

**A homoeopathic drug proving of *Hemachatus haemachatus*,  
with a subsequent comparison of the proving symptoms with  
that of other snake remedies used in homeopathy.**

By

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Master's Degree in Technology: Homoeopathy in the Faculty of Health  
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I, Lize de la Rouvière, do declare that this mini-dissertation is representative  
of my own work, both in conception and execution.

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Dedicated to our wonderful provers

who made this study possible,

and to all provers everywhere.

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## ABSTRACT

The aim of this study was to elicit and document the effects, in the form of signs and symptoms produced in relatively healthy volunteers, of the venom of *Hemachatus haemachatus*, prepared in accordance with the methods set out in the homoeopathic pharmacopoeia. These signs and symptoms form the indications for the prescription of the remedy, according to the homoeopathic Law of Similars. A further aim of this study was a comparative analysis of symptoms produced by *Hemachatus haemachatus* 30ch with existing remedies derived from snake venom used in homeopathy, with the aim of highlighting the similarities and differences between them.

The homoeopathic drug proving of *Hemachatus haemachatus* 30ch took the form of a double-blind, placebo controlled trial. The proving population consisted of 30 healthy subjects who met with the necessary inclusion criteria (Appendix B). Eighty percent (24 subjects) served as the experimental group, receiving the active verum in a randomised manner, while twenty percent (6 subjects) formed the placebo group, receiving non-medicated placebo powders in a randomised manner. Provers were unaware of either the nature or potency of the substance. Verum and placebo were indistinguishable from each other, and neither researcher nor volunteers knew who received verum and who received placebo. Intra-individual control was achieved through a pre-proving observation period of a week's duration, during which provers recorded the signs and symptoms of their normal state. This symptom picture served as a baseline for comparison with symptoms noted after administration of the remedy.

Verum and placebo were dispensed in the form of six powders to be taken sublingually three times a day for a period of two days, or until the onset of symptoms. Data was primarily collected in the form of a diary or journal kept by each prover in which they recorded symptoms on a daily basis. Provers were closely monitored by the researchers during this period. Data collected by the researchers during daily telephonic contacts, as well as during the pre-proving consultation, was also considered. Information obtained from the

journals was then assessed by the researchers for suitability for inclusion in the materia medica of *Hemachatus haemachatus*. The data did not require statistical analysis.

In a concurrent study of similar methodology, Cahill (2008) conducted a comparison of the symptom complex produced in the proving of *Hemachatus haemachatus*, with other homeopathic remedies which scored highest on repertorisation. Symptoms from both studies were collated and included in the materia medica and repertory of *Hemachatus haemachatus*.

The investigation supported the hypothesis that *Hemachatus haemachatus* would produce clear and observable signs and symptoms in healthy proving volunteers. During the course of this study provers experienced a wide range of mental, emotional and physical symptoms. The highest number of symptoms was produced on the mental and emotional level. Provers experienced elation, joy, increased confidence, enthusiasm and energy. On the other hand, there was lack of confidence, vulnerability, anxiety, decreased motivation, decreased concentration, lethargy, depression and indifference. There were sudden changes in mood and provers experienced marked irritability. On the physical level, many provers experienced headaches, irritation of the eyes, symptoms resembling allergic rhinitis, sore throats, nausea, heartburn, abdominal pain and flatulence, menstrual disturbances, lumbar pain, rheumatic joint pains, and skin eruptions. There were disturbances in normal sleep patterns, subjective perceptions of increased body temperature with hot flushes, and generalised tiredness and lethargy.

Symptoms obtained from the proving of *Hemachatus haemachatus* were analysed as part of a comparative study with other remedies derived from snake venom: *Lachesis muta*, *Naja tripudians*, *Elaps corallinus*, *Naja mossambica* and *Bitis arietans arietans*. This comparison highlighted both the similarities and differences between these remedies and *Hemachatus haemachatus*.

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### **DEFINITION OF TERMS**

### **Centesimal potency**

A potency scale with a dilution in the proportion of 1 part in 100 (Swayne, 2000:36).

### **Indigenous**

Native to a particular area. An organism or species that occurs naturally in an environment or region (Cambridge University Press, 1987:194).

### **Law of similars**

A doctrine that states that any drug which is capable of producing morbid symptoms in the healthy will remove similar symptoms occurring as an expression of disease (Yasgur, 1997:234). It is usually expressed as: *Similia similibus curentur*, from Latin meaning: let like be cured by like (Swayne, 2000:193).

### **Materia medica**

In homoeopathy, a reference work listing remedies and their therapeutic action (Yasgur, 1997:144). The description of the nature and therapeutic repertoire of homoeopathic medicines; of the pathology, the symptoms and signs and their modifying factors (Swayne, 2000:132).

### **Miasm**

Trait within a society, family or individual making them susceptible to a particular pattern of morbidity; an inherited or acquired disposition to be ill in a certain way (Swayne, 2000:137).

### **Placebo**

In homoeopathic practice, it refers to a non-medicated substance that is relatively inert (Gaier, 1991:426). The inactive agent used for comparison with the substance or method to be tested in a controlled trial, and is indistinguishable from it (Swayne, 2000:162).

### **Potency**

The medicinal power of a homoeopathic medicine, released or developed by dynamisation or potentisation.

The measure of power of the medicine based on the degree to which it has been potentised, expressed in terms of the degree of dilution. (Swayne, 2000:166)

### **Prover**

Subject of a proving or a homeopathic pathogenetic trial. 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**

From the German *Prüfung*. 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 human subjects in order to observe and record symptoms (Yasgur, 1997:201).

### **Rubric**

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

### **Simillimum**

The single homeopathic medicine, the drug picture of which most nearly approaches the total symptom complex of the patient (Gaier, 1991:509).

### **Succussion (dynamisation)**

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

### **Verum**

True, real or genuine (Yasgur, 1997:275). In the context of a homoeopathic proving it refers specifically to the medically active substance administered to provers as opposed to the medically inert placebo (Moore, 2007).

## CHAPTER ONE

### 1. OVERVIEW

#### 1.1. INTRODUCTION

Homeopathic drug provings are one of the fundamental principles of homeopathy (Riley, 1996 a). Withoukcas (1980:144) defines the purpose of a proving as:

‘to record the totality of morbid symptoms produced by that substance on healthy individuals; and that totality will then be the curative indications upon which is to be prescribed the curative remedy in the sick individual’.

In Aphorism 143 of the Organon, Hahnemann (1982) insists that only the pure, reliable effects of substances are collected in a materia medica. There is no other method of accurately predicting the effect of any substance as a remedy (Sherr, 1994:7). It can thus rightly be asserted that homeopathic drug provings are the pillars on which homeopathic practice are built (Sherr, 1994:7) (Walach, 1997).

Withoukcas (1980:143) says that in order for homeopathy to advance, it is necessary to perform provings on new substances to expand the homeopathic armamentarium. In aphorism 162 of the Organon, Hahnemann (1982) says that in cases where the exact simillimum has not yet been proved, the homeopathic practitioner is forced to employ the most appropriate remedy. Only when a new remedy is proven well, can cases partially covered by existing remedies be cured (Sherr, 1994:8). In aphorism 145, Hahnemann (1982) urges the discovery of a suitable remedial agent for every known disease. Increasing the number of remedies in the materia medica facilitates greater accuracy and individualisation when treating patients (Wright, 1999). Herrick (1998) feels that the reason that some cases cannot be solved, is because ‘many of the most important remedies have not yet been developed. Foremost among these are the animal remedies’.

Sherr (1994:49) makes the point that the indicated remedy should be a local one, as nature will always provide an accessible cure. The expansion of the indigenous materia medica is thus particularly important for South African homeopaths and patients, although local remedies may prove also to have universal application (Sherr,1994). Furthermore, proving natural substances indigenous to South Africa, contributes to the creation of a South African materia medica, a concept proposed by Wright (1994).

*Hemachatus haemachatus* is an endemic Southern African snake. The study of the behaviour, as well as the effects of the venom of *Hemachatus haemachatus*, indicates that it may prove to be an important remedy. A number of southern African snake venoms have in recent years been proven by Wright(1999);Thompson(2004) and Taylor(2004) and Smal(2004). It is important to compare the proving symptoms of *Hemachatus haemachatus* with these, and other existing remedies from the snake family used in homeopathy, to aid the practitioner to clearly distinguish between the indications for their prescription.

#### **1.1.1. Objectives of the study**

The first objective of this study was to conduct a homeopathic proving of *Hemachatus haemachatus* 30ch to investigate its effects on healthy provers by recording the clearly observable signs and symptoms it produced, so that it may in future be prescribed in accordance with the Law of Similars.

The second objective of this study was a group analysis of *Hemachatus haemachatus* in relation to existing remedies in the materia medica that have been derived from snake venom. This was achieved by comparison of the symptoms obtained from the proving of *Hemachatus haemachatus* with characteristic symptoms of other remedies within the snake family. The aim of this comparative study was to clarify the specific indications of *Hemachatus haemachatus* in homeopathic practice. It will also help to differentiate this remedy from other remedies in the context of clinical prescribing (Moore, 2007).



## 1.2. THE HYPOTHESES

It was hypothesised that the 30ch potency of *Hemachatus haemachatus* would produce clearly observable signs and symptoms in healthy proving volunteers.

It was further hypothesised that a comparison of *Hemachatus haemachatus* to existing homeopathic remedies in the materia medica that have been derived from snake venom would elucidate similarities and differences between these remedies. It was further proposed that the analysis of these remedies as a group would offer a clear understanding of the therapeutic indications of the proving substance in relation to other remedies in the snake family.

## 1.3. THE DELIMITATIONS

The study did not:

- attempt to explain the mechanism of action of the homeopathic preparation of *Hemachatus haemachatus* in its production of symptoms in healthy proving volunteers;
- determine the effects of potencies of the substance other than the thirtieth centesimal potency;
- compare the proving results between the provers in the two locations.

## 1.4. THE ASSUMPTIONS

- The homeopathic *Hemachatus haemachatus* was prepared in accordance with methods set out in the German Homeopathic Pharmacopoeia (GHP) (1991) for the preparation of the venom of *Lachesis muta*: the venom was reconstituted with water in the ratio of 3 parts venom to 7 parts water, after which it was prepared by serial dilution and succussion up to the 30ch potency.
- The venom was correctly extracted, freeze-dried and transported.

- The allocation of the verum and placebo was correctly done according to the randomisation code.
- The provers complied with the proper procedures as determined by the proving methodology outlined in Appendix E, *Instructions to Provers*.
- The provers would not deviate from their normal lifestyle or dietary habits immediately prior to or during the period of the proving.
- The provers would practice conscientious, accurate self-observation and symptom recording.
- The provers would take the remedy in the dosage, frequency and manner as instructed by the researcher.

## CHAPTER TWO

### Review of the related literature

#### 2.1 Provings

##### 2.1.1 Introduction

Provings may be defined as:

‘..clinical trials designed to investigate the effects of the exposure of human volunteers, in good health, to potentially toxic or pathogenetic substances, diluted and serially agitated according to homeopathic pharmacopoeial methods, with a view to providing data to inform their use as homeopathic substances.’ (Dantas, Fisher, Walach, Wieland, Rastogi, Teixeira, Koster, Jansen, Eizayaga, Alvarez, Marim, Belon and Weckx, 2007a:5)

Riley puts it more simply:

‘In a homeopathic drug proving a homeopathically prepared substance is administered to healthy volunteers in order to produce the symptoms specific to that substance and thereby reveal its inherent curative powers.’ (Riley, 2007:231)

The symptoms so produced create a particular symptom complex unique to that substance which forms the basis for the prescription of that substance to patients in accordance with one of the fundamental tenets of homeopathy:

‘Let like be cured by likes.’

This method of ascertaining the medicinal value of a substance was discovered and developed by the German physician, Dr. Samuel Hahnemann, in 1790 (Morrel, 2006). Hahnemann termed the process of administering the substance to healthy individuals, and the recording of the subsequent symptom complex, a ‘Prüfung’ meaning test or assay (Gaier, 1991), which was transliterated to the English proving. Scholten (2007) explains the double meaning of the word ‘prove’: one is to prove, to establish a fact; the other, to experiment or test.

Proving aim to 'produce valid and useful data concerning the subjective and objective changes' (Dantas, 1996:230) that any substance produces in healthy volunteers. As Hahnemann (1982) clearly explains in aphorisms 21 and 101 of the *Organon*, the medicinal power of a substance cannot be determined by a priori speculation, or by analysing the substance grossly or chemically, but only through provings. Sherr (1994:7) states that the use of the doctrine of signatures and toxicological data also cannot substitute for the precise information obtained from provings. If a substance is given in toxic doses, the symptoms produced will be too gross to be of use in homeopathic prescribing, as subtle general, mental and emotional symptoms will be lacking (Vithoulkas, 1980:145). Kent (1900) says that information so obtained is fragmentary and useless unless refined and enhanced by provings with the potentised substance.

In Aphorism 143 of the *Organon*, Hahnemann (1982) insists that only the pure, reliable effects of substances are collected in a materia medica. It can thus rightly be asserted that homeopathic drug provings are the pillars on which homeopathic practice are built (Sherr, 1994:7) (Walach, 1997).

### **2.1.2 History and development**

Samuel Hahnemann (1755-1843) was the first person to carry out systematic provings of drugs (Riley, 1996a). However the idea of experimenting on healthy subjects with medicinal substances was not original to Hahnemann (Morrel, 2006). Paracelsus alludes to the conducting of physiological experimentation on healthy subjects, but gives no instructions as to how this is to be conducted (Dudgeon, 2000). Albrecht von Heller expressed the idea clearly in 1771 in his *Pharmacopoeia Helvetica* (Morrel, 2006), and indeed, Hahnemann (1982) gives him credit for this in a footnote to the *Organon*. Anton Störk experimented on himself with pharmaceutical substances (Walach, 1994:129), and William Alexander made a proving with *Camphora* in 1766 (Morrel, 2006).

What differentiated Hahnemann was his systematic approach and his diligent noting down of the symptoms produced for later application to the sick (Walach, 1994). He further provided a reliable scientific basis for these experiments and developed a 'comprehensive therapeutic index' (Riley, 1996a:4).

The first drug proving conducted by Hahnemann with the bark of *Chincona officianalis* was designed by him, not so much to study the effect of the bark on the human system, but to investigate a claim made by Cullen that *Chincona* was active as an anti-malarial remedy because of a bitter effect on the stomach, which Hahnemann wished to prove by experimentation on himself (Morrel, 2006). The remarkable result of this experiment was that Hahnemann produced in himself symptoms broadly similar to those of malaria. The implication of this first proving, and consequent experimentation with other substances, led to the formulation of a fundamental tenet of homeopathy: 'Similia similibus curentur' - the law of similars, or, 'Let like be cured by likes' (Morrel, 2006).

Again it should be mentioned that Hahnemann was not the originator of this idea. In fact we notice this insight already in the work of Hippocrates, the 'Father of Medicine', who was the first to espouse the idea (Gaier, 1991:400). Paracelsus also enunciated this principle: 'What makes jaundice, that also cures jaundice and all its species.' (Dudgeon, 2000). At the time of his first breakthrough experiment in 1790, Hahnemann had spent ten years translating medical texts and doing historical research (Morrel, 2006). He must thus have been well acquainted with the teaching of Hippocrates, as well as that of Paracelsus.

While others enunciated the law of similars, no one before Hahnemann applied it therapeutically, because they had failed to adjust the dosage sufficiently (Close, 1924). Hahnemann also started by using substantially high dosages on his patients. But as these generally produced severe aggravations, he began to experiment with progressively smaller dosages by diluting the substances he administered. These, however, proved to have

limited therapeutic effects. It was only when he submitted each successive dilution to vigorous shakes, that he found this increased the remedial action of the remedies (Banerjee, 1987:26).

By 1805, when Hahnemann published his *Fragmenta de Viribus Medicamentorum Positivus*, he had proven 27 drugs fully. The *Materia Medica Pura*, published in 1811-13, contains the provings of 65 drugs, 66% of them different to those in the *Fragmenta*. His later work, *The Chronic Diseases of 1829*, contains 48 drugs, 60,4% of them new (Morrel, 2006). It is thus clear that Hahnemann was constantly expanding the homeopathic materia medica by conducting provings.

### **2.1.3 Proving methodologies**

Hahnemann developed the method of doing provings further, giving detailed instructions in aphorisms 121-148 of the *Organon* (Hahnemann, 1982). The basic rules, according to Walach (1994:129) are: the use of potentised substances, healthy provers, cessation of administration as soon as symptoms appear, and precise, verbatim documentation of symptoms.

Aspects of Hahnemann's instructions, such as dilution and posology, are, however, open to interpretation (Signorini, Lubrano, Manuele, Fagone, Vittorini, Boso, Vianello, Rebuffi, Frongia, Rocco and Pichler, 2005). Modern analysis of Hahnemann's methods found many flaws, leading to overestimation of homeopathic drug effects (Dantas *et al*, 2007a).

Hahnemann did not use any placebo control in his experiments. Nevertheless, the provings conducted by Hahnemann, with his insistence on reliability and rigorous scientific method, were of a high standard.

Unfortunately many provings conducted after him were of very poor quality (Fraser, 1998). Many provings conducted in the 20<sup>th</sup> century were of a less than satisfactory standard (Sherr, 1994:9). For example, newer provings, such as those conducted by Julian, lacked detailed mental symptoms (Sherr, 1994:9). In addition, many of these provings show an enormous discrepancy

in the dosage in posology applied in historical provings (Sherr, 1994). This has led to the inclusion of many unreliable symptoms in the materia medica and unfortunately there appears to be no effective system for the identification and removal of these errors (Scholten, 2007). And this, despite the importance of the validity and reliability of the information from provings for the successful use of these remedies in practise (Dantas *et al*, 2007a).

Sherr (1994) says that in order for the materia medica to be expanded on a sound basis, one good proving is worth ten superficial ones. Mortelmans (1997:201) emphasises the importance of the reliability of information collected in provings, as prescriptions based on wrong materia medica or wrong additions in the repertory will not help the patient. Attempts have therefore been made to develop a sound standard for conducting provings (Dantas, 1996). For instance, Sankaran (1995) has set out a protocol for provings. Riley (1996a) has written an article giving clear guidelines for proving methodology, while Sherr (1994) provides possibly the best practical framework for conducting modern provings (Thomson, 2004).

Dantas *et al* (2007a) systematically reviewed provings conducted between 1945 and 1995 in six different languages, and found that they were generally of low methodological quality, producing wide variation in methods and results. Sample size and trial duration was very variable. Most studies had serious design flaws, relating to absence of randomisation, blinding, placebo control and analysis of results. They found that trials with better methodology produced fewer pathogenetic effects. Sherr and Quirk (Sherr and Quirk, 2007: 273) find it disappointing that the aforementioned study by Dantas *et al* only analyzed provings from this period, as it is 'well known as the weakest period of homeopathic provings.'

Sherr *et al* (2007:275) also make clear that the goal of a proving is not to produce every possible symptom, but rather enough quality symptoms so that a meaningful totality can be perceived. Indeed, the repetition of a proving may not produce identical results, but the essential meaning will be the same.

Sankaran (1994) explains that this is due to the fact that a remedy produces a state of being in a proving, first at the level of mind and generalities, and later, depending on the level of sensitivity of the provers, on the physical level. A well proven remedy, if proven further, may yield more particular symptoms, but not more generals. In a proving, the group acts 'as if one' (Norland, 2001), and while each individual reveals only some of the symptoms, the group as a whole reveals most.

Riley (1996b:122) asserts that if the symptoms of provings were reduced to toxicological effects and those symptoms forthcoming from double-blind placebo controlled trials, most of the materia medica would be eliminated. Furthermore, the randomised controlled trial has been designed to eliminate the individual characteristics of drugs so necessary to homeopathic prescribing, in favour of statistically significant but broad, clinically meaningless symptoms. In a reproving of *Bryonia alba* that he conducted using 120 subjects, the only statistically significant symptom was low back pain (Riley, 2007). Walach (1996:124) confirms this by stating that it is precisely the nature of useful symptoms that they are rare single occurrences. Often the most important symptoms are produced by one or two sensitive provers, with the common symptoms being filled in by the other provers (Sherr, 1994). The greater the symptom range, the greater the clinical usefulness of a proving. Walach (1996:124) is in favour of double-blind controlled methodology, but analysis must be qualitative.

Signorini *et al* (2005), in a reproving of *Plumbum metallicum* and *Piper methysticum*, with comparison to previous classical proving symptomatology, found 30 and 8 symptoms, respectively, concordant with the classical proving, corresponding to about 10% and 45% of the significant total symptoms produced.

## **Placebo**

The first placebo controlled proving was conducted in 1835, making it one of the first double-blind controlled trials in the history of medicine (Dantas *et al*, 2007a). Placebo has only consistently been used in clinical trials since 1950



(Riley, 2007). Despite the fact that most 19<sup>th</sup> century provings had no placebo control, they have delivered clinically useful remedies that have stood the test of time (Sherr, 1994:57). One cannot dismiss historical provings for not using control measures which were not the historic norm (Riley, 2007:231).

A study by Green (1964) found various effects in placebo subjects: pre-existing symptoms were highlighted in some volunteers, new symptoms were elicited in others, pre-treatment symptoms may be relieved, adverse effects may be experienced, and the incidence of symptoms is higher in females than in males. Conditioning and expectancy play a great part in the reporting of symptoms (Dantas *et al*, 2007a:13).

Walach, Sherr, Schneider, Shabi, Bond and Rieberer (2004), conducted a double-blind placebo-controlled study with a 30ch potency of *Cantharis*, an existing homeopathic remedy, and found an increase in typical and atypical symptoms in both the verum and placebo groups.

Walach (1994:130) feels that placebo control is unnecessary in provings, unless used in an intra-individual manner, i.e. cross-over design, which is his preferred design. He considers parallel designs invalid, due to the large number of variables affecting the demonstration of individual symptoms, which would require large numbers of participants to be eliminated by randomisation. Koster, van Haselen, Jansen and Dicke (1998), ran a double-blind, placebo controlled proving using a cross-over design. They found that there were not proportionally more mind and general symptoms in the verum phase, and that there were more dreams in the placebo phase. They also observed more symptoms occurring in the first phase, whether that was placebo or verum. They concluded that a crossover design as applied in this study has serious problems associated with the described period effect. A problem with the cross-over design is that the effects of many homeopathic remedies last much longer than the wash-out period, thus the interpretation of the results will be complicated by the carry-over effect (Sherr, 1994:38).

Riley (1996a:5) says that the intended heterogeneity of the volunteer group used in a proving make inter-individual comparison between placebo and verum groups less useful, and prefers intra-individual control. A further advantage of the placebo run-in period, according to him, is the differentiation between true proving symptoms and the anticipated symptoms produced when medication is taken at the beginning of a trial.

Sherr (1994:57) ensures that provers take care in reporting symptoms by giving 10–20% placebo in a randomised way, making this well known to volunteers. Riley (1996a) agrees that the use of placebo promotes a self-critical attitude in the volunteers and the investigator.

Many researchers have found that subjects receiving placebo still produce proving symptoms (Sherr, 1994:57). Grinney describes it as a 'common phenomenon (Grinney, 2001:173). Walach (2000:129) says it is an

'open secret that true homeopathic symptoms, meaning specific clear-cut symptoms known to belong to the remedy, can also be observed with placebo, albeit normally only in the context of a homeopathic remedy proving'.

The question of whether or not to include these symptoms in the remedy picture has been the subject of heated debate amongst homeopaths. Dantas *et al* (2007b:276) use the simple formula 'symptoms with medicine – symptoms without medicine = symptoms due to medicine'. Riley contends that the placebo response has never been proved to be consistent and linear, as is implied by this reasoning (Riley, 2007). Vithoulkas (2001) feels strongly that symptoms arising in placebo subjects do not belong to the remedy but to environmental, circumstantial or psychological conditions. He warns against the inclusion of such symptoms, as it will lead to much confusion about the action of the substance.

There are also different opinions about how the placebo control should be prepared. Dantas (1996:232) feels that all placebo should be diluted and succussed to eliminate variables. Signorini *et al* (2005:165) point out that serial succession and dynamisation changes the biochemical and biophysical

properties of water, rendering it active and capable of producing symptoms. They therefore caution against the use of succussed water as control measure.

Norland (2001) ran a proving of placebo at the Devon School of Homeopathy, to determine the effects of the group consciousness on the provings conducted there. They found that no theme emerged in this proving. He also discovered that if a proving is run within a group context, individuals who did not take the substance and wished to remain outside of the proving, are nevertheless affected.

Milgrom (2002) explains the concept of entanglement – i.e. the interaction between patient, practitioner and remedy- as it applies to homeopathy, and Walach (2000) also uses it to explain such non-local effects. Lewith, Brien and Hyland (2005) found that certain subjects, who reported true proving symptoms during a placebo run-in period on their proving of Belladonna, were more likely to report symptoms during the treatment period, and describe these subjects as 'presentiment provers'. Sherr (1994:57) states that provings do not conform to Cartesian thinking, in that the experimenter becomes part of the experiment.

### **Number of provers**

Vithoulkas (1980:152) envisages that a thorough proving needs to include 50-100 provers. Sherr (1994:45) argues that this number is far too large, resulting in an over-proved remedy that produces an excess of common symptoms, overcrowding lesser proved remedies in the repertory. Sherr (1994:45) found that 5 provers were enough for a small project, and that 15-20 provers produce a complete proving picture. Riley has conducted a large number of provings using 35 subjects in a double-blind, placebo controlled cross-over design with run-in period (Riley, 2007:231).

### **Group provings**

Group or seminar provings, in the form of dream provings, were started at the Bad Boll seminars, led by Jürgen Bekker (Dam, 1998). In dream provings,

dreams are the main focus of the proving, which is usually conducted in a very limited time (15 minutes to a week), often in a group, with allowance for dose adjustment by provers, and with very few inclusion criteria and restrictions placed on participants (Dam, 1998:128). Pillay (2002) found great similarity in a comparison of a dream proving of *Bitis arietans arietans* with a conventional Hahnemanian proving done by Wright (1999).

Koster *et al* (1998:187) feel that an advantage of seminar provings is that it seems easier to motivate people in a group for a short experiment than for a longer double-blind placebo controlled cross-over trial, which may lead to large drop-out rates.

Sankaran has conducted many dream provings at seminars. He found that dream provings did in fact reveal the characteristic mental and emotional states of the remedy but it seemed to lack solid data, and finds a protocol midway between seminar provings and classical Hahnemanian provings most useful (Sankaran,1995:15).

Norland has conducted group provings at the Devon School of Homeopathy since 1991 (Norland, 2001:10), using a variety of methods: material doses; looking at or holding the substance; meditating on the substance. All methods have yielded results. However, in published provings, they have used material doses prepared in the Hahnemanian manner. At the School, they observed that the proving of a substance in a coherent group tends to amplify the effects of the remedy (Norland,1999).

Scholten (2007) emphasises the importance of the attention of the provers, which he considers crucial. According to him, this attention could be ensured by e.g. frequent contact with the supervisor, and also by meditation on the substance. His experience is that meditation provings provide reliable information, and often the information obtained from them expresses the essence of the remedy. He concedes that there is a possibility for personal interference, and that they do not deliver the full remedy picture, but weighs these drawbacks up against the low investment in time. He considers clinical

verification the only possibility of validating proving symptoms. Sherr *et al* (2007: 275) agree with this: 'The proof of provings is first and foremost their clinical usability and reliability.'

#### **2.1.4 Contemporary provings**

There has been a renaissance in homeopathic provings following the publication of Sherr's *Dynamics and methodology of provings* in 1994, which set exacting standards for conducting provings and interpreting the results. Sherr personally conducted more than thirty provings (Sherr *et al*, 2007), including *Hydrogen*, *Germanium*, *Adamas*, *Chocolate* and *Scorpio*, all of which have proved clinically very useful. Sherr (1994) emphasises the importance of the publication of new provings as a means to announce the latest developments in homeopathy. A list of more than 180 provings, conducted by him and other well-known homeopaths, was provided in his above mentioned book. More recently, Sherr (2006) has developed an online database of more than 1000 provings, with information of recent provings available to all homeopaths. Wichmann (2007) also created such a database.

Misha Norland and Peter Fraser of the Devon School of Homeopathy in Britain, have made the full results of all the provings conducted at the school available online (Norland and Fraser, 2005). These provings have yielded remedies as diverse as *Aids nosode*, *Positronium*, *Latex Vulcani* (Vulcanised rubber from a latex condom), *Falco peregrinus disciplinatus* (Peregrine falcon), *D Lysergic Acid Diethylamide* (LSD) and *Cygnus bewickii* (Swan).

Nancy Herrick (1998) expanded the homeopathic repertoire with provings conducted on animal substances, including *Lac delphinum* (dolphin's milk), *Lac leoninum* (lion's milk), *Lac felinum* (cat's milk) and *Lac caprinum* (goat's milk). Sankaran (1998) published the results of his seminar provings, which include the remedies *Dendroaspis polylepsis* (black mamba), *Coca-Cola* and *Polystyrene*.

The systematic proving of substances indigenous to South Africa began with the proving of *Bitis arietans arietans* (Puff adder) by Wright (1999). Wright (1999) proposed the creation of a South African materia medica and since then several successful provings of indigenous substances have been conducted at the Durban University of Technology, such as the provings by Smal and Taylor (2004) of *Naja mossambica* (Mozambican spitting cobra), Webster (2002) of *Sutherlandia frutescens* (Cancer bush) and Kerschbaumer (2003) of *Harpagophytum procumbens* (Devil's claw). More recently *Chamaeleo dilepis dilepis* (Chameleon) was proved by Moore and Pistorius (2007) and *Gymnura natalensis* (Butterfly stingray) by Naidoo and Pather (2008). The methodology used for the proving of *Hemachatus haemachatus* is the same as that used in the above provings - a double-blind, placebo controlled study, using the 30ch potency, with a population size of 30 provers, as detailed in the methodology section.

## **2.2 Comparative materia medica**

### **2.2.1 Group analysis**

The study of homeopathic materia medica has in recent years been enhanced by emphasising the method of group analysis. This method was pioneered by Scholten (1993) and Sankaran (2002). Here, remedies are not only studied separately, but in groups, and the common characteristics are extracted (Scholten, 1993:23). Initially, Scholten analysed composite chemical remedies, for example all remedies containing sodium. The common symptoms between these then became the theme of that group, expressed in certain key-words. Subsequently, Scholten applied this method of analysis to the periodic table, finding a theme for each period and each row (Scholten, 2004). The central theme of each remedy was found by crossing the central concept of each stage and that of each row. Scholten feels that this method not only adds to the understanding of well-known remedies, but allows for the development of a remedy picture of hitherto unknown remedies (Scholten, 1993:289).

Sankaran (2002) also devoted much time to the classification of remedies into various categories. One category is the miasm of the remedy, dependent on the pace and rapidity of the remedy. A second classification is into natural Kingdoms –plant, mineral or animal, depending on the behaviour and reactions of patients needing those remedies. This was followed by a refinement into sub - kingdoms, for example Mammalia, Arachnida, Insecta or Mollusca in the animal kingdom, each with particular behavioural characteristics. In the plant kingdom, Sankaran (2002) analysed remedies from each family for their common sensations, which he found is expressed in all remedies of that family. This classification was developed into a unique system of case analysis and remedy prescription.

### **2.2.2 Comparative studies**

The comparative study of the homeopathic materia medica is not new. Farrington (1995) asserts that the comparison of drugs is as necessary as the analysis of the drug itself, and Roberts (1942:139) maintains that the analysis of proving symptoms is not complete until a comparison is made with those produced by other drug provings.

Smal (2004) also recommends a careful study, and comparative analysis, of a proven snake remedy to determine its place in the repertoire of snake remedies. Moore (2007:27) highlighted the potential of comparative materia medica in her study of *Chamaeleo dilepis dilepis*, especially in the context of newly proven remedies that have not yet undergone the trials of clinical use.

Thakkar (2007:13) describes the application of a modified version of the Doctrine of Signatures in analysing a case and arriving at the correct remedy. The substance is studied in relation to the family and kingdom it belongs to. The characteristics of the substance are then matched to the characteristics of the patient and the homeopathic remedy required. Thakkar feels that this study is important in the exploration and understanding of homeopathic remedies.

Kulkarni (2002:6) stresses the importance of a thorough understanding of the differential materia medica for prescribing the simillimum and comprehending the unfolding of the case. Thakkar (2007:13) cautions against over-generalisation and loss of focus on particulars. Kulkarni (2002:26) warns that in the generalisation needed for group study, one may sacrifice individual attributes of remedies that do not fit, and that this may decrease the efficacy of the remedies.

## **2.3 Proving Substance**

### **2.3.1 Classification**

- Kingdom: Animalia
- Phylum: Chordata
- Class: Reptilia
- Order: Squamata
- Sub-order: Serpentes
- Family: Elapidae
- Genus: Hemachatus
- Species: haemachatus

Common names: Rinkhals, spoegslang, swartrinkhals

### **2.3.2 Description**

#### **2.3.2.1 Appearance**

*Hemachatus haemachatus* belongs to the family Elapidae, and is closely related to the true cobras, differing in having keeled scales like the adders and no solid teeth on the maxilla. It is the only member of the genus. It is a relatively stouter and shorter snake than the cobras (Visser and Chapman, 1978:49), reaching a maximum length of 150cm, with an average length of 90-120 cm (FitzSimmons, 1974:167).



### **2.3.2.2 Habitat**

*Hemachatus haemachatus* is endemic to Southern Africa, preferring grasslands of the highveld and KwaZulu-Natal up to 2500m (Visser and Chapman, 1978:51), as well as the Southern Cape, Transkei, Free State, Lesotho, western Swaziland and South-East Transvaal (Perry, 2007). They are restricted to the cooler parts of Southern Africa (Alexander, 2001). They are exceptionally plentiful within their range (Visser and Chapman, 1978:51).

Rinkhals will stay in a particular territory for a season or two, as long as there is sufficient prey and adequate shelter from predators. Perry (2008) estimates the size of the territory as approximately a 500m radius around the burrow. They do not dig their own hole, but utilize an existing rodent burrow (Perry, 2008).

### **2.3.2.3 Thermoregulation**

All snakes are ectothermic, and their body temperature is dependent on their surroundings. They have no internal temperature-regulating method, and succumb if exposed to extremes of below 7°C or above 38°C for any length of time. Most snakes prefer a range of 20 - 32°C (FitzSimmons, 1974:29).

*Hemachatus haemachatus* displays a relatively wide thermal tolerance (Alexander, Mitchell and Hanrahan, 1999). They are highly effective thermo-regulators and are able to raise their body temperature rapidly, even when the ambient temperature is low (Alexander, 2001). Under some circumstances, they select low body temperatures - so low that Alexander refers to them as "hypothermic" (Cool snakes, 2000). Hypothermic snakes use only a fraction of the energy of "normothermic" snakes to stay alive, so there is a clear benefit for snakes to cool themselves down. Under other circumstances, such as when radiant heat is available, Rinkhals selects body temperatures that are more typical of snakes, but are at the upper limit of "normality" for snakes (32°C). Alexander (Cool snakes, 2000) has observed specimens basking in

the sun with spread hood to increase surface area. Alexander explains that it has to do with the costs and benefits of low and high body temperatures: snakes save energy when cool, but are better at defending themselves or making a hasty retreat when their body temperature is high.

Snakes, including Rinkhals, hibernate, or more accurately ruminates, during cold winter months. In the temperate areas such as South Africa, they hibernate intermittently by retiring during the cold spells (FitzSimmons, 1974). In the sunny days between cold fronts, they come out of their holes to bask in the sun between 10am and 3pm. They stay right at the entrance of the hole, and retreat at any sign of danger, as they cannot lift their body temperature sufficiently to be able to move actively (Perry, 2008). They do not eat while ruminating, as they cannot digest prey if their body temperature is below 20°C (Perry, 2008). A substantial reserve of body fat is stored before the onset of cold to see them through these long periods without food. Nevertheless, they emerge thin and emaciated when the hibernation is over (FitzSimmons, 1974:26).

#### **2.3.2.4 Diet**

*Hemachatus haemachatus* is diurnal, active from about 8:30am or 9am onwards. When their body temperature has risen sufficiently, they are able to move actively and start hunting (Perry, 2008). Well-watered areas, near vleis or dams, are favourite habitats, due to a fondness for amphibian prey (Visser and Chapman, 1978:51). Most snakes, including Rinkhals, are excellent swimmers (FitzSimmons, 1974:28) and inflate their lungs to increase buoyancy (Perry, 2008).

Perry (2008) says that Rinkhals are indiscriminate feeders, and will eat food rejected by other species, leading to obesity in captivity. Their diet includes eggs, rodents, frogs, and other snakes. In common with other snakes, due to the loose attachment of the two halves of the lower jaw to each other and to the skull, as well as the distensibility of the skin of the neck and body,

Rinkhals is able to swallow large prey with ease (FitzSimmons, 1974:25). Prey is invariably swallowed head first.

#### **2.3.2.5 Senses**

Snakes have fairly accurate vision at short range, but poor vision at greater distances when movement alone attracts attention (FitzSimmons, 1974:26). Their field of vision is also restricted due to the lateral positioning of the eyes.

Smell through the nose is poorly developed. However, snakes use their tongues, which are capable of picking up minute scent and taste particles, with which to 'smell'. The tongue is constantly flickered, and on withdrawal into the mouth, the particles are transferred to the Organs of Jacobsen, sensitive hollow pits in the roof of the mouth. Snakes investigate any prey thoroughly with their tongues before it is swallowed (FitzSimmons, 1974:27).

Snakes have no external ear canal or ear-drum, and thus cannot hear. They are extremely sensitive to vibration particularly that transferred through the ground, and can detect approach of potential prey or predators at a distance (FitzSimmons, 1974:27).

#### **2.3.2.6 Reproduction**

According to Perry (2008), snake movement is determined by two factors – ambient temperature, and moisture. In spring, directly after the first summer rains, snakes emerge to hunt and mate. Males track females via her scent-trail (FitzSimmons, 1974). There is often much approach-play by the male, which investigates the female thoroughly with his flickering tongue. Actual mating is protracted and may last hours to days. Males are equipped with two hemipenes, one on either side of the tail (FitzSimmons, 1974). Snakes are solitary animals. They have no contact with other snakes of the same species other than mating (Perry, 2008). If a male encounters a rival male, they will combat in a ritualized dance, twisting their bodies around each other, rearing

up and striking, trying to push their rival's head to the ground. Neither snake is injured in this combat.

In contrast to the majority of snakes, *Hemachatus haemachatus* is ovoviviparous (Branch, 1988), giving birth to 20 to 30 (exceptionally up to 60) live young during the late summer (FitzSimmons, 1974:167). Rinkhals young are born in the burrow. They develop within a membrane in the female's body and are born inside this membrane. After birth they pierce the membrane with a specialized tooth. The young disperse immediately and there is no maternal protection (Perry, 2008).

### **2.3.2.7 Behaviour**

Visser and Chapman (1978:51) discuss the behaviour of the Rinkhals when threatened. When encountered, it flattens its body to appear larger. It is not an aggressive snake, but will rear up and spread its hood when provoked, displaying one to three pale bands on a dark background across the neck that give it its common name, Rinkhals (literally: ring around the collar), while hissing slowly and loudly. This serves as the first warning (The Rinkhals, 2003). It requires some provocation to 'spit', which it always does from the reared position, throwing the body forward and hissing. Spitting is the result of the internal structure of the venom canal, which is bent in an L-shaped elbow, causing the venom, which is forced down the canal under pressure, to be deflected forward and outward at right angles to the fang's surface (Visser and Chapman, 1978:45). The effective spitting range is 210 to 250cm (FitzSimmons, 1974:167). The venom is not directed at the eyes of the threat, but ejected in a cloud, thus giving the snake a better chance of blinding the attacker while it makes its getaway (The Rinkhals: 2003). It causes blurred vision (Perry, 2007) and intense conjunctivitis with pain and photophobia which resolve completely in two to three days (Visser and Chapman, 1978:51). It also causes coryza and sneezing (Perry, 2008). Ophthalmia has been reported, but has not caused the severe complications caused by the venom of the other indigenous snakes which spit, notably *Naja mossambica* (Perry, 2007). Immediate lavage with sufficient water or milk is necessary to

prevent symptoms (Visser and Chapman, 1978:52). As with most snake venoms, the venom has an intensely bitter taste (Thakkar, 2007) (Perry, 2008).

If aggravated further, the Rinkhals will drop to the ground with its head and body twisted and contorted, the mouth agape and the tongue lolling out, very convincingly feigning death. Perry (2007) describes this behaviour as melodramatic. FitzSimmons (1974:167) reports cases where it has been picked up and thrown about in this state, but it remains very capable of biting at any moment. Soon after the assumed threat has left, the snake rolls over onto its belly and glides away (Perry, 2007).

### **2.3.2.8       Venom**

Snake venom is a specialised form of saliva (FitzSimmons, 1974:32). There are two venom glands, one on either side of the head behind the eyes. It serves three functions: to immobilise or kill prey; to aid digestion; and, in the case of the spitting snakes, defence.

The venom of *Hemachatus* is less viscid than that of other African Elapids (Perry, 2007), as thinner venom is easier to spit. As with other front-fanged snakes, the venom is neurotoxic, but it is less potent than that of other Elapids, and more dilute when spit (Perry, 2007). It is, however, produced in copious amounts – yields average 80-120 ml (Perry, 2007). The estimated lethal dose for humans is 50-60 mg. All snakes have full control over whether venom is injected with a bite (Thakkar, 2007). One in six Elapid bites are dry bites, where no venom is injected, serving as warning bites to would-be attackers (Perry, 2008). When required, the venom is expelled from the glands by a muscular squeezing action (FitzSimmons, 1974:32). To inject venom, snakes have to hold on and chew – they chew on alternate sides, while emptying the venom sac on the opposite side to which they are biting down on (Perry, 2008).

Human bites by Rinkhals are rare, with fatalities unheard of (Perry, 2007). 25% of bites cause local swelling or bruising. Common general symptoms are drowsiness, nausea, vomiting, violent abdominal cramps and vertigo, as well as mild pyrexia. Neurotoxic symptoms are rare, and only diplopia and dyspnoea have been reported (Perry, 2007).

## CHAPTER THREE

### METHODOLOGY

#### 3.1 EXPERIMENTAL DESIGN

The homeopathic proving of *Hemachatus haemachatus* took the form of a randomised, double blind placebo-controlled trial, using the 30ch potency. The proving was conducted at the Homoeopathic Day Clinic at the Mansfield campus of the Durban University of Technology, as well as the Homoeopathic Clinic of the University of Johannesburg.

The prover population consisted of 30 subjects who met the inclusion criteria detailed later. Two researchers, de la Rouviere and Cahill, conducted the proving. Each researcher was responsible for supervision of half of the provers, i.e. fifteen provers. Provers were recruited from Durban and surrounds by advertisements strategically placed on the DUT Mansfield campus (Appendix A). A second body of provers was recruited in Johannesburg and surrounds by means of advertisements placed at the University of Johannesburg. Eighty percent of participants received verum, while twenty percent served as the control group and received placebo in a randomised fashion. The active verum and the placebo were indistinguishable. Neither the provers nor the researcher knew who received placebo or verum. The provers were unaware of the substance or the potency they were receiving.

The technician at the Department of Homeopathy at the Durban University of Technology dispensed the verum and placebo according to a randomisation list drawn up by the study supervisor. Verum and placebo were dispensed in the form of indiscernible individual powders, to be taken sublingually three times a day for a period of two days, or until the onset of symptoms.

Collection of data was in the form of a journal kept by each prover in which their symptoms were recorded on a daily basis for the duration of the trial.

Data collected by the researcher from the case history and physical examination was also considered. Provers recorded their normal state for a week prior to taking the remedy. This ensured intra-individual control where provers served as their own controls.

The methodology in this study closely followed the guidelines set by Sherr (1994), which has been followed in other provings conducted at the Durban University of Technology, namely that of Taylor (2004) and Smal (2004) in their proving of *Naja mossambica*, Thomson's 2003 proving of *Bitis gabonica* and that of Webster (2002) of *Sutherlandia frutescens*. In the proving of *Bitis arietans ariens*, Wright (1998) used two prover populations, one at the Durban Institute of Technology, and one in Cape Town. Identical protocol was followed for the two groups. Pre- and post-proving were conducted with all provers, in the two locations, and telephonic contact was maintained during the proving period.

### **3.2. THE PRINCIPAL INVESTIGATORS**

This study was conducted concurrently with a similar proving of *Hemachatus haemachatus*. The two proving supervisors were Masters of Technology: Homoeopathy students, Lize de la Rouviere and Jodi Cahill. During the proving process the researchers were referred to as the proving supervisors, as they were directly responsible for supervision and management of the proving population during this study. The academic research supervisors or research co-ordinators were Dr. M. Maharaj (M.Tech:Hom) and Dr. A.H.A. Ross (M.Tech:Hom).

### **3.3 OUTLINE OF THE EXPERIMENTAL METHOD**

The methodology proposed in this study followed that recommended by Sherr in his *Dynamics and Methodology of Homoeopathic provings* (1994)

- Provers were recruited from homeopathic students, practitioners and the general public.



