

A homoeopathic drug proving of *Hemachatus haemachatus* with a subsequent comparison of this remedy to those remedies yielding the highest numerical value and total number of rubrics on repertorisation of the proving symptoms.

By

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I, Jodi Cahill do declare that this mini-dissertation is representative of my own
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To Niko

My greatest fan.

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ABSTRACT

INTRODUCTION

The proving substance *Hemachatus haemachatus* commonly known as the Rinkhals belongs to the family of *Elapidae*. This spitting-cobra is a local snake found only in Southern Africa. This proving tested the effects of the thirtieth centesimal (30CH) potency of venom from *Hemachatus haemachatus* on healthy provers.

OBJECTIVES

It was hypothesised that *Hemachatus haemachatus* 30CH would produce clearly observable signs and symptoms in healthy provers, and that the comparison of *Hemachatus haemachatus* to those yielding the highest numerical value and total number of rubrics on repertorisation of the proving symptoms would highlight differences and similarities between the remedy symptoms so that confusion as to the indication is eliminated. It was hypothesised that a fuller understanding of *Hemachatus haemachatus* and its relationship to other remedies would be gained following this comparison.

METHODOLOGY

A double blind, placebo controlled proving of *Hemachatus haemachatus* 30CH was conducted on thirty healthy volunteers who met the inclusion criteria. Six of these thirty provers randomly received placebo, with neither prover nor researcher knowing whom received placebo. Provers had a homoeopathic case history taken and a physical examination performed on them prior to commencement of the proving. The provers recorded their signs and symptoms

by means of a journal before, during and after administration of the remedy. On completion of the proving, the information obtained was correlated and assessed by the two researchers, De la Rouviere and Cahill. The symptoms elicited during the proving were translated into materia medica and repertory language, and a homoeopathic picture of the remedy was subsequently formulated. Data from the case histories, physical examinations and group discussions were also considered in the assessment.

RESULTS

During the period of investigation, provers experienced a variety of symptoms on the mental, emotional and physical spheres. On the mental emotional sphere there was a marked degree of irritability and changeability in moods as is commonly seen in many of the snake remedies. Along with this, it was noted that there were feelings of anxiety for reasons unknown, a sense of having lost something or someone close, and a desire to be left alone. There were also a great number of feelings regarding the home, where there were feelings of the home being a place of safety and wanting order in the home.

On a physical level, many of the provers noted varying degrees of abdominal discomfort and headaches. Along with anxiety, provers experienced palpitations and sensations of chest restriction or constriction with shortness of breath. There were a variety of musculoskeletal symptoms ranging from painful joints in the fingers to stiffness and tightness in the neck and back. Provers noted flushes of heat and alterations of their internal thermostat. Provers experienced marked dryness of the mucus membranes and the skin, and there was also a general feeling of weakness and heaviness as well as a marked aggravation in the mornings on waking.

CONCLUSIONS

Symptoms obtained from the proving of *Hemachatus haemachatus* 30CH were studied and evaluated. Those symptoms that appeared to represent the remedy picture of *Hemachatus haemachatus* most accurately in the researchers' opinion were used in the repertorisation of the remedy.

The investigation supported the hypothesis that *Hemachatus haemachatus* 30CH would produce clearly observable signs and symptoms in healthy provers. The subsequent comparison of the proving symptoms of *Hemachatus haemachatus* to *Lycopodium* (Club moss), *Sulphur*, *Alumina* (Aluminium oxide), *Sepia* (Cuttle fish) and *Calcareo carbonica* (Carbonate of Lime) highlighted differences and similarities between these remedies and *Hemachatus haemachatus*. The further comparison of remedies that came up on repertorisation restricted to the plant, mineral and animal kingdoms respectively provided a further comparison of remedies, which aimed at enhancing the differentiation of *Hemachatus haemachatus* to other similar remedies.

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DEFINITION OF TERMS

Homoeopathic Pathogenetic Trial (HPT)

An HPT is “an experimental trial to investigate the effects of potentially toxic / pathogenic substances, diluted and serially agitated according to homoeopathic pharmacopoeias, in non-patient volunteers who are in good, relatively stable health” (ICCH, 1999).

According to Dantas et al (2007) it is a “clinical trial designed to investigate the effects of the exposure of human volunteers, in good health, to potentially toxic or pathogenetic substances, diluted and serially agitated according to homoeopathic pharmacopoeial methods, with a view to providing data to inform their use as homoeopathic medicines” (Dantas et el, 2007:5).

Centesimal potency (CH)

It is a “dilution in the proportion of one part in one hundred” (Swayne, 2000:36).

Keeled scales

“A scale that has a narrow ridge (median ridge) running down the centre from front to rear. Keeled scales give a reptile a somewhat rough appearance and feel” (Keown, G; Keown, S, 2007).

Law of Similars

Similia similibus curentur – this is the “Latin phrase meaning ‘let like be cured by like’. It expresses the fundamental principle of homoeopathy” (Swayne, 2000:193).

“Any substance that can produce a totality of symptoms in a healthy human being can cure that totality of symptoms in a sick human” (Vithoulkas 1986:92).

Nocebo effect

This is “the adverse effects of placebos; the phenomenon in which an inert substance elicits adverse effects in the subject to whom it is administered” (Swayne, 2000:144).

Placebo

This is an inert substance or “treatment administered to a control group in a controlled trial in order that the specific and non-specific effects of the experimental treatment can be distinguished” (Taylor et al 1988:1298).

Potency

“The medicinal power of a homoeopathic medicine released or developed by dynamisation or potentisation. The measure of power of the medicine based on the degree to which it has been potentised, expressed in terms of a degree of dilution” (Swayne, 200:166).

Potentisation

It is “a multi-step process developed by Hahnemann by which the medicinal power (potency) of a homoeopathic medicine is released or increased, involving serial dilution with succussion or using trituration or fluxion” (Swayne, 200:169). Also referred to as dynamisation, it involves a process of imparting the pharmacological message of the original substance by means of trituration or succussion (Gaier, 1991:441).

Proving

This is “the Anglicisation of the German ‘Prufung’ used by Hahnemann to denote homeopathic trials in healthy volunteers” (Swayne, 2000:174). It involves “the process of determining the medicinal properties of a substance; testing substances in material dose, mother tincture or potency, by administration to healthy volunteers, to elicit effects from which the therapeutic potential, or materia medica of substance may be derived” (Swayne, 2000:174).

This involves “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).

Prufung

“Translated into ‘proving’ based on an archaic use of the term ‘prove’ ” (Dantas, 1996:230).

Succussion

It is the “vigorous shaking, with impact or ‘elastic collision’, carried out at each stage of dilution in the preparation of a homeopathic potency” (Swayne, 2000:201).

Thirtieth Centesimal Potency (30CH)

This is “the thirtieth step of sequential dilution in the proportion of 1 in 100, with succussion at each step, having an effective concentration of 1×10^{-60} ” (Smal, 2004:XIII).

CHAPTER 1

1. OVERVIEW

1.1. INTRODUCTION

Homoeopathy, founded by Dr Samuel Hahnemann (1755 – 1843) (Coulter, 1981:1) is based on the theoretical principle of *similia similibus curentur*, “like cures like”. It was on this premise that Hahnemann began his development of a ‘*prufung*’. Theoretically, provings form a sound pharmacological basis for homoeopathic philosophy (Kennedy, 1995:127) and the proving of medicinal substances on healthy persons to ascertain their curative powers is the specific homoeopathic contribution to medicine and the methodological basis of homoeopathic practice (Coulter, 1981:43).

Homoeopathy began with the proving of China (*Peruvian Bark*) in 1790, which Hahnemann described as ‘the dawn’ of homoeopathy (Wieland, 1997:229). He proceeded to prove over one hundred and forty substances on healthy persons during his lifetime (Wieland, 1997:229). Provings have continued since Hahnemann’s time and have become the basis upon which a given remedy is chosen for a patient (Vithoukas, 1986:96). In Aphorism 162 of the *Organon of Medicine* it states that in cases where the exact similimum has not yet been proved, the homoeopathic practitioner is forced to utilise the most appropriate remedy which often results in an inadequate cure (Hahnemann, 1998:223). If Constantine Hering had not proved *Lachesis mutis* we would have had to give *Nux vomica* or *Hyoscyamus niger* with less than satisfactory results (Sherr, 1994:9).

Interest in provings have grown rapidly over the last three or four years. There has been proving activity in Austria, Belgium, France, Germany, India, Italy, Spain and other countries, part of it published in journals, part circulated privately

by the respective authors. Each of the groups have however, used a different protocol. The Drug Proving Group of the European Committee for Homoeopathy (ECH) has worked on the development of general guidelines for drug proving protocols at five international Symposia since 1992 (Wieland, 1997:231). Proving a remedy is not only beneficial to homoeopathy but is also immensely beneficial to the prover himself. According to Sankaran (1994:10), many a time the proving brings out in the prover that part of his subconscious, which pertains to the drug that he is proving and thus makes him healthier (Sankaran, 1994:10). Jeremy Sherr felt that “in a proving one gains direct knowledge of the inner nature of the remedy” (Sherr, 1994:11).

Amongst many homoeopaths it is of the opinion that the best remedies are often to be found locally, based on the premise that nature will always provide an accessible cure (Sherr 1994:7). Other indigenous snake venoms have been proven by researchers from the Durban University of Technology namely *Bitis arietans arietans* (Wright, 1999), *Bitis gabonica gabonica* (Thomson, 2004) and *Naja mossambica* (Smal, 2004) (Taylor, 2004), all of which contributing to the world wide recognition of the Durban University of Technology as being a significant contributor to the healthy development of new homoeopathic medicines. Interestingly, many snake venoms have shown to be instrumental in the treatment of haemorrhagic diseases such as Typhoid, Lassa fever, & most recently, the Filovirus family consisting of Ebola Marburg, Zaire & Sudan (Nauman, 1995:viii). Other snake remedies have been used extensively and successfully throughout the history of homoeopathy namely: *Lachesis mutis*, *Naja tripudians* and *Crotalis horridus*.

The proving substance *Hemachatus haemachatus* commonly known as the Rinkhals belongs to the family of *Elapidae*. Although *Hemachatus haemachatus* is considered to be a cobra, it does not belong to the genus *Naja* along with most of the other “true cobras”. Typically having a greyish-black dorsal colouration, this snake assumes an almost dirty looking appearance (Hunter, 2000). The characteristic pale bars or rings across the front of its neck from which it derives

it's name, may be barely visible however these darken with age (A backpackers guide to the Natal Drakensberg, 2002). Averaging on 90 – 110cm and rarely 150cm in length, *Hemachatus haemachatus* is said to be a robust and athletic looking snake. Unique amongst African elapids in being ovoviviparous, giving birth to 20-30 live young separates them from the “true cobras” that are oviparous (Hunter, 2000). When threatened, the reared part of the body is thrown forward onto the ground to aid the projection of the venom while spitting, which is sprayed forwards and upwards from its fangs. In many instances when the Rinkhals feels threatened it may feign death by lying prostrate on the ground, belly up with its tongue hanging out (A backpackers guide to the Natal Drakensberg). Although their venom is less viscous than that of the other African elapids, it is produced in copious amounts averaging 80 – 120mg with an estimated lethal dose of 50 – 60mg for humans (Hunter, 2000). This front-fanged snake's venom is extremely neurotoxic and survival without adequate antivenom during the first 4 to 6 hours is very unlikely. Early symptoms resemble alcoholic intoxication, these include: blurred vision; drooping eyelids; slurred speech; vertigo and fatigue, all occurring within 1 to 2 hours. Breathing becomes increasingly difficult and is followed by collapse and coma. In spite of this, actual bites from *Hemachatus haemachatus* are fairly rare, and deaths in modern times are so far unheard of (Hunter, 2000).

A comparison of the materia medica symptoms of *Hemachatus haemachatus* to those remedies yielding the highest numerical value and total number of rubrics on repertorisation of the proving symptoms, will hopefully allow for a greater depth of understanding of the remedy as well as avoiding confusion as to the indication. A deeper understanding of the *Hemachatus haemachatus* symptoms will allow the homoeopathic physician to differentiate *Hemachatus haemachatus* from other remedies and vice versa to improve prescribing.

1.2. HYPOTHESES

- It was hypothesised that the 30CH potency of *Hemachatus haemachatus* would produce clearly observable signs and symptoms in healthy provers.

- It was hypothesised that the comparison of *Hemachatus haemachatus* to those remedies yielding the highest numerical value and total number of rubrics on repertorisation of the proving symptoms would highlight similarities and differences between the symptoms of the remedies so that confusion as to its indication is avoided. A greater understanding of *Hemachatus haemachatus* and its relationship to other remedies was proposed.

1.3. THE DELIMITATIONS

This study did not:

- Seek to explain the mechanism of action of the homoeopathic preparation in the production of symptoms in healthy individuals.

- Determine the effects of potencies of the venom other than the thirtieth centesimal.

- Seek to perform multi-centre trials of the drug.

1.4. THE ASSUMPTIONS

- The remedy used in the proving was accurately prepared according to the standard for the preparation of venoms as stipulated in the German Homoeopathic Pharmacopoeia (GHP), and this was the correct method for the preparation of *Hemachatus haemachatus* 30CH.
- The provers were honest and reliable.
- The provers complied with the proper procedures for the duration of the proving.
- The provers took the remedy in the dosage, frequency and manner required.
- The provers practiced self-observation that was conscientious and accurate.
- The provers lived under ordinary everyday conditions and did not deviate from their normal lifestyle or dietary habits immediately prior to, or for the duration of the proving.
- The researchers and supervisors remained unbiased during the extraction and collation of the proving data.
- The repertorisation of *Hemachatus haemachatus* would produce remedies with the highest numerical value and total number of rubrics on repertorisation, thus making a subsequent comparative discussion possible.

CHAPTER 2

2. REVIEW OF THE RELATED LITERATURE

PROVINGS

2.1. INTRODUCTION

“Provings are the core of homoeopathic practice” (Walach, 1995:64).

Provings are also referred to as Homoeopathic Pathogenetic Trials (HPT's), and are unique to homoeopathy. Their purpose is to test a substance at a non-toxic level on healthy volunteers in order to determine the symptoms it elicits and which, according to the Law of Similars, it may be used to treat. HPT's have certain similarities to a phase one trial for new pharmaceutical products. One such similarity is that they are conducted on healthy volunteers. The key difference however is that the doses used in HPT's are far too small to risk any serious adverse effects, and the data collected is mostly that of a qualitative nature (Dantas, et al. 2007:5). In essence, a homoeopathic drug proving is a system created to produce reversible signs and symptoms in a healthy individual (Wieland, 1997:230).

2.2. HISTORY AND DEVELOPMENT

The basic precept of homoeopathy was recognised in ancient Greece by the well-known physician Hippocrates (460-350 B.C.) who stated: “by similar things a disease is produced and through the application of the like, it is cured” (Cook, 1989:1). Later, Greek philosopher Aristotle (384-322 B.C.) recognised this fundamental principle of homoeopathy when, in one of his twenty-two surviving

papers, he wrote: “often the simile acts upon the simile” (Cook, 1989:1). Theophrastus Bombastus von Hohenheim (1493-1541) more commonly known as Paracelsus, rejected the principle of opposite acting remedies and stated: “sames must be cured by sames”. He also believed that every diseased organ had its corresponding remedy in nature (Cook, 1989:1). These great minds were all united in thought to the fundamental principle of homoeopathy - *Similia Similibus Curentur*.

Physician Dr Samuel Hahnemann, founder and father of homoeopathy was born April 10, 1755 in the town of Meissen in Saxony, Germany (Cook, 1989:2).

Hahnemann acknowledged that the principle of proving substances was a concept that had been originally put forward by his predecessors: Anton Storck, William Alexander and Albrecht von Haller (Riley, 1996:4). In 1771, Albrecht von Haller, a Swiss doctor and polymath advocated giving medicines to healthy people in order to understand their effects in the sick. Von Haller was the first individual to put forth the idea of proving medicines in order to determine their possible roles in the treatment of disease conditions (Fuller, 1991:122). Anton Storck (1731-1803), head of a Viennese hospital, also contributed to the principle of proving substances after frequently conducting experiments on himself using pharmaceutical substances (Walach, 1994:129). Despite all this, Hahnemann was in fact the first to conduct an official homoeopathic proving and subsequently claimed his place in the history of homoeopathy (Vithoulkas, 1986:94).

In 1789 Hahnemann began his experimentation with crude medicinal substances in doses that were very small relative to the doses commonly used in medicine at that time. Although these medicinal substances were administered in accordance to the Law of Similars in comparatively small doses, they caused such violent aggravations that Hahnemann was forced to experiment with even smaller doses. Hahnemann proceeded to prove in practice the effectiveness of highly diluted doses of drugs when he successfully cured cases of syphilis in 1789 with minute doses of mercury. Later he found he could actually enhance the effectiveness of a remedy substance by adding to its dynamic or energetic

state by a process called succussion or trituration. This became the fundamental step in the process of potentisation of homoeopathic remedies. Hahnemann continued to discover that substances that were inert in measurable doses actually took on medicinal properties when prepared by this process of potentisation (De Schepper, 1921:33).

Scottish physician William Cullen wrote “*A Treatise on Bark*” (Cortex Peruvianus), which was widely used for the treatment of malaria, first in South America and subsequently in Europe. Cullen believed that much of the anti-malarial properties of *Cinchona officinalis* were as a result of its bitter and astringent properties. In 1790 Hahnemann began translating Cullen’s *Materia Medica* and respectfully disagreed with Cullen. In Hahnemann’s experience, he had recognised that other bitter herbs did not have such an effect against malaria (De Schepper, 1921:xv). This then prompted Hahnemann’s experiment on Peruvian Bark. For several days Hahnemann took crude doses of the drug *Chinchona officinalis* (Peruvian Bark) and shortly after began to elicit very severe symptoms characteristic to this substance. These symptoms appeared very much like the symptoms of malaria (Vithoulkas, 1986:95). Hahnemann noted this peculiar similarity and soon after introduced the founding principle of homoeopathy, ‘*Similia Similibus Curentur*’ – the Law of Similars. Hahnemann established this fundamental and basic precept of homoeopathy, which had been suggested by his predecessors Hippocrates, Galen, Stahl and Paracelsus (Cook, 1989:6).

Prior to Hahnemann’s innovation, drug effects were unfortunately only established from reports of accidental poisonings (De Schepper, n.d.:32). Hahnemann continued to prove over one hundred and forty substances on healthy persons (Wieland, 1997:229). Hahnemann’s provings yielded somewhat reliable symptoms, however Wieland (1997:229) argues that his methodology would not be called reliable measured by today’s standards for clinical trials. In the beginning, Hahnemann used mainly mother tinctures and low potencies for his provings but later he changed to centesimal dilutions (30CH) and many of his

followers subsequently did the same (Walach, et al. 2004:180). Proving have continued since Hahnemann's time and have become the basis upon which a specific remedy is chosen for a particular patient (Vithoulkas, 1986:96). By the end of the nineteenth century records had been compiled of provings of about 600 substances and these have been collected in the classic works of two well known homoeopathic physicians: Constantine Hering and Timothy Field Allen (Coulter, 1981:43). Research on provings did not come to an end with the publication of works by Hering and Allen, subsequently several hundred other substances have been proven (Coulter, 1981:44). One prominent collection of 20th century provings are those of James Stephenson's *Hahnemannian Provings* (1924 - 1959), Stephenson pointed out however that these homoeopathic provings were by no means complete (Coulter, 1981:44).

During the winter of 1831 – 1832, a cholera epidemic swept through Europe from Russia to the Atlantic shores. Conventional medical treatment proved to be virtually ineffective and the disease claimed several hundred thousand lives. In the latter part of 1831, Hahnemann wrote four essays on the nature of cholera and its homoeopathic treatment. Hahnemann proved to be years ahead of his contemporaries, and once again established the place of homoeopathy within the medical fraternity (Cook, 1989:14). The *Organon of Medicine*, written by Dr. Samuel Hahnemann, is the original text that contains the philosophies and principles upon which homoeopathy is based. Homoeopaths around the world still regard the *Organon of Medicine* as the authoritative statement regarding the practice of homoeopathy. It has been to date published in six editions and translated into ten languages (Cook, 1989:9).

It is interesting to note that the first double-blind placebo controlled homoeopathic proving was conducted in 1835, and was one of the first double-blind placebo controlled trials in the history of medicine. In 1895 the suggestion of including a pre-observation period to prepare the volunteers for the commencement of a proving was made. One of the earliest multi-centre double blind clinical trials was an HPT of *Belladonna* conducted by H.P. Bellows, which was published in

1906 (Dantas, et al. 2007:5). This was only the beginning in terms of the progression to contemporary provings with the establishment of standard proving protocols that is recognised at present day.

2.3. CONTEMPORARY PROVINGS

In the last decade and more recently in the last five years, the scenario for provings has changed remarkably. There has been a substantial increase in the number of provings being conducted worldwide (Sankaran, 1998:1). Not much more than ten years ago most homoeopaths thought that the randomised placebo controlled trial and classical homoeopathy were incompatible due to the individualisation of remedies (Van Haselen, 1998:128). In the current modern day, it has been vitally important that a standard for conducting provings be established. Modern day provings have thus been conducted using double-blind placebo controlled studies in order to establish provings on a more scientific platform. There has been much debate regarding the use of placebo in homoeopathic drug provings, despite this, a recent systematic review of provings in the United Kingdom from 1945 to 1995 by Signorini et al (2005) concluded that “inadequate use of placebo and failure to use placebo as a comparator leads to overestimation of pathogenetic effects”. With the ever-increasing demand for a standard protocol, in 1999 the International Council for Classical Homoeopathy (ICCH) published recommended guidelines for good provings in the well-known journal *Homoeopathic Links* 12(1):33-36. Their aim is to encourage a consistent methodology for all new upcoming provings.

Modern day provings have been and continue to be conducted around the world by recognised homoeopaths such as: Jurgen Becker (Germany), Peter Konig (Austria), Rajan Sankaran (India) and Jeremy Sherr (England). New explorations into dream provings have been undertaken by well-known homoeopaths, these include: Rajan Sankaran, Jurgen Becker, Jan Scholten and others. Pillay conducted a dream proving in 2002 of *Bitis arietans arietans* and found that the

symptoms obtained from the dream proving corresponded with the symptoms seen in the Hahnemannian proving (Pillay, 2002:116). Dream provings have been extensively criticised amongst some in the homoeopathic community as having “no control of placebo effects and that the method of symptom collecting encourages the selection of themes”, which adversely affects the totality of the remedy (British Homoeopathic Journal, 87:181-189). Sherr (1994:7) emphasised there is no other way to predict the effect of any given substance until precise knowledge has been gained by a thorough proving (Sherr, 1994:7). Mortelmans (1994:16) felt that the challenge with dream provings was to collect out of them useful information that was not biased by our own interpretations or theories and that we could use in everyday practice (Mortelmans, 1994:16). Dream provings continue to remain a controversial debate, and are open to much criticism and exploration.

2.4. REFINEMENT OF PROVING METHODOLOGIES

In the past decade provings have been carried out by numerous groups of people throughout the world. However, close examination of these provings reveals great differences in approach and in the standards of material obtained. Some have followed proving protocol typical to Hahnemann, while others have chosen more ‘casual’ experiments.

E.g.:

- Seminar provings
- Dream provings
- Meditation provings
- Personal provings

(ICCH, 1999:33)

It is interesting to note that Dr. Jurgen Becker was amongst the first to initiate a new set of provings from Frieberg, Germany. He devised a new and revolutionary method of provings that involved making an entire group of

individuals take a dose of a remedy, a few days before and even during a seminar (Sankaran, 1998:1).

Hahnemann's original methods for conducting a homoeopathic proving are stipulated in *Aphorism 108-141* of the *Organon of Medicine* (Hahnemann, 1998:188-209). Here he showed a keen appreciation for meticulous observation and a deep fear of false, incomplete and inaccurate information (Kaptchuk, 1996:237).

Double blinding and Placebo control

It has become a necessity to develop more powerful and precise methods of investigation than those that were sufficient over a century and a half ago. For modern provings to be convincing it has become necessary to use double-blind trials against placebo (Belon, 1995:216) (Riley, 1996:5). The ICCH (1999:34) emphasise the use of placebo control as serving as a means to increase provers' attention. They encourage the use of placebo control as it is believed to increase prover reliability by heightening the provers' awareness of their bodies and encourages a greater perception for deviation from the normal. It thus provides a clearer deduction of symptoms when set against those arising spontaneously in the general population (ICCH, 1999:34). Davidson (1995:63) cautioned that without a double blinding and placebo control we would not be certain that the findings are due to "hope, expectancy, spontaneous fluctuation or other variables" (Davidson, 1995:63). It is thus recommended by the ICCH that 10-30% of the provers receive placebo (ICCHH, 1999:34).

The placebo effects apparently observed in clinical trials could be the result of a misattribution by patients of various naturally occurring and ambiguous changes in their clinical condition. Peters (2001:21) suggested that in order to be sure that a 'perceived placebo effect' is a 'true placebo effect' an untreated control group is needed. An interesting phenomenon called nocebo effects (i.e. adverse

effects of placebos) is commonly demonstrated in the vast majority of placebo-controlled clinical trials. These nocebo effects may affect as many as 40% of patients taking placebos. An interesting comment Peters (2001:21) makes is that, “in controlled trials nocebo effects often mimic the nature of the side-effects of the active treatment” (Peters, 2001:21). Despite these ideas, nocebo effects remain a topic of debate amongst many homeopaths.

Methodology

Good documentation is vitally important to a successful and useful homeopathic proving. Riley (2007:231) emphasises that a good homeopathic proving extends beyond randomisation and the inclusion exclusion criteria, and includes a precise description of the production method of the homeopathic medication (Riley, 2007:231). Well known homeopath, Jeremy Sherr, started his proving of *Androctonus* (Scorpion) in England in a detailed Hahnemannian fashion, however in subsequent provings he went on to adopt a method midway between the traditional Hahnemannian and the neo-provings of Jurgen Becker (Sankaran, 1998:1). A comparison between the outcomes of new HPT's with the classical literature was done with two homeopathic remedies: *Plumbum metallicum* and *Atropa belladonna*, however it yielded results that were disputable. Some modern day HPT's have reverted to Hahnemann's original method of collecting qualitatively refined data through the method of close and daily monitoring of volunteers for subtle changes (Dantas et al, 2007:14).

Progress was made in terms of developing and improving HPT methodology, when at the 5th International Symposium of the European Committee for Homeopathy Drug Provings Group in Vienna on 24 June 1995, consensus was reached by participants from nine European countries (including one from Brazil) on the minimum content of a drug proving protocol, these included:

- Qualifications of the physician in charge.
- Medical history before preliminary observation phase.

- Criteria for inclusion.
- Criteria for exclusion.
- Preliminary observation period, one week prior to exhibition of the medicine, with symptoms recorded.
- Exhibition of drug.
- Documentation of symptoms.
- Legal requirements of the country have to be considered.”

(Wieland, 1997:233)

Provers

It is common that many prover groups consist of either homoeopaths or homoeopathy students. Being part of a proving is a highly educational experience for the homoeopath or homoeopath to be (ICCH, 1999:34). However, it is recommended by the ICCH (1999:34) that a well-balanced proving group should also include provers with no homoeopathic background. The ICCH (1999:34) also emphasised the importance in using an adequate number of subjects in modern contemporary provings. Belon (1995:216) recommends a minimum of several hundred patients per proving group. In contrast to this Sherr (2004:130) cautioned against provings of a hundred or more provers as he felt this would result in an ‘over-proved’ remedy with far too many symptoms (Sherr, 2004:130), instead he recommended fifteen to twenty, which he felt would produce a very full remedy. Sherr (2004:130) proceeded to suggest however that it might be equally true that it is only in groups of over one hundred that a truly complete remedy picture may be revealed (Sherr, 2004:130). Fuller (1991:123) suggested ten as the smallest number of provers accepted by the Homoeopathic Pharmacopoeia Convention of the United States (HPCUS) for consideration of a new medicine. It is also thought ideal to have an equal number of males and females participating in a proving (Fuller, 1991:123).

Potency

Fuller (1991:123) recommended that medicines be proven in the low (3D – 12D) and the intermediate (30D – 60CH) potencies. Fuller (1991:123) also feels that provings of high potencies (potencies greater than 60CH) are not necessary to establish the characteristics and validity of a medicine (Fuller, 1991:123).

Hahnemann (1998) recommended, in the 6th edition of the *Organon of Medicine*, that ideally the 30CH potency be used for provings. Sherr (1994) also found that the 30CH potency produced the most mental and emotional symptoms in the proving of *Hydrogen*, which he conducted using a range of potencies. It is evident to Wieland (1997:231) that the 30CH seems to be the most frequently used potency in modern drug provings (Wieland, 1997:231).

Hahnemann recommended that we repeat provings until the symptoms are consistent (Signorini, 2007:277). However, some modern attempts at re-provings of standard homoeopathic remedies have yielded surprisingly few symptoms (Campbell, 1995:127). Provings have undergone much criticism and debate over the years. Signorini (2007:277) commented that without skepticism, rigor and a critical mind, homoeopathy would probably not have been born and will not continue to grow in the future (Signorini, 2007:277). This ongoing debate can only lend itself to improve the standard of Homoeopathic Pathogenetic Trials, and ultimately improve the quality of materia medica and repertory.

2.5. COMPARATIVE MATERIA MEDICA

It is thought that by a comparative study of the proving symptoms, the understanding of the remedy in its totality may be further enhanced, providing valuable information that can enable a clear comparison and differentiation to other remedies. In *Aphorism 120* of the *Organon of Medicine* it states: “medicines, on which depend man’s life and death, disease and health, must be thoroughly and most carefully distinguished from one another” “to enable us to

avoid any mistake in their employment in diseases, for it is only by correct selection of them that “the health of the body and of the mind, can be rapidly and permanently restored” (Hahnemann, 1998:198). It is very clear to Candegabe (1997:vxii) that every symptom has a meaning and a purpose, and it is only through the dynamic relationships between symptoms that we will see the whole picture of the remedy. Comparing remedies helps the homoeopath to familiarise themselves with the similarities and differences between remedies, ultimately establishing clear remedy relationships (Candegabe, 1997:vxii). Candegabe (1997:vxii) felt that if a remedy were studied simply by mechanical use of the repertory it would lose its dynamic quality of individual totality, making it difficult to distinguish between two similar remedies whose characteristic symptoms are almost identical.

If we want to stand up to the challenge and promote Homoeopathy as a viable alternative for those who seek relief, we will have to transcend our understanding of remedies through proving symptoms and grasp their dynamic characteristics (Brillant, 1997:137). Thomson (2004:114) conducted a proving of *Bitis gabonica gabonica* in 2004 and based on his study he recommended that comparative studies of a remedy with those remedies which bare a close resemblance to it should be undertaken to give the homoeopathic practitioner the best possible idea as to what differentiates each substance in the healing context and as to where the remedy sits in the Homoeopathic armamentarium (Thomson, 2004:114). Scientific homoeopathic prescribers maintain that there is a specific clinical relationship among homoeopathic remedies, and prescriptions that conform to a certain sequence are therefore bound to be more successful (Sankaran, 1984:i).

2.6. THE PROVING SUBSTANCE

“The serpent holds symbols of creation, death, renewal, fertility, evil and disintegration” (Vermeulen, 2002:800-802).

Lachesis muta, the Bushmaster, proven first by Constantine Hering in 1828, and later by Robinson and Berridge, was the first snake remedy to make its mark on homoeopathy. It is the one to which all others are compared (Vermeulen, 2002:802). Snake remedies have subsequently proven to be very useful throughout the history of homoeopathy. During the 1918 Spanish Flu epidemic, statistics showed that close to eighty percent of the patients treated with allopathic drugs during this epidemic died. This killer flu claimed roughly twenty-two million people worldwide. According to Nauman (1995:viii), the homoeopathic remedy, *Crotalus horridus* (Rattlesnake), was responsible for saving the most lives. Out of this epidemic of 1918, eighty percent of those treated homoeopathically – *Crotalus horridus* being the major remedy used – survived this outbreak (Nauman, 1995:viii). Through the history of homoeopathy, many poisonous substances have been proven to be invaluable in specific diseases.

2.6.1. *HEMACHATUS HAEMACHATUS*



Figure 1: (Harrison, 2006)

2.6.1.1. Classification

Kingdom: *Animalia*

Phylum: *Chordata*

Subphylum: *Vertebrata*

Class: *Reptilia*

Order: *Squamata*

Suborder: *Serpentes*

Family: *Elapidae*

Genus: *Hemachatus*

Species: *Hemachatus haemachatus*

Common Names: Rinkhals; Ring-necked cobra (English);
iPhimpi, uNobhiya (Xhosa);
iPhimpi, uNobibi (Zulu);
Iphimpi (Ndebele);
Kake (Tswana);
Petia (North Sotho)

(Myers et al., 2008)

2.6.1.2. Habitat

Hemachatus haemachatus is found only in Southern Africa. It also occurs in isolated populations in Zimbabwe and Mozambique. In South Africa, this snake is known in regions extending from the southern cape through to Swaziland, Orange Freestate, Kwa-Zulu Natal, Transkei, Lesotho and the southern Transvaal. The Rinkhals is known to live near permanent water holes (Mastenbroek, 2002). They generally prefer to stay in a particular territory for a season or two, as long as there is sufficient prey and adequate shelter from predators. The Rinkhals do not dig their own holes, but instead prefer to utilise an existing rodent burrow that they take over once they have

killed the occupant (Perry, 2008). Perry (2008) estimates the size of the territory as approximately a 500m radius around the burrow.

2.6.1.3. Description

Due to *Hemachatus haemachatus* having keeled scales, they typically have a dull greyish-black dorsal colouration (Hunter, 2000). The characteristic pale bars or rings across the front of its neck, from which it derives its name may be barely visible, however these darken with age. Averaging on 90 – 110cm and rarely 150cm in length (except in captivity), *Hemachatus haemachatus* is said to be a “robust and athletic looking snake” (A Backpackers guide to the Natal Drakensberg, 2002). The Rinkhals is readily distinguished from its closely related cobras (*Naja*) by: its keeled scales, the absence of solid teeth on the maxilla, and in having the ability to produce live young (Spawls & Branch, 1995).

2.6.1.4. Behaviour

The Rinkhals are known to be diurnal, meaning they are active from about 8:30am or 9:00am onwards. If they feel threatened they may characteristically feign death by lying prostrate on the ground, belly up with their tongue hanging out (A backpackers guide to the Natal Drakensberg).

Alexander (2000) was using the Rinkhals as a “guinea pig” in his investigations, primarily because they are relatively common around Johannesburg and they are large enough for the

implantation of radio transmitters and other types of measuring devices. The Rinkhals has been found to increase the surface area exposed to the sunshine by spreading their hood, thus increasing their rate of heating. It has also been shown that under some circumstances the Rinkhals select low body temperatures to stay alive (Alexander, 2000). Alexander (2000) believes that it may have to do with the cost and the benefits of low and high temperatures. Cool snakes save energy, but warm snakes are better at defending themselves or making a hasty retreat (Alexander, 2000).

The Rinkhals do not hibernate but rather they decrease their activity substantially during the winter months. When a cold front passes, there is no activity. They prefer to come out of their holes to bask in the sun between 10am and 3pm. Because they cannot increase their body temperature sufficiently to be able to move actively, they tend to stay right at the entrance of their hole, and retreat at any sign of danger. They do not eat during this period of inactivity, as they cannot digest prey when their body temperature is below 20°C. Interestingly, their movement is determined by two factors – ambient temperature, and moisture (Perry, 2008).

Regarding their social behaviour, Perry (2008) has observed that when a male encounters a rival male, they will combat in a ritualised dance, twisting around each other, trying to push their rival's head to the ground. They do not however fight to the death and are not characteristically aggressive snakes. Perry (2008) claims they require some provocation (Perry, 2008).

2.6.1.5. Technique of spitting

Hemachatus haemachatus has a fang length of roughly 4mm.

When threatened, the reared part of the body is thrown forward onto the ground to aid the projection of the venom while spitting, which is sprayed forwards and upwards from their hollow fangs (Hunter, 2000). The Rinkhals has been known to spit venom accurately a distance of 2-3m (Spawls & Branch, 1995).

2.6.1.6. Prey

The Rinkhals are not fussy feeders, and will quite happily eat food that has been rejected by other species. They are known to gorge themselves on eggs, rodents, frogs and other snakes. When their body temperature has reached 30°C, they go hunting (Perry, 2008).

2.6.1.7. Venom toxicology

Although the Rinkhals venom is less viscous than that of the other African elapids, it is produced in copious amounts averaging 80 – 120mg with an estimated lethal dose of 50 – 60mg for humans (Hunter, 2000). This front-fanged snake's venom is extremely neurotoxic and survival without adequate antivenom during the first 4 to 6 hours is highly unlikely. If the venom is sprayed into the eyes, intense conjunctivitis with pain and photophobia occur. If left untreated, blindness can occur (Visser & Chapman, 1978:51).

If bitten, early symptoms resemble alcoholic intoxication – blurred vision, drooping eyelids, slurred speech, vertigo and fatigue, all of which occur within 1 to 2 hours. Breathing becomes increasingly difficult and is followed by collapse and coma. In spite of this, actual bites from the *Hemachatus haemachatus* are fairly rare, and deaths in modern times are so far unheard of (Hunter, 2000), perhaps due to the shy nature of this snake. Interestingly however, according to the National Geographic (2008), “the boomslang, rinkhals and black mamba are three of the deadliest snakes in the world that can kill their victim whether man or beast with a single bite”, these snakes are therefore not to be underestimated.

