

A homoeopathic drug proving of *Garcinia cambogia* 30CH and a comparison of the substance to its repertorial differentials.

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A homoeopathic drug proving of *Garcinia cambogia* 30CH and a comparison of the substance to its repertorial differentials.

By

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I, Leshmee Ramdiyal, do hereby declare that this dissertation is representative of my own work, both in conception and execution.

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Hom

DEDICATION

In all sincerity to those who tread the homoeopathic path.

“difficult roads often lead to beautiful destinations. The best is yet to come”

Zig Ziglar

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First, to my parents. All the love, support and encouragement you have showered me with is the greatest gift I have ever received. Thank you for all the sacrifices you make, big and small and thank you for making me realise my full potential as well as teaching me the value of an education and hard work. A special thank you to my brother, for always providing reassurance, light and laughter throughout this journey. Without you all I would have never gotten where I am today.

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And finally, to *Garcinia cambogia*, thank you for teaching me how to better juggle life's ups and downs.

ABSTRACT

Introduction

This homoeopathic drug proving was conducted to elucidate the symptomology produced in healthy provers in response to *Garcinia cambogia*, in the thirtieth potency, so that it may be prescribed according to the Law of Similars.

A subsequent comparison was made to those remedies that, on repertorisation, yielded the greatest similarities to the Mental, General and Physical symptomatology of *Garcinia cambogia*.

Objectives

It was hypothesized that there would be clearly observable signs and symptoms produced by healthy provers in response to *Garcinia cambogia* 30CH. Hence the information extrapolated will provide the homoeopathic Materia medica of the substance so that it may be prescribed according to the Law of Similars.

A further hypothesis was made that the comparison between *Garcinia cambogia* and those remedies that yielded the highest numerical values and total number of rubrics on repertorisation of the proving symptoms would highlight the similarities and differences between the remedy symptoms so that confusion is avoided in the indication of the remedy. It was hypothesized that a greater understanding of *Garcinia cambogia* and its relationship to other remedies would be recognized as a result of this proving.

Methodology

A double blind, placebo controlled trial was carried out on 30 healthy, consenting participants whom were randomly divided into two groups, 6 were assigned to the placebo group and 24 to the experimental group. A homoeopathic case history was taken and a physical examination was performed on each prover prior to the commencement of the proving (Appendix D).

Provers began recording their signs and symptoms in a blank journal one week prior to the administration of the remedy as a baseline for the proving, they then continued to record while taking the remedy and thereafter following the administration of the remedy for a period of six weeks. On completion of the proving, the data obtained was correlated and evaluated by the two researchers, Ramdiyal and Diplal.

The symptoms produced during the proving were interpreted into Materia medica and repertory language, and a homoeopathic depiction of the remedy was subsequently formulated. Thereafter the comparison of the remedies yielding the highest numerical value and total number of rubrics on repertorisation of the proving symptoms was completed.

Results 1

An extensive array of symptoms was documented by provers. The results depict an inclination towards the mental- emotional plane. There were often polarity of symptoms and changeability of symptoms. The following were keynote feature:

- Anger/irritability vs. calmness/tranquility;
- Anxiety vs. calmness in stressful situations;
- Depression/sadness vs. cheerfulness;
- Confusion vs. concentration/clarity of mind;
- Connection vs. disconnection;
- Exertion desire vs exertion aversion;
- Positivity vs. pessimism

Numerous themes arising from dreams were recorded by provers, with some notable signs of danger and life-threatening circumstances.

The main physical symptoms that surfaced were; feelings of dizziness, excessive weakness or extreme desire for activity, headaches of a pounding, hammering nature. There was also abdominal discomfort, seen in distension, burning sensations and flatus. There was ravenous hunger or complete loss of it and an unquenchable thirst, especially for cold drinks. Allergy-type symptoms also arose. Patients documented excessive sneezing, coryza, itchy eyes, lachrymation and dry itchy throat. Sleeplessness at night with excessive sleepiness during the day was evident. There were strong cravings for chocolate, pizza and alcohol.

The comparison between the homoeopathic drug proving of *Garcinia cambogia* 30CH and the repertorisation of remedies brought many similarities to light, with most of these similarities relating to the mind, head and nose.

Conclusion

The proving of *Garcinia cambogia* 30CH did produce well defined symptoms that were clearly observed in healthy provers as proposed by the hypothesis. As hypothesized the comparison of *Garcinia cambogia* to remedies of repertorial similarity did highlight similarities and differences between existing homoeopathic remedies and *Garcinia cambogia* 30CH thereby clarifying the therapeutic range of this new remedy and its relative location in the Materia medica.

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DEFINITION OF TERMS

Centesimal potency (CH)

A potency scale with a dilution in the proportion of 1 part in 100, with the sequential addition of the previous potency to 99 parts of diluents. The number of these serial dilutions, performed with succussion, defines the centesimal potency (Swayne 2000:36).

Homoeopathy

A system of therapeutics founded by Dr. Samuel Hahnemann in which disease is treated with substances which are capable of creating in healthy individuals symptoms like those of the disease to be treated, the drug being administered in minute doses (Dorland's Medical Dictionary 1994:773).

Law of Similars

It is usually expressed as *similia similibus curentur*, from Latin meaning let like be cured by like (Swayne 2000:193). This is the fundamental principle of homoeopathy, which states that any drug which is capable of producing morbid symptoms in the healthy will remove similar symptoms occurring as an expression of disease (Yasgur 1997:234).

Materia Medica

The description of the nature and therapeutic repertoire of homoeopathic medicines; of the pathology, the symptoms and signs and their modifying factors (modalities), derived from toxicological reports (where appropriate), homoeopathic drug provings and clinical experience of their use (Swayne 2000:132).

Miasm

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

Modality

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

Nosode

Homeopathic medicine derived from pathological material. May be of human, animal or plant origin, including microorganisms, diseased tissue, or the products of disease processes, such as discharges and effusions (Swayne 2000:145).

Pharmacopoeia

A standard book containing a list of drugs and medicines with information about the sources, habitats, descriptions, collections and identification of the drugs. It also

provides directions for their preparation, combining, compounding and standardization (Hopkins 2000).

Placebo

Any dummy medical treatment, originally a medical preparation having no specific pharmacological activity against the patients' illness or complaint, given solely for the psychophysiological effects of the treatment; more recently a dummy treatment administered to the control group in a controlled clinical trial in order that the specific and non-specific effects of the experimental treatment can be distinguished (Dorland's Medical Dictionary 1994:1298).

Potency

The stage of altered remedial activity to which a drug has been taken by means of a measured process of deconcentration, with succussion, or by trituration, of the medicinal substance, which is thus brought to a state of diminutive or infinitesimal subdivision (Gaier, 1991:463). The two most commonly used potency scales are the decimal; where deconcentration is achieved by dilution in a ratio of 1:9 at each deconcentration level; and the centesimal, where deconcentration is comprised by dilution in a ratio of 1:99 (Hopkins 2001).

Potentisation

It is "a multi-step process developed by Hahnemann by which the medicinal power (potency) of a homoeopathic medicine is released or increased, involving serial dilution with succussion or using trituration or fluxion" (Swayne 2000:169).

Provers

A subject of a proving or homoeopathic pathogenetic trial. A human volunteer, who should be in good health, who records changes in his or her condition during and after the administration of the substance to be tested (Swayne 2000:173).

Proving

This is "the Anglicisation of the German „Prufung“ used by Hahnemann to denote homeopathic trials in healthy volunteers" (Swayne 2000:174). It involves "the process of determining the medicinal properties of a substance; testing substances in material dose, mother tincture or potency, by administration to healthy volunteers, to elicit effects from which the therapeutic potential, or Materia medica of substance may be derived" (Swayne 2000:174).

Repertory

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

Repertorisation

The technique of using a repertory to identify the homoeopathic medicines whose Materia Medica corresponds most closely to the clinical picture of the patient and from amongst which the most similar remedy (the simillimum) may be chosen (Swayne 2000:184).

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).

Simillimum

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

Succussion

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).

Thirtieth Centesimal Potency (30CH)

This is “the thirtieth step of sequential dilution in the proportion of 1 in 100, with succussion at each step, having an effective concentration of 1×10^{-60} ” (Smal 2004: XIII).

Trituration

The first stages in preparation and potentisation of homoeopathic medicines from solid and insoluble source material, or fresh plants, by grinding it together with lactose (milk sugar) as a diluent (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 ONE: OVERVIEW

1.1. INTRODUCTION

Homoeopathy, founded by German physician Dr Christian Friedrich Samuel Hahnemann (1755- 1843), is a system of holistic medicine. The homoeopathic approach to treatment is unconventional when compared to that of orthodox medicine. According to Doodley (1995; 11), the key to homoeopathic treatment is the practice of individualization, treating each patient as a unique whole.

In Homoeopathy disease is regarded as a disturbance in the body's natural ability to heal itself and only a small stimulus is needed to bring about or aid that natural process of recovery (NCAHF 1994).

The basic theory Homoeopathy operates on, is the Law of Similars, this was discovered in Hahnemann's initial experiment with Cinchona bark, which quinine is derived from. He found that when small doses were given to healthy individuals it caused symptoms similar to those of malaria (Doodley 1995:11). In a similar manner, many substances are tested as potential homoeopathic medicines. This method of prescribing a substance in a potentized form to a group of healthy individuals in order to elucidate the potential therapeutic action of the substance, based on the prover's sensitivity to the substance is known as a homoeopathic proving (Vithoulkas 1980:96).

It is believed that all natural substances are potential healing instruments (Hubbard 1990:39). Aphorism 108 of the Organon of medicine states that there is no other possible way to determine the medicinal value of a substance other than by experimentally administering that substance to a healthy individual and observing the signs and symptoms produced (O'Reilly 1996: 144). According to Cook (1989) provings are the only way of expanding the Materia medica because it is the only method to identify new homoeopathic remedies. It can also be said that homoeopathic drug provings, "...are the pillars upon which homoeopathic practice stands" (Sherr 1994:7) as it plays a major role in providing homoeopathic theory.

Aphorism 162 of the Organon of Medicine states that often inadequate cure is the result of cases where the exact similimum has not yet been proved; hence the homoeopathic practitioner is forced to employ the most applicable remedy (O'Reilly 1996:173). The evolution of disease requires new, improved methods of cure (Smal 2004:2). Therefore further research is essential in increasing the therapeutic armamentarium of Homoeopathic practice (Vithoulkas 1980:143). Apart from expanding the Materia medica, conducting provings also are valuable to students who participate (Wayland 2007:12). Provings offer immense insight into the power of nature through medicine (Sherr 1994).

Comparative studies of the proving substance allow for enhanced insight and understanding of the remedy as it enables homoeopaths to establish clear comparisons and differentiation to other remedies thus allowing employment of the correct remedy in the treatment of disease. Candegabe (1997: vxii)

suggested that remedies studied merely by mechanical use of the repertory would lose its value of individual totality, hence making a distinction between two similar remedies, with almost identical characteristic symptoms, would be difficult. Comparing remedies helps establish clear remedy relationships (Candegabe 1997: vxii).

The future of homoeopathic research lies in the discovery of the curative power of new substances (Walach 1994:130).

1.2. THE SUBSTANCE

Garcinia cambogia, a plant belonging to the Clusiaceae family, has recently been shown to have dramatic effects in reducing obesity. The substance is medically used in the manufacturing of many weight loss supplements that aid in the suppression of appetite without any harmful Central Nervous System side effects. The active component extracted from the rind of the fruit targets abdominal obesity and lowers elevated cholesterol levels.

Obesity is a problem of all age groups and with the lack of management and control in weight loss this is becoming an epidemic. Obesity is the leading risk of many other diseases such as, Heart disease, Type 2 Diabetes and even Arthritis. Thus, it is important that new alternative interventions that are safe for all age groups be established.

The Homoeopathic effects of *Garcinia cambogia* have neither been proven nor studied before. The proving of *Garcinia cambogia* will be a valuable contribution to the Materia medica as the plant has known medicinal value and is used in the treatment of commonly occurring ailments such as; obesity, hypertension and hyperglycaemia (Wong 2012).

1.3. AIMS:

To investigate the symptomology produced in healthy provers in response to *Garcinia cambogia* 30CH and subsequently compare the remedies yielding the highest numerical value and total number of rubrics on repertorisation of the proving symptoms.

1.4. OBJECTIVES

The chief objective of this study was to conduct a double-blind placebo controlled proving on healthy provers in order to determine the symptomatology produced in response to *Garcinia cambogia* 30CH and hence provide the homoeopathic Materia medica of the substance so that it may be prescribed according to the law of similars.

A further objective was to compare the remedies that produce the highest numerical values and total number of rubrics on repertorisation of the proving symptoms, as to allow for clarity in the use of the remedy in the field of Homoeopathy, confusion with closely related substances can be eliminated.

1.5. HYPOTHESES

1.5.1. Hypothesis 1

Garcinia cambogia 30CH will produce observable signs and symptoms in healthy individuals.

1.5.2. Hypothesis 2

A greater understanding of *Garcinia cambogia* can be drawn from a clear comparison of the remedy picture to the highest numerical values and total number of rubrics on repertorisation of the proving symptoms.

1.6. DELIMITATIONS OF THE STUDY

The study did not:

- Strive to explain the mechanism of action of the homoeopathic preparation in the production of symptoms in healthy provers.
- Determine the effects of potencies of the plant, *Garcinia cambogia*, other than the thirtieth centesimal.
- Seek to implement multi-center trials of the drug.
- Try to evaluate or recommend the proving substance for any particular purpose.
- Attempt to prove the effects of the placebo.

1.7. ASSUMPTIONS OF THE STUDY

- The proving remedy, *Garcinia cambogia* 30CH, was correctly prepared by following the stipulated standards for the preparations of plants in accordance with methods prescribed in the German Homeopathic Pharmacopoeia (GHP) (5th supplement to the 1st edition) (British Homoeopathic Association 2003).
- The sample was correctly procured and transported.
- For the full duration of the proving, provers complied with the proper requirements and procedures as outlined in the *Instructions to provers* (Appendix E).
- The provers maintained their regular routine and did not deviate from their normal lifestyle or dietary habits in a significant manner immediately prior to or for the duration of the proving.
- The dosage regimen, frequency and procedure were adhered to by the provers as specified in the proving protocol.
- The provers exercised conscientious, accurate, honest and thorough self-observation and recording.

- The randomisation code sheet was adhered to when the verum and placebo was dispensed to the provers. Both the researchers and supervisors remained unbiased during the extraction and collation of the proving data.
- The repertorisation of *Garcinia cambogia* rubrics would produce a selection of remedies, thus possibly allowing for a subsequent comparison of the substance to those remedies with the highest numerical value and total number of rubrics on repertorisation.

CHAPTER TWO: THE REVIEW OF RELATED LITERATURE

2.1. PROVINGS

2.1.1. INTRODUCTION

According to Swayne (2000:174), provings are a process of determining the medicinal properties of a substance by testing that substance (material doses, mother tincture or potency) by administering it to healthy volunteers, to produce effects from which the therapeutic potential or *Materia medica* of the substance may be derived. “Provings are the core of homoeopathic practice” (Walach 1995:64). They supply the standard basis for the homoeopathic *Materia medica*, thereafter followed by toxicological and clinical reports (Dantas 1996: 230). It was Hahnemann himself, the founder of homoeopathy, who stated that there is no surer way of discovering a substance’s healing potential than through a proving (O’Reilly 1996:145).

Provings are crucial in building the *Materia medica* and learning how the remedy acts on individuals, there is no other way in which the same result can be seen. Hahnemann recognized the difficulty in trying to determine the action potential of a medicinal substance by administering it to a diseased person, as the action of the substance would be obscured by the symptoms of the pre-existing disease (O’ Reilly 2004: 144). According to Sankaran (1991: 10) provings are performed on human subjects because of the two distinct forms of expression, the first being at a tissue level (objective) and the second that is expressed as emotions and sensations (subjective), provings conducted on other sources such as animals cannot provide accurate or reliable information.

In quintessence, the homoeopathic drug proving system was created to provoke reversible signs and symptoms in healthy individuals to establish the therapeutic effects of that substance (Wieland 1997:230). The methodology of a proving has certain similarities to that of a phase one drug trial for new pharmaceutical products, such as utilizing healthy volunteers, the key difference however is that in homoeopathic provings infinitesimal doses are used hence there lies a far smaller risk of an adverse reaction (Dantas *et al.* 2007:5).

Homoeopathic provings should be continued as Hahnemann predicted that, for every disease a possible remedy can be established that fits its symptom picture (Aphorism 145, O’ Reilly 2004: 162). There lies an abundance of substances in nature, ‘Of course it is impossible to prove nature in her entirety, but in order to find a true simillimum for the majority of our patients many more provings must be undertaken’ (Sherr 1994:49).

2.1.2. HISTORICAL PERSPECTIVES

During the early 18th century there was very little knowledge of the human body and so treatment was based mostly on theoretical models. Later a reformation of medical training was set, theoretical knowledge was verified and complemented by practical bedside teaching, one such reformer was Joseph von Quarin (1733 – 1814), Samuel Hahnemann's teacher in Vienna (Robert Bosch Foundation 2012: 11). Though there was ongoing reformation, some physicians continued to believe in the doctrine of four humors (Brainard 2016). Illness was seen as an imbalance of blood, phlegm, black and yellow bile and so the practice of bloodletting, laxatives and purgatives were used in order to re-establish the balance (Greenstone 2010). Often drug concoctions and high doses of toxic substances such as arsenic and mercury were prescribed.

German physician, Dr. Samuel Hahnemann, became increasingly disappointed with how little he could achieve with the knowledge he acquired. Hahnemann was massively disillusioned by the aggressive medical treatments of his time and by the age of 30, he had already left medicine and set out to determine a gentler and less haphazard medical approach (Chrisman .n.d.: 2).

Once Hahnemann withdrew from medical practice he established a name for himself as a translator and medical author. It was upon his translation of *A Treatise of the Materia Medica*, written by the Scottish professor William Cullen (1710-1790), that Hahnemann encountered a paradoxical statement about the effects of Peruvian cinchona (a derivate of the China bark) (Dekkers 2009: 6). Cullen suggested that Cinchona bark was an excellent anti-malarial due to its bitter, astringent properties, however Hahnemann disagreed with this statement as he knew other bitter herbs with astringent properties operated unsuccessfully in the treatment of malaria (De Schepper 2006). Hahnemann proceeded to experiment on himself to find the rationale behind the action of Peruvian bark in treatment against malaria. Remarkably, after ingesting repeated doses of the crude substance Hahnemann had developed symptoms peculiar to Malaria (Woods 1990). It was at this point that Hahnemann introduced the founding principle of homoeopathy, the law of similars (De Schepper 2006). Intrigued by his new insight, Hahnemann went about experimenting further with other substances, which confirmed his new system of cure i.e. that 'any medicine will cure the particular kind of disease the symptoms of which happen to be most similar to those symptoms it produces in healthy people when consistently ingested' and thus confirmed the principle '*similia similibus curentur*' or 'let likes be treated by likes' (Galego 2008:62).

The earliest theory of the 'like cures like' was recognized in ancient times, by physicians, long before the foundation of homoeopathy. Kalidasa, a poet, whom in his epic "*Singara Tilaka*" (57 B.C.) revealed this by writing: "It has been said of old time in the world that poison is the remedy for poison" (Sankaran 1991:8). It was brought to light at a later point when the "Father of medicine," Greek

physician, Hippocrates, (460 – 350 B.C) stated that “by similar things a disease is produced and through the application of the like, it is cured” (Cook 1989: 1). Many other physicians came to a similar theory. Greek philosopher, Aristotle (384 – 322 B.C) suggested this theory when he wrote, “often the simile acts upon the simile” (Cook 1989: 1). One further description of this line of thought was P.T. von Hohenheim, also known as Paracelsus (1493 - 1541), his works states “sames must be cured by sames” (Bellavite *et al.* 2005).

The concept of provings thus came into establishment as logical extensions of the “like cures like” theory (Wallach 1994: 129). Galen (129 – 200 A.D) a physician and surgeon of his time introduced the testing of medicinal preparations on people, both healthy and sick (Wallach 1994: 129). Paracelsus observed the therapeutic effects of substances by administering it to healthy individuals (Cook 1989:1). However, neither Galen nor Paracelsus undertook these activities systemically (Coulter 1975: 442). One true predecessor of Hahnemann was Anton von Stoerck (1731–1803), who in the 1760s published a series of work on the treatment of diseases with poisons according to the principle of similar. He made a highly significant statement: “If stramonium causes illness in someone who is sound in mind by inducing mental confusion, why should we not try to establish whether it can give mental health to someone who is confused or whose senses are altered by disease? If it cures someone affected by spasms, why should we not investigate whether it causes the spasms?” (Bellavite *et al.* 2005). It is frank that treatment by similars (as epitomized by homoeopathy) existed even before Hahnemann’s time just as gravity existed before Newton, however due to Hahnemann’s genius he was the first to confirm this law of cure objectively and to develop a system for the benefit of mankind (Sankaran 1991:9). Hahnemann was in fact the first of physicians to conduct a Homoeopathic proving, and subsequently claimed his place in history (Vithoulkas 1986: 94).

Hahnemann continued to build on the theories of his predecessors and establish the foundation for Homoeopathy. He continued to test an assortment of substances on healthy individuals. During his trials, Hahnemann observed that his test subjects developed severe, sometimes even dangerous symptoms from ingestion of the crude substance. To minimize the potential risks of these substances he began to dilute the crude substance. To his own surprise, this not only caused a reduction in suffering, but, when used as a medicine on the diseased, it also amplified the healing power of the medicine (Dekkers 2009: 6). This led him to formulate the second principle of homeopathy: *the law of infinitesimal potentisation*: highly diluted (and succussed or triturated) homeopathic medicines are able to revitalize the ‘vital force’ of human beings, he found infinitesimal doses are curative as his ill patients recovered from both physical and mental illnesses (Dekkers 2009: 6). His continued work led him to discover that inert substances when prepared by potentisation roused their healing properties (De Schepper 1921: 33). Hahnemann’s, theory of provings revolutionized the concept of scientific experimentation with medicinal substances, as a basis for prescribing with them (De Schepper 2006:32).

Hahnemann continued to carry out provings on healthy test subjects for over one hundred and forty substances (Wieland 1997: 229). His work was published in 1796 as *Essay on a New Principle for Ascertaining the Curative Power of Drugs*, which was followed in 1810 by his famous work *The Organon of the Healing Art* (Loudon 2006).

"If one has tested a considerable number of simple medicines on healthy people in this way... then one has for the first time a true Materia medica: a collection of the authentic, pure, reliable effects of simple medicinal substances in themselves; a natural pharmacopoeia..." [The Organon, v.143]

Provings have continued since Hahnemann's time and has served as the basis upon which a specific remedy is chosen for a particular patient (Vithoulkas 1986: 96). According to Herscu (2002:25) Hahnemann's early provings conducted still form the basis upon which our Materia medica is written. Today over several hundreds of provings have been conducted and the homoeopathic armentarium is still expanding.

2.1.3. PROVING METHODOLOGIES

The fundamental purpose of conducting homoeopathic drug provings, more modernly acknowledged as homoeopathic pathogenic trials, are primarily to find the pictures of new remedies, or to deepen the understanding of old ones (Fraser 1998). Provings create the primary source of information on the therapeutic action of homoeopathic remedies, a large part of homoeopathic practice is based upon the data formulated from provings (Walach 1997). Provings therefore represent the experimental base of clinical homoeopathy (Signorini *et al.* 2005).

Since Hahnemann's first proving of Cinchona bark he worked to sculpt and develop proving methodologies so to generate meticulous results. He found that it was difficult to ascertain the true picture of a remedy in diseased individuals he thus suggested use of healthy individuals as a basis for experimentation (Resch and Gutmann 1987). Hahnemann believed the ultimate goal was to ensure provings contained a true, pure and reliable collection of symptoms free from false, inaccurate information (Kaptchuk 1996:237). In order to increase the accuracy in ascertaining a symptom picture, Hahnemann limited the number of variables in his provings by selecting only healthy provers, ensuring each prover did not take drugs and practiced moderation with regards to food and lifestyle and by recommending that if some strong influence occurred to the prover, those symptoms should be eliminated (Kerschbaumer 2004). Outlined in aphorisms 105 to 145 in the 6th edition of the "Organon of the Medical Art" Hahnemann (1996) provided clearly defined instructions and methods with respect to homoeopathic provings and his provings were published in his *Materia Medica Pura* between 1825 and 1833 (Fisher 1995).

Ever since the time of Hahnemann the proving process has evolved and grown into a multi-faceted method of investigation (Candegabe 1997). Research in Homoeopathy has increased greatly since Hahnemann's time (Bhasme *et al.* 2013). Leading homoeopaths have undertaken their provings utilizing Hahnemann's basic model which set the trend, making drug provings a revolutionary innovation. Provings have now become increasingly common and the way in which they are conducted is much more rigorous than ever before (Fraser, 1998).

It is apparent that the guiding methodology of conducting a proving is of vital importance, and should not be left to caprice or accident (Brijnath 2013: 7). Some old homoeopathic trails were conducted by homeopathic physicians who were largely interested in identifying the clinical indications and drug profiles for therapeutic purposes following the theory and philosophy of homeopathy (Teut *et al.* 2010). However, the imperfections in the methodology were recognised (Dantas 1996), and they have consequently been improved by incorporating relevant scientific research methods (Riley 1997: 225). One such imperfection at the time was the lack of employment of blinding and placebo control, Hahnemann utilized up to 64 provers during his provings, all of which received the verum (Wagner 2007: 8). The necessary scientific research methods were included into the proving process to scientifically validate the data collected during a proving.

A major force in this modification is Jeremy Sherr, he developed and published a protocol for the conduct of provings that is rigorous and based on the work of Hahnemann (Fraser 1998). In his book, *The Dynamics and Methodology of Homoeopathic Provings*, he has set forth systematic ground rules for careful and thorough provings that will result in the standardisation of proving protocol, assuring the quality and reliability of the proved substance (Sherr 1994:3).

Currently Homeopaths and researchers have developed a variety of protocols for provings and integrated a variation of modern standards to ensure Homoeopathy is in keeping with the present (Teut *et al.* 2010). National and European authorities require that the Guidelines for Good Clinical Practice (ICH GCP), the Declaration of Helsinki and the national drug regulations be applied for provings and methodological and legal consequences must be considered whilst the European Committee for Homoeopathy (ECH) developed the "Homoeopathic drug proving guideline" which adapts traditional proving methodology to the requirements of modern standards (Teut *et al.* 2010).

2.1.3.1. ALTERNATE METHODOLOGIES

Apart from the classical Hahnemannian approach to provings there lies alternate ways to seek insight into the potential healing spectrum of

substances. More recently these avenues have been explored to build a greater understanding of our Materia medica.

2.1.3.1.1. Personal provings

These are casual provings. The remedy is taken by whim. There is no structured methodology that it followed or stipulated. This method is used in the sense to observe objectively the action of a substance.

2.1.3.1.2. Seminar provings

Dr. Jurgen Becker was amongst the first to initiate a new set of provings, he made an entire group of individuals take a dose of a remedy, a few days before and even during a seminar (Sankaran 1998:1). Provers were meant to observe the resultant symptoms and discuss this in the seminar. The mental, emotional and dream levels of the remedy were the focal points of discussion (Herscu 2002). According to Sankaran (1998) the effect seems to multiply when the proving substance is administered to a group thus establishing the phenomenon of “group consciousness”

2.1.3.1.3. Meditation Provings

Meditative provings are usually carried out in groups, individuals sit in meditation circles and all the information is intuited or channelled whilst meditating (Evans 2005b).

This method yields symptoms on the physical, mental and emotional level (Evans 2005a). Tumminello (2005) suggests that meditative provings maximises the awareness of the symptoms as the experiences are deeper and more grounded, especially for sensitive provers and the risk of aggravation is lessened through the support of the different energetic make-ups of the participants. Scholten (2007) is hesitant about using the data obtained through meditative provings in his publications unless the data is verified through clinical cases.

2.1.3.1.4. Dream provings

Dream provings were conducted as single blinded studies with the emphasis predominantly on the dreams produced. 30 years ago in Bad Boll seminars Becker started dream provings (Dam 1998). Provers take remedy by orally ingesting the substance, by olfaction, by holding it in the hands for some time, sleep on it, touch another prover who ingested the remedy or be in the same room as a prover (Dam 1998). Briggs (1996) suggested that dream provings are safer than alternate proving methods.

2.1.3.1.5. C4 trituration provings

The C4 trituration proving methodology was investigated in 1993 by Ehrler through self-experimentation (Botha 2010). The methodology suggests that the substance is kept blinded and a group of provers

triturate by hand (Hogeland and Schriebman 2008). All their experiences are jotted down in a journal. Botha and Somaru (2010: 113) suggest that each trituration process reveals the following:

- C1 level - symptoms on a physical level;
- C2 level - emotional characteristics;
- C3 level - mental symptomatology;
- C4 level - symptoms on a spiritual level;
- C5 level - the collective unconsciousness of the remedy.

According to Hogeland and Schriebman (2008) C4 trituration provings allow the triturators to experience the different levels of the remedy, as well as get a greater insight into the pace and intensity of the substance to achieve an in depth understanding of the remedy

2.1.4. BLINDING

Double-blinding is when both the researcher and prover are left unacquainted as to the knowledge of which provers belong to the placebo group and which belong to the verum group. Blinding is considered as the minimum standard for any test involving subjects and failure to adhere to this principle may result in experimental flaws (Shuttleworth 2008). Hence in keeping with contemporary standards Homoeopathic provings employ this technique.

The double-blinding procedure ensures fair and accurate results, it also compensates for bias of the observer and faith in the patient (Sherr 1994:36). The indication of double blinding is to ensure an authentic baseline for the research, thus allowing a realistic statistical comparison (Shutterworth 2008).

The first employment of blinding in homoeopathy dates back to 1843, when Gestrel carried out a proving of *Aconitum napellus* where his subjects were unaware of the specific substance being tested. Later in 1906 the first double blinded proving of *Atropa belladonna* was conducted on 51 provers (Ullman 1991:59). Ullman (1991: 56) suggests that the blinding technique also allows researchers to distinguish placebo responses from the actual action of the medicine.

According to Shuttleworth (2008) it is very easy for a researcher, even subconsciously, to influence experimental observations, so addition of double blinding provides extra means to avoid the possible influence of results and criticism. With double blinding, manipulation of results is avoided hence the possibility of skewed results is dramatically narrowed to ensure utmost accuracy.

According to the LMHI and ECH guidelines (2014: 12) in homoeopathic provings different levels of blinding are to be maintained

- Blinding of the remedy name is to be maintained until the analysis of the symptoms has been completed.
- Blinding for allocation to blank or verum until closure of the observation phase and all diaries have been handed in.

- Blinding for the level of the potency until after conclusion of the analysis.

2.1.5. PLACEBO

A placebo is a substance that is inert, it is typically used in randomised controlled trials and used in comparison to an active remedy (Sim & Wright 2000:97). The utilization of placebo control in provings is often considered as a controversial factor. According to Fisher (1995) Hahnemann experimented on 64 provers in his time however he never employed the placebo control methodology. Even in the 19th century the majority of provings were conducted without using a placebo group and have stood the test of time, proving to be clinically efficient in the bulk of cases (Sherr 1994:57). Sherr (1994) argued that often good provers are wasted on placebo.

In current times and in keeping with the progression of medical research the utilization of placebo control together with double blinding is seen as a necessity (Belon 1995:216). By blindly and randomly assigning similar patients to a control group that receives a placebo and an experimental group, investigators can ensure that any possible placebo effect will be minimized in the final statistical analysis (Chiodo *et al.* 2000: 271). Dantas (1996: 232) explains that in provings placebo control is put into play to accurately assess the effects of the test substance specifically and possible pathogenetic effects that can be associated with the original substance in the preparation. Davidson (1995:63) advised that the lack of placebo control would result in ambiguous findings due to “hope, expectancy, spontaneous fluctuation or other variables.” Sherr (1994: 37) highlights that placebo usage allows one to draw the definite difference between the effects of the remedy from the effects of the proving process. Employment of a placebo enables researchers to rule out the psychosomatic effect of provers actually receiving a treatment regimen from the pharmacokinetic effect of the remedy. The ICCH (1999:34) emphasizes the use of placebo control as a manner of heightening the provers attention and awareness of their body, this encourages greater observation for deviation from the normal to increase prover reliability. It allows for a clear-cut basis in the deduction of symptoms when set against those arising spontaneously in the general population (ICCH 1999:34). Placebo control experimentation also demonstrates the efficacy of the drug being tested in treatment of specific ailments (Wieland 1997).

In general there is also hesitation when it comes to the use of placebo control in clinic trials as it denies the placebo group treatment to a specific condition or ailment which is viewed as unethical. This is not the case in Homoeopathic provings since provings are strictly conducted on healthy individuals only. Vitoulkas (1986) suggested that 25% of the total populace receive placebo. An acceptable percentage according to Sherr (2003: 45) is that 12 – 20% of the total

population fall within the placebo control group. As per recommendation by the ICCH 10-30% of the provers receive placebo (ICCH 1999: 34).

2.1.6. PROVER SAMPLE

The ICCH (1999:34) places emphasis on the importance of using an adequate number of subjects in modern contemporary provings. There is much controversy over this matter of exactly how many provers would form an ideal sample group in order to conduct a satisfactory proving. According to Vithoukas (1980: 148) a large number ranging from 50 to 100 people would be required for the total experiment and this would occupy a period of about two and a half years' time so to elicit the full remedy picture. Belon (1995: 216) also recommends utilizing a minimum of several hundreds of patients per a proving group. De Schepper (2001: 34) suggests that ideally a proving should be conducted with at least 50 people. However, due to the difficulty in assembling as many as 50 provers he concludes that at least a dozen provers should be used.

Sherr (2004: 130) debated against the use of a large prover population as he believed that this would result in an "over-proved" remedy with far too many symptoms that would flood the repertory and overcrowd the Materia medica with many common symptoms. He also suggested that conducting a large scale proving would result in impracticality, instead with his experience he recommended employing fifteen to twenty provers which he recognized would yield a full remedy picture (Sherr 2004: 130). The LMHI-ECH Homoeopathic Proving Guidelines (2014) recommends that a prover population of 10 to 20 provers be used. Fuller (1991:123) advised that a no smaller number than a minimum of ten provers be utilized as accepted by the Homoeopathic Pharmacopoeia Convention of the United States (HPCUS) for consideration of a new medicine. It has been recognized that too few provers, will result in insufficient data which would yield an incomplete remedy picture (Messer *et al.* 2004).

