

# **A homoeopathic proving of the African lioness (*Panthera leo*) with a subsequent comparison with lion ethology**

**By**

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Master's Degree in Technology: Homoeopathy in the Faculty of Health  
Sciences at the Durban University of Technology

I *Clarissa Peter* do declare that this dissertation is representative of my own  
work, both in conception and execution.

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**Dedicated to the Lion of the tribe of Judah**

## **ACKNOWLEDGEMENTS**

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# ABSTRACT

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## INTRODUCTION

A homoeopathic drug proving was conducted by Master's students at the Durban University of Technology (DUT). The proving substance was nail shavings obtained from an African lioness (*Panthera leo*).

The primary objective of this study was to identify the symptoms produced by healthy individuals in response to *Panthera leo* 30CH; this was done by administering the proving remedy (*Panthera leo* 30CH) to healthy individuals, who recorded the symptoms they experienced after taking the remedy. The secondary objective was to compare the symptoms produced to the ethology of the African lion. The final objective was to further develop the materia medica by adding the remedy picture of *Panthera leo*.

## METHODOLOGY

This study was qualitative and exploratory in nature. The study took the form of a randomised, double-blind and placebo controlled trial. A total of 30 provers, who met the inclusion criteria (Appendix C), participated in this study. The provers were randomly assigned to either a verum or placebo group, such that 24 received verum (*Panthera leo*) and 6 received placebo. Neither provers nor researchers had knowledge of which provers were in each group until the study was complete, and provers did not have any knowledge regarding the nature of the proving substance.

Before commencing the study all provers signed relevant information and consent documents. The researcher then took a full case history and performed a physical examination. Provers recorded their baseline state for 7 days in a journal, prior to taking the verum or placebo, as administered to them. After recording their baseline state for 7 days, they took their remedies and continued to record their symptoms for a minimum of 2 weeks, or until the proving symptoms ceased. Once they had completed recording in their journals, a post-proving case history was taken and a physical examination was performed. All journals were collected and analysed by the researcher.

The remedy was manufactured by triturating the crude substance up to the 3rd centesimal potency. This was then converted to a liquid potency and further diluted up to the 30th centesimal potency. Neutral granules were impregnated with *Panthera leo* 30CH, and dispensed as 10 granules in 500mg of lactose powder. The placebo was dispensed as 10 granules, which were impregnated with 96% ethanol, in 500mg lactose powder. Each prover received 6 lactose powders, containing either verum or placebo. The manufacture of *Panthera leo* was done according to the methods and

guidelines stipulated in the German Homoeopathic Pharmacopoeia (Benyunes, 2005).

## RESULTS

The proving of *Panthera leo* 30CH produced a total of 1234 rubrics, which represent a wide variety of mental, emotional and physical symptoms. The main themes that emerged from the mental and emotional symptoms included anger, aggression, irritability, poor concentration and fear. Physical symptoms included catarrh, constipation, diarrhoea, diminished appetite, fatigue, insomnia, thirstiness and headaches.

A comparison was made between the symptomatology of *Panthera leo* and the ethology of the lion. Some of the themes of symptoms which corresponded with the ethology of the lion included 'anger', 'audacity', 'ennui', 'increased appetite and thirst', 'responsibilities' and 'children'.

## CONCLUSION

The objectives of this study were fulfilled, as the proving of *Panthera leo* produced a wide variety of clearly identifiable and observable symptoms amongst the healthy individuals recruited. There was a remarkable correlation of a portion of the materia medica with the ethological features of the African lion.

As a result of this study, the materia medica of *Panthera leo* was well outlined and will be added to the existing body of homoeopathic materia medica for application and utilization in clinical practice

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## DEFINITION OF TERMS

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### **Centesimal potency**

This is the most widely used potency scale and was originally developed by Hahnemann. It is a dilution in the proportion of 1 part in one hundred, the sequential addition of 1 part of the previous potency or the stock to 99 parts of the diluents. The number of these serial dilutions, with succussion, indicates the centesimal potency. The centesimal potency is designated with a number followed by the letters CH (Swayne, 2000:36; Yasgur, 1997:44).

### **Complementary remedy**

This is a term used to describe a remedy which assists another remedy in its action. An example of this would be *Sulphur* and *Nux Vomica*, where if *Nux vomica* was prescribed and yielded minimal results in a particular case then *Sulphur* could be prescribed in order to complete the therapeutic action of *Nux vomica*, thereby making these two remedies complements of each other (Yasgur, 1997:54).

### **Crude substance**

For the purpose of this study, the crude substance refers to the nail shavings which were obtained from the African lioness.

### **Dilution**

This means to reduce the concentration of a solution or non-fluid mixture (Gaier, 1991: 128)

### **Doctrine of Signatures**

This doctrine, developed by Paracelsus, draws a parallel between the nature of a substance and the disease process for which it may hold therapeutic value (Swayne, 2000:192).

## **Ethology**

Ethology refers to the scientific study of animal behaviour. The term ethology, which was first used by the French zoologist Geoffroy Saint Hilaire, is derived from the Greek word “*ethos*”, which means character (Bolhuis, Giraldeau, 2004).

## **Law of similars**

This law, the Latin translation of which is ‘*similia similibus curentur*’, is the fundamental principle of Homoeopathy. The law states that a substance may be used to treat disorders which are similar to those that the substance itself can cause in a healthy individual (Yasgur, 1997:234; Sawyne 2000:193).

## **Materia medica**

The materia medica is a textbook containing the knowledge of medicines systematically. 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 the use (Swayne, 2000:133).

## **Miasm**

A miasm is an underlying chronic or recurrent disease state, which may be acquired or inherited (Gaier, 1991:342).

## **Modality**

A modality is a factor which qualifies a specific symptom, and may be expressed as a factor which either aggravates or ameliorates that symptom. Such factors are associated with times of the day, seasons, locality, position, pressure, perception and touch among others (Gaier, 1991).

## **Pharmacopoeia**

This is an authoritative reference work which contains monographs of medicines and other therapeutic agents, specifications for resources of, and standards for the strength and purity of base substances and mother tinctures, formulae and methods

of preparation of these substances and their derivative potencies, as well as descriptions of processes for the testing of starting materials (Gaier, 1991:398).

## **Placebo**

A placebo is a relatively inert, non-medicated substance which is administered to the control group of individuals during a clinical trial. This is done in order to compare and contrast symptomatology experienced by the control group and the verum group. The placebo is indistinguishable from the verum when administered (Yasgur, 1997:187).

## **Potency**

This is the stage of altered remedial activity to which a homoeopathic drug has been taken by means of a measured process of de-concentration, with succussion or by trituration, of the medicinal substance, which is thereby brought to a state of diminutive or infinitesimal subdivision (Gaier, 1991:432).

## **Potentization**

This refers to the physical process by which the latent curative properties of medicines are stimulated into activity or the impartation of the pharmacological message of the original substance by means of trituration or succussion (Gaier, 1991:143).

## **Prover**

The term prover refers to a human volunteer, who is the subject of a homoeopathic proving or pathogenic trial. Such volunteers should be in good health and are responsible for recording any changes in their conditions before, during and after administration of the proving drug that is being tested (Swayne, 2000:174).

## **Proving**

Defined as a test or examination (Gaier, 1991:390), it is the systematic procedure used to determine the medicinal or curative properties of a substance (Vithoulkas, 2002:96).

## **Repertorisation**

This refers to a technique used by Homoeopaths, by means of a repertory, which assists in finding the homoeopathic remedies which correspond with the totality of symptoms experienced by a prover, from which a simillimum can be chosen (Swayne, 2000).

## **Repertory**

This is a systematic cross reference of symptoms and disorders to various homoeopathic medicines in whose therapeutic repertoire they occur (Swayne, 2000:183).

## **Rubric**

This refers to the phrase that is used in the repertory, which is used to identify a symptom or disorder, and its component elements and details, and to which a list of the remedies which are known to have produced that symptom or disorder in homoeopathic provings or cured it in clinical practice are allocated (Swayne, 2000:186).

## **Simillimum**

A term used to describe a specific remedy which best corresponds with the totality of symptoms as experienced by a diseased individual. Such a remedy should be curative or the best palliative remedy in the case of incurable diseases (Yasgur, 1997:234).

## **Succussion**

This refers to a method of potentisation, which involves vigorous shaking, causing impact or elastic collision that is carried out at each stage of dilution in the preparation of homoeopathic potency (Swayne, 2000:201).

## **Thirtieth centesimal potency (30CH)**

This is the thirtieth step of serial de-concentration on a scale of 1:99, with inter-current succussions, which is applied at each step. The concentration of a substance at this potency would therefore be  $1 \times 10^{-60}$  (Yasgur, 1997:193-194).

**Trituration**

This is the reduction of a substance to a minute state or division by means of continued rubbing or grinding. This is the method used to prepare a remedy, whereby the medicinal substance, which is usually insoluble in water or alcohol, is ground using a mortar and pestle with a certain proportion of lactose (Yasgur, 1997:266).

**Verum**

This refers to the substance that is administered to provers, which is medically active in contrast to the medically inactive placebo (Yasgur, 1997:275).

# **CHAPTER ONE**

## **Overview of the study**

---

### **1.1. INTRODUCTION TO HOMOEOPATHIC PROVINGS**

Research discovers answers by means of collecting, analysing and interpreting data (Master, 2013). Researchers in Homoeopathy use provings of single drugs to ascertain the precise sphere of action of that drug. Such provings are done on healthy human beings who willingly volunteer to be a prover (Morrell, 2006). Provings are performed on humans and not animals so that subjective symptoms, such as emotions and sensations, may be recorded in addition to objective symptoms, which occur at a tissue level (Sankaran, 1991).

Proving refers to the process of identifying the potential medicinal or curative properties of a substance. The term proving is derived from the German word “prufung”, which means ‘test’ or ‘assay’. In other words, a proving is a test to determine the effects of a drug on a healthy individual and a recording of the unusual symptoms that the prover experiences in response to that substance (Yasgur, 1997:201; Gaier, 1991:390).

Homoeopathic drug provings are essential in the development of the profession, as it is the only way to expand the materia medica. The purpose of a proving is to record the totality of morbid symptoms produced by a particular substance on healthy individuals; and that totality will then be the curative indications upon which is to be prescribed the curative remedy in a sick individual (Vithoulkas, 1986:143-144).

In aphorism 162 of the Organon, Hahnemann writes that if the exact simillimum has not yet been proved, then the Homoeopath is forced to prescribe the most appropriate remedy. For this reason, in aphorism 145, he urges the discovery of a suitable remedial agent for every known disease (Dudgeon, Boericke, 2011).

### **1.2. INTRODUCTION TO THE PROVING SUBSTANCE**

According to Sherr (1994:49), the most significant and appropriate medicine will be found within our surrounding environment. The lion plays an important role in the wildlife of South Africa, and forms part of the so called “big five” wild mammals, which attracts many tourists to the rainbow nation. In fact, globally South Africa is one of the few places in which lions still exist in the wild. These wild mammals are associated with power, bravery, courage, majesty and royalty. These animals have been depicted in various cultures throughout history and are often described as an

animal which demands respect. The male lion, otherwise known as the 'king of the beasts', is the dominating protector while the 'queen of the beasts', the lioness, is the nurturer and hunter.

Animal remedies are used extensively in Homoeopathy, with great success in treating individuals who are in a state of disease. Based on Sherr's recommendation, it would seem logical to acquire homoeopathic remedy pictures of South Africa's treasured wildlife (Sherr, 1994).

To date we do not have a complete remedy picture of the African lion. Herrick (1998) proved the milk of an African lioness (*Lac leoninum*), and provides common themes and symptoms in her book, *Animal mind, Human voices* (1998), which she elicited from eight provers. However, the lioness from which she obtained the milk lived in captivity in a wildlife Park in India at which she was locked in a cage nightly. Even though the lioness was in good health, the milk was obtained by capturing her in a cage and injecting her with hormones which increased milk production (Herrick, 1998).

Naude (2011) compared Herrick's proving of *Lac loxodonta africana* (milk of an African elephant in captivity) with a proving of *Loxodonta africana* (ivory of a wild African elephant). He investigated the role of the source of the crude substance on the proving symptoms produced and found that the circumstances surrounding the collection of the crude substance and the individual circumstances of the animal from whom it was sourced influenced the proving symptoms.

### **1.3. OBJECTIVES OF THE STUDY**

The primary objective of this study was to accurately elicit the symptoms that *Panthera leo* 30CH had on healthy individuals. This was done to create a Homoeopathic remedy picture, which would reveal the curative potential of this substance as a homoeopathic remedy so that it may be prescribed for diseased patients who may experience the same symptoms that were elicited from provers.

The second objective of this study was to compare the symptoms that were elicited to the ethology of the lion. In other words, a comparison was made between the remedy picture and the behaviour of the animal from which the proving substance was obtained.

The third objective of this study was to further develop the materia medica by adding the remedy picture of *Panthera leo*.



#### 1.4. BENEFITS OF THE STUDY

According to Sherr (1994), Homoeopathic drug provings are the only way to gain accurate information regarding the therapeutic effects of remedies. He also states that the most appropriate medicine can be found within our surrounding environment. This Homoeopathic proving of *Panthera leo* is therefore invaluable, as it elicits the therapeutic effect of a substance which is of significant importance in South Africa.

In addition, this study contributes to the advancement of Homoeopathy, by expanding the materia medica. It also fulfils Hahnemann's recommendation in aphorism 145, in which he encourages the discovery of the remedial agent for every known disease (Dudgeon et.al, 2011).

The most common sources of Homoeopathic animal remedies are milk, as is the case of the remedy *Lac felinum* (cat's milk) and venom, as is the case of the remedy *Lachesis mutis* (bushmaster snake). Homoeopathic remedies may also be produced by using the whole animal, as is the case of the remedy *Blatta orientalis* (Indian cockroach) (Forbes, 2008:3). The utilisation of nail shavings proposes a potentially new source of Homoeopathic animal remedies, and such crude substances may be obtained from most animals without causing them harm in any way.

South African Homoeopaths currently rely heavily on Europe and the United States for crude drugs (Speckmeier, 2008:4). This study may encourage the use of indigenous substances as crude substances in Homoeopathic medicine.

#### 1.5. DELIMITATIONS OF THE STUDY

1.5.1. The study did not attempt to explain the mechanism of action of the homoeopathic preparation of *Panthera leo* in the production of symptoms in healthy individuals.

1.5.2. The study did not determine the effects of different potencies of *Panthera leo* other than the thirtieth centesimal potency.

1.5.3. The study did not seek to evaluate or recommend the proving substance (*Panthera leo*) for any particular purpose.

## **1.6. ASSUMPTIONS IN THE STUDY**

1.6.1. The provers took the remedies, verum and placebo, according to the guidelines given by the researcher, and as stipulated in the letter of information (Appendix D).

1.6.2. The provers did not deviate from their normal lifestyle or dietary habits for the duration of the proving.

1.6.3. The provers were conscientious in observing themselves and recording their symptoms, with honesty and accuracy.

## CHAPTER TWO

### Review of the related literature

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#### 2.1. HISTORY OF PROVINGS

The earliest record of a proving, that was conducted for the purpose of using the substance to subsequently cure the sick, dates back to 1789, when Hahnemann conducted a proving on himself (DeSchepper, 2001:33; Walach, 1994). This is regarded by many as the original research in Homoeopathy (Bhasme, Bhasme, 2013). Hahnemann was the first person who provided a precise scientific basis for his investigations regarding provings, and was able to conclude his findings in a comprehensive therapeutic context (Master, 2013).

Hahnemann conducted his first proving, mentioned above, using Cinchona bark (which was used therapeutically to treat malaria at the time) and found that the symptoms produced in response to ingesting this substance in his healthy state were similar to those of malaria. Hahnemann continued such provings, which enabled him to observe similarities which existed between the effects that the substance had on a healthy individual and the clinical picture of the disease that it can cure. Following this, he coined the term '*similia similibus curenter*', which means 'like cures like'. This not only marks the formulation of the law of similars, but also the beginning of the systematic performance of Homoeopathic drug provings (DeSchepper, 2001; Master, 2013).

Since the late 1700's, Hahnemann conducted provings on himself, his family, his friends and his colleagues. The proving population then grew to an inner circle of physicians who proved various substances and collated their symptoms. Little is known about the specifics of how they conducted these provings, and by the 20<sup>th</sup> century scientific procedures were developed in an attempt to standardise provings in Homoeopathy (Gray, 2013).

#### 2.2. PROVINGS IN THE MODERN ERA

Research in Homoeopathy has increased greatly since Hahnemann (Bhasme et al., 2013). Provings in Homoeopathy remain the only way to expand the materia medica and with proving and establishing new remedies the likelihood of being able to cure a case that could only be treated partially in the past is increased (Vithoulkas, 1986).

While many provings are conducted by internationally esteemed Homoeopaths worldwide, many successful Homoeopathic provings have been done previously by

M.Tech Homoeopathy students at Durban University of Technology (DUT). Successful provings have been conducted at DUT using plant, mineral, animal and imponderable substances. Some of the animal remedies that have been proved at DUT include *Bitis arietans arietans* or Puff adder (Wright, 1999); *Bitis gabonica gabonica* or Gaboon viper (Thomson, 2004); *Naja mossambica* or Mozambican spitting cobra (Smal 2004); *Chamaeleo dilepsis dilepsis* or Flap-necked chameleon (Moore, 2007); *Gymnura natalensis* or Butterfly ray (Pather, 2008); as well as *Loxodonta africana* or ivory from an elephant (Forbes, 2008).

The African elephant is a mammal which also forms part of South Africa's 'big five'. Forbes (2008), conducted a proving at DUT using ivory from a wild African male elephant and subsequently compared the symptoms that were produced to that of Herrick's (1998) proving of the milk from a captive African female elephant (*Lac loxodonta africana*). While the comparison revealed that many symptoms were common to both remedies, there were also unshared symptoms. Further investigation showed that those unshared symptoms could be attributed to the individual circumstances of the animals that the substances were derived from. The milk, used to make *Lac loxodonta africana*, was taken from a captive mother shortly after she had watched her new-born calf die (Naude, 2011).

## **2.3. PROVING METHODOLOGY**

In aphorisms 105 to 145 of the Organon (2011), Hahnemann gives clear guidelines with regards to conducting Homoeopathic provings (Dudgeon et al., 2011). In order to limit the number of variables in provings, Hahnemann selected provers who were healthy and who did not take any other drug. He also ensured that provers practiced moderation with regard to diet and lifestyle (Kerschbaumer, 2004).

### **2.3.1. Blinding and placebo effect**

Hahnemann did not believe in the placebo effect of blinding of trials, however, nowadays most provings are almost always blinded. Blinding of provings allows the researcher to distinguish between the placebo effect and the action of the medicine. In other words, the researcher can distinguish between the effect of the remedy and the effect of the proving process itself on provers. Sensitive individuals who are given placebo may generate symptoms by simply taking a medicinal substance. (Sherr, 1994; Ullman, 1991; Vithoulkas, 1986).

Between the period 1999 and 2010 16 blinded and placebo-controlled homoeopathic provings were conducted at DUT, using indigenous African substances, including a number of snake venoms, a naturalised bird, a sea animal, a mountain fungus and a

number of indigenous plants (Ross, 2011). Between the period 2010 and 2013, an additional 2 blinded, placebo controlled homoeopathic provings were conducted using a plant and snake, which are indigenous to South Africa.

### **2.3.2. Potency**

Hahnemann recommends that a 30CH potency be used for a proving, and has tried to enforce the use this potency for all Homoeopathic provings (Wright, 1999). In aphorism 128 of the Organon (2011), Hahnemann states that substances in their crude form do not induce therapeutic symptoms to their full potential, as compared to the 30CH potency, which shows the richness and fullness of a substance. According to Sherr (1994), the 30CH potency produces the most emotional and physical symptoms as compared to other potencies.

All barring one previous Homoeopathic proving at DUT were conducted using the 30CH potency. These provings include those of *Bitis atropos* (Schoenfeld, 2013), *Loxodonta africana* (Forbes, 2008), *Bitis arietans arietans* (Wright, 1999), *Bitis gabonica gabonica* (Thomson, 2004), *Naja mossambica* (Smal, 2004) and *Gymnura natalensis* (Pather, 2008) among others.

### **2.3.3. Dosage**

According to Sherr (1994:53), a maximum of 6 doses of either verum or placebo should be given to participants to take over a period of 2 consecutive days. Sherr's recommendation is that the remedy should be taken until symptoms appear.

This dosage protocol has been followed during previous Homoeopathic provings conducted at DUT, which include *Pink light*, *Loxodonta africana*, *Gymnura natalensis*, *Naja mossambica* and *Hemachatus haemachatus* (Somaru, 2008; Forbes, 2008; Pather, 2008; Smal, 2004; de la Rouviere 2008).

## 2.4. RELATED RESEARCH

### 2.4.1 Provings conducted at DUT

**Table 2.1: Indigenous African substances proved at DUT**

REMEDY NAME	COMMON NAME	YEAR	INVESTIGATOR(S)
<i>Bitis arietans arietans</i>	African Puff Adder	1999	Wright
<i>Sceletium tortuosum</i>	Kougoed	1999	dos Ramos
<i>Pycnopus sanguineus</i>	Tropical Cinnabar Bracket	2002	Morris
<i>Bitis gabonica gabonica</i>	Gaboon Viper	2004	Thomson
<i>Naja mossambica</i>	Mozambique Spitting Cobra	2004	Smal; Taylor
<i>Harpagophytum procumbens</i>	Devil's Claw	2004	Kerschbaumer
<i>Sutherlandia frutescens</i>	Cancer Bush	2004	Kell; Low; Webster; Van der Hulst
<i>Chamaeleo dilepsis dilepsis</i>	Flap-necked Chameleon	2006	Moore; Pistorius
<i>Erythrina lysistemon</i>	African Coral Tree	2007	De beer; Gryn; Olivier; Thiel
<i>Peucedanum galbanum</i>	Blister Bush	2007	Wagner; Wayland
<i>Gymnura natalensis</i>	Backwater Butterfly ray	2008	Naidoo; Pather
<i>Hemochatus haemochatus</i>	Rinkhals	2008	Cahill; de la Rouviere
<i>Loxodonta africana</i>	African Elephant – Ivory	2008	Forbes; Speckmeier
<i>Acridotheres tristis</i>	Indian Mynah	2010	Hoosen
<i>Protea cynaroides</i>	King Protea	2010	Botha
<i>Dendrosaspis angusticeps</i>	Green Mamba	2010	Hansjee
<i>Strychnos heningsii</i>	Coffee bean strychnos	2011	Ross; Maharaj; Naidoo; Naidoo; Lockhat
<i>Bitis atropos</i>	Berg adder	2013	Brijnath; Schonfeld

**Table 2.2: Summary of methodologies used in the provings listed in Table 2.1**

REMEDY NAME	POTENCY	NO. OF DOSES (MAX.)	NO. OF PROVERS	NO. OF PROVERS ON VERUM	NO. OF PROVERS ON PLACEBO
<i>Bitis arietans arietans</i>	30CH	21	30	15	15
<i>Sceletium tortuosum</i>	30CH	21	30	15	15
<i>Pycnopus sanguineus</i>	30CH	21	30	15	15
<i>Bitis gabonica gabonica</i>	30CH	15	20	15	5
<i>Naja mossambica</i>	30CH	6	20	13	7
<i>Harpagophytum procumbens</i>	30CH	9	30	15	15
<i>Sutherlandia frutescens</i>	30CH	9	24	18	6
<i>Chamaeleo dilepsis dilepsis</i>	30CH	6	15	12	3
<i>Erythrina lysistemon</i>	30CH	9	31	20	12
<i>Peucedanum galbanum</i>	30CH	6	20	24	6
<i>Gymnura natalensis</i>	30CH	6	30	24	6
<i>Hemochatus haemochatus</i>	30CH	6	30	24	6
<i>Loxodonta africana</i>	30CH	6	26	20	6
<i>Acridotheris tristis</i>	30CH	6	30	15	15
<i>Protea cynaroides</i>	30CH	6	30	20	10
	30CH	3	20	20	0
<i>Dendroaspis andusticeps</i>	30CH	6	30	24	6
<i>Strychnos heningsii</i>	30CH	9	32	16	16
<i>Bitis atropos</i>	30CH	6	28	22	6

### 2.4.2 Related mammalian provings

The milk of the lion (*Lac leoninum*) was proved by Herrick (1998). The crude substance of *Lac leoninum* (milk of a lioness) was obtained from an African lioness. At the time, this lioness lived in captivity at a wildlife park outside Bombay, India. She was able to roam the park throughout the day, but at night she would be put into a cage. At around the age of six, she gave birth to two cubs, and was then manually milked in order to obtain the proving substance. The lioness was restrained in a cage and injected with hormones, which increased the production of milk, making it possible to manually milk her (Herrick, 1998).

Herrick (1998) conducted the above mentioned proving by giving the proving substance to 7 provers. The provers that were selected were homoeopaths, homoeopathic students or individuals who had a good understanding of homoeopathy. Each prover received a vial containing *Lac leoninum* 30CH via mail. The provers were instructed to take one dose every third day, until they had experienced their first proving symptom. Each prover recorded all their symptoms in journal format throughout the proving process, which lasted 3 weeks.

According to Herrick (1998), the following are the themes of *Lac leoninum*:

- Anger and rage
- Concern about people with a desire to help them, especially children
- Theft
- Problems with authority figures
- Women at odds with their husbands
- Men relating to other men
- No clothes
- Playfulness

Ivory from a male African elephant (*Loxodonta africana*) was proved at DUT (Speckmeier, Forbes, 2008). In her study, Speckmeier (2008) compared the proving symptoms with the doctrine of signatures. She states that while this comparison is subjective, it revealed a relationship between the proving symptoms and the nature of the substance.

Forbes (2008) compared the proving symptoms with that of *Lac loxodonta africana* (Herrick, 1998). This comparison revealed that numerous symptoms were common to both *Loxodonta africana* and *Lac loxodonta africana* (Herrick, 1998). The



Essential Synthesis, Schroyens (2009) groups symptoms according to various categories (rubrics). The symptoms that were similar to *Loxodonta africana* and *Lac loxodonta africana* have been grouped according to the categories found in the Essential Synthesis (Forbes, 2008).

**Table 2.3: Summary of the number of shared rubrics between *Loxodonta africana* and *Lac loxodonta africana***

CATEGORY	NO. OF SHARED RUBRICS
Dreams	13
Mind	10
Head	7
Stomach	5
Chest	5
Sleep	5
Female	4
Extremities	4
Generalities	4
Nose	2
Throat	2
Abdomen	2
Back	2
Vertigo	1
Ears	1
Eyes	1
Face	1
Mouth	1

The proving symptoms produced by *Loxodonta africana* resulted in the formation of 708 rubrics, 70 of which are shared with that of *Lac loxodonta Africana* (Herrick, 1998). Most of these shared symptoms are centered in the mind and dreams. This could be due to the fact that these categories comprise a large component of the proving of *Lac loxodonta africana* (Naude, 2011).

Naude (2011) compared the provings of *Loxodonta africana* (Speckmeier, Forbes, 2008) and *Lac loxodonta africana* (Herrick, 1998). In considering the source of the crude substance used in each proving, Naude (2011) concluded that certain symptoms produced in the proving of *Lac loxodonta africana* (Herrick, 2008) were related to the circumstances of the animal at the time of obtaining the crude sample as well as her history. The milk sample was obtained from a captive mother, who was rescued as a calf when her herd was killed, she was relocated to a Zoo in the USA where she spent her adult life in captivity, she subsequently gave birth to a deformed calf which was euthanized, and the milk was obtained shortly thereafter. Contrastingly the sample of ivory used in the proving of *Loxodonta africana*

(Speckmeier, Forbes, 2008) was obtained from a wild male elephant, who had lived and died of natural causes in its natural wild environment (Naude, 2011).

## 2.5. DOCTRINE OF SIGNATURES

According to Rafeeque (2012), the concept of doctrine of signatures is that a substance that resembles the organs of the human body in any way, may be used to treat diseases of that organ. Paracelsus was the first to profound this doctrine, which draws a symbolic parallel between nature and disease processes (Swayne, 2000).

*“The leaves were used for medicine to heal the nations.”* – Revelation 22:2, (Holy Bible, New Living Translation, 2010).

*“See I have given you every herb that yields seed which is on the face of the earth, and every tree whose fruit yields seed; to you it shall be for food.”* – Genesis 1:29, (Holy Bible, King James Version, 2012).

Herbalists believed that God himself left us clues concerning which plants are most beneficial to certain ailments and body parts (Cassel, 2008).

Jakob Bohme (1575-1624) wrote a book *“Sinatura Rerum”*, which means “the signature of all things”. His concept was that God’s signature on various plants was adopted for its medicinal application (Cassel, 2008).

Paracelsus (1493-1541), a Swiss physician, and his student, William Coles (1626-1662), were responsible for popularising this concept for practical and medicinal use. Coles, a 17<sup>th</sup> century botanist, discovered that walnuts were good for treating head ailments as they have the signatures of the head. He also said that St. John’s Wort (*Hypericum perforatum*) may be used for treating hurts and wounds found on the skin, since the little holes on the leaves of this plant resemble the pores of the skin (Cassel, 2008).

## 2.6. ANIMAL ETHOLOGY

Ethology refers to the scientific study of animal behaviour. The term ethology, which was first used by the French zoologist Geoffroy Saint Hilaire, is derived from the Greek word *“ethos”*, which means character (Bolhuis, Giraldeau, 2004).

The proving of *Loxodonta africana* revealed a considerable relationship between the ethology of the elephant and the symptoms produced by the remedy (Naude, 2011).

Speckmeier (2008), one of the principal researchers who conducted the proving of *Loxodonta africana*, compared the symptoms produced by *Loxodonta africana* to the doctrine of signatures. While this comparison was subjective, it was concluded that the remedy picture of *Loxodonta Africana* and the nature of the African elephant were closely related (Speckmeier, 2008:178). These relationships are summarised below.

**Table 2.4: Summary of the relationship between proving symptoms of *Loxodonta africana* and the nature of the African elephant (Speckmeier, 2008: 172-178)**

THEME/ SYMPTOM	NATURE OF THE AFRICAN ELEPHANT
Anger, suppressed anger	Adult elephant bulls go through a period of Musth, which refers to an increase in anger and aggressiveness.
Aversion to company	Adult elephant bulls live solitary lives and may only associate with a herd of elephants temporarily.
Desire for company	Elephants are highly sociable, with the adult females and their offspring remaining close to each other. They utilise various methods in order to establish group cohesion and synchronise their behaviour.
Confusion or difficulty in concentration	Even though the African elephant is an intelligent animal, it has a relatively small brain and brain cavity.
Tiredness and being active	Elephants spend the greater part of their lives travelling in search of food and water and defending themselves within a herd.
Competition	African male elephants compete with each other for dominance, especially for the purpose of mating.
Dreams of large masses of water	Elephants are fond of bathing and wallowing in water or mud.
Dreams of massaging or being massaged	Elephants are fond of rubbing themselves on rocks and trees. They also communicate affection to each other by touching and rubbing.
Travel	Elephants travel great distances in search of food and water, which is necessary for survival.
Sensation of fullness in the head	An elephant's skull is fused into one structure.
Heavy headedness	Elephants are a large, heavy head. They are the heaviest mammal and can weigh up to 6000 kg.

Diminished, blurred or hazy vision and vision that is out of focus	Elephants have poor eyesight and relatively small eyes.
Hot flushes in ears	Elephants have large vascularised ears, which they use as cooling mechanisms.
Allergic rhinitis, post nasal drip and dust allergies	Elephants have a habit of sucking up dust in their trunks to dust themselves to protect themselves from parasites.
Tiredness and heaviness of extremities	The entire weight of the elephant is supported by the forelegs.
Insomnia and restlessness during sleep	Elephants sleep standing for a few minutes at a time, as they are nocturnal and diurnal.

## **2.7. PROVING SUBSTANCE: *PANTHERA LEO***

### **2.7.1. Classification of the Proving Substance**

Kingdom: \_\_\_Animalia

Phylum: \_\_\_Chordate

Class: \_\_\_Mammalian

Order: \_\_\_Carnivora

Family: \_\_\_Felidae

Genus: \_\_\_*Panthera*

Species: \_\_\_*Panthera leo* (Yuan, Chan, 2008)

### **2.7.2. Taxonomy and background**

The lion is known as the top predator, having complete dominance in his ecosystem. Lions dominated the savannas of Africa long before early man and have entered the psyche of man as a feared and respected adversary. The original description of the lion was by Linnaeus, from a specimen from North Africa. To date, there are more than 20 subspecies that have been described from various regions on the continent of Africa (Taylor, Hinde, du Toit, 2000; Skinner, Smithers, 1990).

Lions are the largest felines in the world and are commonly referred to as “King of the beasts”. Other well-known animals that belong to the genus *Panthera* include the tiger (*Panthera tigris*), jaguar (*Panthera onca*) and leopard (*Panthera pardus*) (Yuan et.al, 2008).

### **2.7.3. Habitat and distribution**

The habitat of a lion is one which satisfies their physical, mental and emotional needs. Their habitat can be described as the place where they are able to establish their desired sense of territory, in addition to being the place where they live and hunt. Lions have a wide habitat tolerance, though they are common in semi-desert areas and uncommon in forests. Their optimum habitat is broken woodland and savanna-scrub mosaic, having a good supply of large and medium-sized herbivore prey species. They also prefer to live near rivers or their tributaries, so that they have access to drinking water. An additional benefit of living in such areas is that the water attracts potential prey (Johnson, 2013; Taylor et al., 2000; Skinner et al., 1990).

In the past lions occurred widely in Europe, Asia and Africa. Today they are extinct in Europe, but can still be found in Asia and Africa. Approximately 300 wild Asian lions (*P. leo persica*) may be found in the Gir Forest in north-western India. On the continent of Africa, lions have become extinct on the north but do occur in the Southern African Sub-region. In South Africa, Namibia and Zimbabwe wild lions may be found in the larger conservation areas. Currently, lions are being reintroduced into smaller private reserves where they thrive (Taylor et al., 2000; Skinner et al., 1990).

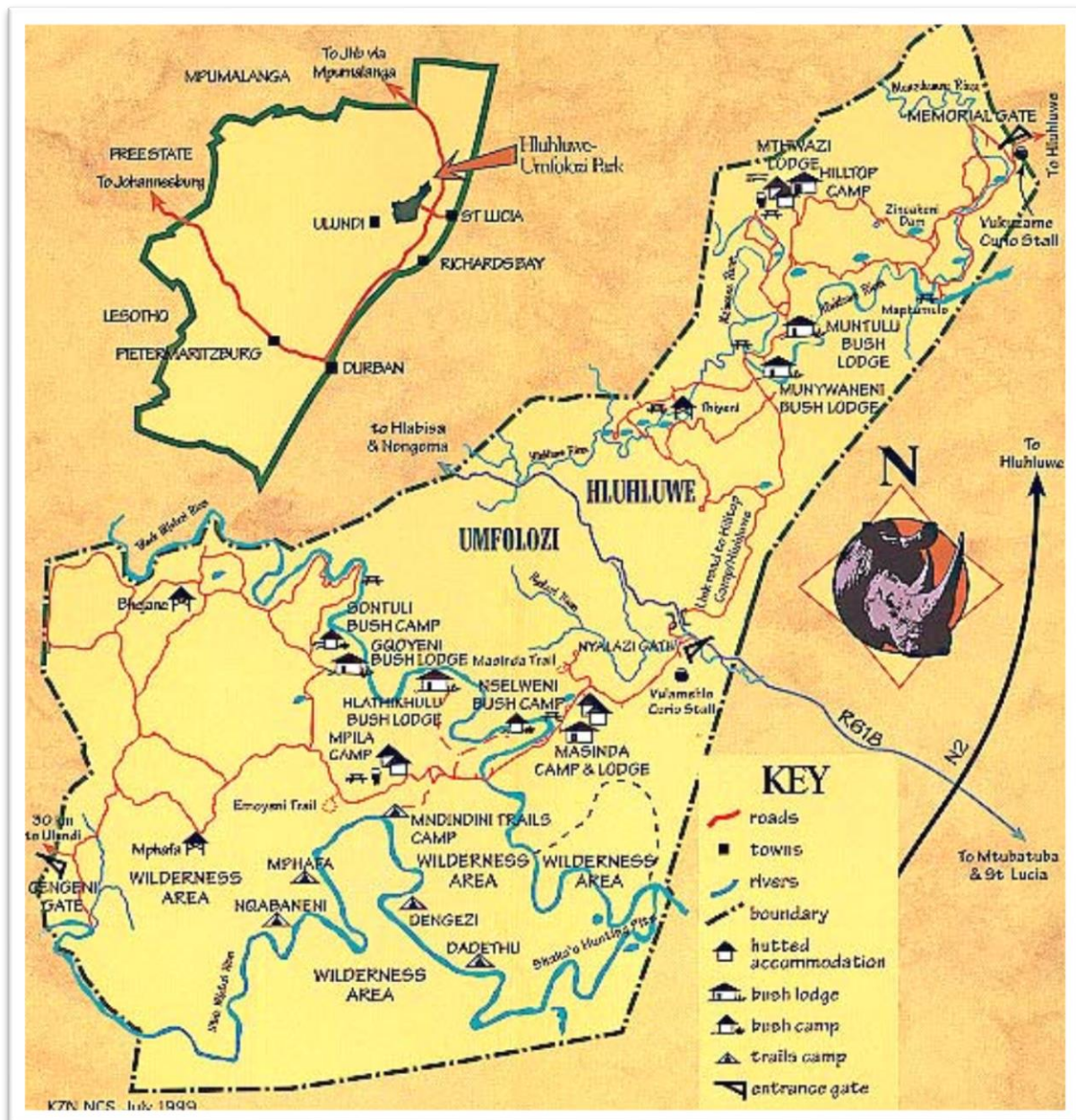


**Figure 2.1**

**Africa lion distribution (Cushman, 2014)**

Most of the lion populations that live in Southern Africa can be found in National Parks and Game Reserves which are situated in the Republic of South Africa. In South Africa, the most flourishing lion populations may be found in Gauteng and Kwa-zulu Natal. In Kwa-zulu Natal, a single wanderer made its way southward into the Hluhluwe-Umfolozi area in 1958. After 1958 many other wild lions were found in the Hluhluwe-Umfolozi area and the lion population has flourished in this sector. This area marks the most southerly limits of the distribution on the continent of Africa (Skinner, et al., 1990). The Hluhluwe-Umfolozi Park was established in 1895 and is

the oldest proclaimed game reserve in Africa, which boasts Africa's big five (Hluhluwe Game Reserve, 2014).



**Figure 2.2**

**Hluhluwe-Umfolozi Park (Hluhluwe Game Reserve, 2014)**

Lions are known as great wanderers and it is common for them to be spotted in areas where they haven't lived for many years. Numerous examples of this have been reported on the Southern African Sub-region, where lions appear every two to

three years in the vicinity of Windhoek, Namibia and Zimbabwe, where they kill cattle before vanishing once again (Skinner et al., 1990).

#### **2.7.4. Description and appearance**

The lion is the largest of the African carnivores. The average length of a male is 2.7 meters and the female is 2.4 meters. Males weigh between 157-180 kg and females weigh between 112.5-136 kg. They may grow up to 1.25m in height when standing (Kalimuthu, 2010; Skinner et.al, 1990).

Most of their growth occurs during the first three years of their lives, and then slows down. Adult females are usually smaller than adult males, and reach their maximum weight between the age of 5 and 6. After the age of 6, adult females tend to decline in body weight. Adult males reach their maximum weight at the age of 7 (Skinner et al., 1990).

Lion cubs are covered in fur and blind at birth. Their eyes open between 2 to 3 weeks after birth and become functional 1 week after opening. They are commonly born in litters of two to four. A new born is typically 30.5cm long and weighs around 0.45 kilograms (Kalimuthu, 2010).

The colour of these mammals vary from sandy to tawny on the upper parts and flanks while being white on the under parts. They have black hair on the backs of their ears and the end of their tail. Cubs are born with rosettes or spots, which are lighter in colour. These spots may also be seen occasionally on adults. They have whitish whiskers which arise from a black spot on the sides of their upper lip (Skinner et.al, 1990).





**Figure 2.3**

**Physical characteristics of a lion and lioness (Klappenbach, 2014)**



**Figure 2.4**

**Lion cubs (Balanced ecology, 2013)**

#### **2.7.4.1. The mane**

Most male lions have a mane, which is hair around the back of the head and shoulders, however there are some males in which this feature is absent. The mane is usually sandy, yellowish or tawny in colour, and may become darker or black as the animal ages. This black or dark mane gives the male lion his strikingly dignified appearance. The extent of the mane varies between individuals, with some having a thick and full mane that extends to the limbs and body (Skinner et.al, 1990; Kalimuthu, 2010).

The mane serves as a sexual signal to females, who prefer mating with males who possess a thicker, fuller and darker mane. It also serves to protect the neck of the animal during fights. A disadvantage of having this mane is that the male may have more difficulty blending into the environment when hunting and is more inconspicuous than his female counterpart. Another disadvantage is the thick mane causes the male to become over-heated very quickly, one of the reasons that females do more hunting than males (Kalimuthu, 2010; Frandsen, 1992; Skinner et.al, 1990;).

The mane indicates the animal's physical condition and can be used to intimidate other male lions or attract female lions for the purpose of mating (Yuan et al., 2008).



**Figure 2.5**

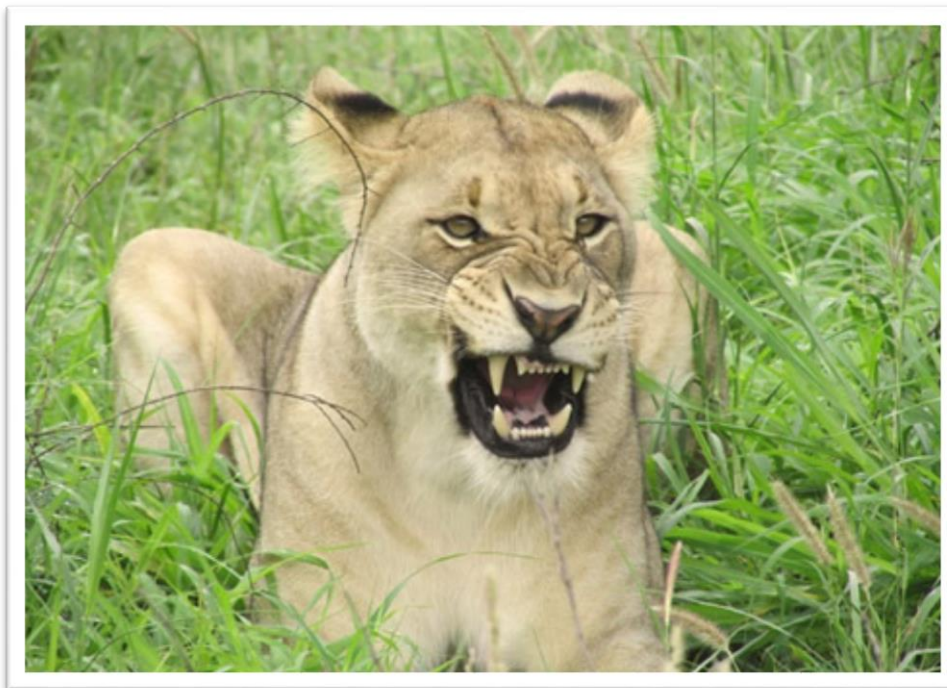
**Mane on an adult male (Animal corner, 2014)**

#### **2.7.4.2. The paws**

Lions are digitigrade walkers, meaning they walk on their toes. Each paw has a soft pad, which bears most of the animal's weight and enables the lion to move quietly. Their claws are extremely sharp and retractable, which aid in keeping them sharp and avoiding injury. The lion's front limbs have dewclaws, which may be used as a toothpick. The claw may grow up to 38mm, and is shed as it wears out so that a new sharp claw may grow. They also scratch tree barks in order to sharpen claws and clean off any meat caught in them (Kalimuthu, 2010).

#### **2.7.4.3. Teeth and tongue**

Lions have 30 teeth, which are well adapted for killing prey. Their canine teeth, which are their front teeth, are spaced in such a way that they are able to fit the vertebrae of many prey between them during killing. Their back teeth, which are called carnassials, are shaped in such a way that they can be used to cut pieces of meat like a pair of scissors. The tongue of the lion has papillae, or rough spines, which aid the animal to scrape meat off bones and also acts as a comb when the animal is grooming (Kalimuthu, 2010).



**Figure 2.6**

**Teeth of an adult lion (Isimangaliso, 2013)**

#### **2.7.4.4. Eyes, ears and nose**

The fur on the ears is darker than the fur on the rest of the body. Lions are able to swivel their ears over a wide angle so that they are able to hear distant sounds and interpret the direction they are coming from (Kalimuthu, 2010).

Lion's eyes contain a reflective coating, which increases its visual acuity even in very low light. Just below their eyes there is a white circle which helps to reflect light and further improve night vision. Their ability to move their eyes from side to side is limited, therefore they have to turn their head to look in different directions (Kalimuthu, 2010).

Lions have a well-developed sense of smell, which is necessary since they mark their territories by means of scent deposits. Their good sense of smell also enables them to find kills made by other predators, thus providing an easy meal (Kalimuthu, 2010).

#### **2.7.5. Dietary information**

Lions are carnivores, feeding on a wide range of mammals from mice to buffalo. Research conducted at the Chobe National Park recorded 120 kills and discovered that 89% of them were made during the dark hours. The kill sample comprised buffalo, wildebeest, zebra, giraffe, kudu, waterbuck, sable, impala and tsessebe (Skinner et al., 1990). Other research conducted at the Kalahari Gemsbok Park revealed that 50% of the lion's prey was made up of small animals and juvenile antelopes. Other animals that lions often hunt include spotted hyenas, leopards, cheetahs, jackals, civets, honey badgers, caracals, crocodiles and baby elephants. They will also eat fish if they are readily available. Lions are able to locate other kills, either by smell or by watching vultures. They will readily eat carrion, even when they are extremely putrid. They are also able to displace other carnivores from their prey (Apps, 1992; Skinner et al., 1990). According to Yuan et al (2008), both lion sexes may have different preferences regarding food, in that females may prefer smaller prey and males may prefer larger prey.

#### **2.7.6. Lion ethology**

Lions show their full behavioural repertoire in the cool of the morning and evening. They are also very active during the night, to avoid the heat of the day (Frandsen, 1992).



### **2.7.6.1. Social organisation**

Even though the perfect image of the lion species may be a huge maned male lion striding through his kingdom, it is actually the female lions who form the nucleus of the lion society (Taylor et al., 2000). Lions are the only cats which form close-knit social groups, making them the most fascinating of all the big cats. They live and usually hunt in groups, called a pride. The pride consists of males, females and cubs. A coalition is a subunit of the pride and is made up of young males, usually brothers, which breakaway from their natal pride. The females within a pride are closely related to each other, usually being sisters, and form the stable core of the pride. Males are exchanged every few years, when a younger male takes over the pride in a coalition take over. There is usually one dominant male in charge of the pride (Yuan et al., 2008; Frandsen, 1992; Skinner et.al, 1990).



**Figure 2.7**

**Pride of lions (Kruger Park Safaris, 2014)**

### **2.7.6.2. The coalition take-over**

Males defend their territory by spraying urine on bushes (scent marking), scraping tree barks with their hind legs and regularly patrolling their area. If a coalition gets too close to a pride, the dominant male will roar as a warning before challenging and chasing the intruders off their territory. If a coalition finds a vulnerable pride, where the dominant male is aged and weak, they will attack the dominant male in order to claim the pride as their own (Taylor et al., 2000). The fight for a pride is usually

serious, and may result in the death of combatants. Once the new males take over a pride, they will kill all the suckling offspring of the former males, known as infanticide, because they want to spread their own genes in the pride. The adult females are very protective of their cubs and will fight with the males for them. For this reason, females are also at risk during such events. The reason males kill the suckling offspring is because a female may produce a litter every two years, and may not reproduce while she still has suckling cubs. This means that the new males may have to wait up to two years in order to mate. Once they kill the suckling cubs, the female is forced into estrus and is able to copulate immediately (Borge, 2006; Skinner et al., 1990).

#### **2.7.6.3. Hunting and feeding**

Lions prefer to hunt in areas where there is a high concentration of prey. Since they usually find prey in areas where there is poor cover, they are more successful when they co-operate with each other and hunt in groups. Adult females usually do most of the hunting. This is because they are smaller, making them swifter, and lack a mane, which causes males to become overheated quickly. It is also the responsibility of the females to teach the young cubs in their pride to hunt for themselves once they are of a suitable age. Lions are both hunters and scavengers and will readily displace another animal from their prey in order to feed. Lions are excellent stalkers and are able to walk on the pads on their paws silently when approaching a target. When feeding, the dominant males usually eat first followed by the female, while cubs are made to wait until the adults have finished. Interestingly an adult male is likely to share his food with his own offspring during feeding. Irrespective of the availability of food, at a large kill a lion will gorge itself until it is almost immobile (Skinner et al., 1990; Apps, 1992).

#### **2.7.6.4. Communication**

The colour of a lion's body is strikingly uniform, however on careful inspection, every part of the lion's body that is used in communication is black. Their lips, nose, rims of their eyes, backs of their ears and the tassel at the end of their tale are all black, in contrast to the rest of the body which is a tawny colour (Taylor et al., 2000).

Of the four big cats which are able to roar, the lion roars the most. Their distinctive roar, which can be heard within an 8km radius, serves to alert others of the lion's presence. Lions within a pride may also roar in chorus and so forcefully that they are able to raise a cloud of dust (Kalimuthu, 2010).

Lions and lionesses rub each other, using their head, as a form of greeting. This rubbing can be so vigorous and forceful that males may often knock each other over when rubbing each other. Cubs greet by rubbing the top of their head against the

chin of an adult. There are scent glands situated at the corners of the mouth, and during rubbing, one individual's scent is deposited onto the other. This serves to mark the other individual and indicates ownership. Other forms of tactile communication include licking and sniffing each other (Taylor et al., 2000; Kalimuthu, 2010).

