F:03:XX:XX). This can be compared to the itchiness on the palm of the hands that were worse for scratching and better for cold water (20F:01:XX:XX) (20F:07:XX:XX). These areas of itching, had a red appearance (20F:07:XX:XX)(19F:03:XX:XX).

There was peripheral oedema experienced in the right ankle of prover 20(20F:13:XX:XX) (20F:14:XX:XX).

In the calves there was the sensation of cramping that was worse walking down stairs and was relieved by salt water (19F:03:XX:XX)(20F:09:XX:XX). In the legs where the sensation of legs being heavy (24F:06:XX:XX).

In the arms there was a sensation of neuralgic, electric shock sensation from the left shoulder to tips of fingers (02F:00:14.01).

The sensation of ligaments being loose in the pelvic area, again can be compared to the snake and the increased flexibility that is needed for it to move (02F:17:XX:XX). There was an associated cutting pain 'as if sliced with an electric knife', especially on the right hand side, that was better for stretching and pressure (02F:10:XX:XX) (02F:11:XX:XX) (02F:12:XX:XX).

Pain in the arm was described as lameness of the left arm, a bruised, swollen sensation and a stabbing pain in the scapula (02F:00:11.56). There was also numbness felt in the middle 3 digits in the left hand (02F:00:11.56).

Vision

Prover 2, who usually needs spectacles for clear vision, was able to see clearly without them whilst on the proving, also developed a disliking towards the spectacles (02F 00:02:06). There were also symptoms of photophobia resulting in headaches (20F:09:XX:XX).

Stomach

There was a marked decrease in appetite (03F:01:XX:XX) (18F:10:XX:XX) (20F:13:XX:XX) (25F:03:XX:XX) (30F:03:XX:XX) in many provers where they felt no desire to eat (03F:05:XX:XX) (18F:03:XX:XX) and a feeling of nausea(02F:03:XX:XX)(03F:00:12:00) (04M 22:XX:XX) (27F:01:XX:XX) (33F:02:XX:XX)(35M:10:XX:XX) which was worse for sweet tastes (02F:13:XX:XX).

Pain was expressed a tingling sensation as if small pins were poking (06M:00:XX:XX).

Sleep

There was generally a feeling of restlessness (02F:22:XX:XX) (03F:01:XX:XX) (04M:04:XX:XX) (20F:06:XX:XX) (25F:09:XX:XX) (27F:04:XX:XX) and sleeplessness (02F:12:XX:XX) (08M:06:XX:XX) (19F:02:XX:XX) even though tired (02F:19:XX:XX). There was difficulty falling off to sleep (17F:02:XX:XX) (25F:01:XX:XX) (35M:15:XX:XX) as the mind was preoccupied with thoughts (18F:12:XX:XX) (20F:03:XX:XX).

Ear

Most peculiar, was the sensation of ears being blocked (03F:02:XX:XX) (34F:03:XX:XX) (33F:08:XX:XX) (33F:09:XX:XX) (34F:04:XX:XX) (33F:13:XX:XX), with relief only being by 'popping' the ear (03F:02:XX:XX), which can be compared to snakes in general as they lack an external ear opening, middle ear and ear drum (Master, 2002:6).

Pain experienced in the ears radiated to the tonsils in one prover (02F:03:XX:XX). Modalities included worse for music and vibration (02F:03:XX:XX), better for quiet(02F:03:XX:XX), worse for opening the mouth (02F:03:XX:XX) and worse for pressure (02F:03:XX:XX).

In the left ear the sensations were of a pulsating pain (02F:01:12:25) (02F:05:XX:XX) and itching (02F:01:12:25)(02F:30:XX:XX) and the feeling of ears being full of water (02F:01:12:25)(02F:03:XX:XX). Modalities included better for warmth (02F:02:XX:XX)(02F:05:XX:XX), better for covering (02F:02:XX:XX), sensitivity to wind (02F:02:XX:XX) and worse for opening the mouth wide(27F:XX:XX:XX).

In the right ear pain was described as shooting (20F:12:XX:XX), with increased sensitivity (27F:XX:XX:XX), especially to wind (27F:08:XX:XX).

Abdomen

A bloated and uncomfortable feeling (04M:10:XX:XX) (15F:02:XX:XX) (19F:03:XX:XX) was reported as well as a cramping sensation (18F:04:XX:XX) described as “a hand grabbing and twisting/snake wringing intestines in lower central abdomen” (03F:05:XX:XX) was described with imagery of a snake. Another peculiar symptom to snakes was the sensation of the body split in two, with the feeling that “the lower abdomen belongs to someone else” (02F:20:XX:XX). Pain was felt in the lower part of the abdomen (09F:01:10:XX) and an abdominal ache was present (25F:05:XX:XX). The sensations of pain in the abdomen included tingling, flicking, darting, shooting sensations (19F:03:XX:XX).

Female

Itchiness was experienced in the vagina (19F:13:XX:XX).

The sensation of pain experienced was described as a feeling of the uterus being dragged backwards towards the lower back(19F:13:XX:XX), as if something will fall out of the vagina (02F:20:XX:XX), or something moving along the fallopian tube on the right hand side (18F:07:XX:XX).

Dreams

There were a magnitude of dreams of many themes and emotions. They spoke generally of a duality: a connection between people, feeling pressurized to make new connections and the desire or remembrance of past relationships and dreams of being desired. There were dreams that were contradictory to the reality of the prover (02F:10:XX:XX), between good and evil, beautiful (04M:01:XX:XX) and ugly (35M:06:XX:XX), right and wrong, being critical and criticized, cheerful dreams and nightmares. Other than the polarity of dreams produced, the one that stands out the mostly, was dreams of inappropriate behaviour (09F XX:XX:XX), sexuality and perversity. One prover describes waking up feeling as if she was actually penetrated, although she had only dreamt about a sexual encounter (Appendix H). There where dreams of being pursued(35M:16:XX:XX) and one prover dreamt of a snake (20F:05:XX:XX). It is peculiar that there where dreams of mountainous areas – the habitat of the *Bitis atropos* (19F:06:XX:XX).

Rectum

An incontrollable urge and diarrhea were common symptoms and one prover soiled herself (03F:05:XX:XX) (02F:03:XX:XX) (03F:06:XX:XX) (04M:14:XX:XX). Strangely, there was a sexual desire after defecation (03F:05:XX:XX). Defecation was associated with cramps in abdomen and a feeling of incomplete evacuation (02F:13:XX:XX) (09F:01:10:XX). In the anus, there was a sensation of heat (02F:20:XX:XX).

Nose

Congestion was common in 6 provers (03F:00:08:10, 15F:07:XX:XX, 19F:03:XX:XX, 30F:01:XX:XX, 33F:14:XX:XX, 35M:08:XX:XX), with a clear, white or yellow catarrh produced in 7 provers(02F:30:XX:XX, 03F:01:07:30, 04M:02:XX:XX, 15F:02:XX:XX, 18F:01:XX:XX, 33F:14:XX:XX,

35M:12:XX:XX), and a post nasal drip where found in 5 provers (03F:01:XX:XX, 04M:21:XX:XX, 08M:00:00:00, 33F:08:XX:XX, 34F:05:XX:XX). There was a dry sensation within the nose, which was cold and made respiration difficult (02F:00:17:03). Itchiness on the tip of the nose was common to 2 provers with itchiness in the sinuses in prover 35. The pain experienced felt like an icy coldness on the right nostril inside which was worse for breathing cold air and better for warm air (02F:06:XX:XX). There was also a pain in the naso pharynx extending to the eustachian tubes that was worse in the morning and better in the afternoon (08M:06:XX:XX). Provers experienced sneezing (04M 01:XX:XX) (20F:12:XX:XX) (35M:01:XX:XX) continuously (02F:13:XX:XX) (18F:01:XX:XX) (23M:01:XX:XX) or in violent, explosive short bursts (03F:01:XX:XX). The sensation of smell was heightened in prover 19, which could be compared to the developed sense of smell in snakes.

Stool

Stool was described as yellowish and watery in 4 provers with frequent bowel movements (20F:03:XX:XX).

Cough

The cough produced was:

- better for water (02F:13:XX:XX)
- worse for sweet stuff (02F:13:XX:XX)
- worse taking deep breath(02F:13:XX:XX)
- worse at night but much better during the day(02F:31:XX:XX)
- worse for talking(15F:12:XX:XX)
- better for eating and drinking (15F:05:XX:XX)

The cough was described as follows:

- there was “gagging and retching to remove the excess mucous and saliva” (02F:32:XX:XX)
- it originated from the “suprasternal notch”(04M:02:XX:XX)
- a bit of an itchy sensation (04M:02:XX:XX)
- “it wasn’t a completely dry cough, but it wasn’t productive”(04M:16:XX:XX) yet is also described as a productive cough (30F:06:XX:XX)
- cough-then dull headache (30F:05:XX:XX), which then “aggravates the headache every time with a burning sensation” (35M:10:XX:XX).
- goes to bed coughing which disappears on falling asleep (35M:10:XX:XX)
- cough was periodic (35M:11:XX:XX)
- “coughing until could not breathe which increased abdominal pain and is made better by drinking water” (35M:17:XX:XX)
- coughing with holding the chest in pain (35M:21:XX:XX)

Skin

There was itching of moles (02F:06:XX:XX), and the scalp also felt itchy (20F:13:XX:XX).

5.4 Toxicology

An extensive review of toxicological data derived largely from detailed case studies of envenomation from *Bitis atropos* the researcher extracted the following common toxicological symptoms:

Eye and sight

- Diplopia
- Strabismus
- Nystagmus
- Ptosis, unable to raise eyelids

- Very difficult to open the eyes fully
- Eyelids very heavy
- Eyes closed; left eye unable to move
- Slight blurring of distant vision
- Pupils widely dilated - no reaction to light
- Left pupil more dilated than right
- Difficulty focusing the eyes
- Cannot approximate the distance of objects away. Objects appear very small and far away
- Brightlight was painful

Vertigo

- Dizziness
- Light headed
- Unable to stand or focus properly, balance badly impaired
- Unable to support head upright

Smell

- Anosmia
- Anosmia to tobacco

Taste

- Loss of taste, strange taste like 'plastic' in the mouth.
- Bitter taste in the mouth

Neurological

- Compared to alcohol intoxication, drunken euphoric feeling,
- Speech slurred
- Gag reflex absent
- Cross reflexes
- Corneal reflex absent

- Numb tingling feeling sensation of pins and needles.
- Numbness sensation on lips, mouth
- Facial muscles paralysed
- 'Ringing' in ears

Hyponatremia

- Respiratory arrest
- Feeling of nausea
- Emesis
- Headaches followed by seizures
- Hallucinations
- Disoriented
- Hostile behaviour
- Depression
- Incontinent
- Obtunded and confusion
- Confusion
- Lethargy

Circulation

- Oedema
- Swelling
- Blood blisters
- Alteration in platelet aggregation, increases blood capillary permeability.
- Dark discolouration.
- Pale, Lips blue and face
- Cardiotoxicity

Lymphatic

- Pain in right lymph gland in armpit, Tenderness in fingers, back of hand, left arm and armpit. Swollen and glands in the armpit swollen and tender

Gastro Intestinal

- Stomach cramps
- Vomited again. No evidence of tea being digested after 3 hours.

Thirst

- Water taken often

Throat

- Bad sore throat
- Tightness of the throat

Extremities

- Muscular weakness, weakness in limbs
- Muscle spasms in right biceps, triceps and thumb
- Both legs painful at knee joints, thighs and feet.
- Pain felt in finger joints of left hand, right shoulder and right leg
- Very cold hand and forearm 'icy cold', skin on hand without feeling
- Hand itchy

Sensation

- Burning pain

Modalities

- Pain worse when trying to walk, but better when resting

General

- Feeling very weak, tiredness, faint

Sleep

- Unable to sleep

Mind

- Patient was bright and cheerful

Cough

- Slight irritant cough

These will be compared to proving symptoms as tabulated in Appendix K, and discussed below.

5.4.1 Eye and sight

In the eyes, provers experienced a sensation of the muscles around the eye being loose, and the eyeball feeling as if it's moving from side to side in a flickering motion. These sensations can be compared to nystagmus and indirectly diplopia as it is a result of malfunctioning intraocular muscles. No double vision was experienced on the proving.

Ptosis, or the drooping of the eyelid, expressed itself in the proving as heavy eyelids, the upper lids twitching and contracting or conversely, the sensation of someone forcibly opening the eyelids. In the case studies an aggravation on the left side was identified by the researcher, and also compares to a general aggravation as seen on the left side in the proving, with the inability to open the left eye.

A 'cured symptom' was noted in a prover who previously experienced short sightedness (Myopia), with blurring of distant objects, which was suggestive

of the curative potential of the remedy; in addition this is comparable with the toxicology with respect to blurred vision and the inability to see far away. Furthermore, photophobia was experienced in both categories as shown in Appendix K with increased sensitivity to bright light. Pupils reaction to light was not examined in provers once proving began, therefore cannot draw any comparisons.

5.4.2 Vertigo

Dizziness and light-headedness is well documented in various toxicological case reports such symptoms were also experienced by various provers in this proving (02F:00:11:56, 03F:00:12:00, 06M:00:XX:XX, 35M:09:XX:XX, 33F:06:XX:XX).

The provers described the sensation of floating, and feeling intoxicated which corresponds to the feelings of intoxication described in 5.4.5. The dizziness was better for sitting still and worse for moving. Loss of balance was experienced in both groups as seen in Appendix K.

In addition the inability to lift head up was experienced in provers who felt their head become heavy, with the sensation that the head will fall off.

5.4.3 Smell

A contrast is seen as toxicological effects resulted in loss of smell, however the sense of smell was heightened in one prover(19F:13:XX:XX). This is due to the effect of Newton's third law of motion – for every action has an opposite and equal reaction. Thus, it is deduced that the effects of *Bitis atropos* as a remedy can result in the opposite to that of the toxicology of envenomation.

5.4.4 Taste

The strange and bitter tastes experienced by bite victims only matched one prover who had a horrible taste in her mouth.

5.4.5 Neurological

A feeling of euphoria, as if intoxicated was experienced in the proving, resulting in jovial mannerisms and a feeling of freeness.

Speech was impaired in both cases (Appendix K) and mistakes were made in talking.

Numb and tingling sensations were experienced by provers, however it was described as a lameness in the arm in one prover. Reflexes were not checked during the course of the proving, therefore cannot be commented upon.

Ringling in the ears and gross facial paralysis, where not elicited in the proving.