At current, when conducting provings, the inclination at Durban University of Technology, is to utilise 30 provers. It has also been noted that successful provings at DUT have been conducted using as little as 15 provers (Ross 2009).

Another important factor is prover diversity, both male and female provers, of different ethnicity, location and varying homoeopathic literacy should make up the ideal sample (LMHI and ECH 2014: 11).

Vithoukas (1980:151) suggests that of the total sample 25% of provers be allocated to a placebo group. The ICCH suggests 10%-30% make up a placebo group (ICCH 1999:34); and Sherr (1994:57) recommends a placebo group of 10%-20% of the total prover population. LMHI and ECH (2014: 11) suggest the optimal number of verum provers should be a minimum of 10 and a maximum of

20, as an experimental group of more than 20 verum provers would reflect a negative burden/benefit ratio.

At Durban University of Technology the trend is to allocate six of the total thirty provers to a randomized placebo control group, in keeping with Sherr's 10%-20% placebo control group recommendation (Sherr 2003: 57).

2.1.7. POTENCY

In early times Hahnemann advocated that potentisation of crude substances is a crucial aspect of Homoeopathic medication. He initially conducted provings by applying substances either in tincture form or in the first or second trituration (Botha 2009). According to Scholten (2004:231) the strange, crucial, unexpected and paradoxical effect' of potentisation causes homoeopathic remedies to become stronger. This is due to the process of dilution and succession, which can be carried out repeatedly, always increasing the therapeutic power while eradicating the toxic properties (Vithoulkas 2002:102). Hahnemann instructed that provings should be performed using potentised remedies, as they yield a broader range of symptoms than material doses (Sherr 1994:55). In aphorism 128 of the Organon, Hahnemann states that substances in their raw state do not manifest therapeutic symptoms to their full potential, as provings do, especially the 30th potency as this potency has shown the richness and fullness of the substance (O'Reilly 1996). Therefore, a substance activated by potentisation will produce a more comprehensive symptom picture of the substance (Hahnemann 2001:154).

In provings the investigator can utilize either a single potency or a variety of potencies (Sherr 1994:56). It is up to the proving committee to decide whether they want to use a single potency or a variety of potencies (Sherr 1994:56). Using different potencies is helpful when investigating the action of the remedy on different levels as well as attaining information when choosing the correct potency for each patient (Sherr 1994:56). However Messer *et al.* (2004) argues that this methodology is impractical. Sherr (1994) in his provings uses a wide range of potencies from a 6c to 1M but maintains that it is just as valid to use only one potency (Sherr 1994:56).

According to Vithoulkas (2002) potencies should range from 1X to about 8X during provings, 1X being used for nontoxic substances and 8X-12X for toxic substances (Vithoulkas 2002:152). Wright (1999) suggests that substances which have the ability to cause destruction in its ordinary state must be proved only in high potencies as the irritating symptoms viewed in lower potencies are as a result of mechanical disturbances and give incorrect data on the true characteristic of the drug. In the provings of *Geranium robertianum* and *Veronica officinalis* the 12CH potency was utilized (Riley 1995a;b). Avogadro's number (i.e. the limit to the amount of serial dilutions which can be made without losing

the original substance altogether) roughly corresponds to the 12th centesimal potency, which has virtually no chance of containing even one molecule of the original substance (Vithoulkas 2002:102). According to Fuller (1991:123) remedies should be proven in the ranges of low (3D – 12D) to intermediate (30D – 60CH) potencies. Raeside (1971) also employed multiple potencies, he used the 6x, 6CH, 9CH, 12CH and 30CH potencies in his proving of *Mimosa pudica*. However, it was in his proving of *Hirudo medicinalis*, where he used 6X, 6CH and 30CH, which he discovered that the least symptoms appeared at 6X and he most at 30CH (Raeside, 1964). Sherr (1994) also established that the 30th centesimal potency yielded the greatest amount of mental and emotional symptoms in his proving of *Hydrogen*, where he utilized a wide range of potencies from 6CH to 200CH. Walach *et al.* (1995) compared the effects of *Belladonna* 30CH and 12CH in healthy individuals and concluded that the 30CH proving generated greater symptomatology.

Fuller (1991:123) suggested that provings with potencies greater than 60CH are not necessary to establish the characteristics and validity of a medicine. Sankaran (2001:104) discusses that the higher the potency the more intense the central disturbance of an organism, which he believed could be harmful and lead to an aggravation of symptoms. Hahnemann inculcated that the thirtieth centesimal potency be used to prevent or minimize unnecessary aggravation (Sherr 1994:56).

There is much evidence to support the utilization of the 30th potency in homoeopathic drug provings. According to Wieland (1997:231) the 30CH appears to be the most commonly used potency in modern drug provings (Wieland 1997:231). Kent (1990) also recommends the use of this potency in all of his provings.

The Durban University of Technology has implemented the use of a 30CH potency in the conduction of all of its provings, with the exception being the proving of *Sceletium tortuosum* which used a 6CH potency in its study (Ross 2009). This proving will make use of the substance in the thirtieth centesimal potency.

2.1.8. DOSAGE

According to Lippe (1999) the influence of a substance on an individual must act to the point at which the 'sick-making' properties of that drug can be discovered therefore, the dosage given, must allow for that change in the prover (Lippe 1999). Sherr (1994:53) advocates a maximum of 6 doses of either verum or placebo which should be dispensed to participants to ingest over a period of 2 consecutive days. He also recommends that the remedy only should be taken until the appearance of the first symptom as he has found that in approximately 80% of provers symptoms commenced before the completion of all six doses

(Sherr 1994: 53-54). The LMHI and ECH Harmonised Proving Guidelines also recommend not repeating doses once proving symptoms have appeared and furthermore that dosing should not be repeated when symptoms have disappeared (Jansen and Ross 2014). HPCUS (2013) instructs that a dosing frequency more than three times daily is not recommended. Sherr (1994:51) advises that if no symptoms had appeared after six doses this may have indicated that the prover was not sensitive to the remedy and no further doses should be administered thereafter. Kent advised against the unnecessary and indiscriminate repetition of a remedy as it could graft onto the prover's constitution and therefore result in perpetual implications (Sherr 1994: 53-54).

Based on the refined proving methodology followed at Durban University of Technology, in accordance with Sherr's recommendations, the following dosage protocol was adhered to for this proving; each prover was provided with 6 lactose powder sachets of either verum or placebo according to the randomization schedule. The lactose powders were medicated with 10 granules that were triple impregnated with the proving remedy in the 30CH potency (in 96% ROH solvent) or the placebo lactose sachets which contained 10 neutral granules. The standard dosage prescribed was, one powder three times daily taken sublingually or until the onset of symptoms, but for no more than two days.

2.1.9. ETHICAL CONSIDERATIONS

Good Clinical Practice (GCP) is the global ethical and scientific quality standard for designing, conducting, recording and reporting trials that involve the participation of human subjects (European Medicines Agency 2002:5). Compliance with the GCP standard provides public assurance that the rights, safety and well-being of the trial subjects are well protected, consistent with the principles that have their origin in the Declaration of Helsinki, and that all the clinical trial data are credible (European Medicines Agency 2002:5). Hence the objective of this ICH GCP Guideline is to provide a unified standard for the mutual acceptance of clinical data.

Although homoeopathic drug provings are uniquely different from conventional clinical trials it is important to follow the same frame of the GCP, as many items in the ICH guidelines are essential and suitable for Homoeopathic drug provings (European Committee for Homoeopathy 2011:1). The European Committee for Homeopathy (ECH) (2011) developed the Homeopathic Drug Proving Guidelines based on the Guidelines for Good Clinical Practice (GCP) of the International Conference on Harmonisation (ICH) and have been revised for the specific requirements of homoeopathic drug provings (ECH 2011).

According to the Basic Principles mentioned in the Declaration of Helsinki, all medical research projects that involve human subjects should be managed by careful assessment of the predictable risks and burdens in association with the probable benefits to the subject or to others, this does not prevent the

participation of healthy volunteers in medical research and the design of all the studies should be made openly available (Bulletin of the World Health Organization 2001).

The safety of volunteers is a key requirement in planning of homoeopathic drug provings. Prior to the commencement of the proving all provers are informed and warned about the inconveniences, potential risks, objectives and benefits of the study. Full consent is obtained from each prover in 2 phases, an informed preliminary consent and an informed consent. At the Durban University of Technology, the LMHI-ECH Homoeopathic Proving Guidelines (2014) and Durban University of Technology standard departmental proving guidelines are strictly adhered to and the provers are under constant and close supervision to ensure their wellbeing.

The proving substances are administered in high dilutions, the thirtieth centesimal potency. This ensures low toxicity of the substance thereby ensuring the safety of volunteers. Unlike in orthodox drugs, Homoeopathic substances do not cause pharmacodynamic changes in the body. This is mainly due to the state of high dilutions and essentially, they provoke transient symptoms without causing toxicological damage (ECH 2011: 21).

Fundamentally the homoeopathic proving process allows for the possible manifestation of functional and sensational symptoms. The proving symptoms are those changes of the mental, emotional or physical state of the volunteer, which are likely to be triggered by the administration of the proving substance and are out of the ordinary patterns of reaction of the volunteer, shown during the taking of the case history (ECH 2011: 5). Additionally the possibility of adverse effects is minimised due to the impact of the proving substance only lasting a short while (Sherr 2003: 62). These symptoms vanish once the proving remedy has completed its effect. However, in the event that these symptoms become distressing to the participant then the proving remedy can be antidoted (Sherr 2003: 63).

The antidoting process follows the protocol as followed by similar provings in the Department of Homoeopathy at DUT. This process is as follows:

- The supervisor performs a detailed case history and physical examination of the participant (Sherr 2003: 63).
- The proving remedy is then discontinued (Sherr 2003: 63).
- If the symptoms persist then a suitable homoeopathic remedy is prescribed to eradicate the symptoms (Sherr 2003: 63).

This information, along with the particular remedy used to antidote the prover, will be documented and included in the research study. This study will adhere to the Adverse Event Protocol as set out by DUT Institutional Research Ethics Committee (IREC).

2.2. COMPARITIVE MATERIA MEDICA

Comparative Materia medica involves studying similar remedies to elucidate the common similarities between the remedies and find distinguishing factors in each remedy symptomatology to depict the true, individualized picture of each remedy.

According to Candegabe (1997) information on remedies are derived from three sources; pure Materia medica, which provides a detailed account of the provings and is valuable for its authenticity and impartiality. However, this alone is not enough to go by on so clinical Materia medica, which is gained through clinical experience by a physician and the repertories are also important. Repertorising symptoms of a case allows homoeopaths to find possible remedies and hence allowing them to compare the relevant remedies to one another and to the case so to find the most accurate remedy (Candegabe 1997: 1- 19). Candegabe (1997:vxii) recognized that if a remedy were studied simply by mechanical use of the repertory it would lose its dynamic quality of individual totality, making it difficult to distinguish between two similar remedies whose characteristic symptoms are almost identical and so it is only through the dynamic relationships between symptoms that we will see the whole picture of the remedy.

A specific remedy may have a group of symptoms common to other remedies, making it challenging to find the most accurate remedy in a case. In *Aphorism 120* of the *Organon of Medicine* it states: “medicines, on which depend man’s life and death, disease and health, must be thoroughly and most carefully distinguished from one another to enable us to avoid any mistake in their employment in diseases, for it is only by correct selection of them that the health of the body and of the mind, can be rapidly and permanently restored” (Hahnemann 1998: 198). Therefore it is important we elucidate the similarities and differentials between similar remedies.

This concept has been around for years and various Homoeopaths utilize comparative analysis in their work. In 1904 Kent employed this concept and described the relationship of various remedies by their similar nature of their presenting symptoms (Kent 2004: 539). Catherine Coulter makes extensive use of comparing various remedies in terms of a common characteristic shared by the remedies (Coulter 1989). Rajan Sankaran also employs the same technique when comparing remedies. In his book, *The Soul of Remedies* (Sankaran 1997), he also highlights remedies which display similar characteristics when discussing a specific remedy, in order to provide a complete understanding of all remedies compared as to reduce confusion between the remedies. Vermeulen (2000), in his *Concordant Materia Medica*, includes a section on remedy relationships for almost all of the remedies in the book

Farrington (1991) conduces that it is relatively easy for a practitioner to differentiate where remedies differ, but rather difficult to discriminate where

similar remedies converge and that is where individualization is of utmost importance. According to Thomson (2004: 114) a comparison of a remedy to those which bare similar symptomatology to it should be carried out to provide Homoeopathic practitioners knowledge as to what differentiates each substance in the healing context and as to where the remedy sits in the Homoeopathic armamentarium. Van der Hulst (2002) suggests that the significance of this method of comparison is due to the way in which it allows homoeopaths to more precisely prescribe according to the Law of Similars, by allowing homoeopaths to better recognize the similarities and differences between a remedy and seemingly similar remedies. Roberts (1993) emphasizes that it is not enough to understand the remedies so that we identify in the symptoms of a patient the outline of a remedy; we must know the differences and the similarity so that we can select the simillimum as opposed to a remedy that is merely similar. Scientific homoeopathic prescribers maintain that there is a specific clinical relationship among homoeopathic remedies, and prescriptions that conform to a certain sequence are therefore bound to be more successful (Sankaran 1984: i).

Another value of repertorising and comparing remedies is that one can gain a clearer knowledge of the lesser-known or smaller remedies (Candegabe 1997). Comparative Materia medica, ensures a greater understanding of the proving symptoms as well as a fuller comprehension of the remedy.

In order to ascertain the full picture of *Garcinia cambogia* so that it can be utilized without confusion, a comparison to the closely related remedies will be elucidated. This makes it easier to prescribe as this remedy has not under gone any drug trials for clinical use (Moore 2007:27).

2.3. THE PROVING SUBSTANCE

2.3.1. SUBSTANCE CLASSIFICATION

Kingdom: *Plantae* (plants)

Subkingdom: *Tracheobionta* (vascular plants)

Superdivision: *spermatophyte* (seed plants)

Division: *magnoliopsida* (flowering plants)

Subclass: *dilleniidae*

Order: *Malpighiales*

Family: *Clusiaceae* (Guttiferae)

Genus: *Garcinia*

Species: *G. gummi-gutta*

Common names: Gamboge, Brindal berry, Malabar tamarind

2.3.2. DISTRIBUTION

Garcinia gummi-gutta is a tropical species of *Garcinia* native to Indonesia, Sri Lanka and South East Asia; its common names include *Garcinia cambogia* as well as gamboge (Garcinia Gummi-Gutta 2013:1). In Asia it is often referred to as Malabar Tamarind. It is found in semi-evergreen to evergreen forests. Most

commonly in India, it is found in the evergreen and shola forests of Western Ghats, Karnataka and Kerala (Agroforestry database 4.0 2009: 1-5). The tree is adapted to both hilltops and plain lands, it grows well in dry or occasionally water logged or flooded soils but it thrives the greatest in riverbanks and valleys (Agroforestry database 4.0 2009: 1-5).



FIGURE 2.1

Geographical distribution of native and exotic species of *Garcinia cambogia* (Semwal *et al.*, 2015).

2.3.3. DESCRIPTION

Garcinia cambogia is an evergreen, small or medium-sized dioecious, understory tree, ranging from 5 to 20m tall with horizontal or drooping branches, a dark and smooth bark and simple leaves opposite, decussate; the petiole about 5 cm long

and flowers appear in clusters of 4-20, they are usually red or yellow with 4 petals each about 12 mm wide and 11 mm long (Garcinia gummi-gutta (L.) Robs 2014:1). *G. gummi-gutta* flowers in the dry season, the pistillate flowers have rudimentary and non-functional staminodes and neither male nor female flowers produce nectar (Agroforestry database 4.0 2009: 1).

The fruit looks like an undersized pumpkin ranging in size, it is generally green when unripe and varies in colour once ripened from red, orange, and yellow to brown. The fruit is edible; it is consumed in the East Indies (Maheshwari 2014:80). The ovoid berry contains 6-8 grooves and 6 to 8 seeds, large, about 5 cm long and 2 cm wide surrounded by a succulent aril (Agroforestry database 4.0 2009: 1 - 5).

Seed-grown plants generally begin bearing after 10-12 years whereas grafts from the third year onwards and will attain the stage of full bearing at the age of 12- 15 years (Agroforestry database 4.0 2009: 1 - 5).

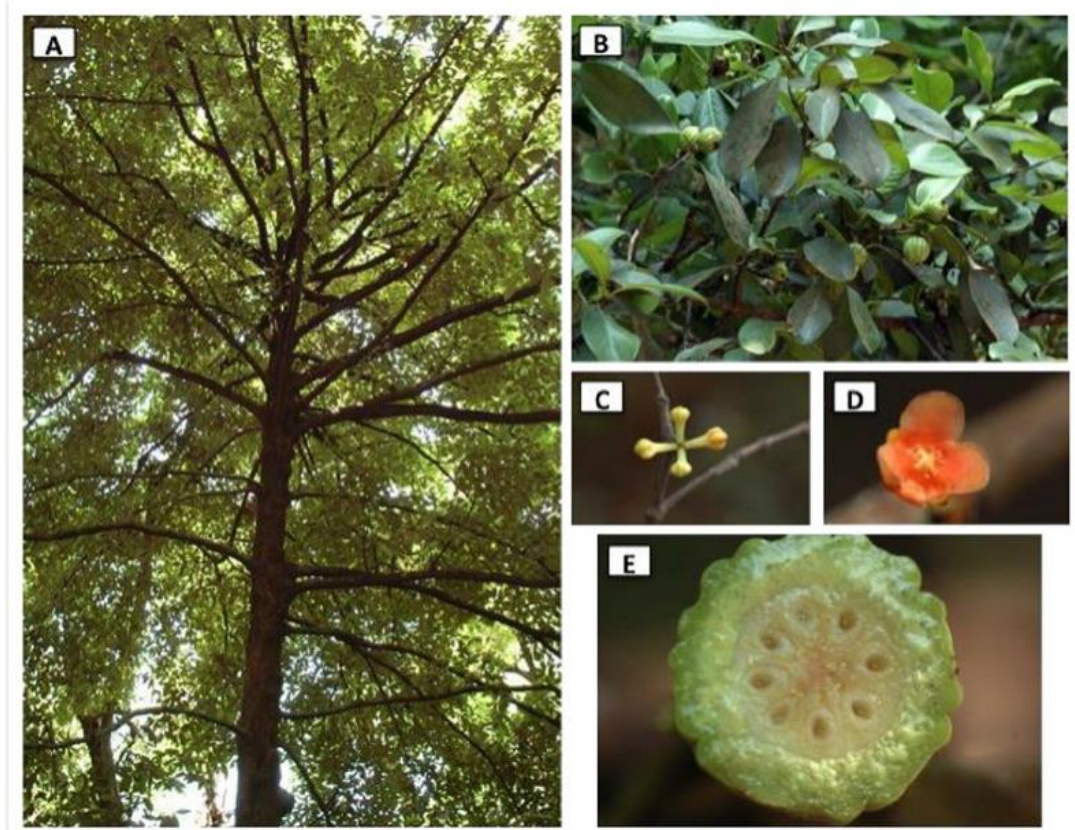


FIGURE 2.2 (Ayyappan, 2015)

- A-** a tree in its natural habitat
- B-** a fruiting branch
- C-** inflorescence insertion
- D-** a male flower
- E-** a cross section of the fruit

2.3.4. COMMON USES

The rind of the *Garcinia* fruit is commonly used in various food preparations and preservation in southern India and the extracts of *Garcinia cambogia* are also used as purgatives traditionally (Shivakumar *et al.* 2013: 254-257). The rinds impart flavour as well as preserve food so it can be stored for longer periods without spoiling (Agroforestry database 4.0 2009: 3). It has a bacteriostatic effect mainly due to the presence of acids which lowers the pH (Sreenivasan and Venkataraman 1958: 151-152).

The dried seeds produce a protein and fat-rich butter, popularly known as 'uppage tuppa', this is used as vegetable butter in cooking and food preparation (*Garcinia gummi-gutta* 2014). The juice obtained from the fruit is consumed by locals as a coolant, it helps reduce body fat and is also used in cattle, as a wash for mouth diseases (Agroforestry database 4.0 2009: 3). The wood is used in construction and furniture making and the gum resin obtained from the plant is used as a yellow pigment and illuminant in varnishes and water colours (*Garcinia gummi-gutta* 2014).

2.3.5. HEALTH BENEFITS

Tharachand, Selvaraj and Avadhani (2013: 101-107) suggest that the medicinal properties of the components in *Garcinia cambogia* such as xanthenes, benzophenones, guttiferones and Hydroxycitric acid contain potential benefit such as; anti-oxidant, anti-helminthic, antimicrobial, anti-obesity and weight reducing properties. In an overview of *Garcinia cambogia*, Semwal *et al.* (2015: 102- 134) found that the crude extract or constituents from the plant also exerted hypolipidaemic, antidiabetic, anti-inflammatory, anticancer, anthelmintic, anticholinesterase and hepatoprotective activities in in vitro and in vivo models.

Garcinia extract inhibits the cytoplasmic lipid accumulation as well as adipogenic differentiation of preadipocytes, thus confirming its use in the treatment of gastrointestinal disorders and obesity (Joy *et al.* 2012: 95-103). The rind of the *Garcinia* fruit contains the active ingredient, HCA, which is the key to the plants medicinal properties. According to Oluyemi *et al.* (2007: 69-72) studies with crude extracts of *Garcinia cambogia* showed a significant increase in red blood cell count as well as a decrease in the overall weights of test subjects, there was also a dose-dependent decrease in the plasma levels of low density lipoproteins. Plants like *Garcinia cambogia* etc. that contain flavonoids have been proven to significantly lower the risk of atherosclerosis and cardiovascular disease (Salvamani 2014).

In Asia a decoction made from *Garcinia cambogia* is given for rheumatism and bowel complaints (Agroforestry database 4.0 2009: 3). According to Tharachand *et al.* (2015) studies suggest that *Garcinia cambogia* leaves could become a source of anthelmintics instead of chemically synthesized drugs as they contain active anthelmintic and antibacterial phytochemicals. In the in vitro assessment of antibacterial and antioxidant activities of *Garcinia cambogia* (Shivkumar *et al.*

2013) the results indicate that the fruit rind extract of the plant has an excellent antibacterial activity and antioxidant properties.

2.3.6. CHEMICAL CONSTITUENTS

Phytochemical studies of various parts of *Garcinia cambogia* revealed the presence of mainly xanthenes (e.g. carbogiol) and benzophenones (e.g. garcinol) together with organic acids (e.g. HCA) and amino acids (e.g. gamma aminobutyric acid). (Semwal *et al.* 2015: 134- 148).

2.3.6.1. Hydroxycitric acid (HCA)

(1,2 DIHYDROXYPROPANE-1,2,3- TRICARBOXYLIC ACID)

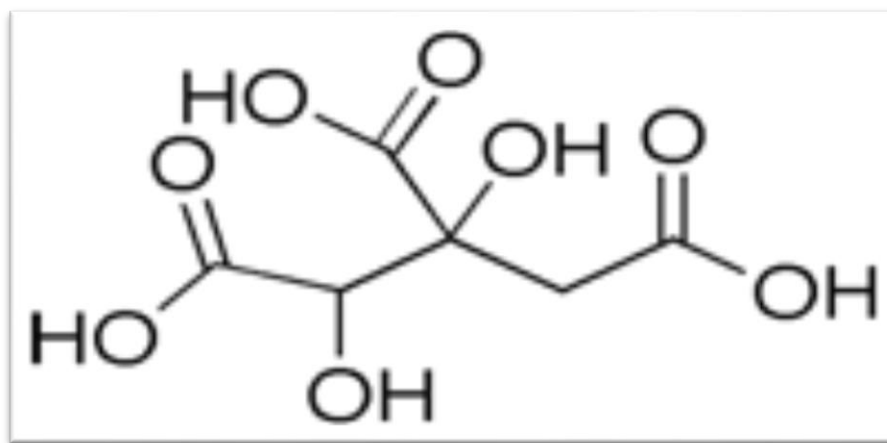


FIGURE 2.3
Structure of Hydroxycitric acid
(Wikipedia 2016)

Molecular formular: $C_6H_8O_8$
Molecular weight: 208. 12 g/mol

According to Yamada (2007: 977) Hydroxycitric acid is only found in *Garcinia* and *Hibiscus* species. It was first extracted from the rind of the *Garcinia cambogia* fruit (Lewis and Neelakantan 1965: 619-625). An extract obtained from the mature fruit rind contains 30% acid essentially (-)-hydroxy-citric acid, Camboginol and cambogin (Agroforestry database 4.0 2009: 3).

In a pilot study conducted on human subjects, Hydroxycitric acid combined with niacin bound chromium reduced body weight by 7.8%, BMI by 7.9% and also enhanced the excretion of urinary fat metabolites by 146-281% (Preuss *et al.*, 2004: 45- 58). According to Semwal *et al.* (2015: 102- 148) HCA demonstrated anti-obesity activity including reduced food intake and body fat gain by regulating the serotonin levels related to satiety, increased fat oxidation and decreased de novo lipogenesis.

HCA acts by inhibiting the extra mitochondrial cleavage of citrate to oxaloacetate and acetyl-CoA which is the source for carbon atoms in the fatty acid synthesis (Spencer *et al.* 1964: 378-388). This inhibition of acetyl-CoA causes a drastic decrease in synthesis of fatty acids. HCA has a greater affinity to citrate, so it acts as a competitive inhibitor for the enzyme ATP citrate lyase (Kornacker and Lowenstein 1965: 832- 837). Watson and Lowenstein (1970: 5993-6002) explain that ATP citrate lyase plays an important role in gluconeogenesis and in lipogenesis. Hence it can be deduced that Hydroxycitric acid shows its anti-obesity activity by inhibiting the key molecule responsible for energy storage as fat. Due to this process the energy is diverted to the production of liver and muscle glycogen, instead of using energy to synthesize fat which results in a reduction of cholesterol, fatty acids and triglycerides with the net effect of reduced fat production and storage (Tharachand, Selvaraj and Avadhani 2013: 101-107).

2.3.6.2. Garcinol (Camboginol)

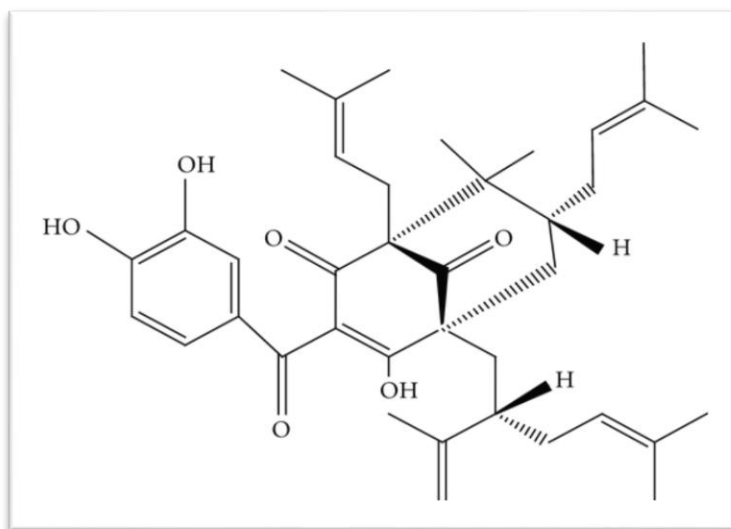


FIGURE 2.4
Structure of Garcinol (pubchem, 2005)

Molecular formula: $C_{38}H_{50}O_6$

Molecular weight: 602.8 g/mol

The chief antioxidant substance of the *Garcinia* species is Garcinol also termed as Camboginol, which is a tri-isoprenylated chalcone (Masullo *et al.* 2008). Studies have claimed that garcinol has many health benefits due to its antioxidant, antibacterial, antitumor and anti-inflammatory effects.

According to Yamaguchi *et al.* (2000: 180-185) Garcinol scavenges 1, 1-diphenyl-2-picrylhydrazyl (DPPH) free radical, hydroxyl radical, methyl radical, and superoxide anion. Sang *et al.* (2002) suggests that Garcinol can play an important role in the treatment of gastric ulcers caused by the hydroxyl radicals or chronic infection with *Helicobacter pylori*, which, together with cells from gastric mucous membrane, produces hydroxyl radicals and superoxide anions. Rukachaisirikul *et al.* (2005) explains that Garcinol demonstrates antibacterial activity against certain antibiotic resistant strains of bacteria. It may even be a viable alternative to conventional antibiotics. Garcinol showed good antitumor activity against human leukemia HL-60 cells (Sang *et al.* 2002). Garcinol directly inhibits the catalytic activity of 2 crucial enzymes involved with inflammation, 5-lipoxygenase, and microsomal prostaglandin PGE₂ synthase which are very often overexpressed in many tumors (Koeberle, Northoff and Werz 2009).

2.3.6.3. Isogarcinol (Cambogin)

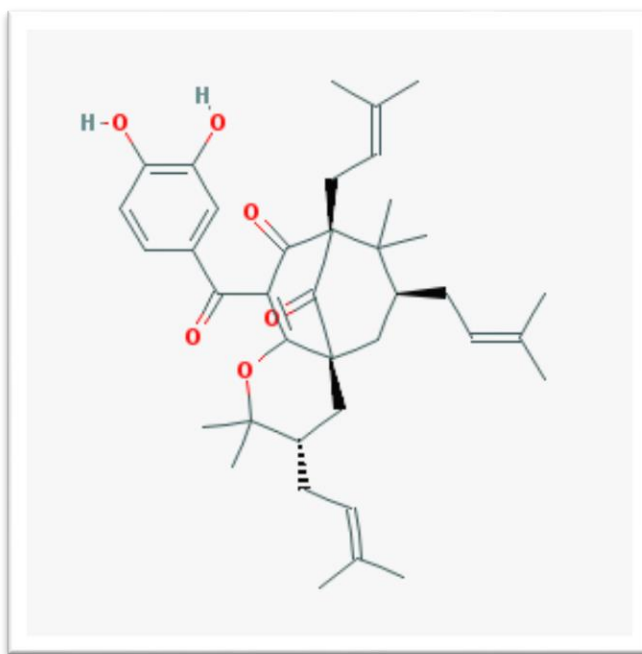


FIGURE 2.5
Structure of Isogarcinol (pubchem, 2005)

According to Sang *et al.* (2001) Isogarcinol also exhibits biological activities similar to that of garcinol and has been claimed to be an anti-

inflammatory and antitumor compound, a lipase inhibitor, an anti-obesity agent as well as an antiulcer agent.

A chemical study examining the effects of garcinol and isogarcinol documented inhibitory activity against Epstein-Barr virus early antigen activation induced by 12-O-tetradecanoylphorbol-13-acetate (TPA) in Raji cells; the activity was comparable or stronger to that of the antitumor promoter glycyrrhetic acid (Ahmad, Wang, and Ali 2010).

Cen *et al.* (2013) findings in tests with Isogarcinol suggest that it could serve as a new oral immunomodulatory drug for preventing transplant rejection, and for long-term medication in autoimmune diseases. Li *et al.* (2015) believes that isogarcinol may be a potential therapeutic drug candidate for future treatment of SLE as research suggests it alleviates the abnormal activation of CD4 T cells and decreases the expression of inflammatory genes and cytokines in the kidneys and peritoneal macrophages.

CHAPTER THREE: MATERIALS AND METHODS

3.1. THE EXPERIMENTAL DESIGN

The proving of *Garcinia cambogia* 30CH was a true experimental design conducted at the Durban University of Technology by two researchers, Ramdiyal and Diplal. This study was conducted in accordance with the LMHI-ECH Homoeopathic Proving Guidelines (2014) and Durban University of Technology standard departmental proving guidelines.

The proving took form of a double blind, placebo controlled trial carried out on 30 healthy, consenting participants whom met the inclusion criteria (Appendix B). These 30 provers were randomly divided into two groups, 6 were assigned to the placebo group and 24 to the experimental group. Due to the double-blind nature of this study neither the researchers nor the provers had any knowledge as to whom were allocated to the verum or placebo groups for the duration of the proving. Each of the researchers were responsible for 15 of the 30 provers, the two students also managed and shared the clinical trial process and data. However, each student had differing objectives which each supervisor managed. The substance was manufactured according to the German Homoeopathic Pharmacopoeia (Appendix F). To guarantee the double-blind status of the proving, both the verum and placebo powders were identical in physical appearance as well as the final packaged presentation.

Prior to the commencement of the proving, each prover was provided with a unique prover code and a corresponding journal. Each of the provers were also provided with 6 of the powders, to consume three times daily for a duration of two days. A case history and physical examination was taken prior to and following the proving (Appendix D and K). Provers began recording their normal state in the blank journal one week before the administration of the remedy as a baseline control for the proving and thereafter recording any symptomatology that arose following the administration of the remedy for a period of six weeks.

After the proving, the data was collected. Bar graphs, pie charts and tables were utilized to describe the quantitative demographic data and the qualitative data was represented by the journal entries of the participants, of which the qualifying symptoms were translated into Materia medica and repertory format. Thereafter a comparison was done of the remedies yielding the highest numerical value and total number of rubrics on repertorisation of the proving symptoms.

3.2. OUTLINE OF THE EXPERIMENTAL METHOD

- Provers were recruited from Durban and the surrounding areas.

