

**A HOMOEOPATHIC DRUG PROVING OF YAM HA-MELACH OF  
THE 30<sup>TH</sup> CENTESIMAL POTENCY AND A SUBSEQUENT  
COMPARISON OF THE SYMPTOMATOLOGY WITH EXISTING  
INDICATIONS OF CLINICAL THERAPEUTIC USE**

**By  
Tamara Rabinowitz**

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Master's Degree in Technology: Homoeopathy in the Department of  
Homoeopathy at the Durban University of Technology.

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

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date of Signature

**APPROVED FOR FINAL SUBMISSION**

\_\_\_\_\_  
Signature of Supervisor

Dr I.M.S. Couchman

M. Tech: Hom (T.N.)

\_\_\_\_\_  
Date of Signature

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# ABSTRACT

## Introduction

Proving form a fundamental part of the philosophy and practice of homoeopathy and the foundation on which homoeopathic prescribing rests. The substance chosen for this study is *Yam ha-Melach* (Dead Sea water). This substance has been known for its healing properties since ancient times and thus seemed an apt addition to the homoeopathic Materia Medica.

## Purpose

The primary purpose of this investigation was to investigate and determine the complete symptom picture of *Yam ha-Melach*, homoeopathically prepared to the thirtieth centesimal potency, on healthy individuals and record the mental, emotional and physical signs and symptoms produced, so that it may be prescribed to those suffering from similar signs and symptoms, according to the *Law of Similars*, as required by homoeopathy. A further purpose of this investigation was to compare the symptom picture gained to the existing indications of clinical therapeutic use of this substance. This study was done in conjunction with Natasha Wallace, who compared the symptom picture gained from the proving of *Yam ha-Melach* 30CH to the symptom picture of its constituent minerals.

## Methodology

To prepare the remedy, *Yam ha-Melach* was triturated at a ratio of 1:99 with Saccharum lactis powder to the 3<sup>rd</sup> centesimal potency. Liquid potencies were then manufactured from *Yam ha-Melach* 3CH to a potency of 30CH. The remedy was dispensed in the form of Saccharum lactis granules that have been triple

impregnated at 1% volume/volume (according to Method 10 of the GHP) with *Yam ha-Melach* 30CH in 90% ethanol. The remedy was dispensed in the form of 6 single enveloped powders. 10 lactose granules impregnated with potentised *Yam ha-Melach* 30CH was added to each envelope. This was administered to the provers in the experimental group. The placebo was dispensed in the form of 6 single enveloped powders. 10 neutral lactose granules were added to each envelope. This was dispensed to the placebo group. The placebo and the active remedy were identical in appearance thus ensuring the double blind nature of the experiment with neither the provers nor the researchers able to differentiate the active remedy from the placebo.

The research methodology of Jeremy Sherr is thorough and well researched as well as very user friendly thus for the purpose of this study the methodologies suggested by Sherr in his *Dynamics and Methodology of Homoeopathic Provings* were used (1994).

Twenty healthy individuals took part in this study. Participants were fully informed about the research (Appendix D) and had to meet all the inclusion criteria (Appendix B) before commencing the proving. 10% (2 provers) of the prover group received placebo and the remainder (18 provers) of the group received the verum. The homoeopathic proving of *Yam ha-Melach* 30CH took the form of a double blind placebo controlled study where neither the provers nor the researcher knew to whom the placebo or active remedy was given. The provers had no knowledge of the substance being proved or the potency in which it was administered. The potency utilized for this proving was the 30<sup>th</sup> centesimal potency or 30CH.

Data collection was in the form of a journal kept by each prover. Provers observed themselves before, during and after administration of the remedy and recorded all their mental, emotional and physical signs and symptoms in the journal. On completion of the proving the information elucidated by the provers was correlated and assessed by the two researchers for suitability to be included

in the Materia Medica of *Yam ha-Melach* 30CH. These symptoms were then translated into Materia Medica and repertory language. Information obtained from the case histories, physical examinations (Appendix F) and group discussions were also utilized.

The information obtained from the proving of *Yam ha-Melach* 30CH was compared to the existing indications of clinical therapeutic use. This highlighted important themes in the remedy and explained symptoms. Symptoms and themes that emerged from the proving were related to the ailments, symptoms and signs being treated with Dead Sea water in an attempt to clarify and expand on the understanding of the remedy.

## **Results**

Provers experienced a wide range of symptoms on the mental, emotional and physical planes. In the mental and emotional spheres, provers experienced intense irritability, anxiety and depression which was characterized by loneliness and hopelessness as well as much crying and thoughts of suicide. Mania was prevalent with spontaneity and rebellion against societal norms and religion, paranoia and discrimination. Physically, provers experienced much joint pain and stiffness as well as a variety of skin symptoms resembling psoriasis and vitiligo. Dehydration was a central theme as was detachment and symptoms involving the female system.

## **Conclusions**

It was hypothesized that the proving of *Yam ha-Melach* 30CH would produce clearly observable signs and symptoms in healthy individuals. The results of the proving show no contradiction to this and thus the hypothesis was verified.

The musculoskeletal symptoms of *Yam ha-Melach* 30CH were comparable to those of rheumatoid and osteoarthritis and the skin symptoms were comparable to those of psoriasis and vitiligo. These are the primary clinical therapeutic indications for Dead Sea products. This verifies the homoeopathic principle of the *Law of Similars*.

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## **DEFINITION OF TERMS**

### **CENTESIMAL POTENCY**

The sequential addition of 1 part of the previous potency to 99 parts of the diluents. The number of these serial dilutions, each proceeded by succussion, indicates the centesimal potency (Swayne, 2000).

### **EMPIRICAL**

This is a central concept used in science and the scientific method which indicates that all evidence must be dependent on evidence or consequences that are observable by the senses. Empirical data is data that is produced by experiment or observation (Stedman's Medical Dictionary, 2005).

### **LAW OF SIMILARS**

"*Similia Similibus Curentur*", the fundamental principle of homoeopathy (Swayne, 2000) formulated by Hahnemann that states that any substance that is capable of producing morbid symptoms in the healthy will cure similar symptoms in the sick (Yasgar, 1997). Simply said, let likes be cured by likes (Gaier, 1991).

### **MATERIA MEDICA**

A pharmacological text listing remedies and their therapeutic actions (Yasgar, 1997). It includes the nature and therapeutic repertoire of homoeopathic medicines including the pathologies they cover, the signs and symptoms and the modifying factors that have been derived from toxicological reports, homoeopathic drug provings and clinical experience (Swayne, 2000).

## **MODALITY**

A factor that qualifies a particular symptom and is expressed as an aggravating factor or an ameliorating factor. These are associated with times of the day, seasons, locality, position, pressure, perception and touch among others (Gaier, 1991).

## **PHARMACOPOEIA**

Pharmacopoeia is literally, the art of the drug compounder. It is a book containing monographs of medicines and other therapeutic agents, specifications for the sources and standards for the strength and purity of the base substances and mother tinctures. Also included are the methods of preparation of these substances. It is published by the authority of a government or a medical or pharmaceutical society (Gaier, 1991).

## **PLACEBO**

An inert compound identical in appearance to the material being tested in experimental research, which may or may not be known to the physician or patient, administered to distinguish between the drug action and the suggestive effect of the material under study (Stedman's Medical Dictionary, 2005)

## **POTENCY**

The stage of altered remedial activity to which a drug has been taken by means of a measured process of deconcentration, with succession, or by trituration, of the medicinal substance, which is thus brought to a state of diminutive or infinitesimal subdivision (Gaier, 1991).

## **PROVER**

The subject of a homoeopathic proving or pathogenic trial. A human volunteer, who should be in good health and who records any changes in his or her conditions during and after the administration of a substance to be tested (Swayne, 2000).

## **PROVING**

A translation of the German "Prüfung", meaning to test or assay (Gaier, 1991). The systematic procedure of testing substances on healthy human beings in order to elucidate the symptoms reflecting the action of the substance (Vilthoukas, 1980). The process of determining the medicinal or curative properties of a substance (Yasgur, 1997).

## **REPERTORISATION**

The technique utilized by homoeopaths using a repertory to identify the homoeopathic medicines whose *Materia Medica* most closely corresponds to the symptom picture presented by the patient, from which the *simillimum* can be chosen (Swayne, 2000).

## **REPERTORY**

Translated from the latin "reperio, -ire, -repperi, -tum" which means to find out, obtain devise or procure. It denotes an index catalogue of cross references of homoeopathic remedies and/or their applications. It is a reference book that schematically indexes the symptoms sought to be located in the *Materia Medica* (Gaier, 1991).

## **RUBRIC**

A phrase in the repertory that describes a symptom or disorder and its component elements and details, to which a list of homoeopathic remedies which are known to have produced that symptom or disorder in homoeopathic pathogenetic trials, or to have remedied it in homoeopathic practice, is attached (Swayne, 2000).

## **SUCCUSSION**

The action of vigorous shaking of a liquid dilution of a homoeopathic medicine in its vial or bottle, where each stroke ends in a jolt, usually by pounding the hand engaged in the shaking action against the palm of the other hand or a leather bound book (Gaier, 1991).

## **TRITURATION**

The dilution of a solid phase by grinding with lactose as a diluent. It comprises the first stage of most homoeopathic preparations from solid or insoluble source material or fresh plants (Swayne, 2000).

## **VERUM**

In the context of a homoeopathic drug proving, it refers specifically to the substance that is administered to provers that is medically active in contrast to the medically inert placebo (Yasgar, 1997).

# **CHAPTER ONE**

## **1. OVERVIEW**

### **1.1 INTRODUCTION**

Yasgar (1997) defines a proving as the investigation of the action of a drug upon the healthy body, and the recording of the unusual sensations and symptoms produced as well as any alteration from normal health experienced by the one taking the drug.

Provings form a fundamental part of the philosophy and practice of homoeopathy and the foundation on which homoeopathic prescribing rests (Louw, 2002). Homoeopathic prescription is in itself based on the *Law of Similars* which states that medicines should be prescribed to the sick according to the symptom picture that that substance has caused in the healthy. For a medicine to be available for use in homoeopathy, it must be tested for the symptoms it produces in healthy individuals, in a process called a proving (Hubbard, 2004).

When homoeopathic practice began, and there were only a few remedies available, it was essential to expand the Materia Medica, but presently with so many remedies at our disposal is it really necessary? According to O'Reilly (1996), though many remedies have already been proved homoeopathically, in order to treat every disease state in nature, every substance must be proved to provide a suitable cure. It is thus necessary to continue proving new substances.

The extension of the Materia Medica by proving new substances is one of three main areas around which homoeopathic research is centered, the other two being, the proof and efficacy of homoeopathic remedies and

how homoeopathy works (Cook, 1989). Provings are the best way to study the medicinal properties of a substance to be prescribed homoeopathically (Vithoulkas, 1980).

The Dead Sea has been the focus of interest since ancient times (Abels, D.J.; Even-paz, Z.; Efron, D. 1996). More recently it has been a focal point for the treatment of skin disorders such as psoriasis and vitiligo as well as many other conditions. Bathing in Dead Sea brine has provided significant improvements in most cases. Potentization of the crude substance enhances the depth of its therapeutic potential and will thus form an invaluable homoeopathic remedy (Weintraub, 2001).

The purpose of this research study was to conduct a homoeopathic proving of *Yam ha-Melach* 30CH in order to elucidate the complete symptom picture produced by the substance so that it may be prescribed in homoeopathic practice according to the *Law of Similars*. A second objective of this study was to evaluate and compare the results of the proving of *Yam ha-Melach* 30CH to the existing indications of clinical therapeutic use of Dead Sea products.

The 30<sup>th</sup> centesimal potency was selected according to the Hahnemannian method as stipulated in aphorism 128 of *The Organon of Medicine*, 6<sup>th</sup> edition.

## **1.2 THE HYPOTHESES**

The first hypothesis was that the proving of *Yam ha-Melach* 30CH would produce clearly observable signs and symptoms in healthy volunteers.

The second hypothesis was that a comparison of the symptom picture of *Yam ha-Melach* 30CH to the existing indications for clinical therapeutic use would elucidate similarities and differences between the symptom

pictures of *Yam ha-Melach* 30CH and those of the disease states being treated by Dead Sea products.

### **1.3 THE DELIMITATIONS**

The study did not

- Seek to explain the mechanism of action of the homoeopathic preparation of *Yam ha-Melach* 30CH in the production of symptoms in healthy individuals.
- Determine the effects of potencies or deconcentrations of *Yam ha-Melach* other than the thirtieth centesimal potency.

### **1.4 THE ASSUMPTIONS**

- The method of preparation of *Yam ha-Melach* by trituration up to and including the 3<sup>rd</sup> centesimal potency and a further potentisation in liquid form to the 30<sup>th</sup> centesimal potency was the correct method of preparation for this substance.
- The provers complied with the proper procedures for the duration of the proving as detailed in appendix C, *Instructions to Provers*.
- The provers took the remedy in the dosage, frequency and manner required.
- The provers were conscientious and accurate in their documentation.
- The provers did not deviate from their normal lifestyle or dietary habits immediately prior to or for the duration of the proving.
- The repertorisation of the characteristic symptoms of *Yam ha-Melach* 30CH would produce a remedy picture that can be compared to the clinical indications of therapeutic use.



# CHAPTER TWO

## 2. REVIEW OF THE RELATED LITERATURE

### PROVINGS

#### Introduction

It is only by proving a considerable number of simple medicines on healthy individuals and carefully recording the entire symptom picture elucidated by that medicine that it is possible to compile an accurate, true Materia Medica (O'Reilly, 1996).

The relevance of this is that, although there are hundreds of remedies that have been fully explored through carefully conducted provings, as homoeopathy advances it is necessary to perform provings on new remedies so that the Materia Medica can be further expanded (Vithoukias, 1980).

Many substances still remain unproven. Partially indicated remedies seem to cure many symptoms, but leave the patient's condition in a state of confusion. Thus cases that could only be covered partially by existing remedies may be cured via simillimum prescription of the substance. Once homoeopaths get to know the remedy it will be utilized more and more as the simillimum (Sherr, 1994).

The principle of "similitude", *Similia Similibus Curentur*, is seen as the first law of homoeopathy. Even though the concept of similitude can be traced back to Hippocrates, homoeopathy is unique in its practical

approach to similitude in the way it conducts provings of substances on healthy individuals (Walach 1994).

Paracelsus once said that there is no illness for which some remedy has not been created and established to drive it away and cure it. To fully utilize what nature has provided, many more provings will have to be done (Whitmont, 1994) as this is the only way to obtain accurate and reliable knowledge of the therapeutic potential of a substance (Sherr, 1994).

An additional reason for continued investigation into new homoeopathic remedies is that the world has seen a considerable amount since Hahnemann's time. There have been world wars, radioactive radiation, petrochemical pollutions and hormones and additives in food. Most of the remedies in the *Materia Medica* were proved during Hahnemann's time during which none of the above was prevalent. Homoeopathy is thus obligated to find cures for the patients of our times who have been exposed to these situations (ICCH, 1999).

Performing provings is considered by many to be the only reliable way to fully ascertain the action of any substance that is to be used as a homoeopathic remedy (Dantas, 1996; O'Reilly, 1996; Sherr, 1994) and the only way of identifying homoeopathic remedies (Cook, 1989).

Provings form a fundamental part of the philosophy and practice of homoeopathy and form the foundation on which homoeopathic prescribing rests (Louw, 2002).

These medicines, which may determine life or death or cause disease or health, must be thoroughly and carefully studied and distinguished from one another. They must be tested by accurate experiments on the

healthy body in order to ascertain their real effects, to obtain an accurate knowledge of them and to enable us to avoid any mistake in their employment in disease. It is only by the correct selection of a homoeopathic remedy that the health of the body and of the mind, can be rapidly and permanently restored (O'Reilly 1996).

## **Historical Perspectives**

The history of provings can be traced back as far as 129AD, with Galen being one of the first documented physicians to have tested medicinal substances on healthy people. Provings were also performed by Paracelsus in 1493AD (Walach, 1994). In the East, the court of Emperor Shen Nung is thought to have seen the first known provings of remedial agents on healthy people around 3000BC (Little 1998).

Hahnemann (1755-1843) is considered the father of homoeopathy. He describes, in his book, the *Organon* that the fundamentals of the *Law of Similars* can be discovered in all ages. He mentions a number of such incidental cures and practitioners who utilized homoeopathic principles, but failed to develop an official methodology (O'Reilly, 1996).

The first substance said to be proved by Hahnemann was Chinchona Bark which he came across while translating Cullen's "*A Treatise on Materia Medica*" wherein the anti-malarial properties of Chinchona bark were attributed to its bitter and astringent properties, however, Hahnemann knew that bitter herbs are not active against malaria and thus thought this reasoning to be illogical and improbable. He then experimented on himself (a healthy person) by taking doses of Chinchona bark and observing and documenting the signs and symptoms it induced. The symptom picture induced was a disease

state similar to that of malaria (de Schepper, 2001). He then went on to experiment with other substances on healthy individuals, but this time reduced the dose (Herscu, 2002). This led to the development of the first law of homoeopathy, the *Law of Similars* (de Schepper, 2001).

During the period of 1805-1839 (Dantas, 1996), Hahnemann investigated the effect of 101 remedies by carefully conducting provings on himself and 64 volunteers (Louw, 2002). Most of these remedies are still utilized in homoeopathic practice today (Taylor, 2004).

## **Modern Developments**

Vithoukias (1980) states that in order for homoeopathy to continue to advance it is necessary to perform provings on new substances so as to further expand the *Materia Medica* and that for these purposes it is necessary to have clearly defined standards and methodologies in order to perform accurate and thorough provings.

It is considered by many that Hahnemann's method of proving is still the most reliable (de Schepper, 2001; ICCH, 1999; Kreisberg, 2000; Sherr, 1994), however, provings have deteriorated in quality over time (Riley, 1997; Sherr, 1994; Vithoukias, 1980; Walach, 1997). Hering, Wells and other 19<sup>th</sup> century homoeopaths conducted thorough provings, but provings of today lack the refinement of the earlier provings. This results in the *Materia Medica* being made up of only a few hundred comprehensive provings with the remaining being partial provings or merely toxicological reports (Sherr, 1994).

Sherr published *The Dynamics and Methodologies of Homoeopathic Provings*, in 1994, in which he provides a basic and practical

framework for conducting comprehensive provings. This is the first book devoted solely to provings and was pivotal in the resurgence of homoeopathic provings throughout America and Europe (Herscu, 2002).

In it he describes two opposing extremes regarding the types of provings conducted.

1. A highly organized, accurate and thorough proving on a large group of people. The purpose of which is to fully explore the remedy picture including mental, emotional and physical signs and symptoms. These provings follow Hahnemann's original design as well as his protocol with regards to both application and intention (Kreisberg, 2000).
2. The informal or partial proving, which gains a direct and/or personal experience of the remedy. These provings are conducted in small groups or on oneself and are seldom suitable for publication (Sherr, 1994).

This proving utilized the first method as described by Sherr.

#### **2.1.4 Types of Provings**

There are several forms of non-traditional contemporary provings. An attempt was made to highlight a few of the more prevalent contemporary methods as well as to show case the developments in modern provings.

#### 2.1.4.1 DREAM PROVINGS

As the name suggests this method is focused on eliciting the unconscious play of dreams. The concept is that the dream state is altered by the proving and that it is a reflection of the mental and emotional state of the prover (Herscu, 2002) as well as an access route to deeper aspects of the remedy picture. Although the focus is on dreams other symptoms are not excluded (Kreisberg, 2000).

#### 2.1.4.2 MEDITATION PROVINGS

The concept here is to establish a meditation group that comes together to meditate a few times before the proving. The idea is that the group comes together as one consciousness. The meditative state is also said to put the prover group more attuned to themselves and thus able to pick up slight variances in the mental, emotional and physical states. The substance can either be ingested or just be in close proximity after which the group meditates on the substance (Herscu, 2002).

#### 2.1.4.3 SEMINAR PROVINGS

The method is to administer a dose of the remedy to an entire group of people a few days prior to or during a seminar that they are all to attend. The effects of the dose are then discussed during the seminar. This process was very productive in terms of symptomology especially on the mental and emotional levels as well as dreams and uncovers the unconscious level of the remedy. The effect of the dose seems to be more prominent when given to a group than to an individual (Herscu, 2002).

#### 2.1.4.4 N=INFINITY PROVINGS

In this methodology, all symptoms that occur within the group as well as in the outside world are taken into account. It doesn't matter whether all or only some of the provers take the remedy; the fact that the test is underway is enough to include all symptoms. From the time the proving begins anything that happens within the group or in the world fits within the remedy. The concept is based on Carl Jung's concept of collective unconsciousness and synchronicity (Herscu, 2002).

Hahnemann (1755-1843) impressed the importance of using only material doses in provings. He states that all substances can produce symptoms if taken in large enough quantities. Only sensitive provers can produce a symptom picture from high potencies and this is only if they take the remedy everyday for several days (O'Reilly, 1996). Methods containing any less than a 30CH potency will thus only react with very sensitive provers and the results will be unreliable.

This proving was conducted as a double blind placebo controlled study in accordance with the proving methodology set out by Sherr (1994).

### **2.1.5 Randomised Controlled Trials (RCT) and Provings**

#### 2.1.5.1 CLINICAL DRUG TRIALS

It has been question whether a homoeopathic proving can be seen as a clinical trial. The purpose of a homoeopathic drug proving is to obtain the full and detailed symptom picture produced by the drug where as the purpose of a clinical trial is to demonstrate or measure the safety and efficacy of a drug on a specific disease

while being compared to the placebo for statistical significance (Wieland, 1997).

Homoeopathic drug provings are comparable to the first phase of a clinical drug trial. In the first phase of a clinical drug trial the new drugs are tested on healthy human beings in order to elicit and study the pharmacokinetics, pharmacodynamics and tolerance, safety and efficacy. It is therefore possible to conduct homoeopathic drug provings that conform to the biomedical model by incorporating placebo control, double-blinding and crossover (Sherr, 1994).

#### 2.1.5.2 RANDOMISED CONTROLLED CLINICAL DRUG TRIALS

The principle components of randomized controlled clinical drug trial (RCT) include the double blind or masking technique, the placebo control and the crossover technique (Dantas,1996).

Dantas (1996) suggests placebo control to be the only way to accurately assess the effects of a test substance. He recommends that the placebo control undergoes the exact same manufacturing procedure only without adding the active ingredient. It is the only way that the pathogenic effects of the substance can truly and reliably be associated with its presence. Placebo control is achieved by administering a placebo dose which is identical to the verum, in both a visual and gustatory sense, to a percentage of the prover group so as to accurately ascertain which symptoms are due to the verum and which are merely circumstantial.

The double-blind or masking technique is used to prevent the unconscious or deliberate imbalance of attention given to the



subject on verum or the misinterpretation of subjective changes (Dantas, 1996). This is achieved by ensuring the codes identifying the verum and placebo subjects remains hidden from both the researcher and the provers (Vithoukas, 1980).

The homoeopathic proving of *Yam ha-Melach* 30CH was conducted as a double blind placebo controlled study on a proving population of 20 healthy volunteers who met the inclusion criteria detailed in 3.5.2 of this chapter.

### **2.1.6 Proving Methodology**

For a long time proving methods and techniques have remained poorly developed (Walach, 1997). The International Council for Classical Homoeopathy (ICCH) found a great difference in the standard and approach to homoeopathic provings and stressed the need for remedies to be properly proven. In an effort to encourage a process by which the highest standards of proving is adopted, the ICCH (1999) has developed a set of guidelines for good proving methodology which states that the ideal prover group size should comprise between 10 and 20 provers (ICCH, 1999).

#### **2.1.6.1 HAHNEMANN**

In the *Organon of Medical Art* Hahnemann described the basic guidelines for ascertaining the medical actions of a substance.

These are detailed below

- The medicinal substance should be pure
- Provers should take no medicinal substances during the proving other than the test substance
- The prover's diet must be simple, nutritious and non-stimulating

- Provers must be reliable, conscientious and able to clearly and accurately record their symptoms while being in a relatively good state of health
- The prover group must include both males and females
- The proving substance should be in the 30<sup>th</sup> centesimal potency
- All symptoms need to be qualified in terms of the character, location and modalities.
- To acquire a full picture of the substance multiple provings should be done on the substance including provers of both genders and various constitutions
- Moderate proving doses yield better results and are safer than large doses
- During the proving all ailments and alterations should be attributed to the proving substance
- Provers should keep detailed proving journals
- Provers should be interviewed daily by the supervising physician

#### 2.1.6.2 SHERR

In his book, *The Dynamics and Methodologies of Homoeopathic Provings*, Sherr (1994) compiled a proving design of a very high standard, which encompasses the basic design and methodology outlined by Hahnemann, is considered by the ICCH to be the most accurate and most widely used.

Sherr (1994) stated that a thorough proving can be achieved with 15-20 provers. He argues that any more than that may lead to an over proved remedy that will overcrowd the Materia Medica with many common symptoms. He describes how he has used a wide range of potencies in his many provings and concludes that his

results were as varied using a single potency as with multiple potencies and confirms this in his proving of *Hydrogen* in which most mental and emotional symptoms were produced by the 30CH potency (Sherr, 1994).

From his experience and other literature he concludes that there is no evidence to support the notion that high potencies specifically affect the mind and emotions while lower potencies affect the physical plane and that it is up to each proving committee to decide on the potency they wish to explore (Sherr,1994).

#### 2.1.6.3 VITHOULKAS

Another proving design was established by Vithoulkas (1980). He outlines a comprehensive list of inclusion and exclusion criteria with which to establish a good prover from a poor prover. This design includes the preparation provers need to undergo before commencing the proving namely moving to a more natural environment to optimize their health. He recommends that a number of potencies be used namely 1X-12X, then repeated with 30CH and again with 10M-50M potencies with long periods of time elapsing between potencies so that each stage is fully exhausted and a full and comprehensive remedy picture can be obtained.

The proving would require a large number of people, approximately 50-100, and would take two and a half years to complete (Vithoulkas, 1980). The subjects involved would have to be exceptionally dedicated and prover compliance would be difficult to monitor and ensure. It can be seen that although this methodology would be highly comprehensive and meticulous, the practicality

must be questioned with regard to the number of people required, the time period as well as the expense.

#### 2.1.6.4 OTHERS

Herscu (2002) suggests that a proving should have enough participants that a full picture is elicited. He suggests 15-40 participants. this allows for drop outs as well as the placebo arm. He reasons that provers will differ in their sensitivities, cultural aspects will impact on their perceptions and how they react to circumstances and thus a bigger proving group allows for this diversity. De Schepper (2001) stresses the importance of conducting good and reliable provings. He utilizes the basic guidelines established by Hahnemann, but details the importance of prover selection, substance, potency and duration of provings. He suggests that a proving be done with at least fifty provers of different sexes and ages to produce a wide range of responses. He concludes that it may be difficult to assemble fifty provers, but there should never be fewer than a dozen and supports the use of 30CH potency and explains that early homoeopaths warn against using potencies higher than a 30CH so as to avoid unnecessary aggravations (de Schepper, 2000).

#### 2.1.6.5 DEDUCTIONS

There are arguments both for and against the usefulness of using placebo in a homoeopathic proving. The ICCH highlights the importance of the placebo group as a means to increase reliability of the proving (ICCH, 1999) and may help to distinguish the effects of the remedy from those that are unrelated to the remedy (Sherr, 1994).

Sherr (1994) suggests using a placebo group of 10-20%, the ICCH (1999) suggests 10-30% while Vithoukias uses a placebo percentage of 25% of the total prover population.

Sherr's methodologies are thorough and well researched as well as very user friendly thus for the purpose of this study the methodologies suggested by Sherr in his *Dynamics and Methodology of Homoeopathic Provings* will be used (1994).

### **2.1.7 Publications**

There have been a large number of new provings performed and studied over the last decade, it has thus become necessary to publicize these provings in detail in order to educate and update the public with the latest developments in homoeopathy (Sherr, 2006).

In his book *The Dynamics and Methodologies of Homoeopathic Provings* (1994), Sherr includes a list of over 180 provings that had been conducted by various homoeopaths including Jürgen Becker, David Riley, Tinus Smits and Rajan Sankaran as well as provings performed by his own school such as Androctonos (scorpion), Chocolate, Hydrogen and Neon, over the 15 years prior to publication (Sherr, 1994).

He subsequently developed an online catalogue listing over 1000 provings. The aim of this forum is to make this information available to all homoeopaths. He invites anyone that has conducted a proving to add to this catalogue.

Sherr is not alone in this endeavor. Lou Klein (2006) of the Luminous School of Homoeopathy in New York encourages the proving of new

substances and the sharing of this information with the rest on the homoeopathic world. Peter Frasier from the School of Homoeopathy in Devon, England catalogues his provings online.

The Journal *Homoeopathic Links* regularly publishes articles sent in by homoeopaths all over the world regarding provings.

## **2.2 THE PROVING SUBSTANCE *Yam ha-Melach***

### **2.2.1 Choosing the Proving Substance**

According to Herscu (2002) there are two ways to go about choosing a proving substance. One is to choose a substance that the researcher is excited about as the proving process is incredibly time consuming and a large amount of dedication is necessary. The second falls into the concept of evolution and predisposition. There are three categories that subdivide this concept.

1. This includes substances that people have been interacting with for a long time especially in the form of food or medicine. These substances are not neutral to us and thus produce and have produced some kind of reaction at a cellular level for millennia and are thus an integrated part of our constitutions. Thus if one were to pick a bird to prove, a turkey or chicken would be a better choice than a vulture. We have lived with, grown and eaten chicken and turkey and thus have a more integrated relationship to them than we would to a vulture (Herscu, 2002).
2. This group involves any substances that human beings are made of. This does not only imply tissues but elements, minerals and salts. Especially those that effect homoeostasis. This is why remedies such as Sulphur, Natrum muriaticum, Phosphorus and Calcaria carbonica are so profound (Herscu, 2002).

3. This group includes substances that poison people. Poisonous substances make for great provings as it is already known to affect our constitution. We know we are sensitive to it, we know we are predisposed to it and we have a good understanding of the toxic effects it produces. This includes plants and animals that have harmful effects.

### **2.2.2 History**

The Dead Sea has been the focus of interest since ancient times. Aristotle (304-322BC) was the first to tell the world of the qualities of the Dead Sea, much later, writers and historians such as, Flavius Josephus, Galen, and Pliny the Elder, refer to the Dead Sea and its medicinal properties (Abels, Even-paz, Efron, 1996). Flavius Josephus wrote that, “it is useful for the cure of men’s bodies; accordingly it is mixed in a great many medicines.” (McNulty, 2002). Galen (122-c100) stated that, “the most beautiful asphalt is produced by this sea called ‘Dead’, the potency of this medicine consists in its drying and next in its healing capabilities; it is indeed appropriate that people use it for closing bleeding wounds”. Largus mentions in his pharmacologic work that is helpful in mending broken bones, Pelagonius recommended Dead sea brine for “fresh, bloody swellings of the ankles” and in the third century Africanus said that the waters of the Dead Sea healed all those who used them (Even-paz, Shani, 1989).

In addition, references linking the Dead Sea and the Queen of Sheba, King Solomon, Cleopatra, and King Herod are observed in historical chronicles. The Talmud, a compilation of Jewish civil and ecclesiastic law (third to sixth centuries), discusses bathing in the Dead Sea in several of its tractates (Abels, Even-paz, Efron, 1996) and forbids bathing in the Dead Sea on the Sabbath as active therapy is forbidden on the Sabbath

unless directly related to saving a life, thus implying its healing properties (Even-paz, Shani, 1989).

### 2.2.3 Composition

The only tributary of the Dead Sea is the Jordan river (Illustration 1). There is however no exit for the water from the Dead Sea resulting in stagnation. The salts accumulate and cause a natural buoyancy due to the increased density. It is the deepest hyper saline lake in the world (Weintraub, 2001).



The Jordan River as the Dead Sea's only tributary

ILLUSTRATION 1

A comparison between the chemical composition of the water of the Dead Sea and its tributaries and that of other lakes and the ocean shows the average salinity of the Dead Sea water (33.50%) to be exceptionally high (5920mg/L), approximately eleven times more saline than the Mediterranean, probably the highest on record for any surface water. The salts originate from two main sources, about one third from the Jordan River and about two thirds from highly saline springs discharging into the Dead Sea (Bentor, Y. 1961). The composition of the salt is approximately



53% magnesium chloride, 37% potassium chloride, 8% sodium chloride, calcium chloride, sulphates and bromides. As apposed to the 80% sodium chloride make up of ordinary sea salt (Weintraub, 2001).

#### 2.2.4 Geographic Background

The Dead Sea is situated between Israel and Jordon (Illustration 2), over the Great Rift Valley (Weintraub, 2001). The Great Rift Valley was formed a million years ago during the earliest stages of the evolution of continental break-up between Africa and Asia (Y. Mart, 1990). The Earth's crust is being pulled apart causing the Dead Sea to sink 33.3cm every year (Weintraub, 2001).



Map of Jordan and the Dead Sea.

ILLUSTRATION 2.

The most important factor to account for the uniqueness of the Dead Sea area is its location at the deepest point on the Earth's terrestrial surface, approximately 400 m below sea level. Being the lowest point on Earth, unique climatic features such as atmospheric, chemical, and solar properties occur that are utilized in the treatment of certain diseases, in particular dermatologic and rheumatic conditions (Abels, Even-paz, Efron, 1996).

### **2.2.5 Climate**

The average maximum temperature is 22° - 29°C from November to April, 32° - 37° during September and October and 38° - 39°C in June and July. There are more than 330 sunny days all year round. Due to extremely high evaporation, which is about 2 billion m<sup>3</sup> a year, there is a heavy haze over the Dead Sea at all times (Illustration 3). The haze and additional 400 meters of atmosphere help to filter out more UVB rays, and create the ideal correlation of UVA and UVB rays, so the duration of exposure to sun can be increased (Sagi, 1987).

Observation has shown approximately 330 days per year of sunshine, with a large percentage of these being cloudless, particularly in the summer. The annual rainfall is only around 50 mm per year. The moderate-to-high temperatures (32°- 39°C), low humidity, a large number of sunny, cloudless days with a low annual rainfall all contribute to allowing treatment to take place at the Dead Sea for at least 8 months of the year (March to November); and in certain instances this period is even longer, in addition, it should be mentioned that the extremely high barometric pressure in the Dead Sea area produces an oxygen partial pressure that is 10% greater than at sea level. This may have implications in the treatment of burn patients, respiratory ailments, cardiac conditions, and other medical problems (Abels, Even-paz, Efron, 1996). Due to the high temperatures and low rain fall there is an extremely high level of

evaporation resulting in an approximate water level drop of almost 1m per year for the last 30 years. The evaporation also results in a thick haze that filters UVB rays making the area ideal for outdoor therapy (Sagi, 1987).



The Dead Sea

ILLUSTRATION 3.

### **2.2.6 Existing Indications for Clinical Therapeutic Use**

Magnesium is important for combating stress and fluid retention. It slows skin aging and calms the nervous system. Calcium increases circulation, strengthens bones and nails and reduces water retention. Potassium energizes the body and is crucial to replenish after strenuous exercise as well as balancing skin moisture. Bromides ease muscle stiffness and Sodium maintains lymphatic fluid balance (McNulty, 2002).

The Dead Sea area has a very low allergen content and has a reduced ultra violet component of solar radiation. The high atmospheric pressure of

the area is very beneficial to people suffering from reduced respiratory function (Weintraub, 2001).

A study was conducted on 103 patients suffering with osteoarthritis and tendonitis. Patients were treated with baths of 7,5% Dead Sea salt concentration. Improvement was found after as little as one week. By the end of the study, 80% of the patients reported less pain, 70% reported improved mobility and 60% were able to decrease their use of analgesics (Machtey, 1982).

The principal indication for treatments with Dead Sea brine include skin conditions such as psoriasis and atopic dermatitis as well as rheumatic conditions. Anecdotal evidence suggests that the use of Dead sea brine is successful in treating these conditions (Arndt, 1982). 70% of patients treated for these conditions at the Dead Sea achieve complete or near complete clearing of their skin lesions (Even-paz, Koren, Shani, Sharon, 1987).

Atopic dermatitis is a chronic relapsing hypersensitivity reaction. It involves the interplay of genetic susceptibility, immune dysregulation, barrier dysfunction and has a psychophysiological component (Harari, Hristakieva, Seidle, Shani, 2000).

Psoriasis is a common non-infectious, inflammatory disease of the skin, characterized by epidermal hyperplasia, parakeratosis, a heightened mitotic activity and increased permeability to externally applied substances (Even-paz, Koren, Shani, Sharon, 1987).

Results reported in a study performed on psoriatic patients treated with Dead Sea brine at the XV International Congress of Dermatology in Mexico City showed a 94,9% improvement with 70-80% of those showing a complete improvement within 4 weeks. Another study conducted by Avrach on 1448 arthritic psoriatics showed a complete lack of joint pain

after a 4 week treatment of daily bathing in Dead Sea brine in 70% of the patients(Harari, Shani, 1997) and 96% had either complete or partial clearance of psoriatic lesions within the 4 week treatment period (Harari, Hristakeiva, Kushelevsky, Shani, 1996). In 1995 a study was conducted by the Deutches Medizinisches Zentrum (DMZ) in which 688 European psoriatics were assessed regarding their psoriatic condition. These patients were subjected to daily Dead Sea bathing and sun exposure for a 28 day period. At the end of the treatment period between 65,4% and 71,4% achieved total clearance and up to 85% of those achieved partial clearance (Harari, Hristakeiva, Kushelevsky, Shani, 1996).

In a study conducted by the DMZ, 1718 atopic dermatitis patients were studied taking into account the extent of the body surface involved, intensity of clinical signs, subjective symptoms of pruritis and sleep loss. The treatment protocol involved prolonged outdoor stays and gradual exposure to Dead Sea brine. Only 28 of the patients required asthmatic medication during the treatment and of these 24 improved dramatically and either radically reduced medication or stopped it completely. No patients required any steroid treatment emergency treatment of any kind during the Dead Sea treatment period. Of the 1718 patients treated, 97,5% scored "1-4" at the end of their stay. 1 - clear, 2 - almost clear (5% skin involvement and no active inflammation), 3 - markedly improved (5% skin involvement, but with some active inflammation marks or disappearance of >50% of original marks), 4 – improved with a substantial reduction, but <50% of original marks (Harari, Hristakieva, Seidle, Shani, 2000).

There is evidence of increased epidermal hydrogen peroxide in patients with vitiligo. The hydrogen peroxide can be removed with a topical application of narrow band UVB activated pseudocatalase cream which yields an increase in pigmentation. A study was performed on 59 patients with vitiligo by comparing pseudocatalase therapy alone with a

combination of Dead Sea therapy/ pseudocatalase cream. The patients had vitiligo from an average of 17 years. Initiation of repigmentation was observed on between day 10 and day 16 after the combination of Dead Sea therapy/pseudocatalase cream compared to conventional pseudocatalase monotherapy which takes 8-14 weeks. This shows a considerably faster initiation of repigmentation with Dead Sea (Behrens-williams, Harari, Moore, Panske, Schallreuter, 2002)

### **2.2.7 Reason for proving Dead Sea water**

As stated above the Dead Sea has been a focal point for the treatment of skin disorders such as psoriasis and eczema as well as many other conditions. Bathing in Dead Sea brine has provided significant improvements in most cases. Potentization of the crude substance enhances the depth of its therapeutic potential and will thus be an invaluable homeopathic remedy (Weintraub, 2001).

Skin disorders and rashes resembling the symptomatology of psoriasis and eczema were expected to appear during the proving as well as rheumatic joint symptoms.

An effective treatment for the above conditions would be a valuable addition to the homeopathic Materia Medica and would further verify the *Law of Similars*.

## **2.3 CONCLUSION**

The symptoms and remedy picture attained by conducting the proving of Dead Sea water will be compared to the existing indications of therapeutic use as outlined above.

A variety of symptoms closely resembling those of rheumatoid and osteoarthritis as well as skin disorders such as psoriasis were

experienced by the provers. This confirms the hypotheses as well as verifying the homoeopathic principle of the *Law of Similars*.

# **CHAPTER THREE**

## **3. METHODOLOGY AND MATERIALS**

### **3.1 EXPERIMENTAL DESIGN**

The homoeopathic proving of *Yam ha-Melach* 30CH was conducted as a double blind placebo controlled study on a proving population of 20 healthy volunteers who met the inclusion criteria detailed in 3.5.2 of this chapter. A parallel proving of *Yam ha-Melach* 30CH was conducted by Wallace (2008) using the same methodology. All signs and symptoms elucidated by the prover populations of this study together with those of Wallace (2008) were considered for inclusion into the Materia Medica and repertory of this substance.

Volunteers included homoeopathic and chiropractic students from the Durban University of Technology, qualified homoeopathic practitioners as well as members of the general public living in Durban and the surrounding areas. Possible candidates were approached individually and invited to take part in the proving. Advertisements were circulated around the Durban University of Technology and the University of Kwazulu Natal campuses (Appendix A).

Each supervisor scheduled an initial interview with the potential provers and screened them for suitability, checking them against the inclusion and exclusion criteria detailed in 3.5.2 and 3.5.3. Each suitable prover received a proving information sheet (Appendix D) and instructions detailing their role throughout the proving process (Appendix C) and signed an informed consent form (Appendix E) before commencing the proving.



Double-blinding of the proving was implemented as a control measure. The verum and placebo were indiscernible from each other and neither the provers nor the researcher knew who received placebo and whom the verum. Further, the provers had no knowledge of the substance being proven nor the potency that was utilized. Assignment of the placebo and verum was done in a randomized fashion by the research supervisor. The proving group was divided into a control and experimental group. The experimental group comprised 90% of the prover population (18 provers) and the control group comprised 10% of the prover population (2 prover). Provers were assigned prover codes for the duration of the proving.

Verum and placebo powders were dispensed in sets of 6 powders. One powder was taken sublingually, three times a day, away from meals for two days or until the onset of symptoms at which time the prover may stop taking the powders.

Provers observed themselves before, during and after the administration of the remedy and data collection was in the form of a journal in which the prover detailed and recorded all their signs and symptoms.

Provers recorded their symptoms for 1 week prior to the commencement of the proving. This served as an aid to the prover enabling them to adapt to close self observation and comprehensive note taking as well as to record regular symptoms of the individual so that it can act as a comparison and control.

Provers continued to record all symptoms until all new symptoms had ceased. There was then a two week observation period to ensure that there were no symptoms remaining or experienced. The proving is complete when there have been no symptoms experienced for two weeks.

All the journals were then recalled and a thorough case history and physical examination was performed on all provers.

A post proving meeting was held so that provers could relate their individual experiences and an amalgamation of symptoms could begin to form. All provers, researchers and the elected coordinator were present for this meeting. The group discussion helped to clarify issues and enable the group to validate or discard doubtful symptoms as well as to trigger the memory of provers for symptoms that they may have disregarded. There is also a therapeutic value to the discussion as patients have often been through a strange and difficult experience. All questions were answered and all queries attended to.

The proving was unblinded to the researchers so that they could distinguish the placebo group.

On completion of the proving the information elucidated by the provers was correlated and assessed and translated into Materia Medica and repertory language. Information obtained from the case histories and physical examinations was also utilized. The information obtained was compared to the existing indications of clinical therapeutic use in order to compile a comprehensive remedy picture.

## **3.2 THE PRINCIPLE INVESTIGATORS**

### **3.2.1 Proving Supervisors**

This study was conducted concurrently with Wallace (2008), thus there were two proving supervisors. Both proving supervisors were Masters in Technology: Homoeopathy students namely Natasha Wallace and Tamara Rabinowitz. With this study being a

homoeopathic drug proving the researchers are referred to as proving supervisors. They were directly responsible for taking a thorough case from each prover prior to the commencement of the proving. This helped to differentiate the prover's symptoms before the proving from those experienced during the proving. Another demanding role of the proving supervisor is the extraction, collation and editing of symptoms.

### **3.2.2 Research Supervisor**

The research supervisor is responsible for over seeing the entire proving process and the success of the project. S/he should be well acquainted with the philosophy of provings. The supervisor will have contact with all the provers and must be aware of all symptoms experienced. The supervisor of this project was Dr. Ingrid Couchman. She oversaw the researchers during this proving. The research supervisor was also considered to be the proving co-ordinator.

## **3.3 OUTLINE OF THE EXPERIMENTAL METHOD**

The methodology used in this research was adapted from Jeremy Sherr's methodology of provings as set out in his *The Dynamics and Methodology of Homoeopathic provings* (Sherr, 1994) and the ICCH (ICCH, 1999).

- Provers were recruited from homoeopathic and chiropractic students at the Durban University of Technology, qualified homoeopathic practitioners and members of the general public living in Durban and the surrounding areas. Possible candidates were approached individually and invited to take part in the proving. Advertisements were circulated around the Durban University of

Technology and the University of Kwazulu Natal campuses. (Appendix A) Advertisements were also placed in the local newspaper.

- An initial pre-proving interview was scheduled with each potential prover, during which provers were checked for suitability for the proving against the inclusion and exclusion criteria detailed in 3.5.2 and 3.5.3 of this chapter. A thorough case history and physical examination were performed (Appendix F) at this time.
- Each suitable prover received a proving information sheet (Appendix D) and instructions detailing their role throughout the proving process (Appendix C) and signed an informed consent form (Appendix E) before commencing the proving.
- Provers were allocated a prover code to ensure confidentiality.
- At the initial consultation each prover received the following
  - A personal prover code to ensure confidentiality
  - An A5 notebook for use as a journal in which to record their symptoms
  - A red and a blue pen
  - *A Prover Information Sheet* (Appendix D)
  - *An Instruction to Provers* (Appendix C)
  - A starting date for commencing the proving
  - The researcher's contact details
  - A convenient daily contact time
- The powders were then dispensed in sets of 6 and subsequently collected by each prover.
- On the pre-determined date, 23<sup>rd</sup> July, each prover began their pre-proving week during which a detailed journal was kept prior to taking the powders. This served both as a control for the experiment and provided prover with a period in which to adapt to close self observation and comprehensive note taking. This

continued for one week prior to taking the first dose (ICCH, 1999; Sherr, 1994).

- At the end of the pre-proving week provers were contacted and journals were assessed for accuracy and compliance.
- Provers were administered six doses (verum or placebo) which they started taking on the pre-arranged date. One dose was taken three times a day away from meals for two days. If symptoms arose before the dose regime was completed, the regime was stopped unless the sensations were very mild in which case one more dose could be taken (Sherr, 1994). This process was closely monitored by the researcher.
- Symptoms were recorded as accurately and as detailed as possible according to the instructions in the *Instructions to Provers* sheet (Appendix C).
- For the first week communication between provers and the researcher was made on a daily basis to ensure that precise details of the symptoms were accurately recorded before they were forgotten. Every statement that the prover wrote down was clarified in order to get a well rounded understanding.
- The provers were in contact with the researcher every alternate day during the second week of proving, every third day during the third week and weekly thereafter.
- It was made clear to provers that they may contact the researcher at any time should the need arise.
- The proving was considered complete when all the proving symptoms had disappeared for a period of one week and the provers had been instructed to discontinue their journals by the researcher.
- After the observation period all journals were recalled and a thorough case history and physical examination was performed on all provers.

- A date was set for the post proving meeting at which
  - Provers were given the chance to relate their individual experiences to begin to consolidate the fragmented individual provings into a cohesive unit.
  - All provers, researchers and the elected coordinator was present.
  - The group discussion helped to clarify issues and enable the group to validate or discard doubtful symptoms as well as to trigger the memory of provers for symptoms that they may have disregarded.
  - Any unclear symptoms were clarified by the provers to facilitate the extraction process and confirm the validity of the symptom.
  - There is also a therapeutic value to the discussion as some patients have went through a strange and difficult experience.
  - All questions were answered and all queries attended to.
  - The proving was unblinded to the researchers so that the verum and placebo groups could be distinguished before symptom extraction began.
  
- Extraction and collation of the data followed.
- The data was organized and translated into Materia Medica and repertory format.
- No formal statistics was required for this proving.

### **3.4 THE PROVING SUBSTANCE**

#### **3.4.1 Potency**

There are no definite conclusions as to the potency or potencies to be utilized in a proving and no evidence to support that high potencies affect

the mind, while low potencies affect the body. Many of the most prominent mental symptoms in the Chocolate and Hydrogen provings were produced by low potencies (Sherr, 1994). After consideration of the above information as well as the information in 2.1.5 of chapter 2, it was decided that, for the purposes of this proving, the 30<sup>th</sup> centesimal potency will be utilized and administered 3 times a day for 2 days in accordance with the Hahnemannian method as stipulated in aphorism 128 of the Organon of Medicine, 6<sup>th</sup> edition (O'Reilly, 1996).

### **3.4.2 Collection**

The sample of *Yam ha-Melach* water was collected on Wednesday, 2<sup>nd</sup> January at 1pm. The temperature was 28°C. It was sunny with no wind.

The *Yam ha-Melach* water was collected from the center of the demarcated swimming area of the Dead Sea, Israel, in a 100ml amber glass bottle. The sample was taken 1m from the shoreline and 30cm from the water surface, deeper into the sea the water separates into 3 distinct layers, at this depth the water is churned and mixed by the waves.

The *Yam ha-Melach* water was collected by the researcher. The substance was stored in a 100ml amber glass bottle and refrigerated overnight. The sample was then placed in a heat resistant container and kept away from sunlight to ensure that the sample remained pure and unaltered. The sample was flown to Durban, South Africa and at no time was the sample exposed to neither x-rays nor metal detectors.

From the airport, the sample was taken directly to the Durban University of Technology.

### 3.4.3 Preparation

The fresh sample was delivered to the Homoeopathic Day Clinic at the Durban University of Technology. The laboratory technician, Doctor Izel Botha made up the thirtieth centesimal potency from the crude substance and dispensed the remedy and placebo to the provers confidentially so that neither the provers nor the researcher knew to whom the verum and placebo was dispensed.

The remedy was made up to the 30<sup>th</sup> centesimal potency according to the method described below:

The sample was accurately massed and triturated with inert lactose powder in a ratio of 1:99 according to method 6 of the German Homoeopathic Pharmacopoeia (GHP), translated under the auspices of the British Homoeopathic Association, Fifth supplement (1991) to the First edition (1978) to the potency level of the thirtieth centesimal triturate.

#### *Method 6: Triturations*

Preparations made according to Method 6 are triturations of solid basic drug materials with lactose as the vehicle unless otherwise prescribed.

- Triturations up to and including the 4<sup>th</sup> dilution are triturated by hand or machine (trituration will be done by hand) in a ratio of 1 to 10 (decimal dilution) or 1 to 100 (centesimal dilution).
- Unless otherwise stated, the basic drug materials are reduced to the particle size given in the Monograph (mesh aperture). Quantities of more than 1,000g are triturated by mechanical means.
- The duration and intensity of trituration should be such that the resulting particle size of the basic drug material in the 1<sup>st</sup> decimal or centesimal dilution is below 10µm at 80 per cent level; no drug particle should be more than 50µm.



- Triturations up to and including the 4<sup>th</sup> decimal or centesimal are produced at the same duration and intensity of trituration.

*Trituration by hand:*

1. The vehicle is divided into three parts.
2. Triturate the first part for a short period in a porcelain mortar.
3. Add the basic drug material in a ratio of 1 to 10.
4. Triturate for 6 minutes.
5. Scrape down for 4 minutes with a porcelain spatula.
6. Triturate for a further 6 minutes.
7. Scrape down again for 4 minutes.
8. Add the second part of the vehicle and repeat steps 4-7.
9. Add the third part of the vehicle and repeat steps 4-7.

The minimum time required for the whole process was thus 1 hour. The same method was followed for subsequent dilutions. For triturations above the 4x or 4c potency, dilute 1 part of the dilution with 9 parts of lactose or 99 parts of lactose as follows:

Combine one third of the required amount of lactose powder with the whole of the previous dilution and mix until homogeneous. Add the second third of the lactose, mix until homogeneous and repeat for the last third.

It will then be converted to a liquid potency according to Method 8a of the GHP, and further potentised in liquid up until the thirtieth centesimal potency

*Method 8a: Liquid preparations made from triturations*

Preparations made by Method 8a are liquid preparations produced from triturations made by Method 6.

1. To produce a 6x liquid dilution, 1 part of the 4x trituration is dissolved in 9 parts of water and succussed.
2. 1 part of this dilution is combined with 9 parts of ethanol 30 per cent to produce the 6x liquid dilution by succession.
3. In the same way, the 7x liquid dilution is made from the 5x trituration, and the 8x liquid dilution from the 6x trituration.
4. From the 9x upwards, liquid decimal dilutions are made from the previous decimal dilution with 43 per cent ethanol in a ratio of 1 to 10.
5. To produce a 6c liquid dilution, 1 part of the 4c trituration is dissolved in 99 parts of water and succussed. 1 part of this dilution is combined with 99 parts of ethanol 30 per cent to produce the 6c liquid dilution by succession.
6. In the same way, the 7c liquid dilution is made from the 5c trituration, and the 8c liquid dilution from the 6c trituration.
7. From the 9c upwards, liquid centesimal dilutions are made from the previous centesimal dilution with 43 per cent ethanol in a ratio of 1 to 100.
8. The 6x, 7x, 6c and 7c liquid dilutions produced by the above method must not be used to produce further liquid dilutions.

The remedy was dispensed in the form of lactose granules that had been triple impregnated at 1% volume/volume (according to Method 10 of the GHP) with *Yam ha-Melach* 30CH in 90% ethanol. The remedy was dispensed in the form of 6 single enveloped powders. 10 lactose granules impregnated with potentised *Yam ha-Melach* was added to each envelope. This was then administered to the provers in the experimental group.

The placebo was dispensed in the form of 6 single enveloped powders. 10 neutral lactose granules, medicated with 90% ethanol, were added to each envelope. This was dispensed to the placebo group.

The placebo and the active remedy were identical in appearance and scent thus ensuring the double blind nature of the experiment with neither the provers nor the researchers being able to differentiate the active remedy from the placebo.

#### **3.4.4 Dispensing of the Proving Substance**

A third party at the Homoeopathic Clinic at the Durban University of Technology, was responsible for dispensing the placebo and verum to the provers according to a randomization list prepared by the research supervisor. This was done to ensure the double blinding of the proving. Researchers were unaware of who received the verum and whom the placebo.

#### **3.4.5 Dosage and Posology**

Six powders, in the thirtieth centesimal potency, were administered to each prover. One powder was dissolved sublingually, three times per day for two consecutive days. Provers were instructed to discontinue taking the powders with the onset of any symptoms; unless the sensation was mild then one more powder could be taken under the instruction of the researcher (Sherr, 1994).

No food or drink was taken for half an hour prior to taking the remedy or half an hour after taking the remedy. This optimized the absorption of the substance.

## **3.5 PROVING POPULATION**

### **3.5.1 Number of Provers and Percentage Placebo**

To determine the number of provers and percentage placebo to be used in this proving, cognizance was taken of both Sherr's (1994) recommendation of 15-20 provers with a percentage placebo of 10-20% (Sherr, 1994) and the ICCH's recommendation of a prover population of 10-20 provers with a placebo percentage of 10-30% (ICCH, 1999) of the total prover population.

For the purposes of this proving utilized the proving methodology of Jeremy Sherr (1994) and thus recruited 20 provers between this and the concurrently running study by Wallace (2008). A placebo group was implemented so as to increase the reliability of the results. A placebo percentage of 10% was used. Thus 2 of the 20 provers will receive placebo in a randomized fashion with the other 18 receiving the active remedy.

