

**A homoeopathic drug proving of the plant
Peucedanum galbanum with a subsequent
comparison to those remedies yielding the
highest numerical values and total number of
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Mini-dissertation

A homoeopathic drug proving of the plant *Peucedanum galbanum* with a subsequent comparison to those remedies yielding the highest numerical values and total number of rubrics on repertorisation of the proving symptoms.

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

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

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ABSTRACT

This research study was conducted to elucidate the total symptomatology that the plant Peucedanum galbanum in the thirtieth centesimal potency would produce on healthy individuals so that it may be prescribed according to the Law of Similiars. A further aim of the investigation was to compare this remedy to other remedies yielding the highest numerical values and total number of rubrics on repertorisation of the proving symptoms. Wagner (2007), in a concurrent study, analysed the proving results of Peucedanum galbanum in relation to the doctrine of signatures.

It was hypothesised that Peucedanum galbanum 30CH would produce recognizable signs and symptoms in healthy provers, and that the comparative study of this remedy would highlight the differences and similarities between remedy symptoms and thus confusion as to indication is eliminated, plus a fuller understanding of the remedy and its relationship to other remedies is gained.

Research Design

The proving was a double blind, placebo controlled investigation carried out on 30 healthy participants. Six of these subjects (20%) received placebos and the remaining twenty four provers (80%) received the verum. The provers and researchers were unaware of those that received the placebos and those that received the verum. As an added measure of control, the provers had no knowledge of the proving substance or the potency of that substance. A case history and physical examination was taken before and after the proving. The provers were instructed to write a journal prior to and following the remedy administration.

The journals contained a daily description of their states and established a baseline of comparison for the duration of the proving. The data from the journals was extracted and translated into materia medica and repertory language. Information gathered from the case histories, physical examinations and group discussion was also considered in the study.

Results and Recommendations

This investigation clearly supported both hypotheses as Peucedanum galbanum 30CH produced observable signs and symptoms in the provers and a detailed comparative study between Peucedanum galbanum and similar remedies was accomplished. The comparative study included the following remedies: *Sulphur*, *Sepia*, *Natrum muriaticum*, *Conium maculatum* and *Cicuta virosa*.

To enhance our knowledge of Peucedanum galbanum and to broaden the remedy picture, it is recommended, that further studies are conducted on this remedy. The use of this remedy in homoeopathic practice would further substantiate the proving symptoms and significant feedback of its clinical indications would be gained. This, in turn, could deem Peucedanum galbanum a popular remedy option in the future.

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THE DEFINITION OF TERMS

Centesimal Potency:

A dilution in the proportion of 1 in 100, (1:99).

The sequential addition of the previous potency to 99 parts of diluents. The number of these serial dilutions, performed with succussion, defines the centesimal potency (Swayne, 2000:36).

Thirtieth Centesimal Potency (30CH):

The thirtieth step of sequential dilution in the proportion of 1 in 100, with succussion (agitation) at each step, having an effective concentration of 1×10^{-60} .

Law of Similars:

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 (Vithoukas, 1986:92).

Proving:

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

Provers:

A prover is a subject of a proving or a homoeopathic pathogenetic trial. A person who should be in good health, who records changes in his or her condition during and after the administration of the substance to be tested (Swayne, 2000:173).

Placebo:

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 (Taylor et al., 1988:1298).

An inactive agent used for comparison with the substance or method to be tested in a controlled trial, and indistinguishable from it (Swayne, 2000:162).

CHAPTER ONE: OVERVIEW

1.1 Introduction

Homoeopathy is a complete system of medicine which aims to encourage general health by strengthening the body's own natural healing capability (Hammond, 1995:14). Homoeopathic drug provings form the most vital part of homoeopathic theory, and, "...are the pillars upon which homoeopathic practice stands" (Sherr, 1994:7). The proving of substances on healthy people is the homoeopath's way of learning the specific set of characteristic symptoms a substance creates.

In the Organon of the Medical Art (sixth edition), Hahnemann describes that the symptoms and signs of an illness are produced by the organisms attempt to heal itself, so, when a substance, which is capable of producing a similar symptom "picture" to that of the disease is used, it encourages a powerful strengthening of the defence mechanism. He also makes clear the importance of a physician to study the totality of symptoms in order to get a full picture of the disease and equally important to note the totality of effects which a substance produces in a healthy individual undergoing a proving (Brewster O'Reilly, 1996:61-74).

Each substance creates a variety of physical, emotional and mental symptoms, unique to that substance (Cummings and Ullman, 1997:7). Therefore, by conducting a thorough proving, which involves the recording of mental, emotional and physical symptoms, one is able to extract the essence of the remedy.

Any remedy which has been proven by recording only physical symptoms is insufficient for homoeopathic purposes (Vithoukas, 1980:147).

The detailed information gathered from each proving is compiled into homoeopathic materia medicas and repertories. The materia medicas and repertories are, in a sense, homoeopathic books containing detailed information on what each specific substance causes (Ullman, 1981:74). Cook (1989) states that provings are the only way of identifying new homoeopathic remedies and therefore the only way of extending the materia medica, therefore it is evident that provings play a vital role in homoeopathy.

Apart from expanding the materia medica, other grounds for conducting a proving would be its valuable effect on homoeopathic students who take part, as it is one of the best ways of learning the philosophy and structure of homoeopathy. A proving offers immense insight into the power of nature through medicine and the various responses of our defence mechanism (Sherr, 1994). Hahnemann himself observed this beneficial effect of provings and urged everyone to participate in them (Vithoukas, 1980:146-147).

The future of homoeopathic research lies in the exploration of the curative powers of new substances (Walach, 1994:130).

As extensive as the materia medicas may seem, there are countless plants, animals, and minerals which remain unproven. Considering South Africa's rich vegetation, it is disappointing to discover that very few of the remedies within the materia medicas are indigenous to this country. Sherr (1994) mentions that a useful remedy should be a local one, within easy reach of the patient, as nature will always provide an accessible cure. The plant Peucedanum galbanum is indigenous to South Africa making this investigation a valuable contribution to the materia medica.

This plant is also known to have medicinal properties and is used in the treatment of rheumatism, colds, gout, glandular swelling, high blood pressure, water retention and obesity in men. Its main use is in the form of a leaf decoction which is used as a diuretic in the treatment of oedema, bladder ailments and kidney stones (van Wyk, van Oudtshoorn and Gericke, 1997).

Comparative materia medica is common to homoeopathy and has been utilised, by many great homoeopaths, as a means to compare and contrast remedies, thus improving ones understanding of a remedy and how it relates to other similar remedies. For example, in his writings in *The Spirit of Homoeopathy*, Sankaran (1992) makes much use of the relationship and comparisons of remedies using situational materia medica. He compares the jealousy of *Apis mellifica* to that of *Lachesis muta* and *Hyoscyamus niger*, as the distinction between the reactions of these remedies is important when there is confusion as to which remedy to prescribe.

Candegabe (1997) too relays that the comparison of a remedy to other similar remedies forms a basis for their differentiation and emphasises the differences, similarities and themes of the remedy.

1.2 **Hypotheses of the Study**

It was hypothesised that Peucedanum galbanum 30CH would produce evident signs and symptoms in the healthy provers taking part in the study.

It was further hypothesised that a comparative study, between Peucedanum galbanum and other remedies which produced the highest numerical value and total number of rubrics on repertorisation of the proving symptoms, would highlight similarities and differences of the remedy pictures so that confusion as to indication is eliminated. A greater understanding of Peucedanum galbanum and its relationship to other remedies would be established.

1.3 **Delimitations of the Study**

The study did not:

1. Seek to explain the mechanism of action of the homoeopathic preparation in the production of symptoms in healthy provers.
2. Determine the effects of potencies of the plant, Peucedanum galbanum, other than the thirtieth centesimal.
3. Seek to perform multi-centre trials of the drug.

1.4 **Assumptions of the Study**

1.4.1 The proving remedy was correctly prepared by following the stipulated standards for the preparations of plants as found in Method 6 and Method 8a of the German Homoeopathic Pharmacopoeia (GHP), Fifth Supplement (1991) to the First Edition (1978).

1.4.2 The provers complied with the proper requirements of the proving, for the full duration of the proving.

1.4.3 The provers adhered to the dosage regimen and procedures stipulated.

1.4.4 Conscientious and accurate self-observation was practiced by the provers.

1.4.5 The provers maintained their normal lifestyle and dietary habits for the duration of the proving.

CHAPTER TWO: REVIEW OF RELATED LITERATURE

2.1 Introduction

Aphorism 108 of *The Organon of the Medical Art* states that “...there is no other possible way to unerringly experience the peculiar actions of medicines upon the human condition – there is no single, surer, more natural arrangement for this intent than to administer each single medicine experimentally, in a moderate amount, to healthy persons in order to learn what alterations, symptoms and signs of its impinging action each medicine particularly brings forth in the condition of body and soul, that is, what disease elements each medicine is able to and tends to arouse” (Brewster O’Reilly, 1996:145-146).

Sankaran (1998) stated that after the Hahnemannian era, provings were not given the importance that they enjoyed and so the numbers of significant and reliable additions to our materia medicas were few. However, thanks to the recent contributions from Coulter (1998), Riley (1995, 1997), Sherr (1994) and Vithoukas (1986), to name a few, there has been a major increase in meticulous and structurally sound provings, worldwide.

2.2 Historical Background

Samuel Hahnemann (1755-1843), the founder of homoeopathic medicine and an eminent physician and chemist, first rationalised the concept of provings while translating Cullen's "A Treatise on Materia Medica", into German. Cullen attributed the effectiveness of Peruvian bark (quinine) in treating malaria solely to its astringent bitterness. Hahnemann disagreed with this explanation and decided to investigate. He repeatedly dosed himself with the quinine and soon discovered that he had developed all the symptoms peculiar to malaria (Woods, 1990).

