

**A comparative analysis of the Dream proving and
Hahnemannian proving of an existing Homoeopathic
remedy (Bitis arietans arietans).**

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requirements for the Master's Degree in Technology:
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I hereby declare that this mini-dissertation represents my own work
both in concept and execution.

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Supervise



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DEDICATION

This proving is dedicated to my parents whose love and support
has been my strength.

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I would like to thank:

All the provers who so willingly volunteered themselves for the benefit of Homoeopathy,

Dr C.R. Hopkins for his invaluable input,

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My family and friends for all their support,

And most importantly, the Lord Jesus Christ with whom all things are possible.

ABSTRACT

Dream provings are considered to be a new era in Homoeopathy and as such are met with a lot of scepticism. They involve getting in touch with the dynamic influence of the remedy and observing this influence on the vital force in the form of symptoms (Dam, 1998:128). Dreams are a main focus of the proving as they are considered to be the 'royal way to the psycho-dynamic depth of the state of the remedy being proved' (Dam, 1998:128).

The motivations for their acceptance or rejection are both reasonable. To determine if they are provings that should appear in the Materia Medica and Repertory it needed to be seen if they revealed the same features of a remedy that a classical proving provides.

Thus the purpose of this study was to determine the extent to which the Dream Proving of *Bitis arietans arietans* was able to reveal the features observed in the Hahnemannian proving of *Bitis arietans arietans* (Wright, 1999).

Due to the comparative nature of this study, the experiment had to remain as consistent as possible with the Hahnemannian proving of *Bitis arietans arietans* carried out by Wright in 1999. As with the classical proving, this experiment took the form of a double blind, placebo controlled trial on 30 subjects who met all the inclusion criteria. Fifty percent (15 of the 30) of the subjects received placebo in a randomised fashion, so that neither

the subjects nor the researcher knew which provers/subjects received placebo or remedy. As an added control measure, the subjects were unaware of the Homoeopathic remedy that they took or in what potency it was administered. Each subject served as his or her own control i.e. the recorded state of the subject in the observation week prior to the administration of the remedy dose served as a control or baseline for the comparison to the subject under the influence of the Homoeopathic remedy (Vithoulkas, 1998:149; Sherr, 1994:60).

Data collection primarily took a diary format in which the subjects recorded their dreams and symptoms daily and from which the data was extracted. Data collected by the researcher during case histories and physical examinations was also considered.

Data obtained from the dreams was analysed by qualitative methods, using 'Membership Checks', as the data was not amenable to standard statistical analysis. This method involved an outside observer, of the researchers choice, together with the researcher who read through the diaries and extracted themes.

A significant number of clear *Bitis arietans arietans* symptoms were observed in this Dream proving and of these; 92 symptoms were observed in the Mind, 90 symptoms were observed in the Dreams, 25 symptoms were observed in the Head, 23 symptoms were observed in the Nose, 20 symptoms were

observed in the Sleep patterns, 19 symptoms in the Generals, 17 symptoms in the Female genitalia / Sex and 16 in both the Stomach and Back. 385 Symptoms were elicited in the Dream proving and of these, 359 (93%) are known Bitis arietans arietans symptoms seen in the Hahnemannian proving. The results obtained from this proving seem to indicate that Dream provings have the potential to become a significant Homoeopathic tool. The Dream proving was effective in revealing a wide range of symptoms of Bitis arietans arietans, seen in the Hahnemannian proving, with a high level of accuracy. It was especially effective in providing information about Dream provings and their protocol. The Dream proving provided an invaluable source of information and the complete state of Bitis arietans arietans with its distinct Homoeopathic drug picture was revealed to a large extent.

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DEFINITIONS OF TERMS

PROVING – A systematic procedure of testing substances on healthy human beings in order to elucidate the symptoms reflecting the action of the substance (Vithoulkas, 1998:96).

DREAM PROVING – The systematic procedure which involves getting in touch with the dynamic influence of the remedy and concentrating on and observing this influence on the vital force, in the form of symptoms, with dreams being a main focus (Dam, 1998:128).

PROVERS - ...people of average health [who] take repeated doses of drugs until subjective or objective symptoms of a disturbance appear (Whitmont, 1991: 15).

PLACEBO – A dummy treatment administered to the control group in a controlled clinical trial in order that the specific and non-specific effects of the experimental treatment can be distinguished (Taylor *et al* 1988:1298).

THIRTIETH CENTESIMAL POTENCY (30CH) – The thirtieth step of serial deconcentration on a 1:100 scale with succussion at each step, having an effective concentration of 1×10^{-60} .

CHAPTER ONE

1.1 INTRODUCTION

The systemic procedure of testing substances on healthy human beings in order to elucidate the symptoms reflecting the action of the substance is called 'proving' (Vithoukas, 1998:96). Any substance that is capable of inducing disease symptoms when taken by a healthy person has the potential to be of therapeutic value when administered in potentised form (Cook, 1989:93). Provings are the only way of identifying new homoeopathic remedies that may be added to the Materia Medica and as such, provings will always take up a major part of the homoeopathic research effort (Cook, 1989:93). This is largely because there is no other way to predict the effect of any given substance as a remedy with any degree of accuracy (Sherr, 1994:7). As homoeopathy continues to advance, it is necessary to perform further provings on new substances so that the therapeutic armamentarium can be further expanded (Vithoukas, 1998:143). However, very few homoeopaths have been willing to spend the large amount of time and effort required for a classical proving which out of necessity is rather expensive to complete (Vithoukas, 1998:148). Because of the limitations of classical provings, Dream provings have become popular in certain homoeopathic circles. Dream provings involve getting in touch with the dynamic influence of the remedy and concentrating on and observing this influence on the vital force in the form of symptoms (Dam, 1998:128). However Dream provings are a controversial aspect of homoeopathy with a large sector of the homoeopathic community viewing them as non-Hahnemann due to their

deviation from classical provings (Dam, 1998:128). Thus the purpose of this investigation is to determine the extent to which a Dream proving is able to reveal a remedy, the features of which are known from its classical proving.

1.2 THE HYPOTHESIS

1.2.1. It is hypothesised that the Dream proving of *Bitis arietans arietans* 30CH will produce clearly observable symptoms in healthy provers.

1.2.2. That these symptoms may be similar to the classical proving of the same remedy.

1.3 THE DELIMITATIONS

The study will not:

1.3.1. Seek to explain the mechanism of action of homoeopathic remedies in the production of symptoms in healthy individuals.

1.3.2. Determine the effects of potencies or deconcentrations other than the thirtieth centesimal potency of *Bitis arietans arietans*.

1.4 THE ASSUMPTIONS

1.4.1. The experimental design adopted in this Dream proving is compatible with the current methodology employed in Dream provings, thus ensuring that clearly observable symptoms will be produced.

1.4.2. The remedy used (*Bitis arietans arietans*) was accurately prepared and conscientiously proved.

1.4.3. The remedy used in the Dream proving was the remedy prepared and used in the Hahnemannian proving.

1.4.4. The provers will take the remedy in the dosage, frequency and

manner required.

- 1.4.5. The provers will conscientiously and closely observe themselves for the effects of the remedy and will accurately record all symptoms observed.

CHAPTER TWO

THE REVIEW OF THE RELATED LITERATURE

2.1 INTRODUCTION

The concept of provings is well documented in homoeopathic literature and can be seen to be a fundamental aspect of homoeopathic philosophy and practice. New homoeopathic provings are essential as this is the only way to identify new homoeopathic remedies (Cook, 1989:93), and further expand the homoeopathic armamentarium (Vithoulkas, 1998:143). Due to the vital role that provings play, refinements to existing methodologies and the addition of new proving methods, based on the experiences of homoeopaths is inevitable. Dream provings, with deviations from classical proving protocols, have become very popular in certain homoeopathic circles (Dam, 1998:128), and are considered the 'new age' provings (Dam, 1998:128). Another sector of the homoeopathic community is very critical and suspicious of Dream provings and see them as a setback for the future recognition of homoeopathy by established medical science (Dam, 1998:128). Thus, an evaluation of the advantages and limitations of Dream provings is essential to bridge the communication gap between these two sides (Dam, 1998:128).

2.2 CLASSICAL PROVINGS

2.2.1 HISTORICAL PERSPECTIVES

It was Samuel Hahnemann (1755-1843), the founder of homoeopathic medicine, who rationalised the concept of provings and used them as the basis for his new system of medicine. It was while translating Cullen's,

A Treatise on Materia Medica, into German, that Hahnemann disagreed with Cullen's explanation of the mechanism of action of Cinchona bark (quinine) in the cure of malaria. Hahnemann then decided to take large amounts of quinine and found that he developed symptoms of Malaria that ceased as soon as he stopped taking the quinine (Wright, 1999). This led him to further experimentation on himself and others and six years later he published his essay on, New principles for ascertaining the curative power of drugs, in which he enunciated for the first time the fundamental principles of homoeopathy – 'The Law of Similars' (Cook, 1989:8). Later, Hahnemann (1997:107) states in **Aphorism 21** of the Organon of Medicine that the morbid phenomena which medicines produce in the healthy body is the revelation of the indwelling curative power.

2.2.2 THE RELEVANCE OF PROVINGS TO HOMOEOPATHY

Cook (1989:93) has described Homoeopathic research as being broadly centred on three main areas, of which the extension of the homoeopathic Materia Medica by proving new drugs is a vital component. Any substance capable of inducing disease symptoms when taken by a healthy person is potentially of therapeutic value when administered in potentised form according to homoeopathic principles. The potential for new homoeopathic remedies is thus limitless. Provings are the only way of identifying new Homoeopathic remedies which may be added to the Materia Medica and, as such, will always take up a major part of the Homoeopathic research effort (Cook, 1989:93).

Proving is thus the pillar upon which Homoeopathic practice stands and there is no other way to predict the effect of any given substance as a remedy with any degree of accuracy (Sherr, 1994:7). A new remedy that is proved will cure cases that until then could only have been partially and unsatisfactorily covered by existing remedies. As the new remedy is used more frequently, it will become an indispensable one as nothing else can take its place (Sherr, 1994:8-9).

2.2.3 MODERN DEVELOPMENTS

Little of the proving literature, which dates mainly from the 19th century, would stand up to serious criticism today (Wright, 1999:5). Although Hahnemann's provings have provided reliable symptoms, his methodology could not be considered reliable by current standards for clinical trials and in recent times, with the introduction of double-blind placebo controlled provings and the contributions of homoeopaths such as Vithoulkas (1986), Sherr (1994) and Riley (1996), provings are now far more structured and methodologically sound (Wright, 1999:5).

Many Homoeopaths have called for the proving of more remedies, but few have been willing to spend the large amount of time and effort required for a thorough proving. However, for Homoeopathy to advance, it is necessary to perform provings on new remedies so that the therapeutic armamentarium can be further expanded (Wright, 1999:1).

2.3 DREAM PROVINGS

2.3.1 HISTORICAL PERSPECTIVES

The proving of X-ray in 1897 by Bernhardt Finke bears a striking resemblance to modern day Dream provings (Dam, 1998:129). The description in the Materia Medica of the Nosodes (Allen, 1897: 554), records a group proving for the duration of 2 hours with the observed symptoms being documented as the proving symptoms of X-ray (Dam, 1998:129).

Modern day Dream provings were started about 25 years ago in the Bad Boll Seminars led by Jurg n Becker. Bad Boll is a small place near the Black Forest in Germany where a one-week seminar was organised twice a year by Jurg n Becker and Gerhardus Lang with about 100 participants.

Homoeopaths who had felt a strong affinity with a certain remedy and who had proved this remedy extensively would present their material during these meetings (Dam, 1998:130). A group proving (dream proving) was done every time and evaluated on the last day. Later Rajan Sankaran did a lot of Dream provings in his seminars with his students in Mumbai (Bombay) (Dam, 1998:130). According to Dam (1998:128), a dream proving is a proving like any other proving and involves getting in touch with the dynamic influence of the remedy and concentrating on and observing this influence on the vital force (in the form of symptoms). But Dream provings may deviate from classical provings in a number of ways.

2.3.2 DREAM PROVING METHODOLOGY

Dreams are a main focus of the proving as they are considered to be the 'royal way to the psycho-dynamic depth of the state of the remedy being proved' (Dam, 1998:128). Sankaran (1999:196) states that in dreams most of our feelings and actions are uncompensated while when we are awake we are able to disguise our true feelings. Thus what we experience in dreams are reflections of the feelings we experience towards various things as well as our uncompensated reactions to them. The basic symptoms come out in the dream in a completely naked form. Therefore, from the dream we are able to glean the pure, naked feelings and reactions. This allows one to utilise dreams in Homoeopathy since one of the biggest problems is to demarcate the difference between compensated and uncompensated symptoms (Sankaran, 1999:146). This would be of great value in a Homoeopathic proving as the aim of the proving is to discover all the features of the substance being proved.

Too many a Dream proving without physical symptoms does not count as a proving. In general, dreams are the proving symptoms that are among the first to be elicited from the remedy and because they can be easily observed, they are advantageous to inexperienced provers (Dam, 1998:129).

Dream provings have a very limited time span ranging from 15 minutes to 1 week but it may continue for weeks if the person is very sensitive to the substance being proved (Dam, 1998:130). The proving is in a group with fewer people being involved. The proving seems to affect sensitive subjects

and the remedy acts more intensely in a group (Dam, 1998:129; Sankaran, 1995:17).

The dose the prover takes is adjusted by the prover himself, according to his known sensitivity to remedies (Dam, 1998:128). "He can take it orally, he can sniff it, he can hold it in his hands for a certain amount of time, he can sleep on it or he can touch another prover who took it," (Dam, 1998:128).

Most Dream provings are conducted by taking the substance orally and sleeping on the substance (Sankaran, 1995:15). These dose-adjustments have prevented a lot of remedy aggravations that can last for weeks in sensitive provers (Dam, 1998:128). These sensitive provers are very often the best provers and Dream provings allow their participation in a proving without having to pay too large a price (Dam, 1998:128). Sankaran (1995:15) has suggested that the provers take a single dose of the Homoeopathically prepared powders sublingually at bedtime on the day indicated by the proving leader. This process should not be repeated for at least four days (Sankaran, 1995:15). They are to repeat this process only if the proving leader observes that there are:

1. Either no symptoms at all or
2. If the symptoms have ceased. Even a single dream or an out of the ordinary experience is considered a proving symptom in Dream provings (Sankaran, 1995:15).

2.3.3 THE PURPOSE OF DREAM PROVINGS

The most important purpose of a Dream proving is the opportunity it offers to every homoeopath or interested layperson to participate in a proving. A very low threshold for joining the proving exists with no inconvenient and restricting protocols (Dam, 1998:128). This is in contrast to classical provings that can become cumbersome. Vithoukas (1998:148) has observed that as well as being rather expensive to complete, classical provings require a relatively large number of people (50 – 100) and they occupy approximately two and a half years of time.

2.3.4 THE DEBATE SURROUNDING DREAM PROVINGS

Dream provings are a controversial aspect of Homoeopathy with a large sector of the Homoeopathic community viewing them as non-Hannemann (Dam, 1998:128).

Brillant (1998:113) argues that dreams are feelings and to interpret them can be treacherous. In Homoeopathy “we are trying to understand the individual (not just the mental picture), but we should realise that prescribing in Homoeopathy does not always mean total comprehension” (Brillant, 1998:113).

There are many limitations to dream provings. One such limitation is to ascertain if it is part of the features or all of the features of the substance that is being experienced in Dream provings. It is possible that they are a “lie of the mind” (Brillant, 1998:113). Another aspect that needs to be established is

if the limited time span allows the entire Homoeopathic drug picture or merely part of the features to be revealed.

2.4 THE CHOICE OF REMEDY

Sankaran (1999:221) has suggested that before a drug can be proved, the quality of the state in which the drug is to be proved and the people in that state needs to be considered. Thus, in selecting the remedy to be proved in this Dream proving, the nature of South Africa and its people needed to be considered.

Because a useful remedy should always be a local one, within easy reach of the patient, as nature will always provide an accessible cure (Sherr, 1994:49), the benefits of indigenous sources are obvious. However, very few indigenous South African substances are in our Homoeopathic Materia Medica. Vithoulkas (1998:145-146) suggests the use of the specific species of the specific geographical location that was used during the original proving. This ensures that the remedy is able to provide the desired and reliable result. Another consideration as far as this research was concerned was that the remedy needed to be one that had been quite recently proved.

2.5 BITIS ARIETANS ARIETANS

2.5.1 CLASSIFICATION

This is a snake that is indigenous to South Africa. According to Christensen (1995:3) it is classified into:

Group: Solenglypha

Family: Viperidae

Genus: Bitis

Species: arietans arietans

Common name: Common Puff-Adder

2.5.2 THE REMEDY BITIS ARIETANS ARIETANS

The effects of the thirtieth centesimal (30CH) potency of the venom of Bitis arietans arietans on healthy individuals was determined by Wright (1999) in a classical Homoeopathic drug proving. This was done in order to elucidate the totality of morbid symptoms produced by the drug so that it may be prescribed according to the Law of Similars (as required by Homoeopathic science). Wright (1999) found that Bitis arietans arietans has the potential to become a significant Homoeopathic remedy as it produced a wide range of symptoms that could be considered in many conditions. The abbreviation **Bit-a** was suggested by Wright in accordance with the binary system described in Synthesis Edition 7 (1997), and has since been used. The remedy **Bit-a** has been used in everyday practice and this has served to verify the reliability of the proving symptoms.

Fortunately, the original source of Bitis arietans arietans is available from the researcher that proved it and it was therefore possible to meet the exact standards suggested by Vithoukas (1998: 145-146). The original source of Bitis arietans arietans was acquired from the dispensary at Tecknikon Natal (Durban Institute of Technology) in the 30CH potency and the powders that were taken by the provers were made up in the laboratory at the Homoeopathic Day Clinic.

Bitis arietans arietans met one other important criterion in that it had been quite recently proved in 1999.

2.6 THE POTENCY

There are many suggestions as to the potency that should be used. In **Aphorism 128** of the Organon of Medicine, Hahnemann (1997:201) states that he found it, "best to investigate the medicinal powers," of substances by administering, "on an empty stomach, daily from four to six very small globules of the thirtieth potency (**30CH**) of such a substance" (Organon of Medicine 1997:201).

The Vienna Society doubted Hahnemann's method of use of the 30CH in provings and decided to retest his results by re-proving many of the remedies originally proved by Hahnemann. Their results proved conclusively that Hahnemann was correct and admitted that symptoms gathered from the 30CH potency were very strong (Kent, 1990:221). Thus Kent endorsed the use of the **30CH** potency in all his provings.

Vithoulkas recommends that before a remedy can be considered fully proved, it must be proved in all the potencies (Vithoulkas, 1998:152), and in a number of different geographical locations (Vithoulkas, 1998:150). This requires approximately two and a half years of time (Vithoulkas, 1998:148).

Sherr (1994:56) uses a wide range of potencies – 6CH, 9CH, 30CH and 200CH – but maintains that it is equally valid to use one potency only, such as the 30CH. Sherr also found that the 30CH potency of Hydrogen produced the

most mental and emotional symptoms (Sherr, 1994:94). These symptoms combined are considered vital in the Homoeopathic drug picture (Sherr, 1994:27; Vithoulkas, 1998:147).