A male lion will spray the vegetation using a scent gland on his anus, in order to mark his pride's territory. He may also scratch marks into tree barks in order to mark his territory (Kalimuthu, 2010).



**Figure 2.8**

**Lion and lioness greeting (Earth rangers, 2010)**

#### **2.7.6.5. Reproduction**

Females may become pregnant at 3 years and 7 months of age. Females typically produce a litter every two years and may reproduce until the age of 15 years (Skinner et al., 1990). Females within a pride often breed in sync and will give birth together. This is done to ensure that the cubs may suckle from any female within the pride (Kalimuthu, 2010).

A male or female may initiate a courtship with the opposite sex, and the pair then remain close to each other during the mating process. The male follows the female at all times and the two lie next to each other. During this time the male will allow the

female to be in contact with other males from their pride, but will drive away all other intruding males. If the female is unresponsive to the facial expression of the male, he may gently stroke her with his tongue on the shoulder or neck. The female invites copulation by displaying lordosis. Copulation may last up to one minute and may occur every 15 minutes, for several hours. There is very little aggressive behaviour during this time, and the female may purr loudly during copulation. Towards the end of copulation, the male emits a snarl and gently bites the neck of the female. Males have spines on their penis, which points backwards and slightly injures the female's vagina on withdrawal. The pain that results from the injury triggers ovulation. Once the male withdraws the female turns to him and bears her teeth. Pregnancy does not result from all mating periods and there is a relationship between the availability of food and the number of litters (Skinner et al., 1990; Kalimuthu, 2010).

#### **2.7.6.6. The Life of a Cub**

At birth, a cub is blind and completely covered with fur. Cubs remain in isolation with their mother until she is ready to introduce them to the rest of the pride. Once introduced to the pride, cubs will suckle any lactating female, to promote cub survival rates. A lion mother will usually wean her cubs around the age of 2-3 months, and they will begin eating solid food. At around the age of 12 months, cubs will accompany the adults on hunts, and females use every opportunity to teach their young cubs how to take down prey. At around the age of 24 months, cubs become sexually mature. The mane beginning to appear on a young male marks his sexual maturity, and causes the adults in the pride to drive him off. Such males become nomadic males and live alone or form coalitions and search for a pride that they can take over. Females will remain with the pride for their entire life (Kalimuthu, 2010).

#### **2.7.7. Cultural Depictions**

As part of the “big five” in South Africa, the fifty Rand note features a picture of a lion. These animals are known and regarded as symbols of courage, majesty and royalty. According to Herrick (1998), the Kalahari Bushmen believe that the lion is able to cause a lunar eclipse by stretching his paw toward the moon and obscuring it. She also writes that African tribesmen believe that they can derive courage by eating the heart of a lion (Herrick, 1998).

According to Kalimuthu (2010), no other animal has been given as much attention as the lion in art and literature. The lion appears is a recurring symbol used in the coat of arms of bravery and chivalry. The lion can also be seen in ancient stone-age cave paintings (Kalimuthu, 2010).

The name “Singh” which means lion in Hinduism is associated with the upper class and royalty. The Sanskrit word for the throne of a Hindu king is “Singhasana”, which



means seat of a lion. In ancient China lion sculptures were placed in front of palaces for protection. These lion sculptures were referred to as guardian lions (Shukla, 2015).

## **CHAPTER THREE**

### **Research methodology**

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#### **3.1. DESCRIPTION**

This study was qualitative and exploratory in nature. The study took the form of a randomised, double-blind and placebo controlled trial.

A total of 30 provers participated in this study, and were supervised by two principle researchers, this researcher and a co-researcher, who conducted an independent study of a similar methodology. Both researchers were Master's Degree of Technology: Homoeopathy students. Each researcher supervised 15 of the total 30 provers for the duration of this study. The principal researchers were supervised by a research supervisor.

Before commencing with this proving, the researcher submitted a research proposal to the Faculty of Health Sciences Research & Higher Degrees Committee (RHDC) at Durban University of Technology and once approved the proposal was sent to the DUT Institutional Research Ethics Committee (IREC). The IREC approved the research and issued an ethics clearance certificate (Appendix I) and number, IREC 082/13, thereby permitting the researcher to conduct this research.

#### **3.2. MANAGEMENT OF PARTICIPANTS AND PROVING PROTOCOL**

##### **3.2.1. Proving protocol**

###### ***Phase 1: Preliminary screening***

Once a potential prover expressed their interest in participating in this research, the researcher then met with them in order to determine whether they were suitable to participate as a prover. This took place at the Homoeopathic Day Clinic, at the Durban University of Technology. Each potential prover was given an information letter and signed a Preliminary Informed Consent Form (Appendix B). This informed the potential prover of the preliminary screening process to follow and upon signing thereof permitted the researcher to ask the candidate a series of questions or inclusion criteria (Appendix C) in order to determine their suitability.

## ***Phase 2: Experimental phase***

Once the preliminary screening was completed and the researcher and research supervisor determined that potential prover was suitable to participate in this study, the researcher then explained the entire research process to the potential prover as well as what would be required of them for the duration of the study. Each potential prover was then given an information letter and Main Informed Consent Form (Appendix D) to read and sign.

Upon signing of the Main Informed Consent Form the potential prover became formally recruited for the proving. Thereafter the researcher conducted an in-depth Case History (Appendix E) and performed a physical examination on the prover. The researcher and the prover then discussed when the prover would begin the proving process and suitable times for the researcher to contact prover during the proving. The prover was then assigned a prover number, which ensured confidentiality. The researcher then gave the prover a journal, labelled with the prover number, and explained in detail how the prover was to record their symptoms in their journals.

The case history of each prover was reviewed by the research supervisor and once approved, the respective proving remedies were released to the researcher by the research supervisor. The researcher then ensured that each prover received their proving remedy container (either verum or placebo) the day before they were required to begin taking the proving substance. The researcher also instructed each prover on how they were meant to take the remedy.

### **3.2.2. Sampling and recruitment**

Convenience sampling methods were used to select participants. The researcher recruited provers via word of mouth. The first 30 volunteers who met the inclusion criteria, listed below, were included in this study.

The proving sample comprised 30 provers, 24 of which received verum while the remaining 6 received a placebo in a randomised manner. Each researcher supervised 15 provers, i.e. 12 provers on verum and 3 provers on placebo according to a randomisation list compiled by the research supervisor.

### **3.2.3. Inclusion criteria**

In order to be eligible to participate in this study as a prover, potential provers had to meet certain criteria, inclusion criteria (Appendix C). The following criteria had to be met to be considered suitable for inclusion:

- Were between the ages of 18 and 60

- Were literate in the English language
- Were willing to participate and follow the procedure as explained by the researcher
- Were in a good state of health, in other words not suffering from a mental or physical disease (Sherr, 1994)
- Were not taking any form of treatment, such as allopathic; homeopathic, naturopathic or other
- Did not consume more than 2 measures of alcohol in a day (1 measure = 1 tot/ 1 beer/ ½ glass wine)
- Did not consume more than 3 cups of caffeinated drinks (coffee, tea, herbal tea, etc) in a day
- Did not smoke more than 10 cigarettes in a day
- Did not use any recreational drugs, such as cannabis, ecstasy, etc.
- Were not pregnant or breastfeeding (Sherr, 1994)
- Were not on a birth control pill or hormone replacement therapy, at the time of the research or in the 6 months prior to the research (Sherr, 1994)
- Did not have any type of surgery in the 6 weeks prior to the research
- Were not suffering from hypersensitivity diseases, including food intolerances, allergies, asthma and or hayfever (Vithoulkas, 1986)

If any potential prover who wished to participate in the study, did not meet the criteria described above then he/she was excluded from the study.

### **3.2.4. Randomisation and blinding**

Each prover upon signing the Main Informed Consent Form was allocated a unique number (prover number), that was used to identify them for duration of the study. Provers were divided into 2 groups, i.e. a verum group and a placebo group. This was done randomly, by the research supervisor. Thirty number pieces of paper were placed in two containers, the first contained number 1-15 and the second container contained number 16-30. The research supervisor then randomly drew three pieces of paper from each container, the 6 unique numbers drawn (3 from each container) were assigned to the placebo group and the remaining 24 in each container were allocated to the verum group. The outcome of this process resulted in two randomization lists being formed one with prover number 1-15 (12 verum and 3

placebo) which was allocated to this researcher, and one with prover numbers 15-30 (12 verum and 3 placebo) which was allocated to the co-researcher.

The randomization lists were then used in the dispensing and labelling of the respective remedy containers numbered 1-30 which were then dispensed to their respective provers (prover numbers). Only the research supervisor had access to the randomisation list thus both researcher and individual provers were not aware of their allocation to either placebo or verum groups ensuring the double-blind status of the study. Unblinding of the study was only conducted once all data was collected and compiled.

### **3.2.5. Lifestyle of provers during the proving**

Once they received the remedy, provers were advised to store it in a cool, dark place, away from cellphones and other electrical equipment so that the remedy was not contaminated or altered in any way. Provers were encouraged to maintain their normal routine throughout the proving. In addition to avoiding other medicines and or drugs, provers were advised to avoid camphor and menthol, as these substances may anti-dote the homoeopathic remedies (Sherr, 1994).

If a medical emergency arose at any time during the proving, provers were instructed to contact a doctor or hospital immediately and thereafter contact the research supervisor (Sherr, 1994), however there were no medical emergencies during this proving.

### **3.2.6. Recording of information**

Once each prover had been formally recruited, they received their journal, which was labelled with the prover number that had been assigned to them. Participants recorded their baseline state (normal health state) in the journal for 7 days before taking their first dose. This data together with their detailed case history served as baseline data against which potential proving symptoms could be contrasted when performing the data analysis.

They then took the remedy as instructed, and recorded all physical, mental and emotional symptoms which occurred thereafter. All provers took the remedy as prescribed or until they experienced their first symptom, in other words they stopped taking the remedy as soon as it began to produce symptoms. All symptoms were recorded until they ceased, for a minimum of 2 weeks (Sherr, 1994).

### 3.2.7. Monitoring of provers

The researcher maintained telephonic contact with all provers for the duration of the experimental phase. The researcher was in contact with each prover every third day during the first week of the process, to ensure that they had no difficulty in recording their healthy baseline state. The researcher also contacted all provers a day before they were to begin taking the remedy to remind them to do so. Thereafter the researcher contacted the provers daily for 7 days. After the first seven days was over contact with provers took place every second day during the second week and then every third day during the third week.

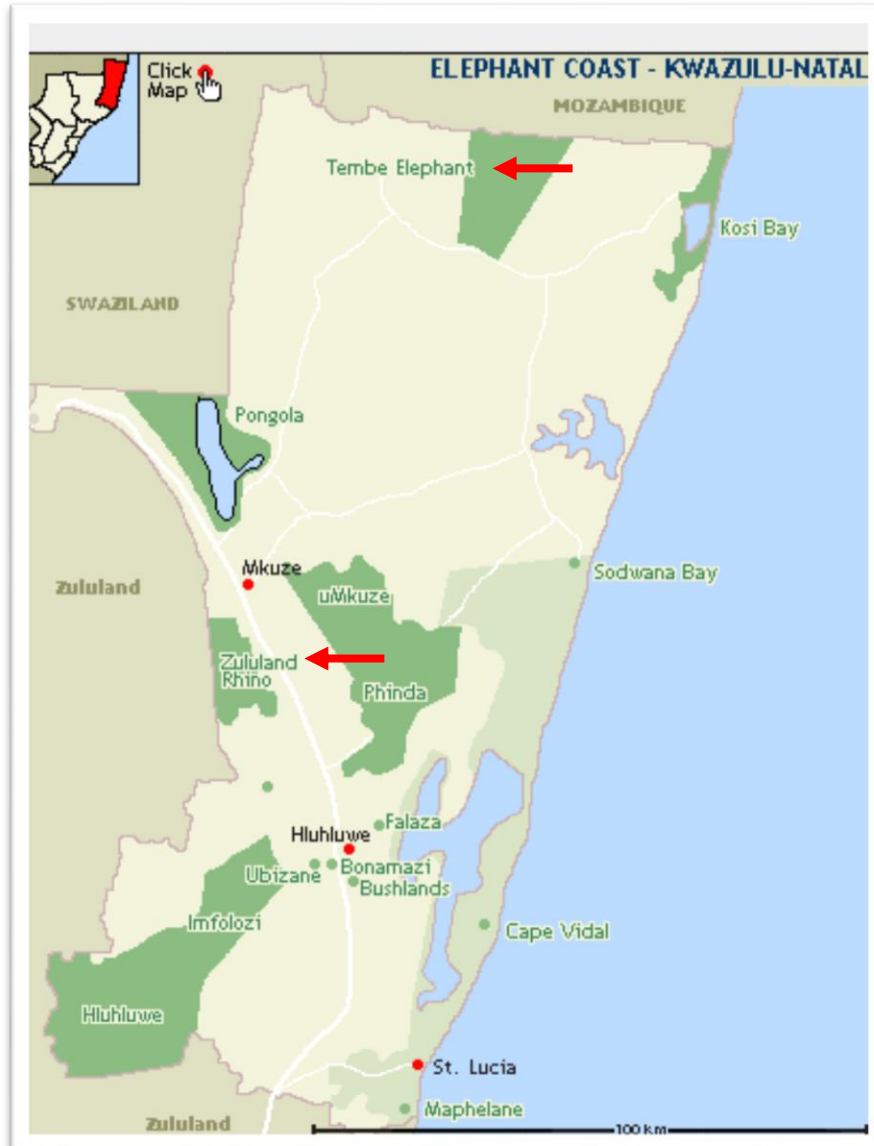
Once the prover had completed their proving journal, the researcher conducted a post-proving consultation. At this time the researcher collected the proving journal from the participant. The post-proving consultation and physical examination was conducted in order to clarify symptoms that were unclear and to ensure that the participant was no longer experiencing proving symptoms i.e. they had returned to their healthy state.

## 3.3. INTERVENTION

### 3.3.1. Sourcing of the crude substance

The crude substance for the manufacture of *Panthera leo* 30CH was that of nail shavings obtained from a lioness, who was 2 years and 6 months old. She is one of four sisters and weighs around 120kgs. She was born at Tembe Elephant Park which is situated in Tongaland, also known as the ivory route, and is located between Mozambique and Zululand (South Africa) (Tembe National Elephant Park, 2008).

At the age of approximately 18 months, the young lioness was relocated with her 3 sisters to Zululand Rhino Reserve, where she currently lives. The lioness was collared during this relocation. In March 2013, she was immobilised so that her collar could be removed. This scheduled immobilization provided an opportunity to obtain the sample required to for the manufacture of *Panthera leo* 30CH. A registered wildlife veterinary surgeon obtained the sample by shaving her nails with a scalpel. These shavings were obtained at the request of this researcher, who had previously contacted the surgeon asking for his assistance in obtaining this substance. The surgeon was willing to obtain this sample from the sedated lioness as it did not cause harm to the lioness in any way. The shavings were taken from four nails on her back right paw and weighed 0.036g. The lioness was not harmed or injured in any way during this process. The surgeon also reported that young lioness was in excellent health and had had no previous injuries or surgery.



**Figure 3.1**

**Map of parks in Kwa-zulu Natal Showing Tembe Elephant Park and Zululand Rhino Reserve (KZN parks, 2014)**

### **3.3.2. Preparation and dispensing of the remedy**

The remedy was prepared, from the crude substance up to the 30<sup>th</sup> centesimal potency, according to the specifications outlined in the German Homeopathic Pharmacopoeia (2005), in methods 6 (modified), 8 and 10. Method 6 was modified because the researcher was only able to obtain 0.036g of the crude substance.

The crude substance was triturated up to the 3<sup>rd</sup> centesimal potency using lactose powder. The 3CH trituration was then converted to a liquid potency using distilled

water and 96% ethanol, and then taken up to the 30<sup>th</sup> centesimal potency to produce *Panthera leo* 30CH. Neutral granules were then impregnated at 1% v/v, with *Panthera leo* 30CH. Ten of these medicated granules were then inserted into pre-manufactured single dose 500mg lactose powder sachets. The powder sachets prepared for the placebo group received 10 neutral granules impregnated at 1% v/v with 96% ethanol alone. This process is outlined in Appendix F.

Sets of six single dose powder sachets (verum or placebo) were then dispensed in sealed plastic containers and labelled accordingly. The containers were numbered 1-26 which corresponded with the respective prover numbers for allocated to each prover.

<p><b>DUT – Homoeopathic Proving Research – C. Peter &amp; K. Naidoo</b> Homoeopathic Day Clinic – Ritson Campus – DUT – Berea. Durban Dr. D. Naude (Supervisor) – 031 373 2041 Emergency cell: 082 370 1012 Reg. No.: A5314 Pr. No.: 0044318</p> <p><b>Prover No</b></p> <p><b>Instructions: Dissolve the contents of one sachet under the tongue three times daily (or until the first symptoms begin) – away from food and drink</b></p> <p><b>**As soon as symptoms commence do not take any further doses – (if unsure check with your research student)**</b></p>
---

**Figure 3.2**  
**Label used on remedy container given to participants**





**Figure 3.3**  
**Remedy container given to participants**



**Figure 3.4**  
**Remedy container showing contents**

### **3.3.3. Dosage and Posology**

Each prover was given 6 doses of either verum or placebo, depending on which group they were randomly been assigned to. They were instructed to take one dose 3 times a day for a maximum of 2 days. If any prover began experiencing symptoms before they had taken all 6 doses, they were instructed to discontinue taking the remedy. The researcher was in contact with each prover and therefore provers were able to confirm whether they had begun experiencing symptoms and whether they should continue to take all 6 doses or discontinue taking the remedy.



**Figure 3.5**

**Contents of remedy sachets**

## **3.4. COLLECTION, ANALYSIS AND REPORTING OF DATA**

### **3.4.1. Data collection**

The prover's journals were the primary source of data. Provers recorded symptoms in their journals for one week before taking the remedy (pre-proving) and then for a minimum of two weeks after taking the remedy (post-proving). In addition other sources of data included the following:

- Pre-proving case histories of provers
- Pre-proving physical examination
- Post-proving consultation
- Telephonic communication between provers and the researcher

Further, information was clarified by means of individual and group discussions.

### **3.4.2. Analysis of data**

Upon retrieval of the prover journals the research transcribed (verbatim) each journal individually into Microsoft Word. All symptoms recorded in the baseline week were captured in red coloured text and all symptoms recorded after the administration of the first dose were captured in black coloured text; the file was then saved and named according to the respective prover number and then converted to Adobe PDF format and saved again.

The researcher then applied an established criterion (Sherr, 1994) to each symptom recorded in order to determine the valid proving symptoms:

According to Sherr (1994), the following would render symptoms invalid:

- If there is doubt regarding the validity of a particular symptom
- If a symptom is normal for the prover (i.e. has occurred previously or commonly in that prover)
- A symptom, which occurred while under the influence of the remedy, that they had experienced within the past year

The following would render symptoms valid:

- It is a new symptom and is experienced by a prover, while they are under the influence of the remedy (Sherr, 1994).
- If the symptom is intense and frequent (Sherr, 1994).
- If the symptom is experienced by more than one prover (Riley, 1997).
- Symptoms that are normal for the prover, but have been intensified while under the influence of the remedy (Sherr, 1994).
- If existing symptoms, experienced by a prover prior to commencement of the proving, were altered or modified in any way (Sherr, 1994).
- If the symptom experienced by the prover, while under the influence of the remedy, had been experienced by them more than five years prior to this proving and if there was no natural reason for the symptom to repeat itself (Sherr, 1994).
- If the symptom was experienced by the prover, prior to the proving, and had disappeared or had been ameliorated while they were under the influence of the remedy. This would be a cured symptom and its nature will be recorded in detail (Riley 1997) (Sherr 1994).

- If the symptom had been experienced by a prover on at least two different occasions, while they were under the influence of the remedy (Riley, 1997).

Each individual journal file was then further edited according to the above criteria, symptoms deemed invalid were then deleted using tracking changes in Microsoft Word. The symptoms which met the criteria for inclusion were retained; each individual file was then resaved and converted to Adobe PDF accordingly.

Once the second set of saved journal files were received by the research supervisor the proving was unblinded revealing which prover received placebo and which received verum.

At this stage all journal data (symptoms) obtained from provers who were on placebo were deleted and only those symptoms recorded in black from the second set of files of provers on verum were retained for further analysis and reporting.

The series of saved journal files i.e. pre and post analysis for validity of symptoms allow for tracking of the origin of each valid symptom back to the prover of origin as well as provide an audit trail for the deletion of invalid symptoms if necessary.

### **3.4.3. Reporting the data**

#### **3.4.3.1. Materia medica**

All valid proving symptoms subsequently were sorted into relevant categories and sub-categories as seen in the existing materia medica format. Provers were asked to record the date before journaling each day, thereby numbering the days that they were on the remedy. The first day that they began taking the remedy represented Day 00. Provers were also asked to indicate the time at which each symptom was experienced. When recording valid symptoms, the day and time was converted into time elapsed from the start of the proving and was expressed as DD:HH:MM (Day: Hour: Minute). If the day and time was insignificant or unclear than the symptom was recorded with XX:XX:XX. Minutes were considered redundant after 24 hours and hours were considered redundant after 48 hours, and were thus represented as XX. Symptoms that were experienced by more than one prover were recorded under the same category or sub-category, but each prover's experience was recorded as a separate entry with a corresponding prover number of origin. Below is the head-to-toe schema that was adopted in compiling the materia medica.

1. MIND	22. URETHRA
2. VERTIGO	23. URINE
3. HEAD	24. URINARY ORGANS
4. EYE	25. MALE GENITALIA
5. VISION	26. FEMALE GENITALIA
6. EAR	27. MALE AND FEMALE GENITALIA
7. HEARING	28. LARYNX AND TRACHEA
8. NOSE	29. RESPIRATION
9. FACE	30. COUGH
10. MOUTH	31. EXPECTORATION
11. TEETH	32. CHEST
12. THROAT	33. BACK
13. EXTERNAL THROAT	34. EXTREMITIES
14. NECK	35. SLEEP
15. STOMACH	36. DREAMS
16. ABDOMEN	37. CHILL
17. RECTUM	38. FEVER
18. STOOL	39. PERSPIRATION
19. BLADDER	40. SKIN
20. KIDNEYS	41. GENERALS
21. PROSTATE GLAND	

### 3.4.3.2. Repertory

Once the symptoms were sorted into the relevant sections in the materia medica, the corresponding rubrics were found using the RADAR OPUS software package Version 1.38 (Archibel, 2013) utilising the Synthesis Treasure Edition (Schroyens, 2009). Thus symptoms were expressed in the conventional **rubric** – *sub-rubric* – sub-sub-rubric format.

The following grading system was used to grade symptoms, as adapted from Ross (2011):

- All rubrics are assumed to be of lowest grade, which is Grade 1, and are reflected in normal type
- Rubrics that were experienced by three or more provers were elevated to Grade 2, and reflected in *italics*
- Rubrics that were experienced by 50% or more provers were elevated to Grade 3, and reflected in **bold** type
- No rubrics were considered to be Graded 4, the highest grade, since clinical verification of symptoms was not available (Ross, 2011).

#### **3.4.4. Comparison with lion ethology**

Proving symptoms, or the materia medica of *Panthera leo*, was then compared to the ethology of the lion. This was done by looking at the various patterns of behaviour exhibited by lions and then correlating these with similar proving symptoms that were produced by *Panthera leo* 30CH. The sources that have been used to study the behaviour patterns of lions are Mammals of the Southern African Sub-region (Skinner et.al, 1990), Wild Ways (Apps, 1992), South Africa's Mammals: A field guide (Frandsen, 1992) and Africa's Big Five (Taylor et al., 2000).

### **3.5. ETHICAL CONSIDERATIONS**

#### **3.5.1. Informed consent**

All provers participated voluntarily and were fully informed of the research process prior to them consenting in writing to participate, written informed consent was thus obtained from each participant both prior to screening them for suitability (See appendix B i.e. Preliminary Informed Consent) and subsequently prior to commencing the proving (See appendix D i.e. Main Informed Consent). Provers were also aware that they could withdraw from the study at any stage without needing to provide any explanation thereof.

#### **3.5.2. Health status of provers**

Researchers screened each prover before commencement of the proving in order to ensure that all provers were in a good state of health, participants thus were not in need of medication or treatment for any concomitant disease or illness.

#### **3.5.3. Supervision of provers**

All provers were under close supervision by the researchers throughout the proving process. Researchers contacted the provers telephonically on a regular basis, as described in the methodology. Provers were also encouraged to contact the researchers at any time if they needed information regarding the proving process or proving symptoms.

#### **3.5.4. Prover's confidentiality**

The prover's confidentiality was maintained at all times, during and after the proving process. This was achieved by assigning a unique prover number to each prover to which all subsequent reference was made, i.e. no names or identifying information was included in the research dissertation. In addition only the researcher and the research supervisor had access to the prover journals, each of which was coded using the prover number alone.

#### **3.5.5. Double-blinding**

The identity of the homoeopathic proving substance was not revealed to the provers until all provers had completed the experimental phase and all journals were collected. The researcher did not have knowledge as to which provers were in the verum and placebo groups until all journals were collected.

#### **3.5.6. Voluntary participation**

Participation in this proving was voluntary, and all provers were able to withdraw at any time, if they wished to do so.

#### **3.5.7. Language considerations**

Prejudice was given to participants who were fluent in the English language. This was done so that the researchers could obtain clear descriptions of proving symptoms that were experienced by the provers and to avoid translation errors that may have occurred should translation have been required.

#### **3.5.8. Adverse events**

If any prover experienced an adverse event during the proving process, the proper IREC (Institutional Research Ethics Committee) protocol for adverse events would have been followed. The researcher would have reported the adverse event to the IREC in writing within 48 hours of the event.

### **3.5.9. Anti-doting methods**

While most proving symptoms are mild and temporary, any prover could have requested an anti-dote at any time, if they felt that their symptoms were intolerant. Sherr (1994) recommends the following methods of anti-doting:

- (i) Administration of an acute remedy, which covers the symptoms that the prover is currently experiencing.
- (ii) Administration of a remedy which covers the totality of the symptoms which is the result of the original symptoms and the artificial proving symptoms.
- (iii) Administration of a “genus epidemicus” which is derived from already known remedies.
- (iv) In the case of mild suffering, mints, “Olbas oil”, camphor or coffee may be used.

All symptoms produced after the proving had been anti-doted, using one of the methods mentioned above, should be considered invalid (Sherr, 1994).



## CHAPTER FOUR

### Results

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#### 4.1. INTRODUCTION

After the experimental phase of the proving was complete, all proving journals were collected and proving symptoms were extracted and collated. In this chapter, valid proving symptoms are represented in 2 formats, materia medica and a list of corresponding rubrics.

The materia medica contains symptoms which have been extracted from verum prover's journals, verbatim, including any language and/ or spelling error. The corresponding rubrics were found using the RADAR OPUS software package Version 1.38 (Archibel, 2013) utilising the Synthesis Treasure Edition (Schroyens, 2009).

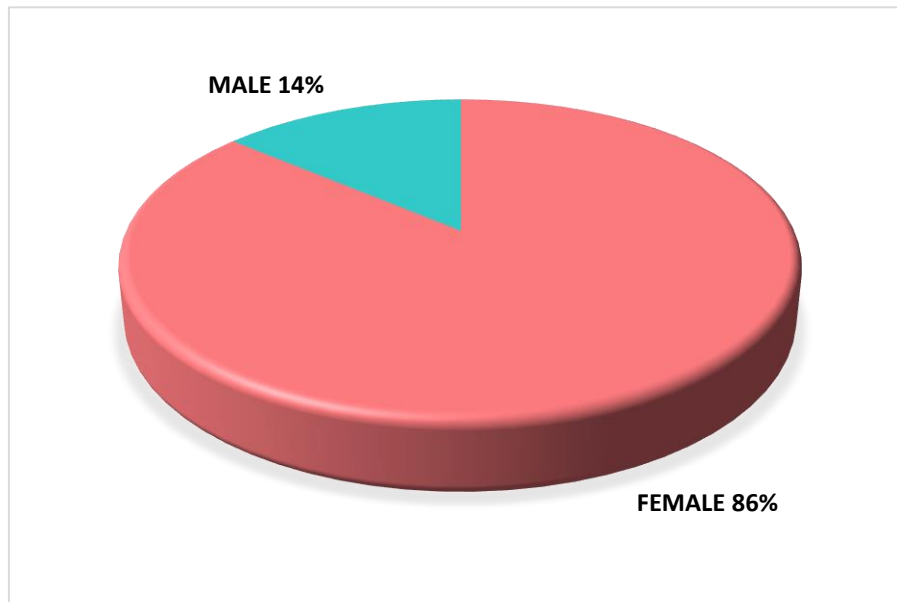
#### 4.2 PROVER DEMOGRAPHICS

A total of 30 provers participated in this proving, however 1 prover (prover 25) dropped out and their proving journal was not retrieved. This prover was excluded from the study. Therefore, proving symptoms obtained from the proving of *Panthera leo* 30CH were recorded by 29 provers, 23 verum and 6 placebo. The table below (table 4.1) represents the proving sample, in terms of their allocated prover number, age distribution and whether they had received verum or placebo.

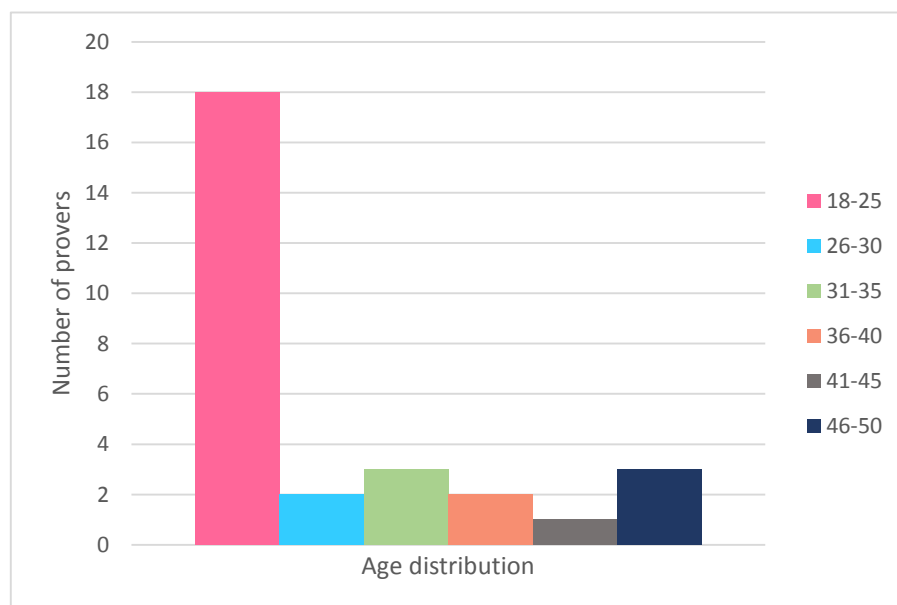
**Table 4.1: List of provers**

PROVER NUMBER	AGE	GENDER	RACE	VERUM/ PLACEBO
1	42	F	Indian	Verum
2	22	M	White	Verum
3	21	M	Indian	Verum
4	22	F	Indian	Verum
5	25	F	Indian	Placebo
6	28	F	Indian	Verum
7	28	M	White	Placebo
8	33	F	Indian	Verum
9	48	F	Indian	Verum
10	48	F	Indian	Verum
11	20	F	Indian	Verum
12	38	F	White	Placebo
13	39	F	Indian	Verum
14	22	F	Indian	Verum
15	23	F	White	Verum
16	47	F	White	Verum
17	23	F	Indian	Verum
18	23	F	Indian	Verum
19	22	F	Indian	Verum
20	35	F	Indian	Placebo
21	22	F	Black	Verum
22	31	M	Black	Verum
23	23	F	Indian	Verum
24	23	F	Black	Placebo
26	25	F	Black	Verum
27	22	F	Indian	Placebo
28	24	F	Indian	Verum
29	24	F	Indian	Verum
30	25	F	Black	Verum

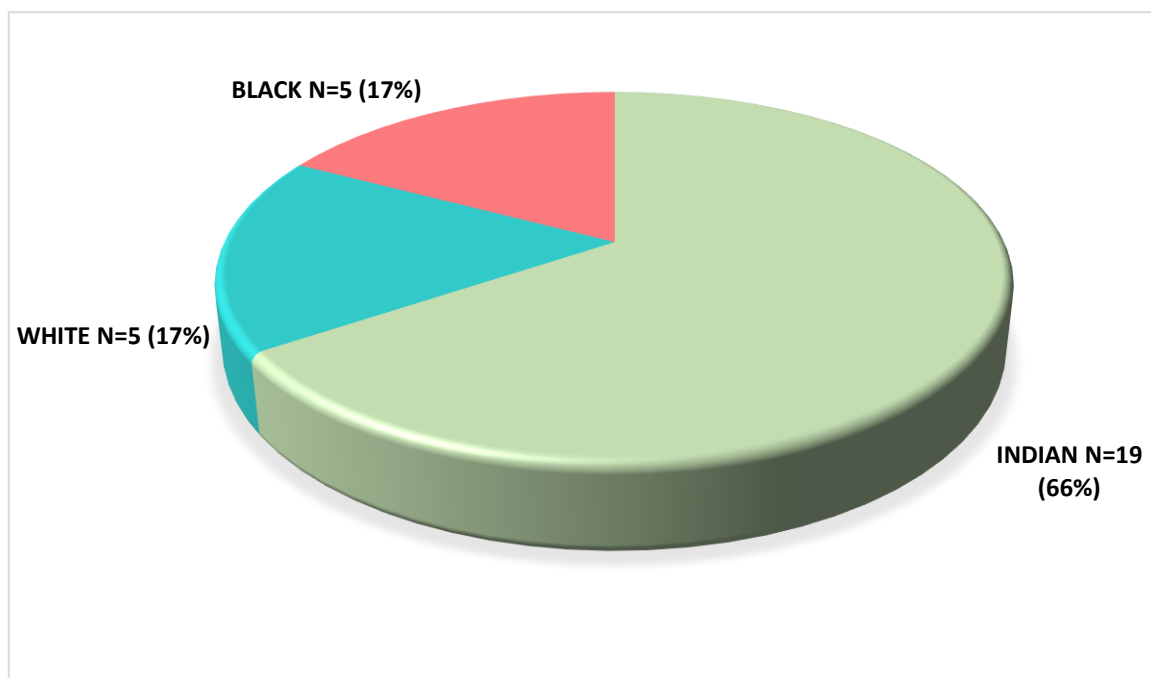
The ratio of male and female provers, the age distribution of provers and the racial demographic of provers are represented in Figures 4.1, 4.2 and 4.3 respectively.



**Figure 4.1**  
**Ratio of male and female provers**



**Figure 4.2**  
**Age distribution of provers**



**Figure 4.3**  
**Racial demographics**

### **4.3. MATERIA MEDICA**

The materia medica has been compiled using symptoms produced by verum provers only, i.e. symptoms from the placebo group were not considered. Within the materia medica, symptoms are organised into various categories as seen in the existing materia medica format. Within each category, symptoms have been further grouped according to common themes, where applicable.

Each symptom is followed by a reference denoting prover code, gender and time ratio (Days: Hours: Minutes).

- Days represents the number of days that had elapsed after the first dose of the proving remedy was taken
- Hours represents the number of hours that had elapsed after the first dose of the proving remedy was taken
- Minutes represents the number of minutes that had elapsed after the first dose of the proving remedy was taken
- After 24 hours had elapsed, minutes were considered redundant and are represented by XX.
- After 48 hours had elapsed, hours were considered redundant and are represented by XX.

- Time is only referenced if it was specific and/ or noteworthy. If the time was insignificant or unclear, it is represented by XX:XX:XX.

### **4.3.1. Mind**

#### **4.3.1.1. Absentminded**

I nearly met an accident, I felt a bit absent minded as if my mind were wondering into clouds. A hazy feeling.

06 F 00:XX:XX

Today I mistakenly left my phone in a restaurant

06 F 00:XX:XX

I'm so confused..

06 F 01:XX:XX

don't know how I feel...in so confused and shocked and annoyed at the same time. (SOO CONFUSED).

06 F 03:XX:XX

I feel dazed, delayed in everything all my reactions, my emotions, I feel heavy.

06 F 05:XX:XX

try study but can't concentrate think of things from the office, not my responsibility, but still feel responsible.

16 F 04:XX:XX

Realise @ 14'30 not exam tomorrow, knew on 19th, but thought 19th was Monday.

16 F 10:XX:XX

Lack of concentration

19 F 13:XX:XX

Besides thinking we still in November, I feel fine. That's what holidays do.

19 F 29:XX:XX

I could not concentrate and/or focus on the PC.

28 F 05:XX:XX

I somehow wasn't think& I knocked my mouth on the fridge @ work.

28 F 07:XX:XX

I couldn't even concentrate on what I was reading.

30 F 00:XX:XX

Made a mistake when I was talking about someone's car. In my head I was saying Polo but my mouth was saying Golf and in my head I had the colour Navy but somehow I said Maroon. I didn't realize my mistake until my friend pointed it out.

30 F 05:XX:XX

#### **4.3.1.2. Anger, violence**

Also got angry with 'X' this morning, a bit unusual, on my way to school with him because he wouldn't be quiet

08 F 02:XX:XX

---

'X' name of person omitted to maintain confidentiality

I also felt a bit of aggression like I could just strangle someone. I actually pictured myself putting my hands around someone's neck and just holding them until they stop breathing. Very unusual for me.

08 F 02:XX:XX

Just felt angry with myself

08 F 02:XX:XX

Got very upset at home in the evening with my husband because I had to clean-up the house. Not really sure what this was about also. This is not like me usually

08 F 02:XX:XX

I am normally able to control my anger, but after taking the remedy – I am getting upset with people for no good reason

10 F 08:XX:XX

Was maddly upset this morning, told husband I was doing sup today a week ago, and now on top of this he did not arrange for me to have the car, had to drive with him to pick a hammer – yes it was on the way, but still I have planned the day and have this up, by the stress of writing exam.

16 F 12:XX:XX

felt bouts of frustration

19 F 03:XX:XX

I don't know y I'm putting up with this bull crap!!

21 F 20:XX:XX

a bit frustrated upon finding my room so dirty that somebody cut his hair in my Room.

22 M 03:XX:XX

very angry at the airport due to a lady that left me stranded with her luggage.

22 M 10:XX:XX

sleeping angry.

22 M 10:XX:XX

feeling angry

22 M 24:XX:XX

Today I noticed that I'm getting really angry with little things and for that short space of time I'm in another world, but afterwards, I feel better.

23 F 14:XX:XX

I felt very angry and upset. I don't know why.

23 F 25:XX:XX

I started to get angry, agitated etc. however, it sort of got attended to....

28 F 00:XX:XX

I am FURIOUS! I woke up angry and the fact that I was writing a supp today didn't help matters either. I feel RAGE inside me like a bomb ready to explode.

30 F 02:XX:XX

Today is the day I most likely to kill someone if crossed or irritated!

30 F 02:XX:XX

I feel so violent and angry inside. I thought these feelings were gone but apparently they are still there.

30 F 06:XX:XX

---

'X' name of person omitted to maintain confidentiality



I was saying to my classmates that if 'X' was at res right now I am a 100% sure that I would've beat her up if she had started her nonsense. I am itching to damage something or someone and as I write this I can't believe I'm the one actually saying it. This is not me. I am not violent or confrontational but that is how I've been feeling lately.

30 F 06:XX:XX

Dammit! Speak of the devil. She just came in now. Why the hell didn't she go home? I don't want to see her face and I better not see her. She must stay out of my way or she'll get herself hurt!

30 F 06:XX:XX

I was so pissed @ one of my friends.

30 F 09:XX:XX

I'm so short-tempered lately and it's getting worse each time. I just wish I could change that part of me.

30 F 10:XX:XX

I just feel so angry. I have no idea why and that just angers me even more.

30 F 11:XX:XX

I'm so angry today but the weird thing is that I don't know why.

30 F 13:XX:XX

I so hope 'X' doesn't come back to res next year because I swear if I have to live with her I will kill her. I'm sick of her mess and lack of common courtesy.

30 F 14:XX:XX

---

'X' name of person omitted to maintain confidentiality

I still anger very quickly which is really irritating. It's just a nuisance to me. I don't want to be angry all the time. It's tiring! It's like I'm a bomb that's ready to explode at the slightest interference. I really hope it won't last forever because I can't go through life being angry all the time, it's not nice.

30 F 20:XX:XX

I hate the fact that I'm always being bugged at work just because I'm going to be a "doctor".

30 F 21:XX:XX

I also felt a bit of aggression like I could just strangle someone. I actually pictured myself putting my hands around someone's neck and just holding them until they stop breathing. Very unusual for me

08 F 02:XX:XX

I want to burn the faculty office & I have clinic later but don't feel like going.

21 F 02:XX:XX

I was saying to my classmates that if 'X' was at res right now I am a 100% sure that I would've beat her up if she had started her nonsense. I am itching to damage something or someone and as I write this I can't believe I'm the one actually saying it. This is not me. I am not violent or confrontational but that is how I've been feeling lately.

30 F 06:XX:XX

#### **4.3.1.3. Audacity**

My feelings towards others and everything was very suppressed. It felt as if I didn't really care what I said or did.

02 M 03:XX:XX

---

'X' name of person omitted to maintain confidentiality

I wasn't scared to talk my mind.

02 M 03:XX:XX

It wasn't a confidence thing but I rather didn't mind people judging my interpretations on things. I was more bold.

02 M 03:XX:XX

I was almost more outgoing and if I thought about something I never hesitated to speak up.

02 M 04:XX:XX

Just want to lash out at people for no reason and this is not me at all. I am normally friendly and like to talk to people.

10 F 06:XX:XX

I am being extremely rude to people around me, I'm being straight forward and snappy over the slightest of matters

11 F 00:XX:XX

Emotionally hurt because I couldn't handle being hurt anymore by close people and I had to say it.

23 F 29:XX:XX

I was saying to my classmates that if 'X' was at res right now I am a 100% sure that I would've beat her up if she had started her nonsense. I am itching to damage something or someone and as I write this I can't believe I'm the one actually saying it. This is not me. I am not violent or confrontational but that is how I've been feeling lately.

30 F 06:XX:XX

---

'X' name of person omitted to maintain confidentiality

#### **4.3.1.4. Change, ennui**

Boredom from 12:30-2pm (need a distraction)

15 F 00:XX:XX

Feeling a little bored like I need a new job.

15 F 01:XX:XX

I don't think I can take another year of studying. Need a change.

18 F 11:XX:XX

Life is so boring even with so many things to do!!!

21 F 09:XX:XX

Today is going to be a boring day. Yea!!! I guessed just right!! Today was in deed a boring day

21 F XX:XX:XX

I should put dstv at home so I won't get this bored coz I'd always go there & watch it.

21 F 18:XX:XX

Feeling of boredom is just annoying

21 F 18:XX:XX

However, I feel the need to be better now ... Random, I know ☐ \* CHANGE \*

28 F 11:XX:XX

I really wish I had a more exciting life. Maybe I can do that next year. I hope to change that.

30 F 17:XX:XX

Today was a normal day for me, and by normal I mean boring and quiet. I don't mind that but lately I feel like my life is not exciting @ all.

30 F 10:XX:XX

Today was a normal boring day which is the usual pattern of my life these days.

30 F 17:XX:XX

I had a normal boring day at work

30 F 29:XX:XX

#### **4.3.1.5. Children**

All I want right now is to be around my niece... (NEW SYMPTOM).

06 F 00:XX:XX

My niece went to my parents room in the middle of the night as she was missing them so I guess I have a bit sad when she wasn't next to me anymore..

06 F 01:XX:XX

my niece is so active and demanding of my time, and I find it difficult to make time for journaling...

06 F 01:XX:XX

my main concern seems to be centering around my niece, in a motherly form..

I didn't know I had this nurturing quality imbedded in my core..

06 F 01:XX:XX

My morning was very rushed, I went to a babies orphanage which left me feeling so stripped, raw and hurt

06 F 07:XX:XX

Woke up at 6:30am, with anxiety again, over not buying my niece a birthday present for tomorrow (her actual birthday).

06 F 09:XX:XX

Also got angry with 'X' this morning, a bit unusual, on my way to school with him because he wouldn't be quiet

08 F 02:XX:XX

I have also been a bit emotional today, just for no reason. Perhaps for getting upset with 'X' this morning, not sure though

08 F 02:XX:XX

And need to have kids by 30 (saw some study on tv)

18 F 21:XX:XX

I felt fine for most of the day but I just got a little irritated when it came to adding all my marks together. This was triggered by the noise being made by kids and I felt bad that I was scolding

23 F 07:XX:XX

I had to say goodbye to my darling children. I tried to be strong. But I broke down. Then it hit me I realized this is my passion and what I live for. The kids will always give me strength.

23 F 22:XX:XX

#### **4.3.1.6. Company (aversion, ameliorates, desire)**

##### Aversion

I felt agitated and irritated by those around me.

02 M 04:XX:XX

---

'X' name of person omitted to maintain confidentiality

All this makes me want to run away and be alone.

06 F 06:XX:XX

Today I just feel like keeping to myself – I want to curl up in a corner and be silent. I feel like I am withdrawing. I cannot understand it. its not like me.

10 F 09:XX:XX

I asked to be left alone because I was in pain. Physically and emotionally.

23 F 29:XX:XX

I'd rather be on my own

30 F 01:XX:XX

I'd rather be on my own or with my boyfriend than anyone else, oh and my grandmother.

30 F 01:XX:XX

I don't anyone near me

30 F 02:XX:XX

I just want to be alone and not talk to anyone. I need me time.

30 F 13:XX:XX

Ameliorates

visited friends and the spirit got raised.

22 M 04:XX:XX

I like being around my Sai family – they make me feel good :)

28 F 06:XX:XX

I feel happy & at ease when I associate myself with devotee's.

28 F 07:XX:XX

Being in the company of sai devotees makes me Happy 😊😊😊

28 F 09:XX:XX

Being with Sai devotees makes me feel good 😊

28 F 13:XX:XX

### Desire

All I want right now is to be around my niece... (NEW SYMPTOM).

06 F 00:XX:XX

It rained today. I simply love the rain. It makes me want to sit under a blanket and watch a movie with the right company.

23 F 23:XX:XX

I'd rather be on my own or with my boyfriend than anyone else, oh and my grandmother.

30 F 01:XX:XX

### **4.3.1.7. Fear, fearless**

I wasn't scared to talk my mind.

02 M 03:XX:XX

I went on a water slide today, with I thought I would never do as im always riddled with fear for most things.

06 F 01:XX:XX



I woke up feeling scared for some reason.

23 F 10:XX:XX

Dream use to wake me up. First time the dream freaked me out than got use to it.

29 F XX:XX:XX

#### **4.3.1.8. Gratitude**

Today I realised what true friends are and what they do for you. Today I count my blessings to have such amazing individuals in my life.

06 F 12:XX:XX

Realised I have a lot to be grateful for even though I have failed and feel miserable now.

18 F 10:XX:XX

Greatful that I was afforded to learn of Swami in this lifetime ☺

28 F 02:XX:XX

I think I should be grateful for the job Swami has given me because with out it, I wouldn't be able to live. Swami ... Bliss \*SWAMI KNOWS BEST\* ☺

28 F 12:XX:XX

Thank you Swami for always helping us & taking care of us! \*GREATFUL\*  
(DREW A STAR)

28 F 17:XX:XX

\* GREATFUL & BLESSED \* ☺

28 F 19:XX:XX

GRATEFUL! Yes, I am Greatful for all that Swami has afforded me. He has giving me so much, all in his time. I just want to be the best that I can for Swami ☺ - A better youth & individual. Swami you truly are divine!

28 F 22:XX:XX

Just have a greatful feeling that is for the gift of life (Heart). Swami has afforded me this human life & it's the best way to serve him. \* LIFE IS A GIFT FROM GOD \*

(DREW A HEART)

28 F 23:XX:XX

I'm grateful for the extra cash though.

30 F 11:XX:XX

#### **4.3.1.9. Happy, content**

I Feel a great deal of happiness for now...I feel content...happy not the sadness like last night... But this happy feeling is also quite unusual (NEW SYMPTOM)...

06 F 01:XX:XX

Today I realised what true friends are and what they do for you.

Today I count my blessings to have such amazing individuals in my life.

06 F 12:XX:XX

Mood: woke up in a very relaxed and happy mood and remained that way

14 F 01:XX:XX

But happy to help and made her aware of what people will complain about.

16 F 05:XX:XX

Happy for time in mat med

16 F 10:XX:XX

Awesome day of bhajans. Felt really good.

18 F 02:XX:XX

Life is still pretty awesome.

18 F 10: XX:XX

feeling happy :)

19 F 09: XX:XX

momentarily excitement was felt, a bit happy as well.

19 F 17:XX:XX

Woke up happy again.

21 F 00:XX:XX

(happy face) - he's so understanding anyways

21 F 01:XX:XX

feeling more happy as if I am in my own world.

22 M 00:XX:XX

Great evening with a much better mood.

22 M 02:XX:XX

another flight moment which brings happiness coming back to Durban.

22 M 03:XX:XX

good positive mode.

22 M 06:XX:XX

Today was a lovely day.

23 F 06:XX:XX

Today went well overall I enjoyed it even the rush.

23 F 10:XX:XX

I felt happy, there was always somebody making me laugh and it felt good, we shared many memories remembering my aunt and we were trying to be happy like she would want.

23 F 13:XX:XX

I realized that when I woke up that being happy and forgetting about everything is all I needed to do.

23 F 17:XX:XX

I felt much excitement today.

23 F 18:XX:XX

After lunch I felt well again and I was happy and laughed the day off.

23 F 18:XX:XX

I felt good.

23 F 21:XX:XX

This happy feeling stayed. I forgot about all that was going on around me and I prayed to stay in this mood always. This evening I knew I was going to bed happy 😊

23 F 21:XX:XX

Today, I woke up feeling happy and sad at the same time.

