

**A homoeopathic drug proving of the plant
Peucedanum galbanum, analysing
symptomatology in relation to the doctrine of
signatures.**

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Mini-dissertation

A homoeopathic drug proving of the plant
Peucedanum galbanum, analyzing symptomatology in relation to
the doctrine of signatures.

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

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

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Abstract

The first objective of this study was to determine the symptomatology that the plant remedy *Peucedanum galbanum* 30CH, produced in healthy individuals, so that it could be prescribed according to the Law of Similars, as required by homoeopathy. The second objective was to analyse this symptomatology in relation to the doctrine of signatures. It was hypothesised that *Peucedanum galbanum* 30CH would produce symptomatology in healthy individuals which would correlate to the doctrine of signatures of the plant.

Design:

The homoeopathic proving was a double blind placebo controlled study of *Peucedanum galbanum* 30CH. A total of 30 provers were selected and then randomly divided into 2 groups, 80% of whom (24 of the 30) received medicated powders and the other 20% (6 of the 30) received placebo. The subjects were unaware of the substance that they were proving as well as the potency of the substance. The provers recorded their mental, emotional and physical 'states' for a week prior to administration of the remedy to provide a baseline for comparison after the administration of the remedy. Case histories and physical examinations of the provers were also taken by the researchers before and after the proving period of four months.

Provers took one powder three times daily for two days i.e. a maximum of six powders, and recorded their symptoms daily in a journal. Data was extracted from these journals on completion of the study, and the symptoms elicited were translated into materia medica and repertory format. Data was analysed by qualitative methods, as the data was not amenable to standard statistical analysis.

In a concurrent study of similar methodology, Wayland (2007) compared those remedies yielding the highest numerical values and total number of rubrics on repertorisation to *Peucedanum galbanum*.

Results:

Comparison between the homoeopathic proving symptomatology of *Peucedanum galbanum* and the doctrine of signatures revealed some similarities, most of which related to the mind, the skin, the extremities and the gastrointestinal system.

It is essential that further research of this substance be carried out in order to gain a complete remedy picture of *Peucedanum galbanum*. In further studies it is necessary that the number of males to females be equal in order to gain symptoms from both sexes. In this particular study few males fell into the treatment group and therefore no male symptoms were produced during the proving. This left the researchers feeling that the proving was somewhat incomplete.

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Definitions of Terms

Homoeopathy: A system of therapeutics founded by Samuel Hahnemann in which disease is treated with substances which are capable of producing in healthy individuals symptoms like those of the disease to be treated, the drug being administered in minute doses (Dorland's Medical Dictionary, 1994:773).

Proving: The systematic procedure of testing substances on healthy human beings in order to elucidate the symptoms reflecting the action of the substance (Vithoulkas, 1986:96).

Placebo: Any dummy medical treatment, originally a medical preparation having no specific pharmacological activity against the patients illness or complaint, given solely for the psychophysiological effects of the treatment; more recently a dummy treatment administered to the control group in a controlled clinical trial in order that the specific and non-specific effects of the experimental treatment can be distinguished (Dorland's Medical Dictionary, 1994:1298).

Provers: Healthy individuals to whom the test substance is administered in a homoeopathic proving (Webster, 2002).

Doctrine of Signatures: The doctrine draws a comparison between characteristics of the plant used medicinally and organs in need of treatment in the human being. Paracelsus refers to the

idea that plants with shapes resembling human organs or structures should be regarded as healing agents for those body parts (Pujol, 1990:24).

Law of Similars: “Similia Similibus Curentur”

Any substance which can produce a totality of symptoms in a healthy human being, can cure that totality of symptoms in a sick human being (Vithoulkas, 1980:98).

Potency: The therapeutic strength of a substance attained through the process of serial dilution and succussion of that substance, known as potentisation (Cook, 1939:50-51).

Pharmacopoeia: A standard book containing a list of drugs and medicines with information about the sources, habitats, descriptions, collections and identification of the drugs. It also provides directions for their preparation, combining, compounding and standardization (Hopkins, 2000).

Thirtieth Centesimal Potency (30CH): The thirtieth step of sequential dilution in the proportion of 1 in 100, with succussion at each step, having an effective concentration of $1:10^{60}$ (Kershbaumer, 2004).

Materia Medica: A pharmacological text, a reference book containing a list of medicines and their uses (O'Reilly, 1996:325).

Chapter One

Introduction

1.1 Introduction

According to Boyd (1989) a proving is the process of administering repeated doses of a potentised remedy to healthy individuals, thus provoking symptoms which form the “drug pictures” of the materia medica. This technique of proving is a form of trial, and is valuable for obtaining data about new substances which could be used in further homoeopathic treatment.

The purpose of conducting a proving is “to record the totality of morbid symptoms produced by that substance on healthy individuals; and that totality will be the curative indications upon which is to be prescribed the curative remedy in the sick individual” (Vithoukas, 1980:144). In simpler terms, it is through a proving that the curative powers of a substance are revealed so that they may be prescribed to sick individuals according to the law of similars. Vithoukas (1986:143) believes that provings are the most accurate way of predicting the effects of substances as homoeopathic remedies, as well as being vital to the expansion of the therapeutic knowledge of remedies. Whitmont (1993:239) states that the proving of substances on healthy individuals is fundamental to the practice of homoeopathy, whilst Sherr (1994:7) refers to provings as being the pillars upon which homoeopathic practice stands as well as the only accurate and reliable way of obtaining knowledge about the therapeutic potential of a substance.

The importance of such provings can be highlighted by the fact that there are often cases where the simillimum has not yet been proven so the homoeopath is forced to prescribe a partial, less

accurate remedy (Hahnemann, 1997:223). When a new remedy is well proven it has the potential to cure a class of cases that until then could only have been partially covered by existing remedies (Sherr, 1994:8). Many substances still remain unproven, and their undiscovered healing potential unknown. In order to utilize this undiscovered healing potential it is fundamental that new provings be regularly conducted (Whitmont, 1994:3). This was one of the reasons that the researchers of this particular study decided to conduct a proving.

South Africa has a great wealth of flora and fauna, but sadly very little of this appears in our materia medicas. Many indigenous South African plants are used medicinally and herbally but have not as yet been proven homoeopathically. Within the materia medica appears about 3000 homoeopathic remedies, only 4 of which are indigenous to South Africa, namely *Barosma crenulata*, *Diosma linearis*, *Bitis arietans arietans*, and *Galeocerdo cuvier hepar* (Wright, 1992:2). According to Sherr (1994:49) a useful remedy should be a local one, within reach of the patient, as nature will always provide an accessible cure. It is for this reason that more South African homoeopaths should conduct systematic provings of substances indigenous to our country. This proving investigated the homoeopathic indications of a plant indigenous to South Africa, namely, *Peucedanum galbanum* 30CH.

Before this study *Peucedanum galbanum* had not yet been proven homoeopathically but had been used medicinally by traditional healers for many years. The plant has a long history of use in the treatment of numerous complaints and ailments (Campbell, Mathee and Wewers, 1993:28). This was one of the main reasons why the plant was chosen to be investigated homoeopathically.

The doctrine of signatures:

It was the great Swiss alchemist and physician, Paracelsus (1493 – 1541) who first proposed the concept of the doctrine of signatures almost 500 years ago. The concept was originally referred to as 'the meaningfulness of resemblance' (Pujol, 1990:24). It was only during the time of the European Renaissance however that the concept really developed. Paracelsus refers to the idea that plants with shapes resembling human organs or structures should be regarded as healing agents for those particular body parts. The doctrine of signatures states that by observation one can determine from the colour of the flowers or leaves, the place of growth, or other signatures just what the plant's therapeutic purpose was intended to be (Pujol, 1990:24).

The doctrine of signatures was not originally formulated for the medical profession. It began as a spiritual philosophy whereby it was believed that God had marked everything that He created with a sign. However, in a period where most of the world was largely illiterate, the doctrine was used as a valuable diagnostic tool by many physicians (Pujol, 1990:24). The doctrine enabled doctors to predict the symptoms that would be treatable by looking at the physical attributes of the plant in question, and provided a better understanding of the medicinal substance (Pujol, 1990:24).

The doctrine of signatures is practiced all over the world, including South Africa, by various different cultures. It is known that African herbalists have the ability to recognise the likeness between plants and man when judging the use of any plant for the treatment of disease (Pujol, 1990:24). *Peucedanum galbanum* has been used traditionally by South African healers as an indigenous medicinal substance (Campbell, Mathee and Wewers, 1993:28). Due to the fact that *Peucedanum galbanum* is

indigenous to South Africa, an area so rich in the history and practice of the doctrine of signatures, it would seem very relevant to include this aspect as a complement to the proving.

1.2 The Hypotheses

- The first hypothesis was that *Peucedanum galbanum* 30CH would produce clearly observable signs and symptoms in healthy provers.
- The second hypothesis was that the proving of *Peucedanum galbanum* would produce symptoms that would correlate to the doctrine of signatures.

1.3 The Delimitations

The study did not:

- seek to explain the mechanism of action of the homoeopathic preparation in the production of symptoms in healthy individuals.
- determine the effects of potencies or deconcentrations of *Peucedanum galbanum* other than the thirtieth centesimal (30CH).

1.4 The Assumptions

- The remedy used in this study was prepared strictly according to Method 6 (p.36) and Method 8a (p.38) of the German Homoeopathic Pharmacopoeia (GHP), Fifth Supplement (1991) to the First Edition (1978) in the Laminar Flow room at the Durban University of Technology.
- The provers took the remedy in the dosage, frequency and manner directed.

- The provers closely observed themselves for the effects of the drug, and subsequently recorded all symptoms observed in the most accurate manner.
- The provers did not deviate from their normal lifestyle, including daily dietary habits, in any significant manner immediately prior to or for the duration of the proving.

Chapter Two

The Review of the Related Literature

2.1 Introduction

The purpose of conducting a proving is “to record the totality of morbid symptoms produced by that substance on healthy individuals; and that totality will be the curative indications upon which is to be prescribed the curative remedy in the sick individual” (Vithoukas, 1980:144). In other words any substance which can produce a totality of symptoms in a healthy human being, can cure that totality of symptoms in a sick human being, and the only way in which this symptom complex can be documented is through the use of a proving (Vithoukas, 1980:144). It was Hahnemann himself, the founder of homoeopathy, who stated that there is no surer way of discovering a substance’s healing potential than through a proving (O’reilly, 1996:145). Therefore the importance of conducting homoeopathic provings cannot be over-stressed.

In Aphorisms 161 and 162 in the Organon of Medicine, 6th edition, Hahnemann documents the original theoretical basis for provings. This theoretical basis however would not meet today’s standards for scientific methodology (Campbell, 1994). According to Wieland (1997) Hahnemann’s methodology could not be considered reliable by current standards for clinical trials due to the fact that he did not conform to the modern guidelines of proving protocol. Fisher (1995) claims that Hahnemann’s provings were uncontrolled due to the fact that he used neither the double blinding method nor a placebo control group, and his total proving population consisted of 64 individuals all of whom received the proving substance. According to Sherr (1994) this is too large a group to provide reliable results.

Recent provings have followed more structured guidelines due to improvements made by famous homoeopaths such as Vithoulkas (1986) and Sherr (1994). Double blind placebo controlled studies are the most common form of provings currently performed, and therefore the data obtained from these studies is more scientific and therefore more reliable.

2.2 Historical Perspectives of Provings

The principle of 'similia similibus curentur' can be noted as far back as Hippocrates' times (460 – 350 BC), where he wrote "By like things a disease is produced and through the application of the like it is cured" (Cook, 1989:1, Walach, 1993:129). Galen (b: 129 - 200 A.D) was an allopath who insisted that all drug trials be tested on both healthy and sick individuals, and Paracelsus (b: 1493 A.D) observed the effects of substances on healthy individuals in order to determine their therapeutic properties (Cook, 1989:1).

Hence it can be noted that the concept of provings has existed for many years before Hahnemann.

It was Samuel Hahnemann who became the first "prover" whilst he was translating Cullen's "A treatise on Materia Medica" into German wherein it was postulated that *Cinchona officinalis* (Quinine) was a successful drug against malaria based on its bitter taste. Hahnemann was sceptical about this theory and he went about testing its validity by taking a crude dose of *Cinchona officinalis* to determine the effects. The result was that he produced symptoms much like those of malaria. Contrary to medical reasoning, Hahnemann discovered that it was due to the similarity of *Cinchona officinalis* to the disease that it was able to lift the morbidic disease. Hahnemann continued to experiment on himself and later on other volunteers until six years after his original experiments with *Cinchona officinalis* he published the

theory of the law of similars in *New Principles for Ascertaining the Curative Power of Drugs* (Cook, 1989:8). This was described by Hahnemann himself as the “dawn” of homoeopathy (Wieland, 1997:229). He continued to conduct provings on numerous substances and between 1811 and 1821 he published 6 volumes of *Materia Medica Pura* which contained the results of 66 drug provings (Cook, 1989:11).

2.3 Proving Methodologies

Although Hahnemann’s experiments yielded reliable results his proving methodology would not be seen as reliable by modern standards for clinical trials (Wieland, 1997:229). As mentioned previously, Hahnemann used a group of 64 provers, all of whom received the proving substance and none of whom formed a placebo control group. Since Hahnemann initiated homoeopathic drug provings vast improvements have been made by incorporating scientific research methods which are used today, namely placebo controls, randomisation, blinding, double blind and cross-over experimental designs (Webster, 2002:9). The principles of blinding and double blinding were initially introduced by Gerstel during the proving of *Aconitum napellus*, and by Bellows whilst he was reproving *Atropa belladonna* (Demarque, 1987). Blinding implies that the provers are unaware of the proving substance that they will be taking. Double blinding implies that there is a placebo control, the provers are unaware of the nature of the proving substance although it is known to the observer, and the observer does not know which of the provers have received the proving substance and which have received placebo. The treble blind design was introduced by Raeside (1972) in which there is a placebo group, the researcher and the provers are blinded, and the proving substance remains unknown

to both the researcher and the provers. The treble blind method is used extensively by both Riley (1995) and Sherr (1994).

George Vithoulkas (1980) published “The Science of Homoeopathy”, wherein he spoke extensively about the proving process. He describes a painstaking method which would involve an expensive and very time-consuming exercise! To note a few of these methods: Vithoulkas insists on at least one month’s pre-proving journaling; a proving observation period of at least three months; conducting the proving in low potency, later in higher potency, and then still later in an even higher potency. Vithoulkas also believes it to be most beneficial to conduct the proving in the form of three separate experiments, in three separate locations, on three different nationalities (Vithoulkas, 1986:150 – 152). Very few could ever conduct such a proving!

In 1994 Sherr published “The Dynamics and Methodology of Provings” that up until now has contributed greatly to homoeopathic provings worldwide, and was used as a reference in the methodology of this particular proving.

The International Council for Classical Homoeopathy (ICCH) (1999) has also developed recommended guidelines for a good Hahnemannian proving. These guidelines laid out by the ICCH were used in the methodology of this proving.

2.3.1 Potency

According to the ICCH (1999:34) some homoeopaths recommend that in order to ensure that the most subtle aspects of the remedy are discovered, a proving must be conducted with two to three different potencies. Hahnemann however, recommended the use of the 30CH potency in the Organon of the Medical Art, 6th edition (O’Reilly, 1996:128). Sherr (1994) uses a wide range of potencies in his provings – 6C, 15C, 30C, 200C. He describes

the wide range of potencies used in his various provings, but states that it is equally valid to use just a single potency. Sherr presents information from his proving of Hydrogen using potencies from 6C to 200C that confirms the majority of mental/emotional symptoms produced during the proving were due to a 30CH potency (Sherr, 1994:27). He uses this information to suggest that there is no evidence to support the theory that high potencies affect the mind and low potencies the body. Kent is yet another homoeopath who recommends the 30CH potency for provings (Kent, 1900:185).

It was due to these recommendations that this proving was conducted in the 30CH potency.

2.3.2 Sample Size and Percentage Placebo

Hahnemann initially conducted provings with 64 provers, none of whom received placebo. Recent reprovings of the same substances have given very similar results to those obtained by Hahnemann himself (Kent, 1900:221). The ratio of verum to placebo differs amongst research groups. Sherr (1994:45) claims that from his own experience a group of 15 - 20 provers, with 10% - 20% of this group receiving placebo, gives a full remedy picture. Using a group of this size helps to prevent over representing the remedy in the repertory as a result of including a large number of symptoms. Vithoukas (1980:151) however suggests a group of 50 – 100 provers with 25% of the provers forming the placebo group. The International Council for Classical Homoeopathy suggests that the ideal size group is between 10 – 20 provers, and that 10% – 30% of the total proving population should receive placebo (ICCH, 1999:34).

In accordance with the Durban University of Technology's research standards, the sample size for the proving of *Peucedanum galbanum* consisted of 30 provers. The provers who

received placebo formed 20% of the total proving group (i.e. 6 of the 30 individuals). This left 24 provers to form the verum group who received *Peucedanum galbanum* 30CH.

2.3.3 Dosage and Posology

In accordance with the guidelines laid out by Sherr (1994:53) each prover taking part in this study took one powder sublingually three times a day for two days. Therefore a maximum of six doses were taken. As soon as symptoms began to manifest the doses were discontinued immediately. If no symptoms had appeared after six doses still no further doses were taken, as this may have indicated that the prover was not sensitive to the remedy (Sherr, 1994:51).

2.4 The Doctrine of Signatures

It was Paracelsus who first proposed the concept of the doctrine of signatures almost 500 years ago, but it was only during the time of the European Renaissance however that the concept really developed. Paracelsus refers to the idea that plants with shapes resembling human organs or structures should be regarded as healing agents for those particular body parts (Pujol, 1990:24). The doctrine of signatures states that by observation one can determine from the colour of the flowers or leaves, the place of growth, or other signatures just what the plant's purpose was intended to be. For example *Hepatica acutiloba* (Liverwort) is a perennial wildflower with a three lobed leaf that resembles a liver. Therefore with regard to its presentation, the plant must be effective in treating liver ailments (Pujol, 1990:24). The doctrine enabled doctors in the past to predict the symptoms that would be treatable by looking at the physical attributes of the plant in question, and provided a better understanding of the medicinal substance. Sadly though, in more recent times it has become a

rather distorted science in Europe and has drifted away from medical science. In Africa however, the doctrine still remains untouched (Pujol, 1990:24). The traditional Zulu healers, otherwise known as *Izangoma* have always believed that God created identical structures in plants and man so that they could recognise the healing herbs for the benefit of mankind (Low, 2002:13). The traditional healers and herbalists that still make use of the doctrine of signatures play an important role in healing, even in today's times.

2.4.1 Anthroposophical Medicine

The philosophy of anthroposophy is a valuable tool when choosing an accurate remedy. Plant, mineral or animal parts can be likened to human bodily systems making it easier for the homoeopath to see the simillimum (Steiner, 1861 – 1925).

Anthroposophical medicine is often classed among natural or other kinds of alternative medicine, or it is equated with herbal medicine or homoeopathy. It is seen as an extension of medical practice on the basis of the comprehensive view of the human being provided by spiritual science. Rudolph Steiner (1861 – 1925) describes anthroposophy as seeking to unite the spiritual element in the human being with the spiritual element in the universe (and therefore nature). He states that all natural objects have a fundamental relationship to the essential human being, and every aspect of the complex human organisation has its 'counterpart' in nature (Steiner, 1861 - 1925). Man has the whole of the natural world within him, and nature is an infinitely differentiated human being (Hopkins, 2003). From the anthroposophical point of view the human being is an entity formed by spirit, soul and body.

According to this spiritual science man has three members of his being: the nerve-sense system, the metabolic-limb system, and

the rhythmic system. A harmonious balance of these three systems keeps man in a general state of health. The nerve-sense system has its origin in the head sending its processes to the fingers and toes. Within the head is a cool and quiet environment, where thought and memory are possible. The nerve-sense system receives and analyses information, and rest is essential for this system to function optimally. This system is made up of nerve cells, which are cells that do not have the capacity to regenerate themselves throughout life. Diseases that affect the nerve-sense system are 'cooling', catabolic, and hardening (Hopkins, 2003).

The opposite pole is in the digestive area and is known as the metabolic-limb system. This is an area much warmer than the head and an area of constant activity (metabolism). The cells representing this system are constantly undergoing death and regeneration, and in the lower region of this system man reproduces his own kind (the genitals). These are unconscious processes. Activity of this system is involved with conscious and unconscious movement of the limbs, as well as metabolic processes. Diseases affecting the metabolic-limb system are 'hot', for example fever and inflammation.

These two opposite poles are joined by the rhythmic system. Without the rhythmic system the polar opposites would not maintain a harmonious balance. For example, circulation relates to the metabolic-limb system, whilst breathing relates more to the nerve-sense system, and a constant rhythm between the pulse and breath is maintained by the rhythmic system. If either of the poles became too dominant or too weak, the result would be illness (Steiner, 1905).

According to Rudolph Steiner (1861 – 1925) and anthroposophical philosophy the three 'systems' of man can be likened to specific

areas of the plant. The nerve-sense system (head) of man relates to the roots of the plant, the metabolic-limb system of man is likened to the reproductive system of the plant, and the rhythmic system is compared to the stem and leaves of the plant. This relationship of human beings with plants can assist us in deciding upon a cure when faced with certain ailments. For example remedies prepared from roots may have more of an effect on the nerve-sense system and the head, whilst leaf remedies will affect the rhythmic system (middle region). Those remedies prepared from flowers are the ones which have the greatest effect on the metabolic-limb system.

Due to the fact that this remedy was prepared using only the leaves of the *Peucedanum galbanum* plant (the plant part related to the rhythmic system), on completion of the study the symptoms produced by the remedy were analysed in relation to the rhythmic system of the human body. This comparison of plant part to human bodily system helps to shed light on the use of the remedy in relation to the doctrine of signatures.

2.5 The Proving Substance: *Peucedanum galbanum*



2.5.1 Classification

Family: Apiaceae / Umbelliferae

Genus: *Peucedanum*

Species: *Peucedanum galbanum*

Common names: Blister bush

Bergseldery

Wildeseldery

Wild celery

2.5.2 Description

Peucedanum galbanum belongs to the Apiaceae family. The shrub is confined to the mid – upper mountain slopes of the Western Cape in South Africa. It grows up to 2.5 meters in

height, and is covered in compound leaves about 20 cm in length. The shrub produces yellow, inconspicuous flowers from July to February each year (Campbell, 1993:586-587).

As noted by its common name (Wild celery) this plant has remarkable similarities in its presentation to celery (Campbell, 1993:587).

2.5.3 Active Ingredients and their Pharmacological Effects

Peucedanum galbanum is well known by hikers and botanists for its photodermatitis. The shrub contains furanocoumarins (namely bergapten, psoralen, xanthotoxin, isopimpinellin and imperatorin). These furanocoumarins are known to be photosensitisers when activated by ultraviolet light. They interact readily with DNA, forming light-induced mono- or diadducts. They are thus phototoxic, mutagenic and photocarcinogenic (Campbell, Mathee and Wewers, 1993:27-28).

Within 24 - 48 hours after contact with the plant and subsequent exposure to sunlight a reaction involving blistering, red-purple pigmentation and intense irritation of the skin will manifest (Campbell, Mathee and Wewers, 1993:27-28).

2.5.4 History of Therapeutic Use

Peucedanum galbanum has been used medicinally for ages by healers in the following forms:

- Leaf decoction used as a diuretic for treatment of oedema, bladder ailments, kidney stones and gravel.
- Leaf infusion – taken orally, used as a steambath, or as a douche as a remedy for miscarriage or to aid expulsion of retained placenta.

- Leaf infusions have also been used to treat glandular swellings, as well as rheumatism, gout and the common cold.
- Preparations combined with *Pelargonium grossularioides* and *Mentha longifolia* to suppress menses.
- Preparations combined with *Diosma vulgaris* are used as a diuretic.
- The plant has also been used as a diaphoretic.
- Obesity in men as well as hypertension have been treated using this plant (Campbell, Mathee and Wewers, 1993:28).

The compounds of the plant are carcinogenic but have been used medicinally in a treatment called phytochemotherapy to treat skin diseases such as psoriasis (Van Wyk, Oudtshoorn and Gericke, 1997:190).

Preparations containing bergapten (5-methoxypsoralen), one of the active components of *Peucedanum galbanum*, are commercially available at present for the treatment of psoriasis (Martindale, 1993:43).

Due to the potentially carcinogenic nature of the compounds of this plant, its use is contra-indicated during pregnancy (Campbell, 1993: 586-587).

2.6 Apiaceae / Umbelliferae family in Homoeopathy

Peucedanum galbanum belongs to the Apiaceae plant family. This is a family containing a number of well known homoeopathic remedies.

Bearing in mind that remedies belonging to the same family may often share certain commonalities, it is easier for the researcher to predict certain themes or symptoms that may present in the provers whilst taking the proving substance.

Listed below are a few of the more well known homoeopathic remedies belonging to the Apiaceae family and a brief description of their characteristics according to Vermeulen (1994):

- *Aethusa cynapium*: The characteristic symptoms relate mainly to the brain and nervous system as well as gastrointestinal disturbance. In children it is most commonly indicated in cases of anguish, crying and discontent in relation to dentition, diarrhoea and an inability to digest milk. Mentally there is prostration, somnolence, sleepiness and a lack of reaction, but physical symptoms are violent – violent vomiting, violent convulsions and violent pains.

Lancinating pains are common, epileptic spasms, and a feeling of body parts being in a vice.

Skin eruptions appear when exposed to heat. Ecchymosis, itching, burning and blistering of the skin.

- *Apium graveolens*: Common to this remedy are rheumatic pains of the neck and sacrum, as well as sharp, short pains, and dysmenorrhoea. There are headaches of a throbbing nature and retention of urine. A craving for apples has also been noted. Mentally there is depression and an associated fidgety feeling, “Can’t keep mind from thinking”. Generally there is a feeling of itching, burning and creeping skin, with an associated urticaria.

- *Cicuta virosa*: The action of this remedy is predominantly on the nervous system, for example hiccoughs, tetanus, spasms and convulsions. There is bending backwards of the head, neck and spine with violent distortions. Sudden rigidity and jerks followed by relaxation and weakness. There is an aversion to company, and he avoids the sight of

people. Eczema is common, as well as a lemon-coloured exudate from the skin, and chronic pustules and impetigo. Burning and itching of the whole body has been noted. There is frequent waking during sleep with vivid dreams of the previous day.

- *Conium maculatum*: Difficult gait, trembling, loss of strength while walking and painful stiffness of the legs are all characteristic symptoms of this remedy. It corresponds well to urinary troubles, weakened memory and sexual debility. There is stoney hardness of the glands, with associated stitches and tingling in those parts. Mentally we see indifference, depression and an aversion to society. Ill effects from repressed sexual desire is also a well known symptom of this remedy.

Generally there are hot flushes of sweat on falling asleep.

