



**BY**

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**A Homoeopathic C4 trituration proving of *Withania somnifera* with a subsequent comparison to the conventional 30CH proving of *Withania somnifera***

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**Co- Supervisor: Prof. Ashley H. A. Ross**

## DECLARATION

This is to certify that the work is entirely my own and not of any other person, unless explicitly acknowledged (including citation of published and unpublished sources). The work has not previously been submitted in any form to the Durban University of Technology or to any other institution for assessment or for any other purpose.

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## **DEDICATION**

This is dedicated to my parents, Balan Pillay and Reena Pillay.

Through the many years my goal has always been to make you proud parents. May this achievement stand as a symbol of all that you mean to me.

Thank you for the greatest gift any parent could give a child; the gift of education.

“A dream becomes a goal when action is taken toward its achievement”

~ Bo Bennet

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## ABSTRACT

The C4 trituration method is a unique method for homoeopathically proving a substance and determining its therapeutic properties. The process requires the use of a mortar and pestle and involves many rounds of grinding (trituration) the raw substance. During the trituration process symptoms are experienced by the triturator.

*Withania somnifera*, commonly known as Ashwagandha in Ayurvedic medicine is highly regarded for its clinical efficacy as an adaptogenic herb. Due to the herb's therapeutic properties and extensive use in Ayurvedic medicine a comprehensive homoeopathic drug proving was conducted at The Durban University of Technology by Laidlaw in 2015.

### AIM

The aim of this study was to conduct a homoeopathic C4 trituration proving of *Withania somnifera* with a subsequent comparison to the conventional 30CH proving of *Withania somnifera* which was conducted by Laidlaw in 2015.

The study was of a qualitative and exploratory nature hence employed a qualitative methodology with purposive sampling. Participants were required to triturate up to the fourth potency [C4] and all the symptoms experienced were recorded in the journals provided.

The study incorporated thematic analyses of data. The data was transliterated by the researcher, thereafter those symptoms were classified systematically and converted into rubrics using Schroyens (2012) repertory. Recorded symptoms were collated to create a C4 trituration representation. Subsequently the symptoms obtained from the C4 trituration proving of *Withania somnifera* was comparatively analysed against the symptoms of the conventional 30CH proving of *Withania somnifera*, which was conducted by Laidlaw (2015).

## **METHOD**

This research study followed a qualitative methodology which comprised a single blind study, and a proving sample. This was a qualitative study; the requirement for sample size is usually up to 10 participants until saturation of data, but this study utilised 18 participants to ensure the generation of rich data. Participants triturated 91: 100 lactose to the fourth potency [C4] using a mortar and pestle. All symptoms experienced were recorded in journals. The analysis of the data followed a qualitative phenomenological methodology.

## **RESULTS**

The C4 trituration proving yielded 145 rubrics. Two of these rubrics were newly formulated. The majority of the rubrics were produced in the MIND and HEAD section. There were 100 Grade 1 rubrics, 44 Grade 2 rubrics and 1 Grade 3 rubrics.

## **CONCLUSION**

The C4 trituration produced a symptom picture of *Withania somnifera*, which was comparable to the 30CH conventional proving. The C4 trituration proving produced observable changes in the triturators' state of health but predominantly MIND symptoms were evoked. The symptom picture created with the C4 trituration had many similarities to the 30CH conventional proving. The polarity of symptoms that existed in *Withania somnifera* was observed in both provings and included symptoms such as: anxiety vs tranquillity, increased concentration vs decrease in concentration.

Differences between the C4 trituration proving and the 30CH conventional proving were found in the description of physical symptoms such as headaches, in the types of delusions that occurred in each proving, and in some mental symptoms such as anger, sadness, clarity, and introspection.



# TABLE OF CONTENTS

<b>DECLARATION</b> .....	2
DEDICATION .....	ii
ACKNOWLEDGEMENTS .....	iii
ABSTRACT .....	vi
TABLE OF CONTENTS .....	viii
LIST OF TABLES .....	xviii
LIST OF FIGURES .....	xix
LIST OF APPENDICES .....	xx
DEFINITIONS .....	xxi
<b>CHAPTER 1 : INTRODUCTION</b> .....	1
1.1 Rationale for Conducting a C4 Trituration Proving.....	1
1.2 Rationale for <i>Withania somnifera</i> .....	2
1.3 Aim and Objectives .....	3
1.3.1 Aim .....	3
1.3.2 Objective 1.....	3
1.3.3 Objective 2.....	3
1.3.4 Objective 3.....	3
1.4 Assumptions .....	3
1.5 Delimitations .....	4
<b>CHAPTER 2 : LITERATURE REVIEW</b> .....	5
2.1 Introduction .....	5
2.1.1 History of Provings .....	6
2.1.2 Miasmatic Theory .....	6
2.2 Proving Methodologies .....	7
2.2.1 Hahnemannian Methodology.....	7
2.2.2 Kent's Proving Methodology .....	8
2.2.3 Vithoukaskas Proving Methodology .....	9
2.2.4 Dream Proving Methodology .....	10

2.2.5	Sankaran Proving Methodology.....	10
2.2.6	Meditation Proving Methodology .....	10
2.2.7	Sherr Proving Methodology .....	11
2.2.8	Standardised Proving Guidelines .....	12
2.3	C4 Trituration .....	12
2.3.1	The Development of C4 Trituration.....	13
2.3.1.1	Hahnemann Introduces Trituration .....	13
2.3.1.2	The C4 Trituration Movement.....	14
2.3.1.3	Alize Timmerman’s C4 Protocol .....	18
2.3.2	The Levels .....	19
2.3.3	Advantages of C4 Trituration .....	20
2.3.4	Related Research on C4 .....	21
2.3.4.1	Research by Botha and Ross (2008).....	21
2.3.4.2	C4 Trituration of Vibuthi.....	22
2.3.4.3	Integration of Proving Methodologies .....	23
2.3.4.4	Comparison of C4 Trituration Proving with a Well Proven Remedy .....	24
2.4	Comparing Proving Methodologies .....	25
2.5	<i>Withania somnifera</i> .....	26
2.5.1	Description.....	27
2.5.2	Habitat .....	29
2.5.3	The Chemical Composition.....	29
2.6	Traditional Uses .....	30
2.6.1	Ayurveda .....	31
2.6.1.1	History .....	31
2.6.1.2	<i>Withania Somnifera</i> , the Ayurvedic Herb.....	32
2.7	Related Studies on <i>Withania Somnifera</i> .....	33
2.7.1.1	Clinical Studies of Glycowithanolides .....	33
2.7.1.2	Adaptogenic Activity of <i>Withania Somnifera</i> .....	34
2.7.1.3	Scientific Evidence for the Therapeutic Use of <i>Withania Somnifera</i> .....	35
2.8	The Solanaceae Family .....	36
2.9	<i>Withania Somnifera</i> 30CH Proving .....	37

CHAPTER 3 : PROVING METHODOLOGY AND MATERIALS.....	40
3.1 Introduction .....	40
3.2 Sampling.....	41
3.3 Ethical Considerations .....	42
3.3.1 Informed Consent .....	42
3.3.2 Supervision of Triturators.....	42
3.3.3 Welfare of Triturators .....	43
3.3.4 Voluntary Participation.....	43
3.3.5 Triturators' Confidentiality .....	43
3.3.6 Enquiries.....	44
3.3.7 Trustworthiness .....	44
3.4 Inclusion and Exclusion Criteria .....	44
3.4.1 Inclusion Criteria.....	45
3.4.2 Exclusion Criteria.....	45
3.5 C4 Proving Methodology.....	45
3.5.1 The Material.....	45
3.5.1.1 The Substance .....	45
3.5.1.2 Mortar, Pestle and Spatula .....	47
3.5.1.3 Saccharum Lactose.....	47
3.5.1.4 Timer .....	47
3.5.1.5 Vials.....	49
3.6 The Setting .....	49
3.7 Preparation .....	49
3.8 The Trituration .....	50
3.9 Data Collection .....	52
3.9.1 Rubrics .....	52
3.10 Comparative Analyses .....	52
CHAPTER 4 : THE RESULTS .....	53
4.1 Introduction .....	53
4.2 Triturators .....	53
4.3 Classification of Symptoms.....	55
4.4 Symptom Presentation in the Respective Trituration Levels.....	55
4.4.1 C1 Trituration.....	56

4.4.1.1	MENTAL.....	56
4.4.1.2	PHYSICALS .....	58
4.4.1.3	GENERALS.....	62
4.4.2	C2 Trituration.....	63
4.4.2.1	MENTALS .....	63
4.4.2.2	PHYSICALS .....	67
4.4.2.3	GENERALS.....	70
4.4.3	C3 Trituration.....	70
4.4.3.1	MENTALS .....	70
4.4.3.2	PHYSICALS .....	74
4.4.3.3	GENERALS.....	75
4.4.4	C4 Trituration.....	75
4.4.4.1	MENTALS .....	75
4.4.4.2	PHYSICALS .....	78
4.4.4.3	GENERALS.....	78
4.5	Materia Medica .....	79
4.5.1	MIND .....	79
4.5.1.1	Absentminded.....	79
4.5.1.2	Air; in open .....	79
4.5.1.3	Anxiety.....	79
4.5.1.4	Aggression .....	80
4.5.1.5	Affection .....	80
4.5.1.6	Anger.....	80
4.5.1.7	Authority .....	81
4.5.1.8	Beautiful .....	81
4.5.1.9	Change.....	81
4.5.1.10	Cheerful.....	81
4.5.1.11	Clarity .....	82
4.5.1.12	Cleanliness.....	83
4.5.1.13	Colours .....	83
4.5.1.14	Communicative.....	83
4.5.1.15	Company.....	83
4.5.1.16	Concentration.....	83
4.5.1.17	Curious .....	84

4.5.1.18	Confusion .....	85
4.5.1.19	Defensive .....	85
4.5.1.20	Defiant .....	85
4.5.1.21	Delusions.....	85
4.5.1.22	Detached & Isolated .....	86
4.5.1.23	Dullness.....	86
4.5.1.24	Exertion .....	87
4.5.1.25	Fear .....	87
4.5.1.26	Homesickness .....	88
4.5.1.27	Indifference.....	88
4.5.1.28	Injustice, cannot support.....	88
4.5.1.29	Introspection .....	89
4.5.1.30	Irritability .....	89
4.5.1.31	Kill; desire to.....	90
4.5.1.32	Maternal .....	90
4.5.1.33	Mesmerised; being .....	90
4.5.1.34	Music .....	91
4.5.1.35	Observer.....	92
4.5.1.36	Offended; easily.....	92
4.5.1.37	Order .....	92
4.5.1.38	Perseverance .....	93
4.5.1.39	Reproaching oneself.....	93
4.5.1.40	Reproaching Others .....	93
4.5.1.41	Sadness .....	93
4.5.1.42	Sensitive .....	94
4.5.1.43	Spaced- out feeling.....	94
4.5.1.44	Stupefaction .....	94
4.5.1.45	Theorising.....	94
4.5.1.46	Tranquillity .....	96
4.5.2	VERTIGO .....	96
4.5.2.1	Dizzy.....	97
4.5.2.2	Fall, tendency to .....	97
4.5.2.3	Turning; as if everything .....	97
4.5.3	HEAD.....	97

4.5.3.1	Coldness .....	97
4.5.3.2	Heaviness.....	97
4.5.3.3	Pain .....	98
4.5.4	EYES.....	99
4.5.4.1	Burning .....	99
4.5.4.2	Heaviness.....	99
4.5.4.3	Irritation .....	99
4.5.4.4	Itching.....	100
4.5.4.5	Lachrymation.....	100
4.5.5	EAR.....	100
4.5.5.1	Itching.....	100
4.5.5.2	Fullness, sensation of.....	100
4.5.6	HEARING .....	100
4.5.6.1	Distant .....	100
4.5.6.2	Impaired .....	101
4.5.7	NOSE .....	101
4.5.7.1	Catarrh .....	101
4.5.7.2	Cold .....	101
4.5.7.3	Coldness .....	101
4.5.7.4	Congestion .....	101
4.5.7.5	Coryza .....	101
4.5.7.6	Inflammation.....	102
4.5.7.7	Itching.....	102
4.5.7.8	Smell .....	102
4.5.8	FACE .....	102
4.5.8.1	Heat.....	102
4.5.8.2	Itching.....	102
4.5.8.3	Hair.....	103
4.5.9	MOUTH .....	103
4.5.9.1	Biting .....	103
4.5.9.2	Cotton; sensation off.....	103
4.5.9.3	Hard.....	103
4.5.9.4	Salivation.....	103
4.5.9.5	Odour .....	103

4.5.9.6	Taste .....	103
4.5.10	THROAT .....	104
4.5.10.1	Dryness .....	104
4.5.10.2	Mucus .....	104
4.5.11	STOMACH .....	104
4.5.11.1	Appetite .....	104
4.5.11.2	Emptiness .....	104
4.5.11.3	Eructation .....	104
4.5.11.4	Nausea .....	105
4.5.11.5	Pain .....	105
4.5.11.6	Thirst .....	105
4.5.12	ABDOMEN .....	105
4.5.12.1	Emptiness .....	105
4.5.12.2	Pain .....	105
4.5.13	RECTUM .....	106
4.5.13.1	Diarrhoea .....	106
4.5.13.2	Flatus .....	106
4.5.14	CHEST .....	106
4.5.14.1	Constriction .....	106
4.5.14.2	Pain .....	106
4.5.15	BACK .....	106
4.5.15.1	Pain .....	106
4.5.16	EXTREMITIES .....	107
4.5.16.1	Cold .....	107
4.5.16.2	Itching .....	107
4.5.16.3	Pain .....	107
4.5.17	GENERALS .....	107
4.5.17.1	Cold .....	107
4.5.17.2	Energy .....	108
4.5.17.3	Exertion; physical .....	108
4.5.17.4	Foods and Drinks .....	108
4.5.17.5	Heat .....	108
4.5.17.6	Restlessness .....	108
4.5.17.7	Weariness .....	108

4.6	Repertory .....	109
4.7	Comparative Layout of the C4 Trituration and 30CH Proving of <i>Withania Somnifera</i> .....	113
4.7.1	Comparison of MENTAL Symptoms .....	113
4.7.2	Comparison of PHYSICAL Symptoms.....	131
4.7.3	Comparison of GENERAL Symptoms .....	142
CHAPTER 5 : DISCUSSION OF THE RESULTS .....		145
5.1	Introduction .....	145
5.2	The <i>Solanaceae</i> Family Sensations .....	145
5.3	Discussion of Themes from the C4 trituration .....	146
5.3.1	MIND .....	146
5.3.1.1	Absentminded, Spaced-out Feeling and Stupefaction.....	146
5.3.1.2	Anger.....	146
5.3.1.3	Beautiful .....	147
5.3.1.4	Clarity and Introspection.....	147
5.3.1.5	Delusions.....	148
5.3.1.6	Fears .....	149
5.3.1.7	Homesickness .....	149
5.3.1.8	Irritability .....	150
5.3.1.9	Maternal .....	150
5.3.1.10	Desire for Music.....	151
5.3.1.11	Observant.....	152
5.3.1.12	Desire for Order.....	152
5.3.1.13	Visions, Images and Perceptions .....	152
5.3.1.14	Circles and Spirals.....	156
5.3.1.15	Contradictory Symptoms .....	157
5.3.2	PHYSICALS .....	160
5.3.2.1	Vertigo .....	160
5.3.2.2	Headaches .....	160
5.3.2.3	Eye Symptoms: Burning, Heaviness, Itching and Lachrymation .	161
5.3.2.4	Ear Symptoms: Itching, Fullness, Hearing Difficulties .....	162
5.3.2.5	Nasal Symptoms: Congestion, Coryza, Itching, Inflammation and Postnasal Drip .....	162



5.3.2.6	Face .....	162
5.3.2.7	Hypersalivation and Taste .....	163
5.3.2.8	Throat: Dryness and Mucus .....	163
5.3.2.9	Stomach: Appetite, Eructation, Nausea and Pain.....	163
5.3.2.10	Abdominal Pain and Emptiness.....	164
5.3.2.11	Thirst .....	164
5.3.2.12	Chest Constriction and Pain .....	164
5.3.2.13	Musculoskeletal Pain.....	165
5.3.2.14	Pain in the Wrist .....	165
5.3.3	GENERALS .....	165
5.3.3.1	Temperature .....	165
5.3.3.2	Increased Energy and Decreased Energy .....	165
5.3.3.3	Restlessness .....	166
5.4	<i>Withania Somnifera</i> Sensations presented in the C4 Trituration.....	166
5.5	Miasmatic Classification.....	167
5.6	Comparison to the Conventional 30CH Proving of <i>Withania Somnifera</i> ....	169
5.6.1	Similarities between the Conventional 30CH and C4 Trituration Proving .....	170
5.6.1.1	Anger.....	170
5.6.1.2	Anxiety vs Tranquillity .....	170
5.6.1.3	Concentration Increased vs Lack of Concentration .....	171
5.6.1.4	Irritability .....	171
5.6.1.5	Observant and Desiring Order.....	171
5.6.1.6	Spaced-out and Stupefaction .....	172
5.6.1.7	Vertigo .....	172
5.6.1.8	Headache .....	172
5.6.1.9	Back Pain .....	173
5.6.1.10	The “Wave” and “Ocean” Theme.....	173
5.6.2	Differences Between the Conventional 30CH Proving and the C4 Trituration Proving of <i>Withania Somnifera</i> .....	174
5.6.2.1	Clarity and Introspection.....	175
5.6.2.2	Delusions.....	175
5.6.2.3	Sadness .....	176
5.6.2.4	Headaches .....	176

5.7 Psychological, Transcendental, and Phenomenological Approach.....	177
CHAPTER 6 : CONCLUSION AND RECOMMENDATIONS.....	179
6.1 Conclusion .....	179
6.2 Researcher’s Conclusions .....	181
6.3 Recommendations.....	183
REFERENCES.....	185
APPENDICES .....	192

## LIST OF TABLES

Table 2.1: Displaying the plant sensations of the <i>Solanaceae</i> family .....	36
Table 2.2: Display of number of rubrics in the 30CH proving .....	37
Table 3.1: Trituration time sheets (Hogeland and Schriebman 2008) .....	47
Table 4.1: Demography of participants.....	53
Table 4.2: MENTALS – rubrics and grading.....	109
Table 4.3: PHYSICALS – rubrics and grading.....	111
Table 4.4: GENERALS – rubrics and grading .....	112
Table 4.5: Total number of rubrics .....	113
Table 4.6: Comparison of MENTAL symptoms between 30CH and C4 .....	113
Table 4.7: Comparison of PHYSICAL symptoms between 30CH and C4.....	131
Table 4.8: Comparison of GENERAL symptoms between 30CH and C4.....	142
Table 5.1: The plant sensations of the <i>Solanaceae</i> family .....	145

## LIST OF FIGURES

Figure 2.1: <i>Withania somnifera</i> , Ashwagandha .....	27
Figure 2.2: Descriptive image of <i>Withania somnifera</i> .....	28
Figure 2.3: <i>Withania somnifera</i> with the red berry that is usually encapsulated .....	29
Figure 3.1: <i>Withania somnifera</i> root .....	46
Figure 4.1: Bar graph displaying the race and gender distribution of triturators .....	54
Figure 4.2: Pie chart displaying the distribution of male and female triturators .....	55
Figure 5.1: Drawn by Triturator 6F .....	154
Figure 5.2: Drawn by Triturator 2F .....	156
Figure 5.3: Drawn by Triturator 1M.....	156
Figure 5.4: Drawn by Triturator 7F .....	157
Figure 5.5: Drawn by Triturator 10F .....	157
Figure 5.6: Drawn by Triturator 2, describing the intense gripping pain in the abdomen .....	164

## LIST OF APPENDICES

APPENDIX A: Letter of Information.....	192
APPENDIX B: Informed Consent .....	195
APPENDIX C: Trituration Methodology .....	197
APPENDIX D: Agenda .....	200
APPENDIX E: C4 Trituration: Transcription of Recorded Discussion.....	201

# DEFINITIONS

## **Conventional Proving**

This is a proving methodology that utilises a standardised methodology that is accepted internationally (Jansen and Ross 2014). In a conventional proving the method of manufacture of the proving substance differs in that the potency is created up to a 30CH using Hahnemannian dilution methods followed by an oral administration of the substance.

## **Homoeopathic Proving**

This is an experimental procedure, whereby ‘healthy’ participants known as provers are introduced to a substance. This is done to ascertain the medicinal properties of a possible new homoeopathic remedy. Symptoms are expected to be exhibited through the manifestation of symptoms and these symptoms are recorded by the participants (Scholten 2007b). Subsequently these symptoms are analysed to create a remedy representation (Rowe 2014)

## **Law of Similars**

This is the homoeopathic principle that states that any substance that is capable of causing symptoms of disease in healthy beings is capable of treating the similar symptoms in unhealthy beings (Kent 1995).

## **Materia Medica**

This means “medical material”, in other words, drugs. It the various homoeopathic remedies, their physical properties as well as a listing of their curative properties (Clarke 2002).

## **Pharmacopoeia**

This means “preparation of drugs”. It is a book detailing the description of remedy properties, preparation of the remedies, and their uses (Yasgur 2004).

## **Phenomenology**

This stems from the academic concepts of philosophy and psychology. The objective is the direct exploration of phenomena as intentionally experienced, devoid of theories or objective reality. The aim is to understand individuals' constructs of meaning (Phenomenology 2011).

## **Potency**

This describes the strength or power of a prepared homoeopathic remedy, which is determined through the process of succession and serial dilution. The strength/potency of the remedy are identified with the use of a letter and numeric value, for example 30C in which "C" represents centesimal and occurs as a dilution of one part drug or substance to 99 parts of vehicle. The more formal representation is either 30CH, which indicates Hahnemann's method of potentisation, or 30K which indicates the Korsakovian method (Yasgur 2004).

## **Potentisation**

This is the process of the remedy preparation, whereby the substance undergoes the steps of serial dilution and succussion or trituration (Kayne 1997).

## **Prover**

This is a healthy individual who participates in a homoeopathic drug proving. The prover is given the substance to ingest and thereafter records any symptoms that may be experienced during this trial (Sherr 1994).

## **Remedy**

This is the homoeopathic substance that is prepared as per instructions of a pharmacopoeia and is prescribed according to the principles of homoeopathic prescribing (Kent 1995).

## **Repertory**

This is a reference guide book that utilises rubrics to locate the appropriate remedy for the symptomatology presented by the individual (Allen 1994).

## **Repertorisation**

This is the use of a glossary of symptoms in the Repertory and their corresponding remedies to aid in locating the appropriate remedy for an individual (Allen 1994).

## **Rubric**

A symptom that is listed in the repertory which is followed by various remedies that relate to that symptom (Kayne 1997).

## **Succussion**

The process of forcefully striking the homoeopathic remedy a specified number of times against a firm elastic surface subsequent to each dilution (Kayne 1997).

## **Trituration**

The process of grinding raw materials utilising a mortar and pestle with a neutral diluting substance. This is done in order to extract their medicinal powers and render them soluble (Hogeland and Schriebman 2008).

## **Triturators**

These are participants of a C4 trituration proving, they are referred to as 'tritulators' rather than provers as suggested by Timmerman (2006).

## **Unconventional Proving**

A proving methodology that does not utilise the standardised methodology which is accepted internationally (Jansen and Ross 2014) and may be somewhat controversial with regards to the process and the validity.



# CHAPTER 1 : INTRODUCTION

## 1.1 Rationale for Conducting a C4 Trituration Proving

The words of Dr Hahnemann, "*machts richtig nach*" has been interpreted by Timmerman (2007) as meaning "experiment as I did". In accordance with that profound quote, in order to understand and apply remedies appropriately, trituration should be the basis of homoeopathic training because this process confers information about the internal organisation of the substance (Hogeland and Schriebman 2008). Through each step of the process, the triturator experiences a journey through the layers of the substance (Timmerman 2007).

According to Botha (2010), C4 trituration deserves to be explored by researchers. The first study of this nature, that of remedy preparation comparison, was conducted in 2011 by Goote (2011). Goote (2011) recommended that this approach should be repeated, with a different substance and a different set of provers (Goote 2011). This would enable researchers to determine consistency and verify the methodology and outcomes. Botha (2010) elucidates that when a proving is conducted employing an unconventional methodology, it can be tested against a methodology that is credible, recognised and accepted.

Botha (2010) states that in the C4 trituration there is no oral administration of the remedy, and the symptoms recorded are purely based on the experience of the trituration process by the participants. This encourages acquiescence by the participants. Botha (2010) mentions that some of the advantages of this method are that the proving is conducted over a short period of time and the symptoms subside shortly after the triturating is complete. This method is different to conventional provings which often entail long periods of proving and sometimes lingering symptomatology (Hogeland and Schriebman 2008).

Other advantages of C4 trituration include that it is cost effective, and it allows for the essence of the remedy to be revealed, although this is dependent on the quality and intention of the provers (Scholten 2006). The latter point is the reason for purposive

sampling in this study. The proving produces a C4 trituration which can be used by homoeopaths to produce homoeopathic potencies and available remedies. The only disadvantage of C4 trituration that has been discussed in the literature is that the results of the proving are dependent on the expertise of the participants. Therefore, it is crucial for participants to be attentive and focused during the trituration process.

The C4 proving methodology is followed extensively in the United States of America, Germany and The Netherlands (Botha 2010). This reinforces the need for C4 provings to be conducted elsewhere to support previous research and provide an additional proving methodology. This will encourage the utilisation of the C4 methodology in other countries so as to facilitate the understanding of homoeopathy. Along with gaining substantial insight into a different proving methodology, this research study aims to expand the known homoeopathic Materia Medica. There will always be a need for the expansion of the Materia Medica and the acquisition of new remedies.

The comparison of the symptoms obtained in the C4 trituration proving of *Withania somnifera* will be to the symptoms obtained from the conventional 30CH proving of *Withania somnifera*. The 30CH conventional proving was a comprehensive double blind placebo controlled study conducted by Laidlaw (2015).

## **1.2 Rationale for *Withania somnifera***

*Withania somnifera* (commonly known as Ashwagandha or Indian Ginseng) is an Indian medicinal herb (Uddin *et al.* 2012) that has been used in Ayurvedic medicine. It is categorised as a Rasayana herb, which means it is used to support physical and mental health by increasing the defence against factors that compromise the body's health (Mishra, Singh and Dagenais 2000). It is one of the main ingredients that can be found in many formulations commonly prescribed for a variety of musculoskeletal conditions, as well as a rejuvenating tonic to increase energy and to improve overall health and longevity (Mishra, Singh and Dagenais 2000).

Pharmacological studies have shown and supported its adaptogenic activity (Cruz 2000). The term 'adaptogen' refers to herbs that can aid the body in recuperating from different types of physical strain (Morgan 2012). *Withania somnifera* has become well known in relation to stress related disorders (Cruz 2000). *Withania*

*somnifera* has several other medicinal benefits, such as being an anti-oxidant. Its anti-inflammatory and anti-tumour agents have been researched in many clinical studies (Umadevi *et al.* 2012). These are among the various properties that enable it to be compound medicinal herb (Umadevi *et al.* 2012).

Clinical studies have been conducted to provide scientific evidence of the herb's properties, which will be discussed in the literature review of the research study.

### **1.3 Aim and Objectives**

#### **1.3.1 Aim**

The aim of this study is to conduct a homoeopathic C4 trituration proving of *Withania somnifera* with a subsequent comparison to the conventional 30CH proving of *Withania somnifera*.

#### **1.3.2 Objective 1**

To conduct a C4 Trituration proving of *Withania somnifera*.

#### **1.3.3 Objective 2**

Record, collate and analyse the symptoms presenting in the C4 trituration proving of *Withania somnifera*.

#### **1.3.4 Objective 3**

Compare the symptoms of the C4 trituration to the symptoms of the conventional 30CH proving of *Withania somnifera*.

### **1.4 Assumptions**

Considering the above-mentioned aims and objectives, the primary assumption when conducting this study was:

- The symptoms obtained in the C4 trituration proving of *Withania somnifera*, will exhibit a symptom picture that can be compared to the symptomatology obtained in the conventional 30CH proving of *Withania somnifera*.

- The outcome of the results will enhance validity and credibility of the various proving methods.

The methodology that was employed in this study is in concurrence with the C4 protocol structured by Timmerman (2006).

In order to conduct this research, assumptions had to be established. These assumptions were formulated based on the body of knowledge on homoeopathic proving methodologies. The following are the assumptions that were established:

- A proving will produce clearly observable symptoms in the participant.
- The trituration will allow the participants to explore the different layers of the substance.
- The symptoms obtained will be comprehensive enough to compare the C4 proving to the 30CH conventional proving.
- The data collection methodology employed will be comparable to the 30CH conventional proving.
- Participants have knowledge and experience of the trituration methodology.
- The symptoms chronicled by the participants will be accurately recorded in sufficient detail.

## **1.5 Delimitations**

The most important delimitation is that this research study does not aim to explain the mechanism of action of the remedy in producing symptoms.

Debriefing of the provers individually could have yielded different responses; however, group discussions after a trituration are the established methodology in the literature.

## CHAPTER 2 : LITERATURE REVIEW

### 2.1 Introduction

Provings have been the foundation of the practise and science of homoeopathy, since the first proving of *Cinchona* which was conducted by Hahnemann (Sankaran 1998). “Proving” is the traditional term used to describe the testing of a drug substance on consenting healthy humans (Hogeland and Schriebman 2008). This is done to observe the symptoms elicited by the drug substance and determine its curative properties. The term “proving” is adapted from the German word, “*prufung*” which means to “test” or “examine” (Hogeland and Schriebman 2008).

Provings are said to be the pillars upon which homoeopathic practise stands (Sherr 1994). In a proving, pure effects of the drug substance are produced by altering human health (Botha 2010). Healthy human individuals are preferred as participants over animals for reasons such as the need for subjective mental and emotional symptoms, and for the participants to be able to relay their experiences. In addition to subjective symptoms, objective symptoms will also be recorded (Botha 2010). In a proving we are able to gain direct knowledge of the inner nature of the remedy (Sherr 1994).

The proving process is fundamental in the homoeopathic approach, as communicated in the following excerpt:

Homeopathy as a science stands as a bridge between the visible and the invisible; between the laws governing the matter of this world and those that rule a world we can only guess at. One doorway into this other world is the proving experience, which provides a framework through which that other world may be penetrated. In a proving, the energies of a substance can be felt and experienced directly by the participants (Shore, Schriebman and Hogeland 2004).

### 2.1.1 History of Provings

*“By similar things a disease is produced and through the application of the like, it is cured”* Hippocrates (460 – 350 B.C.) (Cook 1989)

Homoeopathic provings began with Dr Samuel Hahnemann. In 1790, while translating a herbal Materia Medica Hahnemann questioned the use of bark of the Peruvian tree, commonly known as *Cinchona officinalis*, in the treatment of malaria (Watts 2013). Hahnemann questioned the report that *Cinchona officinalis* was effective in the treatment of malaria due to its astringency (Watts 2013). This motivated him to investigate *Cinchona officinalis*, and he did so by self-application (Watts 2013). The ingestion of several doses of *Cinchona officinalis* evoked malarial-like symptoms. He then concluded: “that which can produce a set of symptoms in a healthy individual, can treat a sick individual who is manifesting a similar set of symptoms” (O'Reilly 1996). In the same work Hahnemann wrote: “Surely toxicity is nothing but the violent manifestations of an extremely powerful agent applied in too high a dose and in the wrong place. Any potential benefit may well have been lost merely due to incautious use” (Barthel 1991). The proving of *Cinchona officinalis* by Hahnemann developed the principle “*similia similibus curentur*” which translates as “like cures like” (Watts 2013).

Hahnemann conducted various provings over the years that followed. He performed systematic dilutions of compounds in a decimal system known as “potentisation” to bypass the negative effects of the drugs but keep the energy of the substance (Watts 2013). Hahnemann proved the efficacy of homoeopathic treatment in 1891 during the outbreak of cholera, with a 96 % success rate compared to 41 % success rate for conventional treatment (Watts 2013).

### 2.1.2 Miasmatic Theory

In the quest for the “ideal cure”, Hahnemann was convinced that in each case, a deeper and more fundamental disease existed, referring to it as a “miasm” (Sankaran 2005b). Despite the administration of the correctly chosen remedy, a large number of cases had patient relapsing. This led Hahnemann to conclude that a deeper, more fundamental disease process existed in these cases. The deeper,

chronic disease process always presented in three specific patterns; which were named, Psora, Sycosis and Syphilis (Eizayaga 1991). Hence the miasms were divided into three main diseases according to Hahnemann: the Psoric miasm (suppressed scabies), Sycotic miasm (gonorrhoea) and the Syphilitic miasm (syphilis) (Sankaran 2005b). Thus, both symptoms and miasm need to be taken into consideration for every case. Remedies for these groups were identified respectively and referred to as antimiasmatic remedies (Sankaran 2005b).

Sankaran (2005b) understands a miasm as being a depth at which the vital sensation is experienced and the type of situation a person perceives. He further goes on to state that miasms and sensations are inseparable, i.e., “the disease state could be described as being at the crossing point of the sensation and miasm” (Sankaran 2005b).

Sankaran (2005b) identified ten depths at which individuals perceive any situation, so his ten miasms are: Acute, Psoric, Sycotic, Syphilitic, Typhoid, Malarial, Ringworm, Cancer, Tubercular and Leprosy.

## **2.2 Proving Methodologies**

### **2.2.1 Hahnemannian Methodology**

A proving is conducted to determine the pathogenic effects of a substance and establish its therapeutic merits (Rowe 2014). The instructions for conducting a proving are given in The Organon, aphorism §105-145 (O'Reilly 1996). The *Materia Medica* is partly based on clinical observations of remedies (Basu 2013). Hahnemann expressed that the *Materia Medica* should contain authentic reports of the various remedies because it is essentially an inventory of human functional pathology (Walach 1997).

Hahnemann formulated the proving protocol based on acquiring symptoms through ingestion of the substance. In order for the effect to be untainted and controlled (Haehl 2003), Hahnemann constructed strict guidelines to ensure the validity of the provings. The focal points of these guidelines were dietary and lifestyle instructions (Hahnemann 1999; Dantas *et al.* 2007). The objective was to have a ‘healthy’ prover who would elicit a true drug symptomatology (Haehl 2003). Dietary regulations

included the exclusion of any food or beverage that was believed to neutralise the effect of the substance, for example; wine, brandy, tea or coffee (Dantas *et al.* 2007). Lifestyle instructions required provers to avoid situations that would induce physical or mental exertion (Dantas *et al.* 2007).

The prover needed to be sound of mind, diligent, and have the ability to be self-observant – the necessary conditions for the recording of the symptoms (Hahnemann 1999).

Hahnemann always disclosed the identity of the substance to his provers, he did not want to deceive the prover, and hence there were no placebos and blinding (Haehl 2003). Placebos and blinding are utilised as a measure of control in any proving or clinical trial of the 21<sup>st</sup> century. In addition, he always took the substance himself before administering it to the provers (Haehl 2003), which aided in verification of any associated risk from exposure. Hahnemann started off with the administration of tincture potency, or the first or second trituration. Later the provings were conducted with a 30CH potency (Sherr 1994).

The methodology employed by Hahnemann required verification, which encouraged consistent reassessment of proving methodologies. Hence there have been several adaptations suitable to the 21<sup>st</sup> century (Sherr 1994).

### **2.2.2 Kent's Proving Methodology**

In addition to Hahnemann's proving protocol, Kent developed certain procedures. It was mandatory that each prover dedicate a week prior to the commencement of the proving for the purpose of self-examination. This involved the recording of any symptoms experienced during the time allocated. The process of self-examination would ascertain a prover's 'healthy state'. The master prover, who is the individual that is nominated to prepare the substance, prepares the substance to a tincture or 30CH potency. The substance is unknown to the provers and known to the master prover only (Kent 1995).

Each participant is given a vial containing the prepared substance which was in the 30<sup>th</sup> centesimal potency; thereafter, symptoms produced are noted. The substance is administered in water if the first dose does not elicit symptoms. This was done every



two hours for 24 or 48 hours until symptoms occurred. This mode of administration would render the participant sensitive to the substance (Fisher 1995).

Kent encouraged the reproving of remedies, to acquire greater knowledge of the various remedies (Kent 1995).

### **2.2.3 Vithoukas Proving Methodology**

George Vithoukas based his methodology on the potency of the substance. According to Vithoukas (1998) a substance is entirely proven when the toxic, hypotoxic and highly potentised doses of the substances are used.

Vithoukas (1998) implemented inclusion criterion that all participants should be between the ages 18 and 45, they should be familiar with homoeopathy and the methodologies, and should not be anxious or hysterical.

Vithoukas (1998) also implemented lifestyle and dietary restrictions which were more distinct than Hahnemann's. For example; the prover needed to avoid food that contained chemicals, stimulants, refined products and spices. Hahnemann highlights the importance of personal verification of every symptom, however Vithoukas does not advocate this.

Vithoukas (1998) conducted double blind studies with a placebo group, wherein the identity of the substance was unknown to the provers and the both researcher and the provers were unaware of which group they would be assigned to. The provers were forbidden from conversing with other provers for the duration of the proving.

Administration of the substance ranged from 1X to 6X, three times daily awaiting symptoms. When symptoms diminished, they were given the 30CH potency. For the participants who were sensitive, a year later, a 10M or 50M would be administered to the participants (Vithoukas 1998).

The view of Vithoukas contradicts Kent's and Sherr's belief that a proving should be a beneficial experience to the provers, hence causing the least amount of discomfort and (Vithoukas 1998).

#### **2.2.4 Dream Proving Methodology**

Dream provings were first initiated by Becker (Basu 2013), and used in the Bad Boll seminars. Dream provings are controversial because there is no set protocol for this method and the acquisition of symptoms can only be obtained through the dreams that the remedy induces (Dam 1998). The administration route is by the choice of the prover, but the majority place the remedy under their pillow. No placebo control is used.

Dream provings are considered to be safer than other proving methodologies and they evoke immense emotion, particularly in a sensitive prover (Scholten 2007b).

Sherr (1994) argues that dream provings are considered to be “partial provings”, with the duration being the only advantage. He feels they should not be considered homoeopathic trial.

Dream provings do not yield a totality of symptoms obtained from the physical, mental and emotional planes, rather it focuses on the emotional plane only (Sherr 1994).

#### **2.2.5 Sankaran Proving Methodology**

Sankaran based his methodology on dream provings and classical Hahnemannian proving methodology. Sankaran’s (1998) methodology has similarities to the Sherr methodology, however it is viewed as a “halfway” method, meaning a protocol somewhere between the Sherr methodology and the dream provings. It is an integration of the two methodologies that yields a totality of symptoms (Sankaran 1995). The proving group size varied from five to 25 participants. Sankaran did not see the need to utilise a placebo with his provers.

#### **2.2.6 Meditation Proving Methodology**

Meditative provings are usually blind studies and employ either an individual or a group (Rowe 2014). The participants meditate on the energy of the remedy. The setting is described as provers sitting in a circle meditating (Rowe 2014).

Meeting the group often and familiarity between group members are prerequisites for the meditative proving. Water and Rescue Remedy are provided for the individuals

during the meditations. Symptoms on all levels are experienced, which are then noted and discussed among the individuals (Scholten 2007a).

However, the data obtained in this type of proving is said to lack a scientific basis and there is no verification of clinical cases (Scholten 2007a).

### **2.2.7 Sherr Proving Methodology**

There are various proving methodologies that have been introduced and developed over the years, however the most common proving methodology applied at Durban University of Technology is the Sherr methodology also known as the “standard Hahnemannian proving” (Sherr 1994).

In Jeremy Sherr’s book, The Dynamics and Methodology of Homoeopathic Provings, he offers guidelines for conducting a full proving that exhibits structure and accuracy, and can be integrated into Materia Medica and repertories. He developed a proving protocol to maintain consistency in traditional provings and accommodate the 21<sup>st</sup> century (Sherr 1994).

The protocol developed involves a proving that depicts the totality of symptoms under careful observation over a period of time. The distinctions between Sherr’s and Hahnemann’s methodologies include that Sherr implements a double blind study whereas Hahnemann believed that provers should be aware of their remedy, and Sherr believed that it is essential for provers to continue with their lifestyle whereas Hahnemann had restrictions for diet and lifestyle (Sherr 1994).

Sherr’s (1994) methodology involves healthy consenting individuals and a sample size ranging from 15 to 20 participants. Once they have ingested the proving substance, recording of symptoms in journal format is followed over a period of three to four weeks. The prover needs to be honest and conscientious, the first requirements of Hahnemann as well. Administration of the 30CH potency in a proving is still followed as recommended by Hahnemann, due to evidence that the 30CH potency manifests prominent symptoms on all levels within the prover.

A double-blind study is executed, for reason that it is important that the participant be unaware of whether they have the active substance or placebo (Sherr 1994). This guards the integrity of the study.

### **2.2.8 Standardised Proving Guidelines**

Based on knowledge accumulated over two centuries of homeopathic proving practise, various guidelines have been harmonised by the Liga Medicorum Homeopathica Internationalis (LMHI) and the European Committee for Homeopathy (ECH) (Jansen and Ross 2014).

The purposes of the guidelines are to assist with the understanding of the basic configuration of homeopathic provings. Jansen and Ross (2014) aimed to provide insightful knowledge to various aspects regarding provings such as: the number of researchers and supervisors per proving, the test substance used in a proving, the sample size, potencies to be utilised, posology, allocated sample in placebo group, duration of proving, and the necessity in conducting pre and post consultations (Jansen and Ross 2014).

These guidelines have contributed to forming a common methodology employed at Durban University of Technology (DUT). The common methodological practise was analysed by Ross (2011a: 59-62). Laidlaw (2015: 14-16) compares her proving methodology of *Withania somnifera* 30CH to the common methodological practise employed at DUT.

### **2.3 C4 Trituration**

‘Trituration’ [tri-chuh-rey-shuhn] is defined by Hogeland and Schriebman (2008) as “the act or process of grinding raw materials with a neutral diluting substance in order to extract its medicinal powers and render them soluble”.

The C4 trituration started off as an experimental proving method. Developed by Ehrler in 1993, it confers information about the internal organisation of the substance (Hogeland and Schriebman 2008). To understand C4 trituration, it is imperative to understand the development of C4 trituration.

The C4 trituration process is discussed at length in the sub-headings to follow.

## 2.3.1 The Development of C4 Trituration

### 2.3.1.1 Hahnemann Introduces Trituration

Hahnemann built various pillars on which homoeopathy stands, including dynamisation (Hahnemann 2004). It is described as the concept of facilitating energy transfer from one substance into a neutral substance such as saccharum lacticum (sugar of milk). Hahnemann's description of dynamisation is recorded in Materia Medica Pura as follows:

The diseases are only dynamic disharmonies of our existence and nature, therefore it is impossible for people to destroy them in any other way than through the forces and powers, which also have the ability to bring forward dynamic changes of the human existence; that is the diseases will be really and dynamically cured through medicines (Hahnemann 2004).

From knowledge of the history of provings, it is understood that Hahnemann experimented with various soluble substances to extract their curative properties; as a result, he utilised plants for experimental purposes. Hahnemann became curious about the healing properties of substances such as mercury, arsenic and other toxins, but these substances were insoluble. The process of how Hahnemann arrived at the theory of dynamisation is still unknown; however, the process of trituration proved to be a solution to the problem of insolubility. Hahnemann stated the following on trituration:

Steel in itself is as cold as flint. When both are sharply rubbed together for brief periods by means of raps they produce heat which is of such high degree that the steel fragments which fly off are glowing, which process presupposes a heat of 1000°F. Horn, ivory, bone and the limestone have no odour but if strongly rubbed the evil smell lying latent is liberated. Rubber in itself has no power of attraction; if vigorously rubbed it reveals this power and the more vigorous the friction the more effective the results (Van Helmond 2013).

According to Van Helmond (2013) it is evident that the same principle can be applied to trituration, which uses a porcelain mortar (which is neutral) and a pestle to grind

the selected medicated substance in a neutral vector such as *saccharum lacticum*. The energy will move from one substance to the other.