5.4.6 Hyponatremia

Although toxicological reports of cases of *Bitis atropos* report respiratory complaints the degree of intensity and severity thereof experienced by provers was not shared. Provers experienced frank dyspnea, asthmatic attacks, as well as tightness and constricting pains in the chest.

The feeling of nausea were common to both groups (Appendix K), which did not end in vomiting in the prover population, similarly, headaches were common to both with the exception that seizures did not occur in the proving group.

It is evident however that the delusions experienced by provers are comparable to that of other toxicological symptoms, such as:

- Neurologically: – delusions of paralysis of the left side of the face, where it hangs as if it would fall and the paralysis and weakness of parts.
- Circulation – the discoloured, bluish, purple appearance around the eye, that is very sensitive and appears bruised.
- Circulation – delusion of big gaping wounds with dark bluish blood, with skin being left to hang (as in necrosis), with loss of control of muscles (neurological effect). Further, it is even mentioned that it is as if a snake bit the individual and the flesh is exposed.
- Circulation – during menses, the delusion of blood gushing down from the prover.

Toxicologically there were reports of feeling disorientated, obtunded, confused and lethargic which corresponds with the experience of many provers who had difficulty concentrating, focusing and with dullness of thought and laziness.

'Hostility' as reported toxicologically was seen in provers as anger, irritability, and vengeance. The feeling of depression and a great sadness and despair were also common symptoms (Appendix K).

Faecal incontinence was experienced in one prover which was common to the toxicological symptom.

It was interesting to note the increased desire for salt in the diet, or the ameliorating nature and desire of salt of cramping that occurred in provers as Hyponatremia is a toxicological symptom.

5.4.7 Circulation

Oedema and swelling were common to the groups (Appendix K), with provers experiencing the swelling in eyes and throat, and oedema being experienced in the left ankle.

Also, changes in the nature of blood and permeability of blood vessels could be indicated by erythematous discolouration of the cheeks in provers, and production of lesions on the face and body (Appendix K).

Heart palpitations, paleness of the face in provers were common to the toxicological findings of cardiotoxicity.

5.4.8 Lymphatic

In toxicological case studies, lymph node swelling and pain was especially in the axillary region, whereas pain and swelling of glands in the proving were located in the tonsillar and submandibular areas.

5.4.9 Gastro Intestinal and thirst

Cramping of the stomach is common to both groups (Appendix K), with the pain being described as a “hand grabbing and twisting/snake wringing intestines” in the lower central abdomen. Indigestion was also a common factor in both groups of Appendix K.

There was a markedly increase in thirst, with feelings of being dehydrated and dryness of the mouth in provers as seen in the toxicological symptoms (Appendix K).

5.4.10 Throat

Throat pain and tight sensation experienced in the throat was experienced in both groups (Appendix K). The tightness could be compared to the feeling of fullness, or something stuck in the throat that occurred in provers (08M:00:00:00, 17F:00:XX:XX, 19F:01:XX:XX, 33F:05:XX:XX).

5.4.11 Extremities

Commonly in toxicological and proving symptoms, weakness in muscles and limbs, spasms of muscle and joint pain were experienced, as well as the sensation of icy cold appendages and itching of the hands.

Other common symptoms according to Appendix K include:

- The burning sensation of the bite described in case studies match the sensation of pain described in the Eye, Neck and Feet of provers.
- Pain aggravated when talking.
- There was a general feeling of tiredness, exhaustion and weakness.
- Inability to sleep
- Cheerful
- Irritant cough

It is clear, that many symptoms that occurred in the proving correspond to that of the toxicity of the *Bitis atropos* venom.

5.5 Materia medica

Applying the repertorial method described in 3.12 three remedies were identified for discussion purposes, as they had the most symptoms in common with the Mental, Generals, Physical and PQRS repertorisations of the material medica of *Bitis atropos* (Appendix I).

5.5.1 *Sepia officinalis*

According to Sankaran (1997:179):

“A woman who feels unattractive and disfigured, is accepted by a partner, and therefore forced to undertake things opposed to her intentions and cannot have a say as her feelings of inadequacy makes her dependent. This

leaves her incredibly unhappy. There is a split in being, that urges her to become independent that is translated in busyness on a mental and physical plane. She is careful to not overstep the boundary in fear of losing support from those she is dependent on. If she does have some degree of independence, she still tries to keep the home happy – this leads to exhaustion. This in turn leads to indifference, then sadness, which she compensates for by becoming occupied, becomes introspective, and has an aversion to family. She also feels that sex is forced as it is done against her will and out of dependence.”

In the researcher’s opinion, *Bitis atropos* can be compared to a woman who wants the attention of people from afar. To get this, she is vain and concerned about physical beauty and smelling nice to attract the opposite sex, or to feel important. When the feelings are not reciprocated, she becomes incredibly irritable with everyone, including her children, which leads to anger. She is very sensitive to the opinion of others, yet she herself is critical of those around her and also compares herself to them. She desires freedom like *Sepia*, and like *Sepia*, she has the delusion of being fat or has feelings of inadequacy, she also becomes emotionally indifferent to compensate. She desires connection but finds it difficult emotionally for fear of being hurt, whereas *Sepia* has no hope in the relationship (Sankaran, 1997:179). To compensate she puts on a façade of cheerfulness, she proves to be independent, unlike *Sepia*, and stands up for herself, voicing her opinion. She also prefers to be alone, except for the inner hidden desire for sexuality and has inappropriate dreams of sexual and beautiful experiences which also contradict *Sepia*’s need for sex. She is internally a sad, vulnerable person, looking for stimulation and excitement in the outside world which was seen in provers who began smoking and experimenting with drugs for the first time on this proving.

Other common mental symptoms include (Vermeulen, 1994:1412):

- irritability – in *Sepia* it is directed towards her family and in *Bitis atropos* its towards people

- sadness
- anxiety of health, seen as a hypochondriac nature of provers (Appendix H)
- anger
- emotionally sensitive
- very easily offended
- aversion to company yet dreads solitude in *Sepia* whereas *Bitis atropos* prefers to be alone, however some provers desired company when they were sad (clinical verification needed)
- poor memory and absent minded
- excessively nervous in *Sepia* and anxiety in *Bitis atropos*
- anger from contradiction
- better for occupation in *Sepia*, whereas in *Bitis atropos* there was a dichotomy between working hard to earn money, and complete indifference to work
- quiet and introspective

Generally, *Sepia* and *Bitis atropos* are both chilly, with differences including, *Sepia* being better for physical exertion tired (Vermeulen, 2002), whereas *Bitis atropos* feels exhausted and too tired.

Physically, *Sepia* has the sensation of pressure as from sand in the eyes (Vermeulen, 1994); this symptom is also experienced in *Bitisatropos*. Also *Sepia* is aggravated when closing the eyes (Vermeulen, 1994), whereas there is a sensation of the eyes closing in *Bitisatropos*.

There is a sensation of the collar being too tight, as if a plug is lodged in the throat when swallowing in *Sepia* (Vermeulen, 1994), as in *Bitis atropos* where there was an intolerance to a scarf being around the neck as well as the sensation of food, or splinters being stuck in the throat.

The most peculiar common symptom is in the Female section of the materia medica; both remedies are aggravated during menses, with the sensation as

if something would fall out of the vagina; a bearing down sensation that is common to both remedies (Vermeulen, 1994).

Also symptom in common is tenacious mucus which is yellow, in *Sepia* it could also be a milky-white colour with a salty taste (Vermeulen, 1994).

They differ in their appetite, where *Sepia* has constant hunger (Vermeulen, 2002) and *Bitis atropos* has a diminished appetite. Both however have the sensation of fullness in the stomach and nausea - as if something was twisting in the stomach and rising to the throat in *Sepia*(Vermeulen, 1994); and cramps in the stomach - like a hand grabbing and twisting/snake wringing intestines in lower central abdomen in *Bitis atropos*.

Post nasal discharge described in *Sepia* as a heavy, lumpy discharge that must be hawked through the mouth (Vermeulen, 1994) and compares to *Bitis atropos* in a prover who mentions “thick sludgy post nasal drip at about 5. It’s gross!! I have to try swallow it though- yuck! It feels very viscous and swallowing it isn’t easy.”

There is a difference in stool composition as in *Sepia* there is constipation of large, dark brown, hard stools (Vermeulen, 1994), however in *Bitis atropos*, there is a partially digested, yellowish, thin, watery stool.

Tickling and hoarseness in larynx (Vermeulen, 1994) is common to both remedies.

5.5.2 *Lachesis mutus*

Being a snake in the Viperdae family, there are many commonalities between *Bitis atropos* and *Lachesis mutus* within many aspects of the materia medica.

In the Mind, they both display emotions of competitiveness, aggressiveness sexuality, as a result of its animal nature, and clairvoyance, deceit and venomous quality due to its snake nature (Sankaran, 1997:113).

According to Sankaran (1997:113):

“*Lachesis* is very jealous and wants to get ahead of its rival, especially in terms of a relationship where competition is necessary, as there is a feeling of not being good enough internally. She is very suspicious of people around her and feels as if they are plotting against her. She compensates by talking eloquently, using intelligence to her advantage, attracting and captivating by use of wit, sarcasm, loudness, animated, vivid, excited mannerisms. She is perceptive of her audience, and when they do not notice, she strikes, leaving them spellbound long after she is gone. When her best endeavor to win the competition fails, and she feels she will soon die, she becomes more spiritual in nature. She is interested in the beauty of nature, and the main theme is show.” *Bitis atropos* on the other hand, are irritated by people and prefer to be quiet and withdrawn in response to their feelings of inadequacy, however desire this feeling of importance. They are not animated and often make mistakes in speaking, with a dullness and confusion of mind, being very forgetful and lazy. They too are jealous and deceptive, but would rather stay away than attack. When they are forced to defend themselves they are anxious, angry and revengeful. Sexuality also plays a large part in *Bitis atropos*, as well as physical appearance. This is evident in the high incidence of perverse, sexual dreams in many provers, as well as in increase in libido in other provers. Prover 4 in particular, felt unsatisfied with sexual experiences and desired to be more promiscuous in nature. Coupled with the sexual desire, was also the urge to indulge in aesthetics, paying more attention to dressing and attractive behavior.

Lachesis mutus “desires solitude to indulge her fancy” (Sankaran, 1997:113) similarly *Bitis atropos* does what she pleases, in comparison with *Sepia* above. It is also mentioned that *Sepia* is closely related to *Lachesis mutus* as it shares feelings of envy and dreams of snakes, the difference being that in

Lachesis mutus, and like *Bitis atropos*, the emphasis is being attractive to compete, whereas in *Sepia* there is despair without hope for a relationship (Sankaran, 1997:113).

Generally, there is a left sided aggravation that is common to both *Lachesis mutus* (Sankaran, 1997:113) and *Bitis atropos* that then travels to the right side. There is sensitivity to touch, especially anything constricting around the neck. *Lachesis mutus* is warm blooded, with warm hands and feet (Vermeulen, 2002) whereas *Bitis atropos* is generally very chilly and has difficulty warming up.

Physically, in the throat, there is a sensation of something that is swollen and must be swallowed that is worse for swallowing liquids and better swallowing food (Vermeulen, 1994) as is seen in *Bitis atropos*.

In the Female section, the *Lachesis mutus* uterus feels as if the os were open during menses (Vermeulen, 1994), which is seen in a prover who believed her menses was gushing down her leg. However, the pains differ in that it moves from the uterus and abdomen and ascend towards the chest in *Lachesis mutus*(Vermeulen, 1994).

Tenacious mucus that must be coughed long and hard to be raised occurs in the *Lachesis mutus* patient (Vermeulen, 1994) as well as in *Bitis atropos* as seen in prover 35.

There is increased hoarseness when speaking with a tendency to lose their voice in *Lachesis mutus* (Vermeulen, 1994) as well as in *Bitis atropos*.

There is pain in the stomach as if of an ulcer, with the pit of the stomach painful to touch and cramping in the epigastrium in the *Lachesis mutus* patient (Vermeulen, 1994); this differs to this proving as cramps were experienced in the lower part of the abdomen in *Bitis atropos*. In *Lachesis mutus* there is nausea with great flow of saliva (Vermeulen, 1994) which also

differs from that of *Bitis atropos* as no salivation is mentioned. *Lachesis mutus* is hungry and can't wait for food, with a good appetite at one time, and none at all in the other (Vermeulen, 1994), to a certain degree this can relate, but the sensation in *Bitis atropos* was a marked decrease in appetite and yet there were a few provers with a ravenous appetite.

In the anus, there is the sensation of feeling tight as if nothing can go through it in the *Lachesis mutus* patient (Vermeulen, 1994), whereas in *Bitis atropos*, the rectum of something want to come out.

5.5.3 *Argentum nitricum* (Arg nit)

There is a need to perform in sudden danger, as the main theme of *Argentum* is performance and of *Nitrate* is the feeling of sudden danger (Sankaran, 1997:16). It is the person who has already experienced success, and is in constant tension about maintaining that status, yet the tension and nervousness experienced could lead to their failure (Scholten, 1996:596). They feel there is a fault within them and to mask this they become fixed in their ideas, thoughts and compulsive in their behavior in order to be assertive (Scholten, 1996:596) (Sankaran, 1997:16). They fear failure as if unable to perform well in time of a crisis; they will be treated with neglect or even despised (Sankaran, 1997:16). They also fear losing self-control as they lack it and become very nervous, the compensation of which is again, becoming fixed in the detail (Sankaran, 1997:16). Above all else they would rather escape from the situation, constantly looking for a way out as they feel isolated and trapped, and therefore seem very hurried and impatient in tasks (Sankaran, 1997:16). They also cover their weakness by becoming arrogant and boastful, they love being the centre of attention at social gatherings as they need to prove themselves, yet also feel very claustrophobic if they cannot see a way out (Scholten, 1996:596). According to Welte (2010) "*Arg nit* is associated with claustrophobia, boastful nature, condescending refined intellectual arrogance, very bad loser and if he's not going to win he will

cheat, and if that doesn't work, becomes very angry then produces a stomach ache.”

