

**A HOMOEOPATHIC DRUG PROVING OF THE
VENOM OF THE EASTERN GREEN MAMBA
(*DENDROASPIS ANGUSTICEPS*) ANALYSING
SYMPTOMATOLOGY IN RELATION TO THE
DOCTRINE OF SIGNATURES AND
TOXICOLOGICAL DATA**

Sharad Hansjee

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DATA**

by

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Submitted in fulfilment of the Masters Degree in Homoeopathy

In the

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This study represents original work by the author and has not been submitted in any form to another University. Where use was made of the work of others, it has been duly acknowledged in the text.

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DEDICATION

This dissertation is an offering at the feet of my Master Sri Ramakrishna, Sri Sarada Devi and Swami Vivekananda. Master, Mother and Swamiji your divine blessings and hands of love are upon me eternally....

This research study is also a dedication to the Master and Founder of Homoeopathy, Samuel Hahnemann.

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ABSTRACT

Introduction

Provings are an essential element in the development of the homoeopathic medicine knowledge base and scope of practice. There are many South African indigenous plants and animals that can play a role in homoeopathy but need to be proved first. Several indigenous snake venoms have already been proved as homoeopathic remedies, so the proving of *Dendroaspis angusticeps* venom expands this particular knowledge base.

Aim

The aim of this study was to determine the effect of a homoeopathic dose of the venom of the *Dendroaspis angusticeps* on healthy individuals in order to elicit and document the resulting mental and physical symptomatology, so that it may be prescribed to those that require it based on the Law of Similars. The other aims of this study were to compare the proving symptoms of *Dendroaspis angusticeps* 30CH to the toxicology of Eastern Green Mamba venom and to analyze the remedy picture in relation to the doctrine of signatures.

The thirtieth centesimal potency of the remedy was hypothesised to produce clearly observable signs and symptoms in provers (healthy volunteers).

The symptoms obtained from the proving were also compared to the doctrine of signature analysis of *Dendroaspis angusticeps* to help clarify the nature of this snake and to expand the remedy picture of the substance and facilitate our understanding of the remedy in light of the toxicology of the venom and the doctrine of signatures.

Methodology

The homoeopathic proving of *Dendroaspis angusticeps* 30CH was carried out as a randomised, double blind, placebo-controlled trial. The proving population consisted of 30 provers. Twenty four of the provers were in the experimental group and they received the potentised snake venom. Six provers were in the control group and they received the placebo. As this was a double blind, placebo-controlled trial, neither the individuals taking part in the study nor the researcher had any knowledge of who received placebo or the active remedy. Provers were also unaware of the substance being proven or the potency in which it was prepared.

Results

Provers recorded their symptoms in a journal over a period of 5 weeks and were monitored regularly by the researcher. At the completion of the proving period, the researcher collected all the recorded data and each journal was assessed by the researcher to determine the suitability of the recorded symptoms. The symptoms were then translated into the language of the materia medica and the repertory and a remedy picture was formulated. Thereafter a comparison was made to the nature of the snake by means of the doctrine of signatures and the toxicology of the venom as an attempt to broaden the repertoire of our knowledge of the action of the remedy.

Provers experienced a wide range of symptoms particularly on the mental and emotional spheres including feelings of powerful assertion and confidence; cheerful and excited energy; spiritual and prayerful feelings; seductive, sensual and extravagant mannerisms; desire to dance and heightened energy; clairvoyant natures and desires to be in nature as well as pronounced irritability, anger and sadness. Other symptoms included desire to be alone and withdrawn feelings; quarrelsome natures; desire to kill; deceitful ways; intolerance to injustice; poor concentration; thoughts of the

past; confusion and antagonism of the will and anxious thoughts. Delusions, fears and thoughts of death also manifested in provers. There was a marked polarity of symptoms as:

- Anger, rage, irritability vs calmness / spirituality;
- Sadness / depression vs cheerfulness / joy;
- Poor concentration / forgetful vs mental power / mental clarity;
- Alone / withdrawn vs desire to be touched, caressed; and
- Prostration, exhaustion vs energetic.

On the physical sphere there were marked symptoms produced in the head area with a wide range of headaches. Eye symptoms were also vast in the inflammation, heaviness and ptosis of the eyes. Throat symptoms manifested as pharyngitis and sore throat. Toxicological symptoms included vertigo, ptosis, pain in different areas, inflammation, vomiting, blurred vision, slurred speech, difficulty breathing and difficult swallowing. Back pain and lower back pain were also key symptoms. Sleep difficulties and sleepiness were experienced by provers.

Dream symptoms were the most prevalent in this proving. Dreams were repetitive in provers in the dreams of changing places and being in many places and unfamiliar places. There were marked dreams of sexuality, death, spirituality, friendships, colours, snakes, weddings, fighting and killings and past recollections.

Conclusion

Dendroaspis angusticeps 30CH thus did produce clearly observable signs and symptoms in healthy volunteers as hypothesised. The correlation of the proving symptoms to the toxicology of the venom and the doctrine of signatures also illustrated the themes of this remedy and aided in development of the remedy picture for this new addition to the knowledge

base of indigenous South African substances and their homoeopathic application.

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DEFINITION OF TERMS

PROVING

A translation of the German “Prüfung”, meaning to test or assay (Gaier, 1991:390). The systematic procedure of testing substances on healthy human beings in order to elucidate the symptoms reflecting the action of the substance (Vithoulkas, 1998:96). The process of determining the medicinal or curative properties of a substance (Yasgur, 1997:201).

PROVERS

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

DOCTRINE OF SIGNATURES

A doctrine which attributes therapeutic properties to plants on the basis of some correspondence between their characteristics (e.g. form, colour) and the characteristics of the disease or the afflicted organ (Swayne, 2000:192). First proposed in the middle ages, stating that external characteristics of a substance serve to indicate possible therapeutic effects (Yasgur, 1997:70). Paracelsus refer to the idea that plants with shapes resembling human organs or substances should be regarded as healing agents for those body parts (Pujol, 1990:24).

PLACEBO

An inactive agent used for comparison with the substances or method to be tested in a controlled trial, and indistinguishable from it (Swayne, 2000:162). For the purpose of this study, placebo took the form of lactose pillules impregnated with Saccharum Lactis 30CH by method of triple impregnation, according to Method 10 of the German Homeopathic Pharmacopoeia (GHP).

PHARMACOPOEIA

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

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, 1991:432).

POTENTISATION

A multi-step process developed by Dr. Samuel Hahnemann by which the medicinal power (potency) of a homeopathic remedy is released or increased, involving serial dilution with succession or using trituration of fluxion (Swayne, 2000:168).

SUCCESSION (DYNAMISATION)

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

THIRTIETH CENTESIMAL POTENCY (30CH)

The thirtieth step of serial deconcentration on a 1 in 100 scale, with succession at each step, having an effective deconcentration of 1×10^{-60} (Kerschbaumer, 2004).

LAW OF SIMILARS

The fundamental principle of homeopathy, which states the substances may be used to treat disorders whose manifestations are similar to those that the same substance will induce in a healthy subject. The law of similars is also

expressed as “ *Similia Similibus Curentur*” (let like be cured by like) (Yasgur, 1997:234).

MATERIA MEDICA

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

MIASM

The term comes from the Greek, meaning “pollution” or “taint”. An unknown cause of disease that pollutes the whole system so as to produce a permanent disease state (de Schepper, 2001:355).

CHAPTER ONE

OVERVIEW

1.1 INTRODUCTION

Presently, there are literally hundreds of homoeopathic remedies derived from minerals, plants, animals, healthy and diseased tissues whose characteristics have been described through carefully conducted provings and thousands more which have been partially proven. Nevertheless, as homoeopathy advances it is important to perform provings on new remedies so that the therapeutic range can be further expanded (Vithoukias, 1998:143).

In homoeopathic provings, a vast amount of information is obtained from the proving of the remedy and its effects, not only on all the tissues, organs and functions of the body, but also on the mind and the emotions (de Schepper, 2001:33).

De Schepper (2001:26) explains that the foundation of homoeopathy is “like cures like” which states the principle that a substance which produces certain symptoms in healthy persons can cure the same symptoms in sick persons.

Provings form an essential part of homoeopathy. Even though remedies proven hundreds of years ago are still imperative in the treatment of disease, it is anticipated that as new diseases and stress factors influence the society of today there may be a need for an increased repertoire of homoeopathic remedies. Thus increasing the remedies that are available in the armamentarium of the practising homoeopath facilitates a greater precision and individualisation when treating patients (Wright, 1999).

In a case where the simillimum has not yet been proven, we will be forced to prescribe less accurately, as Hahnemann states in Aphorism 162: “*Because there are still only a moderate number of medicines which are exactly known as to their true, pure action, it sometimes happens that only a portion of the symptoms of the disease to be cured are met within the set of symptoms of the still best fitting medicine. Consequently, this imperfect medicinal disease potency must be employed for lack of a more perfect one*” (O’Reilly, 1996:173).

It is only by proving a considerable number of simple medicines on healthy individuals, and carefully and faithfully recording all the disease elements and symptoms that each medicine is capable of engendering, that we can have a true materia medica. A true materia medica is a collection of the genuine, pure, unmistakable modes of action of simple medicinal substances (O’Reilly, 1996:161).

South Africa has a rich array of indigenous fauna and flora which has a vast healing potential. According to Sherr (1994:49) a useful remedy should be a local one within close geographical proximity to the patient as nature will always provide an accessible cure. He further states that drugs should be proved as new remedies and it is imperative to have a major representative of every family in each kingdom thus resulting in making homoeopathy a near perfect science.

A number of Southern African snake venoms have in recent years been proven: *Bitis arietans arietans* (Puff adder) by Wright (1999); *Bitis Gabonica Gabonica* by Thomson (2004); *Naja mossambica* (Mozambican spitting cobra) by Taylor (2004) and *Hemachatus haemachatus* (Rinkhal) by De la Rouvière (2008). Although there are snake remedies that were proven there are still numerous unproven indigenous South African snake species. The subject of this dissertation, Eastern Green Mamba (*Dendroaspis*

angusticeps), which is indigenous to the east coast of Southern Africa, is one such venomous arboreal snake.

Comparing the symptoms elucidated from the homoeopathic proving of *Dendroaspis angusticeps* with the toxicological symptom picture will contribute to the clarification of the action of the remedy, as the toxicology of many proven substances have been vital in the understanding of their gross physical pathologies. Due to the *Dendroaspis angusticeps* displaying many characteristic features it is relevant to include an analysis of its possible correlation to the doctrine of signatures. According to Goel (2002:465) the doctrine of signatures infers the nature of the action of the substance from its physical appearance and properties.

1.1.1 Objectives of the study

The first objective of this study was to conduct a homoeopathic drug proving as a double-blind placebo controlled study to determine the effects of *Dendroaspis angusticeps* 30CH on healthy individuals in order for it to be able to be prescribed homoeopathically according to the law of similars. The symptom complex was accessed and a correlation made between the symptoms produced and the characteristics of *Dendroaspis angusticeps*.

The second objective of this study was a comparison to its doctrine of signature thus widening the therapeutic spectrum of the substance.

The third objective was an evaluation of the verum of *Dendroaspis angusticeps* 30CH and its correlation to the toxicological action of the venom of *Dendroaspis angusticeps*.

1.2 THE HYPOTHESES

1. The first hypothesis was that *Dendroaspis angusticeps* 30CH would produce clearly observable signs and symptoms in healthy provers.
2. The second hypothesis was that the proving of *Dendroaspis angusticeps* 30CH would broaden the symptom picture and range of usefulness of the remedy by correlating the symptoms produced with the doctrine of signatures.
3. The third hypothesis was that the verum of *Dendroaspis angusticeps* 30CH would have a correlation to the toxicology of the venom of the snake.

1.3 THE DELIMITATIONS

This study did not:

- Attempt to explain the mechanism of action of the homeopathic preparation in the production of symptoms in healthy individuals;
- Determine the effects of potencies of the venom other than the thirtieth centesimal.

1.4 THE ASSUMPTIONS

- The preparation of *Dendroaspis angusticeps* 30CH was prepared in accordance with methods prescribed in the German Homeopathic Pharmacopoeia (GHP) (1991).
- The venom was correctly extracted, freeze-dried and transported.
- The provers took the remedy in the dosage, frequency and manner required as outlined in the proving protocol.

- The provers conscientiously, accurately and honestly recorded all symptoms observed.
- The provers did not deviate from their normal lifestyle or dietary habits in a significant manner immediately prior to or for the duration of the proving.
- The randomisation code sheet was adhered to when the verum and placebo was allocated to the provers.
- The provers had complied with proving methodology as outlined in Appendix D, *Instructions to Provers*.

CHAPTER TWO

REVIEW OF THE RELATED LITERATURE

2.1 PROVINGS

2.1.1 Introduction

Homoeopathy is based on the law of similars. All natural substances from the three kingdoms i.e. the mineral, plant and animal as well as various other sources such as diseased or healthy tissue, imponderables etc. are potential sources of healing. To be available for use in homoeopathy, each of these substances should be tested for the symptoms it produces in healthy individuals, in a process called “proving” (Hubbard, 2004:53).

Experimentation with homoeopathically diluted substances in healthy human beings to ascertain their pathogenetic, disease curing, properties is peculiar and unique to the art and science of homoeopathy. These pathogenetic recordings form the foundation and basis of homoeopathic materia medica and the selection of the homoeopathic simillimum. Every homoeopathic prescription is based on a comparison between the portrait of the disease and the drug picture obtained through the drug provings. Homoeopathic drug provings thus provide data on which drug pictures are based (Goel, 2002:362).

The homeopathic term proving comes from the German word *prüfung*, which is the term Samuel Hahnemann used to describe these experiments. *Prüfung* translated into English is defined as examination or test (Dantas, 1996:230).

The homoeopathic drug proving is defined as a unique technique of ascertaining the pathogenetic power of a medicine on a healthy human being. In this a drug is prescribed for days/weeks until it manifests its symptomatology which is very peculiar to the substance being proved (Chauhan, 2007).

In his article *Provings: the method and its future*, Walach (1994:130) states that there is little scientific work done on homoeopathic drug provings and that there is no standard for provings within the homoeopathic community. He recommends work be done to prove new remedies and to repeat unreliable provings to make the materia medica more complete.

A further rationale for continued investigation into new homoeopathic remedies is that there were many provings during the Hahnemannian period, but not many since. Most of the remedies found in the materia medica were proved in Hahnemann's time and were relevant for that period. Since then there have been many wars, radiation, pollutions, hormones and additives to foods. Homeopathy is thus obligated to prove new substances and help find cures for patients in present times (International Council for Classical Homoeopathy, 1999).

These homeopathic medicines, which cause disease or health, must be thoroughly and carefully researched. They must be tested by accurate experiments on a healthy body to determine their real effects thus to attain an accurate knowledge of them and to enable us to avoid any error in their employment to treat a disease. It is only by the accurate selection of a homeopathic remedy that the health of a body and of the mind, can be rapidly and permanently restored (O'Reilly, 1997).

There is a diverse species of snakes indigenous to the coast of Africa of which *Bitis Arietans Arietans*, *Bitis Gabonica Gabonica* and *Naja Mossambica*, and *Hemachatus haemachatus* have been proved by research

students in the Department of Homoeopathy at the Durban University of Technology. Based on the desire to promote indigenous substances, Eastern Green Mamba (*Dendroaspis angusticeps*) was chosen. This new snake remedy will prove to be a valuable addition to the materia medica of snake remedies.

2.1.2 Historical perspectives

The first physician to conduct homoeopathic provings was Samuel Hahnemann who administered to himself a crude dose of the substance *Cinchona officinalis* (quinine). This drug was being used at the time as a prophylaxis and for the treatment for malaria. He tested the drug on himself after translating Cullen's 'A treatise on materia medica'. He thus postulated the concept of like curing like and tested a number of substances on himself thereby gathering a vast knowledge based on these substances. He compiled the materia medica using the information gained through provings, toxicological information and clinical reports based on the substance (O'Reilly, 1997).

Many drugs thereafter were tested by Hahnemann on himself and his associates, all with the result that each drug of recognised specific power excited a spurious disease resembling that for which it was considered specific. He verified his discoveries and observations by exploring volumes of recorded experiments on materia medica and history of poisonings. This led Hahnemann to a six year study of different drugs, the results of which were published in his work *Fragmenta de Viribus Medicamentorum Positivis sive in sano copore humano observatis* in 1805 (Goel, 2002:348). His later work, *The Chronic Diseases* of 1829, contains 48 drugs, 60,4 percent of them new (Morrel, 2006). It is thus apparent that Hahnemann was constantly expanding the homeopathic materia medica by conducting provings.

The concept of testing medicinal substances on healthy people can be traced back to the era of Galen (b:129AD) who required that trials of new drug substances be conducted on the sick and the healthy. One of the methods in which Paracelcus (b:1493) determined the therapeutic properties of substances was by the observation of the effects of a poisonous substance when ingested by healthy individuals. Thus Hahnemann as the founder of homoeopathic medicine gained valuable inspiration from these researchers (Wright, 1999).

2.1.3 Modern developments

Vithoukas (1998:143) states that as homoeopathy continues to advance, it is necessary to perform provings on new remedies so that the therapeutic armamentarium can be further expanded. For this purpose, it is necessary to have clearly defined standards for the actual methods of performing an accurate and complete proving.

Contemporary provings based on Hahnemann's original design are being introduced. David Riley and Jeremy Sherr are conducting provings based on the Hahnemannian method and are consistent with application and intent of their provings (Kreisberg, 2000:61).

Sherr published *The dynamics and methodologies of homoeopathic provings*, in 1994, in which he provides a basic and practical outline for conducting comprehensive provings. This was the first book dedicated solely to proving methodologies and was pivotal in the revival of homeopathic provings (Herscu, 2002).

In modern times, the work of Sherr has set a template for practical rigor in the way provings are conducted. A brief outline of this modern classical method is as follows. There is a proving master, supervisor and participants. The proving master decides on the substance, known only to him/her. Before the

proving, the supervisors take the case of each of the participants under their management. The participants then take the actual remedy, in a range of potencies and some placebo spread amongst the provers, until symptoms are produced. The proving begins at the same time on the same day as much as possible, amongst all provers wherever they are. The participants and supervisors record their symptoms during the specific period, noting the day, time and whether it is an old, new or cured symptom. At the close of the proving, the entire group rejoins and the symptoms are gathered into a whole, rubrics are prepared, and a picture or essence of the substance is elucidated (Shore, 2004:168).

Sherr (1994) describes two opposing extremes in the types of provings conducted in modern times. The first is the highly organised, accurate and thorough proving on a large number of people, the purpose of which is to unfold the information of a new remedy in its totality, including the mental, physical and emotional signs and symptoms. This type of proving follows Hahnemann's original framework as well as his protocols with regards to its application and intention (Kreisberg, 2000). The second type is known as the partial or informal proving within which a direct and personal experience is obtained from the proving remedy. These provings are done on oneself or conducted in smaller groups (Sherr, 1994).

Wright was the first to conduct a proving at Technikon Natal, the current Durban University of Technology. He proved *Bitis arietans arietans* and with this proving he paved the way for many future provings (Louw, 2002:10).

The aim of this study is to contribute to the South African collection of snake remedies, to introduce a materia medica and remedy that is distinctive to our country and its people. This remedy will create an awareness of the healing potential of our natural heritage and its potential therapeutic effects.

2.1.4 Types of provings

There are various forms of contemporary provings. What follows is a review a few of the more prevalent contemporary provings as well as to illustrate the developments in modern provings.

2.1.4.1 Dream provings

The dream proving is defined as a systematic procedure which entails getting in touch with the dynamic influence of the remedy and focussing on and observing the remedy's influence on the vital force, in the form of symptoms, with dreams being the important focus (Dam, 1998). These provings focus upon eliciting the unconscious play of dreams. The notion 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 a means of access to deeper aspects of the remedy picture. Although the focus is on dreams, other symptoms are not excluded (Kreisberg, 2000). Brilliant (1998:113) is of the view that dreams are feelings and to interpret them can be treacherous. There are limitations to dream provings related to whether the dream is part of the picture or all of the picture of the substance that is being experienced (Pillay, 2002).

2.1.4.2 Meditation provings

These provings establish a meditation group that meet together to meditate a few times before a proving. The idea is that the group meets together to form a single consciousness. The meditative state makes the prover group more attuned to their individual selves and thus able to pick up variances in the mental, emotional and physical states. The substance can be ingested or be in close proximity to the meditation group (Herscu, 2002).

Scholten (2007) was cautious in using the data gained from meditative provings unless they were verified in clinical cases. The lack of a scientific basis in the data was noted as recordings are provers imaginations and manifestations on their meditation and on this basis he discarded them.

2.1.4.3 Seminar provings

In this proving, the remedy is administered to a group of people a few days prior to or during attendance at a seminar. The effects of the dose is then discussed during the seminar. The proving thus reveals the unconscious level of the remedy and its symptomatology on the mental, emotional and dream levels which are then discussed (Herscu, 2002).

2.1.4.4 C4 trituration provings

The C4 trituration provings are carried out in groups during a trituration process where the trituration is carried out by hand. Provers grinding the proving substance experience the symptoms of the remedy although the identity of the substance is kept hidden (Hogeland and Schriebman, 2008). A recent C4 trituration proving of the *Protea cynaroides* by Botha (2010) was conducted at the Durban University of Technology. Botha (2010) gathered clear and verified data in this trituration proving so as to evaluate the effectiveness of the methodologies employed during the trituration.

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

2.1.5 Randomised controlled trials (RCT) and provings

Wieland (1997) asserts that Hahnemann's provings have demonstrated reliable results as tested by the clinical application of these remedies, although his protocols can be regarded as unreliable according to the

modern standard measures of clinical trials. He argues further that the purpose of RCT is to demonstrate the efficacy and safety of a drug compared to placebo in terms of statistical significance. The key components of a RCT is the double blinding, placebo control and crossover technique (Dantas, 1996).

Dantas (1996:232) explains the importance of placebo control in the perspective of provings as the only means to effectively assess the effects of the test substance specifically. He further recommends that the placebo control material undergoes the same manufacturing process only without adding the active ingredient. He suggests that this is the only way that probable pathogenetic effects can be properly associated with the presence of the original substance in the preparation. Placebo control is accomplished by administering a dose of the placebo which is identical to the verum, in both gustatory and visual sense, to a percentage of the placebo group thus to accurately evaluate which symptoms are produced due to the verum or the placebo.

Sherr (1994:37) believes that the placebo has three major benefits:

1. It distinguishes the pharmacodynamic effects of a drug from the psychological effects of the drug itself.
2. It distinguishes the drug effects from the fluctuations in disease that occur with time and other external factors.
3. It avoids 'false negative' conclusions i.e. the use of placebo tests the efficacy of the trial itself.

Vithoulikas (1998) states that the double blinding or masking technique ensures that the codes identifying the verum and placebo groups remain hidden from both the researcher and the provers.

Sherr (1994) makes a comparison of homoeopathic provings to the first phase of clinical drug trials. The first phase is where new drugs are

experimented upon healthy volunteers to examine the pharmacodynamics, pharmacokinetics, tolerance, efficacy and safety. Homoeopathic drug provings can thus be conducted as they conform to the biomedical model by incorporating placebo control, double blinding and crossover.

The homoeopathic proving of *Dendroaspis angusticeps* 30CH was carried out as a randomised, double blind, placebo-controlled trial on a proving population of 30 healthy volunteers. Twenty four of the provers were in the experimental group and they received the potentised snake venom. Six provers were in the control group and they received the placebo.

2.1.6 Proving methodology

Samuel Hahnemann was ahead of his time in many of the opinions he stated and the methodologies he used. He relied solely on drug trials to determine the actual application of a drug. He advocated hygiene and healthy lifestyle and the quarantining of infectious patients. He insisted on provers not consuming anything that may interfere with the proving results e.g. alcohol, tea, coffee, salty or spicy foods (Lockie and Geddes, 1995).

Many homoeopathic physicians have adhered to Hahnemann's methodologies with the aim of producing reliable provings with clear, untainted symptom pictures. Dr Constantine Hering (1800-1880) and Dr James Tyler Kent (1849-1916) were two American homoeopaths who continued Hahnemann's work in proving remedies and introduced new concepts and practices of homoeopathy (Lockie and Geddes, 1995).

Hahnemann in the *Organon of Medicine* presents basic guidelines for ascertaining the medical actions of a substance. These are listed below:

- The medicinal substance must be known for its purity;
- Provers should take no medicinal substances during the proving;

- The provers diet must be simple, nutritious and non-stimulating;
- Provers must be reliable, conscientious, able to clearly and accurately record their symptoms while being in a relatively good state of health;
- Provers must be both male and female;
- The proving substance should be in the 30th centesimal potency;
- All symptoms need to be qualified in terms of the character, location and modalities;
- To prove a 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; and
- Provers should be interviewed daily by the supervising physician.

Many authors have considered that since the Hahnemannian era, provings have deteriorated in quality and methodology (Sherr, 1994; Vithoukas, 1998; Walach, 1994). Sherr believes that provings carried out in the 20th century have lacked the refinement of earlier provings. As a result he asserts that there are few refined provings, the rest of the materia medica containing partial provings or toxicological reports (Sherr, 1994:9).

There has been great debate about the best protocols to be used for provings today. The growth in interest in provings and the need to present a consistent front to a sceptical scientific world has led to attempts to develop general guidelines and minimum standards for drug proving protocols, such as the efforts by the Drug Proving Group of the European Committee for Homoeopathy at five symposia since 1992 (Wieland, 1997:231). The aim is to produce a scientific standard for good homoeopathic drug provings (Wieland, 1997:231).

De Schepper (2001) expounds the importance of conducting reliable provings. He also employs the basic protocols as laid out by Hahnemann, but he further details the essentiality of prover selection, potency, substance and the duration of the provings.

In 1994, Jeremy Sherr published the 1stnd edition of his book entitled *The dynamics and methodology of provings*. This book covers every topic that is relevant to a good proving protocol. Herein is found clear and detailed guidelines to conduct a proving.

The International Council of Classical Homoeopathy (ICCH) (1999:35) also recommends Sherr's proving methodology to perform a thorough and reliable Hahnemannian proving.

The ICCH (1999:16) further expounds that the aim of the homoeopathic drug proving is to elicit, observe and document proving symptoms which are essential for the prescription of a homoeopathic remedy according to the law of similars. The drug proving thus serves to broaden knowledge about insufficiently proved remedies and introduce new remedies to the materia medica.

According to the ICCH the aim of the homoeopathic drug proving is to gain knowledge about the innate character of a drug thus obtaining a remedy picture which is of good quality. The symptoms are then collated and communicated to the homeopathic community so that they can be clinically verified. This means that a symptom which has occurred in a drug proving can now, if occurring in a sick patient, be alleviated by the proved remedy, which produced the proving symptom after the administration of it.

Vithoukias (1998:97) mentions that during a proving, one introduces into the organism a substance that is sufficiently high in concentration that disturbs

the organism and mobilises its defence mechanism. The defence mechanism then produces a spectrum of symptoms on all three levels of the organism i.e. mental, emotional and physical. The symptoms thus produced characterise the unique nature of the substance. In order for a drug to be fully proved it should first be tried on healthy persons in toxic, hypotoxic, and highly diluted and in potentised doses. The symptoms produced from the drug are recorded on all three levels.

The proving methodology for this proving was adapted from the proving methodology of Sherr (1994).

2.1.7 Toxicology

While not official provings per se, toxicological information has always been included in the materia medica. New chemicals and drugs are producing new remedy pictures, with symptoms on the gross material plane as well as on the subtler mental/emotional one. Records of poisonings with arsenic and strychnine, or observations of those under alcohol and other drugs, have contributed much to the clinical picture of these remedies. Shore (2004:167) is of the view that that each level of materiality contributes information that goes to make up the totality of the image of the remedy.

A wealth of information is found from the study of the toxicology of substances used as homoeopathic remedies. For instance, precise records of the effects of a poisonous snakebite gives picture of the possible action of a homoeopathic version of that substance. A poisoning may be seen as a 'crude proving' and may be regarded as invaluable based on the homoeopathic law of similars (Taylor, 2004:21).

Hahnemann believed that the noxious and poisonous character of these substances were distinct revelations of the power of these drugs to extinguish curatively similar symptoms occurring in natural diseases, that

their pathogenetic phenomena were imitations of their homoeopathic curative action (O'Reilly, 1996).

Venoms are at least 90 percent protein (by dry weight), and most proteins found in venoms are enzymes, of which proteolytic enzymes, phospholipases and hyaluronidases are the most common types. Proteolytic enzymes catalyse the breakdown of tissue proteins, dissolving cells and tissue at the bite site and cause local pain and swelling. Phospholipases may be mildly toxic or highly destructive of musculature and nerves and the hyaluronidases dissolve intercellular materials and hasten the spread of the venom through the prey's tissue (Taylor 2004:21-22).

2.1.8 Doctrine of signatures

The doctrine of signatures has been used in the past to postulate the effects a remedy will have and the systems it will have an affinity for. The Swiss physician Paracelsus von Hohenheim first had the notion that a plant's external nature gave an indication of the ailments it could cure, a theory which became known as the doctrine of signatures. For example, *Chelidonium majus* was used to treat the liver and the gallbladder as the yellow juice of the plant resembled bile (Lockie and Geddes, 1995:11).

According to Goel (2002:465) the doctrine of signatures infers the nature of the actions of the substance from its physical appearance and properties, i.e. its form and colour. There are various applications of the doctrine of signatures to plants and fungi, e.g. the testicle shaped Orchis root to restore manly vigour; yellow turmeric powder to treat jaundice; the red juice of crushed *Hypericum perforatum* flowers for treatment of wounds and haemorrhages.

The doctrine of signatures may assist in revealing the intrinsic nature of a substance and thus facilitate the accurate prescribing of the remedy. It may

also highlight many themes in the remedy and explain relating symptoms (Taylor, 2004:23).

2.2 SNAKE BIOLOGY AND BEHAVIOUR

2.2.1 Evolution

Snakes are related to other reptiles and are thought to have evolved from lizard ancestors and are closely related to lizards. The first snakes appeared about 100-150 million years ago along the southern continents (Marais, 2004).

2.2.2 Snake biology

Snakes are characterised by their highly adapted skulls. The lower jaws are not fused in the front. The upper jaws are delicate and loose and this anatomical structure allows snakes to feed on large prey species (Marais, 2004).

2.2.3 Vision

Snakes use their vision as a detecting movement to view their prey and carefully move along their pathways. Snakes will not strike at stationery objects unless it is their prey. Most snakes have monocular vision. Their eyelids are not movable as they have a fixed transparent shield which is shed during their sloughing process (Marais, 2004).

2.2.4 Hearing

Snakes lack hearing structures and cannot hear airborne sounds. They possess an auditory nerve and are able to hear sounds through dense mediums. They are sensitive to vibrations and through this vibration of energy they detect animals, people or prey that approach them (Marais, 2004).

2.2.5 Smell

Snakes have a forked tongue that is used to “smell”. The tongue has a flickering movement so as to pick up particles from the air. Their tongue can also pick up scent trails and thus locate their prey (Marais, 2004).

2.2.6 Sloughing / shedding

Adult snakes can shed their outer skin layer up to four times a year. The entire skin from the tip of the snout to the tail is shed. Before shedding the eyes become transparent and the snake goes into hibernation as its vision is restricted. The whole skin is shed in one piece. Prior to the shedding process the snake will bask in areas with high temperatures to speed up the formation of new skin (Marais, 2004).

2.2.7 Snake behaviours

Snakes mate in early spring and the male follows the scent that is left behind by the female. Upon finding her, the male inspects the female with the flickering tongue and will twist the base of his tail beneath hers to copulate. Males have two penises which are referred to as hemipenes (Marais, 2004).

Snakes are referred to as ectothermic which is cold blooded. Thus they depend on the external environment to supply warmth to their body temperature. In cold conditions snakes go into hibernation and during this time live off their accumulated fats and display reduced activity (Marais, 2004).

Snakes have 4 types of movement namely serpentine, caterpillar like, concertina type progression and sidewinding. Snakes don't chase people and a humans can easily outrun a snakes (Marais, 2004).

2.2.8 Symbology and cultural reference

According to the Wikipedia Encyclopaedia (2010) the following are symbolisms of snake representations in different cultures:

- In Hindu mythology the snake or serpent is referred to as "Naga" and is associated with the Hindu deities Vishnu and Shiva as Vishnu lies on a coiled snake and Shiva has green snakes coiled around his neck.
- In African mythology the snake is looked upon as the incarnation of deceased relatives.
- In Christianity the snake is connected with the Garden of Eden and Satan and as a result the snake lost its earlier association with wisdom and healing, instead becoming noted as a symbol of evil.

2.3 THE PROVING SUSTANCE: – *DENDROASPIS ANGUSTICEPS*

2.3.1 Classification

- Kingdom: Animalia
- Class: Reptilia
- Family: Elapidae
- Genus: Dendroaspis
- Species: Angusticeps

Common names: Eastern Green Mamba, Green Mamba, Groenmaamba (Afrikaans), Imamba eluhlaza (Zulu), Imamba (Xhosa). Visual images of the *Dendroaspis angusticeps* appear in Plates 1-5.



Plate 1: Frontal view of *Dendroaspis angusticeps*

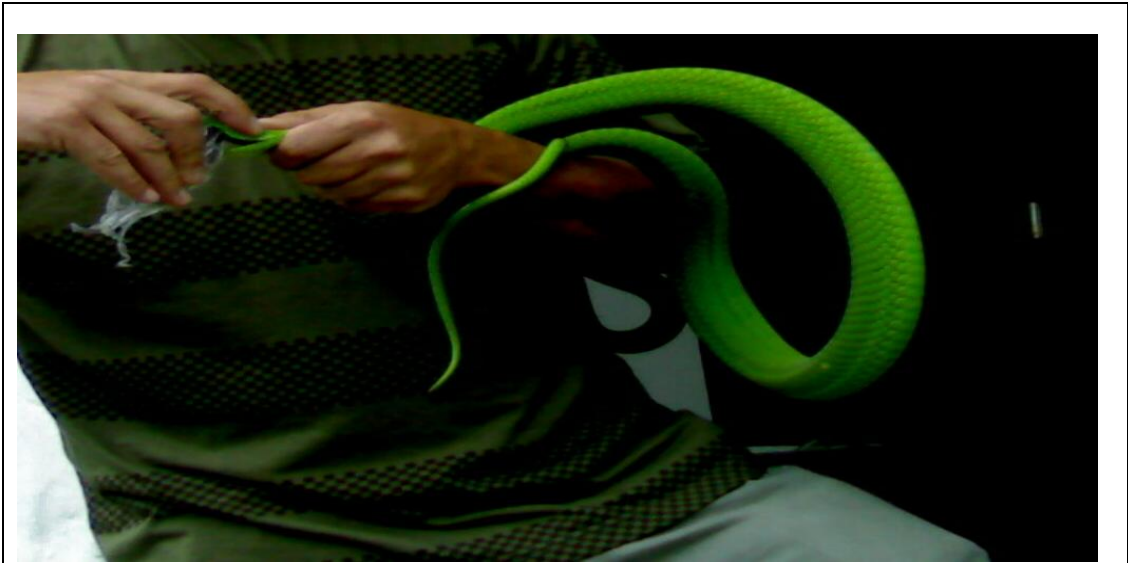


Plate 2: Milking of *Dendroaspis angusticeps* – lateral view



Plate 3: Lateral view of *Dendroaspis angusticeps*



Plate 4: Milking of *Dendroaspis angusticeps*



Plate 5: Head of *Dendroaspis angusticeps*

2.3.2 Description

2.3.2.1 Appearance

Dendroaspis angusticeps have two enlarged venom fangs fixed to the front of the mouth. They have solid teeth in both jaws. *Dendroaspis angusticeps* are the smallest of the species reaching an average of 1.5 metres in length. Glossy green in colour with a lighter bright greenish-yellow belly. *Dendroaspis angusticeps* are thin, elegant snakes with a very distinctive head and long thin tail. They have small eyes, smooth scales and a long

rectangular head. They are often confused with the Boomslang (*Dispholidus typus*) (Déjà vu, 2008). Like their name, *Dendroaspis angusticeps* are a lovely grass green colour, but yellow when born (Zijlma, 2010).

The *Dendroaspis angusticeps* snake is known to be the smallest member of the mamba family. An adult may have an average length of 180 cm. However, there have been a few specimens up to 370 cm long. A male tends to have a larger size than that of a female. The appearance of the snake, as it has been named, is a glossy grass-green colour with a light bright green coloured belly. It has a slender build, with a distinct head and a long and thin tail (Singha, 2010).

Dendroaspis angusticeps are the smallest species of the mamba family. The average length of an adult is mostly 180 cm, but specimens from 250 cm are known too. Males tend to be bigger than females. Adult *Dendroaspis angusticeps* are emerald green from above with sometimes a few scattered blue or yellow scales. The ventral side is mostly pale green or yellow/green. Hatchlings are yellowish green in colour till they reach a length of 70-80 cm in which they get their emerald colour. The body is strong and slender and the head is distinct from the neck. The eyes are big and green in colour with a round pupil. The edges of the mouth are often a yellowish colour. (Mastenbroek, 2002).

2.3.2.2 Habitat and geographic range

Dendroaspis angusticeps are usually found in tropical or wooded areas. Mambas are also very good tree climbers. They make their homes near trees, often in evergreen forest, coastal scrub, or moist savannah. Bamboo thickets and mango plantations are also known to be mamba habitat (Déjà vu, 2008).

Dendroaspis angusticeps can be found in western South Africa, KwaZulu Natal, Mozambique, eastern Zimbabwe and Tanzania. They occur in the ever green coastal forests (Deja Vu, 2008).

The *Dendroaspis angusticeps*, as mentioned above, is mainly arboreal and rarely visits the ground unless driven by predators or the need to bask in the sun. Thickly forested and bush-covered areas such as evergreen forests are the predominant *Dendroaspis angusticeps* habitat. Regions such as coastal scrub, moist savannah, bamboo and mango plantations are also known to home this creature (Singha, 2010).

2.3.2.3 Thermoregulation

A temperature gradient of several degrees should be provided. At the cool end of the terrarium a temperature of 74 degrees Fahrenheit is suitable but the warm end should be 84 to 86 degrees. A basking hotspot of 94 to 100 degrees will be utilized during thermoregulation. These snakes are active year around. It is probable that climatic cues such as photoperiod, ambient temperature, and relative humidity stimulate ovulation (reptile channel, 2010).

2.3.2.4 Diet

The *Dendroaspis angusticeps* diet consists mostly of birds, birds' eggs, rodents, frogs and lizards. Young mambas occasionally eat other reptiles, such as chameleons (Deja Vu, 2008; Masternbroek, 2002).

2.3.2.5 Behaviour

The *Dendroaspis angusticeps* is highly arboreal and seldom ventures to the ground unless following prey or basking. *Dendroaspis angusticeps* are diurnal. Unlike the Black mamba, it is a shy and unaggressive snake, and does not often gape and strike if threatened but usually makes a swift and elegant escape. Continued provocation will cause the snake to strike, and bite, although serious cases are uncommon (Deja Vu, 2008).

Mambas are solitary, except during mating. Males find females by following a scent trail (Masternbroek, 2002). Males of this species are known to engage in combat for mating rights, similar to the combat practiced by male King cobras. The combat involves wrestling matches, with snakes twisting and pushing each other to the ground, which may last several hours. Combat does not usually include biting (Deja Vu, 2008). Courtship and mating take place in the trees (Masternbroek, 2002).

2.3.2.6 *Dendroaspis angusticeps* in captivity

Dendroaspis angusticeps are pleasant animals to keep in captivity. They have an attractive colour which makes them a popular snake to keep. These snakes are mostly very calm and docile when not disturbed, but caution needs to be taken as they can be really unpredictable. Some specimens can be very friendly for years and one day they decide to take a run or bite their handler. When kept in a large enclosure they show a nice and active behaviour. *Dendroaspis angusticeps* are always interested in new objects or

movements which they will check out very carefully. They can be kept in groups with more males and females together but in the mating season males will fight (Masternbroek, 2002).

2.3.2.7 Reproduction

The *Dendroaspis angusticeps* is oviparous, laying 6-17 eggs in summer. The eggs are usually laid in a hollow tree among decaying vegetation. Hatchlings measure between 35 and 45 cm (13 to 18 inches) and are venomous from birth (Deja Vu, 2008).

Mating always happens in the branches with the tails hanging down. The mating looks very gentle and can go on for 15-17 hours. Eggs are laid after 97-104 days (Masternbroek, 2002).

In captivity, eggs are laid in an egg laying box filled with moist sphagnum. The eggs are placed in a dry incubator at a temperature of 28-30⁰C and hatch after 85-88 days (Masternbroek, 2002).

The babies are 40 cm long when they hatch and moult for the first time after 9-11 days (Masternbroek, 2002).

2.3.2.8 Venom

Snakes depend mainly on their muscle power to kill their prey. Some have an evolved venom apparatus. The venom is modified saliva and is produced and stored in salivary glands that are located behind the eyes on either side of the head. The venom can kill its prey but also aids in the digestive process (Marais, 2004).

All mamba snakes are highly venomous and so is this species. Apart from containing neurotoxins, the *Dendroaspis angusticeps* snake venom also

contains calcicludine and dendrotoxin. The potency of the venom is about one tenth of its more famous relative, the Black mamba. Also, because the snake is a smaller size, the amount of injected venom is less. However, neither of these facts make the *Dendroaspis angusticeps* snake bite a nonfatal injury, nor does it make the need for immediate medical treatment less important (Singha, 2010).

Symptoms of the neurotoxic effect of the venom are:

- pain at the site of the bite;
- swelling;
- drowsiness;
- vomiting;
- increased sweating;
- blurred vision;
- ptosis;
- slurred speech;
- double vision;
- difficulty swallowing;
- difficulty breathing;
- paralysis of respiratory muscles; and
- respiratory failure.

(Marais, 2004.)

Many animals produce toxins. The toxins from snake venoms are the most widely studied, due to their high toxicity and the necessity to produce antidotes or vaccines against them. Venomous snakes can be divided into four families: Elapidae (cobras, kraits, ringhals, mambas, and coral snakes), Viperidae (crotalis and vipers), Hydrophiidae (sea snakes), and Colubridae (only a small number of this large family are venomous). The abundance and variety of toxins are even greater than the diversity of species of snake producing them, as all venoms are complex mixtures of proteins and

peptides with different properties. The mamba venoms are particularly rich in neurotoxins. There are four species of mambas: the Dendroaspis angusticeps, *D. angusticeps*; the Western Dendroaspis angusticeps, *D. viridis*; the Black mamba, *D. polylepis*; and Jameson's mamba, *D. jamesonii*. They are all found in southern and tropical parts of Africa. The mamba venoms contain a number of toxins of great pharmacological interest: α -neurotoxins, which bind to postsynaptic nicotinic receptors; dendrotoxins, which block certain voltage-dependent potassium channels; and fasciculins, which are non-competitive inhibitors of acetylcholinesterase (Cervenansky, Dajas, Harvey and Karlsson, 1991) and calciseptins, which block L-type calcium channels; and muscarinic toxins (MTs), which bind to muscarinic acetylcholine receptors (Bradley, 2000).

CHAPTER THREE

PROVING METHODOLOGY AND MATERIALS

3.1 THE EXPERIMENTAL DESIGN

A homoeopathic drug proving of Eastern Green Mamba (*Dendroaspis angusticeps*) was conducted as a randomised, double blind, placebo controlled trial. The 30CH potency was used. The proving was conducted at the Durban University of Technology (DUT) Homoeopathic Day Clinic.

Based on the M. Tech. research requirements of the Department of Homoeopathy, DUT, the proving group included 30 provers that were selected and orientated prior to the start of the proving. Eighty percent of the proving population was in the experimental group which was 24 provers and 20 percent of the population was in the control group i.e. 6 provers.

The study took place as a double blind placebo controlled trial. Provers were allocated codes during the proving. The verum and placebo were indistinguishable from each other and for the duration of the research project the researcher, supervisor and provers did not know who received the verum or the placebo. Provers were unaware of the proving substance and its potency. A randomised method of dispensing the verum and placebo powders was utilised.

Six powders were dispensed to each participant containing either the verum or the placebo and had to be taken sublingually three times daily or until symptoms started.

A journal to record symptoms produced was assigned to each prover and journaling was conducted on a daily basis for the period of the study. Recording had to be done precisely and efficiently.

This proving was based on Jeremy Sherr's methodology as prescribed in his book: *The dynamics and methodology of homoeopathic provings* (Sherr, 1994).

Hahnemann stated in *Organon of medicine*, 6th edition, Aphorism 128, that in order to investigate the medicinal value of substances a potency of 30CH should be used. Hence this proving used the 30CH potency according to the Hahnemannian methodology.

3.2 OUTLINE OF THE EXPERIMENTAL METHOD

The methodology used in this study followed that recommended by Sherr in his *The dynamics and methodology of homoeopathic provings* (1994).

- Provers were recruited from homeopathic students, practitioners and the general public.
- Posters were displayed on the DUT Department of Homoeopathy notice board and other appropriate notice boards at the DUT (see Appendix H).
- An initial interview was conducted with each recruited subject, during which they were screened in accordance with the inclusion criteria.
- Prospective participants were given a proving information sheet (see Appendix D).
- A pre-proving group meeting was held between all the selected provers and the researcher. All aspects of the proving, including what is expected of the participants, was discussed. Participants had the opportunity to ask questions on anything they did not fully understand.
- Provers signed an informed consent form (see Appendix B).

- A date was scheduled with each prover for the pre-proving consultation and physical examination, during which the researcher took a thorough pre-proving case history and performed a physical examination on each prover under supervision of the Clinician on duty (see Appendix C).
- At this consultation, provers were allocated prover codes, and given a list of instructions (see Appendix D), a blank journal, and medication in the form of six powders. A starting date and convenient daily contact time was agreed upon.
- Prover starting dates were staggered to ensure more thorough interaction between researcher and provers.
- On the agreed date, provers started to record their normal state in their journals, three times a day or as symptoms occurred i.e. they did not take their medication yet. This was done for the first week, to serve as baseline and individual control for each prover (Sherr, 1994), and to evaluate each prover for compliance (O'Reilly, 1996)
- The researchers then contacted provers to assess the journal for accuracy of symptom recording and compliance.
- One week after starting the diary, the provers began taking the proving remedy three times daily, continuing to record symptoms in their diaries, in accordance with the instruction sheet.
- The prover stopped taking the remedy as soon as proving symptoms occurred, as experienced by the prover, or noticed by relatives or friends or the researcher.
- If no symptoms arose the prover continued to take the remedy. If after the maximum of six doses, taken three times daily for two days, the prover experienced no symptoms, he/she stopped taking the proving medication but continued to record their symptoms.
- Provers recorded their symptoms for four weeks after taking the remedy.
- Daily telephonic contact was kept between the provers and the researcher for the first week so that symptoms could be described in

detail while still fresh in the memory. The telephonic contact was then decreased to three times a week in the second week, twice in the third and once a week thereafter.

- The prover continued to record symptoms in the diary until all proving symptoms disappeared.
- The proving was considered complete if after one week no further symptoms appeared. This was followed by a one week post proving observation period.
- The journal was collected from the prover and a post-proving consultation scheduled.
- After all provers had completed the proving and all diaries collected, the proving was un-blinded to the researcher to enable him to distinguish placebo and verum groups. Extraction and collation of the data was then performed.
- All references to a prover's symptoms was by means of the code allocated to each prover at the beginning of the proving, known only to the researcher, the research supervisor and the technician of the Department of Homoeopathy at the DUT. The confidentiality of provers was thus maintained.
- Statistical analysis of the data was impractical in this study (O'Reilly, 1996), other than age and sex analysis.
- The extracted data was then organised and written up in materia medica and repertory format, and published.
- A correlation with the toxicology of the substance was also made.

3.3 THE PROVING SUBSTANCE

3.3.1 The potency

Many authors have had different opinions on what is the best potency to use in a homoeopathic drug proving. Hahnemann insisted on the usage of a 30CH potency of a substance in provings, in Aphorism 128 of the Organon of

Medicine (O'Reilly 1996:154) however Kent (1900) says the Vienna society had not approved of Hahnemann's use of the 30CH potency until they decided to retest his results with re-provings of many remedies originally proved by Hahnemann. The results proved that Hahnemann was correct and these results affirmed to them that the symptoms obtained from the 30CH were very strong (Kent 1900:221).

There are also differences in potency based upon the toxicity of the substance in its crude form. According to Gaier (1991) and Roberts (1993) there are three main criteria for determining the potency of a substance, in respect to its crude form:

1. Any drug that in its natural state affects bioenergy (dynamis/vital force) just a little will develop a proving in a high potency only i.e. a relatively inert substance will only make a good proving in a high potency.
2. Any drug, which in its natural state disturbs the bioenergy (dynamis/vital force) to functional manifestations only, may be proved in crude form.
3. Any drug, which in its natural state disturbs the bioenergy (dynamis/vital force) to destructive manifestations, should be proved in potentised form.

Sherr (1994:56) uses a wide range of potencies in his provings – namely, 6C, 15C, 30C, and 200C. Although using a wide range of potencies, Sherr maintains that it is equally valid to use one potency only, such as 30CH or one dose of 1M. He also mentions that it is up to each proving committee to decide upon the usage of either a single potency or multiple potencies in their provings.

After considering the facts referred to, the researcher decided to use only the 30CH potency in this proving.

3.3.2 Collection, preparation and dispensing

The venom of the Eastern Green Mamba (*Dendroaspis angusticeps*) was obtained from Snakes for Africa in KwaZulu Natal. Mr Byron Zimmerman, a local Herpetologist of Snakes for Africa assisted the researcher by extracting the venom from the snake. The researcher observed the venom being milked from the *Dendroaspis angusticeps* (see Plates 2 and 4). According to Zimmerman (2009), the individual snake in question is a 1.6m male snake that was captured in the Umhlanga area in March 2008. He feeds the snake one to three small rats every week to ten days. There are no breeding or mating records for this snake and his age is indeterminate.

After extracting the venom, Mr Zimmermam prepared the venom as a freeze dried sample in order for the researcher to prepare the verum as a remedy for dispensing.

The remedy was prepared in accordance with methods set out in the *German Homeopathic Pharmacopoeia* (GHP) (1991) for the preparation of the venom of *Lachesis mutus* on page 255 as follows:

- The venom was reconstituted with water in the ratio of three parts venom to seven parts water as per Method 5a of the GHP.
- The first three potencies were prepared by serial dilution and succussion in the dilution of one part in 99 parts 85 percent glycerol as per method 5a of the GHP.
- It was then further potentised in alcohol up to the 30ch potency as per Method 5a of the GHP.
- This liquid potency was then used to triple impregnate lactose granules with 96 percent alcohol at a ratio of 1 percent volume:volume as per Method 10 of the GHP.
- Ten of these granules were then added to each set of inert lactose powders designated for verum, which were then administered to the provers in the experimental group.

This method, using the freeze dried venom, was used in the provings of *Bitis arietans arietans* (Wright, 1999) and *Naja mossambica* (Taylor, 2004) which were both conducted at the Durban University of Technology.

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

- Pure 85 percent glycerol was used up to the 3CH stage.
- The 3CH dilution of glycerol was added to alcohol, and then succussed and diluted serially in the same manner as the verum up to the 30CH level.
- The 30CH potency in 96 percent alcohol was used to triple impregnate lactose granules, ten of which were added to each set of the inert lactose powders to be administered to the control group.

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

3.3.3 The dosage and posology

Six powders were dispensed either containing the verum or the placebo and had to be taken sublingually three times daily or till symptoms started.

3.4. POPULATION CRITERIA

3.4.1 Prover population

Vithoukias (1998) suggests that a thorough proving needs to include 50-100 provers. Sherr (1994) further asserts that this number is far too large,

resulting in an over-proved remedy that creates a surplus number of common symptoms, overcrowding lesser proved remedies in the repertory. Sherr (1994) found that 5 provers were enough for a small project, and that 15-20 provers produce a complete proving picture. The ICCH recommends a prover population of 10-20 provers with a prover percentage of 10-30 percent (ICCH, 1999) of the total prover population. The DUT Department of Homoeopathy research standards requires at least 30 provers, so this was the number that was used.

3.4.1.1 Experimental group

Eighty percent of provers belonged to the experimental group, receiving verum in a randomised fashion.

3.4.1.2 Placebo group

Twenty percent of provers belonged to the placebo control, receiving placebo in a randomised fashion.

3.4.2 Randomisation

Randomisation was conducted by the supervisor, and dispensing was completed by the technician of the Department of Homeopathy. The verum and placebo were indistinguishable to ensure that neither researchers nor provers knew who received verum and who received placebo.

3.4.3 Criteria for inclusion of a subject into the proving

- Be between the ages of 18-60 years (Smal, 2004).
- Be in a general state of good health (Sherr, 1994).
- Be fluent in English.

- Be willing to follow the stages of the proving with commitment (Sherr, 1994).
- Be able to maintain his/her regular lifestyle and daily routine as closely as possible and make no major lifestyle changes (e.g. marriage, divorce, moving house) during the duration of the proving (Sherr, 1994).

3.4.4 Criteria for exclusion of a subject from the proving

- Surgery or medical treatment planned for the duration of the proving (O'Reilly,1996).
- Had undergone any surgery in the six weeks before the proving commenced (O'Reilly,1996).
- Were pregnant or nursing.
- Currently on any allopathic or homoeopathic medication.
- Consume more than:
two measures of alcohol per day (one measure = one tot, one beer, one glass of wine);
ten cigarettes per day; and
three cups of coffee or tea per day.

3.4.5 Lifestyle of provers during the proving

Provers were advised to follow certain precautions while participating in this study, details of which were clearly explained in Appendix D, *Instructions to Provers*. Instructions included:

- Avoidance of all antidoting factors such as camphor, menthol and mints. If provers normally used these substances they were requested to stop taking them two weeks before and for the duration of the proving (Sherr, 1994:92).

- Protection of the powders being proved like any other potentised remedy – i.e. store them in a cool, dark place away from strong smelling substances and electrical equipment (Sherr, 1994:92).
- Recognising and respecting the need for moderation in the following areas: work, alcohol, smoking, exercise and diet. Provers were encouraged to remain within their usual framework and maintain their usual habits (Sherr, 1994:92).
- Avoidance of any medication, especially antibiotics, vitamins or mineral supplements, herbal or homoeopathic remedies (Sherr, 1994:92).
- In the event of a medical or dental emergency, provers were instructed to contact their homoeopath, doctor, dentist or local hospital as necessary, and then the researcher as soon as possible (Sherr, 1994:92).