- Posters were displayed on the homeopathic notice board and other appropriate notice boards at the Durban University of Technology and the University of Johannesburg (Appendix A).
- An initial interview was conducted with each recruited subject, during which they were screened in accordance with the inclusion criteria.
- Prospective participants were given a proving information sheet. (Appendix F).
- A pre-proving group meeting was held between all the selected provers and the two researchers. All aspects of the proving, including what is expected of them, was explained. They had the opportunity to ask questions on anything they do not fully understand.
- Provers signed an informed consent form (Appendix C).
- A date was scheduled with each prover for the pre-proving consultation and physical examination, during which each researcher took a thorough pre-proving case history and performed a physical examination on each prover under her supervision (Appendix D).
- At this consultation, provers were allocated prover codes, and given a list of instructions (Appendix E), a blank journal, and medication in the form of six powders. A starting date and convenient daily contact time was agreed on.
- Prover starting dates were staggered to ensure more thorough interaction between researchers and provers.
- On the agreed date, provers started to record their normal state in their journals, three times a day or as symptoms occur. This was done for the first week, to serve as baseline and individual control for each prover (Sherr, 1994), and evaluate each prover for compliance (Riley, 1996a).
- The researchers then contacted provers to assess the journal for accuracy of symptom recording and compliance.
- One week after starting the diary, the provers began taking the proving remedy three times daily, continuing to record symptoms in their diaries, in accordance with the instruction sheet.

- The prover stopped taking the remedy as soon as proving symptoms occurred, as experienced by the prover, or noticed by relatives or friends or the researcher.
- If no symptoms arose the prover continued to take the remedy. If after the maximum of six doses, taken three times daily for two days, the prover experienced no symptoms, he/she stopped taking the proving medication but continued to record their symptoms.
- Provers recorded their symptoms for four weeks after taking the remedy.
- Daily telephonic contact was kept between the provers and the researcher for the first week so that symptoms could be described in detail while still fresh in the memory. The telephonic contact was then decreased to three times a week in the second week, twice in the third and once a week thereafter.
- The prover continued to record symptoms in the diary until all proving symptoms disappeared.
- The proving was considered complete if after one week no further symptoms appeared. This was followed by a one week post proving observation period.
- The journal was collected from the prover and a post-proving consultation scheduled.
- After all provers had completed the proving and all diaries collected, a group meeting and group discussion took place as expanded on below.
- The proving was un-blinded to the researchers to enable them to distinguish placebo and verum groups.
- Extraction and collation of the data was then performed.
- All references to a prover's symptoms was done using the code allocated to each prover at the beginning of the proving, which is known only to the researchers, the research supervisor and the technician of the homoeopathy department at the Durban University of Technology. The confidentiality of provers is thus maintained.
- Statistical analysis of the data was impractical in this study (Riley, 1996a), other than age and sex analysis.

- The extracted data was then organised and written up in materia medica and repertory format, compared with other snake remedies, and published.

### **3.4 THE PROVING SUBSTANCE**

#### **3.4.1 The potency**

Hahnemann (1982), in the 6<sup>th</sup> edition of the *Organon*, recommends that the 30ch potency should be used for provings. Sherr (1994:27) found that the 30ch produced the most mental and emotional symptoms in a proving of *Hydrogen* he conducted with a range of potencies. Sherr describes how he has used various potencies in his provings, and states that it is equally valid to use either only one, or a wide range of potencies. He further says that it is up to each proving committee to decide which potency to use. The 30ch potency was used in this study to produce the widest mental and general symptom picture.

#### **3.4.2 Collection, preparation and dispensing of the proving substance**

A sample of freeze-dried venom was obtained from Mr. Mike Perry, a herpetologist in Gauteng, and couriered to the Department of Homoeopathy Laboratory. The remedy was prepared in accordance with methods set out in the *German Homeopathic Pharmacopoeia* (GHP) (1991) for the preparation of the venom of *Lachesis muta* on page 255 as follows:

- The venom was reconstituted with water in the ratio of 3 parts venom to 7 parts water as per method 5a of the GHP.
- The first three potencies were prepared by serial dilution and succussion in the dilution of 1 part in 99 parts 85% glycerol as per method 5a of the GHP.
- It was then further potentised in alcohol up to the 30ch potency as per method 5a of the GHP.
- This liquid potency was then used to triple impregnate lactose granules with 96% alcohol at 1% volume: volume as per method 10 of the GHP.

- Ten of these granules were then added to each set of inert lactose powders designated for verum, which will then be administered to the provers in the experimental group.

This method, using the freeze dried venom, was used in the provings of *Bitis arietans arietans* (Wright, 1999) and *Naja mossambica* (Taylor, 2004) which were conducted at the Durban University of Technology.

- The placebo was manufactured similarly to the verum, with the following exceptions
  - Pure 85% glycerol was used up to the 3ch stage
  - The 3ch dilution of glycerol was added to alcohol, and then succussed and diluted serially in the same manner as the verum up to the 30ch level.
  - The 30ch potency in 96% alcohol was used to triple impregnate lactose granules, ten of which was added to each set of the inert lactose powders to be administered to the control group.

The placebo was thus exposed to the same manufacturing process as the verum. This ensured that the pure effect of the proving substance was tested. It also ensured that the placebo and verum were indistinguishable from each other to both provers and researchers, to guarantee the double-blind nature of the study.

### **3.4.3 Dosage and posology**

One powder was dissolved sublingually three times daily for two consecutive days, or until symptoms arose, but for no longer than two consecutive days (Sherr, 1994).

### **3.5. POPULATION CRITERIA**

#### **3.5.1 Prover Population**

Vithoukias (1980) envisages that a thorough proving needs to include 50-100 provers. Sherr (1994) argues that this number is far too large, resulting in an over-proved remedy that produces an excess of common symptoms, overcrowding lesser proved remedies in the repertory. Sherr (1994) found that 5 provers were enough for a small project, and that 15-20 provers produce a complete proving picture. The Durban University of Technology research standards require at least 30 subjects, so this is the number that was used.

##### **3.5.1.1 Experimental group**

80% of subjects served as the experimental group, receiving verum in a randomised fashion.

##### **3.5.1.2 Placebo group**

20% served as the placebo control, receiving placebo in a randomised fashion.

#### **3.5.2 Randomisation**

Randomisation was done by the supervisor, and dispensing was done by the Technician of the Department of Homeopathy. The verum and placebo were indistinguishable to ensure that neither researchers nor provers knew who received verum and who received placebo.

#### **3.5.3 Inclusion criteria**

The subjects:

- Were between the ages of 18 – 60 (Smal, 2004).
- Were competent and able to sign the consent form.

- Were able to comply with the keeping of the journal in a competent manner.
- Were subjectively and objectively in a relatively good state of health (Sherr,1994) as judged by the researcher on the basis of the case history and physical examination (Riley,1996a).
- Did not have any surgery or medical treatment planned for the duration of the proving (Riley,1996a).
- Had not had any surgery for the six weeks before the proving commenced (Riley,1996a).
- Were not pregnant or nursing.
- Maintained their normal lifestyle and usual daily routine as closely as possible, and had no major lifestyle changes (moving house, diet, divorce) for the duration of the proving.
- Practised moderation in the consumption of alcohol, caffeine and cigarettes.
- Were not a user of recreational drugs such as cannabis, ecstasy, LSD.

#### **3.5.4. Lifestyle of provers during the proving**

Provers were advised to follow certain precautions while participating in this study, details of which were clearly explained in Appendix E, *Instructions to Provers*.

- To try to maintain their usual habits and lifestyle (Sherr, 1994:92).
- To avoid antidoting factors such as camphor, mint and menthol and discontinue the use thereof two weeks prior to starting the proving and for the duration of the proving (Sherr, 1994:92).
- To store the proving powders in a cool, dark place away from strong smelling substances, electrical equipment and cellular phones (Sherr, 1994:92).
- To exercise moderation with respect to work, alcohol, smoking, diet and sexual activity (Sherr, 1994:92).

- To avoid taking any medication especially antibiotics, vitamins or mineral supplements, or herbal or homoeopathic medication (Sherr, 1994:92).
- To consult their doctor, dentist or hospital should a medical emergency arise and to contact their proving supervisor thereafter (Sherr, 1994:92).

### **3.5.5 Monitoring the provers**

Close contact was maintained between the researcher and the provers during the initial stages of the proving and as long as symptoms continued to appear. The researcher monitored each prover by daily telephonic contact for the first week or until symptoms started to abate. The contact was then reduced to three times in the second week, twice in the third and then once weekly until the proving was completed.

This ensured:

- that the researcher knew when the substance began to act, so that she could tell the prover to stop taking the substance.
- that the prover did not neglect to record a symptom.
- the safety of the provers by closely monitoring each prover for any reaction that may have needed to be antidoted.

### **3.5.6. Ethical considerations**

- The proving methodology of this study was approved by the Faculty of Health Sciences Ethics Committee, Durban University of Technology, prior to commencement, to protect the rights and safety of each prover.
- Each prover consented to voluntary participation in this study by signing an *Informed Consent Form* (Appendix C).
- Confidentiality was maintained throughout the study.
- Provers were made aware of the fact that they were under no obligation and were free to withdraw from this study at any point.

## **3.6. DURATION OF THE PROVING**

### **3.6.1 Case history and Physical examination**

Provers who were deemed suitable for participation in the proving attended a pre-proving consult. A thorough case history and general physical examination (Appendix D) following standard homoeopathic format was taken. This served to clarify and confirm the baseline status of each prover prior to administration of the proving substance.

### **3.6.2. Pre-proving observation**

Each prover commenced the recording of their 'normal' daily symptoms for a period of one week prior to taking the first dose of the proving substance. This established a baseline of each prover's state of health and was used to confirm the validity of symptoms experienced by the prover while under the influence of the proving substance. It also served to make provers accustomed to self-observation and regular symptom recording (Sherr, 1994).

### **3.6.3. Commencement of the proving**

The provers were dispensed six powders, to be taken a maximum of three times a day for two days, or until the onset of symptoms. The starting dates were staggered to allow for more effective supervision of the provers. No further powders were required to be taken thereafter. Provers continued to record their symptoms daily for a period of four weeks or until no further symptoms were noted.

### **3.6.4. Post-proving observation**

A further one week was allowed for general observation, in case any further symptoms arose during this period. At the end of the post-proving observation period, a follow-up case-history and physical examination was conducted with each prover. The journals were collected from each prover, and the researcher clarified any symptoms that the prover recorded. The proving was now considered complete.



### **3.6.5 Group discussion**

After all the provers had completed the proving and all the diaries collected, a group discussion was held in each location, at the Durban University of Technology and the University of Johannesburg. This allowed the provers an opportunity to discuss their ideas and questions. It helped the researcher to clarify issues and to confirm or discard doubtful symptoms (Sherr, 1994). The process of amalgamating the separate provings into one totality, in which the symptoms of each prover are considered to have taken place in one person (Sherr, 1994:32), could now begin to take place.

## **3.7 DATA COLLECTION**

### **3.7.1 Collection of data**

Data was collected in the form of a diary or journal kept by each prover, in which they recorded their symptoms on a daily basis for the duration of the proving. The information collected by the researcher from the pre-proving case histories, physical examinations and telephone conversations during the proving period was also taken into account. Data collected from the pre-proving case histories and physical examinations was used as a baseline control for the individual provers.

The provers were asked to comply with the following in recording symptoms:

- To note the concomitants, locality, times, sensation and duration of each symptom (Sherr, 1994).
- To write each symptom on a new line, leaving space for remarks (Sherr, 1994).
- To start each day on a new page, marking the day and date clearly (Sherr, 1994).
- To classify the symptoms into:
  - (RS) - recent symptom – experienced in the last year.
  - (NS) - new symptom – never experienced before.
  - (OS) - old symptom – occurred more than a year ago.

- (AS) – altered symptom.
- (CS) – cured symptom – old or recent symptoms that have stopped.
- To do the above in red pen alongside the relevant symptom.
- To note the time of occurrence of each symptom with each symptom.
- To record each symptom chronologically according to the day, and the number of hours or minutes since the proving began (first dose taken), as DD:HH:MM, where:
  - DD is the number of days.
  - HH is the number of hours.
  - MM is the number of minutes.
- After 24 hours the minutes became unimportant and were represented by XX. After a few days the hours became redundant and were marked by XX. (Sherr,1994).

### **3.7.2 Extraction and evaluation of data**

At the end of the proving, prover journals were collected and the recorded symptoms extracted and evaluated for conversion into materia medica and repertory format. The information collected by the researcher from the pre-proving case histories, physical examinations and telephone conversations during the proving period was also taken into account. After careful evaluation, symptoms were validated as proving symptoms or discarded according to the criteria set out below.

### **3.7.3 Criteria for including symptoms as proving symptoms**

The following criteria were used:

- If the prover was under the influence of the remedy (as can be seen by the general appearance of symptoms), then all other new symptoms belonged to the proving (Sherr, 1994).
- The symptom appeared shortly after the substance (Riley,1996a).
- The symptom appeared (with intermissions) over a period of several days (Riley,1996a).

- The symptom occurred in more than one volunteer (Riley,1996a).
- The symptom occurred with marked or specific intensity (Riley,1996a).
- The symptom was unusual, striking or rare (Riley,1996a).
- The symptom was not current or usual for the prover, unless intensified to a marked degree, with clear descriptions as to how it was markedly modified or changed (Sherr,1994).
- The symptom occurred in association with other symptoms (Riley,1996a).
- The symptom occurred in association with specific modalities (Riley,1996a).
- The symptom could be precisely defined by the prover (Riley,1996a).
- If the prover had a deep conviction that the symptoms did not belong to her, it served as a reliable indication for inclusion (Sherr,1994).
- Symptoms present in the prover prior to the proving which disappeared during the proving, are included and noted as a cured symptom. The character of the symptom was clearly explained as to function, location and sensation (Sherr,1994).
- Any symptom which had occurred in the prover's recent history, i.e. one year or less, was discarded (Sherr,1994).
- Any symptom which occurred a long time previously, especially five or more years, which had no reason to appear naturally but had reappeared, was included (Hahnemann,1982; Sherr,1994).
- Accidents, coincidences and synchronistic events that happened to more than one prover (Hahnemann,1982; Sherr,1994).
- If in serious doubt, leave it out (Sherr,1994).

### **3.8 COLLATING AND EDITING THE DATA**

The proving symptoms collected from the journals were collected and combined into a coherent, logical and non-repetitive format, to create a structured picture of the symptom-complex that *Hemachatus haemachatus* 30ch produced.

The data was, wherever possible, classified into the same chapters and sections, and following the same format, as the repertory. Similar or identical symptoms from different provers were grouped together but entered as separate, consecutive entries within the group, according to the following criteria set out by Sherr (1994), in order of importance:

1. Nature or meaning of the symptom.
2. Individual prover.
3. Sequence of development of the symptom.
4. Chronology.

### **3.9 REPORTING THE DATA**

The edited data was recorded into two different standardised formats, the materia medica and the repertory. This will ensure that the data produced by this proving of *Hemachatus haemachatus* is usable in clinical homoeopathic practice and prescribed according to the Law of Similars.

#### **3.9.1 The Repertory**

The data collected in this proving was converted into rubrics and sub-rubrics that conform to the format of the standard modern repertory: *SYNTHESIS: Repertorium Homoeopathicum Syntheticum 9.1* (ARCHIBEL SA., 2006).

#### **3.9.2 Materia medica**

The collated and edited data, in conjunction with known toxicological data, was written up in typical materia medica format, conforming to the chapters of *SYNTHESIS: Repertorium Homoeopathicum Syntheticum 9.1* (ARCHIBEL SA., 2006).

**Proving symptoms were entered under the following main headings:**

Mind	Vertigo	Head
Eye	Vision	Ear
Hearing	Nose	Face
Mouth	Teeth	Throat
External throat	Stomach	Abdomen
Rectum	Stool	Bladder
Kidneys	Prostate	Urethra
Urine	Male genitalia / Sex	Female genitalia / sex
Larynx	Respiration	Cough
Expectoration	Chest	Back
Extremities	Sleep	Dreams
Chill	Fever	Perspiration
Skin	Generals	

### **3.10 COMPARATIVE MATERIA MEDICA**

On completion of collation and editing, the researcher attempted to highlight the similarities and differences between the characteristic symptoms of *Hemachatus haemachatus* and other remedies derived from snake venom.

Remedies chosen for comparison were:

- *Lachesis muta*
- *Naja tripudians*
- *Elaps corallinus*
- *Naja mossambica*
- *Bitis arietans arietans*

## CHAPTER FOUR

### 4. THE RESULTS

#### 4.1. INTRODUCTION

The symptoms from the proving journals were extracted, collated and edited. The results were converted into the standard homeopathic referencing formats of materia medica and repertory. Symptoms listed under the materia medica sections are presented in the provers' words. In the repertory section, symptoms have been translated from the provers' words to rubrics and presented according to the *Synthesis Repertorium Homeopathicum 9.1* (ARCHIBEL SA, 2006).

##### 4.1.1 MATERIA MEDICA

The proving symptoms of *Hemachatus haemachatus* are grouped according to standard materia medica chapters, with relevant headings and sub-headings.

The symptoms are referenced according to the format recommended by Sherr (1994:78):

- Prover Number – Sex – Onset of Symptoms (Day: hours: minutes).
- The time reference indicates the number of days, hours and minutes since the first dose was taken. After 24 hours the minutes are considered unimportant and represented by XX. The hours also become unimportant after a few days.
- If time is unclear, or not recorded by the prover, it is represented as XX:XX:XX.
- Symptoms recorded by provers in the placebo group were not considered.
- All symptoms cured during the proving will be denoted by the letters (CS), for Cured Symptom, which will follow the particular symptom.

#### 4.1.2 REPERTORY

The conversion of proving symptoms to repertory rubrics was done in accordance with the principles laid down by Schroyens (2002:36-37). The method employed for grading of symptoms is a combination of grading according to frequency of symptom occurrence (Sherr, 1994:85) and grading according to the number of provers experiencing the particular symptom (Schroyens, 2002). The average percentages, relating to 24 provers on verum, were calculated, resulting in the following grading system:

**Table 1: Grading system**

<b>Number of provers</b>	<b>Average percentage</b>	<b>Grade</b>
1- 4	0 - 19	1
5 - 9	20 - 39	2
10 - 14	40 - 59	3
15 and above	60 and above	4

#### 4.1.3 COMPOSITION OF PROVER POPULATION

The recorded symptoms that comprise the materia medica and repertory of *Hemachatus haemachatus* were obtained from a total of 24 provers who received verum. The placebo group consisted of six subjects as highlighted in Table 1 below. The prover group consisted of both males and females (Fig.1) with an age range of 21 years to 59 years (Fig.2). Provers that were in the placebo group are indicated by a P, and those in the verum group are indicated by a V.

**Table 1: Proving group**

<b>PROVER NUMBER</b>	<b>AGE</b>	<b>SEX</b>	<b>PLACEBO/VERUM</b>
01	59	F	P
02	22	F	P
03	59	M	V
04	46	M	V
05	33	F	V
06	24	F	V
07	42	F	V
08	19	F	P
09	41	F	V
10	36	F	V
11	45	M	V
12	28	F	P
13	22	F	V
14	25	F	V
15	34	F	V
16	26	M	V
17	23	F	V
18	21	F	V
19	32	M	V
20	46	F	V
21	28	M	V
22	23	F	V
23	23	F	P
24	24	F	V
25	25	F	P
26	25	M	V
27	23	M	V
28	27	M	V
29	27	M	V
30	22	F	V



Figure 1: Sex distribution of provers

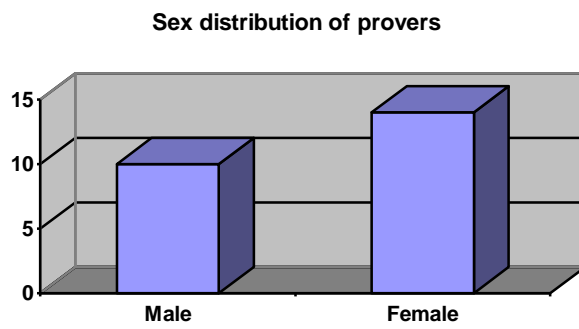
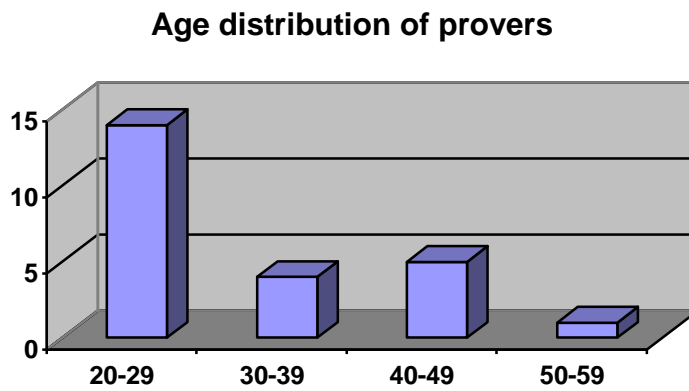


Figure 2: Age distribution of provers



## 4.2 THE MATERIA MEDICA SYMPTOMS OF *Hemachatus haemachatus*

### 4.2.1 MIND

JOY, ELATION, ENTHUSIASM

I feel like smiling – no reason.  
03 M 00:00:15

Feeling changed from feeling tranquilized to feeling elated. Mood enhanced – no longer neutralized.  
03 M 00:02:00

Tranquilising effect has made way for feeling quite sharp positivity.  
03 M 00:02:00

Feel quite enthusiastic – no specific reason for this.  
03 M 00:02:00

Feel positive and happy. Feel enthusiastic.  
03 M 01:XX:XX

Had a cup of coffee and this enhanced my sense of inner joy.  
03 M 07:XX:XX

Quite depressed in morning, elated in the evening.  
13 F 06:XX:XX

In an excellent mood. Feeling happy.  
14 F 01:XX:XX

Feeling very happy and positive.  
14 F 02:XX:XX

Good mood seems to be sustained from taking the remedy.  
17 F 05:XX:XX

Very happy and bubbly.  
22 F 04:XX:XX

In great mood all day – happy & bubbly.  
22 F 07:XX:XX

In good mood, very relaxed.  
27 M 09:XX:XX

Receiving some friends for games. Very pleased to see them. We make waffles and even play dress-up between games. Very carefree.  
28 M 13:XX:XX

I watch a film and find it highly amusing, still in a carefree bemused mood.  
28 M 14:XX:XX

## PRODUCTIVE

I feel more alert. Not tired after work, able to go home and do some work.  
16 M 00:XX:XX

Been feeling alert and creative.  
19 M 01:XX:XX

A very productive day.  
19 M 09:XX:XX

Woke early and vacuumed car! Was very productive early on in morning  
which is unlike me!  
22 F 03:XX:XX

Had lots of energy tonight. Stayed up till late. Very active mentally and  
physically.  
22 F 09:XX:XX

Very busy at work, enjoyed the day.  
24 F 24:XX:XX

Woke in a frenzy to get things done. Hardly a minute to spare. Love it!! Have  
to think on my feet.  
29 M 09:XX:XX

## COPING, ABILITY, EMPOWERED

Feel happy and contented where I am.  
03 M 01:XX:XX

Good mental and emotional state. Positive, lots of energy, feeling good about  
life.  
03 M 06:XX:XX

I feel happy – as if I am slowly coming home.  
03 M 07:XX:XX

Woke up feeling positive and motivated about the future. Realised what I  
would like to spend my time doing.  
03 M 07:XX:XX

Feel that 'I am able' – more confident in tackling what I need to do.  
07 F 01:XX:XX

Somehow I am feeling really stronger today. Emotionally stronger than I've felt in a long while. This is very unexpected bearing in mind the events of the previous day. I feel more empowered and not letting little things get me down.  
17 F 00:XX:XX

Was stressed at the beginning of the day, worrying about the outcome of my exams. Towards the end of the day I was confident, happy and in the mood to celebrate.  
17 F 08:XX:XX

Emotionally I feel stronger and seem to be coping much better than I ever did. Seem to be doing much more physical activities than prior.  
17 F 28:XX:XX

My general mood for the day was pleasant. For the first time in a while I noticed that I was not uncomfortable being around my family, whereas usually I feel conscious and don't fit in. Normally I just want to be there & I don't fit into their world. Now the change was that I could talk to them. Not uncomfortable and like I belong and fit in. Not worried about what others think.  
(CS)  
30 F 00:XX:XX

Mood today was similar to yesterday. I felt that for the first time my cousins respected me, included me and did not treat me like a small child, as they usually do, as our age gap is big. I felt a bit more confident and okay just to be me. (CS)  
30 F 01:XX:XX

I find that I have more confidence in myself. I'm okay with the way things are and who I am. I am okay with just letting things be without over analyzing or getting too excited about it. I'm able to let things go, but still it's hard, but I'm doing it slowly.  
30 F 04:XX:XX

Mood was slightly different to my normal. Tonight we had a graduation party planned and I just didn't feel like going. Normally I would be very depressed, constantly worrying what's going to happen, is it going to be fine etc. This time I found myself to be calmer. I told myself that I will handle the situation as it comes my way. Actually had an awesome time. Had lots of fun, it turned out to be a fantabulous night.  
30 F 06:XX:XX

ALERTNESS, CLARITY, FOCUSED, IN CONTROL

Cognitive faculty functioning well.  
03 M 00:02:00

Brain clear  
03 M 01:XX:XX

My mind is sharp  
03 M 02:XX:XX

A sense of observant spaciousness is dominant.  
04 M 03:XX:XX

More focused on daily activities. Able to zone in more, not distracted so much by life.  
11 M XX:XX:XX

I feel more alert. Not tired after work, able to go home and do some work.  
16 M 00:XX:XX

Still feel alert. Although I feel that if I was to go to bed I would not be restless and would fall asleep like normal  
16 M 00:XX:XX

Felt more relaxed the whole day, felt hardly agitated. Usually I'm more highly strung on any given day. It did not hamper my productivity, felt actually more focused. (CS)  
29 M 01:XX:XX

Felt really wide awake and focused all day. Felt very in control. Also still feeling very relaxed.  
29 M 02:XX:XX

Feeling well and good, very focused. As if I know what to do and when to do it. It's a good feeling. Feel very in control.  
29 M 11:XX:XX

CALM, RELAXED, TRANQUIL

Feel immediately very calm. Uptight stomach gone! Feel tranquil – almost tranquilized.  
03 M 00:00:00

Feel physically relaxed – almost as though any effort is an effort.  
03 M 00:00:10

Feel relaxed, soft, non-resistant.  
03 M 00:00:10

Feel somewhat spaced out – as if I have taken a tranquilizer.  
03 M 00:00:10

Feel calm – almost as though I have taken a feel-good-and-calm pill.  
03 M 01:XX:XX

Physically relaxed, yet with a sense of aliveness.  
03 M 01:XX:XX

Feel almost as if on an even keel in general since taking the remedy, as if I could not be sad.

15 F 00:XX:XX

Better towards midday, feel less tired and calmer.

15 F 02:XX:XX

Notice that even with the hectic traffic I was calm and able to laugh at the taxi etc. Usually am very patient and calm but thought with the current intolerance levels it would change.

20 F 07:XX:XX

In good mood, very relaxed.

27 M 09:XX:XX

Feel strangely relaxed or even detached. Usually I don't feel this relaxed, but still I feel very alert. Along with this I want to be left alone and want a silent atmosphere.

29 M 00:XX:XX

Felt more relaxed the whole day, felt hardly agitated. Usually I'm more highly strung on any given day. It did not hamper my productivity, felt actually more focused. (CS)

29 M 01:XX:XX

Felt really wide awake and focused all day. Felt very in control. Also still feeling very relaxed.

29 M 02:XX:XX

Very relaxed as if there are no bothers in the world. Just work as if it is fun.

29 M 28:XX:XX

## TRANSCENDANCE

As though I was taking transcendent drugs.

04 M XX:XX:XX

It's almost like taking a relaxant, a calmness – stress free, observing, with a sense of inwardness and detachment, yet purposeful as if I've reconnected with deeper substance in myself.

04 M 00:XX:XX

The effect is subtle but gratifying – I feel fuller and connected, even though more observant.

04 M 00:XX:XX

It's as though I've found the key to reclaim my calm and balance.

04 M 03:XX:XX

A sense of observant spaciousness is dominant.  
04 M 03:XX:XX

I had an increase in my clairvoyance. I feel reconnected.  
20 F 21:XX:XX

Feel strangely relaxed or even detached. Usually I don't feel this relaxed, but still I feel very alert. Along with this I want to be left alone and want a silent atmosphere.  
29 M 00:XX:XX

### SPACED OUT, DRUGGED

Feel somewhat spaced out – as if I have taken a tranquilizer.  
03 M 00:00:10

Thinking cloudy or unwilling to focus.  
03 M 00:00:15

Vagueness in head and thinking now gone.  
03 M 00:02:00

Felt once or twice a strong 'disconnected' feeling as if sudden onset of vertigo.  
03 M 03:XX:XX

Felt very light and spaced out towards later afternoon and especially evening.  
03 M 04:XX:XX

These powders are potent- they knocked me for a six.  
04 M 00:XX:XX

I feel 'spacey'. Almost a detached form of transcendence.  
04 M 00:XX:XX

Feel very spacey.  
15 F 00:00:05

Felt very sleepy and almost drugged ALL day! Wanted to go home and sleep, fought the feeling.  
22 F 05:XX:XX

### LIGHT / FLOATING

Sensation of limbs and body being lighter than usual.  
28 M 00:XX:XX

My limbs and head feel slightly lighter and it feels as if I'm wading through water. Just not as viscid; like walking through really thick air/cloud.  
28 M 00:XX:XX

## UNFOCUSED, CLOUDY, CONFUSED

Thinking cloudy or unwilling to focus.

03 M 00:00:15

Vagueness in head and thinking now gone.

03 M 00:02:00

Finding it difficult to describe my symptoms and their sensations. Feel slowed up. Confusing my words.

06 F 02:XX:XX

I am mixing all my words up and my sentences don't make sense. I am thinking of the correct word / phrase, but saying another word / phrase and I only realise what I have said when the person I'm speaking to gives me a questioning look or corrects me.

06 F 09:XX:XX

Head felt foggy for a couple of minutes today which is unusual for me.

27 M 08:XX:XX

Head feels a bit foggy, cloudy as if I can't concentrate.

27 M 26:XX:XX

## POOR CONCENTRATION, MEMORY

Definitely noticing impaired concentration levels.

13 F 03:XX:XX

Finding that I can concentrate for short periods of time but my mind gets distracted so I have 3 / 4 tasks going on at the same time.

18 F 03:XX:XX

My concentration is short today. Only have ½ hour and then overwhelmed with tiredness.

18 F 09:XX:XX

Memory erratic, this is not me.

20 F 09:XX:XX

Been very ADD. When it has come to reading, having trouble choosing a book to stick to.

27 M 07:XX:XX

Forgot to put my alarm on twice. I am not usually forgetful so it is unusual.

27 M 07:XX:XX

Very indecisive today, can't figure out what I am in the mood for.

27 M 14:XX:XX



Having trouble concentrating and focusing.  
27 M 18:XX:XX

Felt quite absent minded / unfocused during the day. Played a computer game that's very repetitive for hours on end.  
28 M 00:XX:XX

#### REPETITIVE THOUGHTS

I have a song stuck in my head. Have had it on and off all afternoon. I find myself singing it in my head. "I believe I can fly, I believe I can touch the sky..."  
20 F 00:XX:XX

Played a computer game that's very repetitive for hours on end.  
28 M 00:XX:XX

Nonsensical parody song stuck in my head for the last hour.  
28 M 00:XX:XX

#### LACK OF SPACIAL JUDGEMENT, CLUMSY

In morning while driving noticed a visual disorder, it may have been some depth impairment. It felt like I was looking through someone else's vision.  
13 F 05:XX:XX

Had sex. I was a bit over-enthusiastic resulting in me being a bit clumsy.  
16 M 26:XX:XX

Keep bumping left pinkie and it is tender.  
20 F 08:XX:XX

Keep knocking and bumping my fingers, chipped a nail – right hand middle finger.  
22 F 03:XX:XX

Stumbled on step – knocked left toe while going up stairs. Also bumped left shoulder while walking into office. Its like I'm not judging / proprioception is off.  
22 F 04:XX:XX

Knocked finger – AGAIN!! Oh, fell down the stairs this morning, tripped – caught railing – felt sore and stiff all day.  
22 F 05:XX:XX

Slammed finger in door – this clumsiness has to stop!  
22 F 07:XX:XX

I was making tea – and dropped spoon on the floor as though I didn't have control over what I was doing! Yet I almost had control and allowed it to happen knowing it would fall?

22 F 08:XX:XX

Dropped phone – same feeling about letting go consciously yet uncontrollably.

22 F 09:XX:XX

Without placing my finger on it previously, I've been very clumsy the last few days, tripping over or bumping into things.

28 M 02:XX:XX

Fell going up a flight of stairs. Not really hurt, but my back < the jar, and I'm very irritated.

28 M 02:XX:XX

Massaged a friend in need. Felt proud of helping him, but also clumsy.

28 M 04:XX:XX

## MY SPACE, MY HOME

Irritability after 13:00, especially with people and children not part of my immediate family, who are in my space.

05 F 01:XX:XX

Turned my garden into a sanctuary – my space. Felt a sense of achievement. Want to share it with everyone.

14 F XX:XX:XX

When driving home, which lasted 15 minutes, it felt like forever and I could not wait to get home. This happened yesterday as well.

15 F 04:XX:XX

Had an argument with my girlfriend. I felt that she was being unreasonable. And at the time just did not feel like arguing. It was a Friday and all I wanted to do was relax and enjoy my Friday. Especially since the issue we were arguing about had not even occurred yet.

16 M 18:XX:XX

Felt extra irritation at people and wished I could just be at home on my own tonight. In fact feel like home is the safest place right now.

20 F 09:XX:XX

On the whole, the irritation felt throughout was only towards people. I felt generally quiet and happy to be alone and isolated (in my own nest ).

20 F 21:XX:XX

Friends are due to arrive at my house any moment. Dreading it. Had so many social engagements the last few nights and I need to pack for my holidays. Would prefer to just rest.

28 M 05:XX:XX

Annoyed with my fathers relaxed driving, who doesn't seem in too much of a hurry to return home.

28 M 10:XX:XX

## ORGANIZED / SORTING OUT MY SPACE

Quite irritable and frustrated. Desire to sort out all unfinished things. Desire to spring-clean and throw away. To simplify my life.

05 F 06:XX:XX

Woke up today feeling like I need to gain control of my home which I have neglected a bit. I have been feeling disinterested for a while and as I walked around I saw areas that I have ignored. Need to make some lists and get organized.

20 F 01:XX:XX

The urge to get the bathroom redone – this drive is great! So I get to the shops early for things I need. Energy levels are still on a high, with a critical eye on the house.

20 F 02:XX:XX

Good, got things to do. Want things ordered and even find myself putting the tools and brushes I will be needing in neat rows. How anal.

20 F 03:XX:XX

Getting irritated by mess.

20 F 03:XX:XX

I have been thinking that this remedy is a mineral or metal of some sort? I see everything in lines and order.

20 F 04:XX:XX

The urge to get things in order is still prominent but I am frustrated that there are not enough hours each day and an extra pair of hands would be great.

20 F 11:XX:XX

Woke early and vacuumed car! Was very productive early on in morning which is unlike me!

22 F 03:XX:XX

## ALONE

I just want to be left alone.

06 F 04:XX:XX

Feel horribly uncomfortable as if everyone is watching me (I am very overdressed to be standing around at gym). Terrible desire to leave and be on my own.

15 F 00:XX:XX

Took the last powder. Left the function before the social “after party”. I felt a little ill and claustrophobic but attribute it to disgust at the hypocrisy of their speeches.

19 M 01:XX:XX

On the whole, the irritation felt throughout was only towards people. I felt generally quiet and happy to be alone and isolated (in my own nest ).

20 F 21:XX:XX

Great sensitivity to noise of any kind accompanied by moderate irritation, > solitude, < crowds.

21 M 04:XX:XX

We traded insults and retreated to my room. Felt utterly annoyed and wanted to lie down and be alone.

28 M 07:XX:XX

Don't feel keen on company. Instead spend an hour or so online reading up on my own interests.

28 M 10:XX:XX

Along with this I want to be left alone and want a silent atmosphere.

29 M 00:XX:XX

Just want the day to end. Been too busy and frustrating. Better to be left alone. Feel hot and frustrated on top of that.

29 M 17:XX:XX

I just didn't feel like doing anything. Mood was low. Didn't feel very sociable and didn't want to be around people. I just wanted to stay at home and chill.

30 F 02:XX:XX

## FRIENDS

Usually I'm a bit of a hermit, but I felt I needed people around me, so I connected with old friends, and surrounded myself with them.

13 F XX:XX:XX

Had friends stay over this weekend which I really enjoyed. Usually I find that C is very high maintenance and exhausting to be around. I didn't feel the least bit irritated.

14 F 12:XX:XX

Turned my garden into a sanctuary – my space. Felt a sense of achievement. Want to share it with everyone.

14 F XX:XX:XX

A friend phoned, poor thing had another break in – my heart aches for these people.

20 F 05:XX:XX

Worry about my cancer friend. Wish he would just die now and end his suffering, feel a bit guilty that I haven't been to visit for a few days.

20 F 09:XX:XX

Was meant to see my friend this morning, I just told her no! I wasn't in the mood for being around a high maintenance person.

24 F 26:XX:XX

Massaged a friend in need. Felt proud of helping him, but also clumsy.

28 M 04:XX:XX

Had a slight argument with my mom about my over-present guests, so I deftly convinced them to change location to another house. Relief when majority are gone.

28 M 05:XX:XX

A friend arrived that is being kicked out of his flat. I go show him the flat as well. Strong feeling of compassion for him. He stays until late, watching tv together, talking, playing cards. Send him on his way by 1am.

28 M 12:XX:XX

Receiving some friends for games. Very pleased to see them. We make waffles and even play dress-up between games. Very carefree.

28 M 13:XX:XX

A friend's birthday today. Didn't phone her. Not in the mood for her, our friendship has been declining steadily. Feel no remorse, only slight annoyance.

28 M 14:XX:XX

Receive friends for gaming. Annoyed at one of my friends abruptness, which spoils some of our games. Later, when I find out he's been smoking weed, a slow anger builds towards him.

28 M 16:XX:XX

## SENSITIVE, VULNERABLE

Feel relaxed, soft, non-resistant.

03 M 00:00:10

Emotions nice and soft. Feeling quite sensitive.

03 M 01:XX:XX

Told my wife a lot about some past incidents and experiences in my life. Felt a little sad afterwards. Sad and sentimental but also open and vulnerable.

03 M 06:XX:XX

Even mentally tender.  
20 F 09:XX:XX

Feeling a bit fragile today. Not sure if it is lack of proper sleep, the long work hours or what. Fragile and jealous.  
27 M 07:XX:XX

#### ABSORBING OTHERS' MOODS

I was just telling my wife how good and positive I was feeling when, not three minutes later, I started to feel a tension in my solar plexus. It was just suddenly there. Then my wife remarked how strongly she was having the same experience. It is not clear whether I picked up from her or the other way around.  
03 M 01:XX:XX

In a weird mood, getting offended easily today. Must be boy PMS or just absorbing mood from others.  
27 M 13:XX:XX

Mood is strange today. Felt uneasy since the morning. Normally I am sensitive and can pick up when things are not quite right. As the day progressed I noticed that some people around me were slightly stressed, and realized that I was just picking up their uneasiness.  
30 F 05:XX:XX

#### SADNESS, LOSS, LONGING, EMPTINESS

Feel a little negative and sad – as though I have lost or am missing someone or something in my life.  
03 M 03:XX:XX

Told my wife a lot about some past incidents and experiences in my life. Felt a little sad afterwards. Sad and sentimental but also open and vulnerable.  
03 M 06:XX:XX

Noticed effect of cold weather more – felt an inwardness, introspection.  
04 M XX:XX:XX

As if I've lost something or even someone - a type of emptiness. This is not me, I am normally so enthusiastic and a go-getter. It's disturbing.  
07 F 30:XX:XX

For the past two days had a feeling of remembering an old boyfriend with deep longing. Have not felt this in a long time.  
15 F 03:XX:XX

Been thinking a lot of my ex-girlfriend. This is strange because it's been a year since I saw her. Most of my thoughts of her go in a mindset of anger and

disappointment. Also feelings of worry if I would be able to find someone again. The only thing that stops these thoughts is hard work.  
29 M 03:XX:XX

My mind is filled with all sorts of nonsense. Past relationships or lack there-of. Keep thinking on why I can't make my relationships work. I'm 27 and the longest I've been in one is 4 months. I need to feel more to this life than just work and responsibility. I badly want to fall in love. I know a girl that everyone says is perfect for me. And she is great, but I can't see myself with her. Perhaps love comes eventually, but I don't feel that way. I want to feel that feeling that tells you its right from the start. Perhaps this whole romantic dream is all man made, but I know it can't be. I have an idea of how it should be, but now I need to feel it!!  
29 M 06:XX:XX

Can't fall asleep. For 2 hours now. Feels as if something is missing. Mind is more directed to relationships and thoughts thereof. Thoughts of finding someone and if I will. Silly thoughts.  
29 M 09:XX:XX

Sad feeling after all excitement, something reminded me of my ex-girlfriend. Try to rationalize the situation but clear thought on the subject eludes me. This will pass as day gets busy again.  
29 M 13:XX:XX

Perhaps it's my love life that is nagging me. It leaves the feeling of indecisiveness on something intangible.  
29 M 14:XX:XX

Feel really tired but can't sleep. My mind wonders and cant seem to find reason. Thinking of the romantic aspect of life. It's a woman that haunts me. Almost depressing. Almost scary because I want to love but can't seem to.  
29 M 26:XX:XX

DEFICIENT, DEPRIVED

Conjunctivae very pale today – feel like I'm deficient in something.  
07 F 23:XX:XX

Decided to eat fresh and raw this weekend. Started well but felt like I was deprived. Not really doing it for me, trying to please my husband instead. Not sure how long I will last.  
07 F 24:XX:XX

Lacking energy. Feel like I want to go to sleep. No willpower to work.  
16 M 02:XX:XX

## INSECURITY

Emotionally weak.

03 M 03:XX:XX

Irritated at being left out of my boyfriend's last minute plans, and the fact that we never see each other.

06 F 04:XX:XX

Irritable with boyfriend. He is late again. I feel unimportant.

06 F 07:XX:XX

I got upset with my boyfriend because I wanted to do something which he said was stupid. Have a pain in my stomach five minutes after and feel very nauseous.

06 F 11:XX:XX

Irritated with my boyfriend because he would rather read than talk to me. Getting angrier and hurt the more I think about it.

06 F 14:XX:XX

Felt very introverted with abdominal pain and bloating.

13 F 02:XX:XX

I felt very insecure today, like I'm not good enough for my boyfriend.

13 F 21:XX:XX

I felt very insecure today. Had a fight with my boyfriend that his hobby is more important than me.

13 F 26:XX:XX

I just had the weirdest experience. I went to gym with a friend who suggested that I was sexually inexperienced. Normally I would brush it off (because he sleeps with everything that walks and I don't). Instead I had a strange reaction. I felt insecure (3), embarrassed (3), humiliated (3), stupid (3), like a small child made to stand up in front of the class and laughed at.

15 F 00:XX:XX

Felt as if my friend could look into my mind / soul and see every last insecurity and use it, do all sorts of things with it. Shew!! It made me feel even more insecure. I could not wait to get away from him as I felt VERY (3) uncomfortable. I actually wanted to cry.

15 F 00:XX:XX

Desperate feeling of not being good enough.

15 F 00:XX:XX

Feel horribly uncomfortable as if everyone is watching me (I am very overdressed to be standing around at gym). Terrible desire to leave and be on my own.



15 F 00:XX:XX

Still feel mildly anxious about my friend bringing up our previous conversation. I'm not sure how to deal with this.

15 F 00:XX:XX

Started to act almost childish when doing the exercises at gym, e.g. saying: 'I'm not doing that' in a loud voice at gym.

15 F 00:XX:XX

Very emotional and crying easily. Also taking things really personally and taking offence easily.

18 F 06:XX:XX

I found today that I reacted and thought the way I normally would in situations I found myself in. The confidence that I felt before seemed non-existent.

30 F 05:XX:XX

### NEED TO BE APPRECIATED, ACHIEVEMENT

Turned my garden into a sanctuary – my space. Felt a sense of achievement. Want to share it with everyone.

14 F XX:XX:XX

Am really tired! Have put huge physical effort into bathroom, cashing in on increased energy levels. But feel a job well done.

20 F 03:XX:XX

Finished delivering my parents reports. Felt proud at achieving my goals, despite the frustration.

28 M 03:XX:XX

Massaged a friend in need. Felt proud of helping him, but also clumsy.

28 M 04:XX:XX

One of my friends sent me a very considerate sms after departing. Made me feel happy to be appreciated.

28 M 05:XX:XX

Arrive at work. Pride and sense of work ethic makes me offer my services until I feel ready to go. Store is remarkably quiet and my back starts spasming. So I leave after two hours. Fixed a computer error that bugged the store for months. Sense of achievement and of being useful.

28 M 12:XX:XX

All morning been a rush with business. Love it, makes me forget everything else or at least ignore it. Makes me feel like I'm worth something to this world. As if it needs me to some degree.

29 M 07:XX:XX

## CHANGEABILITY

I was just telling my wife how good and positive I was feeling when, not three minutes later, I started to feel a tension in my solar plexus. It was just suddenly there. Then my wife remarked how strongly she was having the same experience. It is not clear whether I picked up from her or the other way around.