It is interesting to note that the *Bitis atropos* snake, is reserved and shy's away from company and prefers to escape rather than attack. Much of the snake's performance is seen in the face of danger and is one of aggression. In the proving, provers also became assertive, dominating and angry when faced with a situation. Prover 2 for example responded thus –“Just want to stand up and fight back, say something and not worry about what others think. Say NO and not being afraid to dare. 02F:04:XX:XX.” This compensation however lacks the fixed ideals and compulsiveness experienced in *Arg nit*, yet compliments the arrogant, boastful side which intimidates those around them. Another striking feature was that of the intense anger and irritability experienced by provers, which can be contrasted to the pressure experienced by *Arg nit* to maintain a status. Another common theme is the feeling of having an inner 'fault', lacking self-confidence and the need to be seen favorably by others as Prover 3 states “Lots of inadequacy issues coming up. Trying to work harder, better, more to be worthy instead of just be. Want to give/serve/help so that I can win favor/be fondly remembered. 03F:05:XX:XX.” There was also the feeling of inner tension associated with the lack of confidence as seen in Prover 23 “I am so stressed I don't know why. Exams I'm being offered a job and I don't know why I am totally fell to be bombarded with responsibility, I feel inadequate and like a failure, I have an internal exhaustion, I'm deepest totally overwhelmed by these challenges. I feel like I want to be alone 23M:26:XX:XX.” The desire to escape is also common as provers felt trapped in situations, even resorting to drugs to escape a frame of mind, “as though being trapped for the next 4 years may take an irreparable toll on me. 04M:11:XX:XX” “At the end of the eve I was eager to experiment with weed. I've been crying since Thursday eve (yesterday). With the strikes, boredom and anxiety, a part of me really felt like it needed an outlet, a space where I can relax (mentally). Needed a way to detach from this reality and cut myself free of this anxiety I've been

carrying. Unfortunately, the joint I smoked had no effect that I noticed anyway. 04M:22:XX:XX”

Attention seeking behavior is also common and in *Bitis atropos* and is also portrayed with the intent to prove oneself “normally I don’t like to draw attention to myself but now I want to SHINE, I want to take the spot light, even though it doesn’t feel easy I want to try. 02F:04:XX:XX.”

Another common theme is that of fear of heights experienced in both *Bitis atropos* as well as *Arg nit* (Scholten, 1996:596). In general, *Arg nit* is known for its loss of control, or want of balance although it tries so hard to be fixed in an ideal (Sankaran, 1997:16), whereas *Bitis atropos* dreams of letting go of that control, ‘giving in to the dark side,’ having explicit sexual relationships and being free. There is weakness of memory experienced in both *Arg nit* and *Bitis atropos*, as well as indifference while in company (Vermeulen, 1994).

Common physical symptoms of *Bitis atropos* and *Arg nit* include (Vermeulen, 1994):

- There is pain on swallowing in the throat; and the sensation of a splinter stuck in the throat.
- Raw sore throat.
- Strangulated feeling around the throat.
- There is also a sensation of fullness in the stomach, in *Arg nit* it is described as if the stomach would burst with wind.
- Sleeplessness.
- Sexual dreams.
- General chills, especially associated with cold hands and feet.

5.5.4 Toxicological remedies

The remedies *Belladonna*, *Natrum muriaticum* and *Hyoscyamus niger* all appeared at the top of the repertorisation list of the toxicological symptoms (Appendix L). It is interesting to note that all three of these remedies feature in the repertorisation of the *Bitis atropos* proving symptoms as seen in Appendix I indicating the relationship between toxicological symptoms and proving symptoms. Also *Belladonna* and *Hyoscyamus* act especially on the nervous system which correlates with neurotoxic venom of *Bitis atropos* and *Natrum muriaticum* (sodium chloride) relates to the Hyponatremia (lack of sodium) seen in toxicological symptomatology.

Belladonna is similar to *Bitis atropos* in the following ways (Vermeulen, 1994):

- Experiences hallucinations
- There is a feeling of sudden threat from the outside world and has to escape in order to survive as seen in *Argentum nitricum*.
- disinclined to talk
- Polarity, yet in *Belladonna* expresses itself in that it can be an angel when well and a devil when sick
- Has a bad memory and mind in such disorder that speech doesn't correspond to thought.
- Eyes are swollen and protruding as if the eyes are half closed. There is the sensation of burning dryness. Agglutination of lids in the morning.
- There is the sensation of a lump in the throat and the feeling of constriction in the throat.
- There is loss of appetite, yet the sensation of an empty stomach.
- In the female, there is violent pressing and urging downwards as if all viscera would protrude at genitals.

- There is also a foreign body sensation in the larynx with hoarseness of voice.
- Sleep is restless, with dreams of robbers.

Natrum muriaticum is similar to *Bitis atropos* in the following ways (Vermeulen, 1994):

- Depressed, *Nat mur* is far more depressive than *Bitis atropos* with ailments from grief
- Worse from consolation
- Irritable
- Thinks she looks wretched in a mirror
- Hates persons because they have offended them
- Tremendous insecurity, with fear of robbers (Sankaran, 1997)
- Ptosis
- Agglutination of eyelids
- Blurred vision
- Sensation of sand in the eyes
- Violent sneezing coryza
- Sensation of lump in throat with a sore throat
- In the female system, bearing down sensation, must sit down to prevent prolapse.
- Hoarseness in the larynx
- Dreams of robbers
- Sleepless, however in *Nat mur* as a result from grief.

Hyoscyamus niger is similar to *Bitis atropos* in the following ways:

- Very suspicious.
- Inclined to laugh, jesting.
- Erotic, however is far less modest than *Bitis atropos*.
- Confused.

- Differs greatly in terms of performing immodest acts such as stripping. These acts came up in dreams of *Bitis atropos*.
- The feeling of *Hyoscymus* is of suddenly being disappointed by someone they were dependent on, which they react by either attractive behavior such as loquacity, sexuality; or threatening, such as violence. A similar pattern can be seen in *Bitis atropos*, but not to the level of *Hyoscymus* (Sankaran, 1997).
- Spasmodic closing of lids, aversion to light, deceptive vision.
- Constriction of throat - can't swallow liquids.
- Violent cramps in the stomach.
- Intense sleeplessness.
- Lascivious dreams.
- General chill, coldness predominates.

5.6 Antidote

Only two provers required an anti-dote, Prover 19 due to emotional irritability and a painful boil that would not resolve, received and responded well to *Lachesis mutus* 200CH. Prover 2 began proving *Bitis atropos* on the 15 June 2011. On the 20 July 2011, she was administered a dose of *Sulphur* 200CH and *Causticum* 200CH for a cough that wouldn't go away. Those remedies did not hold in treatment of the symptom. She continued journaling although symptoms were not included in the proving itself, as she had taken another remedy. The symptoms included:

- Stubborn cough with excessive yellow sputum. Chest became tired from excessive coughing. Coughing for up to 30 minutes with inflammation of lymph nodes. Cough is worse during day, when awake, after eating, after drinking, morning on waking, better for sleeping. The cough begins after a tickling sensation in the throat where the throat over reacts to the tickling that causes a violent cough where all neck muscles, chest and airways contract forcefully to expel

the mucus trapped in throat and airways. *Phosphorus* (self-medicated by the prover) relieved the tickling and dryness in throat.

- Dry throat that was better for hot tea and external warmth. Sensation of rawness in the middle of the throat followed by numbness that is described as hollow in the middle, and only the bottom of the throat is felt which itches and feels compressed by a ball that is better for swallowing, empty swallowing. It also feels so dry, as if its wrinkled and falls onto itself, it is as if the throat is a piece of paper that is wrinkled to become a ball.
- Thick, lumpy, yellow post nasal drip, that had to be coughed up
- Boil
- Craving salt, sour things, lemon with tea, oranges and garlic and an aversion to sweets.
- Dull headache
- The sensation of the eyes popping out.
- Sensation of the blood vessels in the neck going to burst
- Pimples on the face that ripen very quickly with a yellow head that burst easily
- Neck and shoulder muscles were sore, a gnawing pain.
- Prayer relieved the pain
- Increase flow and quantity of blood during menstruation
- Extreme chilliness in the evening and afternoon.
- Sensation of heart pumping in the head and ears
- Pain aggravated in the left eye and temple worse for opening the eye, putting pressure on the left side, wind blowing into eye, better for keeping eyes closed. There is a sensation as if someone keeps the eyes open, rawness and worse for cold touch. The pain moved to the lower left eyelid.
- Was sleepy during the day with more energy at night.
- Took antibiotics, yet did not inform researcher of wanting an antidote yet.

- Feeling nostalgic
- Feeling very irritable and demanding, having high standards which everyone must comply with.
- All symptoms continued to get worse, especially the eye and throat.

After being anti-doted with *Lachesis mutus* 200CH on the 16 August 2011, the throat and eye felt better. There was a grey discharge from the eye. The prover then coughed up a small yellow brown ball that smelt like fish and had a funny taste which immediately stopped the irritation in throat.

5.7 Placebo

There were a few symptoms that appeared in both the placebo group and verum group. These symptoms were not removed from the verum group as they were experienced and expressed in far more detail by the verum provers, occurred soon after taking the verum and were unusual to the verum provers in concern; in addition they did not occur broadly in the placebo group. Such symptoms included watery stool, feelings of tiredness, diminished appetite and nausea, wheezing and asthma, sensation of chilliness in extremities, dreams of snakes, nostalgic dreams and dry eyes. This similarity of symptoms could be attributed to glycerol contribution in the production of the remedy i.e. common to both remedy manufacture processes, yet the glycerol also completes the remedy picture of *Bitis atropos*.

5.7 Clinical features:

The symptoms produced in the proving of *Bitis atropos*30CH are indicative of certain clinical conditions that this remedy can possibly treat. These symptoms must be verified through further provings and in treating the different clinical conditions listed below with *Bitis atropos*:

- depression
- anxiety
- headaches
- dry eyes
- ptosis
- photophobia
- myopia/accommodative disorders
- pharyngitis and tonsillitis
- laryngitis
- allergic rhinitis
- influenza
- acne
- abdominal cramps
- premenstrual syndrome
- fevers
- asthma
- chest pain
- nausea
- back and neck pain
- disorders of the heart with palpitations and
- oedema of feet
- swelling

Chapter 6

6. Conclusion and recommendations

6.1 Conclusion

A wide range of clearly observable signs and symptoms were produced by healthy provers in response to the substance *Bitis atropos* 30CH effectively determining the materia medica of this substance thus meeting the first objective of this study and resulting in the acceptance of the first hypothesis respectively.

In addition, a comparison of the materia medica produced with that of the toxicology of *Bitis atropos* revealed a significant degree of similarity; and additional comparisons thereof with related homeopathic remedies contributed to the elucidation of the curative potential of the homeopathic medicine *Bitis atropos*, meeting the second objective of the study and resulting in the acceptance of the second and third hypotheses thereof.

Although there was a small number of shared symptoms between the two groups of provers these was considered to be insignificant in proportion to the body of materia medica produced, furthermore symptoms produced by the two groups of provers differed both quantitatively and qualitatively in favour of the verum group, therefore the fourth hypothesis of the study was accepted.

6.2 Recommendations

- It is recommended that in future provers only be issued with their respective proving remedies after the pre-proving observation week is complete as certain sensitive provers began experiencing symptoms congruent with the proving substance in their possession before

administering the first dose. It is of the researcher's opinion that the close proximity of the proving substance to the sensitive prover may have begun to influence their 'baseline state'. Such symptoms included dreams and minor physical changes which were thus required to be excluded from the valid materia medica.

- A dream proving should be carried out on this substance, since a large degree of dreams symptoms were produced by provers.
- It is suggested that further investigation into the various methods of manufacture of homeopathic remedies derived from snake venoms be implemented to determine the optimal manufacturing method specifically with respect to the utilization of freeze dried versus fresh venom source. It is recommended that provings of this substance be carried out using varying potencies.
- The placebo control was essentially a remedy of Glycerol 30 CH as it was prepared in exactly the same manner as the verum i.e. it was prepared from the starting substance/vehicle (used in preparation of the verum) alone. In essence, two provings, that of the placebo and verum group ran concurrently; i.e. a proving of Glycerol 30 CH and a proving of *Bitis atropos* 30 CH respectively. This was necessary to ensure that the only variable missing in the control was the venom, however the interplay of the dynamic nature of remedies and the overlap of some symptoms were noticed. It is recommended that another method of control be researched to ensure there is no interplay between remedies proved concurrently as well as ensuring the placebo and verum differ only by the active substance.

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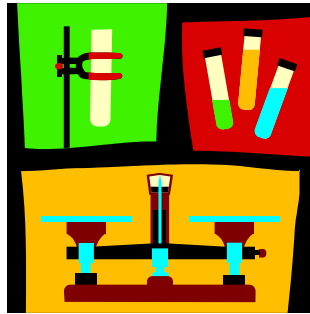
Figure 1:

Bitis atropos. 2012. [online]. Available:

<http://www.google.com/imgres?um=1&hl=en&sa=N&tbo=d&biw=1280&bih=709&tbn=isch&tbnid=WC9TyIW-hs3ZIM:&imgrefurl=http://animal-pictures->

at.blogspot.com/2012/05/berg-adder.html&docid=jtvJggZdscLxxM&imgurl=http://4.bp.blogspot.com/-4UCRywH1oR0/T8DBYq_E5YI/AAAAAAAAAA0/-27UZQ3LKvU/s1600/Berg%252BAadder.jpg&w=640&h=480&ei=8524UMHYE6XLyQGb9YHwBA&zoom=1&iact=hc&vpx=980&vpy=28&dur=1144&hovh=194&hovw=259&tx=73&ty=155&sig=106775496028753044668&page=1&tbnh=144&tbnw=230&start=0&ndsp=24&ved=1t:429,r:11,s:0,i:119 [Accessed 30 November 2012]

APPENDIX A



How would you like to Take part in Homoeopathic Research?

*By being a part of the discovery of a new medicine,
which will benefit future generations!*

**Learn all about the exciting workings of
homoeopathy and at the same time learn more
about yourself.**

*If you are between 18 and 65 years of age and in
general good health and excited to be part of the
future*

Don't hesitate

Contact:

**Victoria Schonfeld – 0833038228
Shraddha Sirpal – 0714484944 / (031) 4644611
Homoeopathic Day Clinic – (031) 2042041**

APPENDIX B :

SUITABILITY FOR INCLUSION IN THE PROVING

All information will be treated as strictly confidential

PROVER CODE:

Surname:

First name:

Sex: Female

Telephone number:

PLEASE CIRCLE THE APPROPRIATE WORD:

1. Are you between the ages of 18 and 60 years?
YES / NO

2. Do you consider yourself to be in a general state of good health?
YES /NO

3. Are you currently taking or in need of any medication?

- Chemical / Allopathic
YES / NO
- Homoeopathic
YES / NO
- Other (e.g. Herbal)
YES / NO

4. Have you been on the birth control pill or Hormone Replacement

Therapy in the last 6 months?