Sankaran (1999) uses a wide range of potencies in his Dream provings – 30CH provings of Ringworm (1999:77); Ferrum metallicum (1999:136); Iodum (1999:190); Muriaticum acidum (1999:242); Naja naja (1999:259); Cannabis indica (1999:277); 200CH proving of Calcareo silicata (1999:221); 220CH proving of Bacillinum (1999:83) – but suggests that the prover should take a single dose of **30CH** at bedtime in his protocol for provings (Sankaran, 1995:15).

Dam (1998:128) also uses a wide range of potencies in his Dream provings and this exact potency is based on the known sensitivity of the prover. In the Hahnemannian proving of Bitis arietans arietans a **30CH** potency was utilised (Wright, 1999:16).

2.7 PROVER POPULATION AND PERCENTAGE PLACEBO

Sherr (1994:45) has found that a hundred or more provers are far too many and that this leads to an overproved remedy with a consequent overcrowding of the repertory and inflation of the remedy out of all proportion to the others. Sherr (1994:45) writes that experience shows that 5 provers will suffice for a small project, while 15-20 will produce a very full remedy picture. He has adopted the policy of using 10 – 20 % placebo controls.

Hahnemann used himself and 64 other volunteers with no placebo controls (Wright, 1999:17).

Sankaran (1995:15) suggests a number between 5 to 25, which is midway between the seminar dream provings of Jurg n Becker and the classical Hahnemannian provings (Sankaran, 1995:15).

The classical proving of *Bitis arietans arietans* 30CH involved 30 provers. Fifty percent (15 of 30) received placebo in a randomised fashion (Wright, 1999:18).

2.8 GROUP DISCUSSION

At the end of the 14-day proving, all provers should meet in a group and discuss their experiences. At this stage the experiences of one prover may stimulate the memory of another prover and this can create a very strong effect in the room. Then the whole feeling and state is brought up and it is more clearly defined. At this stage the name of the remedy proven should be revealed and further discussion can follow with reference to what is already known about the natural substance or remedy (Sankaran, 1995:15; Sherr, 1994:66).

CHAPTER THREE

RESEARCH DESIGN AND METHODS

16.1 THE EXPERIMENTAL DESIGN

This comparative Homoeopathic proving of *Bitis arietans arietans* 30CH took the form of a double blind placebo controlled trial on 30 subjects who met the Inclusion criteria (Appendix A). As with the Hahnemannian proving by Wright (1999), fifty percent (15 of 30) of the subjects received placebo in a randomised fashion, so that neither the provers nor the researcher knew who received placebo or medication. The provers were unaware of the substance they were proving or in which potency it was being proved. The prover served as his or her own control i.e. the recorded state of the prover prior to the administration of the remedy dose served as a control or baseline for the comparison to the prover under the influence of the proving substance (Vithoulkas, 1998:149; Sherr, 1994:60).

All provers did not commence on the same day even though this is the general trend with Dream provings. The reasoning behind the group dream proving is that, "coming together in a group certainly is much more powerful than individual provings (Sankaran, 1995:15) as somehow the 'remedy-energy' seems to get intensified in a group," (Dam, 1998:128). To avoid any error that could have come about due to this phenomenon and to remain consistent with the original proving, this comparative proving did not involve the entire group of 30 commencing on the same day.

Data collection primarily took a diary or journal format of chronological referencing, in which the provers recorded their symptoms daily and from which the data was later extracted.

3.2 OUTLINE OF METHOD

- 3.2.1. Provers were recruited from students in the Department of Homoeopathy and other interested persons that responded to the advertisements.
- 3.2.2. Prospective provers filled out a brief questionnaire, which outlined the research project and few of the most important inclusion criteria (Appendix A). Thus unsuitable candidates were excluded before time was spent on their application.
- 3.2.3. From the prospective provers that did meet the inclusion criteria, a group of 30 provers was formed.
- 3.2.4. An initial meeting with each prover was held to discuss the purpose of the proving and dream provings in general. What the prover had to observe and write down was also discussed. Each prover was then issued with instructions, and a short guide to remembering dreams and the recording thereof (Appendix B).
- 3.2.5. Provers signed a consent form (Appendix C) and an indemnity form (Appendix E) once they had understood and accepted the conditions of the research project.
- 3.2.6. A case history and physical examination of each prover was performed as an added screening procedure and to gain more information about each prover.

3.2.7. Each prover was then assigned a prover number. This number was on the envelope that contained the remedy / placebo powders as well as the diaries and instruction sheets (Appendix B) that they were issued.

3.2.8. Sankaran's (1995:15) suggestion was implemented and all provers were issued with:

3.2.8.1 A diary where the prover had to note – all dreams with exact feelings, all physical symptoms with exact modalities, all phenomena and incidents that happened around them during the period of the proving and observations of others around them about changes in their state during the proving.

3.2.8.2 A notebook – this was small enough to be carried around so that all symptoms could be recorded whenever they were experienced.

3.2.8.3 Contact telephone numbers – provers were instructed to get in touch with the researcher if they had any problem at any time; if necessary, a very troublesome symptom could be treated.

3.2.8.4 A starting date – this was a week after all of the above was issued. All provers began recording dreams (especially) and all other symptoms in the week after being issued with journals but prior to the starting date of the proving (Sherr, 1994:60; Vithoulkas, 1998:149). This was to ensure that the provers served as their own control.

- 3.2.9. All provers (placebo controls included) took a single dose of the Homoeopathically prepared powders marked one (1) orally at bedtime (Sankaran, 1995:15) but continued to record all dreams and symptoms for two more weeks.
- 3.2.10. They were instructed not to repeat the single dose for at least four days and were asked to store the powder marked two (2). This was to be taken only if instructed to do so by the researcher if after four days either no symptoms were experienced or if the symptoms had ceased (Sankaran, 1995:15).
- 3.2.11. The provers recorded the symptoms experienced as soon as they were experienced to ensure that the description was as vivid as possible.
- 3.2.12. All provers continued to record symptoms daily until the symptoms eventually did stop.
- 3.2.13. All provers were phoned twice a week during the one-week observation period. During the proving, provers were phoned a minimum of four times.
- 3.2.14. At the end of the two-week proving all diaries and notebooks were recalled. Each prover had an opportunity to discuss their experiences with the researcher while the researcher took notes.
- 3.2.15. The name of the remedy proven was revealed and further discussion ensued with reference to what is already known about the remedy.
- 3.2.16. Provers that felt that they were still experiencing symptoms were instructed to keep in touch with the proving leader for support,

antidoting and evaluation of symptoms (Dam, 1998:129).

3.2.17. This comparative study lasted four weeks including the one-week observation period prior to the proving and the one-week after the proving. This was because compliance in dream provings is better for 2-4 weeks and thereafter interest wears off (Sankaran, 1995:17).

3.2.18. 30 provers were needed for this comparative homoeopathic proving and if any dropouts occurred, new provers were recruited that met the inclusion criteria.

3.2.19. Once this process was completed with the full complement of 30 provers, the proving was unblinded to the researcher who was then able to distinguish between the placebo and remedy groups.

3.2.20. Extraction and collation of data occurred.

3.2.21. The Dream proving was written up into a Materia Medica and Repertory format and compared to the classical proving.

3.2.22. The results were published.

3.3 THE PROVING REMEDY

After consideration it was decided that the remedy to be used would be Bitis arietans arietans (Wright, 1999). This was because it is indigenous to South Africa and it had been recently proved in 1999.

3.3.1 THE POTENCY

In view of the fact that this potency corresponds to the classical proving of Bitis arietans arietans, and that Sankaran (1995:15) (an authority on Dream

provings) has suggested the use of the 30CH potency, a **30CH potency was used in this Dream proving.**

3.3.2 THE DOSE AND POSOLOGY

Provers were instructed to take a single dose of the homoeopathically prepared powders sublingually at bedtime on the day indicated by the proving leader. Sankaran (1995:15) suggested that they do not repeat this process for at least four days. They were instructed to repeat this process only if the proving leader observed that there were:

1. Either no symptoms at all or
2. If the symptoms had ceased. Even a single dream or an out of the ordinary experience was considered a symptom, as is the case in general with all dream provings (Sanakran, 1995:15).

3.3.3 METHOD OF REMEDY PREPARATION AND DISPENSING

The original potencies of the venom of *Bitis arietans arietans* were prepared from freeze dried venom – obtained from D. Muller, Professional snake catcher (Pty) Ltd. – by Wright (1999), according to the method specified in the German Homoeopathic Pharmacopoeia (GHP), Fifth supplement (1991) to the first edition (1978), for *Naja naja* (GHP:289) and *Lachesis mutus* (GHP:255) (Wright, 1999). The verum was dispensed in the form of powders with lactose granules, which had been triple impregnated at 1% volume/volume with *Bitis arietans arietans* 30CH in ethanol 73%. The placebo was dispensed in the form of powders with lactose granules, indistinguishable from those used for the verum, which were triple

impregnated at 1% volume/volume with 73% ethanol only (Wright, 1999).

In the Dream proving, the remedy was dispensed in the form of two powders, which had been medicated with 10 lactose granules impregnated with Bitis arietans arietans 30CH potency. The placebo was dispensed in the form of two lactose powders with 10 lactose granules only. This was to remain consistent with the dispensing in the classical proving of Bitis arietans arietans (Wright, 1999).

3.4 PROVER POPULATION AND PERCENTAGE PLACEBO

The classical proving of Bitis arietans arietans involved 30 provers. Fifty percent (15 of 30) received placebo in a randomised fashion (Wright, 1999:18). This dream proving consisted of 30 provers. The size of this group was consistent with the classical proving of Bitis arietans arietans and with the average size of a large Dream proving group. Even though Dream provings do not involve placebo controls, 50% (15 of 30) of the provers received placebo in a randomised fashion to remain consistent with the Hahnemannian proving. This high percentage of placebo was thought not to impact on the Dream proving as Sankaran (1995:15) states that, "giving placebo's to some provers may not serve the purpose as, according to my experience (group consciousness) most persons in the group get symptoms irrespective of whether they take the remedy or not". However, due to the comparative nature of this research study, and to remain consistent with the methodology employed in Dream provings, the results considered in the comparative analysis comprised of the collective symptoms from both the remedy and

placebo groups.

3.5.1 CRITERIA FOR INCLUSION OF A PROVER IN THE PROVING

This was the same as the inclusion criteria used in the classical proving except that the provers were expected to be fluent in the English language. This was to avoid the problem of being unable to pick out the themes in the dream symptoms due to poor translation. The prover:

- 3.5.1.1. Was between the ages of 18 and 55 years.
- 3.5.1.2. Was in a general state of good health as judged by the researcher and the prover him/herself.
- 3.5.1.3. Was willing to follow the proper procedures for the duration of the Dream proving.
- 3.5.1.4. Had acknowledged that they had been informed and had accepted the condition that there was to be no interpretation of their dreams.
- 3.5.1.5. Was fluent in the English language.

3.5.2 CRITERIA FOR EXCLUSION OF A PROVER FROM THE PROVING

The prover:

- 3.5.2.1. Was in need of any medication (allopathic, chemical, homoeopathic or herbal).
- 3.5.2.2. Had been on birth control or hormone replacement therapy in the six months prior to commencing the proving.
- 3.5.2.3. Was pregnant.
- 3.5.2.4. Was nursing.
- 3.5.2.5. Had surgery in the last six weeks.

3.5.2.6. Used recreational drugs.

3.5.2.7. Suffered from hypersensitivity diseases such as asthma, hay fever, allergies or food hypersensitivities.

3.6 MONITORING OF THE PROVERS

Provers commenced the proving process on an individual basis as close together as possible but not on the same day. This was to avoid the effect of the remedy being intensified in a group, which could have resulted in the placebo group experiencing the full range of symptoms (Dam, 1998:129; Sankaran, 1995:17). The researcher was in contact with the provers at least twice a week in the pre-proving observation week and a minimum of four times during the actual proving. This enabled the researcher to ascertain when the remedy had begun to act and to determine if any reaction needed to be antidoted with a homoeopathic remedy prescribed on the totality of the presenting symptoms.

3.7 CHRONOLOGY

Each prover was instructed to record all symptoms daily in their diaries. Provers were not instructed to record in the format used in the classical proving of *Bitis arietans arietans* of DD:HH:MM, where DD represented the number of days since the proving began, HH represented the number of hours and MM the number of minutes. This was because this system proved to be redundant in the classical proving with the researcher excluding the hours and minutes. Instead, each prover was instructed to begin recording each day on a new page with the date being clearly reflected.

3.8 GROUP DISCUSSION

Group discussion did occur with the provers in the classical proving and while the value of such an exercise is obvious, it did not occur in this Dream proving. Instead each prover had the opportunity to discuss their experiences with the researcher. Thereafter the name of the remedy was revealed and further discussion was possible with the researcher being able to record or discard symptoms that were noted.

3.9 DATA COLLECTION

This primarily took the format of a diary kept in chronological order. The provers recorded their symptoms daily in diaries from which data was then extracted. Data collected from the case histories and physical examinations was also considered.

3.9.1 CRITERIA FOR THE ACCEPTANCE OF A SYMPTOM AS A PROVING SYMPTOM

The following criteria were used together as a whole rather than individually as suggested by Sherr (1994:70).

3.9.1.1. It is important to note that in Dream provings all phenomena and incidents that occur during the period of the proving needs to be recorded as symptoms. These include physical symptoms and their modalities, emotional symptoms and their modalities, dreams and their exact feelings and even changes in the provers state during the proving (Sankaran, 1995:15).

3.9.1.2. If a prover was under the influence of the proving substance, as

seen by the general appearance of symptoms according to the original proving of *Bitis arietans arietans* (Wright, 1999), then all other new symptoms are proving symptoms (Sherr, 1994:70; Hahnemann, 1997:207).

3.9.1.3. Of all the provers experiencing symptoms, in both the remedy and placebo groups, symptoms began as soon as the provers were issued with the powders to store until further instructions. This may be explained by the fact that the remedy energy is intensified in Dream provings (Dam, 1998:128). As a result, all symptoms, including those experienced in the pre-proving week, have been accepted as proving symptoms but these pre-proving symptoms have been so indicated.

3.9.1.4. In the classical proving, symptoms shared by the remedy and placebo groups were ignored. Only those symptoms that occurred in the group on the remedy were accepted as proving symptoms (Wright, 1999). In this Dream proving, symptoms that occurred in the placebo group were accepted as proving symptoms as Sankaran (1995:15) states that even the placebo controls experience some of the effect of the remedy in Dream provings. However, these results are given separately.

3.10 COLLATING AND EDITING

Once the data from each prover had been collated into the relevant subdivisions (e.g. Mind, Dreams etc.), all the subdivisions from all the provers

were put together and sorted by subject and time of appearance (Wright, 1999). Identical or similar symptoms from different provers appear separately and consecutively and were sorted by the following criteria:

- The nature of the symptom
- The prover code and sex
- The time of appearance of the symptom (Wright, 1999).

This process was also carried out on the data from each of the provers in the placebo group but the results are recorded separately.

3.11 ANALYSIS OF DATA

Due to the subjective nature of this proving, data obtained from the Dream proving was analysed using Membership Checks. This method involved an outside observer, of the researchers choice, together with the researcher who read through the diaries and extracted themes. However, the final analysis and interpretation of this study is based on the classical proving of *Bitis arietans arietans* in 1999.

3.12 REPORTING THE DATA

For the data arising from this research project to be useful to homoeopaths in practice internationally, it was written up into the two standard accepted forms, viz. the Materia Medica and Repertory in a similar manner as the classical proving by Wright (1999).

3.12.1 THE REPERTORY

Data arising from the classical proving was converted into rubrics of a form compatible with the modern Repertory: Synthesis – Edition 7, edited by Schroyens (1997) (Wright, 1999). To remain consistent with the classical proving and in order to compare more accurately, this form was retained.

3.12.2 THE MATERIA MEDICA

In the classical proving, the collated and edited proving symptoms along with the toxicological data were written up into a typical Materia Medica format which closely adhered to the Sections of Synthesis – Edition 7 (1997), to ensure standardisation and ease of reference (Wright, 1999). To remain consistent and for ease of comparison, this form was retained but toxicological data was not considered in this Dream proving. The symptoms of the placebo group were written up into Materia Medica format and this result is given separately from the remedy group. Symptoms were entered under the following headings:

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

- Stomach
- Abdomen
- Rectum
- Stool
- Urine
- Female genitalia / sex
- Chest
- Back and neck
- Extremities
- Sleep
- Dreams
- Generals

CHAPTER FOUR

THE RESULTS

The Materia Medica and Repertory of the Dream proving of *Bitis arietans arietans*

In order to utilise Sherr's (1994:25) suggestion that the proving be analysed as if the symptoms were occurring in one person, the fact that the placebo group did experience known **Bit-a** symptoms needed to be considered. This phenomenon can be explained by the fact that Dream provings do not involve placebo controls as most persons in the group get symptoms irrespective of whether they take the remedy or not (Sankaran, 1995:15). For this reason, the results of the group given the remedy and the group given the placebo have both been included.

4.1 KEY

As with the classical proving (Wright, 1999), the symptoms are grouped by Materia Medica Section and are referenced in the following format:

<Prover Number> <Sex> <Day>.

Symptoms that occurred in the pre-proving week are referenced in the following format:

<Prover Number> <Sex> <Pre-proving Week – Day>.

Rubrics are listed in a similar format to the Hahnemannian proving and are presented in the following format:

<RUBRIC> <SUBRUBRIC/S> <DEGREE> <SYNTHESIS PG. NO.>

The capital 'N' is appended to **new rubrics**, i.e. additions to the repertory –

in the form of rubrics – which are suggested as a result of this Dream proving. These rubrics are also underlined.

- **Grade three (3) rubrics are displayed in bold print**
- *Grade two (2) rubrics are displayed in italics*
- Grade one (1) rubrics are displayed in plain type.
- New rubrics are underlined.

4.2 PROVER LIST – GROUP GIVEN THE REMEDY

The following is a table of the provers that received the remedy *Bitis arietans* *arietans* 30CH.

PROVER NUMBER	SEX	AGE
01	F	20
02	F	21
04	M	23
05	M	20
09	F	22
11	F	25
14	M	22
15	M	23
17	F	22
19	F	28
20	F	29
23	F	20
25	M	28
27	M	54
29	M	29

4.3 SYMPTOMOLOGY – GROUP GIVEN THE REMEDY

The following is the symptomology noted in the provers that received the remedy *Bitis arietans arietans* 30CH. The symptomology has been divided so that the similar symptoms from different provers appear separately and consecutively. The symptoms have been reported in the language used by the provers.

4.3.1 MIND

4.3.1.1. THINKING BACK

I dreamt that I was in school again – in Maths classes and that I went for extra Afrikaans classes to my Afrikaans teachers house.

01 F (pre-proving week – day 3).

Dreamt that I went back to primary school and met all my friends but my Tech friends were also there and we were all in standard five again.

01 F (pre-proving week – day 9)

Dreamt that I had washed my hair and it was soaking wet – I didn't have time to dry it and had to go to school like that.

01 F 06:XX:XX

I dreamt something about high school but can't remember anything else.

02 F (pre-proving week – day 3)

I dreamt that an old school friend received an award for something and I was very happy for her.

02 F (pre-proving week – day 6)

My brother and I are walking down the road to the house of one of my old school friends when we meet my friend along the way.