03 M 01:XX:XX

Quite depressed in morning, elated in the evening.

13 F 06:XX:XX

Irritability cycling with very good mood.

14 F XX:XX:XX

Mood changed drastically! Like 180' from happy to irate! In 0.2 sec!

22 F 07:XX:XX

Mood easily changeable. Trigger: any antagonism e.g. Disagreed with me, if someone didn't do or say what I wanted them to say!

22 F 11:XX:XX

I was all over the place, nothing consistent.

22 F 13:XX:XX

When I got back to Durban, my mood did a 180'. I got myself into such a bad mood.

24 F 21:XX:XX

Was in a good mood most of the day, became really bitchy in the afternoon, and gave boyfriend a hard time.

24 F 24:XX:XX

Been a little moody lately, just don't seem to have any patience!!!

24 F 25:XX:XX

Mood today was like a roller coaster.

30 F 06:XX:XX

## ANXIETY

I was just telling my wife how good and positive I was feeling when, not three minutes later, I started to feel a tension in my solar plexus. It was just suddenly there. Then my wife remarked how strongly she was having the same experience. It is not clear whether I picked up from her or the other way around.

03 M 01:XX:XX

Feel somewhat anxious with nervousness felt in my solar plexus area. The feeling is as much physical (weak in the knees type of feeling) as emotional.

03 M 03:XX:XX

I felt anxious – as if I was coming off a high!

04 M 00:XX:XX

Was so scared of driving my usual route to Varsity that I had a panic attack and stayed home in bed. I had violent palpitations. I had an overwhelming feeling that something awful was going to happen. Worried about having a massive car accident.

14 F 13:XX:XX

Feeling a bit stressed at work due to staff issues. Starting to bother me. Feel like I'm sick in my stomach, like something is there. Tension, sense of anticipation.

16 M 24:XX:XX

Funny feeling, feel as if something bad is going to happen.

18 F 12:XX:XX

Nervous feeling as if something were to happen, accompanied by sweating of left palm of hand. Nervous intensity. < noise, > silence and isolation.

21 M 05:XX:XX

Anxiety accompanied by sensation of bubbles in stomach.

21 M 13:XX:XX

Getting that anxious feeling again.

24 F 01:01:35

Feeling a little anxious.

24 F 10:XX:XX

Did not sleep well, felt anxious last night for some reason. Felt like something felt wrong.

27 M 10:XX:XX

My relaxed feeling of the past days has gone. Feel again on edge. Just a general feeling of anxiety and bruxism.

29 M 03:XX:XX

Restless feeling, don't know why, just there. Can't put my finger on it. All seems well, just feel uneasy. Probably stress concerning business.

29 M 10:XX:XX

Feel very anxious. Don't know why. Stress is passed and nothing to worry about really.

29 M 14:XX:XX

Been grinding my teeth. Not always conscious of it. Trying not to, but find myself doing it.

29 M 25:XX:XX

## ANXIETY WHILE DRIVING

Was so scared of driving my usual route to Varsity that I had a panic attack and stayed home in bed. I had violent palpitations. I had an overwhelming feeling that something awful was going to happen. Worried about having a massive car accident.

14 F 13:XX:XX

When driving home, which lasted 15 minutes, it felt like forever and I could not wait to get home. This happened yesterday as well.

15 F 04:XX:XX

Had to drop a friend home. Annoyed at having to drive.

28 M 04:XX:XX

Rainy weather heightened the sense of danger on the roads.

28 M 06:XX:XX

## IRRITABILITY

I feel an underlying irritability.

04 M 01:XX:XX

Even in the evening – irritable.

04 M 01:XX:XX

Rain, still irritable!

04 M 02:XX:XX

It didn't matter who was around, I was irritable with who-ever. I was direct in my speech, but held back. Felt it was my stuff, I mustn't spew it on others, so held back.

04 M 02:XX:XX

Feeling a bit spaced and irritable, guess that's due to lack of sleep.

04 M 08:XX:XX

Irritability after 13:00, especially with people and children not part of my immediate family, who are in my space. Irritability causes me to be sarcastic.

05 F 01:XX:XX

Quite irritable and frustrated.

05 F 06:XX:XX

Since I started the remedy, I've noticed that the little boy I help with homework daily has been very cheeky. He argues with me when I tell him to do things and always has an answer for why things aren't done. I am getting very irritated.

06 F 03:XX:XX

I am VERY irritated. Unable to get lunch break at work. I really needed that break.

06 F 04:XX:XX

Irritated at being left out of my boyfriend's last minute plans, and the fact that we never see each other.

06 F 04:XX:XX

I feel heavy, tired, frustrated and irritated. Had a long day.

06 F 04:XX:XX

Stressed out, irritable and frustrated – so much to do.

06 F 05:XX:XX

Irritable with boyfriend. He is late again. I feel unimportant.

06 F 07:XX:XX

Getting very irritated with boyfriend because he is so stressed and irritable.

06 F 08:XX:XX

Slightly short tempered, like PMS, moody and snappy. Intolerant towards the kids- scolded then a few times unnecessarily today. I'm aware of my short fuse, but can't help shouting. I feel bad when I do, especially afterwards, but don't apologise.

07 F 33:XX:XX

Feel quite irritable, specifically with the maid, seeing as no-one else is around.

13 F 03:XX:XX

Very irritable. It's very dusty, I hate being dusty and dirty (was like that before)

13 F 19:XX:XX

Irritated with people around, about ridiculous things.

13 F 26:XX:XX

Irritability cycling with very good mood.

14 F XX:XX:XX

Irritable (3) at night and late afternoon. Shouting at everyone.

15 F 01:XX:XX

Felt very irritable at night again, shouting easily at people.

15 F 02:XX:XX

Very irritable, very argumentative.

18 F 04:XX:XX

Still very irritable and short tempered. Very emotional and crying easily. Also taking things really personally and taking offence easily.  
18 F 06:XX:XX

Have put first coat of paint on tiles. Just want to get done. Very irritated today.  
20 F 04:XX:XX

On the whole, the irritation felt throughout was only towards people.  
20 F 21:XX:XX

Great sensitivity to noise of any kind accompanied by moderate irritation, > solitude, < crowds.  
21 M 04:XX:XX

Hit wall – very irritable.  
22 F 04:XX:XX

Moody, irritable and sulking.  
22 F 07:XX:XX

Feeling quite irritable today, getting annoyed for no reason, not as chatty as I normally am today.  
24 F 07:XX:XX

Been irritated today. I'm at work and I'm trying to work and people are laughing and joking around, and I think to myself, don't they have work to do, how can I be so busy and they have time to chill! Anyway it's probably PMS and I'll get over it.  
24 F 18:XX:XX

Had to drop a friend home. Annoyed at having to drive.  
28 M 04:XX:XX

On the way back home, encounter irritating, maddening traffic, so had to change my route several times.  
28 M 11:XX:XX

Rushed irritated feeling. It lasts most of the day. As if things don't get done quick enough. Very frustrated with my workers. I do take my frustration out on them. Then feel bad for doing so afterwards.  
29 M 17:XX:XX

#### IRRITABILITY AT INEFFICIENCY; STUPIDITY

Irritable when asked stupid questions.  
04 M XX:XX:XX

Today a guard shouted at me for opening a boom. Ordinarily I would go bright red and apologise, but I was very cool and actually angry with him for not doing his job.

13 F 07:XX:XX

Irritability getting a bit better. Finding its worse when people do stupid things. Irritates me when people are useless.

18 F 11:XX:XX

Mentally still high energy but low tolerance. Had to help husband with something, got really snappy with him. Feel that people in general "just don't get it".

20 F 02:XX:XX

Getting irritated by mess.

20 F 03:XX:XX

Rugby – the bane of my life. If I don't partake I won't see my husband, If I do I get irritated by the same stupid comments made by the same people. What a load of .... About a sport! More important things in life to get passionate about.

20 F 04:XX:XX

Been getting irritated with inefficiencies and bad service. Don't usually get so up tight about these sorts of things.

26 M 00:02:00

Very irritated with people on the road. Borderline road rage, especially to incompetent slow drivers.

28 M 01:XX:XX

Woken up by our alarm's incessant beep-beeping due to the power that's out. Extremely annoyed.

28 M 02:XX:XX

Phoned awake by my mom. Had to do various tasks for her business. Felt annoyed; it all seemed so poorly planned.

28 M 02:XX:XX

To my horror discovered no coffee. Or yoghurt or any item I normally have for breakfast (tomatoes, bananas, bread). My irritation level builds.

28 M 02:XX:XX

Deep irritation welled up at inconsiderate drivers close to Durban plus my family's noisy, distracting antics.

28 M 06:XX:XX

Saw a film and was annoyed by it. Seemed like a waste of time.

28 M 08:XX:XX

My parents had guests at our holiday home. Too small to escape and with dreadful weather outside, their boorish comments caused me to run to my room with a book. Feelings of being trapped and frustrated.

28 M 08:XX:XX

On the way back home, encounter irritating, maddening traffic, so had to change my route several times.

28 M 11:XX:XX

Have to do errands, incredibly annoyed at others driving, but less so than in the past.

28 M 16:XX:XX

Feel very frustrated. As if cant get things done fast enough. People around me frustrate me too, they are too lax.

29 M 23:XX:XX

## IMPATIENCE

Have the patience of a 2 year old, things that don't normally bother me do.

18 F 05:XX:XX

Been a little moody lately, just don't seem to have any patience!!!

24 F 25:XX:XX

Annoyed with my fathers relaxed driving, who doesn't seem in too much of a hurry to return home.

28 M 10:XX:XX

Rushed irritated feeling. It lasts most of the day. As if things don't get done quick enough.

29 M 17:XX:XX

## ANGER

Still very irritable and short tempered.

18 F 06:XX:XX

Went for our usual Friday night sun-downer. No alcohol for me! But enjoyed the evening then it was raining and people were smoking inside! Got pissed off as sinuses immediately got blocked, tingly and sneezy. Felt angry at the selfishness of people and a need to let them know they are breaking the law. The worst part is the owner is pregnant and she is breathing this crap in. We left. Me in a huff.

20 F 02:XX:XX

A friend phoned, poor thing had another break in – my heart aches for these people. Want to go out and track them down – what I will do I don't know but the anger rises like..... bile! Will say some mantras and ask Buddha for peace. Must make a plan to help them. Interesting, bile-anger-irritation.

20 F 05:XX:XX

Woke up with horrible backache. Agonizing to reach or bend over. My sister kept making critical snide remarks of disbelief and I exploded over breakfast.



Felt incensed that she didn't believe me. Felt she wanted to remain the centre-piece of her current drama. We traded insults and retreated to my room. Felt utterly annoyed and wanted to lie down and be alone.

28 M 07:XX:XX

My parents arrive back. Almost immediate fight with my father, as he's extremely critical and tries to correct me, again and again. Pissed off.

28 M 16:XX:XX

## AGGRESSIVE

Very irritable. Want to rip someone's head off!!!

18 F 03:XX:XX

Very irritable, very argumentative.

18 F 04:XX:XX

Hit wall – very irritable.

22 F 04:XX:XX

My sister made a cutting remark that enraged me so, I had to concentrate to swallow my anger. I had an urge to punch her in the face.

28 M 10:XX:XX

Try to catch up on sleep. At the exact moment our gardener is throwing steel plates around under my bedroom window, and I try to wait and let it pass, but after 20 minutes I explode. Eat out of frustration.

28 M 14:XX:XX

## MEANNESS

Irritability causes me to be sarcastic.

05 F 01:XX:XX

The past few days I've been using stronger language when with my girlfriend. Even though we joke around a lot, it's not very nice. It's not only the language, sometimes its cocky comments which can actually be considered a bit of an insult / horrible.

16 M 04:XX:XX

Things are just coming out of my mouth that are so mean. Just speak before I think.

18 F 07:XX:XX

## SNAPPY, PMS

Slightly short tempered, like PMS, moody and snappy.

07 F 33:XX:XX

Mentally still high energy but low tolerance. Had to help husband with something, got really snappy with him. Feel that people in general “just don’t get it”.

20 F 02:XX:XX

Apparently according to the people in my office I’ve been a little more snappy than usual – I personally don’t think so.

24 F 16:XX:XX

Been irritated today. I’m at work and I’m trying to work and people are laughing and joking around, and I think to myself, don’t they have work to do, how can I be so busy and they have time to chill! Anyway it’s probably PMS and I’ll get over it.

24 F 18:XX:XX

In a weird mood, getting offended easily today. Must be boy PMS or just absorbing mood from others.

27 M 13:XX:XX

## OFFENDED

Still very irritable and short tempered. Very emotional and crying easily. Also taking things really personally and taking offence easily.

18 F 06:XX:XX

In a weird mood, getting offended easily today.

27 M 13:XX:XX

## FRUSTRATED, STRESSED OUT, SO MUCH TO DO. CAN’T COPE

Quite irritable and frustrated. Desire to sort out all unfinished things. Desire to spring-clean and throw away. To simplify my life.

05 F 06:XX:XX

I really feel that I can’t cope.

06 F 04:XX:XX

I feel heavy, tired, frustrated and irritated. Had a long day.

06 F 04:XX:XX

Stressed out, irritable and frustrated – so much to do.

06 F 05:XX:XX

Woke up feeling stressed. Normally I only get stressed when a situation stresses me out. Today I don’t know why I am stressed out I just am.

06 F 16:XX:XX

Felt very frustrated today with work.

13 F 02:XX:XX

The urge to get things in order is still prominent but I am frustrated that there are not enough hours each day and an extra pair of hands would be great.  
20 F 11:XX:XX

Feel stressed again. Its weekend, should be relaxed but got so many things to do. Clean house, research, car etc.  
26 M 00:XX:XX

Felt anxious about getting things done in general. Was a busy afternoon so lots to think of. My relaxed mood of the past few days totally disappeared. My mind feels like its rushing with a thousand thoughts.  
29 M 04:XX:XX

Anxiety and stress about getting things done concerning my business. I have a million things on my mind to do but yet I try to find reasons not to do them. These tasks concern negotiations with other parties concerned. I'm trying to find things to do that are more physically challenging to do. Things that set my mind free. I'm usually the sort that loves negotiating new business matters. Just don't feel like it today.  
29 M 05:XX:XX

With my friends now but cant relax and enjoy myself. Can only think of what must still be done. As if I'm wishing for them to leave me that I can get on with things.  
29 M 16:XX:XX

Feel even more anxious running behind in things I have to do. People have interrupted my routine. I hate this. Need things to be smooth and planned. This makes me frustrated.  
29 M 16:XX:XX

Rushed irritated feeling. It lasts most of the day. As if things don't get done quick enough. Very frustrated with my workers. I do take my frustration out on them. Then feel bad for doing so afterwards.  
29 M 17:XX:XX

Just want the day to end. Been too busy and frustrating. Better to be left alone. Feel hot and frustrated on top of that.  
29 M 17:XX:XX

Very anxious feeling of having to do a lot. Very rushed and irritated at all. Just want day to end.  
29 M 27:XX:XX

Helping my mom in the shop and the more we were doing, it just seemed like we were not winning. It was very frustrating.  
30 F 06:XX:XX

The final straw came when my dad got back from the ATM and his card got swallowed, this has happened 3 times this year. My initial reaction was that of not coping. I just wanted to curl up and hide away.

30 F 06:XX:XX

#### TRAPPED, NEED TO GET OUT

Got irritated as I wanted to go to the nature reserve and at one stage it looked like we weren't going. I feel trapped in this house and I need to get out.

06 F 13:XX:XX

Felt like getting out, like doing something. Like going for a run on a green field. Feeling a little frustrated.

16 M 04:XX:XX

My parents had guests at our holiday home. Too small to escape and with dreadful weather outside, their boorish comments caused me to run to my room with a book. Feelings of being trapped and frustrated.

28 M 08:XX:XX

Feeling trapped. Glad we leave for home tomorrow.

28 M 09:XX:XX

#### PICKED ON, HARASSED

Irritable when asked stupid questions.

04 M XX:XX:XX

I am sick of customers. They are draining me. They are irritating me. I can't deal with people questioning me about everything, I just want to be left alone. I have to carry on until five. I'm counting down the hours. I'm serving them with a non-caring attitude, as I just don't have the energy / strength to be my usual sweet self.

06 F 04:XX:XX

Got into huge debate with someone about something stupid and insignificant. I was irritated with him and felt he was picking on me.

06 F 21:XX:XX

Rugby – the bane of my life. If I don't partake I won't see my husband, If I do I get irritated by the same stupid comments made by the same people. What a load of .... About a sport! More important things in life to get passionate about.

20 F 04:XX:XX

Tired and uncomfortable. Annoyed with wrist pain.

27 M 26:XX:XX

After what seems like an eternity of disrupting queries from my parents, there is peace. I just don't want to deal with people for the rest of the day.

28 M 02:XX:XX

In front of my PC in our family's office. Dads in a bad mood and being extremely negative and aggressive. Find it hard not to adopt his mood. Parents give me annoying little chores to do.

28 M 12:XX:XX

My parents arrive back. Almost immediate fight with my father, as he's extremely critical and tries to correct me, again and again. Pissed off.

28 M 16:XX:XX

## LETHARGY, LACK OF MOTIVATION

Lazier than normal, totally unmotivated, slack.

04 M XX:XX:XX

Feeling tired, listless and lethargic.

07 F 24:XX:XX

Couldn't get out of bed today.

14 F 13:XX:XX

Having a hard time doing anything this week. Struggling to do admin type things as I have no motivation at all.

15 F 04:XX:XX

Can't motivate myself to do any mental work at all (3).It's terrible, but I just don't care.

15 F 04:XX:XX

Don't even want to go to gym or move today.

15 F 04:XX:XX

Lacking energy. Feel like I want to go to sleep. No willpower to work.

16 M 02:XX:XX

Feeling very lazy.

16 M 06:XX:XX

Had a day of reading and sleeping. Nothing wrong with my body – more a lack of motivation / inspiration / drive.

19 M 04:XX:XX

Anxiety and stress about getting things done concerning my business. I have a million things on my mind to do but yet I try to find reasons not to do them. These tasks concern negotiations with other parties concerned. I'm usually the sort that loves negotiating new business matters. Just don't feel like it today.

29 M 05:XX:XX

I just didn't feel like doing anything. Mood was low. Didn't feel very sociable and didn't want to be around people. I just wanted to stay at home and chill.  
30 F 02:XX:XX

#### AVOIDING RESPONSIBILITY

Closed shop early. I've had enough for one day. Once again didn't care about it – would normally question myself and feel guilty.  
06 F 04:XX:XX

Late for work. I would usually be stressed out but I don't care.  
06 F 05:XX:XX

I am a little more untidy than normal. I don't care if things are untidy.  
13 F 03:XX:XX

Uncaring about my responsibilities.  
13 F 26:XX:XX

Uncaring about responsibilities.  
14 F XX:XX:XX

Can't motivate myself to do any mental work at all (3).It's terrible, but I just don't care.  
15 F 04:XX:XX

Feeling lazy & tired, feeling a bit depressed about not having done any studying.  
16 M 06:XX:XX

Feeling a bit down and depressed. Not feeling like doing anything. Feel like avoiding reality and responsibilities.  
16 M 27:XX:XX

Have this BIG test tomorrow but feel so apathetic about it, I don't worry about it. Can't master the energy to study. Don't care about it.  
18 F 14:XX:XX

Also feel I don't give a ..... about some things – let it happen, bring it on.  
20 F 04:XX:XX

#### DOWN, FLAT

Flat exhausted feeling after exam. I feel disappointed, hurt, like my heart has been ripped out and I have no feelings, numbness.  
07 F 22:XX:XX

Have a feeling of 'downness', like feeling depressed , but not the same.  
07 F 23:XX:XX

Low esteem feeling – a flat type feeling – no enthusiasm. I expected to feel 'wow' by now, especially since we've finished exams, but no such feeling.  
07 F 27:XX:XX

Decided to spoil myself today. Went shopping to lift my spirits. It wasn't bad, but also not that great. I would have thought I'd feel better afterwards, but still feeling flat and almost lethargic to an extent. Very drained, but more on an emotional level. As if I've lost something or even someone - a type of emptiness. This is not me, I am normally so enthusiastic and a go-getter. It's disturbing.  
07 F 30:XX:XX

Mood still flat, but making a conscious effort to feel better.  
07 F 31:XX:XX

Feeling a bit depressed and down. Concerned about the direction of my life and the fact that I do not have any specific dream to follow. Concerned that I will just live my life out and not really do anything of any significance with it.  
16 M 02:XX:XX

Feeling a bit down and depressed. Not feeling like doing anything. Feel like avoiding reality and responsibilities.  
16 M 27:XX:XX

Been feeling a bit down, for absolutely no reason. Was meant to see my friend this morning, I just told her no! I wasn't in the mood for being around a high maintenance person.  
24 F 26:XX:XX

## SLEEPY

Could very easily fall asleep.  
03 M 01:XX:XX

I just feel like sleeping!  
04 M 00:XX:XX

Feel sleepy, want to nap.  
06 F 09:XX:XX

Lacking energy. Feel like I want to go to sleep. No willpower to work.  
16 M 02:XX:XX

Very sleepy this afternoon. If I am going to get through the rugby I need a nap.  
20 F 04:XX:XX

Felt very sleepy and almost drugged ALL day! Wanted to go home and sleep, fought the feeling.  
22 F 05:XX:XX

## TIRED, HEAVY, EXHAUSTED

Very tired suddenly.

06 F 03:XX:XX

I just could not get out of bed this morning. Very tired, more so than usual.

06 F 04:XX:XX

I had a cup of coffee half an hour ago. Normally this would pick me up, but I am still exhausted. Feel so sleepy and lethargic.

06 F 04:XX:XX

I feel heavy, tired, frustrated and irritated. Had a long day.

06 F 04:XX:XX

Woke up late again. Have to will myself to get out of bed.

06 F 05:XX:XX

Still very tired, exhausted.

06 F 05:XX:XX

Exhausted.

06 F 15:XX:XX

Feel tired and worn down like I do at the end of a day.

06 F 16:XX:XX

I still have the headache. I feel heavy and tired as well.

06 F 16:XX:XX

Tired again – not stressing because too tired.

06 F 17:XX:XX

Feeling stressed out and rushed but too tired to sort things out.

06 F 20:XX:XX

Feel exhausted – flat and tired. I have no physical energy. I have mental energy and want to work, but my body is exhausted.

07 F 06:XX:XX

Felt like I haven't slept enough. I could sleep for days, but once I'm up and about I feel OK. I'm still tired but I can cope.

07 F 07:XX:XX

Flat exhausted feeling after exam. I feel disappointed, hurt, like my heart has been ripped out and I have no feelings, numbness.

07 F 22:XX:XX



Feeling tired, listless and lethargic.  
07 F 24:XX:XX

Feel drained. Needed to lie down in the afternoon. Slept for half an hour, but not very refreshing.  
07 F 25:XX:XX

Quite tired this afternoon.  
11 M 00:XX:XX

Couldn't get out of bed today.  
14 F 13:XX:XX

Feeling tired > exercise.  
15 F 03:XX:XX

Feel very tired, just want to crawl into bed.  
15 F 04:XX:XX

So tired all day, can hardly keep my eyes open.  
18 F 03:XX:XX

My concentration is short today. Only have ½ hour and then overwhelmed with tiredness.  
18 F 09:XX:XX

Home after mid-week games. Just felt too tired to play on.  
19 M 03:XX:XX

A very productive day. Felt bone-weary and a little depressed at the end of it – until my love phoned and I couldn't help but break into a smile.  
19 M 09:XX:XX

Been very tired lately, even though I've been going to bed around 21:30. No idea why, probably cause I know I must study, and I would prefer to sleep.  
24 F 24:XX:XX

Feeling very tired and not in the mood for anything really.  
27 M 02:XX:XX

Really tired – not like eyes are closing and need to sleep but exhaustion.  
27 M 07:XX:XX

I felt extremely tired. Exhausted and drained out. Wanted to just go and sleep.  
30 F 00:XX:XX

Slept for about 6 hours and normally will be able to get up & be fine, but felt extremely tired and exhausted. Just wanted to sleep.  
30 F 01:XX:XX

Woke up this morning feeling very tired.  
30 F 02:XX:XX

Energy levels were decreased the entire day today. From the time I got up I felt extremely tired and exhausted.

30 F 02:XX:XX

#### STAYING IN BED

I just could not get out of bed this morning. Very tired, more so than usual.

06 F 04:XX:XX

Woke up late again. Have to will myself to get out of bed.

06 F 05:XX:XX

Was so scared of driving my usual route to Varsity that I had a panic attack and stayed home in bed.

14 F 13:XX:XX

Couldn't get out of bed today.

14 F 13:XX:XX

Feel very tired, just want to crawl into bed.

15 F 04:XX:XX

Didn't want to get up this morning. Bad mood!!

18 F 12:XX:XX

#### WEATHER

Noticed effect of cold weather more – felt an inwardness, introspection.

04 M XX:XX:XX

Rain, still irritable!

04 M 02:XX:XX

Hate this rainy overcast weather.

15 F 04:XX:XX

Came home to work because of weather.

15 F 04:XX:XX

#### SENSORY DELUSIONS

In morning while driving noticed a visual disorder, it may have been some depth impairment. It felt like I was looking through someone else's vision.

13 F 05:XX:XX

Kept noticing a sweet smell like vanilla or cocoa butter even though there is nothing with that scent near me.  
14 F 02:XX:XX

#### **4.2.2 VERTIGO**

Quite dizzy in the head when I get up quickly and move quickly.  
03 M 01:XX:XX

I have a strong sense of a dizzy feeling when I get up quickly. As in low blood pressure.  
03 M 03:XX:XX

Felt once or twice a strong 'disconnected' feeling as if sudden onset of vertigo.  
03 M 03:XX:XX

Slight vertigo on moving head fast.  
05 F 00:XX:XX

Disoriented sense. Vertigo.  
10 F 01:XX:XX

I have an almost immediate sensation of being slightly dizzy, as if head is almost spinning. Feel very spacey.  
15 F 00:00:05

Vertigo on rising quickly from a seated position. > closing eyes.  
21 M 02:XX:XX

Mild sensation while driving car of vertigo, > cold water, < heat of sun.  
21 M 04:XX:XX

Feeling of light-headedness as if head made of feathers. < heat of sun, > cold water.  
21 M 06:XX:XX

Feeling of slight light-headedness while drinking fizzy drinks, > lying down.  
21 M 12:XX:XX

Feeling of light-headedness on waking as if head in cloud accompanied by thirst for ice cold water.  
21 M 16:XX:XX

Feeling of light-headedness accompanied by moderate stiffness of neck muscles. > food.  
21 M 22:XX:XX

Had a case of vertigo. Was very subtle. Not due to posture as is usual. It was constant but not so apparent as per usual. Feels as if my nose is heavy.  
29 M 00:XX:XX

Vertigo with walking. Can't get balance as rise out of bed. Better after a few minutes.  
29 M 21:XX:XX

### **4.2.3 HEAD**

#### **RIGHT-SIDED HEADACHE**

Woke up with a slight right sided headache. Dull aching in temporal region.  
06 F 03:XX:XX

Throbbing headache came on suddenly in right temporal / frontal area.  
06 F 03:XX:XX

Very mild headache started in the right temporal region. Dull aching sensation, Head and whole body feels heavy.  
06 F 09:XX:XX

Sharp pain in right frontal region of head. Didn't last long.  
06 F 10:XX:XX

Headache along with pain in abdominal area. Feels dull. Frontal, mainly over right eye. < bending forward, > lying down.  
07 F 06:XX:XX

Headache now behind eyes, right more than left.  
10 F 01:XX:XX

Shooting pain in right frontal area at 2pm. > pressure. Later headache in both frontal areas.  
12 F 02:XX:XX

Shooting pain in right temple, >pressure < light.  
12 F 12:XX:XX

Having another headache on the right hand side in the temple. Muscles are very knotted and my neck is going into spasm.  
18 F 16:XX:XX

Had an eye headache (right eye), mainly right side of head sore.  
24 F 18:XX:XX

Pain has moved to right side especially to temples and occiput.  
26 M 07:17:00

## LEFT-SIDED HEADACHE

Stabbing pain above left ear < in evening. Comes and goes.

05 F 00:XX:XX

Headache on left side of forehead in temporal region. May be dehydrated.

06 F 03:XX:XX

Mild headache on the left side of my head starting from the base of my skull to the back of my left eye. Dull sensation.

16 M 00:XX:XX

Headache same as before except it's more intense. Shooting along left side of head to the temple and behind the left eye. Piercing pain that ebbs and flows. Gone after an hour.

16 M 02:XX:XX

Very sharp and intense piercing headache pain on the left side of my head. Very brief lasts 4-10 seconds. Previously over the last 2/3 weeks. However it was not as intense and was over prolonged periods.

16 M 25:XX:XX

Headache is in left temple like a nail being driven in.

18 F 01:XX:XX

Migraine! It's so painful and it's getting worse. The pain goes all up the left side of my back, neck and over my left ear to my temple. It's like someone placed a brick on my head. Can't keep legs still, want to run away!

18 F 13:XX:XX

Migraine! Again! Started in my temple and spread to my eye and into my neck and into my canine teeth. Slept for 2 hours and migraine seems to be gone.

18 F 19:XX:XX

Migraine! I want to rip my head off! On the left side, starting in the temple and going into the eye.

18 F 20:XX:XX

Twinge in left temple – neuralgic sensation. Brief but not enough to hold head.

20 F 00:XX:XX

Slight headache: occiput and temples. More pronounced on the left.

Throbbing and constricting.

28 M 01:XX:XX

Slight headache around the left eye socket. Dull aching pain. Better for hard pressure. Radiates deeper in skull.

29 M 21:XX:XX

Slight headache on left frontal area. Dull pain. Feels like my sinuses are blocked. < when I sniff, < lying down.  
29 M 23:XX:XX

#### FRONTAL HEADACHE

Woke up with a headache. Dull frontal ache.  
06 F 16:XX:XX

Intense sub-occipital and frontal headache. Burning frontal sensation in sinuses.  
10 F 01:XX:XX

Headache becoming more frontal.  
10 F 01:XX:XX

Shooting pain in right frontal area at 2pm. > pressure. Later headache in both frontal areas.  
12 F 02:XX:XX

Frontal headache, throbbing, pulsating and bursting in nature. Sensation of fullness in forehead region. Lasted one hour. Associated photophobia < light, > dark & lying down.(17h00)  
17 F 01:XX:XX

Woke up with dull frontal headache (< smoke?).  
20 F 03:XX:XX

Got a headache over frontal area of head. Felt constricting. Resolved after 2 hours. Felt > cool application.  
29 M 02:XX:XX

Slight headache in the front of my head.  
29 M 15:XX:XX

Slight headache in frontal region. Dull headache, comes and goes. < warmth & intense light. Intense movement also intensifies pain.  
29 M 25:XX:XX

#### OCCIPITAL HEADACHE

Sharp pain radiating up back of head from occipital condyle.  
06 F 07:XX:XX

Dull headache in occipital region.  
10 F 00:XX:XX

Intense sub-occipital and frontal headache. Burning frontal sensation in sinuses.  
10 F 01:XX:XX

Mild headache on the left side of my head starting from the base of my skull to the back of my left eye. Dull sensation.

16 M 00:XX:XX

Dull occipital headache at the base of the occiput. < light, > warm drinks.

21 M 00:XX:XX

Moderate occipital headache radiating to both temples accompanied by slight tinnitus. < noise, > lying down and cold water.

21 M 03:XX:XX

Aversion to tobacco smoke accompanied by moderate throbbing occipital headache. < heat of sun.

21 M 08:XX:XX

Mild occipital headache with pounding sensation on left hand side of occiput. > application of ice < sunlight.

21 M 18:XX:XX

Moderate thirst accompanied by throbbing occipital headache. > cold air, < sunlight.

21 M 19:XX:XX

Occipital headache with throbbing sensation accompanied by tingling sensation of left shoulder. > cold water, < sun.

21 M 20:XX:XX

Throbbing occipital headache > cold water.

21 M 21:XX:XX

Got a headache at the base of my skull think it is part of the neck pain.

27 M 22:XX:XX

Slight headache: occiput and temples. More pronounced on the left.

Throbbing and constricting.

28 M 01:XX:XX

## HEADACHE ON WAKING

Woke up with a slight right sided headache. Dull aching in temporal region.

06 F 03:XX:XX

Woke up with a headache. Dull frontal ache.

06 F 16:XX:XX

Woke up with dull frontal headache (< smoke?).

20 F 03:XX:XX

Dull headache on waking.  
20 F 04:XX:XX

Headache on waking in morning as if head were hit by a blunt object. >  
application of ice to neck and black coffee.  
21 M 07:XX:XX

Woke up with a dull headache, constant throughout the day.  
24 F 05:XX:XX

Extreme headache, borderline migraine. Woke up around 9am. From the moment I opened my eyes I had the headache. Felt like it resonated in my right eye. My right eye and side of head felt bruised for the entire day. My eyes were dry and itchy. Extremely sensitive to light. I had to close all curtains in my flat.  
24 F 12:XX:XX

Woke up with a slight headache in the front upper side. Not really sure what brought it on.  
27 M 13:XX:XX

#### MISCELLANEOUS

I'm struggling to focus my eyes with this headache spasm in my neck, is moving down to the shoulder. My nose and mouth feel numb, with slight pins and needles feeling. Huge knot in the superior border of my trapezius, feels raw and bruised.  
18 F 16:XX:XX

Headache settles and goes after eating.  
20 F 03:XX:XX

Headache really awful and annoying. Back of head down neck.  
20 F 08:XX:XX

Had a headache just as I started period. Was a dull ache in temples.  
22 F 10:XX:XX

Suffered mild headache from the glare this morning, very short-lived though.  
24 F 07:XX:XX

Had dull headache for past few hours. Generalised pain. Feels like pressure inside head.  
26 M 02:13:00

#### HEAVINESS / FOGGY / FUZZY

Head feels slightly tight like I've drunken too much or like there is cotton wool around my head.  
18 F 00:11:30



Pain in temples, feel heavy and like my head is lead.  
18 F 04:XX:XX

Felt like my heads been wrapped in cotton wool, very fuzzy and almost blocked.

18 F 14:XX:XX

Head still feels like I'm under water.

18 F 14:XX:XX

Tingling sensation in eyes as if itchy accompanied by pulsating throbbing feeling in head as if head were gradually and slowly being inflated like a balloon. > shutting eyes (18h00).

21 M 00:XX:XX

Head feels heavy: base of occiput.

28 M 01:XX:XX

#### HAIR LOSS

Noticed my hair is falling out when I wash it and brush it – has been last 2 times washed hair since I started the proving.

22 F 04:XX:XX

Hair falling out.

22 F 12:XX:XX

#### ITCHY SCALP

There is a spot on the top of my head (near the vertex) that has been itching on and off for days.

18 F 09:XX:XX

Head is itchy again.

18 F 12:XX:XX

#### 4.2.4 EYE

##### ITCHY; DRY; SCRATCHY

My eyes have been really itchy since 12 noon, may be caused by my contact lenses.

06 F 05:XX:XX

My right eye is really itchy and dry all of a sudden. I'm trying not to rub it.

06 F 06:XX:XX

Eyes scratchy, like there's sand in them. They feel puffy, like when you've been crying, yet not.  
07 F 31:XX:XX

Felt gritty earlier today but cleared as the day went on.  
07 F 34:XX:XX

Eyes feeling dry.  
16 M 16:XX:XX

Tingling sensation in eyes as if itchy accompanied by pulsating throbbing feeling in head as if head were gradually and slowly being inflated like a balloon. > shutting eyes (18h00).  
21 M 00:XX:XX

Suffered with my eyes. Very dry and itchy, found myself squinting more than half the time.  
24 F 13:XX:XX

Eyes are bloodshot, particularly on the medial aspects. Feel dry, not painful. > rubbing.  
29 M 05:XX:XX

Left eye is dry and irritated. Very red and itches from time to time, every 15 minutes or so. > closing eye, < light.  
29 M 27:XX:XX

## BURNING

Burning pain in eyes. Dry. < looking at the computer for long periods of time.  
16 M 00:XX:XX

My eyes are burning and wanting to close.  
18 F 11:XX:XX

My conjunctiva feel raw and burning.  
28 M 06:XX:XX

My eyes are sore and red, burning feeling. Feeling like there's sand behind eyelids. > pressure.  
29 M 13:XX:XX

## PHOTOPHOBIA

Eyes feel tired. My frowning muscles are tired. < driving/ computer screen.  
16 M 08:XX:XX

Eyes feel tired as if it is very sunny but it is in fact overcast.  
16 M 11:XX:XX

Developed some photophobia with headache. > dark room.  
17 F 01:XX:XX

Was irritated by the brightness of the cameraman's flash.  
19 M 04:XX:XX

While driving to the airport to fetch some friends, found it hard to keep eyes open – photophobia.  
20 F 00:XX:XX

Eyes extremely sensitive to the slightest amount of light > covering eyes and cold water.  
21 M 02:XX:XX

I feel as though I'm more sensitive to light than usual.  
24 F 00:XX:XX

Struggling a bit with the light – squinting helps.  
24 F 01:XX:XX

Light really affecting my eyes (very sensitive) quite annoying actually.  
24 F 02:XX:XX

The light is still killing my eyes – my eyes feel like they are being poked with a needle sometimes.  
24 F 03:XX:XX

Either I'm developing a twitch, or subconsciously I'm blinking so much because the light is killing my eyes.  
24 F 04:XX:XX

Fluorescent light above me is giving me grief.  
24 F 08:XX:XX

Glare in office killing me.  
24 F 10:XX:XX

Eyes very sensitive to fluorescent lights. My eyes were a bit better when we left the mall.  
24 F 13:XX:XX

#### MISCELLANEOUS

Conjunctivae very pale today – feel like I'm deficient in something.  
07 F 23:XX:XX

Eyes puffy on waking as if bags filled with water under eyes, accompanied by face feeling as if bloated.  
21 M 05:XX:XX

Heaviness of eyes on waking as if eyes held down by weight, accompanied by scratchy sensation of left eyeball. < sunlight, > washing eye out with water.  
21 M 17:XX:XX

#### **4.2.5 VISION**

In morning while driving noticed a visual disorder, it may have been some depth impairment. It felt like I was looking through someone else's vision.  
13 F 05:XX:XX

Difficulty in concentration and slight blurriness of vision as if haze in eyes. > closing eyes and rest.  
21 M 15:XX:XX

#### **4.2.6 EAR**

Slight feeling of pressure on my ears.  
03 M 00:00:10

Left ear itchy in canal. Boring itch > scratching.  
07 F 02:XX:XX

My ears have become very waxy in the last few days.  
18 F 18:XX:XX

As I am doing my housework my ears are singing as we always say someone is talking about me. They have been blocked on and off.  
20 F 06:XX:XX

Left jaw feels tight and left ear is partially blocked.  
22 F 00:XX:XX

Feel like I'm either getting an ear infection or I have a blackhead in my ear, rather tender, cant lie on my ear. In my left ear.  
24 F 02:XX:XX

Left ear still a bit painful, not as bad as last night though.  
24 F 03:XX:XX

Balance seemed slightly > after partial loss of hearing after masturbation in both ears for a few seconds.  
28 M 07:XX:XX

#### **4.2.7 HEARING**

Deafness to other people's voices  
13 F 08:XX:XX

## 4.2.8 NOSE

### SNEEZING / ITCHY

I have an itchy type of sensation, as well as a sensation of fullness in the left maxillary sinus. I wanted to sneeze but didn't. I never get hay fever like symptoms like this.

06 F 17:XX:XX

Sneezing. Felt like there was pepper around.

07 F 00:02:30

Sneezing. Three or four sneezes one after the other.

07 F 00:01:30

Sneezing. Same feeling as yesterday – 'as if pepper in the air'.

07 F 01:02:00

Started sneezing after third dose.

13 F 00:01:50

Vaguely itchy feeling and two sneezes. Must rub nose and blow nose.

15 F 00:00:05

Lots of clear mucous this morning that brought on sneezing with a weird burning, tickling sensation in the nose. Sneezed 2 – 3 times.

18 F 08:XX:XX

Runny nose and sneezing with foul taste in mouth.

22 F 00:XX:XX

Left nostril feels itchy as well as my right Eustachian tube. No pain just irritating. Better for deep breathing and sniffing hard (7:30pm).

29 M 17:XX:XX

Nose running a lot, clear exudates. More out of left nostril. Itchy feeling after blowing (7pm).

29 M 23:XX:XX

### CORYZA

Dried mucous in nose has black streaks in it.

13 F 05:XX:XX

My left nostril has hard mucous that has a small amount of fresh blood in it. It comes out in lumps when I blow my nose.

13 F 12:XX:XX

Sinuses blocked and rattling – blowing is a mission – the catarrh is really sticky today! As if it is attached in my brain and not willing to let go. But with the blowing come the fun part – urine spurts, ears block and cough begins. And snot remains untouched. Only way to dislodge it is by sniffing which I hate! Then I get mouthfuls of the stuff which make me retch (smoke from previous night?) (06h00).

20 F 03:XX:XX

Discharge from nose still extremely sticky but clear (06h30).

20 F 04:XX:XX

My nose is clogged up after blowing, there is a strange burning itch in my nostrils, as if irritated by chlorinated swimming pool water. The mucous is profuse and clear.

28 M 01:XX:XX

My nose kept running. Repeated trips to the bathroom to blow it (09h00).

28 M 05:XX:XX

Runny nose, clear mucus, < left (09h30).

28 M 17:XX:XX

Nose running slightly, especially on right nostril. Clear exudates (22h00).

29 M 19:XX:XX

## BURNING

Nose started burning on waking (+/- 5:30). Better for holding nose. Clear discharge. Lasted about an hour.

05 F 04:XX:XX

Nose started burning at 7:00 am and then started running. Clear discharge. Burning nose better for blocking nose with fingers (pinching both sides). Stopped after about 30 minutes.

05 F 05:XX:XX

Sinuses feel burny and running.

10 F 01:XX:XX

Lots of clear mucous this morning that brought on sneezing with a weird burning, tickling sensation in the nose. Sneezed 2 – 3 times.

18 F 08:XX:XX

My nose is clogged up after blowing, there is a strange burning itch in my nostrils, as if irritated by chlorinated swimming pool water. The mucous is profuse and clear.

28 M 01:XX:XX

## SMELL

Kept noticing a sweet smell like vanilla or cocoa butter even though there is nothing with that scent near me.

14 F 02:XX:XX

Very metallic smell in my nose once I had cleared it.(08:20)

20 F 01:XX:XX

## DRYNESS

Sinuses feel very dry or even so heavy. As if my face feels heavy.(21h00)

29 M 00:XX:XX

Sinuses felt drier than usual for the whole day.

29 M 01:XX:XX

All day again sinuses have remained dry.

29 M 03:XX:XX

Nose felt dry, not painful. Gave me an itchy feeling in my pharynx. Felt even more dry in the open air (22h00).

29 M 15:XX:XX

## LEFT

I have an itchy type of sensation, as well as a sensation of fullness in the left maxillary sinus. I wanted to sneeze but didn't. I never get hay fever like symptoms like this.

06 F 17:XX:XX

Congested feeling in my nose and left sinus.

13 F 12:XX:XX

My left nostril has hard mucous that has a small amount of fresh blood in it. It comes out in lumps when I blow my nose.

13 F 12:XX:XX

My nose is blocked on the left hand side.

18 F 18:XX:XX

Nose running a lot, clear exudates. More out of left nostril. Itchy feeling after blowing.

29 M 23:XX:XX

## MISCELLANEOUS

Nose runny, feels cold to the touch, < cold.

15 F 04:XX:XX

Nose feels numb at the end of the tip extending to forehead.  
18 F 00:XX:XX

#### **4.2.9 FACE**

##### ERUPTIONS

Just to the right of my philtrum, above my lips, is a lump which looks like a welt. It may develop into a cold sore, but it doesn't have that vesicle look to it. Came on very suddenly. Pain is stinging, < touch < movement > cold application.

13 F 01:03:45

Tingling sensation in 'cold sore'. Very light, non-painful sensation. If static on the TV was a feeling it would feel like this.

13 F 01:09:00

##### DRYNESS

Lips are dry and cracked on corner of left side of my mouth.  
14 F 05:XX:XX

Lips are very soft.  
14 F 07:XX:XX

Lips dry and cracked and keep having to lick them.  
18 F 03:XX:XX

Lips are also very dry, keep putting lip balm but it doesn't seem to make a difference.  
18 F 04:XX:XX

Skin around my eyelids (upper) just under my eyebrows, in the corner (nasal side) is very dry and flaky. Flakes are clear and not itchy. Skin on my face is still oily and I have to wash it at least 4 times a day.  
18 F 14:XX:XX

The dryness on my eyelids has moved across my eyelids, from the nasal to the temporal side. Still the same clear flakes which are not itchy.  
18 F 17:XX:XX

Lips are very dry and peeling.  
18 F 18:XX:XX

Face feels dry and burning.  
28 M 07:XX:XX

My face is puffy, red and dry.  
28 M 12:XX:XX



## HOT FLUSHES

The effect of the remedy about 30 minutes continued with a flush in face and sweat over head.

20 F 01:XX:XX

My face was red and felt burning, as if in the sun. Possibly as we were in the car all day, even so, I twice applied sun-block. Also felt dehydrated.

28 M 06:XX:XX

## MISCELLANEOUS

Woke up looking very pale the last two mornings.