There is itching of the skin with chronic ulcers and fetid green discharge, as well as moist vesicles and a rash of red pimples over the body.

- *Oenanthe crocata*: Another remedy well indicated for symptoms of the nervous system. Epileptiform convulsions and uraemic convulsions with twitching and biting of the tongue followed by total unconsciousness. Ichthyosis of the skin, a feeling of a bug crawling under the skin < clothing, and red spots on the face. There is a total loss of appetite, and an aversion to anything hot. There are also violent colic pains in the abdomen with associated abdominal distension. Numbness and coldness of the hands and feet have also been documented.

- *Petroselinum*: The urinary symptoms give the keynotes for this remedy. These symptoms include burning and tingling

from the perineum throughout the whole urethra, drawing sticking and cutting after urination, and a sudden urge to urinate. There is a urethral discharge in males, especially when associated with gonorrhoea. Itching external haemorrhoids are common in this remedy.

2.7 Recent Provings

In 1999 Wright conducted a homoeopathic proving of *Bitis arietans arietans* (African Puff Adder) at Technikon Natal (currently known as Durban University of Technology). This proving assisted in the development of a South African materia medica. Wright (1999:11) stated that the need to conduct new provings, especially using local substances, is absolutely vital to the homoeopathic profession.

Since Wright, new provings of South African substances have taken place at the Durban University of Technology. One substance which has been of particular interest is *Sutherlandia frutescens*. This is an indigenous plant which has undergone homoeopathic drug provings conducted by Kell (2004), Low (2002), Webster (2002), and Van der Hulst (2002). It has been cited by these four researchers that the phytochemicals of *Sutherlandia frutescens* have the following properties: anti-inflammatory, immune boosting, vaso-dilatory, analgesic, anti-viral, anti-fungal, anti-bacterial, anti-cancer, and inhibiting effects on Tumour Necrosis Factor (TNF). Due to these properties *Sutherlandia frutescens* is a beneficial medicine in the treatment of tuberculosis, cancer, and especially HIV and AIDS.

The homoeopathic drug proving of *Pycnoporus sanguineus*, a locally found fungus, was also conducted at the Durban University of Technology by Morris (2002). It can therefore be noted that

there is a growing interest as well as an increase in necessity for new provings of South African substances.

This proving therefore helps to contribute to the compilation of a South African materia medica which will someday contain a wealth of useful remedies prepared from our very own indigenous substances.

2.8 Summary

According to Sherr (1994:49) a useful remedy should be a local one, within reach of the patient, as nature will always provide an accessible cure. So in keeping with this theory the proving of *Peucedanum galbanum* will provide another homoeopathic remedy of indigenous origin for use by South Africans in particular.

Ultimately this proving contributes to the investigation of an indigenous plant that has been used herbally by traditional healers in the past. Similar indications may be noted between the traditional uses of *Peucedanum galbanum* and its homoeopathic symptomatology, as well as a display of symptoms that may correlate to the doctrine of signatures.

Chapter three

Materials and Methods

3.1 The Research Design

The homoeopathic drug proving of *Peucedanum galbanum* 30CH was conducted as a double blind, placebo controlled study. The sample population consisted of a total of 30 provers, 6 of whom received placebo and the remaining 24 received the proving substance. Powders were allocated in a randomized fashion, and neither the researcher nor the prover knew whether the prover had received placebo or the proving substance. Provers were unaware of the nature of the substance as well as its potency. Prior to administration of the remedy, provers were given journals in which to begin documenting symptoms. A case history and physical examination of each prover was taken in order to establish a baseline for each individual from which to work (Vithoulkas, 1986:150). Provers were required to make journal entries on a daily basis with regard to a suggested guide. On completion of the proving period the researchers translated the symptoms elicited into materia medica and repertory language so as to form a 'remedy picture'. This picture was then analysed in relation to the doctrine of signatures. All data was analysed by qualitative methods, as it was not amenable to standard statistical analysis.

3.2 The Method Outline

- The proving was conducted by two M.Tech homoeopathy students who were each responsible for 15 provers.
- Interviews were conducted by each researcher with the potential provers so as to screen for suitability against the inclusion criteria (Appendix A).

- The provers were divided into two groups of fifteen, with each researcher being responsible for one group.
- The provers were randomly assigned to placebo and remedy groups by an independent third party using a randomization list.
- The provers attended a pre-proving meeting which was conducted in order to clearly explain the proving process as well as to inform the provers of what was expected of them. This meeting was conducted in English and an interpreter was not required as all provers were fluent in this language.
- The provers then signed the consent form (Appendix C).
- A case history was taken and physical examination performed on each prover by the researcher (Appendix D).
- Each prover was given the following: a prover number, a journal, contact telephone numbers, instructions for the proving (Appendix B and E), and six powders.
- The provers began documenting their symptoms in their journals one week prior to taking the remedy. This established a baseline for comparison of the prover prior to and following administration of the remedy.
- The provers took three powders a day for two days. Therefore a maximum of six powders were taken. If however symptoms were noted before all the doses had been taken the powders were discontinued immediately. This discontinuation was decided by the responsible researcher who was in regular contact with the provers.
- The prover continued to record symptoms daily in his/her journal until all proving symptoms abated.
- If the prover displayed no symptoms of the medication on completion of the six doses, he/she still continued to make daily journal entries.
- The researcher was in daily contact with the prover during the first week.

- After the first week, communication between the researcher and prover decreased from daily, to every second then third day, and then only once a week in the fourth week.
- The proving was considered complete when no symptoms had been noted for a period of three weeks.
- A two week post-proving observation then followed.
- The journals were then collected and the researcher conducted a post-proving consultation with each prover.
- A group meeting was held with all the provers and both researchers to allow the provers to share their experiences of the proving.
- The proving was unblinded to the researchers so that the placebo group and remedy group could be differentiated.
- Data was extracted and collated.
- The proving symptomatology was written into materia medica and repertory format.
- The symptomatology was then analysed in relation to the doctrine of signatures.

3.3 Criteria for Inclusion of a Subject in the Proving

Each participant chosen for the purpose of this study:

- Was between the ages of 18 and 60 years.
- Obtained consent from a parent/guardian if he/she was between the ages of 18 and 21.
- Was in a general state of good health with no gross physical or mental pathology (Sherr 1994:44, Wieland 1997:233).
- Was neither on nor in need of any medication: chemical, homoeopathic or other (Sherr, 1994:44).
- Had not been on the oral contraceptive pill or hormone replacement therapy in the previous six months (Sherr 1994:30, Wieland 1997:233, Wright 1999).

- Had not undergone surgery in the previous six months (Wright, 1999).
- Was not pregnant or nursing (Sherr 1994:30, Wieland 1997:233).
- Did not use recreational drugs such as cannabis, LSD or MDMA (Sherr 1994, Wright 1999).
- Did not consume more than 2 measures of alcohol per day, 10 cigarettes per day, 3 cups of coffee or tea per day.
- Was able to maintain his/her normal lifestyle and usual daily activities as closely as possible and had no major lifestyle changes during the proving period (Sherr, 1994:30).
- Was willing to follow the proper procedures for the duration of the proving.

3.4 The Proving Substance

3.4.1 Potency

Peucedanum galbanum 30CH was used in this proving.

3.4.2 Preparation and Dispensing of the Proving Remedy

The sample of *Peucedanum galbanum* was obtained from its natural habitat on Table Mountain in the Western Cape. Potencies were prepared using only the leaves of the plant according to Methods 6 and 8a of the *German Homoeopathic Pharmacopoeia* (GHP), Fifth supplement (1991) to the First Edition (1978). The sample was triturated with inert lactose powder in a ratio of 1:99 to the potency of a 3CH triturate. This was carried out in accordance with Method 6 of the German Homoeopathic Pharmacopoeia. As per Method 8a of the GHP the 3CH triturate was then converted to a liquid potency and further

potentised to a 30CH potency. This liquid potency was used to impregnate lactose granules at 1% volume:volume.

Ten of these granules were added to each inert lactose powder set aside for verum and administered to the provers in the experimental group. The placebo was dispensed in the form of lactose granules triple impregnated at 1% volume/volume with 73% ethanol only to provers in the placebo group.

The verum and placebo were prepared in a similar manner so as to make them indistinguishable from each other. These preparations were then dispensed by the Homoeopathic Day Clinic's Laboratory Assistant according to a randomisation schedule, so that the researchers remained unaware of who received which preparation. Placebo was assigned to 20% of the group (6 individuals) and the proving substance to 80% of the group (24 individuals).

3.4.3 Dosage and Posology

One powder was taken sublingually 3 times a day over a period of 2 days, or until proving symptoms appeared. No further doses were taken after the onset of symptoms. Therefore a maximum of 6 powders were taken by the prover. Nothing was taken orally twenty minutes before and after administration of each powder.

3.5 The Duration of the Proving

A one week pre-proving observation period occurred before the proving began.

The proving substance was taken 3 times a day for 2 days, or until symptoms were noted (Sherr, 1994:58).

The prover recorded all symptoms until they were no longer apparent.

When no symptoms had occurred for a period of three weeks the proving was considered complete (Sherr, 1994:58).

A two week post-proving observation period for each prover followed (Riley, 1995a, b). The entire proving duration was about four months.

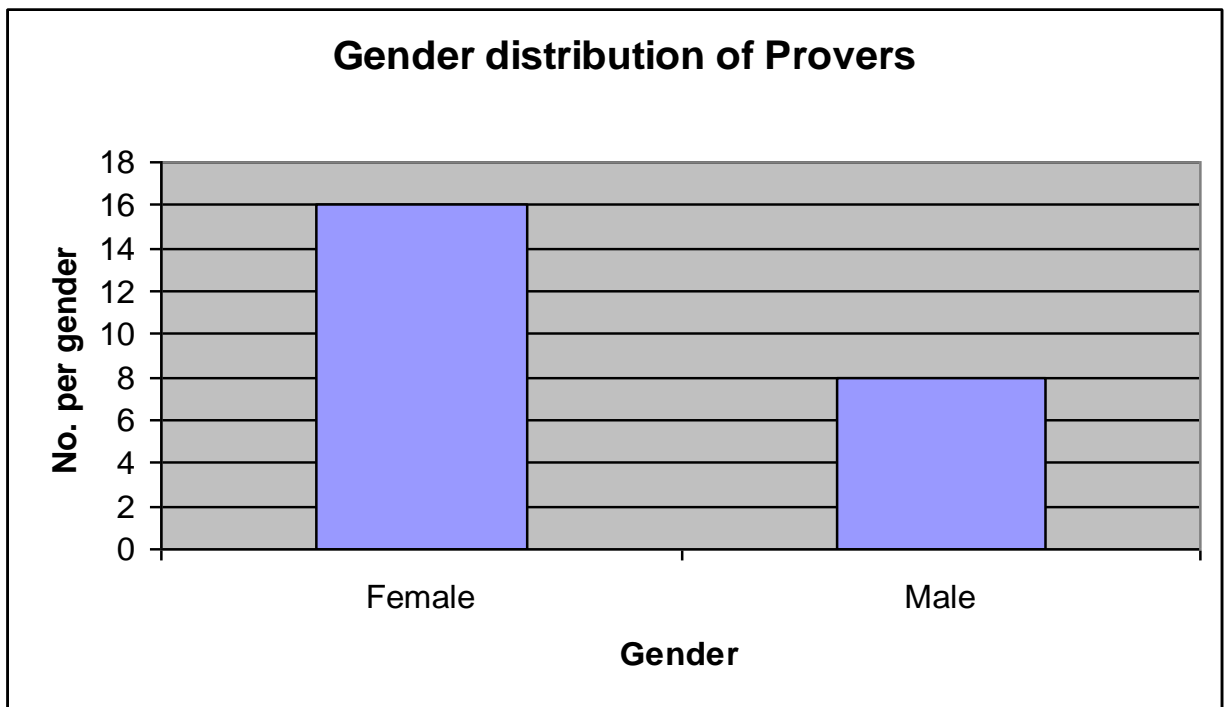
3.6 The Sample Size and Placebo

The sample size for this proving was 30 provers, 20% of which (6 of the 30) received placebo in a randomised fashion so as to act as placebo controls. The remaining 80% (24 of the 30) received the proving substance, *Peucedanum galbanum*. This ratio of placebo to remedy conforms to the guidelines laid out by the ICCH (1999) and Sherr (1994). The randomisation list used in this study was drawn up by an independent third party and the prover was issued with the powders that corresponded to his/her prover number according to this list. Neither the prover nor the researcher knew who had received which preparation as distribution of the powders was done by the Homoeopathic Day Clinic's laboratory assistant.

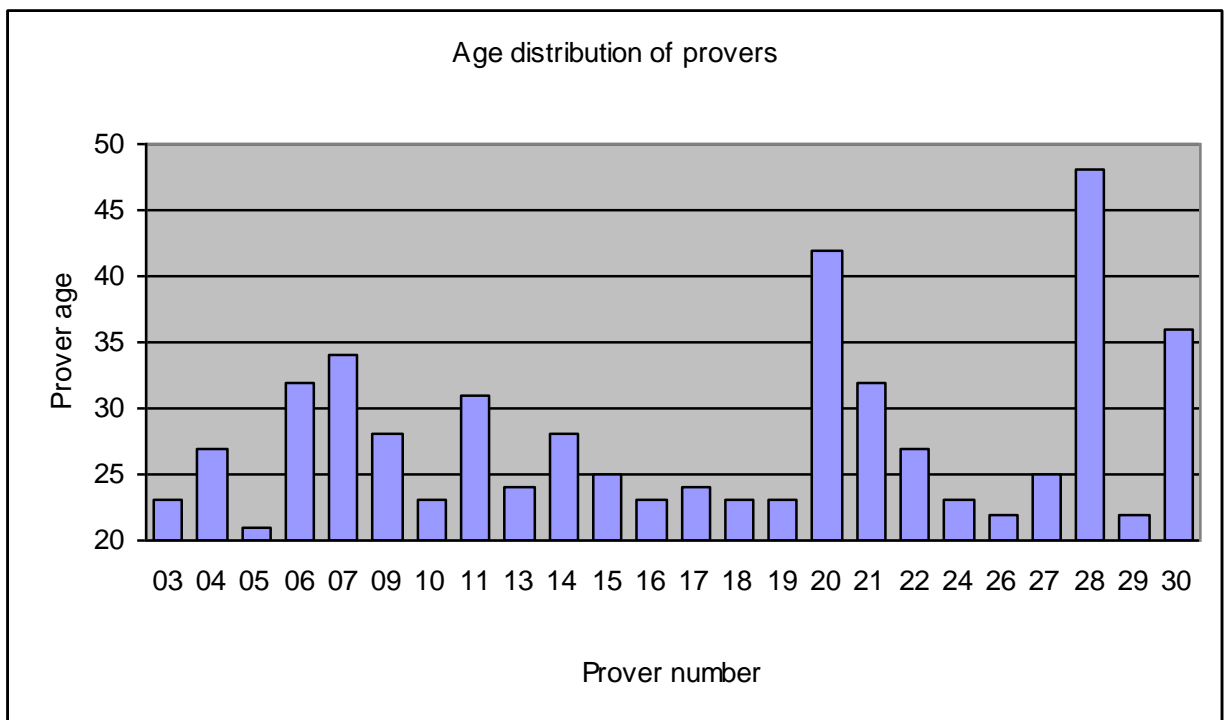
It was important that the proving group included both males and females to ensure that gender related alterations could be observed (O'Reilly, 1996:154).

The gender distribution and age distribution of provers can be seen in graphs one and two that follow.

GRAPH ONE:



GRAPH TWO:



3.7 Conditions during the Proving Period

The provers were advised of the following for the period of the proving:

- To avoid camphor, mint, menthol and coffee. These substances should have been avoided for about two weeks prior to the proving (Sherr, 1994:92).
- To maintain their usual lifestyle as much as possible (Sherr, 1994:92).
- To protect their powders by keeping them out of direct sunlight, away from heat, strong smelling substances and electrical equipment (Sherr, 1994:92).
- To take alcohol in moderation and to avoid taking medication of any sort, as well as vitamin and mineral supplements (Sherr, 1994:92).
- In the event of a medical or dental emergency to contact their doctor/ homoeopath/ hospital as necessary, and inform their research supervisor as soon as possible.

3.8 Monitoring of the Provers during the Proving Period

Communication between researcher and prover during the proving period was as follows:

During the first week: Daily telephonic communication occurred in order to discuss any new symptoms noted by the prover.

During the second week: Telephonic communication decreased to every second day as provers became more accustomed to the proving process.

During the third week: Telephonic communication decreased even further to every third day.

During the fourth week: Communication was again via the telephone but only occurred once that week.

This regular communication ensured that the researcher knew when the prover began to display symptoms of the proving substance, and allowed the researcher to make sure that the prover was documenting these symptoms on a regular basis. The safety of the prover throughout the proving period was of utmost importance, and regular contact allowed the researcher to be constantly aware of the prover's state of health.

3.9 Chronology

The prover had to note the time that each symptom occurred in relation to the time elapsed after taking the first powder.

The following format was used when recording each symptom: DD:HH:MM. This refers to the day, the number of hours, and the number of minutes since the proving began. DD refers to the number of days, HH to the number of hours and MM to the number of minutes since the proving began (Sherr, 1994:73). After 24 hours the minutes were no longer important and could be represented by XX. After a few days the hours were no longer relevant either and were marked as XX. In instances where time was insignificant the symptoms were represented by XX:XX:XX.

3.10 The Group Discussion

Once the researchers had collected all the journals, a group meeting was held between the researchers and provers. Sherr (1994:04) maintains that this group meeting provides valuable information towards the proving. It triggers the prover's memory for any forgotten symptoms, and helps to clarify symptoms that the prover was uncertain about. The meeting also allows the provers to share with each other and the researchers their common experiences of the proving.

3.11 Collection and Extraction of Symptoms

Recorded proving symptoms from the provers' journals were extracted and converted into materia medica format. Certain criteria had to be adhered to in order to include a symptom as a proving symptom. Each symptom was either validated or rejected according to this criteria, as listed below.

3.11.1 Inclusion Criteria for a Proving Symptom

- The symptom did not occur in provers of the placebo group.
- The symptom occurred soon after administering the remedy and is not a usual symptom for the prover (ICCH, 1997:227).
- A symptom experienced by a number of provers (Riley, 1997:227).
- Marked intensification of a usual symptom for the prover (Sherr, 1994:70).
- A usual symptom that was altered or modified. A clear description of the modified component must be present (Sherr, 1994:70).
- If the prover is under the influence of the proving (i.e. a general appearance of symptoms) then all new symptoms are considered proving symptoms (Sherr, 1994:70).
- The symptom did not appear in the prover in the past year (Sherr, 1994:70).
- A very old symptom that has not been present for about five years, and that suddenly reappeared during the proving period (Sherr, 1994:70).
- The symptom did not have a clearly explainable aetiology, other than being related to the proving (Sherr, 1994:70).
- An accident or coincidence that occurred in more than one prover (Sherr, 1994:71).

- The intensity of the symptom (Riley, 1997:227).
- The frequency of the symptom (Sherr, 1994:72).
- The symptom was described as strange, rare, peculiar or foreign to the prover (Sherr, 1994:72).
- The concomitants, modalities, localization and timing associated with the symptom (Riley, 1997:227).

3.11.2 Exclusion Criteria for a Proving Symptom

- A symptom was excluded if there was a good chance that it had occurred in response to a change in life or an exciting cause (ICCH, 1999:36).
- Symptoms that were usual or current for the prover were not necessarily proving symptoms (Sherr, 1994:70).
- If there was uncertainty regarding the validity of a symptom it was left out (Sherr, 1994:70).
- Symptoms were excluded if they had occurred in recent history i.e. in the past year or less (Sherr, 1994:70).

3.12 Collating and Editing

The aim of collating was to synthesise the proving from many separate accounts into an 'as if one person' composition (ICCH, 1999:37). Firstly all the symptoms experienced by each prover were divided into subsections, for example head, chest etc. Next, all of these subsections were grouped together and organised according to subject and time of appearance. Similar symptoms presented by the different provers were grouped separately and consecutively. The following criteria was used to sort these symptoms:

- The individual prover
- The nature of the symptom

- The time that the symptom appeared / chronology
- The sequence of development of symptoms (Sherr, 1994:77).

3.13 Materia Medica

The final symptom picture was written up in materia medica format, adhering to the sections of the *Synthesis Repertorium Homeopathicum Syntheticum* (edition 8.1). The following headings were used to enter symptoms:

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

3.14 Repertory

The aim of repertorising was to truthfully and accurately interpret the proving information into repertory language (ICCH, 1999:37).

The symptomatology that arose from the proving was analysed and transformed into rubrics.

It is via the repertory that this proving information can be transformed into a useful tool for future use (Sherr, 1994:81). Symptoms that were produced by *Peucedanum galbanum* 30CH which did not appear in existing rubrics called for the creation of new rubrics (ICCH, 1999:37). The researchers used the *Synthesis Repertorium Homeopathicum Syntheticum* (edition 8.1) to assist them with the repertorising process.

3.15 Analysis in Relation to the Doctrine of Signatures

The concept of the doctrine of signatures was originally referred to as 'the meaningfulness of resemblance'. Paracelsus refers to the idea that plants with shapes resembling human organs or structures should be regarded as healing agents for those particular body parts. The doctrine of signatures states that by observation one can determine from the colour of the flowers or leaves, the place of growth, or other signatures just what the plant's purpose was intended to be (Pujol, 1990:24).

The doctrine may assist in revealing the intrinsic nature of a substance. It also serves to clarify the essence of the substance in an attempt to facilitate a greater accuracy in the prescription of the remedy (Taylor, 2004).

The doctrine of signatures of *Peucedanum galbanum* was discussed in relation to the symptoms elucidated from the provers involved in this study. By analysing the unique characteristics of the plant used for this study, a comparison can be made between these characteristics and the physical symptoms experienced by the provers who took the remedy.

Chapter Four

Materia Medica and Repertory of *Peucedanum galbanum*

4.1 Reference

The symptoms are grouped together by the sections of the materia medica, and are recorded in the following format:

Prover number: Prover sex: Day: Hours : Minutes

Rubrics are presented in the following format

Rubric; Subrubric; Degree; Synthesis page number

New rubrics that are formed, i.e. additions to the repertory, are denoted by a capital 'N' and are underlined. These rubrics are formed as a direct result of the proving.

- New rubrics are underlined
- **Grade three (3) rubrics are displayed in bold print.**
- *Grade two (2) rubrics are displayed in italics.*
- Grade one (1) rubrics are displayed in plain type.

4.2 Tabulated Prover List

Prover Number	Age	Sex
03	23	F
04	27	M
05	21	F
06	32	F
07	34	M
09	28	M
10	23	F
11	31	F
13	24	M
14	28	F
15	25	F
16	23	M
17	24	M
18	23	F
19	23	F
20	42	F
21	32	F
22	27	M
24	23	F
26	22	F
27	25	M
28	48	F
29	22	F
30	36	F

4.3 Materia Medica

Mind

Withdrawn:

Feel very withdrawn, don't want to talk to anyone, and don't want to do much. Feel serious and want to think.

03F 00:XX:XX

Feel very withdrawn. I don't want to be around people or talk to them. Feel like I am in my own world, yet not thinking of anything. Not bothered by occurrences e.g. I had a road rage incident but it didn't bother me, I didn't get angry, no feeling or action.

03F 01:XX:XX

Still feel withdrawn and tired. Also feel slightly irritated and annoyed constantly. Feel dissatisfied and listless.

03F 02:XX:XX

I don't want to do anything, don't feel like talking to people. Want to be left alone, feel annoyed and dissatisfied and withdrawn.

03F 13:XX:XX

Aversion to company:

I felt averse to people for a month after completing the proving.

03F XX:XX:XX

Feel like isolating myself from people, need space. No tolerance towards people.

09M 04:XX:XX

Really didn't feel like seeing patients. No drive to do any work.

09M 06:XX:XX

Didn't feel like seeing patients.

09M 08:XX:XX

Desire to be alone. Worse for company.

17M 05:XX:XX

Again I just feel like I want to curl up somewhere by myself, it would be so much easier than interacting with others which is a huge effort. Also I just feel like being outside with the plants and the breeze.

14F 01:26:XX

I don't feel like seeing my friends. This is very unusual for me. I'd rather be alone.

15F 01:08:20

Calm:

Feeling much better, mood has really improved. Feel positive about things.

13M 00:10:30

Mentally I feel abnormally calm and serene, feel as if everything is falling into place, very relaxed in contrast to extreme stress yesterday.

13M 01:27:XX

I am in a more calm and relaxed mood and feel much more positive than earlier.

13M 03:XX:XX

Work was less tedious and situations such as crowded malls and unpleasant customers were not as painful to deal with. I have a feeling of losing a burden, like I have completed a task or overcome an obstacle, not sure what is causing this.

13M 04:XX:XX

I feel very calm and relaxed.

24F 03:XX:XX

Anxiety:

Feeling anxious but no major emotions or feelings.

13M 01:35:XX

Feel anxious but can't determine what is making me feel this way.

13M 01:36:XX

I feel continuously anxious about my daughter's safety.

15F 02:05:XX

Anxious and worried.

17M 00:04:30

Feelings of anxiety and fear. Fear of the future of my life.

17M 02:XX:XX

I seemed anxious for the rest of the evening for no reason

24F 02:XX:XX

I am stressed and WORRIED. I fear financial failure.

21F 01:XX:XX

Awoke in shock, panic. A pounding fear was felt. Anxiety.

17M 04:XX:XX

Sensitivity:

I've also been more sensitive to others emotionally. My mom teased me for being late and I was already in a very bad mood and I almost burst into tears.

14F 02:XX:XX

I have been argumentative and touchy. Worse than normal.

21F 01:XX:XX

Work was as per usual yet this was the first day that I didn't feel like being there. I was feeling a little out of it. STRANGE. I felt very "inside my head" and sensitive to others energies.

29F 00:XX:XX

I am finding it difficult to speak to people and I am feeling very sensitive to their reactions to me. I'm not getting upset just an increased sense of worry that I might be disturbing them by phoning etc. and then I don't really know what to say when I phone. This happened when I phoned two of my good friends. It is almost as if I'm talking to strangers, that sort of uncomfortable feeling.

14F 01:17:45

I got emotional when hearing the church choir sing.

07M 03:03:XX

Very sensitive to what my boyfriend says, and getting upset easily.

19F 03:02:30

I seem very sensitive. Getting very emotional listening to songs on the radio, and thinking about "the good old days".

19F 10:XX:XX

I'm fine if I'm just sitting quietly by myself but as soon as I have to move around and interact with others it becomes difficult. Generally, I am feeling quite "delicate". Don't want to move too fast, don't want loud noises, harsh movements etc. Keep asking my boyfriend to be gentle with me.

