

# **A HOMOEOPATHIC DRUG PROVING OF *ACACIA XANTHOPHLOEA* 30CH, WITH SUBSEQUENT COMPARISON TO THE DOCTRINE OF SIGNATURES**

BY

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Mini-dissertation submitted in partial compliance with the requirements for the Master's Degree in Technology: Homoeopathy in the Department of Homoeopathy at the Durban University of Technology.

I, Gugulethu Moonlight Zondi, hereby declare that this mini-dissertation represents my own work both in concept and execution.

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## **DEDICATION**

This work is dedicated to my lovely parents especially my mother, without your support and love and patience this would not have been possible.

To my late granny mother, I am sad that you did not get the chance to see this final accomplishment, but I will always carry you in my spirit.

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## ABSTRACT

The objective of the following study was threefold: to conduct a homoeopathic drug proving of *Acacia xanthophloea* 30CH on healthy individuals in order to elucidate the totality of signs and symptoms produced by the drug substance; to analyse the signs and symptoms gathered from the proving, collate the data, and convert the symptoms into materia medica symptoms and rubrics; to compare the symptoms of the proving to the doctrine of signatures.

### Methodology

This proving study was a double-blinded, placebo controlled study. Thirty provers or participants were recruited for the study and the sample size was divided equally between two researchers (A. Gobind and G. Zondi). The sample was randomly divided into two groups, with one group receiving an active substance (verum group) and the other group receiving a placebo (control group). Amongst the 30 provers, 24 participants received verum and six received placebo. Each prover was given a journal to record their symptoms, a pen and nine powders. The duration of this proving study was six weeks including the first week of baseline during which time each prover was required to record their symptoms before taking the proving substance. This procedure was clearly explained to each prover and an information sheet with detail explanation of the proving procedure was provided and informed consent obtained. A thorough case history was taken in the initial consultation and physical examinations to ensure that individuals participating met the inclusion criteria and were healthy.

### Results

Information derived both researchers was combined and the extraction of signs and symptoms then commenced. The symptoms were translated into materia medica and repertory format and graded accordingly. Thereafter the symptoms that emerged from the study were discussed and compared with the doctrine of signatures of *Acacia xanthophloea*.

Provers experienced a wide range of symptoms mentally and emotionally e.g. anger, poor concentration and focus, disconnected feeling, depression, stress, anxiety, antisocial/ aversion to company, tranquillity. A large number of physical symptoms were noted by provers e. g. headaches, ailments of extremities (joint pain, weakness), female related symptoms (irregular menses, decrease/ increase libido etc.), eye symptoms, skin symptoms and general symptoms. The comparison of the symptoms of *Acacia xanthophloea* 30CH to the doctrine of signatures of the tree *Acacia xanthophloea* illustrated certain similarities, especially with regard to skin symptoms, eye symptoms, gastrointestinal symptoms and headaches.

### **Conclusion**

The proving substance *Acacia xanthophloea* 30CH did produced signs and symptoms when given to healthy individuals as hypothesised. The symptoms when compared to the doctrine of signatures of the acacia xanthophloea tree did show correlation as hypothesised.

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## **DEFINITION OF TERMS**

### **Anthroposophical medicine**

A philosophy and system of medicine which relates to the spiritual nature of human existence (Cantor and Rosenzweig, 1997).

### **Doctrine of signatures**

A theory which states that external characteristics of a substance serve to indicate possible therapeutic effects (Yasgur, 1992: 49). Goethe was the first to apply the principle of the doctrine of signatures, he studied the morphological changes of plants and he was able to perceive the fluidity of forms in living beings as an expression of underlying etheric patterns and cosmic laws. He referred to these as gestures of plants. This was similar to Paracelsus doctrine of signatures, an understanding that there is a correspondence between outer physical forms and the inner qualities they express (Kaminski and Katz, 1994)

### **Homoeopathy**

Homoeopathy is a system of medicine that is based upon Hahnemann's teaching. It is a holistic medicine that uses minute doses of a substance to treat ill patients by applying the law of similars (Yasgur, 1998: 112).

### **Law of similars**

A fundamental law of homoeopathy which states that any substance that has the capability of producing symptoms in healthy human subjects can be used to treat a sick person producing similar symptoms (Eizayaga, 1991).

### **Materia medica**

A materia medica is a homoeopathic pharmacology book that has a list of remedies along with their clinical indications. The materia medica information is derived from homoeopathic provings (Yasgur, 1998: 144).

**Pharmacopoeia**

Is a standardized authoritative book, containing a list of drugs and medicines, habitat, descriptions, collection and identification of a drug (Banerjee, 2006: 6). It is a reference book where preparation, uses, and content of medicines are described (Yasgur, 1998: 69).

**Placebo**

Placebo is a non-medicated or inert drug that is administered as a control in a research study e.g. clinical trial or provings (Yasgur, 1998: 187).

**Potentization**

This is the process of preparing a homoeopathic remedy by repeated dilution with succession (Yasgur, 1998:198).

**Potency**

Potency refers to the power or strength that the remedy possesses, often represented by the number next to the remedy (Yasgur, 1998: 193).

**Provers**

Healthy human subjects that volunteer to partake in proving process and record changes that occur during the proving study as and after they have ingested the proving substance (Swayne, 2000: 173).

**Proving**

Provings is a homoeopathic process that is used to determine the medicinal curative properties of a drug substance (Yasgur, 1998: 201).

**Succussion**

Vigorous shaking carried out in the dilution process in the preparation of the homoeopathic potencies (Swayne, 2000).

### **Thirtieth Centesimal potency**

The thirtieth step of the sequential dilution process base on the centesimal scale of 1: 100 which was first developed by Hahnemann (Swayne, 2000).



# CHAPTER 1 : OVERVIEW

## 1.1 Introduction

A homoeopathic drug proving is the process of determining the medicinal properties of a drug substance by administering the drug substance to healthy volunteers to elucidate artificial disease symptoms that the drug produces in order to understand the pathogenic properties of a drug substance and possible medical clinical applications. These symptoms produced are then recorded, compiled and organised into material medica and repertory format (Rowe, 1998:158).

The fundamental theory of provings was first developed by Dr Samuel Hahnemann (1755-1843) when he conducted his first proving using *Cinchona* bark (Owen, 2007:15). He discovered that *Cinchona* bark was able to produce malaria-like symptoms when ingested by a healthy human being (Walach, 1997: 219).

Provings are essential as they ensure the proper understanding of the pathogenic properties of a substance; understanding these pathogenic properties allows homoeopaths to treat patients through application of the law of similars which states that any medicine that is capable of producing symptoms when taken by a healthy human being is capable of treating a sick person producing similar symptoms (Eizayaga, 1991). Hence provings are a fundamental pillar of homoeopathy (Sherr, 1994: 7). The law of similars relies on good observations of provings (Owen, 2007). At present there are numerous homoeopathic provings that have been conducted to reveal the full picture of a remedy but there is still the need of new homoeopathic provings to be conducted to increase the accuracy of our healing science, and more remedies are still needed (Owen, 2007:20). This is why experiments with new substances, e.g. clinical trials and provings, are performed upon healthy human beings to gather information about the drug action and clinical application of a drug (Roberts, 2005). Thus, the main aim of provings is to produce artificial disease symptoms in healthy individuals and thereafter apply the

substance in homoeopathic dilution to a sick person producing similar symptoms (Roberts, 2005).

Sherr (1994: 49) explains the need for new provings to be conducted in order to increase the homoeopathic materia medica, especially of indigenous plants. South Africa has many indigenous plants that have healing potential. Some of these indigenous plants have been used in traditional medicines but no study or provings have been conducted to gather information to validate the clinical indications for which the plants are currently utilised.

*Acacia xanthophloea* is indigenous to South Africa and shows great potential as a homoeopathic remedy. *Acacia xanthophloea* belongs to the *Acacia* genus. There are more than 1200 species of *Acacia* of which 130 are found in Africa, 900 from Australia and 200 from America (Csurhes, 2012). Hence a homoeopathic drug proving of *Acacia xanthophloea* will help in expanding the substance's clinical application as a remedy and also expand the homoeopathic armamentarium.

## **1.2 Aim of the study**

The aim of the study was to conduct a homoeopathic drug proving of *Acacia xanthophloea* 30CH, with subsequent comparison to the doctrine of signatures.

## **1.3 The objectives of the study**

- To conduct a homoeopathic drug proving of *Acacia xanthophloea* 30CH on healthy individuals, in order to elucidate the totality of signs and symptoms produced by the drug.
- To analyse the signs and symptoms gathered from the proving, collate the data, and convert the symptoms into materia medica symptoms and rubrics.
- To compare the symptoms of the proving to the doctrine of signatures.

## 1.4 The Hypotheses

Hypothesis 1

Hypothesis 1: *Acacia xanthophloea* 30CH will produce symptoms when given to healthy participants.

Hypothesis 2

Hypothesis 2: The proving of *Acacia xanthophloea* 30CH will widen the clinical understanding and range of medicinal value of the remedy through correlation of symptoms produced with the doctrine of signatures associated with the plant.

## 1.5 The Delimitation

This study did not:

- Attempt to explain the mechanism of action of the homoeopathic preparation in the production of symptoms in healthy individuals;
- Determine the effects of the potencies of the proving substance other than the thirtieth centesimal (30CH).

## 1.6 The Assumptions

- The preparation of *Acacia xanthophloea* 30CH was prepared in accordance with methods prescribed in the German Homoeopathic Pharmacopoeia (Benyunes, 2005).
- The sample was correctly procured and transported.
- The provers took the remedy in the dosage, frequency and manner required as outlined in the proving protocol.
- The prover conscientiously, accurately and honestly recorded all symptoms observed.
- The provers did not deviate from their normal lifestyle or dietary habits in a significant manner immediately prior to or for the duration of the proving.
- The randomisation code sheet was adhered to when the verum and placebo was dispensed to the provers.

The provers complied with proving methodology as outlined in the instructions to provers (see Appendix D).

## CHAPTER 2 : REVIEW OF THE RELATED LITERATURE

### 2.1 Proving

#### 2.1.1 Introduction

According to Roberts(2005:7),“If a physician successfully practiced medicine, he must know first, what is curable by medicine, and secondarily, what is curative in a drug". Hence the reason why clinical trials and proving's are conducted in order to understand the action and scope of the drug substance.

The main aim of conducting a homoeopathic drug proving is to obtain the general understanding of a drug substance by analysing the journal recordings of the totality of symptoms produced by a proving substances on healthy individuals, and from this totality of symptoms the clinical application for the prescription of the proving remedy in the sick individual is derived (Vithoukias, 2002: 144).

Homoeopathy was first discovered and developed by Dr. Samuel Hahnemann (Boyd, 1989: 5). The introduction of a proving was recognised when Dr. Hahnemann did an experiment on the *Cinchona officinalis* (Peruvian bark) and saw that it had the capability of producing malaria-like symptoms when administered to a healthy human being (Boyd, 1989: 6). This discovery led to the first law of homoeopathy: “*similia similibus curantur*”/ “The Law of Similars”, meaning “alike is cured by alike” (Resch and Gutmann, 1987: 19). Hahnemann stated that there is no surer way of discovering a substance's healing potential than through a carefully conducted homoeopathic drug proving (O'Reilly, 1996: 145).

According to O'Reilly (1996), provings are liable and accurate way of representing the potential medicinal indications of a substance. Hence homoeopathic drug provings help in the extension of the homoeopathic materia medica, thus more research study of homoeopathic drug provings need to be conducted (Cook, 1989:93).

## 2.2 Historical perspectives

Hippocrates (460-370 B.C.) a Greek physician, is considered the father of modern medicine. He viewed disease with respect to the patient and environment and concluded that “our own nature is the healer of our disease (vis mediatrix naturae)” (Resch and Gutmann, 1987).

Hippocrates in early 400 B.C. identified two methods of cure, one by “contraries” meaning opposite cure opposites, the other by “similarities” which was later identified as the major principle of homoeopathy (Wendelberger-James, 1997: 8). The method of contraries achieved great popularities and is well-known in the allopathic medicine and the method of similarities was recognised as “folk medicine until Paracelsus time (1493-1541) and Galen (129-200 AD) (Cook, 1989).

Galen, a Roman physician, was one of the first people to test medicinal substances on human beings (Walach, 1994: 129). He maintained that all drug trials should be conducted on both healthy and sick individuals (Cook, 1989: 1). He classified and rationalised the existing knowledge of medicine that Hippocrates introduced (Lockie, 2000:12).

Paracelsus, a Swiss physician, determined the medicinal properties of substances by careful observation of their effect on healthy individuals (Walach, 1994: 129). Paracelsus also revived the ancient Greek theory of the doctrine of signatures, which was based on the statement that the external appearance of a plant – God “signatures” – indicated the nature of its healing properties (Lockie, 2000: 13). According to Paracelsus all plant and metals contained active ingredients that could be prescribed to match specific illnesses (Lockie, 2000: 13).

## 2.3 The origins of homoeopathy

Samuel Christian Hahnemann, the founder of homoeopathy, was born in Meissen, Germany in April 1755 and died in Paris in July 1843. In 1796, he conducted his first proving of *Cinchona officinalis* (Peruvian bark) (Cook, 1989). He determined that *Cinchona officinalis* produces a fever and other malaria-like symptoms when administered to a healthy individual. He then reasoned that a substance producing a certain effect in a healthy person may cure the same symptoms in a sick person.

From the above discovery the most central idea of homoeopathic principle, the “Law of similars”, was born (Wendelberger-James, 1997: 8). This system of medicine was called Homoeopathy derived from a Greek word *Homoios* meaning similar or like and *Pathos* meaning suffering (Boyd, 1989:1).

He proved approximately 101 remedies (Demarque, 1987: 71) on healthy volunteers and prescribed them according to homoeopathic principles. In 1810, he published the first edition of his Organon of the rational art of healing and he insisted that only one medicine at a time should be prescribed (Cook, 1989).

### **2.3.1 Law of Similars**

A homoeopathic drug proving is process of determining the medicinal properties of a drug substance by administering the drug substance to healthy volunteers to elucidate artificial disease symptoms that the drug produces in order to understand the pathogenic properties of a drug substance and medical clinical applications (Rowe, 1998:158).

The law of similars, states that any substance that has the capability of producing symptoms in a healthy person can be used to treat a sick person producing similar symptoms (Eizayaga, 1991). Hence the law of similars relies on good observations of provings (Owen, 2007).

Hippocrates formulated two laws of cure. The first law was the law of contraries which means administering a substance to a patient that will counteract the symptoms that a patient present with. For example, if a patient complains of diarrhea they will be treated with a substance that causes constipation e.g. *Aluminium hydroxide* (Lockie, 2000: 12). The second law was the law of similarities, which is based on the principle “likes cure likes”. In homoeopathy, the law of similars is the most important law that is fundamental to homoeopaths. For example, when a small amount of *Cinchona*, *Belladonna* and *Aconite* is administered to healthy individuals it causes fever symptoms, yet in patients suffering from fever; these remedies cure the patients by similarities (Wendelberger-James, 1997: 7). The remedy *Veratrum album* when given to a healthy person causes violent purging that leads to severe dehydration. These

symptoms are exactly similar to those of cholera, and when administered to a patient suffering from cholera cures the symptoms (Lockie, 2000: 12).

## **2.4 Proving Methodology**

Hahnemann's experiments generated reliable results in terms of proving symptoms but his proving methodology would not be considered as reliable by modern standard for clinical trials (Wieland, 1997: 229). Fisher (1995: 129) believed that the reliability of early provings is in doubt due to the fact that the majority of the provings lacked controls.

Randomised clinical trials and homoeopathic provings have a unique purpose. Clinical trials aim to show the efficacy and safety of a drug substance on a specific disease whereas the purpose of a homoeopathic drug proving is to gather an individual's complete totality of symptoms produced on a healthy person in order to ascertain a homoeopathic clinical application of the remedy (Wieland, 1997: 230). The practice of homoeopathic medicine is safe; as homoeopathic medicines are administered in a non-toxic potentised form.

Provings are based on Hahnemann's methodology whilst incorporating appropriate scientific methods to satisfy modern requirements. A standardised proving methodology now involves blinding, randomisation, cross-over experimental designs and placebo controls (Wieland, 1997:229; Riley, 1996:4). These procedures are followed to ensure reliable results.

According to the Liga Medicorum Homoeopathica Internationalis (LMHI) and the European Committee for Homoeopathy (ECH) proving guidelines, a proving design must consist of the following:

- Blinding;
- Preparation of the medication, should be manufactured in a manner that the verum and placebo medication are indistinguishable;
- An accurate description of the Randomisation and allocation procedure are clear stated (Jansen and Ross, 2014).



## **2.4.1 Other proving methodologies**

### **2.4.1.1 C4 Trituration provings**

Ehrler was the first to investigate the concept of C4 trituration proving methodology through self-experimentation (Botha, 2010). This proving methodology requires a group of provers to participate in a trituration process, where the trituration process is carried out by hand and the identity of the proving substance is withheld as a blinding process (Hogeland and Schriebman, 2008). Whilst conducting this proving process, the provers experience physical, psychological symptoms and general symptoms of the proving substance (Botha, 2010). The C4 trituration remedies revealed the following for each level of trituration; this is in accordance to Botha and Somaru's C4 trituration proving study (2010:113):

- C1 level demonstration an effect on the physical level;
- C2 level highlights the emotional characteristics;
- C3 level reveals the mental aspects;
- C4 level disclose the spiritual aspects; and
- C5 level indicates the collective unconsciousness of the remedy.

A recent C4 trituration proving study of *Protea cynaroides* was conducted by Botha (2010) at the Durban University of Technology with viable symptoms produced during the trituration process. The results of the C4 trituration proving study of *Protea cynaroides* demonstrated that the proving produced visible symptoms in healthy provers, hence confirming Botha's assumption that the C4 trituration of *Protea cynaroides* would produce symptoms on healthy provers (Botha, 2010: 217). The research study also verified the hypothesis that proving symptoms are reproducible when applying identical proving methodologies in consecutive years (Botha, 2010).

### **2.4.1.2 Dream proving**

Dream provings were introduced by Becker 30 years ago at the Bad Boll seminar, in German (Dam, 1998). These were single-blind studies that focused mainly on the dreams of the provers, although there were some physical symptoms present in the studies. According to Dam (1998) there is no set protocol for the administration

of the dose, the prover would decide how they would like to be exposed to the remedy using the following methods:

- Oral consumption;
- Inhalation (olfaction);
- Tactile contact by holding the remedy in the hands for a period of time;
- Sleeping on it;
- Touching another prover who has consumed the remedy; and
- Being in the same room as other provers.

Sankaran conducted numerous dream provings with his students during his seminar at Mumbai (Dam, 1998: 130). According to Sankaran (1998: 146) during dreams most of our emotions and actions are unmodified, as compared to our conscious state when we are able to disguise our true emotions therefore what we experience in dreams are reflections of the genuine emotions we experience towards various elements and occurrences. According to Sherr (2003:16-17) dream provings are “partial provings”, and are only beneficial in being a short cut to the inner essence of the remedy. Dam (1998) argues that a dream proving is a proving like any other proving as it is a systemic procedure that produces physical symptomatology, with dream symptomatology being the main focus, although symptomatology on other planes are not excluded (Kreisberg, 2000).

#### **2.4.1.3 Seminar provings**

During this proving methodology, a remedy is administered to a group of provers a few days before attendance at a seminar (Hansjee, 2010). The effect of the remedy administered is then discussed during the seminar, with the mental, emotional and dream level of the remedy being the main focus (Herscu, 2002). According to Sankaran (1998), each prover is asked to pay special attention to the following during the proving period:

- Physical symptoms with precise modalities;
- Emotional symptoms with precise feelings;
- Phenomena and incidences that occurred in the vicinity of the prover;
- Observations of individuals around the prover about alterations in the provers' condition during the study period;

- The individuals, movies, books, dress style, and manner of talking that the prover is impressed by.

Sankaran (1998) believes that the seminar proving methodology has numerous advantages although it seems to lack solid data.

## **2.5 Prover sample size**

Vithoulkas (1980) suggests that the sample size of a proving should consist of 50-100 people, while De Schepper (2001) suggest a minimum of 12 provers and a maximum of 50 people as symptoms that could be important for a remedy could be missing if a small sample size is used in the proving study. The LMHI and ECH guidelines suggest that a minimum of 10 verum provers at closure of the observation phase is recommended and an experimental group of more than 20 verum provers is not recommended (Jansen and Ross, 2014). In Sherr's opinion a large sample size can lead to over-proving the remedy and suggests a minimum of 15 and a maximum of 20 provers is sufficient as a sample size for a homoeopathic drug proving (Sherr, 1994: 45).

There are many proving studies that have been conducted in the Durban University of Technology by homoeopathic students, for example:

- G. Hoosen (2004)
- L. Pistorius (2006)
- A. Gryn (2007)
- M. Olivier (2007)
- N. Somaru (2008)
- S. Hansjee (2010)
- S. Rajkoomar (2011)
- K. Pillay (2011)
- S. Ramnarayan (2014)

These studies used a total number of 30 provers. This is in keeping with Sherr's recommendations that a total number of 15-20 provers will produce a full picture of the proving substance (Sherr, 1994: 45) and a large number of provers will result in

an over-proved remedy and probable overcrowding of the materia medica with common symptoms (Sherr, 2003: 53).

## **2.6 Blinding and Placebo**

The importance of blinding and placebo is to protect against research bias or patient expectation (Davidson, 1995:64). The term 'placebo' was introduced in clinical evaluations performed in the 1930s (Kaptchuk, 1996).

In theory placebo serves to distinguish the effects of the remedy from the effects of the proving process. This helps in the elimination of symptoms similar to the placebo group from the proving. The aim of placebo control is to determine the validity and frequency of symptoms and whether the symptoms appeared by chance or not (Kaptchuk, 1996). Placebo enables any purely pharmacological effect to be extracted and blinding increases accuracy of symptoms (Kaptchuk, 1996).

According to Kaptchuk "the double-blind, placebo control procedure, separates knowledge of the intervention and the performance of the treatment". The participants in the placebo group received identical powders to the verum group the difference being that the placebo group powders were medicated with sacchrum lactis granules not impregnated with the medical substance therefore it was inert.

According to the LMHI and ECH guidelines, a minimum of 10% of placebo control in a group is recommended (Jansen and Ross, 2014). Sherr recommends that a minimum of 10-20% provers be on placebo (Sherr, 2003: 57).

## **2.7 Potency**

Potency refers to the strength of the remedy. Hahnemann started with raw substances but later preferred the 30CH. There are many opinions concerning the dose and potency used in the history of provings. Provings have been conducted with any potency from the lowest to the highest and with any dose ranging from single dose to daily dose repetition over a long period of time. The potency 30CH seems to be used frequently in drug proving e.g. Thiel (2007), Pillay (2011), and

Lockhat (2010). In this study the choice of potency is 30CH and the dose to be one dose of the remedy three times daily for three days.

Sherr founded that most symptoms developed at the 30CH level of potency (Sherr, 2003: 27). Hahnemann also recommended that a30CH potency of the proving remedy be used when conducting a homoeopathic proving, as this level of potency elicits the most intense symptoms on all levels within the prover (O'Reilly, 1996: 154). The LMHI and ECH guidelines recommended potencies between C12 or C30 (or their equivalent dilutions) (Jansen and Ross, 2014). Sankaran (2005) utilised the 30CH potency in the proving of *Ringworm*, explaining that the higher the potency, the more intense the central disturbance of an organism which could lead to bad aggravations in the prover.

## **2.8 Randomised control trials**

The Liga Medicorum Homoeopathica Internationalis (LMHI) and the European Committee for Homoeopathy (ECH) introduced the document Homoeopathic Proving Guidelines to provide scientific recommendations and guidelines for conducting provings as an international standard to improve the quality and credibility of homeopathic provings (Jansen and Ross, 2014).

The homoeopathic proving methodology is an experimental method of ascertaining the effects and subsequent clinical application of a new homoeopathic substance. This method has many common features with early-phase clinical trials. However due to the additional objectives of compiling a materia medica and repertory additions, provings cannot be defined purely as either phase 0 or phase 1 trials. The following table depicts a summary of the comparisons between early phase trials and the homoeopathic proving (Jansen and Ross, 2014).

**Table 2.1: The differences between Phase 0 Randomised control Trial; Phase 1 Randomised Control Trial and the Homoeopathic Proving (ECH, 2011)**

	<b>Phase0</b>	<b>Phase1</b>	<b>Proving</b>
<b>Aim</b>	<i>Assess whether a high-risk drug behaves as would be expected. From pre-clinical studies.</i>	<i>Derive Pharmacokinetic and Pharmacodynamic data and determine safety.</i>	<i>Collect subjective symptoms for formulation of a homoeopathic drug picture.</i>
<b>Volunteers</b>	<i>Patients with few or no other therapeutic options</i>	<i>Healthy volunteers</i>	<i>Healthy volunteers, never patients</i>
<b>Number of volunteer</b>	<i>10-15</i>	<i>20-100</i>	<i>Any number</i>
<b>Placebo control</b>	<i>No</i>	<i>No</i>	<i>Yes, essential</i>
<b>Dose</b>	<i>Micro-doses</i>	<i>Single ascending dose /Multiple ascending dose</i>	<i>Repeated micro dose until symptoms occur. Predefined maximum number of doses</i>
<b>Safety</b>	<i>Unknown, not a purpose</i>	<i>Variable, some risks prevented by pre-clinical studies</i>	<i>Almost perfect because toxic levels excluded. Concept of minimum of first safe dilution</i>
<b>GCP/ICH Guidelines</b>	<i>Under development by EMA and FDA. Concept of IND (Investigational New Drug) studies</i>	<i>Yes, used by Ethical Boards</i>	<i>No official guidelines, but ECH/LMHI Guidelines conform to GCP/ICH guidelines</i>
<b>Indication specified</b>	<i>Yes</i>	<i>Yes</i>	<i>No</i>
<b>Demonstrative purpose</b>	<i>To confirm biological activity in line with early pre-clinical indications, ahead of formal phase I-IV studies</i>	<i>To ensure safety of drug in healthy human subjects, ahead of efficacy testing in subsequent phases</i>	<i>To investigate the therapeutic potential of a substance. No subsequent experimental phases</i>

Source: European Committee for Homoeopathy (ECH) 2011

## **2.9 Ethical considerations of provings**

The first ethical consideration before conducting a homoeopathic drug proving or clinical trial is the safety of the human participants. According to the Declaration of Helsinki, the basic principle for any medical research is to protect the life and health of the participants and dignity of the human subjects (World Health Organization, 2001: 373). For this reason, the study proposal was evaluated and approved by the Department of Homoeopathy Research Committee, the Faculty of Health Sciences Research Committee and the Institutional Research Ethics Committee (IREC) before the study commenced. This is the standard procedure for all research

proposals to ensure that steps are taken to mitigate any potential harm to the volunteers that partake in the study.

Prior to the commencement of the research study, the following aspects were addressed:

- The volunteers were informed that participation in the proving study was voluntary and they were free to withdraw from the study at any point.
- Participants were informed about the proving process and an “Informed Consent Form” was signed by all participants.
- Each prover was allocated a unique prover code to ensure confidentiality of their identity in keeping with the World Health Organization (2001) that the dignity of the human subjects in research must be maintained.

In case of any adverse event, the Department of Homoeopathy at Durban University of Technology followed the following antidoting process protocol:

- A detailed case history and physical examination of the prover was conducted by the supervisor (Sherr, 2003: 63).
- The provers discontinue taking the proving remedy (Sherr, 2003:63).
- An antidote may be given to reverse the effects of the proving symptoms e.g. Camphor (Sherr, 2003:63).
- If there is persistence of symptoms, then a homoeopathic remedy that was suitable, may be prescribed to eliminate the symptoms (Sherr, 2003:63)
- The information with the particulars of the remedy used to antidote the prover, would be documented and included in the research study.
- The DUT IREC has an adverse event protocol which would be followed if necessary.

## **2.10 The doctrine of signatures**

Paracelsus was the first who recommended and revived the Ancient Greek theory of the doctrine of signatures, which is based on the theory that the external appearance of a plant indicates the natural healing properties (Lockie, 2000). He referred to this resemblance of a plant as being “God’s signatures” (Lockie, 2000). He reinforced that nature always provided healing substances with signs indicating

their uses against diseases, with the natural curative action of a substance correlating with the physical appearance and properties of the plant e.g. colour and form etc. (Sahani, 2007:131). Paracelsus believed that the shape, colour, taste, smell and attributes of a plant indicated its use in healing (Foucault, 1970). Therefore, understanding a remedy and its connection to the substance and studying its qualities, attributes and environment in nature is very useful and important (Sherr, 2003). The doctrine of signatures helps one to predict symptoms that would be treatable by looking at the physical properties and appearance of the plants concerned. The doctrine of signatures has been illustrated in numerous homoeopathic provings, for example: *Chelidonium major* which produces a yellow juice and has been used to treat the liver and the gallbladder as the yellow juice of the plant resembles bile (Lockie and Geddes, 1995: 11); *Hypericum perforatum* (St. John wort), whose flowers yield a red fluid when crushed, is said to be useful in haemorrhages and wounds as this red fluid is deemed to resemble blood and the *Phallus impudicus* commonly known as stinkhorn is a testicle-shaped orchid root plant that resembles a male reproductive organ which is said to be useful in strengthening weak erections in males (Goel, 2002: 465).

According to Van Wyk and Wink (2004), African Traditional medicine (i.e. *Izangoma, Izinyanga*) is amongst the oldest and most diverse medicinal system. Traditional Zulu healers have always believed that God created identical structures in plants which resembled human structures or organs and these plants were recognised as healing herbs (Louw, 2002: 13). According to Pujol (1993), traditional healers who still remain in touch with their natural rhythms and instinctive nature have the ability to distinguish the connection between all things in life, hence this explains the extraordinary ability of African traditional healers to be able to select plant medicines and the degree to which they can recognise resemblance between plants and humans when judging the use of any plant for the treatment of disease.



**Table 2.2: Demonstrates examples of the doctrine of signature**

<u>SPECIES</u>	<u>SIGNATURES</u>	<u>MEDICINAL USES</u>
<i>Aconite napellus</i> (aconite)	Eye like fruit	Ocular problems
<i>Sanguinaria canadensis</i> (bloodroot)	Red-orange latex	blood
<i>Euphrasia officinalis</i> (eyebright)	Stripped petals	Eye problems
<i>Digitalis lanana</i> Ehrhart, <i>Digitalis purpurea</i> (foxglove)	Heart shaped leaves	Cardiac problems
<i>Juglans regia</i> (walnut)	Convoluteds cotyledons	Brain ailments
<i>Melissa officinalis</i>	Heart shaped leaves	Heart weakness
<i>Rauwolfia serpentina</i> (snakeroot)	Root coiled, snake like	Snake bite
<i>Panax quinquefolium</i> (ginseng)	Human-shape rhizome	panacea

Source: Bennett *et al.*, 2007

The doctrine of signatures is viewed in some quarters as controversial and unscientific (Speckmeier, 2008), although numerous homoeopathic provings have demonstrated the doctrine of signatures' assumptions or theory to be accurate in correlation of physical appearance and therapeutic effect.

### **2.11 Anthroposophical medicine, proving symptoms and the doctrine of signatures**

Rudolph Joseph Lorenz Steiner (1861-1925) was the founder of anthroposophical medicine. Anthroposophical medicine is defined as a branch of complementary medicine that is based on the holistic view of the human being provided by spiritual science (Rudolph Steiner Health Centre, 2010; Louw, 2002). The word 'anthroposophy' is derived from the Greek *anthropos* (human) and *Sophia* (wisdom). Anthroposophical medicine is a form of holistic medicine that aims to stimulate the body's natural healing power and takes into account the soul, spiritual and physical side of the human being (Evans and Rodger, 1992:2).

Anthroposophical medicine combines homoeopathic remedies, plant medicines, natural remedies and elements of conventional medicine in order to achieve healing and cure within human beings (Rudolph Steiner Health Centre, 2010).According to Steiner, humans have four bodies:

- The physical body;
- The 'etheric' body;

- The 'astral' body;
- Conscious body (Segen, 1998).

The above human bodies were described as follows:

- *The physical and etheric body* is described as the formative forces, which focus on the growth and nutrition of the human being (Segen, 1998). This is also known as the rhythmic system, its aim is to prevent the astral and conscious body from counteracting each other (Louw, 2002).
- *The astral body* enables the human being to passively absorb internal and external environmental information and also be aware of their emotions (Louw, 2002). It is also referred to as the nervous system (Louw, 2002).
- *The conscious body* is also referred as the ego or spiritual core of a human being. It allows an individual to know themselves as independent thus providing the power of a human being able to change themselves internally. This conscious/ego is also known as the metabolic system (Evans and Rodger, 1992: 11).

Anthroposophical medicine seeks to understand illness in terms of the interconnection and balance between these elements (Evans and Rodger, 1992: 11). According to anthroposophical medicine there is a parallel between plants and human beings, for example: the etheric body/rhythmic system of a human is equated to the stem of plants as they both separate the poles and influence harmony within the being; the nervous system/ astral body of a human is equated to the root system of plants as both systems passively absorb information, nutrients and water; the metabolic system of a human is related to the reproductive system of plants as both systems are associated with metabolism (Louw, 2002).

## 2.12 The proving substance



Figure 2.1: A picture of the *Acacia xanthophloea* plant used for the preparation of the remedy.

### 2.12.1 Substance Classification

**Kingdom:** Plantae (plants)

**Family:** Fabaceae

**Subfamily:** Mimosoideae

**Genus:** *Acacia*

**Species:** *Acacia Xanthophloea* Benth

**Common names:** English (yellow fever tree, fever tree); Afrikaans (Koorsboom); IsiZulu (umhlosinga, umKhanyakude, umHlofunga, umDlovune); Swahili (mgunga); Tswana (more o mesetlha); Northern Sotho (mooka-kwena); Tsonga (nkelenga); Venda (muunga-gwena).

**SA tree number: 189**

(Venter and Venter, 2012; Orwa *et al.*, 2009; South African National Biodiversity Institute, 2012)

## **2.12.2 Description**

### **2.12.2.1 Botanic description**

The generic name *Acacia* is derived from a Greek work 'akis', meaning 'point' or 'barb' and the species name *xanthophloea* which is from a Greek name meaning yellow bark (Orwa *et al.*, 2009). The fever tree is a fast growing tree which grows approximately 10 to 25 meters tall. Its main characteristic is the lime green to greenish-yellow bark colour that is smooth, slightly flaking, and coated in a yellow powdery substance described by some as sulphurous. If the powdery surface is rubbed away with the finger it will reveal a green bark beneath (Hankey and Stern, 2012).



**Figure 2.2: A striking characteristic of the yellowish bark of a mature *Acacia xanthophloea***  
Source: Kumbula Indigenous Nursery 2009).

### 2.12.2.2 Leaves

The leaves are 4 (max 10) cm long with a hairy midrib. The pinnae are 4-7 pairs, with about 10-17 pairs of small leaflets (Orwa *et al.*, 2009).



**Figure 2.3:** image showing the leaves of the acacia xanthophloea tree

Source: Wikipedia

### 2.12.2.3 Stem/bark

The bark of *Acacia xanthophloea* when the tree is mature is yellow. The young twigs of *Acacia xanthophloea* have a red-brown bark which peels off leaving the twigs sulphur yellow (Orwa *et al.*, 2009).



**Figure 2.4:** Image of an immature *Acacia xanthophloea* demonstrating the red-brown bark

#### 2.12.2.4 Thorns

The *Acacia xanthophloea* have thorns that are white in colour, and grow straight and up to 7-10 cm in length (Orwa *et al.*, 2009). The long straight white thorns are arranged in pairs, often slender and pointed at the base and although they are very significant on young trees, they often become barely noticeable on mature specimens (Hankey and Stern, 2012).



**Figure 2.5: image demonstrating *Acacia xanthophloea* thorns and flowers.**

Source: Armstrong, 2000

#### 2.12.2.5 Flowers

The flowers are bright yellow, ball like and are sweetly scented. The flowers are found in clusters on shortened side shoots at the nodes and towards the ends of branches. Flowering occurs from September to November (Venter and Venter, 2012). Flowers are followed by the production of yellowish-brown to brown pods (Orwa *et al.*, 2009).

#### 2.12.2.6 Pods

The pods are 5-19 cm long, pale brown, straight, flat, rather papery, moniliform with segments mostly longer than wide, usually breaking into segments containing individual seeds borne in small clusters (Orwa *et al.*, 2009). The pods turn green to pale greyish brown when matured and split open to reveal the small hard brown seeds, which may be harvested from January to April (Hankey and Stern, 2012).

Each pod of *Acacia xanthophloea* contains 5-10 elliptic, flattened seeds, pale to dark green (Orwa *et al.*, 2009).



**Figure 2.6: image demonstrating pods of the *Acacia xanthophloea* tree**

Source: Armstrong, 2001

### **2.12.3 Distribution**

The plant is indigenous to Southern and Eastern Africa, including Botswana, Zimbabwe, Mozambique, Kenya, Malawi, Somalia, South Africa, Swaziland, Tanzania and Zambia (Global Biodiversity Information Facility, n.d.) The *Acacia xanthophloea* tree is found in Taiwan and India as a landscape tree (Csurhes, 2012).

### **2.13 Habitat**

*Acacia xanthophloea* usually occurs in groups and the plant is found growing in low-lying swampy areas, lakes and river margins (Hankey and Stern, 2012). It often grows on alluvial black clay soils. The habitat that *Acacia xanthophloea* prefers is suitable for malaria mosquitoes. In Zulu medicinal usage the root is used as an emetic to treat malaria; hence the name 'fever tree' (Hutchings *et al.*, 1996: 124).

#### **2.13.1 Chemical composition**

The plant has 3 active compounds, namely, catechins, catechols and catecholamines. Catechins are anti-oxidant and anti-carcinogen; catechols are neuroendocrine regulators and anti-inflammatory; catecholamines regulate hormones and neurotransmitters. Catecholamine molecules include dopamine, adrenaline and noradrenalin which are released in response to stress (Van Wyk, Oudtshoorn and Gericke, 1997).

### **2.13.2 Health benefits of *Acacia xanthophloea***

The part used most commonly used medicinally is the bark (Hutchings *et al.*, 1996: 124). The plant is traditionally used as a medicine to treat high cholesterol, diabetes, cancer, gingivitis, mouth sores, pharyngitis (African Mind Healing Herbs, 2012). The bark is well known in the treatment of fever and eye complaints (Kumbula Indigenous Nursery, 2009).

In Zulu medicinal usage, the bark is commonly used as a good-luck charm and the powdered bark and roots are used in emetics to treat malaria. In Tanzania, bark decoctions are used to treat blood disorders and root decoction to treat abdominal pains (Hutchings *et al.*, 1996: 124).

Kiringe (2006) conducted a survey of traditional health remedies used by the Maasai of Southern Kaijiado District, Kenya and found that *Acacia xanthophloea* was reported to be used in the treatment of pneumonia and as an appetite enhancer amongst others remedies.

There are many indigenous trees that are used in traditional medicine but have not been homoeopathically investigated, therefore proving indigenous plants is important in homoeopathic science. Homoeopathic provings are necessary to gain knowledge of the curative power of these plants and to expand the materia medica for future use in homoeopathic practice.



## CHAPTER 3 : METHODOLOGY

### 3.1 The experimental design

This proving study was conducted according to the methodology prescribed by Sherr (1994) and was in a double-blinded, placebo controlled manner. There were 30 provers recruited for the study and the sample size was divided amongst two researchers (A. Gobind and G. Zondi). Neither the researchers nor provers were aware of which group they were randomly allocated to. To maintain the double blind status, the verum and placebo powders were prepared and dispensed in an identical manner.

Amongst the 30 provers, 24 participants received verum and six received placebo. This was in keeping with Sherr's recommendation that 10% to 20% of provers be administered placebo (2003:57). Each researcher was individually responsible for a group of 15 provers, where 12 received verum and three received placebo. When 30 participants were recruited, each participant received a unique prover code number along with the journal in which they recorded their individual symptomology they experience during the period of the proving.

When the proving period was completed, the journals were collected and information derived from the two groups of equal provers was combined and the extraction of signs and symptoms then commenced.

Outline of the experimental method:

- A letter was submitted to the clinic director Dr Nienaber, to gain permission to use the clinic facilities for the proving (Appendix G).
- Advertisements were placed around the Homoeopathic Day Clinic and the Durban University of Technology campus to recruit potential provers (Appendix M).
- A consultation with each volunteer was conducted by the researcher where the supervisor explained the preliminary letter of information (Appendix A)

and answered any questions posed by the volunteer. Copies of the preliminary information letter and preliminary consent form were given to each volunteer for their perusal, after which they signed the preliminary consent form.

- The participants then answered questions that the researcher posed to ensure that the volunteers qualified to take part in the study (Appendix B).
- After the above procedure was completed a full case history and physical examination was undertaken for each volunteer (Appendix C). Female participants of child bearing age were required to perform a urine pregnancy test, in the ethical interest of the participant.
- If the volunteer met the inclusion criteria the letter of information (Appendix D) was given to them explaining the procedure of a proving, and a consent form was signed by them.
- After all 30 participants were selected, the two researchers had a pre-proving meeting with all provers to educate them on how to record their symptoms (Appendix D), and answer any further questions.
- Each prover thereafter was given a personal prover's code, a journal with that code, a pen, nine powders that they needed to consume, and a starting date.
- The researcher kept a supervisor log (Appendix I) to evaluate each prover's progress.
- The researchers contacted the provers telephonically to ensure accuracy and compliance in the recording of symptoms. During the first week the researchers contacted the prover via telephone daily, during the second week every second day, during the third week the researchers contacted the provers every third day, and in the fourth week the researchers contacted the provers once a week until the sixth week.
- One week after the start of pre-proving journaling (baseline recording), the provers took one dose of the proving remedy three times daily for three days and recorded any symptoms they experienced. When clear and intense symptoms occurred, the provers were given the instruction to discontinue taking any more doses and if mild symptoms occur, the provers were given instruction to continue with dosing as instructed (Sherr, 2003:34).

- If a severe aggravation occurred, the prover was given an antidote but still remained as part of the research study.
- The daily recording of the provers continued for a total period of six weeks.
- The journals were collected after six weeks and a post-proving meeting was scheduled (Sherr, 2003:32).
- The researcher scheduled a follow up case history with each prover and performed a physical examination (see Appendix E).
- Before symptom extraction began, the supervisor disclosed to the researchers which provers were in the verum or placebo group respectively.
- Thereafter the researchers analysed the information gathered into proving symptoms, collated the data and converted the symptoms into materia medica symptoms and rubrics.
- The derived materia medica symptoms were then compared to the arising symptoms of the doctrine of signatures analysis of *Acacia xanthophloea*.

## **3.2 The proving substance**

### **3.2.1 The potency**

*Acacia xanthophloea* 30CH was used in this proving.