23 F 22:XX:XX

I feel happy😊.

28 F 01:XX:XX

\*HAPPY \* 😊

28 F 01:XX:XX

I took med's today 😊 I feel happy, energetic, full of strength. A Happy, Chappy😊 :D

28 F 02:XX:XX

Swami – having him in my life makes me feel great and I happy. I write a lot of Swami & will continue in this book, it is because he is my God 😊 His teachings, in Miracles – It makes me happy. Greatful that I was afforded to learn of Swami in this lifetime 😊

28 F 02:XX:XX

I feel happy & at ease when I associate myself with devotee's. \*HAPPY SAI FEELINGS\* 😊

28 F 07:XX:XX

I really felt happy. 'X' - one of Swami's students was here doing bhajans. I felt blessed 😊 \* BLESSED BY YOUR LOVE\* (DREW A HEART)

28 F 08:XX:XX

I feel truly amazing & happy.

28 F 09:XX:XX

Being in the company of sai devotees makes me Happy 😊😊😊

28 F 09:XX:XX

Anyway with all, I was happy because all is Swami.

28 F 10:XX:XX

I feel happy & energetic for some reason. It's Good ☺

28 F 13:XX:XX

\* BE HAPPY\* ☺

28 F 13:XX:XX

'X' is coming today so I feel happy, he makes me happy ☺

28 F 14:XX:XX

I like being happy "LOL" – It's a good feeling.

28 F 14:XX:XX

\*HAPPY\*

28 F 14: XX:XX

DECEMBER :D Whowhooo !!! Yes! The festive Month ... Happy vibes! And the office closes next week, 13/12/2013 ... Excitement.

28 F 16:XX:XX

Happy vibes ☺ Whenever I think of Swami I feel safe & Happy ☺

28 F 19:XX:XX

When I listen to bhajans. I feel so happy, calm & @ ease & I think this is the best medicine. I feel @ ease & happy. \* Happy Vibes \* ☺

28 F 22:XX:XX

---

'X' name of person omitted to maintain confidentiality

Feeling awesome 😊 Life is good. Holiday is coming soon. I write all the times that I feel good & I don't write why ... That's because there is no reason to be happy!!! It's a good feeling when you don't have to have a reason 😊

\* SOURCE OF HAPPINESS – SWAMI \* 😊

28 F 24:XX:XX

Mood wise I'm happy

30 F 04:XX:XX

Mood wise I was happy and joking around with friends

30 F 05:XX:XX

I'm so happy that we get to go home Friday.

30 F 06:XX:XX

I'm so happy about going home tomorrow. I've been playing upbeat tunes and singing along just because I can. I love the feeling of happiness, if only it lasted.

30 F 08:XX:XX

I'll get to be with my bf on a daily basis even though, it will be at work, just having him there makes me happier.

30 F 11:XX:XX

I'm going back to work tomorrow. I hope it'll be ok. I'm happy to be going back but I know that I'll be exhausted now most of the time because of work.

30 F 18:XX:XX

It was lovely seeing all the guys at work and just being in a different environment. DUT.

30 F 19:XX:XX

#### **4.3.1.10. Husband, boyfriend**

I just miss my boyfriend so much which is unusual for me.

06 F 01:XX:XX

Got very upset at home in the evening with my husband because I had to clean-up the house.

08 F 02:XX:XX

I feel very irritated. I can not stand my husband. I feel like killing him. I used to be irritated with him – but after taking the remedy I feel worse, I just wish my husband was dead. I just cannot even look at his face.

10 F 05:XX:XX

Mood lifted – The TV is broken yippy. Husband and I had some conversation, he even played me a video of a song, he over-heard on the radio. “Roar” Kelly Perry. – Sexy

16 F 07:XX:XX

Not too happy, husband had red wine 3x glasses, went watch rugby still drinking glass beer, and braai - ate @ 20'00 chicken sweet potato and salad don't like eating this late. He ate went to bed. – irritates me. Atleast he is calm and relax (apathetic).

16 F 10:XX:XX

Was maddly upset this morning, told husband I was doing sup today a week ago, and now on top of this he did not arrange for me to have the car, had to drive with him to pick a hammer – yes it was on the way, but still I have planned the day and have this up, by the stress of writing exam.

16 F 12:XX:XX

Sometym I feel like crap but that's only when me & my bf are fighting. I don't wanna fight with him anymore. Aaaaah

21 F 00:XX:XX



demanded my bf to come to me - I just missed him so much & just wanted us to fuse into one thing & never separate.

21 F 01:XX:XX

let me go & see if my boyfriend will miss me

21 F 05:XX:XX

I miss him so much. I wonder if he misses me like I miss him. I hate this feeling of missing someone.

21 F 06:XX:XX

Why won't he see me!! We don't live that far from each other.

21 F 07:XX:XX

'X' + 'X' = Forever

21 F XX:XX:XX

I love my bf!!

21 F XX:XX:XX

I miss him so much \_\_\_ his all I think about the whole day. Agghh!!!!

21 F XX:XX:XX

I don't believe I came back to res for this idiot & he rather go drinking with his friends. His such an idiot Nxiiii - I don't know y I'm putting up with this bull crap!! Relationships are so boring!!

21 F 20:XX:XX

---

'X' name of person omitted to maintain confidentiality

I saw him today, his new place is so cool. Wish I stayed with him & we were married.

21 F 21:XX:XX

His so distant - wonder whats going on with him. I hope nothing is going on with. Had such a huge fight last night with him but I glad he remained cool through out it all.

21 F 22:XX:XX

'X' (my bf) shouts @ me and I feel a 100 times worse.

28 F 00:XX:XX

This morning I feel terrible, still not talking to 'X' I took the med's however I didn't feel any change because at the moment all I can think about is the fight! 'X' ended up coming home & all was sorted.

28 F 01:XX:XX

'X' is coming today so I feel happy, he makes me happy ☺

28 F 14:XX:XX

just a little of bickering with 'X' as he can be annoying @ times LOL. But he was okay otherwise.

28 F 23:XX:XX

The good thing also about going back to work is that I'll get to be with my bf on a daily basis even though, it will be at work, just having him there makes me happier.

30 F 11:XX:XX

#### **4.3.1.11. Irritability**

I felt agitated and irritated by those around me.

02 M 04:XX:XX

---

'X' name of person omitted to maintain confidentiality

Felt a little grumpy in the morning – maybe because I felt sick the previous days

03 M 05:XX:XX

I'm getting so annoyed with everyone and everything.. I feel as if I have been inconvenienced. Im so fed up..

06 F 04:XX:XX

Im grumpy.

06 F 04:XX:XX

Feeling very anxious and irritable today.

08 F 01:XX:XX

I felt very irritated by everything, just getting through my normal routine was difficult today

08 F 01:XX:XX

Got very upset at home in the evening with my husband because I had to clean-up the house.

08 F 02:XX:XX

Felt a little irritated.

10 F 02:XX:XX

I feel very irritated. I can not stand my husband. I feel like killing him. I used to be irritated with him – but after taking the remedy I feel worse, I just wish my husband was dead. I just cannot even look at his face.

10 F 05:XX:XX

Feel very irritated in general, with life in general

13 F 08:XX:XX

felt suddenly irritable – 3pm

14 F 01:15:XX

Mood: irritability

14 F 04:XX:XX

Mood: grumpy throughout the day

14 F 09:XX:XX

woke up to bad music – irritating especially after a terrible sleep.

15 F 02:XX:XX

Very irritable and grumpy from not getting enough sleep.

15 F 02:XX:XX

owner compliant that fridge was too small and tiles broken, feel irritated because of complaints feel it is unnecessary.

16 F 05:XX:XX

had pasta – did not enjoy it, just feel irritated.

16 F 06:XX:XX

just irritated, try to make copies got stuck in printer got mad #\*\*\*.

16 F 07:XX:XX

Not too happy, husband had red wine 3x glasses, went watch rugby still drinking glass beer, and braai - ate @ 20'00 chicken sweet potato and salad don't like eating this late. He ate went to bed. – irritates me. At least he is calm and relax (apathetic).

16 F 10:XX:XX

Husband helped me with some calculations, very irritated...

16 F 12:XX:XX

He seemed to irritate me each time I moved.

21 F 00:XX:XX

getting irritated about writing dates OMG!!

21 F XX:XX:XX

was just getting irritated with the itching that continued.

23 F 01:XX:XX

everything seemed to bother me.

23 F 03:XX:XX

I just got a little irritated when it came to adding all my marks together. This was triggered by the noise being made by kids and I felt bad that I was scolding

23 F 07:XX:XX

It is so annoy because it's as if I work for both offices but get paid from one office and that to it's an underpay I feel. That also irritate's me.

28 F 00:XX:XX

I felt irritable again though for no reason.

28 F 06:XX:XX

In the morning I was irritable & moody.

28 F 12:XX:XX

I was snappy and highly irritable.

28 F 12:XX:XX

I didn't feel moody or irritable @ all ... liking this.

28 F 16:XX:XX

I still anger very quickly which is really irritating. It's just a nuisance to me. I don't want to be angry all the time.

30 F 20:XX:XX

#### **4.3.1.12. Laziness**

Feeling abit lazy today- I don't want to do anything research related even though I have a deadline on Friday & haven't made much progress.

19 F 09:XX:XX

Writting like this coz I'm feeling lazy but to my surprise I feel so fresh.

21 F 01:XX:XX

My God I've been in bed the whole day, only got up like 3 times to make myself something to eat. I haven't even taken a bath, I know it's wrong but I can't bring myself to do, it seems like such an effort. I just keep tossing and turning in bed

30 F 03:XX:XX

Woke up feeling a bit tired today, no wait, not tired nut just lazy. That has been the case for the past number of days.

30 F 06:XX:XX

You know I actually did some exercising this evening. The urge just came from nowhere. I mean I have been thinking about starting for a while but I got lazy, well not today. I'm proud of myself.

30 F 06:XX:XX

Well the exercise inspiration seems to have been a 1-day thing. I just felt lazy today so I didn't do a thing. I really want to do something about my weight and overall health but I never seem to be able to turn my words into actions.

30 F 07:XX:XX

I really don't like feeling of laziness.

30 F 07:XX:XX

I've become so lazy. I don't like this at all. All I want to do is just lie in bed all day long. I'm even lazy to eat

30 F 11:XX:XX

Gosh I'm so lazy to write. I've spent like 30 minutes contemplating whether to write or not, eventually gave in.

30 F 13:XX:XX

I so wish I had someone to write for me. I'm so lazy.

30 F 15:XX:XX

I wish I had a robot to write everything down for me and do stuff for me when I'm tired or when I need time off.

30 F 26:XX:XX

#### **4.3.1.13. Lost**

feeling of lost – can't go on holiday although I am on holiday (husband) still working. No more studying, well for now.

16 F 17:XX:XX

Feeling extremely lost just wish I had some sign or indication where I belong.

18 F 12:XX:XX

Feeling super lost no idea where my life is headed. 23 without direction sucks terribly.

18 F 17:XX:XX

feel like I'm floating & I don't belong anywhere!!

21 F 22:XX:XX

#### **4.3.1.14. Money**

Worried about rentals not yet being paid, and I also have expenses, eg levy, electricity, seems to be the only one worried. Husband just says don't worry- well I try to suppress the worry, but it keeps coming up. I phoned the tenants said they would pay last night nothing. Woo, woo, woo!

16 F 04:XX:XX

We work so hard and our Bosses know but they will never give us a proper raise..... They just use, use & use!

28 F 00:XX:XX

Thinking of what presents to get everyone on a good note & then the stress begins with budgeting for the car, insurance, cellphone& gifts. I hope I get a good bonus... financial stress is the worse. Oops, I forgot rent, electricity, there is no end!

28 F 17:XX:XX

I need stronger glasses which means more expenses.

28 F 18:XX:XX

I'm grateful for the extra cash though.

30 F 11:XX:XX

Anyway atleast I'll be getting some money during the holiday season. That's always nice. I wish I could get another job somewhere else though, a better paying job, with not so much stress like my current one. Hopefully that will be a reality.

30 F 18:XX:XX



'X' will not be happy about that, he won't be getting much money coming in. it serves him right though because of the way he treats his employees. He is an ungrateful man. What kind of a person doesn't give his employees bonuses! He works them like dogs and pays them peanuts and doesn't even give them bonuses. It's ridiculous.

30 F 25:XX:XX

#### **4.3.1.15. Mood**

Noticed that I don't feel so moody or stressed (US) –have been experiencing these symptoms a lot over the past 2 years due to personal problems (separation and divorce).

01 F 07:XX:XX

dont know how I feel...in so confused and shocked and annoyed at the same time. (SOO CONFUSED).

06 F 03:XX:XX

I have also been a bit emotional today, just for no reason. Perhaps for getting upset with 'X' this morning, not sure though

08 F 02:XX:XX

11am my mood changed

13 F 01:XX:XX

Quite moody, not sure why

13 F 08:XX:XX

Feeling terrible.

15 F 02:XX:XX

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'X' name of person omitted to maintain confidentiality

I wasn't as emotional as I anticipated.

18 F 05:XX:XX

feeling a bit emotional today- cried a little bit & felt a bit better afterwards (personal reasons)

-Experiencing mix emotions - feeling sad, then fine & then sad again

-It's going to be an emotional few days - reasons: personal

19 F 04:XX:XX

An emotional afternoon but felt better after a while (personal)

19 F 05:XX:XX

An emotional afternoon, tried to be strong - succeeded for a while & then walls came tumbling down (personal)

19 F 06:XX:XX

An extremely emotional morning – as the day progressed I felt better

19 F 07:XX:XX

I was really moody

23 F 03:XX:XX

I had a lot of mixed emotions.

23 F 16:XX:XX

Today was another emotional day.

23 F 24:XX:XX

It was a really emotional day.

23 F 26:XX:XX

Today was just an emotional day.

23 F 29:XX:XX

I was extremely moody when I got home.

28 F 00:XX:XX

This morning I was a little moody, I don't really know why ...

28 F 05:XX:XX

I still felt moody

28 F 05:XX:XX

I felt a little emotional in the morning because some people made me feel out of place yesterday.

28 F 10:XX:XX

In the morning I was irritable & moody.

28 F 12:XX:XX

Not sure why the moods because I finish my PMS.

28 F 12:XX:XX

Hopefully will be in a better mood when I wake up in the afternoon.

30 F 15:XX:XX

Still go in and out of a good and bad mood. It's become like the norm for me now.

30 F 17:XX:XX

I think I'm back to my normal self now. I better be though. I've had enough of these up and down mood swings.

30 F 25:XX:XX

#### **4.3.1.16. Placebo, verum**

I am convinced I am on placebo

06 F 00:XX:XX

im so convinced Im on placebo

06 F 01:XX:XX

I am positive I am on placebo

06 F 01:XX:XX

When I look back at the passed week I really don't know what to think any more.  
Whether it was on placebo/not. its hard to tell.

06 F 05:XX:XX

This is gonna be so funny if I'm on placebo & I'm experiencing all of this.

21 F 00:XX:XX

I am positive that I am on the verum, I am not myself especially emotionally and mentally.

30 F 06:XX:XX

I can't wait to hear what the remedy was. This time I have no idea what it could be.  
Hope it's something strange, but with Homoeopathy, you can never be too sure about that.

30 F 28:XX:XX

#### **4.3.1.17. Pleasing others**

I hope my mum is okay. She's always so worried about about. I need to make her happy next year. Buy or build her something. I hope this feeling remains forever.

21 F 00:XX:XX

thinking about not being able to please the people I care about the most.

23 F 16:XX:XX

I just want to be the best that I can for Swami ☺ - A better youth & individual. Swami you truly are divine!

28 F 22:XX:XX

#### **4.3.1.18. Religion**

I'm so nervous about tomorrow. But I know in God's name I've passed.

I hope everyone does. No one ever deserves to be bothered with a rewrite.

21 F 00:XX:XX

However with Swami, all is just a test or something to make us stronger. Since I have Sai, life then is great irrespective of what maybe the problem!

28 F 00:XX:XX

\* MY SAI\* (DREW A HEART)

28 F 00:XX:XX

On another note ..... Swami is the only thing that is good!!! He has always helped me & when anything goes wrong I am going to try to think of him more ☺

28 F 01:XX:XX

Swami – having him in my life makes me feel great and I happy. I write a lot of Swami & will continue in this book, it is because he is my God ☺ His teachings, in Miracles – It makes me happy. Greatful that I was afforded to learn of Swami in this lifetime ☺

28 F 02:XX:XX

\* MY SAI\* (DREW A HEART)

28 F 02:XX:XX

People at service are like family to me ☺ I thank Swami for this. (Heart).

28 F 04:XX:XX

And with all that, I managed a day! All you Swami ☺ I still feel blessed beyond words. It's this feeling I get when I think of my Sai, I cannot explain it ... (heart) - JUST LOVE, LOVE, LOVE! (HEART) \*SAI – ALL IS WELL\* ☺

28 F 05:XX:XX

We are all Swami's children, one isn't better than the other. 'X' thought she was the best because she performed on stage, acting all "to good". We should realize all is--- with Swami's will & is his doing. I spoke to 'X' about it & felt a little better ☺

28 F 10:XX:XX

I think I should be grateful for the job Swami has given me because with out it, I wouldn't be able to live. Swami ... Bliss \*SWAMI KNOWS BEST\* ☺

28 F 12:XX:XX

Think, thinking of Swami is better to eliminate all bad feelings ☺ I love you SAI ☺

\* SWAMI MY LORD \* (DREW A HEART)

28 F 16:XX:XX

Thank you Swami for always helping us & taking care of us! \*GREATFUL\* (DREW A STAR)

28 F 17:XX:XX

Swami you are so divine, I feel blessed! Swami is my guiding light. Always taking care of us!

28 F 18:XX:XX

Feel calmer now ...Thoughts of Swami help me ... \*LOVE, SAI\* (DREW A HEART)

28 F 21:XX:XX

GRATEFUL! Yes, I am Greatful for all that Swami has afforded me. He has giving me so much, all in his time. I just want to be the best that I can for Swami ☺ - A better youth & individual. Swami you truly are divine!

28 F 22:XX:XX

Just have a greatful feeling that is for the gift of life (Heart). Swami has afforded me this human life & it's the best way to serve him. \* LIFE IS A GIFT FROM GOD \* (DREW A HEART)

28 F 23:XX:XX

\* SOURCE OF HAPPINESS – SWAMI \* ☺

28 F 24:XX:XX

I have learnt & I was thinking – the closer you try to reach God the better life becomes. It is only in experiencing spiritual bliss that one can experience total Happiness. Yes, I do sometimes snap and become moody & irritable but my goal is to become a better individual. Oh Swami! I feel so blessed.

\* MY LORD, MY LOVE, MY SAI \* (DREW A HEART, FLOWERS, STAR)

28 F 25:XX:XX

#### **4.3.1.19. Sadness**

Emotions: sad – went to a funeral

04 F 02:XX:XX

This is weird for me as I feel soo heavily depressed, some sort of AURUM feeling, deep sadness, causeless sadness..

06 F 00:XX:XX

I feel so depressed and sad..

06 F 00:XX:XX

My niece went to my parents room in the middle of the night as she was missing them so I guess I have a bit sad when she wasn't next to me anymore..

06 F 01:XX:XX

Felt emotional, depressed

13 F 01:XX:XX

Still feel emotional, very sad and weepy. Thinking about my dead father a lot.

13 F 02:XX:XX

Mood: sad and upset for no real reason

14 F 09:XX:XX

a little depressed.

15 F 02:XX:XX

Feeling abit down about the exam weight I gained

18 F 04: XX:XX

Didn't pass, feeling pretty crap so much for the power of positive thinking.

18 F 07:XX:XX

Job hunting O.M.G so depressing.

18 F 11:XX:XX

Kinda depro about being single and no career plans.

18 F 12:XX:XX



Experiencing mix emotions - feeling sad, then fine & then sad again

19 F 04:XX:XX

Life!! Why can't you just be as I please (sad face)

21 F 18:XX:XX

feeling down after the presentation because of being asked many questions.

22 M 09:XX:XX

felt down in the afternoon

22 M 20:XX:XX

I had this depressed feeling the whole day

23 F 09:XX:XX

I did feel sad towards the evening, as I began to reflect on all that has happened

23 F 13:XX:XX

Around 10:00 I felt depressed and down. This was as a result of me thinking about not being able to please the people I care about the most.

23 F 16: XX:XX

Today, I woke up feeling happy and sad at the same time.

23 F 22:XX:XX

also didn't speak to a close friend of mine for a while and this made me sad.

23 F 25:XX:XX

I also dreamt that I had an interview with Swami. It was also sad because, I was told to cut all ties with close friends.

23 F 26:XX:XX

It was also a little sad as it was my late Granddad's Birthday.

28 F 08:XX:XX

It was so sad saying goodbye to my classmates. I really will miss them especially group A. We had some great moments together. I really hope we continue to stay in touch.

30 F 08:XX:XX

#### **4.3.1.20. Snappish**

Just want to lash out at people for no reason and this is not me at all. I am normally friendly and like to talk to people.

10 F 06:XX:XX

I am being extremely rude to people around me, I'm being straight forward and snappy over the slightest of matters

11 F 00:XX:XX

I wish I could snap at someone.

21 F 04:XX:XX

just very snappy.

28 F 05:XX:XX

snapping at everyone for no reason ...

28 F 05:XX:XX

I was snappy

28 F 12:XX:XX

#### **4.3.1.21. Stress**

Noticed that I don't feel so moody or stressed (US) –have been experiencing these symptoms a lot over the past 2 years due to personal problems (separation and divorce).

01 F 07:XX:XX

We seem really stressed out, but the motion of the car seemed to calm me (NEW SYMPTOM)

06 F 00:XX:XX

Woke up at 6:30am, with anxiety again, over not buying my niece a birthday present for tomorrow (her actual birthday).

06 F 09:XX:XX

started to feel a bit edgy towards the evening, for a bit

08 F 00:XX:XX

Feeling very anxious and irritable today.

08 F 01:XX:XX

Also feel a bit stressed out

08 F 02:XX:XX

Completely stressed

16 F 08:XX:XX

stress send emails to tenants.

16 F 08:XX:XX

Was maddly upset this morning, told husband I was doing sup today a week ago, and now on top of this he did not arrange for me to have the car, had to drive with him to pick a hammer – yes it was on the way, but still I have planned the day and have this up, by the stress of writing exam.

16 F 12:XX:XX

Stressed, learning lines for the play 2m, had a last minute drop out

18 F 14:XX:XX

felt a bit stressed about a task. Eventually eased into the "groove".

19 F 21:XX:XX

Another flight back to PTA. Feeling stressed when about to board because of change in times.

22 M 05:XX:XX

A bit stressed, had to present my file to the big bosses.

22 M 09: XX:XX

I didn't feel stressed (CS).

23 F 21: XX:XX

I was stressed as I require to send a doc to Cape Town for work and my email stopped working.

28 F 00: XX:XX

Thinking of what presents to get everyone on a good note & then the stress begins with budgeting for the car, insurance, cellphone & gifts. I hope I get a good bonus... financial stress is the worse. Oops, I forgot rent, electricity, there is no end!

28 F 17:XX:XX

I need next year to be a good one. I can't have stress in my life.

30 F 14:XX:XX

#### **4.3.1.22. Thoughts of dead loved ones**

Reminded me a lot of my late dad.

01 F 09:XX:XX

Thinking about my dead father a lot

13 F 02:XX:XX

Miss my dad a lot

13 F 03:XX:XX

It was also a little sad as it was my late Granddad's Birthday.

28 F 08:XX:XX

#### **4.3.1.23. Thoughts wandering**

Mind was wondering

13 F 01:XX:XX

My mind was all over the place. I just kept thinking about all that has happened.

23 F 12:XX:XX

I couldn't seem to want to sleep my mind was racing and no amount of late night reading was helping at this point I was helpless.

23 F 28:XX:XX

#### **4.3.1.24. Time**

Today went on dragging, slow as if time were retarded.

06 F 05:XX:XX

This morning seemed to drag on forever

08 F 03:XX:XX

Another flight back to PTA. Feeling stressed when about to board because of change in times.

22 M 05:XX:XX

I felt rushed

23 F 03:XX:XX

I did have this feeling that I was being rushed, but it felt exciting and good when everything was done.

23 F 07:XX:XX

I felt rushed again today

23 F 10:XX:XX

felt that everything took very long.

23 F 11:XX:XX

Today felt long

23 F 14:XX:XX

I so wish I could fast forward the time so I can go home.

30 F 07:XX:XX

#### **4.3.1.25. Tranquillity**

Also having been retrenched. Feel a lot calmer about things

01 F 07:XX:XX

instead of going into my usual frenzied self over something like this...I was so calm about it..

06 F 00:XX:XX

I feel more relaxed than the rest of the year.

06 F 13:XX:XX

I do not have any peace.

10 F 06:XX:XX

Mood: woke up in a very relaxed and happy mood and remained that way

14 F 01:XX:XX

Cannot get mind calm

16 F 21:XX:XX

Then relaxed through out the day

19 F 14:XX:XX

I was relaxed

23 F 07:XX:XX

I need a break and this helps me relax and not feel tired.

23 F 16:XX:XX

I felt relaxed and at ease.

28 F 01:XX:XX

Just needed to relax.

28 F 11:XX:XX

I got home & relaxed which was good as sometimes I feel I do less of that.

28 F 15:XX:XX

Relaxing now.

28 F 21:XX:XX

Feel calmer now ... Thoughts of Swami help me ...

28 F 21:XX:XX

When I listen to bhajans. I feel so happy, calm & @ ease & I think this is the best medicine. I feel @ ease & happy.

28 F 22:XX:XX

I just want some peace and quiet.

30 F 13:XX:XX

I don't want to be angry all the time. It's tiring!

30 F 20:XX:XX

I want some peace, which is why I go to work in the first place. Somewhere not related to health just to give my head a break.

30 F 21:XX:XX

#### **4.3.1.26. Unappreciated**

We work so hard and our Bosses know but they will never give us a proper raise.....  
They just use, use & use!

28 F 00:XX:XX

Today was 'X' my cousins birthday – I did – not wish her because she is mean! She didn't wish me on mines but that wasn't the reason. She just uses me all of the time!

28 F 04:XX:XX



'X' will not be happy about that, he won't be getting much money coming in. it serves him right though because of the way he treats his employees. He is an ungrateful man. What kind of a person doesn't give his employees bonuses! He works them like dogs and pays them peanuts and doesn't even give them bonuses. It's ridiculous.

30 F 25:XX:XX

#### **4.3.1.27. Weeping**

I just want to cry

06 F 00:XX:XX

I could cry over anything and everything (NEW SYMPTOM).

06 F 00:XX:XX

My sister and I had a huge disagreement and I ended up crying emensely.

06 F 06:XX:XX

I wanted to cry

13 F 01:XX:XX

Still feel emotional, very sad and weepy

13 F 02:XX:XX

feeling a bit emotional today- cried a little bit & felt a bit better afterwards ( personal reasons)

19 F 04:XX:XX

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'X' name of person omitted to maintain confidentiality

Through this dream I know that I had been crying and I couldn't understand this.

23 F 10:XX:XX

I cried a lot and I realized that everytime I think of the bad things I'm going to cry and get sick.

23 F 13:XX:XX

I tried to be strong. But I broke down.

23 F 22:XX:XX

This would happen often and I would cry and can't explain why. This was causing me to get sick. I would feel like this at 20:30 for about 2 or 3 hrs.

#### **4.3.1.28. Writing**

since Supp exam, complete lack of commitment to write in journal, feel tired, guilty of not writing in journal.

16 F 18:XX:XX

Writting like this coz I'm feeling lazy but to my surprise I feel so fresh.

21 F 01:XX:XX

getting tired of writting dates everytime I journal

21 F 06:XX:XX

getting irritated about writing dates OMG!!

21 F XX:XX:XX

Writing down my feelings is so much better, I feel so much better.

28 F 01:XX:XX

Wow tomorrow I'll be sleeping in my own birthday. Dammit I meant to write bed not birthday.

30 F 08:XX:XX

Gosh I'm so lazy to write. I've spent like 30 minutes contemplating whether to write or not, eventually gave in.

30 F 13:XX:XX

I so wish I had someone to write for me. I'm so lazy.

30 F 15:XX:XX

I was flipping through my journal and I was shocked to see how untidy my handwriting had become. I've just been scribbling things down. I like writing neatly but lately I just don't care. I just write anyhow. I don't know if that's a symptom or what but I have changed. You will see in the beginning of this journal, it's nice and neat but as you progress it gets worse and worse. I don't know why it's so bad coz it's not like I'm in a hurry or anything. I just don't know what happens. Well as long as it's legible I guess it's ok.

30 F 22:XX:XX

I wish I had a robot to write everything down for me and do stuff for me when I'm tired or when I need time off.

30 F 26:XX:XX

#### **4.3.1.29. Miscellaneous mind symptoms**

Was feeling alert

01 F 00:XX:XX

Drove back home from the Bluff in very heavy rain but was very alert.

01 F 02:XX:XX

Am alert throughout the day

01 F 05:XX:XX

A bit more alert.

01 F 13:XX:XX

Feeling alert

01 F 16:XX:XX

Also, I felt very alert and energetic.

01 F XX:XX:XX

I feel distraught over family issues and feel raw and tender.

06 F 06:XX:XX

I feel like I don't have any patience and I was never like that.

10 F 08:XX:XX

Not knowing is really frustrating.

16 F 06:XX:XX

Have a feeling that I can't switch off- Did some reading of work for this year. Not study, just reading

16 F 18:XX:XX

I am looking through some clinhome notes of the year. Went with a friend to pinetown shopping, had a chicken burger for lunch at the spur, not ideal restaurant at lunch, not okay. Very hot today.

16 F 19:XX:XX

Difficult to get through day without pressure, think of baking the one minute and then the next minute I have done nothing.

16 F 20:XX:XX

Kept telling my parents a sad movie was on.

18 F 09:XX:XX

Disappointed about not getting tickets to India they just insanely expensive.

18 F 10:XX:XX

I spent the day @ Unisa sending a few papers for remarking feel indifferent, like dead emotionally don't care about the outcome anymore.

18 F 18: XX:XX

Spoke to a lot of people today about my situation and everyone is telling me to repeat the year. Easy for them to say. I have to live through the torture. Will decide in a week what I want to do.

18 F 19:XX:XX

Okay so even though I said I'll decide in a week I can't help but wonder whats my other options:

Repeat

Cima

Tax

Marry rich

Think I'm going with option 4 :D

18 F 20:XX:XX

Doing a lot of thinking these past few days. What if I never get married then I'll have no career. So if I repeat the year I'll have an amazing career to fall back on. But that means I'll only be a CA earliest 28. And need to have kids by 30 ( saw some study on tv) so if I repeat I'll have to give up another 5 years of my life. So much pressure definitely deciding in a week.

18 F 21:XX:XX

Slept so late last night thinking about all this crap. Maybe I should start looking for a job that's what everyone does. But urgh I don't wanna be mediocre

18 F 22:XX:XX

Was watching his every move.

21 F 00:XX:XX

Going to that silly clinic again. I swear to god I will never step foot in another community clinic & work there!

21 F 01:XX:XX

I remember being at ukuba & 'X' talking as usual but I hated to engage but didn't feel like it.

21 F 01:XX:XX

OMG !! I hate dreaming.

21 F XX:XX:XX

Emotional maturity

21 F XX:XX:XX

I know it's soon but I wish he'd propose.

21 F XX:XX:XX

Life!! Why can't you just be as I please(sad face)

21 F 18:XX:XX

I hope I don't get infected with HIV at any point in my life.

21 F 20:XX:XX

I hate Mondays there should be taken out the calendar

21 F 21:XX:XX

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'X' name of person omitted to maintain confidentiality

crazy people working with in P.T.A

22 M 08:XX:XX

I just felt like everyone else's problems are becoming mine and I don't have any support. I felt like this the whole day and this made me really tired at the fact that even though I stay away I still get blamed.

23 F 09:XX:XX

I realized that I need to move on.

23 F 13:XX:XX

Also realized I need to listen to my self. Which is really hard.

23 F 23:XX:XX

Saying goodbye to all the teachers at school. I didn't realize how people become your support structure and are always there.

23 F 24:XX:XX

If I sleep I can forget everything.

28 F 00:XX:XX

I have a picture that's just dark, Black, that's how I feel ..... just dark ..... can't make sense of things.

28 F 00:XX:XX

Family suppose to be there for each other especially cousins – 1st cousins. It's sad when people behave like children. But that's just life.

28 F 04:XX:XX

Anything done is for our own good, I should not complain ... I should learn to always think that! \* LESSONS\*

28 F 10:XX:XX

'X' Passes away!!! What an amazing individual. I Drove with my head lights on as a sign of appreciation and moarning as per ECR. It actually felt nice & also seeing other car with their's on as well.

28 F 20:XX:XX

I just looked at him which was hard enough as it is.

30 F 02:XX:XX

I'm starting to regret why I even did this proving. How long will I have to feel like this? I HATE it!

30 F 03:XX:XX

Why did I do this proving? Tomorrow better be a better day, if not I'm calling 'X' and telling her to antidote me.

30 F 03:XX:XX

The weather is nice outside but I'm curled up in bed curtains drawn, laying in the dark.

30 F 03:XX:XX

You know I find it very difficult to get out of bed now each morning.

30 F 05:XX:XX

A nice day at the clinic today. We were all just chatting and it was so wonderful, I will surely miss times like these.

30 F 06:XX:XX



You know I'm listening to Classical music which is supposed to be calming and soothing but in my head I'm replaying all the things I wanted to say to my lecturer (for whom I had a supp ) when he asked me how my exam was and what remedy I got when I did my case. I refused to tell him. Sitting here now all the things I feel I should've said are running thru my mind. If it was somebody else whom he clearly likes more than all of us in class who had needed the 1.5% to pass, they would've been given no questions asked. He said he hadn't marked my paper and I was itching to ask him what he was waiting for, was he waiting so that he could mark it in a hurry like he did our test 3 and exam papers and fail me again but thankfully I did not say that.

30 F 06:XX:XX

I've been craving chocolate for days now and today I actually bought it but I haven't even eaten one block Now that I have it, I have no idea why I'm not having it. This is just stupid.

30 F 06:XX:XX

Well I had half the chocolate at night but it wasn't as fulfilling as it should, after the strong cravings atleast I thought I'd enjoy it more but no didn't happen.

30 F 06:XX:XX

I was so sick of DUT. I'm glad it's holiday season now. I swear those people in our department were driving me insane. I cannot wait to be out of DUT, which is why I must push my research next year. The faster I get through it the faster I can do other things with my career.

30 F 19:XX:XX

Sometimes I regret doing Homoeopathy because we were just left like that with hardly any guidance. We were given this false hope and this beautiful picture of what things are like in the real world when it wasn't the case. Why couldn't they just be truthful from the get go. Anyways what's done is done, no use crying over spilt milk. I just have to build on it and move on to something more.

30 F 23:XX:XX

I hope this desperate feeling goes away.. I just want to be hugged and to sleep...desperate to be consoled.

06 F 02:XX:XX

In 2015 though I am going to be studying Medicine. Cardio-thoracic surgery is missing a surgeon like me and I intend to make it happen come hell or high waters.

30 F 08:XX:XX

I've been really thinking about what I want to do after my studies are done. I still want to be a cardio-thoracic surgeon and I will do everything I can to make that a possibility and turn it into a real thing.

30 F 23:XX:XX

I'm high my bf said theres heroin in the powders.

21 F 00:XX:XX

I was actually writing this msg on my fone without looking rather look at the rain outside – feel like a drug addict.

21 F 01:XX:XX

Feeling amazing and like death.

18 F 16:XX:XX

This morning I feel like death itself.

30 F 03:XX:XX

My dad seems so agitated and im so permeable and im picking up his grumpy mood.

06 F 00:XX:XX

I feel like a phosphorus difussing with everyone

21 F 01:XX:XX

aggghh wish I was independent.

21 F 09:XX:XX

actual feel invisible as I sit quietly & wait for 'X'

21 F 01:XX:XX

Wish I was invisible

21 F 18:XX:XX

and I feel as if I'm alone, isolated in a room. Even with my sister next to me talking, I'm zoning out.

06 F 00:XX:XX

Feel as if I am alone in this world, don't have any one I can depend on

13 F 02:XX:XX

But I have faith it will be a good day. Still feel ok emotionally I think just have random moments of feeling out of character.

21 F 01:XX:XX

Maybe I'm going crazy (laughing) but I just think there's something out of tune in me. Anyway, I don't think I'm myself to make such a conclusion, maybe time will clear things out.

30 F 11:XX:XX

When I'm in my room & looking at the sky I just wish I was one with the sky - & clouds & float with them, I just want to go wherever they go.

21 F 17:XX:XX

---

'X' name of person omitted to maintain confidentiality

Bumped into lecturer on my way – motivate me to go, and immediately my thoughts got positive.

16 F 12:XX:XX

just being positive I did pass !!!

18 F 03:XX:XX

Woke up feeling good and positive today.

18 F 18:XX:XX

Feeling refreshed

15 F 01:XX:XX

Hope this freshness in the morning last

21 F 03:XX:XX

I feel a tremendous amount of guilt for not adding anything useful to this research.

06 F 01:XX:XX

Just felt angry with myself

08 F 02:XX:XX

Sometimes people don't understand how it feels to work and I have so much responsibilities.

28 F 00:XX:XX

Feeling strong!

15 F 00:XX:XX

I also noticed that having the strong will power to stay away from certain foods will make me feel better.

23 F 23:XX:XX

Got back feeling emotionally tired.

01 F 09:XX:XX

Felt both physically and mentally drained

08 F 03:XX:XX 23 F 29:XX:XX

Feeling abit down about the exam weight I gained

18 F 04:XX:XX

Well the exercise inspiration seems to have been a 1-day thing. I just felt lazy today so I didn't do a thing. I really want to do something about my weight and overall health but I never seem to be able to turn my words into actions.

30 F 07:XX:XX

There was an improvement in my memory. Before I could hardly remember stuff but I was amazed that I could remember things.

10 F 03:XX:XX

M.M suppl. Okay had battle to get answer to to paper, panic and forgot work

16 F 12:XX:XX

While walking to exam thinking the work that I thought I knew a week ago I forgot, and don't feel up to writing tomorrow and prac afternoon.

16 F 12:XX:XX

I just felt very restless yet tired.

23 F 12:XX:XX

I felt very restless.

23 F 14:XX:XX

I still feel tired & restless.

28 F 07:XX:XX

#### **4.3.2. Vertigo**

I got out of bed and felt light headed and my ears are buzzing, sounds like a thousand little insects

11 F 06:XX:XX

Around about 2:10pm I felt like dizzy, my head felt heavy

28 F 03:XX:XX

I tried getting up from my bed and I felt slightly dizzy as if I was going to fall.

30 F 02:XX:XX

#### **4.3.3. Head**

Had a headache by late evening.

01 F 11:XX:XX

10.30pm: still have a terrible headache. Figured out because of drinking rooibos tea 3 days in a row probably detoxing. Slept through the night.

01 F 12:XX:XX

Slight headache, but well rested.

01 F 13:XX:XX

Not feeling anything different besides being a bit sick – head felt congested.

02 M 08:XX:XX

Headache – forehead

04 F 02:XX:XX

Slight headache 07:00

04 F 04:XX:XX

Headache peaked at 8:30pm

04 F 06:XX:XX

Headache

04 F 07:XX:XX

Headache

04 F 08:XX:XX

Headache

04 F 09:XX:XX

I feel as if I have a heavy frontal sinus headache, that is pulling me down, like a weight were secured to my forehead. I just want to cry, infact my eyes burn and I need want cold pressure on it (NEW SYMPTOM).

06 F 00:XX:XX

Its 10:30am I am getting a heavy headache that feels as if it is pushing my eyes towards the back of my throat.

06 F 01:10:XX

Its 3:30pm ..i got a headache again.

06 F 04:XX:XX

Also had a dull headache at the back of my neck. The headache started after taking the remedy. it would ease off between taking the remedy

08 F 01:XX:XX

Had a really bad headache

08 F 02:XX:XX

Had a slight headache

08 F 03:XX:XX

Have a slight headache, but it only lasted for half the morning

08 F 04:XX:XX

Also have a headache. Slept in the afternoon and stayed in bed for most of the day

08 F 05:XX:XX

Have had a very nasty headache the whole day

08 F 11:XX:XX

Still have a bad headache. It seems to be getting worse.

08 F 12:XX:XX

Took 2nd remedy in the late afternoon. About 5pm I experienced a terrible headache. The pain was mostly at the back of my head.

10 F 01:17:XX



Headache was not very bad.

10 F 02:XX:XX

Head was light at times.

10 F 02:XX:XX

Headaches were slight.

10 F 03:XX:XX

my head is throbbing, between my 2 eyes, going behind my eyes and poking, it feels much better for pressure and a bright room

11 F 14:XX:XX

Slight headache

13 F 00:XX:XX

Head: headache -3:30pm

C – dehydration

L – nose and throat, bilaterally

A – none

M – water made it better slightly

S – dry

I – 5/10

T – started at 3pm, lasted about an hour or so, then stopped

14 F 01:15:30

Woke up with a headache – 10am

Subsided at ~12pm

14 F 03:XX:XX

Headache: peaked at 11am and persisted mildly throughout the day

14 F 09:XX:XX

Head: headache in the occipital region which came on in the morning – 10am and persisted intermittently throughout the day

13 F 13:XX:XX

Head: headache from yesterday persisted today but subsided after I ate

13 F 14:XX:XX

Got a mild unilateral temporal headache for about an hour. Couldn't fall asleep. Tossed and turned until 3am until I finally dozed off. Did not have a happy night.

15 F 01:XX:XX

10am woke up had a slight headache

15 F 05:XX:XX

Headache lasted 20-30minutes. It was very mild.

15 F 05:XX:XX

Slight headache.

16 F 08:XX:XX

H/A in neck, sore when coughing, not even turn neck/head like can't shake No! No!

16 F 12:XX:XX

had a glass of red wine and mussels and was aware of a uncomfortable H/A.

16 F 13:XX:XX

severe H/A at the back of my neck, pulsating into head upwards. Had this H/A before after menstruation. Took some Silica and Bryonia alternatively was in bed most of the morning.

16 F 14:XX:XX

Feeling a slight headache in my forehead and at the sides.

17 F 10:XX:XX

with a slight headache.

18 F 00:XX:XX

Terrible headache

18 F 01:XX:XX

Have a killer headache going to sleep like a baby.

18 F 15:XX:XX

Slight headache after I took first remedy but otherwise feeling fine. (after 9:00 am)

19 F 00:09:00

3rd remedy @ 19: 50.Experienced a slight headache, like the mornings headache. Dull, aching in nature. Pain rating scale 2 or 3 /10.Other than the headache I feel fine, nothing unusual/out of the ordinary.

19 F 00:19:50

Woke up with a headache predominately on the right side - above my eye

-dull aching in nature, sometimes sharp in sharp

-Pain rating scale 3 or 4/10

-1st powder @ #10:55

-headache disappeared after a while

19 F 01:XX:XX

A slight headache (22:50) - otherwise I am fine, no other complaints or symptoms

19 F 04:XX:XX

Had an extremely bad headache, I left as I thought it would get better or go away but it got worse. I assumed it was due to not eating. Around 16:00 I ate my first meal for the day & felt better for about ½ hour & then the headache got worse. After about an hour, I took 2 Grand-pa h/a tablets as I couldn't handle the headache. Felt better & then got worse. I wanted to only lie down, there must not be a lot of light in the room & must be quiet. The headache got bad & then @ 20:00- 1 I had sugar overload & felt better.

Rating headache (h/a) = 6/10

Can't exactly pin point the location – forehead region

19 F 07:XX:XX

Had a headache – seemed to have subsided a bit

19 F 13:XX:XX

Forgot to journal the headache I had yesterday - it was like I was bleeding inside - & I had a contusion & the blood was just collecting there.

21 F 07:XX:XX

Small headache in the morning but took too much water and became fine.

22 M 22:XX:XX

I had this headache, which was caused by my sinus. This feeling stopped just after lunch.

23 F 12:XX:XX

Today felt long and I felt very restless. I woke up with a headache and my eyes were really sore. Today I noticed that I'm getting really angry with little things and for that short space of time I'm in another world, but afterwards, I feel better.

23 F 14:XX:XX

I also noticed that after eating all the junk food especially if I mix everything I feel really light headed.

23 F 15:XX:XX

I also noticed that I had this hammering headache and my eyes were really saw. All of this lasted until about 12 that night.

I didn't take any meds. I just waited to fall asleep.

23 F 19:XX:XX

There's this constant headache. My forehead is always sore and couldn't control the pain.

Towards the afternoon at about 2:30 I started to feel myself again. I was tired from lack of sleep but I settled in.

23 F 20:XX:XX

The morning seemed fine. At around lunch time, around 1:00. I noticed this sharp pain at the back of my head. I was really tense and my eyes were really sore. This continued for the whole day and this was the first time I had experienced this symptom. I couldn't seem to want to sleep my mind was racing and no amount of late night reading was helping at this point I was helpless.

23 F 28:XX:XX

My head was sore but a lot better that yesterday.

23 F 28:XX:XX

My head is heavy & I feel hot & thirsty for cold water. I feel tired & my neck is stiff my throat is dry. When I start coughing at night it wakes me up & I will want large quantities of cold water.

26 F 00:XX:XX

The whole day of today my head feels heavy & my ears felt as if they were blocked to keep yawning at work

26 F 03:XX:XX

Around about 2:10pm I felt like dizzy, my head felt heavy & I felt like throwing up. It could have been the weather & the fact that I have low Iron. However the feeling went away.

The day was generally okay, I didn't feel like upset or unhappy

28 F 03:XX:XX

I had a slight headache @ 13:00, it could be because of my eyes, I think I need to test them again. I started feeling very hot all of a sudden, but it was around 30 degrees today however, I was in the office with A/C on ...

28 F 05:XX:XX

My head was a little sore @ work. I had a headache – It could be because my hair was in a pony.

28 F 06:XX:XX

1st sachet – headache. Dull ache – like a muscle ache – before midday Didn't last too long, lasted for about an hour. Felt as if I were not using glasses. Occipital – frontal area.

29 F 00:XX:XX

I have a right-sided headache above my right eye. It's a deep aching, dull sort of pain. Very sensitive to noise and light I feel like pressing my head with my hands. This headache started at around 5 or 6pm. It's getting worse and worse by the hour. Right now I wish I could take something to stop it, even recording is a huge effort. And I've never had such a severe headache before. I tried getting up from my bed and I felt slightly dizzy as if I was going to fall. I also feel nauseous a little. There's lots of borborygmi going on in my tummy. It's like someone's boiling water in there. It's now 10pm and I still haven't fallen asleep and my headache is like an 11 on a scale of 1-10. I can't take this.

30 F 02: XX:XX

I don't remember when I fell asleep last night. This morning I feel like death itself. I woke up to the lingering feeling of the headache. I'm still afraid that it might come back again. Yesterday when I was brushing my teeth I noticed that my gums were bleeding like a lot. They weren't painful at all though. Maybe it's the new tooth-brush but that's never happened whenever I started using a new brush.

30 F 03: XX:XX

The headache is getting more and more now as time goes by. Even the other day it started at around 5pm or 6pm. I'm also urinated quite a lot, today it was like maybe 4 times and each time, the quantity is a lot. Just hope tomorrow is way better than this.

30 F 03: XX:XX

The top of my skull feels sore and my eyes feel heavy

11 F 04:XX:XX

#### **4.3.4. Eye**

I just want to cry, infact my eyes burn and I need want cold pressure on it (NEW SYMPTOM).

06 F 00:XX:XX

My lower left eyelid is swollen and itchy, it burns when I scratch it

11 F 22:XX:XX

Eye irritation and burning – 4pm

14 F 02:XX:XX

My eyes have become so much less sensitive to light, I usually prefer very dim lights and feel like bright lights burn out my eyes but now all my lights seem too dull and I keep my phone screen on the brightest level even at night and in the dark. My eyes feel drier and there is a little bit of white exudates at the tip of my right eye

11 F 17:XX:XX

03'00 eyes very dry, try to go over work, writing @ 9'00

16 F 12:XX:XX

my eyes feel heavy

11 F 04:XX:XX

my eyes feel heavy

26 F 05: XX:XX

my eyes still feel heavy.

26 F 06: XX:XX

my eyes were really sore.

23 F 14: XX:XX

my eyes were really sore.

23 F 19: XX:XX

My eyes turn red and fill with blood vessels after a hot bath

11 F 03:XX:XX

I feel like I could close my eyes I feel tired in an unusual way this morning I feel like I didn't get enough sleep.

26 F 04: XX:XX



#### **4.3.5. Ear**

On cleaning my ears I found that the earbud appeared yellow with residue

11 F 03:XX:XX

my ears are buzzing, sounds like a thousand little insects

11 F 06:XX:XX

I have a puling pain on my right ear lobe

11 F 16:XX:XX

My ears feel sticky and oily, they are usually very dark but now I feel like that they are so oily I have to keep cleaning them

11 F 18:XX:XX

My hearing in my left ear has been troubling me today and the pain was really bad.

23 F 03:XX:XX

my ears felt as if they were blocked to keep yawning at work

26 F 03:XX:XX

I have this ringing sound in my ears & my ears feel full.

26 F 06:XX:XX

#### **4.3.6. Hearing**

My ears feel deaf after I wake up from bending or from bending for too long

11 F 22:XX:XX

My hearing in my left ear has been troubling me today and the pain was really bad.

23 F 03:XX:XX

#### **4.3.7. Nose**

Nose: actually quite good this morning not much congestion

02 M 02:XX:XX

Woke up feeling little sick today. had a mild cold, sneezing a lot.

Was also tired and my head felt very congested. Had an early night and slept very deeply.