3.4.6 Monitoring the provers

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

This contact ensured that the researcher monitored and clarified symptoms as experienced by the provers. This maintained prover compliance during the proving. Contact provided an opportunity for monitoring provers' safety and to provide reassurance as appropriate.

3.4.7 Ethical considerations

- The proving methodology of this study was approved by the Faculty of Health Sciences Ethics Committee, DUT, prior to commencement, to protect the rights and safety of each prover.
- Each prover consented to voluntary participation in this study by signing an *Informed Consent Form* (see Appendix B).
- Confidentiality was maintained during the study.
- Provers were made aware of the fact that they were under no obligation and were free to withdraw from the study at any point.

3.5 DURATION OF THE PROVING

3.5.1 Case history and physical examination

Provers that were suitable for involvement in the proving attended a pre-proving consultation at the DUT Homeopathic Day Clinic. A case history was taken and a general physical examination was performed (see Appendix B). This served to clarify and confirm the baseline status of each prover preceding the administration of the proving substance.

3.5.2 Pre-proving observation

Recording of daily symptoms was journaled by each prover and these were noted as 'normal' baseline recordings for a period of one week prior to taking the first dose of the proving substance. This established a baseline of each prover's state of health and was used to confirm the validity of symptoms experienced by the prover while under the influence of the proving substance. It also assisted in the process of making provers familiar with observing their daily symptoms and evaluating their self (Sherr, 1994).

3.5.3 Commencement of the proving

The provers were dispensed six powders, to be taken three times a day for two days, or until the onset of symptoms. The starting dates were staggered to permit for more efficient supervision of the provers. No further powders were necessary to be taken thereafter. Provers continued to record their symptoms daily for a duration of four weeks or until no further symptoms were noted.

3.5.4 Post-proving observation

In the event of any further general symptoms, a further one week was permitted for general observation. At the end of the post-proving observation period, a follow-up case-history and physical examination was conducted with each prover. The journals were collected from each prover, and the researcher discussed any symptoms that the prover recorded. The proving was now considered complete.

3.6 SYMPTOM EXTRACTION AND EVALUATION

3.6.1 Collection of data

Data was collected in the form of a journal that was compiled by each prover. The journals were a record of the symptoms experienced by the provers on each day for the duration of the proving.

All provers were instructed to record their symptoms in their journal on a daily basis as close as possible to experiencing them, being as informative and detailed as possible.

The following criteria were provided for recording symptoms:

- a) The day the first powder is taken is to be numbered as 00 and each day to be numbered consecutively after that. Each day must be recorded on a new page.
- b) The prover to write all symptoms on alternate lines to allow for the researcher to make notes for collating and editing.
- c) The journal to be carried by the prover at all times so as to note symptoms as soon as they are experienced.
- d) Symptoms experienced to be noted in CLAMS form i.e. concomitants, location, aetiology, modalities and sensation along with the time and intensity.
- e) Daily, the prover must review a checklist of systems as set out in Appendix D.
- f) In order to gain a full remedy picture provers must note dreams, mental and emotional symptoms as these symptoms are all vital in the proving.
- g) The prover must use a red pen and mark symptoms in the following manner:
 - (RS): Recent symptom that the prover has experienced within the last year.
 - (NS): A new symptom that the prover has never experienced before.
 - (OS): An old symptom that the prover has experienced before and note when they experienced this symptom before.
 - (AS): Alteration in a present or old symptom.
 - (US) An unusual symptom for the prover.

(Sherr 1994: 62.)

The provers all received a set of instructions on how to record symptoms (see Appendix D).

3.6.2 Extraction

This stage of the proving converts the journals into the format of the materia medica. Symptoms were studied, validated or rejected, according to the criteria below, then edited into a format which was coherent, logical and concise (Sherr, 1994:67).

3.6.4 Criteria for including a symptom as a proving symptom

- Symptoms that are new and unfamiliar to the prover.
- Current or usual symptoms that are intensified to a marked degree.
- Current symptoms that are altered or modified.
- Symptoms that are old and have not occurred in the past one year noting the time of the last appearance of the symptom.
- Present symptoms that have disappeared during the proving thus demonstrating a curative action.
- The time of the day on which the symptom occurred should only be noted if more than one prover developed the symptom at the same time.
- Modalities: that which makes a symptom better or worse.
- Concomitants: that which occurs in conjunction with a symptom.
- Timing of the symptom: specificity of the timing and periodicity.
- Localization: sides and extension.
- Unique descriptions of symptoms i.e. descriptive adjectives.
- The intensity of the symptom.
- A symptom that is produced on two occasions during the proving.
- A symptom experienced when the proving commenced and which disappeared or is significantly ameliorated after taking the proving drug. This is thus a cured symptom.
- If the prover is under the influence of the remedy then all new symptoms that are produced are all new symptoms.

3.6.4 Criteria for excluding a symptom as a proving symptom

- Symptoms must not be included if they have occurred in the recent history i.e. one year or less.
- Unusual or current symptoms for the prover.
- If there is any serious doubt as to the validity of the symptom it should be excluded (Sherr, 1994:70).

3.7 COLLATING AND EDITING THE DATA

This was the process of collating the proving from many separate accounts into one concise unit. It created a full drug picture from the symptom complex that *Dendroaspis angusticeps* 30CH will produce on administration to healthy individuals.

Symptoms were collated in a logical, coherent and non-repetitive format.

The symptoms of all provers was examined in chronological order as is the case in all repertories.

Similar symptoms from the different provers were recorded separately and were sorted using the following criteria:

- nature of the symptom;
- prover code; and
- sequence of development of symptom and the time of appearance.

Thus similar symptoms of the different provers showed the logical and chronological progression of the unfolding symptom (Sherr, 1994:77).

3.8 DOCTRINE OF SIGNATURES

Once the proving symptoms were all extracted a correlation was made between the symptoms on the mental and physical spheres to that of the doctrine of signatures of *Dendroaspis angusticeps*. This created a wider picture of the remedy in its totality.

3.9 TOXICOLOGICAL DATA

At the completion of the extraction of symptoms there was a correlation made with the toxicological data of the neurotoxic venom of *Dendroaspis angusticeps* and that of the prover's symptoms. Thus *Dendroaspis angusticeps* 30CH can be viewed in its totality for its clinical use in the future for prescribing this remedy.

3.10 REPORTING THE DATA

In homoeopathic proving methodology, data is recorded in two standard formats: the materia medica and the repertory.

Materia medica:

All symptoms from all provers were collated and edited then grouped together into sections according to the materia medica format, as can be seen in Table 1.

Table 1. Materia medica sections.

1. Mind	14. Stomach	27. Cough
2. Vertigo	15. Abdomen	28. Expectoration
3. Head	16. Rectum	29. Chest
4. Eye	17. Stool	30. Back
5. Vision	18. Bladder	31. Extremities

6. Ear	19. Kidneys	32. Sleep
7. Hearing	20. Prostrate	33. Dreams
8. Nose	21. Urethra	34. Chill
9. Face	22. Urine	35. Fever
10. Mouth	23. Male genitalia / sex	36. Perspiration
11. Teeth	24. Female genitalia / sex	37. Skin
12. Throat	25. Larynx	38. Generals
13. External Throat	26. Respiration	

Repertory:

All collated and edited data was then converted into repertory format as rubric and sub rubrics, which are compatible with the standard modern repertory: *Synthesis: Repertorium Homoeopathicum Syntheticum*, Edition 8.1 (Schroyens, 2001).

CHAPTER FOUR

THE RESULTS

The symptoms obtained during the proving of *Dendroaspis angusticeps* 30CH were extracted, collated and edited from the provers journals. The results were converted into the standard homeopathic referencing formats as two subsections. In the first subsection of materia medica, the symptoms were listed in the provers' own words as obtained from the journals and were then organized according to recognised sections of the materia medica. In the second subsection of repertory the symptoms were converted to repertory language and format and grouped into sections as per the *Synthesis: Repertorium Homeopathicum Syntheticum* Edition 8.1 (Schroyens, 2001).

4.1 COMPOSITION OF THE PROVER POPULATION

The recorded symptoms that comprise the materia medica and repertory of *Dendroaspis angusticeps* 30CH were obtained from a total number of 24 provers who received verum. The placebo group consisted of six provers as highlighted in Table 2 below. The prover group consisted of both males and females (see Appendix E) with an age range of 18 years to 47 years (see Appendix F). Provers that were in the placebo group are indicated by a P, and those in the verum group are indicated by a V.

Table 2. Proving group.

PROVER NUMBER	AGE	GENDER	PLACEBO/VERUM
01	20	F	V
02	27	F	V

03	27	F	V
04	21	F	V
05	25	M	V
06	26	F	V
07	19	M	V
08	26	M	V
09	21	F	V
10	35	M	V
11	18	M	V
12	27	M	P
13	23	M	V
14	23	M	V
15	27	M	V
16	42	F	V
17	40	M	P
18	37	M	V
19	47	F	V
20	22	F	V
21	25	F	V
22	26	M	V
23	33	F	V
24	42	F	V
25	33	F	P
26	20	M	P
27	27	M	V
28	47	F	V
29	42	M	P

30	33	M	P
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4.2 MATERIA MEDICA OF THE DENDROASPIS ANGUSTICEPS

The proving symptoms of Dendroaspis angusticeps 30CH were grouped according to standard materia medica sections , with relevant headings and sub-headings.

The symptoms were referenced according to the format suggested by Sherr (1994:78):

- Prover Number – Sex – Onset of Symptoms (Day: hours: minutes).
- The time reference specifies the number of days, hours and minutes since the first dose was taken. After 24 hours the minutes are considered unimportant and represented by XX. The hours also become unimportant after a few days.
- Where the time is unclear, or not recorded by the prover, it is represented as XX:XX:XX.
- Symptoms recorded by provers belonging to the placebo group were not considered.
- All symptoms cured during the proving are denoted by the letters (CS), for Cured Symptom, which will follow the particular symptom.

Note: as far as possible, the words and syntax of the provers have been retained.

4.2.1 Mind

4.2.1.1 Suspicious

Went for an interview and was successful, received too much praises so felt suspicious but got my first job. 01 F 00:XX:XX

I have this weird idea or maybe a suspicion that he is gay. It's not anything he did in particular but I just feel it. I really hope it's not true and it's just paranoia on my part.

02 F XX:XX:XX

I generally am weary of what I reveal to people as I don't trust people easily. However I became very suspicious of people and my work colleagues. I was especially suspicious of the remedy, thinking that it will have a bad effect on me.

03 F XX:XX:XX

I wonder if I am on the drug or the placebo, but the suspense is.....

13 M 00:XX:XX

I am not feeling anything different. I think it is more psychological as my mind keeps feeling suspicious of this new drug, and I am being conscious of any symptoms. But so far nothing different. I am just wondering if I might be on the placebo.

13 M 00:XX:XX

Apprehensive and suspicious, to the symptoms that may manifest. What subconscious trauma or personality change I may go through. When the researcher talks about how powerful the drug is I think perhaps I may remember my past lives or I may have one of those Samadhis (high meditative state) that Master went through. After all it can only be good if it helps people.

19 F XX:XX:XX

4.2.1.2 Haughty / Attractive / Sensual / Self-indulgent

The new job is not meant for me. I am not a slave to another person. I am not a "tube-litey". I absolutely dislike taking orders from someone who feels that

they stand on a higher pedestal than me. I am the best and I am always right and I can accept there are times I make mistakes, yes I can learn from them, but majority of the time I do know the best.

01 F 01:XX:XX

Who on earth does she think she is? Feeling angry, excuse me Miss but unfortunately it is not in my job description to sweep and dust the office.

01 F 01:XX:XX

I love the way my brain thinks.

01 F XX:XX:XX

Without making it obvious I am aware that they all are staring at me. I can see from the corner of my eye, the manner in which guys are looking at me. I can just sense them. They expecting me to return the look with a glance and smile, but No I won't look. I am enjoying this feeling.

01 F XX:XX:XX

I want to show myself off to the world. I want to print my pictures and hang them up on the wall.

01 F XX:XX:XX

I am beautiful, yes I am.

01 F XX:XX:XX

I am feeling better after I curved my attention and focused on myself.

01 F XX:XX:XX

I love my legs. I think or rather know that my legs are so shapely. My smile is enchanting and my eyes are welcoming.

01 F XX:XX:XX

I love myself.

01 F XX:XX:XX

My mind is made up and I am taking a step back. He will receive the same treatment as well. Here comes change, bringing along that cold chick. Sorry dear but now it's all about me.

01 F XX:XX:XX

I can see by the twinkle in his eye that he is breathless. As I stand so gracefully and beautifully in front of him.

01 F XX:XX:XX

I loved the fact that I could focus more on my beauty and confidently love myself.

01 F XX:XX:XX

I am excited to go out tonight. Dressed myself in the most beautiful olive green sari, my makeup is the best and is shaped like cat's eyes. I know that I look stunning and all the attention was on me.

01 F XX:XX:XX

I had a brilliant day. I saw two patients, I oozed confidence and I felt like a Doctor. Feel like a force to be reckoned with. I still feel sexy and attractive. I know I exude sensuality. I am really excited about the future and I feel very sure that life is working in my favour. I worked hard today and I feel extremely proud of myself. I feel happy and blissful. I love the new me.

02 F XX:XX:XX

I had fun flirting with the guys and I enjoyed it when the ladies admired my clothes. I knew they thought I was gorgeous without them having to say it. I'm sure I'll be getting many patients this way.

02 F XX:XX:XX

I also suddenly like myself. I find myself attractive both to myself and others. I look in the mirror and admire myself. I went shopping today and found people especially men looking at me. I know I am sexy. This is very weird and a strange feeling to have. I feel beautiful and exude sensuality. I even walk differently.

02 F 01:XX:XX

I felt desirable and beautiful.

02 F XX:XX:XX

I felt strong and powerful today. I took time getting dressed. I was conservative in my choice of clothing but I now have this sensuality in my energy. I notice that I toss my hair at men and make eye contact. I feel super sexy. I walk like I am a model on the cat-walk. I own the world.

02 F XX:XX:XX

Spending more money on shopping for attractive clothes and make-up.

03 F XX:XX:XX

I was speaking to an old friend and we were talking in general and got around to talking about hand writing and she told me that my writing is bad and my reply was yes it is indeed so and not to mention spelling that's why I was born to become a glorified trillionaire. She was amazed at my reply.

18 M 00:XX:XX

4.2.1.3 Alone / Withdrawn

I am left alone in this dirty old office, located in a dangerous area. Why did I agree to work here?

01 F 01:XX:XX

I want to be alone in a cool dark room. I feel like something is pulsating in my head. I am miserable.

04 F XX:XX:XX

Was withdrawn the whole day.

06 F XX:XX:XX

Territorial didn't want anyone in my space.

06 F XX:XX:XX

I began feeling a bit low sort of sad due to the fact that I was alone at campus.

11 M XX:XX:XX

I feel like I am overcrowded and just want to be alone.

14 M XX:XX:XX

Desire to smoke weed so went to smoke some weed with the boys, boyfriend feels I spend more time with them and I don't care about him. He is starting to get to me because it's not like I am cheating on him or something . It's just that I love my space to do what I want and also it's not like the whole day.

14 M XX:XX:XX

The day is going well because I am alone again. I love to have my own space to do my own stuff. Even if it's just lazing around.

15 M XX:XX:XX

But honestly I would like nothing more that to curl into a ball and shut off the world and disappear for a few hours.

21 F XX:XX:XX

I like quiet but I have no problem with other people being loud and doing their own things. I prefer my own space, I am comfortable in my own skin and not afraid to discover all of me (my thoughts, motives, perceptions, likes, dislikes).

23 F XX:XX:XX

After returning from India my moods have changed I want to be in my own company. Quiet, peaceful and reading have taken over now.

24 F XX:XX:XX

Today the mood was quiet, trying to withdraw mind people talking too loud, noise was too much.

24 F XX:XX:XX

Want to be alone keep my thoughts to myself.

28 F XX:XX:XX

4.2.1.4 Forsaken

I felt very emotional and lonely, as I don't have a relationship that normal husbands and wives have. My partner is very cold towards me at all times. He submerges himself in his work and computer and is disrespectful to me.

16 F XX:XX:XX

The morning was lonely, as my husband and I very seldom share the same bed. Even if we did he would zip himself in his sleeping bag. Thoughts flowed through my mind this morning about my whole life and how did I end up in this marriage. The truth about this marriage began surfacing.

16 F XX:XX:XX

4.2.1.5 Escape

I need to escape, I need to run away.

01 F 02:XX:XX

I need my blanket, I want to cuddle up or just run away. I keep finding myself trying to escape.

01 F XX:XX:XX

Could not handle being in lectures, I just walked out halfway through my lecture, I couldn't handle it, I want to sleep.

04 F XX:XX:XX

I had this extreme feeling of hectic frustration because I felt as if I was wasting my life working in this job. I just wanted to leave.

06 F XX:XX:XX

I am looking for space and freedom. I feel like running away from home.

16 F XX:XX:XX

Everything in my house didn't look as though it was a normal way of life for me. I felt I needed to be away from it all.

16 F XX:XX:XX

I feel frustrated with life and everything. I feel trapped in cage and can't get out.

20 F XX:XX:XX

I feel confined today because I want to run away and I am getting bored.

20 F XX:XX:XX

4.2.1.6 Rage / Anger / Explosive / Powerful assertion

When I need to put my point across and if you stubborn to listen, I stand up tall, I pierce you with the look from eyes, raised chin, my words flow, not giving you a chance to breathe.

01 F 02:XX:XX

I feel as if I am letting go of everything that holds me down. I am exploding. I leave my sting and walk away.

01 F 02:XX:XX

This women is so defensive with me but in my anger I let her have it.

01 F XX:XX:XX

I feel like this is an animal remedy. I am aggressive and confrontational all day. I want to start a fight. I want to argue. I want to win at any cost. I even have a strange impulse to kill. These feelings are worse during the headache. Just writing about it is sending waves of heat up my spine. I feel powerful yet my energy feels pent up or caged up. I feel ready to pounce. I am exhausted from writing and want to go to bed now.

02 F XX:XX:XX

I met with a lecturer today. He was so rude and curt. He was so awful and cold in the way he said it, I had to "bite my tongue" to keep from screaming at him. I took every ounce of restraint I had to remain calm. All I wanted to do was rip his head off. I actually saw myself leaping across the table and ripping hid head off. This man will regret screwing with me over. Nobody will ever use me this way and get away with it. I am preparing to take major legal action.

02 F XX:XX:XX

My mother picked on what I wore and I just snapped. I became very angry with her and I started screaming at her to show me what to wear in this heat. She laughed at me and my temper just went higher and higher. I can't explain the anger I felt it was totally abnormal for me. I never lose it so much.

04 F XX:XX:XX

I want to shove staples down his throat maybe he will make up his mind. I became angry at myself for getting so close to him. Why did I give my heart to him so easily?

04 F XX:XX:XX

How could he do this to me, he misunderstood what I said and he doesn't even want to know what I meant nor does he want to talk to me about it. I was so mad with him but wanted to hug him! How could he be such a *gundu!* I don't know how to say that in English....like stupid but not in a mean way.

04 F XX:XX:XX

Today I got a written warning at work. I had to sign it because all my shortages and mistakes from the time I started working. I am so angry with the shop. I work so hard and they gave me and 3 others warnings if I make another mistake I am out. The shop is a bloody pain in the ass. I am still so pissed with the shop and the store was so busy because it was month end. I actually have this throbbing headache and I can't fall asleep.

07 M XX:XX:XX

I began getting nasty and snapping at everyone.

11 M XX:XX:XX

I was moody and fought with boyfriend and swore at him and wanted to smash his head against a brick wall.

11 M XX:XX:XX

Keep fighting with my boyfriend and getting angry a lot. I feel heartbreak, pain, and powerful anger within me.

13 M XX:XX:XX

Sad and deeply hurt but I am also raging with anger. I am missing my boyfriend. I am angry with him.

20 F XX:XX:XX

Woke up and started crying out of frustration and anger and the fact that my father still hasn't made an attempt to call me.

20 F XX:XX:XX

I have so much rage for no reason. It's like its consuming me and I am angry at everything and everyone.

20 F XX:XX:XX

I have noticed in the past few days I get very angry and enraged like a dragon with anger at anything small or for nothing. Sometimes I feel like just hitting something that's how frustrated and angry I get or breaking something to release it.

20 F XX:XX:XX

I just feel angry at the world, myself and everyone. I don't have direction in my life and its making me angry.

20 F XX:XX:XX

I feel angry in a way because everyone is getting pregnant and it's more like a hurt anger.

20 F XX:XX:XX

Frustrated as well and angry because he thinks of me as a liar.

20 F XX:XX:XX

I feel so frustrated that I could hit someone for no reason. Thoughts just feel edgy and angry and it's consuming me. It's a painful anger.

20 F XX:XX:XX

Today I am angry and really irritated as when anyone needs help I drop whatever I am doing and help. I asked one favour and I am told to wait and it wasn't for me it was for a customer.

21 F XX:XX:XX

Client comes to see me without appointment. I aren't impressed as client drains my energy. I am annoyed in the meeting and feel like telling him to f**k off. In the meeting and wondering whether I am moody.

27 M XX:XX:XX

Also started to get a bit moody and angry after taking these powders.

09 F XX:XX:XX

Man I get so angry when I think about my father's family.

09 F XX:XX:XX

I get so angry with my father.

09 F XX:XX:XX

Showed signs of anger then sadness. Kept telling people I want to get out and just have a good time, I don't usually don't do that.

09 F XX:XX:XX

They are so negative and I don't need them in our space, always got a bad thing to say about everything. If you have nothing good to say shut up!! Gosh she makes me angry.

09 F XX:XX:XX

4.2.1.7 Touched / Caress

The night has come, bringing the day to an end. I hear the sound of his car; it makes me smile that I can see him from afar. He is all I need tonight, to feel his touch so deep, he makes me feel wonderful and light. I feel all my tension releasing from my mind.

01 F XX:XX:XX

How hard is it to give me a little attention? All I want is a little touch or the warmth of your hands on my back. So you won't call me or bother about me?

01 F XX:XX:XX

I want to be with boyfriend, I want to be held. Felt in such a romantic mood – just want to be with him and be held.

04 F 01:XX:XX

Desire to be held, cuddled and caressed. I want to feel like I am your body.

01 F XX:XX:XX

Got to see my baby after our fight. Just wanted to hold him and feel his warm touch on my body.

15 M XX:XX:XX

Felt absolutely cold towards my partner. I hate him. Want to be touched.

16 F XX:XX:XX

I can't stop thinking about him and wanting to be with him. Be in his company again be able to talk to him and hold him again.

20 F XX:XX:XX

4.2.1.8 Sentimental

The night has come, bringing the day to an end. I hear the sound of his car; it makes me smile that I can see him from afar. He is all I need tonight, to feel his touch so deep, he makes me feel wonderful and light. I feel all my tension releasing from my mind.

01 F XX:XX:XX

I want to be with boyfriend, I want to be held. Felt in such a romantic mood – just want to be with him and be held.

04 F XX:XX:XX

4.2.1.9 Excitement / Exhilaration / Joy / Childlike

I awoke with a full bottle of energy. The sun was shining so bright, the rays peep through my window. And even better, the next best thing from the sun, his smile and my own sunshine. Feel an energy passing through my body.

01 F XX:XX:XX

Also visited my niece and nephew, they have a pet hamster and I went crazy about it, it was just too cute.

04 F XX:XX:XX

I feel happy playing with my niece and nephew. I love it, I feel like a kid again.

04 F XX:XX:XX

I was overwhelmed with excitement.

04 F XX:XX:XX

I want to jump on a trampoline with excitement and play.

04 F XX:XX:XX

Bounce of the walls – feel like helium.

04 F XX:XX:XX

I've got so much excitement.

04 F XX:XX:XX

Can't stop smiling in joy – I can't stop thinking about boyfriend – every time something funny happens I just want to tell him, I really do love him.

04 F XX:XX:XX

I was very happy and excited and very joyous today, I feel great. Excited about life.

04 F XX:XX:XX

It's the most exhilarating to be with him, I can't explain how happy I am.

04 F XX:XX:XX

Had a very pleasant day, felt hyped and positive. Was confident and had a very firm control on my decision making. Was in a jovial mood.

15 M 00:XX:XX

Took the second dose and I am in this happy bubble.

15 M 00:XX:XX

Took third dose and I am back at work. Still feel elevated and high spirited but also focused and in control. It feels good to see all my friends again. Can't wait for tomorrow's experience. Woke up feeling like in those adverts on TV feeling fresh and so full of energy. Can't really tell or know if it's the effects of the drug testing but if it is then it's great and I don't mind being like this every day.

15 M 00:XX:XX

My son says that I sound very emotional and sappy. I then said to them that I feel happy and that's why I am being talkative and smiley. I explained to them that I had been suppressed for many years and I feel my old self again. As I was always happy and laughing, everything felt good, it felt as though I was back to the days of being with my parents and my family, cousins included. We had so much fun back in the days. I can't believe that I had suppressed myself for all these years.

16 F

My body and mind feels great. Feel so young and vibrant and full of energy.

18 M XX:XX:XX

I had good day was happy to see my cousins and felt very inspired and excited.

20 F XX:XX:XX

Feeling energetic and really good.

21 F XX:XX:XX

Very thrilled – literally on top of the world.

23 F XX:XX:XX

Feeling like a million bucks. Absolutely good. Mind body and soul feels good.

27 M XX:XX:XX

4.2.1.10 Energy

I awoke with a full bottle of energy. The sun was shining so bright, the rays peep through my window. And even better, the next best thing from the sun, his smile and my own sunshine. Feel an energy passing through my body.

01 F XX:XX:XX

I feel energetic like a vibrant bright orange flame, dancing in summer's breeze.

01 F XX:XX:XX

I have so much of energy.

01 F XX:XX:XX

I feel satisfied after sex today and have enormous amount of energy to use and go on. I have notice, for the second time whilst on the proving, that my sexual activity has changed. I do like the style in which my activity has changed. More sensual rather than sexual. More intimate than pleasurable. Now I would call it love making rather than sex. I feel an inner depth of satisfaction, one that travels beyond the mind and the senses. Feel more connected. Sex is better now.

01 F XX:XX:XX

I love to sleep. In fact I hate the mornings – I'm too tired and too drained to get out of bed, until about 9am. I found myself more energetic at night; in fact I was even dancing at about 11pm at night just being happy-go-lucky.

03 F XX:XX:XX

Had a surge of energy around 3pm. I am so excited and I am showing it now. Woke up with lots of energy, felt like sitting outside in the sun.

04 F XX:XX:XX

I am in bliss, there's no other word for it I have some adrenalin rush – went to the fun fair and energy flowing within.

04 F XX:XX:XX

Bounce off the walls – feel like helium.

04 F XX:XX:XX

I've got so much energy.

04 F XX:XX:XX

Lots of energy after second powder. There was lots of energy within, great high.

10 M 00:XX:XX

Took third dose and still feel elevated and high spirited. Feel this fullness of energy within me. Can't really tell or know if it's the effects of the testing but if it is then it's great and I don't mind being like this every day.

15 M XX:XX:XX

Body feels vibrant and full of energy. I feel strong have lots of energy.

18 M 01:XX:XX

My body and mind feels great. Feel so young and vibrant and full of energy.

18 M XX:XX:XX

4.2.1.11 Laughing / Jesting

I had so much energy. I kept laughing and giggling. I was like a little girl again.

02 F XX:XX:XX

Can't stop laughing – I feel like I have come from darkness to light.

04 F XX:XX:XX

Day started off well, had a good day at work, just took it as it came, was laughing and joking with the guys at work.

05 M XX:XX:XX

I was on a high laughing and smiling and joking after taking the first powder.

11 M 00:XX:XX

Was in a good mood laughed and joked.

11 M XX:XX:XX

I had taken the powder at around 9:45 am. Within 5 minutes I felt a burst of happiness. I was extremely happy laughing on a high. I was sexually aroused.

11 M XX:XX:XX

At 7am started laughing hysterically for no apparent reason. Body feel a little numb as though I have consumed alcohol. Feeling happy and listening to my favourite music. Danced around with a broom. Went with a friend to breakfast had a great time laughing about all sorts.

16 F 00:07:XX

I opened up the door and gates to let them in and of course I began laughing and my son looks at me as though I am crazy.

16 F XX:XX:XX

4.2.1.12 Manipulative / Deceitful / Misleading

I love the way I can manipulate a situation to modify and satisfy my requirements.

01 F XX:XX:XX

I had a good day. Felt strong and courageous. Was in a positive mood all day. A guy messaged me this morning, I took my time to reply and I made sure the reply was very cold and aloof. It empowers me to make him confused but more than that I feel like I really don't need to be worried about him. 02 F XX:XX:XX

One day, I had the whole work force at my office lie for me so that my manager wouldn't figure out that I owned my company, instead of working for it. I loved the playfulness of the situation and my role in it all.

03 F XX:XX:XX

I mislead him a bit but I want him physically to make love. But I know I can't see him and because he still scares me a bit because he might just insist that I go with him which I won't do.

20 F XX:XX:XX

4.2.1.13 Teasing / Playful

I find myself provoking people especially my girlfriend. I irritate her just for fun and because I really want to be treated equally.

08 M XX:XX:XX

One day, I had the whole work force at my office lie for me so that my manager wouldn't figure out that I owned my company, instead of working for it. I loved the playfulness of the situation and my role in it all.

03 F XX:XX:XX

I feel happy playing with my niece and nephew. I love it, I feel like a kid again.

04 F XX:XX:XX

I want to jump on a trampoline with excitement and play.

04 F XX:XX:XX

4.2.1.14 Lascivious

I still have this high urge to conduct in sexual pleasure. 01 F XX:XX:XX

I feel satisfied after sex today and have enormous amount of energy to use and go on. I have noticed, for the second time whilst on the proving, that my sexual activity has changed. I do like the style in which my activity has changed. More sensual rather than sexual. More intimate than pleasurable. Now I would call it love making rather than sex. I feel an inner depth of satisfaction, one that travels beyond the mind and the senses. Feel more connected. Sex is better now.

01 F XX:XX:XX

After all the days' activity, I feel for a nice soft oil massage leading to slow rhythmical sex.

01 F XX:XX:XX

I feel ripe meaning that my reproductive system is sending hormones via the blood system, signalling me to engage in intercourse. I feel I can easily be impregnated but I don't want children.

01 F XX:XX:XX

Enjoyed the idea of having a more powerful sexual experience with one partner and that I could enjoy the intimacy with satisfaction. It's not time for my period but I feel a great sense of pleasure, alone in the office and wish I could call my boyfriend over.

01 F XX:XX:XX

One afternoon I met with my work colleague and we chatted and laughed about sex. It was so funny – she joked about how she's not getting any sex, and I joked that maybe we should go shopping for some sex toys – one for each of us. Those giggles about our libidos were very entertaining.

03 F XX:XX:XX

Lust for other men not particularly my husband. My sex drive really picked

up. I generally have a low libido but my desire for other men has increased.

03 F XX:XX:XX

Got home called a friend he picked me up went to his place, chilled and had a drink and had hot hard sex, felt awesome and amazing and was totally destressed.

05 M XX:XX:XX

Woke up feeling really horny so called a friend, hooked up and had fun needed a good release.

05 M XX:XX:XX

Feeling a bit horny so masturbated.

05 M XX:XX:XX

Sexually aroused and sorted that issue out.

11 M XX:XX:XX

My sex drive was extremely high sorted that out four times during the course of the day.

11 M XX:XX:XX

Sex drives were high had spent some alone time twice.

11 M XX:XX:XX

I had taken the powder at around 9:45 am. Within 5 minutes I felt a burst of happiness. I was extremely happy laughing on a high. I was sexually aroused.

11 M XX:XX:XX

Especially in the sexual department – for some reason I am hoping this drug is going to improve on that. I love sex so I want to have the most fulfilling

experiences. Also I am just hoping that it would be a positive in enhancing my manly mannerism.

13 M XX:XX:XX

Very horny as I didn't masturbate in a few days. Had great round of sex and slept.

14 M XX:XX:XX

Enjoyed the sex session with my boyfriend. I was full of passion and lust. Got to work smiling. People read me like a book and know I had sex in the weekend. I am telling a friend about the sex via email. Boyfriend would kill me if he knew I spoke to someone about the sex. I am happy and more sexed so don't care.

27 M XX:XX:XX

Ended the night with a passionate love making / sex session. Boyfriend and I awake horny as hell. Mad sex session. We awake feeling really good.

27 M XX:XX:XX

Woke up horny as hell. Wanted to masturbate. I then watch a Hindi DVD looking at a hot Bollywood actor. Makes me horny as well. Thinking about masturbating but decide against it.

27 M XX:XX:XX

We end up having sex behind his room door. His family downstairs. I am s**t scared. I love the rush. Feeling great.

27 M XX:XX:XX

Spoke to boyfriend and told him I am very horny. Yes I masturbated that night. Boyfriend tells me he is coming to see a client I must meet him for lunch. I am horny as soon as I see him. I tell him I am horny he ask me if I

am mad. I think he feels something is up. I reassure him I love him and he does the same.

27 M XX:XX:XX

Still feeling comfortable and confident with myself. Was talking to a clinician about my research while working on her computer. She leaned on the desk next to the computer and I saw her arm and had the sudden urge to bite it. It wasn't aggressive but more sexual. Her arm looked soft and smooth and fair.

08 M XX:XX:XX

4.2.1.15 Extravagance

I feel very pretty today and off to shopping. I want to set my hair and do my makeup to go out as I love the attention now when I go out.

01 F XX:XX:XX

Excited to go out tonight. Dressed myself in the most beautiful olive green sari, my makeup is the best and is shaped like cat's eyes. I know that I look stunning and all the attention was on me.

01 F XX:XX:XX

I was attracted to the most beautiful feathers at a fabric shop. They were black but when tilted to the light, the most amazing shade of metallic peacock green showed itself. I bought them, took them home to make earrings.

01 F XX:XX:XX

I can see by the twinkle in his eye that he is breathless. As I stand so gracefully and beautifully in front of him.

01 F XX:XX:XX

I had fun flirting with the guys and I enjoyed it when the ladies admired my clothes. I knew they thought I was gorgeous without them having to say it. I'm sure. I'll be getting many patients this way.

02 F XX:XX:XX

I felt desirable and beautiful.

02 F XX:XX:XX

Spending more money on shopping for attractive clothes and make-up.

03 F XX:XX:XX

4.2.1.16 Dancing

Listening to music at the late hours of the night. I have a scene running through my mind that I'd be the belly dancer up on stage, performing in front of an audience and they will all applaud at the end.

01 F XX:XX:XX

Really want to take up belly dancing lessons. Want to dance in ecstasy. I want to feel the rhythm flow down my hips, swirl around my waist. I want to be the glamorous performer with lights bouncing off my sequenced cloth. I want to feel me.

01 F XX:XX:XX

I feel energetic like a vibrant bright orange flame, dancing in summer's breeze.

01 F XX:XX:XX

I found myself more energetic at night; in fact I was even dancing at about 11pm at night just being happy-go-lucky.

03 F XX:XX:XX

Want to dance more – I love to dance, and promised myself to go back to *kathak* dance. In the meantime though I have started planning to join belly dancing studio.

03 F XX:XX:XX

Played and danced in the rain – I got drenched. Felt like a 5 year old – feel excited and super energetic and full of life.

04 F XX:XX:XX

I went clubbing, had a blast just danced and danced.

05 M XX:XX:XX

I just shut my room door and blasted my music and danced away.

07 M XX:XX:XX

Just want to have fun and dance in ecstasy and no work.

13 M XX:XX:XX

We left to go and have fun at our little pub down the road where they play my favourite music. My mate and I really had a ball dancing the night away. We met a few nice people chatted drank and danced the whole night through. I really enjoy dancing and having fun. I was really happy to be away from home. I felt I was my old self again, which I really miss.

16 F XX:XX:XX

Went for dance classes and enjoyed it. It took lots of concentration. I burst into laughter at one point and couldn't stop for a long time. This happened during the lesson. It was just because of the intense look of concentration. I hadn't laughed like this in years and it felt good.

08 M 00:XX:XX

I feel like going out and drinking tequila and getting drunk. It's a feeling to dance and dance.

09 F XX:XX:XX

4.2.1.17 Clairvoyant / Intuitive / Clairaudient

Coincidental as I received a message from my sister now asking if I remember one of her dreams and how amazingly that her dream came true as my dream predicted.

01 F XX:XX:XX

Took a taxi to my cousins house and was amazed by people on the street. I felt what they were feeling and I was analyzing their expressions.

04 F XX:XX:XX

Well I was setting my books and came across a book I bought a while ago "the physic protection hand book". I think I am going to start reading this book as I am feeling some psychic feelings and visions.

18 M 01:XX:XX

Very intuitive and psychic now. I trust my gut instinct and feel confident about what I believe.

08 M XX:XX:XX

Most weird thing happened this morning. My hearing seems to be quite sensitive. I managed to hear the nun call me from downstairs. I am also able to hear something before it happens. I said to the nun did you call me and she said no but I was about to. Same thing happened with a friend. I phoned her and she dialled me at the same time.

19 F XX:XX:XX

4.2.1.18 Intolerance

I dislike being trampled on. My boyfriend makes me feel as if I am a doormat. Orders me as if I am a servant. It doesn't give me joy. It hurts so much that it brought upon a headache at my temple region.

01 F XX:XX:XX

My girlfriend has been bugging me to say romantic things to her. Tonight she said that she wants to know how I feel and she wants me to speak my heart. We argued. I don't understand why she always prompts me to say nice things. If I want to say something nice then I will. I don't want to be forced. I feel that she is even trying to control what I say. And that makes me not want to say nice things to her. I don't like being told what to say. I don't want to be forced to be like her. I told her this.

08 M XX:XX:XX

Found that recently I have getting irritated very easily. I have also noticed intolerance.

08 M XX:XX:XX

Get irritated very easily and intolerant. This is short lived though. As long as I say what I need to say I am happy.

08 M XX:XX:XX

4.2.1.19 Colours

I love the way I look in my new green dress.

01 F XX:XX:XX

I was attracted to the most beautiful feathers at a fabric shop. They were black but when tilted to the light, the most amazing shade of metallic peacock

green showed itself. I bought them, took them home to make earrings.

01 F XX:XX:XX

Excited to go out tonight. Dressed myself in the most beautiful olive green sari, my makeup is the best and is shaped like cat's eyes. I know that I look stunning and all the attention was on me.

01 F XX:XX:XX

Influenced again by green, bought a checked green dress that was short. Looked like a porcelain doll, beautiful.

01 F XX:XX:XX

Green clothing got my attention. In one week I wore green clothing twice which I usually don't do.

09 F XX:XX:XX

I wrote down a love affirmation and coloured it all different colours with crayons and colour pencils, drew flowers and squiggly lines.

04 F 02:XX:XX

I started to see certain colours like the bedroom I was in is green in colour then all of a sudden it seemed like the light had a green colour causing the green reflection in the entire room.

06 F XX:XX:XX

The bathroom cabinet appeared red in colour so it looked like red reflection in the bathroom.

06 F XX:XX:XX

Acute vision. Something happened last night with the green reflections and the red reflections I also noticed that it only comes on at night.

06 F XX:XX:XX

4.2.1.20 Irritability

Irritated, just feel like sleeping. This is an obstacle from doing my daily activities.

01 F XX:XX:XX

Annoyance with in-laws, snappy (although normally controlled). My annoyance with people was really high – especially if they didn't meet the standards that I expected of them. This was especially directed towards my in-laws. I love them a lot, but levels of annoyance and irritability with them raised every day. At some level I feel like rebelling – they say “do this” and I say “No way. I'll do it my way”.

03 F XX:XX:XX

All I knew is that I don't want anyone to talk to me. My mum was telling me about her day and I was getting annoyed at her.

04 F XX:XX:XX

Got home in an irritated mood.

05 M XX:XX:XX

Very irritated because four managers on my head. Wish I could divide myself into four people just to please everyone. Come home and fought with x again.

14 M XX:XX:XX

Was stressed out at work and was annoyed all in all. I had a crap and draining day. I am still in an annoyed mood.

05 M XX:XX:XX

Very frustrated because boyfriend don't bother to help me and choose to sleep. 14 M XX:XX:XX

Wife and baby getting at my nerves, messing up the place and not keeping things in order.

18 M 01:XX:XX

Wife was baking for baby's school and it drove me mad towards the end because of the mess.

18 M XX:XX:XX

I got frustrated at state of the flat and the mess around. I started cleaning and tidied up. Hate to have to pick up after wife. I understand that she is pregnant. But still hate when she leaves things to the last moment and when I jump in to sort things out she gets all upset because I am not doing stuff to how she wants it done. At the moment I just don't give a rat's ass. My goal is to get the stuff sorted out. Women, you get grief if you do something because 9 out of ten times according to them it's wrong – and then when you don't do anything then you get accused of not caring and spending time with them and on and on and on. Makes me think why I got married. Why do men marry if we get so much of grief? Oh I know it's so that we can have sex legally because then society won't talk behind your back so to speak, if you know what I mean.

18 M 01:XX:XX

Also today am moody. Hate it when people drag their feet when doing things. They find the simplest things and they just don't do it or leave it for another day to do. Like if a piece of paper falls on the floor. They busy at that present moment. But that doesn't stop them from going back and picking the paper up. But no it will just lie there, don't understand.

18 M XX:XX:XX

I am quite irritated with management. I informed them that we cannot recruit learners if they completed matric and that our target market is grade 9

learners. They were not very happy with me (told them that they were misleading the public).

19 F XX:XX:XX

I feel frustrated and irritable because I don't have the freedom to do as I feel.

20 F XX:XX:XX

Emotion wise I feel like I am betraying everyone close to me and it frustrates me that I have to restrain myself.

20 F XX:XX:XX

Feeling irritated – following discussion with parents and their health issues.

22 M XX:XX:XX

I am very irritated with this new colleague who I think is a big show off and way too bossy for someone who just learnt/started a few months ago.

23 F XX:XX:XX

I was in a terrible mood these last few days; very irritated with everything and short tempered.

23 F XX:XX:XX

I am now angry and irritated. Go to bed without eating. I am tired physically and now I am more irritated. Wake up feeling annoyed.

27 M XX:XX:XX

Brother phones me at work and annoys me about things I didn't do. Pisses me off and day spoilt now. Go home. Brother irritates me again. Decided to go to the gym to work of frustration.

27 M XX:XX:XX

Manager stares at me I stare back at her. After the meeting she asks whether I am okay. Speaking to boyfriend and he began to say I am moody. I wonder if its the stuff I have taken that is causing all my irritability.
27 M XX:XX:XX

Boyfriend tells me I am moody again. I don't agree – I am normal. This made me wonder if I am okay and I snap out of it and realize I am irritable about my granny who I haven't spoken to in four months as we have family issues.
27 M XX:XX:XX

Feeling all fuzzy, don't want to talk to anybody and getting irritated with everybody, on edge.
28 F XX:XX:XX

I am very irritated my mind is over-thinking about what I should do. When somebody is talking to me I am already thinking about the next question to ask. I ask too many questions. I am always straight to the point. I always face the problem head on. I have no regrets when I face a problem. Maybe it will trouble me a while if a person does not talk to me. I always get on the wrong side of other people; I always feel I tackled the problem the wrong way. I always trust the wrong person. I get angry and go silent when I am treated badly.
28 F XX:XX:XX

On edge and I am becoming very moody. I snapped at my children and my husband. I like to be left alone.
28 F XX:XX:XX

Still very irritable and confrontational to a point. Have been having lots of arguments with girlfriend. We fight about small things.
08 M XX:XX:XX

Was doing research with my girlfriend and got really irritated and frustrated. I usually hate research and get frustrated. I was really irritated because she was teaching me and was being bossy and scolding me. I snapped at her a few times.

08 M 00:XX:XX

Easily irritable. Had an argument with a man. He was just sitting around while a whole long queue of people was waiting for him. I skipped the queue and went straight to his office to ask about my passport. Nobody else was in the office from the queue. He asked if I followed the queue and said no but I wanted my passport because he was not busy. And nobody from the queue was in his office. We argued for while but I was prepared to rejoin the queue or leave. He gave me my passport and I thanked him and shook his hand. I felt in control of the situation. I meant to thank him but I also wanted to prove a point and take control by shaking his hand.

08 M 02:XX:XX

Had a small sleep and woke up irritable and drained of energy. Was irritable because I had to wait around for my girlfriend for hours.

08 M XX:XX:XX

Have been fighting with my girlfriend a lot. We came to the conclusion that we are very different from each other. I explained that I can't be like her. She and I had a big fight about me being on another proving. She said that if I ever go another proving we will break up. I didn't care about what she said.

08 M XX:XX:XX

Also irritability which is very short lasting. I easily switch from irritability to happiness and back.

08 M XX:XX:XX

Boyfriend and I fighting when I took these powders, me and my stubborn self. Didn't want to say sorry and sort out the problems. He must have thought my bad moods were because of my monthly's but it's this drug.

09 F XX:XX:XX

I cannot stand to be around negative people; they just irritate me for no more. I have nothing to say to them, I will just keep quiet. Family can be so annoying, minding our business when it does not concern them. That why I don't like answering the phone at home. They phone to ask way too many questions.

09 F XX:XX:XX

4.2.1.21 Cheerful

I am excited and happy.

01 F XX:XX:XX

I am really excited about the future and I feel very sure that life is working in my favour. I worked hard today and I feel extremely proud of myself. I feel happy and blissful. I love the new me.

02 F XX:XX:XX

Saw my boyfriend but felt as if I couldn't express how happy I was to see him, I held it in and I don't know why.

04 F XX:XX:XX

I am very happy these days.

04 F XX:XX:XX

Was a beautiful day. I was so content with the amounts of bliss and pleasure derived from the day.

13 M XX:XX:XX

Have positive vibes and feeling good and a great energetic feeling.

18 M XX:XX:XX

I was very happy though because I went to my friends party and drank. I relaxed and was happy and laughed a lot.

20 F XX:XX:XX

Feeling good, generally happy, energetic, content.

21 F XX:XX:XX

4.2.1.22 Dictatorial / Self assertion

During my experience of the proving I felt a great amount of strength within me. Dominance and energy had become a stronger character.

01 F XX:XX:XX

I feel like a fox walking through the forest with the moon above my head. I want to create an outer appearance that makes me look fierce but also dominating at the same time.

01 F 01:XX:XX

Have lots of confidence and I find myself unafraid to say what I want to say. I don't care about the consequences. I don't want to be treated as an inferior so I fight back and say whatever I feel. I enjoy this feeling.

08 M XX:XX:XX

Still very irritable and confrontational to a point. Have been having lots of arguments with girlfriend. We fight about small things. Sometimes I just argue with her to oppose her because I usually just keep quiet and now I want to be heard and I want her to know that she is not right all the time. I want to express my views and have it accepted as my views.

08 M XX:XX:XX

4.2.1.23 Injustice

I met with a lecturer today. He was so rude and curt. He was abrupt and basically said there is going to be a long wait before I get paid, if I ever do. He was so awful and cold in the way he said it, I had to “bite my tongue” to keep from screaming at him. I took every ounce of restraint I had to remain calm. All I wanted to do was rip his head off. I actually saw myself leaping across the table and ripping his head off. This man will regret screwing with me over. Nobody will ever use me this way and get away with it. I am preparing to take major legal action. It’s time to settle the score. At the same time, I feel exhausted and drained. I wonder if I have the drive and energy to fight this battle. A little part of me wanders if it will all be worth it. Again, I feel torn and confused. Do I fight or do I walk away? I hope this doesn’t keep me up tonight. I really need to sleep.

02 F XX:XX:XX

I found myself to be efficient today. I typed out a strict letter demanding to be paid. I feel like I must be given what is due to me. I found it easy to put my disclaim of anger into words. I like feeling powerful. It is like I am unstoppable. I want to put right all the wrongs that have been inflicted on me.

02 F 01:XX:XX

I came home and began preparing for my attack. I wrote a stinging letter, threatening legal action against the University. I am ready to take them down; nobody can cheat me out of money and get away with it. I almost shouted at a colleague when he called me to suggest we talk to my employer before giving him the letter. I wanted to strangle him through the phone for being so diplomatic. This is war. Reasoning with the enemy is not going to work, we need to be a united front and show them we mean business. Eventually I calmed down and realised that we need to follow proper channels...blah...blah...blah. All I want is victory, no time for stories and bull.

I was so angry, I could have hit someone. I felt better after I ate supper. The anger left as quick as it came. Anyway, we'll have to see what tomorrow brings.

02 F XX:XX:XX

Hectic frustration at work. Pissed off at boss. Getting more and more irritated with his laziness and irresponsibility. Felt like he was imposing on me because why must I be responsible for someone else's mess/mistake.

06 F XX:XX:XX

Went to a curriculum meeting because boss was not at work. I was asked to attend (managers have it easy). I must take minutes and attend meetings, relay info but I cannot make decisions even if it's my idea. That's bureaucracy for you. You have to go through so many people before anything can be done. Today I snapped. I wondered if the stuff the researcher gave me caused me to snap. Either way I can't stand the conniving racism, unethical behaviour and lies.

19 F XX:XX:XX

I don't want to work there anymore but I know that they are cheating us and being unjust. The lecturer is being deceptive and I feel he is trying to stick us into ending our employment. I don't want to work but I want to fight this because I want them to know that they can't escape easily and that I will do whatever it takes to be treated fairly and with respect. I find myself gathering information to retaliate. I had much respect for him but now I am not afraid to express whatever I feel to him because I know that he is strong and that he was being deceptive. I am waiting for an opportunity to tell him exactly how I feel about what he has done and let him know that I know that I can't trust him. I want justice to be done at all costs because I don't want to be treated as on inferior. I don't want the people in power to get away with murder. I want them to know that we are fighting back.

08 M XX:XX:XX

Sometimes the people I work with can irritate the life of me. They pass on their work to me, even though I am a temp. I didn't think that's fair. This is so frustrating. No one says anything; the temp must just be happy and do it. Went to speak to my manager about my issues. She always says "don't stress". But still. Nothing is being done about this.

09 F XX:XX:XX

4.2.1.24 Confidence / Strong / Powerful / Assertive

When I need to put my point across and if you stubborn to listen, I stand up tall, I pierce you with the look from eyes, raised chin, my words flow not giving you a chance to breathe.

01 F 00:XX:XX

During my experience of the proving I felt a great amount of strength within me. Dominance and energy had become a stronger character.

01 F XX:XX:XX

I had a good day and I still feel very strong and confident. I feel powerful and in charge of my life. I like feeling this way. I don't allow others to push me around and enforce their wants onto me. I am straightforward and want to be taken seriously. I want; I need to be put first. I am a formidable force. I love feeling this powerful. I am strong and confident in the way I walk, talk and relate to others. This is new for me, I use to be very quiet, timid and yielding and always putting others first. I know that it is the remedy that is giving me this power.

02 F XX:XX:XX

I feel strong and powerful. I don't like being contradicted. I saw a patient today and I was confident and bold with her. I think I impressed her. I feel like I need to stand up for myself. I am so amped up to demand what's rightfully

mine. I will win tomorrow. I am not happy to accept defeat or less than I deserve.

02 F XX:XX:XX

I had a meeting with my boss regarding the non payment of my salary. I was not nervous, I was cool, calm, poised and collected. I started my case eloquently and firmly asked for a resolution. I know I made a huge impact. In two weeks I will know if I still have a job and if I will be paid for the two months I've worked this year. I am certain it will work out in my favour. I spoke with such confidence and self assurance. It was as if someone else, someone strong, bold and very powerful had taken over. It was a rush of calmness but unyielding energy. I loved it. I want to be this woman every day. I love this new bold, beautiful self confident girl that I have become. This is an incredible feeling.

02 F XX:XX:XX

I had a brilliant day. I saw two patients and I oozed with confidence as I felt like a Doctor. Feel like a force to be reckoned with. I still feel sexy and attractive. I know I exude sensuality. I am really excited about the future and I feel very sure that life is working in my favour. I worked hard today and I feel extremely proud of myself. I feel happy and blissful. I love the new me.

02 F XX:XX:XX

Had a great day. Felt happy and positive, even though I had no patients. I went around to various stores, giving out flyers and introducing myself to people. It felt good speaking to so many people.

02 F XX:XX:XX

I loved feeling so strong and empowered. I love this remedy; it makes me feel in control and powerful. I am a formidable force.

02 F 01:XX:XX

I had a good day. Felt strong and courageous. Was in a positive mood all day.

02 F 01:XX:XX

Had a stunning, amazing and beautiful day. I had 2 patients, which totally made my day. I love practising homoeopathy. I know it is my soul's purpose. It was difficult to remain grounded and not jump for joy, but I tried very hard to remain focused and conserve this feeling for the days that are not as successful. I also saw that guy and he came to the office. It was a business meeting and I fought hard not fall into those beautiful eyes. He was so gorgeous today and he smelled so good. I wanted to touch him so badly. But I kept my cool; he cannot know how he affects me. I must also focus on the fact that he may not reciprocate my feelings. I must resist him! I need to hate him. I must remember how he ignored me last week. I must focus on how he made me doubt myself. I must be prepared to let him go. I cannot fall for his charms and let him win. I have to remain ahead of my game. I keep telling myself, he is only a man, nothing more, nothing less and he does not have power over me. I will not succumb. Ooh I wish this remedy would give me the same power it did before. I must be strong. I must win.

02 F XX:XX:XX

I felt strong and powerful today. I took time getting dressed. I was conservative in my choice of clothing but I now have this sensuality in my energy. I notice that I toss my hair at men and make eye contact. I feel super sexy. I walk like I am a model on the cat-walk. I own the world.

02 F XX:XX:XX

On campus: I became very competitive – wanting to prove and assert my alpha female dominant role in class in all aspects – looks, creativity, intelligence and intellectual genius. I was especially jealous at another one of my class mates, a lady – who dared to think that she'd beat me in the exam. I felt that since she's only a paint salesperson, and I have a master's degree,

she'll have no chance. After all, who was she against me? Funnily enough, I wasn't that jealous towards the boys of the class who also thought they could compete with me academically. I studied extremely well for the exam, taking time off work.

03 F XX:XX:XX

Have lots of confidence and I find myself unafraid to say what I want to say. I don't care about the consequences. I don't want to be treated as an inferior so I fight back and say whatever I feel. I enjoy this feeling.