14F 00:09:30

Self Consciousness:

I went out to dinner last night and it reminded me of an incident which occurred when I was here during the proving. I went to the bathroom and I couldn't figure out how to use the tap. There was another lady waiting to use it which made me feel very self-conscious and almost panicky that I couldn't work out how to turn it on. I got very, very embarrassed and finally she showed me how it worked. I was reminded of this and the feelings around it when I was there last night and saw how obvious it actually was. The embarrassment was very acute and also reminds me of how easily I was feeling self-conscious and worried about what people were thinking about me [unusual] over that time. In retrospect I see how different from me it was.

14F XX:XX:XX

Feeling very self-conscious, very aware of myself and how I must look from others perspective. It is not a negative feeling just makes me want to be by myself and hide away. Feel like no-one else can understand me if I speak to them.

14F 01:26:XX

Was finding it quite difficult talking to everyone and felt quite uncomfortable in conversation. Can't shake the feeling that I am making this all up and that you are going to think me strange if I am on placebo. I also feel embarrassed and self-conscious about writing so much, like I will need to apologise when I hand this in.

14F 01:17:45

Cheerfulness:

Felt very cheerful today, more than usual.

22M 01:XX:XX

I am feeling very content with life, dreaming and planning new ventures in my head.

29F 00:XX:XX

Sadness:

I feel sad this afternoon and a bit weepy

11F 01:XX:XX

I feel sad today.

15F 03:XX:XX

I still feel weepy but not as bad as yesterday.

11F 02:XX:XX

I cried – was feeling very emotional for some reason.

05F 00:05:XX

Two of my friends visited. I was very happy but very emotional about everything (the problems that they were experiencing in their lives).

05F 01:XX:XX

I was feeling very emotional. I even cried for something stupid (because none of my family members asked me how I was doing – not that they normally do anyway).

05F 02:XX:XX

I was very upset and all emotional about everything, (I cried) and I was missing my mom.

05F 12:XX:XX

Feeling very lonely.

05F 15:XX:XX

I cried for the slightest things. I felt like a baby.

05F 16:XX:XX

I keep wanting to cry? I am so emotional. I can't stop the tears, they just keep falling.

06F 04:XX:XX

I watched a TV programme where a man dies and his girlfriend is devastated. I keep having morbid thoughts that it is me dead and my husband is not worried. It makes me cry. How weird!

06F 06:14:XX

Feeling emotionally drained.

20F 05:XX:XX

Went to see someone after giving them a letter in which I set out my objections to certain issues. I became quite tearful, holding back tears, voice breaking etc.

30F 00:02:00

I feel very lonesome today. Ended up watching 'The Merchant of Venice' twice just because I couldn't handle the loneliness. I needed to distract myself.

30F 12:XX:XX

I have been experiencing a feeling of depression but at the same time I feel like whatever is troubling me will eventually pass, this gives me some sense of inner calm.

13M 03:XX:XX

I noticed inexplicable change in mood as soon as powder was taken. Was feeling particularly relaxed and happy and then as I took the powder I felt the need to cry. I had a little sadness but more just the need to cry. I didn't actually cry but had all the physical symptoms such as a lump in my throat, burning nose, tingling feeling in lips and eyes stinging. Music that was playing

all morning is now making me feel sad without being particularly sad music. Keep on focusing on hearing the music without trying to, and it makes me feel like crying. Before I took the powder I was planning my day but now I don't really want to do anything.

14F 00:00:01

All feelings of wanting to cry are gone, physical stuff too.

14F 00:00:45

I feel very sad and heavy in my heart.

14F 00:XX:XX

Feel very sad now, feel like I am doing this wrong and that makes me even sadder.

14F 00:04:35

Feel bad for everyone, almost as if I am letting everyone down but I don't know how or why. It makes me want to curl up into a little ball and hide away from everyone and thinking that makes me even sadder and like I want to cry again. My heart feels very heavy.

14F 00:04:40

Anger:

I lost my temper when the secretary at our department made me wait for an hour to see the HOD. I also lost my temper when the

faculty would not let me register. I just kept on losing my temper. This worried me as I'm not usually this way inclined.

05F 17:XX:XX

Angry and irritable with a friend. I screamed at him unnecessarily. Started a fight about his mother. I was so heated up, and I said harsh words concerning his mother in a fit of rage.

17M 10:XX:XX

Snappy and angry with a friend. Unexpected and uncontrolled words were spat from my mouth. (Later felt bad and regretted this).

17M 17:XX:XX

I'm sitting in with a G.P. for observation, and he is explaining things to me as if I am a little girl and learning this for the first time. He annoyed the shit out of me.

26F 04:XX:XX

Very upset, hysterical almost, holding back the tears. Very frustrated with sitting in the clinic everyday with no patients. I hate having my time wasted. I cried and cursed all the way home from tech (about an hours ride).

30F 01:09:XX

Feeling extremely depressed and angry. Frustrated with everything, despise everyone and everything.

13M 00:08:20

Irritability:

Very irritated and short tempered with husband. Don't want him to talk to / touch me. He just irritates me. Usually I am very tolerant but NOT today.

06F 03:10:XX

Picked up children, both kids in the car. Too much noise!! I shouted at them to behave. Very irritable!

06F 06:04:XX

Stuck in traffic, really agitated and worked up. A guy didn't stick to his lane and cut in front of me. I shouted and hooted and swore. I felt really rattled for a while.

07M 07:XX:XX

Feel as if I've taken placebo. Irritated with myself.

17M 00:04:30

Irritability worse for heat of the day.

17M 14:XX:XX

I am very irritable, battling to focus and sit down to get things done.

19F 07:04:XX

I am very grumpy and irritable, and I want attention.

19F 07:07:XX

I'm frustrated. My boyfriend is fishing. I tried it but am bored and getting annoyed. I am more sensitive than usual.

19F 09:XX:XX

I woke up crabby today! Really tired and irritable.

26F 05:XX:XX

I fell asleep and then at 9pm my mom woke me to go with her to fetch my cousin who was stranded at a friend's house. I'm really irritable, I hate being woken up if I don't have to. I spoke to my cousin over the phone and was very rude to her. When she got into the car she was crying, but I didn't care because she is stupid for not making better plans. I'm totally p'd off at her stupidity.

26F 05:XX:XX

Woke up at normal time but couldn't get out of bed. Just really annoyed.

26F 06:XX:XX

I feel slightly "edgy", irritated.

28F 00:12:10

Woke up restless, fidgety and uncomfortable.

30F 01:XX:XX

No longer upbeat, frustrated with work and money problems.

13M 01:30:XX

My head felt very clouded all night, very full making it difficult for me to think. I also feel incredibly intolerant with things that were not going right, like running late. I kept on snapping at my boyfriend. I had said that I would drive because I wasn't drinking but when it came to leaving I felt especially stressed about driving and was finding it quite difficult.

14F 01:17:XX

I was feeling especially irritable and intolerant with some of my customers at work. Feeling VERY intolerant of stupid people and they were being stupid. I got really angry [out of proportion to cause].

14F 01:48:XX

Feeling quite short-tempered and getting especially irritated with customers who just wouldn't leave at lunch time.

14F 03:XX:XX

Clumsiness/Carelessness:

I was feeling very clumsy. I was careless with everything. I keep hurting myself and I think it's because of my carelessness.

05F 09:XX:XX

Having tea at a coffee shop. Goodness! I am so clumsy today! I poured the sachet of sugar all over the table and dipped my arm into the cream of the scone.

06F 02: 72:XX:XX

Delusions and Sensations:

Head feels slightly “cloudy”.

06F 00:01:29

Disorientated feeling persists.

06F 00:03:00

Just had the weirdest sensation! I was talking to a friend, and I could hear myself talking as if I was sitting next to myself. I kept smiling – very weird.

06F 00:12:04

My senses are dull.

07M 01:00:XX

I’m feeling a bit “fuzzy” this morning.

06F 10:XX:XX

Started working on a painting. It took a while for me to get into it but once I started I felt zoned in and could not pull myself away from it. Nothing else seemed to exist.

07M 01:13:05

All tasks seem difficult, I cannot make a decision. My brain feels switched off.

07M 03:06:XX

I feel strangely detached, not focused.

07M 06:XX:XX

I feel really young for my age and didn't think I should be trusted with responsibility. Driving a car seems dangerous. (The proverb is 34 years of age).

07M 07:XX:XX

I make the late bus home and fall asleep on the bus. I almost miss the bus stop. It feels unreal, like sleep walking.

07M 12:XX:XX

Desire that I were burnt in the heat. I had flashes of thoughts of being consumed by the sun's heat and fury.

17M 19:XX:XX

Feeling groggy but happy.

18F 10:XX:XX

My head feels fuzzy. I feel like I'm in slow motion.

18F 11:XX:XX

I keep getting the feeling that there is someone behind / next to me.

19F 17:XX:XX

I hear an intense “screeching” noise inside my head.

28F 01:01:25

Was woken up in the night by a sharp pain and loud screech in the middle top part of my head which lasted a couple of seconds.

28F 03:XX:XX

Had a “brain shift”. Feeling drowsy and hard to focus. It is coming on in waves.

04M 01:XX:XX

I have been feeling extreme guilt and anger at experiencing lapses in discipline and eating ice-cream, chocolate etc. However underneath this I have been experiencing an all pending sense of relief and expectancy. I have had this constant sensation of being relieved of a burden or becoming aware of some inner truth that nullifies all concerns or worries. The best way to describe it would be as, a sensation that a convict would feel a few days before his release, a sense that a new start is soon, that nothing really matters because soon everything will change for him.

13M 04:XX:XX

I have this unshakable feeling that what I am writing is almost a lie. After everything I write [including this] I think I’m just making it up, I’m writing the wrong stuff and I’m going to mess up the results of your proving. Though I am just writing what I am feeling.

14F 00:04:35

My head feels completely out of it, as if having to think with treacle in my brain, sluggish.

Feeling sensitive to music, it is making me feel more peaceful, and to smells. Have essential oils burning and I want to drink lungfulls of the scent. Normally I can only take smells in small doses.

14F 00:09:30

I have increased difficulty in thinking again with the feeling as though my brain has become all sticky like treacle again. It's as if my thoughts have to flow through this sticky mess which is why I'm surprised when I am able to be efficient.

14F 01:26:XX

Absent Mindedness and Confusion:

I kept muddling up my words and tenses. For example I said "last Feb" instead of "next Feb".

06F 00:XX:XX

I have to bind a thesis and our machine is broken. Have to rush to find a place that is open. I get there and rush over, forgetting that I have my bag with me. I thought I left my cell phone somewhere. Think it's stolen after a rush look. Report it stolen and suspend sim card. Then find the phone in my bag. Even though going through the motions I feel detached and not too stressed.

07M 07:XX:XX

I couldn't remember what I was saying in mid sentence.

19F 18:XX:XX

Slightly disorientated.

30F 00:00:05

I have been REALLY absent minded all day. I was shopping and had to really concentrate on where to go and what to get next etc. I forgot one of my parcels in one of the shops which made me so angry. It's been really really difficult to think.

14F 02:XX:XX

I was a lot more absent minded today, a little yesterday too.

29F 00:XX:XX

I felt slightly distracted at work in the afternoon. This is unusual for me.

22M 06:XX:XX

Absent minded. Can't hear others. Feeling alone in my own space.

17M 06:XX:XX

Noticed I've been very forgetful just recently.

18F 06:XX:XX

On route home from our holiday away. Been driving for three hours and just realized I've forgotten half my stuff back at the lodge.

18F 07:XX:XX

Ok, I'm really losing my mind. I locked the keys in the car as we were unpacking it earlier this evening, and now just asked my fiancé the same question for the third time.

18F 07:XX:XX

I find myself staring with my mouth hanging open. Vacant, watching the world go by, not taking anything in. Cannot carry conversation very far.

07M 01:07:XX

Fastidiousness:

I have been very methodical lately, and almost want to panic if things don't go as planned. (Usually I don't care).

06F 02:XX:XX

Busy and restless. Organising my diary.

17M 06:XX:XX

Later on my mind was fresh and I was very attentive in the lectures which is not common.

05F 20:XX:XX

I'm being productive this morning. Unusual – I procrastinate a lot.

19F 19:XX:XX

Even though I was late and half asleep, I managed to get everything done very quickly and efficiently and not forget anything which is unusual for me under these circumstances. I also noticed yesterday when I was helping my boyfriend with his boat that even though I felt like I couldn't think straight I was able to come up with clear and sensible suggestions of how to do things. I even got impatient with him for thinking of other ways of doing it. This is unusual.

14F 01:26:XX

Paranoia:

Driving home – feel very paranoid. In my head I can see the house turned upside down by vandals.

06F 15:XX:XX

This paranoid feeling is not going away. I could see the car being broken into and our passports going missing. I made my husband go to the car to fetch our passports.

06F 17:XX:XX

I keep feeling like people are looking at me strangely.

06F 17:XX:XX

Tonight I visited a friend but now I have to drive home alone. Normally stuff like this doesn't bother me but I keep picturing the house ransacked when I open the door. It's freaking me out.

06F 14:XX:XX

Indecision:

I'm battling to make and stick to decisions.

07M 06:XX:XX

I went to buy stuff but could not decide which way to go. I phoned my wife and told her I would come home. Then while driving I turned back and went the other direction. Then I took a wrong turning, and did not get where I wanted to go. Very distracted and disorientated.

07M 06:XX:XX

Indifference:

Lazy and a bit down. Feeling bored and not focused.

10F 02:XX:XX

Tired and a bit apathetic.

10F 09:XX:XX

Feel emotionless.

09M 04:XX:XX

I went to dinner with my boyfriend and the noise of the people around us made it very difficult for me to hear him. It felt like the surrounding noise was disproportionately louder than what he was saying. I had also been battling to hear him at home. I think it might have been more that I couldn't / wouldn't exert the effort to try and hear him.

14F 00:17:45

Other:

I have decided I need a change. I am going to cut my hair and highlight it. I feel that I look very plain and boring. I feel like putting a copper/red in my hair – this is new, I usually like being plain.

19F 04:XX:XX

I had a vision of throwing my “to do” book in the toilet, weird. It just came into my mind.

21F 00:00:30

My “to do” book is actually missing. Just realized that it has been missing since I thought about throwing it in the toilet. The thought of it being missing was like a premonition, just came to my thoughts, out of the blue and it actually was missing when I looked for it [I found it a week and a half later behind the desk].

21F 01:XX:XX

I was a bit judgmental today for no apparent reason.

29F 03:XX:X

Vertigo

My energy levels are very low and I am feeling kind of dizzy.

05F 11:XX:XX

Dizzy and hot inside head.

10F 00:00:00

Dizzy feeling – vertigo sensation.

17M 00:04:30

Vertigo; feeling as if my head were moving around whilst driving.

Worse for driving.

17M 06:XX:XX

My balance is terrible. I seem to just sway over to the left/right. I don't realize I'm leaning to one side until I fall over and then I correct myself. It's like I'm drunk (I haven't had a drop of alcohol!).

19F 15:XX:XX

Dizziness and slight disorientation.

30F 00:00:00

Head

Pain:

I had a splitting headache during the day but it soon subsided.

05F 18:XX:XX

Woke up with a headache.

05F 20:XX:XX

My head is pounding.

07M 10:XX:XX

Slight headache in the afternoon.

10F 05:XX:XX

I am feeling headachy.

11F 00:04:30

Head is a bit sore all throughout, as if my skull is slightly bruised.

14F 02:XX:XX

My head was also sore. It felt as if there was an elastic band squeezing around my head in a circle just above my ears.

14F 12:XX:XX

I got a small headache in the evening.

16M 00:XX:XX

I had a headache today! Could've taken two Panados – but didn't!!

20F 07:XX:XX

Had a headache today. They seem to be getting more frequent.

20F 09:XX:XX

I am getting a headache now, feel strained.

21F XX:XX:XX

I got severe headaches today however each [5 or 6] only lasted about 1 minute. I got 2 while watching television, another in the car, another was while I was in the shower. So, I couldn't say any one thing caused them. They all went away quickly.

24F 13:XX:XX

I have a dull headache.

28F 07:XX:XX

Frontal Pain:

Headache is behind my eyes now. It only subsided two and a half hours later. Headaches are very unusual for me and I don't

usually get them, unless after an alcohol binge, which is not allowed during the proving.

04M 03:XX:XX

I have quite a headache. My head feels like it is hot and the pain is centered in the front between my eyes. Sensation as if top of my head must be removed for the pressure to be released. Better keeping still. Worse for thinking about it.

06F 04:06:XX

My head feels a bit dull. A throbbing has developed between my eyes. It is worse for movement and bending down.

07M 00:14:34

The headache was dull behind my eyes.

07M 06:XX:XX

The headache sets in behind my eyes.

07M 07:XX:XX

Slight ache in right orbital area.

10F 02:XX:XX

Slight headache – frontal, left sided. It is a stuffy type of pain.

10F 02:XX:XX

My head was very slightly sore the whole evening. The pain was in the bones, especially around my forehead. Pain was intermittent with no modalities.

14F 01:XX:XX

There is some pain throughout my head as earlier but more severe and intermittently focused on a point above my left eyebrow.

14F 02:XX:XX

I have a headache. It's in the front of my head. A dull ache.

19F 01:05:30

Frontal headache – a dull pain.

19F 08:XX:XX

Headache – a dull ache on right frontal and temporal area.

19F 10:XX:XX

Headache: right frontal and temporal region. A sharp pain that only lasted one to two minutes.

19F 12:XX:XX

Sharp / excruciating pain in the left frontal part of my head (a small area). I couldn't concentrate with the pain. I had to stop what I was doing. It lasted about one minute.

19F 20:XX:XX

I took the first dose 45 minutes ago and I have developed a slight frontal headache.

21F 00:00:45

I had quite a bad headache which is different to my normal headaches. The headache was sharp and at the front and top of my head. It was so severe I had to take aspirin.

22M 06:XX:XX

I got a headache this morning. It was quite bad, just in the top right area of my head, just near my forehead. After an hour, it was very sore so I took a Grandpa headache powder and only felt better after 45 minutes.

24F 01:26:20

My headache appeared at 19:00. There were sharp pains behind my forehead and top front of my head. I again lay on my bed for a while and it went away.

24F 08:XX:XX

I woke up at 6:15 with a headache behind my forehead and top of my head [like all the others] except this one came for a minute and then went away for 30 seconds then came again. I managed to go back to sleep for an hour and awoke to no headache.

24F 11:XX:XX

I developed a headache at lunchtime in the front part of my head.

28F 06:XX:XX

Temporal Pain:

It feels like someone is squeezing my head at the temples.

07M 01:06:00

Throbbing, pounding pain at temples.

17M 14:XX:XX

Very mild cutting pain on top temporal region of head. It only lasted a minute or so.

19F 10:XX:XX

I got a very short slight pain in my temporal region. It was a dull ache.

21F 01:XX:XX

Left Temporal Pain:

I have a mild headache, focused mainly around the left side of my head, temporal region up to the vertex. This is an unusual location for a headache for me. [This headache was preceded by vomiting and nausea the night before].

14F 14:XX:XX

I woke this morning with a slight headache in the left temporal region. My neck and shoulders are really sore and I think the headache is related to that. I have a trigger point in my upper left Trapezius muscle.

14F 16:XX:XX

I have an ever so slight headache. A mild, dull ache on the left.

19F 04:10:XX

I had a bad headache on the left temporal side of my head. It was a burning aching, pain which lasted about one minute.

19F 13:XX:XX

Right Temporal Pain:

I got a headache at around 11:20, a dull pain around my right temple. I lay down for about an hour and it went away.

24F 07:XX:XX

Occiput Pain:

I have a throbbing pain in the back right hand side of my head. A very localized, circular spot, behind the ear. It lasted for approximately one minute.

04M 02:XX:XX

Terrible throbbing headache at base of skull, and dull ache behind eyes.

07M 03:06:XX

Brightness and heat aggravated eye sensitivity and brought on a headache. The headache was at the base of the skull and dull behind the eyes.

07M 06:XX:XX

I have a headache at the base of my head.

07M 08:XX:XX

I have a very mild headache in rear head area.

13M 00:01:50

Wandering Pain:

I got a headache on the left side of my head. Quite severe and localized. It lasted 10 minutes and then subsided only to return 2 hours later. This time it is spread over entire head, mainly in the front of my head.

04M 03:XX:XX

I had a slight headache which started in the morning. It was in my temporal regions in the morning, but then it progressed to the top of my head and became a constant sharp pain. I had to take a grandpa at 13:00pm so I could do some work. My neck also felt very stiff over the upper Trapezius muscles.

22M 08:XX:XX

I got a headache at 22:30pm. There was a lot of pressure at the top of my head, almost like someone was pushing down on my

head then sliding this pressure forwards to my forehead. It was painful for about 30 minutes, then it started to ease off.

24F 04:XX:XX

I got a very bad headache at 22:00. It felt like sharp pains around the top of my head. It was a lot more painful than usual, so at 22:20 I took Aspirin and headache went away an hour later.

24F 05:XX:XX

I had a splitting headache at 18:10. It started at the top of my neck shooting up the back of my head to my right temple. I was stuck in traffic and could do nothing about it. I had a shower when I got home and even though it was less intense I still had to take Aspirin at 18:30.

24F 21:XX:XX

Left occipital headache – pain is sharp and stitching. From left occipital and over left eye.

30F 00:00:00

Modalities:

Came up with a very severe headache around 13h00. It got worse around 17h00.

05F 07:XX:XX

I still have a headache. It seems to be increasing in intensity. It is bearable if eyes are closed and covered with a pillow, but it

doesn't go away. Worse for noise.

06F 04:08:XX

I have a headache. Sensation as if head filled with cotton wool; "cloudy". Location: Entire top of head but slightly worse over left eye. Better for keeping head still and being quiet. Worse for noise, movement, thinking and talking.

06F 20:XX:XX

Dull throbbing headache. Better for not moving. I ran cold water over my head which brought relief.

07M 03:06:XX

The pressure of my body against sofa or bed increased the throbbing.

07M 03:06:XX

On movement my head feels dull.

07M 05:XX:XX

I got a headache and blocked sinuses on getting into the car.

07M 09:XX:XX

Headache hanging over me. Very uncomfortable, worse for movement, worse for lying still for long. Lying on my right side helped.

07M 09:XX:XX

I am going to bed early, my head is very sore and I just need to lie down.

11F 03:XX:XX

There is some pain throughout my head as earlier but more severe and intermittently focused on a point above my left eyebrow. I have a desire to lean head in hands and just hold head which makes it feel better. I had a cider and that made my head worse. I went to a bar after work and had a vodka and soda which made my head even worse. I left the drink and went home. I felt much better outside away from the smoky air.

14F 02:XX:XX

My head feels very thick again, difficult to think and my skull feels heavier. I just want to rest it down on my hands or the table in front of me or anywhere as long as I don't have to hold it up. It is too much effort.

14F 03:XX:XX

Throbbing temporal headache, worse for noise, better for lying down and keeping eyes shut.

17M 00:04:30

Worse for movement, heat and noise. I have blurred vision with the headache.

17M 14:XX:XX

It is better for pressing at the junction of the occipital area and neck.

30F 00:01:00

Other:

My scalp feels slightly tender to touch.

06F 05:XX:XX

Felt nauseous, my head feels heavy. Went to the bathroom and got sick.

07M 07:XX:XX

My head is a bit fuzzy.

10F 10:XX:XX

My headache has gone but my mouth is still a bit sore.

11F 04:XX:XX

I have a bit of a thick head.

11F 08:XX:XX

On taking the second dose I got a sensation of a weight on top of my head. I keep on wanting to shake it to clear it.

14F 00:04:30

Similar head pain feeling as last night but even less pain, just more fuzziness.

14F 01:XX:XX

I am feeling a slight headache at the top of my head. It is sharp and makes me feel tired and decreases my appetite. The headache lasted 4-5 hours and only went away when I relaxed at home.

22M 07:XX:XX

I had slight neck stiffness and a headache experienced in the evening. It was the same symptoms as the last few days.

22M 14:XX:XX

Feel a sensation similar to a hot flush but not throughout my whole body, only my head. Feeling dissipates after about twenty minutes. 28F 00:04:15

Feel similar "hot feeling" in head and neck.

28F 00:12:10

Experience "heat feeling" in head and neck. Again, does not spread to other parts of body.

28F 01:11:50

I feel an intense pain in the top middle part of my head and hear an intense "screeching" noise inside my head. It lasts a couple of

seconds. Scary!

28F 01:23:00

I was woken up in the night with a sharp pain / loud screech in the middle top part of my head. It lasted a couple of seconds. I lay awake for quite a while. There were no after effects.

28F 03:XX:XX

I have a very itchy scalp. Itchy all over.

29F 06:XX:XX

Pain on pressure to left mastoid.

30F 03:XX:XX

Eyes

Itchiness:

My eyes are feeling itchy.

09M 01:XX:XX

My nose and eyes are feeling itchy. My eyes are very agitated.

09M 02:XX:XX

Itchy, dry eyes which were worse when I splashed cold water on my face.

09M 03:XX:XX

My eyes got very agitated, dry and itchy from the aircon.

09M 04:XX:XX

Most of my 'flu like' symptoms have disappeared except for my itchy eyes, which, are made worse by cold, cold air, air-conditioner and if I touch them.

09M 09:XX:XX

I woke up with a runny nose and had a sneezing attack which lasted a few minutes. My eyes were itchy and I had a hard palate. It all cleared up.

16M 03:XX:XX

Pain/Pressure:

I had burning eyes this afternoon. A sensation as if salt was in my eyes – burning.

06F 00:12:30

I feel a dull pressure behind my left eye.

07M 00:02:XX

A pressing feeling between my eyes. Veiny patterns floating in front of eyes. My eyes are sensitive.

07M 01:XX:XX

A mild ache behind the eyes, predominantly the left eye.

07M 01:03:00

My eyes feel squeezed, and the left eye feels bruised underneath.

07M 01:05:45

Eyes feel bruised. A dull pain behind the left eye.

07M 08:XX:XX

Eyes are a little scratchy.

10F 03:XX:XX

Pressure on my eyes.

07M 01:01:35

My eyes feel bruised, especially the right eye.

14F 00:00:45

Dryness:

My eyes seem tired and dry, and burn a bit.

07M 00:14:XX

Eyes are dry.

18F 12:XX:XX

My left eye is very dry.

19F 09:04:XX

Sensitivity:

Brightness and heat aggravated eye sensitivity and brought on a headache.

07M 06:XX:XX

Tired Sensation:

Eyes are tired.

10F 04:XX:XX

Eyes are very tired, difficulty keeping them open and focusing.

10F 10:XX:XX

Other:

My nose is itchy and my eyes are very watery.

29F 05:XX:XX

Shortly after taking the first dose, I got all the physical signs I get when I am about to cry such as a lump in the throat, burning nose, stinging eyes, tingly lips but all without any actual crying.

14F 00:00:05

Vision

Objects:

I have veiny patterns in front of my eyes, as if having been in bright lights.

07M 00:01:24

Veiny patterns floating in front of my eyes.

07M 01:00:35

Blurred Vision:

A bit blurred.

