



**A HOMEOPATHIC DRUG PROVING OF *ANTHROPOIDES*
PARADISEUS 30CH WITH A SUBSEQUENT COMPARISON
TO SELECTED AVIAN REMEDIES.**

BY

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**Mini-dissertation submitted in partial compliance with the requirements of the
Master's Degree in Technology: Homoeopathy**

In the Faculty of Health Sciences

Durban University of Technology

Durban

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DECLARATION

This is to certify that the work is entirely my own and not of any other person, unless explicitly acknowledged (including citation of published and unpublished sources). The work has not previously been submitted in any form to the Durban University of Technology or to any other institution for assessment or for any other purpose.

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DEDICATION:

I am dedicating this dissertation to my parents and brother for their
patience and unconditional support.

ACKNOWLEDGEMENTS

I would first like to thank my research supervisor Dr. Madhueshwaree Maharaj. Your door was always open to me whenever I ran into a trouble or had questions about my research and writing. You consistently allowed this dissertation to be my own work, but steered me in the right direction whenever you thought I needed it. Thank you for your valuable and keen encouragement over the years.

To Melissa Godfrey, my research partner and friend, I'd like to thank you for the support and help through all these years of studying and for your motivation throughout the research process. I'd also like to thank you for your unfailing encouragement and partnership throughout this process. Here's to wishing you all the success for the future.

Dr. Shraddha Brijnath, I would like to thank you for your assistance throughout my final years at DUT. Without you, I would have lost my mind. Your inspiration and endless enthusiasm for me to finish this course will always be remembered.

I would also like to express my deepest gratitude to my parents and to my brother for providing me with their unfailing support and ceaseless encouragement during these years of study and through the research and dissertation writing process. This achievement would not have been conceivable without you.

I am honored to have had the support and co-operation of my friends whilst writing this dissertation, and would like to express my deepest appreciation and gratitude to you.

To all the provers of *Antropoides paradeseus*, thank you for your dedicated sacrifice! Without your time and participation this proving would not have been possible.

ABSTRACT

Aim:

The aim of this qualitative study was to determine the homeopathic symptomatology that would arise from a homeopathic drug proving of *Anthropoides paradiseus* 30CH after it was administered to healthy individuals and to compare the homeopathic symptomatology with selected avian remedies. These avian remedies were *Corvus Corax*, *Acridotheres tristis*, *Peregrine eagle* and *Geococcyx californianus*.

Objectives:

Objective 1:

The first objective was to determine the proving symptomatology of *Anthropoides paradiseus* 30CH. This was done as a randomized, double blind placebo controlled homeopathic drug proving in the 30th Hahnemannian potency in 30 healthy volunteers of which 6 were on placebo.

Objective 2:

To perform a comparative analysis with selected existing remedies, namely *Corvus Corax* (Raven), *Acridotheres tristis* (India myna), *Peregrine eagle* (Peregrine eagle) and *Geococcyx californianus* (Roadrunner) all in the avian group.

Methodology:

The homeopathic drug proving of *Anthropoides paradiseus* 30CH, was conducted as a double-blind placebo controlled randomized trial with thirty volunteers between the ages of 18 and 75 years old. Provers had a full homeopathic case history and physical exam performed and thereafter they received their symptom recording journals and the test

drug or placebo. Twenty-four of the volunteers received the verum powders whilst the remaining six were administered a placebo (ratio of 4:1). The double-blind design was employed; neither the supervisor, researcher nor the provers themselves knew who received the verum or placebo.

The provers recorded their symptoms over a 5 week period. Provers began journaling one week before taking the active drug substance or placebo in order to establish their symptom baseline, and continued recording their symptoms for four weeks after having started the active drug or placebo regime. After the 5 weeks of recording their symptoms, the provers attended a follow-up consultation.

After all the journals were collected from the provers, the extraction and collation of the data was conducted, and thereafter the data was presented in Materia Medica and repertory formats.

The Results:

The homoeopathic drug proving of *Anthropoides paradiseus* produced a variety of symptoms. The main symptoms belonged to both the mental/emotional and the physical sphere. The symptoms of the mental sphere of this remedy included anxiety, disorientation, mood swings and irritability. The characteristic physical symptoms includes polyuria, polyphagia, polydipsia, headaches, muscle pain and spasms, post-nasal drip, hay-fever, and bloating. Other possible uses might be for the treatment of chest pain, nausea and abdominal cramping.

The comparative analysis of the selected avian remedies, namely *Falco peregrinus*, *Corvus corax*, *Geococcyx californianus* and *Acridotheres tristis*, and *Anthropoides paradiseus* revealed common mental emotional themes of detachment, a drugged or floating sensation and on the physical sphere the group analysis revealed the following common symptoms: numbness, obstruction, dryness and appetite fluctuations.

The Conclusion:

It was discovered that *Anthropoides paradiseus* 30CH produced symptoms that can be used in the treatment of attention deficit disorder, mood swings, anxiety, pre-diabetes, hay fever, sinusitis, muscle pain and spasms, gastroenteritis and headaches. It was also determined that the remedy, according to the correlating themes, belonged to the AIDS miasm.

The conclusion of the group comparison generated the following themes and symptoms: detachment, drugged sensation, restriction, neurological symptoms, obstruction, dryness and appetite fluctuations.

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DEFINITION OF TERMS

Indigenous:

Native to a specific area. An organism or species that occurs naturally in an environment or region (Cambridge University Press 1987:194).

Law of Similars:

A key principle in homeopathy which is also known as the “like should cure likes” principle. The law proposes that substances that can produce symptoms in a healthy organism can also be used to cure the same symptoms in a diseased organism (Vithoulkas 1980: 92).

Materia Medica:

A homoeopathic reference listing remedies and their therapeutic action (Yasgur 1997: 234). The repertoire of homoeopathic medicines of the pathology, the signs and symptoms and their modifying factors (Swayne 2000:132).

Miasm:

The trait within a society, family or individual, that makes them vulnerable to a particular pattern of disease or an inherited or acquired disposition to be ill in a certain way (Swayne 2000:137).

Placebo:

The inactive agent used for comparison with the active experimental drug substance or method to be tested in a controlled trial, and is indistinguishable from it (Swayne 2000:162)

Prover:

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

Proving:

The method of determining the medicinal properties of a substance. This method involves the administration of substances either in crude form or in potency to healthy human subjects in order to observe and record symptoms (Yasgur 1997:201).

Rubric:

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

Succussion:

The action of vigorously shaking up a liquid dilution of a homoeopathic medicine in its phial or bottle, where each stroke ends with a jolt, usually by pounding the hand engaged in the shaking action against the other palm (Gaier 1991:532).

Trituration:

The first stages in the preparation and potentisation of homoeopathic medicines from solid and insoluble source material, by grinding it together with lactose (milk sugar) as diluents (Swayne 2000:218).

Verum:

True, real, or genuine (Yasgur 1997:275). In the context of a homoeopathic proving it refers specifically to the medically active substance administered to provers as opposed to the medically inert placebo (Moore 2007).

Chapter 1

Overview:

1.1 Introduction:

Homoeopathy is based on the fundamental principal of “like cures like” which states that a substance which causes a specific symptom picture when administered in highly diluted doses to a healthy individual can be utilized to cure the same pathogenic symptoms present in a diseased individual. Homoeopathic remedies are administered to the individual in a highly diluted form so as to remove the symptoms of disease without harming the patient (O’Reilly 1996:5).

The process by which new homoeopathic drugs are discovered is referred to as homoeopathic drug provings. Provings are the process by which the medicinal properties of a substance are determined, and are performed by administering the test substance to healthy volunteers to elicit its effects (Swayne 2000: 174). The European Institute for Homoeopathy (2002:6) defines a proving as: “A systematic observation and recording of symptoms which are produced by the defined administration of a homoeopathic drug or drug-like effective substance, not yet homoeopathically proved, to healthy persons”. Swayne (1998) states that a homoeopathic proving investigates the effects of the homeopathically prepared substance by administering it to healthy volunteers in repeated dosages until an effect is noticed. The substance is given in a suitable dose and frequency to a group of people who are of varying ages, genders and constitutions. According to Swayne, the effect of the test substance on the provers is used to identify the pathogenic properties of the substance. The pathogenic properties elicited are used to form the homeopathic repertoire which is the pattern of disorders that the substance may be used to treat in homeopathy (Swayne 1998:170). The Materia Medica is a compilation of the information extracted from thousands of provings which have been conducted since the inception of Homoeopathy.

Homoeopathy has a wide variety of remedies which have been derived from thousands of different substances. Remedies are sourced from the plant, mineral, and animal kingdoms and are made from a wide variety of substances, some being normal everyday articles and others being quite unexpected and exotic. In the 1990's, it was highlighted that, of the animal kingdom remedies, there was a disproportionate representation of the animal classes that had been proved. Shore and his colleagues noticed that the avian species was one of those that had been underrepresented. Great attention has since been placed on bird remedies. In 2004 when Shore published his book "Birds" there were 16 bird remedies that had been proved (Shore 2004:5), however, currently there are over 160 (Wichmann 2011:13). Shore hypothesized that birds, as a group of remedies, is distinct from other remedies in other groups, particularly in their set of symptoms and manner. Shore claimed that avian remedies are distinct from other groups in that they are particularly well suited to treatment aimed at the level of the mind and spirit (Shore 2004:33).

Bird remedies have proven to be rather useful clinically. The proving of *Haliaeetus leucocephalus* (Bald Eagle) showed that the substance may be useful in joint and shoulder conditions such as arthritis, as well as exhaustion (Spectrum of Homoeopathy 2011). *Ara Macaw* (Scarlet Macaw) is considered in cases of peripheral neuropathy and was used in a case of heart complaints accompanied with psoriasis (Spectrum of Homoeopathy 2011:58). *Passer domesticus* (Sparrow) demonstrated by means of a proving done by Misha Norland and Peter Fraser that it could be useful in the treatment of back and neck pain (Fraser 2009:197). In a case of allergies with significant nasal congestion, *Cathartes aura* (Turkey Vulture) was prescribed and resulted in a successful cure (Spectrum of Homoeopathy 2011). Bird remedies have an important place in the Materia Medica and have been proven to be useful. However, there is no research done pertaining to the Blue Crane in homoeopathy.

1.2 Research Problem:

A homeopathic proving of *Anthropoides paradiseus* 30CH has not yet been conducted and is essential as it is the national bird of South Africa. We do not know what healing potential this remedy may have. Also more, a comparative study will be conducted to gain knowledge as to how this remedy is either different or similar to remedies in the avian class.

1.3 Aim:

The aim of this qualitative study was to determine the homeopathic symptomatology that would arise from a homeopathic drug proving of *Anthropoides paradiseus* 30CH after it had been administered to healthy individuals and to compare the homeopathic symptomatology with selected avian remedies. These remedies were *Corvus Corax*, *Acridotheres tristis*, *Falco peregrinus* and *Geococcyx californianus*.

1.4 Objectives:

The objectives of the study:

1.4.1 Objective 1:

To determine the proving symptomatology of *Anthropoides paradiseus* 30CH. This was done by means of a randomized, double-blind placebo controlled homeopathic drug proving in the 30th Hahnemannian potency in 30 healthy volunteers of which 6 were on placebo.

1.4.2 Objective 2:

To perform a comparative analysis with selected existing remedies, namely *Corvus Corax* (Raven), *Acridotheres tristis* (India myna), *Falco peregrinus* (Peregrine falcon) and *Geococcyx californianus* (Greater roadrunner) all in the avian group.

1.5 The Hypothesis:

The hypothesis was that *Anthropoides paradiseus* 30CH would produce clear signs and symptoms in healthy volunteers within a 5 week period.

1.6 The Limitations of the Study:

This study did not:

- attempt to explain the mechanism of action of the homoeopathic drug (*Anthropoides paradiseus* 30CH) in its production of symptoms in the healthy individuals.
- determine the effects of the substance being proven in any other potency other than the thirtieth centesimal potency as mentioned in the research title.
- attempt to perform multicentre trials of the drug.

1.7 The Assumptions:

- It is assumed that the correct method of preparation (including trituration and potentization) of the remedy (*Anthropoides paradiseus*) was employed.
- The participants did not deviate from their normal lifestyle significantly immediately preceding or for the period of the proving.
- It was assumed that the provers complied with all the instructions as stated in the in the letter of information (appendix A) for the duration of the proving.
- The participants took the remedy in the dosage, frequency and manner required as stated in the proving protocol.

Chapter 2

Review of the Related Literature

2.1 Provings:

2.1.1 Introduction:

A homoeopathic proving is the methodical procedure by which the therapeutic properties of a substance are determined with the intention of finding a cure for regular sicknesses. This technique includes the administration of substances either in crude form or in potency to healthy individuals with the specific end goal of watching and recording the side effects (Yasgur 1997:201). The energy of substances are experienced by the individuals during the proving (Shore 2004). This is the procedure of researching the pathogenic energy of the selected homoeopathic remedy in healthy people of various ages, races and sexes. The motivation behind provings is for the expansion of the Materia Medica. It will be fundamental for new remedies to be discovered and to be added to the materia medica (Datta 2011).

2.1.2 Historical Perspectives:

Hahnemann was the first to experiment with homeopathic drug provings. By means of provings, Hahnemann put into practice the Law of Similars which supports the homeopathic claim that the symptoms induced in a proving are the symptoms that the substance will be used to treat in diseased individuals. Other early philosophers like Hippocrates, Paracelsus and Stahl have additionally made explanations of the Law of Similars, however none of these explanations offered experimental confirmation (Datta 2011).

One has to venture back and understand it from a different perspective. Samuel Hahnemann would not have possessed the capacity to manufacture the structure of homeopathy in light of the herbal properties of a substance, for example, chamomile that was not yet so broadly utilized. His first considerations of what is presently called

homoeopathy today, was associated with a plant, not in an indistinguishable harmful class as arsenic, but had side effects if ingested. Hahnemann was intrigued by a treatise that he was deciphering for a Glaswegian specialist on an herbal medication called Cinchona. Cinchona was produced using the tree bark of a local tree from Peru. The nation was making a benefit from selling this medication as a cure for malarial fever. In those days the paper portrayed that the impacts of the medication and the manifestation picture of malaria were firmly related (Griffith 2005:45).

Hahnemann was fascinated that the Cinchona bark had a bad reputation for curing Malaria. By saying that he didn't completely comprehend why the cure ought to likewise deliver the side effects. Hahnemann at that point willingly volunteered to discover why this is. Inquisitively he took a dose of the Cinchona bark which he would then write down the effects. Instantly he began to produce side effects characteristically to Cinchona, for example, sweating, shuddering, expanded thirst, fever and weakness (Griffith 2005:45).

Being the genuine researcher, Samuel Hahnemann expected of reproducing the symptoms. He made use of friends, family and colleagues for his experiment by giving them a similar dose of the Cinchona bark so that he could observe the outcome. As suspected, they developed symptoms similar to what he experienced and what is been written on the bark (Griffith 2005:45).

His experimentation with Cinchona bark led to the preliminary formulation of the homoeopathic Law of Similars, and marked the start of the systematic performance of homoeopathic drug provings (Riley 1996:4). He proceeded with his drug experiments and in the period from 1790 to 1796 he had done very nearly fifty medication tests or "provings". One of these drugs was deadly nightshade, which was associated with red fever, and another was mercury which was associated with syphilis. In Hahnemann's publication, "An Essay on a New Principle for Ascertaining the Curative powers of Drugs", he suggested a new way of ascertaining the specific

powers of a drug (Datta 2011). This was where he declared the fundamental principle of homoeopathy being the 'Law of Similars' (Cook 1989:8).

2.1.3 Modern Developments:

In most learned homoeopathic literature, provings are seen as fundamental to the philosophy and practice of homoeopathy. In saying that, Wieland (1997:229) stated that although Hahnemann's provings yielded many viable symptoms, the method in which these provings were carried out would not be considered reliable by today's standards. Wieland (1997:229) cites the legal requirements for Good Clinical Practice which need to be adhered to. This poses somewhat of a controversy as to whether Homoeopathic provings can be seen as true clinical trials.

Riley (1996:4) stated that data from the Materia Medica can, at times, be inaccurate with regard to the source and preparation methods of the specific substance that is being proven. It was also noted that more than 2000 remedies that are listed in the materia medica have been inadequately tested. This has obviously resulted in partial provings or toxicological reports (Sherr 1994:9).

Sherr was the first to redevelop the science and art of provings in his book '*The Dynamics and Methodology of Homoeopathic Provings*'. This has become the most popular textbook on provings and underpins most worldwide proving guidelines (Official Homeopathy Resource 2017). Sherr has set a template for practical correctness in the way provings are conducted today (Shore 2004:168).

The European Institute for Homoeopathy (2002:6) stated that a homeopathic proving must include a systematic observation and a recording of symptoms. The symptoms that are produced must have been produced by the administration of the potential homoeopathic substance that has to be proved in a homoeopathic manner and that

the potential homoeopathic medicine is to be administered to healthy individual provers only.

In 2014, Dr. Jean Pierre Jansen and Dr. Ashley Ross formulated and presented the new proving guidelines, which were well accepted and were approved by the Liga Medicorum Homoeopathica Internationalis and the European Committee for Homoeopathy (Jansen and Ross 2014). The methodology employed in this study is as per these new LMHI and DUT guidelines.

2.1.3.1 Prover Population:

The proving population plays a very big role in a provings' validity. In recent years various practitioners have expressed their opinions regarding the size of the proving population. De Schepper (2001:34) recommends that at least 50 provers should be used to get a complete remedy picture. Vithoulkas (1980:152) prefers to have 50 – 100 provers. Sherr (1994:45) argued that a proving consisting of more than 100 provers is too big as it will not give a clear remedy picture. He claimed that too many common symptoms would be generated which will result in an over representation in the repertory. He further explained that 15 to 20 provers is an optimal amount for a valid proving to get a remedy picture. According to the International Council of Classical Homoeopathy and the Liga Medicorum Homoeopathica Internationalis, 10 to 20 provers is the ideal size for a proving (ICCH 1999:34) (Jansen and Ross 2014).

2.1.3.2 Placebo:

Homeopathic placebo controlled drug provings are a way to prevent bias in the medical research field (Kaptchuk 1997). Some members of the profession, however, disagree with the use of placebo in provings.

Within the homoeopathic proving of over 100 years since the inception of provings, there was no placebo control in place. The debate is that the early provings were not placebo controlled which would make them not credible. As a result all the early

proving used today will have to be repeated (Walach 1994: 130). Sherr (1994: 570) states that implementing the placebo group would be a misuse of good provers.

For the sake of standardization, the placebo control should be incorporated in the proving design (Naude 2010). Proving symptoms can be authenticated once the symptoms are compared to those arising in the placebo group (ICCH 1999: 34). The LMHI states that if the placebo is used, they should look identical to the verum (Jansen and Ross 2014).

2.1.3.3 Blinding:

The experimental method employed in this research was the double-blind placebo-controlled proving method. The provers, researchers and supervisors were blinded in the study with the randomization being conducted by an externally appointed person. According to Sherr (1994) this helps eliminate bias and improves the accuracy in the results. In this proving the provers were not aware of whether they were taking the placebo or the verum, and the identity of the verum as well as its potency were kept secret. To ensure that equal attention was given to all the provers and their symptoms, the researcher was also blinded (Sherr 1994:36).

According to the LMHI guidelines, there are different levels of blinding that have to be maintained. Blinding of the provers' names is recommended until the proving is completed (Jansen and Ross 2014).

2.1.3.4 Potency Selection:

The remedy potency selection argument dates back to Hahnemann's time. Some believed in the use of potentized remedies and others believed that based on the Similia, crude substances should be prescribed. Among those who believed in the use of potentized remedies, most were not in favor of the use of very high potencies. Since then, the use of crude substances has decreased and the use of higher potencies has become more popular (Bhatia 2017).

Various potencies are used today:

- The Centesimal Scale developed by Samuel Hahnemann.
- The Decimal Scale developed by Hering.
- The 50 Millesimal or LM Scale (Quinquagintamillesimal or Q potencies) developed by Samuel Hahnemann later in his life.

Potencies are classified into low (Q to 12CH), medium (12CH to 200CH) and high (200CH upwards) dilution. Samuel Hahnemann states in Aphorism 128 that the substance should be administered in the 30th centesimal potency. In aphorism 130 he also speaks of a very moderate dose that is sufficient for the proving (Hahnemann 1996). Hahnemann himself was not very consistent in the potencies he prescribed in his provings. Early provings were done by using crude substances and it was only later in his career that he discovered that the dilution and potentization increased the medicinal efficacy.

Sherr (1994:56) states in his book "The Dynamics and Methodologies of Homoeopathic Provings" that provings can be done in any potency. Performing provings at different potencies allows the experimenter to explore the effects of each potency.

At the Durban University of Technology, the potency that is most commonly employed for provings is the 30th Hahnemannian potency. “A homoeopathic drug proving of *Withania somnifera*” by Laidlaw (2016), and “A homoeopathic drug proving of *Acridotheres tristis*” by Hoosen (2010) are two such examples.

The LMHI states that potencies from 12CH upwards are to be used, with potencies between 12CH and 30CH being ideal as these are considered safe (Jansen and Ross 2014).

2.1.3.5 Posology:

As suggested by Sher (1994:53) a maximum of six doses over two days, 1 dose administered sublingually 3 times a day, is sufficient. He further explains that about 80% of all provers during a proving will develop symptoms before completing all six doses.

Samuel Hahnemann says in Aphorism 129 (Hahnemann 1996) that if the effects from the 30th potency are not effective sufficient, more globules can be taken daily until the symptoms become stronger and more noticeable. He further explains in aphorism 130 (Hahnemann 1996), that if the first dose is strong to produce symptoms, it is an advantage as the patient is responding well to the remedy.

The Homoeopathic Pharmacopoeia Convention of the United States (HPCUS 2013) recommends that no more than 3 doses should be given a day. It is also recommended that there be no further dosing once the proving symptoms appear and that the dosing should not be resumed once the symptoms have appeared, according to the Liga Medicorum Homoeopathica Internationalis (LMHI) and European Committee for Homoeopathy (ECH) guidelines (Jansen and Ross 2014).

2.2 Provings at Durban University of Technology:

2.2.1 Indigenous Substances:

The Durban University of Technology (DUT) has started to conduct many provings of indigenous substances since Wright proposed to create a South African materia medica (Ross, 2009: 58). Table 1 gives a list of the indigenous substances that have been proved at DUT.

Table 1: Provings Conducted at the Durban University of Technology

Remedy Name	Common Name	Year
<i>Bitis arietans arietans</i>	African Puff Adder	1999
<i>Sceletium tortuosum</i>	Kougoed	1999
<i>Pycnoporou sanguineus</i>	Tropical Cinnabar Bracket	2002
<i>Bitis gabonica gabonica</i>	Gaboon Viper	2004
<i>Naja mossambica</i>	Mozambique Spitting Cobra	2004
<i>Harpagophytum procumbens</i>	Devil's Claw	2004
<i>Sutherlandia frutescens</i>	Cancer bush	2004
<i>Chamaeleo dilepis dilepis</i>	Flap-necked Chameleon	2006
<i>Erythrina lysistemon</i>	African Coral Tree	2007
<i>Pseucedanum galbanum</i>	Blister Bush	2007
<i>Gymnura natalensis</i>	Bacjwater butterfly ray	2008
<i>Hemochatus jaemochatus</i>	Rinkhals	2008
<i>Loxodonta Africana</i>	African Elephant – Ivory	2008
<i>Acridotheres tristis</i>	Indian Mynah	2010
<i>Protea cynaroides</i>	King Protea	2010

<i>Dendroaspis angusticeps</i>	Green Mamba	2010
<i>Strychnos henningsii</i>	Red Bitter Berry	2011
<i>Bitis Atropos</i>	Berg Adder	2011
<i>Maleus domestica</i>	Apple	2015
<i>Withania somnifera</i>	Ashwangandha	2015
<i>Acacia xanthophloea</i>	Fever tree	2016
<i>Hoodi gordonii</i>	Hoodia	2016
<i>Cardiathinus leucas</i>	Zambezi Shark	2017

Adapted from Laidlaw (2016)

2.2.2 Proving Methodologies:

The Durban University of Technology (DUT) has been standardizing all proving methodologies. This includes the standardization of the proving experimental group size, the placebo group size, the number of researchers per proving and the pre- and post-proving meetings. DUT also follows the LMHI and ECH homoeopathic guidelines set out by Dr. Ashley Ross and Dr. Jean Pierre Jansen (Jansen and Ross 2014).

Ross (2011:59-62) analyzed the common methodologies practiced at DUT.

The following set of tables show the contrast in the methodologies commonly used and was employed in the study. The tables were information adapted from Ross (2011):

Table 2: Prover population

Common Methodology Employed at DUT	<i>Anthropoides paradiseus 30CH</i>
The proving must be conducted on healthy subjects between the ages of 18 and 60 years.	The proving was conducted on healthy individuals between the ages of 18 years old and 75 years old.
Although recruitment of provers is conducted on a purely voluntary basis, cognizance is taken of the need for balanced distribution of male/female ratios, and a reasonable spread of provers across the age range.	No variance from the common methodology was employed.
There should be 15 – 20 verum provers	There were 24 provers on the verum.

Table 3: Placebo

Common Methodology Employed at DUT	<i>Anthropoides paradiseus 30CH</i>
The verum/placebo distribution ratio is 4:1 (80% verum / 20% placebo), according to the independent random allocation.	The proving had a ratio of 4:1. There was 80% verum provers and 20% provers on placebo.

Table 4: Blinding

Common Methodology Employed at DUT	<i>Anthropoides paradiseus 30CH</i>
The allocation of provers to either group is made by an independent clinician,	The allocation of each prover was done by Dr I. Couchman electronically into a

who numbers respective placebo/verum packets according to a random schema, which will be stored by a third party until un-blinding. The record of the schema is stored by this third party until all data has been collected and un-blinding is required for differentiation of respective sets of data.	randomized table format. The prover verum/placebo table was kept with Dr S. Brijnath, who also dispensed the powders respectively. Both Dr I. Couchman and Dr S. Brijnath had been appointed by the Departmental Research committee (DRC).
Provers will be aware of the presence and likelihood of receiving placebo, but details of specific allocation will be known only to the independent clinician until all data has been collected.	All provers were made aware that they will either receive the verum powders or the placebo provers.
Once all provers have completed their respective provings (and handed in their journals), the randomisation is un-blinded and all verum provers meet with the researcher for a group discussion of symptomatology experienced.	Once all provers had completed their respective provings (and handed in their journals), the randomization was un-blinded and the verum provers were made aware of the proving substance.

Table 5: Potency

Common Methodology Employed at DUT	<i>Anthropoides paradiseus 30CH</i>
The 30th Hahnemannian potency (30CH) is utilized for the proving.	The proving substance was diluted and prescribed in the 30 th Hahnemannian potency.

Table 6: Posology

Common Methodology Employed at DUT	<i>Anthropoides paradiseus 30CH</i>
Six or nine doses of the verum/placebo are given to each prover.	Six powders were prescribed to each verum or placebo prover.

2.3 Comparative Materia Medica:

2.3.1 Group Analysis:

For homoeopaths to make sense of the continuous expansion of the materia medica, the need for the classification and categorization of remedies has become increasingly important (Somaru 2008: 14). Both a comprehensive knowledge of the materia medica and a system was required to help practitioners study and then prescribe remedies more accurately for each individual patient (Sankaran 1994: 313).

In more recent times, there has been a trend towards the grouping of related remedies that share common characteristics into “remedy families” (Naidoo 2008: 12). Group analysis, a method used to compare remedies, assists homoeopaths to better establish the similarities and differences between remedies that seem similar (Scholten 1993: 23).

The movement toward the use of group analysis started when experienced homoeopaths frequently arrived at distinctive and different remedies for similar cases. In order to address this issue, Sankaran formulated a “map of systems” to help homeopaths navigate the materia medica efficiently. He applied group analysis and classified remedies according to the miasm they are used to treat as well as the biological kingdoms they are derived from (Sankaran 2002). According to Sankaran (2002) predominant sensations experienced by patients may indicate the use of a

particular family of remedies. The way a patient reacts to situations or stimuli may also be indicative of the family of remedies that is applicable in such a case. An example of this is patients needing remedies from the Loganiaceae family all have similar sensations of being “stunned or shocked”. When this sensation is seen throughout the case, the particular remedy in that family can be distinguished (Sankaran 2002).

As indicated by Sankaran (2004), the essence of the case is the sensation, which he termed the vital sensation. The vital sensation can be explained as the sensation that is seen and felt throughout the whole case. It is the core unsettling influence of the patient. Sankaran defines the disease state in terms of the patient’s miasm and the kingdom the patient’s symptom picture most resembles. So it is the vital sensation together with mode of reaction that determines the remedy that finally selected. Therefore good remedy selection can be accomplished if these two elements are effectively extracted from the case.

In the end the homoeopath has two ways of acquiring the remedy. The traditional method requires the practitioner to repertorise selected symptoms, which will indicate the use of a certain remedy or small number of remedies in the materia medica. Group analysis on the other hand, is a systemic approach, which lets the homeopath find a remedy through a series of thematic categorizations until they finally find the best suited remedy (Sankaran 1994: 313). The differences between the two becomes prominent while taking the case.

2.4 *Anthropoides paradiseus*:



Illustration 1: *Antropoides paradiseus* from the Springfield Bird Sanctuary.

The proving substance was the feather of *Anthropoides paradiseus* (Blue Crane). The feature is the most distinctive feature that differentiates the birds from all other animal groups (Shore 2004).

The Blue Crane is the National bird of South Africa. The bird is familiar to people as it can be found on South Africa's coins and stamps. They are found in almost all zoos around the country. The feathers of the Blue Crane, or "*indwe*" as it is known amongst the amaXhosa tribes, gets used in the tribal rituals and is given to men to distinguish them for their deeds of valour (Jobe 2015).

The number of Blue Cranes have decreased over the past few years. There are about 25 000 left in the world. This is due to urbanization and other factors such as poisoning and power-lines. The Blue Crane has been added to The International Union for Conservation of Nature's (IUCN) Red List as vulnerable, even though the population seems to be stable (Jobe 2015).

2.4.1 Classification Structure:

Common Names: Blue Crane, Paradise Crane, Stanley Crane (English), Bloukraanvoël (Afrikaans), Indwe (Xhosa & Zulu), Mogolodi (Sepedi).

Kingdom: Animalia

Phylum: Chordata

Class: Aves

Order: Gruiformes

Family: Gruidae

Genus: Anthropoides

Species: A. paradiseus

(Lichtenstein 1793)

2.4.2 Distribution:

The blue crane is almost endemic to South-Africa. There are also small breeding spots in northern Namibia and western Swaziland. They are also occasionally seen in Lesotho. The population has increased in the south of the country as well as in the Western Cape and KwaZulu-Natal, as the species has moved into the agricultural areas. Large flocks are found in the Overberg region of the Western Cape, Western Kwa-Zulu Natal, the Eastern Cape and some parts of southern Mpumalanga (Jobe 2015).

2.4.3 Field Recognition:

Height: 110 – 120 cm

Weight: 4.5 – 5.1 kg

Wingspan: 180 – 210 cm

The body is covered in blue-grey coloured feathers. The feathers appear lighter on the head and darker on the tertial plumes. At a distance they look greyish, with long tails (tertials). They have a large pale blue head, with a proportionately thin neck. They are distinguishable from the grey-coloured herons by their long tertial plumes and by the distinctive shape of their bills. Blue Cranes communicate by making noisy calls. The noises can be described as guttural bugle-like notes (Jobe 2015).

2.4.4 Feeding:

Blue cranes mostly inhabit grasslands and wetlands. The Blue Crane's diet is mostly plant-based. These plant-based foods consist of small bulbs, seeds and sedges, roots. Other foods includes insects, crops such as wheat, oats, sorghum, and sunflowers. It is also documented that they feed on worms, crabs, fish, frogs and other small reptiles (Jobe 2015).

2.4.5 Breeding Biology:

The Blue Cranes breeding season stretches from October to February. They typically nest on bare or rocky ground on grassy ridges, grasslands and even sometimes wet areas. The nest can be lined or ringed with plant materials from the surrounding area and small stones. A clutch of two to four eggs is laid and generally about 2 to 3 days apart. The incubation period is approximately 30 days, with both sexes sharing the incubation responsibilities (Jobe 2015).

2.5 Other Birds Used In Comparative Materia Medica:

2.5.1 *Falco Peregrinus*; Peregrine Falcon



Illustration 2: Nationalgeographic, 2017. The Peregrine Falcon

2.5.1.1 Information:

Common Name: Peregrine Falcon

Scientific Name: *Falco peregrinus*

Other Name: Duck Hawk

Order: Falconiformes

Family: Falconidae

Average Life Span: up to 17 years

(allaboutbirds 2017)

2.5.1.2 Distribution:

The Peregrine falcon can be found in open landscapes. It is more commonly found in North America but can be found across the world except Antarctica. The falcon can be found on high cliffs near the coast or in deserts. They have been found to also nest on high skyscrapers, water towers and other high structures. (National geographic 2017)

2.5.1.3 Field Recognition:

Length: 36 – 49 cm

Wingspan: 100 – 110 cm

Weight: 530 – 1600 g

The Peregrine falcon adults are a blue-gray color above and their undersides are barred. The head is dark with thick sideburns. The juvenile peregrine falcon is heavily marked with vertical streaks on the chest, while the adults have the horizontal bars. Their wings have long primary feathers that give this falcon the long-winged shape. As seen in most raptors, the females are bigger than the males. The Peregrine falcon is the largest falcon in North America. (allaboutbirds 2017)

2.5.1.4 Feeding:

Peregrine falcons prey on a variety of other birds. They have been observed killing birds as large as cranes and as small as hummingbirds. These birds are excellent hunters and hunt from above. They prey on birds mid-flight. They are able to bring their prey into sight from as far as 3000 feet away. They often attack by aerial drop, during which they close their wings and freefall reaching speeds of up to 390km/h. After catching its prey they kill it by biting through the neck. (allaboutbirds 2017)

2.5.1.5 Homoeopathic Proving of *Falco peregrinus*:

In 1997 Misha Norland conducted a proving on *Falco peregrinus*. (Fraser 2009)
Some of the key concepts identified by Norland include the following:

- Freedom and restriction
- Relationships
- Control and perfectionism
- Vision
- Floating and flying
- Rhythmic

Freedom and Restriction:

Freedom and restriction is a big part of the remedy. In freedom there is a constant struggle. There is a constant desire for freedom, and they want to be free. These patients face a constant need to go out, be free of particular stresses and worries. They have the tendency to use words such as “penned in”, “caged” and “imprisoned”. When thinking of the restriction, it is not the nature of what is causing the restriction, but it is the fact they can not do what they would like to. Anything that stops them from being free is considered as a restriction. They are very susceptible to the feeling of restriction, which can range from the slightest difficulty or upset to severe abuse.

The Peregrine falcon can have two ways that the restriction can manifest. It is either a hot or cold reaction. When thinking about the hot reaction one can almost think of a hot head. There is a lot of anger and physical reactions. Here we get the strength and wildness from the person. These people often, when feeling a sense of restriction, of being trapped or of being threatened in any way, tend to want to run away, escape into the wild, or go back to the origin. The wild is the Peregrine falcon’s natural habitat. It is not necessarily a safe environment, but here they get to be free. Violence is one of the ways they gain the freedom they desire. When they feel trapped they will get physically violent. Biting, scratching, screaming is what they will

do. The Peregrine falcon in the wild will bite the prey in the neck to kill them while holding them tight with their claws. So a definite aggressiveness and agitation is seen here.