08 M 01:XX:XX

I find myself speaking a lot more with much more confidence. I speak fluently and without second thought. The words just flow.

08 M 01:XX:XX

I still feel confident and that I can say whatever I feel without fear of the consequences. I am really enjoying this new found confidence.

08 M XX:XX:XX

Lots of confidence. I find it easy to speak my mind. I feel confident and in control of my life

08 M 02:XX:XX

I love the confidence that I have and I love the fact that I can say what I feel without worrying about the result. Because I know that my view is also valid.

08 M XX:XX:XX

I feel confident and comfortable. I find it a lot easier to ask waiters to do something without feeling bad.

08 M XX:XX:XX

Still feel confident and not as shy. 08 M XX:XX:XX

Had a sense of determination, enjoyed going to work, work is cool, even though I am not a permanent staff. Started to make changes in the way I do things, and help out a bit more.

09 F XX:XX:XX

I went to speak to my principal today. Feeling really uncertain about my job and future here. Wanted to know if they will consider me for a full time position. This inspiration came from our national sales manager. I was sitting at my desk, contemplating what I should do. Out of the blue he walked into our office, and started asking me about my plans for my future. Told him my goals, he was impressed. He told me never to give up, because hard work will take me very far in this company and nothing goes unnoticed. So I got the courage to walk in and chat with my principal. What a scary feeling. But shame, he is so warm and welcoming made me feel important. Told me that my manager always goes on about how hard working I am. He also told me that at the moment there is nothing permanent – which I already knew. But he said if anything comes up he will definitely consider me. What a warm feeling, a feeling of confidence and fulfilment. Not always you get to feel this way.

09 F XX:XX:XX

Had a very pleasant day, felt hyped and positive. Was confident and had a very firm control on my decision making and was in a jovial mood.

15 M 00:XX:XX

4.2.1.25 Sensual / Coquettish / Flirtatious

I can see by the twinkle in his eye that he is breathless. As I stand so gracefully and beautifully in front of him.

01 F XX:XX:XX

I want to draw attention to my breasts, my legs. I want to wear clothes that are thin and barely there, just exposing a little piece of my skin. I want to allure him to my dark mind and then pouncing want to relish my prey.

01 F 01:XX:XX

Craving ice-cream, I want Rolo ice-cream. Aaah, finally am enjoying every lick of the sweet syrup, letting it drip down the corners of my lips and making you drool as you watch it enter my awaiting mouth, mmmmm. I love the way I wrote this, as if I am doing something else, something sensual.

01 F XX:XX:XX

Then walked on the beach. Enjoyed looking at and admiring all the half dressed men on the beach. I didn't care if they caught me looking. I flirted with my eyes and they flirted right back. It was fun. At one point, I was talking to my sister and this hunk of a man walked by in his trunks, I trailed off to watch this man go by. I completely forgot what I was saying.

02 F XX:XX:XX

I had fun flirting with the guys and I enjoyed it when the ladies admired my clothes. I knew they thought I was gorgeous without them having to say it. I'm sure I'll be getting many patients this way.

02 F XX:XX:XX

I still feel sexy and attractive. I know I exude sensuality.

02 F XX:XX:XX

I generally am a flirtatious woman but whilst on the proving, I found myself flirting dangerously closely with other men – at work, at campus and at one point, even my sales management lecturer.

03 F XX:XX:XX

Interaction with people: The way I interacted with people on a day to day level changed. I became very charming and almost seductive (with both men and women).

03 F XX:XX:XX

4.2.1.26 Sadness / Depression

I felt depressed all day. Am I unworthy?

02 F XX:XX:XX

I went into a major depression. I misunderstood what he said; I couldn't forgive myself for hurting him. I just lay on the floor crying uncontrollably.

04 F XX:XX:XX

I never ate, I never moved, I just sat playing depressing songs and cried, I felt so drained, I couldn't handle that I hurt him.

04 F XX:XX:XX

I want a baby; my lecturer is in such a cute stage of pregnancy. Feel broody CRUSHED! Cried but also I accepted it, his studies are priority. I want him to be happy. I can sacrifice my feelings for him as long as he is happy. Hardly ate or drank water, lost my appetite.

04 F XX:XX:XX

I just felt that I had to let go, I was becoming too attached, have to see everything as God's will. I asked him not to contact me. I refuse to be depressed.

04 F XX:XX:XX

When I got home I spoke to boyfriend, he called me immature and irresponsible and he doesn't want anything to do with me besides being friends. It hurt like hell! I accepted it though because I just wanted him to be

happy. I will deal with my sadness. I know I will never be able to let him go from my heart.

04 F XX:XX:XX

I just wasted the day away and felt absolutely depressed. I should have handled things differently. I don't know what's wrong with me, why I am so immature. I am very hurt, can't stop crying.

04 F XX:XX:XX

My heart feels so heavy. I just want to cry and die. I can't live without this boy.

Went back to sleep and a depression is hitting me. I am finished. I can't imagine my life without him.

04 F XX:XX:XX

I feel like I am dead inside. I am never having a boyfriend again, I am too weak. I give my life to my boyfriend again and I just end up getting hurt, I can't do this anymore.

04 F XX:XX:XX

Had a totally weird day went to campus to sort out some stuff and literally bumped into my ex and all my old feelings came back. I thought I was over him but I guess not, still miss him a lot.

05 M XX:XX:XX

Anxiety, depression, guilty. I was going through great turmoil emotionally today. I also felt so depressed because I am leaving people who I got so close to. I suppose that's part of life but I became so overwhelmed by fear as I was starting a new job.

06 F 01:XX:XX

Associated depression and sad because I felt helpless and so hopeless, didn't feel like living anymore and just giving up everything, so sick of my life because I have so much potential and that I should be doing something better with my life.

06 F XX:XX:XX

Today in the morning I was feeling so down I was thinking about all the people I lost in my life. Recently there's has been a few deaths in our family and I can't get over the death of my uncle its still a shock for me. I feel so horrible because my family still cries for him and yet there are other people going on with their lives and nobody can understand death until they lose someone really close to them then only will they understand the pain you going through.

07 M XX:XX:XX

I am not very sexually aroused these couple of days I guess it is due to the fact that I am feeling very low and sad.

11 M XX:XX:XX

Am a bit depressed. Just feel like there's so much I want to achieve and haven't yet.

13 M XX:XX:XX

I am in so much of pain and sadness and I just can't take the emptiness. God give me strength. I am so hurt, I feel this huge hollow inside me, I want to contact him, I feel like I have lost my soul mate and I want to explain, work things out, make things better.

13 M XX:XX:XX

Feeling a little depressed as well. A little unloved.

14 M XX:XX:XX

Feeling quiet down about life and stuff, feel like I am a loser and not having a life like so many other guys have. Went to gym and felt even more depressed afterwards.

14 M XX:XX:XX

Woke up and started crying out of frustration and anger and the fact that my father still hasn't made an attempt to call me. The whole day I feel down, depressed, heartbroken and alone. Frustrated by the fact that I haven't found a job, sad that even though I know I can't be with him his emails make it seem as if we have made a mistake. I feel raw inside like my heart has been ripped out and have no feelings like an empty vessel. I have no hope and feel helpless.

20 F XX:XX:XX

Sad, depressed because I am missing him and thinking about the good times we had.

20 F XX:XX:XX

I am feeling sad and disappointed with my life because it's not moving.

20 F XX:XX:XX

Emotionally drained and really very depressed so cried my eyes out, recalled a few childhood memories, have to hang in there and hold all of the pieces together.

23 F XX:XX:XX

After wedding seeing old friends and drove past my old house feeling nostalgic. Miss the house sometimes. Very sad going back home.

27 M XX:XX:XX

4.2.1.27 Unfortunate / Miserable

I was miserable, woke up miserable and felt miserable all day.

02 F XX:XX:XX

I want to be alone in a cool dark room. I feel like something is pulsating in my head. I am miserable.

04 F XX:XX:XX

Felt down today under the weather as if I don't quite know what to do with myself like hollowness inside me.

20 F XX:XX:XX

4.2.1.28 Concentration

I had great difficulty concentrating at work, possibly due to the heavy period combined with the lack of sleep. I am exhausted. The day dragged on and time moved so slowly.

02 F XX:XX:XX

Couldn't keep awake through my lecture could feel myself slipping especially towards the end. Felt like I didn't have the energy to pay attention.

04 F 02:XX:XX

Again couldn't pay attention in lecture, feel like I am disorientated. This happened yesterday as well.

04 F XX:XX:XX

I can't gather my thoughts; I can't put it into correct words.

04 F XX:XX:XX

Tomorrow I am writing an exam. It's so boring but there's so much to learn. I am feeling sleepy and I am finding it hard to concentrate.

07 M XX:XX:XX

Today at campus I had to buy a bottle of Energade because I was feeling very tired and weak. I noticed I can't concentrate in lectures as I dream.

07 M XX:XX:XX

Feeling listless and tired and cannot focus and concentrate.

10 M XX:XX:XX

Found it hard to concentrate.

11 M 01:XX:XX

I began drifting off into a day dream unable to concentrate at all.

11 M 02:XX:XX

Unable to concentrate and focus.

11 M XX:XX:XX

I am stressing because I don't feel like studying and can't concentrate on studying. I just can't seem to do it and the exams are coming and I don't know anything.

20 F XX:XX:XX

I have lots of work and it's hard to concentrate, it's a crazy feeling.

24 F 01:XX:XX

I could not work, no power to concentrate. Could not work the entire day had my head on the desk.

24 F XX:XX:XX

Mind goes blank. Mind doesn't function. Body goes on a slow go.

28 F XX:XX:XX

4.2.1.29 Forgetful

Forgetful: Within two weeks of starting the remedy, I became very forgetful, especially over the littlest of things. One day at work, I nearly break down, not being able to find my diary. I ran from my office to the parking lot, searched every cupboard, frantic about my diary's location. Eventually, I found it at home, where I didn't even take it to work in the first place.

03 F XX:XX:XX

I had to organize myself more efficiently, by writing things down, so that I didn't forget anything that only helped as long as I had my list. Being forgetful though, I sometimes couldn't even find my list of things to do.

03 F XX:XX:XX

Over worked and tired. Confused thinking and forgetting easily.

28 F XX:XX:XX

4.2.1.30 Mental power / Mental clarity

I love the way my brain thinks.

01 F XX:XX:XX

I'm confident that I have supreme mental, emotional and physical control of myself.

03 F XX:XX:XX

Thoughts around power: During the proving, I had thoughts of grandeur which is not normal to me. I felt more powerful, somehow being able to orchestrate my life in any way that I chose it to be. 03 F XX:XX:XX

Mind power: While on the proving, I became very interested in developing my mind powers. I even invested in literature and affirmation CDs – harnessing my creative thoughts to attract powerful situations to me.

03 F XX:XX:XX

I reflected on my life a bit and came up with some interesting solutions. Weird cause usually if I did major thinking I would come up with a million solutions and then forget about it. Have this powerful mental power.

15 M XX:XX:XX

Mind is active and focused on making success.

18 M XX:XX:XX

I think I have more mental power now than before the drug.

18 M XX:XX:XX

My mind is very alert. My senses seem very high. I seem to watch and observe more than make any comments although I am quick to react if there is some sort of injustice. My senses are on high alert.

19 F XX:XX:XX

4.2.1.31 Fear

I am short-sighted but I felt from the third week onwards that I was seeing flashes of a black snake from the corners of my eye. One evening while sitting and watching TV, with the door open I imagined a long shiny black snake enter my house and go up the stairs with me chasing after it. This is very unusual as I have had a deep fear of snakes for years. At one point of my life, I couldn't even say the word "snake" fearing they can hear me and will therefore appear. Now 2 months after the trial, I am no longer fearful of snakes, but tend to admire them instead.

03 F XX:XX:XX

At the beginning of the second week, a troop of monkeys entered my house, leaving me paralyzed in fear. Normally one or two enter but I'm always able to chase them away, but confronting twelve monkeys was too freaky for my liking. I was convinced that something evil had entered my house, as my fear was too strong and powerful. Eventually after crying to my husband, being sedated by rescue remedy and getting ADT to chase the troop away, I felt safer.

03 F XX:XX:XX

Due to my fear of snakes I got a pest control company to spray snake and insect repellents around my home once a year. To date, I'm very proud that no ants, insects, moths or other creatures survive in our home. That being said I was extremely shocked when my neighbour told me that she saw a shiny green, long snake in my garden!!! I was shocked and amazed – especially since my garden had the most amount of snake repellent chemicals.

03 F XX:XX:XX

One afternoon after dropping my sister at her home, I remember hugging her goodbye but wondering that something bad may happen because she was home alone. I quickly ignored my thought and said goodbye anyway. That evening, my sister revealed that a green snake had pounced at her once she opened the window. She has very fast reflexes, and quickly slammed the window shut, trapping the snake's body in the window. Her boyfriend rescued the snake and led it out of the window. I hate that at some level I had a vibe that something could go wrong, that I couldn't save her from, and it did.

03 F XX:XX:XX

I have a fear for dirty greenish water and my worst fear is that I could get lost in that water.

06 F XX:XX:XX

I became so overwhelmed by fear as I was starting a new job and the thought of being in unfamiliar surroundings and people scares me. Also if I would successful in my new job as it requires certain skills which I am really doubtful about like being a business person.

06 F XX:XX:XX

I started daydreaming about being in hospital and feeling scared and not knowing what's happening and seeing them operating on me.

20 F XX:XX:XX

I am scared about going to work and feel like I won't know how to do the job and make mistakes

20 F XX:XX:XX

4.2.1.32 Anxiety

Also feeling a slight pressure whether or not to contact my boyfriend. I know he is with his friends and I should give him some space but I also miss him. I haven't spoken to him in a while and I am starting to feel anxious and this deep sense of longing.

04 F XX:XX:XX

Didn't want him to go home, I feel as though we tied together and it so strange for me. I never felt this way before. I am really scared of getting hurt though.

I am worried about boyfriend he hasn't called yet. Anxious about his safety.

04 F XX:XX:XX

Associated depression and anxiety because I felt helpless and so hopeless, didn't feel like living anymore and want to just giving up everything, so sick of my life because I have so much potential and that I should be doing something better with my life. 06 F 01:XX:XX

Extreme anxiety, couldn't even breathe properly, my heart was racing. I could feel my heart palpitating in my throat.

06 F XX:XX:XX

Mixed feeling of excitement yet huge anxiety. Excitement because I am leaving the job yet so anxious because I am afraid that I won't survive in the next job, feeling insecure that I may not be able to sustain my job.

06 F XX:XX:XX

The anxiety and stress is getting worse.

06 F XX:XX:XX

A year ago I had a bad experience and have been thinking about it a lot. I regret that day I did something shameful and feeling so anxious of the past.

07 M XX:XX:XX

Am anxious. Just feel like there's so much I want to achieve and haven't yet.

13 M XX:XX:XX

Am worried about me not studying and sticking to studying program.

13 M XX:XX:XX

Feeling quite down about life and stuff, feel like I am a loser and not having a life like so many other guys. Went to gym and felt even more depressed and anxious afterwards.

14 M XX:XX:XX

Today was my appointment with the researcher which I had forgotten; I was both curious and very anxious and apprehensive at the same time. Curious to know how the whole research test will pan-out.

19 F XX:XX:XX

Feeling sad and disappointed with my life because it's not moving forward.

20 F XX:XX:XX

Stressed and feeling overwhelmed with anxiety because my assignments are due and I did not completed them.

20 F XX:XX:XX

4.2.1.33 Anxiety conscience / Guilty

Felt a little guilty for not doing any work for campus, but put it out of my mind.

04 F XX:XX:XX

I feel guilty for not doing exercise or prayer as I am so late for campus.

04 F XX:XX:XX

I seemed a little apprehensive the whole day. Perhaps it the guilt of not doing anything substantial. Guilt ridden.

19 M XX:XX:XX

I feel sorrow and guilt because I have to deal with the fact that he and I are no more and I have to try and move on now.

20 F XX:XX:XX

This frustrates me and angers me. I am hurt because he has broken my trust But I feel terrible and guilty because he was waiting to see me most of the day and night. Feel terrible about it.

20 F XX:XX:XX

4.2.1.34 Antagonism of will/ Irresolution / Confusion

I was battling to stand my ground today. But the good news is that I won. My friends were all trying to convince me to go for a party for another friend of

ours. I did not want to go as I've never liked this girl, I know the feeling is mutual. I felt it would be detrimental to my character to go to her party. It would be fake as I really don't enjoy her company. My friends tried to guilt me into going, saying I should only go because I needed to socialize more. I stood my ground and refused to go. Why should I do something I was not genuine about? That would make me a fake person, a liar, untruthful. I am not these things, so I didn't go. It felt so good to stand up for my beliefs.

02 F XX:XX:XX

I felt depressed all day. I kept thinking of this guy and why he hasn't called me. A part of me wishes he wouldn't whilst the other part really hopes he will. I feel torn and confused. Why doesn't he want to be with me? Am I unworthy?

02 F XX:XX:XX

I feel torn over with this issue of the guy I went out with. I am unsure of his genuineness. I am afraid he is only friendly towards me because he wants me to sign up for an insurance policy.

02 F XX:XX:XX

I have this confusion deep seated whether what we doing is right or wrong, it feels right in the moment, so I let it be.

04 F 02:XX:XX

Had sex with him but a part of me feels guilty and the other just wants to let it be. It was very painful and I bled a little and felt bad.

04 F XX:XX:XX

I can't do this bouncing anymore. Its either yes or no now. I can't keep giving him my heart and then getting it broken. He obviously doesn't know if he wants to be with me or not. I understand that he can't accept this and it will affect him that's why he doesn't want to be with me. 04 F XX:XX:XX

We started talking, I can't stay away from him. I am trying to resist him too much, I lost control completely, and how could I let that happen again? What is wrong with me! I just trust him so much when he says that I am what he wants, but I also don't want to get hurt, I am so confused, I really am. I feel like I am on a see-saw.

04 F XX:XX:XX

Mixed feeling of excitement yet huge anxiety. Excitement because I am leaving the job yet so anxious because I am afraid that I won't survive in the next job, feeling insecure that I may not be able to sustain my job.

06 F XX:XX:XX

Gosh yes or no, yes or no. I even asked people at work what they thought about seeing physic. Some do believe in them, others believe in God. Well after all that, I am still confused. Ok made my mind, I am going to one.

09 F XX:XX:XX

Unsure whether to bake or not, whether to attend wedding or not. Bit annoying that day was certain yet uncertain.

14 M XX:XX:XX

Feel like a two willed. Need to change and be content.

20 F XX:XX:XX

Feel confused and frustrated but on the other hand feel calm inside even though my mind is racing with thoughts. Feel like just being alone and it feels like I need to shield myself from the inside. Like finding out what I really want in life. What should I do next? Have to find the solution or answers to these questions and I need to meditate or empowerment and it has to be done by me.

20 F 02:XX:XX

I feel so confused and don't know which direction to go. The goal is there but I can't seem way to get there and make everyone feel happy. I have him on the one hand and my family on the other which way do I go? Emotions wise today I felt stressed and under pressure because his sister wants me to meet and I don't know if I should.

20 F XX:XX:XX

It brought back all those memories which got me happy but sad and questioning my decision.

20 F XX:XX:XX

I feel very bored and don't feel like doing any work although I have so much to do. I feel confused about my decision whether I am doing the right or not.

20 F XX:XX:XX

But I really don't know what I want in life.

20 F XX:XX:XX

I do feel as though I am lost in a way and confused. I don't know what to feel or how to be. I do feel very sad, hurt and disappointed in a way and for some reason I am ok with it on a level.

20 F XX:XX:XX

Feel confused. I am confused about going to work and feel like I won't know how to do the job and make mistakes.

20 F XX:XX:XX

I am very irritated as my mind is over – thinking about what I should do. When somebody is talking to me I am already thinking about the next question to ask. I ask too many questions. I am always straight to the point. I always face the problem head on. I have no regrets when I face a problem. Maybe it will trouble me a while if a person does not talk to me. I always get

on the wrong side of other people; I always feel I tackled the problem the wrong way.

I always trust the wrong person. I get angry and go silent when I am treated badly.

28 F XX:XX:XX

4.2.1.35 Singing

Sang lots of Hindi songs both yesterday and today, it makes me happy.

04 F XX:XX:XX

Listening to lots of Hindi music and have such an energy rush singing.

04 F XX:XX:XX

4.2.1.36 Expressing

Boyfriend came again, I still don't know how to show how excited I am to see him, and I feel so unexpressive. I don't understand why I am holding on so much.

04 F XX:XX:XX

I just felt tonight was life changing, I could finally express myself. Didn't hold back my emotion anymore. We didn't do anything physical, but just looking at him I could feel an extra change.

04 F XX:XX:XX

She complained that I was unemotional. I understand that because I have been making decisions and saying things based on practicality and not emotion.

08 M XX:XX:XX

4.2.1.37 Spiritual

I read a lot today. I just want to do spiritual things. I am reading a spiritual book and finding a lot of inspiration.

04 F XX:XX:XX

I feel like I want to learn about spirituality and becoming a better Hindu. I also feel I need enlightenment.

20 F XX:XX:XX

Start the first day of my *Navagraha Shanti Pooja*. Feeling very spiritual and in a prayerful mood.

27 M XX:XX:XX

4.2.1.38 Praying

Became closer to God. I was reminded at how distant I was from God, and started listening to gospel CDs more often, becoming drowned in the praise and worship, attaining oneness with my creator.

03 F XX:XX:XX

We did lots of prayer today so felt blissful. I feel like everything will work out. I am trusting God completely.

04 F XX:XX:XX

I feel like I want to learn about spirituality and becoming a better Hindu. I also feel I need enlightenment and praying these days.

20 F XX:XX:XX

Arose early did *puja* (ritual worship) and am in a quiet happy mood. Praying in great fervour.

24 F XX:XX:XX

I went to bed listening to the *Hanuman Chalisa*, quite calming and felt better in divine chanting.

27 M XX:XX:XX

Attending *sathsang* (gathering praying together) always calms me down.

27 M XX:XX:XX

I love praying now with him. I feel close to God and him.

27 M XX:XX:XX

It's such a powerful feeling praying with everything that you have got. What an amazing feeling of power. I believe that without prayer, we have no greater force to look to.

09 F XX:XX:XX

4.2.1.39 Meditating

I felt like I was in meditation when reading, a deep sense of peace, a quietness deep within me.

04 F XX:XX:XX

I am meditating a lot and trying to focus.

04 F XX:XX:XX

I have noticed that I am meditating more and I am relaxed, my breathing becomes heavy and deep which happens automatically.

23 F XX:XX:XX

At the ashram (monastery) offered arati and did puja (ritual worship), very nice feeling whilst meditating.

24 F XX:XX:XX

The mood was calm, meditation was beautiful, felt calm and full as the day went well with a beautiful atmosphere.

24 F XX:XX:XX

4.2.1.40 Nature

Can still recall the bird dream. The bird was so beautiful so decided to go to the pet shop. Found a similar looking bird. Saw a Macaw. Very attractive but not what I am looking for. The pet shop was very peaceful. I love animals.

01 F XX:XX:XX

I really want to be at the beach or nature.

04 F 01:XX:XX

I am craving the beach, I took a taxi as I wanted to go alone but my friend came with.

04 F 02:XX:XX

Sat outside on the grass and looked up at the clouds, that centred me again. It was one of the best days of my life as I went to the beach in the morning. I have never been so happy.

04 F XX:XX:XX

At midday I am near my front balcony watching the beautiful sky and aaah... the sounds of birds chirping. Always so relaxing for me. Calmness is within me.

13 M XX:XX:XX

I then went into the garden for some fresh air and just sat there staring into the sky and looking at the stars and plants that surrounded me. I had sat outside for about 20 min and I began feeling better, came back and went and laid quietly on my bed, still remaining calm and peaceful. 16 F XX:XX:XX

Enjoyed sitting outside and enjoying the breeze.

09 F XX:XX:XX

Wow the moon looks so beautiful; it's so bright and full. If you look close, the moon you can see something. I always see something different, what a warm night, nice to take a walk on the beach.

09 F XX:XX:XX

Feels good when I am close to nature especially the mountains.

10 M XX:XX:XX

I can't sleep as the stars are powdered throughout the sky, an awesome sight amazed at the universe beauty.

10 M XX:XX:XX

4.2.1.41 Attention

How hard is it to give me a little attention? All I want is a little touch or the warmth of your hands on my back. So you won't call me or bother about me?

03 F XX:XX:XX

I want attention. But I am not doing anything to get it. I am annoyed at myself for wanting attention.

04 F 01:XX:XX

I feel like such an attention seeker, I want love, I want to be held and fussed over, and it is annoying me to feel this way.

04 F XX:XX:XX

I had constant desire to speak to my boyfriend. I lost count of how many times I called him. That annoyed me slightly. I am becoming too attached to him again. I need more control, but I can't control myself. 04 F XX:XX:XX

I want attention I want to be pampered. I want his constant attention.

04 F XX:XX:XX

4.2.1.42 Quiet

Also noticed that I want to be very still and quiet, not moving any part of me.

04 F XX:XX:XX

4.2.1.43 Restless / Rushed / Hurried

Went home and rushed to temple, why is everything such a rush??

04 F 01:XX:XX

I have been slightly irritable and I find that I have been more impatient and very hurried.

08 M XX:XX:XX

I have gotten up late and now rushing to have lunch with a friend. I am frantically dressing up. Was also restless the whole day. For no apparent reason.

19 F XX:XX:XX

Feeling restless. Want to do something. Don't know what.

19 F XX:XX:XX

I am feeling restless and don't know why I ate quickly.

19 F XX:XX:XX

4.2.1.44 Speech

I really annoyed myself, the way I couldn't put across properly what I wanted to tell her. 04 F 02:XX:XX

Felt I was not articulate enough.

04 F 02:XX:XX

I find myself speaking a lot more with much more confidence. I speak fluently and without second thought. The words just flow.

08 M XX:XX:XX

After the third dose, didn't experience any symptoms but since the second dose had minor slurring and slower reaction time.

14 M 00:XX:XX

Also noted that slurring frequently and tend to make errors/ mistakes more often than usual.

14 M XX:XX:XX

When speaking I cannot complete the full sentence without taking another quick breath.

23 F XX:XX:XX

4.2.1.45 Weeping

I know I can just be his friend, I cried in the morning but now I don't want that negativity. I want to cry and cry.

04 F 01:XX:XX

Something just keeps telling me that this is it; this is the guy for me. I cried that entire night.

04 F 01:XX:XX

I would just start crying all the time though. 04 F 01:XX:XX

I never ate, I never moved, I just sat played depressing songs and cried, I felt so drained, I couldn't handle that I hurt him. 04 F XX:XX:XX

Went to bed sobbing and crying.

04 F XX:XX:XX

I just wasted day away, felt absolutely depressed. I am very hurt, can't stop crying.

04 F XX:XX:XX

I am terrified, I just cried the whole day. I just howled and cried.

04 F XX:XX:XX

I went into a major depression. I just lay on the floor crying uncontrollably.

04 F XX:XX:XX

I cried and cried I felt very hurt because this is the first time we had a fight.

07 M XX:XX:XX

Woke up and started crying out of frustration and anger and the fact that my father still hasn't made an attempt to call me. The whole day I feel down, depressed.

20 F XX:XX:XX

Emotionally drained really very depressed cried my eyes out recalled a few childhood memories, have to hang in there hold all of the pieces together.

23 F XX:XX:XX

Early rise had a sad emotionally sad feeling. I started weeping when talking about God.

24 F XX:XX:XX

4.2.1.46 Home

Spent a lot of time out of home, I want to go home. 04 F XX:XX:XX

I want to feel the energy of my room at home, I just feel like everywhere I go is just so negative and it's draining me.

04 F XX:XX:XX

I want to go home, I want my mum.

04 F XX:XX:XX

4.2.1.47 Prostration / Exhaustion

Got home late. I couldn't manage doing anything. I really have to force myself to write in this book.

04 F XX:XX:XX

It takes a lot of effort to get started.

04 F XX:XX:XX

So exhausted. I can't manage this malaise.

04 F XX:XX:XX

Feel very exhausted and tired and I seem to be getting frustrated at every little thing.

20 F XX:XX:XX

Exhausted and tired of this writing so putting down my thoughts and all the stuff that is driving me batty.

24 F XX:XX:XX

4.2.1.48 Travelling

I have this craving desire to travel and go to India, it's burning inside me to go.

I will make a plan and go. Spoke with my cousin till 3am, we both inspired and thirsting to travel.

04 F XX:XX:XX

We booking tickets to Egypt end of this year. No idea how we going finance it but it will happen. We both being very positive about it. I am so excited. I am going to travel the world. I must do it.

04 F XX:XX:XX

4.2.1.49 Suicidal / Death

I tried to kill myself but mum caught me before I could do any major damage. Took an overdose of tablets.

04 F XX:XX:XX

My heart feels so heavy. I just want to cry and die; I can't live without this boy.

Went back to sleep as this depression is hitting me, I am finished. I can't imagine my life without him.

04 F XX:XX:XX

I feel like I am dead inside. I can't do this anymore.

04 F XX:XX:XX

Feel like dying because I can't handle theses emotions anymore, feel like I can explode.

06 F XX:XX:XX

Associated depression and sad because I felt helpless and so hopeless didn't feel like living anymore and just giving up everything, so sick of my life because I have so much potential and that I should be doing something better with my life. 06 F XX:XX:XX

Today in the morning I was feeling so down I was thinking about all the people I lost in my life recently there's has been a few deaths in our family and I can't get over the death of my uncle it's still a shock for me. I feel so horrible because my family still cries for him and yet there are other people going on with their lives and nobody can understand death until they lose someone really close to them then only will they understand the pain you going through.

07 M XX:XX:XX

So difficult to explain to people, friends ask how things are and I can't say. I feel like dying but I do.

14 M XX:XX:XX

I feel like I am going to die and a feeling to die. I am dead for the evening.

27 M XX:XX:XX

4.2.1.50 Past thoughts / Nostalgic

Came home and was thinking about the past and happy times we spent together.

05 M XX:XX:XX

Came to a realization today that I need to forget my past including my ex and try to move on with my life and look to future. I can't dwell on the past and what could have been, I need to look forward.

05 M XX:XX:XX

Had a totally weird day went to campus to sort out some stuff and literally bumped into my ex and all my old feelings came back. I thought I was over him but I guess not, still miss him a lot.

05 M XX:XX:XX

But I think the pain is attributed to my mind over-thinking and working too much, constantly going through events of the day.

14 M XX:XX:XX

As I was always happy and laughing, everything felt good, it felt as though I was back to the days of being with my parents and my family cousins included. We had so much fun back in the days.

16 F XX:XX:XX

Can't sleep because my mind can't stop thinking about this thing between him and me and what has happened.

20 F XX:XX:XX

So many things going on in my busy head. Cannot process it. Feel like crying; guess this is a normal symptom. Wondering if I really took the drug. Guess when you don't deal with your past issues, they somehow resurface. Maybe I need a shrink? Nah! I can change my thoughts. Thinking a lot about my past which I do but not that often. Now I know how people go crazy. But I guess it's up to us on how we handle situations and deal with our emotions. Wow, I am becoming like very philosophical these days. Taking time to think about whether I should go and see one or not. I don't believe that a human can tell you about your future but some guidance is welcome.

09 F XX:XX:XX

Wow what a warm feeling inside when it goes down you can feel it burn a bit. This brings back a time last year when all the friends had a get together we has so much to drink, got so sick and felt yuck. Wonder where all these old feelings of reminiscing are coming from. But sometimes it's nice to sit back and think. I think I am changing in a small way because I am taking a bit more responsibility for my life. Life can be scary at times, wondering what the future holds for us.

09 F XX:XX:XX

Keeping thinking about boyfriend's accident that happened long ago, wondering how and why it happened, don't like this feeling, it's all so scary when you are in a situation like that. It's true that you only realize what someone is worth to you in a situation like this.

09 F XX:XX:XX

Reminiscing a lot about my past: I found that I dug up albums of my wedding, and bachelorette party reminiscing on past happy events. I was pretty nostalgic.

03 F XX:XX:XX

Emotionally drained really very depressed cried my eyes out recalled a few childhood memories, have to hang in there hold all of the pieces together.

23 F XX:XX:XX

After wedding seeing old friends and drove pass my old house feeling nostalgic. Miss the house sometimes. Very sad going back.

27 M XX:XX:XX

4.2.1.51 Senses

My senses were acute – everything sounded too loud, I could hear every single detail, my tastebuds were oversensitive, eyes became over sensitive to light, sounds aggravated me, made me irritated emotionally and irritated my ears.

06 F XX:XX:XX

Was quite annoyed because the bhajan (spiritual song) group came with their big drums and symbols, too loud for service.

14 M XX:XX:XX

Felt really dehydrated had a bottle of water and now I am totally alert, senses feel highly awakened.

21 F XX:XX:XX

4.2.1.52 Calmness / Tranquillity

I am near my front balcony watching the beautiful sky and aaah ... the sounds of birds chirping. Always so relaxing for me. A calmness is within me.

13 M XX:XX:XX

I then went into the garden for some fresh air and just sat there staring into the sky and looking at the stars and plants that surrounded me. I had sat outside for about 20 min and I began feeling better, came back and went and laid quietly on my bed, still remaining calm and peaceful.

16 F XX:XX:XX

I feel like new person, refreshed almost and just content even though I am missing him. Feel almost relaxed and calm.

20 F 00:XX:XX

I seem to be much calmer these days.

21 F XX:XX:XX

My mind was calm and all was quiet. 24 F XX:XX:XX

The mood was calm, meditation was beautiful felt calm and full the day went well beautiful atmosphere.

24 F XX:XX:XX

Attend sathsang (spiritual gathering) always calms me down.

27 M XX:XX:XX

4.2.1.53 Sympathetic / Desire to be of help

Got a new feeling, like I need to be there more for my family and good friends. Must learn to appreciate and be sympathetic to them more.

09 F XX:XX:XX

Emotionally at work, while doing my work found that I felt sympathetic towards the clients, long outstanding claims so phoned the client to come in to sort and put him on pay. Felt happy to assist.

24 F 00:XX:XX

4.2.1.54 Competitive / Leader / Jealousy

I feel like a fox walking through the forest with the moon above my head.

I want to create an outer appearance that makes me look fierce but also dominating at the same time.

01 F 01:XX:XX

On campus, I became very competitive, wanting to prove and assert my alpha female dominant role in class in all aspects – looks, creativity, intelligence and intellectual genius. I was especially jealous at another one of my class mates, a lady, who dared to think that she'd beat me in the exam. I felt that since she's only a paint salesperson, and I have a master's degree, she'll have no chance. After all, who was she against me? Funnily enough, I wasn't that jealous towards two boys of the class who also thought they could compete with me academically. I studied extremely well for the exam, taking time off work – still awaiting results.

03 F XX:XX:XX

As part of our course, a group presentation was to take place to secure a passing grade. I made myself the team leader, as I am a much better leader than follower and insisted on the very best from everyone – once again

wanting to be the best in the class. My group achieved 94% and her group had 95 – I was fuming! Yes honey, jealousy burns, and being second best, isn't the best for me.

03 F XX:XX:XX

4.2.1.55 Secretive

Secretive as I hid my diary. I was so embarrassed and ashamed at myself for having such compelling desire for another man, that I had to hide my diary, for fear my husband reading my thoughts and learning about my secrets.

03 F XX:XX:XX

4.2.1.56 Authority

The new job is not meant for me. I am not a slave to another person. I am not a "tube-litey". I absolutely dislike taking orders from someone who feels that they stand on a higher pedestal than me. I am the best and I am always right and I can accept there are times I make mistakes, yes I can learn from them, but majority of the time I do know the best.

01 F XX:XX:XX

Who on earth does she think she is? Feeling angry, excuse me Miss but unfortunately it's not in my job description to sweep and dust the office, employ a servant rather.

01 F XX:XX:XX

4.2.1.57 Quarrelsome

I feel like this is an animal remedy. I am aggressive and confrontational all day. I want to start a fight. I want to argue. I want to win at any cost. I even have a strange impulse to kill. These feelings are worse during the headache. Just writing about it is sending waves of heat up my spine. I feel

powerful yet my energy feels pent up or caged up. I feel ready to pounce. I am exhausted from writing and want to go to bed now.

02F 00:XX:XX

Have been having many arguments with my girlfriend. I feel like I am seeing too much of her. I feel like we are always in each other's space and we will fight less if we see each other less often.

08 M XX:XX:XX

Have been fighting with my girlfriend a lot. We came to the conclusion that we are very different from each other. I explained that I can't be like her. She and I had a big fight about me being on another proving. She said that if I ever go another proving we will break up. I didn't care about what she said.

08 M XX:XX:XX

Boyfriend and I fighting when I took these powders, me and my stubborn self. Didn't want say sorry and sort out the problems. But never mind everything got sorted out. He must have thought my bad moods were because of my monthlys.

09 F XX:XX:XX

4.2.1.58 Kill

I want to draw attention to my breast, my legs. I want to wear clothes that are thin and barely there, just exposing a little piece of my skin. I want to allure him to my dark mind and then pouncing I want to relish my prey.

01 F 01:XX:XX

I even have a strange impulse to kill. These feelings are worse during the headache. Just writing about it is sending waves of heat up my spine. I feel powerful yet my energy feels pent up or caged up. I feel ready to pounce.

02 F 00:XX:XX

I had to “bite my tongue” to keep from screaming at him. I took every ounce of restraint I had to remain calm. All I wanted to do was rip his head off. I actually saw myself leaping across the table and ripping his head off.

02 F XX:XX:XX

I want to shove staples down his throat maybe then he will make up his mind.

04 F 02:XX:XX

I could have killed the children if they made any noise, I got too much work to do, I am panicking now.

04 F XX:XX:XX

4.2.1.59 Delusions

Without making it obvious I am aware that they all are staring at me. I can see from the corner of my eye, the manner in which guys are looking at me. I can just sense them. They expecting me to return the look with a glance and smile, but No I won't look. I am enjoying this feeling.

01 F XX:XX:XX

I feel ripe meaning that my reproductive system is sending hormones via the blood system, signalling me to engage in intercourse. I feel I can easily be impregnated but I don't want children.

01 F XX:XX:XX

Stayed home to study but couldn't do a thing, feel weak and nauseous, I slept throughout the day. I just feel so faint I think I am pregnant, what am I going to do?

04 F XX:XX:XX

I am short-sighted but I felt from the third week onwards that I was seeing flashes of a black snake from the corners of my eye. One evening while sitting and watching TV, with the door open I imagined a long shiny black snake enter my house and go up the stairs with me chasing after it. This is very unusual as I have had a deep fear of snakes for years. At one point of my life, I couldn't even say the word "snake" fearing they can hear me and will therefore appear. Now two months after the trial, I am no longer fearful of snakes, but tend to admire them instead.

03 F XX:XX:XX

At the beginning of the second week, a troop of monkeys entered my house, leaving me paralyzed in fear. Normally one or two enter but I'm always able to chase them away, but confronting twelve monkeys was too freaky for my liking. I was convinced that something evil had entered my house, as my fear was too strong and powerful. Eventually after crying to my husband, being sedated by Rescue Remedy and getting ADT to chase the troop away, I felt safer.

03 F XX:XX:XX

One afternoon after dropping my sister at her home, I remember hugging her goodbye but wondering that something bad may happen because she was home alone. I quickly ignored my thought and said goodbye anyway. That evening, my sister revealed that a green snake had pounced at her once she opened the window. She has very fast reflexes, and quickly slammed the window shut, trapping the snake's body in the window. Her boyfriend rescued the snake and led it out of the window. I hate that at some level I had a vibe that something could go wrong, that I couldn't save her from, and it did.

03 F XX:XX:XX

I feel like I have come from darkness to light.

04 F XX:XX:XX

It's like a noise in the background of my head now. I feel it constantly.

04 F XX:XX:XX

I started to see certain colours in the bedroom but I was in the green colour then all of a sudden it seemed like the light had a green colour causing the green reflection in the entire room.

06 F XX:XX:XX

The bathroom cabinet red in colour so it looked like red reflection in the bathroom.

06 F XX:XX:XX

Acute vision. Something happened last night with the green reflections and the red reflections I also noticed that it only comes on at night.

06 F XX:XX:XX

Felt like there was too much air and water moving from back to front in my head. In fact it felt like my head was separated from my body.

06 F XX:XX:XX

Felt like getting out of skin. Felt like everything is crashing and falling inside of me.

06 F XX:XX:XX

I don't know why I feel so used sometimes. I feel the world is changing around me but there's no change in me.

07 M XX:XX:XX

Felt self conscious at the engagement because I was dressed in a suit and photos were being taken in the hotel where people could watch us and felt them all watching me.

08 M XX:XX:XX

Most weird thing happened this morning. My hearing seems to be quite sensitive. I managed to hear the nun call me from downstairs. I am also able to hear something before it happens. I said to the nun did you call me and she said no but I was about to. Same thing happened with j. I phoned her and she dialled me at the same time.

19 F XX:XX:XX

Emotion wise I feels like I am betraying everyone close to me and it frustrates me that I have to restrain myself from seeing x. I feel like I have lost my best friend most of all and I have no one to talk to cause I am finding it hard to trust anyone and it angers me.

20 F XX:XX:XX

I still have the humming sensation, feel for dried fruit (out of the ordinary), feeling thirsty, had at least 1 litre of water and 2 cans coke by 3pm – still humming sensation in the ears, very uncomfortable feeling as if in a totally different dimension could not concentrate much on my work due to the humming sound in the ear, all sound around me felt a hundred times louder, the sound actually felt/feels as if continuously 'OM' is being chanted non-stop.

24 F 01:XX:XX

4.2.1.60 Miscellaneous

I dislike being trampled on. My boyfriend makes me feel as if I am a doormat. Orders me as if I am a servant. It doesn't give me joy. It hurts so much that it brought upon a headache at my temple region.

01 F XX:XX:XX

I want a baby; my lecturer is in such a cute stage of pregnancy. Feel broody.

04 F 01:XX:XX

Felt uncomfortable on taxi back to campus, I was squashed, I don't like being squashed, and I don't like being cramped.

04 F XX:XX:XX

If I want to say something nice then I will. I don't want to be forced. I feel that she is even trying to control what I say. And that makes me not want to say nice things to her. I don't like being told what to say. I don't want to be forced to be like her. I told her this.

08 M XX:XX:XX

I get frustrated when I feel like I am being controlled.

08 M XX:XX:XX

4.2.2 Vertigo

Took first powder for today at 7:30. At 8:00 I feel terrible, I am walking and things and people, feel so disorientated and dizzy, total vertigo feel like my head is spinning.

04 F 01:08:XX

Took powders at 13h30. Had lunch @ 14h10 and had vertigo the whole afternoon. Only slept, woke up at 4pm.

19 F 01:14:10

During midday I felt exhausted lightheaded, dizzy vertigo and disoriented and very sleepy.

20 F XX:XX:XX

When I stand I feel dizzy and light headed it lasts for most of the day.

20 F XX:XX:XX

The entire room started spinning, spewed and the humming sound is there, could not stand or keep my eyes open, nausea, running tummy. Whoever was speaking today, asked them to lower their voice as too loud.

24 F 02:XX:XX

A slight neck pain and feeling dizzy. I get a terrible headache its my right eye and head that get very severe it makes me feel dizzy.

28 F XX:XX:XX

4.2.3 Head

4.2.3.1 Sensation

After the 2nd dose I developed a headache. Throbbing, banging pain. It is severe.

02F 00:13:XX

A constant rhinitis with a burning, colourless discharge, worse in the mornings. This was accompanied with a heaviness of my head, a kind of fullness as if my head was a balloon full of pressure, ready to burst. The headaches accompanying this didn't make me the happiest person to be around with. In fact my tolerance of people in general was really low.

03 F XX:XX:XX

I needed to visit my chiropractor about 5 times during the month for adjustments to my cervical vertebrae. Normally I see her twice a month. My headaches were much more frequent. It was a bursting headache.

03 F XX:XX:XX

Dull headache at 5pm – dull aching sensation usually gets when I don't eat.

04 F XX:XX:XX

I had a dull aching headache again but I have eaten, just feel so tired.

04 F XX:XX:XX

Headache at 16:30 – sharp pain that feels deep on either side of temporal region, piercing. Very tired dull headache till 7pm.

04 F 00:XX:XX

Headache feels deep in my head like a pushing out from the inside of my head to the superficial surface.

04 F 01:08:XX

Headache started again, it's like a buzz deep in my head. My inner core feels off. I feel very still within – it's on a very different platform almost like a silence within, the headache becoming more specific to a point on the left temple – but it feels like it's coming from the inside out.

04 F 01:11:XX

Headache – Low buzz constantly from about 1pm to 5pm.

04 F XX:XX:XX

Had a splitting headache – couldn't handle the pain.

04 F XX:XX:XX

Headache is intense and in the parietal lobe, its a tingling sensation.

04 F XX:XX:XX

Woke up with a headache so severe that I couldn't wake up. Temples – pounding aching pain felt like my temples were about to burst, closing eyes, lying down sleeping makes it feel better but worsens when I open eyes and put cold water. Associated pain around the eyes, sore, itching, felt like my eyes were too big for my sockets aggravated by looking up and keeps eyes open. 06 F XX:XX:XX

Headache – cutting, aching pain at the temples, around the ears and eyes associated neck pain at the nape of the neck. Felt like there was too much air and water moving from back to front in my head. In fact it felt like my head was separated from my body.

06 F XX:XX:XX

Headaches – Pounding pain around temples. Felt like my temples were about to burst from inside out. Associated ptosis of my eyelids – eyelids felt heavy like I couldn't keep them open and associated neck pain neck felt like it was overstretched.

06 F XX:XX:XX

This time I wake up with a headache. Pounding headache from temples to ears. Pain radiated from temples to ears and the frontal bone of head. Felt like getting out of skin. This headache and sleepiness became too much, felt like everything is crashing and falling inside of me.

06 F XX:XX:XX

I have a slight headache in the middle of my forehead, it's a throbbing pounding pain it gets worse when I stand or walk. After taking the drug I feel like vomiting all the time. I developed a headache at work. It was about 9am it's a throbbing pain on the centre of my forehead.

07 M 00:09:XX

After taking the fourth powder I began to feel like vomiting and a throbbing pain, it's like all over my forehead I am starting to feel weak again.

07 M 01:XX:XX

Gosh I got a slight headache after an argument with my mum it's a slight throbbing pain in the centre of my head.

07 M XX:XX:XX

After taking the powders: only took the 1st three, because I was getting a major headache after the 2nd one, but took the 3rd powder. Not sure what this stuff has in it. After taking these powders, headaches continued, everyday had a dull headache, on the sides of my head, temples.

09 F XX:XX:XX

Took drug well after breakfast at 10h50 – mild headache experienced in right-hand side, middle of head steady throbbing but mild. 12h05 still have mild buzzing/ throbbing. No change. Slight dizziness experienced.

14 M 00:10:50

Stomach doesn't feel so good having cramps in my stomach but cramps are not severe. Cramps in stomach lasted for 5min also developed a dull headache in the front of the head. Lasted for a ½ an hour.

16 F XX:XX:XX

Headache – near the temples and between the eye, pulsating and throbbing, gets worse when I concentrate, started in the evening it makes me feel drained.

20 F 00:XX:XX

Headache – dull throb from yesterday between the eyes, from the morning till the afternoon.

20 F 01:XX:XX

Headache – dull slight throb everywhere and starting in the night only on the left temple with pulsating throb feeling. Could be brought on from me thinking too much and being intensely anger and hurt.

20 F 01:XX:XX

Headache – dull slight throb everywhere, gets worse with loud noise and sun.

20 F 02:XX:XX

Before bed had a very dull headache at my temples more like a throb.

20 F XX:XX:XX

Woke up with sharp shooting pain from the right eye to the centre of the head after few minutes went away. Started from about after midday headache from the top middle of head. It is a pounding pain that from the middle of head and goes towards the front back of the eyes the smell of hand cream makes it worse. Before going to bed had a headache but it felt like a lightning strike in my head from the ears to the centre of my head and from ear to ear.

Light makes it worse and when I get thing that makes me so frustrated and angry.

20 F XX:XX:XX

I have slight lingering pain on the front right portion of head. I just feel light headed. Throbbing headache between the eyes and back of eyes. Then in the evening it moved towards the back of my head and more intensive pounding feeling.

20 F XX:XX:XX

Have slight feathery light headache which feels like it's in the centre of my head going downwards behind my ear.

20 F XX:XX:XX

In the night had headache – pain from temples and felt like throbbing pain through both temples with pounding sensation lasted for short period.

20 F XX:XX:XX

I had a headache which got worse with the heat it was between the eyes and in the front of my forehead which made me feel light headed and heavy. I was very moody and thirsty.

20 F XX:XX:XX

Had a headache from the morning but its more to the sides and back of head and @ temples it's a pounding aching pain.

20 F XX:XX:XX

Around 7am noticed that I had a throbbing headache. Felt pain around my eye then noticed I had burst a blood vessel in my right eye. Eyes became very sensitive to light. As my headache became heavier. The pain started of around my forehead then from my lower neck all the way up and around my ears. Vision became blurred. I became highly irritable.

21 F XX:XX:XX

Took first powder and then felt very tired – headache temporal, radiating, occipitally, sharp, throbbing occasional bouts of nausea.

22 M 00:XX:XX

I have a back ground headache its one of those distant headache – you know it's coming dull and nagging on the left side of the upper head which moves to the left eye and a bit of the back of the head.

23 F 00:XX:XX

I landed up with a full blown migraine. Slept from 4-6pm had a little supper and went back to sleep . Head is heavy, eyes is tired and sore.

23 F 00:XX:XX

I have a dull, nagging headache. I sleep and get up with the headache. It is very annoying I do not like being in the bright light, with the headache I brought down the light on my pc at work to almost the lowest.

24 F 00:XX:XX

4.2.3.2 Location

Headache at the temple region at 4pm. 01 F 00:16:XX

Head: pain in right side of head only, from above right eye to the neck.

02 F 00:13:XX

Bursting headache, worse at the temples but radiating from my occipital region. I was told that they were cervicogenic headaches.

01 F 00:16:XX

It's over the entire surface of my head and due to 3 hours of paying attention without eating. Very irritable as I have work to do for my uncle and I just want to sleep.

04 F XX:XX:XX

Felt like my jaws locked when I was going to sleep, brought about a frontal headache, like a tension type headache.

04 F XX:XX:XX

Headache at 16:30 – sharp pain that feels deep on either side of temporal region-piercing Very tired dull headache till 7pm.

04 F 01:16:30

8:15: headache feels deep in my head like a pushing out from the inside of my head to the superficial surface.

04 F 01:08:15

Headache started again. Worse on the left .My inner core feels off. I feel very still within – it's on a very different platform almost like a silence within, the headache becoming more specific to a point on the left temple – but it feels like it's coming from the inside out. Severe occipital headache Better for hard pressure it a spasm kind of sensation.

04 F 01:11:XX

Headache is intense and in the parietal lobe its tingling sensation.

04 F XX:XX:XX

Headache – cutting, aching pain at the temples, around the ears and eyes associated neck pain at the nape of the neck.

06 F XX:XX:XX

Pounding headache from temples to ears. Pain radiated from temples to ears and the frontal bone of head.

06 F XX:XX:XX

After taking the fourth powder I began to feel like vomiting and a throbbing pain, it's like all over my forehead I am starting to feel weak again.

07 M 01:XX:XX

Gosh I got a slight headache after an argument with my mum it's a slight throbbing pain in the centre of my head.

07 M XX:XX:XX

Took second remedy – headache in parietal-occipital region and over the crown.

08 M 00:XX:XX

Get an intermittent headache on the right side. It is mainly in the parietal-occipital region.

08 M 02:XX:XX

Headache in parietal-occipital region which happens intermittently throughout the day.

08 M 02:XX:XX

Woke up with a headache. Initially it was pain just on the top of my skull like a cap. Later I realized that I had pain right between my eyebrows. I had the same type on each side of my frontal bone at the points of my frontal bone.

08 M XX:XX:XX

After taking these powders, headaches continued, everyday had a dull headache, on the sides of my head, temples.

09 F XX:XX:XX

Don't know why but I have this horrible headache on the left side of my head.

13 M 02:XX:XX

Took drug well after breakfast 10h50 – mild headache experienced in right-hand side, middle of head steady throbbing but mild.

14 M 00:10:50

Developed a dull headache in the front of the head.

16F XX:XX:XX

Headache – near the temples and between the eye, pulsating and throbbing.

20 F 00:XX:XX

Headache – dull throb from yesterday between the eyes, from the morning till the afternoon.

20 F 01:XX:XX

Headache – dull slight throb everywhere and starting in the night only on the left temple with pulsating throb feeling.

20 F 01:XX:XX

Headache – dull slight throb everywhere. Headache over my forehead area.

20 F 01:XX:XX

Woke up with sharp shooting pain from the right eye to the centre of the head after few minutes went away. Started from about after midday headache from the top middle of head is a pounding pain that from the middle of head and goes towards the front back of the eyes. Before going to bed had a headache but it felt like a lightning strike in my head from the ears to the centre of my head and from ear to ear.

20 F XX:XX:XX

I have slight lingering pain on the front right portion of head. Throbbing headache between the eyes and back of eyes. Then in the evening it moved towards the back of my head and more intensive pounding feeling.

20 F XX:XX:XX

Have slight feathery light headache which feels like it's in the centre of my forehead going downwards behind my ear the smell of my hand.

20 F XX:XX:XX

In the night had headache and pain is at the temples and felt like throbbing pain through both temples with pounding sensation.

20 F XX:XX:XX

I had a slight headache which got worse with the heat it was between the eyes and in the front of my forehead which made me feel light headed and heavy.

20 F 02:XX:XX

Had a headache from the morning but its more to the sides and back of head and temples.

20 F XX:XX:XX

Around 7am noticed that I had a throbbing headache. Felt pain around my eye then noticed I had burst a blood vessel in my right eye. Eyes became

very sensitive to light. As my headache became heavier. The pain started of around my forehead then from my lower neck all the way up and around my ears. No fever.

21 F XX:XX:XX

Took first powder. By then I felt very tired headache temporal, radiating, occipitally, sharp, throbbing occasional bouts of nausea.

22 M 00:XX:XX

I have a back ground headache its one of those distant headache – you know it's coming dull and nagging on the left side of the upper head which moves to the left eye and a bit of the back of the head.

23 F 00:XX:XX

4.2.3.3 Modalities

4.2.3.3.1 Amelioration

Throbbing headache < sun, < noise, < movement. > hard pressure, > placing hand over right eye. Accompanied by nausea, felt in the pit of the stomach.