### **3.5.2 Criteria for Inclusion of a Subject into the Proving**

The prover were to:

- Be between 18 and 55 years, inclusive.
- Be in a general state of good health (Sherr, 1994; Weiland, 1997).
- Be fluent in English.
- Be willing to follow the proper procedures for the duration of the proving (Sherr, 1994).
- Be able to maintain his/her normal lifestyle and usual daily routine as closely as possible and have no major lifestyle changes (eg. Moving house, marriage or divorce) planned during the period

spanning the proving. Any lifestyle changes must take place at least three weeks prior to commencing the proving (Sherr, 1994).

(Appendix B)

### **3.5.3 Criteria for the Exclusion of a Subject from the Proving**

The prover were not to:

- Be pregnant or breastfeeding (Sherr, 1994; Wieland, 1997).
- Need any medication, including chemical, allopathic, homoeopathic or other (Sherr, 1994).
- Have undergone any surgical procedures in the last six weeks prior to the proving (Wright,1999).
- Use recreational drugs such as marijuana, ecstasy, cannabis or the like (Sherr, 1994; Wright, 1999).
- Consume more than two measures of alcohol per day (Sherr, 1994).
- Smoke more than 10 cigarettes a day (Sherr, 1994).
- Consume more than three cups of coffee, tea and herbal tea per day (Sherr, 1994).

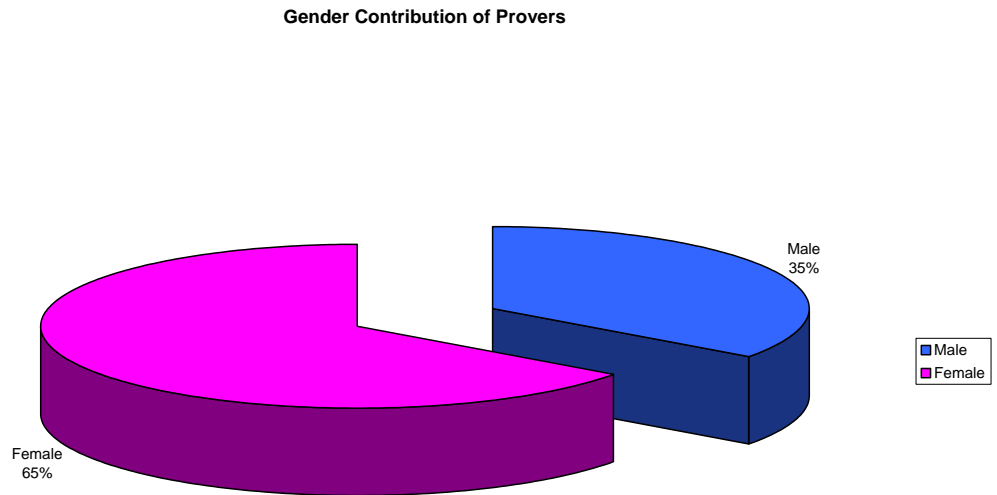
(Appendix B)

### **3.5.4 Distribution of Age and Gender**

A well balanced proving should be conducted over a wide range of ages and a balance of both sexes. The contribution of provers in terms of gender and sex is represented graphically in Appendix G. The data represented includes provers from both this study and that of Wallace (2008).

The gender contribution comprised

- 35% male
- 65% female

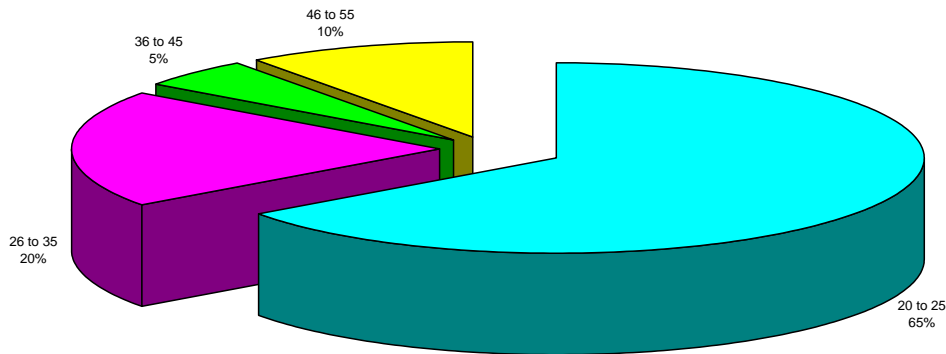


**GRAPH 1.**

The age contribution comprised

- 65% between the ages of 20 and 25
- 20% between the ages of 26 and 35
- 5% between the ages of 36 and 45
- 10% between the ages of 46 and 55

**Age Contribution of Provers**



**GRAPH 2.**

### **3.5.5 Randomisation**

This proving will be conducted as a double blind placebo controlled study.

Each prover was given a proving code to be written on a separate piece of paper. These was placed in a container and shuffled. 2 pieces of paper were drawn and put to one side; this was the placebo control group. The remaining 18 pieces of paper were the experimental group. This achieves randomization and blinding such that neither the provers nor the researchers know who belongs to the experimental group and who belongs to the placebo group. Further blinding was provided in that the provers did not know what substance was being proven nor the potency in which it was administered until the completion of the study.

An independent third party dispensed the powders, thus ensuring that neither the provers nor the researchers knew who was receiving the active remedy and who was receiving placebo. The dispenser was the only

person who saw the codes. The active remedy and the placebo were dispensed in a set of six powders and were identical. Blinding was thus adequately achieved. The independent third party for this research study was Dr. Izel Botha.

### **3.5.6 Duration**

The data collection begins with a one week observation period prior to the commencement of the proving. The powders are then taken and the provers continue to document their symptoms for a further four weeks or until there is no evidence of proving symptoms. This is followed by a two week post proving observation period. The duration of the proving was thus five weeks.

### **3.5.7 Monitoring of the Provers**

For the duration of the first week of the proving the researcher was in daily contact with provers so as to discuss the symptoms as they arose. Contact over the first two days serves to provide the researcher with the exact time that the remedy begins to act.

The researcher was in contact with the provers every alternate day during the second week of proving, every third day during the third week and weekly there after for the remainder of the four week period.

This contact allowed the researcher to monitor and clarify symptoms experienced by the provers as well as to monitor prover compliance. This ensured prover safety and allowed for prover reassurance.



### 3.5.8 Data Collection by the Provers

The provers collected data by means of a journal. The journal was kept with the prover at all times so as to avoid any time lapse between symptom occurrence and the recording of the symptom thus minimizing inaccuracy and maximizing details of each symptom recorded. The symptoms recorded by the provers were monitored by the researchers each time they made contact with the provers.

The provers were asked to comply with the following format for recording their symptoms.

- Notes were to be taken with regard to each symptom and its location, timing, sensation, duration and any concomitants (Sherr, 1994).
- Each symptom was to be written on a new line, leaving space for remarks (Sherr, 1994).
- A new page was started for each day, marking the day and date clearly (Sherr, 1994).
- Definite facts were to be recorded and provers were not to be verbose (Sherr, 1994).
- Each symptom was to be designated one of the following categories:
  - **NS** - New Symptom - never before experienced
  - **OS** - Old Symptom - occurred more than 1 year ago  
Eg. Headache on left side. OS 6years
  - **AS** - Altered Symptom - a normal symptom that has changed during the proving Eg. Earache on the right side moves to left side
  - **RS** - Recent Symptom - experienced within the last year
  - **CS** - Cured Symptom - old or recent symptom that is no longer present
- These abbreviations were to be marked in red (Sherr, 1994). (see Appendix B).

- The exact time the symptom occurred had to be recorded with each symptom. This was important as at the end of the study the chronological development of the remedy picture could be identified.
- Each symptom was to be recorded chronologically according to the number of minutes, hours and days since the commencement of the proving ie. DD:HH:MM
  - DD – the number of days since the commencement of the proving ie. Since the administration of the first powder
  - HH – The number of hours
  - MM – The number of minutes

Eg. 03:02:01 is 3 days , 2 hours and 1 minute after the administration of the first powder (Sherr,1994).

After 24 hours have passed the minutes become unimportant and may be replaced by XX.

After a few days the hours likewise become redundant and may also be replaced with XX.

Thus the above example would read 03:XX:XX.

### **3.5.9 Group Discussion**

Once all the journals had been collected, a post-proving group meeting was held. This group meeting served to accomplish the following

- Provers were given the opportunity to discuss their overall impression of the proving.
- To begin to amalgamate the fragmented individual provings into a homogenous unit in which the separate symptoms of each prover consolidate as if they had all occurred in one person.
- To give provers and researchers and opportunity to clarify symptoms and to validate or discard any doubtful symptoms.

- To trigger the provers' memory as to symptoms they may have forgotten to record or discuss with the researcher.
- To help provers with any personal difficulties that may have arisen.
- To provide a forum where the remedy could be unveiled as well as unveiling the placebo.

### **3.5.10 Ethical Considerations**

The methodology of this study was approved by the Durban University of Technology Faculty of Health Sciences Ethics Committee prior to the commencement of this proving to protect the welfare and safety of the provers.

1. There was a degree of deception involved in this research
  - A randomized, double blind, placebo controlled study was conducted to prevent provers and the researcher from analyzing the substance and thus affecting the outcome.
  - The subjects had no knowledge of what the substance was that they were proving or what the potency level was.

This was to ensure that the provers were not able to anticipate any expected symptoms according to the nature of the substance, because this would have adversely affected the reliability of the results.

The provers did not know whether they were on placebo or on the active substance. The use of placebo in this study was an integral part of the methodology. It served to distinguish proving symptoms from incidental symptoms.

As motivation for acceptability:

- Provers were given a *Proving Information Sheet* (Appendix D) and were thereby fully informed that they may have been given placebo as part of the study and were asked to provide their consent with this in mind.
  - All provers had to be in relatively good health in order to meet the inclusion and exclusion criteria for the study and so were not receiving placebo in place of possible treatment. The project was not aiming to treat any specific condition, thus being in a placebo group did not deny the individual treatment for any specific condition and there would therefore not be any adverse effects on their health.
2. Provers were assigned codes. This ensured confidentiality of the data and the identity of the provers. These unique codes were used for reporting and publishing data and for all other referencing purposes in the study. The individual's personal details were not used or mentioned in the reporting of the proving symptoms, except for age and sex which were relevant to identifying possible symptom patterns.

The informed consent forms and Case files containing potentially identifiable data had the identity of the individuals removed after editing and reporting the data. These were appropriately stored to ensure confidentiality and will be destroyed after five years.

3. The researcher approached students, homoeopathic practitioners and the general public directly and provided them with information concerning the proving. Those that showed an interest in taking part in the study were given a *Proving Information Sheet* to read and asked to contact the researchers if interested in participating in the study.

The researcher only provided information regarding the study. Participation was on a voluntary basis and therefore the researcher did not attempt to influence this decision.

4. Some participants were linked to the researcher in that they were fellow students, friends and acquaintances.

Friends and acquaintances and fellow homoeopathic students were allowed to take part in the research as it would not affect the outcome, as long as they do not know the substance being proved.

It is necessary however for the maintenance of the accuracy in the study that participants have a good knowledge of homoeopathy and homoeopathic provings.

There was no pressure placed on friends and acquaintances to take part in this study.

5. Information about the research was circulated around the Durban University of Technology grounds by means of posters that were placed on all the notice boards around campus to ensure that all the students were given a chance to take part in the study (Appendix A).

*Proving Information Sheets* were also circulated. Advertisements were placed on notice boards in local libraries, supermarkets and sport clubs to include the general public. There was also circulation of advertisements around the Durban University of Technology and University of Kwazulu Natal campuses (Appendix A). Advertisements will also be placed in the local news paper.

6. For the *Prover Information Sheet* see Appendix D. This research was only conducted in English, due to the delicate nature of the information needed

from the participants. The validity and accuracy of this information may be lost due to difficulties in translation.

Due to the above reasoning, only people that were English speaking and literate were able to take part in this study. The proving process requires provers to record symptoms that may be subtle and need to be recorded in their own language for accurate expression. In order to report the data accurately, the researcher had to be able to understand the information clearly. Inaccurate translation of symptoms from another language may have resulted in misinterpretation during collating and editing, resulting in an unreliable proving due to the validity of the symptoms that may have been affected. Therefore it was imperative that all participants were fluent in English. Because of this it was not necessary to ensure comprehension of documents written in English.

7. The results of the study will be made available to those interested through the following methods:
  - Dissertation of results will be available in the Durban University of Technology library.
  - Results will be submitted to ARCHIBEL S.A for inclusion in the Synthesis Repertory, both in book and software format. (Database of RADAR homoeopathic software).
  - Results will be submitted to ARCHIBEL S.A for inclusion in the provings database of the Encyclopaedia Homoeopathica computer software.
  - Results may be made available in HTML , PDF or summarized and printed, to be distributed to interested parties who are able to receive any the these formats.

8. Provers were given a homoeopathic substance in order to determine what symptoms the substance was capable of producing in healthy individuals. By attaining this information one can deduct how it may be used therapeutically by application of the *Law of Similars*.

Experiencing symptoms is therefore an integral part of the homoeopathic drug proving. Most symptoms experienced are mild and transitory and will therefore not require treatment. If any symptoms experienced were serious, intolerable or persistent, these would have been antidoted by any of the following methods:

- Coffee, camphor or other commonly antidoting substance may be administered if the symptoms are still mild.
- An acute remedy can be prescribed that covers the most troubling symptoms, covering the smaller presenting totality.
- The prover's constitutional remedy may be given if known. If not known this can be worked out from the pre-proving case history. This may not work because the total symptom picture has changed with the addition of the proving symptoms to the constitutional picture.
- In the case of 3 above mentioned methods, a whole new case must be taken. A remedy must then be prescribed that combines the totality of symptoms that have arisen as a result of the combination of the original and the proving pictures.

Throughout the whole proving procedure participants were monitored by the researcher so that any deviation from the expected norm would easily have been ascertained and appropriately dealt with immediately.

9. The participants benefited indirectly from the study. Participants learned the skill of observation as well as developed a greater self awareness. It provided an excellent platform for both homoeopathy scholars and the public to learn more about homoeopathy and how it works.

There were no direct or indirect financial or health benefits.

10. Subjects were free to withdraw from the study at any point and were made aware of this fact prior to commencing the proving.

## **3.6 SYMPTOM EXTRACTION AND EVALUATION**

### **3.6.1 Extraction of Symptoms**

The aim of this stage was to convert the writings in the journals into Materia Medica and repertory format. All symptoms were scrutinized and then validated or rejected. Valid symptoms were then edited into a proving format that is unrepetitive, logical and coherent.

Extraction proceeded with the prover and supervisor present. Provers' journals and notes taken by the supervisors were read together so that a complete concept of the proving was attained. Each symptom was discussed individually and all discrepancies were located and investigated.

Data from the pre-proving consultations were taken into consideration as these together with the one week pre-proving documentation served as a baseline control from which the validity of the symptoms experienced during the proving period could be confirmed. Data obtained through telephone calls, observations from independent parties and the post proving meeting were also considered.

The following format was followed for data extraction (Sherr,1994)

- A new page was used for each body part and each page was headed with the following details
  - Body part



- Prover code
- Remedy code
- Page number
- The page was divided into a minor column on the left. This was used to record the time elapsed from the commencement of the proving to the first occurrence of the symptom. The right column was the major column and was used to record all the details of the symptom.
- Prover's reports were written in the first person and in the words of the prover. It was written in simple, clear and grammatically correct English (Sherr,1994).
- Simple language and the basic expressions of the prover were retained in the prover's own words. Contemporary terminology which may not be understood in the future was either avoided or explained (Sherr,1994).
- The text was written in a readable, comprehensive, flowing format. It is non-repetitive without leaving out any essential details.

Symptoms were carefully assessed and validated or discarded (Sherr, 1994) according to the inclusion and exclusion criteria detailed below in 3.6.2 and 3.6.3.

### **3.6.2 Criteria for Including a Symptom as a Proving Symptom**

- Any new symptoms unfamiliar to the prover (ICCH,1999).
- Any usual or current symptom that was intensified to a marked degree (ICCH,1999).
- If the prover was under the influence of the remedy, then all new symptoms belong to the remedy (Sherr,1994).
- A symptom that was current, but had been modified or altered was included while clearly describing the current and modified components (ICCH,1999).

- Any symptoms that had occurred a long time previously, especially longer than 5 years, and that would seem to have had no reason to repeat itself naturally at the time of the proving were included. This was the reason that old symptoms were to be marked OS with the date of last occurrence (ICCH,1999).
- If a present symptom had disappeared during the proving, it was made clear that this was a cured symptom and the precise nature of the symptom previous to the proving was adequately explained. This included the sensation and the function of the symptom (ICCH,1999).
- The time of day at which the symptom occurred was only included if there was a repetition of that symptom occurring at that time in one or more provers (ICCH,1999).
- If there was any doubt about a symptom it was included in brackets. If another prover experienced the symptom it was validated otherwise it was excluded (ICCH,1999).
- A symptom that occurred on at least two occasions after taking the powders.
- A symptom that occurred on more than one subject (Riley,1997).
- An important factor for verifying a symptom was confirmation from other provers. If a marked or significant symptom appeared in one or more provers it served to validate others with the same symptom.
- The intensity and frequency was another deciding factor.
- The next factor was the perceived meaning of the totality. Once an understanding of the remedy picture emerges it may serve to verify or exclude questionable symptoms. This factor was used with extreme care so as to avoid speculation (Sherr,1994).
- The inner knowledge and conviction of a prover that these symptoms did not belong to him/her were a definite and reliable consideration (Sherr,1994).
- Modalities (anything that alleviated or aggravated the symptom) (Riley, 1997).

- Concomitants (any symptom that occurred in conjunction with another symptom) (Riley, 1997).
- Timing of the symptom (Riley, 1997).
- Localisation (Riley, 1997).

### **3.6.3 Criteria for Excluding a Symptom as a Proving Symptom**

- If there was any serious doubt as to the validity of the symptom, it was left out (Sherr,1994).
- Any symptoms that were usual or current (Sherr,1994).
- Symptoms were not included if they had occurred in recent history (one year or less). Symptoms which may have appeared naturally or spontaneously during the proving were disregarded (Sherr,1994).

## **3.7 COMPARISON WITH EXISTING INDICATIONS OF CLINICAL THERAPEUTIC USE**

Research was done as to the existing indications of clinical therapeutic use. It was found that the diseases most commonly treated at the Dead Sea were rheumatoid arthritis, osteoarthritis, psoriasis, vitiligo and chronic obstructive pulmonary diseases.

On completion of the collating and editing of all the symptoms derived from the proving of *Yam ha-Melach* 30CH the symptoms mirroring those of the aforementioned diseases were extracted and a comparison was made.

The comparison yielded results that verified the *Law of Similars*. A symptom picture was obtained that was very similar to the picture of all the disease states mentioned above.

### **3.8 COLLATING AND EDITING OF THE DATA**

This is the process of uniting the proving into an “as if one person” composition (Sherr, 1994). This can be done manually by putting all the separate provers’ schema sheets (mind sheets, abdomen sheets ect.) together. Working from these, reports are sorted by subject and time of appearance.

A final editing for grammar and spelling mistakes should now be undertaken. While it is important that the language of the provers is retained, the proving must be comprehensible and easy to read. Cumbersome sentences and unnecessary detail should be edited (Sherr, 1994).

Similar symptoms from different provers should appear separately and consecutively and sorted by the following criteria

- Nature of symptom
- Prover
- Sequence of development of symptom
- Time of appearance

(Sherr, 1994)

These symptoms showed a logical and chronological progression of the unfolding remedy picture.

Any repeated symptoms from a single prover were amalgamated into a single entry with relative intensities taken into consideration (Sherr, 1994). If a symptom included several areas of the body linked together, it was written as a whole symptom appearing under the most central heading.

Attention was paid to repeating symptoms or modalities in different areas of the body and mind and was recorded under generals.

The researchers then collated the data from the groups into relevant subdivisions with the purpose of creating a comprehensive Materia Medica picture for *Yam ha-Melach* 30CH.

### **3.9 REPORTING THE DATA**

The data collected from this study was collated and edited and then translated into Materia Medica and repertory format. This makes the information easy to understand and access in a clinical homoeopathic setting.

#### **3.9.1 Repertory**

This is concerned with the conversion of the symptoms obtained from the proving into repertory format by correlating each symptom with the appropriate rubric so that the information may be easily accessed in the future (Sherr, 1994). For the purposes of this study the researchers will be using the *Synthesis Repertorium Homoeopathicum Syntheticum* edition 9.1.

The remedy will then be added under the appropriate rubrics.

Once the remedy has been added under the appropriate rubrics it must be graded. Grading can be done according to the intensity of the symptom or according to the frequency at which the symptom occurs. For the purposes of this study we will be grading according to the frequency at which the symptom occurs as this is less subjective. This method was used by Kent and is recommended by Sherr (1994).

Sherr (1994) further suggests that a rare and peculiar symptom can be increased by one grade.

On completing the editing, collating and reperorisation. The symptoms elicited by the proving were compared to the symptoms of the diseases and disorders that have been successfully treated with Dead Sea products.

### **3.9.2 Materia Medica**

The symptoms obtained from the proving of *Yam Ha-Melach* 30CH will be recorded in typical Materia Medica format. The symptoms will be listed under sections common to most Materia Madicae and will correspond to the sections in the *Synthesis Repertorium Homoeopathicum Syntheticum*.

Mind

Vertigo

Head

Eye

Vision

Ear

Hearing

Nose

Face

Mouth

Teeth

Throat

External throat

Stomach

Abdomen

Rectum

Stool

Bladder  
Urine  
Male genitalia/sex  
Female genitalia/sex  
Larynx  
Respiration  
Cough  
Expectoration  
Chest  
Back  
Extremities  
Sleep  
Dreams  
Chill  
Fever  
Skin  
Generals

The methodology used in this research has been adapted from that of Sherr, (1994) and Webster, (2002).

# **CHAPTER FOUR**

## **4. THE RESULTS**

### **4.1 INTRODUCTION**

The symptoms attained during the proving of *Yam ha-Melach* 30CH were extracted from the prover's journals and presented in two subsections. In the first subsection of Materia Medica the symptoms are presented in the prover's own words as elicited from their diaries and were arranged according to recognized sections of the Materia Medica. The list of symptoms presented below are a revised version of the full symptoms picture, highlighting only the most pertinent themes. A full symptom picture is available on a DVD (Appendix J). In the second subsection of repertory the symptoms have been reworded into repertory language and format and grouped into sections of the *Synthesis 8.1* repertory (Schroyens, 2001). The list of rubrics was refined and edited to include the rubrics most pertinent to the proving. The grading of the rubrics was done according to the full symptom picture available on the DVD. A full list of rubrics is also available on the DVD (Appendix J).

### **4.2 MATERIA MEDICA**

#### **4.2.1 Key**

The symptoms are referenced as follows

The prover number followed by a F or M, indicating the gender. This will be followed by the DAY:HOURS:MINUTES after taking the first powder.

- After 24 hours the minutes are considered unimportant and are replaced with XX.
- After 2 days the hours become unimportant and are replaced with XX.



- Where the time is unclear it is represented as XX:XX:XX.
- The symptoms denoted by a \* are those gained through one-on-one meetings, phone calls and the post proving meeting.
- Symptoms from the journals belonging to the placebo group were not considered.
- The symbols < and > indicated that symptoms are aggravated or ameliorated respectively by what follows it.

#### **4.2.2 Prover Lists**

The symptoms that comprise the Materia Medica of *Yam ha-Melach* 30CH were attained from two provings of the same substance that were done concurrently. The information gained during these provings was amalgamated to form one symptom picture.

In both groups the provers on verum are marked V and those on placebo are marked P.

**TABLE 1: GROUP 1**  
**NATASHA WALLACE**

<b>Prover Number</b>	<b>Age</b>	<b>Gender</b>	<b>Placebo/Verum</b>
1	22	M	V
2	23	F	V
3	26	M	V
4	23	F	P
5	36	F	V
6	23	M	V
7	24	F	V
8	24	M	V
9	29	M	V
10	24	F	V

**TABLE 2: GROUP 2**  
**TAMARA RABINOWITZ**

<b>Prover Number</b>	<b>Age</b>	<b>Gender</b>	<b>Placebo/Verum</b>
11	52	M	P
12	24	F	V
13	26	M	V
14	22	F	V
15	26	F	V
16	22	F	V
17	22	F	V
18	23	M	V
19	47	F	V
20	20	F	V

### 4.2.3. SYMPTOMS of *Yam ha-Melach* 30CH

#### 4.2.3.1. MIND

##### **Irritability and Frustration**

I am getting super duper, ultra god damn, fucking pathetically irritated and frustrated with this situation. I feel like smashing everyone's heads in including my own. Just not able to manage anything at the moment, don't even have the strength for a wank to possibly calm me down. Even feel like ripping this book apart.

AAAAAAAAAAAAAAAAARRRRRRRRRRRGGGHHHH.

18M: 04:XX:XX

Little bit irritable.

01M: 07:XX:XX

My mood is really irritable and annoyed.

02F: 14:XX:XX

Feeling irritated by people, probably due to being sleepy.

03M: 04:XX:XX

Still feeling Irritable, short tempered.

05F: 05:XX:XX

Think I was more irritated for a change, maybe with my surroundings or just with myself.

06M: 14:XX:XX

Highly agitated and irritable. But it evens out as the day progresses.

07F: 12:XX:XX

Very agitated and snappy with everybody. Feeling a bit aggressive and frustrated.

07F: 13:XX:XX

Tired and irritable. Have to do another night shift. Hopefully the last one in this string.

08M: 13:XX:XX

Irritable in the morning, take ages to wake up, very annoyed at people driving slowly in front of me, and overtook them like a savage.

10F: 10:XX:XX

Aversion to being held close unless I want it. Irritable, impatient.  
10F: 13:XX:XX

Feeling annoyed at writing in the journal, feel like I have a lot of other things to do that is more important than doing this. Concerned about patient numbers for the first time this whole year.  
10F: 15:XX:XX

During a class presentation started getting really irritated for no reason, people talking.  
18M: 00:00:30

The slightest breeze irritates me.  
15F: 00:01:20

Getting really irritated, a patient cancelled, feeling irate, can't seem to think straight.  
18M: 00:01:45

Very irritated with everyone, to the point of wanting to scream.  
17F: 00:03:30

Got a new patient but didn't give a shit. He kept moaning, I felt it was overboard, I was ready to smack him. I told him that I can't help him and he needs to leave.  
18M: 00:04:00

Getting pissed off about what I don't know.  
18M: 00:06:30

Got really annoyed with my patient. The language and culture barrier was really driving me mad.  
18M: 02:XX:XX

My boyfriend said that I was grumpy today, I have been very snappy, it is like I have PMS.  
20F: 02:XX:XX

Wow I am irritable, lecturer is really pissing me off.  
18M: 03:XX:XX

My blood is boiling and I just cannot shake it!!!! Really angry.  
18M: 03:XX:XX

Getting highly irritated again, feel like smashing someone's head in.  
18M: 03:XX:XX

Just want to sit around and do nothing, no thinking involved, everything and I mean everything is becoming an intense effort. This is pissing me off, I feel like I am going to burst if I don't let some of the anger out.

18M: 03:XX:XX

So frustrated with lecturers, find myself swearing, so irritated.

17F: 04:XX:XX

Feeling frustrated, heavy and burdened.

19F: 05:XX:XX

Feeling very irritable and emotional.

20F: 05:XX:XX

Feeling very irritable and short tempered resisting the urge to just snap at everyone.

17F: 06:XX:XX

Very irritable today.

16F:06:XX:XX

Waiting is irritating me.

18M: 01:02:XX

Ooooooooooooooh am very irate, feels like the walls are closing in on me. My ears are ringing, my face hurts, my chest hurts.

18M: 06:XX:XX

Feeling really crabby, going home cause I can't handle people just talking.

17F: 07:XX:XX

Had breakfast with my gran and found myself getting really irritated by little things like leaving the fridge open for too long.

18M: 07:XX:XX

Just shouted at my parents for bickering over petty stuff, they must just get the fuck over it.

18M: 07:XX:XX

Increasingly irritable having to listen to mom's symptoms.

17F: 07:XX:XX

My boyfriend said that I was grumpy today, I have been very snappy, it is like I have PMS.

20F: 02:XX:XX

Irritable with lady in front of me at the movies. Wanted to rip her head off. Then the girl next to me for slurping, then the guy who pushed in front of us.  
12F: 07:XX:XX

Extreme irritability. Wanna KILL.  
12F: 08:XX:XX

Wasn't in a very good mood today, was very irritable. I was very snappy and people got on my nerves very easily.  
20F: 10:XX:XX

### **Loneliness and Isolation**

I feel isolated with where I am in my stage of life.  
03M: 10:XX:XX

Irritable, moody, sad, feeling a sense of loneliness – poor me. Nobody understands.  
05F: 04:XX:XX

I just wanted to be alone.  
18M: 00:07:30

Started feeling really emotional again, feel like I'm coming down from a bad trip, just depressed and alone.  
18M: 01:00:00

I feel very quiet and withdrawn, just want to be alone.  
13M: 01:04:20

Don't want to speak to anyone, feeling sad and lonely and tired.  
19F: 02:XX:XX

Hiding in my room, "go away and LEAVE ME ALONE".  
19F: 02:XX:XX

Feeling very lonely, need to get out of this house.  
12F: 03:XX:XX

Feeling quite sorry for myself, quite needy for affection.  
14F: 03:XX:XX

Feeling sad and lonely.  
19F: 04:XX:XX

Felt pangs of loneliness that came over me like waves even though I wasn't alone.

17F: 05:XX:XX

### **Depression and Hopelessness**

Feeling strangely depressed for no reason. Feels like a dark blanket has settled upon me. I feel hopeless like there is no light left in the world.

02F: 02:51:XX

I felt a bit down today, questioning people's deeds and motives and general attitude.

03M: 10:XX:XX

If I don't get a good sleep I feel doom and gloom.

05F: 03:XX:XX

Evening: mood is very low but difficulty crying. Feelings of failure, incompetence, rejection and hopelessness.

07F: 02:XX:XX

Good mood in the morning but it deteriorates as the day carries on. Feelings of hopelessness, easily upset, can cry at any moment for any situation.

07F: 01:24:XX

Feeling of poor me, mood is low.

19F: 00:16:00

Feeling a little depressed, feeling blue.

12F: 00:05:30

Hopeless feeling. I don't feel I can cure the situation. Whatever it is.

19F: 00:18:30

Feel possible onset of depression. Feeling low on energy. No positive thoughts. Feel dissatisfied with everything restless and irritated.

19F: 00:21:30

Started feeling really emotional again, feel like I'm coming down from a bad trip, just depressed and alone.

18M: 01:00:XX

Feeling very depressed, like I'm all alone in the world and no one can understand my plight, just want to sleep.

12F: 01:07:XX

Feeling very sorry for myself.

17F: 02:XX:XX

I have no interest in this day. Feel like I am spiraling fast into a deep sea of depression.

19F: 03:XX:XX

I feel awful, black clouds, just want to run away.

19F: 04:XX:XX

I find myself with thoughts of ending it all. Just plotting the ways.

19F: 04:XX:XX

I just feel like I'm in a hopeless situation and I just can't fix it. No one understands.

12F: 04:XX:XX

This may sound cynical, but perhaps death would have been easier than dealing with this shit life.

18M: 05:XX:XX

Fuck I feel pathetic.

18M: 07:XX:XX

### **Emotionally Overwhelmed and Crying**

Very depressed, cry all the time but mostly controlled crying, not ugly crying like the day before. Still feeling overwhelmed with difficulty concentrating.

07F: 01:30:XX

Emotions are relatively stable till a friend says something silly to upset me then everything spills out again. Cry uncontrollably again for about 40 minutes then managed to pick myself up and carry on. But can't shake the feeling of sadness all day.

07F: 10:XX:XX

Felt very overwhelmed, everyone expects emotional support from me and I feel like I have no more to give. I gave to all my friends, my patients, and my family and feel overwhelmed. I feel like I'm just one person.

10F: 01:XX:XX

Moody, feel overwhelmed like a kid lost in a shopping mall away from parents, everything around me moves so fast and I just want to curl into a ball or start wailing till someone nice helps me find my parents.

10F: 05:XX:XX



By 1:30 pm I was crying uncontrollably. A small incident made me feel overwhelmed and I felt like I couldn't cope. I became dizzy and lost control of my emotions. Felt emotional the rest of the afternoon but managed to keep it together.

07F: 00:06:30

Feeling really emotional, crying for all sorts of things that usually wouldn't affect me.

16F: 00:06:15

Got really upset and frustrated with my dad today because he wouldn't go see a dr. I've got a knot in my chest and can't stop crying.

16F: 09:XX:XX

Felt really emotional, went and had some wine and cried for 6 hours, just wanted to be alone.

18M: 00:07:30

Very teary today, I have cried 3 times for things I wouldn't usually get upset about. Cried after getting a test back and after watching Oprah, episode about starving kids.

14F: 02:07:30

Feeling so emotional like my heart is being ripped out and stomped on.

18M: 02:08:00

Feel completely emotionally drained, couldn't wait for the day to end. Built up throughout the day and eventually just felt like I needed to sit down and have a good cry and be alone.

14F: 02:13:30

Just walked into spar and started crying. Crying for little things.

12:00.

18M: 03:02:00

Feel like having a good cry, feeling tender.

19F: 02:23:00

Feel vulnerable, weak and miserable. Can feel the tears coming.

19F: 04:01:30

Feeling frustrated and alone. Just want to cry, I'm crying pulling at my hair and rocking back and forth. I just feel like I'm in a hopeless situation and I just can't fix it. No one understands.

12F: 04:10:30

## **Need Affection, Missing Friends**

Feel an intense need to receive affection – became needy and clingy.

07F: 00:6:30

Feeling good, a bit clingy – just want to hold my partner.

08M: 19:XX:XX

## **Discrimination and Lack of Faith in People**

I was watching the Jewish fathers come to pick up their children and I suddenly got this feeling of anger towards them. I realized that they were irritating me because they are weak. "I hate weakness" I thought to myself.

15F: 01:04:XX

Today at gym I was leaving to go home and two Jewish men came out of the synagogue. I got so angry and immediately thought of them as being weak. Very unusual for me to react that way.

15F: 01:04:XX

\*They (Jews) need to stand up to America.

15F 01:XX:XX

Feel like I have no faith in humanity, they are stupid and cruel.

19F: 02:XX:XX

I felt a bit down today, questioning people's deeds and motives and general attitude.

03M: 10:XX:XX

## **Mood Swings**

Felt a bit down, but in the afternoon had a sudden flip in mood where I felt silly and happy.

03M: 11:XX:XX

I have contradicting feelings today: I feel confident and good about myself yet I feel like the most terrible person to have ever walked the planet. Not sure what to make of it. So I go back to cruise-and-don't think about it mode.

07F: 06:XX:XX

Mood swings up and down, very erratic.

19F: 00:08:30

Euphoria , now exhaustion, when will the rollercoaster end?

18M: 01:11:XX

Very moody, no confidence.  
12F: 08:XX:XX

My mind seems to be getting back on track. The problem is my ability to trust this state of stability. Why do I not relish in the state of normality. Have I just become too used to the manic swings of moods my mind is currently going through?  
18M: 11:XX:XX

### **Self Actualization**

It feels like I have a lot on my mind, and I am taking time out to think about it.  
13M: 01:05:XX

Sudden feeling that I really need to re-evaluate my life. I need to take a step back and sort out my true desires and needs, my true dreams, my true talents and how I can use them to my best ability to benefit both me and those around me. I feel like I am going to burst if I do not do so in earnest, soon. If I don't do this seriously and make pro-active, not reactive choices, I will continue to waste away on the inside. I may as well then take my own life, cause fuck, it feels like I'm wasting it right now. I have things to offer the world. I can achieve great things. I need to find out what is stopping me from going out and doing what I want. Is it fear of failure? Is it fear of humiliation? Fear of disappointment, mostly of myself? And again, why do I place what people think and say about me so high up on my concerns list. THIS IS ME! Fuck I wish I could live it. To be free and respected is what I desire. To be knowledgeable and have the ability to practically endorse it. May the universe guide me to accept and achieve its offerings.  
18M: 10:XX:XX

Open and a lot of thoughts and ideas going through my head, including relationship, future plans and finances.  
06M: 09:XX:XX

### **WHAT I WANT**

I want to dance, play guitar, I want to love completely, I want to share this, infuse it into society people can heal with only love. I want to teach them this I want to start a meditation circle for peace in the middle east, I want to stop being afraid of my own destiny, I want to be ambitious and not lazy, I want to believe in my self as I did as a child when there was no doubt to greatness. Anything can be achieved, anything, just do it stop pondering and hoping it will somehow materialize just get up and make it happen. If you believe, it will come to you.

I want to just go, start a new, start me, be me, be who I want to, be my best friend and be that to the world. Where is that taking me, where do I go? I need to lift my energy, free my spirit, embrace my soul, paint, release, learn, embrace,

utilize all my opportunities, so many missed, so many scared they may suffer the same fate. Don't regret what you haven't seized but don't continue the trend. Take control, its time to be all you are don't be afraid of the glory of it. I want to be successful I wan to just love and be happy. I want to spoil and have the means to do so. I want to embrace my world, my life, I want to celebrate it.

I need to take a time out everyday. I seem to be better in the mornings and so I must wake early and spend a quiet hour with myself and connect with my higher self to find direction and peace. Connect with the wisdom of the universe learn to embrace our power and infuse the world with its divinity. Follow my path, find my path, find a direction at least...

15F: 10:XX:XX

Open and fresh, want to take on new things. Very happy.

06M: 03:XX:XX

Mind very clear today, did some exercise to clear my mind and increase vitality, felt like I had a lot of energy.

06M: 08:XX:XX

## **Anxiety**

Feeling irritable, harassed, anxious > exercise.

10F: 05:XX:XX

Impatient, can't stand to be contradicted. Can't be stopped doing what I want to, else I get anxious, get palpitations and react by lashing out.

10F: 19:XX:XX

Irritable, very sleepy, worried and anxious about trifles, wanted to clean the whole house.

10F: 20:XX:XX

Feeling really anxious. Its physical, an uneasy feeling in my stomach.

12F: 00:05:30

Feeling really excited and anxious, not sure why. Butterflies in my stomach.

13M: 00:12:50

Feel very nervous not only mentally but physically. Too much unstable energy building up in my solar plexus then moves up and culminates in my cheek bones which makes me feel like I want to cry and in my TMJ like I am blushing uncontrollably. It is almost unbearable and I have to look away. I blush for others embarrassment. It hurts.

12F: 03:XX:XX

Woke up feeling very anxious, had a knot in my stomach.  
15F: 04:XX:XX

Feeling very anxious, butterflies return to my tummy. Am I good enough, do I know enough?  
17F: 04:XX:XX

Feeling really anxious, as if there is pent up energy building up in my solar plexus toward my jaw making it clench and behind my eyes to the outer corners of my eyes causing me to want to cry.  
18M: 04:XX:XX

I had an anxious feeling when I got home from work. Thinking about all the things I needed to do but hadn't.  
15F: 04:XX:XX

Feeling very anxious and uncertain about the future.  
13M: 06:XX:XX

Feeling anxious. Have butterflies in my solar plexus, tension in my jaws.  
17F: 07:XX:XX

## **Paranoia**

Tried to get to sleep but I kept hearing noises and I was paranoid.  
16F: 05:XX:XX

I am scared that I have a terminal illness. Feels like the oxygen is just not getting into my blood or is not being carried due to a blockage. I would imagine chemotherapy or radiation therapy feeling like this. I don't know why. I just want to lie down and close my eyes but I'm scared that if I do I won't wake up.  
15F: 07:XX:XX

Got scared after a coughing fit that left a great pain in my heart, that I was having a heart attack.  
15F: 07:XX:XX

I walked around my house because I got paranoid that someone was inside.  
15F: 08:XX:XX

Still dark stools, worried it might be something terminal, going to see dr. again.  
18M: 10:XX:XX

My chest hurts, can't get comfortable, quite a worrying pain.  
18M: 10:XX:XX

My ears are ringing quite badly, should I be worried?

18M: 11:XX:XX

Worried about friends, family, patients – very acutely – was in tears about one of my friends problems. Really want to help, feel helpless, annoyed that I can't do anything to help – also annoyed cause they are not doing anything about their situation and don't listen to me.

10F: 14:XX:XX

### **Manic Phase**

Became very emotional and angry in the afternoon and said some regrettable things yet no feelings of guilt, strange, I thrive on guilt. Feeling strangely empowered and good about myself.

07F: 20:XX:XX

Feeling of confidence, like I have a great self belief and my self esteem is very high. I can achieve anything, like I have some sort of superhuman power.

13M: 01:11:XX

Jumped up and down my room doing ballet, feeling happier now.

18M: 01:11:XX

So energized, so happy from teaching. It's like giving a performance. I feel so fulfilled afterwards.

18M: 04:XX:XX

Feeling very bubbly and happy with life, pulled pants up to under breasts and ran around like a crazy person laughing and shouting.

12F: 05:XX:XX

Feel revitalized and energized. I can attack anything that today brings.

12F: 07:XX:XX

Very crazy mood. Singing weird songs at the top of my voice in the common room. Everyone thinks I'm crazy.

10:00.

12F: 08:XX:XX

Strange feelings of calm resolution. Was feeling down in the morning but at around 11 am suddenly felt better and almost excited, feeling like I want to jump up and down, which subsequently I did and then I felt ecstatically happy. Very strange as I've been feeling down in the dumps for endless weeks.

07F: 03:XX:XX

## **Rebellion and Spontaneity**

Been very spontaneous.

15F: 01:15:XX

Really want to get a tattoo. The thought has briefly crossed my mind before, but now I really want it. Going to hold off till after proving. I think it's the remedy.

12F: 06:XX:XX

I had a sudden urge to pierce my tongue. So I stood in front of the mirror and did it myself.

12F: 09:XX:XX

## **Escapism**

Got a strange feeling of needing freedom, I act out in uncharacteristic ways.

07F: 19:XX:XX

I feel trapped and NEED to get away.

19F: 03:XX:XX

Feeling like I have to break out of this house aaarrrrrrrrrrrrghhhhh.

12F: 11:XX:XX

## **False Front**

It feels like I am putting on a mosaic front for everyone. This irritated me more.

18M: 03:XX:XX

Keeping up pretences and smiling for the outsiders.

07F: 05:XX:XX

Cruising, getting very good at faking the fact that I'm actually crying inside. But at least everybody around me is content and not noticing anything.

07F: 08:XX:XX

## **Happiness, Good Mood**

Very good mood.

01M: 14:XX:XX

Feeling happy and positive.

02F: 06:XX:XX

Woke up bright and awake.

01M: 15:XX:XX

Feeling positive.  
05F: 10:XX:XX

Feeling great today, had a very good sleep. Feel like I can take on the day with full fury.  
06M: 09:XX:XX

In the evening I felt happy, content and decisive. Life makes sense again, and I feel like I have made the right decisions and that I have no reason to feel guilty even though I probably should. Very sleepy in the evening – difficulty staying awake but when awake I feel very energized and positive.  
07F: 03:XX:XX

Good mood, feeling confident, blocking out negative thoughts. Excited that my family is coming to visit.  
07F: 07:XX:XX

Feeling happy and lighthearted today despite a stuffy head.  
08M: 18:XX:XX

Feeling unusually chirpy today, tapping my foot to the music.  
17F: 00:02:30

Feeling really good today, in such an awesome mood. Happy and carefree.  
20F: 00:05:45

Have a sensation that I am surrounded by a positive energy.  
19F: 02:XX:XX

Feel so happy with my little niece and nephew, their energies make me feel so rejuvenated, such innocence is a true breath of fresh air.  
18M: 06:XX:XX

Very good mood.  
12F: 07:XX:XX

Woke up feeling inspired and ready to face the day.  
13M: 09:XX:XX

Feeling very bubbly.  
12F: 18:XX:XX



## **Relaxed and Calm**

Nice and relaxed, woke up a bit later than usual because of last night's party – had an awesome time, but do have a bit of work to catch up on. A bit drowsy, can still manage to do work.

06M: 13:XX:XX

Very tired, emotionally exhausted but optimistic for test. Feeling a strange calmness. Mood has lifted since yesterday.

07F: 02:XX:XX

Felt very relaxed and at peace all day.

13M: 00:09:20

Mind is very calm. Happy to just go with the flow. Very unusual.

15F: 01:15:XX

Feeling incredibly relaxed.

16F: 02:XX:XX

My mind is so calm and peaceful, really enjoying just being. Nothing seems to worry me.

15F: 02:XX:XX

I just want some peace and calm and a head that can think clearly.

18M: 03:XX:XX

Strange feelings of calm resolution. Was feeling down in the morning but at around 11 am suddenly felt better and almost excited, feeling like I want to jump up and down, which subsequently I did and then I felt ecstatically happy. Very strange as I've been feeling down in the dumps for endless weeks.

07F: 03:XX:XX

## **Empty and Neutral**

Mood very good and had a pretty packed day as well. Felt a bit 'neutral' in the afternoon, happy but almost like there was nothing going on in my head. Interesting psychological moment.

06M: 07:XX:XX

Neutral mood till 11am.

01M: 08:XX:XX

Feeling of emptiness. Better when around friends, worse when around husband.

07F: 00:7:30

Even and mild mood, no specific feelings, a bit numb. Feel strangely detached from a decision I made – like it was a head decision more than a heart decision. Then why don't I feel right about it? Don't think, just cruise. Giving myself an emotional holiday. Keeping up pretences and smiling for the outsiders.  
07F: 05:XX:XX

### **Spaced Out and Floating**

Drowsy, phased out feeling.  
03M: 03:XX:XX

Feeling very spaced out, floating around.  
15F: 00:00:24

Spaced out feeling very intense, feel like I'm on really strong pain killers. All drugged up.  
15F: 00:00:45

Time has slowed down, in a haze.  
15F: 00:00:45

Feel like I'm gliding when walking.  
15F: 00:00:45

Head is floating in the clouds.  
18M: 00:11:00

Feeling spacey, Really clumsy, keep dropping things, getting lost.  
19F: 02:00:XX

A sense of being out of it, mind is fuzzy.  
12F: 02:08:XX

### **Drugged and Trippy**

Eyes are not coordinated with my mind. I will see objects but it takes time to register what it is.  
<looking up, changing direction of gaze, movement and walking.  
15F: 00:00:45

Eyes are flitting between scenes, like either my mind or my eyes are too slow to co-ordinate. Like I'm on a hallucinogen.  
18M: 01:00:XX

Feel possible onset of depression. Feeling low on energy. No positive thoughts. Feel dissatisfied with everything, restless and irritated.

19F: 01:01:XX

The joy of life is getting the better of me, feeling a little trippy to be honest.

18M: 04:XX:XX

Very spaced out feeling, as if drugged.

15F: 06:XX:XX

Feeling really nauseas and tripped out.

18M: 02:XX:XX

Spaced out feeling very intense, feel like I'm on really strong pain killers. All drugged up.

15F: 00:00:45

### **Poor Concentration and Lack of Motivation**

Severely down and unable to concentrate. This sucks as I need to study.

07F: 00:07:30

Feeling very tired and confused and difficulty concentrating.

07F: 01:24:XX

Can't concentrate, daydream. Worry about ever growing list of things I have to do. Don't feel like writing in this bloody journal.

10F: 11:XX:XX

I don't care about anything, can't even make up my mind about what I want to eat, I just don't care.

18M: 00:09:30

Difficulty concentrating, keep losing my train of thought.

15F: 00:00:24

Unmotivated.

12F: 00:05:30

Don't feel like eating breakfast; just don't have the motivation to even make oats.

18M: 00:23:20

Head is feeling really cloudy around my pterion, just can't seem to focus. I don't care about learning, normally I would be shitting myself, but I just couldn't be bothered.

18M: 01:00:XX

Procrastination. I have a lot of work but don't want to do it.

Watch movie instead, not stressed about not working.

17F: 01:04:XX

Serious lack of concentration and absolutely no motivation.

14F: 01:08:XX

Can't sit for more than 30min before having to get up and move around.

17F: 13:XX:XX

Just want to sit around and do nothing, no thinking involved, everything and I mean everything is becoming an intense effort. This is pissing me off, I feel like I am going to burst if I don't let some of the anger out.

18M: 03:XX:XX

Can't kick my head into gear.

18M: 04:XX:XX

Trying to force myself to concentrate but just don't care enough.

17F: 04:XX:XX

Was supposed to work, but instead I sat on the couch and watched TV the whole day.

16F: 05:XX:XX

Procrastination is the order of the day despite due dates rapidly approaching, not worried.

17F: 06:XX:XX

Very little concentration in class today.

16F: 07:XX:XX

Should be doing something productive but choose to watch a movie instead.

17F: 07:XX:XX

So hard to concentrate.

20F: 12:XX:XX

Can't get into the right frame of mind to do constructive work.

17F: 05:XX:XX

Really need someone to slap me and tell me to wake up to the fact that I have an enormous amount of work and pressure at the moment but I'm just messing around.

17F: 15:XX:XX

So exhausted, should be learning but just don't care. Head is floating in the clouds.

18M: 00:11:00

Couldn't make myself do any work today.

16F: 10:XX:XX

Don't feel like doing anything today.

19F: 09:XX:XX

## **Memory**

My memory is much better than normal, I'm just flying through mental activities, everything is just flowing.

13M: 02:XX:XX

Short term memory loss, quite marked.

12F: 06:XX:XX

Forgot to set alarm.

17F: 08:XX:XX

## **Detached**

Feel detached as if not part of anything at all.

19F: 01:05:XX

Woke up with no idea where I was, who I was and what I was doing. It was like I had been somewhere completely different... astral traveling? My feet and hands were sweating profusely, my heart is palpitating and I cannot get the thought of my family friends divorce out of my head.

18M: 02:XX:XX

Feeling really out of touch with reality again.

18M: 02:XX:XX

Felt really detached during the funeral today, just floating.

19F: 02:XX:XX

Not concerned about anything at all, feel like I am watching myself, but not quite.

13M: 12:XX:XX

## **Intuition**

Intuition has been unbelievable. I can predict statements and events with phenomenal accuracy.

18M: 03:XX:XX

Premonition. I pictured myself in a silver/grey car, love that color. Just then my mom phoned me to tell me I can have her silver Corsa.

12F: 09:XX:XX

### **4.2.3.2. VERTIGO**

Woke up tired, nauseous and dizzy.

01M: 07:XX:XX

Had prominent sinus congestion and clear nasal discharge, associated dizziness throughout the day.

01M: 20:XX:XX

I became dizzy.

07F: 00:01:30

I bit dizzy.

09M: 01:XX:XX

I just coughed to clear my throat and it felt like my brain moved  
Followed by vertigo and a pounding headache in the left temple. Vision is suddenly blurry.

15F: 05:XX:XX

I had a little dizzy spell driving home from breakfast. My cheeks were numb and tingling as if I hadn't gotten enough oxygen. I needed to take deep breaths.

15F: 06:XX:XX

I suddenly feel very weird! My body is weak, I am shaking and dizzy. My cheeks are tingling as if I haven't got enough oxygen to that area. My brain is confused and I am mixing up words e.g. "I don't have enough brain in my oxygen" I am scared that I have a terminal illness. Feels like the oxygen is just not getting into my blood or is not being carried due to a blockage. I would imagine chemotherapy or radiation therapy feeling like this I don't know why. I just want to lie down and close my eyes but I'm scared that if I do I won't wake up.

15F: 07:XX:XX

#### **4.2.3.3. HEAD**

##### **Pain**

Was headachey around 11 due to post nasal drip.  
08M: 06:XX:XX

Return of headache with 3<sup>rd</sup> powder. Subsided in 10min.  
17F: 00:12:30

Head ache really bad, feels like someone has put a hook into my scalp and is pulling me out of my world.  
19F: 01:03:XX

##### **Sensations**

Developed a headache around 10 o'clock - got worse toward the afternoon, gone by evening. Located behind eyes, mainly on the left side. Throbbing and dull in nature.  
07F: 07:XX:XX

My head feels thick and I'm starting to develop a headache. Headache is dull, feels like I'm congested almost like a sinus headache. Aching. Radiating from behind my eyes to my anterior neck. Woke up with a headache.  
07F: 16:XX:XX

Bad headache upon waking, head feels congested and stuffy. Headache dull and throbbing, especially between my eyes, radiating down to my neck.  
07F: 18:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.  
07F: 19:XX:XX

Have a headache probably from post nasal drip. It is centered just above and to the sides of my eyes. It is a dull pain.  
08M: 02:XX:XX

Dull fronto-temporal headache.  
< heat, >cold, cold drinks. <hurry, irritability.  
10F: 03:XX:XX

Headache fronto-temporal, very bad especially at 8.

< exercise, < leaning back. Steady dull ache, like a clamp over temples – like a clamp over temples. Pain centralizing between my eyes deep in my head.  
10F: 08:XX:XX

Headache mostly gone today except every now and then I feel the dull ache over the temples like it's being clamped together, a dull onward pressure.  
10F: 09:XX:XX

Headache occipital and temples, same time dull ache, like a clamp.  
< lying, < exercise.  
10F: 13:XX:XX

Sensation of heaviness in my left forehead alternating with a dull ache.  
15F: 00:00:24

Headache moved to across forehead and temples. Thick, dull pain.  
19F: 00:00:30

Headache returns with a dull frontal ache, subsides in 30min.  
17F: 01:00:XX

Have a very dull headache that is difficult to locate, it lingered all day.  
18M: 01:06:XX

Have a slight headache in my temples, just a dull constant pain.  
16F: 01:09:XX

Dull, temporal headache throughout most of the day with episodic increase in pain over the right eyebrow like someone pressing their thumb into it.  
17F: 01:XX:XX

Sneezed and head feels a bit thick 10min after taking the remedy.  
06M: 00:10:22

Head feels thick especially in the last bit of the day. Temporally - radiating to occiput. Dull, weary, zombie feeling. Accompanying tiredness.  
06M: 00:09:88

Feeling exceptionally tired, like I've had the life sucked out of my brain. My head feels fuzzy, like I have difficulty remembering things and concentrating – needless to say it is a bad day for me to drive.  
07F: 10:XX:XX

Head feels a bit fuzzy, probably nose related.  
08M: 16:XX:XX



Head feels heavy.  
05F: 06:XX:XX

Head feels really heavy.  
18M: 01:07:00

My head feels full and heavy.  
15F: 06:XX:XX

Throbbing sinus headache. < lying down, movement, bending down. Had to keep head still in vertical position. Felt like head was going to explode if move it. > blowing nose. Throbbing.  
04F: 02:XX:XX

Woke up with dull throbbing temporal headache. < right side.  
17F: 06:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.  
16F: 10:XX:XX

Woken by headache over frontal sinuses. Sensation of pressure building up within the sinuses, slight pulsating sensation.  
17F: 05:XX:XX

Headache starting in right forehead and over right eyebrow moving to right temple. Mild achy pulsating feeling. >pressure.  
17F: 08:XX:XX

Head foggy.  
05F: 05:XX:XX

Getting a headache. More of a clouded feeling. Dried out.  
18M: 00:00:30

Head still cloudy, feeling of a strange pressure building up behind my eyes.  
18M: 01:02:XX

Head feels very congested and full.  
17F: 01:12:XX

My head feels full and heavy.  
15F: 06:XX:XX

Head feels clogged.  
06M: 07:XX:XX

Feeling happy and light-hearted today despite a stuffy head. Feels clogged up from the nose up.

08M: 18:XX:XX

Head is feeling stuffy.

07F: 16:XX:XX

Wake up with a headache, a sore throat and a cough. Feeling terribly flu –ish. Stuffy, congested head.

07F: 17:XX:XX

Have a light headache and feeling stuffy in the head.

08M: 08:XX:XX

Head feels very congested and full.

17F: 01:12:XX

Head feels congested, feels like the contents of my sinuses is getting thicker.

16F: 15:XX:XX

Head feels really stuffy and I don't want to think.

18M: 00:23:00

Head feels stuffy and painful.