In the cold reaction, we see the Peregrine patient being more distant and more internal. This is the suppression side. The anger they have turns into resentment and a cold-distant feeling. A sense that there is a separation. In the original proving a patient describes herself as the ice queen. They are completely cut off from their own feelings and emotions as well as those of others. They end up with no desires, they have no feelings and they do not feel like connecting with anyone. This coldness eventually leads to loneliness and isolation. This can almost be compared to *Anacardium occidentale*, but without the associated cruelty.

There is also a physical restriction. There are complaints of a constriction or a tight band that is around them. This is expressed as a cramping pain. In other birds, the pain is described as a sharp and stabbing pain.

They feel restricted by things that keep all birds in general strapped to earth. This is food, family, relationships and even reproduction. (Fraser 2009)

Relationships:

Relationships play a big role in their lives. Relationships cause a feeling of restriction. Being in a relationship brings the feeling of restriction or imprisonment. This brings a sense that their lives are not fully in their own control. With family and children, there is a feeling of restriction but it is not as much as expected in the remedy.

Socially, they want to be part of a social group, and included in social gatherings, but Falcos find the pressures caused by society very restrictive. They want to be

able to go their own way and make their own decisions. It would seem as if they don't care, but they do actually care about the opinions of others however they are always resisting and opposing these opinions. (Fraser 2009)

Control and perfectionism:

Control plays a big role in the lives of the peregrine falcon. A great effort is made to maintain the control, even though the control can easily be lost and mayhem and disorganization may break loose. There is a sensation of lack of control over one's own life. There is a mindset of "go with the flow" and just accept what is happening or going to happen. This does not seem harmful but is experienced as a form of restriction. This is a pathological situation of not being able to have control of what is going to happen. Eventually the patient ends up in a state of apathy and despair.

Another feeling that is prominent in the peregrine falcon, is the feeling that there is a supernatural force that is in control of their life. This supernatural force can be experienced as the sensation of something is alive in the stomach. This feature can be observed in *Thuja occidentalis*.

Perfectionism is a symptom that comes up in all birds. The Peregrine falcon is concerned with cleaning and being organized. This is a feature of the falcon which is characteristic of the cancer miasm and is seen in remedies such *Carsinosin*, *Staphasagria* and *Natrum muriaticum*. (Fraser 2009)

Vision:

The Peregrine falcon has good vision. Their sight is better than most other birds. In the original proving, provers explained how their vision was clearer. Some of the physical complaints are photophobia, stabbing pains and eye twitching. Changes in

vision that were observed in the original proving included seeing colors, lights and patterns before the eyes.

Falcons can see the bigger picture. They have the ability to see the overview and they are not at all concerned about the unimportant detail. They see what is needed to solve a problem rather than working it out. They have difficulty with logical and analytical thinking but they are usually able to grasp the concept of what is happening. (Fraser 2009)

Floating, waves and rhythm:

A sensation that is present in all birds, but is particularly strong in Falco, is the sensation of floating. In Falco the floating sensation has a drifting quality to it as if they are just going with the flow. There are other sensations experienced that distinguish Falco from other birds being a rhythmic sensation, a sensation of smoothness and of feeling drugged. This in a way ties in with the lack of connection. This gets expressed as forgetfulness, absentmindedness and even as a fear that the world will fall apart around them.

Falco's symptoms happen in waves. They may happen quickly but there is a smoothness to the action of the symptoms. The symptoms come and go in a wave pattern. (Fraser 2009)

Physicals:

Physical complaints:

- Cold sensations and physical coldness in parts of the body. This alternates with flushes of heat.
- Falcos are susceptible to paralysis of all kinds, but mostly of the extremities.

- Other symptoms associated with the nervous system are numbness and anaesthesia.
- Constriction felt as a band around them
- Cramping
- Pins and needles
- Tingling
- Twitching spasms
- Fluctuating appetite: this is a general theme in all birds. In Falco they will have a small appetite which then turns into a ravenous hunger. In Falco there is also a contradiction in that they can also have a disgust for food.
- Nausea
- Pain is expressed as having a throbbing and pulsating quality.

(Fraser 2009)

2.5.2 *Corvus corax*; Raven



Illustration 3: Wallpaper Abyss, 2017. The Raven

2.5.2.1 Information:

Common Name: Raven

Scientific Name: *Corvus corax*

Other Name: Common Raven, Northern Raven

Order: Passeriformes

Family: Corvidae

Average Life Span: 10 – 15 Years

(Animal Diversity Web 2017)

2.5.2.2 Distribution:

Common ravens are widespread and can be found all around the world, mostly in the northern hemisphere. They are found in almost any habitat but favour open landscapes such as coastlines, riverbanks, rocky cliffs, plains, deserts or open woodlands. Ravens roost on cliff ledges, in trees and also on power line. (Animal Diversity Web 2017)

2.5.2.3 Field Recognition:

Length: 56 – 69 cm

Wingspan: 100 – 118 cm

Weight: 689 – 1625 g

Ravens are the largest species of perching birds and are large, dark black birds which have wedge shaped tails. On their throats they have feathers, named 'hackles' and these are used in communication. Adult ravens can reach a length of 69 cm. Females however are slightly smaller. The Common Raven is very similar to the

Carrion crow, but is larger. Ravens have a large and deep bill. (Animal Diversity Web 2017)

2.5.2.4 Feeding:

Ravens are omnivores and mostly scavenge for food. They eat a wide variety of animal foods such as birds, reptiles, carrions, frogs and toads and also amphibians. The plant food diet includes grains, corn and fruits. (Animal Diversity Web 2017)

2.5.2.5 Homoeopathic Proving of *Corvus corax*:

Proved by Greg Bedayn (Homeo and profile, 2018). The proving yielded the following themes:

- Separation between Mind & Body
- Other Worldly things
- Power and Majesty
- Hallucinations
- Clairvoyance
- Appetite
- Anxiety
- Protection
- Anger

Separation between mind and body:

In this remedy we see a separation between the mind the body, the conscious and physical self. They feel detached from the physical world. They enclose themselves in their own thoughts and emotions. This detachment also has a tendency to turn into a depressive state. They fall apart mentally and physically eventually leaving them closed off. They have a constant feeling that everything has gone wrong. Ultimately this depressive state can turn to a suicidal state. They have a great

darkness that comes over them. They feel as if there is no light left in the world. (Fraser 2009)

Other worldly things:

Ravens are transfixed by the power and beauty of other worldly things such as comets. There is a contrast that occurs here between two things.

There are feelings of being under superhuman control, as if under a spell. They have a feeling of being trapped or being imprisoned. They feel powerless and in danger, and they expect something terrible is going to happen. (Fraser 2009)

Power and majesty:

They have a great feeling of power, majesty, and strength. They feel like they are extremely important like royalty. They walk upright and start dressing up in nicer, more beautiful clothes. (Fraser 2009)

Hallucinations:

Raven, out of all the bird remedies, experiences hallucinations that most closely resemble those caused by “Lysergic acid diethylamide” (LSD). They lose their sense of reality. They tend to have that feeling and then they will snap out of it and be fine. They have delusions of hearing people knocking on their doors and delusions of people calling their names. Flashbacks from the past and remembering either good or bad events are also features of this remedy, and coincidentally, are also symptoms of LSD abuse. (Fraser 2009)

Clairvoyance:

The raven is often clairvoyant, specifically with regard to pain and can feel the pain and suffering of others. Their dreams are of people suffering. (Fraser 2009)

Appetite:

The Raven's appetite is quite substantial. They are continuously hungry and are constantly looking for food. Their hunger is comparable with that of a dog. Words which are commonly used to describe their hunger is "canine and ravenous". (Fraser 2009)

Anxiety:

They easily go into a state of panic. They are anxious and they feel as if they want to jump out of their own skins. They tend to feel agitation and as if they are in the middle of a great emergency. They have a need to clean the house, because they feel it is dirty. There is also a sense of paranoia about their food and a feeling that they are being imprisoned. (Fraser 2009)

Protection:

The Raven has a feeling that they must protect themselves, however they get tired of protecting themselves. They feel as if they have been abandoned and they feel the need for someone to take care of them. The need for this protection is due to the constant feeling that they are being robbed, threatened or tricked out of their own money. They have an aversion to liars and people who mislead them. They suffer from the delusion that people are lying to them. (Fraser 2009)

Anger:

They have anger and yelling with exploding rage. They want to and are ready to fight with others. The yelling and screaming tends to have two main causes. Yelling at all that is wrong with the state of the world or at their partners. The other is yelling or screaming due to joy and excitement. (Fraser 2009)

Physical:

- Pains and sensations occur in waves. To an extent they also dream about waves.
- Neuropathic symptoms include numbness and trembling.
- Complaints including headaches, migraines and joint issues. (Fraser 2009)

2.5.3 *Geococcyx californianus*; Greater roadrunner

Illustration 4: Rick and Nora Bowers, 2017. The Greater Roadrunner

2.5.3.1 Information:

Common Name: Greater Roadrunner

Scientific Name: *Geococcyx californianus*

Other Name: Charparral Cock

Order: Cuculiformes

Family: Cuculidae

Average Life Span: up to 8 years

(allaboutbirds 2015)

2.5.3.2 Distribution:

The greater roadrunner is found in North America, mostly throughout the Southwest and the northern part of California. They have also migrated to other areas including Missouri, Arkansas and Oklahoma. The roadrunner prefers a semi-open scrappy or wooded habitat. The roadrunner can live in elevations extending from sea level up to 10 000 feet. They tend to avoid heavily forested and dense areas. (allaboutbirds 2015)

2.5.3.3 Field Recognition:

Length: 52 – 54 cm

Height: 25 – 30 cm

Wingspan: 49 cm

Weight: 221 – 538 g

Greater Roadrunner are large birds and have a unique shape. Their heads are equipped with a heavy, long and slight downward curved bill. They have long legs, a long neck and they have very long tail feathers. The underpart and chest is light brown in color with black streaks and the wings are darker with paler highlights. The crown is black with pale spots. Behind the eye there is a spot of pale blue skin. (allaboutbirds 2015)

2.5.3.4 Feeding:

The Greater Roadrunner feeds on small mammals, reptiles, frogs and small scavaging animals, as well as eggs. It has also been observed that they kill rattlesnakes by pecking on its head repeatedly. The roadrunner will hunt down their prey, and once in their beaks' grip, the prey will be slammed on a rock multiple times to break its bones to make it easier to swallow. (allaboutbirds 2015)

2.5.3.5 Homoeopathic Proving of *Geococcyx californianus*:

Proving was conducted by Todd Rowe from Desert Institute School of Homeopathy. Some of the key concepts identified by Rowe include the following (Fraser 2009):

- Heaviness vs Lightness
- Non-flying Bird
- Grounding Forces
- Communication and Connection
- Hot and Cold
- Cars and Speed
- Dreams
- Fluctuations in Appetite
- Physicals

Heaviness vs lightness:

Birds in general tend to suffer from a sensation of heaviness or sensation that he is heavy. In the roadrunner it is somewhat more noticeable. One prover described the sensation as if they were in a suit of armour and it was as if cement had hardened in their veins. Considering that the Roadrunner is a large, mostly flightless bird, the sensation of heaviness is in keeping with the birds' characteristics. The heaviness on the mental sphere, is seen as depression and lethargy.

As in all birds, there is also the lightness and floating sensation. In the roadrunner however, the lightness and floating presents more as an unsteady feeling while on their feet. The lightness is also the fun and happy side of the remedy. (Fraser 2009)

Non-flying birds:

The Roadrunner is a bird, but a bird that does not want to fly. The prover had fears of height. When leaving the safety of the ground they feel endangered. On the ground they have more confidence and a sense of safety. (Fraser 2009)

Grounding forces:

In bird remedies there are themes of being kept grounded, forces that keep them trapped, stopping them from being free. The roadrunner has issues with food, money and sex. Money is a very important factor in this remedy. There is a lot of worry surrounding this grounding force. This comes up in their dreams and affects them in their daily life. In the proving a patient had worries that she did not know how she was going to survive financially with all her expenses. (Fraser 2009)

Communication and connection:

Communication and connection play an important role in this remedy and the clairvoyance observed in this remedy is outstanding. (Fraser 2009)

Sex:

There are features of increased sex drive and sexual thoughts with sexual dreams in this remedy. The provers became more flirtatious and flirted openly. They felt younger, more attractive and beautiful. (Fraser 2009)

Hot and cold:

The theme of “heat” is felt by many of the provers and presented as either hot feet at night or hot flushes. The theme of “cold” presented as a desire for cold and dampness, wanting to go for a swim or to take cold showers or baths as well as dreams of swimming or of taking cold showers. Symptoms were ameliorated by cool, wet weather (Fraser 2009).

Cars and speed:

The roadrunner has an obsession with speed and cars. Very similar to Falco *p.* the symptoms experienced are affected by cars, either being in a car or dreams about cars. (Fraser 2009)

Dreams:

Themes:

- Food
- Money
- Sex
- Swimming
- Prophetic dreams
- Weddings
- Pregnancy and giving birth
- Cars and accidents

(Fraser 2009)

Fluctuations in appetite:

The fluctuations in appetite stand out in the remedy. The proving induced strong appetites in its provers. The provers seemed to be hungry as if they have not had

food for a couple of days. When eating, they would carry on eating even after they were full. It was also documented that some provers occasionally not want to eat at all. The appetites of the provers constantly fluctuated (Fraser 2009).

Physicals:

Physical Complaints:

- Numbness and tingling in extremities
- Tightness: in extremities, throat, skin, face
 - Sensation throat is tight or closed
 - Need to clear it
- Dryness: some nasal discharge, but very congested
- Physical complaints related to pregnancy and birth
 - Nausea as in pregnancy
 - Sharp cramping pains like labour pains
- Dysmenorrhea
- Sleep:
 - Restless
 - Waking up and not able to fall asleep again
 - Worse in the morning and evening
 - Improves throughout the day

(Fraser 2009)

2.5.4 *Acridotheres tristis*; Indian Myna



Illustration 5: Pixabay, 2016. The Indian myna

2.5.4.1: Information:

Common Name: Indian Myna

Scientific Name: *Acridotheres tristis*

Other Name: Common Myna, Crested Myna, House Myna

Order: Passeriformes

Family: Sturnidae

2.5.4.2 Distribution:

The Indian myna is native to much of Central, South and Southeast Asia. They have also been introduced deliberately as a form of pest control in large countries such as Australia, New Zealand and the United Arab Emirates (Arkive 2017). The Indian

myna was introduced to South Africa in the 1900's. They are found in large numbers in the eastern side of South Africa. (Sanparks.org, 2018)

They occupy a wide range of habitats in warm climates. In their native countries, they inhabit open agricultural areas such as farmlands as well as cities. The Indian myna tends to stay away from dense vegetation and prefers dry woodlands to partly open forests. (Lin 2007)

2.5.4.3 Field Recognition:

Length: 23 – 26 cm

Wingspan: 120 – 142 mm

Weight: 82 – 143 g

The Indian myna is a medium sized bird and has a distinctive brown upper body with a black head. The back part is dark with a white tip tail. The bill and the bare patch around the eyes are yellow with the legs being a slightly duller yellow. The wings are the same colour as the upper part of the body but the undersides are a darker colour and white patches are visible while in flight. (Arkive 2017)

The male and female birds are monomorphic and the only difference between them is that the male is slightly bigger with a greater body mass and wingspan. Juvenile birds are duller in colour and the black parts aren't as glossy. (Arkive 2017)

2.5.4.4 Feeding:

Indian mynas are omnivorous thus their diet consists of a wide variety of foods including frogs, snails, and bird eggs. They also eat fruits and seeds. They are scavengers and are often on the ground searching for food. One can often see Indian

mynas on the backs of cattle removing ticks from them. When alternatives are not available, the Indian myna may rely on fruits and seeds. (Arkive 2017)

2.5.4.5 Homoeopathic Proving of *Acridotheres tristis*:

In 2010 Asima Hoosen conducted the proving of *Acridotheres tristis*. The following key concepts were identified by Hoosen (2010) include the following:

- Anxiety
- Depression
- Dreams
- Fatigue and Insomnia

Anxiety:

Anxiety was experienced by several provers. The anxiety experienced was often related to a sense of impending danger, and resulted in the prover feeling panicked. Most of the anxiety experienced by the provers was accompanied by insecurities and also a sense of confusion. The original proving also showed improvement in the normal anxiety of provers. (Hoosen 2010)

Depression:

The depression in the remedy is expressed as a feeling of sadness, a sense of emptiness and of having less motivation and no will to do anything. There was also a feeling of wanting to be left in isolation, as well as the need for solitude. Depression on the physical plane was described as lethargy and body aches. (Hoosen 2010)

Dreams:

A prover described being perused or being attacked their dreams. (Hoosen 2010)

Fatigue and insomnia:

The proving actually improved the sleeping patterns of some of the provers. Others felt extremely tired and had exhaustion to the point where they wanted to lie still and just sleep. Physically, the provers experienced unsteadiness and weakness of the limbs. (Hoosen 2010)

Physicals:

Headaches: Pains being described as sharp.

Heavy sensation

Headache with accompanying eye symptoms behind and around the eye.

Allergic Rhinitis: Nasal congestion accompanied by: Mucous production
Profuse lacrimation
Constant sneezing

Haemorrhoids: Protruding and bulging (no bleeding or pain).

(Hoosen, 2010)

Chapter 3

Proving Methodology:

3.1 The Experimental Design

The homeopathic drug proving of *Anthropoides paradiseus* 30CH was a double-blind placebo controlled randomized trial. Thirty volunteers who met the inclusion criteria were selected to be part of the proving. Twenty-four of the volunteers received the verum whilst the remaining six were administered the placebo. All the proving volunteers were unaware of the substance being proved.

The research utilized both qualitative and quantitative methodologies. The quantitative aspect described the demographics of the sample population and the assignment of numerical values to the rubrics created. The qualitative aspect was the collation and analysis of the recordings of each participant and the subsequent creation of Materia medica of the substance with repertory entries. The research was conducted by two proving researchers, each being responsible for fifteen of the thirty volunteers.

3.2 Outline of The Experimental Method:

- The research was conducted by two M.Tech homoeopathy students.
- The participants who met the inclusion criteria (appendix B) were interviewed by the researchers.
- In the initial consultation, the participants (provers) were given a detailed explanation of what was going to be covered in the initial consultation and they were asked to sign a preliminary consent form (appendix C).
- In the initial consultation the researchers explained what was required of the prover during the proving and they were asked to sign a consent form (appendix A).

- A full case history was taken and a full physical examination was performed on each prover (appendix E).
- After the consultation, each prover was assigned a prover code, a personal copy of the “Letter of information” (appendix A), a prover journal and a set of proving powders.
- The provers then commenced the recording of their symptoms in their journals for 1 week prior to taking the proving powders. This was done to establish a baseline for each of the provers.
- When the provers finished recording their baseline week, they were then asked to start taking the proving powders. The dose was a maximum of 3 powders for two days or until the prover produced symptoms.
- The provers were contacted telephonically daily which was reduced as the prover progressed.
- After the provers completed their journaling, they were asked to come in for a follow-up consultation.
- Extraction and collation of the data was then conducted where true proving symptoms were extracted from all the information provided.
- The data was then presented in Materia Medica and repertory formats.

3.3 The Proving Substance:

3.3.1 Potency:

The proving substance (*Anthropoides paradiseus*) was made into the 30th Hahnemannian potency (30 CH).

3.3.2 Collection, Preparation and Dispensing of Proving Remedy:

- The proving substance was obtained from the blue crane enclosure at the Springfield Bird Sanctuary, Durban by Garatt Hamilton and Melissa Godfrey (researchers). The feather was retrieved from the enclosure by the park staff.

- The proving substance was prepared by using a feather of *Anthropoids paradeusus*, under the supervision of the DUT homoeopathic clinic technician (Dr. S. Brijnath), according to Method 6 (*Triturations by hand*), Method 8a (*liquid preparations*) and Method 10 (*Impregnation with granules*), as is specified in German Pharmacopoeia (GHP). (appendix D)
- Lactose monohydrate (BN: SAAR3862000EM, EXP: 31-03-2016)
- Anhydrous Alcohol 99.9% (BN: 52/12/67, Production date: 2012/02/13)
- Lactose granules were impregnated with *Anthropoides paradiseus 30CH* in 73% alcohol. The verum granules were dispensed in the form of powders.
- The placebo was also dispensed in the form of powders containing granules that were impregnated with 73% ethanol.
- The powders of the verum and the placebo were prepared by adding ten of the respective impregnated granules to pure lactose powders.
- The clinic technician (Dr Shraddha Brijnath, M.Tech: Homeopathy, Clinic Technician, Department of Homoeopathy, DUT), dispensed the powders to each prover according to the randomization sheet done by Dr. Ingrid Couchman (M.Tech: Homoeopathy, DUT).

3.3.3 Dose and Posology:

Each prover received an envelope which contained either the proving substance or the placebo. As suggested by Sherr (1994), each prover took one powder (verum or placebo) which was dissolved sublingually three times a day over two consecutive days so that all six doses were administered or until symptoms arose. After the onset of symptoms, no further doses were administered by the prover.

Each dose was taken sublingually, on an empty stomach and a clean mouth. It was recommended to the prover that no food or drink was to be taken half an hour before and after the treatment.

3.4 Prover Population:

3.4.1 Sample Size, Recruitment and Demographics:

The population needed for the proving was thirty participants, made up of 24 participants on the verum and 6 on placebo. Thus, eighty percent or 24 provers were on the verum and twenty percent or 6 provers were on the placebo. This in turn parallels the number of provers recommended by Sherr (2003) to produce a full remedy picture.

The participants were recruited by word of mouth, and advertising was performed by means of posters that were put up around the DUT campus and on various notice boards in the surrounding area with permission granted. The proving population consisted of mostly homoeopathic students, some chiropractic students and the rest were volunteers who were interested in the homoeopathic drug proving.

Recruitment of provers was conducted on a voluntary basis, and the diversity of age, gender, race, culture and homoeopathic drug proving experience was considered important to the researcher to get the most accurate results.

3.4.1.1 Experimental/ Verum Group:

The verum group consisted of 80% of the prover population, allocated randomly as discussed in **3.4.2**

3.4.1.2 Placebo Group:

The placebo group consisted of 20% of the prover population, and was allocated randomly.

3.4.2 Randomisation:

The proving was double blinded so that the researchers would be uninformed as to which prover was allocated the verum and who was allocated the placebo.

An independent third party, who in this instance was a DUT academic staff member, appointed fifteen 15 provers randomly to each of the two researchers being Mr G.C. Hamilton (B.Tech Homoeopathy) and Miss M.A. Godfrey (B.Tech.Homoeopathy).

The randomization process was carried out by Dr I. Couchman electronically by means of a randomized table format. The aim of this process was that neither the researchers nor the provers would have any knowledge of who is in the placebo or verum group. By doing so, the double blind status was achieved. The powders of both the verum and control groups appeared identical. The homoeopathic specialist laboratory technician, Dr. S. Brijnath, dispensed the powders to the provers. Both Dr. I. Couchman and Dr. S. Brijnath were appointed by DUT's Departmental Research Committee (DRC). All the data gathered was made available to both researchers as a full symptomatology picture was needed for the dissertation to be compiled.

3.4.3 Criteria for Inclusion of a Subject:

Each prover had to meet the following requirements:

- They had to be between the ages of 18 and 75. Even though the elderly are known as a vulnerable group, their life experiences and reactions to medications are invaluable. The necessary screening procedures were done in the pre-proving interview in order to help protect this group.
- They had to be in a good state of health (Sherr 1994:44).
- They had to not be on any medication or treatments including chemical, homoeopathic or other drugs (Sherr 1944:44).
- They could not be on any contraceptive pills or hormone replacement therapy for six months prior to the proving.
- The participants had to be literate in English.
- The participants could not have undergone any surgery for at least six weeks prior to the proving.

- The participant could not take part if they were pregnant, nursing or planning to conceive (Sherr 1994:30, Wieland 1997:233).
- The participant could not be a user of recreational drugs such as cannabis, LSD or MDMA (Sherr 1994, Wright 1999).
- The participant could not have been a consumer of more than 2 measures of alcohol per day, 10 cigarettes per day, or 3 cups of coffee or tea a day.
- They had to maintain their normal lifestyles and usual daily activities as closely as possible and they were not to make any major lifestyle changes during the proving period.
- They had to be willing to follow the proper procedures for the duration of the proving (Wright ;1999).

3.4.4 Criteria for Exclusion of a Subject:

Provers were excluded if they:

- Were younger than 18 years old or older than 75 years old.
- Were in a poor state of health (Sherr 1994:44).
- Were on allopathic medication or homoeopathic or other medication(Sherr 1944:44).
- Were or had been on the oral contraceptive pill or hormone replacement therapy for six months prior to the proving.
- Were illiterate in English.
- Had surgery in the past six weeks.
- Were pregnant or nursing or was planning to conceive (Sherr 1994:30, Wieland 1997:233).
- Were users of recreational drugs such as cannabis, LSD or MDMA (Sherr 1994, Wright 1999).
- Consumed more than 2 measures of alcohol per day; 10 cigarettes per day; 3 cups of coffee or tea a day.

- Were not able to maintain his/her normal lifestyle and usual daily activities as closely as possible and have no major lifestyle changes during the proving period.
- Were not willing to follow the proper procedures for the duration of the proving (Wright, 1999).

3.4.5 Lifestyle of the Prover:

It was necessary for provers to avoid all antidoting factors such as coffee, camphor, and mints. If the provers did not under normal circumstances use the above mentioned substances, he/she was asked to stop consuming them for two weeks before, and for the duration of the proving. Provers were advised to protect the powders as they would any other potentized remedy, i.e. store them in a cool, dark place away from strong smelling substances, chemicals, electric equipment and cell phones. For a successful proving, moderation in work, alcohol consumption, exercise and diet had to be maintained.

In the event of a medical or dental emergency provers were expected to react as they would under non-proving conditions and consult with the appropriate professional being that a medical doctor, dentist, or local hospital as necessary.

3.4.6 Monitoring of Provers:

Daily contact by telephone was made by the researcher with each prover during the first week. This allowed for careful monitoring of the provers. It gave the provers a chance to voice any problems they were experiencing. The daily contact was reduced to every second day in the second week, then once every three days in the third week and finally a single call was made in the fourth week. The telephonic contact helped maintain a close relationship between the researcher and provers.

3.4.7 Data Recording:

3.4.7.1 Case-History:

Each prover had to read and comply with the inclusion criteria (appendix B), read about, understand and ask questions about the proving and sign both the preliminary consent (appendix C) and final consent forms (appendix A). Once this was completed, an appointment was scheduled with the student researcher so that the homeopathic case history and the general physical examination (appendix E) could be done. This was done so the researchers could get a baseline status of each prover prior to the commencement of the proving.

3.4.7.2 Physical Examination:

Each prover underwent a general physical examination. An assessment of vital signs, a cursory overview, an organ specific examination and a physical description of each prover was included in this examination (appendix E)

3.4.8 The Duration:

Journaling was done for a period of 5 weeks by each prover. During the first week, provers journaled their symptoms while they were still not on either the proving substance or placebo. At the end of the first week, the provers started taking their powders and continued to write down all the symptoms they experienced. This was done for 4 out of the 5 week period.

3.4.9 Chronology:

Each prover was instructed to record the time of day that each symptom occurred. They were also asked to mark the date at the top of every page, starting each new day on a new page. This was done to determine the time elapsed from the administration of the first powder to the appearance of the specific symptoms (O'Reilly 1997:116; Sherr 1994: 73). The symptoms were then recorded in the

DD:HH:MM format as proposed by Sherr (1994), where 'DD' was the number of days since the commencement of the proving (the first day of the proving was designated 00), 'HH' the hours, and 'MM' the minutes.

3.4.10 Ethical Considerations:

- **Ethics clearance No.: IREC 085/15**
- Provers participated voluntarily, and they had to sign a two stage consent form (appendix A and C). The first stage was the preliminary consent and the second stage was a letter of information.
- Confidentiality was maintained during the study seeing as participants were assigned codes for identification. Furthermore, there were no incentives offered to participants and there was no form of coercion to participate. Provers were made aware of the fact that they were under no obligation and were free to withdraw from the study at any point.
- As mentioned in the Declaration of Helsinki, all clinical medical research projects that involve human subjects should include a careful assessment of the risks in comparison with the predicted benefits to the participants. This did not prevent the involvement of healthy volunteers in medical research. The design of the study has been made publicly available (Bulletin of the World Health Organization 2001).
- The likelihood of adverse effects was minimized due to the serial dilution of the proving substance and careful monitoring of the provers. The effects of the verum on the provers was noted to only last a short while (Sherr 2003: 62).
- All provers were warned about the potential risks, objectives and benefits of the study and they signed the informed consent form (appendix A) before they commenced with the study.
- The homoeopathic proving allows for the possible manifestation of physical and sensational symptoms in the prover population. These symptoms disappeared once the proving remedy had completed its effect. In the event

that these symptoms became distressing to the participant, the proving remedy would have been antidoted (Sherr 2003: 63). Distressing symptoms was regarded as a noticeable intensification of the proving symptoms observed (Hahnemann 1996:171).

- The anti-doting process followed the same protocol as followed by similar provings in the Department of Homoeopathy at DUT, and was performed by the supervisor in charge.
- The supervisor in charge would have performed a careful and detailed case history and physical examination of the participant (Sherr 2003: 63). The proving remedy would then have been discontinued (Sherr 2003: 63).
- If the symptoms persisted, then a suitable homoeopathic remedy would have been prescribed to eradicate the symptoms (Sherr 2003: 63). This information, along with the particular remedy used to antidote the prover, would have been documented and included in the research study. This study adhered to the Adverse Event Protocol as set out by DUT IREC (Durban University of Technology, Institutional Research Ethics Committee).

3.5 Data Analysis:

3.5.1 Extraction Process:

3.5.1.1 Inclusion and Exclusion Criteria for Symptoms:

3.5.1.1.1 Inclusion Criteria:

- New symptoms that were unfamiliar to the prover (ICCH 1999:36)
- Usual or current symptoms that were intensified to a marked degree (ICCH 1999 : 36)
- Current symptoms that have been modified or altered, with a clear description of current and modified components at the time. (ICCH 1999 : 36)
- Old symptoms that have not occurred for at least one year. A note of the time of the last appearance was to be included. (ICCH 1999 :36)

- Present symptoms that disappeared during the proving (curative action) (ICCH 1999 : 36)
- The time of day at which the symptom occurred should only have been included if there was repetition of such times in one or more provers (ICCH 1999 : 36)
- If a symptom was in doubt – it was included in brackets. If another prover experienced the same symptom, it would have been valid. Otherwise it was included. (ICCH 1999 : 36)
- If a symptom occurs at least twice after taking the medication during the homoeopathic drug proving.
- A symptom experienced when the proving started and which disappeared or is significantly ameliorated after the administration of the proving medication. This is classified as a cured symptom (Riley 1997 : 227)
- All symptoms occurring in more than one subject (Riley 1997 : 227)
- If the prover is under the general influence of the remedy then all the new symptoms were considered proving symptoms (Sherr 2003 : 76)

3.5.1.1.2 Exclusion Criteria:

- Symptoms were not included if they had occurred recently i.e. within one year or less of commencing the proving (Sherr 2003 : 76)
- Symptoms that were usual or current for the prover were excluded (Sherr 2003 : 76)
- If there was any serious doubt as to the validity of the symptom, it was excluded.

3.5.2 Collation and Editing of Data:

The data at this stage was edited into its final format (Sherr 1994:77). The collation stage was the process of extracting symptoms in a form that could be used to produce a materia medica (Wieland 1997). Symptoms that had similarities to those

experienced by different provers were grouped together according to the following criteria:

1. Nature or meaning of symptom
2. Individual prover
3. Sequence of development of symptom
4. Chronology

The same process was carried out in the data for each of the provers in the placebo and control groups. The results, however, were recorded separately.

3.6 Reporting of Data:

The final collated and edited data was put into two standard homoeopathic forms; one was the materia medica and the second was the repertory format in order to make it useful to homoeopaths all over the world.

3.6.1 The Repertory:

Each proving symptom was converted into the repertory language of their respective chapters and rubrics. It is in the repertory that the proving information is made accessible and transformed into a useful tool for homoeopaths (Sherr 1994:81).

The Essential Synthesis – Treasure Edition, edited by Dr. Frederik Schroyens (2004) was used to convert the symptoms into rubrics.

The system of grading of rubrics that was utilized by Ross (2011: 164) was used:

- Grade 1 (normal font): All valid rubrics are given a default first degree grading;
- Grade 2 (italics): Any rubric experienced to a marked degree by 3 or more different provers is given a second degree grading;

- **GRADE 3 (bold):** Any rubric produced by half or more of the verum i.e. 12 or more provers;
- All newly created rubrics (marked with an *) will automatically be graded as Grade 1.

3.6.2 The Materia Medica:

The data collected from the proving, to ensure standardization, was presented in materia medica format correlating closely with the repertory chapters. The symptoms were entered under the following materia medica subdivisions:

Mind	Vertigo	Head	Eye
Vision	Ear	Hearing	Nose
Face	Mouth	Teeth	Throat
External throat	Stomach	Abdomen	Rectum
Stool	Bladder	Urine	Male
Female	Larynx & Trachea	Respiration	Chest
Back & Neck	Extremities	Sleep	Dreams
Generals			

3.7 Comparative Materia Medica:

The next part after the collation and editing of the proving data, was to compare the proving substance to other remedies in the same class. This was done to understand how the proving substance will fit into that specific class.

Comprehensive research of various sources of materia medica and repertory and online journals was conducted on the selected Avian remedies, which are:

- *Falco peregrinus* (Peregrine Falcon)
- *Corvus corax* (Raven)
- *Geococcyx californianus* (Greater Roadrunner)
- *Acridotheres tristis* (Indian Myna)

Thereafter a detailed comparison was conducted comparing and emphasizing the Materia Medica and repertory of *Anthropoides paradiseus* and the selected avian remedies.

Chapter 4

The Results:

4.1: Introduction:

The symptoms that were extracted from the homeopathic drug proving of *Anthropoides paradiseus* are presented in this chapter. The symptoms have been presented in both materia medica and repertory formats. The symptoms are only those from the participants in the verum group. The symptoms and rubrics are categorized according to the style employed by the *Synthesis Repertorium Homoeopathicum Syntheticum* repertory (Schroyens 2004).

4.2: Materia Medica:

4.2.1: Prover List:

Thirty participants around the Durban area applied to take part in the homoeopathic drug proving. Provers 3, 5 and 9 were replaced due to their specific reasons and the new provers were given the same numbers with an added “a” to resemble the new prover code. The provers was a mixture of all races, gender (see figure 1) and ages (see figure 2). The table below contains the details of the verum group participants. The placebo group had no symptoms correlating to those of the verum group. For this reason, the placebo group symptoms were discarded and not added to the results.