*Aurum metallicum* (Gold) was the first mineral remedy that was triturated. The choice of substance can be accredited to the fact that it was the 19<sup>th</sup> century, and during this time it was conventional to treat syphilis with a preparation of gold. Aurum was already in use hence quite a tempting substance for Hahnemann to experiment with. Hahnemann (1995) rubbed the finest leaf-gold which was 23 carats 6 grains fineness with 100 parts of *saccharum lacticum* for a full hour. He triturated to C10, which means ten series of triturations, each series comprising an hour. Hahnemann decided that that C3 was the best working trituration that could be used as a base for further potentisation (Hahnemann 2004). However, he did comment in Materia Medica Pura that “by further triturations and dilutions, the virtue of gold is still more developed and spiritualized...” (Hahnemann 2004).

Reve's (1993) commentary on The Organon is as follows:

Hahnemann's great innovation was of the method by which the inner power of matter is revealed. Every crude substance has, in its inner self, a medicinal power that is stronger than the power it possesses when it is in its crude state. By penetrating into the inner state, the medicinal power becomes effective beyond comparison. Through the process of proving, one is able to reveal what was concealed.

A standard triturating process for all substances, to the third level [C3], is given in aphorism §270 of the sixth edition of *The Organon*. This was the customary procedure for any homoeopathic medicine preparation. Subsequently Ehrler experimented with a higher trituration level, which led to the C4 practice (Hogeland and Schriebman 2008).

### **2.3.1.2 The C4 Trituration Movement**

The contemporary C4 trituration movement was started by Ehrler in Germany in 1993. Ehrler was a non-homoeopath with an inquiring mind and an interest in experimentation which accompanied an outstanding intelligence. Ehrler was never quite satisfied with the notion of studying one specific subject and graduating.

Ehrler's main interests were to gain a wealth of knowledge in various subjects. When Ehrler was 28 years old, he encountered a Blackfoot Indian Shaman who assisted him in evoking his psychic abilities (Hogeland and Schriebman 2008: 9).

Catherine Coulter's book, Portraits of Homoeopathic Medicine came into his possession. After reading this book Ehrler became intrigued and proceeded to test the concept that stated a chemical substance such as sulphur could encompass a psychosomatic profile, by triturating *Calcarea carbonica*. When Ehrler began triturating, he experienced a wide range of symptoms on the mental sphere, which can be found under the rubrics for *Calcarea carbonica* (Hogeland and Schriebman 2008) ["Mind: Delusions, Imagination"] (Schroyens 2012)

Developing symptoms during trituration of a remedy has been observed regularly in homoeopathic pharmacies, for example the Helios pharmacy located in England has documented sensations and symptoms experienced during the remedy preparation that involved trituration of substances. Ehrler shared his knowledge with two homoeopaths that showed no interest; this left Ehrler disappointed but eventually there was one other homoeopath intrigued by the work of Ehrler (Hogeland and Schriebman 2008: 10-11), namely, Jürgen Becker.

Becker, a renowned medical homoeopathic practitioner, was also a teacher at the School of Homeopathy in Freiburg, Germany. He believed that homoeopathy had reached a stagnant phase and yearned for stimulation and growth. Having appreciated the significance of the experiences of Ehrler, Becker made a declaration: "Now begins a new period in homoeopathy" (Hogeland and Schriebman 2008).

Becker reports that when homoeopaths consistently triturate this improves their understanding of remedies. According to Becker self-development occurs as a result of continuous participation in this process (Becker and Ehrler 1998). Becker points to Hahnemann urging homoeopaths, in every edition of The Organon, to continually stimulate the growth of homoeopathy and not stay in stagnation or settle for static doctrine. This is the reason he joined with Ehrler (Hogeland and Schriebman 2008).

Ehrler and Becker travelled to various places conducting C4 triturations with homoeopaths. Homoeopaths seemed to have been drawn to the C4 trituration

because it allowed them to gain empirical understanding and knowledge of the remedies (Becker and Ehrler 1998). The process of trituration requires the individual to provide inner participation and absolute attention. Adhering to that evokes physical and psychological symptoms. The process also induces what Ehrler and Becker refer to as the “trituration-resonance-phenomena”, which is “inner pictures and ideas concerning the substance” that is triturated.

Through the work of Becker and others such as Karin Degkwitz, Leen Van Der Kaay, and Alize Timmerman, the C4 trituration methodology extended throughout the global homoeopathic community (Hogeland and Schriebman 2008).

Hogeland and Schriebman (2008) stated that Becker articulated a new model dedicated to homoeopathic education based on the C4 trituration. The model formulated by Becker is the foundation of his teachings at the Homoeopathic School in Freiburg.

Ehrler and the individuals who followed him continued to experiment with trituration in order to expand and increase knowledge on the level of the metaphysical global healing cosmology; this was intended to help humanity evolve into the next phase of consciousness. Cosmology is the branch of astronomy that incorporates the general structure and evolution of the universe (Philosophy of Cosmology 2015). Ehrler's investigations focused on cosmology and how substances fit into this. Ehrler postulated eight dimensions of being, labelled as carbon levels C0-C8 (Hogeland and Schriebman 2008: 172-176). The “C” in this case refers to carbon. “C” in homoeopathic trituration refers to centesimal dilution: “CH dilutions are centesimal (C) dilutions, using Hahnemann's dilution method” (De Schepper 1999). This is the standard method of preparation found in The Organon. Ehrler's carbon levels are as follows: (Hogeland and Schriebman 2008: 175-176).

- C0 is representative of raw material, the tangible material as it would manifest in nature.
- C1 is a glance into the biological and physiological level of the human being. The energy of the substance / vital force is revealed at this level. A polarity on the physical sphere exists, such as hot/cold or painful/painless.



- C2 is the physical realm that is connected to the emotional body and there is emphasis on feelings and emotions. The polarity that exists is on an emotional level: happy/sad, and joyful/depressed.
- C3 is the realm of beliefs, thoughts, delusions and illusions – again there is polarity but with judgement, more or less duality of good/bad and right/wrong.
- C4 is the innermost level, the level of being. The person will experience inspiration and freedom of choice. There is acceptance of destiny, hence duality ceases to exist.
- C5 is the level of individual unconscious which includes archetypes and dreams.
- C6 embodies the collective unconscious, collective archetypes, the understanding of humankind as a whole.
- C7 is considered as the global archetypal realm. This is said to go beyond the level of understanding for the individual.
- Finally, C8 is the transformation of opposites, the level where the polarity becomes “one”.

The term “pharmacoGnosis” is utilised by Ehrler to describe the information acquired from the trituration process. The term is derived from two words; “pharmacology” dealing with crude drugs and “Gnosis” which refers to knowledge that comes from experience, hence “pharmacoGnosis” means “an intuitive apprehension of spiritual truth” (Hogeland and Schriebman 2008). In his book Pearls of PharmacoGnosis, which is referenced by Hogeland and Schriebman (2008) Ehrler states:

Homeopathic trituration of substances in C-levels is an exact energetic imitation of this process of rising up through the layers, disclosing the essence of the things step by step. Doing this we enter in resonant empathy with the force that is revealing itself, showing us on each level a corresponding quality of this force that is in resonance with us. We thus learn something about ourselves, about the force we are disclosing in the substance and something about each layer, what quality this force gives it. This is what we have to learn to distinguish on the Gnostic way. It is the distinction between the individual, the special and the general (Hogeland and Schriebman 2008).

The C4 trituration is steadfastly rooted in the core of homoeopathy founded by Hahnemann. According to Hogeland and Schriebman (2008: 11-12), it is a quantum leap towards increasing and expanding on Materia Medica and understanding the dynamics behind remedy potencies. It encourages all homoeopaths to become involved in remedy preparation (Hogeland and Schriebman 2008). C4 trituration allows for a deeper understanding of a remedy on a psycho-social level. This is due to the unveiling of the innate and archetypal energy of the remedy.

### **2.3.1.3 Alize Timmerman's C4 Protocol**

Alize Timmerman has delivered numerous lectures and articles encouraging the C4 trituration. She maintains that the key to understanding the remedy on higher levels is through the C4 trituration. Timmerman (2007) advocates, C4 trituration allows for the investigation of the depths of homoeopathy. She emphasises the importance of remedy preparation using aphorism §265 as a foundation for her teachings "...the practitioner should give the patient the correctly selected medicine from his own hands, and he should also prepare the medicine himself" (O'Reilly 1996). As Ehrler said, a C4 trituration is like a walk through the different themes, first exploring the physical, moving onto the emotional, mental and finally the spiritual level (Hogeland and Schriebman 2008).

The following components describe the C4 trituration protocol formulated by Timmerman (2006):

- Generally done in groups consisting of 15 to 20 participants.
- Materials needed, mortar, pestle and scraper.
- Triturate to the 4<sup>th</sup> level [C4].
- Symptoms experienced are recorded and discussed after the process.

Timmerman (2006) describes four basic modifications that are the basis of making homoeopathic remedies and their essence:

- "The Strength of the Healing Remedy Force": This is found in the amplitude of the energy wave, which is induced and strengthened by trituration. According to Hahnemann (1995) every remedy has its own design, and the energy of the remedy is invisible, but Timmerman (2006) states that through the process of trituration, an invisible reality of the substance is evoked into our reality.

- “Release in Steps”: As previously understood, each round of trituration reveals a new detail about the remedy. Hence the different levels of the remedy are experienced.
- “Increasing Frequency through Dilution”: it is said that through further dilution the energy of the substance is increased and so is the effectiveness (Hahnemann 1995). Frequency can be increased by succussion in a liquid.
- “Evoking the Vital Energy”: the energy of a substance needs to be evoked continuously hence the process of dilution and succussion is vital after trituration.

Timmerman (2007) states that trituration is a step-by-step process and each step has its own specific level of influence and resonance, hence has its unique action on an individual. Timmerman (2007) provides us with an example of the symptom progression in the trituration levels; “When we experience an itch in the first trituration it is a physical itch. In the second trituration we experience the itch with emotion; the itch can make us angry; or it can bring us to tears. If we experience an itch that makes us cry in the third trituration, we might make a judgement that this is unfair, and that it has to stop; we form an opinion about this itch. In the fourth trituration we understand why we have an itch, and because we understand it, we accept it” (Hogeland and Schriebman 2008).

Timmerman has been an ambassador for C4 homoeopathy, and has shared this knowledge in various countries.

### **2.3.2 The Levels**

As mentioned, the trituration process uncovers layers of remedies through each level. A German homoeopath, Karin Degkwitz, who started to triturate with Ehrler and Becker in 1997, shared her understanding of the trituration levels (as cited by Hogeland and Schriebman 2008):

- Our mental bodies correspond to the C0 level, the realm from which we prepare remedies. This level does not yield much discussion because the substance is not in a vitalised form.
- Our living bodies correspond with C1 level; on this level we experience the physical symptoms.

- Our emotional body corresponds with C2 level; where emotions are emitted. The emotional body is said to experience things from a place of polarity. The emotional body pervades the physical body, extending beyond it.
- Our mental body corresponds with C3 level; here lies our intellect, logical thinking, and understanding. This understanding involves polarity; good or bad, this is our central delusion. This level is connected with the emotional plane as well as the physical plane. Any issue generated on this level, which may include fixed ideas, beliefs and the central delusion, requires a remedy potency that taps into a higher level.
- Our “spiritual body” corresponds with C4 level, the level at which we gain direct contact with our inner self. It is the realm of the heart, envisaging the heart of who and what everything is about. There is a sense of belonging, and feeling that everything is now one. It is a place of stillness and peace. At this level the questions are now answered, as if revelation has come through.
- C5 is the miasmatic, epidemic and archetypical layer.

As indicated by Becker and Ehrler (1998), remedies that have been triturated to the 4<sup>th</sup> potency [C4] can be converted to liquid potencies as per the *German Homoeopathic Pharmacopoeia* (GHP) (Benyunes 2005), and have an increased healing power compared to traditional potencies. The new C4 dimension can only be reached through this process and not by mechanical trituration.

### **2.3.3 Advantages of C4 Trituration**

One of the potential benefits of a C4 Trituration is that as a homoeopath you follow in the footsteps of Hahnemann, who experimented continuously. The experience incorporates various factors of the 21<sup>st</sup> century, allowing the individual to gain knowledge about the remedy within the contemporary phase (Becker and Ehrler 1998). The C4 trituration yields an understanding of the remedy on a multifaceted level, because via trituration the many layers of the remedy are revealed. This enables the practitioners to resonate with patients (Timmerman 2007). The information gained can be utilised in the expansion of the *Materia Medica*, and can aid in symptom clarification (Hogeland and Schriebman 2008).

The advantages of C4 trituration include that it is conducted over a short period and the symptoms diminish shortly after the trituration is complete, whereas a conventional proving is conducted over a longer period and participants still experience symptoms for a while after consuming the remedy. In a C4 trituration there is no oral administration of the remedy; the symptoms are based on the experience of the trituration process which encourages compliance among potential participants. It is also cost effective, compared to a conventional proving. The completion of a C4 trituration enables a homoeopath to produce an available remedy (Scholten 2006). The disadvantages of C4 trituration are that the result is dependent on the expertise of the prover, and some physical symptoms are not attainable because time limits the action of the remedy. In a conventional proving there is sufficient time for the action of the remedy and hence production of a vast number of symptoms (Goote 2011).

#### **2.3.4 Related Research on C4**

##### **2.3.4.1 Research by Botha and Ross (2008)**

As previously explained, Hahnemann decided that the most effective working potency for the trituration was C3 and this has been accepted and incorporated into homoeopathic pharmaceutical procedures. Nevertheless, Becker and Ehrler claimed that when remedies are triturated to an additional level i.e. 4C, it increases the healing potential of remedies (Botha and Somaru 2010). This theory by Becker and Ehrler was investigated by Botha and Ross (2008). They conducted a study to investigate the probability of physico-chemical differences that may be present between remedies that are manufactured from a C3 trituration and those of a C4 trituration (Botha and Ross 2008). This was achievable through nuclear magnetic resonance spectroscopy. The study aimed to provide objective evidence concerning the validity of the claims made by Ehrler and Becker (Hogeland and Schriebman 2008).

The remedy selected for this investigation was *Kalium bichromicum* (Potassium dichromate). To conduct the test, the Varian Unity Inova 500 MHz spectrometer was the instrument of choice. All potencies were made up by the chief investigators according to the instruction laid out by the German Homoeopathic Pharmacopoeia

(British Homoeopathic Association 1985). Five different samples of the selected remedy were generated and analysed with the use of nuclear magnetic resonance spectroscopy.

The data obtained showed that there were physical alterations to the remedy during triturations and those alterations persisted through the potentisation phase (serial dilution and succussion) (Botha and Ross 2008). The results complemented the findings of Resch and Gutman (1987). They state that the process of grinding has a significant influence on the physical properties of the system. Botha and Ross (2008) concluded that “the higher level of trituration, the more pronounced the alteration of the physical structure of the substance and that trituration does contribute to the development of the physico-chemical properties of a substance. They recommended that further exploration of C4 potencies should be conducted, in order to obtain scientific validation of claims made about the importance of C4 potencies.

#### **2.3.4.2 C4 Trituration of Vibuthi**

The comprehensive study conducted by Botha and Ross (2008), along with their recommendations, encouraged the C4 trituration movement at DUT. A proving group that consisted of 10 provers was established at the University. Triturations were conducted following the C4 protocol formulated by Timmerman (2006). The realisation of the group was that the intensity increased as they worked together and it evoked a profound understanding of the remedies triturated. Of the many remedies triturated, Vibuthi was regarded by the group as being the most profound (Botha and Somaru 2010).

Vibuthi, is of Sanskrit origin and has several meanings in Hinduism. It is also known as Bhasma (Ash) (Balasubramanya 2014), and is described as sacred ash, utilised for religious purposes in Hinduism. The Vibuthi used in the C4 trituration was sourced from a devotee’s shrine which was linked to pictures of Sri Sathya Sai Baba and other deities of Hinduism (Botha and Somaru 2010). Hence the essence that came forth was one that emanated from Hinduism and its philosophy. The pronounced themes were as follows:

- Yin and Yang.
- Religious devotion and the Sacred Mother.

- Purity, perfection, silence, tranquillity, love and peace.

The trituration was described as a divine experience leading to profound insight. C4 trituration enables the development of themes, which are usually lost during a conventional proving. The evolution of themes in this trituration proving was described by Botha and Somaru (2010) as follows. At level C1, a sense of obedience emerged, which was expressed either as obedience to parents or God. At level C2 individuals began to question their purpose and destiny, yet still believing and being obedient to the higher power that controls life and death. Growth and acceptance of destiny was expressed on level C3. On this level triturations generally learn to let go of the negative and move forward, accepting situations for what they are. At level C4, complete understanding and acceptance emerged. There was enthusiasm to share knowledge and wisdom with others, to encourage the enlightenment of humankind along with the promise of peace and tranquillity that accompanies universal love and religious tolerance.

Botha and Somaru (2010) concluded that a C4 trituration proving allows participants to understand the remedy in a systematic way and provides more insight and understanding than a conventional proving.

#### **2.3.4.3 Integration of Proving Methodologies**

Botha (2010) conducted a study of three proving methodologies; C4 trituration, Sherr proving, and Dream proving. The aim of the study was to compare the frequently applied proving methodologies so as to ascertain the validity of the claims made by their respective developers, with the aim of creating an integrated methodology.

Seventy provers were recruited for this research study and every methodology was conducted twice over a period of two years. This occurred to eliminate possible seasonal influences. The study also aimed to explore the reproducibility of symptoms yielded during successive provings of the same substances with the same methodology. The provers were divided into three proving groups, following the respective methodology. To make certain that there was utmost effectiveness, the order of the groups were in a logical sequence; hence also ensuring that the blinding process was not compromised (Botha 2010).

The collated results were analysed statistically. The first hypothesis was proved when the results reflected an amount of reproducibility. However, it was observable that different provers evoked different symptoms (Botha 2010).

Botha (2010) states that the C4 trituration was the second most effective proving methodology to elicit symptoms of *Protea cynaroides*. It yielded 841 out of 1 373 rubrics in total, which is 61 percent. This supports the theory that symptoms can be elicited during a proving without the oral administration of doses (Botha 2010).

The Sherr proving methodology proved to be the most effective proving methodology in the study conducted by Botha (2010).

Proving symptoms that occurred in the C4 trituration had a great deal of similarity to those of the Sherr and Dream proving methods.

Botha's study (2010) proves that some proving methodologies are more effective than others. The data obtained was also sufficient to prove that there is a possibility for the development of integrated methodologies. Botha (2010) recommended that the usefulness of the integrative methodology be investigated through practical application; hence, a new proving should be conducted employing the integrative methodology.

#### **2.3.4.4 Comparison of C4 Trituration Proving with a Well Proven Remedy**

As previously mentioned the first research study after Botha's (2010) which involved the comparison of remedy preparation, was conducted by Goote (2011). Goote (2011) explained that C4 trituration provings were somewhat controversial and that there is a lack of research to indicate whether or not the results of two methods are comparable.

The aim of Goote's (2011) research was to establish whether symptoms in a C4 trituration proving can be comparable to symptoms yielded in traditional provings of the same substance as represented by the rubrics in a repertory. If similarity could be established it would encourage further studies on C4 and promote the use of C4 provings.



The methodology followed the protocol laid out by Timmerman (2006), which consisted of a research sample of 10 participants. These were qualified homoeopaths and senior homoeopathic students. The substance used was Borax, a well known and conventionally proven remedy. Goote (2011) hypothesised that the symptoms observed in the C4 proving would have a significant correlation to those of the traditional proving.

The C4 proving was conducted on a single day, and the data was produced from notes by the triturators and the debriefing sessions. The symptoms collated were converted into rubrics as per Schroyens (2012). The chosen rubrics were statistically compared to the rubrics of Borax found in Radar 9.0, which is an electronic version of the Essential Synthesis repertory. Based on the statistical analyses of Goote (2011), the C4 proving produced 74 rubrics which matched the rubrics listed for *Borax*. The rubrics were among 19 chapters out of a total of 39 chapters of the Essential Synthesis (Goote 2011). The symptoms produced were predominantly mind and acute symptoms. There was a 49 % correlation within the mind rubrics. Goote (2011) suggested that this could have been influenced by the lack of physical action required by trituration thus enabling the mind to receive information from the remedy on a mental sphere (Becker and Ehrler 1998b).

Goote (2011) concluded that the comparison failed to find a significant correlation between the rubrics extracted from the C4 trituration and the traditional provings of *Borax* hence recommended that a research study of the above nature should be repeated using a different substance and supported Botha's (2010) recommendation that C4 trituration should be used in conjunction with traditional proving methods.

## **2.4 Comparing Proving Methodologies**

Goote (2011) proposed the following question: "Do participants in a C4 trituration experience the same symptoms as subjects in a conventional proving of the same remedy?". Various conventional provings have yielded symptoms that are recorded in a variety of *Materia Medicas*, but the *Materia Medicas* do not contain symptoms yielded from C4 trituration. This is due to the C4 trituration being "new" to homoeopathy.

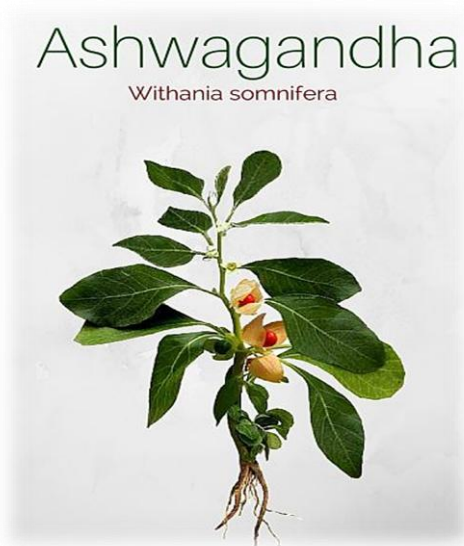
Shore, Schriebman and Hogeland (2004) published a book which contains C4 provings of substances from the avian realm. Hogeland and Schriebman (2008) included five C4 provings in their book. However, these two sources do not provide enough to use as comparable material.

Botha's (2010) study compared three proving methodologies where all provers participated in all three methodologies. The C4 yielded 841 rubrics out of a total of 373 rubrics. Goote's (2011) study compared the rubrics of a C4 triturated substance compared to the existing rubrics of that substance as found in a repertory. This study found that there was no significant correlation between the C4 proving of the substance and the traditional proving of the substance. The results of both can be understood when one considers that Botha (2010) utilised a new substance in the proving which had no existing Materia Medica or repertory to compare with, while Goote (2011) utilised a substance which had an extensive literature and numerous rubrics to be compared with.

## **2.5 *Withania somnifera***

*Withania somnifera* (figure 2.1) commonly known as Ashwagandha or Indian Ginseng is extensively used in Ayurvedic medicine (Mishra *et al.* 2000). The name *Ashwagandha* is derived from the smell of horses that is emitted by the roots and the botanical suffix *somnifera* stems from the use of the plant as a sedative (Williamson 2002). It is indigenous to India, other Asian countries and some parts of Africa.

*Withania somnifera* stems from botanical family, the Solanaceae's. The herb is widely used for its adaptogenic properties which have been supported by various pharmacological studies (Cruz 2000). *Withania somnifera* is a herb that has many therapeutic properties, these properties will be further discussed the sub-headings to follow. Figure 2.1 depicts *Withania somnifera* as a whole plant inclusive of the berries that it produces (mentioned in 2.4.1).



**Figure 2.1: *Withania somnifera*, Ashwagandha**  
**Source: (Ashwagandha-herb-withania-somnifera.Jpg 2016)**

Name : *Withania somnifera*

English : Winter cherry

Hindi : Asagandh

Sanskrit : Ashwagandha

Afrikaans: Bitterappelliefie

Sotho: Bofepha

Xhosa: Ubuvuma

Zulu: Ubuvimbha

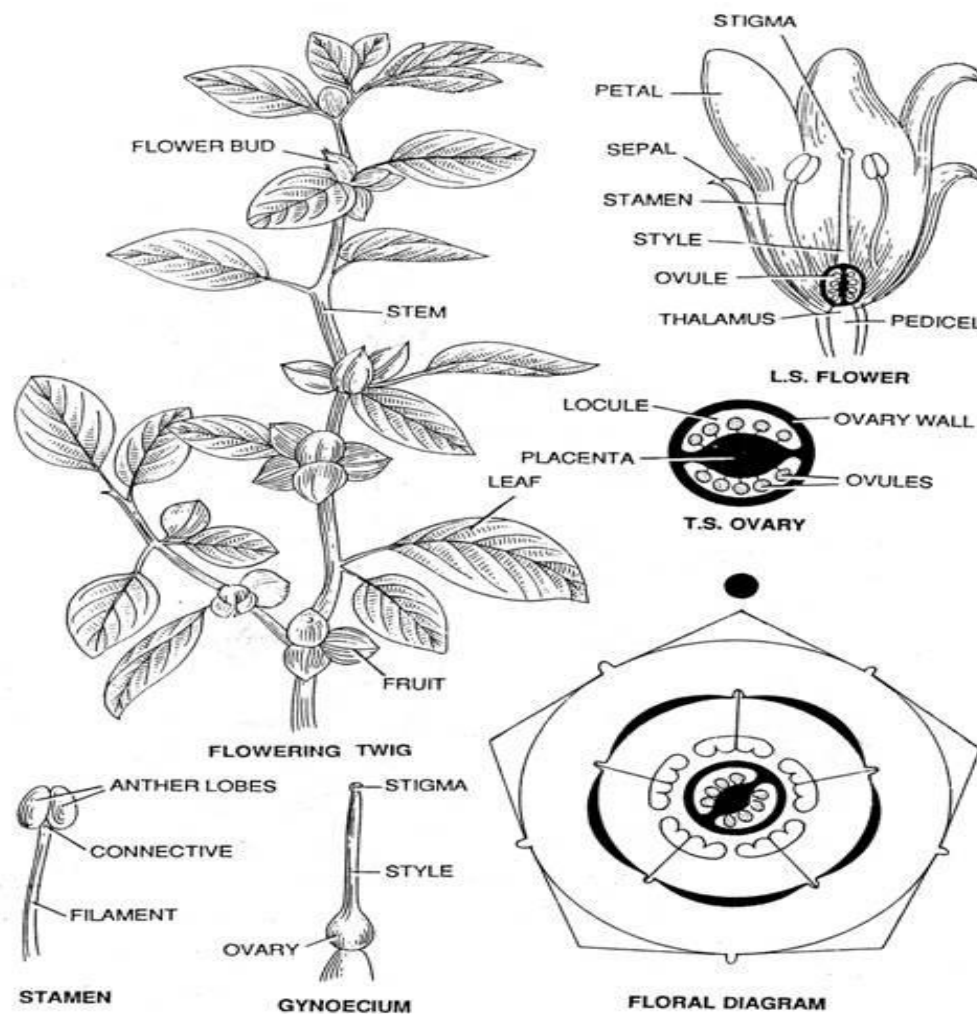
Botanical family : Solanaceae

(Williamson 2002)

### **2.5.1 Description**

*Withania somnifera* is a small shrub which is covered with branched hairs that can be described as short and fine (Williamson 2002), refer to figure 2.2. Their stems

are brown in colour with leaves that alternate. The fruits produced are spherical shaped berries.



**Figure 2.2: Descriptive image of *Withania somnifera***  
 Source: (Clipimage015-10.Jpg 2016)

In southern parts of Africa their flowering times is from October to June and fruiting is from October to July (Williamson 2002).

*Withania somnifera* can be recognised by the fruits it bears, which are red in colour covered by brown calyx, refer to figure 2.3.



**Figure 2.3: *Withania somnifera* with the red berry that is usually encapsulated**  
Source: (Withaniafruit 2013)

### **2.5.2 Habitat**

*Withania somnifera* is not considered an endangered plant; hence its status is noted as 'least concern' with regards to conservation (Kapoor 1990).

It is habituated mainly in regions such the Mediterranean, tropical Africa, South Africa, Canary, Cape Verde, India, and Sri Lanka (Varma 2008). *Withania somnifera* is recognised as a naturalised weed in South Australia. The plant grows best in dry vegetative areas and sometimes in costal vegetative areas (Varma 2008).

### **2.5.3 The Chemical Composition**

Chemicals such as methanol, hexane, diethyl and ether can be found in the leaves and roots of *Withania somnifera* (Umadevi *et al.* 2012).

The biologically active chemical constituents of *Withania somnifera* comprise alkaloids, namely, isopelletierine, anaferine, cuseohygrine and anahygrine (Christian 2009). The percentage of alkaloids found within the plant can range from 0.13 to 0.31 (Umadevi *et al.* 2012). Steroidal lactones in the plant are withanoloids and withaferins. The pharmacological activity is accredited to the alkaloids and steroidal lactones (Christian 2009).

In addition to the alkaloids that the plant possesses, the roots also contain the following (Umadevi *et al.* 2012):

- Starch
- Reducing sugar
- Glycosides
- Dulatol
- Aspartic acid
- Glycine
- Alanine
- Glutamic acid
- Cystine

The anti-stress agents in *Withania somnifera* are the sitoindosides and acylsterylglucosides. A sitoindoside is a withanolide containing a glucose molecule at carbon number 27 (Umadevi *et al.* 2012). The two main withanolides are withaferin-A and withanolide-D. Sitoindosides VII-X and Withaferin-A are active principles in the plant which have shown significant anti-stress activity (Bhattacharya *et al.* 2000). Bioactive glycowithanolides comprise of sitoindosides VII-X and withaferin-A. Studies have shown that many of the chemical constituents of *Withania somnifera* support immune-modulatory actions (Mishra, Singh and Dagenais 2000).

## 2.6 Traditional Uses

*Withania somnifera* is an Ayurvedic herb known as Indian ginseng, similar to that of ginseng in Chinese medication (Williamson 2002). The parts used to extract its medicinal essence are the roots, leaf and whole plant (Williamson 2002).

In parts of southern Africa, *Withania somnifera* is used in traditional medicine (Khare 2007). The leaves are used as an antiseptic to heal wounds, abscesses, inflammation, rheumatoid arthritis and syphilis (Khare 2007).

*Withania somnifera* is known to be quite effective for insomnia but it does not act as a sedative. The plant encompasses invigorative properties and acts on the nervous system; this causes an increase production of energy which in turn aids the body to relax and induce sleep. It assists the body in addressing the stress related cause rather than masking it with sedatives (Umadevi *et al.* 2012).

Through its adaptogenic effects, the plant may aid in weight loss used in conjunction with other weight loss protocols. It acts by decreasing stress related to fluctuations in diet (Umadevi *et al.* 2012). It may also help boost metabolism and eliminate irregularities in digestion. According to Watson and Smith (2007) who authored The Fibre35 Diet, *Withania somnifera* aids in stress related weight gain (Watson and Smith 2007). Cortisol is released in excessive amounts during periods of stress, which stimulates glucose production; this consequently triggers a “hunger” response within the brain. Hence, weight gain caused by excessive cortisol levels can be treated with *Withania somnifera* because it naturally lowers the cortisol levels (Umadevi *et al.* 2012).

The leaves are used as a tonic and febrifuge (Williamson 2002), and can be used for emaciated children to help stimulate weight gain and increase energy levels (Umadevi *et al.* 2012).

Best known as a herb that causes rejuvenation, popular among males, it strengthens muscles, bone marrow and semen (Williamson 2002). The roots are considered alterative, aphrodisiac, diuretic, narcotic, sedative and regenerative in nature.

The plant and fresh fruits are also anti-asthmatic and anti-inflammatory. A preparation of the plant into a paste can be usefully applied on areas of local inflammation (Umadevi *et al.* 2012).

Various pharmacological studies have been conducted to investigate the properties of *Withania somnifera* in order to authenticate its use as a multi-purpose medicinal plant (Bhattacharya *et al.* 2000; Umadevi *et al.* 2012; Cruz 2000).

## **2.6.1 Ayurveda**

### **2.6.1.1 History**

Ayurvedic medicine evolved in India and is considered to be the oldest healthcare system. Ayurveda, means “science of life”, is of Sanskrit origin, and is part of Vedic science.

The origin of Ayurveda can be traced to ancient times to the oldest Ayurvedic medical text Charaka Samhita (Hope-Murray and Pickup 1997). The sages were

taught the science of life by Brahma, the Creator (Hope-Murray and Pickup 1997), who then transferred the knowledge to the human physicians. Classical texts of Ayurveda were further refined, giving rise to two textbooks; Charaka Samhita and later Sushruta Samhita (Hope-Murray and Pickup 1997).

In 1947 Ayurveda became renowned throughout India and is now one of the six medical systems registered in the government. Individuals who qualify in Ayurvedic medicine are registered as medical practitioners (Hope-Murray and Pickup 1997).

#### **2.6.1.2 *Withania Somnifera*, the Ayurvedic Herb**

According to Govindarajan, Vijayakumar and Pushpangadan (2005), Ayurvedic medicinal plants are classified into groups depending on their mode of action. One of the most well-known groups is "*Rasayana*". "*Rasa*" means plasma and "*Ayana*" means path, defined as "the path the plasma takes" (Govindarajan, Vijayakumar and Pushpangadan 2005). The attributes of *Rasayana* plants influence the health of other tissues of the body. They act within the body by modulating the neuro-endocrine immune systems. These groups of plants are a rich source of antioxidants (Govindarajan, Vijayakumar and Pushpangadan 2005).

*Rasayana* plants are said to possess the following attributes: anti-ageing, rejuvenation, immune-modulatory, improved nervous system functions and resistance to disease (Govindarajan, Vijayakumar and Pushpangadan 2005).

*Withania somnifera* has been used in Ayurvedic medicine for over 2500 years (Govindarajan, Vijayakumar and Pushpangadan 2005). The Ayurvedic properties of *Withania somnifera* include (Williamson 2002):

- *Rasa* : *Tikta* (bitter), *katu* (pungent)
- *Guna* : *Laghu* (light), *snigdha* (unctuous)
- *Veerya* : *Ushna* (hot)
- *Vipaka* : *Madhur* (sweet)
- *Dosha* : Balances *kapha* and *vata*

It has been established that in Ayurveda the root of *Withania somnifera* is regarded as a *rasayana* herb (Morgan 2012); it promotes health and longevity by enhancing the defence system against disease. It invigorates the body in debilitating conditions,



allowing the body to gain an increase in resistance to contributing symptoms of disease. In addition, *Withania somnifera* is regarded as a *medharasayan* plant which is a promoter of learning and memory retrieval (Morgan 2012).

After reviewing the related literature and adhering to the recommendations of the past researchers, the aim of this study is to conduct a homoeopathic C4 trituration proving of *Withania somnifera* with a subsequent comparison to the conventional 30CH proving of *Withania somnifera*.

## **2.7 Related Studies on *Withania Somnifera***

Clinical studies on human participants have demonstrated the following in *Withania somnifera* (Morgan 2012):

- Reduces stress and anxiety.
- Tonic and growth building activity in children 8-12 years of age.
- Improved haemoglobin levels.
- Improved sleep patterns, state of awareness and physical capabilities.
- Improved semen quality and cortisol levels in infertile men.
- Improved cognitive function.

### **2.7.1.1 Clinical Studies of Glycowithanolides**

Glycowithanolides are collectively made up of sitoindosides VII – X and withaferins (Christian 2009).

Previous studies have shown that the glycowithanolides could have potential anxiolytic and anti-depressant effects. Bhattacharya *et al.* (2000) conducted a study on inbred Charles Foster stain male rats. Following a comprehensive methodology, the glycowithanolides were extracted from the root of *Withania somnifera*. Afterwards the glycowithanolides were dissolved in distilled water and administered orally once daily over a period of five days, the last dose was on day five, an hour prior to test procedure. The clinical study employed a comparative analysis with Lorazepam; a well-established drug for anxiety and Imipramine, used for its anti-depressant effects. These drugs were administered acutely once, 30 minutes before the test procedure (Bhattacharya *et al.* 2000).

Neuro-chemical investigations conducted on the *Withania somnifera* root indicate that it demonstrates a significant amount of gamma-aminonutyric acid (GABA)-mimetic activity via GABA-ergic mechanisms (Bhattacharya *et al.* 2000). GABA-mimetic activity is evidently effective as an anti-depressant while GABA-ergic mechanisms form the primary action of various anxiolytic drugs (Bhattacharya *et al.* 2000). Therefore, in view of the clinical observations, it is possible that the anxiolytic and anti-depressant effects of the glycowithanolides stem from them having GABA-mimetic and GABA-ergic activity. Thus, this study by Bhattacharya *et al.* (2000) demonstrated that *Withania somnifera* extracts utilised in Ayurveda can be used for the stabilisation of disturbed mood and conditions relating to such.

#### **2.7.1.2 Adaptogenic Activity of *Withania Somnifera***

It has already been established that *Withania somnifera* is considered an adaptogenic herb, a class of herbs that promote health by increasing the body's resistance against factors and/or triggers that cause the body to become compromised and susceptible to disease (Bhattacharya and Muruganandam 2003).

Several former investigations suggested that *Withania somnifera* possessed anti-stress and anti-oxidant activity (Govindarajan, Vijayakumar and Pushpangadan 2005). To evaluate the claims made, Bhattacharya and Muruganandam (2003) conducted an investigation of a standardised root of *Withania somnifera* to *Panax ginseng* (a well-known adaptogen) against a model of chronic stress.

The test species were adult male Wistar rats and the stress procedure employed was mild, unpredictable foot-shock administered over a period of 21 days. Bhattacharya and Muruganandam (2003) followed the methodology laid out by Conti *et al.* (1990), however they modified it to accommodate the variable of unpredictability in the study.

The study demonstrated that chronic stress of an unpredictable and unavoidable nature could evoke a wide range of physiological abnormalities. According to Bhattacharya and Muruganandam (2003), human physiological responses that are intended to cope with the increasing adverse situations have not evolved adequately. There is a failure of successful adaptogens during stressful periods in life, which results in stress induced illnesses (Bhattacharya and Muruganandam 2003). Various

attempts have been made to counter the adverse effects of stress, both pharmacological and non-pharmacological, with limited success (Bhattacharya and Muruganandam 2003).

Bhattacharya and Muruganandam (2003) claimed that the key to counteracting stress induced diseases can be found in the plant kingdom in the group of plant based drugs referred to as adaptogens. Adaptogens stimulate a state of non-specific resistance, this state enables the body to counteract and adapt to various stressors. This action reduces the adverse effect of stress on the physiological system (Bhattacharya and Muruganandam 2003).

In this study, the adverse effects caused on the physiological system were successfully inhibited by *Panax ginseng* and *Withania somnifera* (Bhattacharya and Muruganandam 2003). Both the adaptogens demonstrated anti-stress properties which allowed the body to deal with stress in a healthy way to prevent the trigger of physiological abnormalities (Bhattacharya and Muruganandam 2003). The study showed that there is a significant similarity between the actions of *Withania somnifera* and *Panax ginseng*, thus prompting the nomenclature “Indian ginseng” for *Withania somnifera* (Bhattacharya and Muruganandam 2003).

### **2.7.1.3 Scientific Evidence for the Therapeutic Use of *Withania Somnifera***

Various research studies have been conducted on rats and these have demonstrated medicinal and pharmacological activities of the herb, which include:

- Memory enhancement: In an experimental model of Alzheimer’s disease, the phytosterols of *Withania somnifera* were investigated. The active principles were able to reverse various cognitive deficits after two weeks of treatment. (Williamson 2002)
- Adaptogenic and anti-stress activity: A steroid lactone derivative and alkaloid of *Withania somnifera* showed significant anti-stress activity in albino mice and learning and memory retention in both young and old rats. (Williamson 2002)
- Immuno-modulatory activity: Non-specific immune-stimulatory activity in various experimental models in mice. (Williamson 2002)
- Anti-inflammatory properties. (Bhattacharya and Muruganandam 2003)

## 2.8 The Solanaceae Family

The *Solanaceae* are a large group of plants commonly referred to as the nightshade or potato family (Bromilow 2010). The plants are an important source for medicines and narcotics as well as a significant food source (Vermeulen 2004). Mangialavori (2007) states that the *Solanaceae* is an interesting family to study due to its medicinal value in addition to being well known for their magical and anthropological dimensions.

The common homoeopathic remedies found in the *Solanaceae* family are: *Atropa belladonna*, *Capsicum annum*, *Datura stramonium*, *Hyocymus niger*, *Mandragora officinarum* and *Solanum dulcamara* (Vermeulen and Johnston 2011). Vermeulen (2004) deduced noteworthy parallels between the substance and the homoeopathic drug pictures.

Sankaran (2005a) endeavoured to understand homoeopathic remedies from plant kingdoms hence derived a group analysis method. Sankaran (2005a) successfully demonstrated that botanical classifications of plants had significance for homoeopaths.

Sankaran (2005a) analysed the plants collectively, using “sensations” to describe the action of the various botanical families. Refer to Table 2.1, this illustrates the sensations experienced in the Solanaceae family. Sankaran details which type of sensation is elicited from a specific reaction.

**Table 2.1: Displaying the plant sensations of the *Solanaceae* family**

SENSATIONS	PASSIVE REACTION	ACTIVE RECTION	COMPENSATION
“Violence, sudden, splitting, bursting, explosive, spasmodic, jerking, shooting, sun stroke, apoplexy, pursued, murder, life and death, killed, snakes, tearing, pulsating, constricting and choking, theme of black and white.”	“Anaesthetic, stupefied, lack of irritability, sluggish, cowardice, faintness, unconsciousness.”	“Senses acute, hurried, shrieking, startling in sleep, spasm, escape, panic, rage, fight or flight reaction, striking.”	“Courage in the face of danger.”

Source: Sankaran 2005a

## 2.9 *Withania Somnifera* 30CH Proving

Laidlaw (2015) conducted a homoeopathic drug proving of *Withania somnifera* 30CH at the DUT. The study employed the standards of the common methodology utilised at the university, namely, a randomised, double-blind, placebo-controlled trial.

The proving yielded a total 282 rubrics, five of which were newly formulated (Laidlaw 2015). The majority of the rubrics were present in the MIND, DREAMS, HEAD and GENERALS.

**Table 2.2: Display of number of rubrics in the 30CH proving**

SECTION		SECTION	
MIND	67	BLADDER	4
VERTIGO	4	URINE	1
HEAD	24	MALE GENITALIA/ SEX	3
EYE	10	FEMALE GENITALIA/ SEX	11
VISION	1	LARYNX AND TRACHEA	1
EAR	1	COUGH	4
NOSE	9	CHEST	4
FACE	10	BACK	3
MOUTH	5	EXTREMITIES	10
TEETH	4	SLEEP	16
THROAT	12	DREAMS	24
STOMACH	12	FEVER	1
ABDOMEN	3	PERSPIRATION	4
RECTUM	6	SKIN	3
STOOL	2	GENERALS	23
		<b>TOTAL</b>	<b>282</b>

Source: Laidlaw 2015

Both mental and physical symptoms contained aspects of contradiction. In the MIND section the themes showed contradiction in the following manner:

- Anger vs. tranquillity
- Focus vs. lack of concentration
- Tranquillity in stressful situations
- Increased ambition vs. laziness
- Emotional detachment and tranquillity
- Anger vs. suppressed anger

Other MIND symptoms that emerged:

- Anxiety and startling easily
- Inadequacy
- Feeling overwhelmed
- Happiness expressed as an increase in energy
- Sadness expressed as a decrease in energy
- Connection and positivity
- Sensitivity to external expressions
- Homesickness and nostalgia
- Delusions: being alone, persecuted and sick
- Fears: something will happen and failure

As seen in Table 2.2, physical symptoms were produced in each system, and the majority of the rubrics were present in HEAD and GENERALS. Common symptoms produced in the physical system were:

- Vertigo
- Congestion of the head
- Left side laterality
- Allergic eye symptoms
- Allergic nasal symptoms
- Skin eruptions on face
- Congestion of digestive system
- Appetite increased or decreased
- Nausea, stomach pain
- Bloating and diarrhoea
- Musculoskeletal pain

Laidlaw (2015) concluded that the 30CH potency produced observable symptoms within the provers. This provided comprehensive data to develop an extensive Materia Medica and repertory for *Withania somnifera*. The data generated was analysed to provide a useful insight into the similarities and differences between the indigenous African and Ayurvedic medicinal use of *Withania somnifera*. There was a considerable correlation between the symptomatology of the proving and the indigenous African and Ayurvedic uses of *Withania somnifera*.

Laidlaw (2015) recommended that for future provings of *Withania somnifera*, a broad spectrum of potencies should be employed in order to determine whether or not a different potency would elicit different symptoms.

# CHAPTER 3 : PROVING METHODOLOGY AND MATERIALS

## 3.1 Introduction

A C4 trituration proving of *Withania Somnifera* was conducted at the Durban Univeristy of Technology. As previously described, a C4 trituration is the process of grinding raw materials with the use of a mortar and pestle.