02 F 00:13:XX

Severe occipital headache. Better for hard pressure it a spasm kind of sensation. Also noticed that I want to be very still and quiet, not moving any part of me. Feel better sitting on a chair put with my feet crossed under the chair.

04 F XX:XX:XX

Temples – pounding aching pain felt like my temples were about to burst, closing eyes, lying down sleeping makes it feel better but worsens when I open eyes and put cold water. Associated pain around the eyes, sore,

itching, felt like my eyes were too big for my sockets aggravated by looking up and keeps eyes open.

06 F XX:XX:XX

Headache – cutting, aching pain at the temples, around the ears and eyes associated neck pain at the nape of the neck, nausea < heat, wind, loud noise, riding in a car. > drinking cold water, sleeping flat, covering head and ears.

06 F XX:XX:XX

Pounding pain around temples. < heat, keeping eyes open, looking up, light, sound, music.

> resting the eyes and head, quiet and stillness meditation.

06 F XX:XX:XX

This time I wake up every time with a pounding headache from temples to ears. Radiating from temples to ears and the frontal bone of head. > having a bath (warm) eating, massage < light sound.

06 F XX:XX:XX

Before bed had very dull headache at my temples more like a throb. It gets worse with bright lights, better when I close my eyes.

20 F 01:XX:XX

4.2.3.3.2 Aggravation

Throbbing headache. Aggravated by thinking of food. Nausea is aggravated by the fresh cream in my cappuccino. Aggravated by sweets. Aetiology of the headache: the proving remedy.

02 F 00:13:XX

Headaches were worse around the evening and worse for strong drinks e.g. coffee.

03 F XX:XX:XX

Headache – cutting, aching pain at temples, around the ears and eyes associated neck pain at the nape of the neck, nausea < heat, wind, loud noise, riding in a car > drinking cold water, sleeping flat, covering head and ears.

04 F 02:XX:XX

Pounding pain around temples. < heat, keeping eyes open, looking up, light, sound, music.

> resting the eyes and head, quiet and stillness meditation.

06 F XX:XX:XX

I am feeling tired today no dreams, I have a slight headache in the middle of my forehead, it's a throbbing pounding pain and it gets worse when I stand or walk. It was about 9am. It's a throbbing pain on the centre of my forehead its worse when I am standing.

07 M 00:XX:XX

Woke up with a headache. Initially it was pain just on the top of my skull like a cap. Later I realized that I had pain right between my eyebrows which was worse for pressure or touch.

08 M XX:XX:XX

Headache – dull throb from yesterday between the eyes, from the morning till the afternoon, light makes it worse, its making me feel tired.

20 F 00:XX:XX

Headache – dull slight throb everywhere, gets worse with loud noise and sun, feeling drained and sleepy and body feels heavy. Headache – starting in the

night only on the left temple with pulsating throb feeling could be brought on from me thinking too much and being intensely anger and hurt.

20 F XX:XX:XX

Headache – dull slight throb everywhere, gets worse with loud noise and sun. Gets worse with sunlight caused from the lack of sleep.

20 F IXX:XX:XX

Before bed had very dull headache at my temples more like a throb its gets worse with bright lights, better when I close my eyes.

20 F XX:XX:XX

Woke up with sharp shooting pain from the right eye to the centre of the head after few minutes went away. Started from about after midday headache from the top middle of head is a pounding pain that from the middle of head and goes towards the front back of the eyes the smell of hand cream makes it worse. Light makes it worse and when I get thing that makes me so frustrated and angry.

20 F XX:XX:XX

I have slight lingering pain on the front right portion of head. I just feel light headed. Evening lights and incenses make it worse in to throbbing headache between the eyes and back of eyes.

20F XX:XX:XX

Have slight feathery light headache which feels like it's in the centre of my head going downwards behind my ear the smell of my hand. Cream and lights make it worse.

20 F XX:XX:XX

I had a slight headache which got worse with the heat it was between the eyes and in the front of my forehead which made me feel light headed and heavy.

20 F XX:XX:XX

Had a headache from the morning but its more to the sides and back of head and at the temples and it's a pounding aching pain and bright lights and noise make it worse it's also causing my eyes to burn and are sore.

20 F XX:XX:XX

I have a dull, nagging headache. It is very annoying I do not like being in the bright light, with the headache I brought down the light on my pc at work to almost the lowest.

24 F XX:XX:XX

4.2.3.4 Miscellaneous

Bad headache after an irritating day, I can scream at people after realizing I travelled all the way just to be told systems are down, I am pissed off and swearing. The headache is making me swear.

01 F XX:XX:XX

The headache persisted right until after dinner that is after 7pm.

02 F 00:XX:XX

Felt less aggressive today, decided not to take any further doses of the remedy as the awful headache was too much to endure again.

02 F XX:XX:XX

Headache! Low buzz – constantly from about 1pm to 5pm.

04 F XX:XX:XX

Extremely tired, just want to sleep, the headache is killing me, I feel drained.

04 F XX:XX:XX

Headache is throughout the day – just gets more prominent when I focus on exactly what I am feeling. I try not to think about the pain.

04 F XX:XX:XX

Woke up with a headache so severe that I couldn't wake up. Temples – pounding aching pain felt like my temples were about to burst, closing eyes, lying down sleeping makes it feel better but worsens when I open eyes and put cold water. Associated pain around the eyes, sore, itching, felt like my eyes were too big for my sockets aggravated by looking up and keeps eyes open.

06 F XX:XX:XX

Hair loss with sores on scalp. Hair fell in clumps. Sores.

Ooze-yellow crystalline secretion from scalp < touch slight scratching, cutting tearing pain. Itchiness of scalp – felt like ants crawling on scalp.

06 F XX:XX:XX

I had a bad headache and was very nauseous I wasn't hungry at all.

11 M XX:XX:XX

I was edgy and had headache, my left eye was sore and was beating took the next powder at around 3pm.

11 M XX:XX:XX

Still have that bitchy headache and angry with it. Have been with these headaches for a week now hoping it would go away.

15 M XX:XX:XX

Headache – dull slight throb everywhere, gets worse with loud noise and sun, feeling drained and sleepy and body feels heavy. All this is due to the 2 cocktails from the night before. Headache – starting in the night only on the left temple with pulsating throb feeling could be brought on from me thinking too much and being intensely angry and hurt.

20 F XX:XX:XX

Felt a lot of heat on top of head.

24 F XX:XX:XX

A lot of heat on the top of the head I am sick and tired of the muzzy feeling of this headache. When will it go away. Eyes very tired want to sleep.

24 F XX:XX:XX

4.2.4 Eye

4.2.4.1 Sensations / Location

Eyes are extremely heavy. Sharp, poking pain at the corners, tearing pain. > for sleep and glasses. Cannot tolerate light. < mornings at 9am.

01 F XX:XX:XX

Still have pain on frontal bone and between my eyes. Pain is worse on contact and feels like the bone has been bruised.

08 M XX:XX:XX

I experienced an unusual pain on my right eyelid, it lasted the entire day.

11 M 00:XX:XX

My left eye above my eyelid hurts, sharp stabbing pains at very far spaced intervals. I used my sunglasses most of the day.

11 M XX:XX:XX

My eyes hurt very much especially my left eye. They are puffy and red I put my glasses on but that didn't help because I started seeing double.

11 M XX:XX:XX

Dull pain in between the eyes, light makes it worse pressure on the point makes it better. But it developed into constant annoying sharp pain in left eye ball and socket felt like it was in my bones. It felt better when I applied pressure on the bone and move towards the temples.

20 F XX:XX:XX

After last night my eyes were sore and burning.

20 F XX:XX:XX

In the night I couldn't sleep even though I was tired. I felt as if I was floating when I closed my eyes like I am drifting form side to side as if I am on the ocean. Floating and bobbing up and down.

20 F XX:XX:XX

My eyes feel dry and sore they hurt when I rub them.

20 F XX:XX:XX

4.2.4.1.1 Eyelids

Could not wake up. Eyes are tightly shut, it hurts to open them.

01 F XX:XX:XX

I cannot open my eyelids with ease every morning. My upper eyelids feel heavy and painful. Sleep is better. Any light makes my eyes worse.

01 F XX:XX:XX

Upper eyelid painful once again.

01 F XX:XX:XX

When I woke up there is a sty on my right lower eyelid. It's not paining but I feel both my eyes are poky.

04 F 02:XX:XX

My right eye sty looks terrible. I can sense its there but it doesn't itch or anything.

04 F XX:XX:XX

Associated ptosis of my eyelids – eyelids felt heavy like I couldn't keep them open and associated neck pain. Neck felt like it was overstretched.

06 F XX:XX:XX

4.2.4.1.2 Heaviness

I cannot open my eyelids with ease every morning. My upper eyelids feel heavy and painful. Sleep is better. Any light makes my eyes worse.

01 F XX:XX:XX

Upper eyelid heavy upon waking.

01 F XX:XX:XX

Eyes are extremely heavy. Sharp, poking pain at the corners, tearing pain. > for sleep and glasses. Cannot tolerate light. < mornings at 9am.

01 F XX:XX:XX

Upper eyelid heavy and desire to sleep.

01 F XX:XX:XX

My left eye above my eyelid hurt, sharp stabbing pains at very far spaced intervals.

I used my sunglasses most of the day.

11 M XX:XX:XX

4.2.4.1.3 Itching

By 2pm sty is gone, both eyes are very swollen – looks like I have been crying. Eyes very poky and itchy.

04 F XX:XX:XX

Itchiness of the eyes (both) and my sinuses begin with a runny nose.

06 F XX:XX:XX

Around 3pm my left eye poked and itched severely had to close it for a while. I noticed I can't go in the sun without my sunglasses.

11 M XX:XX:XX

4.2.4.1.4 Burning

I experienced some burning in both eyes around 12pm.

07 M XX:XX:XX

Burning eyes and yawning.

11 M XX:XX:XX

My eyes burned. My eyes poked and were red for most of the evening.

11 M XX:XX:XX

After last night my eyes where sore and burning.

20 F XX:XX:XX

My eyes have a burning sensation today for most of the day when I rub them they water. Lights make them worse but it's a slight burning sensation.

20 F XX:XX:XX

My eyes has a burning pain and are sore. 20 F XX:XX:XX

4.2.4.1.5 Styes

When I woke up there is a sty on my right lower eyelid. It's not paining but I feel both my eyes are poky.

04 F 02:XX:XX

My right eye sty looks terrible. I can sense it's there but it doesn't itch or anything.

04 F XX:XX:XX

4.2.4.1.6. Inflammation

By 2pm the sty is gone, both eyes are very swollen – looks like I have been crying. Eyes very poky and itchy.

04 F XX:XX:XX

Noticed some conjunctival inflammatory on right eye. Slightly hyperaemic.

10 M XX:XX:XX

Eye is red at night with an eye infection. Right eye is red and swollen upper lid.

Left eye is red, no swelling.

10 M XX:XX:XX

My eyes hurt very much especially my left eye. They are puffy and red I put my glasses on but that didn't help coz I started seeing double.

11 M XX:XX:XX

4.2.4.1.7 Red

Woke up with right eye red and blurry.

10 M XX:XX:XX

Eye is red at night with an eye infection. Right eye is red and swollen upper lid.

Left eye is red, no swelling.

10 M XX:XX:XX

Burning and redness of the eyes.

11 M XX:XX:XX

My eyes burned a bit. My eyes poked and were red for most of the evening.

11 M XX:XX:XX

My eyes were red and very sensitive to the sun. I didn't want to remove my sunglasses.

11 M XX:XX:XX

My eyes hurt very much especially my left eye. They are puffy and red I put my glasses on but that didn't help coz I started seeing double after.

11 M XX:XX:XX

4.2.4.2 Modalities

I cannot open my eyelids with ease every morning. My upper eyelids feel heavy and painful. Sleep is better. Any light makes my eyes worse.

01 F XX:XX:XX

Eyes are extremely heavy. Sharp, poking pain at the corners, tearing pain. > for sleep and glasses. Cannot tolerate light. < mornings at 9am.

01 F XX:XX:XX

Around 3pm my left eye poked severely had to close it for a while. I noticed I can't go in the sun without my sunglasses.

11 M XX:XX:XX

My eyes were red and very sensitive to the sun. I didn't want to remove my sunglasses.

11 M XX:XX:XX

4.2.4.3 Miscellaneous

I was edgy and had headache, my left eye was sore and was beating took the next powder at around 3pm.

11 M 00:XX:XX

Around 7am noticed that I had a throbbing headache. Felt pain around my eye then noticed I had burst a blood vessel in my right eye. Eyes became very sensitive to light. As my headache became heavier. The pain started of around my forehead then from my lower neck all the way up and around my ears. No fever. Pressure was fine. 125/80 vision became blurred.

21 F XX:XX:XX

Eyes were very watery.

24 F XX:XX:XX

4.2.5 Vision

I am short-sighted but I felt from the 3rd week onwards that I was seeing flashes of a black snake from the corners of my eye. One evening while sitting and watching TV, with the door open I imagined a long shiny black snake enter my house and go up the stairs with me chasing after it. This is very unusual as I have had a deep fear of snakes for years. At one point of my life, I couldn't even say the word "snake" fearing they can hear me and will therefore appear. Now 2 months after the trial, I am no longer fearful of snakes, but tend to admire them instead.

03 F XX:XX:XX

Woke up with right eye red and blurry.

10 M XX:XX:XX

I just wanted to sleep. My left eye poked a lot and I kind of had double vision when falling asleep.

11 M 02:XX:XX

My eyes hurt very much especially my left eye. They are puffy and red I put my glasses on but that didn't help coz I started seeing double after.

11 M 02:XX:XX

Around 7am noticed that I had a throbbing headache. Felt pain around my eye then noticed I had burst a blood vessel in my right eye. Eyes became very sensitive to light. As my headache became heavier. The pain started of around my forehead then from my lower neck all the way up and around my ears. No fever. Pressure was fine 125/80 vision became blurred.

21 F XX:XX:XX

4.2.6 Ear

4.2.6.1 Sensations

My headache got worse and my ears are so much more sensitive to pressure.

04 F XX:XX:XX

My ears have been getting blocked since today. I think it may be related to my increased mucous production. My right ear gets blocked more than the left. It is worse when I drive with my windows closed and gets better after a while when I get out the car. Feel a blocked right ear when I sit in car with closed windows. Clears when I jump off the car.

08 M XX:XX:XX

Ears still blocked when I drive (right), sometimes painful when it clears up.

08 M XX:XX:XX

Ears still get blocked when I drive with closed windows. They clear up when I am in an open space. Worse on right ear.

08 M XX:XX:XX

My ear well the left one had a bit of a pain and if I had tilted it to the left or bent down it gave me a pain.

18 M XX:XX:XX

4.2.6.1.1 Itching

Ears, throat became very itchy. < left ear left side of throat. Sensation – felt like there was dust of feather tickling my ears. > using the ear bud, made the itchiness of ear better. < milk, always at night.

06 F XX:XX:XX

Itchy tingling ear sensation at night. Very unbearable itchy ear.

27 M XX:XX:XX

Ear itch start at about 9:30 pm. I am annoyed about this feeling.

27 M XX:XX:XX

4.2.6.1.2 Noises

Woke up with the left ear humming. Very tired and sleepy, the mouth was very dry, both ears are humming, very uncomfortable feeling as if you are going to fall.

24 F 01:XX:XX

It is now 9am still have the humming sensation in the ears, very uncomfortable feeling as if in a totally different dimension could not concentrate much on my work due to the humming sound in the ear, all sound around me felt a hundred times louder, the sound actually felt/feels as if continuously 'OM' is being chanted non-stop.

24 F 01:XX:XX

Went for scriptural classes and wanted to leave as the sound of the mike was a hundred louder. It was echoing, I had to close my eyes as the light/sound was too disturbing.

24 F 01:XX:XX

This morning I still woke up with the humming sound in both my ears but it was more prominent in my left ear, how long is this going to last I am now feeling really annoyed. Listening to some music the sound is echoing when is this going to stop.

24 F XX:XX:XX

4.2.7 Hearing

Most weird thing happened this morning. My hearing seems to be quite sensitive. I managed to hear the nun call me from downstairs. I am also able to hear something before it happens. I said to the nun did you call me and she said no but I was about to. Same thing happened with x. I phoned her and she dialled me at the same time.

19 F XX:XX:XX

4.2.8 Nose

4.2.8.1 Sneezing / Sinuses

My sinuses were awful during the proving. I was sneezing continuously every morning, becoming very irritable and hot headed. I couldn't really tell if I was coming down with a cold or that my sinuses were suddenly triggered.

04 F XX:XX:XX

Feeling totally congested, sinuses are really killing me feeling so tired but cannot fall asleep.

05 M XX:XX:XX

Sneezed a lot, could be some sinusitis.

10 M XX:XX:XX

While journalising I had another bout of sneezing, ears became tender so has my throat.

24 F XX:XX:XX

4.2.8.2 Discharge

A constant rhinitis with a burning, colourless discharge, worse in the mornings was experienced.

03 F XX:XX:XX

Have increased mucous production, especially in my right nostril. Lots of mucous production.

08 M XX:XX:XX

Increased mucous production. Worse in right nostril. Slight headache in the morning upon waking. Mucous is thick and greenish. 08 M XX:XX:XX

Increased mucous production. Worse on right. Thick greenish mucous.

08 M XX:XX:XX

4.2.8.3 Heat

My nose (left nostril) bled on Sunday and I assumed it was because of the weather which was extremely hot today however my nose, both nostrils are extremely dry. When I inhale my nose burns.

21 F XX:XX:XX

Nose still has a burn.

21 F XX:XX:XX

4.2.9 Face

4.2.9.1 Eruptions

I noticed a breakout of acne on my forehead, especially around my eyebrows. Individual pustules filled with pus like whiteheads. They are hard and difficult to squeeze. No pain, just thick white semi solid pus comes out. Not related to my menses. Seem to be < for touching and squeezing. Nothing relieves it. I feel self conscious like people can notice it although nobody has commented on them.

02 F XX:XX:XX

Just before my periods, I normally have a slight breakout of pimples on my face. During the proving however, the little spots of pimples remained for a longer period of time, causing a scar. The pimples remained beneath the skin surface, without any white pus – they were small, raised lesions that pained a lot.

Pimples occurred around the forehead and hairline mostly, but always on my face. 03 F XX:XX:XX

I have an outbreak of pimples on my left cheek and forehead. I am developing a few more pimples now.

07 M XX:XX:XX

I noticed lots of painful red pimples in my forehead region. They last for a long time.

08 M XX:XX:XX

Haven't had many physical symptoms recently except that many red painful pimples have appeared on my forehead and temples.

08 M XX:XX:XX

4.2.9.2 Jaw

My jaw seems very tight.

13 M 02:XX:XX

As I took the first bite of the mielie I felt as though I couldn't swallow and began feeling weak in my body my throat felt as though it was closing up. My head felt tight and my jaws I was going into panic state and then I quickly pulled myself together and said to myself everything will be okay I just need to be calm.

16 F XX:XX:XX

My jaw feels tight and sore.

20F XX:XX:XX

I clenched my jaws and they sore and felt tight by the joint.

20 F XX:XX:XX

4.2.10 Mouth

My gum lining feels thin and bleeds as I brush.

01 F XX:XX:XX

Water tastes like iron to day and had iron taste in my mouth.

04 F XX:XX:XX

Painful tongue-scraping, cutting pain which is worse on the sides of the tongue, felt like my tongue was burnt by drinking hot tea, but I didn't have any hot drinks. Tongue felt swollen and rough. Associated grinding of my teeth which leaves denture marks on my tongue. > chewing gum. < talking, stress taking sugar.

06 F XX:XX:XX

Pimple on right inferior part of my tongue.

10 M XX:XX:XX

I could feel a sore coming up in my mouth a sort of gum one.

11 M XX:XX:XX

My gums sore turned into a cut at the back of my mouth.

11 M XX:XX:XX

My tongue was dry and bitter.

19 F XX:XX:XX

Tongue feels dry and rough at times, feels better after having water but comes back after about an hour.

20 F 02:XX:XX

The tongue is dry. 24 F XX:XX:XX

4.2.11 Teeth

Grinding my teeth.

06 F XX:XX:XX

Pain in my tooth (right) side top.

24 F XX:XX:XX

4.2.12 Throat

4.2.12.1 Pain

Afternoon: tonsils are inflamed. Pain is equal on both sides. Pharynx is also sore in the middle. Sore – tonsils and pharynx.

08 M XX:XX:XX

Woke up with a sore throat which was centrally located. Also have increased mucous production. It feels like fluey symptoms but not really feeling sick.

08 M XX:XX:XX

Still have a slightly sore throat. Have thick sticky mucous production – greenish in colour.

08 M XX:XX:XX

Flu very heavy – throat sore, shortness of breath, tight chest, headaches.

10 M XX:XX:XX

Flu like symptoms – increased temp, sore throat, body pains throughout.

10 M XX:XX:XX

Cough and sore throat. Severe cough persistent.

10 M XX:XX:XX

Began feeling a slight sore throat.

11 M XX:XX:XX

Wake up with a slight sore throat (back of throat sore).

27 M XX:XX:XX

4.2.12.2 Difficulty swallowing

As I took the first bite of the mielie I felt as though I couldn't swallow and began feeling weak in my body my throat felt as though it was closing up. My head felt tight and my jaws I was going into panic state and then I quickly pulled myself together and said to myself everything will be okay I just need to be calm.

16 F XX:XX:XX

4.2.12.3 Mucous in throat

Due to the sinuses being triggered, I experienced a post-nasal drip. I needed to clear my throat every morning.

03 F XX:XX:XX

Still have a slightly sore throat. Have thick sticky mucous production – greenish in colour.

08 M XX:XX:XX

Morning – flu symptoms are worse. Tonsils and pharynx are sore with lots of coughing and green sputum. Also fever. Night – symptoms are worse. Headache, sore throat, fever, sweating a lot .

08 M XX:XX:XX

Flu still quite hectic, phlegmy. Throat – postnasal drip.

10 M XX:XX:XX

4.2.12.4 Dryness

Woke up with a nasopharyngitis – worse on the left side. Felt dryness in my pharynx, it's very irritating because it feels like the left side of pharynx is dead. < drinking water, citrus fruits, milk. > eating, solitude.

06 F XX:XX:XX

Throat feels dry like sandy or rough in the back of my throat. Water makes it better.

20 F 00:XX:XX

My throat feels dry and itchy as though something is irritating my throat.

20 F XX:XX:XX

4.2.12.5 Inflammation

Woke up with a nasopharyngitis – worse on the left side.

06 F XX:XX:XX

Afternoon: tonsils are inflamed. Pain is equal on both sides.

08 M XX:XX:XX

Throat feels like my tonsils glands inflamed and the back of my throat has slight burning sensation.

20 F XX:XX:XX

4.2.12.6 Miscellaneous

Took 2nd powder at 1pm. 45min later felt nauseous as if air stuck in my oesophagus, belching a lot. Extremely nauseous after drinking water feel lots air in my oesophagus.

04 F 00:XX:XX

Extremely nauseous – feel like nothing is settled within me. The nausea is airy though like air trapped in oesophagus. It helps to burp. Experienced it till about 7am.

04 F 00:XX:XX

My stomach feels very upset. It's a poking sensation – just under xiphoid process of sternum.

Still this air feeling in oesophagus, I felt sick because I ate too much. Couldn't eat afterward.

04 F XX:XX:XX

Heavy, burning sensation down oesophagus, started when lecture started. Burping constantly.

04 F XX:XX:XX

4.2.13 Stomach

4.2.13.1 Sensations

Feel nauseous on waking and while brushing teeth But it's like an empty sensation.

04 F XX:XX:XX

Could hardly eat, feel like gas is trapped in my intestine.

04 F XX:XX:XX

My tummy feels a bit odd. Hollow, like a funny sensation.

13 M 00:XX:XX

Around 1am my stomach area began to hurt it was a dull pain that was on and off. It just felt like a sinking feeling all the way from my chest to my navel.

21 F XX:XX:XX

4.2.13.2 Appetite

Appetite: is very much increased. I ate 4 soya sausages for dinner. Felt hungry after that too.

02 F 00:XX:XX

Appetite is still increased, ate a lot of food today, 4 meals and snacks. No particular cravings but I just have a ravenous hunger.

02 F 01:XX:XX

Appetite: very much increased. I ate an entire pizza today, never done that before. Even my appetite is powerful. No craving but just enjoying food and lots of it.

02 F 02:XX:XX

Appetite still increased. I can't believe how hungry I was all day. I ate every 2 hours. Thirst is still increased.

02 F XX:XX:XX

Appetite increased. Had a major hunger pang at midday. I devoured my food. I especially enjoy cheese.

02 F XX:XX:XX

I had a farinaceous appetite. Craving chocolates just before my periods (more than usual), and hungry always. I had to constantly remind myself of what I ate last, so that I didn't want to eat again.

03 F XX:XX:XX

Tummy very upset, couldn't eat. I am so hungry but feel full. Threw up in the morning and felt better. Wanted to be outside, fresh air helped a lot. Tummy feeling much better as day progressed.

04 F 01:XX:XX

Came out and was falling asleep but hunger woke me up. Ate like I haven't seen food in months.

04 F XX:XX:XX

Increased appetite and thirst.

08 M 01:XX:XX

I lost my appetite felt nauseous and extremely tired.

11 M 00:XX:XX

Very hungry throughout day.

14 M XX:XX:XX

Lost complete appetite. Ate around 4pm first meal for the day.

11 M XX:XX:XX

I got hungry about half an hour after taking first powder.

18 M 00:XX:XX

Ate so much I feel like a python. Doesn't help with my tiredness.

19 F XX:XX:XX

I noticed that once I started taking the powders I can't stop eating and I am tired of eating.

20 F XX:XX:XX

I still am eating a lot and I just seem to eat and eat.

20 F XX:XX:XX

I just want to eat and laze in front of the TV. I don't want to think about anything just be.

20 F XX:XX:XX

Very hungry when I got home from work my appetite has increased recently.

23 F XX:XX:XX

4.2.13.3 Thirst

Feel dehydrated so pushing in a lot of liquids.

01 F XX:XX:XX

Thirst is increased. I am not normally thirsty. I desire cold water; however it does not quench my thirst.

02 F 00:XX:XX

Thirst is increased and craving cold water.

02 F 01:XX:XX

Very thirsty at night and drinking 3 cups of water before I sleep.

04 F XX:XX:XX

Incredible thirst – drank over 3 litres of water today then 5 litres just before sleeping.

04 F XX:XX:XX

Every night I am drinking at least a litre of water before I sleep, extremely thirsty!

04 F XX:XX:XX

Increased appetite and thirst.

08 M 01:XX:XX

Feel thirsty often – recent symptom. When I drink coffee, I feel really warm (hot).

09 F XX:XX:XX

I felt very thirsty and body very sore like I needed a massage afterwards.

20 F XX:XX:XX

Drinking large amounts of water, still feeling thirsty.

21 F 00:XX:XX

I do notice that I have become thirstier recently. I also try to drink a lot of water during the day.

23 F XX:XX:XX

Very thirsty had 3 tumblers of water at one go.

24 F XX:XX:XX

Keep drinking water while in meeting.

27 M XX:XX:XX

4.2.13.4 Nausea / Vomiting

Tummy very upset, couldn't eat. I am so hungry but feel full threw up in the morning and felt better. Wanted to be outside, fresh air helped a lot. Tummy feeling much better as day progressed.

4F XX:XX:XX

Feel nauseous on waking and while brushing teeth but it's like an empty sensation.

4F XX:XX:XX

Over ate chocolate I don't want to look at chocolate again It makes me feel nauseous.

4F XX:XX:XX

After taking the drug I feel like vomiting all the time. 07 M 00:XX:XX

I felt very nauseas at 4pm because I drank lots of ice water and felt horrible.

11 M XX:XX:XX

I had a bad headache and was very nauseous I wasn't hungry at all.

11 M XX:XX:XX

Felt nauseas after lunch. Lasted for about 30-60 mins.

22 M XX:XX:XX

Feeling very bilious and nauseous.

24 F 00:XX:XX

4.2.13.4 Indigestion

I was yawning a lot my stomach felt unsettled so I had milk before sleeping.

11 M XX:XX:XX

I have been experiencing a lot of indigestion with a burning sensation in my chest.

20 F XX:XX:XX

4.2.13.5 Miscellaneous

Stomach doesn't feel so good having cramps in my stomach but cramps are not severe. Cramps in stomach lasted for 5min also developed a dull headache in the front of the head.

16 F XX:XX:XX

Lecturer said the mesenteric lymph nodes are enlarged; it was a strange pain – more pain is on rebound and I feel more gas up my oesophagus when that area is pressed. It's getting painful.

04 F XX:XX:XX

4.2.14 Abdomen

4.2.14.1 Pain

My mind was active, my abdomen was cramping, and I could not sleep.

02 F XX:XX:XX

Unlike my normal period pains, my monthly cycles were not as painful as usual. This time it was very bearable, requiring no allopathic medicine intervention. Normally I need 2 tabs twice daily of Fenamin to keep me sane. During the cramps, pre-menstrually, a warm-hot water bottle was ideal.

03 F XX:XX:XX

My stomach is really aching a lot – period.

04 F XX:XX:XX

Severe stomach cramps at night – nothing making me feel better.

04 F XX:XX:XX

Feel no differences after first powder. An hour later sharp pain on left hypochondrial region.

04 F 00:XX:XX

My stomach is cramping – never stop flatulence – went to the toilet but still had terrible cramping pains.

04 F XX:XX:XX

In my practical when abdomen exam was being done, I really felt terrible pain in same place below the sternum. The “doctor” student told me it felt strange.

04 F XX:XX:XX

Defecation makes the abdominal pain better. My chronic abdominal cramps went away with this remedy. Did yoga and felt better as well.

04 F XX:XX:XX

Frequent bowel movements, associated burning pain along the area of colon. > after stool, warmth < exercise, walking, morning cold. Associated pain of the ovaries which was relieved after stool.

06 F XX:XX:XX

Pain in the lower abdomen severe pain in the region of the ovaries. Sensation: felt like period pains like two big sponge balls in my pelvis – Moving from side to side every time I moved was a cutting, splinter pain.

06 F XX:XX:XX

Burning, aching pain like a knot in the epigastric area. The abdomen in that area felt tight so tight that I couldn't breathe deeply enough. Its burning, aching pain and went on for about two hours. > drinking water, eating. < sitting.

06 F XX:XX:XX

Abdominal pain on the left lower quadrant. It is a colicky pain which later moved to the area below my umbilicus. It was worse after eating.

08 M 01:XX:XX

Slight abdominal discomfort below umbilicus. Worse with eating (after eating) also feel bloated.

08 M 01:XX:XX

Abdominal discomfort after eating. It is a colicky pain below my umbilicus.

08 M XX:XX:XX

Generalized dull cramping discomfort of abdomen, since dinner no associated symptoms aside from slight distension. Still intermittent abdominal pain – more sharp this time.

22 M XX:XX:XX

Occasional have abdominal cramping pains towards the end of day.

22 M XX:XX:XX

4.2.14.2 Distension

Overate and then felt bloated and totally uncomfortable.

04 F XX:XX:XX

Associated loss of appetite and constipation. The lower abdomen felt like there were two massive round objects inside. Felt really bloated.

06 F XX:XX:XX

I have abdominal pain feels like heaviness and pulling sensation feels better when I put a heat bean bag on it.

20 F XX:XX:XX

Generalized dull cramping discomfort of abdomen, since dinner no associated symptoms aside from slight distension. Still intermittent abdominal pain-more sharp this time.

22 M XX:XX:XX

4.2.15 Rectum

Skin surrounding anal region has an itching sensation, > from relieving the itch is the gentle scratching but this too made it worse. > from applying a cool soothing cream, < when dry and after passing stool. < during urination, that is

if urine has to touch the anal area. < applying soap during bath, < after bath.

01 F XX:XX:XX

Itch around the anal opening again.

01 F XX:XX:XX

Was very constipated – didn't take the psyllium husks yesterday.

04 F XX:XX:XX

Pain on bowel movements – scraping, cutting pain in the rectum and burning, poking pain around the anus. Felt like the anus was slit or cut. < water, touch caused a cutting pain and itching pain. Associated cutting pain on the area of skin around anus. Felt like prickly thorns during stool.

06 F XX:XX:XX

4.2.16 Bladder

Wow I am peeing a lot, probably because my feet are always cold. Feels like my kidneys are sore, but that does not happen.

09 F XX:XX:XX

Bladder feels like it is going to burst.

28 F XX:XX:XX

4.2.17 Kidneys

Wow I am peeing a lot, probably because my feet are always cold – old symptom. Feels like my kidneys are sore, but that does not happen.

09 F XX:XX:XX

My lower back felt a bit sore to be precise the pain was on the left side of my lower back, didn't feel like a muscular pain, it felt as though it was my kidney. The pain must have been there for about a ½ an hour.

16 F XX:XX:XX

4.2.18 Urine

I only urinate when I wake up though – tap water.

04 F XX:XX:XX

4.2.19 Male genitalia / Sex

4.2.19.1 Sexual desire / Masturbation

Got home, called a friend, he picked me up went to his place chilled had a drink and had hot hard sex, felt awesome and amazing, was totally destressed.

05 M XX:XX:XX

Woke up feeling really horny so called a friend, hooked up and had fun as I needed a good release.

05 M XX:XX:XX

I am not very sexually aroused these couple of days I guess it is due to the fact that I am feeling very low and sad.

11 M XX:XX:XX

My sex drive was extremely high so sorted that out 4 times during the course of the day.

11 M XX:XX:XX

Sex drives were high had spent some alone time twice. 11 M XX:XX:XX

Got home and just chilled out feeling a bit horny so had a good wank, was nice.

05 M XX:XX:XX

Still feeling comfortable and confident with myself. Was talking to a clinician about my research while working on her computer. She leaned on the desk next to the computer and I saw her arm and had the sudden urge to bite it. It wasn't aggressive but more sexual. Her arm looked soft and smooth and fair.

08 M XX:XX:XX

Sexually aroused and sorted that issue out.

11 M XX:XX:XX

I had taken the powder at around 9:45 am. Within 5 minutes I felt a burst of happiness. I was extremely happy laughing on a high. I was sexually aroused.

11 M XX:XX:XX

Especially in the sexual department – for some reason I am hoping it's going to improve on that. I love sex so I want to have the most fulfilling experiences with x. Also I am just hoping that it would be a positive in enhancing my manly mannerism.

13 M XX:XX:XX

Very horny as didn't masturbate in a few days. Had great round of sex and slept.

14 M 00:XX:XX

I now have this really high sex drive.

18 M 02:XX:XX

Enjoyed the make out session with boyfriend. Was full of passion and lust. Go to work smiling. People read me like a book and know I had sex in the weekend. Tell friend about the sex via email. Boyfriend would kill me if he knew I spoke to someone about the sex. I am happy and more sexed so don't care.

27 M XX:XX:XX

End the night with a passionate love making /sex session. Boyfriend and I awake horny as hell. Mad sex session. We awake feeling REALLY good.

27 M XX:XX:XX

Wake up horny as hell. Want to masturbate. I then watch a Hindi DVD watching a hot Bollywood actor. Makes me horny as well. Think about masturbating but decide against it.

27 M XX:XX:XX

We end up having sex behind his room door. His family downstairs. I am s**t scared. I love the rush. Feeling great.

27 M XX:XX:XX

Spoke to boyfriend and told him I am very horny. Yes I masturbate that night. Boyfriend tells me he is coming to see a client and I must meet him for lunch. I am horny as soon as I see him. I tell him I am horny so he asks me if I am mad. I think he feels something is up. I reassure him I love him and he does the same.

27 M XX:XX:XX

4.2.19.2 Itching

Skin – itchy on inner thighs and on the genitalia. More on the left side. The itching around the inner thighs started. Put some lotion which eased the

itching. I then started Reiki. By the end of the reiki sessions the itching went away.

18 M 02:XX:XX

Woke up with no itchiness on legs on inner thighs. The itchy sensation feels dull and leaving me and it's because of the drug. I noticed that the itchy sensation on my skin is gone.

18 M XX:XX:XX

My genitalia has some itchy sensation from the inner thighs now and again. But I am happy to say none of that has happened for about a well almost a week now. I don't have the itchiness around my inner thighs and it has stopped totally.

18 M XX:XX:XX

4.2.19.3 Miscellaneous

Today I felt like tightness in my left testicle strangely and there's a pain in left testicle. Gosh maybe it is psychological but it's a tingling tightness in the left testicle.

13 M XX:XX:XX

4.2.20 Female genitalia/ Sex

4.2.20.1 Menses

Have my period early morning.

01 F XX:XX:XX

Menses: I am on the 1st day of my period. Flow is scanty, very unusual for me on the 1st day. Did not have much cramping. Did not experience pms, this is new to me. I usually have major pms symptoms of moodiness and

irritation; also tend to cry before my period. It didn't happen this month. This is a new symptom.

02 F XX:XX:XX

Menses: on day 2 of my period. Very heavy flow, the heavy flow is unusual especially on the 2nd day. My body feels drained of energy with the bleed. Abdominal cramps, nothing ameliorates, pain persisted all day. Feel hot and sweaty and miserable with the cramps. I am exhausted, miserable and depressed with this period.

02 F XX:XX:XX

Menses on day 3: back is painful, feels sore, bruised and strained, nothing ameliorates. Flow is heavy. It feels as if my menses are draining the life out of me. I am exhausted and miserable. I have no energy. I just want to sleep.

02 F XX:XX:XX

Menses has a lighter flow today. Feel better, abdomen and back have no pain now, feel more human today.

02 F XX:XX:XX

My irritability and impatience peaked around two days before my menstruation, and noticed clotting. I was amazed at how relieved I felt once the flow started.

03 F XX:XX:XX

I've got my period – woke up early and had a shower and went back in bed. I feel miserably sick, totally drained and faint. I slept till 1pm. I was in a deep sleep for so long. The pain in lower abdomen and lumbar spinal region was throbbing. Felt like my muscle in those areas were cramping. I never experienced such terrible pain in a long time I couldn't do anything, I couldn't even eat.

04 F XX:XX:XX

Started menstruating but it was just a few drops in the vaginal discharge. 2nd day of menstruating. Very scanty periods which is strange for me. Associated period pain same as day 15 continued. No clots and colour of blood was dark red. It felt like the blood did not want to come out, like there was a stopper preventing the blood from coming out because there was hardly any flow. Felt weak and easily fatigued. Generally < heat > cold, cool winds, especially to the feet and head. Only used two pads for the day. Which is strange for the first day because I usually use about 3 pads.

06 F XX:XX:XX

Still very scant periods the flow of blood is very slow. Usually the flow is like a running tap too much stagnation of blood.

06 F XX:XX:XX

This is so weird. Got my periods, at the normal usual monthly time, but these two times it was different. Came like normal, but the colour is almost black, like a very dark brown, and it's sometimes thick. Then after the 2nd day, its normal colour. So weird that this happened. Also stomach cramps were so bad. Don't know if it was the drug that did I could be so wrong.

09 F XX:XX:XX

During the day I got my period I felt very nauseous it feels like the pain is in my pelvis and hip bones. A constant throbbing pain and a pulling throb in my lower back.

20 F XX:XX:XX

I am having very bad period pains now it feels like it's in my bone like a knife is in me and being turned from side to side. I feel like vomiting and my back pain has a constant intensive throb that feels better when I put on a hot wheat bag flat on my back. Even the muscle feels like they tight and pulling and my ankles have been sore as well.

20 F XX:XX:XX

I had my period in a very strange way. I overbled it was in heavy blood clots it continued for 4 days.

28 F XX:XX:XX

4.2.20.2 Sexual desire

Libido is increased.

01 F 01:XX:XX

I still have this high urge to conduct in sexual pleasure.

01 F XX:XX:XX

I feel satisfied after sex today and have enormous amount of energy to use and go on. I have noticed, for the 2nd time whilst on the proving, that my sexual activity has changed. I do like the style in which my activity has changed. More sensual rather than sexual. More intimate than pleasurable. Now I would call it love making rather than sex. I feel an inner depth of satisfaction, one that travels beyond the mind and the senses. Feel more connected. Sex is better now.

01 F 01:XX:XX

After all the days' activity, I feel for a nice soft oil massage leading to slow rhythmical sex.

01 F 01:XX:XX

I feel ripe meaning that my reproductive system is sending hormones via the blood system, signalling me to engage in intercourse. I feel I can easily be impregnated but I don't want children.

01 F XX:XX:XX

Enjoyed the idea of having a more powerful sexual experience with one partner and that I could enjoy the intimacy with satisfaction. It's not time for

my period but I feel a great sense of pleasure, alone in the office and wish I could call my boyfriend over.

01 F XX:XX:XX

Libido still high. I feel sexy and feel like I am sexually desirable. I make eye contact with men and flirt with my eyes. I am seductive.

02 F 02:XX:XX

Libido is still increased which is not normal for me.

02 F XX:XX:XX

Libido still high, thinking of sex often.

02 F XX:XX:XX

Libido heightened and thinking of sex often.

02 F XX:XX:XX

Libido increased especially during coffee with my date.

02 F XX:XX:XX

My libido was up – feeling much sexier than I usually do. I couldn't believe that I was the one suggesting to my husband to buy more vaginal lubricants. I was even brave enough to walk into the shop to get one for myself.

03 F XX:XX:XX

One afternoon I met with my work colleague and we chatted and laughed about sex. It was so funny – she joked about how she's not getting any sex, and I joked that maybe we should go shopping for some sex toys – one for each of us. Those giggles about our libidos were very entertaining.

03 F XX:XX:XX

Lust for other men not particularly my hubby: my sex drive really picked up. I generally have a low libido but my desire for other men was increased.

03 F XX:XX:XX

Awoke at 6:12am feeling better and a lot stronger. Passed urine, no bowel movement tried to have sex but just didn't feel like it. Felt absolutely cold towards my partner. I hate him. Want to be touched.

16 F XX:XX:XX

4.2.20.3 Pain

Inner thighs are sore from sex yesterday. I am getting my period, I can tell. Breasts feel heavy and nipples are erect, walls of the vagina are moist.

01 F XX:XX:XX

Period pains – pms. Burning pain like fire in my pelvis. Radiates toward groin causing a bruising pain around groin. < sitting, spicy food, reading, bending.
> walking, warm drinks solitude.

06 F XX:XX:XX

I have a heavy feeling in my uterus like a heavy drawing pain its strange feeling as is I am getting my period but it's not my time yet.

20 F XX:XX:XX

Uterus feels like it's going to burst and this continued from morning to night. The pain was like having contractions. I could not bend or even touch my lower body.

28 F XX:XX:XX

4.2.21 Respiration

At 4pm experienced a discomfort in my diaphragm, > back on the bed with my legs raised up and knees to my chest. < walking. My breathing becomes slow, my chest is tight.

01 F XX:XX:XX

I seemed to be struggling to breathe and taking very deep breaths. I do remember not being able to breathe more so because the doors and all the windows were shut.

19 F XX:XX:XX

4.2.22 Cough

Cough and sore throat. Severe cough persistent.

10 M XX:XX:XX

I had a bad cough in the evening and was very thirsty.

11 M XX:XX:XX

4.2.23 Chest

In the morning I felt my chest burning, it was physically paining, I had to hold onto it and apply pressure to relieve the pain.

04 F 01:XX:XX

My chest is paining – feel like I am going to have a panic attack. Having destructive thoughts but I am stopping myself.

04 F XX:XX:XX

My chest was physically paining – it felt like cramping – this heaviness in my heart. It was overwhelming. 04 F XX:XX:XX

I felt a wave of nausea and utter stinging pain in my chest. I can't handle this chest pain. Felt like I am going to die with this pain.

04 F XX:XX:XX

I feel so heavy, like there's a great weight on my chest. My heart is paining – like it's sinking such a weird sensation. Can't stop burping this gas is really annoying me.

04 F XX:XX:XX

Extreme anxiety – couldn't even breathe properly, my heart was racing that I could feel my heart palpating in my throat.

06 F XX:XX:XX

Itchiness of the nipple left side – voluptuous itch. Associated ulcer with bleeding. When the ulcer healed forming a scab, the itch got worse but when the scab was off and the skin was raw it felt better. Itch and ulcer. > uncovering, scratching, aqueous cream, washing < covering, scab formation, moisture, night.

06 F XX:XX:XX

I can actually feel like a pain in the chest, like I've been punched on the sternum – bruising, aching pain. > breathing, walking. < thinking about my problems, sleeping.

06 F XX:XX:XX

A also noticed that I have heartburn in my upper chest it's a burning sensation.

20 F XX:XX:XX

My chest feels tight and was extremely sore as if I needed to expanded to expand my chest and as if there toxins in my chest that needed to be drained. 20 F XX:XX:XX

4.2.24 Back

Back hurts, weak feeling between my shoulder blades, trapezius muscle feel better for light, soft massage.

01 F XX:XX:XX

Intense, sharp, poking pain on the transverse process of my 7th vertebrae, does not feel as if there's tension but rather as if someone is poking their fingers into me that is deeper than the muscle layer. > stretching my hands above head while pushing chest out, < from sitting especially hunched. Doesn't affect sleep.

01 F XX:XX:XX

Lower back pain.

01 F XX:XX:XX

Also this morning at about 7:15 I turned my head to look back at car on the road and my entire left side trap muscle went into spasm. I felt like it cramped tightly from my medial border of scapular and spine of scapular to the base of my skull. I had a sharp piercing pain radiating in that area and sleep occipital headache. Felt better for massage. 9/10 rating. Later around 3pm had a similar spasm felt like it was pectoris major – was intense chest pain .Very sharp and severe but not as bad as the morning. It just felt like the muscle shortened and held together tightly and then relaxed 6/10 rating. This was on the right side.

04 F XX:XX:XX

Shoulders are terribly sore especially the area medial to the scapula – muscle feels taught and hard and I want someone to massage it with hard pressure.

04 F XX:XX:XX

Still feel this great calm over me but my neck and upper back muscles are aching constantly.

04 F XX:XX:XX

Developed a shoulder pain just above the mid clavicle radiating towards the anterior shoulder. Poking pain – left shoulder < leaned on my left arm. > stillness. Felt very restricted although it was such a small spot affected. Pain isn't so severe because I could move.

Pain – shoulder left side. Got worse as it is spreading throughout the shoulder.

06 F 00:15:15

My left trapezius acted up and started to pain. The pain was quite severe (7 out of ten) and caused a left sided headache.

08 M 00:XX:XX

Neck sore – right side, restricted movement on right tilt. Considered taking pain medication but decided against it. Slight neck pain still on right side and increases on right tilt. Needs a massage.

10 M XX:XX:XX

I have a strange pain in my left shoulder. It's like a needle poking into my shoulder. I went to campus the pain was still there but I continued to ignore it in hopes of it going away.

11 M XX:XX:XX

My left shoulder started troubling me around 9pm. I warmed the bean bag in the microwave and put it on my shoulder. The pain got really bad and I asked my dad to punch it around a bit.

11 M XX:XX:XX

When I stand my legs feel weak. The base of my spine is sharp striking throb feels better when I lie straight and put the wheat bag on it.

20F XX:XX:XX

Back – lower back pain from sitting, constant dull pain gets better when I am lying down and worse sitting in one position and standing for long period of time, it's an uncomfortable feeling.

20 F 00:XX:XX

Neck and shoulder – dull pain due to stress of finishing my assignments it's more of muscular tension from leaning over my books and stress.

20F XX:XX:XX

Lower back pain dull sheeting pain started in the night gets worse lying on my side and feels better when I lie down on my back. Back pain feels like uncomfortable throb feels better when I stretch.

20 F XX:XX:XX

My back felt tight and muscles pulled especially my lower back it feels like the throb pain is deep in my lower back bones.

Felt better after put a warm heat bag.

20 F XX:XX:XX

My upper chest area of my back feels tight, strained, aching and stiff as if the muscle is rock and hard. The pain gets better when I move my shoulders backwards and chest forward when I do neck stretches. It gets worse when I sit slumped and hunch back.

20 F XX:XX:XX

My lower back is sore but not as bad as before. Mild constant drawing pain on the lower back. Lying down is the same but sitting crossed legged feels better. 20 F XX:XX:XX

In the afternoon my back felt like the bones in my back were broken, crushed grinding and when I sit up the pain gets worse. When I lay flat on my back with heat it relieves the pain also when I stretch it feels better.

20 F XX:XX:XX

Went to bed with a really sore neck both the left and right side felt really stiff and swollen. Around 7.30pm last night while watching TV sitting upright my neck just started to feel really strained.

21 F XX:XX:XX

Can't sit when I sit I can't get up, pain on lower waist neck pain aching at the back, can't turn my head side to side.

28 F XX:XX:XX

Body: lots of pain can't stand can't sit when I sit cant wake up without feeling terrible aching lower back ache. There is like a piercing pain.

28 F XX:XX:XX

4.2.25 Extremities

Under my feet feels like pins and needles or no sensations under my feet.

04 F 02:XX:XX

Weakness and aching of my feet and ankles. Soles of my feet and my toes felt swollen. My feet felt like it was bound by some heavy shackles. I couldn't walk for long neither could I stand for long periods. < standing, touch, wearing shoes, movement of the ankles. > massage, sitting cold water.

06 F XX:XX:XX

Pain on the left foot – especially on the edges of the heel worse along the cracks of the heel, the intensity of it got worse, so intense that I could not put

my foot down. Pain is sharp, splinter like pain. Heel-feels hard, yellowish tinge. < walking, pressure. > Cold, hot water. < at night.

06 F XX:XX:XX

Pain in left heel. Sharp, stabbing pain radiated to the ankle. Felt like I was standing on a sharp stone. So severe I couldn't walk I started to limp, couldn't put pressure on that heel. < standing, pressure, rolling my foot from the ankle, extending the ankle joint. > massage, no movement. Pain on right heel, same pain as the left heel. There's been an extension of the pain from the left to right heel but the pain in the left heel is still there. The pain only comes on when I stand for too long and I have to immediately stand.

06 F XX:XX:XX

Feel pain in both Achilles tendons, cold symptoms.

08 M XX:XX:XX

My hand started paining today, at the bone by the baby finger.

09 F XX:XX:XX

Had pain down the lateral side my right leg, did not take medication for pain.

16 F XX:XX:XX

Pain – in my right ankle, sharp tight feeling, started in the evening, feels better when I stretch my foot downwards.

20 F XX:XX:XX

General body pain – ankle on the right by tendon is just sore like a pulling sensation. Feels better when I stretch my foot.

20 F XX:XX:XX

Sharp shooting throbbing pain in left elbow, feels better when I bend. The pain moves upwards to the shoulder and feels like the muscles are pulling.

When I stretch arm upwards it gets bit better, pain feels like its in the bone. Left hip area is sore feels like it should be pulled. Its uncomfortable and feels better when I stretch.

20 F 01:XX:XX

When I stand my legs feel weak. The base of my spine is sharp striking throb feels better when I lie straight and put the wheat bag on it.

20 F XX:XX:XX

My ankles on the top feel heavy and sore as if my feet are separate from my body because they feel swollen and heavy like they holding me down.

20 F XX:XX:XX

When I stand there's shooting pain down my right leg and if I stretch my neck downwards there's tingling sensation down my spine. The pain was intense and constant like bones are rubbing against each other.

20 F XX:XX:XX

I also have been getting lower pelvic pain, deep heavy bone trapping pain when I pressed down on hip joint it felt better. When I sit or stand pain still there. It started from about 3 then stopped and comes back but as a light throb sensation.

20 F XX:XX:XX

I feel a knot in my foot along the middle of my spine. On the feet both on left and right in same area it's very sore when I walk or stretch it feels like its going into cramp. When I press on the area and surrounding area its extremely painful and sharp striking intense pain, unbearable. My ankles are also a bit sore but they just feel tight when I put wheat bag on area I feels better.

20 F XX:XX:XX

The other part of my left foot felt as though a thorn was lodged inside. My foot couldn't be placed flat down so I limped around.

21 F 00:XX:XX

Experiencing extreme pain from my finger all the way through to my wrist. My hand just throbs until I had to apply an anti-inflammatory rub and I also put a wrist guard on.

21F XX:XX:XX

Right hand sore at the elbow the upper by the shoulder joint took a piece of patch (medicated) and stuck on pain relieved.

24 F XX:XX:XX

Pain under the feet when I put my foot down. It took a few seconds to adjust. Joints/feet/hand/neck/shoulders feel very tight.

24 F XX:XX:XX

Right hand painful entire hand there is pain under the feet.

24 F XX:XX:XX

4.2.26 Sleep

4.2.26.1 Sleepiness

At 4pm I felt real sleepy, so tired. I have a few minutes to sleep and my energy is regained. I am too tired at night and need to sleep more.

1 F XX:XX:XX

I want to go home and sleep.

01 F XX:XX:XX

I could not wake up. I can't open my eyes as all I want to do is sleep.

04 F 02:XX:XX

Just took the first meds it's now 10am soon after was feeling sleepy. Fell into a deep sleep and wakeup at 1:30. Just was feeling lazy as usual, lazed around the house, took 2nd med at 5pm made me very sleepy yet again. Fell asleep woke up at 7pm and still feeling sleepy, freaky thing is that I go into a dead sleep which is totally new considering I hardly get sleep usually. It's now 8pm took the 3rd med, throughout the day I only felt sleepy could be the sweetness of the meds it tasted like powdered energy thing that you usually get that you dissolve in water. That stuff usually makes me very sleepy because it's so sweet. Yeah just remembered it's called glucose usually when I have that makes me sleep. My eyes are really heavy. Now want to sleep.

05 M 00:10:XX

Was a daze today, was in no mood to do any work, just messed around on my computer at work was just feeling lazy today just wanted to sleep.

5M XX:XX:XX

Sleepy, can't keep my eyes open.

6F XX:XX:XX

Sleepy, I have been sleeping a lot. Woke up refreshed, no heaviness of the body.

Very sleepy. My alarm went off at 7.30 am but I still had a good sleep till 12.50 which is very unusual for me.

6F XX:XX:XX

Very sleepy. Slept till 13:00 and slept again from 15.15 till 18.35. And then slept again at 23:45. Yet I am not tired my body is fine but I can't seem to stay awake. Sleep is like deep for about half an hour. 6F XX:XX:XX

After taking the drug I find in the afternoons I get really sleepy and fall off to sleep very easily and I have a very deep restful sleep.

07 M 02:XX:XX

I wake up sleepy now, I feel old. I am tired all the time. Today I am writing an economics' paper at 3pm its now 10.10am and I am feeling so sleepy. I bought a can of Energade to give me some energy as I can't even concentrate.