05 M (pre-proving week – day 1)

I dreamt that I was with other students (wearing white coats). As I am walking I see blood on the floor. I followed its trail. It lead to my friend (an old school friend). When I saw her, I just knew that she had leprosy.

05 M (pre-proving week – day 3)

In my dream it was dark and cloudy. I was at a school with very high walls. I was walking on the school grounds looking at all the scholars playing.

05 M 00:XX:XX

Dreamt about family/cousins that I hadn't seen in a long time. The dream felt like a flashback of some sort and I was much younger.

15 M (pre-proving week – day 5)

Dreamt that I was in school again. It was of an event that had actually occurred but I can't remember what exactly.

15 M 06:XX:XX

I dreamt that I was in a class at school. My fellow pupils were making a huge racket, so the head mistress arrived and told us that we would have to wait for the teacher and be disciplined.

17 F (pre-proving week – day 4)

My dream was about my sister who was going to visit a friend. She was going to return a book to that friend which she had borrowed many years ago.

17 F (pre-proving week – day 7)

In the dream I was in my grandfathers house. He was still alive and there was a big family gathering.

17 F (pre-proving week – day 7)

Instead of a lecture, we watched a video on a case. The tape was mine – it was old and dusty with orange writing on it. The people starring in the movie were old fourth year homoeopathic students and lecturers.

17 F 01:XX:XX

Dream: I was in a semi-detached house. One of my moms old cats (one who died about 10 years ago) came in. I mentioned to my mother that I was glad that he had come back to life and lived with her again.

17 F 04:XX:XX

Dream: I met my grandfather and grandmother (who have passed away) at an airfield.

17 F 07:XX:XX

Dream: At a lecture, we were entertained by a girl who was in our first year class. We were all still wearing white coats.

17 F 11:XX:XX

Dreamt that I was back at high school. It's very weird though. The uniforms are different and we have to travel by bus. It's our first day at this "new school".

23 F (pre-proving week – day 3)

I dreamt that my neighbour and I are walking home from school. My friend comes and tells me that my grandfather (who already passed away about 13 years ago) has died.

23 F 00:XX:XX

Dreamt that I was walking down the road and a car pulled over. My friend from school is driving. A few of my other school friends are in the car, both boys and girls. He asked me to jump in and I did. We all just talked about how we miss each other and what we're all doing now.

23 F 01:XX:XX

Dream: I am at a function at church. I meet one of my friends whom I haven't seen in a long time. He tells me that his wife is going to have triplets.

23 F 01:XX:XX

4.3.1.2. CONCENTRATION DIFFICULT

Miserable, can't concentrate well, irritated and tired.

02 F 03:XX:XX

Can't concentrate. Don't feel like talking.

02 F 04:XX:XX

I dreamt that I was learning for a test that I had to write the following day. I learnt hard except for the last section of work. I battled to learn it as I kept on getting distracted and was tired.

02 F (pre-proving week – day1)

Had other dreams but could not remember them.

05 M 02:XX:XX

Had other dreams but don't remember them.

09:XX:XX

Can't remember any dreams. Normally I do but it seems difficult now. I am convinced that as soon as the proving is over I will remember again.

14 M XX:XX:XX

Couldn't remember a dream but I woke up often and my husband said that I was scared. I don't seem to remember that.

20 F (pre-proving week – day 1)

I had a busy dream with lots of people. I cannot remember the details.

20 F (pre-proving week – day 5)

4.3.1.3. OUTDOORS

Dream: I was walking on the field on the farm. The field was very dusty and there was no grass or any other foliage, only soil.

17 F (pre-proving week – day 1)

I dreamt I walked through what looked like a nursery. My grandmother was showing me many brown pots, each containing a single tulip plant. The most striking one was a star-shaped one with red petals and a navy-blue centre.

There was about 4 – 6 flowers on the plant. This all happened outside on a bright day on a green lawn under a large tree.

17 F (pre-proving week – day 3)

Dream: I was in a house in the wilderness with an old man.

17 F (pre-proving week – day 6)

Dream: I was living in a large white house with many windows. There were many large trees in the garden.

17 F (pre-proving week – day 9)

Dream: I was on a camp terrain with some of my classmates. The rest of the details I cannot recall except that it was green and sunny.

17 F 02:XX:XX

Dream: We were sitting outside in the garden on white lawn chairs in the sun. the garden was surrounded by large trees and had a white cement fountain in the middle, surrounded by colourful flowers. I felt content, relaxed and even happy.

17 F 04:XX:XX

Dream: During the course of breakfast, the huge dining room became the outdoors. There were squirrels around. I was fascinated by the squirrels and crawled around following them.

17 F 09:XX:XX

4.3.1.4. SENSITIVE TO THE OPINION OF OTHERS

Dream: It was night and I was waiting for someone at a holiday resort which had a funfair type of playground. Some friends arrived unexpectedly but they paid no attention to me. Then when someone else arrives (a timid and weak boy), we pay at the entrance and enter the playground. Then the other friends were insulting towards the person with me. We decide to leave the playground.

05 M 01:XX:XX

Dream: I was attending a first aid course. I got very annoyed with the course leader for she wanted me to pay attention and not help the lady [a fellow student that had been badly injured on her neck]. I made it clear that I already did a first aid course.

17 F 02:XX:XX

Dream: My clothes were soiled so I took them off and took a bath. The bath was in a public place but it did not bother me.

17 F 02:XX:XX

Dream: On my way I passed a family. The mother was really nasty to her adolescent boy. I took her aside and told her to treat him more civil. I then

took him under my wing.
17 F 02:XX:XX

Dream: I went to an amusement park with 2 of my classmates. The one was very worried that I would mind that another person had come with us.
17 F 03:XX:XX

4.3.1.5. SOCIALLY DETACHED / LEFT OUT

I did not feel like talking. I was quite and my friends asked what was wrong.
02 F 00:XX:XX

I don't feel like talking.
02 F 04:XX:XX

I don't want company but am quite and irritable.
02 F 07:XX:XX

I feel my mood is now better – more sociable.
02 F 10:XX:XX

Dream: I am at a flea-market with my family. I somehow manage to lose them. I search for them but only find my brother and cousin. They run away from me and I try to follow.
05 M (pre-proving week – day 1)

4.3.1.6. IRRITABLE

I am miserable and can't concentrate well. I feel irritated and tired.
02 F 03:XX:XX

Still easily irritated.
02 F 04:XX:XX

Emotionally drained and irritated. Wish I could be like I used to be.
02 F 05:XX:XX

My mood is irritable but I try hard not to be.
02 F 06:XX:XX

I don't want company as I am still quite and irritable.
02 F 08:XX:XX

I dreamt that I went to work but left my car at the house of my boss. We went to do a function and come back. My 6 year old cousin came to tell me that she scratched my car. My boss said that she let my cousin and 2 boys of the age of 12 take my car. When I went outside my car was buckled from the front to the back. I was very angry and wanted to know how I was going to

get it fixed. I was very cross at my boss for letting a 6 year-old drive my car.
02 F 05:XX:XX

I feel agitated, stressed, moody and irritable.
11 F 01:XX:XX

I felt a bit despondent at Tech today because we are wasting so much time sitting around waiting for lecture. We also do not know what is happening with our diagnostics lecturer. It makes me angry to think that we might be getting a Chiro to lecture us for I think it is grossly unfair that we should receive such inferior tuition.
17 F (pre-proving week – day 2)

Dream: I was in a class at school and by evening the teacher had still not arrived. I then saw him in his bedroom fast asleep. I was very upset for I thought that I should not have to wait but be allowed to go home and study for the upcoming test.
17 F (pre-proving week – day 4)

I started a new job this week and it seems to have taken away some of the irritability that has been building up this week due to my time being wasted so often.
17 F (pre-proving week – day 5)

Dream: I then went to a nearby flat which was not mine. When I came out, my car had been stolen. This made me angry. I started looking around for I knew that the thieves would not be able to disarm the immobilizer. I eventually saw it at a mechanics. I told them to leave my car alone and phoned the police. It was difficult to talk to the operator for she was more concerned with what was going on in her office. She gave the phone to a man who was also not listening. There was a lot of silence on the line and I had to yell to get his attention.
17 F (pre-proving week – day 8)

I went out somewhere and when I got back both my parents were there. My mum was in the house rushing me to go shopping with her. This irritated me for she had no right to rush me in my own house.
17 F (pre-proving week – day 9)

Dream: I was shopping at Game with my boyfriend. We were supposed to go to the fourth floor but the button in the elevator did not register and we ended up on the eleventh. There was a big campaign to raise funds for schools advertised on big black posters with multicoloured writing. This I found to be unfair because Tech needs just as much money as the schools do.
17 F 00:XX:XX

I had a massive fight with my boyfriend. I was really angry and had a violent outbreak. Afterwards I was quite distant towards him.
17 F 01:XX:XX

I dreamt that I went into my bathroom and the geyser was leaking. I did not have time to fix it so I just put down towels. It frustrated me and I felt irritated to use my new towels for such a "dirty" job even though the water was clean.
17 F 01:XX:XX

Dream: My sister came home one night, after going out, with her arm in a sling. I went to my cupboard looking for some Symphytum, as to my surprise she agreed to take a remedy. I just could not find the bottle of Symphytum. I went through the whole cupboard and in my pockets I found everything but the remedy I was looking for. This frustrated me.
17 F 07:XX:XX

Dream: I was at a semi-detached house. I had a black kitten. The neighbours dogs (one black and one white) were terrorising the cat. This made me angry.
17 F 07:XX:XX

Dream: I went to the bathroom. The curtains were attached to the shower curtain and I managed to derail all of them. This frustrated me. It took me a while to figure out how to put them back.
17 F 09:XX:XX

4.3.1.7. ABSENTMINDED AND FORGETFUL

I can't remember any of my dreams. I normally do but it seems difficult to now.
14 M XX:XX:XX

I was trying to switch on my cell-phone but I couldn't get the pin number right.
17 F 06:XX:XX

4.3.1.8. PERCEPTIONS

I feel a bit bloated.
02 F 01:XX:XX

I was at home alone during the evening and at one stage I got the feeling that someone was watching me.
02 F 02:XX:XX

This afternoon my parents were late in fetching me and I was very worried that something had happened to them.
02 F 02:XX:XX

I can feel my abdomen more – it is bloated.
02 F 04:XX:XX

Dream: I was staying in a wooden cabin with a man and a woman. We had

special powers and could sense that in each other.
17 F (pre-proving week – day 2)

4.3.2 VERTIGO

I felt weak and light-headed as if I was going to fall (at about 10:30 am).
20 F 03:XX:XX

4.3.3 HEAD PAIN

Dull headache noticed about 8pm that continued till bedtime.
02 F (pre-proving week – day 2)

I had a dull headache all day.
02 F (pre-proving week – day 4)

At about 3:30 – 4:00 pm, got a headache over my eyebrows and in my forehead and neck. Felt like having a hot bath.
02 F 02:XX:XX

Had a headache in face region and on top of head. Better for a hot bath.
02 F 03:XX:XX

Headache this morning especially tender to touch on the right temple and surrounding areas.
02 F 04:XX:XX

Had a headache upon waking and it lasted all day.
02 F 09:XX:XX

I had a headache situated in the forehead.
02 F 11:XX:XX

Head is painful and feels heavy. < For movement and > wrapping with a cloth.
11 F (pre-proving week – day 5)

Terrible headache that I thought was a migraine. Rested in a dark room and had some relief.
11 F (pre-proving week – day 8).

Sore, throbbing headache. Feel very tired and have no appetite. Also feel bilious due to the headache.
11 F (pre-proving week – day 9)

Have a slight headache over the frontal area that is > for pressure.
11 F 01:XX:XX

Migraine type of headache again but the pain is not very severe. Pain is behind the eyes.
11 F 02:XX:XX

I have a dull headache since yesterday. It feels > pressure, > darkness and > rest (lying down).
11 F 03:XX:XX

Had a Headache that was very painful. I feel I must lie down with a pillow over my head so that it feels cool and dark.
11 F 05:XX:XX

Having constant headaches for the previous week over frontal area. They are > pressure but feels < if I massage the face. Also feels < for eye strain i.e. shiny objects and driving. I feel like my head is exploding and am very miserable. The eyes feel painful and heavy to move.
11 F 07:XX:XX

This afternoon (3pm) I started to develop a severe headache. It started in my neck and then moved to my eyes. My eyeballs felt like they were tied together with elastic. It extended to the bridge of my nose. It is < for reading and for drinking something hot. A brief nap ameliorated it but did not take it away. It got < for using my eyes again. It is a sharp, continuous pain.
17 F 03:XX:XX

The headache seemed to have subsided after a nights sleep. As the day progressed it returned. A nap ameliorated it. The headache feels congested and < on the left side.
17 F 04:XX:XX

The headache had me down again and I had to have a nap before dinner to continue. The pain is congestive and seems to be < in the left eye.
17 F 10:XX:XX

Had a terrible headache that wouldn't go away.
19 F 01:XX:XX

Went through the entire day of lectures with a severe throbbing headache and internal trembling. The headache was << movement and lying down flat while the head throbbing was < movement, light and noise.
20 F 03:XX:XX

Experienced increased pain with a severe headache. I feel very ill.
20 F 04:XX:XX

4.3.4 EYE

Eye muscles felt stiff and sore especially the top ones. Eyes feel dry.
17 F 01:XX:XX

My eyes felt dry in the evening.
17 F 02:XX:XX

Eyes feel dry and sore.
17 F 04:XX:XX

A stiff uncomfortable feeling in my eyes continued today. I was told that my eyes looked bloodshot (even though I had gotten enough sleep). The eyes feel dry and my vision is a bit blurry.
17 F 05:XX:XX

Eyes are still dry. Still having an aching pain in both eyes as the day progresses.
17 F 06:XX:XX

The dryness persists. My eyes still feel dry and visual acuity is still decreased.
17 F 07:XX:XX

Dryness of the eyes and decreased visual acuity still persist.
17 F 10:XX:XX

Visual acuity is still decreased and this seems to cause much eyestrain.
17 F 11:XX:XX

Today the eyestrain is less but visual acuity is still decreased.
17 F 12:XX:XX

Experiencing photophobia.
20 F 04:XX:XX

Eyes feel worse when looking at shiny objects.
11 F 01:XX:XX

4.3.5 VISION

Visual acuity is a bit blurred.
17 F 05:XX:XX

Vision still blurry.
17 F 06:XX:XX

Visual acuity decreased.
17 F 07:XX:XX

Decreased visual acuity still persists.
17 F 10:XX:XX

Visual acuity still decreased.
17 F 11:XX:XX

Visual acuity still decreased.
17 F 11:XX:XX

4.3.6 NOSE

My nose feels blocked and stuffy but I can breath through it. Experiencing violent sneezing every now and then with a clear egg-white to watery discharge.
02 F (pre-proving week – day 1)

Nose was slightly stuffy all day. Just before bed started sneezing excessively with runny nose. Very blocked. The right side is <.
02 F (pre-proving week – day 2)

My nose was stuffy all day. < At night and I am sneezing excessively at night with runny nose. < Right side and I need to breath through my mouth.
02 F (pre-proving week – day 3)

Nose is stuffy. < Right side with violent sneezing at night.
02 F (pre-proving week – day 5)

Nose is stuffy. < Right side. I have a very watery discharge and it seems to be getting worse.
02 F (pre-proving week – day 6)

My nose is blocked and stuffy and I was sneezing all day.
02 F (pre-proving week – day 7)

I am still sneezing with a runny nose. < In the morning and at night and I have to breath through the mouth quite often and subconsciously.
02 F 00:XX:XX

Nose is not so stuffy and runny but the discharge is slightly thicker this morning.
02 F 02:XX:XX

Much more thicker discharge now and it is the same during the day.
02 F 03:XX:XX

Was sneezing at night and the discharge was runny.
02 F 05:XX:XX

Sneezing with stuffy nose but have runny discharge. < Morning and at night.
02 F 07:XX:XX

Nose is permanently wet and runny.
02 F 09:XX:XX

Nose is < in the morning and at night.
02 F 10:XX:XX

Nose was very runny especially from smoke.
02 F 12:XX:XX

Nose was very runny with sneezing this morning but it then got blocked and stuffy.
02 F 13:XX:XX

I have a copious watery discharge from the nose with a lot of sneezing.
11 F (pre-proving week – day 5)

I have a copious discharge – need to blow nose to clear. There is tons of sneezing and I have no sense of smell.
11 F (pre-proving week – day 6)

Nose feels dry and burning. Occasionally the outside itches.
17 F 01:XX:XX

Experienced an intermittently dry, burning nose. The symptoms come and go. Occasionally I have a clear, watery coryza but it also disappears quickly.
17 F 02:XX:XX

My nose feels blocked but nothing seems to come out when I blow it. I also have a thick, sticky post nasal drip.
17 F 04:XX:XX

Nose is still dry.
17 F 06:XX:XX

Symptoms of dryness in the nose persist.
17 F 10:XX:XX

4.3.7 FACE

Experiencing pain by eyebrows next to nose. Not sore but know it exists. Tender when pressure is applied. The pain lingers.
02 F (pre-proving week – day 1)

I have a sharp to aching pain between the eyebrows above the nose.
02 F (pre-proving week – day 7)

Feel flushed – face is hot.
02 F 03:XX:XX

Pain on and around the eyebrows which is < when I lean forward and > warmth.
02 F 12:XX:XX

The skin over my left cheek-bone feels tight.
17 F 11:XX:XX

4.3.8 MOUTH

Palate (top) is itchy.
02 F (pre-proving week – day 7)

Lips are dry due to breathing through mouth.
02 F 00:XX:XX

Jaw is stiff and sore.
02 F 11:XX:XX

Dryness of eyes, nose and mouth.
17 F 07:XX:XX

Symptoms of dryness of eyes, nose and mouth persist.
17 F 10:XX:XX

Experiencing a lot of dryness.
20 F XX:XX:XX

4.3.9 THROAT

Throat feels swollen and tender.
02 F 10:XX:XX

Throat feels swollen and raw.
02 F 11:XX:XX

Throat is sore and painful. It's worse on swallowing.
11 F (pre-proving week – day 4)

Throat is red, swollen, inflamed. << Swallowing and < talking – I can hardly talk. Tonsils are also inflamed, swollen and enlarged.
11 F (pre-proving week – day 5)

Very painful throat – cannot talk at all as it becomes <.
11 F (pre-proving week – day 6)

I felt like I had something stuck in my pharynx. I repeatedly tried to clear my throat.

17 F 01:XX:XX

4.3.10 EXTERNAL THROAT

I have very painful glands (especially the parotid and submandibular ones). Neck is painful especially on right side.

02 F 11:XX:XX

My glands are still swollen and sore especially on the right side.

02 F 12:XX:XX

Dream: I was attending a first aid course. My partner was an Indian lady in her thirties. She had a massively swollen Thyroid gland because it was bruised after she had been hit on it. It was very tender and she would barely allow me to touch it.

17 F 02:XX:XX

4.3.11 STOMACH

I am very thirsty today, especially tonight for water. I also have a larger appetite than usual.

02 F 00:XX:XX

I am very thirsty especially this afternoon and tonight.

02 F 01:XX:XX

I am thirsty for water. Felt nauseous today even though I didn't eat the whole day.

02 F 02:XX:XX

Thirsty.

02 F 04:XX:XX

I am thirsty for cold things, not much of an appetite.

02 F 05:XX:XX

I have no appetite.