This reseach study set out to verify the accuracy of the C4 proving methodolgy. It needed to establish whether the symptoms yielded in the C4 trituration proving were comparable to those of the 30CH conventional proving. The outcome of the study would support the C4 trituration methodology and give credibility to the process as a proving methodology. This would allow C4 trituration to be used alongside conventional proving methodologies, or instead of conventional proving methodologies.

Phenomenology is focused on realities that are treated as true phenomena (Groenewald 2004). The core idea is that the analysis of data does not start with the objective world, which is the focal point of natural scientific research, but rather with “mental directedness” (Aspers 2009). Phenomenology proceeds from the assumption that a scientific clarification must be strictly grounded in the composition of those studied; this introduces the idea that the participants are the central focus of analysis. The purpose of utilising a phenomenological approach is to elucidate the specific and identify the phenomena through how they are perceived by the participants in the research (Groenewald 2004).

Creswell (2013) identifies two types of phenomenology:

- Hermeneutic approach – this approach allows the subject to interpret the meaning of all lived experiences. The focal point is the subjective experience of the individuals and groups (P. 2011).
- The psychological, transcendental or empirical approach – this approach centres on the experiences of the participants under the examined phenomena hence bracketing the researchers' experience.



The researcher employed the psychological, transcendental phenomenological approach for the qualitative analyses. Hence the aim and task of the researcher was to describe as accurately as possible the phenomenon, remaining true to the facts brought forth by the participants (Groenewald 2004).

The homoeopathic manufacturing method followed by the researcher was taken from the GHP (Benyunes 2005) – Method 6. These were instructions that were formulated by Hahnemann (1998) however there were modifications to the instructions, as follows:

- The substance selected for the trituration was the choice of the researcher and research supervisor. The substance had to be prepared a day before the trituration process and rendered unidentifiable by pre-mixing with saccharum lactose powder.
- The participants triturated the substance to the fourth potency (4C). Hahnemann (1998) states that trituration should be to the third potency (3C), however the GHP (Benyunes 2005) does consent to trituration to the fourth potency (4C). Trituration to C4 is the protocol followed by Hogeland and Schriebman (2008) and Timmerman (2006).
- Symptoms were recorded in a journal during each round of trituration. At the end of all four rounds there was a group debriefing session when the triturators discussed their symptoms. If triturators felt uncomfortable discussing symptoms in the group this was respected and they could discuss their symptoms individually with the researcher (Goote 2011).
- The trituration process and debriefing sessions were video recorded, which the researcher then used as a reference.

### **3.2 Sampling**

For this study, purposive sampling was employed due to the inclusion criterion that triturators should be senior homoeopathic students or registered homoeopaths. This criterion ensured that the participants had prior triturating experience. Experienced triturators were expected to understand the process and so be able to provide beneficial data to the study.

Potential participants were contacted via telephone calls or emails. The list included registered homoeopaths and senior homoeopathic students at The DUT. All participants were either known to the researcher or the research supervisor and co-supervisor.

The study employed a qualitative research methodology, which requires 10 participants until data saturation. This research study initially signed on 20 participants, but unfortunately, due to unforeseen circumstances, only 18 attended and 17 completed the C4 trituration. However, the sample size was not compromised because a small group is suggested by Hogeland and Schriebman (2008) and was utilised by Goote (2011).

Upon confirmation from respective participants, a formal invitation was emailed to them with the subject information letter, informed consent, programme agenda and timing sheets attached (see Appendices A, B, G and H).

A day prior to the trituration process, the researcher met with available participants. This was done to allow female participants to conduct a pregnancy test which was included in the criteria. Signing of the informed consents for the available participants was also conducted. The participants who were unable to meet a day prior to the trituration process signed their informed consents on the day itself.

### **3.3 Ethical Considerations**

#### **3.3.1 Informed Consent**

Each participant was given a subject information letter along with an informed consent form (ICF) (Jansen and Ross 2014) which participants signed after voluntarily agreeing to participate. The ICF safe guarded their rights as participants of the research study.

#### **3.3.2 Supervision of Triturators**

Triturators were supervised by the researcher, research supervisor and co-supervisor throughout the duration of the trituration process. As mentioned previously, the trituration was conducted at the DUT.

### **3.3.3 Welfare of Triturators**

No adverse symptoms were experienced during and after the C4 trituration because there was no oral ingestion of the substance and there was limited contact time with the substance (Botha 2010). However, if at any moment a triturator had experienced repulsive and prolonged symptoms, these would have been antidoted by the following (Hogeland and Schriebman 2008):

- Trituration of the raw substance.
- The administration of a lower potency of the same substance (C1).

Hogeland and Schriebman (2008) explain that when a sensitive triturator experiences unpleasant symptoms, the triturators' equilibrium can be reinstated by the above-mentioned methods.

If at any stage a participant did not wish to continue with the proving due to possible adverse effects, participants would have been able to withdraw without any explanations, as stipulated in the information letter and informed consent.

### **3.3.4 Voluntary Participation**

Participation in this research study was voluntary. Participants were made aware of the purpose and methodology of the research study and were informed that they could withdraw from the study at any point without an explanation. One of the participants had to retire from the C4 Trituration midway through, to attend to their responsibilities, unrelated to the C4 trituration.

### **3.3.5 Triturators' Confidentiality**

The triturators were informed that their identity would be safe guarded and that individual triturators would be referred to by a number. The information acquired during the C4 trituration process, inclusive of notes made by both participants and researcher, and video recording will be protected by the research supervisor. Data collected will be obliterated after a certain timeframe, usually five years (Goote 2011).

### **3.3.6 Enquiries**

The researcher and the research supervisor informed the participants that they would be available to answer all related questions posed by the participant. Should any queries arise, they could be addressed via phone calls and email.

### **3.3.7 Trustworthiness**

Shenton (2004), states that trustworthiness in qualitative research can be maintained by the ensuring credibility, transferability, dependability and conformability within the study.

Credibility in this study was maintained by the adoption of a well-established research method and triangulation by video recording and observation of the participants. Further, the research supervisors Dr M Maharaj and Professor A.H.A Ross had oversight of the experiment. Transferability was maintained by the subsequent comparison with the 30CH proving of *Withania somnifera* thus ensuring validity and expansion of the material investigated. Dependability was maintained by adopting an international research method i.e. C4 trituration method which can be repeated in the same manner as laid out by the C4 trituration method, if required. Conformability was maintained by utilising the actual participant journal records, observation and the video recording of the experiment (Shenton 2004).

## **3.4 Inclusion and Exclusion Criteria**

Hogeland and Schriebman (2008) do not mention inclusion and exclusion criteria. Considering Botha's (2010) recommendations, it is emphasised that there is no stringent protocol for inclusion and exclusion, although the imperative criterion was that participants should either be qualified homoeopaths or senior homoeopathic students with experience in trituration. The familiarity of the process to the participants was regarded as an advantage for the study (Hogeland and Schriebman 2008).

However, with the aid of the constructive guideline formulated by Sherr (1994), the following inclusion and exclusion criteria as modified to suit fit the C4 trituration were developed.

### 3.4.1 Inclusion Criteria

- Triturators should be in a reasonably healthy state.
- Triturators should either be a qualified homoeopath or senior homoeopathic student with trituration experience.
- Triturators should be truthful, attentive, literate and diligent in supplying accurate information.
- Triturators should be able to converse in the English language.
- Triturators should include males and females.
- Triturators ranging from age 18 years to 75 years of age (Jansen and Ross 2014).

### 3.4.2 Exclusion Criteria

- Pregnant women.
- Triturators who are on recreational drugs.
- Triturators that are under the influence of any allopathic medication, homoeopathic remedy (or six weeks since last homoeopathic remedy) or other forms of medicated intervention on the day of the trituration process.

## 3.5 C4 Proving Methodology

### 3.5.1 The Material

#### 3.5.1.1 The Substance

The proving substance was *Withania somnifera*. The plant was cultivated at the Waterkloof Farm, in Wellington, Western Cape, Parceval Pharmaceuticals. Laidlaw (2015) also had the substance sourced from Parceval Pharmaceuticals. The farm manager explained the details of cultivation and harvesting as follows:

- The seed was dispersed by the birds and came up wild in their fields.
- The roots were harvested. The fresh root (Figure 3.1) was used for this study because the fresh whole root was utilised for the 30CH conventional proving (Laidlaw 2015) among the stems, flowers and leaves. It is suggested by Hogeland and Schriebman (2008) that if a plant is to be used for a trituration, either the root, stem, leaf, flower or seed should be used. Hence the

researcher selected to use the whole root which corresponds with Laidlaw (2015) incorporating the whole root into the conventional 30CH proving.

- Due to the wild nature of the plant, it was about 2 or 3 years old.
- The sample was taken from one plant.
- The plant was harvested in summer.

The substance was packaged by the pharmaceutical laboratory to ensure that it is not left exposed or damaged by the transportation. The transportation was an overnight delivery. On arrival the substance was transported to the Homoeopharmaceutics Laminar Flow room to manufacture. The Laminar flow room ensures the correct methods are implemented to maintain the quality of raw substances used to manufacture remedies.

The time frame between the harvesting of the substance and the C4 trituration was three days. Precautions were ensured by the packaging of the substance, thereafter the facilities used at the University safe guarded the quality of the substance prior to trituration process.

The substance was pulverised a day before the trituration process to a point where the substance was no longer recognisable to keep the trituration blind to the participants. The sample was kept in the Laminar Flow room, as previously mentioned, this room employs a standard to ensure the quality of raw material remain untainted. 0.1g of the ground substance was placed into each mortar, and the first third of saccharum lactose was placed on the raw substance. This was done by the researcher prior to commencement of the trituration (Hogeland and Schriebman 2008).



**Figure 3.1: *Withania somnifera* root**  
Source: (*Withania-somnifera.Jpg* 2016)

### 3.5.1.2 Mortar, Pestle and Spatula

Unglazed porcelain mortars and pestles, and stainless steel spatulas, which are commonly available in any pharmaceutical laboratory, were used. According to Hogeland and Schriebman (2008) it is advantageous to use large mortar and pestles (80- 130mm), such as those in the pharmaceutical laboratory of the Department of Homoeopathic at DUT.

### 3.5.1.3 Saccharum Lactose

Saccharum lactose is a solid vehicle that is used in homoeopathic pharmacy. With the use of a calibrated scale, 0.1g of the original substance (or the prior C level) and 9.9g divided into three equal portions (3.3g) was used for each round of trituration.

### 3.5.1.4 Timer

The timing was handled by the researcher. Timing sheets were provided to the participants (Table 3.1).

**Table 3.1: Trituration time sheets (Hogeland and Schriebman 2008)**

ROUND 1	TIME
Crude substance	+ 1/3 Lactose
Grind	6min
Scrape	4min
Grind	6min
Scrape	4min
Add 1/3 Lactose	
Grind	6min
Scrape	4min
Grind	6min
Scrape	4min
Add 1/3 Lactose	
Grind	6min
Scrape	4min
Grind	6min
Scrape	4min
C1- label vial	

ROUND 2	TIME
Add C1	+ 1/3 Lactose

Grind	6min
Scrape	4min
Grind	6min
Scrape	4min
Add 1/3 Lactose	
Grind	6min
Scrape	4min
Grind	6min
Scrape	4min
Add 1/3 Lactose	
Grind	6min
Scrape	4min
Grind	6min
Scrape	4min
C2- label vial	

ROUND 3	TIME
Add C2	+ 1/3 Lactose
Grind	6min
Scrape	4min
Grind	6min
Scrape	4min
Add 1/3 Lactose	
Grind	6min
Scrape	4min
Grind	6min
Scrape	4min
Add 1/3 Lactose	
Grind	6min
Scrape	4min
Grind	6min
Scrape	4min
C3- label vial	

ROUND 4	TIME
Add C3	+ 1/3 Lactose
Grind	6min
Scrape	4min
Grind	6min
Scrape	4min
Add 1/3 Lactose	
Grind	6min



Scrape	4min
Grind	6min
Scrape	4min
Add 1/3 Lactose	
Grind	6min
Scrape	4min
Grind	6min
Scrape	4min
C4- label vial	

### 3.5.1.5 Vials

Vials were provided to the participants, for the use of storing the various levels separately. The vials were labelled respectively; refer to appendix C

### 3.6 The Setting

The ideal setting for a C4 trituration proving, according to Hogeland and Schriebman (2008), is one which is informal and comfortable. This would require participants to be seated around tables, with the least amount of distractions. Rowe (2014) suggests the setting should be like that of a meditation proving, with participants seated in groups on the floor, in a circle. However due to the study being one that needs to consider the comfort of the participants, the setting was rather formal but comfortable. The venue used, as previously stated, was the Homoeopharmaceutics Laboratory, DK 0212, and the Seminar Room, in the Department of Homoeopathy at DUT. The Homoeopharmaceutics Laboratory ensures quality of substance remains. A factor that was considered was that if the proving had been conducted at a venue off campus and if there had been any accidents that occurred during the study, these would not have been covered by the university's insurance.

### 3.7 Preparation

The homoeopharmaceutics laboratory and the seminar room were prepared a day prior to the trituration proving by the researcher and the laboratory assistant. The laboratory work stations were cleaned and sterilised using 96 % ethanol, and mortars, pestles and spatulas were washed and flamed.

The raw substance was ground and 0.1g was massed out for each participant. The saccharum lactose was then massed out into three equal parts (3.3 g) and placed on filter paper. Vials were labelled to transfer the triturate after each level, eg. "C1". Journals were provided and labeled with the triturator number, e.g. "Triturator 1".

The researcher then placed the substance into the mortar and added the first portion of saccharum lactose into the mortar, hence only two portions were left for the participant to add. This was done for the participants for every round for the trituration.

The workstations were prepared for 20 participants – however only 18 arrived. At each work station was a mortar, pestle, spatula, journal, pen, two portions of saccharum lactose, and four vials.

At the end of every round, participants were asked to go into the seminar room for refreshments, while the researcher and assistants prepared the workstations for the next round of trituration.

The workstations were sterilised by flaming, this is in accordance to the GHP (Benyunes 2005).

The methodology inclusive of apparatus is found in Appendix B.

### **3.8 The Trituration**

The method followed by the researcher was taken from the GHP (Benyunes 2005) – Method 6. This method shares similarities with the C4 proving protocol which is followed by Hogeland and Schriebman (2008) and Timmerman (2006). As mentioned, this method is adapted from the method that Hahnemann formulated, with the following difference: Hahnemann triturated to the 3<sup>rd</sup> potency (C3), while this method triturated to the 4<sup>th</sup> potency (C4), increasing the trituration to 4 hours as opposed to 3 hours. Another difference was that Hahnemann (1999) stated that trituration should be for six to seven minutes and scraping should be for three to four minutes. However, adhering to the methodology indicated in the GHP (Benyunes 2005), the researcher chose to triturate for six minutes and scrape for four minutes (Appendix B).

The researcher took the responsibility of dealing with the time proceedings, with the use of a stopwatch. The researcher gave the following instructions to the triturators: “begin triturating”, “stop triturating”, “start scraping”, “stop scraping”, “add portion of lactose” etc. (Goote 2011).

The researcher had already placed the raw substance and the first portion of saccharum lactose into the mortar. The trituration commenced, and the participants triturated for six minutes. When instructed, they stopped triturating and began scraping from the sides and bottom of mortar with use of a spatula (Goote 2011). Another six minutes of triturating and four minutes of scraping followed, for a total of 20 minutes. After this, the second portion of saccharum lactose was added by the participants. The participants then began to triturate and scrape for another 20 minutes, followed by adding the third portion of saccharum lactose. Participants triturated and scraped for 20 minutes more, reaching C1 level. The first round of trituration concluded after 60 minutes. Participants had to transfer their triturate into the vial labelled “C1”. During the trituration participants recorded their symptoms in the journal provided. The trituration process was video recorded.

The co-supervisor took 1g of each participants’ “C1” and transferred it into a vial labelled “Group Triturate C1”. This was done for each trituration round i.e Group Triturate C2, Group Triturate C3, Group Triturate C4.

The participants were then asked to leave the laboratory for refreshments. The researcher and assistants prepared the laboratory for the next round of trituration.

For the next round of trituration, the laboratory assistant massed out 0.1g of the Group C1 triturate to be used for the C2 trituration. The 0.1g of the Group Triturate was added into the mortar along with first portion of saccharum lactose. This was the case for the C3 and C4 triturations as well.

Each refreshment session lasted 20 minutes except after C3 when participants had a 60 minute break for lunch.

There were no debriefing sessions between the trituration rounds. After the C4 round the researcher conducted a wrap-up conversation. Participants were informed that they had the option of discussing their symptoms with the researcher alone if they

were not comfortable with a group discussion, but all participants contributed to the group discussion. The discussion was video recorded.

At the end of the discussion, the remedy was revealed to the participants.

### **3.9 Data Collection**

The journals that were used by the triturators to record their symptoms were transcribed accurately into a Microsoft Word document, and the video recording of the debriefing discussion was transcribed verbatim.

#### **3.9.1 Rubrics**

The researcher analysed the symptoms from the transcription and manually converted those symptoms into rubrics and sub-rubrics with the use of The Essential Synthesis (Schroyens 2012).

### **3.10 Comparative Analyses**

The study incorporated thematic analyses of data as well as phenomenological analyses. The data was transliterated by the researcher, thereafter those symptoms were converted into rubrics using Schroyens' (2012) repertory. Recorded symptoms were collated to create a C4 trituration representation. Subsequently, the symptoms obtained from the C4 trituration proving of *Withania somnifera* were comparatively analysed in relation to the symptoms of the conventional 30CH proving of *Withania somnifera* conducted by Laidlaw (2015). The comparison was made using themes that were evoked in both proving methodologies.

# CHAPTER 4 : THE RESULTS

## 4.1 Introduction

The symptoms recorded in the journals by the participants were transcribed to represent a Materia Medica format and were then converted into rubrics with the use of The Essential Synthesis (Schroyens 2012).

## 4.2 Triturators

There were 18 triturators in total, however only 17 were able to complete the trituration process. The triturator that did not complete the process, could not do so due to personal reasons. It was not a result of the trituration process. The triturators consisted of registered homoeopaths and homoeopathic students, the age groups ranged from 20 to 60 years old. Six participants were males and 12 were females.

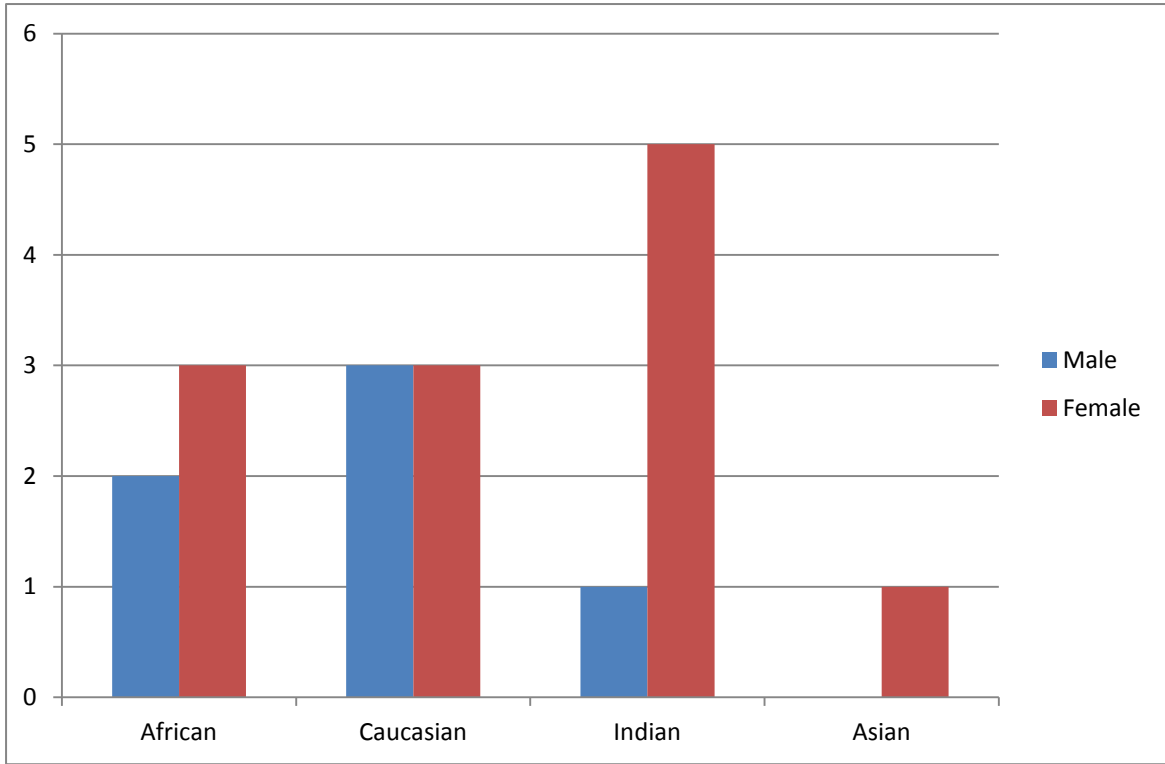
The group consisted of a reasonable ethnic diversity. Of the 18 participants, six were White, six were Indian, five were African and one was Asian.

Table 4.1 and Figures 4.1 and 4.2 show the triturator number, age, gender and ethnicity of the participants for the C4 Trituration

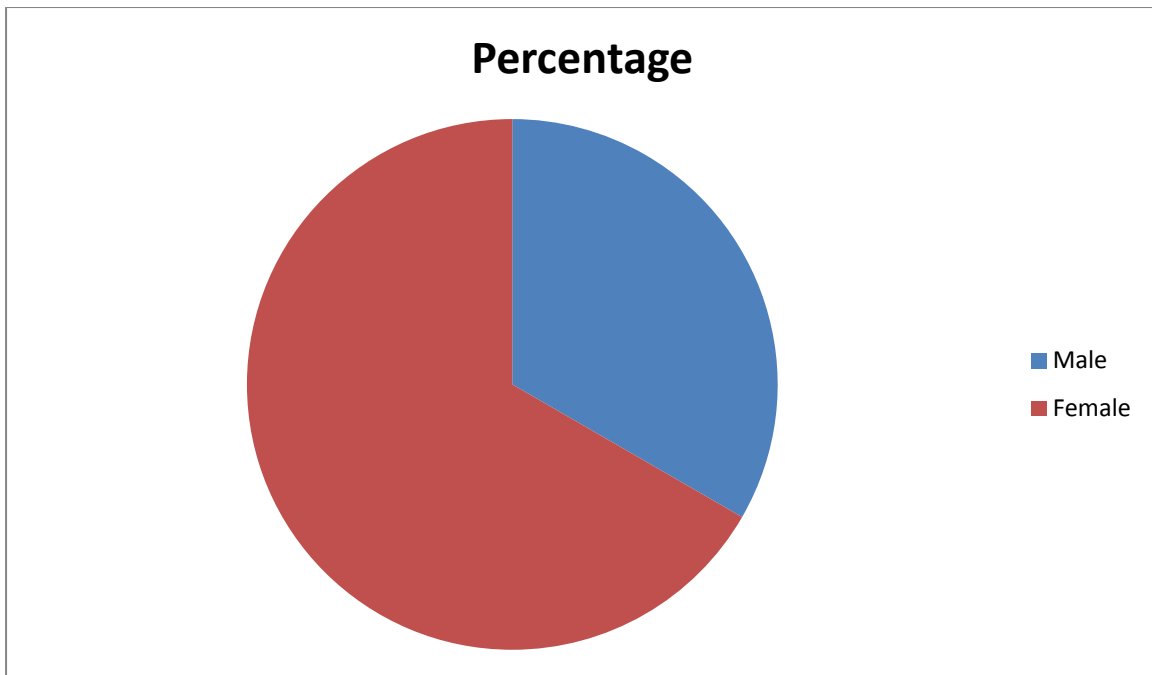
**Table 4.1: Demography of participants**

Triturator Number	Age	Gender	Ethnicity
1	24	M	White
2	25	F	White
3	20	F	African
4	28	M	Indian
5	22	F	African
6	23	F	White
7	30	F	Indian
8	29	F	Indian
9	21	F	White
10	21	F	African
11	22	M	African
12	23	M	African
13	27	F	Indian

14	37	F	Indian
15	24	F	Asian
16	47	M	White
17	60	M	White
18	23	F	Indian



**Figure 4.1: Bar graph displaying the race and gender distribution of triturators**



**Figure 4.2: Pie chart displaying the distribution of male and female triturators**

### **4.3 Classification of Symptoms**

As previously mentioned, triturators' journals were transcribed. This included correction of spelling and grammatical errors. The group discussion was also transcribed.

Each symptom extracted and listed has a triturator number and gender.

Symptoms were first reported according to their presentation in the trituration levels. Thereafter, symptoms that were correlated, were grouped together and matched with a corresponding rubric.

The symptomatology created in the 30CH proving was used to tabulate a comparison with the C4 trituration.

### **4.4 Symptom Presentation in the Respective Trituration Levels<sup>1</sup>**

#### **Objective 1**

The symptoms elicited by the triturators are represented according to the trituration levels and are grouped respectively under the headings; Mentals, Physicals and

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<sup>1</sup> Font size and line spacing have been reduced slightly from here until 4.6 in order to reduce the overall number of pages of the dissertation.

Generals. The layout of the symptoms assists in understanding the evolution of symptoms during the trituration process.

#### **4.4.1 C1 Trituration**

##### **4.4.1.1 MENTAL**

My thoughts are not very collected.  
5F; C1

Thinking of nature, open air and the sun, like being released into the wild or released from a cage.  
8 F; C1

Anxiety, worrying about the future, about research etc.  
Becoming anxious, feeling of butterflies.  
2 F; C1

Aggressive impulses towards researcher when asked to scrape.  
2 F; C1

I feel like the remedy wants me to hold it.  
1 M; C1

Grumpy but composed.  
1 M; C1

Desire movement.  
6 F; C1

Enjoy watching circular patterns formed, reminds me of Aboriginal care-art. White and brown clay pots.  
Happy, elated and soothed.  
2 F; C1

Enjoying swaying.  
4 M; C1

Strong desire to smile.  
14 F; C1

Started thinking about my relationship, what could have been if we didn't date, feels like we are on different paths and we are chasing different goals.  
3 F; C1

"All that we see and seem is but a dream within a dream."  
7 F; C1

My mind feels clear of all thoughts.  
18 F; C1

Thinking about the colour green and the word just popped up like green slime.  
15 F; C1



I have pictures of red berries, green leaves and tree sap in my mind.

18 F; C1

Want to talk and joke but feel like I will upset the others.

1 M; C1

Increased awareness of everything happening on the physical sphere.

16 M; C1

Aversion to authority. Want to be malicious and write pages of nonsense to make the researcher's life difficult.

Do not want to scrape when asked to.

2 F; C1

Feeling a little isolated.

17 M; C1

Feeling like I don't belong.

9 F; C1

Thinking about neglected patients, keep forgetting to contact.

17 M; C1

Feel like time is passing faster.

13 F; C1

Imagining myself sitting in darkness and alone.

8 F; C1

Feel like I'm isolated from the world.

13 F; C2

Tired feeling in the head.

2 F; C1

Feel fatigued, drained, hunched over workstation, head in arm and exhausted.

1 M; C1

Tired, absorbed by grinding but scraping causes anxiety.

2 F; C1

Sitting down hunched over with the mortar on lap. I don't care about stuff, I really don't.

1 M; C1

I am very irritable with the process.

2 F; C1

The clanking noise when people knock the pestles against the mortar is very jarring, I feel annoyed by it.

7 F; C1

Hypnotic spirals and circles, I feel hypnotised.

7 F; C1

Grinding sound in the lab is hypnotic.

16 M; C1

Feel like chanting, mantra stuck playing in my head.

2 F; C1

I'm singing the song "jingle bells" from the movie "mean girls". I don't know why but I just feel like singing it. Every song is coming into my mind.

5 F; C1

The song, "I can't feel my face when I'm with you but I love it" playing in my mind.

9 F; C1

Song – Daydreamer by Adele.

10 F; C1

Aware and observed all the changes in my physical state.

16 F; C1

Thinking of how to organise the symptoms; mental, physical and general versus chronological.

Feel ordered.

1 M; C1

Want everything in its proper place, want to be extremely thorough.

2 F; C1

Very sensitive to vibration, agitated by scraping.

2 F; C1

Felt a little "spacey" out of it.

4 M; C1

Feel very dreamy and sleepy (not tired).

7 F; C1

This is very soothing, I feel soothed.

7 F; C1

The ocean and peacefulness.

9 F; C1

I have pictures of red berries, green leaves and tree sap in my mind. They look beautiful but dangerous.

18 F; C1

#### **4.4.1.2 PHYSICALS**

Felt a little "spacey" out of it, dizzy for a moment.

4 M; C1

Feel cold more on the back of my head and the top.

3 F; C1

Head feels heavy.

3 F; C1

Heavy feeling on right side of head especially the eye.

2 F; C1

Sudden headache in the left temples and behind eyes.

1 M; C1

Headache over left temple, dull muscular cramp.

2 F; C1

Headache starting above left eyebrow, dull.

6 F; C1

Left temporal headache feels like pressure and dull.

9 F; C1

Dull headache at the region of the left forehead (comes and goes). The dull headache persists.

10 F; C1

Headache is dull, heavy, like a deep ache.

12 M; C1

Headache on the right forehead, sharp but quickly subsided.

3 F; C1

Headache starting above left eyebrow, dull.

6 F; C1

Dull headache at the region of the left forehead (comes and goes).

10 F; C1

Sudden headache in the left temples and behind eyes.

1 M; C1

Headache over left temple, dull muscular cramp.

2 F; C1

Left temporal headache feels like pressure and dull.

9 F; C1

Burning in the eye.

1 M; C1

My eyes feel burny.

9 F; C1

Eyes burning.

16 F; C1

Stinging sensation in eyes.

17 M; C1

Eyes feel heavy.

4 M; C1

Heavy eyes.

9 M; C1

Right and left inner corner of eyes feel irritated, want to close my eyes.

4 M; C1

Left eye itchy, lateral aspect. It is getting progressively worse.

6 F; C1

Eyes are itchy and watery.

11 M; C1

Eyes feel mildly scratchy as if the eye lashes are a little caught in the eyes, worse on closing the eyes.

Mild right eye irritation.

17 M; C1

Itch in the right ear.

2 F; C1

Intense itch in the left ear, deep inner ear.

12 M; C1

My ears are blocked.

5 F; C1

Ears are both blocking.

6 F; C1

Left postnasal drip and left side are "leaky".

4 M; C1

Nose hurts because of airconditioning. I don't like the wind from the airconditioner.

1 M; C1

Congestion in the nose, but breathing is easy.

16 M; C1

Right nostril runny.

10 F; C1

The nose is runny.

12 F; C1

Itchy nose as if about to sneeze.

1 M; C1

Nose is itchy, both left and right side.

4 M; C1

Itchy left eye and left side of nose.

6 F; C1

I'm smelling a "minty" smell.

5 F; C1

Pleasant smells arising.

17 M; C1

Hyper salivation and feels like cotton in my mouth.

1 M; C1

Mouth feels hard, especially back of tongue.

16 M; C1

Hyper salivation and feel cotton in mouth.

1 M; C1

Salivary glands are over productive.

16 M; C1

Feel like my breath is rotten and smelly. There is an uncomfortable dryness and stickiness of the mouth. I try to loosen my mouth by wiggling it around but saliva tastes foul.

2 F; C1

Bitter sensation at the back of the tongue.

1 M; C1

Back of throat is dry.

1 M; C1

Dry throat, which is better for coughing.

13 F; C1

Throat feeling clogged with mucus. Need to clear throat, thick mucus lump in there.

6 F, C1

Wave of nausea and sudden drop of energy, I feel weak and very hungry.

6 F; C1

Increased hunger.

9 F; C1

Hungry, craving something for savoury. Stomach literally feels empty.

10 F; C1

Hollow feeling in the stomach, upper abdomen, just under the sternum.

7 F; C1

Feeling burps.

15 F; C1

Swallowing and increased burping.

16 M; C1

Wave of nausea and sudden drop of energy, I feel weak and very hungry.

6 F; C1

Nausea sensation.

16 M; C1

Stomach ache, with a burning sensation and feels like gas filled.

3 F, C1

Thirsty.

7 F; C1

Empty, butterflies' sensation in solar plexus.

2 F; C1

Pain in abdomen like two hands gripping and twisting my intestines. Need to urinate and pass stool, more gross burping. Feel like I have diarrhoea coming and will vomit, my insides are going to spill out. Pain travels up and down anus and urethra like a spasm/wave of cramps.

2 F; C1

Hollow feeling in the stomach, upper abdomen, just under the sternum.

7 F; C1

Tightness in upper chest/lungs.

4 M; C1

Started getting tight increase/ pressure in my chest, like it is beating faster.

15 F; C1

Pain under right scapulae developing close to spine.

2 F; C1

Pain and stiffness in the left shoulder.

10 F; C1

Pain in lower back; stiff but better for leaning forward.

2 F; C1

Sharp cramp extending to forearm.

6 F; C1

Intense wrist pain (right) as soon as I started, lateral aspect of wrist shooting into thumb, better for holding tighter. Left wrist same sensation.

6 F, C1

Wrist aches. Pain in hand immediately stops when I stop triturating. Intense pain in tendons along edges of hand, extending to wrist.

7 F; C1

#### **4.4.1.3 GENERALS**

I'm getting cold but they didn't adjust the aircon. I'm susceptible to cold, the room got so cold, I'm so cold.

5 F; C1

Feel relaxed, calm and energetic, energy is 10/10.

13 F; C1

Hungry, craving for something savoury, like mini pies or pizza.

10 F; C1

Sensation of heat in the body.

14 F; C1

Tired, tedious, thinking of my tiredness, my limiting factor.

14 F; C1

#### **4.4.2 C2 Trituration**

##### **4.4.2.1 MENTALS**

On one hand my mind feels dull and the other I feel happier.

8F; C2

Mind feels foggy.

9 F; C2

Anxious over behaviour.

4 M; C2

Slight anxiety keeps surfacing and then ebbing away.

7 F; C2

Anxious about the studying I need to do.

10 F; C2

Feeling like I want to hug everyone.

8 F; C2

Anger at my needs being denied.

Anger towards certain individuals present in this trituration.

2 F; C2

Aversion to authority.

Want to be malicious to the researcher.

Don't want to listen to the researchers instructions.

2 F; C2

Powder is so beautiful, wish I could disappear into it, it's so pure.

Bowl is so beautiful, soothed by the rhythm of grinding.

Looking at the faces around me, and they are very beautiful. Feel strong attraction and warmth towards people.

Captivated by the beauty of the powder.

2 F; C2

The powder looks so beautiful, the girl opposite me looks so beautiful.

7 F; C2

Enjoying the peaceful process.

4 M; C2

On one hand my mind feels dull and the other I am feeling happier and smiling, which is different as last few days have been difficult time.

8 F; C2

Confusion about my purpose in life and the future. Still feel like myself but being taken over by external force- words popping into my head.

9 F; C2

After each trituration I feel the need to wash my hands, they feel soiled/dirty.

18 F; C2

The colour red, a feeling of red coming from the substance. Its quite beautiful.

17 M; C2

Thinking about what people are saying during the break, feel irritated, people seem pretentious.

7 F; C2

I don't want to speak, I want to keep this silence.

18 F; C2

The energy levels are 8 out of 10, I'm much more alert and in the zone.

11 M; C2

Concentration improved, I feel more focused. The white in the mortar keeps saying: don't take your eyes off me! Focus.

14 F; C2

Increased awareness of everything happening on the physical sphere.

16 M; C1

I'm actually aware of a tangible link between the internal sensation of physiology and emotional state. I have the ability to clarify thoughts and direct action.

16 M; C2

My focus is unbreakable.

18 F; C2

My thoughts are not very collected. I'm so lost in my thoughts I forgot to add in my next powder. I'm thinking of so many things but I can't remember what I was thinking about.

5 F; C2

Feel like I was half asleep, had to remind myself about what I was doing. I've completely lost track of where we are in the process and lost track of time.

7 F; C2

Got lost in thought about a conflict, forgot I am scraping on a timer.

3 F; C2

Distracted in comparison to focus at level C1.

10 F; C2

Talk to me remedy, tell me all your secrets.

1 M; C2

Confusion about my purpose in life and future.

9 F; C2

Feelings of death or comedy?



12 M; C2

Feel like I'm isolated from the world.

13 F; C2

After each trituration I feel the need to wash my hands, they feel soiled/dirty.

18 F; C2

Two equal shadows cast by my head on the wall.

17 M; C2

A sense of isolation.

12 M; C2

Feel like I'm isolated from the world.

13 F; C2

Mind feels foggy.

9 F; C2

Tired, tedious, thinking of tiredness.

14 F; C1

My mind feels dull and inactive.

18 F; C2

Almost anger when scraping but scraping motion releasing frustration.

6 F; C2

Can't wait to go home and be with my family.

9 F; C2

I don't care about anything at the moment. Just decanted the remedy into C2 bottle, have made a tremendous mess and I just couldn't care less about anything.

1 M; C2

Feel dissatisfied with the situation, feel like I'm being used by the researchers and unfairly compensated. Feel subjugated.

I feel like my passion has been drained out of me. I feel my energy is being used to flatter their objectives without regard to my needs.

2 F; C2

I find myself asking myself if I make good decisions in life.

9 F; C2

I like working with people but I do not always resonate with them. I tend to have issues with a lot of girls. I often feel misunderstood and judged.

10 F; C2

I don't like the wind from the air conditioner, it makes me irritable.

Grumpy but composed, headache is making me grumpy and irritable.

1 M; C2

Irritated with people chatting, even though it is quiet, the sound is not a nice frequency. It pissed me off.

Irritated with not having a space where I can get comfortable.

6 F; C2

Feeling irritated with the process, it seems to be dragging on this time around. Little things are annoying me.

13 F; C2

Urge to kill my friend because of something said about my look.

3 F; C2

A hypnotic rhythm exists in the room; I see others in it too.

14 F; C2

Thinking of a bittersweet symphony song; started to hum.

4 M; C2

The songs "Abrakadabra" and "Eye of the tiger".

9 F; C2

Musicality of the whirring of pestles against mortar in rhythm, a rhythmic sound is created and this is comforting. A hypnotic rhythm exists in the room; I see others in it too. Michael Jackson's song – You are not alone keeps popping up.

14 F; C2

Want to hum a summer song – "sweet dreams on a sycamore tree".

17 M; C2

A lot of people have gravitated towards the colour white in their dress sense. Purity, cleanliness or peace?

10 F; C2

Noticed I was sitting in a skew position, corrected myself.

Noticed the two people next to me are standing.

Noticed the person standing next to me started to scrape with same method that I used from the start.

15 F; C2

Spoke to my colleague about practice needing to fill my needs and patients' needs, he denied this. He said I should be self-sacrificing but I feel this is a unsustainable expectation. Feel uncatered for, like no rooibos, vegetarian and meat served on same platter, cold and uncomfortable setting.

2 F; C2

Want to do this properly. Very meticulous, I do like things done properly but feeling extra cautious. I like attention to detail, more than usual.

8 F; C2

I feel the need to be extremely thorough in grinding and scraping; a little obsessive compulsive in the manner.

18 F; C2

A word that comes to mind is determination.

14 F; C2

Don't know why the substance is bringing out all this gross stuff from inside of me.

2 F; C2

Thinking about this woman I don't like, she seems weak, princess-like and pathetic.

2 F; C2

Keep thinking that this is like being on drugs, surreal feeling.

7 F; C2

Feels like I'm going to float away, like I'm not grounded.

8 F; C2

Random waves of drowsiness, like my head is turning with my pestle.

15 F; C2

I saw an image of this guy with issues, but people can't see it. It's like he's very successful, very outspoken, but there's certain parts of him that you can't talk about but if you catch him off guard, he needs to take a step back and when he comes back, he comes as that person you all know, rich, successful guy. In the background; abandonment, issues with his mother, neglect of some sort. Issue of the mother persona, to mother him and they weren't there. I think that's how he became successful, that fear of not turning out like that, so he works hard. When you look at him you can't tell where he has come from, because he's driving nice cars, outspoken, changed his accent, almost like Gatsby, not a specific race. The mother issue, I think the mother didn't want to have him. Thought maybe a teenage pregnancy or mother was not happy giving birth to this baby and she tried to abandon baby but she couldn't. She was forced to be with the baby, but she couldn't nurture the baby. Baby had to self-soothe and grows up in an environment where he saw other kids being taken care of and it's just himself. Self-soothe because of feelings of abandonment, loneliness and as boy growing up, he's an achiever, but there's no one to support him. He collects all the trophies but there is no one there to support him. What made him become the successful Gatsby, first of all; rejecting the environment from where he was, killed a lot of emotions and becomes the person the people around him want him to be. Whatever environment you put him in, he will adapt and shine in that environment.

11 M; C2

A feeling of red coming from the substance, this is quite beautiful. I was thinking about wolves, den of wolves – Romulus and Remus, who supposedly founded Rome, suckling on wolf mother.

17 M; C2

Oscillating focus between these points reflects back to me as peace, tranquil and calm.

16 M; C2

#### **4.4.2.2 PHYSICALS**

Felt light-headed for a few seconds.

8 F; C2

Feeling dizzy and lightheaded.

9 F; C2

Round two I felt a little lightheaded at the beginning, like I would fall to the left side or forward.

13 F; C2

Round two I felt a little lightheaded at the beginning, like I would fall to the left side or forward.

13 F; C2

Getting these random waves of dizziness like my head is turning with my pestle. Would feel like I'm losing balance when I'm sitting but wouldn't fall, could be my eyes watching this circular motion.

15 F; C2

Dull ache on temples and pressure on temples.

7 F; C2

Headache now moving to occipital, sides not affected at all.

13 F; C2

Headache is frontal, heavy over eyes, and it is dull throbbing and worse for looking down.

13 F; C2

Eyes feel heavy from the headache that has settled over my eyes.

13 F; C2

Lateral left edge of left eye is itchy.

1 M; C2

My left eye is itchy, worse if I close it, better for opening and rubbing.

5 F; C2

Eyes are itchy and watery.

11 M; C2

Sounds all seem far away, difficult to hear instructions.

7 F; C2

Struggling to hear.

6 F; C2

Hard to hear instructions.

7 F; C2

Slight right side post nasal drip.

17 M; C2

Right nostril feeling as if allergic, just before sneezing. Feeling of mucus build up.

17 M; C2

Burning sensation in nostrils, like after snuff.

2 F; C2

Right nostril super itchy, want to rub it.

7 F; C2

Medial part of right nostril feels itchy.  
Now my left nostril and left temple feels itchy.  
18 F; C2

Smelling myself as bad.  
4 M; C2

Drowsy, face feels flushed.  
3 F; C2

Felt flushed and warm face during the break.  
15 F; C2

Biting upper lip.  
4 M, C2

Bitter sensation now at roof of mouth and back of tongue, now hyper salivation with bitter taste.  
1 M; C2

Mucus at the back of my throat, salty taste.  
1 M; C2

During the break, phlegm in throat became loose. Throat getting sore, raw sensation.  
6 F; C2

Feeling like burping again, gas bubbles from stomach. Interesting how the burping only really happens as soon as I start triturating, after the grinding break then it gets better as the trituration goes along.  
15 F; C2

Empty fluttering and vulnerable sensation in abdomen.  
2 F; C2

Pain on the right lower quadrant of the abdomen, moved to the left side as well as back pain on lower back.  
3 F; C2

Abdominal cramping on the right side.  
9 F; C2

Flatulent, slightly since the beginning of the trituration.  
1 M; C2

Feeling something stuck in chest, tight, trying to push up. Chest feeling tight then feeling clears intermittently.  
4 M; C2

Finger webs are itchy and stiff.  
11 M; C 2

Pain in hand, better for resting for few minutes.  
7 F; C2

Feeling nerve pain in fingers, shooting up hand, on the side of little finger. Pain on wrist; aching.  
13 F; C2

#### **4.4.2.3 GENERALS**

Feeling much more alert and energised now.  
12 M; C2

Keep having to change positions to be comfortable.  
7 F; C2

#### **4.4.3 C3 Trituration**

##### **4.4.3.1 MENTALS**

The phrase "set adrift".  
7 F; C3

I feel my mind lacking and disappearing.  
18F; C3

Want to leave the room immediately and go out for some fresh air. Craving fresh air, want to sit on the grass under the tree and breathe in the fresh air.  
13 F; C3

I am thinking hard and anxious about my life. What will happen next after I graduate? Will I ever graduate?  
5F; C3

Always worried about not doing things right, always thinking and comparing and worrying. Anxiety, lightness in chest below throat.  
7 F; C3

Feeling concerned about the powder.  
6 F; C3

Sound of people chattering is pissing me off. Almost anger when scraping, stabbing motion releasing frustration.  
6 F; C3

I think I'm getting angry and frustrated too quickly. Its not really necessary.  
7 F; C3

Little things annoying me, the wrong spelling on this wall, cannot believe nobody has taken it out.  
13 F; C3

Feel womens intuition and earth are victims and subjugated by the power structures of oppression.  
2F; C3

Look at her face, she looks sad but beautiful, a pain as big as the ocean.