10F 09:XX:XX

Ear

Blocked Sensation:

My left ear seems blocked and is flakey. When I lay against my left ear it blocks – fluidy.

07M 04:10:XX

Ears feel fuzzy, blocked.

10F 02:XX:XX

Ears feel a bit blocked.

10F 03:XX:XX

Pain:

Woke with a sharp pain in my right ear. Worse for moving or touching tragus or pinna; especially worse for pressing pinna against my head. A sharp, shooting pain. Redness of tragus and pinna.

30F 03:XX:XX

A bit tender if I move my jaw, itchy inside.

10F 00:00:00

Hearing

A loud “screech” in the middle top part of my head.

28F 03:XX:XX

Nose

Congestion/Obstruction:

I have a slight post nasal drip which feels sticky and tough. It is bland. I had slight nasal congestion this morning when waking up.

03F 04:XX:XX

I have nasal congestion in the morning. The discharge is colourless and sticky. The post nasal drip is worse more tough and sticky, still tasteless.

03F 07:XX:XX

I woke at 4:00 a.m, I was hot and had a bit of a sore throat and a blocked nose.

29F 02:XX:XX

My sinuses are blocked.

07M 04:XX:XX

Nose is a bit stuffy.

10F 10:XX:XX

Itching:

My nose and eyes are feeling itchy.

09M 02:XX:XX

I have itchy eyes and an itch at the back of my nose.

09M 05:XX:XX

My nose is still itchy and my eyes are watery.

29F 05:XX:XX

My nose is very itchy and tickling and the skin around the nostrils is peeling slightly as if rubbed too much with blowing but I haven't been blowing my nose.

14F 02:XX:XX

Discharge:

I blew my nose today and noticed that the discharge was blood stained.

06F 04:XX:XX

I went for a light jog and my nose started running but I felt pretty good.

09M 08:XX:XX

My nose is running quite a bit now and I have to constantly sniff. It is worse in the right nostril which has been a bit blocked until now. There is very watery mucus and the right nostril burns a bit on breathing, the sort of burning feeling that comes when you breath really cold air.

14F 00:00:15

I have a runny nose and feeling stuffy.

07M 01:02:48

Post Nasal Drip:

A slight post nasal drip.

10F 00:00:15

I have a slight post nasal drip almost like the prelude to a cold but no other symptoms of a cold.

13M 02:XX:XX

I have had a very slight post nasal drip all day.

13M 10:XX:XX

I have a slight post nasal drip which feels sticky and tough. It is bland. I had slight nasal congestion this morning when waking up.
03F 04:XX:XX

Post nasal drip. Same as yesterday.
03F 05:XX:XX

A slight post nasal drip that is irritating me.
15F 08:XX:XX

After first dose my blocked nose cleared, and left a slight post nasal drip.
10F 00:00:15

Sensations:

Nose and throat seem slightly numb, as if anaesthetized.
07M 00:00:32

My nose is not running anymore but my right nostril is still burning especially on yawning.
14F 00:00:45

Sneezing:

Sneezing. Face started itching, worse around nose and upper forehead.

10F 00:01:30

Nose a bit dry in the morning, wanting to sneeze.

10F 01:XX:XX

Sneezing quite a bit. Worse for strong odours.

10F 09:XX:XX

Flu-like Symptoms:

Mucus discharge clear. Flu-like symptoms – sneezing excessively, sinuses painful and worse for cold air.

17M 10:XX:XX

Flu symptoms persisted: runny nose, sneezing, worse in the afternoon, worse for milk, worse for cold.

17M 11:XX:XX

Started with a runny nose and itchy throat, almost a post nasal drip.

20F 12:XX:XX

Sense of Smell:

Increased sense of smell at 3pm.

10F 00:05:30

Another thing, has been an increased sensitivity to some smells on and off. I've noticed especially sensitivity and aversion to some food smells such as frying foods and meat cooking. It feels like the smell goes straight to my tummy and causes upset.

14F XX:XX:XX

Face

Heaviness:

I feel a heaviness on my brow.

07M 00:15:12

Tingling:

Tingling in left maxilla along the nerve, below zygomatic arch.

Tingling over left face extending down neck.

30F 00:00:00

Tingling above upper lip, inside / throughout area.

30F 00:00:00

My lips feel the same as they did earlier, tingling and almost as if they are puffy.

14F 00:03:35

Itching:

After third dose: Itch above eyebrows, spreading down to nose.

10F 00:12:00

Pain:

Temporomandibular joint pain. Cracking sound at the jaw.

17M 04:XX:XX

Eruptions:

On my right cheek is a lump. It doesn't look like a pimple. It looks like a mosquito bite. It is very itchy and quite painful to touch. Pushing on it produces an excruciating burning pain.

06F 19:XX:XX

Mouth

Eruptions:

I have a painful mouth ulcer on the left, and brown buccal mucosa. I also have a painful outgrowth of wisdom teeth on the left.

03F 04:XX:XX

I feel like I have sores on my palate. It actually feels like a big bubble on the roof of my mouth. My gums are also tender. They bled a little this morning when I brushed my teeth.

11F 02:XX:XX

I seem to have those sores in mouth again, on my palate.

11F 08:XX:XX

I have noticed two small ulcer type sores in my mouth. There is one on my upper gum and the other one is on my inner cheek

13M 00:08:30

A mouth ulcer has developed on my inner cheek. I don't recall biting my cheek or anything like that!

15F 09:XX:XX

The ulcers in my mouth have nearly gone.

13M 01:XX:XX

I found I had a tiny white pimply thing on the tip of my tongue.
Worse for eating fruit (pineapple), better for drinking warm tea.
A painful sensation like a paper cut – burning / stinging.

06F 02:12:XX

Pain:

My headache has gone but my mouth is still a bit sore.

11F 04:XX:XX

My tongue feels as if it has little cuts in it especially on the right side and the tip. It is a similar feeling to when you cut your tongue on boiled sweets. It is stinging.

14F 00:03:30

Accumulation of Mucous:

Mucous in my mouth.

10F 00:00:15

Dryness:

My mouth is very dry.

10F 06:XX:XX

Lips are a bit dry.

10F 08:XX:XX

Mouth is very dry.

19F 04:09:XX

Tastes:

A taste of meat in my mouth (I am vegetarian!).

19F 17:XX:XX

I had a metallic taste in my mouth about 1 hour after taking the remedy.

11F 01:XX:XX

Sensations:

Tingling of my tongue.

30F 00:00:00

Jaw feels heavy, worse for moving it sideways.

10F 00:00:15

Teeth

I have a painful mouth ulcer on the left, and brown buccal mucosa. I also have a painful outgrowth of wisdom teeth on the left.

03F 04:XX:XX

My teeth were aching when I ate a liquorice mouse. It was on both sides and lasted a few minutes.

29F 01:XX:XX

Throat

Sensations:

My throat is no longer feeling heartburn like symptoms.

13M 02:XX:XX

On waking, I have noticed a strange sensation in the back of my throat. It feels like an acid lozenge is stuck in throat. I don't have heartburn but the taste and sensation in my throat reminds me of heartburn symptoms. I keep wanting to burp or swallow to get rid of the sensation.

13M 02:XX:XX

Numbness:

I have a warm sensation in the throat below my adam's apple. My throat seems slightly numb, as if mildly anaesthetized.

07M 00:00:32

Constriction:

I experienced a choking sensation at 2am/3am. A sensation of a pip stuck in the throat. Coughing. Feels as if something is constricting my throat. I want to just spit it out but it's stuck too deep.

17M 00:15:00

Choking sensation again. Severe hacking cough as if a pip were stuck in the throat. A tickling sensation in the throat.

17M 01:00:00

My throat feels thick today, as if the whole throat has narrowed. There is not really any pain, but it is still red and the tonsils are enlarged.

14F 02:XX:XX

Obstruction:

A lump feeling in the throat.

17M 02:XX:XX

Hard lumpy feeling in the throat. Great irritation in the throat – an itchy feeling.

17M 03:XX:XX

Burning, itching in the throat. Cough is dry. Feels as if something dry were stuck in the throat.

17M 04:XX:XX

I had what felt like a ball/pill stuck on the left hand side of my throat. I drank a lot of water and it seemed to go away slowly after that.

19F 01:03:15

There is mild pain all the time now but it just really feels as if something is stuck in the back that gets in the way and causes discomfort especially on swallowing. The pharyngeal arches and uvula are red and tonsils are still enlarged and maybe slightly more than before and very red.

14F 03:XX:XX

Tickling:

I feel as if something is tickling inside the back of my throat.

14F 00:03:35

Dryness and Pain:

My throat is dry.

07M 04:12:XX

Woke up feeling tired, and my throat is sore.

07M 07:XX:XX

Throat is a bit sore. It feels scratchy when swallowing.

07M 11:XX:XX

Woke up with a dry throat, painful on swallowing. It started on the right side and progressed to the left side. Worse for empty swallowing.

10F 03:XX:XX

Woke with a sore throat on the right side. It went away but left a dry feeling like something was stuck in the back of the throat.

10F 04:XX:XX

Sore throat persists. It feels like something is stuck. It's dry and worse for empty swallowing.

10F 05:XX:XX

Throat still sore and dry, but I can't see any inflammation.

10F 06:XX:XX

My throat feels dry and very sore today.

15F 11:XX:XX

Dryness of left pharynx.

30F 00:00:00

In the late afternoon, I developed a sore throat. It felt constricted. It was worse for swallowing. I also had a slight post nasal drip. It also feels like it is the muscles of my throat that are stiff and sore.

03F 11:XX:XX

I woke up with a sore throat. I don't want to do anything. I have a sore throat, itchy eyes and an itch at the back of nose.

09M 05:XX:XX

My throat feels a bit sore, especially when I yawn which also makes it feel like something is stuck in the back of it. The pain is not very bad and it feels more tender than anything else. I checked it out in the mirror and the uvula is very red and the tonsils are enlarged bilaterally to about double their normal size.

14F 01:XX:XX

Throat has also been quite sore. Pain is as if something is stuck in it. It was also aggravated while I was in the bar but improved when I left the smoky air for the outside.

14F 02:XX:XX

My throat feels thick and sore as if someone is clutching it inside, squeezing and making it narrower. I cough little coughs to clear it, which helps a little but nothing comes up.

I did not get much sleep last night, my throat and tonsils are very sore and feel dry. I got up a few times for a drink of milk or water. It felt better as the day went on.

24F 07:XX:XX

I woke up at 04:00am feeling hot and I had a sore throat and blocked nose.

29F 02:XX:XX

My symptoms are dying off but I still have a scratchy throat.

29F 06:XX:XX

Rawness:

Rawness at back of throat the whole day.

19F 03:XX:XX

I had a scratchy raw feeling in my throat from mid morning that has got worse throughout the day.

19F 04:XX:XX

I noticed my throat again whilst eating. Was very sore, like a rawness. Temporarily relieved by drinking cold water but worse for swallowing.

19F 05:11:XX

Throat was raw the whole day today.

19F 12:XX:XX

Accumulation of Mucous:

Sore throat in the morning. Much mucous in the throat but it cleared up.

10F 07:XX:XX

Mucous accumulation and rawness at the back of my throat.

19F 00:09:30

It felt like there was a lot of mucous accumulation at the back of my throat. I seem to get this with dairy products.

19F 06:XX:XX

I still have a mucous plug at the back of my throat. It's annoying. I have the urge to swallow all the time.

19F 06:XX:XX

Mucous plug in the back of throat on waking.

19F 17:XX:XX

Sensation of a mucous plug in the back of my throat. I had a cheesy pizza for lunch and have had this ever since. It was at first like a piece of cheese got stretched across my oesophagus and I couldn't breath properly.

19F 02:07:XX

Itching:

Started with an itchy throat and running nose, almost a post nasal drip.

20F 12:XX:XX

Itchy throat.

20F 13:XX:XX

Other:

My chest feels quite tight and my throat is difficult to clear.

11F 01:28:30

External Throat

Pain and Stiffness:

It feels like the muscles of my throat are stiff and sore.

03F 11:XX:XX

A slight amount of pain has returned to my neck, when I rotate it right it feels as though it is pinching a nerve.

13M 01:38:XX

My neck hurts, it is the muscles. I feel it is especially, in the right Sternocleidomastoid muscle. It is tight and sore on swallowing [mainly below the right ear]. It is strange, I could have slept wrong?

21F 05:XX:XX

My neck is very stiff today over the upper Trapezius fibres. It is aggravated by movement and relieved by lying down.

22M 07:XX:XX

My neck still feels very stiff over the upper Trapezius muscle.

22M 08:XX:XX

I experienced neck stiffness the whole day for no reason. This is unusual.

22M 13:XX:XX

I had slight neck stiffness and a headache in the evening. It is the same as the last few days.

22M 14:XX:XX

Sensations:

It feels as if my throat is thicker, but, on the outside, as if it is fatter.

14F 00:XX:XX

My throat still feels thick.

14F 03:XX:XX

Pain relief:

My neck stiffness has decreased.

22M 10:XX:XX

I hurt my neck at some point, today is the first time I can turn it without some discomfort.

13M 01:22:20

My neck is not sore to rotate anymore. This is a sudden and dramatic improvement.

13M 01:30:30

Other:

I have noticed that one of my neck glands is swollen.

13M 08:XX:XX

Stomach

Bloating / Fullness:

My stomach feels bloated and I feel like passing gas all the time.

05F 00:05:00

My stomach was bloated.

05F 02:XX:XX

My stomach felt full and I didn't have supper.

05F 02:XX:XX

My stomach was bloated again and I wasn't feeling very confident about anything.

05F 05:XX:XX

Feel bloated and full after only a few mouthfuls of food, even though I was very hungry before eating.

06F 01:09:34

A little bloated in the morning.

10F 01:XX:XX

My stomach has been bloated and uncomfortable a lot lately.

15F 12:XX:XX

Nausea:

Immediately after taking first powder had a nauseous sensation in stomach. It was like a 'butterfly' feeling. It passed by itself.

06F 00:00:00

Unsettled feeling in my stomach.

06F 00:03:00

Nauseous, 'bubbly' feeling in stomach. Not relieved by eating. I still feel hungry even though I had lunch. It's as if my stomach is not filling.

06F 00:07:00

Nauseous.

06F 04:05:34

Felt nauseous. I drank water, went to the bathroom and got sick. Sat there for a while and felt better.

07M 06:XX:XX

After the first dose I had a hollow feeling in my epigastrium.
Stomach felt a bit unsettled, slightly nauseous.

10F 00:00:00

Felt dehydrated so drank about 350ml of water and felt nauseous afterwards.

19F 05:30

I was hungry today. After eating dinner I felt nauseous.

20F 00:XX:XX

Very thirsty, and nauseous after food.

20F 01:XX:XX

I am feeling nauseous and too hungry.

04M 01:02:45

I feel bilious in my stomach as if I have eaten very fatty food or something. I need to drink some lemon and hot water.

11F 00:12:15

Heart burn:

Suffering from a heart burn feeling like my meal is stuck in my chest.

07M 06:XX:XX

I have heartburn settling in after chocolate.

07M 11:XX:XX

After each powder stomach was a bit sore – burning unsettled feeling.

10F 00:XX:XX

Increased Appetite and Easy Satiety:

Been eating more than usual lately.

18F 10:XX:XX

Couldn't stop eating supper. I ate until I was full and bloated but still wanted more.

19F 00:11:00

Feeling hungry, I have no idea why!

26F 00:XX:XX

I'm constantly hungry, don't know what's wrong with me!

26F 01:XX:XX

I have a constant hunger! I don't know why! I can normally go without eating during the day, but recently I'm constantly hungry!

26F 03:XX:XX

Very hungry, even though I had a good breakfast.

30F 00:12:25

Very good appetite.

10F 10:XX:XX

I had a strong appetite at breakfast and very thirsty.

13M 03:XX:XX

As soon as I did eat I felt very full and my stomach felt uncomfortable and quite queasy.

14F 01:17:45

Again this morning I feel very hungry and feeling lightheaded as if hypoglycaemic and then I feel overfull as soon as I have eaten.

14F 01:25:00

My thirst is somewhat decreased overall. I keep on wanting to eat food, especially very salty things but as soon as I do, I feel full and a bit queasy.

14F 00:06:30

I was very hungry the entire day, no matter what I ate.

22M 02:XX:XX

Pain:

Ate fruit – had slight cramping.

19F 07:XX:XX

More cramping. I ate a yoghurt covered rice cake and I got cramping in between my navel and the bottom of my sternum (in the middle of trunk).

19F 06:XX:XX

I just had yoghurt which I was so looking forward to and now I have those painful cramps again. The same place as before – in between costal margins. Worse for bending – then it radiates to anus.

19F 07:XX:XX

Other:

I also want to mention more on the physical pain I had last night while working. It was an epigastric pain which came along instantly after a waiter complained that he had to go to the toilet but he was so busy that he had to hold it in. Odd, weird hey? The pain also stopped as abruptly as it had started.

21F 00:XX:XX

Abdomen

Pain:

I had a pain on the left side of my abdomen radiating from the upper quadrant to the lower quadrant. It was worse when I took in deep breaths. After eating breakfast it got worse.
05F 06:XX:XX

I noticed that the pain in my abdomen is aggravated by fizzy drinks (within 10 seconds of having a drink I would feel it).
05F 08:XX:XX

My tummy is quite swollen and sensitive on the left side.
20F 01:XX:XX

I had a sip of red wine and immediately noticed a pain under my ribcage on the left hand side. The pain was still noticeable on going to sleep, an hour later.
04M 03:XX:XX

I still have the stomach cramp this morning, I passed a stool and the pain continued. Still have stomach pain, more towards the left side almost underneath the ribcage. Dullish pain but uncomfortable.

Stomach pain continues throughout day and at 17:00 they subsided with no bowel movements as yet.
04M 04:XX:XX

I had a strange pain in my lower left abdomen earlier that made me feel sick by the end of Yoga and almost felt like indigestion.

14F 01:XX:XX

I had a bit of a sore abdomen today, lower left abdomen, around the bladder region. It is a dull hard sort of pain in the lower left abdomen with a desire to press the area, which, makes the pain worse so I don't know why I wanted to press it.

14F 09:XX:XX

I had pain in the umbilical area today for a short while. It was almost like a "period pain" mixed with "having to go to the toilet" type of pain. I didn't need to go to the toilet and this symptom is new.

21F 01:XX:XX

I got a pain in my side too, left side.

21F 01:XX:XX

I experienced a strange left sided pain in my abdomen today.

15F 14:XX:XX

Bloating:

I feel bloated. My abdomen feels uncomfortable like I'm going to have my period.

19F 07:XX:XX

I am still experiencing a bloated and uncomfortable feeling, although I am no longer constipated it feels as if I am.

24F 03:XX:XX

Cramping:

I had slight tummy cramps today too. Unsure why because I am not constipated or that "time of the month".

24F 13:XX:XX

I had some tummy cramps during my morning run this morning. It felt like period cramps but it is two weeks early.

24F 14:XX:XX

Abdominal cramps – lower quadrant. Very intensive, 'rippling' pain. I have to keep my body very still and stiff until cramp subsides.

06F 16:XX:XX

Cramps in left abdomen.

19F 16:XX:XX

Lower stomach cramps.

28F 06:XX:XX

Cramping on left side of abdomen as passing stool.

19F 02:15:00

Rectum

Diarrhoea:

Bowel moved heaven and earth, diarrhoea with no pains for the duration of day.

04M 05:XX:XX

I had a sudden urge to pass a stool and could no longer hold it in so I had to make a dramatic sprint to the toilet to relieve myself of diarrhoea.

04M 05:XX:XX

Diarrhoea again at 08:30 this morning and then I was fine until 17:30 when I had diarrhoea again.

04M 06:XX:XX

My stomach is a bit upset today.

11F 07:XX:XX

Oh yes, after vomiting I also had diarrhoea and went to the toilet a number of times in the next hour or so. Very watery stool, like liquid, not much odour.

14F 13:XX:XX

Flatulence:

My stomach feels bloated and I feel like passing gas all the time.

05F 00:05:00

I have become quite gaseous, flatulent. I don't think it's from food. Had normal food.

07M 04:00:00

Constipation:

I feel a bit constipated.

07M 05:XX:XX

A little constipated.

10F 02XX:XX

Constipation: Urging to go but just can't.

19F 03:02:30

Slightly constipated – i.e. stools not as easy, and later in the day than usual.

30F 07:XX:XX

Stool

Loose Stool:

Noticed that my stool has been very loose today. Also been to the loo more often than normal. Stool very yellow in colour and completely liquid. No pain on passing.

06F 01:XX:XX

Hard Stool:

Stool hard and difficult to pass.

19F 02:15:00

Bladder

Cystitis:

Urine very yellow and slight cystitis.

10F 00:04:00

A slight cystitis on waking. Burning, congested feeling on urination.

10F 01:XX:XX

Woke up with a bad cystitis. Slow urination, congested feeling, pain radiating to right side – kidney / hip.

10F 02:XX:XX

Kidneys

Pain:

Pain over kidneys, worse on right side. Dull aching, worse for motion and pressure. Whole pelvis feels congested.

10F 02:09:00

Urine

Frequency:

Increased urinary frequency.

10F 10:XX:XX

I seem to be urinating more often than usual!

15F 14:XX:XX

Colour:

Urine very yellow.

10F 00:04:00

Female

Menses too early:

I got my period this morning about 1 week early. It was also very dark and my lower abdomen is quite tender when I touch it and stand up.

11F 03:XX:XX

I did start my period today???? It is 10 days early. This has never happened before.

24F 15:XX:XX

Intermittent Menstruation:

My period has stopped, this is unusual. They are normally regular and last about 4-5 days. This time the flow was very light and obviously short [2 days only].

24F 17:XX:XX

My period started again today.... Very unusual.

24F 21:XX:XX

Heavy Menstruation:

My period is quite strong.

20F 16:XX:XX

Period is very strong today.

20F 17:XX:XX

Light Menstruation:

My period is lighter than normal.

11F 04:XX:XX

Premenstrual Symptoms:

PMS for a week. I usually just get it the day before.

19F 07:XX:XX

Discharge:

Slight mucous discharge – no smell. Brown stained.

06F 00:XX:XX

Pain:

Left ovarian pain – dull aching.

10F 00:04:00

Left ovarian pain now and then.

10F 01:XX:XX

Left stitching pain (in region of left ovary), worse for stretching, better for bending.

19F 02:04:00

Cramping pain in middle of pelvis / uterus. It feels like period pain.

19F 02:05:00

Increased Sexual Energy:

Increased sexual energy.

19F 02:14:00

I felt a slightly increased libido 2 hours after taking the remedy till now.

24F 00:14:00

I had an increased libido for no reason which is unusual.

24F 09:XX:XX

Decreased Sexual energy:

Decreased sexual energy.

19F 08:XX:XX

Sensations:

Feels like an engorgement of blood to genital area, with warmth.

30F 00:12:15

Respiration

Shortness of breath:

Shortness of breath from walking up one flight of stairs, and awareness of heartbeat.

30F 00:00:25

Cough

Hacking Cough:

Severe hacking cough as if a pit were stuck in the throat.

17M 01:00:00

Dry Cough:

Cough is dry. Feels as if something dry were stuck in the throat.

17M 04:XX:XX

Productive Cough:

The cough has become productive.

18F 00:XX:XX

The cough is most definitely worse in the morning, still productive. Lying prone or supine makes it worse, sitting up or standing makes it better.

18F 01:XX:XX

I have an irritating cough. It is becoming quite phlegmy.

20F 13:XX:XX

Coughing at night:

I coughed all night last night.

20F 17:XX:XX

I coughed a lot during the night.

15F 15:XX:XX

Coughing at Noon:

Cough at noon, worse for cold water.

17M 02:00:30

Expectoration

Nature of Expectoration:

I keep clearing my throat. Expectoration nil.

06F 02:07:34

On coughing: yellow white mucous with red streaks of blood.

17M 04:XX:XX

The cough has become productive, but colour is clear. Quite thick in consistency.

18F 00:XX:XX

Productive cough: thick consistency and no odour.

18F 01:XX:XX

Chest

Tightness:

My chest feels quite tight and my throat feels difficult to clear.

11F 01:28:30

My chest feels slightly tight again today.

11F 02:XX:XX

I have noticed that my chest feels quite tight. I keep clearing my throat. Just a fullness in the chest which feels plegmy.

06F 02:07:34

Chest is tight and "full". Phlegmy.

06F 02:11:34

My chest has been a little tight. Keep having to clear my throat to relieve the tightness.

06F 03:09:39

Chest feels tight and I'm wheezing a little.

07M 07:XX:XX

Awareness of Heartbeat:

Feel my heart beating in my chest. Mild palpitations.

07M 00:02:00

Light heart palpitations. Feel my heart beating in my chest.

07M 01:01:41

My heart feels as though it is pounding.

13M 00:01:20

My heart is still pounding.

13M 00:02:40

Pain:

Right nipple very sore. Even rubbing of my bra is uncomfortable.

06F 17:XX:XX

Dull pain in my chest, worse for coughing.

17M 04:XX:XX

Sharp central chest pain whilst driving. Worse on left side; worse for changing gears.

19F 19:XX:XX

Pain in left breast, radiating from outer areas to centre of breast.

19F 20:XX:XX

Had chest pain several times today. It's definitely related to when I change gears – especially to get into fifth gear. It's a muscle pain – aching.

19F 21:XX:XX

Have had a “good” vulnerable feeling, with an ache in the sternum, like you get from crying a lot since this morning.

30F 00:06:25

Other:

I think my breasts have swollen.

19F 03:14:00

Back

Itching:

I have itchiness on my back between my scapulae but more the right. It is a constant itchiness in one location.

03F 05:XX:XX

I still have the itchiness on the back and it is better for scratching.

03F 06:XX:XX

Back is still itchy.

03F 07:XX:XX

Itchy back.

03F 08:XX:XX

Itchy back.

03F 09:XX:XX

Pain:

The left side of my neck was a bit painful when I breathed.

05F 05:XX:XX

Tight spasm in muscles of neck and back. Burning sensation in shoulder muscles, worse for moving and pressure, better for warmth.

06F 04:XX:XX

Feel a lower back pain as if strained a muscle but I cannot recall doing anything strenuous.

07M 03:07:XX

A little lower back pain, worse over right kidney.

10F 02:XX:XX

Tension knot in right shoulder / neck. Worse for pressure. Neck feels a bit stiff.

10F 03:XX:XX

Neck is tense, and lower back a bit sore.

10F 10:XX:XX

A sharp pain in left scapula, lasting about 30 seconds.

19F 09:02:XX

Have a slight pain in my back on left side.

28F 01:11:50

I have pain in the back of my neck on moving it. I felt it earlier too but thought it may have been from the way I slept. I also have a pain in the right Sternocleidomastoid muscle, near to where it attaches to the clavicle. The pain is worse for bending the neck down to the right.