- This was done by the strategic posting of a proving Advertisement (Appendix A) on noticeboards at the Durban University of Technology as well as other public areas of high traffic such as libraries, community halls, etc.
- This allowed for a good diversity of provers, these varied from homoeopathic students, practitioners and the general public.
- Once potential provers expressed their interest they were requested to complete a suitability questionnaire where they were checked against the inclusion criteria (Appendix B).
- Those volunteers whom met with the requirements were subsequently invited to attend a pre-proving training course held at the Durban University of Technology.
- This was completed to ensure that provers were acquainted with the proving protocols, also giving them the opportunity to ask questions or raise any concerns prior to the commencement of the proving.
- Provers were thereafter individually contacted, and a pre-proving consultation was scheduled.
- All consultations proceeded at the Homoeopathic Day Clinic at the Durban University of Technology. During the consultation each prover was given the preliminary (Appendix C) and main information letter (Appendix E) and asked to sign the required consent forms after once more going through the proving process to ensure thorough understanding.
- Each research investigator took a detailed medical and homoeopathic case history and performed a physical examination on each prover under her supervision (Appendix D).
- At this consultation, provers were allocated their respective prover codes, given a corresponding proving journal, a pen and a set of six powders.
- Furthermore, the contact details of the research investigator and supervisor were provided to the prover.
- A starting date and convenient daily contact time was also agreed upon.
- Prover starting dates were staggered to ensure a more thorough interaction between researchers and provers.
- On the assigned starting date, each prover was asked to record their 'normal' state in the given journal, at a minimum of three times a day for one week.
- This was performed to formulate the baseline for the proving by establishing the prover's normal, day to day symptoms to which the new proving symptoms were compared.
- This process also habituated each prover with self-observation and journaling in order to set the individualized standard for each prover's normal state of health (Sherr 1994).

- The research investigators contacted their respective provers to assess their journals for accuracy of symptom recording and compliance.
- On completion of the one-week baseline recording, provers were instructed to take the first dose of medication and subsequently record any changes that occurred.
- If symptoms did occur after the first dose then the prover was instructed to discontinue with the regiment (Sherr, 1994).
- However, if very subtle symptomatology occurred then provers were instructed to take a second dose.
- If no symptoms occurred, provers were asked to continue taking the remedy three times a day for the duration of two days.
- Provers did not repeat doses once symptoms appeared (LMHI & ECH 2014:14).
- If no symptoms were noted after consuming the sixth dose of the remedy, the prover ceased taking any further doses, then again continued to record as previously.
- During the process daily, telephonic contact was made for the first week, by the respective researcher, in order to ensure thorough and detailed recording of prover symptomatology.
- Telephonic contact was then reduced to three times a week in the second week, twice a week in the third week and thereafter once a week for the remaining duration of the proving.
- The daily recording of symptoms by the provers continued for a minimum period of four weeks, following the last dose taken.
- Symptoms were recorded as they arose to curtail inaccuracy of symptom recall.
- The journaling of symptoms continued until all proving symptoms had run their full course, i.e. to the point where provers returned to their healthy baseline state.
- A post proving observation period was maintained for one week, this was to determine if there was a recurrence of any symptoms.
- After completion of the proving the respective proving journals were recalled and a post proving consult was scheduled for each prover where a detailed case history and physical examination was complete (Appendix K).
- This was to ensure that provers had returned to their original state of health.
- In the case of residual proving symptoms, the following antidotal methods would have been implemented as suggested by Kerschbaumer (2004) :
 - a. A homoeopathic similimum based on the totality of symptoms of both the pre-proving case history and the proving symptoms would

have been prescribed. This also would have served to find an appropriate homoeopathic antidote to the proving substance.

b. If a. were ineffective, the provers' "constitutional" homoeopathic remedy (if known) would have been prescribed – if it was not known, it would have been ascertained from the pre-proving case history.

c. If b. were ineffective, an "acute" homoeopathic remedy would have been prescribed according to the smaller presenting totality of the proving symptoms.

d. If c. failed, the common method of applying camphor, coffee, mints etc. would have been used.

- Once all journals were submitted a post proving meeting was scheduled for all provers to attend.
- The post proving meeting served as a platform for provers to discuss their experiences and trigger memories that went unnoticed or that provers were unsure about.
- It also allowed researchers to clarify, validate or discard symptoms.
- The verum/placebo allocation was unblinded to the researchers and provers, to allow for distinction between verum and placebo groups.
- The proving substance was then revealed to the provers for their own individual interest.
- Following the post proving meeting, data in those journals belonging to the verum group were extracted and collated and after applying a rigorous screening process, valid symptoms were then organized and written up into Materia Medica and repertory format.
- The data collected by the researchers in the case history and physical examination was also considered.
- By utilizing the RADAR (version 9.2) computer program the remedy was then compared with those remedies yielding the highest numerical value and total number of rubrics on repertorisation of the proving symptoms.

3.3. THE PROVING SUBSTANCE

3.3.1. The Potency

Garcinia cambogia 30CH was used in this Homoeopathic proving.

3.3.2. The Collection, Preparation and Dispensing of the Proving Substance

The thirtieth centesimal potency of *Garcinia cambogia* was prepared by Homoeopathix Trading Company from a Mother tincture (Appendix F). The Mother tincture was obtained from Rottapharm Madaus Germany. Liquid potencies were taken up to a level of 30CH according to German Homoeopathic Pharmacopoeia (Appendix F). Neutral lactose granules [*Natura un-medicated*

lactose granules, Batch 13R08002] were triple impregnated at 1% v/v with *Garcinia cambogia* 30CH in 96% ethanol. Then ten verum granules each were inserted into premanufactured single dose, 500mg, lactose powder sachets. Twenty four sets of six verum powders were manufactured (Appendix F).

The placebo was dispensed as lactose granules as above, but impregnated only with 96% ethanol [*Illovo Limited Anhydrous alcohol 99.9% UN No 1170 Batch 52/12/67*]. Ten placebo granules each were inserted into six sets of six powders, this was done to ensure the verum and the placebo looked identical in appearance. Envelopes were labelled and numbered with the respective prover numbers, however, the distribution of the verum or placebo sets of powders were done by the Durban University of Technology Homoeopathic Clinic Laboratory Technician Dr. S. Brijnath (MTech: Hom, DUT), as per the randomisation sheet. This was to ensure that the blinded status of the proving was upheld. Dispensing of the remedies were also carried out by Dr. Brijnath. 80% (24 provers) of the prover population received the verum and 20% (6 provers) received the placebo.



FIGURE 3.1
Powder contents in sachet

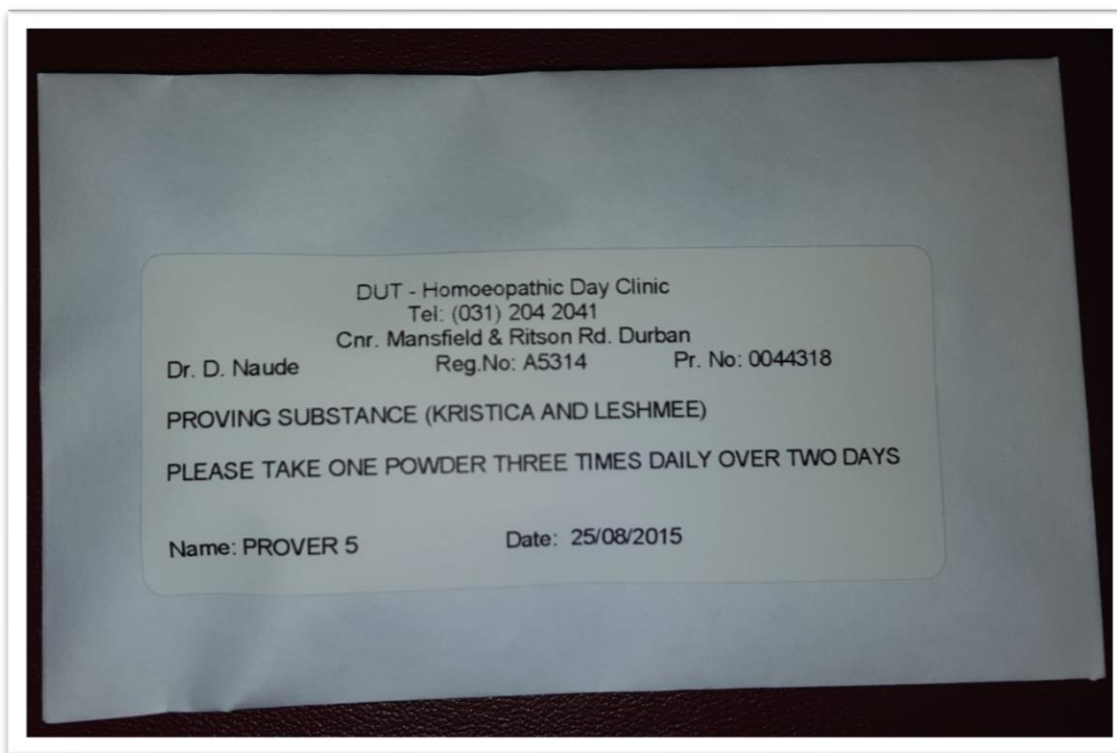


FIGURE 3.2
Envelope that enclosed the sachets for dispensing

3.3.3. Dosage and Posology

- One lactose powder sachet containing 10 lactose granules (of either verum or placebo) was dissolved sublingually three times daily, for two consecutive days or until symptoms appeared.
- A maximum of six powders was dispensed to each prover.
- No powders were taken after the onset of symptoms.
- Nothing was to be consumed 30 minutes prior to and following a dose of the remedy.
- Substances such as; camphor, coffee, peppermint or menthol, in any form, were not to be taken orally, topically or by olfaction as these may have an antidote effect on the remedy.
- The stipulated instructions regarding dosage and posology was clearly explained to each prover in the pre-proving training course and presented in writing in the Instructions to Provers document (*Appendix E*), a copy of which was provided to each prover for reference and safekeeping at home.

3.4. THE SAMPLE CRITERIA

3.4.1. Prover Sample

Advertisements and flyers were strategically placed on notice boards at Durban University of Technology as well as other public areas such as libraries, halls etc., and word of mouth was used to gain the interest of the participants (Appendix A).

According to Sherr (2003: 45) 15-20 provers will yield a very full remedy picture. At the Durban University of Technology, it is noted that most research provings undertaken by students utilize 30 provers. Hence for this proving a total of 30 provers were recruited from Durban and the surrounding areas. The total population was divided between the two researchers, Ramdiyal and Diplal, making each responsible for 15 of the 30 provers. In a randomized manner an overall of 24 provers, i.e. 80% of the population, received the verum and 6 received the placebo, i.e. the remaining 20% of the population. Of the 24 provers whom received the verum, 19 were female and 5 were male. According to Hahnemann (1997: 154) by testing done on both male and female provers, gender relations can be observed. The following graphs below depict the age and sex distribution of the prover population:

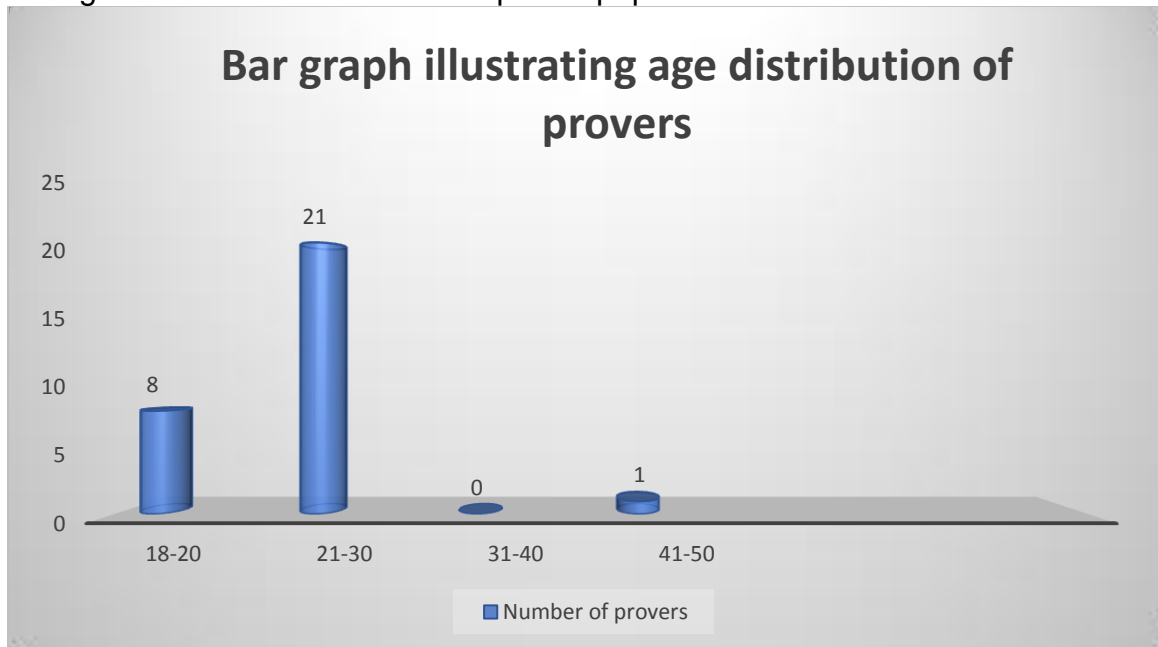


FIGURE 3.4

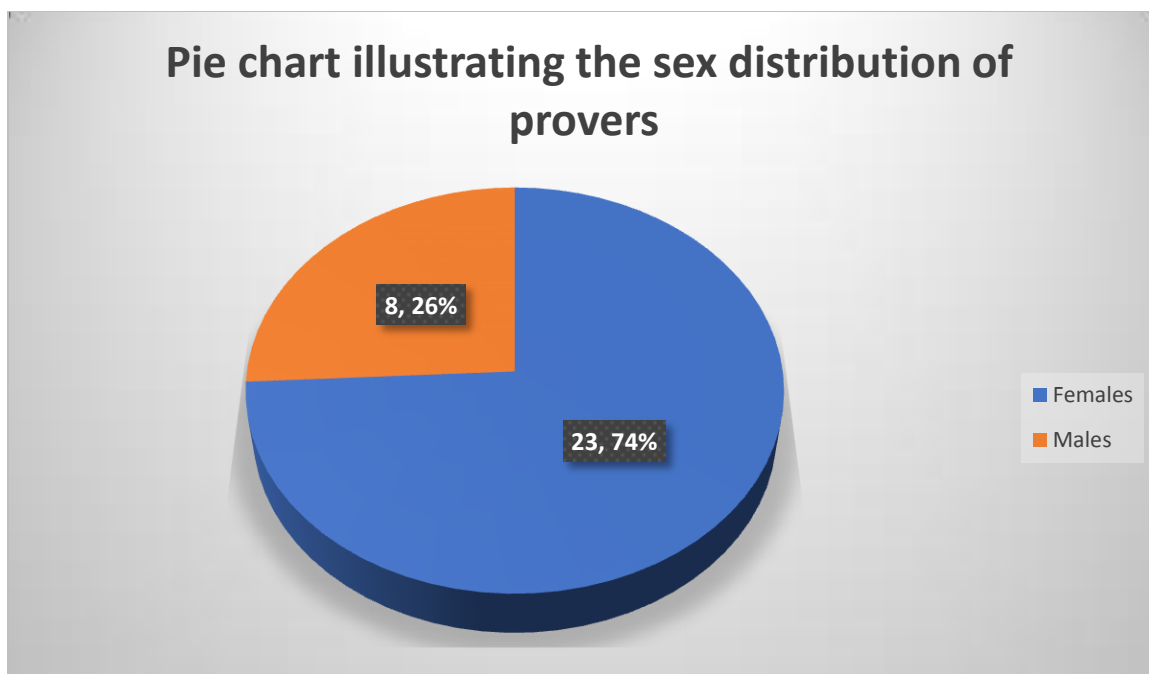


FIGURE 3.5

3.4.1.1. The Experimental Group

The experimental group consisted of a total of 24 provers. This was 80% of the prover population.

3.4.1.2. The Placebo Group

The placebo group consisted of a total of 6 provers. This was 20% of the prover population.

3.4.2. Randomisation

The entire randomization process was carried out independently of the researchers. Provers were randomly allocated into two groups by an independent third party, one being the experimental group, the group which received the verum, and the other being the control group, those that received the placebo. This third party was chosen upon the advice of the departmental research co-ordinator. The randomisation was carried out electronically in a randomisation table format and stored by the independent third party, namely, Dr S Brijnath (M.Tech.Homoeopathy). The thirty sets of powders (24 verum and 6 placebo) were packaged according to the randomisation list. The aim of this process was to ensure that neither the researchers nor the provers had any knowledge as to whom was in the placebo or verum group. Furthermore provers were also unaware of the proving substance or its potency leading to additional blinding.

The verum and placebo powders were identical in appearance and the dispensing of these powders was done by the independent party to ensure that neither researchers nor provers were aware of which group each prover falls hence a double blinded status was achieved.

3.4.3. Criteria for the Inclusion of a Subject into the Proving

Inclusion criteria:

- Between the ages of 18 and 75 years old;
- A general good state of good health (Sherr 2003: 49);
- Be willing to follow the proper procedure for the duration of the proving.
- Fluent in English

3.4.4. Criteria for the Exclusion of a Subject into the Proving

Exclusion criteria:

- Younger than 18 years old or older than 75 years old;
- On chronic allopathic, homoeopathic, or herbal medication;
- On, or have been on, the oral contraceptive pill or Hormone Replacement Therapy in the last six months;
- Pregnant or breastfeeding;
- Surgery in the last six weeks;
- Use recreational drugs such as cannabis, LSD, or ecstasy (MDMA);
- Consume more than two measures of alcohol a day;
- Smoke more than 10 cigarettes a day;
- Consume more than 3 cups of coffee or tea a day;
- In a poor state of health;
- Not willing to follow the proper procedure for the duration of the proving.
- Cannot speak or write in fluent English

3.4.5. Lifestyle of Provers during the Proving Period

The provers were educated on adhering to the following measures for the duration of the proving:

- Store the proving powders in a cool, dark place away from strong-smelling substances as well as electrical equipment and cellular phones (Sherr 2003:92);
- Avoid all antidoting factors such as coffee, camphor, menthol and mints and to discontinue the use of these substances for two weeks prior the commencement, and for the duration of the proving (Sherr 2003:92);

- Exercise moderation with regards to work, alcohol use, exercise and diet (Sherr 2003: 92);
- Avoid medication of any sort, including antibiotics and steroid or cortisone preparations; vitamins or mineral supplements, and; herbal or homoeopathic remedies (Sherr 2003: 92);
- Try and maintain their normal routine all the way through the proving;
- In the case of an occurrence of a medical emergency at any time during the proving, provers were instructed to contact their doctor, dentist or hospital immediately and thereafter contact their research supervisor (Sherr 2003: 92).

3.4.6. Monitoring the Provers

Each researcher maintained contact with their respective group of provers so there was no overlap of correspondence. Telephonic contact between the researcher and respective provers was continued for the entirety of the experimental phase. The researcher contacted each prover every third day during the baseline week of the process, to ensure that they had no difficulty in recording their healthy state. The researcher also contacted all provers a day prior to the commencement of remedy consumption as a reminder to do so. Provers were contacted daily by the researcher in the duration of the first week. Contact was then reduced to every second day in the second week, every third day in the third week and every fourth day in the fourth week respectively. Once the prover had completed their proving journal, a post-proving consultation was completed to clarify that the participant was no longer experiencing proving symptoms i.e. they had returned to their healthy state.

The basis behind this persistent communication between the provers and the research investigator is as follows:

- To determine when the proving substance has begun to act, and consequently instruct the prover to suspend taking any further doses (Ross 2011: 95);
- To ensure compliance of the prover with regards to administration of the powders as well as the recording of symptoms in their journals (Ross 2011:96);
- To recognize any aggravating symptoms experienced by the provers that require antidoting– thus ensuring the safety of all participants (Ross 2011:96).

3.4.7. Ethical Considerations

Prior to the commencement of the proving the stipulated proving methodology was approved by The Faculty of Health Science Ethics committee at the Durban University of Technology. This was to ensure that standard protocol would be

adhered to for the safety and protection of all participants. In addition participation in this study was voluntary, participants were not swayed or pressured into participating. Preceding a suitability screening all participants were fully informed of the research process, the requirements and potential risks or discomforts of the study, thereafter a written consent was obtained from each participant. Full consent was obtained from all provers in 2 phases, an informed preliminary consent (Appendix C) and an informed main consent (Appendix E). It was brought to the attention of all participants that if they were not compelled to participate in this study and they were free to withdraw from it at any point without providing a reason thereof (Hansjee 2010: 68).

According to the Basic Principles mentioned in the Declaration of Helsinki: all medical research projects that involve human subjects should be led by careful assessment of the risks in contrast with the predictable benefits to the subjects or to others (Bulletin of the World Health Organization 2001). The volunteers' safety was an important part of the proving, hence researchers screened each prover before the proving to ensure that all provers were in a good state of health and were not in need of medication or treatment for any illness or disease. The LMHI-ECH Homoeopathic Proving Guidelines (2014) and Durban University of Technology standard departmental proving guidelines was adhered to and the provers were under constant and close supervision. Provers were contacted telephonically on a regular basis, as highlighted in the methodology, and were also encouraged to contact the researchers with any queries or questions. The prover's confidentiality was upheld at all times, both during and after the proving process. The assignment of unique prover numbers allowed for this, i.e. no names or identifying information was included in the research dissertation. In addition prover journals were coded using the prover number alone.

In the event that symptoms became distressing to the participant then the proving remedy was antidoted (Sherr 2003: 63). The proper IREC (Institutional Research Ethics Committee) Adverse Events Protocol would have been followed. The researcher would have reported the adverse event to the IREC in writing within 48 hours of the event.

3.5. THE DURATION OF THE PROVING

3.5.1. The Case History and Physical Examination

The research investigators together with the supervisor hosted a pre-proving seminar for those provers whom met with the Inclusion Criteria (Appendix B) to enlighten provers about the process of the proving that would follow. Each prover was then contacted and a pre-proving consultation was scheduled. This consultation entailed a thorough case history and a general physical examination. This stood to guarantee that all provers were in a generally good

state of health in addition it provided a distinctive baseline for each prover prior to the ingestion of the proving substance.

3.5.2. The Pre-proving Observation Period

On the provers' assigned starting date, they began by recording their 'normal' state in the provided journal, at a minimum of three times daily for the duration of one week. This was essential as it functioned to acquaint the prover with self-observation, to create good journaling habits and to establish a standard for each prover's normal state of health. The researchers contacted the provers during this period to ensure accuracy and compliance in the recording of symptoms.

3.5.3. Commencement of the Proving

On completion of the one week pre-proving journal keeping, each prover was directed to ingest the first of the allocated powders in their envelope and sequentially record any symptom that arose. If major symptoms ensued then provers were instructed to discontinue the remedy, if the symptoms were very mild, then provers were instructed to take a further dose of the substance. If no symptoms occurred, the provers continued taking the remedy three times daily over a period of two days. If no symptoms were noticed after taking all six powders, the provers still continued recording their symptoms. If symptoms did occur, they did not take any further doses. Even though the prover discontinued taking the remedy, that prover still remained part of the research study and was kept in telephonic contact with the proving researcher. In the case of severe aggravations, the prover was antidoted, this was documented and the prover still remained part of the research study. The daily recording of symptoms by the provers continued for a total of four weeks.

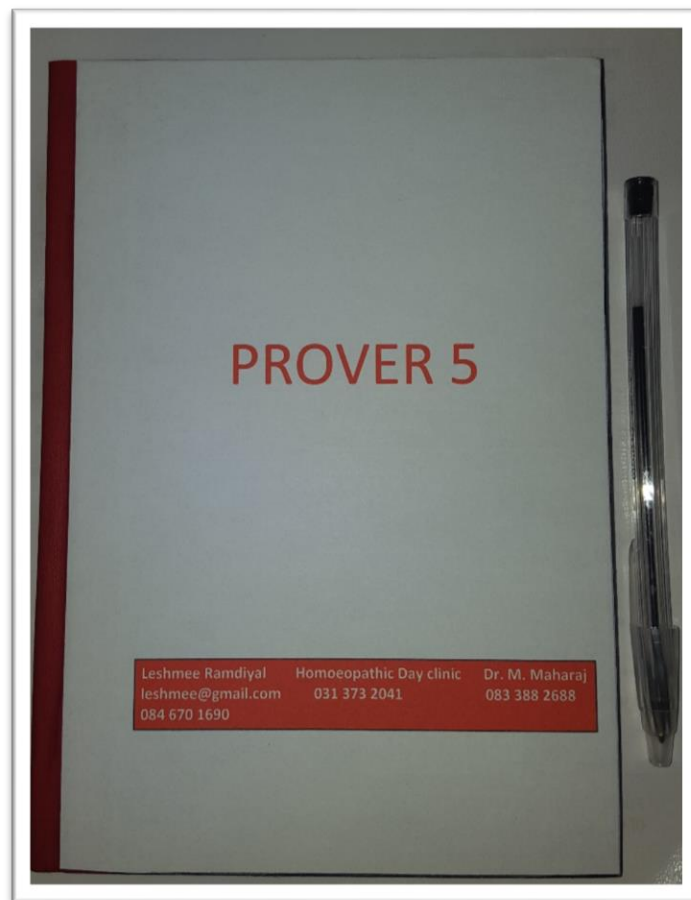


FIGURE 3.6
Journals provided to provers

Prover Number	Baseline recording week: _____ Date of starting remedy: _____ Date of 6 week completion: _____ Follow up date: _____
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Proving Drug taken today?			
Date:	Morning Time: _____	Afternoon Time: _____	Night Time: _____
Date:	Morning Time: _____	Afternoon Time: _____	Night Time: _____

Review of Symptoms:

Head-to-toe Symptoms		Generalities	Mind Symptoms
Head	Cardiovascular System	Sleep	Disposition
Eyes/Vision	Gastrointestinal System	Energy	Fears
Ears/Hearing	Urinary System	Perspiration	Relationships
Nose/Sinuses	Genitals/Sexuality	Appetite	Social Interaction
Mouth/Tongue/Teeth	Musculoskeletal System	Thirst	Ambition/Regret
Throat	Extremities: (Upper/Lower)	Bowel habits	Hobbies/Interests
Respiratory System	Skin	Urination	Dreams
	Other	Modalities	

-- CLAMITS --

Concomitants: Signs or symptoms that appear together, always seem to accompany each other, or seem to alternate with each other

Location: Be accurate with anatomical descriptions. Simple, clear diagrams may be used, with attention to which side of the body is affected.

Aetiology: What seems to cause or set off the symptom does do this happen repeatedly.

Modality: How a symptom is affected by different situations/stimuli. Better (>) or worse (<) from weather, food, smells, dark, lying, standing, light, people, etc.

Intensity: A brief description of the sensation of any symptomatology and the effect it has on you.

Time: Time of onset of the symptoms, when they cease or are altered, is important. Is it generally > or < at a particular time of day.

Sensation: Description as thorough as possible e.g. burning, shooting, stitching, throbbing, and dull, etc.

FIGURE 3.7
Info slip attached to each journal

3.5.4. Chronology

Each prover was required to note the time that each symptom arose in relation to the time elapsed after ingesting the first powder. The format of DD:HH:MM was used when recording each symptom – this refers to the day (DD), the number of hours (HH), and the number of minutes (MM) since the proving began (Sherr 2003: 73). After 24 hours elapsed, the minutes were no longer important and could be represented by XX. After a few days elapsed, the hours were no longer relevant either and were marked as XX. In instances where time was trivial the

symptoms were represented by XX:XX:XX (Sherr 2003: 73). The actual time of the day was included only if it was definite, significant and causal to the symptom. All irrelevant time data was deleted in the initial extraction.

3.5.5. Post-proving Observation

An additional one week period was granted following the four week proving period and was assigned for general observation purposes. This one week period was considered as the post-proving observation period to ensure no reoccurrence of proving symptoms. At the end of the post observation period a follow up case history was taken and a physical examination was performed to confirm the return to a normal, pre proving state. The respective journal collected from each prover. The proving was now considered complete.

3.6. SYMPTOM EXTRACTION AND EVALUATION

3.6.1. Data Collection

The primary source of data collection for this proving was gathered from the prover journals, which were all recalled after the completion of the full proving process. Data in these journals included the pre-proving, baseline state of each individual as well as the post proving state after taking the remedy. In addition the following sources of data were also of significance and so included:

- Pre-proving case histories of all provers
- Pre-proving physical examination of each prover
- Individual post-proving consultations
- Telephonic contact between provers and the researcher

Further information was clarified by individual or group discussions.

3.6.2. The Extraction and Evaluation of Symptoms

Upon retrieval of the prover journals the researcher transcribed (verbatim) each journal individually into Microsoft Word documents. The data collected at the pre-proving consultation, as well as the one week pre-proving observation period, functioned as the control when evaluating symptoms logged during the proving period. Hence all symptoms recorded in the baseline week were captured in red coloured text and all symptoms documented after the administration of the first dose were captured in black coloured text to allow for differentiation. Each file was then saved and named according to the corresponding prover number. Symptoms that were exhibited both in the baseline and proving phases of each individual was removed. Each of these prover files went through a set criteria and those symptoms which deemed invalid were deleted (described in 3.6.3 and 3.6.4. below). On unblinding of the proving those prover files whom were on

placebo were deleted. Only the verum prover files were retained for further analysis and reporting.

3.6.3. The Criteria for Inclusion of a Symptom as a Proving Symptom

Inclusion Criteria:

- New symptom that is unfamiliar to the prover (ICCH 1999: 36).
- Usual or current symptoms that are intensified to a marked degree (ICCH 1999: 36).
- Current symptoms that have been modified or altered – with clear description of current and modified components (ICCH 1999: 36).
- Old symptoms that have not occurred for at least one year – note the time of last appearance (ICCH 1999: 36).
- Present symptoms that have disappeared during the proving (curative action) (ICCH 1999: 36).
- The time of day at which the symptom occurred should only be included if there is repetition of such times in one or more provers (ICCH 1999: 36).
- If a symptom is in doubt – include it in brackets. If another prover experiences the same symptom, it could be valid. Otherwise it must be included (ICCH 1999: 36).
- A symptom occurred after taking the medication on at least 2 (two) occasions 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, 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 are proving symptoms (Sherr 2003: 76).

3.6.4. The Criteria for Exclusion of a Symptom as a Proving Symptom

Exclusion Criteria:

- Symptoms should not be included if they have occurred in recent history i.e. in one year or less (Sherr 2003: 76).
- Symptoms that are usual or current for the prover should be excluded (Sherr 2003: 76).
- If there is any serious doubt as to the validity of the symptom, it should be excluded.

3.7. COLLATING AND EDITING THE DATA

The main objective of collating the data was to adapt the proving symptoms from many accounts into a single entity, into an “as if one person” composition (ICCH 1999: 37). The data within each individual verum journal was recorded, collated, merged and edited into a logical, sequential and easily comprehensible form, while preserving the language of the provers as far as possible. This non-repetitive format was used to generate a systematized remedy picture of *Garcinia cambogia* 30CH.

The symptoms from the various journals were clustered together in relevant sections and subsections of the repertory e.g. Extremities, Mind, Generals, etc. (Synthesis Ed 9.1 2004). Each of these symptoms were labelled with the corresponding prover number, gender of prover and onset of appearance.

Symptoms that were similar or identical between provers were listed consecutively according to the following criteria:

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

Symptoms that reoccurred constantly in a prover were merged and if a symptom covered more than a single body/system, it was listed under the most central heading. Recurring symptoms, sides of the body, modalities and times of day repeated more than 3 times were included in the General symptoms section of the repertory.

In the case of Mind and Dream symptomatology, these were grouped according to themes, within the broader grouping. The allocation of journal entries to particular chapters was according to predominant theme, so as to ensure utmost clarity of remedy image and reduce repetition of entries in more than one chapter.

3.8. REPORTING THE DATA

Once data extraction and editing were complete, the valid symptoms were recorded in the standard Materia medica format. Moreover, the proving symptomatology was represented as reportorial rubric entries. This ensures that the data produced is easily understandable and usable in homoeopathic practice, so it can be prescribed according to the Law of Similars without confusion.

3.8.1. The Materia Medica

Each valid proving symptom was sorted into the relevant categories according to existing Materia medica format. The Synthesis Repertorium Homeopathicum Syntheticum (edition 9.1) was used as a guideline in compiling the Materia medica of *Garcinia cambogia*. Below is a schema of the headings used:

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

3.8.2. The Repertory

After the valid symptoms were organized into the appropriate sections in the Materia Medica, the equivalent rubrics were established using the RADAR OPUS software package Version 1.38 (Archibel 2013) employing the Synthesis Treasure Edition (Schroyens 2009). Thus the proving symptoms were recorded in the conventional **rubric** – *sub-rubric* –sub-sub-rubric format. In the event of a rubric not being found in the existing text, a new rubric was created to include the remedy symptom.

The following grading system was used in grading the valid symptoms, as adapted from Ross (2011):

- All rubrics are assumed to be of lowest grade, which is Grade 1, and are reflected in normal type
- Rubrics that were experienced by three or more provers were elevated to Grade 2, and reflected in *italics*

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

3.9. Related Remedies

Once the valid symptoms were recorded, they were repertorised using the RADAR computer programme set on the 'sum of symptoms and degrees' setting. A list of remedies with a similar symptomatology was elicited. This was completed by separately repertorising a selection of key Mind, Physical and General symptoms that were recognized as rare, peculiar or specific in response to *Garcinia cambogia* 30CH. Those existing remedies which came up on the three respective repertorisations with prominence correlated with *Garcinia cambogia* and a comparison was drawn between them based on the data produced. The comparison highlighted the similarities and differences of the remedies to the proving remedy allowing for greater clarity on the specifications of *Garcinia cambogia* so that it can be employed with better understanding and without doubt.

CHAPTER 4

THE RESULTS

4.1. Introduction

Symptoms derived from *Garcinia cambogia* 30CH were extracted, collated and edited from the prover journals. These results were then represented in this section as two subsections, the Materia Medica and the Repertory format. Rubrics were adapted according to the categories of the *Synthesis Repertorium Homoeopathicum Syntheticum* repertory, edition 9.1 (Schroyens, 2004).

4.2. The provers

The proving of *Garcinia cambogia* 30CH was conducted on 30 healthy participants, of these 30 provers, 24 received verum and 6 received placebo at random. The prover group consisted of both male and female provers, ranging from 19 years to 50 years old. The below table highlights the prover demographics and the randomization of provers to either the verum or placebo groups.