2 F; C3

I can't control my thoughts, I keep having different visions.

5 F; C3

Thoughts about cute kittens being playful with each other. Happy, wanting to laugh, smiling again.

8 F; C3

Feel a pleasant lightness in my spirit.

14 F; C3

Joy in being present, a profound sense of resilience accompanies this state.

16 M; C3

Feel a level of profane honesty coming through, want to express honesty without limitations. Feel like the remedy is allowing me to look at the issues in my life from a distance with a clarity, time and wisdom. Perspective, feel like I can transcend issues.

2 F; C3

Amazing grace- song- "was blinded but now I see".

6 F; C3

I think I get angry and frustrated too quickly, its not really necessary.

7 F; C3

Desire to talk to people, about anything. Just want to make conversations.

13 F; C3

Thinking I'm happy by myself want to live quietly alone. I'm usually sociable not sure if this aversion due to the trituration.

4 M; C3

Getting distracted by everyone around me.

15 F; C3

I feel my mind lacking and concentration disappearing.

18 F; C3

Noticed the guy left midway. Kept wondering where he was and what he was doing.

15 F; C3

Very curious about how this is working and what other people are feeling.

9 F; C3

Issues of patriarchy, a masculine and feminine divide, a colleague turned the conversation into my problem. I don't know why he brought up gender. Why must he attack me and my femininity?

2 F; C3

When doing the C2 I felt rebellious when we were told to mix, grind and scrape. My mind said NO.

18 F; C3

I feel very cold, the sadness is very deep, sense of solitude but not depression.

2 F; C3

Feel full of dirt, humiliation. I'm going to be sick. If I could throw up I could get rid of all and cleanse myself.

2 F; C3

Time passing slower.

Time is endless, a long journey.

7 F; C3

Detachment, loss and grief.

2 F; C3

Feeling sleepy and floaty.

6 F; C3

Feel like grinding while I rest my head on the table.

3 F; C3

A little claustrophobic.

7 F; C3

Absolute horror, I'm terrified. I feel like we're causing more horrible things to happen by doing this trituration.

2 F; C3

I had a vision of standing on a hill in the desert; looking at a town being bombed. The hurt is unlike anything I've ever experienced, deep loss of everything I valued. All the people I love are dead, my home torn up, obliterated and everything is gone.

2 F; C3

Makes me want to go home and play the piano.

14 F; C3

Want to express my honesty without limitations, don't care that I'm swearing.

2 F; C3

Feel like the remedy is allowing me to look at the issues in my life from a distance with clarity, time and wisdom. Perspective, feel like I can transcend issues, conversations about frustrating things still running but now I imagine peaceful and mature resolutions. Had an idea to triturate my own hair, like Samson it would return my strength.

2 F; C3

Contemplating my origin, childhood and purpose, dreams are put into children by their parents before they know how to dream.

4 M; C3

Thinking about the deeper meaning of life, why are we here? Trying to figure out my place in this world.

8 F; C3

I recall a dream I had last year. I was flying in that dream and I felt free and invincible.

10 F; C3



A song "I won't harm you with words"; "just be yourself, don't be no one else".

3 F; C3

"For your precious love" Elvis Presley song.

17 M; C3

Again the rhythm lifts my soul and puts a smile on my face. Makes me want to go home and play the piano.

14 F; C3

Observant of others more than myself.

10 F; C3

Grinding makes me feel the imperfections in the bowl and that in turn makes me think of the imperfections in everyday life.

18 F; C3

Feel useless and frustrated.

2 F; C3

Feel annoyed with myself for having these thoughts about people, as it seems judgemental and petty of me. I'm always judging my own thoughts.

7 F; C3

Thinking about what some people are saying in the break, feel irritated that people seem pretentious, judgemental of others.

7 F; C3

Feel like I'm under the ocean. There are waves of sadness with acceptance passing over me. It feels like I'm looking at all the grief in the world from below the ocean and through the waves above. Sad but peaceful, there is a sad melody in my head.

2 F; C3

I feel sad but I don't know why.

5 F; C3

Can't wait to be a mother and cook meals in my fancy kitchen.

Have a family.

9 F; C3

I feel bipolar, up and down.

9 F; C3

There's issues him and his mother. The childhood does not look so pretty. He grew up in tough conditions, but you can't tell because he's almost happy all the time when in public.

11 M; C3

The word "depression" comes to my mind, yet I don't feel that way right now, and the question; how do you cope?

14 F; C3

Started feeling a slight sense of deep sorrow for this world, I wonder when people will realise what they are doing to one another and just learn to love.

15 F; C3.

Drowsy, face feels flushed. Mistakenly put C2 in the C3 vial and realised later.

3 F; C3

Feeling disorientated as if I don't know who I am or what I'm doing.

13 F; C3

Contemplating my origin and childhood and my purpose, dreams are put into children by parents before children know how to dream.

4 M; C3

Thinking about the picture of crucifixion, people must come together and realise there is no more sin in this world, there is peace and harmony. Despite of all the evil ways, there's hope, there has to be someone who comes and restores the true being of ourselves, perhaps then we will find peace and harmony. Image of queen kissing a knight, kissing the darkness – mothers of this world – feel free with what is happening, but it's not the true way. All of sudden light comes there and covers the knight. The knight was embraced by the queen, and disappears. This means mothers are starting to find the true meaning in life about what they should be doing; to give a child protection and recognition.

12 M; C3

#### **4.4.3.2 PHYSICALS**

I feel so weak and dizzy, I feel as if I'm going to faint, like I don't have any balance.

5 F; C3

Still getting random waves of dizziness, like a quick spin then gone, continuous throughout the process.

15 F; C3

Head getting very heavy.

13 F; C3

Mild pounding headache on the left temporal region.

5 F; C3

Head getting very heavy, pain is on the left temple, sharp pain which is 4 or 5 out of 10.

13 F; C3

Itchy ear (right).

3 F; C3

Nose feels cold.

3 F; C3

Thirsty, and the thirst persists.

3 F; C3

Abdominal pain comes back, like there is a pulling of the muscles as if less severe menstrual pains.

3 F; C3

Tightness in chest.

9 F; C3

Sharp pain in chest, on my sternum.

10 F; C3

Pain in right sacroiliac joint; worse for sitting.

2 F; C3

Cold feet, more on the toes.

3 F; C3

#### **4.4.3.3 GENERALS**

I can't be still, I want to walk.

6 F; C3

#### **4.4.4 C4 Trituration**

##### **4.4.4.1 MENTALS**

Completely lost track of where we are in the process and lost track of time.

7F; C4

Scattered Mind, hard to stay on one thought.

9F; C4

Anxiety about time.

7 F; C4

I start to feel upset and angry. I want scream out " don't talk to me that way".

14 F; C4

Maybe I'm so caught up in my own thinking that I can't really perceive or know other people.

7 F; C4

A little open minded about past experiences, not bitter, angry and resentful as I used to feel.

Sometimes we need to give ourselves a chance to have a fresh new perspective on life.

10 F; C4

Struggling to stay present and not let my mind wander.

6 F; C4

I keep seeing a baby.

6 F; C4

I can't focus on what is happening to me.

7 F; C4

Scattered mind, hard to stay on one thought.

9 F; C4

I feel inquisitive and curious. I want to know more if possible. I want to know everything.

18 F; C4

Trying to figure out my place in this world, feeling of unease. Feel I do not belong in this world.

8 F; C4

My biggest fear is that I'm inauthentic. I feel thin like a paper mask, like someone will see there is nothing on the other side.

2 F; C4

Hearing people whispering behind me. When I look behind no one in the room is talking.

5 F; C4

I fear being lost. Losing my direction or straying from the path I made for myself. It is my strongest and fervent prayer that God must never let me lose my way.

14 F; C4

Thinking of my family, we have a pseudo connection. I'm trying to reach out, to connect on a deeper level.

2 F; C4

Miss seeing my niece running in the yard.

10 F; C4

Planning to go home and eat a lot of comfort food i.e. chocolate and cheesecake, just want to snuggle up with a blanket and be cosy.

Thinking about the things I'm doing wrong in my life and questioning whether my moral objections are valid. Feels like the point of life is experience as many difficult things as possible and know yourself completely, and not to fill someone else's idea of good.

2 F; C4

Thought about a hike I took in 2014 and specifically the time I stood on top of the mountain and saw the view of the trees, I then sat down. I felt someone was talking to me and I started to thank God for creation, I even said a little prayer. I felt part of a bigger world. Overwhelmed by remembering this scenario, and I am feeling part of a bigger plan.

3 F; C4

I'm always worried I'm not doing things right, always thinking, comparing and worrying. Maybe I'm so caught up in my own thinking and anything that I can't really perceive or know other people.

7 F; C4

The song "Amazing Grace" – was blinded but now I see. "We are the world" song is stuck in my head.

6 F; C4

Song lyrics – "I'm like a bird, I'll only fly away, I don't know where my home is, I don't know where my soul is.

7 F; C4

Gladiator theme song "now we're free".

11 M; C4

My spirit is troubled and unsettled but I continue to persevere. I can't be beaten.

14 F; C4

Formless, floating and boundless as if in a dream but also with a layer between me and what is happening.

2 F; C4

Thinking about being pregnant and having children – pleasant vision of child. Nurturing and love, there's a lot of fulfilment from pouring yourself out and knowing you can trust that person to always love you. Solitude and loneliness contrast with the vision.

2 F; C4

Was thinking about how our apparent failures make us the people we are and they are as important as our achievements. I have an image of being on the potters turning wheel and spinning around, like clay being shaped and the smell of the earth.

Thinking of the things I'm doing wrong in my life and questioning whether my moral objections are valid.

2 F; C4

Thoughts of God and creation, God being beyond good and bad. How man was created?

4 M; C4

Image of lady making peace with her past. She had been abused; she made a decision that she's not going to allow things of her past to define her happiness. Happiness is dependent on your perspective not on what has happened to you.

10 F; C4

Thought about movie gladiator, the song when the guy is about to sacrifice himself for the greater good – Rome. The song – “now you're free”. The guy is a farmer who rises to power but is not consumed by power, maintains his values as a person and beliefs. When he goes down, people think he's dead but he rises again, not consumed by power or looking for vengeance but looking to do what's right. The song starts, all is prepared for him to die, and he dies at peace, found his purpose.

11 M; C4

Image of lotus flower and symbolic of how it is in all this dirt; something beautiful in all this bad. An image of a thorny plant, blood dripping off them; reminded me of a story of a guy who was in despair, loss of hope, was broken and in a dark place. No one could understand. He turned to evil and started doing bad deeds. This gave him control he never had, felt he was in control. But conflict in himself, that he wasn't what he was taught but gave in. At the end of C4 there was hope for a change, needed someone to show they believed in him, cared for him and he was better than this.

15 F; C4

Everything is just rolling around, on a train and the train is just going along. You don't have to do anything in the train, you don't have to drive it, just sit and go. Image of network of neurons or spider webs connecting.

I am a theoretician.

17 M; C4

Conversations about frustrating things still running but now I imagine peaceful, mature resolutions.

2 F; C4

Feeling tranquil, visualising moving towards the shore. A feeling of serenity and peace like a calm.

8 F; C4

Feel like going to the beach, just to relax and not swim.

13 F; C4

#### **4.4.4.2 PHYSICALS**

Hear voices and sounds from a distance.

5 F; C4

My face and hair and nose keep getting itchy.

6 F; C4

Crawling sensation in my hair.

6 F; C4

Feel quite thirsty for water.

13 F; C4

Pain on my right side on the lower border of the shoulder blade.

3 F; C4

#### **4.4.4.3 GENERALS**

I feel so weak physically.

5 F; C4

## **4.5 Materia Medica**

### **Objective 2**

In accordance to collating the symptoms, the researcher used The Essential Syntheses (Schroyens 2012) to form rubrics for the symptoms.

#### **4.5.1 MIND**

##### **4.5.1.1 Absentminded**

My thoughts are not very collected.

5F; C1

The phrase “set adrift”.

7 F; C3

Completely lost track of where we are in the process and lost track of time.

7F; C4

On one hand my mind feels dull and the other I feel happier.

8F; C2

Mind feels foggy.

9 F; C2

Scattered Mind, hard to stay on one thought.

9F; C4

I feel my mind lacking and disappearing.

18F; C3

##### **4.5.1.2 Air; in open**

###### **➤ Ameliorate**

Thinking of nature, open air and the sun, like being released into the wild or released from a cage.

8 F; C1

Want to leave the room immediately and go out for some fresh air. Craving fresh air, want to sit on the grass under the tree and breathe in the fresh air.

13 F; C3

##### **4.5.1.3 Anxiety**

Anxiety, worrying about the future, about research etc.

Becoming anxious, feeling of butterflies.

2 F; C1

Anxious over behaviour.

4 M; C2

I am thinking hard and anxious about my life. What will happen next after I graduate? Will I ever graduate?

5 F; C3

Slight anxiety keeps surfacing and then ebbing away.

7 F; C2

Always worried about not doing things right, always thinking and comparing and worrying. Anxiety, lightness in chest below throat.

7 F; C3

Anxiety about time.

7 F; C4

Anxious about the studying I need to do.

10 F; C2

#### **4.5.1.4 Aggression**

Aggressive impulses towards researcher when asked to scrape.

2 F; C1

#### **4.5.1.5 Affection**

I feel like the remedy wants me to hold it.

1 M; C1

Feeling concerned about the powder.

6 F; C3

Feeling like I want to hug everyone.

8 F; C2

#### **4.5.1.6 Anger**

Grumpy but composed.

1 M; C1

Anger at my needs being denied.

Anger towards certain individuals present in this trituration.

2 F; C2

Sound of people chattering is pissing me off.

Almost anger when scraping, stabbing motion releasing frustration.

6 F; C3

I think I'm getting angry and frustrated too quickly. Its not really necessary.

7 F; C3

Little things annoying me, the wrong spelling on this wall, cannot believe nobody has taken it out.

13 F; C3

I start to feel upset and angry. I want scream out " don't talk to me that way".



14 F; C4

#### **4.5.1.7 Authority**

Aversion to authority.

Want to be malicious to the researcher.

Don't want to listen to the researchers instructions.

2 F; C2

Feel womens intuition and earth are victims and subjugated by the power structures of oppression.

2F; C3

#### **4.5.1.8 Beautiful**

Powder is so beautiful, wish I could disappear into it, it's so pure.

Bowl is so beautiful, soothed by the rhythm of grinding.

Looking at the faces around me, and they are very beautiful. Feel strong attraction and warmth towards people.

Captivated by the beauty of the powder.

2 F; C2

Look at her face, she looks sad but beautiful, a pain as big as the ocean.

2 F; C3

The powder looks so beautiful, the girl opposite me looks so beautiful.

7 F; C2

A feeling of red coming from the substance, this is quite beautiful.

17 M; C2

I have pictures of red berries, green leaves and tree sap in my mind. They look beautiful but dangerous.

18 F; C1

#### **4.5.1.9 Change**

I can't control my thoughts, I keep having different visions.

5 F; C3

Desire movement.

6 F; C1

#### **4.5.1.10 Cheerful**

Enjoy watching circular patterns formed, reminds me of Aboriginal care-art. White and brown clay pots.

Happy, elated and soothed.

2 F; C1

Enjoying swaying.

4 M; C1

Happy, Laughing, internally smiling.  
Enjoying the peaceful process.  
4 M; C2

On one hand my mind feels dull and the other I am feeling happier and smiling, which is different as last few days have been difficult time.  
8 F; C2

Thoughts about cute kittens being playful with each other. Happy, wanting to laugh, smiling again.  
8 F; C3

Strong desire to smile.  
14 F; C1

Feel a pleasant lightness in my spirit.  
14 F; C3

Joy in being present, a profound sense of resilience accompanies this state.  
16 M; C3

#### **4.5.1.11 Clarity**

Feel a level of profane honesty coming through, want to express honesty without limitations. Feel like the remedy is allowing me to look at the issues in my life from a distance with a clarity, time and wisdom. Perspective, feel like I can transcend issues.  
2 F; C3

Started thinking about my relationship, what could have been if we didn't date, feels like we are on different paths and we are chasing different goals.  
3 F; C1

Amazing grace- song- "was blinded but now I see".  
6 F; C3

"all that we see and seem is but a dream within a dream".  
7 F; C1

I think I get angry and frustrated too quickly, its not really necessary.  
7 F; C3

Maybe I'm so caught up in my own thinking that I can't really perceive or know other people.  
7 F; C4

A little open minded about past experiences, not bitter, angry and resentful as I used to feel. Sometimes we need to give ourselves a chance to have a fresh new perspective on life.  
10 F; C4

My mind feels clear of all thoughts.  
18 F; C1

#### **➤ Lack of**

Confusion about my purpose in life and the future. Still feel like myself but being taken over by external force- words popping into my head.

9 F; C2

#### **4.5.1.12 Cleanliness**

After each Trituration I feel the need to wash my hands, they feel soiled/dirty.

18 F; C2

#### **4.5.1.13 Colours**

Thinking about the colour green and the word just popped up like green slime.

15 F; C1

The colour red, a feeling of red coming from the substance. Its quite beautiful.

17 M; C2

I have pictures of red berries, green leaves and tree sap in my mind.

18 F; C1

#### **4.5.1.14 Communicative**

Want to talk and joke but feel like I will upset the others.

1 M; C1

Desire to talk to people, about anything. Just want to make conversations.

13 F; C3

#### **4.5.1.15 Company**

##### **➤ Aversion to**

Thinking I'm happy by myself want to live quietly alone. I'm usually sociable not sure if this aversion due to the trituration.

4 M; C3

Thinking about what people are saying during the break, feel irritated, people seem pretentious.

7 F; C2

I don't want to speak, I want to keep this silence.

18 F; C2

#### **4.5.1.16 Concentration**

##### **➤ Active**

The energy levels are 8 out of 10, I'm much more alert and in the zone.

11 M; C2

Concentration improved, I feel more focused. The white in the mortar keeps saying: don't take your eyes off me! Focus.

14 F; C2

Increased awareness of everything happening on the physical sphere.

16 M; C1

I'm actually aware of a tangible link between the internal sensation of physiology and emotional state. I have the ability to clarify thoughts and direct action.

16 M; C2

My focus is unbreakable.

18 F; C2

➤ **Difficult**

My thoughts are not very collected. I'm so lost in my thoughts I forgot to add in my next powder. I'm thinking of so many things but I can't remember what I was thinking about.

5 F; C2

Struggling to stay present and not let my mind wander.

6 F; C4

Feel like I was half asleep, had to remind myself about what I was doing. I've completely lost track of where we are in the process and lost track of time.

7 F; C2

I can't focus on what is happening to me.

7 F; C4

Scattered mind, hard to stay on one thought.

9 F; C4

➤ **Lack of**

Got lost in thought about a conflict, forgot I am scraping on a timer.

3 F; C2

Distracted in comparison to focus at level C1.

10 F; C2

Getting distracted by everyone around me.

15 F; C3

I feel my mind lacking and concentration disappearing.

18 F; C3

#### **4.5.1.17 Curious**

Talk to me remedy, tell me all your secrets.

1 M; C2

Noticed the guy left midway. Kept wondering where he was and what he was doing.

15 F; C3

Very curious about how this is working and what other people are feeling.

9 F; C3

I feel inquisitive and curious. I want to know more if possible. I want to know everything.  
18 F; C4

#### **4.5.1.18 Confusion**

Confusion about my purpose in life and future.  
9 F; C2

Feelings of death or comedy?  
12 M; C2

#### **4.5.1.19 Defensive**

I don't know why my colleague brought up gender. Why must he attack me and my femininity?  
2 F; C3

#### **4.5.1.20 Defiant**

Aversion to authority. Want to be malicious and write pages of nonsense to make the researcher's life difficult.

Do not want to scrape when asked to.  
2 F; C1

When doing the C2 I felt rebellious when we were told to mix, grind and scrape. My mind said NO.  
18 F; C3

#### **4.5.1.21 Delusions**

##### **➤ Alone**

I feel very cold, the sadness is very deep, sense of solitude but not depression.  
2 F; C3

Feel like I'm isolated from the world.  
13 F; C2

Feeling a little isolated.  
17 M; C1

##### **➤ Belong here; does not**

Trying to figure out my place in this world, feeling of unease. Feel I do not belong in this world.  
8 F; C4

Feeling like I don't belong.  
9 F; C1

##### **➤ Dirty, he is**

Feel full of dirt, humiliation. I'm going to be sick. If I could throw up I could get rid of all and cleanse myself.

2 F; C3

After each trituration I feel the need to wash my hands, they feel soiled/dirty.

18 F; C2

➤ **Double being**

Two equal shadows cast by my head on the wall.

17 M; C2

➤ **Neglected, duty; he has**

Thinking about neglected patients, keep forgetting to contact.

17 M; C1

➤ **Nobody; being**

I feel thin like a paper mask, like someone will see there is nothing on the other side.

2 F; C4

➤ **Talking, behind him;**

Hearing people wispering behind me. When I look behind no one in the room is talking.

5 F; C4

➤ **Time, exaggeration of time**

Time passing slower.

Time is endless, a long journey.

7 F; C3

Feel like time is passing faster.

13 F; C1

#### **4.5.1.22 Detached & Isolated**

Detachment, loss and grief.

2 F; C3

Imagining myself sitting in darkness and alone.

8 F; C1

A sense of isolation.

12 M; C2

Feel like I'm isolated from the world.

13 F; C2

Feeling a little isolated.

17 M; C1

#### **4.5.1.23 Dullness**

Tired feeling in the head.

2 F; C1

Feeling sleepy and floaty.

6 F; C3

Mind feels foggy.

9 F; C2

Tired, tedious, thinking of tiredness.

14 F; C1

My mind feels dull and inactive.

18 F; C2

#### **4.5.1.24 Exertion**

##### **➤ Physical- aggravate**

Feel fatigued, drained, hunched over workstation, head in arm and exhausted.

1 M; C1

Tired, absorbed by grinding but scraping causes anxiety.

2 F; C1

Feel like grinding while I rest my head on the table.

3 F; C3

One minute into triturating, felt tired and fed up, wanted to stop.

13 F; C1

##### **➤ Physical- ameliorate**

Almost anger when scraping but scraping motion releasing frustration.

6 F; C2

#### **4.5.1.25 Fear**

My biggest fear is that I'm inauthentic. I feel thin like a paper mask, like someone will see there is nothing on the other side.

2 F; C4

I fear being lost. Losing my direction or straying from the path I made for myself. It is my strongest and fervent prayer that God must never let me lose my way.

14 F; C4

##### **➤ Narrow; place in**

A little claustrophobic.

7 F; C3

##### **➤ Happen; something will**

Absolute horror, I'm terrified. I feel like we're causing more horrible things to happen by doing this triturating.

2 F; C3

#### **4.5.1.26 Homesickness**

I had a vision of standing on a hill in the desert; looking at a town being bombed. The hurt is unlike anything I've ever experienced, deep loss of everything I valued. All the people I love are dead, my home torn up, obliterated and everything is gone.

2 F; C3

Thinking of my family, we have a pseudo connection. I'm trying to reach out, to connect on a deeper level.

2 F; C4

Can't wait to go home and be with my family.

9 F; C2

Miss seeing my niece running in the yard.

10 F; C4

Planning to go home and eat a lot of comfort food i.e. chocolate and cheesecake, just want to snuggle up with a blanket and be cosy.

13 F; C4

Makes me want to go home and play the piano.

14 F; C3

#### **4.5.1.27 Indifference**

Sitting down hunched over with the mortar on lap. I don't care about stuff, I really don't.

1 M; C1

I don't care about anything at the moment. Just decanted the remedy into C2 bottle, have made a tremendous mess and I just couldn't care less about anything.

1 M; C2

Want to express my honesty without limitations, don't care that I'm swearing.

2 F; C3

#### **4.5.1.28 Injustice, cannot support**

Feel dissatisfied with the situation, feel like I'm being used by the researchers and unfairly compensated. Feel subjugated.

I feel like my passion has been drained out of me. I feel my energy is being used to flatter their objectives without regard to my needs.

2 F; C2

Issues of patriarchy, a masculine and feminine divide, a colleague turned the conversation into my problem. I don't know why he brought up gender. Why must he attack me and my femininity?

2 F; C3



#### **4.5.1.29 Introspection**

Feel like the remedy is allowing me to look at the issues in my life from a distance with clarity, time and wisdom. Perspective, feel like I can transcend issues, conversations about frustrating things still running but now I imagine peaceful and mature resolutions.

Had an idea to triturate my own hair, like Samson it would return my strength.

2 F; C3

Thinking about the things I'm doing wrong in my life and questioning whether my moral objections are valid. Feels like the point of life is experience as many difficult things as possible and know yourself completely, and not to fill someone else's idea of good.

2 F; C4

Thought about a hike I took in 2014 and specifically the time I stood on top of the mountain and saw the view of the trees, I then sat down. I felt someone was talking to me and I started to thank God for creation, I even said a little prayer. I felt part of a bigger world. Overwhelmed by remembering this scenario, and I am feeling part of a bigger plan.

3 F; C4

Contemplating my origin, childhood and purpose, dreams are put into children by their parents before they know how to dream.

4 M; C3

I'm always worried I'm not doing things right, always thinking, comparing and worrying. Maybe I'm so caught up in my own thinking and anything that I can't really perceive or know other people.

7 F; C4

Thinking about the deeper meaning of life, why are we here? Trying to figure out my place in this world.

8 F; C3

I find myself asking myself if I make good decisions in life.

9 F; C2

I like working with people but I do not always resonate with them. I tend to have issues with a lot of girls. I often feel misunderstood and judged.

10 F; C2

I recall a dream I had last year. I was flying in that dream and I felt free and invincible.

10 F; C3

#### **4.5.1.30 Irritability**

I don't like the wind from the air conditioner, it makes me irritable.

Grumpy but composed, headache is making me grumpy and irritable.

1 M; C2

I am very irritable with the process.

2 F; C1

Irritated with people chatting, even though it is quiet, the sound is not a nice frequency. It pissed me off.

Irritated with not having a space where I can get comfortable.

6 F; C2

The clanking noise when people knock the pestles against the mortar is very jarring, I feel annoyed by it.

7 F; C1

Feeling irritated with the process, it seems to be dragging on this time around. Little things are annoying me.

13 F; C2

#### **4.5.1.31 Kill; desire to**

Urge to kill my friend because of something said about my look.

3 F; C2

#### **4.5.1.32 Maternal**

Thinking about being pregnant and having children – pleasant vision of child. Nurturing and love, there's a lot of fulfilment from pouring yourself out and knowing you can trust that person to always love you. Solitude and loneliness contrast with the vision.

2 F; C4

I keep seeing a baby.

6 F; C4

Can't wait to be a mother and cook meals in my fancy kitchen.

Have a family.

9 F; C3

There's issues him and his mother. The childhood does not look so pretty. He grew up in tough conditions, but you can't tell because he's almost happy all the time when in public.

11 M; C3

Image of queen kissing a knight, kissing the darkness- mothers of this world- feel free with what is happening, but it's not the true way. All of sudden light comes there and covers the knight. The knight was embraced by the queen, and disappears. This means mothers are starting to find the true meaning in life about what they should be doing; to give a child protection and recognition.

12 M; C3

Red feeling coming from the substance, quite beautiful. I was thinking about wolves, den of wolves – Romulus and Remus, who supposedly founded Rome, suckling on wolf mother.

17 M; C2

#### **4.5.1.33 Mesmerised; being**

Enjoy watching the circular patterns formed, reminds me of Aboriginal cave art.

2 F; C1

Hypnotic spirals and circles, I feel hypnotised.

7 F; C1

A hypnotic rhythm exists in the room; I see others in it too.

14 F; C2

Grinding sound in the lab is hypnotic.

16 M; C1

#### **4.5.1.34 Music**

##### **➤ Desire for;**

Feel like chanting, mantra stuck playing in my head.

2 F; C1

A song "I won't harm you with words"; "just be yourself, don't be no one else".

3 F; C3

Thinking of a bittersweet symphony song; started to hum.

4 M; C2

I'm singing the song "jingle bell" from the movie "mean girls". I don't know why but I just feel like singing it. Every song is coming into my mind.

5 F; C1

The song "Amazing Grace"- was blinded but now I see. "We are the world" song is stuck in my head.

6 F; C4

Song lyrics – "I'm like a bird, I'll only fly away, I don't know where my home is, I don't know where my soul is.

7 F; C4

The song, "I can't feel my face when I'm with you but I love it" playing in my mind.

9 F; C1

The songs "Abrakadabra" and "Eye of the tiger".

9 F; C2

Song- Daydreamer by Adele.

10 F; C1

Gladiator theme song "now we're free".

11 M; C4

Musicality of the whirring of pestles against mortar in rhythm, a rhythmic sound is created and this is comforting. A hypnotic rhythm exists in the room; I see others in it too. Michael Jackson's song – You are not alone keeps popping up.

14 F; C2

Want to hum a summer song- "sweet dreams on a sycamore tree".

17 M; C2

"For your precious love" Elvis Presley song.

17 M; C3

##### **➤ Piano; desire to play the**

Again, the rhythm lifts my soul and puts a smile on my face. Makes me want to go home and play the piano.

14 F; C3

#### **4.5.1.35 Observer**

##### **➤ Detail, of everything in**

A lot of people have gravitated towards the colour white in their dress sense. Purity, cleanliness or peace?

10 F; C2

Observant of others more than myself.

10 F; C3

Noticed I was sitting in a skew position, corrected myself.

Noticed the two people next to me are standing.

Noticed the person standing next to me started to scrape with same method that I used from the start.

15 F; C2

Aware and observed all the changes in my physical state.

16 F; C1

Grinding makes me feel the imperfections in the bowl and that in turn makes me think of the imperfections in everyday life.

18 F; C3

#### **4.5.1.36 Offended; easily**

Spoke to my colleague about practice needing to fill my needs and patients' needs, he denied this. He said I should be self-sacrificing but I feel this is a unsustainable expectation.

Feel uncatered for, like no rooibos, vegetarian and meat served on same platter, cold and uncomfortable setting.

2 F; C2

#### **4.5.1.37 Order**

##### **➤ Desire**

Thinking of how to organise the symptoms; mental, physical and general versus chronological.

Feel ordered.

1 M; C1

Want everything in its proper place, want to be extremely thorough.

2 F; C1

Want to do this properly. Very meticulous, I do like things done properly but feeling extra cautious. I like attention to detail, more than usual.

8 F; C2

I feel the need to be extremely thorough in grinding and scraping; a little obsessive compulsive in the manner.

18 F; C2

#### **4.5.1.38 Perseverance**

A word that comes to mind is determination.

14 F; C2

My spirit is troubled and unsettled but I continue to persevere. I can't be beaten.

14 F; C4

#### **4.5.1.39 Reproaching oneself**

Don't know why the substance is bringing out all this gross stuff from inside of me.

2 F; C2

Feel useless and frustrated.

2 F; C3

Feel annoyed with myself for having these thoughts about people, as it seems judgemental and petty of me. I'm always judging my own thoughts.

7 F; C3

#### **4.5.1.40 Reproaching Others**

Thinking about this woman I don't like, she seems weak, princess-like and pathetic.

2 F; C2

Thinking about what some people are saying in the break, feel irritated that people seem pretentious, judgemental of others.

7 F; C3

#### **4.5.1.41 Sadness**

Feel like I'm under the ocean. There are waves of sadness with acceptance passing over me. It feels like I'm looking at all the grief in the world from below the ocean and through the waves above. Sad but peaceful, there is a sad melody in my head.

2 F; C3

I feel sad but I don't know why.

5 F; C3

I feel bipolar, up and down.

9 F; C3

The word "depression" comes to my mind, yet I don't feel that way right now, and the question; how do you cope?

14 F; C3

Started feeling a slight sense of deep sorrow for this world, I wonder when people will realise what they are doing to one another and just learn to love.

15 F; C3

#### **4.5.1.42 Sensitive**

➤ **External impressions, to all**

Very sensitive to vibration, agitated by scraping.

2 F; C1

#### **4.5.1.43 Spaced- out feeling**

Formless, floating and boundless as if in a dream but also with a layer between me and what is happening.

2 F; C4

Felt a little “spacey” out of it.

4 M; C1

Feeling a little bit sleepy and floaty.

6 F; C3

Feel very dreamy and sleepy (not tired).

7 F; C1

Keep thinking that this is like being on drugs, surreal feeling.

7 F; C2

Feels like I’m going to float away, like I’m not grounded.

8 F; C2

#### **4.5.1.44 Stupefaction**

Drowsy, face feels flushed. Mistakenly put C2 in the C3 vial and realised later.

3 F; C3

Feeling disorientated as if I don’t know who I am or what I’m doing.

13 F; C3

Random waves of drowsiness, like my head is turning with my pestle.

15 F; C2

#### **4.5.1.45 Theorising**

Was thinking about how our apparent failures make us the people we are and they are as important as our achievements. I have an image of being on the potters turning wheel and spinning around, like clay being shaped and the smell of the earth.

Thinking of the things I’m doing wrong in my life and questioning whether my moral objections are valid.

2 F; C4

Contemplating my origin and childhood and my purpose, dreams are put into children by parents before children know how to dream.

4 M; C3

Thoughts of God and creation, God being beyond good and bad. How man was created?

4 M; C4

Image of lady making peace with her past. She had been abused; she made a decision that she's not going to allow things of her past to define her happiness. Happiness is dependent on your perspective not on what has happened to you.

10 F; C4

I saw an image of this guy with issues, but people can't see it. It's like he's very successful, very outspoken, but there's certain parts of him that you can't talk about but if you catch him off guard, he needs to take a step back and when he comes back, he comes as that person you all know, rich, successful guy. In the background; abandonment, issues with his mother, neglect of some sort. Issue of the mother persona, to mother him and they weren't there. I think that's how he became successful, that fear of not turning out like that, so he works hard. When you look at him you can't tell where he has come from, because he's driving nice cars, outspoken, changed his accent, almost like Gatsby, not a specific race. The mother issue, I think the mother didn't want to have him. Thought maybe a teenage pregnancy or mother was not happy giving birth to this baby and she tried to abandon baby but she couldn't. She was forced to be with the baby, but she couldn't nurture the baby. Baby had to self-soothe and grows up in an environment where he saw other kids being taken care of and it's just himself. Self-soothe because of feelings of abandonment, loneliness and as boy growing up, he's an achiever, but there's no one to support him. He collects all the trophies but there is no one there to support him. What made him become the successful Gatsby, first of all; rejecting the environment from where he was, killed a lot of emotions and becomes the person the people around him want him to be. Whatever environment you put him in, he will adapt and shine in that environment.

11 M; C2

Thought about movie gladiator, the song when the guy is about to sacrifice himself for the greater good – Rome. The song – “now you're free”. The guy is a farmer who rises to power but is not consumed by power, maintains his values as a person and beliefs. When he goes down, people think he's dead but he rises again, not consumed by power or looking for vengeance but looking to do what's right. The song starts, all is prepared for him to die, and he dies at peace, found his purpose.

11 M; C4

Thinking about the picture of crucifixion, people must come together and realise there is no more sin in this world, there is peace and harmony. Despite of all the evil ways, there's hope, there has to be someone who comes and restores the true being of ourselves, perhaps then we will find peace and harmony. Image of queen kissing a knight, kissing the darkness – mothers of this world – feel free with what is happening, but it's not the true way. All of sudden light comes there and covers the knight. The knight was embraced by the queen, and disappears. This means mothers are starting to find the true meaning in life about what they should be doing; to give a child protection and recognition.

12 M; C3

A sudden light that represents glory now covers the darkness. The bond between mankind and the soil of the graves now break.

And we have our meaning; we are at peace and content with our being. I see a screw driver in a casket and it is like I can take the same and stab someone with it but it is not me controlling it, there is some force pushing me like I'm possessed. A dark room that looks like it was previously occupied by some gangsters, it has a cross painting on the wall but that

looks evil and suddenly a great light occupies the room and all the evil and painting disappears or covered by this shining light.

The wars of change have been won, all human beings living together, despite of their skin colour. The birds with broken wings they have lost their meaning in life.

12 M; C4

Image of lotus flower and symbolic of how it is in all this dirt; something beautiful in all this bad. An image of a thorny plant, blood dripping off them; reminded me of a story of a guy who was in despair, loss of hope, was broken and in a dark place. No one could understand. He turned to evil and started doing bad deeds. This gave him control he never had, felt he was in control. But conflict in himself, that he wasn't what he was taught but gave in. At the end of C4 there was hope for a change, needed someone to show they believed in him, cared for him and he was better than this.

15 F; C4

A feeling of red coming from the substance, this is quite beautiful. I was thinking about wolves, den of wolves – Romulus and Remus, who supposedly founded Rome, suckling on wolf mother.

17 M; C2

Everything is just rolling around, on a train and the train is just going along. You don't have to do anything in the train, you don't have to drive it, just sit and go. Image of network of neurons or spider webs connecting.

I am a theoretician.

17 M; C4

#### **4.5.1.46 Tranquillity**

Conversations about frustrating things still running but now I imagine peaceful, mature resolutions.

2 F; C4

This is very soothing, I feel soothed.

7 F; C1

Feeling tranquil, visualising moving towards the shore. A feeling of serenity and peace like a calm.

8 F; C4

The ocean and peacefulness.

9 F; C1

Feel like going to the beach, just to relax and not swim.

13 F; C4

Oscillating focus between these points reflects back to me as peace, tranquil and calm.

16 M; C2

#### **4.5.2 VERTIGO**

Felt light-headed for a few seconds.

8 F; C2



#### **4.5.2.1 Dizzy**

Felt a little “spacey” out of it, dizzy for a moment.

4 M; C1

I feel so weak and dizzy, I feel as if I’m going to faint, like I don’t have any balance.

5 F; C3

Feeling dizzy and lightheaded.

9 F; C2

#### **4.5.2.2 Fall, tendency to**

##### **➤ Left, to**

Round two I felt a little lightheaded at the beginning, like I would fall to the left side or forward.

13 F; C2

##### **➤ Forward**

Round two I felt a little lightheaded at the beginning, like I would fall to the left side or forward.

13 F; C2

#### **4.5.2.3 Turning; as if everything**

Getting these random waves of dizziness like my head is turning with my pestle. Would feel like I’m losing balance when I’m sitting but wouldn’t fall, could be my eyes watching this circular motion.

15 F; C2

Still getting random waves of dizziness, like a quick spin then gone, continuous throughout the process.

15 F; C3

### **4.5.3 HEAD**

#### **4.5.3.1 Coldness**

##### **➤ Occiput**

Feel cold more on the back of my head and the top.

3 F; C1

##### **➤ Vertex**

Feel cold more on the back of my head and the top.

3 F; C1

#### **4.5.3.2 Heaviness**

Head feels heavy.

3 F; C1

Head getting very heavy.

13 F; C3

➤ **Sides: Right:**

Heavy feeling on right side of head especially the eye.

2 F; C1

**4.5.3.3 Pain**

➤ **External, Eyes: Complaints with eye**

Sudden headache in the left temples and behind eyes.

1 M; C1

➤ **Dull pain**

Headache over left temple, dull muscular cramp.

2 F; C1

Headache starting above left eyebrow, dull.

6 F; C1

Left temporal headache feels like pressure and dull.

9 F; C1

Dull headache at the region of the left forehead (comes and goes). The dull headache persists.

10 F; C1

Headache is dull, heavy, like a deep ache.

12 M; C1

➤ **Forehead; right**

Headache on the right forehead, sharp but quickly subsided.

3 F; C1

➤ **Forehead; Left**

Headache starting above left eyebrow, dull.

6 F; C1

Dull headache at the region of the left forehead (comes and goes).

10 F; C1

➤ **Temples**

Dull ache on temples and pressure on temples.

7 F; C2

➤ **Temples; Left**

Sudden headache in the left temples and behind eyes.

1 M; C1

Headache over left temple, dull muscular cramp.

2 F; C1

Mild pounding headache on the left temporal region.

5 F; C3

Left temporal headache feels like pressure and dull.

9 F; C1

Head getting very heavy, pain is on the left temple, sharp pain which is 4 or 5 out of 10.

13 F; C3

➤ **Occipital**

Headache now moving to occipital, sides not affected at all.

13 F; C2

➤ **Pulsating; Forehead**

Headache is frontal, heavy over eyes, and it is dull throbbing and worse for looking down.

13 F; C2

#### **4.5.4 EYES**

##### **4.5.4.1 Burning**

Burning in the eye.

1 M; C1

My eyes feel burny.

9 F; C1

Eyes burning.

16 F; C1

Stinging sensation in eyes.

17 M; C1

##### **4.5.4.2 Heaviness**

Eyes feel heavy.

4 M; C1

Heavy eyes.

9 M; C1

Eyes feel heavy from the headache that has settled over my eyes.

13 F; C2

##### **4.5.4.3 Irritation**

Right and left inner corner of eyes feel irritated, want to close my eyes.

4 M; C1

#### **4.5.4.4 Itching**

Lateral left edge of left eye is itchy.

1 M; C2

My left eye is itchy, worse if I close it, better for opening and rubbing.

5 F; C2

Left eye itchy, lateral aspect. It is getting progressively worse.

6 F; C1

Eyes are itchy and watery.

11 M; C1

Eyes feel mildly scratchy as if the eye lashes are a little caught in the eyes, worse on closing the eyes.

Mild right eye irritation.

17 M; C1

#### **4.5.4.5 Lachrymation**

Eyes are itchy and watery.

11 M; C2

### **4.5.5 EAR**

#### **4.5.5.1 Itching**

Itch in the right ear.

2 F; C1

Itchy ear (right).

3 F; C3

Intense itch in the left ear, deep inner ear.

12 M; C1

#### **4.5.5.2 Fullness, sensation of**

My ears are blocked.

5 F; C1

Ears are both blocking.

6 F; C1

### **4.5.6 HEARING**

#### **4.5.6.1 Distant**

##### **➤ Sounds seems**

Hear voices and sounds from a distance.

5 F; C4

Sounds all seem far away, difficult to hear instructions.

7 F; C2

#### **4.5.6.2 Impaired**

Struggling to hear.

6 F; C2

Hard to hear instructions.

7 F; C2

### **4.5.7 NOSE**

#### **4.5.7.1 Catarrh**

##### **➤ Postnasal**

Left postnasal drip and left side are “leaky”.

4 M; C1

Slight right side post nasal drip.

17 M; C2

#### **4.5.7.2 Cold**

##### **➤ Air; aggravates**

Nose hurts because of airconditioning. I don't like the wind from the airconditioner.

1 M; C1

#### **4.5.7.3 Coldness**

Nose feels cold.

3 F; C3

#### **4.5.7.4 Congestion**

Congestion in the nose, but breathing is easy.

16 M; C1

Right nostril feeling as if allergic, just before sneezing. Feeling of mucus build up.

17 M; C2

#### **4.5.7.5 Coryza**

Right nostril runny.

10 F; C1

The nose is runny.

12 F; C1

#### **4.5.7.6 Inflammation**

Burning sensation in nostrils, like after snuff.

2 F; C2

#### **4.5.7.7 Itching**

Itchy nose as if about to sneeze.

1 M; C1

Nose is itchy, both left and right side.

4 M; C1

Itchy left eye and left side of nose.

6 F; C1

Right nostril super itchy, want to rub it.

7 F; C2

Medial part of right nostril feels itchy.

Now my left nostril and left temple feels itchy.

18 F; C2

#### **4.5.7.8 Smell**

##### **➤ Acute**

Smelling myself as bad.

4 M; C2

I'm smelling a "minty" smell.

5 F; C1

Pleasant smells arising.

17 M; C1

#### **4.5.8 FACE**

##### **4.5.8.1 Heat**

##### **➤ Flushes**

Drowsy, face feels flushed.

3 F; C2

Felt flushed and warm face during the break.

15 F; C2

##### **4.5.8.2 Itching**

My face and hair and nose keep getting itchy.