### **3.2.2 The collection, preparation and dispensing of the proving substance**

The proving substance was purchased from Durban Botanic Gardens (GPS coordinates 29.8467 degrees South, 31.0067 degrees East), and was identified by a qualified horticulturist at the Durban Botanical Gardens with photographic evidence to support the horticulturist's identification. The *Acacia xanthophloea* was then transported to Durban University of Technology, Department of Homoeopathy. The preparation of the proving substance occurred in the Homoeopharm Laboratory by the researchers under supervision of the homoeopathic laboratory technician.

The part that was used in the plant was the bark. The methodology used in preparation of the bark into the *Acacia xanthophloea*30CH was according to

method 6 and 8a (Appendix F) in accordance to the standards and methodology laid out in the German Homoeopathic Pharmacopoeia (Benyunes, 2005).

The bark was cut into small pieces and ground into a powder form, thereafter triturated with inert sacchrum lactis powder in the ratio of 1:99 to the 3CH potency. Liquid potency was prepared from the *Acacia xanthophloea* 3CH to 30CH liquid potency level as per method 8a of the German Homoeopathic Pharmacopoeia (Appendix F). This 30CH liquid potency was used to impregnate lactose granules at 1% volume: volume. These impregnated granules were then added to the required number of inert lactose powder sachets.

The placebo powders were impregnated with sacchrum lactis or unmedicated neutral granules (granules that have not been impregnated with a medicinal substance). A total of 135 powders were prepared for the provers supervised by this researcher. Each prover received nine powders. Of the 15 provers, 12 received powders medicated with the verum substance and three with placebo. This is keeping with Sherr's recommendation that 10% to 20% of provers be administered placebo (2003:57).

The physical appearances of the verum and placebo powders were identical as they were prepared in the manner to make certain that all powders were identical.

The sac-lac and alcohol used for the verum and placebo were from the same batch:

- Sac-Lac-Lactose Monohydrate 012H22011H20: 360.32, Charge/lot-1039504, expiry date 2016.03.31.
- Alcohol: alcohol standards: Anhydrous alcohol 99.9%, Illovo-72 ballantree road merebank Durban 4052. IMO shipping, ethanol, hazchem code: 2SE, PRODUCT REFERENCE: 500, BATCH NUMBER 52/12/67, CLASS3, 25LT, UN NUMBER: 1170.

The powders were dispensed by the Homoeopathic Day Clinic Laboratory Assistant as per the randomisation sheet custom designed for this study. This was to ensure that the researchers remained blind to who received which preparation.

### **3.2.3 Dosage and posology**

A total of nine powders were given to each prover. One powder was administered sublingually three times a day for a period of three days or until symptoms appeared. In the event that the participant experienced symptoms or those around them observed any proving symptoms, the participants were instructed not to take any further doses of the remedy but continue recording the symptoms they experienced. The remedy was instructed to be taken preferably on an empty stomach and in a clean mouth (i.e. free of toothpaste, food, drink, etc.).

### **3.3 The sample**

According to Sherr (2003:45), “15-20 provers produce a very full remedy picture”. In this study a total of 30 provers were used, where each researcher managed 15 provers each. Of the 30 provers, 24 (80%) were in the verum group and the six (20%) were in the placebo group. The researchers were G. M Zondi (B. Tech: Homoeopathy) and A. Gobind (B. Tech: Homoeopathy).

Provers included homoeopathic students, chiropractic students, as well as members of the general public. Posters were placed around Homoeopathic Day clinic and Durban University of Technology to recruit potential provers (Appendix M).

#### **3.3.1 Randomisation**

A randomisation log sheet was drawn up electronically by the Clinic Director and the 30 participants were allocated randomly to either the verum or placebo group as per the 80:20 ratio mentioned above. The medication was dispensed by the Clinician on duty or the Homoeopathic Day Clinic Laboratory Assistant, in consecutive order of entrance into the study.

#### **3.3.2 Inclusion criteria**

Participants had to be:

- Between the ages 18-60 years old.
- Be in general good state of good health (Sherr, 2003: 49).

- Be able to maintain a normal lifestyle and routine (Riley, 1996: 7).
- Be fluent in English.
- Be willing to follow the proper procedures for the duration of the proving (Riley, 1996: 7; Sherr, 1994: 44).

### **3.3.3 Exclusion criteria**

Volunteers were excluded if they were:

- Younger than 18 years old or older than 60 years.
- In need of chronic medication (Riley, 1996: 7).
- Pregnant or breastfeeding (Riley, 1996: 7; Sherr, 1994: 44).
- Surgically operated on in the last 6 months (Riley, 1996: 7).
- Using recreational drugs (Sherr, 1994: 44).
- On or had been on the contraceptive pill or hormonal replacement therapy in the last 6 months (Riley, 1996: 7; Sherr, 1994: 44).
- Consuming more than 2 measures of alcohol a day (Sherr, 1994: 29).
- Smoking more than 10 cigarettes a day (Sherr, 1994: 29).
- Drinking more than three cups of tea or coffee a day (Sherr, 1994: 29).

### **3.4 Lifestyle of provers during the proving period**

All provers were given a letter of information (appendix D) with detailed guidelines:

- Provers were instructed to avoid all antidoting factors such as more than three cups of coffee and tea, camphor and mints. If they normally use these substances, provers were asked stop taking them for two weeks before, and for the duration of the proving.
- Store them in a cool, dark place away from strong smelling substances, chemicals, electrical equipment and cellphones.
- Moderation in the following areas: work, alcohol, exercise and diet.
- Continuation of usual daily framework and habits.
- Avoid medication of any sort, including antibiotics and any steroid or cortisone preparations, vitamin or mineral supplements, herbal or homoeopathic remedies.

### **3.5 Monitoring the provers**

Communication between the researcher and provers was maintained throughout the duration of the proving. The researchers contacted the provers telephonically to ensure accurate and compliance in the recording of symptoms. During the first week the researchers contacted the prover via telephone daily, during the second week the researchers contacted prover every second day, during the third week the researchers contacted the provers every third day, and in the fourth week the researchers contacted the provers once a week until the sixth week. This was done to ensure the well-being of the prover and to gather information of what symptoms each prover experienced and also identify any aggravation symptoms experienced by the provers that might have needed to be antidoted (Ross, 2011).

### **3.6 Ethical considerations**

The study was evaluated and approved by the Department of Homoeopathy at Durban University of Technology, Faculty of Health Sciences and the Institutional Research Ethics Committee (IREC) before commencement of the study. This is a normal protocol that researchers need to follow in order to protect the volunteers that participate in studies. This protocol included:

- All participants were informed about the proving, the discomfort that they may experience and the need for conducting a proving.
- The volunteers participating in the study were informed that they were free to withdraw from the study.
- Confidentiality was maintained during the study by allocating prover codes to each participant.
- The safety of volunteers was paramount therefore a thorough case history and physical examination was conducted to ensure that only healthy individuals were included in the study.
- Before taking part in the study, the participants received a preliminary letter of information, consent form and a main letter of information and consent form (explaining the proving itself and what was required). The participant gave consent by signing both consent forms.

- The research study was opened to any volunteers to participate as long as they met the inclusion criteria (Appendix B).

### **3.7 The proving period**

The proving period was six weeks for each individual.

#### **3.7.1 Pre-proving consultation**

The initial consultation with each prover involved a thorough case history and physical examination to make sure that the prover met the inclusion criteria. After acceptance into the study and signing a consent form, each prover was given a unique prover code, a journal, a pen and a set of six powders.

#### **3.7.2 The pre-proving observation period**

For the first week after the date of the first consultation, each prover was asked to record their normal state in the given journal without taking the medication. This was very important as it helped the prover to be familiar with self-observation. This pre-observation was referred to as the baseline. The researcher contacted the prover during the pre-observation week to make sure that the provers were compliant and recorded their symptoms correctly.

#### **3.7.3 Commencement of the proving**

After the pre-observation week, the provers were instructed to take their medication i.e. one powder three times a day for a period of three days or until symptoms appeared. The provers were told to carry on recording any symptoms they experienced until the duration of the proving was completed. The researcher kept telephonic contact with provers. If severe aggravations occurred, the prover was antidote but remained part of the research study. The daily recording of provers in their journals was to continue for the period of five weeks.

#### **3.7.4 Post-proving consultation**

After six weeks of the proving (including the first week of baseline observation), the researcher scheduled a follow up consultation where a full case history and



physical examination was performed to ensure that the prover was back in their normal state. The post-proving consultation also gave the prover an opportunity to add or clarify symptoms recorded in their journals. The journals were collected and the proving was considered complete.

### **3.8 Symptom extraction and evaluation**

The data was sourced from journal entries and the data collected from the pre-proving and post-proving consultations. The data from the pre-proving baseline recording week and from the case history was used as a frame of reference to gauge the validity of the included symptoms.

All journals were collected after the proving was completed. Data from the journals was translated into materia medica and repertory format.

#### **3.8.1 Criteria for inclusion of a symptom as a proving symptom**

Criteria for the inclusion of symptoms included the following:

- New symptoms that the prover regarded as unusual or abnormal (International Council for Classical Homoeopathy [ICCH], 1999: 36).
- Usual or current symptoms that are intensified to a marked degree (ICCH, 1999: 36).
- Current symptoms that have been altered, with a clear description of current and modified components (ICCH, 1996: 36).
- Old symptoms that have not occurred for at least one year, with the time of last appearance being noted by the prover (ICCH, 1999: 36)
- Present symptoms that have disappeared during the proving (curative action) (ICCH, 1999:36).
- The time of day at which the symptom occurred should only be included if there is repetition of such times in one or more provers (ICCH, 1999: 36).
- If a symptom is in doubt include it in brackets. If another prover experiences the same symptom, it could be valid. Otherwise it must be excluded (ICCH, 1999: 36).
- A symptom occurred after taking the medication on at least two occasions during the homoeopathic drug proving.

- A symptom started when the proving started and disappeared or is significantly ameliorated after the administration of the proving medication, is classified as a cured symptom (Riley, 1997: 227).
- All symptoms occurring in more than one subject (Riley, 1997: 227).
- If the prover is under the general influence of the remedy then all the new symptoms are proving symptoms (Sherr, 2003: 70).

### **3.8.2 Criteria for exclusion of a symptom as a proving symptom**

Criteria for exclusion of symptoms were as follows:

- Symptoms that are usual or current for the prover must be excluded (Sherr, 2003: 70).
- Symptoms that have occurred in recent history i.e. in one year or less, these symptoms should be excluded (Sherr, 2003: 70)
- If there is any doubt as to the validity of the symptom, it must be excluded.

### **3.9 Collating and editing the data**

The data from the journals was analysed and categorised into symptoms in materia medica format. Thereafter these symptoms were allocated into headings as per the format used in the repertory, e.g. Head, Eyes etc. (Table 3.1). The symptoms were then placed into rubric format using the Essential Synthesis by Schroyens (2007). A new rubric was created if a rubric was not found in the existing text in order to include every verified symptom.

**Table 3.1: Repertory headings**

1. Mind	9. Face	17. Stool	25. Larynx	33. Dreams
2. Vertigo	10. Mouth	18. Bladder	26. Respiration	34. Chill
3. Head	11. Teeth	19. Kidney	27. Cough	35. Fever
4. Eyes	12. Throat	20. Prostrate	28. Expectoration	36. Perspiration
5. Vision	13. External Throat	21. Urethra	29. Chest	37. Skin
6. Ear	14. Stomach	22. Urine	30. Back	38. Generals
7. Hearing	15. Abdomen	23. Male genitalia/ sex	31. Extremities	
8. Nose	16. Rectum	24. Female genitalia/ sex	32. Sleep	

### 3.10 The doctrine of signatures

The botanical features and appearance of *Acacia xanthophloea* was studied by reviewing various literature sources as shown in Chapter 2 and a focused understanding of the doctrine of signatures with regard to *Acacia xanthophloea* was formulated. Thereafter the researcher compared the botanical features and appearance of *Acacia xanthophloea* with the arising symptomatology of *Acacia xanthophloea* 30CH. This comparison allowed for greater understanding of the therapeutic range and scope of the remedy.

## CHAPTER 4 : RESULTS

### 4.1 Introduction

The symptoms were extracted from the prover journals after the six-week duration of proving was completed and journals returned. These symptoms were then collated and edited. These results were then converted into two subsections, the first being the materia medica and the second being the repertory. The symptoms were converted into the rubric format based on Essential Synthesis (Schroyens, 2007).

### 4.2 Prover list

The sample consisted of 24 provers who received verum powders and six who received placebo powders. The extraction of symptomatology that comprised the materia medica and repertory of *Acacia xanthophloea* 30CH were obtained from the 24 provers who were on the verum group. The provers consisted of both male and female with an age range of 18-59 years. Those randomly allocated to the placebo group are indicated by a letter “P”, and those in the verum group are indicated by a letter “V” (Table 4.1).

**Table 4.1: Prover details**

PROVER NUMBER	AGE	GENDER	PLACEBO/VERUM
01	22	F	V
02	18	M	P
03	18	F	V
04	39	F	V
05	19	F	P
06	24	F	V
07	28	M	V
08	27	F	V
09	20	F	V
10	18	F	V
11	19	F	V
12	22	F	P

13	21	M	V
14	35	F	V
15	31	F	V
16	42	F	V
17	25	M	V
18	22	F	V
19	59	F	V
20	21	M	V
21	35	F	V
22	19	F	V
23	26	F	V
24	19	M	P
25	30	M	V
26	26	F	V
27	33	M	V
28	31	F	P
29	59	F	P
30	39	F	V

### 4.3 The materia medica of *Acacia xanthophloea* 30CH

The proving symptoms are grouped by materia medica sections. All symptoms are referenced as per Sherr (2003:78):

- Prover Number-Gender-Day: hours: minutes;
- The time reference indicates the number of days, hours and minutes since the first dose was taken. After twenty-four hours the minutes are considered unimportant and represented by XX. The hours also become insignificant after a few days;
- For example, where time is unclear or was not recorded by the prover then it is represented as XX:XX:XX;
- Symptoms belonging to the placebo group were not considered;
- All symptoms cured during the *Acacia xanthophloea*30CH proving are denoted by the letter (CS), for Cured Symptoms, which follow the particular symptoms.

The sentence structure of the provers has been maintained to ensure authenticity.

### 4.3.1 Mind

#### 4.3.1.1 Anger

I saw my other friends and I was late to see my brother he was so angry I don't even know how to explain I also got angry too, and he took the phone I used for taking photos, the fact that I am in varsity means nothing and I am not a child anymore. And I am so angry very angry.

03F06: XX: XX

I had the worst day of my life today I fought with someone who is a huge and best friend of mine. I was so angry and he was busy shouting at me. My day was very bad I couldn't even sleep.

03 F 47: XX: XX

I did not sleep well, I had a fight with my partner, and right now I am so angry at her.

07 M 27: XX: XX

My day just got bad; my computer screen is messed up. I am so angry right now.

07 M 35: XX: XX

"I'm super angry" funny thing is I don't even know why!

09 F 01: 1:30 pm

Woke up mad and angry today.

11 F 02: XX: XX

Why am I furious, is that why won't he understand, we're all human beings we can't all be better.

11 F 02: XX: XX

Later in the day, there was this guy who made nasty comments about me, but at least I put him in his place, now he knows to never mess with me.

11 F 07: XX: XX

Though I'm in a rush to go to school, can't go and leave a dirty house, it's so dirty I feel like strangling the kids.

30 F 08: XX: XX

Had a disagreement with my half-sister about our cousin and her daughter I was so angry, I just burst out, our niece is getting married and ask me for a gift, my half-sister says that was wrong, our cousin her mum should be the one calling us. I was so angry and I spoke up my mind, if a daughter and mother are fighting it's none of my business unless they ask me to interfere but if a daughter ask for a gift I will give it to her I will not choose side, the fight is theirs not mine.30 F 10: XX: XX

#### **4.3.1.2 Antisocial / Aversion to company**

Can't stand being around people and noise, feel annoyed and irritated by talking and socialising. This is new (NS) since I am used to being around people and making conversation most of the time.

01 F 14: XX: XX

Hate being around people.

01 F 15: XX: XX

Have notice a change in social interactions, I have become less talkative and outgoing. Feel bored and want to be alone most of the time (US).

01 F 25: XX: XX

My social interaction with people is gone down as well, just like I don't want to talk to people about things.

06 F 16: XX: XX

I wasn't in a social mood at all so I shut my phone off so I could get some alone time!

09 F 02: XX: XX

Today I just wish I lived in my own planet! I just want to be alone, I'm not in a social mood and my siblings were complaining a lot!

09 F 03: XX: XX

My family got back and I went to my room for some "me" time; just me thinking and staring into space. I don't even remember what I think about when I'm alone!

09 F 08: XX: XX

My friends pop in to check on me and I just chased them away! I'm seriously not in the mood to socialise.

09 F 11: XX: XX

I feel so much pressure, little things are starting to annoy. I feel like I need my own space, where it is quiet and peaceful so I can plan ahead and strategise.

11 F 04: XX: XX

But today I'm not really in the mood of talking to anyone. And I just need my space.

22 F 24: XX: XX

And I did not feel like being with people, I just wanted to be by myself.

22 F 35: XX: XX

### **4.3.1.3 Anxiety / Anticipation**

Anxious today meeting my supervisor to discuss research progress – feel that I don't have enough information to ask enough questions before she goes on leave, so had to go to library early to do more work.

30 F 08: XX: XX

### **4.3.1.4 Cheerful and Happy**

Yesterday I was playing with my son. I had a lot of energy since then and I am much happier, playing a lot with him and he didn't let me do anything.

06 F 04: XX: XX

My energy level is higher than before and I can focus more on my work. I am happy and excited about this.

27 M 04: XX: XX

Thinking all happy thoughts and everything seems to be going my way today.

27 M 05: XX: XX

Spent the day with my family today. It was great spending time with the important people in my life. It has been such a long time since we spent quality moments together. I love special moments like this.

27 M 26: XX: XX

I was happy at the end of the day to go home and rest and relax.

27 M 27: XX: XX

We are always doing things for others or make others happy. Today was about making myself happy – being careful and enjoying the moment.

27 M 33: XX: XX

I was happy and content with myself. Feeling of satisfaction with my achievements. The boss even complimented me.

27 M 34: XX: XX

### **4.3.1.5 Concentration**

#### **4.3.1.5.1 Aversion to study**

Difficult in studying.

01 F 09: XX: XX

Feeling lazy to study or attend lectures just want to eat and sleep.

01 F 11: XX: XX



Have been studying less and really don't feel like being on campus or doing assignment. This is unusual since I am always determined to work hard and excel in studies.

01 F 17: XX: XX

I was so tired I felt sleep while I was studying and wake up at 10:00 at night I couldn't get up I was so tired.

03 F 01: XX: XX

I am so tired of studying yet I feel like I need to study more.

07 M 18: XX: XX

#### **4.3.1.5.2 Decreased concentration and focus**

In the morning while in school I could not even concentrate since I had not eaten in the morning.

22 F 32: XX: XX

I sat at my place and stuck the pain but could not concentrate on my work. I worked to a minimum today.

25 M 20: XX: XX

It was hard concentrating in church my mind was on research, about the future, busy planning it, it took a lot of prayer, focus to switch off and concentrate on the present – worship, praise and prayed to God.

30 F 11: XX: XX

#### **4.3.1.6 Depression**

I have this sad feeling about a friend of mine because if I have to see them I would cry a lot because of the pain that they have gone through

06 F 22: XX: XX

I still feel depressed and in need of some alone time to think!

09 F 04: XX: XX

I have long trip back to Durban tomorrow but I'm not excited I feel so depressed; the thought of leaving my family hurt me! I spent the whole day crying and in bed!

09 F 09: XX: XX

I spent the whole day crying and wanting to be alone

09 F 19: XX: XX

People just irritate me! Especially mates! Went to my room felt depressed grabbed a kit Kat (chocolate) and fell off to sleep now.

09 F 20: XX: XX

Feeling a bit depressed today.

11 F 03: XX: XX

Sad, lost and alone. Feeling down.

21 F 06: XX: XX

Feeling a bit down. Needed someone to just hold me.

23 F 06: XX: XX

I was feeling depressed this day. My dad's death day – memories from that exact day ten years ago flashed back. My mind is unsettled. Thoughts of life run through my mind today. I went to work but could not perform to my full potential. I took half day leave and came home. My cousin took me to La Mercy beach where I let a bouquet of flowers into the sea. My heart was sore today. My mind was down. My body was in no mood to do much.

25 M 07: XX: XX

#### **4.3.1.7 Disconnected / Detached / Unfeeling**

I don't feel anything.

10 F 18: XX: XX

My sister is screaming at me again; she tends to make me a punch bag for her mistakes if she has a problem with her husband. At first I was irritated, then I got detached, she went on for 1 hour full and I wasn't bothered. I like the new me. I used to take things seriously now I'm not bothered life is not all about me. Her anger is her issue not mines.

30 F 05: XX: XX

I've been so disconnected lately, I have no empathy, I didn't even want to go to the funeral, I was in my own world, busy with research, then when my mother arrived, I made a conscious decision to stop working in research and concentrate on visitors and the funeral. I didn't even help at the funeral. That was so unlike me. I usually feel sorry for people, bent backwards trying to help and please them even at my own expense and feel guilty for feeling to meet their needs, now I don't and it's liberating.

30 F 10: XX: XX

#### **4.3.1.8 Family / Fun / Entertainment**

I took a trip today with my family to visit our grandma in Verulam. It was so much fun; I've never been this excited in my life because I've not seen her for about months now. I needed this to happen, I mean I've been so busy with school work lately I've forgotten how it's like to smile, have fun and appreciate people and things around you.

11 F 00: XX: XX

#### **4.3.1.9 Fears**

But I fear that later in life that when he grows up and realise that his father isn't here and comes around later in life, my baby would leave me for his father in life but I wouldn't let that happen because I am the only mother that he has and realises that what I have done in his life that his father could not do in his entire life.

06 F 05: XX: XX

When I went home yesterday I was afraid of something like a gut feeling that was so bad, that I didn't even eat supper last night.

06 F 07: XX: XX

My sleep didn't go so well. I had that strange fear in myself that something is going to happen.

06 F 11: XX: XX

I have this strange feeling inside of my stomach, like all of my organs are twisted inside and no food that want to stay in my stomach. Still have a bit of fear, don't know why but there's still something that I am afraid of, will only know the day what my fear is off.

06 F 24: XX: XX

Had fear – being alone.

21 F 21: XX: XX

Fear – of the unknown.

21 F 35: XX: XX

I wrote the paper and I'm scared that I failed the paper since there were things that I did not know. And I cannot even eat.

22 F 26: XX: XX

Had heart palpitation – missed heartbeat, then a pounding beat – then all normal. It left me scared in Xhosa-uvalo-scared not because of palpitation but it's the one that left a feeling that something bad is about to happen whether to you or love one – I prayed.

30 F 07: XX: XX

#### **4.3.1.10 Finances**

I have started saving money every month since I have started work so that my baby wouldn't have to run short of anything in his life for school and I am doing everything that I can to prove to him that he has a mother that's doing all she can in her life.

06 F 05: XX: XX

Stressed – of being financially unstable, seeing to the kids.

21 F 08: XX: XX

#### **4.3.1.11 Forsaken feeling**

My only regret is that his father doesn't want to be a part of his life.

06 F 09: XX: XX

I am only sad about the aspect that my son doesn't have a father in his life and he doesn't know what a father is like for him just to call dad and be there for us.

06 F 18: XX: XX

I feel so alone and abandoned! I have nothing but Kit Kat (chocolate) to comfort me!

09 F 11: XX: XX

#### **4.3.1.12 Forgetful**

I'm a bit frustrated I've been studying for so long and I still forget other things.

07 M 24: XX: XX

#### **4.3.1.13 Hope**

I don't feel alone in this world, like there is hope for me; someone is out there for me.

06 F 01: XX: XX

#### **4.3.1.14 Indecisive**

Even small things make me think "what if?" and "If you don't, you might be doing or taking a wrong decision".

11 F 01: XX: XX

#### **4.3.1.15 Irritability**

Feel annoyed and irritated by talking and socialising.

01 F 14: XX: XX

People just irritate me! Especially mates!

09 F 20: XX: XX

Really irritable today. Impatient.

14 F 04: XX: XX

Woke up fine. Irritable for no reason. Coming to work and settling in fine.

14 F 05: XX: XX

A bit irritated this morning. Will see how it progresses. Can't seem to keep up with today.

14 F 06: XX: XX

Finding the boys very irritating this evening. They need to pipe down.14 F 21: XX: XX

Woke up extremely irritable.

15 F 01: XX: XX

Extremely irritable, de-motivated, trapped and angry.

15 F 13: XX: XX

Didn't get much sleep, if any, feel like shit, irritated and crabby [spent the night away from home – hated being removed from my comfort zone/my "nest" (my own room).

15 F 24: XX: XX

Irritated, frustrated, stressed!!! Hate life!!!

15 F 29: XX: XX

Finding myself extremely frustrated with people in general. Don't want to deal with them. I'm not an aggressive person, nor am I someone who nitpicks and I find that all people do. "How can they take pleasure in ruining other people's days?"

15 F 33: XX: XX

Lonely and sad – finally realised it's going to be an ongoing thing. Was very upset, irritated, angry and frustrated.

21 F 12: XX: XX

Restless – irritable.

21 F 31: XX: XX

I am feeling very stressed and irritable in the evening, no electricity and I am hungry hadn't eaten since morning.

30 F 08: XX: XX

So drowsy came home at 1pm last night busy with research in the library, but can't sleep my daughter always wakes up early after 4am switch on light, that irritating and fights with his younger brother.

30 F 08: XX: XX

#### **4.3.1.16 Lazy**

I felt very lazy, didn't feel like doing anything or hear to anything people had to say.

06 F 22: XX: XX

Today I was feeling a bit tired and lazy but throughout the day I was okay.

08 F 18: XX: XX

This morning I was feeling so lazy to get out of bed and go to work but being busy at work I got out of that laziness.

08 F 19: XX: XX

Had a late morning lazing around. Gave the boys a heavy Sunday breakfast and lunch.  
Chilled for the rest of the day.

14 F 17: XX: XX

Complete laziness. Eat, sleep, and watch movies.

15 F 15: XX: XX

Morning was lazy.

15 F 18: XX: XX

Today I woke up late at about 9:30am. I was feeling very lazy. I was at home the entire day and I watched movies.

25 M 16: XX: XX

#### **4.3.1.17 Moods swings**

I am not feeling good emotionally. I had a fight with my partner.

07 M 45: XX: XX

I feel so horrible today! It's a Sunday and I wasn't even in the mood for church! I had a lot running through my mind.

09 F 02: XX: XX

I feel so great; my bubbly self is almost back again! Seeing Dee again made me feel happy but 2pm, I was energy-less and a sharp headache was messing with my mood again

09 F 05: XX: XX

I still have my mood swings

09 F 15: XX: XX

Went out with my husband, feeling emotional after he revealed some shocking truth, I really wanted to stab his behind.

30 F 11: XX: XX

Maybe the mood swings are taking effect already. Looking at myself in the mirror made me look fat because of the chocolate mousse that I wanted to have so badly in the morning and I have gained a kilo or 2 since eating the mousse. I want to throw up, think it's because of not putting my food down.

06 F 01: XX: XX

I don't feel like myself after taking the 2<sup>nd</sup> med's, it's like I don't like my fat on my body.

06 F 02: XX: XX

After taking my 3<sup>rd</sup> med's, after a while, like around 7:30pm I had a mood swing, like I didn't want to be around any one even my son.06 F 02: XX: XX

1<sup>st</sup> meds took at 10:00am this morning, my mood swings started again and I could not handle it, it's like I wanted to just hung them upside down or just them shut.

06 F 03: XX: XX

Before I came to work I was a bit moody and angry don't know why!

06 F 05: XX: XX

Just moody from this morning. Didn't enjoy anything at work. Just wasn't myself.

06 F 10: XX: XX

But towards the night I had very bad mood swings, couldn't stand any one at home.

06 F 21: XX: XX

I am so tired that I want to sleep and I did but not the sleep that I wanted, so irritated and moody. Finished work so late and went home, was so hungry that I actually enjoyed my food for the first time since like forever.

06 F 34: XX: XX

I've noticed that my mood is not so grumpy – I think. I don't get worked up so quickly it seems.

14 F 22: XX: XX

I'm damn chirpy today. Can't stop bouncing around. Even the backache and pain between my shoulder blades seem to dull my mood. I wonder what's up with me.

14 F 25: XX: XX

Again I feel like I'm hopping skipping and dancing around. Really faulty.

14 F 27: XX: XX

Evening feeling really, really sad. My heart is crying because they have to go home without any choice.

14 F 31: XX: XX

Finding myself extremely frustrated with people in general. Don't want to deal with them. I'm not an aggressive person, nor am I someone who nitpicks, and I find that, that's all people do. How can they take pleasure in ruining other people's days? I HATE PEOPLE – HYPOCRATES, their claim at being religious, generous, kind is all false.

15 F 33: XX: XX

#### **4.3.1.18 Occupation**

##### **4.3.1.18.1 Tired**

The entire day I was feeling tired and could not work to my full potential.

25 M 13: XX: XX

I had a lot of work to do today. I was tired and in the afternoon I slept in the transport home.

25 M 15: XX: XX

#### **4.3.1.18.2 Work**

I got very moody and sad for the entire day. My appetite was gone after what happened today. Normally I would love my food that I have. I didn't feel for anything today at work.

06 F 06: XX: XX

Managed quite well today with the workflow.

14 F 01: XX: XX

So sad it's back to work. All I want to do is stay in my bed. Withdrawal symptoms – missing my bed.

15 F 19: XX: XX

I was working hard today and my fingers hurt maybe because of fast touch typing.

25 M 02: XX: XX

I went to work and worked hard but I was very hungry today.

25 M 08: XX: XX

I went to work and worked slow today.

25 M 09: XX: XX

I was feeling refreshed and full of energy. I went to work full of power. I worked to the maximum and came home.

25 M 33: XX: XX

I have noticed that I am able to accomplish my tasks given to me more easily. I'm not drained out as before. My energy level is higher than before and I can focus more on my work.

27 M 04: XX: XX

#### **4.3.1.19 Refreshed**

I felt fresh. I never sleep in the car on my way to work.

25 M 22: XX: XX

I awoke fresh today at 9am. Rested a lot as my day off.

25 M 23: XX: XX



#### **4.3.1.20 Religion / Prayer / Peace**

Wake up in the morning feeling good its Sunday I am going to church with excitement. I am going to praise God today not just to praise only but to preach about him for the things he has done for me and my family. I love Sundays.

16 F 38: XX: XX

Most importantly, my relationship with God is suffering. I need to go back to serious prayer, fasting and reading the bible-otherwise my peace is gone.

30 F 06: XX: XX

It's a glorious day, I'm so much at peace and my spiritual and physical eyes are opened, though I've misplaced my spectacles. I can see God working everything perfectly in my life and assuring me I need not worry.

30 F 07: XX: XX

#### **4.3.1.21 Restlessness**

I'm a bit restless my exams are close.

07 M 18: XX: XX

I did not sleep very well, I'm not sure why but I was so restless.

07 M 36: XX: XX

I went to bed early but I was restless throughout the whole night and I didn't have a single dream! At 2am in the morning and I'm still up.

09 F 02: XX: XX

I was feeling so restless and I did not want to do anything. I wanted to be alone.

10 F 04: XX: XX

I was feeling weak and restless because it was hot and when I feel restless I just don't want to do anything.

10 F 12: XX: XX

Restless – didn't sleep well. I had interrupted sleep waking up every 2-3 hours.

21 F 14: XX: XX

#### **4.3.1.22 Time**

It's like time isn't going fast, like time itself has stopped. Why is it taking so long to go faster than any other time? I am feeling lazy to do anything for myself nowadays.06 F 01: XX: XX  
I feel that time is too slow today and I am not myself in some kind of way.

06 F 01: XX: XX

A bit irritated this morning. Will see how it progresses. Can't seem to keep up with today. Either I'm too slow or the day is too fast.

14 F 06: XX: XX

Today I awoke feeling sluggish. I was doing things slowly.

25 M 27: XX: XX

Back to routine. Worked hard and carried out all the instructions given to me. A bit drained towards the afternoon but continued to work but at a slower pace.

27 M 27: XX: XX

#### **4.3.1.23      Tranquillity / Relaxation**

I went to bed feeling relaxed and happy.

07 M 15: XX: XX

I feel relaxed and calm.

07 M 25: XX: XX

Woke up in a "Bob Marley" kind of relaxed mood, I honestly don't know why I feel like this.

09 F 07: XX: XX

Dee and I woke up and took a long jog along the beach; I was much calmer; I guess the ocean calms me my bubbly self was almost on point and we did not fight.

09 F 22: XX: XX

This is so nice, the different scenery and different people brings that calm soothing feeling of "everything is good". Although I'm pretty worried that when we leave, it'll be back to the old school and hard work kind of life.

11 F 01: XX: XX

You know that feeling that's like "relax"; I'm feeling it (laughing out loud). Enough about my 10-hour sleep. I AM IN A GOOD MOOD!

11 F 05: XX: XX

Today I feel a bit relaxed since it is a Saturday and no exams but I'm a bit tired since I had the most hectic week.22 F 17: XX: XX

I spend the day relaxing with my family (my kids). I wasn't sad or angry at my husband for being home. I didn't stress about visiting my cousin who has cancer I was supposed to visit her since it's her 1<sup>st</sup> day of chemo. But I knew I needed to rest and took it without feeling guilty. I usually feel guilty and have hard time making decision but today all is well no guilt, even stress about finances, but just relaxing with my kids. This is marvellous, I'm blessed. I didn't even stress about not being again to go to school library for research.

30 F 02: XX: XX

Slept half of the day, just to relax myself and get over the disappointment. I'm usually anxious about a lot of things that need to be done but this time, I'm relaxed just resting.

30 F 02: XX: XX

My house is dirty, this usually flicks me out and I would start screaming and cannot concentrate on anything if the house is dirty, but now I gently tell the kids to tidy up and just relax with them.

30 F 05: XX: XX

#### **4.3.1.24 Stress**

I'm stressed tomorrow I'm writing my final exam.

07 M 28: XX: XX

I'm a bit stressed about yesterday's exam, I even slept late.

07 M 30: XX: XX

I must say, I've been worrying a lot lately, it's not me.

11 F 01: XX: XX

And I have stress since we only have one more week before we start exams. And I'm not eating as much since of the stress.

22 F 05: XX: XX

Today I can't even eat since tomorrow I'm starting my exam. I feel very stress. And my headache is worse and it is because of the stress that I have. And I can't even sleep.

22 F 17: XX: XX

Today I'm stressed and tired, since I was late for my exams and I was about 10 minute late, but it's okay, because I was able to finish my paper which was really hard to understand. And I only ate an apple because of the stress.

22 F 18: XX: XX

And I'm so stress that I will fail the paper. And I have only eating in the morning and I have such a bad headache.

22 F 25: XX: XX

I felt stressed today because we had month end deadline and this month the results are assessed.

25 M 06: XX: XX

I was stressed today as we had to work extra hard today.

25 M 11: XX: XX

I am feeling very stressed and irritable in the evening, no electricity and I am hungry, hadn't eaten since morning.30 F 08: XX: XX

Stressed and had a hot shower.

21 F 16: XX: XX

Stressed, sad, lonely and have fear again.

21 F 26: XX: XX

Tense.

21 F 27: XX: XX

Stressed of being alone.

21 F 32: XX: XX

Stressed and sad because life in general is just a bit too much right now.

21 F 35: XX: XX

I was stressed today as we had to work extra hard today. At 4:30pm I was glad to just go home.

25 M 11: XX: XX

#### **4.3.2 Vertigo**

Feel tired, weak and dizzy most of the day.

01 F 17: XX: XX

I am feeling Dizzy and feeling weak throughout the day. (NS)

01 F 25: XX: XX

I feel tired, pain, dizzy; I stayed in my bed the whole day. I don't know what going on in my body.

16 F 08: XX: XX

Around 11:10 I felt very lightheaded and weak for that moment. I felt that way for like 10 minutes.

08 F 03: XX: XX

This morning I was feeling so lightheaded and I felt like throwing up. As the day went by I started getting tired. My body started to pain as if someone hit me when it came around 7:00pm. I felt like that light headed because I had a headache the night before. When I get up in the morning I felt like throwing up. When I threw up only then did I feel better.

08 F 08: XX: XX

This morning I felt like throwing up and was feeling a bit weak. I felt so hot and dizzy at the same time. So I had a glass of sugar water but I was still feeling sick so I had some water and a drop of lemon juice and was relaxing for a bit then I had to go to work. As the day went by I was still feeling sick but not as bad as this morning. Then I had my lunch. Then as the day went by I was okay and was sick. 08 F 17: XX: XX

### **4.3.3 Head**

#### **4.3.3.1 Headache**

##### **4.3.3.1.1 Pain**

I have a headache right now maybe it's because I'm so hungry.

07 M 21: XX: XX

##### **4.3.3.1.2 Accompanied by eye symptoms**

I have a headache and my eyes are in pain.

16 F 10: XX: XX

I have a headache it becomes more painful when I close my eyes.

22 F 02: XX: XX

I have a headache and every time I close my eyes it becomes more painful and when I place my head down it also become more painful.

22 F 06: XX: XX

I also have a headache and it is getting more painful when I put my head down or when I close my eyes. I'm not even able to eat today.

22 F 33: XX: XX

And I have a headache and it hurts a lot when I close my eyes or put my head down. In the morning my back was hurting like someone was hitting with something sharp.

22 F 39: XX: XX

Today I had a headache that was the worst I have ever had and no matter what I tried it just did not go away it started in the morning and when I went to bed I still had the headache and it was pounding so hard that even my eyes started become red. And I could not even eat because of the headache.

22 F 42: XX: XX

##### **4.3.3.1.3 Dull**

Headache, started in the afternoon, not sure what caused it, on front part of head. It's a very dull sensation, worse in the sun, better after eating and sleeping, accompanied by nausea. Headache disappeared in the evening at about 20h00.

01 F 04: XX: XX

I had a dull headache. At the right side of head on front part, it becomes intense after exercise. Becomes better after drinking water and eating.

01 F 05: XX: XX

I have a dull headache on front left side of head. Started in the morning when I woke up, worse after eating lunch and better after exercise. There is also tiredness and feeling weak accompanied by nauseousness.

01 F 06: XX: XX

I have a headache, on front of head. It is very dull in the morning but became intense in the evening.

01 F 17: XX: XX

Headache, dull ache like a cap.

15 F 03: XX: XX

Mild headache at 11:45 and ceased after 15 minutes. Dull headache which is worse from weather and at night. Ceases in the morning. Aetiology is change of weather.

19 F 13: XX: XX

I could feel dull headache on forehead.

30 F 01: XX: XX

#### **4.3.3.1.4 Frontal**

Today I had a slight head pain. It was on the front part of my head. It was a sharp pain – more like a poking pain. I was not feeling good. I slept in till later and woke up at 10am.

25 M 24: XX: XX

At 3pm I had a bit of a headache. I drank water. It was a slight pain in the front part of my head. I came home and slept at 8pm.

25 M 35: XX: XX

I had a throbbing headache at the front part of the head. It was severe. It was better for closing my eyes and quietness. Worse for noise, someone talking to me or motion. I just wanted to lie down in bed and not do anything. Felt better after I slept for a little while.

27 M 10: XX: XX

#### **4.3.3.1.5 Heaviness**

My head was like heavy in the morning. Had like a heaviness. If I put my head forward, then it felt something was on it. My heaviness was relieved after I had the tea.

25 M 02: XX: XX

#### **4.3.3.1.6 Left**

Today I had a headache it was on left half of my head only. And even on my ears. When I point my head down it gets so painful.

03 F 15: XX: XX

Towards the evening my head started to pain at the top going to the left side of my head. When I got home and had a hot bath and went to bed and slept for a while then I woke up feeling much better than before.

08 F 01: XX: XX

#### **4.3.3.1.7 Light headedness**

Had a light head because of fasting (salt less fasting).

21 F 25: XX: XX

#### **4.3.3.1.8 Morning**

This morning I woke up with a headache again. As the day went by I still had the headache but it was not as intense as this morning.

08 F 34: XX: XX

I had a slight headache throughout the whole morning.

09 F 12: XX: XX

I went to bed and I slept till 9am in the morning just woke-up with a killer headache.

09 F 14: XX: XX

As the day went by about mid-morning my head started to pain. It started on my temples and then my entire head started to pain. It was an intense pain but as the day went by the pain was not so bad.

08 F 35: XX: XX

Early morning movie so I had to drag the boys out of bed. Ended up with a headache after.

14 F 16: XX: XX

#### **4.3.3.1.9 Midday**

My head was paining so bad at midday. It was a bursting headache which was worse when I go in the sun.

10 F 14: XX: XX

Around 11:30 I got a headache. The pain was bad. I took a nap around 1:00 and woke up around 2:30. Due to the headache I had I took a nap from 1:00 to 2:30. Was not feeling good because of the headache I had.

23 F 27: XX: XX

#### **4.3.3.1.10 Occipital**

Midday headache-starting at the back of the head and down the neck to left shoulder. It's not a throbbing pain but a very nagging one. Felt like a migraine coming on. Headache still

there at 3pm. Warmed my bean bag and went to sleep at 4pm. Woke at 6pm and still had a headache. Had my boy massage my left shoulder and went back to sleep at 9:30pm...

14 F 10: XX: XX

Woke up with a tight pain at the back of my head just above the neck. Not actually a headache but a really nuzzed up feeling. Rubbed myself and also didn't need supper.

Didn't feel hungry.

14 F 23: XX: XX

My head was in pain at the back.

16 F 09: XX: XX

In the morning I woke up in the kitchen to drink some warm water to moderate my headache. After that I went back to bed.

16 F 12: XX: XX

Head was painful, back of my head, pain running down to my neck. More like a tension pain. Rate the pain 9/10. Due to the headache I felt very uneasy. Did not want to do anything or hear to anyone. I tried to relax and sleep due to the headache. Work up at around 11:30am and was feeling much better.

23 F 02: XX: XX

My day was very busy and at 3pm in the afternoon I had a headache. It was on the back part of my head. It was a throbbing pain and not a sharp pain. I sat in my canteen area with my head on the table and just lied down. The pain was still there. When I went home then I had a hot shower and ate. The pain became very little.

25 M 28: XX: XX

#### **4.3.3.1.11 Pulsating**

Today I had a headache in the afternoon about 3-4pm. It was a pulsating headache, severe, at the top of my head. It was better when closing my eyes and massaging my head. It was worse in the light and with noise. It also subsided a bit when I lay down in bed for a while. It was also worse when I was walking or moving my body in a certain direction. Miserable feeling. Slight nauseous feeling. Went to work today but spent the afternoon in pain and misery.

27 M 28: XX: XX

Woke up feeling much better but with a slight headache that was not as nagging as the previous day.