06 F 06:XX:XX

Intense sub-occipital and frontal headache. Burning frontal sensation in sinuses.

10 F 01:XX:XX

Cheeks are itchy directly over zygoma.

14 F 00:XX:XX

Face is very sweaty. Is it humid?

20 F 01:XX:XX

Left jaw feels tight and left ear is partially blocked.

22 F 00:XX:XX

## 4.2.10 MOUTH

### DRY MOUTH

Very thirsty with a dry mouth.

06 F 03:XX:XX

Mouth dry as if thirsty. I've been drinking lots today, it's not letting up. Tongue indurated at the edges. Whitish discolouration all over the tongue. Feel like rough raised knobs at the back.

07 F 34:XX:XX

Feeling of dry mouth.

11 M 00:XX:XX

Dry sensation in mouth accompanied by sandy taste in mouth. > cool drink

21 M 01:XX:XX

Extreme thirst for ice cold water accompanied by dry mouth as if sand in the mouth.

21 M 02:XX:XX

Dry mouth during sleep.

21 M 09:XX:XX

Slight tingling sensation on tongue as if tongue been numbed partially by anaesthetic. > sips of cold water.

21 M 10:XX:XX

Dry mouth on waking, > water, accompanied by mild occipital headache.

21 M 11:XX:XX

Moderate dryness of mouth accompanied by sensation of furriness of tongue, > cold water.

21 M 17:XX:XX

#### INCREASED SALIVATION

I seem to be salivating excessively.

14 F 00:XX:XX

Increased saliva at night.

18 F 04:XX:XX

#### VESICLES / ULCERS

Small vesicle on the tip of my tongue. It's not painful unless I put pressure on it. Feels like I burnt it.

06 F 06:XX:XX

Mouth ulcer on left lateral aspect of tongue, towards the back. Painful on movement.

07 F 03:XX:XX

Tongue feels scalded, tingly and painful at the tip. Have an ulcer on the tip. Stinging pain, > for rubbing against the teeth.

07 F 21:XX:XX

#### TONGUE

Tongue sore all over, with indentations of teeth at the edges.

07 F 21:XX:XX

Crack in the centre of the tongue.

07 F 21:XX:XX

Tongue a bit furry today, especially at the root of the tongue. Like something stuck on the tongue I need to swallow all the time, but doesn't detach!

07 F 33:XX:XX

## MISCELLANEOUS

Top hard palette also sore, especially near the front just behind the teeth line.  
07 F 21:XX:XX

Moderate craving for ice cold water accompanied with salty taste in mouth.  
21 M 18:XX:XX

Foul aftertaste in mouth when drinking water. Tastes like phlegm and coffee aftertaste.  
28 M 01:XX:XX

### 4.2.11 THROAT

#### DIFFICULTY SWALLOWING

Thirsty but battled to drink for some reason. I could only sip small amounts at one time. Cold water is worse. Water at room temperature is better.  
06 F 02:XX:XX

Post nasal drip feels like there is a string in the back of the throat that I can't swallow.  
18 F 00:XX:XX

#### DRY

Sore dry throat, sharp pain < empty swallowing. I had water and it's still sore.  
06 F 06:XX:XX

Mouth feeling a bit dry, like I've just woken up. Top half of my throat behind the back of my tongue, is a feeling of slight blockage. Desire to swallow every now and then to try to clear it, but it doesn't work.  
16 M 01:07:00

Throat still sore, > drinking water.  
16 M 03:07:00

Dry throat.  
28 M 07:XX:XX

#### SHARP; RAW PAIN

Sharp sore throat pain.  
06 F 00:01:00

Sore throat. Sharp pain on left hand side associated with dry mouth.  
06 F 00:09:30

Sharp raw sensation in middle of throat. Feels like a lump in my throat when I swallow.

06 F 02:XX:XX

Sharp sore throat (in centre of throat), < empty swallowing.

06 F 09:XX:XX

Sharp pain in throat, swallowing makes no difference.

06 F 10:XX:XX

Sore throat the whole morning, was sharp and scratchy.

06 F 15:XX:XX

#### MUCOUS IN THROAT

Mucous plug on swallowing water

06 F 00:01:15

Mucous in throat at 7pm which needed constant clearing.

13 F 03:XX:XX

Mucus in throat.

16 M 16:XX:XX

Post-nasal drip feels like a ball is stuck on the left hand side of my throat and I can't swallow it.

18 F 04:XX:XX

#### BURNING

Throat becoming a little more burny with post nasal discharge.

10 F 01:XX:XX

Tenacious mucous with my post-nasal drip. Burning sensation in back of throat much like indigestion.

28 M 04:XX:XX

#### TICKLING / ITCHY

Tickling sensation in throat that made me cough > drinking water.

13 F 04:XX:XX

Itchy sensation between pharynx and middle ear. Not painful just irritating. Lasted about ½ hour. Just went away on its own.(07h00)

29 M 04:XX:XX

Ticklish feeling in nasopharynx. Irritating. Eventually feels raw.

29 M 26:XX:XX

PLUG; LUMP; SWOLLEN

Mucous plug on swallowing water

06 F 00:01:15

Woke up with throat still sore and feeling swollen and closed.

06 F 13:XX:XX

As I swallow water, I feel a stuck sensation to the right of my cricoid cartilage.

When I push it in it clicks.

13 F 04:XX:XX

Post-nasal drip feels like a ball is stuck on the left hand side of my throat and I can't swallow it.

18 F 04:XX:XX

#### **4.2.12 NECK**

Muscle tension in neck and shoulders.

05 F 02:XX:XX

Moderate tiredness of mind accompanied by moderate neck stiffness > application of ice.

21 M 12:XX:XX

Neck and shoulders are hurting a lot. Happened during the day so not sure what the reason is. Wrists and fingers are feeling stiff and unpleasant.

27 M 24:XX:XX

#### **4.2.13 STOMACH**

INCREASED THIRST

Thirsty but battled to drink for some reason. I could only sip small amounts at one time. Cold water is worse. Water at room temperature is better.

06 F 02:XX:XX

Very thirsty with a dry mouth.

06 F 03:XX:XX

Feel a lot thirstier than normal.

13 F 02:XX:XX

Increase in thirst during the day.

14 F 01:XX:XX

Thirsty for water.

15 F 03:XX:XX

Been increasingly thirsty during the day and a lot less hungry. Have decreased appetite.

18 F 02:XX:X

Still very thirsty for cold water.

18 F 10:XX:X

Extreme thirst for ice cold water accompanied by dry mouth as if sand in the mouth.

21 M 02:XX:XX

Excessive thirst during night accompanied by restlessness. > cold breeze and water.

21 M 11:XX:XX

Excessive dryness of mouth accompanied by sensation of sandy feeling on tongue > water.

21 M 14:XX:XX

Excessive thirst during sleep accompanied by continuous waking up.

21 M 20:XX:XX

Extremely dry mouth on waking accompanied by sensation of pins and needles on tongue. > cold water.

21 M 21:XX:XX

Had increased thirst this morning until about 10am.

22 F 04:XX:XX

Felt thirsty – bit more today.

22 F 05:XX:XX

Very thirsty.

24 F 21:XX:XX

Very thirsty

24 F 22:XX:XX

Very thirsty. Even though I normally enjoy coffee, I think it < this symptom.

28 M 01:XX:00

Thirsty

28 M 07:XX:XX

#### INCREASED / DECREASED APPETITE

Stomach is cramping. I need food, I've never had hunger pains like this before. Ate some fruit and stomach pain is better.

06 F 08:XX:XX

Woke up and was so hungry. My stomach was cramping and gurgling loudly.  
06 F 09:XX:XX

Major increase in appetite almost a maddening hungry, been nibbling the entire day.

17 F 00:XX:XX

Appetite has normalised, the desire is there but not nibbling as much as the previous two days.

17 F 02:XX:XX

Been increasingly thirsty during the day and a lot less hungry. Have decreased appetite.

18 F 02:XX:X

Didn't feel like supper tonight – have hollow feeling but don't know what I want.

20 F 11:XX:XX

Have eaten so much today, but little bits all day.

22 F 08:XX:XX

Was extremely hungry today.

24 F 07:XX:XX

Really hungry.

24 F 10:XX:XX

Day alternates by having no appetite to suddenly starving. Easily sated once I eat, but continue to eat past the point.

28 M 10:XX:XX

Appetite throughout the day was decreased. Didn't really feel hungry or the need to eat.

30 F 02:XX:XX

My appetite was very depressed today. Just didn't feel like eating at all.

30 F 03:XX:XX

Appetite has been decreased. Find that I just did not feel hungry at all. Just ate breakfast and dinner.

30 F 05:XX:XX

Appetite was decreased, as usual. Noticed a slight nauseous feeling in my stomach at about 10:00am, which just went away after a while.

30 F 06:XX:XX

Went to grab supper. Normally I would be able to eat, but I just had no appetite. I took a few bites and felt extremely full.

30 F 06:XX:XX

## NAUSEA

Feel very nauseous. Feel like my food is in my throat. > sitting down.  
06 F 05:XX:XX

No appetite, forced myself to eat and now I feel nauseous. I feel like I'm going to have oesophageal regurgitation but not necessarily vomit. Food feels like it's sitting in my throat in chunks.  
06 F 05:XX:XX

Feeling very weak. Still slightly nauseous, had to sit down and then felt better. I feel like I need to eat something because I feel so weak, but I don't feel like eating because of the nausea.  
06 F 06:XX:XX

I got upset with my boyfriend because I wanted to do something that he said was stupid. Have a pain in my stomach five minutes after and feel very nauseous.  
06 F 11:XX:XX

Feel nauseous again. It's worse for driving in the car.  
06 F 11:XX:XX

Feeling a little nauseous and sick to the stomach < eating. This could be due to not eating for a while.  
13 F 01:XX:XX

Feel sick. My stomach is paining, as if having eaten too much. A slight feeling of nausea as well. Can't face food. Stomach pain > bending double.  
29 M 27:XX:XX

Found on the flight that I was very nauseous. Normally I don't ever get nauseous but at about 10:45 till even after we landed, approximately 13:30, I felt sick.  
30 F 00:XX:XX

Started feeling nauseated.(09h00)  
30 F 00:XX:XX

The nausea was not present at all. I found I ate quite a bit, more than my usual. Found I had an increased appetite, never truly felt full.  
30 F 00:XX:XX

For lunch I would normally eat starters & then be full, but I ate mains and dessert and was fine. Nauseousness in my stomach.  
30 F 01:XX:XX

Nauseous feeling in the stomach was a bit more intense.



30 F 01:XX:XX

Throughout the flight I was fine, but just before we were about to land (18:00), I started feeling nauseous again. The queasy feeling lasted till about 20:00. I felt nauseous but I needed to eat something. > after eating.

30 F 01:XX:XX

Felt nauseated. The nausea lasted till about 13:30.

30 F 02:XX:XX

Noticed the nausea disappears while I am eating, but returns about 15-20 minutes later.

30 F 02:XX:XX

My nausea was not that intense today. It was in the morning until about 14:00. The nausea came and went between that time.

30 F 03:XX:XX

Nausea was only present in the bus trip to and from Soweto. Not sure whether it was the driver's driving / the remedy.

30 F 04:XX:XX

Appetite was decreased, as usual. Noticed a slight nauseous feeling in my stomach at about 10:00am, which just went away after a while.

30 F 06:XX:XX

## BURNING PAIN / INDIGESTION

Pain almost burning after eating fruit for breakfast.

15 F 04:XX:XX

Burning sensation, from hunger / eating bread.

16 M 00:XX:XX

Hot burning coals feeling in the abdomen 10 minutes after eating.

18 F 08:XX:XX

Paying for steak – uncomfortable tummy and heartburn.

20 F 01:XX:XX

Such bad heartburn – the bile rose in my throat and has left my throat feeling scalded. Not to mention the metallic taste of bile.

20 F 05:XX:XX

Woke up with stomach in knots and burning sensation. Weight gain of over one kilogram in one day – has to be fluid retention.

28 M 01:XX:XX

Horrible indigestion and flatulence after our meal. Retrosternal burning / indigestion. Bloating feeling around umbilicus.

28 M 09:XX:XX

Stomach feels sore or acidic. Burning feeling. > for pressure. Must have eaten too much rich food. Feeling sometimes rises to oesophagus.

29 M 12:XX:XX

## TENSION

I started to feel a tension in my solar plexus.

03 M 01:XX:XX

Feel somewhat anxious with nervousness felt in my solar plexus area. The feeling is as much physical (weak in the knees type of feeling) as emotional.

03 M 03:XX:XX

Feeling a bit stressed at work due to staff issues. Starting to bother me. Feel like I'm sick in my stomach, like something is there. Tension, sense of anticipation.

16 M 24:XX:XX

Anxiety accompanied by sensation of bubbles in stomach.

21 M 13:XX:XX

## HOLLOW / EMPTY

Stomach feels hollow and empty like I haven't eaten anything in a year. It woke me up it was so bad but I have no appetite (8am).

18 F 01:XX:XX

Left sided epigastric pain as if air in epigastrium. < eating, > lying down.

21 M 15:XX:XX

Left epigastric pain as if filled with air, pressing pain, < food, > lying down.

21 M 16:XX:XX

Cramping pain in stomach. > bending double, after eating. Hollow feeling.

29 M 20:XX:XX

Empty feeling in stomach. No pain. > eating, but not hungry.

29 M 24:XX:XX

## HEAVINESS

Strange sensation as if something hard and heavy were pressing into my stomach (epigastric area).

14 F 00:XX:XX

Serious feeling of overindulgence. Stomach feels heavy. > Sitting & bending forward a little. Belching also feels good.

29 M 28:XX:XX

## GENERAL

Had a chicken/bacon roll – my stomach going mad – like it's churning – feeling a little 'gassy'. Stomach spasming.  
24 F 09:XX:XX

### 4.2.14 ABDOMEN

#### SUPRAPUBIC / LOWER ABDOMINAL PAIN

Aching cramping pain in abdomen. Felt like I was getting a bladder infection. Uncomfortable burning sensation in lower abdomen. No burning on urination though.  
06 F 02:XX:XX

I have a dull pain in the right abdomen, where you would find the ovaries.  
06 F 17:XX:XX

Have the same type of dull pain but on the left in ovarian region. Seems to always present while driving.  
06 F 17:XX:XX

Discomfort in the left iliac fossa, lasting all day. Felt as if something stuck there, or was impacted in the colon.  
07 F 06:XX:XX

Sensation of a full bladder when I press on the left iliac fossa area. Pains are wave like – they come and go.  
07 F 06:XX:XX

Drawing pain > bending double < pressure, located on lower abdomen from my umbilicus to pubic symphysis. Felt like it was drawing everything downwards. Lasted about 30 minutes.  
13 F 18:XX:XX

Pain in right ovarian region.  
15 F 00:00:10

Period pain quite severe in right ovarian region, > pressure and warmth.  
15 F 01:XX:XX

Sharp piercing pain that comes and goes, just below the belly button inside. < Bending forward. Only lasted for about 15 – 20 minutes. Hunger seems to set it off.(5:30pm)  
16 M 16:XX:XX

Pain in abdomen, in left and right lower quadrants. It's a stabbing pain > bending forward and walking.

18 F 01:XX:XX

## BLOATING / DISTENSION / FLATULENCE

I have an uncomfortable bloated aching feeling in my stomach which is better for sitting down.

06 F 06:XX:XX

At five pm an abdominal cramp, progressively getting worse. Located in central abdomen, seems to speed upwards and downwards (not sideways). < standing < movement > sitting > bending double > warmth. Dull pain, not well localised.

Pain got progressively worse and I went pale. My upper abdomen, above the umbilicus and below the xiphoid process, started to bloat out, and the pain became more localised in that area. My mother could easily see the protruded part from the side. It felt like a balloon, and as though it wasn't part of me.

At six all symptoms suddenly stopped.

13 F 02:XX:XX

Stomach feels slightly bloated, like there is air inside.

18 F 00:09:10

Stomach woke me up this morning, was very sore like yesterday. Hollow feeling and the stitching along the colon persists. Noisy flatus. Went back to sleep in a ball to compress the stomach.

18 F 02:XX:XX

Bloated feeling around my umbilicus. Lots of flatulence and aching shooting pain. Pain in anterior superior iliac spine.

18 F 04:XX:XX

Sharp pain in lower left quadrant of abdomen, feels distended.

18 F 11:XX:XX

Gurgle and churn. My gut is not impressed at having to digest all that fruit. Bloated and groaning. I walk around the pool and fart to get rid of some of the gas. Farting is loud, long and smelly. Great! I hate not being at home when this happens.

20 F 04:XX:XX

Tummy still a bit bloated with lots of rumbling.(8am).

20 F 05:XX:XX

Abdomen so bloated, wanted to open button on jeans to feel more comfortable. Very flatulent! Lots of sharp pain and noisy tummy.(5pm)

20 F 10:XX:XX

Less bloating but bruised feeling. Abdomen very tender to touch.

20 F 11:XX:XX

Abdominal bloating on waking as if balloon half inflated in belly > passing stool, < exertion and movement.

21 M 02:XX:XX

Heavy craving for oily foods in morning accompanied by bloated sensation in stomach as if stomach full. Bloating > passing stool.

21 M 12:XX:XX

Slight bloating of abdomen as if stomach too full > rest and drinking ice cold water.

21 M 21:XX:XX

Feeling a bit bloated today, got a bit of gas too.

24 F 16:XX:XX

Felt bloated when I woke up.

27 M 01:XX:XX

Stomach feels bloated, burning around umbilicus. (more suprapubic).

Flatulent.

28 M 04:XX:XX

Horrible indigestion and flatulence after our meal. Retrosternal burning / indigestion. Bloating feeling around umbilicus.

28 M 09:XX:XX

Woke up with dreadful feelings of bloating and indigestion. Drank some water and went back to bed.

28 M 09:XX:XX

Cramps and distended abdomen.

28 M 14:XX:XX

CRAMPING; WAVES

Sensation of a full bladder when I press on the left iliac fossa area. Pains are wave like – they come and go.

07 F 06:XX:XX

Pain in stomach is stitching up the sides of the abdomen and along the top, but they come and go in waves.

18 F 01:XX:XX

Some abdominal cramping and defecating before sleeping.

28 M 13:XX:XX

## BURNING

Uncomfortable burning sensation in lower abdomen.

06 F 02:XX:XX

Feels like someone has placed hot coals / thrown hot water over my organs < pressing stomach.

18 F 01:XX:XX

Burning around umbilicus. (more suprapubic).

28 M 04:XX:XX

## HOLLOW / EMPTY SENSATION

Stomach has hollow feeling and it's like someone is squeezing my intestines. Feel nauseous like I've eaten too much, < eating.

18 F 01:XX:XX

Stomach woke me up this morning, was very sore like yesterday. Hollow feeling and the stitching along the colon persists. Noisy flatus. Went back to sleep in a ball to compress the stomach.

18 F 02:XX:XX

All day I've had an empty pit sensation in my stomach. Its like someone punched it out, the feeling extends to my throat. It's a nauseous feeling. Also feels like something is stuck in my throat.

18 F 17:XX:XX

Late night had the same sensation in my stomach, like someone punched it out or if there was a huge hole in it.

18 F 19:XX:XX

## STITCHING; STABBING

Sharp piercing pain that comes and goes, just below the belly button inside. < Bending forward. Only lasted for about 15 – 20 minutes. Hunger seems to set it off.(5:30pm)

16 M 16:XX:XX

Pain in abdomen, in left and right lower quadrants. It's a stabbing pain > bending forward and walking.

18 F 01:XX:XX

Pain in stomach is stitching up the sides of the abdomen and along the top, but they come and go in waves.

18 F 01:XX:XX

Wake up early due to the cat, and feel incredible abdominal stinging cramps around the ascending colon. Go back to sleep after drinking huge amounts of water. Seems>.

28 M 15:XX:XX

> BENDING DOUBLE

Abdominal cramp, progressively getting worse. Located in central abdomen, seems to speed upwards and downwards (not sideways). < standing < movement > sitting > bending double > warmth.

13 F 02:XX:XX

Drawing pain > bending double < pressure.

13 F 18:XX:XX

Pain in the abdomen. > bending forward / bringing the legs up to crunch the stomach.

18 F 01:XX:XX

Went back to sleep in a ball to compress the stomach.

18 F 02:XX:XX

#### **4.2.15 RECTUM**

INEFFECTUAL / ABSENT URGING

Absent urge to pass stool this morning, very abnormal (8am).

16 M 01:XX:XX

Feeling of needing to pass stool but is ineffectual.

20 F 06:XX:XX

Urging to pass stool, but none passed.

28 M 01:XX:XX

Feel as if my constipation is also > chiropractic manipulation of lumber spine (18:30).

28 M 02:XX:XX

FLATULENCE

Passing a lot of wind this morning. It smells acidic. Stool has been more regular than normal.

06 F 09:XX:XX

Passing flatus for most of the day. Quite smelly like a stable, or grassy, or horse manure.

07 F 00:XX:XX

Noisy flatus.

18 F 02:XX:XX

Bloated feeling around my umbilicus. Lots of flatulence and aching shooting pain. Pain in anterior superior iliac spine.  
18 F 04:XX:XX

Gurgle and churn. My gut is not impressed at having to digest all that fruit. Bloated and groaning. I walk around the pool and fart to get rid of some of the gas. Farting is loud, long and smelly.  
20 F 04:XX:XX

Abdomen so bloated, wanted to open button on jeans to feel more comfortable. Very Flatulent! Lots of sharp pain and noisy tummy (17h00).  
20 F 10:XX:XX

Feeling a bit bloated today, got a bit of gas too.  
24 F 16:XX:XX

Very flatulent. Smells beefy/meaty. At 00:00 midnight I have a sensational passing of stool. All symptoms feel much better.  
28 M 00:XX:XX

Noticed foul smelling flatulence again.  
28 M 01:XX:XX

Flatulence still present (18h30).  
28 M 02:XX:XX

Started feeling gassy as the sun went down. Went to the loo 3 times at a friends house, with some stool passed, but mostly gas. Also some mucous (17h30).  
28 M 03:XX:XX

Passed some stool after some flatulence and bloated feeling.  
28 M 07:XX:XX

Horrible indigestion and flatulence after our meal. Retrosternal burning / indigestion. Bloated feeling around umbilicus.  
28 M 09:XX:XX

#### MISCELLANEOUS

Feeling that the anus is open and cold after passing stool.  
18 F 07:XX:XX



## 4.2.16 STOOL

### SOFT STOOL

Loose bowel movement. Very smelly, like horse manure, or a grassy sort of smell.

07 F 00:02:00

Passed a small amount of stool, quite soft and broken.

16 M 11:XX:XX

Having a slight bout of diarrhoea that is light brown, slimy, soft and smells offensive.

18 F 16:XX:XX

Stool is soft, almost clay-like, very smelly and I cramp on passing.

20 F 04:XX:XX

Pass very loose painful stool but feel so much better.

20 F 04:XX:XX

My stool has been a little bit like slush puppy!

24 F 10:XX:XX

Slight diarrhoea.

27 M 19:XX:XX

Had a very pleasant passing of soft stool, with sensations of burning in abdomen and retrosternally.

28 M 02:XX:XX

### HARD; DRY

Stool is easily passed but looks like raisins and it's hard.

18 F 01:XX:XX

Stool hard like raisin difficult to pass.

18 F 01:XX:XX

Stool difficult to pass and it's dry.

18 F 02:XX:XX

Passed small amount of stool.

20 F 05:XX:XX

Took a little straining to pass stool. Characteristic shape over the last few days: small, dark and round with some clear accompanying mucous.

28 M 07:XX:XX

## LARGE

Healthy amount of stool passed with ease. Alteration in my usual time, instead of 6:20am (18h45).

16 M 00:XX:XX

Substantial amount of solid stool.

16 M 10:XX:XX

Finally able to pass stool, seems like a huge amount. Bloating feeling not particularly > for going. Also slight nausea with initial passing, some vomitus regurgitated: sour taste.

28 M 03:XX:XX

Had a great passing of stool. Smelled sulphurous.

28 M 07:XX:XX

## EASY PASSING

Stool easy pass, light brown in colour, looks like a sausage with fluffy edges, slightly offensive smell.

18 F 05:XX:XX

Stool is hard, passed in pieces but passed easily.

18 F 17:XX:XX

## 4.2.17 BLADDER

### INCREASED URINATION

Urination is increased today.

18 F 12:XX:XX

Urinating a lot.

20 F 06:XX:XX

### SENSATION BLADDER FULL

Sensation of a full bladder when I press on the left iliac fossa area.

07 F 06:XX:XX

### CONSTANT URGING

Have a constant need to urinate even though there is little urine. Urine is light yellow.

18 F 01:XX:XX

## HOT AND VISCID URINE

Urine is hot and feels viscid.

20 F 00:01:45

Passing urine in hot bursting stream experience sharp pain in bladder and extending to both kidneys. Have had infections before and relate this pain and discomfort to that. Also while passing urine aware of small amount of stool passing. Once complete however there is no pain.

20 F 07:XX:XX

With increased water intake, current leaking was constant. Urine is hot and strong smelling.

20 F 10:XX:XX

## URINARY INCONTINENCE

Urinary incontinence.

20 F 02:XX:XX

Today the urinary incontinence has been bad. The slightest sneeze, cough or even movement in the wrong direction causes a spurt of urine.

20 F 03:XX:XX

Still have that leaking sensation.

20 F 06:XX:XX

Realise that I did not go to loo and am bursting. As I walk to find the loo I can feel urine leaking. Hope this passes soon (07h40).

20 F 07:XX:XX

I am really getting pissed off about the leaking urine. I now change panty shields regularly and feel damp constantly which does nothing for vaginal irritation (17h00).

20 F 09:XX:XX

## SUPRAPUBIC PAIN

Aching cramping pain in abdomen. Felt like I was getting a bladder infection. Uncomfortable burning sensation in lower abdomen. No burning on urination though.

06 F 02:XX:XX

## 4.2.18 MALE GENITALIA / SEX

### INCREASED LIBIDO

Increased libido.

16 M 12:XX:XX

The past 2 days I had been feeling particularly horny.  
16 M 17:XX:XX

Had sex. I was a bit over-enthusiastic resulting in me being a bit clumsy.  
16 M 26:XX:XX

Interest in sex was re-awoken last night at 3am. Ejaculate very viscid.  
28 M 01:XX:XX

Intense sexual feelings / interest.  
28 M 10:XX:XX

#### SMEGMA

Sexual feelings still prevalent. Erection only at half strength. Build-up of white smegmatic matter around glans penis.  
28 M 03:XX:XX

#### EJACULATE

Interest in sex was re-awoken last night at 3am. Ejaculate very viscid.  
28 M 01:XX:XX

Masturbation with a very viscid ejaculate.  
28 M 07:XX:XX

#### GENITAL ODOUR

Unusually strong genital sweat odour, somewhat pungent smelling.  
16 M 01:XX:XX

### **4.2.19 FEMALE GENITALIA / SEX**

#### INCREASED LIBIDO

Feel 'horny' today – strange. Going with the mood I'm in. My husband is away, so that's no good. Will have to make a plan!  
07 F 33:XX:XX

#### LEUKORRHEA

'Muddy' (light) coloured leucorrhoea, with 'sand' in it.  
13 F 13:XX:XX

Still have leucorrhoea. It looks like the muddiness is from blood. It's a week today until my period should start.  
13 F 14:XX:XX

Very gummy, clear leucorrhoea.  
13 F 18:XX:XX

## MENSES

At the end of my period the blood is a very dark brown. It looks like mud, and when in the toilet it separated into pieces like mud or sand.  
13 F 25:XX:XX

No odour to menses. Dark red blood. No clots have been noted, usually I would have a few. Flow is not as heavy as previously.  
17 F 15:XX:XX

Blood not dark red but turned to a dark brown almost black.  
17 F 18:XX:XX

Period finally started. Blood is dark in colour. A little thicker than normal and much lighter in flow. ( Note: intense migraine yesterday prior to commencement of menses).  
18 F 14:XX:XX

Menses started. A very heavy flow all day. Blood is darkish red but fluid like. Pressing down / bearing down sensation in the uterus.  
18 F 30:XX:XX

Today started spotting brown-coloured blood but with lots of mucous and had a cramping feeling in lower pelvic area – haven't had this for about 3 or 4 months.  
22 F 09:XX:XX

Bleeding is much decreased but the colour of the blood is still dark red, no clots were noticed.  
30 F 04:XX:XX

Decrease in bleeding. Noticed the bleeding was quite brown.  
30 F 05:XX:XX

## ABSENT DYSMENORRHEA

I started my period this morning. I noticed that I don't have the usual period pain.  
13 F 21:XX:XX

No PMS, very good mood, whereas normally I would be a bit grouchy.  
14 F XX:XX:XX

No dysmenorrhea.  
17 F 15:XX:XX

My menses started today. I noticed that the pain was not as intense as usual and that the usual irritability and slight constipation before (2-3 days) was not present at all.

30 F 02:XX:XX

#### ABSENCE OF CLOTS

Menses bright red. Less clots than usual.

15 F 02:XX:XX

No clots have been noted, usually I would have a few. Flow is not as heavy as previously.

17 F 15:XX:XX

No clots were noticed.

30 F 04:XX:XX

#### LIGHT FLOW

My period is not as profuse as it normally is.

13 F 25:XX:XX

Flow is not as heavy as previously.

17 F 15:XX:XX

A little thicker than normal and much lighter in flow.

18 F 14:XX:XX

My menses today has been really light in flow and dark red in colour.

18 F 15:XX:XX

Menses flow is very light – using fewer tampons than usual. The blood has changed to bright red. No pain / discomfort.

18 F 16:XX:XX

Menses is very light in flow. Gone back to a brown colour.

18 F 17:XX:XX

Bleeding is much decreased.

30 F 04:XX:XX

#### BEARING DOWN SENSATION / HEAVINESS

Pain over uterus as if there is heavy weight > warmth.

18 F 01:XX:XX

Feels like someone is sticking a steel pole up into my uterus.

18 F 14:XX:XX

Feels like someone is pressing down on my uterus.

18 F 14:XX:XX

Menses started. A very heavy flow all day. Pressing down / bearing down sensation in the uterus.

18 F 30:XX:XX

Menses today was heavy with small blackish clots noticed. I haven't bled this profusely in the last couple of months. My blood was also dark red and I had pain, which felt like my insides were going to come out.

30 F 03:XX:XX

#### LATE MENSES / EARLY MENSES

Menses two weeks late. Both myself and my fiancée. Usually I follow her by a week, we are both late but otherwise normal.

14 F XX:XX:XX

Started period today, think it's early.

15 F 01:XX:XX

Period is 8 days late.

18 F 09:XX:XX

#### RIGHT OVARIAN PAIN

I have a dull pain in the right abdomen, where you would find the ovaries.

06 F 16:XX:XX

Have the same type of dull pain but on the left in ovarian region. Seems to always present while driving.

06 F 17:XX:XX

Pain in right ovarian region.

15 F 00:00:10

Period pain quite severe in right ovarian region, > pressure and warmth

15 F 01:XX:XX

#### VAGINAL IRRITATION

Noticed a build-up over the last few hours slight vaginal irritation (nothing new but usually associated with increased sugar which I haven't had). Besides slight itch it comes with a sense of air escaping from the urethra.

20 F 06:XX:XX

Irritation in vagina with no discharge but a burn / itch and feeling of dampness.

20 F 07:XX:XX

#### **4.2.20 COUGH**

Dry irritating cough soon after taking the remedy, one or two coughs at a time. Seems to be increasing, loosening more phlegm in the throat, with constant clearing of the throat.

15 F 00:00:10

Wet cough that makes me feel nauseous after a while. > covering my chest and neck warmly.

27 M 02:XX:XX

Cough < night and late day.

27 M 05:XX:XX

#### **4.2.21 CHEST**

##### **SENSITIVE BREASTS**

Left breast very painful, like it had been squashed in a vice. I've experienced this type of pain years before when I had mastitis.

Terrible night with rigors and chill last night 9 - 1:30 pm. Woke with aches all over my body and a very spacey feeling in my head.

Breast hot to touch and cannot hold pressure on it, it's too sore. Wore a bra to support breast, which felt better. Pain < movement of breast, > in hot water > for being still. It hurt to breathe in the night < exhaling.

Bruised feeling all over left breast, but mostly on lower medial and lateral quadrants. Some radiation of pain to the left scapular area, and around the lower bra line (but not over the shoulder bra line).

Breast feels engorged, no discharge.

Felt breast for lumps, but none.

07 F 35:XX:XX

Aware of sensitivity in left breast, with parasternal pain.

14 F XX:XX:XX

##### **CONSTRICTION / RESTRICTION**

Have the feeling of a rope around my chest and it's being tightened and it's constricting my breathing.

18 F 03:XX:XX

##### **PALPITATIONS / ANXIETY**

Fear of leaving the house, I couldn't go out. Was so scared of driving my usual route to Varsity that I had a panic attack and stayed home in bed. I had violent palpitations. I had an overwhelming feeling that something awful was going to happen. Worried about having a massive car accident.

14 F 13:XX:XX



Fluttering in chest – post-mediastinum with an increase in heart rate. Not a nice sensation.  
20 F 01:XX:XX

Every time I pause am aware of this uncomfortable fluttering in chest. No pain but weird.  
20 F 02:XX:XX

As soon as I lie down I get the fluttering in chest and this time it is accompanied by tightness but I put it down to the smoke inhalation.  
20 F 02:XX:XX

Aware of a few episodes of chest flutters.  
20 F 03:XX:XX

I can feel my heart beating really hard.  
24 F 04:XX:XX

Heart palpitations – hope I'm not going to die.  
24 F 04:XX:XX

#### SHORTNESS OF BREATH

Feeling short of breath, skin around ribcage feels bruised and tender.  
24 F 00:XX:XX

Starting to feel out of breath again.  
24 F 00:XX:XX

Shortness of breath.  
24 F 01:XX:XX

#### SENSATION OF RETROSTERNAL FULLNESS

Feeling of fullness retrosternally.  
28 F 01:XX:XX

#### PARASTERNAL / RETROSTERNAL PAIN

Pain parasternally on left, burning as if fingers dug into chest.  
14 F XX:XX:XX

Aware of sensitivity in left breast, with parasternal pain.  
14 F XX:XX:XX

Ribcage feeling bruised and tender again.  
24 F 01:XX:XX

## ITCHY STERNUM

Woke up early scratching sternum in between breasts, I'm assuming it was itchy.

22 F 08:XX:XX

## AXILLA

Developed a large pimple in hair follicle under left axilla, more towards medial side of armpit. Very red but not sore.

07 F 36:XX:XX

The posterior node in the axilla is swollen and painful.

18 F 08:XX:XX

## 4.2.22 BACK

### LUMBAR PAIN

Sharp shooting pain starting in centre of lower back (lumbar region) and radiating upwards. Came on suddenly.

06 F 00:05:20

Pulling / stretching backache. Lower back, on the right side. < leaning forward and to the left. < pushing pelvis forward. Sitting reduces it to a mild dull ache.

16 M 03:XX:XX

Pain in the lower back only when moving off centre.

26 M 10:XX:XX

Had some mild pain in the lumbar region of my back. Was a stiffness as well with a burning pain. > movement.

29 M 03:XX:XX

Lumbago, better for movement, tight stiff pain staying in my lower spine.

29 M 05:XX:XX

Woke with lumbago and sciatic nerve pain in right posterior thigh. Tight straining feeling. Hard to sit, > for stretching.

29 M 18:XX:XX

### STIFFNESS

Back really stiff today but as I get moving it eases.

20 F 05:XX:XX

Had some mild pain in the lumbar region of my back. Was a stiffness as well with a burning pain. > movement.

29 M 03:XX:XX

## MODALITIES

Pain (in the lower back) is getting worse. Stabbing pain only on movement. No pain while sitting / standing upright. Particularly bad when bending and rising up. Sudden pain, almost fall to feet on occasions. < lifting heavy objects.

26 M 10:XX:XX

Woke up with horrible backache. Agonizing to reach or bend over.

28 M 07:XX:XX

Took a bath. Backache felt much >.

28 M 07:XX:XX

Backache slightly > after passing stool.

28 M 07:XX:XX

Backache intensified. Had to think twice about taking anti-inflammatories. < changing positions, bending or reaching.

28 M 09:XX:XX

My back is really sore < movement / change position, > lying down.

28 M 12:XX:XX

Woke with lumbago and sciatic nerve pain in right posterior thigh. Tight straining feeling. Hard to sit, > for stretching.

29 M 18:XX:XX

## ITCH

Have an itch on my back for 2 days now.

19 M 04:XX:XX

The itch is still around. A 10 x 10cm reddish patch – no sign of usual ringworm. (although there are 2x such spots on my chest).

19 M 05:XX:XX

## 4.2.23 EXTREMITIES

### WEAKNESS / TIREDNESS / HEAVINESS

Weakness of legs < left hand side, followed by slight aching.

05 F 00:XX:XX

Heavy feeling of legs accompanied by feeling as if legs tired from overwork. > lying on the bed.

21 M 00:21:00

Body feels heavy on rising as if upper and lower limbs are weighed down by lead. > stretching, < lying down.  
21 M 06:XX:XX

Slight tiredness and heavy sensation of legs as if weighted down. > stretching.  
21 M 09:XX:XX

Feeling of tiredness and weakness in both shoulders.  
28 M 01:XX:XX

Pain and tiredness of proximal limbs.  
28 M 01:XX:XX

## MUSCLE TENSION

Muscle tension in neck and shoulders.  
05 F 02:XX:XX

Left shoulder hurts, stiff and sore just above the lateral aspect of the clavicle.  
06 F 07:XX:XX

Sharp cramp of left calf muscle as if hard ball pressed against it. > standing upright, < touch of any kind.  
21 M 14:XX:XX

Excessive stiffness on waking as if muscles frozen especially upper extremities. > coffee and stretching.  
21 M 22:XX:XX

Calf muscle hurting for some reason, really not sure why.  
27 M 14:XX:XX

Hamstrings are tight. From too much activity. Radiate to lumbar region. Better for stretching.  
29 M 14:XX:XX

Trapezius muscle tight and stiff on the right, radiated to the right shoulder. > movement.  
29 M 15:XX:XX

Calves are aching. Tight, aching feeling. > stretching.  
29 M 24:XX:XX

## ITCHY / DRY LIMBS

Severe itching on my left foot and left shoulder.  
13 F 10:XX:XX

Right little toe: skin is cracked around the nail.  
18 F 01:XX:XX

Feet look dry and horrible.  
18 F 04:XX:XX

Skin on the arm is itching for no reason. > scratching and for cold. Skin is blotchy and red.  
18 F 04:XX:XX

My legs have been itching for days now. They are hot to the touch, > scratching and for cold water, < covering.  
18 F 10:XX:XX

Itchy around left ankle. Red, slightly inflamed as if bitten by an insect. > scratching.  
29 M 20:XX:XX

### BLISTERS / ERUPTIONS

Last night I got blisters and again today. Last night it was on both little toes and today on the second toe of my right foot because of my slops (I don't normally get blisters).  
18 F 17:XX:XX

Got blisters again, have a new one on the 2<sup>nd</sup> toe of the left foot.  
18 F 19:XX:XX

See the beginnings of eruption on right ankle joint, gets hot and swollen.  
20 F 10:XX:XX

### PAINFUL JOINTS

Uncomfortable feeling in my (hip) joint on the right hand side. Feels like femur is not sitting in the joint socket properly. Worse for walking.  
06 F 02:XX:XX

Sharp pain in left gluteus maximus muscle.  
06 F 03:XX:XX

Knuckle on right ring finger was sore, bruised feeling that was < motion. Lasted a few minutes then went away.  
18 F 02:XX:XX

Bruised feeling gone in right ring finger, but now the skin just above the cuticle feels cracked (but its not) and it's stinging.  
18 F 02:XX:XX

After getting out of the bath this morning, I got a splinter-like sensation in my left index finger. Went away after 10 minutes.  
18 F 10:XX:XX

Had a deep aching pain in my knuckle of my middle finger of right hand (same that was on my ring finger).

18 F 19:XX:XX

As is expected with change in weather hands ache. But normally < in both little toes and left 3<sup>rd</sup> finger. Today have a twinge in right thumb second joint.

20 F 01:XX:XX

Noticed only left little toe is painful. Spot under foot now a dry patch that only itches if I touch it.

20 F 03:XX:XX

Even though the weather is wet and cold, only little left toe is hurting.

20 F 05:XX:XX

Notice hands are still not as painful even with the continuous rain.(CS)

20 F 06:XX:XX

Left ankle has been painful, only on movement. Sharp pain.

26 M 02:XX:XX

Wrists hurt a bit in the evening but was more due to stress from a near miss in the car.

27 M 08:XX:XX

Wrists hurt in evening again, lasted longer than usual. Left one mainly, also hurts when I lean on it.

27 M 09:XX:XX

Wrist is better but not perfect.

27 M 10:XX:XX

My ankles are also aching now. Usually it is only late at night but it hurts for most of day. Wrists feel stiff.

27 M 11:XX:XX

Fingers and wrists feeling tight. My ankle not so much today.

27 M 12:XX:XX

Neck and shoulders are hurting a lot. Happened during the day so not sure what the reason is. Wrists and fingers are feeling stiff and unpleasant.

27 M 24:XX:XX

Stiffness in ankles, wrists and fingers still there. Feet help for being elevated.

27 M 27:XX:XX

Woke up in the middle of the night with drawing pains in the right third distal interphalangeal joint.

28 M 08:XX:XX

Had some shoulder pain, as if acid burning the joint. Self resolves after 1 hour.

29 M 08:XX:XX

Have tight feeling in right wrist. Probably from climbing tractor. Clicks with movement, also > movement.

29 M 09:XX:XX

Right wrist is very tight and painful. > for movement. Clicks with movement. Almost the feeling as if been sprained.

29 M 12:XX:XX

Electrical pain in right wrist. Over the median nerve. Pain comes and goes. No radiation of pain.

29 M 19:XX:XX

Shoulder ache in left shoulder radiating to left side of neck. Very stiff. Aching pain comes and goes. > movement.

29 M 21:XX:XX

Pain in right knee. Radiates down calf and up to right testicle. Radiation comes and goes. Calf pain is like muscle cramps. Knee pain is a quenching pain in knee. Think due to rainy weather. > rest and massage.

29 M 21:XX:XX

Deep stabbing pain in right toe medial side. Very deep pain. Constant. < standing.

29 M 25:XX:XX

Pain in right knee. Throbbing pain, < cold. > for stretching & movement.

29 M 26:XX:XX

## HOT FEET

Feet felt very hot the whole morning. > for wind on them.

27 M 20:XX:XX

Feet getting very hot especially in the mornings.

27 M 21:XX:XX

Stiffness and soreness in ankles and wrists. Have a lot of hangnails. Hotness in my feet, > cool air.

27 M 25:XX:XX

## LIGHT / FLOATING

Sensation of limbs and body being lighter than usual.