14F 00:03:35

Woke up today at 7:00am with some lower back pain. My boyfriend worked on some of the trigger points in the area and it has been better.

24F 01:24:20

I felt A LOT of lower back pain. I got treatment from a chiropractor but it didn't help. Standing and walking makes it worse. I have also been stretching but with no alleviation.

24F 11:XX:XX

Warmth and Tingling:

Feeling a hot tingling sensation around the back of my neck, across skin.

07M 00:03:23

Feel a "hot feeling" in head and neck.

28F 00:12:10

Warmth and tingling, left triceps and shoulder area and back of left hand.

30F 00:00:00

Experience "heat feeling" in head and neck. Again, does not spread to other parts of body.

28F 01:11:50

Extremities

Weakness:

My legs feel shaky and I have a lame feeling in my body.

03F 00:05:30

My legs feel shaky and weak.

03F 01:XX:XX

Tired and weak, I have a lame feeling in my arms and legs. I slept all day because I couldn't lift up my arms/legs/head from the cushion.

03F 05:XX:XX

My muscles feel weak and floppy.

18F 11:XX:XX

Pain:

I had a pain in my foot as though I had sprained it or something – but I have been having it for days now. It is an aching pain inside my bones.

05F 15:XX:XX

The aching pain was at the back of my leg this morning just above the heel. It was painful when I moved my feet at the ankles.

05F 19:XX:XX

My feet were sore and swollen.

05F 20:XX:XX

My feet and legs are quite sore today. Sore feet, worse for hard pressure, better for resting feet and rubbing. Sensation as if legs are lead. Radiating pain in soles of feet.

06F 02:07:06

My legs are aching. The pain is a sensation as if standing on hot coals.

06F 09:XX:XX

Pain in legs is a constant ache. Skin over my knees feels hot and tight.

06F 10:XX:XX

Right hip is a bit sore.

10F 02:XX:XX

Muscles are sore and tired.

10F 04:XX:XX

Legs and arms are sore.

10F 05:XX:XX

Right shoulder a bit stiff.

10F 06:XX:XX

Right shoulder a bit tense.

10F 08:XX:XX

Electric pain in left arm. Shooting pain from fingers to elbows, better for pressure, worse for movement. The pain is excruciating in those few seconds, and disappears thereafter.

17M 04:XX:XX

Electric pain in extremities, felt throughout the day for a few seconds. Stiff hard feeling / rheumatoid pain in the hand.

17M 06:XX:XX

Electric pain in the hand, worse for movement, better for massage and pressure.

17M 08:XX:XX

Knee pain, worse for movement. Sore, bruised pricking pain on right knee. Better for lying down.

17M 16:XX:XX

Right knee aching when I was driving for 5 to 10 minutes.

19F 01:03:30

Lightning sharp pain lasting about 2 seconds shot up from my thigh along my inguinal canal twice whilst I was walking.

19F 07:10:XX

I got a dull ache whilst walking, lasting about 1 to 2 minutes on the right inguinal line. It feels like my femur is not properly in its joint socket.

19F 08:XX:XX

Got arbitrary burning in a spot on the lateral aspect of my thigh whilst driving. It only lasted about 15 seconds.

19F 12:XX:XX

Feet and ankles are throbbing.

20F 00:XX:XX

A pain in my elbow (tennis elbow). I seem to have hit my wrist as well (right hand).

20F 06:XX:XX

Pain – left sacroiliac area, stretching pain, better for sitting up straight.

30F 00:00:00

Pain – drawing, stretching. Both hips and anterior superior iliac spine. More on left. Desire to stand and stretch, better for walking. Returned on sitting down again.

30F 00:00:25

Lesion on foot burning, itching, pricking on getting into bed.

30F 12:XX:XX

Hyperaesthetic area about size of hand on anterior left thigh. Very sensitive to touch and painful (superficially on the skin) when walking.

30F 08:XX:XX

Restlessness:

Restless legs. Can't find comfortable position to sleep. Worse for lying still. Better for rubbing feet against each other, and better for movement.

06F 14:XX:XX

My legs have been very restless and aching. My feet and legs are better for a warm bath, and better for resting with legs up.

06F 15:XX:XX

Legs are very restless and tired.

06F 16:XX:XX

Itching:

Arms itching in small spots for short periods. Legs are itching - calves mainly, worse for scratching.

10F 00:04:00

Right lower leg itching like mad at 7pm.

10F 01:09:30

Tingling:

I am feeling a tingling sensation in my arms. It started in the left and now it is the right arm. It then moved to my legs. I also feel tired and drowsy. I can feel the tingling all over, like small pins pricking me. It is not sore just noticeable.

04M 01:XX:XX

I am feeling tingling again. It is all over my body but mainly in my arms and legs.

04M 02:XX:X

Other:

The skin over my knees is hot and tight. I have noticed that I have definite pitting over my ankles.

06F 15:XX:XX

On my left foot below the ankle and above the arch I have a spot about the size of a 50 cent piece that burns. The area is also slightly raised and it looks like I have spider veins that have burst over the area. Worse for pressure.

06F 15:XX:XX

Sleep

Unrefreshing Sleep:

I am exhausted this morning and I couldn't get up, too tired to do anything or go anywhere.

03F 07:XX:XX

I woke up very tired this morning even though I slept like a log last night.

11F 02:XX:XX

I slept very deeply and took some time to wake up but I was still sleepy after waking.

12M 02:XX:XX

I awoke still feeling tired.

03M 08:XX:XX

I woke feeling tired.

29F 01:XX:XX

Woke up feeling very tired.

05F 07:XX:XX

Woke up feeling very tired and angry.

05F 17:XX:XX

I know I am sleeping but very restless, and I wake up exhausted.

06F XX:XX

Had to wake up with the alarm this morning. Feels like I never even closed my eyes. I am absolutely drained of energy.

06F 03:00:00

Woke up tired this morning despite going to bed early.

18F 11:XX:XX

Had a restless night, kept waking up throughout night.

26F 02:XX:XX

Had a good sleep but woke up unrefreshed!

26F 04:XX:XX

Refreshing Sleep:

I woke up before 6am this morning feeling very good and refreshed with loads of energy.

11F 01:XX:XX

I slept well last night, I dreamt the whole night but can not remember my dreams.

11F 03:XX:XX

Had a good night's rest, which is rare on a hot night.

05F 00:XX:XX

Woke up early. Feel very energized.

06F 02:00:00

Good sleep, but woke at 5am for no reason.

10F 04:XX:XX

Slept like a rock.

10F 09:XX:XX

Interrupted Sleep:

I had a terrible nights sleep. I fell asleep early but then woke at about midnight and was awake forever. My mind was racing about work, boyfriend, research, money etc.

11F 04:XX:XX

I woke up again in the middle of the night after about 3 hours sleep, thank God I fell asleep quite quickly after that.

21F 02:XX:XX

I woke up in the middle of the night, 3 hours after falling asleep. The same thing happened last night.

21F 01:XX:XX

I woke up again in the middle of the night, 3 hours after falling asleep.

21F 04:XX:XX

One of my most prominent symptoms was waking after 3 hours sleep and then taking a while to fall asleep again. This happened four nights in a row.

21F XX:XX:XX

Had a restless night. Woke up at 11:30 pm and could only fall asleep at 2:30am.

26F 10:XX:XX

Waking At 3am/4am:

Woke up last night at 3am, struggled to fall asleep again.

30F 03:18:00

4am: woke up, lay awake for about an hour, tossed around.

Restless, fidgety, uncomfortable.

30F 01:19:00

Woke up early at about 4am.

30F 08:19:00

Sleepiness:

I am very tired and keep dosing off while reading.

13M 09:XX:XX

Good heavens I'm sleepy. I just fell asleep on the couch reading my book and I never normally sleep during the day. I don't really feel tired just very sleepy like it is difficult to stay awake.

14F 00:04:45

Physically I am very tired and I find myself dosing off whenever I sit down.

13M 03:XX:XX

Only woke up at 8.30am and I really battled to wake up. I'm super sleepy already.

14F 02:XX:XX

I am feeling very very tired now. Feeling more sleepy.

14F 02:XX:XX

I had to go in to work early for a function that we had tonight and I wasn't too bothered about it, but when the function started I suddenly got exceptionally tired and couldn't stop yawning.

14F 04:XX:XX

I took the first remedy at 7:30am and felt very energetic until 11am. Then I went to sleep because I was very tired. I woke at 12:45am to take the next dose and had energy till 5pm.

16M 00:XX:XX

I felt like yesterday. I took the remedy at about 8am then had lots of energy and then got very tired at 11am and slept. Then I took the remedy when I woke at 12am and felt increased energy but got very tired again at 4pm

16M 01:XX:XX

I felt tired after lunch and had a short sleep.

22M 02:XX:XX

Very tired after lunchtime but I had a 1 hour sleep and felt fine after that.

22M 04:XX:XX

I had no zest and wanted to fall asleep.

29F 00:XX:XX

I am still feeling tired.

29F 01:XX:XX

Feeling very tired and need to sleep now.

29F 03:XX:XX

Sleeplessness:

Damn, I just want to sleep.

21F 01:XX:XX

Just wish I could sleep.

21F 01:XX:XX

I couldn't sleep, though I was very tired.

05F 00:05:XX

Battled a little to fall asleep. Slept in fits.

10F 00:XX:XX

Dreams

Friends:

I dreamt I was having a picnic with two close friends and my girlfriend's friend [whom I have not met]. We were sitting on the grass eating liquorice rats. A snake tail touched my foot but I had no fear or shock.

My second dream involved me giving directions to my girlfriends parents. The directions were fluid and good.

09M 00:XX:XX

I dreamt of my school mates, which was really good. We were in English class and I was smoking.

11F 07:XX:XX

I dreamt of my friends again and of dancing.

11F 09:XX:XX

I dreamt last night, and realized that I haven't been dreaming for the length of the proving. A vivid dream of a close friend.

07M 24:XX:XX

Spiritual:

I had a very distinct and moving dream last night. I was with a party of miners and we were rerunning a sector in London. We discovered some ancient Christian texts which led me to a man who had some rags. These holy rags could not be burnt, I witnessed this with my own eyes and immediately I felt overwhelmed by a sense of salvation, as if all my spiritual enquiries were answered and all that remained for me was to subjugate myself to the will of the Lord. I woke up feeling like a 'saved' man. It was a powerful sensation which I have never felt before.

13M 10:XX:XX

Travel:

I had a nightmare last night. I was on an overseas trip and everything was going wrong.

22M 04:XX:XX

About traveling, roads, and places.

10F 05:XX:XX

Construction / Buildings:

I dreamt I was surrounded by some sort of construction.

29F 02:XX:XX

Dreamt about a broken down building with refugees living in it. I tried to find a pure source of water for them but instead I found a famous artist among them painting. She said it was the only place she found inspiration. It felt weird and ironic.

10F 01:XX:XX

Had a dream: I was walking around in a large building site, like a shopping / office complex block, sort of a third of the way built, with 3 girls who were friends in the dream. A lot of emphasis on the clothes we were wearing. I got wet, with clothes sticking to my body. Some men around peripherally, almost grabbing at us. I didn't mind this.

30F 01:XX:XX

Danger:

I was in a large swimming pool at what looked like a swimming lesson. My friend was swimming next to me round a large floating dock in the middle of a large pool. The instructor released her “pet” shark into the water telling us it was harmless and tame, but it swam up to my friend and started to maul her, throwing her around. I grabbed her arm and pulled her onto the dock.

06F 03:XX:XX

Had an amorous dream. I’m a predator waiting to pounce prey.

07M 00:XX:XX

Dreamt about swimming in a river, watching boys dive recklessly into it. I try to warn them about shallow rocks. One boy still dives and doesn’t come up. There is blood in the water but the others don’t seem to notice or care.

10F 02:XX:XX

Dreamt that robbers were attacking me, got held up. Woke up to find out that this same morning my best friend was physically attacked. Quite an intuitive dream.

17M 01:XX:XX

Dreamt that I was dead. I was burnt by a blazing fire. I was all alone in a field and a fire swallowed me up. I could see the blazing flames around me.

17M 12:XX:XX

Isolation:

Had an unusual dream last night about people at a party. I was part of the crowd but felt separated from them. It was as if they couldn't see me. I felt very comfortable with this situation and just stood back and watched everyone do their thing.

06F 07:XX:XX

Animals:

Had a dream that I had taken horses to a farm without permission. Our dogs had chased one and it jumped over a fence and landed wrong. It lay on the ground jerking. I saw that its leg was badly injured so I ran into the house to call my dad to help, but he refused. I got so angry with him, I started throwing objects at him and screaming hysterically. I phoned the SPCA to come and help me. I was crying in my sleep and woke up with a sore throat and puffy eyes.

06F 11:XX:XX

Snippets – being found out when doing something bad; traveling to strange places; also something about dogs.

10F 00:XX:XX

Had a dream that my dog kept on running out the back yard and attacking people, and he was so vicious, and no one could go near him. The cops and the SPCA wanted us to put him down but they couldn't so they sent this helicopter with the medication to put him off to sleep. The only person who could do it was my brother. I was so sad, I was crying in the dream when my brother

put my dog down.

26F 02:XX:XX

I had a very long and vivid dream about a leopard which had escaped into our garden, it kept trying to enter the house or climb up onto the roof. I spent hours throwing water at it again and again. Eventually it went to sleep and I awoke.

13M 02:XX:XX

Other:

Dreamt about some lecturer making a fool of himself. Felt stupid for his sake.

10F 03:XX:XX

Dreamt I was dying my hair at the tech clinic, and everybody was watching.

10F 08:XX:XX

Dreamt I was doing bicycle stunts.

10F 09:XX:XX

My dreams were very real but also fantasy. I was in the mountains, studying in a cottage and helping to protect my best friend from her abusive boyfriend. I felt a release when I woke.

29F 04:XX:XX

I had a short sleep and dreamt I was swimming in a cold river. I was not uncomfortable.

29F 06:XX:XX

I dreamt last night that I was counting stock in the health shop. I kept re-counting one product over and over – getting frustrated at the futility of it.

06F 03:XX:XX

Dreamt that I was naked and running in front of a class of students. Felt so exposed yet playful in the act. Danced naked in a rhythmical pattern. I laughed in the dream.

17M 14:XX:XX

I had two separate dreams last night. My boyfriend and I were making love and I woke up in the middle of both dreams – he wasn't there which made me feel lonely and disappointed.

19F 10:XX:XX

Had a weird dream, can't remember exactly! I know that there was something wrong with my heart in a part of the dream and my friend tried to fix it! Then the other part was there were ants inside my body and eating my flesh, and this hole in my back that oozed some weird stuff.

26F 08:XX:XX

I had vivid and intense dreams. I can only remember small snippets but on waking I felt as though I was still in the dream.

13M 08:XX:XX

While I was asleep it felt as if I was looking at lots of things.
07M 02:XX:XX

Fever

Got a fever around 12pm for the third day in a row.
05F 08:04:00

Mild fever around midday.
05F 09:04:00

Perspiration

My arms and chest feel clammy. Unusual for me! I'm sweaty on my face.
06F 00:01:29

Became aware that I stink. I feel hot and smelly (like a musty smell).
19F 21:XX:XX

Skin

Sensitivity to cold:

I am very sensitive to cold water. It makes me uneasy and I get goose flesh all over.

09M 03:XX:XX

I am still sensitive to cold and my skin shivers.

09M 07:XX:XX

Pain:

My skin started to pain over my entire body.

05F 07:XX:XX

Bruising:

Still getting careless bruises.

05F 14:XX:XX

I have noticed that I am bruising on my legs. I've found two bruises but I don't remember bumping myself. I don't bruise easily. Location: inside right knee, and on left calf. Tender to touch.

06F 02:XX:XX

Noticed another bruise on my left thigh. This is very new, and I don't usually bruise easily.

06F 04:XX:XX

Have just noticed that my left arm has a huge bruise on it. I don't recall bumping it and the bruise sight is not painful.

06F 05:XX:XX

I am bruising very easily.

15F 16:XX:XX

Eruptions:

Pimples on my chin. These usually come out before my period which they didn't this time. Small, whiteheads on underside of chin. No pain.

06F 01:13: 30

Noticed that for 3 days in a row I woke up with an itchy rash in a small area on my skin, mostly the legs and thighs.

05F 13:XX:XX

The rash that I usually get over Summer seems to be aggravated. It itches every now and then.

07M 04:02:XX

Noticed a red area in the sole of foot consisting of four blisters.
Two red, two pustular, covered by hard dry skin. Slightly itchy.
30F 10:XX:XX

Some pimples are appearing on my neck.
13M 01:XX:XX

I noticed one or two more pimples on my back.
13M 02:XX:XX

I have a number of pimples on my neck and back.
13M 03:XX:XX

The skin on my hands is peeling but they are not itchy or sore.
11F 08:XX:XX

Tingling and Prickling:

Feeling a hot tingling sensation around the back of my neck,
across skin.
07M 00:03:23

Skin seems to tingle when I drink cold water.
07M 01:00:35

Had pizza with chilli on it. The warmth of the chilli heated me up and my skin feels prickly.

07M 01:03:11

Skin feels tingly.

07M 04:02:XX

Itching:

Skin itching. Burning when scratching. Like a deep burn.

07M 04:08:XX

Skin is itching all over – back and stomach and arms.

07M 04:12:XX

Driving around with heat in the car aggravated the itch on my skin.

07M 06:XX:XX

I feel itchy on my leg where the blanket is touching, and my hair is tickling my shoulders. I need to scratch.

19F 06:15:XX

Lesion on foot burning, itching, pricking on getting into bed.

30F 12:XX:XX

Dryness:

I have noticed that in the last week my skin is very dry, forming large flakes on the scalp and face. Not itchy.

10F 09:XX:XX

Oiliness:

Skin and hair is oily.

18F 12:XX:XX

Generals

Exhaustion:

I have a lame feeling in my body.

03F 00:XX:XX

I feel exhausted and yawn every few minutes.

03F 02:XX:XX

Exhausted and weak.

03F 06:XX:XX

I am exhausted this morning and I couldn't get up, too tired to do anything or go anywhere.

03F 07:XX:XX

I felt exhausted for about 6 weeks after the proving.

03F XX:XX:XX

My energy levels felt low after taking the remedy for the first time.

09M 00:00:15

My energy levels are really low and I feel like I am getting a cold. I didn't have the energy to go to tai-chi. My muscles are feeling weak.

09M 04:XX:XX

I am feeling very tired now and sleepy.

13M 01:XX:XX

I felt very tired today and had no energy to do anything.

22M 08:XX:XX

I felt tired all day.

24F 07:XX:XX

Still feeling tired.

05F 03:XX:XX

Low energy levels.

05F 10:XX:XX

My energy levels are very low and I'm feeling kind of dizzy.

05F 11:XX:XX

After lunch I was feeling very tired.

05F 12:XX:XX

I'm battling to keep my eyes open – I feel drugged and not at all as energetic as I was this morning.

06F 02:12:00

Very tired – more so when driving. My eyes want to close all the time and I keep yawning. Better for wind on my face.

06F 02:07:51

Very tired. Can't keep my eyes open! Feel much better for warm bath. Can feel my muscles relaxing.

06F 03:11:34

Getting a good night's sleep but feeling very tired and lethargic.

18F 05:XX:XX

I am drained. Feel like staring into space and doing nothing.

19F 00:06:30

My whole body feels tired, heavy and exhausted. Feel like I could sit in a heap and do nothing the whole day.

19F 09:XX:XX

I feel lazy and tired, better for eating.

19F 10:05:XX

Feeling flat and exhausted the whole day.

19F 18:XX:XX

I felt tired.

20F 01:XX:XX

Energy levels are down.

20F 04:XX:XX

Absolutely drained – didn't achieve anything that I set out to do.

20F 09:XX:XX

I'm tired, don't want to sleep though.

26F 03:XX:XX

Got home, real tired, don't want to have a nap just in case I can't sleep tonight.

26F 04:XX:XX

Very tired after coming back from DUT today. Had no energy for exercise.

30F 09:XX:XX

Energy:

I have very good energy levels despite a late night.

13M 01:XX:XX

I feel very cheerful and energetic. I usually have to have 2 cups of coffee to feel this energetic. I did not eat in the afternoon however I still felt energetic. This is unusual.

22M 01:XX:XX

I continued to feel energetic in the morning.

22M 02:XX:XX

My energy levels are better but I still have "cold" symptoms.

09M 05:XX:XX

I had lots of energy today.

22M 09:XX:XX

I woke up feeling very energetic today.

24F 05:XX:XX

Was at work and was feeling very energetic.

05F 04:XX:XX

Increased energy.

10F 00:XX:XX

I had more energy than usual this morning.

19F 03:02:30

Heaviness:

My body feels very heavy, like I am stuck or walking through mud.

11F 02:XX:XX

Wake full of aches and pains. Body feels heavy.

07M 09:00:XX

Weakness:

I feel a little weak.

13M 00:01:20

Food and Drink:

I have been craving liquorice.

09M 03:XX:XX

Still craving liquorice.

09M 04:XX:XX

I am craving fruit. I ate 3 bananas and 2 guavas before going to clinic.

09M 06:XX:XX

I am craving sweet things and coffee.

11F 00:XX:XX

I am craving hot water.

11F 03:XX:XX

Craving sweet things again.

11F 04:XX:XX

I am quite thirsty today.

11F 07:XX:XX

My appetite is ravenous and I seem to be eating a lot of apples.

11F 09:XX:XX

Very thirsty. Overall I feel a little weak and very thirsty.

13M 00:02:40

My thirst is somewhat decreased overall. I keep on wanting to eat food, especially very salty things but as soon as I do, I feel full and a bit queasy.

14F 00:06:30

I keep forgetting to mention this bizarre desire to eat meat. I got it on and off throughout the proving. I will look at it and the smell and the sight of it is as unappealing as always but I feel like eating it anyway. I haven't done so though. Another thing has been an increased sensitivity to some smells on and off. I've noticed especially sensitivity and aversion to some food smells such as frying foods and meat cooking. It feels like the smell goes straight to my tummy and causes upset.

14F XX:XX:XX

I seem to be drinking more coffee than normal because I have and increased desire. It hasn't seemed to have any effect on the proving though.

14F 04:XX:XX

When I brushed my teeth I tasted liquorice. I have been craving liquorice today since then.

29F 03:XX:XX

Craving for sweet liquids – coke, watermelon, juice.

05F 02:XX:XX

I know coke and other fizzy drinks are bad for me but instead of reducing my intake of these I have developed a strong craving for them, especially in the morning before breakfast – I know it's bad!!

05F 11:XX:XX

Craving for sweet things – fruits and sweets.

05F 15:XX:XX

Noticed I feel increasingly thirsty today.

06F 00:03:00

Been craving chocolates, biscuits and sweets.

07M 04:XX:XX

Have a desire for sweet things.

07M 11:XX:XX

Craving sweets.

10F 03:XX:XX

Craving salt rather than sweet.

10F 05:XX:XX

Craving salt, and I'm also very thirsty.

10F 06:XX:XX

Craving sweets. Very thirsty for cold water.

10F 07:XX:XX

I was very hungry and I felt like eating cheese and greasy foods.

This is unusual for me.

14F 01:17:45

Craving sweets!

15F 17:XX:XX

Aversion to chilli.

17M 03:XX:XX

Desire to drink ice milk.

17M 11:XX:XX

Desire to drink cold milk with cardamom.

17M 15:XX:XX

Desire: ice cold water and iced milk.

17M 19:XX:XX

I wanted milk, so drank half a cup and went to bed.

19F 22:XX:XX

Felt very thirsty after taking the powders at lunch time and in the evening.

20F 00:XX:XX

Very thirsty.

20F 01:XX:XX

Still not drinking any water. No desire!

20F 03:XX:XX

Heat:

Have noticed that I have been having hot flushes since taking the remedy.

06F 00:01:29

Still feeling unusually hot. Almost feel like I'm heated internally, like my blood is hot.

06F 00:03:00

I feel really hot when drinking a hot drink.

07M 01:00:35

Feeling very hot.

10F 00:XX:XX

I feel warm inside.

10F 02:XX:XX

Woke up very hot.

10F 05:XX:XX

Hot and cold in stages.

10F 06:XX:XX

Body felt heated.

17M 10:XX:XX

Sides:

Noticed lots of left sided symptoms!

06F 05:XX:XX

Numbness:

My brain seems awake and alert but my body does not feel with it. Feel slightly numb.

07M 01:00:35

Pain and Stiffness:

Body feels a bit stiff.

07M 08:XX:XX

Full of aches. Better after a shower.

07M 12:XX:XX

Sensitivity to Cold:

I am very sensitive to cold water. It makes me uneasy and I get goose flesh all over. It felt like I was getting a cold but then I was fine a few hours later.

09M 03:XX:XX

I am still sensitive to cold and my skin shivers. My other "cold" symptoms seem to be getting better.

09M 07:XX:XX

Tingling:

I am feeling a tingling sensation in my arms. It started in the left and now it is the right arm. It then moved to my legs. I also feel tired and drowsy. I can feel the tingling all over, like small pins pricking me. It is not sore just noticeable.

04M 01:XX:XX

I am feeling tingling again. It is all over my body but mainly in my arms and legs.

04M 02:XX:XX

When urinating I get a tingling sensation through whole body.

07M 01:00:35

4.4 Rubrics

MIND

Mind, Absentminded. 3. S. 1.

Mind, Absentminded, conversing, when. 2. S. 1.

Mind, Absentminded, dreamy. 2. S. 1.

Mind, Absentminded, spoken to, when. 1. S. 1.

Mind, Absentminded, work, when at. 2. S. 1.

Mind, Absorbed. 1. S. 2.

Mind, Accident prone. 2. S. 3.

Mind, Activity, weakness, with physical. 2. S. 3.

Mind, Anger, morning, waking. 1. S. 10.

Mind, Anger, alternating with sadness. 2. S. 10.

Mind, Anger, easily. 2. S. 11.

Mind, Anxiety. 1. S. 16.

Mind, Anxiety. 2. S. 17.

Mind, Anxiety, children, about his. 1. S. 19.

Mind, Anxiety, conscience, anxiety of. 1. S. 20.

Mind, Anxiety, future about. 1. S. 22.

Mind, Anxiety, money matters, about. 2. S. 23.

Mind, Change, desire for. 2. S. 34.

Mind, Cheerful. 1. S. 34.

Mind, Company, aversion to. 2. S. 38.

Mind, Company, aversion to, desire for solitude. 3. S. 39.

Mind, Company, aversion to, bear anybody, cannot. 2. S. 39.

Mind, Concentration difficult, attention cannot fix. 1. S. 42.

Mind, Confusion, driving while. 1. S. 45.

Mind, Confusion, talking, while. 1. S. 47.

Mind, Confusion, vertigo with. 1. S. 47.

Mind, Consolation, amel. 2. S. 48.

Mind, Contemptuous, everything of. 2. S. 48.

Mind, Contemptuous, humankind, of. 2. S. 48.