Table 4.2.1: Prover randomization list

Prover Number	Age	Gender	Ethnicity	Placebo/ Verum
1	23	Female	Asian	Verum
2	23	Female	Indian	Placebo
3	25	Female	Indian	Verum
4	26	Female	Caucasian	Verum
5	30	Male	African	Verum
6	23	Female	African	Verum
7	27	Female	Indian	Verum
8	20	Female	African	Placebo
9	20	Female	African	Verum
10	22	Female	Indian	Verum
11	23	Female	Caucasian	Verum
12	19	Female	African	Verum
13	19	Female	African	Verum
14	20	Male	Indian	Placebo
15	23	Male	African	Verum
16	30	Female	Indian	Verum
17	22	Male	Indian	Verum
18	21	Female	Indian	Verum
19	20	Female	Indian	Verum

20	26	Male	African	Placebo
21	22	Female	Indian	Verum
22	50	Female	Caucasian	Verum
23	25	Female	Coloured	Verum
24	19	Female	Indian	Verum
25	25	Female	Indian	Placebo
26	22	Male	Indian	Verum
27	20	Female	African	Verum
28	23	Male	Caucasian	Verum
29	23	Female	African	Verum
30	23	Female	African	Placebo

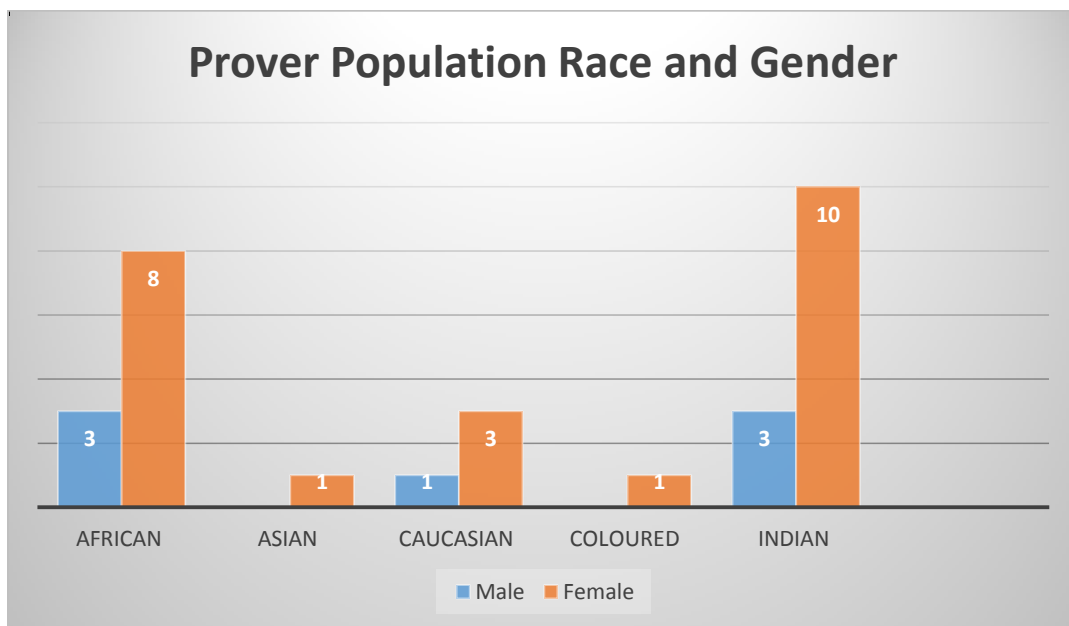


Figure 4.2.2.

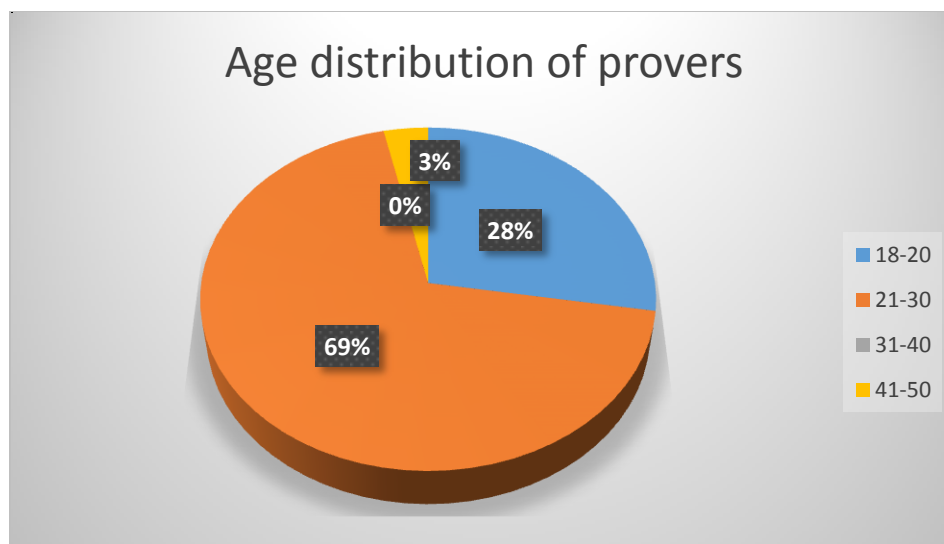


Figure 4.2.3

4.3 The Materia Medica of *Garcinia cambogia* 30CH

The proving symptomatology of *Garcinia cambogia* 30CH was grouped according to standard Materia medica sections, including relevant headings and sub-headings. The symptoms were extracted verbatim, spelling and grammar were unchanged. Symptoms recorded by provers belonging to the placebo group were not considered. All qualifying symptoms were referenced according to Sherr (2003:78): Prover Number – Gender– Onset of Symptoms (Day:hours:minutes); where the time is unclear, or not recorded by the prover, it is represented as XX:XX:XX; All symptoms cured during the proving are denoted by the letters (CS), for Cured Symptom, which will follow the particular symptom.

4.3.1. MIND

4.3.1.1. AFFECTIONATE

Been very friendly since the proving. 03F:26:XX:XX

Very affectionate, hugging everyone, especially at the beginning of the proving. 04F:39:XX:XX

Very affectionate. 04F:40:XX:XX

Hugging everyone. 04F:40:XX:XX

Emotionally I'm more caring towards others. When my stepmom died I got close to her daughter for the first time, I was there for her, even though we never got along before. I now find myself less harsh on others and I have more love to give. Even though my family were against me showing her compassion. 09F:56:XX:XX

Note – I've been binge watching orange is the new black – very addicted to it. Since I've become a little more connected with my emotions, I've become connected to/ attached to the characters (all are prisoners actually). 10F:01:XX:XX

Want to be more helpful and kind and caring. 11F:44:XX:XX

Been really, genuinely nice to people, I'm willing to do more for them in giving help. 15M:24:XX:XX

Dream made me feel a little happier to help 16F:25:XX:XX

Antisocial- withdrawn, feel depressed due to other people's problems, feels sad for others, 27F:XX:XX:XX

4.3.1.1.1. AFFECTION DESIRE (CLINGING)

Difficulty initiating relationships, prover began to get attached to me as time progressed on the proving, he used to call and message me daily. He noted down in his journal that he missed me. Basically, he craved my attention and mentioned in my consult. 26F: XX: XX: XX

4.3.1.2. ALIMENTS FROM,

4.3.1.2.1. GRIEF

Aversion, communication, smell of smoke, to consolation, to company, comfort due to granny's passing away. - I did not cry when I heard my gran passed away, I was cold, broke down at the funeral. The death helped me focus on my studies, could not share the grief. 27F:XX:XX:XX

4.3.1.2.2. SHOCK

Also, may have heard some disturbing new during the course of the braai, I have convinced myself not to believe merely because of the fact that it is gossip but if it's true, I would really, really be gutted. 17M:03:XX:XX

Found out that my ex is pregnant. Not sure how to feel about it but on days like this I wish a hole will appear in the ground and swallow me up. Love this year so far. You know that feeling when you don't know what to feel. Whether to be happy or sad, whether it affected you or not. Wondering just wonderful, why 2015 has been so nice to me, I am absolutely speechless, as I said, "I guess things were going to well for me" 17M:21:08:00

4.3.1.3. ANGER

Was weird being home, there is more of an aggressive energy. Basically, the calm I felt alone at the other house was no longer and it just felt more crazy at home. A feeling I will have to get used to. 11F:33:XX:XX

Mood is still bad, slept for barely 2 hours last night, had a big argument yesterday but choose not to write down personal problems here. Let's just say my dreams do come true, well not ones I would want anyway. Well traits life. Anyway, time to move forward feel terrible but what needed to be said has been, so feel a bit relieved from that point to view. I really can't wait to find employment, I don't mind working, 7 days a week for the next few years. Honestly, anyway of to have a bath and then go back to sleep.

17M:09:XX:XX

Mood still a bit corrupted, feel very angry for most of the day, also not so happy that I never view my results yet. 17M:09:22:XX.

My mood is also not the best, I don't know why I keep on doing this to myself, even though I know what the outcome is going to be. I should stop and just leave it alone, walk away and forget about it. How can I though? Not going to say much, just going to sit and find a way to run away without saying much, again!!! 17M:13:XX:XX

No sinus and headaches but feeling a bit annoyed and moody. Feel like just being by myself today, don't want to initiate any conversation at all right now. It's December and I can't believe I am feeling this way. Hate it, definitely need to do something today, perhaps a drink (alcohol) 17M:17:07:00

Also, still can't get over that interview, "did you buy your qualification?" another time, another place, I would have swore that guy, thank the good Lord I dint hate anyone, I just resent, but I feel like giving him a good tongue lashing. 17M: 07:22: 00

Very frustrated and annoyed just feel like sleeping and not waking up till Monday. Hating this holiday and dislike being around people right now. 17M:17:22: 00

Mood is not helping, its hard work acting like everything and yourself is okay when you really don't feel like yourself. Actually, gives me a headache this weather and my mood together, any who off to try and get some sleep, work tomorrow morning. 17M: 24: 22:00

I feel so angry and weak but yet I am feeling like I can't consume anything properly. Probably ate too much over the last few days anyway. 17M:33:22:00

So frustrated with things that happened at campus but trying to control my anger. People can be so difficult at times it's frustrating. 18F:21:XX:XX

Mind/mood- still irritated I'm very angry too, my boyfriend still didn't answer my calls, don't know what happen to him but he better be at home and have a good excuse. 24F:11:21:45

Feeling very angry not sure why 24F:15:19:55

Got emotional early on in day after having an argument. I had a fight with my boyfriend, I was mad and haven't spoken to him. Besides that, I interacted well with other people 29F:00:XX:XX

Not in a great mood today, so disappointed in myself. I haven't been able to meet the goals I set out for myself and it's so frustrating. I am really annoyed with myself. I really feel the drive to want to do everything but I feel so tired and lazy such that I end up not doing anything. It is really frustrating. 29F:12:XX:XX

4.3.1.3.1. CHEER WITH

I feel a little agitated, "no time for bullshit feeling" Mixed with humor. 10F:00:XX:XX

Mood swings, emotional, angry, happy @ times – deep in thought. 10F:19:XX:XX

4.3.1.3.2. EASILY

I feel a little pissed off at small things. 10F:00:XX:XX

Very irritable, took off with everyone, very short temper, no longer a people pleaser, lashing out at everyone- 16F:14:XX:XX

The past few days has been extremely emotionally trying. Unable to stay calm. Very short tempered and extremely irritated. 16F:20:XX:XX

Snapped at kids, very short tempered. 16F:28:XX:XX

I feel very angry and I seem to lose my temper a lot. I am not in the mood to talk or be around people. I just want to curl up and sleep or plug my ear phones on and listen to music. I seem to just lose my temper around my husband, he drinks every day. Alcohol annoys me now. 23F:22:XX:XX

4.3.1.3.3. HUSBAND WITH

Was in a grumpy mood with husband 16F:00:XX:XX

I am so angry we left for my aunt's house and my husband is drunk again. He just loves drink sooo much. I just hate the way my husband makes me feel I am trapped in a corner and I want to scream and fight. 23F:02:XX:XX

I am a bit angry, my husband was supposed to fetch me last night and he didn't. He just got drunk and passed out at home. When I think how pathetic and irresponsible he is. I just get so mad. 23F:04:XX:XX

I feel angry, my husband just makes me so mad, he is drunk all the time and I cannot stand it. Seeing him like this makes me angry. Just the mere thought of him gets ME SOOO MAD. He is a horrible person and my kids are suffering because of him. I am starting to not like him very much. 23F:09:XX:XX

I feel so upset and my husband is to blame for my mood being this was he is just so frustrating and inconsiderate. I feel like SCREAMING and I feel like crying frustration. 23F:24:XX:XX

4.3.1.3.4. MENSES BEFORE

Day at the pool started off with a fight. Again short temper, I think its ovulation/pms related. 16F:18:XX:XX

Very cranky and irritable period definitely on the way. 16F:20:XX:XX

4.3.1.3.5. SADNESS WITH

Today I don't feel like good, I am feeling very sad and hurt. Today supposed to be a special day but instead my husband decided to get drunk and annoy the shit out of me, I feel sad, angry and hurt. I want to beat him up today. Today is just another miserable day. I just feel like sleeping the whole day. I love being to myself under my blanket. I don't want to be around people I just want to curl up and be by myself. 23F:10:XX:XX

4.3.1.3.6. SUPRESSED

I met up with friends and we all chatted but I felt this need to go out of there, something inside me was crying for time alone, got offended by my friend I was hurt but I could not bring myself to say anything. 27F:04:XX:XX

4.3.1.3.7. VIOLENCE WITH

Smacked son- feeling guilty but still very angry. 16F:18:XX:XX

06h00 shit f***n dream, hate this thing, worse feeling ever, I feel like I can hurt someone right now, if I hit them. Had the same dream again for the 5th time, really annoying. Mood is not very good, feeling very angry. 17M:08:06:00

Mood is still like shit, I feel like I am going to hit something right now. Rain is here suddenly, the weather is just like me and my moods. Just going to sleep now, not in the mood for any one and anything right now. 17M:08:14:00

I feel like I can hurt anyone and anything without even focusing too much on the consequences 17M:23:XX:XX

14h00 Rough day so far, not in the best state of mind mentally, feel like I can burst and give someone a good hiding right about now. Sinuses has gone out of its way to annoy me for about, how thoughtful of you! I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. Argh feel like cutting it out and leaving it aside. 17M:XX:XX:XX

I feel so angry and frustrated. My husband is drunk again and he a big noise early in the morning we all woke up. He goes somewhere and knows that I need to go to my

family's house. He comes home pissed drunk and it's only the morning. Then we have to deal with his stupid behaviour. I am so mad, I want to punch him poke his leg so he won't be able to go out and drink some more. 23F:02:08:00

I feel so angry, I could just SCREAM and it is all because of my husband. He is so inconsiderate and irresponsible, I want to punch and kick him. 23F:05:19:00

I am angry today, my husband just pisses me off and stresses me out to the max, he loves his drink with all his heart and we are left to suffer for his stupidity. I want to PUNCH him really hard. The only thing that makes me feel better is when I am sleeping. 23F:11:XX:XX

Mind/mood- sad and annoyed, bf not answering my calls, feel like hitting him 24F:13:XX:XX

4.3.1.4. ANXIETY

+/- 10 am started feeling anxious, lasted throughout the day. No specific trigger that I can think of. 04F:13:10:00

Continued feelings of anxiety throughout the day. 04F:14:XX:XX

Feeling anxious again, however, less intense than previous days. 04F:15:XX:XX

Feeling very anxious & unsettled. 04F:21:13:00

Slight anxiety. 10F:21:XX:XX

Started getting more anxious about the next day from about 4pm onwards. 11F:02:XX:XX

More anxious tonight – hoping everything will go OK tonight. 11F:26:XX:XX

14:00- still terrible day and have a feeling it's going to get worse only from here. Had a good nap though, cover up for what I may have missed out on last night. Now to have something to eat and a relaxing cup of tea to calm myself down, everyone has bad days, I have two bad days then a 100 bad ones. 17M:09:14:00

Feel a little anxious today, no idea why, anxiety level 2. 21F:03:XX:XX

Anxious on waking up. 21F:XX:XX:XX

Sleep- I did not sleep well at all, my mind was on my house and if everything was alright. I did not sleep at my house, so I was very uneasy. 23F:11:XX:XX

Anxious, nervous, tired 24F:07:08:15

4.3.1.4.1. ANXIETY, EXAMS

Campus is stressful. Research, clinic, tests. 03F:02:XX:XX

I can't do anything because my nose is stuffed. My nose and cheeks are red!! OMG, it's the worst thing ever. Even worse because I have a test in a few days time.

09F:47:XX:XX

7:15am feeling quite sick and am quite urgent to use the toilet. My test is at 8:00am.

Also starting to feel quite tired now. 11F:03:XX:XX

Was somewhat stressed for my prac test this morning. Nauseous on smelling food. That became better or wasn't the case anymore once the test was done. 11F:04:XX:XX

Really getting worried for exams next week. 11F:31:XX:XX

I'm writing tomorrow, a little stressed, so I have a headache. 12F:36:XX:XX

I couldn't help but feel tired again today and a bit nervous about exams. 15M:20:XX:XX

Anxious for those exam results, not HIV now, exam results, hope to get that sorted out soon 17M:09:22:XX.

Wide awake, stressed because I'm writing today. 24F:01:06:35

Mind/mood- stressed, hope I did well for my paper, relieved, that it wasn't as hard as I thought it would be, happy I studied for 5.5 hours hrs straight. 24F:01:17:11

Stressed, nervous, tense, hope tomorrows paper is easy 24F:08:21:45

Worried, tense, hope I did well because the paper was kind of hard and confusing. 24F:09:XX:XX.

When I began to study – I have this fear that I might forget my work, I have to memories and perfect it before I move to the next one- I get really anxious 26F:XX:XX:XX

Waking up was no problem at all I guess the anxiety of the test was more awake then me so I got started on study- lag. 27F:04:XX:XX.

I started to feel anxious but then I managed to relax and I started writing and it was quite a fair test. 27F:12:XX:XX

Worst thing for me, is panicking in a test room and when I was about to write that is what I did and my concentration was now low, but I managed to calm down and I wrote well and finished early and left. 27F:12:XX:XX

Today is the last day of term and I am happy only because I am done with test and assignments but I only have one last task to tackle and I am quiet nervous about it , I woke up early and started to go over my notes and presentation. Got ready for school, I could not even eat. The class was full today that made me nervous. I was afraid I would forget some other facts so I wrote them down on paper. I presented and I was quiet happy with myself and I knew now can enjoy my holiday without any stress.

27F:14:XX:XX

I have felt quite anxious about upcoming exams. I haven't really started studying and I am beginning to feel quite nervous. When I'm feel nervous I feel like I have to really breathe in deeply as if I am running out of air. 29F:03:XX:XX

I have only been feeling a bit anxious about upcoming exams, there isn't much time left and I haven't started studying. 29F:04:XX:XX

Nothing really usual, rather feeling quite occupied with the thoughts of wanting to study and make sure I am well prepared for the exams. I am also quite feeling fulfilled, I am proud of myself, I have been able to go to the gym and workout so it is a great feeling, makes me feel like I can now accomplish my goals. 29F:19:XX:XX

Just feeling quite anxious about my exam. My first exam is just 5 days away and all I feel like I still haven't studied enough and do not have enough time. It's hard to study when I am anxious and stressed out and I stress out even more when I'm not studying but I can't because I am stressed out. I end up resorting to eating a lot of food, it helps me calm down for a while then I can return to my studying. 29F:21:XX:XX

4.3.1.4.2. FAMILY ABOUT

Thinking a lot about family today as well. 15M:04:XX:XX

I miss home, everyone at home. At times I find myself thinking of my little brother and how much he annoys me then I get angry and imagine hitting him and telling him off , i fear for his life because he does not take it seriously but what mostly makes me angry at him is his in ability to respect those older than him. 27F:07:XX:XX

4.3.1.4.3. FUTURE ABOUT

The anxiety is aggravated by thinking & talking about potential future plans but somewhat relieved by writing things down e.g.: plans for the next few days such as going for interviews, joining allied health, etc. 04F:15:XX:XX

I feel better, a little energy in my system, but still tired and not back to normal. Mood is changing I feel a bit worried. (about my future and school). 09F:24:XX:XX

Deep in thought about my future. 10F:27:XX:XX

All "side effects" or 'symptoms' which have been stated above have gone away. That's good. It has been rather annoying, not so good, can't stop thinking, thoughts have been diverged in many directions (job, expectations of results). Feels like I need a change of scenery, home just ain't cutting it for me. Glad to say. I went for a jog today, and hopefully going to gym tomorrow. Need to find something to do, feels really frustrating doing nothing but I guess patience is a virtue. Anyway, going to bed, hopeful of a good night's rest and an early morning. I have just read this and wish to follow this as always "learn to get in touch with the silence within yourself and know that everything in life has a purpose" on that note, a positive one goodnight. 17M:00:21:00

Hopefully get some sleep, as back to work after more than a month out. Not too keen to be returning to that place, abit afraid of what might happen and what people may say but I am sure I will be able to handle it. 17M:10:22:00

I had a horrible dream. Dreamt that I witnessed someone being stabbed in my presence. It happened inside my yard among other people there as well. The person who was stabbed and the person who was stabbing could not be seen. Everyone else in the dream, all known showed concern towards the incident, everyone carried on as normal. I could only see blood on the floor and sprayed out of the person on the ground. Rather horrific that as I do not like the site of blood in general (I feel weak and uneasy) actually shiver thinking of it right now. This dream makes me feel like something bad is on the horizon and actually frightened that something might actually happen. 17M:11:XX:XX

Fear- something bad will happen. 21F:XX:XX:XX

I'm feeling really anxious. I'm waiting for a call back, for my interview to hear if I got the job or not. But I am not too hopeful because I know I did not do well in the interview. So I am hopeful but not too much. 23F:15:XX:XX

Scattered thoughts mostly about the future that each decision I make now will be very impactful on the future. 27F:02:XX:XX

4.1.3.4.4. HEALTH ABOUT

During interaction with some older chiros it has been decided that I should go get my thyroid checked. I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath, weight gain + lack of concentration, cold intolerance, muscular aches, pains and stiffness and dry skin. While I thought I am anaemic maybe I am just suffering from slight hypothyroidism. My doctor's appointment has been scheduled for Monday 16th. 06F:26:XX:XX

Tomorrow my results will be in. Im praying for positive results. The main things I complained to him about was : fatigue, sudden weight gain, intolerance of cold, palpitations, breathlessness, dizziness and general weakness. It would be nice to get a resolution of my symptoms. 06F:32:XX:XX

Blood tests are in. I'm really disappointed. My thyroid is within normal limits. However my haemoglobin is low. Therefore I am anaemic but I am not suffering from hypothyroidism. I really wanted a solid answer/ diagnosis for my symptoms. However I will keep searching for answers. 06F:33:XX:XX

I feel like there's a weight on my shoulders, there is just too much, even my back is aching. I even checked my symptoms on the internet because I'm getting so worried. 09F:35:XX:XX

Pain on chest left hand side. It's worse when I'm at home. Extreme pain, it feels like a pressure on the chest, "like a heavy package on my chest" it comes at around midnight

or early morning when I'm sleeping and wakes me from my sleep. I thought I was dying. I got soooo scared. Totally freaked out!! 09F:55:XX:XX

I've been sleeping weirdly, so I've been waking up with a dead arm. I think I have been sleeping on the arm, then I wake up scared because the hand can't move and feels numb. I go into a state of irrational panic and start freaking out in case the hand never works again. 15M:23:XX:XX

4.3.1.4.5. PANIC WITH

Woke up having a panic attack. 06F:15:XX:XX

In the evening had a severe panic attack due to the fact that a friend informed me he had broken my TV attack made it impossible to sleep before 4 am. 06F:21:XX:XX

I've been sleeping weirdly, so I've been waking up with a dead arm. I think I have been sleeping on the arm, then I wake up scared because the hand can't move and feels numb. I go into a state of irrational panic and start freaking out in case the hand never works again. 15M:23:XX:XX

4.3.1.4.6. PUBLIC SPEAKING

I just felt nervous about the presentation and while presenting my voice started to crack and I got a bit intimidated by many faces in front of me even though I knew them all year around, the seemed quite unfamiliar and well maybe is not every day that I get to be in front of them. After presentation I was relieved. 27F:14: XX: XX

4.3.1.4.7. STORMS/ WEATHER

Didn't sleep well last night, was woken by the wind. And woke up with a very dry mouth. 11F:07:XX:XX

Was quite stressed with this house and the numerous storms which took place this evening. 11F:11:XX:XX

Got quite anxious towards the afternoon with the rain and all the accidents which I had to drive through. 11F:15:XX:XX

4.3.1.4.8. SUDDEN

I easily startle lately this other girl peaked on the glass wall of the library to say hi. And I wasn't looking, and when I turned , I saw this dark smiling figure with stretched out arms and I startled and panicked. I screamed and hid myself under my friends back. In my head I thought she wanted to grab me but she wanted to say hi. 27F: 05: XX: XX

Again today I had another episode of startling, I panic when someone creeps on me, I feel myself getting anxious. It is as if I am scared of being captured/ something bad will happen. 27F: 07: XX: XX

4.3.1.5. BED DESIRE

Can't stop thinking about my bed. 03F:12:XX:XX

In the morning I was still tired. I didn't want to come out of bed. I enjoyed my sleep too much. As I woke up I was so tired, it just doesn't get better. 09F:27:XX:XX

I was feeling quite lazy so I stayed in bed and watched movies. 27F: 15: XX: XX

4.3.1.6. BITE/ CHEW

Discovered a trait (which have continued on during time after taking proving med)- desire to bite on something – nails, food, chips, but not on paper, pen or anything that is not edible. 01F:28:XX:XX

Have a decrease in appetite but increase desire to bite stuff. 01F:28:XX:XX

Wants to bite on food but not hungry. 01F:39:XX:XX

Also wanting to chew bubblegum, it has been a real craving. It's become a habit now to chew gum whilst studying so now associate studying with chewing bubblegum. 11F:27:XX:XX

4.3.1.7. CALMNESS

So relaxed. 03F:04:XX:XX

Noticed I have become more calm and content with family. 04F:39:XX:XX

More calm with family. 04F:40:XX:XX

Calmer than yesterday. 06F:22:XX:XX

Mood feels lifted. Feel better and good and at ease. 09F:01:XX:XX

Went to church, mood feels lifted. 09F:04:XX:XX

Feeling relatively stress free. Completely chilled out and lazy. 10F:00:XX:XX

Relaxed day. Felling calm and good. 10F:07:XX:XX

Much more calm. 10F:09:XX:XX

More calm. 11F:02:XX:XX

Today started off well, was in a good mood. Good start to studying was making great progress. I was getting distracted quite easily though and then after lunch I found out my exams were to be postponed for 2 weeks. So much stress just went off my shoulders. 11F:32:XX:XX

Had an incredible sleep, the responsibility of taking care of the other house had vanished and I feel quite good this morning. 11F:34:XX:XX

Not so annoyed with my family anymore. 11F:34:XX:XX

Generally found myself not stressing about things as much as at the end of a usual day. Feeling a whole lot better about myself today. 15M:02:XX:XX

What a day it has been, had a good long nap from 3 till 7 feel so relaxed now but doubt I am going to get some sleep anytime soon. Had a braai with some family and friends at my house, not that much in the part-taking of it, not very social with all these people right now, I have less to say or speak to or with them. Listened to their crap for few hours, now time to go back to bed. 17M:03:XX:XX

I had peace of mind knowing that I had taken out all my burden through prayer. 27F:29:XX:XX

I had peace of mind knowing that I had taken out all my burden through prayer. 27F:30:XX:XX

Peace is what I feel, I no longer wonder of tomorrow I feels like life is happening right now and I am just high spirited and feel like I can take on anything. 27F:31:XX:XX

Had a calm day today. Spent the entire day studying. My mind was at ease. 29F:05:XX:XX

Spent the entire day studying. My mind was at ease. 29F:05:XX:XX

4.3.1.7.1. CALMNESS IN TIMES OF STRESS

I was writing the test but I was not scared, I had a “just do it and get it over with attitude.” Surprising because I usually get nervous. I wrote the test and feel good, it was OK. 09F:42:XX:XX

I used to be a big stresser, I use to stress and panic about every little thing, especially exams and tests but now I’m super chilled, I can’t understand why I’m so relaxed about everything. 09F:54:XX:XX

I don’t study in advance anymore, usually I start days or weeks before but now I’m so chilled and lazy I just study the day before. I feel like it takes long to grasp things but in fact I grasp things well because I cope well with the content in the test, I remember with ease. 09F:54:XX:XX

I feel more relaxed at times of pressure. I know I’m supposed to be stressed or pressured by certain things but I just don’t feel that way anymore. 09F:54:XX:XX

From 1-3pm – went driving, was relatively calm and not nervous. 10F:04:XX:XX

Drove on the road for the first time – very chilled out. 10F:07:XX:XX

I have a really big test on Monday and considering that I am quite relaxed and not very perplexed about it. 11F:00:XX:XX

Generally found myself not stressing about things as much as at the end of a usual day. Feeling a whole lot better about myself today. 15M:02:XX:XX

Struggling to keep focused, I focus only when it's too late or too close to exams, but surprisingly it's easy to grasp stuff when I'm studying so last minute. I am not stressed about exams. It's weird though because stress drives me to study, being "carefree" is what I am now. I do anything that grasps my attention, or takes it away from studying. 15M:24:XX:XX

Mood- changed – optimistic, looking forward to life, can now think better in a pressured situation, ambitious – wants to open up a business. 27F: XX: XX: XX

4.3.1.8. CAREFREE

I feel free. . . 10F:00:XX:XX

Not stressed, carefree. 10F:01:XX:XX

I have a very "don't care attitude" 10F:08:XX:XX

Struggling to keep focused, I focus only when it's too late or too close to exams, but surprisingly it's easy to grasp stuff when I'm studying so last minute. I am not stressed about exams. It's weird though because stress drives me to study, being "carefree" is what I am now. I do anything that grasps my attention, or takes it away from studying. 15M:24:XX:XX

Lovely day, I can feel it already, no aches no pains, no headache, no sinus, no job, life couldn't be any better. Woke up feeling absolutely happy this morning for what reason I don't know. I feel like I don't worry about nothing and will not be in the least bothered about any other person. I feel in a good mood that's all. I would love to go for a morning run and then watch a lovely movie today. Oh and today is a historical day, which means someone else is going to wash my hair (lovely feeling that). Anyway off to a run, still praying for a job and washed my mind clean of any other topic (can't write that here). At least I know I can stop persisting that because I know it is not going to happen, well for at least the time being. Well if it doesn't make me happy by the 31 December 2015, I will be leaving it in 2015. Adios of now, till I have a few complains. 17M:14:07:00

Excellent still feeling the same but for some reason people don't believe me, but I finally don't care, feeling excited and starting a conversation with anyone, let me have a cup of tea to relax myself. 17M:XX:XX:XX

4.3.1.9. CHANGE DESIRE

It has been a rather annoying, not so good, can't stop thinking, thoughts have been diverged in many directions (job, expectations of results). Feels like I need a change of scenery, home just ain't cutting it for me. Need to find something to do, feels really frustrating doing nothing but I guess patience is a virtue. 17M:00:21:00

Mood not good at all, feel like just running away for a while. Like the entire world has bad days, but I on the other hand have months that go wrong. You know they say“. There only one place from down, and that's up”, guess what I've found a way to go underground. Let me not complain, what is meant to be happens as it is and should be. Off to have a cup to tea and watch some soccer then get to bed and get some sleep hopefully. 17M:27:21:XX

Being spontaneous!!! (RANDOMLY CUT HAIR) 21F:11:XX:XX

I cut my hair during the proving which was so random. Appearance change- cut hair shoulder length, painted nails blue (USED TO HATE BEING SPONTANEOUS) 21F:XX:XX:XX

Observation- changed his complete attire, has taken pride in his dressing, got a new haircut, dressed neatly, and used perfume as well groomed (shaved, neat) 26F:XX:XX:XX

4.3.1.10. CHEERFUL

Feel so good about Wednesdays. Weekend is near. 03F:02:XX:XX

Happy today =) =). Easter this weekend. Seeing Karesan ! Last day of clinic for the week =) =). 03F:03:XX:XX

Easter Sunday =). Happiness. 03F:06:XX:XX

First day of second term. Happy + excited for a new start. 03F:08:XX:XX

“oh I wish I was a punk rocker with flowers in my hair...

In '77 & 69' revolution was in the air....

I was born to lead

In a world that doesn't care ...

Oh I wish I was a punk rocker with flowers... in... my... hair!”

