

**A homoeopathic drug proving of *Bitis atropos* and  
a subsequent comparison of results with that of  
existing proven remedies of the Genus *Bitis*.**

**By**

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Dissertation submitted in partial compliance with the requirements of  
the Master's Degree in Technology : Homoeopathy in the Faculty of  
Health Sciences at the Durban University of Technology

I Victoria-Leigh Schönfeld, do declare that this dissertation is  
representative of my own work, both in conception and execution.

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**In loving memory of Manfred Schönfeld  
(1947-2000)  
“C’est la vie meine Schatz”**

Dedicated to my loving Mother, Leonoré Schönfeld, without  
your strength I could not stay strong, and in honour of my  
Father - I kept our promise.

## **Acknowledgements**

### **Robert Schönfeld**

To my brother, thank you for all your love and support over the years.

### **Kevin Levey**

For all your assistance, patience and unconditional love. I could not live this life without you.

### **Shraddha Brijnath**

For the encouragement and partnership throughout this process. Wishing you all the success you deserve.

### **Dr David Naude**

Thank you for the assistance and supervision throughout this process. It has been a long journey, and your help has been much appreciated.

### **Dr Abbey Wagner**

For your constant support and generosity of knowledge. You have been a true inspiration to my life and career.

# Abstract

## Introduction

The aim of this study was to investigate the homeopathic potential of *Bitis atropos* 30CH (Homoeopathically prepared Berg adder venom) and to compare the materia medica of *Bitis atropos* with that of existing remedies originating from remedies derived from the same genus: *Bitis*.

It was hypothesised that the thirtieth centesimal potency of the substance *Bitis atropos* would produce clearly observable signs and symptoms in healthy volunteers, furthermore it was hypothesised that the materia medica of *Bitis atropos* would be comparable with those of existing remedies originating from the genus *Bitis*.

## Methodology

The homeopathic drug proving of the substance *Bitis atropos* 30CH took the form of a double-blinded, randomised, placebo controlled trial. A total of 28 provers took part in the proving, twenty one percent (6 provers) were randomly administered placebo, the other seventy nine percent (22 provers) were randomly administered verum (active proving drug). Each prover received six lactose powder sachets, either placebo or verum, and were instructed to take one powder three times a day or until symptoms arose. Symptoms induced in healthy provers by *Bitis atropos* or placebo were recorded in journal format on a daily basis for a period of 4 weeks or until symptoms subsided. This data was subsequently transcribed into nomenclature suitable for the materia medica and repertory. A general picture of the remedy was described which according to the Law of Similars forms the clinical indications of the substance in homoeopathic practice.

A concurrent study of the proving of *Bitis atropos* 30CH was conducted by Brijnath (2013), and focused on comparing the results of the proving with the venom toxicology of the snake and other related remedies.

## Results

A wide variety of mental, emotional and physical symptoms were produced. Some of the main themes included feelings of antagonism with one's self, polarity, anxiety, irritability and a lack of focus with a feeling of confusion. Some of the physical symptoms produced were a lack of energy, fatigue, temperature sensitivity, skin eruptions, eye symptoms, ear symptoms, back pain, asthma symptoms, and an increase in libido.

The symptoms from the proving of *Bitis atropos* 30CH were subsequently compared with remedies that belong to the same genus: *Bitis*. This analysis aimed to demonstrate the similarities between the remedies in the same genus: *Bitis*. A significant degree of similarity was noted within the mental sphere, where the remedies shared the same themes of anxiety, irritability, polarity, confusion and lack of mental focus. Some of the physical symptoms shared by the remedies were those of respiratory symptoms, temperature sensitivity, fatigue, lack of energy and headaches and an increased libido.

## Conclusion

This investigation supported the hypothesis that *Bitis atropos* 30CH would produce clear and observable signs and symptoms in healthy volunteers in addition it supported the hypotheses that the materia medica produced would be comparable to the existing remedies sharing the same genus i.e.- *Bitis arietans arietans* (Puff adder) and *Bitis gabonica gabonica* (Gaboon viper).

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# Definition of terms

## **Proving**

From the German phrase: *Prüfung*. The process of determining the medicinal/curative properties of a substance. This process involves the administration of substances either in crude form or in potency to healthy human subjects in order to observe and record symptoms (Yasgur, 1997:201).

## **Prover**

Subject of a proving, or a homeopathic pathogenetic trial. A volunteer, who should be in good health, who records changes in his or her condition during and after the administration of the substance to be tested (Swayne, 2000:174).

## **Verum**

In the context of a homoeopathic proving it refers specifically to the medically active substance administered to provers as opposed to the medically inert placebo (Moore, 2007).

## **Placebo**

In homoeopathic practice, placebo refers to the non-medicated substance, that is relatively inert pharmacodynamically, sometimes administered to contrast the effects of a relative non-medication in controlled experiments with those of medication in two comparable groups of patients (Gaier, 1991:183).

## **Potentisation**

Potentisation is the process of serial dilution with succussion, including trituration or fluxion, which is used in the production of a homoeopathic remedy to develop the activity of that remedy (Swayne, 1998:214).

## **Succussion**

Succussion is a method of potentisation which involves vigorous shaking, with the impact or “elastic collision,” carried out at each stage of dilution in the preparation of a homoeopathic potency (Swayne, 2000:201).

## **Centesimal potency**

A potency scale with a dilution in the proportion of 1 part in 100, in other words- the sequential addition of one part of the stock or of the previous potency to ninety nine parts of the dilution. The number of these serial dilutions, performed with succussion, defines the centesimal potency. The centesimal potency is designated by a number with a letter CH following it (Swayne, 2000:36).

## **Materia medica**

In homoeopathy the materia medica describes the nature and therapeutic, repertoire of homoeopathic medicines; of the pathology, the symptoms and signs and the modifying factors (modalities), and general characteristics of the patient associated with them, derived from the toxicology, homoeopathic provings and clinical experience of their use (Swayne, 2000:133).



## **Repertory**

From the Latin „reperio, -ire, repperi, -tum“ meaning to find out, obtain, devise or procure. In homoeopathy it denotes an indexed catalogue of cross-references to medicines and/or their homoeopathic applications , more specifically, it describes the reference book that schematically indexes the symptoms sought to be located in the materia medica (Gaier, 1991:493-494).

## **Rubric**

A symptom or disorder and its component elements and details, and the categories of these, and to which a list of the medicines which are known to have produced that symptom or disorder in homeopathic pathogenetic trials, or to have remedied it in clinical practice, is attached (Swayne, 2000:186).

## **Law of similars**

"Similia Similibus Curentur", the fundamental law of Homoeopathy, formulated by Hahnemann. Meaning: let likes be cured (or treated) by likes (Gaier 1991:323). Any substance that can produce a totality of symptoms in a healthy human being can cure that totality of symptoms in a sick human being (Vithoulkas 1986:92).

## **Doctrine of signatures**

The Doctrine of Signatures refers to the inferring of the nature of the actions of a substance from its physical appearance and properties (Goel, 2002:465).

## **Group analysis**

A group analysis is where remedies are not only studied separately, but in groups, and the common characteristics are extracted (Scholten, 1993:23).

# Chapter one

## Overview

### 1.1 Introduction

According to Vithoulkas (1980:97), a proving is the introduction of highly diluted substance into the (human) organism in order to disturb and mobilize the defense mechanism. A proving is necessary in order to establish a homoeopathic cure; an application of “like cures like”, (*similia similibus curentur*), where the same infinitesimal dose of a substance that causes a certain set of symptoms (symptom picture) when administered to a healthy individual will cure these same symptoms in a sick individual (Smal, 2004:1). The process of a proving of a new substance is essentially a form of drug trial; which aims to establish the therapeutic potential of a substance which is then incorporated into the homoeopathic materia medica and applied clinically as a homoeopathic treatment (Wagner, 2007:1).

According to Sherr (1994:7) homeopathic provings are the pillars upon which homeopathic practice stands. Wright (1999:1) stated that provings are the only way of identifying new homeopathic remedies which may be added to the materia medica and, as such, provings will always comprise a major component of homeopathic research. Vithoulkas (1980:144) states “to record the totality of morbid symptoms produced by that substance on healthy individuals; and that the totality will be the curative indication upon which is to be prescribed the curative remedy in the sick individual”. This means that the totality of symptoms derived and recorded through the process of a proving are important so as to correctly prescribe the respective substance according to the law of similars. It is important to extend the use of remedies indigenous to South Africa (Wright, 1999). Some homeopaths subscribe to the idea that a useful remedy should be a local one, within easy reach of the patient, as nature will always provide an accessible cure (Sherr, 1994:49). There is a relative lack of local substances (indigenous to Southern Africa) in our materia medica (Wright, 1999); South

Africa is home to a wealth of potentially therapeutic indigenous substances which, in order to be utilised homeopathically need to be subjected to homoeopathic drug proving so as to determine their respective materia medica. Most remedies that South African homoeopaths rely on are those of European and American origin, it would be advantageous to rather have access to indigenous proven remedies in future (Smal, 2004:3). A large emphasis has been made on the importance of snake remedies and their value to the materia medica. The only indigenous snake remedies that exist in the materia medica currently are that of *Bitis arietans arietans*, (Wright, 1999) *Bitis gabonica gabonica* (Thomson, 2004) and *Naja mossambica* (Smal & Taylor, 2004).

Although the remedies *Bitis arietans arietans* (Puff adder) and *Bitis gabonica gabonica* (Gaboosn adder) have been successfully proven, it is of both clinical and academic importance to discover the therapeutic action of an additional Southern African adder *Bitis atropos* (Berg adder). Clinically the unique homoeopathic therapeutic potential of this substance has not been determined via homoeopathic proving and such additional knowledge will aid in the deeper understanding of the genus *Bitis* of homoeopathic remedies. The venom of *Bitis atropos* is neurotoxic in nature, which in comparison differs to the venom of *Bitis arietans arietans* and *Bitis gabonica* which are both cytotoxic. This may provide a unique neurologic therapeutic potential, contrasting to the other remedies proven in the genus *Bitis*.

## **1.2 Objectives of the study**

- To determine the effect of *Bitis atropos* 30CH on healthy individuals so that it may be prescribed homoeopathically according to the law of similars.
- To draw a comparison between the proving symptoms of *Bitis atropos* and the materia medica of existing remedies of the Genus *Bitis*.

### 1.3 Hypotheses

It was hypothesised that the thirtieth centesimal potency (30CH) of the substance *Bitis atropos* would produce clearly observable signs and symptoms in healthy volunteers, furthermore it was hypothesised that the materia medica of *Bitis atropos* would be comparable with those of existing remedies originating from the genus *Bitis*.

### 1.4 Delimitations

This study did not

- Seek to explain the mechanism of action of homoeopathic preparation in the production of symptoms in healthy individuals.
- Determine the affects of potencies or deconcentrations of *Bitis atropos* other than the thirtieth centesimal (30CH) potency.
- Draw comparison between *Bitis atropos* and provings of *Bitis arietans arietans* other than the original proving thereof published by Wright (1999).

### 1.5 Assumptions

- The provers took the remedy at the dosage, frequency and manner directed.
- The provers closely observed themselves for any affects of the drug during the proving.
- The provers recorded all symptoms observed in the most accurate manner that was required for this study.
- The provers did not deviate from their normal lifestyle or diet duration of the proving.

# Chapter two

## Review of related literature

### 2.1 Introduction

The word “proving” is a transliteration derived from the German word “Prufung”, which means to test or assay (Gaier, 1991:390). According to Vithoulikas (1986:96) a proving is the systemic procedure of testing substances on healthy human beings in order to elucidate symptoms which reflect the action of the substance. Vithoulikas (1980:144) also describes the process of proving as “to record the totality of morbid symptoms produced by that substance on healthy individuals; and that totality will be the curative indications upon which is to be prescribed the curative remedy in the sick individual”. In other words, any substance that can produce symptoms in a healthy individual can cure the similar symptoms in the diseased individual. Through the homoeopathic drug proving the therapeutic potential of a substance can be determined comprising its materia medica; such data is equivalent to the therapeutic indications of the substance in the sick according to the Law of Similars.

The homoeopathic profession relies significantly on the contribution of rigorously conducted provings. Sherr (1994:7) states that homoeopathic provings are the pillars upon which homoeopathic practice stands. Scholten (1993:23), a well-known homoeopath, has attempted to predict the effect of simple compounds from the periodic table based on their chemical composition by extrapolation from existing knowledge of other remedies and by analysing remedies in their groups (for example; the Ferrum group of metals, the Acids, or the Carbonicums) and looking for commonalities. However, it is not as simple (assuming that this method is valid) to make such predictions for very complex substances such as snake venoms (Thompson, 2004:3). For this reason, the researcher is comparing the proving substance *Bitis atropos* to the other previously proven remedies of the genus *Bitis*. According to Naidoo (2008:5), the more recent development in

homoeopathy has been the transition from considering remedies as single and isolated to recognising them as members of remedy families that share common characteristics. Naidoo (2008:5) states that the concept of group analysis as a method of comparison of similar remedies enables homoeopaths to better establish the similarities and differences between seemingly similar remedies therefore allowing for a more accurate prescription according to the Law of Similars.

It is therefore crucial and in the interest of expanding the homoeopathic profession to pursue research in the form of provings throughout time and in doing so make the repertoire of remedies as accurate and as clear as possible. A well proven remedy can cure a number of cases, and may prove useful where some remedies have only partially covered the case, a more accurate and effective cure can take place when a remedy is thoroughly proven (Sherr 1994:9).

## **2.2 Historical Perspectives of Provings**

Samuel Hahnemann, the founder of homeopathy, was the first to experiment with provings. In the year 1790, Hahnemann was contracted by a physician of the time, named Cullen, to translate "*A Treatise Of Materia Medica*" written by Cullen into the German language. As he was reading through the material, he disagreed with Cullen's explanation regarding the mechanism of action for the treatment of malaria using the bark of the Cinchona tree. Cullen had claimed that the curative action of *Cinchona officinalis* (an existing treatment for malaria) was due to its bitter taste. Hahnemann, disagreeing decided to experiment with the substance by ingesting the bark himself. After taking it for several days; Hahnemann began to experience symptoms similar to that of a malarial infection. Once he stopped taking the *Cinchona* bark, his symptoms ceased and his health returned to what it was prior to its ingestion. Soon afterwards, Hahnemann experimented with other substances in a similar manner and came to the conclusion that a substance can cure the symptoms it induces, or "like cures like" (De Shepper,

2005:27) therefore discovering The Law of Similars. Hahnemann continued experimenting with many other drugs on both himself and 64 other volunteers, determining the therapeutic potential of 101 remedies (Louw, 2002:23). Modern provings are still conducted largely according to the basic methods of Hahnemann. Sherr, a contemporary international authority on homoeopathic proving currently bases his methodologies largely on the principles of Hahnemann, but has modified them to relate to modern science (Sherr, 1994). Even though the “Law of Similars” was said to be discovered by Samuel Hahnemann, treatment by ‘similars’ was hypothesised significantly before Hahnemann’s time. Hippocrates was involved with a similar theory in ancient times (Walach, 1994:129), as well as Galen in the 2nd Century A.D. who tested his medicines on the sick and on the healthy. Paracelsus too, in the 16th Century observed the effect of substances on healthy people to determine their therapeutic properties however neither Paracelsus nor Galen undertook these activities systematically as did Hahnemann (Coulter, 1975:442). Vithoulkas (1980:97) states that provings are the introduction of a substance into the (human) organism which is very high in dilution, in order to disturb and mobilize the defense mechanism. According to Taylor (2004:5), in response to the proving drug “the defense mechanism of the individual produces a variety of symptoms on the mental, emotional and physical levels.” This variety of symptoms is then characteristic of the “peculiar and unique nature of the substance.” The curative response occurs when the corresponding substance is given in a highly diluted format, which causes the individuals immune system to remove the morbid picture of symptoms (i.e. the symptoms of the disease), and in doing so the induced process does not harm or compromise the patient’s immune system any further. Vithoulkas (1986:97) suggests that in order for symptoms to be produced, the exciting cause should be strong enough to mobilise the defense mechanism and the person should be sufficiently sensitive to the unique vibratory frequency of the substance. The medicine is given in subtle doses where the morbid symptom picture is lifted without harming or weakening the patient further.

### 2.3 Proving methodology

Although Hahnemann was the first to formally conduct homoeopathic drug provings establishing the foundation on which contemporary provings are based, he did not incorporate any form of control or blinding into these experiments.

Although Hahnemann's experiments yielded reliable results, his proving methodology would not be considered to be reliable by modern standards for clinical trials, in addition the expectations of provers following the Hahnemannian proving methodology would be considered unrealistic in modern times, as he insisted that his provers follow a strict diet and lifestyle, so as not to taint the action of the remedy (Wieland, 1997:229).

Even though Hahnemann's basic methodologies are still valid, modifications have been made to the original methodology in keeping with the requirements of modern scientific standards of experimentation.

Riley (1997) states that the value and quality of homoeopathic drug provings will be improved if a consistent, systematic and scientific methodology is utilized when conducting provings. Contemporary provings now take the form of placebo controlled trials and incorporate double or even treble blinding in order to control variables (Sherr, 1994). The concept and principles of blinding was introduced first by Gerstel in 1843 whilst proving *Aconitum napellus* and double-blinding was introduced in 1906 by Bellows whilst he was reproving the remedy *Atropa belladonna* (Demarque, 1987). The concept of double-blinding in a homeopathic proving implies that the researcher and provers are unaware of the proving substance and is a means of protecting against any bias from both parties (Sherr, 1994:36). Riley (1996) also states that the use of placebo control and double-blinding promotes a self-critical attitude in both the provers and the investigator.

Vithoulkas (1980) describes an extensive and rigorous regime for the process of a proving. He prescribes a method that includes the provers relocating to a more natural environment to optimise their health; in addition he requires the provings to involve a large number of provers (50-100), of which 25% are to form a



placebo group. Vithoulkas' prescribed time frame is extensive, and the potency applied is that of many ascending potencies over a protracted period of time. Vithoulkas' method requires the experiment to take place involving three different nationalities of provers comprising three different groups, in three different geographical locations (Vithoulkas 1980:149-152). To follow this methodology would prove to be unrealistic and prover compliance in modern times would be very poor, in addition such a proving would prove very costly and time consuming.

More contemporary proving methods known as 'dream provings' have become popular in the last 30 years, and were first conducted by Becker (Dam, 1998). There are no strict standardisations for dream provings, and they are usually single blinded studies that focus mainly on dreams the provers experience in response to the proving substance, although physical symptoms during these provings do occur (Botha, 2011:16). Pillay (2002) conducted a comparative study of two proving methodologies of the same proving substance *Bitis arietans arietans*; the research showed a result of 93 percent correlation to the symptoms that were produced in the Hahnemannian proving of the same substance, *Bitis arietans arietans* conducted by Wright (1999). Pillay (2002) standardised the proving by administering one single dose of the remedy taken sublingually at bed time (Botha, 2011:16). The provers were to then record any dreams or other symptoms that occurred thereafter. Even though a number of dream provings have taken place recently, Sherr (1994) refers to the dream proving as only a "partial proving" as he believes that it is a short cut into the inner essence of a remedy, and that the totality of symptoms as well as long term symptoms are missed by using these types of methods (Sherr, 1994:16).

Sanakran follows a protocol that is said to be seated between the methodology of dream provings, and classical Hahnemannian provings (Botha, 2011:21). These provings are single blinded provings, the symptoms that he concentrates on are the physical and emotional symptoms, as well as dreams. According to Botha (2011), these provings are viewed to be similar to Sherr's methods, and are

considered to be a “halfway method” that lies between the Sherr and dream proving methodologies.

Subsequently Sherr, (1994) published guidelines for provings, these methodologies are an add on to the classical Hahnemanian method. Sherr (1994) believed that it was important to maintain the modern lifestyle, as they are only obstacles for cure, in contrast to Hahnemans strict conditions regarding diet and lifestyle throughout the period of a proving. Sherr’s methodology includes a double blind, non prejudiced trial (Sherr, 1994:6), and is amongst the most popular methodology applied at the Durban University of Technology (Botha, 2011:20).

The International Council for Classical Homoeopathy (ICCH, 1999) attempted to standardise the conducting of homoeopathic drug provings. Their guidelines included (International Council for Classical Homoeopathy, 1999: 33):

- Healthy volunteers that use no drugs, have no mental pathology and have been clear of any homoeopathic remedies for at least three months
- Participants must be over the age of 18 and pregnant and breast-feeding women are excluded
- A comprehensive case history must be recorded prior to the trial detailing all past symptoms and states
- The group must consist of homoeopaths or homoeopathic students, but may also include provers from a non-homoeopathic background to balance the group. The number of provers must be between 10 and 20
- The substance must be sourced from a natural source free from pollution. The precise origin of the substance should be carefully detailed, including when, where and how it was obtained, the name, species, gender, family and other pertinent data

- ICCH (1999) recommend using two to three potencies during the proving, as well as using a placebo control (10 to 30 percent) as a means to increase provers' attention (Botha, 2011:22).

It is according to these guidelines, as well as Sherr's methodologies that the current proving of *Bitis atropos* was conducted.

### **2.3.1 Introduction of placebo and double-blinding**

The use of the placebo control in homoeopathic provings is a controversial topic (Sherr, 1994:56) and not all homoeopaths agree on the use thereof. According to Reaside (1966: vol 55), good provers are difficult to come by and he considered it wasteful to give good provers a placebo. Placebo control however is generally accepted as an essential component of a proving; which are essentially drug trials using a homoeopathic remedy and are used as a comparison for symptoms of the remedy. One good reason for the use of placebo is to ensure that provers are extra careful when they are relating their symptoms (Sherr, 1994:57). Sherr (1994) states that he uses 20% - 30% of his participants as placebo, the rest receive verum. The proportion of placebo provers in provings conducted at Durban University of Technology (DUT) have decreased over the years, an average of 50% of provers on placebo has recently decreased to an average of 20%. Even though there has been a significant decrease of placebo provers, the numbers of provers on verum have remained constant (Ross, 2009).

Double-blinding is the process whereby the researcher and the provers are unaware of which provers are administered verum, and which provers are administered placebo. This method is used to eliminate bias and ensure accurate results within a proving. The standard practice for proving at DUT in this regard includes randomisation and preparation of placebo and verum powders by an independent party. Both medicines are made to resemble one another, even to the extent of impregnating the placebo powders with unprocessed ethanol.

Randomisation lists are withheld by an independent person and the identification of placebo and verum provers are only made once all prover journals are collected for data capture (Ross, 2009).

### **2.3.2 Potency**

According to O'Reilly (1996), written in the *Organon of the Medical Art*, 6<sup>th</sup> edition, Hahnemann recommends the use of the 30CH potency when conducting provings. Sherr (1994) stated, (in his proving of the remedy *Hydrogen* where he made use of potencies ranging from 6CH to a 200CH,) that the majority of mental and emotional symptoms produced were due to the 30CH potency (Sherr, 1994:27). According to the ICCH (1999:34) some homoeopaths recommend that in order to ensure that the most subtle aspects of the remedy are discovered, a proving must be conducted with two to three different potencies (Wagner, 2007:9).

Despite the suggestions to conduct a proving in more than one potency, the body of evidence throughout the years of experimenting with potencies and provings have confirmed that not only is the 30CH is the most effective with regards to producing symptoms, but it is also safer than using a lower potency to conduct provings. This theory is supported by de Schepper (2001:36) who states that the old masters of homoeopathy warn not to use high potencies in order to avoid aggravations during the proving trial. Gaier (1991:27) states that "Any drug which in its natural state disturbs the bio energy to destructive manifestations should be proven only in a dynamized form". In other words, he suggests that if a substance is or could be destructive to the human organism in its crude form, it should most definitely be potentised via deconcentration in order to render it safe for human consumption and for the purpose of a proving, this is to ensure no permanent destruction or deterioration of the prover during and post proving. Specifically in a proving of a potentially toxic substance (such as a snake venom as in the current study) the experimental drug should be administered in a higher potency the reason being that, if used in a lower potency (any deconcentration

lower than Avogadro's constant) it is possible that false results could be produced be due to mechanical manifestations caused by a noxious effect to the human organism (Roberts, 1993:139).

For these reasons, the researchers have chosen to conduct this proving in a 30CH, to ensure the most safe and effective results.

## 2.4 Related research

The most important related research to the current study includes the proving of snake venoms belonging to the adder family; this includes the provings of *Bitis arietans arietans* (Wright, 1999), and *Bitis gabonica gabonica* (Thompson, 2004). A detailed summary of the methodology followed by these studies according to Ross (2009) is tabulated below.

Table 2.1 - Summary of methodologies of related research

Remedy	Provers			Methodology			Blinding	Workshops	
	No	Verum	Pla	Intra	Exam			Pre-	Post
					Pre	Post			
<i>Bitis arietans arietans</i>	30	15	15	7d	✓	✓	Double	✕	✓
<i>Bitis gabonica gabonica</i>	30	15	15	7d	✓	✕	Double	✕	✓

(Ross, 2009)

It is notable that the respective methodologies for the two related studies are largely congruent with the current proving; all three being double-blinded placebo controlled trials. Although, the placebo/verum population differs in the current study the final prover population being 6 placebo, and 22 verum provers i.e. 28 participants in total.

#### **2.4.1 *Bitis arietans arietans* (Wright, 1999)**

The Puff Adder is a slow moving and bad tempered that may hiss when disturbed (Marias, 2004:63). Although the Puff adder is a slow sluggish snake, it can strike rapidly (Marias, 2004:64). The Puff adder is classified in the following manner:

**Group:** Solenoglypha

**Family:** Viperidae

**Genus:** Bitis

**Species:** arietans arietans

**Common name:** Common Puff-Adder

The venom of the snake is mainly cytotoxic (Marais, 2004:65). Once envenomation occurs, the local site demonstrates severe oedema, followed by bruising and blistering of effected part (Spawls and Branch, 1995:116). Death is rare, and complications usually occur from development of disseminated blood coagulopathy (Spawls and Branch, 1995:116)

##### **2.4.1.1 Proving symptoms:**

The proving of *Bitis arietans arietans* was originally proven by Wright in 1999. Subsequently, Master (2003) conducted a re-proving of *Bitis arietans arietans*. Masters' (2003) proving involved only five provers, with no placebo group in contrast to Wright's (1999) study that involved 30 provers, 15 that were administered verum and 15 that were administered placebo. The re-proving

(Master, 2003) produced a total of 150 rubrics, distributed accordingly; mind 54 rubrics, dreams 20, generals and head 11 respectively, stomach 10 rubrics, the chest 9, stool 6 rubrics, the nose and vertigo both 5 rubrics respectively, rectum 4 rubrics. The female; throat and sleep chapters all had 3 rubrics each. The back had 1 rubric, as well as the eyes also having 1 rubric. In comparison to the original proving of *Bitis arietans arietans* by Wright (1999), the proving conducted by Masters (2003) was performed on a much lesser scale. To this end, the researcher has chosen to compare the proving substance *Bitis atropos* with the original data represented by Wright (1999).

*Bitis arietans arietans* 30CH was produced from a freeze dried sample of venom and manufactured according to methods 5a of the *German Homeopathic Pharmacopoeia* (GHP) (1991), subsequent impregnation of lactose granules followed the method 10 of the *German Homeopathic Pharmacopoeia* (GHP) (1991).

The original proving of *Bitis arietans arietans* produced a total of 555 rubrics, of which 116 were new rubrics, as well as producing 472 clear symptoms in the *Materia Medica*, of these, 156 were classified under mind, 50 were general symptoms, 28 in extremities, 24 were symptoms in the head, 23 were dreams and 18 were in the back and neck (Wright, 1999: iv). The most outstanding symptoms were noted to effect the mental state of the provers; the provers experiencing sensations of 'spaciness' and disconnectedness. In addition, the general energy levels were affected producing mainly lethargy and fatigue (Wright, 1999: iv). Other notable effects on the provers were seen as pain and distension in the abdomen, sprains and stiffness of the musculoskeletal system, tenesmus in the rectum, asthmatic symptoms as well as a predominance of menses that occurred too early and were too heavy.

- **Mind-themes** (Wright, 1999:104)
  - Spaciness/spaced out feeling
  - Intoxication

- Removed from reality
- Disconnected from self
- Socially detached/left out
- Dullness
- Laziness
- Exhaustion and slowing down
- No motivation/difficulty working and studying
- Concentration difficult
- Absentminded and forgetful
- Memory poor-names
- Difficulty in reading
- Difficulty in writing
- Difficulty speaking
- Talkative
- Conversation
- Depression
- Happiness
- Homesick
- Thinking back
- Company-desire
- Clumsy
- Irritable
- Impatient
- Anxiety
- Anxiety whist driving
- Sensitive to opinion of others
- Placebo
- Cleaning and tidying
- Energetic/overstimulation
- Outdoors
- Polarity



- Sense perception perceptions
- Weekly periodicity
- **Generals** (Wright, 1999:107-109)
  - Tiredness, lethargy, fatigue, exhaustion
  - Stiffness
  - Food and drink: desire for ice cream and peanut butter
  - Appetite, diminished
  - Thirst, increased
  - Cold sensitive and chilly, coldness and cold sensations
  - Weekly periodicity
  - Oedema
  - Bradycardia
  - Heaviness in the head
  - Dryness of membranes
  - Modalities: rubbing ameliorates, movement aggravates
- **Musculoskeletal** (Wright, 1999:109)
  - Stiffness
  - Spraining of joints
- **Abdomen** (Wright, 1999:109-110)
  - Pain, cramping
  - Distension
  - Flatulence, borborygmi and rectal tenesmus
- **Female genitalia/sex**(Wright, 1999:110)
  - Menses: too early, much heavier
  - Dysmenorrhoea
  - Increased libido

- **Respiratory** (Wright, 1999:110)
  - Bronchial asthma, expiratory wheeze, tightness
  - Hay fever, itching and sneezing
  - Congested or weight sensations produced in the chest

#### **2.4.2 *Bitis gabonica gabonica* (Thompson, 2004)**

This snake is found mostly in Southern Africa in moist, thickly wooded lowland forests and moist savannas (Marais, 2004:66). The Gaboon Adder is the largest and most attractive of the African vipers (Spawl and Branch, 1995:116). These snakes are mainly active at night, but may be seen basking in the sun. It is a huge, sluggish snake that may remain in a single place for days (Marais, 2004:66). Compared with the Puff Adder (*Bitis arietans arietans*), *Bitis gabonica gabonica* is surprisingly placid, but when disturbed is said to “huff and puff” a great deal (Marias, 2004:67).

*Bitis gabonica gabonica* is classified in the following manner according to (Marais, 2004:6):

**Group:** Solenoglypha

**Family:** Viperidae

**Genus:** Bitis

**Species:** gabonica gabonica

**Common name:** Gaboon viper, Butterfly adder

The Gaboon Adder has potently cytotoxic venom and is comparable with that of the puff adder, except the venom is injected in much larger quantities (Marais, 2004:67). If bitten, the site will rapidly swell until the entire limb is swollen. The pain is said to be intense, haemorrhagic oedema and blistering at the bite follows rapidly and hypotension, cardiac damage, dyspnoea and unconsciousness may occur; there is haemorrhage, with haematuria and haematemesis as possible

sequelae; necrosis and the need for amputation are possible; death is not rare (Spawls and Branch 1995: 116-118)

#### **2.4.2.1 Proving symptoms:**

This remedy was made from a fresh specimen, unlike in the proving of *Bitis arietans arietans*. Manufacture process was a modified version of the method 5a of the *German Homeopathic Pharmacopoeia* (GHP) (1991), subsequent impregnation of lactose granules followed the method 10 of the *German Homeopathic Pharmacopoeia* (GHP) (1991).

The remedy produced symptoms mainly in the mental and emotional state. The most prominent symptom being isolation, a sense of being alone and forsaken (Thompson, 2004: iv). A feeling of social detachment and of being an “outsider” was experienced. This remedy reflected the “Divided” nature of all snake remedies. Provers felt panicked and as if they were under threat. There were delusions of being divided, that body and mind are divided, that they are separated from themselves in some way. Headaches were very common, and were mostly left sided, mainly in forehead and temples and tended to refer to the eyes, the neck was also affected. Other areas that were affected was the nose, and the stomach (Thompson, 2004:iv)

- **MIND** (Thompson, 2004:109)
  - Isolation/being alone/desire to be alone
  - Panic/feeling threatened
  - Separation from self/scattered
  - Depression/sadness/crying
  - Well being
  - Irritable
  - Sensitivity
  - Mistakes/poor concentration/forgetful

- Confidence/lack of confidence
- Mental activity: hyper/hypo-active
- Calm/confusion
- Placebo
- Bloating/expansion
  
- **DREAMS** (Thompson, 2004:110-111)
  - Isolation
  - Chaotic/Fragmented
  - Of Parents and Relatives, both dead and living
  - Of Conflict/Fear/Escape
  
- **HEAD** (Thompson, 2004:111)
  - Left sided, located forehead and temples
  - Pain of a pressing nature
  - Heaviness and constriction
  
- **NOSE** (Thompson, 2004:111)
  - Left sided
  - Sensitive to cold
  - Postnasal discharge
  - Watery discharge
  
- **THROAT** (Thompson 2004:111)
  - Tension
  - Pain
  - Mucous
  - Dryness
  - Sensation of lump in throat
  
- **GENERALS** (Thompson, 2004:111)

- Chill easily
  - Flushes of heat
  - Weakness
  - Swollen sensation
  - Modalities: better for rubbing , worse on wakening
  - Food and drink: desire for coffee, chocolate, warm food and drink, and sweets
- **EYES** (Thompson, 2004:112)
    - Left sided
    - Swelling and inflammation
    - Feeling of heaviness
    - Vision blurred, photosensitivity
- **GENITALIA/SEX** (Thompson, 2004:112)
    - Pain
    - Left sided
    - Vaginal discomfort during coition
    - Thick, bland, white leucorrhoea
- **EXTREMITIES** (Thompson, 2004:112)
    - Twitching muscles
    - Dry feet
    - Hands perspire
    - Rashes and boils on upper and lower limb
    - Pain in knees on walking
- **EAR** (Thompson, 2004:112)
    - Pain in ear
    - Right ear
    - Sensation of fullness

- Buzzing sounds in ears
- **BACK** (Thompson, 2004:112)
  - Cervical region-stiffness and pain
  - Tension
- **Other symptoms to note:**(Thompson, 2004:112)
  - distension/bloating in the abdomen;
  - diarrhoea, constipation and sudden urging;
  - difficult respiration, sighing and desire to breathe deeply;  
oppression of the chest, pain and constriction behind the sternum
  - difficulty sleeping at night with sleepiness in the day
  - thirst
  - burning pain and the sensation of a lump in the stomach
  - There is a metallic taste in the mouth and profuse salivation, the  
palate and tongue are sore.

#### 2.4.3 Other related research

Proving of other snake venoms in addition to those previously discussed (*Bitis arietans arietans* and *Bitis gabonica gabonica*) have taken place over the years at DUT, namely *Naja mossambica* (Taylor & Smal, 2004), *Hemachatus haemachatus* (De la rouviere, 2008) and *Dendroaspis angusticeps* (Hansjee, 2010).

Table 2.2 summary of methodology applied in other snake provings conducted at DUT

<b>Proving substance</b>	<b>Starting substance &amp; manufacture method</b>	<b>Sample size</b>	<b>Verum: placebo</b>
<i>Naja mossambica</i> (Taylor & Smal, 2004)	Fresh venom. GHP methods 2a and 2b respectively	20	13:7
<i>Hemachatus haemachatus</i> (De la rouviere & Cahill 2008)	Freeze dried venom. GHP methods 5a, impregnation of granules, method 10	30	24:6
<i>Dendroaspis angusticeps</i> (Hansjee, 2010)	Freeze dried venom. GHP methods 5a, impregnation of granules, method 10	30	24:6

#### **2.4.3.1 *Naja mossambica* (Mozambiquan Spitting Cobra)**

The Mozambique Cobra is usually found basking near a retreat or in forage on over cast days, but is mostly active at night. This snake is a retiring snake that seldom stands its ground. If threatened, the snake will spread its hood, but not hold the pose for long. Its most common defense is to eject or spit its venom

(Marias, 2004:108). The venom of *Naja mossambica* is predominantly cytotoxic, causing serious localised tissue damage. The venom is also slightly neurotoxic causing symptoms such as drowsiness, however fatalities are rare (Marias, 2004:109)

The venom used to manufacture the proving remedy of *Naja Mossambica* 30CH, was prepared from a fresh specimen. According to Small (2004), the mother tincture and potencies were manufactured according to method 2a and 2b respectively in the *German Homoeopathic Pharmacopoeia* (GHP), Fifth edition (1991) to the First Edition (1978).

The proving of the snake venom *Naja mossambica* (Taylor, 2004) produced the most symptoms on the mental state of the provers. Some of these symptoms experienced were heightened emotions which oscillated between feeling extremely high, motivated and manic to then feeling extremely low, depressed and antisocial (Taylor, 2004:vi). Polarity regarding emotions experienced was also noted, for example: irritability, anxiety and restlessness were found along with a carefree attitude, laziness and a spaced out sensation. A strong delusion of separation was observed in some of the provers (Taylor, 2004: vi). The most outstanding symptoms on the physical plain were a preponderance of eye symptoms and headaches connected to the eyes. Mouth and tongue symptoms were noted, with the mouth being either extremely dry or with increased saliva. Some other physical symptoms produced included throat and neck complaints, peeling hands, painful stomach cramps and nausea. Provers experienced ravenous hunger even after eating and fullness after only eating small amounts. Pain in the ovaries, difficulty breathing, muscle twitches and pain and inflammation of axillary lymph nodes were found in some provers. There were violent dreams and vivid dreams where the prover woke believing them to be real. Many provers felt an increase in body temperature and temperature fluctuations (Taylor, 2004: vii).



#### **2.4.3.2 *Hemachatus haemachatus* (Rinkhals)**

The Rinkhals is most commonly found in grasslands of higher lying areas. Despite urban development within their natural habitat, this snake is still found in Johannesburg especially near large bodies of water, compost heaps, stable areas and rockeries. The Rinkhals is known for maintaining its body temperature; it is able to maintain its temperature at 30 degrees during the day, even in the winter season (Marais, 2004:114). When threatened, this snake exposes its hood, and will spit venom at its opponent. Despite its cobra-like appearance, the Rinkhals is not a true cobra; it has keeled dorsal scales and gives birth to live young, whereas as true cobras lay eggs (Marais, 2004:114).

The venom of the Rinkhals is a dangerous neurotoxic venom that affects respiration, in untreated cases it may cause respiratory failure and eventual death (Marais, 2004:115). The proving substance *Hemachatus haemachatus* was prepared from a freeze dried sample and was diluted up to the thirtieth centesimal (30CH) according to method 5a of the *German Homeopathic Pharmacopoeia* (GHP) (1991).

According to De la rouviere (2008), during the proving *Hemachatus haemachatus* the provers experienced a wide range of mental, emotional and physical symptoms. The highest number of symptoms were produced on the mental and emotional levels. Provers experienced elation, joy, increased confidence, enthusiasm and energy. Polarity was demonstrated in the results with regards to the mental and physical symptoms, these were observed as a lack of confidence, vulnerability, anxiety, decreased motivation, decreased concentration, lethargy, depression and indifference (De la rouviere, 2008:v). There were also sudden changes in mood and provers experienced marked irritability. On the physical level, many provers experienced headaches, irritation of the eyes, symptoms resembling allergic rhinitis, sore throats, nausea, heartburn, abdominal pain and flatulence, menstrual disturbances, lumbar pain, rheumatic joint pains, and skin eruptions. There were disturbances in normal sleep patterns, subjective

perceptions of increased body temperature with hot flushes, and generalised tiredness and lethargy (De la rouviere, 2008:v).

#### 2.4.3.3 *Dendroaspis angusticeps* (Green Mamba)

The green mamba is found mostly in branches of trees and very rarely ventures to the ground, unless to bask in the sun or to find prey. This is a very active snake but is not often seen in the wild, as it is very shy- the Green Mamba will however strike if provoked (Marais, 2004:98).

Due to this snake's shy nature, bites are rare although the venom of *Dendroaspis Angusticeps* is said to be dangerously neurotoxic and must not go untreated (Marais 2004:99). The proving substance *Dendroaspis angusticeps* (Hansjee, 2010), was a freeze dried sample and was prepared in accordance with method 5a set out in the *German Homeopathic Pharmacopoeia* (GHP) (1991).

During the proving of *Dendroaspis angusticeps* (Hansjee, 2010) provers experienced symptoms particularly on the mental and emotional levels. This included 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. Some other symptoms experienced included the 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. Polarity of symptoms were experienced, some of these were anger and calmness, sadness and cheerfulness, poor concentration and mental clarity, exhaustion and feelings of excess energy (Hansjee, 2010: viii). Physical symptoms were mainly produced in the region of the head. Eye symptoms were also present as inflammation, heaviness and ptosis of the eyes. Other symptoms included vertigo, pain in different areas, inflammation, vomiting, blurred vision, slurred speech, difficulty breathing and

difficulty swallowing. Back pain and lower back pain were experienced as well as sleep difficulties and sleepiness (Hansjee, 2010: viii). According to Hansjee (2010), dream symptoms were the most prevalent in this proving, the 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.

#### **2.4.3.4 Other provings**

There have been a number of formal provings that have taken place at The Durban University of Technology throughout the last decade. According to Ross (2010), 29 students have conducted 16 blinded and placebo controlled homeopathic provings, and have taken place between 1999-2008. Of these 16 trials, 13 of them have been indigenous plant or animal substances to South Africa.

Ross (2010) states that the placebo-control trials at Durban University of Technology represent a tremendous amount of collective research effort, and span a significant period of the University's involvement with regard to homeopathic research. Ross (2010) also suggests that over the period of 10 years the process of a proving has evolved with regards to experience of the research supervisors, an increased need for accountability and evidence of ethical consideration as well as an improved processing of research proposals and availability of funding.

## 2.5 The proving substance- *Bitis atropos*



Richfield, 2008

**Figure 2.1 – *Bitis atropos***

### 2.5.1 Classification

**Group:** Solenoglypha

**Family:** Viperidae

**Genus:** Bitis

**Species:** atropos

**Common names:** Berg adder, Irhamba lamantye (Marias 2004:68)

### **2.5.2 General appearance**

According to Marias (2004), the *Bitis atropos* snake can grow up to an average of 30- 40cm, or in exceptional cases, may even grow up to 60cm. The snake is greyish-olive to dark-black in colour, with a silvery white dorsolateral line on either side from behind the head to the tail. Above each line is a series of dark sub triangular to semicircular pale-edged markings, and below these are a series of similar but smaller markings forming a geometric pattern. The head has a dark arrow shaped mark on the crown, and two pale stripes on either side. The underside of the snake is off-white to a dark grey with dusky infusions, or occasionally-slate grey to black (Marais, 2004:68).

### **2.5.3 Habitat and behaviour**

The Berg Adder's habitat ranges from mountain fynbos in the South, to mountain grasslands and sourveld in the North. It is found from sea level in the Cape Province, up to an altitude of 3000m in the Drakensberg Mountains (Marais, 2004:68).

*Bitis atropos* is considered to be a nervous snake in nature and hisses profusely when approached. However, being fairly agile for an adder and quick moving, it usually retreats into thick cover immediately before hissing, unless it is pursued or cornered in which case the snake will strike rapidly at the aggressor (Davids, 2008).

According to Marais (2004), the Berg adder likes to bask in the sun and if disturbed will strike aggressively and readily and are generally bad tempered snakes.

*Bitis atropos* prefers to prey mainly on lizards, as well as small rodents and amphibians including rain frogs. Nestlings of ground birds and smaller snakes are also taken (Marais, 2004:69).

#### **2.5.4 Reproduction**

According to Marias (2004), mating occurs in autumn. The female snake gives birth to 4-16 young in late summer which measure 9-15cm in length; females are known to produce more than one batch of young from a single mating (Marias, 2004:69).

#### **2.5.5 Venom**

The venom of *Bitis atropos* differs to the other adders in that it is mainly neurotoxic, with specific action to the optic and facial nerves (Marais, 2004:69). According to Davids (2008), the neurotoxin from *Bitis atropos* can cause temporary blindness which can last 4-5 days and in severe cases up to 3 weeks. There can be different degrees of blindness including double vision, dilation of pupils and an inability to focus, followed by complete paralysis of the eyelids. Effects of the neurotoxin on the facial nerve causes ptosis of the eyelids, dizziness and temporary loss of taste and smell, bite victims may also experience difficulty in swallowing, and respiratory distress (Marais, 2004:39).

Some other effects, according to the University Of Adelaide-Clinical Toxinology Resources, include local pain at the site of the bite, swelling, bruising and local necrosis to the surrounding area although rare can occur and become moderate to severe. Systemic effects of venom can include headaches, nausea, vomiting, abdominal pain, diarrhoea, dizziness, and convulsions (University of Adelaide, 2012).

### **2.6 Group analysis of homoeopathic remedies**

According to Scholten (2008) traditionally the most common method of studying homoeopathic remedies was to do so individually as separate entities. In keeping with the notion of 'group analysis' remedies which share a common origin are observed and analyzed and commonalities between the remedies in the group

are extracted, once that is achieved- the common symptoms are then attributed to the group defined by the common origin or grouping characteristic . For example, *Natrum muriaticum*; the *Natrum* element represents themes such as “nothing” and “alone”, where the *Muriaticum* element represents “mother”, “care”, “pitiful”; therefore by combining the two elements, the themes of *Natrum muriaticum* can be represented as “no mother”, “forbidden to be cared for”, “forbidden to cherish others” (Scholten 2008:24).

Mangialavori (2002) states that a “family” is a group of remedies with common characteristics and similar themes even though those remedies may be unrelated by nature, it is only a perspective and is important to define why remedies are to be grouped together as a family. He has analysed some groups of animals that don’t share taxonomical relationships, for example the spider and snake remedies (Naidoo, 2004:13).

Sankaran has differentiated family classification into the concept of “natural classification of remedies”. In other words, he has divided remedies into 3 groups derived either from the plant, mineral, and animal kingdoms (Sankaran, 1997:229). Weston (2010) states that remedies of the same kingdom share common traits as do remedies from the same order and family. According to Sankaran (1997) traits find expression in a patient and therefore tend to “narrow down” the search for a remedy. Once arrived at a biological family the choice of a particular member of that family will depend on the patient’s description of his most inner state (Weston, 2010:13). This was followed by a refinement into sub - kingdoms, for example Mammalia, Arachnida, Insecta or Mollusca in the animal kingdom, each with particular behavioural characteristics. In the plant kingdom, Sankaran (2002) analysed remedies from each family for their common sensations, which he found is expressed in all remedies of that family. This classification was developed into a unique system of case analysis and remedy prescription.

### **2.6.1 Common themes of the snake family of homoeopathic remedies**

According to Sankaran (2005: 46), the general characteristics of the snake remedies with regards to the mental and emotional spheres are themes of superior versus inferior, the snake remedies are manipulative, jealous and suspicious. They experience delusions that their mind is split in two, and have an antagonism within themselves. They are vulnerable, and closed minded and tend to have a heightened sexual drive, and claim to be somewhat clairvoyant. The snake remedies have a fear of being attacked, especially from behind in addition they experience a feeling of being pursued, and have a desire to hide.

Mangialavori (2003) states that common snake themes include the feeling of foresakeness, seduction and a sense of knowledge. He explains that one often perceives the snake as very loquacious and talkative, but in his experience Mangialavori explains this more as being a common theme, yet not compulsory, and what is more important in the snake is the theme of one sided symptoms, or as he describes it as “something that is double”.

Thakkar (2007: 68) mentions the following in addition to mental themes of snakes; a powerful intensity of emotion, religiousness and spirituality. Furthermore he suggests that they display an anxiety of conscience and are suspicious and quarrelsome displaying aggression confrontation and may come across as being territorial.

Common clinical themes in the snake remedies include skin issues involving dry skin, tendency to suppuration and eruptions such as boils, acne and psoriasis. Eye symptoms are common and include dryness of the eyes, and blurry vision. Digestion tends to be sluggish with a susceptibility to heart burn other digestive symptoms include an increased appetite, over eating, and an inability to tolerate any hunger. There are respiratory complaints that include asthma and bronchitis as well as with a tendency for tonsillitis. Female symptoms which predominate include premenstrual syndrome and premenstrual breast tenderness. There is an



increased sexual desire with an urge to masturbate. Generally the snake remedies are warm blooded and are sensitive to temperature changes (Thakkar 2007: 56).

# Chapter three

## Methodology

### 3.1 Overview of research design

The proving of the substance *Bitis atropos* 30CH took the form of a randomized, double blinded, placebo control trial. The provers were recruited from in and around the Durban area the majority of those recruited were homoeopathic students from the Durban University of Technology and the remainder were people who were familiar with the concepts of homoeopathy or had a basic homoeopathic knowledge. The research sample consisted of thirty participants all of which had to meet specified inclusion criteria (see 3.2.2.). According to Sherr (1994:57) the ratio of placebo to verum is recommended to be between the range of 10% - 30%. Thus in a random manner twenty percent (six provers) were administered placebo, and the remaining eighty percent (twenty four) were administered the active research substance (verum). Both the randomization and dispensing process was conducted independent of the researchers ensuring the researchers remained blind as to individual prover allocation.

The experimental medication; (both verum and the placebo) were dispensed in a manner which ensured that they were indistinguishable from each other. In addition to the two interventions being visually indistinguishable they were manufactured in an identical manner using the same batches of consumables effectively controlling all variables related to their manufacture, the only difference being the presence of the proving substance itself.

Data collection was conducted using a journaling process whereby each prover meticulously recorded their symptomatic reaction to the proving substance. The journaling process commenced one week prior to taking the remedy (Sherr 1994:60); the data collected during this period served as a form of control and

constituted the individual provers normal 'healthy state' against which their proving state would be contrasted. Once the week of pre-proving journaling was completed, the prover took the proving substance with which they were provided (either verum or placebo). The provers were instructed to take a maximum of 6 powders (3 powders sub lingually, 2 times a day), or until symptoms were experienced (Sherr, 1994). The provers then recorded all symptoms experienced throughout the duration of the proving i.e. any symptoms that occurred after taking their allocated remedy, until such time as no new symptoms occurred and those that did occur had disappeared.

During the first week of the proving, the provers were contacted telephonically on a daily basis to discuss symptoms. During the second week, they were contacted every second day, and in the third week every third day. By the fourth week, the provers were contacted once a week (Taylor, 2004). Once all provers had completed the proving and the researchers had collected the journals, a post proving meeting was held. The post proving meeting included a discussion amongst provers and researchers with regards to symptoms experienced throughout the proving period, and in addition this meeting served to determine if all provers had returned to their normal state of health. The proving was then unblinded, and substance was revealed.

Data extraction and collation followed; the data from the prover journals were transcribed electronically and extracted in a materia medica format; symptoms determined as being valid proving symptoms according to a set criterion (see section 3.8) were then converted into rubrics using RADAR Version 10.0 for windows using the Millennium View (Progressive) option. (Archibel, 2007) In keeping with the second objective of the study the materia medica of *Bitis atropos* was compared with that of existing homoeopathic remedies of the genus *Bitis* including *Bitis arietans arietans* (Wright, 1999) and *Bitis gabonica gabonica* (Thomson, 2004).

## **3.2 Research sample**

### **3.2.1 Prover population**

Prospective provers were healthy volunteers who met specified inclusion criteria; most of the population of provers had a basic homoeopathic knowledge, or were homoeopathic students and/or homoeopathic practitioners.

Sherr (1994) suggests that the ideal number of provers is 15-20; traditionally provings at DUT have recruited an average of 30 provers (Ross, 2009) in keeping with this norm the proving of *Bitis atropos* recruited 30 provers, 24 (80%) of which received the active substance (verum) and 6 (20%) received placebo in a randomised manner.

The final prover population included for data analysis was 28; two provers having dropped out of the proving, of the 28 remaining provers 6 received placebo and 22 verum.