28 M 00:XX:XX

My limbs and head feel slightly lighter and it feels as if I'm wading through water. Just not as viscid; like walking through really thick air/cloud.  
28 M 00:XX:XX

## MISCELLANEOUS

Pins and needles in left leg while sleeping on right side.  
05 F 01:XX:XX

My nails seem to be growing faster than normal.  
18 F 07:XX:XX

While sitting quietly, sensation that all hairs on my arms were raised. I had short sleeves on and could see it was not really happening. This lasted for 10 minutes or so with only the arms affected.  
20 F 03:XX:XX

Sensation of chill down left arm accompanied by sensation as if left arm slightly numb, > movement of left arm.  
21 M 16:XX:XX

## 4.2.24 SLEEP

### RESTLESS / BROKEN

Had a broken sleep, woke up several times.  
16 M 06:XX:XX

Broken sleep  
16 M 07:XX:XX

Broken sleep between 5am – 6:15am.  
16 M 09:XX:XX

Broken sleep between 6:30am – 8:50am.  
16 M 12:XX:XX

Didn't sleep very well last night. I was very restless and couldn't get comfortable and was very warm. Slept in an odd position, so now my hands and neck are sore. It also took me forever to get to sleep.  
18 F 03:XX:XX

Didn't sleep well last night, got to sleep but was very wakeful, was aware of what was going on around me.  
18 F 07:XX:XX

Didn't sleep well again. Woke up at 12h00, 2h00, 4h00 and 6h00.  
18 F 13:XX:XX



Bad night! Slept so lightly the soft rain sounded loud and intrusive. The dogs seemed restless too and as they move so do I.  
20 F 05:XX:XX

Restlessness accompanied by tossing and turning during sleep, < cool air and cold water.  
21 M 07:XX:XX

Restlessness during sleep with frequent waking and excessive thirst for cold water.  
21 M 08:XX:XX

Restless sleep accompanied by tossing and turning accompanied by sweating of thorax. > cold air.  
21 M 16:XX:XX

Restless sleep accompanied by sensation as if body too hot, > uncovering blankets. < lying on back.  
21 M 18:XX:XX

Excessive thirst during sleep accompanied by continuous waking up.  
21 M 20:XX:XX

Restless sleep accompanied by excessive dry mouth and thirst for ice cold water.  
21 M 23:XX:XX

Slept terribly! Restless sleep – went to bed late and woke up early because I had a meeting.  
22 F 05:XX:XX

Had a good sleep yet was restless.  
22 F 08:XX:XX

LONG / DEEP

Slept really well last night (cured symptom). No dreams.  
14 F 01:XX:XX

Slept really well, woke up in the same position I fell asleep in. Seem to be sleeping very solidly.  
14 F 03:XX:XX

Slept well again last night, very deeply.  
18 F 08:XX:XX

Slept very well last night.  
18 F 12:XX:XX

Slept for 11 hours. All symptoms >.  
28 M 02:XX:XX

Extremely tired. Fell into a deep sleep with ease.  
28 M 05:XX:XX

Back feeling better; again 11+ hours of sleep leave me refreshed.  
28 M 13:XX:XX

Sleep until late.  
28 M 16:XX:XX

Slept really well. No disturbances or dreams. Falling asleep was also very easy. Usually my sleep patterns are more disrupted.(CS)  
29 M 02:XX:XX

Again I slept really well. Again no dreams. This sort of sleeping routine two days in a row is rather odd for me. (CS)  
29 M 03:XX:XX

Felt totally exhausted and fell asleep instantly. No dreams, just a well deserved deep sleep. A very good sleep. (CS)  
29 M 04:XX:XX

Again fell asleep easily and slept well. No dreams surprisingly. (CS)  
29 M 05:XX:XX

Been sleeping well for the last few days. Sleeping right through with no dreams recalled. (CS)  
29 M 22:XX:XX

#### DIFFICULTY FALLING ASLEEP

Struggled to fall asleep until 02:00am.  
19 M 07:XX:XX

Still awake! Body won't relax. Legs twitch and ache. Pillow feels too hard. Find myself clenching my jaw as I toss and turn. Feel hot then cold. Tracksuit pants feel twisted and uncomfortable (11pm).  
20 F 01:XX:XX

#### SLEEPINESS

Could very easily fall asleep.  
03 M 01:XX:XX

I just feel like sleeping!  
04 M 00:XX:XX

Feel sleepy, want to nap.  
06 F 09:XX:XX

Feel drained. Needed to lie down in the afternoon. Slept for half an hour, but not very refreshing.  
07 F 25:XX:XX

Feel very tired, just want to crawl into bed.  
15 F 04:XX:XX

Lacking energy. Feel like I want to go to sleep. No willpower to work.  
16 M 02:XX:XX

So tired all day, can hardly keep my eyes open.  
18 F 03:XX:XX

My concentration is short today. Only have ½ hour and then overwhelmed with tiredness.  
18 F 09:XX:XX

Very sleepy this afternoon. If I am going to get through the rugby I need a nap.  
20 F 04:XX:XX

Felt very sleepy and almost drugged ALL day! Wanted to go home and sleep, fought the feeling.  
22 F 05:XX:XX

Felt a bit tired upon awaking and again later in the day. Don't think sleep was that good.  
27 M 01:XX:XX

Slightly tired feeling from a long and busy day. Took a 15 minute nap. Felt totally refreshed.  
29 M 11:XX:XX

Felt very drowsy. Took an hour nap. Better when waking.  
29 M 19:XX:XX

I felt extremely tired. Exhausted and drained out. Wanted to just go and sleep.  
30 F 00:XX:XX

#### DIFFICULTY WAKING UP

I just could not get out of bed this morning. Very tired, more so than usual.  
06 F 04:XX:XX

Woke up late again. Have to will myself to get out of bed.  
06 F 05:XX:XX

Felt like I haven't slept enough. I could sleep for days, but once I'm up and about I feel OK. I'm still tired but I can cope.

07 F 07:XX:XX

Couldn't get out of bed today.

14 F 13:XX:XX

Woke tired and wanted to rest but could not.

15 F 03:XX:XX

Having some trouble waking up in the morning.

27 M 08:XX:XX

Slept for about 6 hours and normally will be able to get up & be fine, but felt extremely tired and exhausted. Just wanted to sleep.

30 F 01:XX:XX

Woke up this morning feeling very tired.

30 F 02:XX:XX

#### WAKING EARLY

Tired in the morning, woke early.

15 F 02:XX:XX

Slept well but woke again at five am.

15 F 03:XX:XX

Woke up around 5:30am and could not fall asleep again.

27 M 20:XX:XX

Woke up very early again for no reason and could not fall back asleep.

27 M 21:XX:XX

#### YAWNING

Excessive yawning as if jaw too small to accommodate size of yawn accompanied by desire for chocolate.

21 M 09:XX:XX

Excessive yawning on waking as if mouth being stretched accompanied by strong desire for black coffee.

21 M 15:XX:XX

## 4.2.25 DREAMS

### DECEIT, MISTAKES

My son and I stopped at an Ultra City. While we were inside the shop, the staff mistakenly took my car for a service.

11 M 02:XX:XX

I did not feel that I was doing anything wrong as I had no interest in going to the strip shows or using the services of a prostitute. I was just interested to see what the place was like and to chat to the people. However I worried as I knew that my girlfriend would not like me being there. She would be very angry as she would think the worst and doubt my loyalty if she found out that I went to a place like that. After a while I left and went back to my parents place. However, on arriving back at their place I realized I left my wallet and cell there. I couldn't think of a reason to go out to get it and couldn't sneak out. Eventually I gave up trying to sneak out and just told my mom I had left my wallet at the shopping centre. I went back to the place and found my wallet and cell. But before I could leave the manager pointed out that I hadn't paid my bill. I looked at the bill and was shocked. I couldn't really read the total figure. At first I thought that it was 900 euros and was horrified, then I looked closer and closer eventually I could see the bill came to 158 euros. But I was still shocked. Then realized that I hadn't brought any euros and only had rands. I was thinking what the hell am I gonna do. I had no money. The manager was sitting next to me. He was quite intimidating. Eventually I just phoned my girlfriend to come and bring money. I explained to her what had happened. This is where it starts to fade a bit. I think that she was a bit cross but didn't get as upset as I thought she would.

16 M 12:XX:XX

My girlfriend, her brother and I were in my flat. Just relaxing and doing whatever. Her brother went off to the bathroom and was there for quite a while. Eventually we went to see what was taking him so long. We found him in the bathroom for some unknown reason he had taken a crap in the bath. He had passed an unbelievable amount of stool and had tried to flush the stool by filling the bath with water. The bath was filled with water and hundreds if not thousands of fairly solid floating stool. I was thinking that he is so stupid to think that its all going to flush down the bath drain. My thoughts were... "You stupid lazy idiot. You were too damm lazy to make it to the toilet, so you went in the bath".

16 M 17:XX:XX

My girlfriend and I were at an unknown place. I can't remember most the dream. The one part of the dream we were in some kind of room / corridor. We were sitting with maybe a cat (stray?). We were playing with it. The dodgy owners came by to feed the cat. His food was a fairly stiff gelatinous pudding. White in colour. They offered some to me. They said it was quite nice. I ate some of it and it was very smooth in texture but with crunchy bits in it. The pieces were thin. Eventually we found out that the crunchy bits were glass.

16 M 19:XX:XX

My friend dragged me on a blind date she was having, but she caught me so I was in a t-shirt and jeans. She sent me to meet the guy while she parked the car. The guy was good looking but a complete bastard. So I tried to pretend that my friend wasn't his date. He carried on harassing her so I punched him.  
18 F 13:XX:XX

I also remember swimming in somebody's pool, then someone came and I had to hold my breath under the water, so I wouldn't be seen. Turns out it was a guy I knew, then he also jumped in – odd.  
24 F 05:XX:XX

My friend being back to his old tricks of avoiding confrontation at all costs and lying to get out of trouble.  
27 M 04:XX:XX

### UNPREPARED

Suddenly I'm meant to be seeing patients. I only have a lab coat to wear, which is not good enough, I need a clinic jacket. I had to go and look for one. This took me out of the building and into the streets, which are like New York/Manhattan type streets. There are lots of cars, no people, and a big green park across the road. I walk towards it. I am staring at one tall building with a feeling of disbelief.  
07 F 06:XX:XX

### EMBARRASSED

The Buddhist teacher I lived with was introducing her father to me but she was a bit reluctant and embarrassed by him. He was just straight, a bit rough – he also enjoyed his drinks. She had an image of spirituality to uphold and he just didn't fit in.  
04 M 04:XX:XX

Had a dream that I had to perform in a school play. I wore a 'fat suit' and played an obese student. It was so strange how differently people treated me. I felt a little embarrassed in the dream.  
13 F 07:XX:XX

### GUILT

I then started to feel guilty, so I ran back to tell my boyfriend. As I arrived, he gave me my Valentine's present and I felt absolutely terrible and very guilty. I never got to tell what I did.  
13 F 09:XX:XX

I can't really remember what it was about, but I can remember that it was about my girlfriend and me. I think we broke up in the dream. I felt very upset but there was also a sense of feeling bad for the break-up, maybe I had caused the break-up.

16 M 04:XX:XX

## SEX; INAPPROPRIATE SEXUALITY

Erotic dreams, quite weird.

04 M 10:XX:XX

I was in a scene where a group of us, male/female, were looking at some other people. I mistook some bald man's head for a woman's butt.

11 M 07:XX:XX

I was looking for a present for my boyfriend on Valentine's Day. One of my (male) childhood friends – we met when we were three years old – decided to come and help me decide. On the way he said he was dirty and needed to bath, so I said I would bath too, and we bathed together. It was not wrong at all and perfectly natural. After getting dressed I went outside and everyone said: 'What would your boyfriend say?' and 'I'm so disappointed'. I then started to feel guilty, so I ran back to tell my boyfriend. As I arrived, he gave me my Valentine's present and I felt absolutely terrible and very guilty. I never got to tell what I did.

13 F 09:XX:XX

I had one sexual dream before I woke up the first time. I got up then went back to sleep and had another sexual dream. In both dreams I was having sex with my girlfriend. The dreams felt quite real. I had a feeling of wishing that they could go on and on and I was constantly on the verge of ejaculating.

16 M 01:XX:XX

I was having sex with my girlfriend and another woman at the same time. I had asked my girlfriend if she was sure that she wanted to do this as I had thought she would have been strongly against it. However, she assured me that she was ok with it and wanted to do it. However, while the three of us were having sex, I started to notice an anger in my girlfriend's eyes, growing stronger. She was becoming increasingly unpleasant in terms of the way she was engaging in the activity. Before this I was enjoying the experience. This made me feel concerned that this was a bad idea.

16 M 12:XX:XX

I was having sex with my girlfriend. It was quite passionate, I felt excited.

16 M 12:XX:XX

I walked past two prostitutes and I noted that the one was quite beautiful. Other than being dressed somewhat provocatively there was nothing to indicate that they were prostitutes. I think I chatted to them and we walked a bit further down the road to a coffee shop/bar with a counter opening onto the pavement and street. Inside there were tables & chairs, music. It was pleasant. There were dancers and strippers (clothed) socializing with restaurant guests. I got the impression that further inside the building there was a strip club as well as facilities for the prostitutes to service their clients. I decided to order a snack and sat inside and continued to socialize. I did not

feel that I was doing anything wrong as I had no interest in going to the strip shows or using the services of a prostitute. I was just interested to see what the place was like and to chat to the people. However I worried as I knew that my girlfriend would not like me being there. She would be very angry as she would think the worst and doubt my loyalty if she found out that I went to a place like that. After a while I left and went back to my parents place. However, on arriving back at their place I realized I left my wallet and cell there. I couldn't think of a reason to go out to get it and couldn't sneak out. Eventually I gave up trying to sneak out and just told my mom I had left my wallet at the shopping centre. I went back to the place and found my wallet and cell. But before I could leave the manager pointed out that I hadn't paid my bill. I looked at the bill and was shocked. I couldn't really read the total figure. At first I thought that it was 900 euros and was horrified, then I looked closer and closer eventually I could see the bill came to 158 euros. But I was still shocked. Then realized that I hadn't brought any euros and only had rands. I was thinking what the hell am I gonna do. I had no money. The manager was sitting next to me. He was quite intimidating. Eventually I just phoned my girlfriend to come and bring money. I explained to her what had happened. This is where it starts to fade a bit. I think that she was a bit cross but didn't get as upset as I thought she would.

16 M 12:XX:XX

Dreamt my two girl friends kind of had a thing – not very hectic – they were kissing only. Anyways, they asked me to join and I was like 'err.. no thanks... I'll pass'. But I was totally ok with them doing their thing, but I didn't want to get involved – not my scene.

24 F 18:XX:XX

## HOME, CONFUSION ABOUT HOME, DISORDER AT HOME

Suddenly at S's house, but felt like my house. Her maid is cleaning my house. There were blobs of toffee chocolate on the ceiling dripping onto the floor. I complained about it. I wanted to know who did it and was cross and irritated that the kids had no sense of pride. The maid cleaned up.

I walked into another room to find water balloons – clear with red stalks – hanging from the ceiling. Some were small, others big. The big ones had live baby jelly fish in them. The maid needed a basin to put them in.

07 F 02:XX:XX

Then looked outside S's back door – which was actually my back door- and see a new driveway – new all the way along. But felt like it was actually C's neighbour's driveway!! The driveway is for the kids, they need their own road in. Saw big square braai grids all over the lawn with food cooking on them. K and N and two friends are getting ready for K's 21<sup>st</sup> birthday party. We were not invited, and I felt bad being there.

07 F 02:XX:XX

My parents bought a house off plan in Cape Town. It was awful, the bathroom was open plan with the lounge; the plugs didn't work. I landed at the airport



and I had to meet them but they had sent my ex-boyfriend to pick me up and I hated being with him and being in that house.

18 F 04:XX:XX

Dreamt that a Spanish Galleon attacked my tree house and I had to leave it.

18 F 11:XX:XX

## CHANGED SURROUNDINGS

I was on holiday in Greece visiting my parents. My girlfriend was on holiday with me. We were all at my parent's house. I decided to go for a walk by myself. I took a walk down the street. The street I was walking down was Musgrave Road in Durban yet I was in Greece.

16 M 12:XX:XX

Lots of fragmented unusual dreams. Common theme is that I am in a certain road in Durban north but each place that I went to was in a different country. For example: the bank was in New Zealand, the restaurant was in Greece.

16 M 13:XX:XX

Dreams of objects bigger than what they are.

21 M 01:XX:XX

## DRIVING

My son and I stopped at an Ultra City. While we were inside the shop, the staff mistakenly took my car for a service.

Then we were parked somewhere else and I was going back to the car in a pram. It was a crib type pram that was folded down, and I was using it like a wheelchair.

Directly after that, we were roped into a rugby game. However, we were riding around on a bicycle, a single bike, with me on the back, trying to find the game.

11 M 02:XX:XX

Dreamt about being chased by a bear and being stuck in my car, tried to drive away. I couldn't stop driving or else the bear would get in the car.

14 F 08:XX:XX

## SHIPS

Had a dream I was on a ship.

17 F 01:XX:XX

Dreamt that a Spanish Galleon attacked my tree house and I had to leave it.

18 F 11:XX:XX

Dreams of travelling on a boat / ship on the ocean.

21 M 06:XX:XX

Dreams of being on a boat on the ocean.

21 M 22:XX:XX

On a spaceship going towards a planet (maybe earth) when the ship was hit by a fireball.

27 M 04:XX:XX

## FRIENDS, OLD CONTACTS

Dreamt of an old work partner. I went to a practise, I didn't know it was his, and found him asleep in an attached bedroom. I saw him, but he didn't know I was there.

I have a sense of unfinished business or connection with him. It's strange for him to pop up in a dream.

10 F 00:XX:XX

Dreamt again of finding another male friend of mine asleep. I went into my home office and found him there asleep!

Very strange. Both men (dream subjects) were/are very significant in my/our lives. I came upon them at an unusual time and found them asleep.

10 F 02:XX:XX

I was the central figure in a work-related dream. I was told that I was on TV. I also saw old retired colleagues in the dream. It left me with good feelings, happy, relaxed.

11 M 01:XX:XX

I was back at boarding school and people were chasing me.

13 F 09:XX:XX

I was at a soccer field watching a club match. Some of my old school friends were there. Had the feeling that I was in school. I was talking to my one friend. Was horrified to see that he had a perfectly formed hole in the side of his cheek. As he would talk, it would open and close.

16 M 24:XX:XX

## COMMUNICATION

I was getting some form of computer instruction from a newspaper / magazine article.

11 M 08:XX:XX

Even threw my cellphone to the floor – breaking it, making me even more angry.

16 M 08:XX:XX

I was at some event with my girlfriend and family. The venue was very full. I can't remember why, but I was making my way to the one side of the venue. It seemed to be against the flow of people as if I was going out. I took out my cell phone to check the time. It is a swivel phone. I opened it to light up the

screen to check the time. The face swivelled open but was very loose as the mechanism allowing the face of the phone to swivel open had broken. But the phone still works. I was really cross and irritated as if..... Not Again! Or I can't believe this happened! I had a dream that this would happen!

16 M 17:XX:XX

My friend sent me a video diary that had no sound so I had to lip read what he was saying. Very frustrating.

18 F 13:XX:XX

## OTHERS BEING NASTY TO ME

Dreamt a classmate turned really nasty toward me. I was collecting scripts of a test, and asked her if she wanted a copy. The copier was really congested with people, so I held the scripts to my chest so no-one could see. She accused me of hiding her marks from her, because she had the highest in the class. I told her it was not true, I just held them like that so that no-one could see them.

07 F 07:XX:XX

Had the weirdest dream last night. I dreamt I had a baby boy, but he was growing abnormally fast, but only when he drank breast milk. When he was on powdered milk he grew at the normal baby rate. When he was just 6 days old, my brother came to visit him and he was already older than him. As a baby when he used to drink my breast milk, he almost became 'beastly' and aggressive. That's all I remember.

24 F 09:XX:XX

Had bad dreams about my partner having been very bitchy and mean at me. Feeling out of sorts when I woke up because of it.

27 M 01:XX:XX

## DEFORMITY

Dreamt of huge spiders on webs. All the parts of their bodies were separate but somehow attached.

15 F 02:XX:XX

I was at a soccer field watching a club match. Some of my old school friends were there. Had the feeling that I was in school. I was talking to my one friend. Was horrified to see that he had a perfectly formed hole in the side of his cheek. As he would talk, it would open and close.

16 M 24:XX:XX

Very weird dream – this woman at our work needed to get her cataracts removed from her eyes, so I was showing everyone an easier way to do it, so I went to the mirror and squeezed my eyes like a pimple until it popped and the cataract oozed out (it was really gross).

24 F 05:XX:XX

Had the weirdest dream last night. I dreamt I had a baby boy, but he was growing abnormally fast, but only when he drank breast milk. When he was on powdered milk he grew at the normal baby rate. When he was just 6 days old, my brother came to visit him and he was already older than him. As a baby when he used to drink my breast milk, he almost became 'beastly' and aggressive. That's all I remember.

24 F 09:XX:XX

## SNAKES

A snake was crawling into the Landrover's exhaust pipe. It was a rattlesnake, very thick, as thick as the exhaust pipe opening. I felt desperate for someone to remove the snake – I was too scared – but no-one would help. Finally only its rattle was sticking out. I thought about starting the engine and how the workings of the engine would cause its demise, so I could pull it out. Then I woke up. I found it strange that I saw all the fine detail of how the engine worked.

07 F 12:XX:XX

Been having snap shot dreams about snakes.

07 F XX:XX:XX

A yellow and red cobra is at the end of my stretcher, and also that of my friend's. When we tried to push them off they danced at the foot of the bed. If we moved, they moved. I had the feeling the snakes were protecting us, not letting us go.

07 F XX:XX:XX

I was chasing a snake through a grassy area. I'm normally scared of snakes.

07 F XX:XX:XX

## PURSUIT, KILLING

I was chasing a snake through a grassy area. I'm normally scared of snakes.

07 F XX:XX:XX

I was about to be killed but woke up before they could. Felt like they were about to slice my neck from behind.

07 F XX:XX:XX

I was in a race. I was the only person who could fly, so clearly I won, which made me feel great. Then suddenly the setting changed and there were dinosaurs in a park chasing us. It was pretty scary and I (with my flying ability) tried to save as many people as I could, but unfortunately I could only save one. Different dinosaurs required different techniques to get away from them. For one you just had to play dead, for others you had to run like hell!

13 F 04:XX:XX

I was back at boarding school and people were chasing me. The person chasing us would catch people and stuff pieces of newspapers down their

throats until they died. I was saving as many innocent people as I could, but after a while the killer seemed to kill more people than I could save. So I decided to go after him/ them. I found them and, like they did, stuffed newspapers down their throats. Then I was running away from the killers friends. I felt fear, anger and sadness, and I was very anxious.

13 F 09:XX:XX

Dreamt about being chased by a bear and being stuck in my car, tried to drive away. I couldn't stop driving or else the bear would get in the car.

14 F 08:XX:XX

Dreams of being chased and pursued by police accompanied by excessive night sweat.

21 M 14:XX:XX

## HARMING / PROTECTING OTHERS

I was in a race. I was the only person who could fly, so clearly I won, which made me feel great. Then suddenly the setting changed and there were dinosaurs in a park chasing us. It was pretty scary and I (with my flying ability) tried to save as many people as I could, but unfortunately I could only save one. Different dinosaurs required different techniques to get away from them. For one you just had to play dead, for others you had to run like hell!

13 F 04:XX:XX

We were sitting with maybe a cat (stray?). We were playing with it. The dodgy owners came by to feed the cat. His food was a fairly stiff gelatinous pudding. White in colour. They offered some to me. They said it was quite nice. I ate some of it and it was very smooth in texture but with crunchy bits in it. The pieces were thin. Eventually we found out that the crunchy bits were glass.

16 M 19XX:XX

Dreamt I had to kill a cat I found, I got as far as making a cut in the neck but couldn't go through with it so I rushed it off to the vet. Couldn't believe I almost went through with it and that I had no guilt while I was doing it.

18 F 02:XX:XX

Dreamt I rescued a baby Indian Myna off the highway – everyone said I should just leave it, its mother will come get it, but I couldn't leave it there wondering if a car was going to ride over it . So I took it home, and it cried for its mother for days, and one day the mother heard it, she came and took him home, and I was stoked cause it all worked out in the end, I did the right thing.

24 F 10:XX:XX

Dreamt about my old boss, he was in a bit of trouble. He wrote a letter to me telling of his life and his stories. The letter was to be given to his son should anything happen to him.

24 F 14:XX:XX

## FIGHTING, WAR

The other dream seemed to relate to some sort of armed struggle, a resistance by a group of people and dogs (carrying out human functions).  
16 M 13:XX:XX

On a spaceship going towards a planet (maybe earth) when the ship was hit by a fireball. Monsters appeared and we had to fight. Was a fun dream, enjoyed it.  
27 M 04:XX:XX

A group of super-humans with special powers just constantly squabble with each other and eventually have feuds.  
27 M 04:XX:XX

Had a dream about war but it was a mishmash of medieval and future technology.  
27 M 12:XX:XX

Had a vivid dream. World War II, and Nazi's are destroying priceless works of art in an advanced furnace or some sort. I am part of a group of P.O.W.'s at the site. A luxurious keep in Austria? For some reason, the burning is delayed and we are treated as guests of honour. We will attempt to stop the burning.  
28 M 02:XX:XX

## ATTACK, RAPE

Dreamt that a Spanish Galleon attacked my tree house and I had to leave it.  
18 F 11:XX:XX

Dreamt I was at this club and I met this girl with red hair and freckles at the bar, we got chatting then she went to the loo. While she was in the loo, four women raped her, I never knew and only met up with her after the whole ordeal. She was crying and said that all her hopes and dreams didn't matter any more, and her life would be better if it were over.  
24 F 01:XX:XX

Dreamt last night that I was in the clinic taking a case. The case was complicated and intense. Not sure but I think the patient was male. My clinician turned out to be my dancing school teacher, whom I haven't seen in 2 years. She is always domineering, controlling & manipulative. I am terrified of her. I went to her with the case. She started yelling at me about my negligence and incompetence. As I would usually react, I wanted to cry and was trembling.  
30 F 02:XX:XX

## STUCK

Dreamt about being chased by a bear and being stuck in my car, tried to drive away. I couldn't stop driving or else the bear would get in the car.

14 F 08:XX:XX

Dreamt my new bird had some sort of skin disease where his skin was getting inflamed, and if the vet didn't operate there was a chance he might die. I was seriously pissed off in my dream, this would mean a 2<sup>nd</sup> bird would die and I had the whole "why me" attitude. Was feeling very sorry for myself in my dream.

24 F 02:XX:XX

Had weird unsettling dream about getting stuck in a cave and having to follow the branching routes in the dark.

27 M 19:XX:XX

## ANGER, FRUSTRATION

I was very angry about something. Was having a bit of a temper tantrum. Screaming and shouting. Even threw my cellphone to the floor – breaking it, making me even more angry. It was a very frustrated kind of anger.

16 M 08:XX:XX

I was at some event with my girlfriend and family. The venue was very full. I can't remember why, but I was making my way to the one side of the venue. It seemed to be against the flow of people as if I was going out. I took out my cell phone to check the time. It is a swivel phone. I opened it to light up the screen to check the time. The face swivelled open but was very loose as the mechanism allowing the face of the phone to swivel open had broken. But the phone still works. I was really cross and irritated as if..... Not Again! Or I can't believe this happened! I had a dream that this would happen!

16 M 17:XX:XX

My friend sent me a video diary that had no sound so I had to lip read what he was saying. Very frustrating.

18 F 13:XX:XX

## VIVID, LIFE –LIKE DETAILED DREAMS

Vivid dreams of many different things. No specific theme.

05 F 02:XX:XX

Took a sip of my drink and swallowed a fly. I had trouble spitting all of it out of my mouth. Tiny legs or parts thereof were left behind. Feeling of utter disgust or revolt. I woke up, and the dream felt very real. It felt like I did all the spitting motions in my sleep.

07 F 11:XX:XX

A snake was crawling into the Landrover's exhaust pipe. I thought about starting the engine and how the workings of the engine would cause its demise, so I could pull it out. Then I woke up. I found it strange that saw all the fine detail of how the engine worked.

07 F 12:XX:XX

## MISCELLANEOUS

Only having flash-card dreams – remembering an object e.g. 'horse', but don't know what it's about or anything. Strange, like it's not worth remembering.

07 F 27:XX:XX

Dreams of being poisoned by liquid causing suffocation.

21 M 11:XX:XX

Dreamt of an old woman – not sure who or if she was a witch?

22 F 02:XX:XX

I dream of a huge highway accident, with a truck launched into the atmosphere. This ends up ludicrously high for the driver. As he hits a lake, purging it of all water he comes across a sunken treasure chest, filled with gold coins.

27 M 04:XX:XX

### **4.2.26 CHILL**

Terrible night with rigors and chill last night 9 - 1:30 pm. Woke with aches all over my body and a very spacey feeling in my head. Left breast very painful, like it had been squashed in a vice. I've experienced this type of pain years before when I had mastitis.

07 F 35:XX:XX

### **4.2.27 PERSPIRATION**

Feel cold, chilly, but am clammy and perspiring under my arms. My hands are also very clammy but cold. Feet are cold. Face feels hot and flushed. Can't decide whether I am hot or cold.

06 F 09:XX:XX

Very sweaty but cold hands.

06 F 10:XX:XX

Woke up feeling clammy.

06 F 10:XX:XX

Sweat more under my arm. Smells stale.

13 F 10:XX:XX



Unusually strong genital sweat odour, somewhat pungent smelling.  
16 M 01:06:15

Sweating on thorax accompanied by moderate perspiration of extremities.  
Perspiration odourless. < covering, > cool breeze.  
21 M 04:XX:XX

Light perspiration on forehead.  
28 M 07:21:45

#### **4.2.28 SKIN**

DRY / ITCHY

Skin is still dry but the skin on my face is oily and also on my back.  
18 F 04:XX:XX

Feet look dry and horrible.  
18 F 04:XX:XX

Skin on the arm is itching for no reason. > scratching and for cold. Skin is blotchy and red.  
18 F 04:XX:XX

Skin is still very dry. Skin on feet is dry, hard and cracked. Skin is cracked around my toenail.  
18 F 06:XX:XX

Legs are itchy towards the evenings.  
24 F 08:XX:XX

Itch/ awareness of hips. Left & right lumbar/hip region. Itch initially – after scratching, slight burning sensation, slight tingling. Started after showering in hot water.  
26 M 01:XX:XX

Eczema formed next to my knee. The skin feels dry and lizard like which is different than the usual ones I get. < cold moisture & sweat. > heat and being covered.  
27 M 02:XX:XX

Eczema in the normal place, felt raised and more itchy. < sweat, > heat.  
27 M 04:XX:XX

While putting on sun-block I notice my facial skin is extremely dry and coarse, like fine sand paper.  
28 M 00:XX:XX

Skin is dry and itchy, especially on face and groin.  
28 M 01:XX:XX

Skin of face, especially forehead, still excessively dry.  
28 M 04:XX:XX

Skin felt very dry as if been exposed to sun too long. Tight feeling.  
29 M 10:XX:XX

## SOFT

Noticed the hard skin on my heels which has over time become like an extra ridge has softened a lot and I haven't been putting cream on them. This goes hand in hand with the feeling of softer skin all over. (CS)  
20 F 09:XX:XX

The roughness on my heels is definitely better and there is a silky sensation on the back of my legs still.  
20 F 11:XX:XX

## ERUPTIONS

There are little bumps on the back of my right arm in a little cluster. They aren't itchy or red, just raised.  
18 F 11:XX:XX

Notice today have skin breakout. Feels like face is full of pimples but actually just one or two. Raised lumps with no head. But I worry them – creating volcanoes.  
20 F 08:XX:XX

Skin breakout still on-going, all on lower part of face and neck.  
20 F 11:XX:XX

Noticed a red “bite” like mark on chest – left in mid-clavicular line at level of axillary crease, slight pale centre. Sensitive to touch and slightly itchy.  
22 F 02:XX:XX

I've got a slight skin irritation under my bottom lip – sore!  
24 F 04:XX:XX

My skin has broken out in pimples.  
24 F 16:XX:XX

I think I've got acne, I've got like a pimple farm on my face – even in my eyebrows.  
24 F 24:XX:XX

## SENSITIVE / INFLAMED

My scars felt inflamed and skin around it was red.

27 M 04:XX:XX

Skin feels slightly hypersensitive. Eczema is still present.

27 M 15:XX:XX

## MODALITIES

Heat seems to have aggravated my eczema.

27 M 10:XX:XX

Day & night was a bit cooler so eczema behaved better.

27 M 13:XX:XX

Eczema flared up because of heat.

27 M 14:XX:XX

## 4.2.29 GENERALS

### INCREASED ENERGY

Positive, lots of energy, feeling good about life.

03 M 06:XX:XX

My energy levels have improved, not feeling tired and actually feel like doing physical activity.

17 F 00:XX:XX

Mood & energy levels way up today.

17 F 12:XX:XX

Usually feel drained during periods, but this month energy levels are normal.

17 F 17:XX:XX

Am enjoying the increase in energy. Today was the first day in a long time that I did not have a nap to get me through the day.

20 F 01:XX:XX

The urge to get the bathroom redone – this drive is great! So I get to the shops early for things I need. Energy levels are still on a high, with a critical eye on the house.

20 F 02:XX:XX

Mentally still high energy but low tolerance.

20 F 02:XX:XX

Have noticed I don't need nap to get through the afternoon. Energy levels still good.  
20 F 09:XX:XX

Lots of energy today.  
22 F 04:XX:XX

Had lots of energy tonight. Stayed up till late. Very active mentally and physically.  
22 F 09:XX:XX

My energy levels were good throughout the day. I felt like I had energy and not as drained as the other couple days.  
30 F 03:XX:XX

#### DECREASED ENERGY

I had a cup of coffee half an hour ago. Normally this would pick me up, but I am still exhausted. Feel so sleepy and lethargic.  
06 F 04:XX:XX

Exhausted.  
06 F 15:XX:XX

Feel exhausted – flat and tired. I have no physical energy. I have mental energy and want to work, but my body is exhausted.  
07 F 06:XX:XX

Feel drained. Needed to lie down in the afternoon. Slept for half an hour, but not very refreshing.  
07 F 25:XX:XX

Lacking energy. Feel like I want to go to sleep. No willpower to work.  
16 M 02:XX:XX

Am really tired! Have put huge physical effort into bathroom, cashing in on increased energy levels. But feel a job well done.  
20 F 03:XX:XX

Energy dip – big time at 4pm. Starving so ate and ate – anything!  
22 F 03:XX:XX

Slight dip in energy levels, in good spirits.  
28 M 05:XX:XX

Really tired – not like eyes are closing and need to sleep but exhaustion.  
27 M 07:XX:XX

I felt extremely tired. Exhausted and drained out. Wanted to just go and sleep.

30 F 00:XX:XX

Energy levels were decreased the entire day today. From the time I got up I felt extremely tired and exhausted.

30 F 02:XX:XX

HOT AND COLD

Feel cold, chilly, but am clammy and perspiring under my arms. My hands are also very clammy but cold. Feet are cold. Face feels hot and flushed. Can't decide whether I am hot or cold.

06 F 09:XX:XX

Feeling abnormally cold throughout the evening.

16 M 02:XX:XX

Feeling a little hot.

16 M 09:XX:XX

Woke up this morning with a hot flush, threw off all the covers to try to cool down.

18 F 02:XX:XX

Had a hot flush when I was in the sun this afternoon and when my legs are covered. Want air to blow on me, > for it.

18 F 08:XX:XX

The effect of the remedy continued about 30 minutes with a flush in face and sweat over head.

20 F 01:XX:XX

Slept very early – was very, very hot.

24 F 23:XX:XX

Feeling hot and bothered.

26 M 07:XX:XX

Felt incredibly hot, sweated a bit (until 11:20).

27 M 00:XX:XX

Felt incredibly hot again around 11/12am.

27 M 01:XX:XX

Still feeling hot and flushed making it hard to cover myself properly.

27 M 02:XX:XX

Hot and cold.

27 M 03:XX:XX

Slept horribly. Was a hot night and my body didn't regulate properly so was between hot and cold all night.

27 M 14:XX:XX

Getting mild hot and cold flushes. Not lasting long, about 5 minutes or so.

27 M 16:XX:XX

Hot flushes in feet and around chest area. Sweat from this annoying the eczema.

27 M 27:XX:XX

All symptoms < heat (especially outside) and in sunlight. Seems similar to heat exhaustion / stroke.

28 M 01:XX:XX

Feels like I have to get some exercise today. My flu is surprisingly passed and I'm feeling restless without the exercise. I just want to wait for this sun to calm down as I'm prone to heat exhaustion.

28 M 04:XX:XX

#### LATERALITY

Felt as if left side was definitely affected more.

05 F 00:XX:XX

The symptoms seem to be very slightly left-sided.

28 M 02:XX:XX

#### TIME

Show most symptoms at 5 to 7 pm.

13 F 03:XX:XX

Mornings seem to be the worst.

24 F 01:XX:XX

#### WAKING

Nose started burning on waking (+/- 5:30). Better for holding nose. Clear discharge. Lasted about an hour.

05 F 04:XX:XX

Woke up late again. Have to will myself to get out of bed.

06 F 05:XX:XX

Woke up looking very pale the last two mornings.

06 F 06:XX:XX

Woke up and was so hungry. My stomach was cramping and gurgling loudly.

06 F 09:XX:XX

Woke up with throat still sore and feeling swollen and closed.  
06 F 13:XX:XX

Woke up with a headache. Dull frontal ache.  
06 F 16:XX:XX

Woke up feeling stressed. Normally I only get stressed when a situation stresses me out. Today I don't know why I am stressed out I just am.  
06 F 16:XX:XX

Woke up feeling clammy.  
06 F 10:XX:XX

Woke up this morning with a hot flush, threw off all the covers to try to cool down.  
18 F 02:XX:XX

Woke up with dull frontal headache (< smoke?).  
20 F 03:XX:XX

Dull headache on waking.  
20 F 04:XX:XX

Abdominal bloating on waking as if balloon half inflated in belly > passing stool, < exertion and movement.  
21 M 02:XX:XX

Body feels heavy on rising as if upper and lower limbs are weighed down by lead.  
21 M 06:XX:XX

Headache on waking in morning as if head were hit by a blunt object. >  
21 M 07:XX:XX

Woke up with a dull headache, constant throughout the day.  
24 F 05:XX:XX

## FOOD AND DRINKS

Craving savoury things.  
13 F 03:XX:XX

Desire muffins cakes etc. Craving sweet food e.g. chocolate muffins at night when tired.  
15 F 03:XX:XX

Longing for seafood pasta.  
17 F 10:XX:XX

Had a small glass of sherry with my folks. Broke out in a sweat – needed to get air.  
20 F 00:XX:XX

Feel like a steak for supper. Still looking for savoury.  
20 F 01:XX:XX

Feel like something sweet. I would kill for some nougat right now!  
20 F 06:XX:XX

Am really puckish this morning. Weary of what the result will be but have veg breakfast and hot chocolate – how decadent. But what I feel like!  
20 F 07:XX:XX

Feeling a bit more interested in eating but have no idea what I want. Still leaning towards savoury.  
20 F 10:XX:XX

Great hunger for red meat accompanied by desire for alcoholic beverage (wine).  
21 M 06:XX:XX

Aversion to vegetables of any sort and great desire for red meat accompanied with desire for strong red wine.  
21 M 09:XX:XX

Heavy craving for oily foods in morning accompanied by bloated sensation in stomach as if stomach full. Bloating > passing stool.  
21 M 12:XX:XX

Aversion to food accompanied by desire for alcoholic beverage.  
21 M 17:XX:XX

Moderate craving for ice cold water accompanied with salty taste in mouth.  
21 M 18:XX:XX

Mild thirst for yoghurt accompanied by a desire for salty food.  
21 M 22:XX:XX

Had a massive craving for very salty chips all day.  
27 M 19:XX:XX

#### AVERSION TO TOBACCO

Aversion to tobacco smoke accompanied by moderate throbbing occipital headache. < heat of sun.  
21 M 08:XX:XX

Aversion to tobacco smoke accompanied by nausea > lying down.  
21 M 14:XX:XX



Aversion to tobacco smoke accompanied by thirst for sugary drink.  
21 M 19:XX:XX

## WEATHER

Rain, still irritable!  
04 M 02:XX:XX

Noticed effect of cold weather more – felt an inwardness, introspection.  
04 M XX:XX:XX

Hate this rainy overcast weather.  
15 F 04:XX:XX

Came home to work because of weather.  
15 F 04:XX:XX

Woke up. Weather cloudy and miserable, but all my symptoms felt better for it.  
28 M 05:XX:XX

Relief of all symptoms as we drive through thunderstorms to get home.  
28 M 05:XX:XX

## SWIMMING

I got a big urge to swim.  
27 M 05:XX:XX

Had a dip in my friends salted pool. All symptoms seemed somewhat >.  
28 M 03:XX:XX

## STATIC ELECTRICITY

I have a lot of static electricity and shock almost everything that I touch.  
13 F 07:XX:XX

## DRIVING

Feel nauseous again. It's worse for driving in the car.  
06 F 11:XX:XX

Have the same type of dull pain but on the left in ovarian region. Seems to always present while driving.  
06 F 17:XX:XX

In morning while driving noticed a visual disorder, it may have been some depth impairment. It felt like I was looking through someone else's vision.  
13 F 05:XX:XX

Was so scared of driving my usual route to Varsity that I had a panic attack and stayed home in bed. I had violent palpitations. I had an overwhelming feeling that something awful was going to happen. Worried about having a massive car accident.

14 F 13:XX:XX

When driving home, which lasted 15 minutes, it felt like forever and I could not wait to get home. This happened yesterday as well.

