

**A homoeopathic drug proving of Panthera leo with a
subsequent comparison of Lac leoninum.**

By

Kerusha Naidoo

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

Signature of Student

Date of signature

APPROVED FOR FINAL SUBMISSION

Signature of Supervisor

Dr D.F. Naude

M. Tech : Hom (T.N)

Date of signature

This Dissertation is dedicated to my beloved Bhagawan Sri Sathya Sai Baba who has taught me the true essence to life. Thank you my sweet Lord for never letting me go and always holding my hand with each step I have taken in this life's journey. Without you this would have never been possible.

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Abstract

Introduction

This study was a double-blind, placebo controlled proving of *Panthera leo* 30CH (claw of a African lioness); the aim being to determine the effect of this substance induces on healthy persons and in doing do explore the homoeopathic therapeutic potential thereof, in addition a subsequent comparison with the provings of *Lac leoninum* (milk of a lioness) (Sankaran,1998) (Herrick,1998) was performed.

Objectives

The primary objective of this proving was to determine the effect that *Panthera leo* 30 CH on healthy provers so that the therapeutic potential of the substance could be determined. The secondary objective was to compare the Materia medica of *Panthera leo* with that of *Lac leoninum* (Herrick, 1998) and Sankaran (1998). Lastly, the third objective was to further develop the homoeopathic Materia medica by adding the remedy picture of *Panthera leo*.

Methodology

The drug proving of *Panthera leo* was conducted as a randomized, exploratory, double – blind placebo controlled study. Thirty participants (healthy volunteers) who met the inclusion criteria (Appendix B) participated in the proving, twenty – four were given the verum and the remaining six placebo.

Upon obtaining written informed consent the researcher performed a full case history and comprehensive physical examination on each prover before commencement of the proving. A subsequent follow up case history and physical examination at the end of the

proving was also performed to establish whether provers had returned to their respective healthy states.

The provers took their first dose of the proving remedy at a dosage of 1 dose three times daily for 2 days and recorded all symptoms they experienced in their respective journals according to the guidelines in Appendix C.

On completion of the proving, all provers handed in their journals which were then transcribed, assessed and analyzed.

An extensive comparison between the proving of *Panthera leo* and the two provings of *Lac leoninum* (Herrick, 1998) (Sankaran, 1998) followed. The respective remedies were compared and contrasted with respect to Materia medica and repertory and similarities and differences highlighted.

Results

A total of 1255 rubrics were obtained of which the mind section of the Materia medica weighed heavily comprising 35 % (435 rubrics) of the proving symptoms, the generals section (11% = 135 rubrics) and head section (9% = 109 rubrics) respectively.

Therefore it can be suggested that this remedy's sphere of action is limited largely to the mind (emotional state) however unique physical indications specifically regarding headaches are also within its sphere of action.

Of the total, 1255 rubrics that were obtained only 11% (138 rubrics) were shared with the two other provings of the African lion (Herrick 1998 & Sankaran 1998); as suggested by Naude (2011) one can speculate that these shared symptoms may represent the unique mammalian component of the animal the differences however considerably outweigh the similarities between these provings and for this reason one can conclude that factors in addition to the species of animal from which the remedy is sourced further influence the resultant proving symptoms.

Conclusion

It can be concluded that *Panthera leo* 30CH produced clearly observable symptoms in healthy provers who participated in this proving, furthermore there was clear congruency between certain aspects of this proving and that of Herrick and Sankaran however such similarities were limited.

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Definition of Terms

Centesimal potency

Centesimal potency is a dilution in the proportion of one part in one hundred (Swayne 2000:36). The sequential addition of one part of the stock or of the previous potency to ninety nine parts of diluent. The number of these serial dilutions, performed with succussion, defines the Centesimal potency. The Centesimal potency is designated by a number with a letter CH following it (Swayne 2000:36). The most widely known and used potency scale, originally developed by Hahnemann (Yasgurs, 1997:44).

Law of similars (Similia principle)

The Law of similars refers to the fundamental principle of homoeopathy, 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. The law of similars is expressed as "*Similia Similibus Curentur*" (let like be cured by like) (Swayne 2000:193).

Materia Medica

In homoeopathy the Materia Medica describes the nature and therapeutic repertoire of homoeopathic medicines; of the pathology, the symptoms and signs and the modifying factors (modalities), and general characteristics of the patient associated with them, derived from the toxicology, homoeopathic provings and clinical experience of their use (Swayne 2000:133).

Pharmacopoeia

A Pharmacopoeia is an authoritative reference work containing monographs of medicines and other therapeutic agents, specifications for sources of, and standards for the strength and purity of, base substances and mother tinctures, formulae and methods of preparation of these substances and their derivative potencies, as well as descriptions of processes for the testing of starting materials (Gaier, 1991:398).

Placebo

A non-medicated, relatively inert substance administered to contrast the effects of the relative non-medication in controlled experiments with those of medication in two

comparable groups of patients (Gaier, 1991:183). A dummy treatment administered to the control group in a controlled trial in order that the specific and non-specific effects of the experimental treatment can be distinguished (Taylor et al, 1988:1298).

Potency

The stage of altered remedial activity to which a drug has been taken by means of a measured process of deconcentration, with succussion, or by trituration, of the medicinal substance, which is thus brought to a state of diminutive or infinitesimal subdivision (Gaier, 1991:432).

Prover

A prover is a volunteer, who should be 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

Proving is a transliteration of the German word “prüfung” meaning test or assay (Gaier, 1991:390). A proving is the process of determining the medicinal/curative properties of a substance. This process involves the administration of substances either in crude form or in potency to healthy subjects in order to observe and record symptoms. A proving is a test of the action of a drug upon the healthy body, and a record of the unusual symptoms produced and or alternatives from the normal health experienced by taking the substance (Yasgurs, 1997:201).

Repertory

A repertory is a source used in case analysis to identify the medicine indicated for the patient. This process is called repertorisation. A repertory is a systemic cross reference of symptoms and disorders to the homoeopathic medicines in whose therapeutic repertoire (Materia Medica) they occur. The strength or degree of the association between the two is indicated by the type in which the medicine name is printed (Swayne, 2000:183).

SUCCUSSION

Vigorous shaking, with impact or “elastic collision”, carried out at each stage of dilution in the preparation of a homoeopathic potency (Swayne 2000:201).

Chapter One

Overview

1.1 . Introduction

Vithoukas (2002) explains that, even though homoeopathy continues to advance as we have literally thousands of remedies derived from various sources such as plant, minerals, animals and diseased tissue whose characteristics have been brought out through carefully constructed provings, it is still necessary to perform additional provings on new substances so that the homoeopathic armamentarium can be further expanded (Vithoukas, 2002:143).

Provings are the basis upon which a homoeopathic remedy is chosen for a patient, where the symptom manifestation of the patient matches the symptom manifestation of the remedy, thus enabling the principles of resonance to strengthen the patient's immunity and bring about cure (Vithoukas, 2002:96). Our external environment consists of crude substances which hold the power to produce symptoms in healthy persons when taken in a homoeopathic dosage form; it is these unique symptoms which reveal the therapeutic potential of the substance according to the law of similars (Ullman, 1991:10).

Sherr(1994:49) states; these new substances should ideally be indigenous to the region of experimentation, as, a useful remedy will be within the reach of the patient, as nature always provides an accessible cure. Numerous homoeopathic cases cannot be solved because many of the most important remedies have not yet been developed (Herrick, 1998). In aphorism 162 of the Organon (2011), Hahnemann writes that if the exact simillimum has not yet been proved, then the Homoeopath is forced to prescribe the most appropriate remedy available. For this reason, in aphorism 145, urges the discovery of a suitable remedial agent for every known disease. Hence the need for new provings to be conducted since the environment in which we live is constantly changing as is the disease profile of modern times and new diseases have developed that did not exist in the past and it is only through homoeopathic provings that new therapeutic substances can be discovered.

Hahnemann was a linguist, a master of sixteen languages, a master of chemistry and a doctor of medicine. He was a sensitive soul whose heart grieved at the suffering of others. He could not reconcile himself to the then prevailing cruel methods of bleeding, purgating and sweating the patients, nor to the trashing of those considered insane or psychotic (Gunavante, 2006). He therefore preferred to eke out his living by translating medical works (Gunavante, 2006). Translating Cullen's *Materia medica* led Hahnemann to ingest Cinchona bark and observe the effect it had on himself. This led to him developing symptoms similar to that of malaria and it was deduced that "Cinchona cures intermittent fever by virtue of its power to produce in the healthy, a similar affection" (Gunavante, 2006) thus coined the term Like-cures-like (Bloch & Lewis, 2003:17).

Hahnemann, personally tested and recorded the effects of 99 drugs, and it has been described as "the largest, most accurate and most fertile of all investigations into medicinal action made by any single observer". Krauss has stated that "the era of scientific medical experimentation begins with Hahnemann and nobody else" (Sankaran, 1991:11). Thus the birth of provings was developed.

Herrick (1998) said that of the 2000 remedies in existence only 14 have been derived from mammals. Hence this proving increases our knowledge and is of great benefit to the homoeopathic society. According to Dam (2002) the unique mammalian component of a Lac remedy is only possible if various remedies from different parts of the same animal are available.

Herrick (1998) conducted a proving of *Lac leoninum* whereby the milk of a caged lioness was sampled. In order to do so the animal was restrained and injected with a hormone to increase milk production. Certain questions are raised in this regard such as the possible influence of the restraining process, the hormone itself or the possible effects of the stress experienced during the process on the sample obtained and thus ultimately the proving symptoms produced. The influence of the history and the individual circumstances of the animal on the resultant proving symptomatology have been discussed by Naude(2011) when comparing two provings of *African elephant* one derived from the milk of a female elephant (*Lac loxodonta*) in captivity (Herrick, 1998) and the other (*Loxodonta africana*) the ivory of a wild male elephant (Forbes, 2008) and

(Speckmeier, 2008). Naude attributed the dissimilar symptoms to the unique circumstances of the animals from which the samples were obtained. The current study obtained a nail shaving from a wild African lioness; the nail was chosen as the remedy source to eliminate the potential influence of the tranquilizer on the blood of the animal. It is the second objective of this study to compare the proving symptoms of this proving with that of Herrick's of *Lac Leoninum*.

1.2. Objectives of the proving:

- **Objective 1**

- Is to determine the effect of *Panthera leo* 30 CH on healthy provers so that the therapeutic potential of the substance can be determined.

- **Objective 2**

- To compare the Materia medica of *Panthera leo* with that of *Lac leoninum* (Herrick, 1998) and Sankaran (1998).

- **Objective 3**

- To further develop the homoeopathic Materia medica by adding the remedy picture of *Panthera leo*.

1.3. Benefits of the proving:

As the world progresses at an alarming rate, so does the ill health of humans. Just as technology advances to keep up with the fast life- style we have adopted so too must homoeopathic medicine advance. This advancement can only be achieved through further provings being done.

As we bear witness to the struggle of many cases being unable to be solved, part of the reason is that many of the most important remedies have not been proven yet (Herrick,

1998). According to Herrick (1998), over 2000 remedies have been proven and of that only 14 are made from the mammals. From this 14 mammals been proven the main substance being used is the Lac's homoeopathic remedies derived from the milk of various mammals) e.g. *Lac caninum* (milk of a dog) (Vermeulen, 2001:567), *Lac equinum* (milk of a horse) (Herrick, 1998).

According to Dam (2002) the unique mammalian component of a Lac remedy is only possible if various remedies from different parts of the same animal are proven.

Forbes (2008) states, further benefit may be found in the comparison of male and female remedies, and ivory versus milk of *Loxodonta africana*, as it may further add to our knowledge of the differences that may be found between remedies produced from the same species of animals but obtained from different sexes and different origins of the substance.

Therefore the comparison of the nail shavings verses the milk of *Panthera leo* will further investigate and add to the knowledge of using different parts of the same animal species as well as the impact thereof on the resultant proving symptomatology. In addition this may result in a change in the conventional remedy sources derived from animals such as milk and blood and rather the use of other source material such as hair, feather, claw etc. which are easier to obtain and easier to sample in a manner which does not harm the animal.

1.4. The delimitations

The study did not:

- Attempt to explain the mechanism of action of the homoeopathic preparation in the production of symptoms in the healthy individuals
- Determine the effects of potencies of *Panthera leo* other than in the thirtieth centesimal
- Seek to perform multicentre trials of the drug.

1.5. The assumptions

- All provers complied with the proper procedures for the duration of the proving.
- The provers took the remedy in the dosage, frequency and manner required.
- The provers were conscientious and accurate with regards to self – observation
- The provers would not deviate from their dietary habits or normal lifestyle immediately prior to, or for the duration of the proving.

Chapter Two

Review of related literature

2. 1. Introduction

A proving is a way of making a new medicine available to the repertoire of remedies used in homoeopathy (Herrick, 1998). In these trials healthy individuals are administered repeated doses of a homoeopathic substance until a reaction, by way of the production of abnormal symptoms, is achieved (Ullman, 1991:9). Once it is established what symptoms that substance produces it is then known what it will influence and cure (Ullman, 1991:10). Proving is performed on healthy humans and not animals because disease has two distinct forms of expressions. One being change that occurs at a tissue level (objective) and the other is felt such as emotions and sensations (subjective) (Sankaran, 1991:10)

2.2. History of provings

Proving has been and still is the bedrock of the science and practice of Homoeopathy, ever since the first proving of Peruvian bark (*Cinchona*) by Hahnemann in 1796 (Sankaran, 1998). Hahnemann performed the proving of *Cinchona* on himself in order to elicit the curative properties that were latent within the bark. The thought for this experiment arose due to his workings of translating a book written by a Scottish physician, Cullen which explained that *Cinchona* cured malaria. This experiment led him to the conclusion that “*Cinchona* cures intermittent fever by virtue of its power to produce in the healthy, a similar affection” (Gunavante, 2006).

These findings led Hahnemann to perform further experimental studies of the same nature, using different substances which showed to be curative of certain well- defined diseases (Gunavante, 2006). He tested these substances not only on himself but on his family members that were of a healthy status. In every case he found that the positive effect of these remedies on the healthy human body corresponded with the morbid phenomena of disease they had been able to cure (Gunavante, 2006).

This phenomenon is now expressed by the well-known term, *similia similibus curentur* (like cures like).

2.3. Proving methodologies

Hahnemann carefully and meticulously supervised the provings of a large number of medicines on healthy persons and had the symptoms experienced by the provers recorded in their own language, without any speculative guesses as to the physiological processes involved or the pathology which may have developed (Gunavante, 2006). Hahnemann limited the number of variables in his provings by selecting healthy provers, ensuring each prover did not take drugs and practiced moderation with regards to food and lifestyle and by recommending that if some strong influence occurred to the prover, those symptoms should be eliminated (Kerschbaumer, 2004).

Furthermore Hahnemann (1996) gave clearly defined instructions and methods with regards to homoeopathic provings in his 6th edition of the “Organon of the Medical Art” outlined in aphorisms 105 to 145 (Naidoo, 2010).

2.4. Blinding and placebo measures

Hahnemann did not believe in the placebo effect or blinding trials which he considered to be a form of deception, therefore he gave strict instructions to provers as to their lifestyle habits when on the proving, but in this day and age, this would not be feasible given the fast pace lifestyle of the 21st century world. Therefore double blinding and placebo control are necessary inclusions in modern provings. The purpose of blinded provings is to compensate for bias in the observer and faith in the prover which has never been tested or proved (Naidoo, 2010). The majority of provings taking place today are almost always blinded (Sherr, 1994:36).

The use of a blind technique is widely accepted as a way to distinguish placebo responses from action of medicine (Ullman, 1991:56). In theory it distinguishes the effect of the remedy from the effects of the proving process itself (Sherr, 1994:37).

2.5. Related provings

2.5.1. Provings of *Lac leoninum*

Two provings of the milk of a lioness were conducted by Dr. Rajan Sankaran (1998) and Dr. Nancy Herrick (1998) respectively. The crude substance was sourced from the same female lion i.e. two separate provings were conducted from the same original source of milk.

2.5.1.1. History of the substance used in the provings of Sankaran and Herrick

The milk of the lioness that was six years old at the time was attained from a lactating female lion who had just delivered two healthy cubs. This African lioness was housed in a nature sanctuary outside Bombay, India and was allowed to roam within the confines of this enclosed park during the day and at night was encaged (Herrick, 1998).

The extraction of the milk was done so, by restraining the lioness in a cage and injecting her with a hormone in order to increase milk production and thereafter manually milking her (Herrick, 1998).

2.5.1.2. Proving of *Lac leoninum* conducted by Sankaran (1998)

A proving of *Lac leoninum* was first conducted in the year 1994 by Sankaran (1998).

The milk was triturated up to a 3 C potency and using the Hahemannian method, each successive potency was prepared by hand in an alcohol base (Sankaran, 1998).

A total of 6 provers between the ages of 20-35 years old participated including Sankaran himself. Of the 6 provers, 5 were placed in the verum group whereas 1 prover was on the placebo substance.

A 30 CH potency was administered to the verum group who was instructed to take a single first dose and if no symptoms followed a subsequent dose was advised to be taken (Sankaran, 1998).

Data collection was done by verbal communication between Sankaran and the provers over a 3 week duration. At the end of each week a consult was done and thereafter at the end of the 3 week period, a post proving meeting was conducted where further discussion was done in a group and the remedy was unblinded. If provers experienced further symptoms after this point, they kept in contact with Sankaran and the symptoms were included in the results.

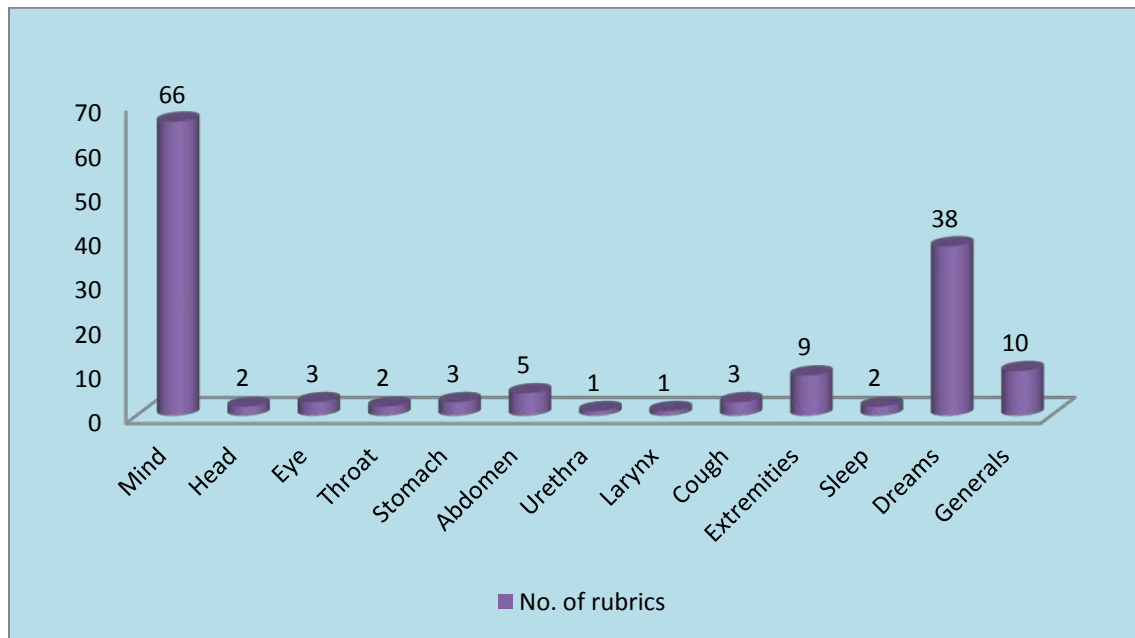


Figure 2.1. No. of rubrics obtained across each section of the repertory (Sankaran 1998)

A total of 145 rubrics were obtained in the proving of *Lac leoninum*. As depicted in Figure 2.1. above, the mind section weighed heavily eliciting a total of 66 rubrics accounting for the majority of symptoms, with the dreams section and generals section following, respectively.

Numerous themes emerged from Sankaran's proving of *Lac leoninum*:

- Feeling that others were putting her down, trying to show that she was inferior and foolish.
- Feeling that she was being wrongly blamed, criticized.

- Feeling that others were interfering in her life.
- Feeling that she was being treated below her standard.
- Feeling that others were being selfish, and not letting her experience things.
- Feeling that others were taking advantage of her.
- Feeling that he was being laughed at.
- Feeling that she was weak, fragile, timid, and had to depend on others.
- Feeling of being neglected, forsaken.
- Feeling that he was hindered; that others put obstacles in her way.
- Feeling of being attacked, beaten up.
- Feeling of danger.
- Feeling that others were trying to cheat him; that they were trying to trap her deceitfully.
- Feeling as if there were robbers around, and she was alone against them.
- Feeling that her independence was threatened.
- Anger with violent impulses. Desire to smash to strike.
- Firing, punching those she imagined were attacking, admonishing her, interfering in her life.
- Vehemently assertive.
- Quarrelsome.
- Malicious.
- Loud.
- Rude, uncivil behavior.
- Egotism
- Sympathy, caring
- Desire to do many things: restless, but easily prostrated.
- Animals, pursued by
- Old friends – neglecting her
- Small, sick child born out of a loveless marriage, being neglected.
- Agony.
- Sexuality.

- Deceit, cheating, bribing.
- Models, film stars.
- Clothes in various shades of red.
- Singing, dancing. (Sankaran, 1998)

A total of 34 themes were elicited of this proving conducted by Sankaran (1998) which ranged from feelings of anger, inferiority, danger, being mocked, neglected, sensitiveness to others, ennui, etc.

2.5.1.3. Proving of *Lac leoninum* conducted by Herrick (1998)

The second proving of *Lac leoninum* was conducted by Dr. Nancy Herrick four years after the first proving, in the year 1998.

A total of 7 provers participated in this proving of which all were in the verum group. The provers consisted of homeopaths/ homoeopathic students/ people with a prior knowledge of homoeopathy as Herrick (1998) felt that these were the best participants.

A prover pack, consisting of a vial of the 30 CH potency of the remedy together with a booklet to record symptoms was mailed to each prover.

The prover was instructed to take one dose initially and observe and note down symptoms experienced thereafter. Should no symptoms manifest from the single dose, provers were advised to take subsequent doses two more times, two days apart. If slight symptoms were experienced that disappeared a few days later, the prover was further instructed to take another dose of the remedy after the symptoms were absent.

Supervision of the prover was optional for homoeopaths but mandatory for non-homeopaths. Communication between supervisor and prover was done via regular phone calls to monitor and discuss physical symptoms and the prover's mental state of mind.

Data collection was conducted after a 3 week period of the proving whereby a post proving meeting was set up, where the booklets were handed in and a discussion of the remedy occurred in a group. Provers were asked to read their journals to the group and

further explain/discuss their journaling. Thereafter the remedy was unblinded and further discussion between the group ensued.

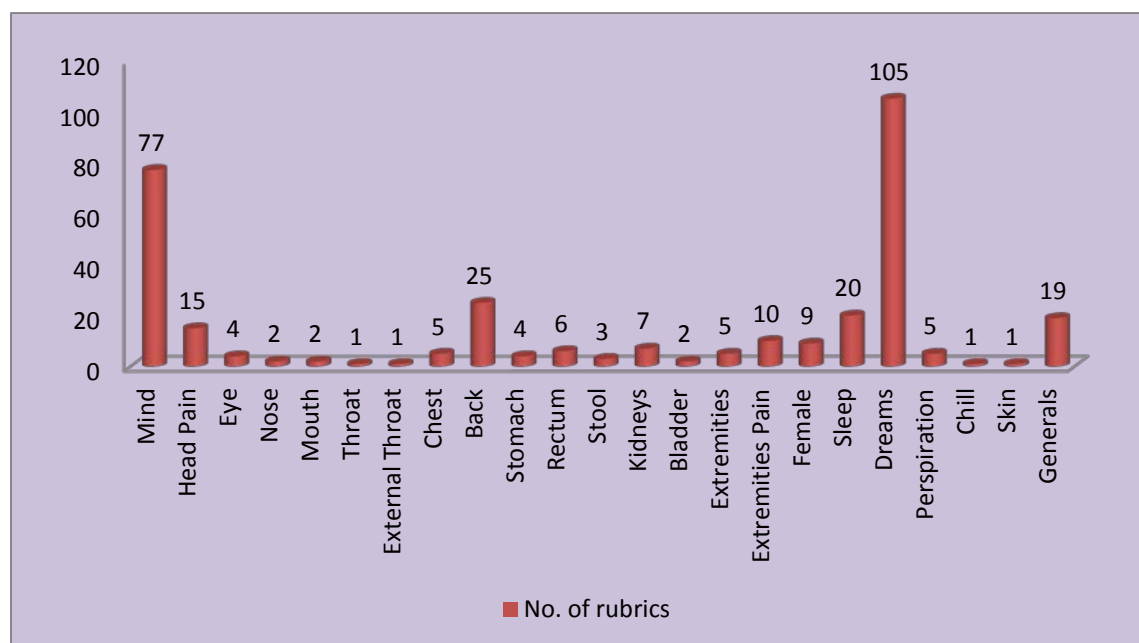


Figure 2.2. No. of rubrics obtained across each section of the Repertory

Rubrics were distributed across 23 sections of the repertory with 329 rubrics in total; the dream section comprised up 32% (105 rubrics), the mind section having 77 rubrics and the back section with 25 rubrics as depicted in Figure 2.2 above.

Various themes transpired from the proving conducted by Herrick (1998)

- Anger/Rage
- Concern about people and desire to help them, especially children
- Theft
- Problems with authority figures
- Women at odds with their husbands
- Men relating to other men
- No clothes
- Playfulness
- Cats/ Catlike (Herrick, 1998)

A total of 9 themes were elicited including feelings of anger, concern for those around them, resentment towards their husbands, etc.

2.5.2. Other related provings

A study conducted at the Durban University of Technology of a similar nature to the current proposed proving is that of Forbes (2008) i.e. *A homoeopathic drug proving of Ivory from the male African elephant (Loxodonta africana) with a subsequent comparison to Lac Loxodonta africana.*

The ivory was obtained from a deceased wild African elephant who died of natural causes within the Mpumalanga province of South Africa.

The preparation of the substance started by scraping the outer most layer of the ivory, thereafter it was ground into a powder and triturated to a 3 CH potency. It was converted to liquid potency and potentised up to a 30CH. Granules were then impregnated with the liquid potency and 10 granules were placed in each lactose powder sachet.

A total of 26 provers were used in this study of which 20 were on the active substance and the remaining 6 were on placebo.

Provers were given a prover pack consisting of 6 powders and a journal to write symptoms experienced. Provers were instructed to take one powder three times a day for 2 consecutive days or until they produced symptoms.

Data collection was obtained via extraction of relevant symptoms from the prover journals, monitoring via phone calls during the duration of the proving as well as from the post proving meeting.

A total of 322 rubrics were extracted from the proving of *Loxodonta africana* of which 70 rubrics were common to both provings.

2.6.The proving substance

2.6.1. Classification of substance:

Kingdom: Animalia

Phylum: Chordate

Class: Mammalian

Order: Carnivora

Family: Felidae

Genus: *Panthera*

Species: *Panthera leo* (Yuan and Chan, 2008)

2.6.2. Taxonomy and Background

The original description of the lion was by Linnaeus, from a specimen from North Africa. To date, there are more than 20 subspecies that have been described from various regions on the continent of Africa (Skinner and Smithers, 1990). Other animals that belong to the genus *Panthera* include the tiger (*Panthera tigris*), jaguar (*Panthera onca*) and leopard (*Panthera pardus*) (Yuan and Chan, 2008).

2.6.3. Habitat and distribution

Lions have a wide habitat tolerance, though they are common in semi-desert areas and uncommon in forests (Skinner and Smithers, 1990). They prefer to live near rivers or their tributaries. A benefit of living in such areas is that the water attracts potential prey (Johnson, 2013).

In Africa lions are extinct in the north but occur in the south, mostly in National Parks and Game Reserves. Lions are known as great wanderers and it is common for them to be spotted in areas where they haven't lived for many years (Skinner and Smithers, 1990).

2.6.4. Description and appearance

According to Skinner and Smither (1990), the lion is the largest of the African carnivores. The average length of a male is 2.7 meters and the female is 2.4 meters. Males weight between 157-180 kg and females weigh between 112.5-136 kg (Kalimuthu, 2010). They may go up to 1.25 m in height when standing (Skinner and Smithers, 1990).

The colour of these mammals vary from sandy to tawny on the upper parts and flanks while being white on the under parts. They have black hair on the back of their ears and the end of their tail. Cubs are born with rosettes or spots, which are lighter in colour. These spots may also be seen occasionally on adults. They have whitish whiskers which arise from a black spot on the sides of their upper lip (Skinner and Smithers, 1990).

Most adult males have a characteristic mane, which is hair around their neck. The mane may vary in colour from tawny to black. A darker and fuller mane indicates a healthier individual and makes the lion appear strikingly dignified. In addition to protecting the neck of the animal during an attack, the mane is also a sexual signal to adult females, who tend to prefer mating with males who have a dark and heavy mane (Skinner and Smithers, 1990) (Kalimuthu, 2010).

Lions are digiti grade walkers, meaning they walk on their toes. Each paw has a soft pad, which bears most of the animal's weight and enables the lion to move quietly. Their claws are extremely sharp and retractable, which aid in keeping them sharp and avoiding injury. The claw may grow up to 38mm, and is shed as it wears out so that a new sharp claw may grow. They also scratch tree barks in order to sharpen claws and clean off any meat caught in them (Kalimuthu, 2010).

2.6.5. Food and hunting

Lions show their full behavioral repertoire in the cool of the morning and evening. They are also very active during the night, to avoid the heat of the day (Frandsen, 1992).

Lions are carnivores, feeding on a wide range of mammals from mice to buffalo. They will readily eat carrion, even when they are extremely putrid. They are also able to displace other carnivores from their prey. The method used most frequently to kill is suffocation. The lion usually bites the victim's throat, thereby crushing their windpipe. In a group hunt, one lion will clamp its mouth over the victim's nose and mouth, while another lion will hold the victim down (Skinner and Smithers, 1990) (Apps, 1992) (Kalimuthu, 2010).

They are however excellent stalkers, and are able to utilise the barest cover in order to close in on their prey. They are also able to freeze motionless, in the event of the prey becoming anxious, and resume slow movement when the prey is relaxed. They are able to sprint over 100m in 6 seconds, however they usually prefer being as close as possible to the prey so that they are able to spring onto its back (Skinner and Smithers, 1990).

If food is plentiful, lions usually gorge themselves until they are almost immobile. They are able to eat up to 15% of their own body weight in a single serving, which is five times their daily need. Typically adult males feed first, followed by adult females and then cubs. A mother may take her cubs to a kill to feed after the rest of the pride has had their fill. A lioness will make her cubs wait for their turn to feed, but a male may share his food with his own offspring (Apps, 1992).

2.6.6. Reproduction

Females may become pregnant at 43 months of age. Females typically produce a litter every two years and may reproduce until the age of 15 years (Skinner and Smithers,

1990). Females within a pride often breed in sync and will give birth together. This is done to ensure that the cubs may suckle from any female within the pride (Kalimuthu, 2010).

During mating the male and female remain close to each other, with the male following the female at all times. The male will allow the female to be in contact with other males from their pride, but will drive away all other intruding males. The female invites copulation by displaying lordosis. Copulation may last up to one minute and may occur every 15 minutes, for several hours. There is very little aggressive behaviour during this time, and the female may purr loudly during copulation. Towards the end of copulation, the male emits a snarl and gently bites the neck of the female. Pregnancy does not result from all mating periods and there is a relationship between the availability of food and the number of litters (Skinner and Smithers, 1990) (Kalimuthu, 2010).

When a female is ready to give birth, she will go into seclusion and give birth away from the rest of the pride. She will return to the pride with her cubs when they are a few weeks old (Kalimuthu, 2010).

2.6.7. Social organisation

While most felids are solitary in nature, the lion is the only big cat that forms close-knit social groups. A group of lions may be referred to as pride, consisting of four to twelve closely related females and their cubs, and one to six adult males (Frandsen, 1992).

Female cubs usually stay together for life and thus form the stable core of the pride, while the males are exchanged every few years. Once a male cub reaches sexual maturity, usually between 2 to 4 years of age, they are evicted from the group. They then form a group called a coalition, which consists of 2 to 7 adult males. These coalitions roam around in search of another pride that they can take over. The fight for a pride, also called a coalition take-over, is usually serious, and may result in the death of

combatants. Once the new males take over a pride, they will kill all the suckling offspring of the former males because they want to spread their own genes in the pride. The adult females are very protective of their cubs and will fight with the males for them. For this reason, females are also at risk during such events (Frandsen, 1992) (Borge, 2006) (Skinner and Smithers, 1990)

2.6.8. Cultural depictions

As part of the “big five” in South Africa, the fifty rand note features a picture of a lion. These animals are known and regarded as symbols of courage, bravery, majesty and royalty. According to Herrick (1998), the Kalahari Bushmen believe that the lion is able to cause a lunar eclipse by stretching his paw toward the moon and obscuring it. She also writes that African tribesmen believe that they can derive courage by eating the heart of a lion (Herrick, 1998).

Chapter Three

Methodology

3.1. Introduction

The drug proving of *Panthera leo* was conducted according to a randomized, exploratory double – blind placebo controlled study. Thirty participants (healthy volunteers) who met the inclusion criteria (Appendix B) participated in the proving, twenty – four were given the verum and the remaining six were on placebo. The sample of thirty (30) provers was divided equally into two groups of fifteen (15) each supervised by two homoeopathic Masters students (C. Peter and K. Naidoo) the respective two batches of 15 provers comprised twelve provers on the verum and three provers on the placebo.

Neither researcher nor prover was aware of who was on the active substance or the placebo as the allocation process was performed by the research supervisor. Although the nature of the substance was known to the researchers the provers were not aware thereof.

Upon obtaining written informed consent the researcher performed a full case history and comprehensive physical examination on each prover before commencement of the proving, the purpose of this was twofold; it served as a baseline measure of health against which proving symptoms could be contrasted and was a measure to ensure prospective provers were sufficiently healthy in order to participate. A subsequent follow up case history and physical examination at the end of the proving was also performed to establish whether provers had returned to their respective healthy state.

Each prover was assigned a prover number and given a prover pack consisting of a journal, pen and six doses of the proving remedy. Proving data in the form of symptoms was captured in journal format on a daily basis; provers recorded their healthy 'symptoms' for 7 days prior to taking the first dose of the proving remedy which too

served as a baseline against which subsequent symptoms could be contrasted. After seven days the provers took their first dose of the proving remedy at a dosage of 1 dose three times daily for 2 days and recorded all symptoms they experienced in their respective Journals according to the guidelines in Appendix C. Telephonic communication was also established between the researcher and the provers on a regular basis throughout the proving as explained in 3.6. below.

On completion of the proving, all provers handed in their journals which were then transcribed, assessed and analyzed. Symptoms deemed to be valid proving symptoms contributed to the formulation of the Materia medica, and corresponding suitable rubrics to the repertory of the substance respectively. An extensive comparison between the proving of *Panthera leo* and the two provings of *Lac leoninum* (Herrick, 1998) (Sankaran, 1998) followed. The respective remedies were compared and contrasted with respect to Materia medica and repertory and similarities and differences highlighted.

3.2. The researchers

The proving of *Panthera leo* was conducted by two Master's Degree in Technology: Homoeopathy students namely, Kerusha Naidoo and Clarissa Peter at the Durban University of Technology (DUT) each of whom supervised fifteen of the total of thirty provers.

3.3. Outline of the experimental method

- By means of advertisements, word of mouth referral and by direct approach of homoeopathic students a wide array of potential provers of differing demographics were invited to participate in the proving of *Panthera leo*.
- Prospective provers after providing informed consent underwent a preliminary screening procedure (Appendix A) establish and confirm their suitability for

participation in this study. Once it was determined that the prospective prover met the inclusion criteria (Appendix B), a full case history (Appendix D) together with a physical examination performed.

- Once deemed suitable for inclusion prospective provers were then provided with letter of information and given the opportunity to ask any questions pertaining to their participation in the proving. Written informed consent to participate in the proving was then obtained (Appendix C) and signed the consent form to participate.
- Each prover was issued a unique prover code and a prover packs consisting of a journal, pen and six doses of the proving remedy (lactose powder sachets) (verum or placebo)
- For seven days prior to taking the first dose provers recorded their 'healthy state' i.e. normal day to day symptoms in their respective journals – this period was referred to as the 'pre-proving week' (week 1) – the data of which served as a baseline.
- After completing the pre-proving week; on day 8 provers took their first dose in accordance with the guidelines given, i.e. one dose three times a day for two days or until symptoms were experienced.
- Telephonic communication was done so over a 3 week period whereby calls were made by the researcher to the prover every day for the first week, every 2nd day for the second week and once/twice in the third week or until symptoms ceased to occur.
- Once the proving was deemed complete for each respective prover a post-proving consultation was conducted at which was a second full case history and physical examination was performed by the researcher. At this consultation the researcher determined if the prover had returned to their previous normal health state, in addition a debriefing process took place whereby provers provided a verbal account of their experience and their respective journals were retrieved.
- Completed journals of all provers were individually transcribed (verbatim) by the researchers. A sequence of data analysis procedures followed which resulted in the separation of valid proving symptoms from those deemed invalid. This

process was performed by the researchers prior to the unbinding process so as to avoid any potential bias in the selection process.

- Once individual sets of 'valid symptoms' were submitted to the supervisor – the unblinding process took place. All symptoms produced by provers in the placebo group – were subsequently discarded.
- Valid symptoms from each prover were then sorted and compiled to form the Materia medica of the substance and corresponding rubrics were selected to form the repertory accordingly.
- Shortly after unblinding took place a post -proving group discussion session was conducted at which the identity of the proving remedy as well as the verum/placebo allocation was revealed. Those provers who comprised the verum group were given the opportunity to voluntarily share their experiences with the researchers and other provers. The discussions were recorded and the data contributed to the enrichment of the Materia medica and repertory of the proving remedy.
- A comparison of Lac leoninum and *Panthera leo* was then performed.

3.4. The proving substance

3.4.1. The potency

The 30CH potency produces the most emotional and physical symptoms which are needed in a proving as opposed to other potencies (Sherr, 1994:27). 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 standardize provings at the 30CH level since, as symptoms produced at this level are very strong (Wright, 1999)

Most provings performed previously at Durban University of Technology including the proving of the Ivory of *Loxodonta africana* (African Elephant) (Forbes, 2004), *Naja mossambica* (Mozambique spitting cobra) (Smal, 2004), *Harpagophytum procumbens* (Devil's Claw) (Kerschbaumer, 2004) and *Hemochatus haemochatus* (Rinkhals) (Cahill, 2008) were all conducted with a potency of 30CH.

Thus the 30CH potency was chosen for this proving.

3.4.2. Collection, preparation and dispensing of the proving substance



(Photos of Tembe Elephant Park, 2014)

Image 3.1. Map of area of the Tembe Elephant Park

The crude substance namely nail shavings of a female lioness were obtained with the assistance of a veterinary surgeon during a routine veterinary evaluation of the wild

female lion. The lioness, which is 2 years and 6 months old at the time, is one of four sisters and weighs around 120kgs. She was born at Tembe Elephant Park. This park is situated in Tongaland situated in the 'ivory route' located between Mozambique and Zululand (Tembe National Elephant Park, 2008).

At the age of approximately 18 months, the young lioness was relocated with her 3 sisters to Zululand Rhino Reserve, where she currently lives. The lioness was also fitted with a tracking collar during this relocation. In March 2013, she was immobilised in order to remove the tracking collar during this procedure a registered wildlife veterinary surgeon, (Dr M. Toft) obtained a sample by shaving her nails with a scalpel. The shavings were taken from four nails on her back right paw and the sample obtained weighed 0.036g. Since the sample was obtained during a routine veterinary assessment the lioness was not harmed or injured in any way during this process. Dr. Toft also reported that she is in excellent health and has had no previous injuries or surgery.

The remedy was prepared, from the crude substance up to the 30th centesimal potency, according to the specifications outlined in the German Homoeopathic Pharmacopoeia (Drieshen, 2003), in methods 6 (modified), 8 and 10 (See Appendix E). Method 6 was modified because the researcher was only able to obtain 0.036g of the crude substance.

The crude substance was triturated up to the 3rd centesimal potency using Saccharum lactic powder – Lactose Monohydrate C₁₂H₂₂O₁₁H₂O:360.32, Charge/lot – 1039504, expiry date 2016.03.31. The 3CH trituration was then converted to a liquid potency using aqua distilled and 96% ethanol- alcohol standards: Anhydrous alcohol 99.9%, Illovo – 72 Ballantree road Merebank Durban 4052. IMO shipping, ethanol, hazchem code: 2 SE, PRODUCT REFERENCE: 500, BATCH NUMBER 52/12/67, CLASS 3, 25 LT, UN NUMBER: 1170, and taken up to the 30th centesimal potency, *Panthera leo* 30CH. Neutral granules were then impregnated at 1% v/v, with *Panthera leo* 30CH. Ten of such granules were inserted into single dose lactose powder sachets containing 500mg of lactose powder.. The placebo powders sachets were obtained from the same batch used in the verum group which was prepared according to the German

Homoeopathic Pharmacopoeia methods. 10 lactose granules impregnated with 1% v/v 96% ethanol were inserted therein.

3.4.3. The dosage and posology

Each prover was given unit six doses of the remedy i.e. six lactose powder sachets containing 10 lactose granules (verum or placebo). The prescription was 1 dose three times daily for two days or until the first symptoms was experienced. If symptoms were experienced before the completion of the two day period then the prover was advised to stop taking any further doses of the remedy.

3.5. Population criteria

3.5.1. Prover sample

The proving sample comprised of a total of 30 healthy provers, 24 of which received verum while the remaining 6 were given placebo. The sample group was further divided equally into 2 groups of 15 provers, i.e. 12 provers on verum and 3 provers on placebo and each subgroup allocated to the respective researchers (Naidoo and Peter). Each researcher therefore recruited and supervised 15 provers.

3.5.2. Randomization

The study was conducted according to double- blinded structure; therefore both researcher and provers were unaware of which group (placebo or verum) they are allocated to, in addition provers were unaware of the nature of the proving substance.

The method by which allocation was done was by assigning unique numbers to each prover done by an independent party. The numbers were placed in a hat and the first six numbers drawn were allocated to the placebo group and the remaining 24 numbers were allocated into the verum group. Provers were then allocated a number sequentially from 1-30 as they were recruited into the study, this unique prover number corresponded to the randomization list and determined whether they were given verum or placebo. The double-blind status of the study was maintained until all provers had completed the study and all raw data was captured.

3.5.3. Inclusion and exclusion criteria

In order to be considered for participation in the proving each prover had to meet the following criteria:

- Be between the ages of 18 and 60
- Be literate in the English language
- Willing to participate and follow the procedure as explained by the researcher
- Be in a good state of health, in other words not suffering from a mental or physical disease (Sherr, 1994).
- Not currently be taking any form of treatment, such as allopathic; homoeopathic, naturopathic or other.
- Not consume more than 2 measures of alcohol in a day (1 measure= 1 tot/ 1 beer/ ½ glass wine)
- Not consume more than 3 cups of caffeinated drinks (coffee, tea, herbal tea, etc.) in a day
- Not smoke more than 10 cigarettes in a day
- Not use any recreational drugs, such as cannabis, ecstasy, etc.
- Not be pregnant or breastfeeding (Sherr, 1994)
- Not be on a birth control pill or hormone replacement therapy
- Not have had surgery, currently or in the past 6 months (Sherr, 1994)

- Not currently be suffering from hypersensitivity diseases, including food intolerances, allergies, asthma and or hay fever (Vithoulkas, 1980).
- Has signed the consent form after understanding all the requirements and consequences

3.6. Monitoring of the provers

Provers were directly monitored telephonically i.e. the researcher contacted each prover daily in the first two weeks, every second day in the second week, every third day in the third week. The telephonic monitoring served the following purpose:

- To ensure the wellbeing and safety of provers throughout the proving
- Determine the onset of symptoms and advise the prover when to stop taking any further doses
- To ensure compliance with the dosage and posology
- To ensure compliance with the required journaling process
- To ensure general compliance with the proving methodology
- To provide general guidance during the proving procedure.

The provers were formally re-assessed at a follow up consultation at the end of the proving; the purpose being to ensure the provers had returned to their pre-existing normal healthy state

3.7. Data collection

Data collection was done so by four methods:

- At the commencement of the proving, journals which formed the primary data collection method were handed to provers whereby symptoms had to be recorded on a daily basis which lasted approximately 4 weeks (including baseline week) or till symptoms ceased to exist. Thereafter journals were collected and all symptoms were extracted.
- Telephonic contact was maintained throughout the proving process as mentioned in 3.6 above in order to monitor provers and any symptoms that were discussed during phone calls were included in the collection process.
- Culmination of the proving resulted in a follow up consultation done between researcher and prover which further lead to more discussion of symptoms and collection of the prover journal.
- Lastly a post proving group meeting was held, as explained in 3.8 below whereby clarification of symptoms together with further discussion of the proving was done.

3.8. Post proving discussion

Culmination of the proving was followed by a post proving group discussion whereby provers were given the opportunity to further expand on any symptoms, to clarify any symptoms that were unclear to the researcher as well as to discuss any symptoms that were not written in the journal. Questions pertaining to the research were answered by the researchers and the unblinding of the substance was done so at this point.

3.9. Ethical considerations

Participation in this proving was voluntary and provers were free to withdraw at any stage during the proving without providing any explanation had they wished to do so. No-coercion or incentives were offered to prospective provers and all participated freely.

Written informed consent was obtained from all provers (See appendix C) and the research protocol was reviewed and approved by the Durban University of Technology - Institutional Research Ethics Committee (ethics clearance number: REC 074/13).

Provers were closely monitored throughout the proving and the researcher and her research supervisor were prepared to address any proving symptoms which required intervention had they occurred. Had any persistent or severe symptoms occurred which warranted intervention the following interventions according to Sherr (1994) would have been applied:

1. An acute remedy was prescribed for the symptoms the patient was suffering from the most (Sherr, 1994:63).
2. A remedy matching the totality of symptoms resulting from the combined original symptoms and the artificial proving symptoms was prescribed (Sherr, 1994:63).
3. A “genus epidemicus” was given and derived from already known remedies (Sherr, 1994:64).
4. Coffee, camphor, “Olbas Oil”, and mints may antidote cases of mild suffering (Sherr, 1994:63).

At the end of the proving a thorough follow up consultation and physical examination of each prover took place and served to ensure that each prover had returned to their normal healthy state.

The confidentiality of provers was maintained at all times by means of the unique prover numbers allocated by an independent party at the beginning of the proving all data was coded accordingly and thus anonymized before being included in this dissertation.

3.10. Data analysis

3.10.1. Extraction and evaluation of symptoms

After a minimum of two weeks of journaling or when proving symptoms abated post-proving consult was arranged with each prover. The journal was then collected and all communication i.e. via the journal entries, telephonic contact and consultation was used and sorted through in order to extract the relevant symptoms in accordance with the criteria listed in 3.10.2 below. The symptoms that were considered valid were then converted into Materia medica and Repertory format.

3.10.2. Criteria for including symptoms as proving symptoms

Proving symptoms were extracted from the journals and other sources of data mentioned above. The criterion for inclusion of symptoms according to Sherr (1994) was used in order to validate whether symptoms should be included or excluded.

According to Sherr (1994), the following would render symptoms invalid:

- If there is doubt regarding the validity of a particular symptom
- If a symptom is normal for the prover
- If a prover experienced a symptom, while under the influence of the remedy, that they had experienced within the past year

The following would render symptoms valid:

- If a new symptom is experienced by a prover, while they are under the influence of the remedy (Sherr, 1994)
- If the symptom is intense and frequent (Sherr, 1994)
- If the symptom is experienced by more than one prover (Riley, 1997).
- Symptoms that are normal for the prover, but have been intensified while under the influence of the remedy (Sherr, 1994)
- If existing symptoms, experienced by a prover prior to commencement of the proving, were altered or modified in any way (Sherr, 1994)

- If the symptom experienced by the prover, while under the influence of the remedy, had been experienced by them more than five years prior to this proving and if there was no natural reason for the symptom to repeat itself (Sherr, 1994)
- If the symptom was experienced by the prover, prior to the proving, and had disappeared or had been ameliorated while they were under the influence of the remedy. This would be a cured symptom and its nature will be recorded in detail (Riley, 1997) (Sherr, 1994).
- If the symptom had been experienced by a prover on at least two different occasions, while they were under the influence of the remedy (Riley, 1997).

3.10.3. Chronology

As proposed by Sherr (1994), the format adopted for this proving was DD: HH: MM (Day: Hour: Minute) which is seen in Chapter 4 at the end of each symptom together with the prover number and gender.

Provers were given instructions to denote in their journals, the day of commencement of taking the remedy as day 0 followed by the second day as being day 1 thus continuing accordingly. Provers were advised to note specific timings of symptoms as they appeared and if so were included in the proving.

After 24 hours of the initial start if the proving minutes became redundant and were represented by XX. After 2 days of the elapsed time, hours became redundant as well and similarly were represented by XX. If time was unspecified, XX: XX: XX was used to denote this.

3.11. Collating and editing the data

- The researcher commenced the collating and editing of data by typing each individual prover journal, verbatim as written by the prover using Microsoft Word.

- Symptoms recorded during the baseline week (week 1) were compared with those recorded in the latter weeks (after taking the proving remedy); symptoms that appeared in both the pre- proving and proving weeks were eliminated accordingly. The remaining symptoms per prover were then placed in a table format and corresponding rubrics were selected using Radar Opus and *The Essential Synthesis* (Schroyens, 2011).
- Valid symptoms were placed in the Materia medica format (head – toe schema) according to the relevant headings as stipulated below in 3.12.2.
- Rubrics similarly were placed in the Repertory format and were graded accordingly.
- A rubric that was present in more than 50% (12) of provers were graded 3, rubrics that appeared in more than 3 provers but less than 12 provers were graded 2 and rubrics that were found in less than 3 provers were graded 1 (Ross, 2011).

3.12. Reporting the data

All proving symptoms collected from the journals were divided into the relevant headings and sub- headings i.e. mind, eye, stomach, abdomen, sleep, dreams and generals sections and subsequently further broken down into common themes. All data was translated into the Materia medica format. Symptoms recurring constantly in a prover were amalgamated. Symptoms extracted from provers that was the same were recorded into the same heading or sub- heading, but each prover's symptoms were recorded as a separate entry.

3.12.1. The Repertory

All proving symptoms were subsequently converted to rubrics, according to the chapters and sub-headings found in *The Essential Synthesis*, which is edited by Schroyens (2011) and RADAR OPUS PRO 1.38 (build :8)

3.12.2. The Materia medica

All proving symptoms were recorded in Materia medica format according to the following head to toe schema:

- Mind
- Vertigo
- Head
- Eye
- Vision
- Ear
- Hearing
- Nose
- Face
- Mouth
- Teeth
- Throat
- External throat
- Stomach
- Abdomen
- Rectum
- Stool
- Bladder
- Urine
- Female genitalia / Sex
- Larynx and trachea
- Respiration
- Chest
- Back
- Extremities

- Sleep
- Dreams
- Chill
- Fever
- Perspiration
- Skin
- Generalities

3.13. Comparison with *Lac leoninum*

Since two provings of *Lac leoninum* were conducted by Sankaran (1998) and Herrick (1998) respectively, the comparison of *Panthera leo* was accomplished by the comparison of both respective provings of *Lac leoninum* to *Panthera leo*.

This process was carried out by comparing the *Materia medica* and repertory of the three provings and extracting the common proving symptomology shared with *Panthera leo*.

Chapter Four

The results

4.1. Introduction

This chapter entails the results obtained through collection and analyzing of the prover journals. The results are presented in two standard homoeopathic formats, Materia medica and repertory respectively.

4.2. Prover demographics

Thirty provers were used for the proving of *Panthera leo* of which twenty- four were on the active substance however prover 25 absconded during the proving therefore the results are derived from twenty- three provers. The table below indicates the demographics of the verum prover population, which consisted predominantly females. The Indian race made up 67% of the population, with the African and White race following respectively. Only 30% of the provers were homoeopathic students.