### **3.2.2 Inclusion/exclusion criteria**

For inclusion the prospective provers:

- Were between 18 and 65 years of age.
- Had obtained parental consent if he/she was between 18 and 21 years old.
- Were in a generally good state of health with no gross physical or mental pathology determined by the case history or physical examination (Sherr, 1994:44).
- Were not in need of medical treatment, conventional, homoeopathic or other.
- Had not used the oral contraceptive pill or hormone replacement therapy six months preceding the study (Sherr, 1994:44).

- Were not pregnant and or breastfeeding (Sherr, 1994:44).
- Did not use recreational drugs (Sherr, 1994:44).
- Had not had surgery in preceding six weeks.
- Did not consume more than two measures of alcohol per day, 10 cigarettes per day, or three cups of coffee or tea per day.
- Did not suffer from hypersensitivity diseases such as asthma, hay fever, allergies or food sensitivities (Vithoulkas, 1980).

### **3.3 Monitoring of provers**

Provers were closely monitored by the researcher; this aim being to assist the prover in determining when the remedy began to induce symptoms in doing so the prover could be instructed to stop taking further doses as suggested by Wright (1999); the monitoring process also ensured that provers complied with the specific requirements of the proving such as frequent journaling and maintenance of their normal lifestyle. In addition such monitoring is considered to be good ethical practice ensuring the wellbeing of provers during the proving.

The provers were initially telephonically monitored on a daily basis during the first week when the proving drug was being administered, this was the period anticipated to require the most thorough monitoring for the above mentioned reasons. After the second week the provers were called every second day, the third week every third day and once a week if they still displayed symptoms thereafter. In addition to this the provers were able to make additional 'ad hoc' contact with researcher at any stage of the proving via telephone or email. The duration of the proving was 4 weeks, or until all symptoms experienced during the proving had ceased and the provers returned to their normal state prior to the proving.

### **3.4 Proving substance**

#### **3.4.1 Potency, dosage and posology**

The experimental homoeopathic proving medication *Bitis atropos* was manufactured and prescribed in the thirtieth centesimal potency (30CH) and dispensed in the form of single unit doses of lactose powder sachets each of which contained 10 lactose granules medicated with the verum or placebo preparations. Provers were instructed to dissolve the contents of one powder sachet sublingually 3 times a day until the onset of symptoms but for no longer than 2 days (a total of 6 powders were dispensed to each prover). Once symptoms commenced no further powders were taken. In addition provers were informed that nothing must be taken by mouth 20 minutes before and after each dose and that nothing was to be taken orally, topically or by olfaction that may antidote the remedy such as camphor, coffee, peppermint or menthol in any form.

#### **3.4.2 Manufacture of experimental medication**

The experimental medication was prepared from a fresh sample of venom; milked from a female snake (*Bitis atropos*), which was captured in the wild. The method of manufacture applied was that of a modified version of method 5a specified from the German Homoeopathic Pharmacopoeia (GHP) supplement (Driehsen, 2003) (see Appendix G).

Method 5a of the GHP states that one part of the freeze dried venom is to be dissolved into 99 parts of liquid vehicle (glycerol 85%), and to then be succussed to produce the 1<sup>st</sup> centesimal dilution. The 2<sup>nd</sup> centesimal dilution (2CH) is made by dissolving 1 part of the 1<sup>st</sup> centesimal (1CH) into glycerol (85%) and ethanol 43%, and then succussing it accordingly. In the case of manufacturing the remedy of *Bitis atropos*, one part fresh venom was used in the first stage of manufacture and the researchers used ethanol 45%, instead of ethanol 43%.

For the 3<sup>rd</sup> and 4<sup>th</sup> centesimal dilutions and subsequent dilutions, 96% ethanol was used.

The lactose powder sachets contained 10 medicated granules that were triple impregnated at 1% volume/volume with *Bitis atropos* 30CH in 96% ethanol or the placebo ( a 30CH preparation in 96% ethanol of the starting vehicle Glycerol)) using ingredients of similar batch origin this process was done in accordance with method 10 of the German Homoeopathic Pharmacopoeia (Driehsen, 2003). The placebo and verum were indistinguishable from one another in appearance and taste and identical in composition barring the presence of the experimental variable i.e. *Bitis atropos* 30CH.

### **3.4.3 Randomisation and dispensing**

Prior to recruitment of provers an independent person prepared a randomisation and prover allocation list; this was done by placing 30 numbered pieces of paper into a container, the contents were thoroughly mixed and the first six unique numbers drawn were allocated to the placebo group and the remaining 24 numbers formed the verum group. The six placebo allocated pieces of paper were then randomly divided equally, each half being assigned to one of the two researchers, in a similar manner the 24 verum allocated pieces of paper were equally and randomly assigned to the two researchers. Effectively each researcher was responsible for three placebo provers and 12 verum provers accordingly.

Each successfully recruited prover was sequentially assigned a unique prover number in the numerical order in which they were recruited; this number corresponded to the numbers on the pieces of paper subsequently transformed into a randomisation list. The independent dispenser then dispensed the corresponding numbered set of lactose powders i.e. the prover number assigned to the prover matched the unique medicine number on each set of lactose powders.

Both the researcher and the provers were thus blind to the respective allocation of each prover and remained so until the conclusion of the study.

### **3.5 Duration**

A one week observation period took place before the remedy was taken sublingually by the provers. The provers discontinued taking the remedy once proving symptoms commenced, therefore maximum of six powders or minimum of one powder was taken, depending on the time of onset of symptoms in each prover. The symptoms were recorded in a format of a daily journal over 4 weeks or until the symptoms had discontinued, the proving was then considered to be complete.

### **3.6 Antidote**

In the event that any signs and/or symptoms attributed to the proving substance, (whether mental, emotional or physical in nature), caused excessive discomfort for the prover, one of the following methods of antidoting the remedy were applied (Kerschbaumer, 2004):

- a. A homoeopathic similimum based on the totality of symptoms of both the pre-proving case history and the proving was prescribed.
- b. If Method a. was ineffective, the provers “constitutional homoeopathic remedy would be administered. If it were unknown, it would have been ascertained from the pre-proving case history.
- c. If Method b. was ineffective, an “acute” homoeopathic remedy would be prescribed according to the smaller presenting totality of the proving symptoms.
- d. If Method c. failed, the commonly known methods of antidoting i.e. applying camphor, coffee, mints etc. would be used.



### **3.7 Conclusion of the proving**

A post proving meeting was held after all provers had successfully completed the proving, and all journals were collected. Provers were informed of their group allocation; those who comprised the placebo group were thanked for their participation and excused from the subsequent discussions. Those who comprised the verum group were requested to share what they felt comfortable in sharing with the researcher and the other verum provers with emphasis being on the most pronounced symptoms they experienced. All discussions were recorded and emergent common themes were noted by the researchers.

In addition to sharing of prover experiences, provers were also asked if they had returned to their healthy state, all of which had and all indicated that they would participate in future provings should they be requested to do so. After the discussion had taken place the proving substance was revealed.

Those provers who did not attend the post proving meeting were contacted telephonically, notified of their group allocation, the identity of the proving substance and thanked for their participation in addition they too were asked if they had returned to their health state.

The researchers ensured that no provers were still experiencing any symptoms from the proving, and that they had returned to their normal states.

### **3.8 Ethical considerations**

The following ethical considerations were made:

- The methodology of this proving was approved by the ethics committee of the Faculty of Health Sciences at the Durban University of Technology before the proving took place.

- Informed consent (Appendix C) was read and signed by each participant prior to the proving.
- Documentation explaining information to provers (appendix F), and Instructions to the provers (appendix E) was read, understood and agreed upon prior to the study.
- The provers participated voluntarily in the research, and were free to withdrawal from the proving at any point of the proving.
- Confidentiality was implemented and maintained throughout the proving period and data dissemination phase.

### **3.9 Data collection and processing**

This involved converting raw data within the verum prover journals into materia medica format and extracting valid proving symptoms (ECCH & ICCH, 1999:35). Symptoms were processed (graded, validated or rejected) according to the following criteria and guidelines:

- A new symptom unfamiliar to the prover occurring after taking the remedy (ECCH & ICCH, 1999:36).
- The symptom did not appear significantly or at all in a prover in the placebo group.
- A usual or normal symptom that intensified to a marked degree (Sherr, 1994:72).
- The frequency of the symptom (Sherr, 1994:73)
- The number of subjects experiencing the symptom (Riley, 1995a, b).
- The duration of the symptom (Riley, 1995a, b).
- The modalities and concomitants associated with the symptom (Riley, 1995a, b).
- The symptom was strange, rare or peculiar either for that prover or in general (Riley, 1995a, b).

- The cure of a pre-existing chronic symptom (Riley, 1995a, b).
- A current symptom was modified or altered with a clear description of current and modified component (ECCH & ICCH, 1999:36).
- The symptom did not occur in the prover within the last year (Sherr, 1994:70)
- The symptom did not appear naturally or spontaneously during the proving i.e. did not have an extraneous cause (Sherr, 1994:70).
- Accidents and co-incidences that occur to more than one prover.
- The time of the day that a symptom occurred in provers is added only if occurs in another prover (ECCH & ICCH, 1999:36).
- A symptom that occurred long time ago (5 or more years) and there is no reason for its reappearance at the time of the proving (Sherr, 1994:70).

### **3.10 Collating and editing data**

Once all the valid symptoms were extracted for each prover, they were transcribed verbatim into electronic format, they were then combined and sorted into relevant sections and subdivisions of the materia medica (mind, vertigo, head, etc.) each symptom being labelled with the gender and respective prover number of origin. Symptoms that are similar or identical from different provers were listed consecutively according to the following criteria:

- Nature of the symptom
- The prover
- The sequence development of the symptom
- The time of appearance of the symptom

Symptoms recurring constantly in a prover were amalgamated and if the symptom in totality affected more than a single body/system, it was listed under

the most central heading; the respective parts thereof listed under secondary headings as local symptoms and concomitant symptoms (Sherr, 1994:78). Recurring symptoms, sides of the body, modalities and times of day repeated more than 3 times were deemed to be 'General symptoms' and included in the in the Generals section and repertory section.

### **3.10.1 The materia medica:**

All valid symptoms were compiled in materia medica format and presented according to the following headings:

- Mind
- Vertigo
- Head
- Eyes
- Ears
- Nose
- Back
- Respiratory system
- Digestive system
- Skin
- Urinary system
- Extremities
- Genitalia
- Sleep
- Dreams
- Generals

### 3.10.2 The Repertory:

The aim of the repertorising process is to truthfully and accurately interpret/convert the proving information into repertory language (ICCH, 1999:37). Each symptom was appropriately chosen, sorted under specific headings and given an existing rubric. Symptoms that were clearly produced by *Bitis atropos* 30CH which did not appear in the existing rubrics resulted in the creation of new rubrics (ICCH, 1999:37). The repertorial style used was that of Synthesis Edition 9.1 edited by Schroyens (2007).

A grading system was used to rank the frequency of the symptom experienced during the proving (Sherr, 1994:85). The repertory is represented in a table format. Each rubric is represented under its appropriate heading, and the number of provers that experienced that symptom as well as the frequency of their experience thereof is represented in the next column, followed by the resultant grading of the symptom. The grading system used for the proving of *Bitis atropos* 30CH, was adapted from Ross (2011) and is as follows:

- All valid symptoms and their respective rubrics are graded default as Grade 1.
- Any rubrics produced by 3 or more provers are elevated to a *Grade 2* (italics)
- Any rubric produced by half or more of the verum group i.e 10 or more provers is elevated to **Grade 3**.
- All newly created rubrics will be graded by default as grade 1, and will be represented as underlined.
- All time references in the rubrics are in the format of 0-24 hours as suggested by Schroyens (2001:10)

### 3.11 Comparative materia medica

Once data was collected and formatted according to repertory style, the materia medica of *Bitis atropos* was subsequently compared to the materia medica of other remedies derived from the Genus *Bitis* i.e. *Bitis arietans arietans* (Wright, 1999) and *Bitis gabonica gabonica* (Thomson, 2004). The comparative process was conducted as follows:

- Using RADAR Version 10 (Archibel, 2007) and the original dissertations of Wright (1999) and Thomson (2004) – a comparative rubric extraction of *Bitis arietans arietans* and *Bitis gabonica gabonica* for each reportorial chapter was performed. The resultant lists of rubrics were compared with that of the corresponding rubrics of *Bitis atropos* and descriptive summaries in terms of number of shared rubrics was conducted.
- The themes derived of the respective mental sections of each respective provings materia medica were compared and contrasted.
- The physical and general symptoms of each respective materia medica was manually compared and contrasted with that of *Bitis atropos*.

## Chapter four

### The results

#### 4.1 Introduction

This chapter will discuss the symptoms that were produced during the proving of the venom of *Bitis atropos*. Once the symptoms from the proving journals were extracted and collated, they were listed first in a Materia Medica format, which is represented in the provers exact wording (verbatim) as extracted from their respective journals (including any language or spelling errors made). The symptoms were then converted from the words of the provers into rubric form and organised into the correct order of appearance according to the *Synthesis Repetitorium Homeopathicum 9.1* (Schroyens, 2007) and RADAR Version 10 (Archibel, 2007).

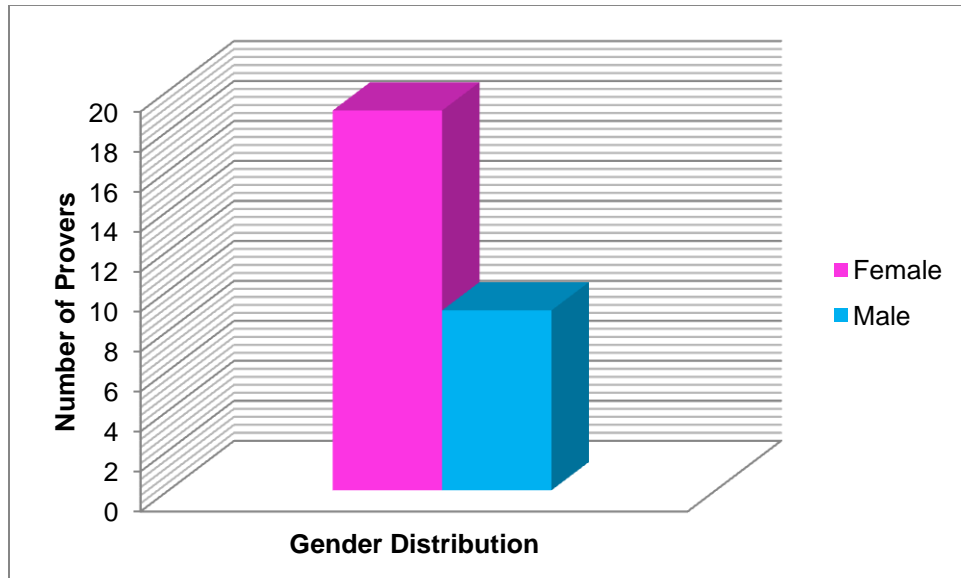
##### 4.1.1 Prover list

The symptoms obtained from the proving of *Bitis atropos* 30CH were recorded by 28 male and female volunteers (figure 4.1), 22 were verum and 6 were placebo between the ages of 19 and 53 (figure 4.2), of varied racial demographics (figure 4.3). This information is represented below in a table (table 4.1), describing the age distribution of verum and placebo provers as well as their allocated prover numbers.

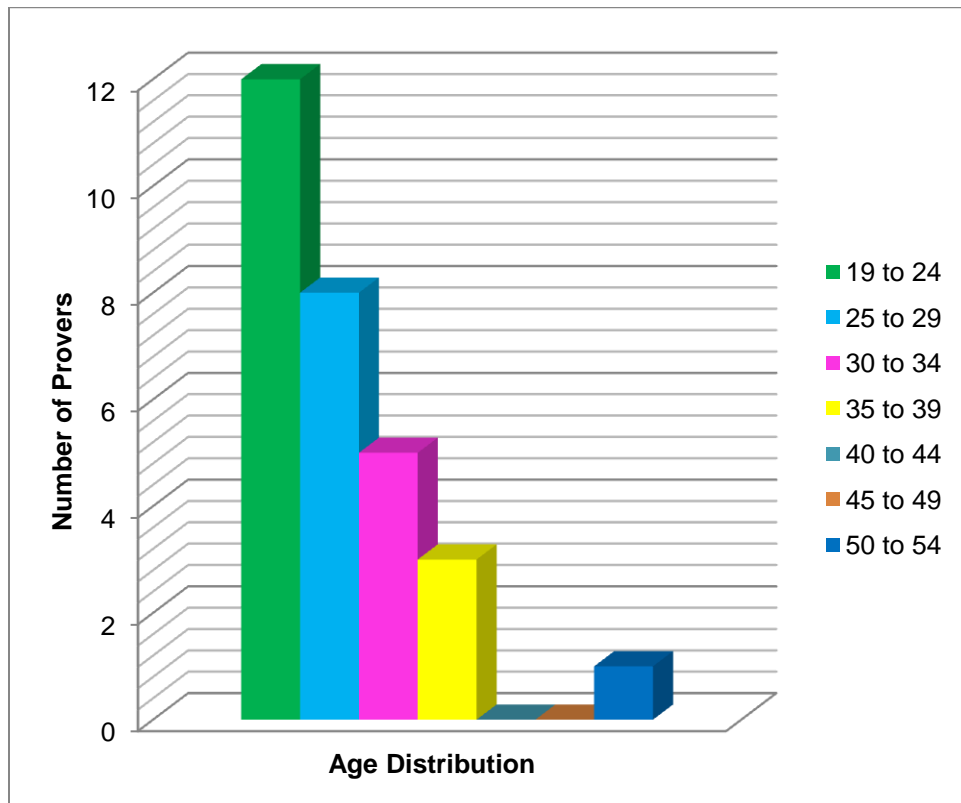
**Table 4.1- Tabulated list of provers**

<b>Prover number</b>	<b>Age</b>	<b>Gender</b>	<b>Verum/Placebo</b>
<b>2</b>	<b>30</b>	<b>F</b>	<b>Verum</b>
<b>3</b>	<b>20</b>	<b>F</b>	<b>Verum</b>
<b>4</b>	<b>24</b>	<b>M</b>	<b>Verum</b>
<b>6</b>	<b>30</b>	<b>M</b>	<b>Verum</b>
<b>8</b>	<b>25</b>	<b>M</b>	<b>Verum</b>
<b>9</b>	<b>22</b>	<b>F</b>	<b>Verum</b>
<b>12</b>	<b>27</b>	<b>M</b>	<b>Placebo</b>
<b>13</b>	<b>21</b>	<b>F</b>	<b>Verum</b>
<b>14</b>	<b>24</b>	<b>F</b>	<b>Verum</b>
<b>16</b>	<b>19</b>	<b>F</b>	<b>Placebo</b>
<b>15</b>	<b>24</b>	<b>F</b>	<b>Verum</b>
<b>17</b>	<b>53</b>	<b>M</b>	<b>Verum</b>
<b>18</b>	<b>23</b>	<b>F</b>	<b>Verum</b>
<b>19</b>	<b>31</b>	<b>F</b>	<b>Verum</b>
<b>20</b>	<b>33</b>	<b>F</b>	<b>Verum</b>
<b>22</b>	<b>27</b>	<b>M</b>	<b>Placebo</b>
<b>23</b>	<b>23</b>	<b>M</b>	<b>Verum</b>
<b>24</b>	<b>38</b>	<b>F</b>	<b>Verum</b>
<b>25</b>	<b>32</b>	<b>F</b>	<b>Verum</b>
<b>26</b>	<b>26</b>	<b>F</b>	<b>Placebo</b>
<b>27</b>	<b>25</b>	<b>F</b>	<b>Verum</b>
<b>29</b>	<b>26</b>	<b>F</b>	<b>Placebo</b>
<b>30</b>	<b>26</b>	<b>F</b>	<b>Verum</b>
<b>31</b>	<b>22</b>	<b>M</b>	<b>Placebo</b>
<b>32</b>	<b>37</b>	<b>F</b>	<b>Verum</b>
<b>33</b>	<b>29</b>	<b>F</b>	<b>Verum</b>
<b>34</b>	<b>23</b>	<b>F</b>	<b>Verum</b>
<b>35</b>	<b>21</b>	<b>M</b>	<b>Verum</b>

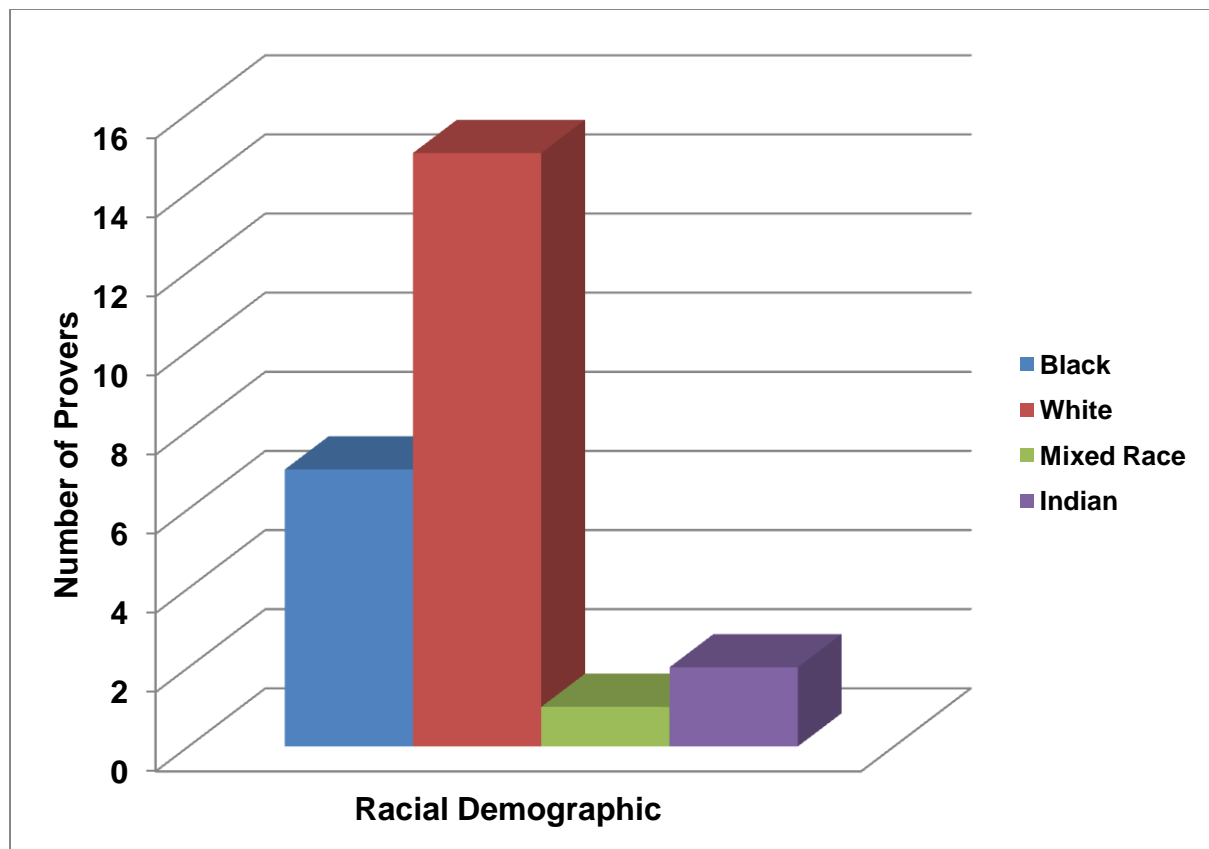




**Figure 4.1- Gender distribution of provers**



**Figure 4.2- Age distribution of provers**



**Figure 4.3 – Racial Demographics**

## 4.2 Materia Medica format

The symptoms that were produced during the proving of *Bitis atropos* were represented in the standardised manner recommended by Sherr (1994:73). The symptoms have been referenced as follows:

### **SYMPTOM, Prover code- gender- (days: hours: minutes)**

- The symptom is represented in the own words of the prover
- Prover code that was allocated to the prover, as well as specifying whether it were male or female
- Time reference:
  - Number of days since first dose of remedy was taken

- Number of hours since first dose of the remedy was taken
- Number of minutes since the first dose of the remedy was taken
- After the first 24 hours, the minutes were not considered important and are represented by :XX
- After a few days, the hours were not considered as important and were represented instead by :XX
- Where time was unclear to the prover and/or researcher it would be represented as XX:XX:XX
- Symbols such as < and > represented worse and better for respectively. This was only recorded if the prover recorded symptoms or concomitants in this manner.
- Symptoms that were produced in the placebo group were not considered

#### **4.2.1 The Materia Medica of *Bits atropos***

##### **4.2.1.1 MIND**

##### **Absent minded & forgetful**

forgetful during the day in chaos. Felt absentminded and lost in my own thoughts. On posting and printing documents had to repeatedly review as I forget details. Also forgot to take 2<sup>nd</sup> powder.

06M:00:XX:XX

had a busy day with patients and amidst it all felt silent, powerful and still. Was extremely forgetful on leaving work. Lost my car keys and made 5 people look for keys when the keys was simply in my bag. Really absent minded moment. Felt quiet and introspective on my break today.

06M:01:XX:XX

really becoming absent minded. Forgetting keys, forgetting to switch kettle on. During day- day activities and daily chores seemingly becoming slow, confused and forgetful. Feeling really silly as I am developing a mental amnesia in daily functioning.

06M:02:XX:XX

the absentmindedness is becoming more distinct. Mom and my partner both related how confused and dazed I have become. Forgot yet again to return calls messages and important meetings.

06M:03:XX:XX

Tonight I put the glasses where the mugs go. Feeling absent minded.

19F:03:XX:XX

Very confused and tight with money, careful not to spend, calculating exact amounts spent/earned.

03F:04:XX:XX

felt confused repeatedly today at work and in conversation. Lost trail of my thought and had to clarify matters in conversations. Misunderstood meanings and words in a conversation.

06M:00:XX:XX

Speech: was confusing and missing syllables as I spoke. Made many errors in speaking also.

06M:00:XX:XX

really becoming absent minded. Forgetting keys, forgetting to switch kettle on. During day- day activities and daily chores seemingly becoming slow, confused and forgetful. Feeling really silly as I am developing a mental amnesia in daily functioning.

06M:02:XX:XX

the absentmindedness is becoming more distinct. Mom and my partner both related how confused and dazed I have become. Forgot yet again to return calls messages and important meetings.

06M:03:XX:XX

I feel a bit dazed as if my mind is elsewhere

15F:01:XX:XX

Feel as if there is dullness in my mind. I am here but my mind is somewhere else.

18F:07:XX:XX

Can't focus at all WORSE in the morning

It's like I am suspended in something. Like my brain doesn't understand words it only understands images. I can't even think, I think through porridge.

I don't understand what people are saying and I can't read anything I don't understand what words mean, I look at words like "symptom" and "heamoriod" and don't understand what they mean??

19F:29:XX:XX

### **Alone – aversion to company**

desire to be alone in solitude and inner silence. Amidst actively feeling- desire to be alone. Desire to be away and not at home or work.

06M:05:XX:XX

People seem foreign/annoying/obstreperous

Want to go home!

Worse for company

Better for alone

08M 04:XX:XX

Towards afternoon was a bit irritable, wanted to be left alone. Mood seemed to pick up in the evening.

18F:02:XX:XX

want to be alone and hibernate, so much to do so little time.

18F:06:XX:XX

much calmer once I left campus.

18F:08:XX:XX

Yesterday I had this deep almost sweet sadness in the afternoon. Unknown origin, it was just settled on me. Didn't affect me in any way, and I didn't want to do anything about it as if there was nothing I could do. Just the sadness about life in general, felt the pain of existence. Today I am in a strange space, as if everything is carrying on around me, bright daylight cars driving back and forth, people talking in the street but I am separate.

19F:02:XX:XX

I am so stressed I don't know why. Exams I'm being offered a job and don't know why I am totally fed up to be bombarded with responsibility, I feel inadequate and like a failure, I have an internal exhaustion, I'm deepest totally overwhelmed by these challenges. I feel like I want to be alone, I don't want people around me

23M:26:XX:XX

## Anger

I feel snappish, worse than when I PMS. I want to scream and be aggressive and strangle someone. Not like me to be like this at all!!!

15F:02:XX:XX

I am being assessed at hospital today, I asked the class if there wasn't someone who could please take my turn as I was feeling so ill. No one wanted to help me. I am now angry that no one will help me, especially when I always help when I can.

15F:06:XX:XX

I am so angry and frustrated with people.

15F:06:XX:XX

I could actually feel the rage inside of me.

18F:08:XX:XX

I'm extremely annoyed today. Feel as if something inside of me wants to come out to attack these annoying people around me.

18F:08:XX:XX

Still feeling a bit angry.

20F:02:XX:XX

got very annoyed with other drivers on the road on my way to work this morning. A bit of road rage which is very unusual for me.

20F:02:XX:XX

Again felt snappy and angry just annoyed in general

24F:04:XX:XX

a very bad mood, begrudging doing everything

25F:05:XX:XX

Afternoon- extremely bad mood, ratty, felt pmsy, felt as if anger bubbling over

25F:05:XX:XX

### **Antagonism with oneself**

I want to do stuff but I don't/refuse to do them

Like I'm really thirsty- usually I'll jump and go get water – but I'm not doing so.

My house is really cold, and I'm freezing, but I'm not covering myself- usually I cover myself too much. Always walking around the house with a scarf around my neck and a jersey and closed shoes on. Cos I don't want to catch a cold- afraid to, because I hate coughing, hate the flu, and any cold stuff. But today I don't care. No jersey/scarf to protect myself. I opened all the windows- to get air in (cold air). Now in bed, using just a blanket, not even sheets (double sheets and double blanket plus scarf and jersey- especially in winter

I'm not listening to my body.

Right now I'm so tired and should be sleeping, it's late. But here I am jumping, walking up and down the stairs, watching movies instead of sleeping.

02F:01:23:44

I was fighting with myself. Eg. I was thirsty (body) but I decided not to drink

I (body) needed to sleep but I didn't go to sleep

Restless, toss and turn

I deliberately refused to listen to my body

Overriding the normal/natural need.

No wonder I'm in pain!

02F:02:XX:XX



Very judgmental of people internally and yet easily social outwardly.

03F:02:XX:XX

Freeness, connection to nature, uninhibited, mischievous, like a child. Acting without thought of consequence, yet inwardly distrustful, suspicious, careful, guarded (from other people)

03F:04:XX:XX

A part of me desires to shed this good boy persona and become liberated. Give myself over to promiscuity, sexual self-indulgence, the dark side

04M:03:XX:XX

Contemplative. Been dwelling on my hidden urges, my darker inner world, and I'm interested in how these dark sexual desires are so unlike the image I portray in everyday life- a good, wholesome, slightly awkward boy. I wonder if these deep dark urges will ever get a chance to rule my body.

04M:03:XX:XX

Groggy/lethargic- don't want to do anything/ yet feel the need to do something

06M:04:XX:XX

Busy with campus work can't seem to concentrate. Feel like being a rebel and not doing anything.

18F:06:XX:XX

I feel like an old woman with a teenage girl stuck inside.

19F:04:XX:XX

## **Anxious**

Feeling a bit anxious

18F:12:XX:XX

Feeling rushed and stressed to get to work this morning.

20F:08:XX:XX

Everyone was noticing that I am sick and they would keep on telling me that you look sad and my eyes looked smaller (even though they are big). This made me worry even more.

35M:XX:XX:XX

## **Attention**

Normally I don't like to draw attention to myself, I prefer to focus on others, let them take the spot light and in a way, fade in the background, and do my things without being noticed.

Right now:

- I want to SHINE
- Take the spot light; let the world know that I'm here to stay.
- I want the people to know I'm here, to notice me. Even though it doesn't feel easy I want to try.
- Not I a mean way, just to stand up and fight back, say something without worrying what others might think, not go along with whatever I don't agree with. Say NO and not being afraid to DARE.
- Take a chance
- Let people see me for who I am ENTIRELY. Not just part of me cause I have a lot to offer!
- Potential, talent, love, care, warmth, kindness, laughter smile

Being present, cause I matter 02F:04:XX:XX

I keep seeing myself surrounded by people, singled out and they are all looking at me and waiting for me to speak/answer to their question.

I wasn't afraid to stand out into the crowd, even though I could keep quiet and hide, I didn't.

I didn't mind to be the centre of attention, to be singled out. Normally I'll look for support. Lean on a wall or use a pen or something to distract me. I stood up. It feels good to stand up.

02F:05:XX:XX

Later peoples intentions proved to be good and feelings of shame, embarrassment. Trying hard to 'make up' for lack of whatever compete for attention/seek praises of talents in order to hide inadequacy feelings.

03F:04:XX:XX

Lots of inadequacy issues coming up. Trying to work harder, better, more to be worthy instead of just be. Want to give/serve/help so that I can win favour/be fondly remembered.

03F:05:XX:XX

## **Cheerful**

Everything brings a smile to my face: Peoples kindness, kids, strangers walking in the street. I can't see what's making me smile, but I smiled a lot today.

02F:21:XX:XX

felt a sensation of flying in the air above the clouds. A freedom was experienced as I travelled in my mind eye to realms of high spaces. Was jovial at night and composed a playful tune and sang it as: I am flying free in the wind, flying free in the night's breadth, I am free.

06M:00:XX:XX

my mind has become so jovial in its mannerisms. Dancing and singing away in a playful attitude throughout the day. Really celebrated the essence of being a child again. Merrily played and sang as a child world in joy and smiles.

06M:02:XX:XX

spent time at a place of solitude and mind absorbed a silent atmosphere. A space of quietness and inner joy of dancing with the self was experienced.

06M:06:XX:XX

Feeling extremely happy, light hearted and care free.

18F:01:XX:XX

Woke up in a cheerful mood

18F:02:XX:XX

Still waking up in a cheerful mood

18F:03:XX:XX

Everyone seems like loose cannon around me but I am calm and collective. Fill with positivity.

18F:07:XX:XX

In a good mood.

18F:05:XX:XX

Seems as if food is making me happy and wholesome.

18F:06:XX:XX

Feel a bit chirpy today

18F:10:XX:XX

Very happy and talkative

27F:06:XX:XX

Very happy and relaxed

27F:07:XX:XX

Meet a friend feeling quite annoyed from the day, spoke openly about her, feel like I have been moaning alot about it and need to focus on positive

27F:01:XX:XX

Feeling very excited and very alive

34F:01:XX:XX

## **Connecting**

As much as I feel protective of my family- always wanting to be there to shield them, I also find it difficult to connect emotionally.

It's as if I don't want to get too close, I don't allow them to open up to me emotionally- this is new to me. I'm the person who cares a lot

A shoulder to cry on, I love to be there for others. Now I just can't, its difficult like a barrier, - a blockage in front of me, in my ears and heart.

Fears that it going to bring me down and hurt me (their emotions). Like a burden

Response/solution: to these conflicting emotions is not listening, shutting down, ignoring the other person's need- this is not me.

Physically I want to use my body to shield my loved ones against any harm and hurtful things, at the same time I don't want to let go and connect on the emotional level.

Delusion:

Connecting emotionally, or opening up feels as if I'm vulnerable, weak, a prey

And if something dark, unknown will come and get me. A defenseless prey who needs to be on the watch/on guard constantly, not sleep at all for the dangerous creatures will crawl into the house and get you, eat you alive.

I can't stand visitors/strangers that come visit.

It feels as if they are a danger, they are going to hurt my sisters, my family- I'm so mean to them-I don't like it but I can't help it.

02F:13:XX:XX

In evening sense of 'what am I doing here?' intensified. Not unfriendly but avoiding contact with people (or wanting contact, but with close intermit friends, not able/willing to make new friendships).

03F:01:XX:XX

Very astute business side. Good at money issues (unusual) and making connections

03F:03:XX:XX

Freeness, connection to nature, uninhibited, mischievous, like a child. Acting without thought of consequence, yet inwardly distrustful, suspicious, careful, guarded (from other people)

03F:04:XX:XX

Need to connect with people and nature.

03F:05:XX:XX

Feeling the need to connect with the world

34F:02:XX:XX

## **Desire for company**

Don't want to talk to anyone, but want comfort of having someone close

03F:00:08:10

I am really depressed today. I have to listen to everyone else's crap and when is it my turn? Where is my ear? Worse for being alone. Better for company.

19F:05:XX:XX

Prefer animal company to humans

03F:02:XX:XX

## **Critical**

Judgmental of everyone and thing, unable to truly appreciate beautiful divine

03F:01:XX:XX

People seem overly unfriendly. Feeling dissipated after a while

03F:01:11:00

unscrupulous

03F:02:XX:XX

Very prying into people's personal issues

03F:02:XX:XX

Very judgmental of people internally and yet easily social outwardly.

03F:02:XX:XX

need to undermine other people so that I may feel better

03F:06:XX:XX

I am very self conscious at the moment. I covered myself in smelly aromatherapy oils so that I would smell nice (as opposed to what I think I smell like) and nothing looked good on me. I feel overweight and my stomach feels not toned at all, a blobby mass of spongy jelly. It distracts me. I sit here conscious of how soft and engorged my rolls of flab are all squished together when I hunch. (I am usually not so body-dismorphic

19F:03:XX:XX

## **Indignation**

Then, I fought with my friend over the phone- misunderstanding. She accused me of judging her- which I didn't do. I got so angry and hurt; she should know that I wouldn't do/say something to hurt anyone on purpose.

I didn't back off, I made sure, my name/ my innocence was proved. But I kept having these words dancing in my head over and over.

Palpitations, anxious

02F:05:XX:XX

I went to salon and my hair dresser was late. At first she ignored my calls then finally decided to call me 1 hour later to apologise and let me know she's coming and did not forget the appointment. Still, she did not come. Now, I'm stressing, my heart is pumping, I feel cheated, mistreated, lied and taken advantage off cause I've got to be at tech before 12.50.

Again I fought back, normally I will shake uncontrollably with indignation and gather the courage to stand up and live, cause I'll feel like everyone can see right through me how badly I was treated and either laugh at me or feel sorry for me.

11am. This is what I did- I wanted to teach her a lesson (not me, usually forgiving, let's give her another chance, until it's too late)

I called her and let her know what I think-politely I told her what I think but with a trembling voice as if almost crying.



Then I approached another hairdresser, and asked her to do my hair, I convinced to do my hair. This is great! No more rolling down or over and letting others walk all over me. But fight for what is mine. The RIGHT to take any decision concerning my life without worrying what they'll say or think. After all, it's her fault if I had to go to someone else, not mine.

It feels good, empowering and strong! Instead of feeling sorry for oneself and not acting/fighting back.

I like these words: FIGHT BACK

I don't want to hurt to hurt anyone, just defend myself. It's not a competition, just the right to live my life. It's not about anarchy and not following rules- respect, love, kindness, let the others know that you have a say in whatever is happening and you're/I'm important.

I'm glad I made it at tech at 12.00. I wasn't late and I look pretty, clean, good. My hair was a mess. Not anymore, I took the courage to say no. No more waiting game. Let someone else do my hair, so my life could carry on according to plan.

02F:05:XX:XX

I'm loving my new independence, standing up for myself, my views, my opinions, if I don't agree I'll tell you and if you don't agree with me its fine.

Before: I'll go with the majority, even if deep down I don't feel it. Rarely, I'll go against them and in return I expect people to do the same with me and I used to get offended if they didn't. It felt like a personal attack.

Now, I know that not accepting everyone's views (on some things) or decision on some accept of things is not disrespectful nor hurtful, it shouldn't be.

By accepting their views, I mean, not voicing my view and keeping quiet and deep down I'll be boiling and wanting to say what I think but couldn't- this is what I meant by going with the majority. Keeping quiet when your gut says something else.

02F:09:XX:XX

I have become tense:

Especially my muscles

I can't lay back in bed and just relax and fall asleep

Everything is worse at night

Not the physical symptoms, but mentally or emotionally, I don't know what.

I still feel the need to be on my guard- I think that's where the tension comes from.

I miss laying down in bed and just being lazy and let my thoughts float until I fall asleep.

I toss and turn so much in bed that the bed sheets are always coming out.

Changing position

Not being comfortable in bed.

02F:20:XX:XX

Very indignant, need to prove myself as independent and capable. Very abrupt business woman.

03F:02:XX:XX

## **Delusions**

I'm very worried that if I look in the mirror, I'll see a bloody red eye, plus bluish, purple skin – the BRUISED sensation feel as if the punch happened days ago. Now it's black/ dark blue, shiny and very sensitive. Don't touch! That's the picture I have in my mind. I know I'm fine, just little bit sore and bruised. Worse for touching with cold fingers.

02F:00:06:26

Together with neck left side of my face:

- Delusion it's paralysed.
- It feels strange, hanging down, loose. Heavy as if falling down.

- Better for movement – cause it reminded me that I can control the muscles

Better for sleeping on the left side and prayer- reassurance.

02F:02:02:00

Connecting emotionally, or opening up feels as if I'm vulnerable, weak, a prey. And if something dark, unknown will come and get me. A defenseless prey who needs to be on the watch/on guard constantly, not sleep at all for the dangerous creatures will crawl into the house and get you, eat you alive. I can't stand visitors/strangers that come visit. It feels as if they are a danger, they are going to hurt my sisters, my family- I'm so mean to them-I don't like it but I can't help it.

02F:13:XX:XX

Feel as if there is dullness in my mind. I am here but my mind is somewhere else.

18F:07:XX:XX

Time is moving much faster than I am and I can't seem to keep up.

18F:12:XX:XX

My sweat smells like sweat

My urine smells like urine

My poo smells like poo

My menses smells like menses

Everything smells of bodily excretions. I feel like people can smell me

19F:13:XX:XX

Feel like a monkey scratching my head

20F:13:XX:XX

also have a feeling like I want to get this remedy as far away from me as possible. (Feel like this remedy is not good for me and is going to harm me)

33F:01:XX:XX

## **Difficulty**

### **- Concentration difficult**

Inability to focus on tasks

03F:00:08:10

Busy with campus work can't seem to concentrate. Feel like being a rebel and not doing anything.

18F:06:XX:XX

felt confused repeatedly today at work and in conversation. Lost trail of my thought and had to clarify matters in conversations. Misunderstood meanings and words in a conversation.

06M:00:XX:XX

Can't focus at all WORSE in the morning

It's like I am suspended in something. Like my brain doesn't understand words it only understands images. I can't even think, I think through porridge.

I don't understand what people are saying and I can't read anything I don't understand what words mean, I look at words like "symptom" and "heamoriod" and don't understand what they mean??

19F:29:XX:XX

My mind is very busy, thinking about everything and nothing. Mainly work.

20F:06:XX:XX

Concentration not great

25F:08:XX:XX

- **Difficulty with words**

Words – after and during the day:

- I had the perfect words in my head but I couldn't say them. They all come out different, incoherent, or the opposite of what I was trying to say.

02F:17:XX:XX

felt confused repeatedly today at work and in conversation. Lost trail of my thought and had to clarify matters in conversations. Misunderstood meanings and words in a conversation.

06M:00:XX:XX

- **Difficulty speaking**

Speech: was confusing and missing syllables as I spoke. Made many errors in speaking also.

06M:00:XX:XX

## **Fears**

- **Heights & falling**

Fear of falling down the stairs

There are 18 steps at my house so it's not a huge or really elevated/steep stairs

02F:08:XX:XX

Fear of height worse at night and in the dark.

I have an irrational fear of falling off the balcony into the stairs. It's weird and new. Naturally I like the height I can see everything, the view is excellent. Now I have to hold onto someone's arm when I'm at the balcony (stairs). At night I have to keep the light on when going to the toilet, walking far away from the stairs. I have to watch my steps when going down the stairs. This is bizarre/weird.

02F:09:XX:XX

- **Thieves/robbers**

Worse during day, better at night because all my family is at home

- Fear of robbers breaking into our house and find my sisters defenseless
- Solution- I don't want to go out and leave them alone
- I want to protect them by constantly staying with them.
- Also, always locking all the doors.

02F:13:XX:XX

When I was asleep that other night I had a delusion someone was breaking into the window, I then became scared and nervous I just cover my head with the blanket I was sleeping with

09F:XX:XX:XX

**Focus**

more focused and concentrated in my work and planning

06M:03:XX:XX

strangely this remedy seem to be more organised, planned and productive. Sent my outstanding documents out today, planned diary well and really had a high energy to focus.

06M:04:XX:XX

Can't focus at all WORSE in the morning

It's like I am suspended in something. Like my brain doesn't understand words it only understands images. I can't even think, I think through porridge.

I don't understand what people are saying and I can't read anything I don't understand what words mean, I look at words like "symptom" and "heamorioid" and don't understand what they mean??

19F:29:XX:XX

Feeling good, quite focused

27F:02:XX:XX

## **Freedom**

The fish is free, swims whenever and wherever it wants, but it has a destination, a set goal, and it won't get distracted.

02F:08:XX:XX

I sort of feel like my life is being wasted in Durban. I want to experience more of the world and live in other places.

04M:11:XX:XX

as though being trapped for the next 4 years may take an irreparable toll on me.

04M:11:XX:XX

usually feel quite self-conscious, but last night I felt quite free of inhibition

04M:16:XX:XX

By the way I smoked last night. Often when I go out I'll take a few drags in attempt to learn how, but last night I got it right for the first time. It felt good to know what a smoker experiences when smoking and now for the first time I can understand the appeal. It sounds silly of me to say as though I accomplished

something, but I did. I feel as though my time on this planet is learning and so I don't want to restrict learning/experiencing in anyway, hence a reason for ditching religion which I believe prevents a person from exploring, discovering etc.

04M:16:XX:XX

At the end of the eve I was eager to experiment with weed. I've been crying since Thursday eve (yesterday). With the strikes, boredom and anxiety, a part of me really felt like it needed an outlet, a space where I can relax (mentally). Needed a way to detach from this reality and cut myself free of this anxiety I've been carrying. Unfortunately, the joint I smoked had no effect that I noticed anyway.

04M:22:XX:XX

felt a sensation of flying in the air above the clouds. A freedom was experienced as I travelled in my mind eye to realms of high spaces. Was jovial at night and composed a playful tune and sang it as: I am flying free in the wind, flying free in the night's breadth, I am free.

06M:00:XX:XX

## **Home sick**

I want to go back home for the holidays.

14F:02:XX:XX

Feel like I could just go home and sleep

33F:08:XX:XX

## **Images**

### **- Wounds, flesh & blood**

These were the images/delusion coming to my head or mind:



- Rawness
- big opened wounds on my face, arm
- blue, dark, blood- signs of bruising
- being cut open- arm, cheek, and eye- left skin to hang down
- My skin was not protecting or covering what was inside.
- Paralysis or looseness/weakness of parts.
- Loss of muscles control.

Snake bite- flesh and skin ripped off, fissures-deep one. As if acidic content opened up my skin and exposed my flesh. No wonder, I couldn't bare the cold wind on my left face and left arm and shoulder to tips of fingers. It was too cold. Icy cold. Better for warmth, jacket, scarf, warm breathe, better for rubbing.

Animal- lizard with big, sharp nails that could rip your flesh open.

What if I'm on placebo. – That will be funny.

02F 02:XX:XX

Whilst talking to a group of people that I didn't know I imagined my period would start and start gushing down my trousers. I was worrying the whole time we were speaking that it would happen and what would I do-run out of the room.

19F:03:XX:XX

- **Fish**

Image of fish:

- The type of fish who swims up the stream against the current
- Its strong, doesn't bother about the surroundings (people's opinions) just mind about its own business.
- Colour: grey and black, shining under the sunlight. Beautiful and strong.
- Current: it's about people, the limitation their view that they try to enforce on you

The fish is free, swims whenever and wherever it wants, but it has a destination, a set goal, and it won't get distracted.

02F:08:XX:XX

## **Inadequate & dissatisfied**

But lack of trust in self, fidelity

03F:03:XX:XX

Later peoples intentions proved to be good and feelings of shame, embarrassment. Trying hard to 'make up' for lack of whatever compete for attention/seek praises of talents in order to hide inadequacy feelings.

03F:04:XX:XX

Lots of inadequacy issues coming up. Trying to work harder, better, more to be worthy instead of just be. Want to give/serve/help so that I can win favor/be fondly remembered.

03F:05:XX:XX

Meditations around issues of TRUST in GOD/MYSELF.

03F:05:XX:XX

Disgust with body, trying to hide sickness

03F:05:XX:XX

This evening however I've been feeling very good about the way I look. The past few days I've been a little disappointed in my appearance but tonight I'm quite impressed by what I'm seeing in the mirror.

04M:00:XX:XX

Time is moving much faster than I am and I can't seem to keep up.

18F:12:XX:XX

I am very self-conscious at the moment. I covered myself in smelly aromatherapy oils so that I would smell nice (as opposed to what I think I smell like) and nothing looked good on me. I feel overweight and my stomach feels not toned at all, a blobby mass of spongy jelly. It distracts me. I sit here conscious of how soft and engorged my rolls of flab are all squished together when I hunch. (I am usually not so body-dismorphic

19F:03:XX:XX

It is very hard to find clothes to wear in the morning. I am very self-conscious of what I look like. I am also very indecisive. I couldn't decide which shop to go to. I didn't want to go to Woolworths as I was worried what people would think of what I was wearing.

19F:04:XX:XX

Salsa was a bad idea, all these attractive women all dancing and me in the middle feeling like a fat soft bloated and unattractive creature amongst beautiful. I don't know why I have this need to be and look attractive and smell good, is it for the opposite sex??

19F:14:XX:XX

I look at the beautiful women in my class and experience a feeling of inadequacy and hopelessness. I think its sadness and have defiantly been worse for menses

19F:15:XX:XX

I am so stressed I don't know why. Exams I'm being offered a job and don't know why I am totally fell to be bombarded with responsibility, I feel inadequate and like a failure, I have an internal exhaustion, I'm deepest totally overwhelmed by these challenges. I feel like I want to be alone, I don't want people around me

23M:26:XX:XX

## **Indifferent**

I don't care about anything. "Don't care attitude" feeling very indifferent.

15F:01:XX:XX

Feeling very indifferent, filed some notes that I didn't have to file instead of doing work. .

15F:03:XX:XX

By the evening I felt indifferent towards people who are selfish

15F:06:XX:XX

## **Irritability**

### **- General irritability**

Very tired and irritable in club

08M:04:XX:XX

Towards afternoon was a bit irritable, wanted to be left alone. Mood seemed to pick up in the evening.

18F:02:XX:XX

Slightly irritable.

18F:03:XX:XX

feeling very irritated and short tempered.

20F:01:XX:XX

VERY IRRITATED!!!!

20F:02:XX:XX

Thinking a lot and feeling annoyed!

20F:06:XX:XX

Irritable.

20F:12:XX:XX

feel very irritable and don't want to go to varsity

23M:01:XX:XX

Felt irritable and snappy all day but worse in the evening

24F:02:XX:XX

Still a bit crabby and just irritable

24F:03:XX:XX

Also felt like I had a short temper which is unusual for me

24F:03:XX:XX

short tempered before meals

24F:04:XX:XX

Still irritable

24F:07:XX:XX

was irritable and tired a few more days

24F:XX:XX:XX

I felt very grumpy for no reason but think maybe I was hungry

32F:05:XX:XX

feeling tired and irritable

33F:07:XX:XX

getting really irritated at work

33F:07:XX:XX

feeling frustrated and grumpy

34F:04:XX:XX

- **With people**

Irritability at people

03F:00:08:10

I'm extremely annoyed today. Feel as if something inside of me wants to come out to attack these annoying people around me.

18F:08:XX:XX

This evening I am so IRRITATED with my friends. I am stiff and sore and in a bit of pain and they are being retarded. I am over bothering to make an effort with my friends if it is not reciprocated.

19F:02:XX:XX

Cross, irritable, annoyed, generally. Any one that doesn't pay me attention or do what I want them to do must have their teeth knocked out!