2.6.1.8. Sexual reproduction

In spring, directly after the first summer rains, the Rinkhals emerge to hunt and mate. The male tracks the female via her scent-trail (Perry, 2008). An interesting observation to note was that when Hunter (2000) introduced a female Rinkhals to a male Rinkhals, she was not surprised to see the male vigorously pinning the female down and biting her neck. This is not an uncommon practice with quite a few species of snakes however in the females' case it had fatal results (Hunter, 2000). This is quite contrary to Perry's view of the Rinkhals as not being characteristically aggressive. It is also widely known that snakes are solitary animals and they have no contact other than mating (Perry, 2008).

Hemachatus haemachatus is unique amongst African elapids in being ovoviviparous, giving birth to 20-30 live young. This separates them from the true cobra's, which are oviparous (Hunter, 2000). The young develop within a membrane in the

females' body, and are born inside this membrane within the barrow. After birth they pierce the membrane with a specialized tooth. An interesting observation to make is that there is no maternal protection after birth (Perry, 2008).

2.6.1.9. The Elapidae family in homoeopathy

<u>Homoeopathic Name</u>	<u>Abbreviation</u>	<u>Country/Continent</u>
<u><i>Bungarus caeruleus</i></u>	<i>Bung-c</i>	India & S.E. Asia
<u><i>Bungarus fasciatus</i></u>	<i>Bung-f</i>	India & S.E. Asia
<u><i>Dendroaspis polylepis</i></u>	<i>Dendro-p</i>	South Africa
<u><i>Elaps corallinus</i></u>	<i>Elaps</i>	South America
<u><i>Naja tripudians</i></u>	<i>Naja</i>	India
<u><i>Naja mossambica</i></u>	<i>Naja-m</i>	Mozambique
<u><i>Notechis scutatus</i></u>	<i>Note-s</i>	Australia
<u><i>Oxyuranus scutellatus</i></u>	<i>Oxyu-s</i>	Australia
<u><i>Oxyuranus microlepidotus</i></u>	<i>Oxyu-m</i>	Australia

(Thompson, 1998:22)

CHAPTER 3

3. METHODS AND MATERIALS

THE DESIGN

The methodology used in this proving was adapted from Jeremy Sherr's: *Dynamics and Methodology of Homoeopathic provings* (Sherr, 1994). Other provings previously conducted similarly at the Durban University of Technology are namely that of Taylor (2004) and Smal (2004) in their proving of *Naja mossambica*, Thomson's (2004) proving of *Bitis gabonica*, and Wright's (1999) proving of *Bitis arietans*.

This homoeopathic proving of *Hemachatus haemachatus* took place at the Homoeopathic day clinic at Durban University of Technology and the University of Johannesburg. This proving was conducted in the form of a randomised, double blind placebo-controlled trial of the 30CH potency. The two researchers: De la Rouviere and Cahill conducted the proving and each researcher was responsible for the supervision of fifteen provers each.

The prover population consisted of 30 relatively healthy individuals who met the inclusion criteria. The provers were recruited from Durban and the surrounding area as well as Johannesburg. This was done by strategically placing advertisements on the DUT Mansfield campus and UJ notice boards (Appendix A). Those volunteers who met the requirements according to the inclusion criteria were subsequently requested to attend a pre-proving meeting held at the respective DUT and UJ campuses. These meetings were aimed at familiarising the provers with the proving protocols, as well as allowing provers the opportunity to ask questions prior to commencement of the proving.

Eighty percent of the prover population received verum, while twenty percent served as the control group and received placebo in a randomised fashion. The active verum and placebo powders were indistinguishable from each other, thus neither the provers nor the researchers knew who received placebo or verum. The provers were also unaware of the substance and the potency they were receiving.

The verum and placebo powders were dispensed at the Homoeopathy Department at the Durban University of Technology by the technician, Dr. I. Botha. The dispensing was in the form of indiscernible individual powders and the distribution was according to a randomisation list drawn up by the research supervisor, Dr. M. Maharaj. Each prover was allocated a prover code to ensure confidentiality.

The provers were required to record their normal state for a week prior to the commencement of the administration of the powders. This was done in order to ensure intra-individual control where provers served as their own controls. A maximum of six powders (Taylor, 2004 & Smal, 2004) was administered in this proving, and provers were required to take them orally in the morning, lunchtime and evening for two consecutive days. Each prover recorded their symptoms in a journal on a daily basis for the duration of the proving period. In the event that any signs and/or symptoms attributed to the proving substance, whether mental, emotional or physical in nature, causing either excessive discomfort or are experienced for a prolonged period, the following steps would have been taken (Kerschbaumer, 2003):

- a. A homoeopathic similimum based on the totality of symptoms of both the pre-proving case history and the proving symptoms would have been prescribed. This also would have served to find an appropriate homoeopathic antidote to the proving substance.

- b. If a. were ineffective, the provers' "constitutional" homoeopathic remedy (if known) would have been prescribed – if it was not known, it would have been ascertained from the pre-proving case history.
- c. If b. were ineffective, an "acute" homoeopathic remedy would have been prescribed according to the smaller presenting totality of the proving symptoms.
- d. If c. failed, the common method of applying camphor, coffee, mints etc. would have been used.
Any signs and/or symptoms occurring after anti-doting would not have been relevant to the proving.

Once the proving period was over, each journal was collected and subsequently provided data for the proving. The data collected by the researchers from the case history and physical examination was also considered.

3.2 THE OUTLINE OF THE METHOD

- Provers were recruited from homoeopathic students, practitioners and the general public.
- Posters/advertisements were displayed on the homoeopathic notice boards and other appropriate notice boards at the Durban University of Technology and the University of Johannesburg (Appendix A).

- An initial interview with each recruited subject was conducted during which they were screened in accordance with the Inclusion Criteria (Appendix B).
- Prospective participants were given a Proving Information Sheet (Appendix F).
- A pre-proving group meeting was held between all the selected provers and the two researchers. The aim of this meeting was to discuss all aspects of the proving, including what was expected of the provers. The provers had the opportunity to ask questions about anything they did not fully understand.
- Provers were then required to sign an Informed Consent Form (Appendix C).
- A date was scheduled with each individual prover for the pre-proving consultation and physical examination, during which each researcher took a thorough pre-proving case history and performed a physical examination on each prover under her supervision (Appendix D).
- At this consultation, provers were allocated their respective prover codes, and given a list of instructions (Appendix E), a blank journal, two pens and medication in the form of six powders. A starting date and convenient daily contact time was agreed on.
- Prover starting dates were staggered to ensure a more thorough interaction between researchers and provers.
- On the agreed date, the provers started recording their normal state in their journals, three times a day or as symptoms occurred. This

was done for the first week, to serve as a baseline and intra-individual control for each prover (Sherr, 1994). This also allowed the researchers to evaluate each prover for compliance (Riley, 1996).

- The researchers contacted their respective provers to assess their journals for accuracy of symptom recording and compliance.
- One week after starting the diary, the provers began taking the proving remedy three times daily, continuing to record their symptoms in their diaries in accordance with the instruction sheet.
- The provers were instructed to stop taking the remedy as soon as proving symptoms occurred, as experienced by the prover or noticed by relatives or friends of the prover, or the researcher.
- If no symptoms arose, the prover continued to take the remedy. If after the maximum of six doses, taken three times daily for two days, the prover experienced no symptoms, he/she stopped taking the proving medication but continued to record his/her symptoms.
- Provers were required to record their symptoms for four weeks after taking the remedy.
- Daily telephonic contact was kept between the provers and the respective researcher for the first week so that symptoms could be described in detail while still fresh in the memory. The telephonic contact was then decreased to three times a week in the second week, twice in the third and once a week thereafter.
- The prover was required to continue recording symptoms in the diary until all proving symptoms disappeared.

- The proving was considered complete when after one week no further symptoms appear. This was followed by a week post-proving observation period.
- The journal was then collected from the prover and a post-proving consultation was scheduled.
- After all the provers completed the proving and all the diaries were collected, a group meeting and group discussion was held. The proving substance was then revealed to the provers for their own personal interest.
- The proving was then unblinded to enable the researcher to distinguish placebo and verum groups.
- Extraction and collation of the data was then performed.
- Statistical analysis of the data was impractical in this study (Riley, 1996), other than age and sex analysis.
- The extracted data was then organised and written up into Materia Medica and repertory format. With the use of the computer program, RADAR (version 9.2), the remedy was then compared with those remedies yielding the highest numerical value and total number of rubrics on repertorisation of the proving symptoms, and then subsequently published.

3.3 THE PROVING SUBSTANCE

3.3.1 The potency

Hahnemann (1982) recommended, in the 6th edition of the *Organon of Medicine*, that ideally the 30CH potency be used for provings. Sherr (1994) found that the 30CH potency produced the most mental and emotional symptoms in the proving of Hydrogen he conducted with a range of potencies. Previous snake provings of *Bitis gabonica gabonica* (Thomson, 2004), *Naja mossambica* (Smal, 2004) (Taylor, 2004) and *Bitis arietans arietans* (Wright, 1999) also utilised the 30CH potency. It was thus the decision of De la Rouviere and Cahill that the 30CH potency be used in this study in the hopes of providing a wide mental and general symptom picture.

3.3.2 The dose and posology

The provers were required to dissolve one powder sublingually three times daily for two consecutive days, or until symptoms arose, but for no longer than two consecutive days (Sherr, 1994).

3.3.3 The preparation and dispensing of the remedy

A sample of freeze-dried venom was obtained from Mr. Mike Perry, a herpetologist in Gauteng, and was then couriered to the Durban University of Technology: Homoeopathic Department. This freeze-dried method has been used in past provings of *Bitis arietans*

arietans (Wright, 1999) and *Naja mossambica* (Smal, 2004) (Taylor, 2004), both having been conducted at DUT.

The remedy was prepared in accordance with the methods set out in the German Homeopathic Pharmacopoeia (GHP) as follows:

- The venom was reconstituted with water in the ratio of 3 parts venom to 7 parts water as per method 5a of the GHP.
- The first three potencies were prepared by serial dilution and succussion in the dilution of 1 part in 99 parts 85% glycerol as per method 5a of the GHP.
- It was then further potentised in alcohol up to the 30CH potency as per method 5a of the GHP.
- This liquid potency was then used to triple impregnate lactose granules at 1% volume: volume as per method 10 of the GHP.
- Ten of these granules were then added to each set of inert lactose powders designated for verum, which was then administered to the provers in the experimental group.

The placebo was manufactured similarly to the verum, with the following exceptions:

- Pure 85% glycerol was used up to the 3CH stage.
- The 3CH dilution of glycerol was added to alcohol and then succussed and diluted serially in the same manner as the verum up to the 30CH level.
- The 30CH potency of 96% alcohol was used to triple impregnate lactose granules, ten of which was added

to each set of the inert lactose powders administered to the control group.

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

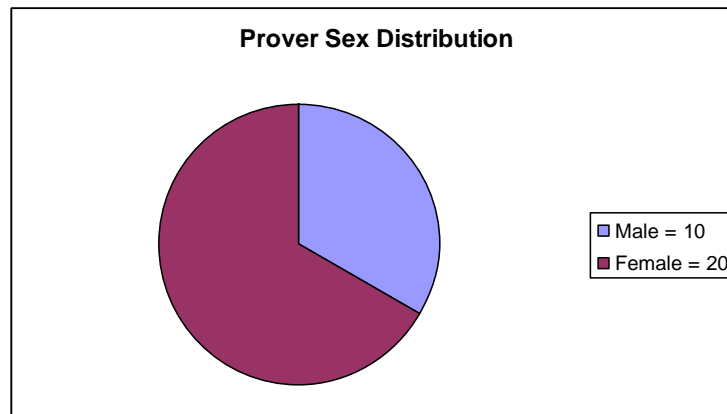
3.4 THE DURATION OF THE PROVING

The proving was conducted over a period of five months. The proving was staggered and so provers commenced the proving when a suitable date was discussed with their respective researcher. The provers commenced the proving by first conducting the pre-proving period whereby they recorded their symptoms at least three times daily prior to the initiation of the proving period. This was very important in establishing an intra-individual baseline for each prover. On commencement of the proving, the provers took a maximum of three powders a day for two consecutive days or until the symptoms first appeared. During this period they continued to record the symptoms as and when they appeared. If no symptoms were noticed after taking all six powders, the provers still continued recording their symptoms. When no symptoms appeared after three weeks from taking the powders, the proving was then considered complete and the provers stopped recording. A two-week post-proving observation period was allowed, followed by another case history and physical examination. The journals were then collected from each respective prover and the data was then extracted and collated.

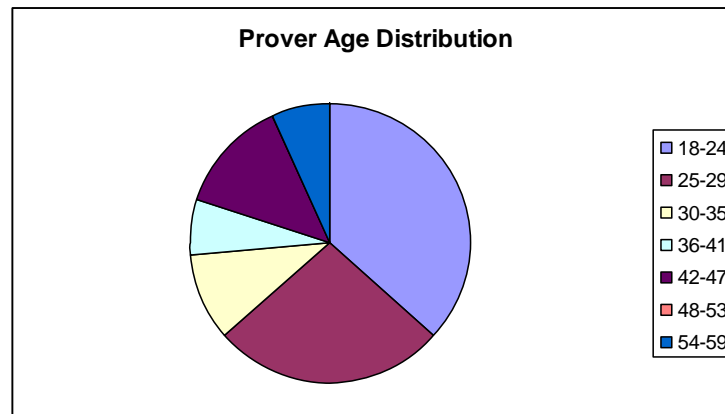
3.5 THE PROVER POPULATION AND PERCENTAGE PLACEBO

Sherr (1994) argues that too large a prover population results in an over-proved remedy that produces an excess of common symptoms. He thus found that fifteen-twenty provers produced a complete proving picture and so this was the number that was used in this proving of *Hemachatus haemachatus*. Eighty percent of the subjects served as the experimental group and twenty percent served as the placebo control, receiving verum and placebo respectively in a randomized fashion. Dr. M. Maharaj, the research supervisor did the randomisation sheet and the technician at the Department of Homoeopathy, Dr I. Botha did the dispensing. The verum and placebo were indistinguishable thus ensuring that neither the researcher nor the provers knew who received the verum and who received the placebo.

3.5.1 Figure 2 – Sex distribution of Provers



3.5.2 Figure 3 – Age distribution of Provers



3.6 CRITERIA FOR INCLUSION OF A SUBJECT IN THE PROVING

The subject:

- was between the ages of 18 – 60yrs, and was competent and able to sign the consent form.
- was able to comply with the keeping of the journal in a competent manner.
- was subjectively and objectively in a relatively good state of health (Sherr, 1994) as judged by the researcher on the basis of the case history and physical examination (Riley, 1996).
- did not have any surgery or medical treatment planned for the duration of the proving (Riley, 1996).

- did not have any surgery for the six weeks before the proving commenced (Riley, 1996).
- was not pregnant or nursing.
- was able to maintain their normal lifestyle and usual daily routine as close as possible, and had no major lifestyle changes (moving house, diet, divorce) for the duration of the proving.
- practiced moderation in the consumption of alcohol, caffeine and cigarettes (Appendix B & E).
- was not a user of recreational drugs such as cannabis, ecstasy, LSD or others.

3.7 MONITORING OF THE PROVERS

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

This was to ensure that:

- the researcher knew when the substance had begun to act, so that they could tell the prover when to stop taking the substance.
- the prover did not neglect to record a symptom.

- the safety of the provers was maintained, by closely monitoring each prover for any reaction that may have to be antidoted.

3.8 CHRONOLOGY OF RECORDING

During the proving period each prover recorded their symptoms in a journal in the form of DD:HH:MM representing days, hours and minutes respectively (Sherr, 1994:73). Day 1 was indicated as 00. Each page of the provers' journal was marked with the appropriate day code. Minutes became redundant after 24 hours of the first powder, and were represented by an XX. After a few days, hours were unimportant and were also represented by XX. In cases where the time was insignificant or unclear, an XX:XX:XX was used. The time of occurrence of symptoms after a powder was administered was recorded. The actual time of day was only included if it was significant, causal and definite. By noting the time elapsed after the commencement of the proving of each symptom helps illustrate the sequence of primary and secondary actions (Van der Hulst, 2002:35). It helps our understanding of the nature of the remedy, its opposing forces and its pace (Sherr, 1994:73).

3.9. GROUP DISCUSSIONS

A post-proving consultation was held with each prover, to allow the researcher to clarify any symptoms the prover recorded. After all the provers had completed the proving and all the diaries collected a group discussion was held. This was to allow an opportunity for provers to discuss their ideas and questions. This was aimed at stimulating provers' memories to recall symptoms they may have forgotten or neglected to

record, or were unsure of at the time. It also helped the researcher to clarify issues and to confirm or discard any doubtful symptoms (Sherr, 1994).

3.10. ETHICAL CONSIDERATIONS

- The right and welfare of the provers were protected during this proving: The Faculty of Health Sciences Ethics Committee of the Durban University of Technology approved the methodology prior to commencement of the proving.
- An informed consent form was obtained (Appendix C).
- The prover was a volunteer and participated in this proving out of their free will.
- An information and instruction letter providing clear, simple instructions pertaining to the proving and explaining the proving methodology was given to each prover (Appendix E).
- The provers were fully equipped with information regarding contacting their respective provers should there be any questions.
- Confidentiality was maintained before, during and after the proving.
- Provers were not forced or coerced to participate in the proving.
- The prover was free to withdraw from the study at any stage without having to give a reason for withdrawing (Smal, 2004:25-26).

3.11. SYMPTOM COLLECTION, EXTRACTION AND EVALUATION

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

3.11.1 Criteria for acceptance of a symptom as a proving symptom

This process involved the extraction and conversion of the data in the journals into Materia Medica and repertory format. After careful evaluation by the prover and supervisor, the symptoms were validated as proving symptoms or discarded according to the criteria set out below.

Symptom selection criteria used:

- If the prover was under the influence of the remedy (as could be seen by the general appearance of symptoms), then all other new symptoms belonged to the proving (Sherr, 1994).
- The symptom appeared shortly after the substance (Riley, 1996:6).
- The symptom appeared (with intermissions) over a period of several days (Riley, 1996:6).

- The symptom occurred in more than one volunteer (Riley, 1996:6).
- The symptom occurred with marked or specific intensity (Riley, 1996:6).
- The symptom was unusual, striking or rare (Riley, 1996:6).
- The symptom was not current or usual for the prover, unless intensified to a marked degree, with clear descriptions as to how it was markedly modified or changed (Sherr, 1994).
- The symptom occurred in association with other symptoms (Riley, 1996:6).
- The symptom occurs in association with specific modalities (Riley, 1996:6).
- The symptom can be precisely defined by the prover (Riley, 1996:6).
- If the prover had a deep conviction that the symptoms did not belong to him/her, it served as a reliable indication for inclusion (Sherr, 1994).
- Symptoms present in the prover prior to the proving which disappeared during the proving, was included and noted as a cured symptom [CS]. The character of the symptom was clearly explained as to function, location and sensation (Sherr, 1994).

- Any symptom which occurred in the provers' recent history, i.e. one year or less, was discarded (Sherr, 1994).
- Any symptom which occurred a long time previously, especially 5 or more years, which has no reason to appear naturally but reappeared, was included (Hahnemann, 1982) (Sherr,1994).
- Accidents, coincidences and synchronistic events that happen to more than one prover (Hahnemann, 1982) (Sherr,1994).
- If in serious doubt, leave it out (Sherr, 1994).

3.11.2 Collating and Editing

In this process, the proving symptoms collected from the journals were collected and combined into a coherent, logical and non-repetitive format. This was done in order to form a “as if one person” composition. Thus a structured picture of the symptom-complex that *Hemachatus haemachatus* 30CH produces was created.

The data was recorded and collated from the individual journals, and merged and edited into a logical, chronological and easily comprehensible form, all the while maintaining the language of the provers as much as possible. The data was wherever possible classified into the same chapters and sections and following the same format as the Repertory. Similar or identical symptoms from different provers were grouped together but entered as separate,

consecutive entries within the group, according to the following criteria set out by Sherr (1994), in order of importance:

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

3.12. TOXOLOGICAL DATA

Toxicological data together with the proving symptoms provide valuable information as to what this substance could cure. In an interesting study done by Banerjee et al (2005), it was found that the crude venom of *Hemachatus haemachatus* exhibited potent anticoagulant activity in both recalcification and prothrombin time assays. Here, they reported the isolation and characterisation of two synergistically acting anticoagulant proteins, hemextins A and B, from the venom of *Hemachatus haemachatus*. Hemextin A (but not hemextin B) exhibited mild anticoagulant activity. However, hemextin B formed a complex (hemextin AB complex) with hemextin A and synergistically enhanced its anticoagulant potency (Banerjee et al, 2005).

On a symptomatic level, if the venom is sprayed into the eyes, intense conjunctivitis with pain and photophobia occur. Even blindness can occur if not treated promptly (Visser & Chapman, 1978:51). If bitten, early symptoms resemble alcoholic intoxication – blurred vision, drooping eyelids, slurred speech, vertigo and fatigue, all of which occur within 1 to 2 hours. Breathing becomes increasingly difficult and is followed by collapse and coma.

3.13. REPORTING OF THE DATA

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

3.13.1. The Materia Medica

The collated and edited data from the proving of *Hemachatus haemachatus* was written up in typical material medica format, conforming to the chapters of *SYNTHESIS: Repertorium Homoeopathicum Syntheticum* (Schroyens, 2002).

Proving symptoms will be entered under the following main headings:

- Mind
- Vertigo
- Head
- Eye
- Vision
- Ear
- Hearing
- Nose
- Face
- Mouth
- Teeth
- Throat
- External throat

- Stomach
- Abdomen
- Rectum
- Stool
- Bladder
- Kidneys
- Prostate
- Urethra
- Urine
- Male genitalia / Sex
- Female genitalia / sex
- Larynx
- Respiration
- Cough
- Expectoration
- Chest
- Back
- Extremities
- Sleep
- Dreams
- Chill
- Fever
- Perspiration
- Skin
- Generals

3.13.2 The Repertory

The data collected in this proving was converted into rubrics and sub-rubrics that conformed to the format of the standard modern

repertory: *SYNTHESIS: Repertorium Homoeopathicum Syntheticum* (Schroyens, 2002). These rubrics were then graded according to the grading system set out below:

Table 1: Grading system

Number of provers	Average percentage %	Grade
1 - 4	0 - 20	1
5 - 9	20 - 40	2
10 - 14	40 - 65	3
15 and above	65 and above	4

(Naidoo, 2008)

CHAPTER 4

4. THE RESULTS

4.1. INTRODUCTION

The symptoms from the proving journals were extracted, collated, edited, and then represented in this chapter in Materia Medica and repertory format. The symptoms listed under the Materia Medica sections are presented in the provers' words as suggested by Sherr (1994:67). In the repertory section, the symptoms have been translated from the provers' words into rubrics and presented according to the *Synthesis: Repertorium Homoeopathicum Syntheticum 8.1* (Schroyens, 2002).

4.2. PROVER LIST

The recorded symptoms that comprise the Materia Medica and repertory of *Hemachatus haemachatus* were obtained from a total of 24 provers who had received verum. The placebo group consisted of six subjects. The provers' sex distribution consisted of 10 males and 20 females, ranging from ages of 19 to 60 years old.

The provers in the placebo group were indicated by a P and the verum group were indicated by a V, in the appropriate column of the table.

Table 2 - Proving group

PROVER NUMBER	AGE	SEX	PLACEBO/VERUM
01	60	F	P
02	22	F	P
03	59	M	V
04	46	M	V
05	33	F	V
06	24	F	V
07	42	F	V
08	19	F	P
09	41	F	V
10	36	F	V
11	42	M	V
12	28	F	P
13	22	F	V
14	25	F	V
15	34	F	V
16	26	M	V
17	23	F	V
18	21	F	V
19	32	M	V
20	46	F	V
21	28	M	V
22	23	F	V
23	23	F	P
24	24	F	V
25	25	F	P
26	25	M	V
27	23	M	V
28	27	M	V
29	27	M	V
30	22	F	V

4.3 MATERIA MEDICA OF *HEMACHATUS HAEMACHATUS*

4.3.1 Key

The symptoms of *Hemachatus haemachatus* have been grouped according to the standard Materia Medica sections.

The symptoms are referenced as follows:

Prover Number - Sex - Day:Hours:Minutes (DD:HH:MM)

The time reference indicates the number of days, hours and minutes since the first dose was taken. After 24 hours the minutes are considered unimportant and represented by XX. The hours also become negligible after a few days.

If the time is unclear or not recorded by the prover it is represented as XX:XX:XX.

Symptoms recorded by provers in the placebo group were not considered. All cured symptoms during the proving will be denoted by the word (CS) that will follow the particular symptom.

4.3.2 Symptoms

4.3.2.1 Mind

Joy/Elation/Enthusiasm

I feel like smiling – no reason.

03 M 00:00:15

Feeling changed from feeling tranquilised to feeling elated. Mood enhanced – no longer neutralized.

03 M 00:02:00

Tranquilising effect has made way for feeling quite sharp positivity.

03 M 00:02:00

Feel quite enthusiastic – no specific reason for this.

03 M 00:02:00

Feel positive and happy. Feel enthusiastic.

03 M 01:XX:XX

Had a cup of coffee and this enhanced my sense of inner joy.

03 M 07:XX:XX

Quite depressed in morning, elated in the evening.

13 F 06:XX:XX

In an excellent mood. Feeling happy.

14 F 01:XX:XX

Feeling very happy and positive.

14 F 02:XX:XX

Good mood seems to be sustained from taking the remedy.

17 F 05:XX:XX

Very happy and bubbly.

22 F 04:XX:XX

In great mood all day – happy & bubbly.

22 F 07:XX:XX

In good mood, very relaxed.

27 M 09:XX:XX

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

28 M 13:XX:XX

I watch a film and find it highly amusing, still in a carefree bemused mood.

28 M 14:XX:XX

Productive

I feel more alert. Not tired after work, able to go home and do some work.

16 M 00:XX:XX

Been feeling alert and creative.

19 M 01:XX:XX

A very productive day.

19 M 09:XX:XX

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

22 F 03:XX:XX

Had lots of energy tonight. Stayed up till late. Very active mentally and physically.

22 F 09:XX:XX

Very busy at work, enjoyed the day.

24 F 24:XX:XX

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

29 M 09:XX:XX

Coping/Ability/Empowered

Feel happy and contented where I am.

03 M 01:XX:XX

Good mental and emotional state. Positive, lots of energy, feeling good about life.

03 M 06:XX:XX

I feel happy – as if I am slowly coming home.

03 M 07:XX:XX

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

03 M 07:XX:XX

Feel that 'I am able' – more confident in tackling what I need to do.

07 F 01:XX:XX

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

17 F 00:XX:XX

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

17 F 08:XX:XX

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

17 F 28:XX:XX

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

30 F 00:XX:XX

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

30 F 01:XX:XX

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

30 F 04:XX:XX

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

30 F 06:XX:XX

Alertness/Clarity/Focused/In Control

Cognitive faculty functioning well.

03 M 00:02:00

Brain clear.

03 M 01:XX:XX

My mind is sharp.

03 M 02:XX:XX

A sense of observant spaciousness is dominant.

04 M 03:XX:XX

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

11 M XX:XX:XX

I feel more alert. Not tired after work, able to go home and do some work.

16 M 00:XX:XX

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

16 M 00:XX:XX

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

29 M 01:XX:XX

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

29 M 02:XX:XX

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

29 M 11:XX:XX

Calm/Relaxed/Tranquil

Feel immediately very calm. Uptight stomach gone! Feel tranquil – almost tranquilised.

03 M 00:00:00

Feel physically relaxed – almost as though any effort is an effort.

03 M 00:00:10

Feel relaxed, soft, non-resistant.

03 M 00:00:10

Feel somewhat spaced out – as if I have taken a tranquiliser.

03 M 00:00:10

Feel calm – almost as though I have taken a feel-good-and-calm pill.

03 M 01:XX:XX

Physically relaxed, yet with a sense of aliveness.

03 M 01:XX:XX

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

15 F 00:XX:XX

Better towards midday, feel less tired and calmer.

15 F 02:XX:XX

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

20 F 07:XX:XX

In good mood, very relaxed.

27 M 09:XX:XX

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

29 M 00:XX:XX

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

29 M 01:XX:XX

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

29 M 02:XX:XX

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

29 M 28:XX:XX

Transcendence

As though I was taking transcendent drugs.

04 M XX:XX:XX

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

04 M 00:XX:XX

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

04 M 00:XX:XX

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

04 M 03:XX:XX

A sense of observant spaciousness is dominant.

04 M 03:XX:XX

I had an increase in my clairvoyance. I feel reconnected.

20 F 21:XX:XX

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

29 M 00:XX:XX

Spaced out/Drugged

Feel somewhat spaced out – as if I have taken a tranquilizer.

03 M 00:00:10

Thinking cloudy or unwilling to focus.

03 M 00:00:15

Vagueness in head and thinking now gone.

03 M 00:02:00

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

03 M 03:XX:XX

Felt very light and spaced out towards later afternoon and especially evening.

03 M 04:XX:XX

These powders are potent- they knocked me for a six.

04 M 00:XX:XX

I feel 'spacey'. Almost a detached form of transcendence.

04 M 00:XX:XX

Feel very spacey.

15 F 00:00:05

Felt very sleepy and almost drugged ALL day! Wanted to go home and sleep, fought the feeling.

22 F 05:XX:XX

Light/Floating

Sensation of limbs and body being lighter than usual.

28 M 00:XX:XX

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

28 M 00:XX:XX

Unfocused/Cloudy/Confused

Thinking cloudy or unwilling to focus.

03 M 00:00:15

Vagueness in head and thinking now gone.

03 M 00:02:00

Finding it difficult to describe my symptoms and their sensations.

Feel slowed up. Confusing my words.

06 F 02:XX:XX

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

06 F 09:XX:XX

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

27 M 08:XX:XX

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

27 M 26:XX:XX

Poor concentration/Memory

Definitely noticing impaired concentration levels.

13 F 03:XX:XX

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

18 F 03:XX:XX

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

18 F 09:XX:XX

Memory erratic, this is not me.

20 F 09:XX:XX

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

27 M 07:XX:XX

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

27 M 07:XX:XX

Very indecisive today, can't figure out what I am in the mood for.
27 M 14:XX:XX

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

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

Repetitive thoughts

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

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

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

Lack of spatial judgment/Clumsy

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

Had sex. I was a bit over-enthusiastic resulting in me being a bit clumsy.

16 M 26:XX:XX

Keep bumping left pinkie and it is tender.

20 F 08:XX:XX

Keep knocking and bumping my fingers, chipped a nail – right hand middle finger.

22 F 03:XX:XX

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

22 F 04:XX:XX

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

22 F 05:XX:XX

Slammed finger in door – this clumsiness has to stop!

22 F 07:XX:XX

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

22 F 08:XX:XX

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

22 F 09:XX:XX

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

28 M 02:XX:XX

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

28 M 02:XX:XX

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

28 M 04:XX:XX

My space/Home

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

05 F 01:XX:XX

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

14 F XX:XX:XX

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

15 F 04:XX:XX

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

16 M 18:XX:XX

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

20 F 09:XX:XX

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

20 F 21:XX:XX

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

28 M 05:XX:XX

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

28 M 10:XX:XX

Organized/Sorting out my space

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

05 F 06:XX:XX

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

20 F 01:XX:XX

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

20 F 02:XX:XX

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

20 F 03:XX:XX

Getting irritated by mess.

20 F 03:XX:XX

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

20 F 04:XX:XX

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

20 F 11:XX:XX

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

22 F 03:XX:XX

Alone

I just want to be left alone.

06 F 04:XX:XX

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

15 F 00:XX:XX

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

19 M 01:XX:XX

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

20 F 21:XX:XX

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

21 M 04:XX:XX

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

28 M 07:XX:XX

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

28 M 10:XX:XX

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

29 M 00:XX:XX

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

29 M 17:XX:XX

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

30 F 02:XX:XX

Friends

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

13 F XX:XX:XX

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

14 F 12:XX:XX

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

14 F XX:XX:XX

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

20 F 05:XX:XX

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

20 F 09:XX:XX

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

24 F 26:XX:XX

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

28 M 04:XX:XX

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

Relief when majority are gone.

28 M 05:XX:XX

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

28 M 12:XX:XX

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

28 M 13:XX:XX

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

28 M 14:XX:XX

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

28 M 16:XX:XX

Sensitive/Vulnerable

Feel relaxed, soft, non-resistant.

03 M 00:00:10

Emotions nice and soft. Feeling quite sensitive.

03 M 01:XX:XX

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

03 M 06:XX:XX

Even mentally tender.

20 F 09:XX:XX

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

27 M 07:XX:XX

Absorbing others' moods

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

03 M 01:XX:XX

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

27 M 13:XX:XX

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

30 F 05:XX:XX

Sadness/Loss/Longing/Emptiness

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

03 M 03:XX:XX

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

03 M 06:XX:XX

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

04 M XX:XX:XX

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

07 F 30:XX:XX

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

15 F 03:XX:XX

Been thinking a lot of my ex-girlfriend. This is strange because it's been a year since I saw her. Most of my thoughts of her go in a mindset of anger and disappointment. Also feelings of worry if I would be able to find someone again. The only thing that stops these thoughts is hard work.

29 M 03:XX:XX

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

29 M 06:XX:XX

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

29 M 09:XX:XX

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

29 M 13:XX:XX

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

29 M 14:XX:XX

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

29 M 26:XX:XX

Deficient/Deprived

Conjunctivae very pale today – feel like I'm deficient in something.

07 F 23:XX:XX

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

07 F 24:XX:XX

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

16 M 02:XX:XX

Insecurity

Emotionally weak.

03 M 03:XX:XX

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

06 F 04:XX:XX

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

06 F 07:XX:XX

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

06 F 11:XX:XX

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

06 F 14:XX:XX

Felt very introverted with abdominal pain and bloating.

13 F 02:XX:XX

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

13 F 21:XX:XX

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

13 F 26:XX:XX

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

15 F 00:XX:XX

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

15 F 00:XX:XX

Desperate feeling of not being good enough.

15 F 00:XX:XX

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

15 F 00:XX:XX

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

15 F 00:XX:XX

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

15 F 00:XX:XX

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

18 F 06:XX:XX

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

30 F 05:XX:XX

Need to be appreciated/Achievement

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

14 F XX:XX:XX

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

20 F 03:XX:XX

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

28 M 03:XX:XX

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

28 M 04:XX:XX

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

28 M 05:XX:XX

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

28 M 12:XX:XX

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

29 M 07:XX:XX

Changeability

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

03 M 01:XX:XX

Quite depressed in morning, elated in the evening.

13 F 06:XX:XX

Irritability cycling with very good mood.

14 F XX:XX:XX

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

22 F 07:XX:XX

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

22 F 11:XX:XX

I was all over the place, nothing consistent.

22 F 13:XX:XX

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

24 F 21:XX:XX

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

24 F 24:XX:XX

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

24 F 25:XX:XX

Mood today was like a roller coaster.

30 F 06:XX:XX

Anxiety

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

03 M 01:XX:XX

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

03 M 03:XX:XX

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

04 M 00:XX:XX

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

14 F 13:XX:XX

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

Tension, sense of anticipation.

16 M 24:XX:XX

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

18 F 12:XX:XX

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

21 M 05:XX:XX

Anxiety accompanied by a sensation of bubbles in stomach.

21 M 13:XX:XX

Getting that anxious feeling again.

24 F 01:01:35

Feeling a little anxious.

24 F 10:XX:XX

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

27 M 10:XX:XX

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

29 M 03:XX:XX

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

29 M 10:XX:XX

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

29 M 14:XX:XX

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

29 M 25:XX:XX

Anxiety while driving

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

14 F 13:XX:XX

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

15 F 04:XX:XX

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

28 M 04:XX:XX

Rainy weather heightened the sense of danger on the roads.

28 M 06:XX:XX

Irritability

I feel an underlying irritability.

04 M 01:XX:XX

Even in the evening – irritable.

04 M 01:XX:XX

Rain, still irritable!

04 M 02:XX:XX

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

04 M 02:XX:XX

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

04 M 08:XX:XX

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

05 F 01:XX:XX

Quite irritable and frustrated.

05 F 06:XX:XX

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

06 F 03:XX:XX

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

06 F 04:XX:XX

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

06 F 04:XX:XX

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

06 F 04:XX:XX

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

06 F 05:XX:XX

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

06 F 07:XX:XX

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

06 F 08:XX:XX

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

07 F 33:XX:XX

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

13 F 03:XX:XX

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

13 F 19:XX:XX

Irritated with people around, about ridiculous things.

13 F 26:XX:XX

Irritability cycling with very good mood.

14 F XX:XX:XX

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

15 F 01:XX:XX

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

15 F 02:XX:XX

Very irritable, very argumentative.

18 F 04:XX:XX

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

18 F 06:XX:XX

Have put first coat of paint on tiles. Just want to get done. Very irritated today.

20 F 04:XX:XX

On the whole, the irritation felt throughout was only towards people.