6 F; C4

### **4.5.8.3 Hair**

#### ➤ **Sensation; of a**

Crawling sensation in my hair.

6 F; C4

## **4.5.9 MOUTH**

### **4.5.9.1 Biting**

Biting upper lip.

4 M, C2

### **4.5.9.2 Cotton; sensation off**

Hyper salivation and feels like cotton in my mouth.

1 M; C1

### **4.5.9.3 Hard**

Mouth feels hard, especially back of tongue.

16 M; C1

### **4.5.9.4 Salivation**

Hyper salivation and feel cotton in mouth.

1 M; C1

Salivary glands are over productive.

16 M; C1

### **4.5.9.5 Odour**

#### ➤ **Offensive**

Feel like my breath is rotten and smelly. There is an uncomfortable dryness and stickiness of the mouth. I try to loosen my mouth by wiggling it around but saliva tastes foul.

2 F; C1

### **4.5.9.6 Taste**

#### ➤ **Bitter**

Bitter sensation at the back of the tongue.

1 M; C1

Bitter sensation now at roof of mouth and back of tongue, now hyper salivation with bitter taste.

1 M; C2

## **4.5.10 THROAT**

### **4.5.10.1 Dryness**

Back of throat is dry.

1 M; C1

Dry throat which is better for coughing.

13 F; C1

### **4.5.10.2 Mucus**

Mucus at the back of my throat, salty taste.

1 M; C2

Throat feeling clogged with mucus. Need to clear throat, thick mucus lump in there.

6 F, C1

During the break, phlegm in throat became loose. Throat getting sore, raw sensation.

6 F; C2

## **4.5.11 STOMACH**

### **4.5.11.1 Appetite**

#### **➤ Increased**

Wave of nausea and sudden drop of energy, I feel weak and very hungry.

6 F; C1

Increased hunger.

9 F; C1

Hungry, craving something for savoury. Stomach literally feels empty.

10 F; C1

### **4.5.11.2 Emptiness**

Hollow feeling in the stomach, upper abdomen, just under the sternum.

7 F; C1

### **4.5.11.3 Eructation**

Feeling burps.

15 F; C1

Feeling like burping again, gas bubbles from stomach. Interesting how the burping only really happens as soon as I start triturating, after the grinding break then it gets better as the trituration goes along.

15 F; C2

Swallowing and increased burping.

16 M; C1



#### **4.5.11.4 Nausea**

Wave of nausea and sudden drop of energy, I feel weak and very hungry.

6 F; C1

Nausea sensation.

16 M; C1

#### **4.5.11.5 Pain**

Stomach ache, with a burning sensation and feels like gas filled.

3 F, C1

#### **4.5.11.6 Thirst**

Thirsty, and the thirst persists.

3 F; C3

Thirsty.

7 F; C1

Feel quite thirsty for water.

13 F; C4

### **4.5.12 ABDOMEN**

#### **4.5.12.1 Emptiness**

Empty, butterflies sensation in solar plexus.

2 F; C1

Empty fluttering and vulnerable sensation in abdomen.

2 F; C2

Hollow feeling in the stomach, upper abdomen, just under the sternum.

7 F; C1

#### **4.5.12.2 Pain**

Pain in abdomen like two hands gripping and twisting my intestines. Intense gripping and cramping in abdomen. Pain travels up and down anus and urethra like a spasm/ wave of cramps.

2 F; C1

Pain on the right lower quadrant of the abdomen, moved to the left side as well as back pain on lower back.

3 F; C2

Abdominal pain comes back, like there is a pulling of the muscles as if less severe menstrual pains.

3 F; C3

Abdominal cramping on the right side.

9 F; C2

#### **4.5.13 RECTUM**

##### **4.5.13.1 Diarrhoea**

Pain in abdomen like two hands gripping and twisting my intestines. Need to urinate and pass stool, more gross burping. Feel like I have diarrhoea coming and will vomit, my insides are going to spill out.

2 F; C1

##### **4.5.13.2 Flatus**

Flatulent, slightly since the beginning of the trituration.

1 M; C2

#### **4.5.14 CHEST**

##### **4.5.14.1 Constriction**

Tightness in upper chest/lungs.

4 M; C1

Feeling something stuck in chest, tight, trying to push up. Chest feeling tight then feeling clears intermittently.

4 M; C2

Tightness in chest.

9 F; C3

Started getting tight increase/ pressure in my chest, like it is beating faster.

15 F; C1

##### **4.5.14.2 Pain**

###### **➤ Sternum**

Sharp pain in chest, on my sternum.

10 F; C3

#### **4.5.15 BACK**

##### **4.5.15.1 Pain**

###### **➤ Dorsal**

Pain under right scapulae developing close to spine.

2 F; C1

Pain on my right side on the lower border of the shoulder blade.

3 F; C4

Pain and stiffness in the left shoulder.

10 F; C1

➤ **Lumbar**

Pain in lower back; stiff but better for leaning forward.

2 F; C1

Pain in right sacroiliac joint; worse for sitting.

2 F; C3

#### **4.5.16 EXTREMITIES**

##### **4.5.16.1 Cold**

Cold feet, more on the toes.

3 F; C3

##### **4.5.16.2 Itching**

➤ **Fingers**

Finger webs are itchy and stiff.

11 M; C 2

##### **4.5.16.3 Pain**

➤ **Forearm**

Sharp cramp extending to forearm.

6 F; C1

➤ **Wrist**

Intense wrist pain (right) as soon as I started, lateral aspect of wrist shooting into thumb, better for holding tighter. Left wrist same sensation.

6 F, C1

Wrist aches. Pain in hand immediately stops when I stop triturating. Intense pain in tendons along edges of hand, extending to wrist.

7 F; C1

Pain in hand, better for resting for few minutes.

7 F; C2

Feeling nerve pain in fingers, shooting up hand, on the side of little finger. Pain on wrist; aching.

13 F; C2

#### **4.5.17 GENERALS**

##### **4.5.17.1 Cold**

➤ **Feeling**

I'm getting cold but they didn't adjust the aircon. I'm susceptible to cold, the room got so cold, I'm so cold.

5 F; C1

#### **4.5.17.2 Energy**

➤ **Excess of;**

Feeling much more alert and energised now.

12 M; C2

Feel relaxed, calm and energetic, energy is 10/10.

13 F; C1

#### **4.5.17.3 Exertion; physical**

➤ **Aggravate**

Tired, tedious, thinking of my tiredness, my limiting factor.

14 F; C1

#### **4.5.17.4 Foods and Drinks**

➤ **Farinaceous**

❖ **Desire**

Hungry, craving for something savoury, like mini pies or pizza.

10 F; C1

#### **4.5.17.5 Heat**

➤ **Sensation of**

Sensation of heat in the body.

14 F; C1

#### **4.5.17.6 Restlessness**

I can't be still, I want to walk.

6 F; C3

Keep having to change positions to be comfortable.

7 F; C2

#### **4.5.17.7 Weariness**

I feel so weak physically.

5 F; C4

## 4.6 Repertory

The rubrics of the materia medica that were ascertained from the C4 trituration proving of *Withania somnifera* were then presented in the conventional repertory format (Ross 2011), that is: Chapter – Rubric – Sub rubric – sub sub rubric.

The symptoms were converted into existing rubrics using The Essential Synthesis repertory by Schroyens (2012). An asterix (\*) was used to illustrate a new rubric.

The grading utilised was the one mentioned by Ross (2011), which is that a rubric should be graded according to the number of participants producing a specific rubric. However due to the absence of clinical authentication Ross (2011) states that the form of grading should be viewed as “suggestive” and not absolute.

- Grade 1; represented in normal font – This grading is for rubrics that are ordinary hence viewed as the lowest grade.
- Grade 2; represented in *italics* – When rubrics are experienced by three or more different participants.
- Grade 3; represented in **bold** font – When rubrics are experienced by half of the participants or more.

Table 4.2 presents the rubrics and gradig for MENTALS symptoms, Table 4.3 presents the rubrics and gradig for PHYSICALS symptoms, and Table 4.4 presents the rubrics and gradig for GENERALS symptoms.

**Table 4.2: MENTALS – rubrics and grading**

Chapter	Rubric	Frequency	Grading
MIND	ABSENTMINDED	5, 7, 8, 9, 18	2
	AIR; in open – ameliorate	8, 13	1
	ANXIETY	2, 4, 5, 7, 10	2
	AGGRESSION	2	1
	AFFECTION	1, 6, 8	2
	ANGER	1, 2, 6, 7, 13, 14	2
	AUTHORITY	2	1
	BEAUTIFUL *	2, 7, 18	2
	CHANGE	5, 6	1
	CHEERFUL	2, 4, 8, 14	2
	CLARITY	2, 3, 6, 7, 10, 18	2

CLARITY – Lack of	9	1
CLEANLINESS	18	1
COLOURS	15, 17, 18	2
COMMUNICATIVE	1, 13	1
CONCENTRATION – Active	4, 7, 18	2
CONCENTRATION – Difficult	5, 6, 7, 9	2
CONCENTRATION – Lack off	3, 10, 13, 18	2
CURIOUS	1, 15, 9, 18	2
CONFUSION	9, 12	1
DEFENSIVE	2	1
DEFIANT	2	1
DELUSIONS – Alone	2, 13, 17	2
DELUSIONS – Belong here, does not	8, 9	1
DELUSIONS – Dirty, he is	2, 18	1
DELUSIONS – Double being	17	1
DELUSIONS – Neglected, duty, he has	17	1
DELUSIONS – Nobody being	2	1
DELUSIONS – Talking, behind him	5	1
DELUSIONS – Time, exaggeration of time	7, 13	1
DETACHED	2, 8, 12, 13, 17	2
DULLNESS	2, 6, 9, 14, 18	2
EXERTION – Physical; aggravate	1, 2, 3, 13	2
EXERTION – Physical; ameliorate	6	1
FEAR	2, 14	1
FEAR – Narrow, place in	7	1
FEAR – Something will happen	2	1
HOMESICKNESS	2, 9, 10, 13, 14	2
INDIFFERENCE	1, 2	1
INJUSTICE – Cannot support	2	1
INTROSPECTION	2, 3, 4, 7, 8, 9, 10	2
IRRITABILITY	1, 2, 6, 7, 8, 9, 10	2
KILL – Desire to	3	1
MATERNAL *	2, 6, 9, 11, 12, 17	2
MESMERISED – Very	2, 7, 14, 16	2
MUSIC – Desire for	2, 3, 4, 5, 6, 7, 9, 10, 11, 14, 17	3
PIANO – Desire, to play the	14	1
OBSERVER – Detail of everything	10, 15, 16, 18	2
OFFENDED – Easily	2	1
ORDER – Desire	1, 2, 8, 18	2
PERSEVERANCE	14	1
REPROACHING – Oneself	2, 7	1
REPROACHING – Others	2, 7	1

	SADNESS	2, 5, 9, 4, 5	2
	SENSITIVE – External impressions, to all	2	1
	SPACED-OUT feeling	2, 4, 6, 7, 8	2
	STUPEFACTION	3, 13, 15	2
	THEORISING	2, 4, 10, 11, 12, 15, 17	2
	TRANQUILLITY	2, 7, 8, 9, 13, 16	2

**Table 4.3: PHYSICALS – rubrics and grading**

Chapter	Rubric	Frequency	Grading
VERTIGO	DIZZY	4, 5, 9	2
	FALL – Tendency to – left	13	1
	FALL – Tendency to – Forward	13	1
	TURNING – As if everything	15	1
HEAD	COLDNESS – Occiput	3	1
	COLDNESS – Vertex	3	1
	HEAVINESS	3, 13	1
	HEAVINESS – Sides, right	2	1
	PAIN – External eyes – Complaints with eye	1	1
	PAIN – Dull	2, 6, 9, 10, 12	2
	PAIN – Dull, Forehead, right	3	1
	PAIN – Dull, Forehead, left	6, 10	1
	PAIN – Dull – Temples	7	1
	PAIN – Dull – Temples, left	1, 2, 5, 9, 13	2
	PAIN – Dull – Occipital	13	1
PAIN – Pulsating, forehead	13	1	
EYES	BURNING	1, 9, 16, 17	2
	HEAVINESS	4, 9, 13	2
	IRRITATION	4	1
	ITCHING	1, 5, 6, 11, 17	2
	LACRYMATION	11	1
EAR	ITCHING	2, 3, 12	2
	FULLNESS – Sensation of	5, 6	1
HEARING	DISTANT – Sounds seem	2, 3, 12	2
	IMPAIRED	6, 7	1
NOSE	CATARRH – Postnasal	4, 17	1
	COLD – Air; aggravate	1	1
	COLDNESS	3	1
	CORYZA	10, 12	1
	INFLAMMATION	2	1
	ITCHING	1, 4, 6, 7, 18	2
	SMELL – Acute	4, 5, 17	2

FACE	HEAT – Flashes	3, 15	1
	ITCHING	6	1
	HAIR – Sensation; of a	6	1
MOUTH	BITING	4	1
	COTTON – Sensation of	1	1
	HARD	16	1
	SALIVATION	1, 16	1
	ODOUR – Offensive	2	1
	TASTE – Bitter	1	1
THROAT	DRYNESS	1, 13	1
	MUCUS	1, 6	1
STOMACH	APPETITE – Increased	6, 9, 10	2
	EMPTINESS	7	1
	ERUCTATION	15, 16	1
	NAUSEA	6, 16	1
	PAIN	3	1
	THIRST	3, 7, 13	2
ABDOMEN	EMPTINESS	2, 7	1
	PAIN	2, 3, 9	2
RECTUM	DIARRHOEA	2	1
	FLATUS	1	1
CHEST	CONSTRICTION	4, 9, 15	2
	PAIN – Sternum	10	1
BACK	PAIN – Dorsal	2, 3, 10	2
	PAIN – LUMBAR	2	1
EXTREMITIES	COLD	3	1
	ITCHING	11	1
	PAIN – Forearm	6	1
	PAIN – Wrist	6, 7, 13	2

**Table 4.4: GENERALS – rubrics and grading**

Chapters	Rubrics	Frequency	Grading
GENERALS	COLD – Feeling	5	1
	ENERGY – Excess of	12, 13	1
	FOODS AND DRINKS – Farinaceous – Desire	10	1
	HEAT – Sensation of	14	1
	EXERTION – Physical – aggravate	14	1
	RESTLESSNESS	6, 7	1
	WEARINESS	5	1

Table 4.5 illustrates the total number of rubrics per section and the number of rubrics in total.



**Table 4.5: Total number of rubrics**

System		System	
Mind	59	Throat	2
Vertigo	4	Stomach	6
Head	12	Abdomen	2
Eyes	5	Rectum	2
Ear	2	Chest	2
Hearing	2	Back	2
Nose	7	Extremities	4
Face	3	Generals	7
Mouth	6		
	<b>TOTAL</b>		<b>145</b>

#### 4.7 Comparative Layout of the C4 Trituration and 30CH Proving of *Withania Somnifera*

##### Objective 3

The researcher aimed to draw a comparison between the conventional 30CH proving and the C4 trituration. The symptoms were tabulated comparing the symptoms yielded by the conventional 30CH proving and C4 trituration. The tabulated comparison is divided under the headings; Mentals, Physicals and Generals.

##### 4.7.1 Comparison of MENTAL Symptoms

Table 4.6 is a comparison of MENTAL symptoms between the 30CH and the C4 provings.

**Table 4.6: Comparison of MENTAL symptoms between 30CH and C4**

Laidlaw – 30CH	Pillay – C4
<b>Absent minded</b>	
I realise now just how much I have procrastinated in studying. I have exams soon & haven't studied – really it's not like me – I'd find myself staring into space – my mind would be blank as if I want to do/ have to do something ... there is something I'm longing for not sure what it is. 16F:08:XX:XX	My thoughts are not very collected. 5F; C1 The phrase "set adrift". 7 F; C3 Completely lost track of where we are in the process and lost track of time. 7F; C4 On one hand my mind feels dull and the other I feel happier. 8F; C2 Mind feels foggy

	<p>9 F; C2 Scattered mind, hard to stay on one thought. 9F; C4 I feel my mind lacking and disappearing. 18F; C3</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Air; open air</b>	
<p>➤ <b>Desire: air, in open</b></p> <p>I also wanted to be outside today, even though it was cold and miserable outside. Inside just felt too hot and too many people having annoying conversations. 12:04:XX:XX Had picnic in forest with beers, as we were building a tree house. Felt very happy with more energy even though slightly sick. I need nature in my life. I normally have a little bit of fear for snakes, crabs, crawly things. And also fear with climbing trees in general. Today, experienced none of those fears (probably because happy to be there). 23F:10:XX:XX</p>	<p>➤ <b>Ameliorate</b></p> <p>Thinking of nature, open air and the sun, like being released into the wild or released from a cage. 8 F; C1 Want to leave the room immediately and go out for some fresh air. Craving fresh air, want to sit on the grass under the tree and breathe in the fresh air. 13 F; C3</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Anger</b>	
<p>Unusual Emotions: - Get easily angered by tiny issues and situations. - In everything done, I always want fairness and hate injustice. - If I see injustice being done, I fume and angry that I can't control my anger. Normal: I keep emotions inside but today I even almost bite the library staff head off, for showing no sympathy that the photocopy machine ate my money and never printed my notes. 17F:07:XX:XX Noticed I have no control over my anger – in contradiction to earlier. 18F:00:XX:XX Got late for work &amp; flipped out at my husband for making me late. 18F:08:XX:XX I hiccupped continuously last week – nothing I did could stop it – until I got angry and screamed – anger seems to be such a release. 18F:XX:XX:XX Then: <u>very</u> stressful event – felt very quickly angered with +++ shaking. No appetite, struggled to sleep. 20F:03:XX:XX Got really angry at a comment a “friend” made that was inappropriate and disrespectful</p>	<p>Grumpy but composed. 1 M; C1 Anger at my needs being denied. Anger towards certain individuals present in this trituration. 2 F; C2 Sound of people chattering is pissing me off. Almost anger when scraping, stabbing motion releasing frustration. 6 F; C3 I think I'm getting angry and frustrated too quickly. Its not really necessary. 7 F; C3 Little things annoying me, the wrong spelling on this wall, cannot believe nobody has taken it out. 13 F; C3 I start to feel upset and angry. I want scream out “don't talk to me that way”. 14 F; C4</p>

<p>regarding my Kung-Fu. I replied bluntly and called her on it. She was suitably chastised and apologised. Still was angry about it. I felt good to say something about it. 28F:11:XX:XX</p> <p>➤ <b>Suppressed</b> There has been an element of self-denial – I thought I was on placebo throughout this proving – I denied that my inner being was shaken – I felt a sort of numbness/ coldness + an INTENSE FRUSTRATION. Everything frustrated me – it's like withdrawal effects from smoking. 18F:XX:XX:XX</p>	
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Anxiety</b>	
<p>Anxiety returns, wake up in a cold sweat from a bit of a frightening dream. 02M:16:XX:XX Woken up by my nephew again. We're going to hang out and watch cartoons all morning. I feel a bit uneasy though. 02M:32:XX:XX I have no plans for later (Saturday evening) &amp; this makes me a bit anxious → Fear-of-missing-out-type anxiety. Its very mild though. The rain has also put a slight dampener on my mood. 06M:03:XX:XX General anxiety about relationship keeping me from sleeping. 11F:14:XX:XX I'm a bit edgy (anxious) as I fright easily – maybe PMS as I've noted. 16F:05:XX:XX Felt a little anxious, but nothing hectic. 21M:00:23:30 My mental state is on the other end of the spectrum this week, last week I was very relaxed and thought was free flowing and unrestricted. This week I'm a little anxious and I look tired. 26M:06:XX:XX Didn't sleep well, kept waking up feeling very anxious, couldn't pinpoint where the anxiety was coming from. 26M:07:XX:XX Anxious, fear about failure and work. 28F:20:XX:XX</p>	<p>Anxiety, worrying about the future, about research etc. Becoming anxious, feeling of butterflies. 2 F; C1 Anxious over behaviour. 4 M; C2 I am thinking hard and anxious about my life. What will happen next after I graduate? Will I ever graduate? 5F; C3 Slight anxiety keeps surfacing and then ebbing away. 7 F; C2 Always worried about not doing things right, always thinking and comparing and worrying. Anxiety, lightness in chest below throat. 7 F; C3 Anxiety about time. 7 F; C4 Anxious about the studying I need to do. 10 F; C2</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Cheerful</b>	
<p>Towards the afternoon and evening I felt in an energetic, happy and upbeat mood. 08F:02:XX:XX My mom keeps on telling me and laughing</p>	<p>Enjoy watching circular patterns formed, reminds me of Aboriginal cave art. White and brown clay pots. Happy, elated and soothed.</p>

<p>because she says I'm looking for attention. Don't know if it's the remedy or just me. I am also feeling very, extremely happy. Mom keeps on telling me I'm acting weird (talking too much, happy, a bit irritating). But feeling very happy today. Just feel like it's going to be a good day.</p> <p>22M:XX:XX:XX</p> <p>Had picnic in forest with beers, as we were building a tree house. Felt very happy with more energy even though slightly sick. I need nature in my life. I normally have a little bit of fear for snakes, crabs, crawly things. And also fear with climbing trees in general. Today, experienced none of those fears (probably because happy to be there).</p> <p>23F:10:XX:XX</p>	<p>2 F; C1 Enjoying swaying.</p> <p>4 M; C1 Happy, Laughing, internally smiling. Enjoying the peaceful process.</p> <p>4 M; C2 On one hand my mind feels dull and the other I am feeling happier and smiling, which is different as last few days have been difficult time.</p> <p>8 F; C2 Thoughts about cute kittens being playful with each other. Happy, wanting to laugh, smiling again.</p> <p>8 F; C3 Strong desire to smile.</p> <p>14 F; C1 Feel a pleasant lightness in my spirit.</p> <p>14 F; C3 Joy in being present, a profound sense of resilience accompanies this state.</p> <p>16 M; C3</p>
<p><b>Laidlaw – 30CH</b></p>	<p><b>Pillay – C4</b></p>
<p><b>Clarity of Mind</b></p>	
<p>I'm aware of making my mind less cluttered.</p> <p>26M:09:XX:XX</p> <p>A lot of previous information that I had gathered through reading is starting to make sense, an example being that a particular book may not have made much sense, the info seems to have been organised and is now making sense.</p> <p>26M:11:XX:XX</p>	<p>Feel a level of profane honesty coming through, want to express honesty without limitations.</p> <p>Feel like the remedy is allowing me to look at the issues in my life from a distance with a clarity, time and wisdom. Perspective, feel like I can transcend issues.</p> <p>2 F; C3 Started thinking about my relationship, what could have been if we didn't date, feels like we are on different paths and we are chasing different goals.</p> <p>3 F; C1 Amazing grace – song – “was blinded but now I see”.</p> <p>6 F; C3 “All that we see and seem is but a dream within a dream.”</p> <p>7 F; C1 I think I get angry and frustrated too quickly, its not really necessary.</p> <p>7 F; C3 Maybe I'm so caught up in my own thinking that I can't really perceive or know other people.</p> <p>7 F; C4 A little open minded about past experiences, not bitter, angry and resentful as I used to feel. Sometimes we need to give ourselves a chance to have a fresh new perspective on life.</p> <p>10 F; C4</p>

	<p>My mind feels clear of all thoughts. 18 F; C1</p> <p>➤ <b>Lack of;</b> Confusion about my purpose in life and the future. Still feel like myself but being taken over by external force- words popping into my head. 9 F; C2</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Cleanliness</b>	
<p>Been on a mission since I woke been spring cleaning + getting my house in super order. 08F:04:XX:XX</p> <p>Had a good, been chilled and still on a creative buzz to beautify and organise my home. Love that feeling of being in a beautiful space, that's clean, devoid of clutter and crap. 08F:XX:XX:XX</p> <p>I have a big feeling of cleaning my room, doing my laundry. I feel like making everything I touch clean. 24M:04:10:25</p> <p>My room looks different and nice after extreme work, I haven't seen my room like that in a while. I don't know if it's related or how but I feel like seeing room so organised has just boosted my self-confidence and self-esteem higher. It feels like I'm who I want to be. 24M:04:18:30</p> <p>Noticing that I keep trying to clean and keep a sense of order, seem to find sweeping, mopping floors and washing dishes to be very relaxing. 26M:05:XX:XX</p>	<p>After each trituration I feel the need to wash my hands, they feel soiled/dirty. 18 F; C2</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Communicative</b>	
<p>During the entire day today, I was feeling very talkative, I have been talking to people as if we knew each other for the entire life. 24M:06:XX:XX</p> <p>Had an interesting interaction with two German travellers, it was very interesting to notice that it was easy to delve into a fairly deep philosophical conversation with them. I seem to be relishing interesting interactions with people. 26M:05:XX:XX</p>	<p>Want to talk and joke but feel like I will upset the others. 1 M; C1</p> <p>Desire to talk to people, about anything. Just want to make conversations. 13 F; C3</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Company</b>	
<p>➤ <b>Aversion to</b> I just feel like I don't want to be around people, or talk. Everybody's conversations just annoy me, people think they know so much when they really</p>	<p>➤ <b>Aversion to</b> Thinking I'm happy by myself want to live quietly alone. I'm usually sociable not sure if this aversion due to the trituration.</p>

<p>don't. I also wanted to be outside today, even though it was cold and miserable outside. Inside just felt too hot and too many people having annoying conversations. 12F:04:XX:XX</p> <p>Now that I think about it, I've been in the best moods when alone. When I've been around people I don't feel like being there. Feel extremely annoyed with everything that is in my space. 12F:09:XX:XX</p> <p>I really just want to be alone. I'm tired of peoples' stories – I feel like I actually don't want to care. 18F:00:XX:XX</p> <p>Feeling depressed. Want nothing to do with anyone. Don't want to answer phone, messages etc. 20F:05:XX:XX</p>	<p>4 M; C3 Thinking about what people are saying during the break, feel irritated, people seem pretentious. 7 F; C2 I don't want to speak, I want to keep this silence. 18 F; C2</p>
<p><b>Laidlaw – 30CH</b></p>	<p><b>Pillay – C4</b></p>
<p><b>Concentration</b></p>	
<p>➤ <b>Active</b></p> <p>I must state, however, my attention levels seem a little better than usual, if I engage in an activity – golf, reading, sound recording – it's almost effortless but my focus does not sway. 02M:03:XX:XX</p> <p>Swotting for tomorrow's test this evening. Covering all bases, feeling confident and focused, expecting anything and everything. 02M:23:XX:XX</p> <p>Moderate stress because of talk preparation, but focused. Focus ON all day. Longer than usual. Never felt sleepy. Combative attitude for work issues. 03M:02:XX:XX</p> <p>Mind active, tired but not sleepy. Strong focus, confidence. 03M:XX:XX:XX</p> <p>Concentration has been good this evening &amp; have been very productive. Worked on research from 8pm till 12:30. 06M:00:XX:XX</p> <p>Feeling a bit more focused. 11F:05:XX:XX</p> <p>Felt better emotionally by doing hard work – packed hampers for orphan children – spent hours just engrossed in that work. 18F:02:XX:XX</p> <p>Mentally I feel calm and focused. 25M:10:XX:XX</p> <p>Felt very "dreamy" this afternoon. I was in a very relaxed state, my mind seems to be less</p>	<p>➤ <b>Active</b></p> <p>The energy levels are 8 out of 10, I'm much more alert and in the zone. 11 M; C2 Concentration improved, I feel more focused. The white in the mortar keeps saying : don't take your eyes off me! Focus. 14 F; C2 Increased awareness of everything happening on the physical sphere. 16 M; C1 I'm actually aware of a tangible link between the internal sensation of physiology and emotional state. I have the ability to clarify thoughts and direct action. 16 M; C2 My focus is unbreakable. 18 F; C2</p> <p>➤ <b>Difficult</b></p> <p>My thoughts are not very collected. I'm so lost in my thoughts I forgot to add in my next powder. I'm thinking of so many things but I can't remember what I was thinking about. 5 F; C2 Struggling to stay present and not let my mind wander. 6 F; C4 Feel like I was half asleep, had to remind myself about what I was doing. I've completely lost track of where we are in the process and lost track of time. 7 F; C2</p>

<p>scattered and more focused. 26M:00:XX:XX</p> <p>➤ <b>Difficult</b></p> <p>Woken up late and am not feeling in great shape. I am battling to keep focus with ordinary day-to-day tasks such as brushing teeth, preparing cereal, dressing up. 02M:12:XX:XX</p> <p>By 9.45 feeling very 'zoned out', eyes and attention a little unfocused. Having trouble concentrating, feeling distracted. Misspelling words – how I usually tell when my mind isn't focused. 12F:00:XX:XX</p> <p>Absolutely no concentration span today. Keep getting distracted. 12F:06:XX:XX</p> <p>Feel everything in a haze in my head / like my thoughts occluded by fog. 18F:07:XX:XX</p> <p>I'm very impatient – and find I'm misunderstanding people when they talk – its like I'm not even listening to them. 18F:12:XX:XX</p> <p>Trying to study, but can't concentrate. I feel very agitated. I can't sit still. 22M:04:XX:XX</p> <p>Struggling to focus for next couple of exams. Overwhelmed with where to start. 23F:14:XX:XX</p> <p>➤ <b>While writing</b></p> <p>Having trouble concentrating, feeling distracted. Misspelling words – how I usually tell when my mind isn't focused. 12F:00:14:20</p> <p>Grammar and spelling seem to be an issue, only slightly though. 26M:01:XX:XX</p> <p>Grammar and spelling seem to be going backwards. 26M:06:XX:XX</p>	<p>I can't focus on what is happening to me. 7 F; C4</p> <p>Scattered mind, hard to stay on one thought. 9 F; C4</p> <p>➤ <b>Lack of</b></p> <p>Got lost in thought about a conflict, forgot I am scraping on a timer. 3 F; C2</p> <p>Distracted in comparison to focus at level C1. 10 F; C2</p> <p>Getting distracted by everyone around me. 15 F; C3</p> <p>I feel my mind lacking and concentration disappearing. 18 F; C3</p>
<p><b>Laidlaw – 30CH</b></p>	<p><b>Pillay – C4</b></p>
<p><b>Delusions</b></p>	
<p>➤ <b>Alone, being</b></p> <p>Mood – I'm a bit down today. It feels like the fun activities of the long weekend are over &amp; I'm back to being "alone". I'm surrounded by friends &amp; people I know, but they're starting to couple off &amp; soon I'll be forgotten about... It's inevitable when you're single... 06M:01:XX:XX</p> <p>Not feeling as enthusiastic as I was earlier on in the week – not sure if its because I've had to get</p>	<p>➤ <b>Alone, being</b></p> <p>I feel very cold, the sadness is very deep, sense of solitude but not depression. 2 F; C3</p> <p>Feel like I'm isolated from the world. 13 F; C2</p> <p>Feeling a little isolated. 17 M; C1</p> <p>➤ <b>Neglected, duty; he has</b></p>

<p>back to Varsity work or the influence of the proving substance. Feeling quite lonely. Feel like I need sweet, young, innocent love in my life. *This may be because I found out last night that this guy I secretly fancy (not the same as "dream boy") happens to fancy some other guy I know... This is all so childish, &amp; I'm fully aware of it all... 06M:01:XX:XX My housemate &amp; his girlfriend have left on a date. It's their 8 month dating anniversary. Usually I think it is quite silly, but tonight I think its quite sweet. And I'm home alone... ☺ 06M:01:18:30 ➤ <b>Neglected, duty; he has</b> Had to cancel 3 lessons because of my lost voice. Upset that I couldn't control my body. Worried that clients and my boss will think I am being flaky. Even though I am sick I would still teach if I could talk. Later on in the day my voice started coming back. I felt guilty for cancelling lessons &amp; also guilty for the lesson I am supposed to be teaching being cancelled today: relieved but guilty. 28F:16:XX:XX</p>	<p>Thinking about neglected patients, keep forgetting to contact. 17 M; C1</p>
<p><b>Laidlaw – 30CH</b></p>	<p><b>Pillay – C4</b></p>
<p><b>Detached</b></p>	
<p>Slight sensation of detachment concerning work issues: what for?? 03M:02:16:30 Not much symptoms today. Didn't feel any except for the being not emotional after the news that my brother got arrested. 05M:05:XX:XX Feel totally detached – like calm when being criticised – normally I get very defensive and angry – have the "screw you" attitude. Today I felt very belittled but just let it slide. Could understand that I was spoken to from a point of insecurity rather than truly criticised. 18F:00:XX:XX I prefer to be alone. Finding it easier to talk to people effectively though – very strange – I'd prefer alone time – but when in company I'm more open to their lives – although it still comes with detachment. I actually feel very selfish – if it's not for my gain – then I'm not interested. 18F:01:XX:XX</p>	<p>Detachment, loss and grief. 2 F; C3 Imagining myself sitting in darkness and alone. 8 F; C1 A sense of isolation. 12 M; C2 Feel like I'm isolated from the world. 13 F; C2 Feeling a little isolated. 17 M; C1</p>
<p><b>Laidlaw – 30CH</b></p>	<p><b>Pillay – C4</b></p>
<p><b>Dullness</b></p>	
<p>Feeling very fuzzy headed, can't think. 11F:00:XX:XX:XX Head feeling fuzzy again since woke up but not sore. Very windy day – sound &amp; feel of wind</p>	<p>Tired feeling in the head. 2 F; C1 Feeling sleepy and floaty.</p>



<p>heightening the fuzzy/mixed-up feeling → lasted till lunch time. Wind made me feel crazy (but blowing harder than normal). 11F:02:XX:XX Feel everything in a haze in my head / like my thoughts occluded by fog. 18F:07:XX:XX</p>	<p>6 F; C3 Mind feels foggy. 9 F; C2 Tired, tedious, thinking of tiredness. 14 F; C1 My mind feels dull and inactive. 18 F; C2</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Exertion</b>	
<p>➤ <b>Physical – aversion</b> Actually the best way to put it – when I'm at rest – I want to stay resting, yet once I get going – I want to accomplish everything. I hate the transition from moving quickly to rest, &amp; vice versa. It's like Rhus tox in a way – except not joint pain – it's my moods. 18F:12:XX:XX</p> <p>➤ <b>Physical – amel</b> Felt better emotionally by doing hard work – packed hampers for orphan children – spent hours just engrossed in that work. 18F:02:XX:XX Felt very lazy. Had a very quick nap +/- 20 min. Was tired for a while, almost felt high. Felt better after [martial arts training]. 23F:00:XX:XX</p>	<p>➤ <b>Physical- aggravate</b> Feel fatigued, drained, hunched over workstation, head in arm and exhausted. 1 M; C1 Tired, absorbed by grinding but scraping causes anxiety. 2 F; C1 Feel like grinding while I rest my head on the table. 3 F; C3 One minute into triturating, felt tired and fed up, wanted to stop. 13 F; C1</p> <p>➤ <b>Physical- ameliorate</b> Almost anger when scraping but scraping motion releasing frustration. 6 F; C2</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Fear</b>	
<p>➤ <b>Happen, something will</b> Have this feeling of acute anguish, bordering on paranoia. It's as if I am expecting something bad to happen, like every part of me can sense "it" coming but I just don't know what "it" is. 02M:XX:XX:XX My mind seems caught up in something. I just don't know what it is. If I go anywhere – including within the walls of my house – I got to look over my shoulder, check the perimeter and so forth. It's 2:47am and I cannot fall asleep. I've been hearing weird sounds in the house. Extremely paranoid at this point. 02M:14:XX:XX</p>	<p>➤ <b>Happen; something will</b> Absolute horror, I'm terrified. I feel like we're causing more horrible things to happen by doing this trituration. 2 F; C3</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Homesickness</b>	
<p>Feeling a bit down. Weird as the previous 2 days I was very happy. It can also be due to the fact that I'm heading back to Durban for 5 weeks and already missing home.</p>	<p>I had a vision of standing on a hill in the desert; looking at a town being bombed. The hurt is unlike anything I've ever experienced, deep loss of everything I valued. All the people I love are</p>

<p>22M:02:XX:XX I'm feeling really nostalgic, I'm missing family, my friends over there, my Home. Here in South Africa I feel like there is too much hypocrisy in people's eyes, they only call, talk, approach you when they want something from you which they can't get from someone else or what-so-ever!!! Why all the time when I don't want to have friends, suddenly everyone wants to be my friend, and when I need them the most no one is there?</p> <p>24M:02:11:00 I'm starting to get anxious about my gigs coming up. Tomorrow we hit SWEDEN for the FESTIVAL I'm working. Back on a plane! Should be cool, but travel always comes with challenges and some stresses. [My son] has been amazing though, a real little trooper. He misses home though and this stresses [MY WIFE] &amp; I out a bit. We also miss home!</p> <p>25M:06:XX:XX</p>	<p>dead, my home torn up, obliterated and everything is gone. 2 F; C3 Thinking of my family, we have a pseudo connection. I'm trying to reach out, to connect on a deeper level. 2 F; C4 Can't wait to go home and be with my family. 9 F; C2 Miss seeing my niece running in the yard. 10 F; C4 Planning to go home and eat a lot of comfort food i.e. chocolate and cheesecake, just want to snuggle up with a blanket and be cosy. 13 F; C4 Makes me want to go home and play the piano. 14 F; C3</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Indifference</b>	
<p>Just in a bit of a flat mood. 02M:28:XX:XX I'm so sure I'm bipolar ☺ – actually I've never felt happy during this proving – think I really just feel depressed, numb &amp; emotionless – like a don't-care attitude to everything. 18F:18:XX:XX Want nothing to do with anyone. Don't want to answer phone, messages etc. 20F:05:XX:XX</p>	<p>Sitting down hunched over with the mortar on lap. I don't care about stuff, I really don't. 1 M; C1 I don't care about anything at the moment. Just decanted the remedy into C2 bottle, have made a tremendous mess and I just couldn't care less about anything. 1 M; C2 Want to express my honesty without limitations, don't care that I'm swearing. 2 F; C3</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Injustice; cannot support</b>	
<p>Unusual Emotions: - Get easily angered by tiny issues and situations. - In everything done, I always want fairness and hate injustice. - If I see injustice being done, I fume and angry that I can't control my anger. Normal: I keep emotions inside but today I even almost bite the library staff head off, for showing no sympathy that the photocopy machine ate my money and never printed my notes. 17F:07:XX:XX I personally hate people who think their beliefs, culture, religion is better than the others and force others to act like them. People who act like that are DISRESPECTFUL!!!! 24M:02:XX:XX</p>	<p>Feel dissatisfied with the situation, feel like I'm being used by the researchers and unfairly compensated. Feel subjugated. I feel like my passion has been drained out of me. I feel my energy is being used to flatter their objectives without regard to my needs. 2 F; C2 Issues of patriarchy, a masculine and feminine divide, a colleague turned the conversation into my problem. I don't know why he brought up gender. Why must he attack me and my femininity? 2 F; C3</p>

Laidlaw – 30CH	Pillay – C4
<b>Introspection</b>	
<p>Today I woke up with no dreams. But I felt entirely different, it might be due to the fact that I am paying more attention to myself physically, mentally and spiritually.</p> <p>24M:07:06:10</p> <p>Very relaxed, very introspective. Starting to notice that I am observing my state abstractly or as a third person. I'm finding that when I feel anxious or relaxed, I try to identify what is causing this particular state of being.</p> <p>26M:XX:XX:XX</p>	<p>Feel like the remedy is allowing me to look at the issues in my life from a distance with clarity, time and wisdom. Perspective, feel like I can transcend issues, conversations about frustrating things still running but now I imagine peaceful and mature resolutions.</p> <p>Had an idea to triturate my own hair, like Samson it would return my strength.</p> <p>2 F; C3</p> <p>Thinking about the things I'm doing wrong in my life and questioning whether my moral objections are valid. Feels like the point of life is experience as many difficult things as possible and know yourself completely, and not to fill someone else's idea of good.</p> <p>2 F; C4</p> <p>Thought about a hike I took in 2014 and specifically the time I stood on top of the mountain and saw the view of the trees, I then sat down. I felt someone was talking to me and I started to thank God for creation, I even said a little prayer. I felt part of a bigger world. Overwhelmed by remembering this scenario, and I am feeling part of a bigger plan.</p> <p>3 F; C4</p> <p>Contemplating my origin, childhood and purpose, dreams are put into children by their parents before they know how to dream.</p> <p>4 M; C3</p> <p>I'm always worried I'm not doing things right, always thinking, comparing and worrying. Maybe I'm so caught up in my own thinking and anything that I can't really perceive or know other people.</p> <p>7 F; C4</p> <p>Thinking about the deeper meaning of life, why are we here? Trying to figure out my place in this world.</p> <p>8 F; C3</p> <p>I find myself asking myself if I make good decisions in life.</p> <p>9 F; C2</p> <p>I like working with people but I do not always resonate with them. I tend to have issues with a lot of girls. I often feel misunderstood and judged.</p> <p>10 F; C2</p> <p>I recall a dream I had last year. I was flying in that dream and I felt free and invincible.</p> <p>10 F; C3</p>
Laidlaw – 30CH	Pillay – C4

### Irritability

I was particularly irritable and cranky today, possibly irritated by how much I need to get done in a day.

08F:03:XX:XX

All good. Went to bed in a bad mood. Irritated. ☹

09F:09:XX:XX

Feeling very tired & grumpy. Everything is irritating me this morning. Irritability high & more vocal about it – till evening.

11F:02:XX:XX

Have been very irritable today in a way that is unusual. Got irritable & moody with:

- workshop participants talking nonsense & interrupting

- my co-facilitator for thinking my cell phone was ringing in a session when it wasn't mine

- my boyfriend for not being home / for leaving no petrol in car + not telling me

- friend who made me wait at dinner appointment

Usually I wouldn't get too upset about any of this but today they keep going round in my head & I felt generally grumpy + angry at everyone.

11F:07:XX:XX

Apart from energy slump at 1.10pm and unusually bad mood, no symptoms to report.

12F:01:XX:XX

Super irritable today.

12F:05:XX:XX

I am very irritated by bad planning – normally I am – but now I can't stand it – I snap. I feel like the world is moving in slow mo. Feel like a hypocrite – coz all I do is sleep – not interested in making my own life move faster.

18F:12:XX:XX

Diwali – very busy – tired – still snappish – feel very agitated – feel like its just too much for me – no excitement – WEIRD.

18F:17:XX:XX

Emotional and very irritable. Later very tearful. Feeling persecuted.

20F:04:XX:XX

Wind annoying the life out of me.

20F:08:XX:XX

[My wife]'s birthday! We ate well for breakfast. She opened presents while [my son] got excited. Almost too excited & demanding & this irritated me.

25M:21:XX:XX

Feel like I need a break. I am mentally & physically exhausted. Irritable from fatigue.

28F:36:XX:XX

I don't like the wind from the air conditioner, it makes me irritable.

Grumpy but composed, headache is making me grumpy and irritable.

1 M; C2

I am very irritable with the process.

2 F; C1

Irritated with people chatting, even though it is quiet, the sound is not a nice frequency. It pissed me off.

Irritated with not having a space where I can get comfortable.

6 F; C2

The clanking noise when people knock the pestles against the mortar is very jarring, I feel annoyed by it.

7 F; C1

Feeling irritated with the process, it seems to be dragging on this time around. Little things are annoying me.