02 F 08:XX:XX

Not much of an appetite, with nausea.

02 F 09:XX:XX

Sweating profusely with an increased thirst.

11 F (pre-proving week – day 1)

I have a decreased appetite with an increased thirst.

11 F (pre-proving week – day 5 & 6:XX:XX)

Increased appetite.

17 F (pre-proving week – day 5)

I am very thirsty. Drinking about double the amount of fluids that I normally drink.

17 F 04:XX:XX

My thirst is still very much increased.

17 F 05:XX:XX

Thirst is still increased.

17 F 06:XX:XX

My thirst seems to be subsiding although my appetite is still increased.

17 F 12:XX:XX

Appetite is poor.

20 F (pre-proving week – day 1)

4.3.12 ABDOMEN

Feel a bit bloated and my abdomen is slightly swollen.

02 F 01:XX:XX

Abdomen has a tenderness that is on and off.

02 F 02:XX:XX

Abdomen feels tender.

02 F 03:XX:XX

Can feel my abdomen more and it is swollen and bloated.

02 F 04:XX:XX

Abdomen occasionally aches.

02 F 05:XX:XX

Abdomen is aching more.

02 F 06:XX:XX

Abdomen has a severe cramping pain. The pain is unbearable.

02 F 08:XX:XX

Abdomen is still swollen.

02 F 09:XX:XX

Abdomen feels bloated and painful.

11 F (pre-proving week – day 8)

4.3.13 RECTUM

Passed stool in the morning and between 4 and 6pm (that is twice today).

02 F (pre-proving week – day 3)

Passed stool in the morning.

02 F (pre-proving week – day 5)

Woke at 4am to go to the toilet. Passed stool.

02 F (pre-proving week – day 7)

Passed stool again this morning.

02 F 00:XX:XX

Passed stool this morning and this afternoon.

02 F 03:XX:XX

No stool- feel the urge to but no stool passed.

11 F 04:XX:XX

4.3.14 STOOL

Passed soft stools.

11 F (pre-proving week – day 2)

Passed stools which are soft, runny, light brown and offensive.

11 F (pre-proving week – day 6)

Stool is soft and yellowish brown.

11 F 01:XX:XX

4.3.15 URINE

I have noticed an increased frequency of urination that is yellowish to clear in colour.

11 F (pre-proving week – day 5 and 6)

4.3.16 FEMALE GENITALIA / SEX

I started ovulating at about 8:30 and still severe ache on Right side – got better but was < on pressure. Lower back also aches.

02 F (pre-proving week – day 3)

Breasts tender and swollen [associated with menses].

02 F 00:XX:XX

Breasts are tender and swollen [associated with menses].

02 F 01:XX:XX

Breasts very swollen and tender [associated with menses].
02 F 02:XX:XX

Breasts still swollen and tender. Abdomen is tender and back is aching [associated with menses].
02 F 03:XX:XX

My menses started in the afternoon. I feel only slightly uncomfortable but my back is sore and my breasts are swollen and tender. Abdomen aches occasionally. I feel tired.
02 F 07:XX:XX

Experiencing severe cramping and unbearable pain. Tired so slept in afternoon. Breasts are tender and swollen. Went to bed early.
02 F 08:XX:XX

Genitalia feels a bit itchy but is << for scratching.
11 F 01:XX:XX
Have menses with bright red blood, profuse bleeding. Blood feels warm to hot. Did have clots. [Earlier than usual]
11 F 02:XX:XX

Genitalia painful. Itch became worse. < Washing and wiping.
11 F 02:XX:XX

Menstrual blood is red but darker in colour. There are thick, stringy clots. Feel very romantic and want to be cuddled.
11 F 03:XX:XX

Experiencing decreased flow of blood with more clots that are bigger than usual but the blood is still bright red.
11 F 04:XX:XX

The irritability of the last week was mostly due to PMS. My menses started today. It is more painful than usual.
17 F (pre-proving week – day 9)

My libido has increased although I am stressed about the upcoming test.
17 F 03:XX:XX

Dream: I suddenly started to seduce this guy in clear view of everyone in the bedroom. I could feel the lust coursing through my body.
17 F 03:XX:XX

4.3.17 CHEST

My chest was fine all day but now at night it feels a bit closed. Find that if I am sneezing and have a runny nose, the chest becomes affected.
02 F (pre-proving week – day 2)

< For cold drinks. My chest feels tight at night – feels like being sat on.
02 F (pre-proving week – day 3)

Chest has felt closed since the afternoon and is getting worse.
02 F (pre-proving week – day 4)

Chest feels worse now - it is very tight.
02 F (pre-proving week – day 6)

My chest was tight all day with a dry cough from irritation due to tight chest.
Feel > for warm drinks.
02 F (pre-proving week – day 7)

Woke at 3am for no reason. My chest was slightly tight and I drank some water and went back to bed. I found that my chest was tight during the day and worse tonight.
02 F 00:XX:XX

Chest only a bit tight – was abnormally cold today.
02 F 01:XX:XX

Chest is tight. Had a hot bath. Have a cough that is irritating.
02 F 03:XX:XX

Chest was tight during the day but felt < at night.
02 F 04:XX:XX

Chest still feels tight.
02 F 07:XX:XX

Chest is only a bit tight tonight.
02 F 08:XX:XX

Chest felt a bit tight today and tonight.
02 F 10:XX:XX

4.3.18 BACK AND NECK

Neck and back feel stiff.
02 F (pre-proving week – day 1)

Lower back aches.
02 F (pre-proving week day 3)

Neck feels sore.
02 F (pre-proving week – day 4)

Back is aching.
02 F 03:XX:XX

Back is sore.
02 F 05:XX:XX

Back is sore.
02 F 07:XX:XX

Back is still sore.
02 F 11:XX:XX

Back very sore at work.
02 F 12:XX:XX

Severe cervical pain < bending forward and backward.
20 F (pre-proving week – day 1)

Severe cervical pain – C7, T1 – that is < on the right hand side.
20 F (pre-proving week – day 7)

Severe cervical pain – C7, T1 – that is < on the right hand side.
20 F 00:XX:XX

Severe cervical pain in C7 and T1 that is < on the right hand side.
20 F 01:XX:XX

Cervical pain – severe. < On the right hand side, < bending forward. > If head is back.
20 F 02:XX:XX

Stiff neck.
20 F 03:XX:XX

4.3.19 EXTREMITIES

My husband sprained his left ankle.
19 F XX:XX:XX

4.3.20 SLEEP

Sleep enough during the night but in the morning still feel tired, improves during the day.
02 F (pre-proving week –day 3)

Battled to get up – tired.
02 F (pre-proving week – day 4)

Woke at 4am to go to the toilet.
02 F (pre-proving week – day 7)

Woke at 3am for no reason. Drank some water and went back to bed.
02 F 00:XX:XX

Was not tired at bedtime and it took me longer to fall off to sleep.
02 F 06:XX:XX

When I woke up, I switched off the alarm clock and even though I had enough sleep, I wanted to bunk lectures and sleep in.
05 M 01:XX:XX

I was tossing and turning in my sleep. I was running in my dreams.
11 F (pre-proving week – day 3)

Had a very restless sleep. I woke up several times during the night. It was too hot for the covers.
11 F (pre-proving week – day 8)

Had a restless sleep – tossed and turned all night.
11 F 00:XX:XX

Had a very deep and restful sleep but had body pains on waking.
11 F 02:XX:XX

Had a very restless sleep. Woke up often and my husband said that I was scared.
20 F (pre-proving week – day 1)

Restless sleep – very frightened of something and woke up often.
20 F (pre-proving week – day 2)

Woke up often – restless sleep.
20 F (pre-proving week – day 4)

Very restless sleep.
20 F (pre-proving week – day 6)

Restless sleep. Woke up often.
20 F (pre-proving week – day 7)

Restless sleep but feeling of heaviness as if slept for many days. I am feeling very tired and heavy.
20 F (pre-proving week – day 8)

Had a very heavy feeling during sleep and in the morning. As if overslept but I did not.
20 F 00:XX:XX

4.3.21 DREAMS

4.3.21.1. Gambling and getting things that are really not yours.

I was finishing work and my boss and I were on our way home. While driving we saw a large truck, carrying a lot of junk stuff, next to a pawn- shop. My boss told me that these people drive along the coast and collect things that people have lost at sea and clean them to sell them. We stopped there and went inside. They had fishing equipment and jewellery and many other odd items as well. My boyfriend wanted pen-reels so I looked around and found three of different sizes but in good condition. I needed a watch so I looked for one I liked and took it and also chose one for my boyfriend. We walked out the door and a lady stopped me. My boss told her that I was with her and the lady let me go with all the things. When we got back I gave the reels to my boyfriend and he was delighted with his gifts.

02 F 03:XX:XX

I dreamt that we were in a casino – my dad and fiancé were playing on the roulette tables. My dad was winning and my fiancé also won quite a bit.

01 F (pre-proving week – day 2)

My aunt and uncle from Johannesburg came to my house and they wanted to visit a casino.

01 F (pre-proving week – day 1)

I won lots of money at a casino – about R40 000 – 00.

01 F 01:XX:XX

Dreamt that I had stolen a large amount of money from a bank.

15 M (pre-proving week – day 3)

I was on a hockey field. I was dressed in a blue (navy) t-shirt and a navy blue sweat-shirt. A small bird kept on flying into my ear. This terrified me. I ended up covering my ears to prevent it from carrying on. It turned out that I did a project that involved him but did not give him credit. After explaining to the bird that it was unintentional and that I was sorry, he did not get into my ear again.

17 F 02:XX:XX

I was in a shopping centre in England with one of my friends. A friend of hers went up to a sweet counter and started to stuff his mouth with marshmallows.

I was horrified. [He hadn't paid for them]

17 F 03:XX:XX

I was at a fete with some friends. We decided to get some food. At the burger place, the chips would take another 2 hours and 93 minutes so we decided to go to the Chinese stall. It was crowded and I couldn't decide what to have. The next minute I had a container of food in my hand. I ate it and it

was good. I just worried about who paid for it.
17 F 12:XX:XX

4.3.21.2. Shooting, Pursuit, Impending danger, Detached and Helpless

I was standing in a room that was long and narrow with a walled off passageway on each side and with openings in the centre. There were other people in the room most of whom I did not recognise. It was cold and the floor was made of wood but became iced over. Someone was standing at the front talking. I heard a cracking noise and when I looked at my feet, I saw that the ice had started breaking. I could see it and I knew that the ice was going to give way. I screamed to everyone to get off the floor and I jumped off onto the side passage and corridor. Everyone started jumping off – then the whole floor gave way and some fell into an icy pool of water. One girl was dying and she asked us to leave her there. We felt terrible but everyone felt that they had done the right thing because we had respected her wishes.

02 F (pre-proving week – day 2)

I was at a school with very high walls. I was walking on the school grounds looking at the scholars playing. Then somehow, I got hold of a newspaper. As I read one article, it said that I had died and it had a picture of me when I

was thirteen years old.

05 M 00:XX:XX

On our way home from church we had to cross a lake. When we reached the school I stood at the doorway and looked at the lake. All of a sudden I saw blood flowing in the lake and screamed to my friends to come and see. They all came and when I turned around I saw a man standing next to me with blood all over him. I woke up with a shock.

09 F (pre-proving week – day 1)

Had a frightening dream – everyone turned into vampires. I was trying to protect my girlfriend but she turned into one as well and began chasing me through a forest. The dream was extremely vivid and I felt an intense sense of fear.

15 M 04:XX:XX

A huge tornado was destroying all the houses. We were trying to get away in a car but it was following us.

15 M 07:XX:XX

I went to some kind of fete. It was night. I decided to go home and on reaching my car I gave the guard R2-00. All of a sudden, I was surrounded by 6 or 8 guards all wanting money. I was disgusted and felt panicky.

17 F (pre-proving week – day 2)

I was in my grandfathers house. I went to the loo and my uncle came in- I chased him out. It made me angry that my privacy was not respected. Next,

my grandfather came in and molested me. I felt violated and angry. I tried to find a phone but I was discouraged to phone the police. I eventually found a phone packed away. I plugged it in and phoned 10111 reporting the crime to a female voice that answered. I was scared that I would get cut off before I could give the address so I gave that first.

17 F (pre-proving week – day 6)

As I looked out, I saw that we were surrounded by the ocean. There was a house on the water and I wondered whether it was a house boat or a house trapped by a flood. The house was dark face brick with a red brick roof. Suddenly the waves flipped the house and you could only see the base. I rushed out to help it, speeding, although I don't know what kind of vehicle I used. When I overtook the home, it flipped over and two men were driving it.

17 F 00:XX:XX

I was in a shopping centre. I went down the escalators to see what the commotion was about. There was blood on the floor in front of a big steel garage type door. I wanted to look but the man took me away saying it was too dangerous. The paramedics came and opened the door. They ran through brown vomit and I thought it odd that they paid no heed. They found the body of a white blonde male. He was a strange pink colour and where his nose should have been was a hole. The paramedic stuck his hand into the

hole and felt around. He could not find the brain. I remember thinking that this was quite gruesome and that I probably would not be able to sleep after this. I then awoke.

17 F 02:XX:XX

I went to an amusement park with two of my friends. The park was on the other side of a river. A storm came up and I was very afraid of crossing the wooden bridge over the muddy water. The storm became so rough that they closed the outside seating. The second friend returned to us but I saw that she had left the drinks on the table. I then fought the storm to get to the drinks. I was scared that I would get washed overboard but I was determined to get the drinks.

17 F 03:XX:XX

The children and I went with a bus to a certain place. On our way we were hijacked. I tried holding my children but it seemed as if I could not hold them tight enough or hide them in any way. Eventually the hijackers sent all the passengers out of the bus. We just continued walking and my husband happened to find us in this lost place.

19 F (pre-proving week – day 5)

I dreamt about this boy that lives on our road who had passed away and I was attending his funeral. The atmosphere felt very sad. I felt pity for the family that lost their son. I cried and when I woke up I felt absolutely tired.

19 F (pre-proving week – day 6)

My husband and I were shot by some people. There was blood all over us. I must have been terrified because my dream ended there.

19 F 00:XX:XX

I was suddenly blinded. I am trying to get away from some attackers and it is becoming darker but I can't see. I rubbed my eyes but still couldn't see, so I was stumbling all over the place. I was sure that they would catch me. I woke up very frightened and felt as if I had actually experienced blindness.

20 F (pre-proving week – day 3)

4.3.21.3. Mothers, children and violence

My parents came to say goodbye as they had to leave and I held my mum and cried so much that I woke up with a terrible fearful feeling and was tearing as well.

01 F (pre-proving week – day 1)

I dreamt that I was living in a large house with many windows. I went out somewhere and when I returned my parents were there. My mom was in the house rushing me to go shopping with her. This irritated me for she had no right to rush me in my own house.

17 F (pre-proving week – day 9)

On my way to lectures I passed a family. The mother was really nasty to her adolescent boy. I took her aside and told her to treat him more civil. I then took him under my wing.

17 F 03:XX:XX

I dreamt that I am having another baby. The baby looked so beautiful in my dream. I remembered the baby's face when I woke up.

19 F 13:XX:XX

I was violent with my sister (I was scolding her and hitting her) because she fell pregnant and is unmarried. She was bringing the family name to disrepute.

20 F (pre-proving week – day 2)

4.3.21.4. Ambiguous sexuality

I was being seduced by a beautiful woman in my dream. I woke up before anything interesting happened!

15 M (pre-proving week – day 7)

Another well-built man (dark brown long haired man) came into the room. He also asked me on a date and I agreed telling him that I had just had a traumatic experience with my previous boyfriend. Everybody went to bed. I could see into the bedroom from the lounge. I suddenly started to seduce this guy in clear view of everyone in the bedroom. I could feel the lust coursing

through my body.

17 F 03:XX:XX

4.3.21.5. Snakes

I dreamt that it was my grandmothers ceremony and when we got up the next morning, there was supposed to be a snake in the bed but there wasn't. Then we found four black and gold snakes in the house and we caught them and my dad was taking them somewhere.

01 F (pre-proving week – day 9)

When I opened the remedy, it looked like snake skin and immediately after taking the remedy I got a terrible headache. "It's a snake remedy," went through my head.

01 F XX:XX:XX

I dreamt that I was in a reserve park and was standing on the balcony. There were a few piles of snakes that were lying one on top of another. They were fierce looking and scary. I dreamt that they were hissing and wanting to attack me. The other person with me started running when suddenly a few people started grabbing them and caging them so we where fine.

01 F 13:XX:XX

I dreamt that I was being chased by a black snake and where ever I went this snake still followed me.

11 F (pre-proving week – day 2)

Had a dream about snakes again. It was chasing me and as it came to bite me I got up. I went back to sleep but had the same dream again.

11 F (pre-proving week – day 3)

Had a dream about snakes; felt like a very long dream. Dreamt about black snakes with danger surrounding the snakes.

11 F (pre-proving week – day 4)

Dreamt about hundreds of snakes that I was just looking at.

11 F 00:XX:XX

Dreamt that snakes were chasing me but I was not afraid. This time I dreamt about a cobra – I clearly remember the markings on its head.

11 F 01:XX:XX

Still having dreams about snakes chasing me but I am not afraid.

11 F 03:XX:XX

4.3.21.6. Amusement parks, Fairs, Flee-markets

I dreamt that I was at a fair with my fiancé having lots of fun.

01 F (pre-proving week – day 1)

Dreamt that I was shopping in a flee-market with my uncle and aunt from Johannesburg and my sister.

01 F (pre-proving week – day 6)

I am at a flee-market (unknown to me) with my family.

05 M (pre-proving week – day 1)

It was at night and I was waiting for someone at a holiday resort (which had a fun-fair type of playground). Then someone else arrives and we pay at the entrance and enter the playground.

05 M 01:XX:XX

Mentally feeling a bit tense – felt better later on when I went to a flee-market – felt happy.

11 F (pre-proving week – day 2)

I went to some kind of fête. All the stalls were in face-brick houses with palm trees all around.

17 F (pre-proving week – day 2)

I went to an amusement park with two of my classmates.

17 F 03:XX:XX

I was at a fête with some friends.

17 F 12:XX:XX

4.3.21.7. Marriage, Weddings

I dreamt that I got married – my fiancé and I moved to Johannesburg and there was another newly married young couple that were moving into the flat next to ours.

01 F (pre-proving week – day 1)

Dreamt that my fiancé and I were already married and on our honeymoon.

01 F (pre-proving week – day 3)

My fiancé and I were married and were trapped in a city.

01 F (pre-proving week – day 10)

Dreamt that we were getting ready for a wedding and I was in my room.