07 M XX:XX:XX

I am still waking up sleepy and I switch of at lectures. Today I am writing a test and I had to buy a can of red bull to give me a kick but that only helped a little.

07 M XX:XX:XX

Feel sleepy during the day, then wide awake at night, and sleep quite late.

09 F XX:XX:XX

No energy. Very tired and slept at 4am don't know why. Slept the whole morning till midday before going to work.

10 M XX:XX:XX

I spent most of my day lazing around and sleeping.

11 M XX:XX:XX

I slept throughout my day in lectures. Fell into deep dreamless sleeps. I decided not to take anymore of the powders.

11 M 01:XX:XX

I am just lazy slept most of the day. Watched TV, ate the whole day.

13 M 02:XX:XX

Gosh I am so bored and lack energy all I want to do is sleep. Had a lazy day didn't feel like doing any work. Just sat the entire day, ate and slept.

13 M XX:XX:XX

All I wanted to do is sleep on my gorgeous bed, close my eyes and enjoy the calm.

13 M XX:XX:XX

From the time I took the powder I have been feeling sleepy.

19 F 01:XX:XX

During the middle of the day felt tired and sleepy.

20 F XX:XX:XX

I have noticed that I can't sleep at night and for most of the night I am awake but I am not concentrating on doing my work. I just want to sit and be lazy, eat and watch TV. And during the day I only want to sleep.

20 F XX:XX:XX

2pm I am feeling extremely sleepy, not tired just sleepy .

21 F XX:XX:XX

Feeling very tired and sleepy throughout the day.

21 F XX:XX:XX

4.2.26.2 Sleeplessness

The night was hot and cannot sleep. Its 3am and I still cannot sleep.

01 F XX:XX:XX

Managed to pay attention in class but I could feel my body being drained from lack of sleep. 04 F XX:XX:XX

4.2.26.3 Difficulty falling asleep

Had trouble sleeping last night. Couldn't fall asleep. Felt a nervous apprehension and not sure why. Slept for 5 hours.

02 F XX:XX:XX

I could not fall asleep last night. I tossed and turned until 2am. Had too much energy to fall asleep. Woke up tired and moody.

02 F XX:XX:XX

There were a few nights were I found it so difficult to initiate sleep. Tossing and turning with thoughts flooding my mind. Thoughts of work, the next day's activities and my life in general.

03 F XX:XX:XX

Today I am feeling rather tired and run down, I also feel mentally tired, I just can't even fall off to sleep although I am feeling tired. I have a slight burning sensation in both my eyes. I think that's due to my tiredness.

07 M XX:XX:XX

I had great difficulty falling asleep but eventually fell asleep around 4am.

11 M XX:XX:XX

Had trouble sleeping, restless.

20 F XX:XX:XX

I have noticed that I can't sleep at night and for most of the night I am awake but I am not concentrating on doing my work I just want to sit and be lazy, eat and watch TV. And during the day I only want to sleep.

20 F XX:XX:XX

4.2.26.4 Position

Slept well for 7 hours and woke refreshed.

02 F XX:XX:XX

Slept well on the left for 7 hours.

02 F XX:XX:XX

Slept well on the left side and woke refreshed after 8 hours.

02 F XX:XX:XX

4.2.26.5 Deep sleep

Extremely into a deep sleep. Wake up exhausted, slept for only 5 hours, I don't do well when I don't sleep, and I love to sleep.

04 F XX:XX:XX

Slept like I was dead-slept soundly as was very tired, can't remember my dreams when I wake up. Could not wake up, dragged myself out of bed, woke up with a frontal headache, throbbing sensation, because I over slept.

04 F XX:XX:XX

Had a sound sleep on the way home. I was out in the car.

04 F 02:XX:XX

Just took the first meds it's now 10am soon after was feeling sleepy. Fell into a deep sleep and woke up at 1:30. Just was feeling lazy as usual, lazed around the house, took 2nd med at 5pm made me very sleepy yet again. Fell asleep woke up at 7pm and still feeling sleepy, freaky thing is that I go into a dead sleep which is totally new considering I hardly get sleep usually.

05 M XX:XX:XX

Sleep deep. Slept with no disturbance from 15.25 to 18.30. Woke up refreshed but my body was still so heavy.

06 F XX:XX:XX

Sleep is deep and I have been sleeping a lot. Woke up refreshed. My alarm went off at 7.30 am but I still had a good sleep till 12.50 which is very unusual for me.

07 M XX:XX:XX

Very sleepy. Slept till 13:00 and slept again from 15:15 till 18: 35. And then slept again 23:45. Yet I am not tired my body is fine but I can't seem to stay awake. Sleep is like deep for about half an hour.

06 F XX:XX:XX

After taking the drug I find in the afternoons I get really sleepy and fall off to sleep very easily and I have a very deep restful sleep.

07 M XX:XX:XX

Last night I had a good deep relaxing sleep.

07 M XX:XX:XX

I slept like I was dead and I got up well rested and feeling normal.

07 M XX:XX:XX

4.2.26.6 Unrefreshed

Slept well for 6 hours and woke unrefreshed and tired. Slept on the left side.

02 F XX:XX:XX

Did not sleep well, tossed and turned till 2am. Woke up miserable and tired.

02 F XX:XX:XX

Still woke up unrefreshed.

06 F XX:XX:XX

Sleeping habits were a bit off beat. Started to feel tired in the middle of the day, which is so not like me!! Also started to feel a bit lazy because in the nights I was sleeping quite late.

09 F XX:XX:XX

Came home from work totally tired but couldn't sleep fell off to sleep after 1am.

05 M XX:XX:XX

4.2.26.7 Restless

Last night was hell. I tossed and turned all night, could not sleep until 2am.

02 F XX:XX:XX

I couldn't sleep last night I had about only 4 hours of sleep. It was hot and the whole night I was awake tossing and turning. I went to work half asleep. I was feeling so tired.

07 M XX:XX:XX

4.2.26.8 Rising

I love to sleep. In fact I hate the mornings – I'm too tired and too drained to get out of bed, until about 9am. I found myself more energetic at night; in fact I was even dancing at about 11pm at night just being happy-go-lucky.

03 F XX:XX:XX

4.2.26.9 Short

Had only 3 hours sleep but woke up feeling alert nonetheless.

22 M 00:XX:XX

Not having a good night sleep, having 2 hrs sleep and wide awake till the early hours of the morning.

28 F 01:XX:XX

4.2.27 Dreams

4.2.27.1 Changing places /Changing / Unfamiliar place

Had a very long dream. I found myself walking on the streets of Iraq / Iran. However everything seems to be exaggerated, so much of noise and activity with people shouting from the opposite sides of the street. As I continue down the street and take the curve, I see school children sitting and singing a perverted nursery rhyme. One guy said it's meant to attract people so they could pay for them as prostitutes. Then I decided that I don't wish to be here, in a split of a second, on the streets of Pietermaritzburg, there was no sign but just a feeling to say I was there. I am lost running from street to street. I came across a man wearing a khaki army green vest and blue jeans, he is thin, tall, dark with a boxed afro hair like a foreign appearance. One thing that was striking was the many gold chains around his neck and I am using only 1 chain (the same chain I wore last night and forgot to take out). He tried to hide his gold chain from me as if am a criminal. I went to him and asked him why did he do that and he mumbled something in a different language, and while speaking to me another person stole his gold chain. I became scared and ran for my life. Now I am on a hill overlooking a housing development. A lady was standing there. I approached her asking her for directions to Durban. She said wait here's a man who can help, he pulled over in his white C class Mercedes car. Well he apparently paid this lady for her services in

bed. My mum wakes me up and the dream is over. This was the longest dream I ever had. Most clear dream and wished I could record it. But why was I lost?

01 F XX:XX:XX

Had a weird dream last night. Dreamt few of my friends were in this freaky place and someone was giving us this medication and it had different effects on everyone, for me it sent me into a fantasy world, it's was pure ecstasy. But this was a dream. I woke up from this dream and was hard and was wanking. (Remember this was still a dream) then my sleep broke and I woke up.

05 M 00:XX:XX

Dreamt about a colleague of mine who had a health shop and he had a friend and another girl who worked for him and the entire place had changed which was unlike him. Anyway he had asked me to massage his back and I agreed. The next moment he receives a takeaway order which was rather strange because it is a health shop and then when I take a look at the shop again all of a sudden I notice that is a small takeaway as well. As usual he asked me to take the order and he ran off. The whole place felt strange although I did feel welcomed I still felt out of place, like I didn't belong there and that I have another purpose which I haven't been pursuing.

06 F XX:XX:XX

I had a dream about a close friend. We all happy and normal but then the dream changes we sitting at my house in my room and then he starts taking off with me and he tells me all these evil things then the dream ends and I am dating and it changes again and he breaks up with me and leaves me for someone else. In London. And it ended.

07 M XX:XX:XX

I had a dream that it was my sister's wedding and everyone was at this huge house preparing for the ceremony. I don't remember seeing myself in the

dream rather seeing everybody else. I recall seeing a strange robot always walking around. My dream shifted to me dancing in a temple to *dhol bhaje* (from the movie *hum dil de chuke saram*) with Ashwariya Rai. In this part of my dream she and I are very good friends. Unfortunately my dream ended with my phone vibrating.

11 M XX:XX:XX

I had a dream that I was shopping around a busy street in India (looked like India) it was very late at night and it had a very bizarre setting I was shopping for Indian call girls and boys beckoning to me to be their client ... my dream abruptly ended when we, some foreign people and I, went into a sari shop where the attendant was showing us a white sari. I recall another very hazy dream of funeral, I don't know who died or anything all I remember was that I was present at a funeral.

11 M XX:XX:XX

I had a extremely erotic dream about a certain someone (who I should not be dreaming of) we will call them x. X and I were lying on a bed it was a blue bed in a blue room it seemed like a nursery, it was night and we were getting ready for bed when we started passionately making out before I knew it my hand was in x's blue boxers and we stopped and started slowly cuddling with me again, which led to some very HOT love making and which switched to a very odd dream of me at a photo shoot.

11 M XX:XX:XX

I dreamt that I went on a safari in Africa was on major bush trials and saw lions up close then my dream shifted to turning into wild shark swimming the ocean. Then my dream switched to me flying and eventually abruptly ended.

11 M XX:XX:XX

I recall having a dream about the course of my day (weekday) going to campus meeting with friends going for lectures and went to Blue Lagoon to

smoke weed but upon jumping into the car the dream shifted to us going to a wedding in India. It was very vibrant and colourful, lots of noise and music. The bride was someone I didn't know but the groom was a cousin of mine. I clearly recall the outfit I was wearing. It was a light blue and gold sherwani with two scarves and sandals. My dream ended with the groom entering the hall.

11 M XX:XX:XX

I had a dream that I had been chased by a very large snake. The entire dream was with me running around a forest. The dream then shifted to me doing a performance on stage to the song *mauja mauja* – Ashwariya Rai happened to come on stage and dance with me I then woke up.

11 M XX:XX:XX

I dreamt that I was driving a very long and narrow road when I had a puncture. I then dreamt that Red Riding Hood and the fox had met me to change my wheel, before anything else my dream shifted to me being an astronaut.

11 M XX:XX:XX

I dreamt that I was seeing the world through a camera lens and then I met a talking meerkat and we started singing "*akuna mata!*" what a wonderful day. My dream then shifted to me in a dark alley meeting Spider-Man and telling him that Pookles had found out and he had to metamorphose into a swan.

11 M XX:XX:XX

Slept as usual had a funny dream was eating pizza and the people that I went with (unknown to me) but every time they ate their hair and nose changed colour.

15 M XX:XX:XX

I had a weird dream and remember it. The dream was that we were working at our current place then things just changed and we i.e. colleague and myself were back at our old jobs. Colleague had offered the old boss back into our business and now everything was under scrutiny by him. I was sitting there explaining why we were spending money or buying some kind of stock. Then the three of us were laughing and joking about some sporting event. I then started swearing all of them and shouted out I don't have to explain myself to you f**king rogues. The dream ended.

18 M XX:XX:XX

Dreamt of ex in a doorway calling me then it changed to a white man with glasses and white shirt.

20 F XX:XX:XX

I had a dream were I dreamt about my dad and step mother but it felt like I never was noticed by them and as if am not there. We having dinner with a group of people and we at a Krishna temple. But before that I was staying with x and they took x for supper because he didn't want to go. During dinner they were talking about their trip to India and I felt alone and humiliated and angry because I felt invisible and being blamed for doing the right thing and scared to meet them then. Suddenly I was with my mother in her car at a lodge where there was wedding in the back ground on a field and then I tried backing the car up driveway but it was muddy and couldn't go up and then I woke up.

20 F XX:XX:XX

Dream: I had a dream about 2 little girls walking up a steep hill trees on both sides. I'm asking the mother of the both girls it's already 8pm and they did not go to school in fact they were hosing the garden she said they are going now. Next thing I remember I was in somebody else's garden and I met this boy and he is telling me he wants to marry me I am telling him u don't have a job, he goes next door to girl and he asks do u have a job for me. He tells his

sister he wants to marry me but he is Muslim and I am Christian there's more but I can't remember.

28 F XX:XX:XX

Dream: one minute I am in a casino next I am at home.

28 F XX:XX:XX

Dream: one minute I am driving a green car the next minute it stops and I am speaking to my son's mechanic. He tells me he can't fix this car, he takes out a part and shows me and tells me I need to get this part and I ask him why he can't fix it. He then had to take the gear box and other things out and then I didn't want to leave the car because it's not safe, my dreams end.

28 F XX:XX:XX

4.2.27.2 Sexual

Guy said it's meant to attract people so they could pay for them as prostitutes. Then I decided that I don't wish to be here, in a split of a second, on the streets of Pietermaritzburg, there was no sign but just a feeling to say I was there. I am lost running from street to street. I came across a man wearing a khaki army green vest and blue jeans, he is thin, tall, dark with a boxed afro hair like a foreign appearance. One thing that was striking was the many gold chains around his neck and I am using only 1 chain (the same chain I wore last night and forgot to take out). He tried to hide his gold chain from me as if am a criminal. I went to him and asked him why did he do that and he mumbled something in a different language, and while speaking to me another person stole his gold chain. I became scared and ran for my life. Now I am on a hill overlooking a housing development. A lady was standing there. I approached her asking her for directions to Durban. She said wait here's a man who can help, he pulled over in his white C class Mercedes car. Well he apparently paid this lady for her services in bed. My mum wakes me

up and the dream is over. This was the longest dream I ever had. Most clear dream and wished I could record it. But why was I lost?

01 F XX:XX:XX

I dreamt I was a character in the "Sex and the City" series. I was Samantha the most promiscuous one on the TV show. I was sitting on the couch, chatting to the other characters, like they were my friends. I wasn't being overtly sexual, like she normally is but I had her sexual energy, her confidence and sensual nature.

02 F 01:XX:XX

I dreamt of my ex boyfriend. He and I were working together in an office. We were still broken up but started kissing. I was really happy in my dream. I was also very attracted to him. We were both dressed in black, him in a suit and me in a black dress. He dropped his pants and pushed up my knees. We were both about to have sex in the office, against a long mahogany desk. At that moment our fellow workers burst in through the door and we were caught literally with our pants down. We were so mortified and embarrassed. The other workers laughed at us. But it wasn't bad, because they all knew we still loved each other. I was very disappointed that we didn't have sex. We went back to work and he went back to his own office. After a while, I heard tyres screech and looked out at my glass window to see him speed off in his black Golf Gti. I then realised that my car had been stolen and he was in pursuit of the thief in order to get my car back. He almost crashed his car chasing them but returned without catching them or my car. I was so touched by his gesture. I felt that he must still love me to go to such lengths for me. I hugged him with love and gratitude. At this point in my dream I realised that we were truly meant for each other. I knew everything was going to be okay, that we would be able to work through our past issues and reconcile. I woke feeling happy and in love and also sad that it was a dream.

02 F XX:XX:XX

I dreamt of sex again. I was with my ex boyfriend again. We were in my parent's room this time, but the bed was dressed in my linen, a dark pink duvet. We were semi dressed again and about to have sex. There were people that are my family seated in the lounge and they were busy watching television, the door of the room was open, so any one of my family members could have walked in on us. We didn't care and continued to kiss. Then we realised there was a group of people who were watching us from the window. These people were my neighbours, all seated on chairs. In my dream, I knew they were at a funeral. They could see us on the bed. We then reluctantly put our clothes back on and left the room. Again, I was terribly disappointed to have been interrupted. I really wanted to have sex. This is weird because I knew that he was still my ex. Why did I want to sleep with him? This remedy is obviously a sexual one. I am convinced it is an animal remedy.

02 F XX:XX:XX

One outstanding dream was of my old teacher from high school, having sex with my husband, while I was sleeping in the bed next to him. In my dream I scolded my husband, and was angry that he was enjoying being with this other woman, especially while I'm still lying down beside him. In my dream, I told him that if he wanted to have an affair, he should have just told me, as I will like to have one too. At least then we could both get it out of our systems. When I woke up, I was still so angry at him, I even shouted at him for what he did to me in the dream – my poor man found the whole incident so funny, and warned me not to ever take part in a proving.

I've promised him that this proving is my last.

03 F XX:XX:XX

Had a weird dream last night. Dreamt few of my friends were in this freaky place and someone was giving us this medication and it had different effects on everyone, for me it sent me into a fantasy world, it's was pure ecstasy. But this was a dream. I woke up from this dream and was hard and was wanking.

(Remember this was still a dream) then my sleep broke and I woke up.

05 M XX:XX:XX

Last night I had a wacky dream, it was about 3 friends and I, we bunked a few lectures and went to Musgrave centre. We had a good clean fun but when I got home a guy phones me saying he has evidence that I am doing crap on campus and he has a video and photos of us doing sexual acts and he says if we don't pay him he will show our parents the photos. The dream ended there. It was a stupid dream but when I woke up I felt scared I actually felt chills on my spine. I wonder what this dream means.

07 M XX:XX:XX

After that first dream I wake up after with fear but it soon passes and I go back to sleep I have another dream. This time the dream is at work and this is the first time I dream about work. I work for a big store and I am a front end cashier. The first day at work I had a hard time training. I never saw myself as a cashier. I didn't want to go back but something inside me told me to go. The next day I went back I had a nice day, the lady training me her name is x, she was cool and made everything better. My dream was about her. We all doing our job then a customer comes in and takes off with x and the customer tells her that she is having an affair with a white man, which is not true. But now everyone at work believes she is having an affair and that she is a slut. She is crying but then I tell everyone how can they believe the customer and give a big talk and at the end everybody realizes my point then x takes me as her son and the dream ends. After that dream I felt good.

07 M XX:XX:XX

Dreamt that friend and I went into a strip club. My dad drove us to this place to do research. My sister and uncle were with us also. There was a big screen with a video of the Chippendales stripping. Afterwards the organizers took volunteers from the audience to model on stage. My friend was there, dad and uncle also stayed for this ... which is weird because they are both

priests. My girlfriend was also on stage and was wearing an outfit. After the show a girl who was also there spoke to me. She said she wanted to talk to me alone. I told her how tonight was weird because my dad was at a strip club with me. She made me feel better by saying that it is normal. She was flirtatious and gave me a bag full of toys (cars and trucks). I messaged her later to thank her. I had never spoken to K before in reality.

08 M 01:XX:XX

Dreams: I had a dream that I was shopping around a busy street in India (looked like India) it was very late at night and it had a very bizarre setting I was shopping for Indian call girls and boys beckoning to me to be their client ... my dream abruptly ended when we, some foreign people and I, went into a sari shop where the attendant was showing us a white sari. Recall another very hazy dream of funeral. I don't know who died or anything all I remember was that I was present at a funeral.

11 M XX:XX:XX

Dreams: I can only remember I dreamt that I had last night. I had dreamt that I was on an island in a very beautiful resort holidaying with my partner. He told me that he had an emergency to attend to (since he is a surgeon) I did not quite believe him and decided to follow him. Upon following him I had reached his hotel room the door was closed. I had told him that I was room service he had opened with just a sheet covering. I could see that he was with someone else I pushed him and heard someone in the shower. When I had entered the shower I had seen a lady. I recall him telling me that it's not what it seems like and there isn't anything that happened between them. I clearly remember telling him this is the second time that this has happened. I think my dream ended with me walking out on him.

11 M XX:XX:XX

Dream: I recall having a dream of a very sexual nature with a young man he was around 17/18, there was no actual sex but there was hugging and tight embraces that is all I can recall.

11 M XX:XX:XX

My dreams started off with me driving a sports car at very high speed it then shifted to me being a passenger in the same car now driven by a very young guy. I had my hand placed on his thigh throughout the journey. I have no idea where we were going to or anything of that sort. I would assume with the way we were behaving with each other that we were a couple. While driving through Overport we kissed at a red light a very intimate kiss. This guy was very fair skinned he had light brown long hair and very light green eyes. I recall him playfully messing up my hair. Then while driving I put my hand into his jeans and began unbuckling him while driving and I started giving him a hand job while driving. My dream had abruptly ended. It was normal morning woke up at 5:45am still a bit strung up about my dream.

11 M XX:XX:XX

I had a extremely erotic dream about a certain someone (who I should not be dreaming off) we will call them x. X and I were lying on a bed it was a blue bed in a blue room it seemed like a nursery, it was night and we were getting ready for bed when we started passionately making out before I knew it my hand was in x's blue boxers and we stopped and started slowly cuddling with me again, which led to some very HOT love making and which switched to a very odd dream of me at a photo shoot.

11 M XX:XX:XX

I had a very hazy erotic dream about a blonde haired blue eyed white girl we got very sexually physical.

11 M XX:XX:XX

I had a very sexual dream about a stranger. A very good-looking stranger I will not disclose much but I woke up a very happy man at 4am.

11 M XX:XX:XX

Awesome dream about the massage my boyfriend gave me, the dream ends with us making love and it's the way I wanted the massage to end.

27 M XX:XX:XX

4.2.27.3 Death

I then dreamt of my parent's old farm in Stanger. I was walking in the long, overgrown grass. There I met my uncle who is now deceased, I realised in my dream that his spirit still lingers on that farm. I was not afraid. I had a strange calmness in that dream.

02 F 01:XX:XX

I had another dream. It was about my mum's dead aunt who died on the 2nd of March. It was a very weird dream, our whole family was at her deathbed and she is screaming crying in pain her life wasn't leaving her body and the priest came to do some I wake up prayers for her to die in peace and the dream ends. When I get up I was in shock because I never think of her in a long time.

07 M XX:XX:XX

Today is another hectic day I had back to back lectures from 9am to 3pm with just one small break. Oyo I had a dream that I died and I am sitting at my own funeral and nobody came. Then I had another dream about a green snake I can't remember anything it was just about a snake.

07 M XX:XX:XX

I had dreamt that I had been driving with my cousin in the car when he turned the radio on. The news headlines was about a surgeon who got shot dead in

a tearoom in Westbrook. The surgeons name was x. I was extremely shocked in the dream and questioned my cousin about x. He seemed to know a lot about x telling me things about him that I didn't even know. My dream abruptly ended.

11 M XX:XX:XX

Dreamt about the mortuary and grave yard – new feeling. I know I am being morbid. Dreamt about Mother Mary and her amazing power. Thinking about her makes me feel good. The billions of followers that worship her. I totally believe in her and her power. A lot of people cannot understand if I am Hindi why I pray to her as well. That's the shallow thinking of humans. Thinking about the angel. Angels and demons was a good movie, just shows you the power of them. Believe in them and they will help you in any situation. I feel warm inside... like everything is going to be ok in life – new and old feelings. Things are a bit unsettled at home, regarding work, but something will come up. But the feeling of uncertainty can be worrying. I worry a lot, that the way that I am. Get shouted at for that, but I know I will try to change that.

09 F XX:XX:XX

4.2.27.4 Spiritual / India / Hinduism

Dreamt that I am in temple with my mum and I am getting garlands from the altar by an old lady. As she gives me this small white garland I am so happy, feel elated and anxiously looking for my boyfriend to give him the garland.

02 F XX:XX:XX

Dreamt about boyfriend preaching to me about spirituality – about the soul and how we never die.

02 F XX:XX:XX

I have recollections of a very hazy dream of lord Ganesha. All I can remember is repeating his name but not seeing his form or anything of that sort. Just remember that I was somehow calling out to him.

11 M XX:XX:XX

I had a dream that I was in a temple praying to a heap of sand that had a marigold at the top, and that while praying the marigold had fallen to my feet. I then woke up because I could feel something wet on my hand. It was my drool. I wiped it on my shirt and went back to sleep.

11 M XX:XX:XX

Had a weird dream. Dreamt I was in India visiting some friend's house and I was performing abhishegam for Ganesha.

14 M XX:XX:XX

Woke up thinking I got to write this dream down. Dreamt that x and y adopted a son. He was non-Hindu and a teenager. A question was given to them for an assignment. X says to Didi that he needs to go back to the class and explain because his son will take it as it is. He asks Didi to explain each line as there are many questions (answers) to the question. Didi starts with the first part of the question the boy stops and says I know the question. There is a long explanation which I don't remember but the answer is Dharma. Everybody is amazed Didi says that is the exact answer. X says that the boy has changed. Although he is not Hindu he has suddenly become interested in Hinduism especially the Ashram. He also says that he has respect for x and he only calls her x.

Dream hops to another place.

It's an ashram we are all given our own rooms but my clothes are in another room. I am in my pyjamas' lying in my bed. Its two single beds. I am closer to the wall. A swami walks in. He has long hair a nose ring. He is talking to me about master and some other religious story. He speaks in English first and then it changes to a foreign language. Nothing that I have heard before. I

don't want to disturb by saying that I don't understand. Suddenly he starts singing. He lies on the single bed takes one of my blankets, says it's cold and carries on singing. I am thinking this is not right but it's not wrong either. I am alone with a male swami in my room. He is on a separate bed. He has no cares in the world the door is wide open people are walking outside. Thoughts that passes my mind that is I am so lucky and that as soon as the girls find out that swami was talking to me and saying they will be disappointed. The bell rings and I ask the swami what time breakfast is. He smiles and says now 7:30am. I say swami I did not bath, brush my teeth. He says you can do that after. I go and look for clothes in the cupboard nothing belongs to me. Then another foreigner stands by the door in her pjs. She is going for breakfast. I say to her to change the swami says to wear a Punjabi; I cover myself with a towel and manage to find a short Punjabi. Dream hops. This I am not sure if it happened first or last part of the dream. It's a cold place. I follow some children to different caves. In one it seems that prayers had been done, then I call the children. I follow the sound and the boy says to me sit and slide you can come out. I am not sure what is on the other side. So I walk on the wooden pallets/stairs. My head touches the ice. It feels as if the ice is getting heavier and the tunnel narrows, the only way is to slide or be covered by the snow, I slide and next minute I am in the water. There is snow at the same time it's not very cold and I am not very afraid because the water is not deep or choppy. But I feel that I need to get to a place of safety. O this was the first dream, because I remember swami's voice after that.

Symptom: restless, sleepy.

19 F XX:XX:XX

Dreamt about India and r. felt very peaceful.

19 F XX:XX:XX

Dreamt of snakes all types of one and then I am running from one and its attacking me. It bites me on the foot and then I see it in its cage. It's huge and long and thick and it goes from black to with red markings on it. Then it

just stares at me. Then I am in a car going to my friends house where my mother wants my mother to cook and clean her prayer place and all these gold huge idols of Ganesha, Shiva are there but it's strange because they are white and not Indians.

20 F XX:XX:XX

I had the weirdest dream; the dream was about my sister-in-law (brother's wife) whom I resent for breaking up my family. We are not on talking terms for almost + – 7years, but the dream was she was at my home sitting on my bed and speaking happily to me about my recent trip to India. When I got up in the morning I told my mum she had this answer: some go through this phase for a while and some may go through it their entire lives. And that was that.

24 F XX:XX:XX

I had this most wonderful dream, I dreamt I was washing Swami Vimokshanadaji's feet (pres RKSA) the dream is still vivid in my mind. I felt happy when I got up in the morning.

24 F XX:XX:XX

Had a wonderful dream but cannot remember all of it. I had bought the Shaligram Stone for a few people and was handing them out to everyone. Everyone was so happy.

24 F XX:XX:XX

Dreamt about sw Saradaprabvanaanda, he was sitting in the front of the HQ ashram giving a talk, it felt like a temple in India, lots of people, shrine was full, there were rods separating the devotees like it is at dakshiweshwar kali (India). Swami was happy he was dancing and walking out of the shrine.

24 F XX:XX:XX

Dreamt I was at an ashram had to climb many stairs.

24 F XX:XX:XX

Had a wonderful and happy dream, was in India shopping white saris and bought lots of Ganesha murthis. This market was at the beach, people very friendly enjoyed doing my sadhana. Calm feeling.

24 F XX:XX:XX

4.2.27.5 Nakedness

I dreamt I was back on campus. I was in a class in the seminar room. Dr x.x was conducting a lecture. She was dressed in a beautiful yellow sari. She then gave me a remedy, but in injectable form on my buttock. I was slightly embarrassed, not because it was in front of all the students in the class, but because she had seen my buttocks. It was quite funny. But I was also very happy because I knew her remedy would help me feel better. I must say that this is the strangest dream I had thus far and I wonder what it symbolises.

02 F 01:XX:XX

I had a weird dream. I was in a car with 2 other girls. One girl was driving, the other in the back seat. I was in the passenger seat. I know I was with the girl driving, as in she was my girlfriend. But I kept turning around to look at the girl behind me. We stopped driving and my girlfriend got off the car to go to the shop. I hopped in the back seat and began kissing the girl. We were making out pretty passionately, and she still had her cuffs on! I took off her top and she had these huge breasts, I took off mine and our breasts were touching and we kept looking at each other. This is when I woke up, I felt completely normal. I knew that I was deeply attracted to this girl, although I don't know either of these girls that I dreamt of. It was my first lesbian dream. Very weird, although now the idea of being with a women does not seem disturbing to me. It's something I would actually like to experience someday.

02 F XX:XX:XX

Had a dream, very strange unfamiliar place on a ship and my friends were staying on this ship. Two of my friends were staying on this ship, two of my friends and I who I met recently shared a bed, strangely we were both naked but they quiet comfortable. Anyways they took care of me because my parents weren't around.

06 F XX:XX:XX

4.2.27.6 Unsuccessful efforts

I dreamt of my ex boyfriend. He and I were working together in an office. We were still broken up but started kissing. I was really happy in my dream. I was also very attracted to him. We were both dressed in black, him in a suit and me in a black dress. He dropped his pants and pushed up my knees. We were both about to have sex in the office, against a long mahogany desk. At that moment our fellow workers burst in through the door and we were caught literally with our pants down. We were so mortified and embarrassed. The other workers laughed at us. But it wasn't bad, because they all knew we still loved each other. I was very disappointed that we didn't have sex. We went back to work and he went back to his own office. After a while, I heard tyres screech and looked out at my glass window to see him speed off in his black Golf Gti. I then realised that my car had been stolen and he was in pursuit of the thief in order to get my car back. He almost crashed his car chasing them but returned without catching them or my car. I was so touched by his gesture. I felt that he must still love me to go to such lengths for me. I hugged him with love and gratitude. At this point in my dream I realised that we were truly meant for each other. I knew everything was going to be okay, that we would be able to work through our past issues and reconcile. I woke feeling happy and in love and also sad that it was a dream.

02 F XX:XX:XX

Then I dreamt my mum, sister and I were sitting at home talking. My sister was telling us that she met my boyfriend, (he is the guy I went on a date with

last week). She said she had been meeting with him every day and she thinks he is good looking and that she wanted to date him. I was devastated and began to message him how disgusting I thought he was. I wanted to tell him how much I hate him. I couldn't type out the words on my phone, I was so angry. The phone kept switching off. I flung the phone away. I woke up feeling upset and angry. I was very unsettled by this dream.

02 F XX:XX:XX

Weird dream last night something about taking charge of a new client and then failing because I didn't know the different species of flowers.

14 M XX:XX:XX

4.2.27.7 Robbers

Dreamt I was waiting on a road in Pmb and I am waiting for my boyfriend to pick me up. Then two people a black man and a coloured lady come to me contemplating whether to take me or not. They kidnapped me and in my dream I could feel that they wanted to take my kidneys. Eventually they decided to let me go, but they took my phone and connected it to a printer and printed something I couldn't see then they gave me back my phone and I called my boyfriend first. He told me he went back home and was watching cricket. I got frustrated in my dream. I just phoned my mum after and she came to get me.

02 F XX:XX:XX

Omg! I had another wacky dream. This time the dream was about my family. It's New Years Eve and we lock our house up and go to a family friend's house when we return the front door is open and everything in the house is upset and the dream ends.

07 M XX:XX:XX

I had a dream that my black neighbours son broke into our house through the back door while I was in the bath. He came in and ate all the food. Lol and he stole all my CDs and music system yoh what a funny dream.

I had a dream of a snake but I can't remember a thing. Far as I know I saw a snake.

07 M XX:XX:XX

4.2.27.8 Friendship

Last night I had a wacky dream, it was about 3 friends and I, we bunked a few lectures and went to Musgrave centre. We had a good clean fun but when I got home a guy phones me saying he has evidence that I am doing crap on campus and he has a video and photos of us doing sexual acts and he says if we don't pay him he will show our parents the photos. the dream ended there. It was a stupid dream but when I woke up I felt scared I actually felt chills on my spine. I wonder what this dream means.

07 M XX:XX:XX

I had a dream about my four best friends, we at a flat near Gateway we all live together and we have good jobs. But then I come home one day after work and I find the flat empty, they all left without a word with all their belongings and left me alone and the dream ended I felt sad and lonely after this dream.

07 M XX:XX:XX

I had a dream about a close friend. We all happy and normal but then the dream changes we sitting at my house in my room sitting at my house in my room and then he starts taking off with me and he tells me all these evil things then the dream ends and I am dating and it changes again and he breaks up with me and leaves me for someone else. In London. And it ended

07 M XX:XX:XX

Had a dream last night that I was drinking suitcases with my brother in law and a friend who was recently in an accident. Recently I have been dreaming about lots of people I know but who haven't necessarily been close to me recently.

08 M XX:XX:XX

Had a dream about a friend from high school, haven't heard from him in a long time.

10 M XX:XX:XX

Dream about going to friend's house. When I awake bro says that some friends says we must come for supper.

27 M XX:XX:XX

4.2.27.9 Boyfriend / Girlfriend – old

Had a really weird dream woke up totally in a daze and was feeling down. I then thought about the dream the whole day trying to analyse it but couldn't but anyway it was not worth mentioning as it was my ex.

05 M XX:XX:XX

Oh had a dream that I remembered about one of my ex girlfriends. Nice dream. It was about one of our dates that we went on at The Workshop we were just going to meet and have lunch somewhere. Then I saw x in the dream and he asked me what I was doing here and he asked me what I was doing here and I told him nothing. Just say am meeting someone in half an hour so he left. Then I met my ex and then the dream ended.

18 M XX:XX:XX

Had a dream we were @ x dads house and we were going to have breakfast and then I had a phone call and then when the call ended x said that x is coming to interview me as a producer to make movies they have seen some

stuff that I had acted and produced and they liked my stuff and then the dream changed and I can't remember.

18 M XX:XX:XX

I dreamt of x and I can't really remember but we were talking and I was crying and I was angry.

20 F XX:XX:XX

Bad dream the previous night also involving job interview this time unsure of location except ex boyfriend was in the interview panel.

22 M 02:XX:XX

Dream of the ex bf and I and the mall we always went to.

27 M XX:XX:XX

4.2.27.10 Homosexuality

I had a weird dream. I was in a car with 2 other girls. One girl was driving, the other in the back seat. I was in the passenger seat. I know I was with the girl driving, as in she was my girlfriend. But I kept turning around to look at the girl behind me. We stopped driving and my girlfriend got off the car to go to the shop. I hopped in the back seat and began kissing the girl. We were making out pretty passionately, and she still had her cuffs on! I took off her top and she had these huge breasts, I took off mine and our breasts were touching and we kept looking at each other. This is when I woke up, I felt completely normal. I knew that I was deeply attracted to this girl, although I don't know either of these girls that I dreamt of. It was my first lesbian dream. Very weird, although now the idea of being with a women does not seem disturbing to me. It's something I would actually like to experience someday.

02 F XX:XX:XX

4.2.27.11 Accidents

I had violent dreams. I drove past the scene of an accident. I saw a small black child, lying on the road. He had been run over by a car. He was wearing a school uniform. Another driver stopped to help him, so I drove by, thinking I could have helped, as I am a Doctor, but I did not stop. I knew he'd survive without my help.

02 F XX:XX:XX

Had a restless night. Dreamt that x had serious accident that had impaired his intellectual abilities. No one seems to have noticed or acknowledge it. My snoring seemed to have kept friends awake.

19 F XX:XX:XX

4.2.27.12 Cars

I dreamt my car was stolen. I was devastated and was crying inconsolably. It was middle of the night; I was at a party, very scantily dressed in a short lightish pink dress. I left the party and couldn't find the car where I had parked it. It was dark and I was afraid. I began to cry, because I had no way to get back home. I was asking people to help me but nobody could or would. Soon, an entire crowd had gathered around me, trying to console me. They walked me to a home with a huge fence made of rock. Out of the house, came a friend of mine. He was so sweet; he put his arms around me and reassured me saying everything would be ok. He was so sweet. I woke up with a warm fuzzy feeling. I knew he was a true friend. I felt safe in our friendship. I liked this dream.

02 F XX:XX:XX

My dreams started off with me driving a sports car at very high speed it then shifted to me being a passenger in the same car now driven by a very young guy. I had my hand placed on his thigh throughout the journey. I have no idea

where we were going to or anything of that sort. I would assume with the way we were behaving with each other that we were a couple. While driving through Overport we kissed at a red robot a very intimate kiss. This guy was very fair skinned he had light brown long hair and very light green eyes. I recall him playfully messing up my hair. Then while driving I put my hand into his jeans and began unbuckling him while driving and I started giving him a hand job while driving. My dream had abruptly ended.

It was normal morning woke up at 5:45am still a bit strung up about my dream.

11 M XX:XX:XX

4.2.27.13 Wedding

I dreamt I was at a wedding being held at a huge, plush hotel. The carpets were thick and lush. The décor was very detailed and expensive. I was dressed in a most beautiful blue and beige sari. The entire sari was covered in sequins and gold stones. However I couldn't drape it over my shoulder and kept getting it tangled. I looked stunning. The bridal couple were late, so I began dancing to entertain the guests. I was dancing in the corridor of the hotel, outside a cream and gold door. This however was tiring as the couple were taking hours to arrive. My distant cousin was there, dressed in a suit and him and I decided to go look for the couple. The bride lived far away and the journey would take hours and even worse we had no idea how to get there. Eventually she arrived, but she wasn't dressed. We began dressing her quickly. She hadn't even painted her nails. I painted them for her in white nail polish although this didn't match the red polish on her toes. At this point I awoke; I was confused about the meaning of this dream.

02 F XX:XX:XX

Another dream – my boyfriend was dancing for my cousins wedding, I was so impressed in my dream.

02 F XX:XX:XX

Also saw him wearing my favourite thing on him – a black vest.

I slept like dead, dreamt my cousin got married again – and I am mad at her for marrying the same egotistical idiot again.

02 F XX:XX:XX

I had a dream that it was my sister's wedding and everyone was at this huge house preparing for the ceremony. I don't remember seeing myself in the dream rather seeing everybody else. I recall seeing a strange robot always walking around. My dream shifted to me dancing in a temple to *dhol bhaje* (from *hum dil de chuke saram*) with Ashwariya Rai. In this part of my dream she and I are very good friends. Unfortunately my dream ended with my phone vibrating.

11 M XX:XX:XX

I recall having a dream about the course of my day (weekday) going to campus meeting with friends going for lectures and went to Blue Lagoon to smoke weed but upon jumping into the car the dream shifted to us going to a wedding in India. It was very vibrant and colourful, lots of noise and music. The bride was someone I didn't know but the groom was a cousin of mine. I clearly recall the outfit I was wearing. It was a light blue and gold sherwani with two scarves and sandals. My dream ended with the groom entering the hall.

11 M XX:XX:XX

Dreamt cousin was married to another guy and her current husband had passed away, same wedding we attended last Sunday.

14 M 00:XX:XX

I dreamt up my of my wedding it was strange and getting married to boyfriend but my ex was there as well and wanted me and I was angry because I was getting married to him and was happy and so excited to get married to him

but it was strange didn't seem like him like was someone else.

20 F XX:XX:XX

I had a dream were I dreamt about my dad and step mother but it felt like I never was noticed by them and as if am not there we having dinner with a group of people and we at a Krishna temple. But before that I was staying with x and they took x for supper because he didn't want to go. During dinner they were talking about their trip to India and I felt alone and humiliated and angry because I felt invisible and being blamed for doing the right thing and scared to meet them then suddenly I was with my mother in her car at a lodge where there was wedding in the back ground on a field and then I tried backing the car up driveway but it was muddy and couldn't go up and then I woke up.

20 F XX:XX:XX

Dreamt of evil vampires attacking me and then something about my father and stepmother. We were at some wedding or something in a garden at night and my stepmother is being funny with me so I am with my dad and we are talking and I am telling him stepmother doesn't like me and she wants me to be apart from him. She then tells me she doesn't like me and doesn't know how to deal with me.

20 F XX:XX:XX

Dream: getting married.

28 F XX:XX:XX

4.2.27.14 Colours

Dreamt that my boyfriend went back to his ex girlfriend and I let him go. I can't seem to remember my dreams but they very clear and colourful in my dreaming state.

02F XX:XX:XX

I had the most wacky dream eva. I was sleeping on my side and I feel heavy then all of a sudden I see a green light enter me, when the light enters me I feel more heavy almost breathless like I am dying, I can't move my whole body is numb while this is happening to me. I start praying in my mind I chant the gayathri mantra then I chant the maha mantra. "*Aum namo bhagvatha vasu devaya*". As I chant I start to feel normal again and then I woke up.

07 M XX:XX:XX

Gosh I had such a freaky dream last night. I was in this room with bright lights and bright blue walls. It actually looked like a pretty court room. I was seated on a solid wooden chair facing about 6 other people who looked like angels they had these light yellowish whitish wings. They were talking to me but I couldn't hear a thing they said and then I got up to ask them what they were saying and the dream ended.

07 M XX:XX:XX

I had a extremely erotic dream about a certain someone (who I should not be dreaming of) we will call them x. X and I were lying on a bed it was a blue bed in a blue room it seemed like a nursery, it was night and we were getting ready for bed when we started passionately making out before I knew it my hand was in x's blue boxers and we stopped and started slowly cuddling with me again, which led to some very HOTT love making and which switched to a very odd dream of me at a photo shoot.

11 M XX:XX:XX

Slept as usual had a funny dream was eating pizza and the people that I went with (unknown to me) but every time they ate their hair and nose changed colour lol.

15 M XX:XX:XX

4.2.27.15 Dancing

I dreamt I was at a wedding being held at a huge, plush hotel. The carpets were thick and lush. The décor was very detailed and expensive. I was dressed in a most beautiful blue and beige sari. The entire sari was covered in sequins and gold stones. However I couldn't drape it over my shoulder and kept getting it tangled. I looked stunning. The bridal couple were late, so I began dancing to entertain the guests. I was dancing in the corridor of the hotel, outside a cream and gold door. This however was tiring as the couple were taking hours to arrive. My distant cousin was there, dressed in a suit and him and I decided to go look for the couple. The bride lived far away and the journey would take hours and even worse we had no idea how to get there. Eventually she arrived, but she wasn't dressed. We began dressing her quickly. She hadn't even painted her nails. I painted them for her in white nail polish although this didn't match the red polish on her toes. At this point I awoke; I was confused about the meaning of this dream.

02 F XX:XX:XX

Another dream – my boyfriend was dancing for my cousins wedding, I was so impressed in my dream.

02 F XX:XX:XX

I had a weird dream of me in front of my bathroom mirror my two front teeth were shaking. I moved my teeth around with my tongue and eventually they fell off. I carried the fallen teeth in my hand to show my sister and I cried a lot. I had another dream of me dancing at a function. I was then awakened by my alarm.

11 M 00:XX:XX

I had dreamt of Salmaan Khan, I dreamt that he and I were dating I was on a movie set and he was introducing me as his fiancé (I don't even like him). I

recall kissing him and hugging him. I then dreamt that we were both dancing to a very romantic Hindi song there were lots of lights. Dream ended.

11 M 02:XX:XX

I had a dream that I was being chased by a very large snake. The entire dream was with me running around a forest the dream then shifted to me doing a performance on stage to the song *mauja mauja* – Ashwariya Rai happened to come on stage and dance with me I then woke up.

11 M XX:XX:XX

4.2.27.16 Fighting / Horror / Killing / Blood

Then I dreamt my mum was driving a minibus. This was very strange because she does not drive. I saw blood on the black tar of the road. There were no injured people, just puddles of blood. I was unsettled by this dream. I cannot make sense of this dream.

02 F XX:XX:XX

Dreamt two lizards fighting on a wall and then they fell and a rat ate both the lizards, I am terrified of lizards.

02 F XX:XX:XX

Dreamt about X-men fighting – I don't remember what about them.

02 F XX:XX:XX

Dreamt was in a room with several guns some loaded and some unloaded, a man came inside and picked up a gun and tried to shoot me but it was unloaded.

14 M XX:XX:XX

Well no surprise I woke up early this time had a weird dream which was about my mum and sister and my dad who is late. It's weird because it's still on my mind.

We were in this room that had no windows and my mum and dad were fighting as usual. My sister and I were trying to get out but couldn't and then things got violent where my dad was punching my mum. We tried stopping him but we couldn't get near him. That when I woke up.

15 M XX:XX:XX

Had a bloody dream. It was something from a horror movie like the chain saw massacre. People were getting killed from left right and centre. I was part of some special force assigned to stop this and the only person I could remember was my partner Julia Roberts. When I saw her face that was it I can't remember anything else.

Weird dream.

18 M XX:XX:XX

Dreamt was in fast car as passenger while some one was driving then I was in my room in Stanger with ex. Two people broke in and they were fighting and he killed them and he was accused of rape but before they died they said it was them not ex. I felt as though I was watching horror movie, very scared.

20 F 00:XX:XX

I dreamt in morning someone murdered a child and it was like I was in a horror movie, blood everywhere. Then I dreamt ex came to speak to me but he was sick and went to lie down and my cousin was there with my aunt and mum and they left and we were alone then I woke up.

20 F XX:XX:XX

Had a very bad dream regarding my health. I was brushing my teeth and I started vomiting blood, the blood was dark red and I wasn't in any pain. I

wasn't frightened too much about it in my dream which I felt was very odd. Didn't think much about the dream all day. I was just overly aware of my health.

21 F XX:XX:XX

Oh my gosh, woke up at 3am, had a really terrible dream. People were chasing me and there were chopped up and dead bodies lying on the left side of this like open big building. A man I couldn't see his face, he caught someone and threw him a big industrial drum, and this drum had blades in it. And this man got chopped up. Never dreamt something like this before. I went to bed with normal thoughts, not anything out of the ordinary. Wow it was so scary. I woke up sweating and really scared.

09 F XX:XX:XX

4.2.27.17 Falling

I had a weird dream of me in front of my bathroom mirror my two front teeth were shaking I moved my teeth around with my tongue and eventually they fell off. I carried the fallen teeth in my hand to show my sister and I cried a lot. I had another dream of me dancing at a function I was then awakened by my alarm.

11 M 00:XX:XX

I fell into in 5min sleep and woke up in shock because I had a dream I was falling, falling down very fast.

11 M XX:XX:XX

I dreamt I was falling fast again woke up in a jerk and went back to sleep then I dreamt I was tripping. I jerked and woke up and all I remember is waking up in the early part of Sunday morning had a sip of coke from the fridge because my mouth was extremely dry.

11 M XX:XX:XX

4.2.27.18 Snakes

Had a dream about campus it transformed and I met some of my old college friends and lecturers who returned to our college. All of a sudden I was at our old classrooms on campus and I saw two snakes one was an adult and the other small. The snakes looked like cobras. The adult one slithered up onto me which shocked me so I moved away but it was too late because it had given birth to two more small snakes. In the end I killed both the snakes because it makes me feel strange sick and ugly. OS but new dream.

06 F 00:XX:XX

Today is another hectic day. I had back to back lectures from 9am to 3pm with just one small break. Oyo I had a dream that I died and I am sitting at my own funeral and nobody came. Then I had another dream about a green snake. I can't remember anything it was just about a snake.

07 M XX:XX:XX

I had a dream that my black neighbours son broke into our house through the back door while I was in the bath. He came in and ate all the food. Lol and he stole all my cds and music system yoh what a funny dream.

I had a dream of a snake but I can't remember a thing. I know I saw a snake.

07 M XX:XX:XX

I had a dream that I was being chased by a very large snake. The entire dream was with me running around a forest. The dream then shifted to me doing a performance on stage to the song *mauja mauja* – Ashwariya Rai happened to come on stage and dance with me I then woke up.

11 M XX:XX:XX

Remembered a dream that I had. Strangely I was not scared. Dreamt of a blue although bright coloured snake. I seem to follow it. In the dream. I am

reminding myself that I should be scared. But I seem to know that it is a dream.

Can't remember the rest.

19 F XX:XX:XX

Dreamt of snakes all types and then I am running from one and its attacking me. It bites me on the foot and then I see it in its cage. It's huge and long and thick and it goes from black to with red markings on it. Then it just stares at me. Then I am in a car going to my friend Anjas house where my mother wants my mother to cook and clean her prayer place and all these gold huge idols of Ganesha, Shiva are there but it's strange because they are white and not Indians.

20 F XX:XX:XX

It actually felt like nightmare of these snakes that are after me and only me. I called it nightmare dreams because in that dream amidst all that imminent danger I wasn't scared and I was assuring everyone else that it will be okay.

21 F XX:XX:XX

Had a dream, again about snakes. Weird because I was being chased by it.

09 F XX:XX:XX

4.2.27.19 Evil

Had a dream this morning dreamt that my cousin was possessed by a demon. My sister and I were out in Durban for a few days, suddenly I see my cousin standing behind my sister and my cousin is on fire and starts screaming 'fire' now I didn't want to hurt my cousin but I needed to save my sister so this split of will started playing on my mind OS what do I do. And then the fire stops and my cousin turn around and looks at me like nothing happened.

The next day 2nd part of dream the same scenario plays again only thing a fire started in the lounge but I ran to warn the people of the house and ran back because I knew my sister will be in danger. When I get there I was right so I took a knife and I stabbed my cousin in the back, she turned around and looked at me in disappointment and started to cry. I felt so guilty I felt I could've handled the situation a lot better.

06 F XX:XX:XX

Was not a really nice dream. Dreamt of my late nephew but all I could see was his skeletal remains. But in separate form. Meaning the parts of the skeleton were individual, where you could see e.g. the jaw, forehead etc. And there were people chatting around it, mostly saying that he was bewitched.

16 F XX:XX:XX

Dreamt of evil vampires attacking me and then something about my father and stepmother. We were at some wedding or something in a garden at night and my stepmother is being funny with me so I am with my dad and we are talking and I am telling him stepmother doesn't like me and she wants me to be apart from him. She then tells me she doesn't like me and doesn't know how to deal with me.

20 F XX:XX:XX

4.2.27.20 Childhood days

Dreamt about primary school, car was in there and trying to get out.

10 M XX:XX:XX

I had dreamt about my granddads farm and helping him cut mangoes in my dream I was around 3 years old, it was very similar to my childhood with my cousins.

11 M XX:XX:XX

Weird dream last night dreamt I was at UKZN but had transferred there from previous high school. My high school principal had come in to ensure they were treating me okay.

Teacher set work for us but tried to explain I was busy during weekend. She expected me to have come on Sunday for extra lessons because she could not attend school on Monday.

14 M 00:XX:XX

Rather vivid dream of a job interview at my former primary school which went really badly.

Awoke feeling unnerved.

22 M XX:XX:XX

4.2.27.21 Clients / Money / Work

Anyway I dreamt I was about to board a plane next morning for a stock recount, but it was at night and I still had not booked my flight. Don't know what it means but I did have a client stock on my mind.

14 M XX:XX:XX

Had a dream about a supplier. She calls me about payment of one account with them. In the dream we were discussing the current economic state and how people don't want to pay their accounts and told her of one of our customers that pay us late. So I asked her that a hundred thousand damn times (the balance during the month) and the dream changed – more like ended.

18 M 00:XX:XX

I had a dream about supplier that owes us money. But the dream was not about money. It was about my health and workout and building my body muscle. It was weird.

18 M 00:XX:XX

I am in a casino 2 girls 1 small and 1 big they were showing and asking a gent where they can get sweet chips, they all had hundred rand notes the men did not want to help them so I offered I took them 2 their mum who was sitting at a bar. She told them she wanted a carton of red cigarettes and they can buy whatever they wanted I took them to a counter where we asked this lady for cigarettes she said was 61-71 rands we said ok in the mean time this big girl took out two hundred rand notes and I had hundred notes there was loose change which I took and I also took hundred notes from him, from where we were standing I could see chips. I asked them they were ok as we were walking towards the chips. I saw somebody that knew he said something concerning the children but I can't remember my dream ended.

28 F XX:XX:XX

4.2.27.22 Miscellaneous

I dreamt about a bird sitting on the fence. I called for it from the window and put my hand outside reaching for the bird, wanting it to sit on my hand. After much effort the bird flew towards me and sat on my hand. I brought it inside the house. I caged it and took care of it. I woke up smiling. Now I want a bird as a pet.

01 F XX:XX:XX

I had a dream about my friend he broke with his better half and he was telling me about it at Suncoast but the strange thing is that I was happy about it.

07 M XX:XX:XX

The second weird dream I recall is me buying a plate of chips with salt and spices with a can of coke for R20 at Sameera Food (a campus food joint).

11 M XX:XX:XX

I had an extremely weird dream that I met this old lady who told me that I will experience 3 losses.

I was at Hyper-by-the-sea and she approached me when I was in the queue to pay.

Before I could ask her anything she vanished.

My dream then shifted to me eating a milk tart and then it shifted to me being RV in *Tara rum pum pa*.

11 M XX:XX:XX

I am sure I dreamt about something in the early parts of the morning. Somebody was looking for an ornament in my office. Then it was like “who moved my cheese” experience. My cupboard was moved and I was trying to set it up. Can’t seem to make sense of it, nevertheless I woke up a little earlier than usual.