27 M 29: XX: XX

#### **4.3.3.1.12 Rain**

It started to rain and I had a headache due to the rain.06 F 32: XX: XX



#### **4.3.3.1.13 Right**

My head started to pain on my right and it was an intense beating pain. Towards the evening the pain went down a bit.

08 F 06: XX: XX

As the day went by towards the evening my head started to pain on the right side of my head. It was an intense pain on my head so when I went home I had something to eat and went and put my head down. When I got up I felt much better. The pain was not so intense like before.

08 F 28: XX: XX

This morning when I got out of bed I had a headache but it was not an intense pain. It started on the right side of my head going to my temples. As the day went by I felt a bit better and the pain was gone.

08 F 31: XX: XX

Slight dull pain on right side of head above the ear. Ignored it but it was there the entire afternoon.

14 F 04: XX: XX

Midday – right eye, right side head/right rear neck/right shoulder pain. It's not a throbbing eye pain. Just a low grade constant pain that lets you know it's there.

14 F 05: XX: XX

#### **4.3.3.1.14 Side**

This morning I woke up with a headache on the side of my head. It was an intense pain that lasted a while so I put my glasses on and that brought the pain down a bit.

08 F 33: XX: XX

#### **4.3.3.1.15 Sleep ameliorates**

I had to go back home for a nap because of my headache, I just discovered that 2 hours of rest usually does the trick.

09 F 05: XX: XX

Came back with a headache but I slept it out.

14 F 30: XX: XX

I have a headache that was so bad that I could not even eat and noise made it worse and I felt so tired that I just want to sleep the whole day.

22 F 37: XX: XX

#### **4.3.3.1.16 Tea ameliorates**

I have a terrible headache, couldn't sleep I had kids around so I went for green tea instead!  
09 F 08: XX: XX

In the morning, I did not drink tea so my head was paining. I had a cup of tea and then it stopped,  
25 M 09: XX: XX

#### **4.3.3.1.17 Temples**

Temple headaches manageable. Felt like someone banging my head with hammers. Lasted most of the day. Moderate pain. When I think too much it makes it worse.  
21 F 05: XX: XX

Had a sharp stabbing pain in right temple but it was fast momentary (for one minute).  
30 F 02: XX: XX

Lightning pain on my left temple only for few seconds.  
30 F 04: XX: XX

In the evening had that lightning pain in my left temples and the other same pains feels like it's coming from the base of the skull beneath the brain on left temporal.  
30 F 06: XX: XX

During the day I had a passing pain in my left temple as lightning then it was quiet.  
30 F 15: XX: XX

Lightning temple headache (left) for a split second during the day.  
30 F 23: XX: XX

#### **4.3.3.1.18 Throbbing**

I have a headache. It's throbbing on front part of head, worse for loud noise, smells and hunger, better after sleeping and drinking green tea and it's accompanied by dizziness, runny nose, itchy eyes and ears. Not sure of what caused it, this does not usually happen.  
01 F 08: XX: XX

I have a throbbing headache on right front side of head.  
01 F 13: XX: XX

I have a headache that is still throbbing on right side of head but better than yesterday. Becomes better when I'm alone with no other people and becomes worse and intense when in a noisy and loud place.  
01 F 14: XX: XX

Headache accompanied by nauseousness. Sharp, intense and throbbing on front left side of head.

01 F 25: XX: XX

I have a headache on left side of head. It is throbbing and very intense in the morning and got better by evening. Really felt like I am about to die it accompanied with sore itchy throat.

01 F 26: XX: XX

Slight headache – dull and throbbing on the crown of my head.

04 F 18: XX: XX

I woke up this morning and my head was paining. It was a medium pain in the center of my head. Not a sharp pain but a constant throbbing pain.

25 M 08: XX: XX

I had a throbbing headache. It was a sharp pain in the front part of my head. I went to work and had a cup of tea. It relieved the pain.

25 M 13: XX: XX

I had a throbbing headache at the front part of the head. It was severe. It was better for closing my eyes and quietness. Worse for noise, someone talking to me or motion. I just wanted to lie down in bed and not do anything. Felt better after I slept for a little while.

27 M 10: XX: XX

#### **4.3.3.1.19 Vertex**

This morning I woke up and I got this spring headache it's on top and side of the head.

06 F 06: XX: XX

#### **4.3.4 Eye**

Itchy eyes turning red in morning and became better by afternoon.

01 F 13: XX: XX

Itchiness on both eyes from morning and get better in the evening. (NS)

01 F 25: XX: XX

Eyes very itchy and watery in the morning.

01 F 26: XX: XX

Eyes are red and very irritable.

04 F 02: XX: XX

Right eye very irritable. Red and swollen. Excessive sebaceous secretions.

04 F 03: XX: XX

Rash still the same and eye still irritable.

04 F 04: XX: XX

My eyes I can feel like there is red inside like fire and full of sleep and heavy as well.

06 F 02: XX: XX

My eyes are heavy on the inside like there is something in there.

06 F 06: XX: XX

My eyes are feeling so heavy of sleep like I was awake the whole night and didn't sleep properly that is how my eyes are now.

06 F 07: XX: XX

My eyes are full of sleep. Just my left eye is paining so much; just want to shut my eyes and sleep.

06 F 14: XX: XX

My eyes were so heavy that I couldn't see properly on a piece of paper and always was burning like fire too close.

06 F 34: XX: XX  
My eyes get worse every day but I noticed something strange; my sinus has not affected me since I got back; usually they are very bad!

09 F 08: XX: XX

My eyes hurt and the left side of my head; I'll just take my nap and I should be fine.

09 F 11: XX: XX

Woke up at around 6:30am this morning my eyes were killing me.

09 F 12: XX: XX

My eyes hurt but this time they are itchy and is not accompanied by my usual headache.

09 F 16: XX: XX

My eyes were paining and burning at midday. The pain was mild and went away after about 4 hours. The way it was burning like I wanted to sleep. The cause could be being in the sun.

10 F 06: XX: XX

Eyes are feeling dry, washed them with water didn't work, then I put ice cube on each eyes (closed) and it did work.

13 M 10: 07: 00

Dry eyes, ice cubes didn't work. I got back to bed, after 10 minutes it was gone.

13 M 13: 07: 33

Itchy eyes.

13 M 13: 00: 00

07:18am: achy red eyes. Feels like I could scratch them.

13 M 18: 07: 18

16:42: worse Achy eyes. Used water base eye cleaner 2 drops on each eye.

13 M 22: 16: 42

Midday- right eye, right side head/right rear neck/right shoulder pain. It's not a throbbing eye pain. Just a low grade constant pain that lets you know it's there.

14 F 05: XX: XX

Midday- itchy eyes!

14 F 07: XX: XX

Eyes feels dry.

19 F 10: XX: XX

My eyes were sore but due to maybe soap water when washing face.

25 M 01: XX: XX

My eyes were straining as I had to watch the PC nearly the whole day. It was a small poking sensation on the eye.

25 M 11: XX: XX

My right eye was itchy and I kept rubbing it so it started to get red. The more it itched the harder I rubbed it and it got redder. It was a little better when I closed my eyes or washed my face with some cold water.

27 M 09: XX: XX

The right eye is itching today. Tried not to rub it but ended rubbing it as it was itching so much. Slight redness of the eye. Much better by the afternoon.

27 M 15: XX: XX

My eyes feel sore as if I'm drowsy, I did sleep much, the kids wake up early to prepare for school it's exam time but this soreness in the upper eyelids deep in the sockets it's new I'm not used to it.

30 F 09: XX: XX

#### **4.3.5 Ear**

I have a sharp pain in the left ear. This is an unusual symptom.

01 F 08: XX: XX

I have a sharp pain on both ears after walking for a while (US).

01 F 17: XX: XX

I felt pain in my ears.03 F 19: XX: XX

My right side tooth started to pain. It was this pulling pain which then affected my right ear. My ears felt like there is something inside but nothing was there. I couldn't hear nicely.  
08 F 04: XX: XX

A very dull ear ache around the back, middle, and inner ear. It's very dull – don't know what could be causing it, perhaps the nasal drip.  
15 F 05: XX: XX

My ear left is itching again – in Eustachian tubes  
30 F 08: XX: XX

While busy within my research in the library my ears were blocked, with swishing noise but I wasn't away of it, I was like I was normal, but once I burped suddenly my ears were unblocked and I realised they were blocked and I experienced quietness, peace, clarity of mind, everything was real, a noise in the background.  
30 F 12: XX: XX

My right ear, Eustachian tube very itchy and right side of the palate. I can feel my left nostril beginning to get blocked. I think it's the aircon in church.  
30 F 03: XX: XX

#### **4.3.6 Nose**

##### **4.3.6.1 Discharge**

Nose runny.  
04 F 05: XX: XX; 04 F 06: XX: XX; 04 F 07: XX: XX

I have running nose.  
07 M 48: XX: XX

I have a runny nose only now. I have sinus in the morning.  
22 F 00: XX: XX

In the morning when I was blowing my nose blood comes out. In the afternoon I still have the headache and blood is still coming out when I blow my nose.  
22 F 08: XX: XX

I have a runny nose.  
22 F 20: XX: XX

My nose had a slight run with not a lot of mucus.  
25 M 03: XX: XX

My nose had a slight sniffle. It ran with little mucus. I blew my nose twice and cleared it.

25 M 19: XX: XX

#### **4.3.6.2 Dry**

My nose is also dry very dry.

06 F 02: XX: XX

#### **4.3.6.3 Pimple**

I have a small pustule pimple at the corner of my left nostril. Popped it but the whole area is sore. These abscesses don't seem to get ripe. Just appears and pains just to get noticed and then seem to go dormant.

14 F 16: XX: XX

Only my left nostril is irritating. Feels like an acne pimple.

14 F 17: XX: XX

Doesn't seem like this pimple on the left nostril wants to come up. Will wait and see. This nose is irritating. No pimple but my left nostril is like inflamed at the bottom corner and is sore.

14 F 19: XX: XX

Woke up with an inflamed pimple on the left bottom corner of my nostril. Like an abscess of sorts. Oozing pus and very sore. Tried to press out what I could but now it's crusty.

14 F 20: XX: XX

#### **4.3.6.4 Nasal drip**

Woke up – scratchy throat from nasal drip – tired from a restless night.

15 F 02: XX: XX

Woke up and have a nasal drip – tired, don't want to get up and start the day.

15 F 04: XX: XX

My sinuses are irritated; I think it's related to the nasal drip as well. My nose feels stuffy and throat really raw and sore. Ear ache has gone for now.

15 F 05: XX: XX

Nasal drip and sore throat still present but almost gone.

15 F 08: XX: XX

#### **4.3.6.5 Nasal blockage**

My nose was badly blocked.

03 F 19: XX: XX

I woke up my nose were blocked.

07 M 03: XX: XX

I'm still experiencing a dry throat and blocked nose.

07 M 04: XX: XX

My flu is getting worse, my both nose are blocked.

07 M 05: XX: XX

Right now my nose is bit blocked but I don't feel any pain.

07 M 15: XX: XX

Both noses are blocked. I have to sleep with my back to have some good breathing.

07 M 47: XX: XX

My nose is blocked.

16 F 09: XX: XX

Mild nose blockage, early morning. Cleared up after I awoke. It is worse from weather changes and at night but ceases in the morning.

19 F 13: XX: XX

#### **4.3.6.6 Sinusitis**

I am sneezing especially at night.

16 F 09: XX: XX

My sinus symptoms are back, my eyes, nose and throat are itching because of the sinuses and it worse in the morning when I wake up and at night when I go to bed.

22 F 15: XX: XX

In the middle of the night I had my sinuses which were worse than the one I usually get.

22 F 27: XX: XX

I had sinuses in the morning and also had blocked nose but by midday I did not have the blocked nose there was a small amount of blood.

22 F 28: XX: XX

I had my sinuses in the morning and a runny nose, but it was gone within an hour.

22 F 36: XX: XX

I had sinuses in the morning.

22 F 38: XX: XX

Just a bit of sinuses in the morning.

23 F 09: XX: XX



Sinuses started in the morning and my nose started to burn. Just happened in the morning till 8:00am.

23 F 25: XX: XX

#### **4.3.7 Face**

Feels as if face has just become numb.

01 F 13: XX: XX

I have big, pus filled pimples on my face; I decided to stay in bed the whole day instead of going out.

09 F 14: XX: XX

#### **4.3.8 Mouth**

##### **4.3.8.1 Dry**

No symptoms but pain, warmth and the rash on the lips has disappeared. Left my lips feeling very dry even if I moisturiser with Vaseline.

01 F 20: XX: XX

Mouth and tongue were dry. Mild pain in the teeth.

19 F 05: XX: XX

Mouth felt dry all the time. Felt thirsty entire day - +/- 3-4 litres of cold water from fridge. Drank it a glass at a time but very fast.

21 F 14: XX: XX

Woke up with a dry mouth. After I brushed my teeth and drank water I was fine.

23 F 10: XX: XX

My mouth was dry.

27 M 12: XX: XX

##### **4.3.8.2 Thick**

My mouth is continuously thick, nothing wants to go down my throat.

06 F 34: XX: XX

My mouth, tongue and gums still feel thick, like nothing is going into my mouth and nothing wants to taste good as homemade food at home.

06 F 35: XX: XX

#### **4.3.8.3 Gums sore**

I noticed that my gums were a bit sore and slightly red. An uncomfortable feeling.

27 M 19: XX: XX

The white areas got bigger more painful, sore when touching the area. I gargled with salt water a few times in the day. That burned a lot.

27 M 21: XX: XX

The sores in the mouth is still very painful and huge and same redness as yesterday. Continued to gargle with salt. Burned a lot. A bit irritated with these sores. I can't eat properly, it hurts and when I eat something hot it stings, it's like it hit a nerve or something. Can't wait to get rid of these sores.

27 M 22: XX: XX

The redness of the gums is a little lighter but the white part is still large and swollen. Sensitive when I have something cold or hot. Sore when I touch it. This is irritating me. When will it end? I'm fed up as I can't eat and drink anything without having some pain and discomfort. Even when I talk it hurts as the area is sore. Continued to gargle with salt water.

27 M 23: XX: XX

#### **4.3.8.4 Gums red**

When I woke up and was brushing my teeth I noticed my gums was redder, sore and white area in the middle of the red areas. I think I am getting sores on the gums. It was burning and paining when brushing my teeth. A little blood while brushing. I could taste the blood in my mouth.

27 M 20: XX: XX

The mouth feels much better than other days. The gum is almost normal color in that the area and the whiteness is getting smaller. Doesn't hurt so much when I talk but still sensitive when I eat. It is healing and I think the salt water used to gargle helped a lot.

27 M 24: XX: XX

#### **4.3.8.5 Sensitive teeth**

Teeth a bit sensitive when drinking.

19 F 10: XX: XX

Today I started feeling pain in my frontal teeth and I'm having tea rooibos in the afternoon. This is caused by the sight of rough granules of sugar. I have never ever in my life have pain in my teeth.

30 F 12: XX: XX

Today as I'm doing the washing my teeth in the upper jaw (canines and incisors) are achingly painful at the sight on powder soap because of its rough texture. This also causes irritation which I feel at my temples and I am tense and clenching my jaw involuntarily.

30 F 17: XX: XX

#### **4.3.8.6 Swollen**

Swelling on both lips with what appeared to be a rash. It was very itchy and felt very warm. Felt like I had sand on my lips (OS) occurred before in October 2008.

01 F 17: XX: XX

Swelling on lips has gone down but the rash is still there as well as the warmth. Get worse when I place something hot and very cold.

01 F 18: XX: XX

#### **4.3.9 Tongue**

Feel that my tongue is thick and my throat like dry, my nose is also dry very dry.

06 F 02: XX: XX

My mouth, tongue and gums still feel thick, like nothing is going into my mouth and nothing wants to taste good as homemade food at home.

06 F 35: XX: XX

Oh God – I'm getting like a sore on my tongue!! What is going on??

14 F 07: XX: XX

Mouth and tongue were dry.

19 F 05: XX: XX

My tongue feels like it's dry and cracked right in the middle and center.

30 F 11: XX: XX

#### **4.3.10 Throat**

##### **4.3.10.1 Dry / Itchy**

Itchy and dry throat.

01 F 10: XX: XX

Sore dry throat, only happens when I have a cold.

01 F 17: XX: XX

My throat feels dry and itchy a bit.

06 F 01: XX: XX

My throat was so dry.

07 M 03: XX: XX

I'm still experiencing a dry throat.

07 M 04: XX: XX

I still have flu my throat is still dry; I just wish I can have some cold water.

07 M 06: XX: XX

I had a rough night, my throat is so dry, and I feel like drinking ice cold water.

07 M 49: XX: XX

My throat was feeling so dry so I found myself drinking a lot of water.

08 F 02: XX: XX

12:00: dry throat, uncooked egg made a difference.13 M 08: 12: 00

My throat was dry in the morning and I drank a lot of water.

25 M 12: XX: XX

My throat was dry the entire night. I was drinking a lot of water.

25 M 28: XX: XX

#### **4.3.10.2 Pain**

My throat was paining with a slight gentle pain. Maybe because of the cold weather.

25 M 03: XX: XX

#### **4.3.10.3 Raw / Sore**

My throat is very sore.

03 F 17: XX: XX

My nose feels stuffy and throat really raw and sore.

15 F 05: XX: XX

Throat still a little sore.

15 F 06: XX: XX

Throat still a little sore but better than previous days.

15 F 07: XX: XX

Fluish, sore throat, fever and hot flushes.

21 F 29: XX: XX

#### **4.3.10.4 Scratchy**

Woke up with a scratchy throat from nasal drip.

15 F 02: XX: XX

#### **4.3.11 Stomach**

##### **4.3.11.1 Appetite**

###### **4.3.11.1.1 Changeable**

Even my appetite is a lot but has changed, like, when I have my lunch and my bottle of water or juice I am full throughout the day and that I don't want to eat any more.

06 F 08: XX: XX

###### **4.3.11.1.2 Decreased appetite**

No appetite.

01 F 09: XX: XX

Loss of appetite.

01 F 17: XX: XX

I didn't have supper last night. Didn't even feel hungry but my mood swings started again.

06 F 03: XX: XX

My stomach is cramping so much that even though I am so hungry I couldn't even finish my lunch that I made this morning. I am so full that I cannot even think of eating any more food because that's how full I am now. Didn't even eat supper last night.

06 F 07: XX: XX

My appetite is gone when I am day off.

06 F 18: XX: XX

I have no appetite.

07 M 03: XX: XX

My appetite is low today.

09 F 14: XX: XX

Had lunch at work however didn't feel like eating supper. Surprisingly I wasn't hungry.

14 F 22: XX: XX

Didn't need supper. Didn't feel hungry.

14 F 23: XX: XX

No appetite.

21 F 11: XX: XX

No appetite because of feeling fearful and alone.

21 F 21: XX: XX

No appetite because of mixed feelings and emotions.

21 F 31: XX: XX

I have not been eating as much, I only eat once but I'm not tired today.

22 F 01: XX: XX

My appetite is very low.

22 F 11: XX: XX

I never eat supper today.25 M 01: XX: XX

I went to work and worked hard but I was very hungry today. I bought a chicken burger with chips and ate it at 11:00am. During the afternoon part I ate my muffin that I bought. I went home and I did not want to eat.

25 M 08: XX: XX

I did not eat as I was feeling tired.

25 M 35: XX: XX

Did not feel like eating and went straight to bed.

27 M 16: XX: XX

Went to sleep early at night and did not even feel like eating. Did not have supper.

27 M 19: XX: XX

I did not have much of an appetite. I just didn't feel hungry.

27 M 31: XX: XX

My appetite is low.

30 F 06: XX: XX

#### **4.3.11.1.3 Increased appetite**

I am gaining my appetite but no other unusual symptoms.

01 F 19: XX: XX

I was very hungry today maybe it because I had money to buy food.

03 F 01: XX: XX

Feeling a bit tired and hungry. Eating more than usual today.

04 F 18: XX: XX

Was tired again today. Also have some bloating. I am also feeling like eating a lot.

04 F 20: XX: XX

I am very hungry, like a lion that's how hungry I am right now.

06 F 02: XX: XX

I am still feeling hungry after having my lunch and I still want to close my eyes and sleep because my left eye is having a lazy eye now.

06 F 14: XX: XX

I am more hungry than I usually am and I eat more than what I eat each day.

06 F 24: XX: XX

Finished work so late and went home and was so hungry that I actually enjoyed my food for the first time since like forever.

06 F 34: XX: XX

Today I had a good day. I was not tired and had no pain but I was feeling very hungry and thirsty today. I was feeling thirstier than I normally feel. It was a hot day and I was getting bored so I was feeling to eat and drink.

08 F 21: XX: XX

I almost freaked out! I had a huge appetite.

09 F 04: XX: XX

I have a huge appetite. I just can't stop eating!

09 F 19: XX: XX

I was very hungry today maybe it because I had money to buy food.

03 F 01: XX: XX

Feeling extra hungry and cold today but the weather is fine.

14 F 21: XX: XX

Hungry!

15 F 05: XX: XX

Eating habits are good.

17 F 06: XX: XX

Appetite is very good.

19 F 05: XX: XX

Ate breakfast, lunch and supper which I don't normally do.

21 F 01: XX: XX

Good appetite.

21 F 02: XX: XX

And I ate 3 times today since I had no stress.

22 F 38: XX: XX

I noticed that I am eating more than I usually do and I am getting hungry more often or more quickly than usual.

27 M 08: XX: XX

I'm very hungry this morning I've already eaten breakfast and snack fast though it a good thing for me it's not usual. I'm not hungry in the morning usually.

30 F 03: XX: XX

#### **4.3.11.2 Bloating**

Also I have some bloating. I am also feeling like eating a lot.04 F 20: XX: XX

My tummy felt bloated after I drank the water.

25 M 06: XX: XX

My tummy felt bloated. I had a glass of milk and at 8:30pm I used the loo again. This time my whole tummy flushed itself.

25 M 08: XX: XX

I cooked nice mutton curry and ate at twelve. I felt bloated in my tummy after eating it.

25 M 30: XX: XX

I was so bloated, my stomach felt heavy and distended, yet I didn't eat any beef.

30 F 10: XX: XX

#### **4.3.11.3 Constipation**

No signs of my usual headache but I rather feel constipated.

09 F 02: XX: XX

Slight constipation.

19 F 05: XX: XX

#### **4.3.11.4 Cramps**

I still have those abdominal cramps I had yesterday, but they are not as severe though.

11 F 07: XX: XX

#### **4.3.11.5 Diarrhoea**

After I ate my stomach felt some pains then I had a running stomach. I had to go to the toilet more than usual for the whole day.

07 M 12: XX: XX



#### **4.3.11.6 Eructations**

Releasing more gas than usual. I ate cabbage. Slight constipation.

19 F 08: XX: XX

#### **4.3.11.7 Heartburn**

My old symptoms came back; whenever I'm hungry my stomach hurts. Heartburn came back today right before I went to sleep.

07 M 05: XX: XX

I ate fried chips now I've got heartburn.

07 M 11: XX: XX

#### **4.3.11.8 Pains**

##### **4.3.11.8.1 Cramps**

My stomach is also in a rumble state, like its upside down inside out kind of thing.

06 F 01: XX: XX

My stomach started with these cramps again.

06 F 02: XX: XX

After eating breakfast in the morning, I had an upset stomach, my food didn't want to digest and like I wanted to throw up. That's how bad my stomach was in the morning. My stomach is cramping so much that even though I am so hungry I couldn't finish my lunch that I made this morning. I am so full that I cannot even think of eating any more food because that is how full I am now.

06 F 07: XX: XX

I have stomach cramps so bad that inside of my stomach is like twisting inside because I am so hungry now.

06 F 09: XX: XX

I have this cramping on my stomach and it's paining so bad.

06 F 35: XX: XX

I overslept but it was all good. Then my usual symptoms kicked in after my dose but this time I got a new symptom my stomach is hurting now.

07 M 02: XX: XX

Still I fill like vomiting and my stomach is still acting funny. Now my stomach or tummy is hurting and it's been like this for the whole day. I can't fall asleep hurting like this.

07 M 03: XX: XX

My old symptoms came back; whenever I'm hungry my stomach hurts. Heartburn came back today right before I went to sleep.

07 M 05: XX: XX

Whenever I get back from the toilet I get cramps.

07 M 07: XX: XX

I did not sleep well my stomach is still giving me problems. I only ate bread in the morning until I went to sleep.

07 M 13: XX: XX

I had terrible intense stomach cramps, I felt a "shearing" force in my stomach, I thought it was due to me missing lunch, took my medication day-time 2pm for some reason I felt worse, I almost thought I was just a few steps away from death. #tears!!! Took a shower and green tea as usual and before I knew it, it was bed time 11pm.

09 F 00: XX: XX

Woke up with abdominal cramps.

11 F 06: XX: XX

Today my tummy was troubling me. First I had cramps and a slight uncomfortable feeling in my stomach. Then my stomach started running. Watery stools and lots of gas and relief after that. Later about 15 minutes after having supper my stomach started again. It was stronger smelling watery stools with lots and lots of gas. There was much relief after that. Feeling lighter but a bit weak.

27 M 07: XX: XX

After breakfast my stomach ran again. The same watery, bad smelling stool with gas.

Feeling better afterwards.

27 M 08: XX: XX

#### **4.3.11.8.2 Night**

My tummy was paining at night. The pain was like a pulling pain. The pain became better when I had some ice water. The pain was mild and as a result of me eating late.

10 F 31: XX: XX

#### **4.3.11.8.3 Piercing / Stabbing**

I had some pain in stomach at the center (poking pain). As the time goes it went away it wasn't too long and it wasn't too painful but I felt the pain.

03 F 01: XX: XX

Today my lower tummy was paining and the pain was going to my lower back. It was a poking pain on my lower tummy. As the day went by the pain I had on my tummy was gone

but my back was still paining. I also found myself drinking lots of water today. The pains I was getting today was because I was going to get my monthly.

08 F 29: XX: XX

#### **4.3.11.9 Sensation as if**

##### **4.3.11.9.1 Pins and needles**

My tummy was paining at noon. It was that sharp pain at 14:00pm and stopped at 16:00pm. The pain was like pins and needles. It was better when I had some ice water. The pain was caused by me eating late.

10 F 09: XX: XX

##### **4.3.11.9.2 Beaten**

My tummy was paining at 12:00pm and stopped at 14:00pm. The lower tummy was paining. The pain was like someone hitting me on my tummy. The pain was better when I had some sugar water. The pain was a mild pain that occurred midday.

10 F 19: XX: XX

##### **4.3.11.9.3 Sore**

I did not sleep well my stomach is still giving me problems. I only ate bread in the morning until I went to sleep.

07 M 13: XX: XX

After I came back from school I had stomach ache but after I ate I felt no pain.

07 M 14: XX: XX

My tummy is feeling sore at the top under the diaphragm – feels like ulcers.

14 F 12: XX: XX; 14 F 13: XX: XX

##### **4.3.11.9.4 Stabbing**

I had some pain in stomach at the center (stabbing pain). As the time goes it went away it wasn't too long and it wasn't too painful but I felt the pain.

03 F 01: XX: XX

Today I woke up having a stomach-ache maybe it because I eat sausage and it been sometimes I haven't eaten it.

03 F 36: XX: XX

#### **4.3.11.9.5 Twisting**

I have this strange feeling inside of my stomach, like all of my organs are twisted inside, and no food that want to stay in my stomach. My bowel is gone hard, and it very hard for me to go out and urine, like my stomach is knotted inside. And I am feeling it hard to sit and then it's cramping as well.

06 F 24: XX: XX

#### **4.3.11.9.6 Vomiting / Nausea**

I am vomiting after eating fried beef with vegetable.

01 F 04: XX: XX

Nauseaousness especially after eating.

01 F 05: XX: XX

I feel nauseaousness after eating white bread with peanut butter and chicken with mayonnaise.

01 F 07: XX: XX

Nauseaousness and no appetite.

01 F 13: XX: XX

It feels like I'm going to vomit, and my new symptom is my stomach it feeling funny after an hour or two I feel back to normal, for the whole day since I am taking 3 dose a day.

07 M 00: XX: XX

I slept well but after taking my first dose I just felt like vomiting again. Then heartburn came back, and then got a runny stomach for the whole day.

07 M 01: XX: XX

I overslept but it was all good. Then my usual symptoms kicked in after my dose but this time I got a new symptom my stomach is hurting now.

07 M 02: XX: XX

Still I fill like vomiting and my stomach is still acting funny. Now my stomach or tummy is hurting and it's been like this for the whole day. I can't fall asleep hurting like this.

07 M 03: XX: XX

Whenever I drink tea I feel like vomiting.

07 M 49: XX: XX

In the morning I felt like vomiting.

22 F 06: XX: XX

At about 2:30pm I felt like I wanted to vomit. I ate egg chutney for lunch and I think that maybe it upset me. I drank a lot of water and the vomit sensation went away.

25 M 26: XX: XX

#### **4.3.11.9.7 Thirst**

#### **4.3.11.9.8 Increased thirst**

I am extreme thirsty with the feeling of wanting to throw up and feeling hungry and weak throughout the day.

01 F 15: XX: XX

Felt thirsty throughout the day.

01 F 17: XX: XX

Also feeling thirsty.

04 F 18: XX: XX

But today I also felt very thirsty than my normal days. My throat was feeling so dry so I found myself drinking a lot of water.

08 F 02: XX: XX

Today I had a good day. I was not tired and had no pain but I was feeling very hungry and thirsty than I normally feel.

08 F 21: XX: XX

I was feeling hot and found myself drinking a lot of water.

08 F 33: XX: XX

I was craving to eat fishcake and I was so thirsty only drinking water.

10 F 03: XX: XX

I drank lot of water today; I was feeling thirsty.

13 M 02: XX: XX

Thirsty.

15 F 01:20:04

Thirst: was thirsty last night.

19 F 05: XX: XX

Felt thirsty the entire day having +/- 3-4 litres of cold water from the fridge. Mouth felt dry all the time. Drank it a glass at a time but very fast.

21 F 14: XX: XX

I feel the need of drinking water more often now.22 F 21: XX: XX

I'm feeling very much thirsty but at night and it feels as if my throat is dry.

22 F 30: XX: XX

I was thirsty so I drank two glasses of water.

25 M 01: XX: XX

I was very thirsty and drank a lot of water.

25 M 18: XX: XX

I worked normal but urinated a lot maybe because I drank a lot of water and also it was cold in the office.

25 M 22: XX: XX

I was normal today except that I was thirsty most of the time. My mouth was dry. I felt better, my thirst was quenched with any drink but especially water.

27 M 12: XX: XX

I was still thirsty today. Drank a lot of water, maybe 2-3 litres of water felt bloated with drinking a lot of water. A heavy sensation. It was a little better after I burped.

27 M 13: XX: XX

My mood not good because haven't been drinking a lot (yet thirsty).

30 F 06: XX: XX

#### **4.3.12 Abdomen**

I was so bloated, my stomach felt heavy and distended, yet I didn't eat any beef.

30 F 10: XX: XX

#### **4.3.13 Stools**

##### **4.3.13.1 Black**

My stomach is not well today I'm producing black stool.

07 M 38: XX: XX

##### **4.3.13.2 Constipation**

No signs of my usual headache but I rather feel constipated.

09 F 02: XX: XX

#### **4.3.13.3 Hard**

My bowel is gone hard and very hard for me to go out during the time I go to the toilet. Like my stomach is knocked inside and I am finding it hard to sit and then it's cramping as well.

06 F 24: XX: XX

I went to the loo at work today – stools were hardest. A bit of constipation. When I came home then I used the loo again. It was watery.

25 M 01: XX: XX

#### **4.3.13.4 Offensive**

I've pooped twice this morning, stools are dark explosive, soft, urgent yet I can feel I'm not having diarrhea, but I feel there is a lot in my stomach that needs to get out.

30 F 03: XX: XX

#### **4.3.13.5 Stool soft**

I've been going to the toilet easily lately.

09 F 19: XX: XX

I've pooped twice this morning, stools are dark explosive, soft, urgent yet I can feel I'm not having diarrhea, but I feel there is a lot in my stomach that needs to get out.

30 F 03: XX: XX

#### **4.3.13.6 Stool colour**

My stomach is no not well today I'm producing black stool.

07 M 38: XX: XX

After 2 weeks of difficult passing out stool I had a desire to. I went off watery pale stool though so I was a little worried! The heaviness around my belly was no more!

09 F 12: XX: XX

I used the toilet. Stools were light brown. Normal texture.

25 M 10: XX: XX

#### **4.3.13.7 Watery Stools**

I constant have the need of urinating and boweling (defecation). I feel like the boweling is caused by period pain as they are making me want to use the toilet consistently.

01 F 14: XX: XX

Boweling constantly with very watery stool and stomach pains. Loud noise makes it worse.

01 F 15: XX: XX

After I ate my stomach felt some pains then I had a running stomach. I had to go to the toilet more than usual for the whole day.

07 M 12: XX: XX

After 2 weeks of difficult passing out stool I had a desire to. I went off watery pale stool though so I was a little worried! The heaviness around my belly was no more!

09 F 12: XX: XX

At night time I had a running stomach and I was afraid to eat dinner since I thought I would need to go to the toilet again.

22 F 27: XX: XX

Today I had the running stomach and I feel like I'm having period pains but I'm not in my periods yet.

22 F 29: XX: XX

At 6:00pm I had my third sachet. I noticed at 9:30 pm I went oddly to the toilet. Stools was not runny.

25 M 01:03:30

Came home at 2pm and had to use the loo. Runny and watery stools. My tummy emptied itself. The beans I think was not cooked well.

25 M 03:02:00

I used the loo again. This time my whole tummy flushed itself.

25 M 08: XX: XX

I used the loo. Stools was light brown. Normal texture.

25 M 10: XX: XX

I went to the loo (toilet) twice and it was little bit watery.

25 M 24: XX: XX

#### **4.3.14 Bladder**

##### **4.3.14.1 Burning urination**

My pee was burning when I start to pee. The burning was severe and the coke caused the burning. It became better when I drank water.

10 F 28: XX: XX



My pee was burning when I started to pee. Water I had made it better. The burning was mild and coke caused the burning.

10 F 29: XX: XX

Slight bladder infection. Burning sensation, urine darker in colour, stronger, uncomfortable. Pains in the end on urination.

21 F 28: XX: XX

Bladder infection – as the previous day. Drank extra water.

21 F 29: XX: XX

#### **4.3.14.2 Copious urination**

Think that my bladder was to full and I couldn't hold it for too long.

06 F 05: XX: XX

Don't know why but I feel that my bladder is filling up much to fast than usually. And I have gone to urinate more than 3 times today.

06 F 16: XX: XX

My urine has come more regularly than usually, because I did drink a lot of liquids but my bladder gets full so fast and I am afraid of that. Don't know what's wrong with me.

06 F 19: XX: XX

My urine was very yellow in colour.25 M 03: XX: XX

I used the loo about 7 times throughout the day. At first my urine was dark yellow and then it got lighter through the day.

25 M 06: XX: XX

I worked normal but urinated a lot maybe because I drank a lot of water and also it was cold in the office.

25 M 22: XX: XX

As a result, I went to the toilet quite often. My urine was dark yellow but as I went to the toilet then the colour got lighter.

25 M 26: XX: XX

I went often to urinate. The urine was initially dark yellow in colour. The urine was also stronger smelling and frothy in appearance at the initial stage.

27 M 12: XX: XX

#### **4.3.14.3 Colour**

My urine was very yellow in colour.

25 M 03: XX: XX

## **4.3.15 Female genitalia / sex**

### **4.3.15.1 Menses**

#### **4.3.15.1.1 Bleeding during sexual intercourse**

It's been a while so my boyfriend and I decided to take things to the next level so we decide to have sex today but what was strange is that during intercourse I was bleeding and it had never happened to me before but straight after intercourse I no longer bleed.

09 F 17: XX: XX

#### **4.3.15.1.2 Blood Flow**

Menstruation period heavier than usual, blood is very dark red almost brown and thicker than usual. Heavy flow throughout the day, changed pads five times today, usually use two or three in a day.

01 F 15: XX: XX

Menstruation flow gets worse as the day progresses.

01 F 15: XX: XX

I was happy I finish my period yesterday it just few blood now.

03 F 04: XX: XX

I had period pain even today and they were very strong as I couldn't sleep all night being up and down.

03 F 47: XX: XX

This morning when I woke up after cleaning myself I saw that there was a bit of spotting of blood on the tissue. At least I am not so worried about that so much now because I can feel in my body that my body never did.

06 F 04: XX: XX

Still bleeding but not as much. It's still light in color.

06 F 09: XX: XX

Today I found myself bleeding very heavy than normal and my lower tummy was paining but not as bad like yesterday.

08 F 24: XX: XX

My menses are still very watery and heavy; I still have period pains and I'm dragging my right leg.

09 F 14: XX: XX

The flow of my menses seems more liquid and very fine clots unlike before.

14 F 05: XX: XX

#### **4.3.15.1.3 Clots**

Menses are not clotted much like before. Finer membrane things and seems more red than on the brown side.

14 F 06: XX: XX

#### **4.3.15.1.4 Colour / Odour**

Finally, today I get my monthly flowing properly (12 March). The odour is a little strong and there is pain on the lower half of my stomach where the ovaries are and I can feel the flow of the blood. Light in color and there is less blood as well.

06 F 07: XX: XX

My period is paler today; less bloody; but I'm releasing a lot of discharge with small trace of blood. I am having hot flushes.

09 F 15: XX: XX

Maybe I'm emotional because I started menstruating in the afternoon. I haven't menstruated since April 2013. It was just bright red blood, no clots, no pain either.

30 F 11: XX: XX

#### **4.3.15.1.5 Craving**

This morning I had my period, it started today. I was feeling so tired and restless today. My lower back and my lower tummy was paining. It was an intense poking pain. I felt like having chocolate and sour things. My entire body was paining. I had a chocolate and sour figs and I felt better after having it. I had my sweet and sour stuffs and was satisfied. As the day went by the pain was not as bad.

08 F 23: XX: XX

I was feeling to eat chocolate but I did not eat it. My craving for chocolate is only when it is the time of the month.

10 F 26: XX: XX

I feel like eating cake. Did not eat it. It is my monthly time that's why I like to eat sweet things but I never get my monthly and I only feel for sweet things.

10 F 34: XX: XX

#### **4.3.15.1.6 Early**

Today I started my periods and it too early for me to be in my period I was hoping I will start 21 towards. I had no pain that was a sign I just saw the blood while I was at the shower.

But during the day I had some period pain.

03 F 16: XX: XX

And my period decided to make an appearance a week early. Really irritable today.

Impatient...

14 F 04: XX: XX

#### **4.3.15.1.7 Eruptions around the genitalia**

Itching on the private parts and becomes sore when I scratch. Developed small lumps on private area and puss comes out when I squeeze them (US). The puss is then accompanied by blood and very intense pain after squeezing. Very thick, creamy discharge that is very disturbing to me and very unusual.

01 F 10: XX: XX; 01 F 13: XX: XX; 01 F 26: XX: XX

I had pain in inguinal region, sharp pain with itching on the vagina and pimple like lumps showing up.

01 F 11: XX: XX

Lumps on private area still appear but less painful than previous days.

01 F 12: XX: XX

I was happy I finish my period yesterday it just few blood now.

03 F 04: XX: XX

It's been two days after the blood incident and I noticed that I have a rash on my vaginal lids/lip; it has a very hot and itchy sensation.

09 F 18: XX: XX

#### **4.3.15.1.8 Late**

Another sluggish day but no period yet.

04 F 21: XX: XX

No symptoms but still did not get period.

04 F 24: XX: XX

I still didn't get my period as yet maybe because of the med's that I am taking. I didn't get my period from the 6<sup>th</sup> of March and yes I am a bit worried about that.

06 F 02: XX: XX

#### **4.3.15.1.9 Libido**

##### **4.3.15.1.9.1 Decrease libido**

My libido is really low, shame my poor husband, I have an average libido so when he (my husband) is here I would like to be active with him maybe 4 times a week, twice a night, now it's like once a night and I sleep a day or 2, this is not me and I don't like this. I don't live with my husband so when he is here I would like to make it count; for all that I have missed.

30 F 13: XX: XX

##### **4.3.15.1.9.2 Increase libido**

I feel like my sex-drive is quite high than usual I just wanted to kiss him but it was better I chased him away.

09 F 14: XX: XX

We tried doing it again and the same thing happened again! I bleed! Now we are scared of having sexual intercourse so we just spent the whole night talking. I don't know what to do plus my sex drive is very high currently. I noticed I've been giving off a lot of thick creamy discharge lately though that does not have a bad odour; it's scaring me now.

09 F 21: XX: XX

##### **4.3.15.1.10 Protracted**

Also this time when I got my period I didn't get the terrible pulling pain in my thighs. It seems to only finish now. At least a day/2 longer than normal.

14 F 08: XX: XX

##### **4.3.15.1.11 Menses pain**

Period pain, intense than usual.

01 F 14: XX: XX

Period pain accompanied by itchy nipples and swollen breast tissue. This usually occurs when having my periods but this time the pain was worse and more intense than usual.

01 F 14: XX: XX

I had a bad day I started my periods so I am having periods pain and I am also tired. I feel very hungry often when I am on my period. I eat now and then (baseline).

03 F 06: XX: XX

Dear diary today I started my period. I was having some period pain in the morning then after I started bleeding. During the day the period pain come back. All day I was just tired I couldn't feel myself.03 F 46: XX: XX

I had period pain even today and they were very strong as I couldn't sleep all night being up and down.

03 F 47: XX: XX

There is a shearing force along my pubic symphysis, all I can do is scream, I used a hot water bottle but that didn't help "period pain"!

09 F 13: XX: XX

The pains around my pubic symphysis still come and go so I go to bed 10pm and woke up at 8:15am.

09 F 14: XX: XX

And had my periods and I have period pains but they are not as bad.

22 F 31: XX: XX

#### **4.3.15.1.12 Return of menses**

Maybe I'm emotional because I started menstruating in the afternoon. I haven't menstruated since April 2013. It was just bright red blood, no clots, no pain either.

30 F 11: XX: XX

#### **4.3.15.1.13 Spotting**

This morning when I woke up after cleaning myself I saw that there was a bit of spotting of blood on the tissue. At least I am not so worried about that so much now because I can feel in my body that my body never did.

06 F 04: XX: XX

My period is still like spots every time. I clean myself.

06 F 06: XX: XX

This morning I had noticed that I was spotting but I just had my period a week ago. I found it strange because that never happens.

08 F 05: XX: XX

This morning was the same, I spotted again.

08 F 06: XX: XX

#### **4.3.15.1.14 Shorter**

Menstruation has ended (US). Menstruation usually lasts five to seven days but this time it lasted for only 2 days but the flow was heavier than usual and the pain was intense.