YES / NO

5. Are you pregnant or nursing?

YES / NO

6. Have you had any surgery in the last 6 weeks?

YES / NO

7. Have you had any recreational therapy in the last 6 months?

YES/ NO

8. Do you use any recreational drugs such as

Marijuana, LSD, MDMA (ecstasy)?

YES/NO

9. Do you consume more than:

- 2 Measures of alcohol per day?
(1 measure = 1 tot, 1 beer, ½ glass of wine)
YES/NO
- 10 cigarettes per day?
YES/NO
- 3 cups of tea, coffee or Herbal tea per day?
YES/NO

10. If you are between the ages of 18 and 21 years

do you have the Consent from a parent or guardian

to participate in this proving?

N/A/YES/ NO

11. Are you willing to follow the proper procedures for

the duration of the proving?
YES / NO

12. Is English your first language or / and are you fluent

In English?
YES/NO

This appendix has been adapted from Webster, H .2002. A Homoeopathic Drug Proving of Sutherlandia frutescens. M. Tech. Dissertation. Durban Institute of Technology.

APPENDIX C

INFORMATION CONSENT FORM

(TO BE COMPLETED IN DUPLICATE BY THE PROVER)

TITLE OF RESEARCH PROJECT:

A homoeopathic Drug Proving

NAME OF SUPERVISOR:

DR. DAVID NAUDE

Contact details: Land Line : (031) 373-2514

Cell: 082 370 1012

NAME OF RESEARCH STUDENTS:

VICTORIA SCHONFELD – Cell: 083 303 8228

SHRADDHA SIRPAL – Land line: (031) 464-4611

Cell: 071 448 4944

DATE:

PLEASE TICK THE APPROPRIATE ANSWER:

- 1) Have you read the Research Information Sheet? YES/NO
- 2) Have you had the opportunity to ask questions regarding this proving?
YES/NO
- 3) Have you received satisfactory answers to your questions? YES/NO
- 4) Have you had an opportunity to discuss the proving? YES/NO
- 5) Who have you spoken to ? _____
- 6) Have you received enough information about this proving? YES/NO
- 7) Do you understand the implications of your involvement in this proving?
YES/NO
- 8) Do you understand that you are free to withdraw from this proving:
 - i) At any time YES/NO
 - ii) Without having to give a reason for withdrawing YES/NO
 - iii) Without affecting your future health care YES/NO

9) Do you agree to voluntarily participate in this study? YES/NO

10) To participate in this proving you must meet all the inclusion criteria:

- You must be between the ages of 18 and 50 years old;
- Must not need any medication, including chemical, allopathic, homoeopathic or other:
- Must not be on, or have been on the contraceptive pill or hormone replacement therapy in the last 6 months;
- Must not be pregnant or breastfeeding;
- Must not have had surgery in the last 6 weeks;
- Must not use recreational drugs such as cannabis, LSD, or ecstasy (MDMA);
- Must not consume more than two measures of alcohol per day;
- Must not consume more than 10 cigarettes a day;
- Must not consume more than 3 cups of coffee or tea a day;
- Must be in a general good state of health;
- Must be willing to follow the proper procedure for the duration of the proving.

Have you completed **Appendix B** that outlines in detail all of the inclusion criteria stated above? YES/NO

11) Discomfort may be experienced as a result of participating in the proving. Complete recovery as usual.

12) Benefits to provers: It is postulated that each proving undertaken strengthens the body's vital force (O'Reilly, 1996). Provers learn and develop the skill of observation and gain homoeopathic knowledge through direct involvement in a proving. A prover may be cured of certain ailments if the remedy is his/her simillimum.

13) There is no expense to the prover for participating in the proving and no remuneration is offered to the prover.

14) Every prover is given the name and telephone numbers of the research student and the supervisor of the proving if problems or questions arise.

Risks involved are mild, transient, functional symptoms which can be antidote should it be unbearable.

This appendix has been adapted from Wright, C. (1999). A Homoeopathic Drug Proving of *Bitis arietans*.

APPENDIX D

Case History Sheet

This has been adapted from Wright, C. 1999. A Homoeopathic Drug Proving of Venom of Bitis arietans arietans. M. Tech. Hom. Dissertation, Technikon Natal Durban.

Prover number:

Name:

Sex:

Dated of birth:

Age:

Marital status

Children:

Occupation:

Past Medical History:

Please list all previous health problems and their approximate dates:

Do you have a history of any of the following?

Cancer		Asthma	
HIV		Pneumonia/ chronic bronchitis	
Parasitic infections		Tuberculosis	
Glandular fever		Tendency to suppuration/ boils	
Bleeding disorders		Haemorrhoids	
Eczema or skin conditions		Cardiovascular disease	
Arthritic / Rheumatic conditions		Warts	

Surgical history:

Please list any past surgical procedures you have undergone, and the approximate dates. (Including the removal of tonsils, warts, moles, appendix)

Allergies:

Vaccinations (including any reaction to them):

Medications (including supplements):

Estimations of daily consumptions of:

Alcohol:

Cigarettes:

Family History:

Is there a history of any of the following within your family?

Cardiovascular Disease		Cerebrovascular disease	
Diabetes mellitus		Tuberculosis	
Mental disease		Cancer	
Epilepsy		Bleeding disorders	
Arthritic/ Rheumatic conditions			

Please list any other medical conditions within your family?

General Health:

Energy:

Describe your energy levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

Stress:

Describe your stress levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

Sleep:

- Quantity
- Quality
- Position

Dreams:

Include any recurrent dreams and themes; and any significance related to life situations at the time of the dream.

Time Modalities:

Weather modalities:

Perspiration:

- Distribution
- Odour

- Colour

Appetite:

- Hunger
- Cravings
- Aversions
- Aggravations

Thirst:

- What do you normally drink?
- Quatity
- How do you drink (small / large sips...)

Travel

Specific Body Systems:

Symptoms from each system will be concentrated on more than pathologies- these headings are just guidelines for researchers.

Head:

- Scalp , Hair
- Headaches
- Traums, whiplash
- Concomitants
- Modalities

Neurological:

- Seizures
- Weakness / Palsy
- Sensations
- Concomitants
- Modalities

Eyes:

- Pain
- Inflammation
- Discoloration
- Vision
- Concomitants
- Modalities

Ears:

- Otitis
- Balance / Vertigo

- Tinnitus
- Hearing
- Concomitants
- Modalities

Nose

- Allergic rhinitis
- Coryza
- Sneezing
- Sinusitis
- Post-nasal drip
- Concomitants
- Modalities

Throat:

- Sore Throats
- Hoarseness
- Tonsils - IN or OUT

- Concomitants
- Modalities

Pulmonary:

- Chest
- Cough
- Sputum
- Asthma
- SOB
- Bronchitis
- Pneumonia
- Concomitants
- Modalities

CVS:

- Hyper / Hypotension
- Pain / Discomfort (chest)
- Palpitations
- Syncope

- Oedema
- Phlebitis, varices, Telangiesctasias, anaemia, easy bruising...

GIT and Abdomen:

- Nausea / vomiting
- Indigestion/ Heartburn
- Hernia
- Ulcers
- Abdominal pain
- Bloating
- Bowel movements
- Constipation
- Flatulence
- Any organs particularly affected (Livers, Pancreas, gall bladder...)
- Hemorrhoids
- Any GI surgery

- Concomitants
- Modalities

Urinary System:

- Urine Output per day (quantity, colour , odour...)
- Fluid intake (what, how much, hot/cold ...)
- Infections
- Nocturia
- Haematuria
- Past stones
- Concomitants
- Modalities

Male systems:

- Libido
- Pain
- Impotence
- Emissions

- Prostate
- Swellings
- Lesions
- STD's
- Concomitants
- Modalities

Female system:

- Contraception For how long
- Past History of
- Libido
- Coital pain
- Pain
- Bloating
- Cysts

- PMS

- Menstrual cycle:
 - Intervals

 - No. Of Days

 - Amt of flow

 - Colour of Blood

 - Clots

 - Pains

 - Menarche

- Menopause

- Discharge

- Breast Pain

- Check ups

- PAP smear

- Last gynae appointment

- Pregnancy

- Labour
- Infections
- STD's
- Concomitants
- Modalities

Skin:

- General appearance
- Eruptions
- Dryness
- Turgor
- Nails
- Concomitants
- Modalities

Musculoskeletal:

- Muscle pain /Stiffness

- Joints
 - Pains
 - Stiffness
 - Inflammation
- Concomitants
- Modalities

Mental:

Please describe your mental and emotional state as it is at this present time

APPENDIX E

INSTRUCTION TO PROVERS

Dear Prover,

Thank you for taking part in this proving. We are grateful for your contribution to the growth of homoeopathy. We are sure you will benefit from this experience in many ways.

Before the proving:

Ensure that you have the following:

- The correct journal
- Read and understood these instructions
- Had a case history taken and a physical examination performed
- Signed the informed consent form

Your proving supervisor will contact you with the date that you are required to commence the pre proving observation period and the date that you are required to start taking the remedy. You will also agree on a daily contact time for the supervisor to contact you.

Should there be any problems or anything you don't understand, please do not hesitate to call your supervisor.

Beginning the proving:

After having been contacted by the supervisor and asked to commence with the proving, record your symptoms daily in the diary for one week prior to taking the remedy. This will help you get into the habit of observing and recording your symptoms, as well as establishes a baseline for you as an individual prover.

Taking the remedy:

Begin taking the remedy on the day you and your supervisor have agreed upon. Record the time that you take each dose. Time keeping is an important element of the proving.

The remedy should be taken on an empty stomach and with a clean mouth. Neither food nor drink should be taken for a half hour before and after taking the remedy. The remedy should not be taken for more than 3 doses a day for two days (6 powders maximum). In the event that you experience symptoms of those around you observe any proving symptoms, **do not take any further doses of the remedy. This is very important.** By proving symptoms we mean:

1. Any new symptoms, i.e. ones that you have never experienced before.
2. Any change of intensification of any existing symptom.

3. Any strong return of an old symptom, i.e. a symptom that you have not experienced for more than a year.

If in doubt phone your supervisor. Be on the safe side and do not take further doses. **Our experience has shown again and again that the proving symptoms begin very subtly. Often before the prover recognizes that the remedy has begun to act.**

Lifestyle during the proving:

Avoid all antidoting factors such as **coffee, camphor and mints**. If you normally use these substances, please stop taking them for two weeks before and for the duration of the proving. Protect the powders you are proving like any other potentised remedy; store them in a cool, dark place away from **strong smelling** substances, **chemicals and electrical equipment including cell phones**.

A successful proving depends on your recognizing and respecting the need for moderation in the following areas: work, alcohol, exercise and diet. Try to maintain within your usual framework and maintain your usual habits.

Avoid taking medication of any sort, including antibiotics and any steroid or cortisone preparations, vitamins or mineral supplements, herbal or homeopathic remedies.

In the event of a medical or dental emergency of course common sense should prevail. Contact your doctor, dentist or local hospital as necessary. Please contact your supervisor as soon as possible.

Confidentiality:

It is important for the quality and the credibility of the prover that you discuss your symptoms only with your supervisor. Keep your symptoms to yourself and do not discuss them with fellow provers.

Your privacy is something that we will protect. Only your supervisor will know your identity and all information will be treated in the strictest confidence.

Contact with your supervisor:

Your supervisor will telephone you to inform you to begin your 1-week observation period and then daily from the day that you begin to take the remedy. This will later decrease to 2 to 3 times a week and then to once a week, as soon as you and the supervisor agree that there is no longer a need for such close contact. This will serve to check on your progress, ensure that you are recording the best quality symptoms possible and to judge when you

need to cease taking the remedy. If you have any problems during the proving, please do not hesitate to call your supervisor.

Recording of symptoms:

When you commence the proving note down carefully any symptoms that arise, whether they are old or new, the time of day or night that they occurred. **This should be done as vigilantly and frequently as possible so that the details will be fresh in you memory.** Make a note even if nothing happens.

*Please start each day on a new page with the date noted at the top of each page. Also please note which day of the proving it is. The day that you took the first dose is day **zero**.*

Write neatly on alternate lines, in order to facilitate the extraction process, which is the next stage of the proving. Try to keep the journal with you at all times. Please be as precise as possible. Note in an accurate, detailed but brief manner your symptoms in your own language.

Information about **location, sensation, modality, time and intensity** is particularly important:

Location: Try to be accurate in your anatomical descriptions. Simple, clear diagrams may help here. Be attentive to which side of the body is affected.

Sensation: Describe this as carefully and as thoroughly as possible e.g. burning, shooting, stitching, throbbing, and dull, etc.

Modality: a modality describes how a symptom is affected by different situations/stimuli. Better (>) or worse (<) from weather, food, smells, dark, lying, standing, light, people, ect. Try different things out and record any changes.

Time: Note that the time of onset of the symptoms, and when they cease or are altered. Is it generally > or < at a particular time of day, and is it unusual for you.

Intensity: Briefly describe the sensation and the effect on you.

Aetiology: Did anything seem to cause or set off the symptom and does it do this repeatedly.

Concomitants: Do any symptoms appear together or always seem to accompany each other or do some symptoms seem to alternate with each other?

If you have any doubts discuss them with your supervisor.
Please remember that detailed observation and concise, legible recording is crucial to the proving. One reads in the Organon of Medicine paragraph 126: “ The person who is proving the medicine must be pre-eminently trustworthy and conscientious ...and be able to express and describe his sensations in accurate terms” (Hahnemann, 1997:200)

Thank you for participating in this proving. We are sure you will find that there is no better way of learning and advancing homoeopathy.

Adapted from Jeremy Sherr – Dynamics and Methodology of Homoeopathic Provings, second edition, 1994.

I, _____,

Agree to participate in the proving outlined in Appendix E, and acknowledge that I have read and understand the instructions in Appendix E, regarding the proving.

Provers: _____ Signature:

Witness: _____ Signature:

Researcher: _____ Signature:

_____ Date:

Appendix F

Proving information sheet

What is a proving?

A homoeopathic drug proving is a study in which people who are in a relatively good state of health, take a homoeopathically prepared substance in order to observe and record any symptoms that are elicited. These symptoms are then said to form the drug picture for that substance and can be used as basis for prescription, according to the Law of Similars, when a patient displays a similar symptom picture.

Why participate in a proving?

Proving is vitally important to homoeopathy as they represent the only truly accurate manner in which to ascertain the action of the homoeopathic drugs. Hahnemann suggests in the Organon that all homoeopaths should participate in provings because they allow one to gain a practical and experimental understanding of homoeopathic medicines. He also feels that the process of having to accurately record all symptoms that are experienced in the proving can only serve to increase the physician's powers of observation – what he considered to be the physician's greatest and most important tool.