19F: 01:05:XX

Headache in the temples and forehead, a compressing type of pain. Slightly > for pressing on temples. Lasted about 2 hours and spontaneously stopped.

14F: 06:XX:XX

Headache, compressing pain around the temples and behind the eyes.

14F: 10:XX:XX

Feeling slightly headachy, like a dehydration headache.

07F: 06:XX:XX

Slight internal headache, between frontal and temporal regions bilaterally. Very mild and very diffuse. Can't really pinpoint it. Not even sure if it's there or not. Feels like a dehydration headache.

12F: 00:02:10

Headache in vertex which usually means I'm dehydrated.

19F: 00:07:30

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears. > firm pressure, splashing face with water. <noise, people talking loudly, bright light.

17F: 07:XX:XX

Sinus headache. Worse on Right temple. >pressure. Feels like someone is pushing their thumbs into my temple.

17F: 03:XX:XX

Headache shifting between temples, sinuses and around eyes. <bright light and loud noises.

17F: 05:XX:XX

I just coughed to clear my throat and it felt like my brain moved  
Followed by vertigo and a pounding headache in the left temple. Vision is suddenly blurry.

15F: 05:XX:XX

### **Location**

Temporal occipital headache.

10F: 19:XX:XX

Severe right sided occipital headache that refers to right temple region. Moves to left occipital side.

12F: 09:XX:XX

Had a little bit of a headache after taking both powders and a bit of a runny nose. Bilateral temporal headache, mild intensity. These cleared within 10 minutes.

03M: 00:09:00

Bilateral temporal headache accompanying nasal congestion.

03M: 03:09:00

Have a left temporal headache and my face is itching along the left oronasal crease.

15F: 08:XX:XX

My head is a bit sore right between my eyebrows. 12:00 pm. > pressure.  
< movement of eyes.

02F: 14:XX:XX

Headache that started around 2:30 and lasted till now. Ongoing headache in the centre and front of my head.

08M: 13:XX:XX

Headache getting worse, more frontally located now. < right, bright light.  
>lying down, sleep.

17F: 00:07:30

Head pain moves to right eyebrow. Pain is much sharper. >pressure.

17F: 07:XX:XX

Got a supra frontal head ache pain. How odd. It's like just in front of my forehead,  
not actually on it.

18M: 01:10:XX

### **Itching**

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where  
its itching, just little bumps that I need to remove.

12F: 07:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching.  
Relieved from scratching for a bit. Stop in one spot starts in another.  
Many small pimples on chest. Pimples more pussy (thick yellow) than they used  
to be. They are not very tender.

10F: 04:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing <  
scratching > change shampoo often.

10F: 10:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place  
on scratching.

10F: 15:XX:XX

### **Modalities**

#### **Ameliorations**

My head is a bit sore right between my eyebrows. > pressure.

02F: 14:XX:XX

Headache in the temples and forehead, a compressing type of pain. Slightly >  
for pressing on temples.

14F: 06:XX:XX

Head pain moves to right eyebrow. Pain is much sharper. >pressure.  
17F: 07:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.  
16F: 10:XX:XX

Wake up with a headache, feels as if someone is pushing their thumb into my right temple. Pain radiates to the right eyebrow. >exercise.  
17F: 00:02:00

Headache getting worse, more frontally located now.  
< right, bright light. >lying down, sleep.  
17F: 00:07:30

### **Aggravations**

Throbbing sinus headache.  
< lying down, movement, bending down.  
Had to keep head still in vertical position.  
Felt like head was going to explode if move it.  
> blowing nose.  
Throbbing.  
04F: 02:XX:XX

Headache occipital and temples, same time dull ache, like a clamp.  
< lying, < exercise.  
10F: 13:XX:XX

### **4.2.3.4. EYES**

#### **Sensations**

Sore eyes.  
09M: 06:XX:XX

Dry eyes, > for rubbing, dry, watery, need to rub, mild but definite. Lasted for 5min.  
03M: 03:XX:XX

Eyes feel quite dry and burny. <late afternoon.  
14F: 00:08:30

Itchy and dry and red sclera and corners of eyes are red and scaly.  
12F: 06:XX:XX

Eye feels as if it is on fire, dry and hot.

19F: 11:XX:XX

Eyes feel very dry and scratchy.

19F: 12:XX:XX

My eyes are burning and watering and crying.

15F: 08:XX:XX

Eyes feel scratchy from lack of sleep.

05F: 05:XX:XX

Eyes are a bit itchy.

09M: 00:XX:XX

Eyes itchy from lack of sleep.

10F: 13:XX:XX

Itchy eyes, around margins of lids and sclera.

12F: 00:11:30

My eyes have started getting itchy and red.

16F: 02:XX:XX

Eyes feel strained and tired. Itching and watery. <wearing glasses and rubbing.

17F: 07:XX:XX

Eyes feel heavy from lack of sleep.

05F: 03:XX:XX

Eyes feel heavy.

19F: 00:19:30

### **Watery**

Eyes feel strained and tired. Itching and watery.

<wearing glasses and rubbing.

17F: 07:XX:XX

My eyes are burning and watering and crying.

15F: 08:XX:XX

## **Red**

Eyes itchy and red < lack of sleep.

10F: 15:XX:XX

My eyes have started getting itchy and red.

16F: 02:XX:XX

Eyes red, dry and burning.

14F: 04:XX:XX

Itchy and dry and red sclera and corners of eyes are red and scaly.

12F: 06:XX:XX

## **Photophobia**

Light sensitivity of eyes during lectures this morning. Both eyes sensitive to bright light. Blurry, have to focus more, vague. Constant awareness.

03M: 01:XX:XX

Eyes sensitive to light or computer screens or television

> rubbing or avoidance, itchy and watery. Had it for the past week.

03M: 13:XX:XX

Eyes sensitive to light or wind.

10F: 11:XX:XX

Eyes very photophobic.

19F: 11:XX:XX

## **Eyelids**

### **Sty**

Thought I might be getting a sty but nothing happened. Never had a sty before but I felt a throbbing pain on my left lower lid.

05F: 01:XX:XX

Eyelid on right hand side feels like it is making a sty on the bottom lid more laterally. < rubbing or touch.

10F: 19:XX:XX

## **Drooping**

Eyes feel droopy.

18M: 03:XX:XX

Right eye is all droopy, upper lid is swollen.

19F: 04:XX:XX

## **Modalities**

### **Aggravations**

Eyelid on right hand side feels like it is making a sty on the bottom lid more laterally. < rubbing or touch.

10F: 19:XX:XX

Eyes feel strained and tired. Itching and watery.

<wearing glasses and rubbing.

17F: 07:XX:XX

### **4.2.3.5. VISION**

Battling to see far a bit more than usual today.

10F: 14:XX:XX

Vision blurry, have to focus more, vague.

03M: 01:XX:XX

I just coughed to clear my throat and it felt like my brain moved  
Followed by vertigo and a pounding headache in the left temple. Vision is suddenly blurry.

15F: 05:XX:XX

Vision of distant things is blurry.

15F: 00:01:20

Eyes feel unbalanced and unfocused.

12F: 01:07:XX

Eyes battling to stay focused.

18M: 01:10:XX

Vision and mind are unattached. Takes a long time to focus on an object.

15F: 00:00:45



Finding it hard to write, can't focus, pen seems too thick, my hand won't listen.  
19F: 02:XX:XX

I had a weird experience with my rear view mirror. When I got into the car I didn't have a clear view it was as if someone had moved it but it hadn't moved. No matter how I adjusted it I couldn't get I clear view. My reflection was distorted if I touched my nose in the mirror it looked like I was touching my chin. It was very confusing.  
15F: 00:02:30

Feel like I'm coming off an acid trip. Seeing flashes of everything. Can't keep my eyes steady on one thing. Notice every time I move my eyes. Focus focus focus!!!  
18M: 03:XX:XX

#### **4.2.3.6. EAR**

##### **Sensations**

Right middle or outer ear felt a bit stuffy.  
06M: 00:00:00

Ears feels as if cotton wool has been stuffed into them. Hearing is muffled.  
19F: 00:01:30

Ears are very blocked. I have difficulty hearing.  
07F: 20:XX:XX

Left ear is blocked, hearing is muffled as if through water. Moved my jaw to try equalize pressure but couldn't.  
15F: 00:00:01

Woke up with right ear feeling blocked.  
16F: 00:19:45

Ears feel blocked, congested. No pain just a feeling of unbalanced pressure. < right. >popping the ears.  
17F: 01:12:XX

Ears have been really blocked all day, can't equalize them.  
16F: 08:XX:XX

Ears are ringing and blocked, cannot equalize them.  
18M: 10:XX:XX

My ears are feeling really blocked, it's making me feel nauseous.  
16F: 13:XX:XX

Right ear was tickling or itching – external ear. > when I palpate my tragus.  
< if I wiggle my ear.  
06M: 08:XX:XX

Ears itching not > scratching but want to use something sharp and scratch till it bleeds.  
10F: 13:XX:XX

Ears itch, want to scratch them voluptuously, but it seems I just can't reach it.  
10F: 16:XX:XX

Ears: itchy, yellow watery wax.  
10F: 20:XX:XX

### **Difficulty Equalizing**

Left ear is blocked, hearing is muffled as if through water. Moved my jaw to try equalize pressure but couldn't.  
15F: 00:00:31

Ears feel blocked, congested. No pain just a feeling of unbalanced pressure.  
< right. >popping the ears.  
17F: 01:12:XX

Difficulty equalizing the ears.  
17F: 01:12:XX

Ears have been really blocked all day, can't equalize them.  
16F: 08:XX:XX

Ears are ringing and blocked, cannot equalize them.  
18M: 10:XX:XX

### **4.2.3.7. HEARING**

Left ear is blocked, hearing is muffled as if through water. Moved my jaw to try equalize pressure but couldn't.  
15F: 00:00:01

Ears feels as if cotton wool has been stuffed into them. Hearing is muffled.  
19F: 00:01:30

Right ear has an added muffled sound as if it is under water.

18M: 12:XX:XX

Ears are blocked and muffled.

16F: 15:XX:XX

I can hear my own voice when I talk.

19F: 02:XX:XX

I can hear myself talk.

18M: 02:XX:XX

### **Tinnitus**

Ringling in right ear. Not severe but not normal.

12F: 06:XX:XX

My ears are ringing quite badly, should I be worried?

18M: 11:XX:XX

My ears are ringing loudly now, a high pitched constant sound.

18M: 12:XX:XX

### **4.2.3.8. NOSE**

#### **Congestion**

Nose stuffy especially upper part. Sneezed a couple of times. <from sugar eating. Dull stuffiness. Morning only till 10am.

06M: 01:XX:XX

Slightly stuffy in the mornings.

10F: 05:XX:XX

Had a runny nose at 20:30 to 21:00. Right side. Clear watery mucous.

Associated slight nasal congestion.

01M: 00:11:30

Nasal congestion especially when horizontal. Bilateral, frontal and maxillary sinuses. > being vertical; pressure of the head. Associated drowsy feeling phased out feeling. Associated bilateral temporal headache. From waking up 8:00 onwards.

03M: 02:XX:XX

Nose blocked/ post nasal drip. Since this afternoon my nose has started to block more severely. Had to blow it a few times. Occasionally ok but a definite onset. Associated sneezing. > blowing nose. Afternoon and evening.

03M: 05:XX:XX

My nose is completely blocked, first on the left and then on the right, then both sides. Difficulty breathing through my nose. Watery discharge from nose, the fluid is clear and colorless. Go to bed feeling stuffy headed and with a blocked nose.

07F: 18:XX:XX

Realized that my very blocked nose had cleared, it felt like the air was moving right to the middle of my brain- cool air.

19F: 00:05:30

Both nostrils blocked. But become aware of a sensation in the nose at the root as if I have sniffed salt water. Weird feeling as if nose is attached to a string inside and is being pulled in.

19F: 00:15:30

Nose is very blocked, but with very runny clear discharge that just keeps pouring out.

18M: 00:23:00

Nose completely blocked but with very watery clear discharge, constantly running.

17F: 02:XX:XX

Blocked nose.

Mucous is viscous and white and thick.

06:30.

17F: 02:XX:XX

### **Coryza**

Nose runny in the mornings now, blocked but runny nose, after I wake up.

06M: 07:XX:XX

Had a runny nose at 20:30 to 21:00. Right side. Clear watery mucous.

Associated slight nasal congestion.

01M: 00:11:30

Had a little bit of a headache after taking both powders and a runny nose. These cleared within 10minutes.

03M: 00:09:00

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.

07F: 17:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me. It's located behind and between my eyes, throbbing and dull. Towards the afternoon it eased up and my nose started running profusely. The discharge is getting thicker and milky in nature with green bits.

07F: 19:XX:XX

My nose got very runny early in the morning just on the one side. The fluid is see through.

08M: 02:XX:XX

Nose still leaking like a tap. Much annoying – woke me up early and could not fall asleep again.

08M: 05:XX:XX

Nose runny.

09M: 06:XX:XX

I started sneezing uncontrollably and then my nose wouldn't start running.

16F: 00:02:15

Runny nose, clear watery mucous. <left side.

17F: 00:04:30

Runny nose, clear salty fluid, rhinitis.

12F: 00:11:30

Nose is very blocked, but with very runny clear discharge that just keeps pouring out.

18M: 00:23:00

My nose is running with clear salty water, but completely blocked.

18M: 10:XX:XX

## **Discharge**

### **Salty**

Runny nose, clear salty fluid, rhinitis.

12F: 00:11:30

My nose is running with clear salty water, but completely blocked.  
18M: 10:XX:XX

### **Dry**

Nose started drying out.  
18M: 00:00:30

Nose is so dry, mucous membranes.  
12F: 01:05:XX

Wake up several time because nose is so dry.  
12F: 05:XX:XX

### **Post nasal drip**

Nose still leaky and bad post nasal drip.  
08M: 13:XX:XX

Nose blocked/ post nasal drip. Since this afternoon my nose has started to block more severely. Had to blow it a few times. Occasionally ok but a definite onset. Associated sneezing. > blowing nose. Afternoon and evening.  
03M: 05:XX:XX

PND, salty taste in back of throat.  
19F: 00:00:20

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.  
<lying, alcohol. >sitting standing.  
15F: 01:12:XX

### **Sneezing**

Nose very blocked this morning, improved the afternoon.  
Associated sneezing and sniffing. > blowing nose. Intensity quite nasty.  
03M: 06:XX:XX

Sneezed and head feels a bit thick 10minutes after the remedy.  
06M: 00:10:22

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.  
07F: 17:XX:XX

Nose itchy, sneezing in the mornings.  
10F: 10:XX:XX

I started sneezing uncontrollably and then my nose wouldn't start running.  
16F: 00:02:15

Constant sneezing and blowing nose.  
17F: 01:04:XX

Many bouts of sneezing today, powerful, uncontrollable.  
18M: 03:XX:XX

### **Sensations**

Nose very itchy, rub the whole time, no relief.  
10F: 18:XX:XX

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.  
07F: 17:XX:XX

Nose is itching on the right side.  
20F: 15:XX:XX

Both nostrils blocked. But become aware of a sensation in the nose at the root as if I have sniffed salt water. Weird feeling as if nose is attached to a string inside and is being pulled in.  
19F: 00:10:XX

### **Modalities**

#### **Ameliorations**

Nasal congestion especially when horizontal. Bilateral, frontal and maxillary sinuses. > being vertical; pressure of the head. Associated drowsy feeling phased out feeling. Associated bilateral temporal headache.  
03M: 02:XX:XX

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste. <lying, alcohol. >sitting standing.  
15F: 01:12:XX

#### **4.2.3.9. FACE**

### **Lips**

Lips are very dry with increased tendency to lick lips.  
17F: 03:XX:XX

Felt a tingling on my left upper lip. It was like a sore that had come into contact with salty food and burning.

13M: 09:XX:XX

Have a fever blister or something. My lip is very swollen and full of yellow puss. It feels like it is constantly oozing, but nothing is coming out. The head is yellow, the rest of my lip is very red and swollen. It is stinging!

13M: 10:XX:XX

Blister is gone, healed very quickly, a miracle.

13M: 11:XX:XX

### **Sinuses**

Had prominent sinus congestion and clear nasal discharge with associated dizziness throughout the day.

01M: 20:XX:XX

Sinuses are starting to fill up, getting full and sore.

18M: 01:02:05

Maxillary sinuses are really sore now, almost unbearable, like a pressure imbalance that I need to equalize.

18M: 01:10:XX

Sinuses are very full and blocked.

12F: 02:XX:XX

Build up of pressure in the frontal and maxillary sinuses. <right side. >popping ears.

17F: 02:XX:XX

### **Jaw**

Jaw pain, stiffness of the TMJ.

12F: 05:XX:XX

Increased tension in jaw.

17F: 05:XX:XX

Jaw pain, very mild bilateral over Masseter.  
< opening wide. Has happened previously on 3 occasions.

12F: 06:XX:XX



Really bad jaw pain, can't sleep on it. Mainly on left but moves to the right. Dull deep bone pain.

12F: 11:XX:XX

### **Sensations**

Sinuses are starting to fill up, getting full and sore.

18M: 01:02:XX

Sinuses are very full and blocked.

12F: 02:XX:XX

Itchy under both my eyes last night, wanted to scratch but it didn't feel better. Irritation. Woke up in the middle of the night.

05F: 13:XX:XX

Crease that runs from my nose to my mouth on the left was very itchy. I had to scratch it many times and rub it to get some relief. It helped temporarily but kept coming back.

15F: 07:XX:XX

Very itchy on right side of face in the crease.

<rubbing.

15F: 08:XX:XX

### **Eruptions**

Just woke up (06:30 am). There are tiny white pimples on my forehead at my hairline. They are not very sore. I have not had pimples in this location before. They are itchy and when I scratch them they come off with the root. There is no blood.

02F: 01:23:30

Pimple on right chin. A bit painful. Appeared in the afternoon.

03M: 03:XX:XX

Sore spots on my lips have become inflamed and look like blind pimples. Sore spots under my nose have grown and become big blind pimples. I try to squeeze them but with mild success. They look terrible! They feel hot and swollen.

07F: 01:30:XX

Skin is looking terrible on my face, especially around my mouth and nose area as previously described. Small pimples, very tender and hot and even though I keep squeezing stuff out of it, it doesn't seem to get any better.

07F: 03:XX:XX

Developing more pimples, this time on my chin, great! The lip and nose stuff has cleared up but now I'm back to square 1. Found a weird pimple on my cheek next to my nose. I never get them there. It's very tender and feels hot.

07F: 06:XX:XX

Got a blind pimple on my forehead between my eyes.

08M: 00:XX:XX

\*Rash on forehead: bumpy.

09M: XX:XX:XX

Pimples also on top lip at the moment, especially on left hand side. Itchy, worry them when I'm doing other things.

10F: 11:XX:XX

Pimples on forehead, thoracic area, back lower lumber, chin, nose, cheeks.

10F: 20:XX:XX

Little tiny pimples with white heads on right nasal nare. Very tender to the touch.

12F: 07:XX:XX

#### **4.2.3.10. MOUTH**

##### **Dry**

My mouth has been dry.

02F: 07:XX:XX

Dry mouth and dry itchy eyes accompanying increased thirst. >with no water. < with drink of water.

06M: 09:XX:XX

Woke up with a very dry mouth tongue was stuck to the roof of my mouth.

19F: 00:08:30

Mouth is very dry, very thirsty.

19F: 00:09:30

Lips feel crusty and tongue feels dry.

19F: 00:11:30

## **Tongue**

A 'Pimple on the tongue'. On the left lateral anterior aspect of the tongue.  
Persistent. Irritation.

03M: 02:52:XX

I woke up in the middle of the night and was biting the tip of my tongue. I woke up from the pain.

15F: 00:15:55

I woke up from the pain in the tip of my tongue I had bitten down on it until I woke from the pain. Now it feels like I have an ulcer there but I don't.

15F: 01:15:XX

Have a small lump that developed today on the middle of my tongue. It tingles ever now and again.

20F: 08:XX:XX

I had a sudden urge to pierce my tongue. So I stood in front of the mirror and did it myself.

12F: 09:XX:XX

The lump on my tongue is really bothering me this morning. It feels as if I've had a tongue piercing. Quite sore. <talking.

20F: 10:XX:XX

Lump on my tongue is stinging it feels like I burned it.

20F: 10:XX:XX

## **Taste**

I have a really salty taste in my mouth. Drank some water but it didn't take the taste away.

02F: 04:XX:XX

I find that my sense of taste is severely decreased, so I find myself adding lots of salt and chilies to food.

07F: 17:XX:XX

Hungry but don't feel like anything everything tastes funny, like salt and oil.

19F: 00:23:30

#### 4.2.3.11. THROAT

##### Sensations:

My throat was very sore this morning; my right tonsil appears to be more hyperemic. It's feeling a bit different today from previously. Associated thirst increase and tooth ache. Might be due to my wisdom tooth coming out/ a bit infected. > after a night's sleep. <with the drinking of water. Dry, scratchy, difficult to swallow.

06M: 20:XX:XX

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F: 14:XX:XX

Throat is terribly sore and it's affecting my voice, it's painful to talk and I suddenly sound hoarse. Craving drinks all day, especially cold ones to calm down the raw pain in my throat.

07F: 15:XX:XX

Go to bed very early but have a terrible night's sleep, constantly waking up and having to drink water throat is very sore.

07F: 15:XX:XX

Woke up with a headache, a sore throat and a cough. Cough worsens, can feel that there is mucus in my airways but cough is still unproductive, very irritating though. Inducing cough makes the irritation in my airways better, where as talking makes me want to cough more.

07F: 17:XX:XX

Dry sore throat. Left nasopharynx. <swallowing. >drinking warm water.

17F: 01:07:XX

Pain on swallowing moved to right side.

17F: 01:11:XX

Sore throat, dry, burning. Right tonsillar region. >warm drinks.

17F: 02:XX:XX

My throat is raw and very sore and dry. When I breathe in the air dries my throat and makes me cough.

15F: 06:XX:XX

Had a scratchy throat. No relieving factors. Throughout the day.  
01M: 20:XX:XX

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.  
06M: 01:XX:XX

My throat feels worse toward the evening and very raw before bed. Have to wake up during the night multiple times to drink water to calm my throat down.  
07F: 14:XX:XX

Throat is very sore on waking but better than the previous morning. My head is feeling stuffy. Avoid speaking as my throat feels like razorblades when I talk and it's so raw. I drink lots of water, but I'm not thirsty, it helps to soothe my throat. Developing a tickle in my throat, causing me to cough but it's unproductive and dry. More of an irritation than an actual cough. Go to bed early but sleep is interrupted from coughing.  
07F: 16:XX:XX

Raw, dry sensation in right nasopharynx and left oropharynx. >drinking warm water.  
17F: 01:04:XX

### **Dryness**

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.  
06M: 01:XX:XX

Sore throat, dry, burning. Right tonsillar region. >warm drinks.  
17F: 02:XX:XX

My throat is raw and very sore and dry. When I breath in the air dries my throat and makes me cough.  
15F: 06:XX:XX

### **Difficulty Swallowing**

Dry, scratchy, difficult to swallow.  
06M: 20:XX:XX

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and

it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F: 14:XX:XX

Difficulty swallowing.

17F: 00:22:45

### **Modalities**

#### **Ameliorations**

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.

06M: 01:XX:XX

Raw, dry sensation in right nasopharynx and left oropharynx. >drinking warm water.

17F: 01:04:XX

I woke up on a few occasions last night to drink water to try soothe my throat.

15F: 07:XX:XX

#### **4.2.3.12. EXTERNAL THROAT**

##### **Swollen Glands**

All the glands in my neck were sore when I woke up this morning which made my neck feel stiff.

15F: 07:XX:XX

Right sided submandibular lymphadenopathy.

12F: 11:XX:XX

#### **4.2.3.13. STOMACH**

##### **Apetite Increased**

Felt really hungry at 9am and at 20.30pm.

01M: 06:XX:XX

Generally I had an urge to eat (increased appetite). Maybe due to remedy or just being keen to eat.

03M: 14:XX:XX

Appetite is very increased and I stuff myself with salty food. Yum, not helping the bloating though. I'm starting to look like a small elephant.

07F: 15:XX:XX

Very hungry.

19F: 00:04:45

So ravenous, made myself 2 snackwiches and a peanut butter sandwich.

18M: 01:04XX

Ravenous, just want to stuff my face.

Cr. Biltong, cheese, ice cream.

12F: 04:XX:XX

Appetite has greatly increased.

14F: 05:XX:XX

### **Appetite Decreased**

No appetite. No hunger but I need warm drinks, have lots of tea.

07F: 00:13:00

No appetite.

09M: 02:XX:XX

Decreased appetite.

10F: 02:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.

10F: 12:XX:XX

No appetite at all.

12F: 02:XX:XX

No hunger at all.

19F: 02:XX:XX

Loss of appetite, don't feel like eating at all.

17F: 02:XX:XX

Complete loss of appetite.

14F: 06:XX:XX

### **Thirst increased**

Feeling really thirsty. Drank 2 glasses of cold water, one after the other.

02F: 01:33:XX

Increased thirst especially at night for water.

06M: 03:XX:XX

Increased levels of thirst in the evening after supper. Thirsty only for water, nothing else.

07F: 08:XX:XX

Thirsty.

09M: 07:XX:XX

Marked increased thirst for cold water.

15F: 01:04:XX

Marked increase in thirst just downed 2 glasses of water.

18M: 01:07:XX

Thirst increase dramatically, gulping down water.

12F: 02:XX:XX

### **Nausea and vomiting**

Woke up tired, nauseous and dizzy.

01M: 07:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.

10F: 12:XX:XX

Threw up twice, head spun, sudden nausea, threw up easily, felt much better afterwards.

10F: 20:XX:XX

I was walking to the lounge after eating salmon and mayonnaise and I just vomited on the wall. Strange because I didn't feel like vomiting. I had no control over it. I ran to the bathroom and continued vomiting. Every time I stood up it aggravated the coughing which would cause retching and more vomiting. I brought all my lunch up and then some bile. Etiology: coughing, bending over, standing up.

15F: 06:XX:XX

Feeling nauseas.

18M: 07:XX:XX



## **Gaseous**

Stomach full of air.

09M: 02:XX:XX

Stomach is bloated and feeling full.

18M: 02:XX:XX

## **Eructation's**

Flatulent, very noxious, silent but violent, like sulphur egg smell.

10F: 15:XX:XX

Very bloated, left epigastric region, very uncomfortable, lots of wind. Passed in 5 min.

12F: 01:01:XX

Have been having a lot of wind, smelly like egg.

19F: 02:XX:XX

Bloated, relieved by flatulence.

12F: 06:XX:XX

## **Sensations**

Pain in left hypochondriac region. > pressure.

12F: 00:01:00

Epigastric pain on waking. <eating.

14F: 07:XX:XX

Sharp epigastric pain. Sensation as if esophagus has gone into spasm. Followed by a sympathetic wave. Took my breath away, went into a cold sweat had to lie down. All due to a drink of cold water.

17F: 12:XX:XX

Epigastric pain after drinking cold water. So painful I had to lie down, hissing sound in the ears, seeing stars, feeling cold and clammy. >lying down, closing eyes, taking a deep breath. Relief in about 5 min.

17F: 12:XX:XX

Have a terrible pain in my epigastric area. It feels like someone has their hands in my abdomen and is squeezing and twisting my stomach. So bad its taking my breath away.

20F: 00:04:15

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain. <eating. > bending over forwards.

20F: 03:XX:XX

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

06M: 08:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.

10F: 12:XX:XX

Experiencing cramping and stomach ache, like my insides are knotted and spasmodic. Colic type pain followed by diarrhea, yellow in color, completely watery. Great relief from passing and a feeling of 'cleanness' on the inside (weird, not sure how to describe). Feeling of tightness in and around my abdomen.

07F: 01:XX:XX

### **Easy satiety**

Easy satiety. Decreased appetite. Vague nausea < eating.

10F: 19:XX:XX

Hungry but once I start eating, I can't get much down before feeling full.

19F: 00:04:00

I couldn't finish my dinner, very strange.

13M: 04:XX:XX

### **Modalities**

#### **Aggravations**

Easy satiety. Decreased appetite. Vague nausea < eating.

10F:19:XX:XX

Epigastric pain on waking. <eating.

14F: 07:XX:XX

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain. <eating. > bending over forwards.

20F: 03:XX:XX

#### 4.2.3.14. ABDOMEN

##### Sensations

Pain in left hypochondriac region. > pressure.  
12F: 00:01:00

Have a terrible pain in my epigastric area. It feels like someone has their hands in my abdomen and is squeezing and twisting my stomach. So bad it's taking my breath away.  
20F: 00:04:15

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain. <eating. > bending over forwards.  
20F: 03:XX:XX

Epigastric pain on waking. <eating.  
14F: 07:XX:XX

Decreased appetite. Epigastrium a bit tender, bit low level nausea – just there.  
10F:12:XX:XX

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.  
06M: 08:XX:XX

Sharp epigastric pain. Sensation as if esophagus has gone into spasm. Followed by a sympathetic wave. Took my breath away, went into a cold sweat had to lie down. All due to a drink of cold water.  
17F: 12:XX:XX

Epigastric pain after drinking cold water. So painful I had to lie down, hissing sound in the ears, seeing stars, feeling cold and clammy. >lying down, closing eyes, taking a deep breath. Relief in about 5 min.  
17F: 12:XX:XX

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.  
>walking. < sitting bent over.  
15F: 00:00:50

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right. >pressure. < walking.  
15F: 00:01:00

Pains that felt like a sharp stabbing pain in my lower quadrants of my abdomen  
> applying a hot water bottle, lying in fetal position.

14F: 00:01:30

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right  
lower quadrants. > hunching over.

16F: 00:18:00.

Right sided lower abdominal pain, mild stabbing pain.

12F: 09:XX:XX

Lower right abdominal pain is not making any sense. It refers to the top iliac crest  
and then to my back and into my iliac region.

It is getting worse as the day progresses.

18M: 10:XX:XX

Abdominal pain descending down colon. <pressure. >standing erect and  
passing stool.

17F: 04:XX:XX

Wow, left lower quadrant is hurting now too, just can't get comfortable.

18M: 07:XX:XX

Experiencing cramping and stomach ache, like my insides are knotted and  
spasmodic. Colic type pain followed by diarrhea, yellow in color, completely  
watery. Great relief from passing and a feeling of 'cleanness' on the inside  
(weird, not sure how to describe). Feeling of tightness in and around my  
abdomen.

07F: 01:XX:XX

Bloatedness with notable intestinal muscle contraction. >after stool, sitting  
upright.

17F: 02:XX:XX

Stomach cramps. Left lower quadrant. Feel bloated. >lying down and standing  
straight, exercise.

17F: 05:XX:XX

Feeling of tightness in and around my abdomen.

07F: 01:30:XX

Mild dull aching pain in lower abdomen. Lasted about 2 hours.

15F: 00:06:30

Aching sensation in my lower abdomen as if my stomach muscles are  
contracting. <sitting up straight.

20F: 01:11:XX

Stomach is feeling weird, feeling like I honestly have a baby kicking inside of me. It's just below my umbilicus and is like a throbbing sensation. Not painful just uncomfortable like pulsations.

20F: 00:03:30

Cramp in lower gastric region as if my gut is wanting to twist and turn. Like a bubble or something growing inside me.

19F: 02:12:00.

Feels like someone is poking me from the inside every now and again.

20F: 02:XX:XX

Feeling wind moving around in my gut like a little creature.

19F: 04:XX:XX

### **Gaseous**

Flatulent, very noxious, silent but violent, like sulphur egg smell.

10F: 15:XX:XX

Stomach full of air.

09M: 02:XX:XX

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants. > hunching over.

16F: 00:08:15

Very bloated, left epigastric region, very uncomfortable, lots of wind. Passed in 5 min.

12F: 01:01:XX

Slight abdominal discomfort sensation of gas bubble being pushed around my intestines. <left lower quadrant. >straightening up.

17F: 02:XX:XX

I've had a bloated sore stomach all day, feel really full of air.

16F: 02:XX:XX

Have been having a lot of wind, smelly like egg.

19F: 02:XX:XX

Feeling wind moving around in my gut like a little creature.

19F: 04:XX:XX

Bloated all day, lots of gas.  
12F: 04:XX:XX

Stomach cramps. Left lower quadrant. Feel bloated. >lying down and standing straight, exercise.  
17F: 05:XX:XX

BLOATED, relieved by flatulence.  
12F: 06:XX:XX

Feeling very bloated and full of air.  
14F: 06:XX:XX

Feel really bloated.  
16F:13:XX:XX

### **Modalities**

#### **Ameliorations**

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.  
06M: 08:XX:XX

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants. > hunching over.  
16F: 00:08:15

Bloatedness with notable intestinal muscle contraction. >after stool, sitting upright.  
17F: 02:XX:XX

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain. <eating. > bending over forwards.  
20F: 03:XX:XX

#### **Aggravations**

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.  
>walking.  
< sitting bent over.  
15F: 00:00:50.

Aching sensation in my lower abdomen as if my stomach muscles are contracting.

<sitting up straight.

20F: 01:11:XX

#### **4.2.3.15. RECTUM**

##### **Diarrhoea**

Experiencing cramping and stomach ache, like my insides are knotted and spasmodic. Colic type pain followed by diarrhea, yellow in color, completely watery. Great relief after passing and a feeling of 'cleanness' on the inside (weird not sure how to describe). Feeling of tightness in and around abdomen.

07F: 01:30:XX

Suddenly develop diarrhea, very watery, pungent smell, and yellow brown color. Very urgently need to go. Went 10 times.

07F: 12:XX:XX

Runny stomach.

09M: 05:XX:XX

Towards the end of my run my stomach felt very strange. I was passing a lot of wind. I had to stop a couple of times because I thought I was going to have the runs. I managed to find a toilet on the promenade. Had very bad diarrhea. Was very fluid with a yellow tinge. Not a bad smell. Left me feeling very weak.

20F: 00:07:30

##### **Constipation**

Constipation. <pushing, straining. > relaxing, > bigger meals.

10F: 00:XX:XX

Constipation, daily, small amount, tenesmus.

10F: 01:XX:XX

Bowel movement was hard and difficult, don't feel complete.

19F: 00:15:35

No movement today, feel all clogged up. If I sit there is an urge but feel no relief.

19F: 01:05:00

Still constipated, been 3 days since last stool.

16F: 14:XX:XX

Digestive system returns to normal, have a good nr2 three times, great quantities, good consistency (solid but not hard), normal color, feeling of satisfaction afterwards. 1<sup>st</sup> time in weeks that my bowels are functioning normally and that I feel like I'm 'finished' afterwards. (CURED).

07F: 04:XX:XX

I still feel I can't go properly, like I'm not done. I don't have difficulty or pain or straining but I just don't feel done.

10F: 09:XX:XX

#### **4.2.3.16. STOOL**

Suddenly develop diarrhea, very watery, pungent smell, yellow brown color. Very urgently need to go. Went 10 times.

07F: 12:XX:XX

Towards the end of my run my stomach felt very strange. I was passing a lot of wind. I had to stop a couple of times because I thought I was going to have the runs. I managed to find a toilet on the promenade. Had very bad diarrhea. Was very fluid with a yellow tinge. Not a bad smell. Left me feeling very weak.

20F: 00:07:30

Stool has a much looser consistency.

17F: 06:XX:XX

Peanut buttery dark stool, no straining just like its incomplete.

10F: 11:XX:XX

Stool is dark and compact, must drink more water.

19F: 00:05:00

Had a really black and dark stool.

18M: 06:XX:XX

Still dark stools, worried it might be something terminal, going to see dr. again.

18M: 10:XX:XX

Stool is hard, knotty and not much.

19F: 02:XX:XX

#### **4.2.3.17. BLADDER**

Had mild chills and frequent urination last night before going to bed for about an hour. Went four times.

03M:11:XX:XX



Increased frequency of urination.  
17F: 02:XX:XX

Seem to be weeing a lot more.  
19F: 02:XX:XX

Extreme increase in frequency of urination throughout the day.  
14F: 09:XX:XX

#### **4.2.3.18. URINE**

Urine is thick and dark. Need to drink more water.  
19F: 00:02:20

Urine is a stronger color and smell than usual.  
17F: 02:XX:XX

#### **4.2.3.19. FEMALE GENITALIA/SEX**

##### **Breast Tenderness**

Boobs feel very full and heavy, like PMS without the period.  
19F: 00:18:30

Slight breast sensitivity, tender to any movement or touch.  
12F: 01:07:XX

##### **Lower Back Pain**

Started getting lower back pain. Dull niggling, aching, feels pre-menstrual.  
16F: 02:XX:XX

My period started today with Lower back pain and discomfort.  
Can't get comfortable.  
16F: 07:XX:XX

My period starts, my abdomen becomes swollen and tender and my first bleed is bright red with a bit of a creamy discharge as well, it's unusual because it's usually a dark red brown color initially and then becomes bright red. Pain in my lower back feeling achy and throbbing but much less intense than usual.  
(CURED).  
07F: 14:XX:XX

### **Lower Abdominal Pain**

Period pains that felt like a sharp stabbing pain in my lower quadrants of my abdomen. > applying a hot water bottle, lying in fetal position.

14F: 00:01:30

Aching sensation in my lower abdomen as if my stomach muscles are contracting. <sitting up straight.

20F: 01:11:XX

Period pain is much worse than usual. Cramping in lower left and right quadrants. >hunching over, lying down. <standing upright.

17F: 03:XX:XX

My period bleed is very light and also a brighter color than usual. My abdomen is still very bloated but I have minimal abdominal cramping, which is usually much worse. I also get a menstrual migraine on the 1<sup>st</sup>/2<sup>nd</sup> day of my period which has not yet happened (CURED).

07F: 15:XX:XX

### **Menses**

My period starts, my abdomen becomes swollen and tender and my first bleed is bright red with a bit of a creamy discharge as well, it's unusual because it's usually a dark red brown color initially and then becomes bright red. Pain in my lower back feeling achy and throbbing but much less intense than usual.

(CURED).

07F: 14:XX:XX

My period bleed is very light and also a brighter color than usual. My abdomen is still very bloated but I have minimal abdominal cramping, which is usually much worse. I also get a menstrual migraine on the 1<sup>st</sup>/2<sup>nd</sup> day of my period which has not yet happened (CURED).

07F: 15:XX:XX

My menstrual bleed is very light this month, and still light in color.

07F: 17:XX:XX

Menses began a few days early, dark, brownish, clotted, scanty. Usually starts of scanty but red not dark(CURED).

10F: 09:XX:XX

### **Ovarian Pain**

Right ovary pain as if ovary is pinched in a clamp.

15F: 00:12:15

### **Sexual Desire Increased**

Aversion to sex/ sexual contact but increased libido.  
07F: 04:XX:XX

Libido is high and its bothering me.  
07F: 19:XX:XX

Increased libido.  
10F: 10:XX:XX

Very horny, amorous.  
12F: 09:XX:XX

Feeling so turned on... I better stay indoors.  
14F: 10:XX:XX

Feeling very sexually excited... wow.  
16F: 10:XX:XX

### **4.2.3.20. MALE GENITALIA/SEX**

#### **Sexual Desire Increased**

Increased libido.  
06M: 09:XX:XX

My sex drive feels very high today.  
08M: 01:XX:XX

#### **Sexual Desire Decreased**

Didn't even have my normally raised libido, fell asleep with a semi I didn't even care to use.  
18M: 00:14:00

### **4.2.3.21. COUGH**

Started coughing after eating salmon and mayonnaise. The coughing got quite bad and I started retching and then I was walking to the lounge and I just vomited on the wall. Strange because I didn't feel like vomiting. I had no control over it. I ran to the bathroom and continued vomiting. Every time I stood up it aggravated the coughing which would cause retching and more vomiting. I brought all my lunch up and then some bile. Etiology: coughing, bending over, standing up.  
15F: 06:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement. < on deep inspiration.  
15F: 08:XX:XX

Woke up coughing, very intense. I want to be antidoted now!!  
19F: 09:XX:XX

Developing a tickle in my throat, causing me to cough but it's unproductive and dry. More of an irritation than an actual cough. Go to bed early but sleep is interrupted from coughing.  
07F: 16:XX:XX

Woke up with a headache, a sore throat and a cough. Cough worsens, can feel that there is mucus in my airways but cough is still unproductive, very irritating though. Inducing cough makes the irritation in my airways better, where as talking makes me want to cough more.  
07F: 17:XX:XX

Coughing is getting worse, more productive but I'm not coughing up anything. I'm just unable to control the coughing and it sounds harsh and barking.  
07F: 18:XX:XX

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum. Coughed up sputum but swallowed it again. It was very salty. Coughed until I wretched, I eyes were streaming with water.  
15F: 00:00:00

Cough had a dry sensation, but balls of sticky phlegm are raised, slight salty taste and sulphuric odor.  
19F: 00:18:46

Cough dry to begin with but got progressively productive. Soft sputum with white pieces resembling coarse salt.  
17F: 04:XX:XX

Dry cough.  
12F: 08:XX:XX

I just coughed to clear my throat and it felt like my brain moved. Followed by vertigo and a pounding headache in the left temple. Vision is suddenly blurry.  
15F: 05:XX:XX

Productive cough. Sputum whitish with yellow and white soft broken up pieces.  
17F: 05:XX:XX

#### **4.2.3.22. EXPECTORATION**

Cough dry to begin with but got progressively productive.  
Soft sputum with white pieces resembling coarse salt.  
17F: 04:XX:XX

Productive cough.  
Sputum whitish with yellow and white soft broken up pieces.  
17F: 05:XX:XX

Had an intense coughing spell that was accompanied by a burning sensation behind the sternum. Coughed up sputum but swallowed it again. It was very salty. Coughed until i wretched, I eyes were streaming with water.  
15F: 00:00:00

Cough had a dry sensation, but balls of sticky phlegm are raised, slight salty taste and sulphuric odor.  
19F: 00:18:46

#### **4.2.3.23. CHEST**

##### **Sensations**

Rolling over from left to right is excruciating, but if I roll from right to left and put warmth and pressure on the spot I calm down, stop coughing and can sleep.  
15F: 08:XX:XX

Chest pain <lying down . >sleep propped up on pillows on the left side.  
15F: 08:XX:XX

My chest hurts, can't get comfortable, quite a worrying pain.  
18M :10:XX:XX

Pain in right lower intercostals muscles. <full inhalation.  
17F: 01:03:XX

Every time I take a breath or move my ribs I get a hectic pain. I think my coughing caused a rib head to move out of place causing intercostals pain. Pain only comes on inspiration, coughing or movement. >standing still, not breathing.  
15F: 07:XX:XX

Chostochondritis. Aching pain in 5<sup>th</sup> intercostal space. <right. >firm pressure.  
17F: 17:XX:XX

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum. Coughed up sputum but swallowed it again. It was very salty. Coughed until I wretched, my eyes were streaming with water.  
15F: 00:00:00

## **Heart**

Impatient, can't stand to be contradicted. Can't be stopped doing what I want to, else I get anxious, get palpitations and react by lashing out.  
10F: 19:XX:XX

Very aware of my heart beat, reminds me of a moth hitting a light, slow, methodical.  
12F: 00:16:00

Have felt a funny palpitation in the centre of the chest. Quite noticeable, a pressure and bubbling sensation.  
19F: 02:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement. < on deep inspiration.  
15F: 08:XX:XX

## **Eruptions**

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.  
10F: 04:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.  
10F: 13:XX:XX

Pustule on my superior anterior left thorax this morning. Productive.  
03M: 07:XX:XX

Starting to develop more little pimples than usual on my superior chest and back.  
06M: 01:XX:XX

Pimples are still prominent on chest and back. The ones on my chest are a bit different than the ones on my back. On my chest they appear smaller, pustular

and increased in amount whereas my back contains pimples with larger diameter, but not really pustular. Both are painful if I apply pressure on them.

06M: 03:XX:XX

Notice a strange hot bump on my chest approximately 4cm below my left clavicle. Tender to touch.

07F: 01:36:XX

The bump on my chest has become a very sore pimple. Tried squeezing it but it was very tender and didn't deliver anything.

07F: 02:XX:XX

### **Modalities**

#### **Aggravations**

Pain in right lower intercostals muscles. <full inhalation.

17F: 01:03:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement. < on deep inspiration.

15F: 08:XX:XX

#### **4.2.3.24. BACK**

### **Stiffness**

Back and neck feeling pretty stiff and sore. Muscle ache and decreased motion. Dull ache, more severe sensitive pain; may be due to rugby.

06M: 10:XX:XX

Have a bit of neck stiffness and pain.

16F: 01:09:15

Bilateral neck stiffness.

12F: 02:XX:XX

Woke up with pain and tension in neck muscles. <stretching. >after stretching.

17F: 07:XX:XX

My neck and whole back feel really stiff and it feels like it is moving to the base of my skull.

16F: 07:XX:XX

Neck stiffness. >stretching.  
14F: 11:XX:XX

Muscle in my neck and traps are a bit stiff.  
20F: 15:XX:XX

Back is really stiff, feels like all the muscles in my back, upper and lower, are contracting. Stiff aching pain.  
20F: 01:11:30

Back felt stiff and immobile all day.  
16F: 14:XX:XX

Back pain, lower lumber, stiff, can't stretch or bend over with ease. Dull pain. Not constant only if I move.  
10F: 09:XX:XX

Back is really stiff, feels like all the muscles in my back are contracting. Stiff aching pain.  
20F: 01:11:XX

Lower back is stiff, but not painful.  
19F: 02:XX:XX

My whole back is also quite tight especially on the right and in the middle, feels ropey to the touch.  
20F: 02:XX:XX

My quadratus lumborum and gluteus are very tight.  
20F: 07:XX:XX

### **Sensations**

Had a bit more pain between my scapulae, especially on the left. Might be my rhomboids tightening up. Associated neck pain. Dull, aching numbing pain. More towards the evening.  
06M: 07:XX:XX

Back pain, lower lumber, stiff, can't stretch or bend over with ease. Dull pain. Not constant only if I move.  
10F: 09:XX:XX

Have a lot of muscle tension in my neck. Pain is generalized and dull.  
16F: 13:XX:XX



Neck stiffness, comes on early afternoon. >stretching. Dull persistent pain.  
14F: 17:XX:XX

I started to feel a slight dull aching sensation in my left kidney area. Level of T12  
– L2 on the left side of my spine.  
06M: 07:XX:XX

Back is really stiff, feels like all the muscles in my back, upper and lower, are  
contracting. Stiff aching pain.  
20F: 01:11:XX

Back pain, left bum cheek, pulled something in sports < sitting, extending leg.  
Sharp pain.  
10F: 20:XX:XX

Was sitting in front of my computer and stood up and got this sharp shooting pain.  
I couldn't stand up properly. The pain is on the left side of my spine, just above  
my PSIS and about 10cm up. When I touch it, it feels like I'm pressing on a bad  
bruise from a fall. I have to walk very lightly on my feet otherwise I can feel the  
pain.  
20F: 00:10:00

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse  
radially. >sitting, lying down. <standing for long periods.  
17F: 05:XX:XX

Just woke up. My neck and back are very itchy. When I scratch there is white  
pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth  
and > application of lotion.  
02F: 06:XX:XX

Back itchy between shoulder blades – wanders with scratching.  
10F: 10:XX:XX

Back is feeling really stiff today, not unbearable though. The pain on the left is  
still there but more localized to about 3 cm above my PSIS and on my spinus  
process and 5 cm laterally. Still feels like a bruise when I press on it.  
20F: 01:06:XX

So sore this morning my lower back is really tender, feels like an aching  
muscular pain, very distinct. I have two very tender trigger points bilaterally on  
the lateral aspects of L2. when pressed on the pain is sharp and shoots to my  
PSIS.  
20F: 07:XX:XX

My bum is quite tender. My PIIS bilaterally are very tender when I push on them.  
< on right. > stretching.  
20F: 07:XX:XX

Bad lower back pain, muscular type pain in my quadratus lumborum  
started late morning and got progressively worse.  
14F: 02:XX:XX

Back and neck: same ache still persists but the intensity has increased though.  
06M: 11:XX:XX

Neck is hurting so much need a massage.  
08M: 19:XX:XX

Pain in neck muscles and traps . <stretching but better afterwards.  
17F: 06:XX:XX

Midthoracic back pain, paravertabral muscles, as if bruised. <pressure and  
touch. > adjustment.  
17F: 05:XX:XX

Pain in rhomboids. Worse on right over rib heads.  
17F: 07:XX:XX

Pain in left trap and right rhomboids and levator scap.  
> movement and rubbing.  
17F: 09:XX:XX

My lower back is hurting very much. The muscles around the spine hurts.  
08M: 01:XX:XX

My lower back is really tender.  
20F: 06:XX:XX

So sore this morning my lower back is really tender, feels like an aching  
muscular pain, very distinct. I have two very tender trigger points bilaterally on  
the lateral aspects of L2. when pressed on the pain is sharp and shoots to my  
PSIS.  
20F: 07:XX:XX

The two very tender trigger points bilaterally on the lateral aspects of L2. when  
pressed on the pain is sharp and shoots to my groin.  
20F: 07:XX:XX

## **Eruptions**

Back of my neck, pustule. Prominent.

03M: 09:XX:XX

Starting to develop more little pimples than usual on my superior chest and back.

06M: 01:XX:XX

Pimples are still prominent on chest and back. The ones on my chest are a bit different than the ones on my back. On my chest they appear smaller, pustular and increased in amount whereas my back contains pimples with larger diameter, but not really pustular. Both are painful if I apply pressure on them.

06M: 03:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F: 13:XX:XX

Pimples itch, want to pick at them, hassle them.

10F: 14:XX:XX

Pimples on forehead, thoracic area, back lower lumbar, chin, nose, cheeks.

10F: 20:XX:XX

## **Modalities**

### **Ameliorations**

My bum is quite tender. My PIIS bilaterally are very tender when I push on them. < on right. > stretching.

20F: 07:XX:XX

Neck stiffness. >stretching.

14F: 11:XX:XX

Neck muscles very tight. >stretching.

17F: 15:XX:XX

### **4.2.3.25. EXTREMITIES**

#### **Pain**

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.

10F:19:XX:XX

Right knee feels wobbly. Joints are aching a little today.  
19F: 03:XX:XX

All joints are aching.  
18M: 09:XX:XX

### **Upper limb**

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.  
14F: 00:22:30

My right shoulder is tender today, got a nasty trigger point on my proximal attachment of my tricep.  
20F: 08:XX:XX

Pain in left trap and right rhomboids and levator scap. > movement and rubbing.  
17F: 09:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs. Severe.  
03M: 10:XX:XX

Elbow still limited in function. Swelling has gone down. Painful on contact.  
03M: 12:XX:XX

Left wrist painful. < movement.  
15F: 01:04:15

Pain in my thumbs, feels stiff and spasmodic, difficulty in abducting the thumbs.  
07F: 07:XX:XX

My finger joints are also a little sore today and very stiff.  
19F: 03:XX:XX

### **Lower limb**

My right hip joint is painful. <walking, stretching it back.  
15F: 00:06:30

Joints in legs are very painful, and stiff. Difficulty in moving joints.  
17F: 02:XX:XX

My hips and knees are so sore I can't get up, aching like I have arthritis.  
12F: 03:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads.  
> movement.  
17F: 05:XX:XX

Pain knees, hot, achy congested feeling < night < lack of sleep.  
> rubbing temporarily.  
10F: 12:XX:XX

Left knee pain, achy.  
15F: 00:01:20

Did a cycling race today, no cramping at all and no knee pain, I usually get severe cramping and knee pain within the first few kilometers (CURED).  
13M: 13:XX:XX

Ankle hurt a bit in the morning.  
08M: 10:XX:XX

Ankle pain.  
09M: 01:XX:XX

Ankles and legs feel very sore and stiff.  
17F: 03:XX:XX

## **Muscular**

Mild cramping discomfort in left calf.  
15F: 00:01:20

Legs felt very heavy during my run and I battled with cramps.  
20F: 00:07:30

Pain in right trapezius. <stretching. Causes a headache.  
17F: 02:XX:XX

Cramping pain in left leg, feels like muscle stiffness. Glut, calf and quads.  
>stretching, massage, movement.  
17F: 02:XX:XX

Did a cycling race today, no cramping at all and no knee pain, I usually get severe cramping and knee pain within the first few kilometers.  
13M: 13:XX:XX

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.

14F: 00:22:30

## **Stiffness**

### **Upper limb**

Joints in arms and legs feel stiff.

12F: 08:XX:XX

Stiffness in trapezius muscles as well as suprascapular muscles. Feeling of stiffness <right.

17F: 01:00:XX

My left shoulder feels stiff.

20F: 04:XX:XX

Pain in my thumbs, feels stiff and spasmodic, difficulty in abducting the thumbs, think it may be due to lots of ischemic compression that I do on my patients.

07F: 07:XX:XX

My finger joints are also a little sore today and very stiff.

19F: 03:XX:XX

### **Lower Limb**

Joints in arms and legs feel stiff.

12F: 08:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads. > movement.

17F: 05:XX:XX

Ankles and legs feel very sore and stiff.

17F: 03:XX:XX

### **Muscular**

No muscle stiffness after bike ride, usually feel very stiff after a ride.

13M: 00:09:20

Cramping pain in left leg, feels like muscle stiffness. Glut, calf and quads. >stretching, massage, movement.

17F: 02:XX:XX

Had some stiffness in my quads and in my legs.

14F: 14:XX:XX

### **Wringing Hands**

Hands are very restless, need to move them constantly and feel things, wring things, fingers feel more sensitive.

18M: 03:XX:XX

Seem to be wringing my hands uncontrollably, feel the need to rub the skin on the hands hard to release some sort of tension, much more feeling in the hands than usual.

15F: 04:XX:XX

I have an increased sensitivity in my hands, mainly the fingers and I'm constantly rubbing and wringing them.

12F: 06:XX:XX

### **Sensations**

I realized that my hands are a bit colder than usual > if I put my hands in my pockets, cold aching sensation. Mornings, afternoons and evenings.

06M: 08:XX:XX

Skin feels cold and clammy, especially my extremities.

07F: 13:XX:XX

Knees aching hot > temporarily from rubbing/bath.

10F: 20:XX:XX

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.

10F: 19:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs. Severe.

03M: 10:XX:XX

Pain knees, hot, achy congested feeling < night < lack of sleep.  
> rubbing temporarily.

10F: 12:XX:XX

Left knee pain, achy.

15F: 00:01:20

Left wrist pain, very dull achy pain. < circular motion and pronation / supination.  
15F: 00:01:20

Muscles feel very weak. Have to rest every 5 words because my arm and hand is tired.  
12F: 03:XX:XX

\*My thighs are killing me from walking up the stairs to my house, I had to rest.  
Very strange.  
15F: 04:XX:XX

Left wrist pain, very dull achy pain. < circular motion and pronation / supination.  
15F: 00:01:20

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.  
14F: 00:22:30

Dull pain in calf muscles. <left.  
17F: 02:XX:XX

Dull pain in right trapezius muscle.  
17F: 02:XX:XX

Right knee feels wobbly. Joints are aching a little today.  
19F: 03:XX:XX

Legs felt very heavy during my run and I battled with cramps.  
20F: 00:07:30

Arms and legs feel heavy, can't lift them, can't play violin.  
18F: 03:XX:XX

My fingertips are numb.  
02F: 09:XX:XX

Fingertips are supersensitive/ pins and needles. Hands are almost itchy.  
06M: 01:22:13

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms.  
02F: 02:61:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another.



Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F: 04:XX:XX

Itching sole of foot, couldn't get to it through thick sole.

10F: 16:XX:XX

Skin on left baby toe is peeling off underneath, it's itchy and burning.

19F: 02:XX:XX

The skin on my thumb is very itchy but can't seem to find the itch.

19F: 03:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

12F: 05:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.

12F: 07:XX:XX

### **Perspiration**

Hands and feet are sweating terribly.