01 F 08:XX:XX

I was going to be a bridesmaid in a wedding. She shows us the clothes that we are to wear but they look exactly like a wedding gown. It's white with a veil

and trail and everything about it has to do with a bridal gown.
23 F (pre-proving week – day 2)

I am at a function at church. Tables are laid out at the back of the church. It looks as though a wedding took place. But I don't see a bride or groom. There's lots of colour, mainly gold.
23 F 01:XX:XX

4.3.21.8. Tests, Lectures

Dreamt that I had a test to write and that I had to go down to the anatomy laboratory to study for it.
01 F (pre-proving week – day 1)

Dreamt that I was frantically studying for a test and I left my file at Tech (so I couldn't study at night).
01 F (pre-proving week – day 6)

Dreamt that my friend was asked to do an intravenous drip for her diagnostics practical and that the lecturer was very difficult on her. It scarred me for my practical.
01 F (pre-proving week – day 6)

Dreamt that the Systemic Pathology lecturer gave us cardboard and paint and asked to paint.
01 F (pre-proving week – day 9)

Dreamt that my diagnostics practical was cancelled.
01 F 11:XX:XX

Dreamt that I was in a diagnostics lecture and every time that my friend spoke to me or made a noise I got blamed for it. I was very, very angry.
01 F 12:XX:XX

I dreamt that I was learning for a test that I had to write the following day. I learnt hard except for the last section of work. I battled to learn it as I kept on getting distracted and was tired. I became very upset with myself because this regularly happens to me.
01 F (pre-proving week – day 1)

I was in a Homoeopharm. practical test. I started on the wrong question, did the trituration wrong (it looked more like dough) and then I discovered that I had my practical manual with me. I was terrified that I would be thrown out. I was so panicky that I did not know how to answer the questions. Just as I started to get my bearing, I found another crib note. I tried to hide it. I was so scared of getting thrown out and doing badly in the test. Everyone else seemed so efficient. The lab looked very sterile and white. I couldn't even

understand question 2!
17 F 08:XX:XX

4.3.22 GENERALS

4.3.22.1. Energy

Feel sluggish and tired.
11 F 03:XX:XX

Generally feeling tired and lethargic.
11 F 04:XX:XX

4.3.22.2. Temperature

Feeling cold even though it's a warm day. Want high temperatures.
11 F (pre-proving week – day 4)

Feeling severely cold and want high temperatures.
11 F (pre-proving week – day 7)

Feel very tired due to it being too hot. I feel < for heat and > cool drinks and the air-conditioner.
11 F XX:XX:XX

4.3.22.3. Stiffness

Body feels stiff with joint pains on waking.
02 F 11:XX:XX

4.3.22.4. Food

Only feel like eating salty and spicy food.
02 F (pre-proving week – day 6)

Feel > warm drinks.
02 F (pre-proving week – day 7)

Feel like eating salty and spicy food.
02 F 03:XX:XX

Still feel like eating salty foods.
02 F 04:XX:XX

Thirsty for cold things.
02 F 05:XX:XX

Feel like eating salty food.
02 F 10:XX:XX

Feel like eating sweet things.
02 F 12:XX:XX

Feel like eating salty and sweet things.
02 F 13:XX:XX

Have a craving for coffee ice-cream.
11 F (pre-proving week – day 3)

Craving sweets and liquorice.
11 F 03:XX:XX

Craving sweets and chocolates.
11 F 05:XX:XX

4.4 RUBRICS FROM REPERTORY FOR GROUP GIVEN THE REMEDY IN THE DREAM PROVING

The data obtained from the group given the remedy *Bitis arietans arietans*
30CH was converted into rubrics. The following is a list of these rubrics.

MIND

Mind, Absentminded 1 S1

Mind, Anxiety 1 S14

Mind, Company, aversion to 1 S33

Mind, Concentration, difficult 1 S36

Mind, Concentration, difficult, studying (=reading) 1 S36

Mind, Delusions, enlarged body is, parts of body 1 S62

Mind, Delusions, snakes in and around her 1 S80

Mind, Despair 1 S89

Mind, Fear, attacked, fear of being 1 S107

Mind, Forgetful 1 S119

Mind, forsaken feeling, isolation sensation of 1 S120

Mind, Irritability 2 S141

Mind, Irritability easily 1 S143

Mind, Memory weakness of memory, do: for what was about to 1 S159

Mind, Nature loves 1 S170

Mind, Sentimental 1 S197

Mind, Sympathetic 1 S213

VERTIGO

Vertigo, Vertigo 1 S235

HEAD

Head, Congestion 1 S 250

Head, Pain 1 S 274

Head, Pain, lying ameliorates 2 S285

Head, Pain, motion aggravates 1 S286

Head, Pain, sleep-after ameliorates 1 S290

Head, Pain, Forehead 1 S296

Head, Pain, Forehead, in right side 1 S296

Head, Pain, Forehead, in left side 1 S296

Head, Pain, Temples 1 S310

Head, Pain, Temples and Forehead 1 S312

Head, Pain, pulsating, eyes behind 1 S342

EYE

Eye, Dryness 1 S380

Eye, Heaviness 1 S383

Eye, Itching 1 S387

Eye, Pain, sore 1 S402

Eye, Photophobia 1 S406

Eye, Tired sensation 1 S412

VISION

Vision, Blurred 1 S417

NOSE

Nose, Congestion 2 S472

Nose, Discharge, clear 1 S477

Nose, Discharge, copious 1 S477

Nose, Discharge, egg-white like 1 S478

Nose, Discharge, watery 1 S 480

Nose, Dryness 1 S482

Nose, Fullness, sense of 1 S486

Nose, Itching 1 S 487

Nose, Obstruction 1 S488

Nose, Obstruction, sensation of 1 S489

Nose, Sneezing 2 S498

FACE

Face, Discolouration, red, excitement 1 S511

Face, Stiffness, Jaws, lower 1 S545

MOUTH

Mouth, Dryness 2 S566

Mouth, Dryness, Lips 2 S567

Mouth, Dryness, thirst with 1 S567

Mouth, Itching, Palate 1 S573

THROAT

Throat, Constriction 1 S623

Throat, Constriction, swallowing difficult 1 S623 N

Throat, Dryness 1 S624

Throat, Lump; sensation of a 1 S628

Throat, Pain 1 S631

Throat, Pain, swallowing 1 S633

Throat, Pain, talking 1 S633

EXTERNAL THROAT

External throat, Swelling, Cervical glands 1 S 631

STOMACH

Stomach, Appetite, diminished 2 S653

Stomach, Appetite, diminished, accompanied by nausea 1 S653 N

Stomach, Appetite, increased 1 S654

Stomach, Thirst 2 S703

Stomach, Thirst, accompanied by, lips, dryness of lips 1 S703 N

ABDOMEN

Abdomen, Distension 1 S 721

Abdomen, Pain, cramping, griping 1 S751

RECTUM

Rectum, Urging, frequent 1 S818

STOOL

Stool, Copious 1 S822

Stool, Soft 1 S826

Stool, Yellowish, brownish 1 S 829

BLADDER

Bladder, Urination, frequent 1 S842

URINE

Urine, colour, yellow, light 1 S872

Urine, Copious 1 S872

FEMALE GENITALIA / SEX

Female genitalia / sex, Itching, scratching aggravates 1 S914

Female genitalia / sex, Menses, clotted 1 S 923

Female genitalia / sex, Menses, copious 1 S924

Female genitalia / sex, Menses, dark 1 S925

Female genitalia / sex, Menses, early, too 2 S925

Female genitalia / sex, Menses, painful 1 S928

Female genitalia / sex, Menses, short, too 1 S930

Female genitalia / sex, Sensitiveness, Vagina 1 S948

Female genitalia / sex, Sexual Desire, increased 1 S 948

RESPIRATION

Respiration, Asthmatic 1 S970

Respiration, Asthmatic, evening 1 S970

Respiration, Asthmatic, night 1 S970

CHEST

Chest, Congestion 1 S1028

Chest, Congestion, cold air aggravates 1 S1029

Chest, Constriction 1 S1029

Chest, Constriction, inspiration, during 1 S1029

Chest, Constriction, night 1 S1029

Chest, Constriction, warmth ameliorates 1 S1031 N

Chest, Oppression 1 S1043

BACK

Back, Pain, Cervical region 1 S1108

Back, Pain, Cervical region, right 1 S1108

Back, Pain, Cervical region, bending head backward 1 S1108

Back, Pain, Cervical region, bending head forward 1 S1108

Back, Pain, Lumbar region 1 S1113

Back, Stiffness, Cervical region 1 S1153

EXTREMITIES

Extremities, Sprains, Ankle 1 S1373

Extremities, Stiffness 1 S1373

SLEEP

Sleep, Deep 1 S1412

Sleep, Deep, unrefreshing 2 S1412

Sleep, Disturbed 1 S1413

Sleep, Dreamless 1 S1416

Sleep, Falling asleep, difficult 1 S1417

Sleep, Need of sleep, great 1 S1419

Sleep, Restless 2 S1422

Sleep, Sleepiness 1 S1424

DREAMS

Dreams, Absurd 1 S1453

Dreams, Abused, too weak to defend himself; being 1 S1453

Dreams, Accidents 2 S1453

Dreams, Aggression 2 S1453 N

Dreams, Amorous 1 S1453

Dreams, Amusement parks 1 S1453 N

Dreams, Anger 1 S1454

Dreams, Animals 1 S1454

Dreams, Anxious 2 S1454

Dreams, Attacked 1 S1455

Dreams, Birds 1 S1455

Dreams, Blindness 1 S1455

Dreams, Blood 1 S1455

Dreams, Boat being foundering 1 S1456

Dreams, Boyfriend leaving her 1S1456

Dreams, Carousing 1 S1457

Dreams, Cars 1 S1457

Dreams, Casinos 1 S1457 N

Dreams, Cats 1 S1457

Dreams, Cheating 1 S1457

Dreams, Children 2 S1457

Dreams, Coloured 1 S1458

Dreams, Comical 1 S1458

Dreams, Confused 1 S1458

Dreams, Continuation 1 S1458

Dreams, Cooking 1 S1458

Dreams, Crime 1 S1459

Dreams, Danger 2 S1459

Dreams, Dead, of the 2 S1459

Dreams, Dead bodies 1 S1459

Dreams, Death 1 S1460

Dreams, Difficulties 1 S1460

Dreams, Disease 1 S1460

Dreams, Disgusting 1 S1460

Dreams, Dogs 1 S1460

Dreams, Drowning 1 S1460

Dreams, Events, forgotten long 1 S1462

Dreams, Events, past long 1 S1462

Dreams, Events Previous 2 S1462

Dreams, Excelling, mental work, in 1 S 1462

Dreams, Exhausting 1 S1462

Dreams, Failures 1 S1463

Dreams, Family own 1 S1463

Dreams, Father 1 S1463

Dreams, Flowers 1 S1464

Dreams, Forest 1 S1464

Dreams, Friends, meeting friends 1 S1464

Dreams, Frightful 1 S1464

Dreams, Funerals 1 S1464

Dreams, Gambling 1 S1464 N

Dreams, Gardens 1 S1464

Dreams, Hair wet 1 S1464 N

Dreams, Helpless feeling, end of the world; as if it is the 1 S1465

Dreams, Incest 1 S1466

Dreams, Injuries 1 S1466

Dreams, Journeys 1 S1466

Dreams, Losing, family his 1 S1466

Dreams, Ludicrous 1 S1467

Dreams, Many 1 S1467

Dreams, Marriage 1 S1468 N

Dreams, Money 1 S1468

Dreams, Mother 1 S1468

Dreams, Murder 1 S1468

Dreams, Nakedness 1 S1469

Dreams, Nightmares 1 S1469

Dreams, Observer; she observes rather than participates in her dreams

1 S1469

Dreams, People, seen for years, people not 3 S1470

Dreams, Pleasant 1 S1470

Dreams, Pursued being 1 S1471

Dreams, Quarrels 1 S1471

Dreams, Sad 1 S1472

Dreams, Sailing 1 S1472

Dreams, Sea 1 S1472

Dreams, Seeing again an old school mate 2 S1472

Dreams, Ship 1 S1473

Dreams, Shooting 1 S1473

Dreams, Shot, wounded by a shot; being 1 S1473

Dreams, Snakes 2 S1473

Dreams, Stealing, money 1 S1473

Dreams, Storms, sea at 1 S1474

Dreams, Tests 2 S1474 N

Dreams, Theft, committed a theft, having 1 S1474

Dreams, Unpleasant 1 S1475

Dreams, Unremembered 2 S1475

Dreams, Unsuccessful efforts 1 S1475

Dreams, Vampires 1 S1475

Dreams, Vexations 1 S1475

Dreams, Violence 2 S1475

Dreams, Vivid 1 S1475

Dreams, Walking 1 S1476

Dreams, Wandering 1 S1476

Dreams, Water 1 S1476

Dreams, Wedding 1 S1477

Dreams, Youth, time of 1 S 1477

GENERALS

Generals, Bathing, warm bathing ameliorates 1 S 1567

Generals, Food and Drinks, coffee, desire 1 S1605

Generals, Food and Drinks, cold drink, cold water, desire 1 S1606

Generals, Food and Drinks, ice-cream, desire 1 S1610

Generals, Food and Drinks, salty, desire 1 S1614

Generals, Food and Drinks, spices, desire 1 S1615

Generals, Food and Drinks, sweets, desire 1 S1616

Generals, Food and Drinks, warm drinks, desire 1 S1617

Generals, Heat, lack of vital heat 1 S1621

Generals, Menses, before 1 S1636

Generals, Stiffness, morning 1 S1687 N

Generals, Swelling, general, in 1 S1687

Generals, Swelling, Glands of, painful 1 S1687

4.5 PROVER LIST – GROUP GIVEN THE PLACEBO

The following is a table of the provers that received the placebo in the Dream proving.

PROVER NUMBER	SEX	AGE
03	F	24
06	M	25
07	F	31
08	M	31
10	F	19
12	F	18
13	F	19
16	M	25
18	F	34
21	M	47
22	F	29
24	F	23
26	F	20
28	F	47
30	F	48

4.6 SYMPTOMOLOGY – GROUP GIVEN THE PLACEBO

The following is the symptomology noted in the provers that received the placebo in the Dream proving. The symptoms are in subdivisions where the similar symptoms from different provers appear separately and consecutively. The language used by the provers has been retained.

4.6.1 MIND

4.6.1.1. Spaciness / Spaced out

I had the thought as if my mind is going away, as if I'm losing it! I was thinking that a person can't tell how crazy he/she is until others notice it and tell you.
24 F 14:XX:XX

4.6.1.2. Removed from reality

I had this feeling of not exactly knowing how to or being unable to separate between reality and dream-life (when I am asleep).
24 F 14:XX:XX

4.6.1.3. Thinking back

My father used to own a old VW van that was yellow and white and I dreamt that my brother and I were polishing it.
08 M 05:XX:XX

I was at Tech. A pipe burst – I've seen this pipe before in the S blocks. There were plumbers and for some reason former high school teachers.
10 F (pre-proving week – day 1)

I dreamt that I was in my lounge which was set out like a classroom. Many pupils were sitting at each desk and my grade 3 teacher was in front writing on the blackboard.
10 F (pre-proving week – day 3)

Dream: We were on our way home but it felt weird because the driver was the guy I travelled with last year and the students were the ones whom I travelled with last year as well. It was dark and gloomy in the vehicle, which was the way it was last year and that's why I left. It brought back a lot of bad

memories.

10 F (pre-proving week – day 4)

I dreamt about my friend who I met last year. As we walked through Tech we reached the pool. After that we went to the classrooms that didn't look like the ones in Tech. Suddenly she disappeared and I was back at my high school.

10 F (pre-proving week – day 5)

Dreamt about a friend who I used to live with in Durban last year.

10 F 03:XX:XX

Dreamt about the friend I used to live with again. I dreamt we were having supper together and we were sharing my food. We were at her flat and we were sitting at the same table.

10 F 04:XX:XX

Dream: I met one of my friends today who I hadn't seen in a long time. He needed a place to stay so he stayed with me. We spent the entire night just talking about the past.

12 F (pre-proving week – day 6)

Dream: I was getting ready for school and I was so excited. My friends came and picked me up. Everything was so different, everything had changed.

12 F (pre-proving week – day 7)

Dream: I was at my primary school with all my male cousins.

12 F 09:XX:XX

Dream: I saw my fathers mother coming towards me [My granny passed away 11 years ago]. I was so happy to see her – I hugged and kissed her. She was not looking very well – she was very pale so I took her to my car and brought her home. She was also glad to see me.

12 F 09:XX:XX

Dream: My other granny was standing in our kitchen and she was looking so beautiful [she also passed away a while ago]. I was so happy to see her and she was happy to see me. She said that she missed us all and that she loves us.

12 F 11:XX:XX

Last night I dreamt about a close cousin of mine whom I haven't seen in a long time.

26 F (pre-proving week – day 2)

4.6.1.4. Concentration difficult

I forget the dreams as if I had a memory loss, no matter how hard I try to recall them.

24 F 04:XX:XX

4.6.1.5. Placebo

Maybe my remedy is just a placebo – then I would understand clearly [being unable to remember her dreams].

24 F 04:XX:XX

4.6.1.6. Perceptions

In my dream somebody starts chasing me into this forest. The weird part about this is that I don't remember anyone chasing me – I don't remember a face. It was as though someone or something told me to run but I did not hear a voice, it came in the form of a thought.

10 F (pre-proving week – day 3)

4.6.2 HEAD PAIN

I have severe headaches that are dull and refuse to lift. They are more over the left side of my head and feel slightly > with nap but nothing takes it away.

08 M 02:XX:XX

Not feeling very well. I feel exhausted due to my headaches. They are very severe with a dull pain.

22 F 06:XX:XX

Had a headache that was excruciating. It was < on climbing or moving down the stairs or walking fast. It was a terrible pain and was mostly felt on the left side of my head and on the top and in front. It was also < much thinking or irritability.

24 F (pre-proving week – day 7)

I am having severe excruciating headaches. < Movement like climbing up or down stairs. They are dull, aching, pounding pains all over the head. I feel > after sleeping.

24 F 11:XX:XX

4.6.3 THROAT

I have a very sore throat. It's a constricting, pressed on feeling. < Over the entire throat.

10 F (pre-proving week – days 1-3)

Have a sore throat. < On talking loud or singing.

24 F 02:XX:XX

Lump on my throat that doesn't go away even if I swallow, drink water or eat food. It has been there since the morning.

24 F 03:XX:XX

4.6.4 STOMACH

Decreased appetite.
24 F 08:XX:XX

4.6.5 STOOL

Passing loose stools.
24 F 05:XX:XX

4.6.6 FEMALE GENITALIA / SEX

Got menses this month – lately I have been skipping months and should have skipped this month. My menses are very painful and heavy especially on the 2nd and 3rd day. It lasted just 4 days [shorter than normal] and I had no clots when I normally do. My attraction to the opposite sex was decreased during my menses this month but it normally is quite high.
10 F XX:XX:XX

I had severe period pains and my menses came earlier than normal.
24 F (pre-proving week – day 5)

4.6.7 BACK AND NECK

Scapula muscles are sore.
24 F 12:XX:XX

4.6.8 SLEEP

Sleepy in the mornings, which is not like me.
10 F XX:XX:XX

I had a very relaxed sleep.
26 F 02:XX:XX

4.6.9 DREAMS

4.6.9.1. Gambling and getting things that are not really yours

I was at Wild Coast with my boyfriend and 2 other friends. We were staying at a Hotel. We all went to the casino but we didn't win.
12 F 01:XX:XX

4.6.9.2. Shooting, Pursuit, Impending danger, Detached and Helpless

I dreamt that there was something like a war going on and there were people chasing me with guns. They tried to shoot me – I managed to get a hold of a gun but it didn't work. I was in a dark corner trying to fix the gun. I saw something that looked like a spring all tangled. I then had to keep very silent

because someone was walking past.
08 M (pre-proving week – day 2)

I met my friends and went to a club. On the way home we saw an accident. It was a red car and it had overturned and there were 2 people who were stuck inside.