In true scientific spirit, Hahnemann carried out experiments by testing various substances on himself and many other willing volunteers. The experiments were done to ascertain the effects that these substances produced in healthy individuals and were known as "provings" (Hammond, 1995:21). After several years of investigation Hahnemann formulated the 'Law of Similars' and published it in his essay *New Principles for Ascertaining the Curative Power of Drugs*. It is one of the fundamental principles governing homoeopathy (Cook, 1989).

The basic system of homoeopathy, however, predated Hahnemann by many centuries and can be traced back to the Greek physician, Hipocrates (460-350 BC). He realised that a disease is produced by like things and through the application of the like it is cured. Others to recognise the importance of this principle were Aristotle (384-322 BC), Galen (130-200AD) and Paracelsus (1493-1541) (Cook, 1989). Aristotle believed that often the simile acts on the similar, Galen used healthy people to test medicinal substances on and Paracelsus believed that every diseased organ had its corresponding remedy in

nature. In the 17th Century, a Danish physician known as Dr. G Stahl wrote: “To treat with opposite acting remedies is the reverse of what it ought to be. I am convinced that disease will yield to, and be cured by, remedies that produce similar affection” (Cook, 1989:2). Although there is no clear evidence to suggest how Hahnemann came up with the concept of provings (Herscu, 2002), one may wonder if he came across these writings, in his quest for knowledge, and whether they inspired him to question the medical rationale of his time.

Hahnemann’s systematic approach and precise methodology still governs the manner in which homoeopathic provings are conducted today. The early provings that he conducted still form the basis upon which our materia medica is written (Herscu, 2002:25).

2.3 Methodologies of a Proving

Since the time of Hahnemann the proving process has evolved and grown into a multi-faceted mode of investigation (Candegabe, 1997). Although Hahnemann’s provings generated reliable symptoms, his method would not be deemed steadfast by today’s standards (Wieland, 1997). Fisher (1995) mentions that Hahnemann’s provings were uncontrolled and this was their most serious flaw. The imperfections in the methodology were recognised early (Dantas, 1996), and they have subsequently been improved by incorporating relevant scientific research methods used today (Riley, 1997:225). There is no doubt that had Hahnemann lived longer he would have refined his methods further as his methodology was constantly developing (Walach, 1994).

Certain scientific research methods such as placebo, double blind and randomisation have been included into the proving process to scientifically validate the data collected during a proving.

2.4 Blinding, Placebo Measures and Potency Choice

In 1843, the concept of blinding was initiated into homoeopathic proving methodology when a re-proving of *Aconitum napellus* was conducted (Kaptchuk, 1996). The double-blind technique has gained popularity in more recent years (Davidson, 1995) and should be used to prevent a deliberate or accidental imbalance in attention given to certain subjects or the interpretation of the subjective changes (Dantas, 1996).

A treble blind design was introduced by Raeside (1972) which requires a placebo control group, the prover and researcher are blind and the remedy to be proven remains unknown to both the researcher and the prover.

The use of placebos in a proving remains the most controversial issue. Not all provings are conducted using placebos which leads one to the question of if they are necessary or not. Kaptchuk (1996) believes that placebos are not used for statistical purposes to determine validity; instead, its main purpose is to reduce expectation and promote improved quality of judgement and sharpness of discrimination. Davidson (1995) opposes this idea and argues that placebo control is one of the most important requirements in the conduct of modern provings. He elaborates by saying that with the administration of placebo, it is possible to hold all other variables constant and examine what additional variance is explained by drug intervention.

Without both a double-blinding and placebo control, one cannot be certain that the findings are not due to hope, expectancy, spontaneous fluctuations or other variables (Davidson 1995:63).

Another controversial issue raising much debate is the optimum number of provers needed to conduct a thorough proving and the percentage of placebo to be used. Hahnemann used 64 provers, none of which were on placebo (Fisher,1995). Vithoulkas (1986) suggests 50 -100 provers (25% placebo control) and Sherr (1994) claims that 15 -20 provers (10 – 20% placebo control) will produce a complete remedy picture.

There is much evidence to validate the use of 30CH potency when conducting a proving. Hahnemann insisted in *Organon of Medicine* that the 30CH be used for provings and Kent (1990) endorses the use of this potency in all his provings. Sherr (1994) found the 30CH to produce the most mental/emotional symptoms in his proving of Hydrogen, which used a range of potencies between 6CH and 200Ch. Walach et al (1995) compared the effects of Belladonna 30CH and 12CH in healthy volunteers and found the 30CH to be more effective. Raeside (1964) similarly used the 6X, 6CH and 30CH to prove Hirudo medicinalis and discovered that the least symptoms appeared at 6X and the most at 30CH.

2.5 Comparative Materia Medica

Candegabe (1997) states that in homoeopathy, information on remedies comes from three different sources: pure materia medica, clinical materia medica and the repertories. The first source gives a detailed account of the provings, and is valuable for its authenticity and impartiality, but we cannot rely on this source alone as it lacks cohesion and synthesis. The second source is clinical materia medica, which is the knowledge gained by a physician through clinical experience. The third source of knowledge comes from the repertories (Candegabe, 1997).

Every remedy has a “remedy picture” or set of symptoms unique to it, however, there may be a similar group of symptoms found in different remedies, making it difficult to decipher the correct remedy in a case. The selection of a remedy inevitably involves a process of comparing and differentiating between similar remedies.

Repertorisation is a mathematical process whereby a comparison of similar remedies can be made. By repertorising homoeopaths can take the remedies that come through and compare them to one another and to the case before them (Candegabe, 1997:1-19). It is clear that the comparison of remedies is an essential process in finding an accurate remedy.

Hahnemann says in aphorism 153 (Organon of the Medical Art) ‘In this search for a homoeopathic specific remedy, the more striking, singular, uncommon and peculiar (characteristic) signs and symptoms of the case of disease are chiefly and most solely to be kept in view’ (O’Reilly, 1996). One can conclude that two similar remedies can be distinguished by the presence of characteristic symptoms which are unique to one of the remedies.

Candegabe gives the example of *Nux vomica* and *Nitricum acidum*, both these remedies are found in the rubrics: 'Iritability', 'Violent', 'Sensitive, external impressions, to all', 'Horrible things, sad stories, affect her profoundly', 'Anger over his mistakes', 'Sympathetic', 'Anxiety, conscience, of' and so on. However, the symptom 'Hatred, persons of, who had offended, unmoved by apologies' is unique to *Nitricum acidum* and this one symptom illustrates the essence of the remedy.

Sankaran (1992) makes much use of the relationship of remedies and comparisons of remedies using situational materia medica in his writings in *The Spirit of Homoeopathy*. He compares the jealousy of *Apis mellifica*, for example, to that of *Lachesis muta* and *Hyoscyamus niger*, for distinction between the reactions of these remedies is important when there is confusion as to which remedy to prescribe. Another example of this can be seen by Nash (1998) in his *Leaders in Homoeopathic Therapeutics*. Here he takes a well known trio of remedies used in delirium, namely; *Hyoscyamus niger*, *Stramonium* and *Belladonna* and he highlights the distinguishing characteristics according to their degree in intensity. He states "... *Stramonium* is the most widely **loquacious**. *Hyoscyamus* is the most insensibly **stupid**. *Belladonna* in this respect stands half way between. *Stramonium* throws himself about, jerking head from pillow. *Hyoscyamus*, twitches, picks and reaches, otherwise lying pretty still. *Belladonna*, starts or jumps when falling into or awaking from sleep. All have times of wanting to escape. "

He uses symptomatological comparisons to differentiate between common trios of remedies and this is further illustrated in his comparison of a trio of flatulent remedies. He describes *Lycopodium* as having a constant fermentation of gas in the abdomen, which produce a loud croaking and rumbling while *China* bloats the whole abdomen, *Carbo vegetabilis* prefers the upper and *Lycopodium* the lower parts (Nash, 1998).

Other great homoeopaths who have used this comparative method include:

- Kent (1999:676) in his comparison of *Lac caninum* to *Lachesis muta*, *Alumina*, *Pulsatilla pratensis* and *Ledum palustre*, to mention a few.
- Zaren (1996) in comparing *Lac caninum* to *Phosphorus* and remedies from the Solanaceae family, to emphasise the main differences and similarities of each remedy.

Another value of repertorising and comparing remedies is that one can gain a clearer knowledge of the lesser-known or smaller remedies (Candegabe, 1997).

Having understood the value of comparative materia medica, it is clear that, a greater understanding of the proving symptoms as well as a fuller comprehension of Peucedanum galbanum to other remedies (via its relationship to those remedies yielding the highest numerical and total number of rubrics value on repertorisation), will follow this comparison.

2.6 The Proving Substance: *Peucedanum galbanum*

2.6.1 Classification



Figure 1 – *Peucedanum galbanum*

Family: Umbelliferae (also known as Apiaceae)

Genus: *Peucedanum*

Species: *Peucedanum galbanum*

Common names: Blister bush

Bergseldery

Wildeseldery

Wild celery

2.6.2 Description

Peucedanum galbanum is a robust, resinous-aromatic shrub which reaches a height of 2.5 meters (van Wyk et al., 1997:190). It is one of the 2850 species found within the Umbelliferae (also known as Apiaceae) family. Other plants from this family which are valuable Homoeopathic medicines are *Apium graveolens* (Common Celery), *Conium maculatum* (Poison Hemlock) and *Oenanthe crocata* (Water Dropwort) (Botanical Dermatology Database, BoDD).

It is indigenous to South Africa and confined to the mid to upper mountain slopes of the Western Cape Province, from Piketberg to the Cape Peninsula and eastwards as far as Riversdale, in moist or shaded fynbos habitats (Plantzafrica).



Figure 2 - Distribution Map

2.6.3 Traditional Therapeutic Uses

The plant is known to have medicinal properties. Van Wyk et al. (1997) describe how the plant is traditionally used in the treatment of rheumatism, colds, gout, glandular swelling, high blood pressure, water retention and obesity in men. Its main use is in the form of a leaf decoction which is used as a diuretic in the treatment of oedema, bladder ailments and kidney stones.