15 F 04:XX:XX

### 4.3 THE REPERTORY SYMPTOMS OF *Hemachatus haemachatus*

#### 4.3.1 MIND

MIND – ABSENTMINDED	1
MIND - ABUSIVE – insulting	1
MIND - ACTIVITY - desires activity	1
MIND - AILMENTS FROM - love; disappointed	1
MIND - AILMENTS FROM – mortification	1
<i>MIND – ALERT</i>	2
MIND - AMUSEMENT - desire for	1
MIND - ANGER - contradiction; from	1
MIND - ANGER - driving, while	1
MIND - ANGER – easily	1
MIND - ANGER – violent	1
MIND – ANTICIPATION	1
<i>MIND – ANXIETY</i>	2
MIND - ANXIETY - anticipation; from	1
MIND - ANXIETY - business; about	1
MIND - ANXIETY – night	1
MIND - ANXIETY - riding, while - driving himself; when	1
MIND – AWKWARD	1
MIND - AWKWARD - drops things	1
MIND - BED - remain in bed; desire to	1
MIND – CAREFREE	1
<i>MIND – CHEERFUL</i>	2
MIND - CHILDISH behaviour	1
<i>MIND - CLARITY of mind</i>	2

*MIND - COMPANY - aversion to - alone amel.; when* 2  
*MIND - COMPANY - aversion to - desire for solitude* 2  
*MIND - COMPANY - desire for - friend, of a* 1  
  
*MIND - CONCENTRATION – active* 2  
*MIND - CONCENTRATION – difficult* 2  
*MIND - CONCENTRATION - difficult - attention, cannot fix* 1  
*MIND - CONCENTRATION - difficult – studying* 1  
  
*MIND – CONFIDENT* 2  
*MIND - CONFIDENCE - want of self-confidence* 2  
*MIND - CONFIDENCE - want of self-confidence - self-depreciation* 2  
  
*MIND - CONSCIENTIOUS about trifles* 1  
*MIND – CONTENT* 1  
*MIND - CONTENT - himself, with* 1  
*MIND - CONTRADICTION - intolerant of contradiction* 1  
  
*MIND - DELUSIONS - appreciated, she is not* 1  
*MIND - DELUSIONS - home - way home were too long* 1  
*MIND - DELUSIONS - laughed at and mocked at; being* 1  
*MIND - DELUSIONS - light [= low weight] - is light; he* 1  
*MIND - DELUSIONS - light [= low weight] - is light; he - walking; when* 1  
*MIND - DELUSIONS - love is impossible* 1  
*MIND - DELUSIONS - neglected - he or she is neglected* 1  
*MIND - DELUSIONS - persecuted - he is persecuted* 1  
*MIND - DELUSIONS - smell, of* 1  
*MIND - DELUSIONS - trapped; he is* 1  
*MIND – DELUSION – vision, looks through some-one else’s vision* 1 **N**  
*MIND - DELUSIONS - watched, she is being* 1  
*MIND - DETACHED - observing; as if* 1  
  
*MIND – DISCONTENTED* 2

MIND - DISORDER, sensitive to	1	
MIND - DISTANCES - inaccurate judgement of		1
MIND - DRUGS - taken drugs; as if one had	1	
MIND - DULLNESS - sleepiness, with	1	
MIND - EFFICIENT, organized	1	
<i>MIND – ELATED</i>	2	
MIND - ELATED - alternating with – sadness		1
MIND - EXHILARATION - alternating with – sadness	1	
MIND – FASTIDIOUS	2	
MIND - FEAR - accidents, of	1	
MIND - FEAR - accidents, of - bed; all day, relieved after going to		1
MIND - FEAR - death, of - heart symptoms, during	1	
MIND - FEAR - driving a car; of	1	
<i>MIND - FEAR - happen, something will</i>	2	
MIND - FEAR - happen, something will – terrible is going to happen; something		1
MIND - HIGH-SPIRITED	1	
<i>MIND - HOME - desires to go</i>	2	
MIND - HURRY - occupation, in	1	
<i>MIND – IMPATIENCE</i>	2	
MIND - IMPATIENCE - children; about his	1	
MIND - IMPATIENCE - driving; while	1	
<i>MIND – INACTIVITY</i>	2	
<i>MIND – INDIFFERENCE</i>	2	
MIND - INDIFFERENCE - business affairs, to	1	
MIND - INDIFFERENCE - duties; to	1	
MIND - INDIFFERENCE - work - aversion to work; with		1

MIND - INDIFFERENCE - sleepiness, with	1	
<i>MIND – INDUSTRIOUS</i>	2	
<i>MIND - INSECURITY; mental</i>	2	
MIND – INTOLERANCE	1	
MIND – INTROSPECTION	1	
MIND – IRRESOLUTION	1	
<b>MIND – IRRITABILITY</b>	<b>3</b>	
<i>MIND - IRRITABILITY - alone - wishes to be alone</i>	2	
MIND - IRRITABILITY - alternating with – cheerfulness	1	
MIND - IRRITABILITY - children, towards	1	
<i>MIND - IRRITABILITY - driving a car</i>	2	
<i>MIND - IRRITABILITY – easily</i>	2	
<u><i>MIND – IRRITABILITY – inefficiency</i></u>	2	<b>N</b>
MIND - IRRITABILITY - menses – before	1	
MIND - IRRITABILITY - noise, from	1	
<i>MIND - IRRITABILITY - people; with</i>	2	
MIND - IRRITABILITY - questioned, when	1	
MIND - IRRITABILITY - trifles, from	1	
MIND - IRRITABILITY - sleep; when aroused by noise during	1	
MIND – JEALOUSY	1	
<i>MIND – JOY</i>	2	
<i>MIND – LAZINESS</i>	2	
MIND - LAZINESS - sleepiness, with	1	
MIND - LONGING - sense of	1	
MIND - LONGING - good opinion of others; for	1	
MIND - LONGING - repose and tranquillity; for	1	
MIND - LOVE - romantic love; desire for	1	
MIND - MEMORY - weakness of memory - everyday things, for	1	

MIND - MEMORY - weakness of memory	1
MIND - MENTAL POWER – increased	1
MIND – MIRTH	1
MIND - MISTAKES; making - speaking, in - words - misplacing words	1
MIND - MOCKING – sarcasm	1
<i>MIND - MOOD – changeable</i>	2
MIND - MOOD - changeable – quickly	1
MIND - MOOD - changeable – sudden	1
MIND - OCCUPATION - amel.	1
MIND - OFFENDED, easily	1
MIND - ORDER - desire for	1
MIND – POSITIVENESS	1
<b>MIND - PROSTRATION of mind</b>	<b>3</b>
MIND - PROSTRATION of mind - sleepiness, with	1
MIND - PROSTRATION of mind - waking, on	1
MIND - REPROACHING oneself	1
MIND - REPROACHING others	1
<i>MIND - RESPONSIBILITY - aversion to</i>	2
MIND - REST - desire for	1
MIND - REST - cannot rest when things are not in the proper place	1
MIND - RESTLESSNESS – anxious	1
MIND – QUARRELSOME	1
<i>MIND - QUIET; wants to be</i>	2
MIND - SADNESS - love; from disappointed	1
MIND - SADNESS - past events; about	1

MIND - SELF-CONTROL – increased	1		
<i>MIND – SENSITIVE</i>	2		
MIND - SENSITIVE - emotions; to	1		
MIND - SENSITIVE - noise, to	1		
MIND - SENSITIVE - noise, to - slightest noise; to the		1	
MIND - SENSITIVE - rudeness, to	1		
MIND – SENTIMENTAL	1		
MIND - SHRIEKING - anger, in	1		
MIND – SMILING	1		
MIND – SNAPPISH	1		
<i>MIND - SPACED-OUT feeling</i>	2		
MIND – SULKY	1		
MIND - SWIMMING – desires	1		
MIND – SYMPATHETIC	1		
MIND - THOUGHTS - repetition, of	1		
MIND - THOUGHTS – persistent	1		
MIND - THOUGHTS - past, of the	1		
<u>MIND - TRANSCENDANCE – sensation of</u>	1		<b>N</b>
MIND – TIMIDITY	1		
<i>MIND – TRANQUILLITY</i>	2		
MIND – UNTIDY	1		
MIND - USEFUL; desire to be	1		
<i>MIND - WILL - loss of will power</i>	2		
MIND – YEARNING	1		



### 4.3.2 VERTIGO

VERTIGO - ACCOMPANIED BY - Head - heaviness in head	1	
VERTIGO - CLOSING THE EYES - amel.	1	
VERTIGO - COLD - drinks - after - amel.	1	
VERTIGO – DRIVING	1	
VERTIGO - HEAT - sun; of the - agg.	1	
<u>VERTIGO – HEARING LOSS – amel</u>	1	<b>N</b>
VERTIGO - MOTION - agg.	1	
VERTIGO - MOTION - agg. - sudden motion	1	
VERTIGO - RISING - after - agg.	1	
VERTIGO – SUDDEN	1	
VERTIGO - TURNING; as if - everything were turning in a circle; as if	1	
VERTIGO - TURNING; as if - head is turning round; sensation as if	1	
VERTIGO - WALKING - agg.	1	

### 4.3.3 HEAD

HEAD - COTTON WOOL; sensation of	1	
HEAD - EXPANDED sensation - inflated, feels	1	
HEAD - FULLNESS – Forehead	1	
HEAD - ITCHING of scalp	1	
HEAD - ITCHING of scalp – Vertex	1	
HEAD - HAIR - falling - handfuls, in	1	
HEAD - HAIR - falling - combing the hair; when	1	
HEAD – HEAVINESS	1	
HEAD - HEAVINESS - headache; from	1	
HEAD - LIGHTNESS; sensation of	1	
HEAD - PAIN - accompanied by - Nose - numbness and tingling of nose	1	
HEAD - PAIN - accompanied by - Abdomen - pain in	1	
HEAD - PAIN - accompanied by - Lower limbs; complaints of	1	

HEAD - PAIN - bending - head - forward - agg.		1	
HEAD - PAIN - bursting pain	1		
HEAD - PAIN - coffee - amel.	1		
HEAD - PAIN - cold - applications - amel.		1	
HEAD - PAIN - cold - drinks - amel.	1		
HEAD - PAIN - closing the eyes - amel.	1		
HEAD - PAIN - darkness - amel.	1		
HEAD - PAIN - dull pain	1		
HEAD - PAIN - extending to – Eyes	1		
HEAD - PAIN - extending to – Teeth	1		
<u>HEAD – PAIN – extending to – Teeth – canine</u>		1	<b>N</b>
HEAD - PAIN – evening	1		
HEAD - PAIN - evening - stitching pain	1		
HEAD - PAIN – Forehead	1		
HEAD - PAIN - Forehead – right	1		
HEAD - PAIN - Forehead - shooting pain		1	
HEAD - PAIN - light; from - agg.	1		
HEAD - PAIN - light; from - agg. - shooting pain		1	
HEAD - PAIN - light; from - artificial light - agg.		1	
HEAD - PAIN - light; from - daylight - agg.		1	
HEAD - PAIN - menses - before - agg.		1	
HEAD - PAIN - menses - before - agg. - pressing pain			1
HEAD - PAIN - nail; as from a		1	
<i>HEAD - PAIN – Occiput</i>	2		
HEAD - PAIN - Occiput - extending to – Eye		1	
HEAD - PAIN - Occiput - extending to - Eye - left eye			1
HEAD - PAIN - Occiput - extending to - Eye - left eye - dull pain			1
HEAD - PAIN - Occiput - extending to – Temples		1	

HEAD - PAIN - Occiput - lying - amel. 1  
 HEAD - PAIN - Occiput - pulsating pain 1  
  
 HEAD - PAIN – paroxysmal 1  
 HEAD - PAIN - piercing pain 1  
 HEAD - PAIN - pressure - amel. 1  
 HEAD - PAIN - pressure - amel. – shooting 1  
 HEAD - PAIN - pulsating pain 1  
 HEAD – PAIN – sniffing – agg. 1  
  
 HEAD - PAIN - Temples and Forehead 1  
 HEAD - PAIN - Temples - shooting pain 1  
  
 HEAD – PAIN – waking – on. 1  
 HEAD - PAIN - waking - on - blow; pain as from a 1  
 HEAD - PAIN - warmth - agg. 1  
 HEAD - PAIN - warm - drinks - amel. 1  
  
 HEAD - PERSPIRATION of scalp – Forehead 1

#### **4.3.4 EYE**

EYE - CLOSING THE EYES - amel. 1  
 EYE - CLOSING THE EYES - desire to 1  
 EYE - COVERING eyes with hand - amel. 1  
 EYE - DARKNESS - amel. 1  
 EYE - DISCOLORATION - red - Canthi – Inner 1  
  
 EYE - DRYNESS – Lids 1  
 EYE - DRYNESS - Lids - Margins of 1  
 EYE - DRYNESS - morning - waking; on 1  
  
 EYE - HEAVINESS – Lids 1  
  
*EYE – ITCHING 2*

EYE - ITCHING – left	1	
EYE - ITCHING – right	1	
EYE - ITCHING - light; from - agg.	1	
EYE - ITCHING - rubbing - amel.	1	
<i>EYE - LIGHT; from - artificial light - agg.</i>	2	
<i>EYE - LIGHT; from - agg.</i>	2	
EYE - LIGHT; from - daylight - agg.	1	
EYE - PAIN - sand; as from	1	
EYE - PAIN – burning	1	
<u>EYE - PAIN – raw</u>	1	<b>N</b>
<i>EYE – PHOTOPHOBIA</i>	2	
<i>EYE - PHOTOPHOBIA - driving; while</i>	2	
EYE - PHOTOPHOBIA - headache – during	1	
<i>EYE - PHOTOPHOBIA - light; from - daylight - agg.</i>	2	
<i>EYE - PHOTOPHOBIA - light; from - artificial light - agg.</i>	2	
EYE - SQUEEZING the eyes - must squeeze the eyes	1	
EYE - SWELLING - sensation of - Lids – Lower	1	
EYE – TINGLING	1	
EYE - TIRED SENSATION	1	
EYE - TIRED SENSATION - closing the eyes - amel.	1	
EYE - WASHING - amel.	1	
EYE – WINKING	1	

#### **4.3.5 VISION**

VISION – BLURRED	1
VISION - BLURRED - closing the eyes	1

#### **4.3.6 EAR**

EAR - DISCHARGES – earwax	1
EAR - FULLNESS, sensation of	1

EAR – ITCHING	1
EAR - ITCHING - left ear	1
EAR - ITCHING - scratching - amel.	1
EAR - ITCHING - Eustachian tubes	1
EAR - NOISE - agg.	1
EAR - NOISES in - headache; during	1
EAR - NOISES in – ringing	1
EAR - PAIN - boring pain – tickling	1
EAR - PAIN – left	1
EAR - PAIN - lying - ear; on the - agg.	1

#### 4.3.7 HEARING

HEARING – ACUTE	1	
<u>HEARING – LOST – short duration; masturbation after</u>	1	<b>N</b>

#### 4.3.8 NOSE

NOSE - BLOWING THE NOSE - agg.	1
NOSE – COLDNESS	1
NOSE – CONGESTION	1
NOSE - DISCHARGE – bloody	1
NOSE - DISCHARGE - bloody – left	1
NOSE - DISCHARGE - bloody - morning - blowing the nose agg.	1
NOSE - DISCHARGE - blood-streaked	1
NOSE - DISCHARGE – clear	1
NOSE - DISCHARGE - clear – left	1
NOSE - DISCHARGE – copious	1
NOSE - DISCHARGE – lumpy	1
NOSE - DISCHARGE – right	1
NOSE - DISCHARGE – sticky	1

NOSE – DRYNESS	1	
NOSE - DRYNESS - air agg.; in open	1	
NOSE - FULLNESS, sense of	1	
NOSE - FULLNESS, sense of – Root	1	
NOSE - NUMBNESS - Tip, of	1	
<u>NOSE - ODORS; imaginary and real – metallic</u>	1	<b>N</b>
NOSE - ODORS; imaginary and real – sweetish	1	
NOSE - PAIN - morning - burning pain	1	
NOSE - PAIN - Sinuses - burning pain	1	
NOSE – SNEEZING	1	
NOSE - SNEEZING - itching, with	1	
NOSE – SNEEZING – rubbing – amel.	1	
NOSE - SNEEZING - tingling in nose	1	
<b>4.3.9 FACE</b>		
FACE - CLENCHED jaw	1	
FACE - CLENCHED jaw - left side	1	
FACE - COLD - applications - amel.	1	
FACE - COMPLAINTS of face - Maxillary sinuses	1	
FACE - CRACKED - Mouth; corners of	1	
FACE - CRACKED - Mouth; corners of – left	1	
FACE - DISCOLORATION – red	1	
FACE - DISCOLORATION - red – flushes	1	
FACE - DISCOLORATION - red - heat – with	1	

FACE – DRYNESS	1	
FACE - DRYNESS – Lips	1	
FACE - DRYNESS - Sinus; maxillary		1
FACE – ERUPTIONS	1	
FACE - ERUPTIONS – acne	1	
FACE - ERUPTIONS – itching	1	
FACE - ERUPTIONS – pimples	1	
FACE - ERUPTIONS - pimples – blind		1
FACE - ERUPTIONS - pimples – Chin		1
FACE - ERUPTIONS – rough	1	
FACE - ERUPTIONS - stinging, painful		1
FACE - ERUPTIONS - Lips - Above – right		1
FACE – GREASY	1	
FACE - HEAT - cold - Feet, with		1
FACE – ITCHING	1	
FACE - ITCHING – Cheeks	1	
FACE - LICKING – lips	1	
FACE - ROUGH skin		1
FACE - SWELLING - Eyes – Under		1
FACE - SWELLING - sensation of swelling		1
FACE - TOUCH - agg.	1	
FACE - TOUCH - agg. – Lips	1	
<b>4.3.10 MOUTH</b>		
MOUTH - CRACKED - Tongue fissured – Centre		1
MOUTH - CRAWLING – Tongue	1	
MOUTH - DISCOLORATION – Tongue		1

MOUTH - DISCOLORATION - Tongue – white	1
<i>MOUTH – DRYNESS</i>	2
MOUTH - DRYNESS - cold water - amel.	1
MOUTH - DRYNESS - morning - waking; on	1
MOUTH - DRYNESS - sand in it, as if	1
MOUTH - DRYNESS - sleep – during	1
<i>MOUTH - DRYNESS - thirst; with</i>	2
MOUTH - DRYNESS - thirst; with - drinking - not amel.	1
MOUTH - ERUPTIONS – vesicles	1
MOUTH - ERUPTIONS - vesicles – Tongue	1
MOUTH - ERUPTIONS - vesicles - Tongue – Tip	1
MOUTH - ERUPTIONS - vesicles - Tongue - Tip – burning	1
MOUTH - FURRY – Tongue	1
MOUTH - INDURATION – Tongue	1
MOUTH - INDURATION - Tongue – knotty	1
MOUTH - SALIVATION – profuse	1
MOUTH - SALIVATION - profuse – night	1
MOUTH - TASTE – salty	1
MOUTH - ULCERS – Tongue	1
MOUTH - ULCERS - Tongue - left side	1
MOUTH - ULCERS - Tongue – Tip	1
MOUTH - PAIN - Tongue – stinging	1
MOUTH - PAIN - Tongue - burnt; as if	1
MOUTH - PAIN - Palate - Hard palate	1
MOUTH – SOFT – lips	1



MOUTH - TASTE – putrid 1  
MOUTH - TASTE - putrid - water tastes 1

#### 4.3.11 TEETH

TEETH – GRINDING 1  
TEETH - PAIN – Canines 1

#### 4.3.12 THROAT

THROAT - CLUCKING sound, esophagus 1

THROAT – DRYNESS 1

THROAT - DRYNESS - accompanied by - mouth; dryness of 1

THROAT - DRINKING - sips; in - amel. 1

THROAT - HANGING in throat; sensation as if something were – thread 1

THROAT - HAWK; disposition to 1

THROAT – PAIN 1

THROAT - PAIN – burning 1

THROAT - PAIN - left – sore 1

THROAT - PAIN - lump – sore 1

THROAT - PAIN - raw; as if 1

THROAT - PAIN - sharp; as from something 1

THROAT - PRICKLY - swallowing; only on empty 1

THROAT - SWALLOWING – difficult 1

THROAT - SWALLOWING - difficult - drinks - cold drinks; from 1

#### 4.3.13 EXTERNAL THROAT

EXTERNAL THROAT - ERUPTIONS – pimples 1

EXTERNAL THROAT - INDURATION of glands 1

EXTERNAL THROAT - INDURATION of glands – Cervical 1

EXTERNAL THROAT - INFLAMMATION - Cervical glands 1

#### 4.3.14 NECK

NECK - MOTION - amel. 1

*NECK – STIFFNESS* 2

*NECK - STIFFNESS – painful* 2

NECK – TENSION 1

#### 4.3.15 STOMACH

STOMACH – ANXIETY 1

STOMACH - APPETITE - capricious appetite 1

STOMACH - APPETITE - easy satiety 1

STOMACH - APPETITE - easy satiety - bites; after a few 1

*STOMACH - APPETITE – increased* 2

STOMACH - APPETITE - increased - accompanied by –  
Abdomen; rumbling in 1

STOMACH - APPETITE - increased - alternating with - loss of appetite 1

STOMACH - APPETITE - increased – eating – small amounts all day 1 N

STOMACH - APPETITE – wanting 1

STOMACH - BENDING DOUBLE - amel. 1

STOMACH – DISTENSION 1

STOMACH - DISTENSION – Epigastrium 1

STOMACH - EMOTIONS - agg. 1

STOMACH – EMPTINESS 1

STOMACH - EMPTINESS - eating - amel. 1

STOMACH - ERUCTATIONS; TYPE OF – bitter 1

STOMACH - ERUCTATIONS; TYPE OF - bitter – burning 1

STOMACH - ERUCTATIONS - stool - during - agg. 1

STOMACH – HEAVINESS 1

STOMACH – INDIGESTION 1

STOMACH - INDIGESTION - eating - after - agg. 1

*STOMACH – NAUSEA 2*

STOMACH - NAUSEA - cough – after 1

STOMACH - NAUSEA - eating - after - agg. 1

STOMACH - NAUSEA - lying down - after - amel. 1

STOMACH - NAUSEA - motion - agg. 1

STOMACH - NAUSEA - tobacco - odor of 1

STOMACH - NAUSEA - Throat, in 1

STOMACH - NAUSEA - stool - during - agg. 1

*STOMACH – PAIN 2*

*STOMACH - PAIN – burning 2*

STOMACH - PAIN - burning - coal; as from hot 1

STOMACH - PAIN - bread - agg. 1

STOMACH - PAIN - morning – burning 1

STOMACH - PAIN - morning – cramping 1

STOMACH - PAIN - fruit agg. 1

STOMACH - PAIN - hunger - from – cramping 1

STOMACH - PAIN - pressure - amel. 1

STOMACH - PAIN - pressure - amel. – burning 1

STOMACH – TENSION 1

STOMACH - TENSION – Epigastrium 1

*STOMACH – THIRST 2*

STOMACH - THIRST - cold – water 1

STOMACH - THIRST – morning 1

STOMACH - THIRST – night 1

#### 4.3.16 ABDOMEN

ABDOMEN - BUBBLING sensation, as if bubbles were moving about 1

#### *ABDOMEN – DISTENSION 2*

ABDOMEN - DISTENSION - flatulence – from 1

ABDOMEN - DISTENSION - motion – agg. 1 N

ABDOMEN – DISTENSION - morning - waking; on 1

ABDOMEN - DISTENSION - stool - amel. 1

ABDOMEN - DISTENSION - Umbilicus - Region of umbilicus 1

ABDOMEN – DISTENSION – warm application – amel. 1

ABDOMEN – EMPTINESS 1

ABDOMEN - EMPTINESS – gnawing 1

#### *ABDOMEN – FLATULENCE 2*

#### *ABDOMEN – PAIN 2*

ABDOMEN - PAIN - bending double - amel. 1

ABDOMEN - PAIN – burning 1

ABDOMEN - PAIN – cramping 1

ABDOMEN - PAIN - cramping - accompanied by - Bladder; pain in 1

ABDOMEN - PAIN - drawing pain 1

ABDOMEN - PAIN - dull pain 1

ABDOMEN - PAIN - eructations - amel. 1

ABDOMEN - PAIN - eating - agg. - pressing pain 1

ABDOMEN - PAIN - Iliac fossa 1

ABDOMEN - PAIN - Iliac fossa – right 1

ABDOMEN - PAIN - Iliac fossa – left 1

ABDOMEN - PAIN - Lower abdomen 1

ABDOMEN - PAIN - Lower abdomen – burning 1

ABDOMEN - PAIN - lying - amel. 1  
ABDOMEN - PAIN - lying - amel. - pressing pain 1

ABDOMEN - PAIN - pressure - agg. 1  
ABDOMEN - PAIN - pressing pain 1  
ABDOMEN - PAIN - pressing pain - flatulence; as from 1

ABDOMEN - PAIN – radiating 1  
ABDOMEN - PAIN – sharp 1  
ABDOMEN - PAIN - sitting - amel. 1  
ABDOMEN - PAIN – wavelike 1  
ABDOMEN - PAIN - warmth - amel. 1

*ABDOMEN – RUMBLING* 2

ABDOMEN - TOUCH - agg. 1

#### **4.3.17 RECTUM**

RECTUM - COLDNESS in anus 1  
RECTUM - CONSTIPATION - ineffectual urging and straining 1

*RECTUM – FLATUS* 2

RECTUM – FLATUS – acidic 1 N

RECTUM - FLATUS – evening 1

RECTUM - FLATUS – loud 1

RECTUM - FLATUS – noisy 1

RECTUM - FLATUS – offensive 1

RECTUM - FLATUS - offensive - sulphur odor 1

RECTUM - INACTIVITY of rectum 1

RECTUM - INVOLUNTARY stool - urination - during - agg. 1

RECTUM - OPEN anus - sensation of 1

RECTUM - OPEN anus - sensation of - stool agg.; after 1

#### 4.3.18 STOOL

STOOL - BALLS, like	1
STOOL - BALLS, like – small	1
STOOL - BROWN – light	1
STOOL – CLAYISH	1
STOOL – COPIOUS	1
STOOL - DRY - hard; and	1
STOOL – EVENING	1
STOOL – HARD	1
STOOL - LIGHT COLORED	1
STOOL – MUCOUS	1
STOOL – NIGHT	1
STOOL - ODOR – offensive	1
STOOL - SMALL quantity	1
STOOL – SOFT	1

#### 4.3.19 BLADDER

BLADDER - FULLNESS, sensation of	1
BLADDER - PAIN – aching	1
BLADDER - PAIN – burning	1
BLADDER - PAIN – cramping	1
BLADDER - PAIN - extending to – Kidney	1
BLADDER - PAIN - extending to - Kidney - stitching pain	1
BLADDER - PAIN - stitching pain	1
BLADDER – TENESMUS	1
BLADDER - URINATION – frequent	1
BLADDER - URINATION - dribbling – involuntary	1
BLADDER - URINATION – involuntary	1
BLADDER - URINATION - involuntary - delayed, if	1
BLADDER - URINATION - involuntary - cough agg.; during	1

BLADDER - URINATION - involuntary - sneezing agg. 1  
 BLADDER - URINATION - involuntary - motion - agg. 1

**4.3.20 URETHRA**

URETHRA – FLATUS 1

**4.3.21 URINE**

URINE – BURNING 1

URINE - ODOR – strong 1

URINE – SCANTY 1

URINE – VISCID 1

**4.3.22 MALE GENITALIA / SEX**

MALE GENITALIA/SEX - EJACULATION – sticky 1

MALE GENITALIA/SEX - EJACULATION – thick 1

MALE GENITALIA/SEX - MASTURBATION; disposition to 1

MALE GENITALIA/SEX – PERSPIRATION 1

MALE GENITALIA/SEX - PERSPIRATION - pungent; smells as if 1

MALE GENITALIA/SEX - SEXUAL DESIRE – increased 1

MALE GENITALIA/SEX - SEXUAL DESIRE - increased –  
 erections - with – incomplete 1

MALE GENITALIA/SEX - SMEGMA – increased 1

**4.3.23 FEMALE GENITALIA/SEX**

FEMALE GENITALIA/SEX - ITCHING – Vagina 1

FEMALE GENITALIA/SEX - LEUKORRHEA – bloody 1

FEMALE GENITALIA/SEX - LEUKORRHEA – brown 1

FEMALE GENITALIA/SEX - LEUKORRHEA – brown – sandy 1 **N**

FEMALE GENITALIA/SEX - LEUKORRHEA – muddy 1

FEMALE GENITALIA/SEX - LEUKORRHEA - ropy, stringy, tenacious		1	
FEMALE GENITALIA/SEX - MENSES - bright red	1		
FEMALE GENITALIA/SEX - MENSES – brown	1		
<u>FEMALE GENITALIA/SEX - MENSES – brown – muddy, sandy</u>	1		<b>N</b>
FEMALE GENITALIA/SEX - MENSES - clotted - dark clots	1		
<u>FEMALE GENITALIA/SEX - MENSES – clotted – absence of clots</u>	2		<b>N</b>
<i>FEMALE GENITALIA/SEX - MENSES – dark</i>	2		
FEMALE GENITALIA/SEX - MENSES - frequent; too	1		
FEMALE GENITALIA/SEX - MENSES - late, too - eight days	1		
FEMALE GENITALIA/SEX - MENSES - late, too	1		
FEMALE GENITALIA/SEX - MENSES – mucous	1		
<i>FEMALE GENITALIA/SEX - MENSES – scanty</i>	2		
FEMALE GENITALIA/SEX - MENSES - scanty - early; and too	1		
FEMALE GENITALIA/SEX - MENSES – thick	1		
<u>FEMALE GENITALIA/SEX - MENSES – pain – decreased</u>	1		<b>N</b>
FEMALE GENITALIA/SEX - PAIN - boring pain	1		
FEMALE GENITALIA/SEX - PAIN – cramping	1		
FEMALE GENITALIA/SEX - PAIN - bearing down	1		
<u>FEMALE GENITALIA/SEX - PAIN - menses – during – decreased</u>	1		<b>N</b>
FEMALE GENITALIA/SEX - PAIN – Ovaries	1		
FEMALE GENITALIA/SEX - PAIN - Ovaries – dull	1		
FEMALE GENITALIA/SEX - PAIN - Ovaries – left	1		
FEMALE GENITALIA/SEX - PAIN - Ovaries – right	1		
FEMALE GENITALIA/SEX - PAIN - Ovaries - pressure - amel.	1		
FEMALE GENITALIA/SEX - PAIN - Ovaries - menses - during - agg.	1		
FEMALE GENITALIA/SEX - PAIN - pressing pain	1		
FEMALE GENITALIA/SEX - PAIN - Uterus and region - bearing down	1		
FEMALE GENITALIA/SEX - PAIN - Uterus and region - bearing down – come out; as if everything would	1		
FEMALE GENITALIA/SEX - PAIN - Uterus - extending to – Upward	1		



FEMALE GENITALIA/SEX - PAIN - warm applications - amel. 1

FEMALE GENITALIA/SEX - SEXUAL DESIRE – increased 1

FEMALE GENITALIA/SEX - SEXUAL DESIRE - increased –  
masturbation; with 1

#### 4.3.24 RESPIRATION

RESPIRATION – DIFFICULT 1

#### 4.3.25 COUGH

COUGH – DRY 1

COUGH – EVENING 1

COUGH – IRRITABLE 1

COUGH – LOOSE 1

COUGH – NIGHT 1

COUGH - TICKLING - Throat; in 1

COUGH - WARM - applications - amel. 1

#### 4.3.26 CHEST

CHEST - ABSCESS – Axillae 1

CHEST - CONGESTION – Mammae 1

CHEST - CONSTRICTION - band; as from a 1

CHEST - CONSTRICTION - accompanied by - respiration – difficult 1

CHEST - ERUPTIONS - pimples - white - red areola, with 1

CHEST – FULLNESS 1

CHEST - FULLNESS - Mammae - sensation of fullness 1

CHEST - FULLNESS - Sternum – Under 1

CHEST - HEAT – Mammae 1

CHEST - HEAT - Mammae – left 1

CHEST - ITCHING – Sternum	1		
CHEST - PAIN – burning	1		
CHEST - PAIN - digging pain	1		
CHEST - PAIN - pressing pain – inward	1		
CHEST - PAIN – Ribs	1		
CHEST - PAIN – sore	1		
CHEST - PAIN - sore - accompanied by - respiration; impeded			1
CHEST - PAIN - Sternum - Left side; along the			1
CHEST - PAIN - Sternum - Left of sternum; at – burning			1
<u>CHEST - PAIN - Mammae - breathing agg.</u>	1	<b>N</b>	
<u>CHEST - PAIN – Mammae, bruised</u>	1	<b>N</b>	
<u>CHEST - PAIN – Mammae, crushed</u>	1	<b>N</b>	
CHEST - PAIN - Mammae - extending to – Scapula			1
CHEST - PAIN - Mammae - heavy mammae – supporting mammae - amel.			1
CHEST - PAIN - Mammae - jar agg.	1		
<u>CHEST - PAIN – Mammae – warm applications, amel</u>			1 <b>N</b>
CHEST - PAIN - Mammae – left	1		
CHEST - PAIN - Mammae - motion - agg.	1		
CHEST - PAIN - Mammae – Nipples	1		
CHEST - PAIN - Mammae - Nipples - touch of clothes agg.			1
CHEST - PAIN - Mammae - pressing pain	1		
CHEST - PAIN - Mammae - pressure - agg.	1		
CHEST - PAIN - Mammae – sore	1		
CHEST - PALPITATION of heart	1		
CHEST - PALPITATION of heart - anxiety – with			1
CHEST - PALPITATION of heart - lying - agg.			1
CHEST – PERSPIRATION	1		
CHEST - PERSPIRATION – Axillae	1		

CHEST - SWELLING - Axillae – Glands	1
CHEST - SWELLING - Axillae - Glands – left	1
CHEST - SWELLING - Axillae - Glands – painful	1

#### 4.3.27 BACK

BACK - ERUPTIONS – itching	1
BACK - ERUPTIONS – red	1
BACK - PAIN - Cervical region - cold - amel.	1
BACK - PAIN - Cervical region - extending to – Ear	1
BACK - PAIN - Cervical region - extending to – Occiput	1
BACK - PAIN - Cervical region - extending to – Shoulder	1
<i>BACK - PAIN - Lumbar region</i>	2
BACK - PAIN - Lumbar region - bending - left; to - agg.	1
BACK - PAIN - Lumbar region – burning	1
BACK - PAIN - Lumbar region - leaning - forward - agg.	1
BACK - PAIN - Lumbar region - lifting agg.	1
BACK - PAIN - Lumbar region - motion - amel.	1
BACK - PAIN - Lumbar region - motion - agg.	1
BACK - PAIN - Lumbar region – right	1
BACK - PAIN - Lumbar region - rising - agg.	1
BACK - PAIN - Lumbar region - rising - sitting; from - agg.	1
BACK - PAIN - Lumbar region - sitting - amel.	1
BACK - PAIN - Lumbar region - stitching pain	1
BACK - PAIN - Lumbar region – sudden	1
BACK - PAIN - Lumbar region - sudden - stitching pain	1
BACK - PAIN - lying - amel.	1
BACK - PAIN - stitching pain	1
BACK - PAIN - stool - after - amel.	1
BACK - PAIN - stretching - amel.	1
BACK - PAIN - warm - bathing - amel.	1

BACK - STIFFNESS - motion - amel. 1  
 BACK - STIFFNESS - Lumbar region 1  
 BACK - STIFFNESS - Cervical region 1

#### 4.3.28 EXTREMITIES

EXTREMITIES – CLUCKING 1

EXTREMITIES - COLDNESS - Hands - Feet, and - Face; with heat of 1

EXTREMITIES - COLDNESS – left 1

EXTREMITIES - COLDNESS - Upper arms 1

EXTREMITIES - CRACKED skin – Feet 1

EXTREMITIES - CRACKED skin – Toes 1

EXTREMITIES - CRACKED skin - Fingers - Nails – Around 1

EXTREMITIES – CRAMPS 1

EXTREMITIES - DISCOLORATION - Leg - reddish - spots  
 - insect bites; as from 1

EXTREMITIES - DISCOLORATION - Forearm – blotches 1

EXTREMITIES - DISCOLORATION - Forearm - redness - spots; in 1

EXTREMITIES - DRYNESS – Feet 1

EXTREMITIES - ERUPTIONS - Knees – scaly 1

EXTREMITIES - ERUPTIONS – pimples 1

EXTREMITIES - ERUPTIONS – Ankles 1

EXTREMITIES - ERUPTIONS - Toes – blisters 1

EXTREMITIES - ERUPTIONS - Upper limbs – blotches 1

EXTREMITIES - FORMICATION - Upper limbs – left 1

EXTREMITIES - HEAT – Feet 1

EXTREMITIES - HEAT - Feet – morning 1

EXTREMITIES – HEAVINESS	1	
EXTREMITIES - HEAVINESS – Shoulders	1	
EXTREMITIES - HEAVINESS – Legs	1	
EXTREMITIES - HEAVINESS - lying – amel.	1	
EXTREMITIES - HEAVINESS - lead; as if	1	
EXTREMITIES - HIP; complaints of – Joints	1	
<i>EXTREMITIES – ITCHING</i>	2	
EXTREMITIES - ITCHING - cold applications - amel.	1	
EXTREMITIES - ITCHING - scratching - amel.	1	
EXTREMITIES - ITCHING - Forearms - cold applications - amel.	1	1
EXTREMITIES - ITCHING - Forearms - scratching - amel.	1	1
EXTREMITIES - ITCHING – Hips	1	
EXTREMITIES - ITCHING - Legs – evening	1	
EXTREMITIES - ITCHING - Legs - insect bites; as of	1	
EXTREMITIES - ITCHING - Lower limbs – evening	1	
EXTREMITIES - NAILS; complaints of - growth of nails – rapid	1	1
EXTREMITIES - NAILS; complaints of – hangnails	1	
EXTREMITIES - PAIN – aching	1	
EXTREMITIES - PAIN – Ankles	1	
EXTREMITIES - PAIN - Ankles - motion - agg.	1	1
EXTREMITIES - PAIN - Ankles – aching	1	
EXTREMITIES - PAIN - Ankles - shooting pain	1	1
<i>EXTREMITIES - PAIN – Fingers</i>	2	
EXTREMITIES - PAIN - Fingers - drawing pain	1	1
EXTREMITIES - PAIN - Fingers - Fourth - Joints – Distal	1	1
EXTREMITIES - PAIN - Fingers - Fourth - Joints – Proximal	1	1
EXTREMITIES - PAIN - Fingers - Joints – aching	1	1

EXTREMITIES - PAIN - Fingers - Joints - stitching pain	1	
EXTREMITIES - PAIN - Fingers - Joints – Proximal	1	
EXTREMITIES - PAIN - Fingers - motion - agg.	1	
EXTREMITIES - PAIN - Fingers – right	1	
EXTREMITIES - PAIN - Fingers – sore	1	
EXTREMITIES - PAIN - Fingers - stitching pain - splinter; as from a		1
EXTREMITIES - PAIN - Fingers - stitching pain – stinging		1
EXTREMITIES - PAIN - Thumbs - Joints – aching	1	
EXTREMITIES - PAIN – Knees	1	
EXTREMITIES - PAIN - Knees - extending to – Groin	1	
EXTREMITIES - PAIN - Knees - cold - exposure to - agg.	1	
EXTREMITIES - PAIN - Knees - motion - amel.	1	
EXTREMITIES - PAIN - Knees - weather – wet	1	
EXTREMITIES - PAIN - Knees – right	1	
EXTREMITIES - PAIN - Lower limbs - left – cramping	1	
EXTREMITIES - PAIN - Lower limbs - standing - erect - amel.		1
EXTREMITIES - PAIN - Lower limbs - touch - agg.	1	
EXTREMITIES - PAIN - Nates – left	1	
EXTREMITIES - PAIN – Shoulders	1	
EXTREMITIES - PAIN - Shoulders – aching	1	
EXTREMITIES - PAIN - Shoulders – burning	1	
EXTREMITIES - PAIN - Shoulders - extending to – Neck		1
EXTREMITIES - PAIN - Shoulders – left	1	
EXTREMITIES - PAIN - Shoulders - left - extending to – Neck		1
EXTREMITIES - PAIN - Shoulders - motion - amel.	1	
EXTREMITIES - PAIN - sprained; as if	1	
EXTREMITIES - PAIN - stitching pain	1	
EXTREMITIES - PAIN - stretching - amel.	1	

EXTREMITIES - PAIN - Toes – right	1
EXTREMITIES - PAIN - Toes - standing agg.	1
EXTREMITIES - PAIN - Toes - stitching pain	1
EXTREMITIES - PAIN - weather - cold - agg.	1
EXTREMITIES - PAIN - weather – wet	1
EXTREMITIES - PAIN - Wrists – evening	1
EXTREMITIES - PAIN - Wrists - shooting pain	1
EXTREMITIES - PAIN - Wrists - sprained; as if	1
EXTREMITIES – PERSPIRATION	1
<i>EXTREMITIES – STIFFNESS</i>	2
EXTREMITIES - STIFFNESS – Ankles	1
EXTREMITIES - STIFFNESS – Fingers	1
EXTREMITIES - STIFFNESS - motion - amel.	1
EXTREMITIES - STIFFNESS – Shoulders	1
EXTREMITIES - STIFFNESS – Wrists	1
EXTREMITIES - STIFFNESS - exertion agg.; after	1
EXTREMITIES - STRETCHING OUT - Lower limbs - amel.	1
EXTREMITIES - STRETCHING OUT - Upper limbs - amel.	1
EXTREMITIES - TINGLING – Legs	1
EXTREMITIES - TINGLING - Legs – left	1
EXTREMITIES - TINGLING - Shoulders – left	1
EXTREMITIES – WEAKNESS	1
EXTREMITIES - WEAKNESS – Legs	1
EXTREMITIES - WEAKNESS – Shoulders	1

#### 4.3.29 SLEEP

SLEEP – DEEP	1	
<i>SLEEP – DISTURBED</i>	2	
SLEEP - DISTURBED - heat; by	1	1
SLEEP - FALLING ASLEEP – difficult	1	1
SLEEP - FALLING ASLEEP – easy	1	1
SLEEP - FALLING ASLEEP - heat – during	1	1
SLEEP – LIGHT	1	
SLEEP - LIGHT - hears every sound	1	1
SLEEP – PROLONGED	1	
<i>SLEEP – RESTLESS</i>	2	
SLEEP - RISE - aversion to	1	
SLEEP - SEMI-CONSCIOUS	1	
SLEEP - SEMI-CONSCIOUS - hears everything	1	1
SLEEP - SLEEPINESS – daytime	1	
<b>SLEEP - SLEEPINESS – overpowering</b>	<b>3</b>	
<i>SLEEP - SLEEPINESS - weariness; with</i>	2	
SLEEP - SLEEPLESSNESS - night - midnight - before - 2 h – until	1	1
SLEEP - SLEEPLESSNESS - heat – during	1	1
SLEEP - SLEEPLESSNESS - warmth, from	1	1
SLEEP – UNREFRESHING	1	
<i>SLEEP - UNREFRESHING – morning</i>	2	
SLEEP - WAKING - night - midnight - after - 5 h	1	1
SLEEP - WAKING - early; too	1	1
SLEEP - WAKING – frequent	1	1



### 4.3.30 DREAMS

DREAMS – ACCIDENTS	1		
DREAMS – ACCUSATIONS	1		
DREAMS – AMOROUS	1		
DREAMS - AMOROUS - coition - two women; with	1		
DREAMS - ANIMALS – killing	1		
DREAMS - ANIMALS - protecting; he is	1		
DREAMS - ATTACKED, of being	1		
DREAMS – BALLOONS	1		
DREAMS – BATTLES	1		
DREAMS - BICYCLE; riding a	1		
DREAMS - BODY – deformed	1		
DREAMS - BUILDINGS - big; seeing	1		
DREAMS – CAR	1		
DREAMS – CATS	1		
DREAMS - CHILDREN; about - precocious and arrogant	1		
DREAMS - CHILDREN; about – newborns	1		
<u>DREAMS – COLLEAGUES, old work</u>	1	<b>N</b>	
<u>DREAMS – COLLEAGUES, old work, finding them asleep</u>	1		<b>N</b>
DREAMS – CUTTING	1		
DREAMS - DANGER - friends in danger	1		
DREAMS - DANGER - protecting others from	1		
DREAMS - DANGER - escaping from a danger	1		
<i>DREAMS – DECEIT</i>	2		
DREAMS – DISAPPOINTMENTS	1		
DREAMS - DRIVING - car; a	1		
DREAMS – EMBARRASSMENT	1		
DREAMS - ENLARGED - objects are	1		

DREAMS – ESCAPING	1		
DREAMS - FACE – disfigured	1		
DREAMS – FIGHTS	1		
DREAMS – FLIES	1		
DREAMS – FLYING	1		
<i>DREAMS – FRIENDS</i>	2		
DREAMS - FRIENDS – old	1		
DREAMS – FRUSTRATION	1		
DREAMS – GUILT	1		
DREAMS – HIDING	1		
DREAMS – HOME	1		
DREAMS – HOMOSEXUALITY	1		
DREAMS – HOUSE	1		
DREAMS - HOUSE – dirty	1		
DREAMS – JOURNEYS	1		
DREAMS - JOURNEYS - water, by	1		
DREAMS – MONEY	1		
<u>DREAMS – MONEY – lack of, to pay bill</u>	1		<b>N</b>
<u>DREAMS – NECK – Slit</u>	1		<b>N</b>
DREAMS - OBESE; being	1		
<u>DREAMS - PLACES – well-known but changed</u>	1		<b>N</b>
DREAMS - PURSUED, being	1		
DREAMS - PURSUED, being - murderers; by	1		

DREAMS - PURSUED, being - animals; by	1	
<u>DREAMS - PURSUED, being – bear; by a</u>	1	<b>N</b>
DREAMS - PURSUED, being - police; by	1	
DREAMS - POISONED, being	1	
DREAMS – PROSTITUTES	1	
DREAMS – PROTECTING	1	
DREAMS – QUARRELS	1	
DREAMS – RAPE	1	
DREAMS - SCHOOL - old; goes back to		1
DREAMS - SEEING AGAIN an old schoolmate		1
DREAMS – SEXUAL	2	
DREAMS – SHIP	1	
DREAMS – SNAKES	1	
DREAMS – SPACESHIP	1	
DREAMS – SPIDERS	1	
DREAMS – STOOL	1	
<u>DREAMS- STUCK</u>	1	<b>N</b>
DREAMS – SUFFOCATION	1	
DREAMS – TUNNEL	1	
<u>DREAMS – UNPREPARED, being</u>	1	<b>N</b>
DREAMS – UNREMEMBERED		1
<i>DREAMS – VIVID</i>	2	
DREAMS – WAR	1	

#### 4.3.31 CHILL

CHILL - CHILLINESS - hair standing on end, sensation of	1
CHILL – NIGHT	1
CHILL - SHAKING – night	1

#### 4.3.32 PERSPIRATION

PERSPIRATION - COLD – night	1
PERSPIRATION - COVERED parts	1
PERSPIRATION – ODORLESS	1
PERSPIRATION - PROFUSE - night - sleep agg.; during	1

#### 4.3.33 SKIN

SKIN - BITTEN; as if - insect; by an	1
SKIN - CICATRICES - red; become	1
SKIN - CICATRICES – sensitive	1
<i>SKIN – DRY</i>	2
SKIN - DRY – rough	1
SKIN - ERUPTIONS – acne	1
SKIN - ERUPTIONS – blotches	1
SKIN - ERUPTIONS – dry	1
SKIN - ERUPTIONS – eczema	1
SKIN - ERUPTIONS - eczema - warm applications agg.	1
SKIN - ERUPTIONS – elevated	1
SKIN - ERUPTIONS – pimples	1
SKIN - ERUPTIONS – red	1
SKIN - ERUPTIONS - red - insect stings; like	1
SKIN - ERUPTIONS – rough	1
SKIN - ERUPTIONS – scaly	1
SKIN - ERUPTIONS - warmth agg.	1
SKIN - GOOSE FLESH	1

SKIN – ITCHING 2  
 SKIN - ITCHING - insect; after bite of 1  
 SKIN - ITCHING - cold - amel. 1  
 SKIN - ITCHING - scratching - amel. 1  
 SKIN - ITCHING - warm - bathing - agg. 1

SKIN – ROUGH 1  
 SKIN – SENSITIVENESS 1  
 SKIN - SOFT – feels 1

#### 4.3.34 GENERALS

GENERALS - ACTIVITY – physical 1  
 GENERALS - AFTERNOON - 17 h 1  
 GENERALS - BATHING - amel. 1  
 GENERALS - BATHING - sea; bathing in the - amel. 1

GENERALS - COVERS - agg. 1

#### GENERALS – DRIVING 1 N

GENERALS - ELECTRICITY; sensation of static 1  
 GENERALS - ENERGY - excess of energy 2  
 GENERALS – EVENING 1  
 GENERALS - EVENING - 18 h 1  
 GENERALS - EXERTION; physical - aversion for 1  
 GENERALS - EXERTION; physical - desire for 1

GENERALS - FOOD and DRINKS - alcoholic drinks - agg. 1  
 GENERALS - FOOD and DRINKS - alcoholic drinks – desire 1  
 GENERALS - FOOD and DRINKS - chocolate – desire 1  
 GENERALS - FOOD and DRINKS - coffee - desire – black 1  
 GENERALS - FOOD and DRINKS - fruit – desire 1  
 GENERALS - FOOD and DRINKS - meat – desire 1

GENERALS - FOOD and DRINKS - oil – desire 1  
 GENERALS - FOOD and DRINKS - salt – desire 1  
 GENERALS - FOOD and DRINKS - seafood – desire 1  
 GENERALS - FOOD and DRINKS - sugar - desire - water; sugared 1  
 GENERALS - FOOD and DRINKS - vegetables – aversion 1  
 GENERALS - FOOD and DRINKS - wine – desire 1  
 GENERALS - FOOD and DRINKS - yoghurt – desire 1  
  
*GENERALS - HEAT - flushes of* 2  
 GENERALS - HEAT - flushes of - air; in open - amel. 1  
 GENERALS - HEAT - flushes of – night 1  
 GENERALS - HEAT - flushes of - sleep - preventing sleep 1  
 GENERALS - HEAT - sensation of - alternating with sensation of coldness 1  
*GENERALS – HEAVINESS* 2  
  
 GENERALS - LIE DOWN - desire to 1  
  
 GENERALS - LIGHT; from - agg. – sunlight 1  
  
GENERALS - MEDICINE - allopathic - tranquilizers; as if taken 1 **N**  
  
 GENERALS – MORNING 1  
*GENERALS - MORNING - waking; on* 2  
  
GENERALS - RIDING - car, in a 1 **N**  
  
 GENERALS - SIDE – left 1  
  
 GENERALS - SLEEP - after sleep - amel. 1  
 GENERALS - SLEEP - short sleep - amel. 1  
  
 GENERALS - STRETCHING - amel. 1  
*GENERALS - STRETCHING OUT - Limbs - amel.* 2

GENERALS - SUN - exposure to the sun 1

GENERALS - TOBACCO - aggravated - smoke of tobacco; by 1

GENERALS - TOBACCO - aversion to 1

GENERALS - TOBACCO – aversion to - smell of tobacco; sensitive to 1

*GENERALS - WAKING – on 2*

*GENERALS – WEAKNESS 2*

*GENERALS – WEARINESS 2*

GENERALS - WEATHER - cold weather - wet - agg. 1

GENERALS - WEATHER - thunderstorm - amel. 1

## CHAPTER FIVE

### 5. DISCUSSION OF THE RESULTS

#### 5.1 INTRODUCTION

This chapter deals with the discussion and overview of the proving results.