Are there any health risks in participating in a proving?

Homoeopathic drug provings are safe and pose no threat to one's health as a substance used in the proving is given in a diluted and potentised homoeopathic form.

Proving has been conducted for as long as homoeopathy has existed and it is seen in all provings that symptoms that are experienced are generally mild and temporary.

There is, in addition to this, the fact that all provers are continuously monitored by the researchers throughout the proving process. If at any point a prover experiences symptoms that are causing discomfort these will immediately be treated homoeopathically, free of charge, under the supervision of the research supervisor.

What is expected of provers?

There are certain criteria that need to be met to participate in approving:

- Must be between the ages 18 and 60

- Must be willing and able to comply with the daily keeping of a journal in which symptoms are recorded
- Must be in a relatively good state of health
- Must be willing to follow the proper procedures for the duration of the proving
- Must be able to maintain your normal lifestyle and usual daily routine as closely as possible and have no major lifestyle changes (e.g. moving housing, marriage or divorce) planned during the proving period.
- Must not be on or in need of any medication; homeopathic or other
- Must not have been on the birth control pill or hormone replacement therapy in the previous six months
- Must not be pregnant or nursing
- Must not have had surgery in the previous six weeks
- Must not have any surgical or medical procedures planned for the duration of the proving period
- Must not use recreational drugs such as cannabis
- Any consumption of stimulants (alcohol, coffee, tea, cigarettes) must be in moderation

A total number of 30 provers will be randomly assigned to two groups. One group will be given the proving substance and the other group will receive placebo. This is done in such a manner that neither the provers nor the researchers will know who is in which group; and none of the provers will know what the proving substance is.

Provers will first need to record their “normal” symptoms for one week to establish a baseline of health. You will then be required to take the given substance three times a day for a total of two days. During this time, you may experience symptoms that you will be required to record in your proving journal. During the proving period the researchers will be in close contact with you to monitor your symptoms. This will be done under the supervision of the research supervisor.

If you choose to participate you will be provided with a detailed list of instructions. Here follows the basic sequence of events

1. You will contact either of the researchers volunteering to participate in the proving and will meet with them for a pre-proving interview.
2. At the pre-proving interview you will be asked to complete the inclusion criteria sheet and provided any information you require about the process. A informed consent form must then be signed.
3. You will then be asked to arrange a time with the researcher for a one and a half hour consultation and physical examination.

4. At the consultation you will be given your prover code, journal, medication and a starting date will be agreed upon.
5. On completion of the proving there will another one and a half hour consultation with the researcher.
6. Once all provers have completed the proving there will be a group meeting between provers and researchers to compare individual experiences and the substance will be unblended.

You are entitled to withdraw from the proving without having to give any explanation. You may be asked to withdraw from the proving if there is any conflict with the criteria listed above, as these criteria have been set to define the study.

Please be aware that confidentiality will be maintained throughout the proving. On completion of the proving any identifiable data will be removed and destroyed. Proving symptoms that are recorded will only be published using the prover code.

Contact details

If you have any questions, require information or would like to participate in the proving, please contact one of the following people:

<p>Shraddha Sirpal Telephone: 031 – 464 4611 (A/h) Cellular: 071 4484 944 E-mail: shraddhasirpal@yahoo.com</p>	<p>Victoria Leigh Schonfeld Cellular: 083 303 8228 E-mail: vschonfeld@gmail.com</p>
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If you have any questions at all, please do not hesitate to contact us.

Thank you for your time!

Shraddha and Victoria

APPENDIX G

The remedy is prepared by hand in the laminar flow room, without disturbance or contamination of utensils or the working area. Once the remedy is completed, it is stored in a dark, air conditioned room. The remedy is produced with a modified version of Method 5a of the GHP (2005) as follows. This is done to standardise the procedures followed in the production of *Bitis Gabonica* and *Bitis atropos*.

Method 5a: Solutions

Liquid preparations according to Method 5a are solutions produced from the raw material and a liquid vehicle. Dissolve 1 part of *Bitis atropos* venom in 99 parts (= C1/D2) of the liquid vehicle and succuss. Glycerol 85 per cent and the alcohol/water mixtures are used as vehicles.

Potentization:

- Dissolve 1 part of *Bitis atropos* venom in 99 parts of glycerol 85% and succuss 10 times to produce the first potency.
- Dissolve 1 part of the first potency in 99 parts of glycerol 85% and succuss 10 times to produce the second potency.
- Dissolve 1 part of the second potency in 99 parts of alcohol 45% and succuss 10 times to produce the third potency.
- Dissolve 1 part of the third potency in 99 parts of alcohol 45% and succuss 10 times to produce the fourth potency.
- Thereafter, dissolve one part of the previous potency, to 99 parts of alcohol 96% until the 30th potency is established.

To impregnate the globules for dispensing, Method 10 of the GHP (2005) was used:

Transferred liquid 30 CH potency of *Bitis atropos* to sucrose pillules, by moistening 100 parts of sucrose pillules with one part of Bitis atropos 30CH. Globules are impregnated in a closed beaker and air dried.

Appendix H

Post Proving Meeting

DREAMS

- Dreams of going wild, being in parties,
- Dreamt of open ground, open fields – veld.
- Dreams of intense connection to boyfriend, connected to the natural, open, beautiful space. enjoyable
- Dreams of sexual nature – hectic – could actually feel being penetrated- it was real and weird, I enjoyed it.
- Sex dreams.
- Dreams vivid
- Sex dreams.
- Strange dreams – dreamt 4 times a week

ENERGY

- Energy – very tired vs very energetic where couldn't sleep – polar opposites.
- Felt very energetic early in the morning, more than normal, especially at the beginning of the proving.

MIND

- Anxiety waiting for symptoms – thinking I was on placebo.
- Felt connected to everything.
- I had a terrible time on this proving.
- Was so confused and out of it. Was floating around, couldn't connect with reality – I didn't know what was happening. Very confused.
- I was threatened by people coming close, stress if people came close. Didn't know whether to run away or to fight. Just wanted to be left alone and hide from the world.
- Though I was on placebo
- I can't remember what happened to me

- I can't remember anything. I felt very good, usually was very tired.
- Very grumpy, angry, like PMS.
- Not connected to reality – confusion.
- Confused, floating. Mind drifting, couldn't focus, couldn't recall.
- I didn't want anything to do with school. Wanted to stay home and watch movies. Didn't go to gym, bunked lessons, didn't think for too long, didn't want people around.
- I felt very attached to my neighbor – male/female connection, felt in love with boys, which is unusual.
- Felt threatened.
- Couldn't put words together, was too tired.
- Felt excluded from group, felt they were looking at me funny, felt suspicious. Delusion – felt it was true, that I had to watch my back, read into people's actions.
- Criticism- didn't take it well – was offended.
- Lazy
- Lazy energy level. Slept a lot. Was on the social networks a lot.
- So sick, no coordination
- Eyes very sore, small – delusion eyes were small and red.
- Usually I connect easily to emotion, in the proving I was not emotional at all. Felt sorry but there was no need to cry. Emotionally indifferent, as if I was split in two.
- Writing felt tiring, was hard work, too much effort to write.
- Forgetful, absent minded.
- Music felt very good.

PHYSICALS

- Vision got clearer, cured a normal symptom. Could see far away.
- Severe arthritis in all joints, especially left side. I would curl in a ball under the blanket and keep still. It was so painful and real. Pain was

an aching pain, paralyzed me completely. I would stay in the blanket and hide away from people. I felt quite cold and tried to keep warm.

- Had a boil on the left hand side.
- Itchy feet which I would rub against the carpet.
- Headaches
- Feeling of being sick or about to get sick, like a false start. A bit of a hypochondriac. Paranoid about getting sick.
- Had a bad asthma attack. Didn't sleep well – suffocating – recurrence of an old symptom. Hay fever allergies were persistent.
- There was dryness generally with incredible thirst.
- Dryness of skin
- Dry and hay fever, not really being sick.
- Congestion in sinus
- Itchy hands at night- dorsum
- Itchy, weird rashes in random places at night – hot
- Coughing

Appendix I

Mentals & Generals Set 1

This analysis contains 703 remedies and 10 symptoms.
Intensity is considered

	Sum of symptoms and degrees
01. MIND - CHEERFUL	2 264
02. MIND - COMPANY - aversion to	1 241
03. MIND - INDIGNATION	1 54
04. MIND - IRRITABILITY	1 570
05. MIND - LIBERTINISM	1 38
06. MIND - IRRITABILITY - people; with	1 7
07. MIND - WILL - contradiction of	1 18
08. GENERALS - ENERGY - excess of energy	1 47
09. GENERALS - FOOD and DRINKS - chocolate - desire	1 77
10. GENERALS - WEARINESS	1 308

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	staph.	sep.	lyc.	nat-m.	phos.	sulph.	nux-v.	lach.	puls.	alum.	chin.	nat-c.	hyos.	plat.	acon.	anac.	ars.	kola	rhus-t.	verat.	arg-n.	aur.	bell.	calc-p.	cic.	croc.	gals.	sul-ac.
01.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
02.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
03.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
04.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
05.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
06.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
07.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
08.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
09.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
10.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Physicals Set 2

This analysis contains 757 remedies and 11 symptoms.
Intensity is considered

	Sum of symptoms and degrees
01. EXPECTORATION - YELLOW	1 189
02. THROAT - FOREIGN body; sensation of a	3 65
03. THROAT - MUCUS - tenacious	1 131
04. STOMACH - APPETITE - diminished	3 257
05. SLEEP - SLEEPLESSNESS	2 500
06. ABDOMEN - PAIN - cramping	1 361
07. DREAMS - SEXUAL - perversity	3 1
08. CHILL - CHILLINESS	3 190
09. NOSE - CATARRH - Postnasal	2 97
10. STOOL - THIN - yellow	2 27
11. LARYNX AND TRACHEA - VOICE - hoarseness	2 343

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	60	58	57	55	53	52	51	51	50	49	49	48	48	47	47	46	46	46	45	45	45	45	44	44	44	43	42	42
	arg-n.	sep.	calc.	bell.	lyc.	merc.	lach.	plb.	kali-bi.	hep.	phos.	carb-v.	caust.	mez.	sil.	bar-c.	bry.	nat-s.	alum.	psor.	rhus-l.	sulph.	ferr.	hydr.	nat-c.	puls.	graph.	nat-m.
01.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
02.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
03.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
04.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
05.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
06.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
07.	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
08.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
09.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
10.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
11.	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

PQRS Set 1

This analysis contains 699 remedies and 10 symptoms.
Intensity is considered

	Sum of symptoms and degrees
01. MIND - COMPANY - aversion to	2 241
02. MIND - IRRITABILITY - people; with	3 7
03. MIND - WILL - contradiction of	2 18
04. GENERALS - HEAT - lack of vital heat	1 263
05. THROAT - FOREIGN body; sensation of a	2 65
06. STOMACH - APETITE - diminished	3 257
07. SLEEP - SLEEPLESSNESS	2 500
08. DREAMS - SEXUAL - perversity	2 1
09. STOOL - THIN - yellow	1 27
10. LARYNX AND TRACHEA - VOICE - lost	2 174

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	40	40	39	37	36	34	34	34	34	33	33	33	32	32	32	31	31	31	31	31	31	30	30	30	29	29	28	28
	arg-n.	lach.	sep.	alum.	rhus-t.	bell.	con.	lyc.	phos.	carb-v.	gels.	sulph.	bar-c.	ign.	nux-v.	ant-c.	chin.	ferr.	merc.	nat-m.	plb.	ant-t.	calc.	kali-bi.	hyos.	puls.	dig.	hep.
01.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02.	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
03.	-	-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08.	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
09.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Appendix J

Sub- Rubric Table

The following table lists potential rubrics that could belong to *Bitis atropos*, and can be included after more research into this remedy and clinical trials are carried out.

Chapter	Rubric	Prover number originating from	Grade
Mind			
	MIND – ABRUPT	3	1
	MIND – ABSORBED	6	1
	MIND – ACCEPTANCE	2	1
	MIND – ACTIVITY – desire activity – alternating with – weakness	20	1
	MIND – AMBITION – increased – competitive	3	1
	MIND – ANXIETY – family; about his	2	1
	MIND – ANXIETY – night	2	1
	MIND – ANXIETY – night – bed; in	2	1
	MIND – ANXIETY – strangers, in the presence of	2	1
	MIND – ARDENT	2,2, 34	1
	MIND – ATTACK others, desire to	18	1

	MIND – AUDACITY	2	1
	MIND – AVARICE	19	1
	MIND – AWKWARD – haste, from	20	1
	MIND – BUSINESS – desire for	3	1
	MIND – CAPRICIOUSNESS – rejecting the things for which he has been longing; when offered, he is	19	1
	MIND – CARRIED – desire to be carried	2	1
	MIND – CAUTIOUS	3	1
	MIND – CAUTIOUS – anxious	2	1
	MIND – CENSORIOUS	3	1
	MIND – CHEERFUL , morning	18	1
	MIND – CHEERFUL, morning, waking on	18	1
	MIND – COMMUNICATIVE	6	1
	MIND – COMPANY –agg.	8	1
	MIND – COMPANY – alone, amel	23	1
	MIND – COMPANY – aversion – alone amel.; when	8	1

	MIND – COMPANY – aversion to – strangers, aversion to the presence of	3	1
	MIND – CONCENTRATION – difficult – focus, inability to	3	1
	MIND – CONCENTRATION – difficult, morning	19	1
	MIND – CONFIDENCE – want of self-confidence – self- depreciation	3,3,3	1
	MIND – CONFLICT – higher consciousness and worldly existence	4,4,4,4	1
	MIND – CONFUSION of mind – concentrate the mind, on attempting to	19	1
	MIND – CONFUSION of mind – dazed	2	1
	MIND – CONFUSION of mind – intoxicated – as if	2	1
	MIND – CONFUSION – conversation agg.	6	1
	MIND – CONFUSION– IDENTITY – duality	2	1
	MIND – CONFUSION – identity, as to his – duality,	4,4	1

	sense of		
	MIND – CONFUSION – identity, as to his – sexual identity	4	1
	MIND – CONFUSION – spoken to, when	6,6	1
	MIND – CONFUSION – talking, while	6,6	1
	MIND – CONFUSION – working, while	6,6	1
	MIND – CONTEMPTUOUS	3	1
	MIND – CONTRADICTION- disposition to contradict	2,2	1
	MIND – CONTENT	2	1
	MIND – COQUETTISH – too much	2,2	1
	MIND – COURAGEOUS	2,2,2	1
	MIND – CURIOUS	3	1
	MIND – DELUSIONS – attacked; being	2	1
	MIND – DELUSIONS – body – ugly; body looks - fat; too	19	1