HAPPY. 03F:21:XX:XX

Happier during the proving. 03F:XX:XX:XX

Very happy and content. 04F:39:XX:XX

Very happy and content feeling. 04F:40:XX:XX

Disposition is rather cheerful. 04F:XX:XX:XX

Same symptoms as yesterday but they feel a bit better. Current mood is happy and excited (well that's a first). I feel very happy. 09F:06:XX:XX

Mood on point. Excited, nothing bothering me. 09F:07:XX:XX

I feel so much better. Sunday is actually my favourite day. So I make sure I enjoy it, as lazy and as drained as I am I make sure I get out of bed and go out. Feeling happy and motivated. 09F:25:XX:XX

*Mood swings, emotional, angry, happy @ times – deep in thought. 10F:19:XX:XX

Was in a good mood with a normal amount of energy throughout the day. 11F:13:XX:XX

Day started off with a bang. Was feeling really happy. 11F:33:XX:XX

More happy. Happy around certain people and sometimes better alone. 11F:42:XX:XX

I took the remedy at 6:29 and I have not been in a bad mood since, also do not have any period pains as yet. I'm just feeling tired, I wish I could go to sleep. 12F:00:00:00

I'm very happy today I don't know for what reason, but it feels like I'm on top of the world. Not as tired as yesterday. 12F:07:XX:XX

I'm happy since I was able to see my friends from high school. I'm not tired at all today. I ate 3 times today. 12F:10:XX:XX

I'm talking a lot more than often today and I seem happy. 12F:15:XX:XX

In a good mood. 12F:20:XX:XX

I feel in a better mood today I went out with my friends. 12F:29:XX:XX

Anyway went to the mall today, played ten-pin bowling with my friends and cousins, and watched a good movie. Feels good to go out after long, crowded place but so nice to get a good atmosphere, felt the festive cheers. 17M:04:23:XX

The thing is absolutely great I am still in a good mood. I have just found this feeling out of nothing. 17M:13:23:00

Lovely day, I can feel it already, no aches no pains, no headache, no sinus, no job, life couldn't be any better. Woke up feeling absolutely happy this morning for what reason I don't know. I feel like I don't worry about nothing and will not be in the least bothered about any other person. I feel in a good mood that's all. I would love to go for a morning run and then watch a lovely movie today. Oh and today is a historical day, which means someone else is going to wash my hair (lovely feeling that). Anyway off to a run, still praying for a job and washed my mind clean of any other topic (can't write that here). At least I know I can stop persisting that because I know it is not going to happen, well for at least the time being. Well if it doesn't make me happy by the 31 December 2015, I will be leaving it in 2015. Adios of now, till I have a few complains. 17M:14:07:00

Mind/mood- I feel really happy, I just got an interview so am sooooo happy that I cant stop smiling. I feel good inside, like I will finally be going somewhere in life. 23F:13:19:00

Mind/mood- I feel excited, I am preparing for my interview and I hope and pray I end up going for it and I hope I get the job. I really need it. I feel energised and I can't stop smiling. I have so much life brought back into me. I feel really good. 23F:14:XX:XX

Mind and mood- I feel happy today. My husband is at home today. We both did some house work. It feels nice when he helps out in the house. 23F:16:09:00

Mind/mood- I feel happy today. I feel like a movie day. I, going to do house work now and then its movies the whole day.i feel like just sitting on the couch and watching movies. 23F:17:XX:XX

Mind/mood- excited, my boyfriend is coming to see me. 24F:14:XX:XX

Mind/mood,- super happy that I got to see my boyfriend. 24F:14:XX:XX

Mind/mood- really happy I got to see my boyfriend, im feeling very jumpy. 24F:14:XX:XX

Today I felt very light and I was laughing, I felt really happy as though I heard good news, it has been a while since I felt that humorous. 27F:03:XX:XX

I was quite happy today. I managed to go to campus and met up with my friends that had not seen in a while. I felt mentally exhausted though. I don't know why but I was lazy to think and just didn't want to study. 27F:07:XX:XX

After the service I was very happy that I was going to have a home cooked meal that I got from a sister of mine and felt peace after the service. 27F:09:XX:XX

I talked to my brother we had a great talk about the future. I must say I was quite happy because the week was approaching. 27F:20:XX:XX

Fair night's sleep and been feeling pretty good spirits for the past few days. 28M:21:XX:XX

Feeling good again today 28M:29:XX:XX

My mood has been good, although didn't interact with people at lot, I was indoors and asleep most of the time. 29F:02:XX:XX

I am in quite in a great mood. I managed to push myself to wake up early, study and go to the gym. I feel accomplished, like this is a first step for me to be able to control myself and accomplish my goals. I am still feeling lazy but I have been able to wake myself up early and that's an accomplishment for me. 29F:13:XX:XX

4.3.1.10.1. MENSES DUR

My period came all of a sudden because I didn't have any premenstrual signs. No pains before the period. No mood swings. No breast tenderness. Even during the period I didn't experience any cramping. I was in a good mood throughout. 13F:09:XX:XX

4.3.1.11. CLEANING

4.3.1.11.1. AVERSION

I feel miserable, my whole body is sore, I just want to climb into bed. I feel cold and I don't want to do any work. I just feel tired and irritable. I feel better when I lie down under the blanket. It gets worse when I am doing house work and washing dishes and cloths. 23F:09:XX:XX

4.3.1.11.2. DESIRE

I feel a bit energetic. Energetic, cleaned the whole house and worked (also a first). 09F:06:XX:XX

I feel happy, I have lots of energy. I did all the work and cleaned the outside of my house. I feel relaxed because, I have my ear phone plugged on and I'm busy with house hold chores. 21F:21:12:00

I feel good despite the fact that I am sick, I got up around 5am and started doing house work. I washed all the mats in my house and all the blankets, I have energy now. 23F:07:XX:XX

I feel very irritable because of my menstruation. I have a lot of energy so I decided to spring clean my whole room and scrub the yard. I feel like I want to be busy all the time. 23F:12:XX:XX

I feel very energised today. Today I am going to do all the ironing and vacuum the whole house. I want to set the kids wardrobe and cook. I have energy today, I feel like I can do a lot today. 23F:18:08:00

I have a lot of energy and I feel like cleaning the house a lot. 23F:23:XX:XX

4.3.1.12. COMPANY

4.3.1.12.1. AMEL

Anyway went to the mall today, played ten-pin bowling with my friends and cousins, and watched a good movie. Feels good to go out after long, crowded place but so nice to get a good atmosphere, felt the festive cheers. 17M:04:23:XX

Mood: I feel happy because my kids know how to make me happy and smile. They jumped on the bed and told me they loved me. It just makes me so happy to be around my kids. 23F:01:XX:XX

Mind/ mood: I feel happy. I am at my auntys house, we just came from church and I feel free and like I got no worries in the world my family just knows how to make me feel loved and just forget about all my troubles. I love being around my family they just motivate and love me. 23F:03:XX:XX

I enjoyed engaging with my fellow brothers and sisters. I seem to be uncreative to things I didn't like and I felt like I was taking (talking) a lot after taking the last remedy. Which made me thirsty even more. Thirst is relieved by small sips of tap cold water. 27F:01:XX:XX

I felt okay to hang out with my friend and a had fun 27F:05:XX:XX

It is always nice to meet with fellow brothers and sisters at church I had a great time preparing for tomorrow's service. My mind was just at its maximum peak. It felt good to be there and share jokes. 27F:08:XX:XX

4.3.1.12.2. AVERSION

Also don't want to be around people at times. 03F:XX:XX:XX

Today was an averagely good day. Slept well. Managed to study a bit and then went to my mother's 50th surprise party. A party with which I had a little to do and didn't really want to be there. 11F:29:XX:XX

Everyone asks the same questions, which are questions that have been asked over the past 5 years. I'm just tired of hearing them and trying to be positive about them. I also dread seeing most people because of exactly that. I also feel like my sister is being quite hypocritical. She will complain about me not wanting to partake in anything yet when she was writing her finals last year she acted the very same way as I have. 11F:29:XX:XX

I also now find overly optimistic people quite annoying and that is exactly what my sister's fiancé is like – although great I really can't stand being around him all too long. And I feel like most of this is surfacing now – or being amplified. 11F:29:XX:XX

Have now been beckoned to come back home for cake and tea. I am looking forward to the cake but not actually being there. 11F:30:XX:XX

My friendship with the two people whom I wasn't getting on with, because they didn't seem to regard my feelings, hasn't been the same. I feel like the only way they won't hurt me is by not being around them. 11F:39:XX:XX

More happy. Happy around certain people and sometimes better alone. 11F:42:XX:XX

In no mood for company today. 12F:25:XX:XX

Still don't want to be around people. 12F:27:XX:XX

I'm really tired and I did not do anything the whole day, I just wanted to sleep. I don't want to be around people or noise. 12F:35:XX:XX

Very frustrated and annoyed just feel like sleeping and not waking up till Monday. Hating this holiday and dislike being around people right now. 17M:17:22:00

Don't feel like company today, just like to kick back and watch some series. 17M:20:08:15

For some reason I feel like I have pushed myself away from the world so far that there is no way back for me. I shut myself sealed from everything and everyone, not good thing I know but I have become used to it that I can't change. I just go into a mood that I don't wish anyone to go into. I feel like I can hurt anyone and anything without even focusing too much on the consequences 17M:23:XX:XX

Just not in a good mood, can I like fall asleep again till 2016. Why do I feel like this, I can't give myself an answer, let alone ask someone else. I would have said that I was going for a jog but who am I kidding. I am already fit enough and if I got any more thin I would disappear. Mood is like shit, don't feel like talking to anyone and go on with life as normal. 17M:24:16:00

Feeling sad, upset, could be depressed Want to be left alone. I have been crying. 19F:05:XX:XX

I feel very angry and I seem to lose my temper a lot. I am not in the mood to talk or be around people. I just want to curl up and sleep or plug my ear phones on and listen to music. I seem to just lose my temper around my husband, he drinks every day. Alcohol annoys me now. 23F:22:XX:XX

I felt emotionless, like there was nothing inside, I even felt like watching a movie because there was a high possibility of catching feelings when watching anything. Felt like being alone. 27F:00:XX:XX

I felt down upon waking up and slipped class and did not feel like company. So I stayed in my room and slipped class and decided to attend the next one of which I was also late. 27F:06:XX:XX

I was feeling quite positive today, have to encourage myself to start studying. Spent the day alone and home, haven't had any other social interactions with anyone except for chatting with my boyfriend on whatsapp. 27F:10:XX:XX

I just did not feel like company today so I chose to ignore all calls or texts and stayed indoors. Someone knocked and I just ignored it and went about with my own business. 27F:15:XX:XX

I think I am borderline depressed. I stay in my room, If I go out it is only for a while and I do not want to interact with anyone 27F:18:XX:XX

My concentration levels were short and I had no desire for any interaction so I ate studied and slept. 27F:26:XX:XX

Aversion, communication, smell of smoke, to consolation , to company, comfort due to granny's passing away.- I did not cry when I heard my gran passed away, I was cold, broke down at the funeral. The death helped me focus on my studies, could not share the grief. 27F:XX:XX:XX

My mood has been good, although didn't interact with people at lot, I was indoors and asleep most of the time. 29F:02:XX:XX

4.3.1.12.2.1. FAMILY

Today was an averagely good day. Slept well. Managed to study a bit and then went to my mother's 50th surprise party. A party with which I had a little to do and didn't really want to be there. 11F:29:XX:XX

Haven't really wanted to see my family or speak to any of them. Infact I wanted to cry because I was so angry with them. 11F:31:XX:XX

Annoyed with family and how they don't understand my feelings or respect my time. 11F:43:XX:XX

Had a braai with some family and friends at my house, not that much in the part-taking of it, not very social with all these people right now, I have less to say or speak to or with them. Listened to their crap for few hours, now time to go back to bed. 17M: 03: XX:XX

4.3.1.12.2.2. FRIENDS

Been avoiding my two friends with whom I clearly don't see eye to eye with anymore. 11F:12:XX:XX

Friendship wise not all good. Big miscommunication was had with my one friend so that did put a damper on my morning. 11F:28:XX:XX

My friendship with the two people whom I wasn't getting on with, because they didn't seem to regard my feelings, hasn't been the same. I feel like the only way they wont hurt me is by not being around them. 11F:39:XX:XX

Had a braai with some family and friends at my house, not that much in the part-taking of it, not very social with all these people right now, I have less to say or speak to or with them. Listened to their crap for few hours, now time to go back to bed. 17M:03:XX:XX

4.3.1.12.2.3. HUSBAND

I feel angry, my husband just makes me so mad, he is drunk all the time and I cannot stand it. Seeing him like this makes me angry. Just the mere thought of him gets ME

SOOO MAD. He is a horrible person and my kids are suffering because of him. I am starting to not like him very much. 23F:09:18:25

I feel very angry and I seem to lose my temper a lot. I am not in the mood to talk or be around people. I just want to curl up and sleep or plug my ear phones on and listen to music. I seem to just lose my temper around my husband, he drinks every day. Alcohol annoys me now. 23F:22:XX:XX

4.3.1.12.2.4. MENSES DURING

In no mood for people, worse now that I'm on my period. 12F:26:XX:XX

4.3.1.12.2.5. SOLITUDE DESIRE

Feels the need to be more socially active but wants to be alone. 01F:XX:XX:XX

I feel withdrawn, I want to be alone, antisocial, irritable. 10F:03:XX:XX

Less sociable now, not keen on going out, rather stay in. 11F:41:XX:XX

I'm in a bad mood I don't feel like talking to anyone, I don't know why. It feels like I don't have friends and everyone is my enemy today. I'm feeling quite hot today although it's really cold. 12F:03:XX:XX

I want to be alone more. 13F:09:XX:XX

What a day it has been, had a good long nap from 3 till 7 feel so relaxed now but doubt I am going to get some sleep anytime soon. Had a braai with some family and friends at my house, not that much in the part-taking of it, not very social with all these people right now, I have less to say or speak to or with them. Listened to their crap for few hours, now time to go back to bed. 17M:03:XX:XX

Alone at home, things are quiet and peaceful, just how I like to be 17M:10:22:00

Don't feel like doing anything let alone waking up and going to work for some reason it would be better to go to work, do something to get my mind of things. Still not feeling good in terms of a mental state. Not going to complain any more about it that is the reason why I like to stay away from social media sometimes. What will be achieved if people keep on giving me the same news? is it their way of comforting me, maybe I am being over my head with this situation. Maybe it's me, maybe I am being over my head with this situation. Horrible news to hear but let's just put it in the past and move on from, meet new people and have a better life. Probably 2016 ... because we know 2015 just aint going to cut it out. 17M:25:07:00

Mood is still there about, not sure how to feel, people make it worse. They ask too many questions, I don't like questions. Anyway, got work to look forward too, yeah more like interaction with people I don't like really give a f*** about. I just like to go for a holiday, to

a remote destination, with enough to eat, drink and something to watch, oh and did I mention alone. 17M:26:07:00

Mood- was feeling very moody, felt like i just want to be at home alone 21F:12:XX:XX

Today I don't feel like good, I am feeling very sad and hurt. Today supposed to be a special day but instead my husband decided to get drunk and annoy the shit out of me, I feel sad, angry and hurt. I want to beat him up today. Today is just another miserable day. I just feel like sleeping the whole day. I love being to myself under my blanket. I don't want to be around people I just want to curl up and be by myself. 23F:10:XX:XX

I was very sensitive to criticism as my friends said that i don't have many other subjects to direct my time, I should have passed my test anyway, i than withdraw from my friend, I wanted to be alone. 27F:XX:XX:XX

Antisocial- withdrawn, feel depressed due to other people's problems, feels sad for others, 27F:XX:XX:XX

Spent the day alone in the house watching TV after the argument with my boyfriend. Everything else was okay though. 29F:00:XX:XX

I have been a bit low today, feeling irritable and annoyed. I struggled responding to messages on my phone because I was annoyed by everyone trying to me. I even took down some of the posters on my wall because they were distracting any annoyed me in some way. 29F:01:XX:XX

I was feeling quite grumpy and irritable. Felt easily annoyed by everyone trying to make a conversation with me and just want to be left alone. 29F:16:XX:XX

4.3.1.12.3. DESIRE

I always want to be in a group of people. 03F:23:XX:XX

I woke up so late in the morning, my whole body is aching. Felt like having water would help, but it did nothing. The flu is still there. Just kept on blaming myself. It was the worst day ever. Normally im not a person who wants comfort but today was horrible I needed it!!! 09F:29:XX:XX

4.3.1.12.3.1. FAMILY

Yesterday was good. Spent time with family. Always feel happy around family & @ home. 03F:04:XX:XX

I miss home, everyone at home. At times I find myself thinking of my little brother and how much he annoys me then I get angry and imagine hitting him and telling him off , i fear for his life because he does not take it seriously but what mostly makes me angry at him is his in ability to respect those older than him. 27F:07:XX:XX

4.3.1.13. CONCENTRATION

4.3.1.13.1. INCREASED

Got lots of work done. 07F:03:XX:XX

Studying is a little easier, I'm able to concentrate for longer now. 09F:49:XX:XX

Was a good start to the morning. Whilst I didn't study, I got a shift sorted which needed to be addressed for varsity and a possible job next year =). 11F:38:XX:XX

I have good concentration though, I listen well and understand easily. 13F:09:XX:XX

Had an overly productive day, managed to get a lot of work done. 15M:04:XX:XX

Very productive day, found out exams are postponed, will use this time to push research. Also been procrastinating. Been battling with depression. 15M:05:XX:XX

Productive day, can't wait to finish my PG2 and hand it in. 15M:08:XX:XX

Been feeling quite energetic for the past few hours. I did not have an as strong appetite as usually, I just wanted to do my schoolwork. My hunger caught up with me I ended up eating a large supper. 15M:10:XX:XX

My thoughts were quite focused today but there has not been a lot of work done. 15M:11:XX:XX

very happy, energetic , feeling excited to study, I can concentrate more(attention span has increased, I studied from 7 pm till 12 am without any disturbances , and I remembered my work to the tee, I was like an energy bunny) 24F:00:19:35

Stomach and brain. Seeing my books set off my energy to studying- feeling very excited and motivated to study, I can concentrate more .M- better with food- people sitting down I – tingling sensation in my stomach makes me hungry. Increased appetite .Giving me craving to eat things I don't usually eat Increases my energy makes me excited and motivation to study. Make me want to learn new things. Keep me awake .My concentration level is increasing. t- 10 mins after I took time dose, this is very unusual to me s- it's a jumping /thrilling sensation, like adrenalin rush. 24F:00:19:35

Very focused on my paper. 24F: 01:XX:XX

Energy –highly energetic on the first powder, I could study from 7:30 pm to 2am non-stop without any distractions. I was hyper managed without food. I was absolutely energetic with very little sleep. 24F:XX:XX:XX

As the proving began, I began to have decreased energy, toward the end of the proving my energy has increased significantly to the end. I began to concentrate a lot better. 26F:XX:XX:XX

Classes finished early and I proceeded to the computer lab to study and my concentration levels were good and I manged to do lot of woke today. 27F:11:XX:XX

I am scared of failing this test that I am going to write as I had not been getting my desired results in this module but I am planning it work harder for it. Today I got another script back and I was quiet happy with the results I got even though I was quiet happy, when I started talking to the girl I studied with, I started feeling bad as she made a remark about how she feels about getting the mark that I had but I got over it because I was quite satisfied about my mark. So I came back after studying to sleep and I woke up to continue studying. 27F:11:XX:XX

I woke up and started studying for my exam and I just studied till I was tired and slept. I managed to get most of the work done. 27F:27:XX:XX

I woke up with a new hope for the future and I am just grateful to be alive at such a time I woke up and started studying and I had a productive day. 27F:31:XX:XX

Felt quiet motivated to study yesterday. Spent the night at a friend's residence and we were up for most of the night studying. This helped me feel quite confident when I went for the exams and it was not bad at all. 29F: 30: XX: XX

4.3.1.13.2. POOR

I'm finding it a bit hard to concentrate. 06F:08:XX:XX

I feel much better than yesterday. I have a test and I still feel too tired to study. I feel like there's too much stuff to handle but I'm still not motivated to study. 09F:36:XX:XX

Barely been able to keep my eyes open whilst studying. Fell asleep twice for 10 minutes already. Had a nap for an hour. Fell asleep twice more after lunch during studies. Walking around for 5 minutes helped a bit but my concentration span doesn't last long at all. 11F:01:XX:XX

Still struggling to concentrate for more than 30 minutes at a time. 11F:02:XX:XX

Concentration levels dropped at 9am. 11F:19:09:00

Wanted to study but couldn't bring myself to do so. 11F:20:XX:XX

Studying was somewhat more successful. Although after 25 minutes I would get extremely tired and sometimes I would doze off in-between. However I managed to get more done today. 11F:23:XX:XX

Concentration also low, it could have been better. Motivation to work is low. 11F:24:XX:XX

Managed to study a bit this morning but haven't done anything after having gone to look for dresses. 11F:31:XX:XX

Struggling to keep focused, I focus only when it's too late or too close to exams, but surprisingly it's easy to grasp stuff when I'm studying so last minute. I am not stressed about exams. It's weird though because stress drives me to study, being "carefree" is

what I am now. I do anything that grasps my attention, or takes it away from studying. 15M:24:XX:XX

So, so tired, try to do research reading but can't find ideas. 22F:05:23:00

Can't focus, finish off assignment and emailed it 5 mins ago. 22F:10:XX:XX

Mind- my concentration levels were very short, it took me a short time to be really concentrating and take much longer to focus. 27F:02:XX:XX

Worst thing for me, is panicking in a test room and when I was about to write that is what I did and my concentration was now low, but I managed to calm down and I wrote well and finished early and left. 27F:12:XX:XX

My concentration levels were short and i had no desire for any interaction so I ate studied and slept. 27F:26:XX:XX

I am having a hard time concentrating and being able to focus properly on my studying and it's frustrating because I do not have enough time. 29F:25:XX:XX

4.3.1.13.2.1. DISTRACTED EASILY

Mind distracted, but still managed to get a lot of work done. 06F:22:XX:XX

Concentration very poor. While studying fatigue would set in very quickly and I get distracted very easily now. 11F:22:XX:XX

Today started off well, was in a good mood. Good start to studying was making great progress. I was getting distracted quite easily though and then after lunch I found out my exams were to be postponed for 2 weeks. So much stress just went off my shoulders. 11F:32:XX:XX

My mind is racing, I'm thinking about "110 things". I will be sitting and studying (try to at least) then I will get up to do something and study for another 5/10 min. 21F:11:XX:XX

I have been a bit low today, feeling irritable and annoyed. I struggled responding to messages on my phone because I was annoyed by everyone trying to me. I even took down some of the posters on my wall because they were distracting any annoyed me in some way. 29F:01:XX:XX

4.3.1.14. CONFIDENT

Felt quiet motivated to study yesterday. Spent the night at a friend's residence and we were up for most of the night studying. This helped me feel quite confident when I went for the exams and it was not bad at all. 29F: 30: XX: XX

My cuz (cousin) noticed that I started buying more dark red lipsticks—these colours increase my energy and confidence. 24F: XX: XX: XX

4.3.1.15. CONFUSION

Still can't find my accessories, don't know how that managed to walk away, gutted about that, things just seem to be happening that have no explanation of any sort. 17M:19:07:15

Getting out of the bed was the problem because I felt very lost and like time was not on my side. 27F:02:XX:XX

When I had more classes I never used to enjoy them as much, I guess being away never realised how much I missed it. I was a bit confused about class time. I thought I had a class at 1pm but it was Wednesday my orientation was off scheduled, I ended up waiting for a class that was not there. 27F:32:XX:XX

4.3.1.15.1. WAKING ON

Dreams- I can't remember the dream but I woke up confused when my alarm went off. I thought it was still Tuesday afternoon and not Thursday morning 7:00. 21F: 06: 00

4.3.1.16. CONSCIENTIOUS OVER TRIFLES

Fear- conscientious over little things, little things irritates me, get upset over little things 16F:XX:XX:XX

I had a thought. That I do overthink things to myself, I do up people very seldom and sometimes I make mountains out of molehills. I should stop doing these things maybe that should be my New Year's resolution. Maybe.. But from my perspective I think I should stay calm because sometimes I feel that a listening ear is a running mouth. No, I don't wish to generalise, I do know some people really want to help and I feel bad for pushing them out, but I don't have explanations to why I do. Also I think I need to stop chasing after certain things, they will destroy me in the end, just going to KISS (keep it simple stupid). 17M:30:23:00

4.3.1.17. CONSOLATION

4.3.1.17.1. AVERSION

Aversion, communication, smell of smoke, to consolation, to company, comfort due to granny's passing away.- I did not cry when I heard my gran passed away, I was cold, broke down at the funeral. The death helped me focus on my studies, could not share the grief. 27F: XX: XX: XX

4.3.1.17.2. DESIRE

I woke up so late in the morning, my whole body is aching. Felt like having water would help, but it did nothing. The flu is still there. Just kept on blaming myself. It was the

worst day ever. Normally im not a person who wants comfort but today was horrible I needed it!!! 09F:29:XX:XX

4.3.1.18. CONTENT

Still have a pretty content disposition. 04F:05:XX:XX

Very happy and content. 04F:39:XX:XX

Noticed I have become more calm and content with family. 04F:39:XX:XX

Very happy and content feeling. 04F:40:XX:XX

4.3.1.19. CONTROL/ PLANNING

Cough is so annoying. Want to control it. Agg by talking + motion. 03F:14:XX:XX

I feel like now I'm also learning self-control. 15M:24:XX:XX

Feel in a really dark space right now, I have no control of what I say, to whom I say it and the manner in which I say it. No matter how calm and at peace I would like to be. I sometimes I just can't help myself, I just feel like an opportunity presents itself to destroy someone. 17M:09:22:00

I am even making plans for May and June month. I am much organised, so I'm always planning. I plan everything, even which days I will go out to spend with my friends and I am much disciplined. Example, if (in) the weekend, my friends want to go out, and if it is not marked in my calendar for going out, I would not be able to go. I feel anxious if I didn't follow my calendar and also lost. 21F:11:XX:XX

I am in quite in a great mood. I managed to push myself to wake up early, study and go to the gym. I feel accomplished, like this is a first step for me to be able to control myself and accomplish my goals. I am still feeling lazy but I have been able to wake myself up early and that's an accomplishment for me. 29F:13:XX:XX

4.3.1.20. CREATIVE

Many ideas to start my own business. I need more creativity in my life. 03F:23:XX:XX

Many ideas but a lot of procrastination when it comes to starting up. 03F:XX:XX:XX

"starting my own art doodles" – I want to paint and draw intricate design with black and gold. 03F:XX:XX:XX

Started crocheting, started Knitting 16F:XX:XX:XX

Ambitious – wants to open up a business during my presentation I was being told to speak louder, voice was too soft (usually talk a lot). 27F:XX:XX:XX

Mood- changed – optimistic, looking forward to life, can now think better in a pressured situation, ambitious – I want to open up a business. 27F:XX:XX:XX

I was excited for tomorrow, even doing as the shopping was worth it. I was given a task to sew beads into my skirt it made me think of making my own clothes. I talked to an old friend and we had a great talk about life and everything in between 27F:22:XX:XX

4.3.1.21. DAY DREAMING

Feeling a bit guilty for not working as much as I should. I had a dizzy spell in the middle of the day. Noticed that I have been getting quite thirsty the past few days. Feeling dehydrated. Skin was a bit dry around the face. Been day dreaming during the day and procrastinating. 15M:12:XX:XX

4.3.1.22. DISAPPOINTED

Not in a great mood today, so disappointed in myself. I haven't been able to meet the goals I set out for myself and I and it's so frustrating. I feel determined though and want to push myself harder to accomplish everything I want. I need to study in time and be able to lose in the time that I have given myself. It's always been one step forward and 3 steps backwards and I haven't really seen any progress. I am really annoyed with myself. I really feel the drive to want to do everything but I feel so tired and lazy such that I end up not doing anything. It is really frustrating. 29F:12:XX:XX

4.3.1.23. DISCOURAGED

Went to a friend during the day and told me there are less chances I would do this and now I feel disappointed. 09F:02:XX:XX

4.3.1.24. DRAINED

Have been feeling very emotionally drained today. 11F:31:XX:XX

4.3.1.25. DROWSINESS

Still drowsy. 03F:13:09:00

4.3.1.26. DWELLS ON PAST

Regrets on past life decisions. 10F:00:XX:XX

10h00- feeling like very moody, I have this feeling that I am going to snap at any time. I am trying to be calm but it is very hard. People are still telling me how my ex is pregnant and we just broke up 7 months ago. Apparently she is 5 months pregnant. What can I do if she is, people ask me how I feel about it over and over again. How would anyone feel about it after dating someone for 17 months, and then knowing that they cheated on you with one of your friends. It is obvious that I would feel like crap, but what happened is done, I am not sitting around and crying over what happened. I am just really

annoyed at the fact that people telling me this continuously, it's like they want me to say they feel something or I am hurt inside. Any person will be hurt inside if they were me but as I said what's done is done, I have more important things and people to concern myself with but honestly don't think I am making other feel to love at this present moment why I am writing this down, I do not know but anyway I continue.. Life goes on. 17M:28:10:00

4.3.1.27. EMBARRASSED COUGH, BY

Cough is so embarrassing. Wish it would just go away. Want to be free of the cough. Do not want to cough. Can it be controlled? 03F:16:XX:XX

Still just annoyed by the cough. Feels as though I need to clear my throat. Coughing makes me not want to cough. 03F:17:XX:XX

4.3.1.28. EMOTIONLESS

I felt emotionless, like there was nothing inside, I even felt like watching a movie because there was a high possibility of catching feelings when watching anything. Felt like being alone. 27F:00:XX:XX

Not happy and not sad. 27F:08:XX:XX

Aversion, communication, smell of smoke, to consolidation , to company, comfort due to granny's passing away.- I did not cry when I heard my gran passed away, I was cold, broke down at the funeral. The death helped me focus on my studies, could not share the grief. 27F:XX:XX:XX

4.3.1.29. EXERTION, PHYSICAL,

4.3.1.29.1. AMEL

Even though I still am not feeling quite fully energetic yet, I managed to go jogging in the morning. I couldn't run all the way but I feel accomplished. 27F:10:XX:XX

Slept well again last night, could be the combination of working out again or spending the night at Jess. Fairly full of energy today. 28M:08:XX:XX

I am running on the road 2-3 days and walking in the gym between and feeling pretty good about this routine. 28M:12:XX:XX

4.3.1.29.2. AVERSION

13h50 while I was walking my eyes went totally black (like a blackout) and I felt dizzy. The rest of the day I felt really tired and it seems like everything I do takes a lot of efforts. 12F:04:13:50

Everything seems like it's too much work to do. 12F:05:XX:XX

This morning I have been feeling very tired, I did not go to the gym and took the morning off. 15M:12:XX:XX

Been feeling thirsty throughout the day. Appetite was low today and I have not been to gym all week. 15M:21:XX:XX

I still couldn't get myself to wake up and go jogging. It's been almost a week since I last jogged now, all I want to do is sleep or just watch TV. 27F:08:XX:XX

I have been sleeping more than usual again. I slept early again hoping to be up early and go jogging but I could not seem to get myself out of bed when my alarm went on and I ended up waking up 3 hours later. I slept for about 9 hours, it was quite a peaceful night, I didn't have any disturbances during my sleep. 29F:12:XX:XX

Although I didn't manage to wake up early to go jogging I was feeling quite energetic. 29F:04:XX:XX

I was quite energetic. I could even walk to the bus stop after campus to catch a taxi, I had to take two taxis to get home. I also didn't manage to wake up and go jogging in the morning, my alarm went on and I just switched it off and continued sleeping. 27F:07:XX:XX

4.3.1.29.3. DESIRE

I feel more active. 03F:XX:XX:XX

Started exercising, looking for a job too. 04F:39:XX:XX

More outdoorsy, I like cycling on the beach now, I like being active. 04F:40:XX:XX

I've reduced my carbohydrate intake, I need to be healthy and keep active. 06F:10:XX:XX

Now I'm very active, I want to be active, I've even been going to the gym. 06F:39:XX:XX

Sitting has been quite uncomfortable. My whole body just wants to move all the time. 11F:16:XX:XX

Less active now, but I really want to be but no time. 11F:44:XX:XX

I went for a jog today, and hopefully going to gym tomorrow. Need to find something to do, feels really frustrating doing nothing but I guess patience is a virtue. 17M:00:21:00

Off for a morning run 17M:02:06:30

I can't afford to be sitting around doing nothing. 17M:05:21:00

I would love to go for a morning run and then watch a lovely movie today. 17M:14:07:00

Energy -10.I feel very restless, can't to sit too long without having the urge to get up and do something. 21F:11:XX:XX

I feel happy, I have lots of energy. I did all the work and cleaned the outside of my house. 21F:21:12:00

Did some push-ups realised I'm so weak. 22F:09:21:00

I feel good despite the fact that I am sick, I got up around 5am and started doing house work. I washed all the mats in my house and all the blankets, I have energy now. I am listening to music so I think that's why I got so much of energy. 23F:07:XX:XX

I feel very irritable because of my menstruation. I have a lot of energy so I decided to spring clean my whole room and scrub the yard. I feel like I want to be busy all the time. 23F:12:XX:XX

I feel very energised today. Today I am going to do all the ironing and vacuum the whole house. I want to set the kids wardrobe and cook. I have energy today, I feel like I can do a lot today. 23F:18:08:00

I have a lot of energy and I feel like cleaning the house a lot. 23F:23:XX:XX

Energy – 9/10. I'm very hyper, Feel like doing a lot of crazy like: swimming (I can't swim), scuba diving, mountain climbing, dancing in the rain, screaming, talking to a parrot. 24F:00:19:35

I was quite energetic. I could even walk to the bus stop after campus to catch a taxi, I had to take two taxis to get home. I also didn't manage to wake up and go jogging in the morning, my alarm went on and I just switched it off and continued sleeping. 27F:07:XX:XX

Today marks a full week after taking the first dose of the remedy with no changes to my personality, feelings or general being, I can't say it has an effect or change in my life or unusual erratic sleep. It has however been nice to cut down on coffee consumption and instead drinking more water. Started working out again which does leave me feeling good. 28M:07:XX:XX

I managed to get though a workout with no problem or extra combinations needed. 28M:09:XX:XX

Great sleep last night and I woke up and went for a jog on the road for the first time in months. I've been meaning to get back into road running again in ages but haven't had the time or energy to do so. Felt great to be back and I hope to keep it up as I find I had to feel good for the rest of the day and have more energy. 28M:10:XX:XX

Still keeping up exercise 28M:27:XX:XX

4.3.1.30. EXTROVERTED

Extroverted. 03F:XX:XX:XX

I've been in a party mood all the time. 03F:XX:XX:XX

More social and outgoing. 04F:39:XX:XX

Good interactions with people, blogging more, blogged daily in fact. 15M:24:XX:XX

4.3.1.31. FEAR

4.3.1.31.1. CANCER

Now I fear Cancer every time I get ill. 03F:XX:XX:XX

4.3.1.31.2. DARKNESS

I woke up very early and I was supposed to leave the house at 4:45 but when I looked outside I got scared so I decided to sleep and leave at 6am. 27F:09:6:00

4.3.1.1.3. FAILURE

All "side effects" or 'symptoms' which have been stated above have gone away. That's good. It has been a rather annoying, not so good, can't stop thinking, thoughts have been diverged in many directions (job, expectations of results). Feels like I need a change of scenery, home just ain't cutting it for me. Glad to say. I went for a jog today, and hopefully going to gym tomorrow. Need to find something to do, feels really frustrating doing nothing but I guess patience is a virtue. Anyway, going to bed, hopeful of a good night's rest and an early morning. I have just read this and wish to follow this as always "learn to get in touch with the silence within yourself and know that everything in life has a purpose" on that note, a positive one goodnight. 17M:00:21:00

Also results are out, received it via email but never look at them as yet, for the first time I don't know why I am telling nervous open it. I can't change it obviously but just have that feeling I want to open it but I don't want talk about being confused. 17M:10:22:00

I get obsessed over my work, have to know my work, or else I panic and I felt like I lose my mind. Head feels like its busting. 26F:XX:XX:XX

When I began to study – I have this fear that I might forget my work, I have to memories and perfect it before I move to the next one- I get really anxious 26F:XX:XX:XX

4.3.1.31.4. FUTURE EVENTS

Hopefully get some sleep, as back to work after more than a month out. Not too keen to be returning to that place, abit afraid of what might happen and what people may say but I am sure I will be able to handle it. 17M:10:22:00

I had a horrible dream. This dream makes me feel like something bad is on the horizon and actually frightened that something might actually happen. 17M:11:XX:XX

Fear- something bad will happen. 21F:XX:XX:XX

4.3.1.31.5. SNAKES OF

Dream- terrible. Snakes!!!! Felt long and drawn out torture. Just recalling it makes me feel anxious and fearful. Uneasy. 16F:05:XX:XX

4.3.1.31.6. SUDDEN, DIARR WITH

Had an incident that caused me to have a panic attack – had consequent diarrhea. 06F:12:XX:XX

4.3.1.31.7. WAKING ON, DREAM, FROM A

I dreamt that my boyfriend and I had a fight which lead us to breaking up. It was because I found out that he was cheating on me so I broke up with him and then he pulled out a gun on me, told me that if he can't have me then no one can and just before he could shoot me I woke up. Which is why I'm so down today because I can't stop thinking about the dream. I called my boyfriend and he said he would never do such a thing. 12F:04:XX:XX

Had a dream of my boyfriend saying that I was cheating on him and he hit me really hard and I just woke up from that. It was really frightening. 12F:36:XX:XX

Noticed that I have been having many nightmares about people hurting me or wanting to kill me. I feel weak in the dreams and I cannot defend myself so I wake up scared just before being killed. 12F:37:XX:XX

Can't help but stop thinking what those dreams meant, especially the second one, seeing that it occurred again during a nap during the day. The worrying part is that I remember a message like that word for word, it's strange and feel in really frightened and sick in the gut with that, as usually I find it hard to remember these things. 17M:06:22:00

I had a horrible dream. Dreamt that I witnessed someone being stabbed in my presence. It happened inside my yard among other people there as well. The person who was stabbed and the person who was stabbing could not be seen. Everyone else in the dream, all known showed concern towards the incident, everyone carried on as normal. I could only see blood on the floor and sprayed out of the person on the ground. Rather horrific that as I do not like the site of blood in general (I feel weak and uneasy) actually shiver thinking of it right now. This dream makes me feel like something bad is on the horizon and actually frightened that something might actually happen. 17M:11:XX:XX

Still can't get over that dream, doubt I am going to find it easy to sleep tonight. No pains and stuff but I really feel weird, maybe it is just over thinking that dream. I feel really different and strange, some may argue that is how I am in general, well that's them, but I like to feel empty for some reason, like something is missing or that feeling that something bad is going to happen. Recent times have been different for me, I have started thinking much more about things, I shouldn't , I read too much into situations, I react faster too things that I should not say what I feel about something without much thought. Feel it hard to hold back, probably because I have lots more time to be idle. Well what could/can be done, rather just keep quiet and continue trying to move forward, I have to just remind myself that it is a phase in my life, things will only get better, hopefully soon. Seriously not even sure why I am writing these things down, why? I have no valid reason, at some point I might want to just stop and rip this book into shreds, don't blame me if I do. 17M:16:23:00

4.3.1.32. FORSAKEN

Feel good but lonely. 09F:03:XX:XX

Been feeling quite isolated by everyone at the moment. My dad came home today and haven't seen him and probably won't see him until Saturday so I'm also feeling quite left out. 11F:27:XX:XX

I feel like no one understands my current place with me needing to study for exams. 11F:29:XX:XX

I'm in a bad mood I don't feel like talking to anyone, I don't know why. It feels like I don't have friends and everyone is my enemy today. I'm feeling quite hot today although it's really cold. 12F:03:XX:XX

Fear of losing my girlfriend, thinking more about our relationship now and she asked for space which is scaring me. 15M:24:XX:XX

Fought with boyfriend a lot, missed him physically, seeing him in person, chatted with him for a week after he came back from overseas, felt pushed, did not get to spend time with him when he came back, felt pushed aside, I have to understand he is busy. 18F:XX:XX

Scared, tired, feel like I am going to lose my boyfriend. 24F:02:22:25

Mind- I feel like no one will ever understand me as much as I do and today I felt very discouraged about someone as a friend when they started to compare themselves with me and made me short- comings minor things. It made me feel small and unable to accomplish simple things and I was hurt. I don't know if I am imagining it or not but It really shocked me and made me feel incompetent. 27F:06:XX:XX

4.3.1.33. GRIEF

Received a call from home that my stepmom just passed on. Was so devastated, I felt broken. I began to get flu symptoms that went on for the whole entire day.