The data collected from the proving, in the form of prover symptoms, provided information for a total of 901 rubrics. The rubrics were distributed throughout 33 sections of the repertory. There was a predominance of symptoms in the Mind; Head; Eye and Nose; Mouth and Throat; Stomach and Abdomen; Female; Extremities and Back; Skin; and Dreams sections.

Figure 3 below provides a visual representation of the number of rubrics distributed in the various sections of the repertory.

It was hypothesised that *Hemachatus haemachatus 30ch* would produce signs and symptoms on healthy volunteers. Data collected from this study serves as evidence to support this hypothesis and it is therefore concluded that the hypothesis is valid.

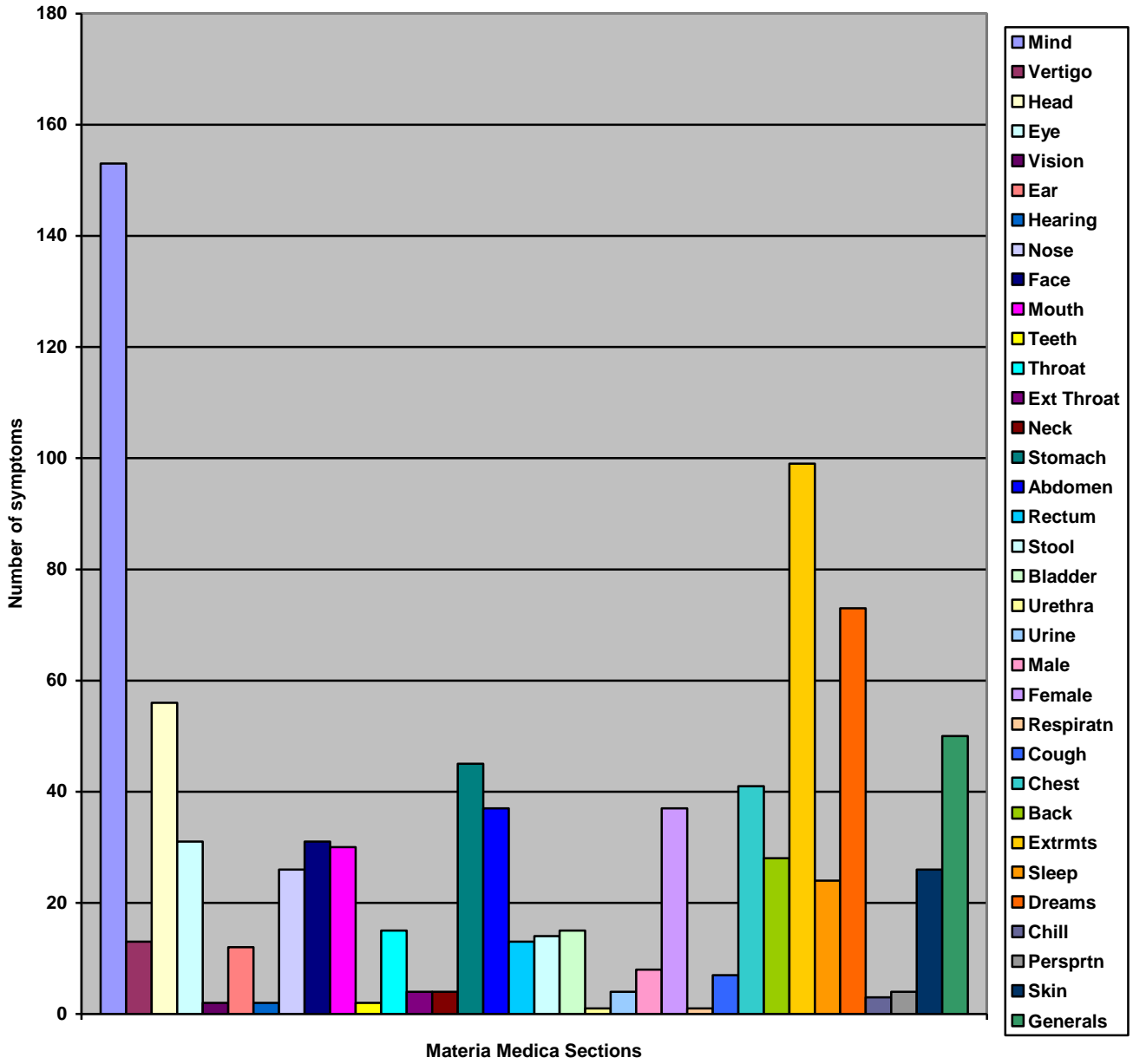
#### 5.2 ABBREVIATION OF THE REMEDY

The recommendations made by Schroyens in *Blueprint for a New Repertory, Synthesis Repertorium Homeopathicum* (2002:39-41) have been followed, in order to contribute to a logical coherent system of arriving at remedy abbreviations, and avoid ambiguity. The Latin name of a remedy serves as the basis for the abbreviation. The researchers have chosen the unique root *Hem*, and the extension '-h', creating the abbreviation *Hem-h* for *Hemachatus haemachatus*.



Figure 3: Distribution of repertory symptoms

Distribution of Repertory Symptoms



### **5.3 THE SYMPTOMS**

In the discussion of the symptoms, an attempt has been made to unify the individual symptoms into a coherent whole, as if they had been experienced by one person. This follows the recommendation of Sherr (1994:32), to allow for the development of an integrated materia medica remedy picture.

#### **5.3.1 MIND**

The greatest number of rubrics in the proving of *Hemachatus haemachatus* were created in the Mind section. An attempt has been made to organize these into prominent themes.

##### **Enthusiasm**

Many provers experienced a sense of elation (13 F 06:XX:XX), enthusiasm (03 M 01XX:XX), and positivity (14 F 02:XX:XX); a carefree, relaxed, bubbly mood (28 M 12:XX:XX, 22 F 04:XX:XX). There was an increase in productivity and alertness 22 F 03:XX:XX, 19 M 01:XX:XX, 29 M 09:XX:XX). There was an increase in confidence ( 07 F 01:XX:XX, 17 F 08:XX:XX), a sense of coping better. Provers felt more alert, focused and in control (11 M XX:XX:XX, 29 M 01:XX:XX).

##### **Lethargy**

The opposite symptoms were also experienced. Provers felt extremely lazy (04 M XX:XX:XX, 16 M 06:XX:XX), listless (07 F 24:XX:XX), lethargic. Many provers had a lack of motivation (15 F 04:XX:XX, 16 M 06:XX:XX, 30 F 02:XX:XX). There was an avoidance of and indifference to normal responsibilities (06 F 04:XX:XX, 13 F 26:XX:XX, 15 F 04:XX:XX, 18 F 14:XX:XX, 20 F 04:XX:XX). There was sleepiness (04 M 00:XX:XX, 22 F 05:XX:XX), and a many provers were tired, and felt heavy and exhausted (06 F, 07 F, 14 F, 15 F, 18 F, 19 M, 24 F, 27 M, 30 F). Provers just wanted to stay in or crawl into bed (06 F 04:XX:XX, 14 F 13:XX:XX, 15 F 04:XX:XX).

## **Tranquillity**

The remedy produced a sense of calmness (03 M 00:00:05) and relaxation (03 M 01:XX:XX, 27 M 09:XX:XX, 29 M 01:XX:XX), which was accompanied by a sense of alertness (03M 01:XX:XX, 29 M 00:XX:XX). Some provers felt spaced out, as if they had taken a tranquillizing drug (03 M 00:00:10, 15 M 00:05, 22 F 05:XX:XX), There was a sense of detachment (04 M 00:XX:XX, 29 M 00:XX:XX) and transcendence (04 M 00:XX:XX), but also a sense of deeper reconnection (04 M XX:XX, 20 F 21:XX:XX). Prover 4 described this as a sense of 'observant spaciousness' (04 M 03:XX:XX).

## **Spaced out**

Provers felt spaced out and drugged (03 M 04:XX:XX, 15 F 00:00:05). There was cloudy thinking (03 M 00:00:15), and poor concentration (18 F 03:XX:XX, 27 M 07:XX:XX), and difficulty focusing (27 M 18:XX:XX) with erratic memory (20 F 09:XX:XX). There were repetitive activities (28 M 00:XX:XX), and the experience of a tune stuck in the mind (20 F:XX:XX, 28 M 00:XX:XX). There was also clumsiness (22 F 03:XX:XX, 28 M 02:XX:XX), with difficulty in accurately judging distances (13 F 05:XX:XX, 22 F 04:XX:XX).

## **My Space, Home**

The theme of home and private safe space emerged strongly. Provers had a need to organise their personal space (05 F 06:XX:XX, 14 F XX:XX:XX, 20 01:XX:XX), and became irritated by mess (20 F 03:XX:XX), as well as people in their space (05 F 01:XX:XX). Provers had a need to be at home (15 F 04:XX:XX, 28 M 10:XX:XX), which felt like the safest place to be (20 F 09:XX:XX). Provers experienced anxiety on leaving home and especially when driving (14 F 13:XX:XX, 15 F 04:XX:XX, 28 M 06:XX:XX). There were dreams about home, with confusion about whose home it was (07 F 02:XX:XX) and dysfunctionality at home (18 F 04:XX:XX). There were also dreams of attack to the home (18 F 11:XX:XX).

## **Vulnerability, insecurity**

Provers felt fragile (27 M 07:XX:XX), sensitive (03 M 01:XX:XX) and non-resistant (03 M 00:00:10). They picked up on the moods of those around them

(27M 13:XX:XX, 30 F 05:XX:XX). There was a feeling of being unimportant (06 F 14:XX:XX, 13 F 26:XX:XX) and not good enough (13 F 21:XX:XX) in relationships. Prover 15 had an experience of feeling extremely vulnerable, as if others were able to see her deepest insecurities and use them against her (15 F 00:XX:XX). She felt insecure, vulnerable, childish, humiliated and embarrassed. Provers had a need to be appreciated (28 M 04:XX:XX), of being worth something to the world (29 M 07:XX:XX).

### **Alone, Longing**

There was a strong desire to be alone (06 F 04:XX:XX, 15 F 00:XX:XX, 30 F 02 XX:XX). There was amelioration from being alone in a quiet atmosphere (29 M 00:XX:XX), in one's own nest (20 F 21:XX:XX), pursuing one's own interests (28 M 10:XX:XX). There was a reconnection with old friends (13 F XX:XX:XX) and a compassion for friends in need ( 20 F 09:XX:XX, 28 M 04:XX:XX). There were dreams of old friends (16 M 24:XX:XX) and old work colleagues (10 F 00:XX:XX, 11 M 01:XX:XX). Two provers felt as though there was something or some-one missing in their lives (03 M 03:XX:XX, 07 F 30:XX:XX). There were thoughts of past relationships, with a sense of deep longing (15 F 03:XX:XX), and a deep need to love with the feeling of being unable to do so (29 M 14:XX:XX).

### **Changeability**

Provers experienced an alternation of moods (03 M 01:XX:XX, 13 F 06:XX:XX, 14 F XX:XX:XX). Sometimes the change occurred rapidly (22 F 07:XX:XX, 24 F 24:XX:XX). There was a lack of emotional stability (22 F 13:XX:XX), described as a roller-coaster (30 F 06:XX:XX).

### **Anxiety**

Provers felt anxious, often a vague sense of anxiety (29 M 03:XX:XX) as if something felt wrong (27 M 10:XX:XX), or as if something was going to happen (18 F 12:XX:XX). Prover 14 had a panic attack when faced with a routine drive, as if something awful, such as an accident, was going to happen (14 F 13:XX:XX). Two provers experienced the anxiety in the stomach (16 M 24:XX:XX) or solar plexus (03 M 03:XX:XX).

## **Irritability**

42% of provers experienced irritability, in many cases as a very marked symptom, resulting in 45 individual diary entries. This irritability was felt toward people (13 F 26:XX:XX, 20 F 21:XX:XX) and directed at who-ever was around (04 M 02:XX:XX, 15 F 02:XX:XX), or in their space (05 F 01:XX:XX), or at the provers' partner (06 F 08:XX:XX) or children (07 F 33:XX:XX). There was specific irritation at being asked stupid questions (04 M XX:XX:XX), inefficiency (18 F 11:XX:XX), bad service (26 M 00:02:00), incompetence (13 F 07:XX:XX) and poor planning (28 M 02:XX:XX). There was also deep irritation at inconsiderate and incompetent other drivers (28 M 11:XX:XX). Some provers became snappy (20 F 02:XX:XX, 24 F 16:XX:XX) or sarcastic (05 F 01:XX:XX). In some cases the irritation led to anger and an impulse to physical violence, wanting to rip some-one's head off (18 F 03:XX:XX) or punch them in the face (28 M 10:XX:XX).

## **Frustration**

There was a sense of having a lot to do (06 F 05:XX:XX, 26 M 00:00:00), with an inability to relax and constant anxiety about what needed to still be done (26 M 00:XX:XX, 29 M 16:XX:XX). This was accompanied by a feeling of being stressed out (06 F 05:XX:XX) and frustrated (06 F 05:XX:XX, 29 M 17:XX:XX). There was an urge to get things in order (20 F 11:XX:XX). There was impatience and a frustration if things fell behind schedule (29 M 17:XX:XX). There was also a sense of not being able to cope (06 F 04:XX:XX, 30 F 06:XX:XX). Some provers had a sense of being trapped with a need to get out (06 F 13:XX:XX, 28 M 09:XX:XX). There was also a sense of being picked on (06 F 21:XX:XX) and harassed (28 M 02:XX:XX).

### **5.3.2 VERTIGO**

There were sensations of vertigo, described as dizziness or light-headedness. The vertigo was pronounced on sudden movement (03 M 01:XX:XX, 05 F 00:XX:XX) or suddenly rising from a sitting position (03 M 01:XX:XX, 21 M 02:XX:XX). Some provers experienced it as a sense of disorientation (10 F 01:XX:XX) or disconnection (03 M 03:XX:XX). There was also a description 'as if head were in a cloud' (21 M 16:XX:XX) or 'made of feathers' (21 M

06:XX:XX). The vertigo was in some provers related to a spaced out feeling (15 F 00:00:05).

### **5.3.3 HEAD**

Many provers experienced headaches, predominantly in the frontal, temporal or occipital areas or around the eyes. Right-sided headaches were either frontal (06 F 10:XX:XX), temporal (06 F 03:XX:XX), or around or behind the eye (07 F 06:XX:XX). Left-sided headaches extended from the occiput to behind the eye (16 M 00:XX:XX) or neck to the temple (18 F 13:XX:XX), from the temple to the eye (18 F 20:XX:XX), or from the temples to the teeth (18 F 19:XX:XX). Some headaches extended to or from the neck or back (18 F 13:XX:XX), or were accompanied by neck stiffness or spasm (18 F 16:XX:XX). There were three main types of pain experienced: dullness (06 F 03:XX:XX); stabbing (05 F 00:XX:XX), piercing (16 M 02:XX:XX) or shooting (21 M 16:XX:XX), as if a nail was driven in (18 F 01:XX:XX); and bursting, throbbing (28 M 01:XX:XX) or pounding. Provers experienced headaches on waking (21 M 07:XX:XX, 24 F 05:XX:XX). Headaches were aggravated by light (12 F 12:XX:XX); while pressure (12 F 12:XX:XX, 29 M 21:XX:XX), and icy (21 M 18:XX:XX) or cool applications (29 M 02:XX:XX) provided relief. One prover experienced a sensation as if the head was wrapped in cotton wool (18 F 14:XX:XX) or under water (18 F 14:XX:XX). There was also a sensation of heaviness of the head.

### **5.3.4 EYE AND VISION**

Provers experienced itchiness (06 F 06:XX:XX), dryness (24 F 13:XX:XX) and scratchiness in the eyes. Eyes felt gritty (07 F 34:XX:XX), as if there was sand in them (07 F 31:XX:XX). There was also pronounced burning (18 F 11:XX:XX) and rawness (28 M 06:XX:XX), and provers' eyes appeared puffy (07 F 31:XX:XX), red and bloodshot (29 M 05:XX:XX). There was a strong aggravation from any form of light (24 F 02:XX:XX): sunlight (20 F 00:XX:XX), artificial light (24 F 08:XX:XX), light from a computer screen (16 M 00:XX:XX) or from a camera flash (19 M 04:XX:XX). One prover experienced a blurriness or haziness of vision (21 M 15:XX:XX).

### **5.3.5 NOSE**

Provers experienced itchiness (06 F 17:XX:XX, 15 F 00:00:05) in the nose, as well as dryness (29 M 01:XX:XX). There was a burning (05 F 04:XX:XX) tickling feeling (18 F 08:XX:XX), as if there was pepper in the air (07 F 00:02:30), or as if irritated by chlorinated water (28 M 01:XX:XX). There was sneezing (07 F 00:01:30, 15 F 00:00:05, 22 F 00:XX:XX). The discharge was clear (18 F 08:XX:XX, 29 M 23:XX:XX), profuse (28 M 05:XX:XX) or in one case sticky (20 F 04:XX:XX). Sinuses felt dry (29 M 00:XX:XX), burning (10 F 01:XX:XX) and itching (14 F 00:XX:XX).

### **5.3.6 FACE**

Provers experienced dryness (28 M 07:XX:XX) and cracking (18 F 03:XX:XX) of the lips. One prover developed an eruption similar to a fever blister above the lip (13 F 01:03:45). There was also a dry scaly eruption on the eyelids (18 F 14:XX:XX).

### **5.3.7 MOUTH**

Provers experienced dryness of the mouth (11 M 00:XX:XX, 21 M 11:XX:XX) accompanied by increased thirst (06 F 03:XX:XX, 21 M 02:XX:XX). The opposite symptom of increased salivation was also noted (14 F 00:XX:XX, 18 F 04:XX:XX). One prover had a sandy taste in the mouth (21 M 01:XX:XX). Provers developed ulcers on the tongue, at the tip (06 F 06:XX:XX, 07 F 21:XX:XX) or lateral aspect (07 F 03:XX:XX). There was a sensation as if the tongue had been scalded (06 F 06:XX:XX, 07 F 21:XX:XX). There was also pain in the region of the hard palate (07 F 21:XX:XX). One prover had tightness of the left jaw (22 F 00:XX:XX) with a blocked sensation of the ear.

### **5.3.8 THROAT**

Provers experienced difficulty in swallowing (06 F 02:XX:XX). There was a sensation of a dry throat (16 M 01:07:00, 28 M 07:XX:XX). Provers experienced throat pain, which was sharp (06 F 00:01:00), raw, or burning (10 F 01:XX:XX). There was tickling (13 F 04:XX:XX) and itching (29 M 26:XX:XX) in the throat. There were various sensations of something stuck in the throat (13 F 04:XX:XX), of a lump in the throat (06 F 02:XX:XX), or adherent to the

throat (18 F 04:XX:XX), or of a mucous plug (06 F 00:01:15) which needed clearing (13 F 03:XX:XX).

### **5.3.9 STOMACH**

There was a strong influence on the gastro-intestinal tract. Many provers experienced a marked increase in thirst (13 F 02:XX:XX, 14 F 01:XX:XX, 18 F 02:XX:X, 24 F 21:XX:XX), with a sensation of a dry mouth (06 F 03:XX:XX, 21 M 02:XX:XX). Provers experienced a big increase in appetite (24 F 07:XX:XX) with hunger pains (06 F 08:XX:XX) or continuous nibbling (17 F 00:XX:XX, 22 F 08:XX:XX). Others experienced a decreased appetite (18 F 02:XX:X, 30 F 02:XX:XX) with easy satiety (30 F 06:XX:XX).

Provers experienced nausea (06 F 05:XX:XX, 13 F 01:XX:XX). The nausea was aggravated by driving (06 F 11:XX:XX, 30 F 04:XX:XX) and flying (30 F 00:XX:XX). It was experienced after eating (06 F 05:XX:XX, 13 F 01:XX:XX), or relieved temporarily by eating (30 F 02:XX:XX).

There was a tendency toward somatisation of negative emotions leading to nausea and stomach pain (06 F 11:XX:XX). Anxiety was also experienced as tension in the solar plexus (03 M 01:XX:XX, 16 M 24:XX:XX) or bubbles in the stomach (21 M 13:XX:XX). There was also a sensation of hollowness or emptiness in the stomach (18 F 01:XX:XX, 29 M 20:XX:XX), as if filled with air (21 M 16:XX:XX).

Heartburn was experienced by provers (16 M 00:XX:XX, 20 F 01:XX:XX), with retrosternal burning like hot coals (18 F 08:XX:XX). There was an aggravation after eating (15 F 04:XX:XX). The sensation rose up in the oesophagus (29 M 12:XX:XX), causing scalding (20 F 05:XX:XX). It was accompanied by indigestion, bloating and stomach cramps (20 F 01:XX:XX, 28 M 01:XX:XX, 28 M 09:XX:XX). Stomach pain was relieved by pressure (29 M 12:XX:XX) or bending double (29 M 20:XX:XX, 29 M 27:XX:XX).

### **5.3.10 ABDOMEN**

Provers experienced lower abdominal or suprapubic pain (13 F 18:XX:XX). The pain was compared to that of a bladder infection (06 F 02:XX:XX, 07 F 06:XX:XX). Female provers experienced premenstrual lower abdominal pain, and pain in the region of the ovaries (06 F 17:XX:XX), both on the left (06 F



17:XX:XX) and on the right (15 F 00:00:10). Pain was experienced as stitching or stabbing (16 M 16:XX:XX, 18 F 01:XX:XX). Pain was also cramping, coming in waves (07 F 06:XX:XX, 18 F 01:XX:XX), or burning (06 F 02:XX:XX), like hot coals or burning water (18 F 01:XX:XX). Pain was relieved by bending forward (18 F 01:XX:XX) or bending double (13 F 02:XX:XX, 13 F 18:XX:XX, 18 F 01:XX:XX ) and by warmth (13 F 02:XX:XX). There was much bloating (13 F 02:XX:XX, 18 F 00:09:10, 21 M 02:XX:XX) and flatulence (18 F 04:XX:XX, 20 F 04:XX:XX, 20 F 10:XX:XX, 28 M 04:XX:XX). There was also a hollow, empty sensation (18 F 01:XX:XX, 18 F 17:XX:XX).

### **5.3.11 RECTUM AND STOOL**

There was an increase in the amount of rectal flatus (06 F 09:XX:XX, 24 F 16:XX:XX, 28 M 02:XX:XX, 28 M 03:XX:XX). Flatus was noisy (18 F 02:XX:XX, 20 F 04:XX:XX) and smelly (20 F 04:XX:XX, 28 M 01:XX:XX), like animal manure (07 F 00:XX:XX) or meaty (28 M 00:XX:XX). Provers experienced absence of the urge to defecate (16 M 01:XX:XX) or ineffectual urging (20 F 06:XX:XX, 28 M 01:XX:XX) and constipation (28 M 02:XX:XX). There was a tendency to diarrhoea (18 F 16:XX:XX) with a loose (07 F 00:02:00, 20 F 04:XX:XX), soft (20 F 04:XX:XX, 24 F 10:XX:XX, 28 M 02:XX:XX) stool. Passing stool provided relief (20 F 04:XX:XX, 28 M 02:XX:XX). There was also the opposite tendency to constipation with hard dry small stools (28 M 07:XX:XX), like raisins (18 F 01:XX:XX), which were difficult to pass (18 F 01:XX:XX, 18 F 02:XX:XX).

### **5.3.12 BLADDER, URETHRA AND URINE**

There was burning suprapubic pain compared to that of a bladder infection by provers (06 F 02:XX:XX). There was a sensation of a full bladder (07 F 06:XX:XX). Provers experienced increased urination (18 F 12:XX:XX, 20 F 06:XX:XX) with constant urging (18 F 01:XX:XX). Urine was hot and viscid (20 F 00:01:45). Prover 20 experienced urinary incontinence (20 F 02:XX:XX, 20 F 06:XX:XX) which was worse sneezing, coughing, or movement (20 F 03:XX:XX).

### **5.3.13 FEMALE GENITALIA / SEX**

Female provers experienced changes in the normal menstrual cycle and the character of the flow. There was an absence of their normal dysmenorrhoea (13 F 21:XX:XX, 17 F 15:XX:XX, 30 F 02:XX:XX), and normal pre-menstrual discomfort (14 F XX:XX:XX, 30 F 02:XX:XX). Menstrual pain was experienced as heavy (18 F 01:XX:XX), bearing down (18 F 30:XX:XX) as if the insides were going to come out (30 F 03:XX:XX), or lower pelvic cramping (22 F 09:XX:XX). There was also pain in the ovarian region (06 F 16:XX:XX, 15 F 01:XX:XX). Flow was lighter than normal (13 F 25:XX:XX, 17 F 15:XX:XX, 18 F 14:XX:XX, 30 F 04:XX:XX), dark (17 F 15:XX:XX, 18 F 14:XX:XX), fluid (18 F 30:XX:XX), with an absence of clots (15 F 02:XX:XX, 17 F 15:XX:XX, 30 F 04:XX:XX).

There was also a dark, muddy brown, sandy leucorrhoea (13 F 13:XX:XX). Both male (16 M 12:XX:XX, 28 M 01:XX:XX) and female (07 F 33:XX:XX) provers experienced an increase in libido.

### **5.3.14 CHEST**

Provers experienced fluttering (20 F 01:XX:XX) or palpitations (24 F 04:XX:XX) in the chest. This was associated with a fear of death (24 F 04:XX:XX), and one prover had palpitations during a panic attack (14 F 13:XX:XX). Palpitations were experienced on pausing or on lying down (20 F 02:XX:XX). There was a sensation of being short of breath (24 F 00:XX:XX). One prover had a sensation of constriction, as if a rope was being tightened around the chest (18 F 03:XX:XX). The ribcage felt bruised and tender (24 F 01:XX:XX), and there was burning parasternal pain as if fingers were dug into the chest (14 F XX:XX:XX).

There was sensitivity of the left breast (14 F XX:XX:XX). Prover seven had pain in the left breast resembling that of mastitis (07 F 35:XX:XX), which was worse for any movement including expiration, and better for support of the breast. It was accompanied by fever and rigors.

### **5.3.15 NECK AND BACK**

There was muscle tension (05 F 02:XX:XX), pain and stiffness of the neck (21 M 12:XX:XX). Lumbar back pain was experienced, which was described as

sharp shooting (06 F 00:05:20), stabbing (26 M 10:XX:XX ), as if pulled or stretched (16 M 03:XX:XX), or a tight stiff strained pain (29 M 03:XX:XX, 29 M 05:XX:XX, 29 M 18:XX:XX). The pain was aggravated by movement or a change in position, especially moving off centre (26 M 10:XX:XX ), leaning forward (16 M 03:XX:XX), reaching or bending forward or over (26 M 10:XX:XX, 28 M 07:XX:XX). It was relieved by lying down (28 M 12:XX:XX) and by a bath (28 M 07:XX:XX). There was stiffness of the lower back (20 F 05:XX:XX) relieved by movement (20 F 05:XX:XX, 29 M 03:XX:XX).

### **5.3.16 EXTREMITIES**

Provers experienced weakness (05 F 00:XX:XX, 28 M 01:XX:XX), tiredness (28 M 01:XX:XX) and heaviness (21 M 00:21:00, 21 M 06:XX:XX) of limbs. There was tightness and stiffness of the neck (05 F 02:XX:XX, 29 M 15:XX:XX), shoulders (06 F 07:XX:XX) and upper extremities (21 M 22:XX:XX), as well as the calves (29 M 24:XX:XX) and the hamstrings (29 M 14:XX:XX). Stiffness was relieved by stretching. There was cramping of the calves (21 M 14:XX:XX, 27 M 14:XX:XX).

Pains in the joints were experienced strongly. Joints affected were the predominantly the fingers (18 F 10:XX:XX, 18 F 19:XX:XX, 27 M 11:XX:XX, 28 M 08:XX:XX), wrists (27 M 08:XX:XX, 29 M 09:XX:XX), toes (20 F 05:XX:XX, 29 M 25:XX:XX) and ankles (26 M 02:XX:XX, 27 M 11:XX:XX), and also the shoulders (29 M 08:XX:XX) and knees (29 M 21:XX:XX). The pain was experienced as a deep ache (18 F 19:XX:XX), a stabbing pain (29 M 25:XX:XX), or a tight stiff pain (27 M 27:XX:XX, 29 M 21:XX:XX).

There was dryness and itching (13 F 10:XX:XX, 18 F 04:XX:XX, 29 M 20:XX:XX) of the extremities. Provers developed blisters on the toes (18 F 17:XX:XX) and eruptions around the ankles (20 F 10:XX:XX).

Prover 28 also experienced lightness of the body (28 M 00:XX:XX) and a sensation as if wading through water.

### **5.3.17 SLEEP**

Provers experienced a change in their sleep cycle. Sleep was restless (18 F 03:XX:XX, 22 F 05:XX:XX) and broken (16 M 06:XX:XX), with tossing and turning (21 M 07:XX:XX). Provers woke often (18 F 13:XX:XX, 21 M

08:XX:XX) or remained aware of their environment (18 F 07:XX:XX, 20 F 05:XX:XX). Two provers, who normally sleep badly, experienced deep restful dreamless sleep as a cured symptom (14 F 03:XX:XX, 29 M 02:XX:XX). Many provers experienced overwhelming sleepiness (03 M 01:XX:XX, 04 M 00:XX:XX, 22 F 05:XX:XX ) or tiredness (07 F 25:XX:XX, 15 F 04:XX:XX, 18 F 03:XX:XX, 30 F 00:XX:XX) during the day. There was also difficulty waking up in the morning (06 F 04:XX:XX, 07 F 07:XX:XX, 27 M 08:XX:XX, 30 F 01:XX:XX) with a strong desire to remain in bed (06 F 05:XX:XX, 14 F 13:XX:XX).

Prover 21 had excessive yawning with a feeling as if the mouth were too small to accommodate the yawn (21 M 09:XX:XX).

### **5.3.18 DREAMS**

Certain themes emerged in the dreams that provers had. There was a theme of deceit (16 M 12:XX:XX, 18 F 13:XX:XX , 27 M 04:XX:XX) and mistakes (11 M 02:XX:XX). There were dreams of embarrassment (04 M 04:XX:XX, 13 F 07:XX:XX), guilt (13 F 09:XX:XX, 16 M 04:XX:XX) and being unprepared (07 F 06:XX:XX), as well as of inappropriate sexuality (04 M 10:XX:XX, 13 F 09:XX:XX, 16 M 12:XX:XX, 24 F 18:XX:XX).

There were dreams about home, confusion about whose home it was (07 F 02:XX:XX), disorder and dysfunctionality at home (18 F 04:XX:XX). The theme of travelling emerged, with dreams of driving (11 M 02:XX:XX), riding on a bicycle, even travelling in a pram (11 M 02:XX:XX). Provers dreamt about ships (17 F 01:XX:XX, 18 F 11:XX:XX , 21 M 06:XX:XX) and spaceships (27 M 04:XX:XX).

Provers dreamt of old friends (16 M 24:XX:XX) and old business colleagues (10 F 00:XX:XX, 11 M 01:XX:XX). There were dreams about communication and difficulties and frustration therewith (11 M 08:XX:XX, 16 M 17:XX:XX, 18 F 13:XX:XX).

There were dreams about rescuing and protecting animals (16 M 19:XX:XX, 24 F 10:XX:XX), and also dreams in which the object of protection was in some way deformed (24 F 09:XX:XX, 24 F 10:XX:XX). This tied up with the theme of deformity in other dreams (16 M 24:XX:XX, 24 F 05:XX:XX). There were dreams of cats (16 M 19:XX:XX) and snakes (07 F 12:XX:XX, 07 F

XX:XX:XX), with a feeling that the snakes were in some way protecting the prover (07 F XX:XX:XX).

There were dreams of pursuit: being pursued by dinosaurs (13 F 04:XX:XX), bears (14 F 08:XX:XX), the police (21 M 14:XX:XX) or murderers; or pursuing snakes (07 F XX:XX:XX). Provers strove to outwit the pursuer, as different pursuers required different techniques (13 F 04:XX:XX), and then tried to teach others how to escape (13 F 09:XX:XX). There were dreams of others in trouble and being involved in their protection (24 F 14:XX:XX). There were also dreams of attack (18 F 11:XX:XX), of rape (24 F 01:XX:XX), and of war (16 M 13:XX:XX, 27 M 12:XX:XX, 28 M 02:XX:XX). One prover dreamt of being poisoned by a liquid causing suffocation (21 M 11:XX:XX).

### **5.3.19 SKIN**

There was a lot of dryness of the skin – of the lips (14 F 05:XX:XX , 18 F 18:XX:XX), on the face (28 M 04:XX:XX) arms and legs (18 F 04:XX:XX) and feet (18 F 06:XX:XX). Provers noticed itchiness of the skin – on the back (19 M 04:XX:XX), chest (22 F 08:XX:XX), arms (18 F 04:XX:XX), hips (26 M 01:XX:XX), legs (18 F 10:XX:XX, 29 M 20:XX:XX) and feet (13 F 10:XX:XX). Prover 17 described the skin as dry and lizard-like (27 M 02:XX:XX), prover 28 noticed that the facial skin was coarse like sandpaper (28 M 00:XX:XX), prover 29 described a tight feeling of the skin as if it had been in the sun for too long (29 M 10:XX:X).

There was an eruption above the lips resembling a cold sore (13 F 01:03:45). The face was affected with a break-out of pimples (20 F 08:XX:XX, 24 F 16:XX:XX). There were eruptions around the ankles with heat and swelling (20 F 10:XX:XX), and red maculo-papular eruptions on the arms (18 F 11:XX:XX). Old scars felt inflamed and the surrounding skin was red (27 M 04:XX:XX). One prover developed a red lesion resembling an insect bite on the chest (22 F 02:XX:XX). This echoed redness, swelling and itching of the leg 'as if bitten by an insect' (29 M 20:XX:XX).

### 5.3.20 GENERALS

Some provers experienced an increase in energy levels (03 M 06:XX:XX, 20 F 01:XX:XX, 22 F 04:XX:XX) with an increased ability to do physical activity (17 F 00:XX:XX), or an urge to get things done (20 F 02:XX:XX). Others experienced sharply decreased energy levels with exhaustion (06 F 04:XX:XX, 07 F 06:XX:XX, 16 M 02:XX:XX, 27 M 07:XX:XX, 30 F 00:XX:XX). There was a change in subjective experience of body temperature. Provers felt hot (27 M 00:XX:XX) and bothered (26 M 07:XX:XX), preventing sleep at night (27 M 02:XX:XX, 27 M 14:XX:XX). Provers suffered from hot flushes (18 F 02:XX:XX, 18 F 08:XX:X) to the face (20 F 01:XX:XX) and chest (27 M 27:XX:XX), even if hands and feet were cold (06 F 09:XX:XX).

There was a marked aggravation on waking (05 F 04:XX:XX, 06 F 09:XX:XX, 18 F 02:XX:XX, 20 F 03:XX:XX, 21 M 02:XX:XX, 24 F 05:XX:XX) and also in the morning and evening between five and seven (13 F 03:XX:XX).

There was a craving for salty (21 M 22:XX:XX, 27 M 19:XX:XX), savoury (13 F 03:XX:XX, 20 F 01:XX:XX) food and a desire for red meat (20 F 01:XX:XX, 21 M 06:XX:XX, 21 M 09:XX:XX). There was a craving for alcohol (21 M 17:XX:XX), specifically red wine (21 M 06:XX:XX), although an aggravation from sherry was noted (20 F 00:XX:XX).

Provers 20 and 21 developed a strong aversion to tobacco smoke (20 F 02:XX:XX, 21 M 08:XX:XX, 21 M 14:XX:XX). Prover 20 was aggravated by exposure to tobacco smoke (20 F 02:XX:XX, 20 F 03:XX:XX).

Patients experienced an amelioration of symptoms during a thunderstorm (28 M 05:XX:XX), and in cloudy overcast weather (28 M 05:XX:XX), although there was emotional resistance to rainy 'miserable' weather (04 M XX:XX:XX, 15 F 04:XX:XX).

Patients experienced an aggravation from driving (06 F 11:XX:XX, 06 F 17:XX:XX, 14 F 13:XX:XX, 15 F 04:XX:XX). One prover felt an increase in static electricity (13 F 07:XX:XX). Prover 27 had a desire to go swimming (27 M 05:XX:X), while prover 28 had an amelioration of symptoms after swimming in a salted pool (28 M 03:XX:XX).

## 5.4 ANTIDOTE

In the event that any signs and/or symptoms attributed to the proving substance, (whether mental, emotional or physical in nature), cause excessive discomfort for the prover, the following methods of antidoting the effects of the remedy exist (Kerschbaumer, 2004):

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

Many provers experienced symptoms which were of a mild or transitory nature, or did not disturb the prover to the degree where they felt the remedy needed to be antidoted. However, prover 7 was affected to the extent that she produced strong ongoing symptoms for two months after the remedy. Finally, four months after starting the proving, prover 7 required antidoting. Her symptoms included ulceration of the tongue, dry lips, pain in the hard palate, and extreme emotional lability. *Naja mossambica 30ch* was administered, which provided rapid relief of all symptoms.

## 5.5 POSSIBLE CLINICAL CONDITIONS

The symptomatology produced by *Hemachatus haemachatus* indicates that it may be useful in the following clinical applications:

- Depression
- Anxiety
- Allergic rhinitis
- Pharyngitis and tonsillitis
- Aphthous ulceration

- Heartburn
- Gastro-intestinal disturbances such as Irritable Bowel Syndrome
- Rheumatism
- Lumbar back pain
- Dry, scaly itchy skin eruptions
- Menopause

## 5.6 MIASMATIC ANALYSIS

*Hemachatus haemachatus* produced symptoms which are characteristic of the sycotic miasm in homeopathy. In the mind, it produced feelings of inadequacy, embarrassment, humiliation, feelings of being stuck, avoidance of company and the withdrawal to a quiet, private space, repetitive thoughts, feelings of inadequacy and not being able to cope, avoidance of responsibility, depression and lethargy. These themes are echoed in the dreams, and there were also dreams of deceit, of mistakes, of embarrassment, and of being unprepared. Furthermore, there were dreams of intense sexuality, and inappropriate sexuality, with knowledge that there would be disapproval of these tendencies and a tendency to conceal them.

There were also symptoms consistent with the malarial miasm as proposed by Sankaran (2002): intense irritability, especially with inefficiency, resentment to being controlled, feelings of being harassed and persecuted, of being trapped with a need to get out, longing for past relationships, changeability. There were dreams of intense frustration, of harassment, attack, rape, of being stuck in a situation, of protecting others and others being nasty or mean to one. There were dreams of being pursued. Pain was experienced as annoying, irritating. Vesicular skin eruptions were produced.

Sankaran describes the malarial miasm as a combination of the sycotic and the acute miasms. It is thus proposed that *Hemachatus haemachatus* belongs to the malarial miasm.



## **5.7 GROUP ANALYSIS**

### **5.7.1 General characteristics of snake remedies**

Sankaran (2005: 46) gives the following as characteristics of remedies obtained from reptilian, which includes Ophidian, sources:

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

Ross (2007) sees the essential feature of snake remedies as that of polarity within the individual. This polarity exists between the conscious, rational, logical, overt, active, structured, visible qualities; and the emotional, intuitive, creative, esoteric, passive, illogical side. The challenge presented to the individual requiring a remedy made from snake venom is the successful integration of these opposing polarities. Ross uses this insight to explain many of the well-known modalities of snake remedies: the aggravation on going to sleep, during sleep and on waking (transition period between the conscious and unconscious); aggravation in spring and autumn (transition between seasons); aggravation from alcohol which brings out the unconscious and amelioration from coffee which emphasises the rational thought processes; aggravation during pregnancy and menopause (transition periods in a woman's life).

In addition to the emotional aspects emphasized by the two authors above, Thakkar (2007:68) also mentions the following: powerful intensity of emotions;

religiousness or spirituality, anxiety of conscience and conscientiousness; suspicion; quarrelsomeness; aggression; impulsivity; confrontation and territoriality. In the author's note to her book, Thakkar (2007) says that she has found through clinical experience that people requiring snake remedies are 'extremely conscientious, thoughtful, focused, bright and sensitive', and adds that they seem to have 'remarkable control' over their negative emotions.

According to Thakkar (2007: 56), some common physical characteristics of ophidian remedies are:

- Dry, lustreless skin. Tendency to suppuration, boils, acne, psoriasis
- Cutaneous hyperesthesia
- Sense of constriction and aversion to tight clothing around neck and chest
- Dryness of eyes, blurry vision
- Acute sense of smell, or anosmia
- Vertigo
- Warm-bloodedness, with sensitivity to extremes of temperature
- Increased appetite with a tendency to over-eat. Inability to tolerate hunger
- Sluggish digestion, tendency to acid dyspepsia and heartburn
- Respiratory tract complaints, with a tendency to tonsillitis, asthma, bronchitis
- Heart pathology: tachycardia, irregular beats, cardiomyopathy
- Premenstrual breast tenderness, premenstrual syndrome
- Increased sexual desire and a tendency to masturbation

A comparative extraction was done using the RADAR repertory program (ARCHIBEL SA, 2006), in which the rubrics common to *Lachesis muta*, *Naja tripudians*, *Elaps coralinus* and *Bitis arietans arietans* were extracted (Appendix G). This yielded the following common symptoms:

- In the mind: absentmindedness, anxiety, a desire for company, indifference, irritability and sadness.

- Vertigo
- Heaviness of the head, and pain in the forehead
- Epistaxis
- Sensation of a lump in the throat and difficulty in swallowing
- Increased thirst
- Abdominal flatulence and rumbling, and a tendency to constipation
- Painful menses
- Sense of constriction and oppression in the chest, and heart palpitations
- Pain in the cervical region, and rheumatic pain in the extremities
- Coldness of the hands and feet
- Deep sleep, sleepiness
- Weakness

These symptoms are thus common symptoms to the snake remedies used in the comparison in this study. It may be noted that the proving of *Hemachatus haemachatus* produced all the above symptoms, except epistaxis.

In an effort to elucidate the differentiating features of the remedies, a comparative extraction was performed using the rubrics of the Mind section of the repertory (Appendix H). This information was used in the comparison below.

### **5.7.2 *Lachesis muta***

*Lachesis muta* is the Bushmaster of lowland rainforests of Central and South America. It is a pit viper, and its venom is primarily haemotoxic, with additional cytotoxic, neurotoxic and proteolytic properties. *Lachesis muta* is a polychrest in homeopathy, with a wide range of action (Thakkar: 2007). The older homeopathic literature has emphasised negative characteristics of the remedy. Gibson (1987:295) describes a state of emotional instability, restlessness and hypersensitivity, due to the threat of the eruption of repressed emotions and sexuality. He describes instability, alternation of

gloom and fury, apprehensive irritability. There may be anguish and anxiety, which may be unbearable.

*Hemachatus haemachatus* produced emotional lability, with rapid changes in mood. Provers experienced anxiety, a sense of apprehension and a fear that something terrible may happen, to the point of experiencing panic attacks.

Thakkar (2007) identifies home and relationships as the two most important areas for *Lachesis muta*. There is great anxiety and care for relatives and friends, and great sympathy and affection for others. Their involvement with others and their relationships deepen very quickly, and their commitment and care leaves them very vulnerable to hurt and disappointment. The themes of home and friends also featured very strongly in the proving of *Hemachatus haemachatus*. There was a need to organise and sort out personal space, and a desire to go home or remain at home, as it felt the safest place to be. There was intense sympathy for friends and acquaintances in need, and a desire to reconnect with old friends, as well as dreams of old friends and work colleagues. *Lachesis muta* is a remedy for patients whose ailments follow disappointment in love, grief and death of family members. In health, they are communicative, vivacious, affectionate and amorous, craving amusement and entertainment. This relates to feelings of positivity, capability, joy, enthusiasm and elation seen in *Hemachatus haemachatus*, with a carefree, bubbly mood, and enjoyment of the company of friends. *Lachesis muta* becomes argumentative, opinionated, domineering, jealous and suspicious when unbalanced, and in the proving of *Hemachatus haemachatus*, feelings of jealousy and argumentativeness were produced.

*Lachesis muta* displays clairvoyance, and can feel the energy of others. In *Hemachatus haemachatus*, we see sensitivity, vulnerability and provers absorbing the mood of others. There was a feeling of deepened spirituality, of reconnection with themselves, and of transcendence. This contrasts with *Lachesis muta*, who may become very religious, even dogmatic, moralistic or puritan (Vermeulen, 2000), praying fervently (Thakkar, 2007).

*Lachesis muta* sleeps into an aggravation and is aggravated after sleep (Gibson, 1987), with many symptoms being aggravated in the morning on waking. There is a marked tendency to insomnia, especially before midnight (Vermeulen, 2000). Symptoms are predominantly left-sided. Patients are warm-blooded (Vermeulen, 2000). There is an aggravation from the sun, and from heat and humidity, and a tendency to hot flushes. *Lachesis muta* patients crave alcohol but are aggravated by it, and have an aversion to tobacco as well as being aggravated by it (it is one of the remedies listed as useful to increase the disgust for tobacco). All of these symptoms were also produced in the proving of *Hemachatus haemachatus*.