01 F 17: XX: XX

#### **4.3.15.1.15 Tired / Lethargic**

Dear diary today I started my period. I was having some period pain in the morning then after I started bleeding. During the day the period pain come back. All day I was just tired I couldn't feel myself.

03 F 46: XX: XX

Feeling very tired and lethargic today. Maybe because menstrual cycle is close.

04 F 19: XX: XX

#### **4.3.16 Chest**

##### **4.3.16.1 Pain**

I have this sharp pain towards my left side of my chest, going towards my heart. The scale is about 6 or 7, just started now. That it's pulling a muscle or the heart. Don't know if I can manage with the pain as much to wake up and every time I pull myself up, the pain gets worse, like it's cramping that much.

06 F 19: XX: XX

My chest is hurting.

07 M 03: XX: XX

I got up with this pain in my chest. My chest pain was a mild pain, so I just left it and as the day went by the pain went away.

08 F 13: XX: XX

This morning when I got out of bed I went to go take a bath. I started getting this intense pulling pain in my right side chest in the centre of my breast but the pain was on my right side mainly. I was feeling so miserable the entire day. That pain was like getting more intense. Every breath I took I had that pulling pain. That pain started going down towards the afternoon time. The pain was not so intense. I had that pain before but it was not as intense like today. I just felt like crying but I stuck the pain. Towards the evening the pain started, slowly going away around 9:00pm at night.

08 F 14: XX: XX

Today I had that pain in my right side chest again but this time the pain was not as intense like yesterday. As the day went by the pain started going away. When I was massaging my chest the pain was not bad but yesterday the pain was very intense I couldn't breathe. Every breath I took it was paining but thank god the pain was not as bad today.

08 F 15: XX: XX

#### **4.3.16.2 Heavy chest**

Heavy chest – like something bad is going to happen. It's a feeling of heaviness inside.  
21 F 15: XX: XX

#### **4.3.16.3 Palpitation**

Had heart palpitation – missed heartbeat, then a pounding beat – then all normal.  
30 F 07: XX: XX

At 1pm I had the same palpitation again like yesterday, as I was praying wondering what's wrong, and then I remembered it might be proving though I'm not experiencing any symptoms.

30 F 08: 01: 00

#### **4.3.17 Back**

##### **4.3.17.1 Back pain**

###### **4.3.17.1.1 Aching**

My back is also paining but I get like a cold shoulder at times. Think I need a shoulder massage.

06 F 16: XX: XX

I just realised that I haven't been having the lower back pain I always have during the day.  
14 F 08: XX: XX

Oh God – my lower back aches like it's broken. Keep moving though it's crazy pain. Doesn't make it any easier that it's a public holiday. After lunch rubbed my lower back and crawled into bed with my bean bag.

14 F 14: XX: XX

And my child bearing hips are killing me especially the lower back. Went to bed with my beanie to ease the pain.

14 F 20: XX: XX

###### **4.3.17.1.2 Afternoon**

My lower back was paining at 13:00pm and stopped at 17:00pm and the pain was severe like someone hitting your back. The pain was worse when I sit down and occurred in the afternoon.

10 F 15: XX: XX



My lower back was paining at 5:00pm. The pain was like pins going in my back. The pain was severe and was worse when I bend down. The pain was in the afternoon.

10 F 23: XX: XX

#### **4.3.17.1.3 Left**

I have back pain on the upper left side, on the shoulder blade from the time of waking up, worse after doing seats up.

01 F 25: XX: XX

#### **4.3.17.1.4 Morning**

This morning when I got out of bed my lower back started paining the pain was so intense and I was feeling uncomfortable. The entire day only when I massaged my back and broke it then only the pain went down a bit.

08 F 27: XX: XX

This morning when I woke up out of bed I was feeling so tired? My body felt like someone hit me. My lower back was killing me. I had this intense pain on my back so when I got to work I told someone to break it then only it felt a bit okay. As the day went by the pain was there but it was not as painful...

08 F 32: XX: XX

#### **4.3.17.1.5 Motion**

Now I have this back pain, every time I turn or go on something the pain is there and I can't manage with it anymore.

06 F 27: XX: XX

#### **4.3.17.1.6 Noon**

My lower back was paining at noon. The pain was mild. I was feeling tired. When I turn to my right the pain gets worse. When I sleep on my right side my back pain was severe and when I sit the pain is worse.

10 F 01: XX: XX

My upper back was paining at 11:00pm and stopped at 14:00pm. The pain was severe like needles poking in my back and the pain is worse when I sit down. The pain was mild and occurred at noon and continued through till the afternoon.

10 F 13: XX: XX

#### **4.3.17.1.7 Piercing / stabbing**

Today my lower tummy was paining and the pain was going to my lower back. It was a poking pain on my lower tummy. As the day went by the pain I had on my tummy was gone but my back was still paining. The pains I was getting today was because I was going to get my monthly.

08 F 22: XX: XX

My lower back and my lower tummy was paining. It was an intense pain and poking type of pain. My entire body was paining. As the day went by the pain was not as bad.

08 F 23: XX: XX

And today also when I was cold my back felt like there was a pain in it like someone was poking me with something sharp.

22 F 28: XX: XX

#### **4.3.17.1.8 Pulling**

My back pain started again but this time it feels like there's a muscle pulling and I can't break it.

06 F 09: XX: XX

I have this back pain that's hitting my spine so bad that every time I turn it pulls. And now it's hitting up my neck towards the ear and it's hitting the muscle like pulling it every time so much.

06 F 14: XX: XX

My lower back had this intense pulling pain as the day went by. My middle back started to pain and the pain was travelling through my entire back.

08 F 03: XX: XX

This morning I felt this pulling pain in the centre part of my lower back.

08 F 10: XX: XX

At work most of the time I am standing so that's why my back and leg was pulling and the pain on my leg was intense.

08 F 34: XX: XX

#### **4.3.17.1.9 Rest / Relax**

Lower back pain lasted for about 2 hours. Felt uneasy, took time to relax. Felt better

23 F 23: XX: XX

#### **4.3.17.1.10 Sensitive to cold**

I have the pain in my back in the morning because of the cold.

22 F 21: XX: XX

In the morning I was feeling cold and my back had a pain to it because of the cold. 22 F 28:

XX: XX

#### **4.3.17.1.11 Sharp**

I also have a sharp pain on my left side of my back that every time I move my hand it pulls more.

06 F 06: XX: XX

My back pain is back but this time it's more painful.

06 F 07: XX: XX

Now I have this sharp back pain on my right side but this time, it's pulling from my shoulders and the muscles are hard and too tight. Every time I turn it pulls more and hurts more.

06 F 08: XX: XX

#### **4.3.17.1.12 Sore**

And my back is so sore and it can't break at all which I can't stand at all.

06 F 35: XX: XX

My back is still sore. Ignored it because I'm tired of being in pain.

14 F 15: XX: XX

Made supper for everybody even though my back is still sore. Had an early night at 9pm for work tomorrow.

14 F 18: XX: XX

### **4.3.18 Extremities**

#### **4.3.18.1 Upper limbs**

##### **4.3.18.1.1 Arms**

I also have pain on my right arm on the shoulder part. That the sharp pain pulls right up and it pulls the muscle so much that I have to massage my hand just for a bit, so that the pain goes and come.

06 F 16: XX: XX

My arms are also paining due to putting them high.

06 F 23: XX: XX

This morning when I got out of bed I felt this intense pain. This pulling pain in my arms going to my lower hand. I had this pain throughout the day. Like around 7:30pm that pain I was feeling in my hand started going down a bit but it was a bit swollen, the lower centre part of my hand. Yesterday after a long time I scrubbed floors so today when I woke up I felt the pain in my arms.

08 F 09: XX: XX

This morning when I got out of bed I had this pain on my right lower arm. It had this pulling pain and was swollen.

08 F 16: XX: XX

My arms were paining. I couldn't move my arm up. My muscle was pulling.

10 F 08: XX: XX

Right arm throbbing pain, together to the neck and right half of the head. No throbbing in neck and head. Worse when lying and at night. I moan and groan with the pain. Ears, neck and head pain was unusual together.

19 F 06: XX: XX

Pain in right arm. Shooting pain in muscles of the arm and inner elbow also. Worse when lying and at night. Very painful to lift hands up.

19 F 11: XX: XX

My right arm was sore. It was a medium pain of soreness. I had a very hot bath and massaged my arm. The pain was still there. I went to work and worked slow today. The pain in my arm subsided about 3:30pm.

25 M 09: XX: XX  
For some reason I had a sore pain on my right arm. It was not a sharp pain but a gentle pain. It was on the part just above my wrist. I rubbed my hand but the pain was still there. At work at about 11am I noticed that the pain subsided.

25 M 21: XX: XX

#### **4.3.18.1.2 Left hand**

Skin peeling off on the palm of left hand accompanied by itchiness.

01 F 06: XX: XX

Since I woke up this morning I have this pain on my left hand on the elbow and it's pulling every time I move my hand.

06 F 12: XX: XX

#### **4.3.18.1.3 Right hand**

Midday – right eye, right side head/right rear neck/right shoulder pain. It's not a throbbing eye pain. Just a low grade constant pain that lets you know it's there.

14 F 05: XX: XX

#### **4.3.18.2 Lower limbs**

##### **4.3.18.2.1 Burning**

It felt like my legs were on fire, don't know why.

06 F 18: XX: XX

So tired and sleepy plus my legs are on fire because of walking so much.

06 F 31: XX: XX

##### **4.3.18.2.2 Feet**

Every time I come back from the toilet I get these extra ordinary foot cramps, I cannot even move at least for two minute.

07 M 16: XX: XX

My feet are freezing.

07 M 48: XX: XX

I sweat a lot especially in my feet! The odour recently has been bad!

09 F 19: XX: XX

My feet were paining in the afternoon when I stand and the pain was like something poked me under my feet. The pain was severe and was worse when I stand.

10 F 17: XX: XX

Pain under left foot of the heel, throbbing pain, which is worse when I get out of bed and walk and in the early part of the morning. Severe pain which causes me to limp for a while. I think swapping shoes from higher heels to flat shoes may be the Aetiology.

19 F 25: XX: XX

Throbbing pain under left foot of the heel. It is worse when I get out of bed and walk and lessens in the course of the day. Severe pain that causes me to limp for a while. I think swapping shoes from higher heels to flat shoes may be the Aetiology.

19 F 26: XX: XX

My feet were sore so I soaked them when I got home. Raised my feet and resting my feet gave me some relief.

27 M 27: XX: XX

I am at the library for research it's 10am, yet my feet smell sour smell already, this is the second time in the last week that I've noticed the smell. I normally do not have smelly feet ever. I have dry skin and never sweat on my feet, I hardly sweat at all I am a cold blooded, I sweat only for a short while on the face after a lot exercise or moving fast, or panic. This is definitely not me. I don't like it; I hate for my smells they make me think of germs. Now I have to wash all my shoes.

30 F 07: XX: XX

My feet are aching even when I sleep I put them outside the blanket as they are also hot, I haven't had them in a long time over a year, since I started jogging, that means I must go back to jogging.

30 F 14: XX: XX

#### **4.3.18.2.3 Heel**

Pain under left foot of heel. Throbbing pain which is worse when I get out of bed and walk and early part of the morning. Severe pain that causes me to limp for a little while. I think the Aetiology is swapping shoes from higher heels to flats.

19 F 25: XX: XX

Throbbing pain still under the heel. Worse when I jump out of bed and worse in the morning and lessen in the day. Severe pain that causes me to limp. The Aetiology is wearing flat sandals.

19 F 27: XX: XX

Throbbing pain under both heels. Worse when I jump out of bed and in the morning and lessens in the day. Severe pain that causes me to limp. Wearing very flat sandals could be the Aetiology.

19 F 28: XX: XX

Pain under both heel. Dull pain. Slight pain when I am on my feet. Pain all day. Dull pain is bearable. Flat sandals it does this repeatedly.

19 F 31: XX: XX

Pain under both heels. Dull pain under feet when standing.

19 F 32: XX: XX

#### **4.3.18.2.4 Knee**

Feeling weak in the knees and just want to sleep.

01 F 15: XX: XX

I have sharp pain on the knee joints, worse when seated, better after standing for too long and when sleeping. (NS)

01 F 25: XX: XX

Also I have this pain on my right knee which is worse when I bend and better when it breaks.

06 F 20: XX: XX

Towards the evening I had this joint pain on my knee, that is just too painful and I can't put my leg straight. I have to take my time in doing that. I can't walk for long due to the pain.

06 F 26: XX: XX

My knees were paining at night. It felt like someone was hitting it and the pain was severe. The pain was worse when I walk.

10 F 08: XX: XX

#### **4.3.18.2.5 Pain**

##### **1.6.1.1.1.1 Leg**

My legs started to pain on the bone part on the bottom of my leg were my ankle is. This maybe because of walking.

06 F 05: XX: XX

Due to walking a lot my legs start to pain a lot and it gets swollen up so much that even standing for a while, my legs start to pull a lot.

06 F 08: XX: XX

My legs are paining so much that it's pulling so badly now. When I have to sit and lift my legs it feels like fire, also feels like that something is pulling my feet down again.

06 F 09: XX: XX

Today wasn't my day at all because I don't know how but I hurt my leg. It's hurting so much that no matter how much I try to rest my leg it is still pulling as much. It's on the ankle but on the front of my leg. I can't stand for long, walk nor even rest it. It's like the muscles that are paining is pulled too and extend that putting my leg on top will still pain as much. Now I can't manage to stand for less than a minute or so. That is how bad the pain is. Even if I have to turn my leg the way it pulls so much and even if I have to press my foot, the pain hits more up and sharper and is worse than before.

There is still pain on my leg, so much that even if I have to stand up immediately the pain is bad.

My leg is still paining and I can't stand it anymore. It's worse than before. I am laming and walking now.

06 F 16: XX: XX

My left leg started to pain again. This time it's from the back of the ankle part and it's pulling so badly.

06 F 19: XX: XX

My leg started to pain and pull at the same time maybe because of the cold that is in the air.

06 F 23: XX: XX

My legs are so sore that I can't walk.

06 F 33: XX: XX

My legs were so sore that I couldn't stand for long. As soon as I put my foot up it was like fire, like I was walking forever.

06 F 34: XX: XX

I feel so horrible; I cannot feel my right leg.

09 F 14: XX: XX

My right leg has locked again.

09 F 15: XX: XX

My legs were paining in the morning like pins and needles. I couldn't move my legs and just left my leg the way it was. It became better when I put my leg on the floor.

10 F 11: XX: XX

Had a pain on my left leg, back of my whole leg. But as the day passed the pain went away, other than that I was all good. Was a sharp pain. Rate the pain 7/10.

23 F 01: XX: XX

I rested my legs as it felt heavy.

25 M 11: XX: XX

As I walked to the rank my legs were paining a lot. I rested it in the taxi.

25 M 15: XX: XX

My left leg was pulling. It was like a tugging pain on the leg. I sat at my place and stuck the pain but could not concentrate on my work. I worked to a minimum.

25 M 20: XX: XX

#### **1.6.1.1.1.2 Weakness / Numbness**

##### **1.6.1.1.1.2.1 Numbness**

My right leg has a numbness on the thigh part and every time I move it pulls more each time.

06 F 03: XX: XX

I feel so horrible; I cannot feel my right leg.

09 F 14: XX: XX



#### **1.6.1.1.1.2.2 Weakness**

Coming to work I felt that my legs didn't want to walk, felt like I was walking on air and my legs were asleep.

06 F 19: XX: XX

#### **4.3.19 Neck**

##### **4.3.19.1 Pain**

Neck and shoulder pain in the morning and becomes better by evening.

01 F 11: XX: XX

My neck was paining when I got up in the morning. It was on the right side and a sharp pain.

10 F 01: XX: XX

Neck is a bit stiff – must've picked my head up too fast off the pillow.

15 F 08: XX: XX

Neck is really sore, a bit of pain running down my arm as well.

15 F 09: XX: XX

Had slight neck pains. Tension, left side caught. Couldn't turn to the left side. Probably slept funny.

21 F 01: XX: XX

Neck pain still there and used bean bag to make it better. Felt better after using the bean bag.

21 F 02: XX: XX

Neck pain still there – not as bad as past days. Didn't use bean bag but could turn head to the left.

21 F 03: XX: XX

Stiff neck because I slept funny. In pain the entire day.

21 F 20: XX: XX

#### **4.3.20 Sleep**

##### **4.3.20.1 Peaceful / Deep sleep**

I just wish that I have a good night sleep tonight and have dreams that are peaceful and sweet dreams to wake up fresh and like a new person today.

06 F 01: XX: XX

Last night I had the most peaceful sleep ever since forever. I wanted to sleep during the day and I don't know how but I did feel like I was in a dream or something. As I was asleep I felt that my body was like falling as I was sleeping.

If I close my eyes now I would fall off to sleep and into a deep one.

06 F 02: XX: XX

My sleep is good at night and there is no more focusing myself to sleep.

06 F 08: XX: XX

I had a very good sleep last night and didn't dream at all.

06 F 24: XX: XX

I slept for the whole day today.

07 M 07: XX: XX

I had a good sleep, I had no dreams.

07 M 16: XX: XX

Didn't have my usual unconscious sleep today. Did errands with mum.

14 F 02: XX: XX

OH MY WORD!!! I slept through the night – had a good sleep.

15 F 21: XX: XX

Woke up-good sleep.

15 F 22: XX: XX

My body was refreshed. I felt I slept well and enough.

25 M 01: XX: XX

I slept like I was dead the night.

25 M 30: XX: XX

Had a good night's rest. Woke up refreshed.

27 M 06: XX: XX

Had a good night's sleep. Feeling fresh and rejuvenated.

27 M 08: XX: XX

I had a deep sleep the previous night. Woke up refreshed and ready to go to work.

27 M 09: XX: XX

Felt a little better after having a nap.

27 M 11: XX: XX

The sleep did me good.

27 M 14: XX: XX

I felt better after sleeping.

27 M 19: XX: XX

It was terrible to work in this state so I left work about 5pm and went home and slept. Do not know anything after that.

27 M 28: XX: XX

Well rested. I had a very deep sleep – like the dead but the body felt well rested.

27 M 30: XX: XX

#### **4.3.20.2 Sleeplessness**

Insomnia only slept after 02h00 in the morning of day 5. This is unusual as I sleep at around 22h00 and 23h00 every day.

01 F 04: XX: XX

I still toss and turn in the night because of my sleep. Only when I am awake then my sleep wants to take me? I mean why is that? Am I a normal adult or does it happen to everybody?

06 F 03: XX: XX

In the night I was only turning on my bed, could not sleep. I think it is because of the stress that I have thinking of what to do with my son and how to send him school next year.

06 F 04: XX: XX

My sleep is regular and I had a good sleep. Dreams were there but was also waking up regularly and tossing in the night.

06 F 06: XX: XX

I didn't feel like sleeping in the night and wasn't sleepy at all in the night.

06 F 18: XX: XX

I didn't have a good night's sleep last night only turning from side to side.

06 F 20: XX: XX

I am so tired that I want to sleep and I did but not the sleep that I had wanted. I am so irritated and moody.

As soon as I put my head on the pillow I didn't fall off to sleep because my sleep wasn't coming as much and I wasn't so tired like I was in the morning.

06 F 34: XX: XX

I slept late, my lower body was itching.

07 M 37: XX: XX

I still have my sleepless nights and video-game sessions.

09 F 18: XX: XX

Sleepless nights still no dreams but experiencing no more headaches.

09 F 19: XX: XX

Didn't get much sleep, if any, feel like shit, irritated and crabby [spent the night away from home-hated being removed from my comfort zone/my "nest" (my own room).

15 F 24: XX: XX

### **4.3.20.3 Sleepiness**

Feeling sleepy most times and waking up late. Slept for more than 10 hours and still woke up feeling even more sleepy.

01 F 11: XX: XX

Slept longer hours than usual with less appetite.

01 F 17: XX: XX

Felt sleepy throughout the day.

01 F 26: XX: XX

I was more tired I felt like sleeping nonstop.

03 F 19: XX: XX

I am also feeling lazy and want to fall off to sleep so badly.

06 F 05: XX: XX

My eyes are so heavy full with sleep and I can sleep for about a minute or so.

06 F 09: XX: XX

My sleep didn't go so well. I am so tired like I can fall off to sleep right now and I don't want to do anything.

06 F 11: XX: XX

Just like tired and I want to close my eyes and sleep.

06 F 13: XX: XX

I only slept at 11:30pm because of my baby playing so much that my whole body feels like shutting down and lazy to just sleep and then wake up fresh, like I normally do.

06 F 16: XX: XX

But I also feel that my eyes have become sleepy as well.

06 F 19: XX: XX

I was just tired a lot and sleepy.

06 F 25: XX: XX

So tired and sleepy plus my legs are on fire because of walking so much.06 F 31: XX: XX

I am so tired and sleepy. I just want to sit and relax for the whole day.

06 F 33: XX: XX

I am feeling so sleepy that my half eye is already wanting to close and my body is already lazy and half asleep.

06 F 35: XX: XX

I did not sleep well, I had a fight with my partner, and right now I am so angry at her on the other side I'm stressed tomorrow I'm writing my final exam.

07 M 28: XX: XX

Last night I could not sleep. This morning when I got out of bed I felt so tired and as the day went by I started feeling sleepy. My eyes were like so heavy. I couldn't keep them open. When I got home and had a hot bath and went to bed and had a sleep for a while then I woke up feeling much better than before.

08 F 01: XX: XX

This morning I couldn't get out of bed. I was feeling so tired and sleepy.

08 F 35: XX: XX

I still have sleepless night.

09 F 16: XX: XX

I still have my sleepless nights and video-game sessions.

09 F 18: XX: XX

Sleepless nights still no dreams but experiencing no more headaches.

09 F 19: XX: XX

Very sleepy.

15 F 03: XX: XX

I feel like going to sleep the whole day.

22 F 05: XX: XX

Think I overslept. I was feeling too tired.

25 M 05: XX: XX

I slept in the car again today.

25 M 06: XX: XX

I was sleeping in the car on my way home.

25 M 09: XX: XX

I was a bit tired as I slept late last night. On my way to work I slept in the car.

25 M 11: XX: XX

Went to work but on my way I slept way in the car. At 10am today I had a sleepy feeling. I went and washed my face with cold water. I felt better after that. I worked fine the entire day.

25 M 27: XX: XX

I went to work but I dozed off in the car.

25 M 35: XX: XX

I was feeling sleepy and went to bed early.

27 M 07: XX: XX

I told my friend to massage my head and neck and the body. Felt sleepy after that and slept and did not even eat my supper.

27 M 10: XX: XX

Today I was feeling sleepy at work. Just wanted to close my eyes and sleep. Went to the bathroom and refreshed myself. Then I felt a little more awake.

27 M 18: XX: XX

I have noticed that recently I have been sleeping more. I need to nap during the day plus I am sleeping earlier now. I just seem to need the sleep. Maybe my body's way of telling me it needs sum rest. Nothing much happened today.27 M 32: XX: XX

#### **4.3.20.4 Sleep restless**

I did not sleep very well, I'm not sure why but I was so restless.

07 M 36: XX: XX

Last night I could not sleep. I was restless. I felt that way the entire night. I only fell asleep around 13:30am. When I got out of bed this morning I felt so tired.

08 F 03: XX: XX

Last night I was feeling so restless and couldn't sleep. I was feeling so hot. I only fell asleep toward the early part of the morning. The next day then I had to wake up for work. As the day went by I was feeling so tired and my eyes were opened but they were so heavy. I needed to sleep but as the day went by being busy at work my sleepiness went away.

08 F 11: XX: XX

As the day went by I started feeling tired and restless so I went and slept for a while. When I got up I felt fine.

08 F 16: XX: XX

Woke up-another restless night, was too hot. Neck is a bit stiff – must have picked my head up too fast off the pillow.15 F 08: XX: XX

Woke up, a terrible attempt at sleep. So tired.

15 F 20: XX: XX

Didn't sleep well. Restless. Interrupted sleep. Wake up every 2-3 hours.

21 F 14: XX: XX

#### **4.3.20.5 Sleep disturbed**

I did not sleep well; my child is sick; I just wish I can be with her for the whole day today.

07 M 27: XX: XX

I did not sleep well, I had a fight with my partner, and right now I am so angry at her on the other side I'm stressed tomorrow I'm writing my final exam.

07 M 28: XX: XX

I slept late, my lower body was itching.

07 M 37: XX: XX

I went back to bed again! No dreams just a "blank space"!

09 F 03: XX: XX

I'm up again 1:30 am in the morning; no dreams just blank thoughts, time for my computer game and some deep-thinking and alone time!

09 F 06: XX: XX

I couldn't sleep so I played games till I fell asleep.

09 F 08: XX: XX

Went back home/res 8pm I was dying of my usual headache so I took a shower and went straight to bed but I was up before 3am back to my computer game.

09 F 10: XX: XX

Watched a romantic movie, cried myself to sleep and I was up by 1am, back to my computer game.

09 F 11: XX: XX

Had the worst night's sleep ever. Sleep kept on breaking. Woke up with a tight pain at the back of my head just above the neck. Not actually a headache but a really nuzzled up feeling.

14 F 23: XX: XX

Woke up tired, didn't have a good sleep due to the heat and my cat hogging the bed.

15 F 05: XX: XX

Had a terrible sleep. It was too hot. I was too irritated. Just couldn't rest.

15 F 06: XX: XX

Woke up, didn't sleep well-too hot.

15 F 07: XX: XX

Woke up, sleep still not good. Neck is really sore, a bit of pain running down my arm as well.

15 F 09: XX: XX

At night I waking up and sleeping constantly.

15 F 10: XX: XX

At night I waking up and sleeping constantly.

16 F 10: XX: XX

#### **4.3.20.6 Sleep – waking up late**

A bit late waking this morning. Probably from running around yesterday.

14 F 04: XX: XX

Woke up pretty late today at 9:30am. Probably bugged from yesterday. Really can't keep up with my two-year-old nephew.14 F 10: XX: XX

#### **4.3.20.7 Sleep – longer**

Slept longer hours than usual with less appetite.

01 F 17: XX: XX

I slept for the whole day today.

07 M 07: XX: XX

Woke up- wish I could have slept a bit longer.

15 F 25: XX: XX

I was not feeling good. I slept in till later and woke up at 10am.

25 M 24: XX: XX

#### **4.3.20.8 Sleep – tired**

I was feeling very tired. I slept from 3pm to 5:30pm.

25 M 31: XX: XX

I was tired to wake out of bed. My whole body was tired. I slept in the car on my way to work.

25 M 32: XX: XX



### **4.3.21 Dreams**

#### **4.3.21.1 Children**

Dreamt I went to Saturday tuition with my son to make sure that the boy from the ex- in law family stops making friends with. I was angry and anxious that something like this can happen.

14 F 26: XX: XX

#### **4.3.21.2 Confusion**

Had a weird last night, I've never had it before, dream I was in some rural area I don't know looks like my ruler but different. It was lightning and I wasn't afraid (normally very afraid). Then chicken ran away from the flat we were in and then we realised that it means lightning was going to strike that room, second before it did, and it did. I wasn't hurt or anyone else (think so) then I woke up – never had any dream like that before, so I prayed because I couldn't understand the meaning (it was 3am) – like is it about me or other people or is it about to occur soon (I usually dream things that actually happen) but as I prayed I was confused, not afraid.

30 F 06: XX: XX

#### **4.3.21.3 Dead relatives**

Dreamt I was cooking vegetables for my maternal granny who is late now for about 14 years. Felt good dreaming about this as I was doing something good for her.

14 F 28: XX: XX

I had a dream about my mum at about morning part (mum dead).

25 M 02: XX: XX

#### **4.3.21.4 Giant / Tsunami**

Dreamt of a Tsunami, I can't really swim but always dream of saving people but in the dream the weird thing happened while swimming, I went through the mountain and entered another world. There were giants and I was warning them that a tsunami is coming, but the giant started to run and left their short wives behind. In the dream I stop the giant and told them they are huge giants and they can survive the tsunami but they are leaving their wives behind, why don't they carry them. The giants listened and started picking up their wives and I felt very wise. There was a feeling of wisdom.

30 F XX: XX: XX

#### **4.3.21.5 Father**

Had such a stupid dream. My father put hair in my food. I took it out and he put it back again and then I took my plate away and didn't eat...

14 F 08: XX: XX

#### **4.3.21.6 Friends**

Also had a dream about old friends. People who played a significant role in my childhood and adolescent years.

04 F 03: XX: XX

I had a strange dream last night that a friend of mine was dying. He needed my help.

25 M 29: XX: XX

#### **4.3.21.7 Family / Happy**

##### **4.3.21.7.1 Ex-boyfriend's son**

Had a weird dream last night. My ex-boyfriend's son wanted to borrow R400 to buy his baby a bed sheet for the camp cot.... And then he's telling me in my dream that my ex-boyfriends is having a really difficult time with his current wife. I told him that I've moved on and it doesn't bother me with what ex-boyfriend gets up to or how he's doing.

14 F 13: XX: XX

##### **4.3.21.7.2 Ex-in-laws**

Dreamt I went to Saturday tuition with my son to make sure that the boy from the ex-in-law family stops making friends with. I was angry and anxious that something like this can happen.

14 F 26: XX: XX

Dreamt something about ex-in-laws. Don't know what but I just remember snippets.

14 F 29: XX: XX

#### **4.3.21.8 Happy**

I had this beautiful dream of my family, that I have finally settled down and my baby is happy to have a father in his life. In my dream, I also have a baby girl that is so cute and that everyone was happy for me. My husband has done everything for me and he loves my son to bits. Every time he saw him was always with smiles and hugs him a lot and never let him go. We are together as a family and he was always there for us whenever we called or

he would just come over. There is always smiles on my family in my sleep. Just like I don't want to wake up from it. Just want to hug them in reality.

06 F 03: XX: XX

Last night I dreamt of my grandparents from my mum's side. The whole day I kept thinking about them and all the happy occasions we spent together. I realised how much I miss them. In the dream my grandparents were looking after me and they were happy, smiling and laughing in the dream. I felt like I connected to them last night.

27 M 06: XX: XX

#### **4.3.21.9 Funeral**

I had a strange dream about a funeral we did about a month ago.

25 M 03: XX: XX

#### **4.3.21.10 Fights / Fighting**

Had a very intense dream about fighting and being frustrated. Remembered very vaguely. Woke up feeling very intense, hot, and scared. Felt very angry and frustrated more because I cannot remember much.

21 F 03: XX: XX

I had a strange dream during the afternoon when I took a nap. I dreamt I was fighting with one of my good friends. He and I argued and we were physically fighting with one another. Not sure what we were fighting about but we seemed really angry at each other. I woke up tense and perspiring. My face and neck was wet and the pillow was wet. I was shocked and worried. Not sure what the dream meant. Cannot believe I was fighting with my good friend. For the rest of the day I kept thinking about that dream. It left me with an unsettled uneasy feeling.

27 M 17: XX: XX

The previous day's dream is still on my mind. Still see flashes of the dream, gives me goose bumps.

27 M 18: XX: XX

Had a lot of dreams but night I couldn't understand but I was being pursued by people preventing me to reach my destination and trying to kill me but I ran away and fought back and destroyed them.

2<sup>nd</sup> dream I was helping 2 patients with cancer of brain and Alzheimer's. I took them to the homoeopathic clinic but a doctor there and Dr. Jabu just sent them for the away and didn't help them, at the same time thieves stole my TV and belongings and things in my kids' room at gunpoint but police caught them and things were recovered.

30 F 03: XX: XX

#### **4.3.21.11 Partner**

This morning I had a beautiful dream and I just didn't want to get up from my dream. It was like a fairy-tale dream that came true in real life, like, I can just pick up my dreamer (partner) and hold him so tight and never let go of him. Just to stay here in my life and in my son's life as well forever.

06 F 08: XX: XX

Woke up with the strongest dream! Dee (partner) left me for a gay-guy!

09 F 01: XX: XX

Dreamt of somebody that I should've been close with but never noticed that he was interested and it seemed so natural that we were together and it was like now – meaning in this time....

14 F 34: XX: XX

I had a dream about my ex-girlfriend but it was not a wet dream.

25 M 08: XX: XX

#### **4.3.21.12 Pursued**

Had a lot of dreams but night I couldn't understand but I was being pursued by people preventing me to reach my destination and trying to kill me but I ran away and fought back and destroyed them.

2<sup>nd</sup> dream I was helping 2 patients with cancer of brain and Alzheimer's. I took them to the clinic homoeroticism but a doctor there and Dr. Jabu just sent them for the away and didn't help them, at the same time thieves stole my TV and belongings and things in my kids at school at gunpoint but police cause and things were recovered.

30 F 03: XX: XX

#### **4.3.21.13 TV shows**

I had a dream about me being in a TV show. It was quite a funny dream.

25 M 18: XX: XX

#### **4.3.21.14 Rash on the body**

Had a dream last night that I had this weird rash on my body/arms/face and that I needed to show it to my GP.

14 F 19: XX: XX

#### **4.3.21.15 Real**

My dreams were so real in the morning that I couldn't move my body. It felt so real that I couldn't even cough, like I was being trapped.

06 F 17: XX: XX

#### **4.3.21.16 Religious**

Crazy dreams. Dreamt I went for pilgrimage and there was like good protecting and fighting for me against the evil. Just weird.

14 F 35: XX: XX

#### **4.3.21.17 Unremembered / Vague**

Dreams was there but was also waking up regularly and tossing in the night.

06 F 06: XX: XX

I had a dream or it was a nightmare, but I don't remember what it was about.

07 M 45: XX: XX

Again I had a dream but I can't remember the details.

07 M 46: XX: XX

I no longer dream!

09 F 10: XX: XX

Can't remember my dreams.

23 F 24: XX: XX

#### **4.3.22 Fever**

Increase in temperature.

01 F 10: XX: XX

I fill so hot yet I want to go and sit on the sun.

07 M 06: XX: XX

I still have the fever but I have stop coughing.

22 F 00: XX: XX

I think have a fever.

22 F 01: XX: XX

I am feeling very much cold and it seem like I'm going to have a fever.

22 F 23: XX: XX

I was feeling slightly feverish. Had to put a jersey on. My forehead and neck was warm maybe because of these mouth sores.

27 M 21: XX: XX

Today I feel more feverish, the face and neck and body as well is hot. Hotter than yesterday. Think I'm getting a fever.

27 M 22: XX: XX

My temperature is a little lower today. Not as hot as the previous day.

27 M 23: XX: XX

### **4.3.23 Perspiration**

I sweat a lot especial in my feet! The odour recently has been bad!

09 F 19: XX: XX

Don't know if it's just the weather but I am feeling hot and sweaty.

15 F 03: XX: XX

Feeling extremely hot, sticky, sweaty – all round.

15 F 04: XX: XX

A lot of perspiration last night while sleeping.

17 M 02: XX: XX

Perspiration again during sleep.

17 M 03: XX: XX

Perspiration while sleeping.

17 M 04: XX: XX

Perspiring a lot. Hot flushes.

21 F 27: XX: XX

I am at the library for research it's 10am, yet my feet smell sour smell already, this is the second time in the last week that I've noticed the smell. I normally do not have smelly feet ever. I have dry skin and never sweat on my feet, I hardly sweat at all I am a cold blooded, I sweat only for a short while on the face after a lot exercise or moving fast, or panic. This is definitely not me. I don't like it; I hate for my smells they make me think of germs. Now I have to wash all my shoes.

30 F 07: XX: XX

## **4.3.24 Skin**

### **4.3.24.1 Skin abscess**

And another abscess on my rear end.

14 F 14: XX: XX

I have an abscess on my left side torso- on my panty line. This is uncomfortable.

14 F 21: XX: XX

Damn it –Another damn abscess!!!

14 F 24: XX: XX

I have another abscess on my bum!!! Really irritable with this because sitting and moving is just irritating.

14 F 32: XX: XX

### **4.3.24.2 Skin brightened**

I also noticed that my skin has brightened up a bit and I am also losing a bit of weight since on this remedy and I have a lot of energy since then.

06 F 04: XX: XX

My skin has gone light since I have been on the remedy.

06 F 19: XX: XX

### **4.3.24.3 Skin dry**

Skin pilling off on the palm of left hand accompanied by itchiness.

01 F 06: XX: XX

My skin is so painful after walking in the sun for about two hours.

07 M 14: XX: XX

My skin feels so dry right now.

07 M 37: XX: XX

My lower body was itching when I went to bed, so I slept late again.

07 M 38: XX: XX

I think I have a skin rash or something, my skin is so dry.

07 M 46: XX: XX

I noticed my skin is peeling! I was in panic mode for the entire day.

09 F 06: XX: XX

My skin is still peeling; my mother says it could be the weather but then I'm not sure.

09 F 07: XX: XX

My skin is clear though and has no pimple.

09 F 16: XX: XX

Skin felt dry and was very dry. I had to moisturise all the time. Skin became very flakily.

23 F 15: XX: XX

Skin was very dry from the day before. I continued to moisturise and washed my face often.

23 F 16: XX: XX

#### **4.3.24.4 Skin fever sores**

Evening- Damn!!! Fever sore.

14 F 03: XX: XX

Damn! Full blown fever sore on bottom lip on the right corner. Abscess on the upper left thigh.

14 F 04: XX: XX

Damn this fever sore. My fever sore is smiling at everybody and not popping and going away.

14 F 05: XX: XX

This damn fever sore is irritating me. The sore on the side of my tongue has gone.

14 F 06: XX: XX

Oh God – I'm getting like a sore on my tongue!! What is going on? Discovered another abscess in my nether regions! Oh God!!

14 F 07: XX: XX

This damn fever sore is taking too long to dry up-going away too slowly. 14 F 08: XX: XX

#### **4.3.24.5 Skin inflammation**

My skin is so painful after walking in the sun for about two hours.

07 M 14: XX: XX

Doesn't seem like this pimple on the left nostril wants to come up. Will wait and see. This nose is irritating. No pimple but my left nostril is like inflamed at the bottom corner and is sore.

14 F 19: XX: XX



#### **4.3.24.6 Skin itchy**

My lower body was itching when I went to bed, so I slept late again.

07 M 38: XX: XX

#### **4.3.24.7 Skin peeling**

Skin peeling off on the palm of left hand accompanied by itchiness.

01 F 06: XX: XX

I noticed my skin is peeling! I was in panic mode for the entire day.

09 F 06: XX: XX

My skin is still peeling; my mother says it could be the weather but then I'm not sure.

09 F 07: XX: XX

#### **4.3.24.8 Pimples**

I have a new symptom that I am having which is pimples on my side of my face, also on my upper lips and on my chin as well. It is a bit itchy.

06 F 07: XX: XX

My skin feels tighter and not oily and there are fine pimples on my face which I can feel when I touch my skin.

06 F 08: XX: XX

My skin is clear though and has no pimple.

09 F 16: XX: XX

Only my left nostril is irritating I have a small pustule pimple at the corner of my left nostril.

Popped it but the whole area is sore. These abscesses don't seem to get ripe. Just appears and pains just to get noticed and then seem to go dormant.

14 F 16: XX: XX

Feels like an acne pimple. 14 F 17: XX: XX

Woke up with an inflamed pimple on the left bottom corner of my nostril. Like an abscess of sorts. Oozing pus and very sore. Tried to press out what I could but now it's crusty.

14 F 20: XXXX

Did notice the development of pimples, thought it was the normal odd pimple, but I know suspect that maybe it's not, because it's more than the normal odd pimple. It's 5 to be exact.

15 F 16: XX: XX

#### **4.3.24.9 Rash – arms / finger / neck**

Rash on base of right middle finger. Also on back of neck. Consistent with sun rash-fine and itchy.

04 F 02: XX: XX

Rash on arms, neck and right middle finger.

04 F 03: XX: XX

Rash on arms and finger seems to be healing. Rash on neck still persistent.

04 F 05: XX: XX

Rash on neck getting dry. Not so itchy.

04 F 07: XX: XX

Rash seems to be healing.

04 F 08: XX: XX

I think I have a skin rash or something, my skin is so dry.

07 M 46: XX: XX

#### **4.3.25 Generals**

##### **4.3.25.1 Bathing**

After bathing I felt a little better, and went straight to bed.

07 M 07: XX: XX

##### **4.3.25.2 Energy**

###### **4.3.25.2.1 Increased energy**

I feel that I have more energy in me than before, like there is a different side of me. I don't feel alone in this world, like there is hope for me, someone is out there for me.

06 F 01: XX: XX

This morning when I got of bed for the first time I was not tired. I was full of energy and was on the go.

08 F 02: XX: XX

Today I was full of energy not like every other day. I'm always tired. Today I was not.

08 F 20: XX: XX

Today I had a good day. I was not tired and I was full of energy and was on the go.

08 F 28: XX: XX

Energy level good.

17 M 06: XX: XX

I was very happy since I did very well in my Eco paper 2. And I had lot of energy, and was very hyper.

22 F 38: XX: XX

I was feeling refreshed and full of energy. I went to work full of power. I worked to the maximum and came home.

25 M 33: XX: XX

I have noticed that I am able to accomplish my tasks given to me more easily. I'm not drained out as before. My energy level is higher than before and I can focus more on my work. I am happy and excited about this. I have so much energy.

27 M 04: XX: XX

Feeling energetic, very energetic this morning.

27 M 05: XX: XX

Felt good and energised when I work up this morning. The sleep did me good.

27 M 14: XX: XX

#### **4.3.25.2.2 Decreased Energy**

Feeling lazy and want to sleep throughout the day.

01 F 08: XX: XX

Tired and feeling weak throughout the day.

01 F 09: XX: XX

I feel tired throughout the day. I feel sleepy all the time (NS).

01 F 25: XX: XX

I was so tired I felt sleep while I was studying and wake up at 10:00 at night I couldn't get up I was so tired.

03 F 01: XX: XX

I was tired. I slept by one time I arrived.

03 F 04: XX: XX

I was so tired I also slept very early than usually, but it not a serious flu it will pass.

03 F 17: XX: XX

I was more tired I felt like sleeping nonstop.

03 F 19: XX: XX

I'm a bit tired. 07 M 14: XX: XX

I am so tired right now. I need to rest but after I've ate I'm doing well now physically, everything is back to normal.

07 M 21: XX: XX

Today I was feeling so tired and I was feeling so drained out. As the day went by I was feeling okay. When I got up this morning my body was feeling tight and was tired. But when I had a hot bath I felt a bit relieved but I was still feeling tired.

08 F 25: XX: XX

This morning when I woke up out of bed I was feeling so tired? My body felt like someone hit me.

08 F 32: XX: XX

This morning I couldn't get out of bed. I was feeling so tired and sleepy.

08 F 35: XX: XX

I was feeling weak and restless because it was hot and when I feel restless I don't want to do anything.

I woke up like a zombie I feel sluggish and tired!

09 F 08: XX: XX

Had to fetch my friend from the airport with my boyfriend, had a good time but I was extremely exhausted by 3pm.