Table 7: Verum prover details

Prover Code	Age	Gender	Homeopathic student/Non-homeopathic Student
1	23	Male	NHS
2	24	Male	NHS

3a	33	Female	NHS
5a	27	Male	NHS
6	22	Male	NHS
8	50	Female	HS
9a	22	Male	HS
10	20	Female	NHS
12	35	Female	NHS
13	33	Female	NHS
14	42	Male	HS
15	22	Female	HS
16	19	Male	NHS
17	19	Male	HS
18	19	Female	NHS
20	21	Female	NHS
21	19	Female	HS
22	22	Female	NHS
24	25	Female	NHS
25	25	Female	HS
27	26	Female	HS
28	21	Male	NHS
29	18	Male	NHS
30	18	Female	NHS

*HS – Homeopathic student

*NHS – Non-homeopathic student

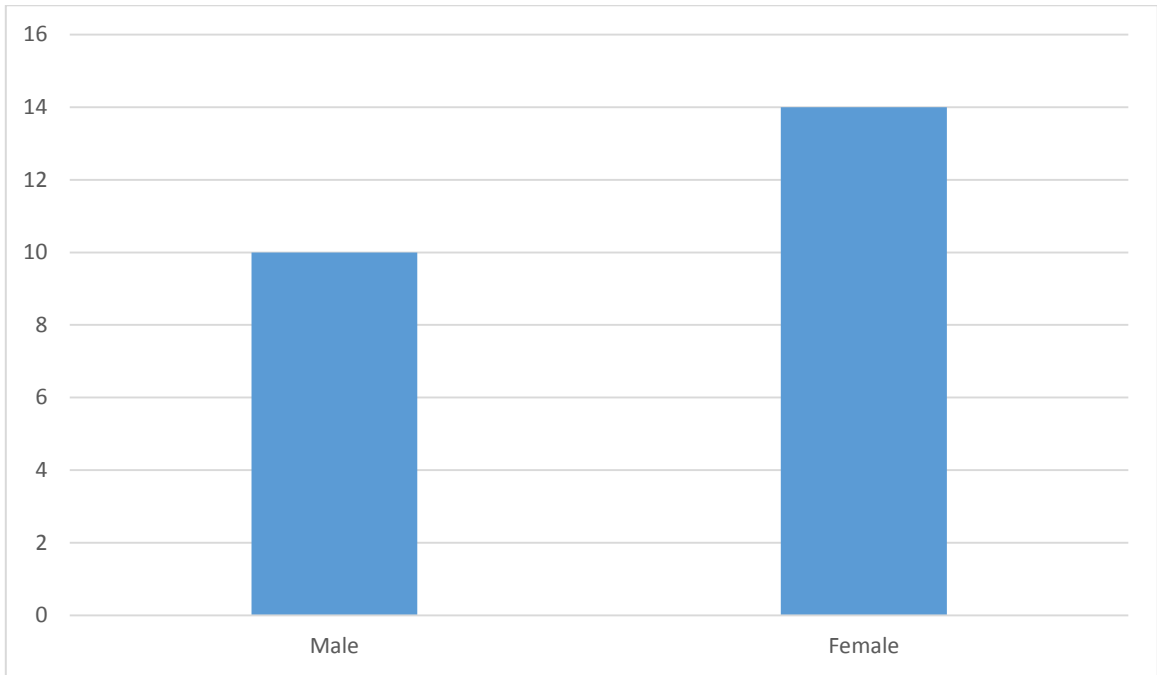


Figure 1: Gender contribution of provers

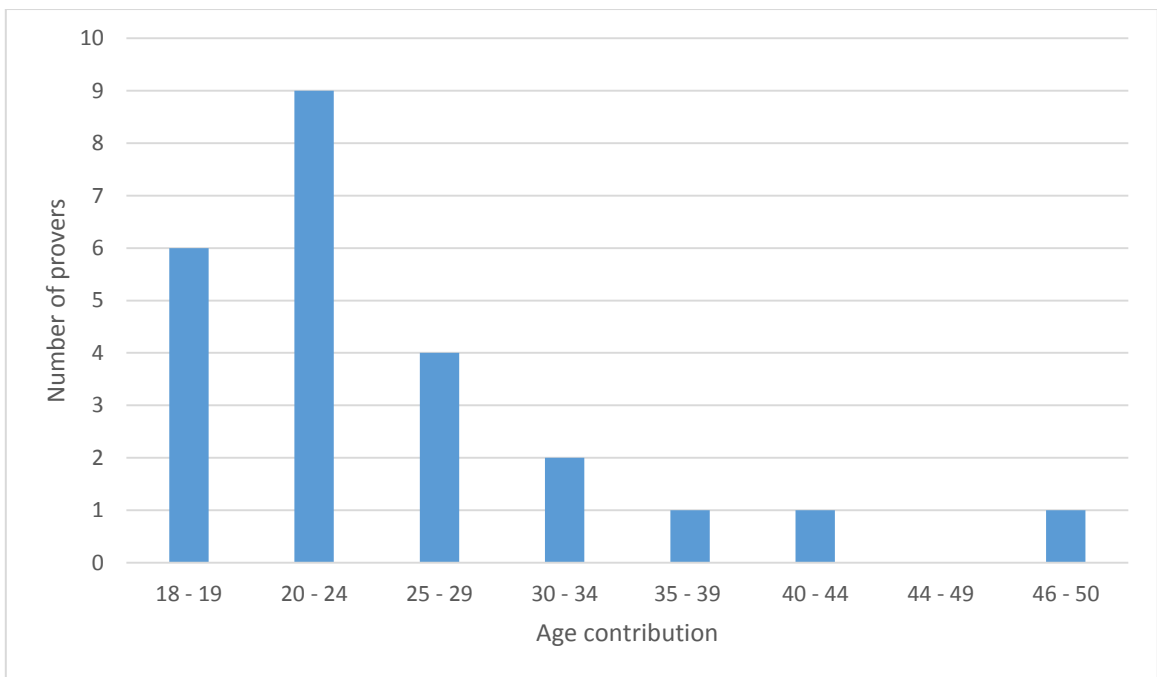


Figure 2: Age distribution of provers

4.2.2: Key

Each symptom extracted from the prover journal was stated on a new line and below that on the next line the prover key is present. After 24 hours the minutes become unimportant and the minutes section of the time record reflected an “XX”. After a few days the hours were also considered irrelevant and were changed to “XX”.

Example: Symptom (Mind; head; respiratory etc)

Prover code; gender; days: hours: minutes (eg. 01;F;05:14:30)

FUR: Symptoms confirmed during the follow up consultation.

4.2.3: Materia medica symptoms of *Anthropoides paradiseus*:

The prover symptoms were extracted and transcribed as closely as possible as they were written down in each individual journal. For comprehensibility, spelling and grammatical errors were corrected as needed.

Symptoms within the same theme, were grouped together in their respective chapters as it is in the Essential Synthesis.

4.2.3.1: Mind

- **Calm**

I feel much calm, feel much in control of things. I seldom take our class group WhatsApp chat, but today, few minutes back, while the lecture is on, I was giving instructions, and informing absent classmates of what the lecturer has bought in class.

14M: 00:10:53

I have a test tomorrow. Instead of feeling tense and anxious as I am far from finished the scope, I'm much calm, a bit lazy to push to study for more hours. Instead I am about to get into bed.

14M: 00:23:00

Work started I felt calm which is not normal.

01M: 01:09:00

I'm trying to catch up for my test of this afternoon. I'm less stressed, more stress free, though I still have more remedies and conditions to study.

14M: 01:09:00

Feel even and calm in temperament even though I haven't meditated today.

12F: 01:16:10

Day went well and I'm feeling calm and enjoyed it despite the pressure.

08F: 03:XX:XX

I played the song again. As if I'm watching the moon rise up from the east late at night. A calm feeling. Quiet clear sky night.

14M: 03:23:41

On a mission to do some errands. Offered to take a gogo/fellow board member shopping after she signed some papers. Usually she makes me very irritable but today I am feeling like I can cope, having much more patience with her than normal. For some reason some of my mother installed.

08F: 13:XX:XX

I was calm and even most the day. My morning meditation grounded me. It really does help with maintaining focus.

12F: 14:XX:XX

Mosaiced and spent wonderful afternoon with T, spread some of my mosaic wings and also shared a lot with her about where I'm at Law and otherwise at the moment. Mosaicing is really calming and soothing, hours flew by.

12F: 16:XX:XX

Calm and pensive. I'm getting excited for afrikaburn. I'm thinking about travel goals - Mozambique is really on my mind. Remembered Malawi as well and friend reminded me of Japan.

12F: 26:XX:XX

- **Anxiety**

I felt slightly down, restless and stressed as a result of some experiences at a conference I attended today. Then I went to a new dance class and was emotionally hi-jacked by a woman who I reckon suffers from deep mental problems. Total energy vampire. Drove home feeling heavy and anxious. Husband sat with me in bed and said prayers so I could feel better.

03aF: 00:XX:XX

Feeling stress and anxious about research even though everything is sorted.

25F 01:XX:XX

Felt so anxious just before taking my afternoon nap, I could even feel my heart beat.

10F: 04:XX:XX

I couldn't get out of bed for yoga as I was feeling anxious about a bike light component I lost the night before at the beach. I wanted to go look for it, but knew I couldn't go to yoga and the beach and get to a meeting on time at 10. So I just stayed in bed stressing, and the staying in bed itself stresses me too! Eventually I drove to the beach and didn't find it.

03aF: 12:XX:XX

Woke up nervous this morning, which subsided a little later this morning

24F 12:XX:XX

- **Focus and lack thereof**

Took remedy suddenly felt more alive and alert. Mental concentration improved.

05aM: 00: XX:XX

Took again and continued improvement in alertness.

05aM: 00: XX:XX

Mental alertness and concentration continues to improve.

05aM: 01: XX:XX

Today was a fairly productive, focused day. I managed to complete a task I've been delaying for a while. 2 in fact.

12F: 03:XX:XX

Was pretty focused this afternoon, made progress with my to do's but quite a few I didn't get to either. Had to be stern with a couple of peeps but finding I'm better at expressing instead of holding back.

12F: 04:23:17

Had a bit of concentration problems while studying.

10F: 07:XX:XX

Struggling very hard to get into work and focus.

08F: 10:10:20

Should be prepping for tomorrow but can't focus.

08F: 14:21:00

Focus improving but tiredness increasing.

08F: 15:XX:XX

Brain zoned out - can't think straight anymore.

08F: 17:16:00

Just a feeling of more alertness.

14M: 18:10:00

Energy and focus was good throughout the day.

12F: 19:XX:XX

Supposed to work to catch up for coming week - can't focus.

08F: 22:09:00

Very drowsy, managed to focus and do some things.

08F: 23:05:00

Still feeling tired, can't concentrate to think on content at work.

08F: 23:19:00

Struggling to focus, mind is all over.

08F: 26:XX:XX

- **Music and Movement (Dance/Exercise)**

I'm studying while playing music on my laptop. This song I'm playing just gave me goose bumps, it took me miles away in a few seconds, to a calm place where it is so peaceful. A feeling I had never felt for years. Possibly I last had that in my teens. (Whitney Houston ft Akon - like I never left), especially the part where Akon sang.

14M: 03:23:30

I played the song again. As if I'm watching the moon rise up from the east late at night. A calm feeling. Quiet clear sky night.

14M: 03:23:41

I am going to get a proper workout at dance class later tonight - super excited!

12F: 04:XX:XX

Played music on headphones just before boarding, really felt like dancing - very emotional.

08F: 11:23:00

Spent happy evening listening to music and chilling but late night dipped into relationship review. Feelings of sadness and anger - feel like crying but tears not coming out.

08F: 13:19:30

Had a fab dance class post yoga. Really love it and proud of myself for sticking to it. Always so clear when my mind wanders I lose the step. Such an exercise in on-going focused engagement.

12F: 19:XX:XX

I spent most of my night listening to gospel music, reading my bible and praying. Their deaths really pain me, especially when I think about them.

10F: 24:XX:XX

I exercised, managed to do my chores and have a sudden desire to read more, just read more books that are inspirational and try to change myself, to make myself a better person.

10F: 25:XX:XX

Found some nice old music CD's and enjoying listening and jiving around the house.

08F: 27:16:00

Desired exercise/jogging.

14M: FUR

Desired being active (exercise).

15F: FUR

- **Disconnection/Disorientation**

Think the day may have been too busy to connect with body.

08F: 04:XX:XX

Overslept this morning. Was disorientated for the day.

22F 05:XX:XX

I didn't sleep well I must of woken up four or five times. One time I remember asking myself where am I.

01M: 06:XX:XX

Too stressed. No time to pay attention to my problems.

22F 09:XX:XX

I have been putting off my entries till last possible minute. Today [saturday] felt like a Sunday.

12F: 10:XX:XX

Realized that I've been rather disorientated the past few mornings when waking up.
i.e. Don't know what day it is and don't know why I'm waking up.

30F 13:XX:XX

Struggling to remember names and get concepts out.

08F: 17:XX:XX

Realised not only did I forget to eat but also drink.

08F: 21:22:00

- **Weeping**

Had 15min of feeling weepy during the first session on the new Canon cameras on the market. Not sure why? The particular video showing was on a small camera that enables street photography and sharing - so perhaps a bit of a feeling of lament at the carefree me I used to be that I did that sort of thing, plus my camera is broken. But the tears welled up all of a sudden and I wasn't thinking about loss at that moment.

08F: 05:XX:XX

Read a poem from a friend on fb who has passed away. Has made me teary- just feeling sad today. Struggling very hard to get into work and focus.

08F: 10:10:20

Late afternoon I started crying lightly for no reason when I saw photos of my horse back home. Then felt it again early at night.

30F 06:XX:XX

Very emotional. Cried myself to sleep. Homesick and lonely.

22F 11:XX:XX

Physically feeling fine, emotionally a wreck and teary.

08F: 14:XX:XX

Random bouts of emotion, got choked up seeing a reach for a dream add at wimpy.

08F: 17:13:00

I had a complete breakdown today, concerning my friend, because two of my friends passed away and I couldn't attend the funeral of my other friend.

10F: 24:XX:XX

Can't control weeping for silly things and serious things at the moment. Watched beauty and the beast, really enjoyed it - but triggered floods of tears.

08F: 28:XX:XX

- **Productivity**

Today was a fairly productive, focused day. I managed to complete a task I've been delaying for a while. 2 in fact.

12F: 03:XX:XX

How was day? Pretty productive.

12F: 26:XX:XX

- **Empathy**

I felt slightly down, restless and stressed as a result of some experiences at a conference I attended today. Then I went to a new dance class and was emotionally hi-jacked by a woman who I reckon suffers from deep mental problems. Total energy vampire. Drove home feeling heavy and anxious. Husband sat with me in bed and said prayers so I could feel better.

03aF: 00:XX:XX

- **Sociable**

I think it does make a big difference having someone else around. Even though he was doing his own thing watching a movie, felt less lonely I guess.

12F: 01:XX:XX

Felt happy on way to work, greet everyone as I pass.

08F: 03:XX:XX

Greeted many people on way to work and lots of enthusiastic smiles back - general happy mood.

08F: 05:XX:XX

- **Aversion to company/consolation**

Felt very emotional, didn't want to be around too many people.

18F 06:XX:XX

Felt very drained and emotional. Did not want to interact with anyone.

18F 17:XX:XX

Irritability, desire to be alone, don't want to be around people. When people are talking to me it feels as if they annoy me.

25F 21:XX:XX

I'm not feeling that sad anymore, I actually just don't want to talk about it.

10F: 27:XX:XX

- **Reading**

I spent most of my night listening to gospel music, reading my bible and praying. Their deaths really pain me, especially when I think about them.

10F: 24:XX:XX

I exercised, managed to do my chores and have a sudden desire to read more, just read more books that are inspirational and try to change myself, to make myself a better person.

10F: 25:XX:XX

Today I feel really encouraged by my mum to just start reading the bible more and praying. I'm motivated to start reading until I have a mind-set shift.

10F: 35:XX:XX

- **Senses heightened**

There is the sound of engine revving and revving, driving me a bit nuts, wish I knew what it was.

12F: 06:XX:XX

- **Spirituality**

Drove home feeling heavy and anxious. Husband sat with me in bed and said prayers so I could feel better.

03aF: 00:XX:XX

Was up at a reasonable time, praying, introspecting etc. By 10.30 I was exhausted (probably still recovering from the weekend). A voice inside told me "if you tired: sleep, if you hungry: eat, if you sad: cry." So I slept for 2.5 hours.

03aF: 06:XX:XX

I also got back into a head space where I endeavour to prioritise prayer, readings and meditation. I didn't let watching more TV episodes overcome me. I consciously chose to pull myself up and cultivate good thoughts and actions that will allow me to generate a good mental disposition.

13F: 18: XX:XX

I spent most of my night listening to gospel music, reading my bible and praying. Their deaths really pain me, especially when I think about them.

10F: 24:XX:XX

Today I feel really encouraged by my mum to just start reading the bible more and praying. I'm motivated to start reading until I have a mind-set shift.

10F: 35:XX:XX

Desires going to church, praying and reading the Bible more. Feeling more connected.

15F: FUR

- **Laziness**

I have a test tomorrow. instead of feeling tense and anxious as I'm far from finished the scope, I'm much calm, a bit lazy to push to study for more hours. instead I'm about to get into bed.

14M: 00:23:00

- **Sadness**

I felt slightly down, restless and stressed as a result of some experiences at a conference I attended today. Then I went to a new dance class and was emotionally hi-jacked by a woman who I reckon suffers from deep mental problems. Total energy vampire. Drove home feeling heavy and anxious. Husband sat with me in bed and said prayers so I could feel better.

03aF: 00:XX:XX

Spent happy evening listening to music and chilling but late night dipped into relationship review. Feelings of sadness and anger - feel like crying but tears not coming out.

08F: 13:19:30

Realised that I am definitely having a bit of a mid-winter slump as I was dozing until 9:45am. I vowed to stop doing that from today onwards. Generally my mood was still low and we received some bad news. Went to yoga later to shake off the demons.

03aF: 14:XX:XX

Have still been feeling down - all day sort of sombre mood. Been nice to get into the garden although got a bit snippy with the cutters thinking angry thoughts.

08F: 14:XX:XX

I'm actually feeling really depressed because of the death of my two close friends. I'm not in the mood to talk to people, especially because I'm feeling short-tempered.

10F: 26:XX:XX

I was really moody today, which is not something that generally happens. I said some painful things to people I value and I think it hurt there feels, I apologised but I don't think I'm forgiven. I'm feeling really sad about that.

10F: 32:XX:XX

- **Coping**

Have been feeling happier today - less weighed down by life and more able to cope.

08F: 02:XX:XX

Feeling positive and optimistic.

08F: 05:XX:XX

On a mission to do some errands. Offered to take a gogo/fellow board member shopping after she signed some papers. Usually she makes me very irritable but today I am feeling like I can cope, having much more patience with her than normal (for some reason some of my mother installed

08F: 13:XX:XX

I'm finding myself less ruffled by annoying inconveniences.

12F: 05:XX:XX

Enjoyed teaching mom and sister. Proud of how I handled class. I honoured what I know: when uninspired, just gotta prep more, give myself time. I'm not a spur of the

moment type. I care a lot about what sister thinks, respect her as a teacher so was happy that I was able to teach a well centred class. Usually I check out cause I'm nervous but generally finding that my inner will is stronger. I'm over self-sabotage and then triangulating. That cycle feels stale now.

12F: 07:XX:XX

She is going away today for the next 2 weeks. First time I'll be riding solo on the toolbox and heart leads the way. I'm up for it and I know she'll be a phone call away. I feel prepared for this moment.

12F: 13:XX:XX

I really am finding that most things I dread turn out not to be so bad.

12F: 13:XX:XX

Feel like I'm finding my groove.

12F: 21:XX:XX

I'm learning to work better with my energies. Some days when I'm feeling restless and non-desky it's ok to do things like certifying IDs at post office.

12F: 27:08:30

- **Resolution**

Overall emotional state pretty good. These days I'm grateful for the life I've built. I'm also feeling more resolved/at peace about incorporating the aspects I want more of. And realising I don't have to dig (enjoy) what is to motivate myself to reach for more. Got my morning meditation in, was quite distracted though.

12F: 06:XX:XX

Enjoyed teaching mom and sister. Proud of how I handled class. I honoured what I know: when uninspired, just gotta prep more, give myself time. I'm not a spur of the moment type. I care a lot about what sister thinks, respect her as a teacher so was happy that I was able to teach a well centred class. Usually I check out cause I'm nervous but generally finding that my inner will is stronger. I'm over self-sabotage and then triangulating. That cycle feels stale now.

12F: 07:XX:XX

Generally feeling like I'm stepping more decisively into my power. The powerless feeling is old now.

12F: 07:XX:XX

I feel today I had a psychological breakthrough and deeper understanding gained around interpersonal conflict. Am thus relieved that things are moving in a forward direction... Stagnation was a source of tension within me.

13F: 19: XX:XX

Let go of old bitterness. Closed those doors.

14M: FUR

- **Introspection**

I was restless and due to Skype my parents. Said some pretty provocative stuff that precipitated a very hectic and emotional conversation. Had to take the rest of the day off and spent it lying on the couch. Was a complete mess. The late night really turned me upside down and this incident was a lot for me to take in. Was introspecting for a few days after today.

03aF: 05:XX:XX

Was up at a reasonable time, praying, introspecting etc. By 10.30 I was exhausted (probably still recovering from the weekend). A voice inside told me "if you tired: sleep, if you hungry: eat, if you sad: cry." So I slept for 2.5 hours.

03aF: 06:XX:XX

Doing lots of introspection - I think I've been making time for it and slowed down and used the breathing exercises I've been prescribed. Been thinking about my parents and their attitude and trying to figure out my own behaviour and its origins and what is just in my head and what is real. About inter-generational trauma, the clash of culture between my parents and me - they come from very 'closed off' cultures. My openness is what shocked them, our differences, In terms of emotional candidness.

03aF: 07: XX:XX

Mood improved a little though still feeling introspective.

08F: 10: 19:00

Attended a retreat. Learnt lots of super things about herbs, Jung and non-duality. So much about what was spoken about in meditation resonated with stuff I been thinking about. Particularly owning all parts of one self.

12F: 19:XX:XX

- **Goal setting**

Today I woke up with an action plan of the day, which is something I don't usually do because it's holidays.

10F: 25:XX:XX

I exercised, managed to do my chores and have a sudden desire to read more, just read more books that are inspirational and try to change myself, to make myself a better person.

10F: 25:XX:XX

I have also written a lot more short term goals, which is something I do, but don't put pressure on myself but now I feel the urge to work harder and be a better person.

10F: 25:XX:XX

I'm thinking about travel goals - Mozambique is really on my mind. Remembered Malawi as well and friend reminded me of Japan.

12F: 26:XX:XX

Thinking of doing a course. I do feel like I want some structured learning, maybe a legal course? Gonna apply my mind to it.

12F: 27:08:30

Today I feel really encouraged by my mum to just start reading the bible more and praying. I'm motivated to start reading until I have a mind-set shift.

10F: 35:XX:XX

Focused on studies. Wanting to pass and do well.

15F: FUR

- **Irritable**

Am feeling annoyed at people around posts on Facebook:
-one friend who reports things without thinking, sort of social media and computer naïve which strangely is annoying me.
-my boyfriend who feels the need to recreate posts as his own instead of sharing them from the place they came from (he's using it to create interest so people look at his posts, instead of creating more attention for organization doing the work).

08F: 02:XX:XX

Spent happy evening listening to music and chilling but late night dipped into relationship review. Feelings of sadness and anger - feel like crying but tears not coming out.

08F: 13:19:30

Have still been feeling down - all day sort of sombre mood. Been nice to get into the garden although got a bit snippy with the cutters thinking angry thoughts.

08F: 14:XX:XX

Irritability, desire to be alone, don't want to be around people. When people are talking to me it feels as if they annoy me.

25F 21:XX:XX

I'm actually feeling really depressed because of the death of my two close friends. I'm not in the mood to talk to people, especially because I'm feeling short-tempered.

10F: 26:XX:XX

Started cleaning up the weed bush I harvested for my boyfriend. I think I inhaled much pollen, my fingers are blackish with resin. It's made me horny but put me in a bad mood - feeling pissed with the boyfriend who ignored my messages until I said I'm cleaning the weed.

08F: 27:20:30

- **Social Media**

Am feeling annoyed at people around posts on Facebook:
-one friend who reports things without thinking, sort of social media and computer naïve which strangely is annoying me.
-my boyfriend who feels the need to recreate posts as his own instead of sharing them from the place they came from (he's using it to create interest so people look at his posts, instead of creating more attention for organization doing the work).

08F: 02:XX:XX

I was restless and due to Skype my parents. Said some pretty provocative stuff that precipitated a very hectic and emotional conversation. Had to take the rest of the day off and spent it lying on the couch. Was a complete mess. The late night really turned me upside down and this incident was a lot for me to take in. Was introspecting for a few days after today.

03aF: 05:XX:XX

I feel much calm, feel much in control of things. I seldom take our class group WhatsApp chat, but today, few minutes back, while the lecture is on, I was giving instructions, and informing absent classmates of what the lecturer has bought in class.

14M: 00:10:53

Feeling normal just completely stopped spending time on social media. It doesn't interest me anymore.

10F: 22:XX:XX

- **Travel**

I'm getting excited for afrikaburn. I'm thinking about travel goals - Mozambique is really on my mind. Remembered Malawi as well and friend reminded me of Japan.

12F: 26:XX:XX

- **Artistic**

I also want to begin livening up my space. Love art and pics, want to start developing and turn walls into gallery.

12F: 04:XX:XX

Mosaiced and spent wonderful afternoon with Tessa, spread some of my mosaic wings and also shared a lot with her about where I'm at Law and otherwise at the moment. Mosaicing is really calming and soothing, hours flew by.

12F: 16:XX:XX

- **Career**

Proud of myself for having reentry back into law conversation with aunt Leah. Gave me some sort of a road map to consider. So good to just get things out my head, they torment me there :)

12F: 15:XX:XX

Mosaiced and spent wonderful afternoon with Tessa, spread some of my mosaic wings and also shared a lot with her about where I'm at Law and otherwise at the moment. Mosaicing is really calming and soothing, hours flew by.

12F: 16:XX:XX

Made myself clear up my room while listening to a paradigm shifting podcast. Wow. I hear about collaborative law. It resonated deeply with me. My road map for reentry definitely taking shape.

12F: 17:XX:XX

Thinking of doing a course. I do feel like I want some structured learning, maybe a legal course? Gonna apply my mind to it.

12F: 27:08:30

Uncertainty of career.

02M: FUR

- **Longing for the past/homesickness**

Had 15min of feeling weepy during the first session on the new Canon cameras on the market. Not sure why? The particular video showing was on a small camera that enables street photography and sharing - so perhaps a bit of a feeling of lament at the carefree me I used to be that I did that sort of thing, plus my camera is broken.

But the tears welled up all of a sudden and I wasn't thinking about loss at that moment.

08F: 05:XX:XX

Late afternoon I started crying lightly for no reason when I saw photos of my horse back home. Then felt it again early at night.

30F 06:XX:XX

Very emotional. Cried myself to sleep. Homesick and lonely.

22F 11:XX:XX

- **Intuition**

My day did not go as expected. I only got home about an hour ago after leaving to go teach. Events led me home and then to hospital to admit makhulu. I felt like I was flowing with the water. Once I let go of my ideas of how day was supposed to have gone was still able to get some of my work done.

12F: 05:XX:XX

Was up at a reasonable time, praying, introspecting etc. By 10.30 I was exhausted (probably still recovering from the weekend). A voice inside told me "if you tired: sleep, if you hungry: eat, if you sad: cry." So I slept for 2.5 hours.

03aF: 06:XX:XX

- **Observing others**

Doing lots of introspection - I think I've been making time for it and slowed down and used the breathing exercises I've been prescribed. Been thinking about my parents

and their attitude and trying to figure out my own behavior and its origins and what is just in my head and what is real. About inter-generational trauma, the clash of culture between my parents and me - they come from very 'closed off' cultures. My openness is what shocked them, our differences, In terms of emotional candidness.

03aF: 07: XX:XX

Went to dinner at R's house. The food was delicious and happy to see P there as well but damn R can talk your ear off. I used to find her patent awkwardness and over sharing endearing but now I just see a bundle of issues that aren't being controlled? and are being blurred out on us poor unsuspecting company :) I think I really wanted a friend in the neighbourhood but I just can't. I can also feel she really wants friendship/approval, yeah definitely approval. She has said she has people pleasing tendencies. I also feel like she is a people collector. Knows loads of people but I wonder about how genuine the connections are.

12F: 07:XX:XX

- **Cleaning**

Made myself clear up my room while listening to a paradigm shifting podcast. Wow. I hears about collaborative law. It resonated deeply with me. My road map for reentry definitely taking shape.

12F: 17:XX:XX

Still haven't done any work prep - it's like I can't stop cleaning even though my fingers hurt.

08F: 22:16:30

Started cleaning up the weed bush I harvested for my boyfriend. I think I inhaled much pollen, my fingers are blackish with resin. It's made me horny but put me in a bad mood - feeling pissed with the boyfriend who ignored my messages until I said I'm cleaning the weed.

08F: 27:20:30

- **Miscellaneous mind symptoms**

Had to be stern with a couple of peeps but finding I'm better at expressing instead of holding back.

12F: 04:23:17

Had a big brunch. Then at 4pm I cycled at the beach for about 18km. I was feeling like being outdoors as we had been at home all day.

03aF: 11:XX:XX

Realised that the last few weeks I've been looking at and attracted to colours I don't normally go for - usually like black, silver, and very bright colours on the blue spectrum - crimson, cerise, blue green. In the bead shop today and looking at clothes yesterday I was attracted to browns, gold, orangey, dull pink colours.

08F: 14:XX:XX

Mind in overdrive, feels like a sugar rush. Mind is tired.

01M: 15:XX:XX

I realised I have a really organised brain and I pay close attention to detail.

10F: 15:XX:XX

I'm even scared to go to sleep because I feel my subconscious is still thinking about her.

10F: 23:XX:XX

Spending more time thinking about them than I usually do, but don't think it's a good thing to be in your head all the time.

10F: 24:XX:XX

Today we went swimming. I decided to be brave. I'm not the best of swimmers but I managed to go to the deep end. I definitely conquered my fears today.

10F: 30:XX:XX

I was really moody today, which is not something that generally happens. I said some painful things to people I value and I think it hurt there feels, I apologized but I don't think I'm forgiven. I'm feeling really sad about that.

10F: 32:XX:XX

4.2.3.2: Vertigo

Feeling headache, sharp pain behind eyes and slight dizzy feeling when I turn my head fast.

08F: 00:23:15

Feel a bit dizzy when I get up.

10F: 04:22:00

Stayed out late but felt fine. Before that I felt a bit foggy, came home after 4pm with a headache, even felt a bit nauseous and dizzy.

03aF: 04:XX:XX

4.2.3.3: Head

Heaviness

Mild headache of entire head – feels heavy. Want to sleep. Slight cough and wheeze. Headache is throbbing.

09aM: 05: XX:XX

Mild headache of entire head – feels heavy. Want to sleep. Cough worse and slight wheeze. Headache is throbbing.

09aM: 06: XX:XX

Mild headache of entire head – feels heavy. Cough and slight wheeze. Headache is throbbing.

09aM: 07: XX:XX, 08: XX:XX

Mild headache of left side of head – feels heavy. Headache is throbbing.

09aM: 09: XX:XX, 10: XX:XX, 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 17: XX:XX, 18: XX:XX, 19: XX:XX, 20: XX:XX, 21: XX:XX, 22: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Pain

Headache appeared to get worse within 30min of taking the remedy. Not sure if this is due to taking the remedy or that the headache was getting progressively worse since I woke up.

02M: 00:09:36

By 12h00 my headache was nearly gone. Slight pain if I shake my head.

02M: 00:12:00

No constant pain from headache but I can feel it is still there. If I bend over, arch my head or move suddenly, my head almost pulses.

02M: 00:19:00

Feeling headachey, sharp pain behind eyes and slight dizzy feeling when I turn my head fast.

08F: 00:23:15

Dull headache, worse on the forehead, light exposure and better for sleeping.

25F 01:XX:XX

Woke up with the same sensation in my head. No constant pain but almost pulses of waves of slight pain if I arch my head or move suddenly.

02M: 01:07:00

Woke up with a light headache. Dull pain. Got worse throughout the day, became unbearable at around 7pm.

24F 01:XX:XX

Headache. It was like a migraine and did not want to subside throughout the day. Was just an uncomfortable headache.

16M 01:XX:XX

Slight headache in the afternoon. Dull pain over my forehead

24F 04:XX:XX

Stayed out late but felt fine. Before that I felt a bit foggy, came home after 4pm with a headache, even felt a bit nauseous and dizzy.

03aF: 04:XX:XX

Have a headache behind the eyes.

17M 04:XX:XX

Slight headache, same spot and dull.

24F 05:XX:XX

Headache late in the afternoon. Was working on my laptop.

16M 06:XX:XX

I have this headache [with] tense shoulders.

01M: 07:09:00

Dull headache throughout the day

24F 11:XX:XX

Mild headache behind my eyes

16M 13:XX:XX

Feels as if whole body is sore, worse in the head.

01M: 15:XX:XX

Headache coming and going. Occiput feels uncomfortable worse for movement of head.

01M: 15:10:00

I drank water but not enough in the sweltering heat so have a massive dehydration headache. Drinking lots of water now and some ginger beer.

08F: 18:17:00

I am slightly headachey this evening probably because of delaying rehydration for so many hours and spending time in a hot car. I've decided to have an early night.

13F: 19:XX:XX

Had a headache around lunch, which was right behind my eyes.

18F 22:XX:XX

Feeling thirsty and headachey.

08F: 22:08:00

Temples

Had a headache that started at my temples and moved to the front of my head.

18F 17:XX:XX

Had a headache that started at my temples and moved to the top and front of my head.

18F 18:XX:XX

Left

Headache also have neck pain. On the left half on my head, started behind my eyes then moved everywhere. Could be from lack of sleep or stress. Feels like sharp spikes in my head.

22F 06:XX:XX

Mild headache of left side of head – feels heavy. Headache is throbbing.

09aM:

Right

Slight headache on the right side, behind eye. No pain just discomfort. Got worse when I was very hot. Started after I was busy talking on the phone.

16M 04:XX:XX

Had a throbbing pain on the right side of my head. As well as a headache at the back of my head.

18F 10:XX:XX

Occipital

Have a headache, at the back of my head. Feel a bit dizzy when I get up.

10F: 04:22:00

Had headache at the back of my head (11:00am). Drank lot of water to get rid of it.

18F 09:XX:XX

Trobbing

Had a throbbing headache in the morning.

18F 02:XX:XX

Headache light, throbbing. > at 8am < 8pm again

24F 02:XX:XX

Throbbing headache at my temples which moved to the front of my head.

18F 04:XX:XX

Throbbing headache appeared at my temples and moved to the front of my head. Caused a bit of strain on my eyes.

18F 07:XX:XX

Had a throbbing pain on the right side of my head. As well as a headache at the back of my head.

18F 10:XX:XX

Sharp

Someone put the aircon on which was blowing on me. I felt very cold and it gave me headache on sides of head above ears and across top - sharp pain. Felt fine back in warm.

08F: 02:12:00

My head feels full.

22F 03:XX:XX

4.2.3.4: Eye

Itching

15min after taking powder in car had very itchy eyes. Lasted approximately 10min. Stopped in the fresh her air at beachfront.

08F: 00:11:30

Eyes itching again. Feeling very itchy. Especially along lower lid.

08F: 00:18:45

Thirsty feeling (drinking lots of water) and dry itching eyes continued through evening.

08F: 01:15:32

Eyes feeling itchy, especially right.

08F: 11:06:30

Enlarged sensation

Eyes feeling like they are too big for sockets but no itching.

08F: 00:21:00

Dryness

Eyes not as itchy but feeling very dry, as if I've been out in a hot wind.

08F: 00:19:00

Eyes were dry in the afternoon and was a bit sore at night. Very sensitive to the air-conditioning of my car.

16M 07:XX:XX

Pain

Pain behind my right eye - feels like on the eyeball (not sure how to describe it - it's not dull or sharp).

08F: 08:15:15

Left side of face begins to pain. Left eye, left cheek and left molars.

09aM: 09: XX:XX, 10: XX:XX, 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 17: XX:XX, 18: XX:XX, 19: XX:XX, 20: XX:XX, 21: XX:XX, 22: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Heaviness

Eyes are feeling very heavy today.