02 M 07:XX:XX

Had flu symptoms in the morning, advised to stop taking remedy. Had a slight fever and a runny nose in the morning. The symptoms faded as the day went on

03 M 01:XX:XX

Feeling a bit fluish, think I'm getting sick. Running nose and feeling a bit feverish. Also have a headache. Slept in the afternoon and stayed in bed for most of the day

08 F 05:XX:XX

My nose is blocked, so I have to breathe through my mouth, which feels uncomfortable and is causing the back of my throat to become dry and itchy

11 F 08:XX:XX

Woke up and turned on my left hand side and my nose began to pour like a tap. It stopped before I could go to the bath, but then the entire nostril was completely blocked after I had a bath

11 F 12:XX:XX

I am sneezing like crazy. Worse when I am in water and after being in water

11 F 15:XX:XX

Woke up sneezing plus my nose is leaking and my right nostril is completely blocked

11 F 18:XX:XX

It seems like I have sinuses, my nose is leaking, I keep sneezing and strong smells make me sneeze, I wake up with a stuffed nose

11 F 20:XX:XX

Nose and throat dryness – 3pm

14 F 01:15:XX

Nose: congested feels like I am getting sick

14 F 10:XX:XX

Woke up feeling refreshed this morning and much better

Nose still feels slightly congestion but much better

13 F 12:XX:XX

on waking both nostrils blocked, and had cramps in right leg

16 F 02:XX:XX

Woke up this morning with nose blocked with nostrils better on movement.

16 F 03:XX:XX

Feel less congested.

16 F 04:XX:XX

After I took a bath my nose was running the whole day

26 F 06:XX:XX

#### **4.3.8. Face**

I feel as if I have a heavy frontal sinus headache, that is pulling me down, like a weight were secured to my forehead.

06 F 00:XX:XX

Broke out with pimples on my face – lower cheeks.

10 F 02:XX:XX

I am feeling very hot and perspiring a lot, especially on the upper lip and along the hairline

11 F 01:XX:XX

I've gotten fine pimples on the left side of my face, they are painless but red

11 F 02:XX:XX

When I woke up, my face was oily and sticky

11 F 07:XX:XX

My skin is less oily than normal, and less breakouts

11 F 09:XX:XX

My skin is now more dry than ever but also less reactive than usual – I can now use a variety of products and make-up without breaking out in pimples, its amazing

11 F 11:XX:XX

In the evening a tiny pimple popped up inside my right nostril, it is painful and irritating it keeps making me sneeze

11 F 21:XX:XX

I somehow wasn't think& I knocked my mouth on the fridge @ work. My whole face is swollen so really just want to rest.

28 F 07: XX:XX

#### **4.3.9. Mouth**

I took the first powder today in clinic, at around 3pm. Initially I coughed as soon as I took it. I feel as if this remedy tastes different, from any other remedy I have ever taken. It tastes chemical, or as if my tongue were metallic, or perceiving a metallic/chemical taste.

06 F 00:XX:XX

At 10pm pain was a bit less but my mouth had a funny feeling. Tongue felt a bit numb.

10 F 01:22:XX

At times while I am speaking my voice begins to fade, I stop and clear my throat and my voice comes out funny and cracked.

11 F 13:XX:XX

I'm hypersalivating ( bf words ♡♡♡♡) juicy mouthed as my bf just said Ha haha! I'm high my bf said theres heroin in the powders.

21 F 00: XX:XX

I started the meds today I did feel a tickling sensation. When I put the powder in my mouth. But there after I didn't feel any other change or reaction.

23 F 00:XX:XX

When I arrived home and after having lunch, this was around 2:30 I experienced a new symptom. My entire body had been itching and straight after eating, I had a kind of a bitter taste. It was more of an after taste. This feeling lasted for about 20mins and started again after I had supper and lasted for another 20 mins.

23 F 01:XX:XX

Yesterday when I was brushing my teeth I noticed that my gums were bleeding like a lot. They weren't painful at all though. Maybe it's the new tooth-brush but that's never happened whenever I started using a new brush.

30 F 03:XX:XX

I still have bleeding when I brush my teeth, no pain though. Energy levels much higher than compared to the past 2 days.

30 F 04:XX:XX

The bleeding on my gums has decreased which I'm glad about.

30 F 05:XX:XX

#### **4.3.10. Throat**

Didn't have a fever or runny nose as yesterday. Throat felt a bit sore. Symptoms faded as the day went on.

03 M 02:XX:XX

Sore throat

04 F 07:XX:XX

Throat infection

04 F 08:XX:XX

Sore throat

04 F 09:XX:XX

I feel nauseas and air hungry...my throat is so sore its itches...an feels like little thorns are poking from inside out (NEW SYMPTOM). It makes the back of my throat itchy, making me want to sneeze.

06 F 01:XX:XX

Its 11:30, I am babysitting my brother, I suddenly feel quite sick..my throat is sore.. I feel feverish. I think im getting a bad case of the flu.

06 F 01:XX:XX

The one thing that has changed is that my sore throat has diminished considerably, almost gone.

06 F 05:XX:XX

Throat was a bit sore.

10 F 01:XX:XX

My nose is blocked, so I have to breathe through my mouth, which feels uncomfortable and is causing the back of my throat to become dry and itchy

11 F 08:XX:XX

My throat is itchy

11 F 13:XX:XX

Nose and throat dryness – 3pm

14 F 01:15:XX

Throat sore and scratchy

14 F 10:XX:XX

felt my throat was sore - on & off - as if I'm going to get the flu (that's the first sign/indication for me when I get the flu)

19 F 03:XX:XX

Have a little bit of a sore throat

19 F 10:XX:XX

My head is heavy & I feel hot & thirsty for cold water. I feel tired & my neck is stiff my throat is dry. When I start coughing at night it wakes me up & I will want large quantities of cold water.

26 F 00:XX:XX

I feel like there are stones in my throat when I'm drinking water I have an unquenchable thirst no matter how much water I drink & the coughing keeps me awake although my body doesn't feel that hot anymore now.

26 F 01:XX:XX

#### **4.3.11. External throat**

My thyroid gland feels large, I'm suddenly aware of its presence

11 F 00:XX:XX

10'45 itchy, lumpy raised area, feel hot and burning in neck, left side.

16 F 00:10:45

#### **4.3.12. Neck**

Pain on the left side of my neck aching uncomfortable feeling.

01 F 04:XX:XX

Sore neck and shoulders

04 F 08:XX:XX



Also had a dull headache at the back of my neck. The headache started after taking the remedy. it would ease off between taking the remedy

08 F 01:XX:XX

10'45 itchy, lumpy raised area, feel hot and burning in neck, left side.

16 F 00:10:45

H/A in neck, sore when coughing, not even turn neck/head like can't shake No! No!

16 F 12:XX:XX

woke up with bad neck pain on the left hand side- I assumed it was due to sleeping badly the previous night. The pain subsided as the day went by. Pain was experienced on neck movements especially rotation.

19 F 16:XX:XX

my neck is stiff

26 F 00:XX:XX

#### **4.3.13. Stomach**

##### **4.3.13.1. Appetite**

###### Increased

Later in the day I was extremely hungry – around lunch.

I never feel this hungry. Felt as if I had a craving for food.

02 M 01:XX:XX

Digestive system: hungry, never seems to be satisfied

02 M 02:XX:XX

Besides feeling very hungry again and dehydrated I had a different feeling in my mind/ mood.

02 M 03:XX:XX

Appetite slightly increased around 17:00

04 F 00:17:00

Appetite increased – eating more frequently

04 F 01:XX:XX

I got home around 4, I feel so hungry as I haven't ate all day, its weird that I forgot about food until I reached home ( new symptom as im always hungry).

06 F 00:XX:XX

Was hungry.

09 F 03:XX:XX

Felt hungry at 3 o clock. Ate well

09 F 06:XX:XX

Felt more hungry than usual, wanted to eat all the time

13 F 08:XX:XX

Appetite: increased appetite

14 F 01:XX:XX

feel hungry all the time and rice cakes is finished, no time to get >

16 F 07:XX:XX

10'00 hungry again

16 F 21:XX:XX

Had a better appetite today.

17 F 27:XX:XX

Feeling ok the whole day but the amount of food has increased.

22 M 18:XX:XX

food intake has increased but less going to the toilet

22 M 21:XX:XX

Today, I was constantly hungry and I just wanted to eat something all the time.

23 F 13:XX:XX

I also noticed an increase in eating. I'm also eating a lot of junk food. I also noticed that after eating all the junk food especially if I mix everything I feel really light headed.

23 F 15:XX:XX

### Decreased

Also don't feel hungry all the time (NS). Having meals 3 times a day only (NS)

01 F 05:XX:XX

Appetite: bad appetite today

13 F 13:XX:XX

Sick, can't lift head of the pillow, no appetite, severe H/A at the back of my neck, pulsating into head upwards. Had this H/A before after menstruation. Took some Silica and Bryonia alternatively was in bed most of the morning.

16 F 14:XX:XX

Went for a wedding today, didn't have much of an appetite today thou.

17 F 03:XX:XX

Did not eat today just had energade and water.

17 F 19:XX:XX

Still feel the same as the day before. Only ate a slice of toast, drank water and energade.

17 F 20:XX:XX

No appetite.

17 F 22:XX:XX

Not much of an appetite but had something mild to eat.

17 F 23:XX:XX

Not much of an appetite.

17 F 24:XX:XX

No appetite at all

18 F 06:XX:XX

Feeling super lost no idea where my life is headed. 23 without direction sucks terribly. Still no appetite. Just eat so that I don't faint or de-hydrate.

18 F 17:XX:XX

I didn't have supper though, I wasn't hungry, so watched Hart of Dixie & now I am getting ready for bed

28 F 03:XX:XX

I don't have an appetite today... not really hungry. I had one samoosa for the whole day and now a kfc veg burger for supper.

28 F 09:XX:XX

I didn't have an appetite today as well.

29 F 10:XX:XX

I still don't have an appetite though.

28 F 12:XX:XX

#### **4.3.13.2. Burning**

My stomach burns after eating anything with spice, its horrible because I love spicy food

11 F 21:XX:XX

Stomach felt a burning sensation

13 F 00:XX:XX

Burning sensation in my stomach with cramps.

17 F 26: XX:XX

At 10:00 I had a yogurt and stopped the burning sensation that I had been feeling. After lunch I felt well again and I was happy and laughed the day off.

23 F 18:XX:XX

#### **4.3.13.3. Nausea**

I feel nauseas and air hungry...my throat is so sore its itches...an feels like little thorns are poking from inside out (NEW SYMPTOM). It makes the back of my throat itchy, making me want to sneeze.

06 F 01:XX:XX

Nausea seemed to follow throughout the day.

06 F 13:XX:XX

Also felt a bit nauseous today. Don't quite feel myself.

08 F 01:XX:XX

I feel nauseas especially when I smell food being braised with extra spice

11 F 13:XX:XX

At around 1:30, after lunch, I had a little bit of an uneasy feeling after I had juice. It made me feel like was going to throw up.

23 F 05:XX:XX

nausea even today and I feel very uncomfortable I feel like I could close my eyes I feel tired in an unusual way this morning I feel like I didn't get enough sleep.

26 F 04:XX:XX

#### **4.3.13.4. Pain**

Woke up at 5am because my tummy was twisting

11 F 01:05:XX

Got out of bed because my stomach was cramping

11 F 07:XX:XX

Stomach: slight cramps which felt better when laying down

13 F 14:XX:XX

Woke up 9:30am had a terrible stomach cramps throughout the night. Not sure about the cause but they were quite crampy and painful. I eventually took a pill to relieve the pain. So I had a disturbed unhappy sleep (cramps felt in hypogastrium)

15 F 09:XX:XX

Diarrhea had begin with severe cramps.

17 F 17: XX:XX

Burning sensation in my stomach with cramps.

17 F 26: XX:XX

woke up early in the morning due to the pain in the epigastrium region. It started the night before (late) – I assumed it was hunger pains so I ate a little as I didn't eat properly that day. It was still there when I went to bed after eating (pain). The following morning after waking up with pain, I slept with a pillow behind my back – it provided some relief. Leaning forward helped for a few minutes & then the pain was back. During the day I drank some Eno– that relieved the pain, I felt it again towards the night & drank some more Eno. I felt better – no pain

-Overall I was okay, besides the pain – I only wanted to lie down with a pillow behind my back to relief the pain.

19 F 08: XX:XX

In the morning, it felt as if the epigastrium pain was going to start again but it disappeared quickly & didn't have a problem.

19 F 10: XX:XX

I actually noticed that almost everyday I've been having stomach pains & going to the toilet -but didn't feel need to journal them coz was embarrassed to share with the person who'll read this.

21 F 22: XX:XX

#### **4.3.13.5. Thirst**

I have periods of complete thirstlessness then I have periods where I have to gulp down a litre of water at once

11 F 19:XX:XX

#### **Increased**

This morning I woke up very thirsty and I believe this could have been a symptom of the remedy.

02 M 01:XX:XX

Very thirsty all day, felt dehydrated

02 M 02:XX:XX

Did feel more thirsty today than other days

03 M 02:XX:XX

Still have increased thirst and appetite.

03 M 04:XX:XX

I feel very thirsty, more than usual and dehydrated.

10 F 07:XX:XX

Increased thirst for ice cold drinks

11 F 00:XX:XX

Was thirsty in the evening, more than usual

13 F 06:XX:XX

Feel thirsty throughout the day but not very hungry

13 F 07:XX:XX

Felt thirsty

13 F 08:XX:XX

waking up feeling thirsty

22 M 17: XX:XX

I feel like there are stones in my throat when I'm drinking water I have an unquenchable thirst no matter how much water I drink & the coughing keeps me awake although my body doesn't feel that hot anymore now.

26 F 01: XX:XX



The day at work was ok. I was thirsty sipped on water – unsure how many times.

28 F 07: XX:XX

#### Decreased

– drank less than half a litre of water – from my water bottle.

28 F 06: XX:XX

#### **4.3.13.6. Miscellaneous stomach symptoms**

13'30 Lamb curry and rice and salad – feel bloated

16 F 03:XX:XX

Stomach felt very bloated later on the day.

17 F 16:XX:XX

I'm noticing that my stomach is bloated again.

17 F 17:XX:XX

Stomach felt abit upset, I think because of eating sweetmeats everyday since Diwali.

17 F 05: XX:XX

my stomach filled with air

- took ENO for my stomach

- thot the pile are back but felt ok in the afternoon.

- feeling sleepy at work

22 M 15: XX:XX

At about 8:00 in the evening, I had ice-cream. It did feel a little uneasy again, I felt like I had this poking feeling, but I drank a glass of water and it help.

23 F 05: XX:XX

I did feel a little discomfort at around 13:30, just after lunch. I had baked potato for lunch with salad and it made me feel like I was going to throw up. I settled after chewing on a gum. The evening went well. I just felt very tired.

23 F 17: XX:XX

#### **4.3.14. Abdomen**

I feel constipated, I haven't passed stool since the last 2 days, I feel bloated and uncomfortable, but my stomach isn't paining

11 F 15:XX:XX

Digestive: abdominal bowel movements – cramping and constipation – 12pm at its worst. Feeling drained thereafter and felt like resting

14 F 08:XX:XX

Diarrhea still continuing with very bad abdominal cramps.

17 F 19: XX:XX

Severe abdominal cramps with diarrhea.

17 F 20: XX:XX

Bloatedness, cramps and diarrhea continued.

17 F 22: XX:XX

My left earlobe began to pull, as if I were using pegs that were pulling down on my earlobe, it only lasted a few minutes at the same time, my lower abdomen began to pain with a stinging sensation. The pain disappeared when the earlobe pain left

11 F 02:XX:XX

Theres cramping and almost stinging sensation over my ovaries

11 F 13:XX:XX

Menstrual cycle started today – earlier than usual therefore abdominal cramps

14 F 03:XX:XX

During night aware of lower abd. cramps.

16 F 02:XX:XX

Severe abdominal cramps with diarrhea.

17 F 20: XX:XX

Diarrhea stopped but still bad cramps.

17 F 23: XX:XX

Abdominal cramps.

17 F 24: XX:XX

Slight abdominal cramps.

17 F 27: XX:XX

Felt very slight cramps.

17 F 28: XX:XX

woke up early in the morning due to the pain in the epigastrium region. It started the night before (late) – I assumed it was hunger pains so I ate a little as I didn't eat properly that day. It was still there when I went to bed after eating (pain). The following morning after waking up with pain, I slept with a pillow behind my back – it provided some relief. Leaning forward helped for a few minutes & then the pain was back. During the day I drank some Eno– that relieved the pain, I felt it again towards the night & drank some more Eno. I felt better – no pain. Overall I was okay, besides the pain – I only wanted to lie down with a pillow behind my back to relief the pain.

19 F 08: XX:XX

There's lots of borborygmi going on in my tummy. It's like someone's boiling water in there.

30 F 02: XX:XX

#### **4.3.15. Rectum**

##### **4.3.15.1. Constipation**

I have a hard constipated stool...its painful without any abnormal smell but its hard and darker in colour..and just pebbles.

06 F 01:XX:XX

I feel constipated, I haven't passed stool since the last 2 days, I feel bloated and uncomfortable, but my stomach isn't paining

11 F 15:XX:XX

Digestive: abdominal bowel movements – cramping and constipation – 12pm at its worst. Feeling drained thereafter and felt like resting

14 F 08:XX:XX

No bowel movement today.

16 F 00:XX:XX

feel constipated – stool ++ hard and like small pieces.

16 F 07:XX:XX

No stool

16 F 12:XX:XX

I drank water and orange juice as I was constipated from Monday!

28 F 05: XX:XX

#### **4.3.15.2. Diarrhoea**

Digestive: diarrhoea – worst from 1-3pm

14 F 05:XX:XX

Diarrhea had begin with severe cramps.

17 F 17: XX:XX

I couldn't sleep last night, had a fever and still with diarrhea.

17 F 18: XX:XX

Diarrhea still continuing with very bad abdominal cramps.

17 F 19: XX:XX

Severe abdominal cramps with diarrhea.

17 F 20: XX:XX

Diarrhea still continual with bad cramps the entire day.

17 F 21: XX:XX

Bloatedness, cramps and diarrhea continued.

17 F 22: XX:XX

been having diarrhea don't know since when \* but I thought because I over ate!!!

Bf feeding me junk food

21 F XX:XX:XX

#### **4.3.16. Stool**

I have a hard constipated stool...its painful without any abnormal smell but its hard and darker in colour.and just pebbles.

06 F 01:XX:XX

Passed stool twice on an empty stomach, loose, pale, almost yellow stool

11 F 01:XX:XX

Passed loose dark stool

11 F 07:XX:XX

feel constipated – stool ++ hard and like small pieces.

16 F 07:XX:XX

Soft stool.

16 F 08:XX:XX

Very bad smell when going to the toilet.

22 M 23: XX:XX

#### **4.3.17. Bladder**

I frequently pass urine, I have to go to the loo straight after one glass of water and a few times after that. I passed bright yellow urine

11 F 15:XX:XX

I also go to the loo so often to make No. 1. Even if it's a little, I have to go.

28 F 06:XX:XX

I've also urinated quite a lot, today it was like maybe 4 times and each time, the quantity is a lot. Just hope tomorrow is way better than this.

30 F 03:XX:XX

#### **4.3.18. Urine**

Little urine at times.

16 F 08:XX:XX

I frequently pass urine, I have to go to the loo straight after one glass of water and a few times after that. I passed bright yellow urine

11 F 15:XX:XX

I also go to the loo so often to make No. 1. Even if it's a little, I have to go.

28 F 06: XX:XX

I'm also urinated quite a lot, today it was like maybe 4 times and each time, the quantity is a lot.

30 F 03: XX:XX

#### **4.3.19. Female genitalia/ sex**

Periods are getting a bit heavier

01 F 00:XX:XX

Period seems a bit more heavier now

01 F 01:XX:XX

6.30am: got up with heavy bleeding. Went to church. Got back from church bleeding very heavy. Rested for the rest of the day. 8pm: still bleeding heavy

01 F 03:XX:XX

Got my period today and it is 4 days later than expected

Theres cramping and almost stinging sensation over my ovaries

I feel nauseas especially when I smell food being braised with extra spice

11 F 13:XX:XX

There is very little bleeding and I feel energetic

11 F 13:XX:XX

I am bleeding extremely little blood

I only bled a little in the morning and didn't bleed throughout the day

There was no bleeding what-so ever through the night

The blood is pale pink with few clots – dark clots

11 F 14:XX:XX

Still very little bleeding – nothing in the nights, nothing after bathing, just very little about 2-3hours later

11 F 15:XX:XX

My period has almost stopped and I hardly bled

Today when I wiped I found blood and that was it

11 F 16:XX:XX

Menstrual cycle started today – earlier than usual therefore abdominal cramps

14 F 03:XX:XX



#### **4.3.20. Larynx and trachea**

At times while I am speaking my voice begins to fade, I stop and clear my throat and my voice comes out funny and cracked

11 F 13:XX:XX

Phlegm comes and goes white and tenacious mucus hard to cough up - voice affected.

16 F 09:XX:XX

#### **4.3.21. Cough**

I took the first powder today in clinic, at around 3pm. Initially I coughed as soon as I took it. I feel as if this remedy tastes different, from any other remedy I have ever taken. It tastes chemical, or as if my tongue were metallic, or perceiving a metallic/chemical taste.

06 F 00:XX:XX

I kept coughing after drinking ice water, it irritates the back of my throat, almost like an itchy sensation, the coughing relieves the itch

11 F 02:XX:XX

My head is heavy & I feel hot & thirsty for cold water. I feel tired & my neck is stiff my throat is dry. When I start coughing at night it wakes me up & I will want large quantities of cold water.

26 F 00:XX:XX

I feel like there are stones in my throat when I'm drinking water I have an unquenchable thirst no matter how much water I drink & the coughing keeps me awake although my body doesn't feel that hot anymore now.

26 F 01: XX:XX

#### **4.3.22. Expectoration**

Phlegm ++ white tenacious.

16 F 08:XX:XX

Phlegm comes and goes white and tenacious mucus hard to cough up - voice affected.

16 F 09:XX:XX

Sputum ball, then better.

16 F 09:XX:XX

Cold and windy outside – very congested phlegm buildup, made me puke 1 x > after meals and when drinking water

16 F 12:XX:XX

#### **4.3.23. Chest**

Got 2 random pimples at the base of my neck, toward the left hand side of my body and one similar pimple underneath my right breast

11 F 15:XX:XX

#### **4.3.24. Back**

##### **4.3.24.1. Pain**

About 9am experienced a terrible pain on the left side of my back. Pain was in the central area (OS). After about 3 hours that back became less painful.

10 F 01:13:XX

My lower back is sore and I can't move too much because it feels like it will get stuck in one position, so I move slower

11 F 10:XX:XX

Back: low back pain – maybe due to bad sleeping posture/ menstrual related pains

14 F 05:XX:XX

I only wanted to lie down with a pillow behind my back to relief the pain.

19 F 08: XX:XX

#### **4.3.24.2. Miscellaneous back symptoms**

My back and soles of my feet are burning, cold water soothes the burn

11 F 05:XX:XX

My upper back feels heavy – like im carrying a high school bag

11 F 21:XX:XX

#### **4.3.25. Extremities**

##### **4.3.25.1. Pain, cramping, stiffness**

Sore neck and shoulders

04 F 08:XX:XX

I cant stand for too long, my ankles begin to pain. My legs are sore but feel better when I pull my toes and twist my ankles.

11 F 21:XX:XX

had cramps in right leg

16 F 02:XX:XX

Sensation of stiff muscle in calves with both legs no – exercises done

16 F 04:XX:XX

Feeling abit down about the exam weight I gained, but my knees are too sore to exercise.

18 F 04: XX:XX

At around 12:00 I noticed that my hands were cramping and I found difficulty opening and closing my hand. It lasted for about 20 min and this was totally new.

23 F 24: XX:XX

The pain in my hands continued and I noticed that my fingernails were sore. I couldn't hold the pen or anything properly for about 30 mins.

23 F 25: XX:XX

#### **4.3.25.2. Miscellaneous extremities symptoms**

My back and soles of my feet are burning, cold water soothes the burn

11 F 05:XX:XX

Different sensation – warm feet.

16 F 01:XX:XX

Theres tiny pimples on my left hand – a group the size of a R5 coin, it is not bumpy or itchy

11 F 07:XX:XX

Noticed on my uppers arms more pimples than usual - Ever since I can remember I always had these pimples on my upper arms & I noticed today that there's a little more. Initially it wasn't a lot, but now I noticed a little more - not a hectic out break though

19 F 06: XX:XX

My left hand suddenly tingles and then gets pins and needles, it happened 3 times today, its worse on my fingers

11 F 05:XX:XX

#### **4.3.26. Sleep**

##### **4.3.26.1. Disturbed**

I slept well through the night without my sleep breaking at odd hours (CS)

01 F XX:XX:XX

Sleep continuously broke

04 F 01:XX:XX

Sleep broke repeatedly

04 F 03:XX:XX

Trouble sleeping, sleep broke a few times during the night

13 F 07:XX:XX

Again I experienced some trouble sleeping lastnight. My sleep broke a couple of times again.

17 F 08:XX:XX

##### **4.3.26.2. Falling asleep**

Difficult

Could not sleep.

10 F 01:XX:XX

Had trouble falling asleep last night

Was thinking, mind wondering mostly about the past

13 F 05:XX:XX

Difficulty falling asleep again even though I feel tired

13 F 06:XX:XX

Got in to bed at 10:30 but could not fall asleep. Got a mild unilateral temporal headache for about an hour. Couldn't fall asleep. Tossed and turned until 3am until I finally dozed off. Did not have a happy night.

15 F 01:XX:XX

Had a very restless sleep. No symptoms besides insomnia. Really wanted to sleep but could not seem to fall asleep. Slept from 4am – 8am

15 F 13:XX:XX

Thought I would fall asleep immediately if I got home, but could not switch off.

16 F 13:XX:XX

Couldn't really fall off to sleep lastnight and sleep broke about 3 times, and my sleep broke early as well.

17 F 07:XX:XX

One again I experienced some difficulty in falling off to sleep lastnight. But my sleep didn't break through the night.

17 F 09:XX:XX

I couldn't fall off to sleep the night before as well.

17 F 10:XX:XX

I couldn't seem to want to sleep my mind was racing and no amount of late night reading was helping at this point I was helpless.

23 F 28:XX:XX

Lately I'm suffering from insomnia I woke up at 3:30 am today but I don't feel tired at all I'm able to get through the day. I want to go to sleep early cause around 7:00pm. I worked normal.

26 F 19:XX:XX

It's now 10pm and I still haven't fallen asleep

30 F 02:XX:XX

### Late

Can stay up till very late and still wake up at 4.30-5am and don't feel tired or sleepy (NS) (US).

01 F 05:XX:XX

Got up feeling a bit tired, due to sleeping late I think.

01 F 01:XX:XX

### Early

Had an early night and slept very deeply.

02 M 07:XX:XX

Slept earlier than usual.

03 M 10:XX:XX

Went to bed early

08 F 11:XX:XX

Another early night. Needed sleep and a good rest.

08 F 12:XX:XX

I cannot stay awake after 22:00hrs. I fall asleep before that ever since the remedy

11 F 03:XX:XX

Sleep: got very sleepy at ~8pm and slept by 9pm

14 F 13:XX:XX

Had a fantastic sleep. Fell asleep early and slept straight through

15 F 08:XX:XX

22'00 feel tired went to bed early

16 F 21:XX:XX

Tonight feeling sleepy a bit earlier than usual - I guess its tiredness

19 F 10:XX:XX

I was really tired after all that I had to do during the day, I noticed that by 8:00 I'm falling asleep, which isn't always the case.

23 F 14:XX:XX

At around 8:00 in the evening I felt really tired and I couldn't keep my head up. I waited to sleep and couldn't understand why.

23 F 15:XX:XX

#### **4.3.26.3. Refreshing**

6 hrs sleep. , feel refresh.

16 F 01:XX:XX



Woke up feeling still fresh. Hope this freshness in the morning last

21 F 03:XX:XX

Wow, I woke up feeling fresh.

23 F 21:XX:XX

#### **4.3.26.4. Restless**

Had a very restless night

04 F 01:XX:XX

Restless night

04 F 03:XX:XX

Having trouble sleeping. Slept for only about 4 hours. Very restless.

10 F 04:XX:XX

Restless sleep at night

14 F 02:XX:XX

Trouble sleeping this night

14 F 05:XX:XX

Woke up – 8am – had a restless sleep, couldn't seem to find a comfortable position.  
No dreams recalled.

15 F 07:XX:XX

Had a very restless sleep. No symptoms besides insomnia. Really wanted to sleep but could not seem to fall asleep. Slept from 4am – 8am

15 F 13:XX:XX

Couldn't really fall of to sleep lastnight and sleep broke about 3 times, and my sleep broke early as well.

17 F 07:XX:XX

Today felt really long. I didn't sleep very well and I was restless

23 F 08:XX:XX

#### **4.3.26.5. Restful**

Slept well, got a good nights sleep

08 F 01:XX:XX

I slept well lastnight. When I got up, I wasn't tired.

28 F 12:XX:XX

I had a restful sleep. Slept like a log. I guess I was tired.

30 F 01:XX:XX

#### **4.3.26.6. Short, catnap**

Was getting a little tired, had a short nap.

01 F 02:XX:XX

After taking the remedy, I notice that I didn't sleep long hours.

01 F XX:XX:XX

Took a two hour nap 14:30-16:30

04 F 02:XX:XX

Felt very sleepy at 2pm and napped

14 F 02:XX:XX

Sleep: nap during the day – 4pm

14 F 04:XX:XX

Sleep: napped twice during the day and couldn't sleep at night

14 F 09:XX:XX

Did not sleep much the night before.

17 F 19:XX:XX

Had an afternoon nap but woke up tired & slept early that night as I felt tired

19 F 14:XX:XX

I'm so lazy. Let me just take a nap. Hopefully will be in a better mood when I wake up in the afternoon.

30 F 15: XX:XX

#### **4.3.26.7. Sleepiness**

Felt exhausted and sleepy

13 F 00:XX:XX

Got sleepy towards afternoon/evening part

19 F 11:XX:XX

felt a bit sleepy

19 F 12:XX:XX

feeling very tired & sleepy even though I got enough sleep

19 F 13:XX:XX

a bit sleepy.

19 F 16:XX:XX

Dozed off in the afternoon due to been tired & sleepy

-When I woke up, was fine. Not tired or sleepy.

19 F 17:XX:XX

I'm still feeling sleepy so I better get back to bed.

30 F 12: XX:XX

### Daytime

Slept in the afternoon and stayed in bed for most of the day

08 F 05:XX:XX

Felt very sleepy at 2pm and napped

14 F 02:XX:XX

feeling sleepy at work

22 M 15:XX:XX

feeling sleepy at work

22 M 16:XX:XX

Sleep: nap during the day – 4pm

14 F 04:XX:XX

Feel exhausted! Such a long day! Feel like sleeping

15 F 00:XX:XX

Sleeping the whole day feeling ok.

22 M 12:XX:XX

I had been feeling really sleepy at around 2:00 this afternoon.

23 F 02:XX:XX

At around 2:30 I was feeling really low and sleepy. I had to wait a little while at school before I left, so that I'd be ok.

23 F 08:XX:XX

I took the Prover 28 this morning however, I did not feel any change, I felt normal. I did feel sleepy though but that could have been the stressful day. I took another sachet @ lunch, I still felt the same.

28 F 00:XX:XX

As the day progressed, I felt tired, I could not concentrate and/or focus on the PC. I yawned over a 100 times "LOL". Just felt like sleeping which is weird because I sleep @ 9:00 or 8:30pm and that's early!

28 F 05:XX:XX

I felt tired during the day, I felt like sleepy.

28 F 06:XX:XX

I'm feeling very sleepy. I've been yawning for like an hour now. I guess I'm probably tired from travelling home to here.

30 F 00:XX:XX

#### 4.3.26.8. Waking

##### Too early

Getting up very early than usual (NS)

01 F 05:XX:XX

Still getting up at 4.30am-5am.

01 F 11:XX:XX

I woke up at 6:30am (early for me)

06 F 04:XX:XX

Woke up very early. Was up by 5:30am.

09 F 03:XX:XX

Was up very early. Could not sleep.

10 F 02:XX:XX

Woke up earlier than usual

13 F 05:XX:XX

Woke up earlier than usual

13 F 07:XX:XX

Slept early and woke up early

13 F 08:XX:XX

Sleep broke early.

17 F 00:XX:XX

Woke up early.

17 F 05:XX:XX

#### Difficult

You know I find it very difficult to get out of bed now each morning. I always wake up like @ 5am or 6am but fall asleep again and wake up @ like 10am or 11am.

30 F 05:XX:XX

#### Too late

Woke up late, had a good rest.

17 F 04:XX:XX

Waking up late and feeling ok

22 M 19:XX:XX

#### **4.3.26.9. Miscellaneous sleep symptoms**

Noticed that these past few nights I have been sleeping well- not that I had a problem before but like little noises don't wake up me - I sleep through it

19 F 05:XX:XX

Just wanted to sleep. Felt both physically and mentally drained

08 F 03:XX:XX

Kept changing positions from left to right side while sleeping

11 F 02:XX:XX

Had an uncomfortable sleep, tossing and turning but eventually fell asleep from 12pm to 6am then lay in bed for 2 hours in and out of sleep.

15 F 01:XX:XX

I'm feeling not at easy with my body it's like I didn't get enough sleep & my eyes feel heavy

26 F 05:XX:XX

Even though I do rest when I get home, I still wake up tired still.

30 F 21:XX:XX

#### **4.3.27. Dreams**

##### **4.3.27.1. Unremembered dreams**

Had a dream but don't remember what it was about.

03 M 09:XX:XX

Scary unusual dream: don't remember

04 F 01:XX:XX

I know that I dream but cannot remember what they were about

19 F 05:XX:XX

I have trouble rememgbering my dreams. My sleep breaks except my eyes are closed & I start recalling my dreams & then as I start too recall the dreams I fall asleep & when I wake up I feel like I dreamt but don't know what & I struggle to remember even if it's a clue. This has been happening for the past few days. Initially if I can't remember a few hours after waking up I will remember but now I don't - its - just that familiar feeling of dreaming, knowing that you dreamt something during the night but can't remember what it was

19 F 06:XX:XX



Why can't I remember any of my dreams & I think they are clairvoyant because I feel so conscious in them.

21 F 08:XX:XX

Lastnight I slept well. I can't really remember what exactly I was dreaming of .... Maybe I was too tired.

28 F 05:XX:XX

I slept well lastnight. I can't really remember what I dreamt of ... I guess I was really tired.

28 F 07:XX:XX

#### **4.3.27.2. Miscellaneous dream symptoms**

Dreamt about islands off the coast of Africa nothing too interesting can't remember many details.

15 F 05:XX:XX

People attacking me. Walking in street in night time, all of a sudden a black guy comes up to me and hammer's me. Recurrent dream. Sometimes same dream but a lot of people attacking. Dream used to wake me up. First time the dream freaked me out than got used to it. Dream occurred every 2nd day. Dream was always at night. Occurred in a place I did not go to before.

29 F XX:XX:XX

Dreams: death of family members

14 F 00:XX:XX

Dreams: bad dreams last night – death

14 F 06:XX:XX

Woke up with dream in head seems to be silly dream that involved Brother in law - dreamed we stay opposite each other and we did not realize it – he was running a guest house “ Sleep in” across the highway and we on the other side of high way that’s it.

16 F 04:XX:XX

06’00 Dreamed of family friend, passed away this year, experience the handling of his pocket knife exactly as he use too nice memory

16 F 06:XX:XX

I woke up feeling scared for some reason. I had two dreams last night. The first, was me dreaming of a loved one that I’m really close to. I dreamt that this person had distanced themselves from my life because of reasons unknown to me. I saw myself lost and confused and didn’t know how to react. Through this dream I know that I had been crying and I couldn’t understand this. It stopped and then I dreamt about school and I think it was my mind playing tricks, didn’t remember much of this dream.

23 F 10:XX:XX

Oh!!! Lastnight I dreamt that my cousin from Howick was with us. We were like on a mountain, but to me that was home. He gave my brother a car & then my brother fell off the mountain, in the dream, got all panic but the dream stopped & went to something else. Weird.

28 F 03:XX:XX

Last night I had a weird dream, my gran ma was running and fell in this like huge hole more like this circle sucked her in. it is weird but I think she is depressed after my granddad past away & the dream could mean she will drown in that! I hope she gets well.

28 F 11:XX:XX

Dreams: Happy dreams

13 F 11:XX:XX

Had a fantastic sleep. Fell asleep early and slept straight through the night. Had a dream about Disney land characters. The original characters not the new age ones. It was such a happy, lovely dream, no bad emotions attached at all.

15 F 08:XX:XX

Wow, I woke up feeling fresh. I dreamt about my wedding. It seemed odd seeing myself on stage. I never imagined this day. I was getting married to someone I didn't recognize at the out set. This sort of set the tone for the day. I felt good. I didn't feel stressed. This happy feeling stayed. I forgot about all that was going on around me and I prayed to stay in this mood always.

23 F 21:XX:XX

I had a dream of being in an extremely tiny room that was boarded down by a plank at the door, there were no windows just an elevator that lead to it. there was a dirty sink in the elevator. Before that I dreamt of going shopping with friends

11 F 01:XX:XX

Had a dream of being trapped in a small room, in the dream I'm not feeling trapped or panicking.

11 F 08:XX:XX

Scary unusual dream: don't remember

04 F 01:XX:XX

Still having unusual dreams

04 F 03:XX:XX

Today started well. I had a lovely dream about going to Prashanthi. I dreamt about getting to the airport and the whole travelling experience. I had this happy, yet calm feeling in me and when I sat in Sai Kulwanth hall, all I could do was cry. I realized that when I woke up that being happy and forgetting about everything is all I needed to do.

23 F 17:XX:XX

Finally this morning I actually remembered a part of my dream: I dreamt that I saw a child drowning in a pool/ lake kind thing. I was telling someone to save her but I can't remember if the child was saved or not

19 F 09:XX:XX

Today felt good. I dreamt about Prashanthi. I dreamt that I got the opportunity to spend Christmas in Prashanthi. I also dreamt that I had an interview with Swami. It was also sad because, I was told to cut all ties with close friends. It was a really emotional day. This made me feel weak. When I woke up in the morning but strong enough to go through the day. All the pain that I felt and the discomfort stopped I did feel a thing afterwards.

23 F 26:XX:XX

My dreams ( only 2 I had, I think) I can not really remember but there was lots of anger and in 1 particular dream I was with my class and I was talking about how unfair it was that one of our classmates was being treated like royalty. Sometimes I get the feeling that I'm not really dreaming. It's very confusing I feel like I can't make the distinction between what's real and what's not..

30 F 03: XX:XX

#### **4.3.28. Fever**

Had flu symptoms in the morning, advised to stop taking remedy. Had a slight fever and a runny nose in the morning. The symptoms faded as the day went on

03 M 01:XX:XX

Its 11:30, I am babysitting my brother, I suddenly feel quite sick..my throat is sore.. I feel feverish. I think im getting a bad case of the flu.

06 F 01:XX:XX

Feeling a bit flush, think I'm getting sick. Running nose and feeling a bit feverish. Also have a headache. Slept in the afternoon and stayed in bed for most of the day

08 F 05:XX:XX

Slight fever

14 F 10:XX:XX

I couldn't sleep last night, had a fever and still with diarrhea.

17 F 18:XX:XX

I had to be rushed to the doctor this morning because of my fever and felt very sick.

17 F 18:XX:XX

#### **4.3.29. Perspiration**

I am feeling very hot and perspiring a lot, especially on the upper lip and along the hairline

11 F 01:XX:XX

Sweat +++

16 F 08:XX:XX

When I woke up, my face was oily and sticky and the back of my neck was damp from perspiration

11 F 07:XX:XX

I have been feeling really hot and sweaty at night.

23 F 05: XX:XX

#### **4.3.30. Skin**

I noticed my skin is a bit brighter and no signs of eczema which I experienced in the past

01 F XX:XX:XX

I've gotten fine pimples on the left side of my face, they are painless but red

11 F 02:XX:XX

My hands feel sticky, but my palms are dry, the skin is even flaking off, it feels rough and dry

11 F 05:XX:XX

I got burned last week with an oil splatter and nothing happened on my skin but today a tiny blister popped up in the exact area, its not red or painful – right hand, ring finger – palm side

11 F 11:XX:XX

My skin usually burns instantly in the sun, but now I can go for hours without feeling like a fried egg

11 F 18:XX:XX

My scalp has become so dry it is beginning to scale on the sides near my ear

11 F 19:XX:XX

My skin is so dry its beginning to flake and peel

11 F 19:XX:XX

There is very dry skin around my mouth and cheeks it looks like eczema because the skin is flaking it is worse for water

I'm salivating so much more my mouth is always moist sometimes I feel like im about to drool

11 F 22:XX:XX

Another blister came up but this time on my right hand middle finger near the nail

The nail on my left leg big toe is separating from the skin

11 F 22:XX:XX

10'45 itchy, lumpy raised area, feel hot and burning in neck, left side.

16 F 00:10:45

I experienced a new symptom. My entire body had been itching and straight after eating, I had a kind of a bitter taste. It was more of an after taste. This feeling lasted for about 20mins and started again after I had supper and lasted for another 20 mins. I also felt like had more energy but was just getting irritated with the itching that continued.

23 F 01:XX:XX

#### **4.3.31. Generals**

##### **4.3.31.1. Body pain**

Body pains and aches

14 F 10:XX:XX

Woke up with body aches and pains

13 F 11:XX:XX

Still in pain – just slept on of and drank water.

16 F 15:XX:XX

#### **4.3.31.2. Dehydration**

Very thirsty all day, felt dehydrated

02 M 02:XX:XX

Besides feeling very hungry again and dehydrated I had a different feeling in my mind/ mood.

02 M 03:XX:XX

I feel very thirsty, more than usual and dehydrated.

10 F 07:XX:XX

Dehydration

14 F 01:XX:XX

dehydrated and a little depressed.

15 F 02:XX:XX

I was feeling dehydrated and unhappy from not getting enough sleep and regular breaks at work

15 F 09:XX:XX

#### **4.3.31.3. Energy**

##### Increased energy

8am: woke up feeling good, well rested. Feeling alert and eager to do my chores at home.

01 F 16:XX:XX

Felt energised for half the day then very tired

13 F 05:XX:XX



Sudden burst of energy at 1pm

14 F 00:XX:XX

Energy: increased energy levels all day and in a good mood

14 F 06:XX:XX

I completed all the meds for today. I did feel like I had more energy

23 F 00:XX:XX

I just had this feeling of having a lot of energy. I have been feeling really hot and sweaty at night. This is a new symptom.

23 F 05:XX:XX

#### Decreased energy

Hopefully this lack of energy will wear off by the end of next week.

06 F 05:XX:XX

Seemed lethargic for the day.

09 F 03:XX:XX

Not sure about energy from the homeopathic meds because I felt sluggish again – homeo med may have worn out.

09 F 05:XX:XX

Felt energised for half the day then very tired

13 F 05:XX:XX

#### **4.3.31.4. Exhaustion**

Got up feeling a bit tired, due to sleeping late I think.

01 F 01:XX:XX

Was getting a little tired, had a short nap.

01 F 02:XX:XX

Was also tired and my head felt very congested. Had an early night and slept very deeply.

02 M 07:XX:XX

Felt a little tired around mid-day

03 M 04:XX:XX

Felt a little tired in the morning but better as the day went on

03 M 06:XX:XX

Feeling tired today

04 F 00:XX:XX

Feeling exhausted

04 F 02:XX:XX

Feeling tired still

04 F 04:XX:XX

I feel drained

06 F 00:XX:XX

My body feels tired and weak.I just feel like I need to sleep for a long time.

10 F 07:XX:XX

I got up this morning and my body still feels very tired

10 F 08:XX:XX

My body feels very tired and drained.

10 F 10:XX:XX

I'm feeling tired and run down

11 F 05:XX:XX

My body feels tight and tired as the day progresses

11 F 09:XX:XX

I feel so lethargic

11 F 10:XX:XX

Felt exhausted and sleepy

13 F 00:XX:XX

Tired and lethargic today

14 F 02:XX:XX

Feeling very tired and drowsy

13 F 11:XX:XX

Feel exhausted! Such a long day! Feel like sleeping

15 F 00:XX:XX

Feeling terrible. Low on energy dehydrated and a little depressed.

15 F 02:XX:XX

22'00 I'm tired to wright, stopped @ 2nd remedy

16 F 00:22:00

22'00 So SoSo tired! Though push till 12'30

16 F 08:XX:XX

23'00 I'm tired,

16 F 10:XX:XX

Just tired – Husband helped me with some calculations, very irritated... 760 MT ... vomit- sour- took some glutamine – Panic sets in – to tired to worry!

16 F 12:XX:XX

22'00 feel tired went to bed early

16 F 21:XX:XX

Got home tired as it was a long day.

17 F 03:XX:XX

Went to campus, was doing some work and a water pipe burst on me. Did not have a good day. Felt very tired.

17 F 15:XX:XX

Felt tired for most of the day.

17 F 16:XX:XX

Stressed, learning lines for the play 2m, had a last minute drop out won't be surprised if that's what I dream about. Am extremely tired working with kids x\_xdraining !!!

18 F 14:XX:XX

Been on my feet the entire day. Am super extremely exhausted after an awesome day.

18 F 15:XX:XX

Super poofed and tired it's 8pm and I'm in bed. Feeling amazing and like death. Sleeping soundly tonight.

18 F 16:XX:XX

Tonight feeling sleepy a bit earlier than usual - I guess its tiredness

19 F 10:XX:XX

I felt a bit tired in the morning

-Then relaxed through out the day

19 F 14:XX:XX

Had an afternoon nap but woke up tired & slept early that night as I felt tired

19 F 14:XX:XX

At night, I slept early as I was tired. I have been sleeping properly but don't know why I'm tired may be the change in weather.

19 F 15:XX:XX

Dozed off in the afternoon due to being tired & sleepy

19 F 17:XX:XX

taking an early sleep due to tiredness

22 M 17:XX:XX

I was really tired after all that I had to do during the day, I noticed that by 8:00 I'm falling asleep, which isn't always the case.

23 F 14:XX:XX

At around 8:00 in the evening I felt really tired and I couldn't keep my head up. I waited to sleep and couldn't understand why.

23 F 15:XX:XX

I feel tired in an unusual way this morning I feel like I didn't get enough sleep.

26 F 04:XX:XX

I felt tired during the day, I felt like sleepy.

28 F 06:XX:XX

Was really tired this afternoon/evening.

28 F 06:XX:XX

I still feel tired & restless.

28 F 07:XX:XX

Maybe I'll be more energetic tomorrow. I'm tired of being so tired.

30 F 11: XX:XX

Feeling tired even though I haven't done anything at all today. I really need to take something to keep my energy levels up. I can't always be this tired. I feel drained all the time. It's a real pain.

30 F 16: XX:XX

Oh man I'm exhausted. I'm sure I'll pass out the minute I get into bed

30 F 19: XX:XX

#### **4.3.31.5. Food and drinks**

##### Cravings

Later in the day I was extremely hungry – around lunch.

I never feel this hungry. Felt as if I had a craving for food.

02 M 01:XX:XX

The whole drive here all I seem to eat was chocolate covered nuts.

06 F 00:XX:XX

I ate a vegetarian steers burger and chips ,im craving a fizzy pop drink ( NEW SYMPTOM). I WANT SOMETHING ACIDIC or fizzy and cold..

06 F 00:XX:XX

Its now 3:30pm, I am sitting at a restaurant with my niece, I ordered cheese sandwich, which is unusual as I hate cheese melted..unless its mozzarella, but I really feel for this right now.

06 F 01:XX:XX

12'00 Hungry, feel like something warm chips – had a salad and chips later.

16 F 02:XX:XX

20'00 Crave tomato

16 F 03:XX:XX

tomato (crave only)

16 F 04:XX:XX

12'00 Had some soup, even in hot weather

16 F 07:XX:XX

Feel hungry, had grated tomato's felt even better after it. Passed stool.

16 F 16:XX:XX

feel like eating milky Lane's Choc Nutty Dip (ice cream with chocolate coated & nuts)  
= yummy :)

19 F 09:XX:XX

Gosh I have to go to [friend's] party just going there for the food.

21 F 22:XX:XX

Today felt really long. I didn't sleep very well and I was restless I had this craving for chocolates, dark chocolate at around 12:00.

23 F 08:XX:XX

having some popcorn.

30 F 14: XX:XX

### Aggravation

I kept coughing after drinking ice water, it irritates the back of my throat, almost like an itchy sensation, the coughing relieves the itch

11 F 02:XX:XX

hot beverages make me feel miserable, but cold beverages make my nose leak

11 F 08:XX:XX



My stomach burns after eating anything with spice, its horrible because I love spicy food

11 F 21:XX:XX

Feel like having more filling food not smoothy or fruits – made toasted anchovy +tea

16 F 21:XX:XX

Stomach felt abit upset, I think because of eating sweetmeats everyday since Diwali.

17 F 05:XX:XX

been having diarrhea don't know since when \* but I thought because I over ate!!! Bf feeding me junk food.

21 F XX:XX:XX

At about 8:00 in the evening, I had ice-cream. It did feel a little uneasy again, I felt like I had this poking feeling, but I drank a glass of water and it help.

23 F 05:XX:XX

I did feel a little discomfort at around 13:30, just after lunch. I had baked potato for lunch with salad and it made me feel like I was going to throw up. I settled after chewing on a gum. The evening went well. I just felt very tired.

23 F 17:XX:XX

I ate a pie when I got home and noticed that it made me feel sick again. I drank a glass of milk to settle my stomach. This feeling lasted for about 2 hours. I drank milo before bed and I fell of to sleep quite easily.

23 F 18:XX:XX

#### **4.3.31.6. Heat sensation**

I am feeling very hot, even with the slightest bit of warmth, or steam from food/drinks

11 F 00:XX:XX

I am feeling very hot and perspiring a lot, especially on the upper lip and along the hairline

11 F 01:XX:XX

I'm burning up, feeling very hot. I cant go to the gym and work out because I'm feeling so hot, and its worse for any movement

11 F 05:XX:XX

I'm feeling very hot

11 F 08:XX:XX

Just the heat of the weather is making me feel uncomfortable.