09 F 12: XX: XX

I didn't get my usual headache I only experience tiredness.

09 F 14: XX: XX

Today! I had no energy at all.

09 F 20: XX: XX

I'm so tired! I think that I've been overworking myself lately.

09 F 11: XX: XX

I was feeling weak and restless because it was hot and when I feel restless I don't want to do anything.

10 F 12: XX: XX

I was just tired. My body felt like tight and heavy.

10 F 16: XX: XX

I was feeling so tired like I didn't want to do anything. It felt like a rock.

10 F 22: XX: XX

I was so tired. My body felt heavy. I felt like I didn't want to do anything.

10 F 30: XX: XX

Feeling sleepy, a glass of water didn't help.

13 M 03: 10: 00

Got really weak around midday and feeling shaky. Eating did not help immediately.

14 F 05: XX: XX

Do I have to go to work!! Just feeling like a blob. Dragged myself around the entire day.

Crashed early....

14 F 40: XX: XX

I woke up in the morning feeling so tired and pain the whole body. I slept the whole day.

15 F 07: XX: XX

I woke up in the morning feeling so tired and pain the whole body. I slept the whole day.

16 F 07: XX: XX

I do feel very tired and I want to sleep.

22 F 00: XX: XX

I feel like going to sleep the whole day.

22 F 05: XX: XX

I feel very tired.

22 F 06: XX: XX

I feel very tired and just want to sleep the whole day.

22 F 11: XX: XX

And I'm very tired and weak.

22 F 12: XX: XX

I was very happy since I did very well in my Eco paper 2. And I had lot of energy, and was very hyper.

22 F 38: XX: XX

A bit drained towards the afternoon but continued to work but at a slower pace.

27 M 27: XX: XX

### **4.3.25.3 Food and drinks**

#### **4.3.25.3.1 Beef / vegetable**

##### **1.6.1.1.1.3 Aversion to beef / vegetable**

I am vomiting after eating fried beef with vegetable.

01 F 04: XX: XX

## **4.3.25.3.2 Tomatoes**

### **1.6.1.1.1.4 Aversion to tomatoes**

I love chillies and hate like completely hate tomatoes.

09 F 10: XX: XX

I couldn't even finish my Greek salad, for some reason tomatoes taste awful!

09 F 05: XX: XX

## **4.3.25.3.3 Cravings**

### **4.3.25.3.3.1 Cake / Sweet**

I feel like eating cake but did not. It was my monthly time that's why I like to eat sweet things but I did not get my monthly and I only feel for sweet things.

10 F 34: XX: XX

### **4.3.25.3.3.2 Chocolate cake**

I felt like eating chocolate cake. After eating the cake, I was satisfied.

08 F 08: XX: XX

I was feeling to eat chocolate cake but I did not eat it.

10 F 01: XX: XX

### **4.3.25.3.3.3 Chocolate / Chocolate mousse**

I am craving for chocolate mousse and dark chocolate. I was also very hungry. After eating my chocolate mousse, I felt like I am in heaven. It was what I had wanted for a very long time.

06 F 01: XX: XX

As the day went by around 10:45am I felt like having chocolate mousse. After having chocolate mousse, I went for seconds then I was satisfied.

08 F 10: XX: XX

As the day went by I felt like having chocolate and sour things. I had a chocolate and sour figs and felt better again. I had my sweet and sour stuffs and was satisfied.

08 F 23: XX: XX

I was feeling to eat chocolate but did not eat it. I like to eat chocolates when it's cold.

10 F 07: XX: XX

I was feeling to eat chocolate but I never eat it. My craving for chocolate is because it is that time of the month.

10 F 26: XX: XX

#### **4.3.25.3.3.4 Chicken and roti / chicken**

I wanted chicken and roti but they gave me mutton which I don't like much. I so wanted the white Easter egg that they have in a tray but now they don't have any at all only the normal Easter eggs.

06 F 35: XX: XX

Bought my doggy bag filled with "hot" wings for supper.

09 F 12: XX: XX

I was feeling to eat Nandos. I did not eat it.

10 F 02: XX: XX

#### **4.3.25.3.3.5 Chillies**

I have a weird craving for chillies and I'm not even a "chillies" fan.

09 F 04: XX: XX

I feel like eating a lot of meat with aged chilli sauce (7pm); I ate 3 pieces of chicken dipped in "aged chillies sauce".

09 F 11: XX: XX

Bought my doggy bag filled with "hot" wings for supper.

09 F 12: XX: XX

My appetite is improving though I'm still craving for hot and spicy food.

09 F 16: XX: XX

#### **4.3.25.3.3.6Coke**

I was feeling for coke but did not drink it.10 F 02: XX: XX

#### **4.3.25.3.3.7Fishcake**

I was craving to eat fishcake but did not eat it.

10 F 03: XX: XX

#### **4.3.25.3.3.8 Herbs and roti**

Today I felt like having herbs and roti. When I got home my mum made the very same thing and I enjoyed it. I even had a second roti but at least I was satisfied after I had it.

08 F 12: XX: XX

#### **4.3.25.3.3.9 Ice-cream**

I felt like having a king cone ice-cream.

08 F 13: XX: XX

Yesterday I felt like having a king cone ice-cream so today I had it but I had to have two then I was satisfied.

08 F 14: XX: XX

As the day went by I felt like having an ice-cream blue berry cheese cake. As it got towards evening I felt to have the ice-cream again so I had it. I was not satisfied the first time I had the ice-cream during the day so I had more towards the evening then I was satisfied.

08 F 19: XX: XX

As the day went by I felt like having ice-cream and I did have it but late at night. I had three cones and was over satisfied.

08 F 24: XX: XX

As the day went by I felt like eating ice-cream.

08 F 28: XX: XX

#### **4.3.25.3.3.10 Junk food**

Just ate junk food the whole day, chips and chocolates.

23 F 06: XX: XX

#### **4.3.25.3.3.11 Milkshake – banana flavour**

I felt like having a banana milkshake but I couldn't have it because I didn't have it at home around that time so I had to stay without it but I could taste it in my mouth.

08 F 14: XX: XX

Yesterday I felt like having banana milkshake. So today I had it and it felt so nice. After a long time, I had a banana milkshake.

08 F 15: XX: XX

#### **4.3.25.3.3.12 Mutton curry / Meat**

I feel like eating a lot of meat with aged chilli sauce (7pm); I ate 3 pieces of chicken dipped in "aged chillies sauce".

09 F 11: XX: XX

I feel like eating mutton curry but did not eat it.

10 F 10: XX: XX

#### **4.3.25.3.3.13 Spicy / Hot**

My appetite is improving though I'm still craving for hot and spicy food.

09 F 16: XX: XX



#### **4.3.25.3.3.14 Sour**

As the day went by I felt like having chocolate and sour things. I had a chocolate and sour figs and felt better again. I had my sweet and sour stuffs and was satisfied.

08 F 23: XX: XX

#### **4.3.25.4 General muscle pains / soreness**

##### **4.3.25.4.1 Body pain**

I am so sick; I feel pains everywhere.

07 M 07: XX: XX

Right now my body has pains.

07 M 36: XX: XX

My body was paining and I felt tired.

08 F 12: XX: XX

When I got up this morning my body was feeling tight and tired but when I had a hot bath I felt a bit relieved but I was still feeling tired and drained out.

08 F 25: XX: XX

And my child bearing hips are killing me especially the lower back. Went to bed with my beanie to ease the pain.

14 F 20: XX: XX

Really feeling exhausted this morning. Body is aching as well. Went back to bed after breakfast.

14 F 24: XX: XX

The body ached so much. I told my friend to massage my head and neck and the body. Felt sleepy after that and slept and did not even eat my supper.

27 M 10: XX: XX

Normal day, just a bit tired. Feeling aches in the body. I felt better after sleeping and was a bit more relaxed.

27 M 19: XX: XX

##### **4.3.25.4.2 Pain – left**

I have started with a side pain on my left side of my body, that is on the rib cage, that is so bad, it's like the pain doesn't want to go away from me. The pain this time is sharper. It's always like a poking pain and I can't stand it now. My side still had that bad pain, like

something was killing me inside. It was like a knife poking me repeatedly and only after a minute.

06 F 01: XX: XX

This morning I couldn't get out of bed. I was feeling so tired and sleepy. As I was going to work my left side started to cramp.

08 F 35: XX: XX

My side was paining and the pain was coming and going at 13:00pm and went away at 17:00pm. The pain was mild, like something poking me. When I sleep on my left side its worse. The pain was in the afternoon.

10 F 05: XX: XX

My left side was paining in the morning. The pain was that sharp pain; it was like someone hitting my side. The pain was worse when I sleep on my left side and a mild pain.

10 F 25: XX: XX

But my left hip feels sore when walking. Think carrying the 2-year-old blob caused that. Don't know how I'm going to last 1 week with him.

14 F 11: XX: XX

Oh God – my left side hip is sore. My whole body is aching today but I don't know where.

14 F 12: XX: XX

#### **4.3.25.4.3 Pain – joints**

Felt every joint in the body pain. No pain after I got out of bed.19 F 05: XX: XX

Body very sore not sure why but joints are sore.

21 F 28: XX: XX

#### **4.3.25.4.4 Pain – sensation as if hit by bus / person**

My body started to pain around 7:00pm as if someone hit me.

08 F 08: XX: XX

Awash!! Feel like I've been hit by a bus. My body is aching and my shoulder blades are bugged. I'm thinking because I slept with the aircon on last night.

14 F 07: XX: XX

#### **4.3.25.5 Influenza**

Today I couldn't even wake up I was so sick. My voice wasn't well

03 F 19: XX: XX

Fluish, sore throat, fever and hot flushes.21 F 29: XX: XX

#### **4.3.25.6 Weather**

##### **4.3.25.6.1 Sensitive to the cold**

Felt very cold even though the temperature was high.

01 F 26: XX: XX

I feel like sitting on the sun for the whole day.

07 M 05: XX: XX

Today I'm feeling colder than usually.

22 F 27: XX: XX

So nice and cold today. No hot sun.

14 F 19: XX: XX

Don't know if it's just the weather (the weather is extremely hot and humid) but I am feeling hot and sweaty.

15 F 03: XX: XX

##### **4.3.25.6.2 Warm / hot water ameliorates**

After bathing I felt a little better, and went straight to bed.

07 M 07: XX: XX

In the morning I woke up in the kitchen to drink some warm water to moderate my headache. After that I went back to bed.

16 F 12: XX: XX

#### **4.3.25.7 Weight loss**

I feel that I have lost weight from my wrist line, and a bit on my stomach area, because my pants are gone loose. So I am so excited about that and feel proud as well.

06 F 19: XX: XX

But strangely, I feel like I lost weight. My clothes are looser.

27 M 08: XX: XX

#### **4.3.25.8 Weariness**

##### **4.3.25.8.1 Tired / Drained out**

Today I couldn't even wake up I was so sick. My voice wasn't well.

03 F 19: XX: XX

Feeling a little tired today.

04 F 12: XX: XX

Feeling a bit tired and hungry.

04 F 18: XX: XX

Feeling very tired and lethargic today. Maybe because menstrual cycle is close.

04 F 19: XX: XX

Was tired again today.

04 F 20: XX: XX

Another sluggish day but no period yet.

04 F 21: XX: XX

It is the Easter weekend that has started and I am so tired. Work has been so busy that I couldn't get of my leg.

06 F 30: XX: XX

I am so sick; I feel pains everywhere.

07 M 07: XX: XX

Right now my body has pains.

07 M 36: XX: XX

I only slept for few hours, my body is sore.07 M 48: XX: XX

As the day progressed I started getting tired.

08 F 06: XX: XX

As the day went by I started getting tired.

08 F 09: XX: XX

Today I was feeling so tired. My body was paining with the tiredness.

08 F 12: XX: XX

Today I was feeling a bit tired and lazy.

08 F 18: XX: XX

Today I was feeling so tired and I was feeling so drained out. As the day went by I was feeling okay. When I got up this morning my body was feeling tight and was tired. But when I had a hot bath I felt a bit relieved but I was still feeling tired.

08 F 25: XX: XX

Today I was not as tired as every other day.

08 F 26: XX: XX

This morning when I woke up and got out of bed I was feeling so tired? My body felt like someone hit me.

08 F 32: XX: XX

As the day went by I started getting tired. I was feeling hot and found myself drinking a lot of water. I was busy the entire day so that made me feel tired.

08 F 33: XX: XX

This morning I couldn't get out of bed. I was feeling so tired and sleepy.

08 F 35: XX: XX

I was feeling tired.

10 F 01: XX: XX

Made snacks for my dad and son as everyone was drained for the funeral day we had.

14 F 03: XX: XX

Tiring day. Just went to bed and crashed.

14 F 09: XX: XX

Woke up pretty late today at 9:30am. Probably buggered from yesterday. Really can't keep up with my 2-year-old nephew.

14 F 10: XX: XX

Woke up tired. Still tired in the afternoon.

15 F 12: XX: XX

I was tired in the morning.

25 M 02: XX: XX

Worked hard today and I was tired.

25 M 04: XX: XX

My body is so tired.

25 M 09: XX: XX

I did not eat as I was feeling tired.

25 M 35: XX: XX

Felt tired at night and went to bed.

27 M 08: XX: XX

I'm tired. We had a busy day at work. Exhausted.

27 M 13: XX: XX

I am tired. We were busy at work. Felt better after a hot bath. Did not feel like eating and went straight to bed.27 M 16: XX: XX

I'm tired after a hard day's work. Felt better after I had a bath and had something to eat.

27 M 25: XX: XX

#### **4.3.25.8.2 Tired / Irritable / Grumpy**

Woke up tired and grumpy (by now you should realise I'm definitely not a morning person, nor do I sleep well).

15 F 11: XX: XX

Woke up tired. Irritable.

15 F 28: XX: XX

Woke up tired. Irritated, frustrated, stressed!!! HATE LIFE!!!

15 F 29: XX: XX

#### **4.3.25.8.3 Tired / Occupation**

The entire day I was feeling tired and could not work to my full potential.

25 M 13: XX: XX

My day was weary as I could not perform to my maximum level at work.

25 M 32: XX: XX

#### **4.3.25.8.4 Tired / Relaxed**

Because of yesterday's tiredness I just relaxed at home. Enjoyed the day. Felt very at ease.

21 F 17: XX: XX

#### **4.3.25.8.5 Tired / Restless**

As the day went by I started feeling tired and restless so I went and slept for a while. When I got up I felt fine.

08 F 16: XX: XX

I was feeling so tired and restless today. My entire body was paining.

08 F 23: XX: XX

Woke up tired from a restless night. Scratchy throat from nasal drip. Still tired and going to nap. Woke up feeling rested, throat scratchy.

15 F 02: XX: XX

#### **4.3.25.8.6 Restless / Weakness**

I was feeling weak and restless because it was hot and when I feel restless I don't want to do anything.

10 F 12: XX: XX

Got really weak around midday and feeling shaky. Eating did not help immediately.

14 F 05: XX: XX

#### **4.3.25.8.7 Tired / Sleepy**

I am so tired, like I can fall off to sleep right now and I don't want to do anything.

06 F 11: XX: XX

Just like tired and I want to close my eyes and sleep.

06 F 13: XX: XX

I feel very tired in the morning, like I just don't want to get up from bed anymore. I just want to lay in bed, and just be lazy all day.

06 F 14: XX: XX

I was just tired a lot and sleepy.

06 F 25: XX: XX

I am so tired and sleepy plus my legs are on fire because of walking so much.

06 F 31: XX: XX

I am so tired and sleepy. Just want to sit and relax for the whole day.

06 F 33: XX: XX

I am so tired that I want to sleep and I did but not the sleep that I had wanted. So now, I am so irritated and moody.

06 F 34: XX: XX

This morning when I got out of bed I felt so tired and as the day went by I started feeling sleepy.

08 F 01: XX: XX

Really feeling exhausted this morning. Body is aching as well. I went back to bed after breakfast. Woke up for lunch and went back to bed again. Oh my God-sleeping too much. Woke up at 4:30pm and lazed in front of the TV and then the lights go out at 8pm. No need to stay awake now.

14 F 24: XX: XX

I think I over slept. I was feeling too tired.

25 M 05: XX: XX

I was a bit tired as I slept late last night.

25 M 11: XX: XX

I felt a bit tired. I slept in my transport to work.

25 M 26: XX: XX

I was feeling very tired. I slept from 3pm to 5:30pm.

25 M 31: XX: XX

I was tired to wake out of bed. My whole body was tired. I slept in the car on my way to work.

25 M 32: XX: XX

Went to sleep early at night and did not even feel like eating. Did not have supper.

27 M 19: XX: XX

I was a little tired when I reached home. Was too lazy to even cook. Just had a bath and slept. I did not have much of an appetite. I just didn't feel hungry.

27 M 31: XX: XX

#### **4.3.25.8.8 Tired / Tight / Heavy**

I was just tired. My body felt like tight and heavy.

10 F 16: XX: XX

I was feeling so tired like I didn't want to do anything. It felt like a rock.

I was so tired. My body felt heavy. I felt like I didn't want to do anything.

10 F 30: XX: XX

Do I have to go to work!! Just feeling like a blob. Dragged myself around the entire day. Crashed early....

14 F 40: XX: XX

#### **4.4 The repertory of *Acacia xanthophloea* 30CH**

The symptoms gathered from the 24 verum provers were transcribed into repertory format. The translation of the proving symptomatology to rubrics in the repertory was conducted in accordance with the standards stated by Schroyens (2007). The process utilised for the grading of symptoms is a combination of grading according to the prevalence of symptom occurrence (Sherr 2003:86) and according to the number of provers experiencing the exact symptom (Schroyens, 2007). The average percentages of the 24 provers on verum were calculated which resulted in the grading structure summarised in Table 4.2.



**Table 4.2: Grading structure of verum provers**

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

#### 4.4.1 Rubric grading system

The rubrics were graded as follows:

#### **RUBRIC – SUBRUBRIC/S – DEGREE – SYNTHESIS PAGE NUMBER**

- New rubrics proposed in this proving are underlined and marked with an N,
- Grade 1 rubrics are in plane type,
- *Grade 2 rubrics are in italics,*
- **Grade 3 rubrics are in bold type, lower case,**
- **GRADE 4 RUBRICS ARE IN BOLD TYPE, HIGHER CASE.**

The following repertory consists of three columns, the first column indicates the rubric, the second column is the grading and the third column is the page number. New symptom is indicated by (N) and cured symptom by (CS). The rubrics format was written in the corresponding order of sections found in the repertory.

#### 4.4.2 Mind

<i>Mind – Activity – desires activity – work, at</i> .....	2	02
<i>Mind – Ailments from – mental exertion</i> .....	2	06
Mind – Ailments from – neglected, being – father, by one’s .....	1	06
Mind – Ambition – increased .....	1	07
<i>Mind – Anger</i> .....	2	08
Mind – Anger – morning .....	1	08
Mind – Anger – causeless .....	1	09
Mind – Anger – children in .....	1	09
Mind – Anger – waking on .....	1	11
Mind – Anxiety .....	1	14
Mind – Anxiety – time is set, if a .....	1	21
<i>Mind – Antisocial</i> .....	2	14
Mind – Cares – money, about .....	1	28

<i>Mind – Cheerful</i> .....	2	29
Mind – Cheerful – company, in .....	1	30
<i>Mind – Company – aversion to</i> .....	2	34
Mind – Concentration – difficult – attention, cannot fix .....	1	36
<i>Mind – Concentration – difficult – attempting to concentrate, on</i> .....	2	36
Mind – Concentration – working, while – work .....	1	36
Mind – Concentration – difficult – studying .....	1	36
Mind – Content – himself, with .....	1	41
Mind – Delusions – body – ugly, body looks .....	1	53
Mind – Delusions – time – earlier, time seems .....	1	79
Mind – Delusions – time, exaggeration of time .....	1	79
Mind – Delusions – time, space, and, lost or confused .....	1	79
Mind – Delusions – time – working against .....	1	79
Mind – Disgust – own body, of one’s .....	1	88
Mind – Estranged .....	1	95
<i>Mind – Escape – society from</i> .....	2	95
Mind – Fear – alone, of being .....	1	101
Mind – Fear – danger, of impending .....	1	103
<i>Mind – Fear – failure, of</i> .....	2	106
Mind – Fear – happen, something will .....	1	107
Mind – Fear – separation of, children, from .....	1	111
Mind – Fear – unknown, of the .....	1	113
Mind – Forgetful .....	1	115
Mind – Forsaken feeling – isolation, sensation .....	1	116
Mind – Hopeful .....	1	123
Mind – Industrious – finish his work / desire to .....	1	132
Mind – Irresolution .....	1	136
<b>Mind – Irritability</b> .....	3	136
Mind – Irritability, children toward .....	1	138
Mind – Irritability – evening .....	1	137
Mind – Irritability – morning .....	1	137
Mind – Irritability – morning – waking on .....	1	137
Mind – Irritability – noise, from .....	1	139
<i>Mind – Irritability – people, with</i> .....	2	139
<i>Mind – Irritability – sleeplessness, with</i> .....	2	140
<i>Mind – Laziness</i> .....	2	146
Mind – Laziness - morning .....	1	145
Mind – Laziness – waking – morning – waking, on .....	1	146
Mind – Laziness – work – aversion to .....	1	147
Mind – Mental exertion – amel .....	1	155
<i>Mind – Mental exertion – agg</i> .....	2	155
Mind – Mental exertion – desires .....	1	155

<i>Mind – Mental exertion – fatigues</i> .....	2	155
Mind – Mood – alternating .....	1	160
Mind – Mood – changeable .....	1	160
Mind – Rage .....	1	171
Mind – Religious affections .....	1	173
<i>Mind – Restlessness</i> .....	2	175
Mind – Restlessness; night .....	1	176
Mind – Restlessness – sleep – starting from, on .....	1	179
Mind – Restlessness – sleeplessness; from .....	1	179
Mind – Restlessness – weakness – during .....	1	179
Mind – Sadness – company – aversion to company; desire for solitude .....	1	183
Mind – Sadness – company – desire for company .....	1	183
<i>Mind – Sadness – gloomy</i> .....	2	184
Mind – Sensitive – chill; during .....	1	188
Mind – Sensitive – reprimands; to .....	1	190
Mind – Slowness – motion, in .....	1	195
Mind – Slowness – work, in .....	1	195
Mind – Studying – difficult .....	1	201
Mind – Talking – agg .....	1	205
Mind – Time – quickly, appears shorter, passes too .....	1	211
Mind – Time – slowly, appears longer, passes too .....	1	211
Mind – Tension, mental .....	1	207
<i>Mind – Tranquillity</i> .....	2	212
Mind – Weeping – alone; when – amel .....	1	219
Mind – Weeping – sad – thoughts, at .....	1	222
[81 RUBRICS]		

#### 4.4.3 Vertigo

Vertigo – Accompanied – head – pain .....	1	227
Vertigo – Evening .....	1	226
Vertigo – Noon .....	1	225
Vertigo – Turning, as if head is turning round, sensation as if .....	1	223
Vertigo – Vertigo .....	1	225
[5 RUBRICS]		

#### 4.4.4 Head

Head – Heaviness – morning .....	1	261
Head – Lightness, sensation of .....	1	267

Head – Pain – accompanied – eye – pain .....	1	278
Head – Pain – accompanied by – nausea .....	1	277
Head – Pain – afternoon .....	1	274
Head – Pain – afternoon – dull pain .....	1	274
Head – Pain – bursting pain .....	1	282
Head – Pain – closing the eyes – agg .....	1	283
Head – Pain – closing the eye – amel .....	1	283
Head – Pain – company – agg .....	1	284
Head – Pain – drinking – cold water – amel .....	1	286
<i>Head – Pain – dull pain</i> .....	2	286
Head – Pain – eating – agg .....	1	287
Head – Pain – eating – after – amel .....	1	287
Head – Pain – eating – fasting agg .....	1	288
Head – Pain – eating – impossible .....	1	287
Head – Pain – evening – bursting pain .....	1	275
Head – Pain – evening – 20h .....	1	275
Head – Pain – evening – sore .....	1	275
Head – Pain – evening – while – amel .....	1	287
Head – Pain – exertion – amel .....	1	287
Head – Falls – forward – head would fall .....	1	261
Head – Pain – fasting – agg .....	1	288
Head – Pain – forehead .....	1	313
Head – Pain – forehead – cutting pain .....	1	318
Head – Pain – forehead – dull pain .....	1	311
Head – Pain – forehead – motion – agg – pulsating pain .....	1	320
Head – Pain – forehead – noise – agg – pulsating pain .....	1	320
Head – Pain – forehead – sleep – after – amel .....	1	322
Head – Pain – head – forward – agg .....	1	281
Head – Pain – hammering pain .....	1	288
<i>Head – Pain – headache, after intense</i> .....	2	288
Head – Pain – lying – amel .....	1	291
<b>Head – Pain – morning</b> .....	3	272
Head – Pain – morning – dull pain .....	1	272
Head – Pain – night .....	1	275
Head – Pain – noise – agg .....	1	295
Head – Pain – noon .....	1	274
<i>Head – Pain – Occiput</i> .....	2	335
Head – Pain – Occiput – morning – waking, on .....	1	336
Head – Pain – Occiput – eating – after – amel .....	1	338
Head – Pain – Occiput – extending to – neck .....	1	343
Head – Pain – Occiput – extending to neck – down back of neck .....	1	343
Head – Pain – Occiput – extending to – shoulders .....	1	343

Head – Pain – Occiput – lying – head low, with the / amel .....	1	338
Head – Pain – Occiput – pressing pain .....	1	339
Head – Pain – Occiput – pulsating pain .....	1	340
Head – Pain – pressing pain – cap, as from a .....	1	291
<i>Head – Pain – pulsating pain</i> .....	2	298
Head – Pain – rest – amel .....	1	299
Head – Pain – rubbing – amel .....	1	300
Head – Pain – short lasting .....	1	301
Head – Pain – sides .....	1	346
Head – Pain – sides – bursting pain .....	1	349
Head – Sides – extending to – temples .....	1	353
Head – Pain – sides – left .....	1	347
Head – Pain – sides – left – morning – waking; on .....	1	348
Head – Pain – sides – left – pulsating pain .....	1	348
Head – Pain – sides – right – dull pain .....	1	347
Head – Pain – sides – right – morning .....	1	347
<i>Head – Pain – sleep – amel</i> .....	2	301
<i>Head – Pain – sleep – after – amel</i> .....	2	301
Head – Pain – sun – exposure to sun, from .....	1	304
Head – Pain – sun – exposure to sun, from, sore .....	1	304
Head – Pain – tea – amel .....	1	304
Head – Pain – tea – green – amel .....	1	304
Head – Pain – temples .....	1	354
Head – Pain – temples – daytime .....	1	272
Head – Pain – temples – morning .....	1	356
Head – Pain – temples – extending to head .....	1	363
<u>Head – Pain – temples – left – lightning</u> .....	1	N
Head – Pain – temples – right – stitching pain .....	1	355
Head – Pain – temples – thinking of pain – agg .....	1	362
<i>Head – Pain – vertex</i> .....	2	364
Head – Pain – vertex – afternoon – 15h-18h .....	1	365
Head – Pain – vertex – dull pain .....	1	366
Head – Pain – vertex – light, from .....	1	366
Head – Pain – vertex – lying – amel .....	1	367
Head – Pain – vertex – morning – waking – on .....	1	365
Head – Pain – vertex – motion – agg .....	1	367
Head – Pain – vertex – noise – agg .....	1	367
Head – Pain – vertex – pulsating pain .....	1	368
Head – Pain – vertex – rubbing – amel .....	1	368
Head – Pain – vertex – walking – agg .....	1	369
<i>Head – Pain – violent</i> .....	2	306
Head – Pain – weather – change of weather .....	1	309

**4.4.5 Eye**

Eye – Closing the eye – desire to .....	1	391
<i>Eye – Closing the eye – amel</i> .....	2	391
Eye – Complaints of eyes – left eye .....	1	392
Eye – Complaints of eyes – right eye .....	1	392
Eye – Discharges .....	1	393
Eye – Discharges – watery .....	1	394
Eye – Discoloration – red .....	1	395
Eye – Discoloration – red – headache – during .....	1	395
Eye – Discoloration – red – inflamed .....	1	395
Eye – Discoloration – red – left .....	1	395
Eye – Discoloration – red – morning .....	1	395
Eye – Dryness .....	1	396
Eye – Dryness - sensation of .....	1	396
Eye – Heaviness .....	1	400
Eye – Heaviness – eyebrows – closing the eye .....	1	400
Eye – Heaviness – lids – closing of the eyes – amel .....	1	400
Eye – Inflammation – cold – washing – amel .....	1	402
<i>Eye – Itching</i> .....	2	405
Eye – Itching – lachrymation; with – rubbing, from .....	1	405
Eye – Itching – morning – rising agg; after .....	1	405
Eye – Itching – rubbing – agg .....	1	405
Eye – Itching – rubbing – amel .....	1	405
Eye – Open lid – sleep, during .....	1	410
<i>Eye – Pain</i> .....	2	410
Eye – Pain – burning .....	1	415
Eye – Pain – eyeballs .....	1	425
Eye – Pain – exertion of the eye – agg .....	1	416
Eye – Pain – exertion of the eye, as from .....	1	416
Eye – Pain – foreign body, as from .....	1	416
Eye – Pain – left .....	1	411
Eye – Pain – morning – rising – after – agg .....	1	412
Eye – Pain – rest – amel .....	1	420
<i>Eye – Pain – sore</i> .....	2	426
Eye – Pain – stitching .....	1	421
Eye – Sleepy feeling of eyes .....	1	431
Eye – Swelling – right .....	1	434

#### 4.4.6 Ear

Ear – foreign body in; sensation of a .....	1	467
Ear – Itching – Eustachian tubes .....	1	469
Ear – Itching – left ear .....	1	469
Ear – Itching – right ear .....	1	469
Ear – Pain .....	1	480
Ear – Pain – left .....	1	481
Ear – Pain – left – aching .....	1	481
Ear – Pain – left – lancinating .....	1	481
Ear – Pain – right – drawing pain .....	1	481
Ear – Pain – stitching .....	1	487
Ear – Pain – walking – agg .....	1	488
Ear – Stopped sensation .....	1	495

[12 RUBRICS]

#### 4.4.7 Nose

<i>Nose – Congestion</i> .....	2	507
Nose – Congestion – night – sleep; during .....	1	507
Nose – Congestion – sinuses .....	1	508
Nose – Discharge – bloody – blowing the nose; when .....	1	514
Nose – Discharge – burning .....	1	514
Nose – Discharge – clear .....	1	514
Nose – Discharge – dripping .....	1	515
Nose – Discharge – morning .....	1	514
Nose – Discharge – watery .....	1	517
Nose – Dryness – inside .....	1	519
Nose – Inflammation – left .....	1	525
<i>Nose – Obstruction</i> .....	2	527
Nose – Obstruction – evening .....	1	527
Nose – Obstruction – morning .....	1	527
Nose – Obstruction – sensation of – sinuses .....	1	508
Nose – Pain – nostrils – left – anterior .....	1	534
Nose – Pain – nostrils – sore .....	1	534
Nose – Pain – nostrils – raw .....	1	534
Nose – Pain – nostrils – corrosive .....	1	534
Nose – Sneezing – night .....	1	539

[20 RUBRICS]

#### 4.4.8 Face

Face – Eruptions – pimples .....	1	565
Face – Eruption – pimples – white .....	1	565
Face – Numbness .....	1	578

[3 RUBRICS]

#### 4.4.9 Mouth

Mouth – Abscess – gums – painful .....	1	605
Mouth – Abscess – tongue .....	1	605
Mouth – Bleeding – cleaning them, when .....	1	606
Mouth – Discoloration – gums – red – margins – red .....	1	611
Mouth – Discoloration – gums – red – margins – red, bright .....	1	611
Mouth – Discoloration – red – spots .....	1	611
Mouth – Discoloration – gums – white .....	1	611
Mouth – Dryness – drinks – amel .....	1	620
Mouth – Dryness – thirst, with .....	1	620
Mouth – Dryness – tongue .....	1	621
Mouth – Dryness – Tongue – center .....	1	621
Mouth – Eruption – pimples – lips; inner side of .....	1	622
Mouth – Eruption – vesicles – lips .....	1	622
Mouth – Inflammation .....	1	625
Mouth – Inflammation – gums .....	1	625
Mouth – Itching – lip .....	1	626
<u>Mouth – Lips – sand – sensation as if .....</u>	1	N
Mouth – Pain – eating – while – agg – burning .....	1	632
Mouth – Pain – gums – eating – while – agg – sore .....	1	632
Mouth – Pain – gums – touch – agg – sore .....	1	633
Mouth – Pain – gums – salt – agg .....	1	632
Mouth – Pain – gums – sore .....	1	632
Mouth – Pain – gums – warm – water – burning .....	1	633
Mouth – Pain – lips .....	1	633
Mouth – Pain – tongue – edges – cutting pain, cut, as if .....	1	636
Mouth – Sensitive – food and drinks – unbearable .....	1	644
Mouth – Swelling – lips .....	1	647
Mouth – Swelling – gums – painful .....	1	647
Mouth – Taste – diminished .....	1	651
Mouth – Thick, sensation as if .....	1	656



Mouth – Thick, sensation, as if tongue was .....	1	656
[31 RUBRICS]		

#### 4.4.10 Teeth

Teeth – Pain .....	1	666
Teeth – Pain – drinking – agg .....	1	671
Teeth - Pain – incisor .....	1	677
Teeth – sensitive; tender – incisors .....	1	680
<u>Teeth – Sensitive; tender – canine</u> .....	1	N
[5 RUBRICS]		

#### 4.4.11 Throat

<i>Throat – Dryness</i> .....	2	688
<i>Throat – Dryness - accompanied by – thirst</i> .....	2	688
Throat – Dryness – itching .....	1	689
Throat – Dryness – morning .....	1	688
Throat – Dryness – night .....	1	688
Throat – Dryness – painful .....	1	689
<u>Throat – Dryness – raw egg – amel</u> .....	1	N
Throat – Dryness – thirst – with .....	1	689
Throat – Dryness – thirst – with – water; for – cold .....	1	689
Throat – Itching .....	1	694
<i>Throat – Pain</i> .....	2	697
Throat – Pain – aching .....	1	699
Throat – Pain – cold air – agg – sore .....	1	700
Throat – Pain –coryza; during .....	1	700
Throat – Pain – raw, as if .....	1	702
<b>THROAT – PAIN – SORE</b> .....	4	702
Throat – Scratching – morning .....	1	709
[17 RUBRICS]		

#### 4.4.12 Stomach

Stomach – Appetite – changeable .....	1	723
<i>Stomach – Complaints of the stomach</i> .....	2	729
Stomach – Appetite – constant .....	1	723
<b>Stomach – Appetite – increase</b> .....	3	724

Stomach – Appetite – increased – accompanied by – eating – cannot eat .....	1	725
Stomach – Appetite – increased – accompanied by – fullness of stomach .....	1	725
<i>Stomach – Appetite – increased – daytime</i> .....	2	724
Stomach – Appetite – increased – morning .....	1	724
Stomach – Appetite – increased – night .....	1	725
<i>Stomach – Appetite – diminished</i> .....	2	724
Stomach – Appetite – ravenous – eating – after eating – increases the hunger .....	1	726
Stomach – Appetite – ravenous – eating – after eating – soon after .....	1	726
Stomach – Distension .....	1	732
Stomach – Distension – drinking – agg after .....	1	733
Stomach – Eating – agg .....	1	733
Stomach – Eructation – drinking – after – amel .....	1	737
Stomach – Eructation – stool – during – agg .....	1	738
Stomach - Fullness, sensation of – eating – after agg .....	1	745
Stomach – Heaviness – drinking – after – water – agg .....	1	748
Stomach – Heartburn – night .....	1	746
Stomach – Indigestion – eating – after – agg .....	1	753
Stomach – Nausea .....	1	754
Stomach – Nausea – eating – after – agg .....	1	758
Stomach – Nausea – tea; after .....	1	762
Stomach – Pain – afternoon – 14h .....	1	765
Stomach – Pain – afternoon – 15h .....	1	765
Stomach – Pain – afternoon – 16h .....	1	765
Stomach – Pain – afternoon – cutting pain .....	1	765
Stomach – Pain – cold drinks – amel .....	1	768
<i>Stomach – Pain – cramping</i> .....	2	769
Stomach – Pain - cutting pain .....	1	769
Stomach – Pain – diarrhea – agg .....	1	769
Stomach – Pain – eating – after – agg – cutting pain .....	1	770
Stomach - Pain – hunger – during .....	1	772
Stomach – Pain – menses – before – agg .....	1	773
Stomach – Pain – night .....	1	765
Stomach – Pain – periodical – cramping .....	1	774
Stomach - Pain – pressure – sore .....	1	774
Stomach – Pain – sore .....	1	775
Stomach – Pain – stitching .....	1	775
Stomach – Pain – tearing pain .....	1	777
Stomach – Rumbling .....	1	783
Stomach - Sensation of, distension.....	1	733
<b>Stomach – Thirst</b> .....	3	785
Stomach – Thirst – accompanied by – eating – after – agg .....	1	787
<i>Stomach – Thirst – day</i> .....	2	785

<i>Stomach – Thirst – extreme</i> .....	2	787
<i>Stomach – Thirst – large quantities</i> .....	2	788
<i>Stomach – Thirst – large quantities for – often</i> .....	2	788
<i>Stomach – Thirst – unquenchable</i> .....	2	788
Stomach – Thirst – vomiting – before .....	1	788
Stomach – Vomiting – breakfast – after / agg .....	1	792
Stomach – Vomiting – drinking – amel .....	1	793
Stomach – Vomiting – eating – after – agg / sudden vomiting .....	1	793
Stomach – Vomiting – eggs – after .....	1	793
Stomach – Vomiting – inclination to .....	1	794

[56 RUBRICS]

#### 4.4.13 Abdomen

Abdomen – Heaviness .....	1	820
Abdomen – Distension .....	1	809

[2 RUBRICS]

#### 4.4.14 Rectum

Rectum – Abscess .....	1	897
Rectum – Constipation .....	1	898
Rectum – Constipation – accompanied by flatulence .....	1	900
Rectum – Constipation – accompanied by – stomach – complaints of .....	1	899
Rectum – Constipation – difficult – stool .....	1	900
Rectum – Constipation – women, in .....	1	901
Rectum – Constriction – night .....	1	902
Rectum – Constriction – painful .....	1	902
Rectum – Constriction – stool – urging to / during .....	1	902
<i>Rectum – Diarrhea</i> .....	2	903
Rectum – Diarrhea – accompanied by – weakness .....	1	903
Rectum – Diarrhea – eating – after – agg .....	1	907
Rectum – Emptiness – sensation of .....	1	912
Rectum – Flatus .....	1	913
Rectum – Pain – stool – hard – stool – during .....	1	929

[15 RUBRICS]

#### 4.4.15 Stools

Stool – Black .....	1	939
Stool – Copious .....	1	940
Stool – Dark .....	1	941
Stool – Frequent .....	1	941
Stool – Frequent – night .....	1	942
Stool – Hard .....	1	942
Stool – Odour – offensive .....	1	945
<i>Stool – Watery</i> .....	2	948
Stool – Watery – night .....	1	948

[9 RUBRICS]

#### 4.4.16 Bladder

Bladder – Inflammation – accompanied by – urine – burning .....	1	952
Bladder – Pain – burning .....	1	954
Bladder – Pain – evening – burning .....	1	953
Bladder – Pain – urination – during – agg – burning .....	1	956
Bladder – Pain – urination – during – beginning of, agg .....	1	956
Bladder – Pain – urination – during – end of .....	1	956
Bladder – Retention .....	1	958
Bladder – Urination – frequent .....	1	963

[8 RUBRICS]

#### 4.4.17 Female genitalia / sex

Female Genitalia/Sex – Bleeding – coition – after .....	1	N
Female Genitalia/Sex – Sexual Desire – diminished .....	1	1088
Female Genitalia/Sex – Eruption – itching .....	1	1048
Female Genitalia/Sex – Eruption – Nodosities .....	1	1048
Female Genitalia/Sex – Eruption – pimple – painful .....	1	1048
Female Genitalia/Sex – Eruption – pustules menses; before .....	1	1048
Female Genitalia/Sex – Heaviness – menses, during .....	1	1050
Female Genitalia/Sex – Itching – vagina .....	1	1052
Female Genitalia/Sex – Sexual Desire – increased .....	1	1088
Female Genitalia/Sex – Leukorrhoea – cream – like .....	1	1055
Female Genitalia/Sex – Menses – bright red .....	1	1060
Female Genitalia/Sex – Menses – bright red – clotted – partly clotted .....	1	1060
Female Genitalia/Sex – Menses – brown .....	1	1060

<i>Female Genitalia/Sex – Menses – changeable in appearance</i> .....	2	1060
Female Genitalia/Sex – Menses – copious .....	1	1061
Female Genitalia/Sex – Menses – copious – daytime .....	1	1061
Female Genitalia/Sex – Menses – dark – clots; with .....	1	1062
Female Genitalia/Sex – Menses – early; too .....	1	1062
Female Genitalia/Sex – Menses – flow scanty .....	1	1065
Female Genitalia/Sex – Menses – late, too .....	1	1063
Female Genitalia/Sex – Menses – membranous .....	1	1064
Female Genitalia/Sex – Menses – menopause – during .....	1	1064
Female Genitalia/Sex – Menses – offensive .....	1	1064
<i>Female Genitalia/Sex – Menses – painful</i> .....	2	1065
Female Genitalia/Sex – menses – painful – accompanied by – ovaries, complaints of .....	1	1064
Female Genitalia/Sex – Menses – pale .....	1	1065
Female Genitalia/Sex – Menses – protracted .....	1	1065
Female Genitalia/Sex – Menses – scanty .....	1	1066
Female Genitalia/Sex – Menses – sensation of copious menses .....	1	1061
Female Genitalia/Sex – Menses – short; too .....	1	1066
Female Genitalia/Sex – Menses – thick .....	1	1067
Female Genitalia/Sex – Menses – thin .....	1	1067
Female Genitalia/Sex – Menses – thin – clots, with .....	1	1067
Female Genitalia/Sex – Menses – watery .....	1	1068
<i>Female Genitalia/Sex – Pain – menses – during</i> .....	2	1074
[35 RUBRICS]		

#### 4.4.18 Chest

Chest – Itching – Mammae – nipples .....	1	1199
Chest – Pain .....	1	1205
Chest – Pain – constriction .....	1	1208
Chest – Pain – cramping .....	1	1209
Chest – Pain – cutting pain .....	1	1210
Chest – Pain – exertion – agg .....	1	1211
Chest – Pain – Motion – agg – cutting pain .....	1	1213
Chest – Pain - Middle of chest – cutting pain .....	1	1234
Chest – Pain – Middle of chest – extending to – side, right .....	1	1235
Chest – Pain – Middle of chest – motion – agg .....	1	1234
Chest – Pain – Middle of chest – expiration – agg .....	1	1234
Chest – Pain – Middle of chest – inspiration – agg .....	1	1234
Chest – Pain - Middle of chest – afternoon .....	1	1234
Chest – Pain - Middle of chest – evening .....	1	1234