Table 4.1. The demographics of the verum provers

<u>Prover no.</u>	<u>Age</u>	<u>Gender</u>		<u>Race</u>			<u>Homoeo/Non-Homoeo</u>		<u>No. of rubrics</u>
1	42	M	F	A	I	W	H	NH	53
2	22	M	F	A	I	W	H	NH	44
3	21	M	F	A	I	W	H	NH	26
4	22	M	F	A	I	W	H	NH	36
6	28	M	F	A	I	W	H	NH	119
8	33	M	F	A	I	W	H	NH	45
9	48	M	F	A	I	W	H	NH	9
10	48	M	F	A	I	W	H	NH	50
11	20	M	F	A	I	W	H	NH	196
13	39	M	F	A	I	W	H	NH	59
14	22	M	F	A	I	W	H	NH	114
15	23	M	F	A	I	W	H	NH	89
16	47	M	F	A	I	W	H	NH	222
17	23	M	F	A	I	W	H	NH	74
18	23	M	F	A	I	W	H	NH	79
19	22	M	F	A	I	W	H	NH	115
21	22	M	F	A	I	W	H	NH	82
22	31	M	F	A	I	W	H	NH	55
23	23	M	F	A	I	W	H	NH	203
25	21	M	F	A	I	W	H	NH	-
26	25	M	F	A	I	W	H	NH	51
28	24	M	F	A	I	W	H	NH	158
29	24	M	F	A	I	W	H	NH	34
30	25	M	F	A	I	W	H	NH	149
		3	21	5	16	3	7	17	2062

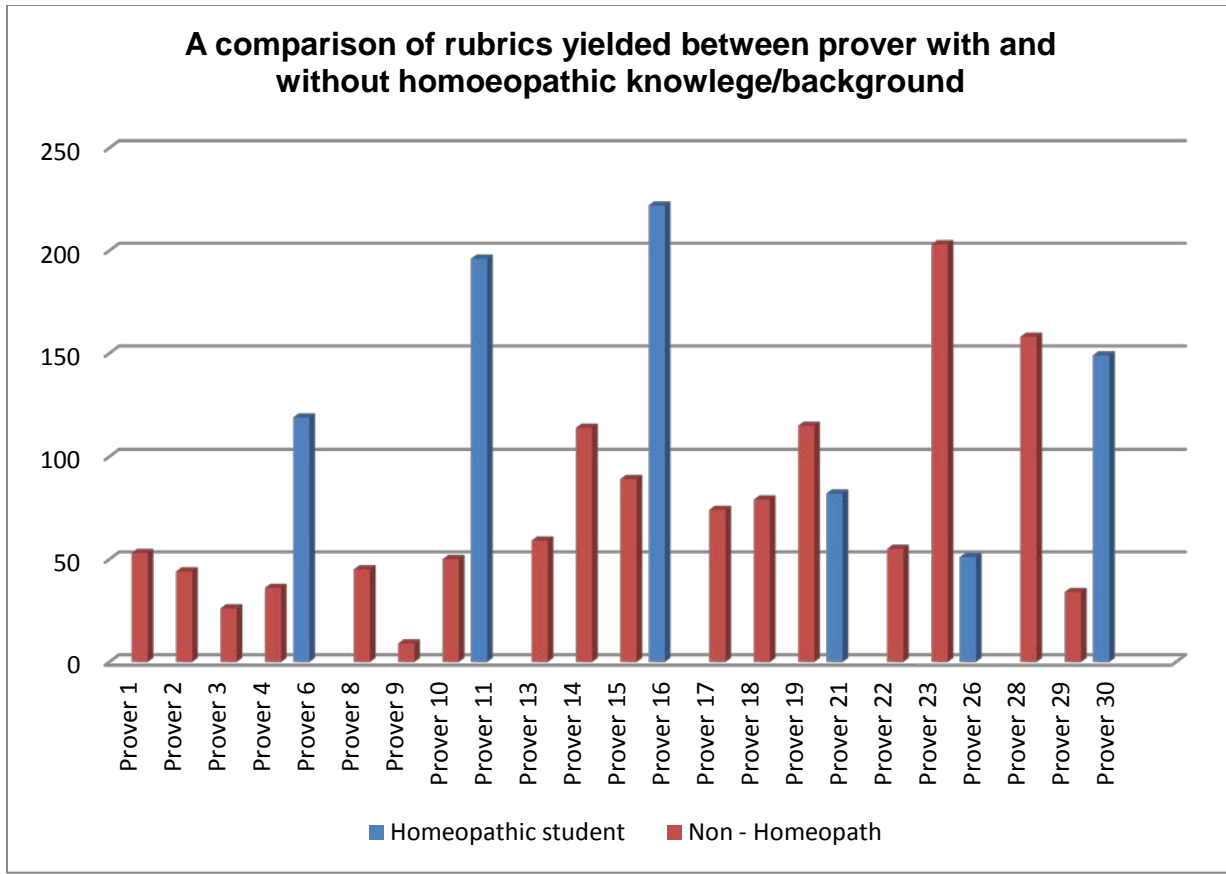


Figure 4.1. A comparison of rubrics yielded between provers with and without homoeopathic knowledge/background

Figure 4.1 above shows the relationship between the number of rubrics yielded from provers with and without homoeopathic knowledge/background; the data shows that with the exception of ‘non-homoeopathic provers’ 23 and 28, all the other provers with high rubric outputs (6, 11, 16, 30) were of homoeopathic background.

4.3. Materia Medica

The Materia medica is categorized into suitable headings and further divided into appropriate themes.

Each symptom has the prover number, gender, and day: hour: minute, attached. Time was redundant after 2 days therefore XX: XX: XX was used unless specific times were noted by the prover.

- *X - denotes names that have been omitted due to confidentiality.

4.3.1. Mind

4.3.1.1. Absentminded

I nearly met an accident, I felt a bit absent minded as if my mind were wondering into clouds. A hazy feeling.

06 F 00:XX:XX

Today I mistakenly left my phone in a restaurant

06 F 00:XX:XX

I'm so confused.

06 F 01:XX:XX

dont know how I feel...in so confused and shocked and annoyed at the same time.
(SOO CONFUSED).

06 F 03:XX:XX

I feel dazed, delayed in everything all my reactions, my emotions, I feel heavy.

06 F 05:XX:XX

Mind was wondering

13 F 01:XX:XX

try study but can't concentrate think of things from the office, not my responsibility, but still feel responsible.

16 F 04:XX:XX

Realise at 14'30 not exam tomorrow, knew on 19th, but thought 19th was Monday.

16 F 10:XX:XX

Lack of concentration

19 F 13: XX:XX

Besides thinking we still in November, I feel fine. That's what holidays do.

19 F 29: XX:XX

My mind was all over the place. I just kept thinking about all that has happened.

23 F 12: XX:XX

I couldn't seem to want to sleep my mind was racing and no amount of late night reading was helping at this point I was helpless.

23 F 28: XX:XX

I could not concentrate and/or focus on the PC.

28 F 05: XX:XX

I somehow wasn't think& I knocked my mouth on the fridge at work.

28 F 07: XX:XX

I couldn't even concentrate on what I was reading.

30 F 00: XX:XX

Made a mistake when I was talking about someone's car. In my head I was saying Polo but my mouth was saying Golf and in my head I had the colour Navy but somehow I said Maroon. I didn't realize my mistake until my friend pointed it out.

30 F 05: XX:XX

4.3.1.2. Alert

Was feeling alert

01 F 00:XX:XX

Drove back home from the Bluff in very heavy rain but was very alert.

01 F 02:XX:XX

Am alert throughout the day

01 F 05:XX:XX

A bit more alert.

01 F 13:XX:XX

Feeling alert

01 F 16:XX:XX

Also, I felt very alert and energetic.

01 F XX:XX:XX

Feeling refreshed

15 F 01:XX:XX

Hope this freshness in the morning last

21 F 03: XX:XX

4.3.1.3. Anger

Also got angry with *X this morning, a bit unusual, on my way to school with him because he wouldn't be quiet

08 F 02:XX:XX

I also felt a bit of aggression like I could just strangle someone

I actually pictured myself putting my hands around someone's neck and just holding them until they stop breathing. Very unusual for me

08 F 02:XX:XX

Just felt angry with myself

08 F 02:XX:XX

I am normally able to control my anger, but after taking the remedy – I am getting upset with people for no good reason

10 F 08:XX:XX

Was maddly upset this morning, told husband I was doing sup today a week ago, and now on top of this he did not arrange for me to have the car, had to drive with him to pick a hammer – yes it was on the way, but still I have planned the day and have this up, by the stress of writing exam.

16 F 12:XX:XX

felt bouts of frustration

19 F 03: XX:XX

I don't know y I'm putting up with this bull crap!!

21 F 20: XX:XX

a bit frustrated upon finding my room so dirty that somebody cut his hair in my Room.

22 M 03: XX:XX

very angry at the airport due to a lady that left me stranded with her luggage.

22 M 10: XX:XX

sleeping angry.

22 M 10: XX:XX

feeling angry

22 M 24: XX:XX

Today I noticed that I'm getting really angry with little things and for that short space of time I'm in another world, but afterwards, I feel better.

23 F 14: XX:XX

I felt very angry and upset. I don't know why.

23 F 25: XX:XX

I started to get angry, agitated etc. however, it sort of got attended to....

28 F 00: XX:XX

I am FURIOUS! I woke up angry and the fact that I was writing a supp today didn't help matters either. I feel RAGE inside me like a bomb ready to explode.

30 F 02: XX:XX

Today is the day I most likely to kill someone if crossed or irritated!

30 F 02: XX: XX

I feel so violent and angry inside. I thought these feelings were gone but apparently they are still there.

30 F 06: XX:XX

I was saying to my classmates that if *X was at res right now I am a 100% sure that I would've beat her up if she had started her nonsense. I am itching to damage something or someone and as I write this I can't believe I'm the one actually saying it. This is not me. I am not violent or confrontational but that is how I've been feeling lately.

30 F 06: XX:XX

Dammit! Speak of the devil. She just came in now. Why the hell didn't she go home? I don't want to see her face and I better not see her. She must stay out of my way or she'll get herself hurt!

30 F 06: XX:XX

I was so pissed at one of my friends.

30 F 09: XX:XX

I'm so short-tempered lately and it's getting worse each time. I just wish I could change that part of me.

30 F 10: XX:XX

I just feel so angry. I have no idea why and that just angers me even more.

30 F 11: XX:XX

I'm so angry today but the weird thing is that I don't know why.

30 F 13: XX:XX

I so hope *X doesn't come back to res next year because I swear if I have to live with her I will kill her. I'm sick of her mess and lack of common courtesy.

30 F 14: XX:XX

I still anger very quickly which is really irritating. It's just a nuisance to me. I don't want to be angry all the time. It's tiring! It's like I'm a bomb that's ready to explode at the slightest interference. I really hope it won't last forever because I can't go through life being angry all the time, it's not nice.

30 F 20: XX:XX

I hate the fact that I'm always being bugged at work just because I'm going to be a "doctor".

30 F 21: XX:XX

4.3.1.4. Audacity/Boldness/Determination

My feelings towards others and everything was very suppressed. It felt as if I didn't really care what I said or did.

02 M 03:XX:XX

I wasn't scared to talk my mind.

02 M 03:XX:XX

It wasn't a confidence thing but I rather didn't mind people judging my interpretations on things. I was more bold.

02 M 03:XX:XX

I was almost more outgoing and if I thought about something I never hesitated to speak up.

02 M 04:XX:XX

Just want to lash out at people for no reason and this is not me at all. I am normally friendly and like to talk to people.

10 F 06:XX:XX

I am being extremely rude to people around me, I'm being straight forward and snappy over the slightest of matters

11 F 00:XX:XX

Emotionally hurt because I couldn't handle being hurt anymore by close people and I had to say it.

23 F 29: XX:XX

I was saying to my classmates that if *X was at res right now I am a 100% sure that I would've beat her up if she had started her nonsense. I am itching to damage something or someone and as I write this I can't believe I'm the one actually saying it. This is not me. I am not violent or confrontational but that is how I've been feeling lately.

30 F 06: XX:XX

In 2015 though I am going to be studying Medicine. Cardio-thoracic surgery is missing a surgeon like me and I intend to make it happen come hell or high waters.

30 F 08: XX:XX

I've been really thinking about what I want to do after my studies are done. I still want to be a cardio-thoracic surgeon and I will do everything I can to make that a possibility and turn it into a real thing.

30 F 23: XX:XX

4.3.1.5. Bosses

We work so hard and our Bosses know but they will never give us a proper raise.....
They just use, use & use!

28 F 00: XX:XX

*X will not be happy about that, he won't be getting much money coming in. it serves him right though because of the way he treats his employees. He is an ungrateful man. What kind of a person doesn't give his employees bonuses! He works them like dogs and pays them peanuts and doesn't even give them bonuses. It's ridiculous.

30 F 25: XX:XX

4.3.1.6. Calmness

Also having been retrenched. Feel a lot calmer about things

01 F 07:XX:XX

instead of going into my usual frenzied self over something like this...I was so calm about it..

06 F 00:XX:XX

I feel more relaxed than the rest of the year.

06 F 13:XX:XX

I do not have any peace.

10 F 06:XX:XX

Mood: woke up in a very relaxed and happy mood and remained that way

14 F 01:XX:XX

Cannot get mind calm

16 F 21:XX:XX

Then relaxed through out the day

19 F 14: XX:XX

I've actually noticed I'm not freaking out about many things.

21 F XX:XX:XX

I was relaxed

23 F 07: XX:XX

I need a break and this helps me relax and not feel tired.

23 F 16: XX:XX

I felt relaxed and at ease.

28 F 01: XX:XX

Just needed to relax.

28 F 11: XX:XX

I got home & relaxed which was good as sometimes I feel I do less of that.

28 F 15: XX:XX

Relaxing now.

28 F 21: XX:XX

Feel calmer now ... Thoughts of Swami help me ...

* LOVE, SAI *

(DREW A HEART)

28 F 21: XX:XX

When I listen to bhajans. I feel so happy, calm & @ ease & I think this is the best medicine. I feel @ ease & happy.

28 F 22: XX:XX

I just want some peace and quiet.

30 F 13: XX:XX

I'm tired again and I just want to sleep.

30 F 20: XX:XX

I don't want to be angry all the time. It's tiring!

30 F 20: XX:XX

I still wake up tired still.

30 F 21: XX:XX

I want some peace, which is why I go to work in the first place. Somewhere not related to health just to give my head a break.

30 F 21: XX:XX

4.3.1.7. Change

I don't think I can take another year of studying. Need a change.

18 F 11: XX:XX

However, I feel the need to be better now ... Random, I know 😊

* CHANGE *

😊

28 F 11: XX:XX

I just wish I could change that part of me. I want to be more patient but looks like I'm back to square 1, after so much of progress. This proving is messing me up really badly. I really hope it's just partial and temporary and not permanent. I would hate to be this person for good. No ways! It's not me at all.

30 F 10: XX:XX

I really wish I had a more exciting life. Maybe I can do that next year. I hope to change that.

30 F 17: XX:XX

Anyway atleast I'll be getting some money during the holiday season. That's always nice. I wish I could get another job somewhere else though, a better paying job, with not so much stress like my current one. Hopefully that will be a reality.

30 F 18: XX:XX

4.3.1.8. Children

All I want right now is to be around my niece... (NEW SYMPTOM).

06 F 00:XX:XX

My niece went to my parents room in the middle of the night as she was missing them so I guess I have a bit sad when she wasn't next to me anymore..

06 F 01:XX:XX

my niece is so active and demanding of my time, and I find it difficult to make time for journaling...

06 F 01:XX:XX

my main concern seems to be centering around my niece, in a motherly form..

I didn't know I had this nurturing quality imbedded in my core..

06 F 01:XX:XX

My morning was very rushed, I went to a babies orphanage which left me feeling so stripped, raw and hurt

06 F 07:XX:XX

Woke up at 6:30am, with anxiety again, over not buying my niece a birthday present for tomorrow (her actual birthday).

06 F 09:XX:XX

Also got angry with *X this morning, a bit unusual, on my way to school with him because he wouldn't be quiet

08 F 02:XX:XX

I have also been a bit emotional today, just for no reason

Perhaps for getting upset with *X this morning, not sure though

08 F 02:XX:XX

Am extremely tired working with kids x_xdraining !!!

18 F 14: XX:XX

And need to have kids by 30 (saw some study on tv)

18 F 21: XX:XX

I felt fine for most of the day but I just got a little irritated when it came to adding all my marks together. This was triggered by the noise being made by kids and I felt bad that I was scolding

23 F 07: XX:XX

I had to say goodbye to my darling children. I tried to be strong. But I broke down. Then it hit me I realized this is my passion and what I live for. The kids will always give me strength.

23 F 22: XX:XX

4.3.1.9. Company (aversion/ amel./desire)

Aversion

I felt agitated and irritated by those around me.

02 M 04:XX:XX

I'd rather be on my own or with my boyfriend than anyone else, oh and my grandmother.

30 F 01: XX:XX

I don't anyone near me

30 F 02: XX: XX

I just want to be alone and not talk to anyone. I need me time.

30 F 13: XX:XX

Amelioration

visited friends and the spirit got raised.

22 M 04: XX:XX

I like being around my Sai family – they make me feel good :)

28 F 06: XX:XX

I feel happy & at ease when I associate myself with devotee's.

28 F 07: XX:XX

Being in the company of saidevoutees makes me Happy 😊😊😊

28 F 09: XX:XX

Being with Sai devotees makes me feel good 😊

28 F 13: XX:XX

Desire

It rained today. I simply love the rain. It makes me want to sit under a blanket and watch a movie with the right company.

23 F 23: XX:XX

4.3.1.10. Ennui/bored

Boredom from 12:30-2pm (need a distraction)

15 F 00:XX:XX

Feeling a little bored like I need a new job.

15 F 01:XX:XX

Feeling abit lazy today- I don't want to do anything research related even though I have a deadline on Friday & haven't made much progress.

19 F 09: XX:XX

Writting like this coz I'm feeling lazy but to my surprise I feel so fresh.

21 F 01: XX:XX

Life is so boring even with so many things to do!!!

21 F 09: XX:XX

Today is going to be a boring day. Yea!!! I guessed just right!! Today was in deed a boring day

21 F XX:XX:XX

I should put dstv at home so I won't get this bored coz I'd always go there & watch it.

21 F 18: XX:XX

Feeling of boredom is just annoying

21 F 18: XX:XX

My God I've been in bed the whole day, only got up like 3 times to make myself something to eat. I haven't even taken a bath, I know it's wrong but I can't bring myself to do, it seems like such an effort. I just keep tossing and turning in bed

30 F 03: XX: XX

Woke up feeling a bit tired today, no wait, not tired nut just lazy. That has been the case for the past number of days.

30 F 06: XX:XX

You know I actually did some exercising this evening. The urge just came from nowhere. I mean I have been thinking about starting for a while but I got lazy, well not today. I'm proud of myself.

30 F 06: XX:XX

Well the exercise inspiration seems to have been a 1-day thing. I just felt lazy today so I didn't do a thing. I really want to do something about my weight and overall health but I never seem to be able to turn my words into actions.

30 F 07: XX:XX

I really don't like feeling of laziness.

30 F 07: XX:XX

Today was a normal day for me, and by normal I mean boring and quiet. I don't mind that but lately I feel like my life is not exciting at all.

30 F 10: XX:XX

I've become so lazy. I don't like this at all. All I want to do is just lie in bed all day long. I'm even lazy to eat

30 F 11: XX:XX

Gosh I'm so lazy to write. I've spent like 30 minutes contemplating whether to write or not, eventually gave in.

30 F 13: XX:XX

I so wish I had someone to write for me. I'm so lazy.

30 F 15: XX:XX

Today was a normal boring day which is the usual pattern of my life these days.

30 F 17: XX:XX

I wish I had a robot to write everything down for me and do stuff for me when I'm tired or when I need time off.

30 F 26: XX:XX

I had a normal boring day at work

30 F 29: XX:XX

4.3.1.11. Fear

I wasn't scared to talk my mind.

02 M 03:XX:XX

I went on a water slide today, with I thought I would never do as im always riddled with fear for most things.

06 F 01:XX:XX

I woke up feeling scared for some reason.

23 F 10: XX:XX

Dream use to wake me up. First time the dream freaked me out than got use to it.

29 F XX:XX:XX

I woke up to the lingering feeling of the headache. I'm still afraid that it might come back again.

30 F 03: XX: XX

4.3.1.12. Feeling like death

Feeling amazing and like death.

18 F 16: XX:XX

This morning I feel like death itself.

30 F 03: XX: XX

4.3.1.13. Gratitude

Realised I have a lot to be grateful for even though I have failed and feel miserable now.

18 F 10: XX:XX

Greatful that I was afforded to learn of Swami in this lifetime ☺

28 F 02: XX:XX

I think I should be greatful for the job Swami has given me because with out it, I wouldn't be able to live.

Swami ... Bliss

SWAMI KNOWS BEST

☺

28 F 12: XX:XX

Thank you Swami for always helping us & taking care of us!

GREATFUL

(DREW A STAR)

28 F 17: XX:XX

* GREATFUL & BLESSED *

☺

28 F 19: XX:XX

GRATEFUL! Yes, I am Greatful for all that Swami has afforded me. He has giving me so much, all in his time. I just want to be the best that I can for Swami ☺ - A better youth & individual. Swami you truly are divine!

28 F 22: XX:XX

Just have a greatful feeling that is for the gift of life (Heart)

Swami has afforded me this human life & it's the best way to serve him.

* LIFE IS A GIFT FROM GOD *

(DREW A HEART)

28 F 23: XX:XX

I'm grateful for the extra cash though.

30 F 11: XX:XX

4.3.1.14. Happy/content

I Feel a great deal of happiness for now...I feel content...happy not the sadness like last night... But this happy feeling is also quite unusual (NEW SYMPTOM)...

06 F 01:XX:XX

Today I realised what true friends are and what they do for you.

Today I count my blessings to have such amazing individuals in my life.

06 F 12:XX:XX

Mood: woke up in a very relaxed and happy mood and remained that way

14 F 01:XX:XX

But happy to help and made her aware of what people will complain about.

16 F 05:XX:XX

Happy for time in mat med

16 F 10:XX:XX

Bumped into lecturer on my way – motivate me to go, and immediately my thoughts got positive.

16 F 12:XX:XX

Awesome day of bhajans. Felt really good.

18 F 02: XX:XX

just being positive I did pass !!!

18 F 03: XX:XX

Life is still pretty awesome.

18 F 10: XX:XX

Woke up feeling good and positive today.

18 F 18: XX:XX

feeling happy :)

19 F 09: XX:XX

momentarily excitement was felt, a bit happy as well.

19 F 17: XX:XX

Woke up happy again.

21 F 00:XX:XX

(happy face) - he's so understanding anyways

21 F 01: XX:XX

feeling more happy as if I am in my own world.

22 M 00:XX:XX

Great evening with a much better mood.

22 M 02: XX:XX

another flight moment which brings happiness coming back to Durban.

22 M 03: XX:XX

good positive mode.

22 M 06: XX:XX

Today was a lovely day.

23 F 06: XX:XX

Today went well overall I enjoyed it even the rush.

23 F 10: XX:XX

I felt happy, there was always somebody making me laugh and it felt good, we shared many memories remembering my aunt and we were trying to be happy like she would want.

23 F 13: XX:XX

I realized that when I woke up that being happy and forgetting about everything is all I needed to do.

23 F 17: XX:XX

I felt much excitement today.

23 F 18: XX:XX

After lunch I felt well again and I was happy and laughed the day off.

23 F 18: XX:XX

I felt good.

23 F 21: XX:XX

This happy feeling stayed. I forgot about all that was going on around me and I prayed to stay in this mood always. This evening I knew I was going to bed happy 😊

23 F 21: XX:XX

Today, I woke up feeling happy and sad at the same time.

23 F 22: XX:XX

I feel happy😊.

28 F 01: XX:XX

*HAPPY *



28 F 01: XX:XX

I took med's today 😊 I feel happy, energetic, full of strength A Happy, Chappy😊 :D

28 F 02: XX:XX

Swami – having him in my life makes me feel great and I happy. I write a lot of Swami & will continue in this book, it is because he is my God 😊 His teachings, in Miracles – It makes me happy. Greatful that I was afforded to learn of Swami in this lifetime 😊

28 F 02: XX:XX

I feel happy & at ease when I associate myself with devotee's.

HAPPY SAI FEELINGS



28 F 07: XX:XX

I really felt happy. *X - one of Swami's students was here doing bhajans. I felt blessed



* BLESSED BY YOUR LOVE*

(DREW A HEART)

28 F 08: XX:XX

I feel truly amazing & happy.

28 F 09: XX:XX

Being in the company of saidevoutees makes me Happy 😊😊😊

28 F 09: XX:XX

Anyway with all, I was happy because all is Swami.

28 F 10: XX:XX

I feel happy & energetic for some reason. It's Good 😊

28 F 13: XX:XX

* BE HAPPY*

😊

28 F 13: XX:XX

*X is coming today so I feel happy, he makes me happy 😊

28 F 14: XX:XX

I like being happy “LOL” – It’s a good feeling.

28 F 14: XX:XX

HAPPY

28 F 14: XX:XX

DECEMBER :D Whowhooo !!! Yes! The festive Month ... Happy vibes! And the office closes next week, 13/12/2013 ... Excitement.

28 F 16: XX:XX

Happy vibes ☺Whenever I think of Swami I feel safe & Happy ☺

28 F 19: XX:XX

When I listen to bhajans. I feel so happy, calm & @ ease & I think this is the best medicine. I feel @ ease & happy.

* Happy Vibes * ☺

28 F 22: XX:XX

Feeling awesome ☺ Life is good. Holiday is coming soon.

I write all the times that I feel good & I don’t write why ... That’s because there is no reason to be happy!!! It’s a good feeling when you don’t have to have a reason ☺

* SOURCE OF HAPPINESS – SWAMI *



28 F 24: XX:XX

Mood wise I'm happy

30 F 04: XX:XX

Mood wise I was happy and joking around with friends

30 F 05: XX:XX

I'm so happy that we get to go home Friday.

30 F 06: XX:XX

I'm so happy about going home tomorrow. I've been playing upbeat tunes and singing along just because I can. I love the feeling of happiness, if only it lasted.

30 F 08: XX:XX

I'll get to be with my bf on a daily basis even though, it will be at work, just having him there makes me happier.

30 F 11: XX:XX

I'm going back to work tomorrow. I hope it'll be ok. I'm happy to be going back but I know that I'll be exhausted now most of the time because of work.

30 F 18: XX:XX

It was lovely seeing all the guys at work and just being a different environment. DUT.

30 F 19: XX:XX

4.3.1.15. Husband/boyfriend

Got very upset at home in the evening with my husband because I had to clean-up the house.

08 F 02:XX:XX

I feel very irritated.

I can not stand my husband. I feel like killing him. I used to be irritated with him – but after taking the remedy I feel worse, I just wish my husband was dead. I just cannot even look at his face.

10 F 05:XX:XX

Not to happy, husband had red wine 3x glasses, went watch rugby still drinking glass beer, and braai - ate @ 20'00 chicken sweet potato and salad don't like eating this late. He ate went to bed. – irritates me. Atleast he is calm and relax (apathetic).

16 F 10:XX:XX

Was maddy upset this morning, told husband I was doing sup today a week ago, and now on top of this he did not arrange for me to have the car, had to drive with him to

pick a hammer – yes it was on the way, but still I have planned the day and have this up, by the stress of writing exam.

16 F 12:XX:XX

Sometym I feel like crap but that's only when me& my bf are fighting. I don't wanna fight with him anymore. Aaaaah

21 F 00:XX:XX

demanded my bf to come to me - I just missed him so much & just wanted us to fuse into one thing & never separate.

21 F 01: XX:XX

let me go & see if my boyfriend will miss me

21 F 05: XX:XX

I miss him so much.Iwonder if he misses me like I miss him. I hate this feeling of missing someone.

21 F 06: XX:XX

Why won't he see me!! We don't live that far from each other.

21 F 07: XX:XX

*X + *X =Forever

21 F XX:XX:XX

I love my bf!!

21 F XX:XX:XX

I miss him so much ___ his all I think about the whole day. Agghh!!!!

21 F XX:XX:XX

I don't believe I came back to res for this idiot & he rather go drinking with his friends. Nis such an idiot Nxiiii - I don't know y I'm putting up with this bull crap!! Relationships are so boring!!

21 F 20: XX:XX

I saw him today, his new place is so cool.
Wish I stayed with him & we were married.

21 F 21: XX:XX

His so distant - wonder whats going on with him
I hope nothing is going on with. Had such a huge fight last night with him but I glad he remained cool through out it all.

21 F 22: XX:XX

*X (my bf) shouts @ me and I feel a 100 times worse.

28 F 00: XX:XX

This morning I feel terrible, still not talking to *X I took the med's however I didn't feel any change because at the moment all I can think about is the fight! *X ended up coming home & all was sorted.

28 F 01: XX:XX

*X is coming today so I feel happy, he makes me happy ☺

28 F 14: XX:XX

just a little of bickering with *X as he can be annoying @ times LOL. But he was okay otherwise.

28 F 23: XX:XX

The good thing also about going back to work is that I'll get to be with my bf on a daily basis even though, it will be at work, just having him there makes me happier.

30 F 11: XX:XX

4.3.1.16. Invisible

actual feel invisible as I sit quietly & wait for dr *X

21 F 01: XX:XX

Wish I was invisible

21 F 18: XX:XX

4.3.1.17. Irritability

I felt agitated and irritated by those around me.

02 M 04:XX:XX

Felt a little grumpy in the morning – maybe because I felt sick the previous days

03 M 05:XX:XX

dont know how I feel...in so confused and shocked and annoyed at the same time.
(SOO CONFUSED).

06 F 03:XX:XX

I'm getting so annoyed with everyone and everything.. I feel as if I have been inconvenienced.

Im so fed up..

06 F 04:XX:XX

Im grumpy.

06 F 04:XX:XX

Feeling very anxious and irritable today.

08 F 01:XX:XX

I felt very irritated by everything, just getting through my normal routine was difficult today

08 F 01:XX:XX

Got very upset at home in the evening with my husband because I had to clean-up the house.

08 F 02:XX:XX

Felt a little irritated.

10 F 02:XX:XX

I feel very irritated.

I can not stand my husband. I feel like killing kim. I used to be irritated with him – but after taking the remedy I feel worse, I just wish my husband was dead. I just cannot even look at his face.

10 F 05:XX:XX

Just want to lash out at people for no reason and this is not me at all. I am normally friendly and like to talk to people.

10 F 06:XX:XX

I am being extremely rude to people around me, I'm being straight forward and snappy over the slightest of matters

11 F 00:XX:XX

Feel very irritated in general, with life in general

13 F 08:XX:XX

felt suddenly irritable – 3pm

14 F 01:15:XX

Mood: irritability

14 F 04:XX:XX

Mood: grumpy throughout the day

14 F 09:XX:XX

woke up to bad music – irritating especially after a terrible sleep.

15 F 02:XX:XX

Very irritable and grumpy from not getting enough sleep.

15 F 02:XX:XX

owner compliant that fridge was too small and tiles broken, feel irritated because of complaints feel it is unnecessary.

16 F 05:XX:XX

had pasta – did not enjoy it, just feel irritated.

16 F 06:XX:XX

just irritated, try to make copies got stuck in printer got mad #***.

16 F 07:XX:XX

Not too happy, husband had red wine 3x glasses, went watch rugby still drinking glass beer, and braai - ate @ 20'00 chicken sweet potato and salad don't like eating this late. He ate went to bed. – irritates me. At least he is calm and relax (apathetic).

16 F 10:XX:XX

Husband helped me with some calculations, very irritated...

16 F 12:XX:XX

He seemed to irritate me each time I moved.

21 F 00: XX:XX

I wish I could snap at someone.

21 F 04: XX:XX

getting irritated about writing dates OMG!!

21 F XX:XX:XX

was just getting irritated with the itching that continued.

23 F 01: XX:XX

everything seemed to bother me.

23 F 03: XX:XX

I just got a little irritated when it came to adding all my marks together. This was triggered by the noise being made by kids and I felt bad that I was scolding

23 F 07: XX:XX

It is so annoy because it's as if I work for both offices but get paid from one office and that to it's an underpay I feel. That also irritate's me.

28 F 00: XX:XX

No sadness or irritable feelings.

28 F 02: XX:XX

just very snappy.

28 F 05: XX:XX

snapping at everyone for no reason ...

28 F 05: XX:XX

The irritableness is lessening now.

28 F 06: XX:XX

I felt irritable again though for no reason.

28 F 06: XX:XX

In the morning I was irritable & moody.

28 F 12: XX:XX

I was snappy and highly irritable.

28 F 12: XX:XX

I was snappy

28 F 12: XX:XX

I didn't feel moody or irritable @ all ... liking this.

28 F 16: XX:XX

I still anger very quickly which is really irritating. It's just a nuisance to me. I don't want to be angry all the time.

30 F 20: XX:XX

4.3.1.18. Isolation/alone

and I feel as if I'm alone, isolated in a room. Even with my sister next to me talking, I'm zoning out.

06 F 00:XX:XX

All this makes me want to run away and be alone.

06 F 06:XX:XX

Today I just feel like keeping to myself – I want to curl up in a corner and be silent. I feel like I am withdrawing. I cannot understand it. It's not like me.

10 F 09:XX:XX

Feel as if I am alone in this world, don't have any one I can depend on

13 F 02:XX:XX

I asked to be left alone because I was in pain. Physically and emotionally.

23 F 29: XX:XX

I'd rather be on my own

30 F 01: XX:XX

I don't anyone near me

30 F 02: XX: XX

I just want to be alone and not talk to anyone. I need me time.

30 F 13: XX:XX

4.3.1.19. Lost

feeling of lost – can't go on holiday although I am on holiday (husband) still working. No more studying, well for now.

16 F 17:XX:XX

Feeling extremely lost just wish I had some sign or indication where I belong.

18 F 12: XX:XX

Feeling super lost no idea where my life is headed. 23 without direction sucks terribly.

18 F 17: XX:XX

feel like I'm floating & I don't belong anywhere!!

21 F 22: XX:XX

4.3.1.20. Memory

There was an improvement in my memory. Before I could hardly remember stuff but I was amazed that I could remember things.

10 F 03:XX:XX

M.M suppl. Okay had battle to get answer to to paper, panic and forgot work

16 F 12:XX:XX

While walking to exam thinking the work that I thought I knew a week ago I forgot, and don't feel up to writing tomorrow and prac afternoon.

16 F 12:XX:XX

I don't know – feel blank. Nothing important to write about.OoooohNO!!
yes there is !! Research!

21 F 02: XX:XX

4.3.1.21. Money

Worried about rentals not yet being paid, and I also have expenses, eg levy, electricity, seems to be the only one worried. Husband just says don't worry- well I try to suppress the worry, but it keeps coming up. I phoned the tenants said they would pay last night nothing. Woo, woo, woo!

16 F 04:XX:XX

We work so hard and our Bosses know but they will never give us a proper raise.....
They just use, use & use!

28 F 00: XX:XX

Thinking of what presents to get everyone on a good note & then the stress begins with budgeting for the car, insurance, cellphone& gifts. I hope I get a good bonus... financial stress is the worse. Oops, I forgot rent, electricity, there is no end!

28 F 17: XX:XX

I need stronger glasses which means more expenses.

28 F 18: XX:XX

I'm grateful for the extra cash though.

30 F 11: XX:XX

Anyway atleast I'll be getting some money during the holiday season. That's always nice. I wish I could get another job somewhere else though, a better paying job, with not so much stress like my current one. Hopefully that will be a reality.

30 F 18: XX:XX

*X will not be happy about that, he won't be getting much money coming in. it serves him right though because of the way he treats his employees. He is an ungrateful man. What kind of a person doesn't give his employees bonuses! He works them like dogs and pays them peanuts and doesn't even give them bonuses. It's ridiculous.

30 F 25: XX:XX

4.3.1.22. Mood

Noticed that I don't feel so moody or stressed (US) –have been experiencing these symptoms a lot over the past 2 years due to personal problems (separation and divorce).

01 F 07:XX:XX

dont know how I feel...in so confused and shocked and annoyed at the same time. (SOO CONFUSED).

06 F 03:XX:XX

I have also been a bit emotional today, just for no reason

Perhaps for getting upset with *X this morning, not sure though

08 F 02:XX:XX

11am my mood changed

13 F 01:XX:XX

Quite moody, not sure why

13 F 08:XX:XX

Feeling terrible.

15 F 02:XX:XX

I wasn't as emotional as I anticipated.

18 F 05: XX:XX

feeling a bit emotional today- cried a little bit & felt a bit better afterwards (personal reasons)

-Experiencing mix emotions - feeling sad, then fine & then sad again

-It's going to be an emotional few days - reasons: personal

19 F 04: XX:XX

An emotional afternoon but felt better after a while (personal)

19 F 05: XX:XX

An emotional afternoon, tried to be strong - succeeded for a while & then walls came tumbling down (personal)

19 F 06: XX:XX

An extremely emotional morning – as the day progressed I felt better

19 F 07: XX:XX

I was really moody

23 F 03: XX:XX

I wasn't as moody or sleepy as compared to the previous days

23 F 10: XX:XX

I had a lot of mixed emotions.

23 F 16: XX:XX

Today was another emotional day.

23 F 24: XX:XX

It was a really emotional day.

23 F 26: XX:XX

I asked to be left alone because I was in pain. Physically and emotionally. My head was sore but a lot better than yesterday. Emotionally hurt because I couldn't handle being hurt anymore by close people and I had to say it.

23 F 29: XX:XX

Today was just an emotional day.

23 F 29: XX:XX

I was extremely moody when I got home.

28 F 00: XX:XX

This morning I was a little moody, I don't really know why ...

28 F 05: XX:XX

I still felt moody

28 F 05: XX:XX

I don't find myself as moody.

28 F 06: XX:XX

Moods have lessened ☺

28 F 07: XX:XX

I felt a little emotional in the morning because some people made me feel out of Place yesterday.

28 F 10: XX:XX

In the morning I was irritable & moody.

28 F 12: XX:XX

Not sure why the moods because I finish my PMS.

28 F 12: XX:XX

I didn't feel moody or irritable @ all ... liking this.

28 F 16: XX:XX

My mood always improves and worsens again when I have to go back.

30 F 10: XX:XX

Hopefully will be in a better mood when I wake up in the afternoon.

30 F 15: XX:XX

Still go in and out of a good and bad mood. It's become like the norm for me now.

30 F 17: XX:XX

I think I'm back to my normal self now. I better be though. I've had enough of these up and down mood swings.

30 F 25: XX:XX

4.3.1.23. Out of character

But I have faith it will be a good day. Still feel ok emotionally I think just have random moments of feeling out of character.

21 F 01: XX:XX

Maybe I'm going crazy (laughing) but I just think there's something out of tune in me. Anyway, I don't think I'm myself to make such a conclusion, maybe time will clear things out.

30 F 11: XX:XX

4.3.1.24. Placebo/verum

I am convinced I am on placebo

06 F 00:XX:XX

im so convinced Im on placebo

06 F 01:XX:XX

I am positive I am on placebo

06 F 01:XX:XX

When I look back at the passed week I really don't know what to think any more.
Whether is was on placebo/not. its hard to tell.

06 F 05:XX:XX

This is gonna be so funny if I'm on placebo & I'm experiencing all of this.

21 F 00: XX:XX

I am positive that I am on the verum, I am not myself especially emotionally and mentally.

30 F 06: XX:XX

I can't wait to hear what the remedy was. This time I have no idea what it could be.
Hope it's something strange, but with Homoeopathy, you can never be too sure about that.

30 F 28: XX:XX

4.3.1.25. Pleasing others

I hope my mum is okay. She's always so worried about about.
I need to make her happy next year. Buy or build her something.
I hope this feeling remains forever.

21 F 00:XX:XX

thinking about not being able to please the people I care about the most.

23 F 16: XX:XX

I just want to be the best that I can for Swami ☺ - A better youth & individual. Swami
you truly are divine!

28 F 22: XX:XX

4.3.1.26. Religion

I'm so nervous about tomorrow. But I know in God's name I've passed.
I hope everyone does. No one ever deserves to be bothered with a rewrite.

21 F 00:XX:XX

However with Swami, all is just a test or something to make us stronger. Since I have
Sai, life then is great irrespective of what maybe the problem!

28 F 00: XX:XX

* MY SAI*

(DREW A HEART)

28 F 00: XX:XX

On another note Swami is the only thing that is good!!! He has always helped me & when anything goes wrong I am going to try to think of him more ☺

28 F 01: XX:XX

Swami – having him in my life makes me feel great and I happy. I write a lot of Swami & will continue in this book, it is because he is my God ☺ His teachings, in Miracles – It makes me happy. Greatful that I was afforded to learn of Swami in this lifetime ☺

28 F 02: XX:XX

* MY SAI*

(DREW A HEART)

28 F 02: XX:XX

People at service are like family to me ☺ I thank Swami for this. (Heart).

28 F 04: XX:XX

And with all that, I managed a day! All you Swami ☺ I still feel blessed beyond words.
It's this feeling I get when I think of my Sai, I cannot explain it ... (heart) - JUST LOVE,
LOVE, LOVE! (HEART)

SAI – ALL IS WELL

☺

28 F 05: XX:XX

We are all Swami's children, one isn't better than the other. *X thought she was the best
because she performed on stage, acting all "to good". We should realize all is with
Swami's will & is his doing. I spoke to *X about it & felt a little better ☺

28 F 10: XX:XX

I think I should be grateful for the job Swami has given me because with out it, I
wouldn't be able to live.

Swami ... Bliss

SWAMI KNOWS BEST

☺

28 F 12: XX:XX

Think, thinking of Swami is better to eliminate all bad feelings ☺

I love you SAI ☺

* SWAMI MY LORD *

(DREW A HEART)

28 F 16: XX:XX

Thank you Swami for always helping us & taking care of us!

GREATFUL

(DREW A STAR)

28 F 17: XX:XX

Swami you are so divine, I feel blessed! Swami is my guiding light. Always taking care of us!

28 F 18: XX:XX

Feel calmer now ... Thoughts of Swami help me ...

* LOVE, SAI *

(DREW A HEART)

28 F 21: XX:XX

GRATEFUL! Yes, I am Greatful for all that Swami has afforded me. He has giving me so much, all in his time. I just want to be the best that I can for Swami ☺ - A better youth & individual. Swami you truly are divine!

28 F 22: XX:XX

Just have a greatful feeling that is for the gift of life (Heart)

Swami has afforded me this human life & it's the best way to serve him.

* LIFE IS A GIFT FROM GOD *

(DREW A HEART)

28 F 23: XX:XX

* SOURCE OF HAPPINESS – SWAMI *



28 F 24: XX:XX

I have learnt & I was thinking – the closer you try to reach God the better life becomes. It is only in experiencing spiritual bliss that one can experience total Happiness. Yes, I do sometimes snap and become moody & irritable but my goal is to become a better individual. Oh Swami! I feel so blessed.

* MY LORD, MY LOVE, MY SAI *

(DREW A HEART, FLOWERS, STAR)

28 F 25: XX:XX

4.3.1.27. Reproaching oneself

I feel a tremendous amount of guilt for not adding anything useful to this research.

06 F 01:XX:XX

Just felt angry with myself

08 F 02:XX:XX

4.3.1.28. Restless

I just felt very restless yet tired.

23 F 12: XX:XX

I felt very restless.

23 F 14: XX:XX

I still feel tired & restless.

28 F 07: XX:XX

4.3.1.29. Sadness

Emotions: sad – went to a funeral

04 F 02:XX:XX

This is weird for me as I feel soo heavily depressed, some sort of AURUM feeling, deep sadness, causeless sadness..

06 F 00:XX:XX

I feel so depressed and sad..

06 F 00:XX:XX

I just want to cry

06 F 00:XX:XX

I could cry over anything and everything (NEW SYMPTOM).

06 F 00:XX:XX

My niece went to my parents room in the middle of the night as she was missing them so I guess I have a bit sad when she wasn't next to me anymore..

06 F 01:XX:XX

My sister and I had a huge disagreement and I ended up crying emensely.

06 F 06:XX:XX

I don't feel anything today. I feel as if I am numb (new symptom/ unusual symptoms). The heaviness isn't there but I feel empty, hurt, bruised (unusual).

06 F 08:XX:XX

Felt emotional, depressed

13 F 01:XX:XX

I wanted to cry

13 F 01:XX:XX

Still feel emotional, very sad and weepy

13 F 02:XX:XX

Mood: sad and upset for no real reason

14 F 09:XX:XX

a little depressed.

15 F 02:XX:XX

Feeling abit down about the exam weight I gained

18 F 04: XX:XX

Didn't pass, feeling pretty crap so much for the power of positive thinking.

18 F 07: XX:XX

Had a busy day didn't have time to think about my failure. My parents are being so nice about it. Which makes me feel worst.

18 F 08: XX:XX

Realised I have a lot to be grateful for even though I have failed and feel miserable now.

18 F 10: XX:XX

Job hunting O.M.G so depressing.

18 F 11: XX:XX

Kindadepro about being single and no career plans.

18 F 12: XX:XX

Experiencing mix emotions - feeling sad, then fine & then sad again

19 F 04: XX:XX

feeling a bit emotional today- cried a little bit & felt a bit better afterwards (personal reasons)

19 F 04: XX:XX

Life!! Why can't you just be as I please (sad face)

21 F 18: XX:XX

feeling down after the presentation because of being asked many questions.

22 M 09: XX:XX

felt down in the afternoon

22 M 20: XX:XX

I had this depressed feeling the whole day

23 F 09: XX:XX

Through this dream I know that I had been crying and I couldn't understand this.

23 F 10: XX:XX

I did feel sad towards the evening, as I began to reflect on all that has happened

23 F 13: XX:XX

I cried a lot and I realized that everytime I think of the bad things I'm going to cry and get sick.

23 F 13: XX:XX

Around 10:00 I felt depressed and down. This was as a result of me thinking about not being able to please the people I care about the most.

23 F 16: XX:XX

Today, I woke up feeling happy and sad at the same time.

23 F 22: XX:XX

I tried to be strong. But I broke down.

23 F 22: XX:XX

I also didn't speak to a close friend of mine for a while and this made me sad.

23 F 25: XX:XX

I also dreamt that I had an interview with Swami. It was also sad because, I was told to cut all ties with close friends.

23 F 26: XX:XX

This would happen often and I would cry and can't explain why. This was causing me to get sick. I would feel like this at 20:30 for about 2 or 3 hrs.

23 F 29: XX:XX

No sadness or irritable feelings.

28 F 02: XX:XX

It was also a little sad as it was my late Granddad's Birthday.

28 F 08: XX:XX

It was so sad saying goodbye to my classmates. I really will miss them especially group A. We had some great moments together. I really hope we continue to stay in touch.

30 F 08: XX:XX

4.3.1.30. Stress

Noticed that I don't feel so moody or stressed (US) –have been experiencing these symptoms a lot over the past 2 years due to personal problems (separation and divorce).

01 F 07:XX:XX

We seem really stressed out, but the motion of the car seemed to calm me (NEW SYMPTOM)

06 F 00:XX:XX

Woke up at 6:30am, with anxiety again, over not buying my niece a birthday present for tomorrow (her actual birthday).

06 F 09:XX:XX

started to feel a bit edgy towards the evening, for a bit

08 F 00:XX:XX

Feeling very anxious and irritable today.

08 F 01:XX:XX

Also feel a bit stressed out

08 F 02:XX:XX

Depressed

13 F 03:XX:XX

Completely stressed

16 F 08:XX:XX

stress send emails to tenants.

16 F 08:XX:XX

Was maddly upset this morning, told husband I was doing sup today a week ago, and now on top of this he did not arrange for me to have the car, had to drive with him to pick a hammer – yes it was on the way, but still I have planned the day and have this up, by the stress of writing exam.

16 F 12:XX:XX

Stressed, learning lines for the play 2m, had a last minute drop out

18 F 14: XX:XX

felt a bit stressed about a task. Eventually eased into the "groove".

19 F 21: XX:XX

Another flight back to PTA. Feeling stressed when about to board because of change in times.

22 M 05: XX:XX

A bit stressed, had to present my file to the big bosses.

22 M 09: XX:XX

I didn't feel stressed.

23 F 21: XX:XX

I was stressed as I require to send a doc to Cape Town for work and my email stopped working.

28 F 00: XX:XX

Thinking of what presents to get everyone on a good note & then the stress begins with budgeting for the car, insurance, cellphone & gifts. I hope I get a good bonus... financial stress is the worse. Oops, I forgot rent, electricity, there is no end!

28 F 17: XX:XX

I need next year to be a good one. I can't have stress in my life.

30 F 14: XX:XX

4.3.1.31. Strong feeling

Feeling strong!

15 F 00:XX:XX

I also noticed that having the strong will power to stay away from certain foods will make me feel better.

23 F 23: XX:XX

When I woke up in the morning but strong enough to go through the day. All the pain that I felt and the discomfort stopped I did feel a thing afterwards.

23 F 26: XX:XX

4.3.1.32. Thoughts of dead loved ones

Reminded me a lot of my late dad.

01 F 09:XX:XX

Thinking about my dead father a lot

13 F 02:XX:XX

Miss my dad a lot

13 F 03:XX:XX

It was also a little sad as it was my late Granddad's Birthday.

28 F 08: XX:XX

4.3.1.33. Time

Today went on dragging, slow as if time were retarded.

06 F 05:XX:XX

This morning seemed to drag on forever

08 F 03:XX:XX

Another flight back to PTA. Feeling stressed when about to board because of change in times.

22 M 05: XX:XX

I felt rushed

23 F 03: XX:XX

I did have this feeling that I was being rushed, but it felt exciting and good when everything was done.

23 F 07: XX:XX

I felt rushed again today

23 F 10: XX:XX

felt that everything took very long.

23 F 11: XX:XX

Today felt long

23 F 14: XX:XX

I so wish I could fast forward the time so I can go home.

30 F 07: XX:XX

4.3.1.34. Tired

Got back feeling emotionally tired.

01 F 09:XX:XX

Felt both physically and mentally drained

08 F 03:XX:XX

4.3.1.35. Unappreciated

We work so hard and our Bosses know but they will never give us a proper raise.....

They just use, use & use!

28 F 00: XX:XX

Today was *X my cousins birthday – I did – not wish her because she is mean! She didn't wish me on mine but that wasn't the reason. She just uses me all of the time!

28 F 04: XX:XX

*X will not be happy about that, he won't be getting much money coming in. it serves him right though because of the way he treats his employees. He is an ungrateful man. What kind of a person doesn't give his employees bonuses! He works them like dogs and pays them peanuts and doesn't even give them bonuses. It's ridiculous.

30 F 25: XX:XX

4.3.1.36. Weight

Feeling abit down about the exam weight I gained

18 F 04: XX:XX

Well the exercise inspiration seems to have been a 1-day thing. I just felt lazy today so I didn't do a thing. I really want to do something about my weight and overall health but I never seem to be able to turn my words into actions.

30 F 07: XX:XX

4.3.1.37. Writing

since Supp exam, complete lack of commitment to write in journal, feel tired, guilty of not writing in journal.

16 F 18:XX:XX

Writting like this coz I'm feeling lazy but to my surprise I feel so fresh.

21 F 01: XX:XX

getting tired of writing dates everytime I journal

21 F 06: XX:XX

getting irritated about writing dates OMG!!

21 F XX:XX:XX

Writing down my feelings is so much better, I feel so much better.

28 F 01: XX:XX

Wow tomorrow I'll be sleeping in my own birthday. Dammit I meant to write bed not birthday.

30 F 08: XX:XX

Gosh I'm so lazy to write. I've spent like 30 minutes contemplating whether to write or not, eventually gave in.

30 F 13: XX:XX

I so wish I had someone to write for me. I'm so lazy.

30 F 15: XX:XX

I was flipping through my journal and I was shocked to see how untidy my handwriting had become. I've just been scribbling things down. I like writing neatly but lately I just don't care. I just write anyhow. I don't know if that's a symptom or what but I have changed. You will see in the beginning of this journal, it's nice and neat but as you progress it gets worse and worse. I don't know why it's so bad coz it's not like I'm in a hurry or anything. I just don't know what happens. Well as long as it's legible I guess it's ok.

30 F 22: XX:XX

I wish I had a robot to write everything down for me and do stuff for me when I'm tired or when I need time off.

30 F 26: XX:XX

4.3.1.38. Miscellaneous

My dad seems so agitated and im so permeable and im picking up his grumpy mood.

06 F 00:XX:XX

I hope this desperate feeling goes away..

I just want to be hugged and to sleep...desperate to be consoled.

06 F 02:XX:XX

I feel distraught over family issues and feel raw and tender.

06 F 06:XX:XX

I feel like I don't have any patience and I was never like that.

10 F 08:XX:XX

skipped walking on beach

16 F 06:XX:XX

Not knowing is really frustrating.

16 F 06:XX:XX

Mood lifted – The TV is broken yippy. Husband and I had some conversation, he even played me a video of a song, he over-heard on the radio. “Roar” Kelly Perry. – Sexy

16 F 07:XX:XX

Studied till 24'00

16 F 07:XX:XX

was cramping this afternoon when trying to sleep to be > awake to study tonight – did not helped.

16 F 12:XX:XX

planning to do things, normally not having time for clean up flat, throw out stuff, visit friends.

16 F 18:XX:XX

Have a feeling that I can't switch off- Did some reading of work for this year. Not study, just reading

16 F 18:XX:XX

I am looking through some clinhome notes of the year. Went with a friend to pinetown shopping, had a chicken burger for lunch at the spur, not ideal restaurant at lunch, not okay. Very hot today.

16 F 19:XX:XX

Difficult to get through day without pressure, think of baking the one minute and then the next minute I have done nothing.

16 F 20:XX:XX

Woke up not feeling to great.

17 F 16: XX:XX

Kept telling my parents a sad movie was on.

18 F 09: XX:XX

Disappointed about not getting tickets to india they just insanely expensive.

18 F 10: XX:XX

Plans for swami bday seem to be taking up most of my time. Which is good less time to think.

18 F 13: XX:XX

I spent the day @ Unisa sending a few papers for remarking feel indifferent, like dead emotionally don't care about the outcome anymore.

18 F 18: XX:XX

Spoke to a lot of people today about my situation and everyone is telling me to repeat the year. Easy for them to say. I have to live through the torture. Will decide in a week what I want to do.

18 F 19: XX:XX

Okay so even though I said I'll decide in a week I can't help but wonder whats my other options:

- 1> Repeat
- 2> Cima
- 3> Tax
- 4> Marry rich

Think I'm going with option 4 :D

18 F 20: XX:XX

Doing a lot of thinking these past few days. What if I never get married then I'll have no career. So if I repeat the year I'll have an amazing career to fall back on. But that means I'll only be a CA earliest 28. And need to have kids by 30 (saw some study on tv) so if I repeat I'll have to give up another 5 years of my life. So much pressure definitely deciding in a week.