06M: 10:XX:XX

Eyes a bit heavy.

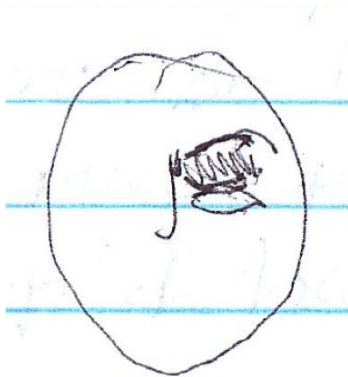
02M: 26:19:41

Sensation of foreign object

Only thing bugging me today was that it felt like/still feels like I have something in my left eye. Hope it's better tomorrow cause I'm gonna be wearing contacts.

12F: 08:XX:XX

Swelling



Woke up at 6H45...Right eyelid below eyebrow is puffy and hanging down over my lower lid.

08F: 17:06:45

4.2.3.5: Ear

Pain

Tingling pain on my right tonsil. The pain radiates to the middle ear and the right side of my jaw. It is tingling and feels better when I chew or grind my teeth. Not uncomfortable pain. It suddenly started in the afternoon and lasted throughout the night.

20F 04:XX:XX

Right ear is a little painful, feels like I'm going to get an ear infection.

10F: 6:XX:XX

Glands in armpits and under ears still swollen - right underarm worse, left under ear worse - sore if pressed.

08F: 11:XX:XX

Left ear sore. There is an irritating scab inside.

01M: 15:XX:XX

Left ear was blocked in the morning; it also had a stinging pain.

18F 16:XX:XX

Obstruction

Slightly runny sinus since woke up and ears feeling blocked.

08F: 10:09:00

Left ear was blocked in the morning; it also had a stinging pain.

18F 16:XX:XX

4.2.3.6: Nose

Post nasal drip

I noticed some post nasal drip that I was unable to blow out.

06M: 00:11:00

Very bad post nasal drip at first on going to bed - made me cough a bit.

08F: 00:XX:XX

Post nasal drip began around 8am, about 1 hour after taking my first dosage today.

The post nasal felt the same as yesterdays where I was unable to blow it out.

06M: 01:08:00

Nose was blocked throughout the afternoon. Opened up at about 16:00, after my exam. I still have a post nasal drip.

16M 03:XX:XX

Post nasal drip is present.

16M 04:XX:XX

Have a post nasal drip, but throat feels very dry.

17M 06:XX:XX

Nose semi-blocked during the evening. Also have a post nasal drip.

16M 07:XX:XX

My throat is very sore. Feels like I have a post nasal drip. Very dry throat.

17M 11:XX:XX

Sneezing occasionally. Blood present when blowing out nose with green mucous – only on left side. Lots of nasal congestion with post nasal drip.

09aM: 10: XX:XX, 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Sneezing occasionally. Mucous less green, now greenish/yellow. Traces of blood still present. Mucous staining in green. Lots of nasal congestion with post nasal drip.

09aM: 17: XX:XX, 18: XX:XX, 19: XX:XX, 20: XX:XX, 21: XX:XX, 22: XX:XX

Smell and taste of mucous extremely bad. Like rotten egg or putrid flesh.

09aM: 10: XX:XX, 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 17: XX:XX, 18: XX:XX, 19: XX:XX, 20: XX:XX, 21: XX:XX, 22: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Obstruction

Blocked nose, left sided. Mucous white, like egg white.

09aM: 00: XX:XX

Blocked nose, left sided. Mucous white, like egg white.

09aM: 01: XX:XX

Sinuses were stuffy and it felt like as if my nose was going to get blocked.

16M 01:XX:XX

Blocked nose, left sided. Mucous white, like egg white.

09aM: 02: XX:XX

Blocked nose, itchy, ticklish and runny. In my left nasal passage. Nothing makes it better, but is worse for dust and smoking. Also have some sneezing. Started as I woke up.

22F 02:XX:XX

Slightly blocked nose when I woke up, but cleared up quickly.

30F 02:XX:XX

Blocked nose, left sided. Mucous white, like egg white.

09aM: 03: XX:XX

Nose was blocked throughout the afternoon. Opened up at about 16:00, after my exam. I still have a post nasal drip.

16M 03:XX:XX

Nose blocked when I woke up, cleared later in the day.

30F 03:XX:XX

Blocked nose, left sided. Mucous white, like egg white.

09aM: 04: XX:XX

Blocked nose, left sided. Mucous white, like egg white.

09aM: 05: XX:XX

Blocked nose, blocked sinuses.

16M 05:XX:XX

Woke up with a blocked nose and a wet cough.

18F 05:XX:XX

Nose blocked again. Not as blocked as the previous days, but still not completely clear.

30F 05:XX:XX

Blocked nose, left sided. Mucous white.

09aM: 06: XX:XX

My sinuses have been blocked all day. Nothing came out.

17M 06:XX:XX

Nose semi-blocked during the evening. Also have a post nasal drip.

16M 07:XX:XX

Blocked nose, left sided.

09aM: 08: XX:XX

Blocked sinuses.

16M 08:XX:XX

Sneezing occasionally. Blood present when blowing out nose with green mucous – only on left side. Lots of nasal congestion with post nasal drip.

09aM: 09: XX:XX

Stuffy nose.

24F 09:XX:XX

Stuffy nose.

24F 10:XX:XX

Blocked nose, nothing wants to come out.

17M 11:XX:XX

Sinuses still clear. Got a bit of a nose bleed. Nasal passages still dry. I suspect the bleed is from constant exposure to cold air whilst my sinuses are blocked.

02M: 17:19:00

Sneezing occasionally. Blood present when blowing out nose with green mucous – only on left side. Lots of nasal congestion with post nasal drip.

09aM: 10: XX:XX, 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Sneezing occasionally. Mucous less green, now greenish/yellow. Traces of blood still present. Mucous staining in green. Lots of nasal congestion with post nasal drip.

09aM: 17: XX:XX, 18: XX:XX, 19: XX:XX, 20: XX:XX, 21: XX:XX, 22: XX:XX

Smell and taste of mucous extremely bad. Like rotten egg or putrid flesh.

09aM: 10: XX:XX, 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 17: XX:XX, 18: XX:XX, 19: XX:XX, 20: XX:XX, 21: XX:XX, 22: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Rhinitis

Woke up with hayfever.

22F 03:XX:XX

Really bad sinus since I woke up. It woke me up.

22F 08:XX:XX

Dryness

Running nose and extremely dry throat.

10F: 05:XX:XX

Sinuses were clear but my nasal passages felt dry as if exposed to cold air. Was out of the office for most of the day so I was not in the A/C.

02M: 17:13:50

Nostril mucosa dryness. Dry, crusted cattarrh on the mucosa, it feels as if a dried gel has been applied in the Nostrils walls. It is as if much wind has blown into my Nostrils. This is so, every morning since yesterday. Crusts are sticky, non offensive with no blood. There is much relief after cleaning Nostrils and removing all the crusted cattarrh.

14M: 24:09:00

Crusted Nostrils every morning. Today dryness of the mucous membrane in the Nostrils started this evening.

14M: 27:XX:XX

Dryness of the Nostrils mucosa felt every morning.

14M: 28:XX:XX

Pain

Just had a sore throat, blocked nose and serious headache.

10F: 06:XX:XX

Coryza

Frequent coughing, slight wheeze and runny nose. Mucous from nose is yellow.

09aM: 07: XX:XX

Still have a running nose.

10F: 08:XX:XX

Sneezing occasionally. Blood present when blowing out nose with green mucous – only on left side. Lots of nasal congestion with post nasal drip.

09aM: 09: XX:XX

Slightly runny sinus since woke up and ears feeling blocked.

08F: 10:09:00

I just have a running nose.

10F: 12:XX:XX

Still have a little bit of a running nose.

10F: 20:XX:XX

Discharge

Frequent coughing, slight wheeze and runny nose. Mucous from nose is yellow.

09aM: 07: XX:XX

Sneezing occasionally. Blood present when blowing out nose with green mucous – only on left side. Lots of nasal congestion with post nasal drip.

09aM: 09: XX:XX

Dark blood present in morning upon blowing out nose.

09aM: 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Light blood tinged green mucous during the day.

09aM: 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Bad sinus, light yellow/ white colour mucous. Better outside. Had a sneeze attack.

22F 12:XX:XX

Throat pain has subsided. Nostril stuffy with hard, slightly dried mucus on the back of the Nostril.

14M: 13:XX:XX

I woke up with dryness of the nasal mucosa. There are much crusts in the nostrils, dry, cream white to yellowish and painful. There is much relief when my nostrils are clean, with no dry crusted cattarrh.

14M: 23:10:00

Nostril mucosa dryness. Dry, crusted cattarrh on the mucosa, it feels as if a dried gel has been applied in the Nostrils walls. It is as if much wind has blown into my Nostrils. This is so, every morning since yesterday. Crusts are sticky, non offensive with no blood. There is much relief after cleaning Nostrils and removing all the crusted cattarrh.

14M: 24:09:00

Crusted Nostrils in the morning. There is no fan nor anything blowing wind/air into my room. No headache, nor sneezing.

14M: 25:13:00

Sneezing occasionally. Blood present when blowing out nose with green mucous – only on left side. Lots of nasal congestion with post nasal drip.

09aM: 10: XX:XX, 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Sneezing occasionally. Mucous less green, now greenish/yellow. Traces of blood still present. Mucous staining in green. Lots of nasal congestion with post nasal drip.

09aM: 17: XX:XX, 18: XX:XX, 19: XX:XX, 20: XX:XX, 21: XX:XX, 22: XX:XX

Smell and taste of mucous extremely bad. Like rotten egg or putrid flesh.

09aM: 10: XX:XX, 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 17: XX:XX, 18: XX:XX, 19: XX:XX, 20: XX:XX, 21: XX:XX, 22: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Heightened Sense of smell

I have been smelling a strange sweet perfumeey smell in the evenings since Thursday (DAY 4) night - thought it was a plant flowering for the first time but strange smell.

08F: 09:XX:XX

I am feeling very stressed by perfumes this morning. The airport shuttle car had a hanging perfume and one that squirted perfume into the car.

08F: 11:07:30

The hotel where the meeting is being held has super strong sickly perfume in the loos and some sort of fragrance in the air in the meeting room.

08F: 11:XX:XX

Stayed awake by changing activities, observing sweet smell of fruit also cleaning chem from outside.

08F: 16:16:00

Modalities

>Outside

I also realized that when I'm not inside the house my flu is better and I feel less sick.

10F: 13:XX:XX

4.2.3.7: Face

Dryness of lips

I noticed that my lips were peeling for some reason.

01M: 02:10:39

Lips are feeling papery and peeling.

08F: 22:08:00

Lips papery and cracked.

08F: 23:11:45

Still feel dehydrated, lips even more papery, no sore throat this morning.

08F: 24:XX:XX

Lips very dry and papery, peeling feeling.

08F: 25:06:00

Pain

Tingling pain on my right tonsil. The pain radiates to the middle ear and the right side of my jaw. It is tingling and feels better when I chew or grind my teeth. Not uncomfortable pain. It suddenly started in the afternoon and lasted throughout the night.

20F 04:XX:XX

Left side of face begins to pain. Left eye, left cheek and left molars.

09aM: 09: XX:XX

Left side of face painful. Left eye, left cheek, and left molars.

09aM: 09: XX:XX, 10: XX:XX, 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 17: XX:XX, 18: XX:XX, 19: XX:XX, 20: XX:XX, 21: XX:XX, 22: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX,

Itching

I think my face was itchy during meditation cause I had a bit of heat rash.

12F: 06:XX:XX

4.2.3.8: Mouth

Swelling

Tongue feels like it is swelling, especially left back in my mouth - making it difficult to talk in the meeting.

08F: 01:09:45

Tongue Pain

Left back of tongue still feeling tender.

08F: 02:06:45

Woke up with the tip of my tongue painful. It's been painful all day and it's definitely not caused by drinking something hot or kissing anyone. Everything makes it worse. Worse for drinking. Stinging and irritating.

10F: 08:XX:XX

Woke up with a painful tongue. It's a painful white pimple on the tip of my tongue. Apparently a good remedy is salt water, I tried it and it stinks as hell. Last time I had this was like 3 years ago. The pimple was painful all day, slept early due to the pain. Had before, 3 years ago??

10F: 09:XX:XX

Tongue discoloration

Noticed white fur on tongue while brushing teeth.

08F: 03:22:40

Glands less swollen but throat sore this morning and tongue white.

08F: 12:10:30

Oral thrush. Tongue whitish. Feels covered as if not his tongue. As if something covered the tip.

14M: FUR

Dryness

Mouth feels very dry.

16M 05:XX:XX

Dry mouth.

01M: 15:XX:XX

Offensive smell and taste

My breath is offensive, I had brushed my teeth this evening, but the breath is still offensive.

14M: 07:14:00

Smell and taste of mucous extremely bad. Like rotten egg or putrid flesh.

09aM: 10: XX:XX, 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 17: XX:XX, 18: XX:XX, 19: XX:XX, 20: XX:XX, 21: XX:XX, 22: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Disorientated sense of taste

My mouth tasted sweet and more slimey

27F 08:XX:XX

I could still feel the slimey feeling in my mouth. Drank lots of water but no change.

27F 09:XX:XX

Something is odd with my taste buds today - the coffee is tasting sweet although normal coffee and normal milk and no sugar- very weird!!??

08F: 10:09:30

Brushed teeth with toothpaste - the mint flavour tastes too strong today.

08F: 10:XX:XX

I had some horrible chicken wings at spur before movie. The BBQ sauce was so bitter. After delicious healthy lunch of Vietnamese spring roll I just craved junk food in the afternoon.

12F: 16:XX:XX

4.2.3.9 Teeth

Pain

Left side of face begins to pain. Left eye, left cheek and left molars.

09aM: 09: XX:XX

Left side of face painful. Left eye, left cheek and left molars.

09aM: 10: XX:XX, 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 17: XX:XX, 18: XX:XX, 19: XX:XX, 20: XX:XX, 21: XX:XX, 22: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

4.2.3.10: Throat

Dryness

Throat was very dry.

16M 01:XX:XX

My throat feels dry.

16M 02:XX:XX

I had weird hiccups at 14h15 in homeopharm class. My throat down to the oesophagus felt dry. it took about 10min to subside.

14M: 04:14:15

Have a post nasal drip, but throat feels very dry.

17M 06:XX:XX

Running nose and extremely dry throat.

10F: 05:XX:XX

My throat is very sore. Feels like I have a post nasal drip. Very dry throat.

17M 11:XX:XX

Feeling very thirsty, throat feels dry and scratchy.

08F: 16:10:00

Itchy

Throat pain began shortly after 11:30am. My throat felt itchy and was soothed eating something coarse like toast.

06M: 01:11:30

Itchy throat.

09aM: 04: XX:XX

I have this flu - like feeling. My throat and pharynx (back of mouth) feels itchy, burning, and feels as if another layer has been placed around the pharynx. The voice has changed, slight coughs.

14M: 07:14:00

Pain

I noticed my throat was starting to hurt with an itchy type sensation.

06M: 00:12:00

Had a sore throat.

17M 01: XX:XX

Throat is a bit sore. Has a burning sensation.

16M 03:XX:XX

I have a sore throat, flu is about to start.

10F: 04:XX:XX

I woke up and went to wash my face. As I stood there by the shower, I had this slight pain on the right throat. The throat felt enlarged. The pain though not intense, it is sharp, as if a tiny pin might come out the tip of the tonsil. The pain is so faint that it does not interfere with swallowing, movement of the head nor sticking out of the tongue.

14M: 06:06:33

Throat is sore. Malaise gets worse. Post nasal drip.

09aM: 06: XX:XX

Just had a sore throat, blocked nose and serious headache.

10F: 06:XX:XX

Sore throat is severe. Post nasal drip.

09aM: 07: XX:XX

Throat is sore. Post nasal drip.

09aM: 08: XX:XX

My throat is very sore. Feels like I have a post nasal drip. Very dry throat.

17M 11:XX:XX

Slight sore throat.

08F: 11:XX:XX

Glands less swollen but throat sore this morning and tongue white. Feeling much better after fresh air but exhausted, throat ok now back to bed.

08F: 12:XX:XX

Throat sore again - seems to be a morning thing (gone by 12h00).

08F: 13:10:00

Developed a slight sore throat sometime in the late morning - has been getting worse through the day. The tartness of the salad dressing was sting and soothing.

08F: 17:XX:XX

Sore throat for first hour after waking.

08F: 20:07:30

Sore throat until eating.

08F: 21:08:00

Sore throat - lasted about an hour.

08F: 22:08:00

Dull or faint pain felt in the throat as I swallow.

14M: 28:XX:XX

-Tonsils

Tingling pain on my right tonsil. The pain radiates to the middle ear and the right side of my jaw. It is tingling and feels better when I chew or grind my teeth. Not uncomfortable pain. It suddenly started in the afternoon and lasted throughout the night.

20F 04:XX:XX

I had a flu-like symptom in the morning while at campus. My left tonsil was sore, the soreness was dull, not interfering with my normal daily activities, I could swallow without exacerbating and illiciting much throat pain. The back of the tonsils was a thick snot, so hard, difficult to hawk it out.

14M: 12:XX:XX

Sore throat on waking for +-2 hours, right tonsil slightly swollen.

08F: 23:05:00

Enlarged

The throat felt enlarged.

14M: 06:06:33

4.2.3.11: Stomach

Increased appetite

My appetite has increased a lot. it feels as if my stomach is so empty and the hunger is so excoriating as if being rubbed by a steel wool.

14M: 01:23:00

After having lunch, I got very hungry.

16M 01:XX:XX

Increase in appetite. Eating many things at once.

25F 01:XX:XX

Excoriating hunger. Rice and bread do not full up my stomach in such a way that I would feel full. The fullness is temporary as I must have to take a slice.

14M: 02:20:00

Increased appetite

29M: 02:XX:XX

I woke up ravenous.

12F: 02:XX:XX

Hunger!!! It felt as if I last ate I'm the afternoon. This hunger is sharp that I have to take something. The hunger and sharpness is much felt as if it is from the heart. In my stomach there is no excoriation but hunger.

14M: 03:23:52

Increased appetite

29M: 03:XX:XX

My friends left I felt really hungry so I over ate and got cramps.

01M: 04:17:11

My appetite was great

27F 04:XX:XX

Appetite larger than normal

29M: 04:XX:XX

Large appetite

29M: 05:XX:XX

Very hungry.

22F 06:XX:XX

Appetite normal.

27F 07:XX:XX

I woke up feeling hungry, my stomach is so empty and feels as if it has been enlarged/extended to have a deep pit bottom. I ate 3 times last evening before I sleep. I woke up and prepared something to eat, before I could even brush my teeth "lol".

14M: 09:XX:XX

Appetite large

29M: 12:XX:XX

Sometimes feel like eating unnecessarily.

01M: 15:XX:XX

I have an increased appetite, as now I'm preparing two slice of bread for a quick bite.

14M: 15:XX:XX

Large appetite.

29M: 16:XX:XX

I am more energetic with sharp appetite.

14M: 17:XX:XX

Appetite higher than usual throughout the day. My thirst was very high, especially in the afternoon.

30F 18:XX:XX

Very hungry today, craving big and rich meal.

08F: 22:12:00

Still feeling hungry today. Can't get enough water.

08F: 23:XX:XX

Increase appetite

24F 23:XX:XX

Still feel dehydrated, lips even more papery, no sore throat this morning. Very hungry despite big lunch.

08F: 24:XX:XX

Increase hunger, increase thirst, increase urination, fatigue.

09aM: 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Increased appetite. Ate a lot.

15F: FUR

- On waking

I woke up ravenous.

12F: 02:XX:XX

I woke up feeling hungry, my stomach is so empty and feels as if it has been enlarged/extended to have a deep pit bottom. I ate 3 times last evening before I sleep. I woke up and prepared something to eat, before I could even brush my teeth "lol".

14M: 09:XX:XX

Diminished appetite

Didn't have an appetite. Only had one meal today.

20F 01:XX:XX

I hardly ate today- fruit, tea and water, felt good to keep it light. Had a few snacks in between then made a yummy salad for dinner.

12F: 03:XX:XX

Appetite lower than usual.

30F 05:XX:XX

Appetite was normal then decreased in the afternoon.

30F 06:XX:XX

Appetite lower than usual.

30F 08:XX:XX

Not much appetite tonight.

08F: 09:XX:XX

Appetite is low. Only feel like eating comfort food but also feel like I've had too much starch - need protein.

3aF: 20:XX:XX, 21:XX:XX

Appetite fluctuations

Appetite up and down throughout the day. Intense cravings at night for sweet stuff.

30F 09:XX:XX

My appetite was up and down throughout the day.

30F 10:XX:XX

Thirst

As soon as I took it I felt thirsty and uncomfortable on my tummy.

01M: 00:08:37

Also feeling thirsty although have been making extra effort to drink water today.

08F: 00:19:30

Thirsty feeling (drinking lots of water) and dry itching eyes continued through evening.

08F: 01:15:33

Very thirsty at night.

16M 01:XX:XX

Drank a lot of water, was still thirsty.

27F 02:XX:XX

I really started to feel hungry so I ate but I over ate a bit.

01M: 02:16:30

Thirsty throughout the whole night.

16M 02:XX:XX

Very thirsty during late afternoon and most of the night.

16M 05:XX:XX

Downed a bottle of coconut water to hydrate. Lots of water at home and tea.

08F: 06:XX:XX

Have been feeling thirsty today - been drinking water since morning, trying also to be more conscious of dehydration.

08F: 09:XX:XX

Still feeling thirsty.

08F: 10:XX:XX

Thirsty this evening have drunk several glasses of water.

08F: 15:20:00

Always thirsty.

01M: 15:XX:XX

Throughout the night I woke up several times to drink water.

24F 15:XX:XX

Feeling very thirsty, throat feels dry and scratchy.

08F: 16: 10:00

I am constantly thirsty, it doesn't matter how much water I drink

24F 16:XX:XX

Also extremely hot, very thirsty.

08F: 17:XX:XX

Feeling thirsty and headachey.

08F: 22:08:00

My thirst was very high, especially in the afternoon.

30F 18:XX:XX

Have been thirsty all day even though I'm drinking water.

08F: 22:16:30

Can't get enough water.

08F: 23:XX:XX

Very thirsty - drinking lots of sparkling water.

08F: 24:21:00

I was extremely thirsty today. I upped my water intake.

24F 24:XX:XX

Very thirsty from lunch but didn't have water on drive. Feeling thirsty after drive, lots of tea and water.

08F: 26:XX:XX

Increase hunger, increase thirst, increase urination, fatigue.

09aM: 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

More thirsty.

02M: FUR

Increased water intake.

15F: FUR

Nausea

I feel nauseous after taking the remedy. There is rumbling noise in my stomach, much gas, and better for belching.

14M: 00:09:45

I took my second remedy. I feel a bit nauseous. I felt also a bit bloated (gas in my stomach) I benched to have a relief.

14M: 00:18:00

I took my third remedy. A bit nauseous. Much gas in my stomach.

14M: 00:23:00

My fourth remedy. Nausea only this time.

14M: 01:09:00

I took the fifth remedy. I'm nauseous and flatulent. I had a few eructations (belching), that gives me a relief.

14M: 01:14:00

I began to feel those cramps again and a bit nauseous and hot. I felt better after having something sugary to drink.

01M: 01:15:00

Feeling nauseous.

22F 02:19:30

Felt nauseous this morning. Went away after a half hour.

22F 03:XX:XX

I woke up feeling a little sick. Nauseous

01M: 04:07:55

Stayed out late but felt fine. Before that I felt a bit foggy, came home after 4pm with a headache, even felt a bit nauseous and dizzy.

03aF: 04:XX:XX

My stomach had a weird feeling, felt like vomiting for most of the morning.

10F: 05:XX:XX

Bloated since this morning. Nausea worse for drinking, worse for water, worse for eating with cold feeling and shakiness.

01M: 15:XX:XX

Scared to eat because of nausea, feel full.

01M: 15:XX:XX

- >Eructations

I feel nauseous after taking the remedy. There is rumbling noise in my stomach, much gas, and better for belching.

14M: 00:09:45

I took my second remedy. I feel a bit nauseous. I felt also a bit bloated (gas in my stomach) I belched to have a relief.

14M: 00:18:00

I took the fifth remedy. I'm nauseous and flatulent. I had a few eructations (belching), that gives me a relief.

14M: 01:14:00

Hiccoughs

I had weird hiccups at 14h15 in homeopharm class. My throat down to the oesophagus felt dry. it took about 10min to subside.

14M: 04:14:15

I have a second episode of hiccups. I drank cold, refrigerated water, that has triggered it. I had to warm up water and drink it to stop the attacks. Hiccups better for warm drinks (water). Worse for cold (water) drinks.

14M: 04:18:30

Eructation

Nothing unusual to note except I had two goji berry flavoured chewy supplements and they didn't digest nicely, I kept on tasting it when burping. Not gonna eat that again.

03aF: 13:XX:XX

Fullness

Scared to eat because of nausea, feel full.

01M: 15:XX:XX

Eating

Gulped down veg lasagne so fast that I got a stitch.

08F: 28:18:30

My friends left I felt really hungry so I over ate and got cramps.

01M: 04:17:11

4.2.3.12: Abdomen

Rumbling, gas and bloating

I feel nauseous after taking the remedy. There is rumbling noise in my stomach, much gas, better for belching.

14M: 00: 09:45

I took my second remedy. I feel a bit nauseous. I felt also a bit bloated (gas in my stomach) I benched to have a relief.

14M: 00:18:00

I took my third remedy. A bit nauseous. Much gas in my stomach.

14M: 00:23:00

I took the fifth remedy. I'm nauseous and flatulent. I had a few eructations (belching), that gives me a relief.

14M: 01:14:00

Feeling a bit bloated.

05AM: 06: XX:XX

Feeling a bit gassy, wonder if it's the lentils from earlier.

12F: 09:XX:XX

First few hours of the night the feeling of gassiness continued. My stomach just felt unsettled as if it was going to run at some stage. I slept on it for a while as that seemed comfortable and then eventually passed out. Seemed comfortable and then eventually passed out

12F: 10: XX:XX

Bloated since this morning.

01M: 15:XX:XX

Been having bad gas (unusual)

03aF: 21: XX:XX

Sharp, stitching pain

I felt those sharp pains on my stomach in the same area.

01M: 02:16:00

Gulped down veg lasagne so fast that I got a stitch.

08F: 28:18:30

While speaking to R I started to get those sharp pains on my stomach.

01M: 05:11:00

Cramps and spasms

While walking back to car after shopping I got two separate spasms in my intestine area of my stomach which made me stand still for a moment as it was uncomfortable.

01M: 00:11:00

Bowel disturbances noted. Increased bowel habits. (Rectum: diarrhoea < eating; Abdomen: Cramping; confirmed in follow up appointment).

05AM: 00: XX:XX

I took my “remedy” I immediately got stomach cramps.

01M: 01:07:00

I began to feel those cramps again and a bit nauseous and hot.

01M: 01:15:00

Bowel symptoms worse. (Rectum: diarrhoea < eating; Abdomen: Cramping; confirmed in follow up appointment).

05AM: 01: XX:XX

Still feeling strange upsets and increased bowel habits. (Rectum: diarrhoea < eating; Abdomen: Cramping; confirmed in follow up appointment).

05AM: 02: XX:XX

Only think dampening my moment was the stomach cramps/knotting that took over when I am started with the bisque. I've felt that kind of stomach pain before, a couple of weeks back when I thought I was gluten intolerant. Anyway, it lasted the rest of

the afternoon and until about 10pm last night. I felt like doubling over at some stage but also just kept eating and carrying on with day as normal. My stomach, top towards its side felt knotted. It wasn't like a cramp where it's release and hold, constant grip. Almost like a massive stitch. It started just after we had our first starter - sourdough bread and butter and lasted up until 10pm. From about 1.30pm. It felt severe at about 5/6pm. Began quietening down at about 9pm. Didn't shift position throughout and I didn't figure out what to do to make it feel better. Felt like something I just had to ride out. I remember I felt that same pain about a month and half back and thought I was gluten intolerant. Wondered that today cause I'd just eaten bread when it got sore - however, I had bread Monday for breakfast. The week before that I ate a bunny chow and nothing happened.

12F: 02:XX:XX

My friends left I felt really hungry so I over ate and got cramps.

01M: 04:17:11

Had stomach cramps most of the day. Using hot water bottle.

10F: 05:XX:XX

Sensation as if imminent diarrhea

I had experienced odd abdominal pains as if I will have imminent diarrhea. The pain was intense such that I had to stand up from sitting position. It felt much better when I had to bend slightly forward or put arms on the stomach. There was no noise or flatulence. It felt as if the pain is burning. It lasted for a few minutes then disappeared.

14M: 06:16:50

First few hours of the night the feeling of gassiness continued. My stomach just felt unsettled as if it was going to run at some stage. I slept on it for a while as that seemed comfortable and then eventually passed out. Seemed comfortable and then eventually passed out

12F: 10: XX:XX

Pains < eating

Gulped down veg lasagne so fast that I got a stitch.

08F: 28:18:30

Bowel disturbances noted. Increased bowel habits. (Rectum: diarrhoea < eating; Abdomen: Cramping; confirmed in follow up appointment).

05AM: 00: XX:XX

Still feeling strange upsets and increased bowel habits. (Rectum: diarrhoea < eating; Abdomen: Cramping; confirmed in follow up appointment).

05AM: 02: XX:XX

My friends left I felt really hungry so I over ate and got cramps.

01M: 04:17:11

4.2.3.13: Rectum

Diarrhoea

Bowel disturbances noted. Increased bowel habits. (Rectum: diarrhoea < eating; Abdomen: Cramping; confirmed in follow up appointment).

05AM: 00: XX:XX

Bowel symptoms worse. (Rectum: diarrhoea < eating; Abdomen: Cramping; confirmed in follow up appointment).

05AM: 01: XX:XX

Still feeling strange upsets and increased bowel habits. (Rectum: diarrhoea < eating; Abdomen: Cramping; confirmed in follow up appointment).

05AM: 02: XX:XX

My bowel movement in the am was really dark and diarrhoea - like I guess that's what happens when I skipped a day and eat gross spur with purplish bones.

12F: 17:XX:XX

Slightly upset tummy (soft stools). Ate very late at night due to something coming up. Did not sleep well due to this and the quantity of food was large.

03aF: 18:XX:XX

Slight upset tummy continued.

03aF: 19:XX:XX, 20:XX:XX

Pain

Rectum sore still (during stool) - prickly feeling like piles but no bleeding.

08F: 03:XX:XX

Bum still prickly and sore.

08F: 04:06:00

Bleeding

Tummy worked, bum bleeding.

08F: 13:19:30

4.2.3.14: Stool

Loose

Loose stool in the morning after breakfast.

16M 03:XX:XX

Very active during the morning. Went to the bathroom multiple times. Loose stool

16M 05:XX:XX

Slightly upset tummy (soft stools). Ate very late at night due to something coming up. Did not sleep well due to this and the quantity of food was large.

03aF: 18:XX:XX, 19:XX:XX, 20:XX:XX

Difficult

Bowel habits very irregular and slightly difficult to pass.

30F 04:XX:XX

Slight constipation

28M: 11:XX:XX

Regular

Bowel habits have changed from a regular 3 to 4 day intervals to a daily visit to the loo. It may extend by only a day interval. Normal stools, no constipation nor diarrhoea.

14M: 16:XX:XX

Bowel habit is daily for the past 3 days, though it has no specific time. No physical symptoms noticed.

14M: 20:XX:XX, 21:XX:XX, 22:XX:XX

Daily bowel emptying habits.

14M: 26:18:00, 27:XX:XX

Dark

My bowel movement in the am was really dark and diarrhoea - like I guess that's what happens when I skipped a day and eat gross spur with purplish bones.

12F: 17: XX:XX

Large

Woke up and had quite a big dump in the morning. Wonder what got me going?

12F: 10: XX:XX

4.2.3.15: Urine

Copious

Urinated a lot. At one stage i was urinating every 10 minutes.

16M 07:XX:XX

Quite frequent and the urine wasn't very concentrated.

21F 02:XX:XX:

Odor

First pee smelled very strong.

08F: 22:08:00

Concentration

Water intake steady although I noticed my wee was super concentrated over the last 2 days so perhaps I should drink more.

12F: 14: XX:XX

My urination is dark, probably due to all the drinks we having during the holiday.

10F: 22:XX:XX

4.2.3.16: Bladder

Pain

Throbbing pain in my lower abdomen, feels as if it is my bladder. Only started in the evening when my bladder was full and did not disappear even after emptying my bladder.

21F 03:XX:XX

4.2.3.17: Male

Libido

Increase in libido

01M

High libido probably due to recent sexual activity.

09aM: 20: XX:XX

High libido.

09aM: 21: XX:XX

4.2.3.18: Female

Discharge

Have had increase in stringy, clear vaginally mucous in mornings since Monday - would normally indicate ovulation but in my case maybe period on way soon? Boobs feeling full and heavy.

08F: 10:09:30

Pain

Outer labia on inside feeling burny like thrush is starting.

08F: 07:XX:XX

Crampy pain felt in the lower abdominal area this morning. Worse for slight movement, better for walking, pressure and no movement. Needed to do something to ignore the pain. Sensation of heat all over the body without perspiration.

25F 09:XX:XX

Today I'm feeling a bit sick, I mostly have pain in my stomach, I think it's period pains. They more painful than normal, therefore I slept to try feel better.

10F: 16:XX:XX

Menses

Menstrual cycle late. Having really bad cramps.

22F 05:XX:XX

Went to my period and this time around didn't develop a pimple because every time when I go to my periods a day before I develop a pimple. First day of my period it's not heavy flow as usual but will see how it goes tomorrow. For now I am in a good mood usually I will not want to be with people when I am on my period.

15F: 02:16:00

Period still late.

22F 07:XX:XX

Still no period. Bad cramps, whole lower abdominal area.

22F 08:XX:XX

Period started. Still feeling very weak.

22F 09:XX:XX

Menses was a light flow. Clots was the size of a R1.00 coin. It only came at the end of urination.

25F 09:XX:XX

Today is the first day of my periods. My periods are as scheduled, but they are more painful than normal. My blood is darker than normal and the blood looks clotted. I'm feeling extremely sick.

10F: 17:XX:XX

I'm still on my periods. The blood flow is a lot. Compared to how I usually remember it.

10F: 18:XX:XX

Today is the fourth day of my periods and I noticed blood coming out in chunks, which is something I don't usually experience that.

10F: 20:XX:XX

My periods usually end after 5 days but today is the 6th and I noticed blood.

10F: 22:XX:XX

Libido

Small inkling of improved libido but alas alone.

08F: 07:22:30

Started cleaning up the weed bush I harvested for my boyfriend. I think I inhaled much pollen, my fingers are blackish with resin. It's made me horny but put me in a bad mood - feeling pissed with the boyfriend who ignored my messages until I said I'm cleaning the weed.

08F: 27:20:30

4.2.3.19: Larynx and Trachea

I have this flu - like feeling. My throat and pharynx (back of mouth) feels itchy, burning, and feels as if another layer has been placed around the pharynx. The voice has changed, slight coughs.

14M: 07:14:00

4.2.3.20: Respiratory

Difficult

Battling to breath. Feels like someone is standing on my chest.

17M 11:XX:XX

Struggled to breath while I went for a jog and needed to cough when I never usual do.

30F 13:XX:XX

Battling to breath. Feels like I can't inhale enough air.

17M 14:XX:XX

Room felt unbearably stuffy though but no one seemed keen to open windows.