17 F 10:XX:XX

I started feeling very hot all of a sudden, but it was around 30 degrees today however, I was in the office with A/C on ...

28 F 05:XX:XX

#### **4.3.31.7. Influenza**

Had flu symptoms in the morning, advised to stop taking remedy. Had a slight fever and a runny nose in the morning. The symptoms faded as the day went on

03 M 01:XX:XX

Its 11:30, I am babysitting my brother, I suddenly feel quite sick..my throat is sore.. I feel feverish. I think im getting a bad case of the flu.

06 F 01:XX:XX

Feeling a bit fluish, think I'm getting sick. Running nose and feeling a bit feverish.

Also have a headache. Slept in the afternoon and stayed in bed for most of the day

08 F 05:XX:XX

Had flu symptoms.

10 F 02:XX:XX

felt my throat was sore - on & off - as if I'm going to get the flu (that's the first sign/indication for me when I get the flu)

19 F 03:XX:XX

I don't want to and I cannot bring myself to get out of bed. It's that flu-like generalized fatigue that I'm feeling. I feel really miserable right now. I'm starting to regret why I even did this proving. How long will I have to feel like this? I HATE it!

30 F 03: XX:XX

#### **4.3.31.8. Sick feeling**

Today I felt the strangest or most different I have felt for a while. I was either feeling symptoms from the remedy or I was getting sick.

02 M 03:XX:XX

Woke up feeling little sick today. had a mild cold, sneezing a lot.

02 M 07:XX:XX

Not feeling anything different besides being a bit sick

02 M 08:XX:XX

Feel miserable

04 F 08:XX:XX

I woke up feeling so utterly sickly today

06 F 02:XX:XX

I have Ukuba today, but I feel so sick

06 F 04:XX:XX

Not feeling too good

08 F 11:XX:XX

Feeling very unwell

08 F 12:XX:XX

#### **4.3.31.9. Weakness**

Feeling a bit drained.

01 F 04:XX:XX

I wasn't as moody or sleepy as compared to the previous days, but I just feel drained from around 9:00 and it feels like there's an end to everything. Today went well overall I enjoyed it even the rush.

23 F 10:XX:XX

I felt fine after breakfast and I was able to eat a whole bowl of cereal. This wasn't possible. I had to sit for awhile after eating. I felt a little weak.

23 F 23:XX:XX

#### **4.3.31.10. Miscellaneous general symptoms**

Feeling restless

04 F 03:XX:XX

From the afternoon until late evening I just felt very restless yet tired. My mind was all over the place. I just kept thinking about all that has happened.

23 F 12:XX:XX

At around 4:30pm, my dad and I took a drive to the South Coast to meet my sister and mum. We seem really stressed out, but the motion of the car seemed to calm me (NEW SYMPTOM)

06 F 00:XX:XX

I had to have a lukewarm water bath because hot water which I usually use was very uncomfortable

11 F 00:XX:XX

Had an ice cold bath in the morning, it felt better than hot water

11 F 07:XX:XX

My lower back is sore and I can't move too much because it feels like it will get stuck in one position, so I move slower. My joints – elbows mainly and shoulders – feel like they are worn out or almost rusty. I feel very old today

11 F 10:XX:XX

Lymph nodes – occipital on the right hand side and superficial cervical on the right hand side are both up

11 F 16:XX:XX

Since Supp exam, complete lack of commitment to write in journal, feel tired, guilty of not writing in journal.

16 F 18:XX:XX

Feeling abit down about the exam weight I gained, but my knees are too sore to exercise. Had another mid-day nap. This is becoming a habit.

18 F 04:XX:XX

Feeling abit lazy today- I don't want to do anything research related even though I have a deadline on Friday & haven't made much progress.

19 F 09:XX:XX

When I arrived home and after having lunch, this was around 2:30 I experienced a new symptom. My entire body had been itching and straight after eating, I had a kind of a bitter taste. It was more of an after taste. This feeling lasted for about 20mins and started again after I had supper and lasted for another 20 mins. I also felt like had more energy but was just getting irritated with the itching that continued.

23 F 01:XX:XX

Today I had felt ok. I did notice that when I ate lunch and supper today, the itching feeling came back but it didn't last for very long.

23 F 02:XX:XX

It rained today. I simply love the rain. It makes me want to sit under a blanket and watch a movie with the right company. Also realized I need to listen to my self. Which is really hard. I also noticed that having the strong will power to stay away from certain foods will make me feel better.

23 F 23:XX:XX

Now left side feels heavy pulling my right side of the body down I feel strange can't put my hand what it is and I have this headache over my eyes.

26 F 03:XX:XX

I'm feeling not at easy with my body it's like I didn't get enough sleep & my eyes feel heavy

26 F 05:XX:XX

Woke up feeling a bit tired today, no wait, not tired But just lazy. That has been the case for the past number of days.

30 F 06: XX:XX

I just felt lazy today so I didn't do a thing. I really want to do something about my weight and overall health but I never seem to be able to turn my words into actions. All in all today was a normal day. I really don't like feeling of laziness. It's just not on but maybe it'll go away when I'm home so I'm looking forward to that. I'm even so lazy that I'd rather have bread rather than cook real food. I so wish I could fast forward the time so I can go home. It's only Wednesday today, still another whole day to go but atleast it's not next week.

30 F 07: XX:XX

This is why I love the holidays. No tests and assignments to worry about. Even today I've had loads of popcorn. I'm addicted to it lately. I so wish I had someone to write for me. I'm so lazy. Let me just take a nap. Hopefully will be in a better mood when I wake up in the afternoon.

30 F 15: XX:XX

#### 4.4. REPERTORY

All symptoms produced by *Panthera leo* 30CH were converted from the provers words into rubric form using RADAR OPUS software package Version 1.38 (Archibell, 2013) utilising the Synthesis Treasure Edition (Schroyens, 2009). Rubrics have been grouped according to their category and have been organised according to order in which they appear in the Synthesis Treasure edition (Schroyens, 2009). All time references in the rubrics are in the format of 0-24 hours. Table 4.2 shows each rubric, the number of provers who had experienced the symptom including the frequency thereof and the final grading of the rubric.

The method used to grade rubrics was adapted from Ross (2011) and is as follows:

- All symptoms produced by verum provers and their corresponding rubrics were graded from 1 to 3, 1 being the least frequent and 3 being the most frequent
- Rubrics common to 3 or more verum provers were graded as level 2, and denoted in *italics*
- Rubrics common to 50% or more veum provers were graded as level 3, and denoted in **bold**

- All newly created rubrics were graded by default as level 1, and has been underlined.

**Table 4.2: Distribution, representation and grading of rubrics**

CHAPTER	RUBRIC	PROVERBS NUMBER ORIGINATED FROM, AND FREQUENCY THEREOF	FINAL GRADING
<b>MIND</b>	<i>MIND – ABSENTMINDED</i>	6, 16, 19, 21, 22	2
	MIND – ABSENTMINDED – afternoon	6	1
	<i>MIND – ABSENTMINDED – dreamy</i>	6, 21, 22	2
	MIND – ABSENTMINDED – driving; while	6	1
	MIND – ABSENTMINDED – writing; while	19, 21	1
	MIND – ABSORBED	28	1
	MIND – ABSTRACTION of mind	18	1
	MIND – ADVENTUROUS	6	1
	MIND – AFFECTION – yearning for affection	21, 21	1
	MIND – AILMENTS FROM – anger	22, 30	1
	MIND – AILMENTS FROM – anger – vexation with	30	1
	MIND – AILMENTS FROM – anxiety	16	1
	MIND – AILMENTS FROM – appreciated; from not being	28, 28, 28	1
	MIND – AILMENTS FROM – bad news	23	1
	MIND – AILMENTS FROM – death of loved ones	13, 23	1
	MIND – AILMENTS FROM - disappointment	18	1
	MIND – AILMENTS FROM – failure	18, 18, 18	1
	MIND – AILMENTS FROM – mental shock; from	23	1



	MIND – AILMENTS FROM – quarrelling	6	1
	MIND – AILMENTS FROM – reprimands	28	1
	MIND – AILMENTS FROM – reproaches	28	1
	MIND – ALERT	1,1,1,1,1,1	1
	MIND – ALERT – movement; of every	21	1
	<i>MIND – ANGER</i>	8,8,8,10,16,16,19,21,21,22,22,22,22,23,23,28,28,30,30,30,30,30,30,30	2
	MIND – ANGER – alternating with – contentment	19	1
	MIND – ANGER – answer; when obliged to	30	1
	MIND – ANGER – beside oneself; being	16,30,30	1
	<i>MIND – ANGER – causeless</i>	10,23,30,30	2
	MIND – ANGER – easily	30,30	1
	MIND – ANGER – evening	8	1
	MIND – ANGER – friend; at one	30	1
	<i>MIND – ANGER – husband; towards</i>	8,10,16,16,21,21	2
	MIND – ANGER – indignation	21	1
	<i>MIND – ANGER – morning</i>	8,28,30,30	2
	MIND – ANGER – morning – waking; on	30	1
	MIND – ANGER – neglected; from being	21	1
	MIND – ANGER – night	22	1
	MIND – ANGER – noise; at	8	1
	MIND – ANGER – pains – about	23	1
	MIND – ANGER – past events; about	28	1
	MIND – ANGER – sleep – during	22	1
	MIND – ANGER – sudden	19	1
	MIND – ANGER – sudden – ceasing suddenly; and	19	1
	MIND – ANGER – trifles; at	30,30	1
	MIND – ANGER – violent	30	1
	MIND – ANGER – will; if things do not go after his	16	1



	MIND – ANXIETY – weariness; with	16	1
	MIND – AUDACITY	2,2,11	1
	MIND – AVERSION – around hum; to be	30	1
	MIND – AVERSION – husband, to	10	1
	MIND – BED – remain in bed; desire to	30,30,30,30	1
	MIND – BENEVOLENCE	16,28	1
	MIND – BENEVOLENCE – fortunate; to others less	28	1
	MIND – BLISSFUL feeling	6	1
	MIND – BROODING	28,30,30	1
	MIND – BROODING – disappointment, over	28,28	1
	MIND – BROODING – trifles; about	28	1
	MIND – BUSY	18,18	1
	MIND – BUSY – must keep	18,18	1
	MIND – CARES – full of – domestic affairs, about	16	1
	MIND – CARES, full of	16,16,16,23,23	1
	MIND – CARES, full of – business, about his	16,16	1
	MIND – CARES, full of – money; about	16,16	1
	MIND – CARES; full of – daily cares – affected by	16	1
	MIND – CARES; full of – others, about	23,23	1
	<i>MIND – CHANGE – desire for</i>	<i>15,18,30,30</i>	<i>2</i>
	<i>MIND – CHANGE – desire for – life; in</i>	<i>15,18,30</i>	<i>2</i>
	<i>MIND – CHEERFUL</i>	<i>6,14,14,16,17,18,18,19,19,21,22,22,22,22,23,28,28,28,28,28,30,30</i>	<i>2</i>
	<i>MIND – CHEERFUL – alternating with – sadness</i>	<i>19,23,30</i>	<i>2</i>
	MIND – CHEERFUL – company, in	28	1
	MIND – CHEERFUL – evening	21	1
	MIND – CHEERFUL – morning	21	1
	MIND – CHEERFUL – morning – waking, on	19	
	MIND – CHILDISH behaviour	28	1

	MIND – CHILDREN – nurture, desire to	6	1
	MIND – CLOUDS – attracted by	21	1
	MIND – COLOURS – black – desire for	28	1
	MIND – COLOURS – blue – ameliorates – sky blue	21	1
	<i>MIND – COMPANY – aversion to</i>	<i>6,10,10,23,30,30,30</i>	<i>2</i>
	MIND – COMPANY – aversion to – bear anybody, cannot	10	1
	<i>MIND – COMPANY – aversion to – desire for solitude</i>	<i>10,23,30</i>	<i>2</i>
	<i>MIND – COMPANY – desire for</i>	<i>6,6,6,18,22,28</i>	<i>2</i>
	MIND – COMPANY – desire for – alone aggravates, when	6	1
	MIND – COMPANY – desire for – ameliorated in company	22	1
	MIND – COMPANY – desire for – certain company	30	1
	MIND – COMPANY – desire for – family, of his	30	1
	MIND – COMPANY – desire for – friend, of a	28,30	1
	MIND – COMPANY – desire for – friend, of a – close	21,30	1
	MIND – COMPANY – desire for – group together; desire to keep	21	1
	MIND – COMPANY – desire for children; of	6,6,6	1
	MIND – COMPANY – yearning for	21	1
	MIND – COMPLAINING	16	1
	MIND – COMPLAINING – relations and surroundings, of	16	1
	<i>MIND – CONCENTRATION – difficult</i>	<i>6,16,16,19,28,30</i>	<i>2</i>
	MIND – CONCENTRATION – difficult – afternoon	16	1
	MIND – CONCENTRATION – difficult – driving while	6	1
	MIND – CONCENTRATION – difficult – studying	16,30	1
	MIND – CONCENTRATION – difficult – thinking aggravates	16	1

	MIND – CONCENTRATION – difficult – working, while	28	1
	MIND – CONCENTRATION – lack of – aggravates	19	1
	MIND – CONFIDENCE – want of self-confidence	23	1
	MIND – CONFIDENCE – want of self-confidence – support	23,30	1
	MIND – CONFIDENT	2,2,18	1
	MIND – CONFUSION of mind	6,6,6,6,6,16	1
	MIND – CONFUSION of mind – time as to	16	1
	MIND – CONSOLATION – aggravates	18,18	1
	MIND – CONSOLATION – ameliorates	6,28	1
	MIND – CONSOLATION – kind words; from	18	1
	<i>MIND – CONTENT</i>	6,18,19,28,28,28,30	2
	MIND – CONTENT – alternating with – sadness	18	1
	MIND – CONVERSATION – aversion to	30	1
	MIND – CONVERSATION – desire for	16	1
	MIND – COURAGEOUS	2,6	1
	MIND – CRUELTY	21	1
	MIND – CRUELTY – like to do something cruel; would	21	1
	MIND – DARKNESS	28	1
	MIND – DEATH – sensation of	18,30	1
	MIND – DEATH – thoughts of – father; the death of his	1,13	1
	MIND – DELUSIONS	28	1
	MIND – DELUSIONS – alone, being	6,13	1
	MIND – DELUSIONS – appreciated, she is not	28,28	1
	MIND – DELUSIONS – forsaken; is	13	1
	MIND – DELUSIONS – friendless, he is	13	1
	MIND – DELUSIONS – insane – everyone is	22	1
	MIND – DELUSIONS – invisible; she is	21	1

	MIND – DELUSIONS – separated – world; from the – he is separated	21	1
	MIND – DELUSIONS – world – different world; being in a	23	1
	MIND – DELUSIONS – world – she has her own little	22	1
	MIND – DEPERSONALIZATION	21	1
	<i>MIND – DESIRES – full of desires</i>	6,18,21,21,21	2
	MIND – DESIRES – full of desires – husband	21,21,21	1
	<u>MIND – DESIRES – full of desires – marriage, for</u>	21	1
	MIND – DESIRES – full of desires – unattainable things; desire for	21	1 1
	MIND – DESPAIR	28,28	1
	MIND – DESPAIR – condition, of his	28	1
	MIND – DESPAIR – work, over his	28,28	1
	MIND – DETACHED	18	1
	MIND – DETACHED – sensation of being	18	1
	MIND – DIRTY – aversion to dirtiness	22	1
	MIND – DISCONCERTED	14	1
	<i>MIND – DISCONTENTED</i>	17,18,18,18,21,21,23,28,28,30	2
	MIND – DISCONTENTED – causeless	23	1
	MIND – DISCONTENTED – morning	17	1
	MIND – DISCONTENTED – others; with	28	1
	MIND – DISCOURAGED	18	1
	MIND – DISGUST, oneself	18,18	1
	MIND – DREAM – as if in a	6	1
	MIND – DREAMING – as if in a ; beautiful	21	1
	MIND – DULLNESS	6,6	1
	MIND – DUTY – too much sense of duty	16,28	1
	MIND – DWELLS – past disagreeable occurrences, on	30	1
	MIND – EASE – feeling of	6	1

	MIND – EATING – after – ameliorates	28	1
	MIND – EMOTIONS – carefree	2	1
	MIND – EMOTIONS – loss of	18	1
	<i>MIND – EMOTIONS – suppressed</i>	2,18,18,30	2
	<i>MIND – ENERGIZED feeling</i>	1,1,1,1,1,9,11,14,15,22,28	2
	<i>MIND – ENNUI</i>	15,15,21,21,21,30	2
	MIND – ENNUI – afternoon	15	1
	MIND – ENNUI – entertainment ameliorates	21	1
	MIND – ESTRANGED	21	1
	<i>MIND – EXCITEMENT</i>	6,19,23	2
	MIND – EXCITEMENT – desire for	30	1
	MIND – EXPANSIVE	2	1
	MIND – EXPRESSING oneself – desire to express oneself	2,28	1
	<i>MIND – FEAR</i>	6,16,16,16,16,16,18,22,23	2
	MIND – FEAR – disease, of impending	21,22	1
	MIND – FEAR – disease, of impending – incurable, of being	21	1
	MIND – FEAR – everything, constant of	6	1
	MIND – FEAR – failure, of	16,16,16,16,18	1
	MIND – FEAR – failure, of – examinations in	16,16,16,16,18	1
	MIND – FEAR – sudden	16	1
	MIND – FEAR – waking, on	23	
	MIND – FEAR – waking, on – dream, from a	23	1
	MIND – FEARLESS	6	1
	MIND – FEARLESS	2	1
	MIND – FIRE – set things on fire; wants to	21	1
	<i>MIND – FORSAKEN feeling</i>	5,13,21	2
	MIND – FORSAKEN feeling – beloved by his parents, wife, friends; feeling of not being	21	1
	MIND – FORSAKEN feeling – isolation – sensation of	6	1
	MIND – GRATITUDE	18,28	1
	MIND – GRIEF	13	1

	<u>MIND – HATRED – husband, of</u>	10	1
	MIND – HATRED – revengeful; hatred and	21	1
	MIND – HEAVINESS; sensation of	6	1
	MIND – HEEDLESS	2	1
	MIND – HEEDLESS – all around; of	2	1
	MIND – HEEDLESS – think; of what others	2	1
	MIND – HELD – desire to be held	6	1
	MIND – HELPLESSNESS – emotional level; on	23	1
	MIND – HELPLESSNESS – mental level; on	23	1
	<i>MIND – HELPLESSNESS; feeling of</i>	18,28,30	2
	MIND – HIGH SPIRITED	21,22	1
	MIND – HOME – desires to go	21,30,30	1
	MIND – HOPEFUL	23	1
	MIND – HORRIBLE things, sad stories affect her profoundly	6,6	1
	MIND – HURRY	23	1
	<i>MIND – IMPATIENCE</i>	10,16,30	2
	MIND – IMPATIENCE – others; with	10	1
	MIND – IMPOLITE	11	1
	MIND – IMPRESSIONABLE	6	1
	MIND – IMPULSIVE	2	1
	<u>MIND – INDEPENDENT – desire for independence</u>	21	1
	MIND – INDEPENDENT – lack of independence	21	1
	<i>MIND – INDIFFERENCE</i>	2,6,11,18,19,30	2
	MIND – INDIFFERENCE – ennui with	21	1
	MIND – INDIFFERENCE – others, toward	2	1
	MIND – INDIFFERENCE – work – aversion to work; with	19	1
	MIND – INDIGNATION	21,30	1
	MIND – INJUSTICE – cannot support	28,30,30	1
	<i>MIND – INTOLLERANCE</i>	1,10,11	2
	MIND – IRRESOLUTION	18,18,18,18	1



	<i>MIND – IRRITABILITY</i>	2,3,6,6,6,6,8,8,8,8,8,10,10,10,13,14,14,14,15,15,16,16,16,16,16,16,21,23,23,28,28,28,28,28,28,30,30,30	2
	MIND – IRRITABILITY – afternoon	14	1
	MIND – IRRITABILITY – business – about	16	1
	<i>MIND – IRRITABILITY – causeless</i>	10,13,28,28	2
	MIND – IRRITABILITY – children towards	23	1
	MIND – IRRITABILITY – children towards – own his	8,8	1
	<u>MIND – IRRITABILITY – complaints, by</u>	16	1
	MIND – IRRITABILITY – daytime	14	1
	MIND – IRRITABILITY – easily	28,30,30	1
	MIND – IRRITABILITY – evening	28	1
	MIND – IRRITABILITY – everything causes	8,30	1
	MIND – IRRITABILITY – family, to her	16	1
	MIND – IRRITABILITY – itching, from	23	1
	MIND – IRRITABILITY – loved ones; to	21	1
	MIND – IRRITABILITY – morning	3,16	1
	MIND – IRRITABILITY – morning	15,28	1
	MIND – IRRITABILITY – morning – waking on	15,16	1
	MIND – IRRITABILITY – music – during	15	1
	MIND – IRRITABILITY – noise from	8,23	1
	MIND – IRRITABILITY – pain, during	23	1
	<i>MIND – IRRITABILITY – people, with</i>	2,6,21,28	2
	<u>MIND – IRRITABILITY – sleep; from lack of</u>	15	1

	MIND – IRRITABILITY – sleep; when aroused by noise during	15	1
	MIND – IRRITABILITY – sudden	14	1
	MIND – IRRITABILITY – waking, on	21	1
	MIND – IRRITABILITY – weakness – with	30	1
	MIND – IRRITABILITY – working, when	28	1
	MIND – JEALOUSY	28	1
	MIND – JEALOUSY – vindictive	28	1
	<i>MIND – KILL – desire to</i>	<i>8,10,30,30</i>	2
	MIND – KILL – desire to – husband; impulse to kill her beloved	10	1
	MIND – LAMENTING	28	1
	MIND – LAMENTING – appreciated, because he is not	28,28	1
	<i>MIND – LAZINESS</i>	<i>16,19,21,30,30,30,30,30,30</i>	2
	MIND – LAZINESS – afternoon	16	1
	MIND – LAZINESS – physical	30,30	1
	MIND – LAZINESS – sleepiness, with	16	1
	MIND – LIAR	18	1
	MIND – LONGING – sense of	21,21	1
	MIND – LOQUACITY – heedless	2	1
	MIND – LOVE – exalted love	28	1
	MIND – LOVE – love-sick	21,21,21	1
	MIND – MALICIOUS	21	1
	MIND – MALICIOUS – injure someone – desire to	21	1
	MIND – MARRIAGE – thoughts of, ameliorates	18,21,21	1
	MIND – MATHEMATICS – inability for	16	1
	MIND – MATHEMATICS – inability for – calculating	16	1
	MIND – MEMMORY – active	10	1
	MIND – MEMMORY – weakness of memory	10,16,16	1
	MIND – MEMORY – weakness of memory – read, for what he has just read	16,16	1

	<i>MIND – MENTAL EXERTION – aversion to</i>	16,18,19	2
	MIND – MENTAL POWER – increased	1,15	1
	MIND – MENTAL POWER – increased – sharp and alert	1,1,1,1,1,1	1
	MIND – MERGING OF SELF with one's environment	21	1
	MIND – MILDNESS	1	1
	MIND – MISTAKES; making	16	1
	MIND – MISTAKES; making – speaking, in	30	1
	MIND – MISTAKES; making – speaking, in – words – wrong words; using	30	1
	MIND – MISTAKES; making – time, in	16,19	1
	MIND – MISTAKES; making – writing, in	30	1
	<i>MIND – MOOD – agreeable</i>	1,14,14,16,22	2
	<i>MIND – MOOD – alternating</i>	19,28,30	2
	<i>MIND – MOOD – changeable</i>	6,13,13,19,22,28,28,28,30	2
	MIND – MOOD – changeable – evening	21	1
	MIND – MOOD – contradictory	6	1
	MIND – MOOD – repulsive	14,28,28,28,28	1
	<i>MIND – MOROSE</i>	6,16,28	2
	MIND – MORTIFICATION	21	1
	<u>MIND – MORTIFICATION – disease, talk about</u>	21	1
	MIND – MOTHER COMPLEX	6	1
	MIND – MUSIC – ameliorates	16,28	1
	MIND – MUSIC – desire for	30	1
	MIND – NOISE – aversion to	16	1
	MIND – OFFENDED, easily	28,30	1
	MIND – OFFENDED, easily – offenses, from the past	28	1
	MIND – OPTIMISTIC	15,18	1
	MIND – PASSIONATE	23	1
	MIND – PEACE – yearning for	30,30	1
	MIND – PERTINACITY	2,2	1
	MIND – PLANS – making many plans	18	1
	MIND – PLANS – making many plans – future; for the	18,21	1
	MIND – PLEASING – desire to please others	21,23	1

	<i>MIND – POSITIVENESS</i>	15,16,18,18,18 ,21,22,23	2
	MIND – POSTPONING everything to next day	18,18	1
	MIND – PRAYING	28	1
	MIND – PROSTRATION of mind	16,16,16,16,28	1
	MIND – PROSTRATION of mind – anxiety, after	16	1
	MIND – PROSTRATION of mind – cares from	16,16	1
	MIND – PROSTRATION of mind – mental exertion, slight	16	1
	MIND – PROSTRATION of mind – night	16	1
	MIND – PROSTRATION of mind – sleepiness, with	28	1
	MIND – PROSTRATION of mind – study, prolonged	16	1
	MIND – QUARRELLING – aversion to	21,28	
	<i>MIND – QUARRELSOME</i>	10,11,21	2
	MIND – QUIET; wants to be	30	1
	MIND – RAGE	8,30,30	1
	MIND – RAGE – morning	30	1
	MIND – RELIGIOUS AFFECTIOND – talking on religious subjects	28,28,28,28,28 ,28,28,28,28,2 8,28,28	1
	MIND – RELIGIOUS AFFECTIONS	18,28,28,28,28 ,28,28,28,28,2 8,28,28,28	1
	MIND – RELIGIOUS AFFECTIONS – too occupied with religion	28,28,28,28,28 ,28,28,28,28,2 8,28	1
	MIND – RELIGIOUS AFFECTIONS – too occupied with religion – melancholia	28	1
	MIND – RELIGIOUS AFFECTIONS – want of religious feeling	28,28,28,28,28 ,28,28,28,28,2 8,28,28	1
	MIND – REMORSE	30	1
	<i>MIND – REPROACHING oneself</i>	6,6,8,13,30,30, 30	2
	MIND – REPROACHING others	23	1
	<u>MIND – RESENTMENT – husband, to</u>	10	1
	MIND – RESPECTED – desire to be	28	1

	MIND – RESPONSIBILITY – early; taking responsibility	28	1
	MIND – RESPONSIBILITY – taking responsibility too seriously	16	1
	MIND – RESTLESSNESS	23,28	1
	MIND – RUDENESS	11	1
	<i>MIND – SADNESS</i>	4,6,6,6,6,13,13,14,15,15,18,18,18,19,22,22,23,23,23,28,28	2
	MIND – SADNESS – afternoon	22	1
	MIND – SADNESS – alone, when	6,6,18	1
	MIND – SADNESS – brooding; with	13	1
	MIND – SADNESS – causeless	6,14	1
	MIND – SADNESS – cheerfulness, after	19	1
	MIND – SADNESS – despair with	6	1
	MIND – SADNESS – dream, from	23	1
	MIND – SADNESS – extreme	6,6,13	1
	MIND – SADNESS – failure to accomplish; from	18,18,18	1
	MIND – SADNESS - gloomy	6,18,18	1
	MIND – SADNESS – mental exertion, after	22	1
	MIND – SADNESS – morning	23	1
	MIND – SADNESS – past events; about	13	1
	MIND – SADNESS – quareel with husband, after	28	1
	<u>MIND – SADNESS – single, being</u>	18	1
	MIND – SADNESS – trifles, about	28	1
	MIND – SADNESS – waking; when	23	1
	MIND – SADNESS – weakness; with	15	1
	<i>MIND – SENSITIVE</i>	6,8,8,13,13,18,23,23	2
	MIND – SENSITIVE – emotions; to	18,23	1
	MIND – SENSITIVE – noise, to	23,30	1

	MIND – SENTIMENTAL	23	1
	MIND – SLOWNESS	6	1
	<i>MIND – SNAPPISH</i>	10,11,21,28,28,28	2
	MIND – SPOKEN TO; being – aggravates	22	1
	MIND – STRANGE – sensations	6	1
	MIND – STRIKING – anger, from	30	1
	MIND – STRIKING – desire – strike; to	30	1
	MIND – STRIKING – rage; with	30	1
	MIND – STUDYING – difficult	16,16,16	1
	MIND – SUSPICIOUS	21,21	1
	MIND – SUSPICIOUS – friends, his best	21	1
	MIND – SYMPATHY from others – desire for	28	1
	MIND – TALKING – desire to talk to someone	18	1
	MIND – TALKING – desire to talk to someone – conflicts; in order to solve	18	1
	MIND – TALKING – future about	18	1
	<i>MIND – TENSION, mental</i>	6,8,18,18,19,28	2
	<u>MIND – THOUGHTS – dead loved ones, of</u>	1	1
	MIND – THOUGHTS – disagreeable	30	1
	MIND – THOUGHTS – father; of her	1,13	1
	MIND – THOUGHTS – future, of the	18,18,30	1
	<i>MIND – THOUGHTS – past, of the</i>	13,13,23,28	2
	MIND – THOUGHTS – persistent	30	1
	MIND – THOUGHTS – persistent – offended him, of person who had	30	1
	MIND – THOUGHTS – rush	18,23,23	1
	MIND – THOUGHTS – rush – afternoon	23	1
	MIND – THOUGHTS – rush – night	23	1

	MIND – THOUGHTS – rush – sleeplessness from	23	1
	MIND – THOUGHTS – violent	8,30,30	1
	MIND – THOUGHTS – wandering	13,13,13,23,23	1
	MIND – THOUGHTS – wandering – night	13,23	1
	MIND – THOUGHTS – wandering – afternoon	23	1
	MIND – THREATENING – kill; to	30	1
	<i>MIND – TIME – slowly, appears longer; passes too</i>	6,8,23,23	2
	MIND – TIMIDITY – public; about speaking in – talk in public; to	22	1
	<i>MIND – TRANQUILLITY</i>	1,6,6,14,21,28	2
	MIND – TRANQUILLITY – morning	14	1
	MIND – TRANQUILLITY – morning – waking on	14	1
	MIND – TRIFLES – aggravates	28	1
	MIND – VIOLENCE	30	1
	MIND – VIOLENT	8,30	1
	MIND – VIOLENT – reproached, when hearing another	30	1
	MIND – WANDERING	13	1
	<i>MIND – WEARISOME</i>	1,8,16,16,16,16,16,16,19,22,22,22,23,23	2
	MIND – WEARISOME – cares; from	16,16,18,18,18	1
	<i>MIND – WEARY OF LIFE</i>	13,18,21	2
	MIND – WEARY OF LIFE – future, from solicitude about	18	1
	<i>MIND – WEEPING</i>	6,13,19,23	2
	MIND – WEEPING – abandoned; as if she had been	13	1
	MIND – WEEPING – ameliorates	19	1
	MIND – WEEPING – causeless	6	1
	MIND – WEEPING – desire to weep	6,6,13,13	1
	MIND – WEEPING – dreaming, while	23	1
	MIND – WEEPING – everything, about	6	1

	MIND – WEeping – violent	6	1
	MIND – WILL – loss of will power	16,16	1
	MIND – WILL – loss of will power – walking, while	16	1
	MIND – WILL – weakness of	16,16	1
	MIND – WORK – desire to work	18	1
	MIND – WRITING – aversion	16,30,30,30	1
	MIND – YEARNING	21,21	1
<b>VERTIGO</b>	VERTIGO – ACCOMPANIED BY – Ear – noises in	11	1
	VERTIGO – ACCOMPANIED BY – Head – heaviness in head	28	1
	VERTIGO – ACCOMPANIED BY – Head – pain in the head	30	1
	VERTIGO – AFTERNOON	28	1
	VERTIGO – NAUSEA – with	28,30	1
	VERTIGO – VERTIGO	11,28	1-
<b>HEAD</b>	HEAD – CONGESTION	2,2	1
	HEAD – EATING – after – aggravates	23	1
	HEAD – EATING – overeating aggravates; after	23	1
	HEAD – ERUPTIONS – scales	11	1
	HEAD – ERUPTIONS – scurfy	11	1
	HEAD – HAIR – fair	11	1
	<i>HEAD – HEAVINESS</i>	6,6,23,26,26,28	2
	HEAD – HEAVINESS – accompanied by – heat of head	26	1
	HEAD – HEAVINESS – accompanied by – nausea	28	1
	HEAD – HEAVINESS – afternoon	28	1
	HEAD – HEAVINESS – painful	6	1
	HEAD – LIGHTNESS; sensation of	10,11,23	1
	<b>HEAD – PAIN</b>	1,1,1,4,4,4,4,6,6,6,8,8,8,8,8,8,8,10,10,10,11,11,13,14,14,14,14,14,15,15,15,15,16,16,16,17,17,18,18,18,19,19,19,19,21,21,22,23,23,	3



		<b>23,23,23,26,28,28,29,30,30,30</b>	
	HEAD – PAIN – accompanied by – Eye – pain	6,23,23	1
	HEAD – PAIN – accompanied by – Eye – pain – sore	23,23	1
	HEAD – PAIN – accompanied by – nausea	30	1
	HEAD – PAIN – accompanied by – neck – pain in	8	1
	HEAD – PAIN – accompanied by – neck – pain in – nape of neck	8	1
	<i>HEAD – PAIN – aching</i>	<i>19,19,29,30</i>	<i>2</i>
	<i>HEAD – PAIN – afternoon</i>	<i>6,10,14,19,23,28,30,30,30,30</i>	<i>2</i>
	HEAD – PAIN – afternoon – 13h	23,28	1
	HEAD – PAIN – afternoon – 15h – 15h-16h	6,14	1
	HEAD – PAIN – afternoon – 16h	19	1
	HEAD – PAIN – afternoon – 16h-20h	19	1
	HEAD – PAIN – afternoon – 17h	30,30	1
	HEAD – PAIN – alternating with – Occiput; pain in	29	1
	HEAD – PAIN – cold – water – ameliorates	22	1
	HEAD – PAIN – congestion; as from	21	1
	HEAD – PAIN – constant, continued	14,14,23,23	1
	HEAD – PAIN – constant, continued – two or three days	14	1
	HEAD – PAIN – cough – during – aggravates	16	1
	HEAD – PAIN – daytime	14,14	1
	HEAD – PAIN – drinking – water – ameliorates	14	1
	<i>HEAD – PAIN – dull pain</i>	<i>8,19,19,29,30</i>	<i>2</i>
	HEAD – PAIN – eating – after – ameliorates	14,19	1
	<i>HEAD – PAIN – evening</i>	<i>1,1,4,17,19,30,30</i>	<i>2</i>
	HEAD – PAIN – evening – 18h	17,30,30	1

	HEAD – PAIN – evening – 20h – 20h-21h	4	1
	HEAD – PAIN – evening – dull pain	18	1
	HEAD – PAIN – exertion – eyes; of the	28	1
	HEAD – PAIN – extending to – Eyes	11,26	1
	HEAD – PAIN – Eyes	26	1
	HEAD – PAIN – Eyes – complaints; with eye	6,28	1
	<i>HEAD – PAIN – Forehead</i>	<i>4,6,17,17,19,23,29</i>	<i>2</i>
	HEAD – PAIN – Forehead – aching	28	1
	HEAD – PAIN – Forehead – dull pain	29	1
	HEAD – PAIN – Forehead – evening	17	1
	HEAD – PAIN – Forehead – evening – 18h	17	1
	HEAD – PAIN – Forehead – evening – 19h	17	1
	HEAD – PAIN – Forehead – eyes – above - right	19	1
	HEAD – PAIN – Forehead – eyes – above – right – dull pain	19	1
	HEAD – PAIN – Forehead – Sides	17	1
	HEAD – PAIN – Forehead – sore	23	1
	HEAD – PAIN – forenoon	14,14,15	1
	HEAD – PAIN – forenoon – 10h	14,15	1
	HEAD – PAIN – forenoon – 11h	14	1
	HEAD – PAIN – hammering pain	23	1
	HEAD – PAIN – increasing – gradually	30	1
	HEAD – PAIN – intermittent pains	14	1
	HEAD – PAIN – light; from – aggravates	19,30	1
	HEAD – PAIN – light; from – ameliorates	11	1
	HEAD – PAIN – lying down – ameliorates	19	1

	<i>HEAD – PAIN – morning</i>	6,8,14,15,19,22,29	2
	HEAD – PAIN – morning – waking – on	15,15	1
	HEAD – PAIN – motion – aggravates	16	1
	<i>HEAD – PAIN – night</i>	19,23,30	2
	HEAD – PAIN – night – sleep – preventing	30	1
	HEAD – PAIN – noise - aggravates	19,30	1
	HEAD – PAIN – noise – aggravates – dull pain	30	1
	<i>HEAD – PAIN – Occiput</i>	10,14,23,29	2
	HEAD – PAIN – Occiput – 13h	23	1
	HEAD – PAIN – Occiput – afternoon	23	1
	HEAD – PAIN – Occiput – dull pain	29	1
	HEAD – PAIN – Occiput – extending to – Forehead	29	1
	HEAD – PAIN – Occiput – extending to – frontal eminence	29	1
	HEAD – PAIN – Occiput – extending to – Nape of neck	8,16	1
	HEAD – PAIN – Occiput – extending to – neck	8	1
	HEAD – PAIN – Occiput – forenoon	14	1
	HEAD – PAIN – Occiput – morning	14	1
	HEAD – PAIN – Occiput – sharp	23	1
	HEAD – PAIN – Occiput and forehead	29	1
	HEAD – PAIN – pressing – weight; as from	6	1
	HEAD – PAIN – pressure – ameliorates	6,11	1
	HEAD – PAIN – pulling, like	6	1
	HEAD – PAIN – pulsating pain	11	1
	HEAD – PAIN – sharp	19,23	1
	<i>HEAD – PAIN – short lasting</i>	14,15,15,15,29	2
	HEAD – PAIN – Sides	17	1
	HEAD – PAIN – Sides – right	19,30	1
	HEAD – PAIN – Sides – right – aching	30	1

	HEAD – PAIN – Sides – right – dull pain	19,30	1
	HEAD – PAIN – Sides – right – extending to – Eye – right	30	1
	HEAD – PAIN – sleep – ameliorates	1	1
	HEAD – PAIN – sleep – preventing	15	1
	<i>HEAD – PAIN – sore</i>	<i>11,23,23,28</i>	<i>2</i>
	HEAD – PAIN – temples	15,15	1
	HEAD – PAIN – temples – one side	15	1
	HEAD – PAIN – Vertex	11	1
	<i>HEAD – PAIN – violent</i>	<i>1,8,8,18,18,19,23</i>	<i>2</i>
	HEAD – PAIN – waking – on	15,23	1
	HEAD – SCALP; complaints of	11	1
	HEAD- PAIN – sleep – ameliorates – good sleep; by a	1	1
<b>EYE</b>	EYE – CLOSING THE EYES – desire to	26	1
	EYE – DISCHARGES – white	11	1
	EYE – DISCOLORATION – red	11	1
	EYE - DRYNESS	11,16	1
	EYE – DRYNESS – night	16	1
	EYE – DRYNESS – reading – aggravates	16	1
	EYE – DRYNESS – sensation of	16	1
	EYE - HEAVINESS	11	1
	EYE – HEAVINESS	26,26	1
	EYE – HEAVINESS – accompanied by – hand; pain in	11	1
	EYE – IRRITATION	14	1
	EYE – LIDS; complaints of	11	1
	EYE – LIDS; complaints of – Lower	11	1
	EYE – PAIN	23,23	1
	EYE – PAIN – burning	6,14	1
	EYE – PAIN – burning – afternoon	14	1
	EYE – PAIN – burning – cold applications – ameliorate	6	1
	EYE – PAIN – sore	23,23	1
	EYE – PHOTOPHOBIA	11	1
	EYE – SWELLING – Lids	11	1

	EYE – SWELLING – Lids – Lower – Left	11	1
<b>VISION</b>	VISION – BLURRED VISION – headache – during	29	1
	VISION – DIM	11	1
	VISION – LOSS OF VISION – headache – during	29	1
<b>EAR</b>	EAR – DISCHARGES	11	1
	EAR – DISCHARGES – yellow	11	1
	EAR – FULLNESS, sensation of	26	1
	EAR – NOISES in	11,26	1
	EAR – NOISES in – buzzing	11	1
	EAR – NOISES in – ringing	26	1
	EAR – PAIN	11,11,23	1
	EAR – PAIN – left	23	1
	EAR – PAIN – Lobes	11,11	1
	EAR – PAIN – violent	23	1
	EAR – STOPPED sensation	26,26	1
	EAR – STOPPED sensation – yawning ameliorates	26	1
<b>HEARING</b>	HEARING – IMPAIRED	11,23	1
	HEARING – IMPAIRED – left	23	1
	HEARING – IMPAIRED – pain in ear – with	23	1
<b>NOSE</b>	<i>NOSE – CATARRH</i>	3,8,14,26	2
	NOSE – CATARRH – accompanied by – Nose – obstruction of	14	1
	NOSE – CATARRH – morning	3	1
	<i>NOSE – CONGESTION</i>	2,11,11,11,14,14,14,16,16	2
	<i>NOSE – CORYZA</i>	2,3,8	2
	NOSE – CORYZA – morning	3,11	1
	<i>NOSE – DISCHARGE</i>	8,11,11,11,11,11,14,26	2
	NOSE – DISCHARGE – clear	11	1
	NOSE – DISCHARGE – copious	11,26	1
	NOSE – DISCHARGE – morning	11	1
	NOSE – DISCHARGE – right	11	1
	NOSE – DISCHARGE – thick	11	1
	NOSE – DISCHARGE – watery	11,11	1 1
	NOSE – DISCHARGE – watery – morning	11	1
	NOSE – DISCHARGE – watery – right	11	1

	NOSE – DRYNESS	14	1
	<i>NOSE – OBSTRUCTION</i>	<i>2,11,11,11,11, 14,14,16,16</i>	2
	NOSE – OBSTRUCTION – alternating with – discharge	14	1
	NOSE – OBSTRUCTION – breathing – mouth; must	11	1
	<i>NOSE – OBSTRUCTION – morning</i>	<i>2,11,11,16</i>	2
	NOSE – OBSTRUCTION – morning – waking on	2,16	1
	NOSE – OBSTRUCTION – right	11,11	1
	NOSE – OBSTRUCTION – sensation of	11	1
	NOSE – PAIN – Root – headache; during	14	1
	NOSE – SNEEZING	2,11,11,11	1
	NOSE – SNEEZING – constant	2	1
	NOSE – SNEEZING – morning – waking, on	11,11	1
	<u>NOSE – SNEEZING – odors; from</u>	11	1
	NOSE – SNEEZING – violent	11	1
<b>FACE</b>	FACE – DRYNESS	11	1
	FACE – DRYNESS – Cheeks	11	1
	FACE – ERUPTIONS	10,11,11,11	1
	FACE – ERUPTIONS – acne	11,11	1
	FACE – ERUPTIONS – cheeks	10	1
	FACE – ERUPTIONS – Nose	11	1
	FACE – ERUPTIONS – Nose – inside	11	1
	FACE – ERUPTIONS – Nose – inside – right	11	1
	FACE – ERUPTIONS – pimples	10,11,11	1
	FACE – ERUPTIONS – pimples - red	11	1
	FACE – ERUPTIONS – red	11	1
	FACE – GREASY	11,11,11	1
	FACE – PAIN – Sinuses – Frontal	6	1
	FACE – PERSPIRATION	11	1
	FACE – SHINY – oily; as if	11	1
<b>MOUTH</b>	MOUTH – BLEEDING GUMS	30,30	1

	MOUTH – COMPLAINTS of mouth	10	1
	MOUTH – NUMBNESS – tongue	10	1
	MOUTH – SALIVATION	11,21	1
	MOUTH – SALIVATION – profuse	11,21	1
	MOUTH – TASTE – bad	6	1
	MOUTH – TASTE – bitter	23	1
	MOUTH – TASTE – bitter – eating – after – aggravates	23	1
	MOUTH – TASTE – metallic	6	1
	MOUTH – TICKLING	23	1
	MOUTH – TONGUE; complaints of	10	1
<b>THROAT</b>	THROAT – COMPLAINTS of throat	4	1
	<i>THROAT – DRYNESS</i>	11,14,26	2
	THROAT – DRYNESS – thirst – with – water; for – cold	23	1
	THROAT – FOREIGN BODY; sensation of a	26	1
	THROAT – INFLAMMATION	4	1
	THROAT – ITCHING	6,11,11,11	1
	THROAT – ITCHING – cough aggravates – during	11	1
	<i>THROAT – PAIN</i>	3,4,4,4,6,6,6,10,14,19,19	2
	THROAT – PAIN – accompanied by – Head; pain in	14	1
	THROAT – PAIN – morning	3	1
	THROAT – PAIN – scratching pain	14	1
	THROAT – PAIN – sharp; as from something	6	1
	<i>THROAT – PAIN – sore</i>	3,4,4,6,6,6,10,14,19,19	2
	THROAT – PAIN – splinter; as from a	6	1
	THROAT – PAIN – stitching	6	1
	THROAT – SCRATCHING	14	1
<b>EXTERNAL THROAT</b>	EXTERNAL THROAT - SWELLING	11	1
	EXTERNAL THROAT – SWELLING – Cervical Glands	11	1
	EXTERNAL THROAT – SWELLING – sensation of	11	1

	EXTERNAL THROAT – THYROID GLAND – complaints of	11	1
<b>NECK</b>	NECK – COMPLAINTS of neck	1,4	1
	NECK – COUGH – aggravates	16	1
	NECK – ERUPTIONS	16	1
	NECK – LUMPS	16	1
	NECK – MOTION – aggravates	16,19	1
	NECK – MOTION – head; of - aggravates	16	1
	<i>NECK – PAIN</i>	<i>1,4,8,16,19</i>	2
	NECK – PAIN – left	1,19	1
	NECK – PAIN – position; as from wrong	19	1
	NECK – PAIN – sore	4,16	1
	NECK – PERSPIRATION	11	1
	NECK – STIFFNESS	26	1
	NECK – SWELLING	16	1
<b>STOMACH</b>	STOMACH – AIR – full with air; as if	22	1
	<i>STOMACH – APPETITE – constant</i>	<i>4,13,23</i>	2
	<i>STOMACH – APPETITE – diminished</i>	<i>1,1,6,13,14,17, 17,17,17,17,17 ,17,18,18,23,2 8,28,28</i>	2
	STOMACH – APPETITE – diminished – eating, when time for	1,1	1
	STOMACH – APPETITE – diminished – evening	28	1
	STOMACH – APPETITE – diminished – evening – supper	28	1
	STOMACH – APPETITE – diminished – morning	23	1
	STOMACH – APPETITE – diminished – thirst; with	13,17	1
	STOMACH – APPETITE – easy satiety	1,1	1
	<i>STOMACH – APPETITE – increased</i>	<i>1,1,1,2,2,2,3,4, 4,6,9,9,13,14,1 6,22,22,23,23</i>	2
	STOMACH – APPETITE – increased – afternoon	4	1
	STOMACH – APPETITE – increased – afternoon – 17h	4	1



	STOMACH – APPETITE – increased – daytime	2	1
	<i>STOMACH – APPETITE – insatiable</i>	1,1,1,2,2,13,16,23	2
	STOMACH – APPETITE – noon	2	1
	<i>STOMACH – APPETITE – ravenous</i>	2,2,2,13,16,23	2
	STOMACH – APPETITE – ravenous – noon	2	1
	STOMACH – APPETITE – thirst – with	3	
	STOMACH – COMPLAINTS of the stomach	17	1
	<i>STOMACH – DISTENTION</i>	16,17,17,22	2
	STOMACH – DISTENTION – air; as if full	22	1
	STOMACH – DISTENTION – eating – after – aggravates	16	1
	<i>STOMACH – HEAT – sensation of</i>	11,13,17	2
	STOMACH – IRRITATION	23	1
	<i>STOMACH – NAUSEA</i>	6,6,8,11,23,23,26	2
	STOMACH – NAUSEA – afternoon – 13h	23,23	1
	STOMACH – NAUSEA – afternoon – 14h	23,23	1
	STOMACH – NAUSEA – daytime	6	1
	STOMACH – NAUSEA – drinking – aggravates	23	1
	STOMACH – NAUSEA – food – smell of	11	1
	<i>STOMACH – PAIN</i>	11,11,11,14,15,17,17,17,19,21,23,23	2
	STOMACH – PAIN – bending double – ameliorates	19	1
	<i>STOMACH – PAIN – burning</i>	11,13,17,23	2
	STOMACH – PAIN – cold – drinks – ameliorates	23	1
	<i>STOMACH – PAIN – cramping</i>	11,14,15,17,17,17	2
	STOMACH – PAIN – epigastrium	19	1
	STOMACH – PAIN – ice cream – after	23	1

	STOMACH – PAIN – lying – ameliorates	14	1
	STOMACH – PAIN – lying – ameliorates – cramping	14	1
	STOMACH – PAIN – morning	11,23	1
	STOMACH – PAIN – morning – burning	23	1
	STOMACH – PAIN – night	15	1
	STOMACH – PAIN – nights – cramping	15	1
	STOMACH – PAIN – pressure – vertebrae; on dorsal – ameliorates	19	1
	STOMACH – PAIN – sleep – preventing	15	1
	STOMACH – PAIN – stooping – ameliorates	19	1
	STOMACH – PAIN – violent	17	1
	STOMACH – PAIN – waking, on	11	1
	<i>STOMACH – THIRST</i>	2,2,3,3,10,11,11,13,13,13,22,26,26,28	2
	STOMACH – THIRST – alternating with – thirstlessness	11	1
	STOMACH – THIRST – burning, vehement	26	1
	STOMACH – THIRST – cold – water	11,26	1
	STOMACH – THIRST – daytime	13,28	1
	STOMACH – THIRST – evening	13	1
	<i>STOMACH – THIRST – extreme</i>	2,2,10,13,13	2
	STOMACH – THIRST – extreme – waking on	2	1
	STOMACH – THIRST – extreme – waking on	2	1
	STOMACH – THIRST – morning	2	1
	STOMACH – THIRST – morning – waking – on	2,22	1
	STOMACH – THIRST – night	26	1
	STOMACH – THIRST – unquenchable	26	1
	STOMACH – THIRSTLESSNESS	11	1