18M: 13:XX:XX

My feet are sweating profusely.

13M: 20:XX:XX

### **Dry**

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.

06M: 13:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

12F: 05:XX:XX

My skin is really dry this morning especially on my arms.

15F: 03:XX:XX

Dry hands, moisturizer doesn't help. Bilateral, palms.  
12F: 06:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores. Skin is dry.  
12F: 07:XX:XX

### **Eruptions**

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.  
19F: 05:XX:XX

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.  
02F: 04:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.  
03M: 05:XX:XX

Have slight eczema on my legs around my knees.  
08M: 03:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.  
10F: 01:XX:XX

Skin on left baby toe is peeling off underneath, it's itchy and burning.  
19F: 02:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off. Skin is also peeling off the back of my heels.  
14F: 05:XX:XX

Skin very dry and peeling off toes. Under left big toe. On left big toe. Tip of left middle toe. Side of right middle toe. Top of right 5<sup>th</sup> metacarpal.  
12F: 05:XX:XX

Intense peeling of the skin under my big toe and the pad just beneath my big toe on the left. Resembles an onion.  
12F: 08:XX:XX

## **Increased Sensitivity**

Extremities more sensitive than usual, especially my thumbs.

06M: 20:XX:XX

Hands are very restless, need to move them constantly and feel things, wring things, fingers feel more sensitive.

18M: 03:XX:XX

Seem to be wringing my hands uncontrollably, feel the need to rub the skin on the hands hard to release some sort of tension, much more feeling in the hands than usual.

15F: 04:XX:XX

I have an increased sensitivity in my hands, mainly the fingers and am constantly rubbing and wringing them.

12F: 06:XX:XX

## **Modalities**

### **Ameliorations**

Pain in left trap and right rhomboids and levator scap. > movement and rubbing.

17F: 09:XX:XX

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.

10F: 19:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M: 05:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.

10F: 01:XX:XX

### **Aggravations**

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.

14F: 00:22:30

Left wrist painful. <movement.

15F: 01:04:XX

Pain in right trapezius. <stretching. Causes a headache.  
17F: 02:XX:XX

Went out for drinks last night when my elbow joint started to pain badly. The previous week Wednesday I fell on my elbow during karate training. The pain was improving, so I didn't mention it then. Swelling present, redness and heat. Posterior aspect of left elbow. Stiffness, suddenly intensive. No symptoms for 5 days after the injury till now. < heat.  
03M: 09:XX:XX

My right hip joint is painful. <walking, stretching it back.  
15F: 00:06:30

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.  
10F: 01:XX:XX

#### **4.2.3.26. SLEEP**

##### **Waking Up Unrefreshed**

Woke up really tired.  
01M: 10:XX:XX

Slept really well. Didn't dream. As soon as my head hit my pillow, I was fast asleep and I only woke up now (06:30 am). I feel a bit tired though.  
02F: 03:XX:XX

Woke up feeling very tired and drained but doing ok.  
07F: 11:XX:XX

Sleep: like ass, keep waking up from 5 ish in the morning. Couldn't fall asleep again. Woke very unrefreshed but not grumpy (very unusual for me – I'm not a morning person).  
10F: 06:XX:XX

Sleep better last night, woke unrefreshed though.  
10F: 11:XX:XX

Wake up feeling really tired, could sleep another few hours.  
10F: 17:XX:XX

Did NOT sleep well.  
18M: 02:XX:XX

## **Refreshing Sleep**

Woke up fresh.

01M: 01:XX:XX

Woke up bright and awake.

01M: 15:XX:XX

Slept really well last night. Didn't have any dreams. Didn't wake up during the night. Slept like a log. I am feeling rested and happy. (7:00 am).

02F: 02:48:XX

Very sleepy in the evening (difficulty staying awake) but when I awake I feel very energized and positive.

07F: 03:XX:XX

Sleep was very refreshing, woke up before my alarm, usually takes me an hour or so to get up, this morning I jumped out of bed ready for the day.

13M: 00:22:20

## **Sleeping Really Well**

Slept really well last night. Didn't have any dreams. Didn't wake up during the night. Slept like a log. I am feeling rested and happy. (7:00 am).

02F: 02:48:XX

Slept really well from day 7 onwards.

05F: 07:XX:XX

No dreams, is kind of weird because I usually remember small parts but, felt almost completely detached from my sleeping pattern-like a 'rock'.

06M: 03:XX:XX

Sleeping more than normal, starting to ponder if it might be associated with the remedy.

06M: 05:XX:XX

Sleep like the dead, fell asleep without difficulty, no dreams.

07F: 00:XX:XX

Sleep very well, like a log, don't wake up at all.

07F: 13:XX:XX

Slept really well. Didn't dream. As soon as my head hit my pillow, I was fast asleep and I only woke up now (06:30 am). I feel a bit tired though.

02F: 03:XX:XX

Did little else but sleep today, just too tired to do anything. Slept, woke up then slept some more.

08M: 14:XX:XX

Slept like a log, not waking up at sparrow fart anymore.

10F: 09:XX:XX

Sleep: well, like a rock.

10F: 18:XX:XX

### **Difficulty Falling Asleep, Sleep Interrupted**

Go to bed early but have a terrible night's sleep, constantly waking up and having to drink water, throat is very sore.

07F: 15:XX:XX

Go to bed early but sleep is interrupted from coughing and needing to use the bathroom multiple times because I've been drinking stacks of water. 9 hours of bad sleep.

07F: 16:XX:XX

Sleep was cut short due to drippy nose, but ok.

08M: 05:XX:XX

Battled to fall asleep, woke up early hours tossed turned for hrs before slept again.

10F: 15:XX:XX

Just can't fall asleep, just toss and turn.

12F: 00:05:30

Couldn't sleep until about 12. just couldn't fall asleep.

16F: 07:XX:XX

Couldn't sleep. Probably managed two hours.

05F: 06:XX:XX

Had a terrible night's sleep. A sinus headache, radiating down my neck troubled me.

07F: 19:XX:XX

Sleep last night was restless because I was aware of my stiff neck and sore throat. I woke up on a few occasions to drink water to try soothe my throat.

15F: 06:XX:XX

Had a very disrupted sleep, woke up quite a few times during the night.  
14F: 09:XX:XX

### **Very Early Waking**

Been up since 3am, mind is just walking through the days problems.  
19F: 04:XX:XX

Couldn't go back to sleep after waking up at 2am. Eventually fell asleep at 4:30 and woke up at 6:45.  
05F: 01:XX:XX

Woke up in early hours of the morning, probably about 3/4am, couldn't go back to sleep, sounds kept me awake, couldn't relax, woke up feeling very grumpy.  
10F: 16:XX:XX

Sleep: like ass, keep waking up from 5 - ish in the morning. Couldn't fall asleep again. Woke very unrefreshed but not grumpy (very unusual for me – I'm not a morning person).  
10F: 06:XX:XX

### **Waking With a Start**

Slept restlessly, keep waking with a start but can't remember why.  
14F: 08:XX:XX

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.  
14F: 04:XX:XX

Slept well last night. Woke up at 3:00am feeling anxious. Feel rested though.  
02F: 08:XX:XX

Slept really well but woke up at 1:30 am with a shock. Can't remember my dream.  
02F: 05:XX:XX

### **Waking Drenched in Sweat**

Woke up twice last night in a sea of sweat, but it was cold outside.  
13M: 00:22:20

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.  
14F: 04:XX:XX

## **Restless Sleep**

Slept really restless last night. Scratched myself raw last night. 06:30am.

02F: 07:XX:XX

Restless sleep.

05F: 02:XX:XX

Sleep was very restless.

15F: 00:23:30

Had the worst sleep last night, kept waking up, didn't sleep much at all.

16F: 07:XX:XX

Slept restlessly, keep waking with a start but can't remember why.

14F: 08:XX:XX

## **Sleeping Position**

Sleep in fetal position hugging the pillow to my chest on right side.

17F: 03:XX:XX

Packed a pillow under my left side and went to sleep.

15F: 08:XX:XX

Chest pain <lying down so sleep propped up on pillows on the left side.

15F: 08:XX:XX

## **4.2.3.27. DREAMS**

### **Fertility**

I was flying over a massive lake with a crocodile the size of a blue whale. It was the only crocodile left on earth so we wanted to artificially inseminate it. We put the sperm into an avocado ova to create a fetus and then implanted that into a lizard.

12F: 00:XX:XX

I was in a shopping queue and there was a mom with three kids behind me. She handed me her youngest to hold while she attended to the others. The baby started to latch on to my left nipple. I commented on this to the mom and told her that her baby was hungry. She said she liked breast feeding because it made her boobs bigger. I laughed. The baby started vomiting up thick white milk so I handed him back to mom. Woke up with a tender left nipple.

15F: 01:XX:XX



My new boyfriend asked me to have children with him and that he would start working really hard to try and afford them. He said he only had bank accounts in India, London and South Africa and that wasn't enough. He was telling me this while I was sitting around a pool. I kept thinking all I want to do is dive in to cool off and then sit in the sun and then dive in again. The intense urge to keep jumping into the water to cool off was the most marked part of the dream.

15F: 06:XX:XX

### **Stuck, Struggling**

What an awesome dream. My brother and I found an injured almost dead male lion on our farm. The location is very clear. My father said that the lion should be killed due to its suffering and that it is the biggest lion recorded (I can't remember in SA /Africa or in the world). There was also a pack of hyenas and cheetahs (joined) that wanted to kill the lion. I just made it into the bakkie as they attacked me, and then also got stuck with the bakkie in the mud. But I did get away. My brother and I managed to feed the lion some water and got it to just behind our house. The hyenas also broke through the barrier fence to get to the lion. I had real hope of the lion going to live – an optimistic view. I remember organizing some people to treat the lion. Thereafter I went to the lion and many people gathered, little children as well - that went carelessly close to the lion. I was angry at the people for not respecting the lion's privacy and the children getting so close. The lion got agitated and almost bit one of the children. The lion had an injury on the abdomen, skin hanging loose.

03M: 01:XX:XX

Cannot remember well. Do remember that I drove with a guy that I know in his old Mercedes. He drove into the sea sand and got stuck. I asked him if I can deflate his tires. He agreed, this helped.

03M: 03:XX:XX

Dreamt that I was stuck at work and couldn't leave.

08M: 06:XX:XX

Dream about a friend in dames huis. We played tennis on this random shaped ground under half a building. Felt like an Arab country. There was sand, dust and wind and I could see a building with no openings for windows but no windows, broken down building with a flat roof. I was amazed after the opponents struggled to serve the ball into the square. I thought they were good. Dream jumped to a bar where the Blue Bulls hang out. Felt pretty neutral in the dreams about this. Dream shifted to a black girl in our class who is struggling to pass a subject. We sat in two lines at this bar where the Bulls hanged out and got marks back. She didn't see the back section of the one paper and lost 35 marks. I told her that it's very important to see if she answered all her questions.

03M: 08:XX:XX

## **Territorial**

My mom, my brother (passed away 2002), my gran and I are trying to get to a wedding or celebration. But we keep running into obstacles. Either we can't find it or we're stuck in traffic, or there are people marching. We eventually arrive at my old high school(home) but it is in ruins. The neighboring schools had destroyed it. My whole family history had been destroyed.

12F: 02:XX:XX

There are farm reclaims. We all have a sense that they want us out of the country. They are taking everything from us. Cutting down all the fences destroying the wildlife, everything beautiful. I find my dad drowned in blankets. He says "humans will be hunted down like carnivores".

12F: 06:XX:XX

## **Attack**

Dream about many things. Can clearly recall however that my dad threw me with a cutting board after a clear decision to do so. It struck me, but I stood up and I was not injured. My brother and mother also sat round our kitchen table and they couldn't believe it.

03M: 05:XX:XX

An ex farm worker tried to stab me with a knife. He got close but I defended successfully. My dad rushed in to help although I didn't need any. (That's how I felt in the dream as well).

03M: 16:XX:XX

I dreamt that my friend Abby came to me and said that she had sent me an invite to her wedding by mistake and that I wasn't really invited. Then all these wild horses started arriving and attacking us. It was very scary as they even followed me into my house and were trying to kick down the door. A brown horse kicked Abby really badly and she went flying across the road. The horses were very beautiful and I underestimated their power and danger.

15F: 04:XX:XX

## **War and Violence**

I was all alone in this weird world, arid, dusty. I was in a cave which was high up and had a view of the land. I saw this creature standing with its back to me. I tried to befriend him. When the creature turned around I could see that he was tainted and evil. He was covered in grey hair and had sores all over him that contained smaller versions of himself. He said that we had stolen his land. he said that he had been dead for 100 years, but still his body survives. It looks almost like an old rat. I couldn't understand because I felt like it was my country, that I belonged

there. I felt very afraid, like he would kill all of us one by one and take the land with no remorse.

12F: 00:XX:XX

Had a terrible dream that I was choking on my own blood. Every time I cleared my throat I would get just a moments reprieve then I would start vomiting blood again. I couldn't breathe. I felt totally helpless. Could even feel the blood drying around my lips. So awful and gory. Woke up in a start feeling my mouth for blood.

18M: 02:XX:XX

I was sitting in a car in the passenger seat and I don't know who the driver was. We were at a robot waiting for it to go green. To our right was a big truck. I noticed two street children looking at the truck's tires. The one reached out to touch it and just then the truck started moving. The kids arm was trapped and he was running alongside the truck to try get it out. His friend was trying to help him. I screamed and started to panic. I tried to hoot but the driver of the car hadn't seen what happened and was trying to calm me. I ordered her to follow the truck and tried to explain but I was too excited and couldn't get the words out. I could no longer see the truck but we were headed in the same direction. We came to the side of the highway and I saw the little child lying next to the road. His skin was missing in most places from being dragged along the tarmac. I started crying because I knew that he was dead. I tried to feel for a pulse, but his neck was too damaged. I felt such pain and sadness for this poor innocent child. Suddenly his friend jumped out of a bush and started shaking his leg. I was about to tell him that it was no use when the child came to. I was amazed and went to comfort him but he jumped up and in perfect English told me to get away and leave him alone because I couldn't be trusted. I felt angry and betrayed. I invited both children back to my house to feed and clean them and eventually they reluctantly agreed.

15F: 02:XX:XX

Was in a war zone. There was a lady there. She was dressed conservatively, had her hair covered. She was standing at the entrance of a cave with a narrow pathway leading up to it. There were 3 men waiting for her, dressed in green, like Taliban terrorists. So scary! They had their guns pointed to her and their mouths and noses covered with a green and white bandana. She looked up and there was a skeleton being lowered down to her in a tray. As it gets close she realizes that it's the head of her husband. He is dehydrated, his lips are chapped and cut. He whispers.. Taylor, don't let them....

12F: 04:XX:XX

In a warzone. An escaped soldier jumps into our pool. I stab a sword into his head. It makes a horizontal stab wound. Then the blade switches direction and slices the guys head off. I see the jugulars and carotids pulsing.

12F: 05:XX:XX

I am helping friends to get rid of a female corpse. We consider dumping her, burying her or feeding her to pigs. We can't organize a bakkie however and we are scared we are going to get caught.

12F: 04:XX:XX

My mom and I are in a foreign country eating at an Italian restaurant. Tension runs pretty high from my side. I am very irritated, but my mom is calm and happy. As we are leaving, I am already at the car, she is still inside, a massive fight breaks out with the Italian mafia. I can hear wood hit flesh. Like baseball bats. My mom's still inside. I fear for her safety. She eventually comes out slowly but I can hear the fight is also moving out. I'm trying to start the bakkie but it just won't.

Wake up.

12F: 09:XX:XX

### **Evil**

There was a fire and my gran and I were trying to get away, but my dad wouldn't leave with us because he said that there was no point because the fire was too big (it was over the whole suburb. My gran and I drove in the car to get away. I could feel the heat. It also felt like there was an evil spirit following us. It was so strange. I was terrified. We then ran into some building and were talking to these 2 ladies. The one lady then tried to get me, then my alarm clock went off.

20F: 03:XX:XX

I fell asleep on the couch and dreamt that a force lifted me up and started hurling me at the walls. It was really violent. I kept asking are you Jesus or are you the devil. It then threw me onto the couch and I woke up.

13F: 10:XX:XX

### **Discrimination**

I dreamed about discriminating against different groups of people.

15F: 00:XX:XX

Dreamt I was in my parent's house and concentration camp victims were outside, I was afraid of them, they wanted something from me. I rushed to lock them out. Also I dreamt that my nipple ring was so infected it got absorbed in the inflammation. I woke up disturbed, and felt like a Nazi. Usually I would want to help sick people. Why was I scared of them?

10F: 04:XX:XX

### **Formal Clothing**

Had a strange dream about wearing a black tie to today's OSCE, don't know why

18M: 01:XX:XX

I went away somewhere with my parents and I made friends with 4 girls there, but 2 of them I was already friends with. We all walked to this party thing for all the younger people there. We had to dress smart so we all went in skirt suits, but while we were there everyone changed into other clothes they brought with them. I didn't know you could do that so I didn't bring anything else and I was the only one who couldn't change. So we all stayed there all night. Then my parents came to pick me up, I got in the car and realized that I had forgotten my clothes inside, I don't know what clothes, but I must have stayed inside for about ½ an hour packing piles of clothes into a bag and drinking more wine. When I came outside again I couldn't see my parents car, but all around me were buck, buffalo, rhino and lions so I hid behind a car and tried to see my parents car. When I looked at the highway a rhino had turned over a truck and was walking along the highway. Then I saw my parents car being circled by hyenas. I waited for a while and when I looked again most of the big game had disappeared. I saw their car waiting to go onto the highway, so I ran there, got in the car. No one said anything to me because they were so shocked about what had just happened. Someone else was in the car but I didn't know who it was and can't remember what he looked like.

16F: 02:XX:XX

I lent a suit and tie to my next door neighbor. He returned the tie to me a few hours later but no suit. I asked him where it was and he said, on top of his cupboard above his bed. He wanted to wash it before returning it to me. I started getting panicky because I was going to wear that suit to a wedding that night. This irritated me because he must have dirtied my suit especially under the arms and I needed to wear it. That really irritated me he betrayed my trust.

15F: 06:XX:XX

## **Identity**

Dreamt I went to my grandparent's house, I had a bath there, I lost my earring, I looked for it in the water, stood up and put it in again – in mirror noticed it wasn't the right one, it was my boyfriend's earring. I bent down to fetch my earring I found it and looked in mirror to find I was my boyfriend and now I /he was wearing my earring. I wasn't at all distressed, very happy in fact!

10F: 01:XX:XX

I was in a show and I was the star. I was doing my makeup. Had clown white all over my face but it kept running off. Then I stuck rose petals peach, pink and yellow onto my cheeks and began to enhance my eyes with color. Someone was now standing behind me and saying how good it was to see someone who knew what was needed for stage. I looked hideous but he seemed to think it was great. I then asked how I was going to remove the petals. He said you can't, you now have to wear a veil and hide your face. It seemed pointless to me.

19F: 01:XX:XX

I dreamt that I was in a movie theater. I was sitting watching the movie when someone sitting next to me leaned over looking very anxious. She needed to get the person sitting next to her to the Chiropractic clinic but she can't do it herself. I realize that it is one of my lecturers. She realizes that it is me and becomes very embarrassed. I offer to help her but she doesn't want my help because she knows me. As a solution I suggest that she treats me like a stranger so that she can accept my help. Now the dream becomes cartoon like and bubbles appear over our heads. Images in the bubbles seem abstract.

17F: 02:XX:XX

Autumn scene. All gold, red, orange, warm colors. We are all staying at a theme park, but there is a fetê further down the road. The owner of the theme park is this funny looking clown/ Santa/ joker dressed in bright colors. He's very jovial and entertaining. I leave in his vehicle to the fetê. It's massive with sand blowing up around the vehicle. I drive over the other cars to get there. I see my aunt and she says she has to cut my hair now. When she is done I look like Cleopatra.

12F: 06:XX:XX

## **Betrayal**

I got arrested they think I am on drugs. My mom and step gran are being complete bitches. My gran wants to search everything and doesn't believe that I'm not on drugs. I have my court case coming up and I'm wearing my school uniform.

12F: 02:XX:XX

Then I was hiking along the coastline with my father and Bronwyn and a group of random people. We were searching for this really big bird that we had seen earlier that day. It was the biggest bird I had ever seen and it resembled a Cori bustard. My dad suddenly started walking faster and before I knew it he was gone. He was supposed to be our leader and now I had to try and lead the rest of the hikers. My sister was now also hiking with us. I remember getting very irritated in the dream because the hikers behind me were saying that someone was so gay I turned around and gave them a mouthful for discriminating against gay people. The trail led us to this beach which was beautiful but not it South Africa. The coastline had been very grassy and wetlands were scattered around and then we hiked over this hill and there was a bay surrounded by a mountain. The beach was small stones and not sand and that's what made me think it wasn't in South Africa. The people on the beach were darker skinned than us. Once on the beach I approached my sister and said that it was very unlike dad to leave us like that and that I was worried for his safety. Our hiking group decided that they wanted to take a group photo on the beach. I was getting annoyed because each photo they took I was hidden or someone stood in front of me. Eventually a man came up to me and asked if I was Lauren. I said yes and asked if he had seen my father. The man said (in a foreign accent) that my father had brought me on this trail on purpose and had separated from the group for a

reason. I asked him what the reason was. He said that my father had adopted me when I was very young and that now that I was older he didn't want me anymore and that the trial was an unadopting ceremony. He said that my dad didn't know how to tell me so he just left and I won't see him again. I asked about my sister and the man said that my dad still wanted her. He then told me that in order to complete the ceremony he has to cut off my big toe and then I will truly be an orphan again.

15F: 03:XX:XX

There was absolute chaos, then I was held down by someone I trusted, couldn't see a face but I had a feeling of trust. He suddenly stabbed a needle into my right thigh and injected heroin into my system. As the drug took hold of me I fought the onset as best I could and although I could feel I was not sober I was able to maintain a state of constant awareness. Mostly I was disappointed that this had happened, that this ultimate in evil had been forced into my body. I felt betrayed.

18M: 11:XX:XX

## **Family**

Dreams about my mom who passed away. Made me feel sad when I woke up.

05F: 10:XX:XX

Dreamed about my mom again, always makes me feel sad.

05F: 12:XX:XX

Dreamt of my family – dad especially, can't remember a lot of detail but was something associated with my dad's family being quite large and our generation being a lot smaller – also fell into the weird category.

06M: 00:XX:XX

Had a terrible dream my dad died, a feeling of terrible loss and regret was the main theme, regret mostly that I haven't said all the things I'd wanted to and that we didn't have enough time to get to know each other. Also the feeling of being completely alone, if something had happened to my dad I'd be an orphan. That's so scary. I decided to call him. He's fine but I promised myself that from now on I'll call him every week and answer all his messages.

07F: 06:XX:XX

Had a bad dream that my grandmother passed away. Experienced the same feelings of guilt and loss I had when I dreamt about my dad but it's strange in that my grandmother and I really aren't very close and I didn't know that I cared for her so very much. It's making me face the reality that everybody I love will die at some point and it scares me to death.

07F: 09:XX:XX

I found a necklace I recently lost (which is a family heirloom). I was very devastated I lost it. When I woke up, I nearly started crying because I realized that it had been a dream I hadn't really found it. I wore that necklace every day for many years; it's like a part of me. A symbol of me.

10F: 05:XX:XX

### **Old friends**

I went to the Kwikspar and all the people working there were old friends of mine from school or overseas. It took about an hour to buy 1 roll, feta, a slab of chocolate and a vanilla yoghurt. When I was buying the yoghurt this guy put his whole hand in a tub of yoghurt, he wasn't tasting it so I had no idea what he was doing. Then I forgot to pay for my roll so I had to go back to pay for it and I woke up.

16F: 00:XX:XX

From dancing we were going to yoga but I had been left behind so I ran to catch up with them because I didn't know where to go. I ended up not finding them. I ran into a bowling alley where I saw an artist I know. He called me over and said that he had seen them earlier at gym. He was acting very strange and I could tell that he was on drugs. I got a feeling of danger and started running away but he chased me. I ran screaming into a dance studio and hid. Then I was in a car and was driving very fast down a highway. The wind was so strong that it was blowing cars into my lane which I was miraculously dodging. There was also an accident with smoke that was obscuring my vision. I felt out of control but would not slow down because I didn't feel the danger.

15F: 01:XX:XX

I was driving around with one of my very close friends on a road near my house. We came across my best friend who was alone with her mom on the side of the road. She ignored us and then we carried on driving, after a while she ran after us. She got in the car quite sad. She told us that her boyfriend is stuck out at sea on a ship. She was so depressed. We then drove back to my house. There was a guy outside my gate with a little boy who was crying. My dogs ran out the gate and the baby stopped crying. I held my one dog back because I was scared that she would knock the little boy over.

20F: 02:XX:XX

Had a nice but sad dream about my one friend I have not seen in years. Miss her very much.

08M: 17:XX:XX

Dreamt about someone I haven't seen in ages. I didn't recognize them.

10F: 15:XX:XX



Dreamt about an old friend who is in jail, she had finished her sentence in the dream but she wouldn't talk to me. She was angry because I hadn't written to her. I really felt bad in the dream.

10F: 20:XX:XX

## **Religious**

I was at a beautiful monastery or religious building. We were being shown around by a religious leader of sorts. I immediately knew when I saw the place that I had dreamt about it before during the proving and forgot. The grounds at this building were beautiful and there were many monuments and gravestones commemorating brave people who had died in honor but tragically. I was with a tour group of some kind and I knew only a few people. Then I realized that there were three identical replicas of this religious building. I was intrigued and felt that I understood the reasoning behind it. At the first building the priest made us all repeat a Christian prayer. I felt a strong feeling of rebellion as I didn't feel comfortable. I also felt that this guy was going to be biased in his preaching's. Then I noticed that the second building differed to the first because the tower was in a different place. I commented on the fact that it might be the Muslim version because they can't have towers or monument next to churches or synagogues. The priest agreed with me, but said that this tour was about Christianity and no other religion. I felt angry and said that I would like to have a look at the 3<sup>rd</sup> building and know what religion it symbolized. The priest said NO that it was a waste of time because that is a Jewish building and you don't need to know about it. I said something back about the Jewish sightseeing and he said "let's have a vote, all in favor of the Jewish religion raise your hand" at first everyone felt afraid because they were going against their own religion, including myself. Then my best friend raised her hand and walked over to the third building. Slowly more and more people joined her. The priest was angry and referred to us as traitors. He then said if we really felt this way we wouldn't have a problem saying a Jewish prayer. And he put one hand on the projector. We all repeated the words but not very well due to the unfamiliarity. He said we were pathetic and stormed off. The tour group decided to stay at the building and celebrate our success against the church.

15F: 07:XX:XX

We were all at this sports event on Easter, loud music was playing. Then they announced that they want to have a ceremony, but everyone boos and moans.

Very anti Christianity.

Felt very guilty.

12F: 09:XX:XX

Had another religious dream about rebelling against Christianity, but can't remember the details.

15F: 14:XX:XX

## **Ghosts or spirits**

I'm back at the house I grew up in with two of my friends, but it's absolutely pitch black everywhere. We couldn't see a single thing. We had to spend the night here but the house was haunted.

12F: 02:XX:XX

At a fetê at my old primary school, with old and new friends. I am supposed to look after a friend's car. I have two drinks and smoke a joint and I pass out. When I wake up the car is gone. I tell him and he is furious and won't speak to me. We find the car. I show him around my school and take him to the staff room. I show him pictures of me and my brother (passed away 2002). Suddenly my brother is there. One of the teachers walks in so we hide behind a cupboard. They look at the photos and start talking about my brother and his wondering spirit and if he is okay. My brother has been in human form all this time. He is crouching between my legs shaking and scared. Suddenly he can't take it anymore and moves into spirit form and flies out the window. It's getting dark. I'm now an observer. He's in a dark forest, trying to beat complete darkness, escaping from an evil spirit. It's gaining on him and he is terrified. There's nothing I can do. I am back in the office with ghost busters who put sensors in the room to detect energy and there's a fleeting image of him in the room, still running. I wake up. Cried for hours... is my brother okay?

12F: 08:XX:XX

Strange dream, actually quite scary.

I was sitting with 2 gurus of some sort. I was seeing spirits who were also entering my body. I was scared but aware. I was told that I am going through something called a Santana. I have no idea what that means. I woke up with my heart in palpitations and still seeing things in my room. They were spirits just floating around.

18M: 10:XX:XX

## **Beach, sea, water**

Dreamt about the beach.

05F: 00:XX:XX

Had cool fantasy dreams, something about the ocean but can't remember.

08M: 02:XX:XX

Dreamed of being in absolute turmoil, spiritual death and confusion. Nothing around me made sense. Then I was swimming across a small sea. After a struggle I got to the other side and woke up as I was walking out the other side. I wake up feeling a tremendous sense of spiritual upliftment. Woke up from the dream at 4am and wrote down where and who I want to grow to be and a plan of

how to get there. My destiny. When I re-read it, it was as though it had not come from me but something higher.

16F: 01:XX:XX

My parents owned this pub which was very close to the sea. The pub had all these different swords in it. My family had all come to the pub to watch the sport and our chairs were a wave. So we were all sitting on a wave and watching TV. The swell would change so we would move up and down with the wave. Then my mom was eaten by a whale and I was concerned as to how she was going to get out. I remember feeling so happy sitting on my turquoise wave. It was weird we just seemed to float on it.

15F: 05:XX:XX

I was at a holiday resort and I was about to go for a swim in the sea. A girl sitting next to me said she could help me get into the water. I thought she was strange because why would I need help? The beach looked normal and lots of people were swimming. I waded through the shallow water and followed the girl into the sea. I suddenly became aware of movement of the water around my feet. The current was very strong and it pulled me to shoulder deep water. She said to me "don't go any deeper" I knew this would be difficult. All the people around us said a wave was coming and we must get ready then everyone dived under and held onto the sand, I did the same. The thrill of feeling this powerful wave move over you was intense and I now understood why these swimmers were doing this. Then one of them said to me that I shouldn't be there because I hadn't got permission and wasn't qualified. I said I was a strong swimmer and would be fine. Then I was on a ship with all the swimmers and we were in a very big swell. Again someone shouted that a wave was coming and to hold on. The whole front of the ship started lifting till it was almost perpendicular and then the wave broke over us. Again the feeling of the water moving over my back was amazing. The action was repeated 5 or 6 times in the dream. I realized that all my dreams were about the movement of the water. It made me think of the snakes on the beach that bury themselves in the sand before the wave washed over them or they would be swept back and forth until they could bury themselves again. Also the barnacles that stick to the rocks and have waves splashing up and down on them.

15F: 07:XX:XX

Floating down a river, broad, rough, dirty. White water tubing. But today it is very strong, I lose control, can't stop or swim to the side. The guys I am with are also terrified for their safety. The river was in flood.

12F: 08:XX:XX

Went to some beach house on the coast with my family. The beach was known for its crime. We ended up going for a swim in the sea. My dog was also there swimming, but was still on his leash. Next thing the leash got wrapped around my dad's neck and he couldn't breathe. My dad started panicking and was trying to

swim away, but it just choked him even more. I was screaming and crying and trying to help him because he was drowning... suddenly woke up.  
20F: 14:XX:XX

### **Wild animals**

Had an awesome dream that I had two pet owls, they were tiny, the size of hamsters, so, so cute. One was fully grown and the other one was a white downy little fuzz ball learning to fly. They were so cute and affectionate. It was such a nice dream.  
10F: 09:XX:XX

Dreamt about vicious dogs (terrified of them) and big houses.  
05F: 04:XX:XX

### **4.2.3.28. CHILL**

Feeling chilly today. My fingertips are numb.  
02F: 09:XX:XX

Had mild chills and frequent urination when going to bed last night for an hour.  
03M: 11:XX:XX

Skin feels cold and clammy, especially my extremities.  
07F: 13:XX:XX

Feeling very cold, just want to lie in a warm bath and relax.  
07F: 15:XX:XX

Feeling cold and hot on and off. Extremes of temperature.  
07F: 20:XX:XX

Get very cold on removing my jersey but very hot when I put it on.  
15F: 00:01:35

At gym got hot and cold sweats. They alternated and it lasted about 10min.  
15F: 04:XX:XX

### **4.2.3.29. FEVER**

Feeling hot during the day especially between 11 and 3, but no excessive perspiration.  
07F: 03:XX:XX

Feeling very hot, especially on my torso and my face, as if heat is radiating from inside me.

07F: 10:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.

07F: 12:XX:XX

I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F: 14:XX:XX

Got hot flushes in the afternoon.

08M: 02:XX:XX

Feeling hot although no one else seems to be hot.

08M: 19:XX:XX

Temperature a bit high.

09M: 03:XX:XX

Mild fever, almost as if I have the symptoms of the fever without the fever itself. Getting hot and then clammy. Skin is very hot to the touch.

15F: 00:00:24

Fever symptoms returned but more intense. Hot and clammy, sweating between breasts. < breeze, makes me so cold.

15F: 00:01:20

Alternating hot and cold all over body sweats.

15F: 06:XX:XX

Feel like I am getting a fever.

18M: 07:XX:XX

#### **4.2.3.30. PERSPIRATION**

##### **Increased, Generalized**

Increased perspiration.

06M: XX:XX:XX

Perspiration increased mildly but no smell, perspire under arms. < When in sun/ heat/ eating and drinking warm foods.

07F: 00:07:30

Perspiration smells funny. It's terrible and very embarrassing. Quantity also increases, especially under my arms and on my face.

07F: 08:XX:XX

More sweaty.

09M: 03:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.

07F: 12:XX:XX

During the day I feel hot, all the time, and I perspire, like I have a fever.

07F: 16:XX:XX

Sweated a lot today, everywhere.

13M: 00:09:20

Woke up twice last night in a sea of sweat, but it was cold outside.

13M: 00:22:20

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.

14F: 04:XX:XX

Perspiration has been increased today. Mainly in my joints creases and between my breasts, under arms and groin. Also in places that my clothing clings closely to my skin.

15F: 04:XX:XX

Sweating more than usual.

17F: 18:XX:XX

Sweating over nose, top lip and chin, not under eyes.

12F: 06:XX:XX

Hands and feet are sweating terribly.

18M: 13:XX:XX

My feet are sweating profusely.

13M: 20:XX:XX

#### **4.2.3.31. SKIN**

##### **Itching**

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms.

02F: 02:61:XX

My skin is really dry today. My whole body is really sensitive and raw. I have put on lotion but it doesn't help the itching. My skin looks whitish and cracked.

02F: 03:XX:XX

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.

02F: 06:XX:XX

Slept really restless last night. Scratched myself raw last night. My skin looks all cracked and dry today.

02F: 07:XX:XX

Did start to feel a bit itchy yesterday and today. Had a little papule on my right lower quadrant of my abdomen.

03M: 16:XX:XX

Itchy under both my eyes last night, wanted to scratch but it didn't feel better. Irritation. Woke up in the middle of the night.

05F: 13:XX:XX

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch. Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot.

Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.

06M: 11:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another. Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F: 04:XX:XX

Back itchy between shoulder blades – wanders with scratching.

10F: 10:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.

10F: 10:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse

though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F: 13:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F: 15:XX:XX

Itching sole of foot, couldn't get to it through thick sole.

10F: 16:XX:XX

Sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It tickles at first but then gets itchy. > scratching. Lasts about 10min.

15F: 01:15:00

Itching in spots on my head and face, feels like little hairs falling on me, can't find the itch.

13M: 05:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

12F: 05:XX:XX

Outer corners of eyes are dry and itchy.

12F: 06:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.

12F: 07:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores. Skin is dry.

12F: 07:XX:XX

The skin on my thumb is very itchy but can't seem to find the itch.

19F: 03:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

19F: 05:XX:XX



## Dryness

Skin feels very dry especially my face. A lot of goose bumps, not because of the cold.

06M: 01:21:88

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.

06M: 01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.

06M: 13:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.

07F: 12:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

20F: 01:00:00

My skin is really dry this morning especially on my arms.

15F: 03:XX:XX

Skin on face is really dry, the skin is pulling especially under my chin.

19F: 04:XX:XX

Skin is dry and peeling around my right nostril.

13M: 05:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off. Skin is also peeling off the back of my heels.

14F: 05:XX:XX

Skin very dry and peeling off toes. Under left big toe. On left big toe. Tip of left middle toe. Side of right middle toe. Top of right 5<sup>th</sup> metacarpal.

12F: 05:XX:XX

Peri -orbital dryness, with a scaly texture.

12F: 05:XX:XX

Forehead is really dry, so I stopped using soap to wash face.

12F: 05:XX:XX

Skin on my face is so dry, the skin around my stitches is cracking and bleeding despite me keeping it constantly moist.

18M: 10:XX:XX

## **Burning**

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

19F: 04:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and 1 tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.

20F: 14:XX:XX

## **Eruptions**

### **Pimples**

Just woke up (06:30 am). There are tiny white pimples on my forehead at my hairline. They are not very sore. I have not had pimples in this location before. They are itchy and when I scratch them they come off with the root. There is no blood.

02F: 01:23:30

Pimple on right chin. A bit painful. Appeared in the afternoon.

03M: 03:XX:XX

Pustule on my superior anterior left thorax this morning. Productive.

03M: 07:XX:XX

Back of my neck, pustule. Prominent.

03M: 09:XX:XX

Did start to feel a bit itchy yesterday and today. Had a little papule on my right lower quadrant of my abdomen.

03M: 16:XX:XX

Starting to develop more little pimples than usual on my superior chest and back.

06M: 01:XX:XX

Pimples are still prominent on chest and back. The ones on my chest are a bit different than the ones on my back. On my chest they appear smaller, pustular

and increased in amount whereas my back contains pimples with larger diameter, but not really pustular. Both are painful if I apply pressure on them.

06M: 03:XX:XX

Sore spots on my lips have become inflamed and look like blind pimples. Sore spots under my nose have grown and become big blind pimples. I try to squeeze them but with mild success. They look terrible! They feel hot and swollen.

07F: 01:30:XX

Notice a strange hot bump on my chest approximately 4cm below my left clavicle. Tender to touch.

07F: 01:36:XX

The bump on my chest has become a very sore pimple. Tried squeezing it but it was very tender and didn't deliver anything.

07F: 02:XX:XX

Skin is looking terrible on my face, especially around my mouth and nose area as previously described. Small pimples very tender and hot and even though I keep squeezing stuff out of it, it doesn't seem to get any better.

07F: 03:XX:XX

Developing more pimples, this time on my chin, great! The lip and nose stuff has cleared up but now I'm back to square 1. Found a weird pimple on my cheek next to my nose. I never get them there. It's very tender and feels hot.

07F: 06:XX:XX

Got a blind pimple on my forehead between my eyes.

08M: 00:XX:XX

Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F: 04:XX:XX

Pimples also on top lip at the moment, especially on left hand side. Itchy, worry them when I'm doing other things.

10F: 11:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F: 13:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F: 15:XX:XX

Pimples on forehead, thoracic area, back lower lumber, chin, nose, cheeks.

10F: 20:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

20F: 01:00:00

Breakout of very small pustules on my back between the scapulae. They are red and raised. Very tender to touch.

17F: 01:XX:XX

Woke up with a little, white pimple on my left upper lip.

15F: 02:XX:XX

Exactly bilateral little white head pimples on either side of my nose just above the flare crease.

16F: 02:XX:XX

Small white headed pimples above upper lip in nasolabial crease also bridge of nose and forehead.

19F: 02:XX:XX

Breakout of pimple on back now becoming excessive.

17F: 04:XX:XX

Tiny, white headed pimple on right corner of mouth.

12F: 05:XX:XX

Pimple on my right bottom lip. Very tender to touch. Tiny with a white head.

12F: 06:XX:XX

3 pimples on the right corner of my mouth, very tender. White heads with surrounding hyperemia.

12F: 06:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.

12F: 07:XX:XX

I noticed these little pimples on my back. They are tiny, red with a yellow head. They are on both side of my spine.

20F: 11:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and 1 tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.

20F: 14:XX:XX

\*My upper arms erupted in individual pimples about 6cm apart. They had a red base and a tiny yellow head. They were itchy and very tender to touch.

18M: 15:XX:XX

### **Dry Patches, Eczematous or Rash**

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.

02F: 04:XX:XX

There is now an itchy patch on the left side of my lower back. It is very dry. When I scratch it, there are crusts that come off under my nails. Looks like salt. It came up this morning. Very itchy. About an eight on the scale from 1-10. < evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.

02F: 05:XX:XX

Noticed a new dark patch on the right side of my neck. It is not so itchy at the moment. Not very dry either. Coin sized. 10:00am.

02F: 06:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M: 05:XX:XX

Have slight eczema on my legs around my knees.

08M: 03:XX:XX

\*Rash on forehead: bumpy.

09M: XX:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.

10F: 01:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

20F: 01:00:00

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

19F: 04:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.

12F: 07:XX:XX

Red hyperemic patch on anterior neck at jugular notch. Not itchy.

12F: 09:XX:XX

\*I got a strange rash on my lower abdomen, above each hip. It consisted of very fine bumps that were very close together. They were slightly red but more palpable than visual. Very itchy.

18M: 14:XX:XX

Woke up with a rash under my left breast this morning. It's very itchy. There are 6 small round red lesions, scaly.

20F: 19:XX:XX

## **Peeling**

Skin on left baby toe is peeling off underneath, it's itchy and burning.

19F: 02:XX:XX

Peri-orbital dryness, with a scaly texture.

12F: 05:XX:XX

Skin is dry and peeling around my right nostril.

13M: 05:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off. Skin is also peeling off the back of my heels.

14F: 05:XX:XX

Skin very dry and peeling off toes. Under left big toe. On left big toe.

Tip of left middle toe. Side of right middle toe. Top of right 5<sup>th</sup> metacarpal.

12F: 05:XX:XX

Intense peeling of the skin under my big toe and the pad just beneath my big toe on the left. Resembles an onion.

12F: 08:XX:XX

Skin eroding from my head of my 1<sup>st</sup> metacarpal on left foot and big toe.  
12F: 08:XX:XX

Slight flaking of the scalp mainly at the top of my head and above the ears and the occiput. I noticed it while brushing my hair has happened about a week ago to.  
15F: 10:XX:XX

### **Pigmentation**

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.  
02F: 04:XX:XX

Noticed a new dark patch on the right side of my neck. It is not so itchy at the moment. Not very dry either. Coin sized. 10:00am.  
02F: 06:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.  
19F: 05:XX:XX

### **Oily**

My skin feels oily in my face, usually only happens in summer.  
07F: 20:XX:XX

### **Modalities**

#### **Ameliorations**

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch. Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot. Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.  
06M: 11:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another. Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.  
10F: 04:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F: 15:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M: 05:XX:XX

Sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It tickles at first but then gets itchy. > scratching. Lasts about 10min.

15F: 01:XX:XX

### **Aggravations**

Skin is not so itchy tonight. Pigmentation is lighter today. Noticed that my skin is < night and < warmth.

02F: 07:XX:XX

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms.

02F: 02:61:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F: 13:XX:XX

Rash behind my right thigh, itchy > scratching. Small bumps at follicles < heat. Rough.

10F: 01:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.

19F: 05:XX:XX

### **4.2.3.32. GENERALS**

#### **Lethargy**

Tired the whole day.

01M: 07:XX:XX

Felt extremely tired, slept for 4 hours.

01M: 20:XX:XX

My energy levels are really low now. Feeling tired and want to sleep. 11am.



02F: 09:XX:XX

Very tired, want to sleep.

02F: 17:XX:XX

2<sup>nd</sup> remedy at 15:15. Started to feel a bit tired after an hour of ingesting the remedy.

06M: 01:29:XX

Feeling exceptionally tired, like I've had the life sucked out of my brain. My head feels fuzzy, like I have difficulty remembering things and concentrating – needless to say it is a bad day for me to drive.

07F: 10:XX:XX

Feeling tired, drained and sleepy. I come home in the afternoon and spend most of my time sleeping. Very low energy throughout the whole day.

07F: 17:XX:XX

Did little else but sleep today, just too tired to do anything. Slept, woke up then slept some more.

08M: 14:XX:XX

Energy levels 2.

10F: 16:XX:XX

Feel possible onset of depression. Feeling low on energy. No positive thoughts. Feel dissatisfied with everything restless and irritated.

19F: 00:21:30

Euphoria , now exhaustion, when will the rollercoaster end?

18M: 01:11:XX

Very tired and bored.

17F: 02:XX:XX

Really needed to do work but was feeling really tired and went back to bed.

16F: 05:XX:XX

### **Increased Energy**

Felt really energetic.

01M: 18:XX:XX

Felt very energetic/driven today. Got up at 6 this morning for a jog and its now 21:40 and I still haven't slept.

03M: 18:XX:XX

Took the dog for a walk and even had a run around the sport field.

05F: 01:XX:XX

Definitely feeling more energized.

06M: 03:XX:XX

More energy than normal.

09M: 01:XX:XX

Full of energy and very confident.

13M: 01:09:XX

So energized, so happy from teaching. It's like giving a performance. I feel so fulfilled afterwards.

18M: 04:XX:XX

Feel revitalized and energized. I can attack anything that today brings.

12F: 07:XX:XX

### **Feeling Hot**

Feeling hot during the day especially between 11 and 3, but no excessive perspiration.

07F: 03:XX:XX

Feeling very hot, especially on my torso and my face, as if heat is radiating from inside me.

07F: 10:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.

07F: 12:XX:XX

Got hot flushes in the afternoon.

08M: 02:XX:XX

Feeling hot although no one else seems to be hot.

08M: 19:XX:XX

Temperature a bit high.

09M: 03:XX:XX

Head feels like it is heating up.

18M: 01:20:54

Eye feels as if it is on fire, dry and hot.

19F: 11:XX:XX

Mild fever, almost as if I have the symptoms of the fever without the fever itself.

Getting hot and then clammy. Skin is very hot to the touch.

15F: 00:00:24

Fever symptoms returned but more intense. Hot and clammy, sweating between breasts. < breeze, makes me so cold.

15F: 00:01:20

Feel like I am getting a fever.

18M: 07:XX:XX

### **Feeling Cold**

Feeling chilly today. My fingertips are numb.

02F: 09:XX:XX

Had mild chills and frequent urination when going to bed last night for an hour.

03M: 11:XX:XX

Skin feels cold and clammy, especially my extremities.

07F: 13:XX:XX

Feeling very cold, just want to lie in a warm bath and relax.

07F: 15:XX:XX

### **Fluctuating Temperature**

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F: 14:XX:XX

Feeling cold and hot on and off. Extremes of temperature.

07F: 20:XX:XX

Get very cold on removing my jersey but very hot when I put it on.

15F: 00:01:35

At gym got hot and cold sweats. They alternated and it lasted about 10min.

15F: 04:XX:XX

### **Joint and Muscle Pain and Stiffness**

Back and neck feeling pretty stiff and sore. Muscle ache and decreased motion. Dull ache, more severe sensitive pain; may be due to rugby.

06M: 10:XX:XX

Have a bit of neck stiffness and pain.

16F: 01:09:15

Bilateral neck stiffness.

12F: 02:XX:XX

Woke up with pain and tension in neck muscles. <stretching. >after stretching.

17F: 07:XX:XX

My neck and whole back feel really stiff and it feels like it is moving to the base of my skull.

16F: 07:XX:XX

Neck stiffness. >stretching.

14F: 11:XX:XX

Muscle in my neck and traps are a bit stiff.

20F: 15:XX:XX

Back is really stiff, feels like all the muscles in my back, upper and lower, are contracting. Stiff aching pain.

20F: 01:11:30

Back felt stiff and immobile all day.

16F: 14:XX:XX

Back pain, lower lumber, stiff, can't stretch or bend over with ease. Dull pain. Not constant only if I move.

10F: 09:XX:XX

Back is really stiff, feels like all the muscles in my back are contracting. Stiff aching pain.

20F: 01:11:XX

Lower back is stiff, but not painful.

19F: 02:XX:XX

My whole back is also quite tight especially on the right and in the middle, feels ropey to the touch.

20F: 02:XX:XX

My quadratus lumborum and gluteus are very tight.

20F: 07:XX:XX

Joints in arms and legs feel stiff.

12F: 08:XX:XX

Stiffness in trapezius muscles as well as suprascapular muscles. Feeling of stiffness <right.

17F: 01:00:XX

My left shoulder feels stiff.

20F: 04:XX:XX

Pain in my thumbs, feels stiff and spasmodic, difficulty in abducting the thumbs, think it may be due to lots of ischemic compression that I do on my patients.

07F: 07:XX:XX

My finger joints are also a little sore today and very stiff.

19F: 03:XX:XX

Joints in arms and legs feel stiff.

12F: 08:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads.  
> movement.

17F: 05:XX:XX

Ankles and legs feel very sore and stiff.

17F: 03:XX:XX

No muscle stiffness after bike ride, usually feel very stiff after a ride.

13M: 00:09:20

Cramping pain in left leg, feels like muscle stiffness. Glut, calf and quads.  
>stretching, massage, movement.

17F: 02:XX:XX

Had some stiffness in my quads and in my legs.

14F: 14:XX:XX

Had a bit more pain between my scapulae, especially on the left. Might be my rhomboids tightening up. Associated neck pain. Dull, aching numbing pain. More towards the evening.

06M: 07:XX:XX

Back pain, lower lumber, stiff, can't stretch or bend over with ease. Dull pain. Not constant only if I move.

10F: 09:XX:XX

Have a lot of muscle tension in my neck. Pain is generalized and dull.

16F: 13:XX:XX

Neck stiffness, comes on early afternoon. >stretching. Dull persistent pain.

14F: 17:XX:XX

I started to feel a slight dull aching sensation in my left kidney area. Level of T12 – L2 on the left side of my spine.

06M: 07:XX:XX

Back is really stiff, feels like all the muscles in my back, upper and lower, are contracting. Stiff aching pain.

20F: 01:11:XX

Back pain, left bum cheek, pulled something in sports < sitting, extending leg. Sharp pain.

10F: 20:XX:XX

Was sitting in front of my computer and stood up and got this sharp shooting pain. I couldn't stand up properly. The pain is on the left side of my spine, just above my PSIS and about 10cm up. When I touch it, it feels like I'm pressing on a bad bruise from a fall. I have to walk very lightly on my feet otherwise I can feel the pain.

20F: 00:10:00

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially. >sitting, lying down. <standing for long periods.

17F: 05:XX:XX

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.

02F: 06:XX:XX

Back itchy between shoulder blades – wanders with scratching.

10F: 10:XX:XX

Back is feeling really stiff today, not unbearable though. The pain on the left is still there but more localized to about 3 cm above my PSIS and on my spinus process and 5 cm laterally. Still feels like a bruise when I press on it.

20F: 01:06:XX

So sore this morning my lower back is really tender, feels like an aching muscular pain, very distinct. I have two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my PSIS.

20F: 07:XX:XX

My bum is quite tender. My PIIS bilaterally are very tender when I push on them. < on right. > stretching.

20F: 07:XX:XX

Bad lower back pain, muscular type pain in my quadratus lumborum  
Started late morning and got progressively worse.

14F: 02:XX:XX

Back and neck: same ache still persists but the intensity has increased though.

06M: 11:XX:XX

Neck is hurting so much need a massage.

08M: 19:XX:XX

Pain in neck muscles and traps . <stretching but better afterwards.

17F: 06:XX:XX

Midthoracic back pain, paravertabral muscles, as if bruised. <pressure and touch. > adjustment.

17F: 05:XX:XX

Pain in rhomboids. Worse on right over rib heads.

17F: 07:XX:XX

Pain in left trap and right rhomboids and levator scap.

> movement and rubbing.

17F: 09:XX:XX

My lower back is hurting very much. The muscles around the spine hurts.

08M: 01:XX:XX

My lower back is really tender.

20F: 06:XX:XX

So sore this morning my lower back is really tender, feels like an aching muscular pain, very distinct. I have two very tender trigger points bilaterally on the lateral aspects of L2. when pressed on the pain is sharp and shoots to my PSIS.

20F: 07:XX:XX

The two very tender trigger points bilaterally on the lateral aspects of L2. When pressed on the pain is sharp and shoots to my groin.

20F: 07:XX:XX

Slight joint pain, aching, hot, > pressure, rubbing, warm bath.

10F: 19:XX:XX

Right knee feels wobbly. Joints are aching a little today.

19F: 03:XX:XX

All joints are aching.

18M: 09:XX:XX

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.

14F: 00:22:30

My right shoulder is tender today, got a nasty trigger point on my proximal attachment of my tricep.

20F: 08:XX:XX

Pain in left trap and right rhomboids and levator scap. > movement and rubbing.

17F: 09:XX:XX

My elbow is severely painful and swollen today. Had problems sleeping as well due to the pain. Inflammation, redness, heat and swelling. Left elbow. > keeping it still. Throbbing pain sometimes. Fluid was felt moving when walking down-stairs. Severe.

03M: 10:XX:XX

Elbow still limited in function. Swelling has gone down. Painful on contact.

03M: 12:XX:XX

Left wrist painful. < movement.

15F: 01:04:15

Pain in my thumbs, feels stiff and spasmodic, difficulty in abducting the thumbs.

07F: 07:XX:XX



My finger joints are also a little sore today and very stiff.  
19F: 03:XX:XX

My right hip joint is painful. <walking, stretching it back.  
15F: 00:06:30

Joints in legs are very painful, and stiff. Difficulty in moving joints.  
17F: 02:XX:XX

My hips and knees are so sore I can't get up, aching like I have arthritis.  
12F: 03:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads.  
> movement.  
17F: 05:XX:XX

Pain knees, hot, achy congested feeling < night < lack of sleep.  
> rubbing temporarily.  
10F: 12:XX:XX

Left knee pain, achy.  
15F: 00:01:20

Did a cycling race today, no cramping at all and no knee pain, I usually get  
severe cramping and knee pain within the first few kilometers (CURED).  
13M: 13:XX:XX

Ankle hurt a bit in the morning.  
08M: 10:XX:XX

Ankle pain.  
09M: 01:XX:XX

Ankles and legs feel very sore and stiff.  
17F: 03:XX:XX

Mild cramping discomfort in left calf.  
15F: 00:01:20

Legs felt very heavy during my run and I battled with cramps.  
20F: 00:07:30

Pain in right trapezius. <stretching. Causes a headache.  
17F: 02:XX:XX

Cramping pain in left leg, feels like muscle stiffness. Glut, calf and quads.  
>stretching, massage, movement.

17F: 02:XX:XX

Did a cycling race today, no cramping at all and no knee pain, I usually get severe cramping and knee pain within the first few kilometers.

13M:13:XX:XX

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.

14F: 00:22:30

### **Itchiness**

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms.

02F: 02:61:XX

My skin is really dry today. My whole body is really sensitive and raw. I have put on lotion but it doesn't help the itching. My skin looks whitish and cracked.

02F: 03:XX:XX

Just woke up. My neck and back are very itchy. When I scratch there is white pus stuff coming out of it. Don't see any pimples though. Itchy is < warmth and > application of lotion.

02F: 06:XX:XX

Itchy under both my eyes last night, wanted to scratch but it didn't feel better. Irritation. Woke up in the middle of the night.

05F: 13:XX:XX

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch. Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot. Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.

06M: 11:XX:XX

Skin itching in spots all over, scalp especially. Back of thighs still itching. Relieved from scratching for a bit. Stop in one spot starts in another. Many small pimples on chest. Pimples more pussy (thick yellow) than they used to be. They are not very tender.

10F: 04:XX:XX

Back itchy between shoulder blades – wanders with scratching.

10F: 10:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.

10F: 10:XX:XX

Pimples also on top lip at the moment, especially on left hand side. Itchy, worry them when I'm doing other things.

10F: 11:XX:XX

Itching in spots, wandering – moves place. Pimples on scalp, occiput behind ears in hairline that gone. Back thoracic and lumbar pimples gotten worse though. Lots of black heads. Small white heads that itch. < when I scratch or pick at them, > if I leave them alone.