18 F 21: XX:XX

Slept so late last night thinking about all this crap. Maybe I should start looking for a job that's what everyone does. But urgh I don't wanna be mediocre

18 F 22: XX:XX

I'm hypersalivating(bf words ♡♡♡♡) juicy mouthed as my bf just said Ha haha!

21 F 00: XX:XX

Was watching his every move.

21 F 00: XX:XX

I'm high my bf said theres heroin in the powders.

21 F 00: XX:XX

I was actually writting this msg on my fone without looking rather look at the rain outside

- feel like a drug addict.

21 F 01: XX:XX

Going to that silly clinic again.

I swear to god I will never step foot in another community clinic & work there!

21 F 01: XX:XX

I remember being at ukuba& *X talking as usual but I hated to engage but didn't feel like it.

21 F 01: XX:XX

I feel like a phosphorus difussing with everyone

21 F 01: XX:XX

I want to burn the faculty office & I have clinic later but don't feel like going.

21 F 02: XX:XX

aggghh wish I was independent.

21 F 09: XX:XX

OMG !! I hate dreaming.

21 F XX:XX:XX

Emotional maturity

21 F XX:XX:XX

I know it's soon but I wish he'd propose.

21 F XX:XX:XX

When I'm in my room & looking at the sky I just wish I was one with the sky - & clouds
& float with them _ I just want to go wherever there go.

21 F 17: XX:XX

Life!! Why can't you just be as I please(sad face)

21 F 18: XX:XX

I hope I don't get infected with HIV at any point in my life.

21 F 20: XX:XX

I hate mondays there should be taken out the calendar

21 F 21: XX:XX

crazy people working with in P.T.A

22 M 08: XX:XX

I just felt like everyone else's problems are becoming mine and I don't have any support. I felt like this the whole day and this made me really tired at the fact that even though I stay away I still get blamed.

23 F 09: XX:XX

I realized that I need to move on.

23 F 13: XX:XX

Also realized I need to listen to my self. Which is really hard.

23 F 23: XX:XX

Saying goodbye to all the teachers at school. I didn't realize how people become your support structure and are always there.

23 F 24: XX:XX

Sometimes people don't understand how it feels to work and I have so much responsibilities.

28 F 00: XX:XX

If I sleep I can forget everything.

28 F 00: XX:XX

I have a picture that's just dark, Black, that's how I feel just dark can't make sense of things.

28 F 00: XX:XX

Family suppose to be there for each other especially cousins – 1st cousins. It's sad when people behave like children. But that's just life.

28 F 04: XX:XX

Anything done is for our own good, I should not complain ... I should learn to always think that!

* LESSONS*



28 F 10: XX:XX

Nelson Mandela Passes away!!! What an amazing individual. I Drove with my head lights on as a sign of appreciation and moarning as per ECR. It actually felt nice & also seeing other car with their's on as well.

28 F 20: XX:XX

I just looked at him which was hard enough as it is.

30 F 02: XX: XX

I'm starting to regret why I even did this proving. How long will I have to feel like this? I HATE it!

30 F 03: XX: XX

Why did I do this proving? Tomorrow better be a better day, if not I'm calling *X and telling her to antidote me.

30 F 03: XX: XX

The weather is nice outside but I'm curled up in bed curtains drawn, laying in the dark.

30 F 03: XX: XX

You know I find it very difficult to get out of bed now each morning.

30 F 05: XX:XX

A nice day at the clinic today. We were all just chatting and it was so wonderful, I will surely miss times like these.

30 F 06: XX:XX

You know I'm listening to Classical music which is supposed to be calming and soothing but in my head I'm replaying all the things I wanted to say to my lecturer (for whom I had a supp) when he asked me how my exam was and what remedy I got when I did my case. I refused to tell him. Sitting here now all the things I feel I should've said are running thru my mind. If it was somebody else whom he clearly likes more than all of us in class who had needed the 1.5% to pass, they would've been given no questions asked. He said he hadn't marked my paper and I was itching to ask him what he was waiting for, was he waiting so that he could mark it in a hurry like he did our test 3 and exam papers and fail me again but thankfully I did not say that.

30 F 06: XX:XX

I've been craving chocolate for days now and today I actually bought it but I haven't even eaten one block Now that I have it, I have no idea why I'm not having it. This is just stupid.

30 F 06: XX:XX

Well I had half the chocolate at night but it wasn't as fulfilling as it should, after the strong cravings atleast I thought I'd enjoy it more but no didn't happen.

30 F 06: XX:XX

I was so sick of DUT. I'm glad it's holiday season now. I swear those people in our department were driving me insane. I cannot wait to be out of DUT, which is why I must push my research next year. The faster I get through it the faster I can do other things with my career.

30 F 19: XX:XX

Sometimes I regret doing Homoeopathy because we were just left like that with hardly any guidance. We were given this false hope and this beautiful picture of what things are like in the real world when it wasn't the case. Why couldn't they just be truthful from the get go. Anyways what's done is done, no use crying over spilt milk. I just have to build on it and move on to something more.

30 F 23: XX:XX

4.3.2. VERTIGO

I got out of bed and felt light headed and my ears are buzzing, sounds like a thousand little insects

11 F 06:XX:XX

I felt rushed again today and this lead to me feeling light headed and weak. This happened at around 3:00.

23 F 10: XX:XX

Around about 2:10pm I felt like dizzy, my head felt heavy

28 F 03: XX:XX

I tried getting up from my bed and I felt slightly dizzy as if I was going to fall.

30 F 02: XX:XX

4.3.3. HEAD

4.3.3.1. Pain

Had a headache by late evening.

01 F 11:XX:XX

10.30pm: still have a terrible headache. Figured out because of drinking rooibos tea 3 days in a row probably detoxing. Slept through the night.

01 F 12:XX:XX

Slight headache, but well rested.

01 F 13:XX:XX

Not feeling anything different besides being a bit sick – head felt congested.

02 M 08:XX:XX

Headache – forehead

04 F 02:XX:XX

Slight headache 07:00

04 F 04:XX:XX

Headache peaked at 8:30pm

04 F 06:XX:XX

Headache

04 F 07:XX:XX

Headache

04 F 08:XX:XX

Headache

04 F 09:XX:XX

I feel as if I have a heavy frontal sinus headache, that is pulling me down, like a weight were secured to my forehead. I just want to cry, infact my eyes burn and I need want cold pressure on it (NEW SYMPTOM).

06 F 00:XX:XX

Its 10:30am I am getting a heavy headache that feels as if it is pushing my eyes towards the back of my throat.

06 F 01:10:XX

Its 3:30pm ..i got a headache again.

06 F 04:XX:XX

Also had a dull headache at the back of my neck. The headache started after taking the remedy. it would ease off between taking the remedy

08 F 01:XX:XX

Had a really bad headache

08 F 02:XX:XX

Had a slight headache

08 F 03:XX:XX

Have a slight headache, but it only lasted for half the morning

08 F 04:XX:XX

Also have a headache. Slept in the afternoon and stayed in bed for most of the day

08 F 05:XX:XX

Have had a very nasty headache the whole day

08 F 11:XX:XX

Still have a bad headache. It seems to be getting worse.

08 F 12:XX:XX

Took 2nd remedy in the late afternoon. About 5pm I experienced a terrible headache. The pain was mostly at the back of my head.

10 F 01:17:XX

Headache was not very bad.

10 F 02:XX:XX

Head was light at times.

10 F 02:XX:XX

Headaches were slight.

10 F 03:XX:XX

The top of my skull feels sore and my eyes feel heavy

11 F 04:XX:XX

my head is throbbing, between my 2 eyes, going behind my eyes and poking, it feels much better for pressure and a bright room

11 F 14:XX:XX

Slight headache

13 F 00:XX:XX

Head: headache -3:30pm

C – dehydration

L – nose and throat, bilaterally

A – none

M – water made it better slightly

S – dry

I – 5/10

T – started at 3pm, lasted about an hour or so, then stopped

14 F 01:15:30

Woke up with a headache – 10am

Subsided at ~12pm

14 F 03:XX:XX

Headache: peaked at 11am and persisted mildly throughout the day

14 F 09:XX:XX

Head: headache in the occipital region which came on in the morning – 10am and persisted intermittently throughout the day

14 F 13:XX:XX

Head: headache from yesterday persisted today but subsided after I ate

14 F 14:XX:XX

Got a mild unilateral temporal headache for about an hour. Couldn't fall asleep. Tossed and turned until 3am until I finally dozed off. Did not have a happy night.

15 F 01:XX:XX

10am woke up had a slight headache

15 F 05:XX:XX

Headache lasted 20-30minutes. It was very mild.

15 F 05:XX:XX

Slight headache.

16 F 08:XX:XX

H/A in neck, sore when coughing, not even turn neck/head like can't shake No! No!

16 F 12:XX:XX

had a glass of red wine and mussels and was aware of a uncomfortable H/A.

16 F 13:XX:XX

severe H/A at the back of my neck, pulsating into head upwards. Had this H/A before after menstruation. Took some Silica and Bryonia alternatively was in bed most of the morning.

16 F 14:XX:XX

Feeling a slight headache in my forehead and at the sides.

17 F 10:XX:XX

with a slight headache.

18 F 00:XX:XX

Terrible headache

18 F 01:XX:XX

Have a killer headache going to sleep like a baby.

18 F 15:XX:XX

Slight headache after I took first remedy but otherwise feeling fine. (after 9:00 am)

19 F 00:09:00

3rd remedy @ 19: 50.Experienced a slight headache, like the mornings headache.Dull, aching in nature. Pain rating scale 2 or 3 /10.Other than the headache I feel fine, nothing unusual/out of the ordinary.

19 F 00:19:50

Woke up with a headache predominately on the right side - above my eye

-dull aching in nature, sometimes sharp in sharp

-Pain rating scale 3 or 4/10

-1st powder @ #10:55

-headache disappeared after a while

19 F 01:XX:XX

A slight headache (22:50) - otherwise I am fine, no other complaints or symptoms

19 F 04:XX:XX

Had an extremely bad headache,I left as I thought it would get better or go away but it got worse. I assumed it was due to not eating. Around 16:00 I ate my first meal for the day & felt better for about ½ hour & then the headache got worse. After about an hour, I took 2 Grand-pa h/a tablets as I couldn't handle the headache. Felt better & then got

worse. I wanted to only lie down, there must not be a lot of light in the room & must be quiet. The headache got bad & then @ 20:00- 1 I had sugar overload & felt better.

Rating headache (h/a) = 6/10

Can't exactly pin point the location – forehead region

19 F 07:XX:XX

Had a headache – seemed to have subsided a bit

19 F 13:XX:XX

Forgot to journal the headache I had yesterday - it was like I was bleeding inside - & I had a contusion & the blood was just collecting there.

21 F 07:XX:XX

Small headache in the morning but took too much water and became fine.

22 M 22:XX:XX

I had this headache, which was caused by my sinus. This feeling stopped just after lunch.

23 F 12:XX:XX

Today felt long and I felt very restless. I woke up with a headache and my eyes were really sore. Today I noticed that I'm getting really angry with little things and for that short space of time I'm in another world, but afterwards, I feel better.

23 F 14:XX:XX

I also noticed that after eating all the junk food especially if I mix everything I feel really light headed.

23 F 15:XX:XX

I also noticed that I had this hammering headache and my eyes were really saw. All of this lasted until about 12 that night.

I didn't take any meds. I just waited to fall asleep.

23 F 19:XX:XX

There's this constant headache. My forehead is always sore and couldn't control the pain.

Towards the afternoon at about 2:30 I started to feel myself again. I was tired from lack of sleep but I settled in.

23 F 20:XX:XX

The morning seemed fine. At around lunch time, around 1:00. I noticed this sharp pain at the back of my head. I was really tense and my eyes were really sore. This continued for the whole day and this was the first time I had experienced this symptom. I couldn't seem to want to sleep my mind was racing and no amount of late night reading was helping at this point I was helpless.

23 F 28:XX:XX

My head was sore but a lot better that yesterday.

23 F 28:XX:XX

My head is heavy & I feel hot & thirsty for cold water. I feel tired & my neck is stiff my throat is dry. When I start coughing at night it wakes me up & I will want large quantities of cold water.

26 F 00:XX:XX

The whole day of today my head feels heavy & my ears felt as if they were blocked to keep yawning at work

26 F 03:XX:XX

Around about 2:10pm I felt like dizzy, my head felt heavy & I felt like throwing up. It could have been the weather & the fact that I have low Iron. However the feeling went away.

The day was generally okay, I didn't feel like upset or unhappy

28 F 03:XX:XX

I had a slight headache @ 13:00, it could be because of my eyes, I think I need to test them again. I started feeling very hot all of a sudden, but it was around 30 degrees today however, I was in the office with A/C on ...

28 F 05:XX:XX

My head was a little sore @ work. I had a headache – It could be because my hair was in a pony.

28 F 06:XX:XX

1st sachet – headache. Dull ache – like a muscle ache – before midday Didn't last too long, lasted for about an hour. Felt as if I were not using glasses. Occipital – frontal area.

29 F 00:XX:XX

I have a right-sided headache above my right eye. It's a deep aching, dull sort of pain. Very sensitive to noise and light I feel like pressing my head with my hands. This headache started at around 5 or 6pm. It's getting worse and worse by the hour. Right now I wish I could take something to stop it, even recording is a huge effort. And I've never had such a severe headache before. I tried getting up from my bed and I felt slightly dizzy as if I was going to fall. I also feel nauseous a little. There's lots of borborygmi going on in my tummy. It's like someone's boiling water in there. It's now 10pm and I still haven't fallen asleep and my headache is like an 11 on a scale of 1-10. I can't take this.

30 F 02: XX:XX

I don't remember when I fell asleep last night. This morning I feel like death itself. I woke up to the lingering feeling of the headache. I'm still afraid that it might come back again. Yesterday when I was brushing my teeth I noticed that my gums were bleeding like a lot. They weren't painful at all though. Maybe it's the new tooth-brush but that's never happened whenever I started using a new brush.

30 F 03: XX:XX

The headache is getting more and more now as time goes by. Even the other day it started at around 5pm or 6pm. I'm also urinated quite a lot, today it was like maybe 4 times and each time, the quantity is a lot. Just hope tomorrow is way better than this.

30 F 03: XX:XX

4.3.4. EYE

4.3.4.1. Burning

I just want to cry, infact my eyes burn and I need want cold pressure on it (NEW SYMPTOM).

06 F 00:XX:XX

My lower left eyelid is swollen and itchy, it burns when I scratch it

11 F 22:XX:XX

Eye irritation and burning – 4pm

14 F 02:XX:XX

4.3.4.2. Dry

My eyes have become so much less sensitive to light, I usually prefer very dim lights and feel like bright lights burn out my eyes but now all my lights seem too dull and I keep my phone screen on the brightest level even at night and in the dark. My eyes feel drier and there is a little bit of white exudates at the tip of my right eye

11 F 17:XX:XX

03'00 eyes very dry, try to go over work, writing @ 9'00

16 F 12:XX:XX

4.3.4.3. Heavy

my eyes feel heavy

11 F 04:XX:XX

my eyes feel heavy

26 F 05: XX:XX

my eyes still feel heavy.

26 F 06: XX:XX

4.3.4.4. Sore

my eyes were really sore.

23 F 14: XX:XX

my eyes were really sore.

23 F 19: XX:XX

4.3.4.5. Miscellaneous eye symptoms

My eyes turn red and fill with blood vessels after a hot bath

11 F 03:XX:XX

I feel like I could close my eyes I feel tired in an unusual way this morning I feel like I didn't get enough sleep.

26 F 04: XX:XX

4.3.5. EAR

On cleaning my ears I found that the earbud appeared yellow with residue

11 F 03:XX:XX

my ears are buzzing, sounds like a thousand little insects

11 F 06:XX:XX

I have a puling pain on my right ear lobe

11 F 16:XX:XX

My ears feel sticky and oily, they are usually very dark but now I feel like that they are so oily I have to keep cleaning them

11 F 18:XX:XX

My hearing in my left ear has been troubling me today and the pain was really bad.

23 F 03: XX:XX

my ears felt as if they were blocked to keep yawning at work

26 F 03: XX:XX

I have this ringing sound in my ears & my ears feel full.

26 F 06: XX:XX

4.3.6. HEARING

My ears feel deaf after I wake up from bending or from bending for too long

11 F 22:XX:XX

My hearing in my left ear has been troubling me today and the pain was really bad.

23 F 03: XX:XX

4.3.7. NOSE

Nose: actually quite good this morning not much congestion

02 M 02:XX:XX

Woke up feeling little sick today. had a mild cold, sneezing a lot.

Was also tired and my head felt very congested. Had an early night and slept very deeply.

02 M 07:XX:XX

Had flu symptoms in the morning, advised to stop taking remedy. Had a slight fever and a runny nose in the morning. The symptoms faded as the day went on

03 M 01:XX:XX

Feeling a bit fluish, think I'm getting sick. Running nose and feeling a bit feverish. Also have a headache. Slept in the afternoon and stayed in bed for most of the day

08 F 05:XX:XX

My nose is blocked, so I have to breathe through my mouth, which feels uncomfortable and is causing the back of my throat to become dry and itchy

11 F 08:XX:XX

Woke up and turned on my left hand side and my nose began to pour like a tap. It stopped before I could go to the bath, but then the entire nostril was completely blocked after I had a bath

11 F 12:XX:XX

I am sneezing like crazy. Worse when I am in water and after being in water

11 F 15:XX:XX

Woke up sneezing plus my nose is leaking and my right nostril is completely blocked

11 F 18:XX:XX

It seems like I have sinuses, my nose is leaking, I keep sneezing and strong smells make me sneeze, I wake up with a stuffed nose

11 F 20:XX:XX

Woke up feeling refreshed this morning and much better

Nose still feels slightly congestion but much better

13 F 12:XX:XX

Nose and throat dryness – 3pm

14 F 01:15:XX

Nose: congested feels like I am getting sick

14 F 10:XX:XX

on waking both nostrils blocked, and had cramps in right leg

16 F 02:XX:XX

Woke up this morning with nose blocked with nostrils better on movement.

16 F 03:XX:XX

Feel less congested.

16 F 04:XX:XX

After I took a bath my nose was running the whole day

26 F 06:XX:XX

4.3.8. FACE

I feel as if I have a heavy frontal sinus headache, that is pulling me down, like a weight were secured to my forehead.

06 F 00:XX:XX

Broke out with pimples on my face – lower cheeks.

10 F 02:XX:XX

I am feeling very hot and perspiring a lot, especially on the upper lip and along the hairline

11 F 01:XX:XX

I've gotten fine pimples on the left side of my face, they are painless but red

11 F 02:XX:XX

When I woke up, my face was oily and sticky

11 F 07:XX:XX

My skin is less oily than normal, and less breakouts

11 F 09:XX:XX

My skin is now more dry than ever but also less reactive than usual – I can now use a variety of products and make-up without breaking out in pimples, its amazing

11 F 11:XX:XX

In the evening a tiny pimple popped up inside my right nostril, it is painful and irritating it keeps making me sneeze

11 F 21:XX:XX

I somehow wasn't think& I knocked my mouth on the fridge @ work. My whole face is swollen so really just want to rest.

28 F 07: XX:XX

4.3.9. MOUTH

I took the first powder today in clinic, at around 3pm. Initially I coughed as soon as I took it. I feel as if this remedy tastes different, from any other remedy I have ever taken. It tastes chemical, or as if my tongue were metallic, or perceiving a metallic/ chemical taste.

06 F 00:XX:XX

At 10pm pain was a bit less but my mouth had a funny feeling. Tongue felt a bit numb.

10 F 01:22:XX

At times while I am speaking my voice begins to fade, I stop and clear my throat and my voice comes out funny and cracked.

11 F 13:XX:XX

I'm hypersalivating(bf words ♡♡♡♡) juicy mouthed as my bf just said Ha haha! I'm high my bf said theres heroin in the powders.

21 F 00: XX:XX

I started the meds today I did feel a tickling sensation. When I put the powder in my mouth. But there after I didn't feel any other change or reaction.

23 F 00:XX:XX

When I arrived home and after having lunch, this was around 2:30 I experienced a new symptom. My entire body had been itching and straight after eating, I had a kind of a bitter taste. It was more of an after taste. This feeling lasted for about 20mins and started again after I had supper and lasted for another 20 mins.

23 F 01: XX:XX

Yesterday when I was brushing my teeth I noticed that my gums were bleeding like a lot. They weren't painful at all though. Maybe it's the new tooth-brush but that's never happened whenever I started using a new brush.

30 F 03: XX:XX

I still have bleeding when I brush my teeth, no pain though. Energy levels much higher than compared to the past 2 days.

30 F 04: XX:XX

The bleeding on my gums has decreased which I'm glad about.

30 F 05: XX:XX

4.3.10. THROAT

Didn't have a fever or runny nose as yesterday. Throat felt a bit sore. Symptoms faded as the day went on.

03 M 02:XX:XX

Sore throat

04 F 07:XX:XX

Throat infection

04 F 08:XX:XX

Sore throat

04 F 09:XX:XX

I feel nauseas and air hungry...my throat is so sore its itches...an feels like little thorns are poking from inside out (NEW SYMPTOM). It makes the back of my throat itchy, making me want to sneeze.

06 F 01:XX:XX

Its 11:30, I am babysitting my brother, I suddenly feel quite sick..my throat is sore.. I feel feverish. I think im getting a bad case of the flu.

06 F 01:XX:XX

The one thing that has changed is that my sore throat has diminished considerably, almost gone.

06 F 05:XX:XX

Throat was a bit sore.

10 F 01:XX:XX

My nose is blocked, so I have to breathe through my mouth, which feels uncomfortable and is causing the back of my throat to become dry and itchy

11 F 08:XX:XX

My throat is itchy

11 F 13:XX:XX

Nose and throat dryness – 3pm

14 F 01:15:XX

Throat sore and scratchy

14 F 10:XX:XX

felt my throat was sore - on & off - as if I'm going to get the flu (that's the first sign/indication for me when I get the flu)

19 F 03: XX:XX

Have a little bit of a sore throat

19 F 10: XX:XX

My head is heavy & I feel hot & thirsty for cold water. I feel tired & my neck is stiff my throat is dry. When I start coughing at night it wakes me up & I will want large quantities of cold water.

26 F 00:XX:XX

I feel like there are stones in my throat when I'm drinking water I have an unquenchable thirst no matter how much water I drink & the coughing keeps me awake although my body doesn't feel that hot anymore now.

26 F 01: XX:XX

4.3.11. EXTERNAL THROAT

My thyroid gland feels large, I'm suddenly aware of its presence

11 F 00:XX:XX

10'45 itchy, lumpy raised area, feel hot and burning in neck, left side.

16 F 00:10:45

4.3.12. NECK

Pain on the left side of my neck aching uncomfortable feeling.

01 F 04:XX:XX

Sore neck and shoulders

04 F 08:XX:XX

Also had a dull headache at the back of my neck. The headache started after taking the remedy. it would ease off between taking the remedy

08 F 01:XX:XX

10'45 itchy, lumpy raised area, feel hot and burning in neck, left side.

16 F 00:10:45

H/A in neck, sore when coughing, not even turn neck/head like can't shake No! No!

16 F 12:XX:XX

woke up with bad neck pain on the left hand side- I assumed it was due to sleeping badly the previous night. The pain subsided as the day went by. Pain was experienced on neck movements especially rotation.

19 F 16: XX:XX

my neck is stiff

26 F 00:XX:XX

4.3.13. STOMACH

4.3.13.1. Appetite

Increased

Later in the day I was extremely hungry – around lunch.

I never feel this hungry. Felt as if I had a craving for food.

02 M 01:XX:XX

Digestive system: hungry, never seems to be satisfied

02 M 02:XX:XX

Besides feeling very hungry again and dehydrated I had a different feeling in my mind/
mood.

02 M 03:XX:XX

Appetite slightly increased around 17:00

04 F 00:17:00

Appetite increased – eating more frequently

04 F 01:XX:XX

I got home around 4, I feel so hungry as I haven't ate all day, its weird that I forgot about food until I reached home (new symptom as im always hungry).

06 F 00:XX:XX

Was hungry.

09 F 03:XX:XX

Felt hungry at 3 o clock. Ate well

09 F 06:XX:XX

Felt more hungry than usual, wanted to eat all the time

13 F 08:XX:XX

Appetite: increased appetite

14 F 01:XX:XX

feel hungry all the time and rice cakes is finished, no time to get >

16 F 07:XX:XX

10'00 hungry again

16 F 21:XX:XX

Had a better appetite today.

17 F 27: XX:XX

Feeling ok the whole day but the amount of food has increased.

22 M 18: XX:XX

food intake has increased but less going to the toilet

22 M 21: XX:XX

Today, I was constantly hungry and I just wanted to eat something all the time.

23 F 13: XX:XX

I also noticed an increase in eating. I'm also eating a lot of junk food. I also noticed that after eating all the junk food especially if I mix everything I feel really light headed.

23 F 15:XX:XX

Decreased

Also don't feel hungry all the time (NS). Having meals 3 times a day only (NS)

01 F 05:XX:XX

Appetite: bad appetite today

13 F 13:XX:XX

Sick, can't lift head of the pillow, no appetite, severe H/A at the back of my neck, pulsating into head upwards. Had this H/A before after menstruation. Took some Silica and Bryonia alternatively was in bed most of the morning.

16 F 14:XX:XX

Went for a wedding today, didn't have much of an appetite today thou.

17 F 03: XX:XX

Did not eat today just had energade and water.

17 F 19: XX:XX

Still feel the same as the day before. Only ate a slice of toast, drank water and energade.

17 F 20: XX:XX

No appetite.

17 F 22: XX:XX

Not much of an appetite but had something mild to eat.

17 F 23: XX:XX

Not much of an appetite.

17 F 24: XX:XX

No appetite at all

18 F 06: XX:XX

Feeling super lost no idea where my life is headed. 23 without direction sucks terribly. Still no appetite. Just eat so that I don't faint or de-hydrate.

18 F 17: XX:XX

I didn't have supper though, I wasn't hungry, so watched Hart of Dixie & now I am getting ready for bed

28 F 03: XX:XX

I don't have an appetite today... not really hungry. I had one samoosa for the whole day and now a kfc veg burger for supper.

28 F 09: XX:XX

I didn't have an appetite today as well.

28 F 10: XX:XX

I still don't have an appetite though.

28 F 12: XX:XX

4.3.13.2. Burning

My stomach burns after eating anything with spice, its horrible because I love spicy food

11 F 21:XX:XX

Stomach felt a burning sensation

13 F 00:XX:XX

Burning sensation in my stomach with cramps.

17 F 26: XX:XX

At 10:00 I had a yogurt and stopped the burning sensation that I had been feeling. After lunch I felt well again and I was happy and laughed the day off.

23 F 18: XX:XX

4.3.13.3. Bloating

13'30 Lamb curry and rice and salad – feel bloated

16 F 03:XX:XX

Stomach felt very bloated later on the day.

17 F 16: XX:XX

I'm noticing that my stomach is bloated again.

17 F 17: XX:XX

4.3.13.4. Nausea

I feel nauseas and air hungry...my throat is so sore its itches...an feels like little thorns are poking from inside out (NEW SYMPTOM). It makes the back of my throat itchy, making me want to sneeze.

06 F 01:XX:XX

Nausea seemed to follow throughout the day.

06 F 13:XX:XX

Also felt a bit nauseous today. Don't quite feel myself.

08 F 01:XX:XX

I feel nauseas especially when I smell food being braised with extra spice

11 F 13:XX:XX

At around 1:30, after lunch, I had a little bit of an uneasy feeling after I had juice. It made me feel like was going to throw up.

23 F 05: XX:XX

nausea even today and I feel very uncomfortable I feel like I could close my eyes I feel tired in an unusual way this morning I feel like I didn't get enough sleep.

26 F 04: XX:XX

4.3.13.5. Pain

Woke up at 5am because my tummy was twisting

11 F 01:05:XX

Got out of bed because my stomach was cramping

11 F 07:XX:XX

Stomach: slight cramps which felt better when laying down

13 F 14:XX:XX

Woke up 9:30am had a terrible stomach cramps throughout the night. Not sure about the cause but they were quite crampy and painful. I eventually took a pill to relieve the pain. So I had a disturbed unhappy sleep (cramps felt in hypogastrium)

15 F 09:XX:XX

Diarrhea had begin with severe cramps.

17 F 17: XX:XX

Burning sensation in my stomach with cramps.

17 F 26: XX:XX

woke up early in the morning due to the pain in the epigastrium region. It started the night before (late) – I assumed it was hunger pains so I ate a little as I didn't eat properly that day. It was still there when I went to bed after eating (pain). The following morning after waking up with pain, I slept with a pillow behind my back – it provided some relief. Leaning forward helped for a few minutes & then the pain was back. During the day I drank some Eno– that relieved the pain, I felt it again towards the night & drank some more Eno. I felt better – no pain

-Overall I was okay, besides the pain – I only wanted to lie down with a pillow behind my back to relief the pain.

19 F 08: XX:XX

In the morning, it felt as if the epigastrium pain was going to start again but it disappeared quickly & didn't have a problem.

19 F 10: XX:XX

I actually noticed that almost everyday I've been having stomach pains & going to the toilet -but didn't feel need to journal them coz was embarrassed to share with the person who'll read this.

21 F 22: XX:XX

4.3.13.6. Thirst

I have periods of complete thirstlessness then I have periods where I have to gulp down a litre of water at once

11 F 19:XX:XX

Increased

This morning I woke up very thirsty and I believe this could have been a symptom of the remedy.

02 M 01:XX:XX

Very thirsty all day, felt dehydrated

02 M 02:XX:XX

Did feel more thirsty today than other days

03 M 02:XX:XX

Still have increased thirst and appetite.

03 M 04:XX:XX

I feel very thirsty, more than usual and dehydrated.

10 F 07:XX:XX

Increased thirst for ice cold drinks

11 F 00:XX:XX

Was thirsty in the evening, more than usual

13 F 06:XX:XX

Feel thirsty throughout the day but not very hungry

13 F 07:XX:XX

Felt thirsty

13 F 08:XX:XX

waking up feeling thirsty

22 M 17: XX:XX

I feel like there are stones in my throat when I'm drinking water I have an unquenchable thirst no matter how much water I drink & the coughing keeps me awake although my body doesn't feel that hot anymore now.

26 F 01: XX:XX

The day at work was ok. I was thirsty sipped on water – unsure how many times.

28 F 07: XX:XX

Decreased

– drank less than half a litre of water – from my water bottle.

28 F 06: XX:XX

4.3.13.7. Miscellaneous stomach symptoms

Stomach felt abit upset, I think because of eating sweetmeats everyday since Diwali.

17 F 05: XX:XX

my stomach filled with air

- took ENO for my stomach

- that the pile are back but felt ok in the afternoon.

- feeling sleepy at work

22 M 15: XX:XX

At about 8:00 in the evening, I had ice-cream. It did feel a little uneasy again, I felt like I had this poking feeling, but I drank a glass of water and it help.

23 F 05: XX:XX

I did feel a little discomfort at around 13:30, just after lunch. I had baked potato for lunch with salad and it made me feel like I was going to throw up. I settled after chewing on a gum. The evening went well. I just felt very tired.

23 F 17: XX:XX

4.3.14. ABDOMEN

4.3.14.1. Constipation

I feel constipated, I haven't passed stool since the last 2 days, I feel bloated and uncomfortable, but my stomach isn't paining

11 F 15:XX:XX

Digestive: abdominal bowel movements – cramping and constipation – 12pm at its worst. Feeling drained thereafter and felt like resting

14 F 08:XX:XX

4.3.14.2. Diarrhoea

Diarrhea still continuing with very bad abdominal cramps.

17 F 19: XX:XX

Severe abdominal cramps with diarrhea.

17 F 20: XX:XX

Bloatedness, cramps and diarrhea continued.

17 F 22: XX:XX

4.3.14.3. Pain

My left earlobe began to pull, as if I were using pegs that were pulling down on my earlobe, it only lasted a few minutes at the same time, my lower abdomen began to pain with a stinging sensation. The pain disappeared when the earlobe pain left

11 F 02:XX:XX

Theres cramping and almost stinging sensation over my ovaries

11 F 13:XX:XX

Menstrual cycle started today – earlier than usual therefore abdominal cramps

14 F 03:XX:XX

During night aware of lower abd. cramps.

16 F 02:XX:XX

Severe abdominal cramps with diarrhea.

17 F 20: XX:XX

Diarrhea stopped but still bad cramps.

17 F 23: XX:XX

Abdominal cramps.

17 F 24: XX:XX

Slight abdominal cramps.

17 F 27: XX:XX

Felt very slight cramps.

17 F 28: XX:XX

woke up early in the morning due to the pain in the epigastrium region. It started the night before (late) – I assumed it was hunger pains so I ate a little as I didn't eat properly that day. It was still there when I went to bed after eating (pain). The following morning after waking up with pain, I slept with a pillow behind my back – it provided some relief. Leaning forward helped for a few minutes & then the pain was back. During the day I drank some Eno– that relieved the pain, I felt it again towards the night & drank some more Eno. I felt better – no pain. Overall I was okay, besides the pain – I only wanted to lie down with a pillow behind my back to relief the pain.

19 F 08: XX:XX

4.3.14.4. Miscellaneous abdomen symptoms

There's lots of borborygmi going on in my tummy. It's like someone's boiling water in there.

30 F 02: XX:XX

4.3.15. RECTUM

4.3.15.1. Constipation

I have a hard constipated stool...its painful without any abnormal smell but its hard and darker in colour..and just pebbles.

06 F 01:XX:XX

I feel constipated, I haven't passed stool since the last 2 days, I feel bloated and uncomfortable, but my stomach isn't paining

11 F 15:XX:XX

Digestive: abdominal bowel movements – cramping and constipation – 12pm at its worst. Feeling drained thereafter and felt like resting

14 F 08:XX:XX

No bowel movement today.

16 F 00:XX:XX

feel constipated – stool ++ hard and like small pieces.

16 F 07:XX:XX

No stool

16 F 12:XX:XX

I drank water and orange juice as I was constipated from Monday!

28 F 05: XX:XX

4.3.15.2. Diarrhoea

Digestive: diarrhoea – worst from 1-3pm

14 F 05:XX:XX

Diarrhea had begin with severe cramps.

17 F 17: XX:XX

I couldn't sleep last night, had a fever and still with diarrhea.

17 F 18: XX:XX

Diarrhea still continuing with very bad abdominal cramps.

17 F 19: XX:XX

Severe abdominal cramps with diarrhea.

17 F 20: XX:XX

Diarrhea still continual with bad cramps the entire day.

17 F 21: XX:XX

Bloatedness, cramps and diarrhea continued.

17 F 22: XX:XX

been having diarrhea don't know since when * but I thought because I over ate!!!

Bf feeding me junk food

21 F XX:XX:XX

4.3.16. STOOL

I have a hard constipated stool...its painful without any abnormal smell but its hard and darker in colour..and just pebbles.

06 F 01:XX:XX

Passed stool twice on an empty stomach, loose, pale, almost yellow stool

11 F 01:XX:XX

Passed loose dark stool

11 F 07:XX:XX

feel constipated – stool ++ hard and like small pieces.

16 F 07:XX:XX

Soft stool.

16 F 08:XX:XX

Very bad smell when going to the toilet.

22 M 23: XX:XX

4.3.17. BLADDER

I frequently pass urine, I have to go to the loo straight after one glass of water and a few times after that. I passed bright yellow urine

11 F 15:XX:XX

4.3.18. URINE

Decrease

Little urine at times.

16 F 08:XX:XX

Increase

I frequently pass urine, I have to go to the loo straight after one glass of water and a few times after that. I passed bright yellow urine

11 F 15:XX:XX

I also go to the loo so often to make No. 1. Even if it's a little, I have to go.

28 F 06: XX:XX

I'm also urinated quite a lot, today it was like maybe 4 times and each time, the quantity is a lot.

30 F 03: XX:XX

4.3.19. FEMALE GENITALIA/SEX

Periods are getting a bit heavier

01 F 00:XX:XX

Period seems a bit more heavier now

01 F 01:XX:XX

6.30am: got up with heavy bleeding. Went to church. Got back from church bleeding very heavy. Rested for the rest of the day. 8pm: still bleeding heavy

01 F 03:XX:XX

Got my period today and it is 4 days later than expected

Theres cramping and almost stinging sensation over my ovaries

I feel nauseas especially when I smell food being braised with extra spice

11 F 13:XX:XX

There is very little bleeding and I feel energetic

11 F 13:XX:XX

I am bleeding extremely little blood

I only bled a little in the morning and didn't bleed throughout the day

There was no bleeding what-so ever through the night

The blood is pale pink with few clots – dark clots

11 F 14:XX:XX

Still very little bleeding – nothing in the nights, nothing after bathing, just very little about 2-3hours later

11 F 15:XX:XX

My period has almost stopped and I hardly bled

Today when I wiped I found blood and that was it

11 F 16:XX:XX

Menstrual cycle started today – earlier than usual therefore abdominal cramps

14 F 03:XX:XX

4.3.20. LARYNX AND TRACHEA

At times while I am speaking my voice begins to fade, I stop and clear my throat and my voice comes out funny and cracked

11 F 13:XX:XX

Phlegm comes and goes white and tenatous mucus hard to cough up - voice affected.

16 F 09:XX:XX

4.3.21. COUGH

I took the first powder today in clinic, at around 3pm. Initially I coughed as soon as I took it. I feel as if this remedy tastes different, from any other remedy I have ever taken. It tastes chemical, or as if my tongue were metallic, or perceiving a metallic/ chemical taste.

06 F 00:XX:XX

I kept coughing after drinking ice water, it irritates the back of my throat, almost like an itchy sensation, the coughing relieves the itch

11 F 02:XX:XX

My head is heavy & I feel hot & thirsty for cold water. I feel tired & my neck is stiff my throat is dry. When I start coughing at night it wakes me up & I will want large quantities of cold water.

26 F 00:XX:XX

I feel like there are stones in my throat when I'm drinking water I have an unquenchable thirst no matter how much water I drink & the coughing keeps me awake although my body doesn't feel that hot anymore now.

26 F 01: XX:XX

4.3.22. EXPECTORATION

Phlegm ++ white tenatous.

16 F 08:XX:XX

Phlegm comes and goes white and tenatous mucus hard to cough up - voice affected.

16 F 09:XX:XX

Sputum ball, then better.

16 F 09:XX:XX

Cold and windy outside – very congested phlegm buildup, made me puke 1 x > after meals and when drinking water

16 F 12:XX:XX

4.3.23. CHEST

Got 2 random pimples at the base of my neck, toward the left hand side if my body and one similar pimple underneath my right breast

11 F 15:XX:XX

4.3.24. BACK

4.3.24.1. Pain

About 9am experienced a terrible pain on the left side of my back. Pain was in the central area (OS). After about 3 hours that back became less painful.

10 F 01:13:XX

My lower back is sore and I cant move too much because it feels like it will get stuck in one position, so I move slower

11 F 10:XX:XX

Back: low back pain – maybe due to bad sleeping posture/ menstrual related pains

14 F 05:XX:XX

I only wanted to lie down with a pillow behind my back to relief the pain.

19 F 08: XX:XX

4.3.24.2. Miscellaneous back symptoms

My back and soles of my feet are burning, cold water soothes the burn

11 F 05:XX:XX

My upper back feels heavy – like im carrying a high school bag

11 F 21:XX:XX

4.3.25. EXTREMITIES

4.3.25.1. Burning

My back and soles of my feet are burning, cold water soothes the burn

11 F 05:XX:XX

Different sensation – warm feet.

16 F 01:XX:XX

4.3.25.2. Eruptions

Theres tiny pimples on my left hand – a group the size of a R5 coin, it is not bumpy or itchy

11 F 07:XX:XX

Noticed on my uppers arms more pimples than usual - Ever since I can remember I always had these pimples on my upper arms & I noticed today that there's a little more. Initially it wasn't a lot, but now I noticed a little more - not a hectic out break though

19 F 06: XX:XX

4.3.25.3. Pain, cramping, stiffness

Sore neck and shoulders

04 F 08:XX:XX

I cant stand for too long, my ankles begin to pain. My legs are sore but feel better when I pull my toes and twist my ankles.

11 F 21:XX:XX

had cramps in right leg

16 F 02:XX:XX

Sensation of stiff muscle in calves with both legs no – exercises done

16 F 04:XX:XX

Feeling abit down about the exam weight I gained, but my knees are too sore to exercise.

18 F 04: XX:XX

At around 12:00 I noticed that my hands were cramping and I found difficulty opening and closing my hand. It lasted for about 20 min and this was totally new.

23 F 24: XX:XX

The pain in my hands continued and I noticed that my fingernails were sore. I couldn't hold the pen or anything properly for about 30 mins.

23 F 25: XX:XX

4.3.25.4. Tingling

My left hand suddenly tingles and then gets pins and needles, it happened 3 times today, its worse on my fingers

11 F 05:XX:XX

4.3.26. SLEEP

4.3.26.1. Deep

Noticed that these past few nights I have been sleeping well- not that I had a problem before but like little noises don't wake up me - I sleep through it

19 F 05:XX:XX

4.3.26.2. Desire

Just wanted to sleep. Felt both physically and mentally drained

08 F 03:XX:XX

4.3.26.3. Disturbed

I slept well through the night without my sleep breaking at odd hours (CS)

01 F XX:XX:XX

Sleep continuously broke

04 F 01:XX:XX

Sleep broke repeatedly

04 F 03:XX:XX

Trouble sleeping, sleep broke a few times during the night

13 F 07:XX:XX

Again I experienced some trouble sleeping lastnight. My sleep broke a couple of times again.

17 F 08:XX:XX

4.3.26.4. Falling asleep

Difficult

Could not sleep.

10 F 01:XX:XX

Had trouble falling asleep last night

Was thinking, mind wondering mostly about the past

13 F 05:XX:XX

Difficulty falling asleep again even though I feel tired

13 F 06:XX:XX

Got in to bed at 10:30 but could not fall asleep. Got a mild unilateral temporal headache for about an hour. Couldn't fall asleep. Tossed and turned until 3am until I finally dozed off. Did not have a happy night.

15 F 01:XX:XX

Had a very restless sleep. No symptoms besides insomnia. Really wanted to sleep but could not seem to fall asleep. Slept from 4am – 8am

15 F 13:XX:XX

Thought I would fall asleep immediately if I got home, but could not switch off.

16 F 13:XX:XX

Couldn't really fall off to sleep lastnight and sleep broke about 3 times, and my sleep broke early as well.

17 F 07:XX:XX

One again I experienced some difficulty in falling off to sleep lastnight. But my sleep didn't break through the night.

17 F 09:XX:XX

I couldn't fall off to sleep the night before as well.

17 F 10:XX:XX

I couldn't seem to want to sleep my mind was racing and no amount of late night reading was helping at this point I was helpless.

23 F 28:XX:XX

Lately I'm suffering from insomnia I woke up at 3:30 am today but I don't feel tired at all I'm able to get through the day. I want to go to sleep early cause around 7:00pm. I worked normal.

26 F 19:XX:XX

It's now 10pm and I still haven't fallen asleep

30 F 02:XX:XX

Late

Got up feeling a bit tired, due to sleeping late I think.

01 F 01:XX:XX

Can stay up till very late and still wake up at 4.30-5am and don't feel tired or sleepy (NS) (US).

01 F 05:XX:XX

Early

Had an early night and slept very deeply.

02 M 07:XX:XX

Slept earlier than usual.

03 M 10:XX:XX

Went to bed early

08 F 11:XX:XX

Another early night. Needed sleep and a good rest.

08 F 12:XX:XX

I cannot stay awake after 22:00hrs. I fall asleep before that ever since the remedy

11 F 03:XX:XX

Sleep: got very sleepy at ~8pm and slept by 9pm

14 F 13:XX:XX

Had a fantastic sleep. Fell asleep early and slept straight through

15 F 08:XX:XX

22'00 feel tired went to bed early

16 F 21:XX:XX

Tonight feeling sleepy a bit earlier than usual - I guess its tiredness

19 F 10:XX:XX

I was really tired after all that I had to do during the day, I noticed that by 8:00 I'm falling asleep, which isn't always the case.

23 F 14:XX:XX

At around 8:00 in the evening I felt really tired and I couldn't keep my head up. I waited to sleep and couldn't understand why.

23 F 15:XX:XX

4.3.26.5. Position

Kept changing positions from left to right side while sleeping

11 F 02:XX:XX

Had an uncomfortable sleep, tossing and turning but eventually fell asleep from 12pm to 6am then lay in bed for 2 hours in and out of sleep.

15 F 01:XX:XX

4.3.26.6. Prolonged

I've been sleeping so much better and longer – getting more or less 8 hours of sleep compared to my usual 3 to 6 hours.

I feel more relaxed after the 8 hours of sleep but at the same time I feel like its causing me to be more lazy

After I wake up I just lay in bed for another hour, I usually spring right up into action

11 F 09:XX:XX

Sleep: got lots of sleep last night ~10hours

14 F 07:XX:XX

4.3.26.7. Refreshing

6 hrs sleep. , feel refresh.

16 F 01:XX:XX

Woke up feeling still fresh. Hope this freshness in the morning last

21 F 03:XX:XX

Wow, I woke up feeling fresh.

23 F 21:XX:XX

4.3.26.8. Restless

Had a very restless night

04 F 01:XX:XX

Restless night

04 F 03:XX:XX

Having trouble sleeping. Slept for only about 4 hours. Very restless.

10 F 04:XX:XX

Restless sleep at night

14 F 02:XX:XX

Trouble sleeping this night

14 F 05:XX:XX

Woke up – 8am – had a restless sleep, couldn't seem to find a comfortable position. No dreams recalled.

15 F 07:XX:XX

Had a very restless sleep. No symptoms besides insomnia. Really wanted to sleep but could not seem to fall asleep. Slept from 4am – 8am

15 F 13:XX:XX

Couldn't really fall of to sleep lastnight and sleep broke about 3 times, and my sleep broke early as well.

17 F 07:XX:XX

Today felt really long. I didn't sleep very well and I was restless

23 F 08:XX:XX

4.3.26.9. Restful

Slept well, got a good nights sleep

08 F 01:XX:XX

I slept well lastnight. When I got up, I wasn't tired.

28 F 12:XX:XX

I had a restful sleep. Slept like a log. I guess I was tired.

30 F 01:XX:XX

4.3.26.10. Short, catnap

Was getting a little tired, had a short nap.

01 F 02:XX:XX

After taking the remedy, I notice that I didn't sleep long hours.

01 F XX:XX:XX

Took a two hour nap 14:30-16:30

04 F 02:XX:XX

Felt very sleepy at 2pm and napped

14 F 02:XX:XX

Sleep: nap during the day – 4pm

14 F 04:XX:XX

Sleep: napped twice during the day and couldn't sleep at night

14 F 09:XX:XX

Did not sleep much the night before.

17 F 19:XX:XX

Had an afternoon nap but woke up tired & slept early that night as I felt tired

19 F 14:XX:XX

I'm so lazy. Let me just take a nap. Hopefully will be in a better mood when I wake up in the afternoon.

30 F 15: XX:XX

4.3.26.11. Sleepiness

Felt exhausted and sleepy

13 F 00:XX:XX

Got sleepy towards afternoon/evening part

19 F 11:XX:XX

felt a bit sleepy

19 F 12:XX:XX

feeling very tired & sleepy even though I got enough sleep

19 F 13:XX:XX

a bit sleepy.

19 F 16:XX:XX

Dozed off in the afternoon due to been tired & sleepy

-When I woke up, was fine. Not tired or sleepy.

19 F 17:XX:XX

I'm still feeling sleepy so I better get back to bed.

30 F 12: XX:XX

Daytime

Slept in the afternoon and stayed in bed for most of the day

08 F 05:XX:XX

Felt very sleepy at 2pm and napped

14 F 02:XX:XX

Sleep: nap during the day – 4pm

14 F 04:XX:XX

Feel exhausted! Such a long day! Feel like sleeping

15 F 00:XX:XX

Sleeping the whole day feeling ok.

22 M 12:XX:XX

feeling sleepy at work

22 M 15:XX:XX

feeling sleepy at work

22 M 16:XX:XX

I had been feeling really sleepy at around 2:00 this afternoon.

23 F 02:XX:XX

At around 2:30 I was feeling really low and sleepy. I had to wait a little while at school before I left, so that I'd be ok.

23 F 08:XX:XX

I took the Prover 28 this morning however, I did not feel any change, I felt normal. I did feel sleepy though but that could have been the stressful day. I took another sachet @ lunch, I still felt the same.

28 F 00:XX:XX

As the day progressed, I felt tired, I could not concentrate and/or focus on the PC. I yawned over a 100 times "LOL". Just felt like sleeping which is weird because I sleep @ 9:00 or 8:30pm and that's early!

28 F 05:XX:XX

I felt tired during the day, I felt like sleepy.

28 F 06:XX:XX

I'm feeling very sleepy. I've been yawning for like an hour now. I guess I'm probably tired from travelling home to here.

30 F 00:XX:XX

4.3.26.12. Unrefreshing

I'm feeling not at easy with my body it's like I didn't get enough sleep & my eyes feel heavy

26 F 05:XX:XX

Even though I do rest when I get home, I still wake up tired still.

30 F 21:XX:XX

4.3.26.13. Waking

Too early

Getting up very early than usual (NS)

01 F 05:XX:XX

Still getting up at 4.30am-5am.

01 F 11:XX:XX

I woke up at 6:30am (early for me)

06 F 04:XX:XX

Woke up very early. Was up by 5:30am.

09 F 03:XX:XX

Was up very early. Could not sleep.

10 F 02:XX:XX

Woke up earlier than usual

13 F 05:XX:XX

Woke up earlier than usual

13 F 07:XX:XX

Slept early and woke up early

13 F 08:XX:XX

Sleep broke early.

17 F 00:XX:XX

Woke up early.

17 F 05:XX:XX

Difficult

You know I find it very difficult to get out of bed now each morning. I always wake up like @ 5am or 6am but fall asleep again and wake up @ like 10am or 11am.

30 F 05:XX:XX

Too late

Woke up late, had a good rest.

17 F 04:XX:XX

Waking up late and feeling ok

22 M 19:XX:XX

4.3.27. DREAMS

4.3.27.1. Death

Dreams: death of family members

14 F 00:XX:XX

Dreams: bad dreams last night – death

14 F 06:XX:XX

4.3.27.2. Family

Woke up with dream in head seems to be silly dream that involved Brother in law - dreamed we stay opposite each other and we did not realize it – he was running a guest house “ Sleep in” across the highway and we on the other side of high way that’s it.

16 F 04:XX:XX

06’00 Dreamed of family friend, passed away this year, experience the handling of his pocket knife exactly as he use too nice memory

16 F 06:XX:XX

I woke up feeling scared for some reason. I had two dreams last night. The first, was me dreaming of a loved one that I’m really close to. I dreamt that this person had distanced themselves from my life because of reasons unknown to me. I saw myself lost and confused and didn’t know how to react. Through this dream I know that I had been crying and I couldn’t understand this. It stopped and then I dreamt about school and I think it was my mind playing tricks, didn’t remember much of this dream.

23 F 10:XX:XX

Oh!!! Lastnight I dreamt that my cousin from Howick was with us. We were like on a mountain, but to me that was home. He gave my brother a car & then my brother fell off the mountain, in the dream, got all panic but the dream stopped & went to something else. Weird.

28 F 03:XX:XX

Last night I had a weird dream, my gran ma was running and fell in this like huge hole more like this circle sucked her in. it is weird but I think she is depressed after my granddad past away & the dream could mean she will drown in that! I hope she gets well.

28 F 11:XX:XX

4.3.27.3. Happy

Dreams: Happy dreams

13 F 11:XX:XX

Had a fantastic sleep. Fell asleep early and slept straight through the night. Had a dream about Disney land characters. The original characters not the new age ones. It was such a happy, lovely dream, no bad emotions attached at all.

15 F 08:XX:XX

4.3.27.4. Trapped

I had a dream of being in an extremely tiny room that was boarded down by a plank at the door, there were no windows just an elevator that lead to it. there was a dirty sink in the elevator. Before that I dreamt of going shopping with friends

11 F 01:XX:XX

Had a dream of being trapped in a small room, in the dream I'm not feeling trapped or panicking.

11 F 08:XX:XX

4.3.27.5. Unremembered dreams

Had a dream but don't remember what it was about.

03 M 09:XX:XX

Scary unusual dream: don't remember

04 F 01:XX:XX

I know that I dream but cannot remember what they were about

19 F 05:XX:XX

I have trouble remembering my dreams. My sleep breaks except my eyes are closed & I start recalling my dreams & then as I start too recall the dreams I fall asleep & when I wake up I feel like I dreamt but don't know what & I struggle to remember even if it's a clue. This has been happening for the past few days. Initially if I can't remember a few hours after waking up I will remember but now I don't - its just that familiar feeling of dreaming, knowing that you dreamt something during the night but can't remember what it was

19 F 06:XX:XX

Why can't I remember any of my dreams & I think they are clairvoyant because I feel so conscious in them.

21 F 08:XX:XX

Lastnight I slept well. I can't really remember what exactly I was dreaming of Maybe I was to tired.

28 F 05:XX:XX

I slept well lastnight. I can't really remember what I dreamt of ... I guess I was really tired.

28 F 07:XX:XX

4.3.27.6. Unusual dreams

Scary unusual dream: don't remember

04 F 01:XX:XX

Still having unusual dreams

04 F 03:XX:XX

4.3.27.7. Miscellaneous dream symptoms

Dreamt about islands off the coast of Africa nothing too interesting cant remember many details.