19F:02:XX:XX

I am so irritated with everyone. If they make me do something I am irritated, if they don't, I am still irritated. No one can do anything right.

19F:03:XX:XX

I have noticed that I am sensitive to people putting effort into things (and then subsequent non reciprocation of the effort irritates me) being unappreciated.

19F:04:XX:XX

So irritated with everyone and anyone

19F:06:XX:XX

feeling unusually annoyed and am not sure why. Everyone just seems to be irritating me for no particular reason

20F:01:XX:XX

My husband is annoying me. Everything he does is irritating.

20F:01:XX:XX

Work colleagues annoying me. I am definitely more highly strung than usual

20F:03:XX:XX

short tempered with my child tonight, trying to get him to bed

20F:03:XX:XX

so irritable again. People are just getting on my nerves

20F:08:XX:XX

Together with all my symptoms, there was a feeling of being irritated and <for being around people.

27F:XX:XX:XX

Then went for a full body massage at the techs beauty clinic. I was really looking forward to it as my neck and shoulders are so sore at the moment. However, it turned out to be an awful massage as the girl doing it had no interest in it what so

ever and just kept looking at her cell phone. I wanted to get up and scream! But thankfully I didn't.

32F:14:XX:XX

### **Laziness**

Just lazy.don't want to do anything

02F:18:XX:XX

Groggy/lethargic- don't want to do anything/ yet feel the need to do something

06M:04:XX:XX

### **Loquacity**

Very happy and talkative

27F:06:XX:XX

I am Wanting to talk to people

34F:02:XX:XX

### **Money**

not embarrassed by money (lack)

03F:02:XX:XX

Very indignant, need to prove myself as independent and capable. Very abrupt business woman.

03F:02:XX:XX



Very astute business side. Good at money issues(unusual) and making connections

03F:03:XX:XX

Very confused and tight with money, careful not to spend, calculating exact amounts spent/earned.

03F:04:XX:XX

## **Placebo**

Think I'm on placebo. Because all the symptoms don't last longer and these powders affected me more before I took them, then after.

02F:01:12.25

I'm on placebo?

- Am I?

What if, all these sensations and images are because I'm paying more attention to myself and noticing all the small or big things.

02F:10:XX:XX

I'm on the placebo

14F:01:XX:XX

clearly nothing is happening. It feels stupid now just to keep recording everyday and writing things that aren't important. Why did I have to be in the placebo group?

14F:07:XX:XX

I think I have placebo.

33F:04:XX:XX

## **Quiet**

a sense of silence overtook me during the day. On meeting some colleagues was quiet, silent and introverted. Normally am task driven, sociable and interactive in conversation but after remedy felt quiet and silent. A quiet solitude overcame me today. Was a silent observer today as I interacted with others.

06M:00:XX:XX

had a busy day with patients and amidst it all felt silent, powerful and still. Was extremely forgetful on leaving work. Lost my car keys and made 5 people look for keys when the keys was simply in my bag. Really absent minded moment. Felt quiet and introspective on my break today.

06M:01:XX:XX

I have been quieter than usual today. Have not felt like talking.

20F:04:XX:XX

Feeling relaxed and ready to take on the day

34F:01:XX:XX

## **Reciprocation**

I have noticed that I am sensitive to people putting effort into things (and then subsequent non reciprocation of the effort irritates me) being un appreciated.

19F:04:XX:XX

I am really depressed today. I have to listen to everyone else's crap and when is it my turn? Where is my ear? Worse for being alone. Better for company.

19F:05:XX:XX

## **Sadness**

feelings of deep sadness, nostalgic grief and lack of lust for pleasurable things  
flooded me

03F:00:08:10

Some feelings of despair

03F:01:07:30

Felt very lonely, sad, felt as though my partner didn't love me anymore. I missed  
him terribly. More so I missed feeling as though I was loved

04M:16:XX:XX

I'm feeling down today and I just hope that my day doesn't go too badly.

14F:12:XX:XX

Yesterday I had this deep almost sweet sadness in the afternoon. Unknown  
origin, it was just settled on me. Didn't affect me in any way, and I didn't want to  
do anything about it as if there was nothing I could do. Just the sadness about  
life in general, felt the pain of existence. Today I am in a strange space, as if  
everything is carrying on around me, bright daylight cars driving back and forth,  
people talking in the street but I am separate.

19F:02:XX:XX

Very sad (21/02)

30F:07:XX:XX

## **Stimulation**

My mind wants outside stimulation- lots of it! Not inward focus. I don't know how to put it down. It's like my eyes are closed; now my mind is taking over or my thoughts are.

02F:20:XX:XX

Still feeling tired, stuck in this rut and routine.

18F:13:XX:XX

feeling restless, cannot relax mentally active

20F:11:XX:XX

Feel like I need to get out and exercise

34F:02:XX:XX

## **Vanity & appearance**

It's all about looking beautiful, making yourself pretty. Pretty outfits, pretty make up, pretty hair style- yet again not putting much effort into it, like letting someone else do it for you, then u get all the glory. Pretty vain!

Like winning a makeover contest, where I sit and people around me will be busy running around doing all the work for me and I just come and get dressed. Body wants, mind doesn't or the other way around.

02F:03:XX:XX

This evening however I've been feeling very good about the way I look. The past few days I've been a little disappointed in my appearance but tonight I'm quite impressed by what I'm seeing in the mirror.

04M:00:XX:XX

I'm noticing that my focus has been more and more on aesthetics. I've been particularly pleased with the way I've looked the past few days, but yesterday and today especially. I feel like my new short hair style has made me look quite attractive, quite beautiful really (as egotistical as this may sound)

04M:01:XX:XX

We did our eyelashes (false) for the first time. Feels good

17F:08:XX:XX

Off to the hairdresser. Hair done- looking good

17F:09:XX:XX

Salsa was a bad idea, all these attractive women all dancing and me in the middle feeling like a fat soft bloated and unattractive creature amongst beautiful. I don't know why I have this need to be and look attractive and smell good, is it for the opposite sex??

19F:14:XX:XX

### **Miscellaneous mind symptoms**

I'm less demanding with my family. I like certain things to be done a certain way; I think I'm becoming more patient. And I'm learning to let others do things, trust- delegate responsibilities (at home) to my siblings. I don't need to be the mum over seeing everything.

Usual reaction when things don't go the way it should:

- Angry, upset
- Won't let it out
- Keep it inside and keep quiet for a while on my own then come back and maybe talk about it or just forget about it!- suppression.
- I laugh more to jokes- love it, cause they not laughing at me but with me.

If things go differently now:

- Why worry?
- It's done anyway
- Relax and what next we can we do
- Let go, turn the page

Is there anything else we can do? If yes- good, if no-well, things happen for a reason.

02F:05:XX:XX

I wanted to be carried like a child, a hug. Child: so I could fall asleep. I tried to lean against my brother, actually I leaned my head against his shoulder and I could sleep for a moment.

02F:02:XX:XX

nervous feeling in back of throat and heart

03F:01:07:30

Jealousy of other guest, ego, trying to 'measure up' resulting in over eagerness/resentment(mild)/ interrupting other people instead of listening.

03F:05:XX:XX

Freeness, connection to nature, uninhibited, mischievous, like a child. Acting without thought of consequence, yet inwardly distrustful, suspicious, careful, guarded (from other people)

03F:04:XX:XX

Contemplative. Been dwelling on my hidden urges, my darker inner world, and I'm interested in how these dark sexual desires are so unlike the image I portray in everyday life- a good, wholesome, slightly awkward boy. I wonder if these deep dark urges will ever get a chance to rule my body.

04M:03:XX:XX

I imagined myself receiving light/energy, sort of as in kabbalah philosophy. I then channelled it to my partner. I never really do that sort of thing, so I guess it was quite unusual.

04M:19:XX:XX

Mind: after months of solitude and silence am starting to be more interactive and sociable. Making more contacts and networking well with people. My sense of isolation is slowly leaving my state of being closed as I am craving to mix and contact friends, colleagues.

06M 04:XX:XX

my mind has become so jovial in its mannerisms. Dancing and singing away in a playful attitude throughout the day. Really celebrated the essence of being a child again. Merrily played and sang as a child world in joy and smiles.

06M:02:XX:XX

felt a great strength within, a feeling of abundant mental, physical and spiritual energy.

06M:08:XX:XX

Guessed a test question correctly, felt a bit psychic

19F:10:XX:XX

#### **4.2.1.2 Teeth**

Teeth clenched

03F:01:11:00

#### **Pain**

My right mandibular teeth painful. It feels as if some nerves were pulled

02F:02:XX:XX

Toothache: aching pain on lower right jaw. Teeth included. Lasted for about 5 minutes. followed by a chest pain, in the middle of the chest about the size of a fist toward the back. As if heart chakra had been squeezed, aching pain. Not radiating anywhere. Think its because I have been sitting for so long. Almost as if toothache and back ache happening at the same time.

19F:02:XX:XX

#### **4.2.1.3 Expectoration**

Coughed up small amount of phlegm, yellow

33F:16:XX:XX

Later during the evening the coughing produced a lot of sputum from my chest and the colour of the sputum was cream yellowish.

35M:11:XX:XX

During the day I was coughing and this produced even more sputum forming from my mouth.

35M:15:XX:XX

#### **4.2.1.4 Generals**

##### **Emaciation**

I lost a bit of weight in my hip region. I noticed some other pants were no longer fitting me tightly.

35M:12:XX:XX



## **Exhaustion**

woke up feeling strange, tired as if the flu is on its way

02F:30:XX:XX

tiredness, slough

03F:00:12:00

Energy: at the end of the day a low depleted energy.

06M:06:XX:XX

I feel tired, like I should be resting in bed

15F:08:XX:XX

I did not have enough energy to start the day. I do not feel like getting out of bed

15F:09:XX:XX

I feel like I have used allot of energy and strength in the last few days

15F:10:XX:XX

Feel very tired even though I have had a normal day

15F:11:XX:XX

Feeling tired; just want to cuddle up in bed.

18F:02:XX:XX

Very tired.

18F:07:XX:XX

Feeling exhausted, even look drained and weary

18F:09:XX:XX

very tired today

20F:03:XX:XX

so tired I can hardly keep my eyes open

20F:05:XX:XX

woke up feeling exhausted at 5-30am. Could have slept another 3 hours

20F:10:XX:XX

was irritable and tired a few more days

24F:XX:XX:XX

tired especially around lunch time

24F:07:XX:XX

Feel very tired in the evening

25F:01:XX:XX

Slight drowsiness this morning

27F:05:XX:XX

feeling tired

33F:02:XX:XX

feeling weak and exhausted

33F:03:XX:XX

feeling tired

33F:07:XX:XX

Feeling very flat.

33F:08:XX:XX

Also feeling extremely tired

33F:11:XX:XX

I was just not myself. Not being full of energy.

35M:19:XX:XX

### **Food and drink**

Since yesterday hungry all the time. Craving pizza, fat cook, fruits- apples and bananas, coffee. Aversion for bread. Crave any food that will stimulate me, tasty, well-seasoned, spicy-not too spicy. Meat

02F:08:XX:XX

These days- I only bath or shower with really, really hot water.

So hot that steam is coming out of my skin after bath.

02F:13:XX:XX

Aversion to drinking anything, especially water- normally drink a lot of water.

03F:03:XX:XX

Aversion to drinking water, only tea

03F:05:XX:XX

I've been craving oranges

04M:01:XX:XX

Craving oranges again

04M:02:XX:XX

I had a brief moment whilst drinking some yummy coffee where I felt that everything was okay.

04M:16:XX:XX

Crave coffee-more so than usual

04M:20:XX:XX

craved coffee

04M:20:XX:XX

craving chilli and pepper today and asked waiter to add extra chilli and pepper to my soup

06M:00:XX:XX

craved jam today so bought a jar of berry jam. The taste of fresh berries soothes my taste buds with a fruity feeling.

06M:00:XX:XX

Thirst: increased dose for water. Craving ice water to cool the redness in the body.

06M:06:XX:XX

Didn't have any desire to eat anything else (like sweets, tea or juice) like I usually do.

17F:00:XX:XX

Had a tiny craving for chocolate nuts

18F:01:XX:XX

Was dying for something savoury went to have chicken pasta and butternut soup.

18F:07:XX:XX

Still wanting to eat wholesome food-savoury like. Home food isn't satisfying me, I want food from restaurants. Warm foods will make me better.

18F:08:XX:XX

Seems like I only get an appetite when I am at campus and I indulge in food, warm wholesome food.

18F:13:XX:XX

Craving chocolate today and nuts. I love nuts.

18F:14:XX:XX

Craving tea.

20F:03:XX:XX

Craving chocolate

20F:11:XX:XX

woke up and desired chocolate straight away!

20F:12:XX:XX

craving tea

20F:14:XX:XX

desire salty foods

20F:14:XX:XX

Craving tea.

20F:02:XX:XX

coffee which made me feel much better

32F:11:XX:XX

Still craving salt

34F:01:XX:XX

Craving for salt around midday, very peculiar

34F:01:XX:XX

Still craving salt

34F:02:XX:XX

Craving salt again

34F:05:XX:XX

### **Heat/warmth**

These days- I only bath or shower with really really hot water.

- So hot that steam is coming out of my skin after bath.

02F:13:XX:XX

Craving the sun, its warmth, here I am sitting directly under the sun and studying at the same time. It's sunny today yet I'm freezing.

02F:15:XX:XX

Better for sitting under sunlight day

02F:23:XX:XX

got some sun at about 10.30. Enjoyed the warmth, it made me feel a bit better.  
04M:22:XX:XX

Also feeling very hot  
17F:01:XX:XX

### **Increased energy**

Energy: at night experienced a boost of vibrant energy. My body reverberated with a loved, soulful and energetic flow.  
06M:04:XX:XX

second wind of energy after being so tired. Now I am not tired at all! Weird.  
20F:05:XX:XX

lots of energy today  
20F:06:XX:XX

not tired at all tonight  
20F:07:XX:XX

have noticed something my energy levels are indeed increasing 9/10.  
23M:05:XX:XX

I also felt physically really good – not tired for a change!  
32F:06:XX:XX

Not tired again! This is odd for me as I usually always feel exhausted!  
32F:07:XX:XX

I'm beginning to think maybe this remedy is making me feel good! I had a really good day again and felt very good and not my usual tired self.

32F:07:XX:XX

still energised

34F:03:XX:XX

Energy up all day

34F:02:XX:XX

### **Weakness**

Sudden muscle weakness causing me to fall

03F:XX:XX:XX

Feeling weak and tired , lack lustre

19F:14:XX:XX

Feeling weak and "out of it"

33F:16:XX:XX

### **Miscellaneous general symptoms**

Muscles are tense. Still unable to relax. Worse at night, better during the day.

02F:21:XX:XX

Left sore side- better for pressure and better for lying on it.

02F:02:XX:XX



#### 4.2.1.5 Vertigo

Left temple- tight- feels as tension

Head- feeling of dizziness- actually it's like my head is in the sky, floating- like I smoked something.

I never smoked before, it feels as if I slept for a long time and I'm not awake, not totally. DAZED- I think that's the word.

02F:00:11:56

Dizziness, blacking out.

03F:00:12:00

Sensation of light headedness, floating, pleasant vibration in head and feel as if tipsy

03F:00:12:00

sensation of light-headedness was experienced at night. Dazzy walking closed eyes to regain vision. Head had a floating sensation, worse for movement, better for standing still, better for sitting down. Felt as if I was flying in the clouds, lost in space.

06M:00:XX:XX

I woke up with a very painful headache which was in the frontal lobe region. The painful sensation is the one that woke me up in my sleep, and when I woke up in bed it was even worse. When I was standing the pain went to the back of my head and I was a bit dizzy. I had to drink water to calm the headache and the dizziness.

35M:09:XX:XX

I lost balance this morning

02F:19:XX:XX

feeling off balance when walking , I start to fall over and having to “catch myself”

33F:06:XX:XX

I couldn't sleep well due to the headache of which was very intense. The pain was in the back of my head. The pain made me loose balance and I couldn't walk quick or well from my room to the kitchen.

I had to walk slowly to make the pain better.

35M:10:XX:XX

#### **4.2.1.6 Throat**

##### **Dryness**

have had a rough dry throat the whole day, better for eating and drinking

33F:07:XX:XX

throat is still very dry with dry annoying cough

33F:16:XX:XX

Throat still dry

33F:17:XX:XX

##### **Itchy**

I'm in bed now and my dust allergy is flaring. It started with a runny nose and now my throat is itchy.

04M:00:XX:XX

## **Pain**

Throat pain:

Cutting pain as sharp as razors

Better for clearing throat and water

Worse for swallowing and worse for empty swallowing

02F:13:XX:XX

Sore throat- my heart was beating in my throat- more toward the base of my neck.

better for fruits

Better for warm drinks

Worse sweet stuff

Worse scarf around neck

02F:30:XX:XX

Throat is so sore and raw. Tickling, worse on the left side

02F:31:XX:XX

Pain in throat when trying to talk. Better for quiet, worse for talking.

02F:32:XX:XX

a sore throat

03F:01:07:30

Woke with a sore throat, it felt inflamed, itchy and tender. Lots of thick postnasal and a bit of coughing

04M:22:XX:XX

felt a strange sensation in throat. Sticky/slimy yet spiny thing in throat.

Tenacious phlegm can't bring up

08M:00:00:00

My throat is dry and irritated. It feels like it is scratchy.

15F:1:XX:XX

Felt the food stuck in my throat- conscious of being full.

17F:00:XX:XX

A little sore throat.

17F:02:XX:XX

Feels like there is something stuck in my throat, like a ball of air.

19F:01:XX:XX

Slightly sore dry throat on waking, hope I am not getting sick!

20F:11:XX:XX

post nasal drip has started and sore throat noticeable again

sore throat/pharyngitis is getting worse.<swallowing warm drinks

20F:12:XX:XX

Still have a very slight post nasal drip, causing a tickle in the back of my throat

20F:14:XX:XX

Throat very sore, < left side, burning, (<swallowing),Feels like a chilli in the throat

25F:08:XX:XX

Throat still a bit sore, not as bad now, just scratchy

25F:09:XX:XX

Sore throat, post nasal drip starting

30F:01:XX:XX

Sore throat, on fire!!

30F:02:XX:XX

Very sore throat

30F:05:XX:XX

sore throat

30F:06:XX:XX

sharp splinters like pain in my throat, swallowing does not make it better or worse.

33F:01:XX:XX

slight sore throat as if splinter in throat (RHS)

33F:05:XX:XX

slight sore throat on the rhs, same sensation as if splinter in throat. Water relieves it, feeling dry

33F:05:XX:XX

sharp splinter like pain in throat on waking , better for getting up

3 woke with rough dry throat relieved temporarily by drinking water

33F:07:XX:XX

woke up with a sore throat , scratchy

33F:08:XX:XX

throat is now raw rough feeling, sore Craving water to soothe it,  
33F:08:XX:XX

throat is still raw and sore,  
33F:08:XX:XX

throat still sore, dry scratchy with cutting sensation (getting worse)  
33F:09:XX:XX

woke up with a swollen dry throat, with splinter like pain.  
33F:11:XX:XX

woke up with sore dry throat, splinter like pain  
33F:12:XX:XX

throat is really sore, sharp burning pain, feels really dry  
33F:18:XX:XX

later on when I was talking to my roommate I noticed that I throat was very sore,  
and I had to clear it all the time to make it better and to talk properly. My throat  
was getting sore when I was talking to someone and it was a bit itchy in the uvula  
region.  
35M:09:XX:XX

sore throat  
35M:10:XX:XX

my throat was still sore and was worse when I'm swallowing food or fluids.  
35M:10:XX:XX

When I woke up, my voice was gone, not even a single word could be heard when I was trying to talk. My throat was very sore and it was even worse if I was trying to talk. The only thing that made it better was drinking tea. I had a pain also just below the uvula in my throat. 35M:12:XX:XX

## **Mucous**

Thicker mucus covering back of throat. Some pain on swallowing  
03F:01:XX:XX

Thick mucus in back of throat. Feels gross like a sticky yellow river  
03F:02:XX:XX

Post nasal drip  
30F:02:XX:XX

have a mucous plug in my throat  
33F:03:XX:XX

throat is getting worse and I feel like I need to cough the whole time, also have a mucous plug in my throat  
33F:08:XX:XX

mucous plugs in throat  
33F:11:XX:XX

mucous plug in throat is so bad to the extent that I am choking on it. Trying to swallow but it is battling  
33F:11:XX:X

still battling with mucous in throat, and feeling like it is a little more effort to breathe than norm

33F:11:XX:XX

Still have an irritating mucous plug that makes me cough.

33F:12:XX:XX

have had a mucous plug on and off the whole day, battled to breath in Pilates because of it

33F:14:XX:XX

### **Sensation**

another 20 minute coughing session- tickle in my throat and had to keep coughing to clear it. Drinking water helped

32F:00:13:00

another 20 minute coughing session- just a little tickle in my throat that I kept trying to cough out. Drinking water helped.

32F:01:XX:XX

have an unusual sensation rising up into the throat it's like warm pins and needles tingling making me feel claustrophobic

33F:01:XX:XX

### **Swelling**

throat feeling swollen

33F:10:XX:XX



Throat dry and swollen, need to cough when talk too much  
33F:10:XX:XX

#### **4.2.1.7 Chest**

##### **Pain**

I woke up in so much pain

My ribs left side of my body were in pain and the muscles on the left side on the same area as my ribs (6<sup>th</sup> to 9<sup>th</sup> ribs) were in spasms, constricted and in so much pain.

At first it was better for stretching and bending toward the right side (laterally).

Then nothing worked. Worse for breathing and standing erect. Better sitting and double up, better for lying on my stomach, lying on my sides didn't help.

better stretching while putting pressure on my left hip or on the ribs

I had to do this in order to walk

better for prayer

I prayed a lot, on my knees with my stomach leaning on the bed- I felt better.

My whole body was shaking because of the intensity of the pain.

On a scale of 1 to 10, I give it a 10, even a 20 out of 10.

I never felt such pain before

It lasted 30minutes or more.

Pain is worse on the left

02F:16:XX:XX

The pain in my ribs felt like tetani, spasm, stuck and constricting. Toward the end it travelled to my right side of the back: lumbar region

02F:16:XX:XX

Left intercostals muscles 1pm:

Bruised feeling and pain

It's a gnawing pain, not sharp, just there and drawing attention to the pain. Better for sitting with back supported by the chair. Worse for standing and bending laterally. 02F:17:XX:XX

Intermittent left breast pain, echo of intense mastitis pain. Low, moaning ache, stronger and longer than before

03F:01:07:30

sore tight chest,

30F:05:XX:XX

sharp pain in chest

33F:07:XX:XX

During the evening my chest had a pain on the left lung and this was painful every time I cough. The pain made me even touch the chest region if I'm coughing.

35M:15:XX:XX

During the day I only had chest pain but I wasn't coughing

35M:16:XX:XX

## **Sensation**

I feel nauseous it sitting in my chest- feels like warm thing sitting behind the sternum.

At the same time I have this pain gnawing pain on my back- on the left around the kidney area.

02F:03:XX:XX

felt a tingling sensation in the chest area, the remedy is flying through my body in quick flight.

06M:00:00:00

Chest: burning sensation in chest as if ate too much chilli. A hotness in the chest.

06M:05:XX:XX

### **Palpitation**

today my heart did something strange. It was beating quite irregularly, but it wasn't palpitations. It felt like it was trying to 'reset' itself. It was very brief – maybe a minute.. It wasn't at all painful and wasn't accompanied by any other symptoms. Now that I think of it I was a little anxious for the greater part of this morning.

04M:17:XX:XX

Palpitations, brief as if heart is knocking on rib cage

25F:04:XX:XX

when I woke up from my nap I could feel my heart beating really fast for quite a long time. I felt terrible and I got up and splashed my face with some water.

When I looked in the mirror my face was very pale- almost greenish.

32F:05:XX:XX

I noticed that my heart was beating fast and I was a bit dizzy but after a few minutes I was okay.

35M:20:XX:XX

## **Tightness**

My chest was slightly (very slightly) tight and wheezy earlier

04M:01:XX:XX

About an hour after waking, my chest started to tighten and I started coughing

04M:02:XX:XX

chest is tight, still coughing.

04M:02:XX:XX

I cycled to school this morning and noticed that I had a tight chest when I arrived

04M:14:XX:XX

Tight chest

30F:05:XX:XX

have a tightness in my chest and breathing has become more difficult.

33F:08:XX:XX

### **4.2.1.8 Head**

## **Heaviness**

Heaviness in the forehead and the eyes.

17F:01:XX:XX

head feels very heavy

33F:08:XX:XX

## **Pain**

Terrible left sided headache. I have a terrible headache. I don't know what to do.

The pain is extending from the left eye. Starting from inside the eye.

Better for warmth, worse for cold air

Holding my hand/scarf near my nose and breathe into and the warm air warms up my eye. Better for sunlight- its warmth

First was worse for glasses, then better for wearing them.

02F:02:XX:XX

Location – head

Sensation- throbbing sensation

Time- it started around 11pm

Intensity- it was like a strike of lightening

09F:01:XX:XX

Location- head, pain, on the temples, bilaterally. Sensation- head, throbbing, headache. Modality- open cool air. Time-7pm as I journal. Concom- hot pulling surges of heat, I feel wet with perspiration but when I touch myself I am dry.

23M:01:XX:XX

Sharp headache –top of head slightly to the right, lasted 10 minutes or so, then jumped to left temporal region

25F:08:XX:XX

Feel a bit headachy, dull frontal pain < for movement, slight nausea. >outside in the fresh air. Doesn't last long.

27F:03:XX:XX

Headache of note

30F:06:XX:XX

very mild headache all over my head , dull ache

33F:08:XX:XX

I couldn't sleep well due to the headache of which was very intense. The pain was in the back of my head. The pain made me loose balance and I couldn't walk quick or well from my room to the kitchen.

I had to walk slowly to make the pain better.

35M:10:XX:XX

During the day I was very sick, I was coughing, had a headache and sore throat.

35M:10:XX:XX

### **Concomitants**

At the front of head there is a sensation of warmth, which affects my eyes, worse left eye, as if something was in front of the eye

02F:00:01:16

my eye and head are so painful

02F:02:XX:XX

sensitivity, creating a headache-unusual photophobia

20F:09:XX:XX

Cough-then dull headache

30F:05:XX:XX

When I'm coughing a very intense pain from my chest will be produced which will make the headache more painful.

35M:10:XX:XX

## **Location**

This time headache went central and during late afternoon

24F:04:XX:XX

### **- Frontal**

Forehead is still heavy. Feels as if bulging, as if full of warm water

02F:00:02:06

Retro orbital pressure and a mild frontal headache. < stooping > pressure.

20F:02:XX:XX

Slight frontal headache before lunch then went away with lunch

24F:01:XX:XX

Frontal headache again

24F:04:XX:XX

Had another headache today was frontal and quite sharp

24F:06:XX:XX

Frontal headache, slight dull, >pressure

25F:05:XX:XX

frontal headache and it also ached behind my eyes- both left and right. A dull ache, not sharp/shooting. It was only mild and did not bother me too much.

32F:01:XX:XX

two o clock I developed a headache – the same as the other day. A mild headache in my forehead and behind both eyes

32F:03:XX:XX

also have a frontal headache, associated with a constricted feeling in head.

33F:01:XX:XX

Also frontal headache

33F:02:XX:XX

woke with frontal headache moving to the same temporal head ache. (Better for getting up and being busy)

33F:03:XX:XX

been getting frontal headache on and off all day.

33F:11:XX:XX

I woke up with a very painful headache which was in the frontal lobe region. The painful sensation is the one that woke me up in my sleep, and when I woke up in bed it was even worse. When I was standing the pain went to the back of my head and I was a bit dizzy. I had to drink water to calm the headache and the dizziness.

35M:09:XX:XX

- **Left**

I have a dull headache, it is on the left side, on the temple. It is a nagging dull headache.

15F:01:XX:XX



I feel fine on period no sadness or anything, just a slight dull headache on the left frontal area when period started this morning

19F:13:XX:XX

a headache on left temporal side feels bruised

33F:02:XX:XX

The moment I woke up I had a very intense pain on the left hand side of the head.

35M:11:XX:XX

- **Occiput**

headache now moved to the occiput, along with intensification of stiff neck. Its a tight kind of a pain.

33F:08:XX:XX

- **Sinus**

aching pain inbetween eyes. On bridge of nose. Feels like a sinusitis type pain but sinuses are clear.

33F:08:XX:XX

- **Temporal**

Temporal headache, achy

25F:01:XX:XX

- **Top**

Extremely bad headache. Pain located on top of head. Just a heavy feeling on the head disappeared after about 2 hours.

18F:05:XX:XX

Had a slight headache. Was a dull pain located on the top of my head? It seems to come and go but doesn't dampen my mood

18F:02:XX:XX

### **Modalities**

Cold air increases headache and pain in forehead and eyes.

02F:06:XX:XX

headache is worse for movement

33F:08:XX:XX

I went to school to attend lectures with the headache of which was even worse during the day. I tried to stay away from sunlight and drink a lot of water but still nothing changed.

35M:09:XX:XX

The headache was very painful during the day when there was sunlight. When I'm coughing a very intense pain from my chest will be produced which will make the headache more painful.

35M:10:XX:XX

The weather was a bit windy and this made the headache better,

35M:11:XX:XX

I woke up with a dream that made my headache even worse. I was dreaming about a lot of cars passing my place, making noise with their owners also shouting.

35M:11:XX:XX

### **Time**

A headache started at about 4pm. Stayed dull, was on the left side behind the eye extending posteriorly and superiorly. Dull throb that intensified a lot when I bent/crouched down. 04M:05:XX:XX

I had a terrifying headache in the midnight the headache was in the back of my head and it made me not to be in the standing position.

35M:15:XX:XX

### **Type**

My head felt heavy, congested. All around- no specific sides After first powder 02F:00:00:00

Congested and heavy

As if I smoked something and my oxygen supply was decreased

02F:00:01:16

Left temple:

- Pulsating
- Better for pressure, brings reliefs briefly

Better for warmth also

02F:02:XX:XX

Sinusitis headache, stuffy groggy

08M:06:XX:XX

Felt like fireworks in my forehead, very sharp and explosive

24F:04:XX:XX

head feels tight and constricted

33F:01:XX:XX

#### **4.2.1.9 External throat**

Left tonsil is swollen on palpation. Right also swollen on palpation

02F:03:XX:XX

Submandibular lymph nodes painful

08M:06:XX:XX

#### **4.2.1.10 Urine**

##### **Increased frequency**

increased urination at night. Light green colour of urine.

06M:00:XX:XX

increase urination, light green in colour.

06M:02:XX:XX

Urinating more often. .

15F:03:XX:XX

Seem to be passing alot of urine today, only drank a cup of coffee and a bottle of water.

18F:08:XX:XX

Frequent urination.

20F:06:XX:XX

still frequent urination.

20F:06:XX:XX

I must have urinated at least 8 times during the night.

20F:07:XX:XX

### **Odour**

my urine smells like coffee

18F:10:XX:XX

### **4.2.1.11 Back**

### **Itching**

These days I'm feeling itchy in my lumbar region and it is better for scratching and warmth, worse for cold.

09F:01:XX:XX

my back was a bit itchy

35M:00:XX:XX

## **Pain**

Back muscles:

Pain better for stretching.

They felt contracted, spasm

I wanted someone to punch my back in the lumbar region- desired it!

Pain better for pressure and massage.

02F:10:XX:XX

Back muscles and hips- sore and painful. Less intensity as previous day.

02F:12:XX:XX

I woke up with pain in my muscles around the lumbar area and pain in my hips both left and right. Better for exercise. Stimulating swimming movement while lying on my stomach.

02F:13:XX:XX

All the muscles in my back were twitching and trembling with pain.

02F:16:XX:XX

Bruised and sore- more toward the middle part of my back

02F:19:XX:XX

The sacrum still feels bruised and sore, not continually, but from time to time.

Especially worse for walking long distance

02F:20:XX:XX

I had a sore lower back

04M:22:XX:XX

Have a nagging lower back pain. Located on the right side, just above my iliac crest. Back pain is worse for movement and stretching. Better for heat and sitting still.

18F:04:XX:XX

Have an intense back pain just under my scapulae. Think it's from the way I slept. It's better for pressure and heat and worse for bending over. I can't even straighten up properly after bending.

18F:14:XX:XX

After doing capoeira, I had a pain in my lower lumbar spine and T-spine, almost in between scapulae. Aching pain. Feels like it's drawing life juices out of me. Worse for movement, better for sitting down or lying comfortably, around 8pm.

19F:01:20:00

Painful coccyx, worse for trying to sit down

Aching pain.

19F:12:XX:XX

Lower back is very painful, aching worse for sitting still the whole time

The pain extends up to my back when I sit for a long period; lumbar spine joins in with the pain

19F:13:XX:XX

Dull aching pain in shoulder blades, more on the left worse for keeping still better for moving about

19F:02:XX:XX

lower back ache related to menstruation

20F:11:XX:XX

## **Sensation**

Lumbar spine as if dislocated from the rest of the spine hanging by a small cord  
Better for bending and keeping spine flat at the same time. Better for stretching,  
standing, pulling spine.

02F:11:XX:XX

Feels like there is a lump growing out of my backside, like I'm growing tall, or like  
when I put pressure on my coccyx its putting pressure on my spinal cord  
Aching pain and intense 19F:14:XX:XX

### **4.2.1.12 Eye**

#### **Conjunctiva**

The conjunctiva have changed in colour. They are red-brown  
On waking my left eye was almost glued. The eyelids where attached together  
medially. (The right eye is fine).

02F:01:08:40

#### **Discharge**

Watery discharge in left eye.

02F:01:08:40

Right eye keeps on discharging white stuff- located medially

02F:01:12:25

My nose is running, mucous is clear, eyes are a little watery

04M:02:XX:XX



## **Dryness**

Eyes scratchy, dry, red, tired

03F:01:XX:XX

Eyes red, heavy, tired, even after rest

03F:03:XX:XX

Eyes dry and burning

25F:02:XX:XX

Dry eyes

25F:03:XX:XX

left eye is very dry and burning (also eyeball itself) , having to blink alot

33F:08:XX:XX

During the day I was coughing from now and then and this made my eyes teary every time I coughed for a long time.

35M:12:XX:XX

## **Heaviness**

Heaviness in the forehead and the eyes.

17F:01:XX:X

## **Itching**

slightly itchy right eye

04M:07:XX:XX

Eye itching like there is something in it like sand, there is maybe a tender spot on the lower lid on the left sort of in the middle lid

19F:19:XX:XX

## **Pain**

Left eye is twitching muscle pain. Inside eyeball- warmth and dryness, right side is cold. Worse for opening eyes and wind.

I'm aware of my eyeball, the right is okay (not aware of it)

Worse for touching with cold fingers

Better warmth- external

The area- (external eyeball) actually bellow the eye on the bone- mandibular- feels warm to the touch.

Pulsating pain.

02F:00:02:06

Sore muscles.

02F:00:02:06

My vision is not affected, just all the muscles all around my eyes- Hot Hot and painful.

02F:00:02:06

Pain worse in the median side, the punctum plus heavy eyelids.

02F:00:02:06

Eyes bruised feeling is worse sun and direct light shining in them.

02F:00:08:06

Eyes stitching pain

02F:00:11:56

My eyes are feeling bruised

02F:00:14:01

Left eye:

More pain compared to the right

Lower eyelid and upper cheek (around mandibular bone) pain

Eye feels raw as if the skin was peeled off and hanging down.

Upper eyelid twitching and contracting feels heavy, putting weight on my left eye.

right eye is okay. No sensation, just changed in colour, red-brown, not white.

02F:00:14:01

Right eye:

Stitching pain

Better for keeping the eyelids almost closed

Worse for light

02F:00:17:03

Right eye:

The pain is inside the eye itself, not the muscles

It's so dry and it seems as if the wind is blowing into my eye though the window in the bedroom is open and just a breeze is getting into the room.

The wind is not strong, but it feels as if it's too much for my eye and nose- right sided. Left side is fine.

02F:00:17:03

Left eye:

Constriction. Better for closing eyes/eye

02F:02:XX:XX

My eye and head are so painful

02F:02:XX:XX

My eyes started paining again- they were fine. It feels as if I was swimming and water got stuck in my ears and eyes are burning with chlorine. Left side is worse than right.

02F:03:XX:XX

Right eye was also affected. Pain located medially

Constricting pain- better closing eye

02F:09:XX:XX

right eye feels bruised and aching slightly redder than the left

33F:02:XX:XX

eye still feels bruised

33F:03:XX:XX

RHS eye still feels bruised (31/03)

33F:03:XX:XX

both eye balls aching and burning whilst driving, only lasted for a minute

33F:08:XX:XX

## **Modalities**

Left eye:

Better keeping it almost closed

Better for human touch, someone else

02F:02:XX:XX

## **Sensation**

At the front of head there is a sensation of warmth, which affects my eyes, worse left eye, as if something was in front of the eye

02F:00.01.06

Both eyes now.

It started as if they are opening wider and wider

As if someone tried to forcefully open them.

I'm wearing a blue jacket/jean jacket. It's disturbing my eyes like if you're staring at shiny surface. –Watery surface- that's it! The reflection of light on the surface of the water. 02F:00:02:06

I feel as if my eyes are instable in the sockets:

Shaking

Moving from side to side

Slight flickering movement

My heart is palpitating in my eyes

02F:00:02:06

It feels as if my left lower eyelid is falling down, hanging as if paralysed.

02F:00:06:26

## **Redness**

My eyes were red

35M:09:XX:XX

People were telling me that my eyes are red

35M:10:XX:XX

My eyes were also red but they were never itchy or burning  
35M:12:XX:XX

eyes where very red  
35M:15:XX:XX

### **Size**

my eyes looked smaller (even though they are big).  
35M:12:XX:XX

### **Strain**

Strained  
02F:00.00.00

Eyes so tired and strained.  
Heavy as if I cried my eyes out  
Very sensitive to what? I don't know yet, just sensitive.  
02F:00:02:06

### **Swollen**

They feel swollen  
02F:00.01:06

They feel swollen now they are watery  
02F:00:02:06

Both eyes are swollen and there's pain in the left eye only.  
02F:01:08:40

Both my eyes are swollen

Tears are coming out of my left eye- not much tears, just a little, right is so dry

02F:03:XX:XX

#### **4.2.1.13 Neck**

##### **Pain**

Left neck:

Is so tense, so tight and painful that's better just bending forward. To write just made everything better.

02F:02:02:00

Bruised feeling and a stiffness on the left side of my neck.

02F:02:XX:XX

My neck feels sore today. Did some neck exercises, stretching and rolling the neck. Pain- burning.

17F:06:XX:XX

Pain in the nape of my neck, in the curve. Pain is always deep and aching.

Makes me think of curves and circles, the pain doesn't have "sharp edges:" circle is the symbol of eternity.

19F:02:XX:XX

Head is heavy; when I bend my neck forwards I feel the pain in my neck. Pain worse bending head forwards then pain in shoulders and neck pain is located around the bone that sticks out of C7/T1? Can't remember that far back in anatomy. Also the nape of my neck the curve is worse for stretching. It feels like my neck is stretching, too elongated and my head will fall off. 19F:02:XX:XX

Neck muscles also aching

33F:08:XX:XX

back of neck extremely stiff and sore. I feel a warm bath and massage will help

33F:08:XX:XX

Neck, scm and trap still stiff and sore.

33F:09:XX:XX

I notice that I had a pain at the back of my neck that wasn't so painful. It was better if I moved my head left and right.

35M:12:XX:XX

### **Tightness & stiffness**

Left neck- tightness

02F:00:11:56

Tightness from the base of the neck (to left ear)

02F:01:12.25

Neck:

Base of my neck- muscles constriction. Feels like a hard ball crushing everything

Increase pulsating

Together with neck left side of my face:

Delusion it's paralysed.

It feels strange, hanging down, loose. Heavy as if falling down.

Better for movement – cause it reminded me that I can control the muscles

Better for sleeping on the left side and prayer- reassurance.

02F:02:02:00



A stiff neck (worse on left)

02F:16:XX:XX

My whole neck and shoulder feels cold, better for warmth. Today is a sunny day, not cold. But I just want to cover my neck, shoulder and ears.

My neck is stiff on the left side and feels sore, bruised

02F:16:XX:XX

Neck is stiff/sore

08M:06:XX:XX

my neck and shoulders feel tight.

32F:09:XX:XX

#### **4.2.1.14 Extremities**

##### **Burning**

My feet are burning underneath, especially the heels. Every time my feet touch the floor they burn underneath

15F:03:XX:XX

##### **Coldness**

Only cold feet better for uncovering them during the day. They become better covering them during the night. Better for socks and closed shoes or blanket.

02F:18:XX:XX

The more cold and freezing the more they seem to be fine. Better for slops and sandals. I did try to cover them with a sheet – few minutes later I'll unconsciously pull them out.

02F:18:XX:XX

My lower legs feel cold, from the knee down. Like soggy ice blocks.

19F:03:XX:XX

### **Cramps**

Cramps in both calves, like I have been running a marathon the day before.

19F:03:XX:XX

Aching knee joints and crampy aching calves. Worse for walking down stairs.

19F:04:XX:XX

muscle cramps in quads and calves. Continuous cramping as I am sitting.

20F:09:XX:XX

cramping persists. Eventually I had a bit of salt and a glass of water which helped quite alot

20F:09:XX:XX

muscle cramping like yesterday. In calves and quads and glutes. Needed to drink salt again to ease it

20F:10:XX:XX

### **Electric shocks**

Left arm- there's like electric shots from shoulder to the tips of fingers

02F:00:14.01

## **Eruptions**

I developed a whitlow on my right index finger yesterday. It's slightly inflamed.

04M 14:XX:XX

Have noticed a few small red lesions on my ankle, look like insect bites, quite itchy. Left ankle.

27F:12:XX:XX

## **Heavy**

Felt quite tired like my legs were heavy

24F:06:XX:XX

## **Itching**

Feet:

- Itchy increased, better for rubbing against rough surface eg, carpet.
- Itching between toes and plantar surface close to toe
- Right cold today- icy cold but I won't wear close shoes
- I want them to be cold, want air to pass between my toes and keep them dry.
- As I have the feeling that wearing closed shoes so often will favorise fungal infection.
- This is weird. It's not like their sweating or something. And I always make sure that my feet and toes are dry. I guess this is a delusion.

02F:13:XX:XX

- Irritating itch
- Worse during the day 10-11am

- Can't get rid of it
- Better for rubbing on rough surface

02F:13:XX:XX

All my toes are incredibly itchy, feels like an athlete's foot in the parts where they touch each other. They look dry flaky red and gross (as always).

19F:02:XX:XX

Feet itchy, all over especially toes and soles of feet. Worse for wearing shoes, better for not wearing shoes and scratching soles.

19F:03:XX:XX

My hands are itchy (palms of both hands") localised areas of redness that are pruritic. Worse for scratching. Better for cold water.

20F:01:XX:XX

Hands are itchy again

20F:02:XX:XX

itchy hands in small spots.

20F:07:XX:XX

Red pruritic areas between fingers and on dorsal aspects of hands.

20F:07:XX:XX

## **Loose**

Hip:

- This morning it felt as if the ligaments were loose
- Pain in the sacrum and coccyx
- Heavy and pulling down

- Started at first in the left anterior hip (femur head) then it moved toward the middle
- I was aware of my coccyx and sacrum
- The loose feeling was uncomfortable and painful
- Better for bending forward, doubling up
- Worse for walking- my walk changed as if my bones (in my hips) will fall or break into pieces.
- It lasted less than 30minutes
- My walk was funny. I had to walk small steps at once, better for walking that way.
- I couldn't swing my hips
- Better for keeping it still

Better for pressure and support for lower back

02F:17:XX:XX

## **Oedema**

peripheral oedema of ankles.< right.

20F:13:XX:XX

Still have the slightest peripheral oedema of ankles< right side

20F:14:XX:XX

## **Pain**

Left arm:

- Lameness feeling in the whole arm
- Stabbing pain in the scapula worse for laughing
- Worse pain in the shoulder- at the joint attachment.
- Weak wrist
- Warmth in my whole arm plus BRUISED

- My whole arm feels bruised and swollen

02F:00:11.56

Left fingers:

- Numb- especially the 3 middle digits
- Pulsating distal digits

My triceps are sore and lame. It's like some tightness, not all around the arm but worse posterior arm (triceps)

02F:00:11.56

Pain in my hips:

Cutting pain- better for stretching and pressure

02F:10:XX:XX

Hip: lumbar region- worse right, left okay

- Cutting pain as if sliced with an electric knife- not constant- comes and goes

02F:11:XX:XX

Back muscles and hips- sore and painful. Less intensity as previous day.

02F:12:XX:XX

Left Shoulder joint:

- There's a sore and bruised feeling that's better for extending the arm outwardly
- It's also dull aching, as if I over used it
- Worse for putting pressure on it
- Worse for lying on the left side

02F:20:XX:XX

Pain in my left shoulder joint and left side of my neck

- Worse for lying on the right side, cause it means pulling the neck muscles on the left
- Better laying on the left/using a lot of pillows to raise my neck if I still want to lie on the right. 02F:21:XX:XX

Joint pain: especially in the right shoulder right now, but it wonders around seems to be affecting the larger joints (knee, hips, shoulder) primarily. Aching pain.

19F:02:XX:XX

big toe is paining as if it was cutting my nails and slightly chipped it but I didn't.

23M:08:XX:XX

#### **4.2.1.15 Vision**

##### **Acuity**

I don't need my glasses. I can't stand them!

02F 00:02:06

##### **Sensitivity**

light sensitivity, creating a headache-unusual photophobia

20F:09:XX:XX

#### **4.2.1.16 Stomach**

##### **Appetite**

##### **Decreased**

Loss of appetite didn't need to eat at lunch or supper, missed super

03F:01:XX:XX

Unable/willing to eat. Didn't eat anything till 6pm. Except a banana and apple, didn't feel hungry. Once I ate I felt overfull.

03F:02:XX:XX

Food has become a completely sensory experience, I don't need to eat at all, and it's just taste

03F:02:XX:XX

Food is off putting. Bought food, trying to give it away, don't want to cook or think about eating yet ate supper with new friends because it was FREE...?

03F:02:XX:XX

No hunger for lunch. Hunger and pain and nausea together at dinner. Aversion to eating ate for social

03F:04:XX:XX

No lunch (no hunger/desire).

03F:05:XX:XX

Seems as if my appetite has decreased a bit. find myself indulging in alot of sweet things.

18F:03:XX:XX



Not much of an appetite today.

18F:10:XX:XX

No appetite, I just want liquids like black tea and water.

18F:12:XX:XX

no appetite this evening. Cannot think of anything I feel like eating

20F:13:XX:XX

no appetite

25F:03:XX:XX

no appetite again

25F:03:XX:XX

Decreased appetite

25F:07:XX:XX

Loss of appetite

30F:03:XX:XX

loss of appetite

30F:05:XX:XX

loss of appetite but ate any way

33F:01:XX:XX

4pm no appetite again but always feel like I need to drink water

33F:03:XX:XX

The smell of food made me want to vomit. I think I lost my appetite and the only thing that could go to my mouth were fluids

35M:10:XX:XX

I did not have an appetite during this day; the only thing that I could put into my mouth was amagewel (I don't know how it is called in English).(LIQUID PORRIDGE)

35M:11:XX:XX

### **Increased**

Since yesterday hungry all the time

While I'm eating I still feel hungry.

Craving pizza, fat cook, fruits- apples and bananas, coffee

Aversion for bread

Crave any food that will stimulate me, tasty, well-seasoned, spicy-not too spicy.

Meat

02F:08:XX:XX

Even though I had no energy, I was more hungry than usual

15F:09:XX:XX

Unusually hungry. I eat and then I still feel hungry

20F:02:XX:XX

Still feeling unusually hungry. Have eaten dinner and am still looking for snacks.

20F:03:XX:XX

excessive hunger.

20F:04:XX:XX

hungry again, but I am not sure what for. Insatiable hunger

20F:05:XX:XX

Very hungry. Eating much more than I usually do.

20F:07:XX:XX

hungry and craving tea again

20F:08:XX:XX

Was very hungry today especially around 11am

24F:11:XX:XX

Hungry today felt like chocolate (17/11)

25F:02:XX:XX

## **Empty**

Empty feeling in stomach

03F:01:07:30

## **Eructation**

I burp all the time. With/without food. On full or empty stomach. It's loud/so loud!

02F:05:XX:XX

Still burping away- increase during the day and after eating, if I could count maybe 20 times a day.

02F:08:XX:XX

Too much gas

It doesn't matter what I eat/drink

Fruits, pap, rice, meat, fish, coffee, ...

There's increase bowel sounds and a sensation as if I have a runny tummy.

02F:13:XX:XX

## **Fullness**

Heavy rich lunch- over fullness

03F:00:12:00

Ate at 8.30. fruit, yogurt toast rooibos but immediately felt overfull.

03F:03:XX:XX

Had mealie meal again for breakfast and still have the feeling of fullness.

17F:01:XX:XX

After lunch I had a big cream scone at Botanical Gardens. It left me with a heavy ache in my solar plexus- but not the same as I had the other day. This was more a feeling as if the scone hadn't gone down. It went away once I had walked around for a while.

32F:07:XX:XX

## **Nausea**

The nausea, better for urinating, after that it went away.

02F:03:XX:XX

Irritating cough. Better for water, not too cold. Worse for sweet stuff- I almost vomit, it made me nauseas (sugar in my coffee and in sugar beans)

02F:13:XX:XX

slight nausea (more a feeling in stomach then wanting to vomit)

03F:00:12:00

Later nauseas after eating deep heavy aching nausea in bottom of stomach. No immediate desire to throw up.

03F:03:XX:XX

Later, more shallow nausea in back of throat accompanied by pain/nausea in lower abdomen.

Feels like a bone stuck at the back of throat.

03F:03:XX:XX

Some what a feeling of spiritual freedom from food.ie, no need to eat. Avoided all food except some small bits of fruit. Felt hunger, but not a normal hunger, hunger with a pain and cramping of stomach, aching nausea, strengthening of 'bone in throat' feeling.

03F:03:XX:XX

Cramps and nausea in stomach, better for massage, heat, hot drinks(only slight), worse after eating. Not much pain on palpation.

03F:03:XX:XX

Subtle nausea persisting, better for hot, clear tea and gentle touch. Worse for rich foods, putrid smells.

03F:06:XX:XX

some nausea (mild)

03F:06:XX:XX

had slight nausea

04M 22:XX:XX

Slightly nauseas after eating lunch

27F:01:XX:XX

tummy feeling slightly queasy this morning. >food

27F:05:XX:XX

feeling nauseas and flat

33F:02:XX:XX

feeling nauseas,

33F:08:XX:XX

Still feeling nauseas, nausea better for eating

33F:08:XX:XX

Feeling nauseas

33F:17:XX:XX

## **Pain**

tingling pain in the stomach area as if small pins were poking. Poking pain sensation.

06M:00:XX:XX

High acid levels in stomach causing heartburn.

Location: throat

Sensation: burning pain

Modality: better- eating

Worse- ingesting fluids

Time: 23h00-01h00

Intensity: burning pain which causes slight asphyxiation.

Aetiology: possibly ingestion of too much food.

13M:00:XX:XX

finished the coffee I developed a terrible ache in my stomach- exactly where my solar plexus is. It was really sore and I thought the coffee had brought it on although I have never experienced this before. I'm not sure how long it lasted as once I was in my car driving I forgot about it.

I now have the same ache again. I have just eaten lunch and drank a glass of water and I have this very sore pain in my solar plexus- like a lump of concrete is sitting there. The time is 1pm.

32F:04:XX:XX

## **Thirst**

increased thirst with drinking sips of water throughout the night. Tongue was dry

06M:00:XX:XX

I feel thirsty, drank 500mls of water and this was in the evening, and I still feel thirsty. I don't normally drink that much, but I am almost craving water!