10F: 13:XX:XX

Pimples itch, want to pick at them, hassle them.

10F: 14:XX:XX

Very itchy scalp, pimples on scalp. Dandruff, not > for scratching, changes place on scratching.

10F: 15:XX:XX

Itching sole of foot, couldn't get to it through thick sole.

10F: 16:XX:XX

Itchy under both my eyes, wanted to scratch it but it didn't feel better. Irritation. Woke up in the middle of the night.

05F: 12:XX:XX

Eyes are a bit itchy.

09M: 00:XX:XX

Right ear was tickling or itching – external ear. > when I palpate my tragus. < if I wiggle my ear.

06M: 08:XX:XX

Right ear was a bit itchy; almost feel like it is my middle ear.

06M: 09:XX:XX

\*Ears itching more than before.

10F: 00:XX:XX

Ears itching not > scratching but want to use something sharp and scratch till it bleeds.

10F: 13:XX:XX

Ears itch, want to scratch them voluptuously, but it seems I just can't reach it.  
10F: 16:XX:XX

Nose very itchy, rub the whole time, no relief.  
10F: 18:XX:XX

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.  
07F: 17:XX:XX

Scalp is itchy and I feel I need to scratch around the hairline, but that isn't where its itching, just little bumps that I need to remove.  
12F: 07:XX:XX

Itchy eyes, around margins of lids and sclera.  
12F: 00:11:30

My eyes have started getting itchy and red.  
16F: 02:XX:XX

Itchy and dry and red sclera and corners of eyes are red and scaly.  
12F: 06:XX:XX

Eyes feel strained and tired. Itching and watery. <wearing glasses and rubbing.  
17F: 07:XX:XX

Itchy eyes, lower outer corners.  
12F: 01:02:XX

Nose is itching on the right side.  
20F: 15:XX:XX

Crease that runs from my nose to my mouth on the left was very itchy. I had to scratch it many times and rub it to get some relief. It helped temporarily but kept coming back.  
15F: 07:XX:XX

Very itchy on right side of face in the crease. <rubbing.  
15F: 08:XX:XX

Skin on left baby toe is peeling off underneath, it's itchy and burning.  
19F: 02:XX:XX

The skin on my thumb is very itchy but can't seem to find the itch.  
19F: 03:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.

12F: 05:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.

12F: 07:XX:XX

\*My upper arms erupted in individual pimples about 6cm apart. They had a red base and a tiny yellow head. They were itchy and very tender to touch.

18M: 15:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.

20F: 01:00:00

Sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It tickles at first but then gets itchy. > scratching.

Lasts about 10min.

15F: 01:15:00

Itching in spots on my head and face, feels like little hairs falling on me, can't find the itch.

13M: 05:XX:XX

### **Burning**

Eyes red, dry and burning.

14F: 04:XX:XX

My eyes are burning and watering and crying.

15F: 08:XX:XX

Eye feels as if it is on fire, dry and hot.

19F: 11:XX:XX

Woke up with dry, burning sensation in the throat. Left nasopharynx.

<swallowing. >drinking warm water.

17F: 00:22:45

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum. Coughed up sputum but swallowed it again. It was very salty. Coughed until i wretched, I eyes were streaming with water.

15F: 00:00:00

Stiff neck with niggling burning pain in muscles.

12F: 06:XX:XX

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

19F: 04:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and 1 tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.

20F: 14:XX:XX

### **Dehydration, Dryness**

Feeling slightly headachy, like a dehydration headache.

07F: 06:XX:XX

Dry eyes, > for rubbing, dry, watery, need to rub, mild but definite. Lasted for 5min.

03M: 03:XX:XX

Skin feels very dry, especially my face, also arms and hands. > applying cream – a lot though.

06M: 01:21:18

Skin feeling a bit dry today, itchy. Dorsal aspect of my arms and legs and my face as well. Sat in the sun today and can feel it is starting to become a bit drier than normal. >when no cream applied. <when cream applied. Dry cracking feeling.

06M: 13:XX:XX

My mouth has been dry.

02F: 07:XX:XX

Dry mouth and dry itchy eyes accompanying increased thirst. >with no water. < with drink of water.

06M: 09:XX:XX

Throat starting to feel a bit dry and scratchy, slight pain almost if a cold is starting to develop. Increased thirst. Stitching, dry throat pain. In the morning and reoccurrence at night. > drinking water. < not drinking water.

06M: 01:XX:XX

My skin is really dry today. My whole body is really sensitive and raw. I have put on lotion but it doesn't help the itching. My skin looks whitish and cracked.

02F: 03:XX:XX

Slept really restless last night. Scratched myself raw last night. My skin looks all cracked and dry today.

02F: 07:XX:XX

Feeling hot and sweaty, but skin feels dry and cracky.

07F: 12:XX:XX

There are two patches of darkly pigmented skin on my left leg. It is very itchy and dry. When I scratch it, it burns. It is very sore. The size of a R5 coin. 11 am.

02F: 04:XX:XX

There is now an itchy patch on the left side of my lower back. It is very dry. When I scratch it, there are crusts that come off under my nails. Looks like salt. It came up this morning. Very itchy. About an eight on the scale from 1-10. < evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.

02F: 05:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.

03M: 05:XX:XX

Getting a headache. More of a clouded feeling. Dried out.

18M: 00:00:30

Slight internal headache, between frontal and temporal regions bilaterally. Very mild and very diffuse. Can't really pinpoint it. Not even sure if it's there or not. Feels like a dehydration headache.

12F: 00:02:10

Headache in vertex which usually means I'm dehydrated.

19F: 00:07:30

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears. > firm pressure, splashing face with water. <noise, people talking loudly, bright light.

17F: 07:XX:XX

Eyes been really dry all day.

14F: 00:XX:XX

Eyes are very dry and itchy.

12F: 02:XX:XX

Itchy and dry and red sclera and corners of eyes are red and scaly.  
12F: 06:XX:XX

Eyes feel very dry and scratchy.  
19F: 12:XX:XX

Skin feels very dry especially my face. A lot of goose bumps, not because of the cold.  
06M: 01:21:88

Dry mouth and dry itchy eyes accompanying increased thirst. >with no water. <with drink of water.  
06M: 09:XX:XX

Woke up with a very dry mouth tongue was stuck to the roof of my mouth.  
19F: 00:08:30

Mouth is very dry, very thirsty.  
19F: 00:09:30

Lips feel crusty and tongue feels dry.  
19F: 00:11:30

Woke up with dry, burning sensation in the throat. Left nasopharynx. <swallowing. >drinking warm water.  
17F: 00:22:45

Raw, dry sensation in right nasopharynx and left oropharynx. >drinking warm water.  
17F: 01:04:XX

Sore throat, dry, burning. Right tonsillar region. >warm drinks.  
17F: 02:XX:XX

My throat is raw and very sore and dry. When I breath in the air dries my throat and makes me cough.  
15F: 06:XX:XX

My skin is really dry this morning especially on my arms.  
15F: 03:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it.  
19F: 05:XX:XX



Dry hands, moisturizer doesn't help. Bilateral, palms.  
12F: 06:XX:XX

Skin is very dry between my big toe and the one next to it. The skin is peeling off.  
Skin is also peeling off the back of my heels.  
14F: 05:XX:XX

Skin very dry and peeling off toes.  
12F: 05:XX:XX

The skin on my legs is very dry and itching. I can feel each movement of my trousers on the skin. It feels like little prickly pear needles that catch on my trousers. It prickles and burns.  
12F: 05:XX:XX

Lower legs and ankle are very itchy, can't resist scratching them. Feels as if mosquitoes are stinging me in the pores . Skin is dry.  
12F: 07:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.  
20F: 01:00:00

Skin on face is really dry, the skin is pulling especially under my chin.  
19F: 04:XX:XX

Skin is dry and peeling around my right nostril.  
13M: 05:XX:XX

Peri-orbital dryness, with a scaly texture.  
12F: 05:XX:XX

Forehead is really dry, so I stopped using soap to wash face.  
12F: 05:XX:XX

Outer corners of eyes are dry and itchy.  
12F: 06:XX:XX

Skin on my face is so dry, the skin around my stitches is cracking and bleeding despite me keeping it constantly moist.  
18M: 10:XX:XX

Skin by my nose is very dry and I'm getting these weird red bumps. Very tiny bumps that are very itchy and dry. It's around my right nostril.  
20F: 01:00:00

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

19F: 04:XX:XX

Red hyperemic patch on anterior neck at jugular notch. Not itchy.

12F: 09:XX:XX

Woke up with a rash under my left breast this morning. Its very itchy. There are 6 small round red lesions, scaly.

20F: 19:XX:XX

### **'Flu' and Hay Fever Symptoms**

Stuffy nose.

03M: 01:26:XX

Nose stuffy especially upper part. Sneezed a couple of times. <from sugar eating. Dull stuffiness. Morning only till 10am.

06M: 01:XX:XX

Slightly stuffy in the mornings.

10F: 05:XX:XX

Nose runny in the mornings now, blocked but runny nose, after I wake up.

06M: 07:XX:XX

Had a runny nose at 20:30 to 21:00. Right side. Clear watery mucous.

Associated slight nasal congestion.

01M: 00:11:30

Had prominent sinus congestion and clear nasal discharge with associated dizziness throughout the day.

01M: 20:XX:XX

Had a little bit of a headache after taking both powders and a runny nose. These cleared within 10minutes.

03M: 00:09:00

Nose a bit runny now and again especially at night after supper for a short while. <when I blow my nose. > When I sniff. Irritating. 18:30.

06M: 11:XX:XX

Starting to develop a watery clear nasal discharge. Nose feels itchy and I sneeze chronically and multiple times per sneeze attack.

07F: 17:XX:XX

My nose got very runny early in the morning just on the one side. The fluid is see through.

08M: 02:XX:XX

Nose still leaky and bad post nasal drip.

08M: 13:XX:XX

Nose runny.

09M: 06:XX:XX

Slight nasal congestion with slight dizziness.

01M: 19:XX:XX

Nose blocked/ post nasal drip. Since this afternoon my nose has started to block more severely. Had to blow it a few times. Occasionally ok but a definite onset. Associated sneezing. > blowing nose. Afternoon and evening.

03M: 05:XX:XX

My nose is completely blocked, first on the left and then on the right, then both sides. Difficulty breathing through my nose. Watery discharge from nose, the fluid is clear and colorless. Go to bed feeling stuffy headed and with a blocked nose.

07F: 18:XX:XX

Sneezed and head feels a bit thick 10minutes after the remedy.

06M: 00:10:22

Nose itchy, sneezing in the mornings.

10F: 10:XX:XX

My health feels fine, until about 3:30 in the afternoon and then suddenly my throat became incredibly sore, raw and swollen. I have difficulty swallowing and it gets worse as the evening progresses. I also feel like my immunity suddenly took a dip, and feel tired and drained; I develop a fever, my body feels hot and sweaty, yet I feel cold. Craving cold drinks (possibly to soothe my sore throat).

07F: 14:XX:XX

Throat is terribly sore and it's affecting my voice, it's painful to talk and I suddenly sound hoarse. Craving drinks all day, especially cold ones to calm down the raw pain in my throat.

07F: 15:XX:XX

Woke up with a headache, a sore throat and a cough. Cough worsens, can feel that there is mucus in my airways but cough is still unproductive, very irritating though. Inducing cough makes the irritation in my airways better, where as talking makes me want to cough more.

07F: 17:XX:XX

Throat is very sore on waking but better than the previous morning. My head is feeling stuffy. Avoid speaking as my throat feels like razorblades when I talk and it's so raw. I drink lots of water, but I'm not thirsty, it helps to soothe my throat. Developing a tickle in my throat, causing me to cough but it's unproductive and dry. More of an irritation than an actual cough. Go to bed early but sleep is interrupted from coughing.

07F: 16:XX:XX

Throbbing sinus headache. < lying down, movement, bending down. Had to keep head still in vertical position. Felt like head was going to explode if move it. > blowing nose. Throbbing.

04F: 02:XX:XX

Woken by headache over frontal sinuses. Sensation of pressure building up within the sinuses, slight pulsating sensation.

07:30.

17F: 05:XX:XX

Head feels congested, feels like the contents of my sinuses is getting thicker.

16F: 15:XX:XX

I started sneezing uncontrollably and then my nose wouldn't start running.

16F: 00:02:15

Runny nose, clear watery mucous. <left side.

17F: 00:04:30

Runny nose, clear salty fluid, rhinitis.

12F: 00:11:30

Woke up sneezing.

Excessive watery mucous.

17F: 00:23:30

Nose has been running constantly for most of the day, and can't stop sneezing.

16F: 04:XX:XX

My nose is running with clear salty water, but completely blocked.

18M: 10:XX:XX

Realized that my very blocked nose had cleared, it felt like the air was moving right to the middle of my brain- cool air.

19F: 00:05:30

Both nostrils blocked. But become aware of a sensation in the nose at the root as if I have sniffed salt water. Weird feeling as if nose is attached to a string inside and is being pulled in.

19F: 00:15:30

Nose feels stuffy and thick, blowing is ineffectual.

19F: 00:16:00

Nose completely blocked but with very watery clear discharge, constantly running.

17F: 02:XX:XX

Dry cough with blocked nose.

17F: 03:XX:XX

Post nasal drip, salty taste in back of throat.

19F: 00:00:20

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste. <lying, alcohol. >sitting standing.

15F: 01:12:XX

I started sneezing uncontrollably and then my nose wouldn't start running.

16F: 00:02:15

Many bouts of sneezing today, powerful, uncontrollable.

18M: 03:XX:XX

Have a fever blister or something. My lip is very swollen and full of yellow puss. It feels like it is constantly oozing, but nothing is coming out. The head is yellow, the rest of my lip is very red and swollen. It is stinging!

13M: 10:XX:XX

Blister is gone, healed very quickly, a miracle.

13M: 11:XX:XX

Sinuses are starting to fill up, getting full and sore.

18M: 01:02:05

Sinuses are very full and blocked.

12F: 02:XX:XX

Build up of pressure in the frontal and maxillary sinuses.

<right side. >popping ears.

17F: 02:XX:XX

Dry sore throat. Left nasopharynx. <swallowing. >drinking warm water.

17F: 01:07:XX

My throat is raw and very sore and dry. When I breathe in the air dries my throat and makes me cough.

15F: 06:XX:XX

Woke up coughing, very intense. I want to be antidoted now!!

19F: 09:XX:XX

All the glands in my neck were sore when I woke up this morning which made my neck feel stiff.

15F: 07:XX:XX

Right sided submandibular lymphadenopathy.

12F: 11:XX:XX

Woke up due to chest pain and need to cough. Twice during the night.

15F: 08:XX:XX

My chest hurts, can't get comfortable, quite a worrying pain.

18M: 10:XX:XX

### **Salt and Salt Water**

Both nostrils blocked. But become aware of a sensation in the nose at the root as if I have sniffed salt water. Weird feeling as if nose is attached to a string inside and is being pulled in.

19F: 00:15:30

Still have salt water feeling in left nostril.

19F: 00:10:XX

Runny nose, clear salty fluid, rhinitis.

12F: 00:11:30

My nose is running with clear salty water, but completely blocked.

18M: 10:XX:XX

PND, salty taste in back of throat.

19F: 00:00:20

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste. <lying, alcohol. >sitting standing.

15F: 01:12:XX

Felt a tingling on my left upper lip. It was like a sore that had come into contact with salty food and burning.

13M: 09:XX:XX

Had an intense coughing spell that was dry and accompanied by a burning sensation behind the sternum. Coughed up sputum but swallowed it again. It was very salty. Coughed until I wretched, I eyes were streaming with water.

15F: 00:00:00

Cough had a dry sensation, but balls of sticky phlegm are raised, slight salty taste and sulphuric odor.

19F: 00:18:46

Cough dry to begin with but got progressively productive. Soft sputum with white pieces resembling coarse salt.

17F: 04:XX:XX

Some coughing.

Soft sputum with white pieces resembling coarse salt.

17F: 03:XX:XX

Hungry but don't feel like anything everything tastes funny, like salt and oil.

19F: 00:23:30

Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.

< touching it or rubbing.

19F: 04:XX:XX

Noticed 2 small lesions in my right nostril. They were quite sore, they had a red base and 1 tiny white head. It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it.

20F: 14:XX:XX

There is now an itchy patch on the left side of my lower back. It is very dry. When I scratch it, there are crusts that come off under my nails. Looks like salt. It came up this morning. Very itchy. About an eight on the scale from 1-10. < evenings and night. < Warmth. Palm size. 17:00pm. My leg is much better, slightly itchy.

02F: 05:XX:XX

### **Modalities**

### **Ameliorations:**

## **Sitting Up, Vertical Position**

Nasal congestion especially when horizontal. Bilateral, frontal and maxillary sinuses. > being vertical; pressure of the head. Associated drowsy feeling phased out feeling. Associated bilateral temporal headache.

03M: 02:XX:XX

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste. <lying, alcohol. >sitting standing.

15F: 01:12:XX

Slight compression feeling in mid epigastric area. > sitting up. Dull, uncomfortable sensation.

06M: 08:XX:XX

Slight abdominal discomfort sensation of gas bubble being pushed around my intestines. <left lower quadrant. >straightening up.

17F: 02:XX:XX

Bloatedness with notable intestinal muscle contraction.

>after stool, sitting upright.

17F: 02:XX:XX

Stomach cramps. Left lower quadrant. Feel bloated. >lying down and standing straight, exercise.

17F: 05:XX:XX

Chest pain <lying down. >sleep propped up on pillows on the left side.

15F: 08:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement. < on deep inspiration.

15F: 08:XX:X

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially. >sitting, lying down. <standing for long periods.

17F: 05:XX:XX

## **Pressure**

My head is a bit sore right between my eyebrows. > pressure. < movement of eyes.

02F: 14:XX:XX



Sinus headache. Worse on Right temple. >pressure. Feels like someone is pushing their thumbs into my temple.

17F: 03:XX:XX

Headache in the temples and forehead, a compressing type of pain. Slightly > for pressing on temples. Lasted about 2 hours and spontaneously stopped.

14F: 06:XX:XX

Woke up with a headache, as if dehydrated. Starts at temples < on right and radiates towards the top of my head and into ears. > firm pressure, splashing face with water. <noise, people talking loudly, bright light.

17F: 07:XX:XX

Head pain moves to right eyebrow. Pain is much sharper.>pressure.

17F: 07:XX:XX

Headache starting in right forehead and over right eyebrow moving to right temple. Mild achy pulsating feeling. >pressure.

17F: 08:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.

16F: 10:XX:XX

Nasal congestion especially when horizontal. Bilateral, frontal and maxillary sinuses. > being vertical; pressure of the head. Associated drowsy feeling phased out feeling. Associated bilateral temporal headache.

03M: 02:XX:XX

My nose, at the bridge, between my eyes was achy due to a pressure build up. >closing eyes and applying pressure by squeezing the bridge with my fingers.

15F: 07:XX:XX

Pain in left hypochondriac region. > pressure.

12F: 00:01:00

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right.

>pressure. < walking.

15F: 00:01:00

Rolling over from left to right is excruciating, but if I roll from right to left and put warmth and pressure on the spot I calm down, stop coughing and can sleep.

15F: 08:XX:XX

Chostochondritis. Aching pain in 5<sup>th</sup> intercostal space.

<right. >firm pressure.  
17F: 17:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement.  
< on deep inspiration.  
15F: 08:XX:XX

## **Stool**

Experiencing cramping and stomach ache, like my insides are knotted and spasmodic. Colic type pain followed by diarrhea, yellow in color, completely watery. Great relief from passing and a feeling of 'cleanness' on the inside (weird, not sure how to describe). Feeling of tightness in and around my abdomen.  
07F: 01:XX:XX

Bloatedness with notable intestinal muscle contraction.  
>after stool, sitting upright.  
17F: 02:XX:XX

## **Aggravations**

### **Early Morning**

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.  
07:00.  
14F: 00:22:30

Slept well last night. Woke up at 3:00am feeling anxious. Feel rested though.  
08:00am.  
02F: 08:XX:XX

Slept really well but woke up at 1:30 am with a shock. Can't remember my dream.  
02F: 05:XX:XX

Couldn't go back to sleep after waking up at 2am. Eventually fell asleep at 4:30 and woke up at 6:45.  
05F: 01:XX:XX

Sleep was ok, just woke up early in the morning due to my nose. Could not fall back asleep.

08M: 03:XX:XX

Woke up in early hours of the morning, probably about 3/4am, couldn't go back to sleep, sounds kept me awake, couldn't relax, woke up feeling very grumpy.

10F: 16:XX:XX

Sleep: like ass, keep waking up from 5 ish in the morning. Couldn't fall asleep again. Woke very unrefreshed but not grumpy (very unusual for me – I'm not a morning person).

10F: 06:XX:XX

Been up since 3am, mind is just walking through the days problems.

19F: 04:XX:XX

Woke up this morning and a few times during the night drenched in sweat as if I had been having a bad dream, woke up in a panic, read my book to calm down.

14F: 04:XX:XX

Stuffy nose 9:00 but has cleared now at 12:00.

03M: 14:XX:XX

Nose stuffy especially upper part. Sneezed a couple of times. <from sugar eating. Dull stuffiness. Morning only till 10am.

06M: 01:XX:XX

Slightly stuffy in the mornings.

10F: 05:XX:XX

Very Slight runny nose. Clear mucous. Disappeared at 8:30. Slight nasal congestion.

01M: 02:XX:XX

My nose got very runny early in the morning just on the one side. The fluid is see through.

08M: 02:XX:XX

Woke up with runny nose.

07:00.

12F: 06:XX:XX

Nose very blocked this morning, improved the afternoon.

Associated sneezing and sniffing. > blowing nose. Intensity quite nasty.

03M: 06:XX:XX

## **Alcohol**

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.  
<lying, alcohol. >sitting standing.  
15F: 01:12:XX

Very bad reaction to alcohol. Felt drugged, couldn't remember much, eyes were dilated. I was very aggressive.  
12F 01:12:XX

Haven't been able to tolerate alcohol lately. I'm tipsy after 1 drink.  
20F 19:XX:XX

Had a drink but it didn't have the usual effect. Instead of feeling energized before sleepy, I went straight to sleepy.  
07F:05:XX:XX

My alcohol tolerance is so low, I feel tipsy after just one sip and my cheeks flush.  
14F 05:XX:XX

I can't drink at the moment. I feel drunk after half a glass of wine, it makes me nauseas.  
16F 06:XX:XX

## **Eating**

Easy satiety. Decreased appetite. Vague nausea < eating.  
10F: 19:XX:XX

Epigastric pain on waking. <eating.  
14F: 07:XX:XX

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain.  
<eating. > bending over forwards.  
20F: 03:XX:XX

## **Ameliorated and Aggravated**

### **Warmth**

Period pains that felt like a sharp stabbing pain in my lower quadrants of my abdomen. > applying a hot water bottle, lying in fetal position.  
14F: 00:01:30

Rolling over from left to right is excruciating, but if I roll from right to left and put warmth and pressure on the spot I calm down, stop coughing and can sleep.  
15F: 08:XX:XX

Dull fronto-temporal headache. < heat, >cold, cold drinks. <hurry, irritability.  
10F: 03:XX:XX

Perspiration increased mildly but no smell, perspire under arms. < When in sun/ heat/ eating and drinking warm foods.  
07F: 00:07:30

Skin is not so itchy tonight. Pigmentation is lighter today. Noticed that my skin is < night and < warmth.  
02F: 07:XX:XX

### **Movement**

My head is a bit sore right between my eyebrows. > pressure.< movement of eyes.  
02F: 14:XX:XX

Have the most terrible headache in my forehead and temples, every time I move it throbs. Need to squeeze it to feel better.  
16F: 10:XX:XX

Increased tension in hip flexors bilaterally with mild cramping radiating to quads > movement.  
17F: 05:XX:XX

Started to notice pain in my left shoulder running into my deltoid, inferior and superior to my clavicle and at the base of my neck. It's a muscular type pain. Dull pain. <early morning, with movement.  
14F: 00:22:30

Left wrist painful. <movement.  
15F: 01:04:XX

Every time I take a breath or move my ribs I get a hectic pain. I think my coughing caused a rib head to move out of place causing intercostals pain. Pain only comes on inspiration, coughing or movement. >standing still, not breathing.  
15F: 07:XX:XX

### **Lying or Bending Down, Leaning Back, Bending Over**

Throbbing sinus headache. < lying down, movement, bending down.

Had to keep head still in vertical position. Felt like head was going to explode if move it. > blowing nose. Throbbing.  
04F: 02:XX:XX

Headache getting worse, more frontally located now. < right, bright light.  
>lying down, sleep.  
17F: 00:07:30

Headache fronto-temporal, very bad especially at 8. < exercise, < leaning back.  
Steady dull ache, like a clamp over temples – like a clamp over temples. Pain centralizing between my eyes deep in my head.  
10F: 08:XX:XX

Headache occipital and temples, same time dull ache, like a clamp. < lying,  
< exercise.  
10F: 13:XX:XX

A lot of phlegm in the back of my throat. Hawk it up to swallow it. Salty taste.  
<lying, alcohol. >sitting standing.  
15F: 01:12:XX

Epigastric pain after drinking cold water. So painful I had to lie down, hissing sound in the ears, seeing stars, feeling cold and clammy. >lying down, closing eyes, taking a deep breath. Relief in about 5 min.  
17F: 12:XX:XX

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later.  
>walking. < sitting bent over.  
15F: 00:00:50

Have a sharp pain in my abdomen. Feels like wind, mainly in the left and right lower quadrants. > hunching over.  
16F: 00:08:15

Woke up with such a bad stomach pain this morning. I couldn't stand up straight. Located directly in the epigastric region. It was a sharp stabbing pain.  
<eating. > bending over forwards.  
20F: 03:XX:XX

Stomach cramps. Left lower quadrant. Feel bloated. >lying down and standing straight, exercise.  
17F: 05:XX:XX

Period pain is much worse than usual. Cramping in lower left and right quadrants. >hunching over, lying down.<standing upright.

17F: 03:XX:XX

Chest pain <lying down.>sleep propped up on pillows on the left side.

15F: 08:XX:XX

With each cough I get an intense pain in the area of my apex beat. It is about the size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement. < on deep inspiration.

15F: 08:XX:X

Lower back pain, sharp sensation over L4, L5 vertebrae becoming more diffuse radially. >sitting, lying down. <standing for long periods.

17F: 05:XX:XX

### **Rubbing**

Dry eyes, > for rubbing, dry, watery, need to rub, mild but definite. Lasted for 5min.

03M: 03:XX:XX

Eyelid on Right hand side feels like it is making a sty on the bottom lid more laterally. < rubbing or touch.

10F: 19:XX:XX

Eyes feel strained and tired. Itching and watery.

<wearing glasses and rubbing.

17F: 07:XX:XX

Very itchy on right side of face in the crease.

<rubbing.

15F: 08:XX:XX

Pain in left trap and right rhomboids and levator scap.

> movement and rubbing.

17F: 09:XX:XX

Patches on the skin of my left hand. Skin is darker in color than normal, very dry and itchy. Resemble sun spots. Looks like patches of skin cancer or psoriasis.

Burn like blazers when I scratch it.

19F: 05:XX:XX

### **Scratching**

Ears itching not > scratching but want to use something sharp and scratch till it bleeds.

10F: 13:XX:XX

Axillae got a bit itchy today, but not itchy like dirty itchy, more an irritating itch. Concomitant: maybe a bit of sweating, but did occur at night after I had a shower – wasn't hot. Left axillae towards the anterior aspect. The right one also itched a little, but wasn't prominent. >when scratching; itchy.  
06M: 11:XX:XX

Skin: itchy spots especially scalp, dandruff, white oily flakes, embarrassing < scratching > change shampoo often.  
10F: 10:XX:XX

Itchy on my left inner thigh (middle region). A dry patch. Suddenly itchy, occasionally throughout the day. > rubbing/ scratching.  
03M: 05:XX:XX

Sensation of bugs or ants crawling all over my skin as I am about to fall asleep. It tickles at first but then gets itchy.  
> scratching. Lasts about 10min.  
15F: 01:XX:XX

My skin feels really itchy. When I scratch it, it feels worse and starts to burn. My whole body itches especially my legs and arms.  
02F: 02:61:XX

### **Exercise, Stretching**

Wake up with a headache, feels as if someone is pushing their thumb into my right temple. Pain radiates to the right eyebrow.  
>exercise.  
17F: 00:02:00

Headache < exercise.  
10F:17:XX:XX

Brief, sharp, frequent, stabbing pains in right iliac fossa. Each stab lasts a few seconds then disappears and returns a few seconds later. >walking. < sitting bent over.  
15F: 00:00:50

Pain in right iliac fossa. Constant tight pinching pain. Moved to the left very briefly then returned to the right.  
>pressure. < walking.  
15F: 00:01:00

Stomach cramps. Left lower quadrant. Feel bloated. >lying down and standing straight, exercise.



17F: 05:XX:XX

Woke up with pain and tension in neck muscles. <stretching. >after stretching.

17F: 07:XX:XX

My bum is quite tender. My PIIS bilaterally are very tender when I push on them.  
< on right. > stretching.

20F: 07:XX:XX

Neck stiffness. >stretching.

14F: 11:XX:XX

Neck muscles very tight. >stretching.

17F: 15:XX:XX

Pain in neck muscles and traps . <stretching but better afterwards.

17F: 06:XX:XX

My right hip joint is painful. <walking, stretching it back.

15F: 00:06:30

## **Food and drinks**

### **Cravings**

#### **Salty**

Salty foods – Frito's chips.

06M: 12:XX:XX

Cravings for salt. I wouldn't describe it as an aversion but I have no cravings or desire for sweet things (chocolate) whatsoever, which is strange for me.

07F: 04:XX:XX

Craving oily food and salt.

07F: 05:XX:XX

Craving salty food, especially breakfast food: bacon, eggs and salt.

07F: 06:XX:XX

Craving salt more, particularly chips.

07F: 11:XX:XX

#### **Cheese**

Savory foods especially cheese and milk.

06M: 10:XX:XX

Craving bad foods, cheese and chips and oily foods, butter toast and tea.

07F: 19:XX:XX

Craving alcohol, very strange. I don't drink. Also craving cheese.

07F: 20:XX:XX

Craving coffee, olives and cheese.

10F: 09:XX:

### **Spicy**

Crave warm spicy food. I find that my sense of taste is severely decreased, so I find myself adding lots of salt and chilies to my food.

07F: 17:XX:XX

Craving fish, hot curried food.

10F: 00:XX:XX

### **Coffee**

Cr: meat, cheese, coffee.

06M: 03:XX:XX

Craving coffee, strong, strong coffee.

07F: 07:XX:XX

Crave coffee +++++

10F: 05:XX:XX

Crave coffee, hot drinks.

10F: 15:XX:XX

I would IV caffeine if I could, crave coffee.

10F: 20:XX:XX

### **Alcohol**

Craving alcohol, very strange. I don't drink. Also craving cheese.

07F: 20:XX:XX

Craving alcohol, woke up this morning and poured myself some whiskey.

12F: 15:XX:XX

## Aversions

### Sweet

Feeling adverse to sweets still, can't stand the thought of having to eat sweet things.

07F: 08:XX:XX

Want coffee, want warm drinks. Aversion to sweets.

10F: 13:XX:XX

## 4.3. REPERTORY

### 4.3.1. Key

Rubrics are referenced as follows

RUBRIC – SUBRUBRIC/S – DEGREE – PAGE NUMBER in the *Synthesis 8.1*

- All page numbers are those of *Synthesis Repertorium Homoeopathicum Syntheticum 8.1* (Schroyens, 2001).
- All time references are in a 0-24hr format as suggested by Schroyens (2001).
- All new rubrics suggested for this proving are underlined and appended with a N in place of the page number.
- Grade 1 rubrics are in plane type.
- *Grade 2 rubrics are in italics.*
- **Grade 3 rubrics are in bold type, lower case.**
- **GRADE 4 RUBRICS ARE IN BOLD TYPE, HIGHER CASE**
- Rubrics were graded according to frequency of occurrence. Symptoms that occurred only once were graded 1, symptoms that occurred 2-5 times were graded 2, symptoms that occurred 6-10 times were graded 3 and symptoms that occurred more than 10 times were graded 4.

## 4.3.2. RUBRICS for *Yam ha-Melach* 30CH

### 4.3.2.1. MIND

<i>MIND – ABSENTMINDED</i>	2	1
MIND – ABSENTMINDED – dreamy	1	1
MIND – ACTIVITY – creative activity	1	2
<i>MIND – AFFECTION – yearning for affection</i>	2	4
<b>MIND – ANGER</b>	<b>4</b>	<b>9</b>
<i>MIND – ANGER – beside one’s self, being</i>	2	10
<b>MIND – ANGER – BURSTING WITH ANGER</b>	<b>4</b>	<b>10</b>
<b>MIND – ANGER – causeless</b>	<b>3</b>	<b>11</b>
<i>MIND – ANGER – destroy things, with tendency to</i>	2	11
<b>MIND – ANGER – morning</b>	<b>3</b>	<b>10</b>
<i>MIND – ANGER – morning; waking on</i>	2	10
<i>MIND – ANGER – stabbed anyone he could have</i>	2	12
<b>MIND – ANGER – TALK, WHEN HEARING OTHER PEOPLE</b>	<b>4</b>	<b>12</b>
<b>MIND – ANXIETY</b>	<b>4</b>	<b>16</b>
<i>MIND – ANXIETY – family – about his</i>	2	21
MIND – ANXIETY – future about	1	22
<i>MIND – ANXIETY – health – about – own health – her/his</i>	2	22
MIND – ANXIETY – health – about – relatives – of	1	22
<b><u>MIND – ANXIETY – JAWS; TENSION IN</u></b>	<b>4</b>	<b>N</b>
<i>MIND – ANXIETY – others for</i>	2	23
MIND – ANXIETY – trifles about	1	25
MIND – ANXIETY – weeping ameliorates	1	26
MIND – BLUSHING	1	30
MIND – CAREFREE	1	32
<b>MIND – CHEERFUL</b>	<b>4</b>	<b>43</b>
<b>MIND – CHEERFUL – ALTERNATING WITH - SADNESS</b>	<b>4</b>	<b>35</b>
<b>MIND – COMPANY – aversion to</b>	<b>3</b>	<b>38</b>

<i>MIND – COMPANY – desire for</i>	2	40
<b>MIND – COMPANY – desire for solitude</b>	<b>3</b>	<b>39</b>
<i>MIND – COMPANY – yearning for</i>	2	40
<b>MIND – CONCENTRATION – DIFFICULT</b>	<b>4</b>	<b>42</b>
<i>MIND – CONFIDENT</i>	2	43
<b>MIND – CONFUSION OF MIND</b>	<b>4</b>	<b>43</b>
<i>MIND – CONFUSION – of mind; concentrate the mind, on attempting to</i>	2	45
<i>MIND – CONFUSION – of mind; headache with</i>	2	45
<i>MIND – CONFUSION – of mind; sleepiness with</i>	2	47
<i>MIND – CONSOLATION</i>	1	48
<i>MIND – CONSOLATION – aggravates</i>	2	48
<i>MIND – CURSING</i>	2	51
<i>MIND – CURSING – rage in</i>	2	51
<i>MIND – DELUSIONS</i>	2	58
<i>MIND – DELUSIONS – alone being</i>	2	59
<i>MIND – DELUSIONS – alone being; alone in the world</i>	2	59
<i>MIND – DELUSIONS – disease - incurable disease- he has an</i>	2	68
<i>MIND - DELUSIONS – drugged – as if</i>	2	69
<i>MIND – DELUSIONS – emptiness – of</i>	2	70
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<i>MIND – DELUSIONS – friendless; he is</i>	2	74
<i>MIND – DELUSIONS – identity – errors of personal identity – someone else she is</i>	2	79
<i>MIND – DELUSIONS – insane- he is insane</i>	2	80
<i>MIND – DELUSIONS – superhuman is</i>	1	94
<i>MIND – DESPAIR</i>	2	101
<b><u>MIND – DESPAIR – hopeless; situation hopeless</u></b>	<b>3</b>	<b>N</b>
<i>MIND – DETACHED – sensation of being</i>	2	103
<b><u>MIND – DISCRIMINATION – other religions; against</u></b>	<b>2</b>	<b>N</b>
<i>MIND – ESCAPE – attempts to – house – wants to get out of the</i>	1	114

MIND – EUPORIA	1	115
<i>MIND – EXCITEMENT</i>	2	115
MIND – FORGETFUL	1	138
<b>MIND – FORSAKEN</b>	<b>4</b>	<b>140</b>
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<i>MIND – GRIEF</i>	2	145
<i>MIND – HELPLESSNESS – feeling of</i>	2	147
<i>MIND – HIDING – himself</i>	2	148
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<b>MIND – IRRITABILITY</b>	<b>4</b>	<b>165</b>
<i>MIND – IRRITABILITY – absent persons, with</i>	2	166
<b>MIND – IRRITABILITY - CAUSELESS</b>	<b>4</b>	<b>167</b>
<b>MIND – IRRITABILITY – conversation, from</b>	<b>3</b>	<b>167</b>
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<b>MIND – IRRITABILITY – EASILY</b>	<b>4</b>	<b>167</b>
<b><u>MIND – IRRITABILITY – EXTREME</u></b>	<b>4</b>	<b>N</b>
<b>MIND – IRRITABILITY – PEOPLE - WITH</b>	<b>4</b>	<b>169</b>
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<b>MIND – IRRITABILITY – TRIFLES FROM</b>	<b>4</b>	<b>169</b>
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<b>MIND – LAZINESS</b>	<b>3</b>	<b>176</b>
<i>MIND – MANIA</i>	2	181
<i>MIND – MEMORY – weakness</i>	2	184
<b>MIND – MENTAL EXERTION – aversion</b>	<b>3</b>	<b>188</b>
<b>MIND – MOOD; alternating</b>	<b>3</b>	<b>193</b>
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<b>MIND – MOROSE</b>	<b>3</b>	<b>194</b>
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<b><u>MIND – OVERWHELMED – EMOTIONALLY OVERWHELMED</u></b>	<b>4</b>	<b>N</b>
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<b>MIND – PROSTRATION – of mind</b>	<b>3</b>	<b>203</b>
<b>MIND – QUARRELSOME</b>	<b>4</b>	<b>205</b>
<b>MIND – QUARRELSOME – CAUSELESS</b>	<b>4</b>	<b>205</b>
<b>MIND – QUARRELSOME – TRIFLES ABOUT</b>	<b>4</b>	<b>205</b>
<b>MIND – RAGE, FURY</b>	<b>4</b>	<b>206</b>
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<i>MIND – RESTLESSNESS</i>	1	211
<i>MIND – RUDENESS</i>	2	217
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<b>MIND – SADNESS – consoled cannot be</b>	<b>3</b>	<b>220</b>
<i>MIND – SADNESS – company, aversion to company</i>	2	220
<i>MIND – SADNESS – weeping; ameliorates</i>	1	223
<b>MIND – SADNESS – weeping; desire to weep</b>	<b>3</b>	<b>223</b>
<b>MIND – SADNESS – WEEPING WITH</b>	<b>4</b>	<b>223</b>
<i><u>MIND – SELF ACTUALIZATION</u></i>	2	N
<b>MIND – SENSITIVE</b>	<b>4</b>	<b>225</b>
<b>MIND – SENSITIVE – EMOTIONS TO</b>	<b>4</b>	<b>226</b>

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<b>MIND – WEEPING – EASILY</b>	<b>4</b>	<b>265</b>
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<b>MIND – WEEPING – sobbing</b>	<b>3</b>	<b>266</b>
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#### 4.3.2.2 VERTIGO

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### 4.3.2.3 HEAD

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HEAD – LOOSENESS of brain, sensation of	1	312
<b>HEAD – PAIN</b>	<b>4</b>	<b>315</b>
<b><u>HEAD – PAIN – dehydrated as if</u></b>	<b>3</b>	<b>N</b>
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<b>HEAD – PAIN – dull pain; temples</b>	<b>3</b>	<b>374</b>
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<i>HEAD – PAIN – motion; aggravates</i>	2	329
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<b>HEAD – PAIN – pressure ameliorates</b>	<b>3</b>	<b>331</b>
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<b>HEAD – PAIN – temples and forehead</b>	<b>3</b>	<b>359</b>
HEAD – PAIN – temples; extending to, occiput	2	358
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<b>HEAD – PULSATING</b>	<b>4</b>	<b>413</b>
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<i>HEAD – PULSATING – motion; aggravates</i>	2	414
<i>HEAD – PULSATING – moving head; aggravates</i>	2	414
HEAD – PULSATING – pressure; ameliorates	1	414
HEAD – PULSATING – stooping	1	414
HEAD – PULSATING – temples	1	416

#### 4.3.2.4 EYES

<b>EYE – DISCOLOURATION – RED</b>	<b>4</b>	<b>429</b>
EYE – DISCOLOURATION – red; canthi	2	430
<b>EYE – DISCOLOURATION – red; eyeballs</b>	<b>3</b>	<b>430</b>
<b>EYE – DRYNESS</b>	<b>4</b>	<b>430</b>
<b>EYE – DRYNESS – canthi</b>	<b>3</b>	<b>430</b>
<b>EYE – DRYNESS – LIDS; MARGINS OF LIDS</b>	<b>4</b>	<b>431</b>
<b>EYE – DRYNESS – ORBITS</b>	<b>4</b>	<b>431</b>
<b>EYE – DRYNESS – SENSATION OF</b>	<b>4</b>	<b>431</b>
<b>EYE – ERUPTIONS</b>	<b>3</b>	<b>432</b>
<b>EYE – ERUPTIONS – about the eyes</b>	<b>3</b>	<b>432</b>
<b>EYE – ERUPTIONS – lids</b>	<b>3</b>	<b>432</b>

<i>EYE – ERUPTIONS – lids; blotches</i>	2	432
<i>EYE – ERUPTIONS – lids; burning</i>	2	432
<i>EYE – ERUPTIONS – lids; eczema</i>	2	432
<i>EYE – ERUPTIONS – lids; rash</i>	2	432
<i>EYE – ERUPTIONS – lids; scaly</i>	2	432
<b>EYE – ERUPTIONS – TETTERS; DRY, BURNING, ITCHING</b>	<b>4</b>	<b>432</b>
<b>EYE – HEAVINESS</b>	<b>3</b>	<b>434</b>
<i>EYE – HEAVINESS – lids</i>	2	435
<i>EYE – HEAVINESS – lids; lower</i>	2	435
<i>EYE – HEAVINESS – lids; upper</i>	2	435
<b>EYE – IRRITATION</b>	1	439
<b>EYE – ITCHING</b>	<b>4</b>	<b>439</b>
<i>EYE – ITCHING – below</i>	1	440
<b>EYE – ITCHING – CANTHI</b>	<b>4</b>	<b>440</b>
<b>EYE – ITCHING – LIDS</b>	<b>4</b>	<b>440</b>
<b>EYE – ITCHING – LIDS; MARGIN</b>	<b>4</b>	<b>440</b>
<i>EYE – LACHRYMATION</i>	2	440
<i>EYE – LACHRYMATION – pain from; eye in</i>	1	442
<i>EYE – LACHRYMATION – profuse</i>	2	442
<b>EYE – PAIN</b>	<b>4</b>	<b>444</b>
<b>EYE – PAIN – burning</b>	<b>3</b>	<b>449</b>
<i>EYE – PAIN – burning; lids</i>	1	450
<i>EYE – PAIN – light</i>	2	446
<i>EYE – PAIN – light; artificial</i>	2	446
<i>EYE – PAIN – pressure; outward</i>	1	454
<i>EYE – PAIN – rubbing aggravates</i>	2	447
<i>EYE – PAIN – sand as from</i>	2	455
<i>EYE – PAIN – sore</i>	2	456
<i>EYE – PHOTOPHOBIA</i>	2	460
<i>EYE – PHOTOPHOBIA – light; artificial light</i>	2	460
<i>EYE – PHOTOPHOBIA – light; bright</i>	2	460

<i>EYE – STRAIN</i>	2	464
<i>EYE – STYES</i>	2	464
<i>EYE – STYES – lid lower</i>	2	464
<i>EYE – SWELLING</i>	2	465
<i>EYE – SWELLING – lids</i>	2	465
<i>EYE – SWELLING – lids; sensation of swelling lids</i>	2	466
<i>EYE – SWELLING – lids; upper lids</i>	2	466
<i>EYE – TIRED SENSATION</i>	2	467

#### **4.3.2.5. VISION**

<b>VISION – BLURRED</b>	<b>3</b>	<b>471</b>
VISION – CONFUSED	1	475
<b>VISION – DIM</b>	<b>4</b>	<b>476</b>
<i>VISION – DIM – distant objects</i>	2	477
<i>VISION – DIM – exertion eye of</i>	2	477
<i>VISION – DISTORTED</i>	2	479
VISION – FLASHES	1	479
VISION – FLICKERING	1	479
VISION – ILLUSIONS	1	481
VISION – MYOPIA	1	484
<b>VISION – WEAK</b>	<b>4</b>	<b>484</b>

#### **4.3.2.6. EAR**

<b>EAR – FULLNESS, sensation of</b>	<b>3</b>	<b>494</b>
<i>EAR – FULLNESS, sensation of – accompanied by impaired hearing</i>	2	494
<b>EAR – ITCHING</b>	<b>4</b>	<b>496</b>
<b>EAR – ITCHING – MEATUS</b>	<b>4</b>	<b>496</b>
<i>EAR – ITCHING – meatus; must scratch until it bleeds</i>	2	497



<b>NOSE – OBSTRUCTION</b>	<b>4</b>	<b>551</b>
<b>NOSE – OBSTRUCTION – ACCOMPANIED BY; DISCHARGE, WATERY</b>	<b>4</b>	<b>552</b>
<b>NOSE – OBSTRUCTION – MORNING</b>	<b>4</b>	<b>551</b>
<i>NOSE – PAIN – sinuses; complaints of</i>	2	561
NOSE – PAIN – burning, smarting	1	558
<i>NOSE – PERSPIRATION</i>	2	560
<b>NOSE – SINUSES complaints of</b>	<b>3</b>	<b>561</b>
<i>NOSE – SINUSES complaints of – frontal</i>	2	561
<i>NOSE – SINUSES complaints of – maxillary</i>	2	561
<b>NOSE – SNEEZING</b>	<b>4</b>	<b>562</b>
<i>NOSE – SNEEZING – constant</i>	2	563
<i>NOSE – SNEEZING – coryza with</i>	2	563
<b>NOSE – SNEEZING – morning</b>	<b>3</b>	<b>562</b>
<i>NOSE – SNEEZING – paroxysmal</i>	2	564
<i>NOSE – SNEEZING – violent</i>	2	564
<u><i>NOSE – SNIFFED salt water – sensation as if</i></u>	2	N

#### **4.3.2.9. FACE**

FACE – CHAPPED – lips	1	568
FACE – CRACKED – lips	1	570
FACE – DISCOLOURATION – red	1	576
FACE – DISCOLOURATION – red – excitement	1	576
<b>FACE – DRYNESS</b>	<b>4</b>	<b>579</b>
FACE – DRYNESS – lips	2	579
<i>FACE – DRYNESS – nose</i>	2	580
<b>FACE – ERUPTIONS</b>	<b>4</b>	<b>580</b>
<i>FACE – ERUPTIONS – dry</i>	2	583
<b>FACE – ERUPTIONS – ELEVATIONS</b>	<b>4</b>	<b>583</b>
<b>FACE – ERUPTIONS – ELEVATIONS; REDDISH</b>	<b>4</b>	<b>5834</b>

<i>FACE – ERUPTIONS – itching</i>	2	584
<b>FACE – ERUPTIONS – PIMPLES</b>	<b>4</b>	<b>584</b>
<i>FACE – ERUPTIONS – pimples; chin</i>	2	584
<i>FACE – ERUPTIONS – pimples; forehead</i>	2	585
<i>FACE – ERUPTIONS – pimples; forehead, white</i>	2	586
<i>FACE – ERUPTIONS – pimples; lips</i>	2	586
<b>FACE – ERUPTIONS – PIMPLES; MOUTH AROUND</b>	<b>4</b>	<b>586</b>
<i>FACE – ERUPTIONS – pimples; mouth, corners of</i>	2	586
<b>FACE – ERUPTIONS – pimples; nose</b>	<b>3</b>	<b>586</b>
<b>FACE – ERUPTIONS – pimples; nose, below nose</b>	<b>3</b>	<b>586</b>
<i>FACE – ERUPTIONS – pimples; nose, nostrils</i>	2	586
<i>FACE – ERUPTIONS – pimples; nose, nostrils painful</i>	2	586
<i>FACE – ERUPTIONS – pimples; nose, nostrils right</i>	2	586
<i>FACE – ERUPTIONS – pimples; nose, painful</i>	2	586
<i>FACE – ERUPTIONS – pimples; nose, red</i>	2	586
<i>FACE – ERUPTIONS – pimples; nose, side right</i>	2	586
<i>FACE – ERUPTIONS – pimples; nose, white</i>	2	586
<i>FACE – ERUPTIONS – pimples; nose, wings</i>	2	586
<b>FACE – ERUPTIONS – painful to touch</b>	<b>3</b>	<b>585</b>
<b>FACE – ERUPTIONS – pimples; red</b>	<b>3</b>	<b>585</b>
<b>FACE – ERUPTIONS – pimples; white</b>	<b>3</b>	<b>585</b>
<i>FACE – ERUPTIONS – rash</i>	1	587
<i>FACE – ERUPTIONS – rash; forehead</i>	1	587
<i>FACE – ERUPTIONS – vesicles; lips, fever blisters</i>	1	589
<i>FACE – GREASY</i>	1	593
<i>FACE – HAIR falling of hair – sensation of a</i>	1	593
<b>FACE – ITCHING</b>	<b>3</b>	<b>597</b>
<i>FACE – ITCHING – wandering</i>	1	598
<b>FACE – PAIN</b>	<b>3</b>	<b>603</b>
<b>FACE – PAIN – jaw</b>	<b>3</b>	<b>604</b>
<i>FACE – PAIN – jaw; articulation</i>	2	604

FACE – PAIN – jaw; articulation, left	1	604
FACE – PAIN – jaw; left	1	604
<i>FACE – PAIN – right</i>	2	600
<i>FACE – PAIN – stitching; right</i>	2	610
<i>FACE – PERSPIRATION</i>	2	613
<i>FACE – PERSPIRATION – lips; upper</i>	2	614
<b>FACE – SWELLING – submaxillary glands</b>	<b>3</b>	<b>618</b>
<b>FACE – SWELLING – submaxillary glands; right</b>	<b>3</b>	<b>618</b>
<i>FACE – TENSION</i>	2	619
FACE – TENSION of skin	1	619
FACE – TENSION of skin – chin below	1	619
<i>FACE – TENSION – jaws</i>	2	619
<i>FACE – TENSION – jaws; articulation of</i>	2	619
<i>FACE – TENSION – jaws; articulation of, opening mouth</i>	2	619

#### **4.3.2.10. MOUTH**

MOUTH – ADHERES to roof of mouth; tongue	1	623
<i>MOUTH – BITING tongue</i>	2	624
<i>MOUTH – BITING tongue – night, sleep in</i>	2	624
<i>MOUTH – BITING tongue – tip</i>	2	624
<b>MOUTH – DRYNESS</b>	<b>3</b>	<b>637</b>
<i>MOUTH – DRYNESS – lips</i>	2	639
<i>MOUTH – DRYNESS – thirst with</i>	2	639
MOUTH – DRYNESS – tongue	1	639
<i>MOUTH – ERUPTIONS</i>	2	640
MOUTH – ERUPTIONS – pimples	1	640
MOUTH – ERUPTIONS – pimples; tongue	1	640
<i>MOUTH – NODOSITIES</i>	2	647
<i>MOUTH – NODOSITIES – TONGUE</i>	2	647
<b>MOUTH – PAIN</b>	<b>3</b>	<b>648</b>



<i>MOUTH – PAIN – bitten tongue</i>	2	650
<i>MOUTH – PAIN – burned as if</i>	1	651
<b>MOUTH – PAIN – tongue</b>	<b>3</b>	<b>649</b>
<i>MOUTH – PAIN – tongue; tip</i>	2	649
<i>MOUTH – TASTE – altered</i>	2	666
<i>MOUTH – TASTE – saltish</i>	2	672
<i>MOUTH – TASTE – saltish; food tastes</i>	2	672
<i>MOUTH – TASTE – saltish; water tastes</i>	2	672
<i>MOUTH – TASTE – salty</i>	2	672
<i>MOUTH – TASTE – salty; enough, food does not taste salty</i>	1	672

#### **4.3.2.11. THROAT**

<i>THROAT – CONSTRICTION</i>	2	701
<i>THROAT – DISCOLOURATION – redness; right</i>	2	702
<b>THROAT – DRYNESS</b>	<b>3</b>	<b>702</b>
<b>THROAT – DRYNESS – painful</b>	<b>3</b>	<b>704</b>
<i>THROAT – DRYNESS – thirst with</i>	2	704
<b>THROAT – PAIN</b>	<b>4</b>	<b>712</b>
<i>THROAT – PAIN – burning</i>	2	715
<i>THROAT – PAIN – burning; dryness with</i>	1	716
<i>THROAT – PAIN – rawness</i>	2	718
<b>THROAT – PAIN – SORE</b>	<b>4</b>	<b>718</b>
<i>THROAT – PAIN – swallowing on</i>	2	721
<i>THROAT – PAIN – talking in</i>	1	687
<b>THROAT – SCRATCHING</b>	<b>3</b>	<b>723</b>
<i>THROAT – SWALLOWING – difficult</i>	2	724

#### 4.3.2.12. EXTERNAL THROAT

EXTERNAL THROAT – SWELLING	1	734
EXTERNAL THROAT – ERUPTIONS	1	729
EXTERNAL THROAT – ERUPTIONS – blotches	1	729
EXTERNAL THROAT – ERUPTIONS – rash	1	729
EXTERNAL THROAT – ERUPTIONS – red	1	729

#### 4.3.2.13. STOMACH

<b>STOMACH – ANXIETY</b>	<b>3</b>	<b>737</b>
<b>STOMACH – APPETITE – DIMINISHED</b>	<b>4</b>	<b>737</b>
<i>STOMACH – APPETITE – easy satiety</i>	2	738
STOMACH – APPETITE – wanting – fullness – from sense of	1	742
<i>STOMACH – APPETITE – wanting – thirst – with</i>	2	742
<b>STOMACH – APPETITE – INCREASED</b>	<b>4</b>	<b>738</b>
<i>STOMACH – APPETITE – ravenous</i>	2	740
<i>STOMACH – DISTENTION</i>	2	746
<i>STOMACH – ERUCTATIONS</i>	2	749
<i>STOMACH – ERUCTATIONS – TYPE OF – like spoiled eggs</i>	2	753
<b>STOMACH – NAUSEA</b>	<b>3</b>	<b>766</b>
STOMACH – NAUSEA – alcohol – from	1	769
<i>STOMACH – NAUSEA – eating – after</i>	2	770
STOMACH – NAUSEA – followed by – vomiting	1	771
<b>STOMACH – PAIN</b>	<b>4</b>	<b>775</b>
<i>STOMACH – PAIN – cramping</i>	2	784
<i>STOMACH – PAIN – eating – after</i>	2	778
<b>STOMACH – PAIN – epigastrium</b>	<b>3</b>	<b>782</b>
<i>STOMACH – PAIN – epigastrium – eating – after</i>	2	782
STOMACH – PAIN – stool – after – ameliorate	1	789
STOMACH – TENSION	1	795