2.6.4 Related Literature on *Peucedanum galbanum*

Research done in 1985 by Finkelstein, of the Cape Technikon's Department of Pharmacy, cast light on a fascinating feature of this plant: its known ability to inflict nasty blisters on the skin.

Lundy (2003) describes how Finkelstein conducted two experiments in his research. In the first, he brushed an untouched branch of the plant over the left arm and similarly brushed a branch which had been roughly handled over the right arm. Only the right arm developed blisters. In the second experiment he rubbed both arms with bruised leaves from the plant and immediately covered one arm to exclude light. Only the exposed arm produced blisters. These experiments demonstrated that the compound released from the plant, on bruising, is in itself not harmful, but once exposed to ultra-violet light, its composition is changed and it causes blister formation (Lundy, 2003:13). This reaction, which involves blistering, red-purple pigmentation and intense irritation of the skin, typically manifests 24-48 hours after contact with the plant and exposure to sunlight (Plantzafrica).

2.6.5 The Apiaceae family in Homoeopathy

Peucedanum galbanum is from the Apiaceae (Umbelliferae) family, a plant family, which contains many valuable remedies in the Homoeopathic Materia Medica. A few of these remedies include *Aethusa cynapium* (Fool's Parsley), *Apium graveolens* (Common Celery), *Asafoetida* (Gum of the Stinkasand), *Cicuta virosa* (Water Hemlock), *Conium maculatum* (Poison Hemlock), *Oenanthe crocata* (Water Dropwort) and *Petroselinum crispum* (Parsley).

Sankaran describes in *The Substance of Homoeopathy* that the symptomatology of a drug is not only related to the actual substance of that drug but it is too, intimately related to the source of that drug. He uses the example of *Lachesis*, a remedy which has: left sided symptoms, cannot bear any pressure around the neck, and has a darting movement of the tongue. It cannot be a mere coincidence that the snake from which the venom is derived (*Trigona cephalus lachesis*) has all its organs on the left side of its body, is most vulnerable around the neck region and, like all snakes, has a darting movement of the tongue. He continues in his book to differentiate between the four major kingdoms that homoeopathic drugs are derived from, ie. Plant, Animal, Mineral and the Nosodes and further explains that by knowing the keynote symptoms of the kingdoms, one can establish the kind of remedy a patient might need (Sankaran, 1994:256). It can therefore be assumed that within each kingdom further categories of classification can be established and their keynotes identified.

So, by studying the Apiaceae (Umbelliferae) family and the remedies within it we can get an understanding of the keynote symptoms within the family. The main indications for some of the Apiaceae remedies, as described by Boericke(1999), are listed below.

Aethusa cynapium: “The characteristic symptoms relate mainly to the brain and the nervous system, connected with gastro-intestinal disturbance. Anguish, crying, and expression of uneasiness and discontent, lead this remedy most frequently in disease in children, during dentition, summer complaint, when, with the diarrhoea, there is marked inability to digest milk, and poor circulation. Symptoms set in with violence.”

Apium graveolens: “Obstinate retention of urine, throbbing headaches and heartburn, have been produced by celery. Swelling of the throat, face, and hands. Rheumatic pain in muscles of the neck also in the sacrum. Growing pains. Itching blotches of the skin, burning, creeping sensation. Dysmenorrhoea, with sharp, short pains, better flexing legs.”

Asafoetida: “The flatulence and spasmodic contraction of the stomach and oesophagus are the most marked symptoms. In its selection, its relation to the hysterical and hypochondriacal patients must be borne in mind. Besides these superficial symptoms, it has been found to affect favourably deep ulcerations, caries of the bones, especially in the syphilitic organism: here the extreme sensitiveness and terrible throbbing, nightly pains, guiding to its use.”

Cicuta: “The action on the nervous system, producing spasmodic affections, viz., hiccough, trismus, tetanus, and convulsions, give the pathological picture calling especially for this remedy, whenever this is further characterised, by the more individual symptoms of the drug. Among these, are the bending of the head, neck, and spine backwards, and the general action of the patient is violent, with

frightful distortions. Violent strange desires. Sensation of internal chill. Moaning and howling. Marked symptoms on the skin.”

Conium maculatum: It produces ascending paralysis resulting in death by failure of the respiration. Difficult gait, trembling, sudden loss of strength while walking, painful stiffness of legs and conditions often found in old age, languor, local congestions and sluggishness. Great debility in the morning in bed. Weakness of the body and mind, trembling and palpitation. Acts on the glandular system, engorging and indurating it, altering its structure like scrofulous and cancerous conditions.

Oenanthe crocrata: “Epileptiform convulsions: worse, during menstruation and pregnancy. Puerperal eclampsia: uraemic convulsions. Burning in the throat and stomach, nausea and vomiting. Red spots in the face. Convulsive facial twitching. Skin affections, especially lepra and ichthyosis.

Petroselinum: “The urinary symptoms give the keynotes to this remedy. There is burning and tingling from the perineum throughout the whole urethra, sudden urging to urinate, frequent, voluptuous tickling in fossa navicularis. Gonorrhoea: sudden, irresistible desire to urinate; intense biting, itching, deep in urethra, milky discharge.

The remedies above are all distinctive, yet, they share a few common themes. Sankaran (2002) in *An Insight Into Plants*, explains that the main sensation and reaction of the Umbelliferae family is one of a sudden attack or unexpected violence. The passive reaction to this sensation is numbness, weakness, paralysis, dullness, deep sleep etc. The active reaction is convulsion, mania, violence, fits of emotion and escape.

In *Aethusa*, where violence is a key note of the remedy, there is a profound exhaustion and lack of reaction following each violent attack. Similarly in *Asafoetida* there are hysterical attacks followed by the patient mimicking an attack of unconsciousness. *Conium* presents with stabbing, knife like pains which are accompanied by or followed with numbness. The epileptic fits of *Oenanthe crocata* are followed by total numbness and the patient sleeps. Another common trend among the remedies within this family is a feeling of being pursued. Both *Circuta* and *Conium* have delusions that they are being pursued by enemies (Sankaran, 2002).

2.6.6 The Importance of Proving an Indigenous Substance

Wright (1999: 113) conducted a proving on *Bitis arietans arietans* (Puff adder) and he suggested that South African Homoeopaths should carry out more provings using the indigenous flora and fauna. Sherr (1994) also mentions that a useful remedy should be a local one, within easy reach of the patient, as nature will always provide an accessible cure. To date, there have been a few provers who followed Wright's recommendation and utilised a South African substance in their proving. The importance of these provings becomes even more marked when one considers that South African homoeopaths rely greatly on the United States and Europe for the crude sources of many of their Homoeopathic remedies. *Peucedanum galbanum*, indigenous to the Western Cape Province of South Africa, proves to be a crucial contribution to the materia medicas.

CHAPTER THREE: PROVING METHODOLOGY

3.1 Research Design

The Experimental Design was used in this Homoeopathic drug proving of Peucedanum galbanum. Reasoning behind this choice is listed below:

- There was an intervention variable (Peucedanum galbanum 30CH was administered to the provers.)
- This proving was a double blind, placebo controlled investigation on 30 participants. As suggested by Sherr (1994), neither the provers nor the researchers had knowledge of the participants that received the placebo or those that received the verum. As an added measure of control; the provers were not aware of the substance and the potency they were proving.
- The research supervisor was responsible for the randomisation procedure. The participants who met the inclusion criteria were allocated with a code. All the codes were written on separate pieces of paper and placed in a container and mixed. The first six papers to be drawn out of the container formed the placebo group and the remaining 24 pieces of paper formed the experimental group. This process was done in such a manner that the researchers remained oblivious to which codes formed the placebo and verum group.

The proving was conducted on a minimum of 30 subjects. 6 randomly selected provers received placebo and the remaining 24 provers received the verum, i.e. 20% of the provers received placebos and 80% the verum.

3.2 Method Outline

The methodology of this study followed that recommended by the ICCH(1999) and Sherr(1994). Two researchers from the Department of Homoeopathy were involved in conducting this proving and each was responsible for half the proving population i.e. 15 provers each.

- Advertisements (Appendix G) were placed on notice boards around the Durban University of Technology as well as other public places such as libraries, community halls etc. Thus, provers were recruited from homoeopathic students, homoeopathic practitioners and members of the general public. Each potential prover was given a Prover Information sheet (Appendix F) which detailed the proving process.

- Recruitment of participants and selection of suitable candidates was done by means of a brief questionnaire (Appendix A). This highlighted the important inclusion criteria and was filled out by the participants. Thus, unsuitable candidates were excluded before a timely process which included a case history, physical examination, explanation of the proving procedure and the signing of a consent form, was carried out.

- Each applicant was interviewed and checked against the Inclusion and Exclusion Criteria (Appendix A).

- Once they were determined suitable to participate in the proving process a group meeting was held between the total group of provers and the two researchers. The basic proving procedure and what was to be expected from the provers was explained in this meeting (Sherr, 1994).

- Towards the end of the meeting the provers were asked if they accepted all the terms of the research and, if so, they were required to sign an Informed Consent Form (Appendix C). A date was then scheduled for the pre-proving consultation and physical examination. This was done individually between the researcher and each prover.
- A thorough investigation of the prover's case history and a physical examination, outlined in the Case History Sheet (Appendix D), was conducted in the pre-proving consultation. Each researcher was responsible for 15 provers and therefore 15 pre-proving consultations.
- On completion of the consultation each prover was given the following:
 - A personal prover code
 - A journal (A5 book) in which to record their symptoms
 - An envelope containing the powders to be taken
 - The starting date for the proving
 - The Instructions to Provers Sheet (Appendix E)

The personal prover code was indicated on the journal and on the envelope containing each prover's powders.

- On the designated starting date each prover began recording their everyday symptoms in their journal, at least three times a day, or as often as they occurred. This established a baseline for the prover and allowed them to become familiar with the recording process. It also provided additional information to the researcher. This continued for one week prior to when their first dose was to be taken (Sherr 1994).