15F:01:XX:XX

Still very thirsty

15F:02:XX:XX

Thirst especially in the evenings.

15F:04:XX:XX

Thirsty this morning so I downed 3 glasses of water.

19F:04:XX:XX

Feeling very dehydrated too

20F:02:XX:XX

feeling dehydrated again.

20F:03:XX:XX

I have been more thirsty, craving foods- acidic foods and drinks.

23M:02:XX:XX

Very thirsty tonight

25F:07:XX:XX

Very thirsty

25F:08:XX:XX

Still very thirsty

25F:09:XX:XX

### **Without**

I drink a huge quantity of water at once, without thirst.

02F:00:14:01

Aversion of drinking water (throughout day). Fear of water causing more nausea.

03F:06:XX:XX



#### **4.2.1.17 Male**

##### **Libido**

Libido was high this morning and I felt a bit depressed when I didn't get my way

04M:03:XX:XX

very aroused through the night

04M:04:XX:XX

High libido

04M:10:XX:XX

#### **4.2.1.18 Sleep**

##### **Refreshed sleep**

Great sleep no dreams I can remember. Wake up feeling refreshed and determined to have a happy positive day.

27F:02:XX:XX

Great solid sleep no dreams very lazy to get out of bed-very normal for me.

Feeling very sleepy this morning, think I over slept!

27F:03:XX:XX

Wake feeling refreshed.

27F:05:XX:XX

Wake up refreshed

27F:06:XX:XX

## **Restful**

Had an afternoon nap for about 5 minutes and it felt as if I was dead to the world!

19F:01:XX:XX

Slept well for 11 hours

30F:04:XX:XX

## **Restlessness**

My sleep pattern is completely disturbed

I haven't slept 8 hours since last week Tuesday and tomorrow is going to be 1 week.

Its midnight again and I'm awake. My eyes are dry. My sleep is gone

02F:12:XX:XX

Its back again to the sleeping late thing. Its 1.07am I'm so tired after a long day of doing assignment on computer. Just can't sleep!!!

I think the more exhausted I am the more I can't sleep. Weird! GIVE ME BACK MY SWEET SLEEP!

02F:19:XX:XX

I could sleep, but only for few hours- 1 to 2 hours continuously then wake up again.

I tossed and turned so much in bed that when I woke up and I was lying obliquely in another direction then when I went to sleep.

02F:22:XX:XX

I woke up feeling unrest

Didn't get much sleep

02F:23:XX:XX

Slept fitfully, unable to rest

03F:01:XX:XX

Didn't sleep too great, was restless, tossed and turned

04M:04:XX:XX

woke up and couldn't sleep

08M:06:XX:XX

Felt sleepy during the day – so I had 1 hour nap. Which is unusual

17F:00:XX:XX

Sleep broke at 7am and fell off to sleep again. Awoke at 9.15am which is very unusual. Its 12.16 and I'm feeling sleepy.

17F:01:XX:XX

Had a problem falling off to sleep

17F:02:XX:XX

I just want to sleep but my mind is racing with all the things I have to do before Monday

18F:12:XX:XX

Tried to sleep from 9pm, but can't sleep. It's now 11pm.

19F:02:XX:XX

could not sleep last night. I was wide awake form 2am and 4am. Over active mind. Was thinking about work. How frustrating. So feeling tired now. My child just woke me up!

20F:03:XX:XX

did not have much sleep last night but have woken surprisingly energetic. Tossed and turned alot last night. Was awake alot of the time. Thinking alot and feeling annoyed!

20F:06:XX:XX

Slept ok, woke at 2am, took a bit of time to get back to sleep

25F:01:XX:XX

Struggled to sleep at night, temp uncomfortable, with blanket too hot without too cold.

25F:08:XX:XX

Struggled to sleep, tossed and turned.

25F:09:XX:XX

Toss and turn in sleep think because I am hot, windows were closed.

27F:04:XX:XX

No sleep!

30F:06:XX:XX

I was turning left and right in bed thinking I want to go back to sleep but it never happened.

35M:15:XX:XX

Bad sleep no dreams but I laughed in my sleep and it woke me up

30F:08:XX:XX

## **Unrefreshed sleep**

No matter how much I have slept I still feel unrefreshed.

18F:14:XX:XX

## **4.2.1.19 Ear**

### **Blocked**

Ears blocked intermittently in second half of the day, relieved by popping, no pain

03F:02:XX:XX

ears also feel blocked

33F:08:XX:XX

ears blocked

33F:09:XX:XX

Blocked ear is better but still not 100%, seems like it is worse in the evenings.

33F:14:XX:XX

### **Itching**

my ear lobes and the tip of the nose was itching

35M:00:00:20

### **Pain**

Ears right and left:

It sore inside my ears

The pain is worse for music and vibration. Better for quiet.

From the ears the pain is also radiating to my tonsils.  
Pain is worse for opening the mouth and worse for pressure  
02F:03:XX:XX

### **Left ear**

Left ear:  
Tightness from the base of the neck  
Pulsating left tympanic membrane  
Plus itching  
Ear feels as if full of water  
02F:01:12:25

Left ear:  
Sore in the ear canal  
Better for warmth and covering the entrance with my finger.  
02F:02:XX:XX

It feels as if I was swimming and water got stuck in my ears and eyes are burning  
with chlorine. Left side is worse than right.  
02F:03:XX:XX

Pain in my left ear. Sensitive to wind, as if cold air was blowing into ear.  
Tympanic membrane tense, pulsating. Better for closing ear with finger, better for  
pressure and warmth.  
02F:05:XX:XX

Left ear pain and itching in both  
02F:30:XX:XX

left ear has been quite sore < opening mouth wide

27F:XX:XX:XX

left ear starting to feel blocked up

34F:03:XX:XX

Left ear still blocked

34F:04:XX:XX

Left ear blocked

34F:05:XX:XX

### **Right ear**

Shooting pains to right ear periodically

20F:12:XX:XX

Right ear has also been a Bit sensitive.

27F:XX:XX:XX

Not a fan at all of this wind, ear feeling quite sensitive on the right.

27F:08:XX:XX

my right ear is blocked and very uncomfortable and sore it is better when I push on it. I have tried all sorts but cannot unblock it.

33F:13:XX:XX

blocked rhs ear, very painful last night and battled to fall asleep on it

33F:13:XX:XX

#### **4.2.1.20 Abdomen**

##### **Bloating**

Tummy was bloated today, was quite gassy and had to go to the loo 3 times – not to urinate. Slight diarrhea, but felt fine, just a bit lethargic. 04M:10:XX:XX

My stomach feels a bit bloated. There is no pain, it's just uncomfortable. Feels better with loose clothing

15F:02:XX:XX

Feels like my stomach and abdomen area is so enlarged. Soft and flabby. And enlarging!

19F:03:XX:XX

##### **Cramps**

Late afternoon strong cramps (like a hand grabbing and twisting/snake wringing intestines in lower central abdomen) and urge to defecate

03F:05:XX:XX

Had slight tummy cramps mostly on the right side. The cramps did ease up and disappear by midday.

18F:04:XX:XX

##### **Pain**

My whole lower abdomen feels funny- as if it belongs to someone else. Pain is located from the pubic symphysis to the sacrum. Better for sitting with legs up to my stomach

02F:20:XX:XX



pain in the lower part of the abdomen below the umbilicus, other pain is felt in the rectum and it feels as if something wants to come out.

09F:01:10:XX

Slight abdominal ache

25F:05:XX:XX

### **Sensation**

today I had a strange feeling in my pelvic area. Tingling, flicking darting shooting sensations

19F:03:XX:XX

### **4.2.1.21 FEMALE**

#### **Itching**

My vagina is itching

19F:13:XX:XX

#### **Libido**

Libido high

34F:03:XX:XX

#### **Menses**

Menses: Very loose stool throughout  
Increase flatulence at the end (new)

Usually heavy flow on second day only this time it was heavy throughout the menses(4 pads a day new for me)

Blood- bright red- sometimes a bit paler- almost pink in colour

02F:06:XX:XX

Cramp of my uterus

Sudden gushing out of menstrual flow, messed my trousers had to run to the bathroom

Period flow is much heavier than usual

Diluted looking like light red blood

Not big clots just little ones with granule things

Bright colour

Heavy all day

Feeling as if my uterus being dragged backwards to my lower back

19F:13:XX:XX

started my period without any warning. Weird, I usually have pms symptoms 2 days before.

20F:11:XX:XX

period stopped. Usually lasts longer than this

20F:14:XX:XX

Still bleeding, watery as if bleeding

25F:02:XX:XX

Still bleeding, still watery

(different to usual)

25F:05:XX:XX

started my period, lots of cramps, heavy dark flow, not normal  
34F:05:XX:XX

## **Pain**

It feels as if things are going to escape/fall out of my private part  
I don't have my period and I usually don't have any period pain – it's usually  
uneventful, quiet, unnoticeable  
It feels as if muscles in the area are weak and trembling from the anterior part to  
the posterior part  
Dull aching pain  
Worse for standing erect  
Better for doubling up or standing with my back arched  
It feels as if there's an open space  
02F:20:XX:XX

ovary pain has started again. Pain mostly on the right side. Feels as if something  
is moving along my fallopian tubes.  
18F:07:XX:XX

## **4.2.1.22 Dreams**

### **Attention**

I dreamt of the competition where they were singing and dancing and I was the  
mc and there was a time where I was supposed to go and do the cramping, for  
the other group ask who can cramp and I just went straight to the stage. They  
gave me a pink t-shirt which was written in black. I had to wear that t shirt for my  
cramping dance. It felt so good and yha!!  
09F:XX:XX:XX

## **Benevolence**

### **Dream**

That people have to help each other and give each other opportunities to succeed in life, and that we have to help people who do not have home.

I dreamt of this other doctor getting married so we were at the wedding where they were so many brides and grooms maids. The wedding was at this other church and the way they were dancing was so funny, there was no decoration.

09F:XX:XX:XX

## **Beauty**

I've just remembered last night's dream by the way. Part of it was about a penthouse apartment and again it was the architecture that interested me and the owner had had imitation wood laminate flooring put in... part 2 was about me wondering around a more artsy polished version of DUT campus with 2 friends, straight guys (I don't usually 'hang' with straight blokes that much in real life) the one guy I've never seen before, and the other was a very handsome guy I've not seen in ages. He used to go to the same bible study as me and I had a bit of a crush. Anyway, we just sort of wondered about. I enjoyed their company and they enjoyed mine, it was a platonic relationship by the way. I felt quite relaxed and content throughout most of the dream. The dream progressed and I found myself on a little mission on my own, searching for a man, a wise man I think. I was led to places I didn't recognise. They were all quite beautiful and usually had lots of plants growing everywhere, particularly creepers that would cover buildings and dangle a lot. It all had a lovely organic feel about it, something I relate to. I'd just like to mention that the last part of my dream, where I was searching through the overgrown buildings, felt like a taste of the place I'd like to go /or have come from – 'my planet' so to speak. It felt comfortable and natural.

04M:01:XX:XX

Dreamt about my sister's grandson. He's the most beautiful baby. Also dreamt of my other sisters grandson telling me how I'm his favourite and his father's favourite and he loves me so much and I'm telling him how much I love him and he's my favourite.

17F:08:XX:XX

## **Connection**

Many, many dreams, most seeking comfort and refuge, many involving my partner, togetherness, warmth.

03F:01:XX:XX

Last night's dream was again focused on architecture and I dreamt of a semidetached house made of industrial steel beams and glass. Someone I know lived in the house. In another part of my dream I felt as though I was somewhere new and I was trying to make friends at some sort of social gathering. I felt quite awkward, like I didn't quite fit in. People were being polite, but I felt no connection with them. I felt a sense of urgency to make friends though, felt like I shouldn't be on my own (more like a social pressure though) as though to be seen/known to not have friends was a negative thing.

04M:04:XX:XX

My dream was quite boring last night, what I could remember anyway. I was making small talk with a girl at school.

04M:11:XX:XX

I dreamt of some other guy of which I don't know and not familiar with. But this guy was sitting next to me and we were both laughing. I don't remember what we were laughing at.

Also I remember a girl of which I saw a week back and we had a little conversation with her and I took her numbers but in my dream I think I saw her passing by. I don't remember her looking at me or speaking to me.

35M:00:XX:XX

I remember seeing myself at the barber shop shaping my hair, but I couldn't see the guy that was shaving me because he was behind me. Another that I can remember in my dreams was walking with my home boy in my home town and I think we were on our way to see another friend. And I don't remember what we were talking about.

35M:01:XX:XX

I only remember myself at home with my family and I couldn't see my dad. I only saw my mum and brother.

35M:04:XX:XX

I woke up with the dream were I was with some other guy who is my class mate and we were around his home town and he was showing me his location.

35M:23:XX:XX

## **Criticized**

I dreamt of this other girl, who I don't know very well. She is in a coffin dead, people were crying, some went to say their last goodbyes. This girl said something about born again Christians who are playing God, I felt offended because I'm also a born again Christian, then I went to that girl to apologise for all the things I've done to her but I didn't do anything to her, the feeling I had was to take my salvation serious.

09F:XX:XX:XX

I woke up thinking of the horrible dream that I had. I was dreaming of this person who doesn't have a normal head. His head was very big compared to ours. I remember seeing myself touching his head with some other people of which happen to be friends. This was really a sad moment, I remember hearing him saying, guys I'm also normal just like you all.

But some were laughing and feeling sorry for him. He only had one big eye on his forehead and no ears. I could tell what race he was but then he was talking like a human being.

35M:06:XX:XX

### **Good and evil**

4 roses in a vase at different stages of bloom- stunningly beautiful pink. I went to get my camera to photograph it and capture it on film and when I returned some idiot cut them off. I was very upset that it was separated from its stem.

17F:03:XX:XX

Another dream was myself with another guy having a conversation. All I remember is that he was telling me about the heaven and god himself. We had a very short conversation of which ended up with a sad ending. He told me that Heaven only accepts good persons and God accepts both good and bad people. This was really strange and confusing. I asked him to make this clear and simple because it's confusing and then he left.

35M:08:XX:XX

### **Inappropriate behaviour**

Dreamt about my friend walking around naked. The sight of her disturbed me. I was worried about how much weight she had gained. Also, she kept walking past me as though she hadn't noticed I was there. She seemed to be slightly

zomby-ish. 04M:24:XX:XX

I dreamt of my pastor where we were preparing for a party and all of a sudden I was with my friends in a car where we were all happy.

09F XX:XX:XX

I dreamt of a wedding where there were church people who were rejoicing, they were singing and dancing, but the strange thing is I dreamt of people having sex while they were on a trip actually these people were learners from high school.

The other dream I had, I was robbed a phone which was new that I have not used and I started crying.

09F XX:XX:XX

Dreamt that I went to the doctor. Two very young doctors, like between the ages of 10-12 who are supposed to be gifted human beings saw me. They pressed on my stomach where my ovaries are and took me into x-ray. That's where it ended.

17F:00:XX:XX

The only thing I remember from my dreams was seeing myself at home with my cousin sleeping in the same bed with him.

35M:14:XX:XX

Dream- I was studying in the halls of res with a guy I know I was interested in me, visiting me all the time, he asked me to live with him. I packed everything into a huge suitcase and he came to pick me up. On his way he wanted to stop somewhere to collect money we drove up a high mountain. While he was talking to the mafia his wife showed me her kitchen, out the window of the kitchen I saw a cliff and down below a lot of battle ships. I pretended not to notice as I would be in danger

When I went back into the room the mafia boss had taken my boyfriend away.

The only way to get him back was to do the mafia boss a favour. I woke up



thinking that my dream boyfriend was real, and I wanted my boyfriend back  
19F:06:XX:XX

### **Pursued**

Another dream that I had I was seeing people vans and blue uniforms only. It seemed as if they were looking for someone and I don't know who that person was.

35M:08:XX:XX

I woke up with a dream that was very scary. It was myself being chased by someone and suddenly I jumped through a river and the water was yellowish in colour and stinky.

I was then trying to get out of the river and this person was pushing me back.

Very scary!

35M:16:XX:XX

My dreams- I woke up feeling startled, almost in a panic state, I dreamt a man chasing me with a "knife/gun" and as I ran he was striking and I just woke up in a panic.

23M:03:XX:XX

Weird dreams all night , being chased by monsters being under attack, woke up feeling tired and anxious

34F:04:XX:XX

## Reality

- **Aggravated**

I woke up with a dream that made my headache even worse. I was dreaming about a lot of cars passing my place, making noise with their owners also shouting.

35M:11:XX:XX

- **Contradictory to**

Dream:

- Water- I'm swimming and it felt good
- Play in the pool then in the river
- Usually I'm scared of water-my head in water
- Can't hear, can't see a thing- scary for me
- In my dream I was okay.

02F:10:XX:XX

There was this dream where I was with my home boy who was arrested 4 years back and came back early this year. To be honest he was never a good guy, I grew up with him in the same area. But then, when he was a teenager, he was no longer a good guy. In my dream this guy was giving my other friend a cake and wishing him a happy birthday. This was really strange because these two guys don't know each other. They also said to him 'there's still more presents coming from me'. But then all of a sudden we saw him walking away from us. This was really unlike him, I know him in person, he doesn't have a good heart. If possible this will happen in real life, I will be glad.

35M:08:XX:XX

- **Past event**

I woke up with a dream that once happened when I was in high school. I woke up from my dream but not in real life then something strange happened then I woke up in real life.

35M:21:XX:XX

**Sexual**

Had another sexual dream last night. It was with my partner and it seemed as though his desires and mine aligned and resulted in some rather satisfying sexing. I wasn't particularly excited in the dream – it seemed a little routine, but enjoyable none the less.

04M:12:XX:XX

Dream- I had sex with my neighbour!!

The actual act was quite graphic; the penetration part was so real I could feel it

19F:24:XX:XX

Intense sexual dreams all night

34F:02:XX:XX

- **Unsatisfied**

In my dream I was very sexually charged. I found the sexual experiences I had in the dream were not satisfying. I wanted more excitement, more risky behaviour, but my partner was unwilling.

04M:02:XX:XX

- **Perverved**

Last night's dream were very erratic. I discovered in my dream that my partner was no longer attracted to me. I wasn't too devastated and instead saw it as a way of being free. I immediately engaged in sexual acts with strangers. It made me feel empowered confident and satisfied.

04M:07:XX:XX

Had very sexual dreams again last night – seem to be having lots lately? In my dream I was having sex with a stranger and my partner was watching- it felt quite normal.

04M:09:XX:XX

Dream: I was in a flat on the first floor, and I was having sex with an older man, an ex boyfriend of mine. My wife was in the room next door, we had broken up and she was packing for Sweden. I told the ex boyfriend that I wanted more and he told me raunchy sex did not do it for him, but more intimate sex did. I was defiantly more assertive than I am in real life. Afterwards he left and had left muddy foot prints on the floor, that my wife saw when she came over to watch a movie with a friend of hers. I tried to wipe them up.

19F:02:XX:XX

**Miscellaneous dream symptoms**

dreamt that a long lost lover who was meeting me again. The lover and my present partner were sitting together deciding who will be with me and who will date me. Felt a great polarity watching the 2 argue. The one was super-hot and the other super-caring. A polar opposite in personality. In the dream I was highly wanted as here I am boy in the middle of 2 individuals who desire me.

06M:02:XX:XX

dreamt last night of a massive snake. It looked like a big fat brown puff adder and felt scared in the dream. I don't normally dream of snakes.

20F:05:XX:XX

Dreams- I dreamt I was in a mountainous place, in the berg and there was a building that I needed to enter and any door I opened there was a flock of sheep obstructing the entrance. I tried several doors, and all the doors were obstructed by these sheep. I had gone up and ran down the mountain. I tumbled on black berries; they poked me with their thorns. I was feeling so restricted then suddenly I was meant to go out with my friends to the beach, and when I go into the building, I couldn't get a shower, they were all occupied. I felt that all things I seek are not coming to reality. I waited, frustrated, then when I finally got into the shower, this guy tells me the water has run out until my friend opted out and said we should cancel going.

23M:15:XX:XX

this dream about my blood pressure. It was 138/90 and woke up shocked wanting to take it but refrained myself from doing so.

23M:02:XX:XX

a nice dream in which I was sketching a ballet dancer

32F:01:XX:XX

I woke up in the middle of the night with a terrible dream. I was dreaming about his guys who were stabbing me in the back I remember them talking and saying 'we stabbed him 16 times' and the next thing I remember was seeing myself in hospital, that's when I woke up.

35M:07:XX:XX

I only remember a dream seeing myself lost the remedies that you gave me. And I was busy looking for them. And on my left hand side I was carrying this journal, very funny!

35M:19:XX:XX

#### **4.2.1.23 Rectum**

##### **Diarrhoea**

diarrhoea (not continuous) and increase gas (during menses)

02F:03:XX:XX

Diarrhoea still persistent in morning

03F:06:XX:XX

had a bit of diarrhea this morning and yesterday. Not sure why, it was mild though

04M:14:XX:XX

I had mild diarrhea this morning

04M:17:XX:XX

There's was something strange happening in my stomach later that day of which was a feeling that made me want to go to the toilet. But I just ignored it and later it came back, this time I really had no choice, I really needed a toilet. There was a bit of a pain in my abdominal muscles of the left hand side of the stomach. My stools were not that solid and they were separated.

35M:06:XX:XX

When I went to the toilet I noticed my stools were not solid and it happened as if I had diarrhoea.

35M:11:XX:XX

I had a pain in my abdomen and a few minutes I had the feeling of going to the toilet, I then did. My stools were not that solid and they were yellowish.

35M:20:XX:XX

### **Flatulence**

There's increase flatulence

02F:00:14:01

After defecation, relief and sexual desire. Putrid farts and belching

03F:05:XX:XX

Passed a fair bit of gas at 3pm. Feeling a little shy.

04M:00:15:00

Tummy was bloated today, was quite gassy and had to go to the loo 3 times – not to urinate. Slight diarrhea, but felt fine, just a bit lethargic.

04M:10:XX:XX

Had a little more gas than usual and instead of having one large bowel movement in the morning, I had 4 small ones through the course of the morning. Two of them I recall being a little urgent, sort of like diarrhea, but the stools looked normal.

04M:24:XX:XX

## **Pain**

after having coffee I just had a feeling as if I wanted to defecate and I had a bit of cramps in my abdomen including my rectum.

Location- pain in the lower part of the abdomen below the umbilicus, other pain is felt in the rectum and it feels as if something wants to come out.

Sensation- cramping pain, it feels like someone is putting needles at my back-rectum

Modalities- better for sitting down, worse for cough

Aetiologies- I think the coffee caused that

Sensation- in my rectum there's a feeling as if someone is fettling me and it is painful.

09F:01:10:XX

## **Sensation**

Anus- feels warm, not that hot and there's a sensation as if something is in the rectum and will come out

02F:20:XX:XX

## **Urgency**

Sensation of having to go to the toilet often, as if there's still some left behind. Better for massaging stomach small circular pattern up and down movement.

02F:13:XX:XX

and urge to defecate. Extreme urgency. On passing stool, relief.

03F:05:XX:XX



sometimes urge so desperate and sudden that I did not make it to the toilet  
03F:05:XX:XX

Late afternoon some mild diarrhoea returned at night (8pm) diarrhoea with  
extreme urgency and pain returned but not as strong and more solid than before  
03F:06:XX:XX

### **Miscellaneous rectum symptoms**

Urge to defecate but inability to pass stool  
03F:03:XX:XX

#### **4.2.1.24 Chill**

##### **Coldness**

Shivering – better for covering myself. Feeling so cold, as if I'm coming down  
with the flu. Worse after long night studying  
Better for sleep  
02F:07:XX:XX

I've been pretty cold all day and struggled to warm up  
04M:00:XX:XX

Having chills today even though it is hot.  
18F:11:XX:XX

Feeling generally colder than usual today  
20F:03:XX:XX

Feeling cold again

20F:04:XX:XX

cannot warm up. I am so cold!

20F:04:XX:XX

feeling very cold. Just cannot warm up

20F:08:XX:XX

I know that it is winter but I am unusually cold.

20F:08:XX:XX

I am so so cold

20F:09:XX:XX

up feeling so cold this, morning

20F:10:XX:XX

still very cold, drinking warm drinks to try stay warm

20F:10:XX:XX

#### **4.2.1.25 Nose**

##### **Congestion**

Both nostrils slightly blocked (unusual at night)

03F:00:08:10

Both nostrils blocked, right then left. Uncomfortable feeling of 'popping' in nose.

Some post nasal drip

03F:01:07:30

Nose still feels congested and stuffy. It feels burny inside especially with cold air.

15F:07:XX:XX

My nose is still runny and congested. Both nostrils are affected. I have to sniff all the time

15F:08:XX:XX

Bit of a stuffy nose tonight

19F:03:XX:XX

Itchy nose, better for rubbing, feels congested.

19F:04:XX:XX

My nose has been stuffy almost every day; it itches suddenly at periods during the day, better for rubbing it vigorously

Notice congestion when I have to breathe through my nose it is very low grade.

19F:14:XX:XX

Very congested (nasal)

30F:01:XX:XX

Left nose blocked

30F:06:XX:XX

have nasal congestion. Thin watery colourless discharge with post nasal drip.

33F:14:XX:XX

Woke up very congested, a little yellow mucous coming out of lhs nose. Feels like I am drowning in mucous on waking

33F:16:XX:XX

had blocked nose and something heavy in my chest. When I got up from bed I was coughing for quite a few times

35M:08:XX:XX

My nose was blocked for the rest of the day. It was better I took a shower. They will produce a popping sound if I took a shower when they are going back to normal.

35M:13:XX:XX

### **Coryza**

Runny nose – white in colour

Post nasal drip

02F:30:XX:XX

Colour- yellow but most of the time clear.

02F:30:XX:XX

Clear burning watery mucous

03F:01:07:30

I'm in bed now and my dust allergy is flaring. It started with a runny nose and now my throat is itchy.

04M:00:XX:XX

I have a snotty nose too. The snot seems to be clear at the moment

04M:02:XX:XX

My nose is running, mucous is clear, eyes are a little watery

04M:02:XX:XX

snotty nose, pale green mucus

04M:22:XX:XX

Discharge is clear, watery and odourless

15F:02:XX:XX

I have to constantly sniff because my nose feels congested. Both nostrils. It feels dry and sore. It looks clean inside. The membrane is dry and shiny

15F:05:XX:XX

left nostril, blocked nose

30F:01:XX:XX

watery discharge coming from left nose

33F:14:XX:XX

have watery discharge from both sides of nose

33F:16:XX:XX

nose watery, discharge from rhs

33F:17:XX:XX

I also have a lot of mucus from my nose which was colourless. This happened during the day when it was very hot; I needed a tissue to clear this.

35M:12:XX:XX

I still had the clear and colourless mucus coming from nose and I had to carry a tissue with me all the time to overcome it.

35M:13:XX:XX

During the evenings I only had the running nose with clear mucus and I went to bed late with no symptoms.

35M:13:XX:XX

I still had some mucus from my nose and I would even spit out some sputum from my chest, of which can be felt that it is in larger amounts.

35M:15:XX:XX

### **Dryness**

Right nostril

Dry, worse breathe in the air.

The air feels dry, too dry and icy cold, it hurts to breathe in.

02F:00:17:03

Very dry nose.

02F:01:06:24

### **Itching**

Itching on the tip of my nose, sudden onset. Wanted to rub it off!

19F:03:XX:XX

my ear lobes and the tip of the nose was itching

35M:00:00:00

I had an irritation of my sinuses during the day that was very itchy and terrifying. But it only lasted for few minutes.

This irritation produced a bit of mucus from my nose.

35M:19:XX:XX

## **Pain**

Nose:

Pain- icy coldness inside. Worse for breathing cold air

Better warm air

Better put hand/scarf in front of/to the nose for warm air.

Nose cold to the touch

02F:06:XX:XX

Nose –right sided: It's so painful. It feels as if ice is stuck inside

Worse for breathing cold air

Better for warm air- use hand to warm it.

This sensation was there throughout the day until midnight. From 10am till midnight.

I used my hand to create wind before my nose to create cold air :

Increase pain but if I did that for few seconds, that pain in my nose and eye last lesser- it didn't take time to go away.

The wind I created aggravated the complaint- but the 'recovery' period was much shorter.

02F:09:XX:XX

Right side of nose: pain, very dry, icy cold, better for suns warmth, normally I can't stand the sun on my face.

02F:10:XX:XX

Nose right and left: Cold sensation inside

No pain in eyes

Better for warmth

02F:12:XX:XX

Inside nostrils burning like sea water/chillies rubbed on mucus membrane till raw  
03F:01:XX:XX

Allergic rhinitis:

- Not a usual itch in palate, instead pain in nasopharynx extending to Eustachian tubes.
- Worse in morning
- Better in afternoon

08M:06:XX:XX

- **Modality**

The wind is not strong, but it feels as if it's too much for my eye and nose- right sided

02F:00:17:03

### **Post nasal drip**

Sneezing and post nasal drip at night- unusual at night

03F:01:XX:XX

Post nasal drip the whole day

03F:06:XX:XX

I developed a very thick sludgy post nasal drip at about 5. It's gross!! I have to try swallow it though- yuck! It feels very viscous and swallowing it isn't easy.

04M:21:XX:XX

Post nasal drip with allergic rhinitis type sneeze

08M:00:00:00



feel like I have a postnasal drip (still have a mucous plug in throat) need to swallow which only helps a bit (05/04)

33F:08:XX:XX

left postnasal drip still there

34F:05:XX:XX

Left post nasal drip in the evening

34F:03:XX:XX

## **Sneezing**

Sneezing:

First started with coldness in my right nose. Better for warmth

Outside/external surface was cold to the touch compared to the left

Then sneezing: continuous sneezing at once(3-4 sneezes at once)

Left nose:

Wet and pain inside, right dry

Pain increases with breathing air in

External surface right and left warm to the touch.

02F:13:XX:XX

Violent, explosive, spraying sneezing of watery burning mucous

03F:01:XX:XX

Violent, explosive, spraying sneezing of watery burning mucus. Not much mucus, short bursts, expelled too hard, feels as if I might hurt myself in the force of sneezing with very little actual purpose i.e not much mucus

03F:01:XX:XX

I sneezed for fair bit earlier. Sneezing is definitely better for fresh air, it seems to be dust allergy related.

04M 01:XX:XX

Sinuses has started to trouble me, continuous sneezing with clear mucous

18F:01:XX:XX

sneezing.

20F:12:XX:XX

I sneezed for at least 2 minutes, I don't know why

23M:01:XX:XX

itchy sinuses every morning and sometimes I sneeze, but at this day it was long lasting

35M:01:XX:XX

#### **4.2.1.26 Stool**

##### **Frequency**

More than one bowel movement today which is unusual.

20F:03:XX:XX

had two bowel movements today which is unusual for me.

20F:10:XX:XX

two bowel movements for me this morning, very unusual for me.

20F:14:XX:XX

## **Nature of stool**

Stool is very soft and bowel movements have increased these past few days (2 days)

Colour- brownish yellow

Not smelly

02F:13:XX:XX

Stool watery yellow, putrid smelling with bits of black/green/dark brown solid undigested matter suspended in completely watery bright yellow solution

03F:05:XX:XX

stool was a bit pale too

04M:17:XX:XX

the stools looked normal. Noticed that's it's been a little on the pale side recently.

04M:24:XX:XX

There's was something strange happening in my stomach later that day of which was a feeling that made me want to go to the toilet. But I just ignored it and later it came back, this time I really had no choice, I really needed a toilet. There was a bit of a pain in my abdominal muscles of the left hand side of the stomach. My stools were not that solid and they were separated.

35M:06:XX:XX

When I went to the toilet I noticed my stools were not solid and it happened as if I had diarrhoea.

35M:11:XX:XX

During the evening I went to the toilet and noticed my stools where running. NOT solid and very smelly. Yellowish in colour

35M:13:XX:XX

Some applies during the evening but only that my stools where runny and very smelly when I was in the toilet.

35M:16:XX:XX

I had a pain in my abdomen and a few minutes I had the feeling of going to the toilet, I then did. My stools where not that solid and they were yellowish.

35M:20:XX:XX

#### **4.2.1.27 Larynx**

##### **Voice**

My voice is officially gone, I'm whispering now

No pain when doing so

02F:33:XX:XX

Also realised voice has been sounding gravelly

25F:09:XX:XX

voice is going hoarse;

33F:15:XX:XX

voice is very rough and scratchy

33F:16:XX:XX

#### **4.2.1.28 Fever**

Developed a low grade fever with chills at 13.40.

08M:06:XX:XX

I feel feverish, and want to keep warm. But still manage to do what I need too

15F:04:XX:XX

Am feeling very hot, sweating from the back of my neck.

18F:12:XX:XX

My body feels hot and my temperature is raised.

19F:02:XX:XX

#### **4.2.1.29 Face**

##### **Itching**

However, one thing I noticed today is that the skin on my face is very itchy and sensitive. I have naturally sensitive skin which used to get very red and itchy (especially when I was pregnant). But it has been fine the last few years.

However, yesterday it was a bit itchy and today it is really sensitive (stung when I put toner on) and itchy. So this evening I stopped using my normal face cream and used some chamomile aroma therapy oil in a special cream (for eczema).

32F:07:XX:XX

##### **Cheek**

The upper left cheek is pulsating warm to the touch (right is cold/ not as warm).

Plus pain. As if someone punched me in the face!

02F:00:06:26

Left cheek-Pain, sensation as if a sore (mouth sore) is inside the cheek, as if I've bitten myself while eating- I checked- no sores

02F:00:08:06

Left cheek feels heavy.

02F:00:08:06

upper cheek (around mandibular bone) pain

02F:00:14:01

Left cheek:

Very sensitive to cold, right is fine

It feels as if some ice is sitting/attached to my cheek.

Location: more closer to the ear, or half of it, more laterally.

02F:02:XX:XX

Left side- eye and cheek

All feeling sore, some sensation as if exercising your muscles.

02F:02:XX:XX

## **Jaw**

Left lower jaw- Pain to touch

Worse for pressing

The pain radiated to the left ear.

02F:00:08:06

Pain in upper jaw:

Gnawing pain

The pain started in the upper jaw now its affected my ears

02F:03:XX:XX

There is a weird sensation in my upper left mandible, deep to my check, when I bite down. As if it is filled with spongy air, worse when I bite down.

19F:01:XX:XX

Weird sore lump on right jaw line, very sore

30F:02:XX:XX

lump still on right jaw line

30F:05:XX:XX

## **Lips**

Lips – they are dry

02F:00:17:03

Upper lip is cracked. No pain just cracked in the middle

02F:00:17:03

## **Temperature**

So cold- icy cold

All sides is warm to touch but feels icy cold

02F:02:XX:XX

face was a bit red- not just rosy cheeks but more of a general redness, feeling warm in the face

04M:22:XX:XX

### **Eruptions**

Today people commented on the pimples on my face, chin

Small red pimples on my chin and lower cheeks, both sides

19F:13:XX:XX

Small pimple on the left hand side, can only feel when I press it. Pain does not go anywhere, only a small spot. Biting pain. ANNOYING!! I want to pick it off.

19F:01:XX:XX

I have more pimples than usual. Mainly on chin area and right cheek.

20F:05:XX:XX

### **Dryness**

My skin looks dry and dehydrated, especially on my face.

20F:02:XX:XX

My face looks dry and my eyes appear sunken in, like when you are dehydrated.

20F:03:XX:XX

### **Miscellaneous face symptoms**

Feel as though I am frowning alot

20F:01:XX:XX



#### **4.2.1.30 Bladder**

##### **Pressure**

No pain though. Just a pressure in the area of the bladder

20F:07:XX:XX

Feel a pressure in my bladder as if it's very full but not much to urinate.

Frequency but no urgency

20F:06:XX:XX

Bladder pressure has started again

20F:07:XX:XX

#### **4.2.1.31 Respiration**

##### **Difficulty breathing**

The air I breathe feels too cold. Better covering my nose and warming the air.

02F:01:06:24

I have to breathe deeply. It feels as if air is not getting/going through my (throat) trachea into the lungs

Trachea feels squashed/glued plus dry at the base of the neck.

Worse tilting head back.

Better bending halfway the neck

Pulsating (pain)

02F:01:12:25

Breathing:

Much sighing and taking deep breath

02F:11:XX:XX

Can hardly breath

30F:06:XX:XX

can't breathe at night

30F:08:XX:XX

I felt breathless earlier or like I couldn't breathe easily (suffocative feeling)

33F:01:XX:XX

after a walk down the passage, I am battling to breath

33F:10:XX:XX

still battling to catch my breath after a few minutes

33F:10:XX:XX

## **Wheezing**

My chest was slightly (very slightly) tight and wheezy earlier

04M:01:XX:XX

I'm wheezing a bit too

04M:02:XX:XX

And then, 10 minutes after having got in bed I had an asthma attack! I was wheezy and tight chested with lots of post nasal drip and phlegm. And coughing to clear the phlegm.

Standing helped a bit in that I could swallow the post nasal thus stopping it from gathering in my chest. I retreated to the lounge seeing as that was where I had been all eve without complaint. The tightness eased after about 1hour 40 minutes at about 2am. I slept in a more-or-less sitting position as lying down made breathing more difficult.

04M:07:XX:XX

I developed an ominous sounding cough soon after waking. It was irritable, not too phlegm but not dry and I had quite a tight wheezy chest.

04M:20:XX:XX

My chest was burning and it produced some wheezing sound every time I coughed and this happened on the front region of the chest, and the coughing will happen at any time, whether it's windy, hot, and mild or at night.

35M:12:XX:XX

When I was outside, I started coughing again and this again came with the wheezing sound and a pain in the anterior region of my chest.

35M:13:XX:XX

There were still some funny sounds in my chest every time I'm breathing. Especially if I'm in the lying position.

I couldn't sleep at this point in time. I was coughing of which I had an intense pain in my chest and that made the headache even worse every time I'm coughing.

35M:15:XX:XX

#### **4.2.1.32 Perspiration**

every night, too many times disturbed with night sweats.

17F:05:XX:XX

#### **4.2.1.33 Mouth**

Woke up this morning with terrible breath! It smelled like poo I even smelled it by mistake when woke up, it was so bad! There was a horrible taste in my mouth; I made sure I brushed my teeth well.

19F:03:XX:XX

#### **Dryness**

Lips are dry and I'm picking at them with my teeth.

19F:04:XX:XX

Dry mouth

25F:03:XX:XX

Dry mouth again

25F:04:XX:XX

#### **4.2.1.34 Cough**

irritating cough

02F:03:XX:XX

Irritating cough. Better for water, not too cold. Worse for sweet stuff- I almost vomit, it made me nauseas (sugar in my coffee and in sugar beans)

02F:13:XX:XX

I coughed the whole night.

Cough: worse at night but much better during the day.

02F:31:XX:XX

I was coughing and gagging and retching so hard to get the mucus out.  
Too much saliva in my mouth plus too much mucus  
To get the mucus out: better lying on abdomen, better getting rid of it. Colour-  
yellow but most of the time clear.  
Worse taking deep breath- Made me cough more  
My cough:  
Very bad  
Too much sputum  
I hate coughing my voice is completely gone now cause I'm coughing so much.  
02F:32:XX:XX

It was an itchy cough and feels as though it's originating from my suprasternal  
notch  
04M:02:XX:XX

a bit of an itchy, slightly asthmatic cough  
04M:02:XX:XX

Started coughing at about 1 pm. It didn't feel like hay fever cough, but more like a  
sick cough  
04M:04:XX:XX

I started coughing and my chest hurt a bit. It wasn't a completely dry cough, but it  
wasn't productive  
04M:16:XX:XX

I developed an ominous sounding cough soon after waking. It was irritable, not  
too phlegm but not dry and I had quite a tight wheezy chest.  
04M:20:XX:XX

Woke with a sore throat, it felt inflamed, itchy and tender. Lots of thick postnasal and a bit of coughing

04M:22:XX:XX

The cough is still present , dry and irritating. Worse when I talk

15F:12:XX:XX

I have an irritating dry cough. Worse for talking and better for eating and drinking. It's a hoarse cough. Can't talk because it makes me want to cough

15F:05:XX:XX

I feel really sick and fluish, if I talk I want to cough.

15F:06:XX:XX

phlegm in cough

30F:02:XX:XX

Cough-then dull headache

30F:05:XX:XX

phlegm cough

30F:06:XX:XX

Feeling sick (nauseas) with this cough

30F:07:XX:XX

I had a very strong coughing moment of which lasted maybe 2-3 minutes and it made the headache 100 times worse. The coughing came with a burning pain in my chest right in the centre of my chest. I went back to bed coughing nonstop. I couldn't sleep from that point and my headache was also burning.

35M:10:XX:XX

Every 10-20 minutes I will cough and this will bring a very sensitive pain in my chest.

I even went to bed with the coughing, of which was no more when I was asleep.

35M:10:XX:XX

Every now and then I was coughing from the morning till midday

35M:11:XX:XX

But then coughing was still happening and it would last for few seconds or even a minute, and after 5 to 10 or 12 minutes it would come back again.

35M:11:XX:XX

During the day I was coughing from now and then and this made my eyes teary every time I coughed for a long time.

35M:12:XX:XX

It was coughing that came with intense pain in between the chest and a very sore throat with no voice that was only abnormal about me.

35M:12:XX:XX

When I was outside, I started coughing again and this again came with the wheezing sound and a pain in the anterior region of my chest.

35M:13:XX:XX

There were still some funny sounds in my chest every time I'm breathing.

Especially if I'm in the lying position.

I couldn't sleep at this point in time. I was coughing of which I had an intense pain in my chest and that made the headache even worse every time I'm coughing.

35M:15:XX:XX

I was coughing like nobody's business. This produced a wheezing sound in the anterior region of my chest. Also an intense pain came through when I was coughing. I would cough and reach the point where I would run out of air! And this made my abdominal region painful.

During the day I was coughing and sneezing only. Nothing much happened. But I still have mucus in my nose.

35M:17:XX:XX

I was then coughing like now and then. And this makes me run out of air, but then I drank water and I was a bit okay.

During the day at school I was coughing and it came with a pain in my chest that made me to touch my chest as it's too painful.

35M:21:XX:XX

#### **4.2.1.35 Skin**

##### **Eruptions**

Now my face is covered in pimples-which come out when the sunlight (hot one) touches my face for a long time.

02F:13:XX:XX

Boil:

Left side in the groin. Oh no! Worse for sitting

Worse for crossing legs

In the morning it wasn't there and later that evening it was

No pain, just uneasiness and discomfort

02F:31:XX:XX



Noticed 2 pimples appeared on my forehead, I don't usually get pimples there.  
They were small, red but don't seem to have come to a head

04M:03:XX:XX

I've had a few strange spots on my face since yesterday. They look like pimples to begin with, become slightly raised, are quite small, but then instead of coming to a head like ordinary pimples, they flatten again and the skin peels leaving a flat reddish dot. They ( $\approx$  5) all lateral to the nose, don't last long- appear and heal again in about a day and a half. Nothing came out when I squeezed. I don't recall having such pimples before. They make my skin look unhealthy.

04M:11:XX:XX

I developed a whitlow on my right index finger yesterday. It's slightly inflamed.

04M:14:XX:XX

My skin looks dry and dehydrated, especially on my face.

20F:10:XX:XX

Skin also seems quite pimple ridden which is unusual

24F:01:XX:XX

Skin still pimply

24F:06:XX:XX

## **Itching**

Itching:

Small spots in my body especially the neck and face. And every time I'll scratch, it's the site of mole- small moles

Never itched before- first time

Sometime, the itch was the first thing that drawn my attention to the mole.

Meaning: by scratching the area then I discovered the mole. Always small in size and long, like long thin strings

02F:06:XX:XX

scalp feels very itchy, feels dry

20F:13:XX:XX

scalp still itching

20F:14:XX:XX

### **Temperature**

My left arm- the skin is so cold, not inside just the skin. Icy cold but feels warm to the touch.

Location: left scapula to tips of fingers. The top of my skin, not anterior but the posterior and back.

02F:02:XX:XX

All my left side was very sensitive to cold air. My skin left of face to the tips of fingers

02F:02:XX:XX

Was a hot day, skin felt very sensitive to the heat-did however not burn but sensation of burning in the hot sun the moment I was in it

25F:07:XX:XX

## 4.3 Repertory

### 4.3.1 Key

The repertory is represented in a table format. Each rubric is represented under its appropriate heading, and the number of provers that experienced that symptom as well as the frequency of their experience thereof is represented in the next column, followed by the resultant grading of the symptom. The grading system used for the proving of *Bitis atropos* 30CH, was adapted from Ross (2011) as discussed in 3.10.2

- All valid symptoms and their respective rubrics are graded default as Grade 1.
- Any rubrics produced by 3 or more provers are elevated to a *Grade 2* (italics)
- Any rubric produced by half or more of the verum group i.e 10 or more provers is elevated to **Grade 3**.
- All newly created rubrics will be graded by default as grade 1, and will be represented as underlined.
- All time references in the rubrics are in the format of 0-24hrs as suggested by Schroyens (2001:10)

#### 4.3.2 The Rubrics for the proving of *Bitis atropos* 30CH

**Table 4.2 – Distribution, representation and grading of rubrics**

Chapter	Rubric	Provers number originating from, and frequency thereof	Final grading
<b>MIND</b>	<i>MIND – ABSENTMINDED</i>	2, 6, 6, 6, 6, 6,6,6,6,19,19	2
	MIND – ACCEPTANCE	2	1
	MIND – ACTIVITY – desires	34	1
	MIND – ADVENTUROUS	4	1
	MIND – AILMENTS FROM – anger – suppressed	32	1
	MIND – AILMENTS FROM – disappointment	15	1
	MIND – AILMENTS FROM – scorned; being	15,15	1
	MIND – AMBITION – increased	2, 3	1
	<i>MIND – ANGER</i>	2,15,15,19,20,24, 25, 32	2
	MIND – ANGER – contradiction; from	19	1
	MIND – ANGER –	20,20, 24,24,24	1

	easily		
	MIND – ANGER – indignation; from	2,32	1
	MIND – ANGER – violent	15, 19	1
	MIND – ANIMALS – love for animals	3	1
	MIND – ANTAGONISM with herself	2,2,4,4	1
	MIND – ANTISOCIAL	3,8	1
	<i>MIND – ANXIETY</i>	<i>2,3,35,18, 20,23</i>	2
	MIND – ANXIETY – family; about his - safety of family; for	2	1
	MIND – ANXIETY – hurry, with	20	1
	MIND – ANXIETY – money matters, about	3	1
	MIND – ATTACK others, desire to	18	1
	MIND – BED – remain in bed; desire to	15, 18	1
	MIND – BENEVOLENCE	4	1

MIND – BROODING	20	1
MIND – CAPRICIOUSNESS	19	1
MIND – CAREFREE	3,6	1
MIND – CENSORIOUS – silent; disposition to be faultfinding or	3	1
<i>MIND – CHEERFUL</i>	<i>2,6,6,18,18,18,18,18 27, 27</i>	2
MIND – CHILDISH	6	1
MIND – CLAIRVOYANCE	19	1
<i>MIND – COMPANY – aversion to</i>	<i>3,6,6,8,8,18,18, 23,23, 27, 33</i>	2
<i>MIND – COMPANY – aversion to – desire for solitude</i>	<i>6,6, 8,18</i>	2
MIND – COMPANY – desire for	3,19	1
MIND – COMPANY – desire for – spoken to, but averse to being	3	1
MIND – CONCENTRATION – active	6, 27	1
<i>MIND – CONCENTRATION – difficult</i>	<i>3,3,18,19,19,25</i>	2

	MIND – CONFIDENT	2	1
	MIND – CONFIDENCE – failure, feels himself	23	1
	<i>MIND – CONFIDENCE – want of self- confidence</i>	3,4,19,23	2
	MIND – CONFLICT – will; of the	8	1
	<i>MIND – CONFUSION</i>	2,2, 3,4, 4,6,6,6,6,615,19,19	2
	MIND – CONTRADICTION – intolerant of contradiction	19	1
	MIND – CONTRADICTION – actions are contradictory to intentions	2,2,3,3,3	1
	MIND – CONVERSATION – aversion to	20	1
	MIND – DECEITFUL	3	1
	MIND – DEFIANT	2,2	1
	MIND – DELUSIONS – appreciated, she is not	19	1
	MIND – DELUSION –	3, 19,19,19,19, 19	1

	body – ugly; body looks		
	MIND – DELUSIONS – criticized, she is	2,19	1
	MIND – DELUSION – danger, impression of	33	1
	MIND – DELUSIONS – enlarged – body is – fat; feeling	19	1
	MIND – DELUSIONS – falling – looks – down; falls if he looks – downstairs; when going	2	1
	MIND – DELUSIONS – flying	6	1
	MIND – DELUSION – head, fall, head would, off	19	1
	MIND – DELUSION – injury – injured he is	2,2,2,2,2	1
	MIND – DELUSIONS – mind, separated, mind and body are	18	1
	<u>MIND – DELUSIONS</u> <u>– menses; start will</u>	<u>19</u>	<u>1</u>
	MIND – DELUSIONS – neck – elongated; is	19	1



	MIND – DELUSIONS – old – feels old	19	1
	MIND – DELUSIONS – person – two personalities	4,4	1
	MIND – DELUSIONS – robbed, is going to be	2,9	1
	MIND – DELUSIONS – separated – world; from the – he is separated	19	1
	MIND – DELUSIONS – smell, of – own body has offensive odour	19	1
	MIND – DELUSIONS – thieves – house	2,9	1
	MIND – DELUSIONS – time, earlier , time seems	18	1
	MIND – DELUSIONS – trapped; he is	4	1
	MIND – DESPAIR	3	1
	MIND – DICTATORIAL	19	1
	MIND – DISCONTENTED	8	1
	MIND – DRUGS –	4	1

	desire		
	<i>MIND – DULLNESS</i>	2,8,15,18	2
	MIND – DULLNESS – understand; does not – questions addressed to her	19	1
	MIND – EMBRACES – desire to be embraced	2	1
	MIND – EMOTIONS – suppressed	2,32	1
	MIND – ESTRANGED – society, from	3	1
	MIND – EXCITEMENT	34	1
	MIND – EXTROVERTED	6	1
	<i>MIND – FASTIDIOUS</i>	2, 3, 6	2
	MIND – FASTIDIOUS – prove oneself	2, 3,3,3	1
	MIND – FEAR – falling, of - descending stairs; when	2	1
	MIND – FEAR – opinion of others, of	19,19	1
	MIND – FEAR –	2,2,9	1

	robbers, of		
	MIND – FEAR-robbers, of – night	2,9	1
	MIND – FLATTERED – desire to be	4,4	1
	MIND – FORGETFUL	2,6,6,6,6	1
	MIND – FORGETFUL – words	2,6,6	1
	MIND – FORSAKEN	4, 6	1
	MIND – FREEDOM – doing what he had to do; remarkable freedom in	4,6	1
	MIND – GRIEF – past events, about	3	1
	MIND – HELPLESSNESS	23	1
	<u>MIND – HIBERNATION-desire for</u>	<u>18</u>	<u>1</u>
	MIND – HOMESICKNESS	14, 33	1
	MIND – IMPATIENCE – children; about his	20	1
	MIND – INACTIVITY	8	1
	<i>MIND –</i>	<i>3, 15, 15, 18, 23, 25</i>	<i>2</i>

	<i>INDIFFERENCE</i>		
	MIND – Indifference – ennui with	18	1
	MIND – INDIFFERENCE – opinion of others, to	3	1
	MIND – INDIFFERENCE – others, towards	15	1
	<i>MIND – INDIFFERENCE – work – aversion to work; with</i>	15,18, 23	2
	MIND – INDIGNANT	2,3,15,32	2
	<i>MIND – INDIGNATION</i>	2,3,15,32	2
	<i>MIND – INDIGNATION – misdeeds of others; at the</i>	2,32,15	2
	MIND – INDUSTRIOUS	3	1
	MIND – INTOLERANCE	2,19	1
	MIND – INTROSPECTION	2,6,6,6	1
	<b>MIND – IRRITABILITY</b>	<b>8,15,18,18,19,19,19, 20,20,20, 20, 20, 20, 20, 23, 24, 24,24,24, 24,25,27,</b>	<b>3</b>