<b>STOMACH – THIRST</b>	<b>4</b>	<b>796</b>
<i>STOMACH – THIRST – extreme</i>	2	797
<i>STOMACH – THIRST – water – drinking</i>	2	799
<i>STOMACH – THIRST – water – drinking – cold</i>	2	799
STOMACH – TWISTING	1	800
<i>STOMACH – VOMITING</i>	2	800

#### 4.3.2.14. ABDOMEN

<i>ABDOMEN – ALIVE – sensation of something</i>	2	813
<b>ABDOMEN – DISTENTION</b>	<b>4</b>	<b>817</b>
<b>ABDOMEN – FLATULENCE</b>	<b>4</b>	<b>822</b>
<b>ABDOMEN – PAIN</b>	<b>4</b>	<b>832</b>
<i>ABDOMEN – PAIN – bending – double – ameliorate</i>	2	834
ABDOMEN – PAIN – cramping – diarrhea – with	1	855
<i>ABDOMEN – PAIN – cramping – flatus – passing</i>	2	855
<i>ABDOMEN – PAIN – cramping - griping</i>	2	853
<i>ABDOMEN – PAIN – distention – with flatulent</i>	2	855
<b>ABDOMEN – PAIN – iliac region</b>	<b>3</b>	<b>845</b>
<b>ABDOMEN – PAIN – iliac region - right</b>	<b>3</b>	<b>845</b>
<i>ABDOMEN – PAIN – sharp</i>	2	873
ABDOMEN – PAIN – sitting – bent	1	838
<i>ABDOMEN – PAIN – sitting – erect – ameliorates</i>	2	838
ABDOMEN – PAIN – standing – ameliorate	1	838

#### 4.3.2.15. RECTUM

<b>RECTUM – CONSTIPATION</b>	<b>3</b>	<b>894</b>
RECTUM – CONSTIPATION – difficult stool – hard stool	1	895
<i>RECTUM – CONSTIPATION – ineffectual urging and straining</i>	2	895
<b>RECTUM – CONSTIPATION – insufficient</b>	<b>3</b>	<b>895</b>

<b>RECTUM – DIARRHEA</b>	<b>3</b>	<b>897</b>
RECTUM – DIARRHEA – flatus – after	1	902

#### **4.3.2.16. STOOL**

<i>STOOL – BLACK</i>	2	931
<i>STOOL – DARK</i>	2	933
<i>STOOL – HARD</i>	2	935
STOOL – KNOTTY	1	935
<i>STOOL – ODOR – offensive</i>	2	937
<i>STOOL – PASTY - papascent</i>	2	938
<i>STOOL – SMALL – quantity</i>	2	939
<i>STOOL – SOFT</i>	2	939
<i>STOOL – WATERY</i>	2	941
<i>STOOL – WATERY – yellow</i>	2	941
<i>STOOL – YELLOW</i>	2	942
STOOL – YELLOW – brownish	1	942

#### **4.3.2.17. BLADDER**

<b>URINATION – FREQUENT</b>	<b>3</b>	<b>956</b>
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#### **4.3.2.18. URINE**

<i>URINE – COLOR – dark</i>	2	985
<i>URINE – COLOR – yellow – dark</i>	2	987
URINE – ODOR – strong	1	991
URINE – THICK	1	994

#### 4.3.2.19. FEMALE GENITALIA/SEX

<i>FEMALE GENITALIA/SEX – MENSES – bright red</i>	2	1045
FEMALE GENITALIA/SEX – MENSES – brown	1	1045
FEMALE GENITALIA/SEX – MENSES – clotted	1	1045
FEMALE GENITALIA/SEX – MENSES – dark	1	1047
FEMALE GENITALIA/SEX – MENSES – early – too	1	1047
<i>FEMALE GENITALIA/SEX – MENSES – scanty</i>	2	1052
FEMALE GENITALIA/SEX – PAIN – ovaries	1	1059
FEMALE GENITALIA/SEX – PAIN – ovaries – right	1	1059
<i>FEMALE GENITALIA/SEX – PAIN – uterus</i>	2	1061
<i>FEMALE GENITALIA/SEX – SEXUAL DESIRE – diminished</i>	2	1074
<b>FEMALE GENITALIA/SEX – SEXUAL DESIRE – INCREASED</b>	<b>4</b>	<b>1074</b>
<i>FEMALE GENITALIA/SEX – SEXUAL DESIRE – wanting</i>	2	1075

#### 4.3.2.20. MALE GENITALIA/SEX

<i>MALE GENITALIA/SEX – SEXUAL DESIRE – increased</i>	2	1021
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#### 4.3.2.21. COUGH

<i>COUGH – ACCOMPANINED BY – chest pain; left side, evening</i>	2	1118
<i>COUGH – BURNING; chest in</i>	2	1120
<b>COUGH – DRY</b>	<b>3</b>	<b>1123</b>
<i>COUGH – DRY – night; followed by salty expectoration</i>	2	1124
<i>COUGH – DRY – night; waking from sleep</i>	2	1125
<i>COUGH – DRY – vomiting until</i>	2	1126
<i>COUGH – DISTRESSING</i>	2	1122
<b>COUGH – MORNING</b>	<b>3</b>	<b>1115</b>
<i>COUGH – MOTION – aggravates</i>	2	1134
<i>COUGH – NIGHT – waking from the cough</i>	2	1117

COUGH – PAINFUL	2	1135
COUGH – PAROXYSMAL	2	1135
COUGH – PAROXYSMAL - vomiting with	2	1135
COUGH – TICKLING	1	1143
COUGH – TICKLING – throat in	1	1144
COUGH – VOMITING		

#### 4.3.2.22. EXPECTORATION

EXPECTORATION – BALLS; in shape of	1	1149
EXPECTORATION – PIECES IN	2	1154
<u>EXPECTORATION – SALT – resembles coarse salt</u>	2	N
EXPECTORATION – SALTY	2	1154
EXPECTORATION – TASTES – salty	1	1155
EXPECTORATION – THICK	2	1156
EXPECTORATION – VISCID	2	1156
EXPECTORATION – WHITE	2	1156
EXPECTORATION – YELLOW	2	1157

#### 4.3.2.23. CHEST

<b>CHEST – ERUPTIONS</b>	<b>3</b>	<b>1168</b>
<b>CHEST – ERUPTIONS – pimples</b>	<b>3</b>	<b>1168</b>
CHEST – ERUPTIONS – pimples – hard – under the skin	2	1168
CHEST – ERUPTIONS – pimples – itching	2	1169
CHEST – ERUPTIONS – pimples – painful	2	1169
CHEST – ERUPTIONS – pimples – white	1	1169
CHEST – ERUPTIONS – pustules	2	1169
CHEST – FULLNESS – mammae – sensation of fullness	1	1171
<b>CHEST – HEART – complaints of the</b>	<b>3</b>	<b>1171</b>
CHEST – INFLAMMATION – costal cartilages	1	1175

<i>CHEST – ITCHING – axilla</i>	2	1177
<i>CHEST – PAIN</i>	2	1182
<i>CHEST – PAIN – aching</i>	1	1193
<i>CHEST – PAIN – burning</i>	2	1194
<i>CHEST – PAIN – burning – coughing – during</i>	2	1195
<i>CHEST – PAIN – burning – sternum – behind</i>	1	1196
<i>CHEST – PAIN – cough – during</i>	2	1183
<i>CHEST – PAIN – heart- coughing – on</i>	2	1186
<i>CHEST – PAIN – inspiration – during</i>	2	1184
<i>CHEST – PAIN – intercostal muscles</i>	2	1188
<i>CHEST – PAIN – lungs – right</i>	1	1205
<i>CHEST – PAIN – mammae</i>	1	1189
<i>CHEST – PAIN – mammae – evening</i>	1	1189
<i>CHEST – PAIN – mammae – jar – aggravate</i>	1	1189
<i>CHEST – PAIN – mammae – touch – aggravate</i>	1	1189
<i>CHEST – PAIN – motion – aggravate</i>	1	1184
<i>CHEST – PAIN – pressure – ameliorate</i>	2	1184
<i>CHEST – PAIN – respiration</i>	1	1184
<i>CHEST – PAIN – sore – mammae</i>	1	1206
<i>CHEST – PALPITATION – of heart</i>	2	1218

#### **4.3.2.24. BACK**

<b>BACK – ERUPTIONS</b>	<b>3</b>	<b>1234</b>
<i>BACK – ERUPTIONS – patches</i>	2	1235
<b>BACK – ERUPTIONS – pimples</b>	<b>3</b>	<b>1235</b>
<i>BACK – ERUPTIONS – pimples – dorsal region</i>	2	1235
<b>BACK – ERUPTIONS – pimples – lumbar region</b>	<b>3</b>	<b>1236</b>
<i>BACK – ITCHING</i>	2	1239
<b>BACK – PAIN</b>	<b>4</b>	<b>1241</b>
<b>BACK – PAIN – ACHING</b>	<b>3</b>	<b>1260</b>

<b>BACK – PAIN – CERVICAL REGION</b>	<b>4</b>	<b>1276</b>
<b>BACK – PAIN – dorsal region</b>	<b>3</b>	<b>1250</b>
<b>BACK – PAIN – dull</b>	<b>3</b>	<b>1273</b>
<b>BACK – PAIN – LUMBAR REGION</b>	<b>4</b>	<b>1253</b>
<b>BACK – PAIN – MUSCLES</b>	<b>4</b>	<b>1257</b>
<i>BACK – PAIN – sacral region</i>	<i>2</i>	<i>1257</i>
<b>BACK – PAIN – SORE</b>	<b>4</b>	<b>1278</b>
<i>BACK – PAIN – sore – lumbar region</i>	<i>2</i>	<i>1280</i>
<i>BACK – PAIN – sore – spine – lumbar</i>	<i>2</i>	<i>1281</i>
<i>BACK – PAIN – stitching</i>	<i>2</i>	<i>1282</i>
BACK – PAIN – stitching - sacral region	1	1287
<i>BACK – PAIN – stitching - spine</i>	<i>2</i>	<i>1287</i>
<i>BACK – PAIN – touching</i>	<i>2</i>	<i>1245</i>
<b>BACK – STIFFNESS</b>	<b>4</b>	<b>1292</b>
<b>BACK – STIFFNESS – CERVICAL REGION</b>	<b>4</b>	<b>1293</b>
<i>BACK – STIFFNESS – cervical region – stretching – ameliorate</i>	<i>2</i>	<i>1294</i>
<b>BACK – STIFFNESS – dorsal region</b>	<b>3</b>	<b>1294</b>
<b>BACK – STIFFNESS – LUMBAR REGION</b>	<b>4</b>	<b>1294</b>
<b>BACK – STIFFNESS – morning</b>	<b>3</b>	<b>1292</b>
<i>BACK – STIFFNESS – morning – on waking</i>	<i>2</i>	<i>1292</i>
BACK – STIFFNESS – sacral region	1	1294

#### **4.3.2.25. EXTREMITIES**

<i>EXTREMITIES – AWKWARDNESS</i>	<i>2</i>	<i>1300</i>
<i>EXTREMITIES – COLDNESS</i>	<i>2</i>	<i>1304</i>
<i>EXTREMITIES – CRAMPS</i>	<i>2</i>	<i>1319</i>
<i>EXTREMITIES – CRAMPS – leg – calf</i>	<i>2</i>	<i>1322</i>
<i>EXTREMITIES – CRAMPS – thigh</i>	<i>2</i>	<i>1321</i>
<i>EXTREMITIES – DRYNESS</i>	<i>2</i>	<i>1331</i>
<b>EXTREMITIES – ERUPTIONS</b>	<b>4</b>	<b>1332</b>



<i>EXTREMITIES – ERUPTIONS – desquamating</i>	2	1333
<b>EXTREMITIES – ERUPTIONS – dry</b>	<b>3</b>	<b>1333</b>
<b>EXTREMITIES – ERUPTIONS - itching</b>	<b>3</b>	<b>1333</b>
<i>EXTREMITIES – ERUPTIONS – leg</i>	2	1345
<i>EXTREMITIES – ERUPTIONS – leg – itching</i>	2	1345
EXTREMITIES – ERUPTIONS – pimples	1	1333
EXTREMITIES – ERUPTIONS – rash	1	1333
<i>EXTREMITIES – ERUPTIONS – thigh – itching</i>	2	1343
<i>EXTREMITIES – ERUPTIONS – toes</i>	2	1347
<i>EXTREMITIES – ERUPTIONS – toes – between - desquamating</i>	2	1347
<i>EXTREMITIES – HEAT</i>	2	1353
<i>EXTREMITIES – HEAT – elbow</i>	2	1353
<i>EXTREMITIES – HEAT – joints</i>	2	1353
<i>EXTREMITIES – HEAVINESS</i>	2	1356
<i>EXTREMITIES – HEAVINESS – exertion – on</i>	2	1357
<i>EXTREMITIES – HEAVINESS – lower limbs</i>	2	1358
EXTREMITIES – HEAVINESS – upper limbs	1	1357
<i>EXTREMITIES – INFLAMMATION – elbow</i>	2	1362
<i>EXTREMITIES – INFLAMMATION – joints</i>	2	1361
<b>EXTREMITIES – ITCHING</b>	<b>3</b>	<b>1363</b>
<i>EXTREMITIES – ITCHING – burning – on scratching</i>	2	1364
EXTREMITIES – ITCHING – foot – sole of	1	1371
<b>EXTREMITIES – ITCHING – lower limbs</b>	<b>3</b>	<b>1367</b>
<i>EXTREMITIES – ITCHING – lower limbs – stinging</i>	2	1368
EXTREMITIES – ITCHING – toes – under	1	1372
<i>EXTREMITIES – ITCHING – upper limbs</i>	2	1364
<b>EXTREMITIES – NUMBNESS</b>	<b>3</b>	<b>1380</b>
<b>EXTREMITIES – NUMBNESS – fingers – tips of</b>	<b>3</b>	<b>1384</b>
<i>EXTREMITIES – PAIN – aching</i>	2	1424
<i>EXTREMITIES – PAIN – aching – knee</i>	2	1427
<i>EXTREMITIES – PAIN – ankle</i>	2	1420

<i>EXTREMITIES – PAIN – dull</i>	2	1454
<i>EXTREMITIES – PAIN – dull – leg</i>	1	1454
<i>EXTREMITIES – PAIN – dull - upper limb</i>	2	1454
<b>EXTREMITIES – PAIN – elbow</b>	<b>3</b>	<b>1400</b>
<i>EXTREMITIES – PAIN – fingers</i>	2	1404
<i>EXTREMITIES – PAIN – hip</i>	2	1411
<b>EXTREMITIES – PAIN – JOINTS</b>	<b>4</b>	<b>1391</b>
<b>EXTREMITIES – PAIN – knee</b>	<b>3</b>	<b>1415</b>
<i>EXTREMITIES – PAIN – knee – rubbing – ameliorate</i>	2	1416
<i>EXTREMITIES – PAIN – leg – calf</i>	2	1419
<b>EXTREMITIES – PAIN – LOWER LIMBS</b>	<b>4</b>	<b>1406</b>
<i>EXTREMITIES – PAIN – shoulder</i>	2	1396
<i>EXTREMITIES – PAIN – wrist</i>	2	1402
<i>EXTREMITIES – PERSPIRATION</i>	2	1513
<i>EXTREMITIES – PERSPIRATION – foot</i>	2	1515
<i>EXTREMITIES – PERSPIRATION – hand</i>	1	1513
<i>EXTREMITIES – RESTLESSNESS – hand</i>	2	1518
<b>EXTREMITIES – SENSITIVE – fingers – tips</b>	<b>3</b>	<b>1520</b>
<b>EXTREMITIES – STIFFNESS</b>	<b>4</b>	<b>1522</b>
<i>EXTREMITIES – STIFFNESS – lower limbs</i>	2	1525
<i>EXTREMITIES – STIFFNESS – morning</i>	2	1523
<i>EXTREMITIES – STIFFNESS – upper limbs</i>	2	1523
<i>EXTREMITIES – SWELLING – elbow</i>	2	1528
<i>EXTREMITIES – WEAKNESS</i>	2	1554
<i>EXTREMITIES – WEAKNESS – exertion – after least</i>	2	1554

#### **4.3.2.26. SLEEP**

<b>SLEEP – DEEP</b>	<b>4</b>	<b>1564</b>
<i>SLEEP – DEEP – unrefreshing</i>	2	1565
<b>SLEEP – DISTURBED</b>	<b>4</b>	<b>1565</b>

SLEEP – DISTURBED – cough	1	1565
SLEEP – DISTURBED – pains – by	1	1566
<i>SLEEP – FALLING ASLEEP – difficult</i>	2	1569
<i>SLEEP – FALLING ASLEEP – difficult – waking – after</i>	2	1569
<i>SLEEP – POSITION – side – on</i>	2	1573
<b>SLEEP – REFRESHING</b>	<b>3</b>	<b>1574</b>
<b>SLEEP – RESTLESS</b>	<b>4</b>	<b>1574</b>
<i>SLEEP – SLEEPLESSNESS</i>	2	1585
<b>SLEEP – UNREFRESHING</b>	<b>4</b>	<b>1595</b>
<i>SLEEP – WAKING – anxiety – as from</i>	2	1597
<b>SLEEP – WAKING - early – too</b>	<b>3</b>	<b>1597</b>
SLEEP – WAKING – easy	1	1598
<i>SLEEP – WAKING – frequent</i>	2	1598
SLEEP – WAKING – fright – as from	2	1598
SLEEP - WAKING – fright – as from – noise – from slightest	2	1599
<i>SLEEP – WAKING – shocks – from</i>	2	1600
<i>SLEEP – WAKING – sudden</i>	2	1600
<i>SLEEP – WAKING – urinate – with desire to</i>	2	1600

#### **4.3.2.27. DREAMS**

<i>DREAMS – ACCIDENTS</i>	2	1607
<i>DREAMS – ANIMALS – dangerous</i>	2	1608
<i>DREAMS – ANIMALS – injured</i>	2	1608
<i>DREAMS – ANIMALS – large – huge</i>	2	1609
<b>DREAMS – ANIMALS – wild</b>	<b>3</b>	<b>1609</b>
<i>DREAMS – ATTACKED – being</i>	2	1610
<i>DREAMS – BEACH</i>	2	1610
<i>DREAMS – BETRAYED – having been</i>	2	1610
<i>DREAMS – BUILDINGS – ruined</i>	2	1612

<i>DREAMS – CHILDREN</i>	2	1613
DREAMS – CHILDREN – injured	1	1613
DREAMS – CHILDREN – looking after	1	1613
DREAMS – CHILDREN – rescuing of	1	1613
DREAMS – CHURCHES	1	1613
<i>DREAMS – CLOTHES</i>	2	1614
<b>DREAMS – COUNTRY – foreign</b>	<b>3</b>	<b>1615</b>
<i>DREAMS – DANGER</i>	2	1616
DREAMS – DANGER – sense of danger lacking	1	1616
<i>DREAMS – DANGER – water – from</i>	2	1616
DREAMS – DEAD BODIES	1	1616
DREAMS – DEATH – relatives – of	2	1617
<u><i>DREAMS – DISCRIMINATION</i></u>	2	N
<i>DREAMS – DISEASE</i>	2	1618
<i>DREAMS – DISGUISE</i>	2	1618
<i>DREAMS – DROWNING – danger of</i>	2	1619
<i>DREAMS – EVIL</i>	2	1620
<b>DREAMS – FAMILY – own</b>	<b>3</b>	<b>1621</b>
<u><i>DREAMS – FERTILITY</i></u>	2	N
<i>DREAMS – FIGHTS</i>	2	1622
<i>DREAMS – FRIENDS – old</i>	2	1623
<i>DREAMS – GHOSTS</i>	2	1624
DREAMS – GRAVES	1	1624
<i>DREAMS – JOURNEYS – foreign countries</i>	2	1627
DREAMS – LOSING – family – his	1	1628
DREAMS – MONUMENTS	1	1630
DREAMS – NURSING – newborns	1	1631
<b>DREAMS – PURSUED – animals by – wild</b>	<b>3</b>	<b>1633</b>
<i>DREAMS – PURSUED – man – by a</i>	2	1633
<i>DREAMS – RELIGIOUS</i>	2	1634
<b>DREAMS – SEA</b>	<b>3</b>	<b>1636</b>

<u>DREAMS – STRUGGLING – of</u>	1	N
<u>DREAMS – STUCK – being stuck – of</u>	2	N
DREAM S – SWIMMING	2	1638
<u>DREAMS – TERRITORIAL</u>	2	N
DREAMS – TRAP – being trapped	2	1639
DREAMS – WAR	2	1642
<b>DREAMS – WATER</b>	<b>3</b>	<b>1642</b>
DREAMS – WATER – swimming in	2	1642
DREAMS – WATER – waves	2	1642

#### 4.3.2.28. CHILL

<b>CHILL – CHILL - in general</b>	<b>3</b>	<b>1645</b>
CHILL – CHILLINESS	2	1650
CHILL – CHILLINESS – perspiration – with	2	1652

#### 4.3.2.29. FEVER

<b>FEVER – CHILL – with</b>	<b>3</b>	<b>1666</b>
<b>FEVER – CHILLINESS – with</b>	<b>3</b>	<b>1666</b>
<b>FEVER – FEVER – HEAT IN GENERAL</b>	<b>4</b>	<b>1661</b>
FEVER – INFLAMMATORY – fever	2	1669
FEVER – PERSPIRATION – absent	2	1670
<b>FEVER – PERSPIRATION – heat – with</b>	<b>3</b>	<b>1671</b>
FEVER – UNCOVERING – yet too cold when uncovered	1	1674

#### 4.3.2.30. PERSPIRATION

<b>PERSPIRATION – IN GENERAL</b>	<b>4</b>	<b>1677</b>
PERSPIRATION – NIGHT – sleep during	2	1678
PERSPIRATION – ODOUR – offensive	2	1683

<b>PERSPIRATION – PROFUSE</b>	<b>3</b>	<b>1684</b>
PERSPIRATION – SINGLE PARTS	1	1685

#### **4.3.2.31. SKIN**

<i>SKIN – BURNING</i>	2	1689
<i>SKIN – BURNING – scratching – after</i>	2	1690
SKIN – BURNING – spots	1	1690
<i>SKIN – CHAPPING</i>	2	1690
<i>SKIN – CRACKS</i>	2	1692
<i>SKIN – DISCOLORATION – blackish</i>	2	1692
SKIN – DISCOLORATION – blackish – spots	1	1692
SKIN - DISCOLORATION – red	2	1693
<b>SKIN – DRY</b>	<b>4</b>	<b>1695</b>
<i>SKIN – DRY – burning</i>	2	1695
<i>SKIN – DRY – rough</i>	2	1695
<i>SKIN – DRY – scratching – aggravate</i>	2	1695
<b>SKIN – ERUPTIONS</b>	<b>4</b>	<b>1696</b>
<i>SKIN – ERUPTIONS – blackish</i>	2	1696
SKIN – ERUPTIONS – crusty – dry	1	1698
<b>SKIN – ERUPTIONS – desquamating</b>	<b>3</b>	<b>1698</b>
<b>SKIN – ERUPTIONS – DRY</b>	<b>4</b>	<b>1699</b>
<b>SKIN – ERUPTIONS – ELEVATED</b>	<b>4</b>	<b>1699</b>
<b>SKIN –ERUPTIONS – ERYTHEMA</b>	<b>4</b>	<b>1699</b>
<b>SKIN – ERUPTIONS – HARD</b>	<b>4</b>	<b>1700</b>
<b>SKIN – ERUPTIONS – INFLAMED</b>	<b>4</b>	<b>1701</b>
<b>SKIN – ERUPTIONS – ITCHING</b>	<b>4</b>	<b>1701</b>
<b>SKIN – ERUPTIONS – painful</b>	<b>3</b>	<b>1703</b>
<b>SKIN – ERUPTIONS - patches</b>	<b>3</b>	<b>1703</b>

<i>SKIN – ERUPTIONS - patches –</i>		
<i>dry red patches/itching violent</i>	2	1703
<b>SKIN – ERUPTIONS – PIMPLES</b>	<b>4</b>	<b>1703</b>
<i>SKIN – ERUPTIONS – pimples – hard</i>	2	1704
<b>SKIN – ERUPTIONS – pimples – inflamed</b>	<b>3</b>	<b>1704</b>
<b>SKIN – ERUPTIONS – pimples – itching</b>	<b>3</b>	<b>1704</b>
<b>SKIN – ERUPTIONS – pimples – painful</b>	<b>3</b>	<b>1704</b>
<b>SKIN – ERUPTIONS – pimples – small</b>	<b>3</b>	<b>1704</b>
<b>SKIN – ERUPTIONS – pimples – touch –</b>		
<b>sensitive to</b>	<b>3</b>	<b>1704</b>
<b>SKIN – ERUPTIONS – pimples – whitish</b>	<b>3</b>	<b>1704</b>
<i>SKIN – ERUPTIONS - pustules</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – inflamed</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – itching</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – painful</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – red</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – small</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – white - tips</i>	2	1705
<i>SKIN – ERUPTIONS - pustules – yellow</i>	2	1705
<i>SKIN – ERUPTIONS – rash</i>	2	1705
<i>SKIN – ERUPTIONS – rash – itching</i>	2	1706
<i>SKIN – ERUPTIONS – rash – red</i>	2	1706
<b>SKIN - ERUPTIONS – RED</b>	<b>4</b>	<b>1706</b>
<b>SKIN – ERUPTIONS – red – areola</b>	<b>3</b>	<b>1706</b>
<i>SKIN – ERUPTIONS – rough</i>	1	1706
<i>SKIN – ERUPTIONS – scaly</i>	2	1706
<i>SKIN –ERUPTIONS – scaly – white</i>	1	1706
<b>SKIN – ERUPTIONS – sensitive</b>	<b>3</b>	<b>1707</b>
<i>SKIN – ERUPTIONS – warmth – aggravate</i>	2	1702
<b>SKIN – ERUPTIONS – whitish</b>	<b>3</b>	<b>1711</b>
<i>SKIN – ERUPTIONS – yellow</i>	2	1711

SKIN – EXCORIATION	2	1712
SKIN – EXCORIATION – <i>scratching –</i> <i>after/must scratch it raw</i>	2	1712
SKIN – EXCORIATION – <i>sensation as if excoriated</i>	2	1712
SKIN – FORMICATION	1	1713
SKIN – FORMICATION – <i>insects – as if from</i>	1	1713
SKIN – INFLAMMATION	2	1714
SKIN – ITCHING – <i>scratching – aggravate</i>	2	1717
SKIN – ITCHING – <i>scratching – ameliorate</i>	2	1717
SKIN – ITCHING – <i>scratching – changes place on scratching</i>	2	1717
SKIN – ITCHING – <i>scratching – must scratch</i>	2	1717
SKIN – ITCHING – <i>scratching – raw – must scratch until it is raw</i>	1	1717
SKIN – ITCHING – <i>sleep – during</i>	2	1717
SKIN – ITCHING – <i>spots</i>	2	1717
SKIN – ITCHING – <i>wandering</i>	2	1718

#### 4.3.2.32. GENERALS

<b>GENERALS – COLD – feeling</b>	<b>3</b>	<b>1753</b>
<b><u>GENERALS – DEHYDRATION</u></b>	<b>4</b>	<b>N</b>
<b>GENERALS – ENERGY – EXCESS OF ENERGY</b>	<b>4</b>	<b>1773</b>
<b>GENERALS – EXERTION; PHYSICAL - AMELIORATES</b>	<b>4</b>	<b>1773</b>
GENERALS – <i>FOOD AND DRINKS – alcoholic drinks;</i> <i>ailments from</i>	2	1780
GENERALS – <i>FOOD AND DRINKS – alcoholic drinks;</i> <i>aggravate</i>	2	1780
<b>GENERALS – FOOD AND DRINKS – alcoholic drinks; desire</b>	<b>3</b>	<b>1780</b>
<b>GENERALS – FOOD AND DRINKS – CHEESE; DESIRE</b>	<b>4</b>	<b>1784</b>
<b>GENERALS – FOOD AND DRINKS – COFFEE; DESIRE</b>	<b>4</b>	<b>1785</b>
<b>GENERALS – FOOD AND DRINKS – FARINACEOUS; DESIRE</b>	<b>4</b>	<b>1788</b>
<b>GENERALS – FOOD AND DRINKS – SALT; DESIRE</b>	<b>4</b>	<b>1796</b>



<i>GENERALS – FOOD AND DRINKS – spicy food; desires</i>	2	1798
<b>GENERALS – FOOD AND DRINKS – sweets; aversion</b>	3	1799
<b>GENERALS – HEAT – FLUSHES OF HEAT</b>	4	1804
<b>GENERALS – HEAT – lack of vital heat</b>	3	1806
<b>GENERALS – HEAT – SENSATION OF HEAT</b>	4	1804
<i>GENERALS – INFLUENZA</i>	2	1813
GENERALS – ORGASMS of blood – emotions after	1	1833
<b>GENERALS – PAIN</b>	4	1833
<b>GENERALS – PAIN – aching</b>	3	1836
<b>GENERALS – PAIN – cramping</b>	3	1839
<b>GENERALS – PAIN – cramping; joint in</b>	3	1839
<b>GENERALS – PAIN – JOINT PAIN</b>	4	1836
<b>GENERALS – PAIN – muscles</b>	3	1836
<b>GENERALS – WEAKNESS</b>	4	1896
<i>GENERALS – WEAKNESS – exertion, slight from</i>	2	1900
<b>GENERALS – WEAKNESS – morning</b>	3	1896
<i>GENERALS – WEAKNESS – morning; waking on</i>	2	1896
<i>GENERALS – WEAKNESS – sexual desire diminished</i>	2	1898
<i>GENERALS – WEAKNESS – sleepiness from</i>	2	1903
GENERALS – WEAKNESS – vertigo; with	1	1904
<b>GENERALS – SENSITIVENESS –externally</b>	3	1867
<b>GENERALS – SLUGGISHNESS OF THE BODY</b>	4	1873
<b>GENERALS – STIFFNESS</b>	4	1874
<b>GENERALS – SWELLING</b>	4	1877
<b>GENERALS – SWELLING – JOINTS</b>	4	1877

#### 4.4 LIST OF NEW RUBRICS

<u>MIND – ANXIETY – jaws; tension in</u>	<u>4</u>
<u>MIND – DESPAIR – hopeless; situation hopeless</u>	<u>3</u>
<u>MIND – DISCRIMINATION – other religions against</u>	<u>2</u>
<u>MIND – IRRITABILITY – EXTREME</u>	<u>4</u>
<u>MIND – OVERWHELMED – emotionally overwhelmed</u>	<u>4</u>

<u>MIND – SADNESS – blackness – as if surrounded by</u>	<u>2</u>
<u>MIND – SELF ACTUALIZATION</u>	<u>2</u>
<u>HEAD – PAIN – dehydrated as if</u>	<u>3</u>
<u>NOSE – SNIFFED salt water – sensation as if</u>	<u>2</u>
<u>EXPECTORATION – SALT – resembles coarse salt</u>	<u>2</u>
<u>DREAMS – DISCRIMINATION</u>	<u>2</u>
<u>DREAMS – FERTILITY</u>	<u>2</u>
<u>DREAMS – STRUGGLING – of</u>	<u>1</u>
<u>DREAMS – STUCK – being stuck – of</u>	<u>2</u>
<u>DREAMS – TERRITORIAL</u>	<u>2</u>
<u>GENERALS – DEHYDRATION</u>	<u>4</u>

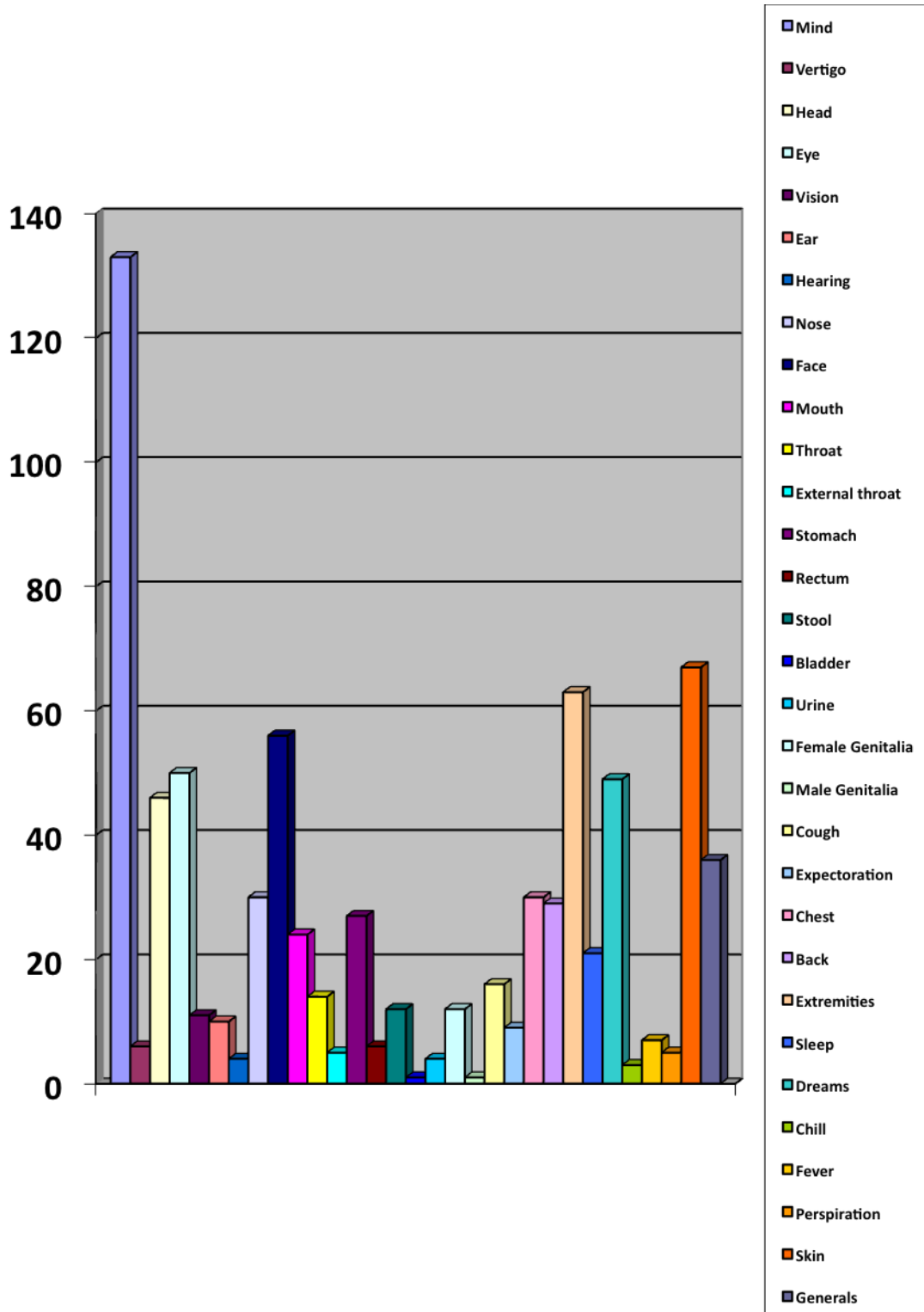
#### 4.5 DISTRIBUTION OF RUBRICS

The data collected from the proving provided symptoms that formed a total of **802** rubrics. These rubrics were distributed throughout the 25 sections of the repertory. If there were no rubrics in a section of the repertory, that section was not included in the table below. The rubrics are distributed throughout the sections of the repertory as follows:

**TABLE 3:**

Mind	<b>133</b>	Stomach	<b>27</b>	Extremities	<b>63</b>
Vertigo	<b>6</b>	Abdomen	<b>15</b>	Sleep	<b>21</b>
Head	<b>46</b>	Rectum	<b>6</b>	Dreams	<b>49</b>
Eye	<b>50</b>	Stool	<b>12</b>	Chill	<b>3</b>
Vision	<b>11</b>	Bladder	<b>1</b>	Fever	<b>7</b>
Ear	<b>10</b>	Urine	<b>4</b>	Perspiration	<b>5</b>
Hearing	<b>4</b>	Female Genitalia	<b>12</b>	Skin	<b>67</b>
Nose	<b>30</b>	Male Genitalia	<b>1</b>	Generals	<b>36</b>
Face	<b>56</b>	Cough	<b>16</b>		
Mouth	<b>24</b>	Expectoration	<b>9</b>		
Throat	<b>14</b>	Chest	<b>30</b>		
External throat	<b>5</b>	Back	<b>29</b>		

**GRAPH 3: DISTRIBUTION OF RUBRICS THROUGHOUT THE REPERTORY SECTIONS**



# **CHAPTER 5**

## **5. DISCUSSION OF THE RESULTS**

### **5.1 INTRODUCTION**

Sherr (1994) explains the importance of viewing the entire proving group as if they were one individual experiencing the whole symptom picture. This serves to unite the fragmented parts of the proving into a whole remedy picture providing a greater understanding of the remedy in its totality. In cognizance of this the symptoms of *Yam ha-Melach* 30CH will be amalgamated for each of the sections of the Materia Medica. The common themes of the remedy will then be elucidated providing a fuller picture of the remedy.

The symptomatology of the remedy will then be compared to the symptomatology of the disease states that are treated using Dead Sea products, followed by a short overview of the *Law of Similars*.

It was hypothesized that the proving of *Yam ha-Melach* 30CH would produce clearly observable signs and symptoms in healthy individuals as well as being comparable to the existing indications of clinical therapeutic uses of Dead Sea products. The data from this research provided no evidence to contradict the hypotheses and it is therefore concluded that these hypotheses are valid.

### **5.2 ABBREVIATION OF THE REMEDY**

Barthel and Klunker proposed a set of general rules for abbreviating remedies in order to remove ambiguities as have been seen in Kent's repertory. These rules have been further revised by Schroyens (2001) to incorporate a system that uses the Latin or scientific name of the substance which then corresponds to the root

and extension of the remedy abbreviation. The researcher decided to use the Hebrew Name of the Dead Sea, *Yam ha-Melach* , (Literally Sea the Salt) as the proposed name for the remedy. The proposed abbreviation utilizes the first root Yam (sea) followed by the extension –H for further clarification, leading to the proposed abbreviation of Yam – H.

## **5.3 SYMPTOMS**

### **5.3.1 Mind**

Due to the small number of provers that participated in the proving it is difficult to establish the relevance of the symptoms based on the number of provers that experienced the same symptoms. Therefore, in the unification of symptoms below, symptoms were utilized from the full symptom picture available in appendix J.

The proving of *Yam ha-Melach* 30CH produced prominent mental and emotional themes.

These were

- Anxiety
- Relaxed and Calm
- Poor Concentration
- Indifference
- Empty and Neutral
- Irritability and Frustration
- Emotionally overwhelmed and crying
- Depression and Hopelessness
- Loneliness and Isolation
- Needing Affection
- Manic
- Happiness

- Rebellion
- Mood Swings
- Escapism
- Clear Mind
- Self Actualization
- Spaced out and Floating
- Drugged
- Detached
- Intuition
- Discrimination and Lack of Faith in Humanity
- Paranoia
- Poor Memory
- False Fronts

## ANXIETY

The first theme that came up was that of anxiety. The anxiety was mostly causeless, "Feeling really excited and anxious, not sure why." (13M: 00:12:50) and when a cause was identified it was menial. The feeling was intense and a physical manifestation was prominent, "Feel very nervous not only mentally but physically." (12F: 03:XX:XX). The anxiety was felt as "Butterflies in my stomach" (13M: 00:12:50); "an uneasy feeling in my stomach" (12F: 00:05:30) and "a knot in my stomach." (15F: 04:XX:XX). There was also a strong sensation of "Too much unstable energy building up in my solar plexus then moves up and culminates in my cheek bones which makes me feel like I want to cry and in my TMJ like I am blushing uncontrollably. It is almost unbearable and I have to look away." (12F: 03:XX:XX).

## RELAXED AND CALM

This was followed by a period of mental calmness. Provers felt “very relaxed and at peace all day” (13M: 00:09:20). There were, “Strange feelings of calm resolution.” (07F: 03:XX:XX). Provers tended to take everything in their stride during this period “Happy to just go with the flow.” (15F: 01:15:XX). “My mind is so calm and peaceful, really enjoying just being. Nothing seems worry me.” (15F: 02:XX:XX).

## POOR CONCENTRATION

The theme of poor concentration featured very prominently and was experienced by 61% of the prover population. The lack of concentration was aggravated by a tendency for daydreaming (10F: 11:XX:XX) and “losing my train of thought” (15F: 00:00:24). This lead to an inability to study (17F: 15:XX:XX) as well as a difficulty in focusing and taking in information (18M: 01:00:XX, 16F: 07:XX:XX, 17F: 00:07:30). Provers couldn’t “get into the right frame of mind to do constructive work” (17F: 05:XX:XX) and the attention span was so shortened that they “Can’t sit for more than 30min before having to get up and move around” (17F: 13:XX:XX) and “Can’t kick my head into gear” (18M: 04:XX:XX). This lead to study time being inefficient, “Very aware of the fact I have limited time but am working very slowly” (17F: 15:XX:XX). Accompanying this was mental exhaustion (16F: 05:XX:XX; 18M: 00:11:00).

## LACK OF MOTIVATION

The above theme acted as fuel for a complete lack of motivation for academic work (12F: 00:05:30; 14F: 01:08:XX, 16F: 07:XX:XX). “Couldn’t make myself do any work today” (16F: 10:XX:XX) “Really need someone to slap me and tell me to wake up to the fact that I have an enormous amount of work and pressure at the moment but I’m just messing around” (17F: 15:XX:XX). There was a

tendency towards procrastination and watching television instead of working, despite approaching deadlines (17F: 01:04:XX; 16F: 05:XX:XX; 17F: 06:XX:XX; 17F: 07:XX:XX). This theme was further emphasized in a lack of motivation to do anything, “Don’t feel like eating breakfast; just don’t have the motivation to even make oats.” (18M: 00:23:20), “Don’t feel like doing anything today” (19F: 09:XX:XX), “Just want to sit around and do nothing, no thinking involved, everything and I mean everything is becoming an intense effort.” (18M: 03:XX:XX).

## INDIFFERENCE

Despite the lack of concentration and motivation, provers were notably unconcerned about approaching deadlines or tests, “should be learning but just don’t care” (18M: 01:00:XX); “I have a lot of work but don’t want to do it. Watch movie instead, not stressed about not working.” (17F: 01:04:XX). This indifference was more pronounced in some, “I don’t care about anything, can’t even make up my mind about what I want to eat, I just don’t care” (18M: 00:09:30)

## IRRITABILITY AND FRUSTRATION

This was a very prominent theme affecting 78% of the prover group and had a very high intensity in most provers. “Very irritated with everyone, to the point of wanting to scream” (17F: 00:03:30), “My blood is boiling and I just cannot shake it!!!!” (18M: 03:XX:XX), “Ooooooooooooooh am very irate, feels like the walls are closing in on me. My ears are ringing, my face hurts, my chest hurts.” (18M: 06:XX:XX). This level of frustration was accompanied by violent thoughts and impulses, “Getting highly irritated again, feel like smashing someone’s head in” (18M: 03:XX:XX), “Irritable with lady in front of me at the movies. Wanted to rip her head off. Then the girl next to me for slurping, then the guy who pushed in front of us.” (12F: 07:XX:XX), “Extreme irritability. Wanna KILL” (12F: 08:XX:XX); as well as cursing, “I am getting super duper, ultra god damn, fucking pathetically



irritated and frustrated with this situation. I feel like smashing everyone's heads in including my own. Just not able to manage thing at the moment, don't even have the strength for a wank to possibly calm me down. Even feel like ripping this book apart. AAAAAAAAAAAAAAAAAARRRRRRRRRRGGGHHHH" (18M: 04:XX:XX).

Most of the irritability and frustration was felt towards other people (18M: 00:00:30; 17F: 07:XX:XX; 20F: 10:XX:XX; 03M: 04:XX:XX), with a portion being attributed to menial things such as, "The slightest breeze irritates me" (15F: 00:01:20), "Waiting is irritating me" (18M: 01:02:XX), "Had breakfast with my gran and found myself getting really irritated by little things like leaving the fridge open for too long" (18M: 07:XX:XX), "Feeling annoyed at writing in the journal, feel like I have a lot of other things to do that is more important than doing this as a favor to a friend." (10F: 15:XX:XX).

Most of the frustration was felt in the mornings, (10F: 10:XX:XX) and weaned off as the day progressed, (07F: 12:XX:XX).

A thread that runs through the remedy includes symptoms revolving around the female reproductive system and can be seen here as, "I have been very snappy, it's like I have PMS" (20F: 02:XX:XX).

An interesting symptom that came up was, "The language and culture barrier was really driving me mad" (18M: 02:XX:XX). This is very pertinent to the geographical location of the Dead Sea, being located between Israel and Jordan. There is a vast amount of political and racial intolerance in this area.

## EMOTIONALLY OVERWHELMED AND CRYING

Provers felt completely overwhelmed emotionally, (07F: 01:30:XX), leaving the prover in tears at the slightest provocation. "Feeling really emotional, crying for all sorts of things that usually wouldn't effect me" (16F: 00:06:15), "Very teary

today, I have cried 3 times for things I wouldn't usually get upset about. Cried after getting a test back and after watching Oprah, episode about starving kids" (14F: 02:07:30), "Just walked into spar and started crying. Crying for little things" (18M: 03:02:00), "By 1:30 pm I was crying uncontrollably. A small incident made me feel overwhelmed and I felt like I couldn't cope. I became dizzy and lost control of my emotions." (07F: 00:06:30).

There was also a marked desire to cry accompanied by an aversion to company, "Felt really emotional, went and had some wine and cried for 6 hours, just wanted to be alone." (18M: 00:07:30), "Feel completely emotionally drained, couldn't wait for the day to end. Built up throughout the day and eventually just felt like I needed to sit down and have a good cry and be alone" (14F: 02:13:30).

## DEPRESSION AND HOPELESSNESS

This, together with frustration and irritability, was notably the most pertinent mental theme. The depression was felt as a deep sense of hopelessness that no one could understand, "Feeling frustrated and alone. Just want to cry, I'm crying pulling at my hair and rocking back and forth. I just feel like I'm in a hopeless situation and I just can't fix it. No one understands." (12F: 04:XX:XX), "Hopeless feeling. I don't feel I can cure the situation. Whatever it is" (19F: 00:18:30). This was accompanied by a great sense of self pity, (19F: 00:16:00; 17F: 02:XX:XX).

There were thoughts of "ending it all. Just plotting the ways" (19F: 04:XX:XX), "perhaps death would have been easier than dealing with this shit life" (18M: 05:XX:XX).

The depression was also described as, "a dark blanket has settled upon me. I feel hopeless like there is no light left in the world." (02F: 02:51:XX), "black clouds," (19F: 04:XX:XX), "feeling blue" (12F: 00:05:30), "I have no interest in this day. Feel like I am spiraling fast into a deep sea of depression." (19F: 03:XX:XX).

## LONELINESS AND ISOLATION

There was a pull in two directions in this theme. There was a strong aversion to company when depressed and sad, yet there was a need for someone to understand what they were going through.

“I just wanted to be alone.” (18M: 00:07:30), “I feel very quiet and withdrawn, just want to be alone” (13M: 01:04:20), “Hiding in my room, “go away and LEAVE ME ALONE” (19F: 02:XX:XX), “Don’t want to speak to anyone, feeling sad and lonely and tired” (19F: 02:XX:XX).

Contradicted by, “Felt pangs of loneliness that came over me like waves even though I wasn’t alone.” (17F: 05:XX:XX), “feeling a sense of loneliness – poor me. Nobody understands.” (05F: 04:XX:XX), I feel isolated with where I am in my stage of life.” (03M: 10:XX:XX).

## NEEDING AFFECTION

In contradiction to the aversion to company when depressed or crying, there was a need for affection; “Feel an intense need to receive affection – became needy and clingy.” (07F: 00:6:30), “Feeling good, a bit clingy – just want to hold my partner.” (08M: 19:XX:XX).

## MANIC

The deep depression was antithesised by a manic phase. These two phases tended to occur in quick succession of one another and gave a bipolar impression. There was a definite rise in self belief and confidence, (13M: 01:11:XX) together with a feeling that “, I can attack anything that today brings” (12F: 07:XX:XX). During this phase provers developed a sense of having, “some

sort of superhuman power.” (13M: 01:11:XX) as well as “ Feeling strangely empowered and good about myself.” (07F: 20:XX:XX). This was often accompanied by a tendency or desire to put on a performance of some kind such as, “Jumped up and down my room doing ballet” (18M: 01:11:XX), “Feeling very bubbly and happy with life, pulled pants up to under breasts and ran around like a crazy person laughing and shouting.” (12F: 05:XX:XX) and “So energized, so happy from teaching. It’s like giving a performance. I feel so fulfilled afterwards” (18M: 04:XX:XX).

## HAPPINESS

On a lighter scale of intensity was the theme of happiness. This involved “Feeling unusually chirpy” (17F: 00:02:30), “in such an awesome mood. Happy and carefree” (20F: 00:05:45). There was a recognition of positive energy. Eg. “Have a sensation that I am surrounded by a positive energy” (19F: 02:XX:XX), “Feel so happy with my little niece and nephew their energies make me feel so rejuvenated, such innocence is a true breath of fresh air” (18M: 06:XX:XX), “I feel very energized and positive.” (07F: 03:XX:XX). Provers were generally in a good mood (12F: 07:XX:XX; 20F: 00:05:45; 01M: 14:XX:XX; 02F: 06:XX:XX), happy (02F: 06:XX:XX), bright (01M: 12:XX:XX) and inspired (13M: 09:XX:XX) during this phase.

## REBELLION AND SPONTANEITY

This may be attributed to the manic phase of feeling superhuman and above the laws of normality. “Really want to get a tattoo. The thought has briefly crossed my mind before, but now I really want it. Going to hold off till after proving. I think it’s the remedy” (12F: 06:XX:XX), “I had a sudden urge to pierce my tongue. So I stood in front of the mirror and did it myself.” (12F: 09:XX:XX). Interesting the day this prover handed in her diary she stood in front of the mirror and removed the piercing. There was a general feeling of being “very spontaneous” (15F: 01:15:XX).

## MOOD SWINGS

When viewing the times of the symptoms it is noted that the manic, happy and depression phases alternated within each prover with quick succession. This was also noted by various provers in their journals, “Euphoria , now exhaustion, when will the rollercoaster end?” (18M: 01:11:XX), “Felt a bit down, but in the afternoon had a sudden flip in mood where I felt silly and happy.” (03M: 11:XX:XX), “Mood swings up and down, very erratic” (19F: 00:08:30). The state can be summarized as, “My mind seems to be getting back on track. The problem is my ability to trust this state of stability. Why do I not relish in the state of normality. Have I just become to used to the manic swings of moods my mind is currently going through?” (18M: 11:XX:XX).

“I have contradicting feelings today: I feel confident and good about myself yet I feel like the most terrible person to have ever walked the planet. Not sure what to make of it. So I go back to cruise-and-don't think about it mode.” (07F: 06:XX:XX).

## ESCAPISM

There was a sense of being “trapped and NEED to get away” (19F: 03:XX:XX) within this remedy. “Feeling like I have to break out of this house aaarrrrrrrrrrghhhh” (12F: 11:XX:XX). There was also “a strange feeling of needing freedom” (07F: 19:XX:XX).

## EMPTY AND NEUTRAL

When the emotions were not flying from one extreme to another there was a period of neutrality (06M: 07:XX:XX; 01M: 08:XX:XX) and an “Even and mild

mood, no specific feelings, a bit numb.” (07F: 05:XX:XX). Emptiness was also experienced which was ameliorated by company (07F: 00:7:30).

## SELF ACTUALIZATION

This theme came out strongly in two of our provers. They both had a “Sudden feeling that I really need to re-evaluate my life. I need to take a step back and sort out my true desires and needs, my true dreams, my true talents and how I can use them to my best ability to benefit both me and those around me. It feels like I have a lot on my mind, and I am taking time out to think about it” (18M: 10:XX:XX; 15F: 10:XX:XX). Both provers woke up between 3am and 4am, on the same morning, and wrote an essay on where they are in their lives at this present moment, where they want to be in the future and a plan on how they were going to get there. Both included self growth and self evaluation as well as a higher connection to humanity and life. In one of the essays the prover wants to “start a meditation circle for peace in the middle east”. Another prover felt that his mind was, “Open and a lot of thoughts and ideas going through my head, including relationship, future plans and finances.” (06M: 09:XX:XX).

In accordance with this theme provers felt a clarity of mind. The mind felt “Open and fresh” (06M: 03:XX:XX) and “very clear” (06M: 08:XX:XX).

## SPACED OUT AND FLOATING

The feeling of being spaced out and floating was prominent (15F: 00:00:24; 18M: 00:11:00; 03M: 03:XX:XX). This theme was also expressed as, “Time has slowed down, in a haze” (15F: 00:00:45), “Feel like I’m gliding when walking” (15F: 00:00:45), “A sense of being out of it, mind is fuzzy” (12F: 02:08:XX) and “Drowsy, phased out feeling.” (03M: 03:XX:XX).

## DRUGGED AND TRIPPY

The feeling of being drugged was experienced in several ways. There were visual disturbances such as, “Eyes are not coordinated with my mind. I will see objects but it takes time to register what it is.” (15F: 00:00:45), “Eyes are flitting between scenes, like either my mind or my eyes are too slow to co-ordinate. Like I’m on a hallucinogen” (18M: 01:00:XX), “Vision and mind are unattached. Takes a long time to focus on an object” (15F: 00:00:45), I had a weird experience with my rear view mirror. When I got into the car I didn’t have a clear view it was as if someone had moved it but it hadn’t moved. No matter how I adjusted it I couldn’t get I clear view. My reflection was distorted if I touched my nose in the mirror it looked like I was touching my chin. It was very confusing.” (15F: 00:02:30), “Feel like I’m coming off an acid trip. Seeing flashes of everything. Can’t keep my eyes steady on one thing. Notice every time I move my eyes. Focus focus focus!!!” (18M: 03:XX:XX).

There was also a feeling of being “tripped out” (18M: 02:XX:XX) and “Spaced out feeling very intense, feel like I’m on really strong pain killers. All drugged up.” (15F: 00:00:45).

An unusual reaction to alcohol was noted, “Felt drugged, couldn’t remember much, eyes were dilated. I was very aggressive” (12F: 01:12:XX), “Instead of feeling energized before sleepy, I went straight to sleepy.” (07F: 05:XX:XX).

Alcohol tolerance was decreased (20F: 19:XX:XX; 16F: 06:XX:XX), “My alcohol tolerance is so low, I feel tipsy after just one sip and my cheeks flush.” (14F: 05:XX:XX)

## DETACHED

Detachment ran through the whole remedy and will be discussed as a theme later on. In the mind it was depicted as “Feel strangely detached from a decision I made – like it was a head decision more than a heart decision. Then why don’t I feel right about it? Don’t think, just cruise. Giving myself an emotional holiday. Keeping up pretences and smiling for the outsiders.” (07F: 05:XX:XX), “Feel detached as if not part of anything at all” (19F: 01:05:XX), “Not concerned about anything at all, feel like I am watching myself, but not quite” (13M: 12:XX:XX). The experience was so profound in some that he, “, Woke up with no idea where I was, who I was and what I was doing. It was like I had been somewhere completely different... astral traveling?” (18M: 02:XX:XX) and it “feels like someone has put a hook into my scalp and is pulling me out of my world” (19F: 01:03:XX). The last symptom was profound when related to the substance. As if she was a fish that had been hooked and pulled out of the sea, her “world”.

## INTUITION

Intuition was notably more developed during the proving, “Intuition has been unbelievable. I can predict statements and events with phenomenal accuracy” (18M: 03:XX:XX). Premonitions were also noted, “I pictured myself in a silver/grey car, love that colour. Just then my mom phoned me to tell me I can have her silver corsa” (12F: 09:XX:XX).