20 F 21:XX:XX

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

21 M 04:XX:XX

Hit wall – very irritable.

22 F 04:XX:XX

Moody, irritable and sulking.

22 F 07:XX:XX

Feeling quite irritable today, getting annoyed for no reason, not as chatty as I normally am today.

24 F 07:XX:XX

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

24 F 18:XX:XX

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

28 M 04:XX:XX

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

28 M 11:XX:XX

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

29 M 17:XX:XX

Irritability at inefficiency and stupidity

Irritable when asked stupid questions.

04 M XX:XX:XX

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

13 F 07:XX:XX

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

18 F 11:XX:XX

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

20 F 02:XX:XX

Getting irritated by mess.

20 F 03:XX:XX

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

20 F 04:XX:XX

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

26 M 00:02:00

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

28 M 01:XX:XX

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

28 M 02:XX:XX

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

28 M 02:XX:XX

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

28 M 02:XX:XX

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

28 M 06:XX:XX

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

28 M 08:XX:XX

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

28 M 08:XX:XX

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

28 M 11:XX:XX

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

28 M 16:XX:XX

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

29 M 23:XX:XX

Impatience

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

18 F 05:XX:XX

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

24 F 25:XX:XX

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

28 M 10:XX:XX

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

29 M 17:XX:XX

Anger

Still very irritable and short tempered.

18 F 06:XX:XX

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

20 F 02:XX:XX

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

20 F 05:XX:XX

Woke up with horrible backache. Agonizing to reach or bend over. My sister kept making critical snide remarks of disbelief and I exploded over breakfast. Felt incensed that she didn't believe me. Felt she wanted to remain the centrepiece of her current drama. We traded insults and retreated to my room. Felt utterly annoyed and wanted to lie down and be alone.

28 M 07:XX:XX

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

28 M 16:XX:XX

Aggressive

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

18 F 03:XX:XX

Very irritable, very argumentative.

18 F 04:XX:XX

Hit wall – very irritable.

22 F 04:XX:XX

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

28 M 10:XX:XX

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

28 M 14:XX:XX

Meanness

Irritability causes me to be sarcastic.

05 F 01:XX:XX

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

16 M 04:XX:XX

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

18 F 07:XX:XX

Snappy/Premenstrual Symptoms

Slightly short tempered, like PMS, moody and snappy.

07 F 33:XX:XX

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

20 F 02:XX:XX

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

24 F 16:XX:XX

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

24 F 18:XX:XX

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

27 M 13:XX:XX

Offended

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

18 F 06:XX:XX

In a weird mood, getting offended easily today.

27 M 13:XX:XX

Frustrated/Stressed out/So much to do/Can't cope

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

05 F 06:XX:XX

I really feel that I can't cope.

06 F 04:XX:XX

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

06 F 04:XX:XX

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

06 F 05:XX:XX

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

06 F 16:XX:XX

Felt very frustrated today with work.

13 F 02:XX:XX

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

20 F 11:XX:XX

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

26 M 00:XX:XX

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

29 M 04:XX:XX

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

29 M 05:XX:XX

With my friends now but can't relax and enjoy myself. Can only think of what must still be done. As if I'm wishing for them to leave me that I can get on with things.

29 M 16:XX:XX

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

29 M 16:XX:XX

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

29 M 17:XX:XX

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

29 M 17:XX:XX

Very anxious feeling of having to do a lot. Very rushed and irritated at all. Just want day to end.

29 M 27:XX:XX

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

30 F 06:XX:XX

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

30 F 06:XX:XX

Trapped/Need to get out

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

06 F 13:XX:XX

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

16 M 04:XX:XX

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

28 M 08:XX:XX

Feeling trapped. Glad we leave for home tomorrow.

28 M 09:XX:XX

Picked on/Harassed

Irritable when asked stupid questions.

04 M XX:XX:XX

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

06 F 04:XX:XX

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

06 F 21:XX:XX

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

20 F 04:XX:XX

Tired and uncomfortable. Annoyed with wrist pain.

27 M 26:XX:XX

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

28 M 02:XX:XX

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

28 M 12:XX:XX

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

Pissed off.

28 M 16:XX:XX

Lethargy/Lack of motivation

Lazier than normal, totally unmotivated, slack.

04 M XX:XX:XX

Feeling tired, listless and lethargic.

07 F 24:XX:XX

Couldn't get out of bed today.

14 F 13:XX:XX

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

15 F 04:XX:XX

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

15 F 04:XX:XX

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

15 F 04:XX:XX

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

16 M 02:XX:XX

Feeling very lazy

16 M 06:XX:XX

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

19 M 04:XX:XX

Anxiety and stress about getting things done concerning my business. I have a million things on my mind to do but yet I try to

find reasons not to do them. These tasks concern negotiations with other parties concerned. I'm usually the sort that loves negotiating new business matters. Just don't feel like it today.

29 M 05:XX:XX

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

30 F 02:XX:XX

Avoiding responsibility

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

06 F 04:XX:XX

Late for work. I would usually be stressed out but I don't care.

06 F 05:XX:XX

I am a little more untidy than normal. I don't care if things are untidy.

13 F 03:XX:XX

Uncaring about my responsibilities.

13 F 26:XX:XX

Uncaring about responsibilities.

14 F XX:XX:XX

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

15 F 04:XX:XX

Feeling lazy & tired, feeling a bit depressed about not having done any studying.

16 M 06:XX:XX

Feeling a bit down and depressed. Not feeling like doing anything. Feel like avoiding reality and responsibilities.

16 M 27:XX:XX

Have this BIG test tomorrow but feel so apathetic about it, I don't worry about it. Can't muster the energy to study. Don't care about it.

18 F 14:XX:XX

Also feel I don't give a ...about some things – let it happen, bring it on.

20 F 04:XX:XX

Down/Flat

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

07 F 22:XX:XX

Have a feeling of 'downness', like feeling depressed, but not the same.

07 F 23:XX:XX

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

07 F 27:XX:XX

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

07 F 30:XX:XX

Mood still flat but making a conscious effort to feel better.

07 F 31:XX:XX

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

16 M 02:XX:XX

Feeling a bit down and depressed. Not feeling like doing anything. Feel like avoiding reality and responsibilities.

16 M 27:XX:XX

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

24 F 26:XX:XX

Sleepy

Could very easily fall asleep.

03 M 01:XX:XX

I just feel like sleeping!

04 M 00:XX:XX

Feel sleepy, want to nap.

06 F 09:XX:XX

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

16 M 02:XX:XX

Very sleepy this afternoon. If I am going to get through the rugby I need a nap.

20 F 04:XX:XX

Felt very sleepy and almost drugged ALL day! Wanted to go home and sleep, fought the feeling.

22 F 05:XX:XX

Tired/Heavy/Exhausted

Very tired suddenly.

06 F 03:XX:XX

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

06 F 04:XX:XX

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

06 F 04:XX:XX

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

06 F 04:XX:XX

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

06 F 05:XX:XX

Still very tired, exhausted.

06 F 05:XX:XX

Exhausted.

06 F 15:XX:XX

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

06 F 16:XX:XX

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

06 F 16:XX:XX

Tired again – not stressing because too tired.

06 F 17:XX:XX

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

06 F 20:XX:XX

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

07 F 06:XX:XX

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

07 F 07:XX:XX

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

07 F 22:XX:XX

Feeling tired, listless and lethargic.

07 F 24:XX:XX

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

07 F 25:XX:XX

Quite tired this afternoon.

11 M 00:XX:XX

Couldn't get out of bed today.

14 F 13:XX:XX

Feeling tired > exercise.

15 F 03:XX:XX

Feel very tired, just want to crawl into bed.

15 F 04:XX:XX

So tired all day, can hardly keep my eyes open.

18 F 03:XX:XX

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

18 F 09:XX:XX

Home after mid-week games. Just felt too tired to play on.

19 M 03:XX:XX

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

19 M 09:XX:XX

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

24 F 24:XX:XX

Really tired – not like eyes are closing and need to sleep but exhaustion.

27 M 07:XX:XX

Feeling very tired and not in the mood for anything really.

27 M 02:XX:XX

I felt extremely tired. Exhausted and drained out. Wanted to just go and sleep.

30 F 00:XX:XX

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

30 F 01:XX:XX

Woke up this morning feeling very tired.

30 F 02:XX:XX

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

30 F 02:XX:XX

Staying in bed

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

06 F 04:XX:XX

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

06 F 05:XX:XX

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

14 F 13:XX:XX

Couldn't get out of bed today.

14 F 13:XX:XX

Feel very tired, just want to crawl into bed.

15 F 04:XX:XX

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

18 F 12:XX:XX

Weather

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

04 M XX:XX:XX

Rain, still irritable!

04 M 02:XX:XX

Hate this rainy overcast weather.

15 F 04:XX:XX

Came home to work because of weather.

15 F 04:XX:XX

Sensory delusions

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

13 F 05:XX:XX

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

14 F 02:XX:XX

4.3.2.2 Vertigo

Quite dizzy in the head when I get up quickly and move quickly.

03 M 01:XX:XX

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

03 M 03:XX:XX

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

03 M 03:XX:XX

Slight vertigo on moving head fast.

05 F 00:XX:XX

Disoriented sense. Vertigo.

10 F 01:XX:XX

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

15 F 00:00:05

Vertigo on rising quickly from a seated position. > closing eyes.

21 M 02:XX:XX

Mild sensation while driving car of vertigo, > cold water, < heat of sun.

21 M 04:XX:XX

Feeling of light-headedness as if head made of feathers. < heat of sun, > cold water.

21 M 06:XX:XX

Feeling of slight light-headedness while drinking fizzy drinks, > lying down.

21 M 12:XX:XX

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

21 m 16:XX:XX

Feeling of light-headedness accompanied by moderate stiffness of neck muscles. > food.

21 M 22:XX:XX

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

29 M 00:XX:XX

Vertigo with walking. Can't get balance as rise out of bed. Better after a few minutes.

29 M 21:XX:XX

4.3.2.3 Head

Right-sided headache

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

06 F 03:XX:XX

Throbbing headache came on suddenly in right temporal / frontal area.

06 F 03:XX:XX

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

06 F 09:XX:XX

Sharp pain in right frontal region of head. Didn't last long.

06 F 10:XX:XX

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

07 F 06:XX:XX

Headache now behind eyes, right more than left.

10 F 01:XX:XX

Shooting pain in right frontal area at 2pm. > pressure. Later headache in both frontal areas.

12 F 02:XX:XX

Shooting pain in right temple, >pressure < light.

12 F 12:XX:XX

Having another headache on the right hand side in the temple.

Muscles are very knotted and my neck is going into spasm.

18 F 16:XX:XX

Had an eye headache (right eye), mainly right side of head sore.

24 F 18:XX:XX

Pain has moved to right side especially to temples and occiput.

26 M 07:17:00

Left-sided headache

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

05 F 00:XX:XX

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

06 F 03:XX:XX

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

16 M 00:XX:XX

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

16 M 02:XX:XX

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

16 M 25:XX:XX

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

18 F 01:XX:XX

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

18 F 13:XX:XX

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

18 F 19:XX:XX

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

18 F 20:XX:XX

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

20 F 00:XX:XX

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

28 M 01:XX:XX

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

29 M 21:XX:XX

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

29 M 23:XX:XX

Frontal headache

Woke up with a headache. Dull frontal ache.

06 F 16:XX:XX

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

10 F 01:XX:XX

Headache becoming more frontal.

10 F 01:XX:XX

Shooting pain in right frontal area at 2pm. > pressure. Later headache in both frontal areas.

12 F 02:XX:XX

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

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

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

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

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

Occipital headache

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

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

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

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

16 M 00:XX:XX

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

21 M 00:XX:XX

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

21 M 03:XX:XX

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

21 M 08:XX:XX

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

21 M 18:XX:XX

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

21 M 19:XX:XX

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

21 M 20:XX:XX

Throbbing occipital headache > cold water.

21 M 21:XX:XX

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

27 M 22:XX:XX

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

28 M 01:XX:XX

Headache on waking

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

06 F 03:XX:XX

Woke up with a headache. Dull frontal ache.

06 F 16:XX:XX

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

20 F 03:XX:XX

Dull headache on waking.

20 F 04:XX:XX

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

21 M 07:XX:XX

Woke up with a dull headache, constant throughout the day.

24 F 05:XX:XX

Extreme headache, borderline migraine. Woke up around 9am. From the moment I opened my eyes I had the headache. Felt like it

resonated in my right eye. My right eye and side of head felt bruised for the entire day. My eyes were dry and itchy. Extremely sensitive to light. I had to close all curtains in my flat.

24 F 12:XX:XX

Woke up with a slight headache in the front upper side. Not really sure what brought it on.

27 M 13:XX:XX

Heaviness/Foggy/Fuzzy

Head feels slightly tight like I've drunken too much or like there is cotton wool around my head.

18 F 00:11:30

Pain in temples, feel heavy and like my head is lead.

18 F 04:XX:XX

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

18 F 14:XX:XX

Head still feels like I'm under water.

18 F 14:XX:XX

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

21 M 00:XX:XX

Head feels heavy: base of occiput.

28 M 01:XX:XX

Hair loss

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

22 F 04:XX:XX

Hair falling out.

22 F 12:XX:XX

Itchy scalp

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

18 F 09:XX:XX

Head is itchy again.

18 F 12:XX:XX

Miscellaneous

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

18 F 16:XX:XX

Headache settles and goes after eating.

20 F 03:XX:XX

Headache really awful and annoying. Back of head down neck.

20 F 08:XX:XX

Had a headache just as I started period. Was a dull ache in temples.

22 F 10:XX:XX

Suffered mild headache from the glare this morning, very short-lived though.

24 F 07:XX:XX

Had dull headache for past few hours. Generalized pain. Feels like pressure inside head.

26 M 02:13:00

4.3.2.4 Eyes

Itchy/Dry/Scratchy

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

06 F 05:XX:XX

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

06 F 06:XX:XX

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

07 F 31:XX:XX

Felt gritty earlier today but cleared as the day went on.

07 F 34:XX:XX

Eyes feeling dry.

16 M 16:XX:XX

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

21 M 00:XX:XX

Suffered with my eyes. Very dry and itchy, found myself squinting more than half the time.

24 F 13:XX:XX

Eyes are bloodshot, particularly on the medial aspects. Feel dry, not painful. > rubbing.

29 M 05:XX:XX

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

29 M 27:XX:XX

Burning

Burning pain in eyes. Dry. < looking at the computer for long periods of time.

16 M 00:XX:XX

My eyes are burning and wanting to close.

18 F 11:XX:XX

My conjunctiva feel raw and burning.

28 M 06:XX:XX

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

29 M 13:XX:XX

Photophobia

Eyes feel tired. My frowning muscles are tired. < driving/ computer screen.

16 M 08:XX:XX

Eyes feel tired as if it is very sunny but it is in fact overcast.

16 M 11:XX:XX

Developed some photophobia with headache. > dark room.

17 F 01:XX:XX

Was irritated by the brightness of the camera-mans flash.

19 M 04:XX:XX

While driving to the airport to fetch some friends, found it hard to keep eyes open – photophobia.

20 F 00:XX:XX

Eyes extremely sensitive to the slightest amount of light > covering eyes and cold water.

21 M 02:XX:XX

I feel as though I'm more sensitive to light than usual.

24 F 00:XX:XX

Struggling a bit with the light – squinting helps.

24 F 01:XX:XX

Light really affecting my eyes (very sensitive) quite annoying actually.

24 F 02:XX:XX

The light is still killing my eyes – my eyes feel like they are being poked with a needle sometimes.

24 F 03:XX:XX

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

24 F 04:XX:XX

Fluorescent light above me is giving me grief.

24 F 08:XX:XX

Glare in office killing me.

24 F 10:XX:XX

Eyes very sensitive to fluorescent lights. My eyes were a bit better when we left the mall.

24 F 13:XX:XX

Miscellaneous

Conjunctivae very pale today – feel like I'm deficient in something.

07 F 23:XX:XX

Eyes puffy on waking as if bags filled with water under eyes, accompanied by face feeling as if bloated.

21 M 05:XX:XX

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

21 M 17:XX:XX

4.3.2.5 Vision

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

13 F 05:XX:XX

Difficulty in concentration and slight blurriness of vision as if haze in eyes. > closing eyes and rest.

21 M 15:XX:XX

4.3.2.6 Ears

Slight feeling of pressure on my ears.

03 M 00:00:10

Left ear itchy in canal. Boring itch > scratching.

07 F 02:XX:XX

My ears have become very waxy in the last few days.

18 F 18:XX:XX

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

20 F 06:XX:XX

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

24 F 02:XX:XX

Left ear still a bit painful, not as bad as last night though.

24 F 03:XX:XX

4.3.2.7 Hearing

Deafness to other people's voices.

13 F 08:XX:XX

Balance seemed slightly > after partial loss of hearing after masturbation in both ears for a few seconds.

28 M 07:XX:XX

4.3.2.8 Nose

Sneezing/Itching

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

06 F 17:XX:XX

Sneezing. Felt like there was pepper around.

07 F 00:02:30

Sneezing. Three or four sneezes one after the other.

07 F 00:01:30

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

07 F 01:02:00

Started sneezing after third dose.

13 F 00:01:50

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

15 F 00:00:05

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

18 F 08:XX:XX

Runny nose and sneezing with foul taste in mouth.

22 F 00:XX:XX

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

29 M 17:XX:XX

Nose running a lot, clear exudates. More out of left nostril. Itchy feeling after blowing (7:00 pm).

29 M 23:XX:XX

Coryza

Dried mucous in nose has black streaks in it.

13 F 05:XX:XX

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

13 F 12:XX:XX

Sinuses blocked and rattling – blowing is a mission – the catarrh is really sticky today! As if it is attached in my brain and not willing to let go. But with the blowing come the fun part – urine spurts, ears block and cough begins. And snot remains untouched. Only way to dislodge it is by sniffing which I hate! Then I get mouthfuls of the stuff which make me retch (smoke from previous night?) (6 am).

20 F 03:XX:XX

Discharge from nose still extremely sticky but clear (6:30 am).

20 F 04:XX:XX

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

28 M 01:XX:XX

My nose kept running. Repeated trips to the bathroom to blow it. (9 am)

28 M 05:XX:XX

Runny nose, clear mucus, < left (9:30 am).

28 M 17:XX:XX

Nose running slightly, especially on right nostril. Clear exudates (10 pm).

29 M 19:XX:XX

Burning

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

05 F 04:XX:XX

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

05 F 05:XX:XX

Sinuses feel burny and running.

10 F 01:XX:XX

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

18 F 08:XX:XX

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

The mucous is profuse and clear.

28 M 01:XX:XX

Smell

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

14 F 02:XX:XX

Very metallic smell in my nose once I had cleared it.

20 F 01:XX:XX

Dryness

Sinuses feel very dry or even so heavy. As if my face feels heavy (9 pm).

29 M 00:XX:XX

Sinuses felt drier than usual for the whole day.

29 M 01:XX:XX

All day again sinuses have remained dry.

29 M 03:XX:XX

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

29 M 15:XX:XX

Left

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

06 F 17:XX:XX

Congested feeling in my nose and left sinus.

13 F 12:XX:XX

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

13 F 12:XX:XX

My nose is blocked on the left hand side.

18 F 18:XX:XX

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

29 M 23:XX:XX

Miscellaneous

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

15 F 04:XX:XX

Nose feels numb at the end of the tip extending to forehead.

18 F 00:XX:XX

4.3.2.9 Face

Eruptions

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

13 F 01:03:45

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

13 F 01:09:00

Dryness

Lips are dry and cracked on corner of left side of my mouth.

14 F 05:XX:XX

Lips are very soft.

14 F 07:XX:XX

Lips dry and cracked and keep having to lick them.

18 F 03:XX:XX

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

18 F 04:XX:XX

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

18 F 14:XX:XX

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

18 F 17:XX:XX

Lips are very dry and peeling.

18 F 18:XX:XX

Face feels dry and burning.

28 M 07:XX:XX

My face is puffy, red and dry.

28 M 12:XX:XX

Hot flushes

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

20 F 01:XX:XX

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

28 M 06:XX:XX

Miscellaneous

Woke up looking very pale the last two mornings.

06 F 06:XX:XX

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

10 F 01:XX:XX

Cheeks are itchy directly over zygoma.

14 F 00:XX:XX

Face is very sweaty. Is it humid?

20 F 01:XX:XX

Left jaw feels tight and left ear is partially blocked.

22 F 00:XX:XX

4.3.2.10 Mouth

Dry mouth

Very thirsty with a dry mouth.

06 F 03:XX:XX

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

07 F 34:XX:XX

Feeling of dry mouth.

11 M 00:XX:XX

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

21 M 01:XX:XX

Dry mouth during sleep.

21 M 09:XX:XX

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

21 M 10:XX:XX

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

21 M 11:XX:XX

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

21 M 02:XX:XX

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

21 M 17:XX:XX

Increased salivation

I seem to be salivating excessively.

14 F 00:XX:XX

Increased saliva at night.

18 F 04:XX:XX

Vesicles/Ulcers

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

06 F 06:XX:XX

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

Painful on movement.

07 F 03:XX:XX

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

07 F 21:XX:XX

Tongue

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

07 F 21:XX:XX

Crack in the centre of the tongue.

07 F 21:XX:XX

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

07 F 33:XX:XX

Miscellaneous

Top hard palette also sore, especially near the front just behind the teeth line.

07 F 21:XX:XX

Moderate craving for ice cold water accompanied with salty taste in mouth.

21 M 18:XX:XX

Foul aftertaste in mouth when drinking water. Tastes like phlegm and coffee aftertaste.

28 M 01:XX:XX

4.3.2.11 Throat

Difficulty swallowing

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

06 F 02:XX:XX

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

18 F 00:XX:XX

Dry

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

06 F 06:XX:XX

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

16 M 01:07:00

Throat still sore, > drinking water.

16 M 03:07:00

Mouth is dry no matter how much I drink.

18 F 01:XX:XX

Dry throat.

28 M 07:XX:XX

Sharp/Raw pain

Sharp sore throat pain.

06 F 00:01:00

Sore throat. Sharp pain on left hand side associated with dry mouth.

06 F 00:09:30

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

06 F 02:XX:XX

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

06 F 09:XX:XX

Sharp pain in throat, swallowing makes no difference.

06 F 10:XX:XX

Sore throat the whole morning, was sharp and scratchy.

06 F 15:XX:XX

Mucous in throat

Mucous plug on swallowing water.

06 F 00:01:15

Mucous in throat at 7pm which needed constant clearing.

13 F 03:XX:XX

Mucus in throat.

16 M 16:XX:XX

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

18 F 04:XX:XX

Burning

Throat becoming a little more burny with post nasal discharge.

10 F 01:XX:XX

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

28 M 04:XX:XX

Tickling/Itchy

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

13 F 04:XX:XX

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

29 M 04:XX:XX

Ticklish feeling in nasopharynx. Irritating. Eventually feels raw.

29 M 26:XX:XX

Plug/Lump/Swollen

Mucous plug on swallowing water.

06 F 00:01:15

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

06 F 13:XX:XX

As I swallow water, I feel a stuck sensation to the right of my cricoid cartilage. When I push it in it clicks.

13 F 04:XX:XX

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

18 F 04:XX:XX

4.3.2.12 Neck

Muscle tension in neck and shoulders.

05 F 02:XX:XX

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

21 M 12:XX:XX

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

27 M 24:XX:XX

4.3.2.13 Stomach

Increased thirst

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

06 F 02:XX:XX

Very thirsty with a dry mouth.

06 F 03:XX:XX

Feel a lot thirstier than normal.

13 F 02:XX:XX

Increase in thirst during the day.

14 F 01:XX:XX

Thirsty for water.

15 F 03:XX:XX

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

18 F 02:XX:XX

Still very thirsty for cold water.

18 F 10:XX:XX

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

21 M 02:XX:XX

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

21 M 11:XX:XX

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

21 M 14:XX:XX

Excessive thirst during sleep accompanied by continuous waking up.

21 M 20:XX:XX

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

21 M 21:XX:XX

Had increased thirst this morning until about 10am.

22 F 04:XX:XX

Felt thirsty – bit more today.

22 F 05:XX:XX

Very thirsty.

24 F 21:XX:XX

Very thirsty.

24 F 22:XX:XX

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

28 M 01:XX:XX

Thirsty.

28 M 07:XX:XX

Increased/Decreased appetite

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

06 F 08:XX:XX

Woke up and was so hungry. My stomach was cramping and gurgling loudly.

06 F 09:XX:XX

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

17 F 00:XX:XX

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

17 F 02:XX:XX

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

18 F 02:XX:X

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

20 F 11:XX:XX

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

22 F 08:XX:XX

Was extremely hungry today.

24 F 07:XX:XX

Really hungry.

24 F 10:XX:XX

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

28 M 10:XX:XX

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

30 F 02:XX:XX

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

30 F 03:XX:XX

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

30 F 05:XX:XX

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

30 F 06:XX:XX

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

30 F 06:XX:XX

Nausea

Feel very nauseous. Feel like my food is in my throat. > sitting down.

06 F 05:XX:XX

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

06 F 05:XX:XX

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

06 F 06:XX:XX

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

06 F 11:XX:XX

Feel nauseous again. It's worse for driving in the car.

06 F 11:XX:XX

Feeling a little nauseous and sick to the stomach < eating. This could be due to not eating for a while.

13 F 01:XX:XX

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

29 M 27:XX:XX

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

30 F 00:03:45

Started feeling nauseated.

30 F 00:09:00

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

30 F 00:12:00

For lunch I would normally eat starters & then be full, but I ate mains and dessert and was fine. Nauseous in my stomach.

30 F 01:XX:XX

Nauseous feeling in the stomach was a bit more intense.

30 F 01:XX:XX

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

30 F 01:XX:XX

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

30 F 02:XX:XX

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

30 F 02:XX:XX

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

30 F 03:XX:XX

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

30 F 04:XX:XX

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

30 F 06:XX:XX

Burning pain/Indigestion

Pain almost burning after eating fruit for breakfast.

15 F 04:XX:XX

Burning sensation, from hunger / eating bread.

16 M 00:XX:XX

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

18 F 08:XX:XX

Paying for steak – uncomfortable tummy and heartburn.

20 F 01:XX:XX

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

20 F 05:XX:XX

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

28 M 01:XX:XX

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

28 M 09:XX:XX

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

29 M 12:XX:XX

Tension

I started to feel a tension in my solar plexus.

03 M 01:XX:XX

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

03 M 03:XX:XX

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

Tension, sense of anticipation.

16 M 24:XX:XX

Anxiety accompanied by sensation of bubbles in stomach.

21 M 13:XX:XX

Hollow/Empty

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

18 F 01:XX:XX

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

21 M 15:XX:XX

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

21 M 16:XX:XX

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

29 M 20:XX:XX

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

29 M 24:XX:XX

Heaviness

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

14 F 00:XX:XX

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

29 M 28:XX:XX

General

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

24 F 09:XX:XX

4.3.2.14 Abdomen

Supra-pubic/Lower abdominal pain

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

06 F 02:XX:XX

I have a dull pain in the right abdomen, where you would find the ovaries.

06 F 17:XX:XX

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

06 F 17:XX:XX

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

07 F 06:XX:XX

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

07 F 06:XX:XX

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

13 F 18:XX:XX

Pain in right ovarian region.

15 F 00:00:10

Period pain quite severe in right ovarian region, > pressure and warmth.

15 F 01:XX:XX

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

16 M 16:XX:XX

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

18 F 01:XX:XX

Bloating/Distension/Flatulence

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

06 F 06:XX:XX

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

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

At six all symptoms suddenly stopped.

13 F 02:XX:XX

Stomach feels slightly bloated, like there is air inside .

18 F 00:XX:XX

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

18 F 02:XX:XX

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

18 F 04:XX:XX

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

18 F 11:XX:XX

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

20 F 04:XX:XX

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

20 F 05:XX:XX

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

20 F 10:XX:XX

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

20 F 11:XX:XX

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

21 M 02:XX:XX

Heavy craving for oily foods in morning accompanied by bloated sensation in stomach as if stomach full. Bloatingness > passing stool.

21 M 12:XX:XX

Slight bloating of abdomen as if stomach too full > rest and drinking ice cold water.

21 M 21:XX:XX

Feeling a bit bloated today, got a bit of gas too.

24 F 16:XX:XX

Felt bloated when I woke up.

27 M 01:XX:XX

Stomach feels bloated, burning around umbilicus (more supra-pubic). Flatulent.

28 M 04:XX:XX

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

28 M 09:XX:XX

Woke up with dreadful feelings of bloating and indigestion. Drank some water and went back to bed.

28 M 09:XX:XX

Cramps and distended abdomen.

28 M 14:XX:XX

Cramping/Waves

Sensation of a full bladder when I press on the left iliac fossa area.

Pains are wave like – they come and go.

07 F 06:XX:XX

Pain in stomach is stitching up the sides of the abdomen and along the top, but they come and go in waves.

18 F 01:XX:XX

Some abdominal cramping and defecating before sleeping.

28 M 13:XX:XX

Burning

Uncomfortable burning sensation in lower abdomen.

06 F 02:XX:XX

Feels like someone has placed hot coals / thrown hot water over my organs < pressing stomach.

18 F 01:XX:XX

Burning around umbilicus (more supra-pubic).

28 M 04:XX:XX

Hollow/Empty sensation

Stomach has hollow feeling and it's like someone is squeezing my intestines. Feel nauseous like I've eaten too much, < eating.

18 F 01:XX:XX

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

18 F 02:XX:XX

All day I've had an empty pit sensation in my stomach. Its like someone punched it out, the feeling extends to my throat. It's a nauseous feeling. Also feels like something is stuck in my throat.

18 F 17:XX:XX

Late night had the same sensation in my stomach, like someone punched it out or if there was a huge hole in it.

18 F 19:XX:XX

Stitching/Stabbing

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

16 M 16:XX:XX

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

18 F 01:XX:XX

Pain in stomach is stitching up the sides of the abdomen and along the top, but they come and go in waves.

18 F 01:XX:XX

Wake up early due to the cat, and feel incredible abdominal stinging cramps around the ascending colon. Go back to sleep after drinking huge amounts of water. Seems >.

28 M 15:XX:XX

Better for bending double

Abdominal cramp, progressively getting worse. Located in central abdomen, seems to speed upwards and downwards (not sideways). < standing, < movement, > sitting, > bending double, >warmth.

13 F 02:XX:XX

Drawing pain > bending double < pressure.

13 F 18:XX:XX

Pain in the abdomen. > bending forward / bringing the legs up to crunch the stomach.

18 F 01:XX:XX

Went back to sleep in a ball to compress the stomach.

18 F 02:XX:XX

4.3.2.15 Rectum

Ineffectual/Absent urging

Absent urge to pass stool this morning, very abnormal (8 am).

16 M 01:XX:XX

Feeling of needing to pass stool but is ineffectual.

20 F 06:XX:XX

Urging to pass stool, but none passed.

28 M 01:XX:XX

Feel as if my constipation is also > chiropractic manipulation of
lumber spine (6:30 pm).

28 M 02:XX:XX

Flatulence

Passing a lot of wind this morning. It smells acidic. Stool has been
more regular than normal.

06 F 09:XX:XX

Passing flatus for most of the day. Quite smelly like a stable, or
grassy, or horse manure.

07 F 00:XX:XX

Noisy flatus.

18 F 02:XX:XX

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

18 F 04:XX:XX

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

20 F 04:XX:XX

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

20 F 10:XX:XX

Feeling a bit bloated today, got a bit of gas too.

24 F 16:XX:XX

Very flatulent. Smells beefy/meaty. At 00:00 midnight I have a sensational passing of stool. All symptoms feel much better.

28 M 00:XX:XX

Noticed foul smelling flatulence again.

28 M 01:XX:XX

Flatulence still present (6:30 pm).

28 M 02:XX:XX

Started feeling gassy as the sun went down. Went to the loo 3 times at a friends house, with some stool passed, but mostly gas. Also some mucous (5:30 pm).

28 M 03:XX:XX

Passed some stool after some flatulence and bloated feeling.

28 M 07:XX:XX

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

28 M 09:XX:XX

Miscellaneous

Feeling that the anus is open and cold after passing stool.

18 F 07:XX:XX

4.3.2.16 Stool

Soft stool

Loose bowel movement. Very smelly, like horse manure, or a grassy sort of smell.

07 F 00:02:00

Passed a small amount of stool, quite soft and broken.

16 M 11:XX:XX

Having a slight bout of diarrhoea that is light brown, slimy, soft and smells offensive.

18 F 16:XX:XX

Stool is soft, almost clay-like, very smelly and I cramp on passing.

20 F 04:XX:XX

Pass very loose painful stool but feel so much better.

20 F 04:XX:XX

My stool has been a little bit like slush puppy!

24 F 10:XX:XX

Slight diarrhoea.

27 M 19:XX:XX

Had a very pleasant passing of soft stool, with sensations of burning in abdomen and retrosternally.

28 M 02:XX:XX

Hard/Dry

Stool is easily passed but looks like raisins and it's hard.

18 F 01:XX:XX

Stool hard like raisin difficult to pass.

18 F 01:XX:XX

Stool difficult to pass and it's dry.

18 F 02:XX:XX

Passed small amount of stool.

20 F 05:XX:XX

Took a little straining to pass stool. Characteristic shape over the last few days: small, dark and round with some clear accompanying mucous.

28 M 07:XX:XX

Large

Healthy amount of stool passed with ease. Alteration in my usual time, instead of 6:20am (6:45 pm).

16 M 00:XX:XX

Substantial amount of solid stool.

16 M 10:XX:XX

Finally able to pass stool, seems like a huge amount. Bloating feeling not particularly > for going. Also slight nausea with initial passing, some vomitus regurgitated: sour taste.

28 M 03:XX:XX

Had a great passing of stool. Smelled sulphurous.

28 M 07:XX:XX

Easy passing

Stool easy pass, light brown in colour, looks like a sausage with fluffy edges, slightly offensive smell.

18 F 05:XX:XX

Stool is hard, passed in pieces but passed easily.

18 F 17:XX:XX

4.3.2.17 Bladder

Increased urination

Urination is increased today.

18 F 12:XX:XX

Urinating a lot.

20 F 06:XX:XX

Sensation bladder full

Sensation of a full bladder when I press on the left iliac fossa area.

07 F 06:XX:XX

Constant urging

Have a constant need to urinate even though there is little urine.

Urine is light yellow.

18 F 01:XX:XX

Hot and viscid urine

Urine is hot and feels viscid.

20 F 00:01:45

Passing urine in hot bursting stream experience sharp pain in bladder and extending to both kidneys. Have had infections before and relate this pain and discomfort to that. Also while passing urine aware of small amount of stool passing. Once complete however there is no pain.

20 F 07:XX:XX

With increased water intake, current leaking was constant. Urine is hot and strong smelling.

20 F 10:XX:XX

Urinary incontinence

Urinary incontinence.

20 F 02:XX:XX

Today the urinary incontinence has been bad. The slightest sneeze, cough or even movement in the wrong direction causes a spurt of urine.

20 F 03:XX:XX

Still have that leaking sensation.

20 F 06:XX:XX

Realize that I did not go to the loo and am bursting. As I walk to find the loo I can feel urine leaking. Hope this passes soon (7:40 am).

20 F 07:XX:XX

I am really getting pissed off about the leaking urine. I now change panty shields regularly and feel damp constantly which does nothing for vaginal irritation (5 pm).

20 F 09:XX:XX

Supra-pubic pain

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

06 F 02:XX:XX

4.3.2.18 Male Genitalia

Increased libido

Increased libido.

16 M 12:XX:XX

The past 2 days I had been feeling particularly horny.

16 M 17:XX:XX

Had sex. I was a bit over-enthusiastic resulting in me being a bit clumsy.

16 M 26:XX:XX

Interest in sex was re-awoken last night at 3am. Ejaculate very viscid.

28 M 01:XX:XX

Intense sexual feelings / interest.

28 M 10:XX:XX

Smegma

Sexual feelings still prevalent. Erection only at half strength. Build-up of white smegmatic matter around glans penis.

28 M 03:XX:XX

Ejaculate

Interest in sex was re-awoken last night at 3am. Ejaculate very viscid.

28 M 01:XX:XX

Masturbation with a very viscid ejaculate.

28 M 07:XX:XX

Genital odour

Unusually strong genital sweat odour, somewhat pungent smelling.

16 M 01:XX:XX

4.3.2.19 Female Genitalia

Increased libido

Feel 'horny' today – strange. Going with the mood I'm in. My husband is away, so that's no good. Will have to make a plan!
07 F 33:XX:XX

Leukorrhea

'Muddy' (light) coloured leucorrhoea, with 'sand' in it.
13 F 13:XX:XX

Still have leucorrhoea. It looks like the muddiness is from blood. It's a week today until my period should start.
13 F 14:XX:XX

Very gummy, clear leucorrhoea.
13 F 18:XX:XX

Menses

At the end of my period the blood is a very dark brown. It looks like mud, and when in the toilet it separated into pieces like mud or sand.
13 F 25:XX:XX

No odour to menses. Dark red blood. No clots have been noted, usually I would have a few. Flow is not as heavy as previously.
17 F 15:XX:XX

Blood not dark red but turned to a dark brown almost black.

17 F 18:XX:XX

Period finally started. Blood is dark in colour. A little thicker than normal and much lighter in flow (Note: intense migraine yesterday prior to commencement of menses).