		<b>27,32,33, 34</b>	
	<i>MIND – IRRITABILITY – people; with</i>	3,8,15,19,20,20,20, 20	2
	MIND – JEALOUSY	3	1
	MIND – JESTING	6	1
	MIND – LAMENTING – appreciated, because he is not	19	1
	MIND - LAUGHING - sleep - during	30	1
	MIND – LAZINESS	3,8	1
	<i>MIND – LIBERTINISM</i>	2,3,4,4,4,4	2
	MIND – Loathing life	18	1
	MIND – LOATHING – work	25	1
	<i>MIND – LOQUACITY</i>	6, 27, 33	2
	MIND – MEDITATING	6	1
	MIND – MEMORY – weakness – words	2,6	1
	MIND – MENTAL POWER – increased	6	1
	MIND – MILDNESS – masking violence	32	1

	MIND – MISTAKES; making	19	1
	MIND – MISTAKES – speaking, in	2,6,6	1
	MIND – MOOD – repulsive	25,25	1
	MIND – PATIENCE	2	1
	MIND – PERSEVERANCE	2	1
	MIND – PLAYFUL	6,6	1
	MIND – PROTECTING – desire to protect	2	1
	<i>MIND – QUARRELSOME</i>	<i>15,18,19, 24, 24</i>	2
	MIND – QUIET disposition	6,6	1
	MIND – RAGE	18	1
	MIND – REALITY – flight from reality	4	1
	MIND – REBELLIOUS	4,4,4,18	1
	MIND – REPROACHING others	19	1
	MIND – RESERVED	6	1

	MIND – RESPONSIBILITY – inability to take	23	1
	MIND – RESTLESSNESS	2, 20	1
	<i>MIND – SADNESS</i>	<i>3,4,14,19,30</i>	2
	MIND –SADNESS – menses, during	19	1
	MIND – SADNESS – sexual desire / suppressed sexual desire; sadness after	4	1
	MIND – SELFISHNESS	2	1
	<i>MIND – SENSITIVE</i>	<i>2, 3, 19</i>	2
	MIND - SENSITIVE - opinion of others; to the	19	1
	MIND – SENSITIVE – rudeness, to	3	1
	MIND – SENSITIVENESS – want of sensitiveness	19	1
	MIND – SINGING - joyously	6,6	1
	MIND – SLOWNESS	6	1
	MIND – SMILING	2	1

	MIND – SNAPPISH	15, 24, 24	1
	MIND – SOCIABILITY	6	1
	MIND – SPACED-OUT feeling	15	1
	MIND – SPEECH – confused	6	1
	MIND – SPEECH – inarticulate	2,6	1
	MIND – SPIRITUALITY	6	1
	MIND – STRANGER – presence of strangers – agg.	2, 3	1
	MIND – SUSPICIOUS	3	1
	MIND – SYMPATHY from others – desire for	19	1
	MIND – TALKING – desire to talk to someone	27, 34	1
	MIND – TENSION, mental	2,2	1
	MIND – THOUGHTS – disconnected	19	1
	MIND – THOUGHTS – persistent	20	1



	MIND – THOUGHTS – sexual	4,4,4	1
	MIND – TIME – quickly, appears shorter; passes too	18	1
	<i>MIND – TRANQUILLITY</i>	18, 27,34	2
	MIND – POSITIVNESS	18	1
	MIND – TRAVELLING – desire for	4	1
	MIND – UNIFICATION – desire	34	1
	MIND – UNSYMPATHETIC	3	1
	<i>MIND – VANITY</i>	2,4,4,17,17	2
	MIND – VIOLENT	15	1
	<i>MIND – WILL– contradiction</i>	2,4,4,8	2
	MIND – WILL – two wills; sensation as if he had	4,4,8	1
	MIND – WRONG, everything seems	19	1
<b>TEETH</b>			
	TEETH – PAIN –	2	1

	nerve were touched; as if		
	TEETH – PAIN – upper – right	2	1
<b>EXPECTORATI ON</b>	EXPECTORATION – CREAM-LIKE	35	1
	EXPECTORATION – DAYTIME	35	1
	EXPECTORATION – DIFFICULT	2	1
	<i>EXPECTORATION – YELLOW</i>	2, 35, 33	2
<b>GENERALS</b>			
	<u>GENERALS – BATHING– hot bathing – desire for</u>	<u>2</u>	<u>1</u>
	GENERALS – COLLAPSE – accompanied – vertigo	3	1
	GENERALS – EMACIATION – single parts, of	35	1
	<i>GENERALS – ENERGY – excess of energy</i>	6, 32, 32, 32, 20, 20, 23,34, 34	2
	GENERALS – FOOD AND DRINKS – apples – desire	2	1
	GENERALS – FOOD	2	1

	AND DRINKS – bananas – desire		
	GENERALS – FOOD AND DRINKS – bread – aversion	2	1
	<i>GENERALS - FOOD and DRINKS - chocolate - desire</i>	<i>18, 20, 20, 25</i>	<i>2</i>
	GENERALS – FOOD AND DRINKS – coffee – desire	2,4,4	1
	GENERALS – FOOD AND DRINKS – coffee – agg.	32	1
	GENERALS – FOOD AND DRINKS – coffee – amel.	4, 32	1
	GENERALS – FOOD AND DRINKS – cold drink, cold water – desire	6	1
	GENERALS – FOOD AND DRINKS – drinks – desire – accompanied by – thirstlessness	2	1
	GENERALS – FOOD AND DRINKS – fruit – desire	6	1
	GENERALS – FOOD AND DRINKS – meat	2	1

	– desire		
	GENERALS - FOOD and DRINKS - nuts - desire	18, 18	1
	GENERALS – FOOD AND DRINKS – oranges – desire	4,4	1
	GENERALS – FOOD and DRINKS – pepper – desire	6	1
	GENERALS – FOOD AND DRINKS – pizza – desire	2	1
	GENERALS – FOOD AND DRINKS – red pepper – desire	6	1
	GENERALS - FOOD and DRINKS - rich food - desire	18	1
	GENERALS - FOOD and DRINKS - salt - amel.	20, 20	1
	GENEALS – FOOD AND DRINK - salt, desire	20, 34, 34, 34, 34	1
	GENERALS – FOOD AND DRINK – sour drinks, desire	23	1
	GENERALS - FOOD and DRINKS - sour food, acids - desire	23	1

	GENERALS – FOOD and DRINKS– spices – desire	2	1
	GENERALS – FOOD AND DRINKS – sweet – agg.	2	1
	GENERALS – FOOD AND DRINKS – sweets - aversion	17	1
	GENERALS - FOOD and DRINKS - sweets - desire	18	1
	GENERALS – FOOD AND DRINKS – tea – desire	3, 20, 20, 20	1
	GENERALS – FOOD AND DRINKS – water – amel.	32, 35	1
	GENERALS – FOOD AND DRINKS – water – aversion	3,3	1
	GENERALS - FOOD and DRINKS - water - desire	15, 19	1
	GENERALS – HEAT – flushes of – perspiration – with	17	1
	<i>GENERALS – HEAT – lack of vital heat</i>	<i>2, 4, 18, 20, 20, 20, 20, 20, 20, 20, 20, 33</i>	<i>2</i>

	GENERALS – LEFT	2	1
	GENERALS – LYING – side; on – left – amel.	2	1
	GENERALS – PULSE – irregular	4	1
	GENERALS – REDNESS	6	1
	GENERALS – SICKFEELING; vague	2	1
	GENERALS – SUN – exposure to the sun – amel.	2,2,2,4	1
	GENERALS – TENSION	2	1
	GENERALS – TENSION – muscles; of	2	1
	GENERALS – TOBACCO – desire for tobacco – smoking; desire for	4	1
	GENERALS – WARM –amel.	2	1
	GENERALS – WARM – bathing – amel – hot bath	2	1
	GENERALS – WARM	4	1

	– desire for warmth		
	<i>GENERALS – WEAKNESS</i>	2,3,3,6, 35, 15, 15, 15, 18,18, 19, 33, 33	2
	<i>GENERALS – WEARINESS</i>	15,18, 18, 19, 20, 20, 24, 27,33, 33, 33, 33, 33	2
<b>VERTIGO</b>			
	VERTIGO – ACCOMPANIED BY – dim vision	6	1
	VERTIGO – ACCOMPANIED by – head –pain	35, 35	1
	VERTIGO – CLOSING THE EYES – amel	6	1
	VERTIGO - FALL, tendency to	2, 33	1
	<i>VERTIGO – FLOATING; as if</i>	2,3,6	2
	VERTIGO – INTOXICATED; as if	2,3	1
	VERTIGO – MOTION – agg.	6	1
	VERTIGO – SITTING – amel	6	1
	VERTIGO – STANDING – amel.	6	1
	VERTIGO – SYNCOPE, with	3	1

	VERTIGO – WALKING – agg.	33, 35	1
<b>THROAT</b>			
	THROAT – BONE in; sensation of a	3,3,3,3	1
	<i>THROAT – CATARRH</i>	3,4, 8, 20, 30,30 33, 33, 33, 33, 34, 34	2
	THROAT - CHOKING - mucus; from	33	1
	THROAT – CHOKING – sensation of	13	1
	<i>THROAT – DRYNESS</i>	15, 20,33, 33, 33, 33, 33, 33, 33	2
	THROAT – DRYNESS- cold water amel	33	1
	THROAT - DRYNESS - eating - amel.	33	1
	THROAT – DRYNESS – morning	20, 33	1
	THROAT – DRYNESS	20, 33	1
	THROAT –pain, cutting	2	1
	THROAT – FOOD – lodges in throat	17	1



	<i>THROAT – FOREIGN body; sensation of a</i>	3, 8, 17, 19	2
	THROAT – FOREIGN body; sensation of a – lodged in throat	8, 17	1
	THROAT - FOREIGN body; sensation of a lump	19, 19, 33,33	1
	THROAT – FULLNESS	17	1
	THROAT – HAWK; disposition to	35	1
	THROAT – INFLAMMED	4	1
	THROAT – INFLAMMATION – tonsils	2	1
	THROAT – IRRITATION	15, 32	1
	THROAT – ITCHING	4,4	1
	THROAT – ITCHY – uvula	35	1
	<i>THROAT – MUCUS – tenacious</i>	3,8, 33, 33, 33, 33, 33	2
	THROAT – MUCUS – thick	3, 8	1

	THROAT – MUCUS – yellow	3	1
	THROAT – OBSTRUCTION	17	1
	<i>THROAT – PAIN</i>	<i>3, 17, 25, 33, 35, 35, 30, 30, 30, 30</i>	2
	<i>THROAT – PAIN, burning</i>	<i>25, 30, 33</i>	2
	THROAT – PAIN – burning –Esophagus– extending to – Stomach	13, 13	1
	THROAT - PAIN - burning - swallowing - when	25	1
	THROAT – PAIN – cold water, amel	33	1
	THROAT – PAIN – cutting pain	2	1
	THROAT – PAIN – drinks – warm – amel.	35	1
	THROAT – PAIN – drinks – water- amel	2	1
	THROAT – PAIN – eating – after – amel	2	1
	THROAT – PAIN – hawking, on - amel.	2, 35	1

	THROAT - PAIN – left	25	1
	THROAT – PAIN, left, burning	25	1
	THROAT – PAIN – pulsating pain	2, 2	1
	THROAT – PAIN – raw, as if	2, 33, 33	1
	THROAT – PAIN – right	33, 33	1
	THROAT – Pain – Scarf around neck – agg	2	1
	THROAT – PAIN, scratching, pain	25, 33, 33	1
	THROAT – PAIN – sore, accompanied by, coryza	20	1
	THROAT – PAIN – splinter, as if from a	33, 33, 33, 33, 33	1
	THROAT - PAIN - stitching - right	33	1
	<i>THROAT – PAIN – swallowing –agg.</i>	<i>2,3, 20, 25,35</i>	2
	THROAT – PAIN – swallowing – empty – agg.	2	1
	THROAT – PAIN –	35	1

	swallowing – food – agg.		
	THROAT – PAIN – swallowing – liquids – agg.	35	1
	THROAT – PAIN – sweets – agg.	2	1
	THROAT – PAIN – talking	2, 35	1
	THROAT – PAIN – Uvula	35	1
	THROAT – PAIN – warm – drinks – amel	2, 35	1
	THROAT – SCRATCHING	15	1
	THROAT - SWALLOW, constant disposition to - mucus, from thick	33	1
	THROAT – SWELLING	33, 33	1
	THROAT – TICKLING	2, 20	1
	THROAT – TICKLING – cough; causing	32,32	1
<b>CHEST</b>			
	CHEST – ANXIETY – Heart, region of	4	1

	CHEST – COMPLAINTS of chest – extending to – lumbar region	2,2	1
	<i>CHEST – CONSTRICTION</i>	4,4,4,4, 30, 33	2
	CHEST – HEART complaints of the – accompanied by – vertigo	35	1
	CHEST – HEAT – burning	6	1
	CHEST – HEAT – sternum; behind	2	1
	CHEST – NAUSEA – in chest	2	1
	CHEST - OPPRESSION	30	1
	CHEST – PAIN	3, 35, 35	1
	CHEST – PAIN – burning	6	1
	CHEST – PAIN – cough, during	35, 35, 35	1
	CHEST – PAIN – cough – during – agg –burning	35, 35, 35	1
	CHEST - PAIN - extending to - back	2	1

	CHEST - PAIN - Intercostal muscles - left	2	1
	CHEST – PAIN– Mammae– left	3	1
	CHEST - PAIN - Ribs - inspiration	2	1
	CHEST – PAIN – sides – breathing – agg.	2	1
	CHEST - PAIN - sides - left	2,3,35	1
	CHEST – PAIN – sides – left –cough agg.	35	1
	CHEST – PAIN – sides – pressure – amel.	2	1
	CHEST – PAIN – sides – sitting – bent forward – amel.	2	1
	CHEST – PAIN – sides – standing – agg.	2	1
	CHEST – PAIN – sides – stretching – amel	2	1
	CHEST – PAIN – sitting – erect – amel.	2	1

	CHEST – PAIN – sore	2	1
	CHEST - PAIN - stitching	33	1
	<i>CHEST – PALPITATION of heart</i>	2, 4, 32, 35, 25	2
	CHEST – PALPITATION of heart – accompanied by – Face pale	32	1
	CHEST – PALPITATION of heart – accompanied by – Throat; pulsating in	2	1
	<u>CHEST – PALPITATION – Extending – eyes to</u>	<u>2</u>	<u>1</u>
	CHEST – PALPITATION – irregular	4	1
	CHEST – PALPITATION of heart – morning – waking – on	32	1
	CHEST - PALPITATION of heart - tumultuous, violent, vehement - chest; as if heart beat	25	1

	throughout the		
	CHEST – TINGLING	6	1
HEAD			
	HEAD – COMPLAINTS – accompanied by, photophobia	20	1
	HEAD – COMPLAINTS of head – accompanied by – eyes – pain	2,2	1
	HEAD – CONGESTION	2,8	1
	HEAD – CONSTRICTION	2, 33, 33	1
	HEAD – FULLNESS –water; as by	2	1
	HEAD - HEAT - accompanied by - Head; pain in	23	1
	HEAD – HEAT – forehead – warm – flowing; sensation of warm – eyes – above/left	2	1
	<i>HEAD – HEAVINESS</i>	2,2, 17, 33	2
	HEAD – HEAVINESS – eyes, heaviness of	17	1
	HEAD – HEAVINESS	2, 17	1



	– forehead		
	HEAD – ITCHING	20,20	1
	HEAD – LIGHTNESS; sensation of	3, 6	1
	<b>HEAD – PAIN</b>	<b>2,4,19, 23, 24,25,27,30,30,32,33, 35</b>	<b>3</b>
	<i>HEAD – PAIN – accompanied by – eye – pain</i>	2,2, 4, 32	2
	HEAD - PAIN - accompanied by - Neck - pain in	19, 33	1
	HEAD - PAIN - accompanied by - Neck - stiffness in - Nape of neck	33	1
	HEAD – PAIN, aching	25, 33,33	1
	HEAD – PAIN, afternoon	24	1
	HEAD - PAIN - air - open - amel.	23, 27	1
	HEAD – PAIN – alternating with, cough	30	1
	HEAD – PAIN – bending head – forward	4	1
	HEAD – PAIN –	35	1

	burning		
	HEAD - PAIN - bursting	24	1
	HEAD – PAIN – catarrhal	8	1
	HEAD – PAIN – cold – air – agg.	2	1
	HEAD – PAIN – cough – during – agg.	30,35, 35, 35	1
	HEAD - PAIN - cutting	24, 24	1
	HEAD – PAIN – daytime	35	1
	<i>HEAD – PAIN – dull</i>	<i>8, 15, 19, 33</i>	2
	HEAD - PAIN – eating, after ,amel.	24	1
	HEAD – PAIN – eminence, frontal , stooping , aggravates	20	1
	HEAD – PAIN – eyes	2, 20	1
	HEAD – PAIN, forehead	24, 24, 24, 33, 33, 33, 33	1
	HEAD – PAIN – Forehead – cold – air – agg.	2	1
	HEAD – PAIN, forehead, dull pain	25, 27	1

	HEAD – PAIN – Forehead – eyes – behind – dull pain	4, 32, 32	1
	HEAD – PAIN – Forehead – eyes – behind - left	4	1
	HEAD – PAIN – forehead – extending to – occiput	35	1
	HEAD – PAIN – fore head – left	35	1
	HEAD – PAIN – forehead –pressing pain	20	1
	HEAD – PAIN – forehead – sleep – after – agg.	35	1
	HEAD – PAIN – jar – any jar; from	35	1
	HEAD – PAIN – lightning-like	9	1
	HEAD – PAIN – motion, agg	33	1
	HEAD – PAIN – occiput	33, 35	1
	HEAD – PAIN – occiput – accompanied by – vertigo	35	1

	HEAD – PAIN- occiput - extending to neck	33	1
	HEAD – PAIN – occiput – night – midnight	35	1
	HEAD – PAIN – occiput – standing – agg.	35	1
	HEAD – PAIN – occiput – walking – agg	35	1
	HEAD - PAIN - occupation - amel.	33	1
	HEAD – PAIN – pressure – amel.	2	1
	HEAD - PAIN - pressure, external - amel.	20, 25	1
	HEAD – PAIN – pulsating pain	2, 9	1
	HEAD – PAIN – rising – agg.	35	1
	HEAD – PAIN, sharp	24, 24, 25	1
	HEAD - PAIN - sharp - Vertex	25	1
	HEAD - PAIN - Sides - left	2, 4	1

	HEAD – PAIN – sleep – after – agg.	35	1
	HEAD – PAIN – sleep – waked from sleep by headache	35	1
	HEAD – PAIN – sore	33	1
	HEAD – PAIN – stooping – from	4	1
	HEAD – PAIN – sun – exposure to sun; from – amel.	2, 35	1
	<i>HEAD – PAIN, temples</i>	15, 23,25, 33	2
	HEAD – PAIN – temples , left	33	1
	HEAD – PAIN – temples, left, dull pain	15	1
	HEAD – PAIN – temples, pulsating pain	23	1
	HEAD –PAIN – vertex, dull pain	18	1
	HEAD – PAIN – vertex, pressing pain	18	1
	HEAD – PAIN – warmth – amel.	2,2	1
	HEAD – PAIN – wind	35	1

	– cold – amel.		
	HEAD – STOOPING – agg.	4	1
	HEAD – WATER, sensation as of – warm water, in	2	1
<b>EXTERNAL THROAT</b>			
	EXTERNAL THROAT – PAIN – cervical	8	1
<b>URINE</b>			
	URINE – COLOR – greenish	6,6	1
	URINE – COPIOUS	6	1
	URINE – COPIOUS – night	6	1
	URINE – OUDOR- coffee	18	1
<b>BACK</b>			
	BACK – ITCHING	9, 35	1
	BACK – ITCHING – Lumbar region	9	1
	BACK – PAIN – Cervical – bending – forward – amel.	2	1
	BACK – PAIN – cervical – burning	17	1
	BACK – PAIN – Cervical – cold –agg.	2	1

	BACK – PAIN – Cervical – constricting pain	2,2	1
	BACK – PAIN – Cervical – crushed, as if	2	1
	BACK – PAIN – Cervical – extending to - Ear	2,2	1
	BACK – PAIN – Cervical – left – sore	2	1
	BACK –PAIN – Cervical – Nape of neck – pressing pain – weight; as from a	2	1
	BACK – PAIN – Cervical – pulsating pain	2	1
	BACK – PAIN – Cervical – warmth - external/amel.	2	1
	<i>BACK – PAIN – Cervical region</i>	<i>2,8, 17, 32, 35, 33, 33</i>	2
	BACK – PAIN – Coccyx	2, 19	1
	BACK – PAIN – coccyx, aching	19	1
	BACK – PAIN – contracting	2	1

	BACK – PAIN – dorsal region, aching	19, 19	1
	BACK - PAIN - Dorsal region - motion - agg.	19	1
	BACK – PAIN – dorsal, scapulae, below	18	1
	BACK – PAIN – Dorsal – Scapulae – left – cutting pain	2	1
	BACK – PAIN – extending to – hips	2	1
	BACK – PAIN – laughing agg	2	1
	BACK – PAIN – Lumbar	2,4, 18,19	21
	BACK – PAIN – Lumbar –bending – amel	2	1
	BACK – PAIN – Lumbar – broken; as if	2	1
	BACK – PAIN – Lumbar – dislocated; as if	2	1
	BACK – PAIN – Lumbar – exertion – amel.	2	1



	BACK – PAIN – Lumbar – extending to – hips	2	1
	BACK – PAIN – lumbar – gnawing pain	2	1
	BACK – PAIN – Lumbar – motion – amel.	2	1
	BACK – PAIN – lumbar region, right	18	1
	BACK – PAIN – lumbar, sitting, agg	19	1
	BACK – PAIN – Lumbar – standing – amel.	2	1
	<u>BACK – PAIN –</u> <u>Lumbar – stretching –</u> <u>amel.</u>	<u>2</u>	<u>1</u>
	BACK - PAIN - menses - during	20	1
	BACK - PAIN - motion, on	18	1
	BACK – PAIN – pressure – amel.	2,2	1
	BACK – PAIN – Sacral – pressure – amel.	2	1

	BACK – PAIN – Sacral – sore	2	1
	BACK – PAIN – Sacral – walking – agg.	2	1
	BACK - PAIN - Sacral region - extending to - Pubis	2	1
	BACK - PAIN - sitting - while	19	1
	BACK – PAIN – sore	2, 2	1
	BACK – SPINE; complaints of – spinal cord	2	1
	BACK – STIFFNESS – Cervical region	2,2	1
	BACK – STIFFNESS – cervical region – accompanied by – shoulder; stiffness in	32	1
	BACK - STIFFNESS - Cervical region - headache, during	33	1
	BACK – STIFFNESS – Cervical – left	2,2,2	1
	BACK – TENSION – Cervical region	2	1
	BACK – TREMBLING	2	1

	BACK – TWITCHING – muscles, of the	2	1
<b>EYE</b>			
	EYE – AGGLUTINATED – left	2	1
	EYE – AGGLUTINATED – morning	2	1
	EYE – AWARENESS of	2	1
	EYES – BURNING, dry burning	25	1
	EYE –CLOSING THE EYES – amel.	2,2,2	1
	EYE – COLDNESS – Eyeballs	2	1
	EYE – COLDNESS – right	2	1
	EYE – CONTRACTIVE – Lids	2	1
	EYE – CONTRACTIVE sensation	2	1
	EYE – DISCHARGES – Canthi – Inner	2	1
	EYE – DISCHARGES – right eye	2	1

	EYE - DISCHARGES - watery	2	1
	EYE – DISCHARGES – white	2	1
	<i>EYE – DISCOLORATION – red</i>	2,33, 35, 35, 35	21
	EYE – DISCOLORATION – red – conjunctiva	2	1
	EYE – DISCOLOURATION, red , right	33	1
	<i>EYE – DRYNESS</i>	2, 25, 33	2
	EYES – DRYNESS EYES – burning	25	1
	EYE – HEAT in – left	2	1
	EYE – HEAT in – painful	2	1
	<i>EYE – HEAVINESS</i>	2,3,17	2
	EYE – HEAVINESS – Lids – left	2	1
	EYE - ITCHING	19	1
	EYE – ITCHING – right	4	1
	<i>EYE – LACHRYMATION</i>	2, 4, 35	2

	EYE – LACHRYMATION – left	2	1
	EYE – LIGHT; from – agg.	2,2,2	1
	EYE – LOOKING – light; at – bright light	2	1
	EYE – LOOSE, sensation as if	2	1
	EYE – MOVEMENT – sensation of	2	1
	EYE – OPEN lids – sensation as if open – wide open	2	1
	EYE – OPENING the lids – agg.	2	1
	EYE – PAIN –aching	33	1
	EYE – PAIN – burning	2, 33	1
	EYE – PAIN – burning – left	2	1
	EYE – PAIN – closing the eyes – agg.	2	1
	EYE – PAIN – closing the eyes – amel.	2	1
	EYE – PAIN – cold – air – agg.	2	1

	EYE – PAIN – cold – air – amel	2	1
	EYE – PAIN – left	2,2,2	1
	EYE – PAIN – left, burning	33	1
	EYE – PAIN – Lids – corrosive	2	1
	EYE –PAIN –lids, left	19	1
	EYE – PAIN – Lids – Lower – left	2	1
	EYE – PAIN – Lids – paralyzed, as if	2	1
	EYE – PAIN – light; from – agg.	2	1
	<u>EYE – PAIN –</u> <u>muscles about</u>	<u>2</u>	<u>1</u>
	EYE – PAIN – pulsating pain	2	1
	<u>EYE – PAIN – Raw,</u> <u>as if</u>	<u>2</u>	<u>1</u>
	EYE – PAIN – right	2,2, 33	1
	EYE – PAIN – right – aching	33	1
	EYE – PAIN – right – stitching	2	1

	EYE – PAIN – sand, as if from	19	1
	EYE – PAIN – sore	2,2,2, 33, 33	1
	EYE – PAIN – stitching	2	1
	EYE – PARALYSIS – Lids, of – left	2	1
	EYE – PARALYSIS – Lids, of – lower	2	1
	EYE - PULSATION - In the eyes	2	1
	EYE – SENSITIVE	2	1
	EYE – SENSITIVE – brilliant objects	2	1
	EYE – SMALLER; sensation as if	35	1
	EYE – STRAINED	2,2	1
	EYE - SUNKEN - sensation	20	1
	EYE – SWELLING – sensation of	2,2,2,2	1
	EYE – TIRED SENSATION	2,3,3	1
	EYE – TOUCH – agg.	2	1
	EYE – TOUCH - amel	2	1

	EYE – TWITCHING - left	2	1
	EYE – TWITCHING – Lids – Upper – left	2	1
	EYE – WARM – covering / amel.	2	1
	EYE – WIND – agg.	2,2	1
<b>NECK</b>			
	NECK – COLDNESS – sensation of	2	1
	NECK – CONSTRICTION	2	1
	NECK – MOTION – amel.	35	1
	<i>NECK – PAIN</i>	2, 17, 19, 33	21
	NECK – PAIN – burning	17	1
	NECK – PAIN – sore	33, 33, 33	1
	<i>NECK – STIFFNESS</i>	2,2,2,2,2, 8, 33, 33	2
	NECK – STIFFNESS – one side	2	1
	NECK – STRETCHING - agg	19	1
<b>EXTREMITIES</b>			
	EXTREMITIES –	2,2,2	1



	COLDNESS – Feet – icy cold		
	EXTREMITIES - COLDNESS - Foot	2	1
	EXTREMITIES - COLDNESS - Leg - icy	19	1
	EXTREMITIES – COLDNESS – lower limbs	19	1
	EXTREMITIES – CONSTRICTION – Upper arms	2	1
	EXTREMITIES – ELECTRICAL current; sensation of an	2	1
	EXTREMITIES - ERUPTIONS - Ankle	27	1
	EXTREMITIES - ERUPTIONS - Ankle - eczema - itching	27	1
	EXTREMITIES - ERUPTIONS - Ankle - red	27	1
	EXTREMITIES – ERUPTIONS – boils	2	1
	EXTREMITIES – ERUPTIONS – lower limbs, itching	27	1

	EXTREMITIES – FELON	4	1
	EXTREMITIES – HEAT – Upper arms – sensation of	2	1
	EXTREMITIES – HEAVINESS, legs	24	1
	EXTREMITIES – ITCHING – cold applications amel.	2	1
	EXTREMITIES – ITCHING – Feet – scratching – amel.	2,2	1
	EXTREMITIES – ITCHING – feet, soles of	19	1
	EXTREMITIES – ITCHING – hands	20, 20	1
	EXTREMITIES – ITCHING – hands, back of hands	20	1
	EXTREMITIES – ITCHING - hands, between fingers	20	1
	EXTREMITIES - ITCHING - Hand - Palm	20	1
	EXTREMITIES – ITCHING – hands ,	20	1

	palms, scratching, amel		
	EXTREMITIES – ITCHING – Toes – Between	2, 19, 19	1
	EXTREMITIES – LAMENESS –Upper limbs	2	1
	EXTREMITIES – LAMENESS – Upper arms – left	2	1
	EXTREMITIES – LOOSENESS – sensation of looseness – Hips	2	1
	<u>EXTREMITIES – MOIST – foot – sensation as if</u>	<u>2</u>	<u>1</u>
	EXTREMITIES – NUMBNESS – Fingers	2	1
	EXTREMITIES – PAIN - aching	19	1
	EXTREMITIES - PAIN - burning - Foot - Heel	15	1
	EXTREMITIES - PAIN - burning - Foot - Sole	15	1
	EXTREMITIES -	15	1

	PAIN - burning - Foot - Heel - stepping		
	EXTREMITIES – PAIN – cramping	20, 20	1
	EXTREMITIES - PAIN - cramping - Leg - Calf	19, 20	1
	EXTREMITIES – PAIN – Fingers – pulsating pain	2	1
	EXTREMITIES – PAIN – Hips	2,2,2,2,2,2,2,2,2,2,2	1
	<u>EXTREMITIES –</u> <u>PAIN – Hips –</u> <u>bending – body –</u> <u>forward amel</u>	<u>2</u>	<u>1</u>
	EXTREMITIES – PAIN – Hips – cutting pain	2,2	1
	EXTREMITIES – PAIN – Hips – extending to – Sacrum	2	1
	EXTREMITIES – PAIN – Hips – motion – agg.	2	1
	EXTREMITIES – PAIN – Hips – motion –amel.	2	1

	EXTREMITIES – PAIN – Hips – pressure – amel.	2	1
	EXTREMITIES – PAIN – Hips – right	2	1
	<u>EXTREMITIES –</u> <u>PAIN – Hips – sitting</u> <u>– bent double –amel</u>	<u>2</u>	<u>1</u>
	EXTREMITIES – PAIN – Hips – sore	2	1
	EXTREMITIES – PAIN – Hips – walking – agg.	2	1
	EXTREMITIES - PAIN - Knee - descending stairs	19	1
	EXTREMITIES – PAIN – legs, cramping	20	1
	EXTREMITIES – PAIN – lower limbs, aching	19	1
	EXTREMITIES – PAIN – rheumatic	19	1
	EXTREMITIES – PAIN- Shoulders	2,2,2,2,2,2,2,2	1
	EXTREMITIES – PAIN – Shoulders – dull pain	2	1

	<u>EXTREMITIES – PAIN – Shoulders – extending the arm – amel</u>	<u>2</u>	<u>1</u>
	EXTREMITIES – PAIN – Shoulder – extending to – Fingers – Tips	2	1
	EXTREMITIES – PAIN – Shoulders – left	2,2	1
	EXTREMITIES – PAIN – Shoulders – lying –side; on – left – agg.	2	1
	EXTREMITIES – PAIN – Shoulders – lying –side; on – left – amel.	2	1
	EXTREMITIES – PAIN – Shoulders – pressure – agg.	2	1
	EXTREMITIES – PAIN – toes	23	1
	EXTREMITIES - PAIN - Toes - Nails	23	1
	EXTREMITIES – PAIN – Upper arms – sore	2	1
	EXTREMITIES –	2	1

	PAIN – Upper limb – sore		
	EXTREMITIES – SWELLING – ankles	20,20	1
	EXTREMITIES - SWELLING - dropsical	20	1
	EXTREMITIES – SWELLING – Upper limbs - sensation of	2	1
	EXTREMITIES – TENSION – night	2	1
	EXTREMITIES – WALKING – after – agg.	2	1
	EXTREMITIES - WEAKNESS - Leg	24	1
	EXTREMITIES – WEAKNESS – Wrists	2	1
<b>VISION</b>			
	VISION – ACUTE	2	1
<b>STOMACH</b>	STOMACH - APPETITE - capricious appetite	20	1
	<i>STOMACH – APPETITE – diminished</i>	<i>3,3,3,3,3,3, 18, 20, 25, 25, 25, 25, 30, 30, 33, 33,35</i>	2
	STOMACH – APPETITE –	35, 35, 18	1

	diminished - thirst; with		
	STOMACH – APPETITE – easy satiety	3,3,3	1
	<i>STOMACH – APPETITE – increased</i>	2, 15, 25	2
	STOMACH – APPETITE – insatiable	2, 20, 20, 20, 20, 20, 20	1
	STOMACH – APPETITE – ravenous	2	1
	STOMACH – COMPLAINTS of the stomach – accompanied by – Lumbar region; pain in	2	1
	STOMACH – EATING – after – overeating agg.; after	13	1
	STOMACH – EMPTYNESS	3	1
	STOMACH – ERUCTATIONS – eating – after – agg.	2	1
	STOMACH – ERUCTATIONS – frequent	2,2,2	1



	STOMACH - ERUCTATIONS; TYPE OF - loud	2	1
	STOMACH – FOOD – stays in stomach and will not go down	32	1
	<i>STOMACH – FULLNESS; sensation of</i>	<i>3,3,3,3,3,3, 17, 17, 32</i>	2
	STOMACH – FULLNESS – coffee agg	32	1
	STOMACH – FULLNESS – eating – after – agg.	32, 32	1
	STOMACH – HEARTBURN	13	1
	STOMACH – HEARTBURN – drinking agg.; after	13	1
	STOMACH – HEARTBURN – eating – after – amel	13	1
	STOMACH – HEAVINESS – eating – after – agg.	32, 32	1
	STOMACH – HEAVINESS – walking in open air - amel	32	1

	STOMACH – INDIGESTION	13	1
	STOMACH - LUMP; sensation of a	32	1
	<i>STOMACH – NAUSEA</i>	2,3,3,3, 4,27,30 33, 33, 33	2
	STOMACH – NAUSEA – chest, in	2	1
	STOMACH – NAUSEA – cough	2	1
	STOMACH - NAUSEA - cough - during	30	1
	STOMACH – NAUSEA – drinking – after – water – agg.	3	1
	STOMACH – NAUSEA – eating, after	3,3,27	1
	STOMACH - NAUSEA - eating - after - amel.	27, 33	1
	STOMACH – NAUSEA – food – smell of	35	1
	STOMACH – NAUSEA – morning	27	1
	STOMACH –	3	1

	NAUSEA – odours agg		
	STOMACH – NAUSEA – pressure – abdomen; on – amel.	3	1
	STOMACH – NAUSEA – rich food agg.	3	1
	STOMACH – NAUSEA –sweets	2	1
	STOMACH – NAUSEA – Throat, in	3	1
	STOMACH – NAUSEA – urination – after – amel.	2	1
	STOMACH – NAUSEA – warm – drinks – amel	3,3	1
	STOMACH – PAIN – burning – extending to – Throat	13	1
	STOMACH – PAIN – coffee – after	32	1
	STOMACH – PAIN – cramping	3	1
	STOMACH – PAIN – nausea, during	3	1
	STOMACH – PAIN –	6	1

	prickling pain		
	STOMACH – PAIN – stitching	6	1
	STOMACH – RUMBLING	2	1
	STOMACH – STONE; sensation of a	32	1
	<i>STOMACH – THIRST - extreme</i>	<i>15, 15, 19, 20, 20, 25, 25, 25</i>	<i>2</i>
	STOMACH – THIRST – night	6, 25,15	1
	STOMACH - THIRST - unquenchable	15	1
	STOMACH – THIRSTLESS – desire to drink; with	2	1
<b>MALE</b>			
	MALE GENITALIA/SEX – SEXUAL DESIRE – increased	4, 4, 4	1
<b>SLEEP</b>			
	SLEEP – BAD	2	1
	SLEEP – DISTURBED, midnight, after 2h	25	1
	SLEEP – FALLING ASLEEP – difficult	17	1

	SLEEP – INTERRUPTED	2	1
	SLEEP - INTERRUPTED - night - midnight - after	2	1
	SLEEP – POSITION – changed frequently	2	1
	SLEEP – PROLONGED	17	1
	SLEEP – REFRESHING	27, 27, 27	1
	<i>SLEEP – RESTLESS</i>	2,3, 4, 35, 25	2
	SLEEP – SLEEPINESS – daytime	17	1
	<i>SLEEP – SLEEPLESSNESS</i>	2,2, 8, 19, 20,27,30	2
	SLEEP – SLEEPLESSNESS – anxiety, from	20	1
	SLEEP – SLEEPLESSNESS – from irritability	20	1
	SLEEP – SLEEPLESSNESS – heat, during	27	1
	<i>SLEEP – SLEEPLESSNESS –</i>	2,2,3, 35	21

	<i>restless</i>		
	SLEEP – SLEEPLESSNESS – sleepiness – with	2	1
	SLEEP – SLEEPLESSNESS – thoughts, activity of thoughts, from	18, 20, 20	1
	SLEEP - SLEEPLESSNESS - thoughts - disagreeable things; of	20	1
	SLEEP – SLEEPLESSNESS – weariness – from	2,2	1
	SLEEP – UNREFRESHING	2, 18	1
	SLEEP – WAKING – frequent	2	1
<b>EAR</b>			
	EARS – FULLNESS	3	1
	EAR – ITCHING	2	1
	EAR – ITCHING – Lobes	35	1
	EAR – NOISES in – reports in	3	1
	EAR – PAIN	2,2,2,2,2,8,8,2, 2,2,2, 27,2,33,33,2,2,2,2,33,2,2,2,2,	

		27,27,33,33,20,2,33,2,2,2,2,2,34,34,34,2,2	
	EAR – PAIN – air – draft	2	1
	EAR – PAIN – closing the ear lightly/amel	2,2	1
	<u>EAR – PAIN – covering amel.</u>	<u>2</u>	<u>1</u>
	EAR – PAIN – Eustachian tube	8	1
	EAR – PAIN – extending to – Eustachian tube	8	1
	EAR – PAIN – extending to – Throat	2	1
	EAR – PAIN – left	2,2,2, 27	1
	EAR – PAIN – left – sore	2	1
	EAR - PAIN - lying - ear; on	33	1
	EAR - PAIN - night	33	1
	EAR – PAIN – noise agg.	2,2	1
	EAR – PAIN – opening the mouth – agg.	2	1
	EAR – PAIN – pressure – agg.	2	1

	EAR - PAIN - pressure, on - amel.	33,2,2	1
	EAR – PAIN – pulsating pain	2,2	1
	EAR – PAIN – right	27, 27, 33,33	1
	EAR – PAIN –right, stitching pain	20	1
	EAR – PAIN – sore	2, 33	1
	EAR – PAIN – touch – amel.	2,2	1
	EAR – PAIN – warm – amel.	2,2	1
	EAR – PAIN– warm; wrapping up amel.	2	1
	EAR – PAIN – wind – cold agg.	2	1
	EAR – STOPPED – left	34, 34, 34	1
	EAR – STOPPED, evenings	33	1
	EAR – STOPPED sensation	3, 33, 33	1
	EAR – WATER; sensation of – in ear	2,2	1
	EAR– WIND –	27	1



	sensitive		
<b>ABDOMEN</b>			
	ABDOMEN – ALIVE; sensation of something	3	1
	ABDOMEN - CLOTHES - loosening - amel.	15	1
	ABDOMEN - CLOTHING; sensitive to	15	1
	ABDOMEN – DISTENSION	4, 15	1
	ABDOMEN - ENLARGED - sensation as if	19, 19	1
	<i>ABDOMEN – PAIN</i>	2,3,9, 18,33,35, 25	2
	ABDOMEN - PAIN - bending - double - amel.	2	1
	ABDOMEN – PAIN – cough agg.	35	1
	<i>ABDOMEN – PAIN – cramping</i>	3, 9, 18	2
	ABDOMEN – PAIN – dragging, bearing down – extending to – Rectum	9	1

	ABDOMEN – PAIN – drawing, bearing down	33	1
	ABDOMEN – PAIN – extending to rectum	9	1
	ABDOMEN – PAIN – Hypochondria	9	1
	ABDOMEN – PAIN – hypogastrium – stool - before	3, 35	1
	ABDOMEN – PAIN – lower abdomen	2, 9	1
	ABDOMEN – PAIN – menses, during	34	1
	ABDOMEN – PAIN – sides – left	35	1
	ABDOMEN- PAIN – sitting – bent forward – amel.	2	1
	ABDOMEN – PAIN – stool – before	35	1
	ABDOMEN – PAIN – squeezed; as if	3	1
<b>FEMALE</b>			
	FEMALE GENITALIA/SEX – bending double – must bend double	2	1

	FEMALE GENITALIA/SEX – MENSES – bright red	2	1
	FEMALE GENITALIA/SEX – MENSES – copious	2	1
	FEMALE GENITALIA/SEX - ITCHING - Vagina	19	1
	<u>FEMALE –</u> <u>GENETALIA/SEX –</u> <u>Movement – fallopian</u> <u>tube as if something</u> <u>was</u>	<u>18</u>	<u>1</u>
	FEMALE – MENSES – appear , sudden	20	1
	FEMALE GENITALIA/SEX - MENSES - copious	19	1
	FEMALE GENITALIA/SEX - MENSES - dark	19	1
	FEMALE GENITALIA/SEX - MENSES - gushing	19	1
	FEMALE GENITALIA/SEX - MENSES - painful - accompanied by - copious menses	34	1
	FEMALE GENITALIA/SEX -	2, 19	1

	MENSES - pale		
	<u>FEMALE</u> <u>GENETALIA/SEX –</u> <u>Sexual desire – stool</u> <u>after</u>	<u>3</u>	<u>1</u>
	FEMALE – SEX – desire, increased	34, 34	1
	FEMALE GENITALIA/SEX – WEAKNESS – Pelvic muscles	2	1
<b>DREAMS</b>			
	<i>DREAMS –</i> <i>AMOROUS</i>	<i>4, 4, 4, 4, 9, 35, 19, 24, 34</i>	<i>2</i>
	DREAMS – BUILDINGS – structure of	4, 4	1
	DREAMS – BUSINESS	9	1
	DREAMS – CHILDREN -; about – fondness for	17	1
	DREAMS – COITION	4	1
	DREAMS – CONNECTED	4	1
	DREAMS – CONTRADICTION – Reality to	4	1
	DREAMS –	9	1

	COFFINS		
	DREAMS – COITION	4, 4, 19, 19	1
	DREAMS – COITION - observed	4	1
	DREAMS – CONFUSED	35	1
	<i>DREAMS – CONTRADICTION – Reality to</i>	2, 9, 9, 17, 35	2
	DREAMS – CONVERSATIONS	35, 35, 35	1
	DREAMS – COUSIN	35	1
	DREAMS – CRIME	19	1
	<i>DREAMS – CRITICIZED; being</i>	4, 9, 35	2
	<i>DREAMS – DANGER</i>	2, 19, 30	2
	DREAMS – DANGER – fear, without	2	1
	DREAMS – DANCING	9, 9, 32	1
	DREAMS – DECIET	19	1
	DREAMS – DISAPPOINTMENTS	4	1
	DREAMS – DISEASE – own disease, his	23	1
	DREAMS – DOCTORS	17	1

	DREAMS – DREAMING, of	35	1
	DREAMS – ENEMIES	30	1
	DREAMS – ENTERTAINMENT	9	1
	DREAMS – EVENTS – past; long	35	1
	DREAMS – EXPLOSION	9	1
	DREAMS – FAMILY	17,17,35	1
	DREAMS – FORGOTTEN something; one has	35	1
	DREAMS – FRIENDS – company; being in	4, 9	1
	DREAMS – FRIENDS – old	35	1
	DREAMS – FRIENDS – seeing friends – cheerful mood, in a	9	1
	<i>DREAMS – FRIGHTFUL</i>	35, 20, 23	2
	DREAMS – GIRLFRIEND – old	6	1

	girlfriend		
	DREAMS – GOOD AND EVIL	35, 35	1
	DREAMS – GROUPS	4	1
	DREAMS – HAIR – cut; having hair	35	1
	DREAMS – HEAD – comical heads; seeing	35	1
	DREAMS – HELPING – people	9	1
	DREAMS – HOMEOPATHIC REMEDIES	35	1
	DREAMS – IGNORED – She is	35	1
	DREAMS – INADEQUATE	4	1
	<u>DREAMS – INAPPROPRIATE – sexually inappropriate</u>	<u>4, 4, 4, 4, 6, 9, 35, 19, 19</u>	<u>2</u>
	DREAMS – LAUGHING	35	1
	DREAMS – MANY	3	1
	DREAMS – MONSTERS	34	1
	DREAMS –	19, 23	1

	MOUNTAINS		
	DREAMS – NAKED people	4, 9	1
	DREAMS – NIGHTMARES	35	1
	DREAMS – NOISE	35	1
	DREAMS – NOSTALGIC	35	1
	DREAMS – OBSTACLES – path; in his	23	1
	DREAMS – ONENESS – searching for	3, 4	1
	DREAMS – PARTIES	9	1
	DREAM – PEOPLE	35, 35	1
	DREAMS – PEOPLE – bed with him; another person is lying in	35	1
	DREAMS – PEOPLE – loved by him	3	1
	DREAMS – PEOPLE – seen for years, people not	4	1
	DREAMS – PURSUED	23,23,35, 34	1



	DREAMS – PLEASANT	4, 9, 32	2
	DREAMS – REMEMBERED	4	1
	DREAMS – RELIGIOUS	9, 35	1
	DREAMS – RESTLESS	32	1
	DREAMS – ROBBERS	9	1
	DREAMS – SEARCHING – someone; for	4, 35	1
	<i>DREAMS – SEXUAL</i>	4, 4, 19, 24, 34	2
	<i>DREAMS – SEXUAL – perversity</i>	4, 4, 4, 9, 9, 19	2
	DREAMS – SHEEP	23	1
	DREAMS – SNAKES	20	1
	DREAMS – SPACESHIP	9	1
	DREAMS – STABBED, being	35	1
	DREAMS – SWIMMING	2	1
	DREAMS – SYMPATHETIC	35	1

	DREAMS – TALKING	35, 35, 35	1
	DREAMS – TALKING – school friends	4	1
	DREAMS – THINGS – changing quickly	9, 9	1
	DREAMS – THINGS – fixed upon the same things, dreams	3	1
	DREAMS – UNIFICATION, of	3, 4	1
	DREAMS – UNIFORMS	35	1
	DREAM – UNPLEASANT	35	1
	DREAMS – UNSUCCESSFUL EFFORTS – coition, in	4	1
	DREAMS – VIVID	25	1
	DREAMS – WATER – YELLOW	35	1
	DREAMS – WEDDINGS	9, 9	1
<b>RECTUM</b>			
	RECTUM – CONSTIPATION – ineffectual urging and straining	3	1

	<i>RECTUM – DIARRHEA</i>	2,3,3, 4,4, 4, 35	2
	RECTUM – DIARRHEA – menses – during	2,2	1
	RECTUM – FLATUS – afternoon	4	1
	RECTUM – FLATUS – copious	2,2,2, 4, 4, 4	1
	RECTUM – FLATUS – offensive	3	1
	RECTUM – FLATUS – menses, during	2,2	1
	RECTUM – FLATUS – putrid, foul	3	1
	RECTUM – INVOLUNTARY stool	3,3, 35	1
	RECTUM - IRRITATION	9	1
	RECTUM - LUMP; sensation of a	19	1
	RECTUM – PAIN – cough – agg.	9	1
	RECTUM – PAIN – constriction	9	1
	RECTUM – PAIN – sitting – amel.	9	1

	<u>RECTUM – Protrusion – something wants to – sensation of</u>	<u>9</u>	<u>1</u>
	RECTUM – URGING	35	1
	RECTUM - URGING - coffee, after	9	1
	RECTUM – URGING – frequent	2,2	1
	RECTUM – URGING – stool - sudden	3, 3, 3, 9	1
<b>CHILL</b>			
	<i>CHILL – CHILLINESS</i>	<i>2, 4, 18, 20, 20, 20, 20, 20, 20, 20, 33</i>	2
	CHILL –CHILLINESS – morning	20	1
	CHILL – SHAKING – sleep – after – amel.	2	1
	CHILL – WARM – desire for warmth which does not relieve	4	1
<b>NOSE</b>	NOSE – AIR – inspired air; sensitive to – feels cold	2	1
	NOSE – AIR AGG.; draft of	2	1
	NOSE – CATARRH	33,33,35, 35	1

	<i>NOSE – CATARRH – Postnasal</i>	2, 3, 3, 4, 4, 8, 30, 30, 33, 33, 34, 34	2
	NOSE – COLDNESS – icy coldness	2,2,2,2,2	1
	NOSE – COLDNESS – Inside	2,2,2,2,2	1
	NOSE – COLDNESS – sensation of	2,2,2,2,2	1
	NOSE – COLDNESS – warm applications amel.	2,2,2,2	1
	<i>NOSE – CONGESTION</i>	3,1935, 35, 15, 15, 15, 30, 30, 33	2
	NOSE – CONGESTION- night	3, 19	1
	NOSE – CORYZA	15, 15	1
	NOSE – CORYZA, left	33	1
	<i>NOSE – DISCHARGE</i>	3,4, 35, 35	21
	NOSE – DISCHARGE – burning	3	1
	<i>NOSE – DISCHARGE – clear</i>	3, 4, 4, 35, 35, 15	2
	NOSE – DISCHARGE –	33	1

	copious – stuffing of head; with		
	NOSE – DISCHARGE – greenish	4	1
	NOSE – DISCHARGE – mucous	3	1
	<i>NOSE – DISCHARGE – Posterior nares</i>	<i>2,3, 4, 8, 20, 20, 30, 30, 33, 33, 34, 34</i>	2
	NOSE – DISCHARGE – viscid, tough	4	1
	NOSE - DISCHARGE - watery	15, 33, 33	1
	NOSE – DISCHARGE –watery , right	33	1
	NOSE – DISCHARGE – white	2	1
	NOSE – DISCHARGE – yellow	2, 33	1
	NOSE – DRYNESS – Inside	2, 15	1
	NOSE – HAY FEVER	8	1
	NOSE – ITCHY	19, 19, 35, 35	1