	MIND – DELUSIONS – criminals, about	2	1
	MIND – DELUSIONS – divided – two parts into	4,4	1
	MIND – DELUSIONS – double being	4,4	1
	MIND – DELUSIONS – enlarged – body is	19	1
	MIND – DELUSION – Inferior	3	1
	MIND – DELUSIONS – injury – about to receive injury; is	2	1
	MIND – DELUSIONS – laughed at and mocked at; being	2	1
	MIND – DELUSIONS – looking – everyone is looking at her	2	1
	MIND – DELUSIONS – neck – too large; is	19	1
	MIND – DELUSION – Scratching – like a monkey was scratching his head	20	1
	MIND – DELUSIONS – two	4,4	1
	MIND – DELUSIONS –	2	1

	watched, she is being		
	MIND – DELUSION – wounded he is	2,2,2	1
	MIND – DELUSION – wounds – to flesh and skin he has	2	1
	MIND – DESIRE full of – more than she needs	2,17,17	1
	MIND – DETERMINATION	2	1
	MIND – DULLNESS – understand; does not – words; the meaning of	19	1
	MIND – EGOTISM	2,4,4	1
	MIND – ENVY – hate	3	1
	MIND – EXTRAVAGANCE	17	1
	MIND – FANCIES – lascivious	4,4	1
	MIND – FASTIDIOUS – prove himself; he has to	3,3,3	1
	MIND – FEAR – downward motion, of	2	1
	MIND – FEAR – falling, of	2	1
	MIND – FEAR – high places, of	2	1
	MIND – FEAR – injury - being	2	1

	MIND – FEAR – strangers of	2	1
	MIND – FEARLESS	2	1
	MIND – FIGHT, wants to	2,2,18	1
	MIND – FIRMNESS	2	1
	MIND – FORSAKEN – isolation; sensation of	6	1
	MIND – FORSAKEN feeling - beloved by his parents, wife, friends; feeling of not being	4	1
	MIND - FROWN, disposed to	20	1
	MIND – GRUMLING	32	1
	MIND – HARDHEARTED	3	1
	MIND – HOME- desires to go	33	1
	MIND – INDEPENDENT	2	1
	MIND – INDIFFERENCE – everything	3	1
	MIND – INDIFFERENCE – work	15	1
	MIND – INSECURITY	2	1
	MIND – IRRESOLUTION	4,4	1
	MIND – IRRITABILITY –	18	1

	afternoon		
	MIND – IRRITABILITY – anger – violent	19	1
	MIND – IRRITABILITY – driving a car	20	1
	MIND - IRRITABILITY - friend; to her	19	1
	MIND – IRRITABILITY – easily	20	1
	MIND – IRRITABILITY, evening	24	1
	MIND – IRRITABILITY – hungry; when	32	1
	MIND – IRRITABILITY – husband, toward	20	1
	MIND – IRRITABILITY – trifles, from	19	1
	MIND – IRRITABILITY – weakness – with	33	1
	MIND – IRRITABILITY – weariness – during	33	1
	MIND – JEALOUSY – loquacity, with	3	1
	MIND – JOY	6	1
	MIND – LOVE – perversity; sexual	4,4	1

	MIND – MANIPULATIVE	3	1
	MIND – MEMORY – weakness	6,6,6	1
	MIND – MEMORY – weakness – thought, for what he just has	2,6	1
	MIND – MISCHIEVOUS	3	1
	MIND – MISTAKES – words	2,6,6	1
	MIND – NATURE – loves	3,3	1
	MIND – OBSERVER – being an	6	1
	MIND – OFFENDED, easily	2	1
	MIND – PERSONAL APPEARANCE – too coquettish	2	1
	MIND – POMPOUS, important	2	1
	MIND – POSITIVENESS	34	1
	MIND – POWER – sensation of	34	1
	MIND – PROTESTING	2	1
	MIND – REPROACHING ONESELF	3,3,3	1
	MIND –	2	1

	RESTLESSNESS – anxious		
	MIND – RESTLESSNESS – anxious – night	2	1
	MIND – RESTLESSNESS – bed – tossing about in	2	1
	MIND – RESTLESSNESS – night	2	1
	MIND – SADNESS – sudden	3	1
	MIND – SELF- DENIAL	2	1
	MIND – SMILING – involuntarily	2	1
	MIND – STUPEFACTION	6	1
	MIND – TALKING – business, of	3,3	1
	MIND – THOUGHTS – intrude and crowd around each other – sexual	4	1
	MIND – THOUGHTS – sexual desires; about	4,4	1
	MIND – THOUGHTS – two	4	1
	MIND – UNDERTAKING – things	4	1
	MIND – WILL – strong will power	2,2	1

Teeth			
	TEETH – PAIN – nerve was exposed, as if	2	1
	TEETH – PAIN – nerve were rubbed; as if bare, exposed	2	1
Generals			
	GENERALS – ENERGY – excess, evening	20, 20	1
	GENERALS – TENSION – general; in	2	1
	GENERALS – WEAKNESS – evening	6	1
	GENERALS - WEAKNESS - morning - waking, on	15	1
	GENERALS – WEARINESS, evening	25	1
	GENERALS – WEARINESS – morning	27, 27	1
	GENERALS – WEARINESS , noon	24	1
	GENERALS - WEARINESS - waking, on	20	1
	GENERALS – WEARY	15, 15	1
Vertigo			
	VERTIGO - WALKING - while	33	1
Throat			

	<i>THROAT – CATARRH</i>	3,4, 8, 20, 30, 33, 33, 33, 33, 34, 34	2
	THROAT – DRYNESS – morning, on waking	20	1
	THROAT – FOREIGN body; sensation of a – bone	3,3	1
	THROAT - MUCUS - difficult to detach	33	1
	THROAT - MUCUS - night	34	1
	THROAT – PAIN – accompanied by – voice; complaints of.	35	1
	THROAT – PAIN – sore	20	1
	THROAT - PAIN - swallowing	20, 25	1
	THROAT – PAIN – talking –agg.	2	1
	THROAT – PAIN – talking – agg. – sore	35, 35	1
	THROAT – PAIN – tea – amel	35	1
	THROAT – SWELLING – tonsils	2	1
Chest			
	CHEST – COMPLAINTS of chest –accompanied by – nausea	2	1
	CHEST –	4	1

	CONstriction - morning		
	CHEST – HEAT – sensation of	2	1
	CHEST - OPPRESSION - painful	30	1
	CHEST – PAIN – cough – during – agg.	35, 35, 35	1
	CHEST - PAIN - cramping - External chest	2	1
	CHEST - PAIN - External chest	2	1
	CHEST – PAIN – Mammae	3	1
	CHEST – PAIN – mammae – left – aching	3	1
	CHEST - PAIN - Ribs - Between	2	1
	CHEST – PAIN – ribs – left	2	1
	CHEST –PAIN – sides – left – pressing	2	1
	CHEST - PALPITATION of heart - tumultuous, violent, vehement	25	1
	CHEST – PAIN – sides – sitting – amel.	2	1
Head			
	HEAD – HEAT – forehead – sensation of	2	1

	HEAD – INTOXICATION – as from	2	1
	HEAD - PAIN - accompanied by - Neck - pain in - Nape of neck	19	1
	HEAD – PAIN – sleep – preventing	35	1

Appendix K

Toxicological symptoms versus Proving symptoms

System	Toxicological Symptom	Toxicological symptom prevalent in the following case numbers mentioned in Chapter 2.	Proving Symptom
Eye and Sight	Diplopia	1, 2, 7	
	Strabismus	2, 8	<p>I feel as if my eyes are instable in the sockets: Shaking Moving from side to side Slight flickering movement My heart is palpitating in my eyes 02F:00:02:06</p> <p>My vision is not affected, just all the muscles all around my eyes- Hot Hot and painful. 02F:00:02:06</p>
	Nystagmus	5	
	<p>Ptoisis, unable to raise eyelids</p> <p>Very difficult to open eyes fully</p> <p>Eyelids very heavy</p>	1, 2, 4, 5, 6, 7, 8	<p>Heaviness in the forehead and the eyes. 17F:01:XX:XX</p> <p>Pain worse in the median side, the punctum plus heavy eyelids. 02F:00:02:06</p> <p>Everyone was noticing that I am sick and they would keep on telling me that you look sad and my eyes looked smaller</p>

			<p>(even though they are big). This made me worry even more. 35M:XX:XX:XX</p> <p>It started as if they are opening wider and wider. As if someone tried to forcefully open them. 02F:00:02:06</p>
	Eyes closed; eye unable to move	4, 5, 7	<p>The conjunctiva have changed in colour. They are red-brown On waking my left eye was almost glued. The eyelids were attached together medially. (The right eye is fine). 02F:01:08:40</p> <p>Left eye: More pain compared to the right Lower eyelid and upper cheek (around mandibular bone) pain Eye feels raw as if the skin was peeled off and hanging down. Upper eyelid twitching and contracting feels heavy, putting weight on my left eye. right eye is okay. No sensation, just changed in colour, red-brown, not white. 02F:00:14:01</p> <p>Right eye:</p>

			Stitching pain Better for keeping the eyelids almost closed Worse for light 02F:00:17:03
	slight blurring of distant vision	1, 2, 3, 4, 5, 6, 7	I don't need my glasses. I can't stand them! 02F 00:02:06 Vision got clearer, cured a normal symptom. Could see far away (Appendix H)
	Pupils widely dilated - no reaction to light Left pupil more dilated than right	1, 2, 3, 4, 5, 7 1	
	Difficulty focusing the eyes	1, 2, 3, 4, 5, 7, 8	
	Cannot approximate the distance of objects away. objects appear very small and far away	1, 2, 3, 4, 5	Vision got clearer, cured a normal symptom. Could see far away (Appendix H)
	Bright light painful	3, 4	Eyes bruised feeling is worse sun and direct light shining in them. 02F:00:08:06 I'm wearing a blue jacket/jean jacket. It's disturbing my eyes like if you're staring at shiny surface. –Watery surface-

			<p>that's it! The reflection of light on the surface of the water. 02F:00:02:06</p> <p>light sensitivity, creating a headache-unusual photophobia 20F:09:XX:XX</p>
Vertigo	Dizziness	1, 4, 5	<p>Left temple- tight- feels as tension Head- feeling of dizziness- actually it's like my head is in the sky, floating- like I smoked something. I never smoked before, it feels as if I slept for a long time and I'm not awake, not totally. DAZED- I think that's the word. 02F:00:11:56</p> <p>Dizziness, blacking out. 03F:00:12:00</p> <p>When I was standing the pain went to the back of my head and I was a bit dizzy. I had to drink water to calm the headache and the dizziness. 35M:09:XX:XX</p>
	Light headed	8	<p>Sensation of light headedness, floating, pleasant vibration in head and feel as if tipsy 03F:00:12:00</p>

			<p>sensation of light-headedness was experienced at night. Dizzy walking closed eyes to regain vision. Head had a floating sensation, worse for movement, better for standing still, better for sitting down. Felt as if I was flying in the clouds, lost in space.</p> <p>06M:00:XX:XX</p>
	<p>Unable to stand or focus properly, balance badly impaired</p>	<p>1, 2, 5, 8</p>	<p>I lost balance this morning</p> <p>02F:19:XX:XX</p> <p>feeling off balance when walking , I start to fall over and having to “catch myself”</p> <p>33F:06:XX:XX</p> <p>The pain made me loose balance and I couldn’t walk quick or well from my room to the kitchen. I had to walk slowly to make the pain better.</p> <p>35M:10:XX:XX</p>
	<p>Unable to support head upright</p>	<p>1</p>	<p>Heaviness in the forehead and the eyes.</p> <p>17F:01:XX:XX</p> <p>head feels very heavy</p> <p>33F:08:XX:XX</p> <p>Head is heavy; when I bend my neck forwards I</p>

			<p>feel the pain in my neck. Pain worse bending head forwards then pain in shoulders and neck pain is located around the bone that sticks out of C7/T1? Can't remember that far back in anatomy. Also the nape of my neck the curve is worse for stretching. It feels like my neck is stretching, too elongated and my head will fall off.</p> <p>19F:02:XX:XX</p>
Smell	<p>Anosmia Anosmia to tobacco</p>	3, 4, 5, 8	<p>My sweat smells like sweat My urine smells like urine My poo smells like poo My menses smells like menses Everything smells of bodily excretions. I feel like people can smell me</p> <p>19F:13:XX:XX</p>
Taste	<p>Loss of taste, strange taste like 'plastic' in the mouth.</p>	1, 2, 4, 5, 8	
	<p>bitter taste in the mouth</p>	1	<p>Woke up this morning with terrible breath! It smelled like poo I even smelled it by mistake when woke up, it was so bad! There was a horrible taste in my mouth; I made sure I brushed my teeth well.</p>

			19F:03:XX:XX
Neurological	Compared to alcohol intoxication, drunken euphoric feeling,	2	<p>felt a sensation of flying in the air above the clouds. A freedom was experienced as I travelled in my mind eye to realms of high spaces. Was jovial at night and composed a playful tune and sang it as: I am flying free in the wind, flying free in the night's breadth, I am free. 06M:00:XX:XX</p> <p>my mind has become so jovial in its mannerisms. Dancing and singing away in a playful attitude throughout the day. Really celebrated the essence of being a child again. Merrily played and sang as a child world in joy and smiles. 06M:02:XX:XX</p>
	Speech slurred	2,4,5,7,8	<p>Speech: was confusing and missing syllables as I spoke. Made many errors in speaking also. 06M:00:XX:XX</p> <p>Words – after and during the day:</p> <ul style="list-style-type: none"> - I had the perfect words in my head but I couldn't say them. They all come out different,

			<p>incoherent, or the opposite of what I was trying to say. 02F:17:XX:XX</p>
	Gag reflex absent	5	<p>felt a strange sensation in throat. Sticky/slimy yet spiny thing in throat. Tenacious phlegm can't bring up 08M:00:00:00</p> <p>Felt the food stuck in my throat- conscious of being full. 17F:00:XX:XX</p> <p>Feels like there is something stuck in my throat, like a ball of air. 19F:01:XX:XX</p> <p>Thicker mucus covering back of throat. Some pain on swallowing 03F:01:XX:XX</p> <p>have a mucous plug in my throat 33F:03:XX:XX</p> <p>throat is getting worse</p>