Chest – Pain – morning .....	1	1205
Chest – Oppression – anxious .....	1	1203
Chest – Pain – rest – amel .....	1	1214
Chest – Pain – right .....	1	1205
Chest – Palpitation of heart .....	1	1250
[19 RUBRICS]		

#### 4.4.19 Back

Back – Pain – cervical region – cutting pain .....	1	1296
Back – Pain – cervical region – extending to – downward .....	1	1299
Back – Pain – cervical pain – left .....	1	1295
Back – Pain – cervical region – left – sprained .....	1	1295
Back – Pain – cervical pain – left – sore .....	1	1295
Back – Pain – cervical region – morning .....	1	1295
Back – Pain – cervical region – right .....	1	1295
Back – Pain – cervical region – rising – bed – agg .....	1	1298
Back – Pain – cervical region – rising – body / pillow, from .....	1	1298
Back – Pain – cervical region – rising – head – agg .....	1	1298
Back – Pain – cervical region – sore .....	1	1298
Back – Pain – cervical region – turning – head – left – agg, to .....	1	1298
Back – Pain – cervical region – warm – applications – amel .....	1	1299
Back – Stiffness – cervical region .....	1	1342
Back – Stiffness – cervical region – sleep – agg – during .....	1	1343
Back - Complaints of back – left side .....	1	1272
Back - Complaints of back – right side .....	1	1272
Back – Pain .....	1	1282
Back – Pain – aching .....	1	1284
Back – Pain – bending – agg .....	1	1284
Back – Pain – cold – agg .....	1	1285
Back – Pain – cold; after taking a .....	1	1285
Back – Pain – drawing pain .....	1	1286
Back – Pain – left – stitching pain .....	1	1282
Back – Pain – lumbar region – aching .....	1	1317
Back – Pain – lumbar region – afternoon – aching .....	1	1316
Back – Pain – lumbar region – afternoon – sprained, as if .....	1	1316
Back – Pain – lumbar region – afternoon – sore .....	1	1316
Back – Pain – lumbar region – broken, as if .....	1	1318
Back – Pain – lumbar region – rubbing – amel .....	1	1323
Back – Pain – lumbar region – sore .....	1	1324
Back – Pain – morning .....	1	1282

Back – Pain – motion – agg – drawing pain .....	1	1288
Back – Pain – motion – shoulders, of – agg .....	1	1289
Back – Pain – poking; as if someone is .....	1	1285
Back – Pain – right .....	1	1282
Back – Pain – right – stitching pain .....	1	1282
Back – Pain – rubbing – amel .....	1	1290
Back – Pain – scapular – sore .....	1	1308
Back – Pain – sitting down – agg .....	1	1290
Back – Pain – spine .....	1	1335
Back – Pain – spine – aching .....	1	1335
Back – Pain – spine – sore .....	1	1336
<i>Back – Pain – sore</i> .....	2	1291
Back – Pain – turning – agg .....	1	1292
Back – Pain – turning – agg – drawing pain .....	1	1292
Back – Pain – turning – body – agg .....	1	1292
Back – Pain – turning – head – agg .....	1	1292
Back – Pain – unbearable .....	1	1292
Back – Standing – agg – lumbar region .....	1	1341
Back – Tight feeling .....	1	1345
[51 RUBRICS]		

#### 4.4.20 Extremities

Extremities – Coldness – feet – icy cold .....	1	1359
Extremities – Cramps – feet .....	1	1371
Extremities – Feet – left – walking – agg .....	1	1456
Extremities – Heat – feel – night – uncovering foot .....	1	1406
Extremities – Heat – upper arms .....	1	1409
Extremities – Numbness – legs – morning .....	1	1434
Extremities – Numbness – legs – motion – agg .....	1	1435
Extremities – Numbness – legs – right .....	1	1434
Extremities – Numbness – legs – rising – agg .....	1	1435
Extremities – Numbness – legs – standing – agg .....	1	1435
Extremities – Pain – ankles – left .....	1	1446
Extremities – Pain – ankles – walking: after – agg .....	1	1449
Extremities – Pain – elbows – left – drawing pain .....	1	1451
Extremities – Pain – elbows – motion – agg .....	1	1453
Extremities – Pain – extending to – head .....	1	1446
Extremities – Pain – feet .....	1	1456
Extremities – Pain – feet – heels – left .....	1	1461
Extremities – Pain – feet – heels – morning .....	1	1461

Extremities – Pain – feet – heels – pulsating pain .....	1	1462
Extremities – Pain – feet – heels – walking – after – agg .....	1	1463
Extremities – Pain – feet – heels – walking – agg .....	1	1463
Extremities – Pain – feet – heels – walking – agg – sore .....	1	1463
Extremities – Pain – feet – left .....	1	1456
Extremities – Pain – feet – left – morning .....	1	1456
Extremities – Pain – feet – night .....	1	1456
Extremities – Pain – feet – night – sore .....	1	1457
Extremities – Pain – feet – pulsating pain .....	1	1458
Extremities – Pain – feet – standing – agg .....	1	1458
Extremities – Pain – feet – stepping – agg .....	1	1463
Extremities – Pain – feet – sore .....	1	1458
<i>Extremities – Pain – forearms – aching .....</i>	<i>2</i>	<i>1478</i>
Extremities – Pain – forearms – daytime .....	1	1477
Extremities – Pain – forearms – drawing pain – downward .....	1	1478
Extremities – Pain – forearms – elbow, near .....	1	1481
Extremities – Pain – forearms – exertion – after – agg .....	1	1479
Extremities – Pain – forearms – exertion – agg – drawing pain .....	1	1479
Extremities – Pain – forearms – extending to – elbow .....	1	1480
Extremities – Pain – forearms – extending to – hand .....	1	1481
Extremities – Pain – forearms – lying – agg .....	1	1479
Extremities – Pain – forearms – morning .....	1	1477
Extremities – Pain – forearms – motion – agg .....	1	1479
Extremities – Pain – forearms – motion arms, of – agg .....	1	1479
Extremities – Pain – forearms – night .....	1	1478
Extremities – Pain – forearms – right .....	1	1477
Extremities – Pain – forearms – right – drawing pain .....	1	1477
Extremities – Pain – forearms – right – stitching pain .....	1	1477
Extremities – Pain – forearms – rubbing – amel .....	1	1479
<i>Extremities – Pain – forearms – sore .....</i>	<i>2</i>	<i>1480</i>
Extremities – Pain – forearms – walking – agg .....	1	1480
Extremities – Pain – forearms – warm – application – amel .....	1	1480
Extremities – Pain – heat – legs .....	1	1408
Extremities – Pain – knees – bending – agg .....	1	1502
Extremities – Pain – knees – evening .....	1	1501
Extremities – Pain – knees – extending limb .....	1	1502
Extremities – Pain – knees – motion – agg .....	1	1503
Extremities – Pain – knees – night .....	1	1501
Extremities – Pain – knees – right .....	1	1500
Extremities – Pain – knees – sitting agg .....	1	1504
Extremities – Pain – knees – standing – amel .....	1	1505
Extremities – Pain – knees – stretching – agg .....	1	1505



Extremities – Pain – knees – walking – agg .....	1	1506
Extremities – Pain – knees – walking – agg – sore .....	1	1506
Extremities – Pain – neuralgic – shooting pain .....	1	1442
Extremities – Pain – legs – aching .....	1	1511
Extremities – Pain – legs – drawing pain .....	1	1512
Extremities – Pain – legs – exertion – agg .....	1	1512
Extremities – Pain – legs – pressing pain .....	1	1513
Extremities – Pain – legs – right – shooting pain .....	1	1510
Extremities – Pain – legs – rising – agg .....	1	1514
Extremities – Pain – legs – rising after – agg – drawing pain .....	1	1514
Extremities – Pain – legs – sitting – agg .....	1	1514
Extremities – Pain – legs – sitting – agg – drawing pain .....	1	1514
Extremities – Pain – legs – standing – agg .....	1	1514
Extremities – Pain – legs – stretching – leg – agg .....	1	1515
Extremities – Pain – legs – sore .....	1	1514
Extremities – Pain – legs – Tendo Achilles .....	1	1521
Extremities – Pain – legs – Tendo Achilles – drawing pain .....	1	1521
Extremities – Pain – legs – Tendo Achilles – walking – after – agg .....	1	1521
Extremities – Pain – legs – Tendo Achilles – walking – agg .....	1	1521
Extremities – Pain – legs – walking – after – agg .....	1	1515
Extremities – Pain – legs – walking – agg .....	1	1515
Extremities – Pain – shoulders – aching .....	1	1534
Extremities – Pain – shoulders – cold – agg .....	1	1535
Extremities – Pain – shoulders – extending to – back .....	1	1531
Extremities – Pain – shoulders – extending to – cervical muscles .....	1	1539
Extremities – Pain – shoulders – extending to – neck .....	1	1539
Extremities – Pain – shoulders – motion – arm, of – agg .....	1	1536
Extremities – Pain – shoulders – night – sore .....	1	1534
Extremities – Pain – shoulders – noon .....	1	1533
Extremities – Pain – shoulders – right – stitching pain .....	1	1533
Extremities – Pain – shoulders – right – sore .....	1	1533
Extremities – Pain – shoulders – rising – agg .....	1	1537
Extremities – Pain – shoulders – rubbing – amel .....	1	1537
Extremities – Pain – shoulders – sleep – after .....	1	1537
Extremities – Pain – shoulders – sore .....	1	1537
Extremities – Pain – walking – after – agg .....	1	1445
Extremities – Perspiration – foot – offensive .....	1	1584
Extremities – Swelling – forearms .....	1	1600

[98 RUBRICS]

#### 4.4.21 Sleep

<i>Sleep – Deep</i> .....	2	1642
Sleep – Deep – afternoon .....	1	1642
Sleep – Deep – night .....	1	1642
Sleep – Deep – sleeplessness, after .....	1	1642
<i>Sleep – Disturbed</i> .....	2	1643
Sleep – Disturbed – anxiety, from .....	1	1643
Sleep – Disturbed – easily .....	1	1643
Sleep – Disturbed – heat, by .....	1	1643
Sleep – Disturbed – thoughts, by .....	1	1644
Sleep – Dozing .....	1	1644
Sleep – Dozing – daytime .....	1	1645
Sleep – Falling asleep – difficult .....	1	1646
Sleep – Falling asleep – easy .....	1	1934
Sleep – Falling asleep – evening .....	1	1646
Sleep – Interrupted .....	1	1647
Sleep – Laziness – waking – late, too .....	1	1670
Sleep – Light – tossing around, much .....	1	1648
Sleep – Need to sleep – great .....	1	1648
Sleep – Position – changed frequently .....	1	1649
Sleep – Position – reverse .....	1	1649
Sleep – Position – side on, left side – impossible .....	1	2649
Sleep – Prolonged .....	1	1650
Sleep – Restless .....	1	1650
Sleep – Restless – heat – during .....	1	1651
Sleep – Restless – morning .....	1	1651
Sleep – Restless – night – midnight – before .....	1	1650
Sleep – Restless – night – midnight – after .....	1	1650
Sleep – Restless - tossing about in bed .....	1	1651
Sleep – Rise – aversion to – waking .....	1	1651
Sleep – Rise – remain in bed, desire to .....	1	1651
Sleep – Semi-conscious .....	1	1651
Sleep – Short – refreshing .....	1	1652
Sleep – Sleepiness .....	1	1652
Sleep – Sleepiness – afternoon .....	1	1653
Sleep – Sleepiness – daytime .....	1	1652
Sleep – Sleepiness – evening – early .....	1	1654
<i>Sleep – Sleepiness – morning</i> .....	2	1652
<i>Sleep – Sleepiness – overpowering</i> .....	2	1657
Sleep – Sleepiness – restlessness .....	1	1657
Sleep – Sleepiness – work – during .....	2	1658

<i>Sleep - Sleeplessness, with</i> .....	2	1140
Sleep – Sleeplessness – heat – during .....	1	1663
<i>Sleep – Sleeplessness – irritability, from</i> .....	2	1664
Sleep – Sleeplessness – morning .....	1	1659
Sleep – Sleeplessness – night .....	1	1659
Sleep – Sleeplessness – night – midnight – after – 1h .....	1	1660
Sleep – Sleeplessness – overpowering .....	1	1657
Sleep – Sleeplessness – restlessness, from .....	1	1665
Sleep – Sleeplessness – tossing about / not from tossing about .....	1	1666
Sleep – Waking – difficult – morning .....	1	1669
Sleep – Waking – frequently .....	1	1669
Sleep – Waking – late, too .....	1	1671
[52 RUBRICS]		

#### 4.4.22 Dreams

Dreams – Anger .....	1	1676
Dreams – Anxious – children, in .....	1	1676
Dreams – Cooking .....	1	1680
Dreams – Comical .....	1	1679
Dreams – Confused .....	1	1679
Dreams – Mother – dead mother appearing .....	1	1689
Dreams – Dead – relatives .....	1	1681
Dreams – Death – friend, of .....	1	1681
Dreams – Death – dying – he is .....	1	1681
Dreams – Distant things – people .....	1	1682
Dreams – Entertainment .....	1	1682
Dreams – Family, own .....	1	1684
Dreams – Father .....	1	1684
Dreams – Fighting, one is .....	1	1684
Dreams – Friends – meeting friends .....	1	1685
Dreams – Friends – old .....	1	1685
Dreams – Frightful .....	1	1685
Dreams – Funeral .....	1	1685
Dreams – Giants .....	1	1685
Dreams – Happy .....	1	1686
Dreams – Lightning .....	1	1687
Dreams – Men .....	1	1688
<u>Dreams – Partner, of</u> .....	<u>1</u>	<u>N</u>
Dreams – Rash, body covered with .....	1	1691
Dreams – Religious .....	1	1691

Dreams – Robbers .....	1	1692
<u>Dreams – Tsunami .....</u>	<u>1</u>	<u>N</u>
Dreams – Unremembered .....	1	1695
Dreams – Vivid .....	1	1695
Dreams – Vivid – night .....	1	1969
[31 RUBRICS]		

#### 4.4.23 Fever

Fever – Body – anterior part .....	1	1720
Fever – Body – Upper part .....	1	1720
Fever – Burning .....	1	1720
Fever – Chilliness; with – long into the heat, continuous .....	1	1722
Fever – Fever .....	1	1717
Fever – Heat – flushes, in .....	1	1725
Fever – Shivering .....	1	1729
Fever – Shivering, with .....	1	1729
Fever – Shivering, with – uncovering – agg .....	1	1729
Fever – Uncovering – agg .....	1	1732
[10 RUBRICS]		

#### 4.4.24 Perspiration

Perspiration – Clammy .....	1	1737
Perspiration – Odor – offensive .....	1	1741
Perspiration – Odor – sour .....	1	1741
Perspiration – Profuse .....	1	1741
Perspiration – Profuse – night .....	1	1742
Perspiration – Sleep – during – agg .....	1	1743
Perspiration – Sticky .....	1	1743
[7 RUBRICS]		

#### 4.4.25 Skin

Skin – Dry .....	1	1754
Skin – Dry – sensation of dryness .....	1	1754
Skin – Eruptions – dry .....	1	1758
Skin – Eruptions – itching .....	1	1761
Skin – Eruptions – pimples .....	1	1763

Skin – Eruptions – rash .....	1	1765
Skin – Eruptions – scaly .....	1	1767
Skin – Moisture .....	1	1780
Skin – Pain – sore .....	1	1781
Skin – Sealy – Eruption – scaly .....	1	1767
Skin – Shining .....	1	1783
Skin – Soft .....	1	1783
[12 RUBRICS]		

#### 4.4.26 Generals

Generals – Bathing – amel .....	1	1804
Generals – Clothes – large, too .....	1	1811
Generals – Cold – amel .....	1	1813
<b>Generals – Energy – excess of energy .....</b>	<b>3</b>	<b>1838</b>
<b>Generals – Energy of energy (weakness) .....</b>	<b>3</b>	<b>1963</b>
Generals – Food and Drinks – bananas – desire .....	1	1846
Generals – Food and Drinks – beef – agg .....	1	1846
Generals – Food and Drinks – chicken – desire .....	1	1848
Generals – Food and Drinks – chicken – desire – tandoori .....	1	1848
Generals – Food and Drinks – chocolate – desire .....	1	1848
Generals – Food and Drinks – chocolate – desire – menses; before .....	1	1849
Generals – Food and Drinks – coca cola – desire .....	1	1849
Generals – Food and Drinks – delicacies – desire .....	1	1851
Generals – Food and Drinks – excess of energy .....	1	1838
Generals – Food and Drinks – fish – desire .....	1	1852
<u>Generals – Food and Drinks – herbs – desire .....</u>	<u>1</u>	<u>N</u>
Generals – Food and Drinks – ice – cream – desire .....	1	1854
Generals – Food and Drinks – milkshake – desire .....	1	1856
Generals – Food and Drinks – mutton – aversion .....	1	1856
Generals – Food and Drinks – mutton – desire .....	1	1856
Generals – Food and Drinks – potato chips – desire .....	1	1857
Generals – Food and Drinks – red pepper – desire .....	1	1858
Generals – Food and Drinks – rich food – desire .....	1	1858
<u>Generals – Food and Drinks – roti – desire .....</u>	<u>1</u>	<u>N</u>
Generals – Food and Drinks – spices – desire .....	1	1859
Generals – Food and Drinks – sour food, acids – desire .....	1	1859
Generals – Food and Drinks – sweets – desire .....	1	1860
Generals – Food and Drinks – tea – amel .....	1	1860
Generals – Food and Drinks – tomatoes – aversion .....	1	1861
Generals – Food and Drinks – warm drinks – amel .....	1	1861

Generals – Food and Drinks – warm food – desire – hot .....	1	1862
Generals – Heat – perspiration – with .....	1	1866
Generals – Heat – sleep – during – agg .....	1	1866
Generals – Influenza – accompanied by – chill .....	1	1876
<i>Generals – Irritability</i> .....	2	1878
Generals – Lassitude .....	1	1881
Generals – Lassitude – restlessness, with .....	1	1881
Generals – Myalgia (Pain – muscles) .....	1	1915
<i>Generals – Pain – aching</i> .....	2	1897
Generals – Pain – beaten, as if .....	1	1898
Generals – Pain – cutting pain .....	1	1899
Generals – Pain – cutting pain, knife, as with a .....	1	1899
Generals – Pain – joints – sore .....	1	1915
Generals – Pain – left .....	1	1897
Generals – Pain – left – morning .....	1	1897
General – Pain – left – sore .....	1	1897
Generals – Pain – muscles – cramping .....	1	1915
Generals – Pain – sore – accompanied by – exertion, as after great .....	1	1904
Generals – Pain – standing – agg .....	1	1904
Generals – Relaxation – muscles, of .....	1	1931
<i>Generals – Rest – amel</i> .....	2	1932
<i>Generals – Restlessness – night</i> .....	2	1932
Generals – Rubbing – amel .....	1	1934
Generals – Sleep – after sleep – amel .....	1	1940
Generals – Side – left .....	1	1793
Generals – Sleep – after sleep – amel – short sleep, even after a .....	1	1940
Generals – Sleep – after sleep – morning – waking on .....	1	1940
Generals – Sleep – long sleep – agg .....	1	1940
Generals – Sleep – morning – waking, on .....	1	1940
Generals – Sleep – short sleep – amel .....	1	1940
Generals – Warm – artificial heat / amel .....	1	1962
Generals – Warm – bed – amel .....	1	1963
<b>Generals – Weakness</b> .....	3	1964
Generals – Weakness – afternoon .....	1	1965
General – Weakness – bed – going to bed / when .....	1	1966
Generals – Weakness – breakfast – amel .....	1	1966
Generals – Weakness – excess .....	1	1967
Generals – Weakness – excessive .....	1	1968
Generals – Weakness – excessive – pain .....	1	1968
<i>Generals – Weakness – exertion – agg</i> .....	2	1968
<i>Generals – Weakness – heat – from</i> .....	2	1968
<b>Generals – Weakness – irritability</b> .....	3	1968

Generals – Weakness – joints – muscular – accompanied by – fatigue .....	1	1973
Generals – Weakness – menses – before / agg .....	1	1969
Generals – Weakness – mental exertion .....	1	1969
Generals – Weakness – mental exertion – agg .....	1	1969
Generals – Weakness – morning .....	1	1946
Generals – Weakness – morning – waking, on .....	1	1964
Generals – Weakness – muscular – fatigue .....	1	1973
Generals – Weakness – night .....	1	1965
Generals – Weakness – overwork, from .....	1	1970
<i>Generals – Weakness – pain, from .....</i>	<i>2</i>	<i>1970</i>
Generals – Weakness – rest – amel .....	1	1971
<i>Generals – Weakness – restlessness, with.....</i>	<i>2</i>	<i>1971</i>
<i>Generals – Weakness – sleep – after – amel.....</i>	<i>2</i>	<i>1971</i>
Generals – Weakness – sleep – amel .....	1	1971
Generals – Weakness – sleepiness – agg – morning .....	1	1971
Generals – Weakness – sleepiness – as from sleepiness .....	1	1971
Generals – Weakness – sleeplessness – agg .....	1	1971
<u>Generals – Weight Loss .....</u>	<u>1</u>	<u>N</u>
<u>Generals – Weight Loss – men; in .....</u>	<u>1</u>	<u>N</u>
<u>Generals – Weight Loss – women; in .....</u>	<u>1</u>	<u>N</u>

[92 RUBRICS]

# CHAPTER 5 : THE DISCUSSION OF THE RESULTS

## 5.1 Introduction

The aim of Chapter 5 is to discuss the finding of the research study and to combine the various elements of this proving, in order to obtain a clear, descriptive understanding of *Acacia xanthophloea* 30CH remedy. This chapter will highlight the profile picture of the remedy, in order to ensure that future homoeopathic practitioners obtain a clear understanding of *Acacia xanthophloea* as 30CH as a remedy. The most common and pronounced mental and physical themes that arose during the proving process will be deliberated upon thereafter symptoms will be correlated to the doctrine of signatures.

It was hypothesised that the homoeopathic drug proving of *Acacia xanthophloea* 30CH would produce clearly observable symptoms in healthy provers, and that the symptom picture of the remedy would show correlation to the doctrine of signatures of *Acacia xanthophloea* plant substance. All data collected from this research study did not contradict the above hypothesis. In section 5.4, the researcher will compare the symptomatology to the doctrine of signatures of the plant substance of *Acacia xanthophloea*.

The data obtained of *Acacia xanthophloea* 30CH produced a wide variety of symptoms which resulted in 792 rubrics. These rubrics were distributed through 25 sections of the repertory. Out of 792 rubrics obtained, 92 rubrics were in the generals' section which yielded the most symptoms, 86 in head section, and 80 in the mind section. There were other sections that *Acacia xanthophloea* remedy seemed to affect for example the female genitalia/sex, stomach, throat, eyes and extremities. The above mentioned sections were the sections where *Acacia xanthophloea* 30CH had a profound effect.



## 5.2 Abbreviation of the Remedy

In this research study, the proving remedy *Acacia xanthophloea* 30CH will be abbreviated to the following: Acacia-x. The abbreviation was formulated according to the Synthesis repertory edition 9.1 format (Schroyens, 2004).

## 5.3 The symptoms

### 5.3.1 Mind

The proving substance *Acacia xanthophloea* 30CH had a profound effect on the mind section, which revealed a total of 80 rubrics. To provide a clear understanding of the mental picture of *Acacia xanthophloea*, the mind symptoms were grouped into different themes. A summary of the different mental themes follows, highlighting some of the contrasting mind symptoms that the provers experienced during the proving process:

- Anger, irritability, restless, stress, anxiety/ anticipation vs. tranquility/relaxation.
- Depression vs. cheerful and happy.
- Antisocial/aversion to company vs. family/fun/entertainment.
- Disconnected/ detached/ unfeeling vs. hope, religion/ prayer/peace.

These symptoms were allocated into two groups based on their polarity.

Group one:

- Anger
- Antisocial/ aversion to company
- Anxiety/ anticipation
- Difficult in studying
- Decrease concentration and focus
- Depression
- Disconnected/ detached/unfeeling
- Fears
- Finance
- Forsaken feeling

- Indecisive
- Irritability
- Lazy
- Mood swings
- Occupation
- Work
- Restless
- Time
- Stress

#### Group Two

- Cheerful/happy
- Family/ fun/ entertainment
- Hope
- Religion/prayer/peace
- Tranquility/relaxation

### **5.3.1.1 Group One**

#### **5.3.1.1.1 Anger**

Anger was experienced by several provers, the source of this emotion varied from matters of personal relationships and family to the unknown. Two provers experienced anger but both had no known aetiology that might have caused the anger.

Prover 07's anger was developed from an argument with his partner: "I did not sleep well, I had a fight with my partner, and right now I am so angry at her" (07 M 27: XX: XX). Prover 03's anger was based on family relative matters: "I saw my other friends and I was late to see my brother he was so angry I don't even know how to explain I also got angry to, and he took the phone I used for taking photos, the fact that I am in varsity means nothing and I am not a child anymore. And I am so angry very angry" (03 F 06: XX: XX); and also from an argument with a friend: "I had the worst day of my life today I fought with someone who is a huge and best friend of mine. I was so angry and he was busy shouting at me. My day was very

bad I couldn't even sleep" (03 F 47: XX: XX). Prover 30's anger was generated from family matters: "Had a disagreement with my half-sister about our cousin and her daughter I was so angry, I just burst out, our niece is getting married and ask me for a gift, my half-sister says that was wrong, our cousin her mum should be the one calling us. I was so angry and I spoke up my mind, if a daughter and mother are fighting it's none of my business unless they ask me to interfere but if a daughter ask for a gift I will give it to her I will not choose side, the fight is theirs not mine" (30 F 10: XX: XX); and toward her children: "Though I'm in a rush to go to school, can't go and leave a dirty house, it's so dirty I feel like strangling the kids" (30 F 08: XX: XX). Prover 9 and 11 both experienced anger but they had no aetiology that could have generated the anger; prover 09 documented: "I'm super angry funny thing is I don't even know why!" (09 F 01: 1:30 pm) while prover 11 stated in her recording: "Woke up mad and angry today" (11 F 02: XX: XX).

#### **5.3.1.1.2 Antisocial/Aversion to company**

The keywords that the provers used in their recording toward this theme were: "hate being around people, need my own space, not in a social mood or social interaction has gone down and need for alone time".

Five provers experience a desire to be alone during the proving process. Prover 01 documented the following: "Can't stand being around people and noise, feel annoyed and irritated by talking and socialising. This is new (NS) since I am used to being around people and making conversation most of the time" (01 F 14: XX: XX); "Hate being around people" (01 F 15: XX: XX); "Have notice a change in social interactions, I have become less talkative and outgoing. Feel bored and want to be alone most of the time (US)" (01 F 25: XX: XX). Prover 06: "My social interaction with people is gone down as well, just like I don't want to talk to people about things" (06 F 16: XX: XX), and Prover 22 "But today I'm not really in the mood of talking to anyone and I just need my space" (22 F 24: XX: XX); "And I did not feel like being with people, I just wanted to be by myself" (22 F 35: XX: XX) also experience the same feeling. Prover 11 had a desire for own space "I feel so much pressure; little things are starting to annoy. I feel like I need my own space, where it is quiet and peaceful so I can plan ahead and strategise (11 F 04: XX: XX)". Prover

09's aversion to company and socialising gradually increased from day 02 "I wasn't in a social mood at all so I shut my phone off so I could get some alone time!" (09 F 02: XX: XX); day 03: "Today I just wish I lived in my own planet! I just want to be alone, I'm not in a social mood and my siblings were complaining a lot!" (09 F 03: XX: XX); day 08: "My family got back and I went to my room for some "me" time, just me thinking and staring into space, I don't even remember what I think about when I'm alone!" (09 F 08: XX: XX); to the point that on day 11 she documented that she chased away her friends "My friends pop in to check on me and I just chased them away! I'm seriously not in the mood to socialise" (09 F 11: XX: XX).

The provers' social interaction with people changed from social to antisocial with a desire for own space and to be alone.

#### **5.3.1.1.3 Anxiety/Anticipation**

Only one prover experienced the feeling of anticipation anxiety; she recorded that she was "Anxious today meeting my supervisor to discuss research progress-feel that I don't have enough information to ask enough questions before she goes on leave, so had to go to library early to do more work" (30 F 08: XX: XX).

#### **5.3.1.1.4 Concentration**

##### **5.3.1.1.4.1 Aversion to study**

The provers experienced difficulty in studying, the provers felt tired and lazy most of the time. Prover 01 documented the following:

- "Difficult in studying." (01 F 09: XX: XX).
- "Feeling lazy to study or attend lectures just want to eat and sleep." (01 F 11: XX: XX).
- "Have been studying less and really don't feel like being on campus or doing assignment. This is unusual since I am always determined to work hard and excel in studies." (01 F 17: XX: XX).

Prover 03, in her recording mentioned that she was so tired and fell asleep while studying (03 F 01: XX: XX); and prover 07 documented "I am so tired of studying

yet I feel like I need to study more” (07 M 18: XX: XX). The decreased desire to study was a result of feeling drowsy and tired so work was being avoided.

#### **5.3.1.1.4.2 Decreased concentration and focus**

The ability to focus and concentrate had decreased substantially in 3 provers; prover 22, prover 25 and prover 30. The decrease in concentration was brought upon by pain (“I sat at my place and stuck the pain but could not concentrate on my work. I worked to a minimum today” (25 M 20: XX: XX), skipping a meal (“In the morning while in school I could not even concentrate since I had not eaten in the morning” (22 F 32: XX: XX) and overcrowd thought (“It was hard concentrating in church my mind was on research, about the future, busy planning it, it took a lot of prayer, focus to switch off and concentrate on the present-worship, praise and prayed to God” (30 F 11: XX: XX).

#### **5.3.1.1.5 Depression**

The depressed feeling was experienced as empathy, forsaken feeling and a sense of loneliness. The source of depression varied from feeling of loneliness (21 F 06: XX: XX), empathy, leaving family behind (09 F 09: XX: XX), memories of loved once that has passed (25 M 07: XX: XX) and depression with no clear caused (11 F 03: XX: XX). Prover 06 documented “I have this sad feeling about a friend of mine because if I have to see them I would cry a lot because of the pain that they have gone through” (06 F 22: XX: XX). Prover 09 F felt depressed yet she desired to be alone (09 F 04: XX: XX) whereas prover 23 desired someone to hold her (23 F 06: XX: XX).

#### **5.3.1.1.6 Disconnected/Detached/Unfeeling**

The theme of being disconnected to feeling was clearly experienced by two provers. Prover 10 documented, “I don’t feel anything” (10 F 18: XX: XX) and prover 30 recorded in the journal “My sister is screaming at me again, she tends to make me a punch bag for her mistakes if she has a problem with her husband. At first I was irritated, then I got detached, she went on for 1 hour full and I wasn’t bothered. I like the new me. I used to take things seriously now I’m not bothered life is not all about me. Her anger is her issue not mines” (30 F 05: XX: XX). It was as if

they could tune out of the frequency of the anger or irritation experienced by others and not allows this to impact on them adversely.

#### **5.3.1.1.7 Fears**

Four provers experienced fears during the proving of *Acacia xanthophloea*, the fears varied from fear of the unknown (21F 35: XX; XX), fear of being alone (21 F 21: XX; XX), fear of losing a son (06 F 05: XX: XX), fear of failure (22 F 26: XX:XX) and two provers experienced a fear that something bad is going to occur (06 F 07: XX: XX) (06 F 11: XX: XX) (06 F 24: XX: XX) (30 F 07: XX: XX). The main fear was one of foreboding, as if something bad was going to happen. This is in keeping with the proposed Psoric miasmatic tendency of *Acacia xanthophloea*

#### **5.3.1.1.8 Finances**

The concern over finances as a theme appeared in two provers, prover 06 and prover 21. The main concern was about being able to provide for their children financially. Prover 06 reported “I have started saving money every month since I have started work so that my baby wouldn’t have to run short of anything in his life for school and I am doing everything that I can to prove to him that he has a mother that’s doing all she can in her life.” (06 F 05: XX: XX); while prover 21 documented “Stressed – of being financially unstable, seeing to the kids” (21 F 08: XX: XX).

#### **5.3.1.1.9 Forsaken feeling**

The theme of feeling forsaken was experienced by two provers, prover 06 and prover 09. The forsaken feeling in prover 06 was due to the fact that her child’s father abandoned her while pregnant and now she has the responsibility to raise her son alone without him having a father figure (06 F 09: XX: XX) (06 F 18: XX: XX). Prover 09 demonstrated polarity in her mental picture; she was averse to company (see recording 09 F 03: XX: XX; 09 F 08: XX: XX; 09 F 11: XX: XX; 09 F 19: XX: XX and 09 F 20: XX: XX) yet in her documentation in day 11 in the theme antisocial she recorded “My friends pop in to check on me and I just chased them away! I’m seriously not in the mood to socialise” (09 F 11: XX: XX) but during the same day she documented “I feel so alone and abandoned! I have nothing but Kit Kat (chocolate) to comfort me” (09 F 11: XX: XX).

#### **5.3.1.1.10 Forgetful**

Forgetfulness was experienced by one prover. Prover 10 documented “I’m a bit frustrated I’ve been studying for so long and I still forget other things” (07 M 24: XX: XX). The same prover also experienced difficulty in studying (07 M 18: XX: XX).

#### **5.3.1.1.11 Indecisive**

Prove 11 had difficulty in making decision during the proving, she reported “Even small things make me think “what if?” and “If you don’t, you might be doing or taking a wrong decision” (11 F 01: XX: XX).

#### **5.3.1.1.12 Irritability**

The feeling of irritability was experienced by prover 01F, 09F, 14F, 15F, 21 F and 30F. The feeling of irritability was either experienced morning on waking “Woke up fine. Irritable for no reason. Coming to work and settling in fine” (14 F 05: XX: XX); “A bit irritated this morning. Will see how it progresses. Can’t seem to keep up with today” (14 F 06: XX: XX); “Woke up extremely irritable” (15 F 01: XX: XX). The irritability seemed to be cause by talking or socialising (01 F 14: XX: XX), people (09 F 20: XX: XX), children (14F 06: XX: XX; 30 F 08: XX: XX), loneliness (21 F 12: XX: XX), life (15F29: XX: XX). The irritability was associated with sleeplessness (15 F 24: XX: XX), de-motivation (15 F 13: XX: XX) frustration (15F 33: XX: XX; 21 F 12: XX: XX), and Restless (21 F 31: XX: XX).

#### **5.3.1.1.13 Lazy**

This theme was experienced by provers 06 F, 08F, 14F, 15F, 25M. The feeling of laziness varied from laziness in the morning (08F 19: XX: XX; 14F 17: XX: XX; 15F 18: XX: XX), laziness the entire day (06 F 22: XX: XX; 08F 18: XX: XX; 15 F 15: XX: XX; 25 M 16: XX: XX). Prover 08F experienced laziness but on her recording documented that being busy at work help her got out of the laziness (08F 19: XX: XX).

#### **5.3.1.1.14 Mood swings**

Prover 07M, 09F, 06 F, 14F, and 15 F experienced the variation of mood. The mood swings varied from good to bad (06 F 21: XX: XX; 07 M 45: XX: XX; 09 F 05: XX: XX), happy (14 F 22: XX: XX; 14 F 25: XX: XX; 14 F 27: XX: XX), sad (14 F 31: XX: XX), anger (06 F 05: XX: XX), frustration (06 F 03: XX: XX; 15 F 33: XX: XX), antisocial, wanting to be alone(06 F 02: XX: XX) and not in the mood for anything (09 F 02: XX: XX). The mood swings of prover 06 F was associated with lack of satisfaction with own body appearance (06 F 01: XX: XX).

#### **5.3.1.1.15 Occupation**

Participants that were working found that their performance at work varied, it either increased (14 F 01: XX: XX; 25 M or decreased. Prover 25 M performance at work decreased and was associated with tiredness, he documented “The entire day I was feeling tired and could not work to my full potential” (25 M 13: XX: XX). This variation in energy and performance was felt as a great source of stress by the provers.

#### **5.3.1.1.16 Restlessness**

Restlessness was experienced by prover 07 M, 09 F, 10 F, 21 F. Prover 07 M was restless due to the exam (07 M 18: XX: XX) and also restless at night (07 M 36: XX: XX). Prover 09 F and 21 F both experienced restlessness associated with disturbed sleep pattern. Prover 09 documented “I went to bed early but I was restless throughout the whole night and I didn't have a single dream! At 2am in the morning and I'm still up” (09 F 02: XX: XX), while prover 21 state that she was “Restless – didn't sleep well. I had interrupted sleep waking up every 2-3 hours” (21 F 14: XX: XX). Prover 10's F restlessness was associated with weakness and heat; and a feeling of wanting to be alone and doing nothing (10 F 04: XX: XX; 10 F 12: XX: XX).

#### **5.3.1.1.17 Time**

This theme demonstrated variation in the perception of time, this theme was identified in four provers. The essential feeling of the provers was either time was



moving slowly or has stopped (06 F 01: XX: XX); or time was faster and they felt they were moving at a slower pace (14 F 06: XX: XX; 25 M 27: XX: XX; 27M 27: XX: XX). Prover 14 F had the feeling that time was fast and she could keep, she documented “A bit irritated this morning. Will see how it progresses. Can’t seem to keep up with today, either I’m too slow or the day is too fast” (14 F 06: XX: XX).

#### **5.3.1.1.18 Stress**

Several provers experience the feeling of stress during the proving. The total of seven provers documented that they were feeling stressed. The provers were stressed about exams (07 M 28: XX: XX; 07 M 30: XX: XX; 22 F 05: XX: XX; 22 F 17: XX: XX; 22 F 18: XX: XX; 22 F 25: XX: XX), occupation (25 M 06: XX: XX; 25 M 11: XX: XX), being alone (21 F 16: XX: XX; 21 F 32: XX: XX), and life in general (21 F 35: XX: XX). Prover 11F’s stress was based on worry (11 F 01: XX: XX) and prover 30F’s stress was associated with irritability in the evening (30 F 08: XX: XX).

#### **5.3.1.2 Group Two**

##### **5.3.1.2.1 Cheerful and Happy**

Two provers denoted a positive alteration in their personality. Prover 06’s mental picture demonstrated two polarities. At the beginning of the proving she experience feeling of happiness, she documented “Yesterday I was playing with my son. I had a lot of energy since then and I am much happier, playing a lot with him and he didn’t let me do anything” (06 F 04: XX: XX), but later she experienced the feelings of antisocial (06 F 16: XX: XX), fear (06 F 11: XX: XX) and depression (06 F 22: XX: XX).

##### **5.3.1.2.2 Family/ Fun/ Entertainment**

Prover 11 documented a trip she took during the proving. She stated: “I took a trip today with my family to visit our grandma in Verulam. It was so much fun; I’ve never been this excited in my life because I’ve not seen her for about months now. I needed this to happen, I mean I’ve been so busy with school work lately I’ve forgotten how it’s like to smile, have fun and appreciate people and things around you” (11 F 00: XX: XX). This was day Zero of the recording; her mental picture

change drastically and she experienced anger (11 F 02: XX: XX), depression (11 F 03: XX: XX), aversion to company (11 F 04: XX: XX), stress (11 F 01: XX:XX) and tranquillity/ relaxed (11 F 01: XX: XX; 11 F 05: XX: XX). Prover 11's mental picture demonstrated a polarity, her emotions were variable. Spending time with children, family and friends made a vast difference to her mental state ranging from feeling worried, sadness, nostalgia and happiness with them.

#### **5.3.1.2.3 Hope**

Prover 06 experienced the feelings of hope for love. She documented: "I don't feel alone in this world, like there is hope for me, someone is out there for me" (06 F 01: XX: XX). This symptom of sadness and forsaken feeling coupled with hope is in keeping with the proposed Psoric miasmatic tendency of the remedy.

#### **5.3.1.2.4 Refreshed**

Prover 25 presented with laziness (25 M 16: XX: XX) and felt tired at work (25 M 13: XX: XX; 25 M 15: XX: XX). In two of his journal recording he displayed a great improvement in his tiredness. He documented: "I felt fresh. I never sleep in the car on my way to work" (25 M 22: XX: XX); "I awoke fresh today at 9am. Rested a lot as my day off" (25 M 23: XX: XX). This revealed a polarity between laziness and tiredness versus refreshed feeling.

#### **5.3.1.2.5 Religion/Prayer/Peace**

Prover 16 and Prover 30 presented the theme of religion. Prover 16 and 30 were more in touch with the spiritual aspects of their life. Prover 16 emphasised how she loves Sunday. She documented: "Wake up in the morning feeling good its Sunday I am going to church with excitement. I am going to praise God today not just to praise only but to preach about him for the things he has done for me and my family. I love Sundays" (16 F 38: XX: XX), while Prover 30 recorded the following in her journal: "Most importantly, my relationship with God is suffering. I need to go back to serious prayer, fasting and reading the bible-otherwise my peace is gone" (30 F 06: XX: XX), "It's a glorious day, I'm so much at peace and my spiritual and physical eyes are opened, though I've misplaced my spectacles. I can see God

working everything perfectly in my life and assuring me I need not worry” (30 F 07: XX: XX).

#### **5.3.1.2.6 Tranquillity/ Relaxation**

Five provers experienced the symptoms of being calm and relaxed (07 M 25: XX: XX). Prover 07 described a relaxed feeling associated with happiness (07 M 15: XX: XX). Prover 09 recorded that she “Woke up in a “Bob Marley” kind of relaxed mood, I honestly don’t know why I feel like this” (09 F 07: XX: XX) and a long jog along the beach gave her a calm feeling “Dee (boyfriend) and I woke up and took a long jog along the beach; I was much calmer; I guess the ocean calms me my bubbly self was almost on point and we did not fight” (09 F 22: XX: XX). Prover 11 stated that she felt relaxed after a good ten hour sleep (11 F 05: XX: XX) and calm when she was in different scenery. She recorded: “This is so nice, the different scenery and different people brings that calm soothing feeling of ‘everything is good’. Although I’m pretty worried that when we leave, it’ll be back to the old school and hard work kind of life” (11 F 01: XX: XX). Prover 22 F felt relaxed since it was a weekend (Saturday) and she was not scheduled to write an exam (22 F 17: XX: XX). Prover 30 experienced the feeling of relaxation when she was just spending the day with her kids. She recorded the following:” I spend the day relaxing with my family (my kids). I wasn't sad or angry at my husband for being home. I didn't stress about visiting my cousin who has cancer I was supposed to visit her since it's her 1<sup>st</sup> day of chemo. But I knew I needed to rest and took it without feeling guilty. I usually feel guilty and have hard time making decision but today all is well no guilt, even stress about finances, but just relaxing with my kids. This is marvellous, I'm blessed. I didn't even stress about not being again to go to school library for research” (30 F 02: XX: XX); “Slept half of the day, just to relax myself and get over the disappointment. I'm usually anxious about a lot of things that need to be done but this time, I'm relaxed just resting” (30 F 02: XX: XX); “My house is dirty, this usually flicks me out and I would start screaming and cannot concentrate on anything if the house is dirty, but now I gently tell the kids to tidy up and just relax with them” (30 F 05: XX: XX).