15 F 05:XX:XX

Finally this morning I actually remembered a part of my dream: I dreamt that I saw a child drowning in a pool/ lake kind thing. I was telling someone to save her but I can't remember if the child was saved or not

19 F 09:XX:XX

Today started well. I had a lovely dream about going to Prashanthi. I dreamt about getting to the airport and the whole travelling experience. I had this happy, yet calm feeling in me and when I sat in Sai Kulwanth hall, all I could do was cry. I realized that when I woke up that being happy and forgetting about everything is all I needed to do.

23 F 17:XX:XX

Wow, I woke up feeling fresh. I dreamt about my wedding. It seemed odd seeing myself on stage. I never imagined this day. I was getting married to someone I didn't recognize at the out set. This sort of set the tone for the day. I felt good. I didn't feel stressed. This happy feeling stayed. I forgot about all that was going on around me and I prayed to stay in this mood always.

23 F 21:XX:XX

Today felt good. I dreamt about Prashanthi. I dreamt that I got the opportunity to spend Christmas in Prashanthi. I also dreamt that I had an interview with Swami. It was also sad because, I was told to cut all ties with close friends. It was a really emotional day. This made me feel weak. When I woke up in the morning but strong enough to go through the day. All the pain that I felt and the discomfort stopped I did feel a thing afterwards.

23 F 26:XX:XX

People attacking me. Walking in street in night time, all of a sudden a black guy comes up to me and hammer's me. Recurrent dream. Sometimes same dream but a lot of people attacking. Dream use to wake me up. First time the dream freaked me out than got use to it. Dream occurred every 2nd day. Dream was always at night. Occurred in a place I did not go to before.

29 F XX:XX:XX

My dreams (only 2 I had, I think) I can not really remember but there was lots of anger and in 1 particular dream I was with my class and I was talking about how unfair it was that one of our classmates was being treated like royalty. Sometimes I get the feeling that I'm not really dreaming. It's very confusing I feel like I can't make the distinction between what's real and what's not..

30 F 03: XX:XX

4.3.28. FEVER

Had flu symptoms in the morning, advised to stop taking remedy. Had a slight fever and a runny nose in the morning. The symptoms faded as the day went on

03 M 01:XX:XX

Its 11:30, I am babysitting my brother, I suddenly feel quite sick..my throat is sore.. I feel feverish. I think im getting a bad case of the flu.

06 F 01:XX:XX

Feeling a bit fluish, think I'm getting sick. Running nose and feeling a bit feverish. Also have a headache. Slept in the afternoon and stayed in bed for most of the day

08 F 05:XX:XX

Slight fever

14 F 10:XX:XX

I couldn't sleep last night, had a fever and still with diarrhea.

17 F 18:XX:XX

I had to be rushed to the doctor this morning because of my fever and felt very sick.

17 F 18:XX:XX

4.3.29. PERSPIRATION

Profuse

I am feeling very hot and perspiring a lot, especially on the upper lip and along the hairline

11 F 01:XX:XX

Sweat +++

16 F 08:XX:XX

Miscellaneous perspiration symptoms

When I woke up, my face was oily and sticky and the back of my neck was damp from perspiration

11 F 07:XX:XX

I have been feeling really hot and sweaty at night.

23 F 05: XX:XX

4.3.30. SKIN

I noticed my skin is a bit brighter and no signs of eczema which I experienced in the past

01 F XX:XX:XX

I've gotten fine pimples on the left side of my face, they are painless but red

11 F 02:XX:XX

My hands feel sticky, but my palms are dry, the skin is even flaking off, it feels rough and dry

11 F 05:XX:XX

I got burned last week with an oil splatter and nothing happened on my skin but today a tiny blister popped up in the exact area, its not red or painful – right hand, ring finger – palm side

11 F 11:XX:XX

My skin usually burns instantly in the sun, but now I can go for hours without feeling like a fried egg

11 F 18:XX:XX

My scalp has become so dry it is beginning to scale on the sides near my ear

11 F 19:XX:XX

My skin is so dry its beginning to flake and peel

11 F 19:XX:XX

There is very dry skin around my mouth and cheeks it looks like eczema because the skin is flaking it is worse for water

I'm salivating so much more my mouth is always moist sometimes I feel like im about to drool

11 F 22:XX:XX

Another blister came up but this time on my right hand middle finger near the nail

The nail on my left leg big toe is separating from the skin

11 F 22:XX:XX

10'45 itchy, lumpy raised area, feel hot and burning in neck, left side.

16 F 00:10:45

I experienced a new symptom. My entire body had been itching and straight after eating, I had a kind of a bitter taste. It was more of an after taste. This feeling lasted for about 20mins and started again after I had supper and lasted for another 20 mins. I also felt like had more energy but was just getting irritated with the itching that continued.

23 F 01:XX:XX

4.3.31. GENERALS

Body pain

Body pains and aches

14 F 10:XX:XX

Woke up with body aches and pains

13 F 11:XX:XX

Still in pain – just slept on of and drank water.

16 F 15:XX:XX

Dehydration

Very thirsty all day, felt dehydrated

02 M 02:XX:XX

Besides feeling very hungry again and dehydrated I had a different feeling in my mind/
mood.

02 M 03:XX:XX

I feel very thirsty, more than usual and dehydrated.

10 F 07:XX:XX

Dehydration

14 F 01:XX:XX

dehydrated and a little depressed.

15 F 02:XX:XX

I was feeling dehydrated and unhappy from not getting enough sleep and regular breaks at work

15 F 09:XX:XX

Energy

Increased energy

8am: woke up feeling good, well rested. Feeling alert and eager to do my chores at home.

01 F 16:XX:XX

Felt energised for half the day then very tired

13 F 05:XX:XX

Sudden burst of energy at 1pm

14 F 00:XX:XX

Energy: increased energy levels all day and in a good mood

14 F 06:XX:XX

I completed all the meds for today. I did feel like I had more energy

23 F 00:XX:XX

I just had this feeling of having a lot of energy. I have been feeling really hot and sweaty at night. This is a new symptom.

23 F 05:XX:XX

Decreased energy

Hopefully this lack of energy will wear off by the end of next week.

06 F 05:XX:XX

Seemed lethargic for the day.

09 F 03:XX:XX

Not sure about energy from the homoeopathic meds because I felt sluggish again – homeo med may have worn out.

09 F 05:XX:XX

Felt energised for half the day then very tired

13 F 05:XX:XX

Exhaustion

Got up feeling a bit tired, due to sleeping late I think.

01 F 01:XX:XX

Was getting a little tired, had a short nap.

01 F 02:XX:XX

Was also tired and my head felt very congested. Had an early night and slept very deeply.

02 M 07:XX:XX

Felt a little tired around mid-day

03 M 04:XX:XX

Felt a little tired in the morning but better as the day went on

03 M 06:XX:XX

Feeling tired today

04 F 00:XX:XX

Feeling exhausted

04 F 02:XX:XX

Feeling tired still

04 F 04:XX:XX

I feel drained

06 F 00:XX:XX

My body feels tired and weak.I just feel like I need to sleep for a long time.

10 F 07:XX:XX

I got up this morning and my body still feels very tired

10 F 08:XX:XX

My body feels very tired and drained.

10 F 10:XX:XX

I'm feeling tired and run down

11 F 05:XX:XX

My body feels tight and tired as the day progresses

11 F 09:XX:XX

I feel so lethargic

11 F 10:XX:XX

Felt exhausted and sleepy

13 F 00:XX:XX

Tired and lethargic today

14 F 02:XX:XX

Feeling very tired and drowsy

13 F 11:XX:XX

Feel exhausted! Such a long day! Feel like sleeping

15 F 00:XX:XX

Feeling terrible. Low on energy dehydrated and a little depressed.

15 F 02:XX:XX

22'00 I'm tired to wright, stopped @ 2nd remedy

16 F 00:22:00

22'00 So SoSo tired! Though push till 12'30

16 F 08:XX:XX

23'00 I'm tired,

16 F 10:XX:XX

Just tired – Husband helped me with some calculations, very irritated... 760 MT ...
vomit- sour- took some glutamine – Panic sets in – to tired to worry!

16 F 12:XX:XX

22'00 feel tired went to bed early

16 F 21:XX:XX

Got home tired as it was a long day.

17 F 03:XX:XX

Went to campus, was doing some work and a water pipe burst on me. Did not have a good day. Felt very tired.

17 F 15:XX:XX

Felt tired for most of the day.

17 F 16:XX:XX

Stressed, learning lines for the play 2m, had a last minute drop out won't be surprised if that's what I dream about. Am extremely tired working with kids x_xdraining !!!

18 F 14:XX:XX

Been on my feet the entire day. Am super extremely exhausted after an awesome day.

18 F 15:XX:XX

Super poofed and tired it's 8pm and I'm in bed. Feeling amazing and like death. Sleeping soundly tonight.

18 F 16:XX:XX

Tonight feeling sleepy a bit earlier than usual - I guess its tiredness

19 F 10:XX:XX

I felt a bit tired in the morning

Then relaxed through out the day

19 F 14:XX:XX

Had an afternoon nap but woke up tired & slept early that night as I felt tired

19 F 14:XX:XX

At night, I slept early as I was tired. I have been sleeping properly but don't know why I'm tired may be the change in weather.

19 F 15:XX:XX

Dozed off in the afternoon due to being tired & sleepy

19 F 17:XX:XX

taking an early sleep due to tiredness

22 M 17:XX:XX

I was really tired after all that I had to do during the day, I noticed that by 8:00 I'm falling asleep, which isn't always the case.

23 F 14:XX:XX

At around 8:00 in the evening I felt really tired and I couldn't keep my head up. I waited to sleep and couldn't understand why.

23 F 15:XX:XX

I feel tired in an unusual way this morning I feel like I didn't get enough sleep.

26 F 04:XX:XX

I felt tired during the day, I felt like sleepy.

28 F 06:XX:XX

Was really tired this afternoon/evening.

28 F 06:XX:XX

I still feel tired & restless.

28 F 07:XX:XX

Maybe I'll be more energetic tomorrow. I'm tired of being so tired.

30 F 11: XX:XX

Feeling tired even though I haven't done anything at all today. I really need to take something to keep my energy levels up. I can't always be this tired. I feel drained all the time. It's a real pain.

30 F 16: XX:XX

Oh man I'm exhausted. I'm sure I'll pass out the minute I get into bed

30 F 19: XX:XX

Food and drinks

Cravings

Later in the day I was extremely hungry – around lunch.

I never feel this hungry. Felt as if I had a craving for food.

02 M 01:XX:XX

The whole drive here all I seem to eat was chocolate covered nuts.

06 F 00:XX:XX

I ate a vegetarian steers burger and chips ,im craving a fizzy pop drink (NEW SYMPTOM). I WANT SOMETHING ACIDIC or fizzy and cold..

06 F 00:XX:XX

Its now 3:30pm, I am sitting at a restaurant with my niece, I ordered cheese sandwich, which is unusual as I hate cheese melted..unless its mozzarella, but I really feel for this right now.

06 F 01:XX:XX

12'00 Hungry, feel like something warm chips – had a salad and chips later.

16 F 02:XX:XX

20'00 Crave tomato

16 F 03:XX:XX

tomato (crave only)

16 F 04:XX:XX

12'00 Had some soup, even in hot weather

16 F 07:XX:XX

Feel hungry, had grated tomato's felt even better after it. Passed stool.

16 F 16:XX:XX

Feel like having more filling food not smoothy or fruits – made toasted anchovy +tea

16 F 21:XX:XX

feel like eating milky Lane's Choc Nutty Dip (ice cream with chocolate coated & nuts) =
yummy :)

19 F 09:XX:XX

Gosh I have to go to [friend's] party just going there for the food.

21 F 22:XX:XX

Today felt really long. I didn't sleep very well and I was restless I had this craving for chocolates, dark chocolate at around 12:00.

23 F 08:XX:XX

having some popcorn.

30 F 14: XX:XX

Aggravation

I kept coughing after drinking ice water, it irritates the back of my throat, almost like an itchy sensation, the coughing relieves the itch

11 F 02:XX:XX

hot beverages make me feel miserable, but cold beverages make my nose leak

11 F 08:XX:XX

My stomach burns after eating anything with spice, its horrible because I love spicy food

11 F 21:XX:XX

Stomach felt abit upset, I think because of eating sweetmeats everyday since Diwali.

17 F 05:XX:XX

been having diarrhea don't know since when * but I thought because I over ate!!! Bf feeding me junk food.

21 F XX:XX:XX

At about 8:00 in the evening, I had ice-cream. It did feel a little uneasy again, I felt like I had this poking feeling, but I drank a glass of water and it help.

23 F 05:XX:XX

I did feel a little discomfort at around 13:30, just after lunch. I had baked potato for lunch with salad and it made me feel like I was going to throw up. I settled after chewing on a gum. The evening went well. I just felt very tired.

23 F 17:XX:XX

I ate a pie when I got home and noticed that it made me feel sick again. I drank a glass of milk to settle my stomach. This feeling lasted for about 2 hours. I drank milo before bed and I fell of to sleep quite easily.

23 F 18:XX:XX

Heat sensation

I am feeling very hot, even with the slightest bit of warmth, or steam from food/drinks

11 F 00:XX:XX

I am feeling very hot and perspiring a lot, especially on the upper lip and along the hairline

11 F 01:XX:XX

I'm burning up, feeling very hot. I cant go to the gym and work out because I'm feeling so hot, and its worse for any movement

11 F 05:XX:XX

I'm feeling very hot

11 F 08:XX:XX

Just the heat of the weather is making me feel uncomfortable.

17 F 10:XX:XX

I started feeling very hot all of a sudden, but it was around 30 degrees today however, I was in the office with A/C on ...

28 F 05:XX:XX

Influenza

Had flu symptoms in the morning, advised to stop taking remedy. Had a slight fever and a runny nose in the morning. The symptoms faded as the day went on

03 M 01:XX:XX

Its 11:30, I am babysitting my brother, I suddenly feel quite sick..my throat is sore.. I feel feverish. I think im getting a bad case of the flu.

06 F 01:XX:XX

Feeling a bit fluish, think I'm getting sick. Running nose and feeling a bit feverish. Also have a headache. Slept in the afternoon and stayed in bed for most of the day

08 F 05:XX:XX

Had flu symptoms.

10 F 02:XX:XX

felt my throat was sore - on & off - as if I'm going to get the flu (that's the first sign/indication for me when I get the flu)

19 F 03:XX:XX

I don't want to and I cannot bring myself to get out of bed. It's that flu-like generalized fatigue that I'm feeling. I feel really miserable right now. I'm starting to regret why I even did this proving. How long will I have to feel like this? I HATE it!

30 F 03: XX:XX

Restless

Feeling restless

04 F 03:XX:XX

From the afternoon until late evening I just felt very restless yet tired. My mind was all over the place. I just kept thinking about all that has happened.

23 F 12:XX:XX

Sick feeling

Today I felt the strangest or most different I have felt for a while. I was either feeling symptoms from the remedy or I was getting sick.

02 M 03:XX:XX

Woke up feeling little sick today. had a mild cold, sneezing a lot.

02 M 07:XX:XX

Not feeling anything different besides being a bit sick

02 M 08:XX:XX

Feel miserable

04 F 08:XX:XX

I woke up feeling so utterly sickly today

06 F 02:XX:XX

I have Ukuba today, but I feel so sick

06 F 04:XX:XX

Not feeling too good

08 F 11:XX:XX

Feeling very unwell

08 F 12:XX:XX

Weakness

Feeling a bit drained.

01 F 04:XX:XX

I wasn't as moody or sleepy as compared to the previous days, but I just feel drained from around 9:00 and it feels like there's an end to everything. Today went well overall I enjoyed it even the rush.

23 F 10:XX:XX

I felt fine after breakfast and I was able to eat a whole bowl of cereal. This wasn't possible. I had to sit for awhile after eating. I felt a little weak.

23 F 23:XX:XX

Miscellaneous general symptoms

At around 4:30pm, my dad and I took a drive to the South Coast to meet my sister and mum. We seem really stressed out, but the motion of the car seemed to calm me (NEW SYMPTOM)

06 F 00:XX:XX

I had to have a lukewarm water bath because hot water which I usually use was very uncomfortable

11 F 00:XX:XX

Had an ice cold bath in the morning, it felt better than hot water

11 F 07:XX:XX

My lower back is sore and I can't move too much because it feels like it will get stuck in one position, so I move slower. My joints – elbows mainly and shoulders – feel like they are worn out or almost rusty. I feel very old today

11 F 10:XX:XX

Lymph nodes – occipital on the right hand side and superficial cervical on the right hand side are both up

11 F 16:XX:XX

Since Supp exam, complete lack of commitment to write in journal, feel tired, guilty of not writing in journal.

16 F 18:XX:XX

Feeling abit down about the exam weight I gained, but my knees are too sore to exercise. Had another mid-day nap. This is becoming a habit.

18 F 04:XX:XX

Feeling abit lazy today- I don't want to do anything research related even though I have a deadline on Friday & haven't made much progress.

19 F 09:XX:XX

When I arrived home and after having lunch, this was around 2:30 I experienced a new symptom. My entire body had been itching and straight after eating, I had a kind of a bitter taste. It was more of an after taste. This feeling lasted for about 20mins and started again after I had supper and lasted for another 20 mins. I also felt like had more energy but was just getting irritated with the itching that continued.

23 F 01:XX:XX

Today I had felt ok. I did notice that when I ate lunch and supper today, the itching feeling came back but it didn't last for very long.

23 F 02:XX:XX

It rained today. I simply love the rain. It makes me want to sit under a blanket and watch a movie with the right company. Also realized I need to listen to my self. Which is really hard. I also noticed that having the strong will power to stay away from certain foods will make me feel better.

23 F 23:XX:XX

Now left side feels heavy pulling my right side of the body down I feel strange can't put my hand what it is and I have this headache over my eyes.

26 F 03:XX:XX

I'm feeling not at easy with my body it's like I didn't get enough sleep & my eyes feel heavy

26 F 05:XX:XX

Woke up feeling a bit tired today, no wait, not tired But just lazy. That has been the case for the past number of days.

30 F 06: XX:XX

I just felt lazy today so I didn't do a thing. I really want to do something about my weight and overall health but I never seem to be able to turn my words into actions. All in all today was a normal day. I really don't like feeling of laziness. It's just not on but maybe it'll go away when I'm home so I'm looking forward to that. I'm even so lazy that I'd rather have bread rather than cook real food. I so wish I could fast forward the time so I can go home. It's only Wednesday today, still another whole day to go but atleast it's not next week.

30 F 07: XX:XX

This is why I love the holidays. No tests and assignments to worry about. Even today I've had loads of popcorn. I'm addicted to it lately. I so wish I had someone to write for me. I'm so lazy. Let me just take a nap. Hopefully will be in a better mood when I wake up in the afternoon.

30 F 15: XX:XX

4.4. Repertory

The rubrics are listed in alphabetical order as it appears in Radar opus.

The following key was used:

- Rubric – Sub rubric/s – Degree
- A capital N was used to denote new rubrics that were created from the proving of *Panthera leo*.
- A capital CS was used to denote symptoms that were cured whilst being on the proving substance.
- **Grade 3 rubrics are displayed in bold print.**
- *Grade 2 rubrics are displayed in italics.*
- Grade 1 rubrics are displayed in plain type.
- A rubric that was present in more than 50% (12) of provers were graded 3, rubrics that appeared in more than 3 provers but less than 12 provers were graded 2 and rubrics that were found in less than 3 provers were graded 1 (Ross, 2011)

The following table is a summary of rubrics, detailing the provers of who experienced that particular symptom.

Table 4.2 Distribution and grading of rubrics

Rubric	Prover	Total no. of provers	Grading
MIND – ABSENTMINDED	6, 16, 19, 21, 22	5	2
MIND – ABSENTMINDED – afternoon	6	1	1
MIND – ABSENTMINDED – dreamy	6, 21, 22	3	2
MIND – ABSENTMINDED – driving;	6	1	1

while			
MIND – ABSENTMINDED - writing; while	19, 21	2	1
MIND – ABSORBED	28	1	1
MIND - ABSTRACTION of mind	18	1	1
MIND – ADVENTUROUS	6	1	1
MIND – AFFECTION - yearning for affection	21	1	1
MIND - AILMENTS FROM - anger	22, 30	2	1
MIND - AILMENTS FROM - anger- vexation with	30	1	1
MIND – AILMENTS FROM – anxiety	16	1	1
MIND – AILMENTS FROM – appreciated; from not being	28	1	1
MIND - AILMENTS FROM - bad news	23	1	1
MIND – AILMENTS FROM – death of loved ones	13, 23	2	1
MIND -AILMENTS FROM – disappointment	18	1	1
MIND - AILMENTS FROM - failure	18	1	1
MIND – AILMENTS FROM – mental shock; from	23	1	1
MIND – AILMENTS FROM – quarrelling	6	1	1
MIND – AILMENTS FROM – reprimands	28	1	1
MIND – AILMENTS FROM – reproaches	28	1	1
MIND – ALERT	1	1	1
MIND - ALERT- movement; of every	21	1	1

MIND – ANGER	8, 10, 16, 19, 21, 22, 23, 28, 30	9	2
MIND – ANGER – alternating with – contentment	19	1	1
MIND – ANGER – answer; when obliged to	30	1	1
MIND – ANGER – beside oneself; being	16, 30	2	1
MIND – ANGER – causeless	10, 23, 30	3	2
MIND - ANGER – easily	30	1	1
MIND – ANGER – evening	8	1	1
MIND – ANGER – friend; at one	30	1	1
MIND - ANGER - husband; towards	8, 10, 16, 21	4	2
MIND - ANGER- indignation	21	1	1
MIND – ANGER – morning	8, 28, 30	3	2
MIND – ANGER – morning – waking; on	30	1	1
MIND - ANGER- neglected; from being	21	1	1
MIND - ANGER – night	22	1	1
MIND – ANGER – noise; at	8	1	1
MIND – ANGER – pains – about	23	1	1
MIND – ANGER – past events; about	28	1	1
MIND - ANGER - sleep – during	22	1	1
MIND – ANGER – sudden	19	1	1
MIND – ANGER – sudden – ceasing suddenly; and	19	1	1
MIND - ANGER - trifles; at	30	1	1
MIND - ANGER- violent	30	1	1
MIND – ANGER – will; if things do not go after his	16	1	1

MIND – ANGER – work – about	28	1	1
MIND – ANSWERING – aversion to answer	30	1	1
MIND - ANTICIPATION- stage fright	22	1	1
MIND – ANXIETY (CS)	6	1	1
MIND – ANXIETY	6, 8, 16, 18, 19, 21, 22, 28	8	2
MIND - ANXIETY others, for	21	1	1
MIND – ANXIETY – absentmindedness; with	16	1	1
MIND – ANXIETY – anger –during	28	1	1
MIND – ANXIETY – attempting things	28	1	1
MIND – ANXIETY – beside oneself from anxiety, being	16	1	1
MIND – ANXIETY – business; about	16	1	1
MIND – ANXIETY – conscience; anxiety of	6, 8	2	1
MIND – ANXIETY – evening	8	1	1
MIND - ANXIETY- future, about	18	1	1
MIND - ANXIETY- health; about – own health; one	22	1	1
MIND – ANXIETY – money matters, about	16	1	1
MIND – ANXIETY – morning	6	1	1
MIND – ANXIETY – morning – waking; on	6	1	1
MIND – ANXIETY – perspiration – during	16	1	1
MIND – ANXIETY – pressure; from	28	1	1
MIND – ANXIETY – riding while –	6	1	1

ameliorates			
MIND – ANXIETY, studying while	16	1	1
MIND – ANXIETY – thinking about it, from	19	1	1
MIND - ANXIETY- time is set, if a	22	1	1
MIND - ANXIETY- thoughts, from	19	1	1
MIND – ANXIETY – weariness; with	16	1	1
MIND – AUDACITY	2, 11	2	1
MIND - AVERSION- around him; to be	30	1	1
MIND – AVERSION – husband, to	10	1	1
MIND - BED - remain in bed; desire to	30	1	1
MIND – BENEVOLENCE	16, 28	2	1
MIND – BENEVOLENCE – fortunate; to others less	28	1	1
MIND – BLISSFUL feeling	6	1	1
MIND – BROODING	13, 28, 30	3	2
MIND – BROODING – disappointment, over	28	1	1
MIND – BROODING – trifles; about	28	1	1
MIND - BUSY	18	1	1
MIND - BUSY- must keep	18	1	1
MIND – CARES, full of	16, 23	2	1
MIND – CARES, full of – business, about his	16	1	1
MIND – CARES, full of – daily cares, affected by	16	1	1
MIND – CARES, full of – domestic affairs, about	16	1	1
MIND – CARES, full of – money; about	16	1	1
MIND – CARES, full of – others, about	23	1	1

MIND – CHANGE – desire for	15, 18, 30	3	2
MIND – CHANGE – desire for – life; in	15, 18, 30	3	2
MIND – CHEERFUL	6, 14, 16, 18, 19, 21, 22, 23, 28, 30	10	2
MIND – CHEERFUL – alternating with – sadness	19, 23, 30	3	2
MIND – CHEERFUL – company, in	28	1	1
MIND - CHEERFUL – evening	22	1	1
MIND - CHEERFUL – morning	21	1	1
MIND - CHEERFUL - morning - waking, on	21	1	1
MIND - CHEERFUL – waking, on	23	1	1
MIND – CHILDISH behavior	28	1	1
MIND – CHILDREN – nurture, desire to	6	1	1
MIND - CLOUDS- attracted by	21	1	1
MIND - COLORS -blue - amel. - sky blue	21	1	1
MIND – COLOURS – black – desire for	28	1	1
MIND – COMPANY – aversion to	6, 10, 23, 30	4	2
MIND - COMPANY - aversion to - bear anybody, cannot	10	1	1
MIND – COMPANY – aversion to – desire for solitude	10, 23, 30	3	2
MIND – COMPANY – desire for	6, 18, 22, 28	4	2
MIND – COMPANY – desire for – alone agg, when	6	1	1
MIND - COMPANY- desire for- amel. In company	22	1	1
MIND – COMPANY – desire for - children; of	6	1	1

MIND - COMPANY- desire for - family, of his	30	1	1
MIND – COMPANY – desire for – friend, of a	28, 30	2	1
MIND - COMPANY- desire for - friend, of a –close	21, 30	2	1
MIND - COMPANY- desire for - group together; desire to keep	21	1	1
MIND - COMPANY – desire for- sudden desire for certain company	30	1	1
MIND - COMPANY- yearning for	21	1	1
MIND – COMPLAINING	16	1	1
MIND – COMPLAINING – relations and surroundings, of	16	1	1
MIND – CONCENTRATION – difficult	6, 16, 19, 28, 30	5	2
MIND – CONCENTRATION – difficult – afternoon	16	1	1
MIND – CONCENTRATION – difficult – driving while	6	1	1
MIND – CONCENTRATION – difficult – noise, with (N)	16	1	1
MIND – CONCENTRATION – difficult – studying	16, 30	2	1
MIND – CONCENTRATION – difficult – thinking agg.	16	1	1
MIND – CONCENTRATION – difficult – working, while	28	1	1
MIND – CONCENTRATION – lack of – agg.	19	1	1
MIND – CONFIDENCE – want of self-	23	1	1

confidence			
MIND – CONFIDENCE – want of self-confidence – support; desires	23, 30	2	1
MIND – CONFIDENT	2	1	1
MIND – CONFUSION of mind	6, 16	2	1
MIND – CONFUSION of mind – time as to	16	1	1
MIND – CONSOLATION - agg	18	1	1
MIND – CONSOLATION – amel.	6, 28	2	1
MIND - CONSOLATION - kind words; from	18	1	1
MIND – CONTENT	6, 18, 28, 30	4	2
MIND – CONTENT – alternating with – sadness	18, 19	2	1
MIND – CONVERSATION – aversion to	30	1	1
MIND – CONVERSATION – desire for	16	1	1
MIND – COURAGEOUS	2, 6	2	1
MIND – CRUELTY	21	1	1
MIND – CRUELTY- like to do something cruel; would:	21	1	1
MIND – DARKNESS	28	1	1
MIND – DEATH – sensation of	18, 30	2	1
MIND – DEATH – thoughts of – father; the death of his	1, 13	2	1
MIND – DELUSIONS	28	1	1
MIND – DELUSIONS – alone, being	6, 13	2	1
MIND – DELUSIONS – appreciated, she is not	28	1	1
MIND – DELUSIONS – forsaken; is	13	1	1

MIND – DELUSIONS – friendless, he is	13	1	1
MIND - DELUSIONS- insane- everyone is	22	1	1
MIND - DELUSIONS- invisible; she is	21	1	1
MIND - DELUSIONS- separated- world; from the- he is separated	22	1	1
MIND - DELUSIONS- world: different world; being in a	23	1	1
MIND - DELUSIONS- world- she has her own little	22	1	1
MIND – DEPERSONALIZATION	21	1	1
MIND – DESIRES - full of desires	6, 18, 21	3	2
MIND - DESIRES- full of desires- husband	21	1	1
MIND - DESIRES- full of desires- marriage, for (N)	21	1	1
MIND - DESIRES-full of desires - unattainable things; desire for	21	1	1
MIND – DESPAIR	13, 28	2	1
MIND – DESPAIR – condition, of his	28	1	1
MIND – DESPAIR – work, over his	28	1	1
MIND - DETACHED	18	1	1
MIND - DETACHED- sensation of being	18	1	1
MIND - DIRTY- aversion to dirtiness	22	1	1
MIND – DISCONCERTED	14	1	1
MIND – DISCONTENTED	17, 18, 21, 23, 28, 30	6	2
MIND – DISCONTENTED – causeless	23	1	1
MIND – DISCONTENTED – morning	17	1	1
MIND – DISCONTENTED – others;	28	1	1

with			
MIND - DISCOURAGED	18	1	1
MIND - DISGUST, oneself	18	1	1
MIND – DREAM – as if in a	6	1	1
MIND - DREAMING as if in a; beautiful	21	1	1
MIND – DULLNESS	6	1	1
MIND – DUTY – too much sense of duty	16, 28	2	1
MIND – DWELLS – past disagreeable occurrences, on	30	1	1
MIND – EASE – feeling of	6	1	1
MIND – EATING – after – amel.	28	1	1
MIND – EMOTIONS – carefree	2	1	1
MIND - EMOTIONS- loss of	18	1	1
MIND – EMOTIONS – suppressed	2, 18, 30	3	2
MIND – ENERGIZED feeling	1, 9, 11, 14, 15, 22, 28	7	2
MIND – ENNUI	15, 21, 30	3	2
MIND – ENNUI – afternoon	15	1	1
MIND - ENNUI- entertainment amel.	21	1	1
MIND – ESTRANGED	21	1	1
MIND – EXCITEMENT	6, 19, 23	3	2
MIND – EXCITEMENT – desire for	30	1	1
MIND – EXPANSIVE	2	1	1
MIND – EXPRESSING oneself – desire to express oneself	2, 28	2	1
MIND – FEAR (CS)	6	1	1
MIND – FEAR	16, 22, 23, 29	4	2
MIND - FEAR- disease, of impending	21, 22	2	1
MIND - FEAR- disease, of impending - incurable, of being	21	1	1

MIND – FEAR – everything, constant of	6	1	1
MIND – FEAR – failure, of	16	1	1
MIND – FEAR – failure, of – examinations in	16	1	1
MIND – FEAR – sudden	16	1	1
MIND – FEAR – waking, on	23, 29	2	1
MIND – FEAR – waking, on – dream, from a	23, 29	2	1
MIND – FEARLESS	6, 22	2	1
MIND - FIRE- set things on fire; wants to	21	1	1
MIND – FORGETFUL	16	1	1
MIND – FORSAKEN feeling	6, 13, 21	3	2
MIND - FORSAKEN feeling - beloved by his parents, wife, friends; feeling of not being	21	1	1
MIND – FORSAKEN feeling – isolation sensations of	6	1	1
MIND – GRATITUDE	18, 28	2	1
MIND – GRIEF	13	1	1
MIND - HATRED- revengeful; hatred and	21	1	1
MIND – HEAVINESS; sensation of	6	1	1
MIND – HEEDLESS	2	1	1
MIND – HEEDLESS – all around; of	2	1	1
MIND – HEEDLESS – think; of what others	2	1	1
MIND – HELD – desire to be held	6	1	1
MIND – HELPLESSNESS; feeling of	18, 28, 30	3	2
MIND - HELPLESSNESS- emotional	23	1	1

level; on			
MIND - HELPLESSNESS- mental level; on	23	1	1
MIND - HIGH SPIRITED	21, 22	2	1
MIND – HOME – desires to go	22, 30	2	1
MIND – HOPEFUL	23	1	1
MIND – HORRIBLE things, sad stories affect her profoundly	6	1	1
MIND – HURRY	23	1	1
MIND – IMPATIENCE	10, 16, 30	3	2
MIND - IMPATIENCE - others; with	10	1	1
MIND – IMPOLITE	11	1	1
MIND – IMPRESSIONABLE	6	1	1
MIND – IMPULSIVE	2	1	1
MIND - INDEPENDENT – desire for independence (N)	21	1	1
MIND - INDEPENDENT- lack of independence	21	1	1
MIND – INDIFFERENCE	2, 6, 11, 18, 19, 30	6	2
MIND - INDIFFERENCE-ennui with	21	1	1
MIND – INDIFFERENCE – others, toward	2	1	1
MIND – INDIFFERENCE – work – aversion to work; with	19	1	1
MIND – INDIGNATION	21, 30	2	1
MIND – INJUSTICE, cannot support	28, 30	2	1
MIND – INTOLERANCE	8, 10, 11	3	2
MIND – IRRESOLUTION	18	1	1
MIND – IRRITABILITY	2, 3, 6, 8, 10, 13, 14, 15, 16, 21, 23, 28, 30	13	3

MIND – IRRITABILITY – afternoon	14	1	1
MIND – IRRITABILITY – business – about	16	1	1
MIND – IRRITABILITY – causeless	10, 13, 28	3	2
MIND – IRRITABILITY – children, towards	23	1	1
MIND – IRRITABILITY – children towards – own his	8	1	1
MIND – IRRITABILITY – complaints, by (N)	16	1	1
MIND – IRRITABILITY – daytime	14	1	1
MIND – IRRITABILITY – easily	28, 30	2	1
MIND – IRRITABILITY – evening	28	1	1
MIND – IRRITABILITY – everything causes	8, 30	2	1
MIND - IRRITABILITY- family, to her	16	1	1
MIND – IRRITABILITY – itching, from	23	1	1
MIND – IRRITABILITY- loved ones; to	21	1	1
MIND – IRRITABILITY – morning	3, 15, 16, 28	4	2
MIND – IRRITABILITY – morning – waking on	15, 16	2	1
MIND – IRRITABILITY – music – during	15	1	1
MIND – IRRITABILITY – noise from	8, 23	2	1
MIND – IRRITABILITY – pain, during	16	1	1
MIND – IRRITABILITY – people, with	2, 6, 21, 28	4	2
MIND – IRRITABILITY – sleep; from lack of (N)	15	1	1
MIND – IRRITABILITY – sleep; when aroused by noise during	15	1	1

MIND – IRRITABILITY – sudden	14	1	1
MIND - IRRITABILITY - waking, on	21	1	1
MIND – IRRITABILITY – weakness – with	30	1	1
MIND – IRRITABILITY – working, when	28	1	1
MIND – JEALOUSY	28	1	1
MIND – JEALOUSY – vindictive	28	1	1
MIND – KILL; desire to	8, 10, 30	3	2
MIND – KILL; desire to – husband; impulse to kill her beloved	10	1	1
MIND – LAMENTING	28	1	1
MIND – LAMENTING – appreciated, because he is not	28	1	1
MIND – LAZINESS	16, 19, 21, 30	4	2
MIND – LAZINESS – afternoon	16	1	1
MIND – LAZINESS – physical	30	1	1
MIND – LAZINESS – sleepiness, with	16	1	1
MIND - LIAR	18	1	1
MIND - LONGING- sense of	21	1	1
MIND – LOQUACITY – heedless	2	1	1
MIND - LOVE - exalted love	28	1	1
MIND - LOVE - love-sick	21	1	1
MIND – MALICIOUS	21	1	1
MIND - MALICIOUS- injure someone, desire to	21	1	1
MIND - MARRIAGE- thoughts of, amel	18, 21	2	1
MIND – MATHEMATICS – inability for	16	1	1
MIND – MATHEMATICS – inability for – calculating	16	1	1
MIND - MEMORY – active	10	1	1

MIND – MEMORY – weakness of memory (CS)	10	1	1
MIND - MEMORY- weakness of memory	16	1	1
MIND - MEMORY- weakness of memory- read, for what he has just read	16	1	1
MIND – MENTAL EXERTION – aversion to	16, 18, 19	3	2
MIND – MENTAL POWER – increased	1, 15	2	1
MIND – MENTAL POWER – increased – sharp and alert	1	1	1
MIND - MERGING OF SELF with one's environment	21	1	1
MIND – MILDNESS	1	1	1
MIND – MISTAKES; making	16	1	1
MIND – MISTAKES; making – speaking in	30	1	1
MIND - MISTAKES; making - speaking, in - words - wrong words; using	30	1	1
MIND – MISTAKES; making – time, in	16, 19	2	1
MIND – MISTAKES; making – writing, in	30	1	1
MIND – MOOD – agreeable	1, 14, 16, 22	4	2
MIND – MOOD – alternating	19, 28, 30	3	2
MIND – MOOD – changeable	6, 13, 19, 22, 28, 30	6	2
MIND - MOOD- changeable- evening	22	1	1
MIND – MOOD – contradictory	6	1	1
MIND – MOOD – repulsive	14, 28	2	1
MIND – MOROSE	6, 16, 28	3	2

MIND – MORTIFICATION	21	1	1
MIND - MORTIFICATION- disease, talk about (N)	21	1	1
MIND – MOTHER COMPLEX	6	1	1
MIND – MUSIC – amel.	16, 28	2	1
MIND – MUSIC – desire for	30	1	1
MIND – NOISE – aversion to	16	1	1
MIND – OFFENDED, easily	28, 30	2	1
MIND – OFFENDED, easily – offenses, from the past	28	1	1
MIND – OPTIMISTIC	15, 30	2	1
MIND – PASSIONATE	23	1	1
MIND - PEACE- yearning for	30	1	1
MIND – PERTINACITY	2	1	1
MIND - PLANS - making many plans	18	1	1
MIND - PLANS - making many plans - future; for the	18	1	1
MIND - PLANS - making many plans - revengeful plans	21	1	1
MIND – PLEASING – desire to please others	21, 23	2	1
MIND – POSITIVENESS	15, 16, 18, 21, 22, 23	6	2
MIND - POSTPONING everything to next day	18	1	1
MIND – PRAYING	28	1	1
MIND – PROSTRATION of mind	16, 28	2	1
MIND – PROSTRATION of mind – anxiety, after	16	1	1
MIND – PROSTRATION of mind – cares from	16	1	1

MIND – PROSTRATION of mind – mental exertion, slight	16	1	1
MIND – PROSTRATION of mind – night	16	1	1
MIND – PROSTRATION of mind – sleepiness, with	28	1	1
MIND – PROSTRATION of mind – study, prolonged	16	1	1
MIND – QUARELLING – aversion to	21, 28	2	1
MIND – QUARRELSOME	10, 11, 21	3	2
MIND – QUIET; wants to be	30	1	1
MIND – RAGE	8, 30	2	1
MIND – RAGE – morning	30	1	1
MIND – RELIGIOUS AFFECTIONS	18, 28	2	1
MIND – RELIGIOUS AFFECTIONS – talking on religious subjects	28	1	1
MIND – RELIGIOUS AFFECTIONS – too occupied with religion	28	1	1
MIND – RELIGIOUS AFFECTIONS – too occupied with religion – melancholia	28	1	1
MIND – RELIGIOUS AFFECTIONS – want of religious feeling	28	1	1
MIND – REMORSE	30	1	1
MIND – REPROACHING oneself	6, 8, 13, 30	4	2
MIND - REPROACHING others	23	1	1
MIND – RESPECTED – desire to be	28	1	1
MIND – RESPONSIBILITY- early; taking responsibility	28	1	1
MIND - RESPONSIBILTY- taking	16	1	1

responsibility too seriously			
MIND – RESTLESSNESS	23, 28	2	1
MIND – RUDENESS	11	1	1
MIND – SADNESS	4, 6, 13, 14, 15, 18, 19, 22, 23, 28	10	2
MIND - SADNESS- afternoon	22	1	1
MIND – SADNESS – alone when	6, 18	2	1
MIND – SADNESS – brooding; with	13	1	1
MIND – SADNESS – causeless	6, 14	2	1
MIND – SADNESS – cheerfulness, after	19	1	1
MIND – SADNESS – despair with	6	1	1
MIND – SADNESS – dream, from	23	1	1
MIND – SADNESS – extreme	6, 13	2	1
MIND - SADNESS- failure to accomplish; from	18	1	1
MIND – SADNESS – gloomy	6, 18	2	1
MIND - SADNESS- mental exertion, after	22	1	1
MIND – SADNESS – morning	23	1	1
MIND – SADNESS – past events; about	13	1	1
MIND – SADNESS – quarrel with husband, after	28	1	1
MIND - SADNESS- single, being (N)	18	1	1
MIND – SADNESS – trifles, about	28	1	1
MIND - SADNESS- waking: when	23	1	1
MIND – SADNESS – weakness; with	15	1	1
MIND – SENSITIVE (CS)	18	1	1
MIND – SENSITIVE	6, 8, 13, 23	4	2

MIND - SENSITIVE - emotions; to (CS)	18	1	1
MIND – SENSITIVE – emotions; to	23	1	1
MIND – SENSITIVE – noise, to	23, 30	2	1
MIND – SENTIMENTAL	23	1	1
MIND – SLOWNESS	6	1	1
MIND – SNAPPISH	10, 11, 21, 28	4	2
MIND - SPOKEN TO; being - agg	22	1	1
MIND – STRANGE – sensations	6	1	1
MIND – STRIKING - anger, from	30	1	1
MIND - STRIKING - desire - strike; to	30	1	1
MIND – STRIKING - rage; with	30	1	1
MIND – STUDYING – difficult	16	1	1
MIND – SUSPICIOUS	21	1	1
MIND - SUSPICIOUS- friends, his best	21	1	1
MIND – SYMPATHY from others – desire for	28	1	1
MIND - TALKING - desire to talk to someone	18	1	1
MIND - TALKING - desire to talk to someone - conflicts; in order to solve	18	1	1
MIND - TALKING - future; about	18	1	1
MIND – TENSION, mental	6, 8, 16, 18, 19, 28	6	2
MIND – THOUGHTS – dead loved ones, of (N)	1	1	1
MIND – THOUGHTS – disagreeable	30	1	1
MIND – THOUGHTS- father; of her	1, 13	2	1
MIND - THOUGHTS- future, of the	18, 30	2	1
MIND – THOUGHTS – past, of the	13, 23, 28	3	2
MIND – THOUGHTS – persistent	30	1	1
MIND – THOUGHTS – persistent –	30	1	1

offended him, of persons who had			
MIND - THOUGHTS- rush	18, 23	2	1
MIND - THOUGHTS- rush- afternoon	23	1	1
MIND - THOUGHTS- rush- night	23	1	1
MIND - THOUGHTS- rush- sleeplessness from	23	1	1
MIND – THOUGHTS – violent	8, 30	2	1
MIND – THOUGHTS – wandering	13, 23	2	1
MIND - THOUGHTS- wandering- afternoon	23	1	1
MIND – THOUGHTS – wandering – night	13, 23	2	1
MIND - THREATENING - kill; to	30	1	1
MIND – TIME – slowly, appears longer, passes too	6, 8, 23	3	2
MIND -TIMIDITY- public; about appearing in- talk in public; to	22	1	1
MIND – TRANQUILITY	1, 6, 14, 21, 28	5	2
MIND – TRANQUILLITY – morning	14	1	1
MIND – TRANQUILLITY – morning – waking on	14	1	1
MIND – TRIFLES – agg.	28	1	1
MIND – VIOLENCE	30	1	1
MIND – VIOLENT	8, 30	2	1
MIND - VIOLENT- reproached, when hearing another	30	1	1
MIND - VIOLENT- talk of others, from	30	1	1
MIND – WANDERING	13	1	1
MIND – WEARISOME	1, 8, 16, 18, 19, 22, 23	7	2
MIND – WEARISOME – cares; from	16	1	1

MIND – WEARY OF LIFE	13, 18, 21	3	1
MIND - WEARY OF LIFE- future, from solicitude about	18	1	1
MIND – WEEPING	6, 13, 19, 23	4	2
MIND – WEEPING – abandoned; as if she had been	13	1	1
MIND – WEEPING – amel	19	1	1
MIND – WEEPING – causeless	6	1	1
MIND – WEEPING – desire to weep	6, 13	2	1
MIND – WEEPING – dreaming, while	23	1	1
MIND – WEEPING – everything, about	6	1	1
MIND – WEEPING – violent	6	1	1
MIND - WILL - loss of will power	16	1	1
MIND - WILL- loss of will power- walking, while	16	1	1
MIND - WILL - weakness of	16	1	1
MIND - WORK- desire to work	18	1	1
MIND – WRITING – aversion to	16, 30	2	1
MIND - YEARNING	21	1	1
VERTIGO – VERTIGO	11, 28	2	1
VERTIGO - ACCOMPANIED BY - Ear - noises in	11	1	1
VERTIGO – ACCOMPANIED BY – Head – heaviness in head	28	1	1
VERTIGO – ACCOMPANIED BY – Head – pain in the head	30	1	1
VERTIGO – AFTERNOON	28	1	1
VERTIGO – NAUSEA – with	28, 30	2	1
HEAD – CONGESTION	2	1	1
HEAD - EATING- after: agg.	23	1	1

HEAD - EATING- overeating agg.; after	23	1	1
HEAD - ERUPTIONS – scales	11	1	1
HEAD - ERUPTIONS – scurfy	11	1	1
HEAD - HAIR – fair	11	1	1
HEAD – HEAVINESS	6, 23, 26, 28	4	2
HEAD - HEAVINESS- accompanied by - heat of head	26	1	1
HEAD – HEAVINESS – accompanied by – nausea	28	1	1
HEAD – HEAVINESS – afternoon	28	1	1
HEAD – HEAVINESS – painful	6	1	1
HEAD – LIGHTNESS; sensation of	10, 11, 23	3	2
HEAD – PAIN	1, 4, 6, 8, 10, 11, 13, 14, 15, 16, 17, 18, 19, 21, 22, 23, 26, 28, 29, 30	20	3
HEAD – PAIN – accompanied by – Eye – pain	6, 23	2	1
HEAD – PAIN – accompanied by – Eye – pain – sore	23	1	1
HEAD – PAIN – accompanied by – nausea	30	1	1
HEAD – PAIN – accompanied by – neck – pain in	8	1	1
HEAD – PAIN – accompanied by – neck – pain in – nape of neck	8	1	1
HEAD – PAIN – aching	19, 29, 30	3	2
HEAD – PAIN – afternoon	6, 10, 14, 19, 23, 28, 30	7	2
HEAD – PAIN – afternoon – 13h	23, 28	2	1

HEAD – PAIN – afternoon – 15h – 15-16h	6, 14	2	1
HEAD – PAIN – afternoon - 16h	19	1	1
HEAD – PAIN – afternoon - 16h - 20h	19	1	1
HEAD – PAIN – afternoon – 17h	30	1	1
HEAD - PAIN- back of head and neck, on	16	1	1
HEAD – PAIN – cold - water- amel.	22	1	1
HEAD – PAIN - congestion; as from	21	1	1
HEAD – PAIN – constant, continued	14, 23	2	1
HEAD – PAIN – constant, continued – two or three days	14	1	1
HEAD – PAIN – cough - during- agg	16	1	1
HEAD – PAIN – daytime	14	1	1
HEAD – PAIN – drinking – water: amel.	14	1	1
HEAD – PAIN – dull pain	8, 19, 29, 30	4	2
HEAD - PAIN - eating - after - amel.	19	1	1
HEAD – PAIN – eating – amel.	14	1	1
HEAD – PAIN – evening	1, 4, 17, 19, 30	5	2
HEAD – PAIN – evening – 18h	17, 30	2	1
HEAD – PAIN – evening 20h – 20h-21h	4	1	1
HEAD - PAIN – evening - dull pain	19	1	1
HEAD - PAIN - exertion - eyes; of the	28	1	1
HEAD – PAIN – extending to – Eyes	11, 26	2	1
HEAD – PAIN - Eyes	26	1	1
HEAD – PAIN – Eyes – complaints; with eye	6, 28	2	1
HEAD – PAIN – Forehead	4, 6, 17, 19, 23, 29	6	2
HEAD – PAIN – Forehead – aching	29	1	1

HEAD – PAIN – Forehead – alternating with – Occiput; pain in	29	1	1
HEAD – PAIN – Forehead – dull pain	29	1	1
HEAD – PAIN – Forehead – evening	17	1	1
HEAD – PAIN – Forehead – evening - 18 h	17	1	1
HEAD – PAIN – Forehead – evening - 19 h	17	1	1
HEAD – PAIN – forehead – eyes – above - right	19	1	1
HEAD – PAIN – forehead – eyes – above – right - dull pain	19	1	1
HEAD – PAIN – Forehead - Sides	17	1	1
HEAD – PAIN – Forehead – sore	23	1	1
HEAD – PAIN – forenoon	14, 15	2	1
HEAD – PAIN – forenoon – 10h	14, 15	2	1
HEAD – PAIN – forenoon – 11h	14	1	1
HEAD – PAIN – hammering pain	23	1	1
HEAD – PAIN – increasing – gradually	30	1	1
HEAD – PAIN – intermittent pains	14	1	1
HEAD – PAIN – lifting agg.	16	1	1
HEAD – PAIN – light; from – agg.	19, 30	2	1
HEAD – PAIN – light; from – amel	11	1	1
HEAD – PAIN – lying down – amel.	16, 19	2	1
HEAD – PAIN – menses – after – agg.	16	1	1
HEAD – PAIN – menses – before – agg.	16	1	1
HEAD – PAIN – morning	4, 6, 8, 14, 15, 19, 22, 29	8	2
HEAD – PAIN – morning – waking – on	14, 15	2	1

HEAD – PAIN – motion – agg.	16	1	1
HEAD – PAIN – motion – head; of agg.	16	1	1
HEAD – PAIN – night	19, 23, 30	3	2
HEAD – PAIN – night – sleep – preventing	30	1	1
HEAD – PAIN – noise – agg.	19, 30	2	1
HEAD – PAIN – noise – agg. – dull pain	30	1	1
HEAD – PAIN – Occiput	10, 14, 23, 29	4	2
HEAD – PAIN – Occiput – aching	29	1	1
HEAD - PAIN - Occiput – afternoon	10, 23	2	1
HEAD – PAIN – Occiput – afternoon – 13h	23	1	1
HEAD – PAIN – Occiput – dull pain	29	1	1
HEAD – PAIN – Occiput – extending to – forehead	29	1	1
HEAD – PAIN – Occiput – extending to – frontal eminence	29	1	1
HEAD – PAIN – Occiput - extending to: neck	8, 16	2	1
HEAD – PAIN – Occiput – extending to: Nape of neck	8, 16	2	1
HEAD – PAIN – Occiput and forehead	29	1	1
HEAD – PAIN – Occiput – forenoon	14	1	1
HEAD – PAIN – Occiput – morning	14	1	1
HEAD – PAIN – Occiput – sharp	23	1	1
HEAD – PAIN – pressing – weight; as from	6	1	1
HEAD – PAIN – pressure – amel.	6, 11	2	1
HEAD – PAIN – pulling, like	6	1	1

HEAD – PAIN – pulsating pain	11, 16	2	1
HEAD – PAIN – sharp	19, 23	2	1
HEAD – PAIN – short lasting	14, 15, 29	3	2
HEAD – PAIN – Sides	17, 19	2	1
HEAD – PAIN – Sides – right	19, 30	2	1
HEAD – PAIN – Sides – right – aching	30	1	1
HEAD – PAIN – Sides – right – dull pain	19, 30	2	1
HEAD – PAIN – Sides – right – extending to – Eye – right	30	1	1
HEAD – PAIN – sleep – ameliorates	1	1	1
HEAD - PAIN – sleep – ameliorates – good sleep; by a	1	1	1
HEAD – PAIN – sleep – preventing	15	1	1
HEAD – PAIN – sore	11, 23, 28	3	2
HEAD – PAIN – Temples	15	1	1
HEAD – PAIN – Temples – one side	15	1	1
HEAD - PAIN – Vertex	11	1	1
HEAD – PAIN – violent	1, 8, 18, 19, 23	5	2
HEAD – PAIN – waking – on	15, 23	2	1
HEAD - SCALP; complaints of	11	1	1
EYE – CLOSING THE EYES – desire to	26	1	1
EYE – DISCHARGES – white	11	1	1
EYE – DISCOLORATION – red	11	1	1
EYE – DRYNESS	11, 16	2	1
EYE – DRYNESS – night	16	1	1
EYE - DRYNESS- reading - agg.	16	1	1
EYE - DRYNESS- sensation of	16	1	1
EYE – HEAVINESS	11, 26	2	1

EYES – HEAVINESS – accompanied by – head; pain in	11	1	1
EYE – IRRITATION	14	1	1
EYE – LIDS; complaints of	11	1	1
EYE – LIDS; complaints of – Lower	11	1	1
EYE – PAIN	23	1	1
EYE – PAIN – burning	6, 14	2	1
EYE - PAIN - burning – afternoon	14	1	1
EYE – PAIN – burning – cold applications – ameliorate	6	1	1
EYE – PAIN – sore	23	1	1
EYE – PHOTOPHOBIA (CS)	11	1	1
EYE – SWELLING – Lids	11	1	1
EYE – SWELLING – Lids – Lower – Left	11	1	1
EAR – DISCHARGES	11	1	1
EAR – DISCHARGES – yellow	11	1	1
EAR - FULLNESS, sensation of	26	1	1
EAR – NOISES in	11, 26	2	1
EAR – NOISES in – buzzing	11	1	1
EAR - NOISES in - ringing	26	1	1
EAR – PAIN	11, 23	2	1
EAR – PAIN – left	23	1	1
EAR – PAIN – Lobes	11	1	1
EAR – PAIN – violent	23	1	1
EAR - STOPPED sensation	26	1	1
EAR - STOPPED sensation – yawning amel.	26	1	1
HEARING – IMPAIRED	11, 23	2	1
HEARING – IMPAIRED – left	23	1	1