13 F; C2

<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Observant</b>	
<p>➤ <b>Detail, of everything in</b></p> <p>One thing I have noticed is that I'm paying more attention to every small detail around me. Things like:</p> <p>→ Peoples facial expressions.</p> <p>→The sound of a car passing around and trying to guess at what speed the driver is, and in which number is the gearbox.</p> <p>→ Checking immaculate cars.</p> <p>→ How / what people are wearing (OCD).</p> <p>24M:09:20:07</p> <p>Noticing a lot more with regards to peoples' behaviour and gestures/body language. Noticed something very interesting with a business associate, what I thought was a relaxed, jovial type of person, seem now, to be very nervous. Starting to notice a lot more about people, small habits, speaking, choice of words, tone, body language.</p> <p>26M:XX:XX:XX</p> <p>Noticing more about people who are focused on business or more likely focused on making money. I was in a meeting and noticed that all these business people looked tired and unhappy and no one looked as if they did any form of exercise. The energy was bizarre, the situation was centred around trying to assist a mutual customer, but it seemed as though all parties were trying to guard their own interests and at the end of the meeting, it seemed as though not much had been decided. Starting to notice these types of situations more and more.</p> <p>26M:08:XX:XX</p>	<p>➤ <b>Detail, of everything in</b></p> <p>A lot of people have gravitated towards the colour white in their dress sense. Purity, cleanliness or peace?</p> <p>10 F; C2</p> <p>Observant of others more than myself.</p> <p>10 F; C3</p> <p>Noticed I was sitting in a skew position, corrected myself.</p> <p>Noticed the two people next to me are standing.</p> <p>Noticed the person standing next to me started to scrape with same method that I used from the start.</p> <p>15 F; C2</p> <p>Aware and observed all the changes in my physical state.</p> <p>16 F; C1</p> <p>Grinding makes me feel the imperfections in the bowl and that in turn makes me think of the imperfections in everyday life.</p> <p>18 F; C3</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Order</b>	
<p>Been on a mission since midweek to spring clean and sort my house out. Have got lots of needed to do things done. Mainly cleaning up and sorting cupboards and photos, books, sewing stuff all these things that get disorganised over time. Also been on a mission to redecorate and make things.</p> <p>08F:03:XX:XX</p> <p>My room looks different and nice after extreme work, I haven't seen my room like that in a while. I don't know if it's related or how but I feel like seeing room so organised has just boosted my self-confidence and self-esteem higher. It feels like I'm who I want to be.</p> <p>24M:04:18:30</p> <p>Started keeping a book list of books that I would like to read.</p>	<p>➤ <b>Desire</b></p> <p>Thinking of how to organise the symptoms; mental, physical and general versus chronological.</p> <p>Feel ordered.</p> <p>1 M; C1</p> <p>Want everything in its proper place, want to be extremely thorough.</p> <p>2 F; C1</p> <p>Want to do this properly. Very meticulous, I do like things done properly but feeling extra cautious. I like attention to detail, more than usual.</p> <p>8 F; C2</p> <p>I feel the need to be extremely thorough in grinding and scraping; a little obsessive compulsive in the manner.</p>

26M:09:XX:XX Crossing things off my to do list. 28F:13:XX:XX	18 F; C2
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Perseverance</b>	
Hand hurts a whole lot and is swollen, pain is becoming dull and can barely move my hand. I'm usually a whiner but this weekend I just pushed through the pain without much effort. 02M:04:XX:XX Studied throughout previous night as exam in morning. Coped well. Feeling fine today. 23F:14:XX:XX Need a holiday. Want to cry when I think about going back to work tomorrow & when I think of everything I have to do but can't and won't stop. 28F:06:XX:XX Very determined despite [experiencing diarrhoea], working very hard – possible intensification of symptoms. 28F:09:XX:XX Anxious about work. Very stressed about money at the moment. Driven: working harder & getting things done despite stress & anxiety. I don't usually stress so much about finances – still feeling determined to persevere despite feeling very overwhelmed by life at the moment. Still just plodding along. 28F:XX:XX:XX	A word that comes to mind is determination. 14 F; C2 My spirit is troubled and unsettled but I continue to persevere. I can't be beaten. 14 F; C4
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Reproaching oneself</b>	
Feel very restless internally – like what I want I'm not sure of. Feel like whatever I've known about myself is not KNOWN anymore – questioning – critical of myself – makes me feel very unsettled. 18F:03:XX:XX Mind: down on myself with regards to work. Very critical. 28F:09:XX:XX Had to cancel 3 lessons because of my lost voice. Upset that I couldn't control my body. Worried that clients and my boss will think I am being flaky. Even though I am sick I would still teach if I could talk. Later on in the day my voice started coming back. I felt guilty for cancelling lessons & also guilty for the lesson I am supposed to be teaching being cancelled today: relieved but guilty. 28F:16:XX:XX	Don't know why the substance is bringing out all this gross stuff from inside of me. 2 F; C2 Feel useless and frustrated. 2 F; C3 Feel annoyed with myself for having these thoughts about people, as it seems judgemental and petty of me. I'm always judging my own thoughts. 7 F; C3
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Reproaching others</b>	

<p>Impatient with weakness &amp; lack of character in friends. Very grumpy. 28F:24:XX:XX</p>	<p>Thinking about this woman I don't like, she seems weak, princess-like and pathetic. 2 F; C2 Thinking about what some people are saying in the break, feel irritated that people seem pretentious, judgemental of others. 7 F; C3</p>
<p><b>Laidlaw – 30CH</b></p>	<p><b>Pillay – C4</b></p>
<p><b>Sadness</b></p>	
<p>Feeling sad – teary &amp; insecure. 11F:12:XX:XX Just felt like I had no strength left, I've been fading in and out of depression. My ego very badly damaged – it should be all systems go – but I'm just depressed honestly. I feel empty. 18F:10:XX:XX I'm so sure I'm bipolar ☺ – actually I've never felt happy during this proving – think I really just feel depressed, numb &amp; emotionless – like a don't-care attitude to everything. 18F:18:XX:XX Feeling depressed. Want nothing to do with anyone. Don't want to answer phone, messages etc. 20F:05:XX:XX Feeling a bit down. Weird as the previous 2 days I was very happy. It can also be due to the fact that I'm heading back to Durban for 5 weeks and already missing home. 22M:02:XX:XX</p>	<p>Feel like I'm under the ocean. There are waves of sadness with acceptance passing over me. It feels like I'm looking at all the grief in the world from below the ocean and through the waves above. Sad but peaceful, there is a sad melody in my head. 2 F; C3 I feel sad but I don't know why. 5 F; C3 I feel bipolar, up and down. 9 F; C3 The word “depression” comes to my mind, yet I don't feel that way right now, and the question; how do you cope? 14 F; C3 Started feeling a slight sense of deep sorrow for this world, I wonder when people will realise what they are doing to one another and just learn to love. 15 F; C3</p>
<p><b>Laidlaw – 30CH</b></p>	<p><b>Pillay – C4</b></p>
<p><b>Sensitive</b></p>	
<p>➤ <b>External impressions, to all</b> Ate again round 9.30pm. Boyfriend was scraping fork in bowl – sound was acutely irritating, more than normal (altho always makes me cringe). 11F:01:12:30 I've definitely transitioned into a separate phase compared to last week. Noticed that I've always been aware of the weather i.e. direction of the wind, what direction the rain comes from, different types of clouds, air temperature, moisture content of the air the smell of the air. Noticed that I break the day into three segments based on the light. The first segment is from early morning until the light transitions into a sort of midday/ afternoon phase. The midday/ afternoon phase goes on until sunset and the third phase starts. The third phase tends to be the sunset into night phase which goes until the next morning. I tend to be really tired towards the end of the first and second phase. The beginning of the second and the third phase is where my energy levels</p>	<p>➤ <b>External impressions, to all</b> Very sensitive to vibration, agitated by scraping. 2 F; C1</p>

<p>are quite high and I find that I am most relaxed during these parts of the phases. 26M:08:XX:XX</p> <p>Sleeping really well, taking more notice of light, natural light to be specific. I've started to observe the air, the moisture content, the smell, the temperature, late evening and early morning seem to be the parts of the day when I am most aware of these aspects, although I have noticed myself observing/thinking about the air during the afternoon. 26M:09:XX:XX</p> <p>Went for a swim at the beach, was very aware of the heat from the sun, the senses were very heightened. There were a lot of people around, however I had a strange sense of the people being filtered out and the only part of the equation left was the natural elements, it was an interesting experience, very soothing. 26M:10:XX:XX</p>	
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Spaced-out Feeling</b>	
<p>Felt very spacey – zoned out into thoughts while in conversation. 11F:01:XX:XX</p> <p>Feeling a bit weird. Like I'm on drugs. Tipsy. Like my mind isn't totally with me. 22M:00:XX:XX</p> <p>Was tired for a while, almost felt high. Felt better after [martial arts training]. 23F:00:XX:XX</p> <p>No notable changes, apart from laziness and slight feeling of being high in late morning. 23F:01:XX:XX</p> <p>Felt very "dreamy" this afternoon. I was in a very relaxed state, my mind seems to be less scattered and more focused. 26M:00:XX:XX</p>	<p>Formless, floating and boundless as if in a dream but also with a layer between me and what is happening. 2 F; C4</p> <p>Felt a little "spacey" out of it. 4 M; C1</p> <p>Feeling a little bit sleepy and floaty. 6 F; C3</p> <p>Feel very dreamy and sleepy (not tired). 7 F; C1</p> <p>Keep thinking that this is like being on drugs, surreal feeling. 7 F; C2</p> <p>Feels like I'm going to float away, like I'm not grounded. 8 F; C2</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Stupefaction</b>	
<p>Still drowsy. 15F:00:15:00</p> <p>Feeling a tad drowsy, maybe some coffee would help... 27M:01:10:00</p> <p>A feeling of lethargy &amp; drowsiness. Eye-lids feel heavy. Waves of drowsiness throughout the day. 29M:XX:XX:XX</p>	<p>Drowsy, face feels flushed. Mistakenly put C2 in the C3 vial and realised later. 3 F; C3</p> <p>Feeling disorientated as if I don't know who I am or what I'm doing. 13 F; C3</p> <p>Random waves of drowsiness, like my head is turning with my pestle. 15 F; C2</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>



## Theorising

Starting to think about human behaviour, why do people behave in specific ways, is it due to environment i.e. learned behaviour from surroundings, genetically imparted, memetics → cultural genetics

→ what about Rupert Sheldrake's "morphic resonance".

What is the South African education "system" producing? Is there a plan? Is education real? How is it measured? If you pass a set of tests are you educated? Or have you learned how to pass tests?

26M:00:XX:XX

Starting to wonder why I have a fascination with formal learning i.e. University, short courses etc. I keep finding that the most useful info is discovered in books and informal learning, i.e. collaboration with other like-minded individuals. Also very interested in concepts such as open learning platforms, coursera, udacity, and MIT open courseware.

26M:01:XX:XX

How does one pursue areas of interest. If you have an interest in logic, do you read logic books for a period of time and then move onto your next interest? How do you prioritise learning? Why does learning seem to be rushed? Why do we need specific badges, degrees, diplomas etc. to do specific tasks. Is this a South African issue? Surely this doesn't lead to innovation/employment creation.

Watched an interesting lecture from a LIFT conference, similar to TED talks. Swiss person giving the talk, from Hublot watches, luxury watch brand, interesting philosophy for spurring innovation. Reward mistakes → the bigger the mistake, the bigger the reward. Mantra for innovation → "Be first, Be unique, Be different".

26M:01:XX:XX

Was thinking about how our apparent failures make us the people we are and they are as important as our achievements. I have an image of being on the potters turning wheel and spinning around, like clay being shaped and the smell of the earth.

Thinking of the things I'm doing wrong in my life and questioning whether my moral objections are valid.

2 F; C4

Contemplating my origin and childhood and my purpose, dreams are put into children by parents before children know how to dream.

4 M; C3

Thoughts of God and creation, God being beyond good and bad. How man was created?

4 M; C4

Image of lady making peace with her past. She had been abused; she made a decision that she's not going to allow things of her past to define her happiness. Happiness is dependent on your perspective not on what has happened to you.

10 F; C4

I saw an image of this guy with issues, but people can't see it. It's like he's very successful, very outspoken, but there's certain parts of him that you can't talk about but if you catch him off guard, he needs to take a step back and when he comes back, he comes as that person you all know, rich, successful guy. In the background; abandonment, issues with his mother, neglect of somesort. Issue of the mother persona, to mother him and they weren't there. I think that's how he became successful, that fear of not turning out like that, so he works hard. When you look at him you can't tell where he has come from, because he's driving nice cars, outspoken, changed his accent, almost like Gatsby, not a specific race. The mother issue, I think the mother didn't want to have him. Thought maybe a teenage pregnancy or mother was not happy giving birth to this baby and she tried to abandon baby but she couldn't. She was forced to be with the baby, but she couldn't nurture the baby. Baby had to self-soothe and grows up in an environment where he saw other kids being taken care of and it's just himself. Self-soothe because of feelings of abandonment, loneliness and as boy growing up, he's an achiever, but there's no one to support him. He collects all the trophies but there is no one there to support him. What made him become the successful Gatsby, first of all; rejecting the environment from where he was, killed a lot of emotions and becomes the person the people around him want him to be. Whatever environment you put him in, he will adapt and shine in that environment.

	<p>11 M; C2</p> <p>Thought about movie gladiator, the song when the guy is about to sacrifice himself for the greater good – Rome. The song – “now you’re free”. The guy is a farmer who rises to power but is not consumed by power, maintains his values as a person and beliefs. When he goes down, people think he’s dead but he rises again, not consumed by power or looking for vengeance but looking to do what’s right. The song starts, all is prepared for him to die, and he dies at peace, found his purpose.</p> <p>11 M; C4</p> <p>Thinking about the picture of crucifixion, people must come together and realise there is no more sin in this world, there is peace and harmony. Despite of all the evil ways, there’s hope, there has to be someone who comes and restores the true being of ourselves, perhaps then we will find peace and harmony. Image of queen kissing a night, kissing the darkness – mothers of this world – feel free with what is happening, but it’s not the true way. All of sudden light comes there and covers the knight. The knight was embraced by the queen, and disappears. This means mothers are starting to find the true meaning in life about what they should be doing; to give a child protection and recognition.</p> <p>12 M; C3</p> <p>Image of lotus flower and symbolic of how it is in all this dirt; something beautiful in all this bad. An image of a thorny plant, blood dripping off them; reminded me of a story of a guy who was in despair, loss of hope, was broken and in a dark place. No one could understand. He turned to evil and started doing bad deeds. This gave him control he never had, felt he was in control. But conflict in himself, that he wasn’t what he was taught but gave in. At the end of C4 there was hope for a change, needed someone to show they believed in him, cared for him and he was better than this.</p> <p>15 F; C4</p> <p>A feeling of red coming from the substance, this is quite beautiful. I was thinking about wolves, den of wolves – Romulus and Remus, who supposedly founded Rome, suckling on wolf mother.</p> <p>17 M; C2</p> <p>Everything is just rolling around, on a train and the train is just going along. You don’t have to do anything in the train, you don’t have to drive it, just sit and go. Image of network of neurons or spider webs connecting.</p> <p>I am a theoretician.</p> <p>17 M; C4</p>
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Laidlaw – 30CH	Pillay – C4
<b>Tranquillity</b>	
<p>Feeling calm – more than usual I suppose. 01M:00:XX:XX Head is clear, mood is chilled. 08F:01:XX:XX Much calmer. 20F:06:XX:XX I do feel super chilled, quite on top of my moods, hanging with my boy &amp; his two little cousins (one infant &amp; a 3yr old) here in LONDON. I am enjoying a kind of indulgent ‘down’ time, no pressures. I have to perform next week but I’m not stressed about it. I’m looking forward to it actually, even knowing I still have some work to do. So that’s why I didn’t write yesterday. I forgot. Mainly because I was feeling so mellow and chilled and properly contented. 25M:03:XX:XX Felt very “dreamy” this afternoon. I was in a very relaxed state, my mind seems to be less scattered and more focused. 26M:00:XX:XX My mental state is on the other end of the spectrum this week, last week I was very relaxed and thought was free flowing and unrestricted. 26M:06:XX:XX Early morning and late afternoon sun seems to be very appealing, almost as if I feel very calm observing outside light at these times. 26M:07:XX:XX</p>	<p>Conversations about frustrating things still running but now I imagine peaceful, mature resolutions. 2 F; C4 This is very soothing, I feel soothed. 7 F; C1 Feeling tranquil, visualising moving towards the shore. A feeling of serenity and peace like a calm. 8 F; C4 The ocean and peacefulness. 9 F; C1 Feel like going to the beach, just to relax and not swim. 13 F; C4 Oscillating focus between these points reflects back to me as peace, tranquil and calm. 16 M; C2</p>

#### 4.7.2 Comparison of PHYSICAL Symptoms

Table 4.7 shows a comparison of PHYSICAL symptoms between the 30CH proving and the C4 proving.

**Table 4.7: Comparison of PHYSICAL symptoms between 30CH and C4**

<b>Vertigo</b>	
Laidlaw – 30CH	Pillay – C4
<p>A little lightheaded and dehydrated after the gig. Felt like I was spinning with the turntables. 02M:16:XX:XX Strange “lightness” / lightheaded feeling behind eyes. Have had bizarre light headedness almost all day. Feel strangely detached and dreamlike. 09F:XX:XX:XX Very hazy head. 11F:09:XX:XX Have a lightheaded sort of feeling.</p>	<p>Felt lightheaded for a few seconds 8 F; C2 Felt a little “spacey” out of it, dizzy for a moment. 4 M; C1 I feel so weak and dizzy, I feel as if I’m going to faint, like I don’t have any balance. 5 F; C3 Feeling dizzy and lightheaded. 9 F; C2 Getting these random waves of dizziness like my</p>

<p>18F:00:XX:XX Light-headed, headache over temporal region 6pm.</p> <p>28F:06:XX:XX Feel exhausted. Had what felt like a low blood sugar attack at 6:30pm-ish felt listless and lightheaded and a bit unsteady better eating dinner. I had a decent breakfast &amp; lunch so that couldn't have been it.</p> <p>28F:20:XX:XX Had two beers (0.5l) with dinner and I think they had a stronger effect than usual. On several occasions I felt a little lightheaded/ dizzy.</p> <p>29M:00:XX:XX Got very dizzy dancing, lights were off so we danced with candles. Lost balance easily &amp; seemed like dark shapes were floating in front of eyes. Felt a lot better after eating but still a bit spacy.</p> <p>11F:01:17:30 I feel so drowsy that I can't do anything but to sleep – I sometime feel dizzy – that I lean on things – head is spinning.</p> <p>15F:01:12:00 I find it difficult to look down especially when I am standing. Somehow I feel as if my head will fall off or my neck will, I don't know, break. Or I'll lose balance and fall.</p> <p>16F:03:18:45 Feeling a little dizzy, when sitting and standing.</p> <p>21M:01:12:09 Everything I'm bending and standing, I feel really dizzy, I have to stand and hold my head for a couple of seconds to get better and when I'm dizzy my visibility becomes really bad.</p> <p>24M:00:16:30 I decided to leave my bed. As I stood up, I felt just a bit dizzy and a strong headache just followed.</p> <p>24M:01:09:15 I woke up today with terrible headache on the front head and it made my head feel heavier every time I try to get up out of bed, so I had to stay lying down for about 20-30min. Once I felt like the pain went away, as soon as I stood up the pain violently came back and made me feel dizzy.</p> <p>24M:08:07:15 Had two beers (0.5l) with dinner and I think they had a stronger effect than usual. On several occasions I felt a little lightheaded/ dizzy.</p> <p>29M:00:XX:XX</p>	<p>head is turning with my pestle. Would feel like I'm losing balance when I'm sitting but wouldn't fall, could be my eyes watching this circular motion.</p> <p>15 F; C2 Still getting random waves of dizziness, like a quick spin then gone, continuous throughout the process.</p> <p>15 F; C3</p>
<p><b>Laidlaw – 30CH</b></p>	<p><b>Pillay – C4</b></p>

<b>Head</b>	
<p>Evening – dull headache, over left eye and left frontal region. Worse for reading and thinking. Better for warm bath. 04M:04:XX:XX</p> <p>Fuzzy headache – area of fuzziness worse closer to the eyes, between eyebrows and over forehead 10h30 – 11h30 → came back 3 – 5pm. Very hazy head &amp; headache across brow above eyes – not acute – fuzzy heavy. 11F:XX:XX:XX</p> <p>Fuzzy headache + throbbing between eyebrows &amp; sharper ache in line from above right eye to back of head [had been babysitting + the mom had sprayed herself with strong perfume before leaving – argghh!]. 11F:05:17:00</p> <p>Flush of heat to face then headache back. More centred in the middle of forehead, quite dull, pressing sensation. 12F:02:20:30</p> <p>Head – that same dull, heavy feeling, worse when I move my head. More on the left side. So dull it comes and goes without me noticing. It feels thick and if sudden movement will trigger it off. 12F:XX:XX:XX</p> <p>Headache: pain over whole forehead and back of head. Pulsating, throbbing, thick, heavy. Pain is so bad I want to cry. Lay in bed with pillow over head for half an hour, seemed much better, sat up and head started throbbing again. Better for lying down, worse for standing up. 12F:03:XX:XX</p> <p>I have this dull headache. But probably related to my sinusitis – My right ear is painful as if vacuuming there. Frontal headache as usual. Better for pressure. 16F:XX:XX:XX</p> <p><b>MOST SPLITTING HEADACHE</b> – it was a cloudy feeling in the forehead – Felt dazed. Was still busy working – nothing made it better except hard pressure at the temples. I could still function, but the pains unbearable. 18F:02:13:00</p> <p>Headache at back, under occipital condyle, dull headache. 21M:00:11:14</p> <p>Just got a headache. Frontal headache – feels dull. Been driving all day think that's why. 22M:02:13:21</p> <p>I woke up today with terrible headache on the front head and it made my head feel heavier every time I try to get up out of bed, so I had to stay lying down for about 20-30min. Once I felt like the pain went away, as soon as I stood up</p>	<p>Headache over left temple, dull muscular cramp. 2 F; C1</p> <p>Headache starting above left eyebrow, dull. 6 F; C1</p> <p>Left temporal headache feels like pressure and dull. 9 F; C1</p> <p>Dull headache at the region of the left forehead (comes and goes). The dull headache persists. 10 F; C1</p> <p>Headache is dull, heavy, like a deep ache. 12 M; C1</p> <p>➤ <b>Temples</b></p> <p>Dull ache on temples and pressure on temples. 7 F; C2</p> <p>➤ <b>Temples; Left</b></p> <p>Sudden headache in the left temples and behind eyes. 1 M; C1</p> <p>Headache over left temple, dull muscular cramp. 2 F; C1</p> <p>Mild pounding headache on the left temporal region. 5 F; C3</p> <p>Left temporal headache feels like pressure and dull. 9 F; C1</p> <p>Head getting very heavy, pain is on the left temple, sharp pain which is 4 or 5 out of 10. 13 F; C3</p>

the pain violently came back and made me feel dizzy. But this time the pain was mostly on the front left of my head, and the type of pain was like I have been thinking too much.

24M:08:07:15

Headache started frontotemporal region moved to top of head. Dull consistent. Heat makes it worse. Bright light makes it worse. Momentarily alleviated by pressure to temples or vertex possibly from neck tension. Light & bright colours seem to annoy it. It seems better for both eating & drinking.

28F:XX:XX:XX

Trapezium muscles also spasming & causing headaches still – today over temples still all pain are dull & consistent.

28F:36:XX:XX

Small dull headache in front – centre of head (gone 1 hr).

29M:01:XX:XX

➤ **Temporal**

Slight beginning of headache (sides of front). (I very rarely have headaches at all). Gone within 1 hr.

03M:02:09:30

Pulsating throbbing headache of the temples, better for cold air and cold drinks. Worse for open exposure to the sun. Occurred after walking for a long period in the sun.

04M:00:XX:X

Headache in temples from strong incense that was being burnt at the post march gig.

11F:10:21:00

Drank coffee quite late at 7pm – slight headache following this in temple area [have noticed slight headache feeling when I drink coffee early evening but also have been craving it a lot].

11F:11:XX:XX

Still have headache – by the temples running straight through from one temple across to the other.

21M:00:13:20

Headache all day – was most severe around temples and at the back by occipital condyles. Headache disappeared during run.

21M:01:XX:XX

Mild headache at around 10ish. Headache by temporal lobes. Didn't last long. Felt slightly dehydrated.

23F:XX:XX:XX

I woke up with a small headache on the left head side, between my eye and ear a little bit above but on the inside.

24M:10:06:45

Headache & stiff neck for last 2 days tight shoulders – probably from incorrect muscle

<p>recruitment during training but I never get sore traps anymore. Muscles feel bruised worse for reading &amp; working, looking down better for hot shower. Massage doesn't seem to be doing the trick. The associated headache is at the temples at the moment ache constant where deltoids meet trapeziums.</p> <p>28F:29:XX:XX</p> <p>Trapezium muscles also spasming &amp; causing headaches still – today over temples still all pain are dull &amp; consistent.</p> <p>28F:36:XX:XX</p>	
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Eye</b>	
<p>➤ <b>Burning</b></p> <p>Woke up with burning eyes. Like I have to keep them closed.</p> <p>21M:03:XX:XX</p> <p>Eyes are burning. Rinsed them with water. Better after I've done that.</p> <p>22M:05:08:30</p> <p>➤ <b>Itching</b></p> <p>Eyes itchy and dry through afternoon + evening. Very bad 8-10pm.</p> <p>11F:XX:XX:XX</p> <p>Eye (left) – painful like I should close it – and it itchy.</p> <p>15F:01:XX:XX</p> <p>Right eye is itchy – it feels swollen. Painful to touch.</p> <p>16F:00:XX:XX</p> <p>My eyes were itchy this morning, the right one not as much as the left. Not so bad, but a bit irritable, yeah?</p> <p>25M:04:XX:XX</p> <p>Eyes: red: decreased sleep itchy dry.</p> <p>28F:00:XX:XX</p>	<p>➤ <b>Burning</b></p> <p>Burning in the eye.</p> <p>1 M; C1</p> <p>My eyes feel burny.</p> <p>9 F; C1</p> <p>Eyes burning.</p> <p>16 F; C1</p> <p>Stinging sensation in eyes.</p> <p>17 M; C1</p> <p>➤ <b>Itching</b></p> <p>Lateral left edge of left eye is itchy.</p> <p>1 M; C2</p> <p>My left eye is itchy, worse if I close it, better for opening and rubbing.</p> <p>5 F; C2</p> <p>Left eye itchy, lateral aspect. It is getting progressively worse..</p> <p>6 F; C1</p> <p>Eyes are itchy and watery</p> <p>11 M; C1</p> <p>Eyes feel mildly scratchy as if the eye lashes are a little caught in the eyes, worse on closing the eyes.</p> <p>Mild right eye irritation.</p> <p>17 M; C1</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Ear</b>	
<p>➤ <b>Sounds</b></p> <p>Left ear is making a rumbling sound. Popping sensation.</p> <p>01M:XX:XX:XX</p>	<p>➤ <b>Sounds</b></p> <p>Hear voices and sounds from a distance.</p> <p>5 F; C4</p> <p>Sounds all seem far away, difficult to hear instructions.</p> <p>7 F; C2</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Nose</b>	

<p>➤ <b>Postnasal</b>  Postnasal – globby, bland. Thick, but slippery.  06M:03:11:00  Definitely sore throat &amp; swallowing. Post nasal drip – so top palette. Doesn't last long. Didn't notice any soreness swallowing at night.  09F:05:XX:XX  Swallowing sore as usual. Nose congested a little. (Right nostril) Post nasal drip. <u>Mild</u> – all soreness etc. Mucous still pale yellow. No other aches or pains to report. Runny nose 5ish.  09F:07:XX:XX  Lots of green snot. Can actually blow nose now. Post nasal drip causing me to gag. I find in general my gag reflex is feeling sensitive – didn't consider it at the time but when I have been brushing teeth I find myself gagging which isn't usual for me.  28F:16:XX:XX  Waking up with nose blocked every morning. Post nasal drip [mucus] is sticky. Felt much worse for sitting outside in cold air. Wanted to do something exciting outside but I skipped out on it because I felt [terrible].  28F:17:XX:XX</p> <p>➤ <b>Congestion</b>  Woke at 9am. Felt a little groggy – usual nasal stuff.  06M:02:XX:XX  Having dinner with friends, &amp; my nasal congestion is getting really bad. My head feels fine, it just feels as if there's lots of loose mucus in my nose, &amp; I wanted to snort but had company so couldn't. Mucus was bland. The congestion eased a bit after about two hours. *Note that the weather has just changed – rain has arrived.  06M:02:21:00  Nasal congestion upon waking worse than normal &amp; very persistent. Affecting both nostrils → necessitating mouth breathing.  06M:03:XX:XX  *Realised my nose was a little blocked (left) and my soft palate (palette) was a little sore on top when I swallowed.  09F:02:XX:XX  Right nostril mostly blocked.  09F:07:XX:XX  I have a headache, blocked nose and sore throat and still drowsy. But it all on left side – headache, throat, snotty nose.  15F:XX:XX:XX  Left sinus blocked, but cleared up without me realising. Nose blocked- left nostril particularly.  21M:XX:XX:XX  Started getting mucus build up, in nose. Cold</p>	<p>➤ <b>Postnasal</b>  Left postnasal drip and left side are “leaky”.  4 M; C1  Slight right side post nasal drip.  17 M; C2</p> <p>➤ <b>Congestion</b>  Congestion in the nose, but breathing is easy.  16 M; C1  Right nostril feeling as if allergic, just before sneezing. Feeling of mucus build up.  17 M; C2</p> <p>➤ <b>Smell</b>  Smelling myself as bad.  4 M; C2  I'm smelling a “minty” smell.  5 F; C1  Pleasant smells arising.  17 M; C1</p>
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<p>symptoms in morning. Feeling congested around nasal area. 23F:XX:XX:XX Waking up with nose blocked every morning. Post nasal drip [mucus] is sticky. Felt much worse for sitting outside in cold air. Wanted to do something exciting outside but I skipped out on it because I felt [terrible]. 28F:17:XX:XX Nose was more congested in the morning &amp; when I blew nose it was nice tacky <u>clumpy</u> green [mucus] globules. 28F:18:XX:XX ➤ <b>Smell</b> A person at dancing wears very much perfume – I found it overwhelmingly strong today. Made the whole experience very uncomfortable &amp; I couldn't wait to get away. 11F:01:XX:XX Came home late afternoon. Friend had baked apple pie – found smell to be overwhelming / cloyingly sweet 11F:12:XX:XX I smell sweet thing – can even tasted on my soft palate. It as if it like air freshener in car, yet edible sweet. It lasted 4 min. 16F:06:22:54 Smelling ground that just rained on. 16F:07:19:45 I forgot to mention – I love the smell of Lobhaan (Myhrr) – I've been lighting it almost every night. 18F:12:XX:XX</p>	
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Face</b>	
<p>➤ <b>Formication</b> Had a sensation something was crawling in my face especially left cheek. 17F:03:XX:XX</p>	<p>➤ <b>Formication</b> Crawling sensation in my hair. 6 F; C4</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Mouth</b>	
<p>➤ <b>Biting</b> Bite left lower lip. It's now sore and I keep on accidentally biting the same spot. 28F:29:XX:XX ➤ <b>Salivation</b> Started dribbling in sleep (normal only if sick). 20F:08:XX:XX ➤ <b>Taste</b> The only difference I feel today is a funny taste in my mouth. Not a taste I am familiar with. Can't describe it. It's not foul/ sour/ like iron/ bitter. It's been there all day. Other than that I don't feel anything out of the ordinary.</p>	<p>➤ <b>Biting</b> Biting upper lip. 4 M, C2 ➤ <b>Salivation</b> Hyper salivation and feel cotton in mouth. 1 M; C1 Salivary glands are over productive. 16 M; C1 ➤ <b>Taste</b> Bitter sensation at the back of the tongue. 1 M; C1 Bitter sensation now at roof of mouth and back of tongue, now hyper salivation with bitter taste.</p>

<p>08F:00:XX:XX I smell sweet thing – can even tasted on my soft palate. It as if it like air freshener in car, yet edible sweet. It lasted four min. 16F:06:22:54 Noticed strange taste in mouth. Not quite metallic. 20F:03:XX:XX</p>	<p>1 M; C2</p>
<p><b>Laidlaw – 30CH</b></p>	<p><b>Pillay – C4</b></p>
<p><b>Throat</b></p>	
<p>As I look for something to wear it was as if I inhaled something, this time instead of returned sneezes it just felt as if I swallowed something &amp; it stuck in throat. 16F:05:XX:XX Still have this itchy thing in my throat. Think there's something in there. Thinking of cats again. Maybe I have a fur ball in my throat. Hahaha! 22M:05:XX:XX</p>	<p>Mucus at the back of my throat, salty taste. 1 M; C2 Throat feeling clogged with mucus. Need to clear throat, thick mucus lump in there. 6 F, C1 During the break, phlegm in throat became loose. Throat getting sore, raw sensation. 6 F; C2</p>
<p><b>Laidlaw – 30CH</b></p>	<p><b>Pillay – C4</b></p>
<p><b>Stomach</b></p>	
<p>➤ <b>Appetite- increased</b> Picked up 1kg at the weekend. This is unusually fast weight gain for me. I have been eating more though → a combination of increased appetite, &amp; food just being available. I've also been exercising a lot → this fuels my appetite. 06M:06:XX:XX Insatiable hunger, crave warm carbs – rich food – normal but craving has increased. 18F:02:XX:XX My appetite increased even though I was very harsh on myself for losing weight. I really want to be fit &amp; healthy – but I can't stay away from sweets and carbs. 18F:XX:XX:XX Wanting to eat all day. Non-stop hunger throughout day, even though eating a lot. 23F:12:XX:XX I haven't eaten anything today, that doesn't bother me so much, I guess I'm used to it. I'm currently a bit hungry, but I don't have the appetite, I feel like I can stay like that for the day without eating. 24M:00:13:45 I'm feeling really hungry, I can't handle it, I need to eat something, it's making me really weak. 24M:00:21:35 I feel that I have more appetite. I'm eating more than before, I used to eat only once a day and felt ok with that. Now I'm eating more than three times, and drinking more water. 24M:03:14:45</p>	<p>➤ <b>Appetite- increased</b> Wave of nausea and sudden drop of energy, I feel weak and very hungry. 6 F; C1 Increased hunger. 9 F; C1 Hungry, craving something for savoury. Stomach literally feels empty. 10 F; C1 ➤ <b>Nausea</b> Wave of nausea and sudden drop of energy, I feel weak and very hungry. 6 F; C1 Nausea sensation. 16 M; C1 ➤ <b>Pain</b> Stomach ache, with a burning sensation and feels like gas filled. 3 F, C1 ➤ <b>Thirst</b> Thirsty, and the thirst persists. 3 F; C3 Thirsty. 7 F; C1 Feel quite thirsty for water. 13 F; C4</p>

<p>Appetite increased. 28F:11:XX:XX Hungry (so hungry I feel angry). Feel a bit wobbly and low blood sugary. Weird as I ate a big lunch and breakfast but been hungry the whole day. 28F:29:XX:XX</p> <p>➤ <b>Nausea</b></p> <p>Outside of that, I am feeling nauseous for some reason, haven't eaten anything that normally leaves me feeling nauseous. This strange feeling is in my throat, like right at the back and if swallow, the feeling continues down my throat and into my gut. 02M:06:XX:XX The day is going by without much trouble, a bit of nausea after having almost eaten an entire bowl of vegetables. 02M:13:XX:XX Boyfriend shaking &amp; sorting weed in the house with a lot of dust (fine dry weed) in it to make hash – made me a bit high by breathing in &amp; then nauseous. Every time I went near the area where they had shaking the weed I felt nauseous – effect lessened into evening. 11F:03:14:00 Feeling nauseous. Started during a little argument with my boyfriend. Thinking about food (especially salty food) makes me feel worse. I've barely eaten today, or any day in the last week. Just have no real appetite. I keep getting chills down my legs, and my stomach is burning slightly. 12F:06:XX:XX Feel hot and a little nauseous – did eat a packet of biscuits after lunch. Back of neck is also hot. 21M:00:15:58 Feel nauseous after supper. 28F:08:XX:XX</p> <p>➤ <b>Pain</b></p> <p>I keep getting chills down my legs, and my stomach is burning slightly. 12F:06:XX:XX</p> <p>➤ <b>Thirst</b></p> <p>I've been feeling thirsty lately. 16F:17:XX:XX My thirst for water has increased → normal tap water. 18F:XX:XX:XX Craving cold icy drinks. Very thirsty. 20F:XX:XX:XX I'm really feeling thirsty, I never wake up with a huge need to drink water like this. 24M:02:07:30</p>	
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>

<b>Abdomen</b>	
<p>Diarrhoea gone but cramps + still flatulent when I need to go but no pain. 28F:14:XX:XX</p>	<p>Pain in abdomen like two hands gripping and twisting my intestines. Intense gripping and cramping in abdomen. Pain travels up and down anus and urethra like a spasm/ wave of cramps. 2 F; C1</p> <p>Pain on the right lower quadrant of the abdomen, moved to the left side as well as back pain on lower back. 3 F; C2</p> <p>Abdominal pain comes back, like there is a pulling of the muscles as if less severe menstrual pains 3 F; C3</p> <p>Abdominal cramping on the right side. 9 F; C2</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Rectum</b>	
<p>Slight GIT upset → from all the wine I drank last night → about four glasses of red &amp; white wine. First passed normal stool. Then an hour later passed some runny foul smelling stool. 06M:03:11:00</p> <p>Runny tummy about 5ish – 8ish. 09F:08:09:00</p> <p>Upset gassy stomach (very starchy, greasy + high processed carb food @ workshop). Stomach worked at 11pm before sleeping – bit runny. 11F:16:XX:XX</p> <p>Stomach worked 11.30am, 1pm, 3pm, 4.30pm. 11F:17:XX:XX</p> <p>Watery diarrhoea, dark, no pain. 20F:05:XX:XX</p> <p>Also had a bit of diarrhoea (slight) in morning, probably nervousness for exam. 23F:12:XX:XX</p> <p>6am diarrhoea no pain, blustery. Diarrhoea and flatulence → whole day. 28F:XX:XX:XX</p> <p>Toilet break... a little diarrhoea... Let's hope it does not continue this way!!! So colour = normal brown. Consistency = mushy... maybe like mashed potato. No pain, or stinging. Diarrhoea usually occurs if I eat something too spicy on the previous day. This is not the case here. 29M:00:14:00</p> <p>➤ <b>Flatus</b></p> <p>Stomach gassy again (seems to be worse at night). 11F:01:XX:XX</p> <p>Upset gassy stomach (very starchy, greasy + high processed carb food @ workshop). 11F:16:XX:XX</p> <p>Very flatulent better for passing wind. Pain &amp;</p>	<p>Pain in abdomen like two hands gripping and twisting my intestines. Need to urinate and pass stool, more gross burping. Feel like I have diarrhoea coming and will vomit, my insides are going to spill out. 2 F; C1</p> <p>➤ <b>Flatus</b></p> <p>Flatulent, slightly since the beginning of the trituration. 1 M; C2</p>

<p>distention as before. 28F:21:XX:XX Gassy from proteins &amp; white bread. Probably should have reacted to the white bread even worse. 28F:31:XX:XX</p>	
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Chest</b>	
<p>➤ <b>Pain- Sternum</b> Sternum pain as if cartilage breaking – it is the sternum. 16F:05:XX:XX I had this pain on my chest mid-sternum. As if it is cartilage... I really feel as if a stroke is creeping on me. 16F:06:XX:XX</p>	<p>➤ <b>Pain- Sternum</b> Sharp pain in chest, on my sternum. 10 F; C3</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Back</b>	
<p>➤ <b>Pain- Dorsal</b> Afternoon – tension ache between shoulder blades. 11F:XX:XX:XX Same kind [dull pain] in my back spinal T10-L1/2. 16F:11:16:00 Lower thoracic back pain lumbothoracic junction. Worse sitting better movement. 28F:03:XX:XX Tingle medial of right scapula halfway down its medial border. Referred sensation constant annoying tingle (OS). 28F:19:XX:XX; 28F:29:XX:XX</p> <p>➤ <b>Pain- Lumbar</b> I am fine except for a sore lower back and sacrum. Hips very tight too. 08F:11:XX:XX Lower back RHS ache but think it's from sitting. Above right hip. 09F:00:XX:XX Lower back area all feels very stiff, unmoving &amp; achey as if I have done hectic bending exercises. 11F:02:XX:XX Sharp pain on my back (Lumbar) but lasted 5 sec. 16F:08:XX:XX Back slightly sore – lower back – near kidneys, right across the entire section of lower back. Feels muscular. Particularly noticeable when I twist from side to side. Back pain disappeared as morning progressed. 21M:06:XX:XX</p>	<p>➤ <b>Pain- Dorsal</b> Pain under right scapulae developing close to spine. 2 F; C1 Pain on my right side on the lower border of the shoulder blade. 3 F; C4 Pain and stiffness in the left shoulder. 10 F; C1</p> <p>➤ <b>Pain- Lumbar</b> Pain in lower back; stiff but better for leaning forward. 2 F; C1 Pain in right sacroiliac joint; worse for sitting. 2 F; C3</p>

<p>Lower back pain ache due to overuse. 28F:00:XX:XX</p> <p>SI joints pain dull. Worse sitting better movement. 28F:03:XX:XX</p> <p>Lumbothoracic back pain ache better for exercise &amp; stretching worse sitting better massage. 28F:05:XX:XX</p> <p>Right SI joint painful when I woke up. Worse for manipulation better directly after but then got worse. SI joints ache. Worse sitting, worse exercising. Better for lying with legs extended. Need rest &amp; to be left alone. 28F:17:XX:XX</p>	
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### 4.7.3 Comparison of GENERAL Symptoms

Table 4.8 shows a comparison of GENERAL symptoms between the 30CH and C4 methodology.

**Table 4.8: Comparison of GENERAL symptoms between 30CH and C4**

Laidlaw – 30CH	Pillay – C4
<b>Cold</b>	
<p>➤ <b>Feeling</b></p> <p>Feeling very cold &amp; shivery. 11F:06:XX:XX</p>	<p>➤ <b>Feeling</b></p> <p>I'm getting cold but they didn't adjust the aircon. I'm susceptible to cold, the room got so cold, I'm so cold. 5 F; C1</p>
Laidlaw – 30CH	Pillay – C4
<b>Energy</b>	
<p>➤ <b>Excess of</b></p> <p>Woke up with a kind of energy I normally don't have at 7am. Just did everything as if I had 2 sachets of Bioplus. 02M:08:XX:XX</p> <p>Good body energy and general resistance. 03M:XX:XX:XX</p> <p>Felt better when cooler in the evening &amp; energy picked up &amp; wide awake in evening. 11F:08:XX:XX</p> <p>I feel drained during the day and very awake and active during the night. 22M:02:XX:XX</p> <p>Really feels like I'm suffering from insomnia. Awake again. I fell asleep around 12, I think it 2 o' clock now. And I feel like I can get up a run, or do something that requires a lot of energy. 22M:03:XX:XX</p> <p>Had picnic in forest with beers, as we were building a tree house. Felt very happy with more energy even though slightly sick. I need nature in</p>	<p>➤ <b>Excess of</b></p> <p>Feeling much more alert and energised now. 12 M; C2</p> <p>Feel relaxed, calm and energetic, energy is 10/10. 13 F; C1</p> <p><b>Exertion; physical</b></p> <p>➤ <b>Agg.</b></p> <p>Tired, tedious, thinking of my tiredness, my limiting factor. 14 F; C1</p>

<p>my life.  23F:10:XX:XX  After my lectures, the lecturer told me I'm quite energetic on a Monday, and I did feel it, throughout the day.  24M:05:XX:XX  Physically I felt fit &amp; strong.  25M:10:XX:XX  Worked until 02:00am, quite tired this morning, but 12:30ish I started to feel incredibly energised. I'm not sure if the energy was due to drinking multiple vegetable juices or possibly to the cloud cover dispersing and the sun be quite visible.  26M:02:XX:XX  <b>Exertion; physical</b>  ➤ <b>Agg.</b>  In general better for relaxation worse for work.  28F:14:XX:XX  Worse for work. Worse for doing same thing over &amp; over again.  28F:36:XX:XX</p>	
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Foods &amp; Drinks</b>	
<p>➤ <b>Farinaceous</b>  ❖ <b>Desire</b>  Lunch done. McDonalds! Have a bit of a sugar high.  02M:31:XX:XX  Insatiable hunger, crave warm carbs – rich food – normal but craving has increased.  18F:02:XX:XX  I can't say no to things I could easily say no to before – sort of like an “addictive type” behaviour – also want to eat good food – food that is rich – have no will power to stay away.  18F:XX:XX:XX  My appetite increased even though I was very harsh on myself for losing weight. I really want to be fit &amp; healthy – but I can't stay away from sweets and carbs.  18F:XX:XX:XX  Craving slap chips.  28F:14:XX:XX</p>	<p>➤ <b>Farinaceous</b>  ❖ <b>Desire</b>  Hungry, craving for something savoury, like mini pies or pizza  10 F; C1</p>
<b>Laidlaw – 30CH</b>	<b>Pillay – C4</b>
<b>Heat</b>	
<p>➤ <b>Sensation of</b>  Hands puffy – ring very tight. Feeling very hot → was driving around. Day feeling hot but weather report saying only mid-20s?  11F:00:XX:XX  Sensitive to light. It is extremely bright outside. Feeling hot.  12F:01:XX:XX</p>	<p>➤ <b>Sensation of</b>  Sensation of heat in the body.  14 F; C1</p>

<p>Over the past 2 days felt generally hot.</p> <p>12F:03:XX:XX</p> <p>Felt warm at night. Legs very warm under blanket.</p> <p>20F:06:XX:XX</p> <p>Late afternoon – temp of head and neck felt like I was burning up.</p> <p>21M:00:XX:XX</p> <p>Went for breakfast, where my mom and gran told me I'm red in the face. I also did feel a bit warm. This is about 11am. Was not due to the weather because it wasn't hot today.</p> <p>22M:02:11:00</p> <p>Feeling really hot. Weather still bad outside (rain and wind). So no reason for me to feel this hot.</p> <p>22M:04:11:02</p>	
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# CHAPTER 5 : DISCUSSION OF THE RESULTS

## 5.1 Introduction

This chapter will discuss the various symptoms and themes that the C4 trituration proving yielded. The symptomatology was used to create a symptom picture of *Withania somnifera*. The aim of this research study was to conduct a homoeopathic C4 trituration proving of *Withania somnifera* with a subsequent comparison to the conventional 30CH proving of *Withania somnifera* which was conducted by Laidlaw (2015). The comparison will be discussed further in this chapter.