### 5.3.2 Vertigo

Vertigo was experienced by three provers (01F, 16F, 08F, and 21 F). Prover 01 and prover 16 described the vertigo as feeling “dizzy”, while prover 08 and prover 21 described vertigo as feeling “lightheaded”. The vertigo was associated with weakness, tiredness and nausea.

### 5.3.3 Head

Numerous provers presented with varying types of headache (e.g. 01F). Several different headaches were described according to location, time, sensation, modalities of the pain and concomitant symptoms. There were many polarities seen in the headache symptoms according to location, time and sensation of the headache. Table 5.1 summarises the headaches experienced by provers and provers that recorded the symptoms in brackets:

**Table 5.1: demonstrate the headache symptoms and in brackets provers that documented the symptoms**

Concomitant	<ul style="list-style-type: none"> <li>Headache accompanied by eye symptoms (16 F 10; 22 F 02; 22 F 06; 22 F 33; 22 F 39; 22 F 42).</li> <li>Headache associated with hunger (07 M 21)</li> </ul>	
Location	<ul style="list-style-type: none"> <li>Frontal (25 M 24; 25 M 35; 27 M 10)</li> <li>Left (03 F 15; 08F 01)</li> <li>Sides (08F 33)</li> <li>Temples (21 F 05; 30 F 02; 30 F 04; 30 F 06; 30 F 15; 30 F 23)</li> </ul>	<ul style="list-style-type: none"> <li>Occipital (14F 10; 14F 23; 16 F 09; 16 F 12; 23F 02; 25 M 28)</li> <li>Right (08 F 06; 08 F 28; 08 F 31; 14 F 04; 14 F 05)</li> <li>Vertex (06 F06)</li> </ul>
Aetiology	Rain (06 F 32)	
Sensation/ pain	<ul style="list-style-type: none"> <li>Dull (01 F 04; 01 F 05; 01 F 06; 01 F 17; 15F 03; 19 F 13; 30 F 01)</li> </ul>	<ul style="list-style-type: none"> <li>Pulsating (27 M 28; 27 M 29)</li> <li>Throbbing (01 F 08; 01 F 13; 01 F 25; 01 F 26; 04F 18; 25M 08; 25M 13; 27 M 10)</li> </ul>
Time	Mornings (08F 34; 08: 35; 09 F 12; 09 F 14; 14F 16 )	Midday (10F 14; 23 F 27)
Modality	<ul style="list-style-type: none"> <li>Sleep ameliorates (09 F 05; 14F 30; 22 F 37)</li> <li>Tea ameliorates (09 F 08; 25 M 02; 25M 09)</li> <li>Closing eye (27 M 10)</li> </ul>	

### 5.3.4 Eye

A total of eleven provers experienced eye symptoms (01F; 04F; 06 F; 09 F; 10 F; 13M; 14 F; 19F; 25 M; 27M; 30F). The provers had the following complaints:

- Prover 01 complained of itchy eyes, red and watery in the mornings and better in the evening/ afternoon (01 F 13: 01 F 25; 01 F 26).
- Prover 04 complained of “Redness of the eyes, irritable eyes especially the right eye with excessive sebaceous secretion” (04 F 02; 04 F 03; 04 F 04).
- Prover 06 complained of burning sensation in the eyes. She documented: “My eyes I can feel like there is red inside like fire and full of sleep and heavy as well” (06 F 02: XX: XX); she also described the eyes as being heavy and worse at night and on closing eyes (06 F 06; 06 F 07: 06 F 14; 06 F 34).
- Prover 09 eyes symptoms were accompanied by a headache (09 F 11), worse in the morning (09 F 12). On day 16 the eyes were not accompanied by headache and she described the symptoms as itchy eyes (09 F 16).
- Prover 10 complained of burning sensation of the eyes in midday. She stated: “My eyes were paining and burning at midday. The pain was mild and went away after about 4 hours. The way it was burning like I wanted to sleep. The cause could be being in the sun” (10 F 06: XX: XX). Prover 13 complained of eye symptoms on day 10. He recorded: “Eyes are feeling dry, washed them with water didn't work, then I put ice cube on each eyes (closed) and it did work” (13 M 10: 07: 00). He then recorded the following symptoms: “Dry eyes, ice cubes didn't work. I got back to bed, after 10 minutes it was gone” (13 M 13: 07: 33); “Itchy eyes” (13 M 13: 00: 00); “07:18am: achy red eyes. Feels like I could scratch them.” (13 M 18: 07: 18); “16:42: worse Achy eyes. Used water base eye cleaner 2 drops on each eye” (13 M 22: 16: 42). The prover on day 22 (17 June 2015) contacted the researcher and requested to withdraw from the study because he felt the eye complaints were too severe and he could not handle the pain. The researcher and supervisor offered him a follow up consultation to antidote the proving substance but he preferred going to a general practitioner. Two days after withdrawing from the study he mentioned he was feeling much better.
- Prover 14's complaints were worse in the midday. She documented: “Midday – right eye, right side head/right rear neck/right shoulder pain. It's not a throbbing eye pain. Just a low grade constant pain that lets you know it's there.” (14 F 05: XX: XX); “Midday-itchy eyes!” (14 F 07: XX: XX)

- Prover 19 complained of dry eye (19 F 10), which was a similar sensation that experienced by prover 13M.
- Prover 25 described a poking sensation in the eyes (25 M 11).
- Prover 27 complained of itchy eyes that were ameliorated by scratching which resulted in redness of the eyes; the eyes were better in the afternoon and by closing the eyes (27 M: 09; 27 M: 15).
- Prover 30 described her eye symptoms as soreness. She documented: “My eyes feel sore as if I'm drowsy, I didn't sleep much, the kids wake up early to prepare for school it's exam time but this soreness in the upper eyelids deep in the sockets it's new I'm not used to it.” (30 F 09: XX: XX).

### **5.3.5 Ear**

Prover 01F, 03F, 08F, 15F and 30F developed ear symptoms. Prover 01 described a sharp pain in the left ear (01 F 08) and on day prover 17 experienced sharp pain in both ears (01 F 17). Prover 03 experienced pain in the ear (03 F 19). Prover 08 experienced tooth pain in the right side. The pain of the tooth radiated to the right ear (08 F 04: XX: XX). Prover 15 described a very dull pain earache. She documented: “A very dull ear ache around the back, middle, and inner ear. It's very dull – don't know what could be causing it, perhaps the nasal drip.” (15 F 05: XX: XX); while prover 30 experienced a polarity in the itchiness of the ear. She documented: “My right ear, Eustachian tube very itchy and right side of the palate. I can feel my left nostril beginning to get blocked. I think it's the air on in church” (30 F 03: XX: XX) and on day 08 she recorded: “My ear (left) is itching again – in Eustachian tubes” (30 F 08: XX: XX). She also experienced a blockage sensation of both ears that was ameliorated by burping (30 F 12: XX: XX).

### **5.3.6 Nose**

Four provers had a runny nose (04 F 05; 04 F 06; 04 F 07; 07 M 48; 22 F 00; 22 F 20; 25 M 03; 25 M 19). Prover 22 on day 08 recorded: “In the morning when I was blowing my nose blood comes out. In the afternoon I still have the headache and blood is still coming out when I blow my nose” (22 F 08: XX: XX); this was a particular symptom as no other prover experienced this symptom. Prover 04 F, 07

M, 22 F, 25 M experienced a runny nose. Prover 06 documented: “My nose is also dry very dry” (06 F 02: XX: XX). Prover 14 developed a pimple on her left nostril (14 F 16; 14 F 17; 14 F 19; 14 F 20). Prover 15 experienced a nasal drip (15 F 02; 15 F 04; 15 F 05; 15 F 08). Provers 03 F, 07, 16 and 19F had a nasal blockage (03 F 19; 07 M 03; 07 M 15; 07 M 47; 16 F 09; 19 F 13). Prover 07 nasal blockage was associated with a flu (07 M 04; 07 M 05). Three provers experienced sinusitis during the proving. Prover 16 had sinusitis symptoms at night (16 F 09: XX: XX). Prover 23’s sinusitis was worse in the morning (23 F 09: XX: XX; 23 F 25: XX: XX), while prover 22’s sinusitis occurred in the morning and at night (22 F 15: XX: XX), or only occurred in the morning (22 F 28: XX: XX; 22 F 36: XX: XX; 22 F 38: XX: XX) or only at night (22 F 27: XX: XX).

### **5.3.7 Face**

Prover 01 experienced a sensation of numbness of the face (01 F 13: XX: XX), while prover 09 recorded: “I have big, pus filled pimples on my face; I decided to stay in bed the whole day instead of going out” (09 F 14: XX: XX).

### **5.3.8 Mouth**

The mouth section had seven subheadings in which symptoms experienced by provers were allocated. The subheadings were mouth dry, mouth thick, gum sores, gum red, sensitive teeth, swollen lips and tongue symptoms. Prover 01 developed a rash on the lips and complaints that her lips felt very dry (01 F 20: XX: XX). Prover 19 F, 21, 23, 27 M experienced dry mouth, prover 21 and 23’s dry mouth was associated with thirst and drinking water ameliorated the dry mouth. Prover 06 described the mouth as feeling thick (06 F 34: XX: XX; 06 F 35: XX: XX). Prover 27 M was the only prover who experienced redness of the gums and sores in the mouth (27M: 19: XX: XX; 27 M: 20: XX: XX; 27 M: 21: XX: XX; 27 M: 22: XX: XX; 27 M: 23: XX: XX; 27 M: 24: XX: XX). Prover 01 complained of a swelling of the lips that occurred after she developed a rash on the lips. She documented: “Swelling on both lips with what appeared to be a rash. It was very itchy and felt very warm. Felt like I had sand on my lips (OS) occurred before in October 2008” (01 F 17: XX: XX); “Swelling on lips has gone down but the rash is still there as well as the warmth. Get worse when I place something hot and very cold” (01 F 18: XX: XX).

Prover 06 complained of a thick sensation of the tongue (06 F 02: XX: XX; 06 F 35: XX: XX), while prover 14 complained of a sore on her tongue (14 F 07: XX: XX). Prover 19 and 30 complained of dry tongues, prover 30 recorded: “My tongue feels like its dry and cracked right in the middle and center” (30 F 11: XX: XX). Prover 19 and 30 also had sensitive teeth during the proving process – prover 19’s teeth were sensitive when she was drinking (19 F 10: XX: XX) and prover 30 had sensitive teeth when she saw rough textures e.g. sugar or soap powder (30 F 12: XX: XX; 30 F 17: XX: XX).

### **5.3.9 Throat**

There were numerous throat symptoms that were noted during the proving which varied from dry/itchy throat; throat pain (25 M 03: XX: XX); raw/ sore sensation and starchy sensation. Prover 01 F, 06, 07, 08 F, 13, 25 experienced dry/itchy throat symptoms while prover 07, 08 and 25’s symptoms were accompanied by thirst and prover 07 desired ice cold water. Prover 13’s dry throat was ameliorated by drinking uncooked egg (13 M 08: 12: 00). Prover 03 F, 15 and 21 recorded raw / sore throat symptoms. Prover 15 described a scratchy sensation of the throat (15 F 02: XX: XX).

### **5.3.10 Stomach**

Prover 07 experienced heartburn during the proving study; he reported that he experienced heartburn “whenever he was hungry and after he ate fried chips” (07 M 05: XX: XX; 07 M 11: XX: XX). Prover (19 F 08: XX: XX) noted an increase in eructation’s that were accompanied by constipation, while prover (30 F 10: XX: XX) noted stomach bloating and distention. Provers (04 F 20: XX: XX; 25 M 06: XX: XX) experience stomach bloating. Prover 25’s noted that he “felt bloated after eating mutton curry” (25 M 30: XX: XX).

Provers noted various stomach pains. Provers (06 F, 07 M, 09 F, 11F and 27 M) experiences stomach cramps; while provers (03 F 01: XX: XX, 08 F 29: XX: XX) described the stomach pain as piercing/stabbing pain. Prover 10 documented: “My tummy was paining at noon. It was that sharp pain at 14:00pm and stopped at 16:00pm. The pain was like pins and needles. It was better when I had some ice



water. The pain was caused by me eating late” (10 F 09: XX: XX). Prover (10 F 19: XX: XX) described a beaten sensation of the stomach; while prover (06 F 24: XX: XX) noted a twisting sensation of the stomach. Provers 07 and 14 reported a sore sensation of the stomach. Prover (10 F 31: XX: XX) experience stomach pain at night.

### **5.3.11 Appetite**

There was a huge appetite variation with provers (01 F 09: XX: XX; 01 F 17: XX: XX), (06 F 38: XX: XX), (07 M 03: XX: XX), (09 F 14: XX: XX), (14 F 22: XX: XX), (21 F 11: XX: XX), 22 F 11: XX: XX), (25 M 01: XX: XX), (27 M: 16: XX: XX) and (30FF 06: XX: XX) noting a decrease in appetite, although provers (01 F 19: XX: XX) and (22 F 38: XX: XX) noted a gradual increase in appetite. Provers (03 F 01: XX: XX), (04 F 18; XX: XX), (08 F 21: XX: XX), (15 F 05: XX: XX), (17F 06: XX: XX) and (19 F 05: XX: XX) noted an increase in appetite. There was a noted initial increase in appetite in these provers: (06 F 02: XX: XX), (09 F 04: XX: XX; 09 F 19: XX: XX), (14 F 21: XX: XX), (21 F 02: XX: XX; 21 F 02: XX: XX), (27 M: 08: XX: XX) and (30 F 03: XX: XX). There was a noted changeable appetite of prover 06.

### **5.3.12 Vomiting/ nausea**

Provers experienced “nausea after eating” (01 F 04: XX: XX; 01 F 05: XX: XX; 01 F 07: XX: XX) and nausea associated with no appetite (01 F 13: XX: XX). Prover 07 experience nausea every time he consumed the proving substance powder (07 M 00: XX: XX; 07 M 01: XX: XX; 07 M 02: XX: XX).He also noted: “whenever I drink tea I feel like vomiting” (07 M 49: XX: XX). Prover 22 experienced “nausea in the morning” (22 F; 06: XX: XX) and prover 25 recorded a “vomiting sensation after eating egg chutney for lunch” (25 M 26: XX: XX).

### **5.3.13 Thirst**

Twelve provers noted increased thirst (01 F, 04 F, 08 F, 10 F, 13M, 15 F, 19 F, 21 F, 22 F, 25 M, 27 M, and 30F). Provers (01 F 15: XX: XX), (08 F 21: XX: XX) noted thirst that was accompanied by hunger. Provers (19 F 05: XX: XX) and (22 F 21: XX: XX) experienced thirst especially at night.

### **5.3.14 Stools**

Provers (06 F 24: 24: XX: XX) and (25 M 01: XX: XX) noted a hard stool, but one prover's (25 M 01: XX: XX) stools alternated from hard stool to soft. Provers (09 F; 02: XX: XX) and (19 F 05: XX: XX) experienced constipation. Prover 09 initially experienced constipation and later documented: "I've been going to the toilet easily lately" (09 F 19: XX: XX). Provers (01 F 15: XX: XX), (07 M 12: XX: XX), (09 F 12: XX: XX), (22 F 29: XX: XX) and (25 M 24: XX: XX) had watery stools and prior to the stools they experienced stomach pains or complaints. The stool colour that the provers noted varied with "black stool" (07 M 38: XX: XX), "pale stool" (09 F 12: XX: XX), "light brown" (25 M 10: XX: XX) and "dark stool" (30 F 03: XX: XX).

### **5.3.15 Bladder**

Provers (10 F 28: XX; XX; 10 F 29: XX: XX) and (21 F 28: XX: XX) experienced a burning sensation while urinating. Copious urination was noted in provers (06 F 05: XX: XX; 06 F 16: XX: XX; 06 F 19: XX: XX), (25 M 06: XX: XX; 25 M 22: XX: XX; 25 M 26: XX: XX) and (27 M: 12: XX: XX). Prover 25 stated that the "urine color was very yellow" (25 M 03: XX: XX).

### **5.3.16 Female Genitalia/Sex**

The female provers recorded numerous proving symptoms experienced in this theme. Several of the provers experienced eruptions around the genitalia (01 F 10: XX: XX), (03 F 04: XX: XX) and (09 F 18: XX: XX). The nature of the menstruation cycle was altered during the proving study, the menses were heavier (01 F 15: XX: XX), watery (09 F 14: XX: XX) (14 F 05: XX: XX), small or no clots (14 F 05: XX: XX), appeared early (03 F 16: XX: XX) (14 F 04: XX: XX) or late (04 F 21: XX: XX; 04 F 24: XX: XX) (06 F 02: XX: XX), protracted (14 F 08: XX: XX). The provers described the menstrual pain as increasing during the proving study (01 F 14: XX: XX) (03 F 47: XX: XX) (09 F 13: XX: XX). Prover 30 noted return of menses. She recorded: "Maybe I'm emotional because I started menstruating in the afternoon. I haven't menstruated since April 2013. It was just bright red blood, no clots, and no pain either" (30 F 11: XX: XX). Provers (06 F 04: XX: XX; 06 F 06: XX: XX) (08 F 05: XX: XX; 08 F 06: XX: XX) recorded that they started spotting during the proving

study in the morning. Prover (01 F 17: XX: XX) noted that the duration of her menstrual cycle was shorter than normal. She recorded: “Menstruation has ended (US).Menstruation usually lasts five to seven days but this time it lasted for only 2 days but the flow was heavier than usual and the pain was intense” (01 F 17: XX: XX). Prover (03 F 46: XX: XX) felt tired/lethargic during her menses while prover (04 F 19: XX: XX) documented that she was “feeling very tired and lethargic today” but she was not in her menses. Prover 09 experienced an increase in libido (09 F 14: XX; XX) but every time she engaged in sexual intimacy she started bleeding (09 F 17: XX: XX); while prover (30 F 13: XX: XX) experienced decreased libido. The color of the menses varied from dark red almost brown (01 F 15: XX: XX), light color (06 F 07: XX: XX), pale (09: 15: XX: XX) and bright red (30 F 11: XX: XX). The provers noted a craving for chocolate during the menses (08 F 23: XX: XX), (10 F 26: XX: XX).

### **5.3.17 Chest**

Provers (06 F 19: XX: XX), (07 M 03: XX: XX), (08 F 14: XX: XX; 08 F 13: XX: XX; 08 F 15: XX: XX) experienced chest pain during the proving study. Prover 21 described a heavy sensation in the chest. She recorded: “Heavy chest – like something bad is going to happen. It’s a feeling of heaviness inside” (21 F 15: XX: XX). While prover (30 F 07: XX: XX, 30 F 08: 01:00) noted that she was experiencing “palpitation”.

### **5.3.18 Back**

The provers reported an aching (06 F 16: XX: XX) (14 F 14: XX: XX), piercing/stabbing (28 F 22: XX: XX) (22 F 28: XX: XX), pulling (06 F 09: XX: XX) (08 F 03: XX: XX), sharp (06 F 06: XX: XX), (06 F 08: XX: XX), sores pain (06 F 35: XX: XX), (14 F 15: XX: XX) of the back. Prover (22 F 21: XX: XX) noted experiencing “back pain in the morning because of the cold”. Prover (08 F; 27: XX: XX; 08 F 32: XX: XX) experienced back pain in the morning, while provers (10 F 01: XX: XX; 10 F 13: XX: XX; 10 F 15: XX: XX; 10 F 23: XX: XX) noted experiencing back pain in the afternoon/noon. Prover (06 F 27: XX: XX) noted that “motion exacerbated the back pain” and prover (23 F 23: XX: XX) recorded that the pain “felt better after relaxing”.

### **5.3.19 Extremities**

The extremities yielded a total of rubrics; with various sensations presented e.g. burning (06 F 18: XX: XX), weakness (06 F 19: XX: XX), numbness (06 F 03: XX: XX; 09 F 14: XX: XX), cramping (07 M 16: XX: XX). The pain affected the upper limb and lower limb. The provers had symptoms experienced on either the right (06 F 20: XX: XX; 14 F 05: XX: XX) or left side (01 F 06: XX: XX; 06 F 12: XX: XX). Provers (01 F 13: XX: XX; 10 F 08: XX: XX) experienced pain that was noted to be “worse at night”. Sweating of the feet was documented by provers (09 F 19: XX: XX) and (30 F 07: XX: XX).

### **5.3.20 Sleep**

Sleepiness proved to be a profound symptom amongst the provers (01 F 11: XX: XX), (03 F 19: XX: XX), (06 F 05: XX: XX), (07 M 28: XX: XX), (08 F 35: XX: XX), (15 F 03: XX: XX), (22 F 05: XX: XX), (25 M 05: XX: XX), (27 M: 07: XX: XX). Peaceful/deep sleep was experienced by the following provers (06 F 02: XX: XX), (07 M 07: XX: XX), (15 F 21: XX: XX), (25 M 30: XX: XX), (27 M:06: XX: XX), while provers (07 M 27: XX: XX), (09 F 08: XX: XX), (14 F 23: XX: XX), (15 F 05: XX: XX) and (16 F 10: XX: XX). Five provers experience sleeplessness (01 F 04: XX: XX), (07 M 37: XX: XX), (09 F 18: XX: XX; 09 F 19: XX: XX), (15 F 24: XX: XX). Sleep restless was noted by provers (07 M 36: XX: XX), (08 F 03: XX: XX), (15 F 08: XX: XX) and (21 F 14: XX: XX). Some provers recorded that their sleep patterns were longer (01 F 17: XX: XX), (07 M 07: XX: XX), (14 F 04: XX: XX), (15 F 25: XX: XX) than usual and prover (25 M 31: XX: XX) experienced sleepiness associated with tiredness.

### **5.3.21 Dreams**

Numerous dream themes surfaced during the proving study, the themes that appeared in the dreams were:

- Dreams of children (14 F 26: XX: XX).
- Confused dreams (30 F 06: XX: XX).
- Dreams of dead relatives (14 F 28: XX: XX), (25 M 02: XX: XX).
- Dream of giant/tsunami (30 F XX: XX: XX).

- Dreams of Father (14 F 08: XX: XX).
- Friends (04 F 03: XX: XX), (25 M 29: XX: XX).
- Dreams of family (14 F 13: XX: XX), (14 F 26: XX: XX), (14 F 29: XX: XX).and happy dreams (06 F 03: XX: XX), (27 M: 06: XX: XX).
- Funeral (25 M 03: XX: XX).
- Theme of fights/ fighting (21 F 03: XX: XX), (27 M 17: XX: XX; 27 M: 18: XX: XX) and (30 F 03: XX: XX).
- Partner (06 F 08: XX: XX), (09 F 01: XX: XX), (14 F34: XX: XX), (25 M 08: XX: XX).
- Pursued (30 F 03: XX: XX).
- TV shows (25 M 18: XX: XX).
- Rash on the Body (14 F 19: XX: XX).
- Dreams that felt real (06 F 17: XX: XX).
- Religious (14 F 35: XX: XX).
- Unremembered/vague dreams (06 F 06: XX: XX), (07 M 45: XX: XX), (09 F 10: XX: XX), and (23 F 24: XX: XX).

### **5.3.22 Fever**

Five provers noted developing a raised temperature during the proving study (01 F 10: XX: XX), (07 M 06: XX: XX), (22 F 01: XX: XX; 22 F 23: XX: XX), (27 M 21: XX: XX; 27 M 22: XX: XX; 27 M 23: XX: XX).

### **5.3.23 Perspiration**

Four provers experienced perspiration during the proving study. Provers (09 F 19: XX: XX) and (30 F 07: XX: XX) experienced “sweating of the feet with an offensive smell”, while provers (17 M 02: XX: XX; 17 M 03: XX: XX; 17 M 04: XX: XX) experienced “perspiration especially at during sleep”. Prover 21 documented “perspiring a lot. Hot flushes” (21 F 27: XX: XX) and prover (15 F 03: XX: XX; 15 F 04: XX: XX) noted that “she was feeling hot and sweaty”.

### 5.3.24 Skin

There were pronounced skin symptoms that provers developed during the proving study. A dry skin was noted by provers (01 F 06: XX: XX) (07 M 37: XX: XX; 07 M 46: XX: XX) and (23 F 15: XX: XX; 23 F 16: XX: XX). Skin abscesses were noted by prover (14 F 14: XX: XX; 14 F 21: XX: XX; 14 F 24: XX: XX; 14 F 32: XX: XX). Prover (06 F 04: XX: XX; 06 F 19: XX: XX) noted that “her skin has gone light since on the remedy”. Fever sore (14 F 04: XX: XX); inflammation of the skin (14 F 19: XX: XX); pimples (06 F 07: XX: XX; 06 F 08: XX: XX), itchy skin (07 M 38: XX: XX) were also noted during the proving study. Prover (01 F 06: XX: XX) noted that her “skin was peeling off on the palm of her hand which was accompanied by itchiness”. Prover (09 F 06: XX: XX) noted that the skin was peeling as well, and prover (25 M 15: XX: XX) documented: “skin was very dry. I had to moisturise all the time. Skin became very flakily”.

### 5.3.25 Generals

An increased in energy level was noted amongst provers (06 F 01: XX: XX), (08 F 02: XX: XX; 08 F 20: XX: XX; 08 F 28: XX: XX), (17 M: 06: XX: XX), (22 F 38: XX: XX), (25 M 33: XX: XX), (27 M: 04: XX: XX), while the following provers noted a decrease in energy levels: (01 F 08: XX: XX), (03 F 01: XX: XX), (07 M 14: XX: XX), (08 F 25: XX: XX), (09 F 08: XX: XX), (10 F 12: XX: XX), (13 M 03: XX: XX), (14 F 05: XX: XX), (16 F 07: XX: XX), (22 F 00: XX: XX) and (27 M: 27: XX: XX). Prover (07 M 07: XX: XX) documented that bathing made him feel better and prover (16 F 12: XX: XX) “drinking warm water ameliorated the headache symptoms”. There were various food desires, craving and food aversions. The table below summarises the food desires and foods aversion of the provers:

**Table 5.2: A summary of the food cravings and aversions of *Acacia xanthophloea***

<b>Foods cravings</b>	<b>Foods aversions</b>
Cake/sweet (10F 34: XX: XX)	Beef/vegetable (01 F 04: XX: XX)
Chocolate cake (08F 08: XX: XX) (10F 01: XX: XX)	Tomatoes (09 F 05: XX: XX; 09 F 10: XX:XX)
Chocolate/ chocolate mousse (06 F 01: XX: XX) (08F 10: XX: XX) (10F 07: XX: XX)	
Chicken and roti/ chicken (06 F 35: XX: XX) (09 F 12: XX: XX) (10F 02: XX: XX)	

Chilies (09 F 04: XX: XX)	
Coke (10F 02: XX: XX)	
Fishcakes (10F 03: XX: XX)	
Herb and Roti (08F 12: XX: XX)	
Ice-cream (08F 13: XX: XX)	
Junk food (23F 06: XX: XX)	
Milkshake-Banana flavor (08F 14: XX: XX) (08F 15: XX: XX)	
Mutton-curry/meat (09 F 11: XX: XX) (10 F 10: XX: XX)	
Spicy/ hot (09 F 16: XX: XX)	
Sour (08F 23: XX: XX)	

There were general muscular pain experienced amongst the provers (07 M 07: XX: XX), (08 F 12: XX: XX), (14 F 24: XX: XX) and (27 M: 10: XX: XX). Numerous weariness symptoms were experienced and documented by the following provers in the proving study: 03 F, 04, 06, 07, 08, 10, 14, 15, 25 and 27).

#### **5.4 The Comparison of the Proving symptoms of *Acacia xanthophloea*30CH to the Doctrine of Signatures of *Acacia xanthophloea***

The secondary objective of the study was to compare and discuss the doctrine of signatures of *Acacia xanthophloea* to the emerged proving symptomatology of *Acacia xanthophloea*30CH.

##### **5.4.1 The physical properties of the *Acacia xanthophloea***

###### **5.4.1.1 The *Acacia xanthophloea* thorns**

The botanical name *Acacia xanthophloea* is a generic name derived from a Greek word “*akis*” meaning point, sharp and the species name “*xanthophloea*” meaning yellow bark (Orwa *et al.*, 2009). The acacia has thorns that are white in colour and always appear in pairs. The thorns are based on the bark or stems. A sensation of piercing/stabbing was the adjective used by Provers (03 F, 08 F, and 22 F) to describe the pain experienced in the stomach and back section. The provers (03 F, 08 F, and 22 F) used the keywords such as “sharp, poking, and stabbing” to describe the pain sensation. Prover (06 F 01: XX: XX) described the body pain

experience to the left as a sensation of a “knife poking her repeatedly and only after a minute” while prover (10 F 25: XX: XX) described the pain as a “sharp pain”.

#### **5.4.1.2 The characteristics of the *Acacia xanthophloea* bark**

##### **5.4.1.2.1 The greenish-yellow of the *Acacia xanthophloea***

The main, striking characteristics of *Acacia xanthophloea* is the greenish-yellow colour of the bark. According to colour therapy, the colour green represents the heart chakra which is found in the centre of the chest over the breast bone. The colour green is believed to be related to the thymus gland, traditionally it is associated with love, compassion, feeling, sensitivity, touch, skin, body's immune and hands (Graham, 1996: 23-24). In the proving study prover recorded empathy for a friend: “I have this sad feeling about a friend of mine because if I have to see them I would cry a lot because of the pain that they have gone through” (06 F 22: XX: XX). Provers 01, 03, 07, 21, 22, and 27 developed flu or fever which is usually associated with weak immunity, which is associated with the thymus gland. Skin complaints were noted by provers 01, 03, 04, 06, 07, 09, 14 and 23. In the skin section, there were complaints of dry skin (01 F, 07 M, 09 F, 23 F), skin rash (04 F, 07 M), skin fever sores (14 F), skin abscesses (14 F) and skin inflammation (07 M, 14 F). Provers (06 F, 07 M 08, 30F) experienced chest pains during the proving.

The colour yellow according to the colour therapy represents the centre of personal power, it is associated with the adrenal glands and has a profound effect of the sympathetic nervous system, heartbeat, digestion, circulation and mood and muscle (Graham, 1996: 23). An increase in energy was noted in these provers (06, 08, 17, 22, 25 and 27), a change which can be associated with the adrenal gland. Prover25 documented:” I was feeling refreshed and full of energy. I went to work full of power. I worked to the maximum and came home” (25 M 33: XX: XX), and prover 27 documented: “Feeling energetic, very energetic this morning” (27 M 05: XX: XX). Tranquillity/ relaxation feeling was experienced and noted by provers 07, 09, 11, 22 and 30. Prover 07 documented: “I feel relax and calm” (07 M 25: XX: XX), while prover 09 recorded: “Woke up in a ‘Bob Marley’ kind of relaxed mood, I honestly don't know why I feel like this” (09 F 07: XX: XX).



Prominent digestive symptoms were noted by the numerous provers during the proving with a result of 55 rubrics. According to McLeod (2000), the colour yellow acts as a laxative, cleanses or flushes the body, helps with feelings of exhaustion and improves water retention by increasing urine expulsion. During the proving study, diarrhoea was a common symptom amongst the following provers 01, 07, 09, 22 and 25. Prover 25 documented: "I used the loo (toilet) again. This time my whole tummy flushed itself" (25 M 08: XX: XX). Prover 09 noted that her constipation was treated during the proving "after 2 weeks of difficult passing out stool I had a desire to. I went off a watery pale stool though so I was a little worried! The heaviness around my belly was no more" (09 F 12: XX: XX). Copious urination was seen in provers 06, 25 and 27.

Green as a colour, according to McLeod (2000), represents good health, peace, calm, space and harmony. Willis (1998) associated detachment of an individual from others around him/her and the environment with the colour yellow. The combination of the signatures of these two colours can be detected in the following proving symptoms. A sensation of detachment was observed in provers 01, 06, 09, 10, 11, 22, and 30. Prover 10 described her experience as "I don't feel anything" (10 F 18: XX: XX) while prover 30 documented: "My sister is screaming at me again, she tends to make me a punch bag for her mistakes if she has a problem with her husband. At first I was irritated, then I got detached, she went on for 1 hour full and I wasn't bothered. I like the new me. I used to take things seriously now I'm not bothered life is not all about me. Her anger is her issue not mine" (30 F 05: XX: XX); "I've been so disconnected lately, I have no empathy, I didn't even want to go to the funeral, I was in my own world, busy with research, then when my mother arrived, I made a conscious decision to stop working in research and concentrate on visitors and the funeral. I didn't even help at the funeral. That was so unlike me. I usually feel sorry for people, bent backwards trying to help and please them even at my own expense and feel guilty for feeling to meet their needs, now I don't and it's liberating" (30 F 10: XX: XX).

Willis (1998: 101) believed if there is a deficiency of yellow in any part of the human anatomy, paralysis of that area will result. This was manifested in prover 06 and 09 as both experienced weakness and numbness of the lower limb. Prover 06

documented: “my right leg has a numbness on the thigh part and every time I move it pulls more each time” (06 F 03: XX: XX) and prover 09 documented: “I feel so horrible; I cannot feel my right leg” (09 F 14: XX: XX).

#### **5.4.1.2.2 The peeling characteristic of the *Acacia xanthophloea* bark**

The mature *Acacia xanthophloea* tree has a bark which is greenish-yellow colour and is smooth, slightly flaking and coated in a yellow substance described as sulphurous (Hankey and Stern, 2012), while the young twigs of *Acacia xanthophloea* have a red-brown colour bark which peels off revealing a yellow colour (Orwa *et al.*, 2009). There were profound skin symptoms recorded in the proving varying from dry skin, skin abscesses, skin brightening, fever sore, skin rash, pimples and skin inflammation. Provers 01 “Skin peeling off on the palm of left hand accompanied by itchiness” (01 F 06: XX: XX) and 09 “I noticed my skin is peeling! I was in panic mode for the entire day” (09 F 06: XX: XX) experienced peeling of the skin. Prover 06 noted that her skin was getting lighter, she documented: “I also noticed that my skin has brightened up a bit and I am also losing a bit of weight since on this remedy and I have a lot of energy since then” (06 F 04: XX: XX), “My skin has gone light since I have been on the remedy” (06 F 19: XX: XX). Prover 25 documented passing yellow urine (“my urine was very yellow in colour” (25 M 03: XX: XX) which correlated with the yellow colour of the bark. Prover (01: 15: XX: XX) described her menses colour as “very dark red almost brown”; the menses colour was related to the colour of immature twigs of *Acacia xanthophloea*.

#### **5.4.1.3 The seedpods of *Acacia xanthophloea***

The pale brown pods when matured split open and reveal a small hard brown seeds (Orwa *et al.*, 2009) can be seen to represent the eyes, thus explaining numerous eyes complaints that emerge through the symptoms of *Acacia xanthophloea*. Provers 01, 04, 06, 09, 10, 13, 14, 19, 25, 27 and 30 presented with eye symptoms. Eye symptoms included itching eyes “Itchiness on both eyes from morning and get better in the evening. (NS)” (01 F 25: XX: XX); “Itchy eyes” (13 M 13: 00: 00), dry eyes “Eyes are feeling dry, washed them with water didn't work, then I put ice cube on each eyes (closed) and it did work” (13 M 10: 07: 00); “Dry

eyes, ice cubes didn't work. I got back to bed, after 10 minutes it was gone" (13 M 13: 07: 33); "Eyes feels dry" (19 F 10: XX: XX), redness of the eye "Itchy eyes turning red in morning and became better by afternoon" (01 F 13: XX: XX); "Eyes are red and very irritable" (04 F 02: XX: XX) and watery discharge of the eye "Eyes very itchy and watery in the morning" (01 F 26: XX: XX); "Right eye very irritable. Red and swollen. Excessive sebaceous secretions" (04 F 03: XX: XX).

The pods are found hanging from the tree which can be correlated to the feeling of heaviness which is seen in the head "[My head was like heavy in the morning. Had like heaviness. If I put my head forward, then it felt something was on it. My heaviness was relieved after I had the tea" (25 M 02: XX: XX), eyes "My eyes I can feel like there is red inside like fire and full of sleep and heavy as well" (06 F 02: XX: XX); "My eyes are heavy on the inside like there is something in there" (06 F 06: XX: XX); "My eyes are feeling so heavy of sleep like I was awake the whole night and didn't sleep properly that is how my eyes are now"(06 F 07: XX: XX); "My eyes was so heavy that I couldn't see properly on a piece of paper and always was burning like fire to close" (06 F 34: XX: XX)and stomach "I was so bloated, my stomach felt heavy and distended, yet I didn't eat any beef" (30 F 10: XX: XX).

#### **5.4.1.4 Habitat of *Acacia xanthophloea***

*Acacia xanthophloea* is found in a low-lying swampy areas, lakes and river margins (Hankey and Stern, 2012). If you consider the habitat of *Acacia xanthophloea* it is the ideal breeding area for malaria mosquitoes. Evidently provers noted an increase in thirst (01, 04, 08, 10, 13, 15, 19, 21, 22, 25, 27 and 30). One of the main symptoms of malaria is fever and during the proving provers 01, 03, 21, 22 and 27 had symptoms of influenza such as fever. Prover 21 documented "fluish, sore throat, fever and hot flushes" (21 F 29: XX: XX), while prover 01 recorded having "increase in temperature" (01 F 10: XX: XX).

#### **5.4.1.5 General review of the *Acacia xanthophloea* plant**

The plant's main characteristic colour is the greenish-yellow bark. The leave are small pinnae which are arrange in about 10-17 pairs (Orwa *et al.*, 2009). The *Acacia xanthophloea* flowers are yellow and ball-like (Orwa *et al.*, 2009). The colour

of the leaves and flowers are relevant in terms of the colour therapy discussed above.

## **5.5 Miasmatic indication of *Acacia xanthophloea* 30CH**

Remedies have features of many miasms and therefore can be applied to a wide range of individual and disease symptoms. However, some remedies have a predominance of the symptomatology of one or two miasms e.g. Sulphur seems to be predominantly Psoric in the manifestation of the symptomatology. (Boericke, 2013: 629) Upon analysis of the data of this proving study it is proposed that the symptomatology of *Acacia xanthophloea* 30CH correlates to the Psoric miasm. The sycotic miasm appears to be represented in the remedy as well, but to a much lesser degree, as a result of the limitation of the sycotic symptoms to the urogenital system mainly.

### **5.5.1 The Psoric Miasm**

According to Choudhury (1997), the Psoric miasm has symptoms of: hypersensitivity, inflammation of mucous membranes, skin disorders that present with itching as a cardinal feature, restlessness, timidity, nervousness and anxiety, burning sensations, neuralgia and weakness with progressive wasting and emaciation. The Psoric miasm features anxiety, worry and lack of self-confidence coupled with self-doubt. This is in relation to being able to cope with the external vagaries of the environment and with stressful events. As a result, there are fears of the future, of failure and of poverty in the Psoric miasm (Sankaran, 1997).

The proving symptoms of *Acacia xanthophloea* are similar to the features of the Psoric miasm as seen in the arising symptomatology listed below:

- Hypersensitivity to external factors such as loud noises, the presence of company, conversation and light.
- Inflammatory symptoms with erythema, oedema, burning sensation and a heat sensation accompanied by itching. This is especially true of the nasal mucous membranes, the ears and eyes.
- Dermatitis, acne, abscesses and pimples. Dryness and flaking of the skin.
- Pruritic (itching) eruptions. This is a special keynote of the Psoric miasm.

- Decrease in energy levels and general weariness.
- Loss of weight.
- Many sensations were used to describe pain and discomfort such as pulling, beating, piercing, hitting, and heaviness.
- The symptoms described were more functional in nature such as bloating, indigestion, nausea and heartburn.

### **5.5.2 The Sycotic Miasm**

The characteristic site of action of the sycotic miasm is the genitourinary system. One of the main concepts of sycosis is excess especially true of copious discharges (Choudhury, 1997). In *Acacia xanthophloea*, some of the provers reported prolonged menstrual bleeding with a clotting consistency of the menstrual flow. Further, there were eruptions in the genital area.

### **5.6 Clinical indications for *Acacia xanthophloea* 30CH**

The proving of *Acacia xanthophloea* 30CH demonstrated a vast range of symptomatology. Clinical disorders and conditions that may be treated by prescribing *Acacia xanthophloea* 30CH are suggested below:

- Skin conditions:
  - Eczema and allergic dermatitis;
  - Acne vulgaris;
  - Skin abscesses;
- Musculoskeletal conditions:
  - Fibrositis;
  - Arthritis;
  - Fibromyalgia;
  - Cervical pain;
  - Lower back pain;
- Disorders of the nervous system:
  - Anxiety;
  - Depression;
  - Disturbances in focus and concentration;

- Disorders of the gastrointestinal system:
  - Nausea and vomiting;
  - Diarrhoea;
  - Constipation;
  - Heart burn;
  - Irritable bowel syndrome with bloating and abdominal cramping.
- Ophthalmological conditions:
  - allergic conjunctivitis
- General disorders:
  - Fever;
  - Headache;
  - Influenza;
  - Malaise / Tiredness;
  - Insomnia;
  - Stress related conditions;
  - Cystitis;
  - Vertigo;
  - Diabetes Mellitus;
  - Allergic syndromes like allergic rhinitis.

The researcher recommends that further research studies are conducted to determine clinical efficacy of *Acacia xanthophloea* 30CH in the treatment of the above clinical conditions.

## 5.7 Summary

The symptomatology produced by the provers demonstrated a correlation between the physical properties and the doctrine of *Acacia xanthophloea*, for example: the provers noted an increase in thirst during the proving and according to Hankey and Stern (2012) the *Acacia xanthophloea* tree loves water as it grows in low-lying swampy areas, lake and river margins.

## **CHAPTER 6 : RECOMMENDATIONS AND CONCLUSIONS**

### **6.1 Recommendations**

#### **6.1.1 The provers**

##### **6.1.1.1 The prover group**

Homoeopathic drug provings are largely dependent on the individual provers; hence it is important that a researcher recruit reliable and trustworthy participant. This research study comprised provers from the general public and Durban University of Technology students.

Prior to the commencement of the homoeopathic proving a pre-proving meeting was held to explain the proving process and instruction sheets (Appendix D) were provided to each prover describing in detail the procedure of a proving.

Nevertheless, some provers recorded incomplete symptoms. This could have been due to lack of knowledge of homoeopathic provings or poor self-observation. Most provers recorded detailed symptomatology. It is therefore recommended that in future, researchers should consider utilising mainly homoeopathic students or participants that have had experience with the proving procedure. This will help to ensure an increase in quality of a homoeopathic proving and that a greater detail of symptomatology is recorded.