12 F (pre-proving week – day 5)

I went for a job interview and a man came in and started chasing me.

12 F (pre-proving week – day 6)

My family and I were taken as hostages. My father was at work at the time. It was my uncle who held us at gunpoint. He took us to a strange house – I was so scared. I went into the bathroom to wash my face and saw a cell phone. I called my father. The next thing I knew was that there were police everywhere. My uncle couldn't take it anymore so he shot himself.

12 F 02:XX:XX

The world was ending and everyone was going to die. People had to choose whether they wanted to drown or be burnt alive. It was just my father, sister and I. We decided to jump into the water but before this my father yelled that he loved us and we said that we loved him too. My sister and father died but I didn't. I was so sad and I cried and cried.

12 F 05:XX:XX

My friends and I hijacked a truck because we were being chased by gangsters. They were shooting at the wheels of the truck and it overturned. We were flung out. They then came to shoot us.

12 F 08:XX:XX

Had a dream that was very scary – I was being chased by a guy under the influence of drugs. He was stopped by a passer by.

18 F (pre-proving week – day 3)

Had a terrible dream about a neighbour. The guy had been badly beaten up. I got up with a shock.

18 F 01:XX:XX

I was in a huge ship surrounded by people that were not from this country. It was very exciting all the way until I bent over the ship and saw that I was in the middle of nowhere. I had this thought in my mind that the ship was going in the wrong direction. I began to cry for help thinking that the ship is going down.

18 F 03:XX:XX

Had a dream that I was being chased by something or someone that I never saw. I didn't have the strength to run.

18 F 15:XX:XX

Had a nightmare of a monster attacking me.
24 F 06:XX:XX

4.6.9.3. Mothers, children and violence

Dreamt that my daughter was crying because she wanted my husband – he hadn't come home from work yet.
07 F (pre-proving week – day 6)

Dreamt that my mother is cooking in my new house.
07 F 05:XX:XX

Dreamt that my husband and I are at our new home painting. My daughter is also there and she is painting with us.
07 F 05:XX:XX

Dreamt that my husband and I were in our new house. We are packing dishes in the kitchen cupboard and my daughter was playing in the kitchen. It was a lovely dream.
07 F 15:XX:XX

My cousin from Johannesburg came to visit me. She brought her son along. He was the most cubby baby that I ever saw.
12 F 06:XX:XX

A bird flew into my room but when it was in my room it turned into a naked little baby. It was so deformed and ugly and it was very energetic – it was jumping around. I threw it out the window. It fell but it didn't die. It flew and came back into my room.
24 F 12:XX:XX

I dreamt about what I would be like as a mother.
26 F 02:XX:XX

I dreamt about babies and saw myself caring for their precious souls.
26 F 08:XX:XX

4.6.9.4. Ambiguous sexuality

I dreamt that I met some of my friends. One of the girls is overprotective with her boyfriend. She brought him along for some reason but she decided that she needed to leave. It was odd that her boyfriend encouraged her to go. When she left he sat on the bench and said that he wanted to talk to me. So I sat down and he said that I should come closer. At the same time he pulled me closer and kissed me. It felt rather weird because I always thought that he was loyal and devoted to his girlfriend. I don't remember pushing him away.
10 F (pre-proving week – day 6)

I was at a party in my aunts house. As I was looking through the house the house, I came across a room that was dark, so I went in trying to find a light switch. Someone tapped my shoulder – when I turned around (in a fright) I saw that it was one of my friends. At first I was glad to see someone that I knew but he was so drunk that he tried to kiss me. Luckily my brother came looking for me and he stopped him.

12 F 08:XX:XX

My neighbours were having a prayer and invited me. When I got there the prayer was taking place on their balcony and they were holding hands. One of my neighbours sons took hold of my hand and kissed me. I was shocked because his wife was standing next to him but she didn't see what had

happened. I felt very uncomfortable so I left.

12 F 12:XX:XX

4.6.9.5. Snakes

I dreamt about snakes and a place that seemed to be a jungle or forest.

26 F 09:XX:XX

4.6.9.6. Amusement Parks, Fairs, Flee-markets

Then I was at some sort of fair or maybe it was a fun day.

12 F 09:XX:XX

4.6.9.7. Marriage, Weddings

Had a dream – vaguely remember a wedding. A friend was getting married to someone I don't like.

22 F 04:XX:XX

Somebody I know was getting married. It was a huge beautiful wedding – but the truth is that when I woke up I couldn't figure out who was getting married.

24 F 13:XX:XX

4.6.9.8. Tests, Lectures

It was 2 days before my Physiology test and I always have these weird dreams about the subject 2 days before. I dreamt about Vasoconstriction and Pressure – I could see these words only. In my mind I was working out some answers.

10 F 02:XX:XX

4.6.10 GENERALS

4.6.10.1. Energy

I'm tired, restless and my body feels sore. I feel as if I've been hit by a bus.
26 F 05:XX:XX

4.6.10.2. Temperature

Experiencing intense heat of the body – have to uncover the duvet and expose the body or use the fan.
24 F 05:XX:XX

4.6.10.3. Food

Have a desire for sugary stuff.
10 F XX:XX:XX

4.7 RUBRICS FROM REPERTORY FOR GROUP GIVEN THE PLACEBO IN THE DREAM PROVING

The following is a list of the rubrics obtained from the data from the group given the placebo in the Dream proving.

MIND

Mind, Absentminded 1 S1

Mind, Anxiety 1 S14

Mind, Concentration, difficult 1 S36

Mind, Delusions, insane 1 S70

Mind, Delusions, medicines, taken; he had placebo 1 S72 N

Mind, Delusions, separated, body, mind are separated; body and 1 S79

Mind, Delusions, snakes in and around her 1 S80

Mind, Energised feeling 1 S100 N

Mind, Fear, attacked, fear of being 1 S107

Mind, Forgetful 1 S119

Mind, Memory, weakness of memory, do; for what was about to 1 S159

Mind, Reality, unable to separate dream-life, from 1 S179 N

Mind, Spaced – out feeling 1 S202N

Mind, Sympathetic 1 S213

HEAD

Head, Pain 1 S274

Head, Pain, motion aggravates 1 S286

Head, Pain, sleep, after ameliorates 1 S290

Head, Pain, Forehead 1 S296

Head, Pain, Forehead, in Left side 1 S296

Head, Pain, Vertex 1 S312

THROAT

Throat, Constriction 1 S623

Throat, Lump, sensation of a 1 S628

Throat, Pain, talking 1 S633

Throat, Pain, sore 1 S637

STOMACH

Stomach, Appetite, diminished 1 S653

STOOL

Stool, Thin 1 S827

FEMALE GENITALIA / SEX

Female genitalia / sex, Menses, early, too 1 S925

Female genitalia / sex, Menses, painful 1 S928

Female genitalia / sex, Menses, short, too 1 S930

Female genitalia / sex, Sexual desire, diminished 1 S948

BACK

Back, Pain, Dorsal region, Scapulae 1 S1110

SLEEP

Sleep, Deep 1 S1412

Sleep, Deep, unrefreshing 1 S1412

DREAMS

Dreams, Absurd 1 S1453

Dreams, Accidents 2 S1453

Dreams, Aggression 2 S1453 N

Dreams, Amorous 1 S1453

Dreams, Amusement parks 1 S1453 N

Dreams, Anxious 2 S1454

Dreams, Attacked 1 S1455

Dreams, Battles 1 S1455

Dreams, Boat being foundering 1 S1456

Dreams, Casinos 1 S1457 N

Dreams, Children 2 S1457N

Dreams, Crime 1 S1459

Dreams, Danger 3 S1459

Dreams, Dead, of the 2 S1459

Dreams, Events, forgotten long 1 S1462

Dreams, Events, past long 1 S1462

Dreams, Events previous 3 S1462

Dreams, Family own 1 S1463

Dreams, Fights 1 S1463

Dreams, Forms 1 S1464

Dreams, Friends, meeting friends 2 S1464

Dreams, Funerals 1 S1464

Dreams, Gambling 1 S1464 N

Dreams, Helpless feeling, end of the world; as if it is the 1 S1465

Dreams, Journeys 1 S1466

Dreams, Losing, his family 1 S1466

Dreams, Marriage 1 S1468 N

Dreams, Neighbour 1 S1469

Dreams, Nightmares 1 S1469

Dreams, People seen for years, people not 3 S1470

Dreams, Pursued being 1 S1471

Dreams, Sad 1 S1472

Dreams, Sea 1 S1472

Dreams, Seeing again an old schoolmate 2 S1472

Dreams, Ship 1 S1473

Dreams, Shooting 1 S1473

Dreams, Shot, wounded by a shot; being 1 S1473

Dreams, Snakes 2 S1473

Dreams, Test 1 S1474 N

Dreams, Unpleasant 1 S1475

Dreams, Unremembered 2 S1475

Dreams, Violence 2 S1475

Dreams, Vivid 1 S1475

Dreams, Wandering 1 S1476

Dreams, War 1 S1476

Dreams, Water 1 S1476

Dreams, Wedding 1 S1477

Dreams, Youth, time of 1 S1477

GENERALS

Generals, Food and Drinks, sweets, desire 1 S1616

CHAPTER FIVE

DISCUSSION

The purpose of this research study was to carry out a Dream proving of an existing Homoeopathic remedy (*Bitis arietans arietans*) and compare the results obtained to those from the Hahnemannian proving.

From the Hahnemannian proving, four hundred and seventy two symptoms were included in the Materia Medica and, of these, 156 were in the Mind, 50 were General symptoms, 28 were in the Extremities, 24 were in the Head, 23 were Dreams and 18 were in the Back. These were the areas quantitatively most affected by *Bitis arietans arietans* (Wright, 1999).

A significant number of clear symptoms occurred in this Dream proving. A total of three hundred and eighty five symptoms (including those recorded in the placebo group) were elicited from the Dream proving and, of these, 92 symptoms were observed in the Mind, 90 symptoms were observed in the Dreams, 25 symptoms were observed in the Head, 23 symptoms were observed in the Nose, 20 symptoms were observed in the Sleep patterns, 19 symptoms were seen as General symptoms, 17 symptoms were observed in the Female genitalia / sex and 16 symptoms were observed in both the Stomach and Back (Appendix F). These were the areas quantitatively most affected in the Dream proving of *Bitis arietans arietans*.

Prover 17 F (in the remedy group) had the most clear response to the remedy and was used as the core of the proving, to which the other provers

symptoms (in both remedy and placebo groups) were added.

The results considered in this **analysis** comprised of the collective symptoms and themes that emerged from both the remedy and placebo groups. This was done to remain consistent with the methodology employed in Dream provings.

COMPARATIVE ANALYSIS

What follows is an attempt to discuss the most characteristic themes from the Hahnemannian provings (**in bold print**) of *Bitis arietans arietans* (Wright, 1999) and compare the extent to which the Dream proving revealed the same theme.

5.1 THE MATERIA MEDICA

5.1.1 MIND

In accordance with Sherr's (1994:25) suggestion that the proving be analysed as if the symptoms were occurring in one person, Wright (1999) described the mental symptoms as if they were all presenting in a fictional 'perfect' prover. Wright (1999:105) noted the most characteristic symptom of *Bitis arietans arietans* as being the **spaciness** or **spaced out feeling** also expressed as being **intoxicated** with alcohol or Cannabis. They feel spacey and **disconnected, detached or removed from reality** – separated from their environment or from their body, feeling **left out of the group** (Wright, 1999).

It is important to note that the states in both these provings are quite different. In the Hahnemannian proving, the dominant state is consciousness while the

Dream proving is predominantly in the subconscious realm. The very nature of the subconscious is that it offers a degree of escape from reality and can be characterised by feelings of spaciness or being removed from reality. Thus, the Dream proving, which is in the subconscious realm, may not exhibit these characteristics to the extent noted in the Hahnemannian proving.

In the Dream proving, prover 24 F (in the placebo group) experienced a feeling of being spaced out and removed from reality. She felt that she was unable to separate reality from her dream state and this resulted in a feeling of losing control of her mind. Prover 02 F (in the remedy group) experienced the feeling of being socially detached and not wanting company and prover 05 M (in the remedy group) had a dream of being purposely left out. Provers 01 F and 17 F had dreams of being thrown out of the classroom (or group) and had feelings of anxiety and fear in response to this.

Wright (1999:105) translated the **detachment** as **clumsiness** in the physical body. This clumsiness was a prominent feature in the Hahnemannian proving but was not as evident in the Dream proving. A clear indication of this feeling was seen in the dream of prover 17 F who was clumsy and inefficient in her Practical test but none of the provers in the Dream proving reported any physical symptoms related to clumsiness, **mistakes in speech and writing, difficulty in reading or making conversation**. This however may be explained by the fact that the detached, removed from reality and spaced-out feeling was seen to give rise to these states in the Hahnemannian proving.

Wright (1999:105) found that together with the spaced-out feeling and detachment came a **depleted, energy-less state** where they become slothful, **sluggish, lazy and dull**- doing anything is a major undertaking, requiring an enormous effort to get going. They have **difficulty in concentrating and studying** and become **absentminded and forgetful** (Wright, 1999:105). This state was clearly seen in the Dream proving and many provers had difficulty in concentrating and were quite absentminded and forgetful. Provers felt that they could not remember details that they wanted to record – they were more forgetful than usual. Wright (1999:105) noted that the provers became depressed and felt overwhelmed as if they felt that they couldn't cope. This was seen in the Dream proving when many of the provers were distressed at not being able to recall symptoms. Many provers, who could normally record their dreams completely, could not remember even a single dream for the duration of the Dream proving which left them feeling overwhelmed and distressed.

The Hahnemannian proving revealed that provers became **nostalgic** and **homesick** and liked to be **outdoors**. The most characteristic symptom that emerged from this Dream proving is the nostalgia. Provers in both the remedy and placebo groups experienced many dreams related to past events and situations and these dreams usually dealt with deceased relatives with associated feelings of sadness or joy. Only prover 17 F had dreams related to being outdoors.

The **irritability** and **impatience** noted by Wright (1999:105) was very evident in the Dream proving. Most of this irritability and impatience was experienced in response to a feeling of being victimised or being taken advantage of.

A contradictory state discussed by Wright (1999:105) is that they may feel very **energised and full of life, happy, talkative and may speak fast**. They feel **capable of doing many things** especially cleaning and tidying and may have **difficulty sleeping when in this state**. This contradictory state was seen in prover 10 F (in the placebo group) who experienced a more energised state. Her memory and concentration was better for the duration of the proving and she was much more animated.

The following is an attempt to analyse the Mind symptoms of the Dream proving as if they were occurring in one person as suggested by Sherr (1994:25). The most characteristic symptoms of Bitis arietans arietans that arose from this Dream proving have been discussed.

Such an analysis clearly shows that the Dream proving reveals a large number of the themes from the Hahnemannian proving, but a change in emphasis of themes results in a slightly altered Homoeopathic drug picture. In the Dream proving, the most characteristic symptom is the thinking back or nostalgia. They dream of past incidents, situations and relatives with a large emphasis being placed on High School and remembering friends from high school. They can be irritable and impatient in situations where they feel wronged or taken advantage of and this can translate into feelings of anger or preferring to be left alone. They can feel detached from society where they do

not want to talk or socialise with company around them. They are either sensitive to the opinion of others or totally unaffected by them. They have difficulty in concentrating and feel absentminded and forgetful. A lot of emphasis is placed on studying – being unable to study hard enough and being a failure or being ridiculed by lecturers. They can feel clumsy, inefficient and anxious or be afraid of being thrown out of the group. They can feel like they are unable to separate reality from unreality or that they are losing their mind / losing control. It is difficult to separate reality (conscious) from the dream world (unconscious / subconscious). They like to be outdoors where they feel happy and relaxed.

When compared, the Mind symptoms of the Dream proving are clearly similar to the actual mental state revealed in the Hahemannian proving.

5.1.2 DREAMS

All the themes that were revealed by the dreams in the Hahnemannian proving were reproduced in this Dream proving in both the remedy and placebo groups.

5.1.2.1. Gambling and getting things that are not really yours

This theme is illustrated in the Dream proving by dreams of shoplifting, visiting casino's and stealing money from a bank.

5.1.2.2. Shooting, pursuit and Impending danger

This is a recurrent theme in both the Hahnemannian and Dream proving. Once again, shooting, guns, violence, trauma, death, corpses, murder and fear all appear in various dreams.

5.1.2.3. Detached and Helpless

This theme is quite evident and, with regards to the Dream proving, this is perhaps the most significant theme from the dreams. A feeling of helplessness is present in a number of instances and this may be linked with the detached feeling or feeling that the dreamer is an observer (Wright, 1999:106). Wright (1999:106) links this theme of being detached or being an observer to the mental symptoms and feels that this theme is representative of the feelings of the provers of being **socially detached**, of being **left out** of the group, of being **disconnected** or detached from oneself and being **removed from reality**. This theme thus reveals characteristic themes of *Bitis arietans arietans* (viz. Detached from oneself and being removed from reality) even though provers did not actually experience this mentally. This dream symptom is thus able to reveal the state of *Bitis arietans arietans* to a large extent.

5.1.2.4. Water, waves and sea.

Dreams of falling into pools of water, being surrounded by an ocean and being afraid of being washed overboard occur in the Dream proving as well. Wright (1999:106) noted that all these dreams point to the violent, powerful and deadly force of the sea (mare = mother) and therefore possibly links with the theme of violence between mothers and their children. Wright (1999:106) also noted that these dreams point to aspects of the collective unconscious (after C.G. Jung), of which the sea is a powerful symbol.

5.1.2.5. Mothers, children and violence

In the dream proving, dreams of disagreements between a mother and her daughter and a mother and daughter embracing and saying goodbye, point to the mother – daughter relationship as a possible area of influence of this remedy. Most dreams revolved around the mother – daughter relationship with only one dream dealing with a mother being violent towards her son.

This however ends with the prover taking the boy under her wing. There were also many dreams of babies by female provers.

5.1.2.6. Ambiguous sexuality

There were many dreams of sexual advances with some provers rejecting them while the other provers enjoyed them. Many of these advances were made by people already in serious relationships. Another aspect clearly seen in the Dream proving is sexuality. Many dreams and thoughts revolved around the opposite sex finding provers attractive and, quite often, this is seen as a competitive feeling i.e. is another person as attractive as I am?

5.1.2.7. Snakes

Only one prover dreamt of snakes in the Hahnemannian proving while in the Dream proving there were many dreams of snakes. These dreams often involved no fear and some provers knew that they were given a “snake” remedy. Another interesting symptom was a new fascination with snakes - prover 20 F took a book on snakes with her on holiday so that she could read up on them!

Dreams are the main focus of Dream provings as they reveal the ‘psycho-dynamic depth of the state of the remedy being proved’, (Dam, 1998:128).

This implies that in this Dream proving, the themes from the dream symptoms should reveal the characteristics of Bitis arietans arietans known from the Hahnemannian proving. When the themes of the dreams of both provings are compared, this Dream proving reveals all the themes of the dreams from the Hahnemannian proving. It also clearly demonstrates that the dream symptoms were able to reveal some known characteristics of Bitis arietans arietans other than the dreams.

Thus, this aspect of the Dream proving convincingly revealed the state produced in the Hahnemannian proving of Bitis arietans arietans.