09F:28:XX:XX

I woke up so late in the morning, my whole body is aching. Felt like having water would help, but it did nothing. The flu is still there. Just kept on blaming myself. It was the worst day ever. Normally I'm not a person who wants comfort but today was horrible I needed it!!! 09F:29:XX:XX

I missed home but more especially my grandmother and saddens me to know I will never see her again. 27F: 16: XX: XX

Aversion, communication, smell of smoke, to consolidation , to company, comfort due to granny's passing away.- I did not cry when I heard my gran passed away, I was cold, broke down at the funeral. The death helped me focus on my studies, could not share the grief. 27F: XX: XX: XX

4.3.1.34. GUILTY

Feeling a bit guilty for not working as much as I should. I had a dizzy spell in the middle of the day. Noticed that I have been getting quite thirsty the past few days. Feeling dehydrated. Skin was a bit dry around the face. Been day dreaming during the day and procrastinating. 15M:12:XX:XX

4.3.1.35. HATE

Want to experience emotions – like hatred towards certain people. 10F:00:XX:XX

4.3.1.36. HOMESICKNESS

Feel like I need to be home. Always happier at home. 03F:02:XX:XX

Sad to be away from home. 03F:08:XX:XX

Working today. So tired. Can't wait to get home. 03F:19:XX:XX

I miss home, everyone at home. At times I find myself thinking of my little brother and how much he annoys me then I get angry and imagine hitting him and telling him off , i fear for his life because he does not take it seriously but what mostly makes me angry at him is his in ability to respect those older than him. 27F:07:XX:XX

I missed home but more especially my grandmother and saddens me to know I will never see her again. 27F:16:XX:XX

Today I really wished I could be home, I was home sick. 27F:28:XX:XX

4.3.1.37. HONEST

Honesty levels a bit high. 10F:00:XX:XX

4.3.1.38. HOSTILE

Hostile. 10F:08:XX:XX

4.3.1.39. INDECISIVE

I took me longer than usual to get ready and I was indecisive, I would change my hair countless. 27F: 02: XX: XX

4.3.1.40. INDEPENDENT

Relationships, does things with family at my own pace, don't feel obligated to my parents. Stand tall, firm priority to my own family (I was unacknowledged by my mother, no matter what I did, I was always unacknowledged). 16F:XX:XX:XX

Relationship- broke up with my boyfriend, and try to move on by concentrating on my work, nothing came out of the relationship, I had so much of expectation, frustrated, I put myself out there and he just did not care. I want my own space, it is best we are not together, I won't go back to him, all THE FIGHTS, fights are always about time!!! He has no time for me. I found myself reading a lot, "women of fortune", "my sisters keeper", reading keeps me calm, distracted from everything else, try not to think about it, don't want to be upset. 19F:XX:XX:XX

I have been very reluctant to form new relationships whether friends or romantically I feel my energy am fine is more required by my work. A while back I met a guy not that it was very eventful because I forgotten his name so today he offered to accompany me but I was not interested. 27F:05:XX:XX

I shouted out a guy who was asking me out because I just don't want to be in a relationship- I feel like my is good this way 27F:28:XX:XX

4.3.1.41. IRRITABILITY

Evening (starting 6pm) hypersensitive & moody towards family members. 04F:34:18:00

Woke up very agitated and irritable. 10F:01:XX:XX

I feel withdrawn, I want to be alone, antisocial, irritable. 10F:03:XX:XX

Extremely moody. 10F:08:XX:XX

Mood swings, emotional, angry, happy @ times – deep in thought. 10F:19:XX:XX

I'm in a bad mood I don't feel like talking to anyone, I don't know why. It feels like I don't have friends and everyone is my enemy today. I'm feeling quite hot today although it's really cold. 12F:03:XX:XX

Was in a grumpy mood with husband 16F:00:XX:XX

Moody 16F:13:XX:XX

Very irritable, took off with everyone, very short temper, no longer a people pleaser, lashing out at everyone- 16F:14:XX:XX

The past few day has been extremely emotionally trying. Unable to stay calm. Very short tempered and extremely irritated. 16F:20:XX:XX

Mood is still like shit, I feel like I am going to hit something right now. Rain is here suddenly, the weather is just like me and my moods. Just going to sleep now, not in the mood for any one and anything right now.17M:08:14:00

No sinus and headaches but feeling a bit annoyed and moody.17M:17:07:00

Very frustrated and annoyed just feel like sleeping and not waking up till Monday. Hating this holiday and dislike being around people right now. Anyway of to bed, working tomorrow so time to go to bed and woke up early. Could I will get some sleep on one of these days that I really want to. 17M:17:22:00

Just not in a good mood, can I like fall asleep again till2016. Why do I feel like this, I can't give myself and answer, let alone ask someone else. I would have said that I was going for a jog but who am I kidding. I am already fit enough and if I got any more thin I would disappear. Mood is like shit, don't feel like talking to anyone and go on with life as normal. 17M:23:16:00

I am looking for strange ways to sort my head out. Further than that I am really starting to be annoyed by certain people, for some are just being nice to me for me for no reason but then again. It could be all in my head. 17M:26:07:00

10h00- feeling like very moody, I have this feeling that I am going to snap at any time. I am trying to be calm but it is very hard. 17M:28:10:00

Moody now 21F:34:XX:XX

Mood- was feeling very moody, felt like I just want to be at home alone 21F:12:XX:XX

Didn't feel like writing, irritating. 22F:11:XX:XX

11:00 irritable for something. (don't know why) 22F:13:11:00

Extremely lethargic and grumpy as I just went a full night's sleep. 28M:06:XX:XX

I have been a bit low today, feeling irritable and annoyed. I struggled responding to messages on my phone because I was annoyed by everyone trying to me. I even took down some of the posters on my wall because they were distracting any annoyed me in some way. 29F:01:XX:XX

I was feeling quite grumpy and irritable. Felt easily annoyed by everyone trying to make a conversation with me and just want to be left alone. 29F:16:XX:XX

Still feeling a little irritable. 29F:17:XX:XX

4.3.1.41.1. WAKING ON

Woke up feeling a bit groggy today. Craving for starch and sweet things. Feeling quite tired in the middle of the day. 15M:19:XX:XX

4.3.1.41.2. BOYFRIEND/ HUSBAND WITH

Was in a grumpy mood with husband 16F:00:XX:XX

Annoyed irritated with boyfriend, had a fight with my boyfriend. 24F:03:15:25

Irritated, annoyed, boyfriend lied to me about something 24F: 06:16:59

Irritated, annoyed, my boyfriend is not listening to me – he is joining all the boys and not answering my calls, feel like swearing him. 24F:11:16:35

Still irritated im very angry too, my boyfriend still didn't answer my calls, don't know what happen to him but he better be at home and have a good excuse. 24F:11:21:45

4.3.1.41.3. CHILDREN WITH HIS

Kids getting on my nerves, especially baby v. cranky, throwing tantrums! 16F: 17: XX

Snapped at kids, very short tempered- mind, anger, easily 16F: 28: XX: XX

4.3.1.41.4. COMPLAINTS DURING

My stomach feels as if I have stood against something hot. Body is not experiencing any other pain but it is rather annoying. Hot and cold feels ironic, it's like me in every aspect of life right now. 17M:00:15:00

Stomach cramps/pain is back after a while, just before a game too utterly annoying, looks like I can't play. 17M:02:19:00

Thigh strain still here and is annoying. No sinus 2 days now, miracles are possible after all. 17M:04:08:30

These headaches are very annoying, my eyes feels like it is popping out through my face. 17M:13:15:00

I feel IRRITABLE, my whole body is paining. 23F:06:XX:XX

I am irritable this morning because I have a cold and my whole body is sore.. 23F:06:XX:XX

I feel miserable, my whole body is sore, I just want to climb into bed. 23F:09:XX:XX

4.3.1.41.5. HEADACHE WITH

People seem to annoy me in my presence at the current moment, mind and temperament not at its best behaviour right now. Would love to get some sleep right

now but seems highly impossible. So I'm just going to lie here and stay still hoping that at least the headache goes away or sleep arrives soon. Good night. 17M:01:22:XX

4.3.1.41.6. MENSES DURING

I feel very irritable because of my menstruation. I have a lot of energy so I decided to spring clean my whole room and scrub the yard. I feel like I want to be busy all the time. 23F:12:XX:XX

4.3.1.41.7. MENSES DURING DECREASED

Generally I have a very short fuse before my period (PMS) now it lasts for a very short while. 04F:39:XX:XX

I took the remedy at 6:29 and I have not been in a bad mood since, also do not have any period pains as yet. I'm just feeling tired, I wish I could go to sleep. 12F:00:00:00

My period came all of a sudden because I didn't have any premenstrual signs. No pains before the period. No mood swings. No breast tenderness. Even during the period I didn't experience any cramping. I was in a good mood throughout. 13F:09:XX:XX

4.3.1.42. LAZY

I got much lazier during the proving. 03F:XX:XX:XX

Feeling lazy. 09F:09:XX:XX

I was studying for my test but felt really lazy. I pulled myself together and studied overnight. 09F:41:XX:XX

I don't study in advance anymore, usually I start days or weeks before but now I'm so chilled and lazy I just study the day before. I feel like it takes long to grasp things but infact I grasp things well because I cope well with the content in the test, I remember with ease. 09F:54:XX:XX

Feeling relatively stress free. Completely chilled out and lazy. 10F:00:XX:XX

Lazy throughout the day. 10F:02:XX:XX

Felt extremely lazy and drained throughout the day. Motivation levels very low. 10F:05:XX:XX

Lethargic and tired towards the afternoon and at night. 10F:18:XX:XX

Very lazy throughout the day – little more active at night. 10F:19:XX:XX

Just relaxed at home for the rest of the day. Didn't really want to do much. 11F:35:XX:XX

Got home feeling quite drained so I just chilled and never got around to studying.
11F:37:XX:XX

13h50 while I was walking my eyes went totally black (like a blackout) and I felt dizzy.
The rest of the day I felt really tired and it seems like everything I do takes a lot of
efforts. 12F:04:13:50

Everything seems like it's too much work to do. 12F:05:XX:XX

I feel very lazy now, don't want to talk notes down, it's too much of effort. 13F:09:XX:XX

This morning I have been feeling very tired, I did not go to the gym and took the
morning off. 15M:12:XX:XX

What a relaxed day, slept almost the entire day, woke up when I needed to eat and
bath. Did absolutely nothing 17M:05:21:00

Hot day, feeling really, really tired and I never do anything at all 17M:17:07:00

08h00- got up a bit later than normal today felt tired from doing nothing the previous
day. 17M:33:08:00

Feel like doing nothing and just lazing around at home 17M:34:06:00

Feels so lazy, don't want to get any work done. 18F:04:XX:XX

Bored lazy, don't feel like waking up 24F:03:09:16

Relaxed, lazy, going to eat roast chicken 24:05:21:30

So so tired, try to do research reading but can't find ideas. 22F:05:23:00

I felt lazy to complete school work. 27F:05:XX:XX

I still couldn't get myself to wake up a go jogging. It's been almost a week since I last
jogged now, all I want to do is sleep or just watch TV. 27F:08:XX:XX

I have just feel feeling tired a lot lazy. Came back early from campus and just sat in front
of the tv all day. 27F:09:XX:XX

I was feeling super lazy 27F:11:XX:XX

I was feeling quite lazy so I stayed in bed and watched movies. 27F:15:XX:XX

I have been feeling quite lazy and procrastinating on everything that I am supposed to
do. In have been meaning to study for the past 4 days but still haven't. 29F:03:XX:XX

I am really annoyed with myself. I really feel the drive to want to do everything but I feel
so tired and lazy such that I end up not doing anything. It is really frustrating.
29F:12:XX:XX

Still not feeling very energetic. Couldn't wake up early in the morning. I have been studying but dozing off a lot. My body just feels heavy when I want to try and do something like cleaning or going to the shops and just feel so lazy and end up deciding just stay inside and not do anything or go anywhere. 29F:12:XX:XX

4.3.1.43. LOQUACITY

Third remedy at 21:00, feeling tired and still no period pains and my mood is ok I'm talking a lot more than usually. 12F:00:XX:XX

I'm talking a lot more than often today and I seem happy. 12F:15:XX:XX

I enjoyed engaging with my fellow brothers and sisters. I seem to be uncreative to things I didn't like and I felt like I was taking(talking) a lot after taking the last remedy. Which made me thirsty even more. Thirst is relieved by small sips of tap cold water. 27F:01:XX:XX

4.3.1.44. MOTIVATION

4.3.1.44.1. INCREASED (AMBITION INCREASED/ DETERMINED)

Started exercising, looking for a job too. 04F:39:XX:XX

Blood tests are in. I'm really disappointed. My thyroid is within normal limits. However my haemoglobin is low. Therefore I am anaemic but I am not suffering from hypothyroidism. I really wanted a solid answer/ diagnosis for my symptoms. However I will keep searching for answers. 06F:33:XX:XX

Couldn't fall asleep thinking how I could make it happen. Had a dream and I felt motivated to do it. 09F:02:XX:XX

I feel so much better. Sunday is actually my favourite day. So I make sure I enjoy it, as lazy and as drained as I am I make sure I get out of bed and go out. Feeling happy and motivated. 09F:25:XX:XX

Feels like I could start over. Fresh as an ice cream. I feel a lot of energy in my system, like I can take on the world. 09F:26:XX:XX

I feel much better and I feel like I can take on the world. The energy seems to be there. 09F:32:XX:XX

I went to church and I definitely feel like I can do anything. I woke up with strength and was ready to take on the world. I noticed that I feel like I don't mind the light anymore, it doesn't affect me or my sleep, last night I slept with the light on and surprisingly it didn't bother me, I feel like my sleep pattern has changed. 09F:37:XX:XX

Motivation levels => high. "gangster – like" behavior. 10F:00:XX:XX

Little more motivated. 10F:10:XX:XX

Been more motivated today, especially in the late afternoon – which isn't the usual case. When I say motivated I mean eager to do varsity work. 11F:13:XX:XX

Started doing my work but got side tracked by a possible job opportunity for me to do whilst studying so was occupied with that for most of the day. 11F:36:XX:XX

Was a good start to the morning. Whilst I didn't study, I got a shift sorted which needed to be addressed for varsity and a possible job next year =). 11F:38:XX:XX

Fatigue started to set in at around 8am although I do feel like I can conquer the world today! 11F:39:08:00

Now set on my ambition and Travel, excited about my new job opportunity, looking forward to doing a photography course and making my dream a reality. Spent more time now thinking about my future and actually planning for it. 11F:44:XX:XX

Productive day, can't wait to finish my PG2 and hand it in. 15M:08:XX:XX

Been feeling quite energetic for the past few hours. I did not have an as strong appetite as usually, I just wanted to do my schoolwork. My hunger caught up with me I ended up eating a large supper. 15M:10:XX:XX

Wakeup feeling motivated, strong, brave. 19F:06:XX:XX

Seeing my books set off my energy to studying- feeling very excited and motivated to study, I can concentrate more .M- better with food- people sitting down,I – tingling sensation in my stomach Makes me hungry. Increased appetite .Giving me craving to eat things I don't usually eat Increases my energy makes me excited and motivation to study. Make me want to learn new things. Keep me awake .My concentration level is increasing. t- 10 mins after I took time dose, this is very unusual to me s- it's a jumping /thrilling sensation, like adrenalin rush. 24F:00:19:35

Ambitious- adventurous, wanted like to do fun things like drinking and living on the edge. 24F:XX:XX:XX

Encouraged to carry out my plans. 27F:02:XX:XX

I was excited and filled with much anticipation but overall I was inspired by the beauty of our country, the cultural outfits were filled with so many bright colours and this inspired so much happiness and it was made me proud of my culture and heritage. 27F:23:XX:XX

I woke up determined to get a head start to my studying and I got ready for campus and as I was getting ready I got a text saying there was a strike in process and campus got shut down. 27F:24:XX:XX

Mind – I keep thinking that as many things can fall, being able to rise and start again is the winning recipe of life. With that I feel a lot of relief to do anything and as long as I try I am winning till I stop as that is when I fail. 27F:33:XX:XX

Ambitious – wants to open up a business during my presentation I was being told to speak louder, voice was too soft (usually talk a lot). 27F:XX:XX:XX

Mood- changed – optimistic, looking forward to life, can now think better in a pressured situation, ambitious – wants to open up a business. 27F:XX:XX:XX

Not in a great mood today, so disappointed in myself. I haven't been able to meet the goals I set out for myself and I and it's so frustrating. I feel determined though and want to push myself harder to accomplish everything I want. I need to study in time and be able to lose in the time that I have given myself. It's always been one step forward and 3 steps backwards and I haven't really seen any progress. I am really annoyed with myself. I really feel the drive to want to do everything but I feel so tired and lazy such that I end up not doing anything. It is really frustrating. 29F:12:XX:XX

4.3.1.44.2. DECREASED

There was work on my mind but just no energy or initiative to do so. 03F:XX:XX:XX

I don't feel motivated to do anything. 09F:21:XX:XX

I feel better, my mood feels lifted, I feel like I can take on the world, but the confidence to do so is just not there, only the energy seems to be there. 09F:33:XX:XX

Felt extremely lazy and drained throughout the day. Motivation levels very low. 10F:05:XX:XX

I've also had a serious lack of motivation to study. Almost as if there is no urgency to start which scares me. 11F:26:XX:XX

Concentration also low, it could have been better. Motivation to work is low. 11F:24:XX:XX

Mind- i feel like no one will ever understand me as much as I do and today I felt very discouraged about someone as a friend when they started to compare themselves with me and made me short- comings minor things. It made me feel small and unable to accomplish simple things and I was hurt. I don't know if I am imagining it or not but It really shocked me and made me feel incompetent. 27F:06:XX:XX

4.3.1.45. MUMMERING SLEEP IN

I made sounds during my sleep, so I was told (SULKING SOUNDS) . I haven't made any all week / in a while that I am aware of 21F:00:XX:XX

4.3.1.46. MUSIC

4.3.1.46.1. AVERSION

I seem to be less interested in my music (I did not listen to even one song).
27F:01:XX:XX

4.3.1.46.2. AMEL

I have my ear phone plugged on and I'm busy with house hold chores. Music gives me energy. I love listening, to music, it put me in another world. 21F:21:12:00

I feel good despite the fact that I am sick, I got up around 5am and started doing house work. I washed all the mats in my house and all the blankets, I have energy now. I am listening to music so I think that's why I got so much of energy. I love music, it just puts me in a good mood, and I love it. I like good music, RNB, HIP HOP, gangster rap and slow jams, I hope I have my energy throughout the day. 23F:07:XX:XX

4.3.1.46.3. DESIRE

I just love to listen to music I feel so uplifted. 13F:09:XX:XX

I feel very angry and I seem to lose my temper a lot. I am not in the mood to talk or be around people. I just want to curl up and sleep or plug my ear phones on and listen to music. I seem to just lose my temper around my husband, he drinks every day. Alcohol annoys me now. 23F:22:XX:XX

Kept thinking about listening to music but could not get around it. 27F:02:XX:XX

4.3.1.47. NOISE, AVERSION TO

I'm really tired and I did not do anything the whole day, I just wanted to sleep. I don't want to be around people or noise. 12F:35:XX:XX

It was quite annoying to be there as I had enough of the assignment and it was noisy (noisy) 27F:07:XX:XX

4.3.1.48. OVERWHELMED

Feeling emotional. Feel like a baby -> already thinking we are about to depart with my family, feel sad. Dad is leaving. Nothing is bothering me except my emotions. Overwhelming. 09F:08:XX:XX

I feel like there's a weight on my shoulders, there is just too much, even my back is aching. I even checked my symptoms on the internet because I'm getting so worried. 09F:35:XX:XX

I feel much better than yesterday. I have a test and I still feel too tired to study. I feel like there's too much stuff to handle but I'm still not motivated to study. 09F:36:XX:XX

24:15 – cannot fall asleep, mind too busy with flats being sold. It all happened so quickly. 22F:00:00:15

Aversion, communication, smell of smoke, to consolidation , to company, comfort due to granny's passing away.- I did not cry when I heard my gran passed away, I was cold, broke down at the funeral. The death helped me focus on my studies, could not share the grief. 27F:XX:XX:XX

4.3.1.49. PESSIMISTIC

I also now find overly optimistic people quite annoying and that is exactly what my sister's fiancé is like – although great I really can't stand being around him all too long. And I feel like most of this is surfacing now – or being amplified. 11F:29:XX:XX

14:00- still terrible day and have a feeling it's going to get worse only from here. Had a good nap though, cover up for what I may have missed out on last night. Now to have something to eat and a relaxing cup of tea to calm myself down, everyone has bad days, I have two bad days then a 100 bad ones. 17M:09:14:00

Just not in a good mood, can I like fall asleep again till 2016. Why do I feel like this, I can't give myself an answer, let alone ask someone else. I would have said that I was going for a jog but who am I kidding. I am already fit enough and if I got any more thin I would disappear. Mood is like shit, don't feel like talking to anyone and go on with life as normal. 17M:23:16:00

Mood not good at all, feel like just running away for a while. Like the entire world has bad days, but I on the other hand have months that go wrong. You know they say". There only one place from down, and that's up", guess what I've found a way to go underground. Let me not complain, what is meant to be happens as it is and should be. Off to have a cup of tea and watch some soccer then get to bed and get some sleep hopefully. 17M:27:21:00

4.3.1.50. POSITIVE

Feel so good about Wednesdays. Weekend is near. 03F:02:XX:XX

First day of second term. Happy + excited for a new start. 03F:08:XX:XX

Very amped, more positive outlook in life. 04F:39:XX:XX

Mentally – feeling positive. 07F:06:XX:XX

Started campus for 2nd semester – was very energetic and excited the entire day. 10F:18:XX:XX

Today started off well, was in a good mood. Good start to studying was making great progress. I was getting distracted quite easily though and then after lunch I found out my exams were to be postponed for 2 weeks. So much stress just went off my shoulders. 11F:32:XX:XX

Woke up feeling great. Had a fantastic day treating patients at a sports event and was not tired at the end of the day. 15M:02:XX:XX

I went for a jog today, and hopefully going to gym tomorrow. Need to find something to do, feels really frustrating doing nothing but I guess patience is a virtue. Anyway, going to bed, hopeful of a good night's rest and an early morning. I have just read this and wish to follow this as always "learn to get in touch with the silence within yourself and know that everything in life has a purpose" on that note, a positive one goodnight. 17M:00:21:00

Anyway of to the south coast today, hopefully the slight of green grass lands bring a good day a more positive outlook for the weekend. 17M:10:06:30

07h00. Lovely day, I can feel it already, no aches no pains, no headache, no sinus, no job, life couldn't be any better. Woke up feeling absolutely happy this morning for what reason I don't know. I feel like I don't worry about nothing and will not be in the least bothered about any other person. I feel in a good mood that's all. I would love to go for a morning run and then watch a lovely movie today. 17M:14:07:00

22h00- going to sleep, tired of thinking, thought the entire day, not sure why I am affected by this but what happens, is meant to happen. As it is said, your fate is written from the first day to your life, so just got to be patient for the good day and accept that it will not always be as such. Anyway, hopeful that tomorrow is good, looking forward to the public holiday tomorrow, the day of Reconciliation. 17M:21:22:00

Wakeup feeling motivated, strong, brave. 19F:06:XX:XX

I was feeling quite positive today, have to encourage myself to start studying. Spent the day alone and home, haven't had any other social interactions with anyone except for chatting with my boyfriend on whatsapp. 27F:10:XX:XX

I was excited and filled with much anticipation but overall I was inspired by the beauty of our country, the cultural outfits were filled with so many bright colours and this inspired so much happiness and it was made me proud of my culture and heritage. 27F:23:XX:XX

I woke up with a new hope for the future and I am just grateful to be alive at such a time I woke up and started studying and I had a productive day. 27F:31:XX:XX

Mind – I keep thinking that as many things can fall, being able to rise and start again is the winning recipe of life. With that I feel a lot of relief to do anything and as long as I try I am winning till I stop as that is when I fail. 27F:33:XX:XX

General feeling very good about life and everyone 28M:27:XX:XX

Not in a great mood today, so disappointed in myself. I haven't been able to meet the goals I set out for myself and I and it's so frustrating. I feel determined though and want to push myself harder to accomplish everything I want. I need to study in time and be able to lose in the time that I have given myself. It's always been one step forward and 3

steps backwards and I haven't really seen any progress. I am really annoyed with myself. I really feel the drive to want to do everything but I feel so tired and lazy such that I end up not doing anything. It is really frustrating. 29F:12:XX:XX

I am in quite in a great mood. I managed to push myself to wake up early, study and go to the gym. I feel accomplished, like this is a first step for me to be able to control myself and accomplish my goals. I am still feeling lazy but I have been able to wake myself up early and that's an accomplishment for me. 29F:13:XX:XX

4.3.1.51. PRAYING AMEL

Went to church, mood feels lifted. 09F:04:XX:XX

Seemed to fast and I started panicking as I had to go to church and running late. I got to church and I was so glad that I made it as it changed my spirit (lifted). 27F:13:XX:XX

I had peace of mind knowing that I had taken out all my burden through prayer. 27F:29:XX:XX

4.3.1.52. PROCRASTINATION

Began to procrastinate very much. 03F:20:XX:XX

Many ideas but a lot of procrastination when it comes to starting up. 03F:27:XX:XX

I begin studying for a test much later than I normally would. 03F:XX:XX:XX

Wanted to study but couldn't bring myself to do so. 11F:20:XX:XX

Very productive day, found out exams are postponed, will use this time to push research. Also been procrastinating. Been battling with depression. 15M:05:XX:XX

Been procrastinating a lot, trying to push research but the procrastination wins. Not sure how I'm going to bring myself to do work this week. 15M:06:XX:XX

My thoughts were quite focused today but there has not been a lot of work done. 15M:11:XX:XX

Feeling a bit guilty for not working as much as I should. I had a dizzy spell in the middle of the day. Noticed that I have been getting quite thirsty the past few days. Feeling dehydrated. Skin was a bit dry around the face. Been day dreaming during the day and procrastinating. 15M:12:XX:XX

Worried, never start learning for my next paper 24:06:11:02

I was quite happy today. I managed to go to campus and met up with my friends that had not seen in a while. I felt mentally exhausted though. I don't know why but I was lazy to think and just didn't want to study. 27F:07:XX:XX

I had a refreshing rest. I woke up, made breakfast, I had appetite not sure because I was delaying revision time and I sat down and started revising for my test after that I got ready for school and I went , I was running a bit late but I managed to get there on time. I started to feel anxious but then I managed to relax and I started writing and it was quite a fair test. 27F:12:XX:XX

I have been feeling quite lazy and procrastinating on everything that I am supposed to do. In have been meaning to study for the past 4 days but still haven't. 29F:03:XX:XX

I have only been feeling a bit anxious about upcoming exams, there isn't much time left and I haven't started studying. 29F:04:XX:XX

Not in a great mood today, so disappointed in myself. I haven't been able to meet the goals I set out for myself and I and it's so frustrating. I feel determined though and want to push myself harder to accomplish everything I want. I need to study in time and be able to lose in the time that I have given myself. It's always been one step forward and 3 steps backwards and I haven't really seen any progress. I am really annoyed with myself. I really feel the drive to want to do everything but I feel so tired and lazy such that I end up not doing anything. It is really frustrating. 29F:12:XX:XX

4.3.1.53. PROSTRATION

Feel exhausted mentally. 3/10 intensity. Lasted until I went to bed.