08F: 25:XX:XX

4.2.3.21: Cough

Morning

Had a small cough late morning which got worse throughout the day. Ended up turning into a wheezing cough. Cough disappeared at night.

18F 01:XX:XX

Woke up this morning with a constant cough I can't get rid of. It feels like a constant tickle/scratching sensation that is relieved by coughing. This cough persisted through the whole day and had me coughing every few minutes.

06M: 14:XX:XX

Cough was there when I woke up, it was the same sensation as yesterday. I still didn't take anything for it . By around mid day I noticed it had decreased to where I was barely coughing. The itching sensation wasn't as constant.

06M: 15:XX:XX

Woke up with a bad cough in the morning.

18F 06:XX:XX

Wheezing

Very bad post nasal drip at first on going to bed - made me cough a bit.

08F: 00:XX:XX

Slight cough and wheeze. Headache is throbbing.

09aM: 05: XX:XX

Cough worse and slight wheeze. Headache is throbbing.

09aM: 06: XX:XX, 08: XX:XX

Frequent coughing, slight wheeze and runny nose.

09aM: 07: XX:XX

Cough and wheeze.

09aM: 09: XX:XX, 10: XX:XX, 11: XX:XX,

Miscellaneous Symptoms

I have this flu - like feeling. My throat and pharynx (back of mouth) feels itchy, burning, and feels as if another layer has been placed around the pharynx. The voice has changed, slight coughs.

14M: 07:14:00

4.2.3.22 Expectoration

Discharge

Sputum yellow. Heavy chest.

09aM: 07: XX:XX

Difficulty

The back of the tonsils was a thick snot, so hard, difficult to hawk it out.

14M: 12: XX:XX

4.2.3.23 Chest

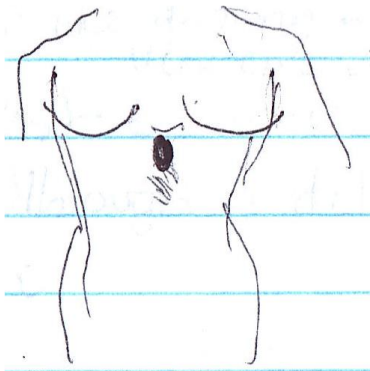
Pain

I now have a sharp, piercing pain on the lower right of the chest. The pain is worse for lying down, better for sitting erect up. This pain radiates to the tip of right shoulder and mildly on the right side of my neck. The upper right limb (arm) is not that affected as I can write easily. This pain comes and goes intermittently. When it starts it feels as if the intensity is that if a volume of a radio being turned up.

14M: 02:08:23

Pain now shifted to the center of the chest, as I'm now writing it abruptly stopped.

14M: 02:18:34



Pain under sternum, feels like indigestion like pain, this area has swelled up, can feel clear lump in long shape. Drank water and feeling a bit better.

08F: 11:14:45

-Breast

Under sternum still swollen but not feeling so sore.

08F: 11:18:30

Breasts very sore - not pms, some other monthly cycle symptoms probably exasperated by diet/sleep.

03aF: 20:XX:XX

Breasts still sore

03aF: 21:XX:XX

Oppression

Had a heavy heart, my heart felt extremely tired.

10F: 05:XX:XX

Extreme fatigue and malaise. High fever. Sputum yellow. Heavy chest. Mucous from nose is yellow. Sore throat is severe.

09aM: 07: XX:XX

Palpitations

Late night heart palpitations

24F 02:XX:XX

Early hour heart palpitations

24F 03:XX:XX

Felt so anxious just before taking my afternoon nap, I could even feel my heart beat.

10F: 04:XX:XX

Eruption

Noticed a few pimples on my chest.

08F: 06:XX:XX

4.2.3.24 Back

Pain

-Cervical

Bad tension in my shoulders and neck

22F 08:XX:XX

I have a bump on my neck on the right side that I noticed yesterday - not sure if it's a pimple or a bite, very itchy.

08F: 26:16:00

-Lumbar

Pain in right, side lower back, went away after a while.

30F 02:XX:XX

A dull pain on my spinal column on the lower thoracic and upper lumbar region. It feels as if I had carried a heavy thing on my shoulders. I have not lifted weights since last week Wednesday. This dull pain is worse walking, better if I lie on supine position.

14M: 03:16:00

4.2.3.25: Extremities

Location

Upper Limbs

-Numbness

Getting prickly feeling again on arms and hands and top of fingers. Slight numbness in fingers.

08F: 03:22:00

-Tingling

Slight pins and needles in my hands for a short while then went away after my 3rd dose.

30F 01:XX:XX

The palm and fingers of my left hand feel like I've picked up a prickly pear - pricking from tiny spines. Pricking feeling spreading to top of fingers on left hand and inside of right arm.

08F: 01:12:26

Still having prickly feelings in left hand although not as sharp. Fingertips on right hand now incredibly itch but it feels like an itch inside the fingers - not on surface. Rubbing fingers hard helps.

08F: 01:14:00



Randomly in afternoon and a bit in evening getting a wave of pricklyness over skin - not as pokey as the feeling the other day, more dull than prickly pears. Almost tiny shocks like an arm of fast moving caterpillars in hatched area.

08F: 02:XX:XX

Extreme itches all over, prickles round elbow on left arm - had to check no gogga up my sleeve.

08F: 02:22:30

Getting prickly feeling again on arms and hands and top of fingers. Slight numbness in fingers.

08F: 03:22:00

Had brief episode of prickly hands and arms +- 18h00.

08F: 04:18:00

Sitting in hot car with closed windows at car wash. As I sweat am feeling prickly on lower arms inner area starting to get a fuzzy, dull headache - think I haven't had enough water cause I forgot to take with me, it's hot and I'm thirsty now.

08F: 06:16:00

Prickly feeling on fingers and arms (inside and outside again) for about 10min. Have few small red spots on inside of right arm and arm pits feeling itchy.

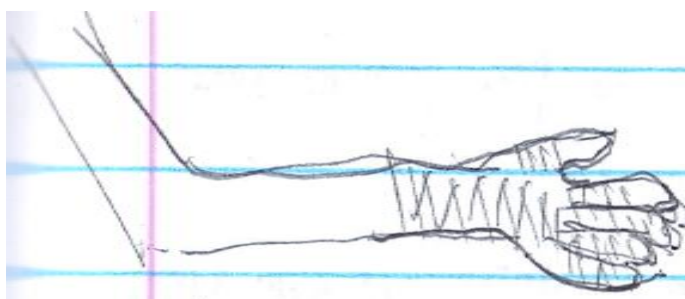
08F: 07:22:00

Sitting on floor I got tingling in hand extremities, worse on right hand fingers.

08F: 10:17:45

Fingers on right hand losing feeling, tingly.

08F: 14:22:28



Prickly feeling again on top of lower arms and hands - comes in waves of pickles. Dog gave me a fright and the prickly tingly became worse. Feeling easing off 22h30.

08F: 15:XX:XX

Fingers blue by the end - bad pins and needles in right hand.

08F: 28:XX:XX

-Pain

Arm pit glands feel sore esp. on right side.

08F: 01:15:32

Lymph glands under right arm sore and slightly swollen. Painful on touch into right breast.

08F: 08:07:00

Right underarm still sore.

08F: 08:15:15

Woke Up. Glands underarm pits still sore.

08F: 02:06:45

Right under arm gland still tender.

08F: 09:07:15

Right underarm gland still a bit swollen but not sore.

08F: 10:09:00

Itchy arms again especially right arm.

08F: 10:12:30

Right under arm feeling tender again.

08F: 10:14:40

Glands in armpits and under ears still swollen - right underarm worse, left under ear worse - sore if pressed.

08F: 11:XX:XX

Slightly painful right armpit. Gland sore to touch on both sides but worse on right.

08F: 19:22:37

-Tension

I have this headache [with] tense shoulders.

01M: 07:09:00

Lower Limbs

-Eruption

I had an eruption of papules that looked like a mosquito bite. On the ankle (legs) and flexors surface. I am not sure of what seem to be the cause. Better for scratching it will give a relieve as they were itchy. Worse for not scratching.

15F: 00:XX:XX

The itching continued.

15F: 02:07:30

-Pain

Varicose veins on left leg medial to cubital fossa begins to pain stitching pain. Worse on movement.

09aM: 01: XX:XX

Varicose veins on left leg medial to cubital fossa painful, stitching pain. Worse on movement.

09aM: 02: XX:XX, 03: XX:XX, 04: XX:XX, 05: XX:XX, 06: XX:XX, 07: XX:XX, 08: XX:XX,

Growing pain down my whole left leg in the afternoon, eventually went away.

30F 04:XX:XX

Weird cramp that starts with pinching in sciatic nerve and then goes down back of thigh into back of knee - feels like tingly, pins and needles and pinching and numb altogether. Very bad on right side and had to stand up to move the leg and try ease out the pain.

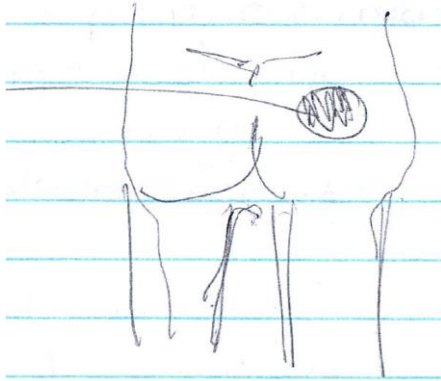
08F: 10:17:45

When I walked to open window, I felt my right heel occasionally over the last week or so it feels bruised. It never comes up when I'm practicing or doing any other physical activity, just randomly when walking around the house.

12F: 12: XX:XX

Got that bruised feeling in my right heel. I feel it randomly when I'm barefoot and usually at home.

12F: 14: XX:XX



Very sharp pains on this spot, can jump up and down when touched.

08F: 23:22:30

Nothing physical to complain of except that feeling of bruising in right heel. I never feel it while practicing.

12F: 23: XX:XX

-Numbness

Sitting at desk - getting numbness and tingling in feet.

08F: 19:15:30

4.2.3.26: Sleep

(Improvement on day 0 – 2; confirmed in follow up)

05AM: FU: XX:XX

Restful

Slept in the afternoon for longer than normal (7 hours)... probably because of the flu.

10F: 06:XX:XX

Sleep was pretty restful, only woken up by rainy storm.

12F: 07:XX:XX

Have been sleeping for longer than normal in the afternoon, but then again I work for most of the night.

10F: 08:XX:XX

I slept well, about midnight and was up by 6.30.

12F: 15: XX:XX

Restless

Sleep was very restless.

22F 01:XX:XX

Only slept a little last night, no dreams

29M: 01:XX:XX

I woke up a few times during the night to wee and was sweating at some points - what a warm night. I do feel well rested though.

12F: 03:XX:XX

I didn't sleep well I must of woken up four or five times. One time I remember asking myself where am I.

01M: 06:XX:XX

Deep

Deep sleep in the beginning then struggled to sleep in the early morning around 4am

30F 14:XX:XX

Struggled to fall asleep, then went into a deep sleep.

30F 15:XX:XX

Miscellaneous Symptoms

Slept in the afternoon for 2 hours. Had weird dreams about trying to cover my head and my friends head to heal them from the flu, and I was physically covering my head.

10F: 05:XX:XX

Slightly upset tummy (soft stools). Ate very late at night due to something coming up. Did not sleep well due to this and the quantity of food was large.

03aF: 18: XX:XX

4.2.3.27: Dreams

Pursued/Escape

Had "overlapping" dreams. The first, I was called onto a platform by a well dressed gentleman who appeared to be a wealthy businessman. He seemed charming at first. The platform then began to rise into the air. Attached to the platform was a massive sign in lights. I could not read what it said as it was back to front. The gentleman was speaking into a microphone which I thought was odd as there was no audience. His tone began to change and I immediately felt uneasy. I noticed a large red arcade-machine-style button next to a "gangplank" and immediately assumed I was going to be thrown off this platform. The gentleman then began speaking about a vendetta against my father and how he was going to exact his

revenge on me. I ziplined off the platform into the "wilds" below. The "man" sent military helicopters after me as well as search dogs. It then appeared that few moths had passed by in this dream where I was now living as an Australian sheep farmer with a local tribe for protection against this "man". A band of his thugs came investigating but we managed to convince them that I was not the person they were looking for. A woman, whom I assumed was my partner, approached me as said it was not safe that we stay here and that she wanted to visit a monastery in the mountains to learn how to become a nurse. We hiked deep into the mountains and found the monastery. It was filled with women who were more concerned with beauty and spa treatments as opposed to nursing. There was a larger woman who I assumed was the leader. She mentioned that some of the "nurses" had to head down the hill to attend to the "wounded". My "partner" was taken to her dorm. She was bunking with 2 members of Destiny's Child. I felt a bit uneasy of this place so I began to explore. I walked through a door which opened out into a sort of multi-plex mall or entertainment area. It was very open joining with the "desert" or wild surrounding. Suddenly, I was before an "orc-like" creature with my partner. He advised us that he was going to sacrifice us in the name of his God (I recall the name being in a foreign language). I then escaped and ran through the desert and mall. Amongst the mall, whilst fleeing, I was joined by my brother, sister-in-law, or brother and his wife. We suddenly came upon a "theme-park", or at least an aquatic animal attraction. To get to the stands we had to walk through a parking lot with a lot of construction and scaffolding. There were then two sets of concrete stands on either side of us. They were obviously built into the sea bed as we were now walking on a metal grate platform, with the ocean clearly visible below. My brother then saw my uncle in the stands and began to converse with him. I got agitated with him as our uncle was estranged. My father then appeared and then suddenly left. I began to feel uneasy as there was no mention of the "man" from earlier, and I could sense tension in the air. The platform we were walking on opened out into the sea. Everyone in the stands could clearly see us, and the full horizon. My family members began to descend stairs which disappeared under the platform. I refused to go. I got

very anxious that the audience in the stands was the audience the "man" was talking to at the beginning of the dream. The dream then ended and I woke up.

02M: 01:XX:XX

Had a dream I was being chased down the highway unsure as to what was chasing me but I felt stressed when I woke.

06M: 02:XX:XX

I dreamt of this girl coming onto me in my old house. I then remember figuring out that this woman had intentions to kill me. She then changed into a little boy which was me I must have been 10. But this 10-year-old had strength as I got tired of running but found myself getting nowhere with my physical strength against this entity. I ran up the road I remember feeling scared and sad as it started to rain. I saw people I thought I knew but they wouldn't help me. I remember an intersection and down/up every road came one of those entities with a dead look on their face. I remember getting angry fearless and telling myself "all or nothing." I woke up feeling afraid and shaken and sick, sad. I spent some hours thinking what it meant as I started crying uncontrollably maybe it means that I need to forget about my haunting past "kill the boy within".

01M: 06:XX:XX

I had a weird dream, in my dream I was here at Durban. Somehow I got lost on my way to residence winterton I found myself in a weird place that I never seen and it was getting late I met my friend and she tried to help me to find my way back she failed because other boys wanted to take her phone so she managed to run and escape and left me with those boys I fought with them they were holding big knives and they said they want to cut me into 2 pieces. I tried running away met a guy who was driving a car. I asked for help, he said he's not going to be able to get back now even if you want because it's late no taxis are available suddenly the guys who were

chasing me got me and I was still running without any help til I woke up in the morning. It was so sad.

15F: 13:XX:XX

Distorted

Attached to the platform was a massive sign in lights. I could not read what it said as it was back to front.

02M: 01:XX:XX

I can't remember the details but the main sentiment is that someone (maybe my younger sister cause I remember her in part of putting on a Nina Simone show (although Nina was white?))

12F: 04:XX:XX

Distorted dream.

30F 07:XX:XX

Dreamed I was having sex with boyfriend - don't remember details but I felt quite disembodied - as if I was observing rather than feeling.

08F: 20:XX:XX

Dreamt of cuddling a small puppy - except that it lay in my lap purring.

08F: 25:XX:XX

Unremembered/unremembered parts

I can't remember what I dreamt.

12F: 02:XX:XX

Dreamt lots but can only remember one part - being shocked that someone I knew arrived at a meeting wearing beige leggings and a camel toe panty!

08F: 02:XX:XX

I had a vivid ongoing dream last night. I wish I could remember it. I think it had something to do with a line in my hair and my hair growing a certain way depending on where I put the line.

12F: 03:XX:XX

Many dreams but struggling to surface them despite having book next to me.

08F: 06:XX:XX

I know I was dreaming but still can't recall.

12F: 06:XX:XX

Was having hectic dreams but couldn't surface on what even on waking - feeling of dreams was struggling to do things, challenge.

10F: 10:XX:XX

Had a weird dream that I can't seem to remember

24F 10:XX:XX

Stressful feeling dreams, but don't remember.

10F: 11:XX:XX

Another night of intense dreaming but can't remember about what.

12F: 14:XX:XX

Don't remember any dreams.

12F: 19:XX:XX

Can't remember any dreams lately.

03aF: 20:XX:XX

First half of last night felt like I was involved in a dream I can't recall.

12F: 20:XX:XX

Worth a mention that I have been unable to remember my dreams for about 1 week.
I usually remember at least 1 dream a night. Not that I have not been dreaming, but
I remember them in piecemeal.

02M: 23:07:00

Dreams are busy but still struggling to recall.

12F: 23:XX:XX

Dreams happening but struggling to recall.

12F: 25:XX:XX

Can't remember dreams - but feeling is edgy, must be one of those roaming around dreams that leaves me exhausted.

08F: 28:XX:XX

Unsuccessful efforts

Had my recurring dream, this time I was looking for the classroom I was meant to be teaching at and couldn't find it. This is the first time the dream has branched off from a 'transport' theme where I am going somewhere not in a physical building, i.e. outside, on the road. My parents were there and I was shouting "I'm the only intelligent person here" and they were laughing at me for saying this.

03aF: 01:XX:XX

I had the recurring dream - this time I missed an off ramp. (That did happen yesterday so might have something to do with it).

03aF: 09:XX:XX

My recurring dream is taking new directions but all based on the same theme of not being able to complete a task. This morning I was probably wearing too many layers in bed and before I woke up I dreamt that I was removing my sweater or top and no matter how many I removed there was another Underneath. Quite frustrating!

03aF: 10:XX:XX

Was having hectic dreams but couldn't surface on what even on waking - feeling of dreams was struggling to do things, challenge.

10F: 10:XX:XX

I had a weird dream, in my dream I was here at Durban. Somehow I got lost on my way to residence winterton I found myself in a weird place that I never seen and it

was getting late I met my friend and she tried to help me to find my way back she failed because other boys wanted to take her phone so she managed to run and escape and left me with those boys I fought with them they were holding big knives and they said they want to cut me into 2 pieces. I tried running away met a guy who was driving a car. I asked for help, he said he's not going to be able to get back now even if you want because it's late no taxis are available suddenly the guys who were chasing me got me and I was still running without any help til I woke up in the morning. It was so sad.

15F: 13:XX:XX

Had tiring dreams but can't remember details. Again feeling of challenges, struggling to accomplish what I had to do - something to do with a conference.

08F: 14:XX:XX

Anxious

Had "overlapping" dreams. The first, I was called onto a platform by a well dressed gentleman who appeared to be a wealthy businessman. He seemed charming at first. The platform then began to rise into the air. Attached to the platform was a massive sign in lights. I could not read what it said as it was back to front. The gentleman was speaking into a microphone which I thought was odd as there was no audience. His tone began to change and I immediately felt uneasy. I noticed a large red arcade-machine-style button next to a "gangplank" and immediately assumed I was going to be thrown off this platform. The gentleman then began speaking about a vendetta against my father and how he was going to exact his revenge on me. I ziplined off the platform into the "wilds" below. The "man" sent military helicopters after me as well as search dogs. It then appeared that few moths had passed by in this dream where I was now living as an Australian sheep farmer with a local tribe for protection against this "man". A band of his thugs came investigating but we managed to convince them that I was not the person they were

looking for. A woman, whom I assumed was my partner, approached me as said it was not safe that we stay here and that she wanted to visit a monastery in the mountains to learn how to become a nurse. We hiked deep into the mountains and found the monastery. It was filled with women who were more concerned with beauty and spa treatments as opposed to nursing. There was a larger woman who I assumed was the leader. She mentioned that some of the "nurses" had to head down the hill to attend to the "wounded". My "partner" was taken to her dorm. She was bunking with 2 members of Destiny's Child. I felt a bit uneasy of this place so I began to explore. I walked through a door which opened out into a sort of multi-plex mall or entertainment area. It was very open joining with the "desert" or wild surrounding. Suddenly, I was before an "orc-like" creature with my partner. He advised us that he was going to sacrifice us in the name of his God (I recall the name being in a foreign language). I then escaped and ran through the desert and mall. Amongst the mall, whilst fleeing, I was joined by my brother, sister-in-law, or brother and his wife. We suddenly came upon a "theme-park", or at least an aquatic animal attraction. To get to the stands we had to walk through a parking lot with a lot of construction and scaffolding. There were then two sets of concrete stands on either side of us. They were obviously built into the sea bed as we were now walking on a metal grate platform, with the ocean clearly visible below. My brother then saw my uncle in the stands and began to converse with him. I got agitated with him as our uncle was estranged. My father then appeared and then suddenly left. I began to feel uneasy as there was no mention of the "man" from earlier, and I could sense tension in the air. The platform we were walking on opened out into the sea. Everyone in the stands could clearly see us, and the full horizon. My family members began to descend stairs which disappeared under the platform. I refused to go. I got very anxious that the audience in the stands was the audience the "man" was talking to at the beginning of the dream. The dream then ended and I woke up.

02M: 01:XX:XX

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I dreamt of this girl coming onto me in my old house. I then remember figuring out that this woman had intentions to kill me. She then changed into a little boy which was me I must have been 10. But this 10-year-old had strength as I got tired of running but found myself getting nowhere with my physical strength against this entity. I ran up the road I remember feeling scared and sad as it started to rain. I saw people I thought I knew but they wouldn't help me. I remember an intersection and down/up every road came one of those entities with a dead look on their face. I remember getting angry fearless and telling myself "all or nothing." I woke up feeling afraid and shaken and sick, sad. I spent some hours thinking what it meant as I started crying uncontrollably maybe it means that I need to forget about my haunting past "kill the boy within".

01M: 06:XX:XX

Stressful feeling dreams, but don't remember.

10F: 11:XX:XX

Can't remember dreams - but feeling is edgy, must be one of those roaming around dreams that leaves me exhausted.

08F: 28:XX:XX

Searching

Had my recurring dream, this time I was looking for the classroom I was meant to be teaching at and couldn't find it. This is the first time the dream has branched off from a 'transport' theme where I am going somewhere not in a physical building, i.e.

outside, on the road. My parents were there and I was shouting "I'm the only intelligent person here" and they were laughing at me for saying this.

03aF: 01:XX:XX

I had a weird dream, in my dream I was here at Durban. Somehow I got lost on my way to residence winterton I found myself in a weird place that I never seen and it was getting late I met my friend and she tried to help me to find my way back she failed because other boys wanted to take her phone so she managed to run and escape and left me with those boys I fought with them they were holding big knives and they said they want to cut me into 2 pieces. I tried running away met a guy who was driving a car. I asked for help, he said he's not going to be able to get back now even if you want because it's late no taxis are available suddenly the guys who were chasing me got me and I was still running without any help til I woke up in the morning. It was so sad.

15F: 13:XX:XX

I dreamt of seed and I driving around and around the same block in a neighbourhood (in Australia? I think) trying to find someone/something so we can shoot for mushroom hour. Think it's related to the video he is currently editing for them and my recurring thoughts about his as a potential partner.

12F: 17:08:55

Had dreams - remember snippets... Was walking around looking for someone - think it was my boyfriend. On 2 occasions I ended up falling into a very dirty brown slimy lake and had to swim to get out. Then I ended up in a building that seemed like prefab classrooms, suddenly I was sitting in a bus but the seats were more like school desks and benches. I was in the bus with men and the person next to me has his hand under the desk and up under my skirt and was fingering me. Everyone

was dressed in army overalls. A man with thick brown hair and bushy moustache and eyebrows noticed what we were doing and raised an eyebrow.

08F: 26:XX:XX

Travel

Had been dreaming about travelling somewhere with boyfriend and others. We were trying to cross Joburg but the route looked like kloof - he said doesn't Swaziland look beautiful from here pointing to the top of the cliffs but I was thinking that can't be Swaziland then we had to go on foot on a road through a plantation area - there were dodgy looking men hanging out on the side of the road and I put my laptop bag on back thinking well here goes, hope I don't lose this today.

08F: 01:XX:XX

I had the recurring dream - this time I missed an off ramp. (That did happen yesterday so might have something to do with it).

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12F: 17:08:55

We were going to some sort of nature spot (might be kranzkloof). I was in the back seat with "M" and "A" was driving my car. We were driving on some really steep gravel roads. At some point I thought we were going to fall off the road, it was that steep. "A" was in good control though. I closed my eyes. Of course hardcore "M" kept hers open firmly fixed on the road ahead and talked through the navigation with "A", eventually informing me when we had arrived safely. Part 2 relates to - ag, I remember humour. I remember it was really funny. People wanted something I think I had and it was about what they were willing to do to get it. I was so amused. Wish I remembered more...

12F: 28:XX:XX

Singing/dancing

Had been dreaming singing a Joan armatrading song - was still in my head "why do you come here when you know I have troubles enough"

08F: 08:01:00

My dreams are weird, especially because I generally don't dream. Had a dream of girls twerking. Very odd.

10F: 08:XX:XX

Next part of dream I was doing ballroom dancing that was also connected to the challenge. At some time the music changed to salsa which was better and less awkward than the pure ballroom.

08F: 13:01:20

At some point I woke up to pee I had an Ali farke tour song playing in my mind. Not sure what I was dreaming.

08F: 15:XX:XX

Mountains

He said doesn't Swaziland look beautiful from here pointing to the top of the cliffs.

08F: 01:XX:XX

A woman, whom I assumed was my partner, approached me as said it was not safe that we stay here and that she wanted to visit a monastery in the mountains to learn how to become a nurse. We hiked deep into the mountains and found the monastery.

02M: 01:XX:XX

Dreamt about a house I've sort of dreamt about before - it's a semi underground house I'm renting, it's super big but there are parts I don't go into because they are dark. The lounge is against the mountain.

08F: 17:XX:XX

Wilderness

Had "overlapping" dreams. The first, I was called onto a platform by a well dressed gentleman who appeared to be a wealthy businessman. He seemed charming at first. The platform then began to rise into the air. Attached to the platform was a massive sign in lights. I could not read what it said as it was back to front. The

gentleman was speaking into a microphone which I thought was odd as there was no audience. His tone began to change and I immediately felt uneasy. I noticed a large red arcade-machine-style button next to a "gangplank" and immediately assumed I was going to be thrown off this platform. The gentleman then began speaking about a vendetta against my father and how he was going to exact his revenge on me. I ziplined off the platform into the "wilds" below. The "man" sent military helicopters after me as well as search dogs. It then appeared that few moths had passed by in this dream where I was now living as an Australian sheep farmer with a local tribe for protection against this "man". A band of his thugs came investigating but we managed to convince them that I was not the person they were looking for. A woman, whom I assumed was my partner, approached me as said it was not safe that we stay here and that she wanted to visit a monastery in the mountains to learn how to become a nurse. We hiked deep into the mountains and found the monastery. It was filled with women who were more concerned with beauty and spa treatments as opposed to nursing. There was a larger woman who I assumed was the leader. She mentioned that some of the "nurses" had to head down the hill to attend to the "wounded". My "partner" was taken to her dorm. She was bunking with 2 members of Destiny's Child. I felt a bit uneasy of this place so I began to explore. I walked through a door which opened out into a sort of multi-plex mall or entertainment area. It was very open joining with the "desert" or wild surrounding. Suddenly, I was before an "orc-like" creature with my partner. He advised us that he was going to sacrifice us in the name of his God (I recall the name being in a foreign language). I then escaped and ran through the desert and mall. Amongst the mall, whilst fleeing, I was joined by my brother, sister-in-law, or brother and his wife. We suddenly came upon a "theme-park", or at least an aquatic animal attraction. To get to the stands we had to walk through a parking lot with a lot of construction and scaffolding. There were then two sets of concrete stands on either side of us. They were obviously built into the sea bed as we were now walking on a metal grate platform, with the ocean clearly visible below. My brother then saw my uncle in the stands and began to converse with him. I got agitated with him as our uncle was estranged. My father then appeared and then suddenly left. I began to

feel uneasy as there was no mention of the "man" from earlier, and I could sense tension in the air. The platform we were walking on opened out into the sea. Everyone in the stands could clearly see us, and the full horizon. My family members began to descend stairs which disappeared under the platform. I refused to go. I got very anxious that the audience in the stands was the audience the "man" was talking to at the beginning of the dream. The dream then ended and I woke up.

02M: 01:XX:XX

Sensing tension

I began to feel uneasy as there was no mention of the "man" from earlier, and I could sense tension in the air. The platform we were walking on opened out into the sea. Everyone in the stands could clearly see us, and the full horizon. My family members began to descend stairs which disappeared under the platform. I refused to go. I got very anxious that the audience in the stands was the audience the "man" was talking to at the beginning of the dream. The dream then ended and I woke up.

02M: 01:XX:XX

There were dodgy looking men hanging out on the side of the road and I put my laptop bag on back thinking well here goes, hope I don't lose this today.

08F: 01:XX:XX

Robbers/robbed

Had been dreaming about travelling somewhere with boyfriend and others. We were trying to cross Joburg but the route looked like kloof - he said doesn't Swaziland look beautiful from here pointing to the top of the cliffs but I was thinking that can't be Swaziland then we had to go on foot on a road through a plantation area - there were dodgy looking men hanging out on the side of the road and I put my laptop bag on back thinking well here goes, hope I don't lose this today.

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15F: 13:XX:XX

Betrayed

I had a dream of my boyfriend betraying me, in my dream he was afraid to introduce me to his friend, ashamed to be with me in public.

15F: 01 XX:XX

Was offering an opportunity and making it seem like a joint venture when in actual fact they were shirking their responsibility and making us do all the work. So instead of a genuine opportunity I was left with the feeling that I was just being given a shit load of work without acknowledgement of that.

12F: 04:XX:XX

Felt ripped off after paying R500 for part of exercise program that never materialized. I was pretty indignant although I any recall doing anything about it.

12F: 26:06:45

Organizing event/work/project

Sharing opportunity, dividing responsibility - you get this and you get this. Nina simone show: sister asking if we interested. My dreams felt so involved. I felt deep in them but even with my notes, not sure I remember them clearly. Let me try. I can't remember the details but the main sentiment is that someone (maybe my younger sister cause I remember her in part of putting on a Nina Simone show (although Nina was white?)) Was offering an opportunity and making it seem like a joint venture when in actual fact they were shirking their responsibility and making us do all the work. So instead of a genuine opportunity I was left with the feeling that I was just being given a shit load of work without acknowledgement of that. Then there was a third phase of dreaming where I was having an intense engaging conversation with a man from another African country. It was so intriguing - bit alarm interrupted it. This active dream life is new to me and kinda exciting. I'm sure things will get clearer with time.

12F: 04:XX:XX

Dream about job descriptions, developing and approving these - not sure who with.

08F: 08:XX:XX

Dreamt strange dream about having to move from on work station to the next in a house (like an obstacle course) - but the one was very difficult because there was a low long fanlight shaped window I had to crawl through. This moving related to some kind of competition or challenge that we had to do (I think Q was also there) was expected to get it right. Next part of dream I was doing ballroom dancing that was

also connected to the challenge. At some time the music changed to salsa which was better and less awkward than the pure ballroom.

08F: 13:01:20

It concerned figure (my sister) and us working together on a project. It was super important that we are paired otherwise it felt like it just wouldn't work. Details fuzzy but once again it seemed like something that concerned me the whole night.

12F: 13:XX:XX

Approach/method involving more people, collaborative changing the way things have been done, involves trials. Revolutionary. Doubters at first but efficiency becomes clear. Sitting in circles.

12F: 22:XX:XX

Dreamt something about saving a dog down a hole then the dream morphed into a new job, where I would be working in a cubicle but I needed to move to another cubicle and then I realised the new job was inside a Telkom customer service centre (my WiFi is down and I reported it last night so maybe how telkom got into dreams).

08F: 22:XX:XX

I had a dream the previous night, which is something I don't usually have. I dreamt I had to come up with an idea for an event and I was sitting with celebrities. (I felt pressure to come up with an idea and felt put down by them: FUR)

10F: 31:XX:XX

Seeking protection

I ziplined off the platform into the "wilds" below. The "man" sent military helicopters after me as well as search dogs. It then appeared that few moths had passed by in this dream where I was now living as an Australian sheep farmer with a local tribe for protection against this "man".

02M: 01:XX:XX

I ran up the road I remember feeling scared and sad as it started to rain. I saw people I thought I knew but they wouldn't help me.

01M: 06:XX:XX

I had a weird dream, in my dream I was here at Durban. Somehow I got lost on my way to residence winterton I found myself in a weird place that I never seen and it was getting late I met my friend and she tried to help me to find my way back she failed because other boys wanted to take her phone so she managed to run and escape and left me with those boys I fought with them they were holding big knives and they said they want to cut me into 2 pieces. I tried running away met a guy who was driving a car. I asked for help, he said he's not going to be able to get back now even if you want because it's late no taxis are available suddenly the guys who were chasing me got me and I was still running without any help til I woke up in the morning. It was so sad.

15F: 13:XX:XX

Famous people

My "partner" was taken to her dorm. She was bunking with 2 members of Destiny's Child.

02M: 01:XX:XX

My dreams felt so involved. I felt deep in them but even with my notes, not sure I remember them clearly. Let me try. I can't remember the details but the main sentiment is that someone (maybe my younger sister cause I remember her in part of putting on a Nina Simone show (although Nina was white?))

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I had a dream the previous night, which is something I don't usually have. I dreamt I had to come up with an idea for an event and I was sitting with celebrities. (I felt pressure to come up with an idea and felt put down by them: FUR)

10F: 31:XX:XX

Estranged family

My brother then saw my uncle in the stands and began to converse with him. I got agitated with him as our uncle was estranged.

02M: 01:XX:XX

I also dreamt about my estranged sister and I going halves on a computer. It worked like a really old computer but we had to figure out the transaction to get it etc. Maybe I miss her other just anxious about her cooperation so I can finalize paperwork to get her out of company.

12F: 17:08:55

Concerned with appearance

We hiked deep into the mountains and found the monastery. It was filled with women who were more concerned with beauty and spa treatments as opposed to nursing.

02M: 01:XX:XX

Dreamt lots but can only remember one part - being shocked that someone I knew arrived at a meeting wearing beige leggings and a camel toe panty!

08F: 02:XX:XX

I had a vivid ongoing dream last night. I wish I could remember it. I think it had something to do with a line in my hair and my hair growing a certain way depending on where I put the line.

12F: 03:XX:XX

Animals

I ziplined off the platform into the "wilds" below. The "man" sent military helicopters after me as well as search dogs. It then appeared that few moths had passed by in this dream where I was now living as an Australian sheep farmer with a local tribe for protection against this "man".

02M: 01:XX:XX

Another dream involves riding a horse.

08F: 07:XX:XX

Dreamt something about saving a dog down a hole then the dream morphed into a new job, where I would be working in a cubicle but I needed to move to another cubicle and then I realised the new job was inside a Telkom customer service centre (my WiFi is down and I reported it last night so maybe how telkom got into dreams).

08F: 22:XX:XX

Dreamt of cuddling a small puppy - except that it lay in my lap purring.

08F: 25:XX:XX

Dreams about the dog - can't remember details.