## DISCRIMINATION AND LACK OF FAITH IN HUMANITY

This theme is controversial and I apologize, but I feel it imperative to include it due to its relevance to the substance.

There was a sense of anti Semitism noted in the remedy. The reasoning was that Jewish men, in particular were weak (15F: 01:04:XX). This is a very unusual



reasoning. This information was only elicited in the interviews as provers were afraid of being controversial. When questioned further it was revealed that there was a sense of injustice befalling the Jewish people and that they were doing very little to defend their honour and respect. “they need to stand up to America” (15F: 01:XX:XX).

Along with this came a lack of “faith in humanity, they are stupid and cruel” (19F: 02:XX:XX) as well as “questioning people’s deeds and motives and general attitude.” (03M: 10:XX:XX).

## PARANOIA

Paranoia manifested in three ways.

The first was a fear for personal safety. “Tried to get to sleep but I kept hearing noises and I was paranoid.” (16F: 05:XX:XX), “I walked around my house because I got paranoid that someone was inside.” (15F: 08:XX:XX).

The second was a fear for the safety of loved ones, family and friends. “Worried about friends, family, patients – very acutely – was in tears about one of my friends problems.” (10F: 14:XX:XX).

Most profound was the fear of symptoms indicating a terminal disease. “I am scared that I have a terminal illness. Feels like the oxygen is just not getting into my blood or is not being carried due to a blockage. I would imagine chemotherapy or radiation therapy feeling like this I don’t know why. I just want to lie down and close my eyes but I’m scared that if I do I won’t wake up.” (15F: 07:XX:XX), “Got scared after a coughing fit that left a great pain in my heart that I was having a heart attack.” (15F: 07:XX:XX), “Still dark stools, worried it might be something terminal, going to see dr. again” (18M: 10:XX:XX), “My chest hurts,

can't get comfortable, quite a worrying pain" (18M: 10:XX:XX), "My ears are ringing quite badly, should I be worried?" (18M: 11:XX:XX)

## POOR MEMORY

This theme ties in with the lack of concentration. Short term memory was compromised, "Short term memory loss, quite marked" (12F: 06:XX:XX; 17F: 08:XX:XX).

In one case memory and concentration was greatly improved. "My memory is much better than normal, I'm just flying through mental activities, everything is just flowing" (13M: 02:XX:XX).

## FALSE FRONTS

There was a tendency to put on a false front of happiness and to hide their true feelings. "Keeping up pretences and smiling for the outsiders." (07F: 05:XX:XX), "Cruising, getting very good at faking the fact that I'm actually crying inside. But at least everybody around me is content and not noticing anything." (07F: 08:XX:XX) "It feels like I am putting on a mosaic front for everyone. This irritated me more." (18M: 03:XX:XX).

### 5.3.2 Vertigo

Vertigo was experienced as "Dizziness" (15F: 06:XX:XX; 07F: 00:01:30; 09M: 01:XX:XX), associated nausea and nasal congestion (01M: 20:XX:XX), was experienced. There was a sensation "like my brain moved. Followed by vertigo and a pounding headache in the left temple. Vision is suddenly blurry." (15F: 05:XX:XX). "Feels like the oxygen is just not getting into my blood or is not being carried due to a blockage" (15F: 07:XX:XX), "numb and tingling" (15F: 06:XX:XX).

There was also a “dizzy spell driving home from breakfast” (15F: 06:XX:XX) which may compliment the prevalence of car accidents during the proving.

### **5.3.3 Head**

Headaches were experienced by 78% of the prover population.

The pain tended to be more one sided and predominantly right sided (12F: 09:XX:XX; 17F: 00:02:00). The main areas of involvement were the temples, frontal, orbital and occipital regions.

The temporal headaches were predominantly bitemporal (16F: 01:09:XX; 14F: 10:XX:XX; 03M: 00:09:00; 10F: 09:XX:XX), radiating to the vertex and ears (17F: 07:XX:XX) and “centralizing between my eyes deep in my head.” (10F: 08:XX:XX). Right sided temporal headaches radiating to the right eyebrow were reported (17F: 01:XX:XX) as well as left sided temporal headaches (15F: 08:XX:XX) and headaches shifting between temples (17F: 05:XX:XX). Frontotemporal (19F: 00:00:30; 14F: 06:XX:XX; 16F: 10:XX:XX; 10F: 03:XX:XX) and temporo-occipital (10F: 19:XX:XX) also featured.

Frontal headaches tended to move across the forehead and temples (19F: 00:00:30; 16F: 10:XX:XX; 10F: 03:XX:XX;) and were usually one sided. Right sided headaches (17F: 00:07:30) radiating to the “right eyebrow moving to right temple.” (17F: 08:XX:XX) as well as left sided (15F: 00:00:24) were noted. Pain tended to centralize between the eyebrows (02F: 14:XX:XX; 08M: 13:XX:XX) and eyes (07F: 18:XX:XX; 10F: 08:XX:XX) and radiated down the neck (07F: 18:XX:XX).

Occipital headaches were right sided and referred to the right temple before shifting to the left occiput (12F: 09:XX:XX; 10F: 19:XX:XX).

Headaches were also centered around the eyes. Pain was felt behind (18M: 01:02:XX; 14F: 10:XX:XX; 07F: 07:XX:XX), between (07F: 19:XX:XX; 10F: 08:XX:XX), above (08M: 02:XX:XX) and around (17F: 05:XX:XX) the eyes and radiated to the anterior neck (07F: 16:XX:XX).

Headaches were noted that were difficult to locate (18M: 01:06:XX), “Can’t really pinpoint it. Not even sure if it’s there or not.” (12F: 00:02:10), “Its like just in front of my forehead, not actually on it.” (18M: 01:10:XX).

Pain radiated to the right eyebrow (17F: 06:XX:XX), vertex and ears (17F: 07:XX:XX) and anterior neck (07F: 16:XX:XX).

The headache was described as dull and aching (19F: 00:00:30; 17F: 01:00:XX; 18M: 01:06:XX; 07F: 19:XX:XX; 08M: 02:XX:XX; 10F: 03:XX:XX) which was accompanied by a throbbing sensation (17F: 06:XX:XX; 07F: 07:XX:XX). The dull ache alternated with a sensation of heaviness (15F: 00:00:24). The headache was also described as thick and congested (07F: 16:XX:XX; 19F: 00:00:30; 06M: 00:10:22; 16F: 15:XX:XX; 07F: 17:XX:XX; 17F: 01:12:XX), fuzzy (07F:10:XX:XX; 08M: 16:XX:XX), heavy (15F: 00:00:24; 18M: 01:07:00; 05F: 06:XX:XX), cloudy (18M: 00:00:30); foggy (05F: 04:XX:XX); full (17F: 01:12:XX; 15F: 06:XX:XX), clogged (06M: 07:XX:XX; 08M: 18:XX:XX), stuffy (18M: 00:23:00; 19F: 01:05:XX; 07F: 16:XX:XX; 08M: 08:XX:XX).

There was a compressing (14F: 06:XX:XX) pain, like a clamp (10F: 08:XX:XX) and a pressure build up behind the eyes (18M: 01:02:XX) and in the sinuses (17F: 05:XX:XX). There was a sensation of “someone is pushing their thumb into my temples” (17F: 03:XX:XX).

In contradiction to the above was a clear, open, fresh feeling (06M: 03:XX:XX).

Throbbing (17F: 06:XX:XX; 16F: 10:XX:XX; 04F: 02:XX:XX; 07F: 07:XX:XX), pounding (19F: 00:08:30; 15F: 05:XX:XX) and pulsating (17F: 05:XX:XX) were prominent.

“Headache really bad, feels like someone has put a hook into my scalp and is pulling me out of my world” (19F: 01:03:XX).

Symptoms of dehydration was prevalent throughout the proving and manifested itself in the head as a “dried out” feeling (18M: 00:00:30), “Feels like a dehydration headache” (12F: 00:02:10; 17F: 07:XX:XX; 07F: 06:XX:XX; 19F: 00:07:30).

Other sensations that were prominent were an itching of the scalp (12F: 07:XX:XX) in spots with accompanying flaking (10F: 10:XX:XX).

Build up of pressure within the sinuses (17F: 05:XX:XX; 04F: 02:XX:XX; 07F: 16:XX:XX) with a sensation that the contents of the sinuses is getting thicker (16F: 15:XX:XX).

Headaches were ameliorated by exercise (17F: 00:02:00), lying down and sleep (17F 00:07:30) as well as pressure (17F 03:XX:XX; 14F 06:XX:XX; 16F 10:XX:XX; 02F 14:XX:XX).

Symptoms were aggravated by exercise (04F 02:XX:XX, 10F 13:XX:XX), lying down (04F 02:XX:XX; 10F:13:XX:XX), bending down (04F 02:XX:XX).

### **5.3.4 Eyes and Vision**

Many of the eye symptoms were described as dry (14F: 00:08:30; 12F: 06:XX:XX; 19F: 11:XX:XX; 03M: 03:XX:XX) and burning (14F: 00:08:30; 15F: 08:XX:XX; 19F: 11:XX:XX) as if on fire (19F: 11:XX:XX). Eyes were very scratchy (19F: 12:XX:XX; 05F: 05:XX:XX) and itchy around the margins of the lids (12F:

00:11:30), under the eyes (05F: 12:XX:XX) and the eyeball itself (12F: 00:11:30; 16F: 02:XX:XX; 17F: 07:XX:XX; 09M: 00:XX:XX; 10F: 13:XX:XX). There was a sensation of pressure building up behind the eyes (18M: 01:02:00).

There was an increased lacrimation in dry and burning eyes (17F: 07:XX:XX; 15F: 08:XX:XX) and eyes felt tired, strained (17F: 07:XX:XX; 06M: 03:XX:XX) and heavy (19F: 00:19:30; 05F: 03:XX:XX).

Eyes were very sensitive to light (19F: 11:XX:XX; 03M: 01:XX:XX; 10F: 11:XX:XX) especially artificial light such as that of a computer screen or television (03M: 13:XX:XX) as well as to wind (10F: 11:XX:XX).

Sclera's appeared red (16F: 02:XX:XX; 12F: 06:XX:XX; 14F: 04:XX:XX; 10F: 15:XX:XX) as did the skin in the corners of the eyes which were dry and scaly (12F: 06:XX:XX).

The upper eyelids were droopy and swollen (18M 03:XX:XX), especially on the right(19F 04:XX:XX) and eyelids in general felt heavy (19F 00:19:30).

Eczematous eruptions were noted around the eyes, the patches were dry and red with a scaly texture and an itchy sensation in the corners of the eyes (12F 06:XX:XX). There was also "Burning of the skin under right eyebrow. Very red patch. Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse." (19F 04:XX:XX).

"Thought I might be getting a sty but nothing happened. Never had a sty before but I felt a throbbing pain on my left lower lid." (05F 01:XX:XX), "Eyelid on right hand side feels like it is making a sty on the bottom lid more laterally." (10F 19:XX:XX).

Eye symptoms were aggravated by rubbing (17F 07:XX:XX; 10F:19:XX:XX).

Vision was described as weak, “Battling to see far a bit more than usual today.” (10F: 14:XX:XX) as well as blurry (03M: 01:XX:XX) accompanied by a headache and vertigo (15F: 05:XX:XX).

There was difficulty focusing on distant objects (15F: 00:01:20), “Eyes feel unbalanced and unfocused” (12F: 01:07:XX; 18M: 01:10:XX).

The theme of disconnection was prevalent in the visual field, “Vision and mind are unattached. Takes a long time to focus on an object” (15F: 00:00:45), “Finding it hard to write, can’t focus, pen seems too thick, my hand won’t listen” (19F: 02:XX:XX), eyes are not coordinated with my mind. I will see objects but it takes time to register what it is.” (15F: 00:00:45).

The theme of feeling drugged is also continued here with “Feel like I’m coming off an acid trip. Seeing flashes of everything. Can’t keep my eyes steady on one thing. Notice every time I move my eyes. Focus focus focus!!!” (18M: 03:XX:XX), “Eyes are flitting between scenes, like either my mind or my eyes are too slow to co-ordinate. Like I’m on a hallucinogen” (18M: 01:00:XX). “I had a weird experience with my rear view mirror. When I got into the car I didn’t have a clear view it was as if someone had moved it but it hadn’t moved. No matter how I adjusted it I couldn’t get I clear view. My reflection was distorted if I touched my nose in the mirror it looked like I was touching my chin. It was very confusing.” (15F: 00:02:30).

### **5.3.5 Ears and Hearing**

There was a stuffy feeling in the ears (06M: 00:00:00), “as if cotton wool has been stuffed into them” (19F: 00:01:30), and blocked (16F: 08:XX:XX; 18M: 10:XX:XX; 07F: 20:XX:XX) on the left (15F: 00:00:01) and the right (16F: 00:19:45; 17F: 01:12:XX).

Ears were very itchy (10F: 16:XX:XX) and ticklish, especially the right middle ear (06M: 08:XX:XX). There was a need to “use something sharp and scratch till it bleeds” (10F: 13:XX:XX).

There was a definite feeling of “unbalanced pressure” (17F: 01:12:XX) that could not be equalized (17F: 01:12:XX; 16F: 08:XX:XX; 18M: 10:XX:XX), “Moved my jaw to try equilibrate pressure but couldn’t.” (15F: 00:00:31).

A yellow, watery discharge was noted (10F: 20:XX:XX).

Hearing was muffled (19F: 00:01:30; 16F: 15:XX:XX) “as if through water” (15F: 00:00:01), “sound as if it is under water” on the right (18M: 12:XX:XX).

ringing in the ears was quite severe (12F: 06:XX:XX), “a high pitched constant sound” (18M: 12:XX:XX).

Provers could hear their own voices when talking (19F: 02:XX:XX; 18M: 02:XX:XX).

### **5.3.6                      Nose**

Mucous membranes within the nose were very dry (18M: 00:00:30; 12F: 01:05:XX) causing provers to “Wake up several times” during the night (12F: 05:XX:XX).

There was a sensation of talking through the nose and hearing their own voice when talking (19F: 02:XX:XX; 18M: 02:XX:XX).

The nose was very blocked and congested (19F: 00:15:30; 17F: 02:XX:XX; 03M: 02:XX:XX), feeling stuffy and thick (06M: 01:XX:XX; 10F: 05:XX:XX), but with a runny, clear discharge “that just keeps pouring out” (18M: 00:23:00; 17F:



02:XX:XX; 07F: 18:XX:XX; 16F: 00:02:15; 12F: 00:11:30; 03M: 00:09:00; 06M: 07:XX:XX; 09M: 06:XX:XX). The nose was running on one side (01M: 00:11:30; 08M: 02:XX:XX), then both sides (07F: 18:XX:XX; 17F: 00:04:30) had the “Nose still leaking like a tap” (08M: 05:XX:XX). There was a “sensation in the nose at the root as if I have sniffed salt water.” (19F: 00:10:XX).

Dizziness (01M: 00:11:30) and a drowsy phased out feeling (03M: 02:XX:XX) accompanied nasal symptoms.

The nose was very itchy (10F: 18:XX:XX; 07F:17:XX:XX; 20F: 15:XX:XX) and had no relief from rubbing (10F 18:XX:XX).

Discharge was predominantly clear, watery (17F: 00:04:30; 18M: 00:23:00; 01M: 00:11:30, 07F: 17:XX:XX; 08M: 02:XX:XX) and salty (12F: 00:11:30; 18M: 10:XX:XX).

An accumulation of phlegm in the back of the throat was reported (15F: 01:12:XX) due to a post nasal drip (19F: 00:00:20; 08M: 13:XX:XX; 03M: 05:XX:XX) which had to be hawked up and swallowed (15F: 01:12:XX). The phlegm had a salty taste (19F: 00:00:20; 15F: 01:12:XX).

Attacks of sneezing (17F: 01:04:XX; 06M: 00:10:22; 10F: 10:XX:XX; 07F: 17:XX:XX) were violent (03M: 06:XX:XX) and uncontrollable (16F: 00:02:15; 18M: 03:XX:XX) and followed by excessive watery discharge (16F: 00:02:15).

Nasal symptoms were ameliorated by sitting and standing erect (15F 01:12:XX, 03M 02:XX:XX).

### 5.3.7

### Face

There was a build up of pressure in the frontal and maxillary sinuses (17F: 02:XX:XX; 18M: 01:10:XX). Sinuses felt sore, full (18M: 01:02:05, 12F: 02:XX:XX) and congested with associated dizziness (01M: 20:XX:XX).

Pain and stiffness was experienced in the temporomandibular joints (12F: 05:XX:XX) as well as increased tension in the muscles (17F: 05:XX:XX) and pain in the masseter muscles (12F: 06:XX:XX). Pain moved from the left to the right side (12F: 11:XX:XX).

Lips were very dry with and increased tendency to lick the lips (17F: 03:XX:XX). “Felt a tingling on my left upper lip. It was like a sore that had come into contact with salty food and burning” (13M 09:XX:XX) that turned into a fever blister (13M: 10:XX:XX).

There were white headed pimples on the bridge of the nose (07F: 03:XX:XX) and the right nasal nare which are very tender to touch (12F: 07:XX:XX). These pimples were also found around the mouth (07F:03:XX:XX) on the left upper lip (15F 02:XX:XX; 10F:11:XX:XX), corners of the mouth (12F 05:XX:XX), right bottom lip (12F 06:XX:XX).

There were big blind pimple that were hot and swollen on the lips, under the nose, chin and cheeks, very painful (07F: 01:30:XX; 10F: 11:XX:XX), also on the forehead (08M: 00:XX:XX; 10F: 20:XX:XX).

There was a patch of very red skin under the right eyebrow that felt “like an abrasion that you have dunked in salt water to make it burn but heal, but worse.” (19F 04:XX:XX). Skin around the eyes was very dry with a scaly texture and scuffing of the skin (12F: 05:XX:XX). There was a vine bumpy rash on the forehead (09M: XX:XX:XX).

### **5.3.8 Mouth**

The mucous membranes in the mouth were very dry (02F: 07:XX:XX; 06M: 09:XX:XX) and the tongue stuck to the roof of the mouth (19F: 00:08:30). Dryness was aggravated by drinking water (06M: 09:XX:XX).

There was biting the tongue during the night and waking from the pain (15F: 00:15:55). A small lump developed in the middle of the tongue, it tingled and felt burned (20F: 08:XX:XX) “It feels as if I’ve had a tongue piercing.” (20F: 10:XX:XX), one prover “had a sudden urge to pierce my tongue. So I stood in front of the mirror and did it myself.” (12F: 09:XX:XX). A pimple also appeared on the left lateral side of the tongue (03M: 02:52:XX).

Taste was altered everything tasted salty (02F: 04:XX:XX) and like salt and oil (19F: 00:23:30). In contradiction provers were also adding more salt than usual to their food (07F: 17:XX:XX).

### **5.2.9 Throat**

The throat felt sore and swollen, causing difficulty swallowing (07F:14:XX:XX; 17F: 00:22:45; 06M: 20:XX:XX).

Throat felt dry, scratchy (01M: 20:XX:XX; 06M: 20:XX:XX; 15F: 06:XX:XX), stitching (06M: 01:XX:XX) and raw (17F: 01:04:XX; 15F: 06:XX:XX; 07F: 14:XX:XX). A dry, sore throat on the left (17F: 01:07:XX; 15F: 06:XX:XX; 06M: 20:XX:XX) with pain moving to the right on swallowing (17F: 01:11:XX). Burning pain in the right tonsillar region (17F: 02:XX:XX). Talking is painful (07F: 15:XX:XX), “throat feels like razorblades when I talk” (07F: 16:XX:XX). Throat was very sore causing prover to wake up several times during the night to drink water to sooth the throat (07F: 16:XX:XX; 15F: 07:XX:XX).

Throat symptoms were ameliorated by drinking water 06M: 01:XX:XX; 17F: 01:04:XX; 15F: 07:XX:XX).

### **5.3.10 External Throat**

“All the glands in my neck were sore when I woke up this morning which made my neck feel stiff” (15F 07:XX:XX) with submandibular lymphadenopathy (12F: 11:XX:XX).

### **5.3.11 Stomach**

Ravenous hunger was experienced (19F: 00:04:45; 18M: 01:04XX; 12F: 04:XX:XX; 03M: 14:XX:XX) with an increase in appetite (14F: 05:XX:XX; 01M: 06:XX:XX; 03M: 14:XX:XX; 07F: 15:XX:XX). There was also a lack of appetite (12F: 02:XX:XX; 19F: 02:XX:XX; 17F: 02:XX:XX; 14F: 06:XX:XX; 07F: 00:13:00; 09M: 02:XX:XX) as well as a loss of appetite after starting to eat (19F: 00:04:00; 13M: 04:XX:XX; 10F: 19:XX:XX) and decrease in appetite (10F: 02:XX:XX).

There was a marked increase in thirst for water which was gulped down (15F: 01:04:XX; 18M: 01:07:XX; 06M: 03:XX:XX; 07F: 08:XX:XX; 09M: 07:XX:XX) “Thirst increase dramatically, gulping down water” (12F: 02:XX:XX), “Feeling really thirsty. Drank 2 glasses of cold water, one after the other.” (02F: 01:33:XX).

A vague sense of nausea (18M: 07:XX:XX) accompanied the decreased appetite (10F: 12:XX:XX) and was itself accompanied by dizziness (01M: 07:XX:XX; 10F: 20:XX:XX). Vomiting came on without warning after eating salmon and mayonnaise, “I had no control over it. I ran to the bathroom and continued vomiting. Every time I stood up it aggravated the coughing which would cause wrenching and more vomiting. I brought all my lunch up and then some bile. Aetiology: coughing, bending over, standing up” (15F: 06:XX:XX). Other aetiologies for nausea consisted of alcohol, coffee and overeating (10F: 20:XX:XX).

The stomach felt bloated and full (18M: 02:XX:XX) of air (09M: 02:XX:XX). There was a lot of wind (12F: 01:01:XX) causing flatulence (12F: 06:XX:XX) that smelled like rotten egg (19F: 02:XX:XX; 10F: 15:XX:XX).

There was pain in the left hypochondriac region (12F: 00:01:00) on walking (14F: 07:XX:XX) followed by a sympathetic wave “Took my breath away, went into a cold sweat had to lie down. All due to a drink of cold water” (17F: 12:XX:XX), “So painful I had to lie down, hissing sound in the ears, seeing stars, feeling cold and clammy” (17F: 12:XX:XX).

Colic type pain that felt like cramping. The insides felt knotted, tight and spasmodic with “Great relief from passing and a feeling of ‘cleanness’ on the inside” (07F: 01:XX:XX).

There was a sensation of oesophageal constriction causing food to feel like it was sitting in the chest (17F: 12:XX:XX).

Symptoms were aggravated by eating (14F 07:XX:XX; 10F 19:XX:XX; 20F: 03:XX:XX).

### **5.3.12 Abdomen**

Pain and discomfort was felt in the epigastrium (20F 00:04:15; 14F 07:XX:XX), The lower right quadrant (15F 00:00:50; 14F 00:01:30; 18M 07:XX:XX; 12F 09:XX:XX) and the left lower quadrant (15F 00:01:00; 14F 00:01:30; 16F 00:08:15; 17F 04:XX:XX; 18M 07:XX:XX).

Brief, sharp (16F 00:08:15), frequent, stabbing pains (15F: 00:00:50; 14F: 00:01:30; 20F: 03:XX:XX; 12F: 09:XX:XX). There was a sensation of tightness “like someone has their hands in my abdomen and is squeezing and twisting my

stomach. So bad its taking my breath away” (20F: 00:04:15), slight compressing feeling (06M: 08:XX:XX).

Bloating and wind (16F: 13:XX:XX; 12F: 01:01:XX; 19F: 02:XX:XX; 14F: 06:XX:XX) was prominent with a sensation ““of gas bubble being pushed around my intestines” (17F: 02:XX:XX), “feel really full of air.” (16F: 02:XX:XX; 09M: 02:XX:XX). There was a lot of wind (12F: 04:XX:XX; 17F: 04:XX:XX), “very noxious, silent but violent, like sulphur egg smell.” (19F: 02:XX:XX; 10F: 15:XX:XX).

There was a sensation of a live thing being inside. “like I honestly have a baby kicking inside of me. Its just below my umbilicus and is like a throbbing sensation.” (20F: 00:03:30), “something growing inside me” (19F: 02:12:00), “Feels like someone is poking me from the inside every now and again” (20F: 02:XX:XX), “moving around in my gut like a little creature” (19F: 04:XX:XX).

A dull, aching pain (15F: 00:06:30; 06M: 08:XX:XX) as if the muscles are contracting (20F: 01:11:XX), a slight compressing feeling (06M: 08:XX:XX).

The abdomen felt uncomfortable (17F: 05:XX:XX; 06M: 08:XX:XX) with intestinal muscle cramping (17F: 04:XX:XX; 07F: 01:XX:XX; ) as well as muscle aching (20F: 01:11:XX), “like my insides are knotted and spasmodic” (07F: 01:XX:XX).

Abdominal complaints were ameliorated by hunching over (16F: 00:08:15; 20F: 03:XX:XX), straightening up (17F: 02:XX:XX; 06M: 08:XX:XX).

Complaints are worse for hunching over (15F: 00:00:50), straightening up (20F: 01:11:XX).

### **5.3.13 Rectum and Stool**

A tendency for constipation was noted leaving the patient with a sensation of being “all clogged up” (19F: 01:05:00; 16F: 14:XX:XX; 10F: 00:XX:XX), “Not difficulty, just small volume” (10F: 01:XX:XX). Aggravated by pushing and straining and ameliorated by relaxing and bigger meals (10F: 00:XX:XX).

Tenesmus was common with a sensation of voiding not feeling complete (19F: 00:15:35), there is an urge, but there is no relief (19F: 01:05:00; 16F: 14:XX:XX; 10F: 01:XX:XX).

Diarrhoea was “very bad” leaving the prover weak (20F: 00:07:30) with increased urgency (07F: 12:XX:XX; 09M: 05:XX:XX).

Stools were dark, black (19F: 00:05:00; 18M: 06:XX:XX), “Peanut buttery dark stool” (10F: 11:XX:XX) and compact, hard and knotty, “must drink more water” (19F: 00:05:00).

Loose stools (17F: 06:XX:XX) were fluid, yellow without much smell (20F: 00:07:30) or with a pungent smell (07F:12:XX:XX).

### **5.3.14 Bladder and Urine**

“Had mild chills and frequent urination last night before going to bed for about an hour. Went four times.” (03M: 11:XX:XX)

The colour was darker than usual (19F: 00:02:20; 17F: 02:XX:XX) with a stronger smell (17F: 02:XX:XX). Urine was thicker in consistency (19F: 00:02:20).

Frequency of urination was markedly increased (14F: 09:XX:XX; 17F: 02:XX:XX; 19F: 02:XX:XX).

### 5.3.15 Female Genitalia / Sex

Breasts felt full, heavy (19F: 00:18:30) and sensitive on any movement (12F: 01:07:XX).

There was premenstrual dull, aching lower back pain (16F: 02:XX:XX). Dull aching lower back pain was cured (07F: 14:XX:XX).

The right ovary felt like it was pinched in a clamp (15F: 00:12:15). Lower abdominal pain was sharp, stabbing (14F: 00:01:30), aching as if stomach muscle are contracting (20F: 01:11:XX) and cramping moving from the left to the right (17F: 03:XX:XX).

Lower abdominal pain was ameliorated by heat, lying in a foetal position (14F: 00:01:30), hunching over and lying down (17F: 03:XX:XX); and aggravated by sitting up straight (20F: 01:11:XX; 17F: 03:XX:XX).

Menses was bright red where usually brown (07F: 14:XX:XX) and brownish when usually bright red (10F: 09:XX:XX). There was spotting of light coloured blood two days after period had finished" (14F: 05:XX:XX).

Libido was very increased (07F: 19:XX:XX; 10F: 10:XX:XX). "amorous" (12F: 09:XX:XX), "Feeling so turned on... I better stay in doors" (14F: 10:XX:XX), "Feeling very sexually excited... wow" (16F: 10:XX:XX). An increased libido with an aversion to sex or sexual contact was noted (07F: 04:XX:XX).

"Hormonal headaches" were noted (12F: 01:07:XX), "I also get a menstrual migraine on the 1<sup>st</sup>/2<sup>nd</sup> day of my period which has not yet happened (CURED)." (07F: 15:XX:XX).



### **5.3.16 Male Genitalia / Sex**

Libido was markedly increased (06M 09:XX:XX; 08M:01:XX:XX) in most, however decreased energy levels resulted in a lower libido (18M 00:14:00).

### **5.3.17 Cough**

Dry coughing spells (19F: 00:18:46; 17F: 04:XX:XX; 12F: 08:XX:XX; 07F: 16:XX:XX) were intense and accompanied by a burning sensation behind the sternum (15F: 00:00:00) and great pain in the heart “size of a R5 coin. I have to sit up immediately, bend forward and apply pressure. The pain only lasts the duration of the cough or movement. < on deep inspiration” (15F: 08:XX:XX). The dry cough became progressively more productive (17F: 04:XX:XX; 07F: 18:XX:XX) and was brought on by a tickle in the throat or talking (07F: 16:XX:XX). Cough was described as more of an irritation than a true cough and interrupted sleep (07F: 16:XX:XX). A productive cough was also experienced (17F: 05:XX:XX; 15F: 06:XX:XX).

Coughing spells were intense and ended in wretching and eyes streaming (15F: 00:00:00), “I’m just unable to control the coughing and it sounds harsh and barking.” (07F: 18:XX:XX)

### **5.3.18 Expectoration**

Soft sputum with white pieces resembling coarse salt (17F: 04:XX:XX) and tasted very salty (15F: 00:00:00; 19F: 00:18:46). There were also balls of sticky phlegm (19F: 00:18:46).

### **5.3.19 Chest**

Pain was felt in the intercostals area described as “I think my coughing caused a rib head to move out of place causing intercostals pain” (15F: 07:XX:XX; 17F: 01:03:XX) and “Chostochondritis. Aching pain in 5<sup>th</sup> intercostal space” (17F: 17:XX:XX). All pain was intense and occurred on inhalation or movement. Rolling over from left to right was excruciating, but rolling from right to left was calming (15F: 08:XX:XX). Chest pain would disturb sleep (15F: 08:XX:XX) and was worrying to the provers (18M: 10:XX:XX). Chest pain was burning behind the sternum especially on coughing (15F: 00:00:00).

Provers were very aware of their heart beats (12F: 00:05:30), “Have felt a funny palpitation in the centre of the chest. Quite noticeable, a pressure and bubbling sensation” (19F: 02:XX:XX). Palpitations were experienced with anxiety and contradiction (10F: 19:XX:XX) and heart pain was felt after coughing, only alleviated by sitting up, bending forward and applying pressure (15F: 08:XX:XX).

Skin was itching in spots all over as the spot was found it moved to another spot (10F: 04:XX:XX). There were many small pimples on the upper chest with thick yellow pus (10F: 04:XX:XX; 03M: 07:XX:XX; 06M; 01:XX:XX), small white headed pimples that itched and many black heads (10F: 13:XX:XX). “a strange hot bump on my chest approximately 4cm below my left clavicle.” (07F: 01:36:XX) developed into a very sore pimple (07F: 02:XX:XX).

Chest pain was aggravated by inhalation (17F: 01:03:XX; 15F: 08:XX:XX).

### **5.3.20 Back**

Back pain was located in the cervical (16F: 01:09:15; 17F: 06:XX:XX; 12F: 06:XX:XX; 14F: 17:XX:XX; 06M: 07:XX:XX; 07F: 20:XX:XX; 08M: 00:XX:XX), thoracic (17F: 05 XX:XX; 20F: 01:11:XX; 06M: 07:XX:XX), lumbar (20F: 00:10:00;

14F: 02:XX:XX; 16F: 02:XX:XX; 17F: 05:XX:XX; 08M: 01:XX:XX) and buttox (20F: 07:XX:XX).

Stiffness was experienced significantly in the cervical area (16F: 01:09:15; 12F: 02:XX:XX; 14F: 11:XX:XX; 20F: 15:XX:XX; 06M: 10:XX:XX) as pain (16F: 01:09:15; 17F: 07:XX:XX; 06M: 10:XX:XX) and tension (17F: 07:XX:XX) in the muscles of the neck. In the thoracic area stiffness (06M: 10:XX:XX) was experienced as tension as if all the muscles were contracted (20F: 01:11:30) especially the left rhomboid (06M: 19:XX:XX) and prover felt immobile (16F: 14:XX:XX). Lumber stiffness (20F: 07:XX:XX; 19F: 02:XX:XX; 16F: 07:XX:XX; 10F 09:XX:XX) resulted in immobility (16F: 14:XX:XX) was felt in the quadratus lumborum which felt very tight (20F: 07:XX:XX). Glutes were very tight (20F: 07:XX:XX) as if the muscle had been pulled (10F: 20:XX:XX).

Muscles generally felt sensitive (06M: 10:XX:XX) and were burning (12F: 06:XX:XX). A sharp shooting pain (20F: 00:10:00; 17F: 05:XX:XX) was experienced just left of the spine, 10cm above the posterior superior iliac spine (PSIS), leaving the muscle feeling bruised and very sensitive to touch or movement "I have to walk very lightly on my feet otherwise I can feel the pain" (20F 00:10:00) as well as over the L4, L5 vertebrae becoming more diffuse radially (17F: 05:XX:XX). Two very tender trigger points on the lateral aspects of L2 were noted and when pressed caused a sharp shooting pain to the groin (20F: 07:XX:XX).

Dull aching (20F: 01:11:XX; 16F: 13:XX:XX; 14F: 17:XX:XX; 06M: 07:XX:XX; 10F: 09:XX:XX) pain in the lower back (06M: 10:XX:XX; 10F: 09:XX:XX) that felt pre-menstrual (16F: 02:XX:XX) as well as in the neck (14F: 17:XX:XX; 16F: 13:XX:XX; 06M: 07:XX:XX; 06M: 11:XX:XX), rhomboids (06M: 07:XX:XX).

Numbness was experienced between the scapulae on the left and in the neck (06M 07:XX:XX).

Back and neck were very itchy (02F: 06:XX:XX; 10F: 10:XX:XX) with white pus being discharged on scratching, but no lesions were visible (02F: 06:XX:XX).

Breakouts of very small yellow pustules between the scapulae that are red and raised (06M: 01:XX:XX), on the back of the neck (03M: 09:XX:XX). There are many blackheads and small white headed pimples that itch on the thoracic and lumber regions of the back (10F: 13:XX:XX).

A patch of darker skin was discovered on the right side of the neck (02F: 06:XX:XX) and then on the left side of the lower back. It was dry and crusty. Crusts look like dry salt, very itchy (02F: 05:XX:XX).

### **Modalities**

Back pain was ameliorated by stretching (17F 07:XX:XX; 14F 11:XX:XX; 20F: 07:XX:XX).

### **5.3.21 Extremities**

There was a lot of pain and stiffness in all the joints and muscles of the extremities particularly the lower limb and special reference was made to the fingers where “Fingers stiff and sore (19F: 03:XX:XX) and “thumbs, feels stiff and spasmodic” (07F: 07:XX:XX).

Sudden onset of pain (15F: 00:06:30; 17F 02:XX:XX; 08M: 10:XX:XX; 09M: 01:XX:XX). Joints were described as painful, dull (14F: 00:22:30; 15F: 00:01:20), aching (18M: 09:XX:XX; 19F: 03:XX:XX; 15F: 00:01:20), Sore (03M: 07:XX:XX; 19F: 03:XX:XX; 07F: 07:XX:XX; 12F: 03:XX:XX; 10F; 01:XX:XX), tender (20F: 08:XX:XX) and throbbing (03M: 10:XX:XX). “My hips and knees are so sore “I can’t get up, aching like I have arthritis” (12F: 03:XX:XX).

Joints were stiff (17F: 02:XX:XX; 03M: 20:XX:XX; 20F: 04:XX:XX; 12F: 08:XX:XX; 19F: 03:XX:XX) and wobbly (19F: 03:XX:XX) causing a difficulty in movement (17F: 02:XX:XX). In contrast “Did a cycling race today, no cramping at all and no knee pain, I usually get severe cramping and knee pain within the first few kilometers.” (13M: 13:XX:XX).

Muscular pain (14F: 00:22:30; 17F: 02:XX:XX; 15F: 00:01:20; 20F: 00:07:30; 17F: 02:XX:XX) was described as cramping (15F: 00:01:20; 20F 00:07:30; 17F: 02:XX:XX), heavy (20F: 00:07:30; 18F: 03:XX:XX) dull (17F: 02:XX:XX) sore (17F: 03:XX:XX) and stiff (17F: 03:XX:XX; 12F: 08:XX:XX; 14F: 14:XX:XX). Muscle weakness was noted “Have to rest every 5 words because my arm and hand is tired” (12F: 03:XX:XX), “My thighs are killing me from walking up the stairs to my house, I had to rest. Very strange” (15F: 04:XX:XX)

Pins and needles were experienced primarily in the fingertips (06M: 01:22:13) as well as increased sensitivity (06M: 01:22:13) and numbness (02F: 09:XX:XX).

Hands were very restless and there was a need to move them constantly and feel things, fingers feel more sensitive (18M: 03:XX:XX; 15F: 04:XX:XX; 12F: 06:XX:XX), wringing hands uncontrollably “feel the need to rub the skin on the hands hard to release some sort of tension” (15F: 04:XX:XX; 12F: 06:XX:XX).

Perspiration was increased and experienced in joint creases (15F: 04:XX:XX), hands and feet (18M: 13:XX:XX; 13M: 20:XX:XX).

Skin was very dry (15F: 03:XX:XX; 12F: 05XX:XX;) and peeling was prominent on the toes (19F: 02:XX:XX; 14F: 05:XX:XX; 12F: 05:XX:XX) and back of heels (14F: 05:XX:XX). Skin was itching (12F: 05:XX:XX) on the thumb (19F: 03:XX:XX) and toe (19F: 02:XX:XX).

Patches of darker coloured skin on the that resemble sun spots were very dry and itchy “Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it” (19F: 05:XX:XX; 02F: 04:XX:XX; 03M: 05:XX:XX). Non pigmented, itchy, dry patches were also reported (03M: 05:XX:XX) around the knees (08M: 03:XX:XX).

There was a definite sensitivity of the pores in the skin, “a rash appeared in the upper thigh and consisted of small bumps at the follicles” (10F: 01:XX:XX), “It feels like little prickly pear needles that catch on my trousers. It prickles and burns” (12F: 05:XX:XX) “Feels as if mosquitoes are stinging me in the pores” (12F: 07:XX:XX).

Provers were clumsy, dropping thing and getting lost (19F: 02:00:XX), thumbs were stiff and spasmodic (07F: 07:XX:XX).

Joint pain was aggravated by walking, stretching it backwards (15F 00:06:30), early morning, movement (14F 00:22:30; 15F 01:04:XX), stretching (17F 02:XX:XX).

### **5.3.22 Sleep**

There was a difficulty falling asleep, tossing and turning (12F: 00:05:30; 10F: 15:XX:XX) and eventually falling asleep after 12 (16F: 07:XX:XX).

Sleep was very restless (15F: 00:23:30; 02F: 07:XX:XX; 05F: 02:XX:XX; 16F: 07:XX:XX; 14F: 08:XX:XX) waking on several occasions (16F: 07:XX:XX; 14F: 09:XX:XX; 07F: 15:XX:XX) with a start (14F: 08:XX:XX; 02F: 05:XX:XX). Waking in a “sea of sweat” (13M: 00:22:20) as if from a bad dream, “woke in a panic” (14F: 04:XX:XX). There were early wake ups (19F: 04:XX:XX) due to a dripping nose (08M: 05:XX:XX).

Sleep was unrefreshing (18M: 02:XX:XX; 10F: 06:XX:XX) with provers waking up tired (01M: 10:XX:XX; 07F: 11:XX:XX; 10F: 06:XX:XX).

In contrast refreshing sleep was common (01M: 01:XX:XX; 02F: 02:48:XX), “I jumped out of bed ready for the day” (13M: 00:22:20). Sleeping really well was common (05F: 07:XX:XX; 06M: 03:XX:XX; 02F: 03:XX:XX; 08M: 14:XX:XX) “Slept like a log” (02F: 02:48:XX; 07F: 07:XX:XX; 10F: 01:XX:XX), “Like a big rock” (06M: 00:XX:XX), “like the dead” (07F: 00:XX:XX).

Provers slept in a foetal position hugging a pillow to the chest (17F 03:XX:XX) or packing the pillow under the left side (15F 08:XX:XX).

### **5.3.23 Dreams**

There were many significant dreams during the proving. There were common themes shared within the dreams, however some dreams on a whole were very pertinent to the substance and its geographical and historical significance.

There were dreams of fertility including artificial insemination (12F: 00:XX:XX), breastfeeding someone else’s baby, woke with sore nipple (15F: 01:XX:XX) and having children (15F: 06:XX:XX).

Religious dreams were noted. These included dreams about the three major religions, Islam, Judaism and Christianity where the prover felt anger towards a priest for being biased causing her to rebel against the church and go to the synagogue (15F: 07:XX:XX), there were also anti-Christianity dreams (12F: 09:XX:XX; 15F: 14:XX:XX ) and dreams of discrimination (15F: 00:XX:XX; 10F: 04:XX:XX; 15F: 03:XX:XX).

There were dreams of being in a foreign country (12F: 09:XX:XX) and being in a weird, arid, dusty world (12F: 00:XX:XX; 12F: 04:XX:XX). One prover described an Arab country with sand and dust (03M: 08:XX:XX).

Provers dreamt about territory being reclaimed and destroyed (12F: 06:XX:XX) as well as the destruction of sentimental and historical buildings and land (12F: 02:XX:XX; 12F: 00:XX:XX) as well as a lost family heirloom (07F: 09:XX:XX).

There were dreams of war and violence that occurred in arid, desert-like areas (12F: 00:XX:XX; 18M: 02:XX:XX; 15F: 02:XX:XX; 12F: 04:XX:XX; 12F:05:XX:XX; 12F: 09:XX:XX) and being attacked by people (03M: 05:XX:XX; 03M: 16:XX:XX) and wild animals (15F: 04:XX:XX; 03M: 01:XX:XX). Provers dreamt of an evil presence (20F: 03:XX:XX; 13F: 10:XX:XX).

There were dreams of family and loved ones that had passed away (05F: 10:XX:XX; 07F: 09:XX:XX; 07F: 09:XX:XX) and their situation on the other side (12F: 08:XX:XX). One prover dreamt about the tragedy of each generation of her family getting smaller and smaller (06M: 00:XX:XX) Provers dreamt of ghosts and spirits (12F: 02:XX:XX; 18M: 10:XX:XX). Old friends from school (16F: 00:XX:XX; 15F: 01:XX:XX), (20F: 02:XX:XX; 08M: 17:XX:XX; 10F: 15:XX:XX; 10F: 20:XX:XX).

Dreams about the ocean (08M: 02:XX:XX) and the beach (05F: 00:XX:XX) were prominent. Provers swimming in the sea (20F: 14:XX:XX) and floating on the waves (15F: 05:XX:XX). One prover swam through a small sea to achieve spiritual upliftment (16F: 01:XX:XX).

The theme of being stuck came through, some got stuck in mud (03M: 01:XX:XX) and in sea sand (03M: 03:XX:XX) while others got stuck at work (08M: 06:XX:XX).



There were dreams that expressed a difficulty in establishing and maintaining their own identity (12F: 06:XX:XX; 10F: 01:XX:XX; 19F: 01:XX:XX; 17F: 02:XX:XX) as well as a feeling that their trust had been betrayed (12F: 02:XX:XX; 15F: 06:XX:XX; 18M: 11:XX:XX).

Many provers dreamt about wild animals such as lions, cheetahs, hyenas (03M: 01:XX:XX), wild horses (15F: 04:XX:XX), rats (12F: 00:XX:XX), pigs (12F: 04:XX:XX), buck, buffalo, rhino (16F: 02:XX:XX), birds (10F: 09:XX:XX; 15F: 03:XX:XX), crocodiles (03M: 14:XX:XX) and whales (15F: 05:XX:XX).

#### **5.3.24 Chill**

Temperature regulation was altered, provers suffered chills (02F: 09:XX:XX; 03M: 11:XX:XX; 07F: 15:XX:XX), but on covering up got very hot (15F: 00:01:35). Skin felt cold and clammy (07F: 13:XX:XX) Hot and cold sweats were experienced during exercise (15F: 04:XX:XX). Extremes of temperature were experienced (07F: 20:XX:XX).

#### **5.3.25 Fever**

A sensation of fever was experienced (18M: 02:XX:XX) rather than an actual fever, skin was hot and clammy (15F: 00:00:24), increased perspiration between breasts (15F: 00:01:20). Alternating hot and cold sweats ensued (15F: 06:XX:XX). Incredible heat was felt in the face and torso as if heat was radiating from the body (07F: 10:XX:XX). Felt hot (09M: 03:XX:XX) with increased perspiration (with dry cracked skin (07F: 12:XX:XX). Hot flushes were experienced (08M: 07:XX:XX). Very sensitive to temperature (10F: 03:XX:XX).

### **5.3.26 Perspiration**

Perspiration was generally increased (13M: 00:09:20; 15F: 04:XX:XX; 17F: 18:XX:XX; 06M: XX:XX:XX; 07F: 00:07:30; 09M: 03:XX:XX) as was nocturnal perspiration which woke provers in a “sea of sweat” (13M: 00:22:20), “drenched in sweat” (14F: 04:XX:XX) several times during the night.

Increased perspiration was located between the breasts, in the joint creases (15F: 04:XX:XX), axillae (15F; 04:XX:XX; 07F: 00:07:30) on the face (07F: 08:XX:XX), specifically the nose, top lip chin (12F: 06:XX:XX), feet (18M: 13:XX:XX; 13M: 20:XX:XX) and hands (18M: 13:XX:XX).

### **5.3.27 Skin**

There was a lot of itching which occurred under the left breast (20F: 19:XX:XX), anterior aspect of left axilla which felt better for scratching (06M: 11:XX:XX). Itching was a prominent symptom with 83% of provers experiencing itching of the skin. Some description were “feels like little hairs falling on me, can’t find the itch” (13M: 05:XX:XX) “It feels like little prickly pear needles that catch on my trousers. It prickles and burns” (12F: 05:XX:XX) “Feels as if mosquitoes are stinging me in the pores.” (12F: 07:XX:XX). There was a burning sensation after scratching (02F: 02:61:XX), however there was scratching until raw (02F: 07:XX:XX). The itch tended to be wondering, moving whenever found (10F: 10:XX:XX).

Skin on the nose is very dry (20F: 01:00:00) and peeling (13M: 05:XX:XX) and “I’m getting these weird red bumps. Very tiny bumps that are very itchy and dry. It’s around my right nostril.” (20F: 01:00:00). Little white headed pimples occurred bilaterally on either side of the nose above the flare crease (16F: 02:XX:XX; 19F: 02:XX:XX) as well as in the right nostril “It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it” (20F: 14:XX:XX).

Increased sensitivity of the skin was felt all over (18M: 03:XX:XX; 15F: 04:XX:XX; 12F: 06:XX:XX; 06M: 20:XX:XX) “Scalp is very sensitive, very painful when I brush over it” (12F: 11:XX:XX).

There was burning of the skin “Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.” (19F: 04:XX:XX), “It was a stinging feeling, like I had scratched myself and the salt in my nose was burning it” (20F: 14:XX:XX).

Pimples were a prominent symptom. Pimples were tiny red bumps that were itchy and dry (20F: 01:00:00), small white headed pustules that were tender to the touch (17F: 01:XX:XX; 15F: 02:XX:XX; 16F: 02:XX:XX; 19F: 02:XX:XX; 12F: 05:XX:XX; 20F: 14:XX:XX; 02F: 01:23:30; 03M: 09:XX:XX; 06M: 01:XX:XX) or tiny yellow headed pustules (20F: 11:XX:XX; 18M: 15:XX:XX; 10F: 04:XX:XX). Blind, painful, hot, swollen pimples were also reported (07F: 01:30:XX; 08M: 00:XX:XX).

Red, burning, dry, scaly patches (20F: 01:00:00; 19F: 04:XX:XX; 12F: 09:XX:XX; 20F: 19:XX:XX; 08M: 03:XX:XX), “Feels like an abrasion that you have dunked in salt water to make it burn but heal, but worse.” A rash of very fine bumps (18M: 14:XX:XX; 09M: XX:XX:XX; 10F: 01:XX:XX) was noted. An area of darker pigmentation that was dry and itchy (02F: 04:XX:XX; 03M: 05:XX:XX; 19F: 05:XX:XX). “. Looks like patches of skin cancer or psoriasis. Burn like blazers when I scratch it” (19F: 05:XX:XX).

Skin was very dry (20F: 01:00:00; 15F: 03:XX:XX; 19F: 04:XX:XX; 13M: 05:XX:XX; 14F: 05:XX:XX; 12F: 05:XX:XX; 06M: 01:21:88 ) and had a scaly texture (12F: 05:XX:XX) resulting in skin cracking (18M: 10:XX:XX; 02F: 03:XX:XX; 07F: 12:XX:XX) “My skin looks whitish and cracked.”

There was one case of unusually oily skin (07F: 20:XX:XX) as well as cold clammy skin (07F: 13:XX:XX).

There was peeling of the skin, particularly on the toes (19F: 02:XX:XX; 14F: 05:XX:XX; 12F: 05:XX:XX; 12F: 08:XX:XX), the right nostril (13M: 05:XX:XX), flaking of the scalp (15F: 10:XX:XX) and lower back where “crusts that come off under my nails. Looks like salt” (02F: 05:XX:XX).

Sensitivity occurred on the scalp (12F: 11:XX:XX) and hands; itching on the scalp (13M: 05:XX:XX; 12F: 07:XX:XX), nose (10F: 10:XX:XX; 07F: 17:XX:XX), eyes (05F: 12:XX:XX; 09M: 00:XX:XX; 10F: 13:XX:XX), ears (06M: 08:XX:XX; 10F: 00:XX:XX) thumb (19F: 03:XX:XX) and legs (12F: 05:XX:XX).

Pimples were on the nose (20F: 01:00:00; 16F: 02:XX:XX; 19F: 02:XX:XX), lips (15F: 02:XX:XX; 12F: 06:XX:XX), corner of mouth (12F: 05:XX:XX), back (17F: 01:XX:XX; 20F: 11:XX:XX), arms (18M: 15:XX:XX)

Eczematous patches were on the eyes (19F: 04:XX:XX; 12F: 05:XX:XX), throat (12F: 09:XX:XX), chest (20F: 19:XX:XX), abdomen (18M: 14:XX:XX)

Flaking and peeling occurred on the scalp (15F: 10:XX:XX), nose (13M: 05:XX:XX) and toes (19F: 02:XX:XX; 14F: 05:XX:XX; 12F: 05:XX:XX)

Skin was especially dry on the nose (20F: 01:00:00), forehead (12F: 05:XX:XX), face (18M: 10:XX:XX), arms (20F: 11:XX:XX), hands (12F: 06:XX:XX) and legs (12F: 05:XX:XX).

### **5.3.28           Generals**

A big theme was that of lethargy and feeling tired (18M: 01:11:XX; 19F: 00:21:30; 17F: 02:XX:XX; 16F: 05:XX:XX; 01M: 07:XX:XX; 02F: 09:XX:XX; 06M: 00:01:29; 07F: 10:XX:XX; 08M: 14:XX:XX) and lazy (17F: 02:XX:XX; 16F: 05:XX:XX), not having energy to do anything (08M: 14:XX:XX; 10F: 16:XX:XX) and leaving provers exhausted from doing nothing (18M: 10:XX:XX). “can barely keep my

eyes open.” (07F: 15:XX:XX), “Feeling exceptionally tired, like I’ve had the life sucked out of my brain.” (07F: 10:XX:XX).

Very bad reaction to alcohol was experienced (07F: 05:XX:XX) “Felt drugged, couldn’t remember much, eyes were dilated. I was very aggressive” (12F: 01:12:XX) and alcohol tolerance was lowered (20F: 19:XX:XX; 14F: 05:XX:XX; 16F 06:XX:XX).

Provers felt energized (13M: 01:09:XX; 18M: 04:XX:XX; 01M: 18:XX:XX; 03M: 18:XX:XX; 06M: 03:XX:XX; 09M: 01:XX:XX) or completely lacking in energy (20F: 05:09:00).

The principal cravings were those of farinaceous foods, coffee, cheese and salt which were each craved by over 10 provers; alcohol, bread, chocolate and eggs were craved by between 2 and 5 provers.

There were only two strong aversion, and those were of sweets and chocolates.

There was very little control over cravings (07F: 07:XX:XX).

Provers felt like they were coming down with flu (16F: 02:XX:XX; 18M: 09:XX:XX) “a bit phlegmy in the throat, tastes sick, very salty on the back of my throat.” (13M: 00:11:20). Flu symptoms included congestion (01M: 19:XX:XX) and a runny nose (08M: 05:XX:XX; 06M: 13:XX:XX) with a nocturnal post nasal drip (03M: 05:XX:XX; 19F: 00:00:20). Headaches and sneezing were reported by most of the prover population with itching of the eyes, nose and ears (10F: 10:XX:XX) and glandular enlargement (06M: 06:XX:XX; 15F: 07:XX:XX; 12F: 11:XX:XX). A sore throat (06M: 20:XX:XX; 07F: 14:XX:XX) with coughing (17F: 03:XX:XX) and chest pain (15F: 08:XX:XX; 18M: 10:XX:XX) were also experienced.

Thirst was very much increased (19F: 00:18:30; 14F: 00:XX:XX; 12F: 03:XX:XX; 14F: 03:XX:XX; 15F: 06:XX:XX; 16F: 08:XX:XX) for water only.

There was a feeling of incredible heat (09M: 03:XX:XX), especially in the face (07F: 02:54:XX) and the torso “as if heat is radiating from inside me.” (07F: 10:XX:XX). Hot flushes were felt in the afternoon (08M: 02:XX:XX).

In contrast provers felt very chilly (15F: 00:04:50; 02F: 05:XX:XX) “Skin feels cold and clammy” (07F: 13:XX:XX).

There was a lot of pain and stiffness in all the joints and muscles of the extremities particularly the lower limb and special reference was made to the fingers where “Fingers stiff and sore (19F: 03:XX:XX) and ““thumbs, feels stiff and spasmodic” (07F: 07:XX:XX).

Sudden onset of pain (15F: 00:06:30; 17F 02:XX:XX; 08M: 10:XX:XX; 09M: 01:XX:XX). Joints were described as painful, dull (14F: 00:22:30; 15F: 00:01:20), aching (18M: 09:XX:XX; 19F: 03:XX:XX; 15F: 00:01:20), Sore (03M: 07:XX:XX; 19F: 03:XX:XX; 07F: 07:XX:XX; 12F: 03:XX:XX; 10F: 01:XX:XX), tender (20F: 08:XX:XX) and throbbing (03M: 10:XX:XX). “My hips and knees are so sore “I can’t get up, aching like I have arthritis” (12F: 03:XX:XX).

Joints were stiff (17F: 02:XX:XX; 03M: 20:XX:XX; 20F: 04:XX:XX; 12F: 08:XX:XX; 19F: 03:XX:XX) and wobbly (19F: 03:XX:XX) causing a difficulty in movement (17F: 02:XX:XX). In contrast “Did a cycling race today, no cramping at all and no knee pain, I usually get severe cramping and knee pain within the first few kilometers.” (13M: 13:XX:XX)

Muscular pain (14F: 00:22:30; 20F: 08:XX:XX; 17F: 09:XX:XX; 15F: 00:01:20; 20F: 00:07:30; 17F: 02:XX:XX) was described as cramping (15F: 00:01:20; 20F: 00:07:30; 17F: 02:XX:XX), heavy (20F: 00:07:30; 18F: 03:XX:XX) dull (17F:

02:XX:XX) sore (17F: 03:XX:XX) and stiff (17F: 03:XX:XX; 12F: 08:XX:XX; 14F: 14:XX:XX). Muscle weakness was noted “Have to rest every 5 words because my arm and hand is tired” (12F: 03:XX:XX), “My thighs are killing me from walking up the stairs to my house, I had to rest. Very strange” (15F: 04:XX:XX).