			<p>and I feel like I need to cough the whole time, also have a mucous plug in my throat 33F:08:XX:XX</p> <p>mucous plug in throat is so bad to the extent that I am choking on it. Trying to swallow but it is battling 33F:11:XX:X</p> <p>still battling with mucous in throat, and feeling like it is a little more effort to breathe than norm 33F:11:XX:XX</p> <p>Still have an irritating mucous plug that makes me cough. 33F:12:XX:XX</p> <p>have had a mucous plug on and off the whole day, battled to breath in Pilates because of it 33F:14:XX:XX</p>
	Cross reflexes	1	
	Corneal reflex	5	

	absent		
	Numb tingling feeling sensation of pins and needles. numbness sensation on lips, mouth	1, 2, 4, 5, 7, 8	<p>felt a tingling sensation in the chest area, the remedy is flying through my body in quick flight. 06M:00:00:00</p> <p>Left arm:</p> <ul style="list-style-type: none"> - Lameness feeling in the whole arm - Stabbing pain in the scapula worse for laughing - Worse pain in the shoulder- at the joint attachment. - Weak wrist - Warmth in my whole arm plus BRUISED - My whole arm feels bruised and swollen <p>02F:00:11.56</p>
	Facial muscles paralysed	4	
	ringing' in ears	4	
Hyponatremia	Respiratory arrest	4	<p>And then, 10 minutes after having got in bed I had an asthma attack! I was wheezy and tight chested with lots of post nasal drip and phlegm. And coughing to clear the phlegm. Standing helped a bit in that I could swallow the post nasal thus stopping it from gathering in my chest. I retreated to the</p>

		<p>lounge seeing as that was where I had been all eve without complaint. The tightness eased after about 1hour 40 minutes at about 2am. I slept in a more-or-less sitting position as lying down made breathing more difficult. 04M:07:XX:XX</p> <p>Had a bad asthma attack. Didn't sleep well – suffocating – recurrence of an old symptom. Hay fever allergies where persistent (Appendix H)</p> <p>I have to breathe deeply. It feels as if air is not getting/going through my (throat) trachea into the lungs. Trachea feels squashed/glued plus dry at the base of the neck. Worse tilting head back. Better bending halfway the neck Pulsating (pain) 02F:01:12:25</p> <p>Breathing: Much sighing and taking deep breath 02F:11:XX:XX</p> <p>Can hardly breath 30F:06:XX:XX</p> <p>can't breathe at night</p>
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			<p>30F:08:XX:XX</p> <p>I felt breathless earlier or like I couldn't breathe easily (suffocative feeling)</p> <p>33F:01:XX:XX</p> <p>after a walk down the passage, I am battling to breath</p> <p>33F:10:XX:XX</p> <p>still battling to catch my breath after a few minutes</p> <p>33F:10:XX:XX</p>
	feeling of nausea	1, 4, 5	<p>The nausea, better for urinating, after that it went away.</p> <p>02F:03:XX:XX</p> <p>Irritating cough. Better for water, not too cold. Worse for sweet stuff- I almost vomit, it made me nauseas (sugar in my coffee and in sugar beans)</p> <p>02F:13:XX:XX</p> <p>slight nausea (more a feeling in stomach then wanting to vomit)</p> <p>03F:00:12:00</p> <p>Later nauseas after eating deep heavy aching nausea in bottom of stomach. No immediate desire to throw up.</p> <p>03F:03:XX:XX</p>

			<p>Later, more shallow nausea in back of throat accompanied by pain/nausea in lower abdomen. Feels like a bone stuck at the back of throat. 03F:03:XX:XX</p> <p>Subtle nausea persisting, better for hot, clear tea and gentle touch. Worse for rich foods, putrid smells. 03F:06:XX:XX</p> <p>some nausea (mild) 03F:06:XX:XX</p> <p>had slight nausea 04M 22:XX:XX</p> <p>Slightly nauseas after eating lunch 27F:01:XX:XX</p> <p>feeling nauseas and flat 33F:02:XX:XX</p> <p>feeling nauseas, 33F:08:XX:XX</p> <p>Still feeling nauseas, nausea better for eating 33F:08:XX:XX</p> <p>Feeling nauseas 33F:17:XX:XX</p>
	Emesis	1, 4, 5, 7, 8	

	<p>Headaches followed by seizures</p>		<p>Location – head Sensation- throbbing sensation Time- it started around 11pm Intensity- it was like a strike of lightening 09F:01:XX:XX</p> <p>Location- head, pain, on the temples, bilaterally. Sensation- head, throbbing, headache. Modality- open cool air. Time-7pm as I journal. Concom- hot pulling surges of heat, I feel wet with perspiration but when I touch myself I am dry. 23M:01:XX:XX</p> <p>Sharp headache –top of head slightly to the right, lasted 10 minutes or so, then jumped to left temporal region 25F:08:XX:XX</p> <p>Feel a bit headachy, dull frontal pain < for movement, slight nausea. >outside in the fresh air. Doesn't last long. 27F:03:XX:XX</p> <p>Headache of note 30F:06:XX:XX</p> <p>very mild headache all over my head , dull ache</p>
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		<p>33F:08:XX:XX</p> <p>I couldn't sleep well due to the headache of which was very intense. The pain was in the back of my head. The pain made me loose balance and I couldn't walk quick or well from my room to the kitchen.</p> <p>I had to walk slowly to make the pain better.</p> <p>35M:10:XX:XX</p> <p>During the day I was very sick, I was coughing, had a headache and sore throat.</p> <p>35M:10:XX:XX</p>
	Hallucinations	<p>I'm very worried that if I look in the mirror, I'll see a bloody red eye, plus bluish, purple skin – the BRUISED sensation feel as if the punch happened days ago. Now it's black/ dark blue, shiny and very sensitive. Don't touch!</p> <p>That's the picture I have in my mind. I know I'm fine, just little bit sore and bruised. Worse for touching with cold fingers.</p> <p>02F:00:06:26</p> <p>Together with neck left side of my face:</p> <ul style="list-style-type: none"> - Delusion it's paralysed.

			<ul style="list-style-type: none"> - It feels strange, hanging down, loose. Heavy as if falling down. - Better for movement – cause it reminded me that I can control the muscles <p>Better for sleeping on the left side and prayer-reassurance. 02F:02:02:00</p> <p>When I was asleep that other night I had a delusion someone was breaking into the window, I then became scared and nervous I just cover my head with the blanket I was sleeping with 09F:XX:XX:XX</p> <p>These were the images/delusion coming to my head or mind:</p> <ul style="list-style-type: none"> - Rawness - big opened wounds on my face, arm - blue, dark, blood-signs of bruising - being cut open- arm, cheek, and eye- left skin to hang down - My skin was not protecting or covering what was inside.
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			<ul style="list-style-type: none"> - Paralysis or looseness/weakness of parts. - Loss of muscles control. <p>Snake bite- flesh and skin ripped off, fissures-deep one. As if acidic content opened up my skin and exposed my flesh. No wonder, I couldn't bare the cold wind on my left face and left arm and shoulder to tips of fingers. It was too cold. Icy cold. Better for warmth, jacket, scarf, warm breathe, better for rubbing.</p> <p>Animal- lizard with big, sharp nails that could rip your flesh open.</p> <p>What if I'm on placebo. – That will be funny. 02F 02:XX:XX</p> <p>Whilst talking to a group of people that I didn't know I imagined my period would start and start gushing down my trousers. I was worrying the whole time we were speaking that it would happen and what would I do-run out of the room. 19F:03:XX:XX</p>
	Disoriented	7	<p>Tonight I put the glasses where the mugs go. Feeling absent minded. 19F:03:XX:XX</p>

	Hostile	7	<p>I feel snappish, worse than when I PMS. I want to scream and be aggressive and strangle someone. Not like me to be like this at all!!! 15F:02:XX:XX</p> <p>I am being assessed at hospital today, I asked the class if there wasn't someone who could please take my turn as I was feeling so ill. No one wanted to help me. I am now angry that no one will help me, especially when I always help when I can. 15F:06:XX:XX</p> <p>I am so angry and frustrated with people. 15F:06:XX:XX</p> <p>I could actually feel the rage inside of me. 18F:08:XX:XX</p> <p>I'm extremely annoyed today. Feel as if something inside of me wants to come out to attack these annoying people around me. 18F:08:XX:XX</p> <p>Still feeling a bit angry. 20F:02:XX:XX</p>
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			<p>got very annoyed with other drivers on the road on my way to work this morning. A bit of road rage which is very unusual for me. 20F:02:XX:XX</p> <p>Again felt snappy and angry just annoyed in general 24F:04:XX:XX</p> <p>a very bad mood, begrudging doing everything 25F:05:XX:XX</p> <p>Afternoon- extremely bad mood, ratty, felt pmsy, felt as if anger bubbling over 25F:05:XX:XX</p>
	Depression	3	<p>feelings of deep sadness, nostalgic grief and lack of lust for pleasurable things flooded me 03F:00:08:10</p> <p>Some feelings of despair 03F:01:07:30</p> <p>Felt very lonely, sad, felt as though my partner didn't love me anymore. I missed him terribly. More so I missed feeling as though I was loved 04M:16:XX:XX</p> <p>I'm feeling down today</p>

		<p>and I just hope that my day doesn't go too badly. 14F:12:XX:XX</p> <p>Yesterday I had this deep almost sweet sadness in the afternoon. Unknown origin, it was just settled on me. Didn't affect me in any way, and I didn't want to do anything about it as if there was nothing I could do. Just the sadness about life in general, felt the pain of existence. Today I am in a strange space, as if everything is carrying on around me, bright daylight cars driving back and forth, people talking in the street but I am separate. 19F:02:XX:XX</p> <p>Very sad (21/02) 30F:07:XX:XX</p> <p>Can't focus at all WORSE in the morning It's like I am suspended in something. Like my brain doesn't understand words it only understands images. I can't even think, I think through porridge. I don't understand what people are saying and I can't read anything I don't understand what words</p>
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			<p>mean, I look at words like “symptom” and “heamoriod” and don’t understand what they mean??</p> <p>19F:29:XX:XX</p>
	Incontinent		<p>and urge to defecate. Extreme urgency. On passing stool, relief.</p> <p>03F:05:XX:XX</p> <p>sometimes urge so desperate and sudden that I did not make it to the toilet</p> <p>03F:05:XX:XX</p>
	Obtunded and confused	7	<p>forgetful during the day in chaos. Felt absentminded and lost in my own thoughts. On posting and printing documents had to repeatedly review as I forget details. Also forgot to take 2nd powder.</p> <p>06M:00:XX:XX</p> <p>really becoming absent minded. Forgetting keys, forgetting to switch kettle on. During day- day activities and daily chores seemingly becoming slow, confused and forgetful. Feeling really silly as I am developing a mental amnesia in daily functioning.</p> <p>06M:02:XX:XX</p>

			<p>The absentmindedness is becoming more distinct. Mom and my partner both related how confused and dazed I have become. Forgot yet again to return calls messages and important meetings. 06M:03:XX:XX Feel as if there is dullness in my mind. I am here but my mind is somewhere else. 18F:07:XX:XX</p> <p>Inability to focus on tasks 03F:00:08:10 Very confused and tight with money, careful not to spend, calculating exact amounts spent/earned. 03F:04:XX:XX</p> <p>felt confused repeatedly today at work and in conversation. Lost trail of my thought and had to clarify matters in conversations. Misunderstood meanings and words in a conversation. 06M:00:XX:XX</p>
	Lethargy		<p>Just lazy.don't want to do anything 02F:18:XX:XX</p> <p>Groggy/lethargic- don't want to do anything/ yet feel the need to do</p>

			something 06M:04:XX:XX
Circulation	Oedema	3, 5	peripheral oedema of ankles.< right. 20F:13:XX:XX Still have the slightest peripheral oedema of ankles< right side 20F:14:XX:XX
	Swelling	1, 2, 3, 4, 5, 6, 7, 8	throat feeling swollen 33F:10:XX:XX Throat dry and swollen, need to cough when talk too much 33F:10:XX:XX They feel swollen 02F:00.01:06 They feel swollen now they are watery 02F:00:02:06 Both eyes are swollen and there's pain in the left eye only. 02F:01:08:40 Both my eyes are swollen Tears are coming out of my left eye- not much tears, just a little, right is so dry 02F:03:XX:XX
	Blood blisters	2, 3, 6	Have noticed a few small red lesions on my ankle, look like insect bites,

			<p>quite itchy. Left ankle. 27F:12:XX:XX</p> <p>I've had a few strange spots on my face since yesterday. They look like pimples to begin with, become slightly raised, are quite small, but then instead of coming to a head like ordinary pimples, they flatten again and the skin peels leaving a flat reddish dot. They (=/- 5) all lateral to the nose, don't last long-appear and heal again in about a day and a half. Nothing came out when I squeezed. I don't recall having such pimples before. They make my skin look unhealthy. 04M:11:XX:XX</p>
	Alteration in platelet aggregation, increases blood capillary permeability.	2, 5	<p>face was a bit red- not just rosy cheeks but more of a general redness, feeling warm in the face 04M:22:XX:XX</p>
	Dark discolouration.	2, 3, 5	
	Pale, Lips blue and face	3, 4	
	Cardiotoxicity		<p>today my heart did something strange. It was beating quite irregularly, but it wasn't palpitations. It felt like it was trying to 'reset' itself. It was very</p>

			<p>brief – maybe a minute.. It wasn't at all painful and wasn't accompanied by any other symptoms. Now that I think of it I was a little anxious for the greater part of this morning. 04M:17:XX:XX</p> <p>Palpitations, brief as if heart is knocking on rib cage 25F:04:XX:XX</p> <p>when I woke up from my nap I could feel my heart beating really fast for quite a long time. I felt terrible and I got up and splashed my face with some water. When I looked in the mirror my face was very pale- almost greenish. 32F:05:XX:XX I noticed that my heart was beating fast and I was a bit dizzy but after a few minutes I was okay. 35M:20:XX:XX</p>
Lymphatics	Pain in right lymph gland in armpit, Tenderness in fingers, back of hand, left arm and armpit. swollen and glands in	1, 2, 3, 4, 6	<p>Left tonsil is swollen on palpation. Right also swollen on palpation 02F:03:XX:XX</p> <p>Submandibular lymph nodes painful 08M:06:XX:XX</p>

	the armpit swollen and tender		
Gastro Intestinal	Stomach cramps	4	<p>Some what a feeling of spiritual freedom from food. ie, no need to eat. Avoided all food except some small bits of fruit. Felt hunger, but not a normal hunger, hunger with a pain and cramping of stomach, aching nausea, strengthening of 'bone in throat' feeling. 03F:03:XX:XX</p> <p>Cramps and nausea in stomach, better for massage, heat, hot drinks(only slight), worse after eating. Not much pain on palpation. 03F:03:XX:XX</p> <p>Late afternoon strong cramps (like a hand grabbing and twisting/snake wringing intestines in lower central abdomen) and urge to defecate 03F:05:XX:XX</p> <p>Had slight tummy cramps mostly on the right side. The cramps did ease up and disappear by midday. 18F:04:XX:XX</p>
	Vomited again. No evidence of	1	Stool watery yellow, putrid smelling with bits of

	tea being digested after 3 hours.		black/green/dark brown solid undigested matter suspended in completely watery bright yellow solution 03F:05:XX:XX
Thirst	Water taken often	2, 4	<p>increased thirst with drinking sips of water throughout the night. Tongue was dry 06M:00:XX:XX</p> <p>I feel thirsty, drank 500mls of water and this was in the evening, and I still feel thirsty. I don't normally drink that much, but I am almost craving water! 15F:01:XX:XX</p> <p>Still very thirsty 15F:02:XX:XX</p> <p>Thirst especially in the evenings. 15F:04:XX:XX</p> <p>Thirsty this morning so I downed 3 glasses of water. 19F:04:XX:XX</p> <p>Feeling very dehydrated too 20F:02:XX:XX</p> <p>Feeling dehydrated again. 20F:03:XX:XX</p>