HEARING – IMPAIRED – pain in ear – with	23	1	1
NOSE – CATARRH	3, 8, 14, 26	4	2
NOSE – CATARRH – accompanied by – Nose – obstruction of	14	1	1
NOSE – CATARRH – morning	3	1	1
NOSE - CONGESTION (CS)	2, 16	2	1
NOSE – CONGESTION	11, 14, 16	3	2
NOSE – CORYZA	2, 3, 8, 11	4	2
NOSE – CORYZA – morning	3	1	1
NOSE – DISCHARGE	8, 11, 14, 26	4	2
NOSE – DISCHARGES – clear	11	1	1
NOSE – DISCHARGE – copious	11, 26	2	1
NOSE – DISCHARGE – morning	11	1	1
NOSE – DISCHARGE – right	11	1	1
NOSE – DISCHARGE – thick	11	1	1
NOSE – DISCHARGE – watery	11	1	1
NOSE - DISCHARGE - watery – morning	11	1	1
NOSE - DISCHARGE - watery – right	11	1	1
NOSE – DRYNESS	14	1	1
NOSE - OBSTRUCTION (CS)	16	1	1
NOSE – OBSTRUCTION	2, 11, 14, 16	4	2
NOSE – OBSTRUCTION – alternating with – discharge	14	1	1
NOSE – OBSTRUCTION – breathing – mouth; must breathe through	11	1	1
NOSE – OBSTRUCTION – exertion – amel.	16	1	1
NOSE – OBSTRUCTION – morning	2, 11, 16	3	2

NOSE – OBSTRUCTION – morning – waking on	2, 16	2	1
NOSE - OBSTRUCTION – right	11	1	1
NOSE – OBSTRUCTION – sensation of	11	1	1
NOSE – PAIN – Root – headache; during	14	1	1
NOSE – SNEEZING	2, 11	2	1
NOSE – SNEEZING – constant	2	1	1
NOSE - SNEEZING - morning - waking, on	11	1	1
NOSE - SNEEZING - odors, from (N)	11	1	1
NOSE – SNEEZING – violent	11	1	1
FACE – DRYNESS	11	1	1
FACE - DRYNESS – Cheeks	11	1	1
FACE – ERUPTIONS	10, 11	2	1
FACE - ERUPTIONS – acne (CS)	11	1	1
FACE – ERUPTIONS – cheeks	10	1	1
FACE – ERUPTIONS – Nose	11	1	1
FACE – ERUPTIONS – Nose – inside	11	1	1
FACE – ERUPTIONS – Nose – Inside – right	11	1	1
FACE - ERUPTIONS – pimples (CS)	11	1	1
FACE - ERUPTIONS – pimples	10, 11	2	1
FACE - ERUPTIONS - pimples – red	11	1	1
FACE – ERUPTIONS – red	11	1	1
FACE – GREASY (CS)	11	1	1
FACE – GREASY	11	1	1
FACE – PAIN – Sinuses – Frontal	6	1	1
FACE – PERSPIRATION	11	1	1

FACE - SHINY - oily; as if (CS)	11	1	1
MOUTH – BLEEDING – gums	30	1	1
MOUTH – COMPLAINTS of mouth	10	1	1
MOUTH – NUMBNESS – tongue	10	1	1
MOUTH – SALIVATION	11, 21	2	1
MOUTH - SALIVATION – profuse	11, 21	2	1
MOUTH – TASTE – bad	6	1	1
MOUTH – TASTE – bitter	23	1	1
MOUTH – TASTE – bitter – eating – after – agg.	23	1	1
MOUTH – TASTE – metallic	6	1	1
MOUTH – TICKLING	23	1	1
MOUTH – TONGUE; complaints of	10	1	1
THROAT – COMPLAINTS of throat	4	1	1
THROAT – DRYNESS	11, 14, 26	3	2
THROAT – DRYNESS – thirst – with – water; for – cold	26	1	1
THROAT - FOREIGN BODY; sensation of a	26	1	1
THROAT – INFLAMMATION	4	1	1
THROAT – ITCHING	6, 11	2	1
THROAT – ITCHING – cough agg.; during	11	1	1
THROAT – PAIN	3, 4, 6, 10, 14, 19	6	2
THROAT – PAIN – accompanied by – Head; pain in	14	1	1
THROAT – PAIN – morning	3	1	1
THROAT – PAIN – scratching pain	14	1	1
THROAT – PAIN – sharp; as from something	6	1	1

THROAT – PAIN – sore	3, 4, 6, 10, 14, 19	6	2
THROAT – PAIN – sore GENERALS – WEARINESS	6	1	1
THROAT – PAIN – splinter; as from a	6	1	1
THROAT – PAIN – stitching	6	1	1
THROAT – SCRATCHING	14	1	1
EXTERNAL THROAT - SWELLING - Cervical Glands	11	1	1
EXTERNAL THROAT – THYROID GLAND; complaints of	11	1	1
NECK – COMPLAINTS of neck	1, 4	2	1
NECK - COUGH agg .	16	1	1
NECK – ERUPTIONS	16	1	1
NECK - LUMPS	16	1	1
NECK - MOTION- agg	16, 19	2	1
NECK – MOTION- head; of- agg.	16	1	1
NECK – PAIN	1, 4, 8, 16, 19	5	2
NECK – PAIN – left	1, 19	2	1
NECK – PAIN - position; as from wrong	19	1	1
NECK – PAIN – sore	4, 16	2	1
NECK – PERSPIRATION	11	1	1
NECK – STIFFNESS	26	1	1
NECK – SWELLING - External neck	16	1	1
STOMACH – AIR - full with air; as if	22	1	1
STOMACH – APPETITE – constant	4, 13, 23	3	2
STOMACH – APPETITE – diminished	1, 6, 13, 14, 16, 17, 18, 23, 28	9	2
STOMACH – APPETITE – diminished – eating, when time for	1	1	1
STOMACH – APPETITE – diminished	28	1	1

– evening			
STOMACH – APPETITE – diminished – evening – supper	28	1	1
STOMACH – APPETITE – diminished – morning	23	1	1
STOMACH - APPETITE - diminished - thirst; with	13, 17	2	1
STOMACH – APPETITE – easy satiety	1	1	1
STOMACH – APPETITE – increased (CS)	1	1	1
STOMACH – APPETITE – increased	2, 3, 4, 6, 9, 13, 14, 16, 22, 23	10	2
STOMACH – APPETITE – increased – afternoon	4	1	1
STOMACH – APPETITE – increased – afternoon – 17h	4	1	1
STOMACH – APPETITE – increased – daytime	2	1	1
STOMACH – APPETITE – increased – noon	2	1	1
STOMACH – APPETITE – insatiable (CS)	1	1	1
STOMACH – APPETITE – insatiable	2, 13, 16, 23	4	2
STOMACH – APPETITE – ravenous	2, 13, 16, 23	4	2
STOMACH – APPETITE – ravenous – noon	2	1	1
STOMACH – APPETITE – thirst – with	3	1	1
STOMACH - COMPLAINTS of the stomach	17	1	1

STOMACH – DISTENTION	16, 17, 22	3	2
STOMACH - DISTENSION - air; as if full	22	1	1
STOMACH – DISTENSION – eating – after - agg	16	1	1
STOMACH – HEAT – sensation of	11, 13, 17	3	2
STOMACH – IRRITATION	23	1	1
STOMACH – NAUSEA	6, 8, 11, 23, 26	5	2
STOMACH – NAUSEA – afternoon - 13h	23	1	1
STOMACH – NAUSEA – afternoon - 14h	23	1	1
STOMACH – NAUSEA – daytime	6	1	1
STOMACH – NAUSEA - drinking: agg	23	1	1
STOMACH – NAUSEA – food – smell of	11	1	1
STOMACH – PAIN	11, 14, 15, 17, 19, 21, 23	7	2
STOMACH - PAIN - bending - double - amel.	19	1	1
STOMACH – PAIN – burning	11, 13, 17, 23	4	2
STOMACH - PAIN - cold - drinks: amel.:	23	1	1
STOMACH – PAIN – cramping	11, 14, 15, 17	4	2
STOMACH – PAIN – epigastrium	19	1	1
STOMACH – PAIN - ice cream: after	23	1	1
STOMACH – PAIN – lying – amel.	14	1	1
STOMACH – PAIN – lying – amel. – cramping	14	1	1
STOMACH – PAIN – morning	11, 23	2	1

STOMACH – PAIN – morning – burning	23	1	1
STOMACH – PAIN – night	15	1	1
STOMACH – PAIN – night – cramping	15	1	1
STOMACH - PAIN - pressure - vertebrae; on dorsal - amel.	19	1	1
STOMACH – PAIN – sleep – preventing	15	1	1
STOMACH – PAIN – stooping – amel.	19	1	1
STOMACH – PAIN – violent	17	1	1
STOMACH - PAIN - waking, on	11	1	1
STOMACH – THIRST	2, 3, 10, 11, 13, 22, 26, 28	8	2
STOMACH – THIRST – alternating with – thirstlessness	11	1	1
STOMACH - THIRST - burning, vehement	26	1	1
STOMACH – THIRST – cold – water	11, 26	2	1
STOMACH – THIRST – daytime	13, 28	2	1
STOMACH – THIRST – evening	13	1	1
STOMACH – THIRST – extreme	2, 10, 13	3	2
STOMACH – THIRST – extreme – waking on	2	1	1
STOMACH – THIRST – morning	2	1	1
STOMACH – THIRST – morning – waking – on	2, 22	2	1
STOMACH – THIRST – night	26	1	1
STOMACH – THIRST - unquenchable	26	1	1
STOMACH – THIRSTLESSNESS	11	1	1
STOMACH – UNEASINESS	17, 23	2	1

STOMACH – UNEASINESS - nausea; with	23	1	1
STOMACH – VOMITING	16, 23	2	1
STOMACH - VOMITING - anticipation; from	16	1	1
STOMACH – VOMITING – drinking – after – cold water – amel.	16	1	1
STOMACH – VOMITING – eating after –amel.	16	1	1
STOMACH – VOMITING – expectoration; during	16	1	1
STOMACH - VOMITING - expectoration, on	16	1	1
STOMACH – VOMITING – food – eating – after – agg.	23	1	1
STOMACH – VOMITING; TYPE OF – sour	16	1	1
ABDOMEN – BOILING sensation	30	1	1
ABDOMEN – COMPLAINTS of abdomen – accompanied by – weakness	14, 17	2	2
ABDOMEN- DISTENTION	16, 17	2	1
ABDOMEN – DISTENTION – diarrhea, with	17	1	1
ABDOMEN- DISTENTION- eating- after-agg	16	1	1
ABDOMEN – PAIN	11, 14, 15, 16, 17	5	2
ABDOMEN – PAIN – constipation; as from	14	1	1
ABDOMEN – PAIN – constipation –	14	1	1

during			
ABDOMEN – PAIN – constipation – during – cramping	14	1	1
ABDOMEN – PAIN – cramping	11, 14, 16, 17	4	2
ABDOMEN – PAIN – cramping – accompanied by – flatulence	17	1	1
ABDOMEN – PAIN – cramping – followed by – diarrhea; fetid	17	1	1
ABDOMEN – PAIN – cramping – violent; very	17	1	1
ABDOMEN – PAIN – daytime	14	1	1
ABDOMEN – PAIN – diarrhea – after – agg	17	1	1
ABDOMEN – PAIN – diarrhea – before	17	1	1
ABDOMEN – PAIN – diarrhea – before – cramping	17	1	1
ABDOMEN – PAIN – diarrhea – during	17	1	1
ABDOMEN – PAIN – diarrhea – during – cramping	17	1	1
ABDOMEN – PAIN – hypogastrium	15	1	1
ABDOMEN – PAIN – hypogastrium – cramping	15	1	1
ABDOMEN – PAIN – hypogastrium – night	15	1	1
ABDOMEN – PAIN – hypogastrium – night – cramping	15	1	1
ABDOMEN – PAIN – Lower abdomen	11, 16	2	1
ABDOMEN – PAIN – Lower abdomen – cramping	16	1	1
ABDOMEN – PAIN – morning	16	1	1

ABDOMEN – PAIN – morning – cramping	16	1	1
ABDOMEN – PAIN – morning – stitching pain	16	1	1
ABDOMEN – PAIN – morning – tearing pain	16	1	1
ABDOMEN – PAIN – morning – waking – on	16	1	1
ABDOMEN – PAIN – noon	14	1	1
ABDOMEN – PAIN – noon – cramping	14, 16	2	1
ABDOMEN – PAIN – sleep – interrupting sleep	15	1	1
ABDOMEN – PAIN – stinging	11	1	1
ABDOMEN – PAIN – stitching pain	16	1	1
ABDOMEN – PAIN – tearing pain	16	1	1
ABDOMEN – PAIN – tearing pain – cramping	16	1	1
ABDOMEN – RUMBLING	30	1	1
RECTUM – CONSTIPATION	6, 11, 14, 16, 28	5	2
RECTUM – CONSTIPATION – daytime	14	1	1
RECTUM – CONSTIPATION – painful	6, 14	2	1
RECTUM – DIARRHEA	14, 17, 21	3	2
RECTUM - DIARRHEA – afternoon	14	1	1
RECTUM – DIARRHEA - cramping, from	17	1	1
RECTUM – DIARRHEA – daytime	14	1	1
RECTUM – DIARRHEA – fever – during – agg	17	1	1
RECTUM – DIARRHEA – hectic, during	17	1	1

RECTUM – DIARRHEA – menses – during	14	1	1
RECTUM – DIARRHEA – night	17	1	1
RECTUM – DIARRHEA - rich food agg	21	1	1
RECTUM – DIARRHEA – sleep – during	17	1	1
RECTUM – PAIN – stool during	6	1	1
STOOL – BALLS, like	6, 16	2	1
STOOL – BALLS, like – black	6	1	1
STOOL – BALLS, like – small	16	1	1
STOOL – DARK	6, 11	2	1
STOOL – FREQUENT	11	1	1
STOOL – HARD	6, 16	2	1
STOOL – LUMPY – small; and	16	1	1
STOOL – ODOR - offensive	22	1	1
STOOL – SOFT	11, 16	2	1
STOOL – SUPPRESSED	16	1	1
STOOL – YELLOW	11	1	1
BLADDER - URINATION - drinking - agg.	11	1	1
BLADDER - URINATION – frequent	11, 28, 30	3	2
BLADDER - URINATION - frequent - drinking; after	11	1	1
BLADDER – URINATION – frequent – headache – during	30	1	1
BLADDER – URINATION – frequent – pain; with	30	1	1
BLADDER – URINATION – frequent – scanty; but	28	1	1
URINE – COLOR – yellow – bright	11	1	1

URINE – COPIOUS	30	1	1
URINE – COPIOUS – headache – during	30	1	1
URINE – SCANTY	16, 28	2	1
URINE – SCANTY – frequent; and	28	1	1
FEMALE GENITALIA/SEX – MENSES – copious	1	1	1
FEMALE GENITALIA/SEX – MENSES – copious – afternoon	1	1	1
FEMALE GENITALIA/SEX – MENSES – copious – evening	1	1	1
FEMALE GENITALIA/SEX – MENSES – copious – morning	1	1	1
FEMALE GENITALIA/SEX - MENSES - daytime only	11	1	1
FEMALE GENITALIA/SEX – MENSES – early; too	14	1	1
FEMALE GENITALIA/ SEX – MENSES – late, too	11	1	1
FEMALE GENITALIA/SEX - MENSES - morning – only	11	1	1
FEMALE GENITALIA/SEX - MENSES – painful	11	1	1
FEMALE GENITALIA/ SEX – MENSES – pale – clots – dark; with	11	1	1
FEMALE GENITALIA/SEX - MENSES – scanty	11	1	1
LARYNX AND TRACHEA - VOICE – broken	11	1	1
LARYNX AND TRACHEA – VOICE –	16	1	1

complaints			
LARYNX AND TRACHEA - VOICE - higher - hawking, after	11	1	1
LARYNX AND TRACHEA - VOICE - hoarseness - hawking amel.	11	1	1
LARYNX AND TRACHEA - VOICE – weak	11	1	1
LARYNX AND TRACHEA - VOICE - weak - talking – after	11	1	1
COUGH – COLD – drinks - amel	26	1	1
COUGH – COUGH in general	6, 26	2	1
COUGH - DRINKS – cold	11	1	1
COUGH – ITCHING – Throat; in	11	1	1
COUGH- NIGHT	26	1	1
COUGH- NIGHT- waking from cough	26	1	1
COUGH- SLEEP- wakens from	26	1	1
EXPECTORATION – BALLS, in the shape of	16	1	1
EXPECTORATION – COPIOUS	16	1	1
EXPECTORATION – DIFFICULT	16	1	1
EXPECTORATION – DIFFICULT – weak to cough out; too	16	1	1
EXPECTORATION – HEAVY	16	1	1
EXPECTORATION – INFREQUENT	16	1	1
EXPECTORATION – MUCOUS	16	1	1
EXPECTORATION – MUCOUS – weather agg.; cold	16	1	1
EXPECTORATION – TOUGH	16	1	1
EXPECTORATION – VISCID	16	1	1
EXPECTORATION – WHITE	16	1	1

EXPECTORATION – WHITE – tough	16	1	1
BACK – HEAT	11	1	1
BACK – HEAVINESS, weight	11	1	1
BACK – PAIN	10, 11, 14	3	2
BACK - PAIN - Dorsal region	11	1	1
BACK – PAIN – left	10	1	1
BACK - PAIN - Lumbar region	11, 14	2	1
BACK – PAIN – Lumbar region – position; from lying in a wrong	14	1	1
BACK – PAIN – menses – during – agg.	14	1	1
BACK - PAIN - motion, on	11	1	1
BACK - PAIN - motion, on - gentle motion; by - amel.	11	1	1
BACK – PAIN – sore	11	1	1
BACK - PRESSURE - external - amel.	19	1	1
EXTREMITIES - CHAPPED hands	11	1	1
EXTREMITIES - DRYNESS - Hands – Palm	11	1	1
EXTREMITIES – ERUPTIONS	19	1	1
EXTREMITIES – ERUPTIONS – Hands	11	1	1
EXTREMITIES - ERUPTIONS - Hands– Palm	11	1	1
EXTREMITITES – ERUPTIONS – pimples	19	1	1
EXTREMITIES – ERUPTIONS – upper limb	19	1	1
EXTREMITIES – ERUPTIONS – upper limb – pimples	19	1	1

EXTREMITIES – FEET – complaints of	11	1	1
EXTREMITIES – FEET – complaints of – Sole of	11	1	1
EXTREMITIES - FORMICATION - Fingers	11	1	1
EXTREMITIES – HANDS – complaints of	11	1	1
EXTREMITIES – HEAT	16	1	1
EXTREMITIES – HEAT – feet	11, 16	2	1
EXTREMITIES – HEAT – feet – burning	11	1	1
EXTREMITIES – HEAVINESS - left	26	1	1
EXTREMITIES – KNEES; complaints of	18	1	1
EXTREMITIES – LEGS - complaints of	16	1	1
EXTREMITIES - NAILS; complaints of	11	1	1
EXTREMITIES – PAIN	4, 11, 16, 18, 23	5	2
EXTREMITIES – PAIN – Ankles	11	1	1
EXTREMITIES – PAIN – Ankles – standing – agg.	11	1	1
EXTREMITIES - PAIN - burning – Foot	11	1	1
EXTREMITIES - PAIN - burning - Foot - Sole	11	1	1
EXTREMITIES – PAIN - cramping	16	1	1
EXTREMITIES - PAIN – Elbow	11	1	1
EXTREMITIES – PAIN - grasping something agg.	23	1	1
EXTREMITIES – PAIN - hands	23	1	1
EXTREMITIES – PAIN – hands - closing the hand agg.	23	1	1

EXTREMITIES – PAIN – hands - cramping	23	1	1
EXTREMITIES – PAIN – hands - holding anything	23	1	1
EXTREMITIES – PAIN – hands – motion - agg.	23	1	1
EXTREMITIES – PAIN – hands - noon	23	1	1
EXTREMITIES - PAIN – Knees	18	1	1
EXTREMITIES - PAIN - Knees - motion - agg.	18	1	1
EXTREMITIES - PAIN - Knees - motion - agg. – sore	18	1	1
EXTREMITIES - PAIN - Knees – sore	18	1	1
EXTREMITIES – PAIN – Legs	11, 16	2	1
EXTREMITIES – PAIN – Legs – Calves	16	1	1
EXTREMITIES – PAIN – Legs – Calves – ascending stairs – agg.	16	1	1
EXTREMITIES – PAIN – Legs – Calves – cramping	16	1	1
EXTREMITIES – PAIN – Legs – cramping	16	1	1
EXTREMITIES – PAIN – Legs – right	16	1	1
EXTREMITIES – PAIN – Legs – sore	11	1	1
EXTREMITIES – PAIN – nails - sore	23	1	1
EXTREMITIES – PAIN – right	16	1	1
EXTREMITIES – PAIN – Shoulder	4, 11	2	1
EXTREMITIES – PAIN – Shoulders – extending to – neck	4	1	1
EXTREMITIES – PAIN – Shoulders –	4	1	1

sore			
EXTREMITIES – SHOULDERS; complaints of	4	1	1
EXTREMITIES – STIFFNESS	16	1	1
EXTREMITIES – STIFFNESS – Legs	16	1	1
EXTREMITIES – STIFFNESS – Legs – Calve	16	1	1
SLEEP – BAD	14	1	1
SLEEP - CONSCIOUS sleep	19	1	1
SLEEP – DEEP	1, 2, 14, 15, 18, 19, 28, 30	8	2
SLEEP – DISTURBED (CS)	19	1	1
SLEEP – DISTURBED	4, 13, 15, 17, 19, 21, 26, 29	8	2
SLEEP – DISTURBED – cough by	26	1	1
SLEEP – DISTURBED – dreams, by 29	19, 29	2	1
SLEEP – DISTURBED – dreams, by – frightful	29	1	1
SLEEP – DISTURBED – fever, after	17	1	1
SLEEP – DISTURBED – noise; by the slightest (CS)	19	1	1
SLEEP – DISTURBED – pain; by	15	1	1
SLEEP – DISTURBED – pain; by – stomach	15	1	1
SLEEP – DREAMING	28, 29	2	1
SLEEP – DREAMING – bed, driving out of	29	1	1
SLEEP – FALLING ASLEEP – afternoon	4, 8, 19	3	2

SLEEP – FALLING ASLEEP – afternoon – 13:30-14:30	4	1	1
SLEEP – FALLING ASLEEP – daytime	4, 18	2	1
SLEEP – FALLING ASLEEP – difficult	10, 13, 14, 15, 16, 17, 26, 30	8	2
SLEEP – FALLING ASLEEP – difficult – sleepiness, with	15	1	1
SLEEP – FALLING ASLEEP – early	2, 3, 8, 11, 13, 15, 18, 19	8	2
SLEEP – FALLING ASLEEP – early, too	23, 28	2	1
SLEEP – FALLING ASLEEP – late	15	1	1
SLEEP – FALLING ASLEEP – late – four hours, after	15	1	1
SLEEP – FALLING ASLEEP – morning	15	1	1
SLEEP – INTERRUPTED (CS)	19	1	1
SLEEP – INTERRUPTED	13, 15, 17, 21, 26	5	2
SLEEP – INTERRUPTED – pain; from	15	1	1
SLEEP – NEED OF SLEEP – great	10, 26, 30	3	2
SLEEP – NEED OF SLEEP – little	1, 16, 26	3	2
SLEEP – POSITION – changed frequently	11, 15	2	1
SLEEP – PROLONGED	11, 14, 17, 22, 28	5	2
SLEEP – PROLONGED - daytime	22	1	1
SLEEP – REFRESHING	1, 8, 11, 14, 15, 16, 17, 19, 21, 22, 23, 26, 28, 30	14	3
SLEEP – RESTLESS	4, 10, 11, 13, 14, 15, 17, 23	8	2
SLEEP – SHORT	10, 14, 15, 16, 17, 19,	7	2

	26		
SLEEP – SHORT – afternoon	16, 19	2	1
SLEEP – SHORT – catnaps, in	1, 4, 14, 16, 18, 19, 30	7	2
SLEEP – SHORT – night – midnight – after – 4.30 - 6.30 h	15	1	1
SLEEP – SLEEPINESS	8, 13, 14, 15, 19, 22, 23, 28, 30	9	2
SLEEP – SLEEPINESS – afternoon	14, 19, 23, 30	4	2
SLEEP – SLEEPINESS – afternoon – 14h	14, 23	2	1
SLEEP – SLEEPINESS – afternoon – 14.30h	23	1	1
SLEEP – SLEEPINESS – afternoon – 17h	30	1	1
SLEEP – SLEEPINESS – anxiety; with	28	1	1
SLEEP – SLEEPINESS – daytime	22, 23, 28	3	2
SLEEP – SLEEPINESS – evening	14, 19, 22, 23, 30	5	2
SLEEP – SLEEPINESS – evening – 20h	14, 23	2	1
SLEEP – SLEEPINESS – evening – early	22, 23	2	1
SLEEP – SLEEPINESS – morning	23	1	1
SLEEP – SLEEPINESS – morning – waking – on	1, 19	2	1
SLEEP – SLEEPINESS- night	19	1	1
SLEEP – SLEEPINESS – overpowering	23	1	1
SLEEP – SLEEPINESS – weakness – as from	19, 28	2	1
SLEEP – SLEEPINESS – weakness –	14, 15, 19, 28, 30	5	2

with			
SLEEP – SLEEPINESS – weariness; with	14, 15, 19, 28, 30	5	2
SLEEP – SLEEPINESS – work – during	22, 28	2	1
SLEEP – SLEEPLESSNESS (CS)	11	1	1
SLEEP – SLEEPLESSNESS	10, 13, 14, 15, 16, 17,18, 23	8	2
SLEEP – SLEEPLESSNESS – accompanied by – sleepiness	15	1	1
SLEEP – SLEEPLESSNESS – diarrhea; during	17	1	1
SLEEP – SLEEPLESSNESS – evening	13	1	1
SLEEP - SLEEPLESSNESS - evening - thoughts, from activity of	13	1	1
SLEEP – SLEEPLESSNESS – fever – during – agg.	17	1	1
SLEEP – SLEEPLESSNESS – night	14, 15	2	1
SLEEP – SLEEPLESSNESS – night – bed; after going to	15	1	1
SLEEP – SLEEPLESSNESS – night – middle part	15	1	1
SLEEP – SLEEPLESSNESS – night – midnight – before	15	1	1
SLEEP – SLEEPLESSNESS – night – sleeps by day	14	1	1
SLEEP – SLEEPLESSNESS – pain; from	15	1	1
SLEEP – SLEEPLESSNESS – pain; from – Head	15	1	1

SLEEP – SLEEPLESSNESS – part of the night – large part	15	1	1
SLEEP - SLEEPLESSNESS - restlessness, from	10	1	1
SLEEP – SLEEPLESSNESS – sadness – from	15, 23	2	1
SLEEP – SLEEPLESSNESS – shocks, from	23	1	1
SLEEP – SLEEPLESSNESS – thoughts – activity of thoughts; from	13, 16, 18, 23	4	2
SLEEP – SLEEPLESSNESS – weariness – in spite of weariness	13, 15	2	1
SLEEP – UNREFRESHING	1, 6, 10, 15, 17, 19, 23, 26, 30	9	2
SLEEP – UNREFRESHING – afternoon	6	1	1
SLEEP – UNREFRESHING – morning	1, 17	2	1
SLEEP – WAKING – cough, from	26	1	1
SLEEP – WAKING – difficult	30	1	1
SLEEP – WAKING – dreams, by	19, 29	2	1
SLEEP – WAKING – early	9	1	1
SLEEP – WAKING – early; too	1, 6, 10, 11, 13, 17, 19, 26	8	2
SLEEP – WAKING – early, too – asleep late, and falling	1	1	1
SLEEP – WAKING – frequent	4, 13, 15, 17	4	2
SLEEP – WAKING – late; too	17, 22, 30	3	2
SLEEP – WAKING – morning – 7h	15	1	1
SLEEP – WAKING – night	17	1	1
SLEEP – WAKING – pain, with	11, 19	2	1

SLEEP – WAKING – slept one’s fill; as having	1, 8,11, 14, 16, 17, 18, 19, 23, 28, 30	11	2
SLEEP – YAWNING	28, 30	2	1
SLEEP – YAWNING – constant	28, 30	2	1
SLEEP – YAWNING – daytime	28, 30	2	1
SLEEP – YAWNING – sleepiness – during	28	1	1
SLEEP – YAWNING – sleepiness – with	30	1	1
SLEEP – YAWNING – work – aversion to work; with	28	1	1
DREAMS – ACCIDENTS	28	1	1
DREAMS - AFRICA (N)	15	1	1
DREAMS – AIRPORTS	23	1	1
DREAMS – ANGER	30	1	1
DREAMS – ANXIOUS	28	1	1
DREAMS – ATTACKED, of being	29	1	1
DREAMS – ATTACKED, of being – black person, by	29	1	1
DREAMS – BROTHER	28	1	1
DREAMS - CHILDREN; about	19	1	1
DREAMS - CHILDREN; about - rescuing; of	19	1	1
DREAMS – CHRISTMAS	23	1	1
DREAMS – CONFUSED	23, 30	2	1
DREAMS – CONFUSED - being confused; of	23	1	1
DREAMS – COUSIN	28	1	1
DREAMS – DEAD; of the	16	1	1
DREAMS – DEAD; of the – friend	16	1	1

DREAMS – DEATH	14, 23	2	1
DREAMS – DEATH – relatives; of	14, 23	2	1
DREAMS – DEATH - relatives; of – parents; of	23	1	1
DREAMS – DISCONNECTED	23	1	1
DREAMS – DREAMS in general	16	1	1
DREAMS - DROWNING	19	1	1
DREAMS - DROWNING- children are drowning	19	1	1
DREAMS - DROWNING- people are drowning	19	1	1
DREAMS – FALLING	28	1	1
DREAMS – FALLING – height, from a	28	1	1
DREAMS - FALLING- pit, into a	28	1	1
DREAMS – FAMILY, of	16, 28	2	1
DREAMS – FRIGHFUL	4, 28	1	1
DREAMS – GOD; of	23	1	1
DREAMS - GRANDPARENTS; of	28	1	1
DREAMS - GRANDPARENTS; of – grandmother – old isolated	28	1	1
DREAMS – HAMMERING her, someone is	29	1	1
DREAMS – HAPPY	14, 15	2	1
DREAMS – HOLES	28	1	1
DREAMS – HOME - turned out of	23	1	1
DREAMS – INJUSTICE	30	1	1
DREAMS - ISLAND (N)	15	1	1
DREAMS – KNIVES	16	1	1
DREAMS – MOUTAINS	28	1	1
DREAMS – MUSIC	23	1	1

DREAMS - MUSIC- religious Middle Eastern music	23	1	1
DREAMS – NIGHTMARE	29	1	1
DREAMS – PEOPLE – drunken	11	1	1
DREAMS – PLEASANT	14, 15, 23	3	2
DREAMS – RELATIVES	16, 28	2	1
DREAMS – RELIGIOUS	23	1	1
DREAMS – REPEATING	29	1	1
DREAMS – SAD	23	1	1
DREAMS – SCHOOL	23	1	1
DREAMS – SEA	11, 15	2	1
DREAMS – SHOPPING	11	1	1
DREAMS – STRANGE	4, 28	2	1
DREAMS – SWIMMING	11	1	1
DREAMS - TRAP - being trapped	11	1	1
DREAMS – UNPLEASANT	14, 29	1	1
DREAMS – UNPLEASANT – fear, from	29	1	1
DREAMS – UNREMEMBERED	3, 4, 15, 16, 18, 19, 21, 23, 28, 30	10	2
DREAMS – VIOLENCE	29	1	1
DREAMS - VIVID (CS)	21	1	1
DREAMS – VIVID	30	1	1
DREAMS – WATER	11	1	1
DREAMS – WEDDING	23	1	1
DREAMS - WEEPING; about	23	1	1
DREAMS – WORK	23	1	1
FEVER – DIARRHEA – during	17	1	1
FEVER – FEVER, heat in general	3, 6, 8, 14, 17	5	2
FEVER – MORNING	3	1	1
FEVER – NIGHT	17	1	1

FEVER- RELAPSING	17	1	1
FEVER – SLEEP, heat comes on – during	17	1	1
PERSPIRATION – HOT	23	1	1
PERSPIRATION – NIGHT	11, 23	2	1
PERSPIRATION – NIGHT – heat; during	23	1	1
PERSPIRATION – PERSPIRATION in general	23	1	1
PERSPIRATION – PROFUSE	11, 16, 23	3	2
PERSPIRATION – PROFUSE – night	11	1	1
PERSPIRATION - PROFUSE - sleep, during	11	1	1
PERSPIRATION - SLEEP – during	11	1	1
SKIN – BURNING	16	1	1
SKIN - DRY	11	1	1
SKIN – ECCHYMOSES	11	1	1
SKIN - ECCHYMOSES – spots	11	1	1
SKIN – ERUPTIONS	19	1	1
SKIN – ERUPTIONS – blisters	11	1	1
SKIN – ERUPTIONS – blisters – burn; as from a	11	1	1
SKIN – ERUPTIONS – eczema (CS)	1	1	1
SKIN – ERUPTIONS – pimples	11, 19	2	1
SKIN - INFLAMMATION	16	1	1
SKIN – ITCHING	16, 23	2	1
SKIN – ITCHING - accompanied by- heat of skin; sensation of	16	1	1
SKIN – ITCHING – burning	16	1	1
SKIN – ITCHING – eating – after –	23	1	1

agg.			
SKIN – SENSITIVENESS – sun, to (CS)	11	1	1
SKIN - SWELLING	16	1	1
SKIN - SWELLING – burning	16	1	1
SKIN – SWELLING – inflamed	16	1	1
SKIN – UNHEALTHY	1	1	1
GENERALS – ACTIVITY – desire for	1, 18	2	1
GENERALS – ACTIVITY – increased	1	1	1
GENERALS - BATHING - cold bathing - desire for	11	1	1
GENERALS - BATHING - hot bathing - agg.	11	1	1
GENERALS – BATHING – ice-cold bathing – desire for	11	1	1
GENERALS - BUSINESS, work, occupation; complaints from	18	1	1
GENERALS – COLD – air – agg.	16	1	1
GENERALS – COMPLAINTS - body weight; regulation of	18	1	1
GENERALS – EATING- after – ameliorates (CS)	1	1	1
GENERALS – ENERGY – excess of energy	9, 13, 14, 23	4	2
GENERALS - ENERGY - excess of energy - alternating with - low energy	13	1	1
GENERALS - ENERGY - excess of energy – morning	9	1	1
GENERALS – ENERGY – sensation of	13, 14, 15, 23	4	2
GENERALS - EXERTION; physical -	11	1	1

agg.			
GENERALS – EXERTION; physical – desire	30	1	1
GENERALS – EXERTION; physical – impossible	18	1	1
GENERALS – EXPECTORATION – amel.	16	1	1
GENERALS – FAINTNESS – accompanied by – constipation	14	1	1
GENERALS – FANNED; being – desire to be	6	1	1
GENERALS – FOOD and DRINKS – bland food – desire	17	1	1
GENERALS – FOOD and DRINKS – carbonated drinks – desire	6	1	1
GENERALS – FOOD and DRINKS – cheese – desire	6	1	1
GENERALS - FOOD and DRINKS – chocolate - desire	6, 19, 23	3	2
GENERALS – FOOD and DRINKS – chocolate – desire – bitter chocolate	23	1	1
GENERALS – FOOD and DRINKS – cold drink, cold water – agg	11	1	1
GENERALS - FOOD and DRINKS - cold drink, cold water – amel	26	1	1
GENERALS - FOOD and DRINKS - cold drink, cold water – desire	6, 26	2	1
GENERALS – FOOD and DRINKS – food – desire	2	1	1
GENERALS – FOOD and DRINKS –	11	1	1

ice – agg.			
GENERALS - FOOD and DRINKS - ice cream - agg.	23	1	1
GENERALS - FOOD and DRINKS - ice cream - desire	19	1	1
GENERALS – FOOD and DRINKS – milk – amel.	23	1	1
GENERALS - FOOD and DRINKS – nuts - desire	6, 19	2	1
GENERALS – FOOD and DRINKS – pastry – agg.	23	1	1
GENERALS – FOOD AND DRINKS – potato chips – desire	16	1	1
GENERALS - FOOD and DRINKS - potatoes – agg	23	1	1
GENERALS - FOOD and DRINKS – salad – agg.	23	1	1
GENERALS - FOOD and DRINKS – soup - desire – warm	16	1	1
GENERALS – FOOD and DRINKS – sour drinks – desire	6	1	1
GENERALS – FOOD and DRINKS – spices – agg.	11	1	1
GENERALS - FOOD and DRINKS – sugar - amel.	19	1	1
GENERALS - FOOD and DRINKS – sweet - agg	17	1	1
GENERALS - FOOD and DRINKS – tomatoes – desire	16	1	1
GENERALS – FOOD and DRINKS –	11	1	1

warm drinks – agg. – hot			
GENERALS - FOOD and DRINKS - warm food – desire	16	1	1
GENERALS – FOOD and DRINKS – water – amel.	23	1	1
GENERALS – HEAT - accompanied by - head complaints of	26	1	1
GENERALS – HEAT – flushes of	23, 28	2	1
GENERALS – HEAT – flushes of – daytime	28	1	1
GENERALS – HEAT – flushes of – night	23	1	1
GENERALS – HEAT – flushes of – perspiration – with	23	1	1
GENERALS – HEAT – flushes of – perspiration – with – night	23	1	1
GENERALS – HEAT – sensation of	11, 23, 26, 28	4	2
GENERALS – HEAT – sensation of – exertion agg.	11	1	1
GENERALS – HEAT – sensation of – night	23	1	1
GENERALS – HEAT – sensation of – perspiration; during	23	1	1
GENERALS – HEATED, becoming	11	1	1
GENERALS – HEAVINESS	26	1	1
GENERALS – INFLUENZA	3, 6, 19, 30	4	2
GENERALS – INFLUENZA – sensation as if	6, 8, 10, 19, 30	5	2
GENERALS – JOINTS – complaints of	11	1	1
GENERALS – LOSS – fluids, of	2, 10, 14, 15	4	2

GENERALS – MORNING	3	1	1
GENERALS - MORNING – waking on	3	1	1
GENERALS - OBESITY	11	1	1
GENERALS – OBESITY - sadness; during - women; in	18	1	1
GENERALS – PAIN	14	1	1
GENERALS – PAIN – aching	14	1	1
GENERALS – PAIN – Body; all over	14	1	1
GENERALS - PAIN - cramping – Muscles	16	1	1
GENERALS – PAIN – morning	14	1	1
GENERALS – PAIN – morning – waking - on	14	1	1
GENERALS – REST – desire for	1, 14, 18, 23, 28, 30	6	2
GENERALS – RESTLESSNESS	4, 23, 28	3	2
GENERALS – RIDING – car, in a – ameliorates	6	1	1
GENERALS – SICK FEELING; vague	2, 3, 4, 6, 8, 10, 14, 15, 17	9	2
GENERALS – SICK FEELING; vague – waking; on	2, 6, 15, 30	4	2
GENERALS – SLEEP - short sleep - amel.- afternoon	19	1	1
GENERALS – STIFFNESS (CS)	15	1	1
GENERALS - STIFFNESS – Joints	11	1	1
GENERALS – STIFFNESS – muscles (CS)	15	1	1
GENERALS – STRENGTH, sensation of	15	1	1
GENERALS - TENSION - general; in	11	1	1

GENERALS – UNCLEANINESS – agg	22	1	1
GENERALS - WARM - agg.	11	1	1
GENERALS - WARM - air - agg.	11	1	1
GENERALS – WEAKNESS	1, 3, 4, 6, 8, 9, 10, 11, 14, 15, 16, 17, 18, 19, 21, 23, 26, 28, 30	19	3
GENERALS – WEAKNESS – accompanied by – nausea	26	1	1
GENERALS – WEAKNESS – afternoon	23	1	1
GENERALS – WEAKNESS – afternoon – 14h	23	1	1
GENERALS – WEAKNESS – afternoon – 14h – 14-15h	23	1	1
GENERALS – WEAKNESS – appetite; with increased	28	1	1
GENERALS – WEAKNESS – as from sleepiness	19	1	1
GENERALS – WEAKNESS - breakfast - after - agg.	23	1	1
GENERALS – WEAKNESS – daytime	17, 23, 28	3	2
GENERALS – WEAKNESS – dream, after a	23	1	1
GENERALS – WEAKNESS - eating – after - agg.	23	1	1
GENERALS – WEAKNESS – evening	23	1	1
GENERALS – WEAKNESS – excessive	16, 17, 30	3	2
GENERALS – WEAKNESS – exertion – agg.	28	1	1

GENERALS – WEAKNESS – exertion – agg. – slight exertion	28	1	1
GENERALS - WEAKNESS - exertion - as from excessive exertion	18	1	1
GENERALS – WEAKNESS – extreme	16	1	1
GENERALS – WEAKNESS – hunger; from	28	1	1
GENERALS – WEAKNESS – menses – after	1	1	1
GENERALS – WEAKNESS –menses – during	1	1	1
GENERALS – WEAKNESS – mental exertion – agg.	16	1	1
GENERALS - WEAKNESS – morning (CS)	9	1	1
GENERALS – WEAKNESS – morning	1, 3, 10, 17, 19, 23, 30	7	2
GENERALS - WEAKNESS - morning - rising – on	30	1	1
GENERALS – WEAKNESS – morning – waking; on	1, 10, 17, 30	4	2
GENERALS – WEAKNESS – night	19	1	1
GENERALS – WEAKNESS – noon	3	1	1
GENERALS – WEAKNESS – pain; from	14	1	1
GENERALS – WEAKNESS – progressive	28	1	1
GENERALS – WEAKNESS – restlessness; with	23, 28	2	1
GENERALS – WEAKNESS – sleep – loss of; from	23	1	1

GENERALS – WEAKNESS – sleep – loss of; from – as from a loss of sleep	23, 26	1	1
GENERALS – WEAKNESS – sleepiness – as from sleepiness	23, 28, 30	3	2
GENERALS – WEAKNESS – waking	1	1	1
GENERALS – WEARINESS	1, 2, 3, 4, 8, 9, 10, 11, 13, 14, 15, 16, 17, 18, 19, 21, 22, 23, 28, 30	20	3
GENERALS – WEARINESS - afternoon	19, 28	2	1
GENERALS – WEARINESS - daytime	28	1	1
GENERALS – WEARINESS – evening	23, 28	2	1
GENERALS – WEARINESS – mental exertion agg.	16	1	1
GENERALS - WEARINESS – morning (CS)	9	1	1
GENERALS – WEARINESS – morning	1, 3, 19, 23, 30	5	2
GENERALS – WEARINESS – morning – waking; on	30	1	1
GENERALS – WEARINESS – much talking	30	1	1
GENERALS – WEARINESS – night	19	1	1
GENERALS – WEARINESS – noon	3	1	1
GENERALS – WEARINESS – talking; after	30	1	1
GENERALS – WEATHER – hot - agg	17	1	1
GENERALS – WIND – cold – agg.	16	1	1
GENERALS – WRITING – amel.	28	1	1

Below (Table 4.3) is a summary of rubrics of each section.

Table 4.3 Summary of rubrics per section

<u>Section</u>	<u>No. of rubrics</u>	<u>Section</u>	<u>No. of Rubrics</u>
Mind	435	Stool	11
Vertigo	6	Bladder	6
Head	109	Urine	5
Eye	20	Female genitalia/Sex	11
Ear	12	Larynx and Trachea	6
Hearing	3	Cough	7
Nose	32	Expectoration	12
Face	17	Back	12
Mouth	11	Extremities	53
Throat	17	Sleep	97
External Throat	2	Dreams	65
Neck	13	Fever	6
Stomach	73	Perspiration	8
Abdomen	38	Skin	19
Rectum	14	Generals	135

4.4.1. Mind

MIND – ABSENTMINDED

MIND – ABSENTMINDED – afternoon

MIND – ABSENTMINDED – dreamy

MIND – ABSENTMINDED – driving; while

MIND – ABSENTMINDED - writing; while

MIND – ABSORBED

MIND - ABSTRACTION of mind

MIND – ADVENTUROUS

MIND – AFFECTION - yearning for affection

MIND - AILMENTS FROM - anger

MIND - AILMENTS FROM - anger- vexation with

MIND – AILMENTS FROM – anxiety

MIND – AILMENTS FROM – appreciated; from not being

MIND - AILMENTS FROM - bad news

MIND – AILMENTS FROM – death of loved ones

MIND -AILMENTS FROM – disappointment

MIND - AILMENTS FROM - failure

MIND – AILMENTS FROM – mental shock; from

MIND – AILMENTS FROM – quarrelling

MIND – AILMENTS FROM – reprimands

MIND – AILMENTS FROM – reproaches

MIND – ALERT

MIND - ALERT- movement; of every

MIND – ANGER

MIND – ANGER – alternating with – contentment

MIND – ANGER – answer; when obliged to

MIND – ANGER – beside oneself; being

MIND – ANGER – causeless

MIND - ANGER – easily

MIND – ANGER – evening

MIND – ANGER – friend; at one

MIND - ANGER - husband; towards

MIND - ANGER- indignation

MIND – ANGER – morning

MIND – ANGER – morning – waking; on

MIND - ANGER- neglected; from being

MIND - ANGER – night

MIND – ANGER – noise; at

MIND – ANGER – pains – about

MIND – ANGER – past events; about

MIND - ANGER - sleep – during

MIND – ANGER – sudden

MIND – ANGER – sudden – ceasing suddenly; and

MIND - ANGER - trifles; at

MIND - ANGER- violent

MIND – ANGER – will; if things do not go after his

MIND – ANGER – work – about

MIND – ANSWERING – aversion to answer

MIND - ANTICIPATION- stage fright

MIND – ANXIETY (CS)

MIND – ANXIETY

MIND - ANXIETY others, for

MIND – ANXIETY – absentmindedness; with

MIND – ANXIETY – anger –during

MIND – ANXIETY – attempting things

MIND – ANXIETY – beside oneself from anxiety, being

MIND – ANXIETY – business; about

MIND – ANXIETY – conscience; anxiety of

MIND – ANXIETY – evening

MIND - ANXIETY- future, about

MIND - ANXIETY- health; about – own health; one

MIND – ANXIETY – money matters, about

MIND – ANXIETY – morning

MIND – ANXIETY – morning – waking; on

MIND – ANXIETY – perspiration – during

MIND – ANXIETY – pressure; from

MIND – ANXIETY – riding while – ameliorates

MIND – ANXIETY, studying while

MIND – ANXIETY – thinking about it, from

MIND - ANXIETY- time is set, if a

MIND - ANXIETY- thoughts, from

MIND – ANXIETY – weariness; with

MIND – AUDACITY

MIND - AVERSION- around him; to be

MIND – AVERSION – husband, to

MIND - BED - remain in bed; desire to

MIND – BENEVOLENCE

MIND – BENEVOLENCE – fortunate; to others less

MIND – BLISSFUL feeling

MIND – BROODING

MIND – BROODING – disappointment, over

MIND – BROODING – trifles; about

MIND - BUSY

MIND - BUSY- must keep

MIND – CARES, full of

MIND – CARES, full of – business, about his

MIND – CARES, full of – daily cares, affected by

MIND – CARES, full of – domestic affairs, about

MIND – CARES, full of – money; about

MIND – CARES, full of – others, about

MIND – CHANGE – desire for

MIND – CHANGE – desire for – life; in

MIND – CHEERFUL

MIND – CHEERFUL – alternating with – sadness

MIND – CHEERFUL – company, in

MIND - CHEERFUL – evening

MIND - CHEERFUL – morning

MIND - CHEERFUL - morning - waking, on

MIND - CHEERFUL – waking, on

MIND – CHILDISH behavior

MIND – CHILDREN – nurture, desire to

MIND - CLOUDS- attracted by

MIND - COLORS -blue - amel. - sky blue

MIND – COLOURS – black – desire for

MIND – COMPANY – aversion to

MIND - COMPANY - aversion to - bear anybody, cannot

MIND – COMPANY – aversion to – desire for solitude

MIND – COMPANY – desire for

MIND – COMPANY – desire for – alone agg, when

MIND - COMPANY- desire for- amel. In company

MIND – COMPANY – desire for - children; of

MIND - COMPANY- desire for - family, of his

MIND – COMPANY – desire for – friend, of a

MIND - COMPANY- desire for - friend, of a –close

MIND - COMPANY- desire for - group together; desire to keep

MIND - COMPANY – desire for- sudden desire for certain company

MIND - COMPANY- yearning for

MIND – COMPLAINING

MIND – COMPLAINING – relations and surroundings, of

MIND – CONCENTRATION – difficult

MIND – CONCENTRATION – difficult – afternoon

MIND – CONCENTRATION – difficult – driving while

MIND – CONCENTRATION – difficult – noise, with (N)

MIND – CONCENTRATION – difficult – studying

MIND – CONCENTRATION – difficult – thinking agg.

MIND – CONCENTRATION – difficult – working, while

MIND – CONCENTRATION – lack of – agg.

MIND – CONFIDENCE – want of self-confidence

MIND – CONFIDENCE – want of self- confidence – support; desires

MIND – CONFIDENT

MIND – CONFUSION of mind

MIND – CONFUSION of mind – time as to

MIND – CONSOLATION - agg

MIND – CONSOLATION – amel.

MIND - CONSOLATION - kind words; from

MIND – CONTENT

MIND – CONTENT – alternating with – sadness

MIND – CONVERSATION – aversion to

MIND – CONVERSATION – desire for

MIND – COURAGEOUS

MIND – CRUELTY

MIND – CRUELTY- like to do something cruel; would:

MIND – DARKNESS

MIND – DEATH – sensation of

MIND – DEATH – thoughts of – father; the death of his

MIND – DELUSIONS

MIND – DELUSIONS – alone, being

MIND – DELUSIONS – appreciated, she is not

MIND – DELUSIONS – forsaken; is

MIND – DELUSIONS – friendless, he is

MIND - DELUSIONS- insane- everyone is

MIND - DELUSIONS- invisible; she is

MIND - DELUSIONS- separated- world; from the- he is separated

MIND - DELUSIONS- world: different world; being in a

MIND - DELUSIONS- world- she has her own little

MIND – DEPERSONALIZATION

MIND – DESIRES - full of desires

MIND - DESIRES- full of desires- husband

MIND - DESIRES- full of desires- marriage, for (N)

MIND - DESIRES-full of desires - unattainable things; desire for

MIND – DESPAIR

MIND – DESPAIR – condition, of his

MIND – DESPAIR – work, over his

MIND - DETACHED

MIND - DETACHED- sensation of being

MIND - DIRTY- aversion to dirtiness

MIND – DISCONCERTED

MIND – DISCONTENTED

MIND – DISCONTENTED – causeless

MIND – DISCONTENTED – morning

MIND – DISCONTENTED – others; with

MIND - DISCOURAGED

MIND - DISGUST, oneself

MIND – DREAM – as if in a

MIND - DREAMING as if in a; beautiful

MIND – DULLNESS

MIND – DUTY – too much sense of duty

MIND – DWELLS – past disagreeable occurrences, on

MIND – EASE – feeling of

MIND – EATING – after – amel.

MIND – EMOTIONS – carefree

MIND - EMOTIONS- loss of

MIND – EMOTIONS – suppressed

MIND – ENERGIZED feeling

MIND – ENNUI

MIND – ENNUI – afternoon

MIND - ENNUI- entertainment amel.