08F: 27:XX:XX

Danger

The gentleman was speaking into a microphone which I thought was odd as there was no audience. His tone began to change and I immediately felt uneasy. I noticed a large red arcade-machine-style button next to a "gangplank" and immediately assumed I was going to be thrown off this platform. The gentleman then began speaking about a vendetta against my father and how he was going to exact his revenge on me. I ziplined off the platform into the "wilds" below.

02M: 01:XX:XX

We were going to some sort of nature spot (might be kranzkloof). I was in the back seat with "M" and "A" was driving my car. We were driving on some really steep gravel roads. At some point I thought we were going to fall off the road, it was that steep. "A" was in good control though. I closed my eyes. Of course hardcore "M" kept hers open firmly fixed on the road ahead and talked through the navigation with "A", eventually informing me when we had arrived safely.

12F: 28:XX:XX

Directions/navigation

I remember an intersection and down/up every road came one of those entities with a dead look on their face.

01M: 06:XX:XX

My recurring dream is taking new directions but all based on the same theme of not being able to complete a task.

03aF: 10:XX:XX

We were going to some sort of nature spot (might be kranzkloof). I was in the back seat with "M" and "A" was driving my car. We were driving on some really steep gravel roads. At some point I thought we were going to fall off the road, it was that steep. "A" was in good control though. I closed my eyes. Of course hardcore "M" kept hers open firmly fixed on the road ahead and talked through the navigation with "A", eventually informing me when we had arrived safely.

12F: 28:XX:XX

Amorous

Dreamed I was having sex with boyfriend - don't remember details but I felt quite disembodied - as if I was observing rather than feeling.

08F: 20:XX:XX

Then I ended up in a building that seemed like prefab classrooms, suddenly I was sitting in a bus but the seats were more like school desks and benches. I was in the bus with men and the person next to me has his hand under the desk and up under my skirt and was fingering me. Everyone was dressed in army overalls. A man with thick brown hair and bushy moustache and eyebrows noticed what we were doing and raised an eyebrow.

08F: 26:XX:XX

Paired/working together

It concerned figure (my sister) and us working together on a project. It was super important that we are paired otherwise it felt like it just wouldn't work. Details fuzzy but once again it seemed like something that concerned me the whole night.

12F: 13:XX:XX

I dreamt of seed and I driving around and around the same block in a neighbourhood (in Australia? I think) trying to find someone/something so we can shoot for mushroom hour. Think it's related to the video he is currently editing for them and my recurring thoughts about his as a potential partner.

12F: 17:08:55

Approach/method involving more people, collaborative changing the way things have been done, involves trials. Revolutionary. Doubters at first but efficiency becomes clear. Sitting in circles.

12F: 22:XX:XX

Challenge

Was having hectic dreams but couldn't surface on what even on waking - feeling of dreams was struggling to do things, challenge.

10F: 10:XX:XX

Dreamt strange dream about having to move from on work station to the next in a house (like an obstacle course) - but the one was very difficult because there was a low long fanlight shaped window I had to crawl through. This moving related to some kind of competition or challenge that we had to do (I think Q was also there) was expected to get it right. Next part of dream I was doing ballroom dancing that was

also connected to the challenge. At some time the music changed to salsa which was better and less awkward than the pure ballroom.

08F: 13:01:20

Had tiring dreams but can't remember details. Again feeling of challenges, struggling to accomplish what I had to do - something to do with a conference.

08F: 14:XX:XX

Revenge

The gentleman then began speaking about a vendetta against my father and how he was going to exact his revenge on me. I ziplined off the platform into the "wilds" below.

02M: 01:XX:XX

Sacrifice

Suddenly, I was before an "orc-like" creature with my partner. He advised us that he was going to sacrifice us in the name of his God (I recall the name being in a foreign language). I then escaped and ran through the desert and mall.

02M: 01:XX:XX

Agitated

My brother then saw my uncle in the stands and began to converse with him. I got agitated with him as our uncle was estranged. My father then appeared and then suddenly left.

02M: 01:XX:XX

Own importance

My parents were there and I was shouting "I'm the only intelligent person here" and they were laughing at me for saying this.

03aF: 01:XX:XX

Dream snippet: hordes of people wanting a remedy/product we had.

12F: 24:XX:XX

Healing

Slept in the afternoon for 2 hours. Had weird dreams about trying to cover my head and my friends head to heal them from the flu, and I was physically covering my head.

10F: 05:XX:XX

Gardening

Before waking was dreaming about making a garden and looking for compost but could only get fertilizer. Was arguing about something/way to do something with boyfriend. I was living somewhere different to reality where I also used the property next door - this was a huge house and garden. I went there and saw various things fruiting well including a huge pumpkin. I couldn't find my pots and compost I'd left there. Someone I didn't know came out aggressively - turned out to be the neighbors mother who was taking care of the house because neighbor had gone overseas. I woke up not knowing what was to come from all my hard work.

08F: 09:07:00

Quarrels

Before waking was dreaming about making a garden and looking for compost but could only get fertilizer. Was arguing about something/way to do something with boyfriend. I was living somewhere different to reality where I also used the property next door - this was a huge house and garden. I went there and saw various things fruiting well including a huge pumpkin. I couldn't find my pots and compost I'd left there. Someone I didn't know came out aggressively - turned out to be the neighbors mother who was taking care of the house because neighbor had gone overseas. I woke up not knowing what was to come from all my hard work.

08F: 09:07:00

Real feeling

I thought I had to fetch someone/give them a lift (can't believe I don't remember the details or that it isn't real) and I couldn't fully relax cause I didn't want to forget/be late. It's even what got me up. Maybe it's a symbol of my yoga class. I do need to get moving for that.

12F: 12:XX:XX

Judged

Dreamt about a house I've sort of dreamt about before - it's a semi underground house I'm renting, it's super big but there are parts I don't go into because they are dark. The lounge is against the mountain. Q has invited guests to come stay - friends of his and I'm feeling very awkward and uncomfortable because they are judgmental people. I'm considering if I could get them to rent the part of the house I don't use so we are in separate spaces. dreams of houses with many rooms normal, bf dreams unusual

08F: 17:XX:XX

Dead friends

I had an afternoon nap and I kept dreaming of my friend who recently passed and other friends.

10F: 23:XX:XX

Muddy water

Had dreams - remember snippets... Was walking around looking for someone - think it was my boyfriend. On 2 occasions I ended up falling into a very dirty brown slimy lake and had to swim to get out.

08F: 26:XX:XX

4.2.3.28: Chill

Woke up like this: pale, nauseous, no energy, shaking, cold/ hot (4 blankets to keep me warm). Sneeze attack.

22F 11:XX:XX

Weakness. Cold and Shaky.

01M: 15:XX:XX

4.2.3.29: Fever

High fever.

09aM: 07: XX:XX

4.2.3.30: Perspiration

I woke up a few times during the night to wee and was sweating at some points - what a warm night. I do feel well rested though.

12F: 03:XX:XX

Had an interesting intense sexual convo I began hot sweats on and off.

01M: 05:19:00

In the afternoon, was feeling hot, sweaty and had no energy.

10F: 06:XX:XX

4.2.3.31: Skin

Itching

Itching on left hand and right arm

24F 02:XX:XX

Random itchy skin - arms on crook and outside, back, eyebrows, scalp, outer and inner thighs but no sign of rash or discolouration.

08F: 02:XX:XX

Arm started itching at around 11am for no reason

24F 03:XX:XX

Head started to itch around 9pm

24F 04:XX:XX

Itchy skin on arm and scalp

24F 11:XX:XX

Eruption

I had an eruption of papules that looked like a mosquito bite. On the ankle (legs) and flexors surface. I am not sure of what seem to be the cause. Better for scratching it will give a relieve as they were itchy. Worse for not scratching.

15F: 00:XX:XX

The itching continued.

15F: 02:07:30

Noticed a few pimples on my chest.

08F: 06:XX:XX

Hot to touch with sensation of skin burning. Pimples on shoulders and chest. Bleeding on waking (scratches in sleep).

01M: 15:XX:XX

Dryness

Skin has been feeling dry and itchy today especially legs, colder windy weather.

08F: 23:XX:XX

4.2.3.32: Generals

Energy Increase

Energy picking up again (coffee at 4pm but didn't taste nice).

08F: 01:16:30

Feeling more energetic.

04M: 01:XX:XX

Had a fairly energetic day - didn't feel as tired as normal.

08F: 02:XX:XX

Energy levels still feel slightly raised with less fatigue.

04M: 02:XX:XX

Woke up with good energy.

15F: 02:XX:XX

My day was productive. No lack of energy.

01M: 03:23:00

Increased energy

29M: 07:XX:XX

Had a lot of energy today

27F 08:XX:XX

More Energetic

28M: 08:XX:XX

Increased energy

29M: 08:XX:XX

Feeling more energetic.

04M: 09:XX:XX

Felt like I had a lot of energy today

29M: 15:XX:XX

Energy and focus was good throughout the day.

12F: 19:XX:XX

Very busy workshop day. I was fairly awake considering the lack of sleep.

08F: 25:XX:XX

Food and Drinks

I hardly ate today- fruit, tea and water, felt good to keep it light. Had a few snacks in between then made a yummy salad for dinner.

12F: 03:XX:XX

I had some horrible chicken wings at spur before movie. The BBQ sauce was so bitter. After delicious healthy lunch of Vietnamese spring roll I just craved junk food in the afternoon. I originally wanted fish and chips but did spur cause seed wanted to have a drink.

12F: 16:XX:XX

I do not feel like eating (whole rolled) oats anymore! Miss my green smoothies! I am buying kale when I get back to Durban.

03aF: 22:XX:XX

Very thirsty - drinking lots of sparkling water.

08F: 24:21:00

Desire

-Alcohol

Had amarula at bar with colleagues unusually feeling like alcohol.

08F: 25:19:30

-Bread

Hunger!!! It felt as if I last ate I'm the afternoon. This hunger is sharp that I have to take something. The hunger and sharpness is much felt as if it is from the heart. In my stomach there is no excoriation but hunger. I crave something like a bit dried bread, more like an opened/ out of plastic slice, brown bread slice (not my favorite things).

14M: 03:23:52

I woke up with just this craving for starchy things like bread or rice.

14M: 19:XX:XX

-Carbonated drinks

Craving fizzy drinks. No specific flavour

27F 01:XX:XX

Been craving ginger beer, bought 2 this week! Sweet, cool, fizzy, ginger.

08F: 16:07:30

There was some leftover coke in the fridge (part of unhealthy wave) and pack of cigarettes on the table. So I randomly had a coke and a smoke. It was a weird impulse. Maybe I miss the smoking action.

12F: 27:XX:XX

-Coffee with Cigarettes

Craving for coffee.

09aM: 00: XX:XX, 01: XX:XX,

Started having coffee and smoking more cigarettes.

09aM: 02: XX:XX, 03: XX:XX, 04: XX:XX, 05: XX:XX, 06: XX:XX, 07: XX:XX, 08: XX:XX

Having more coffee and smoking more cigarettes.

09aM: 09: XX:XX, 10: XX:XX, 11: XX:XX,

Having more coffee and smoking more cigarettes.

09aM: 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX,

Eggs

Craving fried eggs with runny yoke.

09aM: 16: XX:XX,

-Rich food

Very hungry today, craving big and rich meal.

08F: 22:12:00

Having more coffee and smoking more cigarettes.

09aM: 17: XX:XX, 18: XX:XX, 19: XX:XX, 20: XX:XX, 21: XX:XX, 22: XX:XX,

Having more coffee and smoking less.

09aM: 23: XX:XX,

Having more coffee.

09aM: 23: XX:XX, 24: XX:XX, 25: XX:XX, 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

-Meat

Appetite is low. Only feel like eating comfort food but also feel like I've had too much starch - need protein (I have had this Naar feeling sometimes before - not often).

03aF: 20:XX:XX

I woke up craving for a chilly checked meal that has soup "lol". Now I'm planning to go prepare it. And I have to eat meat alone.

14M: 21:XX:XX

I crave salty meat which is spiced. I had to wake up and cook beef stew, to eat it alone with no starch.

14M: 24: XX:XX

-Sweets

I began to feel those cramps again and a bit nauseous and hot. I felt better after having something sugary to drink.

01M: 01:15:00

Temperature

-Hot

Am feeling the heat today. Feeling very hot post supper.

08F: 06:XX:XX

In the afternoon, was feeling hot, sweaty and had no energy.

10F: 06:XX:XX

Feeling incredibly hot - fan isn't helping much, though usually it makes me too cool and I turn it down to slow.

08F: 07:22:00

I kept getting hot flashes, which I could feel up to my feet. The ended around 16h08.

01M: 09:14:00

Heat coming and going, worse in the mornings. Hot to touch.

01M: 15:XX:XX

-Cold

Someone put the aircon on which was blowing on me. I felt very cold and it gave me headache on sides of head above ears and across top - sharp pain. Felt fine back in warm.

08F: 02:12:00

Very drowsy, managed to focus and do some things. Feeling cold.

08F: 23:XX:XX

I found the aircon in the movie extremely cold but friend found it fine.

10F: 28:XX:XX

Weakness

Very tired. Fall asleep during the day for few minutes.

09aM: 04: XX:XX,

I'm totally pooped. Dance class kicked my ass. Enjoyed class I taught this evening. Afterwards felt energized and strong during dance class. Always surprised how much concentration and mindfulness required to remember the steps.

12F: 04:XX:XX

Malaise... want to sleep.

09aM: 05: XX:XX, 06: XX:XX, 08: XX:XX,

Woke up feeling as sick as a dog, because of the flu. Had no energy... Definitely one of the worst flu's ever.

10F: 05:XX:XX

Felt quite exhausted. Spent most of the day in the sun. Quite certain exhaustion is from prolonged sun exposure. Going to have a nap.

02M: 06:15:30

Woke up from my nap, feeling a bit more rested but still quite exhausted. Body felt tired but did not feel the need to sleep.

02M: 06:17:43

In the afternoon, was feeling hot, sweaty and had no energy.

10F: 06:XX:XX

Extreme fatigue and malaise. High fever. Sputum yellow. Heavy chest. Mucous from nose is yellow. Sore throat is severe.

09aM: 07: XX:XX,

Feeling weak.

22F 09:XX:XX

Malaise.

09aM: 09: XX:XX, 10: XX:XX, 11: XX:XX, 12: XX:XX, 13: XX:XX, 14: XX:XX, 15: XX:XX, 16: XX:XX, 17: XX:XX, 18: XX:XX, 20: XX:XX, 22: XX:XX, 23: XX:XX, 24: XX:XX, 25: XX:XX,

Felt pretty sapped rest of the day. Only time today I didn't feel sapped is when I was cooking. Really didn't feel like it but got into it once I was in the zone. I want to get to a point where cooking is effortless.

12F: 10:XX:XX

My exhausted state is pretty even. I don't feel daunted by work up ahead. Meditated this morning and I can feel it helps me with focus and feeling things through. Couldn't let the cooking thing go.

12F: 10:XX:XX

Don't have much energy, probably due to the flu. So I'm not doing much activity throughout the day. I'm just enjoying TV.

10F: 11:XX:XX

I still have flu, and I'm feeling really tired. I just have a running nose.

10F: 12:XX:XX

Focus improving but tiredness increasing.

08F: 15:13:30

Weakness. Cold and Shaky.

01M: 15:XX:XX

I woke up with no sluggish feeling. I felt like I can take a long run. I am more energetic with sharp appetite.

14M: 17:XX:XX

Also extremely hot, very thirsty.

08F: 17:XX:XX

Entirely stressful and exhausting day, but I'm feeling quite hyper from the intense concentration.

08F: 18:19:00

Malaise... long day, tired.

09aM: 19: XX:XX,

Malaise. Sleep most of the day

09aM: 21: XX:XX,

Not eating didn't help tiredness/naariness.

03aF: 21:XX:XX

Still feeling tired, can't concentrate to think on content at work.

08F: 23:19:00

Increase hunger, increase thirst, increase urination, fatigue.

09aM: 26: XX:XX, 27: XX:XX, 28: XX:XX, 29: XX:XX

Pain

I was on my bed when I got an intense body shock I felt fine afterward and went to bed.

01M: 05:22:05

-Glands

Glands in armpits and under ears still swollen - right underarm worse, left under ear worse - sore if pressed.

08F: 11:XX:XX

My body is feeling so achey as if I've done heavy physical exercise but haven't - aching from my feet up.

08F: 14:XX:XX

Feels as if whole body is sore, worse in the head.

01M: 15:XX:XX

Miscellaneous Symptoms

At 5pm the symptoms ceased and didn't return that day.

06M: 00:17:00

At around 5pm at work I noticed both symptoms had disappeared.

06M: 01:17:00

Very muggy day although overcast - want less clothing and no shoes.

08F: 10:XX:XX

4.3 Repertory

The repertory is a large index of disease symptoms that list remedies associated with specific symptoms (Homeopathy, 2018).

4.3.1 Key

All the rubrics from the *Anthropoides paradiseus* proving are presented as follows:

CHAPTER – RUBRIC – subrubric – frequency – page number

The rubrics were derived from the “Essential Synthesis”, Archibel, 2012. (Schroyens et al.)

*: Symbol use to represent a new Rubric that is not in the “Essential Synthesis”, Archibel 2012.

4.3.2 RUBRICS

4.3.2.1 Mind

Rubric	Frequency	Page
ABSORBED – thoughts in	10	2
ACTIVITY – creative activity	12	2
ACTIVITY – desires activity	10	2
AFFECTIONATE	08, 08	2
ALERT	5a, 5a, 5a, 8, 12, 12, 14	7
AMBITION - increased	15	7
ANGER	08, 08	8
ANGER – taciturnity, with	10	10
ANXIETY	3a, 25	14
ANXIETY - sleep, before	10, 24	20
ANXIETY – trifles, about	3a	21
ANXIETY – waking on	24	21
CHANGE – desire for	10	28
CHEERFUL	08, 08, 08	30
CHEERFUL – morning	08, 08	29
CHEERFUL – alternating with – sadness	08	31
CLEANNES – mania for	08	31
COLORS – black – desire for	08	32
COLORS – blue – desire for	08	32

COLORS – bright	08	32
COLORS – silver	08	32
COLORS – brown – desire for	08	32
COLORS – gold	08	32
COLORS – orange – desire for	08	32
COLORS – pink – desire for	08	32
COMPANY – aversion	10, 10, 18, 18, 25,	34
COMPANY – desire for – amel. in company	12	35
CONCENTRATION - active	5a, 5a, 08	35
CONCENTRATION – difficult	08, 08, 08, 08, 08, 08, 10, 12	36
CONCENTRATION – difficult, studying	10	36
COURAGEOUS	10	42
DANCING	08, 12	43
DANCING – desire to dance	08, 12	43
DECORATE – desire to	12	*
DELUSIONS – enlarged – body is: parts of body	14	59
DELUSIONS – tongue – own, not his	15	*
DETAIL – exaggerated attention to	10	85
DETACHED	08, 22	85
DETERMINATION	10, 10	85
EXERTION – physical, desire	3a, 12, 14, 15	98

EXPRESSING oneself	12	98
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FEAR – sleep – go to sleep; fear to	10	111
FORGETFUL	08	115
FORSAKEN	22	116
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HOMESICKNESS	22	123
HURRY – eating; while	01, 01, 08	124
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INDUSTRIOUS	12, 12	132
IRRITABILITY	08, 10, 25	136
IRRITABILITY – aroused when	08	137
IRRITABILITY – noise, from	12	139
IRRITABILITY - trifles	08	140
LAMENTING	08	143
LAZINESS	14	145
LEADERSHIP	14	*
LEARNING – desire for	12	147
MALICIOUS – hurting other people's feelings	10	150
MEMORY – weakness of memory – names	08	153
MEMORY – weakness of memory – expressing oneself, for	08	

		153
MUSIC – desire for	08, 08, 10	162
OPTIMISTIC	08	165
ORIENTATION – decreased	01, 12, 12, 22, 30	165
ORIENTATION – decreased – waking; on	01, 30	*
OUTDOORS - desires	3a	*
PATIENCE	12	166
PLANS – making many plans	10, 12	167
POSITIVENESS	12	168
PRAYING	3a, 10, 10, 13, 15	168
READING – desires	10, 10, 13	172
RELIGIOUS AFFECTIONS	15	173
RELIGIOUS AFFECTIONS – bible all day, wants to read the	10	173
RESTLESSNESS - anxious	3a, 3a	177
RESOLUTE	12, 12, 12, 13, 14	175
SADNESS – sleepiness, with	3a	185
SADNESS - weeping, with	08	181
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SENSITIVE – music to	14	189
SENSITIVE – odors, to	08, 08, 08	189
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THOUGHTS - tormenting	12	210
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TRANQUILITY – creative activity, from	12	*
TRANQUILITY – music calms him	14, 14	212
TRAVELLING – desire for	12	212
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WEEPING	08, 08, 08, 08, 08, 22, 30	219
WEEPING – afternoon	30	219
WEEPING – evening	30	219
WEEPING – cannot weep, though sad	08	220
WEEPING – trifles, at	08	222

4.3.2.2 Vertigo

Rubric	Frequency	Page
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MOTION – head; of – agg.	08	232
ODORS		232

RISING – agg.

10

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4.3.2.3 Head

Rubrics	Frequency	Page
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HEAVINESS	9a, 9a,	260
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PAIN – afternoon	18,	274
PAIN – evening	13,	275
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PAIN – accompanied by – eye	16,	278
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PAIN – occiput – motion – head of, agg	02,	339
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4.3.2.4 Eye

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ITCHING	08, 08, 08, 08	405

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ITCHING – evening	08	405
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SWELLING – morning – waking, on	08	434
SWELLING – Lids – upper – right	08	435

4.3.2.5 Ear

Rubric	Frequency	Page
ERUPTIONS – Meatus	01	467
ERUPTIONS – Meatus - left	01	*
ERUPTIONS – scabby	01	465
ERUPTIONS – scabby - left	01	*
FULLNESS, sensation of – morning	18	467
FULLNESS, sensation of – morning - left	18	*
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PAIN – morning – stitching pain	18	482
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PAIN- below the ears	08	492
PAIN – Middle ear - right	20	494

PAIN – Middle ear – accompanied by – tonsil - pain	20	*
PAIN – Middle ear – right – chewing, amel	20	*
STOPPED, sensation of – morning	08	495
SWELLING – below the ears – glands	08	496
SWELLING – below the ears – glands - left	08	*
SWELLING – below the ears – glands – left – accompanied by – pain - touch agg	08	*
TINGLING	20	497
TINGLING - right	20	497

4.3.2.6 Nose

Rubric	Frequency	Page
CATARRH	9a, 22, 22	506
CATARRH – morning – waking; on	22	506
CATARRH - postnasal	06, 06, 08, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a,	506

	9a, 9a, 9a, 9a, 9a 16, 16, 16, 17, 17	
CATARRH – postnasal – bed, in agg	08	*
CATARRH – postnasal – accompanied by - cough	08	*
CATARRH – postnasal – accompanied by – throat - dryness	17, 17	*
CONGESTION	9a, 14, 16, 16, 24, 24,	507
CONGESTION – sinuses	16, 16, 16, 17	508
CORYZA – accompanied by – ear, complaints	08	508
CORYZA – air, in open – amel	10	509
CORYZA – discharge, with	08, 9a, 10, 10	510
CORYZA – cough, with	9a, 18	510
CORYZA – dust, agg	22	*
CORYZA – smoking, agg	22	*
DISCHARGE	10, 10	513

DISCHARGE - left	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a	513
DISCHARGE – air, in open – amel	22	514
DISCHARGE - aluminous	9a, 9a, 9a, 9a, 9a, 9a	514
DISCHARGE – creamy	14	514
DISCHARGE – crusty – dry - morning	14, 14, 14, 14	*
DISCHARGE – crusty – yellowish white	14	*
DISCHARGE – crusty – yellowish white - painful	14	*
DISCHARGE – bloody – morning – blowing the nose agg	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a	514
DISCHARGE – greenish – blood-streaked	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a	516
DISCHARGE – greenish - staining	9a, 9a, 9a, 9a, 9a, 9a	*
DISCHARGE – offensive - putrid	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a,	516

	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a	
DISCHARGE – offensive – rotten egg; like	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a	*
DISCHARGE - white	9a, 22	518
DISCHARGE – yellow	9a, 22	518
DISCHARGE – hard, dry – Posterior nares	14	516
DISCHARGE – hard, dry - morning	14, 14, 14, 14	516
DISCHARGE – sticky – Posterior nares	14	516
DISCHARGE – viscid, tough	06, 06	517
DISCHARGE – yellowish green	9a, 9a, 9a, 9a, 9a, 9a	518
DISCHARGE – yellowish green – blood-streaked	9a, 9a, 9a, 9a, 9a, 9a	*
DISCHARGE – posterior nares - crusty	14	518
DRYNESS - Inside	02, 02, 14, 14, 14, 14	519
DRYNESS – Inside - morning	14	520
DRYNESS – inside – morning – waking; on	14, 14	520

DRYNESS – Inside - evening	14	520
EPISTAXIS	02	520
HAY FEVER	22	524
HAY FEVER – morning – waking; on	22	*
HAY FEVER – dust agg	22	524
ITCHING – left	22	526
OBSTRUCTION	10, 16, 16, 17, 17, 22, 30, 30,	527
OBSTRUCTION – left	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 22	527
OBSTRUCTION – morning – waking; on	18, 30, 30	527
OBSTRUCTION – afternoon	16	527
OBSTRUCTION – evening	16	527
OBSTRUCTION – accompanied by - coryza	22	527
ODORS, imaginary and real – sweetish	08, 08	530
ODORS, imaginary and real - sickly	08, 08	529
PAIN – dryness, from	14	531
SNEEZING	9a, 9a	538

SNEEZING – coryza, with	22, 22	539
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4.3.2.7 Face

Rubric	Frequency	Page
CRACKED – lips	08,	549
DRYNESS – lips –	08, 08, 08, 08,	559
PAIN – left	9a, 9a,	579
PAIN – extending to - eyes	9a, 9a,	586
PAIN – extending to - Cheek	9a, 9a,	586

PAIN – Jaws – joints	20,	587
PEELING off of lips	01, 08, 08,	594

4.3.2.8 Mouth

Rubric	Frequency	Page
DISCOLORATION – Tongue – white – fur; like	08,	616
DRYNESS –	01, 16,	619
ERUPTIONS – pimples – Tongue – tip	10,	622
ENLARGED – sensation as if	08,	622
ODOR - offensive	9a, 14,	629
PAIN – Tongue	08, 10, 10,	634
PAIN – Tongue – left side	08,	635
PAIN – Tongue – morning	10,	635
PAIN – Tongue – Tip	10,	635
PAIN – Anterior part	08,	636
PAIN – Tongue – Tip: stitching pain	10,	637
TASTE – altered	08, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a,	648

	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 12,	
TASTE – altered – eating, after - agg	08,	648
TASTE – food; of – eaten	08,	651
TASTE – strong; too	08,	655
TASTE – sweetish	08,	655

4.3.2.8 Teeth

Rubric	Frequency	Page
PAIN	9a, 9a,	666
PAIN - left	9a, 9a,	666
PAIN – molars - left	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a,	678

9a, 9a, 9a,
9a, 9a, 9a,
9a, 9a, 9a,
9a, 9a, 9a,

4.3.2.9 Throat

Rubric	Frequency	Page
DRYNESS	08, 9a, 10, 14, 16, 16, 17	688
DRYNESS – hiccoughs, with	14	*
DRYNESS - itching	08	688
DRYNESS – thirst – with	08	689
ENLARGEMENT – sensation of	14	689
ITCHING in	06, 06, 9a, 14	694
ITCHING - pharynx	14	694
MUCOUS – tenacious	06, 06	697
MUCOUS - thick	14	697
PAIN	06, 06, 08, 08, 08, 08, 08, 08, 9a, 9a, 9a, 10, 10, 14, 14, 14, 14, 16, 17, 17, 20	697

PAIN – morning	08, 08, 08, 08, 08	698
PAIN – morning – waking; on	08, 08, 08, 08	698
PAIN - right	14	698
PAIN – accompanied by – coryza	10, 14, 14	699
PAIN – accompanied by - weakness	08, 9a	*
PAIN – air, in open – amel	08	699
PAIN – burning	14, 16	699
PAIN – coryza; during	10, 14, 14	700
PAIN – eating – after: amel	06, 08, 08	701
PAIN – eating – after: amel - tangy	08	*
PAIN – sore	08, 08, 08, 08, 08, 08, 9a, 9a, 9a, 9a, 10, 10, 17	697
PAIN – sharp; as from something	14	703
PAIN – swallowing - agg	14	703
PAIN – extending to – ear	20	705
PAIN – extending to – ear – right	20	705
PAIN – extending to – ear – right – chewing, amel	20	*
PAIN – extending to – jaw	20	*
PAIN – Tonsils	14, 20	707
PAIN – Tonsils - right	20	707

PAIN – Tonsils – right – chewing, amel	20	*
PAIN – Tonsils – left	14	707
PAIN – swallowing – agg	14, 14	703
SWELLING – Tonsils - right	08	
TINGLING	20	713
TINGLING – accompanied by - pain	20	*

4.3.2.11 Stomach

Rubrics	Frequency	Page
APPETITE – changeable	30, 30, 30	723
APPETITE – increased	01, 01, 08, 08, 9a, 9a, 9a, 9a, 14, 14, 14, 15, 22, 24, 25, 27, 30	726
APPETITE – increased – daytime	30	724
APPETITE – increased – eating – after	16	725
APPETITE – increased – eating – after – not amel by	08, 14	725
APPETITE – increased – morning – waking on	14	724
APPETITE - insatiable	14	726
APPETITE – diminished	3a, 3a, 12, 20, 30, 30, 30,	724

APPETITE – diminished - afternoon	30	*
APPETITE – diminished – evening	08	724
APPETITE – ravenous	01, 01, 12, 14, 14,	726
APPETITE – ravenous – waking; on	12	*
APPETITE – ravenous – thirst - with	9a, 9a, 9a, 9a	726
DISTENTION – eructation – amel	14	733
EATING – hunger – without	01	753
EATING – overeating agg	01, 01	734
EMPTINESS	14	734
ERUCTATIONS	3a, 14	735
ERUCTATIONS; type of – food; tasting like	3a	741
FULLNESS, sensation of	01	744
HICCOUGH	14, 14	748
HICCOUGH – drinking after - cold water – agg	14	749
HICCOUGH – warm – drinks – amel	14	750
NAUSEA	01, 01, 3a, 10, 14, 14, 14, 14, 14, 22, 22,	754
NAUSEA – morning	22, 10	755
NAUSEA – accompanied by – flatus; passing	14	
NAUSEA – cramps, with	01	758
NAUSEA – drinking – after – agg	01	758

NAUSEA – drinking – after – water – agg	01	758
NAUSEA – drinks – lemonade - amel	01	758
NAUSEA – eructation - amel	14, 14, 14	789
NAUSEA – eating – after – agg	01	758
NAUSEA – fever – during – agg	01	759
NAUSEA – pain; during – abdomen, in	01	761
PAIN	14, 14	764
PAIN – accompanied by - hunger	14, 14	766
THIRST	01, 01, 02, 08, 08, 08, 08, 08, 08, 08, 08, 08, 08, 08, 9a, 9a, 9a, 9a, 15, 16, 16, 24, 24, 24, 27, 27	785
THIRST – afternoon	16	786
THIRST – evening	08	786
THIRST – night	16, 16, 16, 24	786
THIRST – night – waking; on	24	786
THIRST – headache – during	08	787
THIRST – heat – during	08	787
THIRST – large quantities; for	08, 08, 08	788
UNEASINESS	01	790

3.2.3.12 Abdomen

Rubrics	Frequency	Page
CONTRACTION – walking – agg	01,	808
CONTRACTION – Lower abdomen	01,	
DISTENTION	01, 5a, 14, 14	810
DISTENTION – flatulence – sensation as if distended by flatulence	14	810
DISTENTION – eructation - amel	14	810
ERUCTATIONS - amel	14, 14, 14	813
FLATULENCE	3a, 12, 12, 14	814
KNOTTED sensation	12	824
PAIN	01, 01, 01, 01, 01, 01, 5a, 5a, 5a, 08, 10, 12, 14	826
PAIN – bending forward - amel	14	830
PAIN – bending double – must bend double	12	830
PAIN - burning	14	831
PAIN – cramping	01, 01, 01, 01, 5a, 5a, 5a, 10, 12	832
PAIN – diarrhea – before - cramping	5a, 5a, 5a	834
PAIN – diarrhea would come on; as if	12, 14	834

PAIN – eating – after – agg – cramping	01, 5a	835
PAIN – eating – after – agg – stitching pain	08	835
PAIN – heat – during	01	837
PAIN – menses – before – agg		838
PAIN – menses – during – agg – drawing pain		839
PAIN – pressure - amel	14	840
PAIN – spasmodic	01, 01, 01	842
PAIN – standing amel	14	842
PAIN – stitching	08, 12	842
PAIN – warm – application – amel - cramping	10	846
PAIN – Upper abdomen	12	882
RUMBLING	14	887
RUMBLING – eructation amel	14	887

4.3.2.13 Rectum

Rubric	Frequency	Page
CONSTIPATION – difficult stool	28, 30	900
DIARRHOEA	5a, 5a, 5a, 3a, 3a, 3a, 12	903
DIARRHOEA – eating - after - agg	5a, 5a, 5a	907
HAEMORRHAGE from anus – stool – during - agg	08	917
PAIN	08	922

PAIN – stool – during - agg	08	928
PRICKLING	08	933
PRICKLING – stool – during - agg	08	932

4.3.2.14 Stool

Rubric	Frequency	Page
DARK	12	941
FREQUENT	5a, 5a, 5a, 14, 14, 14, 14, 16	941
FREQUENT - morning	16	942
LARGE	12	943
SOFT	3a, 3a, 3a, 16, 16	946
SOFT - morning	16	947
SOFT – breakfast agg; after	16	947

4.3.2.15 Bladder

Rubric	Frequency	Page
Urination - frequent	16, 21,	962
PAIN – throbbing	21,	*

4.3.2.16 Urine

Rubric	Frequency	Page
COLOUR – dark	10,	1002
COPIOUS	16, 21	1003
ODOR – strong	08,	1006

4.3.2.17 Male

Rubric	Frequency	Page
SEXUAL DESIRE – increased	01, 9a, 9a	1037

4.3.2.18 Female

Rubric	Frequency	Page
LEUKORRHEA – ropy, stringy, tenacious	08,	1057
LEUKORRHEA – morning	08,	1053
MENSES – clotted	10, 22,	1060
MENSES – clotted – large clots	10, 25,	1060
MENSES – clotted – urination agg; during	25,	1060
MENSES – copious	10,	1060
MENSES – dark – clots, with	10,	1062
MENSES – late, too	22, 22, 22,	1063
MENSES – painful	08, 10, 22, 25	1064
MENSES - protracted	10,	1065
PAIN – Labia – burning	08,	1076

PAIN – menses – before – agg	22,	1074
MENSES – scanty – clotted	25,	1066
SEXUAL DESIRE – increased	08,	1088

4.3.2.19 Larynx and Trachea

Rubric	Frequency	Page
VOICE - changed	14	1107

4.3.2.20 Respiratory

Rubric	Frequency	Page
DIFFICULT	17, 17, 30,	1120
DIFFICULT – exertion - agg	30	1123
IMPEDED, obstructed – oppression; from - Chest	17	1129
DIFFICULT – inspiration	17	1124

4.3.2.21 Cough

Rubrics	Frequency	Page
MORNING – waking; on	06, 06, 18, 28	1135
EVENING – bed agg; in	08	1136
NIGHT – amel	18	*
ACCOMPANIED BY – catarrh - postnasal	08	*