19 F XX:XX:XX

Seemed to have had a dream.

I went to my office. Dr x called and wanted to know if I knew what the budget was. I said I was R50 off which included advertising, promotion, and the movies for the campus marketing budget. Somebody was in the office and said that we need a replacement for d. I said that we all know the job and that we did not need a replacement (d at the present moment is on prolonged temp, disability leave). X calls me to a meeting which is at my desk. The whole area is filthy. Somebody has been cutting paper. Strips of paper are lying all over the floor. I see one of the in-service students with a scissor and ask her why she did not put dirt in the bin. Says it was not her but points to a student. Student is in a dark green diamond pattern jersey. There seems to be a communication problem. I ask him who gave him permission to use my desk and at the same time dirty the place! He gets angry and refuses to clean up the mess. I pull him by his jersey and march him to the office. He gets very angry shy. The feeling I get is that he is very dangerous and I am a little afraid. But I am angry and believe that justice must be done. He refuses to come. Does not seem to understand English. I say to him “fine don’t come you know you did something wrong, God will punish you later”. I am thinking

that I should have told him given him a warning before threatening to take him to the principal.

Alarm got me up before I continued with my dream.

19 F XX:XX:XX

Dreamt that my aunt and cousin, mum and I were on holiday, we took a drive to the berg where we went to a spa but it was a Muslim lady's house where she did beauty. We spent the night there for some reason and I wanted to go home felt strange and uncomfortable then woke up.

20 F 02:XX:XX

Dreamt that I was Barack Obama's PA in the limousine. High profile.

24 F XX:XX:XX

Had a dream. At a rally lots of people speaker on Gandhiji, our function had to sing Janami.

24 F XX:XX:XX

Slept when I got home had a mini dream. Dreamt I was in a beautiful garden, I was sitting there just observing everything. I was calm and felt very peaceful.

19 F XX:XX:XX

Dreamt – holiday. Giant praying mantis. Thorn in my left foot. Mantis was making food appear and disappear. (Illusion) my mum said.

08 M XX:XX:XX

Had a dream that I was at campus and I met one of my friends from school. We hugged and were really happy to see each other. We were holding each other while walking to the petrol station nearby where more of our friends were. There was a stream which we had to cross – the water was dirty. There were lots of medium sized black dogs dead in the stream. It looked like

they drank the water and got sick. Some of the dogs were still alive but just sick. My friend m slipped and fell into the water. I was worried earlier that she might slip. I helped her to clean up. While doing this my shoe got stuck in a gluey substance but I managed to get out. Dream ended.

08 M XX:XX:XX

Had a dream that I was at the beach with some friends and my sister and we were about to go on motorized rubber boat when a wave came onto the shore and wet our clothes. I jumped off the boat before it could go into the water. The others went in. The boat capsized and I saw a few huge fins sticking out of the water. Felt scared for my friends and sister I alerted them but it turned out to be huge whale like creatures with rough bodies. They were black and harmless.

08 M XX:XX:XX

4.2.28 Perspiration

Cannot tolerate the heat, feel uncomfortable.

Too sweaty and light headed with the heat.

04 F XX:XX:XX

When I woke up I was feeling very hot and I was drenched in sweat.

07 M XX:XX:XX

Felt hot and agitated the entire day perspired.

11 M XX:XX:XX

Woke up with sweat can't really remember my dream but I was @ my gran's house and x was putting up painting and I don't remember the rest.

20 F XX:XX:XX

4.2.29 Skin

4.2.29.1 Eruptions

Skin: I noticed a break out of acne on my forehead, especially around my eyebrows. Individual pustules filled with pus like whiteheads. They are hard and difficult to squeeze. No pain, just thick white semi solid pus comes out. Not related to my menses. Seem to be < for touching and squeezing. Nothing relieves it. I feel self conscious like people can notice it although nobody has commented on them.

02 F XX:XX:XX

I have an outbreak of pimples on my left cheek and forehead. I am developing a few more pimples and I think it's because of the heat.

07 M XX:XX:XX

I developed more pimples on the left side of my face. They are big and slightly white in colour.

07 M XX:XX:XX

I noticed lots of painful red pimples in my forehead region. They last for a long time.

08 M XX:XX:XX

Haven't had many physical symptoms recently except that many red painful pimples have appeared on my forehead and temples. This began about a week ago.

08 M XX:XX:XX

My skin is getting dry now, lol I think I feel scaly. It must be the change in weather I am sure. My face feels using a lot of cream.

09 F XX:XX:XX

I had noticed my skin had cleared up to its usual self no zits or pimples.

11 M XX:XX:XX

My skin also seems to be looking alive and well, no major breakouts.

21 F XX:XX:XX

Developed itchy rash over left lateral chest not greater than 2cm.

22 M XX:XX:XX

Developed a rash on my neck very itchy

24 F 00:XX:XX

4.2.29.2 Discolouration

A rash, looked like a bruise that's been slightly scratched developed on the left side of my neck around the 4th week of the remedy. My work colleagues commented that it looked like a "love bite" that they were too embarrassed to talk to me about. It disappeared just as quickly as it appeared, within 2 days. Very slight itch was experienced but couldn't stand my hair brushing on it as it aggravated the itch.

03 F XX:XX:XX

Noticed skin colour changing to yellow.

15 M XX:XX:XX

I have noticed that my skin overall has darkened even though haven't been in the sun.

20 F XX:XX:XX

4.2.29.3 Heat

When I got out of the bath I was unexplainably hot. I felt I was boiling under the surface of my skin and I couldn't decide what to wear.

04 F XX:XX:XX

My skin feel very hot though like my ears are hot and body and sitting in the air-conditioned room helps.

20 F XX:XX:XX

4.2.29.4 Miscellaneous

Have a cold sore which I am sad about that's taking ages to heal.

16 F XX:XX:XX

I have a lump well not a really a lump, it is called nodules under my right armpit. There are many and not just one, it feels raw and ripe – very uncomfortable some days.

23 F XX:XX:XX

4.2.30 Generals

Baked a cake and noticed for the past week after the drug that I am craving sweet foods. Unusual for me since savoury food have always caused me to salivate.

01 F XX:XX:XX

I ate more cake and bought halwa (a sweet Indian pudding). Also ate sweet rice. This is a lot of sweet foods for me for 1 day. I would normally become ill after consuming this amount. I have also increased my sugar in my tea by one teaspoon.

01 F XX:XX:XX

Had a Rolo ice-cream and really enjoyed the sweet syrup ooze out from the centre and drip into my mouth.

01 F XX:XX:XX

At night I began to crave something sweet – custard and biscuit.

01 F XX:XX:XX

The majito non-alcoholic cocktail drink was really tasty. A minty lime ginger taste. Craving the ginger.

01 F XX:XX:XX

Craving ice-cream, I want Rolo ice-cream. Aaah, finally am enjoying every lick of the sweet syrup, letting it drip down the corners of my lips and making you drool as you watch it enter my awaiting my mouth, mamma. I love the way I wrote this, as if I am doing something else, something sensual.

01 F XX:XX:XX

Craving to smoke hookah, but don't think I can smoke during this proving.

01 F XX:XX:XX

I am craving ice-cream and I really want to eat it.

01 F XX:XX:XX

Craving spicy food.

02 F 00:XX:XX

I want to eat the red meat my mum made for dinner. Very strange as I am a vegetarian.

02 F 00:XX:XX

Aversion: fresh cream, thinking of it makes me nauseous.

02 F 00:XX:XX

Thirst is increased. I am not normally thirsty. I desire cold water; however it does not quench my thirst.

02 F 00:XX:XX

Thirst is increased and craving cold water.

02 F 00:XX:XX

Thirst: craving coca-cola.

02 F 02:XX:XX

Thirst is still increased. Craving ice. No longer craving coffee which is an unusual symptom for me.

02 F XX:XX:XX

Appetite increased. Had a major hunger pang at midday. I devoured my food. I especially crave cheese.

02 F XX:XX:XX

Appetite is still increased. Ate 4 meals and craving salty foods and popcorn.

02 F XX:XX:XX

Thirst is increased. I love ice; I was magnetized by the ice cubes in my drink. It made me feel good to gulp it down.

02 F XX:XX:XX

Very low energy.

02 F XX:XX:XX

I had a farinaceous appetite. Craving chocolates just before my periods (more than usual), and hungry always. I had to constantly remind myself of what I ate last, so that I didn't want to eat again.

03 F XX:XX:XX

I felt much better but still very disorientated and weak. I couldn't handle the sun on me either. Felt like the sun would drain me further.

04 F XX:XX:XX

Craved cheese toast with tomato and pepper and sauce, I made it and devoured it.

04 F XX:XX:XX

Total aversion to chocolate.

04 F XX:XX:XX

Feel soooo drained the entire day I just want to sleep.

I feel like the ground is pulling all my energy downwards.

Like all my energy is just falling.

04 F XX:XX:XX

Woke up totally drained out and very tired this is kind of unusual for me.

05 M XX:XX:XX

Craving for sugar gave me comfort.

Aetiology: anxiety and depressed huge craving for sugar and sweet stuff like cake and candy, sweet milk tea. Had 2½ tps of sugar – normally I don't have sugar unless I am stressed out.

06 F XX:XX:XX

I fainted at work because I was feeling so weak; I also have a runny nose.

07 M XX:XX:XX

When I went to work today I felt very tired and weak and drained. I bought a choc and coke zero after that I felt normal but by 4pm I was feeling all tired again. I have a deep sleep but I still wake up tired.

07 M XX:XX:XX

Flu symptoms kept persisting upon me for last 2 months no matter what I did for it wouldn't leave.

16 F XX:XX:XX

Feeling tired and drained I am not eating well losing a lot of weight.

16 F XX:XX:XX

I am probably getting the flu, work not too bad today.

19 F XX:XX:XX

I am craving to eat pizza.

20 F XX:XX:XX

I can't stop eating and I feel for chocolate cakes.

20 F XX:XX:XX

I have been craving chicken and chocolates.

20 F XX:XX:XX

Felt quite lethargic in the morning despite sleeping well.

General malaise persisted through the day.

22 M XX:XX:XX

Whatever I have taken I am really tired, legs feel heavy and lethargic.

24 F XX:XX:XX

Very lethargic feeling.

27 M XX:XX:XX

I feel like I have hot flushes.

Body burning up most face and ears.

27 M XX:XX:XX

I feel my body temp drops and goes up whenever, I feel very cold at times, I stick it and when I do keep myself warm that ok for a short while and then I feel hot. When I am in the bath I can't wait I come out and get some fresh air otherwise I feel as though I am going to faint.

28 F XX:XX:XX

Body: was lazy no energy feeling very tired, legs are weak want 2 rest. Body: is tired trying and don't feel like doing anything working too slow my body feels weak.

28 F XX:XX:XX

4.3 REPERTORY OF DENDROASPIS ANGUSTICEPS

The conversion of proving symptoms to repertory rubrics was conducted in accordance with the principles laid down by Schroyens (2002:36-37). The method employed for grading of symptoms is a combination of grading according to frequency of symptom occurrence (Sherr, 1994:85) and grading according to the number of provers experiencing the particular symptom (Schroyens, 2002). The average percentages, relating to 24 provers on verum, were calculated, resulting in the grading system outlined in Table 3.

Rubrics were graded as follows:

RUBRIC – SUBRUBRIC/S – DEGREE

- New rubrics suggested in this proving are underlined and marked with an N;
- 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.**

Table 3. Rubric grading system.

Number of provers	Average percentage	Grade
1 – 4	0 – 19	1
5 – 9	20 – 39	2
10 – 14	40 – 59	3
15 and above	60 and above	4

The repertory grid below consists of three columns with rubrics appearing in the order which sections appear in the repertory. The first column is the rubric itself, the second column is the grading and the third column is the new symptom (N) or cured symptom (CS).

4.3.1 Mind

MIND – AILMENTS FROM suppressed emotion	1	
MIND – AILMENTS FROM domination	1	
<u>MIND – AILMENTS FROM restraint</u>	1	N
MIND – ANGER	2	
MIND – ANGER – beside oneself	1	
MIND – ANGER – confronting	1	
<u>MIND – ANGER – consuming within</u>	2	N
MIND – ANGER – desire to smash his head	1	
MIND – ANGER – himself with	1	
<u>MIND – ANGER – hit something</u>	1	N
<u>MIND – ANGER – injustice with</u>	1	N
MIND – ANGER – misunderstood when	1	
MIND – ANGER – misunderstood when	1	
MIND – ANGER – pain with	1	
MIND – ANGER – swearing with	1	
MIND – ANGER – trifles at	1	

MIND – ANGER – violent	1	
MIND – ANGER – violent – breaking everything	1	
MIND – ANGER easily	1	
<u>MIND – ANGER sadness alternating</u>	1	N
MIND – ANIMALS – love for	1	
<i>MIND – ANTAGONISM – with herself</i>	2	
MIND – ANTICIPATION	1	
MIND – ANXIETY	3	
<i>MIND – ANXIETY – conscience</i>	2	
MIND – ANXIETY – excitement from	1	
MIND – ANXIETY – future of	1	
MIND – ANXIETY – future with	1	
<u>MIND – ANXIETY – hurt to be</u>	1	N
MIND – ANXIETY – others for	1	
<u>MIND – ANXIETY – taking new drug</u>	1	N
<u>MIND – ANXIETY – heart palpating</u>	1	N
<u>MIND – ANXIETY – past</u>	1	N
<u>MIND – ASSERTIVE</u>	2	N
<u>MIND – ATTENTION – wanting</u>	1	N
<u>MIND – ATTRACTIVE</u>	1	N
<u>MIND – Authority – aversion to</u>	1	N
MIND – BESIDE ONESELF	1	
MIND – BITE – desire to	1	
<i>MIND – CARESSED – wants to be</i>	2	
<i>MIND – CHEERFUL</i>	2	
MIND – CHILDLIKE	1	
MIND – CLAIRAUDIANT	1	
<u>MIND – CLAIRCENTIENT</u>	1	N
<i>MIND – CLAIRVOYANT</i>	2	
MIND – CLARITY of	1	
MIND – COLOURS	1	

<u>MIND – COLOURS – green light reflections</u>	1	N
<u>MIND – COLOURS – red</u>	1	N
<u>MIND – COLOURS – green desire for</u>	1	N
<i>MIND – COMPANY – aversion to</i>	2	
MIND – COMPANY – aversion to – desire for solitude	1	
<u>MIND – COMPANY – desire – sadness with</u>	1	N
MIND – COMPANY – desire for alone when	1	
<u>MIND – COMPANY – withdrawal feeling</u>	1	N
<u>MIND – COMPETITIVE</u>	1	N
MIND – CONCENTRATION – difficult – attention cannot fix	1	
MIND – CONCENTRATION – difficult – studying	1	
MIND – CONCENTRATION – difficult	3	
<i>MIND – CONFIDENCE</i>	2	
MIND – CONFUSION	1	
<i>CONFUSION – duality sense of</i>	2	
MIND – DANCING	3	
MIND – DANCING – alternating with cheerfulness	1	
<u>MIND – DANCING – belly dancing – desire for</u>	1	N
<u>MIND – DANCING – laughing during</u>	1	N
<u>MIND – DANCING – rain in</u>	1	N
MIND – DANCING – rhythm with marked sense	1	
<i>MIND – DEATH – thoughts of</i>	2	
MIND – DEATH – thoughts of – relatives	1	
MIND – DECEITFUL	1	
MIND – DELUSION – danger – impression of	1	
<u>MIND – DELUSION – evil</u>	1	N
<u>MIND – DELUSION – falling inside</u>	1	N
MIND – DELUSION – forsaken – friends by	1	
MIND – DELUSION – head – separated from the body – head is	1	
MIND – DELUSION – IMPREGNATED SHE IS	1	

MIND – DELUSION – looking – everyone looking at her	1	
MIND – DELUSION – noise – hearing noise	1	
<u>MIND – DELUSION – green light she sees</u>	1	N
<u>MIND – DELUSION – red light she sees</u>	1	N
<u>MIND – DELUSION – changing</u>	1	N
MIND – DELUSIONS – hearing – illusions of	1	
MIND – DELUSIONS – light – dark	1	
MIND – DELUSIONS – snakes – seeing	1	
<u>MIND – DESIRES – baby</u>	1	N
MIND – DICTATORIAL	1	
MIND – DICTATORIAL – confrontation with	1	
MIND – EGOTISM	1	
<u>MIND – ENERGY – flowing within</u>	2	N
<i>MIND – ESCAPE</i>	2	
<i>MIND – EXCITEMENT</i>	2	
MIND – EXCITEMENT – children in	1	
MIND – EXHILARATION	1	
<u>MIND – EXPLOSIVE</u>	1	N
<u>MIND – EXPRESSING</u>	1	N
MIND – EXPRESSING – cannot express oneself	1	
MIND – EXTRAVAGANCE	1	
<u>MIND – FEAR – animals of – monkeys</u>	1	N
<u>MIND – FEAR – dirty green water of</u>	1	N
MIND – FEAR – failure of	1	
MIND – FEAR – snakes of	1	
MIND – FEAR – snakes of (CS)	1	
<u>MIND – FEAR – surgery of</u>	1	N
<u>MIND – FLIRTATIOUS</u>	2	N
MIND – FORGETFUL	1	
MIND – FORSAKEN – feeling of	1	
<u>MIND – GREEN – colour – dressed in</u>	1	N

<u>MIND – GREEN – colour – attracted to</u>	1	N
MIND – HAUGHTY	1	
MIND – HOME – desires to go	1	
<i>MIND – HURRY</i>	2	
MIND – INJUSTICE – cannot support	1	
MIND – INTOLERANT	1	
MIND – INTUTIVE	1	
MIND – IRRESOLUTION	1	
MIND – IRRITABILITY	4	
MIND – IRRITABILITY – anger with	1	
<u>MIND – IRRITABILITY – fighting with</u>	1	N
<i>MIND – IRRITABILITY – loved ones to</i>	2	
MIND – IRRITABILITY – sleepiness with	1	
MIND – IRRITABILITY – trifles at	1	
<i>MIND – IRRITABILITY – working from</i>	2	
MIND – JEALOUSY	1	
MIND – JESTING	1	
MIND – JOY	1	
MIND – JOY suppressed	1	
MIND – KILL – desire to	1	
MIND – LASCIVIOUS	3	
<u>MIND – LASCIVIOUS – jesting with</u>	1	N
MIND – LAUGHING	1	
MIND – LAUGHING hysterical	1	
<u>MIND – LEADER – she is</u>	1	N
MIND – MANIPULATIVE	1	
MIND – MEDITATING	1	
<i>MIND – MENTAL POWER – increased</i>	2	
MIND – MIND – AILMENTS FROM – suppressed emotion	1	
MIND – MIND – WILL – two wills sensation as if he had	1	
<u>MIND – MISERABLE</u>	1	N

MIND – MISLEADING	1	
<u>MIND – NATURE – desires to be with</u>	1	N
<i>MIND – NATURE – loves</i>	2	
MIND – PLAYFUL	1	
<u>MIND – POWERFUL</u>	1	N
<i>MIND – PRAYING</i>	2	
MIND – PROSTRATION	1	
MIND – QUARRELSOME	1	
MIND – QUIET – wants to be	1	
MIND – RAGE	1	
MIND – RESTLESSNES	1	
MIND – SADNESS	4	
MIND – SADNESS – anger after	1	
<u>MIND – SADNESS – crying with</u>	1	N
MIND – SADNESS – grief after	1	
MIND – SADNESS – headache during	1	
MIND – SADNESS – suppressed sexual desire	1	
<i>MIND – SADNESS – love from disappointed</i>	2	
MIND – SECRETIVE	1	
<u>MIND – SEDUCTIVE</u>	1	N
MIND – SELF – INDULGENT	1	
MIND – SENSES – acute	1	
SENSITIVE – noise to	1	
<u><i>MIND – SENSUAL</i></u>	2	N
<u>MIND – SENSUAL – food with</u>	1	N
MIND – SENTIMENTAL	1	
MIND – SINGING	1	
<u>MIND – SNAKES – FEARLESS – (CS)</u>	1	N
<u>MIND – SPACE – desires</u>	1	N
<i>MIND – SPEECH – incoherent</i>	2	
MIND – SPIRITUAL	1	

<u>MIND – STRONG</u>	2	N
MIND – SUICIDAL – disposition	1	
<i>MIND – SUSPICIOUS</i>	2	
<u>MIND – SUSPICIOUS – remedy of</u>	1	N
MIND – SUSPICIOUS – talking about her, people are	1	
MIND – SYMPATHETIC	1	
MIND – TEASING	1	
MIND – THOUGHTS – persistent	1	
<i>MIND – THOUGHTS – past of</i>	2	
MIND – THOUGHTS – past of (CS)	1	
<i>MIND – TRANQUILITY</i>	2	
MIND – TRAVELLING – desire for	1	
<i>MIND – WEEPING</i>	2	
MIND – WEEPING – desire to weep	1	
MIND – WEEPING morning	1	
MIND – WEEPING night	1	
MIND – WILL – loss of will power	1	

4.3.2 Vertigo

VERTIGO – AFTERNOON	1
VERTIGO – HEADACHE – during	1
VERTIGO – SLEEPINESS, with	1
VERTIGO – STANDING, while	1
VERTIGO – TURNING; as if – everything were turning in a circle; as if	1
VERTIGO – TURNING; as if – head is turning round; sensation as if	1

4.3.3 Head

HEAD – ERUPTIONS – crusts – yellow	1	
HEAD – FORMICATION	1	
HEAD – FORMICATION	1	
HEAD – HAIR – falling – handfuls, in	1	
HEAD – HAIR – falling – handfuls, in	1	
<i>HEAD – HEAVINESS</i>	2	
<u>HEAD – HEAVINESS – headache from</u>	1	N
HEAD – ITCHING of scalp	1	
HEAD – PAIN – accompanied – stomach distension	1	
HEAD – PAIN – accompanied – stomach distension	1	
HEAD – PAIN – accompanied by nausea	1	
<u>HEAD – PAIN – anger with</u>	1	N
<i>HEAD – PAIN – bursting</i>	2	
<i>HEAD – PAIN – bursting – temples</i>	2	
<i>HEAD – PAIN – bursting, temples</i>	2	
<u>HEAD – PAIN – buzzing sensation</u>	1	N
<u>HEAD – PAIN – closing eyes amel</u>	1	N
HEAD – PAIN – cutting – eyes around	1	
HEAD – PAIN – cutting – temples	1	
<i>HEAD – PAIN – dull pain</i>	2	
<i>HEAD – PAIN – dull – temples</i>	2	
HEAD – PAIN – eating amel	1	
HEAD – PAIN – eyes – complaints with	1	
HEAD – PAIN – eyes complaints with	1	
HEAD – PAIN – eyes forced out, as if eyes would be	1	
<u>HEAD – PAIN – eyes open agg</u>	1	N
<u>HEAD – PAIN – feathery light sensation</u>	1	N
<u>HEAD – PAIN – focusing on</u>	1	N
HEAD – PAIN – forehead – alternating sides	1	
HEAD – PAIN – forehead – pulsating	3	
<u>HEAD – PAIN – forehead – acc lock jaws</u>	1	N

HEAD – PAIN – frontal bones	1	
HEAD – PAIN – heat agg	1	
<u>HEAD – PAIN – incense agg</u>	1	N
HEAD – PAIN – left	1	
HEAD – PAIN – light; from – agg.	3	
<u>HEAD – PAIN – lightning sensation</u>	1	N
<u>HEAD – PAIN – looking – upward – agg</u>	1	N
HEAD – PAIN – lying – amel	1	
HEAD – PAIN – motion agg	1	
HEAD – PAIN – music from	1	
<u>HEAD – PAIN – nausea with</u>	1	N
HEAD – PAIN – neck pain in	1	
HEAD – PAIN – night	1	
HEAD – PAIN – Occiput	3	
HEAD – PAIN – Occiput – sides of – right	1	
HEAD – PAIN – piercing pain	1	
HEAD – PAIN – pressure – agg	1	
HEAD – PAIN – pressure – amel.	1	
HEAD – PAIN – pulsating	3	
<i>HEAD – PAIN – pulsating – forehead</i>	2	
HEAD – PAIN – pulsating – forehead – standing while	1	
HEAD – PAIN – pulsating pain – forehead – eyes over	1	
HEAD – PAIN – pulsating pain – forehead – eyes over	1	
<u>HEAD – PAIN – pulsating pain – nausea</u>	1	N
HEAD – PAIN – pulsating – walking on	1	
<u>Head – PAIN – pushing out</u>	1	N
HEAD – PAIN – right	1	
HEAD – PAIN – shooting – forehead – eyes over extending to forehead	1	
HEAD – PAIN – shooting – forehead – eyes over extending to forehead	1	

HEAD – PAIN – SIDES	1	
HEAD – PAIN – sides – left	1	
HEAD – PAIN – sides – left – extending to eye	1	
HEAD – PAIN – sitting – amel	1	
<u>HEAD – PAIN – smells agg</u>	1	N
HEAD – PAIN – sore	1	
<u>HEAD – PAIN – spasm sensation</u>	1	N
HEAD – PAIN – standing agg	1	
<u>HEAD – PAIN – STILLNESS amel</u>	1	N
HEAD – PAIN – sun – from exposure to	1	
HEAD – PAIN – sun, from exposure to	1	
HEAD – PAIN – tearing – touch agg	1	
HEAD – PAIN – Temples	3	
<u>HEAD – PAIN – Temples – coffee agg</u>	1	N
HEAD – PAIN – temples – cold water amel	1	
HEAD – PAIN – temples – noise agg	1	
<i>HEAD – PAIN – temples – pulsating</i>	2	
HEAD – PAIN – temples – driving or riding in a carriage	1	
HEAD – PAIN – temples, left	1	
HEAD – PAIN – walking agg	1	
HEAD – PAIN – warmth – amel	1	
HEAD – PAIN – water – amel	1	
<u>HEAD – PAIN – water moving in sensation</u>	1	N
<u>HEAD – PAIN – whole head</u>	1	N
HEAD – PAIN – accompanied – eye	1	
HEAD – PAIN – afternoon	1	
HEAD – PAIN – crushed	1	
HEAD – PAIN – noise from	1	
<u>HEAD – PAIN – sleepiness with</u>	1	N
<u>HEAD – PAIN – tingling – occiput at</u>	1	N
HEAD – HEAT – vertex	1	

<u>HEAD PAIN – deep within extending superficially</u>	1	N
HEAD – PAIN – dull – sides – left	1	
<u>HEAD PAIN – parietal lobe</u>	1	N
HEAD – PAIN – temples – pulsating – accompanied by nausea	1	

4.3.4 Eye

<u>EYE – BURNING</u>	2	N
EYE – DRYNESS	1	
<u>EYE – FLOATING – sensation</u>	1	N
EYE – HYPEREMIA	1	
EYE – INFECTIONS	1	
EYE – INFLAMMATION – conjunctiva	1	
EYE – INFLAMMATION – lids – upper	1	
<i>EYE – ITCHING</i>	2	
EYE – ITCHING – light; from – agg.	1	
EYE – ITCHING – light; from – agg.	1	
EYE – LIGHT; from – daylight – agg.	1	
EYE – PAIN – burning	1	
<i>EYE – PAIN – LEFT</i>	2	
<i>EYE – PAIN – lids</i>	2	
EYE – PAIN – light agg	1	
EYE – PAIN – opening lids on	1	
EYE – PAIN – right	1	
EYE – PAIN – SORE	1	
EYE – PAIN – sore – touch	1	
EYE – PAIN – tearing	1	
EYE – PAIN – tearing – lids	1	
EYE – PARALYSIS – lids – upper	1	
EYE – STYES – lid – lower	1	

EYE – TIRED SENSATION	1
EYE – DISCOLORATION – red	1
EYE – DISCOLORATION – red	1
EYE – DISCOLORATION – red – morning	1
EYES – BLEEDING from eyes	1
EYES – HEAVINESS	1
EYES – HEAVINESS – lids	1
EYES – SWELLING	1
EYES – WINKING	1

4.3.5 Vision

VISION – BLURRED	1
VISION – DIPLOPIA	1
VISION – SNAKES – are moving before the eyes	1

4.3.6 Ear

EAR – FULLNESS – sensation of	1
EAR – FULLNESS – sensation of – right	1
EAR – ITCHING	1
EAR – ITCHING – left ear	1
EAR – ITCHING – rubbing amel	1
EAR – NOISE – noise agg	1
EAR – NOISES – humming	1
EAR – NOISES – humming – left	1
EAR – NOISES – reverberating	1
EAR – PAIN – left	1
EAR – PAIN – motion on	1

4.3.7 Hearing

HEARING – acute – noises to 1

4.3.8 Nose

NOSE – CONGESTION 1

NOSE – DISCHARGE – clear 1

NOSE – DISCHARGE – greenish 1

NOSE – DISCHARGE – morning 1

NOSE – DISCHARGE – right 1

NOSE – DRYNESS – heat with 1

NOSE – EPISTAXIS – left 1

NOSE – HEAT – in 1

NOSE – INFLAMMATION 1

NOSE – SINUS – complaints of 1

NOSE – SNEEZING 1

NOSE – SNEEZING – frequent 1

4.3.9 Face

FACE – CLENCHED jaw 2

FACE – ERUPTIONS – acne – pustular 1

FACE – ERUPTIONS – pimples 2

FACE – ERUPTIONS – pimples – forehead 1

FACE – ERUPTIONS – pimples – forehead – painful 1

FACE – ERUPTIONS – pimples – forehead – red 1

4.3.10 Mouth

MOUTH – BLEEDING – gums	1
MOUTH – DRYNESS – tongue	1
MOUTH – DRYNESS – tongue	1
MOUTH – ERUPTIONS – gums	1
MOUTH – ERUPTIONS – pimples – tongue	1
MOUTH – INDURATION – tongue	1
MOUTH – PAIN – scraping – tongue	1
MOUTH – PAIN – sore – gums	1
MOUTH – PAIN – tongue – burnt; as if	1
MOUTH – TASTE – bitter	1
MOUTH – TASTE – iron	1

4.3.11 Teeth

TEETH – GRINDING	1
TEETH – PAIN – canines	1

4.3.12 Throat

<u>THROAT – air stuck sensation as if</u>	1	N
<u>THROAT – BURNING</u>	1	N
THROAT – DRYNESS – itching	1	
THROAT – DRYNESS – nasopharynx	1	
<i>THROAT – HAWK – mucous in throat</i>	2	
THROAT – INFLAMMATION – nasopharynx – acute	1	
THROAT – INFLAMMATION – pharynx – left	1	
<i>THROAT – INFLAMMATION – tonsils</i>	2	
<i>THROAT – PAIN – sore</i>	2	
THROAT – PAIN – sore – coughing on	1	
THROAT – PAIN – sore – tonsils	1	
THROAT – SWALLOWING – difficult	1	

THROAT – SWALLOWING – impossible – constriction of oesophagus	1
THROAT – MUCOUS – greenish	1
THROAT – SAND in throat – sensation as if	1

4.3.13 Stomach

STOMACH – APPETITE – capricious appetite	3
STOMACH – APPETITE – decreased	1
STOMACH – APPETITE – increased	4
STOMACH – APPETITE – increased – waking on	1
<i>STOMACH – APPETITE – ravenous</i>	2
STOMACH – DISTENSION – accompanied by headache	1
STOMACH – EMPTINESS	1
STOMACH – EMPTINESS	1
STOMACH – FULLNESS	1
STOMACH – HEARTBURN	1
STOMACH – INDIGESTION	1
STOMACH – INFLAMMATION – mesenteric glands	1
<i>STOMACH – NAUSEA</i>	2
STOMACH – NAUSEA – drinks – cold – after	1
STOMACH – NAUSEA – eating – after – agg.	1
STOMACH – NAUSEA – eating – after – agg.	1
STOMACH – NAUSEA – headache	1
STOMACH – NAUSEA – morning	1
STOMACH – PAIN – drawing	1
STOMACH – THIRST – increased	3
<i>STOMACH – THIRST – large quantities for</i>	2
STOMACH – VOMITTING – morning	1

4.3.14 Abdomen

ABDOMEN – DISTENSION	1	
ABDOMEN – FLATULENCE	1	
<i>ABDOMEN – PAIN – cramping</i>	2	
ABDOMEN – PAIN – cramping	1	CS
ABDOMEN – PAIN – cutting – menses during	1	
ABDOMEN – PAIN – hypochondria	1	
ABDOMEN – PAIN – lower abdomen	1	
ABDOMEN – PAIN – menses during	1	
ABDOMEN – PAIN – umbilicus	1	
ABDOMEN – PAIN – umbilicus – eating after	1	
ABDOMEN – PAIN (CS)	1	
ABDOMEN – PAIN – extending to oesophagus	1	

4.3.15 Rectum

RECTUM – CONSTIPATION	1	
RECTUM – ITCHING	1	
RECTUM – ITCHING – scratching agg	1	
RECTUM – PAIN – cutting – stool during	1	

4.3.16 Bladder

BLADDER – FULLNESS, sensation of	1	
BLADDER – URINATION – frequent	1	

4.3.17 Kidneys

KIDNEY – PAIN – left	1	
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KIDNEY – PAIN – sore 1

4.3.18 Urine

URINE – WATERY 1

4.3.19 Male genitalia / Sex

MALE GENITALIA/SEX – ITCHING – thighs between 1

MALE GENITALIA/SEX – ITCHING – thighs between 1 CS

MALE GENITALIA/SEX – MASTURBATION – disposition to 3

MALE GENITALIA/SEX – PAIN – testes – left 1

MALE GENITALIA/SEX – sexual desire – decreased 1

MALE GENITALIA/SEX – sexual desire – increased 3

MALE GENITALIA/SEX – sexual desire – increased – relieves stress 1 N

MALE GENITALIA/SEX – TINGLING – testes 1

4.3.20 Female genitalia / Sex

FEMALE GENITALIA/SEX – MENSES – black 1

FEMALE GENITALIA/SEX – MENSES – bloody 1

FEMALE GENITALIA/SEX – MENSES – brown 1

FEMALE GENITALIA/SEX – MENSES – clotted 1

FEMALE GENITALIA/SEX – MENSES – copious 1

FEMALE GENITALIA/SEX – MENSES – dark red 1

FEMALE GENITALIA/SEX – MENSES – FLOW – light 1 N

FEMALE GENITALIA/SEX – MENSES – morning 1

FEMALE GENITALIA/SEX – MENSES – pain – tearing 1

FEMALE GENITALIA/SEX – MENSES – pain – throbbing 1 N

FEMALE GENITALIA/SEX – MENSES – painful 2

FEMALE GENITALIA/SEX – MENSES – scanty	1	
FEMALE GENITALIA/SEX – MENSES – short	1	
FEMALE GENITALIA/SEX – MENSES – thick	1	
FEMALE GENITALIA/SEX – PAIN – burning – menses during	1	
FEMALE GENITALIA/SEX – PAIN – burning – sitting while	1	
FEMALE GENITALIA/SEX – PAIN – coition after	1	
FEMALE GENITALIA/SEX – PAIN – drawing – uterus	1	
FEMALE GENITALIA/SEX – PAIN – labour like pains – uterus	1	
FEMALE GENITALIA/SEX – SEXUAL DESIRE – decreased	1	
FEMALE GENITALIA/SEX – SEXUAL DESIRE – excitement with	1	
<u>FEMALE GENITALIA/SEX – SEXUAL DESIRE – impregnation, wanting</u>	1	N
FEMALE GENITALIA/SEX – SEXUAL DESIRE – increased	1	
<u>FEMALE GENITALIA/SEX – SEXUAL DESIRE – other men desire</u>	1	N
FEMALE GENITALIA/SEX – SEXUAL DESIRE – sensual	1	
FEMALE GENITALIA/SEX – SEXUAL DESIRE – wanting	1	

4.3.21 Respiration

RESPIRATION – DIFFICULT	1
RESPIRATION – SLOW	1

4.3.22 Cough

COUGH – EVENING	1
COUGH – PERSISTENT	1

4.3.23 Chest

CHEST – CONSTRICTION	1
CHEST – ITCHING – mammae – nipples	1
CHEST – OPPRESSION	1
CHEST – PAIN – anxiety with	1
CHEST – PAIN – burning	1
CHEST – PAIN – cramping – heart	1
CHEST – PAIN – sore – sternum	1
CHEST – PAIN – STINGING	1
CHEST – ULCERS – mammae – nipples	1

4.3.24 Back

<i>BACK – PAIN – Cervical region</i>	2
BACK – PAIN – Cervical region – extending to – clavicles	1
BACK – PAIN – Cervical region – extending to – head	1
BACK – PAIN – Cervical region – extending to – shoulder	1
BACK – PAIN – Cervical region – extending to – shoulder – left	1
BACK – PAIN – cervical region – nape of neck	1
BACK – PAIN – crushed as if	1
BACK – PAIN – dorsal – scapulae	1
BACK – PAIN – dorsal – scapulae – between	1
BACK – PAIN – dorsal – scapulae – between	1
BACK – PAIN – dorsal – scapulae – between	1
BACK – PAIN – dorsal – scapulae – left	1
BACK – PAIN – dorsal region – leaning back amel	1
BACK – PAIN – drawing – lumbar region	1
<i>BACK – PAIN – dull – lumbar region</i>	2
BACK – PAIN – lancinating – lumbar region	1
BACK – PAIN – lancinating – scapulae – between	1
<i>BACK – PAIN – Lumbar region</i>	2

BACK – PAIN – pressing – lumbar region	1
BACK – PAIN – sore – scapulae	1

4.3.25 Extremities

EXTREMITIES – HEAVINESS – ankles	1
<i>EXTREMITIES – INFLAMMATION – foot</i>	2
EXTREMITIES – INFLAMMATION – toes	1
EXTREMITIES – PAIN – ankle – right	1
EXTREMITIES – PAIN – ankles – aching	1
EXTREMITIES – PAIN – fingers – fourth	1
EXTREMITIES – PAIN – foot – ankle	1
EXTREMITIES – PAIN – foot – back of	1
<i>EXTREMITIES – PAIN – foot – heel – left</i>	2
EXTREMITIES – PAIN – foot – heel – pressure agg	1
EXTREMITIES – PAIN – foot – heel – splinter as from	1
EXTREMITIES – PAIN – foot – heel – standing	1
EXTREMITIES – PAIN – hand – fingers	1
EXTREMITIES – PAIN – hand – right	1
EXTREMITIES – PAIN – hand – wrists	1
EXTREMITIES – PAIN – hip – pulsating	1
EXTREMITIES – PAIN – lower limbs – extending downward	1
EXTREMITIES – PAIN – shooting – leg – right	1
EXTREMITIES – PAIN – tendo-achilles	1
EXTREMITIES – PAIN – upper arm – elbow – extending to shoulder	1
EXTREMITIES – PAIN – upper arm – elbow – left	1
EXTREMITIES – PAIN – upper arm – elbow – right	1
EXTREMITIES – TINGLING – foot	1
EXTREMITIES – WEAKNESS – legs – standing	1

4.3.26 Sleep

SLEEP – SLEEPINESS – daytime	1
SLEEP – SLEEPINESS	4
<i>SLEEP – SLEEPINESS – overpowering</i>	2
SLEEP – SLEEPINESS – afternoon	1
SLEEP – SLEEPLESSNESS – night – midnight – before 3h – until	1
SLEEPLESSNESS – STUPEFACTION	1
<i>SLEEP – FALLING ASLEEP – difficult</i>	2
SLEEP – POSITION – side – left side	1
<i>SLEEP – DEEP</i>	2
SLEEP – UNREFRESHING – tired on rising	1
SLEEP – UNREFRESHING – tired	1
SLEEP – RESTLESS	1
SLEEP – RISE – aversion to	1
SLEEP – SHORT – refreshing	1

4.3.27 Dreams

<u>DREAMS – ABANDONED – friends by</u>	1	N
<u>DREAMS – AMOROUS – good-looking stranger</u>	1	N
DREAMS – ACCIDENT	1	
DREAMS – ACCUSATIONS	1	
<u>DREAMS – ACTOR – being</u>	1	N
<u>DREAMS – AFFAIRS</u>	1	N
<i>DREAMS – AMOROUS</i>	2	
DREAMS – AMOROUS – boys – young	1	
DREAMS – AMOUROUS – boyfriends old	1	
DREAMS – AMOUROUS – fallen in love	1	

DREAMS – AMOUROUS – night	1	
DREAMS – ANGER	1	
<u>DREAMS – ASHRAM</u>	1	N
DREAMS – ASTRONAUT	1	
DREAMS – BEACH	1	
<u>DREAMS – BEAUTIFUL – scenery</u>	1	N
DREAMS – BELONGING – not	1	
DREAMS – BEWITCHED	1	
DREAMS – BIRDS	1	
DREAMS – BITING – him	1	
<u>DREAMS – BLACKMAIL</u>	1	N
DREAMS – BLOOD	1	
DREAMS – BLOOD – pools of	1	
<u>DREAMS – BLUE EYES</u>	1	N
<u>DREAMS – BODY – parts – chopped</u>	1	N
<u>DREAMS – BOLLYWOOD – actor</u>	1	N
DREAMS – BOYFRIEND	1	
<u>DREAMS – BREAK IN</u>	1	N
<u>DREAMS – BREAK UP</u>	1	N
DREAMS – BREAST	1	
<u>DREAMS – BRIBERY</u>	1	N
<u>DREAMS – BRIDE</u>	1	N
<u>DREAMS – CAGE</u>	1	N
<u>DREAMS – CALM</u>	1	N
<u>DREAMS – CAMPUS</u>	1	N
DREAMS – CAR – driving fast	1	
<u>DREAMS – CAR – stolen</u>	1	N
<u>DREAMS – CARED – for</u>	1	N
<u>DREAMS – CASINO</u>	1	N
<u>DREAMS – CHANGING</u>	3	N
DREAMS – CHANGING – places	4	

<u>DREAMS – CHANTING</u>	1	N
<u>DREAMS – CHASED</u>	1	N
<u>DREAMS – CHILDHOOD DAYS</u>	1	N
DREAMS – CHILDREN – black	1	
<u>DREAMS – CHIPS</u>	1	N
DREAMS – CLIENT	1	
DREAMS – COITION – unsuccessful	1	
DREAMS – COLORED – blue	1	
DREAMS – COLORED – bright	1	
DREAMS – COLOURED – blue	1	
DREAMS – COLOURED – green	1	
<i>DREAMS – COLOURFUL</i>	2	
<u>DREAMS – COLOURS – changing</u>	1	N
DREAMS – COUNTRY – foreign	1	
<u>DREAMS – CRYING</u>	1	N
DREAMS – DANCING	1	
DREAMS – DANGER	1	
DREAMS – DANGER – impending	1	
<u>DREAMS – DARK GREEN</u>	1	N
DREAMS – DAUGHTER	1	
<i>DREAMS – DEATH</i>	2	
DREAMS – DEATH – husband of her	1	
<i>DREAMS – DEATH – relatives of</i>	2	
DREAMS – DIRTY	1	
DREAMS – DOGS – black	1	
DREAMS – DRINKING	1	
DREAMS – DRIVING	1	
DREAMS – DRIVING – car	1	
DREAMS – DRIVING – car – fast	1	
<u>DREAMS – ECONOMY</u>	1	N
DREAMS – EMBARRASMENT	1	

DREAMS – ESCAPE	1	
DREAMS – EVENTS – past	1	
<u>DREAMS – EXTRAVAGANCE</u>	1	N
DREAMS – FALLING – fast	1	
<u>DREAMS – FARM</u>	1	N
DREAMS – FIRE – people on fire	1	
<u>DREAMS – FLIRTING</u>	1	N
DREAMS – FLYING	1	
<u>DREAMS – FOOD</u>	1	N
DREAMS – FORSAKEN BEING – friends by	1	
DREAMS – FRIEND – past	1	
<i>DREAMS – FRIENDS</i>	2	
DREAMS – FRIENDS – old	1	
<u>DREAMS – FRIENDS – school</u>	1	N
<i>DREAMS – FRIENDSHIP</i>	2	
DREAMS – FUNERAL – own funeral his	1	
DREAMS – FUNERALS	1	
<u>DREAMS – GARLAND</u>	1	N
<u>DREAMS – GIANT PRAYING MANTUS</u>	1	N
DREAMS – GRAVES	1	
<u>DREAMS – GREEN CAR – driving</u>	1	N
<u>DREAMS – GREEN EYES</u>	1	N
<u>DREAMS – GREEN SNAKE</u>	1	N
DREAMS – GUILT	1	
DREAMS – GUNS	1	
DREAMS – HAPPY	1	
DREAMS – HELPING – unable to help others	1	
<u>DREAMS – HINDU GOD – GANESHA</u>	1	N
<u>DREAMS – HINDU GOD – SHIVA</u>	1	N
DREAMS – HOLIDAY	1	
DREAMS – HOLIDAYS	1	

DREAMS – HOMOSEXUAL	1	
DREAMS – HOMOSEXUALITY	1	
<u>DREAMS – HORROR MOVIES</u>	1	N
DREAMS – HOUSE	1	
<u>DREAMS – INDIA</u>	1	N
<u>DREAMS – INJECTIONS</u>	1	N
DREAMS – INJUSTICE	1	
DREAMS – INTERVIEW	1	
DREAMS – INVISIBLE – she is	1	
DREAMS – KILLING	1	
DREAMS – KILLING	1	
DREAMS – KISSED	1	
<u>DREAMS – LESBIAN – sex</u>	1	N
DREAMS – LIONS	1	
<u>DREAMS – LIZARDS – fighting</u>	1	N
DREAMS – LOST – being	1	
<u>DREAMS – MARRIAGE</u>	1	N
<u>DREAMS – MASSAGE</u>	1	N
<u>DREAMS – MASTUBATION</u>	1	N
<u>DREAMS – MEDICATION</u>	1	N
DREAMS – MONEY	1	
DREAMS – MONEY – owing	1	
<u>DREAMS – MORTUARY</u>	1	N
<u>DREAMS – MOTHER MARY</u>	1	N
DREAMS – MOTORBOAT	1	
<u>DREAMS – MOVIE STAR</u>	1	N
DREAMS – MURDER	1	
DREAMS – NAKEDNESS	1	
DREAMS – NOT SCARED	1	
<u>DREAMS – NUMB</u>	1	N
<u>DREAMS – OBJECTS – moved</u>	1	N

<u>DREAMS – OFFICE</u>	1	N
<u>DREAMS – OLD LADY – clairvoyant</u>	1	N
<u>DREAMS – PAYMENT – late</u>	1	N
<u>DREAMS – PEACEFUL</u>	1	N
DREAMS – PEOPLE	1	
DREAMS – PET	1	
<u>DREAMS – PHOTOSHOOT</u>	1	N
<i>DREAMS – PLACE – new</i>	2	
<u>DREAMS – possessed</u>	1	N
DREAMS – PRINCIPAL	1	
<i>DREAMS – PROMISCUITY</i>	2	
DREAMS – PROSTITUTES	1	
DREAMS – RELATIVES	1	
<u>DREAMS – RELIGIONS – changing</u>	1	N
<u>DREAMS – REMARRIED</u>	1	N
<u>DREAMS – REPRIMANDING</u>	1	N
DREAMS – ROBBERS	1	
<u>DREAMS – ROBBERY</u>	1	N
DREAMS – ROMANTIC	1	
DREAMS – SAD	1	
<u>DREAMS – SAFARI – AFRICA</u>	1	N
<u>DREAMS – SARIS</u>	1	N
<u>DREAMS – SCHOOL – primary</u>	1	N
DREAMS – SEDUCTIVE	1	
<u><i>DREAMS – SENSUAL</i></u>	2	N
<u>DREAMS – SEX – illicit</u>	1	N
DREAMS – SEXUAL	3	
<u>DREAMS – SEXUAL CONFIDENCE</u>	1	N
<u>DREAMS – SEXUAL ENERGY</u>	1	N
DREAMS – SHARKS	1	
DREAMS – SHIP	1	

<u>DREAMS – SHOOTING</u>	1	N
DREAMS – SINGING	1	
DREAMS – SISTER	1	
<u>DREAMS – SISTER – boyfriend with</u>	1	N
DREAMS – SKELETONS	1	
<u>DREAMS – SNAKE – blue</u>	1	N
<u>DREAMS – SNAKE – following it</u>	1	N
DREAMS – SNAKES	3	
<u>DREAMS – SNAKES – birth</u>	1	N
DREAMS – SNAKES – black	1	
<u>DREAMS – SNAKES – chased by</u>	1	N
<u>DREAMS – SNAKES – chasing her</u>	1	N
<u>DREAMS – SOUL</u>	1	N
<u>DREAMS – SPICY FOOD</u>	1	N
<u>DREAMS – SPIRITS</u>	1	N
<u>DREAMS – SPIRITUAL</u>	2	N
DREAMS – SPLIT OF WILL	1	
DREAMS – STAB	1	
<u>DREAMS – STEPMOTHER</u>	1	N
<u>DREAMS – STOLEN</u>	1	N
<u>DREAMS – STRIPPERS</u>	1	N
<u>DREAMS – SWAMI</u>	1	N
<u>DREAMS – SWAMI – washing his feet</u>	1	N
DREAMS – SWEAR – disposed to	1	
DREAMS – TEETH – falling	1	
<u>DREAMS – TEMPLE</u>	1	N
<u>DREAMS – THIEF</u>	1	N
<u>DREAMS – TWO GIRLS</u>	1	N
<u>DREAMS – UNFAMILIAR</u>	2	N
<u>DREAMS – UNFAMILIAR PEOPLE</u>	1	N
<u>DREAMS – UNFAMILIAR PLACE</u>	3	N

DREAMS – UNIVERSITY	1	
DREAMS – UNSUCCESSFUL EFFORTS	1	
DREAMS – VAMPIRES	1	
DREAMS – VIOLENCE	1	
DREAMS – VOMMITING – blood	1	
DREAMS – WATCHED – being	1	
DREAMS – WATER – dirty	1	
<i>DREAMS – WEDDING</i>	2	
<u>DREAMS – WEDDING – own</u>	1	N
DREAMS – WHALES – black	1	
<u>DREAMS – X-MEN</u>	1	N
<u>DREAMS – YELLOW WINGS</u>	1	N
<u>DREAMS – ANGEL</u>	1	N
DREAMS – BOYFRIEND – old	1	
DREAMS – DEATH – relative of – father of his	1	
DREAMS – FAILURES	1	
<i>DREAMS – FIGHTS</i>	2	
DREAMS – GIRLFRIENDS – old	1	
<u>DREAMS – GREEN LIGHT</u>	1	N
DREAMS – INTOXICATED – persons of	1	
<u>DREAMS – JOB – high profile</u>	1	N
DREAMS – KIDNAPPERS	1	
DREAMS – KILLING	1	
DREAMS – ORGANS	1	
DREAMS – PRAYING	1	
<u>DREAMS – RED RIDING HOOD</u>	1	N
<u>DREAMS – SNAKES – killing</u>	1	N
PERSPIRATION		
PERSPIRATION – DAYTIME	1	
PERSPIRATION – in GENERAL	1	
PERSPIRATION – MORNING – waking on	1	

4.3.28 Skin

SKIN – DECUBITUS	1	
<u>SKIN – DISCOLOURATION – bruised colour</u>	1	N
SKIN – DISCOLOURATION – yellow	1	
SKIN – DISCOLOURATION – dark	1	
SKIN – DRY	1	
SKIN – ERUPTIONS – acne	1	
SKIN – ERUPTIONS – pimples – painful	1	
SKIN – ERUPTIONS – pimples – whitish	1	
SKIN – ERUPTIONS – pimples	1	CS
SKIN – ERUPTIONS – rash – itching	1	
SKIN – ERUPTIONS – scaly	1	
SKIN – HEAT – sensation of	1	
<u>SKIN – NODULES – lump sensation</u>	1	N

4.3.29 Generals

GENERALS – FOOD AND DRINKS – cheese – desire	1	
GENERALS – FOOD AND DRINKS – chicken – desire	1	
GENERALS – FOOD AND DRINKS – chocolate – aversion	1	
GENERALS – FOOD AND DRINKS – chocolate – desire	1	
<u>GENERALS – FOOD AND DRINKS – coke desire</u>	1	N
GENERALS – FOOD AND DRINKS – cold drinks – desire	1	
GENERALS – FOOD AND DRINKS – cream – aversion	1	
GENERALS – FOOD AND DRINKS – ginger desire	1	
GENERALS – FOOD AND DRINKS – ice – desire	1	
GENERALS – FOOD AND DRINKS – ICECREAM – desire	1	
GENERALS – FOOD AND DRINKS – meat – desire	1	
GENERALS – FOOD AND DRINKS – pizza – desire	1	

GENERALS – FOOD AND DRINKS – salt – desire	1	
GENERALS – FOOD AND DRINKS – SPICY FOOD – desire	1	
GENERALS – FOOD AND DRINKS – SWEET FOOD – desire	1	
<u>GENERALS – FOOD AND DRINKS – SWEET MILK – desire</u>	1	N
GENERALS – HEAT – flushes of	1	
GENERALS – INFLUENZA	1	
<u>GENERALS – SMOKING – desire for hookah</u>	1	N
GENERALS – TEMPERATURE – change of	1	
GENERALS – WEAKNESS	1	
GENERALS – WEAKNESS – faint like	1	
GENERALS – WEAKNESS – sunstroke from	1	

The data collected from the proving of *Dendroaspis angusticeps* 30CH provided a total of 805 rubrics. The most rubrics were found in the dream section (231), mind section (189), head section (99) and eye section (32). The distribution of symptoms across the sections of the repertory is illustrated in Appendix G. The distribution of rubrics according to sections of the repertory is summarised in Table 4.

Table 4. The distribution of rubrics according to section of the repertory.

1. Mind	189	13. Stomach	22	25. Sleep	14
2. Vertigo	6	14. Abdomen	12	26. Dreams	231
3. Head	99	15. Bladder	2	27. Perspiration	3
4. Eye	32	16. Kidney	2	28. Skin	13
5. Vision	3	17. Urine	1	29. Generals	23
6. Ear	11	18. Male genitalia / Sex	8		
7. Hearing	1	19. Female genitalia / Sex	26		
8. Nose	12	20. Respiration	2		

9. Face	6	21. Cough	2		
10. Mouth	11	22. Chest	9		
11. Teeth	2	23. Back	20		
12. Throat	15	24. Extremities	24		

CHAPTER FIVE

DISCUSSION OF THE RESULTS

5.1 INTRODUCTION

This chapter will discuss and provide an overview of the proving in its totality. Prominent mental themes will be discussed, as well as physical themes that were prominent throughout the proving. Sherr (1994:32) states the importance of viewing the entire proving group as one person. Thus the endeavour in this chapter is to unite the fragmented parts of this proving into a whole, to give a descriptive understanding of the remedy *Dendroaspis angusticeps* 30CH in its totality. Symptoms will also be correlated to the doctrine of signatures and the toxicological symptoms of the venom.