5.1.3 GENERALS

- 5.1.3.1. **Tiredness, lethargy, fatigue and exhaustion** were characteristic features in the Hahnemannian proving. This drained, energy-less state was seen to alternate with an **energised** 'manic' state (Wright, 1999:107). In the Dream proving, provers 02 F, 11 F and 17 F were seen to experience tiredness and fatigue while prover 10 F was energised but both these states were not seen in the same prover.
- 5.1.3.2. **Stiffness** was a characteristic seen in the Hahnemannian proving but only prover 02 F experienced this symptom in the Dream proving.
- 5.1.3.3. The strong **desire for ice – cream** noted in the Hahnemannian proving was only seen in prover 11 F in the Dream proving. The desire for **peanut butter** observed in the Hahnemannian proving was not seen but the desire for salty, spicy and sugary food was observed once again.

As with the Hahnemannian proving, **appetite was diminished and thirst was increased.**

- 5.1.3.4. In both provings, **dryness** occurred in the Mouth, Lips, Eyes, Stool and Cough. This could be linked with the increased thirst.
- 5.1.3.5. The Dream proving did not display a **weekly periodicity** however, the duration of the Dream proving of just 2 weeks (compared to the Hahnemannian proving of 4 weeks) may not have allowed this to be seen.
- 5.1.3.6. In the Hahnemannian proving, provers were **cold sensitive and chilly and cold sensations** occurred in the mouth and airways. This cold sensitivity was seen in the Dream proving with prover 11F preferring higher temperatures. On the other hand, prover 24 F was too hot and constantly wanted cooler temperatures.
- 5.1.3.7. As with the Hahnemannian proving, the Dream proving did not develop oedema which is characteristic of puff adder envenomation (Wright, 1999:108) but symptoms of being **bloated and swelling** did occur.
- 5.1.3.8. The two clear modalities from the Hahnemannian proving of: **rubbing ameliorates and movement aggravates** were seen in the Dream proving but not in sufficient instances to be considered a general modality.

5.1.4 SLEEP

In the Hahnemannian proving the drained, fatigued state carried through into the sleep, where the provers slept more heavily and longer and were generally tired and sleepy, although the opposite i.e. sleeplessness did also occur (Wright, 1999:109). These same states were experienced in the Dream proving.

5.1.5. MUSCULOSKELETAL

Stiffness was experienced as a characteristic symptom in the Hahnemannian proving but only one prover experienced stiffness in the Dream proving. Many provers in the classical proving **sprained joints** or experienced an exacerbation of symptoms or old sprains (Wright, 1999:109). These physical symptoms did not occur in the Dream proving.

5.1.6 HEAD

Wright (1999:109) found that in the head the sensation of heaviness and headaches especially in the temples were produced. The eyes were affected with itchiness and tiredness and itching also occurred in the nose (Wright, 1999:109). All of these symptoms were experienced in the Dream proving.

5.1.7 THROAT

Lump sensations, pain and a sense of **constriction** were all produced again in the Dream proving.

5.1.8 ABDOMEN

Wright (1999:109) noted much abdominal pain of a cramping nature and distension of the abdomen and this was all experienced in the Dream proving. However, flatulence, borborygmi, and rectal tenesmus that are known *Bitis arietans arietans* symptoms (Wright, 1999:109) were not evident and only two provers experienced copious stool.

5.1.9 FEMALE GENITALIA / SEX

In both the Hahnemannian and Dream provings, the menses were too early, much heavier than usual and there was some dysmenorrhoea. Wright (1999:110) noted that the libido was increased and this was also noted in the Dream proving. However, provers that usually have an increased libido did experience the opposite effect for the duration of the Dream proving.

5.1.10 RESPIRATION

Prover 02 F produced clear symptoms that were similar to the Hahnemannian proving of *Bitis arietans arietans*. Symptoms of bronchial asthma were produced with expiratory wheeze, tightness in the chest and fine rattling of secretions. There was concomitant hay fever, itching and sneezing that would point to the allergic basis to the asthma (Wright, 1999:110). The attacks were at night and congested or weight sensations were produced in the chest.

5.2 COMPARISON OF THE RUBRICS OF CHARACTERISTIC SYMPTOMS

The following table is a comparison of the rubrics that arose from the Dream proving to those from the Hahnemannian proving. The rubrics of both the remedy and placebo groups from the Dream proving have been included. The relevant grading of each rubric has been included.

5.2.1. KEY

The rubrics are listed in a similar format to the Hahnemannian and Dream provings and are presented in the following format:

<RUBRIC> <SUBRUBRIC/S> <SYNTHESIS PAGE NUMBER>

The capital 'N' is appended to **new rubrics**, i.e. additions to the repertory – in the form of rubrics – which are suggested as a result of this Dream proving.

These rubrics are also underlined.

5.2.1.1. The following abbreviations will apply:

- Remedy to represent the rubrics that arose from the Dream proving group that received the remedy *Bitis arietans arietans* 30CH.
- Placebo to represent the rubrics that arose group from the Dream proving group that received the placebo.
- Classical to represent the rubrics that arose from the Hahnemannian proving of *Bitis arietans arietans*.

5.2.1.2. The following grading of rubrics will apply:

- **Grade three (3) rubrics are displayed in bold print.**
- *Grade two (2) rubrics are displayed in italics.*
- Grade one (1) rubrics are displayed in plain type.
- New rubrics are underlined.

RUBRIC	Remedy	Placebo	Classical
MIND			
Mind, Absentminded S1	1	1	1
Mind, Anxiety S14	1	1	1
Mind, Company, aversion to S33	1	-	-
Mind, Concentration, difficult S36	1	1	1
Mind, Concentration, difficult, studying (=reading) S36	1	-	1
Mind, Delusions, enlarged body is, parts of body S62	1	-	-
Mind, Delusions, insane S70	-	1	-
<u>Mind, Delusions, medicines, taken; he had placebo S72 N</u>	-	1	-
Mind, Delusions, separated, body, mind are separated; body and S79	-	1	1
Mind, Delusions, snakes around her S80	1	1	1
Mind, Despair S89	1	-	1
Mind, Fear, attacked, fear of being S107	1	1	1

<u>Mind, Energised feeling S100 N</u>	-	1	1
Mind, Forgetful S119	1	1	1
Mind, forsaken feeling, isolation sensation of S120	1	-	2
Mind, Irritability S141	2	-	1
Mind, Irritability easily S143	1	-	1
Mind, Memory weakness of memory, do: for what was about to S159	1	1	1
Mind, Nature loves S170	1	-	1
<u>Mind, Reality, unable to separate dream-life, from S179 N</u>	-	1	-
Mind, Sentimental S197	1	-	1
<u>Mind, Spaced-out feeling S202 N</u>	-	1	3
Mind, Sympathetic S213	1	1	1
VERTIGO			
Vertigo, Vertigo S235	1	-	1
HEAD			
Head, Congestion S250	1	-	1
Head, Pain S274	1	1	-
Head, Pain, lying ameliorates S285	2	-	-
Head, Pain, motion aggravates S286	1	1	-
Head, Pain, sleep-after ameliorates S290	1	1	-
Head, Pain, Forehead S296	1	1	1
Head, Pain, Forehead, in right side S296	1	-	1

Head, Pain, Forehead, in left side S296	1	1	-
Head, Pain, Temples S310	1	-	2
Head, Pain, Temples and Forehead S312	1	-	1
Head, Pain, pulsating, eyes behind S342	1	-	1
EYE			
Eye, Dryness S380	1	-	1
Eye, Heaviness S383	1	-	1
Eye, Itching S387	1	-	2
Eye, Pain, sore S402	1	-	-
Eye, Photophobia S406	1	-	1
Eye, Tired sensation S412	1	-	1
VISION			
Vision, Blurred S417	1	-	1
NOSE			
Nose, Congestion S472	2	-	1
Nose, Discharge, clear S477	1	-	-
Nose, Discharge, copious S477	1	-	-
Nose, Discharge, egg-white like S478	1	-	-
Nose, Discharge, watery S 480	1	-	-
Nose, Dryness S482	1	-	-
Nose, Fullness, sense of S486	1	-	1
Nose, Itching S 487	1	-	-
Nose, Obstruction S488	1	-	-
Nose, Obstruction, sensation of S489	1	-	-

Nose, Sneezing S498	2	-	1
FACE			
Face, Discolouration, red, excitement S511	1	-	-
Face, Stiffness, Jaws, lower S545	1	-	1
MOUTH			
Mouth, Dryness S566	2	-	2
Mouth, Dryness, Lips S567	2	-	2
Mouth, Dryness, thirst with S567	1	-	1
Mouth, Itching, Palate S573	1	-	-
THROAT			
Throat, Constriction S623	1	1	1
<u>Throat, Constriction, swallowing difficult N</u>	1	-	1
Throat, Dryness S624	1	-	1
Throat, Lump; sensation of a S628	1	1	1
Throat, Pain S631	1	-	1
Throat, Pain, swallowing S633	1	-	-
Throat, Pain, talking S633	1	1	-
EXTERNAL THROAT			
External throat, Swelling, Cervical glands S631 1		-	-
STOMACH			
Stomach, Appetite, diminished S653	2	1	2
<u>Stomach, Appetite, diminished, accompanied</u>			
<u>by nausea S653 N</u>	1	-	1
Stomach, Appetite, increased S654	1	-	1

Stomach, Thirst S703	2	-	1
<u>Stomach, Thirst, accompanied by, lips, dryness</u>			
<u>of lips S703 N</u>	1	-	-
ABDOMEN			
Abdomen, Distension S 721	1	-	2
Abdomen, Pain, cramping, griping S751	1	-	2
RECTUM			
Rectum, Urging, frequent S818	1	-	1
STOOL			
Stool, Copious S822	1	-	1
Stool, Soft S826	1	-	1
Stool, Thin S827	1	-	1
Stool, Yellowish, brownish S829	1	-	-
BLADDER			
Bladder, Urination, frequent S842	1	-	1
URINE			
Urine, colour, yellow, light S872	1	-	-
Urine, Copious S872	1	-	1
FEMALE GENITALIA / SEX			
Female genitalia / sex, Itching, scratching			
aggravates S914	1	-	-
Female genitalia / sex, Menses, clotted S923	1	-	1
Female genitalia / sex, Menses, copious S924	1	-	2
Female genitalia / sex, Menses, dark S925	1	-	1

Female genitalia/sex, Menses, early, too	2	1	2
Female genitalia/sex, Menses, painful S928	1	1	1
Female genitalia/sex, Menses, short, too S930	1	1	1
Female genitalia/sex, Sensitiveness, Vagina	1	-	1
Female genitalia/sex, Sexual Desire, diminished -		1	1
Female genitalia/sex, Sexual Desire, increased	1	-	1

RESPIRATION

Respiration, Asthmatic S970	1	-	2
Respiration, Asthmatic, evening S970	1	-	1
Respiration, Asthmatic, night S970	1	-	1

CHEST

Chest, Congestion S1028	1	-	1
Chest, Congestion, cold air aggravates S1029	1	-	-
Chest, Constriction S1029	1	-	1
Chest, Constriction, inspiration, during S1029	1	-	1
Chest, Constriction, night S1029	1	-	-
<u>Chest, Constriction, warmth ameliorates</u>			
<u>S1031 N</u>	1	-	-
Chest, Oppression S1043	1	-	2

BACK

Back, Pain, Cervical region S1108	1	-	-
Back, Pain, Cervical region, right S1108	1	-	-
Back, Pain, Cervical region, bending head			
backward S1108	1	-	-

Back, Pain, Lumbar region S1113	1	-	2
Back, Stiffness, Cervical region S1153	1	-	2
EXTREMITIES			
Extremities, Sprains, Ankle S1373	1	-	2
Extremities, Stiffness S1373	1	-	2
SLEEP			
Sleep, Deep S1412	1	1	1
Sleep, Deep, unrefreshing S1412	2	1	-
Sleep, Disturbed S1413	1	-	1
Sleep, Dreamless S1416	1	-	1
Sleep, Falling asleep, difficult S1417	1	-	1
Sleep, Need of sleep, great S1419	1	-	1
Sleep, Restless S1422	2	-	-
Sleep, Sleepiness S1424	1	-	2
DREAMS			
Dreams, Absurd S1453	1	1	-
Dreams, Abused, too weak to defend himself; being S1453	1	-	-
Dreams, Accidents S1453	2	2	-
<u>Dreams, Aggression S1453 N</u>	2	2	1
Dreams, Amorous S1453	1	1	1
<u>Dreams, Amusement parks S1453 N</u>	1	1	-
Dreams, Anger S1454	1	-	1
<i>Dreams, Anxious S1454</i>	2	2	-

Dreams, Attacked S1455	1	1	-
Dreams, Birds S1455	1	-	-
Dreams, Blindness S1455	1	-	-
Dreams, Blood S1455	1	-	1
Dreams, Boat being foundering S1456	1	1	-
Dreams, Boyfriend leaving her S1456	1	-	-
Dreams, Carousing S1457	1	-	-
Dreams, Cars S1457	1	-	-
<u>Dreams, Casinos S1457 N</u>	1	1	-
Dreams, Cats S1457	1	-	-
Dreams, Cheating S1457	1	-	1
Dreams, Children S1457	2	2	-
Dreams, Coloured S1458	1	-	-
Dreams, Comical S1458	1	-	-
Dreams, Confused S1458	1	-	-
Dreams, Continuation S1458	1	-	-
Dreams, Cooking S1458	1	-	-
Dreams, Crime S1459	1	1	-
Dreams, Danger S1459	2	3	-
Dreams, Dead, of the S1459	2	2	-
Dreams, Dead bodies S1459	1	-	-
Dreams, Death S1460	1	-	-
Dreams, Difficulties S1460	1	-	-
Dreams, Disease S1460	1	-	-

Dreams, Disgusting S1460	1	-	-
Dreams, Dogs S1460	1	-	-
Dreams, Drowning S1460	1	-	-
Dreams, Events, forgotten long S1462	1	1	-
Dreams, Events, past long S1462	1	1	-
Dreams, Events Previous S1462	2	3	-
Dreams, Excelling, mental work, in S 1462	1	-	-
Dreams, Exhausting S1462	1	-	-
Dreams, Failures S1463	1	-	-
Dreams, Family own S1463	1	1	1
Dreams, Father S1463	1	-	-
Dreams, Forest S1464	1	-	-
Dreams, Friends, meeting friends S1464	1	2	-
Dreams, Frightful S1464	1	-	-
Dreams, Funerals S1464	1	1	-
<u>Dreams, Gambling S1464 N</u>	1	1	1
Dreams, Gardens S1464	1	-	-
<u>Dreams, Hair wet S1464 N</u>	1	-	-
Dreams, Helpless feeling, end of the world; as if it is the S1465	1	1	1
Dreams, Incest S1466	1	-	-
Dreams, Injuries S1466	1	-	-
Dreams, Journeys S1466	1	-	-
Dreams, Losing, family his S1466	1	1	-

Dreams, Ludicrous S1467	1	-	-
Dreams, Many S1467	1	-	-
<u>Dreams, Marriage S1468 N</u>	1	1	-
Dreams, Money S1468	1	-	-
Dreams, Mother S1468	1	-	1
Dreams, Murder S1468	1	-	1
Dreams, Nakedness S1469	1	-	-
Dreams, Nightmares S1469	1	1	2
Dreams, Observer; she observes rather than participates in her dreams S1469	1	-	-
Dreams, People, seen for years, people not S1470	3	3	-
Dreams, Pleasant S1470	1	-	-
Dreams, Pursued being S1471	1	1	1
Dreams, Sad S1472	1	1	-
Dreams, Sailing S1472	1	1	-
Dreams, Sea S1472	1	-	-
Dreams, Seeing again old school mate S1472	2	2	-
Dreams, Ship S1473	1	1	1
Dreams, Shooting S1473	1	1	1
Dreams, Shot, wounded by shot; being S1473	1	1	-
Dreams, Snakes S1473	2	2	1
Dreams, Stealing, money S1473	1	-	-
Dreams, Storms, sea at S1474	1	-	-

<u>Dreams, Tests S1474 N</u>	2	1	-
Dreams, Theft, committed a theft, having S1474	1	-	-
Dreams, Unpleasant S1475	1	1	-
Dreams, Unremembered S1475	2	2	-
Dreams, Unsuccessful efforts S1475	1	-	-
Dreams, Vexations S1475	1	-	-
<i>Dreams, Violence S1475</i>	2	2	-
Dreams, Vivid S1475	1	1	-
Dreams, Walking S1476	1	-	-
Dreams, Wandering S1476	1	1	-
Dreams, Water S1476	1	1	1
Dreams, Wedding S1477	1	1	1
Dreams, Youth, time of S 1477	1	1	-
GENERALS			
Generals, Bathing, warm bathing ameliorates S 1567	1	-	1
Generals, Food and Drinks, coffee, desire S1605	1	-	1
Generals, Food and Drinks, cold drink, cold water, desire S1606	1	-	1
Generals, Food and Drinks, ice-cream, desire S1610	1	-	1

Generals, Food and Drinks, salty,			
desire S1614	1	-	1
Generals, Food and Drinks, spices,			
desire S1615	1	-	1
Generals, Food and Drinks, sweets,			
desire S1616	1	1	1
Generals, Food and Drinks, warm drinks,			
desire S1617	1	-	1
Generals, Heat, lack of vital heat S1621	1	-	2
Generals, Menses, before S1636	1	-	2
<u>Generals, Stiffness, morning S1687 N</u>	1	-	1
Generals, Swelling, general, in S1687	1	-	1
Generals, Swelling, Glands of, painful S1687	1	-	1

5.3 OTHER CONSIDERATIONS

5.3.1. Choice of remedy

Because the themes from the dreams of *Bitis arietans arietans* are already considered among the most characteristic features of the remedy, perhaps another remedy, where not so much emphasis was placed on the dreams, would have been a better choice. This would have revealed more about the effectiveness of the dream symptoms in being able to reveal the known characteristics of the remedy.

5.3.2. Provers and Placebo controls

It was noted that the individuals acquainted with the principles of Homoeopathy, and in particular with the detail of symptoms that is required by a Homoeopath, made better provers with regards to recording symptoms. Many provers were unaware of symptoms, other than the dreams, and the use of every interested person in a Dream proving is thus questionable. It was also found that the use of placebo controls was redundant as most placebo's experienced the effects of *Bitis arietans arietans*. However, when the number of symptoms experienced in both groups is compared (Appendix F), only 20% of the *Bitis arietans arietans* symptoms experienced in the remedy group are experienced in the placebo group.

5.3.3 The pre-proving week

In both the remedy and placebo groups, provers began recording known *Bitis arietans arietans* symptoms as soon as they were issued with the powders to store until further instructions. Many proven *Bitis arietans arietans* symptoms

were experienced in the pre-proving week, confirming that the effects of a remedy can be felt without provers taking the proving substance.

5.3.4. Recording of symptoms

Even though provers were instructed to record all symptoms experienced, and each prover received an information guide, many provers only recorded their dreams. This was mainly because provers were pre-occupied with the fact that this research is a Dream proving. It is also possible that the use of some provers without adequate exposure to Homoeopathy resulted in the quality and detail of some symptoms being poor.