	NOSE – ITCHING – Tip	35, 19	1
	<i>NOSE – OBSTRUCTION</i>	<i>3,19, 19,30</i>	<i>21</i>
	NOSE – OBSTRUCTION – left	30, 30	1
	NOSE – OBSTRUCTION – night	3, 19	1
	NOSE – OBSTRUCTION – right – then left	3	1
	NOSE – PAIN – air – agg.	2	1
	NOSE – PAIN – air; during inspiration of	2, 15	1
	NOSE – PAIN – burning	15	1
	NOSE – PAIN – cold – air – agg.	2,2	1
	NOSE – PAIN – dryness, from	2,2	1
	NOSE – PAIN – excoriating	3	1
	NOSE – PAIN – extending to – ears	8	1
	NOSE – PAIN –	2,2	1

	inspiration agg.		
	NOSE – PAIN – nostrils – raw; as if	3	1
	NOSE – PAIN – right	2,2,2	1
	NOSE - PAIN - Root - headache, with	33	1
	NOSE – PAIN – warm – air – inspiration – amel	2,2,2	1
	NOSE - RUBBING - amel.	19	1
	<i>NOSE – SNEEZING</i>	<i>2,3,4, 8,18, 35, 35, 20, 23</i>	2
	NOSE – SNEEZING – air; in open – amel.	4	1
	NOSE – SNEEZING – coryza, with	18	1
	NOSE – SNEEZING – night	3	1
	NOSE - SNEEZING – paroxysmal	23	1
	NOSE - SNEEZING - paroxysmal - prolonged paroxysms	23	1
	NOSE – SNEEZING – violent	3,3	1
<b>STOOL</b>			
	STOOL –	2, 4, 20	1



	FREQUENT		
	STOOL – LIGHT COLORED	4, 4	1
	STOOL – ODOR – offensive	35	1
	STOOL – SOFT	35	1
	STOOL – THIN	35, 35, 35	1
	<i>STOOL – THIN – yellow</i>	<i>2,3, 35, 35</i>	<i>2</i>
	STOOL – UNDIGESTED	3	1
	STOOL – WATERY	35	1
	STOOL – WATERY – yellow	2,3	1
<b>LARYNX</b>			
	LARYNX AND TRACHEA – CONSTRICTION – Trachea	2	1
	LARYNX AND TRACHEA – OBSTRUCTION; sensation of – Trachea	2	1
	LARYNX AND TRACHEA - VOICE - changed	15	1

	LARYNX – VOICE – hoarseness	2,15, 25, 33,35	2
	LARYNX AND TRACHEA - VOICE - hoarseness - cough - after	2	1
	LARYNX AND TRACHEA – VOICE – hoarseness – painful	35	1
	LARYNX AND TRACHEA – VOICE – lost	2,2, 35, 35	1
	LARYNX AND TRACHEA – VOICE – lost – painful	35	1
	LARYNX AND TRACHEA – VOICE – lost – painless	2	1
	LARYNX – VOICE- rough	33	1
<b>FEVER</b>			
	FEVER	35	1
	FEVER – CHILL; with	8, 15	1
	FEVER – HEAT	15, 19	1

	FEVER – PERSPIRATION – heat	18	1
<b>FACE</b>			
	<u>FACE – AIR – upper jaw filled as if it were, biting down on</u>	<u>19</u>	<u>1</u>
	FACE – COLDNESS – Cheeks – left/ burning pain in face; from	2	1
	FACE – COLDNESS – icy coldness	2	1
	FACE – COMPLAINTS of face – left side	2,2	1
	FACE – CONGESTION	4	1
	FACE – DISCOLORATION – red	4, 32	1
	FACE – DISCOLORATION – red – heat – with	4	1
	FACE – DRYNESS	20, 20	1
	FACE – DRYNESS – Lips	2, 19	1
	<i>FACE – ERUPTIONS</i>	<i>2, 4,19,20,24</i>	<i>21</i>

	FACE – ERUPTIONS – acne	4, 19, 20, 24	2
	FACE - ERUPTIONS – acne, chill	20	1
	FACE – ERUPTIONS – acne – Forehead	4	1
	FACE – ERUPTIONS – pimples, chin	19,19	1
	FACE – HEAT – pains, with	2	1
	FACE – ITCHY	32	1
	FACE – MOTION – amel.	2	1
	FACE – PAIN – air – draft agg.	2	1
	FACE – PAIN – blow, as from a	2	1
	FACE – PAIN – Cheeks	2,2	1
	FACE – PAIN – Cheeks – left	2	1
	FACE – PAIN – Jaws – Lower – extending to – Ear	2	1
	FACE – PAIN – Jaws – Lower – left	2	1

	FACE – PAIN – jaw, right, lower	30, 30	1
	FACE – PAIN – Jaws – Upper – extending to – Ears	2	1
	FACE – PAIN – Jaws – Upper – gnawing pain	2	1
	FACE – PAIN – Malarbones – left	2	1
	FACE – PAIN – sore	2	1
	<i>FACE – PARALYSIS – sensation of</i>	2	1
	FACE – SENSITIVE	32	1
	FACE - SWELLING - Jaw - Lower	30	1
	FACE – WRINKLED – forehead	20	1
<b>BLADDER</b>			
	BLADDER – HEAVINESS	20, 20, 20	1
	<i>BLADDER - URINATION - frequent</i>	15, 18, 20, 20, 20, 20	2
	BLADDER - URINATION - frequent - night	20	1
<b>RESPIRATION</b>			

	RESPIRATION – ASTHMATIC – accompanied by – chest – constriction; sensation of	4	1
	RESPIRATION – ASTHMATIC – lying – agg.	4	1
	RESPIRATION – ASTHMATIC – sitting – erect – amel.	4	1
	RESPIRATION – BENDING – forward – amel.	2	1
	RESPIRATION – BENDING – head - forward – amel.	2	1
	RESPIRATION – COLD – air –agg.	2	1
	RESPIRATION – COLDNESS of breath – inspiration – agg.	2	1
	RESPIRATION – DEEP	2	1
	RESPIRATION – DEEP – desire to breathe	2	1
	<i>RESPIRATION - DIFFICULT</i>	2,30, 30, 30, 33, 33, 33, 33	2
	RESPIRATION –	2	1

	DIFFICULT – constriction – Trachea; of		
	RESPIRATION - DIFFICULT - exertion - least; from the	33	1
	RESPIRATION - DIFFICULT - mucus; from - Trachea; in	33, 33	1
	RESPIRATION – DIFFICULT – night	30	1
	RESPIRATION – DIFFICULT – Trachea; felt in	2	1
	RESPIRATION – DIFFICULT – walking, agg	33	1
	RESPIRATION - IMPEDED, obstructed	30, 30, 30	1
	RESPIRATION - IMPEDED, obstructed - plug; from sensation of a - throat; in	33, 33	1
	RESPIRATION – LOUD	35	1
	RESPIRATION – SIGHING	2	1
	RESPIRATION -	33	1

	SUFFOCATION; attacks of		
	RESPIRATION – WHEEZING	4, 4, 4, 35, 35, 35	1
	RESPIRATION – WHEEZING – lying agg.	35	1
<b>MOUTH</b>			
	MOUTH – DRYNESS	25, 25	1
	MOUTH – ODOUR – offensive, morning	19	1
	MOUTH - TASTE - bad - morning - waking; on	19	1
<b>COUGH</b>			
	COUGH	35, 35	1
	COUGH – ACCOMPANIED BY – lachrymation	35	1
	COUGH – AIR; in open – agg.	35	1
	COUGH – AFTERNOON	4	1
	COUGH – ASTHMATIC	4, 4, 4, 4, 35, 35	1
	COUGH – BREATHING – deep	2	1



	COUGH – BREATHING – deficient, being	35, 35	1
	COUGH – CHOKING	2	1
	COUGH – DAYTIME –amel.	2	1
	COUGH – DRINKING –amel.	32, 15	1
	COUGH – DRINKS – cold –amel.	2	1
	COUGH – DRY	4, 15, 33	2
	COUGH – DRY COUGH – TALK, agg	15, 15, 33	1
	COUGH - EATING - amel.	15	1
	<u>COUGH – FOOD –</u> <u>Sweet food – agg.</u>	<u>2</u>	<u>1</u>
	COUGH – FORCIBLE	2, 35	1
	COUGH – HAWKING	2	1
	COUGH – INSPIRATION agg.	2	1
	COUGH – ITCHING – throat ; in	4	1
	COUGH – ITCHING – throat pit	4	1

	COUGH – IRRITABLE	2, 4	1
	COUGH - IRRITATION; from - Throat-pit; in	33	1
	COUGH – LOOSE	30, 30	1
	COUGH – MORNING – waking; on	4	1
	COUGH – NIGHT – only	2	1
	COUGH – PAINFUL	35	1
	COUGH – PAROXYSMAL – attacks follow one another quickly	35	1
	COUGH – PAROXYSMAL – long paroxysms	35	1
	COUGH – PERIODICAL	35	1
	COUGH – SLEEP – preventing	35, 35	1
	COUGH – SUGAR – agg.	2	1
	COUGH – SUFFOCATIVE	35, 35, 35	1
	COUGH - TALKING	15,15	1

	COUGH – TALK, agg	15,15, 33, 33	1
	COUGH – TICKLING – throat; in	32, 32	1
	COUGH – VIOLENT	35	1
<b>SKIN</b>			
	SKIN – COLDNESS – sensation of	2,2	1
	SKIN – DRYNESS	19,20,20	1
	SKIN – ERUPTIONS - boils	2	1
	SKIN – ERUPTIONS – itching	2	1
	SKIN – ERUPTIONS – pimples	2, 24, 24	1
	SKIN – ITCHING	2	1
	<u>SKIN – Itching – moles</u>	<u>2</u>	<u>1</u>
	SKIN – ITCHING - stinging	32	1
	SKIN – SENSITIVENESS, sun to	25	1
	SKIN – UNHEALTHY	4	1

### **4.3.3 Additional potential rubrics**

In addition to the official rubrics documented in 4.3.2, additional rubrics may be considered to be representative of the materia medica of *Bitis atropos* but require additional clinical verification thereof. These sub rubrics are represented in appendix H.

### **4.4 Comparative materia medica**

In keeping with the second objective of this study; the materia medica of *Bitis atropos* was compared with that of the materia medica of existing homoeopathic remedies from the same genus: *Bitis*. A detailed discussion of the outcome of this comparison is described in Chapter 5, points 5.7; 5.7.1; 5.7.2; and 5.7.3 respectively.

# Chapter five

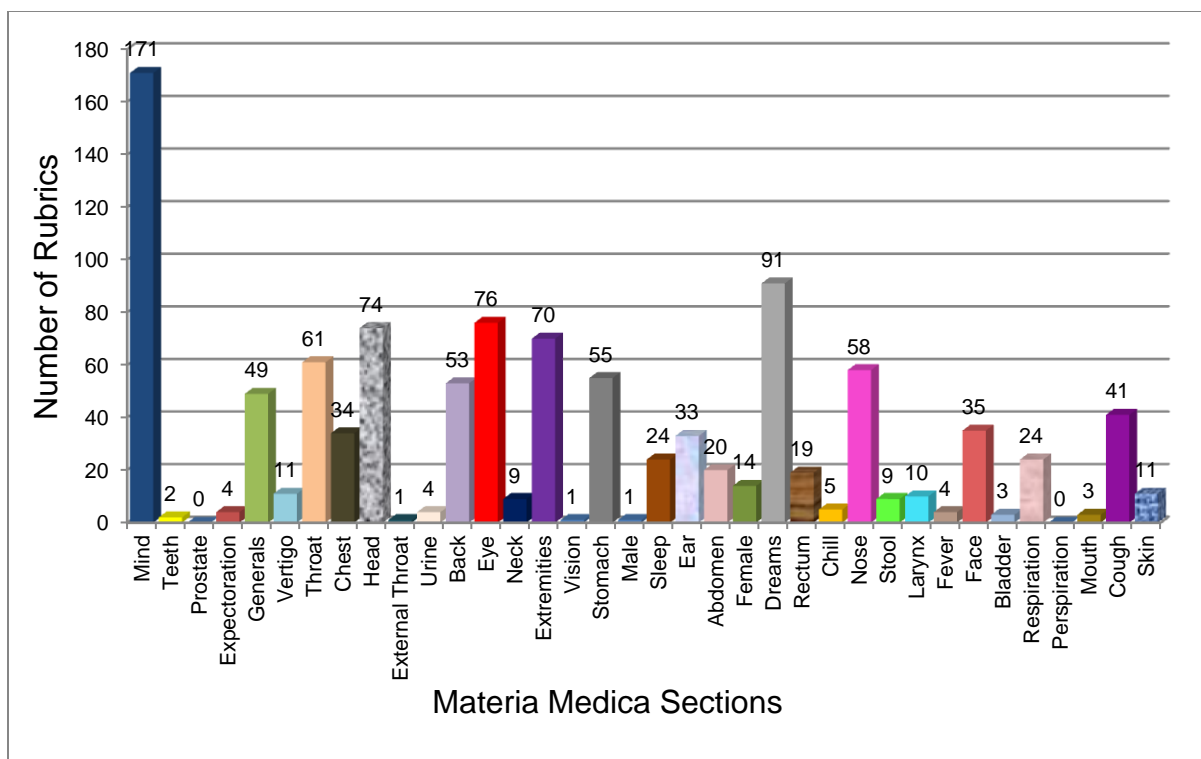
## Discussion

### 5.1 Introduction

This chapter comprises the discussion of the results that were produced in the proving of *Bitis atropos* 30CH. It was hypothesised that the proving would produce clearly observable signs and symptoms in healthy volunteers who took part in the proving; in addition it was hypothesised that a significant degree of materia medica would be shared amongst the three remedies of the Genus *Bitis*.

In this chapter the symptoms produced by provers (materia medica) and the results of comparison thereof with existing remedies of the Genus *Bitis* will be discussed in relation to the research hypotheses and objectives.

The symptoms experienced by the provers were converted into materia medica format, and then converted in to repertory format i.e. rubrics compatible with that of Synthesis edition 9.1 (Schroyens, 2004). The data from this proving resulted in the generation of 1080 rubrics, distributed amongst 35 sections of the repertory. The most prominent symptoms were found in the mind (171 rubrics) and dreams (91 rubrics) sections, followed by the eye (76 rubrics), head (74 rubrics) and extremities (70 rubrics).



**Figure 5.1- Quantitative distribution of rubrics per reportorial chapter**

## 5.2 The Symptoms

Sherr (1994:32) explains the importance of viewing the entire group of provers as a whole, in other words the symptoms produced by all the provers in this study will be viewed as if it were one ideal prover. This will provide cohesion of information that will allow the essence of the remedy to be represented in a clear and comprehensive manner.

### 5.2.1 Mind

A variety of symptoms developed during the proving of *Bitis atropos* 30CH. Many of these symptoms were produced in the mind category. These symptoms have been grouped into related themes to facilitate discussion thereof.

### **Absent minded, forgetful and difficulty concentrating**

Forgetfulness and absentmindedness occurred broadly; symptoms contributing to this theme were produced by 7 provers. Forgetful towards completing tasks (06M:00:XX:XX, 03F:04:XX:XX), misplacing things in wrong places (06M:01:XX:XX, 19F:03:XX:XX), confusion and forgetfulness towards spelling and speech was experienced (06M:00:XX:XX, 19F:29:XX:XX), as well as a confusion with words, and a difficulty expressing words and sentences (02F:17:XX:XX, 06M:00:XX:XX). Along with the confusion and forgetfulness, provers 18F and 25F found it difficult to concentrate. An inability to focus on tasks was felt by prover 03F, this feeling was shared by prover 20F and described as “My mind is very busy, thinking about everything and nothing.” This can be compared to the sensation of being dazed felt by prover 15F, she describes it as “I feel a bit dazed as if my mind is elsewhere” (15F:01:XX:XX). Both provers 15F and 20F experienced this feeling of the inability to focus, even though being described in different ways. The lack of focus was also experienced by prover 18F and described as a dullness of the mind “I am here but my mind is somewhere else” (18F:07:XX:XX). The lack of focus that was felt by prover 19F was described as being worse in the morning (19F:29:XX:XX). Similarly there was a feeling of laziness experienced by prover 02F and prover 06M, where they just didn’t want to do anything.

### **Alone – aversion to company and indifference**

A strong desire to be alone was experienced by 5 of the provers, (06M:05:XX:XX, 08M 04:XX:XX, 18F:02:XX:XX, 19F:02:XX:XX, 23M:26:XX:XX). There was a desire to be in solitude (06M:05:XX:XX), the origins of which was in irritability with people that was experienced by 50 percent of provers. Provers were extremely irritated by people and as a result, felt the desire to be alone (08M 04:XX:XX). Prover 15F felt an indifference towards people, a “don’t care attitude” (15F:01:XX:XX). The need to be alone was felt more so in the afternoon

by prover 18F, along with the desire to “hibernate” (18F:06:XX:XX). According to the Doctrine of signatures, this desire to hibernate reflects the characteristics of a snake, as it is common for snakes to hibernate in unfavourable environmental conditions, as well as to hide in circumstances of self defence. The desire to be alone was also brought on by a feeling of being overwhelmed, prover 23M felt overwhelmed by responsibility, which made him averse to company “I’m deepest totally overwhelmed by these challenges. I feel like I want to be alone, I don’t want people around me” (23M:26:XX:XX). In contrast to the desire of being alone, a desire for company was experienced by 2 provers, prover 03F described this desire as a feeling of comfort in company, and yet preferred the company of animals rather than that of humans. Prover 19F found that there was a feeling of amelioration when in the company of others.

### **Anger and Indignation**

A strong sense of anger and indignation was felt by 7 of the provers. The anger was described by prover 25F as “bubbling” over (25F:05:XX:XX); prover 15F described the anger as aggressive, and prover 18F described the anger as rage; “Feel as if something inside of me wants to come out to attack these annoying people around me” (18F:08:XX:XX). This was interesting to the researcher as it corresponds with the characteristics of the snakes’ behaviour; aggressiveness when provoked. Again this can be related to the theory of the Doctrine of signatures and the ethology of the snake itself. There was some frustration toward other people felt by prover 15F, related again to the theme of irritability, in particular towards people. The frustration toward people also was experienced in the form of road rage (20F:02:XX:XX).

Some anger experienced was linked with injustice (15F:06:XX:XX). This can be compared to prover 02F, who experienced the sense of indignation that was brought on by a feeling of being mistreated, lied to and personally attacked, prover 02F also describes a scenario where she feels angry and indignant “I went to salon and my hair dresser was late. At first she ignored my calls then



finally decided to call me 1 hour later to apologise and let me know she's coming and did not forget the appointment. Still, she did not come. Now, I'm stressing, my heart is pumping, I feel cheated, mistreated, lied and taken advantage off cause I've got to be at tech before 12.50" (02F:05:XX:XX). Relating to indignation a resultant desire to prove oneself, that one is independent and capable (03F:02:XX:XX) was reported.

### **Antagonism with oneself**

A sense of antagonism was felt broadly by 6 provers (02F:01:23:44, 02F:02:XX:XX, 03F:02:XX:XX, 04M:03:XX:XX, 06M:04:XX:XX, 18F:06:XX:XX, 19F:04:XX:XX). Antagonism with what the body desires, for example, thirsty but refusing to drink (02F:01:23:44), a need for sleep but refusal to do so "I deliberately refused to listen to my body" (02F:02:XX:XX) as well as feelings of tiredness yet the urge to do an activity (06M:04:XX:XX). This demonstrates an internal conflict experienced by provers denying their desires despite having an urge to do otherwise and can be described as an internal antagonism with one self.

Other typical examples of this theme included; the internal urge to be judgemental, and yet being easily sociable (03F:02:XX:XX), a desire to be free, and mischievous, and yet the feeling of suspicion toward other people (03F:04:XX:XX) or a desire to "shed this good boy persona and become liberated" (04M:03:XX:XX). Antagonism between the impression of society and ones sexual desire was also reported (04M:03:XX:XX) as well as feelings of rebellion; to rebel against what is meant to be done, and against responsibility (06M:04:XX:XX). This apparent antagonism can be described as a struggle of the will felt from within and denial thereof.

Antagonism with one selves identity was felt by prover 19F, "I feel like an old woman with a teenage girl stuck inside", this represents a feeling of self denial,

even though this prover was not an old woman, she felt as if she was still young inside, but trapped.

### **Anxiety**

A feeling of anxiety was experienced by 3 provers (18F:12:XX:XX, 20F:08:XX:XX, 35M:XX:XX:XX). Prover 20F felt some anxiety due to a sense of being rushed. Prover 35M had concerns about one's self image, and therefore experienced anxiety- this can be compared to the theme of vanity experienced in the proving, for instance prover 19F felt a sense of self consciousness with regards to her physical appearance, and a desire to look and smell good.

### **Attention**

There was a need to draw attention to oneself, "I want to SHINE" (02F:04:XX:XX), a desire to be the centre of attention (02F:05:XX:XX), wanting to compete for attention (03F:04:XX:XX), as well as a need to be remembered (03F:05:XX:XX). Again, this can be compared to the theme of vanity, where prover 02F had the desire to look beautiful, in order to impress others. In contrast to wanting attention, prover 19F felt feelings of self consciousness with regards to her appearance, therefore not wanting the attention.

### **Cheerful**

A great sense of cheerfulness and happiness was felt by 5 of the provers (02F:21:XX:XX, 06M:00:XX:XX, 18F:01:XX:XX, 27F:06:XX:XX, 34F:01:XX:XX). Prover 02F felt herself smiling without reason; there was a sensation of happiness experienced by prover 27F, as well as being talkative. A child-like happiness was felt by prover 06M, with a sense of feeling carefree and happy "Was jovial at night and composed a playful tune and sang it as: I am flying free in the wind, flying free in the night's breadth, I am free" (06M:00:XX:XX). Prover

18F woke up in a cheerful mood, she described it as “being chirpy” (18F:10:XX:XX) with a sense of positivity especially when eating food “Seems as if food is making me happy and wholesome” (18F:06:XX:XX). Happiness was experienced with a sense of relaxation (27F:07:XX:XX) and of being talkative (18F:01:XX:XX). There was also a feeling of excitement and being “very alive” (34F:01:XX:XX).

### **Connecting, a desire for company and loquacity**

A desire to connect emotionally that was felt by some provers (02F:13:XX:XX, 03F:05:XX:XX). Prover 34F had a desire to talk to people and prover 27F felt happy and talkative. Talking is a means of communicating and therefore connecting to others. Prover 03F had a feeling of the need to make friends and “connections”, as did prover 06M “after months of solitude and silence am starting to be more interactive and sociable, as I am craving to mix and contact friends, colleagues” (06M 04:XX:XX).

Prover 03F desired company as it brought about feelings of comfort. In contrast to the need to feel connection, prover 03F had also experienced a feeling of avoiding contact connecting with people. This can be compared to the theme of antagonism with one’s self, again a feeling of polarity within themselves. Prover 03F had experienced a sense of connection to nature, and felt that the company of animals was preferred to that of humans. A need to connect with the world was felt (34F:02:XX:XX) and being in the company of others brought about amelioration for prover 19F.

### **Delusions**

Delusions occurred in 6 of the provers. Prover 02F had produced a number of vivid delusions in this proving, the researcher found this prover of particular interest. The delusions experienced by prover 02F were very real to her, and

tended to involve characteristics of a snake bite and the behaviour of a snake.

The following extracts of Prover 02F's journal support this deduction:

- wounds, "rawness, big open wounds on my face and arm, blue dark blood and signs of bruising, being cut open- arm, cheek, and eye, left the skin to hang down and described as 'my skin was not protecting or covering what was inside.' Other delusions of sensations of paralysis or looseness/weakness of parts and loss of muscles control were experienced.
- Snake bite- flesh and skin ripped off, fissures-deep one.
- As if acidic content opened up my skin and exposed my flesh. No wonder, I couldn't bare the cold wind on my left face and left arm and shoulder to tips of fingers. It was too cold. Icy cold. Better for warmth, jacket, scarf, warm breathe, better for rubbing.
- Animal- lizard with big, sharp nails that could rip your flesh open.
- I'm very worried that if I look in the mirror, I'll see a bloody red eye, plus bluish, purple skin – the BRUISED sensation feel as if the punch happened days ago. Now it's black/ dark blue, shiny and very sensitive. Don't touch! That's the picture I have in my mind. I know I'm fine, just little bit sore and bruised. Worse for touching with cold fingers..

The researcher noticed that these delusions were experienced early in the proving and shortly after taking the proving substance; it describes vividly the presentation of a snake bite, specifically that of a snake bite the venom of which is of cytotoxic and neurotoxic origin which results in necrosis of flesh at the site of the bite accompanied by various neurological symptoms. These delusions also correspond to the neurotoxic venom symptoms which causes paralysis and in the case of *Bitis atropos*; especially paralysis of the facial nerve. The researcher noticed the nature of the effects of the neurotoxic venom specific to *Bitis atropos* can be observed in another delusion from prover 02F, and is described as follows:

- “Together with neck left side of my face: Delusion it’s paralysed. It feels strange, hanging down, loose. Heavy as if falling down. Better for movement – cause it reminded me that I can control the muscles. Better for sleeping on the left side and prayer- reassurance (02F:02:02:00).

Both the modalities mentioned in the delusion “better for sleeping on left side and prayer” are in common general snake remedies, as the majority of snake remedies have an affinity for the left side as well as a tendency to be very spiritual and religious (these themes are listed and discussed below in 5.7.1).

Another delusion of interest to the researcher experienced by prover 02F was a delusion of a bloody red eye, with a bruised sensation, as if it were punched. This is an interesting delusion as the neurotoxic venom of the snake *Bitis atropos* has an affinity for the eyes.

The behaviour of the snake itself can be noted in the following delusion, again experienced by prover 02F:

- “Connecting emotionally or opening up feels as if I’m vulnerable, weak, a prey. And if something dark, unknown will come and get me. A defenseless prey who needs to be on the watch/on guard constantly, not sleep at all for the dangerous creatures will crawl into the house and get you, eat you alive. I can’t stand visitors/strangers that come visit. It feels as if they are a danger, they are going to hurt my sisters, my family- I’m so mean to them-I don’t like it but I can’t help it.” (02F:13:XX:XX).

This delusion describes the shy nature of the snake, yet aggressive when seeking refuge when disturbed (Marais, 2004: 68). The feelings of danger associated with snakes was also felt in the delusion, specifically in the feelings experienced by the prey before being hunted by the snake. The feeling of danger

was also described in a delusion experienced by prover 33F, that the proving remedy was dangerous and she felt like she had to keep it away from herself.

Prover 19F experienced delusions where she felt that her bodily odours were strong and noticeable by all, and is described as follows “My sweat smells like sweat. My urine smells like urine. My poo smells like poo. My menses smells like menses. Everything smells of bodily excretions. I feel like people can smell me” (19F:13:XX:XX).

Delusions that one was in the placebo group was experienced by 3 of the provers (02F:10:XX:XX, 14F:01:XX:XX, 33F:04:XX:XX). The researcher found it ironic that prover 02F had such feelings, “Think I’m on placebo” (02F:01:12.25), and “What if I’m on placebo. – That will be funny” (02F 02:XX:XX) as this prover had elicited the most symptoms of all the provers in the proving.

Other delusions occurring with provers were delusions that she was in one place, yet somewhere else at the same time (18F:07:XX:XX). Delusion that time travels faster than it is in reality (18F:12:XX:XX), delusion that she is a monkey, scratching her head (20F:13:XX:XX). Prover 19F felt as if her menses would start, and gush down her legs whilst talking in a group. Prover 02F had delusions/images of fish, “The fish is free, swims whenever and wherever it wants, but it has a destination, a set goal, and it won’t get distracted” (02F:08:XX:XX).

## **Fears**

A fear of heights and falling was experienced, fear of falling down the stairs (02F:08:XX:XX), the fear of height was worse at night in the dark (02F:09:XX:XX). There was a fear of thieves breaking into the house (02F:13:XX:XX), fear that someone would break into the house through the

window (09F:XX:XX:XX). The researcher felt that these fears shared the theme of a fear of danger.

## **Focus**

Focus and concentration increased with some provers (06M:03:XX:XX, 27F:02:XX:XX), feeling of being more organised than usual, more productive with tasks (06M:04:XX:XX). In contrast to this, the complete lack of focus occurred (19F:29:XX:XX), a feeling of laziness and lethargy was felt by prover 06M. “Just lazy, don’t want to do anything” (02F:18:XX:XX). This can be compared to the theme of absentmindedness and forgetfulness, where provers 20F, 18F and 25F lost focus of tasks as well as becoming confused with words and sentences.

## **Freedom**

Sense of freedom was felt by 3 provers. Freedom was represented in a delusion of a fish described by prover 02F “The fish is free, swims whenever and wherever it wants, but it has a destination, a set goal, and it won’t get distracted” (02F:08:XX:XX). There was a desire to travel to different countries due to a sense of entrapment (04M:11:XX:XX), prover 04M had the desire to detach from reality. These feelings can be linked to the theme of antagonism with one self, where there is an internal conflict, and therefore a need to detach from what is real. The researcher feels that in the case of prover 04M, he had felt a sense of entrapment, and therefore wanted to become free from what is his current reality. Prover 06M experienced a mental freedom, during a visualisation “A freedom was experienced as I travelled in my mind eye to realms of high spaces” (06M:00:XX:XX).

## **Home sick**

Two provers experienced a feeling of becoming homesick. Prover 14F felt the desire to be at home, and prover 33F felt the desire to be at home specifically to sleep.

## **Inadequate, dissatisfied and critical**

There was a sense of being critical toward others that was reported. Prover 03F had feelings of judgement toward everyone and everything, as if things were inadequate to her liking. Prover 03F also felt the need to pry into others' business and issues, with a desire to undermine others in order to feel better about herself. This demonstrates that prover 03F felt inadequate and therefore had to rely on undermining others in order to better her feelings of self, in other words, to hide her inadequacy. Prover 23M felt such inadequacy, that it was described as "being a failure" (23M:26:XX:XX).

In addition to criticising others, self criticism was felt by prover 19F- linking with the theme of feeling inadequacy, there was a sense of dissatisfaction with the body, and personal appearance (04M:00:XX:XX, 19F:03:XX:XX, 19F:04:XX:XX). A dissatisfaction with time was also reported (18F:12:XX:XX).

## **Irritability**

There was a great sense of irritability throughout the proving. A total of 11 provers, or 50 percent of the verum group experienced irritability. As a result thereof the corresponding rubric and was graded as grade three (03F:00:08:10, 08M:04:XX:XX, 18F:02:XX:XX, 19F:02:XX:XX, 20F:01:XX:XX, 23M:01:XX:XX, 24F:02:XX:XX, 27F:XX:XX:XX, 32F:05:XX:XX, 33F:07:XX:XX, 34F:04:XX:XX). The irritability also presented with the desire to be alone (18F:02:XX:XX, 27F:XX:XX:XX), and with a short temper (20F:01:XX:XX, 24F:02:XX:XX) it was reported to have occurred before meals (24F:04:XX:XX, 32F:05:XX:XX), and to be



worse in the evening (24F:02:XX:XX). Irritability towards people specifically was reported by provers 03F, 19F, and 20F. Prover 20F specifically felt irritability towards her husband and the irritability was described as an urge to attack (18F:08:XX:XX), the researcher noted that the behaviour of wanting to attack others is a characteristic behaviour of the snake, wanting to strike and attack when irritated or threatened.

## **Laziness**

A feeling of lethargy (06M:04:XX:XX) and laziness occurred. “Just lazy, don’t want to do anything” (02F:18:XX:XX), similar to this a complete lack of focus occurred (19F:29:XX:XX).

## **Money**

Issues surrounding money were expressed by prover 03F; the apparent lack of embarrassment of financial situations “not embarrassed by money (lack)” (03F:02:XX:XX). A new found skill regarding finance was brought about “Good at money issues (unusual) and making connections” usually, this prover is not that money orientated and she found it unusual for her to be so business like and aware of money, she also felt caution with regard to money “tight with money, careful not to spend, calculating exact amounts spent/earned”. The researcher found this symptom to be significant, as it was unusual for prover 03F to experience this as well as the symptom occurred on the second day of the proving, which was shortly after taking the remedy.

## **Quiet**

A sense of quiet was felt (06M:00:XX:XX, 34F:01:XX:XX), as well as introspection (06M:01:XX:XX) and a feeling of quiet with the desire not to talk was felt by prover 20F. A need to connect after a period of solitude and quiet was

felt by prover 06M, described as “after months of solitude and silence am starting to be more interactive and sociable” (06M 04:XX:XX).

### **Reciprocation**

A of a lack of reciprocation was felt “I have noticed that I am sensitive to people putting effort into things (and then subsequent non reciprocation of the effort irritates me) being un appreciated” (19F:04:XX:XX) “I have to listen to everyone else’s crap and when is it my turn? Where is my ear?” (19F:05:XX:XX)

### **Sadness**

Feelings of sadness (14F:12:XX:XX, 30F:07:XX:XX) and despair was experienced (03F:00:08:10), as well as feelings of loneliness (04M:16:XX:XX). Sadness in the afternoons (19F:02:XX:XX), sadness about life in general (19F:02:XX:XX)

### **Stimulation**

A need for stimulation, especially mental stimulation experienced by provers 02F and 18F can be related to the need to connect with others, as well as the need for physical stimulation (34F:02:XX:XX).

### **Vanity & appearance**

A sense of vanity and consciousness of appearance occurred in 5 of the provers. Prover 02F felt the need to indulge in titivating, she felt like she would like to look beautiful, and even admits she is vain! -“It’s all about looking beautiful, making yourself pretty. Pretty outfits, pretty make up, pretty hair style- yet again not putting much effort into it, like letting someone else do it for you, then u get all the glory. Pretty vain!” (02F:03:XX:XX). Prover 04M admits to how good he thinks he

looks when looking in the mirror “This evening however I’ve been feeling very good about the way I look. The past few days I’ve been a little disappointed in my appearance but tonight I’m quite impressed by what I’m seeing in the mirror” (04M:00:XX:XX), the researcher feels that this symptom for prover 04M is significant as it occurred very shortly after taking the remedy. Prover 17F had felt good about her appearance after getting her hair done, and attaching false eyelashes. The theme of vanity can be related to common themes shared by all snake remedies, and is discussed further in 5.7.1.

In contrast to feeling attractive, prover 19F had feelings of self consciousness. She describes it as “Salsa was a bad idea, all these attractive women all dancing and me in the middle feeling like a fat soft bloated and unattractive creature amongst beautiful. I don’t know why I have this need to be and look attractive and smell good, is it for the opposite sex??” (19F:14:XX:XX), prover 19F also had experienced delusions that she smelt very strong and was self conscious about her odour “My sweat smells like sweat. My urine smells like urine. My poo smells like poo. My menses smells like menses. Everything smells of bodily excretions. I feel like people can smell me” (19F:13:XX:XX).

### **Miscellaneous mind symptoms**

Feelings of need of control were experienced, wanting things done in their own way (02F:05:XX:XX). Also a feeling of patience, and higher tolerance to others (02F:05:XX:XX) There was a desire to be carried like a child “I wanted to be carried like a child, a hug” (02F:02:XX:XX). A strange sensation of anxiety “nervous feeling in back of throat and heart” (03F:01:07:30)

Some envy was felt, jealousy and trying to compete with another person, resulting in resentment (03F:05:XX:XX)

A sense of spirituality was felt by some “I imagined myself receiving light/energy, sort of as in kabbalah philosophy. I then channelled it to my partner. I never really do that sort of thing, so I guess it was quite unusual” (04M:19:XX:XX). “felt a great strength within, a feeling of abundant mental, physical and spiritual energy.”(06M:08:XX:XX).

There were feelings of clairvoyance “Guessed a test question correctly, felt a bit psychic” (19F:10:XX:XX).

### **5.2.2 Teeth**

Tooth ache occurred in 2 provers (02F 02:XX:XX, 19F:02:XX:XX), both on the right side, a sensation as if the nerves of the teeth were being pulled (02F 02:XX:XX),. Prover 19F experienced backache with the toothache. Prover 3 experienced clenching of the teeth (03F:01:11:00).

### **5.2.3 Cough and Expectoration**

A cough was experienced by 6 of the provers. Provers 35M and 04M had an accompanying wheeze with the cough. Asthma type symptoms were recorded by prover 04M, as an “itchy asthma cough”. Prover 35M describes a burning pain in the chest when coughing. There was coughing from morning until midday (35M:11:XX:XX), and was worse at night (02F:31:XX:XX). Prover 35M described the cough as bringing tears to the eyes. Nausea was shared by provers 02F and 30M, prover 02F described the nausea with the cough worse for sweet things, and both found it to improve with drinking water. Provers 04F, 02F, and 15F all described the cough as being irritating. A cough with a concomitant headache occurred in prover 35M and 30M, both describing the headache worsened by coughing. Prover 15F stated that the cough was worsened by talking (15F:06:XX:XX). The cough was wet described as “phlegm in cough” (30F:02:XX:XX), and a cough with “too much sputum” (02F:32:XX:XX)

In contrast to a wet cough, a dry cough was also experienced by provers 15F and 04M and was described as being dry and irritating(15F:12:XX:XX); a post nasal drip occurred with the cough in prover 04M .

Expectoration of yellow phlegm (33F:16:XX:XX, 35M 11:XX:XX), after coughing was also reported.

#### **5.2.4 Head**

Headaches occurred in 8 of the provers (02F:02:XX:XX, 09F:01:XX:XX, 23M:01:XX:XX, 25F:08:XX:XX, 27F:03:XX:XX, 30F:06:XX:XX, 33F:08:XX:XX, 35M:10:XX:XX). The pain was mostly described as a dull pain by provers 04M, 27F, and 33F. Other sensations of head pain recorded were described as throbbing (09F:01:XX:XX, 23M:01:XX:XX), pulsating (02F:02:XX:XX), sharp (23M:01:XX:XX, 24F:04:XX:XX), and explosive (24F:04:XX:XX). Prover 02F found their headache was ameliorated by warm sunlight, warmth, and warm wrapping. In contrast to this, open cool air ameliorated the head pain for provers 23M, 27F and 35M. Headaches that were aggravated by movement were experienced (27F:03:XX:XX, 33F:08:XX:XX), as well as being aggravated by cold air (02F:06:XX:XX), sunlight (35M:10:XX:XX), and was worse for dreaming of noise (35M:11:XX:XX). The headaches caused a loss of balance in prover 35M. Prover 20F experienced some photophobia with her head pain.

Prover 33F described her headache as “the head feels tight and constricted” (33F:01:XX:XX). A sensation of heaviness of the head occurred in 3 provers. (02F:00:00:00, 17F:01:XX:XX, 33F:08:XX:XX). Prover 02F had the sensation of heaviness with a feeling of congestion, as well as a sensation of warmth which affected the eye, she described this as “eye and head were so painful” (02F:02:XX:XX). There was a also a dull headache that occurred with a cough (30F:05:XX:XX, 35M:10:XX:XX).

Headaches were located predominantly in the frontal region by 7 provers (02F:00:02:06, 20F:02:XX:XX, 24F:04:XX:XX, 25F:05:XX:XX, 32F:01:XX:XX, 33F:02:XX:XX, 35M:09:XX:XX), also on the left side of the head by 4 provers (15F:01:XX:XX, 19F:13:XX:XX, 33F:02:XX:XX, 35M:11:XX:XX), as well as the occiput (33F:08:XX:XX), the sinuses (33F:08:XX:XX), temporal region (25F:01:XX:XX), and top of the head (18F:05:XX:XX). Headaches occurred at 4pm (04M:05:XX:XX), and at midnight (35M:15:XX:XX).

### **5.2.5 Urine and bladder**

There were 4 provers that experienced an increase in frequency of urination (06M 00:XX:XX, 15F:03:XX:XX, 18F:08:XX:XX, 20F:06:XX:XX). The increase in the frequency of urination was not a result of an increase in fluid intake.

The bladder had a sensation of pressure (20F:07:XX:XX), no urgency to urinate (20F:06:XX:XX), and no pain occurred with the pressure (20F:07:XX:XX).

### **5.2.6 Back**

Pain was experienced in the lumbar region of the back by 6 provers (02F 19:XX:XX, 04M 22:XX:XX, 18F:04:XX:XX, 19F:13:XX:XX, 20F:11:XX:XX) and was described as a bruised or aching sensation. The sacrum and coccyx also experienced pain, the same sensation as above- of being bruised and aching. Pain between and just below the scapulae was described by provers 18F and 19F. A peculiar symptom experienced by prover 19F was described as the sensation of a lump growing out of the coccyx, as if it were a tail, this symptom was accompanied by a dull aching pain of the lumbar spine (19F:14:XX:XX). Itchiness of the back occurred in 2 provers, which was ameliorated by scratching (35M 00:XX:XX, 09F 01:XX:XX).

### 5.2.7 Eyes and Vision

There was a degree of pain experienced with regards to eyes, 2 provers felt a bruised pain of the eyes (33F:03:XX:XX, 02F 00:08:06). There was a burning pain that was described by prover 02F as “feels as if I have been swimming and the chlorine has burnt my eyes”(02F 03:XX:XX). Other pain was described as a stitching pain of the eyes (02F 00:17:03), which was better for keeping the eyes closed and was aggravated by any light. Prover 02F described some pain of the eye “Lower eyelid and upper cheek (around mandibular bone) pain. Eye feels raw as if the skin was peeled off and hanging down.”

“Upper eyelid twitching and contracting feels heavy, putting weight on my left eye. Right eye is okay. No sensation, just changed in colour, red-brown, not white” (02F:00:14:01), “It feels as if my left lower eyelid is falling down, hanging as if paralysed” (02F:00:06:26). These symptoms are of interest to the researcher as the neurotoxic affect of the venom of *Bitis atropos* is that of paralysis, and has a particular affinity for the facial nerve including the eye. Pain was also experienced within the muscles surrounding the eyes (02F 00:02:06).

There was a dryness of the eyes, with a burning sensation (33F 08:XX:XX), prover 25F had the feeling as if they had to blink a lot. Redness occurred in 1 prover, but with no concomitant itchiness or burning (35M 12:XX:XX).

There was discharge of the eyes; the eyes became very watery and teary (02F 01:08:40). Prover 04M described the eyes as watering when coughing and prover 02F experienced a white discharge originating from the corner of the eye (02F 01:12:25). Itching of the eye occurred, the sensation of the itch was described as sand in the eyes (19F 19:XX:XX) the right eye in particular was slightly itchy (04M 07:XX:XX) and there was some agglutination of the left eye on waking, “The eyelids where attached together medially” (02F 01:08:40).

Two provers felt that their eyes felt smaller and swollen. Prover 35M had the sensation of the eyes being smaller than they actually were, but prover 02F had actual swollen eyes. Prover 02F described her eyes as feeling strained and heavy, as if she had been crying all day (02F 00.00.00, 02F 00:02:06).

The researcher noted that the eye symptoms experienced, specifically by prover 02F, occurred shortly after taking the remedy, and corresponded with the toxicological action of the venom of *Bitis atropos* which has a significant impact on the eyes. Some of the toxicological symptoms that occur include different degrees of blindness including double vision, dilation of pupils and an inability to focus, followed by complete paralysis of the eyelids known as ptosis (Marais, 2004:39).

### **5.2.8 Generals**

Some sensations of increased energy levels occurred in 5 provers (34F:02:XX:XX, 23M:05:XX:XX, 20F:06:XX:XX), also specifically at night (06M 04:XX:XX, 20F:05:XX:XX). In contrast to increased energy, there was a pronounced experience of decreased energy levels and exhaustion occurring in 11 provers (35M 19:XX:XX, 33F:02:XX:XX, 06M 06:XX:XX, 15F:08:XX:XX, 18F:02:XX:XX, 20F:03:XX:XX, 25F:01:XX:XX, 27F:05:XX:XX, 02F 30:XX:XX). Prover 33F and 19F described the exhaustion as feelings of physical weakness (33F:16:XX:XX, 19F:14:XX:XX).

A number of provers wanted the feeling of warmth, they craved the sun's warmth (02F 15:XX:XX), and found themselves feeling better whilst sitting in the sun daily (02F 23:XX:XX), prover 04M described this as "got some sun at about 10.30. Enjoyed the warmth, it made me feel a bit better" (04M 22:XX:XX). In contrast to this, there was a sensation of being too hot experienced by one prover (17F 01:XX:XX).



Several different food cravings occurred. Chocolate was craved by 2 provers, and was in the form of chocolate nuts (18F:01:XX:XX, 18F:14:XX:XX) and unusual craving for 20F was for chocolate first thing in the morning (20F:11:XX:XX). Prover 20F desired salty foods (20F:14:XX:XX) and 34F craved salt which was unusual for her (34F 05:XX:XX, 34F:02:XX:XX, 34F:01:XX:XX). There was a craving for something savoury like chicken pasta and butternut soup (18F:07:XX:XX, 18F:08:XX:XX) and a desire for warm wholesome foods (18F:13:XX:XX). There were cravings for a variety of foods such as pizza, fat cook, fruits- apples and bananas and coffee. "Crave any food that will stimulate, tasty, well seasoned, spicy-not too spicy, meat" (02F 08:XX:XX). Provers 20F and 04M had craving for tea, and 04M for coffee. There was a desire for oranges (04M 01:XX:XX, 04M 02:XX:XX). Particular foods that were craved by 06M were for chilli "craving chilli and pepper today and asked waiter to add extra chilli and pepper to my soup" (06M 00:XX:XX), and for jam "craved jam today so bought a jar of berry jam. The taste of fresh berries soothes my taste buds with a fruity feeling" (06M 00:XX:XX).

There was a sensation of tension which was worse at night (02F 21:XX:XX). Weight loss occurred "I lost a bit of weight in my hip region. I noticed some other pants were no longer fitting me tightly" (35M 12:XX:XX). In general, the left side of the prover was painful, and felt better when lying on it (02F 02:XX:XX).

### **5.2.9 Vertigo**

There were 4 provers that experienced some degree of vertigo and loss of balance. The vertigo was associated with a headache in most cases. Prover 35M described the vertigo as "I woke up with a very painful headache which was in the frontal lobe region. The painful sensation is the one that woke me up in my sleep, and when I woke up in bed it was even worse. When I was standing the pain went to the back of my head and I was a bit dizzy. I had to drink water to calm the headache and the dizziness" (35M 09:XX:XX), " I couldn't sleep well

due to the headache of which was very intense. The pain was in the back of my head. The pain made me loose balance and I couldn't walk quick or well from my room to the kitchen. I had to walk slowly to make the pain better(35M 10:XX:XX). Prover 02F experienced a sensation of dizziness that felt as if she were dazed "I never smoked before, it feels as if I slept for a long time and I'm not awake, not totally. DAZED- I think that's the word" (02F 00:11:56). Prover 33F lost balance whilst walking, "I start to fall over and having to "catch myself" (33F:06:XX:XX). Prover 02F also felt the loss of balance in the morning (02F 19:XX:XX). A dizziness with the sensation of blacking out was described, as well as a sensation of light headedness, floating, pleasant vibration in head and feel as if tipsy by prover 03F.

(03F:00:12:00), this symptom occurred very soon after taking the remedy, and therefore renders it more significant. The researcher finds the significance of the symptom of dizziness and vertigo interesting as the toxicological effect of the venom of *Bitis atropos* includes dizziness and light headedness (University of Adelaide, 2012).

#### **5.2.10 Throat and external throat**

There were a 9 of the provers that experienced some pain in the throat (02F 32 XX:XX, 17F 02:XX:XX, 04M 22 XX:XX, 20F 11:XX:XX, 25F 09:XX:XX, 15F 01:XX:XX, 30F 06:XX:XX, 33F 18:XX:XX, 35M 12:XX:XX). The pain was described mainly as a burning pain (33F:18:XX:XX, 30F:02:XX:XX, 25F:08:XX:XX), as being sharp (02F 13:XX:XX, 33F:01:XX:XX), splinter like (33F:01:XX:XX), raw pain (02F 31:XX:XX, 33F:08:XX:XX), and a scratchy pain (33F:09:XX:XX, 25F:09:XX:XX, 15F:1:XX:XX). Prover 35M experienced a loss of the voice with the sore throat (35M 12:XX:XX).

There was a sensation of something in the throat in 4 provers. Prover 08M described it as a "Sticky/slimy yet spiny thing in throat." (08M 00:00:00), 17F described it as "Felt the food stuck in my throat- conscious of being full" (17F

00:XX:XX), and 19F felt as if there was a ball of air lodged in the throat (19F:01:XX:XX). Prover 33F described her sensation in the throat as “Have an unusual sensation rising up into the throat it’s like warm pins and needles tingling making me feel claustrophobic” (33F:01:XX:XX).

A post nasal drip occurred in 3 provers (20F:14:XX:XX, 30F:02:XX:XX, 33F:08:XX:XX). The post nasal drip was experienced predominantly by prover 33F, who described it as “having a mucous plug in my throat”, (33F:03:XX:XX), the mucous plug inhibited the provers breathing “still battling with mucous in throat, and feeling like it is a little more effort to breathe than norm” (33F:11:XX:XX). The throat also had a sensation of being swollen (33F:10:XX:XX). A sensation of dryness in the throat occurred with 2 provers (33F:07:XX:XX, 15F:1:XX:XX) and prover 04M had felt that there were allergies causing an itching in the throat. (04M 00:XX:XX).

Lymph nodes were swollen and painful in 2 provers, “left and right tonsillar swollen on palpitation” (02F:03:XX:XX), and “submandibular lymph nodes swollen on palpitation” (08M:06:XX:XX).

### **5.2.11 Larynx**

There were some symptoms that affected the larynx, mostly affecting the voice. Prover 02F and loss of the voice, and had to whisper to communicate, there was no pain. The voice sounded hoarse in prover 33F, and “gravely” in prover 25F. The voice was also described as being “rough and scratchy” (33F:16:XX:XX).

### **5.2.12 Chest**

There was some pain in the chest with 5 of the provers (02F:17:XX:XX, 03F:01:07:30, 30F:05:XX:XX, 33F:07:XX:XX, 35M:16:XX:XX). The pain was located in the ribs on the left side of the body (02F:16:XX:XX, 35M:15:XX:XX),

and the breast (03F:01:07:30). The pain was described as spasmodic pain (02F:16:XX:XX), bruised and gnawing pain (02F:17:XX:XX), sore ,tight pain (30F:05:XX:XX), and sharp pain (33F:07:XX:XX). Prover 35M experienced a chest pain during the day with no concomitant cough (35M:16:XX:XX).

Tightness of the chest occurred in 3 provers (04M:01:XX:XX, 30F:05:XX:XX, 33F:08:XX:XX), prover 04M experienced the tightness with a concomitant cough (04M:02:XX:XX), the tightness was also accompanied by a difficulty breathing (33F:08:XX:XX).

Four provers experienced palpitations (04M:17:XX:XX, 25F:04:XX:XX, 32F:05:XX:XX, 35M:20:XX:XX). They were described by prover 25F as “brief as if heart is knocking on rib cage” (25F:04:XX:XX), 35M described them as “I noticed that my heart was beating fast and I was a bit dizzy but after a few minutes I was okay” (35M:20:XX:XX). Prover 04M felt a strange sensation in his chest, he felt as if the heart had to reset itself. He described that the heart was beating irregularly, but not as palpitations, anxiety was felt throughout this experience (04M:17:XX:XX). Prover 32F experienced palpitations on waking, which was ameliorated by washing face with cold water (32F:05:XX:XX).

Sensations felt in the chest were described as being warm, “a warm thing sitting behind the sternum” (02F:03:XX:XX) and by prover 06M, sensations of heat in the chest (06M:05:XX:XX), as well as a tingling sensation in the chest (06M:00:00:00).

### **5.2.13 Respiration**

There was difficulty breathing in 5 provers (02F:01:06:24, 30F:06:XX:XX, 33F:01:XX:XX). Breathing was described as having “much sighing and taking deep breath” (02F:11:XX:XX) and being unable to breath “can hardly breathe” (30F:06:XX:XX), this was experienced especially at night (30F:08:XX:XX).

Breathing became difficult after slight exertion, and was described by prover 33F as “after a walk down the passage, I am battling to breath” (33F:10:XX:XX).

Wheezing was experienced by prover 04M, “had quite a tight wheezy chest” (04M:20:XX:XX), worse at night for lying down “I slept in a more-or-less sitting position as lying down made breathing more difficult.” (04M:07:XX:XX). One prover experienced a wheezing with a concomitant cough (35M:12:XX:XX), and also found the wheeze worse in the lying position (35M:15:XX:XX).

The researcher finds these respiratory symptoms significant as the toxicological effect of the venom of this remedy causes paralysis in the respiratory system, and therefore difficulty breathing, much like that experienced by the provers.