MIND – ESTRANGED

MIND – EXCITEMENT

MIND – EXCITEMENT – desire for

MIND – EXPANSIVE

MIND – EXPRESSING oneself – desire to express oneself

MIND – FEAR (CS)

MIND – FEAR

MIND - FEAR- disease, of impending

MIND - FEAR- disease, of impeding - incurable, of being

MIND – FEAR – everything, constant of

MIND – FEAR – failure, of

MIND – FEAR – failure, of – examinations in

MIND – FEAR – sudden

MIND – FEAR – waking, on

MIND – FEAR – waking, on – dream, from a

MIND – FEARLESS

MIND - FIRE- set things on fire; wants to

MIND – FORGETFUL

MIND – FORSAKEN feeling

MIND - FORSAKEN feeling - beloved by his parents, wife, friends; feeling of not being

MIND – FORSAKEN feeling – isolation sensations of

MIND – GRATITUDE

MIND – GRIEF

MIND - HATRED- revengeful; hatred and

MIND – HEAVINESS; sensation of

MIND – HEEDLESS

MIND – HEEDLESS – all around; of

MIND – HEEDLESS – think; of what others

MIND – HELD – desire to be held

MIND – HELPLESSNESS; feeling of

MIND - HELPLESSNESS- emotional level; on

MIND - HELPLESSNESS- mental level; on

MIND - HIGH SPIRITED

MIND – HOME – desires to go

MIND – HOPEFUL

MIND – HORRIBLE things, sad stories affect her profoundly

MIND – HURRY

MIND – IMPATIENCE

MIND - IMPATIENCE - others; with

MIND – IMPOLITE

MIND – IMPRESSIONABLE

MIND – IMPULSIVE

MIND - INDEPENDENT – desire for independence (N)

MIND - INDEPENDENT- lack of independence

MIND – INDIFFERENCE

MIND - INDIFFERENCE-ennui with

MIND – INDIFFERENCE – others, toward

MIND – INDIFFERENCE – work – aversion to work; with

MIND – INDIGNATION

MIND – INJUSTICE, cannot support

MIND – INTOLERANCE

MIND – IRRESOLUTION

MIND – IRRITABILITY

MIND – IRRITABILITY – afternoon

MIND – IRRITABILITY – business – about

MIND – IRRITABILITY – causeless

MIND – IRRITABILITY – children, towards

MIND – IRRITABILITY – children towards – own his

MIND – IRRITABILITY – complaints, by (N)

MIND – IRRITABILITY – daytime

MIND – IRRITABILITY – easily

MIND – IRRITABILITY – evening

MIND – IRRITABILITY – everything causes

MIND - IRRITABILITY- family, to her

MIND – IRRITABILITY – itching, from

MIND – IRRITABILITY- loved ones; to

MIND – IRRITABILITY – morning

MIND – IRRITABILITY – morning – waking on

MIND – IRRITABILITY – music – during

MIND – IRRITABILITY – noise from

MIND – IRRITABILITY – pain, during

MIND – IRRITABILITY – people, with

MIND – IRRITABILITY – sleep; from lack of (N)

MIND – IRRITABILITY – sleep; when aroused by noise during

MIND – IRRITABILITY – sudden

MIND - IRRITABILITY - waking, on

MIND – IRRITABILITY – weakness – with

MIND – IRRITABILITY – working, when

MIND – JEALOUSY

MIND – JEALOUSY – vindictive

MIND – KILL; desire to

MIND – KILL; desire to – husband; impulse to kill her beloved

MIND – LAMENTING

MIND – LAMENTING – appreciated, because he is not

MIND – LAZINESS

MIND – LAZINESS – afternoon

MIND – LAZINESS – physical

MIND – LAZINESS – sleepiness, with

MIND - LIAR

MIND - LONGING- sense of

MIND – LOQUACITY – heedless

MIND - LOVE - exalted love

MIND - LOVE - love-sick

MIND – MALICIOUS

MIND - MALICIOUS- injure someone, desire to

MIND - MARRIAGE- thoughts of, amel

MIND – MATHEMATICS – inability for

MIND – MATHEMATICS – inability for – calculating

MIND - MEMORY – active

MIND – MEMORY – weakness of memory (CS)

MIND - MEMORY- weakness of memory

MIND - MEMORY- weakness of memory- read, for what he has just read

MIND – MENTAL EXERTION – aversion to

MIND – MENTAL POWER – increased

MIND – MENTAL POWER – increased – sharp and alert

MIND - MERGING OF SELF with one's environment

MIND – MILDNESS

MIND – MISTAKES; making

MIND – MISTAKES; making – speaking in

MIND - MISTAKES; making - speaking, in - words - wrong words; using

MIND – MISTAKES; making – time, in

MIND – MISTAKES; making – writing, in

MIND – MOOD – agreeable

MIND – MOOD – alternating

MIND – MOOD – changeable

MIND - MOOD- changeable- evening

MIND – MOOD – contradictory

MIND – MOOD – repulsive

MIND – MOROSE

MIND – MORTIFICATION

MIND - MORTIFICATION- disease, talk about (N)

MIND – MOTHER COMPLEX

MIND – MUSIC – amel.

MIND – MUSIC – desire for

MIND – NOISE – aversion to

MIND – OFFENDED, easily

MIND – OFFENDED, easily – offenses, from the past

MIND – OPTIMISTIC

MIND – PASSIONATE

MIND - PEACE- yearning for

MIND – PERTINACITY

MIND - PLANS - making many plans

MIND - PLANS - making many plans - future; for the

MIND - PLANS - making many plans - revengeful plans

MIND – PLEASING – desire to please others

MIND – POSITIVENESS

MIND - POSTPONING everything to next day

MIND – PRAYING

MIND – PROSTRATION of mind

MIND – PROSTRATION of mind – anxiety, after

MIND – PROSTRATION of mind – cares from

MIND – PROSTRATION of mind – mental exertion, slight

MIND – PROSTRATION of mind – night

MIND – PROSTRATION of mind – sleepiness, with

MIND – PROSTRATION of mind – study, prolonged

MIND – QUARELLING – aversion to

MIND – QUARRELSOME

MIND – QUIET; wants to be

MIND – RAGE

MIND – RAGE – morning

MIND – RELIGIOUS AFFECTIONS

MIND – RELIGIOUS AFFECTIONS – talking on religious subjects

MIND – RELIGIOUS AFFECTIONS – too occupied with religion

MIND – RELIGIOUS AFFECTIONS – too occupied with religion – melancholia

MIND – RELIGIOUS AFFECTIONS – want of religious feeling

MIND – REMORSE

MIND – REPROACHING oneself

MIND - REPROACHING others

MIND – RESPECTED – desire to be

MIND – RESPONSIBILITY- early; taking responsibility

MIND - RESPONSIBILTY- taking responsibility too seriously

MIND – RESTLESSNESS

MIND – RUDENESS

MIND – SADNESS

MIND - SADNESS- afternoon

MIND – SADNESS – alone when

MIND – SADNESS – brooding; with

MIND – SADNESS – causeless

MIND – SADNESS – cheerfulness, after

MIND – SADNESS – despair with

MIND – SADNESS – dream, from

MIND – SADNESS – extreme

MIND - SADNESS- failure to accomplish; from

MIND – SADNESS – gloomy

MIND - SADNESS- mental exertion, after

MIND – SADNESS – morning

MIND – SADNESS – past events; about

MIND – SADNESS – quarrel with husband, after

MIND - SADNESS- single, being (N)

MIND – SADNESS – trifles, about

MIND - SADNESS- waking: when

MIND – SADNESS – weakness; with

MIND – SENSITIVE (CS)

MIND – SENSITIVE

MIND - SENSITIVE - emotions; to (CS)

MIND – SENSITIVE – emotions; to

MIND – SENSITIVE – noise, to

MIND – SENTIMENTAL

MIND – SLOWNESS

MIND – SNAPPISH

MIND - SPOKEN TO; being - agg

MIND – STRANGE – sensations

MIND – STRIKING - anger, from

MIND - STRIKING - desire - strike; to

MIND – STRIKING - rage; with

MIND – STUDYING – difficult

MIND – SUSPICIOUS

MIND - SUSPICIOUS- friends, his best

MIND – SYMPATHY from others – desire for

MIND - TALKING - desire to talk to someone

MIND - TALKING - desire to talk to someone - conflicts; in order to solve

MIND - TALKING - future; about

MIND – TENSION, mental

MIND – THOUGHTS – dead loved ones, of (N)

MIND – THOUGHTS – disagreeable

MIND – THOUGHTS- father; of her

MIND - THOUGHTS- future, of the

MIND – THOUGHTS – past, of the

MIND – THOUGHTS – persistent

MIND – THOUGHTS – persistent – offended him, of persons who had

MIND - THOUGHTS- rush

MIND - THOUGHTS- rush- afternoon

MIND - THOUGHTS- rush- night

MIND - THOUGHTS- rush- sleeplessness from

MIND – THOUGHTS – violent

MIND – THOUGHTS – wandering

MIND - THOUGHTS- wandering- afternoon

MIND – THOUGHTS – wandering – night

MIND - THREATENING - kill; to

MIND – TIME – slowly, appears longer, passes too

MIND -TIMIDITY- public; about appearing in- talk in public; to

MIND – TRANQUILITY

MIND – TRANQUILLITY – morning

MIND – TRANQUILLITY – morning – waking on

MIND – TRIFLES – agg.

MIND – VIOLENCE

MIND – VIOLENT

MIND - VIOLENT- reproached, when hearing another

MIND - VIOLENT- talk of others, from

MIND – WANDERING

MIND – WEARISOME

MIND – WEARISOME – cares; from

MIND – WEARY OF LIFE

MIND - WEARY OF LIFE- future, from solicitude about

MIND – WEEPING

MIND – WEEPING – abandoned; as if she had been

MIND – WEEPING – amel

MIND – WEEPING – causeless

MIND – WEEPING – desire to weep

MIND – WEEPING – dreaming, while

MIND – WEEPING – everything, about

MIND – WEEPING – violent

MIND - WILL - loss of will power

MIND - WILL- loss of will power- walking, while

MIND - WILL - weakness of

MIND - WORK- desire to work

MIND – WRITING – aversion to

MIND – YEARNING

4.4.2. Vertigo

VERTIGO – VERTIGO

VERTIGO - ACCOMPANIED BY - Ear - noises in

VERTIGO – ACCOMPANIED BY – Head – heaviness in head

VERTIGO – ACCOMPANIED BY – Head – pain in the head

VERTIGO – AFTERNOON

VERTIGO – NAUSEA – with

4.4.3. Head

HEAD – CONGESTION

HEAD - EATING- after: agg.

HEAD - EATING- overeating agg.; after

HEAD - ERUPTIONS – scales

HEAD - ERUPTIONS – scurfy

HEAD - HAIR – fair

HEAD – HEAVINESS

HEAD - HEAVINESS- accompanied by - heat of head

HEAD – HEAVINESS – accompanied by – nausea

HEAD – HEAVINESS – afternoon

HEAD – HEAVINESS – painful

HEAD – LIGHTNESS; sensation of

HEAD – PAIN

HEAD – PAIN – accompanied by – Eye – pain

HEAD – PAIN – accompanied by – Eye – pain – sore

HEAD – PAIN – accompanied by – nausea

HEAD – PAIN – accompanied by – neck – pain in

HEAD – PAIN – accompanied by – neck – pain in – nape of neck

HEAD – PAIN – aching

HEAD – PAIN – afternoon

HEAD – PAIN – afternoon – 13h

HEAD – PAIN – afternoon – 15h – 15-16h

HEAD – PAIN – afternoon - 16h

HEAD – PAIN – afternoon - 16h - 20h

HEAD – PAIN – afternoon – 17h

HEAD - PAIN- back of head and neck, on

HEAD – PAIN – cold - water- amel.

HEAD – PAIN - congestion; as from

HEAD – PAIN – constant, continued

HEAD – PAIN – constant, continued – two or three days

HEAD – PAIN – cough - during- agg

HEAD – PAIN – daytime

HEAD – PAIN – drinking – water: amel.

HEAD – PAIN – dull pain

HEAD - PAIN - eating - after - amel.

HEAD – PAIN – eating – amel.

HEAD – PAIN – evening

HEAD – PAIN – evening – 18h

HEAD – PAIN – evening 20h – 20h-21h

HEAD - PAIN – evening - dull pain

HEAD - PAIN - exertion - eyes; of the

HEAD – PAIN – extending to – Eyes

HEAD – PAIN - Eyes

HEAD – PAIN – Eyes – complaints; with eye

HEAD – PAIN – Forehead

HEAD – PAIN – Forehead – aching

HEAD – PAIN – Forehead – alternating with – Occiput; pain in

HEAD – PAIN – Forehead – dull pain

HEAD – PAIN – Forehead – evening

HEAD – PAIN – Forehead – evening - 18 h

HEAD – PAIN – Forehead – evening - 19 h

HEAD – PAIN – forehead – eyes –above - right

HEAD – PAIN – forehead – eyes –above – right - dull pain

HEAD – PAIN – Forehead - Sides

HEAD – PAIN – Forehead – sore

HEAD – PAIN – forenoon

HEAD – PAIN – forenoon – 10h

HEAD – PAIN – forenoon – 11h

HEAD – PAIN – hammering pain

HEAD – PAIN – increasing – gradually

HEAD – PAIN – intermittent pains

HEAD – PAIN – lifting agg.

HEAD – PAIN – light; from – agg.

HEAD – PAIN – light; from – amel

HEAD – PAIN – lying down – amel.

HEAD – PAIN – menses – after – agg.

HEAD – PAIN – menses – before – agg.

HEAD – PAIN – morning

HEAD – PAIN – morning – waking – on

HEAD – PAIN – motion – agg.

HEAD – PAIN – motion – head; of agg.

HEAD – PAIN – night

HEAD – PAIN – night – sleep – preventing

HEAD – PAIN – noise – agg.

HEAD – PAIN – noise – agg. – dull pain

HEAD – PAIN – Occiput

HEAD – PAIN – Occiput – aching

HEAD - PAIN - Occiput – afternoon

HEAD – PAIN – Occiput – afternoon – 13h

HEAD – PAIN – Occiput – dull pain

HEAD – PAIN – Occiput – extending to – forehead

HEAD – PAIN – Occiput – extending to – frontal eminence

HEAD – PAIN – Occiput - extending to: neck

HEAD – PAIN – Occiput – extending to: Nape of neck

HEAD – PAIN – Occiput and forehead

HEAD – PAIN – Occiput – forenoon

HEAD – PAIN – Occiput – morning

HEAD – PAIN – Occiput – sharp

HEAD – PAIN – pressing – weight; as from

HEAD – PAIN – pressure – amel.

HEAD – PAIN – pulling, like

HEAD – PAIN – pulsating pain

HEAD – PAIN – sharp

HEAD – PAIN – short lasting

HEAD – PAIN – Sides

HEAD – PAIN – Sides – right

HEAD – PAIN – Sides – right – aching

HEAD – PAIN – Sides – right – dull pain

HEAD – PAIN – Sides – right – extending to – Eye – right

HEAD – PAIN – sleep – ameliorates

HEAD - PAIN – sleep – ameliorates – good sleep; by a

HEAD – PAIN – sleep – preventing

HEAD – PAIN – sore

HEAD – PAIN – Temples

HEAD – PAIN – Temples – one side

HEAD - PAIN – Vertex

HEAD – PAIN – violent

HEAD – PAIN – waking – on

HEAD - SCALP; complaints of

4.4.4. Eye

EYE – CLOSING THE EYES – desire to

EYE – DISCHARGES – white

EYE – DISCOLORATION – red

EYE – DRYNESS

EYE – DRYNESS – night

EYE - DRYNESS- reading - agg.

EYE - DRYNESS- sensation of

EYE – HEAVINESS

EYES – HEAVINESS – accompanied by – head; pain in

EYE – IRRITATION

EYE – LIDS; complaints of

EYE – LIDS; complaints of – Lower

EYE – PAIN

EYE – PAIN – burning

EYE - PAIN - burning – afternoon

EYE – PAIN – burning – cold applications – ameliorate

EYE – PAIN – sore

EYE – PHOTOPHOBIA (CS)

EYE – SWELLING – Lids

EYE – SWELLING – Lids – Lower – Left

4.4.5. Ear

EAR – DISCHARGES

EAR – DISCHARGES – yellow

EAR - FULLNESS, sensation of

EAR – NOISES in

EAR – NOISES in – buzzing

EAR - NOISES in - ringing

EAR – PAIN

EAR – PAIN – left

EAR – PAIN – Lobes

EAR – PAIN – violent

EAR - STOPPED sensation

EAR - STOPPED sensation – yawning amel.

4.4.6. Hearing

HEARING – IMPAIRED

HEARING – IMPAIRED – left

HEARING – IMPAIRED – pain in ear – with

4.4.7. Nose

NOSE – CATARRH

NOSE – CATARRH – accompanied by – Nose – obstruction of

NOSE – CATARRH – morning

NOSE - CONGESTION (CS)

NOSE – CONGESTION

NOSE – CORYZA

NOSE – CORYZA – morning

NOSE – DISCHARGE

NOSE – DISCHARGES – clear

NOSE – DISCHARGE – copious

NOSE – DISCHARGE – morning

NOSE – DISCHARGE – right

NOSE – DISCHARGE – thick

NOSE – DISCHARGE – watery

NOSE - DISCHARGE - watery – morning

NOSE - DISCHARGE - watery – right

NOSE – DRYNESS

NOSE - OBSTRUCTION (CS)

NOSE – OBSTRUCTION

NOSE – OBSTRUCTION – alternating with – discharge

NOSE – OBSTRUCTION – breathing – mouth; must breathe through

NOSE – OBSTRUCTION – exertion – amel.

NOSE – OBSTRUCTION – morning

NOSE – OBSTRUCTION – morning – waking on

NOSE - OBSTRUCTION – right

NOSE – OBSTRUCTION – sensation of

NOSE – PAIN – Root – headache; during

NOSE – SNEEZING

NOSE – SNEEZING – constant

NOSE - SNEEZING - morning - waking, on

NOSE - SNEEZING - odors, from (N)

NOSE – SNEEZING – violent

4.4.8. Face

FACE – DRYNESS

FACE - DRYNESS – Cheeks

FACE – ERUPTIONS

FACE - ERUPTIONS – acne (CS)

FACE – ERUPTIONS – cheeks

FACE – ERUPTIONS – Nose

FACE – ERUPTIONS – Nose – inside

FACE – ERUPTIONS – Nose – Inside – right

FACE - ERUPTIONS – pimples (CS)

FACE - ERUPTIONS – pimples

FACE - ERUPTIONS - pimples – red

FACE – ERUPTIONS – red

FACE – GREASY (CS)

FACE – GREASY

FACE – PAIN – Sinuses – Frontal

FACE – PERSPIRATION

FACE - SHINY - oily; as if (CS)

4.4.9. Mouth

MOUTH – BLEEDING – gums

MOUTH – COMPLAINTS of mouth

MOUTH – NUMBNESS – tongue

MOUTH – SALIVATION

MOUTH - SALIVATION – profuse

MOUTH – TASTE – bad

MOUTH – TASTE – bitter

MOUTH – TASTE – bitter – eating – after – agg.

MOUTH – TASTE – metallic

MOUTH – TICKLING

MOUTH – TONGUE; complaints of

4.4.10. Throat

THROAT – COMPLAINTS of throat

THROAT – DRYNESS

THROAT – DRYNESS – thirst – with – water; for – cold

THROAT - FOREIGN BODY; sensation of a

THROAT – INFLAMMATION

THROAT – ITCHING

THROAT – ITCHING – cough agg.; during

THROAT – PAIN

THROAT – PAIN – accompanied by – Head; pain in

THROAT – PAIN – morning

THROAT – PAIN – scratching pain

THROAT – PAIN – sharp; as from something

THROAT – PAIN – sore

THROAT – PAIN – sore GENERALS – WEARINESS

THROAT – PAIN – splinter; as from a

THROAT – PAIN – stitching

THROAT – SCRATCHING

4.4.11. External Throat

EXTERNAL THROAT - SWELLING - Cervical Glands

EXTERNAL THROAT – THYROID GLAND; complaints of

4.4.12. Neck

NECK – COMPLAINTS of neck

NECK - COUGH agg .

NECK – ERUPTIONS

NECK - LUMPS

NECK - MOTION- agg

NECK – MOTION- head; of- agg.

NECK – PAIN

NECK – PAIN – left

NECK – PAIN - position; as from wrong

NECK – PAIN – sore

NECK – PERSPIRATION

NECK – STIFFNESS

NECK – SWELLING - External neck

4.4.13. Stomach

STOMACH – AIR - full with air; as if

STOMACH – APPETITE – constant

STOMACH – APPETITE – diminished

STOMACH – APPETITE – diminished – eating, when time for

STOMACH – APPETITE – diminished – evening

STOMACH – APPETITE – diminished – evening – supper

STOMACH – APPETITE – diminished – morning

STOMACH - APPETITE - diminished - thirst; with

STOMACH – APPETITE – easy satiety

STOMACH – APPETITE – increased (CS)

STOMACH – APPETITE – increased

STOMACH – APPETITE – increased – afternoon

STOMACH – APPETITE – increased – afternoon – 17h

STOMACH – APPETITE – increased – daytime

STOMACH – APPETITE – increased – noon

STOMACH – APPETITE – insatiable (CS)

STOMACH – APPETITE – insatiable

STOMACH – APPETITE – ravenous

STOMACH – APPETITE – ravenous – noon

STOMACH – APPETITE – thirst – with

STOMACH - COMPLAINTS of the stomach

STOMACH – DISTENTION

STOMACH - DISTENSION - air; as if full

STOMACH – DISTENSION – eating – after - agg

STOMACH – HEAT – sensation of

STOMACH – IRRITATION

STOMACH – NAUSEA

STOMACH – NAUSEA – afternoon - 13h

STOMACH – NAUSEA – afternoon - 14h

STOMACH – NAUSEA – daytime

STOMACH – NAUSEA - drinking: agg

STOMACH – NAUSEA – food – smell of

STOMACH – PAIN

STOMACH - PAIN - bending - double - amel.

STOMACH – PAIN – burning

STOMACH - PAIN - cold - drinks: amel.:

STOMACH – PAIN – cramping

STOMACH – PAIN – epigastrium

STOMACH – PAIN - ice cream: after

STOMACH – PAIN – lying – amel.

STOMACH – PAIN – lying – amel. – cramping

STOMACH – PAIN – morning

STOMACH – PAIN – morning – burning

STOMACH – PAIN – night

STOMACH – PAIN – night – cramping

STOMACH - PAIN - pressure - vertebrae; on dorsal - amel.

STOMACH – PAIN – sleep – preventing

STOMACH – PAIN – stooping – amel.

STOMACH – PAIN – violent

STOMACH - PAIN - waking, on

STOMACH – THIRST

STOMACH – THIRST – alternating with – thirstlessness

STOMACH - THIRST - burning, vehement

STOMACH – THIRST – cold – water

STOMACH – THIRST – daytime

STOMACH – THIRST – evening

STOMACH – THIRST – extreme

STOMACH – THIRST – extreme – waking on

STOMACH – THIRST – morning

STOMACH – THIRST – morning – waking – on

STOMACH – THIRST – night

STOMACH – THIRST - unquenchable

STOMACH – THIRSTLESSNESS

STOMACH – UNEASINESS

STOMACH – UNEASINESS - nausea; with

STOMACH – VOMITING

STOMACH - VOMITING - anticipation; from

STOMACH – VOMITING – drinking – after – cold water – amel.

STOMACH – VOMITING – eating after –amel.

STOMACH – VOMITING – expectoration; during

STOMACH - VOMITING - expectoration, on

STOMACH – VOMITING – food – eating – after – agg.

STOMACH – VOMITING; TYPE OF – sour

4.4.14. Abdomen

ABDOMEN – BOILING sensation

ABDOMEN – COMPLAINTS of abdomen – accompanied by – weakness

ABDOMEN- DISTENTION

ABDOMEN – DISTENTION – diarrhea, with

ABDOMEN- DISTENTION- eating- after-agg

ABDOMEN – PAIN

ABDOMEN – PAIN – constipation; as from

ABDOMEN – PAIN – constipation – during

ABDOMEN – PAIN – constipation – during – cramping

ABDOMEN – PAIN – cramping

ABDOMEN – PAIN – cramping – accompanied by – flatulence

ABDOMEN – PAIN – cramping – followed by – diarrhea; fetid

ABDOMEN – PAIN – cramping – violent; very

ABDOMEN – PAIN – daytime

ABDOMEN – PAIN – diarrhea – after – agg

ABDOMEN – PAIN – diarrhea – before

ABDOMEN – PAIN – diarrhea – before – cramping

ABDOMEN – PAIN – diarrhea – during

ABDOMEN – PAIN – diarrhea – during – cramping

ABDOMEN – PAIN – hypogastrium

ABDOMEN – PAIN – hypogastrium – cramping

ABDOMEN – PAIN – hypogastrium – night

ABDOMEN – PAIN – hypogastrium – night – cramping

ABDOMEN – PAIN – Lower abdomen

ABDOMEN – PAIN – Lower abdomen – cramping

ABDOMEN – PAIN – morning

ABDOMEN – PAIN – morning – cramping

ABDOMEN – PAIN – morning – stitching pain

ABDOMEN – PAIN – morning – tearing pain

ABDOMEN – PAIN – morning – waking – on

ABDOMEN – PAIN – noon

ABDOMEN – PAIN – noon – cramping

ABDOMEN – PAIN – sleep – interrupting sleep

ABDOMEN – PAIN – stinging

ABDOMEN – PAIN – stitching pain

ABDOMEN – PAIN – tearing pain

ABDOMEN – PAIN – tearing pain – cramping

ABDOMEN – RUMBLING

4.4.15. Rectum

RECTUM – CONSTIPATION

RECTUM – CONSTIPATION – daytime

RECTUM – CONSTIPATION – painful

RECTUM – DIARRHEA

RECTUM - DIARRHEA – afternoon

RECTUM – DIARRHEA - cramping, from

RECTUM – DIARRHEA – daytime

RECTUM – DIARRHEA – fever – during – agg

RECTUM – DIARRHEA – hectic, during

RECTUM – DIARRHEA – menses – during

RECTUM – DIARRHEA – night

RECTUM – DIARRHEA - rich food agg

RECTUM – DIARRHEA – sleep – during

RECTUM – PAIN – stool during

4.4.16. Stool

STOOL – BALLS, like

STOOL – BALLS, like – black

STOOL – BALLS, like – small

STOOL – DARK

STOOL – FREQUENT

STOOL – HARD

STOOL – LUMPY – small; and

STOOL – ODOR - offensive

STOOL – SOFT

STOOL – SUPPRESSED

STOOL – YELLOW

4.4.17. Bladder

BLADDER - URINATION - drinking - agg.

BLADDER - URINATION – frequent

BLADDER - URINATION - frequent - drinking; after

BLADDER – URINATION – frequent – headache – during

BLADDER – URINATION – frequent – pain; with

BLADDER – URINATION – frequent – scanty; but

4.4.18. Urine

URINE – COLOR – yellow – bright

URINE – COPIOUS

URINE – COPIOUS – headache – during

URINE – SCANTY

URINE – SCANTY – frequent; and

4.4.19. Female genitalia/Sex

FEMALE GENITALIA/SEX – MENSES – copious

FEMALE GENITALIA/SEX – MENSES – copious – afternoon

FEMALE GENITALIA/SEX – MENSES – copious – evening

FEMALE GENITALIA/SEX – MENSES – copious – morning

FEMALE GENITALIA/SEX - MENSES - daytime only

FEMALE GENITALIA/SEX – MENSES – early; too

FEMALE GENITALIA/ SEX – MENSES – late, too

FEMALE GENITALIA/SEX - MENSES - morning – only

FEMALE GENITALIA/SEX - MENSES – painful

FEMALE GENITALIA/ SEX – MENSES – pale – clots – dark; with

FEMALE GENITALIA/SEX - MENSES – scanty

4.4.20. Larynx and Trachea

LARYNX AND TRACHEA - VOICE – broken

LARYNX AND TRACHEA – VOICE – complaints

LARYNX AND TRACHEA - VOICE - higher - hawking, after

LARYNX AND TRACHEA - VOICE - hoarseness - hawking amel.

LARYNX AND TRACHEA - VOICE – weak

LARYNX AND TRACHEA - VOICE - weak - talking – after

4.4.21. Cough

COUGH – COLD – drinks - amel

COUGH – COUGH in general

COUGH - DRINKS – cold

COUGH – ITCHING – Throat; in

COUGH- NIGHT

COUGH- NIGHT- waking from cough

COUGH- SLEEP- wakens from

4.4.22. Expectoration

EXPECTORATION – BALLS, in the shape of

EXPECTORATION – COPIOUS

EXPECTORATION – DIFFICULT

EXPECTORATION – DIFFICULT – weak to cough out; too

EXPECTORATION – HEAVY

EXPECTORATION – INFREQUENT

EXPECTORATION – MUCOUS

EXPECTORATION – MUCOUS – weather agg.; cold

EXPECTORATION – TOUGH

EXPECTORATION – VISCID

EXPECTORATION – WHITE

EXPECTORATION – WHITE – tough

4.4.23. Back

BACK – HEAT

BACK – HEAVINESS, weight

BACK – PAIN

BACK - PAIN - Dorsal region

BACK – PAIN – left

BACK - PAIN - Lumbar region

BACK – PAIN – Lumbar region – position; from lying in a wrong

BACK – PAIN – menses – during – agg.

BACK - PAIN - motion, on

BACK - PAIN - motion, on - gentle motion; by - amel.

BACK – PAIN – sore

BACK - PRESSURE - external - amel.

4.4.24. Extremities

EXTREMITIES - CHAPPED hands

EXTREMITIES - DRYNESS - Hands – Palm

EXTREMITIES – ERUPTIONS

EXTREMITIES – ERUPTIONS – Hands

EXTREMITIES - ERUPTIONS - Hands– Palm

EXTREMITITES – ERUPTIONS – pimples

EXTREMITIES – ERUPTIONS – upper limb

EXTREMITIES – ERUPTIONS – upper limb – pimples

EXTREMITIES – FEET – complaints of

EXTREMITIES – FEET – complaints of – Sole of

EXTREMITIES - FORMICATION - Fingers

EXTREMITIES – HANDS – complaints of

EXTREMITIES – HEAT

EXTREMITIES – HEAT – feet

EXTREMITIES – HEAT – feet – burning

EXTREMITIES – HEAVINESS - left

EXTREMITIES – KNEES; complaints of

EXTREMITIES – LEGS - complaints of

EXTREMITIES - NAILS; complaints of

EXTREMITIES – PAIN

EXTREMITIES – PAIN – Ankles

EXTREMITIES – PAIN – Ankles – standing – agg.

EXTREMITIES - PAIN - burning – Foot

EXTREMITIES - PAIN - burning - Foot - Sole

EXTREMITIES – PAIN - cramping

EXTREMITIES - PAIN – Elbow

EXTREMITIES – PAIN - grasping something agg.

EXTREMITIES – PAIN - hands

EXTREMITIES – PAIN – hands - closing the hand agg.

EXTREMITIES – PAIN – hands - cramping

EXTREMITIES – PAIN – hands - holding anything

EXTREMITIES – PAIN – hands – motion - agg.

EXTREMITIES – PAIN – hands - noon

EXTREMITIES - PAIN – Knees

EXTREMITIES - PAIN - Knees - motion - agg.

EXTREMITIES - PAIN - Knees - motion - agg. – sore

EXTREMITIES - PAIN - Knees – sore

EXTREMITIES – PAIN – Legs

EXTREMITIES – PAIN – Legs – Calves

EXTREMITIES – PAIN – Legs – Calves – ascending stairs – agg.

EXTREMITIES – PAIN – Legs – Calves – cramping

EXTREMITIES – PAIN – Legs – cramping

EXTREMITIES – PAIN – Legs – right

EXTREMITIES – PAIN – Legs – sore

EXTREMITIES – PAIN – nails - sore

EXTREMITIES – PAIN – right

EXTREMITIES – PAIN – Shoulder

EXTREMITIES – PAIN – Shoulders – extending to – neck

EXTREMITIES – PAIN – Shoulders – sore

EXTREMITIES – SHOULDERS; complaints of

EXTREMITIES – STIFFNESS

EXTREMITIES – STIFFNESS – Legs

EXTREMITIES – STIFFNESS – Legs – Calve

4.4.25. Sleep

SLEEP – BAD

SLEEP - CONSCIOUS sleep

SLEEP – DEEP

SLEEP – DISTURBED (CS)

SLEEP – DISTURBED

SLEEP – DISTURBED – cough by

SLEEP – DISTURBED – dreams, by 29

SLEEP – DISTURBED – dreams, by – frightful

SLEEP – DISTURBED – fever, after

SLEEP – DISTURBED – noise; by the slightest (CS)

SLEEP – DISTURBED – pain; by

SLEEP – DISTURBED – pain; by – stomach

SLEEP – DREAMING

SLEEP – DREAMING – bed, driving out of

SLEEP – FALLING ASLEEP – afternoon

SLEEP – FALLING ASLEEP – afternoon – 13:30-14:30

SLEEP – FALLING ASLEEP – daytime

SLEEP – FALLING ASLEEP – difficult

SLEEP – FALLING ASLEEP – difficult – sleepiness, with

SLEEP – FALLING ASLEEP – early

SLEEP – FALLING ASLEEP – early, too

SLEEP – FALLING ASLEEP – late

SLEEP – FALLING ASLEEP – late – four hours, after

SLEEP – FALLING ASLEEP – morning

SLEEP – INTERRUPTED (CS)

SLEEP – INTERRUPTED

SLEEP – INTERRUPTED – pain; from

SLEEP – NEED OF SLEEP – great

SLEEP – NEED OF SLEEP – little

SLEEP – POSITION – changed frequently

SLEEP – PROLONGED

SLEEP – PROLONGED - daytime

SLEEP – REFRESHING

SLEEP – RESTLESS

SLEEP – SHORT

SLEEP – SHORT – afternoon

SLEEP – SHORT – catnaps, in

SLEEP – SHORT – night – midnight – after – 4.30 - 6.30 h

SLEEP – SLEEPINESS

SLEEP – SLEEPINESS – afternoon

SLEEP – SLEEPINESS – afternoon – 14h
SLEEP – SLEEPINESS – afternoon – 14.30h
SLEEP – SLEEPINESS – afternoon – 17h
SLEEP – SLEEPINESS – anxiety; with
SLEEP – SLEEPINESS – daytime
SLEEP – SLEEPINESS – evening
SLEEP – SLEEPINESS – evening – 20h
SLEEP – SLEEPINESS – evening – early
SLEEP – SLEEPINESS – morning
SLEEP – SLEEPINESS – morning – waking – on
SLEEP – SLEEPINESS- night
SLEEP – SLEEPINESS – overpowering
SLEEP – SLEEPINESS – weakness – as from
SLEEP – SLEEPINESS – weakness – with
SLEEP – SLEEPINESS – weariness; with
SLEEP – SLEEPINESS – work – during
SLEEP – SLEEPLESSNESS (CS)
SLEEP – SLEEPLESSNESS
SLEEP – SLEEPLESSNESS – accompanied by – sleepiness
SLEEP – SLEEPLESSNESS – diarrhea; during
SLEEP – SLEEPLESSNESS – evening

SLEEP - SLEEPLESSNESS - evening - thoughts, from activity of

SLEEP – SLEEPLESSNESS – fever – during – agg.

SLEEP – SLEEPLESSNESS – night

SLEEP – SLEEPLESSNESS – night – bed; after going to

SLEEP – SLEEPLESSNESS – night – middle part

SLEEP – SLEEPLESSNESS – night – midnight – before

SLEEP – SLEEPLESSNESS – night – sleeps by day

SLEEP – SLEEPLESSNESS – pain; from

SLEEP – SLEEPLESSNESS – pain; from – Head

SLEEP – SLEEPLESSNESS – part of the night – large part

SLEEP - SLEEPLESSNESS - restlessness, from

SLEEP – SLEEPLESSNESS – sadness – from

SLEEP – SLEEPLESSNESS – shocks, from

SLEEP – SLEEPLESSNESS – thoughts – activity of thoughts; from

SLEEP – SLEEPLESSNESS – weariness – in spite of weariness

SLEEP – UNREFRESHING

SLEEP – UNREFRESHING – afternoon

SLEEP – UNREFRESHING – morning

SLEEP – WAKING – cough, from

SLEEP – WAKING – difficult

SLEEP – WAKING – dreams, by

SLEEP – WAKING – early

SLEEP – WAKING – early; too

SLEEP – WAKING – early, too – asleep late, and falling

SLEEP – WAKING – frequent

SLEEP – WAKING – late; too

SLEEP – WAKING – morning – 7h

SLEEP – WAKING – night

SLEEP – WAKING – pain, with

SLEEP – WAKING – slept one's fill; as having

SLEEP – YAWNING

SLEEP – YAWNING – constant

SLEEP – YAWNING – daytime

SLEEP – YAWNING – sleepiness – during

SLEEP – YAWNING – sleepiness – with

SLEEP – YAWNING – work – aversion to work; with

4.4.26. Dreams

DREAMS – ACCIDENTS

DREAMS - AFRICA (N)

DREAMS – AIRPORTS

DREAMS – ANGER

DREAMS – ANXIOUS

DREAMS – ATTACKED, of being

DREAMS – ATTACKED, of being – black person, by

DREAMS – BROTHER

DREAMS - CHILDREN; about

DREAMS - CHILDREN; about - rescuing; of

DREAMS – CHRISTMAS

DREAMS – CONFUSED

DREAMS – CONFUSED - being confused; of

DREAMS – COUSIN

DREAMS – DEAD; of the

DREAMS – DEAD; of the – friend

DREAMS – DEATH

DREAMS – DEATH – relatives; of

DREAMS – DEATH - relatives; of – parents; of

DREAMS – DISCONNECTED

DREAMS – DREAMS in general

DREAMS - DROWNING

DREAMS - DROWNING- children are drowning

DREAMS - DROWNING- people are drowning

DREAMS – FALLING

DREAMS – FALLING – height, from a

DREAMS - FALLING- pit, into a

DREAMS – FAMILY, of

DREAMS – FRIGHFUL

DREAMS – GOD; of

DREAMS - GRANDPARENTS; of

DREAMS - GRANDPARENTS; of – grandmother – old| isolated

DREAMS – HAMMERING her, someone is

DREAMS – HAPPY

DREAMS – HOLES

DREAMS – HOME - turned out of

DREAMS – INJUSTICE

DREAMS - ISLAND (N)

DREAMS – KNIVES

DREAMS – MOUTAINS

DREAMS – MUSIC

DREAMS - MUSIC- religious Middle Eastern music

DREAMS – NIGHTMARE

DREAMS – PEOPLE – drunken

DREAMS – PLEASANT

DREAMS – RELATIVES

DREAMS – RELIGIOUS

DREAMS – REPEATING

DREAMS – SAD

DREAMS – SCHOOL

DREAMS – SEA

DREAMS – SHOPPING

DREAMS – STRANGE

DREAMS – SWIMMING

DREAMS - TRAP - being trapped

DREAMS – UNPLEASANT

DREAMS – UNPLEASANT – fear, from

DREAMS – UNREMEMBERED

DREAMS – VIOLENCE

DREAMS - VIVID (CS)

DREAMS – VIVID

DREAMS – WATER

DREAMS – WEDDING

DREAMS - WEEPING; about

DREAMS – WORK

4.4.27. Fever

FEVER – DIARRHEA – during

FEVER – FEVER, heat in general

FEVER – MORNING

FEVER – NIGHT

FEVER- RELAPSING

FEVER – SLEEP, heat comes on – during

4.4.28. Perspiration

PERSPIRATION – HOT

PERSPIRATION – NIGHT

PERSPIRATION – NIGHT – heat; during

PERSPIRATION – PERSPIRATION in general

PERSPIRATION – PROFUSE

PERSPIRATION – PROFUSE – night

PERSPIRATION - PROFUSE - sleep, during

PERSPIRATION - SLEEP – during

4.4.29. Skin

SKIN – BURNING

SKIN - DRY

SKIN – ECCHYMOSES

SKIN - ECCHYMOSES – spots

SKIN – ERUPTIONS

SKIN – ERUPTIONS – blisters

SKIN – ERUPTIONS – blisters – burn; as from a

SKIN – ERUPTIONS – eczema (CS)

SKIN – ERUPTIONS – pimples

SKIN - INFLAMMATION

SKIN – ITCHING

SKIN – ITCHING - accompanied by- heat of skin; sensation of

SKIN – ITCHING – burning

SKIN – ITCHING – eating – after – agg.

SKIN – SENSITIVENESS – sun, to (CS)

SKIN - SWELLING

SKIN - SWELLING – burning

SKIN – SWELLING – inflamed

SKIN – UNHEALTHY

4.4.30. Generals

GENERALS – ACTIVITY – desire for

GENERALS – ACTIVITY – increased

GENERALS - BATHING - cold bathing - desire for

GENERALS - BATHING - hot bathing - agg.

GENERALS – BATHING – ice-cold bathing – desire for

GENERALS - BUSINESS, work, occupation; complaints from

GENERALS – COLD – air – agg.

GENERALS – COMPLAINTS - body weight; regulation of

GENERALS – EATING- after – ameliorates (CS)

GENERALS – ENERGY – excess of energy

GENERALS - ENERGY - excess of energy - alternating with - low energy

GENERALS - ENERGY - excess of energy – morning

GENERALS – ENERGY – sensation of

GENERALS - EXERTION; physical - agg.

GENERALS – EXERTION; physical – desire

GENERALS – EXERTION; physical – impossible

GENERALS – EXPECTORATION – amel.

GENERALS – FAINTNESS – accompanied by – constipation

GENERALS – FANNED; being – desire to be

GENERALS – FOOD and DRINKS – bland food – desire

GENERALS – FOOD and DRINKS – carbonated drinks – desire

GENERALS – FOOD and DRINKS – cheese – desire

GENERALS - FOOD and DRINKS – chocolate - desire

GENERALS – FOOD and DRINKS – chocolate – desire – bitter chocolate

GENERALS – FOOD and DRINKS – cold drink, cold water – agg

GENERALS - FOOD and DRINKS - cold drink, cold water – amel

GENERALS - FOOD and DRINKS - cold drink, cold water – desire

GENERALS – FOOD and DRINKS – food – desire

GENERALS – FOOD and DRINKS – ice – agg.

GENERALS - FOOD and DRINKS - ice cream - agg.

GENERALS - FOOD and DRINKS - ice cream - desire

GENERALS – FOOD and DRINKS – milk – amel.

GENERALS - FOOD and DRINKS – nuts - desire

GENERALS – FOOD and DRINKS – pastry – agg.

GENERALS – FOOD AND DRINKS – potato chips – desire

GENERALS - FOOD and DRINKS - potatoes – agg

GENERALS - FOOD and DRINKS – salad – agg.

GENERALS - FOOD and DRINKS – soup - desire – warm

GENERALS – FOOD and DRINKS – sour drinks – desire

GENERALS – FOOD and DRINKS – spices – agg.

GENERALS - FOOD and DRINKS – sugar - amel.

GENERALS - FOOD and DRINKS – sweet - agg

GENERALS - FOOD and DRINKS – tomatoes – desire

GENERALS – FOOD and DRINKS – warm drinks – agg. – hot

GENERALS - FOOD and DRINKS - warm food – desire

GENERALS – FOOD and DRINKS – water – amel.

GENERALS – HEAT - accompanied by - head complaints of

GENERALS – HEAT – flushes of

GENERALS – HEAT – flushes of – daytime

GENERALS – HEAT – flushes of – night

GENERALS – HEAT – flushes of – perspiration – with

GENERALS – HEAT – flushes of – perspiration – with – night

GENERALS – HEAT – sensation of

GENERALS – HEAT – sensation of – exertion agg.

GENERALS – HEAT – sensation of – night

GENERALS – HEAT – sensation of – perspiration; during

GENERALS – HEATED, becoming

GENERALS – HEAVINESS

GENERALS – INFLUENZA

GENERALS – INFLUENZA – sensation as if

GENERALS – JOINTS – complaints of

GENERALS – LOSS – fluids, of

GENERALS – MORNING

GENERALS - MORNING – waking on

GENERALS - OBESITY

GENERALS – OBESITY - sadness; during - women; in

GENERALS – PAIN

GENERALS – PAIN – aching

GENERALS – PAIN – Body; all over

GENERALS - PAIN - cramping – Muscles

GENERALS – PAIN – morning

GENERALS – PAIN – morning - waking – on

GENERALS – REST – desire for

GENERALS – RESTLESSNESS

GENERALS – RIDING – car, in a – ameliorates

GENERALS – SICK FEELING; vague

GENERALS – SICK FEELING; vague – waking; on

GENERALS – SLEEP - short sleep - amel.- afternoon

GENERALS – STIFFNESS (CS)

GENERALS - STIFFNESS – Joints

GENERALS – STIFFNESS – muscles (CS)

GENERALS – STRENGTH, sensation of

GENERALS - TENSION - general; in

GENERALS – UNCLEANINESS – agg

GENERALS - WARM - agg.

GENERALS - WARM - air - agg.

GENERALS – WEAKNESS

GENERALS – WEAKNESS – accompanied by – nausea

GENERALS – WEAKNESS – afternoon

GENERALS – WEAKNESS – afternoon – 14h

GENERALS – WEAKNESS – afternoon – 14h – 14-15h

GENERALS – WEAKNESS – appetite; with increased

GENERALS – WEAKNESS – as from sleepiness

GENERALS – WEAKNESS - breakfast - after - agg.

GENERALS – WEAKNESS – daytime

GENERALS – WEAKNESS – dream, after a

GENERALS – WEAKNESS - eating – after - agg.

GENERALS – WEAKNESS – evening

GENERALS – WEAKNESS – excessive

GENERALS – WEAKNESS – exertion – agg.

GENERALS – WEAKNESS – exertion – agg. – slight exertion

GENERALS - WEAKNESS - exertion - as from excessive exertion

GENERALS – WEAKNESS – extreme

GENERALS – WEAKNESS – hunger; from

GENERALS – WEAKNESS – menses – after

GENERALS – WEAKNESS – menses – during

GENERALS – WEAKNESS – mental exertion – agg.

GENERALS - WEAKNESS – morning (CS)

GENERALS – WEAKNESS – morning

GENERALS - WEAKNESS - morning - rising – on

GENERALS – WEAKNESS – morning – waking; on

GENERALS – WEAKNESS – night

GENERALS – WEAKNESS – noon

GENERALS – WEAKNESS – pain; from

GENERALS – WEAKNESS – progressive

GENERALS – WEAKNESS – restlessness; with

GENERALS – WEAKNESS – sleep – loss of; from

GENERALS – WEAKNESS – sleep – loss of; from – as from a loss of sleep

GENERALS – WEAKNESS – sleepiness – as from sleepiness

GENERALS – WEAKNESS – waking

GENERALS – WEARINESS

GENERALS – WEARINESS - afternoon

GENERALS – WEARINESS - daytime

GENERALS – WEARINESS – evening

GENERALS – WEARINESS – mental exertion agg.

GENERALS - WEARINESS – morning (CS)

GENERALS – WEARINESS – morning

GENERALS – WEARINESS – morning – waking; on

GENERALS – WEARINESS – much talking

GENERALS – WEARINESS – night

GENERALS – WEARINESS – noon

GENERALS – WEARINESS – talking; after

GENERALS – WEATHER – hot - agg

GENERALS – WIND – cold – agg.

GENERALS – WRITING – amel.

4.5. New rubrics

4.5.1. Mind

MIND – CONCENTRATION – difficult – noise, with (N)

MIND - DESIRES- full of desires- marriage, for (N)

MIND - INDEPENDENT – desire for independence (N)

MIND – IRRITABILITY – complaints, by (N)

MIND – IRRITABILITY – sleep; from lack of (N)

MIND - MORTIFICATION- disease, talk about (N)

MIND - SADNESS- single, being (N)

MIND – THOUGHTS – dead loved ones, of (N)

4.5.2. Nose

NOSE - SNEEZING - odors, from (N)

4.5.3. Dreams

DREAMS - AFRICA (N)

DREAMS - ISLAND (N)

Chapter Five

Discussion

5.1. Introduction

This chapter details the results obtained from the proving of *Panthera leo* as well as the subsequent comparison of this homoeopathic remedy with that of *Lac leoninum*(Sankaran, 1998) (Herrick, 1998).

5.2. The remedy abbreviation

It is recommended by the researcher that *Panthera leo* be abbreviated to *Panth-leo*. Although *Panth-leo* is similar to the abbreviation of *Lac-leo* (milk of the female lion), the term 'Lac' clearly denotes that it is a remedy derived specifically from milk.

5.3. The symptoms

All symptoms are discussed under the relevant headings corresponding with most forms of *Materia medicas*.

5.3.1. Mind

Absentminded/ Thoughts wandering

Five provers experienced feelings of being absentminded. Of the five provers, four of the five provers had difficulty concentrating on the task at hand, expressed as a lack of the ability to concentrate/focus on studying/reading/working, mixing of dates/months and thinking one thing and saying another. Prover 6 felt bouts of confusion associated with feelings of annoyance and a dazed feeling.

Two provers described a feeling of their mind wandering associated with sleeplessness.

Alert/ Refreshed feeling:

Prover 1 experienced alertness associated with an energetic feeling. Although this theme was not experienced by any other prover, it was shown to be experienced on numerous occasions during the proving by prover 1.

Provers 15 and 21 described a feeling of mental freshness whereas prover 21 experienced this feeling in the morning and expressed a desire for this fresh feeling to last.

Anger:

Nine provers described feelings of anger associated with feelings of frustration, irritation, rage and agitation. Two provers described this anger in an extremely violent manner, prover 8 desired to put their hands around someone's neck and just hold them till they stop breathing and prover 30 expressed a similar vision of beating, hurting as well as killing someone.

Audacity/Boldness/Determination:

Five provers expressed feelings pertaining to a form of boldness that was expressed in different ways. Prover 2 showed signs of boldness associated with arrogance and disregard for what others would think and thus felt free from the hesitancy to speak up. Prover 10 experienced the desire to lash out at others, for no apparent reason. A sense of extreme rudeness coupled with a snappy behavior and being straight forward was expressed by prover 11. Prover 23 found the need to speak up rather than suppressing emotions felt for a long period of time. A feeling of violent behavior was expressed by prover 30, in the form of wanting to beat a specific person up, which was followed by a need to be confrontational.

Prover 30 expressed determination to fulfill future plans

Bosses:

Proverbs 28 and 30 experienced a sense of injustice in response to their bosses interaction with themselves and their colleagues. They also expressed a need, which was not being met, for their actions to be appreciated by receiving a raise or bonus.

Calmness/ Tranquility

There was a theme of calmness in the symptoms experienced by Prover 21 this was in the form of not over reacting to situations/things which normally would result in the prover 'freaking out'. This theme followed in prover 28, who had thoughts of God which left a calm feeling instilled within this prover.

A peaceful and calming state was felt by six provers who welcomed this state of mind, as they normally did not feel this way. Proverbs 10, 16 and 30 expressed a desire for peacefulness. Prover 16 could not get their mind calm, whereas prover 30 desired peace and quiet.

Change:

A desire for change of varying cause was expressed by three provers. Prover 18 desired a change due to lack of enthusiasm to study whereas prover's 28 and 30 expressed a yearning for change that would result in them becoming better people however prover 30 also experienced a desire for excitement in life due to feelings of ennui as well as a need for a change in jobs.

Children:

Evidence of this theme arose from provers expressing specific feelings towards and because of their interaction with children. Prover 6, showed the most symptoms which included a nurturing, motherly feeling which was previously unnoticed, accompanied by sadness and anxiety due to different circumstances around the interaction of this prover her niece. Anger followed by guilt was experienced by prover 8 who became excessively angry with her child. Prover 18 experienced exhaustion from dealing with children later followed by a desire to have children of her own. Irritation followed by guilt was similarly experienced by prover 23 as seen with prover 6.

Company(aversion/ amel. / desire):

Contradictory feelings were experienced by provers, showing an aversion to company as well as a desire and amelioration in company. Prover 2 and prover 30 had an aversion to company with agitation and irritation and the desire for solitude or the company of specific people respectively. A desire for company was experienced by prover 23 and provers 22 and 28 felt better in the presence of friends.

Ennui/ bored/ Laziness:

Three provers felt tremendous boredom accompanied by the desire for excitement expressed by prover 30 and the desire for some distraction/entertainment expressed by prover's 15 and 21.

Prover 30 experienced a strong sense of laziness during the proving ranging from laziness and aversion to waking up in the morning, to carrying out normal daily activities e.g. eating and bathing. A laziness to write in the journal was also expressed by provers 21 and 30. And prover 19 described laziness in the sense of not wanting to meet a deadline.

Fear:

A contradictory feeling of being engulfed by fear as well as overcoming fear was experienced by five provers. Provers 2 and 6 overcame their fear; prover 2 expressed this by speaking their mind and prover 6 engaged in an activity that normally scared the prover – this correlates to the previous theme of 'audacity/boldness'. Provers 23, 29 and 30 were taken over by fear due to, unknown reasons, fighting dream and a fear of a headache returning, respectively.

Feeling like death:

Provers 18 and 30 expressed the sensation-'feeling like death', simultaneously prover 18 felt amazing as well.

Gratitude:

A sense of gratitude was felt by prover 18 although there was a failure mentioned. An abundance of gratitude was most expressed by prover 28, who felt grateful to God. Prover 30 felt gratitude for extra money obtained.

Happy/ content/ positive:

Ten provers described a happy state that they were experiencing. Provers 18, 23 and 30 expressed their happiness by listening to music. Feelings of excitement, contentment, positiveness and relaxation were also experienced. A feeling of being around certain individuals also instilled happiness in these provers.

Two provers developed a positive attitude based on different circumstances.

Husband/boyfriend:

Six female provers experienced mixed feelings towards their husband/boyfriend. Anger, irritation, desperation, yearning, love and happiness were experienced. Prover 10 expressed an extreme form of irritation that led her to having a desire to kill her husband.

Invisible:

Prover 21 described a sense of feeling invisible at the initial start of the proving which thereafter followed by a desire to feel invisible later on in the proving.

Irritability/ Snappish:

Thirteen provers suffered from bouts of irritation accompanied by feelings of anger, annoyance, confusion, snappishness, grumpiness and a feeling of being anxious. These feelings arose due to different circumstances which ranged from being around

people, upset with husband, about life in general, lack of sleep, writing dates, noise from kids and being underpaid.

Two provers expressed a desire to snap at those around them whereas two other provers acted on their feeling of snapping at someone for no particular reason.

Isolation/alone:

Five provers described a feeling of wanting to be alone or they were feeling alone in this world. This feeling was also accompanied by the need to be silent and not talk to anyone, prover 30 described wanting 'me' time and a sense of isolation was felt by prover 6.

Lost:

Four provers expressed a feeling of being lost associated with not having a direction in life and feeling like they don't belong anywhere.

Memory:

Contradictory memory symptoms arose in this theme, as prover 10 experienced an improvement in memory, whereas prover 16 suffered from forgetfulness which lead to panic and demotivation and prover 21 described a state of feeling 'blank'.