I was quite happy today. I managed to go to campus and met up with my friends that had not seen in a while. I felt mentally exhausted though. I don't know why but I was lazy to think and just didn't want to study. 27F: 07: XX: XX

4.3.1.54. QUARRELSOME

Been a bit down emotionally today... big influence from friends (<) had a fight with them. Feel like my friendship with them won't be the same again. 11F:10:XX:XX

Friendship wise not all good. Big miscommunication was had with my one friend so that did put a damper on my morning. 11F:28:XX:XX

I've been fighting with my siblings a lot – they make me upset. 13F:09:XX:XX

Very irritable, took off with everyone, very short temper, no longer a people pleaser, lashing out at everyone- 16F:14:XX:XX

Mood is still bad, slept for barely 2 hours last night, had a big argument yesterday but choose not to write down personal problems here. Let's just say my dreams do come true, well not ones I would want anyway. Well traits life. Anyway time to move forward feel terrible but what needed to be said has been, so feel a bit relieved from that point to view. I really can't wait to find employment, I don't mind working, 7 days a week for the

next few years. Honestly, anyway of to have a bath and then go back to sleep.
17M:09:XX:XX

During the course of the proving, I was very moody and fought a lot with my sister and boyfriend over silly thing 29F:XX:XX:XX

4.3.1.55. REFRESHED SEA AMEL

I went to the beach. I feel refreshed, so much better. I feel my throat is sore, like I'm about to catch the flu. I'm sneezing too, I think it is because of the breeze.
09F:45:XX:XX

4.3.1.56. REPROACHES

My mood is also not the best, I don't know why I keep on doing this to myself, even though I know what the outcome is going to be. I should stop and just leave it alone, walk away and forget about it. How can I though? Not going to say much, just going to sit and find a way to run away without saying much, again!!! 17M:13:XX:XX

Don't feel like doing anything let alone waking up and going to work for some reason it would be better to go to work, do something to get my mind of things. Still not feeling good in terms of a mental state. Not going to complain any more about it that is the reason why I like to stay away from social media sometimes. What will be achieved if people keep on giving me the same news? is it their way of comforting me, maybe I am being over my head with this situation. Maybe it's me, maybe I am being over my head with this situation. Horrible news to hear but let's just put it in the past and move on from, meet new people and have a better life. Probably 2016 ... because we know 2015 just aint going to cut it out. 17M:25:07:00

Not in a great mood today, so disappointed in myself. I haven't been able to meet the goals I set out for myself and I and it's so frustrating. I feel determined though and want to push myself harder to accomplish everything I want. I need to study in time and be able to lose in the time that I have given myself. It's always been one step forward and 3 steps backwards and I haven't really seen any progress. I am really annoyed with myself. I really feel the drive to want to do everything but I feel so tired and lazy such that I end up not doing anything. It is really frustrating. 29F:12:XX:XX

4.3.1.57. RESERVED/ CLOSED

Reserved when I'm with my friends. 13F:09:XX:XX

I have been very reluctant to form new relationships whether friends or romantically I feel my energy am fine is more required by my work. A while back I met a guy not that it was very eventful because I forgotten his name so today he offered to accompany me but I was not interested. 27F:05:XX:XX

4.3.1.58. SADNESS

Mood feels not so great. 09F:05:XX:XX

Feeling emotional. Feel like a baby -> already thinking we are about to depart with my family, feel sad. Dad is leaving. Nothing is bothering me except my emotions. Overwhelming. 09F:08:XX:XX

I had the energy to do everything. I studied for my second test. Emotionally I feel a bit down. 09F:43:XX:XX

Very sad. 10F:09:XX:XX

Been a bit down emotionally today... big influence from friends (<) had a fight with them. Feel like my friendship with them won't be the same again. 11F:10:XX:XX

Got quite emotional saying goodbye to the gardener today. Him and the maid really looked after me and we all became good friends. 11F:32:XX:XX

Very productive day, found out exams are postponed, will use this time to push research. Also been procrastinating. Been battling with depression. 15M:05:XX:XX

Another warm day, things are looking brighter outside than inside. Feeling rather sad as I can't seem to find very valuable fashionwear/ accessories that were in my draw. 17M:18:07:00

I don't know why but I have a feeling of discontent and emptiness, just like to walk away without looking back, sometimes I just have to convince myself that things are fine but we know it's not true. 17M:19:07:15

Feeling sad, upset, could be depressed Want to be left alone. This is due to the breakup. I have been crying. 19F:05:XX:XX

I don't like it when people start comparing themselves with me actually I get sad by that fact because at time is like they are saying my life is easy. 27F:04:XX:XX

I felt down upon waking up and slipped class and did not feel like company. So I stayed in my room and slipped class and decided to attend the next one of which I was also late. 27F:06:XX:XX

After lecture I went to finish of my assignment and everything went well but I was exhausted and hungry, as I had been there for the whole afternoon and I was just so bored with the same surrounding so I wanted to leave and i think again it hit me that I had unresolved issue with my friend but now I just needed to leave so I left and I went to my room to finish off. 27F:08:XX:XX

I was quiet sad that I could not go home. I sort of regret my decision but I got over it. 27F:15:XX:XX

I think I am borderline depressed. I stay in my room, If I go out it is only for a while and I do not want to interact with anyone 27F:18:XX:XX

I was upset about the closing of campus as I now had to find way to some material to study and basically I couldn't so I stopped studying. And I was quite upset of the fact that I had a lot more to study but no resources.so I felt down and I just continued watching movies. 27F:24:XX:XX

I was sad that my friend was back and I had to return her laptop so I just did my laundry. 27F:25:XX:XX

Antisocial- withdrawn, feel depressed due to other people's problems, feels sad for others, 27F:XX:XX:XX

Very sensitive to criticism – I would be sad and sleep. I was depressed- due to insult. I felt pressured. 27F:XX:XX:XX

Got emotional early on in day after having an argument. I had a fight with my boyfriend, I was mad and haven't spoken to him. Besides that, I interacted well with other people 29F:00:XX:XX

I have been a bit low today, feeling irritable and annoyed. I struggled responding to messages on my phone because I was annoyed by everyone trying to me. I even took down some of the posters on my wall because they were distracting any annoyed me in some way. 29F:01:XX:XX

Emotionally I feel drained. I had to ignore my boyfriend when he tried to talk to me, I was just not ready for any sort of argument or fright and just want to be left alone. 29F:01:XX:XX

4.3.1.59. SELF DISCOVERY

Sudden realisation to Find myself. 10F:04:XX:XX

4.3.1.60. SELF IMPROVEMENT

Was feeling well, generally thinking about how I can improve in certain areas like research and relationships with family. 15M:01:XX:XX

4.3.1.61. SELFISH

Not bothered about anyone else right now, just myself. 17M:05:09:30

Lovely day, I can feel it already, no aches no pains, no headache, no sinus, no job, life couldn't be any better. Woke up feeling absolutely happy this morning for what reason I don't know. I feel like I don't worry about nothing and will not be in the least bothered about any other person. I feel in a good mood that's all. I would love to go for a morning run and then watch a lovely movie today. Oh and today is a historical day, which means someone else is going to wash my hair (lovely feeling that). Anyway off to a run, still praying for a job and washed my mind clean of any other topic (can't write that here). At least I know I can stop persisting that because I know it is not going to happen, well for

at least the time being. Well if it doesn't make me happy by the 31 December 2015, I will be leaving it in 2015. Adios of now, till I have a few complains. 17M:14:07:00

4.3.1.62. SENSITIVE

Very emotional. 10F:08:XX:XX

Watched a movie that was very sad this evening which caused me to cry a lot. I find I've become a lot more emotional recently. I can become emotional about many small things. 11F:05:XX:XX

More emotional throughout the proving. More sensitive. 11F:43:XX:XX

I'm a little bit more emotional. 15M:24:XX:XX

The past few day has been extremely emotionally trying. Unable to stay calm. Very short tempered and extremely irritated. 16F:20:XX:XX

I woke and watched my favourite series, it such a nice program. I like how his they are trying to save their own kind. I feel it's a flight worth fighting for to be free to be your. 27F:05:XX:XX

I like these movies that have a touchy story, a romance and it just makes me happy and sometimes feel very touched to a point of crying. 27F:17:XX:XX

Got emotional early on in day after having an argument. I had a fight with my boyfriend, I was mad and haven't spoken to him. Besides that, I interacted well with other people 29F:00:XX:XX

4.3.1.62.1. CRITICISM TOO

I'm over people's crap, hate their criticism towards me so I cut it off before it can happen. 11F:43:XX:XX

I don't like it when people start comparing themselves with me actually I get sad by that fact because at time is like they are saying my life is easy. 27F:04:XX:XX

Mind- I feel like no one will ever understand me as much as I do and today I felt very discouraged about someone as a friend when they started to compare themselves with me and made me short- comings minor things. It made me feel small and unable to accomplish simple things and I was hurt. I don't know if I am imagining it or not but It really shocked me and made me feel incompetent. 27F:06:XX:XX

I was very sensitive to criticism as my friends said that I don't have many other subjects to direct my time, I should have passed my test anyway, I than withdraw from my friend , I wanted to be alone. 27F:XX:XX:XX

Very sensitive to criticism – I would be sad and sleep. I was depressed- due to insult. I felt pressured. 27F:XX:XX:XX

4.3.1.63. SHARING

I've been happy sharing my food now, I use to hate sharing food, now I happily allow my friends to try my food. 11F:44:XX:XX

4.3.1.64. SINGING

"oh I wish I was a punk rocker with flowers in my hair...

In '77 & 69' revolution was in the air....

I was born to lead

In a world that doesn't care ...

Oh I wish I was a punk rocker with flowers... in... my... hair!"

HAPPY. 03F:21:XX:XX

4.3.1.65. STUDYING

4.3.1.65.1. EASILY

Studying is a little easier, I'm able to concentrate for longer now. 09F:49:XX:XX

I don't study in advance anymore, usually I start days or weeks before but now I'm so chilled and lazy I just study the day before. I feel like it takes long to grasp things but in fact I grasp things well because I cope well with the content in the test, I remember with ease. 09F:54:XX:XX

Studying has been much easier today in terms of fatigue. 11F:02:XX:XX

Been more motivated today, especially in the late afternoon – which isn't the usual case. When I say motivated I mean eager to do varsity work. 11F:13:XX:XX

Studying went well finally found a system which seems to work for me this exam period. 11F:28:XX:XX

Today was an averagely good day. Slept well. Managed to study a bit and then went to my mother's 50th surprise party. A party with which I had a little to do and didn't really want to be there. 11F:29:XX:XX

Studying came easier in the afternoon 11F:38:XX:XX

Struggling to keep focused, I focus only when it's too late or too close to exams, but surprisingly it's easy to grasp stuff when I'm studying so last minute. I am not stressed about exams. It's weird though because stress drives me to study, being "carefree" is what I am now. I do anything that grasps my attention, or takes it away from studying. 15M:24:XX:XX

Very happy, energetic , feeling excited to study, I can concentrate more(attention span has increased, I studied from 7 pm till 12 am without any disturbances , and I remembered my work to the tee, I was like an energy bunny) 24F:00:19:35

Stomach and brain. Seeing my books set off my energy to studying- feeling very excited and motivated to study, I can concentrate more .M- better with food- people sitting down, I – tingling sensation in my stomach Makes me hungry. Increased appetite .Giving me craving to eat things I don't usually eat Increases my energy makes me excited and motivation to study. Make me want to learn new things. Keep me awake .My concentration level is increasing. t- 10 mins after I took time dose, this is very unusual to me s- it's a jumping /thrilling sensation, like adrenalin rush. 24F:00:19:35

Energy –highly energetic on the first powder, I could study from 7:30 pm to 2am non-stop without any distractions. I was hyper managed without food. I was absolutely energetic with very little sleep. 24F:XX:XX:XX

Classes finished early and I proceeded to the computer lab to study and my concentration levels were good and I manged to do lot of woke today. 27F:11:XX:XX

I am scared of failing this test that I am going to write as I had not been getting my desired results in this module but I am planning it work harder for it. Today I got another script back and I was quiet happy with the results I got even though I was quiet happy, when I started talking to the girl I studied with, I started feeling bad as she made a remark about how she feels about getting the mark that I had but I got over it because I was quite satisfied about my mark. So I came back after studying to sleep and I woke up to continue studying. 27F:11:XX:XX

I woke up and started studying for my exam and I just studied till I was tired and slept. I managed to get most of the work done. 27F:27:XX:XX

I woke up with a new hope for the future and I am just grateful to be alive at such a time I woke up and started studying and I had a productive day. 27F:31:XX:XX

Aversion, communication, smell of smoke, to consolidation , to company, comfort due to granny's passing away.- I did not cry when I heard my gran passed away, I was cold, broke down at the funeral. The death helped me focus on my studies, could not share the grief. 27F:XX:XX:XX

Had a calm day today. Spent the entire day studying. My mind was at ease. 29F:05:XX:XX

Felt quiet motivated to study yesterday. Spent the night at a friend's residence and we were up for most of the night studying. This helped me feel quite confident when I went for the exams and it was not bad at all. 29F:30:XX:XX

4.3.1.65.2. DIFICULT

I slept and woke up early to prepare for the test. As I was studying I felt like I wasn't able to grasp everything I was studying, it took a longer time than usual. 09F:38:XX:XX

Concentration very poor. While studying fatigue would set in very quickly and I get distracted very easily now. 11F:22:XX:XX

Energy levels have been relatively average. Struggled to study a bit but was not as much as previous days. 11F:27:XX:XX

So so tired, try to do research reading but can't find ideas. 15F:05:XX:XX

Start studying – f**k. 26M: 32:09:45

Stressed studying for test not sure what or how to study. Feel overwhelmed trying to establish and to study. Not working. 18F:27:XX:XX

23:00 < time of the day, learnt but nothing going in 22F: 06:23:00

Woke up to do research, could not get much done, was worried because I did not hear alarm for 2 o'clock. 22F:22:04:30

I am having a hard time breathing properly and like I have constantly take deep breaths as if feel like running out of breath, feels as if I had been running or exercising and my breathing rate has increased. I am having a hard time concentrating and being able to focus properly on my studying and it's frustrating because I do not have enough time. 29F:25:XX:XX

4.3.1.65.2.1. HEADACHE AGG

Still had my headache which has remained on the left side of my head. Sometimes extends to the parietal lobe but it's mainly above my left eye now. Has been making studying difficult. 11F:26:XX:XX

4.3.1.66. TALKING/ COMMUNICATION

4.3.1.66.1. AMEL

Just had a long conversation, feels so nice actually speaking to someone, not to use to that but will try to get used to it. Mind, talking, amel 17M:09:22:00

Also had a good conversation with my cousin, one of the very few people I talk to, that felt good, felt at much more ease to get a word of support rather than a story on de-motivation. 17M:10:22:00

I enjoyed engaging with my fellow brothers and sisters. I seem to be uncreative to things I didn't like and I felt like I was taking(talking) a lot after taking the last remedy. Which made me thirsty even more. Thirst is relieved by small sips of tap cold water. 27F:01:XX:XX

I talked to my brother we had a great talk about the future. I must say I was quite happy because the week was approaching. 27F:20:XX:XX

4.3.1.66.2. AVERSION TO

I'm in a bad mood I don't feel like talking to anyone, I don't know why. It feels like I don't have friends and everyone is my enemy today. I'm feeling quite hot today although it's really cold. 12F:03:XX:XX

No sinus and headaches but feeling a bit annoyed and moody. Feel like just being by myself today, don't want to initiate any conversation at all right now. It's December and I can't believe I am feeling this way. Hate it, definitely need to do something today, perhaps a drink (alcohol) 17M:17:07:00

Just not in a good mood, can I like fall asleep again till 2016. Why do I feel like this, I can't give myself an answer, let alone ask someone else. I would have said that I was going for a jog but who am I kidding. I am already fit enough and if I got any more thin I would disappear. Mood is like shit, don't feel like talking to anyone and go on with life as normal. 17M: 23:16:00

Feeling a little bit better now, just stopped thinking about the past and anything in general, still not comfortable about talking about it to anyone. 17M:23:16:00

My mood is a little bit better but trying my best to avoid conversation with people. I just like to sit around all day eating junk and watching tv, now worse than a over reacting teenage girl. Anyway of to get some sleep, probably will just sit in front of the aircon until I die or fall of too sleep. 17M:25:22:00

I feel very angry and I seem to lose my temper a lot. I am not in the mood to talk or be around people. I just want to curl up and sleep or plug my ear phones on and listen to music. I seem to just lose my temper around my husband, he drinks every day. Alcohol annoys me now. 23F:22:XX:XX

Annoyed, irritated, don't feel like talking to anyone 24F:15:16:35

I just did not feel like company today so I chose to ignore all calls or texts and stayed indoors. Someone knocked and I just ignored it and went about with my own business. 27F:15:XX:XX

Emotionally I feel drained. I had to ignore my boyfriend when he tried to talk to me, I was just not ready for any sort of argument or fright and just want to be left alone. 29F:01:XX:XX

I have been a bit low today, feeling irritable and annoyed. I struggled responding to messages on my phone because I was annoyed by everyone trying to me. I even took down some of the posters on my wall because they were distracting any annoyed me in some way. 29F:01:XX:XX

I was feeling quite grumpy and irritable. Felt easily annoyed by everyone trying to make a conversation with me and just want to be left alone. 29F:16:XX:XX

4.3.1.67. THOUGHTS

*Mood swings, emotional, angry, happy @ times – deep in thought. 10F:19:XX:XX

4.3.1.67.1. ABUNDANT

All “side effects” or ‘symptoms’ which have been stated above have gone away. That’s good. It has been a rather annoying, not so good, can’t stop thinking, thoughts have been diverged in many directions (job, expectations of results. 17M:00:21:00

Recent times have been different for me, I have started thinking much more about things, I shouldn’t, I read too much into situations, I react faster too things that I should not say what I feel about something without much thought. Feel it hard to hold back, probably because I have lots more time to be idle. Well what could/can be done, rather just keep quiet and continue trying to move forward, I have to just remind myself that it is a phase in my life, things will only get better, hopefully soon. Seriously not even sure why I am writing these things down, why? I have no valid reason, at some point I might want to just stop and rip this book into shreds, don’t blame me if I do. 17M:16:23:00

Going to sleep, tired of thinking, thought the entire day, not sure why I am affected by this but what happens, is meant to happen. As it is said, your fate is written from the first day to your life, so just got to be patient for the good day and accept that it will not always be as such. Anyway, hopeful that tomorrow is good, looking forward to the public holiday tomorrow, the day of Reconciliation. 17M:21:22:00

Got up early today, did some running to get some air, feeling like shit still. Anyway today is a public holiday, just like to relax and have something nice to eat and chill. Would love to go to the beach and swim, probably just like this, to get pulled with the waves. Don’t know why ii feel like this, I wish I could explain it to myself let alone explain it to or speak to someone else about it. I would love to have a drink but what good would that do eventually going to go back to think. Never knew that the past could get to me like that after pushing it away for so long, and now that I am not involved in it, it actually gets to me. Really unexplainable. On another note, I have no sickness, no pains, nothing except a freaked out mind. 17M:22:08:00

Mood a little bit better after that but until then was having a not so good day. I feel like I am slowly pulling away from the rest of the world and I think I have already gone so far away that people are annoyed with me. I can’t do much but it that is. I am sorry but time heals all wounds but also I rate too much time I might start over thinking things. 17M:28:16:30

I had a thought. That I do overthink things to myself, I do up people very seldom and sometimes I make mountains out of molehills. I should stop doing these things maybe that should be my New Year’s resolution. Maybe. But from my perspective I think I should stay calm because sometimes I feel that a listening ear is a running mouth. No, I

don't wish to generalise, I do know some people really want to help and I feel bad for pushing them out, but I don't have explanations to why I do. Also I think I need to stop chasing after certain things, they will destroy me in the end, just going to KISS (keep it simple stupid). 17M:30:23:00

My mind is racing, I'm thinking about "110 things". I will be sitting and studying (try to at least) then I will get up to do something and study for another 5/10 min. 21F:11:XX:XX

Scattered thoughts mostly about the future that each decision I make now will be very impactful on the future. 27F:02:XX:XX

Mood- changed – optimistic, looking forward to life, can now think better in a pressured situation, ambitious – wants to open up a business. 27F:XX:XX:XX

4.3.1.67.2. FAMILY OF

Thinking a lot about family today as well. 15M:04:XX:XX

4.3.1.67.3. FUTURE OF

Deep in thought about my future. 10F:27:XX:XX

Was feeling well, generally thinking about how I can improve in certain areas like research and relationships with family. 15M:01:XX:XX

Scattered thoughts mostly about the future that each decision I make now will be very impactful on the future. 27F:02:XX:XX

I talked to my brother we had a great talk about the future. I must say I was quite happy because the week was approaching. 27F:20:XX:XX

4.3.1.68. TIME PASSES TOO QUICK/ TIME FEEL TOO SHORT

"Time moves too fast" In a rush to get ready for campus – Clinic only. 03F:01:XX:XX

Day went by very fast- mind- time: earlier; time, passed too quickly 16F:00:XX:XX

ANOTHER WEEK DAY PASSED QUICKLY SPENT ON PC. 16F:01:XX:XX

Early morning, can't believe 10 days of December are gone 2015 has gone fast right. No pains, niggles or sinuses. Feeling absolutely great, physically that is. Going for a morning run after I have a wash. 17M:16:06:00

Seemed to fast and I started panicking as I had to go to church and running late. I got to church and I was so glad that I made it as it changed my spirit (lifted). 27F:13:XX:XX

Just feeling quite anxious about my exam. My first exam is just 5 days away and all I feel like I still haven't studied enough and do not have enough time. It's hard to study when I am anxious and stressed out and I stress out even more when im not studying

but I can't because I am stressed out. I end up resorting to eating a lot of food, it helps me calm down for a while then I can return to my studying. 29F:21:XX:XX

4.3.1.69. TOUCH DESIRE

Been a good day thus far, haircut feels great, well more the fact of having my hair washed by someone else feels so comforting. Off to apply for some jobs after a cut of tea. Hopefully of watching a good movie today. 17M:02:11:00

Oh and today is a historical day, which means someone else is going to wash my hair (lovely feeling that). 17M:14:XX:XX

4.3.1.70. TRAPPED

Mind and mood; I am so angry we left for my aunts house and my husband is drunk again. He just loves drink sooo much. I just hate the way my husband makes me feel I am trapped in a corner and I want to scream and fight. 23F:02:12:00

4.3.1.71. TRUSTWORTHY

Almost couldn't meet a promise I made and that made me panic and I made sure that I kept to my word and everything was in order. 27F:09:XX:XX

4.3.1.72. UNDERSTANDING

I feel upset with my boyfriend, it is like there is less effort from him when it comes to our relationship but I came to a realization that I have to do what I expect from him so he too will give back in return. 03F:XX:XX:XX

My relationship with my granny has improved, I love her and understand her more now. 03F:XX:XX:XX

4.3.1.73. WEEPING

4.3.1.73.1. DESIRE

I feel so upset and my husband is to blame for my mood being this was he is just so frustrating and inconsiderate. I feel like SCREAMING and I feel like crying frustration. 23F:24:XX:XX

4.3.1.73.2. MENSES BEFORE

Premenstrual- dull, achy pain , bearing down, > hot water bottle, cry, emotional. 21F:19:XX:XX

4.3.1.74. WRITING AVERSION TO

Anyway I don't feel like writing more here. 17M: 08:06: XX

Didn't feel like writing, irritating. 22F: 11: XX: XX

4.3.2. VERTIGO

Felt slightly dizzy today. 06F:17:XX:XX

Tomorrow my results will be in. I'm praying for positive results. The main things I complained to him about was: fatigue, sudden weight gain, intolerance of cold, palpitations, breathlessness, dizziness and general weakness. It would be nice to get a resolution of my symptoms. 06F:32:XX:XX

Feelings of dizziness, seems like my iron is low. 06F:39:XX:XX

I was shivering a lot in the morning and felt quite faint/ weak. Happened around 9am – 11:30 am. 11F:16:09:00

For about 20 minutes at about 2pm I was feeling quite weak or rattle shaky. 11F:23:XX:XX

Felt quite faint and weak, mainly in my arms around lunch time, also a bit shaky. 11F:37:XX:XX

I think I have an electrolyte imbalance. I'm feeling quite dizzy and weak and I've been really craving salty food lately which I only noticed today. Had some popcorn with salt at 4pm and feeling much better now. (6:00pm). 11F:38:XX:XX

Feeling a bit guilty for not working as much as I should. I had a dizzy spell in the middle of the day. Noticed that I have been getting quite thirsty the past few days. Feeling dehydrated. Skin was a bit dry around the face. Been day dreaming during the day and procrastinating. 15M:12:XX:XX

4.3.2.1. ACCOMPANIED BY,

4.3.2.1.1. HEADACHE

21h00 still a rather warm day, have a terrible headache right now, like someone is continuously punching me on my head. Avoiding any medication but feeling rather drowsy and dizzy. 17M: 01: 21

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. 17M: 11: 15: XX

My eyes have been very watery. It is not intense but very uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. 29F: 01: XX: XX

4.3.2.1.2. STOMACH PAIN

19h00-Stomach cramps/pain is back after a while, just before a game too utterly annoying, looks like I can't play. The cramps are bad only on the left side and more towards the kidneys. Been drinking lots of water since it start of it. Also feeling rather drowsy, dizzy and tired. 17M:02:XX: XX

4.3.2.1.3. VISION LOSS OF VISION

13h50 while I was walking my eyes went totally black (like a blackout) and I felt dizzy. The rest of the day I felt really tired and it seems like everything I do takes a lot of efforts. 12F:04:13:50

I have a headache like someone is pounding drums it is on the sides of my head. Sleeping is making it feel better. Again today I had a blackout, my sister said that it might be because I don't enough iron I shouldn't skip a meal and that is what has been causing me to have blackouts and breath heavily but its unusual because I'm eating meals more regularly now. 12F:05:XX:XX

13:03 had a blackout and feeling dizzy. 12F:11:13:03

I've been getting dizzy recently, had a blackout today. 12F:37:XX:XX

4.3.2.2. DRIVING DURING

Was quite dizzy driving tonight which was slightly alarming. Couldn't quite focus on the driving as well as I should have. 11F:22:XX:XX

I use to sit in the backseat of a car because of motion sickness, now I love the adrenaline rush, I want to sit in the front and feel the speed. 24F:XX:XX:XX (CS)

4.3.2.3. EATING AMEL

At approximately 7pm I suddenly felt extremely weak as if I was about to pass out. I hadn't had all too much to eat and had a cup of very strong punch which I think just lowered my blood sugar levels. Sat down for about 15 minutes and had 2 small slices of baguette bread and felt much better. 11F:29:XX:XX

4.3.2.4. HUNGRY, DURING

I wake up very thirsty but a bit light headed as I was hungry. I was hungry I ate and started doing my assignment, I skipped class and again I went to the library later to continue. 27F:08: XX

4.3.2.5. LOOKING DOWN FROM

Headache only on coughing, feel light headed on looking down/ changing position of head 21F:25: XX

4.3.2.6. ROOM SPINNING

Slept well last night. However when I got out of bed I was feeling a bit dizzy, wasn't severe but was sufficient enough to make me feel uncomfortable. The dizzy feeling lasted till about 12pm or so for around 3 hours. Just felt like the room was spinning and I didn't feel like I was swaying whilst walking or standing. 11F:35:XX:XX

Dizziness at random, feels like the room is spinning around me. 11F:44:XX:XX

4.3.3. HEAD

4.3.3.1. ERUPTIONS

Rash eruption on my head, feels slightly uncomfortable. Makes my head feel itchy. Head gets more itchy after a hot shower or being exposed in the sun. 05M:04:XX:XX

My face has a rash, more prominent in between the eyes. It irritates me and it make me feel quite conscious about myself. 27F:14:XX:XX

4.3.3.2. HEATED

Head temperature felt increased during the day especially when the burning sensation in the eyes felt intensified. 29F:01:XX:XX

4.3.3.3. HEAVINESS

Sleep- had an afternoon nap, upon waking up my head felt heavy and eye also upon opening them and it was better if I squint eye. 27F:12:XX:XX

4.3.3.4. PAIN

Had a very bad headache for the first time in years (used to suffer regularly from headaches). 06F:06:XX:XX

Really cold in Drakensburg today. Seems to be causing a headache and throat ache. 06F:14:XX:XX

Pm- excruciating headache 16F:20:XX:XX

Have a terrible headache, just got home from training, training was good, was made to sign a new contract because 'your old one can't be found on the system'. 17M:03:XX:XX

Still have a massive headache 17M:28:22:00

4.3.3.4.1. MORNING,

Took my first powder at 8:10 this morning. Experienced a sharp pain for approximately 10 seconds in the region of my left temple at 9:50. 11F:00:00:00

06h00a pounding headache, just felt like taking my head off and leaving it aside for a while, worst feeling to get up to one 17M:06:06:00

O! had a headache in posterior cervical triangle (occipital) on the hollow was there throughout the day< morning and sitting in front of the computer, < eating 22F:13:XX:XX

4.3.3.4.1.1. WAKING ON

Woke up with a headache – left temple down to occipital area. 04F:14:XX:XX

Had a headache on waking up. Band like in nature, from my eyes to the base of my neck on the right-hand side. Got better 3 hours later. 11F:04:XX:XX

Had a headache upon waking up -. The headache was noticeable from 8am.
11F:06:08:00

Woke up with a faint headache on the right side of my head, like half a band starting above my right eye extending backwards till about the level of my ear. 11F:37:XX:XX

Woke up with a faint headache. Been taking it easy this morning so as to not aggravate it. 11F:40:XX:XX

4.3.3.4.2. NOON

Slight headache at midday – could be as a result of rushing around and not eating. Had lots of water which helped. Headache: sharp on sides of head (temples) (bilateral).
07F:01:XX:XX

12:00 have a small headache at the sides of my head. 12F:11:12:00

4.3.3.4.3. AFTERNOON

A headache came up at the middle of the afternoon. 15M:15:XX:XX

Day at work- towards afternoon had a headache drank (cold) water alleviated it.
16F:05:XX:XX

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. 17M:11:15:00

Headache: Location; front left temporal region, Intensity: sever throbbing dull, Time 2:35, SENSATION; AS IF A BAND WAS AROUND MY HEAD 26M:00:14:35

4.3.3.4.4. EVENING

18: 30- Headache- vertex- throughout spine, just feel weak, went to do work, had H/A worse throughout the evening. 22F:20:18:30

4.3.3.4.5. NIGHT

At 8pm started feeling nauseous and then started to get a headache. Dull, pulsating in nature and was getting worse slowly on my left forehead. Took a nap for 30 minutes to

try not to vomit. Got worse with light. Was better by 9:30am. Nausea didn't abate though. 11F:39:XX:XX

21:00 went to bed- occipital H/A. 22F:20:21:00

Head – head is sore. It is like hammering feeling. It's at my temporal, started last night. 23F:08:XX:XX

4.3.3.4.6. FRONTAL

Frontal headache, dull pain. Feels like I didn't get enough sleep. 01F:02:XX:XX

Discomfort right between the eyebrows – felt like there was a pressure in the area. 04F:08:XX:XX

While studying I got a headache on my frontal bone with pain in my eyes. 09F:52:XX:XX

Headache- frontal, worse with less sleep better for salty foods. Better with less activity and movement. Worse for more activity. 11F:41:XX:XX

Debilitating, throbbing pain, Can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M:11:15:00

Headache-forehead and temporal region, pain radiating upwards, pain was pulsating, head felt hot. 19F:XX:XX:XX

Head- pain on front of head, shooting pain, feel like banging my head against the wall. 24F:00:XX:XX

Shooting pain on the front on forehead, better when I eat and it is worse during light, sensation is shooting. Feel like banging my head on something, making me feel sleepy ,T- generally 5 minute , after I take the powder,S- it is shooting in the centre on my forehead 24:00:16:03

My eyes have been very watery. It is not intense bit every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. 29F:01:XX:XX

4.3.3.4.7. FORHEAD, LEFT

Started getting a headache at 11:30 was a very dull headache concentrated on the right side of my temple extending towards my parietal lobe. Progressed. Had a sleep and it was still there after waking up at 15:50. Subsided somewhat but by 9:30pm it had shifted to the left side of my forehead. Went to bed early (10:45) hoping it would relieve the pain. 11F:25:XX:XX

At 8pm started feeling nauseous and then started to get a headache. Dull, pulsating in nature and was getting worse slowly on my left forehead. Took a nap for 30 minutes to

try not to vomit. Got worse with light. Was better by 9:30m. Nausea didn't abate though.
11F:39:XX:XX

Headache: Location; front left temporal region, Intensity: sever throbbing dull, Time
2:35, SENSATION; AS IF A BAND WAS AROUND MY HEAD 26M:00:14:35

Headache: FRONT LEFT TEMPORAL, DULL PAIN 26M:02:XX:XX

4.3.3.4.8. OCCIPUT

Head – heavy, C- insomnia, increase in heart palpations (hear racing),L- occipital,A -
lack of sleep(insomnia),M- > lack if sleep , < sleep,5,T- 02:51,S- Heavy, bearing down
sensation. 21F:11:02:51

Headache- occipital , painful on touch> rest < feeling – worried, surging pain on head on
both sides, inner earache, stitching pain, R inner ear canal. 22F:XX:XX:XX

O! had a headache in posterior cervical triangle (occipital) on the hollow was there
throughout the day, < morning and sitting in front of the computer, < eating
22F:13:XX:XX

21: 00 went to bed- occipital headache. 22F:20:21:00

4.3.3.4.8.1. LEFT

Woke up with a H/A – left temple down to occipital area. 04F:19:XX:XX

4.3.3.4.9. SIDES

Slight headache at midday – could be as a result of rushing around and not eating. Had
lots of water which helped. Headache: sharp on sides of head (temples) (bilateral).
07F:01:XX:XX

I have a headache like someone is poning drums it is on the sides of my head.
Sleeping is making it feel better. Again today I had a blackout, my sister said that it
might be because I don't enough iron I shouldn't skip a meal and that is what has been
causing me to have blackouts and breath heavily but its unusual because I'm eating
meals more regularly now. 12F:05:XX:XX

Headache at the sides of my head, not too bad, felt better once I went to sleep.
12F:13:XX:XX

Had a headache, on the sides of my head. Got better when I went to sleep.
12F:19:XX:XX

4.3.3.4.9.1. RIGHT

Had a headache on waking up. Band like in nature, from my eyes to the base of my
neck on the right hand side. Got better 3 hours later. 11F:04:XX:XX

Started getting a headache at 11:30 was a very dull headache concentrated on the right side of my temple extending towards my parietal lobe. Progressed. Had a sleep and it was still there after waking up at 15:50. Subsided somewhat but by 9:30pm it had shifted to the left side of my forehead. Went to bed early (10:45) hoping it would relieve the pain. 11F:25:XX:XX

Right side of my head started hurting at about 10pm. 11F:36:XX:XX

Woke up with a faint headache on the right side of my head, like half a band starting above my right eye extending backwards till about the level of my ear. Deep. Pulsating ache. Worse with movement. Headache went away at around 12. 11F:37:XX:XX

4.3.3.4.9.2. LEFT

Head pain on the left side – lasted for about 15 minutes – not too intense (throbbing). 10F:02:XX:XX

Had a headache upon waking up -. The headache was noticeable from 8am. Found on the left side of my head - more behind my eye and then going to the back of my head. Didn't extend past my ear. Intensified throughout the day – was pulsating. Made me feel nauseous later on. Slept for a little and when I woke up the headache was practically gone. 11F:06:08:00

Still had my headache which has remained on the left side of my head. Sometimes extends to the parietal lobe but it's mainly above my left eye now. Has been making studying difficult. 11F:26:XX:XX

4.3.3.4.10. TEMPLES

Headache on my temples – like a pounding sensation. It got better once I went to sleep. It got worse from noise or from sunlight. 12F:37:XX:XX

Headache on the temples – stabbing pain – lasted 2 days. Better when I drink water. Worse for heat. 13F:09:XX:XX

Headache-forehead and temporal region, pain radiating upwards, pain was pulsating, head felt hot. 19F:XX:XX:XX

Headache- temporal region, moving to the center alternating to the center to the temporal, hammering pain as if someone was hitting me, better lying down, worse noise, 23F:XX:XX:XX

Head: My head is so sore. I think it is due to the screaming and STRESSING. My head is paining and it is getting worse. The pain starts from the side of the temples and moves towards the centre. 23F:05:XX:XX

Head – head is sore. It is like hammering feeling. It's at my temporal, started last night. 23F:08:XX:XX

Temporal headache- agg hunger 24F:XX:XX:XX

Headache-temporal region, dull-sharp aching because of learning 26M: 18:15: 41

Head pain- temporal, bilateral, but mainly left side felt like a hammering pain, heaviness due to tired and studying, << LOOKING AT A SCREEN >> move away from bright screen. 27F:XX:XX:XX