Mind, Content, world, feeling content with the. 1. S. 49.

Mind, Cursing, rage in. 3. S. 51.

Mind, Delusions, clouds, head were confused by a. 1. S. 65.

Mind, Delusions, criticized, she is. 1. S. 66.

Mind, Delusions, hearing, illusions of. 2. S. 77.

Mind, Delusions, misunderstood, she is. 1. S. 83.

Mind, Delusions, lie, all she said is a. 2. S. 81.

Mind, Delusions, motion, slow motion, things happen in. 1. S. 83.

Mind, Delusions, expecting news, joyful news. 1. S. 84.

Mind, Delusions, hearing, noise. 2. S. 84.

Mind, Delusions: Strangers, friends appear as strangers. 1. S. 93.

Mind, Delusions, thieves, house in. 2. S. 95.

Mind, Delusions, visions has, real, visions are. 1. S. 98.

Mind, Delusions, voices, own voice, hears as if talking next to him. 1. S. 98. N.

Mind, Delusions, walking, behind him, someone walks. 1. S. 98.

Mind, Delusions, walking, beside him, someone walks. 1. S. 98.

Mind, Delusions, wrong, doing something wrong he is. 1. S. 100.

Mind, Delusions, young, she is again. 1. S. 100.

Mind, Detached, sensation of being. 1. S. 103.

Mind, Detached. 1. S. 103.

Mind, Discontented. 1. S. 105.

Mind, Efficient, organized. 1. S. 113.

Mind, Fastidious. 2. S. 120.

Mind, Fear, poverty of. 2. S. 133.

Mind, Fear, robbers of. 2. S. 134.

Mind, Fear, waking on. 1. S. 137.

Mind, Fire, thinks and talks of. 1. S. 138.

Mind, Forgetful. 1. S. 138.

Mind, Forsaken feeling. 1. S. 140.

Mind, Heedless. 2. S. 147.

Mind, Hysteria. 1. S. 151.

Mind, Impatience, others with. 1. S. 154.

Mind, Impatience, trifles about. 2. S. 154.

Mind, Inactivity. 2. S. 156.

Mind, Indifference, apathy. 1. S. 156.

Mind, Industrious, mania for work. 2. S. 159.

Mind, Intolerance. 1. S. 39.

Mind, Irresolution, acts in. 2. S. 164.

Mind, Irresolution, choosing things in. 1. S. 164.

Mind, Irritability. 3. S. 165.

Mind, Irritability, children towards. 1. S. 167.

Mind, Irritability, family, to her. 3. S. 168.

Mind, Irritability, heat during. 1. S. 168.

Mind, Irritability, himself with. 2. S. 168.

Mind, Irritability, husband towards. 1. S. 168.

Mind, Irritability, waking on. 2. S. 166.

Mind, Laziness, intellectual. 1. S. 177.

Mind, Menses, before; mental symptoms. 1. S. 186.

Mind, Mental exertion, aversion to. 2. S. 188.

Mind, Mistakes, speaking in, wrong words using. 1. S. 191.

Mind, Mood, changeable, sudden. 1. S. 194.

Mind, Morose. 2. S. 195.

Mind, Obstinate, headstrong, plans, in the execution of. 1. S. 199.

Mind, Positiveness. 1. S. 202.

Mind, Prostration, sleepiness with. 2. S. 204.

Mind, Prostration of mind. 1. S. 203.

Mind, Quarrelsome. 1. S. 204.

Mind, Rage, repentance, followed by. 1. S. 207.

Mind, Reproaching others, doctor the. 1. S. 210.

Mind, Responsibility, aversion to. 1. S. 211.

Mind, Restlessness. 2. S. 211.

Mind, Restlessness, busy. 2. S. 213.

Mind, Restlessness, waking on. 2. S. 216.

Mind, Sadness. 3. S. 217.

Mind, Sadness, heaviness, body, with heaviness of. 1. S. 221.

Mind, Sadness, weeping with. 1. S. 223.

Mind, Sensitive. 3. S. 225.

Mind, Senses, dull. 1. S. 225.

Mind, Sensitive, music to. 2. S. 226.

Mind, Sensitive, noise to. 1. S. 226.

Mind, Sensitive, loud noise to. 1. S. 227.

Mind, Sensitive, opinion of others, to the. 1. S. 227.

Mind, Serious, earnest. 1. S. 228.

Mind, Slowness. 1. S. 233.

Mind, Staring, thoughtless. 1. S. 237.

Mind, Taciturn. 1. S. 245.

Mind, Tranquility. 1. S. 255.

Mind, Tranquility, serenity, calm, alternating with sadness. 1. S.255.

Mind, Unreal, everything seems. 1. S. 259.

Mind, Weeping. 3. S. 263.

Mind, Weeping causeless. 2. S. 264

Mind, Weeping, everything about. 2. S. 265.

Mind, Weeping, involuntary. 2. S. 265.

Mind, Weeping, music from. 1. S. 266.

Mind, Weeping, sad thoughts at. 1. S. 266.

Mind, Weeping, sleep in. 1. S. 267.

Mind, Weeping, trifles at. 1. S. 267.

VERTIGO

Vertigo, Driving. 1. S. 275.

Vertigo, Fall, tendency to. 1. S. 275.

Vertigo, Heat, sensation of heat, with, head in. 1. S. 276.

Vertigo, Intoxicated, as if. 1. S. 277.

HEAD

Head, Congestion, forehead in. 1. S. 290.

Head, Pain, constriction. 1. S. 290.

Head, Constriction, band or hoop. 1. S. 290.

Head, Cotton wool, sensation of. 1. S. 292.

Head, Dandruff. 1. S. 293.

Head, Eruptions, desquamating 1. S. 295.

Head, Hair, cutting hair, desires. 2. S. 300

Head, Hair, greasy. 1. S. 301.

Head, Heat, flushes of. 2. S. 303.

Head, Heat, painful. 1. S. 304.

Head, Heaviness, holding head erect, on. 2. S. 307.

Head, Heaviness, lean on something, desire to. 2. S. 307.

Head, Itching of scalp. 1. S. 310.

Head, Noises in head, headache during. 2. S. 314.

Head, Pain, waking on. 1. S. 316.

Head, Pain, afternoon, 13h – 17h. 1. S. 317

Head, Pain, morning, waking on. 1. S. 317.

Head, Pain, noon. 1. S. 317.

Head, Pain, night, waking on. 1. S. 318.

Head, Pain, accompanied by neck, pain in. 2. S. 319.

Head, Pain, accompanied by, eye complaints. 1. S. 319.

Head, Pain, accompanied by vomiting. 2. S. 319.

Head, Pain, blinding. 1. S. 321.

Head, Pain, cold water/washing in cold water amel. 1. S. 323.

Head, Pain, heat, during the. 1. S. 325.

Head, Pain, lying amel. 1. S. 327.

Head, Pain, lying, sides on, right amel. 1. S. 328.

Head, Pain, motion, agg. 1. S. 329.

Head, Pain, periodical. 2. S. 330.

Head, Pain, resting head quietly on a cushion amel. 1. S. 332.

Head, Pain, sleep, waked from sleep by headache. 1. S. 333.

Head, Pain, forehead in. 2. S. 339.

Head, Pain, forehead, right. 1. S. 339.

Head, Pain, forehead, left side. 2. S. 340.

Head, Pain, forehead in, night. 1. S. 341.

Head, Pain, forehead in, intermittent. 1. S. 342.

Head, Pain, forehead, pressure. 1. S. 342.

Head, Pain, forehead, pulsating, eyes between. 2. S. 343.

Head, Pain, forehead, extending backward, whole head over. 1. S. 344.

Head, Pain, forehead, eyes, behind. 3. S. 347.

Head, Pain, forehead, eyes, behind, right. 1. S. 347.

Head, Pain, forehead, in, eyes, between. 1. S. 347.

Head, Pain, occiput. 1. S. 347.

Head, Pain, occiput, pressure amel. 1. S. 350.

Head, Pain, occiput, pressure agg. 1. S. 350.

Head, Pain, occiput, pulsating. 1. S. 350.

Head, Pain, occiput, extending to eyes. 2. S. 351.

Head, Pain, occiput, extending to left eye. 1. S. 351.

Head, Pain, occiput, extending to temple, right. 1. S. 351.

Head, Pain, scalp. 1. S. 352.

Head, Pain, sides, one side, behind the ears, left. 1. S. 352.

Head, Pain, sides, one side, behind the ears. 2. S. 352.

Head, Pain, sides, periodic. 1. S. 354.

Head, Pain, sides, pulsating. 1. S. 354.

Head, Pain, sides, small spot. 2. S. 354.

Head, Pain, sides, lying, amel. 1. S. 354.

Head, Pain, sides, extending forward. 1. S. 355.

Head, Pain, temple, left. 1. S. 355.

Head, Pain, temples, noise agg. 2. S. 356.

Head, Pain, temples, pulsating. 1. S. 357.

Head, Pain, vertex. 2. S. 358.

Head, Pain, vertex, extending to eyes. 1. S. 360.

Head, Pain, aching. 1. S. 360.

Head, Pain, burning, left. 1. S. 363.

Head, Pain, bursting, daytime. 1. S. 365.

Head, Pain, bursting, evening. 1. S. 365.

Head, Pain, cutting, sides. 1. S. 368.

Head, Pain, dull. 1. S. 372.

Head, Pain, dull, forehead, eyes behind. 2. S. 373.

Head, Pain, dull, forehead. 2. S. 373.

Head, Pain, dull, sides, right. 2. S. 373.

Head, Pain, dull, occiput. 2. S. 374.

Head, Pain, dull, sides, left. 1. S. 374.

Head, Pain, dull, sides. 2. S. 374.

Head, Pain, dull, temples, right. 1. S. 374.

Head, Pain, pressing, band as from a. 1. S. 378.

Head, Pain, pressing, vertex extending to forehead. 1. S. 390.

Head, Pain, pressing, vertex, motion, amel. 1. S. 390.

Head, Pain, pressing, vertex, weight as from a. 1. S. 390.

Head, Pain, pulsating. 1. S. 390.

Head, Pain, pulsating. 2. S. 390.

Head, Pain, sharp, right. 1. S. 391.

Head, Pain, sharp, vertex. 2. S. 391.

Head, Pain, sharp. 3. S. 391.

Head, Pain, sore, forehead, eyes, above. 1. S. 394.

Head, Pain, sore, scalp. 1. S. 395.

EYE

Eye, Dryness. 3. S. 430.

Eye, heaviness, eyebrows. 1. S. 435.

Eye, Irritation. 2. S. 439.

Eye, Itching. 3. S. 439.

Eye, Itching, rubbing agg. 1. S. 440.

Eye, Lachrymation, nose, itching from. 1. S. 442.

Eyes, Opening, difficult; keep the eyes open; hard to. 1. S. 443.

Eye, Pain, air cold, agg. 1. S. 445.

Eye, Pain, aching, left. 1. S. 449.

Eye, Pain, burning. 2. S. 449.

.Eye, Pain, burning, afternoon. 1. S. 450.

Eye, Pain, dull, eyeballs. 1. S. 453.

Eye, Pain, pressing, pressure etc. 1. S. 453.

Eye, Pain, pressing, pressure, etc, left. 1. S. 453.

Eye, Pain, pressing, between. 1. S. 455.

Eye, Pain, sore, eyeball. 2. S. 456.

Eye, Pain, sore, right. 1. S. 456.

Eye, Pain, stinging. 1. S. 456.

Eye, Photophobia, light, bright. 1. S. 460.

Eye, Sensitive, heat. 1. S. 463.

Eye, Tired sensation. 3. S. 467.

VISION

Vision, Blurred. 1. S. 471.

Vision, Illusions. 2. S. 481.

EARS

Ear, Eruptions, desquamating. 1. S. 492.

Ear, Itching, Eustachian tube. 2. S. 496.

Ear, Pain, mastoid. 1. S. 519.

Ear, Pain, stitching, right, antitragus, on touch. 1. S. 519.

Ear, Stopped sensation, left. 1. S. 522.

Ear, Stopped sensation. 2. S. 522.

NOSE

Nose, Catarrh, post nasal. 3. S. 532.

Nose, Congestion, nose to. 2. S. 533.

Nose, Desquamation. 1. S. 537.

Nose, Discharge. 3. S. 537.

Nose, Discharge, air, open in. 1. S. 537.

Nose, Discharge, bland. 1. S. 537.

Nose, Discharge, blood-streaked. 1. S. 537.

Nose, Discharge, clear. 2. S. 538.

Nose, Discharge, viscid, tough. 1. S. 541.

Nose, Discharge, watery, right. 1. S. 541.

Nose, Discharge, posterior nares. 3. S. 542.

Nose, Heat in, breath seems hot. 1. S. 549.

Nose, Itching. 1. S. 549.

Nose, Itching. 3. S. 549.

Nose, Itching, root. 1. S. 550.

Nose, Numbness. 1. S. 551.

Nose, Obstruction, morning, waking on. 1. S. 551.

Nose, Obstruction, morning. 1. S. 551.

Nose, Obstruction, accompanied by discharge. 2. S. 552.

Nose, Pain, burning, right. 1. S. 556.

Nose, Pain, burning, smarting. 1. S. 556.

Nose, Sinuses, complaints of. 2. S. 561.

Nose, Smell, acute. 1. S. 561.

Nose, smell, acute, meat. 2. S 561

Nose, Sneezing. 3. S. 562.

Nose, Sneezing, afternoon. 1. S. 563.

Nose, Sneezing, cold air, in. 2. S. 563.

Nose, Sneezing, constant. 1. S. 563.

Nose, Sneezing, dry nose, with. 1. S. 563.

Nose, Sneezing, ineffectual efforts. 1. S. 563.

Nose, Sneezing, itching with. 1. S. 563.

Nose, Sneezing, odors from. 1. S. 563.

FACE

Face, Dryness. 1. S. 579.

Face, Dryness, lips. 1. S. 579.

Face, Eruptions. 3. S. 580.

Face, Eruptions, desquamating. 1. S. 583.

Face, Eruptions, pimples, chin. 1. S. 585.

Face, Eruptions, pimples, white. 1. S. 585.

Face, Eruptions, papular, cheeks. 1. S. 585.

Face, Eruptions, papular, painful. 1. S. 585.

Face, Greasy. 1. S. 593.

Face, Heavy feeling, jaws/articulation. 1. S. 596.

Face, Itching, eyebrows. 1. S. 598.

Face, Pain, jaw, joints. 1. S. 604.

Face, Pain, nerves, trigeminal neuralgia, left. 1. S. 604.

Face, Perspiration. 1. S. 613.

Face, Tingling. 3. S. 619.

Face, Tingling, cheeks. 1. S. 619.

Face, Tingling, left. 1. S. 619.

Face, Tingling, lips. 2. S. 619.

Face, Tingling, lips, upper. 1. S. 620.

MOUTH

Mouth, Abscess, gums of. 1. S. 623.

Mouth, Bleeding, gums, cleaning them, when. 1. S. 625.

Mouth, Cracked, tongue fissured. 1. S. 627.

Mouth, Cracked, tongue, tip. 1. S. 627.

Mouth, Discolouration, brown. 1. S. 628.

Mouth, Dryness. 2. S. 637.

Mouth, Dryness, lips. 1. S. 639.

Mouth, Eruptions, pimples, tongue, tip. 1. S. 640.

Mouth, Eruptions, vesicles, palate. 2. S. 641.

Mouth, Lacerated tongue. 1. S. 644.

Mouth, Mucous membrane, excoriation. 2. S. 645.

Mouth, Mucous. 1. S. 645.

Mouth, Pain, tongue, warmth amel. 1. S. 649.

Mouth, Pain, burning, tongue, tip. 1. S. 651.

Mouth, Pain, stinging. 1. S. 654.

Mouth, Taste, metallic. 1. S. 670.

Mouth, Tingling, tongue in. 1. S. 674. N.

Mouth, Ulcers, cheeks, inside. 3. S. 676.

Mouth, Ulcers, gums. 1. S. 676.

Mouth, Ulcers, painful. 2. S. 675.

TEETH

Teeth, Pain, eating, during. 1. S. 685.

Teeth, Aching. 1. S. 690

Teeth, Pain, dentition, as from. 1. S. 690.

Teeth, Pain, wisdom teeth. 1. S. 690.

THROAT

Throat, Choking. 1. S. 699.

Throat, Choking, coughing on. 1. S. 700.

Throat, Choking, night. 1. S. 700.

Throat, Constriction, sensation of. 3. S. 701.

Throat, Constriction, swallowing difficult. 2. S. 701.

Throat, Constriction, sides, left. 1. S. 701.

Throat, Discolouration, redness, tonsils. 1. S. 702.

Throat, Discolouration, redness, uvula. 2. S. 702.

Throat, Dryness. 3. S. 702.

Throat, Dryness, left. 1. S. 703.

Throat, Dryness, painful. 3. S. 704.

Throat, Dryness, waking on. 1. S. 704.

Throat, Foreign body, sensation of a. 3. S. 704.

Throat, Foreign body, sensation of a, apple core. 1. S. 705.

Throat, Hawk, disposition to. 2. S. 705.

Throat, Hawking, ineffectual. 2. S. 706.

Throat, Heat. 1. S. 706.

Throat, Inflammation, tonsils, painless. 1. S. 708.

Throat, Inflammation, tonsils. 2. S. 708.

Throat, Irritation. 1. S. 708.

Throat, Itching. 2. S. 708.

Throat, Lump, sensation of a. 3. S. 708.

Throat, Lump, sensation of a, sadness during. 1. S. 709.

Throat, Mucous, morning. 2. S. 710.

Throat, Mucous. 2. S. 710.

Throat, Mucous, eating after. 1. S. 711.

Throat, Mucous, false membrane, like. 1. S. 711.

Throat, Mucous, swallow, must be swallowed. 1. S. 711.

Throat, Narrow, sensation. 2. S. 712.

Throat, Numbness. 1. S. 712.

Throat, Obstruction. 3. S. 712.

Throat, Pain, morning, waking on. 2. S. 712.

Throat, Pain, right, extending to left. 1. S. 712.

Throat, Pain, accompanied by dryness. 1. S. 713.

Throat, Pain, drinks cold, amel. 1. S. 713.

Throat, Pain, swallowing, empty on. 2. S. 714.

Throat, Pain, burning, swallowing, must swallow. 1. S. 716.

Throat, Pain, rawness, swallowing when. 1. S. 718.

Throat, Pain, rawness. 2. S. 718.

Throat, Pain, scratching, swallowing on. 1. S. 718.

Throat, Pain, scratching. 2. S. 718.

Throat, Pain, sore. 3. S. 718.

Throat, Pain, sore, afternoon. 1. S. 719.

Throat, Pain, sore, air amel. 1. S. 719.

Throat, Pain, sore, waking, on. 1. S. 720.

Throat, Pain, sore, yawning when. 1. S. 720.

Throat, Tickling. 2. S. 727.

EXTERNAL THROAT

External throat, Enlarged, sensation as if. 1. S. 729.

External throat, Pain, cervical glands. 1. S. 731.

External throat, Pain, drawing sides, right. 1. S. 731.

External throat, Pain, motion on. 1. S. 731.

External throat, Pain, sternocleidomastoid muscle. 1. S. 731.

External throat, Pain, pinching, turning head to right, when. 1. S. 732. N.

External throat, Pain, pinching. 1. S. 732.

External throat, Pain, soreness. 2. S. 732.

External throat, Stiffness of sides. 1. S. 733.

External throat, Stiffness. 2. S. 733.

External throat, Tingling. 1. S. 734.

STOMACH

Stomach, Appetite, constant. 2. S. 737.

Stomach, Appetite, easy satiety. 3. S. 738.

Stomach, Appetite, increased, morning. 2. S 738

Stomach, Appetite, eating, even after. 2. S. 738.

Stomach, Appetite, increased. 3. S. 738.

Stomach, Appetite, insatiable. 2. S. 740.

Stomach, Appetite, ravenous. 3. S. 740.

Stomach, Bubbling. 1. S. 743.

Stomach, Distension, eating, small quantities, after eating. 1. S. 746.

Stomach, Distension. 2. S. 746.

Stomach, Emptiness, eating after. 2. S. 748.

Stomach, Emptiness, nausea during. 2. S. 748.

Stomach, Fullness. 3. S. 758.

Stomach, Fullness, eating after. 1. S. 758.

Stomach, Fullness, morning. 1. S. 758.

Stomach: fullness, sensation of, eating ever so little, after. 3. S. 758.

Stomach, Fullness, sensation of. 2. S. 758.

Stomach. Fullness, sensation of: eating, after. 2. S. 758.

Stomach, Heartburn. 2. S. 759.

Stomach, Nausea. 3. S. 766.

Stomach, Nausea, drinking water, after drinking. 1. S. 770.

Stomach, Nausea, eating, after. 2. S. 770.

Stomach, Nausea, fats, after eating. 1. S. 771.

Stomach, Nausea, food, smell of: meat. 1. S. 771.

Stomach, Nausea, hunger, with. 2. S. 771.

Stomach, Nausea, eating after. 1. S. 779.

Stomach, Pain, fruit, after. 1. S. 779.

Stomach, Pain, heartburn, eating after. 1. S. 782.

Stomach, Pain, epigastrium. 1. S. 782.

Stomach, Pain, burning. 1. S. 782.

Stomach, Pain, cramping, eating after. 1. S. 785.

Stomach, Pain, cramping, epigastrium. 2. S. 785.

Stomach, Thirst, morning. 1. S. 796.

Stomach, Thirstless. 1. S. 799.

Stomach, Uneasiness. 2. S. 800.

Stomach, Vomiting, drinking, after. 1. S. 803.

Stomach, Nausea, vomiting amel. 1. S. 803.

Stomach, Vomiting, nausea with. 1. S. 804.

Stomach, Vomiting, stool before. 1. S. 805.

ABDOMEN

Abdomen, Distension. 2. S. 818.

Abdomen, Emptiness. 1. S. 820.

Abdomen, Fullness, sensation of. 1. S. 824.

Abdomen, Pain, breathing deep agg. 1. S. 834.

Abdomen, Pain, extending to bladder. 1. S. 840.

Abdomen, Pain, hypogastrium, menses, during. 2. S. 844.

Abdomen, Pain, sides, exertion. 1. S. 848.

Abdomen, Pain, sides, left, breathing on. 1. S. 848.

Abdomen, Pain, sides, left, eating after. 1. S. 848.

Abdomen, Pain, sides, left. 3. S. 848.

Abdomen, Pain, umbilicus, region of, menses, appear as if would.
1. S. 850.

Abdomen, Pain, cramping, griping. 2. S. 853.

Abdomen, Pain, cramping, griping, morning. 1. S. 854.

Abdomen, Pain, cramping, morning. 1. S. 854.

Abdomen, Pain, cramping, hypogastrium. 2. S. 858.

Abdomen, Pain, cramping, sides, left. 2. S. 859.

Abdomen, Pain, cramping, sides, stool during. 1. S. 859.

Abdomen, Pain, sore, pressure agg. 1. S. 873.

Abdomen, Pain, sore, sides, left. 1. S. 875.

Abdomen, Swelling, sides, left. 3. S. 889.

RECTUM

Rectum, Constipation. 3. S. 894.

Rectum, Constipation, ineffectual urging and straining. 1. S. 895.

Rectum, Diarrhea. 3. S. 897.

Rectum, Diarrhea, afternoon, 17 – 18. 1. S. 898.

Rectum, Diarrhea, morning 8h. 1. S. 898.

Rectum, Diarrhea, painless. 2. S. 904.

Rectum, Diarrhea, sudden. 1. S. 905.

Rectum, Flatus. 2. S. 907.

STOOL

Stool, Frequent. 1. S. 934.

Stool, Hard. 1. S. 934.

Stool, Watery, yellow. 1. S. 941.

BLADDER

Bladder, Fullness, sensation of. 1. S. 943.

Bladder, Inflammation, urine burning. 1. S. 944.

Bladder, Inflammation. 1. S. 944.

Bladder, Burning, urination during. 1. S. 946.

KIDNEYS

Kidneys, Pain, motion agg. 1. S. 964.

Kidneys, Pain, right. 1. S. 964.

Kidneys, Pain, aching. 1. S. 965.

Kidneys, Pain, pressure agg. 1. S. 965.

URINE

Urine, Colour, yellow. 1. S. 987.

Urine, Copious. 2. S. 987.

FEMALE

Female, Leucorrhoea, brown. 1. S. 1037.

Female, Menses, copious. 1. S. 1045.

Female. Menses, dark. 1. S. 1047.

Female, Menses, early too, two weeks. 1. S. 1047.

Female, Menses, early too. 3. S. 1047.

Female, Menses, intermittent, two or three days for. 1. S. 1048.

Female, Menses, scanty. 1. S. 1052.

Female, Menses, short too, two days. 1. S. 1053.

Female, Pain, ovaries, bending double, amel. 1. S. 1059.

Female, Pain, ovaries, left. 2. S. 1059.

Female, Pain, uterus, menses, during. 2. S. 1062.

Female, Pain, uterus, touch. 1. S. 1062.

Female, Pain, cramping, menses, before. 1. S. 1066.

Female, Pain, cramping, uterus. 1. S. 1066.

Female, Pain, stitching, ovaries, left. 1. S. 1071.

Female, Sexual desire, increased. 1. S. 1074.

Female, Sexual, desire, diminished. 1. S. 1074.

EXPECTORATION

Expectoration, Bloody, streaked. 1. S. 1151.

Expectoration, Thick. 1. S. 1156.

Expectoration, Transparent. 1. S. 1156.

Expectoration, Yellow. 1. S. 1157.

COUGH

Cough, Morning. 1. S. 1115.

Cough, Noon. 1. S. 1116.

Cough, Cold, drinks. 1. S. 1121.

Cough, Dry. 1 S. 1123.

Cough, Night. 1. S. 1124.

Cough, Dryness, throat, in. 1. S. 1126.

Cough, Hacking. 1. S. 1128.

Cough, Loose. 3. S. 1132.

Cough, Lying, agg. 1. S. 1133.

Cough, Standing, amel. 1. S. 1141.

RESPIRATION

Respiration, Difficult, ascending. 1. S. 1102.

Respiration, Difficult, palpitation during. 1. S. 1105.

Respiration, Wheezing. 1. S. 1113.

CHEST

Chest, Oppression .3. S. 1179.

Chest, Oppression, hawking, amel. 2. S. 1180. N.

Chest, Oppression, wheezing, with. 1. S. 1181.

Chest, Pain, mammae, left. 2. S. 1189.

Chest, Pain, mammae, nipples, right. 1. S. 1189.

Chest, Pain, mammae, nipples, touch, agg. 1. S. 1189.

Chest, Pain, mammae, wandering. 1. S. 1189.

Chest, Pain, middle, motion. 1. S. 1190.

Chest, Pain, sides, left, motion, arm of. 1. S. 1191.

Chest, Pain sides, left, motion. 2. S. 1191.

Chest, Pain, aching. 2. S. 1193.