- Each researcher contacted their designated provers individually, to assess their compliance and accuracy in recording their symptoms.
- After this one week of pre-proving journal keeping, each of the provers took their first dose of medication and accurately recorded any symptoms that arose. The provers were instructed to take one powder three times a day for a maximum of two days (maximum of 6 powders).
- The prover immediately stopped taking the medication on the emergence of symptoms unless they were very mild in nature, in which case one more dose was taken (Sherr, 1994). Daily communication between the researcher and prover enabled the researcher to determine the severity of the symptoms and the number of doses that each prover had.
- Provers recorded their symptoms daily for a period of four weeks.
- Daily telephonic contact was made by the researcher to each prover, for the duration of the first week. This ensured careful monitoring on the researchers behalf and allowed the prover to voice any complaints or questions. In the second week a telephone call was made every second day and in the third week every third day. One call was be made during the fourth week.

- The prover continued to record all proving symptoms until abated. After the four weeks, a further one week was allowed for general observation in the event of any additional symptoms arising.
- After this observation period the journals were collected from all the provers. The provers were informed of the date for the post-proving group meeting.
- The purpose of this meeting was to amalgamate the separate provings into one, as if all the symptoms occurred in one person. It also provided the opportunity to clarify, validate or discard symptoms.
- The placebo and verum groups were then revealed to the researchers and the provers.
- The data was then extracted, collated, edited and reported in repertory and materia medica format.
- The most characteristic symptoms of the proving were repertorised and the remedies yielding the highest numerical value and total number of rubrics on repertorisation were then compared to the proving symptoms of Peucedanum galbanum.

3.3 The Proving Substance

The plant Peucedanum galbanum was sourced from the slopes of Table Mountain in the Western Cape. This is where the plants grow naturally. The plant was then taken to the Kirstenbosh Research Centre where it was identified by Dr J C Manning a Specialist Scientist at The Compton Herbarium, Newlands, Cape Town.

The whole plant was then transported to the DUT Homoeopathic Day Clinic by Mr J Wayland where it was prepared 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 the verum group 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 **The Potency**

A 30CH potency was used in this research study as Hahnemann insisted in *Organon of Medicine* that the 30CH be used for provings and Kent (1990) endorses the use of this potency in all his provings.

3.5 **Dosage and Posology**

As suggested by Sherr (1994), one powder was dissolved sublingually, three times a day for two consecutive days, or until symptoms arose, but for no longer than two consecutive days. After the onset of symptoms, no further doses of the proving substance were taken. Each dose was taken on an empty stomach and nothing was ingested per mouth for half an hour before or after each dose.

3.6 The Duration of the Proving

Prior to the start of the proving a one week self-observation period took place. This established a baseline for the provers. Six doses were prescribed to each prover to take three powders a day for two days or until the symptoms first appeared. Provers recorded all their symptoms until they abated and a two week observation period followed.

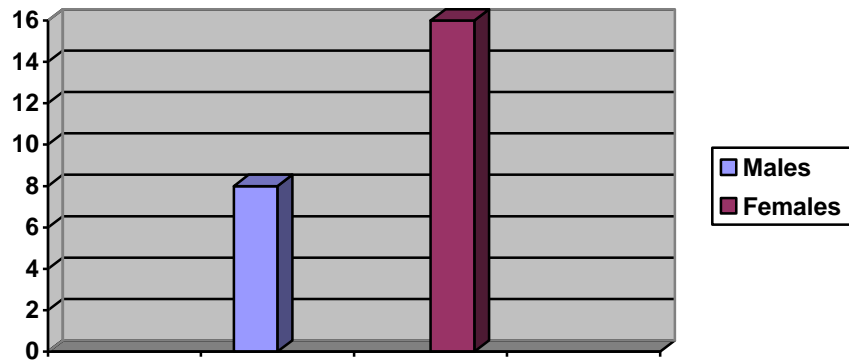
3.7 Prover Population and Percentage Placebo

Thirty provers took part in this proving. Twenty percent of the proving populations i.e. six of the thirty provers received placebo while the remaining twenty-four received the verum. A randomisation process determined the provers who received the verum and those that received the placebos.

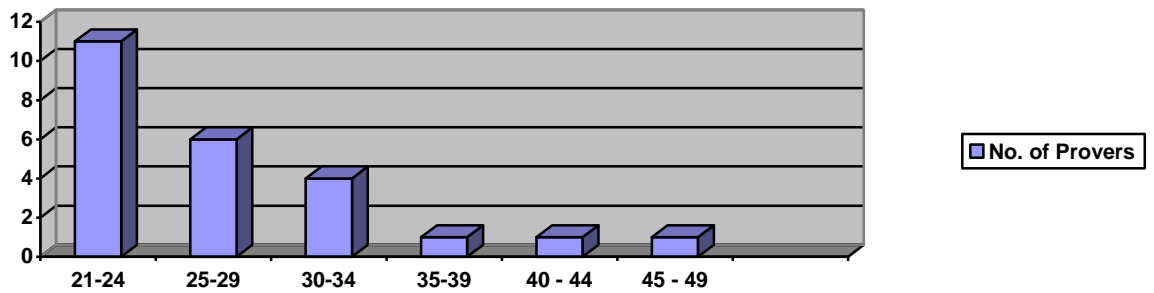
Of the 24 provers receiving the verum, 16 were female and 8 were male. Hahnemann (1997:154) stated that by testing on both males and females, gender related alterations can be observed.

The following graphs below depict the sex and age distribution of the provers.

3.7.1 Graph Illustrating Sex Distribution of Provers



3.7.2 Graph Depicting the Age Distribution of Provers



3.8 Criteria for Inclusion in the Proving

Each prover:

- Was between the ages of 18 and 60 years.
- Was in what is considered to be a general state of good health (Sherr 1994:44).
- Was not on or in need of any medication: chemical, homoeopathic or other (Sherr 1994:44).
- Was not on the oral contraceptive pill or hormone replacement therapy for six months prior to the proving.
- Had not had surgery in the six months prior to the proving (Wright 1999).
- Was not pregnant or nursing (Sherr 1994:30, Wieland 1997:233).
- Was not a user of 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 have no major lifestyle changes during the proving period.
- Was willing to follow the proper procedures for the duration of the proving.

3.9 Monitoring the Provers

Daily telephonic contact was made by the researcher to each prover, during the first week. This ensured careful monitoring on the researchers behalf and allowed the prover to voice any complaints or questions. In the second week a telephone call was made every second day and in the third week every third day. One call was made during the fourth week.

The phone calls served to maintain a close relationship between the provers and the researcher, ascertain accurate symptoms from each prover and prevented a prover from neglecting important symptoms. The researcher was always aware of the progress of each prover and could aid in any adverse reactions needing antidoting.

3.10 Chronology

Sherr (1994:73-74) used a format to systematize the recorded symptoms into a chronological order. Each prover was expected to record their symptoms in the form of DD:HH:MM.

- DD were the number of days since the proving started. Day 1 was recorded as 00, day 2 as 01 and so on. Each day of the prover's journal was marked with the appropriate day code.
- HH was the number of hours.
- MM was the number of minutes. Minutes became redundant after 24 hours and were represented by XX.
- After 2 days hours were considered redundant and were also represented by XX.
- XX:XX:XX was used where time was insignificant or unclear.
- Actual time, which was significant, definite or causal to the symptom, was included.
- Symptoms that occurred soon after each dose was also noted.

3.11 **Group Discussion**

A group meeting was held after the completion of the proving. This gathering of the provers and the researchers is to relate the individual experiences of the provers and it clarifies issues in order to validate or discard symptoms. This meeting not only helped to trigger the prover's memories but also acted as a therapeutic value to provers who had been through a strange experience (Sherr, 1994:65).

3.12 **The Collection, Extraction and Evaluation of Symptoms**

All the journals were collected at the end of the proving. The data was extracted and evaluated for the conversion into materia medica repertory format. Symptoms are scrutinised, validated or rejected according to the criteria below, then edited into a format which is coherent, logical and concise (Sherr, 1994:67).

- Each journal was analysed separately.
- A new page was allocated and clearly marked for each system or body part.
- The provers unique code was recorded at the top of the page
- A minor column on the left contained the time elapsed since the start of the proving.
- The main column on the left was for the text. All accounts were written in the first person in plain English, not repertory style, with the actual expression of the prover being retained.

3.12.1 **Criteria for the Acceptance of a Symptom**

- Any new symptom, unfamiliar to the prover (ICCH 1999:36).
- Current symptoms that have modified or altered (with a description of current and modified components) (ICCH 1999:36).
- Current symptoms that have intensified to a marked degree (ICCH 1999:36).
- Present symptoms that have disappeared during the proving (cure) (ICCH 1999:36).
- Old symptoms that have not occurred for at least one year (note time of last appearance) (ICCH 1999:36).
- If a symptom is in doubt, include it in brackets. If another prover experienced the same symptom it could be valid. If not, it is excluded (ICCH 1999:36).
- The time of day at which a symptom occurred should be included only if there is repetition of such times in one or more provers (ICCH 1999:36).
- Timing of the symptom (periodicity, specificity of timing) (Riley, 1997:227).
- Concomitants (something occurring with the symptom) and modalities (something which aggravates or ameliorates a symptom) (Riley, 1997:227).
- Localisation (sides, extension) (Riley, 1997:227).
- Intensity of a symptom (Sherr, 1994:72).
- Unique description of a symptom (Riley, 1997:227).
- A symptom that was experienced when the proving started and which disappeared or was significantly ameliorated after taking the proving medication, is classified as a cured symptom (Riley, 1997:227).
- A symptom occurring after taking the proving medication on at least two occasions during the study.

- Symptoms that occurred in more than one subject (Riley, 1997:227).
- If the prover is under the general influence of the remedy then all new symptoms are proving symptoms (Sherr, 1994:70).

3.12.2. Criteria for Excluding a Symptom

- If there was any doubt regarding the validity of a symptom it was excluded (Sherr, 1994).
- Symptoms that are usual or current for the prover were not included (Sherr, 1994).
- Symptoms were excluded if they occurred in recent history i.e. in the past year or less (Sherr, 1994).