Pins and needles were experienced primarily in the fingertips (06M: 01:22:13) as well as increased sensitivity (06M: 01:22:13) and numbness (02F: 09:XX:XX).

Recovery time was drastically reduced (15F: 06:15:30; 18M: XX:XX:XX).

Itching was a prominent symptom with 83% of provers experiencing itching of the skin. Some description were “feels like little hairs falling on me, can’t find the itch” (13M: 05:XX:XX) “It feels like little prickly pear needles that catch on my trousers. It prickles and burns” (12F: 05:XX:XX) “Feels as if mosquitoes are stinging me in the pores.” (12F: 07:XX:XX). There was a burning sensation after scratching (02F:02:61:XX), however there was scratching until raw (02F: 07:XX:XX). The itch tended to be wondering, moving whenever found (10F: 10:XX:XX). Many provers experienced burning of the eyes (14F: 00:08:30; 15F: 08:XX:XX; 19F: 11:XX:XX), nose (20F: 14:XX:XX), throat (17F: 00:22:45), chest (15F: 06:XX:XX) and skin (19F: 04:XX:XX).

Dehydration was seen in all systems. There were “dehydration headaches” (18M: 00:00:30; 12F: 00:02:10; 19F: 00:07:30; 07F: 06:XX:XX). Eyes were dry (14F: 00:08:30; 12F: 02:XX:XX; 19F: 11:XX:XX; 03M: 03:XX:XX) as was the mouth (19F: 00:08:30; 02F: 08:XX:XX; 06M: 09:XX:XX) and throat (17F: 15:XX:XX; 07F:17:XX:XX; 08M: 10:XX:XX; 10F: 14:XX:XX). There was constipation (19F: 00:15:35) and an increase in urine odour and viscosity (19F: 00:02:20; 17F: 02:XX:XX) and skin was generally dry.

Symptoms were ameliorated by sitting up (06M: 08:XX:XX), being in a vertical position (03M: 02:XX:XX), pressure (17F: 03:XX:XX) and sleep (06M: 20:XX:XX) and aggravated in the morning and from alcohol.

#### 5.4 ANTIDOTE

Two provers had marked reactions to the remedy and had to be antidoted.

Prover 08M had symptoms similar to severe hay fever which he experienced throughout the proving period and had no relief even after the completion of the proving. He consulted with the researcher and it was decided that he should be antidoted.

His symptoms included a runny nose which he described as “leaking like a tap”, this woke him early in the morning and he had trouble going back to sleep. The discharge was clear and watery. He experienced a post nasal drip and a dull headache above and laterally to his eyes and over his frontal sinuses leaving him with a stuffy feeling in the head. His head felt clogged from the nose up. The above symptoms were considered and he was prescribed three doses of *Nux vomica 200CH*, which cleared his symptoms rapidly.

Prover 10F suffered a severe headache which she experienced throughout the proving period and after the completion of the proving.

Her headache was described as a frontotemporal headache that was dull and aching. The headache was aggravated by heat, irritability, coffee, exercise, leaning back and being hurried. It was ameliorated by cold and cold drinks. The pain was described as a steady, dull ache; a dull onward pressure; “like a clamp over the temples and centralizing between the eyes”. The pain felt deep in her head and towards the occipital region. After consultation with the researcher her



symptoms were analyzed and she was prescribed three doses of *Nux vomica 200CH*, after which her symptoms cleared.

## **5.5 CHARACTERISTIC THEMES**

### **5.5.1 Polarity**

#### **5.5.1.1 FRUSTRATION VS CALM**

The frustration felt during the proving was extreme, “I am getting super duper, ultra god damn, fucking pathetically irritated and frustrated with this situation. I feel like smashing everyone’s heads in including my own. Just not able to manage thing at the moment, don’t even have the strength for a wank to possibly calm me down. Even feel like ripping this book apart. AAAAAAAAAAAAAAAAAARRRRRRRRRRRGGGHHHH” (18M 04:XX:XX). Provers felt irate at the slightest provocation, even a breeze would send them into a rage. The frustration lead to violent thoughts and verbal violence with provers wanting to “rip her head off” and “smashing everyone’s heads in” as well as cursing.

On the other hand there was a sensation of absolute calm. During this period provers took everything in their stride, nothing bothered them. The mind and emotions were at peace and no external influence effected this state.

#### **5.5.1.2 DEPRESSION VS MANIA**

Depression was a central theme in the remedy and was felt deeply by numerous provers. The depressing was described as being engulfed by darkness as if there was “no light left in the world” and they were “spiraling

into a deep sea of depression". There was a sense of hopelessness and loneliness in a situation that they had to "cure" accompanied by a strong sense of self pity. During this phase provers withdrew and wanted to be alone as they felt alone in a world where no one understands their plight. This loneliness was described as "pangs that came over me like waves". There was a sense of being emotionally overwhelmed which left the provers in tears at the slightest provocation. These crying spells lasted between 40 min and 6hours at a time. There was a sensation of being trapped accompanied by a need to escape to a place of freedom. The depth of the depression was such that suicide was contemplated.

This alternated with a manic phase in which provers experienced an exaggerated sense of self belief and confidence, feeling "superhuman". Provers felt suddenly euphoric, bubbly, carefree and silly. There was a tendency to put on some kind of performance, such as singing, dancing, jumping up and down, laughing, shouting and "running around like a crazy person", for an audience after which there was a feeling of fulfillment. This phase induced high energy levels and a happy and joyful disposition. Inspiration and love of everything was a strong result. This phase was accompanied by a rebellious spontaneity during which one prover stood in front of a mirror and pierced her own tongue. Within a day of handing in her diary she promptly removed it and has as yet not thought about it again.

These states alternated in quick succession.

### 5.5.1.3 ISOLATION VS NEEDING AFFECTION

There was a feeling of absolute loneliness whether it was in the “stage of life” they were in or that the world doesn’t understand their plight. This was dealt with in two ways. There was a tendency to isolate themselves, hiding in their rooms, withdrawing and not wanting to talk to anyone; and a yearning for attention and affection.

### 5.5.1.4 SPACED OUT/POOR CONCENTRATION VS CLARITY OF MIND AND SELF ACTUALISATION

The mind was clouded leaving the provers with an inability to think or concentrate to any degree. There was a difficulty focusing the mind as it would wander as well as a complete lack of motivation to do anything, “don’t have the motivation to even make oats”. Provers felt spaced out as if they were just floating above reality. Some even felt as if they were drugged, like they were on a hallucinogen. This was experienced visually with flashing lights and a sensation that the eyes were not coordinated with the mind as well as through a sympathetic response with dilated pupils and increased skin sensitivity. The mind was detached from decisions and events. One prover had the sensation as if “someone has put a hook into my scalp and is pulling me out of my world”.

This was followed by a period of mental clarity where the mind felt open and fresh. This theme was felt strongly in two sensitive provers to encompass a morning of self actualization. Both provers woke up on the same morning between 3am and 4am and wrote an essay on where they are currently in their lives, where they would like to be and how they where going to get there. This included the physical, mental, emotional and spiritual planes. Both included a plan for self growth and self evaluation as well as a higher connection to humanity. One prover included the ambition

of starting a meditation circle for peace in the Middle East". Intuition was more developed during the proving. An interesting dream that correlates with this theme was experienced. The prover felt tremendous spiritual anguish and pain. They walked into a small sea and swam across it. When they emerged they felt spiritually awoken and at peace.

#### 5.5.1.5 PEACE VS ANXIETY AND PARANOIA

There was a distinct paranoia during the proving. The most profound paranoia was of having a terminal disease, but was also felt for the health and safety of the self and loved ones. A causeless anxiety was strong and was characterized by a build up of energy in the solar plexus that moved upwards and culminated in the jaw leading to clenching of the jaws. This uneasy energy was also felt in the solar plexus.

This was counteracted by a feeling of peace and relaxation. During the phase nothing worried the provers and stress was completely absent.

#### 5.5.1.6 PHYSICAL MANIFESTATIONS

There were polarities regarding the modalities with provers being better or worse for stooping, standing erect and warmth. There was either diarrhea or constipation. Pains moved from right to left.

### **5.5.2 Discrimination and Violence**

This theme is controversial but pertinent to the substance. There was anti-Semitism noted during the proving. The reasoning was that the Jewish men were weak because Jews are being targeted and aren't defending themselves adequately. There was also a heightened sensitivity to language and culture barriers. It became evident in the dreams where provers dreamt of the three

major religions, Christianity, Islam and Judaism in which Judaism was patronized and the prover rose to its defense.

There were dreams of war in arid areas as well as of the Taliban. A theme in the dreams was of territorial destruction and land reclaims. Being attacked by wild animals and people was common.

### **5.5.3 Dehydration**

Dehydration was experienced in every system. Headaches were described as “dehydration” headaches. The skin and mucous membranes were incredibly dry, so much so that skin flaked and peeled off, eyes burned and the tongue stuck to the roof of the mouth. Constipation was common with dry, small black stool. Patients craved water and thirst for water was greatly increased. Urine was darker with a more pungent odour indicating that it was more concentrated and one prover’s urine was actually thick.

### **5.5.4 Fertility**

This was an interesting theme if one takes into account that the Dead Sea can sustain no life. There were dreams of babies and children. These children were in danger or had to be saved. One prover dreamed of nursing someone else’s child and woke up with a sore nipple. There were also dreams of artificial insemination.

Provers generally slept in a foetal position. Symptoms of the female system included ovarian pain and abdominal pain. There was a common sensation of something alive being inside the abdomen “like I honestly have a baby kicking inside of me.”, “Like something growing inside me”, “someone is poking me from the inside”, “moving around in my gut like a little creature”. Premenstrual symptoms were experienced without being followed by a menstrual period. There

were hot flushes and tender breasts as well as headaches that were described as premenstrual and lower back pain. Only two women menstruated during the proving, but both noticed a significant change. A brown bleed was bright red and a red bleed became brown.

Provers were notably more amorous and libido was significantly raised in both male and female provers resulting in one prover stating that she had better stay indoors.

## **5.6 LANGUAGE**

The language adopted by provers was very interesting. Words such as flow and floating were common as were descriptions of ailments coming on in waves. The depression was described as “spiraling into a deep sea of depression”. There was a feeling of being in a haze, which is interesting as there is a thick haze that hangs over the Dead Sea. Provers felt like they were “gliding when walking”. Hearing was altered to sound as if muffled through water. Stinging pains were described “like I had scratched myself and the salt was burning it”. Provers described nocturnal perspiration as if they were waking up in a “sea of sweat”. Flaking of the skin was described as resembling dry salt, white lumps in the sputum were described as pieces of coarse salt and nasal discharge was described as salty.

Another theme was one of violence and emerged not only during frustration, where provers wanted to “smash someone’s head”, “to rip her head off”, “wanna kill”, but in other areas as well. When unmotivated provers wanted to “kick my head into gear” and wanted to “attack anything that today brings” and “take on the day with full fury.” referring to seizing opportunities. In traffic one prover “overtook them like a savage.” A headache felt as if it would explode if the head was moved.

## **5.7 MIASMATIC INDICATION**

This remedy falls into the malarial miasm. There is a distinct feeling of being stuck in a situation that is hopeless. They feel isolated as no one can understand the plight they are in. The feeling of being stuck even surfaced in the dreams. There were intermittent stages of depression and absolute frustration which alternated with periods of mania and a sense of being very important with great responsibility. There were also intermittent attack of violent homicidal and suicidal thoughts. They are lamenting and paranoid. Physical symptoms include rheumatisms, headaches, skin complaints and complaints of the respiratory system.

## **5.8 CLINICAL INDICATIONS**

*Yam ha-Melach* will be useful in treating depressive states that feel a sense of isolation and hopelessness in their current situation. A feeling of spiritual dampening and an anxiety of not knowing who they are or who they want to be or where they want to go in life. A very strong symptom was one of absolute frustration. Other common symptoms included lethargy, indifference, uncontrollable crying for long periods of time and paranoia regarding their health and safety as well as the health and safety of their loved ones.

Sleep was greatly affected leaving provers feeling tired and unrefreshed, the remedy could thus be helpful in treating insomnia and sleeplessness.

Symptoms of dehydration penetrated every system. There was drying out of the skin and mucous membranes, dehydration headaches, constipation with dark stools, strong smelling and coloured urine that appeared thick. Thirst was drastically increased for water. The remedy could thus be used for a state of dehydration.

The female reproductive system was greatly affected with provers experiencing hot flushes, hormonal headaches, breast tenderness, lower back pain, lower abdominal pain, a sensation of a live thing inside the abdomen, irregularities of the menstrual cycle and dreams of babies, infertility and artificial insemination.

Skin symptoms were very marked, with rashes and patches resembling eczema and psoriasis as well as acne, pustules on erythematous bases. The skin was very dry in general and flaking and peeling of the skin was marked. *Yam ha-Melach* may be instrumental in the treatment of these conditions.

Arthritic joint and muscle pains were common. Joints were swollen, inflamed, painful and stiff. This suggests that this remedy could be used in the treatment of disorders such as rheumatoid and osteoarthritis as well as fibromyalgia as well as other joint and muscle disorders.

Headaches were very common amongst provers. The pain was dull, diffuse, congested and foggy as well as throbbing and clamping. The temporal headaches were predominantly bitemporal radiating to the vertex and ears and “centralizing between my eyes deep in my head.” Frontal headaches tended to move across the forehead and temples and were usually one sided. The remedy could be utilized in the treatment of such headaches.

Influenza like symptoms were also experienced and the remedy’s suggested application here should be considered.



## **5.9 COMPARISON OF THE SIGNS AND SYMPTOMS OF *YAM HA-MELACH* 30CH TO THE EXISTING INDICATIONS OF CLINICAL THERAPEUTIC USE**

Due to the nature of a homoeopathic drug proving, only a mild form of the disease will be experienced by the prover. The initial phases or mild forms of the diseases treated by Dead Sea products will be discussed. The diseases being treated at the Dead Sea include

- Rheumatic disease
- Osteoarthritis
- Psoriasis
- Vitiligo
- Chronic Obstructive Pulmonary Disorders

### **5.9.1 Rheumatoid Arthritis**

#### 5.9.1.1 SYMPTOMATOLOGY

##### Articular Symptoms

Joint pain, swelling, inflammation and progressive immobility govern the symptomatology. Joint pain is worse in the morning and then recurs towards the evening (Hunter, 2002). Pain is characterized by remissions and exacerbations. Associated symptoms include redness, warmth and tenderness (Bickley, 2003).

Precipitating factors include exercise and emotional stress where as hot or cold sensitivities and sunlight tend to alleviate symptoms. Pain due to active inflammation is worse after rest and is particularly painful in the morning. Pain is often alleviated by exercise. Referred pain is often experienced due to structural abnormalities. Disease of the cervical spine will refer pain to the shoulder, shoulder disease may present as arm pain, lumbar lesions may cause hip or

thigh pain and hip lesions may refer to the knee. Patients often experience early morning stiffness and sporadic joint swelling as well as loss of function of the joint or decreased range of motion. Location is generally limited to the fingers but joint involvement does progress to include other joints.

Temporomandibular joint disease causes pain on chewing and particularly restricts opening of the mouth (Ledingham, Warrel and Weatherall, 1996).

### Extra-articular Symptoms

Vasculitis in its mild form produces symptoms such as numbness, tingling and burning. Symptoms are provoked by cold and small changes in temperature. The fingers are most commonly affected (Ledingham, Warrel and Weatherall, 1996).

Pleurisy is common and is characterized by sharp, knifelike pain (Bickley, 2003) and restricted rib movement as well as obliterative bronchiolitis which is characterized by acute onsets of breathlessness (Ledingham, Warrel and Weatherall, 1996). Symptoms are aggravated by breathing, coughing and movement and ameliorated by lying on the involved side (Bickley, 2003).

Pericarditis is characterized by sharp and knifelike retrosternal pain. This pain may radiate to the tip of the shoulder and the neck and is aggravated by breathing, movement, coughing, lying down and swallowing and ameliorated by sitting forward (Bickley, 2003).

Episcleritis is characterized by low grade discomfort, vessels appear pink and may be nodular causing painful, red, gritty eyes as well as disturbances in vision.

Peripheral nerve involvement is not uncommon and is characterized by hypersensitivity, hyposensitivity, numbness and tingling. It initially affects the fingers and toes and may progress to include the hands and feet.

Hoarseness of the voice occurs due to effusion into the cricoartenoid joints (Ledingham, Warrel and Weatherall, 1996).

Constitutional symptoms such as fatigue, malaise and muscle weakness is common (Hunter, 2002).

#### 5.9.1.2 COMPARISON WITH PROVING SYMPTOMATOLOGY

##### Articular Symptoms

Pain and stiffness was prevalent in all the joints and muscles of the extremities Pain was dull and aching. "Slight joint pain, aching, hot" (10F:19:XX:XX). Pain was referred from the neck to the muscles of the shoulder including the deltoids, trapezius, rhomboids, levator scapulae and inferior and superior to the clavicles (14F 00:22:30; 17F 09:XX:XX). Hip pain radiated to the quadriceps resulting in an aching sensation and weakness of the muscles (17F 05:XX:XX; 15F 04:XX:XX). Weakness was also felt in the arms "Have to rest every 5 words because my arm and hand is tired" (12F 03:XX:XX). Swelling and inflammation of the joints was noted with accompanying hyperaemia of the overlying skin which was warm to the touch (03M:09:XX:XX). The finger joints were mentioned in particular to being stiff and painful (19F 03:XX:XX) causing spasmodic movements of the thumbs (07F:07:XX:XX). There was a decreased range of motion in most joints due to pain and stiffness (17F 02:XX:XX).

In the cervical region pain and stiffness was experienced by 45% of the prover group. Pain radiated to the muscles of the neck causing stiffness and decreased range of motion. (12F 06:XX:XX; 17F 07:XX:XX; 14F 17:XX:XX; 06M:07:XX:XX; 08M:00:XX:XX). The thoracic region was similarly affected but not as prominent (17F 05:XX:XX; 20F 01:11:XX) while the lumber spine was very much affected and daily activity was limited as a result of the pain and loss of range of

motion(20F 00:10:00; 14F 02:XX:XX; 16F 02:XX:XX; 08M:01:XX:XX; 19F 02:XX:XX; 10F:00:XX:XX).

The temporomandibular joint was painful and stiff (12F 05:XX:XX). Tension in the jaw was increased (17F 05:XX:XX) with a mild pain in the masseter muscles resulting in pain on opening the mouth and chewing (12F 06:XX:XX).

### Extra-articular Symptoms

Many of the eye symptoms were described as dry (14F 00:08:30; 12F 02:XX:XX; 19F 11:XX:XX; 03M 03:XX:XX) and burning (14F 00:08:30; 15F 08:XX:XX; 19F 11:XX:XX) as if on fire (19F 11:XX:XX). Eyes were very scratchy (19F 12:XX:XX; 05F 05:XX:XX). These symptoms mirror those of the episcleritis that is common with rheumatic disorders.

Vasculitis and peripheral neuropathy are both characterized by numbness and tingling and peripheral neuropathy has the added sensation of hypersensitivity or hyposensitivity. Both primarily affect the fingers. The proving showed symptomatology of “supersensitive fingers” that intermittently had pins and needles and tingling (06M:01:22:13).

A burning retrosternal chest pain as well as sharp, stabbing pain was reported. It was aggravated by any movement including coughing and deep inspiration (15F 07:XX:XX; 17F 01:03:XX). The chest pain was ameliorated by sleeping propped up on pillows (15F 08:XX:XX). This pain corresponds with the pain experienced with the pain felt with pleurisy and pericarditis. Sleeping propped up on pillows is a sign of cardiac distress that may be experienced with prolonged pericarditis.

Effusion into the cricoartoid joints results in hoarseness of the voice. A painless hoarse voice was reported during the proving (07F:20:XX:XX).

Constitutional symptoms that are experienced with rheumatoid arthritis include malaise and weakness. This was a very strong theme in the proving of *Yam ha-Melach*. Lethargy and extreme tiredness was experienced by 72% of the provers. Provers felt lazy and mentally and physically exhausted from doing nothing.

## **5.9.2 Osteoarthritis**

### **5.9.2.1 SYMPTOMATOLOGY**

Joint pain is the primary symptom. It is worse towards the end of the day and is aggravated by activity. Pain is ameliorated by rest (Ledingham, Warrel and Weatherall, 1996). Joint pain is variable and intermittent and most commonly occurs in the hips, knees and hands, cervical and lumbar spine (Hunter, 2002). Small effusion of the joints may be present especially in the knees. On examination joints are red, warm and tender.

Malfunction of the joints gives limitation of mobility, instability and stiffness of the joints as well as muscle weakness and pain (Hunter, 2002). Stiffness is frequent, but brief in the mornings and after inactivity with the development of limitations of motion (Bickley, 2003).

### **5.9.2.2 COMPARISON WITH PROVING SYMPTOMATOLOGY**

Joint pain and stiffness (17F 02:XX:XX; 12F 08:XX:XX) was a prominent symptom throughout the proving. The pain was dull and aching (18M 09:XX:XX). Hips (15F 00:06:30; 17F 02:XX:XX; 03M:07:XX:XX) and knees (17F 02:XX:XX; 15F 00:01:20; 10F:01:XX:XX) were badly affected, “My hips and knees are so sore I can’t get up, aching like I have arthritis” (12F 03:XX:XX). Wrists were stiff and aching with a decreased range of motion (15F 00:01:20). There was a decrease in joint stability with “knees feel wobbly” (19F 03:XX:XX) this led to clumsiness (19F 02:00:XX; 07F:07:XX:XX) and an increased tendency to injury

(03M:07:XX:XX; 06M:10:XX:XX). Hip pain radiated to the quadriceps resulting in an aching sensation and weakness of the muscles (17F 05:XX:XX; 15F 04:XX:XX). Weakness was also felt in the arms “Have to rest every 5 words because my arm and hand is tired” (12F 03:XX:XX). Weight bearing joints were affected.

Pain and stiffness was aggravated by walking (15F 00:06:30) and movement (14F 00:22:30; 15F 01:04:XX; 17F 02:XX:XX) as well as early in the morning (14F 00:22:30).

Pain and stiffness was also experienced in the back. In the cervical region pain and stiffness was very evident (16F 01:09:15; 17F 06:XX:XX; 12F 06:XX:XX; 06M:07:XX:XX; 08M:00:XX:XX; 07F:20:XX:XX; 14F 11:XX:XX; 20F 15:XX:XX). Neck pain was associated with a burning pain in the muscles (12F 06:XX:XX; 17F 07:XX:XX; 14F 17:XX:XX; 06M:07:XX:XX; 08M:00:XX:XX). The thoracic region was similarly affected but not as prominent (17F 05:XX:XX; 20F 01:11:XX) while the lumbar spine was very much affected (20F 00:10:00; 14F 02:XX:XX; 16F 02:XX:XX; 08M:01:XX:XX; 19F 02:XX:XX; 10F:00:XX:XX) The lower back had a sharp sensation over L4 and L5 which became more diffuse radially (17F 05:XX:XX). This is indicative of osteoarthritis as the weight bearing, lumbar spine is often affected and the lower lumbar vertebrae are first to show signs of structural damage.

### **5.9.3 Psoriasis**

#### **5.9.3.1 SYMPTOMATOLOGY**

The lesion is a sharply demarcated plaque with silvery scales that mask the underlying redness caused by tortuous arteries that lie close to the surface of the skin (Ledingham, Warrel and Weatherall, 1996). The skin is dry and cracking (Hunter, 2002). The scales are due to a hyperproliferation of the epidermal cells

of the skin. The cells pass up through the epidermis and do not have time to keratinize. The edges of the lesion are most active often leaving a clearing in the centre.

The parts most affected are the elbows, knees and scalp (Ledingham, Warrel and Weatherall, 1996). Psoriasis of the scalp typically shows well demarcated, easily palpable areas, but occasionally shows a diffuse, fine scaling difficult to distinguish from classical seborrhoeic dermatitis (Hunter, 2002). Often lesions are atypical in both appearance and location at the onset of psoriasis. The skin in guttate psoriasis appears to be splashed with psoriasis. This type often follows a streptococcal throat or vaccination. The lesions are scattered over the entire body and are red and slightly scaly. Nummular psoriasis is the most common form and is characterized by symmetrical disc shaped lesions that are well demarcated and chronic (Ledingham, Warrel and Weatherall, 1996). In erythrodermic psoriasis the skin is red or scaly, but most commonly red with very little scaling. Temperature regulation becomes altered with hypothermia or hyperthermia becoming a danger. Pustular psoriasis takes the form of small sterile pustules with an erythematous base. Approximately 5-10% individuals with psoriasis appear to have an inflammatory polyarthritis (Hunter, 2002).

#### 5.9.3.2 COMPARISON WITH PROVING SYMPTOMATOLOGY

On the left side of the lower back there was an itchy patch that was very dry and crusts came off under the nails when scratched (02F:05:XX:XX). This becomes so dry that it feels exposed and raw and cracked "My skin looks whitish and cracked" (02F:03:XX:XX; 07F:12:XX:XX). The skin was incredibly dry with flaking of the skin in patches on the legs (12F 05:XX:XX; 03M:05:XX:XX; 08M:03:XX:XX), arms (15F 03:XX:XX) on the dorsal aspect (06M:13:XX:XX), face (19F 04:XX:XX; 13M 05:XX:XX; 12F 05:XX:XX; 18M 10:XX:XX) and the outer corners (12F 06:XX:XX) and under the eyes (05F:13:XX:XX) and in spots

all over the body (10F:04:XX:XX). This is not dissimilar to the description a patient would give of their psoriasis.

A very red, well demarcated patch of skin under the right eyebrow was almost raw as if the top layer of skin had flaked off (19F 04:XX:XX; ). There was a well demarcated hyperaemic patch on the anterior neck (12F 09:XX:XX) this also occurred under the breasts where 6 small round, red patches (20F 19:XX:XX). These symptoms can be compared to erythrodermic psoriasis where skin is red and only slightly flaky.

An eruption of patches of little red bumps that were itchy and very dry were noted (20F 01:00:00; 09M:XX:XX:XX; 06M:01:21:88 ) above the hips (18M 14:XX:XX). Itching of the scalp (12F 07:XX:XX) with white oily flakes (10F:10:XX:XX; 15F 10:XX:XX) and increased sensitivity, “very painful when I brush over it” (12F 11:XX:XX).

Patches on the back were itchy and rough to the touch and emitted pus on scratching (02F:06:XX:XX) There were patches of tiny pustules with erythematous bases (10F:04:XX:XX; 20F 14:XX:XX; 17F 01:XX:XX; 15F 02:XX:XX; 16F 02:XX:XX; 19F 02:XX:XX; 12F 06:XX:XX; 06M:01:XX:XX) on the back (20F 11:XX:XX; 06M:01:XX:XX) and arms (18M 15:XX:XX) in the hairline (02F:01:23:30), the chest (03M:07:XX:XX; 06M:01:XX:XX; 10F:11:XX:XX). Pustular psoriasis is characterized by patches of small pustules on an erythematous base.

The soles of the feet were dry and itchy (10F:16:XX:XX) as well as the palms (12F 06:XX:XX). There was a hyperproliferation of skin on the feet with skin flaking off the toes (14F 05:XX:XX; 12F 05:XX:XX; 19F 02:XX:XX).

Thermoregulation was altered. There was a feeling of incredible heat (07F:02:54:XX; 08M:02:XX:XX; 09M:03:XX:XX) as well as a feeling of being



much colder than usual (15F 00:04:50; 02F:09:XX:XX; 03M:11:XX:XX; 07F:15:XX:XX) “I am freezing and just want to wrap myself up in warm blankets and sleep” (15F 06:XX:XX). In erythrodermic psoriasis temperature regulation is altered due to the thinning of the skin. There is a danger of hypothermia and hyperthermia.

## **5.6.4 Vitiligo**

### **5.9.4.1 SYMPTOMATOLOGY**

This is a common auto-immune disorder characterized by a destruction of the melanocytes in the skin. It has been postulated that a defect in calcium uptake of vitiligo keratinocytes cause cell death which invokes an auto-immune response leaving the affected skin completely depigmented (Ledingham, Warrel and Weatherall, 1996) In Caucasians the lesion may be surrounded by an area of hyperpigmentation or café au lait spots. Segmental vitiligo is restricted to one part of the body whereas generalized vitiligo is symmetrical and involves the hands, wrists, knees, neck as well as around the body orifices. Sensation in the depigmented patch is normal, the disease is purely cosmetic (Hunter, 2002).

### **5.9.4.2 COMPARISON WITH PROVING SYMPTOMATOLOGY**

Interestingly there were patches of hyperpigmented skin noted during the proving. These spots resembled sun spots on the hand (19F 05:XX:XX). There were patches on the legs (19F 05:XX:XX; 02F:04:XX:XX) and the neck (02F:06:XX:XX). There was no sensation to these patches. They seemed purely cosmetic.

## **5.9.5 Chronic Obstructive Pulmonary Disorders**

### **5.9.5.1 SYMPTOMATOLOGY**

The initial symptoms consist of a productive cough that usually follows a cold. The coughing attacks become more frequent over subsequent years until the cough is experienced all year round (Ledingham, Warrel and Weatherall, 1996). These patients are prone to respiratory infections, exertional breathlessness, regular morning cough and occasional chest tightness. The sputum is scanty, mucoid or tenacious and is occasionally streaked with blood, but is dependent on the infection present (Hunter, 2002).

### **5.6.5.2 COMPARISON WITH PROVING SYMPTOMATOLOGY**

Coughing fits resulted in chest pain (15F 07:XX:XX) and wrenching due to the tenacity of the mucous (15F 06:XX:XX; 07F:17:XX:XX; 17F 03:XX:XX), “balls of sticky phlegm are raised, slight salty taste and sulphuris odour” (19F 00:18:46). The fits were very intense and hindered breathing “Woke up coughing, very intense. I want to be antidoted now!” (19F 09:XX:XX). Provers were unable to control the coughing fits (07F:18:XX:XX) which had a harsh, barking nature (07F:18:XX:XX). The cough was dry (17F 03:XX:XX; 12F 07:XX:XX; 07F:16:XX:XX) and become progressively more productive (17F 03:XX:XX) followed flu like symptoms.

## **5.7 LAW OF SIMILARS**

The human body has an innate intelligence that is able to communicate its state of health. The body will resonate at a frequency that produces a symptom picture that best describes the imbalance that it is currently suffering. The physician must then take into account the entire picture being communicated by the body. If a substance in nature can be found that resonates at the same frequency as

the disease state and this is administered to the individual it will push the organism towards a position of health (Vithoulkas, 1998).

Homoeopathic remedies produce an artificial disease state similar to the disease state of the diseased individual. This artificial disease state exerts a slightly stronger force on the organism which results in an equal and opposite reaction of the organism against this artificial disease state. This equal and opposite reaction moves the organism towards cure.

The method used to establish the frequency and resulting disease state caused by the frequency in healthy individuals is provings. The substance is given to healthy individuals to ascertain its effect. The symptoms it produces in a healthy individual will be the symptoms it will cure in a diseased individual.

From the results seen in 5.6 we can verify this theory to be true.

# **CHAPTER SIX**

## **6 CONCLUSIONS AND RECOMMENDATIONS**

### **6.1 RECOMMENDATIONS**

#### **6.1.1 Further Provings of *Yam ha-Melach***

Sherr (1994) explains that a proving is only complete when the latest provings repeat the previous ones. It is thus recommended that further provings of *Yam ha-Melach* be conducted. Vithoulkas (1980) believes that a remedy cannot be considered fully proven until the proving of that substance is conducted in low (6CH or 9CH), medium (30CH) and high (200CH or 1M) potencies. It is therefore recommended that these studies should comprise not only of the 30CH potency but also with higher and lower potencies so as to elicit a full remedy picture and expand the *Materia Medica* attained through this proving. Another advantage of multiple potencies would be to note the relative sensitivities of individuals to particular potency levels.

It was noted that the majority of the provers were chiropractors and this may have contributed to the high percentage of musculoskeletal symptoms that were recorded as their sensitivities lie in this system. It would be interesting to prove this potency again with fewer chiropractic participants.

#### **6.1.2 Provings of Dead Sea Mud**

An interesting adjunct to the symptomatology of *Yam ha-Melach* would be to prove Dead Sea Mud. This product is sold internationally and is well known for its nutritive and healing properties of the skin.

### **6.1.3 Clinical Trials**

To confirm the clinical relevance of *Yam ha-Melach* in the treatment of psoriasis, vitiligo, rheumatoid arthritis and osteoarthritis it is suggested that clinical trials be performed on patients with these conditions. *Yam ha-Melach* 30CH would be administered to the patients with these conditions and the affect of the remedy would be compared to a placebo group of patients with the same condition.

### **6.1.4 Prover Population**

For the purposes of this study the researchers decided to conduct the proving in one group all starting simultaneously. This proved efficient with regards to timing. The majority of the provers were in close proximity to one another. The group dynamic thus significantly enhanced the quality of the symptoms attained and the proving as a whole. Administration was also made easier as all provers were at the same stage of the proving at all times and thus correlation of the timeline at which symptoms tended to occur was easy to follow as was the administration of contact schedules with the provers. It is further recommended that a greater number of provers be used In future provings if the substance.

The provers from the general public recorded symptoms that were incomplete and vague. Only the most tangible of symptoms were recorded. This could be due to them not being sensitive to the remedy or that they are much less aware of their state of being and thus unable to distinguish the changes that did occur. A thorough explanation was provided to each prover detailing how to record the symptoms and that everything should be recorded whether it seemed relevant or not. Special consideration was taken for those that had little knowledge of homoeopathy and the proving process.

Care should thus be taken when selecting provers with the bulk of the prover population having some knowledge of homoeopathy and a heightened sensitivity to homoeopathy and to their state of being. The general public should not be excluded however, but a thorough pre-proving orientation can not be stressed enough.

A further suggestion would be to use willing provers who were known to produce full symptom pictures in previous provings. It is suggested that the Durban University of Technology initiate a database of these sensitive provers so that they can be approached for future provings.

#### **6.1.5 Supervision of the Provers**

Van der Hulst (2002) recommended one principle supervisor, whereas Sherr (1994) recommends a close team of two. This serves to ensure the unity required during collating and editing which may be lost with more than two. The experience of this study suggests the ideal number of supervisors to be two. It enables the researcher to give each prover more individual attention as each researcher is responsible for a smaller group, while still allowing the wide range and variety of symptoms one can only attain from a larger group and retaining the unity described by Sherr. The advantage of having two different minds analyzing the symptom picture is a great advantage as the picture may otherwise be skewed due to personal bias or prejudice.

#### **6.1.6 Clinical Information**

Vithoukas (1980) believes that a remedy can only be considered completely proved once pathological symptoms have been cured by the remedy. During the course of this study many predisposing symptoms

were alleviated or cured for the duration of the proving, with some of the symptoms not returning at all. Most of these symptoms corresponded to symptoms elicited by the substance in healthy individuals. This symptomatology needs to be verified through repeated clinical use of the remedy. It is thus required for this information to be widely disseminated so as to follow the symptom path of *Yam ha-Melach*.

### **6.1.7 Contribution of Age and Gender**

A variety of age and gender provides a full remedy picture by emphasizing the effect of the substance on the different stages of life as well as highlighting symptoms that are particular to a certain age group or gender. The physiological and emotional differences that exist between age groups and genders should be considered as this affects the symptoms produced. This remedy showed a strong affiliation to the female system as well as for arthritic conditions often associated with more senior patients than we were able to recruit. Had this age group been a greater part of the proving, stronger symptoms may have been attained in those systems. It is thus suggested that the researcher recruit an even distribution of provers across the age and gender groups.

### **6.1.8 Publications**

It is important that as many homoeopaths as possible are made aware of new remedies so that their use in clinical situations can be documented and shared so as to enhance the *Materia Medica* of the remedy. It is hoped that the results of this research will be published in journals as well as on Sherr's (2006) online catalogue.

## 6.2 CONCLUSIONS

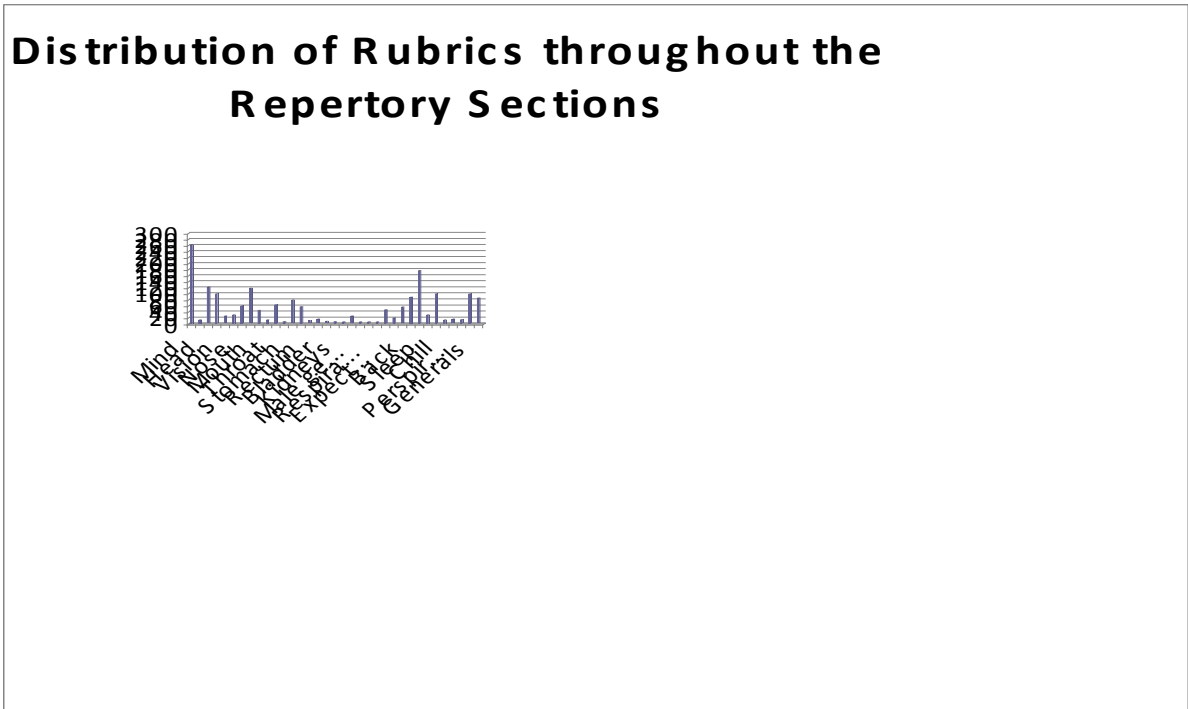
It was hypothesized that the proving of *Yam ha-Melach* 30CH would produce clearly observable signs and symptoms in healthy individuals. This was confirmed with *Yam ha-Melach* producing a wide range of prominent symptoms.

Depressive states that feel a sense of isolation and hopelessness in their current situation were observed. A feeling of spiritual dampening and an anxiety of not knowing who they are or who they want to be or where they want to go in life. A very strong symptom was one of absolute frustration. Other common symptoms included lethargy, indifference, uncontrollable crying for long periods of time and paranoia regarding their health and safety as well as the health and safety of their loved ones. Sleep was greatly affected leaving provers feeling tired and unrefreshed. Symptoms of dehydration penetrated every system. There was drying out of the skin and mucous membranes, dehydration headaches, constipation with dark stools, strong smelling and coloured urine that appeared thick. Thirst was drastically increased for water. The female reproductive system was greatly affected with provers experiencing hot flushes, hormonal headaches, breast tenderness, lower back pain, lower abdominal pain, a sensation of a live thing inside the abdomen, irregularities of the menstrual cycle and dreams of babies, infertility and artificial insemination. Skin symptoms were very marked, with rashes and patches resembling eczema and psoriasis as well as acne, pustules on erythematous bases. The skin was very dry in general and flaking and peeling of the skin was marked. Arthritic joint and muscle pains were common. Joints were swollen, inflamed, painful and stiff. Headaches were very common amongst provers. The pain was dull, diffuse, congested and foggy as well as throbbing and clamping. The temporal headaches were predominantly bitemporal radiating to the vertex and ears and “centralizing between my eyes deep in my head.” Frontal headaches tended to move across the forehead and



temples and were usually one sided. Influenza like symptoms were also experienced by many provers.

It was also hypothesized that the symptom picture generated in the proving would correlate in some form to the existing indications of clinical therapeutic use. This was verified when strong symptoms resembling those of psoriasis, vitiligo, chronic obstructive pulmonary disease and rheumatoid and osteoarthritis were prevalent.



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## APPENDIX A

# Homeopathy wants



**THIS IS YOUR CHANCE TO BE A PART OF HISTORY. TAKE PART IN OUR HOMOEOPATHIC RESEARCH AND HELP US DISCOVER A NEW REMEDY THAT WILL BENEFIT MANKIND FOR CENTURIES**

Applicants should be between the ages of 18 and 60 years and should be in general good health.

For information please contact:  
Natasha Wallace (031) 767 2895/ 083 254 8665  
Tamara Rabinowitz 083 388 8700  
Homoeopathic Day clinic (031) 373 2041

## **APPENDIX B**

### **SUITABILITY FOR INCLUSION IN THE PROVING**

*All information will be treated as **strictly confidential***

PROVER CODE:

Surname:

First names:

Sex(please circle):        M                    F

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 a general state of good health? YES / NO
  
3. Are you currently taking or in need of any medication?
  - Chemical/Allopathic YES / NO
  - Homoeopathic YES / NO
  - Other(e.g. Herbal) YES / NO
  
4. Have you been on the birth control pill or hormone replacement therapy in the last 6 months? YES / NO
  
5. Are you pregnant or nursing? YES/ NO
  
6. Have you had any recreational therapy in the last 6 months? YES / NO
  
7. Have you had any surgery in the last 6 weeks? YES / NO
  
8. Do you use any recreational drugs such as Marijuana, LSD, MDMA (ecstasy) YES / NO
  
9. Do you consume more than:
  - 2 measures of alcohol per day?  
(1 measure = 1tot, 1 beer, ½ glass of wine) YES / NO
  - 10 cigarettes per day? YES / NO
  - 3 cups of tea, coffee or herbal tea per day? YES / NO
  
10. If you are between the ages of 18 and 21 years do you have the consent from a parent or guardian to participate in this proving? NA / YES / NO



11. Are you willing to follow the proper procedures for the duration of the proving? YES / NO
12. Is English your first language or /and are you fluent in English? YES / NO

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

## **APPENDIX C**

### **Instructions to Provers:**

Dear Prover

Thank you so much for participating in this proving. Not only am I sure that this will be an exciting experience, but it will benefit you in many ways. Please follow the following instructions carefully.

#### **Before the Proving:**

Ensure that you have:

- Been given a journal
- Been allocated an unique prover code
- Been given a set of six powders
- Read and understood these instructions
- Had a case history taken and a physical examination performed
- Completed and signed informed consent form
- Attended the pre-proving meeting

Your proving supervisor (Natasha Wallace or Tamara Rabinowitz) will contact you with the date that you are required to commence the pre-proving observation period and the date that you are required to start taking the remedy. You will also agree on a daily contact time for the supervisor to contact you.

*Should there be any problems or anything that you do not fully understand, please do not hesitate to call your supervisor.*

#### **Beginning the Proving:**

After having been contacted by the supervisor and asked to commence the proving, record your symptoms daily in the diary for the week prior to taking the remedy. This will help you to get into the habit of observing and recording your symptoms, as well as bringing you into 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 again and again that the proving symptoms usually begin very subtly, often before the prover recognizes that the remedy has begun to act.**

### **Lifestyle during the Proving**

Avoid all **antidoting factors** such as **coffee, camphor** and **mints**. If you normally use these substances, please stop taking those two weeks before, and for the duration of the proving. Protect the powders you are proving as you would any other remedy by storing it in a cool, dark place, away from **strong smelling substances, chemicals, electrical equipment** and **cell phones**. A successful proving depends on your recognizing and respecting the need for moderation in the following areas: work, alcohol, exercise and diet. Try to remain within your usual framework and maintain your usual habits.

Avoid taking **medication** of any sort, 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 or anyone that may have contact 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. On completion of the proving all identifiable information will be removed and destroyed.

### **Contact with your Supervisor**

Your supervisor will telephone you to inform you to begin your 1-week observation period and then daily from the day that you begin to take the remedy. This will later decrease to 2 or 3 times a week and then to once a week, as soon as you and the supervisor agree that there is no longer a need for such close contact. This will serve to check on your progress, ensure that you are recording the best quality symptoms possible and to judge when you need to cease taking the remedy.

If you 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 start each day on a new page with the date noted at the top of each page. Also note which day of the proving it is. The day that you took the first dose is day zero.*

Write neatly on alternate lines, in order to facilitate the extraction process, which is the next stage of the proving. Try to keep the diary with you at all times. Please be as precise as possible. Note in an accurate, detailed but brief manner your symptoms in your own language.

Information about **location, sensation, modality, time** and **intensity** is particularly important:

**Location:** Try to be accurate in your anatomical descriptions. Simple clear diagrams may help here. Be attentive to which side of the body is affected.

**Sensation:** Describe the type of sensation as thoroughly as possible i.e. burning, dull, lancinating, throbbing, shooting, stitching, etc.

**Modality:** A modality describes how a symptom is affected by different situations/stimuli. Better (>), or worse (<) from weather, food, odours, dark, lying, standing, light, people, etc. Try different things out to see if they affect the symptom and record any changes.

**Time:** Note the time of onset of 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 in you.

**Aetiology:** Did anything seem to cause or set off the symptom and does it do this repeatedly?

**Concomitants:** Do any symptoms appear together or always seem to accompany each other or do some symptoms seem to alternate with each other?

On a daily basis you should run through the following checklist to ensure that you have observed and recorded all your symptoms:

<b>Mind</b>	<b>Stomach</b>	<b>Cough</b>
<b>Vertigo</b>	<b>Abdomen</b>	<b>Expectoration</b>
<b>Head</b>	<b>Rectum</b>	<b>Chest</b>
<b>Eyes</b>	<b>Stool</b>	<b>Back</b>
<b>Vision</b>	<b>Bladder</b>	<b>Extremities</b>
<b>Ears</b>	<b>Kidneys</b>	<b>Sleep</b>
<b>Hearing</b>	<b>Prostate</b>	<b>Dreams</b>
<b>Nose</b>	<b>Urethra</b>	<b>Chill</b>
<b>Face</b>	<b>Urine</b>	<b>Fever</b>
<b>Mouth</b>	<b>Male genitalia/sex</b>	<b>Perspiration</b>
<b>Teeth</b>	<b>Female genitalia/sex</b>	<b>Skin</b>
<b>Throat</b>	<b>Larynx</b>	<b>Generals</b>
<b>External throat</b>	<b>Respiration</b>	

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.

Please remember that detailed observation and concise, legible recording is crucial to the proving.

**\* Please give full descriptions of dreams, and in particular not 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.

Mental and emotional symptoms are important, and sometimes difficult to describe – please take special care in noting these.

Reports from friends and relatives can be 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.

Thank you for participating in this proving. We are sure you will find there is no better way of understanding and advancing homoeopathy.

Kind regards

Natasha Wallace and Tamara Rabinowitz

## **APPENDIX D**

### **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 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?**

By participating in this proving you may experience some indirect benefits. It is postulated that each proving undertaken strengthens the body's vital force (Hahnemann, 1997:208). Provers learn the skill of observation as well as develop greater self awareness. It will provide an excellent platform for both homoeopathy scholars and the public to learn more about homoeopathy and how it works.

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* that all homeopaths 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 potentised homoeopathic form.

Proving has 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.

There is, in addition to this, the fact that 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 60
- Must be willing and able to comply with the daily keeping of a journal in which symptoms are recorded
- Must be in a relatively good state of health
- Must be in what is considered, for yourself, to be a general state of good health
- Must be willing to follow the proper procedures for the duration of the proving
- Must be able to maintain your normal lifestyle and usual daily routine as closely as possible and have no major lifestyle changes ( 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 have been on the birth control pill or hormone replacement therapy in the previous six months
- Must not be pregnant or nursing
- Must not have had 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 20 volunteers, who will be the provers , will be randomly assigned to two groups. One group (90% of the total) will be given the proving substance and the other group (10% 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

1. 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
2. At the end of this group meeting you will be asked to arrange a time with a researcher for a 1 ½ hour consultation and physical examination. You will then be asked to sign the informed consent form
3. At the consultation you will be given a prover code, journal, medication and a starting date will be agreed on
4. On completion of the proving there will be another 1 ½ hour consultation with a researcher
5. 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 criteria that have been set to define the study.

Please be aware that **confidentiality will be maintained throughout the proving**. On completion of the 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:

Name	Home telephone	Cellular telephone	Office/ work	Homoeopathic clinic
Dr. Ingrid Couchman	-	-	(031)373 2482	(031)373 2041
Natasha Wallace	(031)767 2895	083 254 8665	(031)201 8769	(031)373 2041
Tamara Rabinowitz	(031)332 0754	083 388 8700	-	(031)373 2041

## **APPENDIX E**

### **INFORMED CONSENT FORM:**

(To be completed in duplicate by prover)

#### **TITLE OF THE RESEARCH PROJECT:**

A Homoeopathic Drug Proving of *Yam ha-Melach*, (Dead Sea water), of the 30<sup>th</sup> Centesimal Potency and a Subsequent Comparison of the Symptomatology with Existing Indications of Clinical Therapeutic use.

#### **NAME OF RESEARCH STUDENTS:**

Natasha Wallace, Tamara Rabinowitz

#### **DATE:**

#### **PLEASE CIRCLE THE APPROPRIATE ANSWER:**

1. Have you read the research information sheet?
2. Have you had the opportunity to ask questions regarding this proving?
3. Have you received satisfactory answers to your questions?
4. Have you had an opportunity to discuss this proving?
5. Who have you spoken to? \_\_\_\_\_
6. Have you received enough information about this proving?
7. Do you fully understand the implication of your involvement in this proving?
8. Do you understand that you are free to withdraw from this proving...
  - At any time?
  - Without having to give a reason for withdrawing?
  - Without affecting your future healthcare?
9. Do you agree to voluntarily participate in this proving?
10. Do you agree not to discuss any of the particulars of your treatment with any other study participants?

I, \_\_\_\_\_  
Agree to participate in the proving outlined in Appendix B, and acknowledge that I have read and that I understand the instructions in Appendix B regarding the proving.

Prover: \_\_\_\_\_ Signature: \_\_\_\_\_

Witness: \_\_\_\_\_ Signature: \_\_\_\_\_

Researcher: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Name</b>	<b>Home Phone no.</b>	<b>Cellular no.</b>	<b>Homoeopathic Clinic</b>
Dr. Ingrid Couchman	-	-	031 373 2401
Natasha Wallace	031 767 2895	083 254 8665	031 373 2041
Tamara Rabinowitz	031 332 0754	083 388 8700	031 373 2041

If you have answered “NO” to any of the above Questions, please obtain the information before signing below.

The appendix has been adapted from Webster, H. 2002. A Homoeopathic Drug Proving of Sutherlandia Frutescens. M. Tech. Hom. Dissertation, Durban University of Technology.

## **APPENDIX F**

### **CASE HISTORY SHEET**

This appendix has been adapted from Webster, H. 2002. A Homoeopathic Drug Proving of Sutherlandia Frutescens. M. Tech. Hom. Dissertation, Durban University of Technology.

#### **Prover code:**

**Name:**..... **Sex:**.....  
**Date of birth:**..... **Age:**.....  
**Marital Status:**..... **Children:**.....  
**Occupation:**.....

#### **Past medical history:**

Please list previous health problems and the approximate dates:

Do you have a history of any of the following?

Cancer		Asthma	
HIV		Pneumonia/Chronic bronchitis	
Parasitic infections		Tuberculosis	
Glandular fever		Tendency to Suppuration and Boils	
Bleeding Disorders		Edema/Swelling	
Eczema/Skin condition		Smoking	
Warts		Hemorrhoids	
Arthritic/ Rheumatic conditions		Cardiovascular disease	

#### **Previous Surgical History:**

Please list any past surgery and the approximate dates:  
(moles, adenoids, moles, warts, appendices etc.)

#### **Allergies:**

**Vaccinations:**

Any bad reaction?

No reaction?

**Any medication that you are taking:**

(Including any vitamin and mineral supplements)

**Estimate your daily consumption of:**

Alcohol:

Cigarettes:

Recreational Drugs:

**Family History:**

In your family , is there any history of ...

Cardiovascular Disease	
Cerebrovascular Disease (stroke)	
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 1-10, where 1 is the lowest and 10 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:**

**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

Discoloration

Vision

Concomitants

Modalities

**Ears:**

Otitis

Balance/ Vertigo

Tinnitus

Hearing

Concomitants

Modalities

**Nose and sinuses:**

Allergic Rhinitis

Coryza

Sneezing

Sinusitis

Post-nasal drip



Concomitants

Modalities

**Mouth, tongue and teeth:**

**Throat:**

Sore throats

Hoarseness

Tonsils – In or Out

Concomitants

Modalities

**Respiratory system:**

Chest

Cough

Sputum

Asthma

SOB

Bronchitis

Pneumonia

Concomitants

Modalities

**Cardiovascular system:**

Hyper/ hypotension

Pain/ discomfort (chest)

Palpitations

Syncope

Oedema

Phlebitis, varices, telangiectasias, anaemia, easy bruising

Concomitants

Modalities

**Digestive system(stomach, abdomen, rectum and anus):**

Nausea / Vomiting

Indigestion / heartburn

Hernia

Ulcers

Abdominal Pain

Bloating

Bowel movements

Constipation

Flatulence

Any organs particularly affected (liver, pancreas, gall bladder)

Haemorrhoids

Any GI surgery

Concomitants

Modalities

**Urinary system:**

Urinary output per day (quantity, color, and odor)

Fluid intake (what, how much, hot/cold)

Infections

Nocturia

Haematuria

Past stones

Concomitants

Modalities

**Genitalia and sexuality:**

**Male system:**

Libido

Pain

Impotence

Emissions

Prostate

Swellings

Lesions

STD's

Concomitants

Modalities

**Female system:**

Contraception

For how long

Past history of

Libido

Coital pain

Pain (other)

Bloating

Cysts

PMS

Menstrual cycle

- Interval
- No. of days
- Amount 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

**Musculoskeletal system:**

Muscle pain/ stiffness

Joints

- pain
- stiffness
- inflammation

Concomitants

Modalities

**Extremities:**

Upper:

Lower:

**Skin:**

General appearance

Eruptions

Dryness

Turgor

Concomitants

Modalities

**Hair and nails:**

**Other:**

**Mental:**

Please describe your mental and emotional state as it is at this present time

**Physical Examination:**

**Physical description:**

Hair color:

Hair texture:

Eye color:

Frame size/ build:

Complexion:

Skin texture and type:

**Vital signs:**

Blood pressure :( RHS, seated)

Pulse rate:

Respiratory rate:

Temperature:

Weight (any recent change):

Height:

**General examination:**

Capillary refill:

Cyanosis:

Anaemia:

Jaundice:

Clubbing:

Oedema:  
Lymphadenopathy:  
Dehydration:  
Dyspnoea:

**Cursory examination:**

Brief head to toe examination of all systems

- skin
- Head and neck
- Respiratory
- CVS
- Abdomen
- Extremities
  - reflexes
  - range of motion
  - muscle tone

**Any relevant findings on examination:**

**APPENDIX G:**

**UNEDITED SYMPTOM AND RUBRIC LIST**