	STOMACH - UNEASINESS	17,23,23,23,23,23	1
	STOMACH – UNEASINESS – nausea; with	23,23	1
	STOMACH – VOMITING	16,16,23	1
	STOMACH – VOMITING – anticipation; from	16	1
	STOMACH – VOMITING – drinking – after – cold water - ameliorates	16	1
	STOMACH – VOMITING – eating after – ameliorates	16	1
	STOMACH – VOMITING – expectoration, on	16	1
	STOMACH – VOMITING – expectoration; during	16	1
	STOMACH – VOMITING – food – eating – after – aggravates	23	1
	STOMACH – VOMITING; TYPE OF – sour	16	1
<b>ABDOMEN</b>	ABDOMEN – BOILING sensation	30	1
	ABDOMEN – COMPLAINTS of abdomen – accompanied by – weakness	14,17	1
	ABDOMEN – DISTENTION	16,17	1
	ABDOMEN – DISTENTION – diarrhoea, with	17	1
	ABDOMEN – DISTENTION – eating – after – aggravates	16	1
	<i>ABDOMEN – PAIN</i>	11,11,14,15,16,16,16,17,17,17,17,17,17,17,17	2
	ABDOMEN – PAIN – constipation – during	14	1
	ABDOMEN – PAIN – constipation – during – cramping	14	1
	ABDOMEN – PAIN – constipation; as from	14	1
	<i>ABDOMEN – PAIN – cramping</i>	11,14,16,16,16,17,17,17,17,17,17,17,17	2
	ABDOMEN – PAIN – cramping – accompanied by – flatulence	17	1
	ABDOMEN – PAIN – cramping – followed by – diarrhoea	17,17,17,17	1

	ABDOMEN – PAIN – cramping – violent; very	17,17,17,17,17,17	1
	ABDOMEN – PAIN – daytime	14	1
	ABDOMEN – PAIN – diarrhoea – after - aggravates	17	1
	ABDOMEN – PAIN – diarrhoea – before	17,17	1
	ABDOMEN – PAIN – diarrhoea – before	17,17	1
	ABDOMEN – PAIN – diarrhoea – before – cramping	17,17	1
	ABDOMEN – PAIN – diarrhoea – before – cramping	17,17	1
	ABDOMEN – PAIN – diarrhoea – during	17,17,17	1
	ABDOMEN – PAIN – diarrhoea – during	17,17	1
	ABDOMEN – PAIN – diarrhoea – during – cramping	17,17,17	1
	ABDOMEN – PAIN – diarrhoea – during – cramping	17,17	1
	ABDOMEN – PAIN – hypogastrium	15	1
	ABDOMEN – PAIN – hypogastrium – cramping	15	1
	ABDOMEN – PAIN – hypogastrium – night	15	1
	ABDOMEN – PAIN – Lower abdomen	11,16,16	1
	ABDOMEN – PAIN – Lower abdomen – cramping	16,16,16	1
	ABDOMEN – PAIN – morning	16	1
	ABDOMEN – PAIN – morning – cramping	16	1
	ABDOMEN – PAIN – morning – stitching pain	16	1
	ABDOMEN – PAIN – morning – tearing pain	16	1
	ABDOMEN – PAIN – morning – waking – on	16	1
	ABDOMEN – PAIN – night – cramping	15,16	1
	ABDOMEN – PAIN – noon	14	1
	ABDOMEN – PAIN – noon – cramping	14	1
	ABDOMEN – PAIN – sleep – interrupting sleep	15	1
	ABDOMEN – PAIN – stinging	11,11	1

	ABDOMEN – PAIN – stitching pain	16	1
	ABDOMEN – PAIN – tearing pain	16	1
	ABDOMEN – PAIN – tearing pain – cramping	16	1
	ABDOMEN – RUMBLING	30	1
<b>RECTUM</b>	<i>RECTUM – CONSTIPATION</i>	6,11,14,16,16,16,28	2
	RECTUM – CONSTIPATION – daytime	14	1
	RECTUM – CONSTIPATION – painful	6,14	1
	<i>RECTUM – DIARRHOEA</i>	14,17,17,17,17,17,17,21,21	2
	RECTUM – DIARRHOEA – afternoon	14	1
	RECTUM – DIARRHOEA – cramping, from	17,17,17,17,17	1
	RECTUM – DIARRHOEA – daytime	14	1
	RECTUM – DIARRHOEA – fever – during – aggravates	17	1
	RECTUM – DIARRHOEA – hectic – during	17	1
	RECTUM – DIARRHOEA – menses – during	14	1
	RECTUM – DIARRHOEA – night	17	1
	RECTUM – DIARRHOEA – rich food – aggravates	21	1
	RECTUM – DIARRHOEA – sleep – during	17	1
	RECTUM – PAIN – stool, during	6	1
<b>STOOL</b>	STOOL – BALLS – like	6,16	1
	STOOL – BALLS – like – black	6	1
	STOOL – BALLS, like - small	16	1
	STOOL – DARK	6,11	1
	STOOL – FREQUENT	11	1
	STOOL – HARD	6,16	1
	STOOL – LUMPY – small; and	16	1
	STOOL – ODOR – offensive	22	1
	STOOL – SOFT	11,11,16	1
	STOOL – SUPPRESSED	16	1
	STOOL – YELLOW	11	1
<b>BLADDER</b>	BLADDER – URINATION – drinking – aggravates	11	1

	<i>BLADDER – URINATION – frequent</i>	11,28,30	2
	BLADDER – URINATION – frequent – drinking; after	11	1
	BLADDER – URINATION – frequent – headache – during	30	1
	BLADDER – URINATION – frequent – pain; with	30	1
	BLADDER – URINATION – frequent – scanty; but	28	1
<b>URINE</b>	URINE – COLOR – yellow – bright	11	1
	URINE – COPIOUS	30	1
	URINE – COPIOUS – headache – during	30	1
	URINE – SCANTY	16,28	1
	URINE – SCANTY – frequent; and	28	1
<b>FEMALE GENITALIA/ SEX</b>	FEMALE GENITALIA/ SEX – MENSES – copious	1,1-	1
	FEMALE GENITALIA/ SEX – MENSES – copious – afternoon	1	1
	FEMALE GENITALIA/ SEX – MENSES – copious – evening	1	1
	FEMALE GENITALIA/ SEX – MENSES – copious – morning	1	1
	FEMALE GENITALIA/ SEX – MENSES – daytime only	11	1
	FEMALE GENITALIA/ SEX – MENSES – early; too	14	1
	FEMALE GENITALIA/ SEX – MENSES – late, too	11	1
	FEMALE GENITALIA/ SEX – MENSES – painful	11	1
	FEMALE GENITALIA/ SEX – MENSES – pale – clots – dark; with	11	1
	FEMALE GENITALIA/ SEX – MENSES – scanty	11,11,11,11	1
	FEMALE GENITALIA/ SEX – morning – only	11	1
	<u>FEMALE GENITALIA/ SEX – PAIN – Ovaries</u>	11	1
<b>LARYNX AND TRACHEA</b>	LARYNX AND TRACHEA – VOICE – broken	11	1
	LARYNX AND TRACHEA – VOICE – complaints	16	1

	LARYNX AND TRACHEA – VOICE – higher – hawking after	11	1
	LARYNX AND TRACHEA – VOICE – hoarseness – hawking ameliorates	11	1
	LARYNX AND TRACHEA – VOICE – weak	11	1
	LARYNX AND TRACHEA – VOICE – weak – talking – after	11	1
<b>COUGH</b>	COUGH – COLD – drinks – ameliorates	26	1
	COUGH – DRINKS – cold	11	1
	COUGH – ITCHING – Throat; in	11	1
	COUGH – NIGHT	26	1
	COUGH – NIGHT – waking from the cough	26,26	1
	COUGH – SLEEP – wakens from	26	1
	COUGH in general	6,26	1
<b>EXPECTORATION</b>	EXPECTORATION – BALLS, in the shape of	16	1
	EXPECTORATION – COPIOUS	16	1
	EXPECTORATION – DIFFICULT	16	1
	EXPECTORATION – DIFFICULT – weak to cough out; too	16	1
	EXPECTORATION – HEAVY	16	1
	EXPECTORATION – INFREQUENT	16	1
	EXPECTORATION – MUCOUS	16	1
	EXPECTORATION – MUCOUS – weather aggravates; cold	16	1
	EXPECTORATION – TOUGH	16	1
	EXPECTORATION – VISCID	16,16	1
	EXPECTORATION – WHITE	16,16	1
	EXPECTORATION – WHITE – tough	16	1
<b>BACK</b>	BACK – HEAT	11	1
	BACK – HEAVINESS, weight	11	1
	<i>BACK – PAIN</i>	<i>10,11,11,14</i>	2
	BACK – PAIN – Dorsal region	11	1
	BACK – PAIN – left	10	1
	BACK – PAIN – Lumbar region	11,14	1

	BACK – PAIN – Lumbar region – position; from lying in a wrong	14	1
	BACK – PAIN – menses – during – aggravates	14	1
	BACK – PAIN – motion, on	11	1
	BACK – PAIN – motion, on – gentle motion; by ameliorates	11	1
	BACK – PAIN – sore	11	1
	BACK – PRESSURE – external – ameliorates	19	1
<b>EXTREMITIES</b>	EXTREMITIES – CHAPPED hands	11	1
	EXTREMITIES – DRYNESS – Hands – Palm	11	1
	EXTREMITIES – ERUPTIONS	11,19	1
	EXTREMITIES – ERUPTIONS – hands	11	1
	EXTREMITIES – ERUPTIONS – hands – Palm	11	1
	EXTREMITIES – ERUPTIONS – hands – pimples	11	1
	EXTREMITIES – ERUPTIONS – pimples	19	1
	EXTREMITIES – ERUPTIONS – Upper limb	19	1
	EXTREMITIES – ERUPTIONS – Upper limb – pimples	19	1
	EXTREMITIES – FEET – complaints of	11	1
	EXTREMITIES – FEET – complaints of – Sole of	11	1
	EXTREMITIES – FORMICATION – Fingers	11	1
	EXTREMITIES – HANDS – complaints of	11,11	1
	EXTREMITIES – HEAT	16	1
	EXTREMITIES – HEAT – feet	11,16	1
	EXTREMITIES – HEAT – feet – burning	11	1
	EXTREMITIES – HEAVINESS – left	26	1
	EXTREMITIES – KNEES; complaints of	18	1
	EXTREMITIES – LEGS – complaints of	16	1
	EXTREMITIES – NAILS; complaints of	11	1



	<i>EXTREMITIES – PAIN</i>	<i>4,11,16,16,18,23</i>	<i>2</i>
	EXTREMITIES – PAIN – Ankles	11	1
	EXTREMITIES – PAIN – Ankles – standing – aggravates	11	1
	EXTREMITIES – PAIN – burning – Foot	11	1
	EXTREMITIES – PAIN – burning – Foot – Sole	11	1
	EXTREMITIES – PAIN – cramping	16,16	1
	EXTREMITIES – PAIN – Elbow	11	1
	EXTREMITIES – PAIN – grasping something aggravates	23	1
	EXTREMITIES – PAIN – hands	23,23	1
	EXTREMITIES – PAIN – hands – closing the hand – aggravates	23	1
	EXTREMITIES – PAIN – hands – cramping	23	1
	EXTREMITIES – PAIN – hands – holding anything	23	1
	EXTREMITIES – PAIN – hands – motion – aggravates	23,23	1
	EXTREMITIES – PAIN – hands – noon	23	1
	EXTREMITIES – PAIN - Knees	18	1
	EXTREMITIES – PAIN – Knees – motion - aggravates	18	1
	EXTREMITIES – PAIN – Knees – motion – aggravates – sore	18	1
	EXTREMITIES – PAIN – Knees – sore	18	1
	EXTREMITIES – PAIN – Legs	11,16,16	1
	EXTREMITIES – PAIN – Legs – Calves	16	1
	EXTREMITIES – PAIN – Legs – Calves – ascending stairs – aggravates	16	1
	EXTREMITIES – PAIN – Legs – Calves – cramping	16	1
	EXTREMITIES – PAIN – Legs – cramping	16	1

	EXTREMITIES – PAIN – Legs – sore	11	1
	EXTREMITIES – PAIN – nails – sore	23	1
	EXTREMITIES – PAIN – right	16	1
	EXTREMITIES – PAIN – Shoulder	11	1
	EXTREMITIES – PAIN – shoulders	4,11	1
	EXTREMITIES – PAIN – shoulders – extending to – neck	4	1
	EXTREMITIES – PAIN – shoulders – sore	4	1 1
	EXTREMITIES – SHOULDERS; complaints of	4	1
	EXTREMITIES – STIFFNESS	16	1
	EXTREMITIES – STIFFNESS – Legs	16	1
	EXTREMITIES – STIFFNESS – Legs – Calves	16	1
<b>SLEEP</b>	SLEEP – BAD	14	1
	SLEEP – CONSCIOUS sleep	19	1
	<i>SLEEP – DEEP</i>	1,2,14,15,18,19,28,28,28,28,30	2
	<i>SLEEP – DISTURBED</i>	4,4,13,15,15,17,17,17,17,19,19,21,26,26,29	2
	SLEEP – DISTURBED – dreams, by	19,29	1
	SLEEP – DISTURBED – dreams, by - frightful	29	1
	SLEEP – DISTURBED – fever, after	17	1
	SLEEP – DISTURBED – noise; by the slightest	19	1
	SLEEP – DISTURBED – pain; by	15	1
	SLEEP – DISTURBED – pain; by – stomach	15	1
	SLEEP – DISTURBED – cough by	26,26	1
	SLEEP – DREAMING	28,28,29	1
	SLEEP – DREAMING – bed, driving out of	29	1
	<i>SLEEP – FALLING ASLEEP – afternoon</i>	4,8,19,19	2

	SLEEP – FALLING ASLEEP – afternoon – 13.30-14.30	4	1
	SLEEP – FALLING ASLEEP – daytime	4,18,18	1
	<i>SLEEP – FALLING ASLEEP – difficult</i>	10,13,13,14,15,15,15,16,17,17,17,17,26,30	2
	SLEEP – FALLING ASLEEP – difficult – sleepiness, with	15	1
	<i>SLEEP – FALLING ASLEEP – early, too</i>	2,3,8,8,11,13,15,18,19,19,23,28	2
	SLEEP – FALLING ASLEEP – late	15,15,15	1
	SLEEP – FALLING ASLEEP – late – four hours, after	15	1
	SLEEP – FALLING ASLEEP – morning	15	1
	<i>SLEEP – INTERRUPTED</i>	13,15,17,17,17,19,21,26	2
	SLEEP – INTERRUPTED – pain; from	15	1
	<i>SLEEP – NEED OF SLEEP – great</i>	10,26,26,30	2
	<i>SLEEP – NEED OF SLEEP – little</i>	1,1,16,26	2
	SLEEP – POSITION – changed frequently	11,15,15	1
	<i>SLEEP – PROLONGED</i>	11,14,17,22,28	2
	SLEEP – PROLONGED – daytime	22	1
	<i>SLEEP – REFRESHING</i>	1,1,1,8,11,14,14,15,16,17,19,19,21,22,23,23,26,28,28,28,28,30	2
	<i>SLEEP – RESTLESS</i>	4,4,10,11,13,14,14,15,15,17,17,17	2
	<i>SLEEP – SHORT</i>	10,14,15,1,6,16,17,19,19,26	2
	SLEEP – SHORT – afternoon	16,19,19	1
	<i>SLEEP – SHORT – catnaps, in</i>	1,4,14,14,14,16,17,18,19,19,30	2
	SLEEP – SHORT – night – midnight – after – 4.30-6.30	15	1
	<i>SLEEP – SLEEPINESS</i>	8,13,14,14,14,15,15,19,19,19	2

		,19,19,19,22,2 2,23,23,23,23, 23,28,28,28,28 ,28,30,30,30,3 0	
	<i>SLEEP – SLEEPINESS – afternoon</i>	14,19,19,23,23 ,23,30	2
	<i>SLEEP – SLEEPINESS – afternoon – 14.30h</i>	23	1
	<i>SLEEP – SLEEPINESS – afternoon – 14h</i>	14,23	1
	<i>SLEEP – SLEEPINESS – afternoon – 17H</i>	30	1
	<i>SLEEP – SLEEPINESS – anxiety; with</i>	28	1
	<i>SLEEP – SLEEPINESS – daytime</i>	22,23,23,28,28 ,28	2
	<i>SLEEP – SLEEPINESS – evening</i>	14,19,22,23,30	2
	<i>SLEEP – SLEEPINESS – evening – 20h</i>	14,23	1
	<i>SLEEP – SLEEPINESS – evening – early</i>	22,23	1
	<i>SLEEP – SLEEPINESS – morning</i>	23	1
	<i>SLEEP – SLEEPINESS – morning, waking on</i>	1,23	1
	<i>SLEEP – SLEEPINESS – night</i>	19,19	1
	<i>SLEEP – SLEEPINESS – overpowering</i>	23	
	<i>SLEEP – SLEEPINESS – weakness – as from</i>	19,19,19,28	1
	<i>SLEEP – SLEEPINESS – weakness – with</i>	14,15,19,19,19 ,28,30	2
	<i>SLEEP – SLEEPINESS – weariness; with</i>	15,19,19,19,28 ,30	2
	<i>SLEEP – SLEEPINESS – work – during</i>	22,28	1
	<i>SLEEP – SLEEPLEESSNESS – fever – during – aggravates</i>	17	1
	<i>SLEEP – SLEEPLESSNESS</i>	10,10,11,13,13 ,14,14,15,15,1 5,15,16,17,18, 23,23	2
	<i>SLEEP – SLEEPLESSNESS – accompanied by – sleepiness</i>	15	1
	<i>SLEEP – SLEEPLESSNESS – diarrhoea; during</i>	17	1

	SLEEP – SLEEPLESSNESS – evening	13	1
	SLEEP – SLEEPLESSNESS – evening – thoughts, from activity of	13	1
	SLEEP – SLEEPLESSNESS – night	14,15,15,15	1
	SLEEP – SLEEPLESSNESS – night – bed; after going to	15	1
	SLEEP – SLEEPLESSNESS – night – middle part	15	1
	SLEEP – SLEEPLESSNESS – night – midnight – before	15	1
	SLEEP – SLEEPLESSNESS – night – sleeps by day	14	1
	SLEEP – SLEEPLESSNESS – pain; from	15	1
	SLEEP – SLEEPLESSNESS – pain; from – Head	15	1
	SLEEP – SLEEPLESSNESS – part of the night – large part	15	1
	SLEEP – SLEEPLESSNESS – restlessness, from	10	1
	SLEEP – SLEEPLESSNESS – sadness – from	15,23	1
	SLEEP – SLEEPLESSNESS – shocks, from	23	1
	<i>SLEEP – SLEEPLESSNESS – thoughts – activity of thoughts; from</i>	<i>13,16,18,23</i>	2
	SLEEP – SLEEPLESSNESS – weariness – in spite of weariness	13,15	1
	<i>SLEEP – UNREFRESHING</i>	<i>1,6,10,15,15,15,19,23,26,30</i>	2
	SLEEP – UNREFRESHING – afternoon	6	1
	SLEEP – UNREFRESHING – morning	1	1
	SLEEP – WAKING – cough; from	26	1
	SLEEP – WAKING – difficult	30	1
	SLEEP – WAKING – dreams; by	19,29	1
	<i>SLEEP – WAKING – early; too</i>	<i>1,1,1,6,9,10,11,13,13,13,17,17,17,19,26</i>	2
	SLEEP – WAKING – early; too – asleep late, and falling	1	1

	<i>SLEEP – WAKING – frequent</i>	4,4,13,15,17,17	2
	<i>SLEEP – WAKING – late; too</i>	17,22,30	2
	<i>SLEEP – WAKING – morning – 7h</i>	15	1
	<i>SLEEP – WAKING – night</i>	17,17	1
	<i>SLEEP – WAKING – pain, with</i>	11,19	1
	<i>SLEEP – WAKING – slept one's fill; as having</i>	8,11,14,14,14,16,17,17,17,19,23,28,28,28,28,30	2
	<i>SLEEP – YAWNING</i>	28,30	1
	<i>SLEEP – YAWNING – constant</i>	28,30	1
	<i>SLEEP – YAWNING – daytime</i>	28,30	1
	<i>SLEEP – YAWNING – sleepiness – during</i>	25	1
	<i>SLEEP – YAWNING – sleepiness – with</i>	30	1
	<i>SLEEP – YAWNING – work – aversion to work; with</i>	28	1
<b>DREAMS</b>	<b>DREAMS – ACCIDENTS</b>	28	1
	<b>DREAMS – AFRICA</b>	15	1
	<b>DREAMS – AIRPORTS</b>	23	1
	<b>DREAMS – ANGER</b>	30	1
	<b>DREAMS – ANXCIOUS</b>	28	1
	<b>DREAMS – ATTACKED, of being</b>	29	1
	<b>DREAMS – ATTACKED, of being – black person, by</b>	29	1
	<b>DREAMS – BROTHER</b>	28	1
	<b>DREAMS – CHILDREN; about</b>	19	1
	<b>DREAMS – CHILDREN; about – rescuing; of</b>	19	1
	<b>DREAMS – CHRISTMAS</b>	23	1
	<b>DREAMS – CONFUSED</b>	23,30	1
	<b>DREAMS – CONFUSED – being confused; of</b>	23	1
	<b>DREAMS – COUSIN</b>	28	1
	<b>DREAMS – DEAD; of the</b>	16	1
	<b>DREAMS – DEAD; of the – friend</b>	16	1
	<b>DREAMS – DEATH</b>	14,14,23	1
	<b>DREAMS – DEATH – relatives; of</b>	14,23	1
	<b>DREAMS – DEATH – relatives; of - parents</b>	23	1
	<b>DREAMS – DISCONNECTED</b>	23	1

	DREAMS – DREAMS in general	16	1
	DREAMS – DROWNING	19	1
	DREAMS – DROWNING – children are drowning	19	1
	DREAMS – DROWNING – people are drowning	19	1
	DREAMS – FALLING	28	1
	DREAMS – FALLING – height, from a	28	1
	DREAMS – FALLING – pit, into a	28	1
	DREAMS – FAMILY, of	16,28,28	1
	DREAMS – FRIGHTFUL	4,28	1
	DREAMS – GOD; of	23,23	1
	DREAMS – GRANDPARENTS; of	28	1
	DREAMS – GRANDPARENTS; of – grandmother – old; isolated	28	1
	DREAMS – HAMMERING her, someone is	29	1
	DREAMS – HAPPY	14,15	1
	DREAMS – HOLES	28	1
	DREAMS – HOME – turned out of	23	1
	DREAMS – INJUSTICE	30	1
	<u>DREAMS – ISLAND</u>	15	1
	DREAMS – KNIVES	16	1
	DREAMS – MOUNTAINS	28	1
	DREAMS – MUSIC	23	1
	DREAMS – MUSIC – religious Middle Eastern music	23	1
	DREAMS – NIGHTMARE	29	1
	DREAMS – PEOPLE – drunken	11	1
	<i>DREAMS – PLEASANT</i>	14,15,23	2
	DREAMS – RELATIVES	16,28,28	1
	DREAMS – RELIGIOUS	23,23,23	1
	DREAMS – REPEATING	29	1
	DREAMS – SAD	23	1
	DREAMS – SCHOOL	23	1
	DREAMS – SEA	11,15	1
	DREAMS – SHOPPING	11	1
	DREAMS – STRANGE	4,4,28	1
	DREAMS – SWIMMING	11	1
	DREAMS – TRAP – begin trapped	11	1
	DREAMS – UNPLEASANT	14,29	1

	DREAMS – UNPLEASANT – fear, from	29	1
	<i>DREAMS – UNREMEMBERED</i>	3,4,15,15,16,18,19,19,21,21,23,28,28,28,30	2
	DREAMS – VIOLENCE	29	1
	DREAMS – VIVID	21,30	1
	DREAMS – WATER	11	1
	DREAMS – WEDDING	23	1
	DREAMS – WEEPING; about	23,23	1
	DREAMS – WORK	23	1
<b>FEVER</b>	FEVER – DIARRHOEA – during	17	1
	<i>FEVER – FEVER, heat in general</i>	3,6,8,14,17,17,17,17,17	2
	FEVER – MORNING	3	1
	FEVER – NIGHT	17	1
	FEVER – RELAPSING	17,17,17	1
	FEVER – SLEEP, heat comes on – during	17	1
<b>PERSPIRATION</b>	PERSPIRATION – HOT	23	1
	PERSPIRATION – NIGHT	11,23	1
	PERSPIRATION – NIGHT – heat; during	23	1
	PERSPIRATION – PERSPIRATION in general	23,23	1
	<i>PERSPIRATION – PROFUSE</i>	11,11,16,23	2
	PERSPIRATION – PROFUSE – night	11	1
	PERSPIRATION – PROFUSE – sleep, during	11	1
	PERSPIRATION – SLEEP – during	11	1
	SKIN – BURNING	16	1
<b>SKIN</b>	SKIN – DRY	11,11	1
	SKIN – ECCHYMOSES	11	1
	SKIN – ECCHYMOSES – spots	11	1
	SKIN – ERUPTIONS – blisters	11,11,19	1
	SKIN – ERUPTIONS – blisters – burn; as from a	11	1
	SKIN – ERUPTIONS - eczema	1	1
	SKIN – ERUPTIONS – pimples	11,19	1
	SKIN – INFLAMMATION	16	1
	SKIN – ITCHING	16,23,23	1
	SKIN – ITCHING – accompanied by – heat of skin; sensation of	16	1
	SKIN – ITCHING – burning	16	1



	SKIN – ITCHING – eating – after – aggravates	23	1
	SKIN – SENSITIVENESS – sun, to	11	1
	SKIN – SWELLING	16	1
	SKIN – SWELLING – inflamed	16	1
	SKIN – UNHEALTHY	1	1
<b>GENERALS</b>	GENERALS – ACTIVITY – desire for	1,18	1
	GENERALS – ACTIVITY – increased	1	1
	GENERALS – BATHING – cold-bathing – desire for	11	1
	GENERALS – BATHING – hot bathing – aggravates	11	1
	GENERALS – BATHING – ice-cold bathing – desire for	11	1
	GENERALS – BUSINESS, work, occupation; complaints from	18	1
	GENERALS – COLD – air – aggravates	16	1
	GENERALS – COMPLAINTS – body weight; regulation of	18	1
	GENERALS – EATING- after – ameliorates -	1,1,1	1
	<i>GENERALS – ENERGY – excess of energy</i>	9,13,14,14,14,14,23,23,23	2
	GENERALS – ENERGY – excess of energy – alternating with – low energy	13	1
	<i>GENERALS – ENERGY – sensation of</i>	13,14,14,14,14,15,23,23,23	2
	GENERALS – EXERTION – physical – desire	30	1
	GENERALS – EXERTION; physical – aggravates	11,18	1
	GENERALS – EXPECTORATION – ameliorates	16	1
	GENERALS – FAINTNESS – accompanied by – constipation	14	1
	GENERALS – FANNED; being – desire to be	6	1
	GENERALS – FOOD and – DRINKS – sweet – aggravates	17	1
	GENERALS – FOOD and DRINKS – bland food – desire	17	1

	GENERALS – FOOD and DRINKS – carbonated drinks – desire	6	1
	GENERALS – FOOD and DRINKS – cheese – desire	6	1
	<i>GENERALS – FOOD and DRINKS – chocolate – desire</i>	6,19,23	2
	GENERALS – FOOD and DRINKS – chocolate – desire – bitter chocolate	23	1
	GENERALS – FOOD and DRINKS – cold drink, cold water – aggravates	11	1
	GENERALS – FOOD and DRINKS – cold drink, cold water – desire	6,26	1
	GENERALS – FOOD and DRINKS – cold drink; cold water – ameliorates	26	1
	GENERALS – FOOD and DRINKS – food – desire	2	1
	GENERALS – FOOD and DRINKS – ice – aggravation	11	1
	GENERALS – FOOD and DRINKS – ice cream – aggravates	23	1
	GENERALS – FOOD and DRINKS – ice cream – desire	19	1
	GENERALS – FOOD and DRINKS – milk – ameliorates	23	1
	GENERALS – FOOD and DRINKS – nuts – desire	6,19	1
	GENERALS – FOOD and DRINKS – pastry – aggravates	23	1
	GENERALS – FOOD and DRINKS – potatoes – aggravates	23	1
	GENERALS – FOOD and DRINKS – salad – aggravates	23	1
	GENERALS – FOOD and DRINKS – soup desire – warm	16	1
	GENERALS – FOOD and DRINKS – sour drinks – desire	6	1
	GENERALS – FOOD and DRINKS – spices – aggravates	11	1
	GENERALS – FOOD and DRINKS – sugar – ameliorates	19	1
	GENERALS – FOOD and DRINKS – tomatoes – desire	16,16	1

	GENERALS – FOOD and DRINKS – warm drinks – aggravates – hot	11	1
	GENERALS – FOOD and DRINKS – water – ameliorates	23	1
	GENERALS – HEAT – accompanied by – heat complaints of	26	1
	GENERALS – HEAT – flushes of	23,28	1
	GENERALS – HEAT – flushes of – daytime	28	1
	GENERALS – HEAT – flushes of – night	23	1
	GENERALS – HEAT – flushes of – perspiration – with	23	1
	GENERALS – HEAT – flushes of – perspiration – with – night	23	1
	<i>GENERALS – HEAT – sensation of</i>	<i>11,11,11,11,11,23,26,28</i>	2
	GENERALS – HEAT – sensation of – exertion aggravates	11,11	1
	GENERALS – HEAT – sensation of – night	23	1
	GENERALS – HEAT – sensation of – perspiration during	23	1
	GENERALS – HEATED, BECOMING	11,11,11,11	1
	GENERALS – HEAVINESS	26	1
	<i>GENERALS – INFLUENZA</i>	<i>3,6,19,30</i>	2
	<i>GENERALS – INFLUENZA – sensation as if</i>	<i>6,8,10,19,30</i>	2
	GENERALS – JOINTS – complaints of	11	1
	<i>GENERALS – LOSS – fluids, of</i>	<i>2,2,10,14,14,15</i>	2
	GENERALS – MORNING	3,3,3,3	1
	GENERALS – MORNING – waking on	3,3,3,3	1
	GENERALS – OBESITY	11	1
	GENERALS – OBESITY – sadness; during – women; in	18	1
	GENERALS – PAIN	14	1
	GENERALS – PAIN – aching	14	1
	GENERALS – PAIN – Body; all over	14,14	1

	GENERALS – PAIN – cramping – Muscles	16,16	1
	GENERALS – PAIN – morning	14	1
	GENERALS – PAIN – morning – on	14,14	1
	<i>GENERALS – REST – desire for</i>	<i>1,14,18,22,22,28,30,30</i>	2
	GENERALS – RESTLESSNESS	4,23,23	1
	<i>GENERALS – SICK FEELING; vague</i>	<i>2,2,2,3,4,6,6,8,8,8,10,14,14,15,15,17,17,23,23,23,26,26,30</i>	2
	<i>GENERALS – SICK FEELING; vague – waking; on</i>	<i>2,2,6,15,30</i>	2
	GENERALS – SLEEP – short sleep – ameliorates – afternoon	19	1
	GENERALS – STIFFNESS	15	1
	GENERALS – STIFFNESS – Joints	11	1
	GENERALS – STIFFNESS – muscles	15	1
	GENERALS – STRENGTH, sensation of	15	1
	GENERALS – TENSION – general; in	11	1
	GENERALS – UNCLEANNES – aggravates	22	1
	GENERALS – WARM – aggravates	11	1
	GENERALS – WARM – air – aggravates	11	1
	<b>GENERALS – WEAKNESS</b>	<b>1,1,3,4,4,4,6,6,8,8,9,9,10,10,10,11,11,11,13,13,14,14,14,15,15,16,16,16,16,16,16,17,17,17,17,17,17,17,17,18,18,18,19,19,19,21,23,23,23,23,23,23,23,23,23,26,26,26,28,28,28,28,28,28,28,30,30,30,30,30,30,30,30</b>	<b>3</b>

	GENERALS – WEAKNESS – accompanied by – nausea	26	1
	GENERALS – WEAKNESS – afternoon	23,23	1
	GENERALS – WEAKNESS – afternoon – 14h	23	1
	GENERALS – WEAKNESS – afternoon – 14h – 14-15h	23	1
	GENERALS – WEAKNESS – appetite; with increased	28	1
	GENERALS – WEAKNESS – breakfast – after – aggravates	23	1
	GENERALS – WEAKNESS – daytime	28	1
	GENERALS – WEAKNESS – daytime	17,23	1
	GENERALS – WEAKNESS – dream, after a	23	1
	GENERALS – WEAKNESS – eating – after – aggravates	23	1
	GENERALS – WEAKNESS – evening	23	1
	<i>GENERALS – WEAKNESS – excessive</i>	<i>16,17,30</i>	2
	GENERALS – WEAKNESS – exertion – aggravates	28	1
	GENERALS – WEAKNESS – exertion – aggravates – slight exertion	28	1
	GENERALS – WEAKNESS – exertion – as from excessive	18,18	1
	GENERALS – WEAKNESS – hunger; from	28	1
	GENERALS – WEAKNESS – menses – after	1	1
	GENERALS – WEAKNESS – menses – during	1	1
	GENERALS – WEAKNESS – mental exertion – aggravates	16,16	1
	<i>GENERALS – WEAKNESS – morning</i>	<i>1,1,3,9,10,17,19,23,23,23,23,30</i>	2
	GENERALS – WEAKNESS – morning – rising – on	30	1
	<i>GENERALS – WEAKNESS – morning waking; on</i>	<i>1,10,17,30</i>	2
	GENERALS – WEAKNESS – night	19,19	1

	GENERALS – WEAKNESS – noon	3	1
	GENERALS – WEAKNESS – pain; from	14	1
	GENERALS – WEAKNESS – progressive	28	1
	GENERALS – WEAKNESS – restlessness; with	23,28	1
	GENERALS – WEAKNESS – sleep – loss of; from	23,23	1
	GENERALS – WEAKNESS – sleep – loss of; from – as from a loss of sleep	23,23,26	1
	<i>GENERALS – WEAKNESS – sleepiness – as from sleepiness</i>	19,19,23,28,30	2
	GENERALS – WEAKNESS – waking	1	1
	<b>GENERALS – WEARINESS</b>	<b>1,2,3,3,4,4,4,6,8,8,9,9,10,10,11,11,13,13,14,14,14,15,15,16,16,16,16,16,17,17,17,17,18,18,18,18,19,19,19,19,21,22,22,22,23,23,23,23,28,28,28,28,28,28,28,28,28,28,30,30,30,30,30,30,30,30,30,30</b>	<b>3</b>
	GENERALS – WEARINESS – afternoon	19,28	1
	GENERALS – WEARINESS – daytime	28	1
	GENERALS – WEARINESS – evening	23,28	1
	GENERALS – WEARINESS – extreme	16	1
	GENERALS – WEARINESS – mental exertion aggravates	16,16,16	1
	<i>GENERALS – WEARINESS – morning</i>	1,3,9,19,23,23,30	2
	GENERALS – WEARINESS – morning – waking; on	30	1
	GENERALS – WEARINESS – much talking	30	1
	GENERALS – WEARINESS – night	19,19,19	1

	GENERALS – WEARINESS – noon	3	1
	GENERALS – WEARINESS – talking; after	30	1
	GENERALS – WEATHER – hot – aggravates	17	1
	GENERALS – WIND – cold – aggravates	16	1
	GENERALS – WRITING – ameliorates	28	1

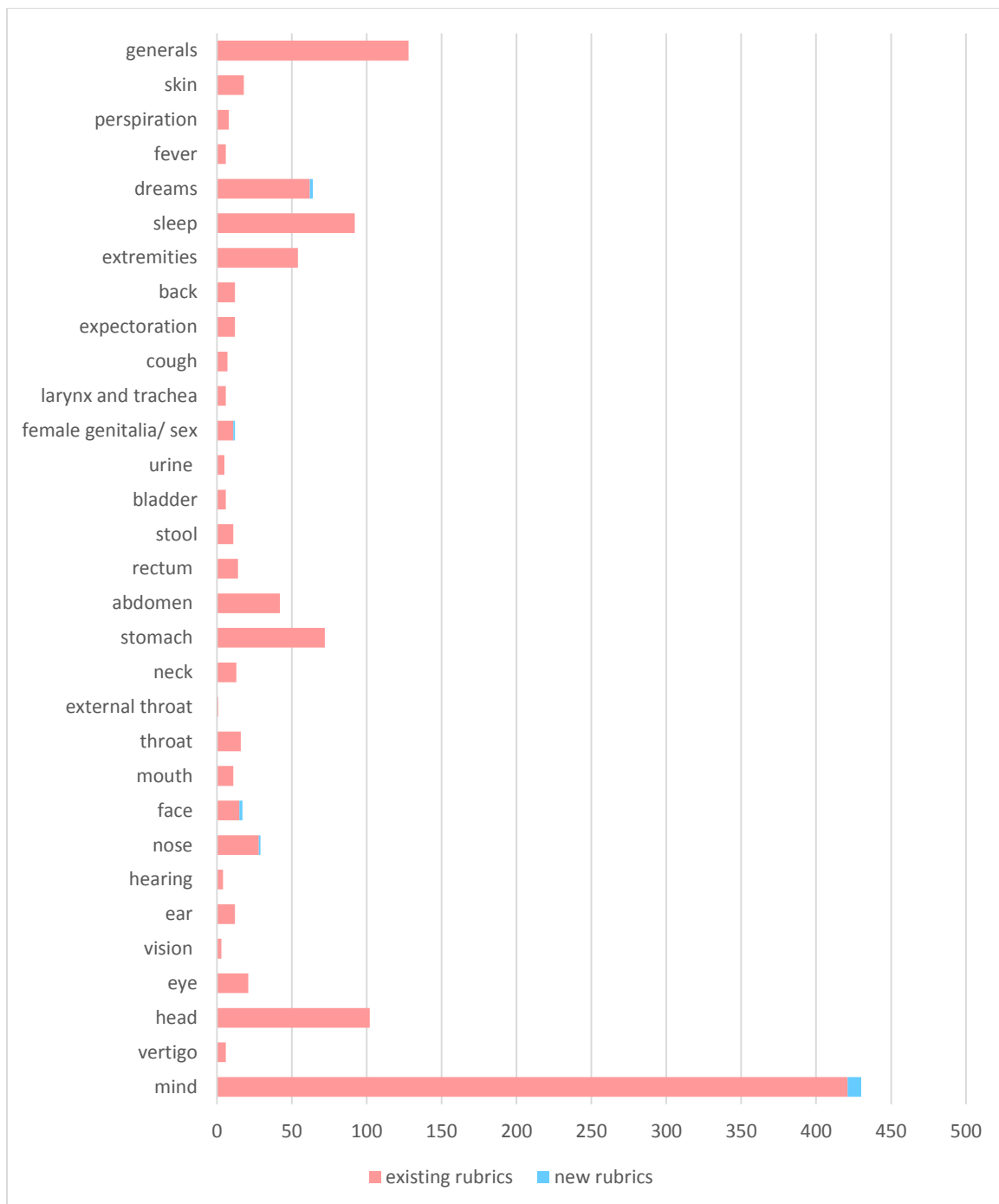
#### 4.5. QUANTITATIVE ANALYSIS OF RUBRICS

A total of 1234 rubrics were retrieved from the symptoms produced by verum provers. Of these, 1220 were existing rubrics while 14 were newly created by the researcher. Table 4.3 shows the distribution of rubrics. Figure 4.4 shows the distribution of existing and new rubrics in each category. All rubrics have been graded according to the method outlined above (4.3.). The ratio of level 1, 2 and 3 rubrics is represented in figure 4.5.

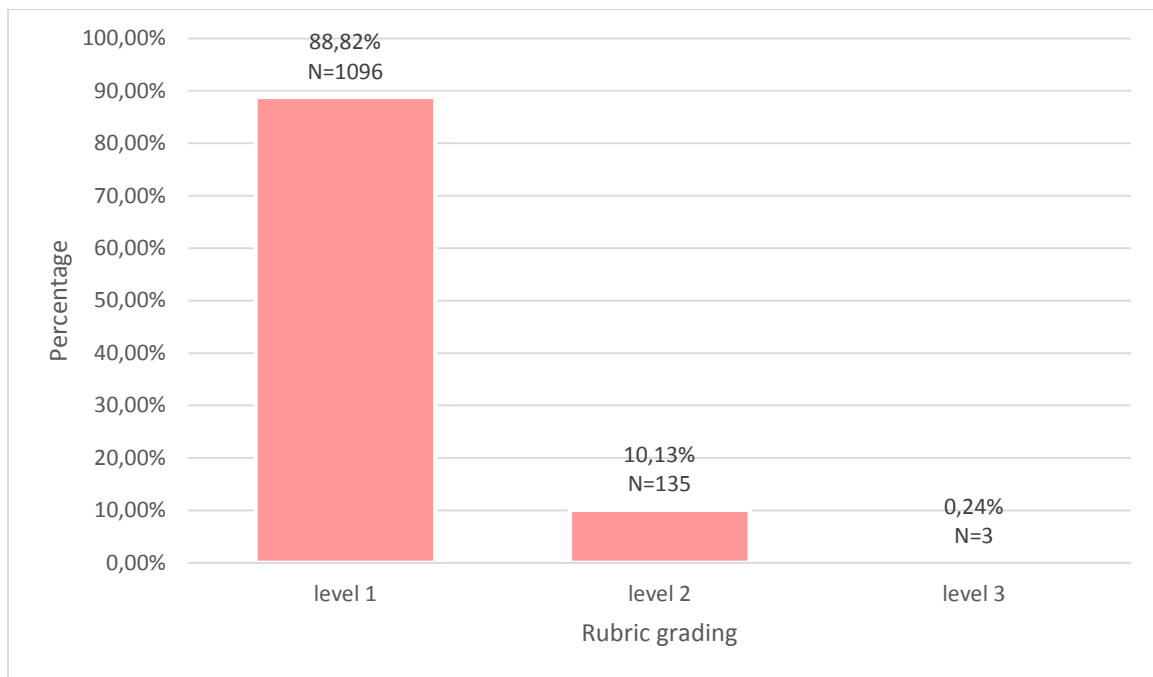
**Table 4.3: Distribution of rubrics**

<b>CATEGORY</b>	<b>TOTAL RUBRICS</b>	<b>%</b>	<b>EXISTING RUBRICS</b>	<b>NEW RUBRICS</b>
Mind	430	34.85%	421	9
Vertigo	6	0.49%	6	0
Head	102	8.27%	102	0
Eye	21	1.70%	21	0
Vision	3	0.24%	3	0
Ear	12	0.97%	12	0
Hearing	4	0.32%	4	0
Nose	29	2.35%	28	1
Face	15	1.22%	15	0
Mouth	11	0.89%	11	0
Throat	16	1.30%	16	0
External throat	3	0.24%	2	1
Neck	13	1.05%	13	0
Stomach	72	5.83%	72	0
Abdomen	42	3.40%	42	0
Rectum	14	1.18%	14	0
Stool	11	1.13%	11	0
Bladder	6	0.49%	6	0
Urine	5	0.41%	5	0
Female genitalia/ sex	12	0.97%	11	1
Larynx and trachea	6	0.49%	6	0
Cough	7	0.57%	7	0
Expectoration	12	0.97%	12	0
Back	12	0.97%	12	0
Extremities	54	4.38%	54	0
Sleep	92	7.46%	92	0
Dreams	64	5.19%	62	2
Fever	6	0.49%	6	0
Perspiration	8	0.65%	8	0
Skin	18	1.46%	18	0
Generals	128	10.37%	128	0
<b>TOTAL</b>	<b>1234</b>	<b>100%</b>	<b>1220</b>	<b>14</b>





**Figure 4.4.**  
**Distribution of existing rubrics and new rubrics**



**Figure 4.5**  
**Ratio of rubric grades**

## CHAPTER FIVE

### Discussion

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#### 5.1. INTRODUCTION

The results obtained from the proving of *Panthera leo* 30CH will be discussed in this chapter. The primary objective of this study was to accurately elicit the symptoms that *Panthera leo* 30CH had on healthy individuals. The proving of *Panthera leo* 30CH produced symptoms that correspond with a total of 1234 rubrics. These symptoms will be discussed further.

The secondary objective of this study was to compare the symptoms that were elicited to the ethology of the lion. In this chapter, the researcher will make a subjective comparison between the symptoms produced by *Panthera leo* 30CH and the behaviour of the lion. The final objective of this study was to further develop the materia medica by adding the remedy picture of *Panthera leo*.

#### 5.2. REMEDY ABBREVIATION

According to the guidelines provided by Schroyens (2004), the researcher suggests that *Panthera leo* be abbreviated *Panth-leo*.

#### 5.3. THE SYMPTOMS

The symptoms elicited from the proving of *Panthera leo* will be discussed under the relevant category, according to the system affected.

##### 5.3.1. Mind

The number of symptoms produced by *Panthera leo* that has been categorised as a mind symptom is extensive, and have therefore been grouped into themes, to facilitate discussion.

## **Absentminded**

Absentmindedness was experienced by 5 provers. This was expressed as misplacing personal items (06 F 00:XX:XX), loss of focus or concentration on the task at hand (06 F 00:XX:XX, 16 F 04:XX:XX, 19 F 13:XX:XX, 28 F 05:XX:XX, 28 F 07:XX:XX, 30 F 00:XX:XX), confusion of mind (06 F 01:XX:XX, 06 F 03:XX:XX), making mistakes with regard to time (16 F 10:XX:XX, 19 F 29:XX:XX) as well as making mistakes with regard to speech (30 F 05:XX:XX). Prover 6 also described a dazed feeling and being 'delayed in everything'.

## **Anger, violence**

Feelings of anger and frustration were experienced by nine provers. Provers experienced anger toward other people (08 F 02:XX:XX, 10 F 08:XX:XX, 16 F 12:XX:XX, 22 M 03:XX:XX, 22 M 10:XX:XX, 30 F 06:XX:XX, 30 F 06:XX:XX, 30 F 09:XX:XX, 30 F 14:XX:XX, 30 F 21:XX:XX). Provers also experienced anger with thoughts of violence and the desire to violently injure the person at which their anger was directed. They described a desire to strangle, beat and kill the other person (08 F 02:XX:XX, 30 F 02:XX:XX, 30 F 06:XX:XX, 30 F 06:XX:XX, 30 F 06:XX:XX, 30 F 14:XX:XX). Prover 8 experienced anger toward their child (08 F 02:XX:XX) which was very out of character and was followed by being angry with herself (08 F 02:XX:XX). Provers 8 and 16 experienced anger toward their husbands (08 F 02:XX:XX, 16 F 12:XX:XX). Four provers experienced causeless anger (10 F 08:XX:XX, 23 F 25:XX:XX, 30 F 11:XX:XX, 30 F 13:XX:XX). Prover 30 experienced anger and rage and described feeling as if they were 'a bomb ready to explode' (30 F 02:XX:XX). Prover 30 also related how they became angry very quickly and had a short-temper (30 F 10:XX:XX, 30 F 20:XX:XX). All provers who experienced anger said that it was very unusual for them to experience such anger and that they felt it to be out of character. They described the anger as being intense and used words such as 'rage', 'frustration' and 'aggression' to express how they felt.

Three provers had thoughts about being violent toward others. One prover imagined strangulating another person until they stopped breathing (08 F 02:XX:XX). Prover 21 had a desire to burn down a building (21 F 02:XX:XX). Prover 30 felt as if she could 'beat up' another person. She said that she had felt 'violent and confrontational', which was very out of character for her (30 F 06:XX:XX).

## **Audacity, fearless**

Provers experienced a sense of boldness and bravery. Prover 2 experienced boldness with regard to speaking with an indifference to being criticised (02 M 03:XX:XX, 02 M 03:XX:XX, 02 M 04:XX:XX). Provers 2 and 23 felt

that they were bold and courageous enough to express their feeling, where they would normally suppress their feelings (02 M 03:XX:XX, 23 F 29:XX:XX). Proverbs 10 and 11 experienced a desire to 'lash out' at people (10 F 06:XX:XX, 11 F 00:XX:XX). Prover 2 and 6 experienced fearlessness, prover 2 with regard to expressing himself (02 M 03:XX:XX) and prover 6 with regard to trying new activities (06 F 01:XX:XX).

## **Change, ennui**

Five proverbs expressed a desire for change. They each desired a change in life, sought more excitement and experienced boredom with their everyday routine (15 F 00:XX:XX, 18 F 11:XX:XX, 21 F 09:XX:XX, 28 F 11:XX:XX, 30 F 10:XX:XX, 30 F 17:XX:XX, 30 F 18:XX:XX).

## **Children**

Proverbs 6 and 18 desired to nurture children in a motherly form. They each expressed a desire to bear their own children and felt the need to nurture other children (06 F 01:XX:XX, 18 F 21:XX:XX). Prover 6 felt 'raw and hurt' when she visited orphaned children (06 F 07:XX:XX). Proverbs 6 and 23 felt great sadness when they had to leave children or say goodbye to a child (06 F 01:XX:XX, 23 F 22:XX:XX). Proverbs 8 and 23 experienced anger toward children who were being noisy and reprimanded them. This was quickly followed by feelings of remorse for their action (08 F 02:XX:XX, 08 F 02:XX:XX, 23 F 07:XX:XX).