3.12.3. Collating and Editing the Data

This was the process of uniting the proving symptoms, from many separate accounts, to form a “as if one person” composition.

All the prover’s separate sheets were put together and grouped according to the part of the body that the symptoms appear from i.e. all of the “Mind” sheets, all of the “Abdomen” sheets etc.

In editing, it was important that the proving was comprehensible and easy to read. The language of the provers was maintained as much as possible, any unnecessary detail was omitted. Identical and similar symptoms from the different provers were listed separately and consecutively under the headings related to the specific area e.g. abdomen, generals, mind.

Any symptoms that were repeated in a single prover and pertained only to a particular section were recorded as a single entry. Any symptom appearing again with a modality or extension was recorded separately.

3.13 **Reporting the Data**

3.13.1 **Repertorising**

The aim of repertorising stage was to provide the most truthful, simple and elegant translation of each symptom into an accurate and practical rubric.

Each symptom, provided by the provers, was precisely analysed and translated into repertory language.

The *Synthesis Repertorium Homeopathicum Syntheticum* (edition 8.1) was the repertory of choice for this repertorising process.

The remedy was then inserted under each appropriate rubric and graded according to its degree of importance as established in the proving.

The symptoms were graded according to the frequency of the symptoms and not the intensity for the reason that grading by intensity is brought into doubt by the subjective nature of sensation, i.e. pain intensity differs according to the individual disposition.

3.13.2 **Materia Medica**

The symptoms from the proving of Peucedanum galbanum were presented in a typical materia medica format. These symptoms were listed under the sections commonly found in the materia medica:

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

3.13.3 Comparative materia medica

- This part of the proving involves the selection of symptoms that are essential to the dynamic of the remedy. This collection of symptoms or 'minimum characteristic syndrome' essentially forms the essence of the remedy (Candagabe, 1997).
- Each symptom in this group will be repertorised using a computer programme, RADAR (version 9). Remedies from the Umbelliferae family will be highlighted in this repertorisation.
- The remedies yielding the highest numerical value and covering the most symptoms on repertorisation, plus the two highest remedies from the Umbelliferae family, will then be compared to Peucedanum galbanum.
- The comparison will emphasise any similarities or differences that these remedies have to the proving remedy.
- The comparison will also provide, to the researchers and readers, a greater knowledge of the lesser-known or smaller remedies (Candagabe, 1997).

CHAPTER FOUR: THE RESULTS

THE MATERIA MEDICA AND REPERTORY OF PEUCEDANUM GALBANUM

4.1 KEY

In the Materia Medica section all the symptoms are grouped and referenced according to the following format:

<PROVER NUMBER>< PROVER SEX>< DAY: HOURS: MINUTES>

Rubrics are presented in the order in which they would be found in the Synthesis ed. 8.1 [2001] and are recorded in the following format.

**<RUBRIC>< SUBRUBRIC/S>< DEGREE>< SYNTHESIS PAGE
NUMBER**

New rubrics are appended with a capital 'N' and are underlined. These rubrics are suggested additions to the repertory.

- **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.
- New rubrics are underlined

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 The Symptoms

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. I am 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 peed 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 prover 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. It is 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 aspirin 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

Occipital 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

EYE

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 when 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 afternoon, milk and 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) and 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 nauseas 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

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

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 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 and 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 01:11:5

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 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 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 it's 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 work.

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:X

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 an 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 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, Company, aversion to. 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, 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, nausea, during. 1. 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. 1. S. 758.

Stomach, Fullness, sensation of. 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.
Stomach, Appetite, insatiable. 2. S. 740.
Stomach, Emptiness, eating after. 2. S. 748.
Stomach, Emptiness, nausea during. 2. S. 748.
Stomach, Fullness, sensation of: eating after; ever so little. 3. S. 758.
Stomach, Nausea, hunger with. 2. S. 771.
Stomach, Thirst. 2. S. 796.
Stomach, Thirstless. 1. S. 799.
Stomach. Fullness, sensation of: eating, after. 2. S. 758.

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, Diarrhoea. 3. S. 897.

Rectum, Diarrhoea, afternoon, 17 – 18. 1. S. 898.

Rectum, Diarrhoea, morning 8h. 1. S. 898.

Rectum, Diarrhoea, painless. 2. S. 904.

Rectum, Diarrhoea, 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, pressure agg. 1. S. 1389
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, burning, foot, sole. 1. S. 1436.

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. 1. S. 1464.

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, Anger. 1. S. 1609.
Dreams, Animals, injured. 2. S. 1609.
Dreams, Animals, wild. 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. N.

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. 1912.

CHAPTER FIVE: GENERAL DISCUSSION

In this study it was hypothesised that Peucedanum galbanum 30CH would produce evident signs and symptoms in the healthy provers who took part in the proving. It was further hypothesised that a comparative study, between Peucedanum galbanum and the other remedies which produced the highest numerical value and total number of rubrics on repertorisation of the proving symptoms, would highlight similarities and differences of the remedy pictures so that confusion as to indication is eliminated.

The symptoms that arose in this proving extended through almost all of the systems represented in the materia medica and repertory. The systems that were primarily affected by the 716 symptoms produced in this proving are the Mind, with 117 symptoms: Head, with 86 symptoms: Throat, with 47 symptoms: Stomach, with 44 symptoms: Extremities, with 69 symptoms: Dreams, with 46 symptoms and the Generals with 44 symptoms. From this accumulation of symptoms it is evident that the first hypothesis has been supported.

5.1 Comparative Study

The symptoms produced, by Peucedanum galbanum 30CH, in this proving were precisely analysed and translated into repertory language. A total of 28 rubrics were then selected and were used in the repertorisation process. These rubrics were essential to the dynamic of the remedy and formed the 'minimum characteristic syndrome' and therefore the essence of the remedy, as suggested by Candagabe (1997).

The remedies that yielded the highest numerical value and covered most of the symptoms (at least 50%) were: *Sepia*, *Sulphur* and *Natrum muriaticum*. The following is a comparison between the above mentioned remedies and Peucedanum galbanum.

A Comparative Study: The Mental Symptoms

The leading mental symptom in this proving was an **emotional sensitivity**. This symptom was reflected in various mental themes. There was sensitivity to music with a corresponding deep sadness and one prover remarked that whilst listening to her church choir she was overwhelmed by emotions. There was also a sensitivity to the remarks and reactions of others and this was expressed as "sensitive to others energies". Provers did not want to disturb anyone as they were worried about peoples' reactions. The outcome of this immense sensitivity was causeless weeping and a marked **irritability**. This was expressed by the provers towards people in general and loved ones in particular and often resulted in disproportional rage and anger.

This sensitivity, irritability and rage in turn led to an **aversion to company and desire for solitude** which in some cases, lasted many weeks after the proving.

Another theme was one of absentmindedness, decreased concentration and prostration of the mind which progressed to a carelessness and clumsiness. Provers complained about being **accident prone**. An aversion to mental exertion and social interaction was the consequence of not being able to process thoughts accurately and this was described as “my brain is not functioning” and “it is as if my brain is filled with treacle”. There was **numbness and dullness of mental activity**.

Many delusions were also experienced which could also be explained by the dull mental activity. For example: a delusion of being detached; a delusion that everything that she does is wrong and that everything she writes is a lie; a delusion that her head was confused by a cloud. Other delusions experienced were of hearing noises, and a delusion of thieves in the home. This theme of paranoia or **impending danger** was also reflected in the dreams. Dreams of shark attacks, drowning, robbers and fire were all recorded.

In comparing the following remedies, in terms of the mental symptoms, to that of Peucedanum galbanum, one can see many similarities and differences.

Sepia, too, develops a deep sadness and despair which is often reflected as an indifference to loved ones. This, however, is because *Sepia* feels forced to undertake things against their intention. It is a chronic situation in which they feel dominated and restricted from having their own way (Sankaran, 1997).

Their immediate family is their greatest emotional strain and they are sad without any apparent cause and inclined to weep every few minutes. Similar to Peucedanum galbanum, *Sepia* has a desire to be left alone and they avoid any contact with friends, however, in contrast to the proving remedy, they develop a fear of loneliness. Vermeulen (2002) describes a mental and emotional stasis with confusion, absentmindedness and difficulty in thinking. As a means of avoiding their problems they keep themselves occupied and this too, gives them a feeling of independence. They are always better when busy (Vermeulen, 2002).

Natrum muriaticum comes closest to *Sepia* in that they both have disappointment in love. However, in *Natrum muriaticum* the disappointment comes from a feeling that they will be betrayed or let down by a loved one. They fear being emotionally hurt and therefore become reserved and unapproachable. For this reason, irritability, anger, bitterness and malice often develop and they find themselves dwelling on past disagreeable occurrences. They are also sensitive to music, especially the sad, sentimental types. Their grief is silent and they are responsive to others grief, which they absorb and brood over when alone. They are worse for any consolation (Vermeulen, 2002).

In describing the *Natrum muriaticum* nature, Vermeulen (2002) uses these citations from Hahnemann, “He avoids company because he foresees that he might easily annoy others.” and “From the looks of everyone, he concludes that people pity him for his misfortune, and he weeps.” This can be compared to the sensitivity Peucedanum galbanum had to the reactions of others.

Sulphur can be related to Peucedanum galbanum in that they too are often in a state of confusion or mental dullness with an inability to collect thoughts and ideas. They are averse to business (Kent, 1989). Vermeulen (2002) says there are mainly two types of *Sulphur*. The first type is the philosophical, theorising *Sulphur* which typically has many ideas but has no time or finds it too much trouble to realise his ideas. The second type is the practical, idealistic *Sulphur* who has great ideas and usually surrounds himself with people who are willing to work hard to implement his great plan. *Sulphur* does differ from the proving substance in the way that they are typically self-centred, pedantic and opinionated and they love debating for the sake of argument. They need to be the centre of attention and thus develop ailments from embarrassment.