##### **6.1.1.2 Prover ethnicity and gender**

Twenty-six percent of the prover population was male and 73%percent were female. The vast difference between the numbers of female provers and male provers during the course of the study, at a ratio of 3:1 resulted in comprehensive female symptoms and comparatively few male symptoms. It is recommended that in future provings an equal number of male and female provers be recruited to allow for a broader range of such symptomatology.

Ethnicity, age and gender plays an important role in conducting a thorough proving study, as these elements enable a variation in cultural tradition, dietary patterns and individual lifestyle. In the proving study of *Acacia xanthophloea* there was a dominance of African and Asian provers and there was a lack of Caucasian ethnicity. This led to the limitation of assessing cultural descriptions produced during the proving period. There was a vast difference between the numbers of female provers and male provers during the course of the study.

Therefore, it is recommended that future provings recruit provers of different ethnicities in order to attain a balanced prover sample.

### **6.1.2 Further proving of *Acacia xanthophloea* in other potencies**

According to Vithoukas (1998: 152), using different potencies for the proving process allows further insight into the mental, emotional and physical planes of a newly proven remedy. Therefore, it is recommended by the researcher that a further proving study of *Acacia xanthophloea* be conducted using different potencies ranging from 6CH, 9CH, 200CH and 1M in order to evaluate and attain the symptoms that would be produced from these varying potencies. It is recommended that further provings of *Acacia xanthophloea* include blood analysis before and after the proving to ascertain possible biochemical effects of *Acacia xanthophloea*, as it is a plant known to treat blood disorders and fever in Traditional African Medicine (Hutchings *et al.*, 1996: 124; Kumbula Indigenous Nursery, 2009).

### **6.1.3 Publication**

The proving of *Acacia xanthophloea* produced a wide range of symptomatology seen on the mental, physical and emotional planes of provers. Hence the information collected from this proving study should be made available to homoeopathic practitioners internationally in order to allow for better understanding of the remedy and future prescription of it in their practice. Therefore, it is recommended by the researcher that this proving study and materia medica of *Acacia xanthophloea* be published in homoeopathic journals.



#### 6.1.4 Conclusion

The proving took the form of a double-blind placebo controlled study with 30 participants. The researcher had two initial hypotheses:

1. *Acacia xanthophloea* 30CH would produce symptoms when administered to healthy participants
2. The proving of *Acacia xanthophloea* 30CH would widen the clinical understanding and range of medicinal value of the remedy through correlation of symptoms produced with the doctrine of signatures associated with the plant.

The healthy provers produced symptoms during the proving process thus confirming the first hypothesis, and the characteristics of the plant substance that was proven showed correlation between the plant and the doctrine of signature hence confirming the second hypothesis.

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# APPENDIXES

## Appendix A: Preliminary letter of information



### PRELIMINARY LETTER OF INFORMATION

**Title of the Research Study:** A homoeopathic drug proving.

**Principal Investigator/s/researcher:** Gugulethu Zondi (B. Tech: Homoeopathy)

**Co-Investigator/s:** Anitha Gobind (B. Tech: Homoeopathy)

**Supervisor/s:** Dr. M Maharaj (M. Tech: Homoeopathy)

**Co-Supervisor:** Dr. C Hall (M. Tech: Homoeopathy)

#### **Brief Introduction and Purpose of the study:**

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 they may experience. These symptoms are then said to form the drug picture for that substance and can be used as basis for prescription according to the Law of Similars, when a patient displays a similar symptom picture. Proving is vitally important to homoeopathy as they represent the only truly accurate manner in which to ascertain the action of the homoeopathic drugs and allow on to gain a practical and experimental understanding of homoeopathic medicines.

#### **Outline of the procedures:**

1. Once you have read and understood this information letter fully and had the opportunity to ask questions you will be asked to sign a preliminary consent form which allows the researcher to take you through the preliminary stage of this research.
2. After signing the preliminary consent form the researcher will determine if you meet the required criteria for this study, this will take place in the form of a set of questions about your lifestyle and medical history.
3. If you meet the required criteria in order to participate the next process can begin.
4. The researcher will then conduct a homoeopathic case history; this is a detailed interview where the researcher asks detailed questions about your health.

5. The researcher will then conduct a general physical examination and measure things like blood pressure, pulse, height, weight, etc.
6. The researcher will also request a urine sample from all potential female provers of child bearing age – this is so that a routine pregnancy test can be conducted on this urine sample. The urine sample test will be done at the end of the physical examination and the researcher will give you feedback immediately thereafter.
7. After all of the above are conducted (which should take about 1 hour to perform) the researcher will provide feedback on their finding and then if all the necessary criteria are met you will be invited to attend a prover training workshop where all provers will be trained on how to conduct a proving.

At any stage in the preliminary process you are free to change your mind and withdraw without having to provide any reason for doing so. All of the above will be conducted at the homoeopathic Day Clinic at Durban University of Technology.

**Risk or Discomforts to the Participant:** There is no risk to participation or risk of discomfort in this preliminary stage of the proving; no medicine is tested at this stage. Prospective provers are only being screened for suitability for the main part of the proving.

**Benefits:**

Although there is no direct benefit to participating in this preliminary stage of the proving; you will receive a comprehensive assessment of your health status which may be of indirect benefit to you, there will be no charge for this assessment and there will be no remuneration for your participation – you are requested to volunteer your time accordingly.

**Reason/s why the Participant May Be Withdrawn from the Study:**

Participation in this study is purely voluntary and provers can withdraw themselves at any time should they wish to do so. Participants will however be excluded if they do not meet the inclusion criteria, in addition should participants fall ill or require orthodox or other medication during the study they may be excluded by the researchers.

**Remuneration:**

Participants will not be remunerated for participation in this proving.

**Costs of the Study:**

There will be no costs to the participants for partaking in this research.

**Confidentiality:**

All of the above will be conducted in private; and all information is kept strictly confidential, on the researchers will have access to the information and at no stage will your name be mentioned in the research process. Only the researcher will be present during your physical examination.

**Research-related Injury:**

Participation in this preliminary stage of the proving is highly unlikely to result in any injury, since the preliminary stage of the proving is merely a screening process, however all provers are covered by an insurance policy in the event that they incur any injury or harm.

**Persons to Contact in the Event of Any Problems or Queries:**

If you have any queries or concerns during the duration of this proving you may please contact the following individuals:

- Researcher: Gugulethu Zondi (0783527904)
- Supervisor: Dr. M. Maharaj (082 921 6149)
- Co-Supervisor: Dr. C. Hall (083 388 2688)
- The institutional Research Ethics Administrator (031 373 2900)

Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or [dvctip@dut.ac.za](mailto:dvctip@dut.ac.za).

This appendix has been taken from: Ross, A.H.A. 2011. An Appraisal of Homoeopathic Proving Methodology as a Bridge between the Indigenous and Rationalist-Scientific Understandings of Medicinal Plants: The Case of *Strychnos henningsii*. M. Tech: Homoeopathy. Thesis, Durban Institute of Technology.



**PRELIMINARY CONSENT**

Statement of Agreement to participate in the research Study:

- I hereby confirm that I have been informed by the researcher, \_\_\_\_\_ (name of researcher), about the nature, conduct, benefits and risks of this study – Research Ethics Clearance Number: \_\_\_\_\_,
- I have also received, read and understood the above written information (Participant Letter of Information) regarding the study.
- I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.
- In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.
- I may, at any stage, without prejudice, withdraw my consent and participation in the study.
- I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.
- I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.

\_\_\_\_\_

<b>Full Name of Participant</b>	<b>Date</b>	<b>Time</b>	<b>Signature / Right</b>
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**Thumbprint**

I, \_\_\_\_\_ (name of researcher) herewith confirm that the above participants have been fully informed about the nature, conduct and risks of the above study.

\_\_\_\_\_

<b>Full Name of Researcher</b>	<b>Date</b>	<b>Signature</b>
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\_\_\_\_\_

<b>Full Name of Witness (If applicable)</b>	<b>Date</b>	<b>Signature</b>
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\_\_\_\_\_

<b>Full Name of Legal Guardian (If applicable)</b>	<b>Date</b>	<b>Signature</b>
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This appendix has been taken from: Ross, A.H.A. 2011. An Appraisal of Homoeopathic Proving Methodology as a Bridge between the Indigenous and Rationalist-Scientific Understandings of Medicinal Plants: The Case of *Strychnos henningsii*. M. Tech: Homoeopathy. Thesis, Durban Institute of Technology

## Appendix B: Screening for suitability and inclusion in the proving



PROVER CODE:		
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### Screening for Suitability and Inclusion in the Proving

**ALL INFORMATION ON THIS PAGE WILL BE TREATED**

**AS STRICTLY CONFIDENTIAL**

Surname: .....			
First Names: .....			
Age: .....	Sex:		
	<table border="1"><tr><td>M</td><td>F</td></tr></table>	M	F
M	F		
Telephone: .....			
Today's Date: //			

**To be completed only after participant has signed the Informed Consent:**

**Informed Consent signed on: (Date):** .....

**Date of Birth:** .....

**Occupation:** .....

**Initials:** .....

**Ethnicity:** .....

**Marital status:** .....

**Children:** .....

<b>S</b>	<b>M</b>	<b>D</b>	<b>W</b>
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**Proving Drug**

**Randomisation Number**

- Do you consider yourself to be in a general state of good health?

YES	NO
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- 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
-----	----

- Are you willing to follow the proper procedures for the duration of the proving (including journal-keeping, consultations with your supervisor and blood tests)?

YES	NO
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- If you have participated in a previous proving or any conventional clinical trial:  
Has there been at least a period of 6 weeks since the end of the last trial?

YES	NO
-----	----

\*This appendix has been taken from Wright, 1999.



**Appendix C: Initial case history and physical examination**



**INITIAL CASE HISTORY AND PHYSICAL EXAMINATION**

*ALL INFORMATION WILL BE TREATED AS STRICTLY CONFIDENTIAL*

<p><b>PROVER CODE:</b></p> <div style="border: 1px solid black; width: 80px; height: 25px; margin: 0 auto;"></div>
<p>Today's Date .....</p> <p>Surname: .....</p> <p>Name: .....</p> <p>Date of Birth: ..... Race: .....</p> <p>Age: ..... Sex: ..... Telephone .....</p> <p>Children: ..... Marital status: .....</p> <p>Occupation: .....</p>

**PAST MEDICAL HISTORY**

(Please list previous health problems and their approximate dates)

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Do you have a history of any of the following? **[Please tick relevant blocks]**

Cancer	<input type="checkbox"/>	Asthma	<input type="checkbox"/>
HIV	<input type="checkbox"/>	Pneumonia/Chronic bronchitis	<input type="checkbox"/>
Parasitic infections	<input type="checkbox"/>	Tuberculosis	<input type="checkbox"/>
Glandular fever	<input type="checkbox"/>	Boils/ Suppurate	<input type="checkbox"/>
Bleeding disorders	<input type="checkbox"/>	Smoking	<input type="checkbox"/>
Eczema/ Skin condition	<input type="checkbox"/>	Oedema/ Swelling	<input type="checkbox"/>
	<input type="checkbox"/>	Hemorrhoids	<input type="checkbox"/>

**PAST SURGICAL HISTORY**

(Please list any past surgical procedures [e.g. tonsils, warts, moles, appendix etc.] and their approximate dates)

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**FAMILY HISTORY**

Is there a history of any of the following within your family?

*(Include siblings, parents and grandparents)*

Cardiovascular disease	<input type="checkbox"/>
Cerebrovascular disease	<input type="checkbox"/>
Diabetes mellitus	<input type="checkbox"/>
Tuberculosis	<input type="checkbox"/>
Mental illness	<input type="checkbox"/>
Cancer	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>
Bleeding Disorder	<input type="checkbox"/>

Please list any other medical condition in your family:

		♂♂	
♂		♂♀	
♀		♀♂	
		♀♀	

**Background Personal History**

Drug history – supplements, medication:

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Vaccination history:

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Allergies: \_\_\_\_\_

Tonsils: \_\_\_\_\_

**Gastro-intestinal tract:**

Appetite: \_\_\_\_\_

Food:

- desire \_\_\_\_\_
- aversion \_\_\_\_\_
- aggravation \_\_\_\_\_

Smoking: \_\_\_\_\_

Alcohol: \_\_\_\_\_

Recreational drugs: \_\_\_\_\_

Bowel movements: \_\_\_\_\_

Stool: \_\_\_\_\_

Nausea:  
\_\_\_\_\_

Heartburn:  
\_\_\_\_\_

Thirst:  
\_\_\_\_\_

**Generals:**

**Sleep:**

Quality \_\_\_\_\_

Quantity \_\_\_\_\_

Position \_\_\_\_\_

**Dreams:** \_\_\_\_\_

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**Time modalities**

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**Perspiration:**

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**Energy**

1	2	3	4	5	6	7	8	9	10
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**Weather modalities**

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**Temperature modality**

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**FEMALE:**

Menses: \_\_\_\_\_

Menarche: \_\_\_\_\_

Cycle: \_\_\_\_\_

Period: \_\_\_\_\_

Complaints: \_\_\_\_\_

Leukorrhea: \_\_\_\_\_

Pregnancy: \_\_\_\_\_

Miscarriages: \_\_\_\_\_

Labour: \_\_\_\_\_

Genitalia: \_\_\_\_\_

Sexually transmitted diseases:  
\_\_\_\_\_

**MALE:**

Prostate: \_\_\_\_\_

Genitalia: \_\_\_\_\_

Sexual libido: \_\_\_\_\_

Sexually transmitted diseases:  
\_\_\_\_\_

Urine:  
\_\_\_\_\_

Cystitis:  
\_\_\_\_\_

**PARTICULAR SYMPTOMS:**

Head:

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Eyes:

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Ear:

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Nose:

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Throat:

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Chest:

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Heart:

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Musculoskeletal:

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Skin:

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Warts:

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Nails:

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Teeth:

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Hair:

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Rectum/anus:

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**Mental/emotional**

Disposition:

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Fears:

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Relationship:

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Social interaction:

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Ambition/ Regret:

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Hobbies/ Interests:

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**PHYSICAL EXAM:**



## Appendix D: IREC letter of information and consent form



### INSTITUTIONAL RESEARCH ETHICS COMMITTEE (IREC)

#### LETTER OF INFORMATION

**Title of the Research Study:** A homoeopathic drug proving

**Principal Investigator/s/researcher:** Gugulethu Zondi (B. Tech: Homoeopathy)

**Co-Investigator/s:** Anitha Gobind (B. Tech: Homoeopathy)

**Supervisor/s:** Dr. M Maharaj (M. Tech: Homoeopathy)

**Co-Supervisor:** Dr. C Hall (M. Tech: Homoeopathy)

**Brief Introduction and Purpose of the Study:** thank you for agreeing to take part in this proving. We are grateful for your willingness to contribute to the advancement and growth of homoeopathic Science, and are sure that you will derive benefit from the experience. A homeopathic 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 they may experience. These symptoms are then said to form the drug picture for that substance and can be used as basis for prescription, according to the Law of Similars, when a patient displays a similar symptom picture. Proving are vitally important to homeopathy as they represent the only truly accurate manner in which to ascertain the action of the homeopathic drugs and allow one to gain a practical and experimental understanding of homeopathic medicines.



## **Outline of the Procedures:**

### **Before the proving:**

Ensure that you have:

- attended the pre-proving **training session**
- read and understood these **Instructions**
- signed the **Informed Consent Form**
- had a **case history** taken and a **physical examination** performed
- an assigned **prover number**, and corresponding **journal** and

The Principal Investigator or any of the Co-Investigators/supervisors will contact you with the date that you are required to commence the pre-proving observation period, and the date that you are required to start taking the remedy. You will also agree on a daily contact time for the researcher to contact you.

Should there be any problems, or anything you do not fully understand, please do not hesitate to call your proving supervisor.

### **Beginning the proving:**

After having been contacted by your supervisor and asked to commence the proving, record your symptoms daily in the diary for one week prior to taking the remedy. This will help you to get into the habit of observing and recording your symptoms, as well as bringing you into familiarity with your normal state. This is an important step as it establishes a baseline for you as an individual prover.

### **Taking the remedy:**

The proving drug is a highly diluted homeopathic medicine originating either from plants, minerals, animals, other chemicals or orthodox medicines.

All the remedies used during this process have been prepared by an independent company. The active substance/placebo has been assigned according to randomisation whereby 6 participants will receive placebo and the other 20 will receive the active substance.

Begin taking the remedy on the day that you and your supervisor have agreed upon. Record the time that you take each dose. Time keeping is an important element of the proving.

The remedy should be taken on an empty stomach and with a clean mouth. Neither food nor drink should be taken for a half-hour before and after taking the remedy. The remedy should not be taken for more than 3 doses a day for five days (*15 doses 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. This is very important.**

By proving symptoms, we mean:

- **any new symptom**, i.e. ones that you have never experienced before
- **any unusual change or intensification of an existing symptom**
- **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.

**Homoeopathic experience has repeatedly shown that the proving symptoms begin very subtly – often before the prover recognises that the remedy has begun to act.**

#### **Lifestyle during the Prover:**

Avoid all **antidoting factor** such as **coffee, camphor** and **mints**. If you normally use these substances, please stop taking them for two weeks before, and for the duration of the proving. Protect the medicine you are proving like any other potentised remedy: store them in a cool, dark place away from strong smelling substances, chemicals, electrical equipment and cellphones.

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.

Avoid taking **medication** of any sort, including antibiotics and any steroid or cortisone preparations, vitamin or mineral supplements, herbal or homoeopathic remedies.

**In the event of medical or dental emergency of course common sense should prevail.** Contact your doctor, dentist or local hospital as necessary. Please contact your supervisor as soon as possible.

#### **Confidentiality:**

It is important for the quality and the credibility of the 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.

#### **Contact with your Supervisor:**

Your supervisor will telephone you to inform you to begin your one-week observation period, and then daily from the day that you begin to take the remedy. This will later decrease to 2 or 3 times a week and then to once a week, as soon as you and the supervisor agree that there is no longer a need for such close contact. This will serve to check on your progress, ensure that you are recording the best quality symptoms possible and to judge when you need to cease taking the remedy.

If you encounter any problems during the proving, please do not hesitate to call your supervisor.

#### **Recording of Symptoms:**

When you commence the proving note down carefully any symptoms that arise, whether they are old or new, and the time of the 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 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. Try to keep the journal with you all times. Please be as precise as possible. Note in an accurate, detailed but brief manner your symptoms in your own language.

Information about location, sensation, modality, time and intensity is particularly important.

- **Location:** Try to be accurate in your anatomical descriptions. Simple, clear diagrams may help here. Be attentive to which side of the body is affected.
- **Sensation:** Describe this as carefully and as thoroughly as possible e.g. burning, shooting, stitching, throbbing, and dull etc.
- **Modality:** A modality describes how a symptom is affected by different situations/stimuli. Better (>) or worse (<) from weather, food, smells, dark, lying, standing, light, people etc. Try different things out and record any changes.
- **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 the effect on you.
- **Aetiology:** Did anything seem to cause or set off the symptom and does it do this repeatedly?
- **Concomitants:** Do any symptoms appear together or always seem to accompany each other, or do some symptoms seem to alternate with each other?

This is easily remembered as:

<b>C</b>	–	Concomitants
<b>L</b>	–	Location
<b>A</b>	–	Aetiology
<b>M</b>	–	Modality
<b>I</b>	–	intensity
<b>T</b>	–	Time
<b>S</b>	–	Sensation

On a daily basis, you should run through the following checklist to ensure that you have observed and recorded all your symptoms:

- Mind / mood
- Head
- Eyes / vision
- Ears / hearing
- Nose
- Back
- Chest and respiration
- Digestive system
- Extremities
- Urinary organs
- Genitalia
- Sex / menstruation
- Skin
- Temperature
- Sleep
- Dreams
- Generalities

Please give full description of dreams, and in particular note the general feels or impression the dream left you with.

Mental and emotional symptoms are important, and sometimes difficult to describe – please take special care in noting these.

Reports from friends and relatives can be particularly enlightening. Please include these where possible. At the end of the proving, please make a general summary of proving:

Note how the proving affected you in general; how has this experience affected your health? Would you do another proving?

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, or have been suffering from in the last year.

**(NS) – New symptom**

**(OS) – Old symptom.** State when the symptom occurred previously.

**(AS) Alteration** in the **present** or **old** symptom (e.g. used to be on the left side, now on the right side)

**(US) – An unusual symptom** for you.

If you have any doubts, discuss them with your supervisor.

Please remember that detailed observation and concise, legible recording is crucial to the proving. One reads in **The Organon of the Medical Art**, paragraph 126:

The person who is proving the medicine must be pre-eminently trust-worthy and conscientious... and be able to express and describe his sensations in accurate terms.”

(Hahnemann, 1997:200)

**Risks or Discomforts to Participant:** you may develop mild, functional symptoms in response to taking the proving substance; due to the very high dilution of the proving medicine though these symptoms are not permanent and disappear when the proving medicine is stopped. Whilst taking part in the proving you will be closely monitored by the researcher and the research supervisor; in the unlikely event that proving symptoms persist upon withdrawal of the proving medicine an antidote will be provided.

**Benefits, costs and remuneration:** Although there is no direct benefit to participating in this proving, you will receive an in depth assessment of your health status which may be of indirect benefit to you, there will be no charge for this assessment. No remuneration will be offered to participants who are requested to partake voluntarily.

**Reason/s why the participant May Be Withdrawn from the proving:** Participation in this proving is purely voluntary and provers can withdraw at any given time. Participant will be excluded if they do not meet the inclusion criteria. If participants fall ill and require allopathic treatment they will also be withdrawn from the study.

**Confidentiality:** It is important for the quality and the 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.

(Taken from Ross, 2011)

Persons to Contact in the Event of Any Problems or Queries:

Please contact the researchers:

- Researcher: Gugulethu Zondi (078 352 7904)
- Supervisor: Dr. M. Maharaj (082 921 6149)
- Co-Supervisor: Dr. C. Hall (083 388 2688)
- The institutional Research Ethics Administrator (031 373 2900)

Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or [dvctip@dut.ac.za](mailto:dvctip@dut.ac.za).

**General:** Participation is purely voluntary and you can withdraw from the study at any given time. A total number of 26 participants will be involved in this proving. If you have any questions or require any information please feel free to contact the researcher or supervisor on the above contact details.



**INSTITUTIONAL RESEARCH ETHICS COMMITTEE (IREC)**

**CONSENT**

**Statement of Agreement to Participate in the Research Study:**

- I hereby confirm that I have been informed by the researcher, \_\_\_\_\_ (name of researcher), about the nature, conduct, benefits and risks of this study – Research Ethics Clearance Number: \_\_\_\_\_,
- I have also received, read and understood the above written information (Participant Letter of Information) regarding the study.
- I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.
- In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.
- I may, at any stage, without prejudice, withdraw my consent and participation in the study.
- I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.
- I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.
- I have no objection (personal, religious or other) to the ingestion of the proving drug which may be originally derived from plants, minerals, animals, other chemicals or orthodox medicines.
- I hereby consent to a pregnancy test during the physical examination (all prospective female provers of child bearing age)

\_\_\_\_\_

<b>Full Name of Participant</b>	<b>Date</b>	<b>Time</b>	<b>Signature / Right Thumbprint</b>
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I, \_\_\_\_\_ (name of researcher) herewith confirm that the above participant has been fully informed about the nature, conduct and risks of the above study.

\_\_\_\_\_

<b>Full Name of Researcher</b>	<b>Date</b>	<b>Signature</b>
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\_\_\_\_\_

<b>Full Name of Witness (If applicable)</b>	<b>Date</b>	<b>Signature</b>
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\_\_\_\_\_

<b>Full Name of Legal Guardian (If applicable)</b>	<b>Date</b>	<b>Signature</b>
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**References:**

Department of Health: 2004. Ethics in Health Research: Principles, Structures and Processes

<http://www.doh.gov.za/docs/factsheets/guidelines/ethnics/>

Department of Health. 2006. South African Good Clinical Practice Guidelines. 2<sup>nd</sup> Ed. Available at:

[http://www.nhrec.org.za/?page\\_id=14](http://www.nhrec.org.za/?page_id=14)



## Appendix E: Follow up case history & physical examination



PROVER CODE	
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### Follow up Case History & Physical Examination

*ALL INFORMATION WILL BE TREATED AS STRICTLY CONFIDENTIAL*

#### Background Personal History

Drug history – supplements, medication:

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Vaccination history:

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Allergies: \_\_\_\_\_

Tonsils: \_\_\_\_\_

#### Gastro-intestinal tract:

Appetite: \_\_\_\_\_

Food:

- desire \_\_\_\_\_
- aversion \_\_\_\_\_
- aggravation \_\_\_\_\_

Smoking: \_\_\_\_\_

Alcohol: \_\_\_\_\_

Recreational drugs: \_\_\_\_\_

Bowel movements: \_\_\_\_\_

Stool: \_\_\_\_\_

Nausea:

\_\_\_\_\_  
\_\_\_\_\_

Heartburn:

\_\_\_\_\_  
\_\_\_\_\_

Thirst:

\_\_\_\_\_  
\_\_\_\_\_

**Generals:**

**Sleep:**

Quality \_\_\_\_\_

Quantity \_\_\_\_\_

Position \_\_\_\_\_

**Dreams:**

\_\_\_\_\_  
\_\_\_\_\_  
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**Time modalities**

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**Perspiration:**

\_\_\_\_\_  
\_\_\_\_\_

**Energy**

1	2	3	4	5	6	7	8	9	10
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**Weather modalities**

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**Temperature modality**

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**FEMALE:**

Menses: \_\_\_\_\_

Menarche: \_\_\_\_\_

Cycle: \_\_\_\_\_

Period: \_\_\_\_\_

Complaints: \_\_\_\_\_

Leukorrhoea: \_\_\_\_\_

Pregnancy: \_\_\_\_\_

Miscarriages: \_\_\_\_\_

Labour: \_\_\_\_\_

Genitalia: \_\_\_\_\_

Sexually transmitted diseases:

\_\_\_\_\_  
\_\_\_\_\_

**MALE:**

Prostate: \_\_\_\_\_

Genitalia: \_\_\_\_\_

Sexual libido: \_\_\_\_\_

Sexually transmitted diseases:

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Urine:

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Cystitis:

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**PARTICULAR SYMPTOMS:**

Head:

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Eyes:

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Ear:

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Nose:

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Throat:

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Chest:

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Heart:

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Musculoskeletal:

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Skin:

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Warts:

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Nails: \_\_\_\_\_

Teeth:

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Hair:

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Rectum/anus:

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**Mental/emotional**

Disposition:

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Fears:

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Relationship:

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Social interaction:

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Ambition/ Regret:

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Hobbies/ Interests:

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**PHYSICAL EXAM:**

**Vitals:**

- Blood pressure\_\_\_\_\_
- Temperature\_\_\_\_\_
- Weight and height\_\_\_\_\_
- Pulse\_\_\_\_\_
- Respiratory rate\_\_\_\_\_
- Jaundice\_\_\_\_\_
- Cyanosis\_\_\_\_\_
- Anaemia\_\_\_\_\_
- Lymphadenopathy\_\_\_\_\_
- Dehydration\_\_\_\_\_
- Oedema\_\_\_\_\_

**Specific system examination**

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**Final Consultation date:**

**Name of Researcher:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Name of Supervisor/Clinician:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

(Taken from Taylor, 2004 and Ross, 2011)



## Appendix F: Method of preparation of the substance

### Methods of Preparation

[Taken from Ross, 2011]

#### **i) Method 6: Trituration**

Preparations made according to Method 6 are trituration of solid basic drug materials with lactose as the vehicle unless otherwise prescribed. Trituration up to and including the 4th dilution are triturated by hand [*or machine*] in a ratio of [1 to 10 (*decimal dilution*) or] 1 to 100 (centesimal dilution). Unless otherwise stated, the basic drug materials are reduced to the particle size given in the Monograph (Mesh aperture). Quantities of more than 1 000g are triturated by mechanical means.

The duration and intensity of trituration should be such that the resulting particle size of the basic drug material in the 1st [decimal or] centesimal dilution is below 10µg at 80 percent level; no drug particle should be more than 50µg.

Trituration up to and including the 4th [decimal or] centesimal are produced at the same duration and intensity of trituration.

#### **Trituration by hand:**

Divide the vehicle [**lactose 19.800g**] into three parts and triturate the first part [**6.600g**] for a short period in a porcelain mortar. Add the basic drug material [**0.200g**] and triturate for 6 minutes, scrape down for 4 minutes with a porcelain spatula, triturate for a further 6 minutes, scrape down again for 4 minutes, add the second part [**6.600g**] of the vehicle and continue as above. Finally add the third part [**6.600g**] and proceed as before. The minimum time required for the whole process will thus be 1 hour. The same method is followed for subsequent dilutions.

*[For trituration above the 4x or 4c dilute 1 part of the dilution with 9 parts of lactose or 99 parts of lactose as follows: in a mortar, combine one third of the required amount of lactose with the whole of the previous dilution and mix until homogeneous. Add the second third of the lactose, mix until homogeneous and repeat for the last third.]*

*[Trituration by machine: – not applicable]*

#### **ii) Method 8a: Liquid preparations made from trituration**

Preparations made by Method 8a are liquid preparations produced from trituration made by Method 6.

*[To produce a 6x liquid dilution, 1 part of the 4x trituration is dissolved in 9 parts of water and succussed. 1 part of this dilution is combined with 9 parts of ethanol 30 percent to produce the 6x*

*liquid dilution by succession. In the same way, the 7x liquid dilution is made from the 5x trituration, and the 8x liquid dilution from the 6x trituration. From the 9x upwards, liquid decimal dilutions are made from the previous decimal dilution with ethanol 43 percent in a ratio of 1 to 10.]*

To produce a 6c liquid dilution, 1 part of the 4c trituration is dissolved in 99 parts of water and succussed. 1 part of this dilution is combined with 99 parts of ethanol 30 percent to produce the 6c liquid dilution by succession. [In the same way, the 7c liquid dilution is made from the 5c trituration, and the 8c liquid dilution from the 6c trituration.] From the 9c upwards, liquid centesimal dilutions are made from the previous centesimal dilution with ethanol 43 percent in a ratio of 1 to 100.

*[The 6x, 7x, 6c, 7c liquid dilutions produced from the above method must not be used to produce further liquid dilutions.]*

**Modified Method 8a:**

***To produce a 4CH liquid dilution, 1 part [0.200g] of the 3c trituration is dissolved in 49 parts [9.800g] of water and dissolved. To this is added 50 parts [10.000g] of ethanol 60% percent. This mixture is succussed to produce the 4c liquid dilution. 1 part of this dilution [30µl] is combined with 99 parts of ethanol 96 percent [2.970ml] to produce the 5CH liquid dilution by succession. From the 6CH upwards, liquid centesimal dilutions are made from the previous centesimal dilution with ethanol 96 percent in a ratio of 1 to 99.***

- a) *[Italics]* indicates portions of the methods which are not applicable to the preparation of **Acacia xanthophloea 30CH**.
- b) ***[Bold italics]*** indicates specific details applicable to the preparation of **Acacia xanthophloea**.

## Appendix G: letter for use of clinic facilities



TO: Dr S. Nienaber

Clinical Director

Homoeopathic Day Clinic

Durban University of Technology

DATE: May 20, 2014

### **USE OF CLINIC FACILITIES**

I, Gugulethu Moonlight Zondi (M. Tech student) kindly request permission to use the clinic facilities for the research purpose in 2014.

My research topic is "A Homoeopathic Drug proving of *Acacia xanthophloea* 30CH, with subsequent comparison to the doctrine of signatures". The study will last for six weeks. There will be two consultations, an initial consultation and a follow up consultation after the study is completed after six weeks. The clinic facilities that will be utilized are: the reception area, dispensary and a consultation room.

A total of fifteen (15) participants will be recruited on the basis of an inclusion and exclusion criteria.

#### Inclusion criteria

- He/ she must be between the ages 18-60 years.
- Must be in general good state of good health.
- Must maintain a normal lifestyle and routine.
- Must be fluent in English.
- Must be willing to follow the proper procedures for the duration of the proving.

#### Exclusion criteria

- Is in need of a medication.

- Pregnant or breastfeeding.
- Had a surgery in the last 6 months.
- Use recreational drugs.
- The volunteer is on or has been on contraceptive pill or Hormonal Replacement Therapy in the last 6 months
- Consume more than 2 measures of alcohol a day.
- Smoke more than 10 cigarettes a day.
- Drinks more than 3 cups of tea or coffee a day.

I am kindly awaiting your response.

Sincerely

Gugulethu Moonlight Zondi

## Appendix H: letter for permission to conduct research – Drs Hall and Korporaal



TO: Dr C. Hall and Dr C. Korporaal  
Head of Department  
Department of Homoeopathy  
Durban University of Technology  
DATE: May 20, 2014

### **REQUEST PERMISSION TO CONDUCT MY RESEARCH STUDY.**

I, Gugulethu Moonlight Zondi (M. Tech student) kindly request permission to conduct my research study in 2014.

My research topic is "A Homoeopathic Drug proving of *Acacia xanthophloea* 30CH, with subsequent comparison to the doctrine of signatures". The study will last for six weeks. There will be two consultations, an initial consultation and a follow up consultation after the study is completed after six weeks.

A total of fifteen (15) participants will be recruited on the basis of an inclusion and exclusion criteria.

#### Inclusion criteria

- He/ she must be between the ages 18-60 years.
- Must be in general good state of good health.
- Must maintain a normal lifestyle and routine.
- Must be fluent in English.
- Must be willing to follow the proper procedures for the duration of the proving.

#### Exclusion criteria

- Is in need of a medication.
- Pregnant or breastfeeding.
- Had a surgery in the last 6 months.
- Use recreational drugs.

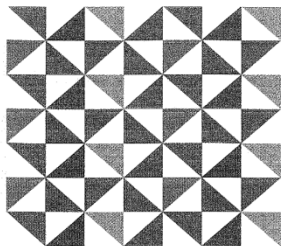
- The volunteer is on or has been on contraceptive pill or Hormonal Replacement Therapy in the last 6 months
- Consume more than 2 measures of alcohol a day.
- Smoke more than 10 cigarettes a day.
- Drinks more than 3 cups of tea or coffee a day.

I am kindly awaiting your response.

Sincerely

Gugulethu Moonlight Zondi

## Appendix I: IREC approval letter



### Institutional Research Ethics Committee

Faculty of Health Sciences  
Room MS 49, Mansfield School Site  
Gate 8, Ritson Campus  
Durban University of Technology

P O Box 1334, Durban, South Africa, 4001

Tel: 031 373 2900

Fax: 031 373 2407

Email: [lavishad@dut.ac.za](mailto:lavishad@dut.ac.za)

[http://www.dut.ac.za/research/institutional\\_research\\_ethics](http://www.dut.ac.za/research/institutional_research_ethics)

[www.dut.ac.za](http://www.dut.ac.za)

23 February 2015

IREC Reference Number: **REC 9/15**

Ms G M Zondi  
106 Zwartkop Road  
Prestbury  
Pietermaritzburg  
3201

Dear Ms Zondi

**A homoeopathic drug proving of *Acacia xanthophloea* 30CH, with a subsequent comparison to the doctrine of signatures**

I am pleased to inform you that Full Approval has been granted to your proposal REC 9/15.

The Proposal has been allocated the following Ethical Clearance number **IREC 016/15**. Please use this number in all communication with this office.

Approval has been granted for a period of one year, before the expiry of which you are required to apply for safety monitoring and annual recertification. Please use the Safety Monitoring and Annual Recertification Report form which can be found in the Standard Operating Procedures [SOP's] of the IREC. This form must be submitted to the IREC at least 3 months before the ethics approval for the study expires.

Any adverse events [serious or minor] which occur in connection with this study and/or which may alter its ethical consideration must be reported to the IREC according to the IREC SOP's. In addition, you will be responsible to ensure gatekeeper permission.

Please note that any deviations from the approved proposal require the approval of the IREC as outlined in the IREC SOP's.

Yours Sincerely

A solid black rectangular box used to redact the signature of Professor J K Adam.

Professor J K Adam  
Chairperson: IREC

## **Appendix J: Letter for permission to conduct research – Prof. Moyo**

**To: Professor Moyo**

### **REQUEST PERMISSION TO CONDUCT MY RESEARCH STUDY.**

My name is Gugulethu Moonlight Zondi, I am writing to seek permission to conduct my research study in homoeopathy.

My research topic is: "A homoeopathic drug proving of Acacia Xanthophloea 30CH, with subsequent comparison to the doctrine of signatures ". The study will require 15 participants selected according to the inclusion and exclusion criteria.

Inclusion criteria:

- The prover can be between the ages of 18-60 years old.
- The prover must be in general good state of good health.
- The prover must maintain a normal lifestyle and routine.
- The prover must be fluent in English.
- The prover must be willing to adhere to instruction given in the proving.
- Consumption of tea/coffee, alcohol and smoking will be restricted as per researcher's instruction,

Exclusion criteria

- People who are taking medication (chronic medication).
- Pregnant or breast feeding mothers.
- Person's on any recreational drugs.
- Person's on hormonal Replacement Therapy or contraceptive pills.
- Persons who had undergo any surgery in the last 6 months.

IREC has approved my research study and seek permission to conduct my study as there is a possibility that some participants may be staff and student at DUT.

My Supervisor is Dr. M. Maharaj and my Co-Supervisor is Dr. C. Hall.

Thank you for opportunity and the time of reading my letter.

I am kindly awaiting your response.

Sincerely

Gugulethu Moonlight Zondi



**Appendix K: Supervisor log sheet**



Prover number	Supervisor's Name	Supervisor's Initials
	Gugulethu Moonlight Zondi	GMZ

**SUPERVISOR LOG**

<b>ENROLLMENT</b>		
	Date:	
Signing of Main Informed Consent		

<b>Run-In Phase</b>		
	Date:	
First day		
Last day		

<b>Administration Phase/ Post-Administration Phase/ Run- Out Phase</b>			
	Date	Observation of special interest/ comments(if any)/AE(s) (if any)	Prover to continue proving drug/ Prover to stop proving drug
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day10			
Day14			
Day21			
Day28			
Day35			

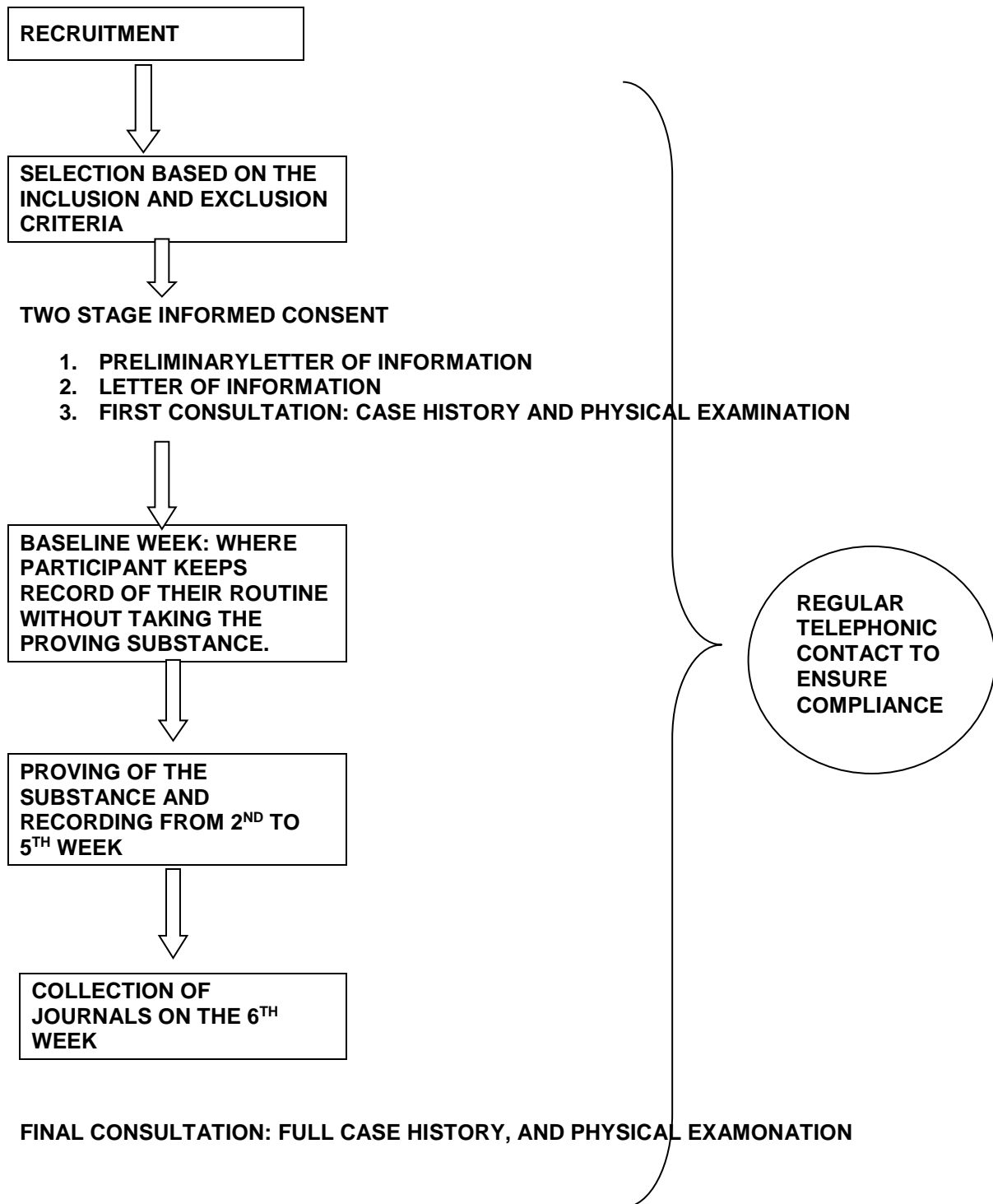
Day42			
Additional comments:			
<b>Follow-Up Consultation/s</b>			
Date	Ongoing symptom(s) <i>(please specify)</i>	Measures	<i>Prover back to normal state?</i>
			<b>Yes / No</b>
			<b>Yes / No</b>
			<b>Yes / No</b>
			<b>Yes / No</b>
			<b>Yes / No</b>
			<b>Yes / No</b>



**DRUG RETURNED?**

Date of return: .....

(Taken from Ross, 2011)

## Appendix L: Experimental design





**HOMOEOPATHIC PROVING**

**Are you fluent in English?**  
**Are you in a good state of health?**  
**Are you between 18 – 60 years old?**  
**Do you maintain a normal lifestyle  
and routine?**

*Are you willing to adhere to instructions given in the proving?*

**For further information contact: [Gugulethu Zondi-0783527904](tel:0783527904)**