The first hypothesis was that *Dendroaspis angusticeps* 30CH would produce clearly observable signs and symptoms in healthy provers. The second hypothesis was that the proving of *Dendroaspis angusticeps* 30CH would broaden the symptom picture and range of usefulness of the remedy by correlating the symptoms produced with the doctrine of signatures. The third hypothesis was that the verum of *Dendroaspis angusticeps* 30CH would have a correlation to the toxicology of the snake. The data obtained from this research provided no evidence to contradict these hypotheses and it is therefore concluded that these hypotheses are valid.

5.2 ABBREVIATION OF THE REMEDY

The homoeopathic remedy *Dendroaspis angusticeps* will be abbreviated as follows: Dendr-ang.

5.3 SYMPTOMS

5.3.1 Mind

This proving established 189 mind rubrics and many provers experienced a polarity in thoughts and emotions. A split in thoughts and opposing and conflicting emotions can be seen throughout the symptom picture of this snake. Prominent mental themes were also experienced by provers.

The polarity of these symptoms can be seen in the opposing groups:

- anger, rage, irritability vs calmness / spirituality;
- sadness / depression vs cheerfulness / joy;
- poor concentration / forgetful vs mental power / mental clarity;
- alone / withdrawn vs desire to be touched, caressed; and
- prostration, exhaustion vs energetic.

The mental themes produced in *Dendroaspis angusticeps* can be divided into two groups based on their polarity:

Group One:

- Cheerful, excitement, exhilaration, joy, childlike;
- Laughing, jesting;
- Teasing, playful;
- Touched, caressed;
- Energy;
- Spiritual, praying, meditating;
- Clairvoyant, intuitive
- Lascivious;
- Extravagant;
- Sensual, flirtatious;
- Haughty, attractive, self indulgent;
- Mental power, mental clarity;

- Confidence, strong, powerful, assertive;
- Dancing, singing;
- Colours;
- Acute senses;
- Calmness;
- Nature;
- Expressing; and
- Sympathetic.

Group Two:

- Rage, anger, assertion;
- Sadness;
- Irritability, miserable;
- Quarrelsome ;
- Desire to kill;
- Escape, alone, withdrawn, forsaken;
- Manipulative, deceitful, misleading;
- Suspicious;
- Dictatorial, self assertion;
- Injustice;
- Poor concentration, forgetful;
- Past thoughts, nostalgia;
- Fear;
- Delusions;
- Anxiety;
- Anxiety conscience;
- Antagonism of will, confusion, irresolution;
- Restless, hurried, rushed;
- Speech;
- Weeping;
- Prostration, exhaustion; and

- Suicidal, death;

5.3.1.1 Group One

5.3.1.1.1 Cheerful, excitement, exhilaration, joy, childlike

The theme of joy was expressed in provers feeling cheerful, excited, exhilarated and these emotions were expressed also as a childlike state.

Provers felt a great excitement with this joy externally and internally. Examples: “Excited and happy” (01 F XX:XX:XX), “Excited about the future” (02 F XX:XX:XX), “Happy and blissful” (02 F XX:XX:XX), “Content with the amounts of bliss and pleasure derived from the day” (13 M XX:XX:XX), “Can’t stop smiling in joy” (04 F XX:XX:XX), “I am in this happy bubble” (15 M 00:XX:XX), “elevated and high spirited” (15 M 00:XX:XX), “I feel happy and that’s why I am being talkative and smiley” (16 F 00:XX:XX), “Felt very inspired and excited” (20 F XX:XX:XX), “Positive vibes and feeling good” (18 M XX:XX:XX), “happy and laughed a lot” (20 F XX:XX:XX), “Happy, energetic, content” (21 F XX:XX:XX). A childlike joy, excitement and playfulness was also experienced Examples: “Visited my niece and nephew and they have a pet hamster and I went crazy” (04 F XX:XX:XX), “I want to jump on a trampoline with excitement and play” (04 F XX:XX:XX), “Bounce of the walls-feel like helium” (04 F XX:XX:XX), “I’ve got so much excitement” (04 F XX:XX:XX), “Feel like a kid again” (04 F XX:XX:XX), “Feel so young and vibrant and full of energy” (18 M XX:XX:XX).

5.3.1.1.2 Laughing, jesting

The theme of laughter and jesting gave provers a great sense of jovialness. Examples: “kept laughing and giggling, I was like a little girl again” (02 F XX:XX:XX), “Can’t stop laughing – I feel like I have come from darkness to light” (04 F XX:XX:XX), “Laughing and joking” (05 M XX:XX:XX), “I was on a

high laughing and smiling and joking” (11 M 00:XX:XX), “Extremely happy laughing on a high” (11 M XX:XX:XX), “Laughing hysterically and had a great time laughing about all sorts” (16 F 00:07:XX).

5.3.1.1.3 Teasing, playful

A feeling of playful teasing and desire to play was noted with provers. Examples: “Provoking people, irritate her just for fun” (08 M XX:XX:XX), “I loved the playfulness of the situation and my role in it all” (03 F XX:XX:XX), “Feel happy playing with my niece and nephew. I love it, I want to jump on a trampoline with excitement and play” (04 F XX:XX:XX).

5.3.1.1.4 Touched, caressed

The polar opposite of withdrawal and the desire to be alone was seen in the emotions of wanting to be touched and caressed with a sense of affection. Provers had the need to be offered warmth. Examples: “to feel his touch so deep (01 F XX:XX:XX), “How hard is it to give me a little attention? All I want is a little touch or the warmth of your hands on my back” (01 F XX:XX:XX), “Just wanted to hold him and feel his warm touch on my body” (15 M XX:XX:XX), “Want to be touched” (16 F XX:XX:XX), “Be able to talk to him and hold him again” (20 F XX:XX:XX).

5.3.1.1.5 Energy

The opposite of exhaustion both emotionally and physically was experienced by provers as a marked sense of a flowing energetic rhythm. An energetic vibration which elevated their spirits and emotions was a marked theme with many provers. Examples: “I awoke with a full bottle of energy, feel an energy passing through my body(01 F XX:XX:XX), “I feel energetic like a vibrant bright orange flame, dancing in summer’s breeze” (01 F XX:XX:XX), “I found myself more energetic at night” (03 F XX:XX:XX), “Had a surge of energy”

(04 F XX:XX:XX), “Energy flowing within” (04 F XX:XX:XX), “Feel this fullness of energy within me” (15 M XX:XX:XX), “There was lots of energy within, great high” (10 M 00:XX:XX), “Feel so young and vibrant and full of energy” (18 M XX:XX:XX).

5.3.1.1.6 Spiritual, praying, meditating

A spiritual feeling of soul consciousness was felt by provers along with a desire to journey through their spiritual paths and be closer to God. This spiritual attitude was manifested through forms of praying and meditating which gave provers a sense of inner peace. Examples: “I just want to do spiritual things – I am reading a spiritual book” (04 F XX:XX:XX), “Want to learn about spirituality, I need enlightenment” (20 F XX:XX:XX), “Feeling very spiritual and in a prayerful mood” (27 M XX:XX:XX). Examples of prayerful and meditative mood: “Drowned in the praise and worship, attaining a oneness with my creator” (03 F XX:XX:XX), “We did lots of prayer today – felt blissful, praying in great fervour” (24 F XX:XX:XX), “Felt better in divine chanting” (27 M XX:XX:XX), “I feel close to God” (27 M XX:XX:XX), “It’s such a powerful feeling praying” (09 F XX:XX:XX), “Nice feeling whilst meditating” (24 F XX:XX:XX), “The mood was calm, meditation was beautiful” (24 F XX:XX:XX).

5.3.1.1.7 Clairvoyant

Clairvoyance was experienced during the proving as psychic and intuitive feelings were felt by provers towards people and events. Examples: “Her dream came true as my dream predicted” (01 F XX:XX:XX), “I am feeling some psychic feelings and visions” (18 M 01:XX:XX), “Very intuitive and psychic now. I trust my gut instinct” (08 M XX:XX:XX). One prover experienced a claircipient state: “I felt what they were feeling and I was analyzing their expressions” (04 F XX:XX:XX). Another prover experienced a

clairaudient state: “I am also able to hear something before it happens” (19 F XX:XX:XX).

5.3.1.1.8 Lascivious

A lascivious feeling was pronounced in the mental symptomatology of provers, as evidenced by seductive and sexual feelings. There was an urge to have passionate sex and intercourse was perceived as sensual, sexual and highly lustful. Examples: “Urge to conduct in sexual pleasure” (01 F XX:XX:XX), “More sensual rather than sexual” (01 F XX:XX:XX), “A more powerful sexual experience with one partner” (01 F XX:XX:XX), “Had hot hard sex. We ended up having sex behind his room door” (27 M XX:XX:XX).

Sexual desire was increased and masturbation was pronounced in provers due to this enhancement in sexual energy. Examples: “Feeling really horny” (05 M XX:XX:XX), “I was sexually aroused” (11 M XX:XX:XX), “I love sex so I want to have the most fulfilling experiences” (13 M XX:XX:XX), “Very horny as I didn’t masturbate” (14 M XX:XX:XX), “I saw her arm and had the sudden urge to bite it, it wasn’t aggressive but more sexual” (08 M XX:XX:XX).

A feeling of lust and passion was also evident. Examples: “Was full of passion and lust” (27 M XX:XX:XX), “Lust for other men, desire for other men was increased” (03 F XX:XX:XX).

Provers also enjoyed talking of sexual matters. Examples: “chatted and laughed about sex” (03 F XX:XX:XX), “I am telling a friend about the sex via email. I am happy and more sexed so don’t care” (27 M XX:XX:XX).

5.3.1.1.9 Extravagant

A feeling of extravagance was attractively displayed in provers dressing, choice of colours and mannerisms as they drew attention through their

extravagant beauty. Examples: “Feel very pretty today. I want to set my hair. I love the attention now” (01 F XX:XX:XX), “Dressed myself in the most beautiful olive green sari, my makeup is the best and is shaped like cat’s eyes” (01 F XX:XX:XX), “Attracted to the most beautiful feathers” (01 F XX:XX:XX), “I stand so gracefully and beautifully in front of him” (01 F XX:XX:XX), “I enjoyed it when the ladies admired my clothes” (02 F XX:XX:XX), “I felt desirable and beautiful” (02 F XX:XX:XX), “Shopping for attractive clothes and make-up” (03 F XX:XX:XX).

5.3.1.1.10 Sensual, flirtatious

Together with the extravagant and seductive behaviours a feeling of sensuality enhanced the attractive behaviours of provers. As this sensuality increased, a flirtatious stance was enacted by provers to display their sensual and seductive beauty to gain attention from others around them. Examples: “I stand so gracefully and beautifully in front of him” (01 F XX:XX:XX), “I want to draw attention to my breasts, my legs. I want to wear clothes that are thin and bare, just exposing a little piece of my skin. I want to allure him to my dark mind and then pouncing want to relish my prey” (01 F 01:XX:XX), “I flirted with my eyes and they flirted right back” (02 F XX:XX:XX), “I still feel sexy and attractive. I know I exude sensuality” (02 F XX:XX:XX), “Whilst on the proving, I found myself flirting dangerously closely with other men (03 F XX:XX:XX), “I became very charming and almost seductive with both men and women” (03 F XX:XX:XX).

5.3.1.1.11 Haughty, attractive, self indulgent

There was a tendency to a haughty and egotistical presence where self indulgent attitudes were expressed. Examples: “I am the best and I am always right” (01 F 01:XX:XX), “I love the way my brain thinks” (01 F XX:XX:XX), “I want to show myself off to the world” (01 F XX:XX:XX), “I curved my attention and focused on myself” (01 F XX:XX:XX), “I knew they

thought I was gorgeous” (02 F XX:XX:XX), “I find myself attractive both to myself and others. I look in the mirror and admire myself” (02 F XX:XX:XX), “I own the world” (02 F XX:XX:XX), “I was born to become a glorified trillionaire” (18 M 00:XX:XX).

5.3.1.1.12 Mental power, mental clarity

Mental power and mental clarity and focus were heightened during the proving. This feeling was the polar opposite of poor concentration and forgetfulness which was also experienced. Examples: “I have supreme mental, emotional and physical control” (03 F XX:XX:XX), “I felt more powerful, somehow being able to orchestrate my life in any way that I chose it to be” (03 F XX:XX:XX), “While on the proving, I became very interested in developing my mind powers” (03 F XX:XX:XX), “Have this powerful mental power” (15 M XX:XX:XX), “I have more mental power now than before the drug” (18 M XX:XX:XX), “My mind is very alert” (19 F XX:XX:XX).

5.3.1.1.13 Confidence, strong, powerful, assertive

The feeling of strength, power and assertion was a bold theme in provers – feeling strong to confront or boldly speak their truth. “Felt a great amount of strength during the proving (01 F XX:XX:XX), “I still feel very strong and confident. I feel powerful and in charge of my life. I like feeling this way. I don’t allow others to push me around and enforce their wants onto me. I am straight forward and want to be taken seriously” (01 F XX:XX:XX), “I feel strong and powerful. I don’t like being contradicted” (02 F XX:XX:XX), “I love this new bold, beautiful self confident girl that I have become” (02 F XX:XX:XX), “I am a formidable force” (02 F 01:XX:XX), “Have lots of confidence and I find myself unafraid to say what I want to say” (08 M 01:XX:XX), “Had a sense of determination” (09 F XX:XX:XX), “Was confident and had a very firm control on my decision making” (15 M 00:XX:XX).

5.3.1.1.14 Dancing, singing

An urge to dance in ecstasy and energetically create rhythmical dance movements was elegantly expressed. Provers danced, attended dance classes and also had an energetic feeling during dancing. Examples: “Really want to take up belly dancing lessons. Want to dance in ecstasy. I want to feel the rhythm flow down my hips, swirl around my waist” (01 F XX:XX:XX), “I was even dancing at about 11pm at night” (03 F XX:XX:XX), “Played and danced in the rain, feel excited and super energetic and full of life” (04 F XX:XX:XX), “Want to dance more – I love to dance” (03 F XX:XX:XX), “I went clubbing, had a blast just danced and danced” (05 M XX:XX:XX), “Blasted my music and danced away (07 M XX:XX:XX), “Just want to have fun and dance in ecstasy” (13 M XX:XX:XX), “I really enjoy dancing and having fun” (16 F XX:XX:XX), “Went for dance classes and enjoyed it” (08 M 00:XX:XX), “It’s a feeling to dance and dance” (09 F XX:XX:XX).

Singing was also noted in one prover: “Listening to lots of Hindi music and have such an energy rush singing” (04 F XX:XX:XX).

5.3.1.1.15 Colours

A colourful array of colour was painted in the proving. The choice of colour in dress, attraction to certain colours, particularly green. The visionary reflections of certain colours especially green were portrayed. Examples: “I love the way I look in my new green dress” (01 F XX:XX:XX), “I was attracted to the most beautiful feathers at a fabric shop” (01 F XX:XX:XX), “Influenced again by green, bought a checked green dress that was short” (01 F XX:XX:XX), “Green clothing got my attention. In one week I wore green clothing twice which I usually don’t do” (09 F XX:XX:XX), “I wrote down a love affirmation and coloured it all different colours with crayons and colour” (04 F 02:XX:XX), “I started to see certain colours in the bedroom but it was green in colour then all of a sudden it seemed like the light had a green colour

causing the green reflection in the entire room” (06 F XX:XX:XX), “red reflection in the bathroom” (06 F XX:XX:XX).

5.3.1.1.16 Senses acute

Senses were heightened and sensitivity to sound and light was apparent in the acuity of the senses. Examples: “My senses were acute – everything sounded too loud, I could hear every single detail, my taste buds were oversensitive, eyes became over sensitive to light, sounds aggravated me” (06 F XX:XX:XX), “Bhajan (spiritual song) group came with their big drums and symbols, too loud for service” (14 M XX:XX:XX), “I am totally alert, senses feel highly awakened” (21 F XX:XX:XX).

5.3.1.1.17 Calmness

The feeling of calmness and tranquillity was felt by provers – opposite to anger, rushed and irritability emotions. Calmness amidst nature was observed. Examples: “Watching the beautiful sky and aaah the sounds of birds chirping – always so relaxing for me – calmness is within me” (13 M XX:XX:XX), “I then went into the garden for some fresh air and just sat there staring into the sky and looking at the stars and plants that surrounded me, remaining calm and peaceful” (16 F XX:XX:XX), “Feel almost relaxed and calm” (20 F 00:XX:XX), “I seem to be much calmer these days” (21 F XX:XX:XX), “My mind was calm and all was quiet” (24 F XX:XX:XX), “Attending sathsang (spiritual gathering) always calms me down” (27 M XX:XX:XX).

5.3.1.1.18 Nature

A connection to natural surroundings was established and provers sat amidst the sceneries of stars, the beach, mountains, gardens and animals. Examples: “The pet shop was very peaceful. I love animals” (01 F

XX:XX:XX), “I really want to be at the beach or nature” (04 F 01:XX:XX), “I am craving the beach” (04 F 02:XX:XX), “Sat outside on the grass and looked up at the clouds’ (04 F XX:XX:XX), “Watching the beautiful sky and aaah the sounds of birds chirping” (13 M XX:XX:XX), “I then went into the garden for some fresh air and just sat there staring into the sky and looking at the stars and plants that surrounded me” (16 F XX:XX:XX), “Enjoyed sitting outside and enjoying the breeze” (09 F XX:XX:XX), “I am close to nature especially the mountains” (10 M XX:XX:XX), “I can’t sleep as the stars are powdered throughout the sky, an awesome sight and amazed at the universe beauty” (10 M XX:XX:XX).

5.3.1.1.19 Expression of emotions

A polarity of expressing / not expressing emotions was evident. Examples: “I still don’t know how to show how excited I am to see him, and I feel so unexpressive – I don’t understand why I am holding on so much” (04 F XX:XX:XX), “I could finally express myself. Didn’t hold back my emotion anymore” (04 F XX:XX:XX), “She complained that I was unemotional” (08 M XX:XX:XX).

5.3.1.1.20 Sympathetic

A desire to help others and be more sympathetic was evident. Examples: “Got a new feeling – like I need to be there more for my family and good friends – Must learn to appreciate and be sympathetic to them more” (09 F XX:XX:XX), “Emotionally at work –while doing my work found that I felt sympathetic towards the clients, Felt happy to assist” (24 F 00:XX:XX).

5.3.1.2 Group Two

5.3.1.2.1 Rage, anger

Rage and anger was a pronounced symptom with many provers. A feeling of anger within oneself and to others was expressed. A consuming anger was felt and a desire to hit and break was the fury that was felt. A powerful assertion and aggression was seen in several ways. Examples: "When I need to put my point across and if you stubborn to listen, I stand up tall, I pierce you with the look from eyes, raised chin, my words flow not giving you a chance to breathe" (01 F 02:XX:XX), "I am exploding. I leave my sting and walk away" (01 F 02:XX:XX), "I feel like this is an animal remedy. I am aggressive and confrontational all day. I want to start a fight. I want to argue" (02 F XX:XX:XX), "All I wanted to do was rip his head off. I actually saw myself leaping across the table and ripping his head off" (02 F XX:XX:XX), "I became very angry with her and I started screaming at her" (04 F XX:XX:XX), "I am so angry with the shop" (07 M XX:XX:XX), "I was moody and fought with boyfriend and swore at him and wanted to smash his head against a brick wall" (11 M XX:XX:XX), "Powerful anger within me" (13 M XX:XX:XX), "I am also raging with anger" (20 F XX:XX:XX), "I have so much rage for no reason. It's like its consuming me and I am angry at everything and everyone" (20 F XX:XX:XX), "Today I am angry and really irritated" (21 F XX:XX:XX), "I am annoyed in the meeting, feel like telling him to f**k off" (27 M XX:XX:XX), "Angry after taking these powders"(09 F XX:XX:XX).

5.3.1.2.2 Sadness

Sadness was a key symptom that was felt by many provers. A depressive state was also observed. This showed a polarity to cheerfulness and joy that was also expressed. The sadness was vented internally and was emotionalised with others and events. Examples: "I felt depressed all day" (02 F XX:XX:XX), "I went into a major depression" (04 F XX:XX:XX), "I just

wasted the day away – felt absolutely depressed” (04 F XX:XX:XX), “Associated depression and sad” (06 F 01:XX:XX), “I was feeling so down I was thinking about all the people I lost in my life” (07 M XX:XX:XX), “Feeling very low and sad” (11 M XX:XX:XX), “Am depressed” (13 M XX:XX:XX), “I am in so much of pain in this sadness and I just can’t take the emptiness” (13 M XX:XX:XX), “Feeling depressed as well” (14 M XX:XX:XX), “The whole day I feel down, depressed, heartbroken and alone” (20 F XX:XX:XX), “Emotionally drained really very depressed cried my eyes out” (23 F XX:XX:XX), “Very sad going back home” (27 M XX:XX:XX).

5.3.1.2.3 Irritability

This was a prominent symptom in provers and had a very high intensity in several provers. Irritability was noticed as an internal irritability with oneself and externally with others and with events. Examples: “Irritated, just feel like sleeping” (01 F XX:XX:XX), “My annoyance with people was really high – especially if they didn’t the standards that I expected of them” (03 F XX:XX:XX), “I was getting annoyed at her” (04 F XX:XX:XX), “Got home in an irritated mood” (05 M XX:XX:XX), “Very frustrated because of boyfriend” (14 M XX:XX:XX), “Wife and baby getting at my nerves” (18 M 01:XX:XX), “I am quite irritated with management” (19 F XX:XX:XX), “I feel frustrated and irritable because I don’t have the freedom to do as I feel” (20 F XX:XX:XX), “Feeling irritated following discussion with parents and their health issues” (22 M XX:XX:XX), “I was in terrible mood these last few days; very irritated with everything and short tempered” (23 F XX:XX:XX), “I am tired physically and now I am more irritated. Wake up feeling annoyed” (27 M XX:XX:XX), “Boyfriend tells me I am moody again I don’t agree – I am normal This made me wonder if I am” (27 M XX:XX:XX), “Still very irritable and confrontational to a point” (08 M XX:XX:XX), “Easily irritable. Had an argument with a man” (08 M XX:XX:XX), “I wonder if it’s the stuff I have taken that is causing all my irritability” (27 M XX:XX:XX).

5.3.1.2.4 Miserable

A miserable and unfortunate feeling was expressed as “I was miserable, woke up miserable and felt miserable all day” (02 F XX:XX:XX), “I want to be alone in a cool dark room. I am miserable” (04 F XX:XX:XX), “Felt down today under the weather as if I don’t quite know what to do with myself like hollowness inside me” (20 F XX:XX:XX).

5.3.1.2.5 Quarrelsome

The quarrelsome and aggressive nature of this remedy was manifested clearly in the expression of fighting, arguing and confrontational mannerisms. It was observable that being part of the proving and taking the remedy caused quarrels. “I am aggressive and confrontational all day. I want to start a fight. I want to argue. I want to win at any cost. I feel ready to pounce” (02F 00:XX:XX), “Have been having many arguments with my girlfriend” (08 M XX:XX:XX), “She and I had a big fight about me being on another proving” (08 M XX:XX:XX), “Boyfriend and I fighting when I took these powders, me and my stubborn self” (09 F XX:XX:XX).

5.3.1.2.6 Kill

The desire to kill as would a venomous snake was venomously expounded in provers interactions with others. Examples: “I want to allure him to my dark mind and then pouncing want to relish my prey” (01 F 01:XX:XX), “I feel powerful yet my energy feels pent up or caged up. I feel ready to pounce. I even have a strange impulse to kill” (02 F XX:XX:XX), “All I wanted to do was rip his head off. I actually saw myself leaping across the table and ripping his head off” (02 F XX:XX:XX). “I want to shove staples down his throat” (04 F 02:XX:XX), “I could have killed the children if they made any noise” (04 F XX:XX:XX).

5.3.1.2.7 Escape

The desire to escape was clearly seen in the need to be free. Examples: “I need to escape, I need to run away” (01 F 02:XX:XX), “I keep finding myself trying to escape” (01 F XX:XX:XX), “I just wanted to leave” (06 F XX:XX:XX), “I feel like running away from home. I am looking for space and freedom” (16 F XX:XX:XX), “I felt I needed to be away from it all” (16 F XX:XX:XX), “I feel trapped in cage and can’t get out” (20 F XX:XX:XX), “I feel confined today because I want to run away and I am getting bored” (20 F XX:XX:XX).

5.3.1.2.8 Alone, withdrawn, forsaken

The desire for isolation created a withdrawal feeling and a need to be in one’s own inner space. Examples: “I am left alone in this dirty old office” (01 F 01:XX:XX), “I want to be alone in a cool dark room” (04 F XX:XX:XX), “Was withdrawn the whole day” (06 F XX:XX:XX), “Sad due to the fact that I was alone at campus” (11 M XX:XX:XX), “Territorial didn’t want anyone in my space” (06 F XX:XX:XX), “Feel like I am overcrowded and just want to be alone” (14 M XX:XX:XX), “It’s just that I love my space to do what I want” (14 M XX:XX:XX), “I love to have my own space to do my own stuff. Even if it’s just lazing around” (15 M XX:XX:XX), “I would like nothing more than to curl into a ball and shut of the world and disappear for a few hours” (21 F XX:XX:XX), “I prefer my own space, I am comfortable in my own skin and not afraid to discover all of me – my thoughts, motives, perceptions likes, dislikes” (23 F XX:XX:XX), “Want to be alone keep my thoughts to myself” (28 F XX:XX:XX). The feeling of being forsaken was also noted as “I felt very emotional and lonely, as I don’t have a relationship that normal husband and wives have” (16 F XX:XX:XX).

5.3.1.2.9 Manipulative, deceitful, misleading

The proving brought about behaviours of manipulation, deceit and misleading ways. Examples: “I love the way I can manipulate a situation to modify and satisfy my requirements” (01 F XX:XX:XX), “It empowers me to make him confused but more than that I feel like I really don’t need to be worried about him” (02 F XX:XX:XX), “One day, I had the whole work force at my office, lie for me so that my manager wouldn’t figure out that I owned my company” (03 F XX:XX:XX), “I mislead him but I want him physically to make love” (20 F XX:XX:XX).

5.3.1.2.10 Suspicious

There were elements of suspicion that were revealed and even suspicion regarding the proving drug. Examples: “Received too much praises so felt suspicious but got my first job” (01 F 00:XX:XX), “I have this weird idea or maybe a suspicion that he is GAY. I really hope it’s not true and it’s just paranoia on my part” (02 F XX:XX:XX), “However I became very suspicious of people and my work colleagues. I was especially suspicious of the remedy, thinking that it will have a bad effect on me” (03 F XX:XX:XX), “I wonder if I am on the drug or the placebo, but the suspense is” (13 M 00:XX:X), “My mind keeps feeling suspicious of this new drug, and I am being conscious of any symptoms” (13 M 00:XX:XX), “Apprehensive and suspicious, to the symptoms that may manifest” (19 F XX:XX:XX).

5.3.1.2.11 Self assertion

A dictatorial dominance was seen and a feeling of self assertion was noted. Examples: “During my experience of the proving I felt a great amount of strength within me. Dominance and energy had become a stronger character” (01 F XX:XX:XX), “I feel like a fox walking through the forest with the moon above my head. I want to create an outer appearance that makes

me look fierce but also dominating at the same time” (01 F 01:XX:XX), “I don’t care about the consequences. I don’t want to be treated as an inferior so I fight back and say whatever I feel. I enjoy this feeling” (08 M XX:XX:XX), “I usually just keep quiet and now I want to be heard. I want to express my views and have it accepted as my views” (08 M XX:XX:XX).

5.3.1.2.12 Injustice

A strong feeling of injustice was experienced in provers in their interaction with their surrounding circumstances. Examples: “Nobody will ever use me this way and get away with it. I am preparing to take major legal action. It’s time to settle the score” (02 F XX:XX:XX), “It is like I am unstoppable I want to put right all the wrongs that I have been inflicted on me” (02 F 01:XX:XX), “I wrote a stinging letter, threatening legal action against the University. I am ready to take them down; nobody can cheat me out of money and get away with it” (02 F XX:XX:XX), “Felt like he was imposing on me because why must I be responsible for someone else’s mess/mistake” (06 F XX:XX:XX), “Today I snapped. I wondered if the stuff the researcher gave me caused me to snap. Either way I can’t stand the conniving racism, unethical behaviour and lies (19 F XX:XX:XX), “I want justice to be done at all costs because I don’t want to be treated as an inferior. I don’t want the people in power to get away with murder. I want them know that we are fighting back” (08 M XX:XX:XX), “They pass on their work to me, even though I am a temp. I didn’t think that’s fair. This is so frustrating” (09 F XX:XX:XX).

5.3.1.2.13 Poor concentration

There was a marked sense of poor concentration in gathering of thoughts, opposite to the theme of mental clarity and mental powers. Examples: “I had great difficulty concentrating at work” (02 F XX:XX:XX), “Felt like I didn’t have the energy to pay attention” (04 F 02:XX:XX), “Again couldn’t pay attention in lecture, feel like I am disorientated-that happened yesterday as well” (04 F

XX:XX:XX), “I can’t gather my thoughts” (04 F XX:XX:XX), “I am feeling sleepy and I am finding it hard to concentrate” (07 M XX:XX:XX), “I noticed I can’t concentrate in lectures as I dream” (07 M XX:XX:XX), “Feeling listless and tired and cannot focus and concentrate” (10 M XX:XX:XX), “Found it hard to concentrate” (11 M 01:XX:XX), “Unable to concentrate and focus” (11 M XX:XX:XX), “Don’t feel like studying and can’t concentrate on studying” (20 F XX:XX:XX), “I have lots of work and it’s hard to concentrate, it’s a crazy feeling” (24 F 01:XX:XX) “I could not work, no power to concentrate” (24 F XX:XX:XX), “Mind goes blank. Mind doesn’t function. Body goes on a slow go” (28 F XX:XX:XX).

5.3.1.2.14 Forgetful

A forgetful nature was noted. Examples: “Within 2 weeks of starting the remedy, I became very forgetful, especially over the littlest of things” (03 F XX:XX:XX), “Being forgetful though, I sometimes couldn’t even find my list of things to do” (03 F XX:XX:XX), “Confused , thinking and forgetting easily” (28 F XX:XX:XX).

5.3.1.2.15 Past thoughts, nostalgia

There was marked sense of reminiscing about past thoughts regarding people and events. This was coupled with nostalgic feelings. Examples: “Thinking about the past and happy times we spent together” (05 M XX:XX:XX), “I can’t dwell on the past and what could have been, I need to look forward” (05 M XX:XX:XX), “Felt as though I was back to the days of being with my parents and my family. We had so much fun back in the days” (16 F XX:XX:XX), “My mind can’t stop thinking about this thing between him and me and what has happened” (20 F XX:XX:XX), “Guess when you don’t deal with your past issues, they somehow resurface. Thinking a lot about my past which I do but not that often” (09 F XX:XX:XX), “Wonder where all these old feelings of reminiscing are coming from” (09 F XX:XX:XX), “Reminiscing

a lot about my past. I found that I dug up albums of my wedding, and bachelorette party reminiscing on past happy events. I was pretty nostalgic” (03 F XX:XX:XX), “Recalled a few childhood memories” (23 F XX:XX:XX), “After wedding seeing old friends and drove pass my old house, feeling nostalgic” (27 M XX:XX:XX).

5.3.1.2.16 Fear

The most prominent fear that surfaced was that of snakes, especially green snakes, which is interesting, considering that this was a proving of *Dendroaspis angusticeps*. “A troop of monkeys entered my house – leaving me paralyzed in fear” (03 F XX:XX:XX), “Due to my fear of snakes I get a pest control company to spray snake and insect repellents around my home once a year. That being said I was extremely shocked when my neighbour told me that she saw a shiny green, long snake in my garden!!! I was shocked and amazed – especially since my garden had the most amount of snake repellent chemicals” (03 F XX:XX:XX), “That evening, my sister revealed that a green snake had pounced at her once she opened the window. She has very fast reflexes, and quickly slammed the window shut, trapping the snake’s body in the window. Her boyfriend rescued the snake and led it out of the window. I hate that at some level I had a vibe that something could go wrong, that I couldn’t save her from, and it did” (03 F XX:XX:XX).

Prover number 3 also had a cured symptom of not fearing snakes after being fearful of snakes for years. “I am short-sighted but I felt from the 3rd week onwards that I was seeing flashes of a black snake from the corners of my eye. One evening while sitting and watching TV, with the door open I imagined a long shiny black snake enter my house and go up the stairs with me chasing after it. This is very unusual as I have had a deep fear of snakes for years. At one point of my life, I couldn’t even say the word “snake” fearing they can hear me and will therefore appear. Now 2 months after the trial, I

am no longer fearful of snakes, but tend to admire them instead” (03 F XX:XX:XX).

One other fear was expressed: “Fear for dirty greenish water and the ship that we were on this floating and also filled with that kind of water, my worst fear is that I could get lost in that water” (06 F XX:XX:XX).

5.3.1.2.17 Delusions

Delusions form an integral part of snake remedies and the delusions were manifested clearly in this proving. Examples:

- The delusion of being watched: “Without making it obvious I am aware that they all are staring at me. I can see from the corner of my eye, the manner in which guys are looking at me. I can just sense them” (01 F XX:XX:XX), “People could watch us and felt them all watching me” (08 M XX:XX:XX).
- The delusion of being impregnated: “I feel I can easily be impregnated but I don’t want children” (01 F XX:XX:XX), “I just feel so faint I feel I am pregnant” (04 F XX:XX:XX).
- The delusion of seeing snakes: “I was seeing flashes of a black snake from the corners of my eye. I imagined a long shiny black snake enter my house and go up the stairs with me chasing after it” (03 F XX:XX:XX).
- The delusion of the presence of evil: “I was convinced that something evil had entered my house, as my fear was too strong and powerful” (03 F XX:XX:XX).
- Delusions of seeing light, colours and hearing noises: “I feel like I have come from darkness to light” (04 F XX:XX:XX), “It’s like a noise in the background of my head now. I feel it constantly” (04 F XX:XX:XX), “I started to see certain colours like the bedroom I was in is green in colour” (06 F XX:XX:XX), “My hearing seems to be quite sensitive. I

managed to hear the nun call me from downstairs” (19 F XX:XX:XX), “All sound around me felt a hundred times louder, the sound actually felt/feels as if continuously ‘OM’ is being chanted. Non-stop” (24 F 01:XX:XX).

- The delusion of the head being separated: “In fact it felt like my head was separated from my body” (06 F XX:XX:XX).
- The delusion of falling and a crashing feeling within: “Felt like everything is crashing and falling inside of me” (06 F XX:XX:XX).

5.3.1.2.18 Anxiety

A strong sense of anxiety was a notable feeling in provers. Examples: “I am starting to feel anxious and this deep sense of longing” (04 F XX:XX:XX), “Anxious about his safety” (04 F XX:XX:XX), “Extreme anxiety – couldn’t even breathe properly, my heart was racing that I could feel my heart palpating in my throat” (06 F XX:XX:XX), “Anxious because I am afraid that I wont survive in the next job” (06 F XX:XX:XX), “The anxiety and stress is getting worse” (06 F XX:XX:XX), “Feeling so anxious of the past” (07 M XX:XX:XX), “Am worried about me not studying” (13 M XX:XX:XX), “I was both curious and very anxious and apprehensive at the same time” (19 F XX:XX:XX), “Overwhelmed with anxiety” (20 F XX:XX:XX).

5.3.1.2.19 Anxiety conscience

An anxiety of conscience was seen as a guilty emotion. Examples: “Felt guilty for not doing any work for campus” (04 F XX:XX:XX), “I feel guilty for not doing exercise or prayer” (04 F XX:XX:XX), “Perhaps it the guilt of not doing anything substantial. Feel guilt ridden” (19 M XX:XX:XX), “I feel sorrow and guilty because I have to deal with the fact that he and I are no more” (20 F XX:XX:XX), “I feel terrible and guilty because he was waiting to see me most of the day and night” (20 F XX:XX:XX).

5.3.1.2.20 Antagonism of will, confusion, irresolution

A split in consciousness was displayed in the antagonism of will with provers feeling confused and split over decisions. Examples: “I feel torn and confused. Why doesn’t he want to be with me? Am I unworthy?” (02 F XX:XX:XX), “I feel torn over with this issue” (02 F XX:XX:XX), “I have this confusion deep seated whether what we doing is right or wrong, it feels right in the moment, so I let it be” (04 F 02:XX:XX), “Had sex with him – part of me feels guilty and the other just wants to let it be” (04 F XX:XX:XX), “I am so confused, I really am. I feel like I am on a see-saw” (04 F XX:XX:XX), “Mixed feeling of excitement yet huge anxiety” (06 F XX:XX:XX), “Gosh yes or no, yes or no. I am still confused” (09 F XX:XX:XX), “Unsure whether to bake or not, whether to attend wedding or not. Bit annoying that day was certain yet uncertain” (14 M XX:XX:XX), “Feel like two willed” (20 F XX:XX:XX), “Feel confused, frustrated but on the other hand feel calm inside even though my mind is racing with thoughts” (20 F 02:XX:XX), “I feel confused about my decision whether I am doing the right or not” (20 F XX:XX:XX).

5.3.1.2.21 Attention

Linked to feelings of wanting to withdraw and be alone was a polar opposite, namely, desire for attention. Examples: “How hard is it to give me a little attention? So you won’t call me or bother about me?” (03 F XX:XX:XX), “I want attention. But I am not doing anything to get it. I am annoyed at myself for wanting attention” (04 F 01:XX:XX), “I want attention I want to be pampered. I want his constant attention” (04 F XX:XX:XX).

5.3.1.2.22 Restless, hurried, rushed

The movements observed in symptoms were related to being hurried, rushed and restless. Examples: “Went home and rushed to temple, why is everything such a rush?” (04 F 01:XX:XX), “I find that I have been more impatient and

very hurried” (08 M XX:XX:XX), “Now rushing to have lunch with a friend. I am frantically dressing up. Was also restless the whole day. For no apparent reason” (19 F XX:XX:XX), “I am feeling restless don’t know why I ate quickly” (19 F XX:XX:XX).

5.3.1.2.23 Speech

Speech was vocalised in two ways. One being an articulate state of speech and the other being slurred speech and difficulty vocalising. Examples: “I couldn’t put across properly what I wanted to tell her” (04 F 02:XX:XX), “Felt I was not articulate enough” (04 F 02:XX:XX), “I speak fluently and without second thought. The words just flow” (08 M XX:XX:XX), “Since the second dose there is minor slurring and slower reaction time” (14 M 00:XX:XX), “Also noted that slurring frequently and tend to make errors/ mistakes more often than usual” (14 M XX:XX:XX), “When speaking I cannot complete the full sentence without taking another quick breath” (23 F XX:XX:XX).

5.3.1.2.24 Weeping

The proving brought about a weeping and crying state as opposed to laughter and cheer which was also experienced. Examples: “I cried in the morning but now I don’t want that negativity. I want to cry and cry” (04 F 01:XX:XX), “Went to bed sobbing and crying” (04 F XX:XX:XX), “I just cried the whole day. I just howled and cried” (04 F XX:XX:XX), “I cried and cried” (07 M XX:XX:XX), “Woke up and started crying out of frustration and anger” (20 F XX:XX:XX), “Emotionally drained, really very depressed, cried my eyes out as I recalled a few childhood memories” (23 F XX:XX:XX), “I started weeping when talking about God” (24 F XX:XX:XX).

5.3.1.2.25 Prostration, exhaustion

The polarity of feeling energetic was a feeling of prostration or exhaustion. Examples: “I couldn’t manage doing anything. I really have to force myself to write in this book” (04 F XX:XX:XX), “So exhausted. I can’t manage this malaise”, (04 F XX:XX:XX), “Feel very exhausted and tired” (20 F XX:XX:XX), “Exhausted and tired of this writing so putting down my thoughts” (24 F XX:XX:XX).

5.3.1.2.26 Suicidal, death

A close association with feelings of death was felt and the desire to die was experienced. “Feel like dying because I can’t handle these emotions anymore, feel like I can explode” (06 F XX:XX:XX), “Didn’t feel like living anymore and just giving up everything” (06 F XX:XX:XX), “I feel like dying but I do” (14 M XX:XX:XX), “I feel like I am going to die and a feeling to die. I am dead for the evening” (27 M XX:XX:XX). Prover 4 had a suicidal disposition: “I tried to kill myself – mum caught me before I could do any major damage. Took an overdose of tablets” (04 F XX:XX:XX), “I feel like I am dead inside. I can’t do this anymore”, (04 F XX:XX:XX).

5.3.2 Vertigo

Vertigo was experienced and described as feeling dizzy and lightheaded (04 F 01:08:XX) (19 F 01:14:10) (20 F XX:XX:XX) (28 F XX:XX:XX). Prover 28 felt their surroundings spinning around as “The entire room started spinning” (28 F XX:XX:XX).

5.3.3 Head

The majority of provers experienced a headache during the proving and the variety in head pain was evident. The location of the pain was both left sided

(04 F 01:11:XX) (13 M 02:XX:XX) (23 F 00:XX:XX) and right sided (02 F 00:13:XX) (14 M 00:10:50) (20 F XX:XX:XX) (21 F XX:XX:XX). The prominent areas of the headache were the temples, occiput, forehead, in the frontal bones, parietal areas and around the eyes.

Temporal headaches were prominent in provers (01 F 00:16:XX), (01 F 00:16:XX), (04 F 01:16:30), (06 F XX:XX:XX), (09 F XX:XX:XX), (20 F 00:XX:XX) and (22 M 00:XX:XX). Occipital headaches were noted in provers (01 F 00:16:XX), (04 F 01:11:XX), (20 F XX:XX:XX) and (22 M 00:XX:XX). Frontal and forehead headaches were prominent in provers (04 F XX:XX:XX), (06 F XX:XX:XX), (07 M 01:XX:XX), (08 M XX:XX:XX), (16 F XX:XX:XX) and (20 F 01:XX:XX). Parietal headaches occurred in provers (04 F XX:XX:XX), (08 M 00:XX:XX) and (20 F XX:XX:XX). Headaches around and between the eyes were also observed in provers (02 F 00:13:XX), (06 F XX:XX:XX), (20 F 00:XX:XX) and (21 F XX:XX:XX).

The pain was described as bursting (03 F XX:XX:XX), (06 F XX:XX:XX); pulsating (02 F 00:13:XX), (06 F XX:XX:XX), (07 M 00:09:XX), (14 M 00:10:50), (20 F 00:XX:XX), (21 F XX:XX:XX), (22 M 00:XX:XX); dull (04 F XX:XX:XX), (09 F XX:XX:XX), (16 F XX:XX:XX), (20 F 01:XX:XX), (23 F 00:XX:XX), (24 F 00:XX:XX), (04 F 00:XX:XX); buzzing (04 F 01:11:XX) (14 M 00:10:50); tingling (04 F XX:XX:XX); splitting (04 F XX:XX:XX), and shooting (20 F XX:XX:XX). Provers also described their headache as a "feathery light headache" (20 F XX:XX:XX). Further sensations experienced in the head were a pushing out sensation (04 F 01:08:15) and heaviness (03 F XX:XX:XX).

The headaches were ameliorated by pressure (02 F 00:13:XX), (04 F XX:XX:XX), (06 F XX:XX:XX); sitting (04 F XX:XX:XX); lying (06 F XX:XX:XX); water (06 F XX:XX:XX); warmth (06 F XX:XX:XX); eating (06 F XX:XX:XX); stillness (04 F XX:XX:XX), (06 F XX:XX:XX); and closing eyes (06 F XX:XX:XX), (20 F 01:XX:XX).

The headaches were aggravated by noise (04 F 02:XX:XX), (06 F XX:XX:XX), (20 F XX:XX:XX); motion (04 F 02:XX:XX); sun (20 F XX:XX:XX); coffee (03 F XX:XX:XX); heat (04 F 02:XX:XX), (06 F XX:XX:XX), (20 F XX:XX:XX); light (06 F XX:XX:XX), (20 F 00:XX:XX), (24 F XX:XX:XX); eyes open (20 F XX:XX:XX); looking upward (06 F XX:XX:XX); standing (07 M 00:XX:XX); walking (07 M 00:XX:XX); pressure (08 M XX:XX:XX); smells (20 F XX:XX:XX); incense (20F XX:XX:XX); and sweets (02 F 00:13:XX).

5.3.4 Eye

The sensations in the eye were described as tearing (01 F XX:XX:XX), (11 M XX:XX:XX); dull (20 F XX:XX:XX); sore (08 M XX:XX:XX), (20 F XX:XX:XX); dry (20 F XX:XX:XX); and watery (24 F XX:XX:XX). A floating sensation was noted (20 F XX:XX:XX), and a sensation of heaviness (01 F XX:XX:XX) and (11 M XX:XX:XX).

There were symptoms on the eyelids in terms of localisation. Eyes were shut tightly (01 F XX:XX:XX); the eyelids felt heavy and painful (01 F XX:XX:XX); ptosis of the eyelids (06 F XX:XX:XX); and styes on the eyelid (04 F 02:XX:XX).

Itchiness of both the eyes was also described (04 F XX:XX:XX), (06 F XX:XX:XX). Itchiness of the left eye (11 M XX:XX:XX). A burning sensation in both the eyes was felt (07 M XX:XX:XX), (11 M XX:XX:XX) and (20 F XX:XX:XX).

Prover 4 developed a stye on the right lower eyelid (04 F 02:XX:XX). There was inflammation of the eyes with a puffy and red appearance (04 F XX:XX:XX), (10 M XX:XX:XX) and (11 M XX:XX:XX). Prover 10 developed an eye infection of the right eye with a conjunctival inflammation (10 M

XX:XX:XX). Redness of the eyes was seen (10 M XX:XX:XX), (11 M XX:XX:XX). Prover 21 developed pain in the right eye with a bursting of the blood vessel (21 F XX:XX:XX).

5.3.5 Vision

Vision was blurred and there was double vision (10 M XX:XX:XX), (11 M 02:XX:XX) and (21 F XX:XX:XX). A vision of a snake moving was experienced: "I am short-sighted but I felt from the 3rd week onwards that I was seeing flashes of a black snake from the corners of my eye" (03 F XX:XX:XX).

5.3.6 Ear

Ear symptoms included a sensitivity to pressure and a blocked feeling in the ear (04 F XX:XX:XX), (08 M XX:XX:XX) and (18 M XX:XX:XX). Itching was also felt in the ears (06 F XX:XX:XX) and (27 M XX:XX:XX). Prover 24 experienced a pronounced humming sensation: "This morning I still woke up with the humming sound in both my ears but it was more prominent in my left ear. How long is this going to last I am now feeling really annoyed. Listening to some music the sound is echoing when is this going to stop" (24 F XX:XX:XX).

5.3.7 Hearing

Acute hearing was noted "My hearing seems to be quite sensitive. I managed to hear the nun call me from downstairs. I am also able to hear something before it happens" (19 F XX:XX:XX).

5.3.8 Nose

Provers recorded episodes of sinusitis, continuous sneezing and congested sinuses (04 F XX:XX:XX), (05 M XX:XX:XX), (10 M XX:XX:XX) and (24 F XX:XX:XX). The discharge was increased and colourless (03 F XX:XX:XX) and (08 M XX:XX:XX), and greenish (08 M XX:XX:XX). There was also bleeding of the nose and a burning sensation (21 F XX:XX:XX).

5.3.9 Face

There was an appearance of facial eruptions in the manifestation of acne and pimples. Pimples were red, pustular and long lasting (02 F XX:XX:XX), (03 F XX:XX:XX), (07 M XX:XX:XX), and (08 M XX:XX:XX). The jaws were sore, clenched and had a marked tightening sensation upon opening (13 M 02:XX:XX), (16 F XX:XX:XX) and (20 F XX:XX:XX).

5.3.10 Mouth

There was bleeding along the gums and sores that developed on the gums (01 F XX:XX:XX), (10 M XX:XX:XX) and (11 M XX:XX:XX). Tongue symptoms were various: iron taste (04 F XX:XX:XX); swollen and rough tongue (06 F XX:XX:XX); dry tongue (19 F XX:XX:XX), (20 F 02:XX:XX) and (24 F XX:XX:XX).

5.3.11 Teeth

Grinding of the teeth (06 F XX:XX:XX) and pain on the right side of the tooth was noted (24 F XX:XX:XX).

5.3.12 Throat

Pain in the throat area manifested in provers (08 M XX:XX:XX) (10 M XX:XX:XX), (11 M XX:XX:XX) and (27 M XX:XX:XX). Difficulty in swallowing was seen: "I couldn't swallow and began feeling weak in my body my throat felt as though it was closing up" (16 F XX:XX:XX). There was phlegm in the throat and described as greenish (03 F XX:XX:XX), (08 M XX:XX:XX), (10 M XX:XX:XX), and the throat felt dry and itchy (06 F XX:XX:XX) (20 F XX:XX:XX). Inflammation of the left nasopharynx and tonsils occurred (06 F XX:XX:XX), (08 M XX:XX:XX) and (20 F XX:XX:XX). A peculiar symptom was a feeling of air stuck in the oesophagus (04 F 00:XX:XX).

5.3.13 Stomach

There were a number of sensations in the stomach: emptiness (04 F XX:XX:XX); air trapped (04 F XX:XX:XX); hollow sensation (13 M 00:XX:XX); sinking feeling (21 F XX:XX:XX); and cramping (16 F XX:XX:XX).

Throughout the proving appetite was increased in several provers (02 F 00:XX:XX), (03 F XX:XX:XX), (04 F 01:XX:XX), (08 M 01:XX:XX), (11 M 00:XX:XX), (18 M 00:XX:XX), (19 F XX:XX:XX), (20 F XX:XX:XX), (21 F 00:XX:XX) and (23 F XX:XX:XX). Appetite was also ravenous (02 F 01:XX:XX), (03 F XX:XX:XX) and (19 F XX:XX:XX). There were also episodes of loss of appetite recorded (04 F XX:XX:XX) and (11 M 00:XX:XX).

Increased thirst was also prominent amongst provers (01 F XX:XX:XX), (02 F 00:XX:XX), (04 F XX:XX:XX), (08 M 01:XX:XX), (09 F XX:XX:XX), (20 F XX:XX:XX), (21 F 00:XX:XX), (23 F XX:XX:XX), (24 F XX:XX:XX) and (27 M XX:XX:XX). Thirst for cold water (02 F 01:XX:XX) and (21 F 00:XX:XX); drinking large amounts of water (01 F XX:XX:XX), (04 F XX:XX:XX) and (21 F 00:XX:XX).

Nausea and vomiting was prevalent e.g. “After taking the drug I feel like vomiting all the time” (07 M 00:XX:XX), and “nausea throughout the day” (4F XX:XX:XX), (11 M XX:XX:XX), (22 M XX:XX:XX) and (24 F 00:XX:XX). Indigestion was recorded (11 M XX:XX:XX) and (20 F XX:XX:XX).

5.3.14 Abdomen

Provers recorded abdominal pain in various ways as cramping (02 F XX:XX:XX), (03 F XX:XX:XX), (04 F XX:XX:XX), (22 M XX:XX:XX); aching (04 F XX:XX:XX); sharp hypochondrial pain (04 F 00:XX:XX); cutting splinter like pain (06 F XX:XX:XX); and colicky (08 M XX:XX:XX). There was also bloatedness (04 F XX:XX:XX), (06 F XX:XX:XX), (20 F XX:XX:XX), (22 M XX:XX:XX), (06 F XX:XX:XX); constipation (04 F XX:XX:XX), (06 F XX:XX:XX); and heaviness (20 F XX:XX:XX).

5.3.15 Rectum

Itching around the anal region (01 F XX:XX:XX) and a cutting pain around the anal area and rectum was noted (06 F XX:XX:XX).

5.3.16 Bladder

There was increased urination (09 F XX:XX:XX) and a fullness of the bladder (28 F XX:XX:XX).

5.3.17 Kidneys

There was a soreness experienced at the level of the kidney region (09 F XX:XX:XX) and (16 F XX:XX:XX).

5.3.18 Urine

There was a watery urine (04 F XX:XX:XX).

5.3.19 Male genitalia / Sex

Sexual energy was increased in many male provers and the disposition to masturbation was pronounced (05 M XX:XX:XX), (11 M XX:XX:XX,) (13 M XX:XX:XX), (14 M 00:XX:XX), (18 M 02:XX:XX) and (27 M XX:XX:XX). One prover experienced a tightness in the left testicle with a tingling sensation “it’s a tingling tightness in the left testicle” (13 M XX:XX:XX).

Prover 18 had a cured symptom regarding a severe itchy sensation near the left genitalia which disappeared during the proving: “Woke up with no itchiness on legs on inner thighs. The itchy sensation feels dull and leaving me and it’s because of the drug. I noticed that the itchy sensation on my skin is gone” (18 M XX:XX:XX).

5.3.20 Female genitalia / Sex

Menses symptoms were recorded as scanty flow. Examples: “Flow is scanty, very unusual for me on the 1st day. Did not have much cramping. Did not experience pms, this is new to me” (02 F XX:XX:XX), “Still very scant periods the flow of blood is very slow” (06 F XX:XX:XX).

Other menses symptoms included: stopped up flow “It felt like the blood did not want to come out, like there was a stopper preventing the blood from coming out because there was hardly any flow” (06 F XX:XX:XX); flow dark and thick “the colour is almost black, like a very dark brown, and it’s sometimes thick” (09 F XX:XX:XX); and heavy and clotted “I over bled, it was heavy blood clots and it continued for days” (28 F XX:XX:XX).

The pain sensations during menses were: cramping and throbbing “Felt like my muscle in those areas were cramping. I never experienced such terrible pain and I couldn’t do anything, I couldn’t even eat” (04 F XX:XX:XX), “A constant throbbing pain and a pulling throb in my lower back” (20 F XX:XX:XX); “fire in the pelvis” (06 F XX:XX:XX); heavy, drawing pain in the uterus (20 F XX:XX:XX); and sensation that the uterus would burst (28 F XX:XX:XX).

Libido was increased in female provers and the sexual energy displayed was energetic (01 F 01:XX:XX), (02 F 02:XX:XX), (03 F XX:XX:XX) and (16 F XX:XX:XX).