A Comparative Study: The Keynote Physical Symptoms

The physical symptoms of Peucedanum galbanum were vast and expanded throughout all the major systems. **Allergy-type** symptoms were a major characteristic of the proving with **tingling, itching** and **pain** being the most significant symptoms.

Peucedanum galbanum's head pain was unique in that it could always be pinpointed to a particular part of the head. In many cases there was **wandering pain**, which began in a localized area and extended forward. The most common examples of this were: vertex pain, extending to forehead; occipital pain, extending to the right temple; vertex pain, extending to the eyes; occipital pain, extending to the eyes; occipital pain, extending to left eye. The nature of the pain was typically sharp and the intensity of the pain induced vomiting in two of the provers.

Peucedanum galbanum had flushing of heat to the head and a heaviness of the head, with difficulty holding it erect and a desire to rest it on something.

The head symptoms of *Sepia* are similar in location to Peucedanum galbanum but not similar in nature. Boericke (1999) describes a stinging pain outward and upward, mostly to the left or in the forehead. The pain can be accompanied by nausea and vomiting, as was found in Peucedanum galbanum. The headache in *Sepia* is often related to the menstrual cycle in females, with an aggravation during menses. There are hot flushes in an upwards direction typically during menopause. Nash (1994) describes the heat as originating in the pelvic organs and spreading over the rest of the body. He also explains the headache as coming in terrific shocks, so as to jerk the head in spite of the patient.

The *Natrum muriaticum* headache is described as a hammering, bursting pain over the eyes which is worse for reading, motion, light and noise and better for lying in a dark room and pressure (Vermeulen, 2002). It is evident that this remedy has head pain which is similar in location to Peucedanum galbanum but the nature of the pain is dissimilar. The headache is blinding and aching as if a thousand little hammers were knocking on the brain. It typically occurs in the morning, after menstruation and from sunrise to sunset. Anaemia, eyestrain and menstruation are leading causes of the headache. Nausea and vomiting can accompany the pain (Boericke, 1999).

The nature of the *Sulphur* headache is a beating pain which is worse for stooping and accompanied by vertigo. The heat is located at the top of the head in *Sulphur*. Similar to Peucedanum galbanum, there is a heaviness felt in the head but in *Sulphur* it is located at the temples and not the whole head. The headaches recur periodically (Boericke, 1999).

Itching in Peucedanum galbanum was reported in the following areas: scalp, face, eyes, nose, ears and throat as well as in various spots on the skin of the torso and extremities. The eyes were dry and itchy with pain behind the eyeballs. There was a difficulty in keeping the eyes open. All the eye symptoms were aggravated by the cold. The nose was also itchy with concomitant symptoms of sneezing, catarrh, congestion and a post nasal drip. There was itching in the Eustachian tube and a stopped sensation in the ear. Painful mouth ulcers and vesicular eruptions occurred on the inner side of the cheek, the hard palate, the mucous membranes and the tip of the tongue.

In the throat, there was dryness, itching and inflammation and redness of the tonsils. There was also a sensation of a foreign body or lump in the throat with a feeling of **obstruction** and **constriction** which caused pain and difficulty on swallowing. The nature of the pain varied, some experiencing a cutting pain, some a burning pain and others a sore pain. Cold liquid ameliorated the throat pain. The *Sulphur* throat symptoms are very similar to Peucedanum galbanum in that there is also a pressure in the throat, as from a lump, but, in *Sulphur* there is a sensation of a splinter or hair in the throat which is not present in the proving substance. *Sulphur*, also has redness, burning and dryness of the throat. (Boericke, 1999).

The left side of the lower abdomen in Peucedanum galbanum was the most affected with symptoms of pain, swelling and a sensation of fullness. **Abdominal distension** was marked in several provers. The nature of the pain varied amongst prover population. Cramping, tenderness, and sore pain were all mentioned. Some female provers related the nature of the pain to a premenstrual cramp.

In *Natrum muriaticum* there is abdominal distension with a cutting pain. *Sepia* has complaints of acid dyspepsia and bloating (Boericke, 1999). *Sulphur* is very sensitive to any pressure on the abdomen due to an internal feeling of rawness and they have a unique sensation as if something alive is moving in their abdomen (Boericke, 1999).

Constipation and diarrhoea both occurred in the Peucedanum galbanum proving. The diarrhoea was frequent, painless and very sudden. One vegetarian prover got diarrhoea from the smell of meat cooking. Constipation with ineffectual urging was a very common symptom. *Sepia* has constipation with large hard stools and a sensation of a ball in the rectum. *Sulphur* has morning diarrhoea which drives them out of bed. *Natrum muriaticum* has a painless and copious diarrhoea which is preceded by pinching pain in the abdomen and constipation with dry crumbling stools (Boericke,1999).

The most remarkable symptom experienced in the female system of Peucedanum galbanum was that two of the provers, who have a regular menstrual cycle, had their **menses too early**. The menses arrived between 10-14 days earlier than expected. It was also described as intermittent thereafter. Pain was the next significant symptom and it presented as cramping pain over the uterus which

was **worse for touch**. The sexual desire was either increased or diminished throughout the proving. *Sulphur* has menses which are scanty, too late and short. Headaches precede *Sulphur's* menses. *Sepia* is predominantly a female remedy and their ailments are generally related to hormonal changes. Amenorrhoea or scanty menses are common *Sepia* symptoms. *Sepia* has a unique bearing down sensation as if everything would escape through the vulva and they feel they must cross their legs to prevent this happening. They are worse before or after menses and during menopause (Vermeulen, 2002). *Natrum muriaticum* is similar to *Sepia* in that they also have bearing down pains which are worse in the morning. The menses are irregular and usually profuse (Boericke, 1999).

The main symptom in the chest of *Peucedanum galbanum* was **oppression**. Pain was the next most frequent symptom, with the main complaint being on the left side of the chest and the left mammae around the nipple. The pain was wandering and **worse for movement**. Palpitations were experienced by a few provers. Fluttering palpitations are common to *Natrum muriaticum*, with the heart and chest feeling constricted. Stitches are felt all over the chest. *Sepia* has violent, intermittent palpitations with a beating in all arteries. They have an oppression of the chest in the morning and evening. *Sulphur*, too, has oppression as of a load on the chest, accompanied by a burning sensation. The chest feels heavy and the heart too big, with stitches and palpitations occurring (Boericke, 1999).

The pain in the extremities of Peucedanum galbanum varied from an aching pain to a rheumatic pain to an intense **shooting pain** like an **electric shock**. Most provers noted the pain to be wandering in nature. There was pain experienced in the hip, thigh, knee, leg, foot and sole of the lower limb and in the shoulder, forearm, elbow, hand and fingers of the upper limb. Pain in the Sternocleidomastoid muscles, especially the right, was a typical symptom. Many provers felt they had injured their neck while sleeping or through the duration of the day but they could not decipher how. The pain was of a pinching nature and movement to the right aggravated it. **Stiffness** of the muscles of the neck, mainly right side, cervical and lumbar region of the back was commonly noted and accompanied by tingling and heat. The stiffness in the cervical area extended to the shoulder. Motion of the head aggravated the cervical stiffness and pain.

In *Sepia* the lower extremities are lame and stiff and there is a tension as if they are too short. A heaviness and bruised feeling is common in *Sepia*. The limbs are restless with twitching and jerking during the night and day. Pain is found in the heel and there is coldness of the legs and feet (Boericke, 1999).

There is weakness in *Natrum muriaticum* found in the arms and legs but especially the knees. There is numbness and tingling in the fingers and lower extremities (Boericke, 1999).

In the extremities of *Sulphur* there is a trembling of the hands and burning of the hands and soles at night. There is a rheumatic pain in the shoulder and rheumatic gout with itching. A *Sulphur* person cannot walk erect and they stoop their shoulders over (Boericke, 1999).

The skin symptoms produced in Peucedanum galbanum were significant and resembled those of an allergy. Itching, tingling, pain, heat and skin rashes were all common complaints.

The itching of the skin presented in small spots on the back between the scapulae. The itching was aggravated by scratching. A rash developed on the thighs which was red in colour and was accompanied by itching in small spots. Provers had a tingling or prickly sensation which typically originated in the upper limbs and spread downward to the lower limbs and was also experienced in the body and face, lips in particular. Heat and pain often accompanied the itching and tingling.

If we compare the skin symptoms of *Sepia*, *Sulphur* and *Natrum muriaticum* to that of Peucedanum galbanum we see many similarities and differences. Boericke (1999) describes *Sepia*'s eruptions as circled and found in isolated spots. They have Herpetic eruptions on lips, mouth and nose. The itching is worse for scratching and worse in the bends of the elbows and knees. They develop a ringworm-like eruption every spring.

Hahnemann described *Sulphur* as the king of anti-psorics. It is indicated in itching eruptions, which are found everywhere on the skin, with scratching followed by burning. The burning is everywhere, especially the feet; hence the need to stick them out of bed to cool them. The orifices in *Sulphur* are so red and they appear as if they were pressed full of blood (Nash, 1994).

Natrum muriaticum differs as they typically develop skin eruptions on the hair margin, behind the ears and in the bends of joints. They have a tendency to develop fever blisters and urticaria, which is itchy and burns.

Eczema is another common pathology which presents as raw, red and inflamed (Boericke, 1999). The tingling and numbness of the face, lips, tongue and nose is a symptom also found in Peucedanum galbanum.

A Comparative Study: The Generalities

If we consider the general symptoms of Peucedanum galbanum, most provers felt a change in energy levels with a marked depletion of energy in general. **Lameness**, **lassitude** and **weakness** were keynote symptoms and some provers described their lower limbs as being lame or heavy, as if they were lead.

There was also an excess of energy, typically on waking, and often the excess energy levels would alternate with the depleted energy levels. Decreased energy levels prevented people from taking part in activities that they would normally take part in, and a desire for solitude developed. Provers felt lazy and had an increased desire to remain alone and not do anything. A sleepiness during the day led to provers wanting to just lie about. Many provers fell asleep whilst reading or **sitting**, which was unusual to them.