18 F 14:XX:XX

Menses started. A very heavy flow all day. Blood is darkish red but fluid like. Pressing down / bearing down sensation in the uterus.

18 F 30:XX:XX

Today started spotting brown-coloured blood but with lots of mucous and had a cramping feeling in lower pelvic area – haven't had this for about 3 or 4 months.

22 F 09:XX:XX

Bleeding is much decreased but the colour of the blood is still dark red, no clots were noticed.

30 F 04:XX:XX

Decrease in bleeding. Noticed the bleeding was quite brown.

30 F 05:XX:XX

Absent dysmenorrhea

I started my period this morning. I noticed that I don't have the usual period pain.

13 F 21:XX:XX

No PMS, very good mood, whereas normally I would be a bit grouchy.

14 F XX:XX:XX

No dysmenorrhea.

17 F 15:XX:XX

My menses started today. I noticed that the pain was not as intense as usual and that the usual irritability and slight constipation before (2-3 days) was not present at all.

30 F 02:XX:XX

Absence of clots

Menses bright red. Less clots than usual.

15 F 02:XX:XX

No clots have been noted, usually I would have a few. Flow is not as heavy as previously.

17 F 15:XX:XX

No clots were noticed.

30 F 04:XX:XX

Light flow

My period is not as profuse as it normally is.

13 F 25:XX:XX

Flow is not as heavy as previously.

17 F 15:XX:XX

A little thicker than normal and much lighter in flow.

18 F 14:XX:XX

My menses today has been really light in flow and dark red in colour.

18 F 15:XX:XX

Menses flow is very light – using fewer tampons than usual. The blood has changed to bright red. No pain / discomfort.

18 F 16:XX:XX

Menses is very light in flow. Gone back to a brown colour.

18 F 17:XX:XX

Bleeding is much decreased

30 F 04:XX:XX

Bearing down sensation/Heaviness

Pain over uterus as if there is heavy weight > warmth.

18 F 01:XX:XX

Feels like someone is sticking a steel pole up into my uterus.

18 F 14:XX:XX

Feels like someone is pressing down on my uterus.

18 F 14:XX:XX

Menses started. A very heavy flow all day. Pressing down / bearing down sensation in the uterus.

18 F 30:XX:XX

Menses today was heavy with small blackish clots noticed. I haven't bled this profusely in the last couple of months. My blood was also

dark red and I had pain, which felt like my insides were going to come out.

30 F 03:XX:XX

Delayed menses/Early menses

Menses two weeks late. Both myself and my fiancée. Usually I follow her by a week, we are both late but otherwise normal.

14 F XX:XX:XX

Started period today, think it's early.

15 F 01:XX:XX

Period is 8 days late.

18 F 09:XX:XX

Right ovarian pain

I have a dull pain in the right abdomen, where you would find the ovaries.

06 F 16:XX:XX

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

06 F 17:XX:XX

Pain in right ovarian region.

15 F 00:00:10

Period pain quite severe in right ovarian region, > pressure and warmth.

15 F 01:XX:XX

Vaginal irritation

Noticed a build-up over the last few hours slight vaginal irritation (nothing new but usually associated with increased sugar which I haven't had). Besides slight itch it comes with a sense of air escaping from the urethra.

20 F 06:XX:XX

Irritation in vagina with no discharge but a burn / itch and feeling of dampness.

20 F 07:XX:XX

4.3.2.20 Cough

Dry irritating cough soon after taking the remedy, one or two coughs at a time. Seems to be increasing, loosening more phlegm in the throat, with constant clearing of the throat.

15 F 00:00:10

Wet cough that makes me feel nauseous after a while. > covering my chest and neck warmly.

27 M 02:XX:XX

Cough < night and late day.

27 M 05:XX:XX

4.3.2.21 Chest

Sensitive breasts

Left breast very painful, like it had been squashed in a vice. I've experienced this type of pain years before when I had mastitis. Terrible night with rigors and chill last night 9 - 1:30 pm. Woke with aches all over my body and a very spacey feeling in my head.

Breast hot to touch and cannot hold pressure on it, it's too sore. Wore a bra to support breast, which felt better. Pain < movement of breast, > in hot water > for being still. It hurt to breathe in the night < exhaling.

Bruised feeling all over left breast, but mostly on lower medial and lateral quadrants. Some radiation of pain to the left scapular area, and around the lower bra line (but not over the shoulder bra line)

Breast feels engorged, no discharge.

Felt breast for lumps, but none.

07 F 35:XX:XX

Aware of sensitivity in left breast, with parasternal pain.

14 F XX:XX:XX

Constriction/Restriction

Have the feeling of a rope around my chest and it's being tightened and it's constricting my breathing.

18 F 03:XX:XX

Palpitations/Anxiety

Fear of leaving the house, I couldn't go out. Was so scared of driving my usual route to Varsity that I had a panic attack and

stayed home in bed. I had violent palpitations. I had an overwhelming feeling that something awful was going to happen. Worried about having a massive car accident.

14 F 13:XX:XX

Fluttering in chest – post- mediastinum with an increase in heart rate. Not a nice sensation.

20 F 01:XX:XX

Every time I pause am aware of this uncomfortable fluttering in chest. No pain but weird.

20 F 02:XX:XX

As soon as I lie down I get the fluttering in chest and this time it is accompanied by tightness but I put it down to the smoke inhalation.

20 F 02:XX:XX

Aware of a few episodes of chest flutters.

20 F 03:XX:XX

I can feel my heart beating really hard.

24 F 04:XX:XX

Heart palpitations – hope I'm not going to die.

24 F 04:XX:XX

Shortness of breath

Feeling short of breath, skin around ribcage feels bruised and tender.

24 F 00:XX:XX

Starting to feel out of breath again.

24 F 00:XX:XX

Shortness of breath.

24 F 01:XX:XX

Sensation of retrosternal fullness

Feeling of fullness retrosternally.

28 F 01:XX:XX

Parasternal/Retrosternal pain

Pain parasternally on left, burning as if fingers dug into chest.

14 F XX:XX:XX

Aware of sensitivity in left breast, with parasternal pain.

14 F XX:XX:XX

Ribcage feeling bruised and tender again.

24 F 01:XX:XX

Itchy sternum

Woke up early scratching sternum in between breasts, I'm assuming it was itchy.

22 F 08:XX:XX

Axilla

Developed a large pimple in hair follicle under left axilla, more towards medial side of armpit. Very red but not sore.

07 F 36:XX:XX

The posterior node in the axilla is swollen and painful.

18 F 08:XX:XX

4.3.2.22 Back

Lumbar pain

Sharp shooting pain starting in centre of lower back (lumbar region) and radiating upwards. Came on suddenly.

06 F 00:05:20

Pulling / stretching backache. Lower back, on the right side. < leaning forward and to the left. < pushing pelvis forward. Sitting reduces it to a mild dull ache.

16 M 03:XX:XX

Pain in the lower back only when moving off centre.

26 M 10:XX:XX

Had some mild pain in the lumbar region of my back. Was a stiffness as well with a burning pain. > movement.

29 M 03:XX:XX

Lumbago, better for movement, tight stiff pain staying in my lower spine.

29 M 05:XX:XX

Woke with lumbago and sciatic nerve pain in right posterior thigh. Tight straining feeling. Hard to sit, > for stretching.

29 M 18:XX:XX

Stiffness

Back really stiff today but as I get moving it eases.

20 F 05:XX:XX

Had some mild pain in the lumbar region of my back. Was a stiffness as well with a burning pain. > movement.

29 M 03:XX:XX

Modalities

Pain (in the lower back) is getting worse. Stabbing pain only on movement. No pain while sitting / standing upright. Particularly bad when bending and rising up. Sudden pain, almost fall to feet on occasions. < lifting heavy objects.

26 M 10:XX:XX

Woke up with horrible backache. Agonizing to reach or bend over.

28 M 07:XX:XX

Took a bath. Backache felt much >.

28 M 07:XX:XX

Backache slightly > after passing stool.

28 M 07:XX:XX

Backache intensified. Had to think twice about taking anti-inflammatories. < changing positions, bending or reaching.

28 M 09:XX:XX

My back is really sore < movement / change position, > lying down.
28 M 12:XX:XX

Woke with lumbago and sciatic nerve pain in right posterior thigh.
Tight straining feeling. Hard to sit, > for stretching.
29 M 18:XX:XX

Itch

Have an itch on my back for 2 days now.
19 M 04:XX:XX

The itch is still around. A 10 x 10cm reddish patch – no sign of
usual ringworm (although there are 2x such spots on my chest).
19 M 05:XX:XX

4.3.2.23 Extremities

Weakness/Tiredness/Heaviness

Weakness of legs < left hand side, followed by slight aching.
05 F 00:XX:XX

Heavy feeling of legs accompanied by feeling as if legs tired from
overwork. > lying on the bed.
21 M 00:21:00

Body feels heavy on rising as if upper and lower limbs are weighed
down by lead. > stretching, < lying down.
21 M 06:XX:XX

Slight tiredness and heavy sensation of legs as if weighted down. > stretching.

21 M 09:XX:XX

Feeling of tiredness and weakness in both shoulders.

28 M 01:XX:XX

Pain and tiredness of proximal limbs.

28 M 01:XX:XX

Muscle tension

Muscle tension in neck and shoulders.

05 F 02:XX:XX

Left shoulder hurts, stiff and sore just above the lateral aspect of the clavicle.

06 F 07:XX:XX

Sharp cramp of left calf muscle as if hard ball pressed against it. > standing upright, < touch of any kind.

21 M 14:XX:XX

Excessive stiffness on waking as if muscles frozen especially upper extremities. > coffee and stretching.

21 M 22:XX:XX

Calf muscle hurting for some reason, really not sure why.

27 M 14:XX:XX

Hamstrings are tight. From too much activity. Radiate to lumbar region. Better for stretching.

29 M 14:XX:XX

Trapezius muscle tight and stiff on the right, radiated to the right shoulder. > movement.

29 M 15:XX:XX

Calves are aching. Tight, aching feeling. > stretching.

29 M 24:XX:XX

Itchy/Dry limbs

Severe itching on my left foot and left shoulder.

13 F 10:XX:XX

Right little toe: skin is cracked around the nail.

18 F 01:XX:XX

Feet look dry and horrible.

18 F 04:XX:XX

Skin on the arm is itching for no reason. > scratching and for cold.

Skin is blotchy and red.

18 F 04:XX:XX

My legs have been itching for days now. They are hot to the touch, > scratching and for cold water, < covering.

18 F 10:XX:XX

Itchy around left ankle. Red, slightly inflamed as if bitten by an insect. > scratching.

29 M 20:XX:XX

Blisters/Eruptions

Last night I got blisters and again today. Last night it was on both little toes and today on the second toe of my right foot because of my slops (I don't normally get blisters).

18 F 17:XX:XX

Got blisters again, have a new one on the 2nd toe of the left foot.

18 F 19:XX:XX

See the beginnings of eruption on right ankle joint, gets hot and swollen.

20 F 10:XX:XX

Painful joints

Uncomfortable feeling in my (hip) joint on the right hand side. Feels like femur is not sitting in the joint socket properly. Worse for walking.

06 F 02:XX:XX

Sharp pain in left gluteus maximus muscle.

06 F 03:XX:XX

Knuckle on right ring finger was sore, bruised feeling that was < motion. Lasted a few minutes then went away.

18 F 02:XX:XX

Bruised feeling gone in right ring finger, but now the skin just above the cuticle feels cracked (but its not) and it's stinging.

18 F 02:XX:XX

After getting out of the bath this morning, I got a splinter-like sensation in my left index finger. Went away after 10 minutes.

18 F 10:XX:XX

Had a deep aching pain in my knuckle of my middle finger of right hand (same that was on my ring finger).

18 F 19:XX:XX

As is expected with change in weather hands ache. But normally < in both little toes and left 3rd finger. Today have a twinge in right thumb second joint.

20 F 01:XX:XX

Noticed only left little toe is painful. Spot under foot now a dry patch that only itches if I touch it.

20 F 03:XX:XX

Even though the weather is wet and cold, only little left toe is hurting.

20 F 05:XX:XX

Notice hands are still not as painful even with the continuous rain (CS).

20 F 06:XX:XX

Left ankle has been painful, only on movement. Sharp pain.

26 M 02:XX:XX

Wrists hurt a bit in the evening but was more due to stress from a near miss in the car.

27 M 08:XX:XX

Wrists hurt in evening again, lasted longer than usual. Left one mainly, also hurts when I lean on it.

27 M 09:XX:XX

Wrist is better but not perfect.

27 M 10:XX:XX

My ankles are also aching now. Usually it is only late at night but it hurts for most of day. Wrists feel stiff.

27 M 11:XX:XX

Fingers and wrists feeling tight. My ankle not so much today.

27 M 12:XX:XX

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

27 M 24:XX:XX

Stiffness in ankles, wrists and fingers still there. Feet help for being elevated.

27 M 27:XX:XX

Woke up in the middle of the night with drawing pains in the right third distal interphalangeal joint.

28 M 08:XX:XX

Had some shoulder pain, as if acid burning the joint. Self resolves after 1 hour.

29 M 08:XX:XX

Have tight feeling in right wrist. Probably from climbing tractor.
Clicks with movement, also > movement.

29 M 09:XX:XX

Right wrist is very tight and painful. > for movement. Clicks with
movement. Almost the feeling as if been sprained.

29 M 12:XX:XX

Electrical pain in right wrist. Over the median nerve. Pain comes
and goes. No radiation of pain.

29 M 19:XX:XX

Shoulder ache in left shoulder radiating to left side of neck. Very
stiff. Aching pain comes and goes. > movement.

29 M 21:XX:XX

Pain in right knee. Radiates down calf and up to right testicle.
Radiation comes and goes. Calf pain is like muscle cramps. Knee
pain is a quenching pain in knee. Think due to rainy weather. > rest
and massage.

29 M 21:XX:XX

Deep stabbing pain in right toe medial side. Very deep pain.
Constant. < standing.

29 M 25:XX:XX

Pain in right knee. Throbbing pain, < cold. > for stretching &
movement.

29 M 26:XX:XX

Hot feet

Feet felt very hot the whole morning. > for wind on them.

27 M 20:XX:XX

Feet getting very hot especially in the mornings.

27 M 21:XX:XX

Stiffness and soreness in ankles and wrists. Have a lot of hangnails. Hotness in my feet, > cool air.

27 M 25:XX:XX

Light/Floating

Sensation of limbs and body being lighter than usual.

28 M 00:XX:XX

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

28 M 00:XX:XX

Miscellaneous

My nails seem to be growing faster than normal.

18 F 07:XX:XX

Pins and needles in left leg while sleeping on right side.

05 F 01:XX:XX

While sitting quietly, sensation that all hairs on my arms were raised. I had short sleeves on and could see it was not really happening. This lasted for 10 minutes or so with only the arms affected.

20 F 03:XX:XX

Sensation of chill down left arm accompanied by sensation as if left arm slightly numb, > movement of left arm.

21 M 16:XX:XX

4.3.2.24 Sleep

Restless/Broken

Had a broken sleep, woke up several times.

16 M 06:XX:XX

Broken sleep.

16 M 07:XX:XX

Broken sleep between 5am – 6:15am.

16 M 09:XX:XX

Broken sleep between 6:30am – 8:50am.

16 M 12:XX:XX

Didn't sleep very well last night. I was very restless and couldn't get comfortable and was very warm. Slept in an odd position, so now my hands and neck are sore. It also took me forever to get to sleep.

18 F 03:XX:XX

Didn't sleep well last night, got to sleep but was very wakeful, was aware of what was going on around me.

18 F 07:XX:XX

Didn't sleep well again. Woke up at 12h00, 2h00, 4h00 and 6h00.

18 F 13:XX:XX

Bad night! Slept so lightly the soft rain sounded loud and intrusive. The dogs seemed restless too and as they move so do I.

20 F 05:XX:XX

Restlessness accompanied by tossing and turning during sleep, < cool air and cold water.

21 M 07:XX:XX

Restlessness during sleep with frequent waking and excessive thirst for cold water.

21 M 08:XX:XX

Restless sleep accompanied by tossing and turning accompanied by sweating of thorax. > cold air.

21 M 16:XX:XX

Restless sleep accompanied by sensation as if body too hot, > uncovering blankets. < lying on back.

21 M 18:XX:XX

Excessive thirst during sleep accompanied by continuous waking up.

21 M 20:XX:XX

Restless sleep accompanied by excessive dry mouth and thirst for ice cold water.

21 M 23:XX:XX

Slept terribly! Restless sleep – went to bed late and woke up early because I had a meeting.

22 F 05:XX:XX

Had a good sleep yet was restless.

22 F 08:XX:XX

Long/Deep

Slept really well last night (cured symptom). No dreams.

14 F 01:XX:XX

Slept really well, woke up in the same position I fell asleep in. Seem to be sleeping very solidly.

14 F 03:XX:XX

Slept well again last night, very deeply.

18 F 08:XX:XX

Slept very well last night.

18 F 12:XX:XX

Slept for 11 hours. All symptoms >.

28 M 02:XX:XX

Extremely tired. Fell into a deep sleep with ease.

28 M 05:XX:XX

Back feeling better; again 11+ hours of sleep leave me refreshed.

28 M 13:XX:XX

Sleep until late.

28 M 16:XX:XX

Slept really well. No disturbances or dreams. Falling asleep was also very easy. Usually my sleep patterns are more disrupted (CS).

29 M 02:XX:XX

Again I slept really well. Again no dreams. This sort of sleeping routine two days in a row is rather odd for me (CS).

29 M 03:XX:XX

Felt totally exhausted and fell asleep instantly. No dreams, just a well deserved deep sleep. A very good sleep (CS).

29 M 04:XX:XX

Again fell asleep easily and slept well. No dreams surprisingly (CS).

29 M 05:XX:XX

Been sleeping well for the last few days. Sleeping right through with no dreams recalled (CS).

29 M 22:XX:XX

Difficulty falling asleep

Struggled to fall asleep until 02:00am.

19 M 07:XX:XX

Still awake! Body won't relax. Legs twitch and ache. Pillow feels too hard. Find myself clenching my jaw as I toss and turn. Feel hot then cold. Tracksuit pants feel twisted and uncomfortable (11 pm).

20 F 01:XX:XX

Sleepiness

Could very easily fall asleep.

03 M 01:XX:XX

I just feel like sleeping!

04 M 00:XX:XX

Feel sleepy, want to nap.

06 F 09:XX:XX

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

07 F 25:XX:XX

Feel very tired, just want to crawl into bed.

15 F 04:XX:XX

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

16 M 02:XX:XX

So tired all day, can hardly keep my eyes open.

18 F 03:XX:XX

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

18 F 09:XX:XX

Very sleepy this afternoon. If I am going to get through the rugby I need a nap.

20 F 04:XX:XX

Felt very sleepy and almost drugged ALL day! Wanted to go home and sleep, fought the feeling.

22 F 05:XX:XX

Felt a bit tired upon awaking and again later in the day. Don't think sleep was that good.

27 M 01:XX:XX

Slightly tired feeling from a long and busy day. Took a 15 minute nap. Felt totally refreshed.

29 M 11:XX:XX

Felt very drowsy. Took an hour nap. Better when waking.

29 M 19:XX:XX

I felt extremely tired. Exhausted and drained out. Wanted to just go and sleep.

30 F 00:XX:XX

Difficulty waking up

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

06 F 04:XX:XX

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

06 F 05:XX:XX

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

07 F 07:XX:XX

Couldn't get out of bed today.

14 F 13:XX:XX

Woke tired and wanted to rest but could not.

15 F 03:XX:XX

Having some trouble waking up in the morning.

27 M 08:XX:XX

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

30 F 01:XX:XX

Woke up this morning feeling very tired.

30 F 02:XX:XX

Waking early

Tired in the morning, woke early.

15 F 02:XX:XX

Slept well but woke again at five am.

15 F 03:XX:XX

Woke up around 5:30am and could not fall asleep again.

27 M 20:XX:XX

Woke up very early again for no reason and could not fall back asleep.

27 M 21:XX:XX

Yawning

Excessive yawning as if jaw too small to accommodate size of yawn accompanied by desire for chocolate.

21 M 09:XX:XX

Excessive yawning on waking as if mouth is being stretched accompanied by strong desire for black coffee.

21 M 15:XX:XX

4.3.2.25 Dreams

Deceit/Mistakes

My son and I stopped at an Ultra City. While we were inside the shop, the staff mistakenly took my car for a service.

11 M 02:XX:XX

I did not feel that I was doing anything wrong as I had no interest in going to the strip shows or using the services of a prostitute. I was just interested to see what the place was like and to chat to the people. However I worried as I knew that my girlfriend would not like me being there. She would be very angry as she would think the worst and doubt my loyalty if she found out that I went to a place like that. After a while I left and went back to my parents place. However, on arriving back at their place I realized I left my

wallet and cell there. I couldn't think of a reason to go out to get it and couldn't sneak out. Eventually I gave up trying to sneak out and just told my mom I had left my wallet at the shopping centre. I went back to the place and found my wallet and cell. But before I could leave the manager pointed out that I hadn't paid my bill. I looked at the bill and was shocked. I couldn't really read the total figure. At first I thought that it was 900 Euros and was horrified, then I looked closer and closer eventually I could see the bill came to 158 Euros. But I was still shocked. Then realized that I hadn't brought any euros and only had Rands. I was thinking what the hell am I going to do. I had no money. The manager was sitting next to me. He was quite intimidating. Eventually I just phoned my girlfriend to come and bring money. I explained to her what had happened. This is where it starts to fade a bit. I think that she was a bit cross but didn't get as upset as I thought she would.

16 M 12:XX:XX

My girlfriend, her brother and I were in my flat. Just relaxing and doing whatever. Her brother went off to the bathroom and was there for quite a while. Eventually we went to see what was taking him so long. We found him in the bathroom for some unknown reason he had taken a crap in the bath. He had passed an unbelievable amount of stool and had tried to flush the stool by filling the bath with water. The bath was filled with water and hundreds if not thousands of fairly solid floating stool. I was thinking that he is so stupid to think that it's all going to flush down the bath drain. My thoughts were... "You stupid lazy idiot. You were too damn lazy to make it to the toilet, so you went in the bath".

16 M 17:XX:XX

My girlfriend and I were at an unknown place. I can't remember most the dream. The one part of the dream we were in some kind

of room / corridor. We were sitting with maybe a cat (stray?). We were playing with it. The dodgy owners came by to feed the cat. His food was a fairly stiff gelatinous pudding. White in colour. They offered some to me. They said it was quite nice. I ate some of it and it was very smooth in texture but with crunchy bits in it. The pieces were thin. Eventually we found out that the crunchy bits were glass.
16 M 19:XX:XX

My friend dragged me on a blind date she was having, but she caught me so I was in a t-shirt and jeans. She sent me to meet the guy while she parked the car. The guy was good looking but a complete bastard. So I tried to pretend that my friend wasn't his date. He carried on harassing her so I punched him.
18 F 13:XX:XX

I also remember swimming in somebody's pool, then someone came and I had to hold my breath under the water, so I wouldn't be seen. Turns out it was a guy I knew, then he also jumped in – odd.
24 F 05:XX:XX

My friend being back to his old tricks of avoiding confrontation at all costs and lying to get out of trouble.
27 M 04:XX:XX

Unprepared

Suddenly I'm meant to be seeing patients. I only have a lab coat to wear, which is not good enough, I need a clinic jacket. I had to go and look for one. This took me out of the building and into the streets, which are like New York/ Manhattan type streets. There are lots of cars, no people, and a big green park across the road. I walk towards it. I am staring at one tall building with a feeling of disbelief.

07 F 06:XX:XX

Embarrassed

The Buddhist teacher I lived with was introducing her father to me but she was a bit reluctant and embarrassed by him. He was just straight, a bit rough – he also enjoyed his drinks. She had an image of spirituality to uphold and he just didn't fit in.

04 M 04:XX:XX

Had a dream that I had to perform in a school play. I wore a 'fat suit' and played an obese student. It was so strange how differently people treated me. I felt a little embarrassed in the dream.

13 F 07:XX:XX

Guilt

I then started to feel guilty, so I ran back to tell my boyfriend. As I arrived, he gave me my Valentine's present and I felt absolutely terrible and very guilty. I never got to tell what I did.

13 F 09:XX:XX

I can't really remember what it was about, but I can remember that it was about my girlfriend and me. I think we broke up in the dream. I felt very upset but there was also a sense of feeling bad for the break-up, maybe I had caused the break-up.

16 M 04:XX:XX

Sex/Inappropriate sexuality

Erotic dreams, quite weird.

04 M 10:XX:XX

I was in a scene where a group of us, male/female, were looking at some other people. I mistook some bald man's head for a woman's butt.

11 M 07:XX:XX

I was looking for a present for my boyfriend on Valentine's Day. One of my (male) childhood friends – we met when we were three years old – decided to come and help me decide. On the way he said he was dirty and needed to bath, so I said I would bath too, and we bathed together. It was not wrong at all and perfectly natural. After getting dressed I went outside and everyone said: 'What would your boyfriend say?' and 'I'm so disappointed'. I then started to feel guilty, so I ran back to tell my boyfriend. As I arrived, he gave me my Valentine's present and I felt absolutely terrible and very guilty. I never got to tell what I did.

13 F 09:XX:XX

I had one sexual dream before I woke up the first time. I got up then went back to sleep and had another sexual dream. In both dreams I was having sex with my girlfriend. The dreams felt quite real. I had a feeling of wishing that they could go on and on and I was constantly on the verge of ejaculating.

16 M 01:XX:XX

I was having sex with my girlfriend and another woman at the same time. I had asked my girlfriend if she was sure that she wanted to do this as I had thought she would have been strongly against it. However, she assured me that she was ok with it and wanted to do it. However, while the three of us were having sex. I started to notice an anger in my girlfriend's eyes, growing stronger. She was becoming increasingly unpleasant in terms of the way she was

engaging in the activity. Before this I was enjoying the experience. This made me feel concerned that this was a bad idea.

16 M 12:XX:XX

I was having sex with my girlfriend. It was quite passionate, I felt excited.

16 M 12:XX:XX

I walked past two prostitutes and I noted that the one was quite beautiful. Other than being dressed somewhat provocatively there was nothing to indicate that they were prostitutes. I think I chatted to them and we walked a bit further down the road to a coffee shop/bar with a counter opening onto the pavement and street. Inside there were tables & chairs, music. It was pleasant. There were dancers and strippers (clothed) socializing with restaurant guests. I got the impression that further inside the building there was a strip club as well as facilities for the prostitutes to service their clients. I decided to order a snack and sat inside and continued to socialize. I did not feel that I was doing anything wrong as I had no interest in going to the strip shows or using the services of a prostitute. I was just interested to see what the place was like and to chat to the people. However I worried as I knew that my girlfriend would not like me being there. She would be very angry as she would think the worst and doubt my loyalty if she found out that I went to a place like that. After a while I left and went back to my parents place. However, on arriving back at their place I realized I left my wallet and cell there. I couldn't think of a reason to go out to get it and couldn't sneak out. Eventually I gave up trying to sneak out and just told my mom I had left my wallet at the shopping centre. I went back to the place and found my wallet and cell. But before I could leave the manager pointed out that I hadn't paid my bill. I looked at the bill and was shocked. I couldn't really

read the total figure. At first I thought that it was 900 euros and was horrified, then I looked closer and closer eventually I could see the bill came to 158 euros. But I was still shocked. Then realized that I hadn't brought any euros and only had Rands. I was thinking what the hell am I going to do. I had no money. The manager was sitting next to me. He was quite intimidating. Eventually I just phoned my girlfriend to come and bring money. I explained to her what had happened. This is where it starts to fade a bit. I think that she was a bit cross but didn't get as upset as I thought she would.

16 M 12:XX:XX

Dreamt my two girl friends kind of had a thing – not very hectic – they were kissing only. Anyways, they asked me to join and I was like 'err.. no thanks... I'll pass'. But I was totally ok with them doing their thing, but I didn't want to get involved – not my scene.

24 F 18:XX:XX

Home/Confusion about home/Disorder at home

Suddenly at S's house, but felt like my house. Her maid is cleaning my house. There were blobs of toffee chocolate on the ceiling dripping onto the floor. I complained about it. I wanted to know who did it and was cross and irritated that the kids had no sense of pride. The maid cleaned up. I walked into another room to find water balloons – clear with red stalks – hanging from the ceiling. Some were small, others big. The big ones had live baby jelly fish in them. The maid needed a basin to put them in.

07 F 02:XX:XX

Then looked outside S's back door – which was actually my back door- and see a new driveway – new all the way along. But felt like it was actually C's neighbours' driveway! The driveway is for the

kids, they need their own road in. Saw big square braai grids all over the lawn with food cooking on them. K and N and two friends are getting ready for K's 21st birthday party. We were not invited, and I felt bad being there.

07 F 02:XX:XX

My parents bought a house off plan in Cape Town. It was awful, the bathroom was open plan with the lounge; the plugs didn't work. I landed at the airport and I had to meet them but they had sent my ex-boyfriend to pick me up and I hated being with him and being in that house.

18 F 04:XX:XX

Dreamt that a Spanish Galleon attacked my tree house and I had to leave it.

18 F 11:XX:XX

Changed surroundings

I was on holiday in Greece visiting my parents. My girlfriend was on holiday with me. We were all at my parent's house. I decided to go for a walk by myself. I took a walk down the street. The street I was walking down was Musgrave Road in Durban yet I was in Greece.

16 M 12:XX:XX

Lots of fragmented unusual dreams. Common theme is that I am in a certain road in Durban north but each place that I went to was in a different country. For example: the bank was in New Zealand, the restaurant was in Greece.

16 M 13:XX:XX

Dreams of objects bigger than what they are accompanied by moderate cold perspiration at night. > fresh air.

21 M 01:XX:XX

Driving

My son and I stopped at an Ultra City. While we were inside the shop, the staff mistakenly took my car for a service.

Then we were parked somewhere else and I was going back to the car in a pram. It was a crib type pram that was folded down, and I was using it like a wheelchair. Directly after that, we were roped into a rugby game. However, we were riding around on a bicycle, a single bike, with me on the back, trying to find the game.

11 M 02:XX:XX

Dreamt about being chased by a bear and being stuck in my car, tried to drive away. I couldn't stop driving or else the bear would get in the car.

14 F 08:XX:XX

Ships

Had a dream I was on a ship.

17 F 01:XX:XX

Dreamt that a Spanish Galleon attacked my tree house and I had to leave it.

18 F 11:XX:XX

Dreams of travelling on a boat / ship on the ocean.

21 M 06:XX:XX

Dreams of being on a boat on the ocean.

21 M 22:XX:XX

On a spaceship going towards a planet (maybe earth) when the ship was hit by a fireball.

27 M 04:XX:XX

Friends/Old contacts

Dreamt of an old work partner. I went to a practice, I didn't know it was his, and found him asleep in an attached bedroom. I saw him, but he didn't know I was there. I have a sense of unfinished business or connection with him. It's strange for him to pop up in a dream.

10 F 00:XX:XX

Dreamt again of finding another male friend of mine asleep. I went into my home office and found him there asleep! Very strange. Both men (dream subjects) were/are very significant in my/our lives. I came upon them at an unusual time and found them asleep.

10 F 02:XX:XX

I was the central figure in a work-related dream. I was told that I was on TV. I also saw old retired colleagues in the dream. It left me with good feelings, happy, relaxed.

11 M 01:XX:XX

I was back at boarding school and people were chasing me.

13 F 09:XX:XX

I was at a soccer field watching a club match. Some of my old school friends were there. Had the feeling that I was in school. I

was talking to my one friend. Was horrified to see that he had a perfectly formed hole in the side of his cheek. As he would talk, it would open and close.

16 M 24:XX:XX

Communication

I was getting some form of computer instruction from a newspaper / magazine article.

11 M 08:XX:XX

Even threw my cell phone to the floor – breaking it, making me even more angry.

16 M 08:XX:XX

I was at some event with my girlfriend and family. The venue was very full. I can't remember why, but I was making my way to the one side of the venue. It seemed to be against the flow of people as if I was going out. I took out my cell phone to check the time. It is a swivel phone. I opened it to light up the screen to check the time. The face swivelled open but was very loose as the mechanism allowing the face of the phone to swivel open had broken. But the phone still works. I was really cross and irritated as if..... Not Again! Or I can't believe this happened! I had a dream that this would happen!

16 M 17:XX:XX

My friend sent me a video diary that had no sound so I had to lip read what he was saying. Very frustrating.

18 F 13:XX:XX

Others being nasty to me

Dreamt a classmate turned really nasty toward me. I was collecting scripts of a test, and asked her if she wanted a copy. The copier was really congested with people, so I held the scripts to my chest so no-one could see. She accused me of hiding her marks from her, because she had the highest in the class. I told her it was not true, I just held them like that so that no-one could see them.

07 F 07:XX:XX

Had the weirdest dream last night. I dreamt I had a baby boy, but he was growing abnormally fast, but only when he drank breast milk. When he was on powdered milk he grew at the normal baby rate. When he was just 6 days old, my brother came to visit him and he was already older than him. As a baby when he used to drink my breast milk, he almost became 'beastly' and aggressive. That's all I remember.

24 F 09:XX:XX

Had bad dreams about my partner having been very bitchy and mean at me. Feeling out of sorts when I woke up because of it.

27 M 01:XX:XX

Deformity

Dreamt of huge spiders on webs. All the parts of their bodies were separate but somehow attached.

15 F 02:XX:XX

I was at a soccer field watching a club match. Some of my old school friends were there. Had the feeling that I was in school. I was talking to my one friend. Was horrified to see that he had a

perfectly formed hole in the side of his cheek. As he would talk, it would open and close.

16 M 24:XX:XX

Very weird dream – this woman at our work needed to get her cataracts removed from her eyes, so I was showing everyone an easier way to do it, so I went to the mirror and squeezed my eyes like a pimple until it popped and the cataract oozed out (it was really gross).

24 F 05:XX:XX

Had the weirdest dream last night. I dreamt I had a baby boy, but he was growing abnormally fast, but only when he drank breast milk. When he was on powdered milk he grew at the normal baby rate. When he was just 6 days old, my brother came to visit him and he was already older than him. As a baby when he used to drink my breast milk, he almost became 'beastly' and aggressive. That's all I remember.

24 F 09:XX:XX

Snakes

A snake was crawling into the Landrover's exhaust pipe. It was a rattlesnake, very thick, as thick as the exhaust pipe opening. I felt desperate for someone to remove the snake – I was too scared – but no-one would help. Finally only its rattle was sticking out. I thought about starting the engine and how the workings of the engine would cause its demise, so I could pull it out. Then I woke up. I found it strange that saw all the fine detail of how the engine worked.

07 F 12:XX:XX

Been having snap shot dreams about snakes.

07 F XX:XX:XX

A yellow and red cobra is at the end of my stretcher, and also that of my friend's. When we tried to push them off they danced at the foot of the bed. If we moved, they moved. I had the feeling the snakes were protecting us, not letting us go.

07 F XX:XX:XX

I was chasing a snake through a grassy area. I'm normally scared of snakes.

07 F XX:XX:XX

Pursuit/Killing

I was chasing a snake through a grassy area. I'm normally scared of snakes.

07 F XX:XX:XX

I was about to be killed but woke up before they could. Felt like they were about to slice my neck from behind.

07 F XX:XX:XX

I was in a race. I was the only person who could fly, so clearly I won, which made me feel great. Then suddenly the setting changed and there were dinosaurs in a park chasing us. It was pretty scary and I (with my flying ability) tried to save as many people as I could, but unfortunately I could only save one. Different dinosaurs required different techniques to get away from them. For one you just had to play dead, for others you had to run like hell!

13 F 04:XX:XX

I was back at boarding school and people were chasing me. The person chasing us would catch people and stuff pieces of newspapers down their throats until they died. I was saving as many innocent people as I could, but after a while the killer seemed to kill more people than I could save. So I decided to go after him/ them. I found them and, like they did, stuffed newspapers down their throats. Then I was running away from the killers friends. I felt fear, anger and sadness, and I was very anxious.

13 F 09:XX:XX

Dreamt about being chased by a bear and being stuck in my car, tried to drive away. I couldn't stop driving or else the bear would get in the car.

14 F 08:XX:XX

Dreams of being chased and pursued by police accompanied by excessive night sweat.

21 M 14:XX:XX

Harming/Protecting others

I was in a race. I was the only person who could fly, so clearly I won, which made me feel great. Then suddenly the setting changed and there were dinosaurs in a park chasing us. It was pretty scary and I (with my flying ability) tried to save as many people as I could, but unfortunately I could only save one. Different dinosaurs required different techniques to get away from them. For one you just had to play dead, for others you had to run like hell!

13 F 04:XX:XX

We were sitting with maybe a cat (stray?). We were playing with it. The dodgy owners came by to feed the cat. His food was a fairly

stiff gelatinous pudding. White in colour. They offered some to me. They said it was quite nice. I ate some of it and it was very smooth in texture but with crunchy bits in it. The pieces were thin. Eventually we found out that the crunchy bits were glass.

16 M 19:XX:XX

Dreamt I had to kill a cat I found, I got as far as making a cut in the neck but couldn't go through with it so I rushed it off to the vet. Couldn't believe I almost went through with it and that I had no guilt while I was doing it.