Chest, Pain, aching, sternum. 2. S. 1194.

Chest, Palpitation. 2. S. 1218.

Chest, Perspiration. 1. S. 1223.

Chest, Swelling, mammae. 1. S. 1227.

BACK

Back, Eruptions, pimples. 1. S. 1235.

Back, Eruptions, pimples, cervical. 1. S. 1235.

Back, Heat, cervical region. 2. S. 1237.

Back, Heat, cervical region, accompanied, tingling by. 2. S. 1238.

N.

Back, Heat, cervical region. 2. S. 1238.

Back, Itching, scratching, amel. 1. S. 1239.

Back, Itching, dorsal region, scapulae, between. 1. S. 1240.

Back, Pain, cervical region, left. 3. S. 1247.

Back, Pain, cervical region, breathing deeply. 1. S. 1247.

Back, Pain, cervical region, motion, head. 2. S. 1248.

Back, Pain, cervical region, warmth, amel. 1. S. 1248.

Back, Pain, dorsal region, scapulae, left. 1. S. 1250.

Back, Pain, lumbar region. 3. S. 1253.

Back Pain, lumbar region, standing. 1. S. 1255.

Back, Pain, lumbar region, walking, while. 1. S. 1256.

Back, Pain, sacroiliac. 1. S. 1259.

Back, Spasmodic drawing, cervical region. 2. S. 1292.

Back, Stiffness, cervical region. 3. S. 1293.

Back, Tension, cervical region, extending to, shoulder. 3. S. 1295.

EXTREMITIES

Extremities, Constriction, knee. 1. S. 1313.

Extremities, Discoloration, foot, sole of; redness. 1. S. 1330.

Extremities, Electrical current, sensation of an, arms. 2. S. 1332.

Extremities, Eruptions. 3. S. 1332.

Extremities, Eruptions, hand, desquamating. 1. S. 1338.

Extremities, Eruptions, lower limbs, rash, itching. 1. S. 1342.

Extremities, Eruptions, lower limbs, rash. 1. S. 1342.

Extremities, Eruptions, thigh, rash. 1. S. 1344.

Extremities, Eruption, foot, sole of. 1. S. 1347.

Extremities, Eruption, foot, burning. 1. S. 1346

Extremities, Eruption, foot, itching. 1. S. 1346.

Extremities, Eruptions, foot, sole of: blisters. 1. S. 1347.

Extremities, Heat. 3. S. 1353.

Extremities, Heat, hand, left. 1. S. 1353.

Extremities, Heat, shoulder. 2. S. 1353.

Extremities, Heat, upper limbs, prickly. 2. S. 1353.

Extremities, Heat, knee. 1. S. 1354.

Extremities, Heaviness, lower limbs. 2. S. 1359.

Extremities, Itching. 3. S. 1363.

Extremities, Itching, upper limbs, scratching, agg. 1. S. 1364.

Extremities, Itching, upper limbs, spots. 1. S. 1365.

Extremities, Itching, lower limbs, scratching, agg. 1. S. 1368.

Extremities, Lameness, upper limbs. 2. S. 1374.

Extremities, Lameness, lower limbs. 3. S. 1375.

Extremities, Lead, sensation as if, leg 1. S. 1375. N.

Extremities, Pain, rheumatic, stiffness, with. 1. S. 1390.

Extremities, Pain, wandering. 3. S. 1390.

Extremities, Pain, shoulder, right. 1. S. 1396.

Extremities, Pain, shoulder, rheumatic. 2. S. 1398.

Extremities, Pain, forearm, electric shocks, like. 2. S. 1401.

Extremities, Pain, hand. 3. S. 1403.

Extremities, Pain, hand, motion, on. 1. S. 1403.

Extremities, Pain, hand, pressure, amel. 1. S. 1403.

Extremities, Pain, hand, rheumatic. 1. S. 1403.

Extremities, Pain, fingers, extending to, elbow. 1. S. 1404.

Extremities, Pain, lower limbs, pressure, agg. 1. S. 1406.

Extremities, Pain, hip, right. 1. S. 1411.

Extremities, Pain, thigh, extending, upwards. 2. S. 1414.

Extremities, Pain, knee. 3. S. 1415.

Extremities, Pain, knee, right, motion agg. 1. S. 1415.

Extremities, Pain, knee, right. 1. S. 1415.

Extremities, Pain, knee, lying amel. 1. S. 1416.

Extremities, Pain, leg, warmth, amel. 1. S. 1418.

Extremities, Pain, leg, elevation of feet, agg. 1. S. 1418. N.

Extremities, Pain, foot. 3. S. 1420.

Extremities, Pain, foot, bathing, warm, amel. 1. S. 1421.

Extremities, Pain, foot, pressure agg. 1. S. 1421. N.

Extremities, Pain, foot, rubbing, amel. 1. S. 1421. N.

Extremities, Pain, foot, sole. 1. S. 1422. N.

Extremities, Pain, aching. 2. S. 1424.

Extremities, Pain, aching, foot, back of. 1. S. 1428.

Extremities, Pain, burning, thigh, outer. 1. S. 1435.

Extremities, Pain, drawing, hip, sitting, while. 1. S. 1447.

Extremities, Pain, drawing, hip, standing, while, amel. 1. S. 1447.

Extremities, Pain, shooting, upper limbs. 2. S. 1462.

Extremities, Pain, shooting, thigh, extending to, inguinal canal.1. S. 1464. N.

Extremities, Pain, shooting, thigh, walking on. 1. S. 1464. N.

Extremities, Pain, sprained as if, foot. 1. S. 1475.

Extremities, Perspiration, upper limbs. 1. S. 1513.
Extremities, Restlessness, motion, amel. 1. S. 1518.
Extremities, Restlessness, leg, night; bed in. 1. S. 1519.

Extremities, Sensitive, thigh. 1. S. 1520.
Extremities, Shocks, upper limbs. 2. S. 1521.
Extremities, Swelling, foot, painful. 1. S. 1532.
Extremities, Tension, shoulder, right. 1. S. 1534.

Extremities, Tingling. 3. S. 1538.
Extremities, Tingling, upper limbs. 3. S. 1538.
Extremities, Tingling, lower limbs. 3. S. 1539.

Extremities, Weakness, leg. 3. S. 1560.

SLEEP

Sleep, Deep, unrefreshing. 2. S. 1565.
Sleep, Dozing, sitting. 2. S. 1567.
Sleep, Refreshing. 2. S. 1574.
Sleep, Restless. 2. S. 1574.

Sleep, Sleepiness. 3. S. 1577.
Sleep, Sleepiness, morning. 3. S. 1577.
Sleep, Sleepiness, afternoon, eating after. 2. S. 1579.
Sleep, Sleepiness, overpowering. 2. S. 1582.
Sleep, Sleepiness, reading. 2. S. 1583.
Sleep, Sleepiness, sitting. 2. S. 1583.
Sleep, Sleepiness, waking on. 3. S. 1584.

Sleep, Sleeplessness. 3. S. 1584.

Sleep, Sleeplessness, midnight, thoughts; from activity of. 2. S. 1586.

Sleep, Sleeplessness, accompanied sleepiness, daytime. 2. S. 1588.

Sleep, Sleeplessness, alternating with, sleepiness. 1. S. 1588.

Sleep, Unrefreshing, morning. 4. S. 1595.

Sleep, Waking, fright, as from. 1. S. 1596.

Sleep, Waking, night, midnight, after, 4h. 2. S. 1596.

Sleep, Waking, night, midnight, after. 3. S. 1596.

Sleep, Waking, difficult, morning. 2. S. 1597.

Sleep, Waking, midnight, after 5h. 1. S. 1597.

Sleep, Waking, frequent. 3. S. 1598.

Sleep, Yawning, frequent. 2. S. 1603.

Sleep, Yawning, sleepiness, during. 2. S. 1604.

DREAMS

Dreams, Amorous. 1. S. 1607.

Dreams, Animals. 3. S. 1608.

Dreams, Animals, injured. 2. S. 1609.

Dreams, Animals, wild. 1. S. 1609.

Dreams, Anger. 1. S. 1609.

Dreams, Ants, crawling inside her body 1. S 1609. N.

Dreams, Ants, eating her flesh. 1. S 1609. N.

Dream, Bicycle; riding a. 1. S. 1610.

Dreams, Blood. 1. S. 1611.
Dreams, Buildings, neglected. 1. S. 1612.
Dreams, Buildings. 2. S. 1612.

Dreams, Caught; of being. 1. S. 1613.
Dreams, Coition. 1. S. 1614.
Dreams, Dancing. 1. S. 1616.

Dreams, Danger. 3. S. 1616.

Dreams, Impending danger. 1. S. 1616.

Dreams. Dead. 2. S. 1616.

Dreams, Difficulties, journeys on. 1. S. 1617.
Dreams, Dogs. 1. S. 1619.
Dreams, Drowning. 1. S. 1619.
Dreams, Embarrassment. 1. S. 1620.
Dreams, Fire. 1. S. 1622.

Dream, Friends. 3. S. 1623.

Dreams, Friends, old. 1. S. 1623.
Dreams, Helping, friends: his. 1. S. 1625.

Dreams, Horse, theft of a. 1. S. 1626.
Dreams, Horse. wounded. 1. S. 1626.

Dreams, Invisible, she is. 1. S. 1627.
Dreams, Journeys. 1. S. 1627.
Dreams, Killing, dog, a mad. 1. S. 1628.
Dreams, Laughing. 1. S. 1628.
Dreams, Nakedness. 1. S. 1630.
Dreams, Nightmares. 2. S. 1631.
Dreams, People, parties. 1. S. 1632.
Dreams, Picnics. 1. S. 1632.
Dreams Religious. 1. S. 1634.

Dreams, Robbers. 1. S. 1635.

Dreams, Smoking. 1. S. 1637.

Dreams, Snakes, fear: without. 1. S. 1637.

Dreams, Snakes. 1. S. 1637.

Dreams, Swimming. 2. S. 1638.

Dreams, Unpleasant. 2. S. 1640.

Dreams, Unremembered. 1 S. 1640.

Dreams, Vivid. 1. S. 1641.

Dreams, Watched; being. 1. S. 1642.

Dreams, Water, swimming in. 2. S. 1642.

Dreams, Work. 1. S. 1643.

FEVER

Fever, noon. 1. S 1661.

PERSPIRATION

Perspiration, clammy. 1. S. 1679.

Perspiration, odor, musty. 1. S. 1683.

SKIN

Skin, Eruptions, desquamating. 1. S. 1698.

Skin, Eruptions pimples. 1. S. 1703.

Skin, Eruptions, rash, itching. 1. S. 1706.

Skin, Itchiness, scratching, amel. 2. S. 1717.

Skin, Prickling, cold drinks, from. 1. S. 1720.

Skin, Prickling, pins, as if from. 2. S. 1720. N.

Skin, Prickling. 3. S. 1720

Skin, Sensitiveness, cold, to. 2. S. 1720.

Skin, Sensitiveness, cold, water. 2. S. 1720.

GENERALS

Generals, Energy, excess of energy. 3. S. 1773.

Generals, Energy, excess of, morning. 2. S. 1773.

Generals, Energy, excess of; waking on. 2. S. 1773.

Generals, Food and drinks, apples, desire. 2. S. 1781

Generals, Food and drinks, biscuits, desire. 1. S. 1782

Generals, Food and drinks, carbonated drinks, desire. 1. S. 1784.

Generals, Food and drink, cheese desire. 1. S. 1784.

Generals, Food and drinks, chocolate, desire. 2. S. 1784.

Generals, Food and drink, coffee, desire. 3. S. 1785.

Generals, Food and drink, cold drink, desire. 2. S. 1785.

Generals, Food and drinks, fruit, desire. 2. S. 1790.

Generals, Food and drinks, licorice, desire. 2. S. 1791.

Generals, Food and drinks, meat, agg, smell of cooking. 2. S. 1792.

Generals, Food and drinks, meat, aversion, smell of. 2. S. 1792.

Generals, Food and drinks, meat, desire. 3. S. 1793.

Generals, Food and drinks, meat, desire; without being able to eat it. 3. S. 1793.

Generals, Food and drinks, milk, desire. 2. S. 1793.

Generals, Food and drinks, milk, desire, cold; ice. 2. S. 1794.

Generals, Food and drinks, rich food, desire. 2. S. 1796.

Generals, Food and drinks, salt, agg. 2. S. 1796.

Generals, Food and drinks, salt, desire. 2. S. 1796.

Generals, Food and drinks, sweets, desire. 2. S. 1799.

Generals, Food and drink, warm drinks, desire. 1. S. 1800.

Generals, Heat, flushes of, alternating with; coldness. 1. S. 1804.

Generals, Heat, flushes of. 1. S. 1804.

Generals, Heat, sensation of, drinks; warm. 1. S. 1806.

Generals, Heat, sensation of, internal heat. 1. S. 1806. N.

Generals, Heat, sensation of, blood vessels; in. 1. S. 1807.

Generals, Heat, sensation of, waking on. 1. S. 1807.

Generals, Heaviness. 3. S. 1807.

Generals, Injuries. 2. S. 1813.

Generals, Lame feeling. 3. S. 1817.

Generals, Lassitude, morning. 3. S. 1817.

Generals, Numbness, whole body. 2. S. 1831.

Generals, Side, left. 3. S. 1870.

Generals, Stiffness. 2. S. 1874.

Generals, Tingling, body of, urination, during 1. S. 1882. N.

Generals, Tingling. 3. S. 1882.

Generals, Weakness. 3. S. 1895.

Generals, Weakness, morning; waking on. 3. S. 1896.

Generals, Weakness, eating, amel. 1. S. 1899.

Generals, Weakness, vertigo with. 1. S. 1904.

Generals, Yawning, frequent. 2. S. 191

Chapter five

General Discussion

The first hypothesis was that *Peucedanum galbanum* 30CH would produce clearly observable signs and symptoms in healthy provers. The second hypothesis was that the proving of *Peucedanum galbanum* would produce symptoms that would correlate to the doctrine of signatures.

A total of 716 clear symptoms arose from this proving and were included in the materia medica. The areas quantitatively most affected by *Peucedanum galbanum* 30CH were as follows:

Mind – 117 symptoms
Head – 86 symptoms
Throat – 47 symptoms
Stomach – 44 symptoms
Extremities – 69 symptoms
Dreams – 46 symptoms
Generals – 44 symptoms

The totality of symptoms was then analysed in relation to the doctrine of signatures, and it was found that there was a correlation between this analysis and the symptoms experienced.

5.1 The Symptoms

As noted above, *Peucedanum galbanum* appears to have affected predominantly the mind (and dreams), head, throat, stomach and extremities. The following is a summary of the main effects that the remedy had on each area:

Mind:

The mind was an area greatly affected by this proving, and a total of 117 rubrics pertained to this section. One of the most noticeable mental themes arising during this proving was heightened emotional sensitivity. The provers felt as if they were overly emotional, and often experienced 'causeless' weeping. They repeatedly mentioned that they felt very sad, often without reason, and there was also a sense of despondency felt. A large degree of absentmindedness, carelessness and clumsiness was noted by several provers in the study.

Many of the provers experienced feelings of indifference and aversion to company with a desire for solitude. This was coupled by a large element of irritability experienced by the majority of the provers and a resultant disproportional anger.

Delusions were experienced by a number of provers, with the most noticeable ones being delusions of hearing noises, and a delusion of thieves in the home. One prover mentioned an experience where she was afraid to go home in case she opened the door to find it ransacked by vandals.

Vertigo:

Vertigo was experienced by a few provers, some with a feeling as if they would fall to the side, and others with a feeling of being intoxicated.

Head:

A total of 86 symptoms related to the head area. The most common symptom of this region which many of the provers experienced was a headache. There were different forms of headaches experienced, but most were felt in the forehead

region, and behind the eyes. Others were experienced in the side areas of the head, and most of the headaches were of a sharp nature. Two provers experienced very severe headaches which resulted in vomiting. A common heaviness of the head was experienced, and some individuals felt flushes of heat to the head area only. A unique symptom of the proving relating to this area was that of noises experienced within the head!

Eyes:

A total of 21 symptoms were noted relating to the eyes. Dryness was something that occurred frequently in the proving, as well as itching. Many provers noted a tired sensation of the eyes and one prover noted a difficulty in keeping the eyes open. Pains of different nature were experienced by the provers either within or behind the eyeballs.

Vision:

One prover experienced blurred vision during the proving period.

Ears:

Provers experienced an itching sensation in the eustachian tubes during the proving period as well as a stopped sensation of the ears. The theme of itching seems to have been common to many areas during this proving.

Nose:

The majority of provers experienced a post nasal drip. Itching in the nose was a common symptom, as well as a clear nasal discharge. 'Flu-like' symptoms of the nose were experienced by

many, such as: discharge and congestion, itching, sneezing and catarrh. A total number of 31 symptoms pertained to this region.

Face:

A total of 19 symptoms relating to the face arose during the time of the proving. The sensation of tingling was experienced, especially in the lips, and eruptions of the face were also common. The symptoms produced by someone who comes into contact with the *Peucedanum galbanum* plant in nature would be as follows: Within 24 - 48 hours after contact with the plant and subsequent exposure to sunlight a reaction involving blistering, red-purple pigmentation and intense irritation of the skin will manifest (Campbell, Mathee and Wewers, 1993:27-28). It is therefore interesting to note how the skin of the provers taking this plant in homoeopathic form was affected during the proving.

Mouth:

Twenty different mouth symptoms were noted by the proving participants. The most common symptom being mouth ulcers, especially on the inner sides of the cheeks, and some of these ulcers resulted in pain. Excoriation of the mucous membranes of the mouth was noted and vesicular eruptions within the mouth also occurred.

Teeth:

Only 4 symptoms were derived from the teeth of the provers and all of which were associated with some sort of pain.

Throat:

This was a region that produced a large number of symptoms. Collectively, 47 different symptoms were noted by the provers taking part in this study. A sensation of constriction of the throat was experienced by many of the provers, and it was noted that this constriction made swallowing very difficult. Pain was experienced by a number of provers but the nature of the pain varied between people, some experiencing a cutting pain, some a burning pain, others a sore pain, and a few just with pain on swallowing. Painful dryness seems to have also been a common symptom. The sensation of a foreign body or lump in the throat was commonly noted, and this too made swallowing difficult.

External Throat:

Only 11 different symptoms arose in this area, with pain being the most common one. Pain in the sternocleidomastoid muscle and sides of the neck was experienced, as well as a soreness of the external throat. Another symptom experienced by the provers was stiffness of the external throat area.

Stomach:

The digestive system was another system highly influenced in this proving, producing a total of 44 different symptoms. Most of the provers appetites were changed somewhat during the proving, and symptoms of constant ravenous hunger but easy satiety were most commonly experienced. Provers experienced a fullness of the stomach after eating very little, and nausea after eating was common. Many provers however experienced the contrary - a sensation of emptiness in the stomach during the proving period.

Abdomen:

From this region arose 20 different symptoms during the proving period. Common in many of the provers were the symptoms of left sided pain and left sided swelling of the abdomen. Abdominal distension and fullness was quite marked in several provers, and they regularly felt full and bloated. A lot of abdominal pain was experienced but the nature of the pain differed amongst provers. Some experienced a cramping pain while others described a sore pain in the abdominal area. In totality, symptoms arising from the abdomen tended to be more left sided than right sided.

Rectum:

This was a region slightly less affected by the proving and produced only 8 symptoms, the main one being constipation. There were however a number of provers who also experienced diarrhoea of a painless nature. Some provers experienced symptoms of flatulence whilst taking part in the proving.

Bladder:

The bladder region also yielded few symptoms. One particular prover experienced a fullness or inflammation of the bladder, and a burning pain on urination.

Kidneys:

Right sided kidney pain that was aggravated by pressure and motion was experienced during the proving, but in general this region did not produce a great number of symptoms.

Female:

The female system was another area affected by the proving substance, and the main symptoms experienced were as follows. Many of the females participating in the proving experienced an early onset of their menses, some provers specifying a premature onset of as much as 2 weeks. Ovarian and uterine pain was commonly experienced during menstruation and seemed to occur more frequently on the left side. Seventeen symptoms specific to the female system were produced.

Cough:

Coughing was experienced by many provers, but the nature of the cough differed amongst them. The most common cough symptom was that of a 'loose cough'.

Chest:

The chest area produced a total of 15 different symptoms throughout the proving, with the most commonly experienced one being an oppression of the chest. Many proving participants noted a pain or tenderness of the mammae, whilst others experienced an aching pain in the sternum. Left sided chest pain that was aggravated by motion was also a common theme running through the proving, and a few participants were aware of heart palpitations.

Back:

Nineteen symptoms were derived from this region. A large number of participants experienced symptoms in the cervical area, namely heat, pain, stiffness, and tension. Some provers noted that the tension in the cervical area extended to the shoulders. Back pain isolated to the lumbar region was also

commonly experienced, but the aggravating factors were different between provers.

Extremities:

This was an area that was intensely affected by the proving and yielded a total of 69 symptoms. Most commonly experienced were symptoms of tingling in the upper and lower limbs, and a lameness or weakness of the lower limbs.

Some provers described shooting pains, and others described a sensation of heat and prickling in the upper limbs. 'Shocks' in the arms and a sensation of an electric current, as well as rheumatic pain in the shoulders were all commonly noted during the proving period.

A number of provers also experienced wandering pains in either their upper or lower limbs, or both.

Sleep:

A number of symptoms relating to sleep were repeatedly mentioned by the provers. Many of them experienced sleepiness, and some went as far as to describe it as being an 'overpowering sleepiness'. Some provers experienced sleepiness whilst sitting or reading, and others noted being tired only in the mornings. Provers commonly described sleep of an unrefreshing nature, as well as a feeling of sleepiness on waking. Frequent waking throughout the night was common, and many provers would wake specifically at midnight. Another symptom that was commonly mentioned was frequent yawning. This section produced a total of 24 different symptoms.

Dreams:

The dreams produced during this period were vastly different amongst provers, although there were a few similar themes. The most common themes were of friends, animals, and danger. A few number of provers dreamt of injured animals in particular. Other dreams that were experienced were of buildings, swimming in water, and dreams of the dead. A few provers described dreams as being unpleasant, and referred to them as nightmares. Forty six dreams could be counted during the proving period.

Skin:

The skin of the provers was another area affected by the remedy and many noted a prickling sensation of the skin. Some described this sensation as being like the prickling of pins. An itchiness of the skin was commonly experienced, but the areas of itchiness varied between provers. Provers developed a sensitivity to cold, and some noted a sensitivity to cold water in particular.

Generals:

There were several provers that experienced an excess of energy throughout the proving period, with some noticing that this was particularly so in the mornings. In general many provers developed a sensitivity to cold weather, noting that they were aggravated by it.

There were common symptoms of weakness of the body, especially in the morning on waking, and a feeling of lassitude in the morning. Heaviness of the body, as well as numbness and a general lame feeling were all symptoms commonly experienced. Throughout the proving a general tingling sensation was repeatedly noted by those taking part in the study.

A general theme of left sided symptoms can be seen throughout this proving, with the majority of symptoms either affecting only the left side or being somewhat more noticeable on the left side in comparison to those affecting the right side.

With regards to food and drink a desire for coffee, chocolate, fruit, cold drinks, and milk was commonly noted. A peculiar symptom that was experienced by some vegetarian provers was a strong desire for meat without being able to eat it!

This section produced a total of 44 different symptoms.

5.2 The Doctrine of Signatures

Peucedanum galbanum belongs to the Apiaceae / Umbelliferae botanical family. The shrub is confined to the mid – upper mountain slopes of the Western Cape in South Africa. This is the only natural habitat of *Peucedanum galbanum*. It grows up to 2.5 meters in height, and is covered in compound leaves about 20 cm in length (Campbell, 1993:586-587).

Due to the cold, windy climate of the Cape it can be assumed that this is the preferred climate for *Peucedanum galbanum*, and the fact that the plant begins to flower at the start of the winter months gives us even further reason to believe that it enjoys the cold weather.

Peucedanum galbanum grows only on the slopes of Table Mountain, and in a sense is alone as it is isolated to this area and does not grow indigenously in other areas of South Africa. It would therefore appear that this is not a ‘social plant’ that takes

root in any type of soil! It remains solitary and confined to its indigenous habitat.

For eight months of each year (July to February) *Peucedanum galbanum* produces very small flowers that are yellow in colour (Campbell, 1993:586-587). I feel that due to the fact that this plant does not produce large, bold, noticeable flowers this demonstrates its preference for solitude by not attracting attention to itself.

On closer observation it is evident that the plant has many long stems and these can be compared to extremities. It can also be noted that the size of the leaves are quite large in relation to the diameter of the stems and it would appear as if there were an element of disproportion. The plant seems to be a bit 'top heavy'! It has a thin stem and thin branches with clumps of flowers that are quite large in relation to the diameter of the stem, and long leaves that grow to a length of 20cm.

As mentioned before the doctrine of signatures states that by observation one can determine from the colour of the flowers or leaves, the place of growth, or other signatures just what the plant's purpose was intended to be (Pujol, 1990:24).

According to colour therapy and the use of colour in assisting with the treatment of different ailments, yellow is the colour of detachment and if used or exposed to in excess a person may experience detachment from others and the environment (Wills, 1998: 101). The main mental themes identified in this proving were an aversion to company, a desire for solitude, sadness and irritability. The provers were better for being alone. This could be related to the yellow colour of the flowers found on the *Peucedanum galbanum* plant.

Provers experienced flushes of heat to the head whilst being on the remedy. This may somehow be related to the fact that the symptoms produced by *Peucedanum galbanum* in nature are only initiated and further aggravated by sun and heat. Therefore heat appears to be an integral part of the manifestation of symptoms.

With regards to mouth symptoms produced, some provers experienced strange tastes in their mouths. This could possibly correlate with the taste of the plant. Two provers developed ulcers and blisters of the mucous membranes within the mouth. This was interesting because *Peucedanum galbanum* produces blisters which can become ulcers in areas of skin that are touched by the plant and then exposed to sunlight, however the inside of the mouths of these two provers were not exposed to sunlight!

The stomach symptoms produced during this proving were analysed in relation to the yellow colour of the flowers produced by this plant. Once again in terms of colour therapy and the use of colour to aid healing, yellow is often associated with complaints of the liver, gall bladder and stomach (Wills, 1998:120). Provers participating in this study experienced symptoms relating to these areas, such as increased appetite with easy satiety, fullness, bloating, nausea after eating, vomiting, and abdominal pain. In comparison to other anatomical areas influenced by this remedy the gastrointestinal tract was an area that was greatly affected.

A few of the female participants of this study noticed that their menses were earlier than usual. There seemed to be a few other mild changes to normal menstrual symptoms but a disruption of usual timing was most commonly noted. With regards to anthroposophy this may be due to a disruption of the rhythmic system in response to the proving remedy. According to

anthroposophical philosophy a remedy produced from a plant with large leaves will affect mainly the rhythmic system of the person (Steiner, 1861 – 1925). The rhythmic system encompasses both the male and female reproductive organs.