A change in appetite also occurred. There was a marked increase in appetite and it was often described as being ravenous and continuous. The remarkable aspect of the increased appetite was the **easy satiety** after eating very little. The stomach became full and distended after very small quantities of food and in some cases **nausea** was experienced. The thirst was diminished in the provers and drinking often brought on nausea and, in some, it caused vomiting, which relieved the nausea. A cramping pain was present in the epigastric area after eating; fruit, in particular.

A unique finding in the proving was a strong desire for meat but not wanting to eat it. This was also experienced by two of the vegetarian provers. One of them had a craving for meat but as soon as she smelt it cooking she got nauseas. She exclaimed that this particular symptom was very unusual for her. Another significant food and drink craving was one for coffee.

There is a constant hunger in *Sepia* but it is mainly for sweet things and meat. They have a great hunger and crave acids, pickles and vinegar. They are averse to fat but are generally better for eating and for cold drinks. This remedy also has the symptom of having an increased appetite but after a little food the stomach feels full (Vermeulen, 2002). They get nausea from the sight and smell of food. There is a peculiar sensation of emptiness which is not relieved by eating (Boericke, 1999). The above two symptoms were also found in Peucedanum galbanum. In *Natrum muriaticum* there is an increased thirst for cold drinks. Nausea develops after eating fish and they have an aversion to anything slimy, like oysters. They have a great craving for salt (Boericke, 1999). In *Sulphur* there is either an excessive hunger or a complete loss of hunger. They develop a weakness from hunger and the types of food they crave are sweet and spicy. They also crave beer and whiskey and during a headache they want pickles (Vermeulen, 2002). Food tastes too salty and causes a burning, painful, weight-like pressure in *Sulphur* (Boericke, 1999).

The main weather modality in Peucedanum galbanum is sensitivity to the cold. This presented as an **aversion to cold weather**, an aversion to cold air and water and some complaints were aggravated by the cold. According to Vermeulen (2002), *Sepia*, too, is very chilly and worse for the cold in general, but in particular it is worse for the head becoming cold. *Sulphur* is warm but sensitive to drafts of air and they can be chilly at an older age. They have an intolerance of warm closed rooms, warm beds or wraps. *Natrum muriaticum* is warm, but can be chilly. They are worse for the heat and especially that of the sun but they are better for perspiration (Vermeulen,2002).

The side of the body most affected in the Peucedanum galbanum proving was the **left**. Most of the provers had symptoms occurring only on the left. There was one exception and that was the stiffness and pain that was mainly felt in the right sternocleidomastoid muscle. *Sepia* is a left sided remedy, *Sulphur* is mainly left sided but it also has an affinity for the right side and *Natrum muriaticum* has ailments on both sides (Vermeulen, 2002).

A Comparative Study: Remedies from the Umbelliferae Family

The symptoms of Peucedanum galbanum relate closely to its plant family, Umbelliferae, and to the remedies within this family. The main sensations in this family are accidents, sudden unexpected violence or attack, blows, riots, stabs and wounds and these sensations are followed by numbness, stupefaction, dullness and sleep (Sankaran, 2002).

In Peucedanum galbanum there was an anger and rage which was disproportional to its cause. Provers complained of becoming angry easily and waking up with an angry temperament. There was also cursing, screaming and many complaints of not being able to control the harsh words that were being spat out in a fit of rage. These symptoms can all be compared to the sudden attack of violence found in the Umbelliferae family. Another mental theme that was common to the proving was sadness, depression and emotional sensitivity which resulted in an aversion of company and a desire for solitude. There was also a dullness and numbness of the mental activity and a desire to avoid activities and lay about. Some provers described not being able to stay awake and falling asleep in places they wouldn't usually or taking naps at times that they wouldn't usually. Sankaran (2002) explains that in this plant family there is numbness, dullness, stupefaction and sleep that follows the sudden unexpected attack.

Conium maculatum and *Cicuta virosa* are two remedies from this plant family and they, too, express similar mental themes. The keynote symptom in *Conium maculatum* is gradual weakening of the mind and an inability to sustain any mental effort. Mental depression is brought on by excitement (Boericke, 1999). They have no inclination for business or study. "Conium is of a slow, passive character. Complete indifference; takes no interest in anything..." (Kent, 1989: 469). An aversion to society develops from their depressed and timid nature (Sankaran,2002). *Conium* has an aversion to company brought on by the gradual shutting down and weakening of the mind. They become introverted and isolated and developed fixed ideas and fastidiousness (Vermeulen, 2002). *Cicuta virosa* has a loss of confidence in humans and a resultant estrangement from society.

There is an aversion to the presence of strangers and company. This aversion is especially prominent during menses. They think about the errors of people which cause anxiety and they turn inward and withdraw in order to escape a world of dismay. Another side to this remedy is one of naivety. They act like children by being impulsive, jesting and foolish and they often desire to play with childish toys (Vermeulen, 2002).

Another mental theme in the Umbelliferae family is a feeling of being pursued and impending danger or attack. This aspect is found in Peucedanum galbanum, *Conium maculatum* and *Cicuta virosa* in the form of their delusions and dreams. The common delusions in Peucedanum galbanum were: a delusion someone was walking behind him, a delusion that friends were strangers, a delusion that thieves were in the house and a delusion of hearing voices. The common dreams were of shark attacks, drownings, animal attacks, robbers and fires. There was also a fear of robbers. In *Conium maculatum* they have delusions of being pursued and dreams of accidents and riots. *Cicuta's* suspicious mind leads to fears and delusions of being pursued (Sankaran, 2002).

The physical symptoms of the Umbelliferae family also relate to the keynote sensation of sudden unexpected violence and attack in the form of stabbing, blows, accidents, riots, epilepsy, vertigo, fainting followed by numbness, stupefaction, dullness and sleep. In Peucedanum galbanum vertigo was experienced which was described as being intoxicating and a sensation of falling to the side. Many provers complained of being accident prone and developed bruises from clumsiness. The pain in the extremities was sudden, like shocks of electricity.

Another complaint in the extremities was one of lameness, weakness, paralysis as if the limbs were made of lead. There was tingling and numbness of the skin. The head pain was of a stabbing nature. Sudden flushes of heat to the head were also reported by many provers and this supports the “sudden” theme of the Umbelliferae family. The head was also described as being heavy and there was a difficulty in holding it erect. Provers had tired, heavy eyes, with difficulty keeping them open.

Physically, *Conium* has muscular weakness, especially in the lower extremities which feel heavy, weary and paralysed. They have numbness and stiffness in the neck (external throat). They suffer from visual disturbances such as slow accommodation, problems focussing and photophobia. The headache is accompanied by nausea and vomiting of mucus with a feeling of a foreign body under the skull. They have tightness as if both temples were compressed and bruised semi-lateral pains. The abdominal pain is found mainly in the right hypochondrium which is described by Boericke (1999) as bruised, swollen, knife-like pains. *Cicuta virosa* has violent physical symptoms with its main action on the nervous system causing spasmodic affections like hiccoughs, trismus, tetanus and convulsions (Boericke, 1999). Nash (1994) says this about the convulsions of *Cicuta* “... the patient is thrown into all sorts of odd shapes and violent contortions, but one of the most invariable is the *bending* of the head, neck and spine backwards, opisthotonus.” (Nash, 1994: 267). It is understandable why this is a leading remedy for cerebro-spinal meningitis. The convulsions are usually brought on by fright, trauma to the head, getting cold or a disordered stomach.

Other physical symptoms include, strabismus, difficulty swallowing due to a spasm of the throat, spasms and cramps in the nape of the neck, tonic spasm of pectoral muscles with difficulty in breathing, curved limbs that cannot be straightened and back bent backwards like an arch (Boericke, 1999).

The skin symptoms of this remedy are also prominent with crusty eczema, impetigo or any other yellow, crusty, pustular eruptions particularly on the face and head (Vermeulen, 2002).

Other similarities and contrasting features between the proving remedy, *Cicuta virosa* and *Conium maculatum* exist. In the female system Peucedanum galbanum had symptoms of menses occurring too early and being intermittent thereafter. *Conium maculatum* has delayed and scanty menses. The female has pain and swelling of the mammae before menses, which is worse for walking (Vermeulen 2002). The breasts enlarge and become painful before and during the menses, with stitches in the nipples. Peucedanum galbanum too, has pains in the nipples which are worse for touch. The libido was both increased and diminished in the proving. *Conium*, generally has problems with sexual interaction, in both the males and females, and they develop ailments from suppression of sexual desire (Boericke, 1999).

Peucedanum galbanum has a strong desire for coffee, meat, milk, cold drinks, chocolate, fruit and salt. There was also an aggravation from the smell of meat cooking, in the proving, causing diarrhoea. One prover remarked that she was aggravated by wine and alcohol. Peucedanum galbanum is better for rest, sleep and cold drinks and worse for movement, touch, cold, mental and physical exertion. This remedy has left sided ailments.

Conium has a desire for coffee, sour and salty things and an aggravation from wine and milk. They are generally worse for lying down, turning or rising in bed, celibacy, before and during menses, cold, bodily or mental exertion and better for fasting, dark rooms, letting limbs hang down, motion and pressure.

Cicuta's food desires are for cabbage, beans and peas, charcoal and wine and there is an aggravation from milk. *Cicuta* is worse from touch, draughts, concussions and better for lying down and passing flatus. Generally this remedy has left sided symptoms (Boericke,1999) .

Chapter Six: Conclusion and Recommendations

6.1 Conclusion:

Since, Peucedanum galbanum produced many symptoms throughout a wide range of systems, it is evident that it will be a beneficial remedy in the treatment of numerous ailments. The comparative study helps differentiate this remedy from other similar remedies by highlighting the characteristic symptoms of each remedy and thus eliminating any doubt when prescribing. It further highlighted the significant themes of the plant family which in turn is beneficial when comparing other remedies from this family.