The symptoms will be discussed employing a thematic analyses; considering that the nature of the study is qualitative.

## 5.2 The *Solanaceae* Family Sensations

The *Solanaceae*, commonly referred to as the “deadly nightshades” or potato family, attained this name through the release of a potent scent at night which causes headaches to those around (Vermeulen and Johnston 2011). As previously mentioned Sankaran (2005a) endeavoured to provide an understanding of the connection between the botanical families and their significance as homoeopathic remedies. Sankaran (2005a) analyses the plants collectively, using “sensations” to describe the action of the various botanical families (Table 5.1).

**Table 5.1: The plant sensations of the *Solanaceae* family**

SENSATIONS	PASSIVE REACTION	ACTIVE REACTION	COMPENSATION
“Violence, sudden, splitting, bursting, explosive, spasmodic, jerking, shooting, sun stroke, apoplexy, pursued, murder, life and death, killed, snakes, tearing, pulsating, constricting and choking, theme of black and white.”	“Anaesthetic, stupefied, lack of irritability, sluggish, cowardice, faintness, unconsciousness.”	“Senses acute, hurried, shrieking, startling in sleep, spasm, escape, panic, rage, fight or flight reaction, striking.”	“Courage in the face of danger.”

Source: Sankaran 2005a

Insight into the sensations of the *Solanaceae* family will allow one to understand the symptoms that were produced during the C4 trituration. The sensations of *Withania somnifera* as perceived in the C4 trituration will be discussed in 5.5.

### **5.3 Discussion of Themes from the C4 trituration**

#### **5.3.1 MIND**

A total of 59 rubrics were yielded in the MIND. Within in the mental symptoms there was a progression from one C level to the next. The themes will be discussed depicting the evolution of symptoms.

##### **5.3.1.1 Absentminded, Spaced-out Feeling and Stupefaction**

For a number of triturators, the trituration began with them experiencing varying degrees of absentmindedness, being spaced-out, or stupefaction. **Triturator 5** said in **C1** “My thoughts are not very collected” and **Triturator 4** said “Felt a little ‘spacey’ out of it”, this also in **C1**. In **C2 Triturator 15** described it as “random waves of drowsiness, like my head is turning with my pestle”. **Triturator 8** said “feels like I’m going to float away, like I’m not grounded”. In **C3** and **C4** the feeling became more profound, during **C3 Triturator 18** states “I feel my mind lacking and disappearing”. **Triturator 2** in **C4** described this feeling of being spaced-out as “formless, floating and boundless as if in a dream but also with a layer between me and what is happening”.

##### **5.3.1.2 Anger**

Anger along with the impulse to express it came through in the trituration. This impulsive burst of anger is a sensation of the *Solanaceae* family as described by Sankaran (2005a). Mangialavori (2007) emphasises that the toxicity of the *Solanaceae* allows a person to articulate something that was once controlled because it lowers the inhibitions. This often leads to a person “acting out” in anger. During **C2**, **Triturator 2** remarked “don’t know why the substance is bringing out all this gross stuff from inside of me”.

**Triturator 6** in **C3** stated “Sound of people chattering is pissing me off. Almost anger when scraping, stabbing motion releasing frustration”, this can be interpreted not

only as a sensation but as an active reaction. The emotion came through unprovoked for some triturators, or for trivial reasons; **Triturator 7** said during **C3** “I think I’m getting angry and frustrated too quickly. Its not really necessary” and **Triturator 13** stated in **C3** “Little things annoying me, the wrong spelling on this wall, cannot believe nobody has taken it out.” The anger depicted could have been interpreted as rage with aggressive impulses. **Triturator 2** in **C3** described experiencing “Aggressive impulses towards researcher when asked to scrape.” One of the sensations is murder and that impulse was experienced by **Triturator 3** in **C2** “Urge to kill my friend because of something said about my look”.

Anger was directed by a sense of injustice or disrespect. **Triturator 2** was angered by “needs being denied” and being “made a martyr”. **Triturator 14** displayed anger towards feeling disrespected and stated “I start to feel upset and angry. I want scream out ‘don’t talk to me that way’” in **C4**.

#### **5.3.1.3 Beautiful**

Many of the triturators developed a sense of appreciation or admiration for different things during the trituration. For example, **Triturator 2** in **C2** kept commenting the “powder is so beautiful, wish I could disappear into it, it’s so pure. Bowl is so beautiful, soothed by the rhythm of grinding. Captivated by the beauty of the powder.” Affection for the remedy was portrayed. For example, **Triturator 1** in **C1** said “I feel like the remedy wants me to hold it” while **Triturator 6** in **C3** expressed “feeling concerned about the powder.” Other triturators experienced affection for people around them. **Triturator 8** expressed a desire to “hug everyone” in **C2**. The beauty of others were expressed by the triturators. For example, **Triturator 2** said in **C2** “Looking at the faces around me, and they are very beautiful. Feel strong attraction and warmth towards people” and **Triturator 8** thought “The powder looks so beautiful, and the girl opposite me looks so beautiful” in **C2**.

#### **5.3.1.4 Clarity and Introspection**

The trituration process brought an immense amount of clarity and introspection for the majority of the triturators. These thoughts were evoked in the C3 and C4 level which supports what has been said about these levels. C3 encompasses one’s intellect, logical thinking and understanding, while C4 corresponds with the “spiritual

body”, the level at which one gains direct contact with inner self (Hogeland and Schriebman 2008). In **C3, Triturator 2** conveyed “Feel a level of profane honesty coming through, want to express honesty without limitations. Feel like the remedy is allowing me to look at the issues in my life from a distance with a clarity, time and wisdom. Perspective – feel like I can transcend issues.” In **C4, Triturator 2** articulated “Thinking about the things I’m doing wrong in my life and questioning whether my moral objections are valid. Feels like the point of life is experience as many difficult things as possible and know yourself completely, and not to fill someone else’s idea of good”.

C4 allowed for the tritulators to receive answers to questions and revelations about thoughts. For example, **Triturator 7** communicated “I’m always worried I’m not doing things right, always thinking, comparing and worrying. Maybe I’m so caught up in my own thinking and anything that I can’t really perceive or know other people”, while **Triturator 3** reflected “Thought about a hike I took in 2014 and specifically the time I stood on top of the mountain and saw the view of the trees, I then sat down. I felt someone was talking to me and I started to thank God for creation, I even said a little prayer. I felt part of a bigger world. Overwhelmed by remembering this scenario, and I am feeling part of a bigger plan”.

#### **5.3.1.5 Delusions**

The delusions portrayed during the C4 Trituration were; MIND- DELUSIONS- alone; MIND- DELUSIONS- belong here, does not; MIND- DELUSIONS- dirty, he is; MIND DELUSIONS- double being; MIND- DELUSIONS- talking, behind him; MIND- DELUSIONS- time, exaggeration.

The delusion of being alone was expressed as isolation: **Triturator 17** in **C1** felt “a little isolated”; **Triturator 13** in **C2** described feeling “isolated from the world”. The delusion was attached to a sense of sadness that usually accompanies being alone, as **Triturator 2** in **C3** describes “I feel very cold, the sadness is very deep, sense of solitude but not depression”.

The delusion of not belonging was experienced by **Triturator 8** in **C4** “trying to figure out my place in this world, feeling of unease. Feel I do not belong in this world”, and by **Triturator 9** in **C1** “Feeling like I don’t belong”.

Triturators had delusions they were dirty and needed to become clean. **Triturator 2** in **C3** said “feel full of dirt, humiliation. I’m going to be sick. If I could throw up I could get rid of all and cleanse myself”, while **Triturator 18** in **C2** said “After each trituration I feel the need to wash my hands, they feel soiled and dirty”.

There was a delusion of people talking behind. **Triturator 5** in **C4** said “hearing people wispering behind me. When I look behind no one in the room is talking”.

Exaggeration of time was a delusion that occurred among triturators. **Triturator 7** in **C3** said “time passing slower” and “time is endless, a long journey”.

#### **5.3.1.6 Fears**

The fears expressed by triturators were either for themselves or because of the present environment. During **C4** fears about themselves surfaced. **Triturator 2** said “my biggest fear is that I’m inauthentic. I feel thin like a paper mask, like someone will see there is nothing on the other side” and **Triturator 14** expressed “I fear being lost. Losing my direction or straying from the path I made for myself. It is my strongest and fervent prayer that God must never let me lose my way”.

During **C3** **Triturator 7** feared narrow spaces “little claustrophobic” while **Triturator 2** expressed fear that something will happen “absolute horror, I’m terrified. I feel like we’re causing more horrible things to happen by doing this trituration”.

#### **5.3.1.7 Homesickness**

Triturators felt a sense of homesickness, **Triturator 2** in **C3** “had a vision of standing on a hill in the desert; looking at a town being bombed. The hurt is unlike anything I’ve ever experienced, deep loss of everything I valued. All the people I love are dead, my home torn up, obliterated and everything is gone” which led to “thinking of my family, we have a pseudo connection. I’m trying to reach out, to connect on a deeper level” in **C4**.

**Triturators** developed an urge to go home; **Triturator 9** in **C2** “can’t wait to go home and be with my family”, **Triturator 13** in **C4** “Planning to go home and eat a lot of comfort food i.e. chocolate and cheesecake, just want to snuggle up with a blanket

and be cosy” and **Triturator 14** in **C3** “makes me want to go home and play the piano”.

#### **5.3.1.8 Irritability**

Various triturators experienced a sense of irritability. The irritability was directed at the trituration process, in **C1**, **Triturator 2** said “I am very irritable with the process” and **Triturator 7** stated that “the clanking noise when people knock the pestles against the mortar is very jarring, I feel annoyed by it”. During **C2** irritation with the process progressed; **Triturator 6** expressed “Irritated with people chatting, even though it is quiet, the sound is not a nice frequency. It pissed me off” and “Irritated with not having a space where I can get comfortable”. While **Triturator 13** articulated; “Feeling irritated with the process, it seems to be dragging on this time around. Little things are annoying me”.

It is noticeable that the irritability led to being easily offended, **Triturator 2** conveyed feeling “uncatered for, like no rooibos, vegetarian and meat served on same platter, cold and uncomfortable setting”.

#### **5.3.1.9 Maternal**

The concept of “mother” was expressed by many triturators but in different forms and at different C levels. Mangialavori (2007) speaks about deprivation of affection within the *Solanaceae* patients. This deprivation stems from affection missing as a basic need for a child when little. This affection is given by the mother; the mother provides the nurturing by caressing, breastfeeding and loving. It allows the child to be moulded knowing they are in a safe and loved environment. When the mother fails to provide this it may cause issues with the child that progress into adulthood. During the trituration in **C4**, **Triturator 2** started “thinking of my family, we have a pseudo connection. I’m trying to reach out, to connect on a deeper level”.

**Triturator 12** in **C3** shared the image of a “queen kissing a knight, kissing the darkness – mothers of this world – feel free with what is happening, but it’s not the true way. All of sudden light comes there and covers the knight. The knight was embraced by the queen, and disappears. This means mothers are starting to find the

true meaning in life about what they should be doing; to give a child protection and recognition”.

**Triturator 17** in **C2** shared the image of a wolf “suckling on wolf mother” and thereafter wrote about the “Romulus, the Roman wolf – supposed founders of Rome”. The concept of a wolf mother adds to the notion of nurturing needed by the child.

Other triturators expressed a desire to be a mother, For example, **Triturator 2** in **C3** thought “about being pregnant and having children – pleasant vision of child. Nurturing and love, there’s a lot of fulfilment from pouring yourself out and knowing you can trust that person to always love you”, and **Triturator 9** expressed “Can’t wait to be a mother and cook meals in my fancy kitchen” and “have a family”.

#### **5.3.1.10 Desire for Music**

Music had been the only symptom with a grade 3. This indicates the importance of this symptom. The desire to sing a song, or thoughts of a certain song was a recurrent theme for many of the triturators and this came through on all trituration levels. In **C1**, **Triturator 2** “Feel like chanting, mantra stuck playing in my head” while **Triturator 5** started “singing the song “jingle bell” from the movie “mean girls”. I don’t know why but I just feel like singing it. Every song is coming into my mind”.

During **C2** triturators started to think of different songs. For example, **Triturator 4** started “thinking of a bittersweet symphony song; started to hum”. **Triturator 14** articulated “musicality of the whirring of pestles against mortar in rhythm, a rhythmic sound is created and this is comforting. A hypnotic rhythm exists in the room; I see others in it too. Michael Jackson’s song – You are not alone keeps popping up”.

In **C3**, songs continued to emerge for **Triturator 3** “A song “I won’t harm you with words”; “just be yourself, don’t be no one else”, and **Triturator 17** thought about “For your precious love” an Elvis Presley song.

The emerging of songs maintained its momentum in **C4**. **Triturator 7** was reminded of the “Song lyrics – “I’m like a bird, I’ll only fly away, I don’t know where my home is, I don’t know where my soul is” and **Triturator 11** thought about the Gladiator theme song “now we’re free”.

#### **5.3.1.11 Observant**

Triturators became quite observant during the trituration process. Some were more observant of those around them; **Triturator 10** in **C2** remarked that “a lot of people have gravitated towards the colour white in their dress sense. Purity, cleanliness or peace?” and in **C4** stated “observant of others more than myself”. **Triturator 15** in **C2** expressed these observations “Noticed the two people next to me are standing” and “Noticed the person standing next to me started to scrape with same method that I used from the start”.

In addition, triturators became observant of themselves. **Triturator 15** in **C2** “Noticed I was sitting in a skew position, corrected myself”, **Triturator 16** “Aware and observed all the changes in my physical state” and **Triturator 18** expressed “grinding makes me feel the imperfections in the bowl and that in turn makes me think of the imperfections in everyday life” in **C3**.

#### **5.3.1.12 Desire for Order**

A desire for order and being fastidious is a characteristic that is found within the cancerinic miasm. Triturators experienced a need for order during the trituration process. The need for order was fixated on the process itself. During **C1** **Triturator 1** reported “thinking of how to organise the symptoms; mental, physical and general versus chronological. Feel ordered” and **Triturator 2** stated a need to have “everything in its proper place, want to be extremely thorough.

During **C2**, **Triturator 8** expressed wanting “to do this properly, very meticulous, I do like things done properly but feeling extra cautious. I like attention to detail, more than usual” and **Triturator 18** stated “I feel the need to be extremely thorough in grinding and scraping; a little obsessive compulsive in the manner”.

#### **5.3.1.13 Visions, Images and Perceptions**

The C4 Trituration proving evoked “visions” or caused many if not all triturators to see an image. These images predominantly came through during C3 and C4. As previously explained, C3 connects to the intellect mind and logical thinking, while C4 embodies the spirit and allows one to reach a deeper understanding (Hogeland and Schriebman 2008).



Triturators had different visions or images; however, upon analyses, the different visions or images can be collectively interpreted.

#### **5.3.1.13.1 Darkness and Light**

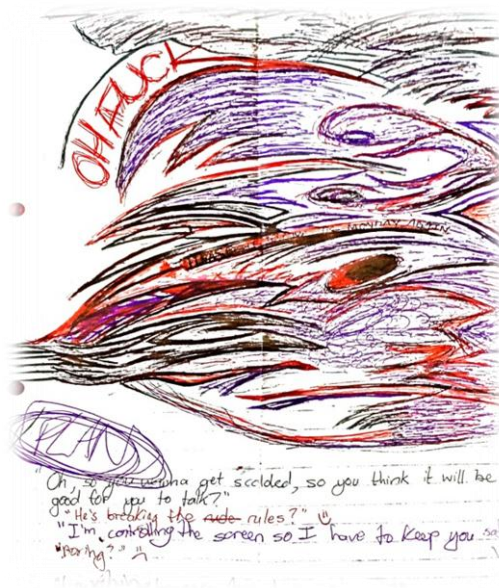
According to the botanical classification of *Solanaceae* by Sankaran (2005a), this family contains a “dark side”. **Triturator 2** stated in **C2** “don’t know why the substance is bringing out all this gross stuff from inside of me”. The *Solanaceae* has a sense of a shadow that comes through. **Triturator 17** sensed “two equal shadows cast by my head on the wall”. The shadow is representation of what is evil; therein lays the conflict which there needs reconciliation with light. There is also constant struggle to either keep the darkness at bay or a feeling of being “possessed” to do something dark. **Triturator 12** described the image of “a sudden light that represents glory now covers the darkness. The bond between mankind and the soil of the graves now break” in **C4**. There is also constant struggle to either keep the darkness at bay or a feeling of being “possessed” to do something dark. In **C4**, **Triturator 12** wrote “I see a screw driver in a casket and it is like I can take the same and stab someone with it but it is not me controlling it, there is some force pushing me like I’m possessed”. **Triturator 9** said during **C2** “still feel like myself but being taken over by an external force – words just popping into my head”.

**Triturator 15** “Image of lotus flower and symbolic of how it is in all this dirt; something beautiful in all this bad. An image of a thorny plant, blood dripping off them; reminded me of a story of a guy who was in despair, loss of hope, was broken and in a dark place. No one could understand. He turned to evil and started doing bad deeds. This gave him control he never had, felt he was in control. But conflict in himself, that he wasn’t what he was taught but gave in. At the end of C4 there was hope for a change, needed someone to show they believed in him, cared for him and he was better than this”. Thoughts about the flower symbolises the passionate side versus the pure and moralistic side of oneself.

**Triturator 12** described “a dark room that looks like it was previously occupied by some gangsters, it has a cross painting on the wall but that looks evil and suddenly a great light occupies the room and all the evil and painting disappears or covered by this shining light”.

Mangialavori (2007) comments on the hallucinogenic effect of the *Solanaceae* family. It allows one to delve into the dark side with the benefit of having no memory of what transpired under the influence of the “darkness”. This allows one to return to one’s moral standing without guilt. This interpretation is much like “Dr. Jekyll and Mr. Hyde”.

A beautiful image that embodies the analogy of “Dr. Jekyll and Mr. Hyde” was drawn by a triturator during meditation (Figure 5.1).



**Figure 5.1: Drawn by Triturator 6F**

The drawing by **Triturator 6** could be described as purple flames, surrounding “two eyes”, assumingly eyes of the “devil” or depicting a duality within one being. In Ayurveda purple symbolises the “crown” chakra also known as the *Sahasrara* chakra. It is the energy centre of renewal and transcendence, where one finds emancipation of the soul. A purple lotus flower, so represents that chakra (Hope-Murray and Pickup 1997).

### **5.3.1.13.2 Sacrifice**

According to Laidlaw (2015) *Withania somnifera* depicts the cancerinic miasm. This miasm contains aspects of self-sacrifice, becoming what is expected of you by others. This characteristic came through during the trituration and was described by triturators in different ways.

**Triturator 11** “Thought about movie gladiator, the song when the guy is about to sacrifice himself for the greater good” in **C4**. The epitome of self-sacrifice was described by **Triturator 12** in **C4** whose image was of the “crucifixion, people must come together and realise there is no more sin in this world, there is peace and harmony”.

**Triturator 2** felt frustration about having to be a martyr “I should be self-sacrificing but I feel that’s a bullshit unsustainable expectation. Why does everyone want to make me their martyr”.

### **5.3.1.13.3 Purpose and Inner Strength**

The theme of purpose was quite common during the trituration. Many tritulators started to question their purpose in life, which led them to analyse mistakes or choices made in the past.

**Triturator 2** in **C4** “was thinking about how our apparent failures make us the people we are and they are as important as our achievements”. During **C3 Triturator 4** was “Contemplating my origin and childhood and my purpose, dreams are put into children by parents before children know how to dream”.

**Triturator 12** in **C4** “The song – ‘now you’re free’. The guy is a farmer who rises to power but is not consumed by power, maintains his values as a person and beliefs. When he goes down, people think he’s dead but he rises again, not consumed by power or looking for vengeance but looking to do what’s right. The song starts, all is prepared for him to die, and he dies at peace, found his purpose”.

**Triturator 3** in **C4** “Thought about a hike I took on 2014 and specifically the time I stood on top of the mountain and saw the view of the tress, and I sat down, I felt like something was talking to me and I started to thank God for creation and even said a little prayer about my life. I felt part of a bigger world which is creation and like it knew me and my desires. Overwhelmed by remembrance of this scenario and feeling part of a bigger plan and purpose in life purpose”.

Questions about one’s identity were evoked. **Triturator 4** in **C3** questioned “self and identity and who I am as a person?” and started “Searching for deeper insight within myself”. In a canceric state the individual is pushed to achieve beyond their basic

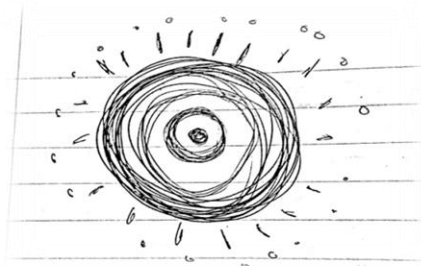
resources, which shows perseverance and inner strength. **Triturator 12** in **C2** described an image of a man who pushed his way to success “Whatever environment you put him in, he will adapt and shine in that environment”.

**Triturator 8** wrote during **C3** “Thinking about the deeper meaning of life, why are we here? Thinking about my soul and what is going to happen to it. Trying to figure out my place in this world and feeling of unease”.

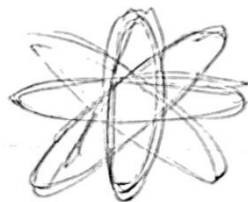
The path of purpose and identity lead to perseverance and discovery of strength. **Triturator 14** stated in **C4** “my spirit is troubled and unsettled but I continue to persevere. I can’t be beaten”. During **C3** **Triturator 2** had a thought to “triturate my own hair, like Samson it would return my strength”.

#### **5.3.1.14 Circles and Spirals**

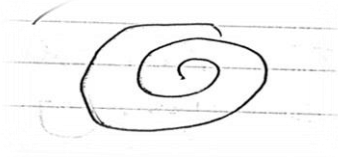
During the trituration, some tritulators drew images of spirals and circles, which became a common theme (Figures 5.2 - 5.5).



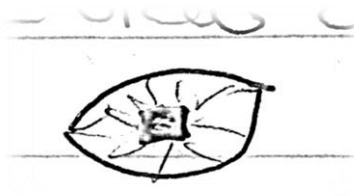
**Figure 5.2: Drawn by Triturator 2F**



**Figure 5.3: Drawn by Triturator 1M**



**Figure 5.4: Drawn by Triturator 7F**



**Figure 5.5: Drawn by Triturator 10F**

While some triturators drew images of circle and spirals, other reported about it. **Triturator 7 F** in **C1** reported “Hypnotic spirals and circles, I feel hypnotised”. **Triturator 17** in **C4** reported an “image of network of neurons or spider webs connecting”. This emphasises on the hallucinogenic effects of *Withania somnifera* which is caused by the alkaloids present in the plant (Uddin *et al.* 2012).

According to Celtic art and symbolism (Green 1997) the spiral represents the path that leads the outer consciousness to the inner soul. The key implications of the spiral are: evolution and holistic growth, letting go and surrender, awareness of the higher one, and revolution of the planets and nature.

The theme of spirals and circles could contribute to depicting the essence of *Withania somnifera*, a substance that is about evolution, becoming one with the universe of a higher being, and, in order to attain that, one has to surrender or let go of the situations that cause stress and anxiety. This in turn supports the adaptogenic effect of *Withania somnifera*.

### **5.3.1.15 Contradictory Symptoms**

Laidlaw (2015) comments in her study of the conventional 30CH proving of *Withania somnifera* that within the mind symptoms there were contradictory symptoms. This reflects the polarity of light and dark which is seen within the *Solanacea* family

(Sankaran 2005a). The contradiction of symptoms was also observed within the C4 Trituration proving and will be discussed below.

#### **5.3.1.15.1 Anxiety vs Calmness/Tranquillity**

During the trituration the emotions experienced by the triturators were very contradictory, that anxiety was followed by a sense of calmness; **Triturator 2: C1** said “Anxiety, worrying about the future, about research etc; Becoming anxious, feeling of butterflies” followed by “Conversations about frustrating things still running but now I imagine peaceful, mature resolutions” in **C4**. **Triturator 7**, in **C2** expressed “slight anxiety keeps surfacing and then ebbing away”, and in **C3** “always worried about not doing things right, always thinking and comparing and worrying”. Later, in **C4**, **Triturator 7** reported “feeling tranquil, visualising moving towards the shore. A feeling of serenity and peace like a calm”.

The change of emotion was depicted in some triturators while in others there was a contrast of anxiety and tranquillity. As one triturator experienced anxiety in one C level, another experienced tranquillity/calmness in the same level. **Triturator 2, C1**, experienced “Anxiety, worrying about the future, about research etc; Becoming anxious, feeling of butterflies”, even as **Triturator 7, C1**, said “This is very soothing, I feel soothed”, and **Triturator 9, C1**, expressed “The ocean and peacefulness”.

On the C2 level, both anxiety and calmness were expressed as such: **Triturator 4** was “anxious over behaviour” while **Triturator 16** exclaimed “oscillating focus between these points reflects back to me as peace, tranquil and calm”.

#### **5.3.1.15.2 Cheerfulness vs Sadness**

The emotions of cheerfulness and sadness flooded many of the triturators. A contradiction of emotion was depicted within the levels. It is evident that the sadness experienced by triturators was for another. Triturators either had thoughts or images which provoked sadness for the object of their thought or image.

**Triturator 2** started off cheerful in **C1** “enjoy watching circular patterns formed, reminds me of Aboriginal care-art. White and brown clay pots. Happy, elated and soothed”. Thereafter, in **C3**, emotions shift to feelings of sadness, expressed as “feeling like I’m under the ocean. There are waves of sadness with acceptance

passing over me. It feels like I'm looking at all the grief in the world from below the ocean and through the waves above. Sad but peaceful, there is a sad melody in my head".

In **C1 Triturator 8** imagined "sitting in darkness and alone", while during **C2** the contradiction was portrayed as "on one hand my mind feels dull and the other I am feeling happier and smiling, which is different as last few days have been difficult time". Subsequently in **C3** this transformed into a feeling of "happy, wanting to laugh, smiling again".

**Triturator 14** started off much more cheerful in **C1** and felt a "strong desire to smile". This feeling evolved during **C3** to "Feel a pleasant lightness in my spirit". However, it was conflicted by "the word 'depression' comes to my mind, yet I don't feel that way right now, and the question; how do you cope?"

A wave of sadness came through distinctively during **C3** for some tritulators; **Triturator 2** and **Triturator 15** experienced a "sense of deep sorrow for this world" and questioned "when will people realise what they are doing to one another and just learn to love?" The sadness felt confusing to some: **Triturator 5** said "I feel sad but I don't know why", **Triturator 9** felt "bipolar, up and down", and **Triturator 16** expressed "joy in being present, a profound sense of resilience accompanies this state".

### **5.3.1.15.3 Concentration vs Lack of Concentration**

A contrast between increased concentration and lack of concentration was depicted by various tritulators. In **C2**, **Triturator 18** said "my focus is unbreakable" conflicted by "I feel my mind lacking and concentration disappearing" stated in **C3**.

The contrast can be illustrated within the C levels. During **C1** the concentration is increased. **Triturator 16** said "increased awareness of everything happening on the physical sphere". This energy increased for some during **C2**. For example, **Triturator 11** said that "the energy levels are 8 out of 10, I'm much more alert and in the zone", and **Triturator 14** expressed "concentration improved, I feel more focused. The white in the mortar keeps saying: don't take your eyes off me! Focus!" However, for others there was a decline in concentration. **Triturator 10** was "distracted in comparison to focus at level C1", and **Triturator 7** states feeling "like I

was half asleep. Had to remind myself about what I was doing. I've completely lost track of where we are in the process and lost track of time" and it progressed in **C4** to "I can't focus on what is happening to me". The example from **Triturator 7** illustrates the progression from concentration to lack of concentration. In **C3** and **C4** only a lack of concentration was expressed: **Triturator 15** in **C3** was "getting distracted by everyone around" and in **C4**, **Triturator 9** described having a "scattered mind, hard to stay on one thought".

### **5.3.2 PHYSICALS**

The C4 Trituration proving yielded 61 rubrics in this section. According to Hogeland and Schriebman (2008) our living bodies correspond with the C1 level, on this level physical symptoms are evoked. The discussion of the physical symptoms will show that the majority of these symptoms arose during the C1 level, although there were physical symptoms induced in the other levels which will also be included in the discussion.

#### **5.3.2.1 Vertigo**

Triturators experienced feeling lightheaded or dizzy. **Triturator 8** in **C2** "Felt lightheaded for a few seconds", and **Triturator 5** in **C3** said "I feel so weak and dizzy, I feel as if I'm going to faint, like I don't have any balance". **Triturator 13** experienced a tendency to fall during **C2** "Round two I felt a little lightheaded at the beginning, like I would fall to the left side or forward". The theme of "wave" seemed to be consistent within the trituration. It was also present in the physical symptoms. **Triturator 15** expressed in **C3** "Getting these random waves of dizziness like my head is turning with my pestle. Would feel like I'm losing balance when I'm sitting but wouldn't fall, could be my eyes watching this circular motion".

#### **5.3.2.2 Headaches**

During **C1** a headache was the most common physical symptom experienced by triturators during trituration. However the sensation of the headache differed from one triturator to another.



Triturators that experienced a dull headache were **Triturators 1, 2, 6, 7, 9, 10,** and **12**. Their headaches were described as dull and associated with a “heavy” or “pressure” sensation. **Triturator 9** in **C1** described “headache feels like pressure and dull” and **Triturator 12** in **C1** stated “headache is dull, heavy, like a deep ache”. The headache was predominantly located on the left temporal region as recorded by **Triturators 1, 2, 5, 9, 10,** and **13**. For some the headaches were sudden, as for **Triturator 1** in **C1** “sudden headache in the left temples”. Eye pain was a concomitant: **Triturator 1** in **C1** described a dull headache with pain “behind eyes”, and **Triturator 13** in **C2** complained of a headache associated with feeling “heavy over eyes”.

A headache in the region of the forehead was experienced by **Triturators 3, 6, 10,** and **13**. This headache was predominantly left sided: **Triturator 6** in **C1** “headache starting above left eyebrow, dull” and **Triturator 10** in **C1** “dull headache at the region of the left forehead (comes and goes)”.

Other sensations described by the triturators were “mild pounding headache” described by **Triturator 5** during **C3**, and **Triturator 13** conveyed in **C2** that the headache is “dull throbbing” and “worse for looking down”.

### **5.3.2.3 Eye Symptoms: Burning, Heaviness, Itching and Lachrymation**

During the trituration, the triturators experienced eye symptoms that indicate an allergic eye condition. According to Davis and Kuttan (2000) *Withania somnifera* will be able to aid with allergic conjunctivitis due to its anti-inflammatory and immunomodulatory activity. However Laidlaw (2015) emphasised that the common allergic symptoms of the eye produced by *Withania somnifera* are not distinguishable from any other remedy within the Materia Medica.

The frequent eye symptoms produced during the C4 trituration were burning and itching, as experienced by **Triturators 1, 4, 5, 6, 9, 11, 16** and **17**. **Triturator 17** in **C1** described the burning as a “stinging sensation in eyes” and said “eyes feel mildly scratchy as if the eye lashes are a little caught in the eyes, worse on closing the eyes”. The left eye was commonly affected for **Triturators 1, 4, 5** and **6**. **Triturator 6** in **C1** said the itching “is getting progressively worse” whereas **Triturator 5** in **C2**

stated that the itching is “worse if I close it, better for opening and rubbing”. Lachrymation was reported by **Triturator 11** during **C2** “eyes are itchy and watery”.

As reported, the headaches experienced during the trituration caused associated eye symptoms such as “heaviness” of the eye which persisted for **Triturators 4, 9** and **13** and “eyes feel heavy from the headache that has settled over my eyes” as described by **Triturator 13** during **C2**.

#### **5.3.2.4 Ear Symptoms: Itching, Fullness, Hearing Difficulties**

Triturators reported constant itching in the ear. **Triturator 12** in **C1** complained of an “Intense itch in the left ear, deep inner ear”. **Triturators 5** and **6** experienced a “blocking” sensation within the ear which led to difficulty in hearing as mentioned by **Triturator 6** in **C1** “struggling to hear”. **Triturator 7** in **C2** reported hearing sounds from a distance “sounds all seem far away, difficult to hear instructions”.

#### **5.3.2.5 Nasal Symptoms: Congestion, Coryza, Itching, Inflammation and Postnasal Drip**

Nasal congestion accompanied by coryza was reported by triturators. **Triturator 16** in **C1** said there was “congestion in the nose, but breathing is easy” and **Triturator 17** during **C2** reported “Right nostril feeling as if allergic, just before sneezing. Feeling of mucus build up”. **Triturators 4** and **17** complained of postnasal drip symptoms, and **Triturator 1** reported that “nose hurts” from cold wind. **Triturators 1, 4, 6, 7** and **18** experienced itching of the nostrils. It was either the right or left nostril; **Triturator 4** in **C1** “nose is itchy, both left and right side”, **Triturator 7** in **C2** “Right nostril super itchy, want to rub it” and **Triturator 18** in **C2** “medial part of right nostril feels itchy, now my left nostril”. **Triturator 2** during **C2** described a “burning sensation in nostrils, like after snuff”.

#### **5.3.2.6 Face**

Flushes of heat on the face were reported by **Triturator 3** “face feels flushed” and **Triturator 15** “felt flushed and warm” in **C2**. During **C4** **Triturator 6** claimed to have experienced a “crawling sensation in my hair”.

### 5.3.2.7 Hypersalivation and Taste

Hyper salivation was a marked symptom in the mouth. **Triturator 1** started to hyper salivate in **C1** “hyper salivation and feels like cotton in my mouth”, and **Triturator 16** reported that “salivary glands are over productive” in **C1**. **Triturator 1** reported developing a “Bitter sensation now at roof of mouth and back of tongue, now hyper salivation with bitter taste”, and **Triturator 2** expressed in **C2** feeling “like my breath is rotten and smelly. There is an uncomfortable dryness and stickiness of the mouth. I try to loosen my mouth by wiggling it around but saliva tastes foul”.

### 5.3.2.8 Throat: Dryness and Mucus

**Triturator 1** said that during **C1** the “back of throat is dry”, and **Triturator 2** stated having a “dry throat” in **C2** which is better for “coughing”. The throat started to feel “clogged with mucus” as described by **Triturator 6** in **C1**, who also said they needed to “clear throat, thick mucus lump in there”. **Triturator 1** described the mucus congestion as having a “salty taste”.

### 5.3.2.9 Stomach: Appetite, Eructation, Nausea and Pain

Appetite was increased during **C1** of the trituration. **Triturator 6** expressed feeling “very hungry”, and **Triturator 10** was “hungry” and “craving for something for savoury. Stomach literally feels empty”.

**Triturator 15** reported to have experienced continuous “burping” throughout the trituration process, “feeling like burping again, gas bubbles from stomach. Interesting how the burping only really happens as soon as I start triturating, after the grinding break then it gets better as the trituration goes along”. **Triturator 16** also experienced “increased burping”.

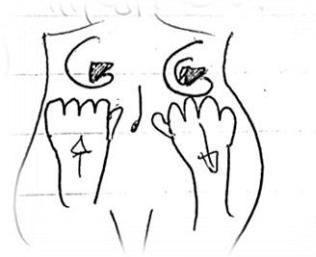
As previously mentioned, “wave” is a consistent theme that comes through in the symptoms. **Triturator 6** described the nausea as a “wave of nausea”. **Triturator 16** mentioned feeling a “nausea sensation”.

“Stomach ache, with a burning sensation and feels like gas filled” was the pain described by **Triturator 3** during **C1**.

### 5.3.2.10 Abdominal Pain and Emptiness

The emptiness experienced during the trituration was described as “fluttering”, “vulnerable”, “hollow” and a “butterfly sensation” in the abdomen, as reported by **Triturator 2** and **Triturator 7**.

The abdominal pain of *Withania somnifera* is described “like there is a pulling of the muscles”, “cramping” and **Triturator 2** described “pain in abdomen like two hands gripping and twisting my intestines. Intense gripping and cramping in abdomen. Pain travels up and down anus and urethra like a spasm/ wave of cramps” (Figure 5.6). Yet again the description of “waves” comes forth.



**Figure 5.6: Drawn by Triturator 2, describing the intense gripping pain in the abdomen**

### 5.3.2.11 Thirst

There was an increase in thirst for water during the trituration which became quite persistent. **Triturator 3** in **C3** felt “Thirsty, and the thirst persists”. **Triturator 13** “felt quite thirsty for water”.

### 5.3.2.12 Chest Constriction and Pain

The constriction of the chest was a symptom produced for some of the triturators; it was described as a sensation of “tightness” or “pressure”. In **C1**, **Triturator 15** “Started getting tight increase/ pressure in my chest”. **Triturator 4** in **C2** felt “something stuck in chest, tight, trying to push up. Chest feeling tight then feeling clears intermittently” and **Triturator 9** during **C3** described “tightness in the chest”.

**Triturator 10** complained of a “sharp pain in the chest on the sternum” during **C2**.

### **5.3.2.13 Musculoskeletal Pain**

Muscular pain in the lumbar and dorsal region of the back was experienced by **Triturators 2, 3 and 10**. During **C1**, **Triturator 2** experienced “pain under right scapulae developing close to spine” and “pain in lower back; stiff but better for leaning forward”. **Triturator 3** in **C4** described pain on the “right side of the lower border of the shoulder blade”, while **Triturator 10** experienced pain on the “left shoulder blade” during **C1**.

### **5.3.2.14 Pain in the Wrist**

**Triturator 6** reported in **C1** “Intense wrist pain (right) as soon as I started, lateral aspect of wrist shooting into thumb, better for holding tighter. Left wrist same sensation”. **Triturator 7** said “wrist aches” during **C2**.

The sensation of the pain experienced was described as “sharp” or “shooting”. **Triturator 13** in **C1** said “feeling nerve pain in fingers, shooting up hand, on the side of little finger. Pain on wrist; aching”.

## **5.3.3 GENERALS**

The **C4** trituration proving yielded 7 rubrics within the **GENERALS** section.

### **5.3.3.1 Temperature**

Some triturators experienced heat sensations despite the external environment; **Triturator 14** in **C1** described feeling a “sensation of heat in the body”.

Whereas during **C1** **Triturator** said “I’m getting cold”.

### **5.3.3.2 Increased Energy and Decreased Energy**

Triturators experienced an increase in energy. During **C1** **Triturator 13** reported feeling “calm and energetic, energy is 10/10”, and **Triturator 12** expressed in **C2** “Feeling much more alert and energised now”. However, others experienced weariness and a decrease in energy levels. **Triturator 14** in **C2** felt “tired, tedious, thinking of my tiredness”. **Triturator 5** during **C4** conveyed feeling “so weak physically”.

### 5.3.3.3 Restlessness

A form of restlessness was displayed by **Triturator 7** during **C2** “keep having to change positions to be comfortable”. And **Triturator 6** in **C3** “I can’t be still, I want to walk”.

## 5.4 *Withania Somnifera* Sensations presented in the C4 Trituration

In the schema developed by Sankaran (2005a) these are the common sensations in the *Solanaceae* family: violent, splitting, spasm, bursting, explosive, pulsating, constricting, murder, pursued and themes of light and dark. However Laidlaw (2015) postulates that due to the “diversity in secondary metabolites and the differing levels of toxicity in the *Solanaceae* family” the “common sensations” may not always be applicable to a specific remedy. The sensations that were produced in *Withania somnifera* resemble the sensations from Sankaran’s (2005a) schema, but produced other sensations that represent *Solanaceae*.

### Shooting

**Triturator 13 F: C2:** “Feeling nerve pain in fingers, **shooting** up hand, on the side of little finger”.

**Triturator 6 F: C1:** “Intense wrist pain (right) as soon as I started, lateral aspect of wrist **shooting** into thumb, better for holding tighter”.

### Spasmodic

**Triturator 2 F: C1:** “Pain travels up and down anus and urethra like a **spasm**/ wave of cramps”.

### Burning

**Triturator 1 M: C1:** “**burning** in the eye”; **Triturator 9 F: C1** “my eyes feel **burny**”; **Triturator 16 M; C1:** “eyes **burning**”.

**Triturator 2 F: C2:** “**Burning** sensation in nostrils, like after snuff”.

**Triturator 3 F: C1:** “Stomach ache, with a **burning** sensation and feels like gas filled”.

## Itching

**Triturator 1 M: C2:** “Lateral left edge of left eye is **itchy**”; **Triturator 5 F: C2:** “My left eye is **itchy**”; **Triturator 6 F: C1:** “Left eye **itchy**, lateral aspect. It is getting progressively worse”; **Triturator 11 M: C1:** “Eyes are **itchy** and watery”.

**Triturator 2 F: C1:** “**itch** in the right ear”; Triturator 3 F: C3 “**itchy** ear (right)”; **Triturator 12M : C1:** “intense **itch** in the left ear”.

**Triturator 1M: C1:** “**itchy** nose as if about to sneeze”; Triturator 4M: C1 “nose is **itchy**, both left and right side”; **Triturator 6F: C1:** “**itchy** left ear and left side nose”; **Triturator 7F: C2:** “right nostril super **itchy**, want to rub it”; **Triturator 18F: C2:** “Medial part of right nostril feels **itchy**, now my left nostril and left temple feels **itchy**”.

### **5.5 Miasmatic Classification**

According to Laidlaw (2015) *Withania somnifera* fits the characteristics of the cancerinic miasm. According to De Schepper (1999), the fundamental emotion in the cancerinic miasm is a need for control. The disease process of cancer causes uncontrolled mutation and undifferentiated cell division. This causes an underlying emotion of weakness therefore to avoid the loss of hope, the individual resorts to superhuman endeavours to gain control. When an individual reaches the state of despondency, they push themselves in order to attain perfectionism and control over the chaotic situation. They exhort themselves beyond limits.

Other features of the cancerinic miasm include certain emotional traits. Individuals have an extreme sensitivity for other, which can lead to anxiety. They are also quite sentimental.

During the C4 trituration it was evident that tritulators exuded a sense of control and a desire for order. **Triturator 8F: C2** recorded wanting “to do this properly. Very meticulous, I do like things done properly but feeling extra cautious. I like attention to detail, more than usual”. **Triturator 18F: C2** said “a little obsessive compulsive in the manner”.

Cancerinic individuals are pushed to achieve beyond their basic resources, driven by the need to control and be perfect. The individual does this to become the person

that another wants them to be, for example the child will follow the career path that is laid out by the parent; **Triturator 4M: C3** “dreams are put into children by their parents before they know how to dream.

Smits (2009) describes the ‘father principle’ that exists in the remedy *Carcinosinum*. However, *Withania somnifera* brings to the forefront the ‘mother’ principle. Naturally it is the mother that gives nurturing, awareness and recognition to the child, as a result ‘faulty’ nurturing would cause a negative outcome.

The perfectionism within the cancerinic miasm can lead to anxiety, the feeling of not doing enough to attain the mark of perfection, for example **Triturator 7F: C3** “Always worried about not doing things right, always thinking and comparing and worrying”. There was anxiety about time and the trituration process, however, in C3 it started to resolve and a feeling of letting go came forth. There was a certain degree of control in the surrender.