#### **5.2.14 Neck**

Three provers described the pain in the neck as being tense and stiff (02F:02:02:00, 02F:02:XX:XX, 33F:08:XX:XX). One described the pain as a burning pain (17F:06:XX:XX), and another 2 described the pain as dull and aching (19F:02:XX:XX, 33F:08:XX:XX). The pain was described by prover 35M as being ameliorated by moving the neck (35M:12:XX:XX).

Tightness of the muscles in the neck was experienced and noted (32F:09:XX:XX), especially on the left side (02F:00:11:56). Prover 02F describes a feeling of constriction as, “Feels like a hard ball crushing everything” (02F:02:02:00) and prover 08M experienced a stiff sore neck (08M:06:XX:XX).

#### **5.2.15 Extremities**

Pain of the extremities, experienced in the left arm and shoulder joint was described as a bruised sensation by prover 02F (02F:00:11.56, 02F:20:XX:XX, 02F:21:XX:XX). Another prover described pain in the right shoulder joint

(19F:02:XX:XX) and a lame feeling in the triceps and pain in the fingers occurred (02F:00:11.56). Hip pain was experienced by one prover (02F:12:XX:XX) and was described as a cutting pain. Pain of the larger joints of the extremities was described by one prover as “knee, hips, shoulder primarily, aching pain.” (19F:02:XX:XX). Pain in the big toe was described by prover 23M as “paining as if it was cutting my nails and slightly chipped it but I didn’t” (23M:08:XX:XX).

Cramping of the lower extremities was a symptom experienced by 2 provers, especially cramping of the calves (19F:03:XX:XX, 20F:09:XX:XX). The cramping was ameliorated by drinking water (20F:09:XX:XX) and specifically for drinking salted water (20F:10:XX:XX).

Burning of the plantar surfaces of the feet occurred in one prover, “Every time my feet touch the floor they burn underneath” (15F:03:XX:XX). Also, a coldness of the feet, ameliorated by uncovering them during the day and covering at night was reported (02F:18:XX:XX). Lower legs were extremely cold and described by 19F as “soggy ice blocks” (19F:03:XX:XX).

A peculiar symptom occurred in the left arm by prover 02F, “there’s like electric shots from shoulder to the tips of fingers” (02F:00:14.01).

Prover 4 described skin eruptions on the index finger as a whitlow (04M 14:XX:XX) and one prover experienced eruptions on the ankle “resembling insect bites” (27F:12:XX:XX). Itching of the extremities occurred on the feet (02F:13:XX:XX), toes (19F:02:XX:XX), and soles of the feet (19F:03:XX:XX). Prover 20F had itching hands with red spots experienced in “small spots”. There were areas of itching on the hand that were described as “red pruritic areas between fingers and on dorsal aspects of hands” by prover 20F (20F:07:XX:XX).

Prover 24F experienced sensations of heaviness of the legs (24F:06:XX:XX), whilst prover 02F had sensations of looseness of the ligaments in the hip (02F:17:XX:XX).

Only one prover experienced oedema of the ankles, especially on the right (20F:14:XX:XX).

### **5.2.16 Stomach**

One prover described pain in the stomach as a “poking sensation” (06M:00:XX:XX). Another described the pain as burning pain in the stomach and felt it was due to a high acid level (13M:00:XX:XX). A stomach ache after eating and drinking occurred in prover 32F (32F:04:XX:XX).

A decreased appetite was a prominent symptom experienced by 7 provers (03F:01:XX:XX, 18F:03:XX:XX, 20F:13:XX:XX, 25F:03:XX:XX, 30F:03:XX:XX, 33F:01:XX:XX, 35M:10:XX:XX). Loss of appetite was described as being unable / unwilling to eat, also as food being “off putting” (03F:02:XX:XX). Provers could only seem to stomach liquids- “No appetite, I just want liquids like black tea and water” (18F:12:XX:XX), “no appetite but a constant desire to drink water” (33F:03:XX:XX). Nausea with the loss of appetite occurred in prover 35M, “The smell of food made me want to vomit. I think I lost my appetite and the only thing that could go to my mouth were fluids” (35M:10:XX:XX). Prover 03M had a sensation of an empty feeling in the stomach (03F:01:07:30)

Contrary to a decrease in appetite, there was an increase in appetite in 5 provers (02F:08:XX:XX, 15F:09:XX:XX, 20F:02:XX:XX, 24F:11:XX:XX, 25F:02:XX:XX). prover 02F had the sensation of being hungry all the time, craving any foods that would stimulate her(02F:08:XX:XX). Hunger was described as “insatiable” by prover 20F (20F:05:XX:XX).

Some provers felt a sensation of fullness after eating (03F:00:12:00, 17F:01:XX:XX, 32F:07:XX:XX). In some cases, the fullness was due to actual over eating (03F:00:12:00, 32F:07:XX:XX), but in other circumstances, the feeling of fullness was not due to over eating “Ate at 8.30. fruit, yogurt toast rooibos but immediately felt overfull” (03F:03:XX:XX), “Had mealie meal again for breakfast and still have the feeling of fullness” (17F:01:XX:XX).

Nausea was experienced by 5 provers (02F:03:XX:XX, 03F:00:12:00, 04M 22:XX:XX, 27F:01:XX:XX, 33F:08:XX:XX). The nausea was better for urinating (02F:03:XX:XX), better for massage and heat (03F:03:XX:XX), and better for eating (33F:08:XX:XX). The feeling of nausea in prover 02F was made worse by eating sweet things (02F:13:XX:XX), and by rich foods. Prover 03F described the nausea as worse for putrid smells and prover 27F described nausea as “tummy feeling slightly queasy” (27F:05:XX:XX).

Eructation occurred in one prover. “Burping all the time, with or without food” with excessive gas and eructation (02F:13:XX:XX).

Increased thirst was a symptom that was experienced by 6 provers. Prover 06M experienced an increased thirst with the desire to drink sips of water at a time (06M:00:XX:XX). Two provers craved water, and found themselves drinking more than usual (15F:01:XX:XX, 25F:09:XX:XX). Thirst was felt especially in the evenings (15F:04:XX:XX) and at night (.25F:07:XX:XX). Prover 19F however was more thirsty in the morning (19F:04:XX:XX). A feeling of being very dehydrated occurred (20F:03:XX:XX). Prover 23M was found to crave acidic drinks (23M:02:XX:XX). One prover experienced drinking of large amounts of liquid without any thirst(02F:00:14:01). In contrast to increased thirst, there was an aversion to drink any water by prover 03F “Fear of water causing more nausea.” (03F:06:XX:XX).



### 5.2.17 Sleep

Provers experienced restful and refreshing sleep (27F:02:XX:XX, 30F:04:XX:XX). Some described the sleep as “great solid sleep, with no dreams” (27F:03:XX:XX). Prover 19F experienced a very restful sleep and described herself as being “dead to the world” (19F:01:XX:XX). In contrast to a restful sleep, some restlessness occurred with 10 of the provers (02F:19:XX:XX, 02F:23:XX:XX, 03F:01:XX:XX, 04M:04:XX:XX, 08M:06:XX:XX, 17F:00:XX:XX, 18F:12:XX:XX, 19F:02:XX:XX, 20F:03:XX:XX, 35M:15:XX:XX). Sleep patterns were said to be “completely disturbed” (02F:12:XX:XX), prover 30F experienced a disturbed sleep from laughing during sleep (30F:08:XX:XX). Five provers described themselves as tossing and turning throughout the night (02F:22:XX:XX, 04M:04:XX:XX, 20F:06:XX:XX, 25F:08:XX:XX, 35M:15:XX:XX). There was an inability to rest described by 3 provers (02F:23:XX:XX, 03F:01:XX:XX, 30F:06:XX:XX) provers had also experienced an inability to fall asleep (17F:02:XX:XX, 19F:02:XX:XX), 18F and 20F described their inability to fall asleep was due to racing of the mind. Inability get back to sleep occurred with 2 provers (25F:01:XX:XX, 35M:15:XX:XX) and prover 18F described an unrefreshed sleep no matter how long she slept.

### 5.2.18 Ear

Pain in the ear was felt by 3 provers, and was described as being sore inside the ears (02F:03:XX:XX). Pain occurred more so in the left ear (27F:XX:XX:XX), and was “sore in the ear canal” (02F:02:XX:XX). Two provers found their ears were more sensitive to the wind (02F:05:XX:XX, (27F:08:XX:XX). However, pain in the ear also occurred on the right, described as shooting pains by prover 20F and as being sensitive by prover 27F.

There was a sensation of blocked ears that was felt by 3 provers (03F:02:XX:XX, 27F:XX:XX:XX, 33F:09:XX:XX), specifically blockage of the left ear described by 34F. Prover 02F had a sensation of water in the left ear and it was described as

the “Ear feels as if full of water” (02F:01:12:25). Itching of the earlobes was experienced by 1 prover (35M:00:00:20).

### **5.2.19 Nose**

Congestion of the nose was a prominent symptom and was experienced by 6 provers (03F:00:08:10, 15F:07:XX:XX, 19F:03:XX:XX, 30F:01:XX:XX, 33F:14:XX:XX, 35M:08:XX:XX). Both nostrils were blocked (03F:01:07:30, 15F:08:XX:XX) especially at night (03F:00:08:10, 19F:03:XX:XX). One prover described a burning pain that occurred in the nose with the congestion (15F:07:XX:XX). A peculiar symptom occurred in 2 of the provers, it was described as the nose producing a popping sound (15F:08:XX:XX, 35M:13:XX:XX).

In contrast to congestion of the nose, coryza was experienced by 7 provers (02F:30:XX:XX, 03F:01:07:30, 04M:00:XX:XX, 15F:02:XX:XX, 30F:01:XX:XX, 33F:14:XX:XX, 35M:12:XX:XX). The coryza was characterised as white in colour (02F:30:XX:XX), yellow (02F:30:XX:XX), clear and watery (33F:16:XX:XX, 35M:13:XX:XX). Prover 03F described their coryza as burning mucous, and prover 04M described theirs as a pale green mucous (04M:22:XX:XX).

Dryness of the nose occurred in prover 02F, and was worse for breathing in any air. Two provers experienced itching of the nose, especially itching on the tip of the nose (19F:03:XX:XX, 35M:00:00:00).

Pain in the nose was experienced by 3 provers. Prover 02F described it as an “icy coldness inside”. Prover 03F felt a burning inside the nostrils and described it as “sea water/chillies rubbed on mucus membrane till raw” (03F:01:XX:XX). There was a pain in the nasopharynx (08M:06:XX:XX).

Post nasal drip occurred in 5 of the provers (03F:01:XX:XX, 04M:21:XX:XX, 08M:00:00:00, 33F:08:XX:XX, 34F:05:XX:XX). It was described as a mucous

plug in the throat by prover 33F. Two provers found the post nasal drip to be worse at night (03F:01:XX:XX, 34F:03:XX:XX). Prover 08M described that the post nasal drip occurred with a concomitant sneeze. Allergic type sneezing occurred in 6 provers (02F:13:XX:XX, 03F:01:XX:XX, 04M:01:XX:XX, 18F:01:XX:XX, 20F:12:XX:XX, 23M:01:XX:XX, 35M:01:XX:XX). Prover 03F described the sneezing as “Violent, explosive, spraying sneezing of watery burning mucous”. Prover 18F described her sneezing as continuous with a clear mucous.

### **5.2.20 Abdomen**

Abdominal pain was experienced by 7 provers. Prover 02F described the pain being located from the pubic symphysis to the sacrum (02F:20:XX:XX), prover 09F described the pain in the lower part of the abdomen below the umbilicus (09F:01:10:XX), and prover 25F described the pain as aching (25F:05:XX:XX). Abdominal cramps were experienced by 2 provers, and was described by prover 03F as “a hand grabbing and twisting/snake wringing intestines in lower central abdomen” (03F:05:XX:XX). The researcher found this interesting as the prover compared the symptom to the twisting shape of a snake.

Bloating of the abdomen occurred in 2 provers. One prover felt better for loosening clothing (15F:02:XX:XX) and another described the bloating as a feeling of being enlarged. Peculiar sensations in the abdomen were experienced by 19F, and were described as “tingling, flicking darting shooting sensations” (19F:03:XX:XX).

### **5.2.21 Rectum**

Diarrhoea occurred in 4 provers (02F:03:XX:XX, 03F:06:XX:XX, 04M:14:XX:XX, 35M:06:XX:XX). It was described by prover 35M as “stools not solid”, “yellowish”, and occurred with pain on the left side of the stomach. Two provers experienced diarrhoea in the mornings (03F:06:XX:XX, 04M:14:XX:XX).

Some increase of flatulence was experienced by 3 of the provers (02F:00:14:01, 03F:05:XX:XX, 04M:00:15:00). Prover 03F had experienced flatulence and described them as “putrid farts and belching”; she also described an increase in sexual desire after defecation. Prover 04M felt shy after passing gas, as well as feeling lethargic which mostly occurred in the morning.

Prover 09F described a pain in the rectum as a “cramping pain, it feels like someone is putting needles at my back- rectum”, and felt better sitting down. Another prover found the pain worse for coughing (09F:01:10:XX). One prover had a sensation of warmth in the rectum “as if something is in the rectum and will come out” (02F:20:XX:XX), she also experienced a sensation of urgency “Sensation of having to go to the toilet often, as if there’s still some left behind” (02F:13:XX:XX), this feeling of urgency was shared by prover 03F as an extreme urgency to defecate “sometimes urge so desperate and sudden that I did not make it to the toilet” (03F:05:XX:XX), this urgency would result in an urge to defecate but with the inability to pass stool (03F:03:XX:XX).

### **5.2.22 Stool**

There was an increased frequency of bowel movements that occurred in prover 20F, she described this as being very unusual for her (20F:03:XX:XX). The nature of the stool differed between the provers and was described by 4 provers. Prover 02F described her stool as, “Stool is very soft and bowel movements have increased these past few days, yellow brownish” (02F:13:XX:XX), prover 03F described it as “Stool watery yellow, putrid smelling with bits of black/green/dark brown solid undigested matter suspended in completely watery bright yellow solution” (03F:05:XX:XX). One prover said to have noticed a yellow coloured stool (35M:13:XX:XX), and another noticed theirs as pale stools (04M:17:XX:XX). Stools were described as not solid, yet separated (35M:06:XX:XX).

### **5.2.23 Fever**

Fever developed in 4 of the provers, prover 08M described the fever as low grade with chills. Prover 15F experienced a fever with a desire to keep warm (15F:04:XX:XX). Two provers had sensations of feeling very hot, as if the temperature was raised (19F:02:XX:XX), and feeling of heat with sweating from the back of the neck (18F:12:XX:XX).

### **5.2.24 Chill**

A sensation of coldness occurred (20F:03:XX:XX), with shivering which was ameliorated by being covered (02F:07:XX:XX). There was a feeling of coldness during the day with a struggle to warm up (04M:00:XX:XX). The researcher noticed an unusual symptom of feeling cold, despite the climate being hot (18F:11:XX:XX).

### **5.2.25 Face**

Itching of the face was experienced by one prover; this symptom was an old one that had returned on the proving. It was described as the skin on the face getting very itchy and sensitive. This prover usually felt this symptom only when she was pregnant, and had not occurred for a few years until now (32F:07:XX:XX).

Prover 02F had symptoms that involved the cheek very shortly after taking the remedy. These symptoms included the cheek feeling warm to the touch, pulsating with pain (02F:00:06:26), sensation as if the mouth was sore inside the left cheek, as if she had bitten the inside of her cheek but she hadn't (02F:00:08:06), feeling of heaviness of the left cheek (02F:00:08:06), pain around the upper part of the cheek (02F:00:14:01), sore feeling of the cheek, "as if exercising your muscles" (02F:02:XX:XX). The researcher found these symptoms

interesting as the neurotoxic effects of the venom *Bitis atropos* mainly affects the facial nerve (Marais, 2004:39), and paralysis of the face can occur, this symptom can be noted in the sensations of heaviness of the cheek, and pain of the cheek.

Prover 02F experienced pain in the jaw which radiated to the left ear, and was sore to the touch. Prover 19F described a “weird sensation in my upper left mandible, deep to my cheek, when I bite down. As if it is filled with spongy air, worse when I bite down.”(19F:01:XX:XX). One prover had a “Weird sore lump on right jaw line, very sore” (30F:02:XX:XX).

The lips felt dry, and were cracked in prover 02F.

Warm flushes and cold sensations of the face were experienced by 2 provers. Prover 04M and 02F felt a warm flush of the face, however prover 02F was warm to the touch, but she felt icy cold.

The skin of the face was affected in 2 of the provers, who both described the eruptions as small red pimples. Both prover 20F and 19F experienced pimples on their chin area and cheeks. Prover 20F felt that the skin was extremely dehydrated and dry, and described her eyes as being sunken into the face. There was a strange sensation of the face occurring in one prover, she described it as “Feel as though I am frowning a lot” (20F:01:XX:XX).

#### **5.2.26 Mouth**

Dryness of the lips occurred in provers 02F and 19F, prover 19F described the lips as being so dry that “I’m picking at them with my teeth” (19F:04:XX:XX). Prover 19F described foul breath that was experienced in the morning, and it left a horrid taste behind (19F:03:XX:XX)..

### 5.2.27 Dreams

Several themes emerged from dreams during the proving. There were dreams of needing attention (09F:XX:XX:XX) and of benevolence (09F:XX:XX:XX). Dreams of beauty (04M:01:XX:XX), and admiring the beauty of a baby (17F:08:XX:XX). Dreams of connecting with others occurred in 3 of the provers (03F:01:XX:XX, 04M:11:XX:XX, 35M:00:XX:XX, 35M:01:XX:XX), prover 35M in particular dreamt of connecting with family (35M:04:XX:XX). In contrast to having a connection with others, there were also dreams of having no connection (04M:04:XX:XX).

There were dreams of being criticized (09F:XX:XX:XX), and of criticizing others (35M:06:XX:XX). A theme of good and evil emerged in the dreams of this proving by 2 provers (17F:03:XX:XX, 35M:08:XX:XX). Five provers dreamt of inappropriate behaviour (04M:24:XX:XX, 09F XX:XX:XX, 17F:00:XX:XX, 19F:06:XX:XX, 35M:14:XX:XX) prover 04M dreamt of nudity in public places (04M:24:XX:XX), 09F dreamt of religious icons planning to party and sexual acts in church (09F XX:XX:XX), and prover 35F had dreams of sleeping in the same bed as immediate relatives (35M:14:XX:XX).

Dreams of danger, for example prover 35M dreamt of being pursued and of being chased by someone (35M:16:XX:XX), prover 23M dreamt of being chased by men with weapons (23M:03:XX:XX), prover 34F dreamt of being chased by monsters (34F:04:XX:XX) and prover 35M dreamt of violence.

Prover 35M had a dream that caused them to wake up with a headache (35M:11:XX:XX). Prover 02F dreamt of water and of swimming (02F:10:XX:XX). Dreams of real situations were experienced by prover 35M as well as of past events (35M:08:XX:XX).

Intense sexual dreams occurred in 3 provers. One of these provers dreamt of dreams of having sexual relations with neighbours (19F:24:XX:XX), prover 04M dreamt of being sexually unsatisfied., as well as perverse dreams along with prover 19F. Prover 23M dreamt of mountainous places, and only one prover, 20F, dreamt of a snake that was described as a fat puff adder looking snake

(20F:05:XX:XX). Provers also dreamt of blood pressure being elevated (23M:02:XX:XX), and of losing their homeopathic remedies (35M:19:XX:XX).

### **5.2.28 Skin and perspiration**

A few variations of skin eruptions occurred, namely pimples (24F:01:XX:XX) on the face (02F:13:XX:XX) and forehead (04M:03:XX:XX) which were described as being small and red. Prover 02F had described eruptions as boils that were on the left side of the groin (02F:31:XX:XX). Prover 04M experienced a whitlow on the right index finger (04M:14:XX:XX).

There was itching of the skin in small spots on the body prover 02F described the itching at the site of small moles. (02F:06:XX:XX). The skin of the scalp was described as being dry and itchy by prover 20F.

The temperature of the skin varied. Prover 02F described the left arm as feeling cold, and yet warm to the touch, as well as the left side of the body being sensitive to the cold (02F:02:XX:XX), in contrast to this, prover 25F felt a sensitivity to heat (25F:07:XX:XX).

Night sweats were experienced by one prover and were described as “too many times disturbed with night sweats” (17F:05:XX:XX).

### **5.2.29 Female**

The menses was effected in 6 provers; the flow seemed to be lighter in colour- prover 02F described the flow as being pink in colour (02F:06:XX:XX), and prover 19F described the menstrual flow as diluted- looking like light red blood (19F:13:XX:XX), prover 25F described her menstrual flow as being much more watery than usual (25F:02:XX:XX). Prover 19F described her menses as sudden and gushing, as well as having a heavier flow than usual, prover 34F shared this



symptom as she felt that the period was much heavier than usual (34F:05:XX:XX). Two provers found that their menses started with no warning (19F:13:XX:XX, 20F:11:XX:XX), and prover 20F described her menses having a shorter duration than normal (20F:14:XX:XX).

Prover 02F described a pain as “if things would escape or fall out of my private part” (02F:20:XX:XX). One prover experienced pain in the ovaries on the right side “Feels as if something is moving along my fallopian tubes” (18F:07:XX:XX). Prover 19F experienced an itching of the vagina (19F:13:XX:XX) and prover 34F had an increase in her libido (34F:03:XX:XX).

### **5.2.30 Male**

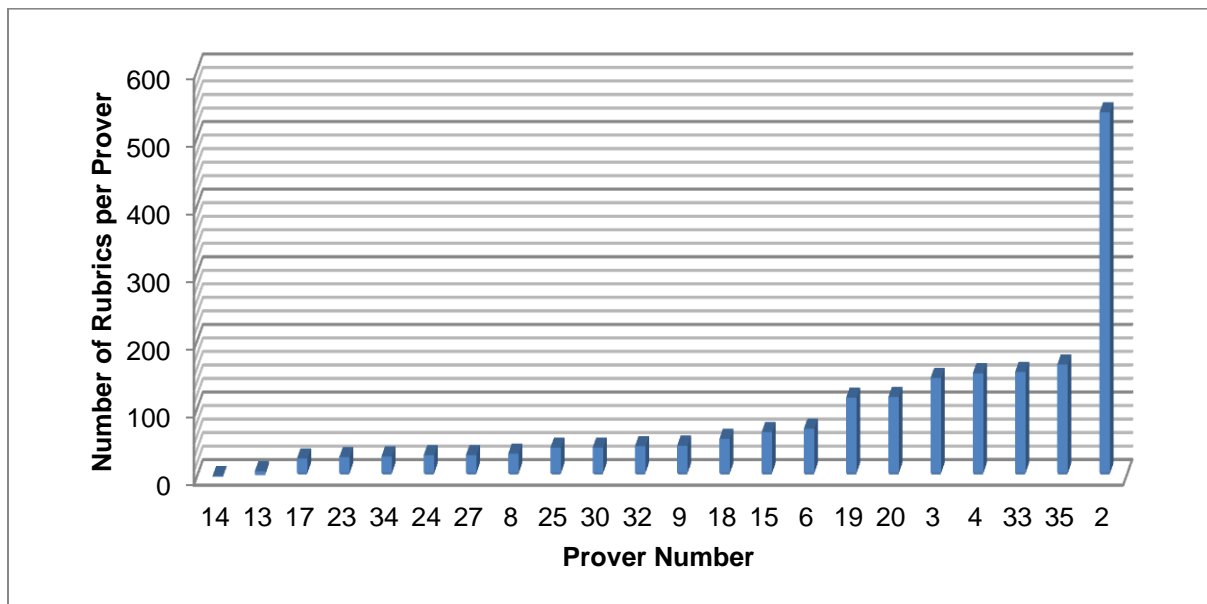
Prover 04M had an increase in libido, this occurred especially at night and even was said to increase in the mornings.

### **5.3 Antidote**

The protocol applied when antidoting was necessary was according to the method applied by Kerschbaumer (2004), and was discussed in 3.6. Most provers experienced symptoms that were mild and transient in nature, and did not disturb the prover to the extent where they felt the need for an antidote. Two of the provers however requested antidotes accordingly although the request for the antidote occurred approximately two months after they had started the proving.

Throughout the proving, prover 02F experienced the highest number of symptoms in comparison the entire population of provers; she seemed to be particularly sensitive to the remedy *Bitis atropos* and contributed to the formulation of 540 rubrics which were produced from her symptoms throughout the proving period, which is well above the average amount of 90 rubrics

produced from the symptoms experienced by the prover group. This is represented in the graph below:



**Figure 5.2- Distribution of rubrics amongst prover population**

Therefore it was not surprising to the researcher that prover 02F experienced symptoms well beyond the duration of the proving. These symptoms included emotional troubles and feelings that were totally contradictory to her baseline (healthy) emotional/mental state. She described instances where she felt so anti-social, that she had feelings of anger when visitors arrived in her home, as well as an extreme irritability towards them. She had explained that she was brought up to enjoy visitors and people, and to be hospitable, but under the influence of *Bitis atropos* she felt anger and annoyance toward them. She experienced persistent physical symptoms specifically relating to the eye and throat. Her eye symptoms presented as pain, redness and a sensation as if there were a splinter in the eye. She described the sensation of a fish bone in her throat, as well as persistent mucous in her throat. Prover 02F had even tried to self medicate herself after the proving in attempt to ameliorate her symptoms she did so with remedies such as *Causticum* 30CH, and *Sulphur* 30CH, neither of which

improved her symptoms. Skin eruptions occurred on her face, and she had described them as pimples, this was particularly unusual as she did not suffer from acne at all before the proving. To this end, prover 02F was antidoted in accordance with Kerschbaumer (2004) with a single dose of *Lachesis muta* 200CH prescribed by the researcher.

Prover 19F had also experienced symptoms that rendered an antidote necessary. However, prover 19F was less sensitive to the remedy than prover 02F, 19F experienced mental/emotional symptoms of irritability that negatively impacted on her every day living, prover 19F found herself snapping at people unnecessarily, and becoming annoyed and irritable in situations which would usually be mundane to her. Physical effects that persisted in prover 19F included skin eruptions that presented as a boil which was uncharacteristic to her normal skin eruptions, specifically the eruption had a black “head” and resembled the bite of a spider.

In both cases a single dose of *Lachesis muta* 200CH, was prescribed after the totality of symptoms produced by the respective provers was determined correspond with that of *Lachesis muta* this method of antidoting was in keeping with method as described by Kerschbaumer (2004). In both cases, the symptoms of concern dissipated shortly after administration of the antidote.

#### **5.4 Abbreviation**

The abbreviation for the remedy *Bitis atropos* was derived from the guidelines provided by Schroyens (2004). The suitable abbreviation of *Bitis atropos* was determined as “**Bit-at.**”

### 5.5 Possible clinical indications of *Bitis atropos*

Based on the symptoms produced in the proving of *Bitis atropos*, by applying the *Law of Similars*, this remedy could be indicted for the following clinical conditions:

- Absent mindedness/ confusion
- Fatigue
- Insomnia
- Irritability
- Loss of appetite
- Nausea
- Diarrhoea
- Asthma/ asthma type symptoms
- Pharyngitis/laryngitis
- Headaches- especially frontal headaches
- Sinusitis
- Allergic rhinitis
- Lower back pain
- Neck pain
- Muscle cramps
- Eye pain
- Vertigo
- Skin eruptions
- Ear infections

### 5.6 The essence of the remedy *Bitis atropos*

The researcher felt that the essence of the remedy *Bitis atropos* was the theme of antagonism and polarity within oneself. These themes can be seen extensively in the materia medica that was produced by the remedy. The theme of polarity

can be seen in other provings that have been conducted at DUT over the namely the proving of *Gymnura natalensis* (Pather and Naidoo, 2007), *Naja Mossambica* (Smal, 2004), *Hemachatus haemachatus* (De la rouviere, 2008), *Dendroaspis angusticeps* (Hansjee, 2010), *Bitis arietans arietans* (Wright, 1999) and *Bitis gabonica gabonica* (Thompson, 2004). In the mental symptoms, an antagonism with oneself was experienced by provers 02F, 03F, 04M, 06M, 18F and 19F where provers seemed to have defied their own needs, for example prover 02F was thirsty, but felt the desire to rebel towards this basic need and decided not to drink, prover 02F also defied the need to sleep, despite being tired.

The theme of polarity or opposites stretched throughout the mental sphere, a feeling of cheerfulness occurred with provers 02F, 06M, 18F, 27F, 34F contrary to this, feelings of sadness (14F, 06M, 18F, 27F, 34F), anger (25F, 15F, 18F, 20F, 03F) and irritability (03F, 08M, 18F, 19F, 20F, 23M, 24F, 27F, 32F, 33F, 34F) were felt. There was a great desire to connect (02F, 03F, 34F, 27F, 06F, 19F), and a need for company (03F, 19F) yet opposite to this, there was a desire to be alone (06M, 08M, 18F, 19F, 23M). Some provers felt the need to be critical, and judgemental toward others (03F, 19F, 04M, 18F), and yet the same prover (prover 03F) felt indignant.

Provers seemed to have had trouble concentrating on tasks (03F, 06M, 20F, 18F, 25F), feelings of confusion during speech, and an inability to focus, yet others felt a great increase of focus (06M, 27F). Feelings of solitude and quiet were felt (06M, 34F, 20F) in contrast to this, loquacity (34F, 27F) was experienced by some.

Many physical symptoms shared the theme of polarity, for instance there was an increase of appetite with a voracious and insatiable hunger (03F, 18F, 20F, 25F, 30F, 33F, 35M), in contrast to this some provers lost their appetite for any food (03F, 18F, 33F, 35M), and only preferred to only drink liquids (18F). The polarity of energy experienced was that of increased energy levels (34F, 23M, 20F, 06M) verses a substantial decrease in energy levels (35M, 33F, 06M, 15F, 18F, 20F,

25F,27F, 02F,19F), to the point where the provers felt weak. Sleep was described as being restful (27F, 30F, 19F) and refreshed, yet on the other hand, some provers felt that they couldn't fall asleep at all (02F, 03F, 04M, 08M, 17F, 18F, 19F, 20F, 35M, 30F). Symptoms of the nose varied from congestion (03F, 15F, 19F, 30F 33F, 35M) to coryza (02F, 03F, 04M, 15F, 30F, 33F, 35M). Temperature changes varied, some provers felt the inability to stay warm (20F, 02F, 04M, 18F) during the proving, and some felt the need to cool down (02F, 04M, 17F).

## 5.7 Group analysis

The second objective of this study was to compare the proving remedy *Bitis atropos* with existing remedies of the Genus *Bitis* i.e. *Bitis arietans arietans* (Wright, 1999) and *Bitis gabonica gabonica* (Thomson, 2004). These three remedies are derived from the venom of snakes that belong to the same genus: *Bitis*. Common themes shared by all snake remedies will be discussed in the group analysis, followed by a comparison of the remedies *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*.

### 5.7.1 Correlation of materia medica of *Bitis atropos* with established common snake themes

Sankaran (2005:46) provides insight into the shared characteristics of snake remedies. He states that the common themes shared by this group remedies are as follows (Sankaran 2005:46):

- Superiority versus inferiority
- Manipulative
- Jealous
- Suspicious
- Delusions of the mind being split in two

- Antagonism with oneself
- Vulnerability
- Close mindedness
- Clairvoyance
- Fear of attack
- Fear of being attacked from behind
- Feeling of being pursued
- Desire to hide
- Increased sexual drive

In addition to these themes stated above, Thakkar (2007:68) mentions that snakes possess a powerful intensity of emotion. They can be very religious and spiritual, and can display great anxiety of conscience. The snake remedies are suspicious and tend to be quarrelsome, they like to display aggression on confrontation and may even be said to come across as behaving in a territorial manner, much like that of the animal itself.

Clinical themes according to Thakkar (2007:56) include:

- Skin ailments
  - Dry skin
  - Tendency to suppurate
  - Boils
  - Acne
  - Psoriasis
- Eye symptoms
  - Dryness
  - Blurry vision
- Slow digestion
- Heart burn
- Increased appetite

- Over eating
- Inability to tolerate hunger
- Asthma
- Bronchitis
- Tonsillitis
- Premenstrual syndrome
- Premenstrual breast tenderness
- Sensitive to temperature changes

The researcher noticed that many of the themes and symptoms mentioned above were experienced by the provers during the proving of *Bitis atropos* 30CH, namely those of antagonism with oneself, jealousy, spirituality, a sense of clairvoyance, and a fear of attack. The researcher observed that fears of being pursued and fears of being attacked from behind were well represented in the dreams of the provers of *Bitis atropos*. Physical symptoms shared with the above mentioned themes included skin ailments such as boils, dryness of skin, pimples (acne), and whitlows. In addition there were symptoms involving the eyes including dryness of the eyes as well as respiratory symptoms that resembled that of asthma, increased appetite and sensitivity to changes in temperature; either being too hot or too cold.

**Table 5.1 – Correlation of general snake themes with the materia medica of *Bitis atropos***

Author	General snake theme	Correlating examples of symptom(s) of <i>Bitis atropos</i>
Sankaran	Antagonism with oneself	Antagonism with what the body desires (02F), the internal urge to be judgemental, and yet being easily sociable and a desire to be free, and mischievous, and yet the feeling of suspicion toward other people (03F), a



		desire to “shed this good boy persona and become liberated” (04M), as feelings of rebellion; to rebel against what is meant to be done, and against responsibility (06M), Antagonism with one selves identity (19F)
	Clairvoyance	“Guessed a test question correctly, felt a bit psychic”(19F)
	Fear of being attacked	there was a fear of thieves breaking into the house (02F),fear that someone would break into the house through the window (09F)
	Feeling of being pursued	being pursued and of being chased by someone (35M), dreamt of being chased by men with weapons (23M )
	Increased sexual drive	Libido increased (34F), an increase in libido (04M)
<b>Thakkar</b>		
	Religious and spiritual	Increased physical and spiritual energy(06M) desire to pray, praying ameliorates (02F)
	Aggressive	“something inside of me wants to come out to attack these annoying people around me” (18F), “The frustration toward people also was experienced in the form of road rage” (20F)
	Dry skin	the skin was extremely dehydrated and dry (20F)
	Boils	described eruptions as boils that were on the left side of the groin (02F),
	Acne	Eruptions namely pimples (24F) on the face (02F) pimples in the forehead (04M)
	Dryness of the eye	There was a dryness of the eyes, with a burning sensation

		(33F)
	Heart burn	burning pain in the stomach and felt it was due to a high acid level (13F)
	Increased appetite	an increase in appetite (02F, 15F, 20F, 24F, 25F)
	Inability to tolerate hunger	sensation of being hungry all the time, craving any foods that would stimulate them(02F), Hunger was described as “insatiable” (20F)
	Asthma	unable to breath “can hardly breathe” (02F), experienced especially at night( 30F), Breathing became difficult after slight exertion (33F), “had quite a tight wheezy chest” (04M), wheezing with a concomitant cough( 35M)
	Sensitive to temperature change	craved the suns warmth (02F), “Enjoyed the warmth, it made me feel a bit better” (04M), sensation of being too hot experienced by one prover (17F), feeling cold, despite the climate being hot (18F), A sensation of coldness occurred (20F)

### 5.7.2 Comparison with *Bitis arietans arietans*

The venom of the puff adder is mainly cytotoxic. The snake is known to strike rapidly, and can be found throughout South Africa and is responsible for many snake bites around the country (Marias, 2004:64). *Bitis arietans arietans* was proven at DUT by Wright in 1999.

There are 83 rubrics shared by the remedies *Bitis arietans arietans* and *Bitis atropos*. The mind section shared 23 rubrics, generals there were 9 shared rubrics, and the head shared 7. The eye and dreams each shared 5 rubrics, respiratory section shared 4, and cough 2. The throat, chest, extremities, stomach, female and stool all shared 3 rubrics each. The back, urine, male, ear, abdomen, rectum, bladder and mouth all shared 1 rubric each.

The most outstanding symptom in the mental sphere for the remedy *Bitis arietans arietans* was the feeling of 'spaciness' or being 'spaced out'. This symptom was also described as being intoxicated with alcohol or cannabis. The feeling was said to be a feeling of disconnection, left out of the group, separation from their environment or their body. Similar feelings were experienced in proving of *Bitis atropos*; prover 15F described herself as feeling dazed "I feel a bit dazed as if my mind is elsewhere", prover 18F felt the separation that was described in the proving of *Bitis arietans arietans* as "I am here but my mind is somewhere else", a sensation of the mind being separated from the body.

There was a state of complete lack of energy in *Bitis atietans arietans*, provers were said to be lazy, slothful and dull, this was experienced by prover 02F who described the laziness as "Just lazy, don't want to do anything" (02F:18:XX:XX). Any task that required energy was a major physical effort. The same lack of energy was seen in *Bitis atropos*, together with a feeling of lethargy (06M). The proving of *Bitis arietans arietans* produced a feeling of confusion, especially with regards to speech and writing, as well as conversation. The provers were said to absentminded, forgetful and had difficulty concentrating. *Bitis atropos* had similar symptoms, where the provers found it difficult to converse as well as to concentrate, this was experienced by provers 02F, 06M who experienced difficulty expressing words and prover 18F who felt it difficult to compose and understand sentences. They had an inability to focus on tasks as their thoughts seemed to drift to other things (15F, 18F, 20F). The researcher noted this theme can also be related to the sensation of spaciness experienced in *Bitis arietans*

*arietans*. There was a difficulty expressing words and sentences with a confusion of words, much like the symptoms produced in *Bitis arietans arietans*. However, in contrast to the above mentioned symptoms of the lack of focus and concentration, a feeling of increased focus and concentration occurred in the proving of *Bitis atropos*. Prover 06M experienced the feeling of being more organised than usual, and more productive with tasks at hand.

There was a great feeling of depression in *Bitis arietans arietans*, the provers found themselves with a great sense of melancholy. This symptom does not present itself significantly in the proving of *Bitis atropos*, although there was a general feeling of sadness felt by provers 14F, 30F. Prover 03F felt a sense of despair, prover 04M experienced feelings of loneliness and prover 19F felt the most sadness about life in general, and found it to be worse in the afternoons.

Feelings of anxiety and irritability occurred in *Bitis arietans arietans*; these symptoms were shared by *Bitis atropos*, irritability-being one of the most prominent symptoms of the proving of *Bitis atropos* where 50 percent of provers experienced some degree of irritability. Provers 03F, 19F and 20F were found to be very easily irritable, and mostly irritated by other people. Prover 20F and 24F tended to become very short tempered and prover 18F felt the need to attack. The researcher noticed that the attack behaviour demonstrated by the provers is much like the characteristic of the snake itself, if left alone, the snake will not strike in defence, yet if bothered, the snake will strike (Marais, 2004:68). The irritability was also related to hunger (24F, 32F), and provers found themselves to be more irritated before meals. Provers 18F and 27F felt a desire to be left alone when in this mood. The feeling of anxiety in *Bitis arietans arietans* was mainly felt whilst in a car, where the anxiety experienced in *Bitis atropos* was due to the sense of being rushed (20F), and the anxiety about one's self image (19F).

The emotion of feeling homesick occurred in both *Bitis arietans arietans* and *Bitis atropos*, this was expressed as the desire to be at home, and to be in

surroundings familiar to them. Two provers in *Bitis atropos* experienced the desire to be home, prover 14F felt homesick and had the desire to be at home, and prover 33F felt the need to be home specifically in order to sleep.

Positive feelings of being energised, happy, full of life, and very talkative were felt by the provers in *Bitis arietans arietans*. Similarly, these feelings also expressed themselves in *Bitis atropos*. There were feelings of increased energy (34F, 23M, 20F, 06M), and cheerfulness (02F, 06M, 18F, 27F, 34M). Emotions that involved positivity were experienced by prover 18F, as well as an energy for life were felt by the provers in *Bitis atropos* (06M, 18F). Loquacity was shared by both remedies, as well as shared by the general themes of snake remedies. Provers 34F and 27F felt the need to talk to people and to connect with them in the proving of *Bitis atropos*.

The researcher took note that the majority of the themes formulated in the mind sections of the materia medica of the two respective remedies were shared. These similarities are represented in the table below.

**Table 5.2- comparison of mental symptoms and themes of *Bitis arietans arietans* and *Bitis atropos***

<b><i>Bitis arietans arietans</i></b> (Wright, 1999)	<b><i>Bitis atropos</i></b>
Absentminded and forgetful	Absentminded and forgetful
Anxiety	Anxiety
Company - desire	Desire for company
Concentration difficult	Difficulty - concentrating
Conversation	Loquacious
Difficulty in speaking	Difficulty - expressing words , sentences

Energetic / over stimulated	Increase in energy
Happiness	Cheerful
Homesick	Homesick
Irritable	Irritability
Laziness	Laziness
Placebo	Placebo
Sensitive to the opinions of others	Indignation
Depression	Sadness
Difficulty in reading	Difficulty with words
Difficulty in writing	Difficulty with sentences
Disconnected from self	Separation from oneself
Dullness	Weariness
Exhaustion and slowing down	Fatigue, weariness and weakness
No motivation / difficulty in working or studying	Difficulty concentrating/laziness
Polarity	Polarity
Socially detached / Left-out	Indignation
Spaciness / Spaced-out	Spaciness
Talkative	Loquacious

The dreams too experienced in the two provings were very similar; they included dreams of danger, of being pursued, and of violence. Dreams of men chasing them with weapons, and the need to escape. There were sexually inappropriate dreams, and dreams of babies. The researcher found it peculiar how in both the proving of *Bitis arietans arietans* and *Bitis atropos* there was only one prover in each separate proving that experienced dreams of snakes. In the case of this proving, prover 20F dreamt of 'a massive snake. It looked like a big fat brown

puff adder and felt scared in the dream. I don't normally dream of snakes' (20F:05:XX:XX).

There was a major lack of energy and exhaustion in *Bitis arietans arietans*, which was shared by the provers in this proving by provers 02F, 06M, 15F, 18F, 19F, 20F, 25F, 33F and 35M. The provers of *Bitis atropos* experienced a great deal of weariness and weakness (19F, 33F), lacking the energy to do anything. On the other hand, both remedies also experienced an increase in energy, although *Bitis atropos* was more energised at night (06M, 20F).

Stiffness was felt in *Bitis arietans arietans*, and was seen to be a generalised stiffness, unlike in *Bitis atropos*, where the stiffness was specifically located in neck (02F and 33F), prover 35M found the stiffness ameliorated by movement. Food cravings for ice cream and peanut butter in particular stood out in the proving of *Bitis arietans arietans*, however the main craving for foods in *Bitis atropos* was for salt, and savoury food. Appetite was diminished and thirst was markedly increased in both remedies, however the appetite of *Bitis atropos* was either voracious and insatiable, or completely diminished- the researcher noticed that the polarity with regards to the extreme hunger or complete lack of appetite confirms the theme of polarity and antagonism with one self that is felt to be the essence of this remedy *Bitis atropos*, as well as a being a common theme shared by all snake remedies according to Sankaran (2005).

Temperature sensitivity was experienced by both remedies. *Bitis arietans arietans* was cold sensitive and very chilly, *Bitis atropos* was both chilly and too warm, again demonstrating the theme of polarity and antagonism common to snake remedies. *Bitis atropos* had a fundamental lack of vital heat, prover 02F described being ameliorated by the warmth of the sun, and being wrapped up in warm things, prover 04M describes this need for warmth from the sun as "got some sun at about 10.30. Enjoyed the warmth, it made me feel a bit better" (04M 22:XX:XX).

Bradycardia was produced from the proving of *Bitis arietans arietans*, the provers described the heart as pumping slower than usual. In contrast to this, palpitations were felt in *Bitis atropos*. The heart palpitations were described as “if heart is knocking on rib cage” by prover 25F, and described by prover 35M as “I noticed that my heart was beating fast and I was a bit dizzy but after a few minutes I was okay”.

There was dryness of the mouth lips, throat, eyes, stool and cough in *Bitis arietans arietans*, the same dryness occurred in *Bitis atropos*, with the exception of dryness of the stool in which the opposite occurred; the stool was said to be loose, and in some cases became diarrhoea.

Headaches were described as being heavy in *Bitis arietans arietans*, and mainly felt in the temporal region. Headaches produced in *Bitis atropos* were mainly in the frontal region and were described as being throbbing, pulsating, sharp or dull pain.

The eyes were affected in *Bitis arietans arietans*, producing 18 rubrics-and were described as being itchy, and tired. The eye symptoms of *Bitis atropos* produced 76 rubrics differed to those of *Bitis arietans arietans* and was predominantly a pain described as a bruised pain in particular by prover 33F and prover 02F, in addition dryness of the eyes was also a marked symptom in *Bitis atropos*.

The nose symptoms in *Bitis arietans arietans* were a lot less prominent than in *Bitis atropos*, as only itching of the nose occurred. On the other hand, the nose symptoms from *Bitis atropos* were significant, the most predominant symptom was the post nasal drip described by prover 33F as ‘a mucous plug stuck in the throat’. Nasal congestion occurred in a number of provers (03F, 15F, 19F, 30F, 33F, 35M) as well as coryza (02F, 03F, 04M, 15F, 30F, 33F, 35M). Prover 03F



described their coryza as burning mucous, and prover 04M described theirs as a pale green mucous.

The throat and a sensation of a lump in the throat, pain and a sense of constriction was felt in *Bitis arietans arietans*. These throat symptoms were similar to those in *Bitis atropos*, they comprised of a sensation of something in the throat, (not particularly a lump). Prover 19F described it as a 'ball of air', prover 08M described the sensation as if something 'sticky or slimy' was in the throat; prover 35F had a prominent sensation of a mucous plug in her throat, that was described by her as being stuck and resulting in difficulty breathing, 35F also described the sensation of a splinter in her throat. Prover 17F described a sensation of 'fullness' in the throat. Pain in the throat was a strong symptom in *Bitis atropos*, described as a splinter type pain, mostly by prover 02F and 33F.

Abdominal pain was felt in *Bitis arietans arietans*, there was cramping with distension and a concomitant flatulence, borborygmi and rectal tenesmus. The abdominal pain that was experienced in *Bitis atropos* differed somewhat to the abdominal pain in *Bitis arietans arietans*, the pain was rather described as a poking sensation, as well as a hot burning sensation as if there was too much stomach acid.

There were clear symptoms of bronchial asthma in the proving of *Bitis arietans arietans* such symptoms were described as an expiratory wheeze, tightness in the chest, and rattling secretions, worse at night. These asthma symptoms were common in *Bitis atropos*, where a prominent symptom was a wheeze and tightness of the chest. Wheezing was experienced by prover 04M and was described as, "I had quite a tight wheezy chest" (04M:20:XX:XX), tightness and wheezing with a concomitant cough occurred in provers 04M and 35M. The wheeze was worse when in the lying down position, and worse at night (04M, 35M).

The menses of provers became much heavier when taking *Bitis arietans arietans*, and seemed to have begun too early. Overflow of menses occurred, as well as some dysmenorrhoea. In the case of *Bitis atropos*, the menses were described as watery by a few provers (02F, 25F). Over flow of menses was experienced by prover 19F, as well as many clots that were granular in appearance.

Both the male and female in both remedies compared had an increase in sexual desire and libido. Prover 34F described herself as having an increased libido, and also experienced some amorous dreams. Prover 04M had an increase in libido, this occurred especially at night and even was said to increase in the mornings.

### **5.7.3 Comparison with *Bitis gabonica gabonica***

The gaboon adder is the largest and most attractive of the African vipers (Spawl and Branch, 1995:116). Compared with the puff adder, *Bitis gabonica gabonica* is surprisingly placid, but when disturbed is said to “huff and puff” a great deal (Marias, 2004:67). The venom of the gaboon viper is mainly cytotoxic, and is injected in much larger quantities than that of *Bitis arietans arietans* and *Bitis atropos* (Marais, 2004:67). *Bitis gabonica gabonica* was proven at DUT by Thompson in 2004.

There were 103 shared rubrics between *Bitis gabonica gabonica* and *Bitis atropos*. In the mind section 29, head 20, nose 16, eye 6, sleep 6, dreams 4. Vertigo, stomach, throat and abdomen, respiration, chest all shared 2 rubrics each. Rectum/stool, female, urine, back, extremities and skin all shared 1 rubric each.

The most prominent symptom seen in the mental sphere in the proving of *Bitis gabonica gabonica* was the sense of isolation, and a sense of being alone in

addition there was also a strong desire to be alone. This desire to be alone was shared with *Bitis atropos*, and featured strongly amongst 5 of the provers (06M, 08M, 18F, 19F, 23M). It was described by prover 18F as a need for “hibernation”, and by prover 23M- the desire to be alone was a result of feeling overwhelmed, prover 15F felt an indifference towards people, therefore wanted not to be around anyone. In the proving of *Bitis gabonica gabonica*, a feeling of social detachment and of being an outsider was also experienced and presented with the feelings of being separated from themselves and was expressed by a prover as “felt they were looking at my face and I was behind my face looking out; I wasn’t in myself; I couldn’t connect with people; I feel very alone”. This ‘separation’ was seen in *Bitis atropos*, where prover 18F stated “I am here yet my body is somewhere else”, a sensation that the body is separate from the mind.

A great depression and sadness was experienced in the proving of *Bitis gabonica gabonica*, described as a melancholic, brooding and tearful feeling. No depression as such was reported in *Bitis atropos*, however a feeling of sadness was noted by 2 provers, (14F, 30F), prover 04M felt a sense of loneliness. However contrast to the feelings of depression, there was also sense of happiness, joyfulness and positivity reported in the proving of *Bitis gabonica gabonica*; this cheerfulness was also experienced by some provers in *Bitis atropos* (02F, 06M, 18F, 27F, 34F), a sense of positivity was felt by prover 18F, and prover 02F found herself smiling without reason.

A sense of irritability, moodiness, insecurity was felt by the provers in *Bitis gabonica gabonica*, as well as an over sensitivity to others occurred in the proving; the provers felt irritable towards others, towards their family, toward trifles, and when overheated. The provers felt most irritable on waking in the morning. The irritability can be seen in both remedies, especially in *Bitis atropos*, where this symptom was one of the most predominant symptoms experienced in the mental sphere during the proving, where 50 percent of provers experienced

this symptom. The majority of provers felt irritability toward other people, especially provers 03F, 19F and 20F.

*Bitis gabonica gabonica* had a feeling of confusion. An unusual amount of mistakes were made, letters were missed out when writing, dates were confused, memory was poor, concentration is lacking and the provers were unusually forgetful. This confusion was very similar to that experienced in *Bitis atropos*, where forgetfulness and absentmindedness occurred in 7 provers. Provers 06M and 03F felt forgetful towards completing tasks, 06M and 19F misplaced things in wrong places. The confusion and forgetfulness towards spelling and speech was experienced by prover 06M and 19F, as well as a confusion with words, and a difficulty expressing words and sentences (02F, 06M).

The sense of insecurity in the proving of *Bitis gabonica gabonica* was expressed by provers as feeling sorry for oneself and feelings of insecurity about their looks. Provers felt they were useless and ignorant and felt unappreciated. Similar feelings of insecurity in the proving of *Bitis atropos* was demonstrated by feelings of inadequacy, where the provers did not feel good enough and felt like they had to “prove” themselves in order to acquire others approval. Insecurity was also noted and was demonstrated in the need to look better, a constant comparison was made to what others around looked like, and an obsession with their appearance.

An over sensitivity was experienced by the provers in *Bitis gabonica gabonica*, as a sensitiveness to reprimand, the provers felt more offended than usual, there was also an over sensitivity to noise and people. Over sensitivity can be seen in *Bitis atropos* where feelings of indignation occurred, as an over sensitivity towards others and their actions experienced by prover 03F.

Confusion was a strong symptom shared by both *Bitis gabonica gabonica* and *Bitis atropos*. They both had difficulty concentrating, difficulty with words and sentences, confusion when speaking and writing as well as a general lack of concentration.