6.2 Recommendations

6.2.1 Further Provings Using Different Potencies

All the symptoms that were produced in this proving were derived from Peucedanum galbanum 30CH. By using other potencies one would be able to elicit a fuller picture of the remedy and therefore a greater understanding of this remedy would emerge. Another advantage of using multiple potencies would be to note the relative sensitivities of individuals to certain potencies.

6.2.2 Further Provings of Indigenous Substances

I would like to reiterate Wright's (1999) recommendation to conduct more provings using indigenous substances. According to Sherr (1994), we could target many of our local ailments with indigenous substances as he says that nature will always provide an accessible cure.

6.2.3 Prover Population

The provers taking part in this proving were Homoeopathic students or had a good knowledge of homoeopathy. I would like to convey the importance of conducting a proving using provers with a similar background. This ensures clear and precise information with regards to the recording of symptomatology.

Another important factor would be to include equal numbers of male and female provers to ensure a fuller remedy picture. The symptoms in the male system were rare, as not enough male subjects participated in this study.

6.2.4 Clinical Verification

Use of Peucedanum galbanum in a clinical environment with an added hands-on application would further substantiate the proving symptomatology produced in this study. Information gathered from case studies, where Peucedanum galbanum was the remedy of choice for treatment, would greatly benefit our knowledge of this remedy and further encourage its use in the future.

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Figure 1 and 2

van Wyk, B. E., van Oudsthoorn, B. and Gericke, N. 1997. *Medicinal plants of South Africa*. 1st ed. Pretoria: Briza Publications.

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 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

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 Technikon Natal, Durban.

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 of the proving.

This proving is a double-blind placebo controlled study. This means that 35% 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 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 contact daily with the researcher, and under 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 substances 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 ascertain as to 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 – Supervisor – (031) 2042041

Lauren Wayland – Researcher – (031) 2612878
082 421 4377

Abbey Wagner – Researcher – (031) 2020774
083 415 4406

This appendix has been adapted from Webster, H 2002. A
Homoeopathic Drug Proving of Sutherlandia frutescens. M. Tech.
Hom. Dissertation Technikon Natal, Durban.

APPENDIX C:

INFORMED CONSENT FORM

TITLE OF THE RESEARCH PROJECT

A Homoeopathic Drug Proving

NAME OF SUPERVISOR

Dr. Madhu Maharaj (M.Tech. Hom.)

NAME OF RESEARCH STUDENT

Lauren Wayland

DATE

PLEASE CIRCLE THE APPROPRIATE ANSWER:

1. Have you read the research information sheet?

Yes/No

2. Have you had the opportunity to ask questions regarding this proving?

Yes/No

3. Have you received satisfactory answers to your questions

Yes/No

4. Have you had 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: _____

IF YOU ARE PARTICIPATING IN THIS PROVING AND HAVE MET ALL THE INCLUSION CRITERIA BUT ARE UNDER THE AGE OF 21, WRITTEN CONSENT FROM A GUARDIAN MUST BE OBTAINED.

I _____ (Guardian/ Parent)
give permission for

_____ (Prover) to participate in
the Homoeopathic proving conducted by A. Wagner and L. Wayland at the
Durban Institute of Technology.

Name: _____ Signature: _____ Date: _____
(Gaurdian)

Name: _____ Signature: _____ Date: _____
(Witness)

CONTACT TELEPHONE NUMBERS

- Dr Madhu Maharaj (031) 2042041
- Lauren Wayland (031) 2612878 / 082 421 4377
- Abbey Wagner (031) 2020774 / 083 415 4406

This appendix has been adapted from Smal, L & Taylor, L 2003. The homoeopathic drug proving of Naja mossaambica, with subsequent comparison to Naja tripudians. M. Tech. Hom. Dissertation, Durban Institute of Technology.

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:

MUSCULAR- SKELETAL 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 experience.

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.

Proving 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 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:

1. 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.
2. 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.
3. 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.
4. 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.
5. At the consultation you will receive an individual prover code, a journal, medication and a starting date will be agreed on.
6. 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 you provide will be published using your prover code.

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:

Researchers: **Abbey Wagner**

Phone: (031) 202 0774
083 415 4066

Lauren Wayland

(031) 261 2878
082 421 4377

If you have any questions about the proving please do not hesitate to contact us.

Thank you,

Abbey Wagner and Lauren Wayland

untitled

This analysis contains 1040 remedies and 28 symptoms.
Intensity is not considered

	Sum of symptoms and degrees																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	76	73	71	70	65	64	63	63	61	60	60	60	59	58	58	58	54	54	53	52
	sulph.	sep.	phos.	nat-m.	lyc.	lach.	bell.	nux-v.	calc.	merc.	puls.	sil.	ars.	acon.	graph.	rhus-t.	carb-v.	kali-c.	nit-ac.	bry.
01. MIND - IRRITABILITY	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
02. MIND - SENSITIVE	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
03. MIND - WEEPING	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
04. MIND - COMPANY - aversion to - desire for solitude	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
05. HEAD - HEAVINESS - lean on something, desires to	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
06. HEAD - PAIN - accompanied by - vomiting	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
07. HEAD - PAIN - Forehead, in - Eyes - Behind	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
08. THROAT - FOREIGN body; sensation of a	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
09. THROAT - PAIN - swallowing	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
10. STOMACH - APPETITE - easy satiety	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
11. STOMACH - FULLNESS, sensation of - eating - after - ever so little; after	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
12. STOMACH - NAUSEA	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
13. STOMACH - APPETITE - increased	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
14. ABDOMEN - DISTENSION	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
15. EXTREMITIES - LAMENESS - Lower limbs	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
16. EXTREMITIES - TINGLING	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
17. EXTREMITIES - PAIN - shooting	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
18. GENERALS - ENERGY - excess of energy	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
19. GENERALS - FOOD and DRINKS - meat - desire	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
20. GENERALS - SIDE - left	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
21. GENERALS - TINGLING	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
22. SKIN - ITCHING	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
23. FEMALE GENITALIA/SEX - MENSES - early; too	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
24. CHEST - OPPRESSION	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
25. BACK - TENSION - Cervical region - extending to - Shoulder	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
26. MOUTH - ULCERS	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
27. NOSE - CATARRH	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3
28. MIND - PROSTRATION of mind	3	3	3	3	3	2	3	3	2	3	3	3	3	3	3	3	3	3	3	3

unfiled
This analysis contains 20 remedies and 31 symptoms.
Intensity is not considered

	Sum of symptoms and degrees											
	con.	cic.	asa.	aeth.	sumb.	corian-s.	oena.	hydc.	phel.	ziz.	ammc.	ange-s.
01. MIND - IRRITABILITY	1	2	3	4	5	6	7	8	9	10	11	12
02. MIND - SENSITIVE	55	46	36	26	23	16	16	13	12	12	10	10
03. MIND - WEEPING	1	1	1	1	1	1	1	1	1	1	1	1
04. MIND - COMPANY - aversion to - desire for solitude	2	3	1	2	1	1	1	1	1	1	1	1
05. HEAD - HEAVINESS - lean on something; desires to	1	1	1	1	1	1	1	1	1	1	1	1
06. HEAD - PAIN - accompanied by - vomiting	3	1	1	2	1	1	1	1	1	1	1	1
07. HEAD - PAIN - Forehead, In - Eyes - Behind	3	1	1	2	1	1	1	1	1	1	1	1
08. THROAT - FOREIGN body; sensation of a	2	1	1	1	1	1	1	1	1	1	1	1
09. THROAT - PAIN - swallowing	1	1	1	1	1	1	1	1	1	1	1	1
10. STOMACH - APPETITE - easy satiety	1	1	1	1	1	1	1	1	1	1	1	1
11. STOMACH - FULLNESS, sensation of - eating - after - ever so little	3	2	1	2	1	1	1	1	1	1	1	1
12. STOMACH - NAUSEA	1	1	1	1	1	1	1	1	1	1	1	1
13. STOMACH - APPETITE - increased	1	2	1	1	1	1	1	1	1	1	1	1
14. ABDOMEN - DISTENSION	1	1	1	1	1	1	1	1	1	1	1	1
15. EXTREMITIES - LAMENESS - Lower limbs	2	2	3	2	1	1	1	1	1	1	1	1
16. EXTREMITIES - TINGLING	2	1	1	1	1	1	1	1	1	1	1	1
17. EXTREMITIES - PAIN - shooting	1	1	1	1	1	1	1	1	1	1	1	1
18. GENERAL - ENERGY - excess of energy	1	2	1	1	1	1	1	1	1	1	1	1
19. GENERAL - FOOD and DRINKS - meat - desire	2	2	3	1	1	1	1	1	1	1	1	1
20. GENERAL - SIDE - left	2	2	2	2	1	1	1	1	1	1	1	1
21. GENERAL - TINGLING	2	2	3	1	1	1	1	1	1	1	1	1
22. SKIN - ITCHING	3	2	2	1	1	1	2	1	1	1	1	1
23. FEMALE GENITALIA/SEX - MENSES - early, too	2	2	1	1	1	1	1	1	1	1	1	1
24. CHEST - OPPRESSION	3	1	1	1	1	1	1	1	1	1	1	1
25. BACK - TENSION - Cervical region - extending to - Shoulder	1	2	2	1	1	1	1	1	1	1	1	1
26. MOUTH - ULCERS	1	2	1	1	1	1	1	1	1	1	1	1
27. NOSE - CATARRH	2	1	2	1	1	1	1	1	1	1	1	1
28. MIND - PROSTRATION of mind	2	1	1	2	1	1	1	1	1	1	1	1
29. KINGDOMS - PLANTS APG Group (with all subrubrics)	1a	3	1	1	1	1	1	1	1	1	1	1
30. KINGDOMS - PLANTS other families (with all subrubrics)	1a	1	1	1	1	1	1	1	1	1	1	1
31. KINGDOMS - PLANTS APG Group - Angiospermae - Eudicots - Cc	1b	1	1	1	1	1	1	1	1	1	1	1