			<p>I have been more thirsty, craving foods- acidic foods and drinks. 23M:02:XX:XX</p> <p>Very thirsty tonight 25F:07:XX:XX</p> <p>Very thirsty 25F:08:XX:XX</p> <p>Still very thirsty 25F:09:XX:XX</p> <p>There was dryness generally with incredible thirst (Appendix H)</p>
Throat	Bad sore throat	1, 8	<p>Throat is so sore and raw. Tickling, worse on the left side 02F:31:XX:XX</p> <p>a sore throat 03F:01:07:30</p> <p>Woke with a sore throat, it felt inflamed, itchy and tender. Lots of thick postnasal and a bit of coughing 04M:22:XX:XX</p> <p>Throat still a bit sore, not as bad now, just scratchy 25F:09:XX:XX</p> <p>Sore throat, post nasal drip starting 30F:01:XX:XX</p> <p>Sore throat, on fire!! 30F:02:XX:XX</p>

			<p>Very sore throat 30F:05:XX:XX</p> <p>sore throat 30F:06:XX:XX</p> <p>slight sore throat as if splinter in throat (RHS) 33F:05:XX:XX</p> <p>woke up with a sore throat , scratchy 33F:08:XX:XX</p> <p>throat still sore, dry scratchy with cutting sensation (getting worse) 33F:09:XX:XX</p> <p>woke up with a swollen dry throat, with splinter like pain. 33F:11:XX:XX</p> <p>woke up with sore dry throat, splinter like pain 33F:12:XX:XX</p> <p>throat is really sore, sharp burning pain, feels really dry 33F:18:XX:XX</p> <p>later on when I was talking to my roommate I noticed that I throat was very sore, and I had to clear it all the time to make it better and to talk properly. My throat was getting sore when I was</p>
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			<p>talking to someone and it was a bit itchy in the uvula region.</p> <p>35M:09:XX:XX</p> <p>sore throat</p> <p>35M:10:XX:XX</p>
	Tightness of the throat	1, 7	<p>Felt the food stuck in my throat- conscious of being full.</p> <p>17F:00:XX:XX</p> <p>Feels like there is something stuck in my throat, like a ball of air.</p> <p>19F:01:XX:XX</p>
Extremities	Muscular weakness, Weakness in limbs	2, 5	<p>Sudden muscle weakness causing me to fall</p> <p>03F:XX:XX:XX</p> <p>Muscles are tense. Still unable to relax. Worse at night, better during the day.</p> <p>02F:21:XX:XX</p>
	Muscle spasms in right biceps, triceps and thumb	4	<p>Cramps in both calves, like I have been running a marathon the day before.</p> <p>19F:03:XX:XX</p> <p>muscle cramps in quads and calves. Continuous cramping as I am sitting.</p> <p>20F:09:XX:XX</p> <p>cramping persists. Eventually I had a bit of salt and a glass of water which helped quite alot</p>

			<p>20F:09:XX:XX</p> <p>- muscle cramping like yesterday. In calves and quads and glutes. Needed to drink salt again to ease it</p> <p>20F:10:XX:XX</p> <p>Left fingers:</p> <ul style="list-style-type: none"> - Numb- especially the 3 middle digits - Pulsating distal digits <p>My triceps are sore and lame. It's like some tightness, not all around the arm but worse posterior arm (triceps)</p> <p>02F:00:11.56</p>
	Both legs painful at knee joints, thighs and feet.		<p>Aching knee joints and crampy aching calves. Worse for walking down stairs.</p> <p>19F:04:XX:XX</p> <p>Pain in my hips: Cutting pain- better for stretching and pressure</p> <p>02F:10:XX:XX</p> <p>Hip: lumbar region- worse right, left okay</p> <ul style="list-style-type: none"> - Cutting pain as if sliced with an electric knife- not constant- comes and goes <p>02F:11:XX:XX</p>

			<p>Joint pain: especially in the right shoulder right now, but it wanders around seems to be affecting the larger joints (knee, hips, shoulder) primarily. Aching pain. 19F:02:XX:XX</p> <p>Severe arthritis in all joints, especially left side. I would curl in a ball under the blanket and keep still. It was so painful and real. Pain was an aching pain, paralyzed me completely. I would stay in the blanket and hide away from people. I felt quite cold and tried to keep warm</p>
	Pain felt in finger joints of left hand, right shoulder and right leg	2, 4, 7	<p>Left arm- there's like electric shots from shoulder to the tips of fingers 02F:00:14.01</p> <p>Left Shoulder joint:</p> <ul style="list-style-type: none"> - There's a sore and bruised feeling that's better for extending the arm outwardly - It's also dull aching, as if I over used it - Worse for putting pressure on it - Worse for lying on the left side <p>02F:20:XX:XX</p>

			<p>Pain in my left shoulder joint and left side of my neck</p> <ul style="list-style-type: none"> - Worse for lying on the right side, cause it means pulling the neck muscles on the left - Better laying on the left/using a lot of pillows to raise my neck if I still want to lie on the right. <p>02F:21:XX:XX</p>
	Very cold hand and forearm 'icy cold', skin on hand without feeling	2, 4	<p>Only cold feet better for uncovering them during the day. They become better covering them during the night. Better for socks and closed shoes or blanket.</p> <p>02F:18:XX:XX</p> <p>The more cold and freezing the more they seem to be fine. Better for slops and sandals. I did try to cover them with a sheet – few minutes later I'll unconsciously pull them out.</p> <p>02F:18:XX:XX</p> <p>My lower legs feel cold, from the knee down. Like soggy ice blocks.</p> <p>19F:03:XX:XX</p>

	Hand itchy	4	<p>My hands are itchy (palms of both hands") localised areas of redness that are pruritic. Worse for scratching. Better for cold water. 20F:01:XX:XX</p> <p>Hands are itchy again 20F:02:XX:XX</p> <p>itchy hands in small spots. 20F:07:XX:XX</p> <p>Red pruritic areas between fingers and on dorsal aspects of hands. 20F:07:XX:XX</p>
Sensation	Burning pain	2	<p>My eyes started paining again- they were fine. It feels as if I was swimming and water got stuck in my ears and eyes are burning with chlorine. Left side is worse than right. 02F:03:XX:XX</p> <p>My neck feels sore today. Did some neck exercises, stretching and rolling the neck. Pain- burning. 17F:06:XX:XX</p> <p>My feet are burning underneath, especially the heels. Every time my feet touch the floor they burn underneath</p>

			15F:03:XX:XX
Modalities	Pain worse when trying to walk, but better when resting	2	Pain in throat when trying to talk. Better for quiet, worse for talking. 02F:32:XX:XX
General	Feeling very weak, tiredness, faint	2, 3, 5, 8	tiredness, slough 03F:00:12:00 Energy: at the end of the day a low depleted energy. 06M:06:XX:XX I feel tired, like I should be resting in bed 15F:08:XX:XX I did not have enough energy to start the day. I do not feel like getting out of bed 15F:09:XX:XX I feel like I have used allot of energy and strength in the last few days 15F:10:XX:XX Feel very tired even though I have had a normal day 15F:11:XX:XX Feeling tired; just want to cuddle up in bed. 18F:02:XX:XX Very tired. 18F:07:XX:XX

			<p>Feeling exhausted, even look drained and weary 18F:09:XX:XX</p> <p>very tired today 20F:03:XX:XX</p> <p>so tired I can hardly keep my eyes open 20F:05:XX:XX</p> <p>woke up feeling exhausted at 5-30am. Could have slept another 3 hours 20F:10:XX:XX</p> <p>was irritable and tired a few more days 24F:XX:XX:XX</p> <p>tired especially around lunch time 24F:07:XX:XX</p> <p>Feel very tired in the evening 25F:01:XX:XX</p> <p>Slight drowsiness this morning 27F:05:XX:XX</p> <p>feeling tired 33F:02:XX:XX</p> <p>feeling weak and exhausted 33F:03:XX:XX</p> <p>feeling tired</p>
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			<p>33F:07:XX:XX</p> <p>Feeling very flat. 33F:08:XX:XX</p> <p>Also feeling extremely tired 33F:11:XX:XX</p> <p>I was just not myself. Not being full of energy. 35M:19:XX:XX</p> <p>Feeling weak and tired , lack lustre 19F:14:XX:XX</p> <p>Feeling weak and “out of it” 33F:16:XX:XX</p>
Sleep	Unable to sleep	3	<p>My sleep pattern is completely disturbed I haven't slept 8 hours since last week Tuesday and tomorrow is going to be 1 week. Its midnight again and I'm awake. My eyes are dry. My sleep is gone 02F:12:XX:XX</p> <p>Its back again to the sleeping late thing. Its 1.07am I'm so tired after a long day of doing assignment on computer. Just can't sleep!!! I think the more exhausted I am the more I can't sleep. Weird! GIVE</p>

			<p>ME BACK MY SWEET SLEEP! 02F:19:XX:XX</p> <p>I could sleep, but only for few hours- 1 to 2 hours continuously then wake up again. I tossed and turned so much in bed that when I woke up and I was lying obliquely in another direction then when I went to sleep. 02F:22:XX:XX</p> <p>I woke up feeling unrest Didn't get much sleep 02F:23:XX:XX</p> <p>Slept fitfully, unable to rest 03F:01:XX:XX</p> <p>Didn't sleep too great, was restless, tossed and turned 04M:04:XX:XX</p> <p>woke up and couldn't sleep 08M:06:XX:XX</p> <p>Had a problem falling off to sleep 17F:02:XX:XX</p> <p>I just want to sleep but my mind is racing with all the things I have to do before Monday 18F:12:XX:XX</p>
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			<p>Tried to sleep from 9pm, but can't sleep. It's now 11pm. 19F:02:XX:XX</p> <p>could not sleep last night. I was wide awake form 2am and 4am. Over active mind. Was thinking about work. How frustrating. So feeling tired now. My child just woke me up! 20F:03:XX:XX</p> <p>did not have much sleep last night but have woken surprisingly energetic. Tossed and turned alot last night. Was awake alot of the time. Thinking alot and feeling annoyed! 20F:06:XX:XX</p> <p>Slept ok, woke at 2am, took a bit of time to get back to sleep 25F:01:XX:XX</p> <p>Struggled to sleep at night, temp uncomfortable, with blanket too hot without too cold. 25F:08:XX:XX</p> <p>Struggled to sleep, tossed and turned. 25F:09:XX:XX No sleep!</p>
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			<p>30F:06:XX:XX</p> <p>I was turning left and right in bed thinking I want to go back to sleep but it never happened.</p> <p>35M:15:XX:XX</p> <p>Bad sleep no dreams but I laughed in my sleep and it woke me up</p> <p>30F:08:XX:XX</p>
Mind	Patient was bright and cheerful	6	<p>Everything brings a smile to my face: Peoples kindness, kids, strangers walking in the street. I can't see what's making me smile, but I smiled a lot today.</p> <p>02F:21:XX:XX</p> <p>spent time at a place of solitude and mind absorbed a silent atmosphere. A space of quietness and inner joy of dancing with the self was experienced.</p> <p>06M:06:XX:XX</p> <p>Feeling extremely happy, light hearted and care free.</p> <p>18F:01:XX:XX</p> <p>Woke up in a cheerful mood</p> <p>18F:02:XX:XX</p> <p>Still waking up in a cheerful mood</p> <p>18F:03:XX:XX</p>

			<p>In a good mood. 18F:05:XX:XX</p> <p>Seems as if food is making me happy and wholesome. 18F:06:XX:XX</p> <p>Everyone seems like loose cannon around me but I am calm and collective. Fill with positivity. 18F:07:XX:XX</p> <p>Feel a bit chirpy today 18F:10:XX:XX</p> <p>Very happy and talkative 27F:06:XX:XX</p> <p>Very happy and relaxed 27F:07:XX:XX</p> <p>Feeling very excited and very alive 34F:01:XX:XX</p>
Cough	Slight irritant cough	6	<p>I developed an ominous sounding cough soon after waking. It was irritable, not too phlegm but not dry and I had quite a tight wheezy chest. 04M:20:XX:XX irritating cough 02F:03:XX:XX</p> <p>Irritating cough. Better for water, not too cold.</p>

			Worse for sweet stuff- I almost vomit, it made me nauseas (sugar in my coffee and in sugar beans) 02F:13:XX:XX
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Appendix L

Repertorisation of the toxicology symptoms

Sum of symptoms and degrees - Sum of symptoms and degrees - Intensity is considered

1	1234	1	VISION - DIPLOPIA	104
2	1234	1	VISION - BLURRED	99
3	1234	1	EYE - PUPILS - dilated	207
4	1234	1	EYE - PUPILS - insensible to light	80
5	1234	1	MOUTH - TASTE - wanting, loss of taste	121
6	1234	1	NOSE - SMELL - wanting	102

	bell.	nat-m.	hyos.	nux-v.	phos.	stram.	arg-n.	aur.	calc.	merc.	
	21	19	18	17	17	16	15	15	15	15	
1	2	3	3	2	1	2	2	3	1	1	
2	1	3	-	2	1	1	1	2	1	-	
3	3	2	3	2	2	3	3	1	3	2	
4	3	-	3	1	1	2	1	-	-	2	
5	3	3	2	2	3	1	1	2	2	2	
6	3	3	2	2	3	1	1	2	3	3	