18 F 02:XX:XX

Dreamt I rescued a baby Indian Myna off the highway – everyone said I should just leave it, its mother will come get it, but I couldn't leave it there wondering if a car was going to ride over it . So I took it home, and it cried for its mother for days, and one day the mother heard it, she came and took him home, and I was stoked because it all worked out in the end, I did the right thing.

24 F 10:XX:XX

Dreamt about my old boss, he was in a bit of trouble. He wrote a letter to me telling of his life and his stories. The letter was to be given to his son should anything happen to him.

24 F 14:XX:XX

Fighting/War

The other dream seemed to relate to some sort of armed struggle, a resistance by a group of people and dogs (carrying out human functions).

16 M 13:XX:XX

On a spaceship going towards a planet (maybe earth) when the ship was hit by a fireball. Monsters appeared and we had to fight. Was a fun dream, enjoyed it.

27 M 04:XX:XX

A group of super-humans with special powers just constantly squabble with each other and eventually have feuds.

27 M 04:XX:XX

Had a dream about war but it was a mishmash of medieval and future technology.

27 M 12:XX:XX

Had a vivid dream. World War II, and Nazi's are destroying priceless works of art in an advanced furnace or some sort. I am part of a group of P.O.W.'s at the site. A luxurious keep in Austria? For some reason, the burning is delayed and we are treated as guests of honour. We will attempt to stop the burning.

28 M 02:XX:XX

Attack/Rape

Dreamt that a Spanish Galleon attacked my tree house and I had to leave it.

18 F 11:XX:XX

Dreamt I was at this club and I met this girl with red hair and freckles at the bar, we got chatting then she went to the loo. While she was in the loo, four women raped her, I never knew and only met up with her after the whole ordeal. She was crying and said that all her hopes and dreams didn't matter any more, and her life would be better if it were over.

24 F 01:XX:XX

Dreamt last night that I was in the clinic taking a case. The case was complicated and intense. Not sure but I think the patient was male. My clinician turned out to be my dancing school teacher, whom I haven't seen in 2 years. She is always domineering, controlling & manipulative. I am terrified of her. I went to her with the case. She started yelling at me about my negligence and incompetence. As I would usually react, I wanted to cry and was trembling.

30 F 02:XX:XX

Stuck

Dreamt about being chased by a bear and being stuck in my car, tried to drive away. I couldn't stop driving or else the bear would get in the car.

14 F 08:XX:XX

Dreamt my new bird had some sort of skin disease where his skin was getting inflamed, and if the vet didn't operate there was a chance he might die. I was seriously pissed off in my dream, this would mean a 2nd bird would die and I had the whole "why me" attitude. Was feeling very sorry for myself in my dream.

24 F 02:XX:XX

Had weird unsettling dream about getting stuck in a cave and having to follow the branching routes in the dark.

27 M 19:XX:XX

Anger/Frustration

I was very angry about something. Was having a bit of a temper tantrum. Screaming and shouting. Even threw my cell phone to the floor – breaking it, making me even more angry. It was a very frustrated kind of anger.

16 M 08:XX:XX

I was at some event with my girlfriend and family. The venue was very full. I can't remember why, but I was making my way to the one side of the venue. It seemed to be against the flow of people as if I was going out. I took out my cell phone to check the time. It is a swivel phone. I opened it to light up the screen to check the time. The face swivelled open but was very loose as the mechanism allowing the face of the phone to swivel open had broken. But the phone still works. I was really cross and irritated as if..... Not Again! Or I can't believe this happened! I had a dream that this would happen!

16 M 17:XX:XX

My friend sent me a video diary that had no sound so I had to lip read what he was saying. Very frustrating.

18 F 13:XX:XX

Vivid/Life-like detailed dreams

Vivid dreams of many different things. No specific theme.

05 F 02:XX:XX

Took a sip of my drink and swallowed a fly. I had trouble spitting all of it out of my mouth. Tiny legs or parts thereof were left behind. Feeling of utter disgust or revolt. I woke up, and the dream felt very real. It felt like I did all the spitting motions in my sleep.

07 F 11:XX:XX

A snake was crawling into the Landrover's exhaust pipe. I thought about starting the engine and how the workings of the engine would cause its demise, so I could pull it out. Then I woke up. I found it strange that saw all the fine detail of how the engine worked.

07 F 12:XX:XX

Miscellaneous

Only having flash-card dreams – remembering an object e.g. 'horse', but don't know what it's about or anything. Strange, like it's not worth remembering.

07 F 27:XX:XX

Dreams of being poisoned by liquid causing suffocation.

21 M 11:XX:XX

Dreamt of an old woman – not sure who or if she was a witch?

22 F 02:XX:XX

I dream of a huge highway accident, with a truck launched into the atmosphere. This ends up ludicrously high for the driver. As he hits a lake, purging it of all water he comes across a sunken treasure chest, filled with gold coins.

27 M 04:XX:XX

4.3.2.26 Chill

Terrible night with rigors and chill last night 9 - 1:30 pm. Woke with aches all over my body and a very spacey feeling in my head. Left

breast very painful, like it had been squashed in a vice. I've experienced this type of pain years before when I had mastitis.

07 F 35:XX:XX

4.3.2.27 Perspiration

Feel cold, chilly, but am clammy and perspiring under my arms. My hands are also very clammy but cold. Feet are cold. Face feels hot and flushed. Can't decide whether I am hot or cold.

06 F 09:XX:XX

Very sweaty but cold hands.

06 F 10:XX:XX

Woke up feeling clammy.

06 F 10:XX:XX

Sweat more under my arm. Smells stale.

13 F 10:XX:XX

Unusually strong genital sweat odour, somewhat pungent smelling.

16 M 01:06:15

Sweating on thorax accompanied by moderate perspiration of extremities. Perspiration odourless. < covering, > cool breeze.

21 M 04:XX:XX

Light perspiration on forehead.

28 M 07:21:45

4.3.2.28 Skin

Dry/Itchy

Skin is still dry but the skin on my face is oily and also on my back.

18 F 04:XX:XX

Feet look dry and horrible.

18 F 04:XX:XX

Skin on the arm is itching for no reason. > scratching and for cold.

Skin is blotchy and red.

18 F 04:XX:XX

Skin is still very dry. Skin on feet is dry, hard and cracked. Skin is cracked around my toenail.

18 F 06:XX:XX

Legs are itchy towards the evenings.

24 F 08:XX:XX

Itch/ awareness of hips. Left & right lumbar/hip region. Itch initially – after scratching, slight burning sensation, slight tingling. Started after showering in hot water.

26 M 01:XX:XX

Eczema formed next to my knee. The skin feels dry and lizard like which is different than the usual ones I get. < cold moisture & sweat. > heat and being covered.

27 M 02:XX:XX

Eczema in the normal place, felt raised and more itchy. < sweat, > heat.

27 M 04:XX:XX

While putting on sun-block I notice my facial skin is extremely dry and coarse, like fine sand paper.

28 M 00:XX:XX

Skin is dry and itchy, especially on face and groin.

28 M 01:XX:XX

Skin of face, especially forehead, still excessively dry.

28 M 04:XX:XX

Skin felt very dry as if been exposed to sun too long. Tight feeling.

29 M 10:XX:XX

Soft

Noticed the hard skin on my heels which has over time become like an extra ridge has softened a lot and I haven't been putting cream on them. This goes hand in hand with the feeling of softer skin all over (CS).

20 F 09:XX:XX

The roughness on my heels is definitely better and there is a silky sensation on the back of my legs still (CS).

20 F 11:XX:XX

Eruptions

There are little bumps on the back of my right arm in a little cluster.
They aren't itchy or red, just raised.

18 F 11:XX:XX

Notice today have skin breakout. Feels like face is full of pimples
but actually just one or two. Raised lumps with no head. But I worry
them – creating volcanoes.

20 F 08:XX:XX

Skin breakout still on-going, all on lower part of face and neck.

20 F 11:XX:XX

Noticed a red “bite” like mark on chest – left in mid-clavicular line at
level of axillary crease, slight pale centre. Sensitive to touch and
slightly itchy.

22 F 02:XX:XX

I've got a slight skin irritation under my bottom lip – sore!

24 F 04:XX:XX

My skin has broken out in pimples.

24 F 16:XX:XX

I think I've got acne, I've got like a pimple farm on my face – even
in my eyebrows.

24 F 24:XX:XX

Sensitive/Inflamed

My scars felt inflamed and skin around it was red.

27 M 04:XX:XX

Skin feels slightly hypersensitive. Eczema is still present.

27 M 15:XX:XX

Modalities

Heat seems to have aggravated my eczema.

27 M 10:XX:XX

Day & night was a bit cooler so eczema behaved better.

27 M 13:XX:XX

Eczema flared up because of heat.

27 M 14:XX:XX

4.3.2.29 Generals

Increased energy

Positive, lots of energy, feeling good about life.

03 M 06:XX:XX

My energy levels have improved, not feeling tired and actually feel like doing physical activity.

17 F 00:XX:XX

Mood & energy levels way up today.

17 F 12:XX:XX

Am enjoying the increase in energy. Today was the first day in a long time that I did not have a nap to get me through the day.

20 F 01:XX:XX

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

20 F 02:XX:XX

Mentally still high energy but low tolerance.

20 F 02:XX:XX

Have noticed I don't need nap to get through the afternoon. Energy levels still good.

20 F 09:XX:XX

Had lots of energy tonight. Stayed up till late. Very active mentally and physically.

22 F 09:XX:XX

My energy levels were good throughout the day. I felt like I had energy and not as drained as the other couple days.

30 F 03:XX:XX

Decreased energy

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

07 F 06:XX:XX

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

16 M 02:XX:XX

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

16 M 02:XX:XX

Energy levels about normal now.

17 F 02:XX:XX

Usually feel drained during periods, but this month energy levels are normal.

17 F 17:XX:XX

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

20 F 03:XX:XX

Energy dip – big time at 4pm. Starving so ate and ate – anything!

22 F 03:XX:XX

Lots of energy today.

22 F 04:XX:XX

Slight dip in energy levels, in good spirits.

28 M 05:XX:XX

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

30 F 02:XX:XX

Hot and cold

Feel cold, chilly, but am clammy and perspiring under my arms. My hands are also very clammy but cold. Feet are cold. Face feels hot and flushed. Can't decide whether I am hot or cold.

06 F 09:XX:XX

Feeling abnormally cold throughout the evening.

16 M 02:XX:XX

Feeling a little hot.

16 M 09:XX:XX

Woke up this morning with a hot flush, threw off all the covers to try to cool down.

18 F 02:XX:XX

Had a hot flush when I was in the sun this afternoon and when my legs are covered. Want air to blow on me, > for it.

18 F 08:XX:XX

Slept very early – was very, very hot.

24 F 23:XX:XX

Feeling hot and bothered.

26 M 07:XX:XX

Felt incredibly hot, sweated a bit (until 11:20).

27 M 00:XX:XX

Felt incredibly hot again around 11/12am.

27 M 01:XX:XX

Still feeling hot and flushed making it hard to cover myself properly.

27 M 02:XX:XX

Hot and cold.

27 M 03:XX:XX

Slept horribly. Was a hot night and my body didn't regulate properly so was between hot and cold all night.

27 M 14:XX:XX

Getting mild hot and cold flushes. Not lasting long, about 5 minutes or so.

27 M 16:XX:XX

Hot flushes in feet and around chest area. Sweat from this annoying the eczema.

27 M 27:XX:XX

All symptoms < heat (especially outside) and in sunlight. Seems similar to heat exhaustion / stroke.

28 M 01:XX:XX

Feels like I have to get some exercise today. My flu is surprisingly passed and I'm feeling restless without the exercise. I just want to wait for this sun to calm down as I'm prone to heat exhaustion.

28 M 04:XX:XX

Laterality

Felt as if left side was definitely affected more.

05 F 00:XX:XX

The symptoms seem to be very slightly left-sided.

28 M 02:XX:XX

Time

Show most symptoms at 5 to 7 pm.

13 F 03:XX:XX

Mornings seem to be the worst.

24 F 01:XX:XX

Waking

Nose started burning on waking (+/- 5:30). Better for holding nose.

Clear discharge. Lasted about an hour.

05 F 04:XX:XX

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

06 F 05:XX:XX

Woke up looking very pale the last two mornings.

06 F 06:XX:XX

Woke up and was so hungry. My stomach was cramping and gurgling loudly.

06 F 09:XX:XX

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

06 F 13:XX:XX

Woke up with a headache. Dull frontal ache.

06 F 16:XX:XX

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

06 F 16:XX:XX

Woke up feeling clammy.

06 F 10:XX:XX

Woke up this morning with a hot flush, threw off all the covers to try to cool down.

18 F 02:XX:XX

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

20 F 03:XX:XX

Dull headache on waking.

20 F 04:XX:XX

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

21 M 02:XX:XX

Body feels heavy on rising as if upper and lower limbs are weighed down by lead.

21 M 06:XX:XX

Headache on waking in morning as if head were hit by a blunt object.

21 M 07:XX:XX

Woke up with a dull headache, constant throughout the day.

24 F 05:XX:XX

Food and drinks

Craving savoury things.

13 F 03:XX:XX

Desire muffins cakes etc. Craving sweet food e.g. chocolate muffins at night when tired.

15 F 03:XX:XX

Longing for seafood pasta.

17 F 10:XX:XX

Had a small glass of sherry with my folks. Broke out in a sweat – needed to get air.

20 F 00:XX:XX

Feel like a steak for supper. Still looking for savoury.

20 F 01:XX:XX

Feel like something sweet. I would kill for some nougat right now!

20 F 06:XX:XX

Am really puckish this morning. Weary of what the result will be but have vegetable breakfast and hot chocolate – how decadent. But what I feel like!

20 F 07:XX:XX

Feeling a bit more interested in eating but have no idea what I want. Still leaning towards savoury.

20 F 10:XX:XX

Great hunger for red meat accompanied by desire for alcoholic beverage (wine).

21 M 06:XX:XX

Aversion to vegetables of any sort and great desire for red meat accompanied with desire for strong red wine.

21 M 09:XX:XX

Heavy craving for oily foods in morning accompanied by bloated sensation in stomach as if stomach full. Bloatingness > passing stool.

21 M 12:XX:XX

Aversion to food accompanied by desire for alcoholic beverage.

21 M 17:XX:XX

Moderate craving for ice cold water accompanied with salty taste in mouth.

21 M 18:XX:XX

Mild thirst for yoghurt accompanied by a desire for salty food.

21 M 22:XX:XX

Had a massive craving for very salty chips all day.

27 M 19:XX:XX

Aversion to tobacco

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

21 M 08:XX:XX

Aversion to tobacco smoke accompanied by nausea > lying down.

21 M 14:XX:XX

Aversion to tobacco smoke accompanied by thirst for sugary drink.

21 M 19:XX:XX

Weather

Rain, still irritable!

04 M 02:XX:XX

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

04 M XX:XX:XX

Hate this rainy overcast weather.

15 F 04:XX:XX

Came home to work because of weather.

15 F 04:XX:XX

Woke up. Weather cloudy and miserable, but all my symptoms felt better for it.

28 M 05:XX:XX

Relief of all symptoms as we drive through thunderstorms to get home.

28 M 05:XX:XX

Swimming

Had a dip in my friends salted pool. All symptoms seemed somewhat >.

28 M 03:XX:XX

I got a big urge to swim.

27 M 05:XX:XX

Static electricity

I have a lot of static electricity and shock almost everything that I touch.

13 F 07:XX:XX

Driving

Feel nauseous again. It's worse for driving in the car.

06 F 11:XX:XX

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

06 F 17:XX:XX

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

13 F 05:XX:XX

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

had an overwhelming feeling that something awful was going to happen. Worried about having a massive car accident.

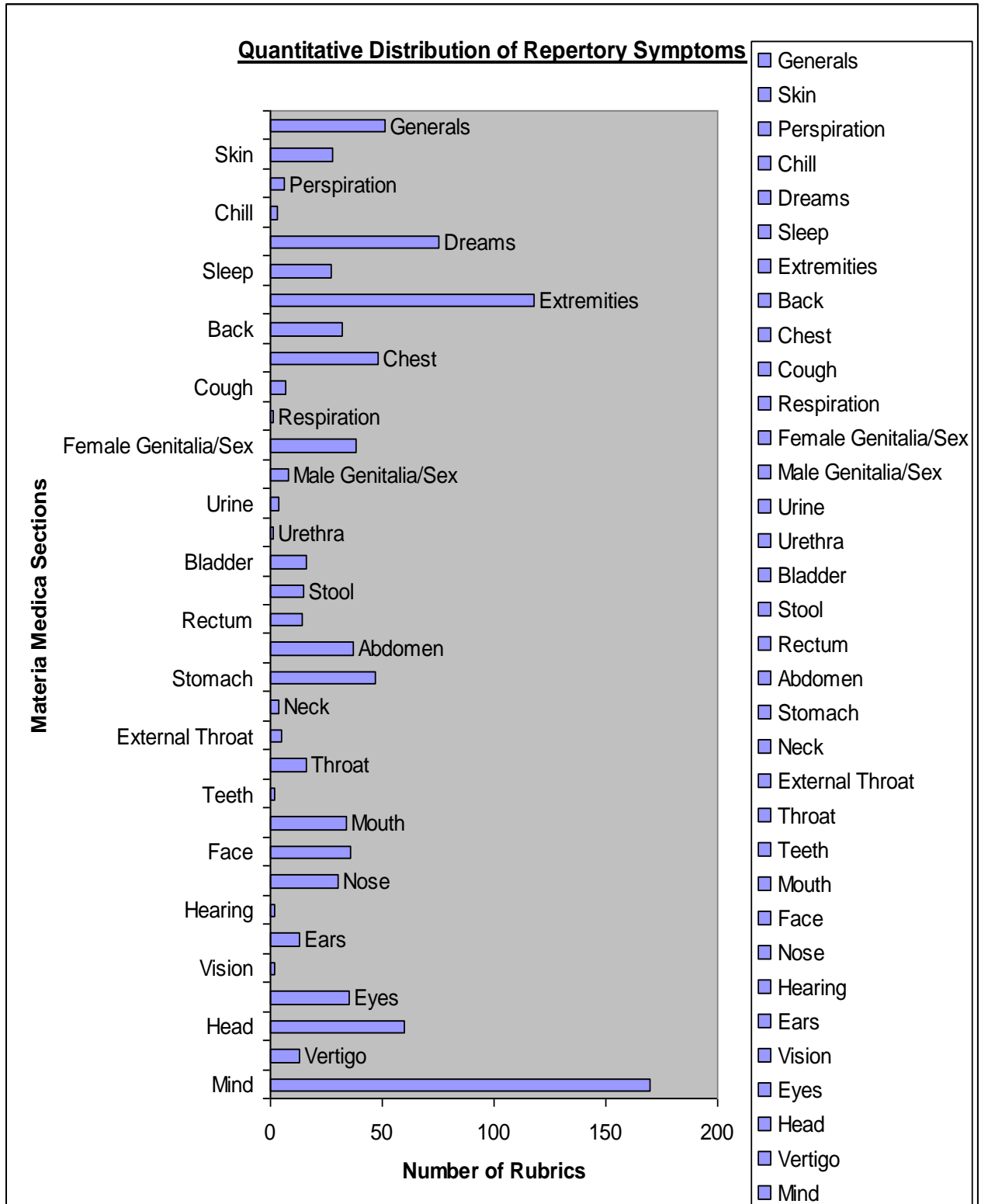
14 F 13:XX:XX

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

15 F 04:XX:XX

4.4 THE REPERTORY OF *HEMACHATUS HAEMACHATUS*

Table 3: Quantitative distribution of repertory symptoms.



4.4.1 Key

The rubrics are referenced as follows:

Rubric - Subrubric/s - Degree

- Any time references in the rubrics are in the format of 0-24hrs.
- All new rubrics resulting from this proving are underlined and appended with a capital **N** in bold type in place of a page number
- Grade 4 rubrics are displayed in **BOLD TYPE, IN CAPITAL LETTERS**
- Grade 3 rubrics are displayed in **bold type, in lower case**
- Grade 2 rubrics are in *italics*
- Grade 1 rubrics are in plain type

RUBRICS

4.4.1.1 Mind

MIND – ABSENTMINDED	1
MIND – ABUSIVE	1
MIND - ABUSIVE – insulting	1
MIND – ACTIVITY	1
MIND - ACTIVITY - desires activity	1
MIND - AILMENTS FROM - love; disappointed	1
MIND - AILMENTS FROM – mortification	1
<i>MIND – ALERT</i>	2
<i>MIND – AMUSEMENT</i>	1
MIND - AMUSEMENT - desire for	1
MIND – ANGER	1

MIND - ANGER - contradiction; from	1	
MIND - ANGER - driving, while	1	
MIND - ANGER – easily	1	
MIND - ANGER – violent	1	
MIND – ANTICIPATION	1	
<i>MIND – ANXIETY</i>	2	
MIND - ANXIETY - anticipation; from	1	
MIND - ANXIETY - business; about	1	
MIND - ANXIETY – night	1	
MIND - ANXIETY - riding, while - driving himself; when		1
MIND – AWKWARD	1	
MIND - AWKWARD - drops things	1	
MIND - BED - remain in bed; desire to	1	
MIND – CAREFREE	1	
<i>MIND – CHEERFUL</i>	2	
MIND - CHILDISH behaviour	1	
<i>MIND - CLARITY of mind</i>	2	
MIND - COMPANY - aversion to	1	
<i>MIND - COMPANY - aversion to - alone amel.; when</i>		2
<i>MIND - COMPANY - aversion to - desire for solitude</i>		2
<i>MIND - COMPANY - desire for</i>	1	
MIND - COMPANY - desire for - friend, of a		1
<i>MIND - CONCENTRATION – active</i>	2	
<i>MIND - CONCENTRATION – difficult</i>	2	
MIND - CONCENTRATION - difficult - attention, cannot fix		1
MIND - CONCENTRATION - difficult – studying		1
<i>MIND – CONFIDENT</i>	2	
<i>MIND - CONFIDENCE - want of self-confidence</i>		2
<i>MIND - CONFIDENCE - want of self-confidence - self-depreciation</i>		
	2	
MIND - CONSCIENTIOUS about trifles	1	
MIND – CONTENT	1	

MIND - CONTENT - himself, with 1
 MIND – CONTRADICTION 1
 MIND - CONTRADICTION - intolerant of contradiction 1
 MIND – DELUSIONS 1
 MIND - DELUSIONS - appreciated, she is not 1
 MIND - DELUSIONS - home - way home were too long 1
 MIND - DELUSIONS - laughed at and mocked at; being 1
 MIND - DELUSIONS - light [= low weight] - is light; he 1
 MIND - DELUSIONS - light [= low weight] - is light; he - walking;
 when 1
 MIND - DELUSIONS - love is impossible 1
 MIND - DELUSIONS - neglected - he or she is neglected 1
 MIND - DELUSIONS - persecuted - he is persecuted 1
 MIND - DELUSIONS - smell, of 1
 MIND - DELUSIONS - trapped; he is 1
MIND – DELUSION – vision, looks through some-one else’s vision

_____1 **N**

MIND - DELUSIONS - watched, she is being 1
 MIND - DETACHED - observing; as if 1
MIND – DISCONTENTED 2
 MIND - DISORDER, sensitive to 1
 MIND - DISTANCES - inaccurate judgement of 1
 MIND - DRUGS - taken drugs; as if one had 1
 MIND - DULLNESS - sleepiness, with 1
 MIND - EFFICIENT, organized 1
MIND – ELATED 2
 MIND - ELATED - alternating with – sadness 1
 MIND – EXHILARATION 1
 MIND - EXHILARATION - alternating with – sadness 1
MIND – FASTIDIOUS 2
 MIND – FEAR 1
 MIND - FEAR - accidents, of 1

MIND - FEAR - accidents, of - bed; all day, relieved after going to		
	1	
MIND - FEAR - death, of - heart symptoms, during		1
MIND - FEAR - driving a car; of		1
<i>MIND - FEAR - happen, something will</i>		2
MIND - FEAR - happen, something will –		
terrible is going to happen; something		1
MIND - HIGH-SPIRITED		1
<i>MIND - HOME - desires to go</i>		2
MIND - HURRY - occupation, in		1
<i>MIND – IMPATIENCE</i>		2
MIND - IMPATIENCE - children; about his		1
MIND - IMPATIENCE - driving; while		1
<i>MIND – INACTIVITY</i>		2
<i>MIND – INDIFFERENCE</i>		2
MIND - INDIFFERENCE - business affairs, to		1
MIND - INDIFFERENCE - duties; to		1
MIND - INDIFFERENCE - work - aversion to work; with		1
MIND - INDIFFERENCE - sleepiness, with		1
<i>MIND – INDUSTRIOUS</i>		2
<i>MIND - INSECURITY; mental</i>		2
MIND – INTOLERANCE		1
MIND – INTROSPECTION		1
MIND – IRRESOLUTION		1
MIND – IRRITABILITY		3
<i>MIND - IRRITABILITY - alone - wishes to be alone</i>		2
MIND - IRRITABILITY - alternating with – cheerfulness		1
MIND - IRRITABILITY - children, towards		1
<i>MIND - IRRITABILITY - driving a car</i>		2
<i>MIND - IRRITABILITY – easily</i>		2
<u><i>MIND – IRRITABILITY – inefficiency</i></u>		2
		N
MIND - IRRITABILITY - menses – before		1

MIND - IRRITABILITY - noise, from 1
MIND - IRRITABILITY - people; with 2
MIND - IRRITABILITY - questioned, when 1
MIND - IRRITABILITY - trifles, from 1
MIND - IRRITABILITY - sleep; when aroused by noise during
1
MIND – JEALOUSY 1
MIND – JOY 2
MIND – LAZINESS 2
MIND - LAZINESS - sleepiness, with 1
MIND - LONGING - sense of 1
MIND - LONGING - good opinion of others; for 1
MIND - LONGING - repose and tranquility; for 1
MIND - LOVE - romantic love; desire for 1
MIND - MEMORY - weakness of memory - everyday things, for
1
MIND - MEMORY - weakness of memory 1
MIND - MENTAL POWER 1
MIND - MENTAL POWER – increased 1
MIND – MIRTH 1
MIND - MISTAKES; making 1
MIND - MISTAKES; making - speaking, in 1
MIND - MISTAKES; making - speaking, in – words 1
MIND - MISTAKES; making - speaking, in - words - misplacing
words 1
MIND - MOCKING – sarcasm 1
MIND - MOOD – changeable 2
MIND - MOOD - changeable – quickly 1
MIND - MOOD - changeable – sudden 1
MIND - OCCUPATION - amel. 1
MIND - OFFENDED, easily 1
MIND - ORDER - desire for 1

MIND – POSITIVENESS	1	
MIND - PROSTRATION of mind	3	
MIND - PROSTRATION of mind - sleepiness, with		1
MIND - PROSTRATION of mind - waking, on		1
MIND – QUARRELSOME	1	
<i>MIND - QUIET; wants to be</i>	2	
MIND - REPROACHING oneself	1	
MIND - REPROACHING others	1	
<i>MIND - RESPONSIBILITY - aversion to</i>		2
MIND - REST - desire for	1	
MIND - REST - cannot rest when things are not in the proper place		
1		
MIND - RESTLESSNESS – anxious	1	
MIND – SADNESS	1	
MIND - SADNESS - love; from disappointed		1
MIND - SADNESS - past events; about		1
MIND - SELF-CONTROL – increased	1	
<i>MIND – SENSITIVE</i>	2	
MIND - SENSITIVE - emotions; to	1	
MIND - SENSITIVE - noise, to	1	
MIND - SENSITIVE - noise, to - slightest noise; to the		1
MIND - SENSITIVE - rudeness, to	1	
MIND – SENTIMENTAL	1	
MIND - SHRIEKING - anger, in	1	
MIND – SMILING	1	
MIND – SNAPPISH	1	
<i>MIND - SPACED-OUT feeling</i>	2	
MIND – SULKY	1	
MIND - SWIMMING – desires	1	
MIND – SYMPATHETIC	1	
MIND - THOUGHTS - repetition, of	1	
MIND - THOUGHTS – persistent	1	

MIND - THOUGHTS - past, of the	1		
<u>MIND - TRANSCENDANCE – sensation of</u>	1		N
MIND – TIMIDITY	1		
<i>MIND – TRANQUILLITY</i>	2		
MIND – UNTIDY	1		
MIND - USEFUL; desire to be	1		
<i>MIND - WILL - loss of will power</i>	2		
MIND – YEARNING	1		

4.4.1.2 Vertigo

VERTIGO - ACCOMPANIED BY - Head - heaviness in head	1		
VERTIGO - CLOSING THE EYES - amel.	1		
VERTIGO - COLD - drinks - after - amel.	1		
VERTIGO – DRIVING	1		
VERTIGO - HEAT - sun; of the - agg.	1		
<u>VERTIGO – HEARING LOSS – amel</u>	1		N
VERTIGO - MOTION - agg.	1		
VERTIGO - MOTION - agg. - sudden motion	1		
VERTIGO - RISING - after - agg.	1		
VERTIGO – SUDDEN	1		
VERTIGO - TURNING; as if - everything were turning in a circle; as if	1		
VERTIGO - TURNING; as if - head is turning round; sensation as if	1		
VERTIGO - WALKING - agg.	1		

4.4.1.3 Head

HEAD - COTTON WOOL; sensation of	1	
HEAD - EXPANDED sensation - inflated, feels	1	
HEAD – FULLNESS	1	
HEAD - FULLNESS – Forehead	1	
HEAD - ITCHING of scalp	1	
HEAD - ITCHING of scalp – Vertex	1	
HEAD - HAIR – falling	1	
HEAD - HAIR - falling - handfuls, in	1	
HEAD - HAIR - falling - combing the hair; when	1	
HEAD – HEAVINESS	1	
HEAD - HEAVINESS - headache; from	1	
HEAD - LIGHTNESS; sensation of	1	
HEAD – PAIN	1	
HEAD - PAIN - accompanied by - Nose - numbness and tingling of nose	1	
HEAD - PAIN - accompanied by - Abdomen - pain in	1	
HEAD - PAIN - accompanied by - Lower limbs; complaints of	1	
HEAD - PAIN - bending - head - forward - agg.	1	
HEAD - PAIN - bursting pain	1	
HEAD - PAIN - coffee - amel.	1	
HEAD - PAIN - cold - applications - amel.	1	
HEAD - PAIN - cold - drinks - amel.	1	
HEAD - PAIN - closing the eyes - amel.	1	
HEAD - PAIN - darkness - amel.	1	
HEAD - PAIN - dull pain	1	
HEAD - PAIN - extending to – Eyes	1	
HEAD - PAIN - extending to – Teeth	1	
<u>HEAD – PAIN – extending to – Teeth – canine</u>	1	N
HEAD - PAIN – evening	1	

HEAD - PAIN - evening - stitching pain 1
 HEAD - PAIN – Forehead 1
 HEAD - PAIN - Forehead – right 1
 HEAD - PAIN - Forehead - shooting pain 1
 HEAD - PAIN - light; from - agg. 1
 HEAD - PAIN - light; from - agg. - shooting pain 1
 HEAD - PAIN - light; from - artificial light - agg. 1
 HEAD - PAIN - light; from - daylight - agg. 1
 HEAD - PAIN - menses - before - agg. 1
 HEAD - PAIN - menses - before - agg. - pressing pain 1
 HEAD - PAIN - nail; as from a 1
HEAD - PAIN – Occiput 2
 HEAD - PAIN - Occiput - extending to – Eye 1
 HEAD - PAIN - Occiput - extending to - Eye - left eye
 1
 HEAD - PAIN - Occiput - extending to - Eye - left eye - dull pain
 1
 HEAD - PAIN - Occiput - extending to – Temples 1
 HEAD - PAIN - Occiput - lying - amel. 1
 HEAD - PAIN - Occiput - pulsating pain 1
 HEAD - PAIN – paroxysmal 1
 HEAD - PAIN - piercing pain 1
 HEAD - PAIN - pressure - amel. 1
 HEAD - PAIN - pressure - amel. – shooting 1
 HEAD - PAIN - pulsating pain 1
 HEAD – PAIN – sniffing – agg. 1
 HEAD - PAIN – Temples 1
 HEAD - PAIN - Temples and Forehead 1
 HEAD - PAIN - Temples - shooting pain 1
 HEAD – PAIN – waking – on. 1
 HEAD - PAIN - waking - on - blow; pain as from a 1
 HEAD - PAIN - warmth - agg. 1

HEAD - PAIN - warm - drinks - amel. 1
 HEAD - PERSPIRATION of scalp – Forehead 1

4.4.1.4 Eyes

EYE - CLOSING THE EYES - amel. 1
 EYE - CLOSING THE EYES - desire to 1
 EYE - COVERING eyes with hand - amel. 1
 EYE - DARKNESS - amel. 1
 EYE - DISCOLORATION – red 1
 EYE - DISCOLORATION - red - Canthi – Inner 1
 EYE – DRYNESS 1
 EYE - DRYNESS – Lids 1
 EYE - DRYNESS - Lids - Margins of 1
 EYE - DRYNESS - morning - waking; on 1
 EYE – HEAVINESS 1
 EYE - HEAVINESS – Lids 1
EYE – ITCHING 2
 EYE - ITCHING – left 1
 EYE - ITCHING – right 1
 EYE - ITCHING - light; from - agg. 1
 EYE - ITCHING - rubbing - amel. 1
EYE - LIGHT; from - artificial light - agg. 2
EYE - LIGHT; from - agg. 2
 EYE - LIGHT; from - daylight - agg. 1
 EYE - PAIN - sand; as from 1
 EYE - PAIN – burning 1
EYE - PAIN – raw 1 **N**
EYE – PHOTOPHOBIA 2
EYE - PHOTOPHOBIA - driving; while 2
 EYE - PHOTOPHOBIA - headache – during 1

<i>EYE - PHOTOPHOBIA - light; from - daylight - agg.</i>	2
<i>EYE - PHOTOPHOBIA - light; from - artificial light - agg.</i>	2
EYE - SQUEEZING the eyes - must squeeze the eyes	1
EYE - SWELLING - sensation of - Lids – Lower	1
EYE – TINGLING	1
EYE - TIRED SENSATION	1
EYE - TIRED SENSATION - closing the eyes - amel.	1
EYE - WASHING - amel.	1
EYE – WINKING	1

4.4.1.5 Vision

VISION – BLURRED	1
VISION - BLURRED - closing the eyes	1

4.4.1.6 Ears

EAR - DISCHARGES – earwax	1
EAR - FULLNESS, sensation of	1
EAR – ITCHING	1
EAR - ITCHING - left ear	1
EAR - ITCHING - scratching - amel.	1
EAR - ITCHING - Eustachian tubes	1
EAR - NOISE - agg.	1
EAR - NOISES in - headache; during	1
EAR - NOISES in – ringing	1
EAR – PAIN	1
EAR - PAIN - boring pain – tickling	1
EAR - PAIN – left	1
EAR - PAIN - lying - ear; on the - agg.	1

4.4.1.7 Hearing

HEARING – ACUTE	1	
<u>HEARING – LOST – short duration; masturbation after</u>		1
N		

4.4.1.8 Nose

NOSE - BLOWING THE NOSE - agg.	1	
NOSE – COLDNESS	1	
NOSE – CONGESTION	1	
NOSE – DISCHARGE	1	
NOSE - DISCHARGE – bloody		1
NOSE - DISCHARGE - bloody – left		1
NOSE - DISCHARGE - bloody - morning - blowing the nose agg.		
1		
NOSE - DISCHARGE - blood-streaked		1
NOSE - DISCHARGE – clear	1	
NOSE - DISCHARGE - clear – left	1	
NOSE - DISCHARGE – copious	1	
NOSE - DISCHARGE – lumpy	1	
NOSE - DISCHARGE – right	1	
NOSE - DISCHARGE – sticky	1	
NOSE – DRYNESS		1
NOSE - DRYNESS - air agg.; in open		1
NOSE - FULLNESS, sense of		1
NOSE - FULLNESS, sense of – Root		1
NOSE – DISCHARGE	1	
NOSE - NUMBNESS - Tip, of		1
NOSE - ODORS; imaginary and real		1

<u>NOSE - ODORS; imaginary and real – metallic</u>	1	N
NOSE - ODORS; imaginary and real – sweetish	1	
NOSE – PAIN	1	
NOSE - PAIN - morning - burning pain	1	
NOSE - PAIN - Sinuses - burning pain	1	
NOSE – SNEEZING	1	
NOSE - SNEEZING - itching, with	1	
NOSE – SNEEZING – rubbing – amel.	1	
NOSE - SNEEZING - tingling in nose	1	

4.4.1.9 Face

FACE - CLENCHED jaw	1	
FACE - CLENCHED jaw - left side	1	
FACE - COLD - applications - amel.	1	
FACE - COMPLAINTS of face	1	
FACE - COMPLAINTS of face - Maxillary sinuses		1
FACE – CRACKED	1	
FACE - CRACKED - Mouth; corners of		1
FACE - CRACKED - Mouth; corners of – left		1
FACE – DISCOLORATION	1	
FACE - DISCOLORATION – red	1	
FACE - DISCOLORATION - red – flushes	1	
FACE - DISCOLORATION - red - heat – with		1
FACE – DRYNESS	1	
FACE - DRYNESS – Lips	1	
FACE - DRYNESS - Sinus; maxillary		1
FACE – ERUPTIONS	1	
FACE - ERUPTIONS – acne	1	
FACE - ERUPTIONS – itching	1	
FACE - ERUPTIONS – pimples	1	