An interesting symptom that was experienced by provers of *Bitis gabonica gabonica*, was the feeling that they had taken placebo when in fact they were in the verum group. The researcher has noticed that this peculiar symptom was common to all three remedies of the Genus *Bitis*, and perhaps could be explained by the theme of suspiciousness shared by all snake remedies (Sankaran, 2005).

As in the original comparison with *Bitis arietans arietans*, the researcher noted that majority of the themes found in the mind section of *Bitis gabonica gabonica* were also shared with themes of *Bitis atropos*. These similarities are represented in the table below.

**Table 5.3- comparison of mental symptoms and themes of *Bitis gabonica gabonica* and *Bitis atropos***

<b><i>Bitis gabonica gabonica</i> (Thomson,2004)</b>	<b><i>Bitis atropos</i></b>
Isolation / being alone / desire to be alone	Alone / aversion to company
Irritable	Irritability
Sensitivity	Indignation/sensitive to opinions of others
Mental activity: hyper/hypo-active	Increase in energy / laziness
Placebo	Placebo
Calm / confusion	Confusion

Confidence / lack of confidence	Vanity/inadequacy
Depression / sadness / crying	Sadness
Mistakes / poor concentration / forgetful	Lack of focus/difficulty with words and sentences
Panic / feeling threatened	Fears of robbers
Separation from self / scattered	Freedom/Separation from self

Notable themes, developed from the dreams experienced in *Bitis gabonica gabonica* were that of chaos, fragmented dreams, relatives and parents, conflict, fear and escape. Only two such themes were shared with *Bitis atropos*, namely dreams of fear and dreams of escape. Both these themes were represented by dreams that involved being chased, pursued, especially by men with weapons and by monsters in the proving of *Bitis atropos*.

Headaches were a common symptom in *Bitis gabonica gabonica*, they tended to be left sided and found to be painful in the forehead region, the temporal region and were referred to the eyes with a pressing pain by nature. However, the characteristic headache of *Bitis atropos* did not compare to those of *Bitis gabonica gabonica*. Instead they were experienced in the frontal region, and ranged from a dull pain to a sharp pain in nature.

The nose had symptoms mainly in the left side in *Bitis gabonica gabonica*, and experienced a discharge that was clear and albuminous, and was said to be postnasal. The postnasal drip was a very common symptom that stood out in the proving of *Bitis atropos*, as well as coryza, which was characterised as being clear and watery- similar to the discharge of *Bitis gabonica gabonica*, although the discharge of *Bitis atropos* also had a yellow discoloration, unlike that of *Bitis gabonica gabonica*.

Both remedies *Bitis gabonica gabonica* and *Bitis atropos* experienced throat symptoms that were described as dryness of the throat, and a sensation of something in the throat. *Bitis gabonica gabonica* described the sensation as a lump in the throat and a tightness of the throat, where the sensations in *Bitis atropos* varied and was described as a ball of air stuck in the throat by prover 17F, a sensation of a mucous plug and splinter in the throat (33F), as well as a sensation of fullness in the throat by prover 17F. Dryness in the throat was experienced by provers 15F and 33F in *Bitis atropos*.

Common symptoms shared in the eye by both remedies *Bitis arietans arietans* and *Bitis atropos* and was described as a sensation of swelling and inflammation as well as actual swelling and inflammation, the eyes felt heavy and the lids were sore. *Bitis arietans arietans* had eye symptoms that affected mainly the left side and the lids, where *Bitis atropos* had eye symptoms that affected the actual eye, and was described a bruised pain. The lids however were affected in *Bitis atropos*, and were described as being heavy. Vision was commonly affected, yet differed as *Bitis arietans arietans* had a sense of photophobia where in *Bitis atropos*, vision was described as being strained (02F). Dryness of the eyes occurred in *Bitis atropos*.

*Bitis gabonica gabonica* had ear symptoms described as pain mainly on the lobe, behind the ear and also in the meatus. *Bitis atropos* also experienced a pain in the ear which was located inside the ear, and affected mainly the left- contrary to that of *Bitis gabonica gabonica* which was mainly affected on the right. The sensation of fullness of the ear was shared by both remedies, more specifically described in *Bitis atropos* by prover 02F as sensation of water in the ear.

There were rashes and boils on upper and lower limbs of provers in *Bitis gabonica gabonica*, similarly skin eruptions on upper and lower limbs occurred in *Bitis atropos*, but were characterised more as pimples or appeared as insect bites as opposed to boils.

There was some pain in the knees in *Bitis gabonica gabonica*, especially when walking. *Bitis atropos* did not have this symptom in common, instead there was a cramping pain of the lower limbs, especially the calves.

Back pain was a symptom that occurred in *Bitis gabonica gabonica*, and was experienced mainly in the cervical region and left side. The pain was described as a stiff pain and seemed to affect the provers more at night. The pain was said to be ameliorated by lying down. In contrast to cervical pain, *Bitis atropos* had pain in the neck that was described as a stiffness and tightness by 2 provers (02F, 33F). Pain of the neck was described as a burning pain by prover 17F and dull and aching by provers 19F and 33F. Back pain occurred in 5 provers (02F, 04M, 18F, 19F, 20F) in the lumbar region and was described as being bruised or aching, also pain just below the scapulae was experienced.

A general symptom shared by the remedies *Bitis gabonica gabonica* and *Bitis atropos* is the sensitivity to temperature. Both remedies were either too cold, or became cold easily, or were too hot- having flushes of heat. The researcher noted that these symptoms correlate with the general theme of polarity or opposite in the snake remedies, where two sensations which are polar opposite occur in the same remedy. The researcher also noticed that the temperature sensitivity experienced by the provers in both remedies can be related to the characteristic feature of snakes, particularly reptiles of a constant and fundamental need for thermoregulation (Marias, 2004:22).

Food cravings for *Bitis gabonica gabonica* was for coffee, chocolate, warm foods and sweets. The desire for coffee was shared by *Bitis atropos* specifically by prover 04M. In contrast to craving sweets, salty and savoury food was preferred, and in fact sweet foods made the provers experience nausea. Chocolate cravings in *Bitis atropos* were most strong in the mornings on waking.



*Bitis gabonica gabonica* experienced weakness and fatigue, similar to that of *Bitis atropos*. The weakness and weariness stood out in the symptomatology during the proving of *Bitis atropos*, where provers felt a fundamental lack of energy as well as in some cases weakness.

A sensation of general swelling which was better for rubbing and occupation occurred in *Bitis gabonica gabonica*, this symptom did occur in *Bitis atropos* but was not very pronounced as it only appeared in one prover as a slight oedema of the ankles, with no modalities. The researcher suggests that perhaps the theme of swelling was represented in *Bitis atropos* as bloating of the abdomen, as opposed to actual swelling/oedema, however bloating of the abdomen also occurred in the proving of *Bitis gabonica gabonica* and could therefore also be associated with the theme of swelling.

## **5.8 Results of the group analysis**

The analysis of the remedies found in the genus *Bitis* resulted in the following common themes that were shared by the three remedies *Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*. These themes were compared manually as the remedy *Bitis gabonica gabonica* is not found in the electronic version of the repertory Radar version 10 (Archibel, 2007):

- Great sense of irritability
- Anxiety
- Loquacity
- Exhaustion
- Mental confusion and lack of concentration
- Sadness
- Disconnection from oneself
- Cheerfulness
- Sensation of something in the throat

- Decreased appetite
- Temperature sensitivity
- Increased libido
- Polarity

A total of 36 rubrics were found to be shared amongst the 3 remedies in the genus *Bitis*; (*Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*) the shared rubrics being predominately from the mind chapter of the repertory (13 rubrics):

- Mind, absentmindedness
- Mind, anxiety
- Mind, cheerful
- Mind, company, desire for
- Mind, concentration, difficult
- Mind, confusion
- Mind, conversation, aversion to
- Mind, delusions, separated, world; from the he is separated
- Mind, dullness
- Mind, forgetful
- Mind, irritability
- Mind, sadness
- Mind, spaced out feeling
- Head, congestion
- Head, pain, forehead
- Head, pain, temples
- Head, pain, temples, left
- Eye, heaviness
- Eye, pain, burning

- Nose, sneezing
- Throat, pain
- Stomach, appetite, capricious appetite
- Abdomen, distension
- Rectum, constipation, ineffectual urging and straining
- Urine, copious
- Female genitalia/sex, sexual desire increased
- Chest, oppression
- Chest, palpitation of heart
- Back, stiffness, cervical region
- Sleep, falling asleep, difficult
- Dreams, amorous
- Dreams, nightmares
- Dreams, pursued, being
- Generals, food and drink, coffee, desire
- Generals, food and drink, sweets desire
- Generals, weakness

## 5.9 Summary

Over all, the results and discussion of chapter 5 renders both the first and second hypothesis of this proving valid. The proving of *Bitis atropos* produced clear and observable signs and symptoms, and the materia medica thereof demonstrated a significant degree of similarity between the remedies in the same genus: *Bitis*.

## Chapter 6

# Conclusion and Recommendations

### 6.1 Conclusion

It was hypothesised that *Bitis atropos* 30CH would produce clearly observable signs and symptoms in previously healthy provers, as well as the comparison between the remedies in the same genus: *Bitis* (*Bitis arietans arietans*, *Bitis gabonica gabonica* and *Bitis atropos*) would reveal a significant degree of similarity. The proving of *Bitis atropos* 30CH resulted in producing a widely documented variety of mental, emotional and physical symptoms in healthy volunteers recruited for this proving. Some of the dominant symptoms include a sense of antagonism with one's self, a feeling of irritability, anxiety, lack of focus and concentration, fatigue, decreased appetite, asthmatic symptoms, eye symptoms, coryza and nasal congestion, lower back pain, neck pain, vertigo, muscular cramps, skin eruptions, ear infections and an increase in libido. The ability for *Bitis atropos* 30CH to induce symptoms in previously healthy provers resulted in the acceptance of the first hypothesis of this study and in addition the meeting of the corresponding first objective. In keeping with the Law of Similars; *Bitis atropos* has the potential to clinically treat patients that present with symptoms similar to those induced in the healthy provers of this study. It is hoped that further provings and clinical application of this remedy will provide verification of these proposed clinical indications.

On comparing the materia medica of *Bitis atropos* with that of other remedies of the genus *Bitis*; a significant degree of shared materia medica was established effectively proving the second hypothesis of the study, in doing so the researcher was able to propose certain themes which could be attributable to specifically the *Bitis* genus effectively achieving the second objective of the study.

## **6.2 Recommendations**

### **6.2.1 Further provings**

It is recommended that further provings of *Bitis atropos* 30CH are conducted. The researcher had noticed a vast amount of symptoms were experienced in this proving, it would be interesting to note if this remedy does produce as many symptoms if it were to be re-proven in the same potency. Further provings are recommended to be conducted in a range of different potencies. This is advised by Vithoulkas (1980:152), to expand the understanding of the remedy by proving in different potencies to elicit different symptoms across the range.

### **6.2.2 Prover population**

Smal (2004) suggested that only those knowledgeable in homoeopathy (second to fifth year homoeopathic students and longstanding patients) should be used in provings to ensure high quality observations and accurate following of instructions, which would result in reliable results. The proving of *Bitis atropos* (although not intentionally) comprised largely provers familiar with homoeopathy; the vast majority of the provers being students of homoeopathy, and practicing homoeopaths and the remainder of which were all familiar with homoeopathy. The researcher concurs with the recommendations of Smal (2004) and attributes the vast amount of symptoms and rubrics produced in this study due the quality and background knowledge of homoeopathy possessed by the provers.

It is noted that the racial demographic for this proving was dominated by the White race group (15), followed by the Black race group (7), Indian (2) and finally Mixed race group (1). Irrespective of the unbalanced racial demographic amongst provers it is of the researchers opinion that the potential impact of race/culture on proving symptoms was reduced due to the majority of provers if

not all provers, had a strong understanding of homoeopathy and homoeopathic provings, in addition there was no obvious influence of culture or race on the proving symptoms produced.

### **6.2.3 Supervision of prover group**

The proving of *Bitis atropos* was conducted in conjunction with Brijnath (2013), as was experienced by Moore (2007) dual supervision of the provers ensured thorough and more frequent contact with the provers for the duration of the proving. It is recommended to conduct provings over staggered starting dates, with smaller sub-groups, as this will ensure that the provers receive added individual attention.

### **6.2.4 Clinical information**

The use of *Bitis atropos* in clinical context will further verify the symptoms for clinical use of the remedy. It is recommended that the results obtained from this proving be published in the appropriate journals as well as being available electronically to optimise the accessibility of the proving to the homeopathic community.

### **6.2.5 Indigenous substances**

Wright (1999) states the importance of extending the use of remedies indigenous to South Africa and according to Sherr (1994:49), a useful remedy should be a local one, within easy reach of the patient, as nature will always provide an accessible cure. South Africa is a home to a wealth of fauna and flora of potential therapeutic use. In order for them to be discovered and therefore utilised in terms of homoeopathy, these indigenous substances need to be subjected to homoeopathic provings. Successful provings of indigenous substances that have taken place at DUT in the last decade include the provings of *Bitis arietans*

*arietans* (Wright, 1999), *Sceletium tortuosum* (dos Ramos, 1999), *Pycnopus sanguineus* (Morris, 2002), *Bitis gabonica gabonica* (Thomson, 2004), *Naja mossambica* (Smal & Taylor, 2004), *Harpagophytum procumbens* (Kerschbaumer, 2004), *Sutherlandia frutescens* (van der Hulst, Webster, Kell, Low, 2006), *Chamaeleo dilepis dilepis* (Pistorius/Moore, 2006), *Erythrina lysistemon* (de Beer, Olivier, Gryn, Thiel, 2007), *Peucedanum galbanum* (Wagner & Wayland, 2007), *Gymnura natalensis* (Naidoo & Pathar, 2008), *Hemochatus haemochatus* (de la Rouviere & Cahill, 2008), *Loxodonta africana – Ivory* (Forbes & Speckmeier, 2008), *Protea cynaroides* (Botha, 2010), *Dendroaspis angusticeps* (Hansjee, 2010) and *Strychnos henningii* (Ross, 2011). Sixteen homoeopathic medicines of South African indigenous origin is insignificant in comparison with the approximate 3500 proven homoeopathic substances world wide it is therefore recommended by the researcher that provings conducted under the authority of DUT should continue with their endeavours of expanding the South African materia medica.

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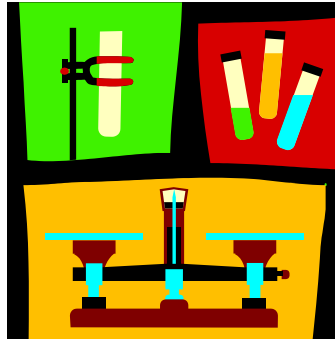
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## **APPENDIX A- ADVERTISEMENT**



# **How would you like to Take part in Homoeopathic Research?**

*By being a part of the discovery of a new medicine,  
which will benefit future generations!*

**Learn all about the exciting workings of  
homoeopathy and at the same time learn more  
about yourself.**

*If you are between 18 and 50 years of age and in general good health  
and excited to be part of the future*

**Don't hesitate ....**

### ***Contact:***

**Victoria Schonfeld – 0833038228  
Shraddha Brijnath– 0714484944 / (031) 4644611  
Homoeopathic Day Clinic – (031) 2042041**

## **APPENDIX B :**

### **SUITABILITY FOR INCLUSION IN THE PROVING**

*All information will be treated as strictly confidential*

#### **PROVER CODE:**

Surname:

First name:

Sex:

Telephone number:

#### **PLEASE CIRCLE THE APPROPRIATE WORD:**

1. Are you between the ages of 18 and 65 years? YES /  
NO
2. Do you consider yourself to be in a general state of good health? YES  
/NO
3. Are you currently taking or in need of any medication?
  - Chemical / Allopathic YES /  
NO
  - Homoeopathic YES /  
NO
  - Other ( e.g. Herbal ) YES /  
NO
4. Have you been on the birth control pill or Hormone Replacement  
Therapy in the last 6 months? YES /  
NO
5. Are you pregnant or nursing? YES /  
NO
6. Have you had any surgery in the last 6 weeks? YES /  
NO
7. Do you use any recreational drugs such as  
Marijuana, LSD, MDMA (ecstasy)?  
YES/NO
8. Do you consume more than:
  - 2 Measures of alcohol per day?  
( 1 measure = 1 tot, 1 beer, ½ glass of wine )  
YES/NO

- 10 cigarettes per day?  
YES/NO
- 3 cups of tea, coffee or Herbal tea per day?  
YES/NO

9. If you are between the ages of 18 and 21 years  
do you have the Consent from a parent or guardian  
to participate in this proving?

NA/YES/

NO

10. Are you willing to follow the proper procedures for  
the duration of the proving?

YES /

NO

11. Is English your first language and/or are you fluent  
in English?

YES/NO

*This appendix has been adapted from Webster, H .2002. A Homoeopathic Drug Proving of Sutherlandia frutescens. M. Tech. Dissertation. Durban Institute of Technology.*



## **APPENDIX C**

### **INFORMATION CONSENT FORM**

(TO BE COMPLETED IN DUPLICATE BY THE PROVER)

#### **TITLE OF RESEARCH PROJECT:**

*A homoeopathic Drug Proving*

#### **NAME OF SUPERVISOR:**

DR. DAVID NAUDE

Contact details: Land Line : (031) 373-2514

Cell: 082 370 1012

#### **NAME OF RESEARCH STUDENTS:**

VICTORIA SCHONFELD – Cell: 083 303 8228

SHRADDHA SIRPAL – Land line: (031) 464-4611

Cell: 071 448 4944

#### **DATE:**

#### **PLEASE TICK THE APPROPRIATE ANSWER:**

- 1) Have you read the Research Information Sheet? YES/NO
- 2) Have you had the opportunity to ask questions regarding this proving? YES/NO
- 3) Have you received satisfactory answers to your questions? YES/NO
- 4) Have you had an opportunity to discuss the proving? YES/NO
- 5) Who have you spoken to ? \_\_\_\_\_
- 6) Have you received enough information about this proving? YES/NO
- 7) Do you understand the implications of your involvement in this proving? YES/NO
- 8) Do you understand that you are free to withdraw from this proving:
  - i) At any time YES/NO
  - ii) Without having to give a reason for withdrawing YES/NO
  - iii) Without affecting your future health care YES/NO
- 9) Do you agree to voluntarily participate in this study? YES/NO

10) To participate in this proving you must meet all the inclusion criteria:

- You must be between the ages of 18 and 50 years old;
- Must not need any medication, including chemical, allopathic, homoeopathic or other;
- Must not be on, or have been on the contraceptive pill or hormone replacement therapy in the last 6 months;
- Must not be pregnant or breastfeeding;
- Must not have had surgery in the last 6 weeks;
- Must not use recreational drugs such as cannabis, LSD, or ecstasy (MDMA);
- Must not consume more than two measures of alcohol per day;
- Must not consume more than 10 cigarettes a day;
- Must not consume more than 3 cups of coffee or tea a day;
- Must be in a general good state of health;
- Must be willing to follow the proper procedure for the duration of the proving.

Have you completed **Appendix B** that outlines in detail all of the inclusion criteria stated above? YES/NO

11) Discomfort may be experienced as a result of participating in the proving. Complete recovery as usual.

12) Benefits to provers: It is postulated that each proving undertaken strengthens the body's vital force (Hahnemann, 1997:208). Provers learn and develop the skill of observation and gain homoeopathic knowledge through direct involvement in a proving. A prover may be curer of certain ailments if the remedy is his/her simillimum.

13) There is no expense to the prover for participating in the proving and no remuneration is offered to the prover.

14) Every prover is given the name and telephone numbers of the research student and the supervisor of the proving if problems or questions arise.

This appendix has been adapted from Wright, C. (1999). A Homoeopathic Drug Proving of Bitis arietans.

## **APPENDIX D**

### **Case History Sheet**

*This has been adapted from Wright, C. 1999. A Homoeopathic Drug Proving of Venom of Bitis arietans arietans. M. Tech. Hom. Dissertation, Technikon Natal Durban.*

Prover number:

**Name:**  
**Dated of birth:**  
**Marital status**  
**Occupation:**

**Sex:**  
**Age:**  
**Children:**

Past Medical History:

Please list all previous health problems and their approximate dates:

Do you have a history of any of the following?

Cancer		Asthma	
HIV		Pneumonia/ chronic bronchitis	
Parasitic infections		Tuberculosis	
Glandular fever		Tendency to suppuration/ boils	
Bleeding disorders		Haemorrhoids	
Eczema or skin conditions		Cardiovascular disease	
Arthritic / Rheumatic conditions		Warts	

Surgical history:

Please list any past surgical procedures you have undergone, and the approximate dates. (Including the removal of tonsils, warts, moles, appendix)

Allergies:

Vaccinations (including any reaction to them):

Medications (including supplements):

Estimations of daily consumptions of:

Alcohol:

Cigarettes:

Family History:

Is there a history of any of the following within your family?

Cardiovascular Disease		Cerebrovascular disease	
Diabetes mellitus		Tuberculosis	
Mental disease		Cancer	
Epilepsy		Bleeding disorders	
Arthritic/ Rheumatic conditions			

Please list any other medical conditions within your family?

General Health:

**Energy:**

Describe your energy levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

**Stress:**

Describe your stress levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

**Sleep:**

- Quantity
- Quality
- Position

**Dreams:**

Include any recurrent dreams and themes; and any significance related to life situations at the time of the dream.

**Time Modalities:**

**Weather modalities:**

**Perspiration:**

- Distribution
- Odour
- Colour

**Appetite:**

- Hunger
- Cravings
- Aversions
- Aggravations

**Thirst:**

- What do you normally drink?

- Quatity
- How do you drink ( small / large sips...)

## **Travel**

### **Specific Body Systems:**

Symptoms from each system will be concentrated on more than pathologies- these headings are just guidelines for researchers.

#### **Head:**

- Scalp , Hair
- Headaches
- Traums, whiplash
- Concomitants
- Modalities

#### **Neurological:**

- Seizures
- Weakness / Palsy

- Sensations
- Concomitants
- Modalities

#### **Eyes:**

- Pain
- Inflammation
- Discoloration
- Vision
- Concomitants
- Modalities

#### **Ears:**

- Otitis
- Balance / Vertigo
- Tinnitus
- Hearing
- Concomitants
- Modalities

#### **Nose**

- Allergic rhinitis
- Coryza
- Sneezing



- Sinusitis
- Post-nasal drip
- Concomitants
- Modalities

**Throat:**

- Sore Throats
- Hoarseness
- Tonsils - IN or OUT
- Concomitants
- Modalities

**Pulmonary:**

- Chest
- Cough
- Sputum
- Asthma
- SOB
- Bronchitis
- Pneumonia
- Concomitants
- Modalities

**CVS:**

- Hyper / Hypotension
- Pain / Discomfort (chest)
- Palpitations
- Syncope
- Oedema
- Phlebitis, varices, Telangiesctasias, anaemia, easy bruising...

**GIT and Abdomen:**

- Nausea / vomiting
- Indigestion/ Heartburn
- Hernia
- Ulcers
- Abdominal pain
- Bloating
- Bowel movements
- Constipation
- Flatulence
- Any organs particularly affected (Livers, Pancreas, gall bladder...)
- Hemorrhoids
- Any GI surgery
- Concomitants
- Modalities

**Urinary System:**

- Urine Output per day (quantity, colour , odour...)
- Fluid intake ( what, how much, hot/cold ...)
- Infections
- Nocturia
- Haematuria
- Past stones
- Concomitants
- Modalities

**Male systems:**

- Libido
- Pain
- Impotence
- Emissions
- Prostate
- Swellings
- Lesions
- STD's
- Concomitants
- Modalities

**Female system:**

- Contraception

For how long

Past History of

- Libido
- Coital pain
- Pain
- Bloating
- Cysts
- PMS
- Menstrual cycle:
  - Intervals
  - No. Of Days
  - Amt of flow
  - Colour of Blood
  - Clots
  - Pains
  - Menarche
- Menopause
- Discharge
- Breast Pain
- Check ups
- PAP smear
- Last gynae appointment

- Pregnancy
- Labour
- Infections
- STD's
- Concomitants
- Modalities

**Skin:**

- General appearance
- Eruptions
- Dryness
- Turgor
- Nails
- Concomitants
- Modalities

**Musculoskeletal:**

- Muscle pain /Stiffness
- Joints
  - Pains
  - Stiffness
  - Inflammation
- Concomitants

- Modalities

**Mental:**

Please describe your mental and emotional state as it is at this present time

**Physical Examination:**

- Vital signs:
  - Pulse
  - Temperature
  - Blood pressure
  - Respiratory rate
  - Height
  - Weight (any recent change...)

**JACCOLDD:**

- Jaundice
- Anaemia
- Cyanosis
- Clubbing
- Oedema
- Lymphadenopathy
- Dehydration

**Cursory Examination:**

- Brief Head to toe examination of all systems
- Skin
- Head and neck
- Respiratory
- CVS



- Abdomen
- Extremities
  - Reflexes
  - Range of motion
  - Muscle tone

## **APPENDIX E**

### **INSTRUCTION TO PROVERS**

Dear Prover,

Thank you for taking part in this proving. We are grateful for your contribution to the growth of homoeopathy. We are sure you will benefit from this experience in many ways.

#### **Before the proving:**

Ensure that you have the following:

- The correct journal
- Read and understood these instructions
- Had a case history taken and a physical examination performed
- Signed the informed consent form

Your proving supervisor will contact you with the date that you are required to commence the pre proving observation period and the date that you are required to start taking the remedy. You will also agree on a daily contact time for the supervisor to contact you.

***Should there be any problems or anything you don't understand, please do not hesitate to call your supervisor.***

#### **Beginning the proving:**

After having been contacted by the supervisor and asked to commence with the proving, record your symptoms daily in the diary for one week prior to taking the remedy. This will help you get into the habit of observing and recording your symptoms, as well as establishes a baseline for you as an individual prover.

#### **Taking the remedy:**

Begin taking the remedy on the day you and your supervisor have agreed upon. Record the time that you take each dose. Time keeping is an important element of the proving.

The remedy should be taken on an empty stomach and with a clean mouth. Neither food nor drink should be taken for a half hour before and after taking the remedy. The remedy should not be taken for more than 3 doses a day for two days (6 powders maximum). In the event that you experience symptoms of those around you observe any proving symptoms, **do not take any further doses of the remedy. This is very important.** By proving symptoms we mean:

1. Any new symptoms, i.e. ones that you have never experienced before.
2. Any change of intensification of any existing symptom.

3. Any strong return of an old symptom, i.e. a symptom that you have not experienced for more than a year.

If in doubt phone your supervisor. Be on the safe side and do not take further doses. **Our experience has shown again and again that the proving symptoms begin very subtly. Often before the prover recognizes that the remedy has begun to act.**

### **Lifestyle during the proving:**

Avoid all antidoting factors such as **coffee, camphor and mints**. If you normally use these substances, please stop taking them for two 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, **chemicals and electrical equipment including cell phones**.

A successful proving depends on your recognizing and respecting the need for moderation in the following areas: work, alcohol, exercise and diet. Try to maintain within your usual framework and maintain your usual habits.

Avoid taking medication of any sort, including antibiotics and any steroid or cortisone preparations, vitamins or mineral supplements, herbal or homeopathic remedies.

**In the event of a medical or dental emergency of course common sense should prevail.** Contact your doctor, dentist or local hospital as necessary. Please contact your supervisor as soon as possible.

### **Confidentiality:**

It is important for the quality and the credibility of the prover that you discuss your symptoms only with your supervisor. Keep your symptoms to yourself and do not discuss them with fellow provers.

Your privacy is something that we will protect. Only your supervisor will know your identity and all information will be treated in the strictest confidence.

### **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 to 3 times a week and then to once a week, as soon as you and the supervisor agree that there is no longer a need for such close contact. This will serve to check on your progress, ensure that you are recording the best quality symptoms possible and to judge when you need to cease taking

the remedy. If you have any problems during the proving, please do not hesitate to call your supervisor.

### **Recording of symptoms:**

When you commence the proving note down carefully any symptoms that arise, whether they are old or new, the time of day or night that they occurred. **This should be done as vigilantly and frequently as possible so that the details will be fresh in you memory.** Make a note even if nothing happens.

*Please start each day on a new page with the date noted at the top of each page. Also please 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.

Information about **location, sensation, modality, time** and **intensity** is particularly important:

**Location:** Try to be accurate in your anatomical descriptions. Simple, clear diagrams may help here. Be attentive to which side of the body is affected.

**Sensation:** Describe this as carefully and as thoroughly as possible e.g. burning, shooting, stitching, throbbing, and dull, etc.

**Modality:** a modality describes how a symptom is affected by different situations/stimuli. Better (>) or worse (<) from weather, food, smells, dark, lying, standing, light, people, etc. Try different things out and record any changes.

**Time:** Note that the time of onset of the symptoms, and when they cease or are altered. Is it generally > or < at a particular time of day, and is it unusual for you.

**Intensity:** Briefly describe the sensation and the effect 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?

If you have any doubts discuss them with your supervisor.  
Please remember that detailed observation and concise, legible recording is crucial to the proving. One reads in the Organon of Medicine paragraph 126:

“ The person who is proving the medicine must be pre-eminently trustworthy and conscientious ...and be able to express and describe his sensations in accurate terms” (Hahnemann, 1997:200)

Thank you for participating in this proving. We are sure you will find that there is no better way of learning and advancing homoeopathy.

*Adapted from Jeremy Sherr – Dynamics and Methodology of Homoeopathic Provings, second edition, 1994.*

I, \_\_\_\_\_,

Agree to participate in the proving outlined in Appendix E, and acknowledge that I have read and understand the instructions in Appendix E, regarding the proving.

Provers: \_\_\_\_\_ Signature: \_\_\_\_\_

Witness: \_\_\_\_\_ Signature: \_\_\_\_\_

Researcher: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **Appendix F**

### **Proving information sheet**

#### **What is a proving?**

A homoeopathic drug proving is a study in which people who are in a relatively good state of health, take a homoeopathically prepared substance in order to observe and record any symptoms that are elicited. These symptoms are then said to form the drug picture for that substance and can be used as basis for prescription, according to the Law of Similars, when a patient displays a similar symptom picture.

#### **Why participate in a proving?**

Provings are vitally important to homoeopathy as they represent the only truly accurate manner in which to ascertain the action of the homoeopathic drugs. Hahnemann suggests in the Organon that all homoeopaths should participate in provings because they allow one to gain a practical and experimental understanding of homoeopathic medicines. He also feels that the process of having to accurately record all symptoms that are experienced in the proving can only serve to increase the physician's powers of observation – what he considered to be the physician's greatest and most important tool.

#### **Are there any health risks in participating in a proving?**

Homoeopathic drug provings are safe and pose no threat to one's health as a substance used in the proving is given in a diluted and potentised homoeopathic form.

Provings have been conducted for as long as homoeopathy has existed and it is seen in all provings that symptoms that are experienced are generally mild and temporary.

There is, in addition to this, the fact that all provers are continuously monitored by the researchers throughout the proving process. If at any point a prover experiences symptoms that are causing discomfort these will immediately be treated homoeopathically, free of charge, under the supervision of the research supervisor.

#### **What is expected of provers?**

There are certain criteria that need to be met to participate in approving:

- Must be between the ages 18 and 60
- Must be willing and able to comply with the daily keeping of a journal in which symptoms are recorded
- Must be in a relatively good state of health
- Must be willing to follow the proper procedures for the duration of the proving
- Must be able to maintain your normal lifestyle and usual daily routine as closely as possible and have no major lifestyle changes (e.g. moving housing, marriage or divorce) planned during the proving period.
- Must not be on or in need of any medication; homeopathic or other
- Must not have been on the birth control pill or hormone replacement therapy in the previous six months
- Must not be pregnant or nursing

- Must not have had surgery in the previous six weeks
- Must not have any surgical or medical procedures planned for the duration of the proving period
- Must not use recreational drugs such as cannabis
- Any consumption of stimulants (alcohol, coffee, tea, cigarettes) must be in moderation

A total number of 30 provers will be randomly assigned to two groups. One group will be given the proving substance and the other group will receive placebo. This is done in such a manner that neither the provers nor the researchers will know who is in which group; and none of the provers will know what the proving substance is.

Provers will first need to record their “normal” symptoms for one week to establish a baseline of health. You will then be required to take the given substance three times a day for a total of two days. During this time, you may experience symptoms that you will be required to record in your proving journal. During the proving period the researchers will be in close contact with you to monitor your symptoms. This will be done under the supervision of the research supervisor.

If you choose to participate you will be provided with a detailed list of instructions. Here follows the basic sequence of events

1. You will contact either of the researchers volunteering to participate in the proving and will meet with them for a pre-proving interview.
2. At the pre-proving interview you will be asked to complete the inclusion criteria sheet and provided any information you require about the process. A informed consent form must then be signed.
3. You will then be asked to arrange a time with the researcher for a one and a half hour consultation and physical examination.
4. At the consultation you will be given your prover code, journal, medication and a starting date will be agreed upon.
5. On completion of the proving there will another one and a half hour consultation with the researcher.
6. Once all provers have completed the proving there will be a group meeting between provers and researchers to compare individual experiences and the substance will be unblended.

You are entitled to withdraw from the proving without having to give any explanation. You may be asked to withdraw from the proving if there is any conflict with the criteria listed above, as these criteria have been set to define the study.

Please be aware that confidentiality will be maintained throughout the proving. On completion of the proving any identifiable data will be removed and destroyed. Proving symptoms that are recorded will only be published using the prover code.

### **Contact details**

If you have any questions, require information or would like to participate in the proving, please contact one of the following people:

<b>Shraddha Brijnath</b> Telephone: 031 – 464 4611 (A/h) Cellular: 071 4484 944 E-mail: <a href="mailto:shraddhasirpal@yahoo.com">shraddhasirpal@yahoo.com</a>	<b>Victoria Schonfeld</b> Cellular: 083 303 8228 E-mail: <a href="mailto:vschonfeld@gmail.com">vschonfeld@gmail.com</a>
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If you have any questions at all, please do not hesitate to contact us.

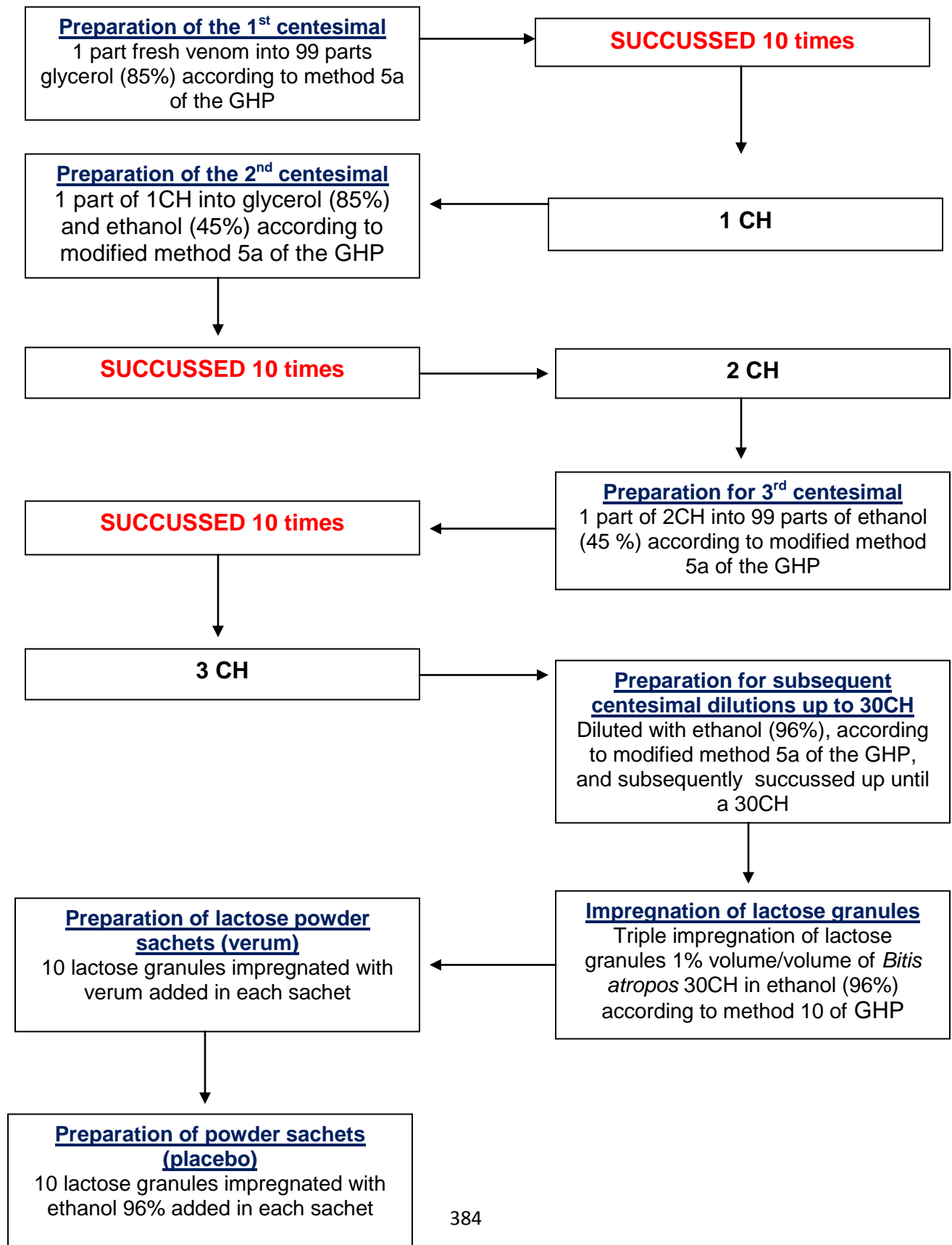
Thank you for your time!

Shraddha and Victoria



## APPENDIX G

### Method 5a:solutions (modified)



## **APPENDIX H- Sub rubric table**

<b>MIND</b>	MIND – ABRUPT	3	1
	MIND – ABSORBED	6	1
	MIND – ACCEPTANCE	2	1
	MIND – ACTIVITY – desire activity – alternating with – weakness	20	1
	MIND – AMBITION – increased – competitive	3	1
	MIND – ANXIETY – family; about his	2	1
	MIND – ANXIETY – night	2	1
	MIND – ANXIETY – night – bed; in	2	1
	MIND – ANXIETY – strangers, in the presence of	2	1
	MIND – ARDENT	2,2, 34	1
	MIND – ATTACK others, desire to	18	1
	MIND – AUDACITY	2	1
	MIND – AVARICE	19	1
	MIND – AWKWARD – haste, from	20	1
	MIND – BUSINESS – desire for	3	1
	MIND – CAPRICIOUSNESS – rejecting the things for which he has been longing; when offered, he is 385	19	1
	MIND – CARRIED – desire to be carried	2	1

	MIND – CAUTIOUS	3	1
	MIND – CAUTIOUS – anxious	2	1
	MIND – CENSORIOUS	3	1
	MIND – CHEERFUL , morning	18	1
	MIND – CHEERFUL, morning, waking on	18	1
	MIND – COMMUNICATIVE	6	1
	MIND – COMPANY – agg.	8	1
	MIND – COMPANY – alone, amel	23	1
	MIND – COMPANY – aversion – alone amel.; when	8	1
	MIND – COMPANY – aversion to – strangers, aversion to the presence of	3	1
	MIND – CONCENTRATION – difficult – focus, inability to	3	1
	MIND – CONCENTRATION – difficult, morning	19	1
	MIND – CONFIDENCE – want of self-confidence – self- depreciation	3,3,3	1
	MIND – CONFLICT – higher consciousness and worldly existence	4,4,4,4	1
	MIND – CONFUSION of mind – concentrate the mind, on attempting to	19	1
	MIND – CONFUSION of mind – dazed	2	1

	MIND – CONFUSION of mind – intoxicated – as if	2	1
	MIND – CONFUSION – conversation agg.	6	1
	MIND – CONFUSION– IDENTITY – duality	2	1
	MIND – CONFUSION – identity, as to his – duality, sense of	4,4	1
	MIND – CONFUSION – identity, as to his – sexual identity	4	1
	MIND – CONFUSION – spoken to, when	6,6	1
	MIND – CONFUSION – talking, while	6,6	1
	MIND – CONFUSION – working, while	6,6	1
	MIND – CONTEMPTUOUS	3	1
	MIND – CONTRADICTION- disposition to contradict	2,2	1
	MIND – CONTENT	2	1
	MIND – COQUETTISH – too much	2,2	1
	MIND – COURAGEOUS	2,2,2	1
	MIND – CURIOUS	3	1
	MIND – DELUSIONS – attacked; being	2	1
	MIND – DELUSIONS – body – ugly; body looks - fat; too	19	1
	MIND – DELUSIONS –	2	1

	criminals, about		
	MIND – DELUSIONS – divided – two parts into	4,4	1
	MIND – DELUSIONS – double being	4,4	1
	MIND – DELUSIONS – enlarged – body is	19	1
	MIND – DELUSION – Inferior	3	1
	MIND – DELUSIONS – injury – about to receive injury; is	2	1
	MIND – DELUSIONS – laughed at and mocked at; being	2	1
	MIND – DELUSIONS – looking – everyone is looking at her	2	1
	MIND – DELUSIONS – neck – too large; is	19	1
	MIND – DELUSION – Scratching – like a monkey was scratching his head	20	1
	MIND – DELUSIONS – two	4,4	1
	MIND – DELUSIONS – watched, she is being	2	1
	MIND – DELUSION – wounded he is	2,2,2	1
	MIND – DELUSION – wounds – to flesh and skin he has	2	1
	MIND – DESIRE full of – more than she needs	2,17,17	1
	MIND – DETERMINATION	2	1
	MIND – DULLNESS –	19	1

	understand; does not – words; the meaning of		
	MIND – EGOTISM	2,4,4	1
	MIND – ENVY – hate	3	1
	MIND – EXTRAVAGANCE	17	1
	MIND – FANCIES – lascivious	4,4	1
	MIND – FASTIDIOUS – prove himself; he has to	3,3,3	1
	MIND – FEAR – downward motion, of	2	1
	MIND – FEAR – falling, of	2	1
	MIND – FEAR – high places, of	2	1
	MIND – FEAR – injury - being	2	1
	MIND – FEAR – strangers of	2	1
	MIND – FEARLESS	2	1
	MIND – FIGHT, wants to	2,2,18	1
	MIND – FIRMNESS	2	1
	MIND – FORSAKEN – isolation; sensation of	6	1
	MIND – FORSAKEN feeling - beloved by his parents, wife, friends; feeling of not being	4	1
	MIND - FROWN, disposed to	20	1
	MIND – GRUMLING	32	1
	MIND – HARDHEARTED	3	1
	MIND – HOME- desires to go	33	1

	MIND – INDEPENDENT	2	1
	MIND – INDIFFERENCE – everything	3	1
	MIND – INDIFFERENCE – work	15	1
	MIND – INSECURITY	2	1
	MIND – IRRESOLUTION	4,4	1
	MIND – IRRITABILITY – afternoon	18	1
	MIND – IRRITABILITY – anger – violent	19	1
	MIND – IRRITABILITY – driving a car	20	1
	MIND - IRRITABILITY - friend; to her	19	1
	MIND – IRRITABILITY – easily	20	1
	MIND – IRRITABILITY, evening	24	1
	MIND – IRRITABILITY – hungry; when	32	1
	MIND – IRRITABILITY – husband, toward	20	1
	MIND – IRRITABILITY – trifles, from	19	1
	MIND – IRRITABILITY – weakness – with	33	1
	MIND – IRRITABILITY – weariness – during	33	1
	MIND – JEALOUSY – loquacity, with	3	1
	MIND – JOY	6	1

	MIND – LOVE – perversity; sexual	4,4	1
	MIND – MANIPULATIVE	3	1
	MIND – MEMORY – weakness	6,6,6	1
	MIND – MEMORY – weakness – thought, for what he just has	2,6	1
	MIND – MISCHIEVOUS	3	1
	MIND – MISTAKES – words	2,6,6	1
	MIND – NATURE – loves	3,3	1
	MIND – OBSERVER – being an	6	1
	MIND – OFFENDED, easily	2	1
	MIND – PERSONAL APPEARANCE – too coquettish	2	1
	MIND – POMPOUS, important	2	1
	MIND – POSITIVENESS	34	1
	MIND – POWER – sensation of	34	1
	MIND – PROTESTING	2	1
	MIND – REPROACHING ONESELF	3,3,3	1
	MIND – RESTLESSNESS – anxious	2	1
	MIND – RESTLESSNESS – anxious – night	2	1
	MIND – RESTLESSNESS – bed – tossing about in	2	1
	MIND – RESTLESSNESS – night	2	1



	MIND – SADNESS – sudden	3	1
	MIND – SELF-DENIAL	2	1
	MIND – SMILING – involuntarily	2	1
	MIND – STUPEFACTION	6	1
	MIND – TALKING – business, of	3,3	1
	MIND – THOUGHTS – intrude and crowd around each other – sexual	4	1
	MIND – THOUGHTS – sexual desires; about	4,4	1
	MIND – THOUGHTS – two	4	1
	MIND – UNDERTAKING – things	4	1
	MIND – WILL – strong will power	2,2	1
<b>TEETH</b>	TEETH – PAIN – nerve was exposed, as if	2	1
	TEETH – PAIN – nerve were rubbed; as if bare, exposed	2	1
<b>GENERALS</b>	GENERALS – ENERGY – excess, evening	20, 20	1
	GENERALS – TENSION – general; in	2	1
	GENERALS – WEAKNESS – evening	6	1
	GENERALS - WEAKNESS - morning - waking, on	15	1
	GENERALS – WEARINESS, evening	25	1

	GENERALS – WEARINESS – morning	27, 27	1
	GENERALS – WEARINESS , noon	24	1
	GENERALS - WEARINESS - waking, on	20	1
	GENERALS – WEARY	15, 15	1
<b>VERTIGO</b>	VERTIGO - WALKING - while	33	1
<b>THROAT</b>	THROAT – DRYNESS – morning, on waking	20	1
	THROAT - MUCUS - difficult to detach	33	1
	THROAT - MUCUS - night	34	1
	THROAT – PAIN – accompanied by – voice; complaints of.	35	1
	THROAT – PAIN – sore	20	1
	THROAT - PAIN - swallowing	20, 25	1
	THROAT – PAIN – talking –agg.	2	1
	THROAT – PAIN – talking – agg. – sore	35, 35	1
	THROAT – PAIN – tea – amel	35	1
	THROAT – SWELLING – tonsils	2	1
<b>CHEST</b>	CHEST – COMPLAINTS of chest –accompanied by – nausea	2	1
	CHEST – CONSTRICTION - morning	4	1
	CHEST – HEAT – sensation of	2	1

	CHEST - OPPRESSION - painful	30	1
	CHEST – PAIN – cough – during – agg.	35, 35, 35	1
	CHEST - PAIN - cramping - External chest	2	1
	CHEST - PAIN - External chest	2	1
	CHEST – PAIN –Mammae	3	1
	CHEST – PAIN – mammae – left – aching	3	1
	CHEST - PAIN - Ribs - Between	2	1
	CHEST – PAIN – ribs – left	2	1
	CHEST –PAIN – sides – left – pressing	2	1
	CHEST - PALPITATION of heart - tumultuous, violent, vehement	25	1
	CHEST – PAIN – sides – sitting – amel.	2	1
<b>HEAD</b>	HEAD – HEAT –forehead – sensation of	2	1
	HEAD – INTOXICATION – as from	2	1
	HEAD - PAIN - accompanied by - Neck - pain in - Nape of neck	19	1
	HEAD – PAIN – sleep – preventing	35	1
<b>BACK</b>	BACK – PAIN – Cervical – left	2	1
	BACK – PAIN – Dorsal – Scapulae – left – lancinating	2	1

<b>EYE</b>			
	EYE – DRYNESS – sensation of	2	1
	EYE – HEAVINESS – Lids	2	1
	EYE – HEAVINESS – Lids – Upper	2	1
	EYE – LIGHT; from – sunlight /agg.	2	1
	EYE – LOOKING – light; at – bright light	2	1
	EYE - SUNKEN	20	1
<b>EXTREMITIES</b>			
	EXTREMITIES – PAIN – feet , burning	15	1
	<u>EXTREMITIES – PAIN – Hips – bending – body – forward amel</u>	<u>2</u>	<u>1</u>
	EXTREMITIES – PAIN – Hips – cutting pain	2,2	1
	EXTREMITIES – PAIN – Hips – extending to – Sacrum	2	1
	EXTREMITIES – PAIN – Hips – motion – agg.	2	1
	EXTREMITIES – PAIN – Hips – motion –amel.	2	1
	EXTREMITIES – PAIN – Hips – pressure – amel.	2	1
	EXTREMITIES – PAIN – Hips – right	2	1
	<u>EXTREMITIES – PAIN – Hips –</u>	<u>2</u>	<u>1</u>

	<u>sitting – bent double –amel</u>		
	EXTREMITIES – PAIN – Hips – sore	2	1
	EXTREMITIES – PAIN – Hips – walking – agg.	2	1
	EXTREMITIES – PAIN – Shoulders – dull pain	2	1
	<u>EXTREMITIES – PAIN – Shoulders – extending the arm – amel</u>	<u>2</u>	<u>1</u>
	EXTREMITIES – PAIN – Shoulder –extending to – Fingers – Tips	2	1
	EXTREMITIES – PAIN – Shoulders – left	2,2	1
	EXTREMITIES – PAIN – Shoulders – lying –side; on – left – agg.	2	1
	EXTREMITIES – PAIN – Shoulders – lying –side; on – left – amel.	2	1
	EXTREMITIES – PAIN – Shoulders – pressure – agg.	2	1
	EXTREMITIES – PAIN – Shoulders – sore	2	1
<b>STOMACH</b>			
	STOMACH – APPETITE, increased, forenoon	24	1
	STOMACH – HEARTBURN – drinking agg.; after	13	1
	STOMACH – HEARTBURN –	13	1

	eating – after – amel		
	STOMACH – NAUSEA – eating – after – agg.	3,27	1
<b>SLEEP</b>			
	SLEEP – SLEEPINESS	17	1
	SLEEP – SLEEPLESSNESS – weariness – in spite of weariness	2	1
<b>EAR</b>			
	<u>EAR – PAIN – covering amel.</u>	<u>2</u>	<u>1</u>
	EAR – PAIN – left – sore	2	1
	EAR – PAIN– warm; wrapping up amel.	2	1
<b>FEMALE</b>			
	FEMALE GENITALIA/SEX – PAIN – bearing	33	1
<b>DREAMS</b>			
	DREAMS – BUILDINGS – admirable	4, 4	1
	DREAMS – EVENTS – previous	35	1
	DREAMS – WATER – Swimming in	2	1
	DREAMS – WOMEN – naked	4	1
<b>CHILL</b>			
	CHILL – COLDNESS	4	1
<b>NOSE</b>			
	NOSE - CATARRH - Postnasal - watery	33	1
	NOSE – CATARRH – postnasal – night	3	1
	NOSE – DISCHARGE –	33	1

	copious – stuffing of head; with		
	NOSE – ITCHING	19, 19	1
	NOSE - PAIN – Root	33	1
<b>FACE</b>			
	FACE – DRYNESS – Lips – Upper	2	1
	FACE –ERUPTIONS – pimples	19	1
	FACE – PAIN – Malarbones – left	2	1
<b>RESPIRATION</b>			
	RESPIRATION - DIFFICULT - exertion - after	33	1
<b>COUGH</b>			
	COUGH – DRY COUGH – TALK, agg	15	1
	COUGH – ITCHING	4	1
	COUGH – NIGHT	2	1
	COUGH – PAROXYSMAL	35	1
	COUGH – TALK, agg	15	1
	COUGH - TALKING	15,15	1
<b>SKIN</b>			
	SKIN – DRYNESS	20	1