*Lachesis muta* has a particular affinity for the throat, causing tonsillitis/pharyngitis which is left-sided or spreads from left to right. There is a constricted sensation in parts of the body, e.g. a sensation of a lump in the throat, which may be painful and returns after swallowing (Vermeulen, 2000). *Hemachatus haemachatus* produced sharp, raw throat pain with dryness of the mouth and throat. There was also the feeling of a lump in the throat, or something stuck to the tongue or to the sides of the throat.

*Lachesis* produces headaches which are one-sided and spread to the neck and back. Pains may shoot down to the eye, or from the zygoma to the ear, or down the nape to the shoulders (Gibson, 1987). The pain is bursting, pressing and congestive, and is aggravated by motion, heat and after sleep.

The headaches of *Hemachatus haemachatus* were predominantly in the frontal, temporal or occipital areas or around the eyes. They extended from the occiput to behind the eye, or neck to the temple, from the temple to the eye, or from the temples to the teeth. Some headaches extended to or from the neck or back, or were accompanied by neck stiffness or spasm.

Congestive, bursting, pounding head pains were also produced, as well as sharp piercing stabbing pains. Headaches were aggravated by light, while pressure, and icy, cool applications provided relief.

The marked photophobia in *Hemachatus haemachatus*, with itchiness, dryness and scratchiness in the eyes, is also seen in *Lachesis*, which has

intense photophobia with pain, itching, stinging and sensitivity to touch, and a desire to rub the eyes (Gibson, 1987).

*Lachesis muta* produces hard thumping palpitations of the heart, aggravated by lying down, associated with a sense of constriction or tightness of the chest (Gibson, 1987). There are episodes of oppression of the precordium.

*Hemachatus haemachatus* produced palpitations, with anxiety, felt when pausing or lying down. There was a sense of constriction around the chest, and burning parasternal pain as if fingers dug into the chest. In the respiratory system symptoms of *Lachesis*, there is shortness of breath and asthma, with air hunger and an aggravation in a closed stuffy atmosphere. *Hemachatus haemachatus* produced a feeling of shortness of breath.

In the female reproductive system, the most striking symptom of *Lachesis muta* is severe PMS which is markedly ameliorated by the appearance of the menses. Menses is thin, dark, scanty and offensive. Provers taking *Hemachatus haemachatus* experienced irritability and snappiness which was compared to pre-menstrual tension. Menses was dark, fluid, muddy or sandy, with an absence of clots, and a decrease in the usual pain. Both remedies have pain in the ovarian region. During menopause, *Lachesis* patients suffer from hot flushes, headaches, palpitations, dyspnoea, night sweats and severe mood changes (Gibson, 2007). These symptoms were also produced in the proving of *Hemachatus haemachatus*.

Abdominal bloating is common in *Lachesis muta* patients, relieved by loosening the clothes round the waist (Gibson, 1987). There may be much ineffectual urging to stool. Bloating and flatulence were strong features in the proving of *Hemachatus haemachatus*, and there were also other digestive disturbances such as heartburn, abdominal pain, acidity, and constipation. There is a tendency to frequency of urination in both remedies, and in *Hemachatus* there is also lower abdominal pain likened to provers to that of cystitis, and incontinence.

Low back pain in *Lachesis muta*, as if the back was dislocated, is accompanied by weakness, fatigue and trembling. In *Hemachatus haemachatus*, lumbar pain was sharp shooting, stabbing, as if stretched or a tight, stiff, strained pain. The pain was aggravated by movement or a change in position, and was relieved by lying down and by a bath.

### **5.7.3 *Naja tripudians***

*Naja tripudians* is the Indian cobra, a member of the Elapidae, which produces highly neurotoxic venom with hardly any cytotoxic or haemorrhagic effects. Ross (2007) identifies the fundamental conflict in *Naja tripudians* as that between the duty and responsibility they feel due to life circumstances, and their own needs as a human being.

*Naja tripudians* has strong maternal instincts, with a strong sense of duty and dedication toward their children, younger siblings and family members (Thakkar, 2007). Their duty is carried to the point of domination, and they may become bossy, impatient, controlling and dictatorial, which leads to conflict and disappointment, felt intensely by *Naja tripudians*. There are feelings of being disappointed in love, of being neglected, alone and forsaken, not being appreciated and betrayed by the loved one. Thakkar (2007) thus sees this conflict between the anxiety of neglecting their duty, and the apprehension of doing something wrong as the core issues in *Naja tripudians*. This is reflected in dreams of not protecting siblings or children or pets.

Sankaran (1997) says that the qualities of nobility, morality and responsibility seen in *Naja*, are often in conflict with the feeling of being wronged, with anger, malice and an impulse to harm the offending person. The comparative extraction (Appendix H) shows rubrics which support this interpretation.

There is a lack of self-confidence in *Naja tripudians*, with a feeling everything they do is wrong, and that they cannot succeed. There is a tendency to sadness, introspection, and specifically brooding, even over imaginary troubles. There may be thoughts of suicide, and a feeling as though they are

not worthy of the gift of life. *Naja tripudians* has a fear of being alone with a corresponding desire for company, fear of accidents, and fear of death during heart symptoms. *Naja tripudians* patients display mildness and timidity, with a loss of will-power. They are sensitive, secretive and sentimental. There is an alternation in moods. There are delusions that they are being deceived, injured or wronged, and a delusion of being trapped.

*Hemachatus haemachatus* produced feelings of sympathy for others, especially those in need. There were dreams of protecting the weak and abandoned, such as animals or babies. There was however a sense that the object of affection had something wrong with them, either it was deformed or had some offensive disease, and there was a sense of being trapped into looking after it. *Hemachatus* produced much greater irritation than *Naja*, even with members of the family, and there was an aversion to company, with a need to be alone in a quiet, restful, safe space. There was sometimes an effort to control the irritability and concomitant violent impulses, but often provers were snappish, shouting at offenders. Provers experienced a sense of not being good enough, especially in the realm of personal relationships, and easily felt rejected or not appreciated. There was also dwelling on past relationships with a deep sense of longing or yearning for love, and a sense of something or some-one missing in their lives. The lack of self-confidence was also expressed as a feeling of being unable to cope, of not managing. Provers felt sensitive and vulnerable, with a need to be appreciated, to be worth something to the world.

In the proving of *Hemachatus haemachatus* there was a sense of being harassed, picked on, persecuted, and purposefully annoyed. There were dreams of others being mean to them. There was intense frustration with a feeling and dreams of being trapped or stuck, and a need to get out. Irritability was much more marked in *Hemachatus haemachatus*, and this was specifically directed at inefficiency, incompetence, others being slow or slack. The alternation in moods was marked, with moods changing rapidly.



The conflict between duty in responsibility in *Hemachatus haemachatus* manifested in an avoidance of responsibilities, which was coupled with great lethargy and lack of motivation. Responsibilities were perceived to be regarding work, and the aspect of duty toward the family did not arise in the proving.

#### **5.7.4 *Elaps corallinus***

*Elaps corallinus* is the Brazilian coral snake, a member of the Elapidae family. It is known in homeopathy primarily for a few leading or keynote symptoms – a desire to play (in the grass), a need to get into the country away from people, black discharges, a craving for oranges, salads, ice and yoghurt, and dreams of falling (Vermeulen, 2000).

Thakkar (2007) has provided greater insight into the remedy. She identifies a feeling of isolation, of being separate and not belonging to the world as central to the remedy. There is a strong sense of independence, a need for freedom, with an aversion to being domesticated, held back or obstructed. *Elaps* displays intolerance to the pretence, dishonesty and lies of humanity, an inability to live in the city for too long, and a deep connection with nature and the outdoors. They are critical of themselves and others, and intolerant of others who are unaware and careless, hurting others because they are not mindful of their actions. They may feel rage, as of the blood boils, with a need to shriek or break things, together with a fear of losing control. *Elaps* may also be fastidious, and particular about cleanliness and order.

The comparative analysis in RADAR (Appendix H) identified some emotional characteristics unique to *Elaps corallinus*. There is a strong aversion to company, they cannot bear even the sight of anybody, with a need to get into the countryside away from people. At the same time, there is a fear of being alone, due to a fear that something may horrible happen. There is moroseness and taciturnity, and a tendency to sit wrapped in thought, dwelling on past disagreeable occurrences. There is anger and irritability, felt especially when disturbed or spoken to.

*Hemachatus haemachatus* produced intense irritability, but this was caused by perceived inefficiency, incompetence and poor planning. There was disgust with hypocrisy. There was anger with violent impulses to harm the offender – to punch them in the face, or rip their heads off, but these were controlled, and frustration was mostly vented by shouting. There were feelings of frustration, and of being deliberately harassed or picked on. Provers had a feeling of being trapped, and a need to get outside, into nature or go for a walk on a field.

*Hemachatus haemachatus* displayed an aversion to company and a need to be alone, in a quiet restful space, but home was identified as that safe space, and provers retreated to their homes or rooms to pursue their own interests. Provers experienced a sense of anxiety, as if something bad, such as an accident, might happen, or as if something was just not quite right. There was a fear of driving, a sense of danger on the roads, even dreams of a massive accident.

The playfulness seen in *Elaps corallinus* is echoed in the carefree, bemused, happy, bubbly feelings of *Hemachatus*, the enjoyment of the company of friends and the irritation felt by one prover at that fun being spoiled by a member of the group. Joyfulness, vivacity and a desire for entertainment seem, however, to be qualities common to all the snake remedies.

#### **5.7.5 *Naja mossambica***

*Naja mossambica* is the Mozambican Spitting Cobra, an Elapid indigenous to the north-eastern parts of South Africa, Zimbabwe and Mozambique. The proving by Smal and Taylor (2004) produced symptoms in the mind section which are very similar to those produced by *Hemachatus haemachatus*. *Naja mossambica* has the symptoms alertness, mental clarity, increased focus and concentration. There is increased energy and enthusiasm and motivation to get things done. Provers felt carefree, relaxed and light-hearted. There were

feelings of not caring about tests and work, just wanting to have fun. Very similar feelings were seen in the *Hemachatus haemachatus* proving.

In *Naja mossambica*, we see heightened emotions, even emphasized to the extreme, with mood swings and a sense of being unbalanced. Provers felt somewhat manic and mad, with bouts of uncontrollable laughter and giggling and acting in a silly manner. There was restlessness and hyperactivity, a feeling of being rushed. While *Hemachatus haemachatus* also produced sudden changes in mood, the unbalanced, manic quality was absent.

In *Naja mossambica* there was a feeling of being spaced out, light-headed, dazed or stoned, which seems similar to the spaced-out feeling of *Hemachatus haemachatus*, which had the feeling 'as if taken tranquilizing drugs'. There was however a spiritual element of transcendence, of reconnecting to themselves or of observant spaciousness in *Hemachatus haemachatus*, while in *Naja mossambica* the feeling seems more out of control and dazed.

In *Naja mossambica* there is anxiety and feelings of being overwhelmed and not able to cope. There was depression, a feeling of being low, and anti-social feelings. Similar emotions were experienced by provers in the *Hemachatus haemachatus* proving. Depression was also described as a feeling of being low or flatness. Both remedies show tiredness and lethargy and a lack of motivation, perhaps more strongly seen in *Hemachatus haemachatus*.

While there was a need for private space in *Hemachatus haemachatus*, we also see an effort to connect with old friends, and dreams of old friends and work colleagues. The sentimental longing or yearning seen in *Hemachatus haemachatus*, as well as the sense of vulnerability and insecurity, was absent in *Naja mossambica*.

*Naja mossambica* produced irritability and frustration, with a desire to just be at home by themselves, a need for space and quietness. The irritability was directed at family, and everything they did irritated provers. It was also felt

towards authoritative people pushing them around, as well as when driving. The irritability produced by *Hemachatus haemachatus* was more central to the proving, as it was experienced more intensely by a greater number of provers. It was either causeless or triggered by trifles, or specifically felt in response to incompetence, inefficiency and poor planning; on the road towards incompetent drivers; when provers felt harassed by others; or when they felt emotionally hurt or neglected.

There were many similarities in the dreams of the two remedies: dreams of fighting, being bothered or harassed by a man and then punching or attacking him, attack on one's house, ships, strange but familiar places, sleeping or bathing in excrement, rescuing animals, vivid dreams, frustrating dreams about difficulties in communication, dreams of snakes, being pursued, being stuck.

Physically, there are many points of similarity between the two remedies. *Naja mossambica* has feelings of lightness of the head, as well as light-headedness. *Hemachatus haemachatus* also has vertigo, and a feeling of heaviness of the head, as well as various strange sensations: as if the head wrapped in cotton wool, made of feathers, or is under water. The headaches of *Naja mossambica* were felt in the forehead and temple, those of *Hemachatus* in the frontal, temporal or occipital areas or around the eyes. Many headaches in *Hemachatus haemachatus* extended from one area to another: from the occiput to behind the eye, or from the neck to the temple, from the temple to the eye, or from the temples to the teeth. Some headaches extended to or from the neck or back, or were accompanied by neck stiffness or spasm.

Both remedies affect the eyes. *Naja mossambica* caused burning, redness, marked swelling, difficulty in focusing and even purulent discharge from the eyes, while in *Hemachatus haemachatus*, itchiness, scratchiness, a gritty feeling and photophobia predominated. Both remedies caused sneezing and coryza, as well as dryness of the mouth and lips, and a tendency to formation of vesicles in the mouth. Both remedies caused sore throat –sharp raw

scratchy pain in *Hemachatus haemachatus*, scratchiness in *Naja mossambica*. Both have the sensation of a lump in the throat, which we saw earlier is a common symptom in snake remedies.

Both remedies have increased thirst and an increase in appetite. *Naja mossambica* had intense cramping in the stomach and abdomen, with mild symptoms of nausea and flatulence. *Hemachatus haemachatus* produced cramping, heartburn and marked nausea in the stomach; and cramping, burning or stabbing lower abdominal pain, and much flatulence. The lower abdominal pain produced by *Hemachatus haemachatus*, likened to probers to that of cystitis, the urinary frequency and incontinence, and the hot and viscid urine, were absent in *Naja mossambica*.

Both remedies produce pain in the ovarian region. *Hemachatus* has dark red, almost black menses, with an absence of clots and pain, *Naja mossambica* has scanty menses, late in appearing, also with decreased pain. *Hemachatus haemachatus* showed increased libido in both sexes, not mentioned in *Naja mossambica*.

*Naja mossambica* produced sharp pains in the chest, while *Hemachatus* had a sense of constriction, or a burning pain as if fingers dug into the chest. Both remedies have painful enlargement of axillary lymph nodes. The symptoms corresponding to mastitis seen in *Hemachatus* were absent in *Naja mossambica*. Low back pain and pain in the extremities were present in both, but more strongly so in *Hemachatus haemachatus*. Itchy, dry skin, with eruptions and redness, was also a more pronounced feature of *Hemachatus haemachatus*.

Both remedies had an increase in body temperature, with probers feeling hot. In *Hemachatus haemachatus*, it was experienced particularly at night, preventing sleep, and there were also flushes of heat to the face. Sleep was either restless and disturbed or deep, in both remedies. The intense lethargy and sleepiness seen in *Hemachatus haemachatus* was not as pronounced in *Naja mossambica*.

### 5.7.6 *Bitis arietans arietans*

*Bitis arietans arietans* is the Puff Adder, Africa's largest viper, responsible for most snake bites in Africa. The venom is haemolytic and cytotoxic. Wright conducted a proving of the venom in 1998.

The feeling of being spaced-out and disconnected was prominent in the *Bitis arietans arietans* proving. Provers felt intoxicated, trippy, or stoned. There was difficulty in concentrating during conversation or attempting to think, read or write, and easy distraction. Similar sensations were seen in *Hemachatus haemachatus*. Provers taking *Bitis arietans* felt removed from reality, with everything seeming unreal, even feeling disconnected from themselves, while in *Hemachatus haemachatus* there was a feeling of reconnecting with their spiritual side. The sensation of 'cotton wool in the head' seen in *Hemachatus haemachatus* was also experienced in the *Bitis arietans* proving. Both remedies have clumsiness and a tendency to drop things, trip or bump into things.

Lethargy and laziness were prominent symptoms in both provings, as well as depression and feelings of downness. Provers taking *Bitis arietans arietans* felt sensitive to the opinion of others, and feelings of being socially left out were experienced. Strong feelings of being socially embarrassed and humiliated were experienced by one prover taking *Hemachatus haemachatus*. We also see strong feelings of not being good enough, specifically in the realm of relationships. The sadness and yearning for love, dwelling on past relationships, sense of someone missing in their lives, and the dreams of old friends and acquaintances in *Hemachatus haemachatus*, are echoed in the sad, sentimental thoughts of the past of *Bitis arietans arietans*. In *Bitis arietans arietans* there was some anxiety, which was specifically felt while driving, to the point of panic attacks, which is also a feature of *Hemachatus haemachatus*.

There was an urge to clean and tidy and a need for order in *Bitis arietans arietans*, but in *Hemachatus haemachatus* the impulse was stronger, with

energy to get things at home sorted out and do major home improvements. The feature of retreating to the home or private room, seen as a quiet, restful, safe space, so prominent in the *Hemachatus haemachatus* proving, was absent in *Bitis arietans arietans*.

Provers experienced irritability in the *Bitis arietans arietans* proving, which was worse in crowds or groups of people, and also felt when relatives were staying in the family home. This is similar to the irritation felt in the *Hemachatus haemachatus* proving, when friends of provers' parents, or children of acquaintances, were in the home. Irritation was however a much more prominent feature of *Hemachatus haemachatus*, specifically felt in response to incompetence, inefficiency and poor planning; on the road towards incompetent drivers; when provers felt harassed by others; or when they felt emotionally hurt or neglected. Sometimes it was causeless or triggered by trifles.

There are similarities in the dreams produced in the two provings. Both have dreams of pursuit, of escaping, of snakes, of children and babies connected to violence, and ambiguous or inappropriate sexuality. There was a dream in *Bitis arietans arietans* which is similar to a dream in both *Naja mossambica* and in *Hemachatus haemachatus*. It involves being in a swimming pool with a male, and spending time with or being pursued by him, even though the prover doesn't particularly like him.

*Bitis arietans arietans* produced a decrease in energy, tiredness and lethargy. Stiffness was a prominent feature. Provers became more chilly and cold-sensitive, the opposite of the heat and hot flushes of *Hemachatus haemachatus*. A sensation of being charged, with increased static electricity, was a feature of both remedies.

*Bitis arietans arietans* produced throbbing congested headaches, occipital, temporal or behind the eyes, and a heavy feeling of the head was prominent. The eyes were affected much less than in *Hemachatus haemachatus*: eyes

felt tired, overstrained and slightly itchy. Vision was blurred with difficulty in focusing. Mouth and lips were dry, but no blister formation was noticed.

Appetite was mostly decreased with *Bitis arietans arietans*. There is abdominal cramping and a marked increase in flatulence, similar to *Hemachatus haemachatus*. There was urgent desire to pass stool in *Bitis arietans arietans*, followed by another loose stool some half an hour later, and also some ineffectual urging. Female provers experienced heavier than normal menses, with dark clots, which came on too early and without the normal warning signs. In *Hemachatus haemachatus*, menses tended to be dark, fluid, lighter than normal, with an absence of clots, and generally a decrease in the usual pain, but with pain in the ovarian region.

Respiration was affected more in *Bitis arietans arietans*, with symptoms similar to asthma produced. Stiffness of the back, neck and extremities was a marked feature. The pain in smaller joints of hands, feet, wrists and ankles seen in *Hemachatus haemachatus*, was not as pronounced. Sleep was less restless and broken than that of provers taking *Hemachatus haemachatus*.



## CHAPTER SIX

### 6. CONCLUSIONS AND RECOMMENDATIONS

#### 6.1 CONCLUSIONS

The homoeopathic drug proving of *Hemachatus haemachatus* 30ch produced a variety of mental, emotional and physical symptoms. *Hemachatus haemachatus* shows the potential to be clinically useful in treating patients presenting with similar symptomatology. It is hoped that clinical application of the remedy will provide verification of these indications.

The comparative analysis of the symptoms of *Hemachatus haemachatus* with other remedies derived from snake venom used in homeopathy, confirmed the close similarity between remedies from these sources. It is hoped that as clinical information becomes available for the remedies more recently proven, the differentiating features will become clearer.

#### 6.2 RECOMMENDATIONS

##### 6.2.1 Prover Group

Hahnemann (1982) emphasised that provers must be diligent, honest, reliable and conscientious. Many homeopaths feel that the attention of the prover is crucial to the success of a proving (Scholten, 2007) (Sherr, 1994) (Vithoulkas, 1981). The long period over which a proving is conducted, requiring diligence in recording symptoms for a minimum period of five weeks, makes it thus of vital importance to recruit provers who fulfil the above criteria, and who also show high motivation and enthusiasm for the proving. Many provers were recruited from the body of homeopathic students, and it was noted that they made sensitive and self-aware provers who contributed greatly to the development of the remedy picture. Members of the public who participated did not respond to advertisements, and required more detailed personal introduction to the proving process. It is recommended that the advertisements placed to recruit provers should be interesting, inspiring and

motivational. These should also primarily be directed at potential provers who would be inclined to respond to advertisements in the proving context.

Every effort must be made to motivate and inspire provers. It is recommended that in future provings, the researchers draw up a motivational letter, written in a non-academic style, establishing personal rapport with provers. This could serve to explain the proving process in an understandable, motivational manner. The use of inspiring quotes from old masters and modern homeopaths, who have experience in conducting provings, may be appropriate.

### **6.2.2 Supervision of provers**

The value of maintaining constant personal contact throughout the proving process by the supervisors/researchers cannot be over-emphasised. The limiting of the number of provers that each supervisor is responsible for has been recommended by Kerschbaumer (2004) and Moore (2007). The staggering of dates that provers start taking the remedy is also highly recommended to ensure adequate supervision of provers by the researchers.

### **6.2.3 Publication of results**

The results of the proving of *Hemachatus haemachatus* indicate that it may be a remedy useful in homeopathic clinical practice. It is recommended that the results of the proving are published in homeopathic journals, and that the full proving is made available on the internet databases of existing provings. This will allow for the expansion of the clinical use of *Hemachatus haemachatus* and the continuous verification of its therapeutic use.

### **6.2.4 Indigenous substances**

South Africa has a rich variety of indigenous flora and fauna. There is a wealth of plants used for their medicinal or poisonous properties by South African population groups, including the Khoisan, the indigenous Black populations and later the Dutch settlers (Van Wyk, Van Oudshoorn, and Gericke: 1997). South Africa has a unique and rich indigenous flora. The Cape Floral Kingdom has been designated one of the earth's plant kingdoms,

as it hosts 8600 plant species of which 5800 are endemic, in an area of less than 90 000 square kilometres (Cowling and Richardson:1995). The succulent Karoo contains over 6000 species, the world's richest collection of succulents, 40% of which are endemic.

Wright (1994) recommended the proving of indigenous substances for purposes of creating a South African materia medica. Many indigenous substances have subsequently been the subject of homeopathic research at the Durban University of Technology, for example *Sutherlandia frutescens* [Cancer bush] by Kell, Low, Van der Hulst and Webster (2002), *Harpagophytum procumbens* [Devil's claw] by Kerschbaumer (2004), *Naja mossambica* [Mozambican spitting cobra] by Smal and Taylor (2004), *Chamaeleo dilepis dilepis* [Chameleon] by Moore and Pistorius (2007) and *Gymnura natalensis* [Butterfly stingray] by Naidoo and Pather (2008). The researcher also recommends further provings of substances indigenous to South Africa to facilitate the creation of a South African materia medica.

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APPENDIX A

# PROVERS NEEDED



*Samuel Hahnemann*

*Applicants are required to be between the ages of 18 & 60 years, in a general good state of health, and interested in taking part in the Research of a new Homoeopathic remedy at the Durban University of Technology.*



**Please contact:**

**Lize de la Rouviere : 076 160 4199**

**Or**

**Jodi Cahill: 083 946 6439**

**Or**

***Homoeopathic Day Clinic: (031) 2042041***

## APPENDIX B:

### SUITABILITY FOR INCLUSION IN THE PROVING *All information will be treated as strictly confidential*

Surname:

First names:

Sex:

Telephone number:

#### PLEASE CIRCLE THE APPROPRIATE WORD:

1. Are you between the ages of 18 and 60 years? YES/NO
2. Do you consider yourself to be in general state of good health? YES/NO
3. Are you on or in need of any medication?
  - Chemical/Allopathic YES/NO
  - Homeopathic YES/NO
  - Other (e.g. herbal) YES/NO
4. Are you pregnant or nursing? YES/NO
5. Have you had any surgery in the last six weeks? YES/NO
6. Do you use any recreational drugs such as Marijuana, LSD or MDMA (ecstasy) YES/NO
7. Do you consume more than:
  - 2 measures of alcohol per day? YES/NO  
(1 measure = 1 tot/ 1beer/ ½ glass wine)
  - 10 cigarettes per day? YES/NO
  - 3 cups of tea, coffee, herb tea per day? YES/NO
8. If you are between the ages of 18 and 21 years do you have consent from a parent/guardian to participate in this proving? YES/NO
9. Are you willing to follow the proper procedures for the duration of the proving? YES/NO
10. Is English your first language and/or are you fluent in English? YES/NO

This appendix has been adapted from: Wright, C. 1999. *A Homoeopathic Drug Proving of the venom of Bitis arietans arietans*. M. Tech. Hom. Dissertation, Technikon Natal, Durban.

## APPENDIX C

This appendix has been adapted from the proving by Smal (2004) and Taylor (2004) of *Naja mossambica*.

### **INFORMED CONSENT FORM**

(To be completed in duplicate by the prover)

#### **Title of the research project**

A Homoeopathic Drug Proving

#### **Name of the supervisor**

Dr M. Maharaj (M. Tech. Hom.)  
(031) 2042041

#### **Names of the research students**

Lize de la Rouviere and Jodi Cahill

#### **Please circle the appropriate answer:**

1. Have you read the research information sheet? YES/NO
2. Have you had the opportunity to ask questions regarding this proving? YES/NO
3. Have you received satisfactory answers to your questions? YES/NO
4. Have you had an opportunity to discuss this proving? YES/NO
5. Who have you spoken to? \_\_\_\_\_
6. Have you received enough information about this proving? YES/NO
7. Do you understand the implications of your involvement in this proving? YES/NO
8. Do you understand that you are free to withdraw from this proving:
  - a. at any time
  - b. without having to give a reason for withdrawing
  - c. without affecting your future care? YES/NO
9. Do you agree to voluntarily take part in this proving? YES/NO

If you have answered NO to any of the above, please obtain the information before signing.



I \_\_\_\_\_ hereby give consent for the proposed procedures to be performed on me as part of the mentioned research project.

Prover:

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness:

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Researcher:

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## APPENDIX D

### Case History Sheet

This has been adapted from:

Wright, C. 1999. *A Homoeopathic Drug Proving of the Venom of Bitis arietans arietans*. M. Tech. Hom. Dissertation, Technikon Natal, Durban.

Prover number:

**Name:**

**Date of birth:**

**Marital status:**

**Occupation:**

**Sex:**

**Age:**

**Children:**

Past medical history:

Please list all previous health problems and their approximate dates:

Do you have a history of any of the following? (please tick  $\surd$ )

Cancer		Asthma	
HIV		Pneumonia / Chronic bronchitis	
Parasitic infections		Tuberculosis	
Glandular fever		Tendency to suppuration / boils	
Bleeding disorders		Haemorrhoids	
Eczema or skin conditions		Cardiovascular disease	
Arthritic / Rheumatic conditions		Warts	

Surgical history:

Please list any past surgical procedures you have undergone, and the approximate dates.

(Including the removal of tonsils, warts, moles, appendix)

Allergies:

Vaccinations (Including any reaction to them):

Medication (Including supplements):

Estimation of daily consumption of:

Alcohol:

Cigarettes:

Family history:

Is there a history of any of the following within your family?

Cardiovascular disease		Cerebrovascular disease	
Diabetes mellitus		Tuberculosis	
Mental disease		Cancer	
Epilepsy		Bleeding disorders	
Arthritic / Rheumatic conditions			

Please list any other medical conditions within your family:

General Health:

**Energy:**

Describe your energy levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

**Stress:**

Describe your stress levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

**Sleep:**

- Quantity
- Quality
- Position

**Dreams:**

Include any recurrent dreams and themes; and any significance related to life situations at the time of the dream.

**Time modalities:**

**Weather modalities:**

**Temperature modalities:**

**Perspiration:**

- Distribution
- Odour
- Colour

**Appetite:**

- Hunger
- Cravings
- Aversions
- Aggravations

**Thirst:**

- What do you normally drink
- Quantity
- How do you drink (small / large sips...)

**Travel:**

## Specific Body Systems:

Symptoms from each system will be concentrated on more than pathologies – these headings are just guidelines for the researchers.

### **Head:**

- Scalp, hair
- Headache
- Trauma, whiplash
- Concomitants
- Modalities

### **Neurological:**

- Seizures
- Weakness / palsy
- Sensations
- Concomitants
- Modalities

### **Eyes:**

- Pain
- Inflammation
- Discolouration
- Vision
- Concomitants
- Modalities

**Ears:**

- Otitis
- Balance / vertigo
- Tinnitus
- Hearing
  
- Concomitants
- Modalities

**Nose:**

- Allergic rhinitis
- Coryza
- Sneezing
- Sinusitis
- Post-nasal drip
  
- Concomitants
- Modalities

**Throat:**

- Sore throats
- Hoarseness
- Tonsils – IN / OUT
  
- Concomitants
- Modalities

**Pulmonary:**

- Chest
- Cough
- Sputum
- Asthma
- SOB
- Bronchitis
- Pneumonia
- Concomitants
- Modalities

**CVS:**

- Hyper / Hypotension
- Pain / discomfort (chest)
- Palpitations
- Syncope
- Oedema
- Phlebitis, varices, telangiectasias, anaemia, easy bruising...
- Concomitants
- Modalities

**GUT and Abdomen:**

- Nausea / vomiting
- Indigestion / heartburn



- Hernia
- Ulcers
- Abdominal pain
- Bloating
- Bowel movements
- Constipation / Diarrhoea
- Flatulence
- Any organs particularly affected (Liver, pancreas, gallbladder...)
- Haemorrhoids
- Any GI surgery
- Concomitants
- Modalities

**Urinary system:**

- Urine output per day (quantity, color, odour...)
- Fluid intake (what, how much, hot / cold...)
- Infections
- Nocturia
- Haematuria
- Renal stones
- Concomitants
- Modalities

**Male system:**

- Libido
  
- Pain
  
- Impotence
  
- Emissions
  
- Prostate
  
- Swellings
  
- Lesions
  
- STD's
  
  
- Concomitants
  
- Modalities

**Female system:**

- Contraception
  
  
- Libido
  
- Coital pain
  
- Pain (other)
  
- Bloating
  
- Cysts
  
- PMS
  
- Menstrual cycle
  - Interval
  - No. days

For how long?  
Past history of...

- Amt. of flow
- Colour of blood
- Clots
- Pain
- Menarche
  
- Menopause
- Discharge
- Breast pain
- Check-ups
- PAP smear
- Last gynae appointment
- Pregnancy
- Labour
- Infections
- STD's
  
- Concomitants
- Modalities

**Skin:**

- General appearance
- Eruptions
- Dryness
- Turgor

- Nails
- Concomitants
- Modalities

**Musculoskeletal:**

- Muscle pain / stiffness
- Joints
  - Pain
  - Stiffness
  - Inflammation
- Concomitants
- Modalities

**Mental:**

Please describe your mental and emotional state as it is at this present time.

## Physical Examinations:

### **Vital signs:**

- Pulse
- Temperature
- Blood pressure
- Height
- Weight (any recent change...)

### **JACCOLDD:**

- Jaundice
- Anaemia
- Capillary refill
- Cyanosis
- Clubbing
- Oedema
- Lymphadenopathy
- Dehydration
- Dyspnoea

### **Cursory examination:**

Brief head to toe examination of all the systems.

- Skin
- Head and neck
- Respiratory
- CVS

- Abdomen
- Extremities
  - Reflexes
  - Range of motion
  - Muscle tone

## **APPENDIX E**

### **INSTRUCTIONS TO PROVERS AND LETTER OF INFORMATION**

Dear Prover

Thank you very much for taking part in this proving.

As an active participant in this proving you will play an integral part in introducing a new indigenous homoeopathic remedy. This study provides an opportunity to utilize one of South Africa's natural resources for a medicinal purpose, which will benefit people for generations to come.

#### **Risks and benefits:**

You may experience some mild transient symptoms whilst taking the homoeopathic medication. You however will be in daily contact with the researcher and under constant supervision of a qualified homoeopathic physician, who will antidote any unpleasant intolerable symptoms if necessary. Please be reminded that you are under no obligation and are free to withdraw from the study at any stage.

As a participant of this proving you may experience some indirect benefits such as an increased awareness of yourself, an increased sense of well-being and a better understanding of how homoeopathy works. Homoeopathy students will gain a better understanding of homoeopathic provings and homoeopathy in general.

#### **Before the proving:**

Ensure that you have:

- Completed and signed the informed consent form
- Attended the pre-proving meeting
- Had a case history taken and a physical examination performed
- Been allocated a prover code
- The correct journal
- Been given a set of six powders
- Read and understood these instructions

Your proving supervisor will inform you of the date that you may start the one week pre-proving observation period and of the date that you may start taking the remedy. Please give your supervisor a convenient time at which she may contact you on a daily basis .

*Should there be any queries or anything you don't fully understand, please do not hesitate to call your supervisor.*

## **Beginning the proving:**

After the supervisor has contacted you and asked you to commence the proving, record your symptoms daily in the diary for one week prior to taking the remedy. This will help you get into the habit of observing and recording your symptoms, as well as bringing you into contact with your normal state. This is an important step as it establishes a baseline for you as an individual prover.

## **Taking the remedy:**

Begin taking the remedy on the day you and your supervisor have agreed upon. Record the time that you take each dose. Time keeping is an important element of the proving.

The remedy should be taken on an empty stomach and with a clean mouth. Neither food nor drink should be taken for half an hour before and after taking the remedy.

The remedy should not be taken for more than 3 doses a day for two days (six powders maximum). In the event that you experience symptoms or those around you observe any proving symptoms ***do not take any further doses of the remedy.***

By proving symptoms we mean:

1. Any new symptoms, i.e. ones that you have never experienced before, or,
2. Any change or intensification of any existing symptom, or,
3. Any strong return of an old symptom, i.e. a symptom that you have not experienced for more than one year.

If in doubt phone your supervisor. Be on the safe side and do not take further doses. Our experience has shown that the proving symptoms usually begin very subtly, often before the prover recognises that the remedy has begun to act.

## **Lifestyle during the proving:**

A successful proving depends on your recognising and respecting the need for moderation in the following areas: work, alcohol, exercise and diet. Try to remain within your usual framework and maintain your usual habits.

Please avoid all antidoting factors such as coffee, camphor and mints. If you normally use these substances, please stop taking them two weeks before, and for the duration of, the proving. Protect the powders you are proving as you would any other remedy, including keeping them away from strong smelling substances, chemicals, electrical equipment and cell phones.

Avoid taking medication of any sort, especially antibiotics, vitamin or mineral supplements, herbal or homoeopathic remedies.



In the event of a medical or dental emergency of course common sense should prevail. Contact your doctor, dentist or local hospital as necessary. Please contact your supervisor or proving coordinator as soon as possible.

### **Confidentiality:**

It is important for the quality and credibility of the proving that you discuss your symptoms only with your supervisor. Keep your symptoms to yourself and do not discuss them with fellow provers.

Your privacy is something that we will protect. Only your supervisor will know your identity and all information will be treated in the strictest confidence. Your identity will not be revealed at any part of the study.

### **Contact with your supervisor:**

Your supervisor will telephone you to inform you to begin your one-week observation period. When you start to take the remedy, your supervisor will contact you daily at the time you agreed on. This will later decrease to 2 or 3 times a week and then to once a week, when you and the supervisor agree that there is no longer a need for such close contact. This contact is to check on your progress, make sure that you aren't experiencing any difficulties, and help you to record the best quality symptoms possible.

*If you have any doubt or questions during the proving, please do not hesitate to call your supervisor.*

### **Recording of symptoms:**

When you commence the proving note down carefully any symptoms that arise, whether they are old or new, and the time of day or night at which they occurred. This should be done as vigilantly and frequently as possible so that the details will be fresh in your memory. Make a note even if nothing happens. Please keep the diary with you at all times to enable you to record symptoms as soon as they occur.

Please *start each day on a new page* with the date noted at the top of each page. Also note which day of the proving it is. The day that you took the first dose is day zero. *Write neatly on alternate lines*, in order to facilitate the extraction process, which is the next stage of the proving.

Please be as precise as possible. Note in an accurate, detailed, but brief manner your symptoms in your own language.

Information about location, sensation, modality, time and intensity is particularly important:

### **LOCATION:**

Try to be accurate in your anatomical descriptions. Simple clear diagrams may help here. Be attentive to which side of the body is affected.

SENSATION:

Burning, dull, lancinating, shooting, stitching, etc.

MODALITY:

A modality describes how a symptom is affected by different situations or stimuli, such as weather, food, odours, dark, lying, standing, light, people, activity, etc. Try different things out to see if they affect the symptom and record any changes. Annotate it as > for better from, and < for made worse by.

TIME:

Note the time of onset of the symptoms, and when they cease or are altered. Is it generally > or < at a particular time of day, and is this unusual for you?

INTENSITY:

Briefly describe the sensation and effect of the symptom on you. You may want to grade it from 1 to 10, 1 being very slight and 10 being the most intense possible.

AETIOLOGY:

Did anything seem to cause or set off the symptom and does it do this repeatedly?

CONCOMMITANTS:

Do any symptoms appear together or always seem to accompany each other, or do some symptoms seem to alternate with each other?

This can easily be remembered as: **CLAMITS**

- C -       concomitants
- L -       location
- A -       aetiology
- M -       modality
- I -       intensity
- T -       time
- S -       sensation

On a daily basis you should run through the following checklist to ensure that you have observed and recorded all your symptoms:

- |                 |         |         |
|-----------------|---------|---------|
| Mind            | Vertigo | Head    |
| Eye             | Vision  | Ear     |
| Hearing         | Nose    | Face    |
| Mouth           | Teeth   | Throat  |
| External throat | Stomach | Abdomen |

Rectum	Stool	Bladder
Kidneys	Prostate	Urethra
Urine	Male genitalia / Sex	Female genitalia / sex
Larynx	Respiration	Cough
Expectoration	Chest	Back
Extremities	Sleep	Dreams
Chill	Fever	Perspiration
Skin	Generals	

As far as possible try to classify each of your symptoms by making a notation according to the following key in brackets next to each entry:

(RS) - RECENT SYMPTOM i.e. a symptom that you are suffering from now, or have been

suffering from in the last year.

(NS) - NEW SYMPTOM.

(OS) - OLD SYMPTOM. State when the symptom occurred previously.

(AS) - ALTERATION in a PRESENT or OLD symptom.

(E.g. used to be left side, now on the right side)

(US) - An UNUSUAL SYMPTOM for you.

Please remember to use *red ink* for these notations and classify your symptoms accurately. If you have doubts, discuss them with your supervisor.

Mental and emotional symptoms are important, and sometimes difficult to describe, please take special care in noting these. Please give full descriptions of dreams, and in particular note the general feeling or impression the dream left you with. You may also wish to note the phase of the moon if you have symptoms that are affected by it.

Reports from friends and relatives can be very enlightening. Please include these if possible. At the end of the proving please make a general summary of the proving. Note how the proving affected you in general. How has this experience affected your health? Would you do another proving?

Please remember that detailed observation and concise legible recording is crucial to the proving.

"The best opportunity for exercising our sense of observation and to perfect it is by proving medicines ourselves." (Hahnemann, 1982)

"The person who is proving the medicine must be pre-eminently trustworthy and conscientious... and able to express and describe his sensations in accurate terms," (Hahnemann, 1982)

Thank you for participating in this proving. We are sure you will find that there is no better way of understanding and advancing homoeopathy.

Kind regards

Jodi Cahill and Lize de la Rouviere

This appendix has been adapted from

- Jeremy Sherr's 'The dynamics and methodology of homoeopathic provings' (Sherr, 1994)
- Smal and Taylor's proving of *Naja mossambica* (Smal,2004); (Taylor,2004)

Proving Information Sheet:

**What is a proving?**

A homoeopathic drug proving is a study in which people who are in a relatively good state of health, take a homoeopathically prepared substance in order to observe and record any symptoms that are elicited. These symptoms are then said to form the drug picture for that substance and can be used as a basis for prescription, according to the Law of Similars, when a patient displays a similar symptom picture.

**Why participate in a proving?**

Proving is vitally important to homoeopathy as they represent the only truly accurate manner in which to ascertain the action of homoeopathic drugs. Hahnemann suggests in the Organon that all homoeopaths should take part in provings because they allow one to gain a practical and experiential understanding of homoeopathic medicines. He also feels that the process of having to accurately record all symptoms that are experienced in the proving can only serve to increase the physician's powers of observation - what he considered to be the physician's greatest and most important tool.

**Are there any health risks in participating in a proving?**

Homoeopathic drug provings are safe and pose no threat to one's health as the substance used in the proving is given in a diluted and potentised homoeopathic form.

Proving has been conducted for as long as homoeopathy has existed and it is seen in all provings that symptoms that are experienced during the proving are generally mild and exist only temporarily.

In addition to this, all provers are continuously monitored by the researchers throughout the proving process. If at any point a prover experiences symptoms that are causing discomfort these will immediately be treated homoeopathically, free of charge, under the supervision of the Research Supervisor.

**What is expected of provers?**

There are certain criteria that need to be met in order to enable you to participate in this proving:

- Must be between the ages of 18 and 60
- Must be in a relatively good state of health
- Must be in what is considered, for yourself, to be a general state of good health
- Must be willing to follow the proper procedures for the duration of the proving
- Must be able to maintain your normal lifestyle and usual daily routine as closely as possible and have no major lifestyle changes (e.g. moving house, marriage or divorce) planned during the proving period. Any lifestyle changes should take place at least three weeks before commencing with the proving
- Must not be on or in need of any medication: chemical, homoeopathic or other

- Must not be pregnant or nursing
- Must not have had surgery in the previous six weeks
- Must not have any surgical or medical procedures planned for the duration of the proving period
- Must not use recreational drugs such as cannabis, LSD or MDMA
- Any consumption of stimulants (alcohol, coffee, tea, cigarettes) must be in moderation

A total of 30 volunteers, who will be the provers, will be randomly assigned to two groups. One group (80% of the total) will be given the proving substance and the other group (20% of the total) will receive placebo. This will be done in such a manner that neither the provers nor the researchers will know who is in which group, and none of the provers will know what the proving substance is.

Provers will first need to record their 'normal' symptoms for one week to establish a baseline of health. You will then be required to take the given substance (or placebo) three times a day for a total of two days. During this time you may experience symptoms which you will be required to record in your proving journal. During the entire proving time the researchers will be in close contact with you to monitor your symptoms. This will be done under the supervision of the Research Supervisor.

If you choose to take part in the proving you will be provided with a detailed list of instructions as to exactly what the proving entails. Here follows the basic sequence of events:

1. You will contact either of the researchers to say that you would like to participate in the proving and will be asked to meet with the researcher for a pre-proving interview
2. At the pre-proving interview you will be asked to complete the Inclusion Criteria sheet and provided with any information you require about the process. You will be given a date for a pre-proving group meeting.
3. The pre-proving group meeting will be held between all of the provers and both the researchers. This will serve as an informative session where any questions about the proving will be answered and you will be given a complete break down as to what the proving entails
4. At the end of this group meeting you will be asked to arrange a time with a researcher for a 1½ hour consultation and physical examination You will then be asked to sign the informed consent form.
5. At the consultation you will be given your prover code, journal, medication and a starting date will be agreed on
6. On completion of the proving there will be another 1 ½ hour consultation with a researcher.
7. Once all provers have completed the proving there will be another group meeting between provers and researchers to compare individual experiences.

If at any point you decide to withdraw from the proving you are perfectly entitled to do so without having to give any explanation. You may be asked to withdraw from the proving if there is any conflict with the criteria listed above, as these are the criteria that have been set to define the study.

Please be aware that **confidentiality will be maintained throughout the proving.** On completion of the proving any identifiable data will be removed and destroyed. Proving symptoms that are recorded will only be published using the prover code.

**Contact details:**

If you have any questions, require information or would like to participate in the proving please contact one of the following people:

**Lize de la Rouviere**

(031) 764 0867

076 160 4199

[mollerdlr@telkomsa.net](mailto:mollerdlr@telkomsa.net)

**Jodi Cahill**

(031) 266 3006

083 946 6439

[jodi@mailbox.co.za](mailto:jodi@mailbox.co.za)

Supervisor: Dr Madhu Maharaj  
(031) 204 2041

If you have any questions at all please do not hesitate to contact us.

Thank you for your time

Jodi Cahill and Lize de la Rouviere

This Appendix has been adapted from the proving by Smal (2004) and Taylor (2004) of *Naja mossambica*.