FACE - ERUPTIONS - pimples – blind	1
FACE - ERUPTIONS - pimples – Chin	1
FACE - ERUPTIONS – rough	1
FACE - ERUPTIONS - stinging, painful	1
FACE - ERUPTIONS - Lips - Above – right	1
FACE – GREASY	1
FACE – HEAT	1
FACE - HEAT - cold - Feet, with	1
FACE – ITCHING	1
FACE - ITCHING – Cheeks	1
FACE - LICKING – lips	1
FACE - ROUGH skin	1
FACE – SWELLING	1
FACE - SWELLING - Eyes – Under	1
FACE - SWELLING - sensation of swelling	1
FACE - TOUCH - agg.	1
FACE - TOUCH - agg. – Lips	1

4.4.1.10 Mouth

MOUTH – CRACKED	1
MOUTH - CRACKED - Tongue fissured – Centre	1
MOUTH – CRAWLING	1
MOUTH - CRAWLING – Tongue	1
MOUTH - DISCOLORATION – Tongue	1
MOUTH - DISCOLORATION - Tongue – white	1
<i>MOUTH – DRYNESS</i>	2
MOUTH - DRYNESS - cold water - amel.	1
MOUTH - DRYNESS - morning - waking; on	1
MOUTH - DRYNESS - sand in it, as if	1
MOUTH - DRYNESS - sleep – during	1

<i>MOUTH - DRYNESS - thirst; with</i>	2	
MOUTH - DRYNESS - thirst; with - drinking - not amel.		1
MOUTH - ERUPTIONS – vesicles	1	
MOUTH - ERUPTIONS - vesicles – Tongue	1	
MOUTH - ERUPTIONS - vesicles - Tongue – Tip		1
MOUTH - ERUPTIONS - vesicles - Tongue - Tip – burning		1
MOUTH – FURRY	1	
MOUTH - FURRY – Tongue	1	
MOUTH - INDURATION – Tongue		1
MOUTH - INDURATION - Tongue – knotty		1
MOUTH – SALIVATION	1	
MOUTH - SALIVATION – profuse		1
MOUTH - SALIVATION - profuse – night		1
MOUTH – ULCERS	1	
MOUTH - ULCERS – Tongue		1
MOUTH - ULCERS - Tongue - left side		1
MOUTH - ULCERS - Tongue – Tip		1
MOUTH - PAIN - Tongue – stinging		1
MOUTH - PAIN - Tongue - burnt; as if		1
MOUTH - PAIN - Palate - Hard palate		1
MOUTH – SOFT – lips	1	
MOUTH - TASTE – putrid	1	
MOUTH - TASTE - putrid - water tastes		1
MOUTH - TASTE – salty	1	

4.4.1.11 Teeth

TEETH – GRINDING	1
TEETH - PAIN – Canines	1

4.4.1.12 Throat

THROAT - CLUCKING sound, esophagus	1
THROAT – DRYNESS	1
THROAT - DRYNESS - accompanied by - mouth; dryness of	1
THROAT - DRINKING - sips; in - amel.	1
THROAT - HANGING in throat; sensation as if something were – thread	1
THROAT - HAWK; disposition to	1
THROAT – PAIN	1
THROAT - PAIN – burning	1
THROAT - PAIN - left – sore	1
THROAT - PAIN - lump – sore	1
THROAT - PAIN - raw; as if	1
THROAT - PAIN - sharp; as from something	1
THROAT – PRICKLY	1
THROAT - PRICKLY - swallowing; only on empty	1
THROAT - SWALLOWING – difficult	1
THROAT - SWALLOWING - difficult - drinks - cold drinks; from	1

4.4.1.13 External Throat

EXTERNAL THROAT – ERUPTIONS	1
EXTERNAL THROAT - ERUPTIONS – pimples	1
EXTERNAL THROAT - INDURATION of glands	1
EXTERNAL THROAT - INDURATION of glands – Cervical	1
EXTERNAL THROAT - INFLAMMATION - Cervical glands	1

4.4.1.14 Neck

NECK - MOTION - amel.	1
NECK – STIFFNESS	2
NECK - STIFFNESS – painful	2
NECK – TENSION	1

4.4.1.15 Stomach

STOMACH – ANXIETY	1
STOMACH - APPETITE - capricious appetite	1
STOMACH - APPETITE - easy satiety	1
STOMACH - APPETITE - easy satiety - bites; after a few	1
STOMACH - APPETITE – increased	2
STOMACH - APPETITE - increased - accompanied by – Abdomen; rumbling in	1
STOMACH - APPETITE - increased - alternating with - loss of appetite	1
<u>STOMACH - APPETITE - increased – eating – small amounts all day_1</u>	N
STOMACH - APPETITE – wanting	1
STOMACH - BENDING DOUBLE - amel.	1
STOMACH – DISTENSION	1
STOMACH - DISTENSION – Epigastrium	1
STOMACH - EMOTIONS - agg.	1
STOMACH – EMPTINESS	1
STOMACH - EMPTINESS - eating - amel.	1
STOMACH – ERUCTATIONS	1
STOMACH - ERUCTATIONS; TYPE OF – bitter	1
STOMACH - ERUCTATIONS; TYPE OF - bitter – burning	1
STOMACH - ERUCTATIONS - stool - during - agg.	1

STOMACH – HEAVINESS	1	
STOMACH – INDIGESTION	1	
STOMACH - INDIGESTION - eating - after - agg.		1
<i>STOMACH – NAUSEA</i>	2	
STOMACH - NAUSEA - cough – after	1	
STOMACH - NAUSEA - eating - after - agg.	1	
STOMACH - NAUSEA - lying down - after - amel.		1
STOMACH - NAUSEA - motion - agg.	1	
STOMACH - NAUSEA - tobacco - odor of	1	
STOMACH - NAUSEA - Throat, in	1	
STOMACH - NAUSEA - stool - during - agg.	1	
<i>STOMACH – PAIN</i>	2	
<i>STOMACH - PAIN – burning</i>	2	
STOMACH - PAIN - burning - coal; as from hot		1
STOMACH - PAIN - bread - agg.	1	
STOMACH - PAIN – morning	1	
STOMACH - PAIN - morning – burning	1	
STOMACH - PAIN - morning – cramping	1	
STOMACH - PAIN - fruit agg.	1	
STOMACH - PAIN - hunger - from – cramping		1
STOMACH - PAIN - pressure - amel.	1	
STOMACH - PAIN - pressure - amel. – burning		1
STOMACH – TENSION	1	
STOMACH - TENSION – Epigastrium	1	
<i>STOMACH – THIRST</i>	2	
STOMACH - THIRST - cold – water	1	
STOMACH - THIRST – morning	1	
STOMACH - THIRST – night	1	

4.4.1.16 Abdomen

ABDOMEN - BUBBLING sensation, as if bubbles were moving
about 1

ABDOMEN – DISTENSION 2

ABDOMEN - DISTENSION - flatulence – from 1

ABDOMEN - DISTENSION - motion – agg. 1 N

ABDOMEN – DISTENSION - morning - waking; on 1

ABDOMEN - DISTENSION - stool - amel. 1

ABDOMEN - DISTENSION - Umbilicus - Region of umbilicus
1

ABDOMEN – DISTENSION – warm application – amel. 1

ABDOMEN – EMPTINESS 1

ABDOMEN - EMPTINESS – gnawing 1

ABDOMEN – FLATULENCE 2

ABDOMEN – PAIN 2

ABDOMEN - PAIN - bending double - amel. 1

ABDOMEN - PAIN – burning 1

ABDOMEN - PAIN – cramping 1

ABDOMEN - PAIN - cramping - accompanied by - Bladder; pain in
1

ABDOMEN - PAIN - drawing pain 1

ABDOMEN - PAIN - dull pain 1

ABDOMEN - PAIN - eructations - amel. 1

ABDOMEN - PAIN - eating - agg. - pressing pain 1

ABDOMEN - PAIN - Iliac fossa 1

ABDOMEN - PAIN - Iliac fossa – right 1

ABDOMEN - PAIN - Iliac fossa – left 1

ABDOMEN - PAIN - Lower abdomen 1

ABDOMEN - PAIN - Lower abdomen – burning 1

ABDOMEN - PAIN - lying - amel. 1

ABDOMEN - PAIN - lying - amel. - pressing pain 1

ABDOMEN - PAIN - pressure - agg.	1	
ABDOMEN - PAIN - pressing pain		1
ABDOMEN - PAIN - pressing pain - flatulence; as from		1
ABDOMEN - PAIN – radiating	1	
ABDOMEN - PAIN – sharp	1	
ABDOMEN - PAIN - sitting - amel.	1	
ABDOMEN - PAIN – wavelike	1	
ABDOMEN - PAIN - warmth - amel.	1	
<i>ABDOMEN – RUMBLING</i>	2	
ABDOMEN - TOUCH - agg.	1	

4.4.1.17 Rectum

RECTUM - COLDNESS in anus	1	
RECTUM – CONSTIPATION	1	
RECTUM - CONSTIPATION - ineffectual urging and straining		
	1	
<i>RECTUM – FLATUS</i>	2	
<u>RECTUM – FLATUS – acidic</u>	1	N
RECTUM - FLATUS – evening	1	
RECTUM - FLATUS – loud	1	
RECTUM - FLATUS – noisy	1	
RECTUM - FLATUS – offensive	1	
RECTUM - FLATUS - offensive - sulphur odor		1
RECTUM - INACTIVITY of rectum		1
RECTUM - INVOLUNTARY stool - urination - during - agg.		
	1	
RECTUM - OPEN anus - sensation of		1
RECTUM - OPEN anus - sensation of - stool agg.; after		1

4.4.1.18 Stool

STOOL - BALLS, like	1
STOOL - BALLS, like – small	1
STOOL – BROWN	1
STOOL - BROWN – light	1
STOOL – CLAYISH	1
STOOL – COPIOUS	1
STOOL - DRY - hard; and	1
STOOL – EVENING	1
STOOL – HARD	1
STOOL - LIGHT COLORED	1
STOOL – MUCOUS	1
STOOL – NIGHT	1
STOOL - ODOR – offensive	1
STOOL - SMALL quantity	1
STOOL – SOFT	1

4.4.1.19 Bladder

BLADDER - FULLNESS, sensation of	1
BLADDER – PAIN	1
BLADDER - PAIN – aching	1
BLADDER - PAIN – burning	1
BLADDER - PAIN – cramping	1
BLADDER - PAIN - extending to – Kidney	1
BLADDER - PAIN - extending to - Kidney - stitching pain	1
BLADDER - PAIN - stitching pain	1
BLADDER – TENESMUS	1
BLADDER - URINATION – frequent	1
BLADDER - URINATION - dribbling – involuntary	1

BLADDER - URINATION – involuntary	1
BLADDER - URINATION - involuntary - delayed, if	1
BLADDER - URINATION - involuntary - cough agg.; during	
1	
BLADDER - URINATION - involuntary - sneezing agg.	1
BLADDER - URINATION - involuntary - motion - agg.	1

4.4.1.20 Urethra

URETHRA – FLATUS	1
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4.4.1.21 Urine

URINE – BURNING	1
URINE - ODOR – strong	1
URINE – SCANTY	1
URINE – VISCID	1

4.4.1.22 Male Genitalia

MALE GENITALIA/SEX - EJACULATION – sticky	1
MALE GENITALIA/SEX - EJACULATION – thick	1
MALE GENITALIA/SEX - MASTURBATION; disposition to	
1	
MALE GENITALIA/SEX – PERSPIRATION	1
MALE GENITALIA/SEX - PERSPIRATION - pungent; smells as if	
1	
MALE GENITALIA/SEX - SEXUAL DESIRE – increased	
1	

MALE GENITALIA/SEX - SEXUAL DESIRE - increased –
erections - with – incomplete

1

MALE GENITALIA/SEX - SMEGMA – increased

1

4.4.1.23 Female Genitalia

FEMALE GENITALIA/SEX - ITCHING – Vagina 1

FEMALE GENITALIA/SEX - LEUKORRHEA – bloody 1

FEMALE GENITALIA/SEX - LEUKORRHEA – brown 1

FEMALE GENITALIA/SEX - LEUKORRHEA – brown – sandy

1 **N**

FEMALE GENITALIA/SEX - LEUKORRHEA – muddy 1

FEMALE GENITALIA/SEX - LEUKORRHEA - ropy, stringy,
tenacious 1

FEMALE GENITALIA/SEX - MENSES - bright red 1

FEMALE GENITALIA/SEX - MENSES – brown 1

FEMALE GENITALIA/SEX - MENSES – brown – muddy, sandy

1 **N**

FEMALE GENITALIA/SEX - MENSES - clotted - dark clots

1

FEMALE GENITALIA/SEX - MENSES – clotted – absence of clots

2 **N**

FEMALE GENITALIA/SEX - MENSES – dark 2

FEMALE GENITALIA/SEX - MENSES - frequent; too 1

FEMALE GENITALIA/SEX - MENSES - late, too 1

FEMALE GENITALIA/SEX - MENSES - late, too - eight days

1

FEMALE GENITALIA/SEX - MENSES – mucous 1

FEMALE GENITALIA/SEX - MENSES – scanty

2

FEMALE GENITALIA/SEX - MENSES - scanty - early; and too

1

FEMALE GENITALIA/SEX - MENSES – thick 1

FEMALE GENITALIA/SEX - MENSES – pain – decreased

1 N

FEMALE GENITALIA/SEX – PAIN 1

FEMALE GENITALIA/SEX - PAIN - boring pain 1

FEMALE GENITALIA/SEX - PAIN – cramping 1

FEMALE GENITALIA/SEX - PAIN - bearing down 1

FEMALE GENITALIA/SEX - PAIN - menses – during – decreased

1 N

FEMALE GENITALIA/SEX - PAIN – Ovaries 1

FEMALE GENITALIA/SEX - PAIN - Ovaries – dull 1

FEMALE GENITALIA/SEX - PAIN - Ovaries – left 1

FEMALE GENITALIA/SEX - PAIN - Ovaries – right 1

FEMALE GENITALIA/SEX - PAIN - Ovaries - pressure - amel.

1

FEMALE GENITALIA/SEX - PAIN - Ovaries - menses - during -
agg. 1

FEMALE GENITALIA/SEX - PAIN - pressing pain 1

FEMALE GENITALIA/SEX - PAIN - Uterus and region - bearing
down 1

FEMALE GENITALIA/SEX - PAIN - Uterus and region - bearing
down –

come out; as if everything would

1

FEMALE GENITALIA/SEX - PAIN - Uterus - extending to – Upward

1

FEMALE GENITALIA/SEX - PAIN - warm applications - amel.

1

FEMALE GENITALIA/SEX - SEXUAL DESIRE – increased

1

FEMALE GENITALIA/SEX - SEXUAL DESIRE - increased –
masturbation; with

1

4.4.1.24 Respiration

RESPIRATION – DIFFICULT 1

4.4.1.25 Cough

COUGH – DRY 1
COUGH – EVENING 1
COUGH – IRRITABLE 1
COUGH – LOOSE 1
COUGH – NIGHT 1
COUGH - TICKLING - Throat; in 1
COUGH - WARM - applications - amel. 1

4.4.1.26 Chest

CHEST - ABSCESS – Axillae 1
CHEST - CONGESTION – Mammae 1
CHEST - CONSTRICTION - band; as from a 1
CHEST - CONSTRICTION - accompanied by - respiration – difficult
1
CHEST – ERUPTIONS 1
CHEST - ERUPTIONS – pimples 1

CHEST - ERUPTIONS - pimples - white - red areola, with	1	
CHEST - FULLNESS	1	
CHEST - FULLNESS - Mammae - sensation of fullness	1	
CHEST - FULLNESS - Sternum - Under	1	
CHEST - HEAT	1	
CHEST - HEAT - Mammae	1	
CHEST - HEAT - Mammae - left	1	
CHEST - ITCHING	1	
CHEST - ITCHING - Sternum	1	
CHEST - PAIN	1	
CHEST - PAIN - burning	1	
CHEST - PAIN - digging pain	1	
CHEST - PAIN - pressing pain	1	
CHEST - PAIN - pressing pain - inward	1	
CHEST - PAIN - Ribs	1	
CHEST - PAIN - sore	1	
CHEST - PAIN - sore - accompanied by - respiration; impeded	1	
CHEST - PAIN - Sternum - Left side; along the	1	
CHEST - PAIN - Sternum - Left of sternum; at - burning	1	
<u>CHEST - PAIN - Mammae - breathing agg.</u>	1	N
<u>CHEST - PAIN - Mammae, bruised</u>	1	N
<u>CHEST - PAIN - Mammae, crushed</u>	1	N
CHEST - PAIN - Mammae - extending to - Scapula	1	
CHEST - PAIN - Mammae - heavy mammae - supporting mammae - amel.	1	
CHEST - PAIN - Mammae - jar agg.	1	
<u>CHEST - PAIN - Mammae - warm applications, amel</u>	1	
N		
CHEST - PAIN - Mammae - left	1	
CHEST - PAIN - Mammae - motion - agg.	1	
CHEST - PAIN - Mammae - Nipples	1	

CHEST - PAIN - Mammae - Nipples - touch of clothes agg.	1	
CHEST - PAIN - Mammae - pressing pain	1	
CHEST - PAIN - Mammae - pressure - agg.	1	
CHEST - PAIN - Mammae – sore	1	
CHEST - PALPITATION of heart	1	
CHEST - PALPITATION of heart - anxiety – with		1
CHEST - PALPITATION of heart - lying - agg.		1
CHEST – PERSPIRATION	1	
CHEST - PERSPIRATION – Axillae	1	
CHEST – SWELLING	1	
CHEST - SWELLING - Axillae – Glands		1
CHEST - SWELLING - Axillae - Glands – left		1
CHEST - SWELLING - Axillae - Glands – painful		1

4.4.1.27 Back

BACK – ERUPTIONS	1	
BACK - ERUPTIONS – itching	1	
BACK - ERUPTIONS – red	1	
BACK – PAIN	1	
BACK - PAIN - Cervical region	1	
BACK - PAIN - Cervical region - cold - amel.	1	
BACK - PAIN - Cervical region - extending to – Ear		1
BACK - PAIN - Cervical region - extending to – Occiput		1
BACK - PAIN - Cervical region - extending to – Shoulder		1
<i>BACK - PAIN - Lumbar region</i>	2	
BACK - PAIN - Lumbar region - bending - left; to - agg.		1
BACK - PAIN - Lumbar region – burning		1
BACK - PAIN - Lumbar region - leaning - forward - agg.		1
BACK - PAIN - Lumbar region - lifting agg.	1	
BACK - PAIN - Lumbar region - motion - amel.	1	

BACK - PAIN - Lumbar region - motion - agg.	1
BACK - PAIN - Lumbar region – right	1
BACK - PAIN - Lumbar region - rising - agg.	1
BACK - PAIN - Lumbar region - rising - sitting; from - agg.	1
BACK - PAIN - Lumbar region - sitting - amel.	1
BACK - PAIN - Lumbar region - stitching pain	1
BACK - PAIN - Lumbar region – sudden	1
BACK - PAIN - Lumbar region - sudden - stitching pain	1
BACK - PAIN - lying - amel.	1
BACK - PAIN - stitching pain	1
BACK - PAIN - stool - after - amel.	1
BACK - PAIN - stretching - amel.	1
BACK - PAIN - warm - bathing - amel.	1
BACK – STIFFNESS	1
BACK - STIFFNESS - motion - amel.	1
BACK - STIFFNESS - Lumbar region	1
BACK - STIFFNESS - Cervical region	1

4.4.1.28 Extremities

EXTREMITIES – CLUCKING	1
EXTREMITIES – COLDNESS	1
EXTREMITIES - COLDNESS - Hands - Feet, and - Face; with heat of	1
EXTREMITIES - COLDNESS – left	1
EXTREMITIES - COLDNESS - Upper arms	1
EXTREMITIES - CRACKED skin	1
EXTREMITIES - CRACKED skin – Feet	1
EXTREMITIES - CRACKED skin – Toes	1

EXTREMITIES - CRACKED skin - Fingers - Nails – Around
1

EXTREMITIES – CRAMPS 1

EXTREMITIES - DISCOLORATION - Leg - reddish - spots
- insect bites; as from
1

EXTREMITIES - DISCOLORATION - Forearm – blotches
1

EXTREMITIES - DISCOLORATION - Forearm - redness - spots; in
1

EXTREMITIES – DRYNESS 1

EXTREMITIES - DRYNESS – Feet 1

EXTREMITIES – ERUPTIONS 1

EXTREMITIES - ERUPTIONS - Knees – scaly 1

EXTREMITIES - ERUPTIONS – pimples 1

EXTREMITIES - ERUPTIONS – Ankles 1

EXTREMITIES - ERUPTIONS - Toes – blisters 1

EXTREMITIES - ERUPTIONS - Upper limbs – blotches
1

EXTREMITIES - FORMICATION - Upper limbs – left 1

EXTREMITIES – HEAT 1

EXTREMITIES - HEAT – Feet 1

EXTREMITIES - HEAT - Feet – morning 1

EXTREMITIES – HEAVINESS 1

EXTREMITIES - HEAVINESS – Shoulders 1

EXTREMITIES - HEAVINESS – Legs 1

EXTREMITIES - HEAVINESS - lying – amel. 1

EXTREMITIES - HEAVINESS - lead; as if 1

EXTREMITIES - HIP; complaints of – Joints 1

EXTREMITIES – ITCHING 2

EXTREMITIES - ITCHING - cold applications - amel. 1

EXTREMITIES - ITCHING - scratching - amel. 1

EXTREMITIES - ITCHING – Forearms 1
 EXTREMITIES - ITCHING - Forearms - cold applications - amel.
 1
 EXTREMITIES - ITCHING - Forearms - scratching - amel.
 1
 EXTREMITIES - ITCHING – Hips 1
 EXTREMITIES - ITCHING – Legs 1
 EXTREMITIES - ITCHING - Legs – evening 1
 EXTREMITIES - ITCHING - Legs - insect bites; as of 1
 EXTREMITIES - ITCHING - Lower limbs 1
 EXTREMITIES - ITCHING - Lower limbs – evening 1
 EXTREMITIES - NAILS; complaints of 1
 EXTREMITIES - NAILS; complaints of - growth of nails – rapid
 1
 EXTREMITIES - NAILS; complaints of – hangnails 1
 EXTREMITIES – PAIN 1
 EXTREMITIES - PAIN – aching 1
 EXTREMITIES - PAIN – Ankles 1
 EXTREMITIES - PAIN - Ankles - motion - agg. 1
 EXTREMITIES - PAIN - Ankles – aching 1
 EXTREMITIES - PAIN - Ankles - shooting pain 1
EXTREMITIES - PAIN – Fingers 2
 EXTREMITIES - PAIN - Fingers - drawing pain 1
 EXTREMITIES - PAIN - Fingers - Fourth – Joints 1
 EXTREMITIES - PAIN - Fingers - Fourth - Joints – Distal
 1
 EXTREMITIES - PAIN - Fingers - Fourth - Joints – Proximal
 1
 EXTREMITIES - PAIN - Fingers – Joints 1
 EXTREMITIES - PAIN - Fingers - Joints – aching 1
 EXTREMITIES - PAIN - Fingers - Joints - stitching pain 1
 EXTREMITIES - PAIN - Fingers - Joints – Proximal 1

EXTREMITIES - PAIN - Fingers - motion - agg. 1
 EXTREMITIES - PAIN - Fingers – right 1
 EXTREMITIES - PAIN - Fingers – sore 1
 EXTREMITIES - PAIN - Fingers - stitching pain 1
 EXTREMITIES - PAIN - Fingers - stitching pain - splinter; as from a
 1
 EXTREMITIES - PAIN - Fingers - stitching pain – stinging
 1
 EXTREMITIES - PAIN – Thumbs 1
 EXTREMITIES - PAIN - Thumbs – Joints 1
 EXTREMITIES - PAIN - Thumbs - Joints – aching 1
 EXTREMITIES - PAIN – Knees 1
 EXTREMITIES - PAIN - Knees - extending to – Groin 1
 EXTREMITIES - PAIN - Knees - cold - exposure to - agg. 1
 EXTREMITIES - PAIN - Knees - motion - amel. 1
 EXTREMITIES - PAIN - Knees - weather – wet 1
 EXTREMITIES - PAIN - Knees – right 1
 EXTREMITIES - PAIN - Lower limbs 1
 EXTREMITIES - PAIN - Lower limbs - left – cramping 1
 EXTREMITIES - PAIN - Lower limbs - standing - erect - amel.
 1
 EXTREMITIES - PAIN - Lower limbs - touch - agg. 1
 EXTREMITIES - PAIN - Nates – left 1
 EXTREMITIES - PAIN – Shoulders 1
 EXTREMITIES - PAIN - Shoulders – aching 1
 EXTREMITIES - PAIN - Shoulders – burning 1
 EXTREMITIES - PAIN - Shoulders - extending to – Neck
 1
 EXTREMITIES - PAIN - Shoulders – left 1
 EXTREMITIES - PAIN - Shoulders - left - extending to – Neck
 1
 EXTREMITIES - PAIN - Shoulders - motion - amel. 1

EXTREMITIES - PAIN - sprained; as if	1	
EXTREMITIES - PAIN - stitching pain	1	
EXTREMITIES - PAIN - stretching - amel.	1	
EXTREMITIES – PAIN	1	
EXTREMITIES - PAIN - Toes – right		1
EXTREMITIES - PAIN - Toes - standing agg.		1
EXTREMITIES - PAIN - Toes - stitching pain		1
EXTREMITIES - PAIN - weather - cold - agg.		1
EXTREMITIES - PAIN - weather – wet		1
EXTREMITIES - PAIN – Wrists	1	
EXTREMITIES - PAIN - Wrists – evening		1
EXTREMITIES - PAIN - Wrists - shooting pain		1
EXTREMITIES - PAIN - Wrists - sprained; as if		1
EXTREMITIES – PERSPIRATION	1	
<i>EXTREMITIES – STIFFNESS</i>	2	
EXTREMITIES - STIFFNESS – Ankles	1	
EXTREMITIES - STIFFNESS – Fingers	1	
EXTREMITIES - STIFFNESS - motion - amel.		1
EXTREMITIES - STIFFNESS – Shoulders		1
EXTREMITIES - STIFFNESS – Wrists		1
EXTREMITIES - STIFFNESS - exertion agg; after		1
EXTREMITIES - STRETCHING OUT - Lower limbs - amel.		
1		
EXTREMITIES - STRETCHING OUT - Upper limbs - amel.		
1		
EXTREMITIES – TINGLING	1	
EXTREMITIES - TINGLING – Legs	1	
EXTREMITIES - TINGLING - Legs – left	1	
EXTREMITIES - TINGLING - Shoulders – left	1	
EXTREMITIES – WEAKNESS	1	
EXTREMITIES - WEAKNESS – Legs	1	
EXTREMITIES - WEAKNESS – Shoulders	1	

4.4.1.29 Sleep

SLEEP – DEEP	1	
<i>SLEEP – DISTURBED</i>	2	
SLEEP - DISTURBED - heat; by		1
SLEEP - FALLING ASLEEP – difficult		1
SLEEP - FALLING ASLEEP – easy		1
SLEEP - FALLING ASLEEP - heat – during		1
SLEEP – LIGHT	1	
SLEEP - LIGHT - hears every sound		1
SLEEP – PROLONGED	1	
<i>SLEEP – RESTLESS</i>	2	
SLEEP - RISE - aversion to	1	
SLEEP - SEMI-CONSCIOUS	1	
SLEEP - SEMI-CONSCIOUS - hears everything		1
SLEEP – SLEEPINESS	1	
SLEEP - SLEEPINESS – daytime		1
SLEEP - SLEEPINESS – overpowering		3
<i>SLEEP - SLEEPINESS - weariness; with</i>		2
SLEEP – SLEEPLESSNESS	1	
SLEEP - SLEEPLESSNESS – night		1
SLEEP - SLEEPLESSNESS - night - midnight - before - 2 h – until		
1		
SLEEP - SLEEPLESSNESS - heat – during		1
SLEEP - SLEEPLESSNESS - warmth, from		1
SLEEP – UNREFRESHING	1	
<i>SLEEP - UNREFRESHING – morning</i>	2	
SLEEP - WAKING - night - midnight - after - 5 h		1
SLEEP - WAKING - early; too	1	
SLEEP - WAKING – frequent	1	

4.4.1.30 Dreams

DREAMS – ACCIDENTS	1	
DREAMS – ACCUSATIONS	1	
DREAMS – AMOROUS	1	
DREAMS - AMOROUS - coition - two women; with		1
DREAMS – ANIMALS	1	
DREAMS - ANIMALS – killing	1	
DREAMS - ANIMALS - protecting; he is	1	
DREAMS - ATTACKED, of being	1	
DREAMS – BALLOONS	1	
DREAMS – BATTLES	1	
DREAMS - BICYCLE; riding a	1	
DREAMS - BODY – deformed	1	
DREAMS - BUILDINGS - big; seeing	1	
DREAMS – CAR	1	
DREAMS – CATS	1	
DREAMS - CHILDREN; about - precocious and arrogant		1
DREAMS - CHILDREN; about – newborns	1	
<u>DREAMS – COLLEAGUES, old work</u>	1	N
<u>DREAMS – COLLEAGUES, old work, finding them asleep</u>		1

N

DREAMS – CUTTING	1	
DREAMS – DANGER	1	
DREAMS - DANGER - friends in danger		1
DREAMS - DANGER - protecting others from		1
DREAMS - DANGER - escaping from a danger		1
<i>DREAMS – DECEIT</i>	2	
DREAMS – DISAPPOINTMENTS	1	
DREAMS - DRIVING - car; a	1	
DREAMS – EMBARRASSMENT	1	
DREAMS - ENLARGED - objects are	1	

DREAMS – ESCAPING	1		
DREAMS - FACE – disfigured	1		
DREAMS – FIGHTS	1		
DREAMS – FLIES	1		
DREAMS – FLYING	1		
<i>DREAMS – FRIENDS</i>	2		
DREAMS - FRIENDS – old	1		
DREAMS – FRUSTRATION	1		
DREAMS – GUILT	1		
DREAMS – HIDING	1		
DREAMS – HOME	1		
DREAMS – HOMOSEXUALITY	1		
DREAMS – HOUSE	1		
DREAMS - HOUSE – dirty	1		
DREAMS – JOURNEYS	1		
DREAMS - JOURNEYS - water, by	1		
DREAMS – MONEY	1		
<u>DREAMS – MONEY – lack of, to pay bill</u>	1		N
<u>DREAMS – NECK – Slit</u>	1		N
DREAMS - OBESE; being	1		
<u>DREAMS - PLACES – well-known but changed</u>	1		N
DREAMS - PURSUED, being	1		
DREAMS - PURSUED, being - murderers; by	1		
DREAMS - PURSUED, being - animals; by	1		
<u>DREAMS - PURSUED, being – bear; by a</u>	1		N
DREAMS - PURSUED, being - police; by	1		
DREAMS - POISONED, being	1		
DREAMS – PROSTITUTES	1		
DREAMS – PROTECTING	1		
DREAMS – QUARRELS	1		
DREAMS – RAPE	1		
DREAMS - SCHOOL - old; goes back to	1		

DREAMS - SEEING AGAIN an old schoolmate			1
DREAMS – SEXUAL	2		
DREAMS – SHIP	1		
DREAMS – SNAKES	1		
DREAMS – SPACESHIP	1		
DREAMS – SPIDERS	1		
DREAMS – STOOL	1		
<u>DREAMS- STUCK</u>	1	N	
DREAMS – SUFFOCATION	1		
DREAMS – TUNNEL	1		
<u>DREAMS – UNPREPARED, being</u>	1	N	
DREAMS – UNREMEMBERED			1
<i>DREAMS – VIVID</i>	2		
DREAMS – WAR	1		

4.4.1.31 Chill

CHILL - CHILLINESS - hair standing on end, sensation of			
	1		
CHILL – NIGHT		1	
CHILL - SHAKING – night		1	

4.4.1.32 Perspiration

PERSPIRATION - COLD – night	1		
PERSPIRATION - COVERED parts			1
PERSPIRATION – ODORLESS	1		
PERSPIRATION – PROFUSE	1		
PERSPIRATION - PROFUSE – night			1
PERSPIRATION - PROFUSE - night - sleep agg; during			1

4.4.1.33 Skin

SKIN - BITTEN; as if - insect; by an	1	
SKIN – CICATRICES	1	
SKIN - CICATRICES - red; become	1	
SKIN - CICATRICES – sensitive	1	
<i>SKIN – DRY</i>	2	
SKIN - DRY – rough	1	
<i>SKIN – ERUPTIONS</i>	2	
SKIN - ERUPTIONS – acne	1	
SKIN - ERUPTIONS – blotches	1	
SKIN - ERUPTIONS – dry	1	
SKIN - ERUPTIONS – eczema	1	
SKIN - ERUPTIONS - eczema - warm applications agg.		1
SKIN - ERUPTIONS – elevated	1	
SKIN - ERUPTIONS – pimples	1	
SKIN - ERUPTIONS – red	1	
SKIN - ERUPTIONS - red - insect stings; like		1
SKIN - ERUPTIONS – rough	1	
SKIN - ERUPTIONS – scaly	1	
SKIN - ERUPTIONS - warmth agg.	1	
SKIN - GOOSE FLESH	1	
<i>SKIN – ITCHING</i>	2	
SKIN - ITCHING - insect; after bite of		1
SKIN - ITCHING - cold - amel.		1
SKIN - ITCHING - scratching - amel.		1
SKIN - ITCHING - warm - bathing - agg.		1
SKIN – ROUGH	1	
SKIN – SENSITIVENESS	1	
SKIN - SOFT – feels	1	

4.4.1.34 Generals

GENERALS - ACTIVITY – physical	1	
GENERALS – AFTERNOON	1	
GENERALS - AFTERNOON - 17 h	1	
GENERALS - BATHING - amel.	1	
GENERALS - BATHING - sea; bathing in the - amel.	1	
GENERALS - COVERS - agg.	1	
<u>GENERALS – DRIVING – agg.</u>	1	N
GENERALS - ELECTRICITY; sensation of static	1	
<i>GENERALS - ENERGY - excess of energy</i>	2	
GENERALS - EXERTION; physical - aversion for	1	
GENERALS - EXERTION; physical - desire for	1	
GENERALS – EVENING	1	
GENERALS - EVENING - 18 h	1	
GENERALS - FOOD and DRINKS - alcoholic drinks - agg.		
1		
GENERALS - FOOD and DRINKS - alcoholic drinks – desire		
1		
GENERALS - FOOD and DRINKS - chocolate – desire	1	
GENERALS - FOOD and DRINKS - coffee - desire – black	1	
GENERALS - FOOD and DRINKS - fruit – desire	1	
GENERALS - FOOD and DRINKS - meat – desire	1	
GENERALS - FOOD and DRINKS - oil – desire	1	
GENERALS - FOOD and DRINKS - salt – desire	1	
GENERALS - FOOD and DRINKS - seafood – desire	1	
GENERALS - FOOD and DRINKS - sugar - desire - water; sugared		
1		
GENERALS - FOOD and DRINKS - vegetables – aversion	1	
GENERALS - FOOD and DRINKS - wine – desire	1	
GENERALS - FOOD and DRINKS - yoghurt – desire	1	
<i>GENERALS - HEAT - flushes of</i>	2	

GENERALS - HEAT - flushes of - air; in open - amel. 1
 GENERALS - HEAT - flushes of – night 1
 GENERALS - HEAT - flushes of - sleep - preventing sleep 1
 GENERALS - HEAT - sensation of - alternating with sensation of
 coldness 1
GENERALS – HEAVINESS 2
 GENERALS - LIE DOWN - desire to 1
 GENERALS - LIGHT; from - agg. – sunlight 1
GENERALS - MEDICINE - allopathic - tranquilizers; as if taken
 1 **N**
 GENERALS – MORNING 1
GENERALS - MORNING - waking; on 2
GENERALS - RIDING - car, in a 1 **N**
 GENERALS - SIDE – left 1
 GENERALS - SLEEP - after sleep - amel. 1
 GENERALS - SLEEP - short sleep - amel. 1
 GENERALS - STRETCHING - amel. 1
GENERALS - STRETCHING OUT - Limbs - amel. 2
 GENERALS - SUN - exposure to the sun 1
 GENERALS - TOBACCO - aggravated - smoke of tobacco; by
 1
 GENERALS - TOBACCO – aversion to - smell of tobacco; sensitive
 to 1
GENERALS - WAKING – on 2
GENERALS – WEAKNESS 2
GENERALS – WEARINESS 2
 GENERALS - WEATHER - cold weather - wet - agg. 1
 GENERALS - WEATHER - thunderstorm - amel. 1

4.5 RUBRICS OF CHARACTERISTIC SYMPTOMS

In order to gain a more accurate picture of the remedy, only the rubrics that were graded as a second and third degree were used. By doing so, it makes for a more effective repertorisation by highlighting key symptoms characteristic to *Hemachatus haemachatus*. This in no way serves to down-grade those rubrics that were graded with the first degree.