Money:

Worry and financial stress was experienced by provers 16 and 28 due to expenses. Prover 30 expressed feelings of appreciation for money mixed with feelings of unappreciation for not receiving an increase/ bonus at work, which was also felt by prover 28.

Mood:

A variety of emotional states were described by ten provers. These feelings were explained as moodiness, quiet mood, feeling terrible, mixed emotions, good and bad moods. These moods were accompanied by feelings of anger and irritability. Prover 1 described the moods to have improved and did not feel moody or stressed as they

normally felt. Prover 18 also described a similar feeling of not feeling as emotional as anticipated. Provers 23 and 28 experienced a rollercoaster of emotions, which varied from feeling not as moody to very moody. Prover 30 also described these feelings of mixed emotional states as 'in and out of a good and bad mood'.

Out of character:

Two provers experienced feelings of feeling out of character also describing this feeling as 'there's something out of tune in me', and 'I don't think I'm myself'.

Placebo/verum:

Contradictory feelings of whether provers were on placebo or verum were experienced by three provers. Prover 6 was convinced to be on placebo whereas prover 21 was unsure if on placebo or not and prover 30 was convinced to be on verum as the prover felt not to be themselves.

Pleasing others:

Feelings of pleasing people who are close to the provers were felt by three provers. The people that they wanted to please ranged from God, in order to become a better person, to a prover wanting to make their mother happy and people the prover cared about.

Religion:

Two provers expressed their faith in God however prover 28 described in a significant manner the relationship shared. The feelings of gratitude, acceptance of difficult times as well as love and admiration were expressed by this prover throughout the proving process.

Reproaching oneself:

Prover 6 expressed a tremendous guilt over not contributing anything worthwhile to this research. Prover 8 described feelings of being angry towards themselves.

Restless:

Prover 23 and 28 expressed their extreme restlessness accompanied by a tired feeling.

Sadness/ Weeping:

Twelve provers experienced an emotional state of sadness. Provers 6, 13, 15, 18 and 23 felt that their sadness led to a depressed feeling due to various reasons. Prover 6 described this sadness in a significant manner, as feeling heavily depressed with deep, causeless sadness which later progressed to numbness and a feeling of emptiness, hurt and bruised sensation. Prover 18 expressed sadness due to failure and a depressed feeling was felt due to life's disappointments. Not being able to please those who prover 23 cared about left a depressed feeling.

Four provers described feeling very emotional which lead to them crying. The reasons varied from unknown, conflict with a family member and dreams. Prover 19 felt better afterwards whereas a sick feeling was experienced by prover 23 thereafter.

Stress:

One prover expressed feelings of not being stressed which was a norm for the past 2 years, whereas ten other provers described feeling stressed due to various reasons, ranging from financial stress, daily stress and stress for no reason. Prover 6 felt calmness due to the motion of the car which eliminated the stress.

Strong feeling:

Prover 15 and 23 expressed an emotionally strong feeling that they were experiencing associated with will power. Prover 23 also expressed a physically strong feeling that was being felt due to pain that was experienced the previous day.

Thoughts of dead loved ones:

Three provers reminisced about male figures in their life that were deceased. Provers 1 and 13 had thoughts of their father whereas prover 28 had thoughts of the prover's grandfather.

Time:

Five provers felt a prolonged sense in relation to time associated with this feeling, prover 23 also described feelings of being rushed coupled with excitement. Prover 30 expressed a desire for time to move faster.

Tired:

Prover 1 described a state of emotional tiredness whereas prover 8 explained this feeling of mentally drained accompanied by also feeling physically drained.

Unappreciated:

Prover 28 and 30 expressed their feelings of being unappreciated at their working place by authority figures associated with a feeling of injustice. Unappreciation was also felt towards prover 28's family member coupled with anger.

Weight:

Two provers expressed their concern about their weight as they were not pleased with the extra weight they had put on.

Writing:

Contradictory feelings were described about the manner the provers felt about writing in the journal. One prover felt better for expressing feelings in a written form whereas three provers showed their laziness to write and desired someone else to write for them.

Prover 21 described feelings of irritation related to writing of the dates, prover 30 experienced mistakes when writing and confusing words, this prover also made note of their handwriting deteriorating as the proving progressed as this was not in their nature.

Miscellaneous:

A diverse spectrum of feelings was felt that were single symptoms experienced by a variety of provers. These included the desire for consolation, independence, marriage, control over one's own life, to maximize time and move on with life although being weighed down by other people's problems.

Certain provers were sensitive to their surroundings, family issues and the manner in which a person moved therefore watched every move of a certain person,

Provers also displayed feelings of impatience, dishonesty, increased responsibility, a drug like state, frustration, lack of alertness as well as lack of enthusiasm to carry out a desired task, disappointment, indecisiveness, reaching a point of emotional maturity, worries about the future as to where life is headed because of fear of leading a mediocre life, annoyance, feelings of being one with nature, depression, togetherness of society or a certain group of individuals, disgust towards a certain person, regret, confrontation, anger and capriciousness.

A strong feeling of hatred was felt towards engaging in conversation, participating in certain activities e.g. attending work, dreaming and a desire to burn a particular building down was felt. Not being able to rest therefore partaking in activities to keep the mind busy or to avoid thinking of difficult situations were done so by provers.

Prover 21 complained of hypersalivation as well as fear of contracting a dreadful disease in the future.

Interesting Mind symptom

Prover 16 noted an interesting observation as the prover made reference to a particular song that is of high importance to this proving. "Husband and I had some conversation, he even played me a video of a song, he over-heard on the radio. "Roar" Kelly Perry. – Sexy."

I used to bite my tongue and hold my breath
Scared to rock the boat and make a mess
So I sat quietly, agreed politely
I guess that I forgot I had a choice
I let you push me past the breaking point
I stood for nothing, so I fell for everything

You held me down, but I got up (HEY!)

Already brushing off the dust
You hear my voice, you hear that sound
Like thunder gonna shake the ground
You held me down, but I got up (HEY!)
Get ready 'cause I've had enough
I see it all, I see it now

[Chorus]

I got the eye of the tiger, a fighter, dancing through the fire
'Cause I am a champion and you're gonna hear me roar
Louder, louder than a lion
'Cause I am a champion and you're gonna hear me roar
Oh ohohohohoh
Ohohohohohoh
Ohohohohohoh
You're gonna hear me roar

Now I'm floating like a butterfly
Stinging like a bee I earned my stripes
I went from zero, to my own hero

You held me down, but I got up (HEY!)
Already brushing off the dust
You hear my voice, you hear that sound
Like thunder gonna shake the ground
You held me down, but I got up (HEY!)
Get ready 'cause I've had enough
I see it all, I see it now

[Chorus]

I got the eye of the tiger, a fighter, dancing through the fire

'Cause I am a champion and you're gonna hear me roar
Louder, louder than a lion

'Cause I am a champion and you're gonna hear me roar

Oh ohohohohoh

Ohohohohohoh

Ohohohohohoh

You're gonna hear me roar

Oh ohohohohoh

Ohohohohohoh

You'll hear me roar

Oh ohohohohoh

You're gonna hear me roar...

Ro-oar, ro-oar, ro-oar, ro-oar, ro-oar

I got the eye of the tiger, a fighter, dancing through the fire

'Cause I am a champion and you're gonna hear me roar

Louder, louder than a lion

'Cause I am a champion and you're gonna hear me roar

Oh ohohohohoh

Ohohohohohoh

Ohohohohohoh

You're gonna hear me roar

Oh ohohohohoh

Ohohohohohoh

You'll hear me roar

Oh ohohohohoh

You're gonna hear me roar...

(www.azlyrics.com)

As seen in the lyrics to the song above, the song makes reference to a sense of being stronger and not letting another put you down but displaying signs of boldness, confidence in ones-self and standing up for what one believes in and although the specific song refers to 'tiger' all of such characteristics are congruent with that of the nature of a lion.

5.3.2. Vertigo

Vertigo like symptoms was described by four provers, each of which differed slightly. Prover 11 and 23 felt light headed, accompanied by a tinnitus (buzzing in ears like a thousand little insects) sensation felt by prover 11 and weakness experienced by prover 23 whereas provers 28 and 30 experienced dizziness with prover 28 in contrast to provers 11 and 23, described a sensation of the head feeling heavy.

5.3.3. Head

The majority of the provers (87%) complained of a headache which was variable in nature.

Different sensations were experienced and thus described by provers as terrible, congested, heavy, dull, bad, nasty, sore, throbbing, poking, sharp, hammering, killer headache; muscle ache and deep aching were used to denote the nature of the headache.

Timing of the headache varied from awaking in the morning with a headache to specific times ranging from approximately 9am-12pm, 3pm-3.30pm, 5pm-6pm, 7pm-8.30pm and 10.30pm-11pm.

The regions of the head affected were the frontal, parietal, occipital and temporal regions. More specific locations were identified as, between the eyes moving to behind the eyes with a poking sensation, back of neck pulsating into head upward, unilateral

temporal headache, right sided headache above the eye and occipital headache moving into the frontal region.

An aggravation of the pain was experienced upon coughing, movement of head/neck, light, noise and after eating of junk food however on the contrary an amelioration of symptoms was felt when water was consumed, pressure to the head, bright room, after eating and prover 19 described a sugar overload that ameliorated the pain. A desire to lie down, sleep and quietness was also noted.

Diverse accompanying symptoms were lightness of the head, heaviness and soreness of eyes, dehydration, unable to fall asleep, restlessness, anger over small issues which made the prover feel as if they were in another world, tenseness, hotness, thirstiness for large quantities of cold water, neck stiffness, dryness of throat, cough which awakens prover, ears blocked, continuous yawning, dizziness, nausea, borboygmi and increase in urination.

Peculiar manners of describing the headache was done so by three provers, prover 6 described the heaviness of the head as if it were pushing the eyes towards the back of the throat and a frontal sinus headache also noted in prover 23, was described as a sensation of being pulled down as if a weight were secured to the prover's forehead. Prover 21 described the headache as if it was bleeding inside and the prover felt as if there was a contusion and the blood was just collecting there and prover 30 described a feeling of 'feel like death itself'.

5.3.4. Eye

Various eye symptoms were experienced by six provers. Prover 11 displayed a significant amount of eye symptoms which was described as swollen and itchy feeling felt over the left eyelid accompanied by a burning sensation when scratched. The burning sensation was also noted by provers 6 and 14, whom felt better for cold pressure and accompanied by eye irritation respectively. Prover 16 described dryness of the eyes also experienced by prover 11 whom also noticed white exudates at the tip of the right eye. A peculiar symptom was also noted by prover 11 whom was normally

highly sensitive to light but this sensitivity decreased and the prover made note that all lights had become too dull, also expressed by this prover was the redness of the eye after taking a hot bath accompanied by the eye becoming filled with blood vessels. A sore feeling was expressed by prover 23. Provers 11 and 26 mentioned a heavy feeling of their eyes.

5.3.5. Ear

Two provers experienced tinnitus , prover 11 described the sound in a peculiar manner, 'my ears are buzzing, sounds like a thousand little insects', whereas prover 26 was less descriptive and heard ringing in the ears accompanied by a full sensation. Another prover complained of intense ear pain on the left accompanied by trouble in hearing and prover 11 further noted a yellow residue upon cleaning the ear, together with pain on the right ear lobe and a sticky, oily feeling on the ears. Prover 26 also experienced a sensation of blockage of the ears which prompted yawning to eliminate this feeling.

5.3.6. Hearing

Two provers complained of trouble with their hearing. Prover 11 described this as, deafness which was experienced upon waking up from a bending position as well as bending for a prolonged period. Prover 23 experienced pain in the left ear accompanied by difficulty in hearing.

5.3.7. Nose

General influenza type symptoms were experienced by four provers with associated nose complaints which were, sneezing, catarrh and congestion.

Prover 11 complained of a sinus type feeling whereby the nose was blocked therefore making it difficult to breath which prompted breathing through the month causing the

back of the throat to become dry and itchy which was also expressed by prover 14 however a specific type was noted- 3pm. Prover 16 showed a similar symptom of both nostrils being blocked which was ameliorated by movement of the nostrils and accompanied by cramps in the right leg.

Catarrh was experienced by prover's 11 and 26 with differing modalities. Prover 11's compared the catarrh to the nose leaking like a tap, which was aggravated by sleeping on the left hand side and it was observed to have stopped before bathing and became blocked after bathing. Extreme sneezing was also experienced which was worse when in water and after being in contact with water. Aetiology of prover 26's catarrh was after taking a bath.

Prover 2, 13 and 16 expressed an amelioration of the congestion as time progressed.

5.3.8. Face

Provers 10 and 11 described a breakout of pimples on the lower cheeks and left side of the face respectively. Prover 11 further explained that the pimples were painless but red in colour accompanied by oiliness and stickiness of the face together with an increase of perspiration on the upper lip and hairline. The oiliness decreased and progressed to excessive dryness of the skin and therefore the skin became less reactive with a resultant decrease in breakouts. Prover also noted being able to use a variety of products and makeup on skin that was not possible previously. However to the latter of the proving a tiny pimple was noted in the right nostril accompanied by pain, irritation and the desire to sneeze. Prover 6 experienced a frontal sinus headache and descriptively explained it as a pulling down sensation 'like a weight were secured to my forehead'. Prover 28 complained of a swollen face due to an accident (knocking mouth on fridge).

5.3.9. Mouth

A variety of mouth symptoms were described by six provers. Three provers spoke of an alteration in their taste and sensation within the mouth and tongue soon after taking the remedy. Prover 6 complained of a metallic/chemical taste whereas prover 23 explained of a bitter taste after eating which lasted 20 minutes accompanied by itching. This prover also experienced a tingling sensation upon taking the remedy initially. Prover 10 complained of a numbness of the tongue and hyper salivating was experienced by prover 21. Change in voice was experienced by prover 11 whom described it as 'comes out funny and cracked'. Excessive bleeding of the gums was described by prover 30 which became better within a few days (+/- 3 days).

5.3.10. Throat

Six provers experienced soreness of the throat accompanied by various symptoms which included nausea, hunger, fever and scratchiness of the throat. However prover 6 depicted the soreness in a very descriptive manner, explaining that it felt as if little thorns were poking from the inside out therefore making the back of the throat itch which caused the desire to sneeze which was ameliorated within a few days. Dryness and itchiness of the throat was noted by prover 11 which was caused by the nose being blocked therefore the need to breathe through the mouth arose. Prover 26 also experienced dryness of the throat which felt like there were stones in the throat when drinking water and accompanied by flu type symptoms also expressed by three other provers.

5.3.11. External Throat

Prover 11 noted an increased awareness of the thyroid gland which felt enlarged and prover 16 mentioned a lumpy area on the left side of the neck accompanied by itchiness and a hot, burning sensation.

5.3.12. Neck

A variety of neck symptoms was illustrated by six provers. Two provers noted a peculiar headache at the back of their neck, of which one of these provers experienced a lump on the neck accompanied by itchiness and a hot, burning sensation, soreness on coughing together with being unable to rotate head/neck which was also depicted in prover 19 whom suffered with extreme neck pain on the left had side also described by prover 1 accompanied by an aching uncomfortable feeling. Stiffness and soreness of the neck accompanied by soreness of shoulders were felt by two other provers.

5.3.13. Stomach

Appetite:

Thirteen provers described an alteration in their eating habits which were either an increase or decrease in their appetite. Contradictory symptoms were experienced by three provers of which described an increase and decrease of their appetite. Provers complained of eating more frequently as well as an increase in the amount of food consumed and explained extreme hunger. The provers that complained of a decrease of appetite also suffered from no appetite. Of which two provers had an accompanying flu type symptoms. However prover 18 suffered a mild form of depression which led to a decrease in appetite.

Burning:

A burning sensation was felt by four provers. Prover 11 experienced this sensation due to eating spicy food and prover 23's burning sensation was ameliorated by eating yogurt.

Bloating:

Provers 16 and 17 complained of a bloated feeling. Prover 16 however experienced this feeling after consuming a meal of lamb curry, rice and salad.

Nausea:

Five provers suffered from a nausea accompanied by a variety of symptoms. Prover 6 experienced a sore throat whereas prover 11's nausea was caused by the smell of spices in food being cooked and prover 26 had an accompanying symptom of weariness with the need to close their eyes.

Pain:

Six provers complained of stomach pains related to twisting, cramping and burning sensations. An amelioration of symptoms by lying down and slight elevation of the back by a pillow together with leaning forward was experienced by provers 13 and 19 respectively of which both suffered a localized pain in the epigastric area. Provers 17 and 21 both suffered from diarrhoea which possibly caused the stomach pain.

Thirst:

Six provers experienced an increase in their thirst whereas one prover further detailed the thirst for ice water specifically. These provers also had accompanying symptoms of increased/decreased appetite, dehydration and prover 26 described a sensation of stones in the throat when drinking water which did not satisfy her unquenchable thirst. Two provers described contradictory symptoms of two extremes being either an increase or decrease in thirst.

Miscellaneous:

Three provers experienced non-specific symptoms which ranged from an upset/uneasy/poking feeling in the stomach experienced after eating and one prover complained of bloatedness of the stomach.

5.3.14. Abdomen

Three common symptoms were mainly extracted from this theme among five provers. Two provers experienced constipation with differing symptoms, prover 11 described feeling bloated, uncomfortable but no pain was felt whereas prover 14 complained of cramps which were specifically worse at 12pm thereafter the prover felt drained and

desired to rest. One prover experienced continuous diarrhea accompanied by abdominal cramps and bloatedness.

The above three provers together with provers 16 and 19 complained of abdominal pains either related to the above symptoms or due to other reasons such as menstrual pains and pyrosis (acid reflux). Prover 11 and 16 described the pain to be localized within the lower abdomen however prover 11 further detailed the pain as a stinging sensation initially associated with pain felt in the left earlobe which was a pulling nature. Later on the stinging sensation was localized over the ovaries associated with cramping. Prover 19 described the pain due to pyrosis being localized in the epigastric region and was ameliorated by elevating the lower back with a pillow as well as temporary relief was provided by leaning forward.

Prover 30 experienced an unusual symptom that did not fit the above symptoms which was borborygmi which was described as “someone’s boiling water in there.”

5.3.15. Rectum

Constipation:

Five provers complained of experiencing constipation with various associated symptoms such as pain on trying to defecate, stools resembling pebbles/small pieces, cramping, bloatedness, and an uncomfortable feeling as well as no unusual smell was noted by prover 6.

Diarrhea:

Three provers experienced diarrhea associated with severe cramps in the abdominal region, fever, sleeplessness and bloatedness. Prover 14’s diarrhea specifically worsened between the time of 1-3pm and prover 21 attributed the cause to over eating of junk foods.

5.3.16. Stool

Provers 6 and 16 showed signs of similarity, both suffered of constipated stools that were hard and described it as pebbles or small pieces respectively however prover 6 further complained of pain, stools were dark in colour but no abnormal smell which is in contrary to prover 22 whom described an offensive smell upon going to the toilet. Prover 11 suffered opposing symptoms to provers 6 and 16 whereby symptoms of loose, pale to almost yellow stools was experienced which advanced to dark in colour a week later.

5.3.17. Bladder

Prover 11 complained of an increase in frequency of passing urine that is yellow in colour and prompted every time a glass of water is drunk.

5.3.18. Urine

A contrary symptom was experienced in relation to the quantity of urine passed, one prover complained of a decrease in urine output where as three other provers described an increase in urine output accompanied by bright yellow urine (prover 11), urgency even if it was a little urine (prover28) and an increase in quantity each time passing urine (prover30).

5.3.19. Female genitalia/sex

Contradictory symptoms dealing with menstrual cycle were experienced by provers 1 and 11. Prover 1 complained of heavy menstruation whereas prover 11 complained of a lack of bleeding accompanied by a 4 day delay as opposed to prover 14 whom noted an earlier start to her menses accompanied by abdominal cramps. Prover 11 further complained of cramping and a stinging sensation over her ovaries, nausea especially experienced when spicy food was being braised and an increase in energy. Also the blood was pale pink with a few dark clots.

5.3.20. Larynx and Trachea

Two provers complained of their voice being affected, one prover described it as while speaking the voice fades away and comes out funny and cracked upon clearing the throat. The other prover noted phlegm that was white and tenacious which was hard to cough up therefore voice was affected.

5.3.21. Cough

A cough was experienced by three provers of which - prover 11 described it as a manner of ameliorating an itchy sensation felt at the back of the throat that occurred upon drinking ice water and prover 26 experienced a cough at night that kept the prover awake accompanied by an unquenchable thirst for large amounts of cold water together with a heavy head, hot sensation, tiredness, stiff neck and a dry throat that felt as if stones were in the throat upon drinking water.

5.3.22. Expectoration

Prover 16 developed a white tenacious phlegm that was difficult to expel therefore affecting the voice, but when expelled prover was ameliorated as well as after eating and drinking water.

5.3.23. Chest

No significant chest symptoms were experienced except for prover 11 whom noticed a pimple underneath her right breast accompanied by two other pimples at the base of the neck.

5.3.24. Back

Prover 10 complained of experiencing back pain localized to the central area which

lasted 3 hours and thereafter subsided. The lower back of prover 11 was described to be sore which was worse for movement therefore subduing the prover to move slower, also experienced was a burning sensation accompanied by burning in the soles of the feet, and a heaviness was felt that was described as ' i am carrying a high school bag'. Two other proves also complained of back pain. Prover 14 complained of lower back pain and prover 19's pain was ameliorated by placing a pillow behind the back.

5.3.25. Extremities

Burning

Two provers complained of a burning/warm sensation experienced in the feet and back which was ameliorated by cold water.

Eruptions

Two provers complained of an eruption of pimples on the upper limbs. Prover 11 described the breakout as tiny pimples of R5 diameter which was found on the left hand whereas prover 19 had an increase in the number of pimples that were present originally on the upper arms.

Pain, cramping and stiffness

Pain of a varying nature was experienced by four provers whom described the pain to be of a sore nature which affected the neck, shoulders, ankles due to standing for a long period of time, legs which was ameliorated by pulling the toes and twisting the ankles, knees and fingernail. Provers 16 and 23 complained of suffering from cramps on the right leg and hands respectively. Prover 23 further explained that the cramp prevented from opening or closing the hand which lasted 20-30 mins and occurred the next day as well.

Tingling

Prover 11 complained of a tingling sensation experienced on the left hand which progressed to a pins and needles feeling on the fingers.

5.3.26. Sleep

Deep:

A deeper sleep was noted by prover 19 as the prover did not wake due to slight noises that previously disturbed the prover's sleep.

Desire:

A desire to sleep was expressed by prover 8 accompanied by a feeling of weariness both physically and mentally.

Disturbed:

Three provers complained of their sleep being interrupted spontaneously due to their sleep breaking a few times during the night however another prover experienced an amelioration of this symptom, as the prover illustrated a continuous sleep without waking in between.

Falling asleep:

Provers suffered contradictory symptoms within this theme as symptoms were of two extremes, either difficulty falling off to sleep or falling asleep earlier than usual. Eight provers had difficulty falling asleep accompanied by tiredness, wandering thoughts and a headache suffered by one prover whom described the nature as a unilateral temporal pain. Of these eight provers, provers 15, 16 and 23 also suffered from the other extreme together with six other provers all of whom complained of falling asleep or becoming

rather tired earlier than usual which ranged between 8-10pm. Prover 1 was able to sleep late but suffered opposing symptoms as one day the prover was tired due to sleeping late and another day the prover woke up feeling energized although sleeping a few hours.

Position:

Prover 11 complained of an alteration in sleeping positions (left to right) whereas prover 15 depicted a tossing and turning experience which lead to the prover having an uncomfortable sleep but thereafter fell asleep.

Prolonged:

Two provers described sleeping longer than usual. 8 hours or more was expressed by prover 11 as compared to the usual 3-6 hours therefore leaving the prover more relaxed but feeling lazy. This prover also noted a change in the manner of waking up, as the norm for the prover was to immediately 'spring into action however the prover would just lay in bed for another hour before rising.

Refreshing:

Three provers expressed a refreshing feeling experienced after awaking from a sleep.

Restless:

Six provers complained of having a restless night sleep accompanied by insomnia, disturbed sleep and not being able to find a comfortable position to sleep in.

Restful:

Three provers experienced a restful sleep and woke up not feeling tired.

Short, catnap:

Five provers described a feeling of tiredness during the day which prompted them to indulge in a short nap in the afternoon between the times of 14h00-16h30 and one prover could not sleep at night thereafter. Provers 1 and 17 experienced having short sleeps as compared to their normal hours of sleep.

Sleepiness:

Nine provers experienced sleepiness during the course of the day, for some this ranged between a specific time period of 2 – 4pm. Accompanied with the sleepiness was exhaustion, tiredness and excessive yawning.

Unrefreshing:

Prover 26 and 30 complained of tiredness after having a sleep. Further explained by prover 26, was an uneasy feeling of the body accompanied by the eyes feeling heavy.

Waking:

Six provers experienced waking up earlier than their usual time however prover 17 had contradictory symptoms as the prover experienced the above as well as waking up late together with prover 22 of which both felt well rested. Prover 30 complained of difficulty in waking up and sleep broke at 5-6am and fell back off to sleep and arose again at 10-11am.

5.3.27. Dreams

Death:

Prover 14 described a recurrent theme of death of family members depicted in dreams on two occasions which were felt to be bad dreams.

Family:

Three proverbs depicted dreams of family members which varied in nature. Proverb 16 described the dreams to be of a good nature as it portrayed a family friend who had passed away and brother in law. Proverb 23 described feelings of being lost and confused within the dream due to someone close distancing themselves from the prover's life which also invoked sadness which caused the prover to cry. Proverb 28 described two dreams of a different nature, the first was concerning the cousin and brother, of which the brother fell off a mountain which instilled panic in the prover. The second dream dealt with the grandmother, whom had fallen into a large hole which led to the prover feeling concerned about the grandmother.

Happy:

Proverbs 13 and 15 described dreams of a happy nature of which proverb 15 explained further by illustrating that the dream concerned Disney land characters.

Trapped:

Proverb 11 described two dreams of a similar nature. The first dream was vividly explained as being in a tiny room whereby the door was blocked by a plank and there were no windows except for an elevator that led into the room which comprised of a dirty sink. In the second dream, the prover was in a small room again but did not have the sensation of being trapped nor a panicked feeling.

Unremembered dreams:

Five proverbs expressed the theme of not being able to remember their dreams however proverb 19 explained in detail the sensation of a familiar feeling of dreaming and knowing that you dreamt but unable to recall the dream. Proverb 21 experienced feelings of annoyance due to not remembering, as the prover felt the dreams were clairvoyant in nature due to the sensation of being conscious within the dream.

Unusual dreams:

Proverb 4 spoke vaguely of having dreams that were unusual in nature.

Miscellaneous:

Five provers described dreams of a significant manner showing a variety of noteworthy symptoms. Prover 15 described a dream concerning Africa which seemed to be of significance.

Prover 19 dreamt of a child drowning in a pool/ lake thus the prover depicted signs of concern by asking someone to save the child.

Prover 23 had numerous dreams which were important, the prover dreamt of being in a religious place, whereby God (Swami) told the prover to cut ties with close friends thus invoking feelings of sadness, as well as after having a dream that depicted herself getting married, the prover felt good although was getting married to someone that she did not know. A travelling experience was depicted in prover 23's dream, whereby the prover was travelling to India to a religious site and felt happy and calm about this journey. Thus this dream left the prover feeling happy and thoughts of forgetting the past was for the best. .

Dreams of being attacked were experienced by prover 29, whom described the dream to be of a night mare type as it invoked feelings of fear initially. The dream was explained in a vivid manner, as the prover being attacked by either one or many black people with a hammer and occurred in an environment that was unfamiliar.

Prover 30 had a feeling of anger in one dream and the other concerned telling fellow classmates of one student being treated like royalty. This prover also complained of not being able to distinct between what is real and what is not within dreams as it sometimes feels as if it is not a dream.

5.3.28. Fever

Five provers experienced a fever accompanied by various other flu type symptoms which included catarrh, sore throat, headache, diarrhea and difficulty falling asleep.

5.3.29. Perspiration

Three provers described a notable change in their perspiration which ranged from an increase in perspiration especially on the upper lip and along the hairline for prover 11 only, feeling damp at the back of the neck due to perspiration and sweating at night. Other symptoms that accompanied were feeling hot and face was oily and sticky.

5.3.30. Skin

Four provers complained of a variety of skin symptoms that they had experienced. Prover 1 explained an amelioration of eczema that was suffered from in the past and described the skin as looking brighter. Numerous symptoms were illustrated by prover 11 whom suffered the most with skin symptoms which included, fine pimples on the left side cheek of the face that was red in colour but painless, excessively dry skin on the palms of the hands, scalp and around the mouth and cheeks which looked like eczema to the prover and was aggravated by water in this area in particular. The skin began flaking off, peeling and became rough. Also experienced by this prover was a blister that arose on the right hand, ring finger and later progressed to the middle finger near the nail, and was not red or painful in nature. This prover also had a history of burning instantly, when in the skin, but this symptom was ameliorated on the proving and the prover described it as “now I can go for hours without feeling like a fried egg”. Lastly this prover also complained that the nail on the left big toe separated from the skin. Two other provers suffered from itchiness of the skin on the neck accompanied by a lumpy raised area, together with a sensation of hotness and burning on the left side of the neck and the other prover had the itchiness on the entire body after eating accompanied by a bitter taste in the mouth.

5.3.31. Generals

Body pain:

Three provers spoke of vague body aches and pains that they were suffering with. One prover experienced this symptom upon waking and another was caused to sleep due to this pain.

Dehydration:

Four provers expressed a feeling of dehydration accompanied by thirstiness, hunger and a depressed feeling.

Energy:

Contradictory feelings were expressed by six provers of whom four provers described an increase of energy but prover 13 explained both an increase and decrease of energy within the same day. Two other provers complained of a decrease of energy using words like lethargic and sluggish.

Exhaustion:

Nineteen provers complained of a tired/exhausted feeling that was accompanied by the desire to sleep, head felt congested, weakness, drained, run down, body felt tight, lethargic, drowsy, dehydrated, little depressed, tired to write,

Food and drinks:

Seven provers described a desire to eat certain foods or drinks which ranged from food in general, cheese sandwich, chips, raw tomato, warm food, pop corn, chocolate covered nuts, dark chocolate, ice cream with chocolate and nuts and fizzy drinks that were cold.

Aggravation type symptoms were also experienced by five provers. Prover 11 displayed an aggravation after drinking ice water which provoked a cough due to the water irritating the back of the throat together with an itchy sensation as well as causing the nose to leak whereas hot beverages made the prover feel miserable and the prover was unable to eat spicy foods as this caused the stomach to burn. Prover 17 complained of an upset stomach due to eating a lot of sweetmeats (dessert). An aggravation of diarrhea was experienced by prover 21 after over eating junk food. Prover 23 experienced numerous aggravations which consisted of; ice cream that left the prover feeling a poky, uneasy feeling which was ameliorated by drinking water, consuming a baked potato as well as a salad made the prover nauseas and was ameliorated by

chewing gum, and lastly the prover felt sick for about 2 hours after eating a pie which was ameliorated by drinking a glass of milk.

Heat sensation:

Prover 11 complained of feeling hot sometimes due to the slightest warmth/ steam from foods/drinks which also caused the prover to perspire excessively especially on the upper lip and hair line and prevented the prover from going to gym as movement made the heat sensation worse. The heat of the weather made prover 17 feel uncomfortable and prover 28 complained of a sudden heat sensation although the A/C was on.

Influenza:

Six provers complained of experiencing flu type symptoms which included fever, catarrh, headache, sore throat, generalized fatigue which prompted two provers to stay in bed and prover 30 felt miserable and showed signs of anger due to this feeling.

Restless:

Two provers expressed their restless nature of which one prover further explained that this feeling set in during the afternoon and lasted till late evening and was accompanied by the mind wandering.

Sick feeling:

Four provers described vague feelings of being sick using words like, 'strangest or most different I have felt for a while', feel miserable, feeling so utterly sickly, not feeling too good' and feeling very unwell, all of which depicts a sick feeling.

Weakness:

A drained feeling was felt by prover 1 and 23 however prover 23 further explained this feeling as 'like there is an end to everything'.

Miscellaneous:

Various generalized symptoms were experienced by eight provers, which ranged from feelings of stress, ameliorated by the motion of a moving vehicle; an uncomfortable feeling that was experienced when having a hot bath therefore the prover favored a lukewarm/ice cold bath.

A sensation of feeling old was described by prover 11 who further complained of a worn out, rusty feeling felt in the joints of the upper limb (elbows mainly and shoulders), also accompanied by a sore feeling felt in the lower back which restricted movement as the prover felt as if, the back would become stuck in one position and lymphadenopathy of the superficial cervical and occipital nodes on the right were noted. Physical symptoms were also described by prover 26, who complained of heaviness experienced on the left side resulting in a pulling down sensation felt on the right side, accompanied by an uneasy feeling of the body attributed to lack of sleep as well as a frontal headache and heaviness of the eyes. Prover 23 complained of an itchiness felt throughout the body upon eating food which caused irritation as well as the desire to have a strong will power to resist certain foods attributing to the itchiness sensation.

Four of the eight provers displayed emotions of laziness, depression and tiredness related to physical and mental actives. Weight gain was noted by provers 19 and 30 therefore the desire to exercise was noted however neither acted upon this desire attributing their lack of commitment to sore knees and laziness accompanied by napping during the day. Lack of commitment was also experienced by provers 16 and 19 with regards to mental actives such as writing in the journal and doing academic work respectively.

5.4. Comparison

A comparison of rubrics between *Lac leoninum* and *Panthera leo* is summarized in Table 5.1 below. Since two provings of *Lac leoninum* were conducted namely by Rajan Sankaran and Nancy Herrick respectively, the rubrics of *Panthera leo* are compared to rubrics derived from both provings. The following key was used:

- **X** – Is used to denote similar/same corresponding rubric that is found in Naidoo’s proving.
- **X** - Grade 1
- **XX** - Grade 2
- **XXX** - Grade 3
- Both Herrick and Sankaran used different repertoires compared to Naidoo therefore certain rubrics are placed in the table in italics that are similar in nature to Naidoo’s rubrics but not identical in their wording.

Table 5.1 – Comparison of rubrics between Sankaran (1998), Herrick (1998) and Naidoo (2014)

Rubric	Sankaran	Herrick	Naidoo
MIND – ANGER – beside oneself; being	X		X
MIND - ANGER- indignation		X	X
MIND - ANGER- violent	XX		X
MIND - ANXIETY- future, about		X	X
MIND – ANXIETY – morning – waking; on		X	X
		<i>ANXIETY – waking, on</i>	
MIND - BUSY		X	X
		<i>BUSY - evening</i>	
MIND - BUSY- must keep		X	X
		<i>BUSY - evening</i>	
MIND – CARES, full of		X	X
		<i>CARES, worries; full of; nature, for, animals, plants etc.</i>	

MIND – CARES, full of – others, about		X	X
		<i>CARES, worries; full of; nature, for, animals, plants etc.</i>	
<i>MIND – CHANGE – desire for</i>	X		XX
MIND – CHILDREN – nurture, desire to		X	X
		<i>Dreams – cares, full of about her children</i>	
<i>MIND – COMPANY – aversion to</i>		XX	XX
		<i>COMPANY; aversion, agg.</i>	
<i>MIND – COMPANY – aversion to – desire for solitude</i>		X	XX
		<i>COMPANY ; solitude, fond of</i>	
MIND – COMPANY – desire for – alone agg, when		X	X
		<i>COMPANY; alone; dreads being, yet lonely</i>	
MIND - COMPANY- desire for - group together; desire to keep		X	X
MIND – CONFIDENCE – want of self-confidence	X		X
<i>MIND – FEAR</i>		X	XX
		<i>Fear; bad news; hearing</i>	

MIND – FEAR – everything, constant of		X	X
		<i>Fear; bad news; hearing</i>	
MIND – FORGETFUL		X	X
<i>MIND – FORSAKEN feeling</i>	X	X	XX
MIND - FORSAKEN feeling - beloved by his parents, wife, friends; feeling of not being		X	X
		<i>FORSAKEN feeling friends or group, by</i>	
<i>MIND – HELPLESSNESS; feeling of</i>		X	X
		<i>HELPLESSNESS, sensitivity to</i>	
<i>MIND – IMPATIENCE</i>	XX	X	XX
MIND – IMPOLITE	X		X
MIND – IMPULSIVE	X	X	X
	<i>IMPULSE, morbid, violence to do</i>	<i>IMPULSE, morbid; shoplift, to</i>	
MIND – INDIGNATION	X	X	X
<i>MIND – INTOLERANCE</i>	X		XX
MIND – IRRITABILITY	XXX	XX	XXX
MIND – JEALOUSY		X	X
<i>MIND – KILL; desire to</i>	X		XX
	<i>Dreams, killed, she volunteers to be the first one to be killed.</i>		

	<i>Dreams, murder, witnessing a.</i>		
	<i>Dreams, murder</i>		
MIND – KILL; desire to – husband; impulse to kill her beloved		X	X
		<i>RESENTMENT; husband, to</i>	
MIND – LAZINESS		X	XX
		<i>INDOLENCE; aversion to work</i>	
MIND – LAZINESS – physical		X	X
		<i>INDOLENCE; aversion to work</i>	
MIND – MALICIOUS	X		X
MIND - MALICIOUS- injure someone, desire to	X		X
MIND - MERGING OF SELF with one's environment		X	X
		<i>LOVE; animals, for</i>	
		<i>LOVE; nature, for</i>	
MIND – MOOD – alternating		X	XX
		<i>MOOD; changeable, variable alternating</i>	
MIND – MOOD – changeable		X	XX
		<i>MOOD; changeable, variable Alternating</i>	

MIND – MUSIC – amel.		X	X
MIND – OFFENDED, easily	X		X
MIND – QUARRELSOME	XX		XX
	<i>Quarrelsomeness, scolding</i>		
MIND – QUIET; wants to be		X	X
		<i>QUIET; disposition</i>	
MIND – RAGE	X	X	X
	<i>Rage, fury</i>	<i>RAGE, fury</i>	
MIND - REPROACHING others	X		X
MIND – SADNESS		X	XX
		<i>SADNESS, despondency, depression, melancholy</i>	
MIND – SADNESS – causeless		X	X
		<i>SADNESS, despondency, depression, melancholy</i>	
MIND – SADNESS – gloomy		X	X
		<i>SADNESS, despondency, depression, melancholy</i>	
MIND – SADNESS –	X		X

morning	<i>Sadness, morning, waking, on</i>		
MIND - SADNESS- waking: when	X		X
	<i>Sadness, morning, waking, on</i>		
MIND – SENSITIVE	X	X	XX
	<i>Sensitive, oversensitive</i>	<i>SENSITIVE, oversensitive</i>	
MIND – SENSITIVE – emotions; to		X	X
		<i>SENSITIVE, emotional</i>	
MIND – STRANGE – sensations		X	X
		<i>STRANGE; things, impulse to do; shoplift, to</i>	
MIND - STRIKING - desire - strike; to	X		X
MIND – SUSPICIOUS		X	X
		<i>SUSPICIOUSNESS, mistrustfulness</i>	
MIND – SYMPATHY from others – desire for	X		X
	<i>Sympathetic</i>		
MIND - THREATENING - kill; to	X		X
	<i>Threatening</i>		
MIND -TIMIDITY- public; about appearing in- talk	X		X
	<i>Timidity</i>		

in public; to			
MIND – TRANQUILITY		X	XX
		<i>TRANQUILITY, serenity, calmness; morning, on waking</i>	
MIND – TRANQUILLITY – morning		X	X
		<i>TRANQUILITY, serenity, calmness; morning, on waking</i>	
MIND – TRANQUILLITY – morning – waking on		X	X
		<i>TRANQUILITY, serenity, calmness; morning, on waking</i>	
MIND – VIOLENCE		X	X
		<i>VIOLENCE, vehemence; helpless person, feelings toward</i>	
MIND – WEEPING		X	XX
		<i>WEEPING, tearful mood; tendency</i>	
MIND – WEEPING – amel		X	X
MIND – WEEPING – desire to weep		X	X
		<i>WEEPING, tearful mood; tendency</i>	
MIND – WEEPING – everything, about		X	X
		<i>WEEPING, tearful mood; tendency</i>	
MIND - WORK- desire to		X	X

work		<i>WORK; desire for mental; evening</i>	
<i>HEAD – HEAVINESS</i>	X		XX
	<i>Heaviness, forehead, morning</i>		
<i>HEAD – PAIN – evening</i>		X	XX
HEAD – PAIN – evening – 18h		X	X
<i>HEAD – PAIN – Forehead</i>	X	X	XX
	<i>Pain, forehead, morning</i>		
HEAD – PAIN – Forehead – evening		X	X
<i>HEAD – PAIN – Occiput</i>		X	XX
HEAD – PAIN – Occiput - extending to: neck		X	X
HEAD – PAIN – Occiput – extending to: Nape of neck		X	X
HEAD – PAIN – pulsating pain		X	X
	<i>PULSATING, throbbing</i>		
HEAD – PAIN – Temples		X	X
	<i>LOCALIZATION; Temples; left</i>		
HEAD – PAIN – Temples – one side		X	X
	<i>LOCALIZATION; Temples; left</i>		
EYE – SWELLING – Lids		X	X
NOSE – SNEEZING		X	X

MOUTH – TONGUE; complaints of		X	X
		<i>PAIN; sore; tongue; tip</i>	
THROAT - FOREIGN BODY; sensation of a	X		X
THROAT – PAIN – morning		XX	X
		<i>PAIN; sore, bruised; morning; waking, on</i>	
<i>THROAT – PAIN – sore</i>		XX	XX
		<i>PAIN; sore, bruised; morning; waking, on</i>	
<i>STOMACH – APPETITE – diminished</i>		X	XX
STOMACH – APPETITIE – easy satiety	X		X
<i>STOMACH – NAUSEA</i>	X		XX
	Nausea, morning		
STOMACH – NAUSEA – daytime	X		X
	<i>Nausea, morning</i>		
<i>STOMACH – THIRST</i>		X	XX
		<i>THIRST; large quantities, for Indistinct, knows not what for</i>	
ABDOMEN- DISTENTION	X		X
ABDOMEN – PAIN – hypogastrium	X		X

ABDOMEN – PAIN – stitching pain	X		X
	<i>Pain, stitching, inguinal region.</i> <i>Pain, stitching, sides, right.</i>		
RECTUM – CONSTIPATION		X	XX
RECTUM – PAIN – stool during		X	X
		<i>PAIN; General</i>	
STOOL – DARK		X	X
		<i>COLOR; dark</i>	
BLADDER – URINATION – frequent – pain; with		X	X
		<i>PAIN; burning; urination; during</i>	
FEMALE GENITALIA/SEX – MENSES – early; too		X	X
		<i>MENSES; frequent, too early, too soon</i>	
FEMALE GENITALIA/SEX - MENSES – painful		X	X
		<i>MENSES; painful, dysmenorrhea</i>	
LARYNX AND TRACHEA – VOICE – complaints	X		X
	<i>Voice loud</i>		
LARYNX AND TRACHEA - VOICE - higher - hawking, after	X		X
	<i>Voice loud</i>		
BACK - PAIN - Lumbar region		X	X
		<i>PAIN; General; lumbar region, lumbago; right</i>	

EXTREMITIES – ERUPTIONS – upper limb	X		X
	<i>ERUPTIONS, forearm, urticaria</i>		
EXTREMITIES – ERUPTIONS – upper limb – pimples	X		X
	<i>ERUPTIONS, forearm, urticaria</i>		
EXTREMITIES – PAIN – Legs	X		X
EXTREMITIES – STIFFNESS		X	X
		<i>STIFFNESS; Joints</i>	
SLEEP – REFRESHING		X	XXX
<i>SLEEP – RESTLESS</i>		X	XX
SLEEP – SHORT – night – midnight – after – 4.30 - 6.30 h		X	X
		<i>SHORT; four thirty a.m. – six thirty a.m.</i>	
<i>SLEEP – SLEEPINESS</i> – afternoon		X	XX
		<i>SLEEPINESS; afternoon; agg</i>	
<i>SLEEP – SLEEPINESS</i> – daytime	X		XX
<i>SLEEP – SLEEPLESSNESS</i>		X	XX
SLEEP - SLEEPLESSNESS - evening - thoughts, from activity of		X	X
		<i>SLEEPLESSNESS night; first part of thoughts, from activity of</i>	
SLEEP - SLEEPLESSNESS -		X	X

restlessness, from			
SLEEP –		X	XX
SLEEPLESSNESS – thoughts – activity of thoughts; from		SLEEPLESSNESS Thoughts, from	
SLEEP –		X	XX
UNREFRESHING			
SLEEP – WAKING –		X	X
dreams, by			
DREAMS – ANGER		X	X
		DREAMS Anger, rage indignant over event she is unable to attend	
DREAMS – ANXIOUS		X	X
DREAMS – ATTACKED,	X		X
of being	Dreams, danger		
DREAMS - CHILDREN;	X	X	X
about	Dreams, child with abcess on chest oozing dirty pus.		
DREAMS - DROWNING		X	X
DREAMS – HOME -	X		X
turned out of	Dreams, driven out, being		
DREAMS – MOUTAINS	X		X
DREAMS – SCHOOL		X	X
		DREAMS school	

		<i>of old; taking tour, with daughter</i>	
DREAMS – WATER		X	X
DREAMS – WEDDING		X	X
DREAMS – WORK		X	X
PERSPIRATION – NIGHT		X	X
		<i>NIGHT; eleven p.m.</i>	
PERSPIRATION – NIGHT – heat; during		X	X
		<i>HEAT; agg. during</i>	
SKIN – ITCHING		X	X
		<i>ITCHING; scratching; amel.</i>	
GENERALS – FANNED; being – desire to be		X	X
GENERALS - FOOD and DRINKS - cold drink, cold water – desire		X	X
GENERALS – FOOD AND DRINKS – potato chips – desire		X	X
		<i>FOOD and drinks; potatoes; desires</i>	
<i>GENERALS – HEAT – sensation of</i>		X	XX
GENERALS – HEAVINIESS	X		X
GENERALS – MORNING	X		X
GENERALS – PAIN – morning - waking – on	X		X
	<i>Pain, sore, bruised, morning, waking, on.</i>		

GENERALS - WARM - agg.	X	X	X
		WARMTH; agg.; clothing	
GENERALS – WEAKNESS	XX		XXX

A total of 435 mind rubrics were yielded from Naidoo's (2014) proving of *Panthera leo*, of these 66 rubrics were shared with the mind rubrics of Herrick (1998) and Sankaran (1998). Furthermore 48 (11%) mind rubrics were shared between the provings of Naidoo (2014) and Herrick (1998) and 25 (6%) between Naidoo (2014) and Sankaran (1998) respectively.

5.4.1 Mind Rubrics shared between Herrick (1998) and Naidoo (2014)

- MIND - ANGER- indignation
- MIND - ANXIETY- future, about
- MIND – ANXIETY – morning – waking; on
- MIND - BUSY
- MIND - BUSY- must keep
- MIND – CARES, full of
- MIND – CARES, full of – others, about
- MIND – CHILDREN – nurture, desire to
- MIND – COMPANY – aversion to
- MIND – COMPANY – aversion to – desire for solitude
- MIND – COMPANY – desire for – alone agg, when
- MIND - COMPANY- desire for - group together; desire to keep
- MIND – FEAR
- MIND – FEAR – everything, constant of
- MIND – FORGETFUL
- MIND – FORSAKEN feeling

- MIND - FORSAKEN feeling - beloved by his parents, wife, friends; feeling of not being
- MIND – HELPLESSNESS; feeling of
- MIND – IMPATIENCE
- MIND – IMPULSIVE
- MIND – INDIGNATION
- MIND – IRRITABILITY
- MIND – JEALOUSY
- MIND – KILL; desire to – husband; impulse to kill her beloved
- MIND – LAZINESS
- MIND – LAZINESS – physical
- MIND - MERGING OF SELF with one's environment
- MIND – MOOD – alternating
- MIND – MOOD – changeable
- MIND – MUSIC – amel.
- MIND – QUIET; wants to be
- MIND – RAGE
- MIND – SADNESS
- MIND – SADNESS – causeless
- MIND – SADNESS – gloomy
- MIND – SENSITIVE
- MIND – SENSITIVE – emotions; to
- MIND – STRANGE – sensations
- MIND – SUSPICIOUS
- MIND – TRANQUILITY
- MIND – TRANQUILITY – morning
- MIND – TRANQUILITY – morning – waking on
- MIND – VIOLENCE
- MIND – WEEPING
- MIND – WEEPING – amel

- MIND – WEEPING – desire to weep
- MIND – WEEPING – everything, about
- MIND - WORK- desire to work

A total of 48 rubrics of Herrick's (1998) mind section of her proving were shared with that of Naidoo's proving showing a 11% similarity.

The rubrics yielded between these two respective provings shared symptomatology around anger, anxiety, a desire to keep busy, a caring nature, desire to nurture children, company, fear, forgetfulness, a forsaken feeling, helplessness, impatience, impulsiveness, indignation, irritability, jealousy, desire to kill husband, laziness, merging with one's environment, changes in mood, feeling better for hearing music, desire for quietness, rage, sadness, sensitivity, strange sensations, suspiciousness, tranquility, violence, weeping and desire to work.

5.4.2 Mind Rubrics shared between Sankaran (1998) and Naidoo (2014)

- MIND – ANGER – beside oneself; being
- MIND - ANGER- violent
- MIND – CHANGE – desire for
- MIND – CONFIDENCE – want of self-confidence
- MIND – FORSAKEN feeling
- MIND – IMPATIENCE
- MIND – IMPOLITE
- MIND – IMPULSIVE
- MIND – INDIGNATION
- MIND – INTOLERANCE
- MIND – IRRITABILITY
- MIND – KILL; desire to
- MIND – MALICIOUS
- MIND - MALICIOUS- injure someone, desire to
- MIND – OFFENDED, easily

- MIND – QUARRELSOME
- MIND – RAGE
- MIND - REPROACHING others
- MIND – SADNESS – morning
- MIND - SADNESS- waking: when
- MIND – SENSITIVE
- MIND - STRIKING - desire - strike; to
- MIND – SYMPATHY from others – desire for
- MIND - THREATENING - kill; to
- MIND -TIMIDITY- public; about appearing in- talk in public; to

A 6% similarity lies between the mind rubrics shared between Sankaran (1998) and Naidoo (2014). A total of 25 rubrics yielded from Sankaran's (1998) proving were found to be common with Naidoo's (2014) proving.

The overlapping of symptoms that occurred between the two respective provings centered on feelings of anger, desire for change, want of self confidence, forsakenness, impatience, impoliteness, impulsiveness, indignation, intolerance, irritability, a desire to kill, maliciousness, being offended easily, quarreling, rage, reproaching others, sadness, sensitiveness, striking, desire for sympathy from others, threatening and timidity.

5.4.3. Mind Rubrics shared amongst all three provings:

- MIND – FORSAKEN feeling
- MIND – IMPATIENCE
- MIND – IMPULSIVE
- MIND – INDIGNATION
- MIND – IRRITABILITY
- MIND – RAGE
- MIND – SENSITIVE

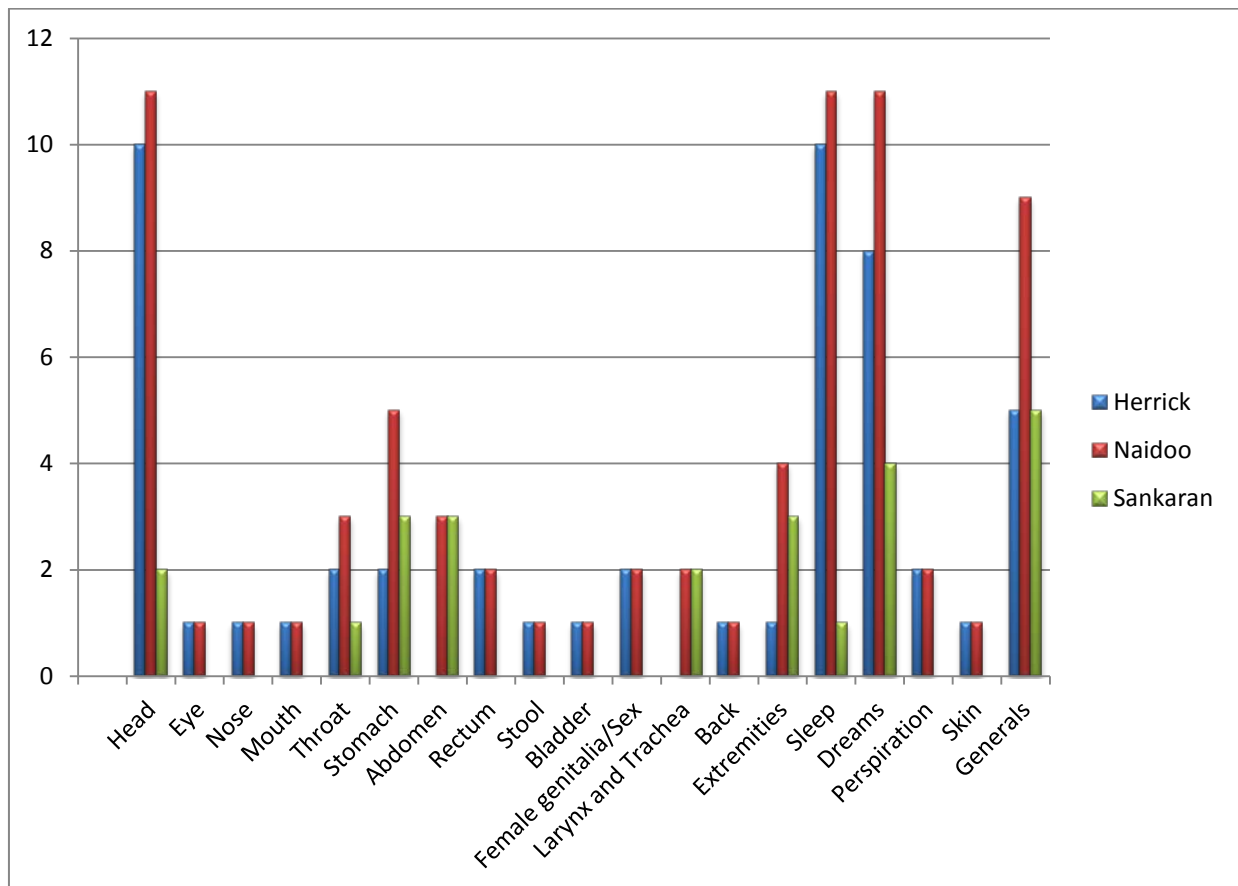
With respect to grading of rubrics; only one rubric which was graded 2 in Sankaran’s proving had a lower grading in Naidoo’s proving:

- MIND – ANGER – violent

The remainder of the rubrics shared amongst all three provings was either graded the same as that of Naidoo or Naidoo’s grading was higher than that of the rubrics present in the existing two provings of *Lac leoninum*

5.4.4. Comparison of other rubrics (Head to Generals) between the provings of Herrick (1998), Sankaran (1998) and Naidoo (2014).