In order to overcome and deal with stress and anxiety of situations, the individual needs to become adaptive. Adaptation to a stressful situation conveys a cancerinic miasm as well as the adaptogenic nature of *Withania somnifera*. The question posed by **Triturator 14F in C3** “how do you cope?” supports the notion that there is an adaptive process.

The C4 trituration through the many rounds brings forth the essence of the remedy. Triturators started off with anxiety surfacing and ebbing away, producing questions on how to cope, leading to perseverance, as reported by **Triturator 14 F: C3** “the word determination comes to mind”. This allowed for a form of acceptance and transcendence. **Triturator 7F: C4** wrote “maybe I’m so caught up in my own thinking and anything that I can’t really perceive or know other people”. **Triturator 11M: C2** commented about an image “Whatever environment you put him in, he will adapt and shine in that environment”.

The *Solanaceae* family contains the theme of light and dark. The light side is always in conflict with the dark, trying to control the “darkness” within. Individuals refuse to surrender to the “darkness”. This immense amount of control displays the need to feel accepted. One needs to control the side that will not be accepted by others. This is typical of the cancerinic miasm. The C4 trituration evoked images about darkness



and light, the ability to overcome the darkness and the evil that was associated with it. For example, **Triturator 12** in **C4** said “a sudden light that represents glory now covers the darkness”.

The essential aspect of resolving the conflict of light and dark, is “self-acceptance”, and having the ability to say “I’m fine the way I am”. In the cancerinic miasm its not about wanting to achieve one’s own goals but to achieve goals set by another; this is done to feel accepted. However, with this miasm, achieving those goals are near to impossible hence the experience of acceptance does not occur.

In *Withania somnifera* the core is about the adrenals being pushed to a stage of exhaustion, but the essence of the remedy lies within the act of accepting oneself, embracing the darkness and realising there is no need push oneself beyond limits to achieve goals set by another.

The despair of a situation results in the individual pushing beyond their ability and lacking resources to attain a goal. This is often described as a superhuman effort. Images reported by the tritulators describe the superhuman escape. **Triturator 12M: C4** exclaimed “there is some force pushing me like I’m possessed”. **Triturator 7F: C4** “I’m like a bird, I’ll only fly away”.

## **5.6 Comparison to the Conventional 30CH Proving of *Withania Somnifera***

As previously mentioned, the 30CH conventional proving of *Withania somnifera* yielded 282 rubrics. The majority of the rubrics stemmed from MIND, HEAD, DREAMS and GENERALS. The C4 trituration proving of *Withania somnifera* yielded 145 rubrics with MIND and HEAD providing the majority.

Analysis of the symptomatology of both proving methodologies revealed that there were several similarities and differences; only the main themes will be discussed here. The C4 trituration proving embodied many similarities to the 30CH proving. The mind symptoms yielded the majority of similarities. The C4 trituration did not yield as many PHYSICAL or GENERAL symptoms as did the 30CH proving but a comparison can still be drawn with the resultant symptomatology.

See Tables 4.6 to 4.8. for a tabulated comparison between the C4 and the 30CH methodologies.

### 5.6.1 Similarities between the Conventional 30CH and C4 Trituration Proving

The aim of study was to compare the symptoms yielded by both proving methodologies, utilising a thematic analyses, hence the researcher compares the similar themes identified between the C4 trituration proving and the conventional 30CH proving.

#### 5.6.1.1 Anger

Mangialavori (2007) advocates that when the inhibitions are lowered in *Solanaceae* patients, this allows for impulsive bursts of anger for a short period of time which are then controlled. During both provings anger was evoked. For example: **Prover 18F:00:XX:XX** “Noticed I have no control over my anger”, and **Triturator 6 F : C3** “Almost anger when scraping, stabbing motion releasing frustration”. Anger was triggered by “injustice” and “disrespect” in both 30CH and the C4 methodologies.

In the 30CH proving, Laidlaw (2015) explains that “anger” during the proving had two reactions – either to express it or control it. The suppressed anger experienced by provers during the 30CH proving was expressed in dream states.

The C4 trituration evoked emotions of anger; these emotions were expressed in the journals but did not evolve into physical displays of anger.

#### 5.6.1.2 Anxiety vs Tranquillity

Contradictory themes arose in both proving methodologies; this could be an expression of the polarity of light and dark that exists in the *Solanaceae* family (Sankaran 2005a). Anxiety was experienced by provers and tritulators. In the 30CH proving it ranged from generalised anxiety **Prover 26M:07:XX:XX** “couldn’t pinpoint where the anxiety was coming from”, and the anxiety became specific for example **Prover 06M: 03: XX: XX** “I have no plans for later (Saturday evening) & this makes me a bit anxious”.

In the C4 trituration the anxiety was about the future, and not knowing. **Triturator 2 F: C1** “Anxiety, worrying about the future, about research etc”. The feeling of anxiety was contrasted by tranquillity in **Prover 01M: 00: XX: XX** “feeling calm – more than

usual I suppose”, and **Triturator 2 F: C4** “Conversations about frustrating things still running but now I imagine peaceful, mature resolutions”.

### **5.6.1.3 Concentration Increased vs Lack of Concentration**

A polarity existed in both proving methodologies between increased concentration and the lack of it. **Prover 02M: 03: XX: XX** “I must state, however, my attention levels seem a little better than usual, if I engage in an activity”, and **Prover 28** said “during the day, totally shut down at night”. **Triturator 14 F: C2** “Concentration improved, I feel more focused”.

The improved concentration was contrasted by difficulty or lack of concentration. The two main areas of lack of concentration in the 30CH proving were during writing, and forgetfulness. **Prover 12F:06: XX: XX** “Absolutely no concentration span today. Keep getting distracted”.

Within the C4 trituration, concentration declined with the progress of the trituration stages **Triturator 10 F : C2** “Distracted in comparison to focus at level C1”.

### **5.6.1.4 Irritability**

Irritability was a common symptom experienced by provers and triturators. For many provers the irritation was directed at various external factors, for example: **Prover 11F:07:XX:XX** “Have been very irritable today in a way that is unusual. Got irritable and moody with workshop participants talking nonsense & interrupting”. The irritability was also as a result of decreased energy levels, for example: **Prover 28F:36:XX:XX** “Irritable from fatigue”.

In the C4 trituration the irritability was directed at fellow participants and the trituration process, for example: **Triturator 13 F: C2** “Feeling irritated with the process, it seems to be dragging on this time around. Little things are annoying me”.

### **5.6.1.5 Observant and Desiring Order**

Both provers and triturators became quite observant; for some it was increased observation of those around them. **Prover 26M:08:XX:XX** “Noticing a lot more with

regards to peoples' behaviour and gestures/ body language". **Triturator 10 F: C3** "observant of others more than myself".

The desire for order was apparent among provers and triturators. Fastidiousness is an expression of the cancerinic miasm. **Prover 08F:03:XX:XX** "Been on a mission since midweek to spring clean and sort my house out. Have got lots of needed to do things done". **Triturator 18 F: C2**; "I feel the need to be extremely thorough in grinding and scraping; a little obsessive compulsive in the manner".

#### **5.6.1.6 Spaced-out and Stupefaction**

In the 30CH proving, provers experienced a lack of clarity and forgetfulness, described as "zoned out". **Prover 22M:00:XX:XX** "Feeling a bit weird, like I'm on drugs, tipsy, like my mind isn't totally with me". **Triturator 2 F: C4** "Formless, floating and boundless as if in a dream but also with a layer between me and what is happening". Prover and triturators shared the common sensation of feeling "spacey". **Prover 11F:01:XX:XX** "Felt very spacey – zoned out into thoughts while in conversation". **Triturator 4 M: C1** "Felt a little "spacey" out of it".

The feeling of stupefaction was associated with "drowsiness". **Prover 29M:XX:XX:XX** "A feeling of lethargy & drowsiness. Eye-lids feel heavy". **Triturator 3 F: C3** "Drowsy, face feels flushed".

#### **5.6.1.7 Vertigo**

Provers and triturators experienced sensations of light headedness or feeling dizzy. **Prover 02M:16:XX:XX** "A little lightheaded and dehydrated after the gig. Felt like I was spinning with the turntables". **Triturator 9 F: C2** "felt dizzy and lightheaded".

#### **5.6.1.8 Headache**

The most characteristic physical symptom in both proving methodologies of *Withania somnifera* was the headache. This was experienced by **Provers 2, 3, 4, 9, 11, 12, 15, 16, 17, 18, 21, 22, 23, 24, 28** and **29** and **Triturators 1, 2, 5, 6, 7, 9, 10, 12** and **13**.

The common features of the headaches were that they were temporal with a dull aching sensation and eye involvement. **Prover 24M:10:06:45** “I woke up with a small headache on the left head side, between my eye and ear a little bit above but on the inside”. **Triturator 1 M: C1** “Sudden headache in the left temples and behind eyes”.

#### **5.6.1.9 Back Pain**

Pain in the dorsal and lumbar region was experienced by provers and triturators. **Prover 28F:29:XX:XX** “Tingle medial of right scapula halfway down its medial border, referred sensation constant annoying tingle”. **Triturator 2 F: C1** “Pain under right scapulae developing close to spine”.

Pain in lumbar region: **Prover 08F:11:XX:XX** “I am fine except for a sore lower back and sacrum”. **Triturator 2 F: C3** “Pain in right sacroiliac joint; worse for sitting”.

#### **5.4.1.10. Increased Energy and Increased Tiredness**

Provers and triturators either experienced an increase in their energy levels or fatigue. **Prover 02M:08:XX:XX** “Woke up with a kind of energy I normally don’t have at 7am. Just did everything as if I had 2 sachets of Bioplus”. **Triturator 12 M: C1**; “Feeling much more alert and energised now”.

**Prover 11F:XX:XX:XX**; “Feeling very exhausted suddenly – like I could sleep. Exhausted and body sore, hard to move”. **Triturator 5 F: C4**; “I feel so weak physically”.

#### **5.6.1.10 The “Wave” and “Ocean” Theme**

The sensation of the wave was quite pronounced in the conventional 30CH proving and the C4 trituration proving. Many of the provers and triturators used the term “wave” to describe symptoms. This is seen in MIND, PHYSICALS and GENERAL symptoms. The desire for the ocean was also expressed.

**Prover 20F:XX:XX:X**: “nice walk on the **beach**”.

**Prover 26M:10:XX:XX**: “went for a swim on the **beach**”.

**Prover 29M:XX:XX:XX:** “**Waves** of drowsiness throughout the day”. **Triturator 15: C2** “Random **waves** of drowsiness”.

**Prover 02M:12:XX:XX:** “I’ve also started sweating more than usual, as if it’s a bad heat **wave** today”.

**Triturator 2: C1:** “pain as big as the **ocean**” and **C3:** “Feel like I’m under the **ocean**. There are **waves** of sadness with acceptance passing over me”.

**Triturator 6: C1:** “**Wave** of nausea and sudden drop of energy”.

**Triturator 14 : C4:** “feel like going to the **beach**”.

**Triturator 9 : C1:** “the **ocean** and peacefulness”.

**Triturator 2 F; C1:** “Pain travels up and down anus and urethra like a spasm/ **wave** of cramps”.

According to Snyder (2011) who authored the book Symbology: Decoding The Images the ocean is a symbol of the soul, one’s emotions and the subconscious. The type of wave could describe or represent an underlying emotion. A ‘calm’ wave shows there is stillness or depth within the subconscious whereas a ‘crashing’ wave depicts overwhelming of emotions, or fear that needs to be faced before the possibility of ‘drowning’ (Snyder 2011).

The researcher postulates that due to *Withania somnifera* being a plant from the *Solanaceae* family; the theme of the ‘wave’ fits in with the symbology described by Snyder (2011). Mangialavori (2007) comments that a conflict between the conscious and unconscious exists, hence there is constant need to resolve the conflict.

### **5.6.2 Differences Between the Conventional 30CH Proving and the C4 Trituration Proving of *Withania Somnifera***

The different themes identified between the C4 trituration proving and the conventional 30CH proving will be discussed.

### 5.6.2.1 Clarity and Introspection

As previously discussed through the many rounds of the trituration the essence of the remedy is revealed (Hogeland and Schriebman 2008). Clarity and introspection were part of the core themes within the C4 trituration. For many triturators, the trituration levels allowed for transparency, for example **Triturator 10 F: C4** “a little open minded about past experiences”.

In the 30CH proving, provers reported symptoms of absentmindedness, forgetfulness and a lack of clarity. The symptom of clarity and introspection was experienced by no more than two provers in the 30CH proving.

### 5.6.2.2 Delusions

The conventional 30CH proving of *Withania somnifera* produced delusions of being alone, being drained of energy by people, an internal emptiness, neglecting one's duty, being persecuted and of being sick.

There weren't many delusions produced during the C4 trituration proving. The delusions that were produced were of being alone, not belonging to this world, being dirty and of time exaggeration.

The delusion of “being alone” in both provings were described as a state of isolation, either induced by 30CH proving or the trituration or simply the delusion of feeling isolated. **Prover 6 06M:01:XX:XX** “I had to isolate myself [due to exams], but I wanted to be around other people”. **Triturator 13 F:C3** “feel like isolated from the world”.

The delusions experienced during both proving methodologies differed not only in the type of delusion but the presentation of the delusion as well. For example with the 30CH proving, the delusion is induced by a physical symptom, for example **Prover 26M:04:XX:XX** “Starting to notice that after some interactions with people that I feel drained, these seem to be with people who ‘drain’ energy from others, weird experience”. In the C4 trituration, the delusions are experienced during a mental/emotional exploration, for example **Triturator 2 F: C3** “Feel full of dirt, humiliation. I'm going to be sick. If I could throw up I could get rid of all and cleanse myself”.

### 5.6.2.3 Sadness

Sadness was experienced in both proving methodologies, although in the 30CH proving the sadness and pain experienced was their own and in the C4 trituration it was sadness felt for another. In the C4 trituration the sadness came from thinking of someone or an event that involved another individual.

**Prover 18F:10:XX:XX:** “Just felt like I had no strength left, I’ve been fading in and out of depression. My ego very badly damaged – it should be all systems go – but I’m just depressed honestly. I feel empty”.

**Triturator 14 F: C3:** “the word ‘depression’ comes to my mind, yet I don’t feel that way right now”. **Triturator 15 F: C3** “Started feeling a slight sense of deep sorrow for this world, I wonder when people will realise what they are doing to one another and just learn to love”.

In the 30CH proving, the sadness was associated with causeless weeping, for example **Prover 12F:03:XX:XX** “I’m trying to fall asleep and I just start crying, not exactly sure why”. No weeping was reported during the C4 trituration.

### 5.6.2.4 Headaches

As previously stated the headache was the chief physical symptom experienced by both tritulators and provers. There were many common features as discussed above, but the headaches were dissimilar in certain ways.

The headache experienced during the 30CH proving was primarily a fronto-temporal headache with eye involvement. The headaches were described as “throbbing” and “pulsating”, for example **Prover 12F:03:XX:XX** “my head about to explode”. Provers reported anger was the root cause to the headaches and was aggravated by sleep and light. The headaches were ameliorated by the dark and applying pressure to the region.

During the C4 trituration, tritulators commonly reported a dull left-sided temporal headache, with eye involvement. The occurrence of the headaches was sudden for many tritulators and the only modality reported was “worse for looking down” by **Triturator 13 F: C2**. The predominant sensation of the headaches was “dull”.



## 5.7 Psychological, Transcendental, and Phenomenological Approach

This approach centres on the experiences of the participants under the examined phenomena which require bracketing of the researcher's experience (Creswell 2013). The researcher utilised this approach for the qualitative study. There are seven main characteristics for the transcendental phenomenological approach and the researcher will now enumerate the manner in which these characteristics were integrated.

- a. The researcher needs to decide on which phenomena needs to be explored

The phenomena being explored is a C4 trituration. The C4 trituration was the phenomena that the participants were exposed to. The data collected highlighted their experience of the C4 Trituration phenomena.

- b. Classify the group that has experienced the phenomena

The group identified for the study were voluntary qualified homoeopathic practitioners or homoeopathic students. Originally it was a sample size of 20 although due to unforeseen circumstances, only 18 participated.

- c. Discuss the theoretical structure guiding the study

Botha (2010) proposed that C4 trituration deserves to be explored by researchers and as previously mentioned Goote (2011) was the first to investigate C4 triturations and remedy preparation comparison. The researcher advocates the need to explore the C4 trituration as proving methodology and this was tested against a methodology that is credible i.e. conventional 30CH proving. *Withania somnifera* as the remedy of choice for the C4 trituration, *Withania somnifera* is an Ayurvedic herb with various therapeutic properties. The symptoms yielded will add to the Materia Medica.

- d. Discussion hosted by researcher regarding participants personal experience with the phenomena

The researcher held a discussion after the trituration process concluded. The participants shared their experiences of the trituration.

- e. Data collection procedure

The participants reported the resulting symptomatology in the journals provided. The discussion was video recorded. Both journals and video recording were transcribed verbatim.

f. Data analyses

The researcher converted symptoms recorded by the triturators into rubrics using The Essential Synthesis (Schroyens 2012). These symptoms were then thematically analysed and thereafter compared to the 30CH conventional proving of *Withania somnifera*

g. Description of the essence of the shared experience of the phenomena

The essence of the shared experienced produced during the C4 trituration proving of *Withania somnifera* is comprehensively discussed in this chapter. The themes and experiences are discussed collectively.

This research approach allowed the researcher to understand the experience of the participants, gain access to data that is natural and not artificial and contribute to the development of new theories. However disadvantages included; data collection requiring excessive time and resources and interpretation of the data can be convoluted.

## CHAPTER 6 : CONCLUSION AND RECOMMENDATIONS

### 6.1 Conclusion

The aim was to conduct a C4 trituration proving of *Withania somnifera* thereafter compare the data to the conventional 30CH proving of *Withania somnifera*. The researcher was successful in conducting the C4 trituration proving of *Withania somnifera* and it was effective in producing an observable change in the state of health in the triturators that volunteered to participate in the C4 trituration. The symptoms produced adequately presented a C4 symptomatology picture of *Withania somnifera*.

The C4 proving produced 145 rubrics; 59 rubrics were MIND, 69 were PHYSICALS and 7 were GENERALS. There were 100 rubrics which presented with grade 1 symptoms, 44 with grade 2 and 1 with grade 3 symptoms.

The majority of the symptoms were produced in the MIND (59) and HEAD (12) section. The predominant themes recognized in these sections were; absentmindedness, anger, an appreciation for beauty, clarity and introspection, delusions and fears, irritability, homesickness, maternal instincts, a desire for music and order, observant, sacrifice and inner strength. The principle symptom under the HEAD were headaches. Other symptoms yielded under PHYSICALS were excessive mucus production and hypersalivation, abdominal cramps and emptiness, and restlessness.

A polarity of symptoms was observable in the C4 proving, the prominent polarities identified were; anxiety vs calmness/ tranquility, cheerfulness vs sadness, increased concentration vs lack of concentration and increased energy vs decreased energy/ tiredness.

Many triturators described symptoms as a “wave” and for some the theme of the “ocean” was noteworthy.

The resultant symptomatology created a symptom picture that was comparable to the 30CH conventional proving of *Withania somnifera*.

The 30CH conventional proving conducted by Laidlaw (2015) yielded a total of 282 rubrics. Subsequent to the comparison, the similarity in themes between the two methodologies are; the observable polarity; anxiety vs tranquility, increase concentration vs lack of concentration and increased energy vs increased tiredness. Other similar themes were; desire for order, observant, irritability, anger, spaced-out and absentmindedness. The sensation of the “wave” and “ocean” theme was also an identified similarity.

The differences identified between the two methodologies occurred in the presentation of the symptoms rather than the symptoms itself, for example in the 30CH a prover felt their own sadness, whereas in the C4 proving, the triturator sensed a feeling of sadness for another. Clarity and introspection was prominent in the C4 and this advocates what is said about the C4 trituration revealing the essence of the remedy (Timmerman 2007). Other differences identified were delusions and fears which was more observable in the 30CH proving. HEAD symptoms were evident in both proving methodologies, however the difference occurred in the presentation of the symptom. The location and duration differed in the headaches presented in both proving methodologies.

The C4 trituration developed an in-depth understanding of *Withania somnifera*. The symptoms that came through in the 30CH proving included fight or flight symptoms. The proving evoked time urgency, anxiety and control. However, exhaustion, rest and laziness opposed those symptoms, indicating a duality. The C4 trituration allowed for an understanding of this fight or flight state, enabling one to evaluate the reasons why such a state could be induced. The C4 trituration contributed to uncovering the underlying cause of a symptom produced both in the C4 proving and the 30CH proving.

It has been said by many homoeopaths who advocate C4 trituration that it allows one to tap into the essence of the remedy and become insightful. The C4 created the picture of the miasmatic state of *Withania somnifera*. The cancerinic features such as; a need for control, covering the weakness, superhuman endeavours to gain control and being pushed to become the person that another wants them to be.

As previously mentioned in the discussion under Chapter 5, Smits (2009) illustrates the 'father principle' in the remedy *Carsinosinum*, which contributes to the cancerinic state of being pushed beyond resources to become what is needed of one by others. However C4 trituration brings to the forefront the 'mother principle' in *Withania somnifera*. A lack of nurturing or a flawed nurturing could cause the negative state of mind produced in *Withania somnifera*.

The symptoms produced during the C4 trituration depicted the correlation between the botanical family and homoeopathic remedy according to Sankaran (2005). A few of the sensations of the Solanaceae family were evident in the symptom presentation of *Withania somnifera*; these were the sensation of burning, shooting, throbbing, spasm, constricting and itching. Itching and burning were present in the eyes, ears and nose.

The symptomology produced by the C4 trituration presented the core of *Withania somnifera*; being an adaptogen. Once again it gave insight into why an individual would push beyond limits, causing stress and exhaustion of the adrenals. This is to achieve a goal set by another, or to compensate for a hidden weakness.

The researcher emphasises on the emotional findings because Homoeopathy teaches one that in order to understand why a physical symptom has occurred, one has to understand the underlying emotion.

## **6.2 Researcher's Conclusions**

C4 triturations have been part of homoeopathy since the first trituration of *Aurum metallicum* by Hahnemann (2004). This methodology allows homoeopaths to resonate with the essence of the remedy, however it has not attained the degree of attention that it deserves. Erhler and Becker started the modern C4 trituration movement (Hogeland and Schriebman 2008) which was later supported and driven by Timmerman (2007).

The study conducted aimed at verifying whether the C4 trituration can produce a symptom picture that is comparable to a conventional proving methodology. The C4 trituration yielded 145 Rubrics, 59 rubrics in the MIND section and 79 rubrics in the

PHYSICALS section and 7 in the GENERALS. The trituration produced symptoms that were adequate to produce a comprehensive Materia Medica.

The conventional 30CH proving of *Withania somnifera* produced 282 rubrics. Whereas the C4 trituration produced 145 rubrics. The 30CH proving yielded 192 rubric in the PHYSICALS and the C4 produced 79 rubrics in the PHYSICALS. It is noted by the researcher that a vast difference in rubrics occurs however, the amount of rubrics produced in the 30CH was done so over longer time period with a larger sample group and the substance was ingested whereas the rubrics produced in the C4 was yielded within a day, it employed a minimum sample group and there was no ingestion of the substance. The verity that the C4 trituration in total produced half of the rubrics of the 30CH proving, supports the efficacy of the C4 trituration proving. The symptoms produced and the number of rubrics produced in a C4 trituration proving is commendable considering C4 trituration provings are regarded as partial provings.

The researcher believes that the prominent similarities and differences that were identified in both proving methodologies are comparable. This does not imply that the two methodologies are interchangeable, but supports that C4 trituration provings can produce a comprehensive remedy presentation.

The researcher believes that C4 trituration provings have the potential to become a credible proving methodology, provided that more clinical trials be conducted. With every methodology, supportive research needs to be conducted, only then will a methodology become acceptable and credible. The researcher implores that fellow researchers take into consideration the value of C4 triturations, and will have the willingness to conduct studies to support the efficacy.

*Withania somnifera* is a plant that embodies a variety of characteristics. The researcher observed that triturators resonated with the substance despite being blind to the identity of the substance. *Withania somnifera* is a remedy that will be considered significant to homoeopathy, as is in Ayurvedic medicine.

The researcher was pleased with the participants of the study. All participants were co-operative. Recruiting participants with knowledge of homoeopathy was helpful because it allowed for an understanding of the process. They “opened” themselves

to allow the essence and dynamics of the substance to be revealed to them by means of this unconventional method of proving.

The researcher experienced the effect of *Withania somnifera* to a certain degree. The symptom of being mentally exhausted was very prominent. This came through in many “mental blocks”. Throughout the process of the research study the researcher was in a cancerinic state trying to push beyond limits and wanting to achieve beyond expectations, having a constant need for perfection. However, being an “adaptogenic” remedy, the researcher eventually succumbed to the situations and decided to “let go” and “surrender” to not being in control. The perseverance that came forth, came from a place of encouragement rather than control. *Withania somnifera* teaches one to appreciate limits, to let go and adapt to the situation because nothing is ever totally in one’s control.

C4 trituration provings are invaluable to homoeopathy and homoeopaths. This is a methodology that will contribute to the body knowledge in the field of Homoeopathy.

### **6.3 Recommendations**

The first and only other study to investigate the validity of the C4 trituration was conducted by Goote (2011). Ideally, there should more C4 triturations conducted using different substances and different groups of provers.

The C4 trituration proving of *Withania somnifera* employed a purposive sampling of 20 qualified homoeopathic practitioners and homoeopathic students. The researcher suggests for that for future C4 provings the sample size should increase to allow for a variety of symptoms, and non-homoeopaths should be recruited to join the study so as to compare their perceptions with those of homoeopathic participants.

The C4 protocol developed by Timmerman (2006), as suggested by the name, involves trituration up to a C4 level. However, the researcher suggests trituration to higher levels in order to observe what symptom picture higher levels can produce.

The proving of *Withania somnifera* should be repeated, using different provers, or as suggested by Laidlaw (2015), employing different potencies, to ascertain what other symptomatology can be produced. Further, different aspects of the plant should be used so as to observe the symptomology produced.

A repertorial study of *Withania Somnifera* should be conducted utilising Radar 9.0, based on the prominent symptoms yielded by *Withania somnifera* thus far. This will ascertain the various homoeopathic remedies that *Withania somnifera* can be compared to, considering the commonality of rubrics.

*Withania somnifera* has various clinical indications as an Ayurvedic herb, which have supporting clinical trials. The researcher suggests that clinical trials for *Withania somnifera* as a homoeopathic remedy should be conducted and subsequently be compared to the existing clinical trials of *Withania somnifera* as an Ayurvedic herb.

Many group analyses have been conducted on the *Solonaceae* family and the common homoeopathic remedies that are within that plant family, however a new group analysis should be conducted incorporating *Withania somnifera*.



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# APPENDICES

## APPENDIX A: Letter of Information



### LETTER OF INFORMATION

**Title of the Research Study:** A Homoeopathic C4 trituration proving of a remedy with a subsequent comparison to the conventional 30CH proving of the same remedy

**Principal Investigator/s/researcher:** Nickita N Pillay (ND: Homoeopathy)

**Supervisor/s:** Dr Madhu Maharaj (MTech: Homoeopathy)

**Co-supervisor:** Prof. Ashley Hilton Adrian Ross (DTech: Homoeopathy)

### **Brief Introduction and Purpose of the Study:**

Dear Participant

Thank you for your interest in the research study and your willingness to invest your time in the study. This particular study is a C4 trituration proving of a remedy that has been proved via the conventional proving methodology. This is single blind study; the identity of the remedy will be unknown to you. The symptoms obtained in the C4 trituration will then be compared to that of the 30CH proving. The aim is establish whether or not the C4 trituration is an effective proving methodology. As individuals with knowledge of homoeopathy, C4 trituration should be the basis of homoeopathic training and this allows us to tap into the dynamic nature of the remedy. I trust that this proving will extend your insight into homoeopathy and prove knowledgeable.



**Outline of the Procedures:**

An informed consent will need to be signed, this will be given to you.

As an experienced triturator you will know and understand the trituration process. You will need to triturate the substance to fourth potency [4C] and record the symptoms experienced during this process in a journal provided. The process will be video recorded, this will be for the benefit of the researcher and only accessible by the researcher and the research supervisor hence confidentiality will be safeguarded. The time sheets, apparatus and methodology for the trituration will be given to you, these comprise of a detailed and comprehensible methodology.

Venue:

Durban University of Technology, Corner of Ritson and Steve Biko Road, Ritson Campus, The Homoeopharmaceutics Laboratory, DK 0212, Seminar room.

Time : 8:30am – 4pm

NB: The trituration process will last a total of 8 hours and be held during a weekend to accommodate all participants. Kindly make yourself available for the day.

C4 Proving:

Triturators will commence the trituration process; the substance will be triturated to the fourth potency [4C]. The proving will be video recorded for researchers' purposes; during each round you will be recording your symptoms in the journal provided (pens and bottled water will also be provided). After each round [each level], there will be debriefing session, wherein the triturators will share their experiences, if you wish to discuss it individually, that will be arranged.

Time will be allocated for debriefing and refreshments.

**Risks or Discomforts to the Participant:**

During the proving you will experience mild symptoms. If at any stage the symptoms become unpleasant, an antidote will be administered by the research supervisor.

**Benefits:**

As participants of this research you indirectly benefit by expanding your insight into homoeopathy. You will be contributing to homoeopathic research.

**Reason/s why the Participant May Be Withdrawn from the Study**

You may be withdrawn from the study if:

- There is any conflict regarding the inclusion and exclusion criterion

- You become ill or experience intolerable symptoms
- As a voluntary participant you can withdraw from the proving at any time without an explanation

**Remuneration:**

You will not receive any remuneration (financial or physical rewards) for the participation of this study

**Costs of the Study:**

As a participant you will not be required to pay for your participation, this research study will be financed by the University.

**Confidentiality:**

Confidentiality will be maintained at all times. Each triturator will be allocated a prover number, that will be recorded on journals and you will be referred to as your allocated number in the research report. Only the researcher and research supervisor will have access to the video recording of the sessions.

**General:**

- Participation is voluntarily
- You have signed the informed consent
- Females have taken the pregnancy test
- Received necessary documentation prior to the day of the trituration proving

**Persons to Contact in the Event of Any Problems or Queries:**

Researcher: Nickita Pillay

Research supervisor: Dr Madhu Maharaj

Co-supervisor: Prof Ashley Hilton Adrian Ross

Institutional Research Ethics administrator - 031 373 2900

Complaints can be reported to the DVC: TIP, Prof F. Otieno - 031 373 2382 / dvctip@dut.ac.za.

Adapted from Goote (2011)

## APPENDIX B: Informed Consent



### INFORMED 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: **REC 149/15**

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.

I am aware that the study will be video recorded and consent to this.

PLEASE CIRCLE [Female; Male] I am aware and agree to conduct a pregnancy test.

In view of the requirements of research, I agree that the data collected during this study can be processed in a computerized system by the researcher.

I may, at any stage, without prejudice, withdraw my consent and participation in the study.

I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.

I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.

\_\_\_\_\_  
**Full Name of Participant Date Time Signature / Right Thumbprint**

I, \_\_\_\_\_ (name of researcher) herewith confirm that the above participant has been fully informed about the nature, conduct and risks of the above study.

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**Full Name of Researcher Date Signature**

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**Full Name of Witness (If applicable) Date Signature**

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**Full Name of Legal Guardian (If applicable) Date Signature**

Adapted from Goote (2011)

## APPENDIX C: Trituration Methodology



### Trituration Methodology (Goote 2011)

**Aim:** To prepare the workstations for the C4 proving and to conduct trituration of the crude substance to the 4<sup>th</sup> potency

#### Apparatus

Mass balance (accurate and calibrated)

Unglazed porcelain mortar and pestle

Stainless steel spatula

Cigarette lighter

#### Consumables

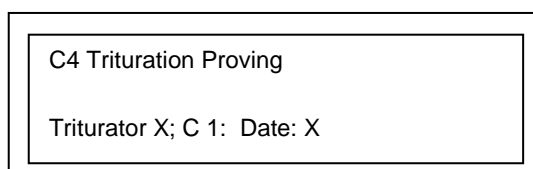
Ethanol: 96% – for flaming

Distilled water – for rinsing

Paper towels

No 4 glass vials

Each vial contained the following label



Filter paper

Labels

Pen

## Ingredients

Saccharum lactose powder

The crude substance

### Method: preparation for C1 trituration

1. Clean spatula, mortar and pestle and rinse with distilled water; dry with paper

Towels.

2. Flame the spatula, pestle and mortar with ethanol and leave enough time for the equipment to cool down before use.

3. Place a sheet of filter paper on the scale and tare it.

4. Mass 0,1 g of the crude substance onto the filter paper and set aside.

5. Place a fresh sheet of filter paper on the scale and tare it.

6. Mass 3,3 g Saccharum lactose powder and set aside.

7. Repeat steps 5 and 6 twice more so that there are three equal amounts of 3,3 g

Saccharum lactose.

The crude substance to lactose vehicle is thus 0,1g: 0,99g, which represents 1:100 or the centesimal scale.

8. Combine the crude substance and one amount of 3,3 Saccharum lactose in a vial mixing sufficiently so the crude substance is unidentifiable by the triturators, and label so that it is clear that this vial is the first to be triturated.

9. Place the remaining two amounts of lactose in No. 4 vials; it is not necessary to label these.

The workstation is now ready for the prover to start the first round of the C4 proving.

At the end of the trituration round, the prover leaves the triturate in the mortar.

**Method: preparation for C2 trituration**

1. Transfer triturate from mortar to a number 4 vial, label as "1CH".

2. Repeat steps 1 to 9 above with the following differences:

- No. 4. Mass 0,1 g of the 1CH (instead of "crude substance")
- No. 8. Combine the 1CH with one amount of 3,3 g Saccharum lactose in a vial and label.

**Method: preparation for C3 trituration**

This follows the procedure above, from steps 1 to 9, except:

- No. 4. Mass 0,1 g of the 2CH (instead of "crude substance")
- No. 8. Combine the 2CH with one amount of 3,3 g saccharum lactose in a vial and label.

**Method: preparation for C4 trituration**

This follows the procedure above, from steps 1 to 9, except:

- No. 4. Mass 0,1 g of the 3CH (instead of "crude substance")
- No. 8. Combine the 3CH with one amount of 3,3 g Saccharum lactose in a vial and label.

## APPENDIX D: Agenda



### AGENDA

Time	Event
8:30 am	Collection of consent forms, debriefing
9:00	Breathing exercises
9:15	C1 trituration
10:15	Refreshments and debriefing
11:00	C2 trituration
12:00 noon	Debriefing and lunch
13:00	C3 trituration
14:00	Refreshments and debriefing
14:45	C4 trituration
15:45	Refreshments and debriefing
16:00	Close



## **APPENDIX E: C4 Trituration: Transcription of Recorded Discussion**

### **C4 TRITURATION: TRANSCRIPTION OF RECORDED DISCUSSION**

#### **FEEDBACK ON C1**

Triturator 7: *“Aching, right side, whole side up to shoulder, quite immediate, didn’t expect it to hurt right at the beginning”*

Triturator 5: *“I was yawning, was sleepy, was tired, was drained”*

Triturator 10: *“headache on left temple”*

Triturator 7: *“pressure on temples”*

Triturator 4: *“itchy and irritation in nose and frontal sinus, eyes, runny nose on the left side”*

Triturator 15: *“just at very beginning, random wave or spin, kept coming on, especially as I started triting after the breaks”*

Triturator 12: *“headache was dull, heavy, like a deep ache”*

Triturator 5: *“my headache was pounding, right hand side”*

Triturator 7: *“the way the headache is described, describes my hand pain, dull ache and pressure on temples”*

#### **FEEDBACK ON C2**

Triturator 11: *“eyes watery and itchy”*

Triturator 5: *“eyes, it was itching and worse when closing eyes, dizzy as well”*

Triturator 13: *“as soon as I put the powder in and started, felt like either falling forward or to the side and headache started immediately. Frontal, kept shifting, left temple then right temple, more sharp pain” “dizziness was more of a dizzy spell that would just come up and immediately I had to, felt disconnected as well, with that dizziness. I had to hold mortar tighter, to make sure I was grounded, or felt I would*

*spin out of control. The sensation was to fall forward or to the side. My head was extremely heavy, worse for looking down, if I looked up was better”*

*Triturator 15: “very left sided symptoms. Shoulder pain on left side and headache was left sided, very pin point to a specific area, really sharp and pushing in. Second trit I was so restless, felt like standing, and couldn’t concentrate, so restless. Even at break had some energy after second trit”*

*Triturator 5: “I remember I even forgot to put my second powder in, I just passed out”*

*Triturator 2: “C1- I thought I was going to vomit into the bowl, nausea came on slightly. It was like a vulnerable feeling, everything was on spot, like specific areas. I felt like hands were twisting inside me, it was horrible. I did have diarrhoea in the break”*

*Triturator 3: “I felt very tired and sleepy, face felt flushed”*

*Triturator 4: “sense of tightness, coming and going. I was in the centre of chest, felt like something was trying to push up, and like stuck”*

*Triturator 11: “I saw this guy with issues, but people can’t see it. It’s like he’s very successful, very outspoken, but there’s certain parts of him that you can’t talk about but if you catch him off guard, he needs to take a step back and when he comes back, he comes as that person you all know, rich, successful guy” Background- “abandonment, issues with his mother, neglect of some sort. Issue of the mother persona, to mother him and they weren’t there. I think that’s how he became successful, that fear of not turning out like that, so he works hard. When you look at him you can’t tell where he has come from, because he’s driving nice cars, outspoken, changed his accent, almost like Gatsby Not a specific race. The mother issue, I think the mother didn’t want to have him. Thought maybe a teenage pregnancy or mother jus was not happy giving birth to this baby and she tried to abandon baby but she couldn’t. She was forced to be with the baby, but she couldn’t nurture the baby. Baby had to self-soothe and grows up in an environment where he saw other kids being taken care of and it’s just himself. Self-soothe because of feelings of abandonment, loneliness and as boy growing up, he’s an achiever, but there’s no one to support him. He collects all the trophies but there is no one there to support him. What made him become successful Gatsby, first of all reject the*

*environment where he is from, kills a lot of emotions, becomes the person the people around him want him to be. Whatever environment you put him in, he will adapt and shine in that environment”*

*Triturator 2: “stuff came up about nourishment and my needs not being met and it made me angry and frustrated, why are you denying me of what I need for nourishment? Felt unsustainable expectation and strangulation. Felt like I was made a martyr in situations like other people had nourishment and I was being made to do without. Vision of baby suckling on mothers breast, feeling filled with warmth and I looked around everyone was really beautiful, powder was so beautiful- the vibration of holding the bowl, wanted to hold it closer”*

*Triturator 7: “I wrote the powder is so beautiful, everyone is so beautiful”*

*Triturator 9: “I just can’t wait to become a mother, and I had thoughts of one day when I have a family, can’t wait to hold this child and nurture this child, I’m jealous of all these mothers in the room”*

*Triturator 4: “contemplating my origin and childhood, purpose. Dreams are put into children by their parents before they know how to dream. Children are clean and parents project their ideas onto them”*

*Triturator 6: “ when I was holding the bowl I felt quite maternal and warm feelings, I was seeing babies”*

*Triturator 14: “I kept seeing my daughter’s face through the whole thing, stopped myself and said am I losing concentration, this could just be a normal thing thinking of her, but it’s always the most warm feeling. Tried to keep there and not think too much about it”*

*Triturator 17: “red feeling coming from the substance, quite beautiful. I was thinking about wolves, den of wolves- Romulus and Remus, who supposedly founded Rome, suckling on wolf mother”*

*Triturator 13: “felt isolated and shut out. What could be going on outside and what am I missing? Felt encapsulated, shut off from everything- complete isolation. Am I missing something? What if someone is trying to get a hold of me?”*

Triturator 18: *“felt isolated, alone in the room, unfamiliar. I wrote the only thing familiar to me was my own shadow”*

### **FEEDBACK ON C3**

Triturator 11: *“joy, euphoria, jubilation, elation. When everything is right, feeling good, satisfied with yourself. No self condemnation, inner peace with who you are and what you do and can't do, no disturbs because that is the past and focus the now”*

Triturator 12: *“strange desire to talk to people, get anybody and make conversation with them, just start talking. Not about anything specific just general conversation.”*

Triturator 10: *“recall a dream I had last year. I was flying in that dream and I felt free and invincible, being at ease and happy”*

Triturator 15: *“getting disturbed, decided to close my eyes and concentrate. I noticed my method changed, bowl spinning around, I decided to just go with flow rather than control it. I had two images, first image, village being attacked and I could see burning houses, hear screams and children crying. Felt sadness, questioning where is the love in this world? Why is there so much hatred? Why do people have to hurt on another? Why suffering? I was standing in the middle. Sorrow became anger and frustration. Started feeling like I wasn't happy with situation and wanted to escape as if something was holding me back. Second image, Someone who was legs and hands bound in jail, looking through the cell, trying to get out, so close yet so far and couldn't”*

Triturator 7: *“a lot of anxiety at the beginning of C3, a bit disorientated all the time. Couldn't keep track of the time, felt like I must keep track of the time, feel anxious about it. Eventually I realised I just need to go with it and I felt soothed”*

Triturator 8: *“trying to figure out where's my place in this world, where I fit in, feeling of uneasiness, feeling of not belonging not grounded. C2 started with floating and not grounded, just fly away”*

Triturator 12: *“picture of crucifixion, people must come together and realise there is no more sin in this world, there is peace and harmony. Despite of all evil ways, there's hope, there has to be someone who comes and restores the true being of*

*ourselves, perhaps then we will find peace and harmony. Image of queen kissing a knight, kissing the darkness- mothers of this world- feel free with what is happening, but it's not the true way. All of sudden light comes there and covers the knight. The knight was embraced by the queen, and disappears. Which means mothers are starting to find the true meaning in life about what they should be doing. To give a child protection and recognition*

*Triturator 5: "sad, having thought about my future, whether I'll make it or not, fearing, will I ever graduate, if I do, what next? Kept looking at the powder, wanted to eat the powder, fell in love with it, it's so beautiful"*

*Triturator 3: "felt more distracted, meant to empty C2 in correct bottle, but used C3 bottle instead. Saw a prover jumping and had euphoria. I was distracted because of the conflict I had with my friend about my beliefs, and I felt this urgency to tell my friend about what the Bishop told me. Twitch on left eye. I kept missing instructions because of distraction*

#### **FEEDBACK ON C4**

*Triturator 11: "thought about movie gladiator. The song when the guy is about to sacrifice himself for the greater good – Rome. The song- "now you're free". The guy is a farmer who rises to power but is not consumed by power, maintains his values as a person and beliefs. When he goes down, people think he's dead but he rises again, not consumed by power or looking for vengeance but looking to do what's right. The song starts, all is prepared for him to die, and he dies at peace, found his purpose"*

*Triturator 7: " also a song "I'm like bird, only fly away". Just kept playing on mind whole of C4. Kept thinking I'm always in a hurry, wanting time to go by. I realised I should just stop worrying about time, nothing is going to go on forever"*

*Triturator 13: "frontal headache came back, dull headache, heavy sensation. Head was heavy, hand was heavy, could barely pick up hand. Powder was easy and delicate, did not want apply pressure when I was triturating. Bipolar- I wanted fresh air but then felt like I wanted to relax at the beach*

Triturator 17: *“everything is just rolling around, on a train and the train is just going along. You don’t have to do anything in the train, you don’t have to drive it, just sit and go. Image of network of neurons or spider webs- connecting”*

Triturator 3: *“Back pain, shoulder- right side. Braids kept falling on my face. Kept thinking about life’s purpose, future, my contribution to the future. Want to leave a legacy. Took me back to 2014, went hiking with my friends and at the top, sight was a view of trees, grass, rivers. I took a breath in, stood there and felt part of a big world, a plan. I connected with nature. Energy was flowing”*

Triturator 10: *“image of lady making peace with her past. She had been abused, she made a decision that she’s not going to allow things of her past to define her happiness. Happiness is dependent on your perspective not on what has happened to you”*

Triturator 15: *“image of lotus flower and symbolic of how it is in all this dirt. Something beautiful in all this bad. Image of thorny plant, blood dripping off them. Reminded me of a story of a guy who was in despair, loss of hope, broken and was in a dark place. No one could understand. He turned to evil and started doing bad deeds. This gave him control he never had, felt he was in control. But conflict in himself, that he wasn’t what he was taught but gave in. at the end of C4 there was hope for a change, needed someone to show they believed in him, cared for him and he was better than this”*