Mind

<i>MIND – ANXIETY</i>	2
<i>MIND – CHEERFUL</i>	2
<i>MIND - CLARITY of mind</i>	2
<i>MIND - COMPANY - aversion to - alone amel; when</i>	2
<i>MIND - COMPANY - aversion to - desire for solitude</i>	2
<i>MIND - CONCENTRATION – difficult</i>	2
<i>MIND - CONFIDENCE - want of self-confidence</i>	2
<i>MIND - CONFIDENCE - want of self-confidence - self-depreciation</i>	2
<i>MIND – DISCONTENTED</i>	2
<i>MIND – FASTIDIOUS</i>	2
<i>MIND - FEAR - happen, something will</i>	2
<i>MIND - HOME - desires to go</i>	2
<i>MIND – IMPATIENCE</i>	2
<i>MIND – INACTIVITY</i>	2
<i>MIND – INDIFFERENCE</i>	2
<i>MIND – INDUSTRIOUS</i>	2
<i>MIND – IRRITABILITY</i>	3
<i>MIND - IRRITABILITY - alone - wishes to be alone</i>	2
<i>MIND - IRRITABILITY - driving a car</i>	2
<i>MIND - IRRITABILITY – easily</i>	2

<u>MIND – IRRITABILITY – inefficiency</u>	2	N
MIND - IRRITABILITY - people; with	2	
MIND – LAZINESS	2	
MIND - MOOD – changeable	2	
MIND - PROSTRATION of mind	3	
MIND - RESPONSIBILITY - aversion to	2	
MIND - QUIET; wants to be	2	
MIND – SENSITIVE	2	
MIND - SPACED-OUT feeling	2	
MIND – TRANQUILLITY	2	
MIND - WILL - loss of will power	2	

Head

HEAD - PAIN – Occiput 2

Eyes

EYE – ITCHING	2	
EYE - LIGHT; from - artificial light - agg.	2	
EYE - LIGHT; from - agg.	2	
EYE – PHOTOPHOBIA	2	
EYE - PHOTOPHOBIA - driving; while	2	
EYE - PHOTOPHOBIA - light; from - daylight - agg.	2	
EYE - PHOTOPHOBIA - light; from - artificial light - agg.	2	

Mouth

MOUTH – DRYNESS	2	
MOUTH - DRYNESS - thirst; with	2	

Neck

NECK – STIFFNESS 2

NECK - STIFFNESS – painful 2

Stomach

STOMACH - APPETITE – increased 2

STOMACH – NAUSEA 2

STOMACH – PAIN 2

STOMACH - PAIN – burning 2

STOMACH – THIRST 2

Abdomen

ABDOMEN – DISTENSION 2

ABDOMEN – FLATULENCE 2

ABDOMEN – PAIN 2

ABDOMEN – RUMBLING 2

Rectum

RECTUM – FLATUS 2

Female genitalia/Sex

FEMALE GENITALIA/SEX - MENSES – clotted – absence of clots 2

N

FEMALE GENITALIA/SEX - MENSES – dark 2

FEMALE GENITALIA/SEX - MENSES – scanty 2

Back

BACK - PAIN - Lumbar region 2

Extremities

EXTREMITIES – ITCHING 2

EXTREMITIES - PAIN – Fingers 2

EXTREMITIES – STIFFNESS 2

Sleep

SLEEP – DISTURBED 2

SLEEP – RESTLESS 2

SLEEP - SLEEPINESS – overpowering 3

SLEEP - SLEEPINESS - weariness; with 2

SLEEP - UNREFRESHING – morning 2

Dreams

DREAMS – DECEIT 2

DREAMS – FRIENDS 2

DREAMS – SEXUAL 2

DREAMS – VIVID 2

Skin

SKIN – DRY 2

SKIN – ERUPTIONS 2

SKIN – ITCHING 2

Generals

<i>GENERALS - ENERGY - excess of energy</i>	2	
<i>GENERALS - HEAT - flushes of</i>	2	
<i>GENERALS – HEAVINESS</i>	2	
<i>GENERALS - MORNING - waking; on</i>	2	
<i>GENERALS - STRETCHING OUT - Limbs - amel.</i>		2
<i>GENERALS - WAKING – on</i>	2	
<i>GENERALS – WEAKNESS</i>	2	
<i>GENERALS – WEARINESS</i>	2	

4.6 NEW RUBRICS

Mind

MIND – DELUSION – vision, looks through some-one else’s vision 1

N

MIND – IRRITABILITY – inefficiency 2 **N**

MIND - TRANSCENDANCE – sensation of 1 **N**

Vertigo

VERTIGO – HEARING LOSS – amel 1 **N**

Head

HEAD – PAIN – extending to – Teeth – canine 1 **N**

Eyes

EYE - PAIN – raw 1 **N**

Hearing

HEARING – LOST – short duration; masturbation after 1 N

Nose

NOSE - ODORS; imaginary and real – metallic 1 N

Stomach

STOMACH - APPETITE - increased – eating – small amounts all day 1
N

Abdomen

ABDOMEN - DISTENSION - motion – agg. 1 N

Rectum

RECTUM – FLATUS – acidic 1 N

Female genitalia/Sex

FEMALE GENITALIA/SEX - LEUKORRHEA – brown – sandy 1
N

FEMALE GENITALIA/SEX - MENSES – brown – muddy, sandy 1
N

FEMALE GENITALIA/SEX - MENSES – clotted – absence of clots 2
N

FEMALE GENITALIA/SEX - MENSES – pain – decreased 1
N

FEMALE GENITALIA/SEX - PAIN - menses – during – decreased 1
N

Chest

<u>CHEST - PAIN - Mammae - breathing agg.</u>	1	N		
<u>CHEST - PAIN – Mammae, bruised</u>	1	N		
<u>CHEST - PAIN – Mammae, crushed</u>	1	N		
<u>CHEST - PAIN – Mammae – warm applications, amel</u>			1	N

Dreams

<u>DREAMS – COLLEAGUES, old work</u>	1	N		
<u>DREAMS – COLLEAGUES, old work, finding them asleep</u>			1	N
<u>DREAMS – MONEY – lack of, to pay bill</u>	1	N		
<u>DREAMS – NECK – Slit</u>	1	N		
<u>DREAMS - PLACES – well-known but changed</u>			1	N
<u>DREAMS - PURSUED, being – bear; by a</u>	1	N		
<u>DREAMS- STUCK</u>	1	N		
<u>DREAMS – UNPREPARED, being</u>	1	N		

Generals

<u>GENERALS – DRIVING – agg.</u>	1	N		
<u>GENERALS - MEDICINE - allopathic - tranquilizers; as if taken</u>			1	
<u>GENERALS - RIDING - car, in a</u>	1	N		

4.7 REPERTORISATION OF *HEMACHATUS HAEMACHATUS* 30CH PROVING SYMPTOMS

A repertorisation of twelve symptoms representing the essence of the remedy as far as can be ascertained by the researcher at this stage, were

made using the *RADAR 10.0 repertory programme*. A subsequent extraction followed in order to identify those remedies yielding the highest numerical value and total number of rubrics.

CHAPTER 5

5. DISCUSSION

5.1. INTRODUCTION

This chapter consists of the discussion of the overall proving results. The researcher, Jodi Cahill, considered the prominent themes and specific physical symptoms experienced during the proving of *Hemachatus haemachatus*. These were then presented as the characteristic symptoms of the remedy in its totality as established in this proving. The characteristic symptoms or essence of the remedy was used as the basis for the comparative study with other remedies yielding the highest numerical values and total number of rubrics on repertorisation of the proving symptoms. It was hypothesised that the proving of *Hemachatus haemachatus* 30CH would produce clearly observable signs and symptoms in healthy proving volunteers. Data collected from this study presented evidence to support this hypothesis and it is therefore concluded that the hypothesis is valid.

The data collected from the proving provided symptoms that formed a total of 998 rubrics. The rubrics were distributed throughout 34 sections of the repertory. There was a predominance of symptoms in the mind, head, stomach, abdomen, extremities and dreams sections.

5.2. THE ABBREVIATION OF *HEMACHATUS HAEMACHATUS*

The recommendations made by Schroyens in the *Blueprint for a New Repertory, Synthesis Repertorium Homoeopathicum* (2002:39-41) have been utilised in order to follow a logical and coherent system of arriving at

remedy abbreviations. The Latin name of the remedy, *Hemachatus haemachatus*, serves as the basis for the abbreviation. The researchers have chosen the unique root *Hem*, and the extension ‘-h’, creating the abbreviation *Hem-h* for *Hemachatus haemachatus*.

5.3. THE SYMPTOMS OF THE PROVING

Sherr (1994:32) explains the importance of viewing the entire proving group ‘as if one person’. It is of the belief that it serves to unite fragmented parts of the proving into a whole, in order to provide a better understanding of the remedy. As recommended by Jeremy Sherr (1994), the discussion that follows is an attempt at unifying the proving symptoms from all the provers as though one ideal prover had experienced it.

5.3.1 MIND

A significant number of mental and emotional symptoms were experienced during the proving of *Hemachatus haemachatus* 30CH. In order to gain a clearer understanding of *Hemachatus haemachatus*, these symptoms have been grouped under the prominent themes that emerged during the collation of the data.

Changeability

A common theme of changeability and polarity is well recognised as being a central theme in snake remedies. In the proving of *Hemachatus haemachatus* this theme of changeability and polarity is clearly evident in the totality of the mental symptoms. Below is a representation of this changeability that appeared to exist in *Hemachatus haemachatus*:

***Up/
High***

Joy/Elation/Enthusiasm

Productiveness

Coping/Ability/Empowered

Alertness/Clarity/Focused/In control

Calm/Relaxed/Tranquility

***Down/
Low***

Lethargy/Lack motivation
Sadness/Loss/Longing

So much to do

Cannot cope/Stressed out
Insecurity
Picked on/Harassed

Poor Concentration
Sleepiness
Tiredness/Exhaustion
Lack of spatial judgement
Clumsiness

Frustration
Irritability
Anxiety

My space

An interesting theme of “*My space/ Home*” and “*Sorting out my space*” became quite evident. The provers had a desire to be at home. Home gave them a sense of security and safety. They desired the quiet that accompanied home and even referred to their home as their sanctuary. The desire to be alone was also very strong in this remedy, being introverted and quiet.

Company

Once again there is a contradiction within the symptoms. Along with the desire to be alone and quiet, many provers also had a desire to be around people, a desire to be around friends and enjoying the company of their friends.

Depression

An unexplainable sense of sadness, loss, longing and emptiness was a clear feature. There was a sense of sentimentality and the provers felt as if a romance, someone or something had been lost.

Insecurity

A lack of confidence and a sense of insecurity were evident in the proving. Provers felt like they were not good enough and even “*unimportant*”, which could have also contributed towards the tendency to introversion.

Anxiety

Anxiety was marked and appeared in nine different provers. This anxiety was experienced without reason in most cases. This marked anxiety was also experienced while driving, and even extended to a fear as if something bad were about to happen.

Irritability

Irritability was one of the most characteristic symptoms in this proving. Fourteen provers experienced marked irritability. This irritability was mainly directed towards people, accompanied by feelings that others were inefficient.

Anger

Anger, aggression and meanness featured in this proving, more often associated with the marked irritability. Provers became aware of the increased use of foul language and insults. Provers

experienced feelings of impatience and short tempers. In most cases this anger was not externalised, but rather internalised with the prover retreating away from society into their safe place.

Overwhelmed

It was noted that provers became frustrated and “stressed out”. They did not know why but they felt that there was too much to do and they could not cope. This accompanied their lack of energy and motivation.

Persecuted

This theme of persecution was represented by a number of symptoms experienced. These symptoms ranged from a feeling of being trapped and a need to get out, to a feeling of being picked on or harassed. These feeling went so far as feeling “*people are doing things to me*” and ultimately having an aversion to people and becoming introspective.

Decreased energy

Although we see ups and down in terms of energy levels in this remedy, the majority of the time there was a feeling of lethargy and a general lack of motivation. Symptoms of feeling down and flat, tired and exhausted were prevalent. A feeling of sleepiness also featured. Along with this decreased energy there was an avoidance of responsibility as well as an aggravation in cold or overcast weather.

5.3.2 VERTIGO

Dizziness was experienced when getting up too quickly, moving the head abruptly or in some cases while driving the car. Accompanied

by this dizziness was a disconnected, disorientated, spacey feeling. Light-headedness was experienced and aggravated by the sun. A peculiar symptoms experienced was the feeling “*as if the nose is heavy*”.

5.3.3 HEAD

Headaches were a marked symptom throughout the proving. A variety of pain sensations occurred including: dull, sharp, stabbing, shooting, throbbing and constricting type pains. Headaches were primarily occipital and frontal type headaches, where the pain extended behind the eyes. There was a marked aggravation to light and headaches occurred more frequently in the mornings on waking.

There were also minor symptoms of a sensation of heaviness of the head. This feeling was also described as being a feeling of fogginess and fuzziness.

5.3.4 EYES AND VISION

The eyes became itchy, dry, burning and scratchy. There was also a sense of heaviness of the eyelids.

There was an intense and frequently occurring photophobia. This photophobia seemed equally aggravated by sunlight and artificial light. It was relieved by application of cold water, and even by squinting or frowning. This marked light sensitivity also occurred frequently while driving.

Slight blurriness and haziness was experienced which was ameliorated by closing the eyes. A decreased sense of depth perception was also noted.

5.3.5 EARS AND HEARING

A slight pressure sensation and itching were experienced. A decrease in hearing or partial deafness was also experienced.

5.3.6 CHEST

There is a sense of constriction and restriction of breathing accompanied by palpitations and anxiety. A sensation of fluttering in the chest, with an increased heart rate was also observed. Some also experienced a shortness of breath and a sensation of retrosternal fullness. Parasternal or retrosternal pain, sensitive breasts and an itchy sternum are among other symptoms experienced. There were also painless eruptions under the axilla in two provers that were noted.

5.3.7 COUGH

A dry irritating cough that is ameliorated by covering the chest and neck warmly, but worse at night and in the late day was observed.

5.3.8 BACK

Lumbar pain expressed itself with sharp shooting, pulling, stretching and burning type pains. This pain was ameliorated by stretching but aggravated by bending forward. There was also marked stiffness in the back that improved with movement.

5.3.9 EXTREMITIES

There was marked muscle tension throughout the proving, especially in the neck, shoulders and calves affecting mainly the left side. There was a general feeling of weakness, tiredness and heaviness in the limbs. A vast majority of provers experienced painful joints especially those of the wrist and fingers. The joint pain was described as sharp, electrical and stabbing; another described it as a bruised feeling. The joint pain was also aggravated by motion.

The limbs were itchy and dry in many of the provers, and were ameliorated by the cold and by scratching. They were hot to touch and aggravated by heat and covering. One prover in particular had exceedingly hot feet, especially in the morning and seemed to be ameliorated by having wind on them or being exposed to cold air. It is also noted that there were blisters and eruptions experienced. One prover had a peculiar sensation of their limbs feeling light and floating. An observation was also made of increased nail growth.

5.3.10 THROAT

Provers experienced much dryness in the throat. There was difficulty swallowing, especially swallowing cold water. There was a sensation of a plug/ lump/ a sensation as if swollen in the throat that was aggravated by swallowing water. It was also noted that some experienced burning, sharp, raw pain in the back of the throat, whilst others experienced tickling or itching in the throat that extended to the middle ear.

5.3.11 NECK

Some provers experienced some tension and stiffness in the neck. It was observed that relief was found by the cold application of ice.

5.3.12 STOMACH

There is marked dryness with an increased thirst however the dryness is not relieved by drinking. Thirst often alternated with appetite, and the appetite came in two extremes: lack of appetite or a ravenous appetite. Nausea was observed, as was indigestion and a retrosternal burning pain like “*burning coals*”. This appeared to be aggravated by eating.

An uncomfortable hollow or empty feeling was experienced that was ameliorated by bending double. An interesting sensation that repeats itself in different areas of the body is the sense of heaviness, which also featured here in the stomach.

5.3.13 ABDOMEN

Abdominal pain presented as a burning, stitching, stabbing type pain. It was also experienced as cramping and described by some as coming in waves. Pain was localized to the lower abdominal or suprapubic area, and was ameliorated by bending double.

Extensive abdominal bloating, distension, rumbling and flatulence were also marked symptoms in this remedy. This abdominal distension appeared to be ameliorated by sitting down, and aggravated by moving and in the evenings.

5.3.14 RECTUM

There was much flatulence accompanied by ineffectual or absent urging to defecate.

5.3.15 STOOL

Alterations in stool were varied. Majority of provers experienced soft stool. Some passed large amounts of stool. Others passed hard, dry stool that was described as being like small balls.

5.3.16 BLADDER AND URINE

Provers experienced a range of symptoms but the most significant was the increased frequency of urination. Other symptoms include: sensation the bladder is full; constant urging; hot and viscid urine; urinary incontinence; and suprapubic pain.

5.3.17 MALE GENITALIA

Although only a few symptoms, there was a general increase in libido. One prover observed his ejaculate appeared very viscid and there was an increase in smegma production. Another prover observed a very strong genital odour.

5.3.18 FEMALE GENITALIA

There was also an increase in libido observed in the females. A leukorrhoea was observed and had a muddy appearance one even described it as looking like it had sand in it. Majority of the provers noticed either delayed menstruation or early menstruation with an absence of dysmenorrhea and an absence of clots. Menses had a light flow, and had a very dark “*mud*” almost black appearance. During menstruation there was a sensation of bearing down and heaviness observed. There was also a dull right ovarian pain that was ameliorated by pressure.

5.3.19 NOSE AND SMELL

There was marked sneezing and itching of the nose with a sensation of fullness noted. Provers also experienced burning and tickling of the nose and sinuses. Coryza was either profuse and clear or sticky. The localisation of symptoms was more to the left. Dryness and a heavy sensation of the nose also occurred. It was also noted that there were strange smells, some metallic and some sweet experienced. A peculiar sensation of numbness from the tip of the nose to the forehead also occurred.

5.3.20 FACE

There was notable dryness of the lips and around the eyes and eyelids. There were also eruptions around the lips. Hot flushes with red and burning face were also observed.

5.3.21 MOUTH

There was a sense of dryness of the mouth “*as if sand in the mouth*” accompanied by increased thirst. There was also an increase in salivation with a salty taste in the mouth.

Observations of the tongue revealed a furry tongue with indentations of the teeth and a crack in the centre and even a vesicular eruption on the tip of the tongue. The tongue also had a sensation as if it had been scalded.

5.3.22 SLEEP

Sleep was restless and broken, especially in the early hours of the morning. There was marked sleepiness and difficulty waking up. There was also difficulty in falling asleep. Despite this, some provers had long and deep sleeps.

5.3.23 DREAMS

There were many different themes occurring in the dreams. I have listed them in order of their frequency:

- Deceit
- Mistakes
- Sex; inappropriate sexuality
- Ships
- Friends; old contacts
- Pursuit; killing
- Harming / Protecting others
- Communication

- Others being nasty to me
- Deformity
- Fighting; war
- Attack; rape
- Stuck
- Embarrassed
- Guilt
- Home; confusion about home; disorder at home
- Changed surroundings
- Driving
- Anger; frustration
- Vivid, life-like detailed dreams
- Snakes

5.3.24 SKIN

There was marked dryness and itching of the skin. Eruptions were noted, and certain areas became sensitive and inflamed. Skin was aggravated by heat and ameliorated by the cold.

5.3.25 CHILL

One prover experienced rigors with mastitis-like symptoms.

5.3.26 PERSPIRATION

Increased perspiration was evident, even under the arms despite feeling cold and chilly. Perspiration was worse when covering, but

better for a cool breeze. The odour was described as pungent and stale. Perspiration was described as a cold sweat.

5.3.27 GENERALS

There were fluctuations in energy throughout the proving, as well as fluctuations between hot and cold. There was laterality to the left in most symptoms. Aggravations occurred mainly in the mornings on waking and in the evening between 5 and 7 pm. There was a craving for savoury and sweet foods, as well as for alcohol and wine. One prover noticed a marked aversion to tobacco. Provers were very affected by weather; they were aggravated by the cold, overcast rainy weather. Some provers had a desire and amelioration to swimming. Driving seemed to be an aggravating factor in this proving.

5.4. ANTIDOTE

The symptoms experienced during the proving of *Hemachatus haemachatus* 30CH were mild, and so an antidote was not needed during this proving. In the event that any signs and/or symptoms attributed to the proving substance had to have occurred, whether mental, emotional or physical in nature, causing either excessive discomfort or are experienced for a prolonged period, the following steps would have been taken (Kerschbaumer, 2003):

- a. A homoeopathic similimum based on the totality of symptoms of both the pre-proving case history and the proving symptoms would have been prescribed. This would also have

served to find an appropriate homoeopathic antidote to the proving substance.

b. If a. were ineffective, the provers' "constitutional" homoeopathic remedy (if known) would have been prescribed – if it was not known, it would have been ascertained from the pre-proving case history.

c. If b. were ineffective, an "acute" homoeopathic remedy would have been prescribed according to the smaller presenting totality of the proving symptoms.

d. If c. failed, the common method of applying camphor, coffee, mints etc. would have been used.

Any signs and/or symptoms occurring after anti-doting would not have been relevant to the proving.

5.5. THE ESSENCE OF THE REMEDY

The researcher found the following themes to exist after close evaluation of the symptoms of *Hemachatus haemachatus*:

Changeability

The changeability of states is clearly evident in the mental, emotional and physical spheres of *Hemachatus haemachatus*, and is represented by symptoms produced by many provers. The dreams highlight changes in surroundings and note contradictions in themes of killing or harming with protecting others. On a mental level, there was recurrent alteration of states e.g.: tranquillity – anxiety; enthusiasm – lack of energy; alertness – clumsiness.

This theme of changeability was also evident on the physical sphere in the alternation of hot and cold, increased energy and decreased energy, and thirst alternating with appetite.

My space / My home

This appears to be a significant theme of this remedy that can possibly aid in its differentiation from other snake remedies. The sense of my space being my sanctuary, a place where I am safe comes across in *Hemachatus haemachatus*. In the mentals it is evidenced by the desire to go home, to be at home, to be alone at home, and to be in their nest. It also features in the desire to organise the home, to sort out and clean the home, which in turn gave them a sense of pride and achievement. This theme also features in the dreams where there is confusion about the home and disorder about the home. It can even be extrapolated that with the sense of persecution that comes with this remedy it is expected that the home become a place of safety. Delusions others are being nasty, feeling harassed, dreams of war and fighting, dreams of attack and persecution, reflect the desire to avoid others and rather to be alone in their safe space. The home is the retreat where they are safe and can be introspective, away from others.

Irritability

Irritability is a marked symptom in *Hemachatus haemachatus*. They are easily irritated by others and thus prefer to be alone. Their irritation easily becomes an agitation and anger as they feel people persecute them. This again is why they prefer to be alone and avoid others as this then prevents them from becoming irritated and agitated.

Friends / Contacts

The theme of friends and establishing old contacts came through in both the mental and the dream symptoms. In contrast with the desire to be left alone, there was a desire to be with friends, and enjoying spending time with friends. Friends and old contacts also surfaced in the dreams. They were pleasant dreams of establishing contact or communication with old friends. It may be extrapolated also that friends are significant in terms of communication with the outside world. Themes of communication or difficulty thereof were also portrayed in the dreams where cell phones were broken or lost and even having to lip-read due to an inability to hear a friend speak. This in a sense symbolises the break in communication that inhibits contact with others.

5.6. POSSIBLE CLINICAL APPLICATIONS

It is of the researcher's opinion that *Hemachatus haemachatus* will be of value in a host of specific clinical indications. This is however yet to be verified through clinical trials and the use of the remedy in varied potencies in homoeopathic practice.

Conditions that may be indicated:

Anxiety

Palpitations

Depression

Migraines and headaches

Meniere's disease

Photophobia

Influenza

Irritable bowel syndrome

Eczema

Asthma

Mastitis

Musculoskeletal system:

- lower back pain

- neck stiffness

- rheumatism

Female hormonal system:

- leukorrhoea

- dysmenorrhea

- dark bleeding

5.7. THE REPERTORISATION OF THE PROVING SYMPTOMS OF *HEMACHATUS HAEMACHATUS* 30CH AND A SUBSEQUENT COMPARISON TO THOSE REMEDIES PRODUCING THE HIGHEST NUMERICAL VALUE AND TOTAL NUMBER OF RUBRICS.

5.7.1. **A comparison of *Hemachatus haemachatus* to *Lycopodium clavatum*.**

Lycopodium is one of the most fundamental remedies in the materia medica and is classed with *Sulphur* and *Calcarea* as part of a triad.

Vithoulkas describes the essence of *Lycopodium* as “cowardice” (Morrison, 1993:228).

Lycopodium has an affinity for the digestive system and is characterised by bloating, flatulence, distension and noisy flatus (Vermeulen, 2002:848-851). These symptoms are also shared by *Hemachatus haemachatus*. They also share the sensation of a ball or

lump in the throat that is aggravated by cold water (Vermeulen, 2000:973-987) and they both have a constant disposition to swallowing (Vermeulen, 2002:848-851). *Lycopodium* is also relieved by eructations, as is evidenced in *Hemachatus*.

On a mental emotional level, *Lycopodium* and *Hemachatus* both feel their anxiety in the stomach pit (Vermeulen, 2000:973-987).

Lycopodium has a greater sense of insecurity and compensatory bravado that is not evident in *Hemachatus* (Vermeulen, 2002: 848-851). *Lycopodium* is also afraid of being alone which is quite opposite to *Hemachatus* who prefers being alone (Vermeulen, 2000:973-987).

They do however share the avoidance of responsibility and the reproachment of others (Vermeulen, 2002:848-851). It appears on comparison that emotionally, *Hemachatus* has a greater sense of sentimentality than *Lycopodium*. *Hemachatus* has a milder introspective depression as he feels as if he has lost something or someone close but cannot place it. *Lycopodium* on the other hand may experience a depression that even extends to suicidal thoughts (Bailey, 2006:110-132).

The general aggravation for *Lycopodium* occurs between 4 and 8pm (Vermeulen, 2002:848-851), much like *Hemachatus* whose aggravation occurs between 5 and 7pm.

5.7.2. **A comparison of *Hemachatus haemachatus* to *Sulphur*.**

Sulphur is one of the most frequently prescribed remedies (Morrison, 1993:368). *Sulphur* has a marked affinity for the skin and the left side (Vermeulen, 2002:1305). On the skin we see a dry, itchy, burning skin that is aggravated by becoming heated and ameliorated by open air (Vermeulen, 2000:1492-1505). These symptoms are also evident in *Hemachatus*. Both remedies experience marked dryness that is experienced in both the mouth and the eyes. The eyes in *Sulphur* are

also burning and itching (Vermeulen, 2000:1492-1505) much like *Hemachatus*. In contrast however, *Hemachatus* eye symptoms are relieved by cool washing whereas *Sulphur* cannot bear to have his eyes washed (Vermeulen, 2000:1492-1505).

On a mental sphere, both remedies are easily irritated. In contrast to *Hemachatus*, *Sulphur* is self-centred, unwashed, untidy, egotistical and proud. They prefer to be the centre of attention (Vermeulen, 2002:1305-1308). *Hemachatus* on the other hand is far more introverted and prefers to be alone in the safety of his familiar space. It appears that *Hemachatus* shows more similarities to *Sulphur* on the physical sphere than on the mental emotional sphere.

5.7.3. **A comparison of *Hemachatus haemachatus* to *Alumina*.**

The main affinity for pathology in *Alumina* lies in the nervous system (Morrison, 1993:16-17). There is marked slowing and confusion in this remedy (Morrison, 1993:16-17). The mental dullness, memory weakness and difficulty concentrating (Morrison, 1993:16-17) are more severe in *Alumina* than in *Hemachatus*. The changeability that is evident in *Hemachatus* also features in *Alumina* as a frequently changing mood that alternates during the day (Vermeulen, 2002:50-54).

Another characteristic symptom of *Alumina* is the extreme dryness that exists (Vermeulen, 2002:50-54). Although there is marked dryness in *Hemachatus*, it does not appear to be as severe as in *Alumina*.

Alumina shares a characteristic symptom of *Hemachatus* that is the general aggravation in the morning on waking (Morrison, 1993:16-17). Other symptoms that are evident in both remedies are: the aggravation from heat, the stools of small hard balls and the aggravation to tobacco (Vermeulen, 2000:60-65).

5.7.4. **A comparison of *Hemachatus haemachatus* to *Sepia officinalis*.**

Vithoukaskas gave the central theme of *Sepia* as being that of “stasis”. This theme of stasis with regards to the mental sphere reflects itself in the mental dullness, sluggishness and confusion of *Sepia* (Vermeulen, 2002:1227-1231) (Morrison, 1993:344-346). Although *Hemachatus* is noted as having a difficulty in concentration and sleepiness, its changeability distinguishes it from *Sepia*. In *Sepia* there is a marked sense of indifference and disconnectedness from the family and an aversion to company as a result of this (Morrison, 1993:344-346). In *Hemachatus* however there is a sense of preferring to be alone and in ones familiar safe environment. The marked irritability however is a common feature in both remedies (Morrison, 1993:344-346). *Sepia* is known to be a female remedy due to its affinity for the female hormonal system. *Hemachatus* shares symptoms with *Sepia* like the bearing down sensation and the dark menses (Vermeulen, 2000:1412-1422). *Sepia* however generally has profuse bleeding during menses (Vermeulen, 2000:1412-1422), whereas *Hemachatus* appears to have a much lighter flow. *Sepia* experiences flushes of heat with perspiration (Morrison, 1993:344-346) much like that of *Hemachatus*.

5.7.5. **A comparison of *Hemachatus haemachatus* to *Calcareo carbonica*.**

Calcareo and *Hemachatus* share the sense of insecurity, however *Calcareo* is far more insecure and has a lot more fears and anxieties than *Hemachatus*. A differentiating symptom is that *Calcareo* are better in the company of others (Vermeulen, 2000:326-341), while in

Hemachatus this is not always true. Most of the similarities between these two remedies exist mainly on the physical sphere.

With regards to digestion, both suffer from indigestion and a distended abdomen (Vermeulen, 2000:326-341). As with *Hemachatus*, *Calcarea* also experiences difficulty swallowing, and has a sensation of a lump in the throat, along with the sensation as if food were stuck in the throat (Vermeulen, 2000:326-341). Both remedies also share the alternation between an increased appetite and a loss of appetite (Vermeulen, 2000:326-341).

A prominent feature in *Hemachatus* is the intense photophobia that is also a characteristic of *Calcarea* (Vermeulen, 2000:326-341). This sensitivity to light in both remedies even extends to the aggravation of migraines by light (Morrison, 1993:82-86).

In the musculoskeletal system, the affinity for arthritic swollen finger joints, sensation of tightness and the aggravation in cold and damp weather are evident in both remedies. Both also experience lower back pain (Morrison: 1993:82-86) (Vermeulen, 2000:326-341).

5.8. FURTHER COMPARISONS

The researcher felt that some remedies were over-represented in the repertory. Most of these remedies that are over-represented are comprised of the classic polychrest remedies. De la Rouviere (2008) conducted a comparative study of *Hemachatus haemachatus* to other snake remedies. Researcher, Cahill, decided to extend the comparative study to a comparison of *Hemachatus haemachatus* to those remedies producing the highest numerical value and total number of rubrics in the plant, mineral and animal kingdoms respectively. The researcher aimed at further differentiating *Hemachatus haemachatus* from those remedies in the plant, mineral and animal kingdoms specifically.

5.8.1 Comparative discussion of plant remedies

Lycopodium clavatum has already been discussed in the main comparative study above.

Pulsatilla pratensis

Pulsatilla is a frequently prescribed remedy characterised by changeability in both the emotional and physical spheres. This changeability is seen when they change easily from weepy to irritable (Morrison, 1993:310-314), which is much like the changeability of *Hemachatus* though perhaps not as fickle. *Pulsatilla* shares similarities with *Hemachatus* in that they are also remarkably irritable and suffer from anxiety that is commonly felt in the epigastrium (Vermeulen, 2000:1296-1308).

Pulsatilla experiences oversensitivity to light and dryness of the eyes (Morrison, 1993:1296-1308) much like *Hemachatus*. Both remedies also share the aggravation by warmth and the sun (Morrison, 1993:1296-1308).

Pulsatilla and *Hemachatus* experience migraines and headaches where the pain extends from the occiput to the temples, and is aggravated by the heat and sun, and ameliorated by pressure (Morrison, 1993:1296-1308).

A common clear indication of *Pulsatilla* is the marked thirstlessness, despite a dry mouth (Morrison, 1993:1296-1308). In contrast to this, *Hemachatus* experiences a dry mouth with much thirst.

Bryonia alba

In *Bryonia* we see them withdraw into themselves as they have a deep feeling of insecurity and a sense of vulnerability. They purposefully isolate themselves because they feel socially inapt (Vermeulen, 2002:272-275).

In *Hemachatus* however we see a sense of insecurity as they feel somewhat persecuted and attacked by others and so consequently prefer being alone in the safety of their home. In both remedies we see marked irritability where they prefer to be left alone and quiet (Morrison, 1993:72-74).

In both remedies we see a dry mouth with increased thirst, however particularly in *Bryonia* we see a thirst for large quantities of water (Morrison, 1993:72-74).

A characteristic symptom in *Hemachatus* is the aggravation on waking in the morning that we also see in *Bryonia* (Morrison, 1993:72-74).

Another similarity between these two remedies is the stiffness and rheumatism of the muscles and joints, however *Bryonia* is more affected on the right side of the body (Morrison, 1993:72-74).

Nux vomica

Nux vomica has an affinity for the digestive system (Vermeulen, 2002:998-1001). They suffer from indigestion and ineffectual urging (Morrison, 1993:272-275), both symptoms of which are present in *Hemachatus*.

Nux vomica experiences a marked oversensitivity to all stimuli. This is seen in their highly irritable and impatient nature (Morrison, 1993:272-275).

Unlike *Hemachatus*, they are ambitious, driven, competitive and fastidious (Morrison, 1993:272-275). Although both remedies are irritable, especially at the inefficiency of others (Morrison, 1993:272-275), it appears as though the irritability of *Nux vomica* is far more visible and intense, whereas *Hemachatus* becomes irritable and instead of making a scene he becomes introverted and isolates himself thus avoiding confrontation.

This sensitivity of *Nux vomica* is also seen in the sensitiveness to light as seen also in *Hemachatus* (Morrison, 1993:272-275).

Another distinguishing symptom that differentiates these two remedies is the amelioration of *Nux vomica* to heat, and the aggravation of *Hemachatus* to heat.

Common symptoms familiar to both remedies are the irritability on waking, the aggravation in early morning and the increased sex drive (Morrison, 1993:998-1001).

Rhus toxicodendron

Rhus toxicodendron is extensively used in clinical practice as an important arthritis remedy. This remedy shares many common arthritic symptoms that are also present in *Hemachatus*. Both remedies experience back, neck and joint pain that is ameliorated by motion and stretching (Morrison, 1993:321-326). Much like *Hemachatus*, *Rhus toxicodendron* also experiences progressive stiffness (Morrison, 1993:321-326).

On a mental emotional level, *Rhus toxicodendron* experiences irritability and impatience (Morison, 1993:321).

In both remedies we also see an aversion to company. In *Hemachatus* we see a sense of feeling persecuted and attacked, however in *Rhus toxicodendron* we see perhaps a milder version of this delusion where they “feel threatened without knowing why” (Vermeulen, 2002:1142-1144).

5.8.2 Comparative discussion of mineral remedies

Sulphur, Alumina, Calcarea carbonica – these remedies have already been discussed by the researcher in the main comparison above and so will not be discussed here.

Natrum muriaticum

There is much similarity between *Hemachatus* and *Natrum muriaticum* on all levels. In both remedies we see a sentimentality, sensitivity, introversion and a great vulnerability throughout. We also see a sense of grieving and loss in the remedies. In *Hemachatus* it is in many cases a “sense as if lost something or someone close”, whereas in *Natrum muriaticum* it is often a real loss that has been experienced yet the *Natrum muriaticum* individual appears to brood over this loss and does not seem to want to move on, this is not the case in *Hemachatus* (Morrison, 1993:258-261). In both remedies we see the aversion to company and the desire to be alone (Morrison, 1993:258-261). In *Hemachatus* it is because they become easily irritated around others, whereas in *Natrum muriaticum* it is because they can brood alone.

In both remedies we see fastidiousness and perfectionism (Morrison, 1993:258-261), however in *Natrum muriaticum* it extends in all their daily activities, whereas in *Hemachatus* it appears to only revolve around their home, their sanctuary.

Natrum muriaticum is a well-known remedy for headaches and migraines. Both of these remedies experience headaches that are aggravated by the light and the sun (Vermeulen, 2000:1108-1118). A peculiar symptom in *Natrum muriaticum* is the sensation of numbness in the face and lips before a headache (Morrison, 1993:258-261), in *Hemachatus* this peculiar symptom occurs during the headache.

In both remedies we see an aggravation of the skin in the heat, and scars becoming painful and red (Vermeulen, 2002:963-967).

Although *Natrum muriaticum* is not always prescribed clinically for arthritis, the arthritic symptoms of *Natrum muriaticum* and *Hemachatus* reveal similarities. Both remedies experience stitches in the joints of the hands and fingers, and stiffness of the finger joints (Vermeulen, 2000:1108-1118).