Figure 5.1. A comparison of number of rubrics and the distribution thereof (Head-Generals) between three respective provings.



As suggested in Figure 5.1 the distribution of rubrics across the three respective provings appears to be heavily centered around the Head, Dreams and Generals chapters of the repertory. There appears to be particular congruency between the provings of Herrick (1998) and Naidoo (2014) with respect to distribution of rubrics with predominance seen in the Head, Sleep, Dreams, and Generals chapters.

Table 5.2 below shows the comparative rubric distribution per reportorial chapter, indicating the percentages yielded of the total number of rubrics for that section per author.

Table 5.2. – Comparative rubric distribution table per reportorial chapter (Sankaran, Herrick & Naidoo)

	Sankaran (n=145)		Herrick(n=329)		Naidoo(n=1255)	
	Count	%	Count	%	Count	%
Head	2	1	10	3	11	0.9
Eye	-	-	1	0.3	1	0.08
Nose	-	-	1	0.3	1	0.08
Mouth	-	-	1	0.3	1	0.08
Throat	1	0.7	2	0.6	3	0.2
Stomach	3	2	2	0.6	5	0.4
Abdomen	3	2	-	-	3	0.2
Rectum	-	-	2	0.6	2	0.2
Stool	-	-	1	0.3	1	0.08
Bladder	-	-	1	0.3	1	0.08
Female	-	-	2	0.6	2	0.2

Larynx/trachea	2	1	-	-	2	0.2
Back	-	-	1	0.3	1	0.08
Extremities	3	2	1	0.3	4	0.3
Sleep	1	0.7	10	3	11	0.9
Dreams	4	3	9	3	11	0.9
Perspiration	-	-	2	0.6	2	0.2
Skin	-	-	1	0.3	1	0.08
Generals	5	4	5	2	9	0.7

5.4.4.1. Comparison of HEAD rubrics

Ten HEAD rubrics were shared between Herrick and Naidoo and two HEAD rubrics were shared between Sankaran and Naidoo, there was one HEAD rubric shared amongst all three provings.

HEAD rubrics common to Herrick and Naidoo

- HEAD – PAIN – evening
- HEAD – PAIN – evening – 18h
- HEAD – PAIN – Forehead
- HEAD – PAIN – Forehead – evening
- HEAD – PAIN – Occiput
- HEAD – PAIN – Occiput - extending to: neck
- HEAD – PAIN – Occiput – extending to: Nape of neck
- HEAD – PAIN – pulsating pain
- HEAD – PAIN – Temples

- HEAD – PAIN – Temples – one side

HEAD rubrics common to Sankaran and Naidoo

- HEAD – HEAVINESS
- HEAD – PAIN – Forehead

One rubric was present in all three provings:

- HEAD – PAIN – Forehead

5.4.4.2. Comparison of EYE rubrics

One EYE rubric was shared between Herrick and Naidoo.

EYE rubrics common to Herrick and Naidoo

- EYE – SWELLING – Lids

5.4.4.3. Comparison of NOSE rubrics

One NOSE rubric was shared between Herrick and Naidoo.

NOSE rubrics common to Herrick and Naidoo

- NOSE – SNEEZING

5.4.4.4. Comparison of MOUTH rubrics

One MOUTH rubric was shared between Herrick and Naidoo.

MOUTH rubrics common to Herrick and Naidoo

- MOUTH – TONGUE; complaints of

5.4.4.5. Comparison of THROAT rubrics

Two THROAT rubrics were shared between Herrick and Naidoo however one of these THROAT rubrics was graded a 2 in Herrick's proving which was a grade 1 in Naidoo's proving. One THROAT rubric was shared between Sankaran and Naidoo.

THROAT rubrics common to Herrick and Naidoo

- THROAT – PAIN – morning
- THROAT – PAIN – sore

THROAT rubrics common to Sankaran and Naidoo

- THROAT – FOREIGN BODY; sensation of a

One THROAT rubric graded 2 in Herrick's proving was a grade 1 in Naidoo's proving

- THROAT – PAIN – morning

5.4.4.6. Comparison of STOMACH rubrics

Two STOMACH rubrics were shared between Herrick and Naidoo whereas three STOMACH rubrics were shared between Sankaran and Naidoo.

STOMACH rubrics common to Herrick and Naidoo

- STOMACH – APPETITE – diminished
- STOMACH – THIRST

STOMACH rubrics common to Sankaran and Naidoo

- STOMACH – APPETITE – easy satiety
- STOMACH – NAUSEA
- STOMACH – NAUSEA – daytime

5.4.4.7. Comparison of ABDOMEN rubrics

Three ABDOMEN rubrics were shared between Sankaran and Naidoo.

ABDOMEN rubrics common to Sankaran and Naidoo

- ABDOMEN – DISTENTION
- ABDOMEN – PAIN – hypogastrium
- ABDOMEN – PAIN – stitching pain

5.4.4.8. Comparison of RECTUM rubrics

Two RECTUM rubrics were shared between Herrick and Naidoo.

RECTUM rubrics common to Herrick and Naidoo

- RECTUM – CONSTIPATION
- RECTUM – PAIN – stool during

5.4.4.9. Comparison of STOOL rubrics

One STOOL rubric was shared between Herrick and Naidoo.

STOOL rubrics common to Herrick and Naidoo

- STOOL – DARK

5.4.4.10. Comparison of BLADDER rubrics

One BLADDER rubric was shared between Herrick and Naidoo.

BLADDER rubrics common to Herrick and Naidoo

- BLADDER – URINATION – frequent – pain; with

5.4.4.11. Comparison of FEMALE GENITALIA/SEX rubrics

Two FEMALE GENITALIA/SEX rubrics were shared between Herrick and Naidoo.

FEMALE GENITALIA/SEX rubrics common to Herrick and Naidoo

- FEMALE GENITALIA/SEX – MENSES – early; too
- FEMALE GENITALIA/SEX – MENSES – painful

5.4.4.12. Comparison of LARYNX and TRACHEA rubrics

Two LARYNX and TRACHEA rubrics were shared between Sankaran and Naidoo.

LARYNX and TRACHEA rubrics common to Sankaran and Naidoo

- LARYNX AND TRACHEA – VOICE – complaints
- LARYNX AND TRACHEA – VOICE – higher – hawking, after

5.4.4.13. Comparison of BACK rubrics

One BACK rubric was shared between Herrick and Naidoo.

BACK rubrics common to Herrick and Naidoo

- BACK – PAIN – Lumbar region

5.4.4.14. Comparison of EXTREMITIES rubrics

One EXTREMITIES rubric was shared between Herrick and Naidoo whereas three EXTREMITIES rubrics were shared between Sankaran and Naidoo.

EXTREMITIES rubrics common to Herrick and Naidoo

- EXTREMITIES – STIFFNESS

EXTREMITIES rubrics common to Sankaran and Naidoo

- EXTREMITIES – ERUPTIONS – upper limb
- EXTREMITIES – ERUPTIONS – upper limb – pimples
- EXTREMITIES – PAIN – Legs

5.4.4.15. Comparison of SLEEP rubrics

Ten SLEEP rubrics were shared between Herrick and Naidoo whereas one SLEEP rubric was shared between Sankaran and Naidoo.

SLEEP rubrics common to Herrick and Naidoo

- SLEEP – REFRESHING
- SLEEP – RESTLESS
- SLEEP – SHORT – night – midnight – after – 4.30 - 6.30 h
- SLEEP – SLEEPINESS – afternoon
- SLEEP – SLEEPLESSNESS
- SLEEP - SLEEPLESSNESS - evening - thoughts, from activity of
- SLEEP - SLEEPLESSNESS - restlessness, from
- SLEEP – SLEEPLESSNESS – thoughts – activity of thoughts; from
- SLEEP – UNREFRESHING
- SLEEP – WAKING – dreams, by

SLEEP rubrics common to Sankaran and Naidoo

- SLEEP – SLEEPINESS – daytime

5.4.4.16. Comparison of DREAMS rubrics

Eight DREAMS rubrics were shared between Herrick and Naidoo whereas four DREAMS rubrics were shared between Sankaran and Naidoo; there was one Dreams rubric that was shared amongst all three provings.

DREAMS rubrics common to Herrick and Naidoo

- DREAMS – ANGER
- DREAMS – ANXIOUS
- DREAMS - CHILDREN; about
- DREAMS - DROWNING
- DREAMS – SCHOOL
- DREAMS – WATER
- DREAMS – WEDDING
- DREAMS – WORK

DREAMS rubrics common to Sankaran and Naidoo

- DREAMS – ATTACKED, of being
- DREAMS - CHILDREN; about
- DREAMS – HOME - turned out of
- DREAMS – MOUNTAINS

One DREAMS rubric was present in all three provings:

- DREAMS - CHILDREN; about

5.4.4.17. Comparison of PERSPIRATION rubrics

Two PERSPIRATION rubrics shared between Herrick and Naidoo.

PERSPIRATION rubrics common to Herrick and Naidoo

- PERSPIRATION – NIGHT
- PERSPIRATION – NIGHT – heat; during

5.4.4.18. Comparison of SKIN rubrics

One SKIN rubric was shared between Herrick and Naidoo.

SKIN rubrics common to Herrick and Naidoo

- SKIN – ITCHING

5.4.4.19. Comparison of GENERALS rubrics

Five GENERALS rubrics were shared between Herrick and Naidoo whereas five GENERALS rubrics were shared between Sankaran and Naidoo; there was one GENERALS rubric shared amongst all three provings.

GENERALS rubrics common to Herrick and Naidoo

- GENERALS – FANNED; being – desire to be
- GENERALS - FOOD and DRINKS - cold drink, cold water – desire
- GENERALS – FOOD AND DRINKS – potato chips – desire
- GENERALS – HEAT – sensation of
- GENERALS - WARM - agg.

GENERALS rubrics common to Sankaran and Naidoo

- GENERALS – HEAVINIESS
- GENERALS – MORNING
- GENERALS – PAIN – morning - waking – on
- GENERALS - WARM - agg.
- GENERALS – WEAKNESS

One GENERALS rubric was present in all three provings:

- GENERALS - WARM - agg.

5.4.5 Comparison of symptomatic themes between the provings of Herrick (1998), Sankaran (1998) and Naidoo (2014).

Symptomatic themes proposed by the respective authors were grouped, compared and discussed by the researcher, for each author the exact wording of each theme is reflected.

5.4.5.1 Themes common to the provings of Herrick and Naidoo

- *Anger (Naidoo) and Anger/ rage (Herrick)*

This theme was quite evident in both provings with provers showing great anger towards others for no reason or towards themselves for either feeling anger (Naidoo) or due to forgetting something (Herrick).

- *Bosses (Naidoo) and Problems with authority figures (Herrick)*

Although both themes are of a similar nature, each proving showed a different approach. In Naidoo's proving the problem with Bosses arose due to the prover not being treated well as well as being unappreciated whereas in Herrick's proving problems with authority figures arose in dreams that displayed crimes performed by the prover and them having a problem with being caught or answering for the crime by the police.

- *Children (Naidoo) and Concern about, people and desire to help them, especially children (Herrick)*

A caring sense was felt by provers of both provings for children; a need to take care of them, to ensure their happiness and to avoid them being unhappy was felt. Sensitiveness towards the lifestyle of children was experienced as mention of kids in an orphanage left a prover feeling raw and hurt (Naidoo) whereas a prover felt it unbearable to see sick children in hospital (Herrick).

- *Husband/boyfriend (Naidoo) and Women at odds with their husband (Herrick)*

Feelings of anger, rage, irritability and resentment were displayed by women who could not stand their husbands. A prover felt the urge to kill her husband or wished he was dead (Naidoo) whereas another prover told her husband that she

could not go on with their relationship and felt feelings of resentment towards him (Herrick).

5.4.5.2 Themes common to the provings of Sankaran and Naidoo

- *Anger (Naidoo), Irritability/ Snappish(Naidoo) and Irritability/Anger (Sankaran)*
Themes of anger and irritability were common in both provings, with provers experiencing these emotions for a variety of reasons. In Naidoo's proving anger and irritability was expressed towards others for numerous reasons such as others making a noise, for unknown reasons to the prover and due to lack of sleep. Anger and irritability was experienced by provers in Sankaran's proving over trivial matters that were strange to the prover such as people staring, feeling inferior to the servant, interference by others and being offended by others.
- The themes of *calmness/ tranquility* and *happy/ content/ positive* which is present in Naidoo's proving is evidently absent in both Herrick and Sankaran's provings which used the same crude substance obtained from the same animal (milk of a female lion). It can be suggested that the captivity of the lioness used in the *Lac leoninum* proving impacted on the results thus suppressing emotions portrayed by the lioness used in the proving of *Panthera leo* (claw of the lioness) thus agreeing with the evidence presented by Naude (2011) who stated that, it appears evident that the unique circumstances of the animal from which a sample is taken may too influence the proving symptoms derived thereby.

5.4.6 Comparative summary between the three respective provings

In comparing the materia medica and rubrics of the three respective provings the researcher was able to establish congruency within certain chapters of the repertory and their corresponding rubrics as well as with certain symptomatic themes proposed by the authors. Such similarity was observed despite the source of the proving

substances differing significantly i.e. Sankaran and Herrick derived from the milk of a female lioness and Naidoo from the claw thereof.

Dam (2002) who performed a group analysis of the 'Lac' remedies in general suggested that the mammalian element of a 'Lac' remedy can be determined only by conducting multiple provings of the same mammal using different parts thereof - the similar symptoms/themes produced reflecting this accordingly. Accordingly, Naude (2011) attributed the similarities between the two provings of African Elephant to represent the materia medica 'emanating from the species of animal' being 'the essence of the animal itself' and being the 'unique mammalian element' of the remedy. Based on the suggestions of Dam (2002) and Naude (2011) the similarities highlighted across the three provings of the African lion may too reflect the unique mammalian element of the African lion.

It is thus proposed that such symptoms unique to this substance include the following: Symptomology that were common to all three respective provings within the mind section were centered around feelings of impatience, forsakenness, impulsiveness, indignation, irritability, rage and sensitiveness.

Physical symptoms that were experienced that coincided with all three provings was pain felt in the forehead, dreams about children were another similarity as well as a general symptom of an aggravation to warmth was expressed.

Strong feelings of anger was an evident theme experienced amongst all three provings that varied in its manifestation as anger towards ones-self or towards others and was accompanied by other feelings of rage, irritability or snappishness.

Chapter Six

Conclusion and recommendations

6.1. Recommendations

6.1.1. Proving protocol

It is suggested by the researcher that certain aspects of the classic proving methodology be re-evaluated to incorporate modern technological advancements and tools which may facilitate the process accordingly.

The orthodox method of journaling by hand using pen and paper as a mean of readily capturing and recording ones symptoms as they occur could be more conveniently replaced with direct electronic journaling using smart phones and tablets; such items are kept in close possession by most and readily utilised. Utilisation of smart phones, tablets, or a web based electronic journal may offer the following advantages to the existing proving methodological approach:

- Real time (live) access to prover journals by the researcher via a web based interface may allow for closer supervision of the prover; enhancing the safety and careful supervision of provers as well as a means of ensuring compliance with the proving methodology.
- Early access to journals (whist they are being completed) may allow for early detection of methodological error or non-compliance by the prover; currently such deviations from protocol are sometimes only detected once the proving is over and the journal is returned.
- Electronic entry of symptoms by the prover avoids transcription problems related to poor handwriting which ultimately can negatively impact on accuracy of data.
- Electronic entry of symptoms by the prover prevents the need for the tedious manual transcription of journals into electronic format; a very lengthy and time consuming process.

- Since smart phones are kept in the personal possession of provers throughout the day and night – entry of proving symptoms using such devices enables the prover to record symptoms conveniently at any given time rather than recording only when the journal is within their reach.

Since the proving protocol used in this proving was based on the methods stipulated by Sherr (Sherr, 1994), which was designed 20 years ago, it can be said that this method could be out dated and a new approach could prove fruitful.

6.1.2. Supervision of provers

The proving approach of using two researches to conduct this proving was most beneficial as 30 healthy provers were enrolled to participate in this study and having two researchers (proving supervisors) each managing 15 provers allowed for a more effective supervision process. Ultimately a relatively large sample group was possible without compromising on supervision quality both of which are desirable and contribute towards a proving of high standard; it is recommended therefore that future provings conducted by Master's students be structured in such a manner.

6.1.3. Provers

With regards to the demographics of the verum prover group; provers were well distributed across various race and age groups however; gender distribution was skewed in favour of the female gender comprising 88% of the sample. As was shown in Figure 4.1 provers 2, 3 and 22 who were males produced a small percentage of rubrics as compared to their female counterparts thus it is suggested by the researcher that further research be conducted as to ascertain whether gender plays a role in the number of symptoms produced in a qualitative study of this nature.

The distribution of provers according to ethnicity is shown in Table 4.1 it is of the researchers opinion that ethnicity had no evident impact on the quantity nor quality of symptoms produced by respective provers.

With respect to prior knowledge of homoeopathy and its influence on proving symptoms the results of this study showed that prior knowledge of homoeopathy is needed in order to participate in a proving as it was evident by the results that provers with a knowledge/background of homoeopathic medicine did yield a greater number of rubrics as compared to prover without prior knowledge/background in homoeopathy therefore the researcher suggests that provings should consist of a greater number of people with a knowledge/ background of homoeopathic medicine.

6.1.4. Consideration of the crude substance obtained from animals

It is suggested by the researcher that when obtaining a crude animal substance for future provings all measures must be taken to ensure that the researcher obtains a full record and history of the source animal as possible since such information may be useful in interpreting and understanding resulting proving symptoms.

6.1.5. Further proving of *Panthera leo*

In order to develop a clearer remedy picture of *Panthera leo* further provings of the animal should be conducted using different parts of the animal e.g. hair to further outline the unique mammalian element eluded to be Dam (2002) and further elaborated upon by Naude (2011). As seen with the comparative study of *Panthera leo* and *Lac leoninum* although some rubrics were similar (138), there were many new rubrics generated from the proving of *Panthera leo* thus the researcher suggests that further studies of *Panthera leo* be conducted as well as other mammalian proving be re- proved using different substances from the same animal. Should it be determined that the mammalian element is the same irrespective of the part used this will eliminate the need to use blood in provings; in doing so firstly the animal will not need to be harmed or distressed during the sourcing process and second as in the case of potentially

dangerous animals the influence of sedative drugs on the proving source substance would be eliminated.

Since in both provings (*Panthera leo* and *Lac leoninum*) a lioness was used to obtain the crude substance, the researcher suggests that a proving of the male lion be conducted to ascertain if the gender of the source animal plays a role in the remedy picture.

6.2. Conclusion

The objectives of this comparative study were achieved by developing the remedy picture (Materia medica) of *Panthera leo* and subsequently comparing such data to that of *Lac leoninum*.

A total of 1255 rubrics were obtained of which the mind section of the Materia medica weighed heavily comprising 35 % (435 rubrics) of the proving symptoms with the generals section (11% = 135 rubrics) and head section (9% = 109 rubrics) respectively. Therefore it can be suggested that this remedy's sphere of action is limited largely to the mind (emotional state) however unique physical indications specifically regarding headaches are also within its sphere of action.

Of the total, 1255 rubrics that were obtained only 11% (138 rubrics) were shared with the two other provings of the African lion (Herrick 1998 & Sankaran 1998); as suggested by Naude (2011) these shared symptoms may represent the unique mammalian component of the animal. The differences however considerably outweigh the similarities between these provings and for this reason one can postulate that factors in addition to the species of animal from which the remedy is sourced further influence the resultant proving symptoms.

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APPENDIX A



LETTER OF INFORMATION FOR PRELIMINARY SCREENING

Title of the Research Study: A HOMOEOPATHIC DRUG PROVING

Principal Investigator/s/researcher: Clarissa Peter (B.Tech Homoeopathy); Kerusha Naidoo (B.Tech Homoeopathy)

Co-Investigator/s/supervisor/s: Dr. David F. Naude (M.Tech Homoeopathy)

Brief Introduction and Purpose of the Study:

Thank you for your interest in the study. This is an exciting opportunity and will be an exciting experience, as you will be part of the advancement of Homoeopathy. The purpose of this study is to ascertain the unique symptoms of the proving in order to determine whether this substance may be used as an effective treatment in Homoeopathy.

Outline of the Procedures:

At this preliminary stage you will only be asked a series of questions by the researcher, in order to determine whether you meet the criteria for inclusion in the above mentioned proving. This will take 15 minutes of your time. Thereafter the researcher will briefly explain the process of homoeopathic drug proving and you will be given the opportunity to ask any questions you may have.

Risks or Discomforts to the Participant:

There are no risks and or obligations and all discussions are strictly confidential.

Benefits:

You will learn about homoeopathy and homoeopathic drug provings.

Reason/s why the Participant May Be Withdrawn from the Study:

At this stage you have not been formally included in the above mentioned study. You have the right to decide whether you would like to included, regardless of whether you meet the inclusion criteria or not.

Remuneration:

Participation or any type of involvement in this study is completely voluntary and you will not be paid or compensated in any way.

Costs of the Study:

The cost of the above mentioned study is covered by the university and at no point will you be required to pay for anything.

Confidentiality:

Your confidentiality will be kept at all times.

Research-related Injury:

At this stage you are not at risk of injury as a result of the above mentioned study.

Persons to Contact in the Event of Any Problems or Queries:

If you have any problems/queries during the proving you may contact the following people:

- Supervisor: Dr. D. F. Naude (0823701012)
- Researchers: Clarissa Peter (0731417287); Kerusha Naidoo (0721967719)
- The research ethics administrator: (0313732900)

Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or dvctip@dut.ac.za.



PRELIMINARY CONSENT TO SCREENING PROCESS

Statement of Agreement to Participate in the Research Study:

I hereby confirm that I have been informed by the researcher, _____, about the nature, conduct, benefits and risks of this study - Research Ethics Clearance Number: _____,

I have also received, read and understood the above written information (Participant Letter of Information) regarding the study.

I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.

In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.

I may, at any stage, without prejudice, withdraw my consent and participation in the study.

I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.

I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.

Full Name of Participant Date Time Signature/ Right Thumbprint

I, _____ (researcher) herewith confirm that the above participant has been fully informed about the nature, conduct and risks of the above study.

Full Name of Researcher Date Signature

Full Name of Witness (If applicable) Date Signature

Full Name of Legal Guardian (If applicable) Date Signature

APPENDIX B

SUITABILITY FOR INCLUSION IN THE PROVING

ALL INFORMATION WILL BE TREATED AS STRICTLY CONFIDENTIAL

SURNAME:	
FIRST NAME(S):	
GENDER:	AGE:
CONTACT NUMBER:	E-MAIL:

PLEASE MARK THE CORRECT BOX WITH AN "X"

	YES	NO
Are you between the ages of 18 and 60 years?		
Do you consider yourself to be in general state of good health?		
Are you in need of any medication? Chemical/allopathic/homoeopathic/Other (eg. Herbal)		

Have you been on birth control pill or hormone replacement therapy in the last 6 months		
Are you pregnant or breastfeeding?		
Have you had any surgery in the last 6 weeks?		
Do you use any recreational drugs such as cannabis, LSD or ecstasy (MDMA)?		
Do you consume more than two measures of alcohol per day? (1 measure = 1 tot/1 beer/ ½ glass wine)		
Do you consume more than 10 cigarettes per day?		
Do you consume more than 3 cups of tea, coffee, herbal tea per day?		
If you are between the ages of 18 and 21 years, do you have consent from a parent/guardian to participate in this proving?		
Are you willing to follow the proper procedures for the duration of the proving and attend a short program to inform you about the proving?		

This appendix has been adapted from Botha, I. 2010. Towards an Integrated Methodology: C4, Sherr and Dream Proving of Protea cynaroids. D.Tech: Homoeopathy. Durban University of Technology.

APPENDIX C



LETTER OF INFORMATION FOR THE MAIN STUDY

Title of the Research Study: A HOMOEOPATHIC DRUG PROVING

Principal Investigator/s/researcher: Clarissa Peter (B.Tech Homoeopathy); Kerusha Naidoo (B.Tech Homoeopathy)

Co-Investigator/s/supervisor/s: Dr. David F. Naude (M.tech Homoeopathy)

Brief Introduction and Purpose of the Study:

Thank you for your interest in the study. At this stage it has been determined that you meet all the minimum requirements in order to participate in the main study. This is an exciting opportunity and will be an exciting experience, as you will be part of the advancement of Homoeopathy. The purpose of this study is to ascertain the unique symptoms of the proving in order to determine whether this substance may be used as an effective treatment in Homoeopathy.

This is a double-blind, placebo controlled study. This means that you will not know what the proving substance is until the proving has ended. A total of 30 provers will participate in this study, 24 provers will be given the active remedy, and 6 provers will be given a placebo. This means that you may either be in the verum group or the placebo group. The researcher will not know which group you are in and neither will you, until the study is over.

Outline of the Procedures:

Please ensure that you understand fully what is required of you during the proving. For this reason you are urged to read the instructions carefully and ask questions should you not understand anything regarding the proving.

Step 1:

You will be required to have a consultation with the researcher, which will be approximately 90 minutes long. In addition, the researcher will take your complete case history and perform a physical examination. Shortly after this, the researcher will give you your proving pack, which will include a journal, pen, and 6 remedy powders. The researcher will inform you of the date that you will commence the pre-proving observation period and the date you will begin taking the remedy. You will also agree on a suitable time for the researcher to contact you daily, telephonically.

Step 2:

You will begin recording your baseline state in the proving journal. You will do this daily, for 7 days, according to the guidelines given below.

Step 3:

You will begin taking the remedy. You will take one powder, three times daily for a maximum of two days. You will stop taking the remedy as soon as you start experiencing symptoms, even if you have not

completed taking all 6 powders. You will continue to record your symptoms on a daily basis. You will continue journaling for a minimum of 2 weeks after you experience your last symptom.

Step 4:

Once you have completed your journal, the researcher will schedule a post-proving consultation with you. During this consultation, the researcher will take your case history, perform a physical examination and you will hand over your journal.

Step 5:

Once all journals have been collected, from all participants you will be invited to a post-proving seminar. At this seminar, you will be informed if you were in the placebo or verum group. The researcher will also reveal the proving substance. During this seminar you will have the opportunity to discuss your experiences during this proving with other participants should you wish to.

What is a proving symptom?

A proving symptom is a symptom that:

- You haven't experienced before, i.e. a new physical, mental or emotional symptom
- Has changed in intensity, i.e. an existing symptom that has become better or worse
- Has returned, i.e. a symptom that you haven't experienced for one year. That has returned strongly

Recording your symptoms

When recording your symptoms, (pre-proving and post-proving), begin each day on a new page, adding the date at the top of the page. Once you begin taking the remedy, record which day of the proving it is, i.e. the first day is day 0, the second day is day 1 and so on. Please write neatly and legibly, and be as precise and accurate as possible. It is advisable to keep your journal with you at all times, so that you may record symptoms as you experience them.

With regards to each symptom, the following information is important, and should be recorded:

- **Concomitants**
These are symptoms that accompany each other, begin at the same time or alternate with each other.
- **Location**
It is important to note which side of the body the symptoms affect. Describe the anatomical structures accurately. You may use simple, clear diagrams to do this.
- **Aetiology**
An aetiological factor is something that could have caused or triggered a particular symptom. Examples could include certain food, weather, emotional events, etc.
- **Modalities**
Modalities are factors that have an effect on the symptoms, either by making it better or worse. Examples may include certain foods, certain drinks, weather, smell, light, dark, sitting, standing, lying, etc.
- **Sensation**
The sensation of a symptom refers to how the symptom feels and thus describes the symptom. Examples may include burning, itching, poking, stitching, throbbing, aching, hammering, shooting, tickling, etc.
- **Intensity**
This refers to the severity of the symptom.
- **Time**
Please note the time of that symptoms begin, change and or end. Also record if the symptom is better or worse at a specific time of day.

Please classify your symptoms according to the following key. You may simply write the abbreviation given next to each symptom. (Example: Headache (NS))

SYMPTOM	DESCRIPTION	ABBREVIATION
Recent symptom	A symptom that you are currently experiencing or have experienced in the last year	(RS)
New symptom	A symptom that you have not experienced before	(NS)
Old symptom	A symptom that you have experienced before. Please state when you had experienced this.	(OS)
Altered symptom	A recent or old symptom that has changed in some way. Please state how the symptom has changed	(AS)
Unusual symptom	A symptom that is unusual, one that you wouldn't normally experience	(US)

Please browse the following checklist daily, to ensure that you record all your symptoms:

MIND	DIGESTIVE SYSTEM	SKIN
HEAD	EXTREMITIES	GENERALITIES
EYES/ VISION	URINARY ORGANS	EMOTIONS
EARS/ HEARING	GENITALIA	MOOD
NOSE	SEX/ LIBIDO	SLEEP
BACK	MENSTRUATION	DREAMS
CHEST	RESPIRATION	

Lifestyle during the proving

In order to ensure a quality proving, you are kindly urged to avoid using substances that may antidote the remedy. Such substances include: camphor, coffee and mints. It is also important that you maintain your normal lifestyle throughout the proving. Please refrain from taking any other new medication while you are on the proving. This includes: allopathic drugs, homoeopathic drugs, herbal preparations, supplements, steroids and antibiotics.

How to take the remedy

The researcher will inform you when you should begin taking the remedy. This should be recording accurately in your proving journal, along with the time that you take each dose. The remedy is absorbed in the mouth, so it is important that it is taken with a clean mouth. You should not eat or drink anything for 30 minutes before and after taking the remedy, and you should not take the remedy immediately after brushing your teeth.

Risks or Discomforts to the Participant:

During the proving you may experience some mild symptoms. These symptoms are temporary. Should these symptoms become unbearable at any stage, a qualified homoeopathic physician will prescribe an antidote for you. You may withdraw from the proving at any time.

The researcher will contact you on a daily basis to monitor your symptoms.

Benefits:

During your participation in this study you will learn more about Homoeopathy and how it works. If you are a Homoeopathic student, you will gain invaluable knowledge about provings, which plays a vital role in Homoeopathy.

Reason/s why the Participant May Be Withdrawn from the Study:

- You may be withdrawn from the study, should there be any conflict with regards to the inclusion/exclusion criteria.
- You will also be withdrawn if you become ill during the proving, experience intolerable adverse reactions or if you do not comply according to the instructions set out.

- You may at any time choose to withdraw from the study, without explanation or adverse consequences.

Remuneration:

You will not be paid to participate in this study, or receive any other physical rewards for your involvement.

Costs of the Study:

The cost of this study will be covered by the university and you will not be required to pay to participate.

Confidentiality:

Your confidentiality will be kept at all times. You will be given a prover number, by which you will be made reference to. All information that reveal your identity will be destroyed once the proving is completed.

You are also required to refrain from discussing you symptoms with anyone other than the researcher. This is to ensure that this proving is credible. Please do not discuss your symptoms with fellow provers, whether they are participants in this proving or not.

General:

Before beginning the proving process, please ensure the following:

- You have signed the informed consent forms
- The researcher has taken your case history and performed a physical examination
- You have received the proving pack containing the proving journal, pen and remedy

Please remember that your participation in this study is voluntary, and you may withdraw at any time. Should you not understand anything pertaining to the proving or have any concerns, please do not hesitate to contact the researcher.

Persons to Contact in the Event of Any Problems or Queries:

If you have any problems/queries during the proving you may contact the following people:

- Supervisor: Dr. D. F. Naude (0823701012)
- Researchers: Clarissa Peter (0731417287); Kerusha Naidoo (0721967719)
- The research ethics administrator: (0313732900)

Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or dvctip@dut.ac.za.



CONSENT FOR THE MAIN STUDY

Statement of Agreement to Participate in the Research Study:

I hereby confirm that I have been informed by the researcher, _____,
about the nature, conduct, benefits and risks of this study - Research Ethics Clearance Number:
_____.

I have also received, read and understood the above written information (Participant Letter of Information) regarding the study.

I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.

In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.

I may, at any stage, without prejudice, withdraw my consent and participation in the study.

I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.

I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.

Full Name of Participant Date Time Signature/ Right Thumbprint

I, _____ (researcher) herewith confirm that the above participant has been fully informed about the nature, conduct and risks of the above study.

Full Name of Researcher Date Signature

Full Name of Witness (If applicable) Date Signature

Full Name of Legal Guardian (If applicable) Date Signature

APPENDIX D

CASE HISTORY FORM

This questionnaire will serve as a baseline of your normal health and your disease tendencies. This will enable us to distinguish the proving symptoms from your normal state and enable you to become familiar with yourself and to be able to recognise any changes that the remedy may bring about.

PLEASE READ THIS FIRST BEFORE FILLING THIS FORM. THIS QUESTIONNAIRE FORM HAS 7 PARTS:

- (1) About your past illnesses and family illnesses.
- (2) History of your present illness.
- (3) About the parts that make up your body.
- (4) Deals with the factors that affect your health. Please think carefully about each of the factors mentioned and write what specific effects they have on you.
- (5) About your mental state and your emotional nature. Please write in this part about your situation in life and about all the things that are bothering you. Be completely honest.
- (6) About your sleep and dreams.
- (7) For you as a child.

HOW TO DESCRIBE YOUR COMPLAINTS

I require the following details about your symptoms:

LOCATION

Please give the exact location of sensation, pain or eruption. Also describe where the pain or sensation spreads.

SENSATION

Express the type of sensation or the pain that you get in your own words, however simple or funny it may seem. You may have a sensation that a mouse is crawling or the heart was grasped by an iron hand or you may have pain which is cutting, burning, jerking or pressing. Express the sensation or pain as it feels to you.

WHAT MAKES YOU WORSE OR BETTER

Many factors are likely to influence your trouble. Some factors may cause the trouble to increase and some factors may relieve the trouble.

DISCHARGES

You may have a discharge from ulcers, fistula, eruptions, the skin, lungs, eyes, nose, ears, mouth, private parts, etc. please describe your discharge under the following aspects:

- The quantity and the time or condition under which the quantity varies i.e. when is it better or worse, increases or decreases?
- The consistency: is it thin or thick, stringy or clotted?
- Is it like jelly, white of an egg, like water, sticky, forming a scab, etc.?
- The odour, what does it remind you of?
- Does it make the parts sore, and in what way?

CONFIDENTIAL

DATE:

NAME AND SURNAME:

ADDRESS:

.....

.....

TELEPHONE NUMBER:

AGE:

GENDER:

SINGLE/ MARRIED/ WIDOWED/ DIVORCED:

OCCUPATION AND NATURE OF WORK:

.....

EDUCATION:

PREVIOUS DISEASES AND DRUGS USED

In the list below, circle the names of all major illnesses so far suffered and on the next page give its relevant details.

Typhoid	Measles	Malaria
Cholera	German measles	Jaundice
Food poisoning	Chicken pox	Any liver
Worms	Small pox	Spleen or
Diarrhoea	Mumps	Gallbladder
Dysentery	Whooping cough	Disease
Miscarriage	Malnutrition	Nephritis
Abortion	Rickets	Kidney or urine trouble
Sickness during pregnancy etc.	Rheumatism	Diabetes
Prolapsed uterus	Back ache	Prostate trouble
Any venereal disease, like	Any heart trouble,	Any serious shock, grief,
Gonorrhoea	Blood pressure	Disappointments, frights,
Syphilis	Vertigo	Mental upset, depression or
		Nervous breakdown
Any operation such as Tonsils, Abdomen, Appendix, Hernia, Piles, Uterus, Renal stone, Gallstone, Phimosis, Hydrcocele, Cataract, etc. Mode of anaesthesia: general, local	Diphtheria, Septic tonsils, Adenoids Recurrent infections: Sinusitis, Bronchitis, Eosinophilia, Cold, Pneumonia Asthma, Pleurisy, T.B.	Chronic headaches, Numbness, Cramps, Convulsions, Fits Polio, Paralysis, etc. Meningitis, any Lumbar puncture done
Any major injury or accident to body or head.	Skin diseases like Pimples, Boils, Carbuncles, Ringworm, Fungus, Scabies, Eczema	Other, please specify

Any occasion of unconsciousness.	Ulcers on any part of the body	
Any major bleeding from any part of the body.		

DISEASES SUFFERED FROM	APPROXIMATE AGE	DURATION	WHETHER YOU COMPLETELY RECOVERED	MEDICINES AND TREATMENT TAKEN	ANY OTHER PARTICULARS

Any extra remarks or information:

Mention any drugs, tonics, stimulants or vitamins that you currently use.

FAMILY INFORMATION

RELATIONSHIP	ALIVE/ DEAD	AGE	DISEASES	CAUSE OF DEATH
Paternal Grand Father				
Paternal Grand Mother				
Maternal Grand Father				
Maternal Grand Mother				
Father				
Mother				
RELATION	DISEASES SUFFERED			
Paternal Uncles				
Paternal Aunts				
Maternal Uncles				
Maternal Aunts				
Cousin Brother & Sister				
Did any of your relatives have similar trouble to yours				

- ANAEMIA
- CANCER
- DIABETES
- INSANITY
- RHEUMATISM
- T.B. / PLEURISY
- LEPROSY
- EPILEPSY/ FITS
- BLEEDING TENDENCY
- URTICARIA
- ECZEMA
- ASTHMA
- PARALYSIS
- HYPERTENSION
- HEART TROUBLE
- KIDNEY DISEASE
- LIVER DISEASE

How many brothers or sisters are you? (including those who died, if any)

Provide information about them in the table below. Indicate your position by writing 'SELF'.

POSITION	BROTHER/ SISTER	ALIVE/ DEAD	AGE	DISEASES SUFFERED
1.				
2.				
3.				
4.				
5.				
6.				

7.				
8.				

PERSONAL HISTORY

About your birth:

Did your mother have any problem during pregnancy?

Did she take drugs during pregnancy? What were they?

Was there any difficulty about your birth? Give details.

Mark (X) if any animal bites such as:

DOG		RAT		SNAKE		SCORPION	
-----	--	-----	--	-------	--	----------	--

Mention if any other.

Did you receive or take anti-rabies or anti-venom or any other treatment?

Vaccination and Inoculations: Indicate the number of times you were vaccinated for the following:

SMALL POX	POLIO	CHOLERA	MEASLES
MMR	B.C.G.	TYPHOID	TETANUS

Was there any reaction or particular trouble after any of the above vaccinations or inoculations? Please describe.

Number of children living and dead. If dead, state causes:

Mention ages of children and their condition of health:

CHILD'S NAME	MALE/ FEMALE	AGE	DISEASES SUFFERED

Any abortions, miscarriages or still births?

Your habits:

HABBIT	HOW MUCH
SMOKING	
SNUFF	
CHEWING TOBACCO	
ALCOHOL	
TEA	
SLEEPING PILLS	
LAXATIVES/ PURGATIVES	
ANY OTHER	

Main complaints and any other associated troubles: (And detailed history of the present illness, the onset and course with dates).

Origin of cause: Can you trace the origin illness to any particular circumstance, accident, illness, incident or mental upset? (e.g. Shock, Worry, Errors in diet, Overexertion, Exposure to cold/ heat, etc.)

Appetite and Thirst:

How is your appetite?

When are you hungry?

What happens if you remain hungry for long?

How fast do you eat?

How much thirst do you have?

Are there particular times that you are especially thirsty?

Do you feel and change in your taste and feeling in your mouth?

Mark (X) if you Like or Dislike the food or if the food Disagrees. Mark with (XX) if you strongly Like or Dislike the food or if the food strongly Disagrees.

FOOD	LIKE	DISLIKE	DISAGREES	FOOD	LIKE	DISLIKE	DISAGREES
Bitter				Eggs			
Salt extra				Spicy food			
Sweet				Meat			
Sour				Fish			
Bread				Cabbages			
Butter				Onions			
Fats				Warm food/drink			
Milk				Cold food/drink			
Coffee				Fruits			
Mud/ chalk				Anything else			

Stool:

When and how many times a day do you pass stools?

When is it urgent?

Do you have any problem about bowel movements? (straining, pain, bleeding)

Do you have belching or passing gas? Describe its character.

How do you feel after passing gas up or down?

Urination and Urine:

Do you have any trouble before, during and after passing stool?

Any difficulty about the flow? Slow to start, interrupted, feeble dribbling etc.?

Any involuntary urination? When?

Any strong smell? Like what?

Sweat and Perspiration:

How much do you sweat?

Where and on what part do you sweat most?

Do you perspire on the palms or soles?

Is the sweat warm, clammy, sticky, musty, greasy, stiffens the linen etc.?

What is the smell like? E.g. foul, pungent, sour, urine-like.

What colour does it stain the clothing?

Is the stain easy to wash off or difficult?

Any symptoms after sweating?

When do you get fever or chill?

What brings it on?

Do you experience any sense of heat or cold in any part of your body at any particular time?

Chest:

Do you catch cold often? If so, how?

Describe the symptoms, nature of discharge etc.

Is there any trouble with your chest or heart?

Is there any trouble with your voice or speech?

Is there any difficulty in breathing?

Do you have a cough? If so, is it more at any particular time?

Sexual Sphere (General):

What is your libido like? Do you have increased desire or decreased desire for sex?

How do you feel after sexual intercourse?

Any particular feeling or symptoms appear before, during or after sexual intercourse?

Do you suffer from any venereal disease? (syphilis, gonorrhoea etc)

What is the method you use for your family planning?

For men:

Any difficulty with erections?

Any other trouble in sex? Describe in details.

For women:

Menses: how are the periods; regular or irregular?

At what age did it start?

Was there any trouble then?

Mention number of days of flow.

Menstrual flow: is there any change now in quantity, colour, smell or consistency?

Are the stains difficult to wash?

Do you suffer in any way before, during or after menses? If so, describe.

What symptoms did you suffer during menopause?

Is there any discharge? If so, mention the nature, colour, consistency and smell of the discharge.

When and under what circumstances is it more or less?

Has the discharge any relation to menses?

What is the effect of this discharge on your general feeling or any of your symptoms?

Any itching, excoriation etc. due to discharge?

Any trouble with breasts?

Any complaints regarding:

VERTIGO: Do you have giddiness, dizziness?

FAINTNESS: Do you ever feel faint?

HEAD: Do you get headaches?

EYES and vision:

EARS and sense of hearing:

NOSE and sense of smell:

FACE and facial expression:

MOUTH and sense of taste:

FACE and facial expression:

TEETH and gums: e.g. carious teeth, bleeding gums, swollen gums etc.

LIPS: cracked, peeling of skin etc.

THROAT: (including tonsillitis)

Any difficulty in swallowing?

Do you have trouble in your back, limbs or joints? Describe in detail.

If you have any pain? Do they shift?

In what direction do they extend?

Is there any complaint of skin: such as itching, eruptions, ulcers, warts, corns, peeling etc. If so, describe in detail.

Any change in colour of skin or spots on any part of the body?

Is there any complaint or abnormality of the nails or skin around?

Is there any complaint with the hair, such as falling, greying, dandruff, dryness, oily, poor, excessive or unusual growth?

Do wounds heal slowly, form keloid or tend to form pus?

Have you a tendency to bleed?

Are your troubles one-sided or more on one side? Which side?

Is there any trembling? When?

Is it in any particular part of the body?

Factors that affect you:

Below is a list of things that you are exposed to. Each of these factors may affect you in a particular way. Please write in what way you are affected by each of the following. Do you feel worse or better in any way from each of the factors? In what way do they affect you?

For instance take the factor "sun". suppose by going in the sun you get a headache, and then write "headache" opposite to "sun".

Take another example. If in hot weather you feel uneasy, then write "uneasy" next to "hot weather".

In this way write the effect of each factor on you. Especially write the effect that each factor has on your main complaints. For instance if your main complaint is asthma and this is worse when lying on the back the opposite to "lying on the back" write "asthma gets worse".

Sometimes one factor may make you feel worse in some respect, and better in some other respect. For instance cold air may cause a headache but may make you feel better in general. If this is so, please mention this difference clearly.

	EFFECT
Hot weather	
Cold weather	
Rainy weather	
Cloudy weather	
Change of season	
Thunderstorms	
Covering	
Warm bath	
Sun	
Cold bath	
Lying with head low	
Sitting	
Sitting erect	
Standing	
Looking up	
Looking down	
Looking from high places	
Looking at moving object	
Noise	
Sudden noise	
Music	
Walking	
Running	
Climbing stairs	
Going down stairs	
Riding in a bus, car etc.	
Lying	
Lying on back	
Lying on left side	
Lying on right side	
Lying on abdomen	
Drinking	
After sexual intercourse	
Dust	
Smoke	
Touch	
Pressure	
Massage	
Tight clothes	
Before sleep	
During sleep	
After sleep	
Light	
Strong smells	

When constipated	
Before urine	
After urine	
During urine	
Before menses	
During menses	
After menses	
After sweating	
When fasting	
After eating	
Before important engagement	
Before exams	
When angry	
When worried	
When sad	
After weeping	
Consolation/ sympathy	
In a crowd	
In a closed room	
When thinking of illness	
Full moon/ new moon	
Morning	
Afternoon	
Evening	
After afternoon nap	
Loss of sleep	
Before stools	
During stools	
After stools	
Coughing	
Sneezing	
Laughing	
Talking	
Reading	
Writing	
Stooping	
Passing gas	
After a haircut	
Combing hair	
Brushing teeth	
Moonlight	
Opening the mouth	
Smoking	
Hanging the limbs	
Hanging the arms	
Near sea	
Shaving	
Stretching	
Swallowing	
Listening to others talk	
Bathing	
Night	
Draft air	
Biting or chewing	

Blowing nose	
When alone	
In company	
Physical exertion	
Belching	
Vomiting	
Yawning	
Moving the eyes	
Opening the eyes	
Closing the eyes	
Getting feet wet	
Over eating	
Working in water	
Fanning	

Mind:

Are you anxious? About which matters?

Are you fearful of anything, such as:

ANIMALS	PEOPLE	BEING ALONE	DARKNESS
DEATH	DISEASES	ROBBERS	SUDDEN NOISES
THUNDER	OF THE FUTURE	SOMETHING UNKNOWN	HIGH PLACES
OTHER:			

Are you doubtful or suspicious? Of what?

What are you jealous of? Of whom?

From what symptoms do you suffer when jealous?

In which matters are you impatient or hurried?

How long do you remember hurts caused to you by others?

How revengeful are you?

What are you proud of? Does your pride get hurt easily?

Are you ever depressed, brooding etc.?

Do you ever become suicidal? When?

If so in what manner do you contemplate to end your life?

Even then, are you afraid of dying?

When are you cheerful?

Any unwanted thoughts at any time? What are they?

Have you imaginary fears?

Do you hear voices, or that you are called, or anything else in this line that keeps on occurring in your mind unduly?

How is your memory?

For what is it poor? E.g. names, places, faces, what you have read etc.

Do you weep easily?

What makes you weep?

How do you feel after weeping?

How do you feel if someone offers sympathy or consolation?

Are you easily irritated?

What makes you angry?

What bodily symptoms do you develop when you are angry? E.g. trembling, sweating, etc.

Do you like company or prefer to be alone?

How seriously are you affected by disorder and uncleanliness in your surroundings?

What is the greatest grief you have gone through in your life?

What activities do you deeply like?

Are there any matters which you deeply dislike?

In your opinion, which aspect of your mind and moods are not agreeable to you?

Despite your awareness and maturity, are you able to change these aspects?

Give a clear cut picture of your situation in life and your relationship with each of your family members, friends, associates at work etc.

How does the future look to you?

Are you worried or unhappy over any personal, domestic, economical, social or any other condition? If so, describe in detail.

Sleep:

Describe your posture in sleep. On the back, side, abdomen etc.

Are you able to sleep in any position? Which position can't you sleep in?

During sleep, do you snore, grind teeth, dribble saliva, sweat, keep eyes or mouth open, walk, talk, moan, weep, become restless, wake up with a jerk etc.?

Describe if anything else is unusual in your sleep.

How much do you cover?

Do you have to uncover any parts?

Circle types of dreams that you have:

Animals Cats/dogs Wild horses Wild animals Snakes	Robbers Thieves Being anxious Ghosts Fearful	Travelling Riding Flying Swimming Drowning	Houses Fruits Trees Water Snow	Death, whose? Dead bodes Dead person Parts of body Suicide
Being hungry Being thirsty Drinking Eating	Fire Lighting Storm Rain	Accidents Falling Shooting Wars	Talking Singing Dancing Pleasant	Business Money Day's work Forgotten work
Vomiting Passing stool Urinating Blood/ bleeding Excrements/ soiling	Romantic Sexual pleasure Rape Nakedness	Pain Illness Mutilations Sickness	Praying Religious Temple Church God	Failure/ Exams Unsuccessful efforts for what Missing train Being unprepared
Grief Weeping Vexation Quarrels Jealousy Insults	Police Imprisonment Crime Murder Killing Poison	Misfortunes Insecurity Danger Being pursued By whom: Why?	Of people Children Parties Feasts Marriage	Of events Remote Recent Future Prophetic
Physical exertion Mental exertion Fatigue Coloured Multi-coloured	Specify other:			

You as a child:

Please mark (X) if the child or you as a child had any of the following qualities. Mark (XX) if they were more intense.

Obstinacy		Sibling jealousy		Boasting	
Temper tantrums		Any special skills		Stealing	
Disobedience		Unusual desires (for what)		Telling lies	
Aggression		Sensitive/ emotional		Religious	

Hyperactivity		Unusual fears		Dullness of memory	
Destructiveness		Shyness		Laziness	
Courage		Unusual attachments		Indolence	
possessiveness		Biting nails		Slowness	
Competition-winning spirit		Thumb-sucking		Other:	

Please write in detail if the mother suffered from any physical or emotional stress during pregnancy. Also describe the dreams the mother got during pregnancy.

This appendix has been adapted from Botha, I. 2010. Towards an Integrated Methodology: C4, Sherr and Dream Provings of Protea cynaroids. D.Tech: Homoeopathy. Durban University of Technology.

APPENDIX E

PREPARATION OF THE VERUM AND PLACEBO

Preparation of the 1st centesimal potency

1 part nail shavings triturated with 99 parts Saccharum lactis according to method 6 of the GHP*. This is equal to 0.03g nails shavings and 2.97g Saccharum lactis.

Stage 1: Triturate 0.03g of nail shavings with 0.99g of Saccharum lactis for 20 minutes*.

Stage 2: Add 0.99g Saccharum lactis and triturate for 20 minutes.

Stage 3: Add 0.99g Saccharum lactis and triturate for 20 minutes.

(*20 minutes will include 6 minutes trituration, 3 minutes scraping and 1 minute mixing, twice)



Preparation of the 2nd centesimal potency

1 part 1CH triturate triturated with 99 parts Saccharum lactis according to method 6 of the GHP. This is equal to 0.1g 1CH trituration and 9.9g Saccharum lactis.

Stage 1: Triturate 0.1g 1CH trituration with 3.3g Saccharum lactis for 20 minutes.

Stage 2: Add 3.3g Saccharum lactis and triturate for 20 minutes.

Stage 3: Add 3.3g Saccharum lactis and triturate for 20 minutes.



Preparation of the 3rd centesimal potency

1 part 2CH triturate triturated with 99 parts Saccharum lactis according to method 6 of the GHP. This is equal to 0.1g 1CH triturate and 9.9g Saccharum lactis.

Stage 1: Triturate 0.1g of 1CH triturate with 3.3g Saccharum lactis for 20 minutes.

Stage 2: Add 3.3g Saccharum lactis and triturate for 20 minutes.

Stage 3: Add 3.3g Saccharum lactis and triturate for 20 minutes.



Preparation of the 4th centesimal potency

1 part 3CH triturate into 99 parts solvent, according to method 8 of the GHP. This is equal to 0.1g of 3CH triturate, 5ml aqua distilled and 5ml ethanol (60%). This is succussed 10 times.



Preparation of subsequent centesimal potencies up to 30CH

1 part 4CH into 99 parts ethanol (96%), according to method 8 of the GHP, and subsequently succussed up until the 30CH potency.



Impregnation of lactose granules

Triple impregnation of lactose granules at 1% v/v of *Panthera leo* 30CH in ethanol (96%) according to method 10 of the GHP.



Impregnation of lactose powder sachets (verum)

10 granules *Panthera leo* 30CH added to each sachet.



Impregnation of the lactose powder sachets (placebo)

10 lactose granules impregnated with ethanol (96%) into each sachet.

* Driehsen, W. 2003. *German Homoeopathic Pharmacopoeia*. Stuttgart: Medpharm Scientific Publishers.