## **Company (aversion, ameliorates, desire)**

Proverbs 2, 6, 10, 23 and 30 experienced an aversion to company and desired solitude (02 M 04:XX:XX, 06 F 06:XX:XX, 10 F 09:XX:XX, 23 F 29:XX:XX, 30 F 02:XX:XX, 30 F 13:XX:XX). Prover 23 desired solitude because of pain, 'physically and emotionally' (23 F 29:XX:XX).

Proverbs 22 and 28 felt better when they were in the company of friends and family (22 M 04:XX:XX, 28 F 06:XX:XX, 28 F 07:XX:XX, 28 F 09:XX:XX, 28 F 13:XX:XX).

Prover 6 desired the company of a close child relative (06 F 00:XX:XX), prover 30 desired the company of specific close relatives (30 F 01:XX:XX) and prover 23 desired the 'right company' (23 F 23:XX:XX).

Prover 6 experienced a sense of isolation, even when in the company of others (06 F 00:XX:XX). Prover 13 felt as if she were 'alone in this world' (13 F 02:XX:XX).

## **Gratitude**

Four provers felt a sense of gratitude (06 F 12:XX:XX, 18 F 10:XX:XX, 28 F 02:XX:XX, 28 F 12:XX:XX, 28 F 17:XX:XX, 28 F 19:XX:XX, 28 F 22:XX:XX, 30 F 11:XX:XX). Prover 6 felt grateful for loved ones (06 F 12:XX:XX). Prover 28 felt grateful for 'the gift of life' (28 F 23:XX:XX). Prover 30 felt grateful for additional finance (30 F 11:XX:XX).

## **Happy, content**

Ten provers experienced happiness and contentment. Prover 6 experienced an unusual sense of happiness and contentment with life in general which she had never experienced before (06 F 01:XX:XX). Prover 16 felt happy to be able to help others (16 F 05:XX:XX). Prover 18 felt content with life in general (18 F 10:XX:XX). Prover 22 felt 'happy as if in my own world' (22 M 00:XX:XX, 22 M 03:XX:XX). Provers 22 and 30 felt happy about going home (22 M 03:XX:XX, 30 F 06:XX:XX). Prover 23 felt happy about being in the company of friends and reminiscing over fond memories (23 F 13:XX:XX). Prover 28 experienced great happiness and contentment when involved with religious practices, spending time with religious groups and listening to religious music (28 F 02:XX:XX, 28 F 07:XX:XX, 28 F 08:XX:XX, 28 F 09:XX:XX, 28 F 10:XX:XX, 28 F 13:XX:XX, 28 F 19:XX:XX, 28 F 22:XX:XX, 28 F 24:XX:XX). Prover 30 felt happy when listening to 'upbeat music' (30 F 08:XX:XX). Provers 14 and 21 experienced happiness on waking in the morning (14 F 01:XX:XX, 21 F 00:XX:XX).

## **Husband, boyfriend**

Provers 8, 10 and 16 felt anger and irritation toward their husbands. (08 F 02:XX:XX, 10 F 05:XX:XX, 16 F 10:XX:XX, 16 F 12:XX:XX). Prover 10 felt a desire to kill her husband (10 F 05:XX:XX). Provers 6, 21 and 30 felt an unusual longing to be near their boyfriends (06 F 01:XX:XX, 21 F 01:XX:XX, 21 F 06:XX:XX, 30 F 11:XX:XX). Prover 21 felt infatuated with her boyfriend (21 F XX:XX:XX, 21 F 20:XX:XX, 21 F 21:XX:XX). Prover 28 felt worse with her boyfriend at times (28 F 00:XX:XX), while felt very happy with him at other times (28 F 14:XX:XX). In one instance, prover 16 was happy because she was able to have a conversation with her husband, due to the fact that the television was off (16 F 07:XX:XX).

## **Irritability**

Thirteen provers experienced irritability during the proving. Provers 2, 6 experienced irritability toward others (02 M 04:XX:XX, 06 F 04:XX:XX). Prover 3 experienced irritability in the morning (03 M 05:XX:XX). Provers 6, 8, 10, 13, 14, 16 and 23 experienced a general sense of irritability and felt 'grumpy' (06 F 04:XX:XX, 08 F 01:XX:XX, 10 F 02:XX:XX, 13 F 08:XX:XX, 14 F 01:15:XX, 14 F 04:XX:XX, 14 F 09:XX:XX, 16 F 05:XX:XX, 16 F 06:XX:XX, 23 F 03:XX:XX, 28 F 12:XX:XX). Prover 14 felt sudden irritability in the afternoon. Provers 8, 10 and 16 experienced irritability toward their husbands (08 F 02:XX:XX, 10 F 05:XX:XX, 16 F 10:XX:XX) and prover 21 toward their boyfriend (21 F 00:XX:XX). Prover 15 experienced irritability when listening to disagreeable music (15 F 02:XX:XX). Prover 16 experienced irritability as a result of things not going their way/ as planned (16 F 07:XX:XX). Provers 16 and 23 felt irritated when doing mathematical calculations (16 F 12:XX:XX, 23 F 07:XX:XX). Prover 21 felt irritated because of having to record dates in the proving journal (21 F XX:XX:XX). Prover 28 felt irritated because she felt that she was working too hard (28 F 00:XX:XX). Prover 28 also experienced causeless irritability (28 F 06:XX:XX). Prover 30 felt irritated because of experienced anger that was induced by taking the proving substance (30 F 20:XX:XX).

## **Laziness**

Provers 19, 21 and 30 experienced a sense of laziness. Provers 21 and 30 said that they felt too lazy to write their symptoms in their proving journals (21 F 01:XX:XX, 30 F 13:XX:XX, 30 F 15:XX:XX). Prover felt too lazy to complete work related tasks (19 F 09:XX:XX). Prover 30 felt too lazy to get out of bed or eat (30 F 11:XX:XX).

## **Lost**

Provers 16, 18 and 21 experienced a sensation of being lost. Prover 16 felt lost because of not knowing where she should go (16 F 17:XX:XX). Provers 18 and 21 felt as if they did not belong anywhere (18 F 12:XX:XX, 21 F 22:XX:XX).

## **Money**

Provers 16 and 28 were worried about whether they would have enough money to pay their expenses (16 F 04:XX:XX, 28 F 17:XX:XX). Provers 28 and 30 felt as if they were not earning enough money for the work that they were doing (28 F 00:XX:XX, 30 F 25:XX:XX). Prover 30 was grateful for having money (30 F 11:XX:XX).

## **Mood**

Prover 1 felt that her moods had improved in general, after taking the proving substance (01 F 07:XX:XX). Provers 6, 13, 19, 23, 28 and 30 experienced changeable moods throughout the day (19 F 06:XX:XX, 23 F 03:XX:XX, 28 F 00:XX:XX, 30 F 17:XXXX). Prover 30 described it as being 'up and down mood swings' (30 F 25:XX:XX).

## **Placebo, verum**

Prover 6 felt positive that she had taken a placebo (06 F 01:XX:XX), while prover 30 felt positive that she had taken verum (30 F 06:XX:XX).

## **Pleasing others**

Provers 21, 23 and 28 experienced a desire to please others. Prover 21 felt a desire to please her mother (21 F 00:XX:XX), while prover 16 felt a desire to please her god (28 F 22:XX:XX).

## **Religion**

Prover 21 sought prayer to assist her with being positive that she had passed her examination (21 F 00:XX:XX). Prover 28 felt better for occupying herself with religion and constantly acknowledged and praised her god (28 F 00:XX:XX).

## **Sadness, weeping**

Twelve provers experienced a sense of sadness during the proving. Prover 4 felt sad after attending a funeral (04 F 02:XX:XX). Prover 6 experience a deep and causeless sadness. She felt 'heavily depressed' (06 F 00:XX:XX). Prover 13 felt sadness which was accompanied by weeping (13 F 02:XX:XX). Prover 18 felt depressed when thinking about her future (18 F 11:XX:XX, 18 F 12:XX:XX). Prover 19 experienced sadness alternating with happiness (19 F 04:XX:XX). Prover 23 felt sad because she could not please people loved ones (23 F 16:XX:XX). Provers 13 and 28 felt sad upon remembering close relatives who have died (13 F 02:XX:XX, 28 F 08:XX:XX).

Prover 6 said that she cried after having a disagreement with her sister (06 F 06:XX:XX), and she also said that she felt as if she 'could cry over anything and



everything' (06 F 00:XX:XX). Prover 19 felt better after crying (19 F 04:XX:XX). Provers 6 and 13 expressed a desire to cry (06 F:XX:XX, 13 F 01:XX:XX). Prover 23 said that she had cried while asleep and dreaming (23 F 10:XX:XX).

## **Snappish**

Four provers said that they were very snappish (10 F 06:XX:XX, 11 F 00:XX:XX, 21 04:XX:XX, 28 F 05:XX:XX). Prover 11 also said that she was being 'extremely rude to people' (11 F 00:XX:XX).

## **Stress**

Nine provers experienced stress, and used synonyms such as 'anxiety' and 'tension' to describe this feeling. Prover 1 said that she did not feel as stressed after taking the proving remedy, as she had been feeling prior to taking the remedy (01 F 07:XX:XX). Prover 22 experienced anxiety before presenting work to her boss (22 M 09:XX:XX). Prover 28 felt financial related stress. She worried about not having enough finances (28 F 17:XX:XX).

## **Thoughts of dead loved ones**

Three provers had thoughts of older male relatives that had died. Provers 1 and 13 thought of their dead fathers a lot (01 F 09:XX:XX, 13 F 02:XX:XX), while prover 28 thought of her dead grandfather (28 F 08:XX:XX).

## **Time**

Three provers felt that time passed too slowly. Prover 6 said that it was as if 'time were retarded' (06 F 05:XX:XX). Prover 8 said that her morning 'seemed to drag on forever'. Prover 23 felt that 'everything took too long' (23 F 11:XX:XX), and she also felt as if she were being rushed in other instances (23 F 10:XX:XX).

## **Tranquillity**

Five provers felt calmer in general while four provers expressed a desire to be tranquil. Prover 6 said that she was calmer in situations where she would normally

panic (06 F 00:XX:XX). Proverbs 14, 19, 23 and 28 said that they felt relaxed (14 F 01:XX:XX, 19 F 14:XX:XX, 23 F 07:XX:XX, 28 F 01:XX:XX). Proverbs 10 and 16 felt that they were not in a calm state (10 F 06:XX:XX, 16 F 21:XX:XX). Prover 23 said that she needed a break in order to relax (23 F 16:XX:XX) and prover 30 said that she wanted peace (30 F 21:XX:XX).

## **Unappreciated**

Proverbs 28 and 30 felt unappreciated in their place of work (28 F 00:XX:XX, 30 F 25:XX:XX). Prover 28 also felt that certain relatives did not appreciate what she had done for them (28 F 04:XX:XX).

## **Writing**

Prover 28 felt better for writing her symptoms in her proving journal (28 F 01:XX:XX). Proverbs 16, 21 and 30 felt too lazy and did not enjoy writing their symptoms in their proving journals (16 F 18:XX:XX, 21 F 01:XX:XX, 30 F 15:XX:XX). Prover 30 made mistakes while writing, i.e. she wrote 'birthday' even though she meant to write 'bed' (30 F 13:XX:XX). Prover 30 also pointed out that the neatness of her writing had changed since she had taken the proving remedy. She said that prior to taking the remedy she was very particular about maintaining neat handwriting, however she had noticed that her writing had become untidy (30 F 22:XXX). Prover 21 felt irritated about having to write the date (21 F 06:XX:XX, 21 F XX:XX:XX).

## **Miscellaneous mind symptoms**

One prover felt 'distracted' after quarrelling with family (06 F 06:XX:XX). Impatience was experienced (10 F 08:XX:XX). Prover 16 experienced frustration as a result of 'not knowing' whether or not she had passed her exam (16 F 06:XX:XX). One prover felt that she could not 'switch off' mentally (16 F 18:XX:XX). Disappointment was experienced, as result of things not meeting a certain standard (16 F 19:XX:XX) and not being able to go on holiday (18 F 10:XX:XX). One prover found it difficult to follow through on plans made (16 F 20:XX:XX). A feeling of indifference was experienced (18 F 18:XX:XX). One prover felt indecisive about her future (18 F 20:XX:XX). One prover desired sleep as an escape from her troubles (28 F 00:XX:XX). One prover expressed regret for having participated in this research, because of the mental symptoms she had experienced, as well as regret for having studied in a specific field (30 F 03:XX:XX). A sensitivity to injustice was felt, when one prover felt that others were unfairly favoured more than her (30 F 06:XX:XX). Prover 6 experienced a desire to be consoled and comforted (06 F 02:XX:XX).

Prover 30 expressed great determination to accomplish life goals (30 F 08:XX:XX, 30 F 23:XX:XX). Prover 21 described feeling as if she were in a drug state or a 'drug addict' (21 F 00:XX:XX, 21 F 01:XX:XX).

Provers 18 and 30 described feeling 'like death' (18 F 16:XX:XX, 30 F 03:XX:XX). Prover 6 said that she felt 'permeable' and was picking up the mood of those around her (06 F 00:XX:XX). Prover 21 felt as if she were 'diffusing with everyone' (21 F 01:XX:XX). Prover 21 expressed a desire to be independent (21 F 09:XX:XX). Prover 21 felt invisible in one instance and a desire to be invisible in another (21 F 01:XX:XX, 21 F 18:XX:XX). Prover felt that her memory had improved while taking the proving substance (10 F 03:XX:XX). Prover 16 found it difficult to remember work that she had studied (16 F 12:XX:XX). Prover 21 expressed a desire to be one with the elements. She said that she desired to be 'one with the sky and clouds and float with them wherever they go' (21 F 17:XX:XX). Provers 21 and 30 said that they felt very out of character while under the influence of the proving remedy (21 F 01:XX:XX, 30 F 11:XX:XX). Two provers said that they had positive attitude (16 F 12:XX:XX, 18 F 18:XX:XX). Two provers said that they has felt refreshed while taking the proving remedy (15 F 01:XX:XX, 21 F 03:XX:XX). Prover 6 felt as if she were 'not adding anything useful to this research' and experienced guilt as a result (06 F 01:XX:XX). Prover 8 felt angry with herself (08 F 02:XX:XX). Prover 28 felt as if she had too many responsibilities (28 F 00:XX:XX). Two provers said that they felt very restless during the proving (23 F 12:XX:XX, 28 F 07:XX:XX). Prover 15 exclaimed that she felt strong (15 F 00:XX:XX), while prover 23 said that she had a strong will power (23 F 23:XX:XX). Provers 13 and 23 said that their thoughts wandered constantly (13 F 01:XX:XX, 23 F 12:XX:XX). Prover 1 recorded a feeling of being 'emotionally tired' (01 F 09:XX:XX) and prover 8 felt 'mentally drained' (08 F 03:XX:XX). Prover 1 described being very alert, especially at night and during heavy rainfall. Provers 23 and 29 experienced fear upon waking in the morning (23 F 10:XX:XX, 29 F XX:XX).

### **5.3.2. Vertigo**

Vertigo was experienced by 3 provers. Provers 28 and 30 felt dizzy (28 F 03:XX:XX; 30 F 02:XX:XX), while prover 11 felt light headedness which was accompanied by tinnitus (11 F 06:XX:XX).

### **5.3.3. Head**

Headaches, of varying types were experienced by nineteen provers (66%). Some headaches were slight or mild (01 F 13:XX:XX; 04 F 04:XX:XX; 08 F 03:XX:XX; 08 F 04:XX:XX; 10 F 02:XX:XX; 13 F 00:XX:XX; 15 F 01:XX:XX; 15 F 05:XX:XX; 16 F 08:XX:XX; 17 F 10:XX:XX; 18 F 00:XX:XX; 19 F 00:09:00; 19 F 04:XX:XX; 22 M 22:XX:XX; 28 F 05:XX:XX) while other headaches were severe (01 F 12:XX:XX; 08

F 02:XX:XX; 08 F 11:XX:XX; 10 F 01:17:XX; 16 F 14:XX:XX; 18 F 01:XX:XX; 18 F 15:XX:XX; 19 F 07:XX:XX; 30 F 02: XX:XX). The headaches occurred at different times of the day. Provers 4, 8, 13, 14, 15, 19 and 22 experienced headaches in the morning (04 F 04:XX:XX; 08 F 04:XX:XX; 14 F 03:XX:XX; 14 F 09:XX:XX; 13 F 13:XX:XX; 15 F 05:XX:XX; 19 F 00:09:00; 19 F 01:XX:XX; 22 M 22:XX:XX; 23 F 14:XX:XX). Provers 1, 4 and 6 experienced headaches in the evening (01 F 11:XX:XX, 01 F 12:XX:XX, 04 F 06:XX:XX; 06 F 01:10:XX). Provers 6, 8, 10, 14, 19, 28 and 30 experienced headaches in the afternoon (06 F 04:XX:XX; 08 F 05:XX:XX; 10 F 01:17:XX; 14 F 01:15:30; 19 F 00:19:50; 28 F 05:XX:XX; 30 F 02: XX:XX). With provers 8, 19 and 29 the headaches started immediately after they took a dose of the proving remedy (08 F 01:XX:XX; 19 F 00:09:00; 19 F 00:19:50; 29 F 00:XX:XX).

Provers 4, 6, 17, 19, 23 experienced headaches which was located on the forehead (05 F 01:XX:XX; 06 F 00:XX:XX; 17 F 10:XX:XX; 19 F 07:XX:XX; 23 F 20:XX:XX). Other headaches were located in the occipital region (29 F 00:XX:XX). Provers 11 experienced a throbbing headache (11 F 14:XX:XX). Dull headaches were experienced (19 F 00:19:50; 19 F 01:XX:XX; 29 F 00:XX:XX; 30 F 02: XX:XX). Some provers had headaches which were aching in nature (19 F 01:XX:XX; 29 F 00:XX:XX; 30 F 02: XX:XX). Headaches which were sharp in nature were also experienced (19 F 01:XX:XX). Hammering headaches were felt (23 F 19:XX:XX). Some provers described the headache as feeling sore (23 F 20:XX:XX; 23 F 28:XX:XX; 28 F 06:XX:XX; 29 F 00:XX:XX; 11 F 04:XX:XX). Some provers had a headache accompanied by eye pain (11 F 14:XX:XX; 23 F 19:XX:XX; 23 F 14:XX:XX; 23 F 28:XX:XX; 11 F 04:XX:XX).

Concomitant symptoms included dehydration, dizziness, nausea and frequent urination (14 F 01:15:30; 30 F 02: XX:XX; 30 F 03: XX:XX). Headaches were ameliorated by water (14 F 01:15:30), eating (13 F 14:XX:XX), sugar (19 F 07:XX:XX). Prover 15 experienced a unilateral temporal headache which prevented sleep (15 F 01:XX:XX). Headaches with a sensation of head congestion was experienced (02 M 08:XX:XX; 21 F 07:XX:XX). Provers felt as if their head had become too heavy (06 F 01:10:XX; 26 F 00:XX:XX; 26 F 03:XX:XX; 28 F 03:XX:XX).

#### **5.3.4. Eye**

A sensation of burning was felt in the eyes (06 F 00:XX:XX; 11 F 22:XX:XX; 14 F 02:XX:XX), which was ameliorated by cold applications (06 F 00:XX:XX). Dryness of the eyes was experienced (11 F 17:XX:XX; 16 F 12:XX:XX). Provers 11 and 26 felt that their eyes had become heavy (11 F 04:XX:XX; 26 F 05: XX:XX; 26 F 06: XX:XX). Soreness of the eyes was experienced (23 F 14: XX:XX; 23 F 19: XX:XX). Prover 11 recorded how her eyes appeared red and blood shot after taking a hot bath (11 F 03:XX:XX).

### **5.3.5. Ear**

A yellow exudate was found in the ears (11 F 03:XX:XX), and the ears also felt oily and sticky (11 F 18:XX:XX). Buzzing sounds occurred, which was described as sounding 'like a thousand little insects' (11 F 06:XX:XX). Prover 26 experienced tinnitus (26 F 06:XX:XX). Pain occurred on the right ear (11 F 16:XX:XX) and the left ear (23 F 03:XX:XX). Congestion was felt (26 F 03:XX:XX; 26 F 06:XX:XX).

### **5.3.6. Hearing**

Hearing impairment occurred in 2 provers. Prover 11 said that she could not hear after waking up from bending for too long (11 F 22:XX:XX). Prover 23 could not hear properly in her left ear, and this was accompanied by pain in the left ear (23 F 03:XX:XX).

### **5.3.7. Nose**

Congestion of the nose occurred (02 M 02:XX:XX; 11 F 08:XX:XX; 14 F 10:XX:XX; 13 F 12:XX:XX; 16 F 02:XX:XX; 16 F 03:XX:XX). Provers recorded sneezing a lot (02 M 07:XX:XX; 11 F 15:XX:XX; 11 F 18:XX:XX). Some provers experienced a discharge from the nose (03 M 01:XX:XX; 08 F 05:XX:XX; 11 F 12:XX:XX; 11 F 18:XX:XX; 11 F 20:XX:XX; 26 F 06:XX:XX). Dryness of the nose occurred (14 F 01:15:XX:XX).

### **5.3.8. Face**

Oiliness and stickiness of the face occurred (11 F 07:XX:XX; 11 F 09:XX:XX). Pimples erupted on the face, on the lower cheeks (10 F 02:XX:XX) and on the left side of the face (11 F 02:XX:XX). Prover 11 said that her skin had become less sensitive to a variety of beauty products and she was able to use products which caused irritation in the past (11 F 11:XX:XX).

### **5.3.9. Mouth**

Numbness of the tongue occurred (10 F 01:22:XX). Hypersalivation occurred (21 F 00:XX:XX). Prover 30 had bleeding gums when she brushed her teeth (30 F

03:XX:XX; 30 F 04:XX:XX). Prover 6 recorded that after taking the 1<sup>st</sup> dose of the proving remedy, she felt as if it had a metallic or chemical taste (06 F 00:XX:XX). Prover 23 experienced a bitter taste after eating (23 F 01:XX:XX).

### **5.3.10. Throat**

Six provers experienced a sore throat (03 M 02:XX:XX; 04 F 07:XX:XX; 04 F 09:XX:XX; 06 F 01:XX:XX; 06 F 01:XX:XX; 10 F 01:XX:XX; 14 F 10:XX:XX; 19 F 03:XX:XX; 19 F 10:XX:XX). Prover 6 described having a sore throat accompanied by itching of the throat, and said that it felt as if there were thorns in her throat (06 F 01:XX:XX). Dryness of the throat occurred (11 F 08:XX:XX; 14 F 01:XX:XX; 26 F 00:XX:XX), and was ameliorated by cold water in the case of prover 26 (26 F 00:XX:XX). Itchiness of the throat occurred (11 F 13:XX:XX). Prover 26 felt as if there were stones in her throat (26 F 01:XX:XX).

### **5.3.11. External throat**

An enlarged thyroid gland occurred in prover 11 (11 F 00:XX:XX).

### **5.3.12. Neck**

Neck pain occurred in 5 provers (01 F 04:XX:XX; 04 F 08:XX:XX; 08 F 01:XX:XX; 16 F 12:XX:XX; 19 F 16:XX:XX). Provers 1 and 19 experienced pain on the left side of their neck (01 F 04:XX:XX; 19 F 16:XX:XX). Prover 16 experienced a burning sensation on the left side of her neck (16 F 00:10:45). Stiffness of the neck occurred (26 F 00:XX:XX).

### **5.3.13. Stomach**

Provers experienced an increase and decrease in appetite. Ten provers said that they had an increase in appetite. They described having an appetite was insatiable and they felt hungry all the time (02 M 01:XX:XX; 02 M 02:XX:XX; 02 M 03:XX:XX; 04 F 00:17:00; 04 F 01:XX:XX; 06 F 00:XX:XX; 09 F 03:XX:XX; 09 F 06:XX:XX; 13 F 08:XX:XX; 14 F 01:XX:XX; 16 F 07:XX:XX; 16 F 21:XX:XX; 17 F 27:XX:XX; 22 M 18:XX:XX; 22 M 21:XX:XX; 23 F 13:XX:XX; 23 F 15:XX:XX). 7 provers had a diminished appetite (01 F 05:XX:XX; 13 F 13:XX:XX; 16 F 14:XX:XX; 17 F

03:XX:XX; 17 F 19:XX:XX; 17 F 20:XX:XX; 17 F 22:XX:XX; 17 F 23:XX:XX; 17 F 24:XX:XX; 18 F 06:XX:XX; 18 F 17:XX:XX; 28 F 03:XX:XX; 28 F 09:XX:XX; 29 F 10:XX:XX).

A sensation of burning in the stomach occurred (11 F 21:XX:XX; 13 F 00:XX:XX; 17 F 26: XX:XX; 23 F 18:XX:XX). Prover 11 experienced burning after eating spicy food (11 F 21:XX:XX). Prover 17 experienced burning accompanied by stomach cramps (17 F 26: XX:XX). In the case of prover 23, the burning was ameliorated by eating yogurt (23 F 18:XX:XX).

Four provers experienced a cramping pain in the stomach (11 F 01:05:XX; 11 F 07:XX:XX; 13 F 14:XX:XX; 15 F 09:XX:XX; 17 F 17: XX:XX; 17 F 26: XX:XX). Prover 19 experienced pain in the epigastrium region. The pain was ameliorated by leaning forward and placing a pillow behind her back (19 F 08: XX:XX).

Thirstiness and thirstlessness were experienced by provers. Eight provers experienced thirstiness (02 M 01:XX:XX; 02 M 02:XX:XX; 03 M 02:XX:XX; 03 M 04:XX:XX; 10 F 07:XX:XX; 11 F 00:XX:XX; 13 F 06:XX:XX; 13 F 07:XX:XX; 13 F 08:XX:XX; 22 M 17: XX:XX; 26 F 01: XX:XX; 28 F 07: XX:XX). Prover 28 experienced a decrease in thirst (28 F 06: XX:XX). Prover 11 experienced thirstiness alternating with thirstlessness (11 F 19:XX:XX).

Bloating occurred in 2 provers (16 F 03:XX:XX; 17 F 16:XX:XX; 17 F 17:XX:XX). Prover 22 felt as if his stomach were filled with air (22 M 15: XX:XX). Five provers experienced nausea (06 F 01:XX:XX; 06 F 13:XX:XX; 08 F 01:XX:XX; 11 F 13:XX:XX; 23 F 05:XX:XX; 26 F 04:XX:XX). Prover 11 experienced nausea when she smelled spicy food cooking (11 F 13:XX:XX). Prover 17 felt uneasiness in her stomach after eating sweet delicacies (17 F 05: XX:XX).

#### **5.3.14. Abdomen**

Prover 11 experienced a stinging pain in her abdomen (11 F 02:XX:XX). She also experienced a stinging pain in the region of her ovaries accompanied with a cramping pain in her abdomen (11 F 13:XX:XX). Provers 16 and 17 experienced cramping pain in the abdomen (16 F 02:XX:XX; 17 F 20: XX:XX; 17 F 23: XX:XX; 17 F 24: XX:XX; 17 F 27: XX:XX; 17 F 28: XX:XX).

Prover 30 experienced a sensation as if there was 'boiling water' in her abdomen (30 F 02:XX:XX).

#### **5.3.15. Rectum**

Constipation occurred in six provers (06 F 01:XX:XX; 11 F 15:XX:XX; 14 F 08:XX:XX; 16 F 00:XX:XX; 16 F 07:XX:XX; 16 F 12:XX:XX; 28 F 05: XX:XX).

Three provers experienced diarrhoea (14 F 05:XX:XX; 17 F 17: XX:XX; 17 F 18: XX:XX; 17 F 19: XX:XX; 17 F 20: XX:XX; 17 F 21: XX:XX; 17 F 22: XX:XX; 21 F XX:XX:XX). Prover 17 experienced diarrhoea which was accompanied by abdominal cramps and bloating (17 F 19: XX:XX; 17 F 20: XX:XX; 17 F 22: XX:XX).

### **5.3.16. Stool**

Prover 6 passed stool which was dark in colour and looked like 'pebbles' (06 F 01:XX:XX). Prover 11 passed stool which was loose, pale, and almost yellow in colour (11 F 01:XX:XX). On another occasion she passed stool which was loose and dark in colour (11 F 07:XX:XX). Prover 16 passed stool which looked like small pieces and soft stool (16 F 07:XX:XX; 16 F 08:XX:XX). Prover 22 described a putrid smell when passing stool (22 M 23: XX:XX).

### **5.3.17. Bladder**

Three provers recorded an increase in frequency of urination (11 F 15:XX:XX; 28 F 06:XX:XX; 30 F 03:XX:XX).

### **5.3.18. Urine**

Prover 16 experienced a decrease in the quantity of urine (16 F 08:XX:XX). Prover 30 experienced an increase in the quantity of urine (30 F 03:XX:XX).

### **5.3.19. Female genitalia/ sex**

An increase in menstrual flow occurred (01 F 00:XX:XX; 01 F 01:XX:XX; 01 F 03:XX:XX). Menstruation was delayed, accompanied by a stinging pain in the ovaries (11 F 13:XX:XX). A decrease in menstrual flow occurred, with diminished bleeding at night (11 F 13:XX:XX; 11 F 14:XX:XX; 11 F 15:XX:XX). Prover 11 described the menstrual blood and being pale pink with dark clots (11 F 14:XX:XX). Prover 14 started menstruating earlier than usual (14 F 03:XX:XX).



### **5.3.20. Larynx and trachea**

Prover 11 felt as if her voice had faded and sounded 'cracked' (11 F 13:XX:XX).

### **5.3.21. Cough**

Coughing occurred in 2 provers. Prover 11 coughed after drinking cold water (11 F 02:XX:XX). Prover 26 experienced coughing at night, which woke her from sleep. The cough was ameliorated by cold water (26 F 00:XX:XX; 26 F 01:XX:XX).

### **5.3.22. Expectoration**

One prover had a buildup of phlegm, which was difficult to cough out at times. The expectorant was white and tenacious (16 F 08:XX:XX; 16 F 09:XX:XX; 16 F 09:XX:XX; 16 F 12:XX:XX).

### **5.3.23. Chest**

Pimples erupted on the right side of the chest, underneath the breast (11 F 15:XX:XX)

### **5.3.24. Back**

Back pain occurred. Pain occurred on the lower back (11 F 10:XX:XX; 14 F 05:XX:XX) and was worse for movement (11 F 10:XX:XX). The back pain was ameliorated by lying down with a pillow behind the back (19 F 08:XX:XX). A burning sensation was felt in the back, and was ameliorated by cold applications (11 F 05:XX:XX). A sensation of heaviness was felt in the upper back, as from a weight (11 F 21:XX:XX).

### **5.3.25. Extremities**

A burning sensation was felt in the feet (11 F 05:XX:XX; 16 F 01:XX:XX).

Eruptions of pimples occurred on the upper limbs. Prover 11 had pimples on her left hand (11 F 07:XX:XX), while prover 19 had pimples on her upper arms (19 F 06:XX:XX).

Pain, cramping and stiffness of the extremities occurred. Pain occurred in the neck and shoulders (04 F 08:XX:XX). Pain and cramping occurred in the legs (11 F 21:XX:XX; 16 F 02:XX:XX), knees (18 F 04:XX:XX) and hands (23 F 24: XX:XX; 23 F 25: XX:XX). Muscle stiffness occurred in the calves (16 F 04:XX:XX). Prover 11 experienced a tingling sensation in her left hand (11 F 05:XX:XX).

### 5.3.26. Sleep

Provers experienced sleeping difficulties. Some of the symptoms include sleeplessness, sleepiness during the day, unrefreshing sleep, and difficulty falling asleep. Prover 19 felt that her sleeping had improved and she was able to sleep through noises that would otherwise disturb her (19 F 05:XX:XX). Three provers had disturbed sleep and said that their sleep broke numerous times during the night (04 F 01:XX:XX; 04 F 03:XX:XX; 13 F 07:XX:XX; 17 F 08:XX:XX). Seven provers experienced difficulty in falling asleep (10 F 01:XX:XX; 13 F 05:XX:XX; 13 F 06:XX:XX; 15 F 01:XX:XX; 15 F 13:XX:XX; 16 F 13:XX:XX; 17 F 07:XX:XX; 17 F 09:XX:XX; 17 F 10:XX:XX; 23 F 28:XX:XX; 26 F 19:XX:XX; 30 F 02:XX:XX). Prover 13 could not fall asleep as she was thinking about past events (13 F 05:XX:XX). Provers 16 and 23 were kept awake by their racing thoughts (16 F 13:XX:XX; 23 F 28:XX:XX).

Prover 1 fell asleep later than usual (01 F 05:XX:XX; 01 F 01:XX:XX). Nine provers fell asleep earlier than usual (02 M 07:XX:XX; 03 M 10:XX:XX; 08 F 11:XX:XX; 08 F 12:XX:XX; 11 F 03:XX:XX; 14 F 13:XX:XX; 15 F 08:XX:XX; 16 F 21:XX:XX; 19 F 10:XX:XX; 23 F 14:XX:XX; 23 F 15:XX:XX). Provers 11 and 15 found difficulty in finding a comfortable position to sleep in (11 F 02:XX:XX; 15 F 01:XX:XX). Two provers reported sleeping longer hours at night (11 F 09:XX:XX; 14 F 07:XX:XX).

Three provers felt refreshed upon waking (16 F 01:XX:XX; 21 F 03:XX:XX; 23 F 21:XX:XX). Three provers said that they had a restful sleep (08 F 01:XX:XX; 28 F 12:XX:XX; 30 F 01:XX:XX). Unrefreshing sleep occurred (26 F 05:XX:XX; 30 F 21:XX:XX). Restlessness during sleep occurred in six provers (04 F 01:XX:XX; 04 F 03:XX:XX; 10 F 04:XX:XX; 14 F 02:XX:XX; 14 F 05:XX:XX; 15 F 07:XX:XX; 15 F 13:XX:XX; 17 F 07:XX:XX; 23 F 08:XX:XX).

Five provers slept for short periods during the day (01 F 02:XX:XX; 01 F XX:XX:XX; 04 F 02:XX:XX; 14 F 02:XX:XX; 14 F 04:XX:XX; 14 F 09:XX:XX; 19 F 14:XX:XX; 30 F 15: XX:XX). Provers experienced sleepiness during the day (13 F 00:XX:XX; 19 F 11:XX:XX; 19 F 12:XX:XX; 19 F 13:XX:XX; 19 F 16:XX:XX; 19 F 17:XX:XX; 30 F 12: XX:XX; 08 F 05:XX:XX; 14 F 02:XX:XX; 22 M 15:XX:XX; 22 M 16:XX:XX; 14 F 04:XX:XX; 15 F 00:XX:XX; 22 M 12:XX:XX; 23 F 02:XX:XX; 23 F 08:XX:XX; 28 F 00:XX:XX; 28 F 05:XX:XX; 28 F 06:XX:XX; 30 F 00:XX:XX).

Six provers woke up earlier than usual in the morning (01 F 05:XX:XX; 01 F 11:XX:XX; 06 F 04:XX:XX; 09 F 03:XX:XX; 10 F 02:XX:XX; 13 F 05:XX:XX; 13 F 07:XX:XX; 13 F 08:XX:XX; 17 F 00:XX:XX; 17 F 05:XX:XX). Prover 30 experienced

difficulty in waking up in the morning (30 F 05:XX:XX). Two provers woke up later than usual (17 F 04:XX:XX; 22 M 19:XX:XX).

### **5.3.27. Dreams**

Provers had various dreams during the proving. Prover 15 dreamt about islands on the coast of Africa (15 F:XX:XX). Prover 29 had a recurrent dream that she was being attacked at night by a black person, who intended to 'hammer' her (29 F XX:XX:XX). Prover 14 had a dream about the death of her family members (14 F 00:XX:XX). Prover 16 had a dream about family members (16 F 04:XX:XX), as well as friend who had passed away (16 F 06:XX:XX). Prover 23 experienced frightful dreams (23 F 10:XX:XX). Prover 28 dreamt that her brother had fallen off a mountain (28 F 03:XX:XX), and that her grandmother had fallen into an abyss (28 F 11:XX:XX). Prover 15 dreamt of cartoon characters and felt happy in the dream (15 F 08:XX:XX). Prover 23 had a dream of her own wedding, which made her feel happy (23 F 21:XX:XX). Prover 11 had a dream of being trapped in an extremely small room, as well as shopping with friends (11 F 01:XX:XX). Prover 4 had unusual and scary dreams (04 F 01:XX:XX; 04 F 03:XX:XX). Prover 23 had a dream about travelling to India (23 F 17:XX:XX). Prover 19 dreamt about seeing a child drowning in a pool of water (19 F 09:XX:XX). Prover 30 had a dream about a class mate being treated as if they were royalty. She described this dream as being vivid (30 F 03:XX:XX). Five provers recorded having dreams that they could not remember (03 M 09:XX:XX; 04 F 01:XX:XX; 19 F 05:XX:XX; 19 F 06:XX:XX; 21 F 08:XX:XX; 28 F 05:XX:XX; 28 F 07:XX:XX).

### **5.3.29. Fever**

Five provers had a fever during the proving. Provers 3, 6 and 8 had a fever which was accompanied by a runny nose and a sore throat (01 M 01:XX:XX; 06 F 01:XX:XX; 08 F 05:XX:XX). Prover 17 experienced a fever accompanied by diarrhea (17 F 18:XX:XX).

### **5.3.29. Perspiration**

Three provers recorded an increase in the production of perspiration (10 F 08:XX:XX; 11 F 01:XX:XX; 23 F 05:XX:XX). Prover 11 perspired mostly on her upper lip and along her hairline as well as during the night (11 F 01:XX:XX; 11 F 07:XX:XX).

### 5.3.30. Skin

Prover 1 noticed an improvement in skin and felt that the eczema which she had in the past got better and her skin was brighter (01 F XX:XX:XX). Prover 11 had an eruption of fine pimples on the left side of her face and said that her skin felt drier than usual (11 F 05:XX:XX; 11 F 05:XX:XX). The dryness of skin was pronounced on the scalp, around her lips and cheeks. The skin in these areas had become so dry that they were flaking (11 F 18:XX:XX; 11 F 19:XX:XX). There was also an improvement in skin sensitivity toward the sun (11 F 18:XX:XX). Prover 23 experienced itchy skin after eating (23 F 01:XX:XX).

### 5.3.31. Generals

Three provers experienced general body aches and pains (14 F 10:XX:XX; 13 F 11:XX:XX; 16 F 15:XX:XX). dehydration occurred in four provers (02 M 02:XX:XX; 02 M 03:XX:XX; 10 F 07:XX:XX; 14 F 01:XX:XX; 15 F 02:XX:XX; 15 F 09:XX:XX). four provers said that they an increase in energy levels (01 F 16:XX:XX; 13 F 05:XX:XX; 14 F 00:XX:XX; 14 F 06:XX:XX; 23 F 00:XX:XX; 23 F 05:XX:XX), while three provers said that there energy levels had decreased (06 F 05:XX:XX; 09 F 03:XX:XX; 09 F 05:XX:XX; 13 F 05:XX:XX).

Nineteen provers experienced a feeling of tiredness and exhaustion (01 F 01:XX:XX; 01 F 02:XX:XX; 02 M 07:XX:XX; 03 M 04:XX:XX; 03 M 06:XX:XX; 04 F 00:XX:XX; 04 F 02:XX:XX; 04 F 04:XX:XX; 06 F 00:XX:XX; 10 F 07:XX:XX; 10 F 08:XX:XX; 10 F 10:XX:XX; 11 F 05:XX:XX; 11 F 09:XX:XX; 11 F 10:XX:XX; 13 F 00:XX:XX; 14 F 02:XX:XX; 13 F 11:XX:XX; 15 F 00:XX:XX; 15 F 02:XX:XX; 16 F 00:22:00; 16 F 08:XX:XX; 16 F 10:XX:XX; 16 F 12:XX:XX; 16 F 21:XX:XX; 17 F 03:XX:XX; 17 F 15:XX:XX; 17 F 16:XX:XX; 18 F 14:XX:XX; 18 F 15:XX:XX; 18 F 16:XX:XX; 19 F 10:XX:XX; 19 F 14:XX:XX; 19 F 14:XX:XX; 19 F 15:XX:XX; 19 F 17:XX:XX; 22 M 17:XX:XX; 23 F 14:XX:XX; 23 F 15:XX:XX; 26 F 04:XX:XX; 28 F 06:XX:XX; 28 F 06:XX:XX; 28 F 07:XX:XX; 30 F 11: XX:XX; 30 F 16: XX:XX; 30 F 19: XX:XX).

Provers craved a variety of food during this proving. These include chocolate covered nuts(06 F 00:XX:XX), cold fizzy drinks (06 F 00:XX:XX), cheese (06 F 01:XX:XX), potato chips (16 F 02:XX:XX), tomato (16 F 03:XX:XX; 16 F 04:XX:XX; 16 F 16:XX:XX), soup (16 F 07:XX:XX), ice cream (19 F 09:XX:XX), dark chocolate (23 F 08:XX:XX) and popcorn (30 F 14:XX:XX). Certain foods caused in aggravation in provers. Ice water caused coughing (11 F 02:XX:XX), cold drinks caused a runny nose (11 F 08:XX:XX), spicy food caused a sensation of burning in the stomach (11 F 21:XX:XX), rich food caused diarrhoea (21 F XX:XX:XX) and potato, salad and pastry caused nausea (23 F 17:XX:XX; 23 F 18:XX:XX).

A sensation of heat was felt (11 F 00:XX:XX; 11 F 01:XX:XX; 11 F 05:XX:XX; 11 F 08:XX:XX; 17 F 10:XX:XX; 28 F 05:XX:XX). Six provers had the sensation as if they

had influenza (03 M 01:XX:XX; 06 F 01:XX:XX; 08 F 05:XX:XX; 10 F 02:XX:XX; 19 F 03:XX:XX; 30 F 03: XX:XX). A general feeling of restlessness occurred (04 F 03:XX:XX; 23 F 12:XX:XX). Four provers said that they felt sick in general (02 M 03:XX:XX; 02 M 07:XX:XX; 02 M 08:XX:XX; 04 F 08:XX:XX; 06 F 02:XX:XX; 06 F 04:XX:XX; 08 F 11:XX:XX; 08 F 12:XX:XX). Three provers experienced physical weakness (01 F 04:XX:XX; 23 F 10:XX:XX; 23 F 23:XX:XX).

Prover 6 felt better for being in a moving car (06 F 00:XX:XX). Prover 11 felt uncomfortable when she had her usual hot water bath, and therefore had to bath using lukewarm or cold water during the proving (11 F 00:XX:XX; 11 F 07:XX:XX). Lymphadenopathy of right occipital and superficial cervical nodes occurred (11 F 16:XX:XX).

## **5.4. POST PROVING WORKSHOP**

A post proving workshop was held after all journals had been collected and analysed. The purpose of the seminar was to un-blind the proving, by informing participants whether they were on verum or placebo. A total of ten provers attended this workshop, nine of which were on verum and one who was on placebo. All participants on verum were given an opportunity to voluntarily share their experiences, while on the proving substance, with the rest of the group. Provers shared prominent symptoms that they had experienced, which lead to a discussion on how numerous provers experienced similar symptoms. Following the discussion of symptoms, the researchers revealed the nature of the proving substance to all participants.

The common themes that provers discussed during the post proving workshop was as follows:

### **5.4.1. Change in sleeping patterns**

Provers explained that they had experienced insomnia at night and felt very sleepy during the day. Some provers also noticed that they were sleeping longer hours.

### **5.4.2. Headache**

Provers had experienced a dull, pounding headache which was felt in the vertex. Some described the pain as shooting toward the vertex. The headache was said to be severe. One prover explained that she normally experienced headaches, however after taking the proving remedy, the headache had intensified significantly.

#### **5.4.3. Coughing**

One prover shared how she had coughed intensely immediately after taking the first dose of the proving substance. She said that it was as if the remedy was too strong and had irritated her throat.

#### **5.4.4. Hunger**

A number of provers said that they had experienced extreme hunger while under the influence of the proving remedy. They described the hunger as being insatiable and constant.

#### **5.4.5. Craving for meat**

One prover shared that even though she is vegetarian, during the proving she had a craving for red meat.

#### **5.4.6. Heightened senses**

Provers described how they felt as if their senses were heightened and they felt more alert.

#### **5.4.7. Change in emotional state**

Provers shared how they felt out of character during this proving. They explained how they felt, thought and behaved in a manner that was very different from their norm.

#### **5.4.8. Aggression**

Provers experienced a violent aggression. Some experienced thoughts of wanting to injure others by pushing them from the roof of a tall building or a balcony. Some provers had felt aggression toward their husband or boyfriend.

#### **5.4.9. Authority, rebellion**

Provers described having a problem with authority figures. One prover explained how she was even averse to recording in her journal when being prompted to by her research supervisor.

#### **5.4.10. Anger**

Numerous provers experienced violent anger during this proving. In some instances the anger was causeless but mainly they became very angry over slight offences. One prover was very angry and lashed out at her son, which was unusual for her.

#### **5.4.11. Maternal instinct**

Female provers desired to nurture a child. One prover described how she felt a desperate longing to be a mother.

#### **5.4.12. Obsession**

Provers described being obsessed with their partners. They experienced clinginess which was out of character for them.

#### **5.4.13. Jealousy, possessiveness**

Provers experienced tremendous jealousy in relationships. One prover explained how she became upset whenever her boyfriend noticed another female and would often confront him about it and 'watched his every move.' One prover shared how she would hold on to her boyfriend whenever she noticed another female looking at him.

## **5.5. COMPARISON OF SYMPTOMS WITH LION ETHOLOGY**

In this section, a comparison will be made between the themes of symptoms (discussed above) and the behaviour of the lion. Each theme corresponding to lion ethology will be discussed separately.

### **5.5.1. Alert**

One prover wrote about feeling extremely alert at night while driving, even in rainy weather (01 F). During the post proving seminar, numerous provers said that they had experienced 'heightened senses'. This can be related to the lion, who is known for their excellent night vision. Since most hunting is done at night, lions are particularly alert in the dark in order to capture prey, relying heavily on all their senses in order to locate, stalk and kill their prey. Adult lions and lionesses are also naturally alert at all times, in order to sense danger and to protect the cubs within a pride (Skinner et al., 1990; Taylor et al. 2000).

### **5.5.2. Anger**

Nine provers experienced anger which was mostly directed at other people. (08 F, 10 F, 16 F, 19 F, 21 F, 22 M, 23 F, 28 F, 30 F. Some provers experienced anger with a desire to be violent, and used words such as strangle, kill, beat and injure in order to describe this. Other provers said that they had a short temper and would become angry very quickly. This can be related to lions, whose lives are filled with very violent encounters. A lion will immediately go into a violent rage when danger or an attack is suspected. Lions are particularly violent and aggressive during hunting, which is usually done in groups. The lions select their prey and then the group positions themselves strategically leaving no way of escape. The preferred method of killing their prey is asphyxiation. They accomplish this by working as a team. One lion pounces onto the back of their victim trying to sever the spinal cord, one lion clenches the windpipe of their victim between their teeth until their opponent suffocates and the other lions will claw and pierce the limbs of the victim in order to immobilise them (Skinner et al., 1990; Taylor et al., 2000). Prover 8 described how she imagined putting her hands around someone's neck and squeezing until they stopped breathing. Lions will also displace another animal from their prey by attacking them, in order to acquire a meal. The violent technique utilised by lions when hunting often results in major injury of one or more lions, sometimes causing the death of that lion. Lions are also very aggressive during feeding. The adult males are given first preference to feed, regardless of whether they made the kill. These



males will attack anyone, including members of his pride, if they tried to approach the kill (Skinner et al., 1990; Kalimuthu, 2010).

Male lions are also particularly violent during a coalition take over. This is when nomadic males fight another male for possession of his pride. These encounters are brutal, often resulting in the death of one of the combatants (Kalimuthu, 2010). If a lion senses a coalition in their territory they will roar as a sign of warning in order to drive the coalition away from their pride (Skinner et al., 1990).

*“The lion hath roared, who will not fear”* – Amos 3:8, (Holy Bible, King James Version, 2012).

Three provers wrote of how they were very angry with their husbands, specifically because their husbands did not do enough for them (08 F, 10 F, 23 F). One prover was angry at her husband because she had to do the household chores (08 F). This can be related to lions and the social organisation of lions. Females form the nucleus of the pride, taking care of the cubs and doing most of the hunting. After the female acquires prey, the males are given first preference to feed even though the females do the hard work of stalking, attacking and killing the prey (Taylor et al., 2000, Skinner et al., 1990).

### **5.5.3. Audacity**

Four provers displayed audacity (02 M, 10 F, 11 F, 23 F). Proverbs 2 and 23 were bold and courageous with regard to expressing themselves and provers 10 and 11 were rude to others. This can be related to lions, who are known as ‘King of the beasts’. The lion appears is a recurring symbol used in the coat of arms of bravery and chivalry (Kalimuthu, 2010). Lions are at the top of the food chain, and have no natural predators, making them therefore fearless (Skinner et al., 1990). Lions usually hunt medium to large animals, weighing 50-300kgs. They also often take prey much larger than themselves, such as buffalo, hippo, rhinoceros, elephant and giraffe. Lions also chase other predators off kills, which they then appropriate for themselves (Taylor et al., 2000; Kalimuthu, 2010).

*“The lion, king of animals, who won’t turn aside for anything.”* – Proverbs 30:30, (Holy Bible, New Living Translation, 2010).

#### **5.5.4. Ennui**

Five provers expressed a desire for change and said that their everyday routine had become boring (15 F, 18 F, 21 F, 28 F, 30 F). The activities of a lion include hunting, feeding and sleeping. Even then, they are usually only active at night and spend the day laying down. Further, females remain with their pride for life, as opposed to young males who leave the pride in search of a pride of their own (Apps, 1992; Taylor et al., 2000).

#### **5.5.5. Children**

Two provers desired to nurture children in a motherly form (06 F, 18 F). This can be related to lionesses who are responsible for taking care of and raising the cubs within a pride. Females within a pride usually give birth in sync, making it possible for suckling cubs to feed from any adult female in their pride (Skinner et al., 1990; Taylor et al., 2000).