Graphites

Bailey (2006:70-75) characterises *Graphites* by its simplicity and moodiness. *Graphites*' main affinity is for the skin (Vermeulen, 2000:736). Like in *Hemachatus*, we see dryness of the skin (Vermeulen, 2000:736), aggravation from heat and eruptions in the axilla (Morrison, 1993:169-172).

On an emotional level, we see a few similarities between these two remedies. *Graphites*' suffers from a lack of self-confidence, poor concentration, slow thinking and anxiety (Morrison, 1993:169-172) (Vermeulen, 2002:659-662). Although *Hemachatus* also experiences these symptoms, these symptoms appear to be more transient and less severe in *Hemachatus*. *Graphites*' has a greater dullness of the mind (Morrison, 1993:169-172) than seen in *Hemachatus*.

Other symptoms that overlap in these two remedies are the photophobia and sensitiveness to sunlight, the lack of urging to defecate and the increased sexual desire (Morrison, 1993:169-172).

5.8.3 Comparative discussion of animal remedies

Sepia and ***Calcarea carbonica*** have already been discussed by the researcher in the main comparative study done above, and so will not be discussed further.

Lachesis mutis

Lachesis characteristically has an affinity for the circulatory and female system (Vermeulen, 2002:802-805). *Lachesis* is noted for their jealousy, envy, anger, aggression and haughtiness (Morrison, 1993:215-218) (Vermeulen, 2002:802-805). *Hemachatus* shares some of these qualities

but to a much lesser degree than *Lachesis*. Both remedies share a degree of suspicion, though *Lachesis* experiences this to a far greater extent where they believe they have been “intentionally injured by others” (Vermeulen, 2002:802-805).

Like *Hemachatus*, *Lachesis* experiences marked aggravation in the morning on waking and to heat (Morrison, 1993:215-218). A common symptom found in snake remedies is the sensation of oppression or restriction in the chest with difficulty breathing which is present in both remedies (Morrison, 1993:215-218).

Both remedies overlap in symptomatology in that they both have difficulty swallowing, especially liquids (Morrison, 1993:215-218). Both remedies experience flushes of heat especially to the face, increased libido and a craving for alcohol (Morrison, 1993: 215-218) (Vermeulen, 2002:802-805). *Lachesis* is an extensively recognised headache and migraine remedy, and shares the symptoms of pulsating and bursting pain during a migraine as in *Hemachatus* (Morrison, 1993:215-218).

Spongia tosta

Spongia is noted for its affinity for the respiratory system. It is well known for its treatment in acute respiratory infections, asthma and cardiac disorders (Vermeulen, 2002:1253-1255).

On an emotional level *Spongia* experiences alternating moods with episodes of anxiety and fear (Vermeulen, 2000:1450-1456). Although *Hemachatus* is noted for their changeability in moods and for episodes of anxiety, it does not appear to be as intense as seen in *Spongia*. Both remedies also experience palpitations (Morrison, 1993:354-355).

Like *Hemachatus*, *Spongia* also has dryness in many areas e.g.: dryness in the throat, a dry cough, dryness of mucous membranes and dry skin (Morrison, 1993:354-355) (Vermeulen, 2002:1253-1255).

Spongia and *Hemachatus* are both aggravated by heat, and experience attacks of heat and redness in the face (Morrison, 1993:354-355) (Vermeulen, 2000:1450-1456).

Although *Spongia* is not generally thought of in clinical scenarios involving the musculoskeletal system, it does however share symptoms of stiffness of the limbs (Morrison, 1993:354-355) with *Hemachatus*.

Apis mellifica

Apis is known to experience marked agitation, impatience, excitability and irritability (Vermeulen, 2002:128-132) (Vermeulen, 2000:127-135). They are often termed as being “fruitlessly busy” (Vermeulen, 2002:128-132). In contrast to *Hemachatus*, they are not at all introspective and cannot bear to be left alone (Morrison, 1993:27-29). There is also a strong sense of jealousy in *Apis* (Morrison, 1993:27-29) that did not really feature strongly in *Hemachatus*.

Like *Hemachatus*, *Apis* experiences marked aggravation from heat and by being covered and they ameliorated by the general or local application of cold (Morrison, 1993:27-29).

Both remedies experience stiffness in the back and neck as well as red and inflamed joints (Vermeulen, 2000:127-135).

Both remedies experience marked photophobia during a headache they get flushes of heat, sensation of fullness of the abdomen and aggravations in the morning and around 5pm (Vermeulen, 2000:127-135).

Another differentiating factor between these two remedies is that *Apis* is known to be thirstless (Morrison, 1993:27-29), contrary to *Hemachatus*.

CHAPTER 6

6 CONCLUSIONS AND RECOMMENDATIONS

6.1 CONCLUSIONS

The homoeopathic drug proving of *Hemachatus haemachatus* 30CH produced a wide variety of symptoms on all levels of the body. The most prominent of these were the symptoms of irritability; changeability; abdominal upsets; headaches; dryness and itchiness; and the weakness and heaviness experienced throughout the spectrum of provers. This symptomatology provided in this proving is indicative of the potential of *Hemachatus Haemachatus* to provide a cure to patients with similar conditions. It is hoped that further provings and clinical application of this remedy in varying potencies will provide verification of its indications in the scope of homoeopathic treatment.

The results of this proving demonstrate a range of symptoms throughout the repertory. A complete representation of *Hemachatus haemachatus* as a remedy could not be conclusively reported as a result of this proving being conducted using only a 30CH. Despite this, the overall picture extracted from this proving of *Hemachatus haemachatus* 30CH suggests that this remedy may be useful homoeopathically when treating symptoms such as anxiety, irritability and other menopausal type symptoms. Other symptoms and signs indicate a possible use of *Hemachatus haemachatus* in the homoeopathic treatment of migraines, influenza and arthritis.

It is of the researcher's opinion that the comparison between the homoeopathic proving symptomatology of *Hemachatus haemachatus* and those remedies yielding the highest numerical value and total number of

rubrics on repertorisation of the proving symptoms allowed for a better differentiation of remedies.

It is essential that the proving symptoms be verified and expanded through clinical use and further provings of *Hemachatus haemachatus* in varying potencies so that it may become a well-utilised remedy curing a class of cases previously only treatable with partial remedies.

6.2 RECOMMENDATIONS

6.2.1 Further Provings of *Hemachatus haemachatus*

It is recommended by the researcher that a reproving of *Hemachatus haemachatus* 30CH be conducted to confirm symptoms yielded from this proving. This would also expound on the symptoms extracted from this proving. The ICCH (1999:34) also recommended proving using 2-3 potencies to ensure that all the subtle aspects of the remedy can be explored (ICCH, 1999:34).

6.2.2 Clinical Information

It is important that *Hemachatus haemachatus* is used by practitioners in the field, in order for the various symptoms to be clinically verified. This will help to ascertain a more accurate and clearly differentiated remedy picture of the patient who may require this remedy. It is important then that this clinical information be gathered in order to verify symptoms of the proving and to clarify areas that were not well established by this proving of the 30CH. These cases should be made available to the homoeopathic community through journals and publication on the Internet.

6.2.3 Supervision of Provers

This proving consisted of two researchers who equally divided the proving group of thirty between each other, therefore the researchers supervised 15 provers each. It is advised that in future provings each researcher keep the number of provers per researcher at a maximum of 15 each as this ensures thorough evaluation and supervision of the provers.

6.2.4 Indigenous Substances

It was suggested by Wright (1999) that further investigations and provings of indigenous flora and fauna species should be conducted to contribute to an eventual compilation of a South African homoeopathic Materia Medica. South Africa has a rich variety of indigenous flora and fauna with immense healing potential. There have been many provings of indigenous substances conducted at DUT to date, to name a few: *Bitis arietans arietans* (Wright, 1999); *Harpagophytum procumbens* (Kershbaumer, 2003); *Sutherlandia frutescens* (Van der Hulst, 2002); *Bitis gabonica gabonica* (Thomson, 2004); *Naja mossambica* (Taylor, 2004) (Smal, 2004); *Chamaeleo dilepis dilepis* (Pistorius, 2007) (Moore, 2007) and *Gymnura natalensis* (Naidoo, 2008). The researcher encourages this exploration into South African indigenous flora and fauna, as it serves to develop the South African Materia Medica and hopefully serve as valuable treatment of the local people of South Africa.

6.2.5 The Homoeopathic course and future of provings

As recommended by Thomson (2004) the proving process should be somehow incorporated as a fundamental part of the Homoeopathic

course. It is suggested that one proving be conducted each year by the DUT, and should be an integral part of the year mark for either materia medica or homoeopathic philosophy. The aim of this process is to instil firsthand knowledge and experience of provings once the Homoeopathic training is complete. It is exceptionally important that one understands the vital role of provings in furthering the future of the homoeopathic profession as well as benefiting future patients. It was also noted by the researcher that a lot of lesser proved remedies exist in the homoeopathic Materia Medica and it is suggested they need a much fuller proving in order to be utilised to their full potential. (Sankaran, 1994:10)

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APPENDIX A

PROVERS NEEDED



Samuel Hahnemann

Applicants are required to be between the ages of 18 & 60 years, in a general state of health, and interested in taking part in the Research of a new Homoeopathic remedy at the Durban University of Technology.



Please contact:

Lize de la Rouviere: 076 160 4199

Or

Jodi Cahill: 083 946 6439

Or

Homoeopathic Day Clinic: (031) 2042041

APPENDIX B

This appendix has been adapted from the proving by Smal (2004) and Taylor (2004) of *Naja mossambica*.

SUITABILITY FOR INCLUSION IN THE PROVING

All information will be treated as strictly confidential

Surname:

First names:

Sex:

Telephone number:

PLEASE CIRCLE THE APPROPRIATE WORD:

- | | | |
|-----|--|--------|
| 1. | Are you between the ages of 18 and 60 years? | YES/NO |
| 2. | Do you consider yourself to be in general state of good health? | YES/NO |
| 3. | Are you on or in need of any medication? | |
| | - Chemical/Allopathic | YES/NO |
| | - Homeopathic | YES/NO |
| | - Other (e.g. herbal) | YES/NO |
| 4. | Are you pregnant or nursing? | YES/NO |
| 5. | Have you had any surgery in the last six weeks? | YES/NO |
| 6. | Do you use any recreational drugs such as
Marijuana, LSD or MDMA (ecstasy) | YES/NO |
| 7. | Do you consume more than: | |
| | - 2 measures of alcohol per day?
(1 measure = 1 tot/ 1beer/ ½ glass wine) | YES/NO |
| | - 10 cigarettes per day? | YES/NO |
| | - 3 cups of tea / coffee / herb tea per day? | YES/NO |
| 8. | If you are between the ages of 18 and 21 years do you have
consent from a parent/guardian to participate in this proving? | YES/NO |
| 9. | Are you willing to follow the proper procedures for the duration
of the proving? | YES/NO |
| 10. | Is English your first language and/or are you fluent in English? | YES/NO |

APPENDIX C

This appendix has been adapted from the proving by Smal (2004) and Taylor (2004) of *Naja mossambica*.

INFORMED CONSENT FORM

(To be completed in duplicate by the prover)

Title of the research project

A Homoeopathic Drug Proving

Name of the supervisor

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

(031) 2042041

Names of the research students

Lize de la Rouviere and Jodi Cahill

Please circle the appropriate answer:

1. Have you read the research information sheet? YES/NO
2. Have you had the opportunity to ask questions regarding this proving? YES/NO
3. Have you received satisfactory answers to your questions? YES/NO
4. Have you had an opportunity to discuss this proving? YES/NO
5. Who have you spoken to? _____
6. Have you received enough information about this proving? YES/NO
7. Do you understand the implications of your involvement in this proving? YES/NO

8. Do you understand that you are free to withdraw from this proving:

- a. at any time
- b. without having to give a reason for withdrawing
- c. without affecting your future care?

YES/NO

9. Do you agree to voluntarily take part in this proving?

YES/NO

If you have answered NO to any of the above, please obtain the information before signing.

I _____ hereby give consent for the proposed procedures to be performed on me as part of the mentioned research project.

Prover:

Name: _____ Signature: _____ Date: _____

Witness:

Name: _____ Signature: _____ Date: _____

Researcher:

Name: _____ Signature: _____ Date: _____

APPENDIX D

Case History Sheet

This has been adapted from Wright, C. 1999. A Homoeopathic Drug Proving of the Venom of *Bitis arietans arietans*. M. Tech. Hom. Dissertation, Technikon Natal, Durban.

Prover number:

Name:

Sex:

Date of birth:

Age:

Marital status:

Children:

Occupation:

Past medical history:

Please list all previous health problems and their approximate dates:

Do you have a history of any of the following? (please tick ✓)

Cancer		Asthma	
HIV		Pneumonia / Chronic bronchitis	
Parasitic infections		Tuberculosis	
Glandular fever		Tendency to suppuration / boils	
Bleeding disorders		Haemorrhoids	
Eczema or skin conditions		Cardiovascular disease	
Arthritic / Rheumatic conditions		Warts	

Surgical history:

Please list any past surgical procedures you have undergone, and the approximate dates.

(Including the removal of tonsils, warts, moles, appendix)

Allergies:

Vaccinations (Including any reaction to them):

Medication (Including supplements):

Estimation of daily consumption of:

Alcohol:

Cigarettes:

Family history:

Is there a history of any of the following within your family?

Cardiovascular disease		Cerebrovascular disease	
Diabetes mellitus		Tuberculosis	
Mental disease		Cancer	
Epilepsy		Bleeding disorders	
Arthritic / Rheumatic conditions			

Please list any other medical conditions within your family:

General Health:

Energy:

Describe your energy levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

Stress:

Describe your stress levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

Sleep:

- Quantity
- Quality
- Position

Dreams:

Include any recurrent dreams and themes; and any significance related to life situations at the time of the dream.

Time modalities:

Weather modalities:

Temperature modalities:

Perspiration:

- Distribution
- Odour
- Colour

Appetite:

- Hunger
- Cravings
- Aversions
- Aggravations

Thirst:

- What do you normally drink
- Quantity
- How do you drink (small / large sips...)

Travel:**Specific Body Systems:**

Symptoms from each system will be concentrated on more than pathologies – these headings are just guidelines for the researchers.

Head:

- Scalp, hair
- Headache
- Trauma, whiplash
- Concomitants
- Modalities

Neurological:

- Seizures
- Weakness / palsy
- Sensations
- Concomitants
- Modalities

Eyes:

- Pain
- Inflammation
- Discolouration
- Vision
- Concomitants
- Modalities

Ears:

- Otitis
- Balance / vertigo
- Tinnitus
- Hearing
- Concomitants
- Modalities

Nose:

- Allergic rhinitis
- Coryza

- Sneezing
- Sinusitis
- Post-nasal drip

- Concomitants
- Modalities

Throat:

- Sore throats
- Hoarseness
- Tonsils – IN / OUT

- Concomitants
- Modalities

Pulmonary:

- Chest
- Cough
- Sputum
- Asthma
- SOB
- Bronchitis

- Pneumonia
- Concomitants
- Modalities

CVS:

- Hyper / Hypotension
- Pain / discomfort (chest)
- Palpitations
- Syncope
- Oedema
- Phlebitis, varices, telangiectasias, anaemia, easy bruising...
- Concomitants
- Modalities

GUT and Abdomen:

- Nausea / vomiting
- Indigestion / heartburn
- Hernia
- Ulcers
- Abdominal pain

- Bloating
- Bowel movements
- Constipation / Diarrhoea
- Flatulence
- Any organs particularly affected (Liver, pancreas, gallbladder...)
- Haemorrhoids
- Any GI surgery
- Concomitants
- Modalities

Urinary system:

- Urine output per day (quantity, colour, odour...)
- Fluid intake (what, how much, hot / cold...)
- Infections
- Nocturia
- Haematuria
- Renal stones
- Concomitants
- Modalities

Male system:

- Libido
- Pain
- Impotence
- Emissions
- Prostate
- Swellings
- Lesions
- STD's
- Concomitants
- Modalities

Female system:

- Contraception
- Libido
- Coital pain
- Pain (other)
- Bloating
- Cysts

For how long?
Past history of...

- PMS
- Menstrual cycle
 - Interval
 - No. days
 - Amt. of flow
 - Colour of blood
 - Clots
 - Pain
 - Menarche
- Menopause
- Discharge
- Breast pain
- Check-ups
- PAP smear
- Last gynae. appointment
- Pregnancy
- Labour
- Infections
- STD's

- Concomitants
- Modalities

Skin:

- General appearance
- Eruptions
- Dryness
- Turgor
- Nails
- Concomitants
- Modalities

Musculoskeletal:

- Muscle pain / stiffness
- Joints
 - Pain
 - Stiffness
 - Inflammation
- Concomitants
- Modalities

Mental:

Please describe your mental and emotional state as it is at this present time.

Physical Examinations:**Vital signs:**

- Pulse
- Temperature
- Blood pressure
- Height
- Weight (any recent change...)

JACCOLDD:

- Jaundice
- Anaemia
- Capillary refill
- Cyanosis

- Clubbing
- Oedema
- Lymphadenopathy
- Dehydration
- Dyspnoea

Cursory examination:

Brief head to toe examination of all the systems.

- Skin
- Head and neck
- Respiratory
- CVS
- Abdomen
- Extremities
 - Reflexes
 - Range of motion
 - Muscle tone

APPENDIX E

This appendix has been adapted from: Jeremy Sherr's '*The dynamics and methodology of homoeopathic provings*' (Sherr, 1994). Smal and Taylor's proving of *Naja mossambica* (Smal, 2004) (Taylor, 2004).

INSTRUCTIONS TO PROVERS AND LETTER OF INFORMATION

Dear Prover

Thank you very much for taking part in this proving.

As an active participant in this proving you will play an integral part in introducing a new indigenous homoeopathic remedy. This study provides an opportunity to utilise one of South Africa's natural resources for a medicinal purpose, which will benefit people for generations to come.

Risks and benefits:

You may experience some mild transient symptoms whilst taking the homoeopathic medication. You however will be in daily contact with the researcher and under constant supervision of a qualified homoeopathic physician, who will antidote any unpleasant intolerable symptoms if necessary. Please be reminded that you are under no obligation and are free to withdraw from the study at any stage.

As a participant of this proving you may experience some indirect benefits such as an increased awareness of yourself, an increased sense of well-being and a better understanding of how homoeopathy works. Homoeopathy students will gain a better understanding of homoeopathic provings and homoeopathy in general.

Before the proving:

Ensure that you have:

- Completed and signed the informed consent form
- Attended the pre-proving meeting
- Had a case history taken and a physical examination performed
- Been allocated a prover code
- The correct journal
- Been given a set of six powders
- Read and understood these instructions

Your proving supervisor will inform you of the date that you may start the one week pre-proving observation period and of the date that you may start taking the remedy. Please give your supervisor a convenient time at which she may contact you on a daily basis.

Should there be any queries or anything you don't fully understand, please do not hesitate to call your supervisor.

Beginning the proving:

After the supervisor has contacted you and asked you to commence the proving, record your symptoms daily in the diary for one week prior to taking the remedy. This will help you get into the habit of observing and recording your symptoms, as well as bringing you into contact with your normal state. This is an important step as it establishes a baseline for you as an individual prover.

Taking the remedy:

Begin taking the remedy on the day you and your supervisor have agreed upon. Record the time that you take each dose. Time keeping is an important element of the proving.

The remedy should be taken on an empty stomach and with a clean mouth. Neither food nor drink should be taken for half an hour before and after taking the remedy.

The remedy should not be taken for more than 3 doses a day for two days (six powders maximum). In the event that you experience symptoms or those around you observe any proving symptoms ***do not take any further doses of the remedy.***

By proving symptoms we mean:

1. Any new symptoms, i.e. ones that you have never experienced before, or,
2. Any change or intensification of any existing symptom, or,
3. Any strong return of an old symptom, i.e. a symptom that you have not experienced for more than one year.

If in doubt phone your supervisor. Be on the safe side and do not take further doses. Our experience has shown that the proving symptoms usually begin very subtly, often before the prover recognises that the remedy has begun to act.

Lifestyle during the proving:

A successful proving depends on your recognising and respecting the need for moderation in the following areas: work, alcohol, exercise and diet. Try to remain within your usual framework and maintain your usual habits.

Please avoid all antidoting factors such as coffee, camphor and mints. If you normally use these substances, please stop taking them two weeks before, and for the duration of, the proving. Protect the powders you are proving as you would any other remedy, including keeping them away from strong smelling substances, chemicals, electrical equipment and cell phones.

Avoid taking medication of any sort, especially antibiotics, vitamin or mineral supplements, herbal or homoeopathic remedies.

In the event of a medical or dental emergency of course common sense should prevail. Contact your doctor, dentist or local hospital as necessary. Please contact your supervisor or proving coordinator as soon as possible.

Confidentiality:

It is important for the quality and credibility of the proving that you discuss your

symptoms only with your supervisor. Keep your symptoms to yourself and do not discuss them with fellow provers.

Your privacy is something that we will protect. Only your supervisor will know your identity and all information will be treated in the strictest confidence. Your identity will not be revealed at any part of the study.

Contact with your supervisor:

Your supervisor will telephone you to inform you to begin your one-week observation period. When you start to take the remedy, your supervisor will contact you daily at the time you agreed on. This will later decrease to 2 or 3 times a week and then to once a week, when you and the supervisor agree that there is no longer a need for such close contact. This contact is to check on your progress, make sure that you aren't experiencing any difficulties, and help you to record the best quality symptoms possible.

If you have any doubt or questions during the proving, please do not hesitate to call your supervisor.

Recording of symptoms:

When you commence the proving note down carefully any symptoms that arise, whether they are old or new, and the time of day or night at which they occurred. This should be done as vigilantly and frequently as possible so that the details will be fresh in your memory. Make a note even if nothing happens. Please keep the diary with you at all times to enable you to record symptoms as soon as they occur.

Please *start each day on a new page* with the date noted at the top of each page. Also note which day of the proving it is. The day that you took the first dose is day zero. *Write neatly on alternate lines*, in order to facilitate the extraction process, which is the next stage of the proving.

Please be as precise as possible. Note in an accurate, detailed, but brief manner your symptoms in your own language.

Information about location, sensation, modality, time and intensity is particularly important:

LOCATION:

Try to be accurate in your anatomical descriptions. Simple clear diagrams may help here. Be attentive to which side of the body is affected.

SENSATION:

Burning, dull, lancinating, shooting, stitching, etc.

MODALITY:

A modality describes how a symptom is affected by different situations or stimuli, such as weather, food, odours, dark, lying, standing, light, people, activity, etc. Try different

things out to see if they affect the symptom and record any changes. Annotate it as > for better from, and < for made worse by.

TIME:

Note the time of onset of the symptoms, and when they cease or are altered. Is it generally > or < at a particular time of day, and is this unusual for you?

INTENSITY:

Briefly describe the sensation and effect of the symptom on you. You may want to grade it from 1 to 10, 1 being very slight and 10 being the most intense possible.

AETIOLOGY:

Did anything seem to cause or set off the symptom and does it do this repeatedly?

CONCOMMITANTS:

Do any symptoms appear together or always seem to accompany each other, or do some symptoms seem to alternate with each other?

This can easily be remembered as: **CLAMITS**

- C - concomitants
- L - location
- A - aetiology
- M - modality
- I - intensity
- T - time
- S - sensation

On a daily basis you should run through the following checklist to ensure that you have observed and recorded all your symptoms:

- | | | |
|-----------------|----------------------|------------------------|
| Mind | Vertigo | Head |
| Eye | Vision | Ear |
| Hearing | Nose | Face |
| Mouth | Teeth | Throat |
| External throat | Stomach | Abdomen |
| Rectum | Stool | Bladder |
| Kidneys | Prostate | Urethra |
| Urine | Male genitalia / Sex | Female genitalia / sex |
| Larynx | Respiration | Cough |
| Expectoration | Chest | Back |

Extremities
Chill
Skin

Sleep
Fever
Generals

Dreams
Perspiration

As far as possible try to classify each of your symptoms by making a notation according to the following key in brackets next to each entry:

(RS) - RECENT SYMPTOM i.e. a symptom that you are suffering from now, or have been suffering from in the last year.

(NS) - NEW SYMPTOM.

(OS) - OLD SYMPTOM. State when the symptom occurred previously.

(AS) - ALTERATION in a PRESENT or OLD symptom.

(E.g. used to be left side, now on the right side)

(US) - An UNUSUAL SYMPTOM for you.

Please remember to use *red ink* for these notations and classify your symptoms accurately. If you have doubts, discuss them with your supervisor.

Mental and emotional symptoms are important, and sometimes difficult to describe - please take special care in noting these. Please give full descriptions of dreams, and in particular note the general feeling or impression the dream left you with. You may also wish to note the phase of the moon if you have symptoms that are affected by it.

Reports from friends and relatives can be very enlightening. Please include these if possible. At the end of the proving please make a general summary of the proving. Note how the proving affected you in general. How has this experience affected your health? Would you do another proving?

Please remember that detailed observation and concise legible recording is crucial to the proving.

"The best opportunity for exercising our sense of observation and to perfect it is by proving medicines ourselves." (Hahnemann, 1982)

"The person who is proving the medicine must be pre-eminently trustworthy and conscientious... and able to express and describe his sensations in accurate terms," (Hahnemann, 1982)

Thank you for participating in this proving. We are sure you will find that there is no better way of understanding and advancing homoeopathy.

Kind regards
Jodi Cahill and Lize de la Rouviere

APPENDIX F

This appendix has been adapted from the proving by Smal (2004) and Taylor (2004) of *Naja mossambica*.

PROVING INFORMATION SHEET:

What is a proving?

A homoeopathic drug proving is a study in which people who are in a relatively good state of health, take a homoeopathically prepared substance in order to observe and record any symptoms that are elicited. These symptoms are then said to form the drug picture for that substance and can be used as a basis for prescription, according to the Law of Similars, when a patient displays a similar symptom picture.

Why participate in a proving?

Proving is vitally important to homoeopathy as they represent the only truly accurate manner in which to ascertain the action of homoeopathic drugs. Hahnemann suggests in the *Organon of medicine* that all homoeopaths should take part in provings because they allow one to gain a practical and experiential understanding of homoeopathic medicines. He also feels that the process of having to accurately record all symptoms that are experienced in the proving can only serve to increase the physician's powers of observation - what he considered to be the physician's greatest and most important tool.

Are there any health risks in participating in a proving?

Homoeopathic drug provings are safe and pose no threat to one's health as the substance used in the proving is given in a diluted and potentized homoeopathic form. Provings have been conducted for as long as homoeopathy has existed and it is seen in all provings that symptoms that are experienced during the proving are generally mild and exist only temporarily.

In addition to this, all provers are continuously monitored by the researchers throughout the proving process. If at any point a prover experiences symptoms that are causing discomfort these will immediately be treated homoeopathically, free of charge, under the supervision of the Research Supervisor.

What is expected of provers?

There are certain criteria that need to be met in order to enable you to participate in this proving:

- Must be between the ages of 18 and 65
- Must be in a relatively good state of health
- Must be in what is considered, for yourself, to be a general state of good health
- Must be willing to follow the proper procedures for the duration of the proving
- Must be able to maintain your normal lifestyle and usual daily routine as closely as possible and have no major lifestyle changes (e.g. moving house, marriage or divorce) planned during the proving period. Any lifestyle changes should take place at least three weeks before commencing with the proving

- Must not be on or in need of any medication: chemical, homoeopathic or other
- Must not be pregnant or nursing
- Must not have had surgery in the previous six weeks
- Must not have any surgical or medical procedures planned for the duration of the proving period
- Must not use recreational drugs such as cannabis, LSD or MDMA
- Any consumption of stimulants (alcohol, coffee, tea, cigarettes) must be in moderation

A total of 30 volunteers, who will be the provers, will be randomly assigned to two groups. One group (80% of the total) will be given the proving substance and the other group (20% of the total) will receive placebo. This will be done in such a manner that neither the provers nor the researchers will know who is in which group, and none of the provers will know what the proving substance is.

Provers will first need to record their 'normal' symptoms for one week to establish a baseline of health. You will then be required to take the given substance (or placebo) three times a day for a total of two days. During this time you may experience symptoms which you will be required to record in your proving journal. During the entire proving time the researchers will be in close contact with you to monitor your symptoms. This will be done under the supervision of the Research Supervisor.

If you choose to take part in the proving you will be provided with a detailed list of instructions as to exactly what the proving entails. Here follows the basic sequence of events:

1. You will contact either of the researchers to say that you would like to participate in the proving and will be asked to meet with the researcher for a pre-proving interview
2. At the pre-proving interview you will be asked to complete the Inclusion Criteria sheet and provided with any information you require about the process. You will be given a date for a pre-proving group meeting.
3. The pre-proving group meeting will be held between all of the provers and both the researchers. This will serve as an informative session where any questions about the proving will be answered and you will be given a complete break down as to what the proving entails
4. At the end of this group meeting you will be asked to arrange a time with a researcher for a 1½ hour consultation and physical examination. You will then be asked to sign the informed consent form.
5. At the consultation you will be given your prover code, journal, medication and a starting date will be agreed on
6. On completion of the proving there will be another 1½ hour consultation with a researcher.
7. Once all provers have completed the proving there will be another group meeting

between provers and researchers to compare individual experiences.

If at any point you decide to withdraw from the proving you are perfectly entitled to do

so without having to give any explanation. You may be asked to withdraw from the proving if there is any conflict with the criteria listed above, as these are the criteria that have been set to define the study.

Please be aware that **confidentiality will be maintained throughout the proving.** On completion of the proving any identifiable data will be removed and destroyed. Proving symptoms that are recorded will only be published using the prover code.

Contact details:

If you have any questions, require information or would like to participate in the proving please contact one of the following people:

Researchers:

Lize de la Rouviere

(031) 764 0867

076 160 4199

mollerdlr@telkomsa.net

Jodi Cahill

(031) 266 3006

083 946 6439

jodi@mailbox.co.za

Supervisor:

Dr Madhu Maharaj

(031) 204 2041

If you have any questions at all please do not hesitate to contact us.

Thank you for your time

Jodi Cahill and Lize de la Rouviere

APPENDIX G:

Comparative Study Repertorisation Sheet

Sum of symptoms

1	1234	2	MIND - MOOD - changeable	203
2	1234	2	MIND - ANXIETY	491
3	1234	1	MIND - CONCENTRATION - difficult	381
4	1234	3	MIND - IRRITABILITY	567
5	1234	2	MIND - COMPANY - aversion to	249
6	1234	2	GENERALS - WEAKNESS	802
7	1234	3	GENERALS - MORNING - waking; on	26
8	1234	2	GENERALS - HEAVINESS	64
9	1234	2	EXTREMITIES - PAIN - Fingers	99
10	1234	2	ABDOMEN - DISTENSION	335
11	1234	2	EYE - PHOTOPHOBIA	242
12	1234	2	SKIN - ITCHING	323

	lyc.	sulph.	alum.	sep.	calc.	nat-m.	graph.	puls.	ars.	phos.
	85	77	76	76	75	73	71	71	70	70
1	3	1	2	2	2	1	1	3	2	2
2	3	3	2	2	3	2	2	3	4	3
3	3	2	2	3	2	2	3	2	1	3
4	3	3	3	3	3	3	3	3	3	3
5	2	2	3	3	1	4	1	2	1	1
6	2	3	2	3	3	3	3	2	3	3
7	2	-	2	-	-	-	2	-	-	-
8	1	3	1	3	2	2	-	3	-	3
9	1	1	1	1	2	-	-	-	1	-
10	3	3	2	2	3	3	3	2	3	3
11	3	3	2	2	3	3	3	2	3	2
12	3	3	2	3	2	3	3	3	3	2

APPENDIX H:

Plant Kingdom Repertorisation Sheet

Sum of symptoms

1	1234	2	MIND - MOOD - changeable	203
2	1234	2	MIND - ANXIETY	491
3	1234	1	MIND - CONCENTRATION - difficult	381
4	1234	3	MIND - IRRITABILITY	567
5	1234	2	MIND - COMPANY - aversion to	249
6	1234	2	GENERALS - WEAKNESS	802
7	1234	3	GENERALS - MORNING - waking; on	26
8	1234	2	GENERALS - HEAVINESS	64
9	1234	2	EXTREMITIES - PAIN - Fingers	99
10	1234	2	ABDOMEN - DISTENSION	335
11	1234	2	EYE - PHOTOPHOBIA	242
12	1234	2	SKIN - ITCHING	323
13	1234	1a	KINGDOMS - PLANTS Cronquist (with all subrubrics) (&Elimination)	874
14	1234	1a	KINGDOMS - PLANTS other families (with all subrubrics) (&Elimination)	772

	lyc.	puls.	rhus-t.	nux-v.	bry.	acon.	con.	thuj.	petr.	chin.
	87	73	72	71	68	67	66	63	62	61
1	3	3	-	1	1	2	1	1	2	2
2	3	3	3	2	3	3	3	2	2	3
3	3	2	1	4	1	2	2	2	1	1
4	3	3	3	3	3	3	2	3	3	2
5	2	2	2	3	2	1	2	2	1	2
6	2	2	3	2	2	2	3	2	2	3
7	2	-	-	-	-	-	-	-	-	-
8	1	3	2	3	2	-	2	1	1	-
9	1	-	2	-	1	2	-	1	1	-
10	3	2	2	2	2	3	2	2	2	3
11	3	2	3	3	2	3	3	1	1	3
12	3	3	3	2	2	1	2	2	2	1
13	1	1	1	1	1	1	1	1	-	1
14	1	1	1	1	1	1	1	1	1	1

APPENDIX I:

Mineral Kingdom Repertorisation Sheet

Sum of symptoms

1	1234	2	MIND - MOOD - changeable	203
2	1234	2	MIND - ANXIETY	491
3	1234	1	MIND - CONCENTRATION - difficult	381
4	1234	3	MIND - IRRITABILITY	567
5	1234	2	MIND - COMPANY - aversion to	249
6	1234	2	GENERALS - WEAKNESS	802
7	1234	3	GENERALS - MORNING - waking; on	26
8	1234	2	GENERALS - HEAVINESS	64
9	1234	2	EXTREMITIES - PAIN - Fingers	99
10	1234	2	ABDOMEN - DISTENSION	335
11	1234	2	EYE - PHOTOPHOBIA	242
12	1234	2	SKIN - ITCHING	323
13	1234	1a	KINGDOMS - IMPONDERABLES (with all subrubrics) (&Elimination)	11
14	1234	1a	KINGDOMS - MINERALS and CHEMICALS (with all subrubrics) (&Elimination)	10 07

	sulph.	alum.	calc.	nat-m.	graph.	ars.	phos.	bar-c.	kali-c.	sil.
	79	78	77	75	73	72	72	67	67	66
1	1	2	2	1	1	2	2	2	2	1
2	3	2	3	2	2	4	3	2	3	2
3	2	2	2	2	3	1	3	3	2	3
4	3	3	3	3	3	3	3	2	3	3
5	2	3	1	4	1	1	1	3	1	-
6	3	2	3	3	3	3	3	3	3	3
7	-	2	-	-	2	-	-	-	-	-
8	3	1	2	2	-	-	3	-	-	1
9	1	1	2	-	-	1	-	1	1	2
10	3	2	3	3	3	3	3	2	3	2
11	3	2	3	3	3	3	2	3	2	2
12	3	2	2	3	3	3	2	2	2	3
13	-	-	-	-	-	-	-	-	-	-
14	1	1	1	1	1	1	1	1	1	1

APPENDIX J:

Animal Kingdom Repertorisation Sheet

Sum of symptoms

1	1234	2	MIND - MOOD - changeable	203
2	1234	2	MIND - ANXIETY	491
3	1234	1	MIND - CONCENTRATION - difficult	381
4	1234	3	MIND - IRRITABILITY	567
5	1234	2	MIND - COMPANY - aversion to	249
6	1234	2	GENERALS - WEAKNESS	802
7	1234	3	GENERALS - MORNING - waking; on	26
8	1234	2	GENERALS - HEAVINESS	64
9	1234	2	EXTREMITIES - PAIN - Fingers	99
10	1234	2	ABDOMEN - DISTENSION	335
11	1234	2	EYE - PHOTOPHOBIA	242
12	1234	2	SKIN - ITCHING	323
13	1234	1a	KINGDOMS - ANIMALIA (with all subrubrics) (&Elimination)	173
14	1234	1a	KINGDOMS - ANIMALS other families (with all subrubrics) (&Elimination)	143

	sep.	calc.	lach.	spong.	apis	tarent.	carb-an.	bufo	mosch.	haliae-lc.
	23/55	23/54	23/44	23/34	21/42	21/39	21/36	19/19	19/19	19/19
1	2	2	1	1	2	1	1	1	1	-
2	2	3	2	2	1	2	2	1	1	1
3	3	2	3	2	2	2	2	1	1	1
4	3	3	2	1	3	2	1	1	1	1
5	3	1	2	1	-	2	3	1	-	1
6	3	3	3	2	3	3	2	1	1	1
7	-	-	-	-	-	-	-	-	-	-
8	3	2	1	2	1	-	-	-	-	1
9	1	2	1	1	1	1	2	-	1	-
10	2	3	3	1	2	1	2	1	1	1
11	2	3	2	1	2	2	1	1	1	1
12	3	2	2	3	3	3	2	1	1	1
13	1	1	1	1	1	1	1	1	1	1
14	1	1	1	1	1	1	-	1	1	1