5.3.5. Antidoting

Two provers (17 F and 11 F), both in the remedy group, required symptoms to be antidoted. As there are few known antidotes to *Bitis arietans arietans*, because it is a relatively new remedy, both provers were instructed to drink large amounts of strong black coffee and to inhale some camphor. This had the desired effect on prover 11 F who experienced no further symptoms. Prover 17 F did experience an alleviation of her symptoms for a day, however, the coffee proved to be suppressive and her symptoms returned but they were now worse. As a result, her case was taken and *Ignatia amara* 30CH was prescribed based on the totality of her presenting symptoms. The remedy proved to be successful and no further symptoms were experienced.

CHAPTER SIX

CONCLUSIONS AND RECOMMENDATIONS

6.1 CONCLUSIONS

The results obtained from this proving seem to indicate that Dream provings have the potential to become a significant Homoeopathic tool. The comparative analysis revealed that the Dream proving was able to reproduce the Hahnemannian proving to a large extent. This is significant with regards to the duration of the Dream proving, which was considerably shorter (by two weeks) than the Hahnemannian proving, but more especially considering that the known methodology of Dream provings had to be altered to facilitate this comparison. Every aspect of the Dream proving was altered:- provers were unaware of the remedy being proved, placebo controls were used, provers did not commence on the same day, the duration of the Dream proving was extended and no group discussion occurred at the end of the proving – yet the Dream proving was still able to reveal characteristic themes and features of *Bitis arietans arietans*.

Many of the suggestions of Homoeopaths involved with Dream provings were confirmed during this research. As suggested by Sankaran (1995:15); the placebo controls, who did not take the remedy, got some of the effects of the proving due to coming together in a group. The limited time span, in comparison to the longer Hahnemannian proving, proved to be sufficient for the themes of *Bitis arietans arietans* to be seen as suggested by Dam (1998:130). However, the periodicity of *Bitis arietans arietans* was not seen

and this may be attributed to the limited time span. Physical symptoms were experienced in both the remedy and placebo groups adding credibility to Dream provings which are not based solely on the interpretations of dreams (Dam, 1998:129). The use of placebo controls in Dream provings seems to be redundant, as suggested by Sankaran (1995:15), as many Bitis arietans arietans physical and dream symptoms were observed in the placebo group. Many of the characteristics of Bitis arietans arietans were revealed by the dream symptoms and few of the actual mental, emotional and physical symptoms were experienced. This resulted in minimum discomfort to the provers but still allowed the characteristics of the remedy to be revealed as suggested by Dam (1998:128) and Sankaran (1999:196).

The mode of administration employed in this Dream proving (i.e. taking the remedy) was effective in reproducing the themes of Bitis arietans arietans and gives merit to this method being employed in Dream provings.

The only area of concern is the altered Homoeopathic drug picture that emerged due to the change in the emphasis of symptoms in the mental state. The mental and emotional symptoms combined are vital in the Homoeopathic drug picture (Vithoulkas, 1998:147) that is considered when prescribing in Homoeopathy. If the entire state of Bitis arietans arietans, revealed by the Hahnemannian proving, were unavailable, then the slightly altered state revealed by the Dream proving would have been considered as the remedy Bitis arietans arietans.

The repercussion of this could result in Bitis arietans arietans being prescribed in situations with little or no effect. However, one needs to realise that in Homoeopathy we are trying to understand the individual, not just the mental picture (Brillant, 1998:113), and as such prescribing does not depend entirely on the Homoeopathic Drug picture.

It is the conclusion of this researcher that this Dream proving was effective in revealing the symptoms of Bitis arietans arietans seen in the Hahnemannian proving. The wide range of these symptoms and level of accuracy to which they were produced leads this researcher to conclude that Dream provings are able to provide an invaluable source of information, and, with further research, could be of great relevance to Homoeopathy and its future.

6.1 RECOMMENDATIONS

6.1.1 FURTHER PROVINGS

Although this proving can be considered a Dream proving of Bitis arietans arietans, it was merely the initial foundation in the extensive research that needs to be carried out to determine the place of Dream provings in Homoeopathy and as such, many alterations to Dream proving methodologies were made. Another Dream proving of Bitis arietans arietans should be done but the experimental design should adhere more closely to the protocol for Dream provings.

Further Dream provings (of other remedies), of a comparative nature such as this research, should be carried out. However, changes to the protocol, such as the mode of administration, duration and size of the group should be considered. This will afford researchers the opportunity to obtain more information about Dream provings and the extent to which they reveal a remedy. It would also present an opportunity to perfect a protocol for Dream provings.

Hahnemannian provings of the existing remedies proved by Dream provings should also be carried out. This will serve to indicate the accuracy and completeness of these remedies.

6.1.2 PROVERS

As the aim of these research studies will be to gather relevant information on

Dream provings, it would be advisable to use provers that are thoroughly acquainted with the principles of Homoeopathy. This would result in research studies that yield reliable information and, most importantly, make an important contribution to Homoeopathy.

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APPENDIX A

SUITABILITY FOR INCLUSION INTO THE PROVING

A comparative analysis of the Dream proving and Hahnemannian proving
of an existing Homoeopathic remedy.

ALL INFORMATION WILL BE TREATED AS STRICTLY CONFIDENTIAL.

SURNAME: _____

FIRST NAME: _____

SEX: M / F

TELEPHONE NUMBER: _____

PLEASE CIRCLE THE APPROPRIATE WORD.

- Are you between the ages of 18 and 55 years? YES / NO
- Do you consider yourself to be in a general state of good health? YES / NO
- Are you in need of any medication?
 - Chemical / Allopathic YES / NO
 - Homoeopathic YES / NO
 - Other (e.g. Herbal) YES / NO
- Have you been on the Birth Control Pill or Hormone Replacement Therapy in the last six months? YES / NO
- Are you pregnant or nursing? YES / NO
- Have you had surgery in the last six weeks? YES / NO
- Do you use recreational drugs such as cannabis, LSD? YES / NO
- Do you suffer from hypersensitivity diseases such as:
 - Asthma YES / NO
 - Hayfever YES / NO
 - Allergies YES / NO
 - Food hypersensitivity's YES / NO
- Are you willing to follow the proper procedures for the duration of the proving and to attend a short program to inform you about the proving? YES / NO
- Do you understand that this research does not involve the interpretation of your dreams? YES / NO
- Are you fluent in the English language? YES / NO

Adapted from Craig D. Wright - A homoeopathic drug proving of the venom of *Bitis arietans arietans* (1999) with many thanks.

Researcher's Signature: _____

Date: _____

Supervisor's Signature: _____

Date: _____

APPENDIX B

INSTRUCTIONS TO PROVERS

A comparative analysis of a Dream proving and Hahnemannian proving of an existing remedy.

DEAR PROVER

Welcome to the exciting opportunity to participate in an invaluable experience in Homoeopathy!

The provings that are carried out in Homoeopathy are the only way of identifying new homoeopathic remedies. Dream provings are considered to be a new era in Homoeopathy. The aim of this research is to compare a dream proving with a classically proven remedy and then determine if dream provings cover all the features of a remedy or just some aspects.

Provings may have benefits such as improving your general state of health and it has been noted during previous provings that provers may be cured from ailments that they may have. There is also the fact that those already involved in homoeopathy will stand to learn from this research study and advance homoeopathy. I hope that you will benefit from this proving in many ways.

Provings may also be associated with certain risks. These are linked directly to the powders that will be taken. It has been previously noted that provers under the influence of the remedy may experience symptoms independent of the dreams and may have altered states (feelings, emotions, thoughts, physically). It is however important to note that the prover is free to withdraw at any stage of this proving and is still entitled to free treatment for any symptom that may arise as a result of the proving. It should also be noted that the remedy that will be taken will be in a deconcentrated form and that it is already being used in homoeopathy.

All provers should also be aware of the fact that this research study is a double-blind placebo controlled study. This means that 50% of provers will not be receiving powders that have the remedy in them. Instead they will receive powders that have sugar coated granules (placebo). The researcher does not determine who will receive the actual remedy and who will receive the placebo and as such will treat each prover as though they were receiving the remedy. This will only be revealed at the end of the entire proving or if a prover is unwell and wishes to leave the proving. This is a very important aspect of the proving as the researcher needs to be able to compare results and ascertain if the symptoms are due to the remedy being taken or not.

At this stage I think it fair to remind you that this research will not involve the interpretation of your dreams recorded. There will however be room for discussion once the name of the remedy you are proving is revealed. It will also be possible for you to speak to a qualified practitioner regarding your dreams.

BEFORE THE PROVING

Ensure that you have:

- The correct diary (with your corresponding prover number)
- Read and understand these instructions
- Had a case history and physical exam performed
- Signed the consent form
- Attended the pre-proving training course

The proving supervisor (Annette Pillay) will provide you with the date that you are required to commence the pre-proving observation period and the date that you are required to start the dream proving.

Should there be any problems or any aspect that you do not fully understand, please contact your supervisor on the number that you have been provided with.

A DREAM RECORD

Most dreams are difficult to remember. A good technique to help you remember is to remain in bed in the position that you wake up in. Keep a piece of paper and pen within reach. While lying in bed, try to remember your dreams - these will usually be recalled and you should write them down. Be sure to note as much as possible including images, sensations, feelings and even colours.

BEGINNING THE PROVING

Record your symptoms daily in the diary one week prior to taking the homoeopathically prepared powder. This will help you get into the habit of observing and recording your symptoms. This is also an important step, which will form a baseline for you as an individual prover.

You may commence the dream proving on the date that you are issued with. This will be found on the packet containing the homoeopathic powders.

TAKING THE REMEDY

Begin on the day that is indicated by your supervisor. Take the Homoeopathically prepared powder orally at bedtime.

If symptoms occur: -Do not repeat this process but store the remaining powders out of sunlight (in a cool, dark place) and away from radiation sources (like cellphones or microwaves) or strong smelling substances (like camphor, vicks etc.).
-Record all symptoms

If no symptoms occur: -Repeat the process only after waiting for four (4) nights. If you are unsure, please contact your research supervisor at any stage.

When to repeat: -Repeat the process of taking the powder if after 4 days no new symptoms have occurred or if all symptoms have ceased.

It has been the experience of past research supervisors that the proving symptoms usually begin very subtly, often before the prover recognises that the remedy has begun to act.

For our purposes, even a single dream is considered a proving symptom.

If in doubt, speak to your supervisor.

DURING THE PROVING PERIOD

Avoid all antidoting factors such as camphor, menthol and mints.

Try to remain within your usual framework and maintain your usual habits.

Avoid taking any medication, especially antibiotics, vitamins or mineral supplements, herbal or Homoeopathic remedies.

In the event of a medical or dental emergency, please contact your Homoeopath, doctor or local hospital as necessary.

Please contact your supervisor as soon as possible.

CONFIDENTIALITY

Your privacy is something that I will respect and protect. Only the supervisor will know your identity and all information will be treated with the strictest confidence.

It is important for the quality and credibility of the proving that you discuss your symptoms only with the proving supervisor. **DO NOT DISCUSS SYMPTOMS WITH FELLOW PROVERS.**

RECORDING THE SYMPTOMS

Please remember that detailed observation and concise, legible recordings are crucial to the proving.

When you begin the proving, note down the symptoms that arise, whether they be old or new, and the time of the day or night at which they occurred.

This should be done as vigilantly and as frequently as possible so that the details will be fresh in your memory and that no information will be lost.

Make a note even if nothing happens.

Please start each day on a new page with the date at the top of the each page.

Also note which day of the proving it is. The day that you take the remedy for the first time is day ZERO.

Write neatly and be as precise and accurate as possible. Give a detailed account of your symptoms in your own language. You may keep the diary at home but ensure that the notebook is with you at all times for quick entry.

The following information is particularly important:

- Location: Try to be clear about where the body is effected. Be attentive to which side of the body is effected.
- Sensation: Describe this as carefully and thoroughly as possible what it feels like e.g. burning, shooting, throbbing, dull etc.
- Time: Note the time of onset of the symptoms and when they cease or are altered. Is it generally worse or better at a particular time of day/night and is this unusual for you?
- Modality: Is it better or worse from anything? Like weather, food, smells, dark, light, lying, standing, people around you etc.
- Aetiology: Did anything seem to cause or set off the symptoms and does it do this repeatedly?
- Concomitants: Do any symptoms appear together or always seem to accompany each other or do some symptoms seem to alternate with each other?

Please give full descriptions of **dreams** and in particular note the general feeling or impression the dream left you with. Mental and emotional symptoms are very important and sometimes difficult to describe - please take special care of noting these. On a daily basis you should run through the following checklist to ensure that you have observed and recorded all your symptoms:

- Mind
- Head
- Eyes
- Ears
- Mouth and tongue
- Back
- Respiratory system
- Digestive system
- Skin
- Extremities
- Urinary organs
- Genitalia
- Sex
- Temperature
- Sleep
- Dreams
- Generalities

THANK YOU FOR PARTICIPATING IN THIS PROVING.

Adapted from Jeremy Sherr-- The Dynamics and methodology of Homoeopathic provings and Craig D. Wright - A homoeopathic drug proving of the venom of *Bitis arietans arietans* with many thanks.

Researcher's Signature: _____ Date: _____

Supervisor's Signature: _____ Date: _____

Contact phone numbers are as follows:

Researcher - Home - (031) 4013681

Cellular phone- 083 564 3681

Supervisor - Technikon Natal Homoeopathic Day Clinic - (031) 204 2041

APPENDIX C

INFORMED CONSENT FORM

TITLE OF THE RESEARCH PROJECT:

**A comparative analysis of a Dream proving and a Hahnemannian proving
of an existing Homoeopathic remedy.**

NAME OF THE SUPERVISOR: Dr. C.R. HOPKINS

NAME OF RESEARCH STUDENT: ANNETTE PILLAY

PLEASE CIRCLE THE APPROPRIATE ANSWER:

- Have you read the research information sheet? YES / NO
- Have you had the opportunity to ask questions regarding this proving? YES / NO
- Have you received satisfactory answers to your questions? YES / NO
- Have you had the opportunity to discuss this proving? YES / NO
- Who have you spoken to? _____
- Have you received enough information about this proving? YES / NO
- Do you understand the implications of your involvement in this proving? YES / NO
- Do you understand that you are able to withdraw from this proving:
 - At any time? YES / NO
 - Without having to give a reason for withdrawing? YES / NO
 - Without affecting your future health care? YES / NO
- Do you agree to voluntarily participate in this proving? YES / NO

If you have answered NO to any of the above, please obtain the necessary information before signing.

PROVER: NAME _____ SIGNATURE _____

WITNESS: NAME _____ SIGNATURE _____

RESEARCH STUDENT:

NAME: ANNETTE PILLAY SIGNATURE: _____

Adapted from Craig D. Wright - A homoeopathic drug proving of the venom of
Bitis arietans arietans with many thanks.

APPENDIX D

A comparative analysis of the dream proving and Hahnemannian proving of an existing Homoeopathic remedy.

PROVING CASE HISTORY SHEET

PLEASE CIRCLE THE APPROPRIATE WORD:

PROVER CODE: _____

SURNAME: _____

FIRST NAME: _____

SEX: M / F

DATE OF BIRTH: ____/____/____

AGE: _____

MARITAL STATUS: M / S / W / D

NUMBER OF CHILDREN: _____

OCCUPATION: _____

FAMILY HISTORY:

In your family is there a history of any of the following and if so with whom:

Cancer	_____
Epilepsy	_____
Heart disease	_____
High blood pressure	_____
Mental disease	_____
Anaemia	_____
Tuberculosis	_____

PAST MEDICAL HISTORY:

Medication which you are taking (including vitamins and minerals):

Allergies: _____

Vaccinations:

Have you had all the vaccinations?

YES / NO

Have you had a bad reaction?

YES / NO

If yes, to which? _____

Previous surgical history: Please list any past surgery and the approximate year.

Please list any serious health problems in your past and their approximate dates.

Estimate your daily consumption of:

Alcohol: _____

Cigarettes: _____

Recreational drugs: _____

Detail any recent laboratory tests or specialist consultation:

Physical description:

Hair colour: _____

Eye: _____

Height (m): _____

Weight (kg): _____

Physical examination:

Blood pressure (RHS seated): _____

Pulse rate per minute: _____

Respiratory rate per minute: _____

Temperature: _____

General examination (JACCOL):

J - _____

A - _____

C - _____

C - _____

O - _____

L - _____

Briefly describe your Mental and Emotional state and mood as it is at the present time.

Rate your level of energy on a scale of 1 to 10 (1 = lowest, 10 = highest):

1 2 3 4 5 6 7 8 9 10

MENSTRUAL CYCLE AND PERIOD:

First period at age: _____

Are your periods regular? YES / NO

If no, please specify: _____

Duration of periods: _____ (in days)

Are your periods associated with pain? YES / NO

If yes, specify: _____

Are your periods clotted? YES / NO

If yes, describe: _____

SLEEP:

Quantity: _____ (in hours)

Quality: _____

Position: _____

Patterns: _____

DREAMS:

SEXUALITY:

Libido: increased / normal / decreased

WEATHER AND ENVIRONMENTAL MODALITIES:

TEMPERATURE MODALITIES:

APPETITE:

Cravings: _____

Aversions: _____

Food aggravations: _____

THIRST:

PERSPIRATION:

Distribution: _____

Description: _____

BOWEL HABITS:

STOOL:

URINATION:

URINARY TRACT:

SKIN, HAIR AND NAILS:

MUSCULOSKELETAL SYSTEM:

HEAD:

EYES:

EARS:

NOSE AND SINUSES:

MOUTH, TONGUE, TEETH:

THROAT AND TONSILS:

RESPIRATORY SYSTEM:

CARDIAC AND CIRCULATORY SYSTEM:

GASTROINTESTINAL SYSTEM AND ABDOMEN:

FEMALE GENITALIA AND MAMMAE:

MALE GENITALIA AND PROSTATE:

RECTUM AND ANUS:

EXTREMITIES: UPPER
 LOWER

Adapted from Craig D. Wright - A homoeopathic drug proving of the venom of
Bitis arietans arietans with many thanks.

Name of Researcher: Annette Pillay

Signature: _____

Name of Supervisor: Dr. C.R. Hopkins

Signature: _____

APPENDIX E

INDEMNITY FORM

**A comparative analysis of the Dream proving and Hahnemannian
proving of an existing remedy.**

SURNAME:.....

FIRST NAME:.....

TELEPHONE NUMBER:.....

PERSON TO CONTACT IN CASE OF AN EMERGENCY:

.....
TELEPHONE NUMBER:.....

RELATION:.....

I,being of sound mind, hereby notify
the Homoeopathic Day Clinic, Technikon Natal, that I have been clearly
informed of the consequences of my choice to participate in this Dream
proving (by the research student) which I completely understand , and that I
have taken it upon myself to proceed in this research project.

Patient's Signature:..... Date:.....

Researcher's Signature:..... Date:.....

APPENDIX F

Comparison of number of symptoms in Remedy and Placebo Groups

MATERIA MEDICA SECTION	NUMBER OF SYPTOMS IN	
	Remedy Group	Placebo Group
Mind	74	18
Vertigo	1	-
Head Pain	21	4
Eye	11	-
Nose	23	-
Face	5	-
Mouth	6	-
Throat	6	3
External Throat	3	-
Stomach	15	1
Abdomen	9	-
Rectum	6	1
Stool	3	-
Urine	1	-
Female genitalia / sex	15	2
Chest	12	-
Back and Neck	14	1
Extremities	1	-
Sleep	18	2
Dreams	62	28
Generals	16	3
Total number of symptoms	322	63