There was heaviness of the breasts and erect nipples (01 F XX:XX:XX).

5.3.21 Respiration

There was discomfort and difficulty in breathing. Examples: “A discomfort in my diaphragm, my breathing becomes slow, my chest is tight (01 F XX:XX:XX), “I seemed to be struggling to breathe and taking very deep breaths” (19 F XX:XX:XX).

5.3.22 Cough

The cough was sore and persistent (10 M XX:XX:XX) and (11 M XX:XX:XX).

5.3.23 Chest

A burning was felt in the chest “I felt my chest burning, it was physically paining, I had to hold on to it and apply pressure to relieve the pain. I also noticed that I have heartburn in my upper chest, it’s a burning sensation” (20 F XX:XX:XX) (04 F 01:XX:XX). Cramping pain was felt with heaviness “My chest was physically paining – it felt like cramping –this heaviness in my

heart. It was overwhelming” (04 F XX:XX:XX). A palpitating sensation was experienced, “I could feel my heart palpitating in my throat” (06 F XX:XX:XX). “A desire to expand the chest as if there toxins in my chest that needed to be drained” (20 F XX:XX:XX).

5.3.24 Back

Back pain was located in the following regions: scapular (01 F XX:XX:XX), (04 F XX:XX:XX), (06 F 00:15:15) and (08 M 00:XX:XX); thoracic (01 F XX:XX:XX), (10 M XX:XX:XX) and (11 M XX:XX:XX); cervical (20 F XX:XX:XX); and lumbar (01 F XX:XX:XX), (20 F 00:XX:XX) and (28 F XX:XX:XX).

Pain was described as poking (01 F XX:XX:XX) and (11 M XX:XX:XX); piercing (04 F XX:XX:XX); aching (04 F XX:XX:XX), (20 F XX:XX:XX) and (28 F XX:XX:XX); dull (20 F 00:XX:XX); and throbbing (20 F XX:XX:XX).

5.3.25 Extremities

Pain was predominant in the feet with sensations of pins and needles (04 F 02:XX:XX); weakness (06 F XX:XX:XX) and (24 F XX:XX:XX); sharp splinter like (06 F XX:XX:XX) and (20 F XX:XX:XX); and stabbing (06 F XX:XX:XX).

Pain was located in various areas such as the achilles tendon (08 M XX:XX:XX) and (20 F XX:XX:XX); fingers (09 F XX:XX:XX), and (24 F XX:XX:XX); elbow (20 F 01:XX:XX) and lower limb (16 F XX:XX:XX) and (20 F XX:XX:XX).

5.3.26 Sleep

Many provers had various sleep symptoms, including: sleepiness (01 F XX:XX:XX), (04 F 02:XX:XX), (05 M 00:10:XX), (6F XX:XX:XX), (07 M

02:XX:XX), (09F XX:XX:XX), (10 M XX:XX:XX), (11 M 01:XX:XX), (13 M 02:XX:XX), (19 F 01:XX:XX), (20 F XX:XX:XX), and (21F XX:XX:XX); sleeplessness (01 F XX:XX:XX) and (04 F XX:XX:XX); difficulty falling asleep (02 F XX:XX:XX), (03 F XX:XX:XX), (07 M XX:XX:XX), (11 M XX:XX:XX) and (20 F XX:XX:XX); left sided sleep position (02 F XX:XX:XX); deep sleep (04 F 02:XX:XX), (05 M XX:XX:XX), (06 F XX:XX:XX) and (07 M XX:XX:XX); unrefreshing sleep (02 F XX:XX:XX), (05 M XX:XX:XX), (06 F XX:XX:XX) and (09 F XX:XX:XX); restless sleep (02 F XX:XX:XX) and (07 M XX:XX:XX); and short sleep (22 M 00:XX:XX) and (28 F 01:XX:XX).

5.3.27 Dreams

Many dreams centred around the idea of change i.e. provers dreamt of places changing, unfamiliar places, foreign places and dreams often changed greatly in their setting and location (01 F XX:XX:XX), (05 M 00:XX:XX), (06 F XX:XX:XX), (07 M XX:XX:XX), (11 M XX:XX:XX), (15 M XX:XX:XX,) (18 M XX:XX:XX), (20 F XX:XX:XX) and (28 F XX:XX:XX).

Dreams around sexuality were prominent as expressed in amorous dreams. Dreams of prostitutes, sexual acts, seductive mannerisms, homosexuality and lustful images came through prominently (01 F XX:XX:XX), (02 F 01:XX:XX), (03 F XX:XX:XX), (05 M XX:XX:XX), (07 M XX:XX:XX), (08 M 01:XX:XX), (11 M XX:XX:XX) and (27 M XX:XX:XX).

The idea of death via the death of relatives and loved ones was noted in the dreams (02 F 01:XX:XX), (07 M XX:XX:XX), (11 M XX:XX:XX) and (09 F XX:XX:XX).

There were many dreams related to spiritual aspects, dreams of India, the Hindu religion and Hindu Gods (02 F XX:XX:XX), (11 M XX:XX:XX), (14 M XX:XX:XX), (19 F XX:XX:XX), (20 F XX:XX:XX) and (24 F XX:XX:XX).

Other themes which emerged from dreams included:

- nakedness (02 F 01:XX:XX) and (06 F XX:XX:XX);
- unsuccessful efforts (02 F XX:XX:XX) and (14 M XX:XX:XX);
- robbers and robberies (02 F XX:XX:XX) and (07 M XX:XX:XX);
- friendships and old friends along with dreams of past boyfriends and girlfriends (05 M XX:XX:XX), (07 M XX:XX:XX), (08 M XX:XX:XX), (10 M XX:XX:XX), (18 M XX:XX:XX), (20 F XX:XX:XX), (22 M 02:XX:XX) and (27 M XX:XX:XX);
- cars and accidents (02 F XX:XX:XX), (11 M XX:XX:XX) and (19 F XX:XX:XX);
- weddings and attending weddings in an eastern tradition with great festivity (02 F XX:XX:XX), (11 M XX:XX:XX), (14 M 00:XX:XX), (20 F XX:XX:XX) and (28 F XX:XX:XX);
- colourful (02F XX:XX:XX), (07 M XX:XX:XX), (11 M XX:XX:XX) and (15 M XX:XX:XX);
- dancing at weddings and in movies (02 F XX:XX:XX) and (11 M 02:XX:XX);
- fighting, killing, horror, bloody (02 F XX:XX:XX), (09 F XX:XX:XX), (14 M XX:XX:XX), (15 M XX:XX:XX), (18 M XX:XX:XX), (20 F 00:XX:XX) and (21 F XX:XX:XX);
- feeling of falling and falling teeth (11 M 00:XX:XX);
- snakes and of snakes being born, being killed and being chased by snakes (06 F 00:XX:XX), (07 M XX:XX:XX) (09 F XX:XX:XX), (11 M XX:XX:XX), (19 F XX:XX:XX), (20 F XX:XX:XX) and (21 F XX:XX:XX);
- Evil – evil spirits and the idea of being possessed (06 F XX:XX:XX), (16 F XX:XX:XX) and (20 F XX:XX:XX);
- recollections of childhood days and school days (10 M XX:XX:XX), (11 M XX:XX:XX), (14 M 00:XX:XX) and (22 M XX:XX:XX).
- money and work activities (14 M XX:XX:XX), (18 M 00:XX:XX) and (28 F XX:XX:XX);
- catching birds (01 F XX:XX:XX);

- relationship break ups (07 M XX:XX:XX);
- food (11 M XX:XX:XX);
- psychic guidance (11 M XX:XX:XX);
- moving objects (19 F XX:XX:XX);
- punishing and expressing authority (19 F XX:XX:XX);
- holidays (20 F 02:XX:XX);
- high authority jobs (24 F XX:XX:XX);
- garden (19 F XX:XX:XX);
- preying mantis (08 M XX:XX:XX);
- dogs and dirty water (08 M XX:XX:XX); and
- whales (08 M XX:XX:XX).

5.3.28 Perspiration

There was increased perspiration and an aggravation from heat (04 F XX:XX:XX), (07 M XX:XX:XX), (11 M XX:XX:XX) and (20 F XX:XX:XX).

5.3.29 Skin

Skin eruptions were located on the face area and manifested as pimples (02 F XX:XX:XX), (07 M XX:XX:XX), (08 M XX:XX:XX), (11 M XX:XX:XX) and (21 F XX:XX:XX).

Skin felt scaly and dry (09 F XX:XX:XX). There were also manifestations of rashes that were itchy (22 M XX:XX:XX) and (24 F 00:XX:XX).

Skin discoloration occurred, including a bruise like rash “A rash, looked like a bruise that’s been slightly scratched developed on the left side of my neck around the 4th week of the remedy” (03 F XX:XX:XX); skin colour changed to yellow (15 M XX:XX:XX); skin appeared darker (20 F XX:XX:XX).

There was also a feeling of intense heat in the skin “I felt I was boiling under the surface of my skin and I couldn’t decide what to wear” (04 F XX:XX:XX) and (20 F XX:XX:XX).

A cold sore developed which took long to heal (16 F XX:XX:XX). Nodular lumps developed in the left armpit (23 F XX:XX:XX).

5.3.30 Generals

There was a marked theme of malaise, tiredness and fatigue experienced by provers (04 F XX:XX:XX), (05 M XX:XX:XX), (07 M XX:XX:XX), (16 F XX:XX:XX) (22 M XX:XX:XX), (24 F XX:XX:XX) and (27 M XX:XX:XX).

Influenza occurred during the proving (08 M XX:XX:XX), (16 F XX:XX:XX) and (19 F XX:XX:XX).

There were heat sensations in the body and aggravation by the sun (04 F XX:XX:XX), (27 M XX:XX:XX) and (28 F XX:XX:XX).

There were food cravings, like cravings for sweet foods (01 F XX:XX:XX), (06 F XX:XX:XX); sweet milk and cream (01 F XX:XX:XX) and (02 F 00:XX:XX); ice cream (01 F XX:XX:XX); spicy food (02 F 00:XX:XX); meat (02 F 00:XX:XX) and (20 F XX:XX:XX); cold water (02 F 00:XX:XX); coke (02 F 02:XX:XX); ice (02 F 00:XX:XX); cheese (02 F XX:XX:XX), (04 F XX:XX:XX) and (20 F XX:XX:XX); salt (02 F XX:XX:XX); and chocolates (03 F XX:XX:XX), (02 F XX:XX:XX) and (20 F XX:XX:XX).

5.3 DOCTRINE OF SIGNATURES

The remedy *Dendroaspis angusticeps* has an essence that is characteristic of many snake remedies and the doctrine of signatures will discuss the

nature of the *Dendroaspis angusticeps* in relation to the symptoms that were produced and displayed by provers during the proving.

The nature of a snake is to hiss and be venomous. The *Dendroaspis angusticeps* by nature has potent and strong neurotoxic venom. This innate natural power allows for a sense of powerful assertion, strength and confidence which were notable themes with provers as they had a surge of confidence, dominance and power within. Prover 1 felt great strength during the proving. Prover 2 felt like a formidable force with boldness. Provers 8 and 15 felt great confidence in their speech and decision making.

Dendroaspis angusticeps have two enlarged venom fangs and solid teeth in both jaws. They also have a forked tongue as seen in all snakes. This association was observed in the mouth, teeth and tongue symptoms. Prover 6 had a swollen tongue and a cutting scraping pain with teeth indentures left on the tongue. Prover 6 also had grinding of the teeth as seen in the anatomy of the snake's solid teeth. The jaws of the snake is essential in the anatomy of the snake as it opens its mouth to engulf its prey and this was represented with provers 13, 16 and 20 having a tightness of the jaw. The forked tongue which is used by a snake to follow scent trails related to the speech symptoms that were recorded. Prover 4 was not articulate enough yet prover 8 had articulate speech and flowing words. The snake's tongue has a flickering motion and this was seen as prover 14 had slurred and slow speech and made mistakes regularly on speaking. Prover 1 also describes sensually the manner of licking ice-cream.

The colour of this snake is emerald glossy green. Colour was a marked theme in this proving. The manifestation of the colour green came through in provers' dress, dreams and attraction to green. Prover 1 dresses herself in an olive green sari (eastern dress for women) and was attracted to metallic green colours. Prover 1 was also attracted to the colour green and often dressed herself in green. Prover 9 was also attracted to green clothing.

Prover 6 had visions of seeing the room in green colour reflections, and had a fear of dirty green water. Prover 7 had a dream of a green light entering him which caused him to be breathless and in a deathlike state. *Dendroaspis angusticeps* have a greenish yellow belly. Prover 7 dreamt of angels with yellow wings.

Dendroaspis angusticeps are thin and elegant snakes. They are attractive snakes and often kept in captivity for display. They are found on book covers and many websites due to their attractive nature. This elegance was sensually described and the themes of extravagance, haughtiness, attractiveness, sensuality, flirtatious nature and self indulgence were beautifully recorded.

Prover 1 wanted to show herself off to the world and hang her pictures on the wall. Prover 1 also describes her slender legs and graceful posture in which she wished to draw attention to her breasts to allure a man to her. Prover 2 describes her walk in elegance as she flirted with men. Prover 3 buys attractive clothing and make up. Prover 1, 2 and 3 all displayed a seductive and attractiveness to men and women around them which is typical of the *Dendroaspis angusticeps* as it displays itself to its viewers.

Dendroaspis angusticeps have small eyes as seen in all snakes. Their vision is used solely for detecting movement. Snakes have eyelids that are not movable and during the sloughing process the fixed transparent shield around the eye is also shed. Provers had pronounced symptoms on the eyelids with a difficulty in opening them and a heaviness of the eyelids. Prover 3 had visions of flashes of snakes at the corner of her eye. Prover 11 had double vision and had to wear sunglasses to prevent light from aggravating his vision. Prover 1 describes her make-up as cat's eyes and even sensed people staring at her from the corner of her eye. Prover 2 found herself looking at naked men and flirting with her eyes. These were all mannerisms of snakes eyes.

Snakes lack a hearing structure but rather they sense vibrations and movements. This was related to provers having a clairvoyant and psychic nature. Provers felt feelings more and had a sense of danger approaching. Prover 3 sensed a vibe of danger beforehand as her sister was approached by a green snake. Prover 19 recorded having a clairaudient experience of hearing something before it happens. Prover 24 also had a pronounced humming sensation in the left ear for days and the echoing sound became louder. Senses were acute and provers had heightened sight and hearing. Prover 21 was highly alert and described her senses as awakened. Prover 6 and 14 had a marked aggravation to loud sound and noise.

Dendroaspis angusticeps habitat is located in the coastal vegetation in South Africa and are often found in lowland forests, mango plantations, green bushes and trees. Provers experienced a great calmness in sitting in gardens and lying on the grass. The theme of being in nature correlated to the nature of this snake's habitat.

The *Dendroaspis angusticeps* is active during the day and likes to bask in the sun. Prover 1 in her energetic feeling described the sun as being shining bright and peeping in with her own sunshine within. Prover 4 had a desire to sit outside in the sun. Prover 13 felt a great calmness in looking at the sky and basking in the sun.

The *Dendroaspis angusticeps* can be a shy snake and although an active snake it is often not seen. It camouflages itself with its green colour amidst a leafy background. This can be correlated to the deceitful, manipulative and misleading themes that were portrayed by provers. Prover 2 felt empowered in confusing others. Prover 3 was secretive with her partner regarding the proving diary and also hid and misled her work colleagues. Prover 20 misled her partner in deceitful ways.

Snakes go into hibernation during cold temperatures and have reduced activity. During skin shedding they hibernate. The theme of being alone and withdrawn was a notable feature with provers. Provers had a need to escape and be alone. Prover 6 felt territorial and didn't want anyone in her space. Prover 23 felt comfortable in her own skin and to be in her own space. A sense of withdrawal in provers was observed as they retreated into hibernation. The desire to escape was also seen as the need to run away. Prover 20 felt trapped in a cage and couldn't get out. Prover 16 wanted space and freedom and wanted to run away from home.

Dendroaspis angusticeps feed mostly on birds and their chicks. This characteristic feeding habit was seen in the dream of Prover 1 where she sees a bird on a fence, calls for it and then cages it up. After the dream she desires to have a bird as a pet which inspired her to visit a pet shop and interact with birds. Provers, whilst sitting in nature also enjoyed the chirping of birds. Prover 2 who is vegetarian craved meat which is characteristic of the *Dendroaspis angusticeps* feeding on warm blooded prey. Prover 1 also expressively describes how she desired to allure a man in her mind and pounce on him to relish her prey. This is indicative of the manner in which the snake preys upon its meat. A relation to the snake's vast appetite was seen in several provers having an increased appetite. Some provers even had a ravenous hunger throughout the day and for days thereafter. Prover 2 states that she had major hunger pangs which is descriptive of the *Dendroaspis angusticeps*'s appetite. Prover 4 ate food as if not having seen food for months. Prover 19 described her hunger vividly as eating like a python.

The behaviour of the *Dendroaspis angusticeps* in its provocation state is that it is non-aggressive but if provoked will attack and strike its prey with its neurotoxic venom. This polarity of aggression vs. non aggression was highlighted in the themes of powerful assertion, anger, rage and irritability that manifested in the proving. Opposing this idea was the state of calmness and meditateness that provers experienced. Provers in their anger and rage

powerfully asserted themselves as would this snake. Prover 1 venomously states that she stands up tall and pierces with the look from her eyes and her words flowed, not giving her opponent a chance to speak. Prover 1 further records that she is exploding and leaves her sting and walks away which is all indicative of the style in which the snake would attack. Prover 2 has a strong impulse to kill and felt ready to pounce. This highlighted the impulse the snake has to attack and then pounce on its prey. In the anger state Prover 2 wanted to rip a person's head off which resembles the attacking posture of the snake about to devour its prey. Prover 4 had the desire to shove staples down another's throat which also shows this attacking nature. Prover 1 and 8 both disliked being trampled on and controlled and refused to be forced into doing things against their will.

The *Dendroaspis angusticeps*, as with all snakes, has a combative element to mating where males engage each other for several hours and intertwine their necks and bodies seeking to push the other to the ground. This wrestling combat is a ritualistic dance that males engage in to court a female. This fighting stance came through in the provers as quarrelsome, irritability, desire to kill, competitive and a jealous nature. Prover 2 felt aggressive and wanted to argue constantly. Provers in their irritability had fights with loved ones and at work. Prover 4 felt this desire to kill. Prover 3 became very competitive, dominant and jealous of females and those around. The ritualistic dance had a strong connection to provers wanting to dance in freedom and ecstasy. The movement of a snake is referred to as serpentine and this was expressed in the dancing nature of provers. Prover 1 expressively describes the rhythmical flow in which she wished to dance as a belly dancer. There was a strong theme of dancing that occurred in dreams as provers danced at weddings and danced on stage. Fighting themes also were observed in the dreams of provers. Prover 2 dreamt of two lizards fighting and a rat then eating them. Prover 15 dreamt of parents fighting. The idea of 2 males in combat and intertwining together can be seen in the

homosexual theme that came through in Prover 2's dream of having lesbian sex.

The courtship and mating of *Dendroaspis angusticeps* takes place in the trees and mating occurs for several hours. This sexual theme was seen in the proving as lascivious, amorous feelings and increased libido in both males and females. Several provers felt sexually aroused with a disposition to masturbation. Intercourse was passionate, sensual and lustful. Prover 27 records sex as being passionate and full of lust and told friends of his sex with his partner. Prover 1 says she had increased energy during intercourse and felt impregnated as if pregnant. This has a link to the impregnation of the female snake after hours of mating. The dreams also had themes of sexuality with dreams of prostitutes, strippers, kissing, sexual intercourse, and sex with strangers. Nakedness was also seen in the dreams.

The venom of the *Dendroaspis angusticeps* is stored in the salivary glands and this was seen with provers having inflammation of the tonsils. The pharynx was sore and increased mucous production was noted. Prover 6 had a nasopharyngitis which was worse on the left side. Prover 8 and 20 had inflamed tonsils and the throat area was sore and painful. Prover 4 had a belching sensation as if air was stuck in the oesophagus. Prover 4 also had mesenteric lymph nodes that were enlarged and painful on palpation.

Snakes have highly adapted skulls and have a distinctive head with a long rectangular shape. Several provers developed head symptoms and headaches were a key symptom in the proving. Headaches were located both on the left and right sides. However, temporal headaches were more prominent.

Adult snakes have a sloughing or shedding of their skin and this is symbolic of the past and present and the process of letting go and releasing the past. This theme was symbolically seen in provers recollecting past events,

childhood days and nostalgic thoughts. Prover 9 and 16 had distinct resurfacing of past thoughts and emotions. The dreams also further showed thought of past relationships and past occurrences. The shedding of skin is also symbolic of life and death. To many Shamans and mystics the snake has the ability to move between the realms of the living and the dead. Provers had an association with death as a feeling of wanting to die and a feeling of death within. Prover 27 felt as if she was dying and felt dead at night. Provers dreamt of death of relatives, death of loved ones, killings, horrific deaths, funerals and graveyards. Prover 1 also described the manner in which she wanted to expose pieces of her skin, which also reveals the theme of the skin shedding.

Kundalini energy in Hinduism and eastern philosophy is referred to as coiled up snake energy. When this coiled up energy is heated through meditation and roused and made active, a tremendous reaction occurs. This energy travels along nerve fibres and causes reactions at different centres of the body. The perception is a heightened dream or imagination. There is then a super-sensuous perception. The brain, body and mind blazes with illumination with the perception of the self. This rousing energy is accomplished by prayer and meditation whereby an infinite power is realised (Swami Vivekananda, 1992).

The concept of energy was a common theme with provers as they felt a profound energetic flow within them of energy, excitement and exhilaration. Prover 1 had a flow of energy passing through her body. Prover 4 experienced surges of energy vibrating within her. Prover 15 described feeling elevated and high spirited. Prover 18 felt young, vibrant and full of energy. The mystical ideas and thoughts from Hindu traditions were marked in provers' dreams as well as provers displaying a desire to meditate, pray and chant. The dream themes reflected journeys in India as seen in Provers 19 and 24. The Hindu ideas were further displayed in Provers 11, 14, 20 and 24 as they dreamt of Hindu gods like Shiva and Ganesha. Shiva is often

regarded as the Lord who wears green snakes as his ornaments which correlates with the proving substance, the *Dendroaspis angusticeps*. Provers 3, 4, 20, 24, 27 all had devout mystical eastern ideas of meditating and praying. This reveals an essence in this remedy of Eastern, spiritual and religious elements.

Snakes remedies have a polarity in sensations and a split in consciousness, particularly the split between the conscious and unconscious minds. Serpent pathology is the unintegrated life impulse and the unintegrated instinct split off and split in itself (Whitmont,1980). This polarity was a flowing theme in the proving symptoms as evidenced by:

- anger, rage, irritability vs. calmness / spirituality;
- sadness / depression vs. cheerfulness / joy;
- poor concentration / forgetful vs. mental power / mental clarity;
- alone / withdrawn vs. desire to be touched, caressed; and
- prostration , exhaustion vs. energetic.

Provers also had an antagonism of will and a feeling of confusion. Prover 4 relates a deep seated confusion of right and wrong. Prover 20 had a two willed feeling and great confusion. This polarity was also observed in dreams as a common theme of changing places, location. Provers moved from one dream to another and from one location to another. This was characteristic of the split and polarity within snake symbology.

5.5 TOXICOLOGY

The venom of the *Dendroaspis angusticeps* is dangerously neurotoxic in its effects, similar to that of the Black Mamba, but not quite as potent. It also ejects smaller quantities of venom than the Black Mamba. Its bite can be fatally serious (Marais, 2004). The toxicological symptoms of the neurotoxic bite are:

- pain at the site of the bite;
- swelling;
- drowsiness;
- vomiting;
- increased sweating;
- blurred vision;
- ptosis;
- slurred speech;
- double vision;
- difficulty swallowing;
- difficulty breathing;
- paralysis of respiratory muscles; and
- respiratory failure.

(Marais, 2004)

Pain at the site of the bite is experienced as the first symptom from a neurotoxic snakebite. The pain symptoms that flowed through the proving symptoms were varied and occurred in several parts of the body. There were many recorded sensations of pain at the head area. The pulsating pain was most experienced during headaches. The eyes had sensations of pain as tearing, dull and sore. Provers experienced a sore pain in the throat. Abdominal pain was noted as a cramping pain. During menses provers had a throbbing and cramping pain. Back pain was described as poking and aching. Varied pain symptoms were located in the extremities. Prover 3 also developed a rare skin discolouration that was bluish red at the left side of her neck which had a bruised appearance.

Swelling after a snakebite is common and swelling seen in the inflammation of the eyes was observable. Provers 4, 10 and 11 had inflammation of the eyelids with a red puffy appearance. Prover 4 developed a styne on the right eyelid which caused swelling and a poky sensation. Prover 10 developed

inflammation of the right conjunctiva. Sinusitis as inflammation of the sinuses was experienced by Provers 4, 5, 10 and 24. Provers 6, 8 and 24 had inflammation of the pharynx and the throat.

Drowsiness is a noted effect of the venom and this was experienced by provers as vertigo. Provers 4, 19, 20 and 28 experienced a dizzy and light-headed sensation during the proving. Prover 28 described vertigo as if the entire room was spinning.

Vomiting as a toxic effect was experienced by provers with bouts of nausea and vomiting. Prover 7 after taking the remedy felt like vomiting all the time. Prover 4 had an upset stomach and could not eat and vomited in the morning. Provers 11, 22 and 24 all experienced nausea throughout the day.

Provers had the toxicity of increased sweating through the day and after sleep. Prover 4 felt uncomfortable and was sweaty and felt light-headed. Prover 7 felt hot all over and described being drenched in sweat. Prover 11 perspired throughout the day. Prover 20 woke up sweating a lot.

Blurred vision and double vision after a neurotoxic bite is a noted symptom. The eye is an area common to a toxicological effect. Provers had blurred and double vision. Prover 10 had a red eye and blurry sensation. Prover 11 had double vision on going to sleep. Prover 11 had to wear sunglasses due to this double vision and felt this symptom for many days. Prover 21 had a burst blood vessel of the right eye making the eye sensitive to any light. Ptosis is also a symptom of neurotoxic venom. Prover 6 developed ptosis of the eyelids and her eyes felt heavy with a difficulty in opening them. Prover 1 also had a ptosis and described her eyelids as heavy and painful.

Slurred speech as a toxic symptom was seen in provers' speech. There was slurred speech, difficulty in articulation and completing sentences. Prover 14 after taking the second and third dose had frequent slurring of his speech

and slow reaction time in speaking. Prover 4 felt herself not being articulate in speech. Prover 23 could not complete a sentence and had to take quick breaths to speak.

Difficulty swallowing was found in provers and with varied throat symptoms. Prover 16 felt her throat closing up and had severe difficulty in swallowing. Provers 8, 10, 11 and 27 all complained of soreness of the throat. Provers 3, 8 and 10 had thick phlegm in the throat. Prover 8 also had a greenish mucous in his throat. Prover 6 and 20 had a dryness sensation in the throat with prover 6 developing a nasopharyngitis. Prover 4 had a strong sensation of air being stuck in her oesophagus after the second dose and this created nausea also. She felt this air trapped in her oesophagus with associated burning and pain in the oesophageal area.

Difficulty breathing and paralysis of the respiratory muscles as a neurotoxic effect created breathing difficulties in provers. Prover 1 had discomfort in the diaphragm and breathing became slow with the tightness of the chest. Prover 19 felt a great struggle to breathe and had to take deep breaths. Prover 4 had a burning sensation of the chest and chest pain indicative of the toxic effects. Prover 4 even described the feeling of getting a panic attack with a stinging and cramping pain in the chest. Prover 6 had extreme anxiety and felt her heart palpating in her throat. Prover 20 vividly described having a tightness of the chest and the need to expand her chest just to breathe. She further recorded that expanding her chest would aid in draining the toxins in her chest.

5.6 CLINICAL INDICATIONS

The array of symptoms produced in the proving of *Dendroaspis angusticeps* 30CH is indicative of clinical conditions that this remedy can possibly treat. This however has to be verified through further provings in treating the different clinical conditions with *Dendroaspis angusticeps*. Listed below are conditions and disorders that can be treated through the application of the similitude principle where the condition corresponds to the symptomatology in this proving.

Conditions and disorders:

- depression;
- bipolar disorder;
- insomnia and sleep disorders;
- anxiety;
- headaches;
- conjunctivitis;
- styes;
- pharyngitis and tonsillitis
- sinusitis
- influenza
- acne;
- abdominal cramps;
- chest pain;
- nausea and vomiting; and
- back pain.

CHAPTER SIX

RECOMMENDATIONS AND CONCLUSIONS

6.1 RECOMMENDATIONS

6.1.1 Further provings of *Dendroaspis angusticeps*

(1998) advises that for a proving to be complete it must be trialed in a full range of potencies. It is therefore recommended that the proving of *Dendroaspis angusticeps* be further trialed on both high and low potencies to further elucidate a complete remedy picture on all three levels that is the mental, emotional and physical planes. The potencies of 6CH, 9CH, 200CH and 1M can all be tested and this would be in alignment with the different sensitivities of provers.

It is also recommended that *Dendroaspis angusticeps* be researched as:

- A comparative study in relation to other snake remedies already proved to ascertain the varied differences between snakes of different species.
- As a subsequent comparison to other remedies yielding the highest numerical value and total number of rubrics on repertorisation of the proving symptoms.
- A proving of *Dendroaspis viridis* (Western Green Mamba) and a subsequent comparison to Eastern Green Mamba (*Dendroaspis angusticeps*).
- A comparative analysis of *Dendroaspis angusticeps* to that of the *Dendroaspis polylepis* (Black Mamba).

- Clinical trials in treating clinical conditions with *Dendroaspis angusticeps*.

6.1.2 Contribution in terms of ethnicity

In a complete proving ethnicity, age and gender play a vital role due to related variations in lifestyle, traditions, cultural habits and dietary patterns. There were differences and gaps that were noted over the ethnic groups. In this proving there was an absence of Caucasian and African provers and a predominance of Asian provers hence a predominance of Asian imagery. A balance of ethnic groups is recommended for future provings.

6.1.3 Prover group

The quality of proving symptoms that are extracted from a proving depends greatly on the provers. This proving recruited provers that were homeopathic students, homeopathic practitioners and members of the public.

Homeopathic students and practitioners were able to concisely record symptoms on the mind, emotional and physical levels as they had a deeper understanding of homeopathy, proving procedures and the manner of recording detailed symptoms. Provers from the public however, due to their state of awareness and basic knowledge of the principles of homeopathic provings, gave vague and incomplete records of symptoms. A detailed discussion on how to record symptoms and instruction sheets was given to provers but this protocol was not adhered to fully during the recording of symptoms. Some members of the public, however, produced clear, expressive and detailed records of symptoms and this added value to the proving.

The researcher thus recommends that future provings should include individuals that have a keen interest in homeopathy and insight into proving

protocols so as to produce a more vivid recording of symptoms. Members of the public can participate but it is suggested that they undergo a detailed training through a proving orientation and be educated further on proving methodologies and how to observe and record symptoms.

6.1.4 Publication

Dendroaspis angusticeps 30CH has produced varied symptoms on the levels of the mind, emotions and physical levels. The awareness of this remedy to other practicing homoeopaths throughout the world has to be established and thus I recommend that the results of this new snake remedy be published as articles in journals and be added to Sherr's (2006) online catalogue of new remedies.

6.2 CONCLUSIONS

The hypothesis that the proving of *Dendroaspis angusticeps* 30CH would produce clearly observable signs and symptoms in healthy provers has been confirmed as this new snake remedy has produced an array of prominent symptoms. The second hypothesis that the proving of *Dendroaspis angusticeps* 30CH would broaden the symptom picture and range of usefulness of the remedy by a correlation to the symptoms produced with the doctrine of signatures is also confirmed. The third hypothesis that the verum of *Dendroaspis angusticeps* 30CH would have a correlation to the toxicology of the snake is also observed in the proving symptoms produced.

This snake remedy produced a varied number of symptoms on the levels of the mind, emotions and physicals. Mental symptoms were prominent in the proving with a polarity of the mental symptomatology. There is a possible usefulness of this remedy in treating depression, bipolar disorder, anxiety, anger disorders and irritability.

The head symptoms were vast in this proving and this remedy will be valuable in the treatment of the range of headaches. Vertigo was a toxicological symptom that was produced and the application of this remedy for vertigo will be valuable. Eye symptoms were marked in the proving and this remedy can be useful in the treatment of conjunctivitis, ptosis and other clinical symptoms associated with the eye. Throat symptoms were noted in the proving and the treatment of pharyngitis, tonsillitis and sore throats can all be treated using this remedy. The nausea and vomiting observed as toxicological symptoms can all be treated with this snake remedy. The importance of using this remedy for back pain and lower back pain is noted. Sleep symptoms that were observed such as difficulty falling to sleep and oversleeping can be treated with the aid of this remedy.

The hypothesis that the symptoms of *Dendroaspis angusticeps* 30CH would produce a correlation to the doctrine of signatures of the snake was confirmed. It was clearly observed how the anatomy, biology and behavioural habitats of the *Dendroaspis angusticeps* closely resembled the states produced in provers mentally, emotionally, and physically. The hypothesis that the toxicology of the venom would correspond to the symptomatology in provers was also confirmed. This was clear in the presentation of symptoms that were recorded by provers on the physical planes.

Sherr (1994) states that a proving is the deepest level in which one gains intimate knowledge of the materia medica. The proving of *Dendroaspis angusticeps* indeed was a deep journey in which provers, the researcher and the supervisor gained great insight into *Dendroaspis angusticeps* as a new snake remedy. The emergence of this new snake remedy will prove to be valuable in future years in its treatment as a simillimum remedy and a remedy for clinical conditions. The birth of the remedy *Dendroaspis angusticeps* will be a powerful presence within the snake remedies of the homoeopathic materia medica.

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APPENDIX A:

SUITABILITY FOR INCLUSION IN THE PROVING

(All information will be treated in the strictest of confidence.)

FIRST NAME/S:	GENDER:
SURNAME:	SIGNATURE:
<u>CONTACT DETAILS:</u> <ul style="list-style-type: none">▪ Telephone numbers:▪ Email:▪ Fax:	

PLEASE CIRCLE THE APPROPRIATE ANSWER:

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 on or in need of any medication? <ul style="list-style-type: none">• Allopathic/Chemical• Homoeopathic• Other (e.g. Herbal)	YES YES YES	NO NO 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 surgery in the last 6 weeks?	YES	NO
7. Do you use any recreational drugs (e.g. Cannabis, LSD, MDMA)?	YES	NO
8. Do you suffer from hypersensitivity diseases such as: <ul style="list-style-type: none">▪ Asthma▪ Hay fever▪ AllergiesFood hypersensitivities?	YES YES YES YES	NO NO NO NO
9. Do you consume more than: <ul style="list-style-type: none">▪ 2 measures of alcohol per day? (1 measure = 1 tot / 1beer / half glass of wine)▪ 10 cigarettes per day?3 cups of tea, coffee or herbal tea per day?	YES YES YES	NO NO NO
10. Are you willing to follow the proper procedures for the duration of the proving and to attend a short orientation meeting to inform you about the proving?	YES	NO

(Adapted from
Wright, 1999)

APPENDIX B:**INFORMED CONSENT FORM**
(To be completed in duplicate by the prover)**TITLE OF RESEARCH PROJECT:**

A Homoeopathic Drug Proving

NAME OF SUPERVISOR: Dr Madhu Maharaj, M.Tech (Hom) (TN)**NAME OF RESEARCH STUDENT:** Sharad Hansjee **DATE:**
_____***PLEASE CIRCLE THE APPROPRIATE ANSWER:***

1. Have you read the information sheet?	YES	NO
2. Have you had the opportunity to ask questions regarding the proving?	YES	NO
3. Have you received satisfactory answers to your questions?	YES	NO
4. Have you had the opportunity to discuss this proving?	YES	NO
5. Have you received enough information about this proving?	YES	NO
6. Who have you spoken to with regards to this study?	YES	NO
7. Do you fully understand the implications of your involvement in the proving?	YES	NO
8. Do you understand that you are free to withdraw from this proving: • at any time • without having to give reasons for withdrawing, and • without affecting your future health care?	YES	NO
9. Do you agree to voluntarily participate in this study?	YES	NO
10. Do you understand that you may receive a placebo during the study?	YES	NO
11. Do you understand the difference between a placebo and homeopathic treatment?	YES	NO

If you have answered "NO" to any of the above questions please obtain the relevant information before signing.

PATIENT NAME:	SIGNATURE:
WITNESS NAME:	SIGNATURE:
RESEARCH STUDENT NAME:	SIGNATURE:

APPENDIX C:

CASE HISTORY FORM

Personal Information	Title	Initials	D	M	Y	Ref
	First name/s & Surname					
	Age	ID No	Tel h			
	Address		Tel w			
			Cell			
			Cell			
			Occupation			
	Sex	Marital Status				
	Main Complaint	<p><u>CONCOMITANT LOCATION AETIOLOGY MODALITY SENSATION</u></p>				

Family History	Father	
	Mother	
	Brothers	
	Sisters	
	Partner	
	Children	
Past medical/ medication	<p>Medications(List any medications you are taking. Include such items as aspirin, vitamins, laxatives, calcium and other supplements, etc.)</p> <p>Name of Drug Dose (include strength & number of pills per day) How long have you taken this medication?</p> <p>Allergies:</p> <p>Past medical / childhood milestones / vaccinations</p> <p>Surgery</p>	
<u>GENERALS</u>		
APPETITE		
CRAVINGS		
AVERSIONS		
THIRST		
BOWEL MOVEMENTS		
ENERGY LEVELS		
SEXUAL LIBIDO		
SMOKE / ALCOHOL		
WEATHER MODALITIES		
SLEEP		
DREAMS		

PATIENT HISTORY SYSTEMS REVIEW

Head	Eyes
	Pain, redness, vision

Ears–Nose–Mouth–Throat

Respiratory	Cardiovascular
Pain, concomitance, dyspnoea, cough, sputum,	Pain, palpitations, irregularities, circulation, heartburn

Gastrointestinal	Genitourinary
Nausea, vomiting, diarrhoea, constipation, cramps	Urination, frequency, colour, odour, flow

For Women Only
<ul style="list-style-type: none"> • Menopause: onset / symptoms / treatment • Menses: flow / duration / regularity / date of last menstrual period / pms symptoms / contraception • Tests done / pregnancy

Musculoskeletal	Integumentary (skin and/or breast)
Pain, cramping, spasms, inflammation, injury, stiffness, weakness	Perspiration, texture, rashes colour, bruising, growths, hair

Neurological System	Psychiatric
Headaches, vertigo, fainting, memory	

Alternative Treatments
<i>(Chiropractic, aromatherapy, homoeopathy, massage, over-the-counter preparations, etc.)</i>
Type and Reason
1.
2.
3.
4.

GENERAL

MENTAL & EMOTIONAL HISTORY

Childhood, relationships, fears, character (describe you) , career and goals, life events, dislikes, passions.

PHYSICAL EXAMINATION	
BLOOD PRESSURE	
TEMPERATURE	
WEIGHT AND HEIGHT	
PULSE	
RESPIRATORY RATE	
JAUNDICE	
CYANOSIS	
ANAEMIA	
LYMPHADENOPATHY	
DEHYDRATION	
OEDEMA	

APPENDIX D:

INSTRUCTIONS TO PROVERS

Dear Prover

Welcome to an exciting opportunity to participate in an invaluable experience in Homoeopathy. I am certain that you will benefit from this proving and will find that there is no better way of learning and advancing homoeopathy.

Before the Proving:

Please ensure that you have:

- The correct journal
- Read and understood these instructions
- Had a case history taken and a physical examination performed
- Signed the informed consent form
- Attended the orientation meeting.

Your proving supervisor (Sharad Hansjee) 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 queries or anything that you don't fully understand, please do not hesitate to contact your supervisor.**

Beginning the Proving:

Record your symptoms daily in the journal for 1 week prior to taking the remedy, after having been contacted by the supervisor and asked to commence. This will help you get into the habit of observing and recording your symptoms, as well as bringing you into contact with your *normal* state. This is an important step which will form a baseline for you as an individual prover.

Taking the Remedy:

Begin taking the remedy on the day that you and the supervisor have agreed upon. Please 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 (i.e. free of toothpaste, food, drink, etc.). Dissolve the powder under the tongue. Neither food nor drink should be taken for half an hour before and after each dose.

The remedy should be taken for 2 days. On each of these days, no more than 3 doses of the remedy should be taken.

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 I mean:

- **Any new symptoms**, i.e. ones that you have never experienced before.
- **Any change or intensification of any existing symptom.**
- **Any strong return of an old symptom**, i.e. a symptom which you haven't experienced for more than 1 year.

If in doubt, speak to your supervisor. Be on the safe side and do not take further doses. ***Experience has shown repeatedly that the proving symptoms usually begin very subtly, often before the prover recognises that the remedy has begun to act.***

Lifestyle during the Proving:

Avoid all antidoting factors such as camphor, menthol and mints. If you normally use these substances, please stop taking them 2 weeks before and for the duration of the proving. Protect the powders you are proving like any other potentised remedy - store them in a cool, dark place away from strong smelling substances and electrical equipment.

A successful proving depends on your recognising and respecting the need for **moderation** in the following areas: work, alcohol, smoking, exercise and diet. Try to remain within your usual framework and maintain your usual habits.

Avoid taking any medication, especially antibiotics, vitamins or mineral supplements, herbal or homoeopathic remedies.

In the event of a medical or dental emergency, contact your homoeopath, doctor, dentist or local hospital as necessary. Please contact your supervisor as soon as possible.

Confidentiality:

It is important for the quality and credibility of the proving that you discuss your symptoms only with your supervisor. **Keep your symptoms to yourself and do not discuss them with fellow provers.** Your privacy is something that I will protect. Your identity will be known only to the proving supervisor and all information will be treated in the strictest confidence.

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 up 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 doubts, queries or problems during the proving, contact your supervisor on the phone number provided at any time.

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 the day or night at which they occurred. This should be done as vigilantly and as frequently as possible so that the details will be fresh in your memory and that no information will be lost. 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 journal 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.

The following information with regard to symptoms is 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 this as carefully and as thoroughly as possible e.g. burning, shooting, stitching, throbbing, dull, lancinating, etc.
- ❖ **MODALITY:** Is the symptom better or worse from weather, food, smells, dark, light, lying, standing, sitting, people etc. Try different things out to see if they affect the symptom and record any changes.
- ❖ **TIME:** Note the time of onset of the symptoms and when they cease or are altered. Is it generally better or worse at a particular time of day or night and is this unusual for you?

- ❖ **INTENSITY:** Briefly describe the sensation and the effect of the symptom on 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 check list to ensure that you have observed and recorded all your symptoms:

Mind – <i>Mental and Emotional</i> symptoms are very important and sometimes difficult to describe – please take special care in noting these.	Respiratory System	Dreams – Please give full descriptions of dreams and in particular note the general feeling or impression that the dream left you with.
Head	Digestive System	Genitalia
Eyes	Skin	Sex
Ears	Extremities(upper and lower limbs)	Temperature
Mouth and Tongue	Urinary Organs	Generalities
Back	Sleep	

Reports from friends and relatives can be particularly 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?

Next to each entry, try to classify each of your symptoms as follows:

- **(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 on the left side now on the right side.
- **(US) An unusual symptom for you.**

Please use red ink for these notations and classify your symptoms accurately. If you have any doubts or queries, your supervisor will be glad to assist you in any way possible.

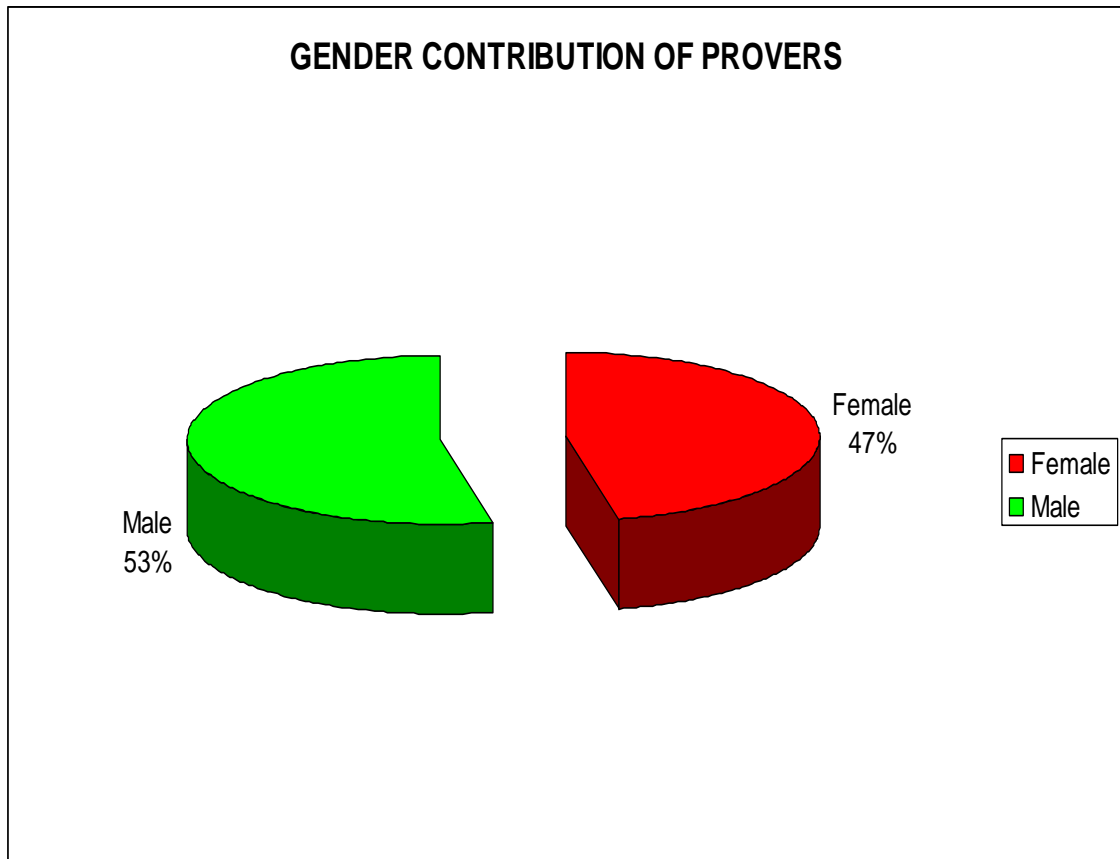
Please remember that detailed observation and concise, legible recording is crucial to the proving!

THANK YOU FOR PARTICIPATING IN THIS PROVING.

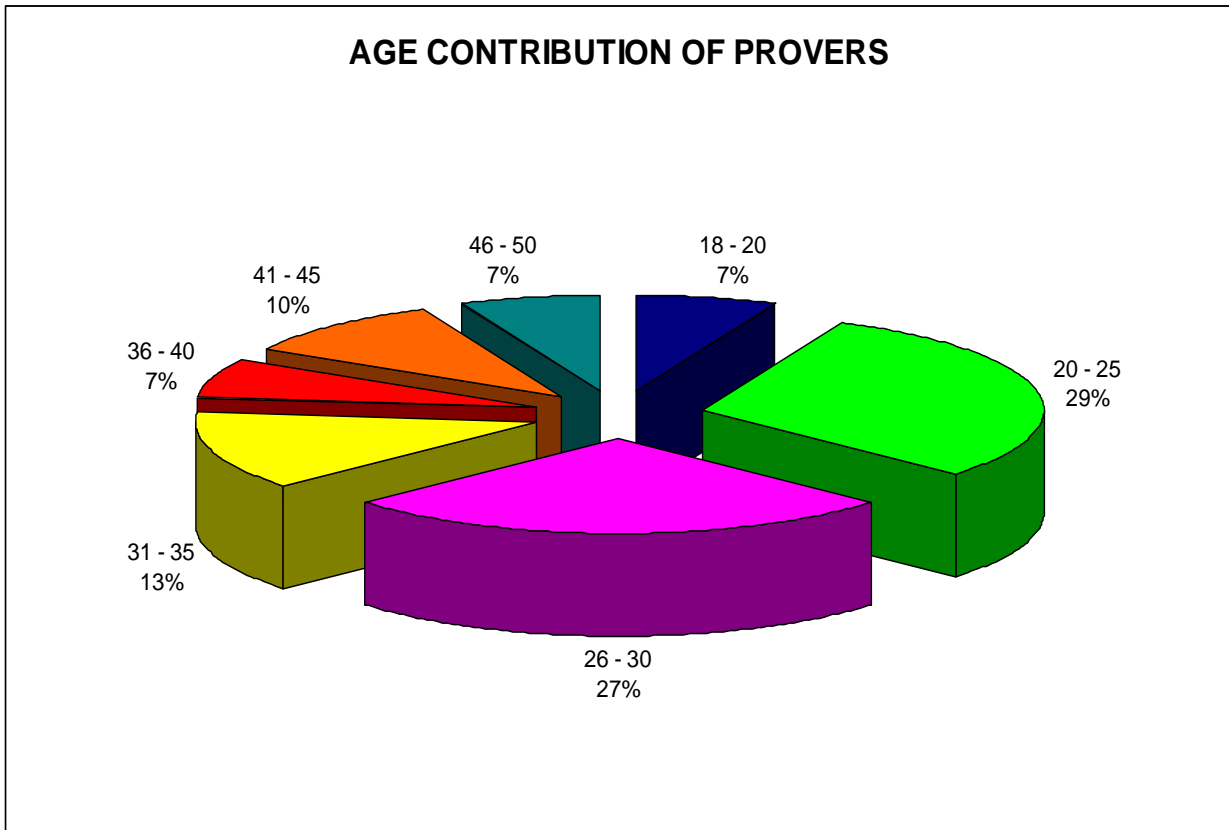
Proving Supervisor: Sharad Hansjee (Research Student)
Contact Details: Telephone: (031) 2081410 / 083 550 8644
Email: sharadom@gmail.com

(Adapted from Sherr 1994, Wright 1999)

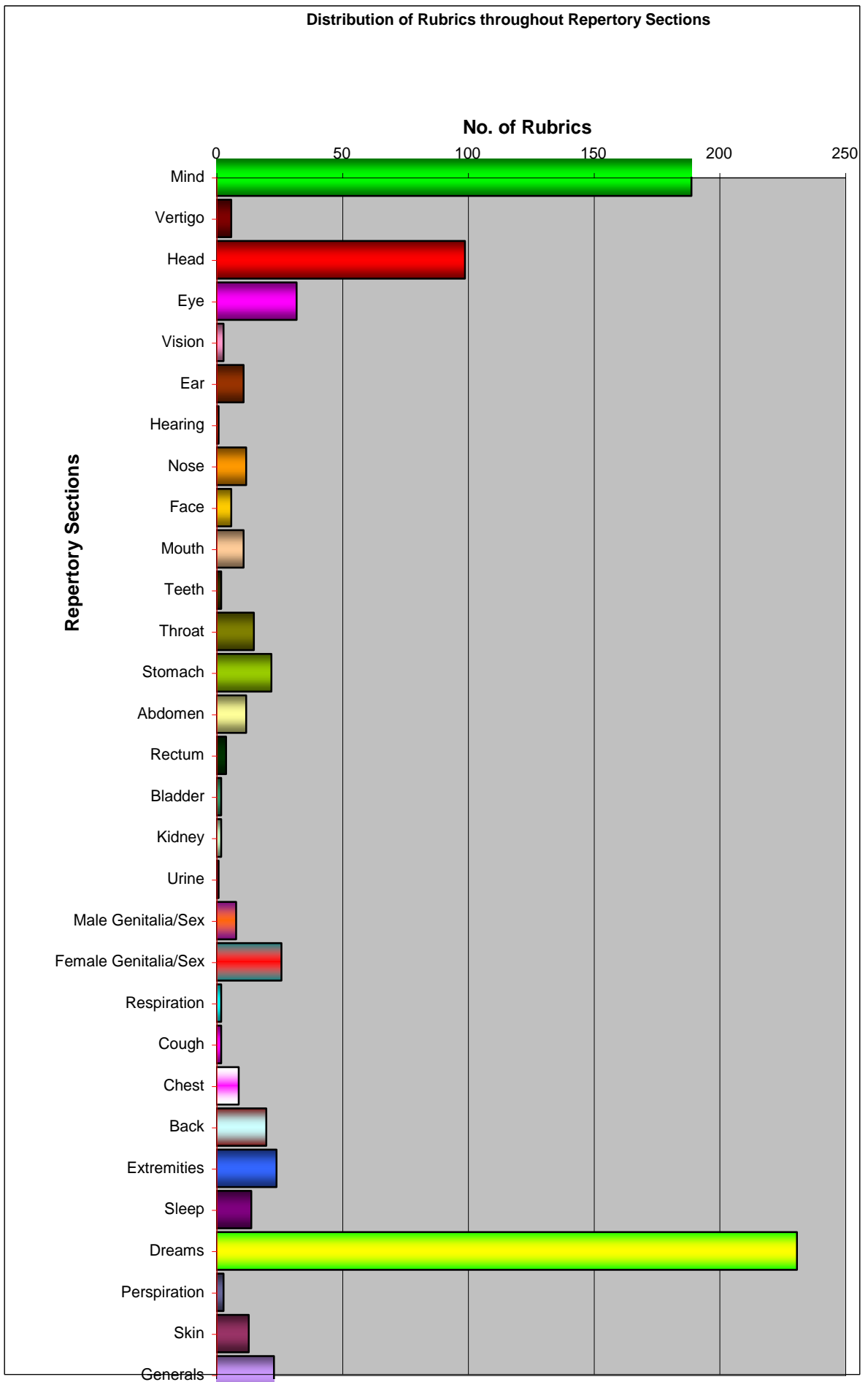
APPENDIX E



APPENDIX F



APPENDIX G



APPENDIX H
PROVING ADVERTISEMENT

HOMOEOPATHIC PROVING

THE DURBAN UNIVERSITY OF TECHNOLOGY

HOMOEOPATHY DEPARTMENT

IS SEARCHING FOR INDIVIDUALS
WHO ARE WILLING TO PARTICIPATE

IN THIS EXCITING AND EDUCATIONAL
MASTERS DEGREE RESEARCH PROJECT

PARTICIPANTS MUST BE BETWEEN
18 AND 60 YEARS OLD

FOR INFORMATION CONTACT:
SHARAD HANSJEE: 083 550 8644 / 031 208 1410
HOMOEOPATHY DAY CLINIC: 031 373 2041