ASTHMATIC	9a, 9a, 9a, 9a, 9a, 9a, 9a, 18	1139
CONSTANT	06, 06	1141
ITCHING – throat; in	06, 06, 14	1151
PAIN – throat, in	14	1154
TICKLING	06, 06	1162

4.3.2.22 Expectoration

Rubrics	Frequency	Page
YELLOW	9a	1176
THICK	14	1175
DIFFICULT	14	1171

4.2.3.23 Chest

Rubric	Frequency	Page
ERUPTIONS – pimples	08	1189
LUMPS – sternum – behind – sensation of a lump	08, 08	1200
OPPRESSION	9a, 17	1202
OPPRESSION – coryza; during	9a	1203
OPPRESSION – respiration – difficult; with	17	1204
PAIN	14	1205
PAIN - right	14	1205
PAIN - cutting	14	1210

PAIN – drinking - amel	08	*
PAIN – lying - agg	14	1212
PAIN – lying – agg – stitching pain	14	1212
PAIN – sitting – amel	14	1215
PAIN – sitting – amel – stitching pain	14	1215
PAIN – stitching pain	14	1215
PAIN – extending to – Neck; right – cutting pain	14	*
PAIN – extending to – Neck; right – stitching pain	14	*
PAIN – extending to – Shoulder – cutting pain	14	1218
PAIN – extending to – Shoulder – stitching pain	14	1218
PAIN - Mammae	3a, 3a	1229
PAIN – Middle of chest – cutting pain	14	1234
PAIN – Middle of chest – stitching pain	14	1234
PAIN – Lower part – right – stitching pain	14	1228
PAIN – sternum – behind	08	1248
PALPITATIONS	24, 24, 10	1250
PALPITATIONS - night	24, 24	1250
PALPITATIONS – anxiety - with	10	1251

4.2.3.24 Back

Rubric	Frequency	Page
PAIN	08, 14, 22, 30,	1282
PAIN – cervical	22,	1299

PAIN – cervical – extending to; shoulders	14, 22,	1300
PAIN – lumbar region	14, 30,	1315
PAIN – lumbar region – right	30,	1315
PAIN - Spine	14,	1335

4.2.3.25 Extremities

Rubric	Frequency	Page
HANDS – complaints of	08,	1633
ERUPTIONS	08, 15, 15	1385
ERUPTIONS – itching	08, 15, 15	1385
ERUPTIONS – upper limbs – right	08,	*
ERUPTIONS – Ankles	15,	
HEAT – Feet – flushes		1405
NUMBNESS – Feet	08, 08,	1431
NUMBNESS – Fingers	08, 08,	1432
NUMBNESS - Knees	08,	1434
TINGLING	08, 08, 08, 08, 08, 08, 08, 08, 30,	1608
TINGLING – hands	08, 08, 30,	1609
PAIN – stitching pain	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a,	1445
PAIN – Fingers	08,	1467
PAIN – legs	08, 30,	1437

PAIN – knees – Hollow of knees	08	1506
PAIN – legs – left	30,	1510
PAIN – legs – right		1510
PAIN – legs – growing pains	30,	1513
PAIN – lower limbs – stitching pain	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a,	1525
PAIN – Lower limbs; Sciatic nerve; descending	08	1528
TENSION	01,	1605
TENSION - Shoulders	01,	
VARICES – Knees	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a,	1622
VARICES – lower limbs – painful	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a,	

4.3.2.26 Sleep

Rubric	Frequency	Page
DEEP	30, 30	1642
DEEP – alternating with – sleeplessness, periods of	30, 30	1642
DEEP – disturbed, yet	30	1642
DISTURBED	01, 3a, 29, 30	1643

DISTURBED – night – midnight – after – 4h	30	1642
DISTURBED – heat; by	12	1643
FALLING ASLEEP – difficult	30	1646
INTERRUPTED	01	1647
PROLONGED – noon – afternoon; and	10, 10	1650
POSITION – head covered with sheet	10	1649
RESTLESS	22	1650
WAKING - frequent	01	1669
WAKING – slept one’s fill; as having	5a, 5a, 12, 12, 12	1671

4.3.2.27 Dreams

Rubric	Frequency	Page
ANGER	02	1676
ANIMALS	08, 08, 08, 08	1676
ANXIOUS	01, 02, 08, 10, 12, 12	1676
ANXIOUS – late being	12	*
AMOROUS	08	1675
AMOROUS; perverse	08	1676
APPEARANCE – preoccupied, with	02, 12, 12	*
BETRAYED, having being	15	1677
BUSY, being	12	1678

COUNTRY - foreign	12	1680
DANCING	08, 10	1680
DEAD - friends	10	1680
DESERT	02	1681
DIFFICULTIES - work	08, 12	1681
DISTORTED	02, 08, 08, 08 12, 30	1682
DOGS	08, 08, 08	1682
EXHAUSTING	08	1683
EVENTS – previous – day, of the previous	3a	1683
EVENTS - planning	10	*
FAMILY	02, 12, 12	1684
FAMILY - estranged	02, 12, 12	*
FAMOUS - people	02, 10, 12	*
FORSAKEN, being	01, 15	1684
GARDENS	08	1685
GHOSTS	9a	1684
GROWING things	08	1685
HEALING - others	10	*
HELPING	08, 10	*
HELPLESS feeling	01, 15	1686
HORSES - riding	08	1686
HUMOUROUS	12	*
IDEAS	12, 12	*

JOURNEYS	08, 12	1687
LOST; being	15	1687
MURDERED - being	02	1689
PEOPLE	30	1690
PEOPLE – crowds of	12	1690
PRAYING	15	1690
PROTECTED; being – not being protected from harm	01, 15	1691
PURSUED, being scammed	01, 02, 06, 15	1691
PURSUED, being – robbers, by	15	1691
QUARRELS	08	1691
REVENGE	02	1692
ROBBERS	08, 15	1692
ROBBERS – detecting robbers	08	1692
SEARCHING - someone for	08	1692
SEARCHING	3a, 08, 12, 15	1692
SHOCKING	12	1692
SINGING	08, 08	1693
TRICKED	12, 12	*
UNREMEMBERED	02, 3a, 08, 08, 08, 10, 10, 12, 12,	1695

	12, 12, 12, 12, 12, 24, 29	
UNSUCCESSFUL EFFORTS	3a, 3a, 3a, 08	1695
WATER - muddy	08	1696
WORK	08, 08, 08, 08, 10, 12, 12, 12, 12	1696
VIVID	12, 30	1695
VIVID – remember; could not	12	1696

4.3.2.28 Chill

Rubric	Frequency	Page
shaking	01, 22	1710

4.3.2.29 Perspiration

Rubric	Frequency	Page
AFTERNOON – heat; during	10,	1736
SEXUAL excitement; with	01	1743
SLEEP – waking agg.	12,	1743

4.3.2.30 Skin

Rubric	Frequency	Page
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BURNING	01	1748
DRY	08	1754
ERUPTIONS	15	1754
ERUPTIONS – bleeding – scratching, after	01	1755
ERUPTIONS - itching	15, 15	1761
ERUPTIONS – papular - itching	15	1763
ERUPTIONS - pustules	01, 08	1765
HEAT – sensation, of	01	1775
ITCHING	08, 08, 24, 24, 24	1777
ITCHING – dryness, from	08	1778
ITCHING – eruptions - without	08, 24, 24, 24	1778
PALE – discoloration; pale		1751

4.3.2.31 Generals

Rubric	Frequency	Page
COLD – air – agg	08, 10	1812
ENERGY – excess of energy	01, 04, 04, 04, 08, 08, 12, 14, 15, 27, 28, 29, 29, 29, 29	1838
FOOD AND DRINKS – alcoholic drinks – desire	08, 12,	1846
FOOD AND DRINKS – bread – desire	14, 14	1847

FOOD AND DRINKS – carbonated drinks – desire	01, 08, 08, 12, 27	1848
FOOD AND DRINKS – Coffee – desire	9a, 9a,	
FOOD AND DRINKS – rich food – desire	08, 12,	1858
FOOD AND DRINKS – light food - desire	3a, 12,	1854
FOOD AND DRINKS – meat - desire	3a, 14, 14,	
FOOD AND DRINKS – soda water – desire	08,	1859
FOOD AND DRINKS – sweets – desire	08,	1860
HEAT – flushes of - daytime	01, 08,	1865
HEATED, BECOMING	08, 08, 08, 10,	1868
PAIN – aching	08,	1897
SHOCK – electric-like – evening - bed agg; in	01,	1937
SMOKING – desire for	9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a, 9a,	

SWELLING – Glands; of – painful

WEAKNESS

9a, 9a, 9a, 9a, 9a, 9a, 12	
08,	1947
01, 02, 02, 3a, 3a, 08, 08, 9a, 9a, 9a, 9a, 9a, 9a, 10, 10, 10, 12, 12, 14, 22,	1963

Chapter 5

Discussion of the Results:

5.1 Introduction:

This chapter contains a discussion and an overview of the symptoms and themes arising from the homoeopathic proving of *Anthropoides paradiseus* 30CH. The researchers considered the themes and specific symptoms that were experienced by the participants during the proving as being indicative of the characteristics of the remedy.

The characteristic symptoms formed the basis for the comparative study with the other remedies in the same avian class. These avian remedies were: *Acridotheres tristis*, *Corvus corax*, *Falco peregrinus*, and *Geococcyx californianus*.

The hypothesis claimed that *Anthropoides paradiseus* 30CH would produce observable signs and symptoms in healthy individuals. The data obtained from this homoeopathic proving provides evidence in support of the hypothesis and therefore validates it. A total of 566 rubrics were formed from the collected data, and were divided into their respective sections in the homoeopathic materia medica.

5.2 Abbreviation of Remedy:

This system of abbreviation uses the Latin or scientific name of the substance which then corresponds to the root and extension of the remedy abbreviation. The root “*anthro*” was chosen by the researchers. Added to the root is the extension “-*p*” to indicate the specific species. The remedy of *Anthropoides paradiseus* was therefore abbreviated to ***Anthro-p***.

5.3 The Symptoms:

It is important that the entire proving is viewed as if it is from one person (Sherr 1994: 32). This serves to put all the symptoms that arose in the study into a whole to provide a better understanding of the remedy. This discussion attempts to amalgamate the proving symptoms from all the provers, and present them as if they were all being experienced by one individual.

Figure 3 is a representation of the quantitative distribution of the repertory symptoms that arose in each chapter of the Essential Synthesis. The most symptoms reported by the provers was in the mind, dreams, nose, throat, stomach and abdomen. The least reported symptoms were those of chill, larynx and trachea, male, bladder and urine.

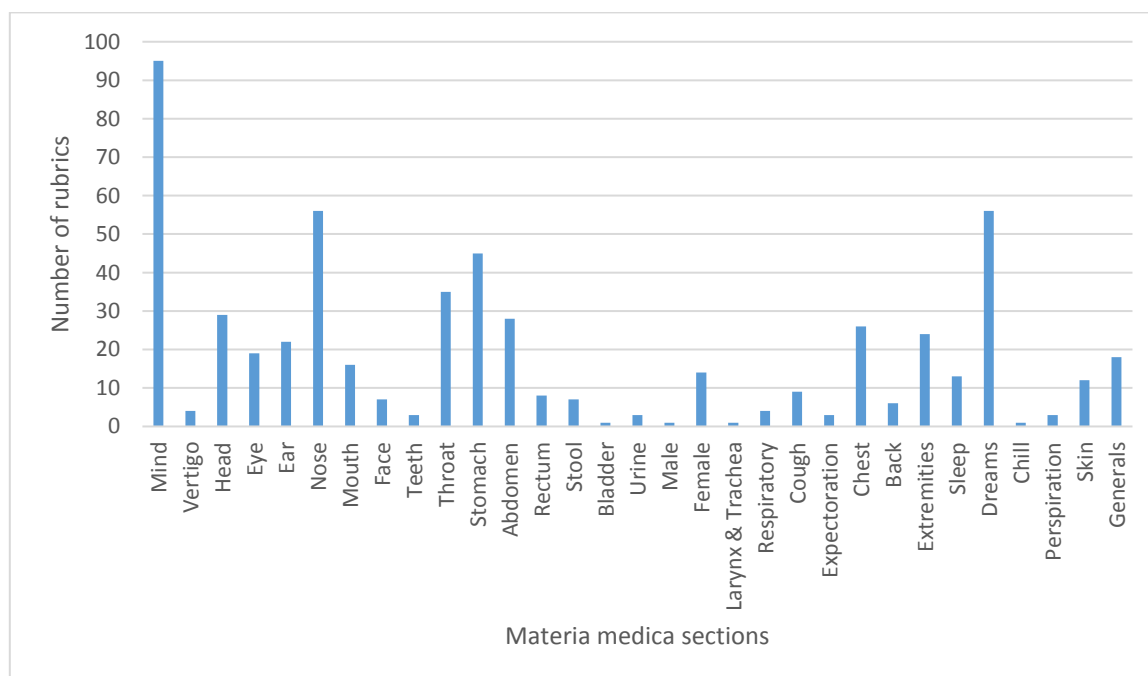


Figure 3: Quantitative distribution of repertory symptoms

5.3.1 Mind:

The following mind themes arose from the proving:

- **Calmness and Anxiety:**

During situations in which stress and anxiety was ordinarily felt, provers 01M, 08F, 12F and 14M felt a feeling of calmness. Provers 10F and 14M recorded that they felt more organized. Prover 01M had feelings of calmness that came over him before work started. A feeling of calmness and laziness was experienced by prover 14M despite the fact that he had a lot of work to cover for his test the following day. Prover 14M listened to music and described a sense of calmness which he had not felt in years. Prover 12F felt “even” and calm even though she had not mediated.

Anxiety concerning unimportant things was experienced by provers. Prover 3aF was anxious and stressed about a small bicycle light component which she had lost, and even left her home to look for it. Prover 12F was anxious about doing things, and often found these tasks to be easier than first thought to be. Prover 24F woke up feeling anxious without any cause. Prover 25 reported that she was feeling anxious about an upcoming research commitment even though the assignment was on track and she had everything under control. The proving of *Anthropoides paradiseus* appeared to generally improve the anxiety and stress of provers.

- **Disorientation and Detachment:**

Disorientation was experienced by five provers (01M, 08F, 12F, 22F and 30F). Disorientation on waking and being confused as to where he was was experienced by Prover 01M. This same prover also had difficulty sleeping and woke up multiple times during the night with the feeling of disorientation and not knowing where he was. For Prover 22F, the disorientation on waking was caused by oversleeping. Prover 08F struggled to remember names and struggled to grasp concepts out as if she cannot think straight. Prover 12F got confused about which day it was, and

would record the wrong dates while journaling. The delusion that his mind was playing with him was experienced by prover 01M.

Prover 08F had a sense of detachment from her body caused by a feeling that her day was too busy. Prover 22F also experienced a sense of detachment from her body which was caused by her own problems were not important enough to worry about. Prover 3aF struggled to figure out what were her own actions and had difficulty distinguishing between reality and her imagination.

- **Mood changes:**

Many of the provers experienced mood changes, and often felt emotional. Some provers (08F, 18F and 30F) reported crying for no appropriate reason. Prover 08F reported that she was feeling emotional and that it felt like she was crying but did not actually produce tears. Later she also reported that she was an “emotional wreck”, but had no physical symptoms. Prover 18F reported that she was averse to company when feeling emotional. Prover 10F reported that she felt less sensitive than usual towards people. Provers overall, however, reported being happier during the proving

- **Introspection:**

Introspection during the proving was retrospective. For Prover 12F it was about what she had accomplished, about the happy state of mind she was in, and of the life she had built for herself. Prover 3aF became introspective about her origins (in terms of cultures), and about where she comes from as well as where her parents come from. Prover 08F introspected about after her mood has improved and later on during the proving, she was introspecting about a friend who had passed away. Prover 13F reported that she had gained knowledge and a deeper understanding of interpersonal conflict and how she had improved.

- **Irritated/Annoyed:**

Irritation and being annoyed were commonly felt by provers 08F and 12F. Being annoyed with people on social media for posting things without thinking about it carefully or posting other peoples' posts as if they were their own were particularly irritating for Prover 08F. Prover 12F was annoyed with a car revving outside. The feeling of being irritated and annoyed with people talking to her was reported by Prover 25F. Prover 08F, however, reported that she usually felt annoyed with her grandmother, but was able to cope better during the proving.

- **Perfection:**

Perfectionism is a common theme in birds and was notable in one of the provers. The perfectionism seen in Prover 08F concerned excessive cleanliness. The excessive cleaning eventually resulted in her hurting herself. She reported that she felt as if she could not stop cleaning. She even cleaned her boyfriend's marijuana bush for him. Prover 12F reported that she started to clean up her room while listening to music during the proving.

- **Isolation & Company:**

Both provers 18F and 25F had the desire to be alone. They both reported that they did not feel like being around people. Prover 22F felt emotional, she was missing home and felt lonely. Prover 12F reported feeling less lonely since she started having someone else around the house and not having to be alone. Prover 08F felt happy around people and greeted people cheerfully as she walked past them out in public and was generally being more sociable.

5.3.2 Vertigo:

Provers tended to describe dizziness more than vertigo. Prover 10F felt dizziness when standing up. Provers 3aF, 08F and 10F experienced dizziness which accompanied their headaches.

5.3.3 Head:

Headaches were experienced by a couple of provers. The headaches did not appear to occur more frequently at any particular time of the day. Provers reported having headaches in the morning, around lunchtime, in the afternoon and in the evening.

Provers 3aF, 08F, and 10F experienced headaches, some accompanied by dizziness.

The location of the headaches varied throughout the proving. Right-sided pain was experienced by provers 16M and 18F, and provers 09aM and 22F reported pain on the left side. Provers 08F, 18F and 24F experienced headaches around the temples and the front of the head. Prover 18F experienced headaches which moved from the temples to the front of her head (18F:04:XX:XX, 18F:07:XX:XX). Headaches across the top of the head were reported by provers 08F and 18F. Pain experienced in the entire head was reported by prover 9aM throughout the proving. Provers 01M, 10F and 18F reported headaches in the occipital area. Pain around and behind the eyes was experienced by four provers 08F, 16M, 17M, 18F and 22F.

The sensation of the pain experienced included sharp sensations (08F:02:12:00) (08F:00:23:15 sharp pains behind the eyes) and dull sensations (prover 24F and 25F). Throbbing was reported multiple times by prover 09aM, 18F and 24F. Prover 22F experienced a sensation of spikes. A sensation of the head feeling uncomfortable was reported by provers 01M and 16M. A feeling as if the head was heavy was reported by prover 09aM. Heaviness was a sensation reported by prover 9aM too.

5.3.4 Eyes:

Dryness of the eyelids was reported by provers 08F and 16M. The dryness occurred in the afternoon for prover 08F and in the evening for prover 16M. Both provers also experienced pain in the eye. Prover 08F reported having pain behind the right eye and reported feeling as if the pain originated from the eyeball itself. Prover 16M reported that his eyes were sensitive to the air-conditioning in his motor vehicle.

Prover 08F reported itchiness of the eye on several occasions. It was reported to be in the right eye and it affected the lower eyelid. It felt better outside in the open air.

Prover 12 reported a sensation of a foreign body in his left eye. A sensation of heaviness was reported by provers 06M and 02F. A sensation as if her eye is too big for the eye socket was experienced by prover 08F.

5.3.5 Ears:

Ear pain was reported by three provers. Provers 10F and 20F experienced ear pain on the right side and provers 01M and 18F reported pain on the left side. Prover 18F experienced a blocked sensation, stinging and a scabby eruption.

5.3.6 Nasal Symptoms:

The nasal symptoms were reported as being worse on waking by provers 08F, 14M, 22F and 30F. Provers 10F and 22F reported that their nasal symptoms were better outside.

Provers 06M, 10F, 16M, 17M, 18F, 22F, 24F and 30F reported nasal congestion. Provers 18F, 22F and 30F reported that the nasal congestion was worse in the morning and prover 16M reported nasal congestion in the afternoon and evening.

Provers 06M, 08F, 16M and 17M experienced post-nasal drip. Prover 06M and 17M reported that they were unable to unblock their nasal cavities of catarrh. Provers 08F, 10F and 22F also reported having a runny nose.

Dryness of the nasal mucosa was experienced by provers 02M and 14M. The provers 14M and 22F described the catarrh as yellowish-white in colour. Prover 14M reported crusted catarrh in and around his nose and was worse upon waking and was better for having cleaned his nostrils. Both provers 02M and 14M described dryness as if from cold wind.

Provers 08F had an increased sense of smell. Prover 08F had issues with strong smelling perfumes worn by people around her in different locations.

5.3.7 Mouth:

The sense of taste of provers 3aF, 08F and 12F was affected during the proving. Prover 03aF reported that the taste of food stayed in her mouth long after eating.

Provers 08F and 10F reported tongue pain. Prover 10F had an eruption on the edge of her tongue that started as a stinging sensation and then formed a white pimple-like lesion on the tip of the tongue. Prover 01M and 16M experienced dry mouths. Prover 9aM reported having pain of the left molars throughout the proving.

5.3.8 Throat Symptoms:

Dryness in the throat was reported in different degrees. Dryness was common throughout the proving by provers 08F, 09aM 10F, 14M, 16M and 17M. Prover 17M reported a post-nasal drip on two occasions together with the sensation of a dry throat.

Provers 06M, 08F, 09aM, 10F, 14M, 16M, 17M, 20F experienced soreness/pain in the throat. Provers 06M, 08F, 9aM, 14M and 16M reported a sensation of burning and/or itchiness in the throat.

Tonsil pains were reported by provers 08F, 14M and 20F. Prover 08F and 20F experienced tonsil pain on the right side. Prover 14M described his tonsil pain as feeling as if a tiny pin might come out (14M: 6: 06:33). Prover 08F and 20F reported that their tonsil pains were better for eating (08F:22:08:00) and chewing (20F 04:XX:XX).

5.3.9 Appetite & Thirst:

There was a pronounced increase in thirst in provers 01M, 08F, 09aM, 16M, 24F, 25F, 29M and 30F. This was experienced by the provers in the afternoon (prover 30F) or evening (provers 08F and 16M). Getting up in the middle of the night multiple times to get something to drink was experienced by prove 24F.

Provers 01M, 3aF, 08F, 12F, 14M, 16M, 21F, 22F, 24F, 25F and 30F reported that they had an increase in appetite. Provers 08F, 21F and 30F, however, reported a decrease in their appetites. Prover 01M reported an increase in his appetite with the tendency to overeat.

5.3.10 Stomach and Abdomen:

Provers 01M, 3aF, 10F, 12F, 14M and 22F reported that they were feeling nauseous. Provers 01M, 10F and 22F reported nausea in the mornings. Prover one reported nausea with cramps and felt better after passing stool. Prover 10F felt nauseous and felt like she was going to vomit.

Provers 01M, 09aM and 14M reported being bloated and felt better for belching. Provers 3aF, 12F and 14M described the sensation of bloating by saying they had gas in their stomachs. Provers 3aF, 12F and 14M experienced flatulence accompanied with nausea and diarrhea. Prover 14M started to feel nauseous after taking the first dose and felt bloated which was better for belching. By the second dose, the nausea became worse and so did the bloating which he described as the feeling as if gas was trapped in the stomach, and also reported feeling better for belching. Prover 14M started to feel better by the fourth dose.

Cramps were experienced by provers 01M, 09aM, 10F and 12F. Prover 01M got cramps immediately after taking dose number 4. The cramps were described as a sharp pain. Prover 01M experienced cramps accompanied with nausea.

Diarrhea was experienced by provers 03aF, 05aM, 09aM and prover 12F. Prover 05aM and 09aM had diarrhea which was worse for eating. Prover 16M reported having soft stools.

5.3.11 Bladder & Urine:

Urination was increased in provers 16M and 21F. Prover 21F experienced bladder pains which were throbbing in nature. Provers 08F, 10F and 12F journaled that their urine appeared concentrated. Prover 08F reported that her urine had a strong smell.

5.3.12 Chest & Respiratory:

Provers 14M and 17M reported a sensation of tightness in the chest. Prover 17M and 30F reported that it was like they could not get enough air in. Prover 17M described the tightness as if someone was standing on his chest. Prover 30F reported having difficulty inhaling air while running.

Prover 08F reported having pain under the sternum. The area was swollen, and she had a sensation as if there was a lump (long in shape) in this area. Prover 14M experienced a sharp pain in the lower right part of the chest that radiated to the right shoulder and slightly to the right side of his neck. The pain then moved to the center of the chest. Having heart palpitations before going to sleep was reported by prover 10F and 24F.

Coughing and slight wheezing were reported by provers 06M, 08F, 09aM and 18M. Coughing in the morning was reported by provers 06M and 18F, and prover 08F reported coughing in the evening. An asthmatic type of cough was reported by prover 09aM on multiple occasions.

5.3.13 Back & Extremities:

Provers 14M and 30F reported back pain. Prover 14M experienced a dull pain in the spinal column in the lower thoracic and upper lumbar regions. He had the sensation of having carried something heavy on his shoulders. The pain was worse for exertion and better for lying in the supine position.

Prover 01M and 22F reported tense shoulders and necks. Prover 22F had tense shoulders accompanied by headaches.

Prover 08F and 30F experienced a "pins and needles" sensation. Prover 08F experienced a prickling sensation "as if from picking up a prickly pear" on multiple occasions throughout the proving. She describes the prickling sensation as tiny spines. The location of the sensation was experienced all over the body but mostly affecting the upper limbs at the top of the fingers on the left arm and hand and also her right arm and fingers. Prover 30F reported experiencing this sensation in her hands after taking her third dose.

5.3.14 Female:

Provers 15F and 25F experienced a lighter menstrual flow which was an improvement from their usual. Prover 10F, who normally has a light flow, experienced a heavier flow. Prover 10F experienced more pain than usual. She reported having pains in her stomach which were better for sleeping. She experienced a heavy flow with clots that came out in chunks. Her menstrual cycle also lasted longer than usual. Prover 22F reported that her menstrual cycle started later than usual. She experienced cramps in the lower abdominal region. Prover 25F experienced a lighter flow than usual, like prover 15F. She experienced cramps in the lower abdominal region, which were worse for movement and better for pressure and walking. A sensation of heat was experienced over the whole body. Prover 25F had clots which were the size of R1.00 coins.

5.3.15 Male:

Prover 01M and 09aM reported an increase in sexual desire.

5.3.16 Dreams:

Provers 02M, 03aF, 08F, 10F and 12F reported not being able to remember their dreams. A variety of themes arose from the provers who did dream though. The most noteworthy dream themes were: working and jobs (experienced by provers 08F, 10F and 12F), planning events (experienced by provers 10F and 12F), distorted dreams or dreams of being disorientated (experienced by provers 02M, 08F, 12F and 30F), dreams of being pursued (experienced by provers 01M, 02M, 06m and 15F), suspicion about robbery being robbed (experienced by prover 08F and 15F), searching for places (experienced by prover 03aF and 15F) or simply dreams about people (prover 08F). Provers 01M, 02M and 12F had dreams about being anxious.

5.3.27 Skin:

Provers 01M, 08F and 15F reported having spotty eruptions. Prover 01M reported having pimples on the chest and shoulder regions. Prover 08F and 24F reported itchy skin but no visible rash. Pimples then started to appear four days later on the chest of prover 08F. It was also reported by both 08F and 24F that they had dry and itchy skin particularly on the legs (prover 08F) and on the arms and scalp (prover 24). Prover 15F had an eruption that seemed like mosquito bites on his legs and ankles. It was itchy and was better for scratching.

5.3.18 Chill:

Prover 01M and 22F reported that they were feeling weak (prover 01M) or had no energy (prover 22F), and were cold and shaking.

5.3.19 Generals:

There was a clear indication of energy fluctuation in the remedy. Some provers had increased energy levels (provers 01M, 08F, 12F, 14M and 15F) while others felt they had decrease energy levels (03aF, 08F, 09aM, 10F and 12F).

Prover 09aM reported increasing the quantity of cigarettes he smoked and prover 12F craved cigarettes. Prover 09aM reported a significant increase in coffee consumption after starting the proving which was new for him. Prover 01M, 08F and 12F had cravings for sugary fizzy drinks and provers 08F and 12F had cravings for alcoholic drinks.

Provers 08F and 10F reported that they felt heat come over them, and both reported that they were worse for cold air exposure.

5.4 Antidote:

No antidoting of the verum group was required during the course of the proving.

5.5 Summary of Symptoms:

On the mental sphere, the stress was largely reduced, and provers reported feeling calmer. There were many mood changes such as being emotional and crying or feeling emotional but not being able to express it. Disorientation was prominent particularly in the mornings upon waking, and the provers reported not knowing where they were. Thinking about future endeavors and what had happened in the past were also noteworthy features.

Headaches in *Anthropoides paradiseus* were predominantly on the left side and were described as having a pulsating or throbbing pain. The pain in general is described as sharp and pain can also present as “pins and needles” or prickling. A sensation of spikes or a spine pushing through the skin was also experienced.

Dryness came up strongly throughout the proving. Dryness is seen in the nose and was often accompanied with nasal obstruction alternating with coryza. There was a sensation of dryness in the mouth and throat that accompanied post-nasal drip. Dryness was experienced around the eye and on the skin. Post-nasal drip was often accompanied by pain and itchiness in the throat. The pain was often sharp and the pain in the tonsils was described as a poking pain. Dryness was also experienced with the post-nasal drip.

Fluctuation in appetite was prominent and was also accompanied by an increase in thirst. An increase of urination was reported, however it did not appear to be directly linked to the fluid consumption.

A tightness, as well as sharp pains were experienced in the chest with the pain radiating to center of the chest or to the back. Heart palpitation were also experienced on waking or going to bed.

5.6 Avian Group Theme Comparison:

Shore (2004: 17 – 19) in his book “Birds: Homeopathic remedies from the avian realm” identified and described key bird themes. The key themes were:

- Sense of detachment
- Intuition or natural knowledge
- Drugged sensation/disorientation
- Spiritual awareness
- Empathy
- Relationship
- Freedom
- Perfectionism

The key bird themes from Shore (2004) were compared to the correlating themes that were identified in the homoeopathic proving of *Anthropoides paradiseus* in Table 8.

Table 8: Correlating Symptoms between *Anthropoides paradiseus* and Generals Bird Themes

General Bird Theme according to Shore (2004)	Correlating examples of symptoms of <i>Anthropoides paradiseus</i>
Detachment	<ul style="list-style-type: none">• A delusion of being detached from the body because of being too busy (08F) or being too stressed to pay attention to problems (22F).• The confusion between of what is really going on and what is just in the mind (03aF).

	<ul style="list-style-type: none"> • Feeling a sense of calmness and less anxiety despite an impending test needing to be studied for (14M)
Intuition	<ul style="list-style-type: none"> • Improved focus or the lack of the ability to focus and to concentrate. • Feeling of flowing with water (12F). • Introspection focused mostly on past experiences (08F), about their origin (03aF), as well as the future (12F).
Drugged/ Disorientation	<ul style="list-style-type: none"> • Waking up with confusion as to where they are (01M, 22F, 30F). • Getting confused about what day of the week it is (12F). • Struggling to remember names (08F). Not thinking straight (08F). • Delusion that the mind is playing with the person (01M).
Spiritual Awareness	<ul style="list-style-type: none"> • Desire to go to church, to pray and read the bible (10F, 15F).

	<ul style="list-style-type: none"> • Praying to improve mood (03aF).
Empathy	<ul style="list-style-type: none"> • Feeling another person's feelings which caused them to become drained, anxious and feel heavy (03aF).
Relationship	<ul style="list-style-type: none"> • Introspection about the ending of relationships and how things would or could have been different. • Aversion to company (18F, 25F) • Desire to be alone (25F)
Freedom	<ul style="list-style-type: none"> • Dreams of escaping or travelling into the wild. The desire to be free from the present, to get back to the past where there were feelings of freedom and cheerfulness.
Perfectionism	<ul style="list-style-type: none"> • Excessive cleaning until it resulted in self-harm (08F). • Initiation of the cleaning process (08F, 12F)

In table 8, we see that the general themes in birds are present in the homeopathic proving of *Anthropoides paradiseus*.