Again with regards to colour therapy yellow is a colour which activates motor nerves and therefore generates energy within the muscles. If any part of our physical body lacks the energy of this vibrant colour, partial or complete paralysis may manifest. Yellow is therefore a colour used in the treatment of paralytic conditions (Wills, 1998:101). A connection between the colour of this plant's flowers and the paralytic-like symptoms experienced by the provers is that many of them complained of a feeling of lameness and weakness of the limbs during the proving period. Yellow is also the colour used in the treatment of rheumatic conditions (Wills, 1998:101), and some provers experienced rheumatic like pains during this time.

Provers experienced a number of different symptoms relating to the extremities, whether it was upper extremities or lower extremities, and this was one of the sections that produced the greatest number of symptoms. As mentioned before the *Peucedanum galbanum* plant in its indigenous habitat is one that has a long thin stem and relatively long branches. It appears as if it has long extremities! This could possibly indicate that the remedy produced from this plant may have a disposition to affect the extremities of the person taking the remedy. During the proving period many of the individuals taking this remedy also made note of lightning like pains in the arms and legs.

A large number of provers experienced skin symptoms whilst being on the remedy, namely itching and tingling. In nature, once contact between the skin and the plant has occurred followed by exposure to sunlight, the first symptoms of reaction would be

itching and tingling (Campbell, 1993:586-587). Other symptoms of the skin were eruptions, ulcers and small vesicles. Taking into consideration the name of the plant from which the remedy was prepared (blister bush); it seems likely that these may be symptoms experienced by healthy individuals taking a homoeopathic remedy prepared from this substance. Apart from that however, the rash caused by contact with the plant in its natural habitat will be followed by eruptions and vesicles of the skin in the exposed area.

In general many provers complained of feeling very hot throughout the proving period, and I think that this ties into the fact that sun and heat are the aggravating factors that produce the characteristic symptoms of *Peucedanum galbanum* in nature. People who make contact with the plant only produce symptoms if that area of contact is exposed to light, so the sun plays a vital role in the manifestation of symptoms. In nature the plant produces flowers which grow together in clumps that produce a fairly large surface. This surface area will give rise to a shaded area beneath it giving shelter from the sun and heat. Interestingly, many provers mentioned that they experienced a decreased tolerance to the heat during the proving.

With regards to disproportion of the plant parts it was interesting to hear how some provers felt a heaviness of their bodies. Some described being unusually clumsy, and a few provers even experienced episodes of losing their balance and falling over to the side.

So in light of everything just mentioned it would appear that there is definitely a correlation between the symptoms produced by *Peucedanum galbanum* 30CH and the doctrine of signatures of the plant in nature.

5.3 *Peucedanum galbanum*: A Member of the Apiaceae / Umbelliferae Family

The most common symptoms of the Apiaceae / Umbelliferae family that were observed throughout this proving were those of the mind, skin, and extremities.

With regards to the mental symptoms that are characteristic of this plant family provers taking the remedy experienced irritability, sadness, depression and indifference. Due to the fact that *Peucedanum galbanum* forms part of the Umbelliferae family it was expected that some of the characteristic mental symptoms of the plant family may be displayed by those taking the proving substance. This family has a tendency towards a mentally depressive state and an aversion to company (Sankaran, 2002:878). The proving of *Peucedanum galbanum* produced these mental symptoms in many of the provers. Another mental theme of this family of remedies is sudden unexpected attack or violence (Sankaran, 2002:881). A few provers taking part in this study experienced anger that was disproportionate to its cause, cursing with anger, and feelings of rage. This can be related to the mental theme of the Apiaceae / Umbelliferae family. According to Sankaran (2002) a number of remedies belonging to this plant family suffer from delusions of being pursued, and have a fear of opening the door. Interestingly enough one particular prover in this study experienced both of these symptoms quite intensely.

Vertigo is a symptom common to the Umbelliferae family and is a feeling which comes on suddenly and unexpectedly (Sankaran, 2002:880). It was noted by some of the provers that they experienced symptoms of vertigo, and described feelings as if being intoxicated with a tendency to fall to the side.

Many provers noted a tired sensation of the eyes and one prover noted a difficulty in keeping the eyes open. This symptom may be compared to a symptom of the Umbelliferae family: “the eyes are half closed” (Sankaran, 2002:878).

With regards to the extremities it was interesting to see that symptoms of lameness and weakness were produced by the proving remedy as the Umbelliferae family has a theme of sudden attack or violence which is followed by numbness, paralysis, sudden weakness and relaxation (Sankaran, 2002:880-882). Although provers may not have demonstrated the events of sudden attack which would have affected their extremities, they have displayed the symptoms which would have followed that attack or sudden violence, namely the lameness and weakness. The Umbelliferae family of remedies also commonly experiences sensations that feel like blows of lightning (Sankaran, 2002:879). During the proving period many of the individuals taking this remedy made note of lightning like pains in the upper and lower extremities.

A large number of people taking the remedy experienced either an intolerance to heat or feelings of being unusually hot. As mentioned before, the Umbelliferae family of remedies experiences sudden unexpected symptoms. One of the provers noted repeatedly that the flushes of heat which she experienced during the proving were sudden in nature, and also passed quite quickly. This correlates with the theme of suddenness. The flushes of heat and increased sensitivity to heat produced in the proving relates closely to other members of this plant family.

Eruptions of the skin when exposed to heat, itching, burning, blisters and ulcers are all characteristic Apiaceae / Umbelliferae symptoms and these were symptoms experienced during the proving.

Peucedanum galbanum proved to be another one of the many members of the Apiaceae / Umbelliferae family indicated for abdominal distension and fullness. Other members of this family usually have a tendency towards decreased appetite, whereas in this particular proving individuals had increased appetites but easy satiety, and nausea after eating very little. Many provers complained of bloating, fullness and abdominal distension.

Lastly, this plant family often experiences sleepiness or a tendency to sleep (Sankaran, 2002:882). Again, this was a symptom noted by many participants during the proving period. Provers suffered from increased sleepiness, fatigue, and a desire to sleep. The polar opposite was also experienced however, with a number of provers noting sleeplessness and many nights of interrupted sleep patterns.

This comparison shows that *Peucedanum galbanum* shares similarities with the other members of the Apiaceae / Umbelliferae family, but still has its own particular sphere of action, and therefore will have its own place in the materia medica.

Chapter Six

Recommendations and Conclusion

6.1 Recommendations

6.1.1 Provers

This study used both subjects from a homoeopathic background and subjects who had no direct relationship to homoeopathy but understood the basic homoeopathic philosophy. It is recommended however that in future only subjects knowledgeable in homoeopathy be used in provings if possible. This would ensure high quality provings with a greater amount of detail.

A wide range of age groups and an equal ratio of males to females should be represented in the proving group in order to get a clear picture of the remedy. In this proving there was a lack of male provers present in the verum group and due to this no symptoms affecting the male genitalia/sex were produced.

6.1.2 Further Provings in other Potencies

A clearer symptom picture of *Peucedanum galbanum* would be produced if the remedy were to be proven again and possibly in different potencies. Higher or lower potencies may produce symptoms that vary in comparison to those produced by the 30CH potency. Vithoukas (1986, 152) recommends using a number of different potencies for the proving process in order to produce a complete remedy picture. However for the purpose of this particular proving the Durban University of Technology advocated the use of a 30CH potency only. This also adheres to Hahnemann's guidelines for a proving wherein he states that the

30th potency should be administered to the provers (O'Reilly, 1996:154).

6.1.3 Provings of South African Substances

According to Sherr (1994:49) a useful remedy should be a local one, within reach of the patient, as nature will always provide an accessible cure. So in keeping with this theory it would seem logical to continue to prove South African substances for use by local South Africans in particular. This would also ensure the composition of a South African materia medica.

6.1.4 Clinical Information

Practical clinical use of *Peucedanum galbanum* will verify the symptomatology that was produced in this proving. It is important that information about the remedy be made available to practicing homoeopaths in order to encourage their use thereof. Group discussions of cases where the remedy was prescribed and any results that followed are also good ways of creating awareness.

6.2 Conclusion

Peucedanum galbanum appears to be a remedy that could be considered in a number of different conditions due to the vast range of symptoms that it produced during this proving.

A few characteristic symptoms, particularly in the mind, skin and extremities sections may be used to prescribe *Peucedanum galbanum* 30CH according to homoeopathic philosophy.

A complete representation of *Peucedanum galbanum* as a homoeopathic remedy could not be conclusively reported, and it

is essential therefore that further provings of this substance be performed in order that the remedy picture becomes clearer and more familiar.

The overall picture of *Peucedanum galbanum* that was produced during the proving suggests that this remedy may be homoeopathically indicated for mental symptoms such as irritability, depression, aversion to company and sudden outbursts of anger. Skin conditions such as sun burn, eczema and urticaria may benefit from the use of this remedy, as well as conditions of the extremities which produce tingling, weakness and lameness.

This study was another contribution toward the investigation of indigenous substances and the formation of a South African materia medica as suggested by Wright (1999:112). This aims to contribute towards a greater utilisation of local remedies for ailments experienced by local inhabitants.

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APPENDIX A:

INCLUSION CRITERIA

(All information will be treated as strictly confidential)

Name:

Age:

Sex:

PLEASE CIRCLE THE APPROPRIATE ANSWER:

Are you between the ages of 18 and 60 years? YES/NO

Do you consider yourself to be in a state of good health? YES/NO

Are you currently on or in need of any medication?
(Allopathic, Homoeopathic, Herbal or otherwise) YES/NO

Have you been on any oral contraceptive pill in the last
6 months? YES/NO

Have you been on hormone replacement therapy in the last
6 months? YES/NO

Have you had any surgery in the past 6 weeks? YES/NO

Are you pregnant or nursing? YES/NO

Do you consume more than 2 measures of alcohol per day?
(1 measure = 1 tot / 1 beer/ ½ glass wine) YES/NO

Do you smoke more than 10 cigarettes per day? YES/NO

Do you have consent from a parent/guardian to participate
In this proving? YES/NO

Are you fluent in English? YES/NO

Do you consume more than 3 cups of tea, coffee,
herbal tea per day? YES/NO

Do you take any recreational drugs, e.g. Marijuana,
LSD etc YES/NO

Are you willing to follow the proper procedures for the
duration of the proving? YES/NO

Do you have any surgical or medical procedures planned
for the duration of the proving period? YES/NO

Are you willing to follow the proper procedures for the
duration of the proving? YES/NO

Will you be able to maintain your normal lifestyle and daily
routine as closely as possible, and have no major lifestyle
changes (e.g. moving house, divorce) planned during the
proving period? Any lifestyle changes should take place
at least three weeks before commencing with the proving. YES/NO

This appendix has been adapted from Webster, H. 2002. A Homoeopathic
Drug Proving of *Sutherlandia frutescens*. M. Tech. Hom. Dissertation,
Durban Institute of Technology.

APPENDIX B

INSTRUCTIONS TO PROVERS

Dear Prover

Welcome to the opportunity to participate in an invaluable experience in homoeopathy.

Thank you for taking part in this study.

Homoeopathic provings are the only way of identifying new homoeopathic remedies.

With your participation this proving will provide the opportunity to utilize another one of South Africa's substances for medicinal purposes. This will be of benefit to many people in the future.

Those who are already involved in homoeopathy will also stand to learn from this study and advance homoeopathy.

It is important to note that the prover is under no obligation and is free to withdraw from the study at any stage.

This proving is a double-blind placebo controlled study. This means that 20% of the provers will be receiving powders that do not contain any remedy. They will instead be receiving a placebo (sugar coated granules). The researchers are unaware of who will receive placebo and who will receive the actual remedy. The purpose of a placebo group in this study is to be able to compare results and ascertain whether symptoms produced by provers are due to the remedy or not.

You may experience mild, transient symptoms whilst taking the homoeopathic medicine. These symptoms will not have any long-term effect. You will be in regular contact with the researcher,

and under the supervision of a qualified homoeopath. Should any symptoms become unbearable, an antidote can be given.

During the proving you may experience some indirect benefits such as an increased awareness of yourself, or a sense of well-being.

Before the proving:

Ensure that you have:

The correct journal with corresponding prover number

The list of instructions that you have read and fully understand

Had a case history taken and a physical examination performed

Signed the Informed Consent Form

Attended the pre-proving training course

Your proving supervisor (Lauren Wayland, Abbey Wagner) will provide you with the date that you are required to commence the pre-proving observation period and the date that you are required to start taking the remedy.

Should any problems arise, or anything is not clearly understood, please contact your supervisor on the number that you have been provided with.

Beginning the Proving:

Record your symptoms daily in the provided notebook for one week prior to starting the remedy. This will form a baseline for you as an individual prover. It will also help you to get into the habit of observing and recording symptoms.

Begin taking the remedy on the date that you are issued with.

Make a record of the times that each dose is taken.

A maximum of six powders should be taken (three powders a day for two days only).

These powders should be taken preferably on an empty stomach and with a clean mouth. Food and drink should be avoided 30 minutes prior to and after taking the remedy.

When you begin to experience symptoms do not take any further doses of the remedy.

These symptoms may be new symptoms that have never been experienced before, they may be old symptoms that have just returned, or there may be intensification of an existing symptom. If unsure, call the supervisor!

During the Proving Period:

Avoid camphor, mint, menthol and coffee. Try to avoid these for about two weeks prior to the proving.

Try to maintain your usual lifestyle.

Protect the powders you are given by keeping them out of direct sunlight, away from heat, strong smelling substances and electrical equipment.

Alcohol must be taken in moderation. Try to avoid taking medication of any sort, as well as vitamin and mineral supplements.

In the event of a medical or dental emergency please contact your doctor/ homoeopath/ hospital as necessary. Inform your supervisor as soon as possible.

Confidentiality:

It is important that you do not discuss any symptoms with your fellow provers.

For quality purposes of this proving it is imperative that you discuss your symptoms only with your supervisor.

Patient confidentiality is of utmost importance to us, and only your supervisor will know your identity. All information will be

treated in the strictest of confidence. Your identity shall not be revealed at any part of the study.

Contact with your Supervisor:

Your supervisor will phone you to let you know when to begin the one week observation period. Thereafter your supervisor will phone you daily from the day that you begin taking the remedy. This will later decrease to two or three times a week, and then to only once a week. You and the supervisor will decide when it is no longer necessary for such close contact. This will serve to check on your progress, ensure that the best quality symptoms are being recorded, and to decide when you should stop taking the remedy.

Please do not hesitate to phone your supervisor at any stage in the study if you have any questions or doubts.

Recording of Symptoms:

When you start the proving record any symptoms that arise, whether they are new or old. Record the time of day or night at which the symptoms occurred. This should be done as frequently and accurately as possible.

If no symptoms at all are experienced, this too must be noted.

Each day must be started on a new page. The date and the day of proving must also be noted at the top of each page.

The day that you take the first dose is Day Zero.

Please write neatly on alternate lines, and try to be as precise as possible. Try to keep your journal with you at all times. Make note of your symptoms in a detailed but brief manner. Of particular importance is information about the location, sensation, modality, intensity and time of your symptoms.

Location: Try to be as accurate as possible in your anatomical descriptions. Make note of which side of the body is affected. Illustrations may be used.

Sensation: E.g. Dull, burning, throbbing, stitching etc.

Modality: A modality describes how a certain symptom is affected by different stimuli or situations. Better (>), or worse (<) from heat, cold, sitting, standing etc. Try different things to find if they affect the symptom.

Intensity: This explains the sensation and the effect that it had on you.

Time: The times that the symptoms began, changed and disappeared. What times are the symptoms generally better or worse, and is this unusual for you.

Aetiology: Did anything cause the symptoms, and did it do this repeatedly.

Concomitants: Do any symptoms tend to accompany each other or alternate with each other.

This can be remembered as:

C – Concomitants

L – Location

A – Aetiology

M – Modalities

S – Sensation

I – Intensity

T – Time

The following checklist must be run through on a daily basis to ensure that you have recorded all of your symptoms:

Mind

Head

Eyes

Ears

Nose

Neck

Back

Chest – respiratory system and heart

Extremities

Urinary organs

Genitalia

Sex

Temperature

Sleep

Dreams

Digestive system

Generalities

Please give detailed description of dreams, as well as any impression that the dream left on you.

If you notice that perhaps symptoms are affected by the phase of the moon, then it is advised that the phase be noted in your journal as well.

Please take extra care in noting all mental symptoms, as these are very important.

If you receive any comments or reports from relatives and friends please include these if possible. They can be very helpful.

At the end of the proving please make a general summary of the proving, noting how the proving affected you. Has the experience affected your health in any way? Would you ever do another proving?

Please could you try to classify each symptom that you experience by making a notation according to the following key in brackets next to each entry:

(RS) – Recent symptom, i.e. a symptom that you are suffering from now, or have been suffering from in the past year.

(NS) – New symptom

(OS) – Old symptom. State when the symptom occurred in the past.

(AS) – Alteration in a present or old symptom.

(US) – Unusual symptom.

Please use red ink for these notations.

Please contact your supervisor if you are at all uncertain.

Thank you for taking part in this study. Your participation is invaluable to us.

Kind regards,

Lauren Wayland and Abbey Wagner

Contact Numbers:

Dr. Madhu Maharaj (M.Tech. Hom) – Supervisor – (031) 204 2041

Lauren Wayland – Researcher – (031) 261 2878; 082 421 4377

Abbey Wagner – Researcher – (031) 202 0774; 083 415 4406

This appendix has been adapted from Webster, H. 2002. A Homoeopathic Drug Proving of *Sutherlandia frutescens*. M. Tech. Hom. Dissertation, Durban Institute of Technology.

APPENDIX C:

INFORMED CONSENT FORM

(To be completed by prover)

TITLE OF THE RESEARCH PROJECT

A Homoeopathic Drug Proving

NAME OF SUPERVISOR

Dr. Madhu Maharaj (M.Tech. Hom)

NAME OF RESEARCH STUDENT

Abbey Wagner

DATE:

PLEASE CIRCLE THE APPROPRIATE ANSWER:

1. Have you read the proving information sheet? Yes/No
2. Have you had the opportunity to ask questions regarding this proving? Yes/No
3. Have you received satisfactory answers to your questions? Yes/No
4. Have you had the chance to discuss the proving? Yes/No
5. Who have you spoken to? _____
6. Have you received sufficient information about the proving? Yes/No

7. Do you understand the implication of your involvement in the proving? Yes/No
8. Do you understand that you are free to withdraw from the proving at any time without needing to give a reason? Yes/No
9. Do you agree to voluntarily participate in the proving? Yes/No
10. Do you understand that you should not discuss any particulars of your treatment with the other participants of the study? Yes/No

I, _____ have read and understand the instructions laid out in Appendix B, and I agree to participate willingly in this proving.

Prover: _____

Signature: _____

Researcher: _____

Signature: _____

Witness: _____

Signature: _____

Date: _____

CONTACT TELEPHONE NUMBERS

- Dr Madhu Maharaj (031) 2042041
- Lauren Wayland (031) 2612878 / 082 421 4377
- Abbey Wagner (031) 2020774 / 083 415 4406

If you have answered 'NO' to any of the questions, please speak to your supervisor before signing this.

For provers who have met the inclusion criteria but are between the ages of 18 and 21 years of age, a written consent from a parent or guardian is required.

I _____ (parent/guardian) hereby give consent for _____ (prover) to take part in the above mentioned research project.

I _____ hereby give consent for the proposed procedure to be performed on me as part of the above mentioned research project.

PROVER : _____SIGNATURE_____

GUARDIAN : _____SIGNATURE_____

WITNESS: _____SIGNATURE_____

RESEARCHER: _____SIGNATURE_____

This appendix has been adapted from Wright, C. 1999. A Homoeopathic Drug Proving of *Bitis arietans arietans*. M. Tech. Hom. Dissertation, Technikon Natal, Durban.

APPENDIX D:

CASE HISTORY

NAME:	DATE:
ADDRESS:	MARITAL STATUS:
	SEX:
	CHILDREN:
OCCUPATION:	
AGE:	

PAST MEDICAL HISTORY:

PAST SURGICAL HISTORY:

(tonsils, adenoids, moles, warts etc)

WHAT MEDICATION ARE YOU TAKING AT PRESENT?

(allopathic, homoeopathic, herbal , vitamins etc)

Allergies:

Vaccinations:

(Please include any reaction that may have occurred as a result of vaccination)

ESTIMATED DAILY CONSUMPTION OF:

Alcohol:

Cigarettes:

Recreational Drugs:

FAMILY HISTORY

In your family is there a history of:

Cardiovascular disease	
Cerebrovascular disease	
Diabetes Mellitus	
Tuberculosis	
Mental disease	
Cancer	
Epilepsy	
Bleeding disorders	
Other:	

ENERGY

How would you describe your energy levels on a scale of 1-10?
(1=lowest, 10=highest)

SLEEP:

Position:

Quantity:

Quality:

DREAMS:

SKIN:

(Include rashes, eczema, vascularity, bruising, growths)

Perspiration:

HEAD:

VERTIGO:

EYES:

EARS:

NOSE:

MOUTH, TONGUE AND TEETH:

THROAT:

CHEST:

Pain:

Dyspnoea:

Cough:

CARDIOVASCULAR SYSTEM:

Pain:

Surgery:

GASTRO-INTESTINAL SYSTEM:

Pain:

Appetite:

Desires:

Aversions:

Thirst:

URO-GENITAL SYSTEM:

URINATION:

Pain:

Frequency:

Colour:

Odour:

FEMALE:

Menarche:

Menses:

- Flow:

- Duration:

- Regularity:

- Date of last menstrual period:

- PMS symptoms:

MUSCULOSKELETAL SYSTEM:

EXTREMITIES:

OTHER:

THE PHYSICAL EXAMINATION

NAME:

VITAL SIGNS:	
BLOOD PRESSURE:	
PULSE RATE:	
RESPIRATORY RATE:	
TEMPERATURE:	
WEIGHT:	
HEIGHT:	

GENERAL EXAMINATION

CYANOSIS:

ANAEMIA:

JAUNDICE:

CLUBBING:

OEDEMA:

LYMPHADENOPATHY:

DEHYDRATION:

DYSPNOEA:

OTHER FINDINGS ON EXAMINATION

This appendix has been adapted from Wright, C. 1999. A Homoeopathic Drug Proving of *Bitis arietans arietans*. M. Tech. Hom. Dissertation, Technikon Natal, Durban.

APPENDIX E:

Proving Information Sheet:

What is a proving?

A homoeopathic drug proving is a study in which people who are in a relatively good state of health, take a homoeopathically prepared substance in order to observe and record any symptoms that are elicited. These symptoms are then said to form the drug picture for that substance and can be used as a basis for prescription, according to the Law of Similars, when a patient displays a similar symptom picture.

Why participate in a proving?

Provings are vitally important to homoeopathy as they represent the only truly accurate manner in which to ascertain the action of homoeopathic drugs. The benefits of taking part in a proving are described by Hahnemann in the Organon. He explains that one may gain a practical and experiential understanding of homoeopathic medicines. Physicians may increase their powers of observation by having to accurately record all the symptoms that are experienced in the proving. A prover can gain a greater understanding of himself/herself by recording the symptoms he/she experiences.

Are there any health risks in participating in a proving?

The substance used in a homoeopathic drug proving undergoes a process of dilution and potentisation before forming the homoeopathic medicine. It therefore poses no threat to one's health.

Provings have been conducted for as long as homoeopathy has existed and it has been seen in all provings that symptoms that are experienced during provings are generally mild and exist only temporarily.

Provers are continuously monitored throughout the proving process by the researchers so, if at any point, a prover experiences symptoms of discomfort these will be immediately treated homoeopathically, free of charge.

What is expected of provers?

In order to participate in this proving one needs to meet certain criteria. This is outlined below:

Must be between the ages of 18 and 60

Must be willing and able to comply with the daily keeping of a journal in which symptoms are recorded

Must be in a relatively good state of health

Must be in what is considered, for yourself, to be a general state of good health

Must be willing to follow the proper procedures for the duration of the proving

Must be able to maintain your normal lifestyle and usual daily routine as closely as possible and have no major lifestyle changes planned during the proving period.

Must not be on or in need of any medication: chemical, homoeopathic or other.

Must not have been on the birth control pill or hormone replacement therapy in the previous 6 months

Must not be pregnant or nursing

Must not have had surgery in the previous 6 weeks

Must not have any surgical or medical procedures planned for the duration of the proving period

Must not use any recreational drugs such as cannabis, LSD or MDMA

Any consumption of stimulants (alcohol, coffee, tea, cigarettes) must be in moderation.

A total of 30 volunteers will be selected to take part in the proving. The provers will then be randomly selected and assigned to two groups. One group (80% of the total) will be given the proving substance and the other group (20% of the total) will receive placebo. This will be done in such a manner that neither the provers nor the researchers will know who is in which group; and none of the provers will know what the proving substance is.

Recording of symptoms

Provers will need to record their 'everyday' or 'normal' symptoms for one week to establish a baseline of health. You will then be required to take the given substance three times a day for a total of two days. The symptoms that you may experience during this time need to be accurately recorded in your proving journal. During the entire proving time the researchers will be in close contact with you to monitor your symptoms. This will be done under the supervision of the Research Supervisor.

If you choose to take part in the proving you will be provided with a detailed list of instructions as to exactly what the proving entails. Here follows the basic sequence of events:

You will contact any one of the researchers to say that you would like to participate in the proving and a pre-proving interview will be scheduled.

At this interview, you will be provided with any information you require about the proving and you will be asked to complete the Inclusion Criteria Sheet. You will be given a date for the pre-proving group meeting

The pre-proving group meeting will be held between all the provers and both researchers. This will serve as an informative session where any questions about the proving will be answered. A full breakdown of the proving process will also be provided

At the end of this meeting you will be asked to schedule a 1 ½ hour consultation and physical examination. You will then be required to sign the Informed Consent form.

At the consultation you will receive an individual prover code, a journal, medication and a starting date will be agreed on.

once all the provers have completed the proving there will be another group meeting between provers and researchers to compare individual experiences

Confidentiality

Please be aware that confidentiality will be maintained throughout the proving. On completion of the proving any identifiable data will be removed and destroyed. The information that you provide will be published using your prover code only.

If at any stage of the proving you wish to withdraw, you are perfectly entitled to do so without having to give an explanation. You may be asked to withdraw from the proving if there is any conflict with the inclusion criteria.

Contact details:

Abbey Wagner: 083 415 4406 ; 031 202 0774

Lauren Wayland: 082 421 4377 ; 031 261 2878

If you have any questions about the proving please do not hesitate to contact us.

Thank you,

Abbey Wagner and Lauren Wayland

This appendix has been adapted from Wright, C. 1999. A Homoeopathic Drug Proving of *Bitis arietans arietans*. M. Tech. Hom. Dissertation, Technikon Natal, Durban.