Adult lions also become irritated with cubs who don't let them sleep during the day and usually roar softly as if to reprimand the cubs (Taylor et al., 2000). Provers 8 and 23 experienced anger directed children who were being noisy.

#### **5.5.6. Company**

Lions are the most social of all big cats, and live in close net prides. There is no communication between prides, as lions will only associate with their own relatives (Skinner et al., 1990). Provers 22 and 28 were ameliorated by the company of close friends and family while provers 6 and 30 desired the company of close relatives only. Even though they are highly social, adult males and sometimes females will distance themselves from their pride for a while when they desire solitude. Males will remain close enough to see the pride and protect them but will become agitated when disturbed. Females also sometimes prefer to go out alone at night in order to hunt (Skinner et al., 1990). Five provers desired solitude (02 M, 06 F, 10 F, 23 F, 30 F).

#### **5.5.7. Responsibilities**

Prover 28 said that she felt as if she had too many responsibilities (28 F). This relates to adult female lionesses who are responsible for looking after the pride. There is a matriarch in every pride, who takes the lead during hunting and is

responsible for teaching the older cubs how to hunt and feed. During a coalition take over, the lionesses rely on the matriarch to protect suckling cubs from infanticide. This dominant female is usually the oldest, strongest and most fierce of the all the lionesses and will challenge an adult male who threatens the cubs. Interestingly, it has been observed that the cubs of the matriarch are usually the ones who grow up to be the dominant members of the pride, i.e. the females become matriarchs of their pride and the males take over other prides (Skinner et al., 1990; Taylor et al., 2000; Kalimuthu, 2000). Provers 28 and 30 also felt that others did not appreciate their hard work (28 F, 30 F).

#### **5.5.8. Appetite**

Ten provers said that they had an increased appetite. This appetite was constant and insatiable (02 M; 04 F; 06 F; 09 F; 13 F; 14 F; 16 F; 17 F; 22 M; 23 F). This relates to lions, who will eat whenever food is available. If food is readily available, a lion can eat up to 5kgs in a single serving. At a large kill, the dominant male lion will feed first, followed by the females and then the cubs. These mammals use their sharp teeth to tear meat of the prey. Lions will gorge themselves until they are almost immobile. During feeding, lions are very aggressive and territorial, and will not tolerate another pride member trying to share their portion of meat (Skinner et al., 1990; Apps, 1992).

During the post proving seminar, one prover, who is a vegetarian, said that during the proving she had a craving for red meat. This relates to lions, who are solely carnivorous (Skinner et al. 1990).

#### **5.5.9. Thirst**

Eight provers experienced thirstiness during this proving (02 M; 03 F; 10 F; 11 F; 13 F; 22 M; 26 F; 28 F). This relate to lions who drink water throughout the day. For this reason they prefer to live near rivers or in areas where there is adequate water supply (Skinner et al., 1990).

#### **5.5.10. Sleep**

Eight provers experienced insomnia at night (10 F; 13 F; 15 F; 16 F; 17 F; 23 F; 26 F; 30F), and eight provers felt sleepy during the daytime (13 F; 08 F; 14 F; 19 F; 22 M; 23 F; 28 F; 30 F). Five provers took short naps during the daytime (01 F; 04 F; 14 F; 19 F; 30 F). This relates to lions, who show their full behavioural repertoire at night. 89% of kills are made at night, as lions have excellent night vision which other

animals lack and therefore cannot see as lions stalk them. Another reason for hunting in the cool of night is that lions become heated very quickly, and are therefore able to be more active when the temperature is lower. This is also one of the reasons that lions sleep during the heat of the day under large trees which provides shade. Lions are also especially alert at night, so that they can sense danger or nomadic males who may roam in search of a vulnerable pride (Apps, 1992; Skinner et al., 1990; Taylor et al., 2000).

*“I had seen the royal lion, before sunrise, below a waning moon, crossing the grey plain on his way home from the kill, drawing a wake in the silvery grass, his face still red up to the ears”, (Dinesen, 1954).*

#### **5.5.11. Dreams**

Prover 30 had a vivid dream in which a classmate was being treated like royalty (30 F). This relates to the cultural depiction of the lion, also known as king of the beasts. Lions have always been associated with royalty, courage, bravery (Herrick, 1998). Lions have also become a recurring symbol on the coat of arms of bravery and chivalry (Kalimuthu, 2010).

### **5.6. POSSIBLE CLINICAL INDICATIONS OF *PANTHERA LEO***

Based on the analysis of the symptoms retrieved from the proving of *Panthera leo* 30CH, through application of the *Law of similars*, this remedy may be indicated for the following clinical conditions:

- Anger, aggression and irritability
- Catarrh
- Poor concentration
- Constipation
- Depression
- Diarrhoea
- Diminished appetite
- Disturbed/ interrupted sleep and insomnia
- Fatigue
- Fear
- Headaches, especially frontal headaches which begin in the afternoon
- Increased appetite
- Sore throat
- Thirstiness

## CHAPTER SIX

### Recommendations and conclusion

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#### 6.1. RECOMMENDATIONS

##### 6.1.1. Provers

The proving sample consisted of 4 male provers (14%) and 25 female provers (86%). It is recommended that further provings be conducted using a proving sample that is made up of an equal number of male and female provers, in order to ensure a wider variety of proving symptoms.

The racial demographic for this proving was dominated by the Indian race group (19), followed by the Black (5) and White (5) race groups. The researcher is of the opinion that even though the racial demographic was unbalanced, it had no bearing on the results of the proving, as there was no apparent influence of race and/or culture in the symptoms produced.

The researcher noticed that those provers who had knowledge of homoeopathy and homoeopathic provings were able to express their symptoms easier and with more accuracy. Smal (2004) suggested that the prover population comprise only those knowledgeable in homoeopathy, i.e. second to fifth year homoeopathic students and long standing patients. Other researchers who concur with this recommendation include Taylor (2004), Olivier (2007), Gryn (2007), Maharaj (2010) and Schonfeld (2013). In the proving of *Bitis atropos*, Schonfeld (2013) attributes the vast amount of symptoms recorded to the fact that majority of the provers were homoeopathic students, homoeopathic doctors or familiar with homoeopathy. In the proving of *Panthera leo*, the majority of symptoms were recorded by those provers who were knowledgeable in Homoeopathy. Therefore the researcher concurs that the proving population comprise provers who have a good understanding of homoeopathy and homoeopathic provings.

##### 6.1.2. Long term monitoring of provers

It is common for provers to experience symptoms for several months after the proving has ended (Sherr, 1994). Therefore Sherr (1994) and Vithoulkas (1986) recommend that provers be monitored long term, by having follow-up consultation, for at least three months after administration of the proving remedy. Even though it is often impractical for researchers to schedule multiple follow-up consultations with

provers after the proving has ended, it is recommended that these consultations do take place when possible.

### 6.1.3. Further provings

It is recommended that further provings of *Panthera leo* be conducted in order to validate the symptoms produced in this study. Vithoulkas (1986), advises that other potencies of the remedy be proved in order to expand the understanding of the remedy. The researcher also recommends that a similar proving be conducted using a sample from a male lion, and the results be compared to this proving in which a sample from a lioness was used.

Sherr (1994), states that the most useful remedy is a local one, as nature always provides an accessible cure. South Africa is well-known for being the home of the big five, also known as the big five of Africa. The big five is made up of the elephant, lion, leopard, rhino and buffalo. The elephant has been proved previously at DUT (Speckmeier, 2008; Forbes, 2008), and the lion has been proved in this study. The researcher recommends that the remaining 3 animals also be proved, as the provings of the elephant and lion produced a vast amount of useful symptoms.

Naude (2011) compared the provings of *Loxodonta africana* (Speckmeier, Forbes, 2008) and *Lac loxodonta africana* (Herrick, 1998). In considering the source of the crude substance used in each proving, Naude (2011) concluded that certain symptoms produced in the proving of *Lac loxodonta africana* (Herrick, 2008) were related to the circumstances of the animal at the time of obtaining the crude sample as well as her history. The milk sample was obtained from a captive mother, who was rescued as a calf when her herd was killed, she was relocated to a Zoo in the USA where she spent her adult life in captivity, she subsequently gave birth to a deformed calf which was euthanized, and the milk was obtained shortly thereafter. Contrastingly the sample of ivory used in the proving of *Loxodonta africana* (Speckmeier, Forbes, 2008) was obtained from a wild male elephant, who had lived and died of natural causes in its natural wild environment (Naude, 2011). It is therefore recommended that future researchers who wish to conduct provings using animal substances ensure that the animal is wild/ free roaming, in good state of physical and mental health, and is not harmed during the process of collecting the sample.

### 6.1.4. Remedy relations

The researcher did not investigate remedy relationships as it was not within the scope of this research to do so, however it is recommended that this remedy be compared with other remedies indicated same proposed clinical indications.

### 6.1.5. Clinical information

According to Sherr (1994), new provings tend to be lost as they are not published in journals or included in repertories. He states that it is important that the results obtained in provings be available for practitioners to be able to use the remedy clinically. It is recommended that the results of this proving be available electronically and published in homeopathic journals, so that practitioners may use this information to prescribe this remedy in a clinical practice. Clinical use of this remedy will assist in verification of symptoms, and provide more insight into other possible clinical indications.

## 6.2. CONCLUSION

The primary objective of this study was to accurately elicit the symptoms that *Panthera leo* 30CH would produce in healthy individuals. The proving of *Panthera leo* 30CH produced a variety of symptoms, corresponding with a total of 1234 rubrics. A total of 31 systems were affected, the most predominant being the mind and sleep. Of the rubrics found, 14 were newly created by the researcher.

The secondary objective was to compare and contrast the symptoms produced to the ethology of the lion. The symptoms obtained from the proving of *Panthera leo* 30CH correlate with the ethology of the lion, which assists in further understanding the remedy picture.

The final objective of this study was to further develop the materia medica by adding the remedy picture of *Panthera leo*. *Panthera leo* 30CH has the potential to become a significant homoeopathic remedy for the treatment of specific conditions, which could only be partially treated in the past. Some of these conditions that could possibly be treated using this remedy include sleep disorders, decreased energy levels, headaches, depression and other mental/ emotional disturbances. Further clinical use of this remedy will facilitate a better understanding of the remedy and the conditions for which it may be useful.

## CHAPTER SEVEN

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## APPENDIX A



# HOMOEOPATHIC PROVING 2013

*5<sup>th</sup> year M.Tech students at the Department of Homoeopathy will be conducting a study on an interesting substance that has never been formally proved before.*

## **YOU ARE INVITED TO PARTICIPATE IN THIS STUDY**

### YOU MAY PARTICIPATE IF:

- ✓ You are between the ages of 18 and 60
- ✓ You are in good general health, that is not sick or ill in any way (acute or chronic)
- ✓ You are not currently taking any drugs or medication, such as homeopathic, allopathic, herbal

*Your participation will contribute to the development of the Homoeopathic profession. Seize this opportunity!*

### FOR MORE INFORMATION PLEASE CONTACT:

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KERUSHA NAIDOO  
CELL: 0721967719  
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## APPENDIX B



### **LETTER OF INFORMATION FOR PRELIMINARY SCREENING**

**Title of the Research Study:** A HOMOEOPATHIC DRUG PROVING

**Principal Investigator/s/researcher:** Clarissa Peter (B.Tech Homoeopathy); Kerusha Naidoo (B.Tech Homoeopathy)

**Co-Investigator/s/supervisor/s:** Dr. David F. Naude (M.Tech Homoeopathy)

**Brief Introduction and Purpose of the Study:**

Thank you for your interest in the study. This is an exciting experience, as you will be part of the advancement of Homoeopathy. The purpose of this study is to ascertain the unique symptoms of the proving in order to determine whether this substance may be used as an effective treatment in Homoeopathy.

**Outline of the Procedures:**

At this preliminary stage you will only be asked a series of questions by the researcher, in order to determine whether you meet the criteria for inclusion in the above mentioned proving. This will take approximately 15 minutes of your time. Thereafter the researcher will briefly explain the process of homeopathic drug provings and you will be given the opportunity to ask any questions you may have.

**Risks or Discomforts to the Participant:**

There are no risks and/or obligations and all discussions are strictly confidential.

**Benefits:**

You will learn about homoeopathy and homeopathic drug provings.

**Reason/s why the Participant May Be Withdrawn from the Study:**

At this stage you have not been formally included in the above mentioned study. If you meet the inclusion criteria, you may decide whether you would like to participate or not.

**Remuneration:**

Participation or any type of involvement in this study is completely voluntary and you will not be paid or compensated in any way.

**Costs of the Study:**

The cost of the above mentioned study is covered by the university and at no point will you be required to pay for anything.

**Confidentiality:**

Your confidentiality will be kept at all times.

**Research-related Injury:**

At this stage you are not at risk of injury as a result of the above mentioned study.

**Persons to Contact in the Event of Any Problems or Queries:**

If you have any problems/queries during the proving you may contact the following people:

- Supervisor: Dr. D. F. Naude (0823701012)
- Researchers: Clarissa Peter (0731417287); Kerusha Naidoo (0721967719)
- The research ethics administrator: (0313732900)

Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or [dvctip@dut.ac.za](mailto:dvctip@dut.ac.za).



## **PRELIMINARY CONSENT TO SCREENING PROCESS**

### **Statement of Agreement to Participate in the Research Study:**

I hereby confirm that I have been informed by the researcher, \_\_\_\_\_, about the nature, conduct, benefits and risks of this study - Research Ethics Clearance Number: \_\_\_\_\_,

I have also received, read and understood the above written information (Participant Letter of Information) regarding the study.

I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.

In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.

I may, at any stage, without prejudice, withdraw my consent and participation in the study.

I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.

I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.

_____	_____	_____	_____
<b>Full Name of Participant</b>	<b>Date</b>	<b>Time</b>	<b>Signature/ Right Thumbprint</b>

I, \_\_\_\_\_ (researcher) herewith confirm that the above participant has been fully informed about the nature, conduct and risks of the above study.

_____	_____	_____
<b>Full Name of Researcher</b>	<b>Date</b>	<b>Signature</b>

_____	_____	_____
<b>Full Name of Witness (If applicable)</b>	<b>Date</b>	<b>Signature</b>

_____	_____	_____
<b>Full Name of Legal Guardian (If applicable)</b>	<b>Date</b>	<b>Signature</b>

## APPENDIX C

### SUITABILITY FOR INCLUSION IN THE PROVING

ALL INFORMATION WILL BE TREATED AS STRICTLY CONFIDENTIAL

SURNAME:.....  
FIRST NAME(S): .....  
GENDER: ..... AGE: .....  
CONTACT NUMBER: ..... E-MAIL: .....

PLEASE MARK THE CORRECT BOX WITH AN "X"

Are you between the ages of 18 and 60 years?	YES	NO
Do you consider yourself to be in general state of good health?		
Are you in need of any medication? Chemical/allopathic/homeopathic/Other (eg. Herbal)		
Have you been on birth control pill or hormone replacement therapy in the last 6 months		
Are you pregnant or breastfeeding?		
Have you had any surgery in the last 6 weeks?		
Do you use any recreational drugs such as cannabis, LSD or ecstasy (MDMA)?		
Do you consume more than two measures of alcohol per day? (1 measure = 1 tot/1 beer/ ½ glass wine)		
Do you consume more than 10 cigarettes per day?		
Do you consume more than 3 cups of tea, coffee, herbal tea per day?		
If you are between the ages of 18 and 21 years, do you have consent from a parent/guardian to participate in this proving?		
Are you willing to follow the proper procedures for the duration of the proving and attend a short program to inform you about the proving?		

This appendix has been adapted from Botha, I. 2010. Towards an Integrated Methodology: C4, Sherr and Dream Provings of Protea cynaroids. D.Tech: Homoeopathy. Durban University of Technology.

## APPENDIX D



### **LETTER OF INFORMATION FOR THE MAIN STUDY**

**Title of the Research Study:** A HOMOEOPATHIC DRUG PROVING

**Principal Investigator/s/researcher:** Clarissa Peter (B.Tech Homoeopathy); Kerusha Naidoo (B.Tech Homoeopathy)

**Co-Investigator/s/supervisor/s:** Dr. David F. Naude (M.Tech Homoeopathy)

#### **Brief Introduction and Purpose of the Study:**

Thank you for your interest in the study. At this stage it has been determined that you meet all the minimum requirements in order to participate in the main study. This is an exciting opportunity and will be an exciting experience, as you will be part of the advancement of Homoeopathy. The purpose of this study is to ascertain the unique symptoms of the proving in order to determine whether this substance may be used as an effective treatment in Homoeopathy.

This is a double-blind, placebo controlled study. This means that you will not know what the proving substance is until the proving has ended. A total of 30 provers will participate in this study, 24 provers will be given the active remedy, and 6 provers will be given a placebo. This means that you may either be in the verum group or the placebo group. The researcher will not know which group you are in and neither will you, until the study is over.

Please be informed that Homoeopathic remedies may be derived from either plant, animal or mineral sources. However, Homoeopathic remedies are so dilute that the remedy does not contain any trace of elements of the initial proving substance used.

#### **Outline of the Procedures:**

Please ensure that you understand fully what is required of you during the proving. For this reason you are urged to read the instructions carefully and ask questions should you not understand anything regarding the proving.

#### **Step 1:**

You will be required to have a consultation with the researcher, which will be approximately 90 minutes long. In addition, the researcher will take your complete case history and perform a physical examination. Shortly after this, the researcher will give you your proving pack, which will include a journal, pen, and 6 remedy powders. The researcher will inform you of the date that you will commence the pre-proving

observation period and the date you will begin taking the remedy. You will also agree on a suitable time for the researcher to contact you daily, telephonically.

Step 2:

You will begin recording your baseline state in the proving journal. You will do this daily, for 7 days, according to the guidelines given below.

Step 3:

You will begin taking the remedy. You will take one powder, three times daily for a maximum of two days. You will stop taking the remedy as soon as you start experiencing symptoms, even if you have not completed taking all 6 powders. You will continue to record your symptoms on a daily basis. You will continue journaling for a minimum of 2 weeks after you experience your last symptom.

Step 4:

Once you have completed your journal, the researcher will schedule a post-proving consultation with you. During this consultation, the researcher will take your case history, perform a physical examination and you will hand over your journal.

Step 5:

Once all journals have been collected, from all participants you will be invited to a post-proving seminar. At this seminar, you will be informed if you were in the placebo or verum group. The researcher will also reveal the proving substance. During this seminar you will have the opportunity to discuss your experiences during this proving with other participants should you wish to.

What is a proving symptom?

A proving symptom is a symptom that:

- You haven't experienced before, i.e. a new physical, mental or emotional symptom
- Has changed in intensity, i.e. an existing symptom that has become better or worse
- Has returned, i.e. a symptom that you haven't experienced for one year. That has returned strongly

Recording your symptoms

When recording your symptoms, (pre-proving and post-proving), begin each day on a new page, adding the date at the top of the page. Once you begin taking the remedy, record which day of the proving it is, i.e. the first day is day 0, the second day is day 1 and so on. Please write neatly and legibly, and be as precise and accurate as possible. It is advisable to keep your journal with you at all times, so that you may record symptoms as you experience them.

With regards to each symptom, the following information is important, and should be recorded:

- **Concomitants**  
These are symptoms that accompany each other, begin at the same time or alternate with each other.
- **Location**

It is important to note which side of the body the symptoms affect. Describe the anatomical structures accurately. You may use simple, clear diagrams to do this.

- **Aetiology**

An aetiological factor is something that could have caused or triggered a particular symptom. Examples could include certain food, weather, emotional events, etc.

- **Modalities**

Modalities are factors that have an effect on the symptoms, either by making it better or worse. Examples may include certain foods, certain drinks, weather, smell, light, dark, sitting, standing, lying, etc.

- **Sensation**

The sensation of a symptom refers to how the symptom feels and thus describes the symptom. Examples may include burning, itching, poking, stitching, throbbing, aching, hammering, shooting, tickling, etc.

- **Intensity**

This refers to the severity of the symptom.

- **Time**

Please note the time of that symptoms begin, change and or end. Also record if the symptom is better or worse at a specific time of day.

Please classify your symptoms according to the following key. You may simply write the abbreviation given next to each symptom. (Example: Headache (NS))

SYMPTOM	DESCRIPTION	ABBREVIATION
<b>Recent symptom</b>	A symptom that you are currently experiencing or have experienced in the last year	(RS)
<b>New symptom</b>	A symptom that you have not experienced before	(NS)
<b>Old symptom</b>	A symptom that you have experienced before. Please state when you had experienced this.	(OS)
<b>Altered symptom</b>	A recent or old symptom that has changed in some way. Please state how the symptom has changed	(AS)
<b>Unusual symptom</b>	A symptom that is unusual, one that you wouldn't normally experience	(US)



Please browse the following checklist daily, to ensure that you record all your symptoms:

MIND	DIGESTIVE SYSTEM	SKIN
HEAD	EXTREMITIES	GENERALITIES
EYES/ VISION	URINARY ORGANS	EMOTIONS
EARS/ HEARING	GENITALIA	MOOD
NOSE	SEX/ LIBIDO	SLEEP
BACK	MENSTRUATION	DREAMS
CHEST	RESPIRATION	

### Lifestyle during the proving

In order to ensure a quality proving, you are kindly urged to avoid using substances that may antidote the remedy. Such substances include: camphor, coffee and mints. It is also important that you maintain your normal lifestyle throughout the proving. Please refrain from taking any other new medication while you are on the proving. This includes: allopathic drugs, homeopathic drugs, herbal preparations, supplements, steroids and antibiotics.

### How to take the remedy

The researcher will inform you when you should begin taking the remedy. This should be recording accurately in your proving journal, along with the time that you take each dose. The remedy is absorbed in the mouth, so it is important that it is taken with a clean mouth. You should not eat or drink anything for 30 minutes before and after taking the remedy, and you should not take the remedy immediately after brushing your teeth.

### **Risks or Discomforts to the Participant:**

During the proving you may experience some mild symptoms. These symptoms are temporary. Should these symptoms become unbearable at any stage, a qualified homeopathic physician will prescribe an antidote for you. You may withdraw from the proving at any time.

The researcher will contact you on a daily basis to monitor your symptoms.

### **Benefits:**

During your participation in this study you will learn more about Homoeopathy and how it works. If you are a Homeopathic student, you will gain invaluable knowledge about provings, which plays a vital role in Homoeopathy.

### **Reason/s why the Participant May Be Withdrawn from the Study:**

- You may be withdrawn from the study, should there be any conflict with regards to the inclusion/exclusion criteria.
- You will also be withdrawn if you become ill during the proving, experience intolerable adverse reactions or if you do not comply according to the instructions set out.
- You may at any time choose to withdraw from the study, without explanation or adverse consequences.

**Remuneration:**

You will not be paid to participate in this study, or receive any other physical rewards for your involvement.

**Costs of the Study:**

The cost of this study will be covered by the university and you will not be required to pay to participate.

**Confidentiality:**

Your confidentiality will be kept at all times. You will be given a prover number, by which you will be made reference to. All information that reveal your identity will be destroyed once the proving is completed.

You are also required to refrain from discussing your symptoms with anyone other than the researcher. This is to ensure that this proving is credible. Please do not discuss your symptoms with fellow provers, whether they are participants in this proving or not.

**General:**

Before beginning the proving process, please ensure the following:

- You have signed the informed consent forms
- The researcher has taken your case history and performed a physical examination
- You have received the proving pack containing the proving journal, pen and remedy

Please remember that your participation in this study is voluntary, and you may withdraw at any time. Should you not understand anything pertaining to the proving or have any concerns, please do not hesitate to contact the researcher.

**Persons to Contact in the Event of Any Problems or Queries:**

If you have any problems/queries during the proving you may contact the following people:

- Supervisor: Dr. D. F. Naude (0823701012)
- Researchers: Clarissa Peter (0731417287); Kerusha Naidoo (0721967719)
- The research ethics administrator: (0313732900)

Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or [dvctip@dut.ac.za](mailto:dvctip@dut.ac.za).



## **CONSENT FOR THE MAIN STUDY**

### **Statement of Agreement to Participate in the Research Study:**

I hereby confirm that I have been informed by the researcher, \_\_\_\_\_,  
about the nature, conduct, benefits and risks of this study - Research Ethics Clearance Number:  
\_\_\_\_\_.

I have also received, read and understood the above written information (Participant Letter of Information) regarding the study.

I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.

In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.

I may, at any stage, without prejudice, withdraw my consent and participation in the study.

I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.

I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.

I am aware that Homoeopathic remedies may be derived from either plant, animal or mineral sources.

_____	_____	_____	_____
<b>Full Name of Participant</b>	<b>Date</b>	<b>Time</b>	<b>Signature/ Right Thumbprint</b>

I, \_\_\_\_\_ (researcher) herewith confirm that the above participant has been fully informed about the nature, conduct and risks of the above study.

_____	_____	_____
<b>Full Name of Researcher</b>	<b>Date</b>	<b>Signature</b>

_____	_____	_____
<b>Full Name of Witness (If applicable)</b>	<b>Date</b>	<b>Signature</b>

_____	_____	_____
<b>Full Name of Legal Guardian (If applicable)</b>	<b>Date</b>	<b>Signature</b>

## APPENDIX E

### CASE HISTORY FORM

This questionnaire will serve as a baseline of your normal health and your disease tendencies. This will enable us to distinguish the proving symptoms from your normal state and enable you to become familiar with yourself and to be able to recognise any changes that the remedy may bring about.

#### **PLEASE READ THIS FIRST BEFORE FILLING THIS FORM. THIS QUESTIONNAIRE FORM HAS 7 PARTS:**

- (1) About your past illnesses and family illnesses.
- (2) History of your present illness.
- (3) About the parts that make up your body.
- (4) Deals with the factors that affect your health. Please think carefully about each of the factors mentioned and write what specific effects they have on you.
- (5) About your mental state and your emotional nature. Please write in this part about your situation in life and about all the things that are bothering you. Be completely honest.
- (6) About your sleep and dreams.
- (7) For you as a child.

#### **HOW TO DESCRIBE YOUR COMPLAINTS**

I require the following details about your symptoms:

##### **LOCATION**

Please give the exact location of sensation, pain or eruption. Also describe where the pain or sensation spreads.

##### **SENSATION**

Express the type of sensation or the pain that you get in your own words, however simple or funny it may seem. You may have a sensation that a mouse is crawling or the heart was grasped by an iron hand or you may have pain which is cutting, burning, jerking or pressing. Express the sensation or pain as it feels to you.

##### **WHAT MAKES YOU WORSE OR BETTER**

Many factors are likely to influence your trouble. Some factors may cause the trouble to increase and some factors may relieve the trouble.

##### **DISCHARGES**

You may have a discharge from ulcers, fistula, eruptions, the skin, lungs, eyes, nose, ears, mouth, private parts, etc. please describe your discharge under the following aspects:

- The quantity and the time or condition under which the quantity varies i.e. when is it better or worse, increases or decreases?
- The consistency: is it thin or thick, stringy or clotted?
- Is it like jelly, white of an egg, like water, sticky, forming a scab, etc.?
- The odour, what does it remind you of?
- Does it make the parts sore, and in what way?

**CONFIDENTIAL**

DATE: .....

NAME AND SURNAME: .....

ADDRESS: .....

.....

.....

TELEPHONE NUMBER: .....

AGE: .....

GENDER: .....

SINGLE/ MARRIED/ WIDOWED/ DIVORCED: .....

OCCUPATION AND NATURE OF WORK: .....

.....

EDUCATION: .....

**PREVIOUS DISEASES AND DRUGS USED**

In the list below, circle the names of all major illnesses so far suffered and on the next page give its relevant details.

Typhoid  Cholera  Food poisoning  Worms  Diarrhoea  Dysentery	Measles  German measles  Chicken pox  Small pox  Mumps  Whooping cough	Malaria  Jaundice  Any liver  Spleen or  Gallbladder  Disease
Miscarriage  Abortion  Sickness during pregnancy etc.  Prolapsed uterus	Malnutrition  Rickets  Rheumatism  Back ache	Nephritis  Kidney or urine trouble  Diabetes  Prostate trouble
Any venereal disease, like  Gonorrhoea  Syphilis	Any heart trouble,  Blood pressure  Vertigo	Any serious shock, grief,  Disappointments, frights,  Mental upset, depression or  Nervous breakdown
Any operation such as Tonsils, Abdomen, Appendix, Hernia, Piles, Uterus, Renal stone, Gallstone, Phimosi, Hydrcocele, Cataract, etc. Mode of anaesthesia: general, local	Diphtheria, Septic tonsils, Adenoids  Recurrent infections: Sinusitis, Bronchitis, Eosinophilia, Cold, Pneumonia  Asthma, Pleurisy, T.B.	Chronic headaches, Numbness, Cramps, Convulsions, Fits  Polio, Paralysis, etc.  Meningitis, any Lumbar puncture done
Any major injury or accident to body or head.  Any occasion of unconsciousness.  Any major bleeding from any part of the body.	Skin diseases like Pimples, Boils, Carbuncles, Ringworm, Fungus, Scabies, Eczema  Ulcers on any part of the body	Other, please specify

DISEASES SUFFERED FROM	APPROXIMATE AGE	DURATION	WHETHER YOU COMPLETELY RECOVERED	MEDICINES AND TREATMENT TAKEN	ANY OTHER PARTICULARS

Any extra remarks or information:

Mention any drugs, tonics, stimulants or vitamins that you currently use.

## **FAMILY INFORMATION**

RELATIONSHIP	ALIVE/ DEAD	AGE	DISEASES	CAUSE OF DEATH
Paternal Grand Father				
Paternal Grand Mother				
Maternal Grand Father				
Maternal Grand Mother				
Father				
Mother				

RELATION	DISEASES SUFFERED
Paternal Uncles	
Paternal Aunts	
Maternal Uncles	
Maternal Aunts	
Cousin Brother & Sister	
Did any of your relatives have similar trouble to yours	

How many brothers or sisters are you? (including those who died, if any)

Provide information about them in the table below. Indicate your position by writing 'SELF'.

### **LIST OF MAJOR DISEASES**

ANAEMIA  
CANCER  
DIABETES  
INSANITY  
RHEUMATISM  
T.B. / PLEURISY  
LEPROSY  
EPILEPSY/ FITS  
BLEEDING TENDENCY  
URTICARIA  
ECZEMA  
ASTHMA  
PARALYSIS  
HYPERTENSION  
HEART TROUBLE  
KIDNEY DISEASE  
LIVER DISEASE



POSITION	BROTHER/ SISTER	ALIVE/ DEAD	AGE	DISEASES SUFFERED
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

## **PERSONAL HISTORY**

### **About your birth:**

Did your mother have any problem during pregnancy?

Did she take drugs during pregnancy? What were they?

Was there any difficulty about your birth? Give details.

Mark (X) if any animal bites such as:

DOG		RAT		SNAKE		SCORPION	
-----	--	-----	--	-------	--	----------	--

Mention if any other.

Did you receive or take anti-rabies or anti-venom or any other treatment?

**Vaccination and Inoculations:** Indicate the number of times you were vaccinated for the following:

SMALL POX	POLIO	CHOLERA	MEASLES
MMR	B.C.G.	TYPHOID	TETANUS

Was there any reaction or particular trouble after any of the above vaccinations or inoculations? Please describe.

**Number of children living and dead.** If dead, state causes:

Mention ages of children and their condition of health:

CHILD'S NAME	MALE/ FEMALE	AGE	DISEASES SUFFERED

Any abortions, miscarriages or still births?

**Your habits:**

HABBIT	HOW MUCH
SMOKING	
SNUFF	
CHEWING TOBACCO	
ALCOHOL	
TEA	
SLEEPING PILLS	
LAXATIVES/ PURGATIVES	
ANY OTHER	

**Main complaints and any other associated troubles:** (And detailed history of the present illness, the onset and course with dates).

**Origin of cause:** Can you trace the origin illness to any particular circumstance, accident, illness, incident or mental upset? (e.g. Shock, Worry, Errors in diet, Overexertion, Exposure to cold/ heat, etc.)

**Appetite and Thirst:**

How is your appetite?

When are you hungry?

What happens if you remain hungry for long?

How fast do you eat?

How much thirst do you have?

Are there particular times that you are especially thirsty?

Do you feel and change in your taste and feeling in your mouth?

Mark (X) if you Like or Dislike the food or if the food Disagrees. Mark with (XX) if you strongly Like or Dislike the food or if the food strongly Disagrees.

FOOD	LIKE	DISLIKE	DISAGREES	FOOD	LIKE	DISLIKE	DISAGREES
Bitter				Eggs			
Salt extra				Spicy food			
Sweet				Meat			
Sour				Fish			
Bread				Cabbages			
Butter				Onions			
Fats				Warm food/drink			
Milk				Cold food/drink			
Coffee				Fruits			
Mud/ chalk				Anything else			

**Stool:**

When and how many times a day do you pass stools?

When is it urgent?

Do you have any problem about bowel movements? (straining, pain, bleeding)

Do you have belching or passing gas? Describe its character.

How do you feel after passing gas up or down?

**Urination and Urine:**

Do you have any trouble before, during and after passing stool?

Any difficulty about the flow? Slow to start, interrupted, feeble dribbling etc.?

Any involuntary urination? When?

Any strong smell? Like what?

**Sweat and Perspiration:**

How much do you sweat?

Where and on what part do you sweat most?

Do you perspire on the palms or soles?

Is the sweat warm, clammy, sticky, musty, greasy, stiffens the linen etc.?

What is the smell like? E.g. foul, pungent, sour, urine-like.

What colour does it stain the clothing?

Is the stain easy to wash off or difficult?

Any symptoms after sweating?

When do you get fever or chill?

What brings it on?

Do you experience any sense of heat or cold in any part of your body at any particular time?

**Chest:**

Do you catch cold often? If so, how?

Describe the symptoms, nature of discharge etc.

Is there any trouble with your chest or heart?

Is there any trouble with your voice or speech?

Is there any difficulty in breathing?

Do you have a cough? If so, is it more at any particular time?

**Sexual Sphere (General):**

What is your libido like? Do you have increased desire or decreased desire for sex?

How do you feel after sexual intercourse?

Any particular feeling or symptoms appear before, during or after sexual intercourse?

Do you suffer from any venereal disease? (syphilis, gonorrhoea etc)

What is the method you use for your family planning?

**For men:**

Any difficulty with erections?

Any other trouble in sex? Describe in details.

**For women:**

Menses: how are the periods; regular or irregular?

At what age did it start?

Was there any trouble then?

Mention number of days of flow.

Menstrual flow: is there any change now in quantity, colour, smell or consistency?

Are the stains difficult to wash?

Do you suffer in any way before, during or after menses? If so, describe.

What symptoms did you suffer during menopause?

Is there any discharge? If so, mention the nature, colour, consistency and smell of the discharge.

When and under what circumstances is it more or less?

Has the discharge any relation to menses?

What is the effect of this discharge on your general feeling or any of your symptoms?

Any itching, excoriation etc. due to discharge?

Any trouble with breasts?

**Any complaints regarding:**

VERTIGO: Do you have giddiness, dizziness?

FAINTNESS: Do you ever feel faint?

HEAD: Do you get headaches?

EYES and vision:

EARS and sense of hearing:

NOSE and sense of smell:

FACE and facial expression:

MOUTH and sense of taste:

FACE and facial expression:

TEETH and gums: e.g. carious teeth, bleeding gums, swollen gums etc.

LIPS: cracked, peeling of skin etc.

THROAT: (including tonsillitis)

Any difficulty in swallowing?

Do you have trouble in your back, limbs or joints? Describe in detail.

If you have any pain? Do they shift?

In what direction do they extend?

Is there any complaint of skin: such as itching, eruptions, ulcers, warts, corns, peeling etc. If so, describe in detail.

Any change in colour of skin or spots on any part of the body?

Is there any complaint or abnormality of the nails or skin around?

Is there any complaint with the hair, such as falling, greying, dandruff, dryness, oily, poor, excessive or unusual growth?

Do wounds heal slowly, form keloid or tend to form pus?

Have you a tendency to bleed?

Are your troubles one-sided or more on one side? Which side?

Is there any trembling? When?

Is it in any particular part of the body?



**Factors that affect you:**

Below is a list of things that you are exposed to. Each of these factors may affect you in a particular way. Please write in what way you are affected by each of the following. Do you feel worse or better in any way from each of the factors? In what way do they affect you?

For instance take the factor "sun". suppose by going in the sun you get a headache, and then write "headache" opposite to "sun".

Take another example. If in hot weather you feel uneasy, then write "uneasy" next to "hot weather".

In this way write the effect of each factor on you. Especially write the effect that each factor has on your main complaints. For instance if your main complaint is asthma and this is worse when lying on the back the opposite to "lying on the back" write "asthma gets worse".

Sometimes one factor may make you feel worse in some respect, and better in some other respect. For instance cold air may cause a headache but may make you feel better in general. If this is so, please mention this difference clearly.

	EFFECT
Hot weather	
Cold weather	
Rainy weather	
Cloudy weather	
Change of season	
Thunderstorms	
Covering	
Warm bath	
Sun	
Cold bath	
Lying with head low	
Sitting	
Sitting erect	
Standing	
Looking up	
Looking down	
Looking from high places	
Looking at moving object	
Noise	
Sudden noise	
Music	
Walking	
Running	
Climbing stairs	
Going down stairs	
Riding in a bus, car etc.	
Lying	
Lying on back	
Lying on left side	
Lying on right side	
Lying on abdomen	
Drinking	
After sexual intercourse	
Dust	

Smoke	
Touch	
Pressure	
Massage	
Tight clothes	
Before sleep	
During sleep	
After sleep	
Light	
Strong smells	
When constipated	
Before urine	
After urine	
During urine	
Before menses	
During menses	
After menses	
After sweating	
When fasting	
After eating	
Before important engagement	
Before exams	
When angry	
When worried	
When sad	
After weeping	
Consolation/ sympathy	
In a crowd	
In a closed room	
When thinking of illness	
Full moon/ new moon	
Morning	
Afternoon	
Evening	
After afternoon nap	
Loss of sleep	
Before stools	
During stools	
After stools	
Coughing	
Sneezing	
Laughing	
Talking	
Reading	
Writing	
Stooping	
Passing gas	

After a haircut	
Combing hair	
Brushing teeth	
Moonlight	
Opening the mouth	
Smoking	
Hanging the limbs	
Hanging the arms	
Near sea	
Shaving	
Stretching	
Swallowing	
Listening to others talk	
Bathing	
Night	
Draft air	
Biting or chewing	
Blowing nose	
When alone	
In company	
Physical exertion	
Belching	
Vomiting	
Yawning	
Moving the eyes	
Opening the eyes	
Closing the eyes	
Getting feet wet	
Over eating	
Working in water	
Fanning	

**Mind:**

Are you anxious? About which matters?

Are you fearful of anything, such as:

ANIMALS	PEOPLE	BEING ALONE	DARKNESS
DEATH	DISEASES	ROBBERS	SUDDEN NOISES
THUNDER	OF THE FUTURE	SOMETHING UNKNOWN	HIGH PLACES
OTHER:			

Are you doubtful or suspicious? Of what?

What are you jealous of? Of whom?

From what symptoms do you suffer when jealous?

In which matters are you impatient or hurried?

How long do you remember hurts caused to you by others?

How revengeful are you?

What are you proud of? Does your pride get hurt easily?

Are you ever depressed, brooding etc.?

Do you ever become suicidal? When?

If so in what manner do you contemplate to end your life?

Even then, are you afraid of dying?

When are you cheerful?

Any unwanted thoughts at any time? What are they?

Have you imaginary fears?

Do you hear voices, or that you are called, or anything else in this line that keeps on occurring in your mind unduly?

How is your memory?

For what is it poor? E.g. names, places, faces, what you have read etc.

Do you weep easily?

What makes you weep?

How do you feel after weeping?

How do you feel if someone offers sympathy or consolation?

Are you easily irritated?

What makes you angry?

What bodily symptoms do you develop when you are angry? E.g. trembling, sweating, etc.

Do you like company or prefer to be alone?

How seriously are you affected by disorder and uncleanliness in your surroundings?

What is the greatest grief you have gone through in your life?

What activities do you deeply like?

Are there any matters which you deeply dislike?

In your opinion, which aspect of your mind and moods are not agreeable to you?

Despite your awareness and maturity, are you able to change these aspects?

Give a clear cut picture of your situation in life and your relationship with each of your family members, friends, associates at work etc.

How does the future look to you?

Are you worried or unhappy over any personal, domestic, economical, social or any other condition? If so, describe in detail.

**Sleep:**

Describe your posture in sleep. On the back, side, abdomen etc.

Are you able to sleep in any position? Which position can't you sleep in?

During sleep, do you snore, grind teeth, dribble saliva, sweat, keep eyes or mouth open, walk, talk, moan, weep, become restless, wake up with a jerk etc.?

Describe if anything else is unusual in your sleep.

How much do you cover?

Do you have to uncover any parts?

Circle types of dreams that you have:

Animals Cats/dogs Wild horses Wild animals Snakes	Robbers Thieves Being anxious Ghosts Fearful	Travelling Riding Flying Swimming Drowning	Houses Fruits Trees Water Snow	Death, whose? Dead bodes Dead person Parts of body Suicide
Being hungry Being thirsty Drinking Eating	Fire Lighting Storm Rain	Accidents Falling Shooting Wars	Talking Singing Dancing Pleasant	Business Money Day's work Forgotten work
Vomiting Passing stool Urinating	Romantic Sexual pleasure Rape	Pain Illness Mutilations	Praying Religious Temple	Failure/ Exams Unsuccessful efforts for what

Blood/ bleeding Excrements/ soiling	Nakedness	Sickness	Church God	Missing train Being unprepared
Grief Weeping Vexation Quarrels Jealousy Insults	Police Imprisonment Crime Murder Killing Poison	Misfortunes Insecurity Danger Being pursued By whom: Why?	Of people Children Parties Feasts Marriage	Of events Remote Recent Future Prophetic
Physical exertion Mental exertion Fatigue Coloured Multi-coloured	Specify other:			

### You as a child:

Please mark (X) if the child or you as a child had any of the following qualities. Mark (XX) if they were more intense.

Obstinacy		Sibling jealousy		Boasting	
Temper tantrums		Any special skills		Stealing	
Disobedience		Unusual desires (for what)		Telling lies	
Aggression		Sensitive/ emotional		Religious	
Hyperactivity		Unusual fears		Dullness of memory	
Destructiveness		Shyness		Laziness	
Courage		Unusual attachments		Indolence	
possessiveness		Biting nails		Slowness	
Competition-winning spirit		Thumb-sucking		Other:	

Please write in detail if the mother suffered from any physical or emotional stress during pregnancy. Also describe the dreams the mother got during pregnancy.

This appendix has been adapted from Botha, I. 2010. Towards an Integrated Methodology: C4, Sherr and Dream Provings of Protea cynaroids. D.Tech: Homoeopathy. Durban University of Technology.

## APPENDIX F

### PREPARATION OF THE VERUM AND PLACEBO

#### **Preparation of the 1<sup>st</sup> centesimal potency**

1 part nail shavings triturated with 99 parts Saccharum lactis according to method 6 of the GHP. This is equal to 0.03g nails shavings and 2.97g Saccharum lactis.

Stage 1: Triturate 0.03g of nail shavings with 0.99g of Saccharum lactis for 20 minutes\*.

Stage 2: Add 0.99g Saccharum lactis and triturate for 20 minutes.

Stage 3: Add 0.99g Saccharum lactis and triturate for 20 minutes.

(\*20 minutes will include 6 minutes trituration, 3 minutes scraping and 1 minute mixing, twice)



#### **Preparation of the 2<sup>nd</sup> centesimal potency**

1 part 1CH triturate triturated with 99 parts Saccharum lactis according to method 6 of the GHP. This is equal to 0.1g 1CH trituration and 9.9g Saccharum lactis.

Stage 1: Triturate 0.1g 1CH trituration with 3.3g Saccharum lactis for 20 minutes.

Stage 2: Add 3.3g Saccharum lactis and triturate for 20 minutes.

Stage 3: Add 3.3g Saccharum lactis and triturate for 20 minutes.



#### **Preparation of the 3<sup>rd</sup> centesimal potency**

1 part 2CH triturate triturated with 99 parts Saccharum lactis according to method 6 of the GHP. This is equal to 0.1g 1CH trituration and 9.9g Saccharum lactis.

Stage 1: Triturate 0.1g of 1CH trituration with 3.3g Saccharum lactis for 20 minutes.

Stage 2: Add 3.3g Saccharum lactis and triturate for 20 minutes.

Stage 3: Add 3.3g Saccharum lactis and triturate for 20 minutes.



#### **Preparation of the 4<sup>th</sup> centesimal potency**

1 part 3CH triturate into 99 parts solvent, according to method 8 of the GHP. This is equal to 0.1g of 3CH triturate, 5ml aqua distilled and 5ml ethanol (60%). This is succussed 10 times.



#### **Preparation of subsequent centesimal potencies up to 30CH**

1 part 4CH into 99 parts ethanol (96%), according to method 8 of the GHP, and subsequently succussed up until the 30CH potency.



#### **Impregnation of lactose granules**

Triple impregnation of lactose granules at 1% v/v of *Panthera leo* 30CH in ethanol (96%) according to method 10 of the GHP.



#### **Impregnation of lactose powder sachets (verum)**

10 granules *Panthera leo* 30CH added to each sachet.



#### **Impregnation of the lactose powder sachets (placebo)**

10 lactose granules impregnated with ethanol (96%) into each sachet.



## APPENDIX G

Homoeopathic Day Clinic  
Cnr Ritson and Mansfield Road  
Durban  
4001

Dear Dr. A. H. A. Ross

RE: Request for the use of clinic facilities for research purposes

We are current 5<sup>th</sup> year M.Tech Homoeopathic students and the Durban University of Technology. We wish to embark on beginning our research, which is required of us so that we may qualify. For this purpose, we kindly request permission to use of the clinic facilities at the Homoeopathic Day Clinic, which is located at the Durban University of Technology.

For our research we will be conducting a Homoeopathic proving. Two researchers will be conducting this proving using 30 volunteers/ provers, and each researcher will supervise 15 of these provers. Each researcher therefore requires a consultation room in order to conduct an initial consultation, which should take approximately 2 hours, and a post-proving consultation, which should take approximately 1 hour.

In addition we require use of the laminar flow room, where we will manufacture and store the proving remedy for the duration of this study. The duration of this study should be approximately 6 weeks.

Should you have any queries or require additional information, please feel free to contact one of the following people:

Dr. D. F. Naude (Supervisor) 0823701012  
Clarissa Peter (Researcher) 0731417287  
Kerusha Naidoo (Researcher) 0721967719

## APPENDIX H

Durban University of Technology  
Research and Postgraduate support  
Durban

Dear Professor S. Moyo

RE: Research for Master's degree

We are currently 5<sup>th</sup> year M.Tech Homoeopathy students at the Durban University of Technology, and are embarking on our research, which is required of us in order to qualify. For our research we will be doing a Homoeopathic proving, which will involve giving a new Homoeopathic remedy to healthy participants and then record the proving symptoms that may be produced.

We wish to include students from the Durban University of Technology in our study, as provers. This therefore means that they will be given the Homoeopathic remedy and will record any symptoms that they experience. Since these are students from Durban University of Technology, we wish to inform you of this study and ask your permission to allow us to include students in our research. All proving symptoms are temporary, and as participation in this proving will be voluntary, any prover may request an antidote at any time and discontinue their participation. All provers will be given adequate information regarding the proving and will need to sign an informed consent and indemnity letters prior to commencing the proving. All provers will also be closely monitored by the researchers, telephonically and they may request to see the researchers at any time.

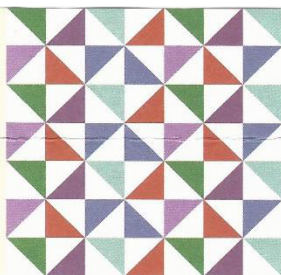
Numerous Homoeopathic provings similar to this one have already been done at Durban University of Technology successfully. We thank you for your co-operation.

Should you have any queries or require additional information, please feel free to contact one of the following people:

Dr. D. F. Naude (Supervisor) 0823701012  
Clarissa Peter (Researcher) 0731417287  
Kerusha Naidoo (Researcher) 0721967719

Yours sincerely  
Clarissa Peter & Kerusha Naidoo

## APPENDIX I



**Institutional Research Ethics Committee**  
Faculty of Health Sciences  
Room MS 49, Mansfield School Site  
Gate 8, Ritson Campus  
Durban University of Technology

P O Box 1334, Durban, South Africa, 4001

Tel: 031 373 2900

Fax: 031 373 2407

Email: [lavishad@dut.ac.za](mailto:lavishad@dut.ac.za)

[http://www.dut.ac.za/research/institutional\\_research\\_ethics](http://www.dut.ac.za/research/institutional_research_ethics)

[www.dut.ac.za](http://www.dut.ac.za)

2 October 2013

IREC Reference Number: **REC 61/13**

Ms C Peter  
269 Grove-End Drive  
Phoenix  
Durban  
4068

Dear Ms Peter

**A homoeopathic proving of the African lioness (*Panthera leo*) with a subsequent comparison with lion ethology**

I am pleased to inform you that Full Approval has been granted to your proposal REC 61/13.

The Proposal has been allocated the following Ethical Clearance number IREC 082/13. Please use this number in all communication with this office.

Approval has been granted for a period of one year, before the expiry of which you are required to apply for safety monitoring and annual recertification. Please use the Safety Monitoring and Annual Recertification Report form which can be found in the Standard Operating Procedures [SOP's] of the IREC. This form must be submitted to the IREC at least 3 months before the ethics approval for the study expires.

Any adverse events [serious or minor] which occur in connection with this study and/or which may alter its ethical consideration must be reported to the IREC according to the IREC SOP's. In addition, you will be responsible to ensure gatekeeper permission.

Please note that any deviations from the approved proposal require the approval of the IREC as outlined in the IREC SOP's.

Yours Sincerely



Prof J K Adam  
Chairperson: IREC