5.7 Group Comparison

Table 9: Group Comparison:

MIND:	Birds:			
Antropoides <i>paradeusus</i> Themes:	Falco <i>peregrinus</i>	Corvus <i>corax</i>	Geococcyx <i>californianus</i>	Acridotheres <i>tristis</i>
Detachment:				
Intuition:				
Increase focusing				
Difficulty focusing				
Disorientation:				
Relationship:				
Freedom:				
Perfectionism:				
Mood Changes				
Irritated/ Annoyed				
Sense of Calmness				
Anxiety:				
Del. Being robbed:				

Sense of isolation				
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PHYSICALS:	Birds			
Antropoides <i>paradeusus</i>	Falco <i>peregrinus</i>	Corvus <i>corax</i>	Geococcyx <i>californianus</i>	Acridotheres <i>tristis</i>
Sensations				
-Alternation between hot & Cold				
-Hot				
-Cold				
Sensation of				
Enlarged:				

Numbness:				
Constriction/Obstruction:				
-Nasal				
		Throat	Throat	Throat
		Chest	Chest	Chest
	Head			
	Stomach			
	Rectum			

Pain:				
-Burning				
-Throbbing				
-Sharp				
-Pins and needles				
-Poking				

Cramping:				
-Abdomen				
-Extremities				
-Female				

Bloating:				
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Tingling:				
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Nausea:				
Belching				

Appetite:				
-Increase				
-Fluctuations				

Thirst:				
-Increase				

Dryness:				
-Eyes				
-Nose				
-Mouth				
-Throat				
-Skin				

8.7.1 Avian Remedy Comparison

8.7.1.1 *Falco peregrinus*:

Falco peregrinus has the desire to be free. They are in a constant struggle for freedom. This remedy has a constant feeling of being restricted. They feel like they are caged or trapped in. They tend to feel restricted rather quickly from the slightest distress or difficulty. The need to keep control is important, otherwise, it can be lost quickly. This remedy is concerned with cleaning and being organized. The loss of control can cause them to become unorganized. (Fraser 2009)

The theme of restriction is seen in the remedy's relationships. In personal relationships they can feel like they are not in control of their own lives. Social relationships are what they want and crave but the social pressures and expectations of such relationships can be feel restrictive. (Fraser 2009)

The bigger picture is important to this remedy. The unimportant smaller details are considered inferior relative to the bigger picture. Grasping the concept of how things are or work by means of intuition is easier for this remedy as opposed to logical and analytical thinking. (Fraser 2009)

Falco peregrinus has a floating sensation and feels as if they are drifting and going with the flow. As in most birds they have a drug-like sensation. Lack of connection is a prominent feature and in a way they are detached from the world and feel as if it is going to fall apart. (Fraser 2009)

Anthropoides paradiseus and *Falco peregrinus* both have the desire for freedom and both feel as if they need to escape. Both remedies share the tendency toward excessive cleaning. In *Falco peregrinus* there is a loss of connection with the mind and in *Anthropoides paradiseus* the lack of connection or detachment presents as a feeling that they are too busy to worry about what is going on with their physical health. (Fraser 2009)

As depicted in Table 9, on the physical sphere, *Falco peregrinus* and *Anthropoides paradiseus* share the alternating sensation of heat and coolness. Numbness in *Falco peregrinus* is experienced more in the mental sphere and *Anthropoides paradiseus* tends to experience it physically in the extremities. Pain across the body is experienced in both remedies as throbbing, sharp and a 'pins and needling' type of pain. Both experience fluctuations in appetite. (Fraser 2009)

5.7.1.2 *Corvus corax*:

There is a separation between the conscious and the physical self in this remedy. *Corvus corax* can detach from the real world, and often feels like things are falling apart, and becomes enclosed in their own thoughts and emotions as a result. They may even lose their sense of reality and may snap in and out of it. The remedy can induce either good or bad flashbacks of the past. (Fraser 2009)

The remedy has the feeling that they are trapped or imprisoned. *Corvus corax* may have the delusion that they are under superhuman control. Clairvoyance comes through quite strongly in the remedy. It is more concerned about the pain and suffering of others and may even have dreams about the suffering of others. (Fraser 2009)

Perfectionism presents in the form of feelings of power and greatness. The feeling that they are the most important being. They may adopt a more upright and firm way of walking, dress up elegantly and may attempt to make themselves look more beautiful. (Fraser 2009)

The detachment experienced in *Corvus corax* and *Anthropoides paradiseus* is fairly similar in that there is a common sensation of separation between the mind and the body, however it is not as prominent in *Anthropoides paradiseus*. Both remedies have the delusion that someone or something is pursuing or robbing them. Anxiety around unimportant possessions is seen in *Anthropoides paradiseus*. (Fraser 2009)

The appetite in *Corvus corax* is generally increased while in *Anthropoides paradiseus* it tends to fluctuate. Both remedies experience dryness of the eyes and mouth. (Fraser 2009)

5.7.1.3 Geococcyx californianus:

Detachment in the remedy is seen in terms of its relationship with the air and the ground. The remedy does not want to fly although it is a bird. Being in the air and flying brings on a sense of being unsafe. The ground resembles safety and confidence. The remedy does not want to do what they are built to do. Like all birds, they do not want to be trapped in to doing what someone else wants them to do but rather want to be free to do what they would like to do. They seek freedom by escaping from people by becoming mentally numb. All feelings and care are lost. Clairvoyance is exaggerated in the remedy and often presents as prophetic dreams. (Fraser 2009)

In their relationships with people we see that there is an increased sex-drive as is also seen in *Anthropoides paradiseus*. In *Geococcyx californianus* there is more of a sense of flirtatiousness. It is all about communication and connection with people. Interaction and connection with people are on a deeper level. We saw this in the proving of *Anthropoids paradiseus* where the prover has to speak to her parents and connect with them on a deeper level about studying in a new field. (Fraser 2009)

There is a drugged sensation and a feeling of lightness and floating in both remedies. In *Geococcyx californianus* it is experienced as an unsteadiness while on their feet and in *Anthropoides paradiseus* it is of rising into the air. (Fraser 2009)

5.7.1.4 *Acridotheres tristis*:

As in all birds, there is a craving for freedom and the desire to escape into the wild. We see a similar desire coming through in the dreams of *Anthropoides paradiseus*. This is where the feeling of freedom is gained and where they can be alone. There is also a freedom experienced by letting go of the past and pain. The remedy has an empathetic nature and there is an increased feeling of being emotionally separated from conversations. This was seen in the proving of *Acridotheres tristis* where the prover felt like an outcast or felt forgotten about. On the other hand, a prover reported better bonding and connecting feelings with people they did not get along with previously. It was described as a deep spiritual connection. (Hoosen 2010)

There is a sensation of lightness throughout the remedy, and a feeling of being high or floating above the ground. The common pain characteristics shared by both remedies are throbbing, sharp and poking in nature. (Hoosen 2010)

5.8 CONCLUSION OF GROUP COMPARISON

The group analysis of *Anthropoides paradiseus*, *Falco peregrinus*, *Corvus corax*, *Geococcyx californianus* and *Acridotheres tristis* generated the following common themes:

- Detachment:
- Drugged sensation: lightness and floating sensation
- Restriction: desire for freedom
- Neurological symptoms: Numbness
- Obstruction: common theme, but at different locations
- Dryness: common theme throughout the group analysis
- Appetite: appetite fluctuations

5.9 POSSIBLE CLINICAL CONDITIONS:

Few conditions that could be treated:

- Attention Deficit Disorder
- Mood swings
- Anxiety
- Pre-Diabetes
- Hay fever
- Sinusitis
- Muscle pain and spasms
- Gastroenteritis
- Headaches

5.10 MIASMATIC TENDENCIES:

The active miasm that came up in the proving of *Anthropoides paradiseus* is the AIDS Miasm. AIDS, or acquired immunodeficiency syndrome, is a syndrome and not a disease which means there is no specific way the symptoms present and it can't be predicted which exact symptoms might appear in this syndrome (Shangloo 2011). Birds and the AIDS miasm have, for the most part, a strong connection. Birds are creatures of the air and they tend to live their lives unrestrained by the limitations of earth just as AIDS has no boundaries as to how it will be expressed by the body (Fraser 2002:72).

The proving of *Anthropoides paradiseus* clearly produced the picture of the AIDS miasm as seen in the table below. Although key points from other miasms such as Psora, Sycotic and the Syphilitic miasms came through, the remedy has the strongest tendency toward expression of the AIDS miasm.

Table 10: Correlating Symptoms between *Anthropoides paradiseus* and the AIDS Miasm:

Outline of The AIDS Miasm Picture:	Correlating examples of symptoms of <i>Anthropoides paradiseus</i>
Connection	<ul style="list-style-type: none"> • There is a connection with earth and with meditation, and they feel it is what keeps them grounded (12F). • The connection with people, feeling their emotions as they are expressed (03aF). • As seen in the dreams, the connection with nature comes in the places they would like to escape to get away from the present restrictive circumstances (02M) • Becoming annoyed or irritated with social media, and using social media for communication. • Desire to go to church, or to read the bible and the need to connect with their spiritual side.
Disconnection and Loneliness	<ul style="list-style-type: none"> • Detachment of the mind and body due to a feeling of being too busy (08F). • Desire for isolation and aversion to company (18F, 25F).

Dispersion	<ul style="list-style-type: none"> • Symptoms in <i>Anthropoides paradiseus</i> were described as happening in waves (02M, 08F). • Carefree, wanting to be free, and wanting to let go. • Dreams about travelling.
Indifference	<ul style="list-style-type: none"> • Sense of feeling “even” and calm. Feeling calm in situations which usually induce feelings of fear or anxiety (12F, 14M)
Anesthesia	<ul style="list-style-type: none"> • Acting calmly in stressful conditions (14M) • Numbness coming through in the physical symptoms.
Confusion	<ul style="list-style-type: none"> • Confusion/disorientation in the mornings on waking (01M, 22F, 30F).
Materialism	<ul style="list-style-type: none"> • The desire to decorate and to be more artistic. Wanting to make their living spaces look better (12F)
Vulnerability/ Lack of confidence	<ul style="list-style-type: none"> • Dreams of feeling awkward and uncomfortable, and feeling as if they are going to be judged. • Dreams of people laughing at them although they have no reason to be laughing. • Aversion to talking to people and wanting to be alone.
Left sided	<ul style="list-style-type: none"> • Physical complaints throughout are mostly left sided.

(Fraser 2002:72; Shangloo 2011)

As we can see in Table 10 above, the symptoms produced by the proving of *Anthropoides paradiseus* suggests that *Anthropoides paradiseus* has similar themes to the AIDS miasm.

Chapter 6

6.1 Conclusion:

The aim of the study was to determine the homoeopathic symptomatology that would arise from the homoeopathic drug proving of *Anthropoides paradiseus* 30CH after it had been administered to healthy volunteers. The hypothesis that *Anthropoides paradiseus* would produce observable signs and symptoms in healthy volunteers was supported by the homoeopathic investigation.

Objective 1:

Objective 1, which was to determine the proving symptomatology, was supported by the findings of the randomized double-blind homoeopathic drug proving of *Anthropoides paradiseus* which produced a variety of symptoms. The main symptoms belonged to both the mental/emotional and the physical spheres. The symptoms of the mental/emotional sphere of this remedy included anxiety, disorientation, mood swings and irritability. The characteristic physical symptoms included polyuria, polyphagia, polydipsia, headaches, muscle pain and spasms, post-nasal drip, hay-fever, and abdominal bloating. The remedy may also be indicated in the treatment of chest pain, nausea and abdominal cramping.

Objective 2:

Objective 2 was to perform a comparative analysis of the selected avian remedies, namely *Falco peregrinus*, *Corvus corax*, *Geococcyx californianus* and *Acridotheres tristis*, and *Anthropoides paradiseus*. The comparison yielded the common mental/emotional themes of detachment, a drugged or floating sensation and on the physical sphere the group analysis yielded the common symptoms of numbness, obstruction, dryness and appetite fluctuations.

6.2 Limitations

Provings and Provers:

At the proving site, it is advised that there aren't any concurrent provings taking place. As at The Durban University of Technology, many provings are being conducted simultaneously and experienced provers are scarce, which results in more inexperienced provers being recruited and the quality of the proving may be compromised. Fewer provings occurring at the same time at one location may result in more experienced provers being available.

It is also recommended that a wider variety of provers are recruited in terms of race, gender and demographics. This should be considered in possible future provings of *Anthropoides paradiseus* in order to gain a better understanding of how the remedy would or could affect people from different cultural backgrounds.

An even distribution of racial groups not achieved due to random sampling. It is recommended that standard sampling is conducted to enhance the racial representation

6.3 Recommendations:

6.3.1: Further Provings of *Anthropoides paradiseus*:

It is recommended that further provings of *Anthropoides paradiseus* is done. This will widen the materia medica of the remedy. In "The Science of Homoeopathy" written by Vithoukas (1980), he states that a remedy can only be considered fully proven when the remedy is proved in low, medium and high potency. It is also recommended that the proving of *Anthropoides paradiseus* is conducted in various potencies. By doing so, a fuller remedy picture will be developed and the materia medica will be expanded.

6.3.2: Further Bird Provings, Group Analysis and Group Comparisons in the Avian Group:

Group analysis of remedies is a method of exploring the materia medica from different groups. According to Harkhu (2011), group analysis method is a valid and valuable method. This approach has been successful when it is applied to plant remedies, so in theory it should be just as beneficial to the bird remedies. In Harkhu's (2011) study, a group analysis appears to be valid and a helpful method even if not a lot of data is available.

There are only a few bird provings that have been conducted and there is such a wide variety of birds that still need to be proved. It is recommended that more bird provings are done and that further group analyses are done. Birds are only recently being proved and are not well represented in the repertory or materia medica. More bird provings are thus recommended so that more information can be gathered and our knowledge of this animal group can be expanded.

6.3.3: Publication of the Substance:

The proving of *Anthropoides paradiseus* 30CH has produced symptoms on all three planes being the mental, emotional and physical planes. The knowledge gained from this proving may be helpful to homoeopaths throughout the world. Publication in articles and journals would give such homoeopaths access to information about this remedy and once more provings are conducted, it could possibly be added to Sherr's online catalogue of new remedies and other online homoeopathic proving websites.

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APPENDIX A



INSTITUTIONAL RESEARCH ETHICS COMMITTEE (IREC) LETTER OF INFORMATION

Title of the Research Study: A homeopathic drug proving of

Principal Investigator/s/researcher: Mr. Garatt C. Hamilton (BTech Hom)

Co-Investigator/s/supervisor/s:

Supervisor: Dr. M. Maharaj (M.tech: Homoeopathy)

Co-investigator: Melissa A. Godfrey (B.tech: Homoeopathy)

Brief Introduction and Purpose of the Study:

Greeting to you Sir/Madam

It is with great pleasure that I welcome you into this journey of discovery. And thank you for taking part in this proving. We are grateful for your willingness to contribute to the advancement and growth of Homoeopathic science, and are sure that you will derive benefit from the experience.

Outline of the Procedures:

Responsibilities of the provers:

Before the proving:

Provers have to ensure that they have the following:

- The prover journal
- Read and understood these instructions
- Had a case history taken and a physical examination performed
- Signed the informed consent form.

The proving supervisor will contact the prover with the date that he/she is required to commence the pre proving observation period and the date he/she is required to start taking the remedy. The prover will also agree on a daily contact time for the supervisor to contact him/her.

Taking the remedy:

You will begin taking the remedy on the day that the prover and supervisor have agreed upon. They will be required to record the time that the prover takes each dose. Time keeping is an important element of the proving.

The remedy should be taken on an empty stomach with a clean mouth. Neither food nor drink should be taken for a half hour before or after taking the remedy. The remedy should not be taken for more than 3 doses a day for two days (6 powders maximum). In the event that you

experiences symptoms or those in close proximity to the prover observe any proving symptoms, you will not take any further doses of the remedy. This is very important.

The term “proving symptoms” implies:

- 1) Any new symptoms, i.e. symptoms that the prover has never experienced before.
- 2) Any change or intensification of any existing symptom.
- 3) Any strong return of an old symptom, i.e. a symptom that the prover has not experienced for more than a year.

If there is any doubt, they will be encouraged to contact the proving supervisor.

Lifestyle during the proving:

It will be necessary for provers to avoid all anti-doting factors such as coffee, camphor, and mints. If the prover does normally use these substances, he/she will be asked to stop consuming them for two weeks before, and for the duration of the proving. Provers will be asked to protect the powders they are proving like any other potentized remedy, i.e. store them in a cool place, dark place away from strong smelling substances, chemicals, and electric equipment and cell phones. For a successful proving, moderation in work, alcohol, exercise and diet has to be maintained.

In the event of a medical or dental emergency of course common sense will prevail. Provers will contact their doctor, dentist, or local hospital as necessary. Contact with the supervisor will need to be made as soon as possible.

Recording of symptoms:

Once the prover has commenced the proving, you will carefully note down any symptoms that arise, whether they are old or new, and the time of the day or night that they occurred.

This should be done as vigilantly and frequently as possible so that the details of the symptom will be as accurate as possible. Provers will be encouraged to make a note even if no symptoms arise.

Each day will begin on a new journal page with the date noted at the top of each page, as will the day of the proving. Symptoms will be noted in an accurate, detailed but brief manner.

Provers will be encouraged to note symptoms in their own language.

Information about location, sensation, modality, time, and intensity is particularly important:

Location: Provers need be accurate with anatomical descriptions. Simple, clear diagrams may be used, with attention to which side of the body is affected.

Sensation: Description of this has to be as careful and as thorough as possible e.g. burning, shooting, stitching, throbbing, and dull, etc.

Modality: A modality describes how a symptom is affected by different situations/stimuli. Better (>) or worse (<) from weather, food, smells, dark, lying, standing, light, people, etc.

Time: Noting of the time of onset of the symptoms is important, when they cease or are altered. Is it generally > or < at a particular time of day, and whether it is it unusual for the prover.

Intensity: This is a brief description of the sensation of any symptomatology and the effect it has on the prover.

Aetiology: This determines whether anything seems to cause or set off the symptom and whether this does do this repeatedly.

Concomitants: Any symptomatology arising in the prover will be classified as a concomitant sign or symptom whether or not these symptoms appear:

- together,
- always seem to accompany each other, or
- seem to alternate with each other.

This is remembered as:

C - Concomitants

L - Location

A - Aetiology

M - Modality

I - Intensity

T - Time

S – Sensation

Full description of dreams is of importance to the proving study, and in particular, noting the general feeling or impression the dream left on the prover.

Mental and emotional symptoms are important, and sometimes difficult to describe-provers will be enthused to take special care in noting these.

Reports from friends and relatives can be particularly useful; provers will be required to include these where possible. A general summary of the proving will be made at the end of proving period. Detailed notes discussing how the proving affected the prover in general is required. As far as possible each symptom will be classified by making a notation according to the following key in brackets next to each entry:

(RS) – Recent symptom i.e. a symptom that the prover is suffering from now, or has been suffering from in the last year.

(NS) – New symptom

(OS) – Old symptom. Stating when the symptom occurred previously is required.

(AS) – Alteration in the present or old symptom. (E.g. used to be on the left side, now on the right side).

(US) – An unusual symptom for the prover.

Experimental method:

- An interview will be conducted with each chosen prover to decide whether they have met the necessary criteria. If they have met the criteria, they will be given a Proving Information Sheet.
- After the provers have been selected in the above mentioned process, a meeting will be conducted in the seminar room at the Department of Homoeopathy between the 30 chosen provers and the two researchers this serves to inform the provers of what is expected of them during the proving and will then be given an overview of the basic procedure of the proving (Sherr 2003:30).
- A thorough case history (following the given outline in the Case History Sheet in Appendix C) of each prover will be taken by the researchers prior to the commencement of the proving.
- After the completion of the consultation, each prover will be given the following:
 - A personal prover code
 - A journal, in which symptoms will be recorded
 - The powders that the provers will have to consume
 - A starting date
 - The instruction to Provers Sheet (see Appendix D)
- On the assigned starting date of the proving, each prover will have to record their 'normal' state in the given journal, at a minimum of three times a day. This is important to get the prover familiarized with self-observation and to set a standard for each prover's normal state of health.
- The researchers will contact the provers to ensure accuracy and compliance in the recording of symptoms.
- One week after the pre proving journal keeping, each prover will take one dose of the proving remedy and record any symptoms that they come across. If severe symptoms do occur then the prover must not take any further doses of the proving remedy, if the symptoms are very mild, the prover may take one more dose (Sherr 2003: 34).
- If no symptoms occur, then the provers will continue taking the remedy three times a day for two days. If any symptoms do occur, they should not take any further doses.
- The daily recording of symptoms by the provers will continue for a total of four weeks.

- Telephonic communication between the researcher and the prover will be carried out to discuss the symptoms of each prover during the first week of the proving.
- During the second week, researchers will contact provers via the telephone every second day, during the third week researchers will contact the provers every third day and in the fourth week the researchers will contact the provers once a week.
- Recording of the symptoms will have to be done by the prover until all proving symptoms have run their full course.
- The journals from the provers will be collected at the end of the four weeks and a post proving meeting will be scheduled (Sherr 2003:32).
- Before symptom extraction begins, the proving will be disclosed to the researchers so that the verum and placebo groups may be distinguished.
- A study of the data collected and extraction of symptoms will proceed.
- Any symptomatology obtained from the proving research study will be collected and either included or excluded as valid symptoms according to their specific criteria. This information will then be written into materia medica and repertory format.

Inclusion criteria:

To participate in this proving the prover must meet all the inclusion criteria:

- He/she must be between the ages of 18 and 75 years old;
- Must not need any medication, including chemical, allopathic, homoeopathic or other;
- Must not be on, or have been on the contraceptive pill or hormone replacement therapy in the last 6 months;
- Must not be pregnant or breastfeeding;
- Must not have had surgery in the last 6 weeks;
- Must not use recreational drugs such as cannabis, LSD or ecstasy (MDMA);
- Must not consume more than two measures of alcohol a day;
- Must not consume more than 10 cigarettes a day;
- Must not consume more than 3 cups of tea or coffee a day;
- Must be in a general good state of good health;
- Must be willing to follow the proper procedure for the duration of the proving.

Exclusion Criteria:

You may not participate in this study if:

- You are younger than 18 years old or older than 75 years old,
- You are on chronic allopathic, homoeopathic, or herbal medication,
- You are on, or have been on, the oral contraceptive pill or hormone replacement therapy in the last six months,
- You are pregnant,
- You have had surgery in the last six weeks,
- You use recreational drugs such as cannabis, LSD, or ecstasy (MDMA),
- You consume more than two measures of alcohol a day,
- You smoke more than 10 cigarettes a day,
- You consume more than 3 cups of coffee or tea a day,
- You are in a poor state of health,
- You are not willing to follow the proper procedure for the duration of the proving.

Randomisation:

The randomisation process will be carried out electronically. The aim of this process is so that neither the researchers nor the provers will have knowledge of who is in the placebo or verum group. Thus, a double blind status is achieved.

The powders of both the verum and control groups will be identical in presentation. An independent third party will administer the powders to the provers. This further ensures that the identity of the provers within the two groups remains unknown to the researcher.

Risks or Discomforts to the Participant:

Mild discomfort may be experienced as a result of participating in the proving. These symptoms are “proving” symptoms. Upon discontinuing the remedy these symptoms subside complete recovery is usual. On rare occasions that a symptom becomes distressing then the supervisor in charge will antidote the effects of the remedy. A specific remedy will be prescribed by the supervisor to antidote the symptoms. This will be done after a complete physical examination and case history process by the supervisor in charge.

The prover will be informed and warned about the inconveniences, potential risks, objectives and benefits of the study and they will be made to sign a consent form before commencing with the study.

You are free to withdraw from the study with no repercussions at any stage.

Benefits:

It is postulated that each proving undertaken strengthens the body’s vital force (Hahnemann, 1996: 208). Provers learn and develop the skill of observation and gain homoeopathic knowledge through direct involvement in proving. A prover may be cured of certain ailments if the remedy is his/her simillimum.

Reason/s why the Participant May Be Withdrawn from the Study:

- Anti-doting of the prover if too severe aggravations such as illnesses that threaten the patients’ health may occur or if he/she experiences extreme discomfort during the course of the proving period.
- Acute medical emergencies not related to proving study occurring e.g. acute appendicitis, motor vehicle accident or any incident requiring immediate hospitalization/medical intervention.
- Non-compliance of the prover to the instructions presented to him/her.

Remuneration:

No remuneration is offered to the prover.

Costs of the Study:

There is no expense to the prover for participating in the proving

Confidentiality:

It is important for the quality and the credibility of the proving that the prover discusses their symptoms only with the supervisor. Provers are to keep their symptoms to themselves and will not discuss them with fellow provers.

Prover privacy is something that will be protected. Only the supervisor will know the prover's identity and all the information will be treated in the strictest confidence.

Research-related Injury:

No compensation will be offered to the prover.

Persons to Contact in the Event of Any Problems or Queries:

Please contact the researcher, Mr. Garatt Hamilton (B.tech: Homoeopathy) (0727491739), Mrs Melissa Godfrey (B,tech Homoeopathy) (079 460 9602), my supervisor Dr. M. Maharaj (M.tech: Homoeopathy) (0833882688) or the Institutional Research Ethics administrator on 031 373 2900. Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or dvctip@dut.ac.za.



INSTITUTIONAL RESEARCH ETHICS COMMITTEE (IREC) CONSENT

Statement of Agreement to Participate in the Research Study:

- ☐ I hereby confirm that I have been informed by the researcher, Garatt Hamilton, about the nature, conduct, benefits and risks of this study - Research Ethics Clearance Number: REC 58/15
- ☐ I have also received, read and understood the above written information (Participant Letter of Information) regarding the study.
- ☐ I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.
- ☐ In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.
- ☐ I may, at any stage, without prejudice, withdraw my consent and participation in the study.
- ☐ I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.
- ☐ I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.

_____	_____	_____	_____
Full Name of Participant Thumbprint	Date	Time	Signature / Right

I, _____ (name of researcher) herewith confirm that the above participant has been fully informed about the nature, conduct and risks of the above study.

_____	_____	_____
Full Name of Researcher	Date	Signature

_____	_____
Full Name of Witness (If applicable)	Signature

APPENDIX B



Suitability for inclusion in the proving

(All information will be treated as strictly confidential)

SURNAME:

FIRST NAMES:

SEX: M / F

TELEPHONE NUMBER:

PLEASE CIRCLE THE APPROPRIATE ANSWER:

- | | |
|--|--------|
| • Are you between the ages of 18 and 75? | YES/NO |
| • Are you on or in need of any medication? | |
| – Chemical/allopathic | YES/NO |
| – Homoeopathic | YES/NO |
| – Other | YES/NO |
| • Have you been on the birth control pill/any form of contraceptive or hormone replacement therapy in the last 6 months? | YES/NO |
| • Are you pregnant or nursing? | YES/NO |
| • Have you had surgery in the last six weeks? | YES/NO |
| • Must not have any surgical or medical procedures planned for the duration of the proving period | YES/NO |
| • Do you use recreational drugs such as cannabis, LSD or MDMA (ecstasy)? | YES/NO |
| • Do you consume more than: | |
| – Two measures of alcohol per day? | YES/NO |
| – (1 measure=) 1 tot/1 beer/ ½ glass of wine per day? | YES/NO |
| – 10 cigarettes per day? | YES/NO |
| – 3 cups of tea or coffee per day? | YES/NO |
| • Do you consider yourself to be in a general state of good health? | YES/NO |
| • Are you willing to follow proper procedures for the duration of the proving? | YES/NO |

This appendix has been adapted from Wright, C. 1999. A Homoeopathic Drug Proving of Bitis arietans arietans, M. Tech. Hom. Dissertation, Durban University of Technology, Durban

APPENDIX C



PRELIMINARY LETTER OF INFORMATION

Title of the Research Study: A homeopathic drug proving of

Principal Investigator/s/researcher: G. Hamilton (B. Tech: Homoeopathy)

Co-Investigator/s: M. Godfrey (B. Tech: Homoeopathy)

Supervisor/s: Dr. M Maharaj (B. Tech: Homoeopathy)

Brief Introduction and Purpose of the study:

A homoeopathic drug proving is a study in which people who are in a relatively good state of health, take a homoeopathically prepared substance in order to observe and record any symptoms they may experience. These symptoms are then said to form the drug picture for that substance and can be used as basis for prescription according to the Law of Similars, when a patient displays a similar symptom picture. Proving is vitally important to homoeopathy as they represent the only truly accurate manner in which to ascertain the action of the homoeopathic drugs and allow on to gain a practical and experimental understanding of homoeopathic medicines.

Outline of the procedures:

1. Once you have read and understood this information letter fully and had the opportunity to ask questions you will be asked to sign a preliminary consent form which allows the researcher to take you through the preliminary stage of this research.
2. After signing the preliminary consent form the researcher will determine if you meet the required criteria for this study, this will take place in the form of a set of questions about your lifestyle and medical history.
3. If you meet the required criteria in order to participate the next process can begin.
4. The researcher will then conduct a homoeopathic case history; this is a detailed interview where the researcher asks detailed questions about your health.
5. The researcher will then conduct a general physical examination and measure things like blood pressure, pulse, height, weight, etc.
6. The researcher will also request a urine sample from all potential female provers of child bearing age – this is so that a routine pregnancy test can be conducted on this urine sample. The urine sample test will be done at the end of the physical examination and the researcher will give you feedback immediately thereafter.
7. After all of the above are conducted (which should take about 1 hour to perform) the researcher will provide feedback on their finding and then if all the necessary criteria are met you will be invited to attend a prover training workshop where all provers will be trained on how to conduct a proving.

At any stage in the preliminary process you are free to change your mind and withdraw without having to provide any reason for doing so. All of the above will be conducted at the homoeopathic Day Clinic at Durban University of Technology.

Risk or Discomforts to the Participant: There is no risk to participation or risk of discomfort in this preliminary stage of the proving; no medicine is tested at this stage. Prospective provers are only being screened for suitability for the main part of the proving.

Benefits:

Although there is no direct benefit to participating in this preliminary stage of the proving; you will receive a comprehensive assessment of your health status which may be of indirect benefit to you, there will be no charge for this assessment and there will be no remuneration for your participation – you are requested to volunteer your time accordingly.

Reason/s why the Participant May Be Withdrawn from the Study:

Participation in this study is purely voluntary and provers can withdraw themselves at any time should they wish to do so. Participants will however be excluded if they do not meet the inclusion criteria.

Remuneration:

Participants will not be remunerated for participation in this proving.

Costs of the Study:

There will be no costs to the participants for partaking in this research.

Confidentiality:

All of the above will be conducted in private; and all information is kept strictly confidential, on the researchers will have access to the information and at no stage will your name be mentioned in the research process. Only the researcher will be present during your physical examination.

Research-related Injury:

Participation in this preliminary stage of the proving is highly unlikely to result in any injury, since the preliminary stage of the proving is merely a screening process, however all provers are covered by an insurance policy in the event that they incur any injury or harm.

Persons to Contact in the Event of Any Problems or Queries:

If you have any queries or concerns during the duration of this proving you may please contact the following individuals:

- Researcher: Garatt Hamilton (072 749 1739)
 - Co-researcher: Melissa Godfrey (072 286 2939)
 - Supervisor: Dr. M. Maharaj (083 388 2688)
 - The institutional Research Ethics Administrator (031 373 2900)
- Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or dvctip@dut.ac.za.



PRELIMINARY CONSENT

Statement of Agreement to Participate in the research Study:

- I hereby confirm that I have been informed by the researcher, _____ (name of researcher), about the nature, conduct, benefits and risks of this study – Research Ethics Clearance Number: _____,
- I have also received, read and understood the above written information (Participant Letter of Information) regarding the study.
- I am aware that the results of the study, including personal details regarding my sex, age, date of birth, initials and diagnosis will be anonymously processed into a study report.
- In view of the requirements of research, I agree that the data collected during this study can be processed in a computerised system by the researcher.
- I may, at any stage, without prejudice, withdraw my consent and participation in the study.
- I have had sufficient opportunity to ask questions and (of my own free will) declare myself prepared to participate in the study.
- I understand that significant new findings developed during the course of this research which may relate to my participation will be made available to me.

Full Name of Participant
Thumbprint

Date

Time

Signature / Right

I, _____ (name of researcher) herewith confirm that the above participants have been fully informed about the nature, conduct and risks of the above study.

Full Name of Researcher

Date

Signature

Full Name of Witness (If applicable)

Date

Signature

Full Name of Legal Guardian (If applicable)

Date

Signature

This appendix has been taken from: Ross, A.H.A. 2011. An Appraisal of Homoeopathic Proving Methodology as a Bridge between the Indigenous and Rationalist-Scientific Understandings of Medicinal Plants: The Case of *Strychnos henningsii*. M. Tech. Homoeopathic. Dissertation, Durban Institute of Technology

APPENDIX D

This appendix has been adapted from Olivier, M. 2007. An Evaluation of the Triple-Blind Homoeopathic Proving of an Indigenous South African substance, *Erythrina lysistemon* 30CH, and the Traditional uses of the Crude Substance. M-Tech. Dissertation, Durban Institute of Technology, Durban.

Methods of Preparation: (German Homoeopathic Pharmacopoeia)

1. Method 6: Triturations

Preparations made according to Method 6 are triturations of solid basic drug materials with lactose as the vehicle unless otherwise specified. Triturations up to and including the 4th dilution are triturated by hand or machine in a ratio of (1 to 10 [decimal dilution] or) 1 to 100 (centesimal dilution). Unless otherwise stated, the basic drug materials are reduced to the particle size given in the Monograph (Mesh Aperture). Quantities of more than 1000g are triturated by mechanical means.

The duration and intensity of triturations should be such that the resulting particle size of the basic drug material in the 1st decimal or centesimal dilution is below 10 µg at 80 percent level. No drug particle should be more than 50 µg.

Trituration by hand:

Divide the vehicle (lactose) into three parts and triturate the first part for a short period in a porcelain mortar. Add the basic drug material and triturate for 6 minutes, scrape down again for 4 minutes with a porcelain spatula, triturate for a further 6 minutes, scrape down again for 4 minutes, add the second of the vehicle and continue as above. Lastly add the third part and proceed as before. The minimum time required for the entire process will be 1 (one) hour. The same method follows for subsequent dilutions.

(For triturations above the 4X or 4C, dilute 1 part of the dilution with 9 parts of lactose or 99 parts of lactose as follows: in a mortar, combine one third of the required amount of lactose with the whole of the previous dilution and mix until homogenous. Add the second third of the lactose, mix until homogenous and repeat for the last third.)

Trituration by machine: (not applicable)

2. Method 8a: liquid preparations made from triturations

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

To produce a 6C liquid dilution, one part of the 4C trituration is dissolved in 99 parts of water and succussed. One part of this dilution is combined with 99 parts of ethanol 30 percent to produce the 6C liquid dilution by succession. In the same way, the 7C liquid dilution is made from the 5C trituration, and the 8C liquid dilution is made from the 6C trituration. From the 9C upward, liquid decimal dilutions are made from the previous decimal dilution with ethanol 43 percent in a ratio of 1 to 100.

3. Method 10: Impregnation with granules (Globuli)

Preparations made by method 10 are granules.

They are produced by transferring a dilution to granules (sucrose) by moistening 100 parts of granules evenly with 1 part dilution.

The alcohol content of the dilution must not be less than 60%

Following impregnation in a closed vessel, the granules are air-dried

APPENDIX E



Proving Case History Form

ALL INFORMATION WILL BE TREATED AS STRICTLY CONFIDENTIAL

PROVER NUMBER

SURNAME:					
FIRST NAME(S):					
SEX:	M / F	AGE:		CHILDREN:	
OCCUPATION:				MARITAL STATUS:	S / M / D / W

1. Past Medical History:

(Please list previous health problems and their approximate dates :)

Do you have a history of any of the following? **[Please tick relevant blocks]**

Cancer		Asthma	
HIV		Pneumonia/ Chronic bronchitis	
Parasitic infections		Tuberculosis	
Glandular fever		Boils/ Suppurative tendency	
Bleeding disorders		Smoking	
Eczema/ Skin conditions		Oedema/ Swelling	
Warts		Haemorrhoids	

2. Surgical History:

(Please list any past surgical procedures [e.g. tonsils, warts, moles, appendix etc.] and their approximate dates :)

3. Family History:

Is there a history of any of the following within your family?
(including siblings, parents and grandparents)

Cardiovascular disease	<input type="checkbox"/>	incl. hypertension, heart disease, etc.
Cerebrovascular disease	<input type="checkbox"/>	incl. stroke, TIA, etc.
Diabetes mellitus	<input type="checkbox"/>	
Tuberculosis	<input type="checkbox"/>	
Mental illness	<input type="checkbox"/>	incl. depression, schizophrenia, suicide, etc.
Cancer	<input type="checkbox"/>	
Epilepsy	<input type="checkbox"/>	
Bleeding disorders	<input type="checkbox"/>	

Please list any other medical conditions within your family:

Mother		Grand-Mother	
		Grand-Father	
Father		Grand-Mother	
		Grand-Father	

4. Background Personal History:

Allergies:

Vaccinations:

Medication (including supplements):

Estimation of daily consumption:

Alcohol:

Cigarettes:

5. Generalities:

Energy:

Describe your energy levels on a scale from 1 to 10, where 1 is the lowest and 10 is the highest.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Sleep:

Quantity: _____

Quality: _____

Position: _____

Dreams:

Time modalities:

>	
<	

Weather modalities:

>	
<	

Temperature modalities:

>	
<	

Perspiration:

Appetite:

<i>Cravings</i>	
<i>Aversions</i>	
>	
<	

Thirst:

Bowel habits:

Urination:

Menstrual cycle and menses:

Menarche:	Yrs	Regular	Irregular	<u>Pre-menstrual:</u>
LMP:		Interval:	days	
<u>Nature of bleed:</u>		Duration:	days	
		Meno-	Metro-	
				<u>Post-menstrual:</u>
<u>Pain:</u>				

6. Head-to-toe and Systems Overview:

Head:

Eyes and Vision:

Ears and Hearing:

Nose and Sinuses:

Mouth, Tongue and Teeth:

Throat:

Respiratory System:

Cardiovascular System:

Gastro-intestinal System:

Urinary System:

Genitalia and Sexuality:

Musculoskeletal System:

Extremities:

Upper: _____

Lower: _____

Skin:

Hair and Nails:

Other:

7. Psychic Overview:

Disposition:
Fears:

Relationships:
Social Interaction:
Ambition/ Regret:
Hobbies/ Interests:

8. The Physical Examination:

a) Physical Description

Frame/ Build:			
Hair colour:		Complexion:	
Eye colour:		Skin texture:	

b) Vital Signs

Height:	m
Weight:	kg
Pulse rate:	beats/min
Respiratory Rate:	breaths/min
Temperature:	°C
Blood Pressure:	/ mmHg

c) Pregnancy Test

POSITIVE		NEGATIVE	
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d) Findings on Physical Examination *[Tick positive blocks]*

Jaundice	<input type="checkbox"/>	Oedema	<input type="checkbox"/>
Anaemia	<input type="checkbox"/>	Lymphadenopathy	<input type="checkbox"/>
Cyanosis	<input type="checkbox"/>	Dehydration	<input type="checkbox"/>
Clubbing	<input type="checkbox"/>		

[illegible]

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