Had a fairly bad headache. This occasionally happens while walking up to DHS (Durban high school) particularly on hot days, like today, however this headache lasted an hour where they normally are gone within minutes of stopping. It was a throbbing sensation over my temples that didn't stop when I cooled down or drank water. When I got to DHS I put my head down and it eventually subsided. I very seldom experience headaches so this was unusual. 28M:17:XX:XX

4.3.3.4.10.1. RIGHT

Headache- pounding, punching, mostly right side, the temporal region, like someone is hitting me, the pain goes to the back of the head, better being quiet, drinking water ice cold water, 1 cup gulp, being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

Headache: lack of sleep. RIGHT temporal region, dull, sharp, shooting pain.
26M:09:14:27

I had a right sided headache which radiated to the left side on the supra-orbitally, at first it was all my right temporal temples. Felt like I am press my head against something but it quickly went away. 27F:00:14:45

4.3.3.4.10.2. LEFT

Woke up with a H/A – left temple down to occipital area. 04F:14:XX:XX

Slight headache on the temple- left hand side. 10F:07:XX:XX

Took my first powder at 8:10 this morning. Experienced a sharp pain for approximately 10 seconds in the region of my left temple at 9:50. 11F:00:00:00

Headache: Location; front left temporal region, Intensity: sever throbbing dull, Time 2:35, SENSATION; AS IF A BAND WAS AROUND MY HEAD 26M:00:14:35

Headache: FRONT LEFT TEMPORAL, DULL PAIN 26M:02:XX:XX

HEADACHE: on the left temporal region-dull pain and aching, probably due to the heat and not eating 26M:06:10:45

I had a right sided headache which radiated to the left side on the supra- orbitally, at first it was all my right temporal temples. Felt like I am press my head against something but it quickly went away. 27F:00:14:45

4.3.3.4.11. VERTEX

18: 30- Headache- vertex- throughout spine, just feel weak, went to do work, had H/A worse throughout the evening. 22F:20:18:30

Headache- temporal region, moving to the center alternating to the center to the temporal, hammering pain as if someone was hitting me, better lying down, worse noise, 23F: XX: XX: XX

Head; I have a horrible headache; it feels like someone is pounding my head with a hammer. The pain is from my center moving towards my temple. 23F:02:XX:XX

Head: My head is so sore. I think it is due to the screaming and STRESSING. My head is paining and it is getting worse. The pain starts from the side of the temples and moves towards the center. 23F:05:XX:XX

4.3.3.4.12. ACHING

HEADACHE: on the left temporal region-dull pain and aching, probably due to the heat and not eating 26M:06:10:45

4.3.3.4.13. BAND LIKE

Had a headache on waking up. Band like in nature, from my eyes to the base of my neck on the right-hand side. Got better 3 hours later. 11F:04:XX:XX

Head: feels as if I'm wearing a head band but I'm not. I'm constantly touching my head 21F: 09: XX: XX

Headache: Location; front left temporal region, Intensity: sever throbbing dull, Time 2:35, SENSATION; AS IF A BAND WAS AROUND MY HEAD. 26M:00:14:35

4.3.3.4.14. BEARING DOWN SENSATION

Head – heavy, C- insomnia, increase in heart palpations (hear racing), L- occipital, A - lack of sleep (insomnia), M- > lack of sleep, < sleep,5,T- 02:51,S- Heavy, bearing down sensation. 21F:11:02:51

4.3.3.4.15. BUSTING/ EXPLODING

Pain during studying, dull pain, tight band (midday), feel like the head would explode. 26F:XX:XX:XX

I get obsessed over my work, have to know my work, or else I panic and I felt like I lose my mind. Head feels like its busting. 26F:XX:XX:XX

4.3.3.4.16. DULL PAIN

Frontal headache, dull pain. Feels like I didn't get enough sleep. 01F:02:XX:XX

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:X.X:XX

Started getting a headache at 11:30 was a very dull headache concentrated on the right side of my temple extending towards my parietal lobe. Progressed. Had a sleep and it was still there after waking up at 15:50. Subsided somewhat but by 9:30pm it had shifted to the left side of my forehead. Went to bed early (10:45) hoping it would relieve the pain. 11F:25:XX:XX

At 8pm started feeling nauseous and then started to get a headache. Dull, pulsating in nature and was getting worse slowly on my left forehead. Took a nap for 30 minutes to try not to vomit. Got worse with light. Was better by 9:30m. Nausea didn't abate though. 11F:39:XX:XX

Pain during studying, dull pain, tight band (midday), feel like the head would explode. 26F:XX:XX:XX

Headache: Location; front left temporal region, Intensity: sever throbbing dull, Time 2:35, SENSATION; AS IF A BAND WAS AROUND MY HEAD. 26M:00:14:35

Headache: FRONT LEFT TEMPORAL, DULL PAIN. 26M:02:XX:XX

HEADACHE: on the left temporal region-dull pain and aching, probably due to the heat and not eating. 26M:06:10:45

Headache: lack of sleep. RIGHT temporal region, dull, sharp, shooting pain. 26M:09:14:27

Headache-temporal region, dull-sharp aching because of learning. 26M:18:15:41

4.3.3.4.17. HAMMERING

I actually have a headache which is rather bad, feel like someone is beating drums in my head right now. 17M:11:XX:XX

15h00- just got home about 30 mins a go, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. Debilitating, throbbing pain, can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M:11:15:00.

Head is paining for the past hour, it just comes and goes, not sure why. The head feels like a hammer is being hit on my head for a few seconds and then stops and I am wide awake, been experiencing constant headaches, they are on and off thing. Does someone have a remote for this and is playing a trick on me? 17M:12:15:00.

Head has a terrible pounding, like a hammer nailing a few nails into my head. Feel like putting my head in the freezer after clapping it off, btw, this head pains like this when I never even drink last night, I just work in opposite ways. Mood is still there about, not sure how to feel, people make it worse. They ask too many questions; I don't like questions. Anyway, got work to look forward too, yeah more like interaction with people I don't like really give a f*** about. I just like to go for a holiday, to a remote destination, with enough to eat, drink and something to watch, oh and did I mention alone. 17M:26:07:00

Headache- temporal region, moving to the center alternating to the center to the temporal, hammering pain as if someone was hitting me, better lying down, worse noise. 23F:XX:XX:XX

Head; I have a horrible headache, It feels like someone is pounding my head with a hammer. The pain is from my center moving towards my temple. It feels better when i cover my head with my blanket and warm. 23F:02:XX:XX

Head – head is sore. It is like hammering feeling. It's at my temporal, started last night. 23F:08:XX:XX

4.3.3.4.18. HEAVINESS

Head – heavy, C- insomnia, increase in heart palpations (hear racing), L- occipital, A - lack of sleep (insomnia), M- > lack of sleep, < sleep,5, T- 02:51, S- Heavy, bearing down sensation. 21F:11:02:51

Head pain- temporal, bilateral, but mainly left side felt like a hammering pain, heaviness due to tired and studying, << LOOKING AT A SCREEN >> move away from bright screen. 27F: XX: XX: XX

4.3.3.4.19. POUNDING/ PUNCHING

Headache on my temples – like a pounding sensation. It got better once I went to sleep. It got worse from noise or from sunlight. 12F:37:XX:XX

Headache- pounding, punching, mostly right side, the temporal region, like someone is hitting me, the pain goes to the back of the head, better being quiet, drinking water ice cold water, 1 cup gulp, being still, lying down, feels as if something is contracting, worse heat 17M:XX:XX:XX

21h00, have a terrible headache right now, like someone is continuously punching me on my head. 17M:01:21:00

06h00a pounding headache, just felt like taking my head off and leaving it aside for a while, worst feeling to get up to one 17M:06:06:00

15h00- just got home about 30 mins a go, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. Debilitating, throbbing pain, can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M:11:15:00

Head has a terrible pounding, like a hammer nailing a few nails into making head. Feel like putting my head in the freezer after clapping it off, btw, this head pains like this when I never even drink last night, I just work in opposite ways. 17M:26:07:00

Head; I have a horrible headache; it feels like someone is pounding my head with a hammer. The pain is from my center moving towards my temple. It feels better when I cover my head with my blanket and warm 23F:02:XX:XX

4.3.3.4.20. PRESSURE

Discomfort right between the eyebrows – felt like there was a pressure in the area. 04F:08:XX:XX

4.3.3.4.21. PULLING

I have a headache. Feels better when I look down. Pulling sensation. May be because I started sneezing a lot suddenly. 09F:00:XX:XX

4.3.3.4.22. PULSATING

Intensified throughout the day – was pulsating. Made me feel nauseous later on. Slept for a little and when I woke up the headache was practically gone. 11F:06:08:00

Woke up with a faint headache on the right side of my head, like half a band starting above my right eye extending backwards till about the level of my ear. Deep. Pulsating ache. 11F:37:XX:XX

At 8pm started feeling nauseous and then started to get a headache. Dull, pulsating in nature and was getting worse slowly on my left forehead. Took a nap for 30 minutes to try not to vomit. Got worse with light. Was better by 9:30m. Nausea didn't abate though. 11F:39:XX:XX

13:02 have a headache feels like someone is beating drums and if I put my head down it gets worse and if I also sleep. 12F:02:13:02

I have a headache like someone is pounding drums it is on the sides of my head. Sleeping is making it feel better. 12F:05:XX:XX

Headache-forehead and temporal region, pain radiating upwards, pain was pulsating, head felt hot. 19F:XX:XX:XX

My eyes have been very watery. It is not intense but every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. 29F:01:XX:XX

4.3.3.4.23. SHARP / STABBING

Took my first powder at 8:10 this morning. Experienced a sharp pain for approximately 10 seconds in the region of my left temple at 9:50. 11F:00:00:00

Headache on the temples – stabbing pain – lasted 2 days. Better when I drink water. Worse for heat. 13F:09:XX:XX

Headache: lack of sleep. RIGHT temporal region, dull, sharp, shooting pain. 26M:09:14:27

Headache-temporal region, dull-sharp aching because of learning. 26M:18:15:41

4.3.3.4.24. SHOOTING

Head- pain on front of head, shooting pain, feel like banging my head against the wall. 24F:00:XX:XX

Shooting pain on the front on forehead, better when I eat and it is worse during light, sensation is shooting. Feel like banging my head on something, making me feel sleepy, T- generally 5 minute, after I take the powder, S- it is shooting in the center on my forehead. 24:00:16:03
Headache: lack of sleep. RIGHT temporal region, dull, sharp, shooting pain. 26M:09:14:27

4.3.3.4.25. SORE

Head: My head is so sore. I think it is due to the screaming and STRESSING. My head is paining and it is getting worse. The pain starts from the side of the temples and moves towards the center. 23F:05:XX:XX

Head – head is sore. It is like hammering feeling. It's at my temporal, started last night. 23F: 08: XX: XX

4.3.3.4.26. STITCHING PAIN

Headache- local occipital , painful on touch> rest < feeling – worried, surging pain on head on both sides, inner earache, stitching pain, R inner ear canal. 22F:XX:XX:XX

4.3.3.4.27. THROBBING

Head pain on the left side – lasted for about 15 minutes – not too intense (throbbing). 10F:02:XX:XX

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. Debilitating, throbbing pain, can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M:11:15:00

Headache: Location; front left temporal region, Intensity: severe throbbing dull, Time 2:35, SENSATION; AS IF A BAND WAS AROUND MY HEAD. 26M:00:14:35

Had a fairly bad headache. This occasionally happens while walking up to DHS (Durban high school) particularly on hot days, like today, however this headache lasted an hour where they normally are gone within minutes of stopping. It was a throbbing sensation over my temples that didn't stop when I cooled down or drank water. When I got to DHS I put my head down and it eventually subsided. I very seldom experience headaches so this was unusual. 28M:17:XX:XX

4.3.3.4.28. ACCOMPANIED BY

4.3.3.4.28.1. BLURRED VISION

I have a headache, it's affecting the eyes, I can't see clearly. 13F:01:XX:XX

15h00- serious headache, wow what is wrong here, been experiencing a few of these over the past few days. I feel like someone is hitting me with a pan on my head, feel like a metal sound which is really loud and annoying. Also my eyesight is blurry looking into any light, especially the TV or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying; my eyes feel like it is popping out through my face. 17M: 13:15: XX

4.3.3.4.28.2. PALPITATIONS

head – heavy, C- insomnia, increase in heart palpitations (hear racing), L- occipital, A - lack of sleep (insomnia), M- > lack of sleep, < sleep, 5, T- 02:51, S- Heavy, bearing down sensation. 21F:11:02:51

4.3.3.4.29. ALCOHOL AFTER

On the other hand, had a hectic headache, that could have been a hangover, might have had too much to drink last night. 17M: 23:8: XX

4.3.3.4.30. ANXIETY AGG

I'm writing tomorrow, a little stressed, so I have a headache. 12F:36:XX:XX

Headache- local occipital, painful on touch> rest < feeling – worried, surging pain on head on both sides, inner earache, stitching pain, R inner ear canal. 22F:XX:XX:XX

Head: My head is so sore. I think it is due to the screaming and STRESSING. My head is paining and it is getting worse. The pain starts from the side of the temples and moves towards the center. 23F:05:XX:XX

4.3.3.4.31. BATHING, HEAT, AMEL

Had a hot shower helped with headache. 16F:00:XX:XX

4.3.3.4.32. CONSTANT

Head is paining for the past hour, it just comes and goes, not sure why. The head feels like a hammer is being hit on my head for a few seconds and then stops and I am wide awake, been experiencing constant headaches, they are on and off thing. Does someone have a remote for this and is playing a trick on me? 17M:12:22:00

4.3.3.4.33. COUGH DURING

Head – headache only on coughing, feel light headed on looking down/ changing position of head. 21F:25:XX:XX

Head- headache on cough. 21F:29:XX:XX

4.3.3.4.34. COVERING AMEL

My eyes have been very watery. It is not intense bit every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. Location- on both eyes. Aetiology- it started immediately after 1 stopped outside in open air and worse it has been windy. Modality – it gets worse when I'm outside or when wind blows, when there is an open window, just the wind it worse, felt better when I closed eyes and slept covering my head. Sensation- my eyes felt itching and feels like a distant burning irritation. Intensity – it has not been very intense, it's just uncomfortable but very serious. Time – it only started in the morning when I left the house. It has been consistent but just worse when I go out. 29F:01:XX:XX

4.3.3.4.35. DECREASED

Decrease in the amount of headaches since taking the remedy. 04F:39:XX:XX

Less headaches since I started taking the remedy. 04F:40:XX:XX

No headaches, generally I suffer from headaches. 05M:01:XX:XX

4.3.3.4.36. DRINKING

4.3.3.4.36.1. COLD DRINKS AMEL

Headache- pounding, punching, mostly right side, the temporal region, like someone is hitting me , the pain goes to the back of the head, better being quiet, drinking water ice cold water, 1 cup gulp , being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

Day at work- towards afternoon had a headache drank (cold) water alleviated it.
16F:05:XX:XX

4.3.3.4.36.2. WATER AMEL

Slight headache at midday – could be as a result of rushing around and not eating. Had lots of water which helped. Headache: sharp on sides of head (temples) (bilateral).
07F:01:XX:XX

Headache on the temples – stabbing pain – lasted 2 days. Better when I drink water. Worse for heat. 13F:09:XX:XX

4.3.3.4.37. EATING

4.3.3.4.37.1. AGG

O! had a headache in posterior cervical triangle (occipital) on the hollow was there throughout the day, < morning and sitting in front of the computer, < eating
22F:13:XX:XX

4.3.3.4.37.2. AMEL

Headache lasted for 10 mins, stop after I ate, disappeared around, 16:50- 16: 55.
24F:00:16:40

4.3.3.4.38. HEAT

4.3.3.4.38.1. AGG

Headache- pounding, punching, mostly right side, the temporal region, like someone is hitting me, the pain goes to the back of the head, better being quiet, drinking water ice cold water, 1 cup gulp, being still, lying down, feels as if something is contracting, worse heat 17M:XX:XX:XX

4.3.3.4.38.2. DURING

HEADACHE: on the left temporal region-dull pain and aching, probably due to the heat and not eating 26M:06:10:45

4.3.3.4.38.3. SENSATION OF

Have a slight headache; feels quite hot; increased perspiration. Headache is slightly relieved +- 30 min later. 01F:02:XX:XX

I have the flu now. My head feel like it's on fire. My entire body is sore. I coughed the entire night. 09F:46:XX:XX

Headache-forehead and temporal region, pain radiating upwards, pain was pulsating, head felt hot. 19F:XX:XX:XX

4.3.3.4.39. HUNGER

4.3.3.4.39.1. AGG

Temporal headache- agg hunger 24F:XX:XX:XX

4.3.3.4.39.2. FROM

Took the last one at 20:15. I'm tired and just want to go to sleep. I have a headache at 20:30 but it's not too bad, I think it's caused because I'm so hungry. 12F:01:XX:XX

HEADACHE: on the left temporal region-dull pain and aching, probably due to the heat and not eating 26M:06:10:45

4.3.3.4.40. INTERMITTENT

Head is paining for the past hour, it just comes and goes, not sure why. The head feels like a hammer is being hit on my head for a few seconds and then stops and I am wide awake, been experiencing constant headaches, they are on and off thing. Does someone have a remote for this and is playing a trick on me? 17M:12:15:00

4.3.3.4.41. IRRATABILITY WITH

21h00 still a rather warm day, have a terrible headache right now, like someone is continuously punching me on my head. Avoiding any medication but feeling rather drowsy and dizzy. People seem to annoy me in my presence at the current moment, mind and temperament not at its best behaviour right now. Would love to get some sleep right now but seems highly impossible. So, I'm just going to lie here and stay still hoping that at least the headache goes away or sleep arrives soon. Good night. 17M:01:21:XX:XX

15h00- serious headache, wow what is wrong here, been experiencing a few of these over the past few days. I feel like someone is hitting me with a pan on my head, feel like a metal sound which is really loud and annoying. Also, my eyesight is blur looking into any light, especially the tv or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying; my eyes feel like it is popping out through my face. 17M:13:15:00

Mood is not helping, its hard work acting like everything and yourself is okay when you really don't feel like yourself. Actually gives me a headache this weather and my mood together, any who off to try and get some sleep, work tomorrow morning. 17M:24:22:00

4.3.3.4.42. LACK OF SLEEP, FROM

Head – heavy, C- insomnia, increase in heart palpitations (hear racing), L- occipital, A - lack of sleep (insomnia), M- > lack of sleep, < sleep,5,T- 02:51,S- Heavy, bearing down sensation. 21F:11:02:51

Headache: lack of sleep. RIGHT temporal region, dull, sharp, shooting pain.
26M:09:14:27

4.3.3.4.43. LACHRYMATION WITH

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:XX:XX

My eyes have been very watery. It is not intense bit every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. 29F:01:XX:XX

4.3.3.4.44. LYING

4.3.3.4.44.1. AGG

13:02 have a headache feels like someone is beating drums and if I put my head down it gets worse and if I also sleep. 12F:02:13:02

4.3.3.4.44.2. AMEL

Headache relieved by massage, closing eyes & lying down. 04F:19:XX:XX

Headache- pounding, punching, mostly right side, the temporal region, like someone is hitting me, the pain goes to the back of the head, better being quiet, drinking water ice cold water, 1 cup gulp, being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

Headache- temporal region, moving to the center alternating to the center to the temporal, hammering pain as if someone was hitting me, better lying down, worse noise, 23F: XX: XX: XX

4.3.3.4.45. MASSAGE AMEL

Headache relieved by massage, closing eyes & lying down. 04F:19:XX:XX

4.3.3.4.46. MOTION

4.3.3.4.46.1. AGG

Headache aggravated by bright light or a lot of visual movement, loud noises & neck movement. 04F:19:XX:XX

Woke up with a faint headache on the right side of my head, like half a band starting above my right eye extending backwards till about the level of my ear. Deep. Pulsating ache. Worse with movement. Headache went away at around 12. 11F:37:XX:XX

Headache- frontal, worse with less sleep better for salty foods. Better with less activity and movement. Worse for more activity. 11F:41:XX:XX

4.3.3.4.46.1.1. EYE MOVEMENT AGG

Headache aggravated by bright light or a lot of visual movement, loud noises & neck movement. 04F:19:XX:XX

4.3.3.4.46.2. AMEL

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. Debilitating, throbbing pain, can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M:11:15:00

4.3.3.4.46.2.1. LOOKING DOWN AMEL

I have a headache. Feels better when I look down. Pulling sensation. May be because I started sneezing a lot suddenly. 09F:00:XX:XX

4.3.3.4.47. NAUSEA WITH

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:XX:XX

Had a headache upon waking up -. The headache was noticeable from 8am. Found on the left side of my head - more behind my eye and then going to the back of my head. Didn't extend past my ear. Intensified throughout the day – was pulsating. Made me feel nauseous later on. Slept for a little and when I woke up the headache was practically gone. 11F:06:08:00

At 8pm started feeling nauseous and then started to get a headache. Dull, pulsating in nature and was getting worse slowly on my left forehead. Took a nap for 30 minutes to try not to vomit. Got worse with light. Was better by 9:30m. Nausea didn't abate though. 11F:39:XX:XX

4.3.3.4.48. NOISE AGG

Headache aggravated by bright light or a lot of visual movement, loud noises & neck movement. 04F:19:XX:XX

Headache on my temples – like a pounding sensation. It got better once I went to sleep. It got worse from noise or from sunlight. 12F:37:XX:XX

Headache- temporal region, moving to the center alternating to the center to the temporal, hammering pain as if someone was hitting me, better lying down, worse noise, 23F: XX: XX: XX

4.3.3.4.48. PHOTOPHOBIA

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:XX:XX

Headache aggravated by bright light or a lot of visual movement, loud noises & neck movement. 04F:19:XX:XX

At 8pm started feeling nauseous and then started to get a headache. Dull, pulsating in nature and was getting worse slowly on my left forehead. Took a nap for 30 minutes to try not to vomit. Got worse with light. Was better by 9:30m. Nausea didn't abate though. 11F:39:XX:XX

Headache-6, light sensitivity. 16F:00:XX:XX

Shooting pain on the front on forehead, better when I eat and it is worse during light, sensation is shooting. Feel like banging my head on something, making me feel sleepy, T- generally 5 minute, after I take the powder, S- it is shooting in the center on my forehead 24:00:16:03

4.3.3.4.49.1. ARTIFICIAL LIGHT AGG

15h00- serious headache, wow what is wrong here, been experiencing a few of these over the past few days. I feel like someone is hitting me with a pan on my head, feel like a metal sound which is really loud and annoying. Also, my eyesight is blur looking into any light, especially the tv or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying; my eyes feel like it is popping out through my face. 17M:13:15:00

O! had a headache in posterior cervical triangle (occipital) on the hollow was there throughout the day, < morning and sitting in front of the computer, < eating 22F:13:XX:XX

Head pain- temporal, bilateral, but mainly left side felt like a hammering pain, heaviness due to tired and studying, << LOOKING AT A SCREEN >> move away from bright screen. 27F:XX:XX:XX

4.3.3.4.50. REST AMEL

Headache- local occipital, painful on touch> rest < feeling – worried, surging pain on head on both sides, inner earache, stitching pain, R inner ear canal. 22F:XX:XX:XX

4.3.3.4.51. SALT AMEL

Headache- frontal, worse with less sleep better for salty foods. Better with less activity and movement. Worse for more activity. 11F:41:XX:XX

4.3.3.4.52. SILENCE AMEL

Headache- pounding , punching, mostly right side, the temporal region, like someone is hitting me , the pain goes to the back of the head, better being quiet, drinking water ice cold water, 1 cup gulp , being still, lying down, feels as if something is contracting, worse heat 17M: XX:XX:XX

4.3.3.4.53. SLEEP

4.3.3.4.53.1. AFTER AGG

13:02 have a headache feels like someone is beating drums and if I put my head down it gets worse and if I also sleep. 12F:02:13:02

4.3.3.4.53.2. AMEL

Had a headache upon waking up -. The headache was noticeable from 8am. Found on the left side of my head - more behind my eye and then going to the back of my head. Didn't extend past my ear. Intensified throughout the day – was pulsating. Made me feel nauseous later on. Slept for a little and when I woke up the headache was practically gone. 11F:06:08:00

Noticed that napping reduces the occurrence of headaches. 11F:18:XX:XX

My headache is no longer there once I woke up, which is very exciting. 11F:27:XX:XX

Headache- frontal, worse with less sleep better for salty foods. Better with less activity and movement. Worse for more activity. 11F:41:XX:XX

I have a headache like someone is pounding drums it is on the sides of my head. Sleeping is making it feel better. 12F:05:XX:XX

Headache at the sides of my head, not too bad, felt better once I went to sleep. 12F:13:XX:XX

Had a headache, on the sides of my head. Got better when I went to sleep. 12F:19:XX:XX

Had a small headache but once I went to sleep it was gone. 12F:24:XX:XX

Headache on my temples – like a pounding sensation. It got better once I went to sleep. It got worse from noise or from sunlight. 12F:37:XX:XX

My eyes have been very watery. It is not intense but every uncomfortable. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. Location- on both eyes. Aetiology- it started

immediately after 1 stopped outside in open air and worse it has been windy. Modality – it gets worse when I'm outside or when wind blows, when there is an open window, just the wind it worse, felt better when I closed eyes and slept covering my head.

29F:01:XX:XX

4.3.3.4.53.3. SLEEPINESS WITH

Shooting pain on the front on forehead, better when I eat and it is worse during light, sensation is shooting. Feel like banging my head on something, making me feel sleepy ,T- generally 5 minute , after I take the powder,S- it is shooting in the centre on my forehead 24:00:16:03

4.3.3.4.53.4. SLEEPLESSNESS WITH

Head is paining for the past hour, it just comes and goes, not sure why. The head feels like a hammer is being hit on my head for a few seconds and then stops and I am wide awake, been experiencing constant headaches, they are on and off thing. Does someone have a remote for this and is playing a trick on me? 17M:12:15:00

4.3.3.4.54. SNEEZING FROM

I have a headache. Feels better when I look down. Pulling sensation. May be because I started sneezing a lot suddenly. 09F:00:XX:XX

Sinuses has gone out of its way to annoy me for about, how thoughtful of you'll I seem to have a very runny nose and I can't stop sneezing this has caused my head to pain and my mouth and throat seems to be really dry. Argh feel like cutting it out and leaving it aside. 17M:00:XX:XX

4.3.3.4.55. STUDYING FROM

While studying, I got a headache on my frontal bone with pain in my eyes. 09F:52:XX:XX

Pain during studying, dull pain, tight band (midday), feel like the head would explode. 26F: XX: XX: XX

Headache-temporal region, dull-sharp aching because of learning 26M: 18:15: 41

Head pain- temporal, bilateral, but mainly left side felt like a hammering pain, heaviness due to tired and studying, << LOOKING AT A SCREEN >> move away from bright screen. 27F:XX:XX:XX

4.3.3.4.56. SUN EXPOSURE AGG

Headache on my temples – like a pounding sensation. It got better once I went to sleep. It got worse from noise or from sunlight. 12F:37:XX:XX

4.3.3.4.57. TOUCH

4.3.3.4.57.1. AGG

Headache- local occipital, painful on touch> rest < feeling – worried, surging pain on head on both sides, inner earache, stitching pain, R inner ear canal. 22F:XX:XX:XX

4.3.3.4.57.2. DESIRE

Head: feels as if I'm wearing a head band but I'm not. I'm constantly touching my head 21F:09:XX:XX

4.3.3.4.58. VERTIGO

4.3.3.4.58.1. AFTER

Slight dizziness before getting a headache. 11F:43:XX:XX

4.3.3.4.58.2. WITH

21h00 still a rather warm day, have a terrible headache right now, like someone is continuously punching me on my head. Avoiding any medication but feeling rather drowsy and dizzy. 17M:01:21:00

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. 17M:11:15:00

Head pain Head, lightness, sensation of vertigo, looking, downwards. 21F:25:XX:XX

Head – headache only on coughing, feel light headed on looking down/ changing position of head. 21F:25:XX:XX

My eyes have been very watery. It is not intense but every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. 29F:01:XX:XX

4.3.3.4.59. WEAKNESS

4.3.3.4.59.1 DURING

Head pain- temporal, bilateral, but mainly left side felt like a hammering pain, heaviness due to tired and studying, << LOOKING AT A SCREEN >> move away from bright screen. 27F:XX:XX:XX

4.3.3.4.59.2. WITH

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. The headache is making me very dizzy, failing to stand or move my head starts to pain. Debilitating, throbbing pain, can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M:11:15:00

4.3.3.4.60. WIND AGG

Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. Aetiology- it started immediately after I stopped outside in open air and worse it has been windy. Modality – it gets worse when I'm outside or when wind blows, when there is an open window, just the wind it worse, felt better when I closed eyes and slept covering my head. 29F:01:XX:XX

4.3.3.5. TOUCH DESIRE

Been a good day thus far, haircut feels great, well more the fact of having my hair washed by someone else feels so comforting. Off to apply for some jobs after a cut of tea. Hopefully of watching a good movie today. 17M:02:11:00

Oh and today is a historical day, which means someone else is going to wash my hair (lovely feeling that). 17M:14:XX:XX

4.3.3.6. HAIR

4.3.3.6.1. FALLING

Been "molting" losing a lot of hair recently, seems excessive. 11F:17:XX:XX

4.3.3.6.2. GREASY

Hair gets oily and greasier much faster. 24F: XX: XX: XX

4.3.3.6.3. GROWTH

Hair- my hair grew longer, nails grew longer and faster, I had to cut my nails weekly, feels fuller. 27F: XX: XX: XX

4.3.4. EYES

4.3.4.1. CLOSE EYES, DESIRE

Desire to sleep, + close eyes. 07F:01:XX:XX

4.3.4.2. DISCOLOURATION RED

Noticed this evening that my eyes are quite red. They have also been feeling very dry and heavy. 11F:31:XX:XX

My eyes are red, I was rubbing them because they were itchy. My nose is running and my throat is itchy. It feels like I have a flu. 12F:06:XX:XX

I had sinuses in the morning, rubbing my eyes and nose and the eyes become red, runny nose and can't stop sneezing. 12F:12:XX:XX

Woke up this morning with my left eye failing to open easily, and it was red. Like I had lack of sleep or a terrible hangover. To add to that it was burning and I only felt like rubbing it which caused it to irritate me much more 17M:33:08:00

My eye and head is paining, my left eye pains and burns everytime I blink. It is still red and think this is causing my head to pain as well. Got a severe headache again like someone is continuously banging my head on a wall. 17M:34:22:00

Eyes: my eyes are red and watery. 23F:04:XX:XX

Eyes: my eyes are watery and red. It is burning and poking a bit. I just feel like I want to close it coz that is when it feels better. 23F:06:XX:XX

12:00 eyes; burning and watery. My eyes are red and itchy. 23F:06:12:00

Eyes- eyes are watery and red they feel heavy and tired; I feel better when I close them. 23F:07:XX:XX

My eyes are red and watery both sides. The liquid is clear. 23F:08:XX:XX

Teary eyes in open or outdoors from cool room to warm room, teary both sides, clear tears, then it would burn, when I walked into the shop I was told that my eye was red. 27F:XX:XX:XX

Eyes- my eyes were blood shot but no pain or anything, just be because I did. Was not get (getting) enough sleep. 27F:00:XX:XX

4.3.4.3. DROOPY

Droopy eyes. 03F:10:XX:XX

4.3.4.4. DRYNESS

My eyes have been quite uncomfortable this am. I would describe it as a burning sensation – almost like they're drying out too quickly. Are also feeling very heavy. 11F:01:XX:XX

Noticed this evening that my eyes are quite red. They have also been feeling very dry and heavy. 11F:31:XX:XX

Eyes felt funny like gunk inside nothing came out though feels worse for wind becomes dry and itchy in the wind. 11F:42:XX:XX

4.3.4.4.1. WAKING ON

Waking in the morning with dry eyes and a very dry tongue. 05M:02:XX:XX

4.3.4.4.2. WIND AGG

Eyes felt funny like gunk inside nothing came out though feels worse for wind becomes dry and itchy in the wind. 11F:42:XX:XX

4.3.4.5. ERUPTION, ITCHY

Skin-I got a rash, it has not improved it sometimes gets itchy but not intensely. It feels rough on touch. Skin- rash- around the orbits of my eyes- tiny (pinhead) when I look in the mirror, it looks like dark eruptions. 27F:00:XX:XX

4.3.4.6. FUZZY

My eyes also felt a bit fuzzy but they weren't blurry. 11F:14:XX:XX

4.3.4.7. HEAVY

My eyes feel heavy and im getting sleepy during the day. 05M:04:XX:XX

My eyes have been quite uncomfortable this am. I would describe it as a burning sensation – almost like they're drying out too quickly. Are also feeling very heavy. 11F:01:XX:XX

At 22:00 started getting heavy eyes. Just wanted to fall asleep on the spot. 11F:21:22:00

Noticed this evening that my eyes are quite red. They have also been feeling very dry and heavy. 11F:31:XX:XX

Eyes- eyes are watery and red they feel heavy and tired, I feels better when I close them. 23F:07:XX:XX

Sleep- had an afternoon nap, upon waking up my head felt heavy and eye also upon opening them and it was better if I squint eye. 27F:13:XX:XX

My eyes have still been quite watery like yesterday, there hasn't been a great change. They still feel heavy and I feel sleepy and just want to close the all the time. The headache that was occurring with the eye problem had completely disappeared by morning evening the temperature dropped down to normal. 29F:02:XX:XX

4.3.4.8. ITCHING

Eyes felt funny like gunk inside nothing came out though feels worse for wind becomes dry and itchy in the wind. 11F:42:XX:XX

My eyes are red; I was rubbing them because they were itchy. My nose is running and my throat is itchy. It feels like I have a flu. 12F:06:XX:XX

Eyes: my eyes are red and itchy. It is also very watery. 23F:03:XX:XX

12:00 eyes; BURNING and watery. My eyes are red and itchy. 23F:06:12:00

My eyes were a bit itchy, the itchiness was coming from my inner ear and up to my throat as well. It felt as though I was about to catch a cold but my nose was clear and I couldn't figure out what might have caused it. It was just itching and got worse as the day went by but it disappeared by the evening when I was going to bed. 27F:07:XX:XX

Sensation- my eyes felt itching and feels like a distant burning irritation. It has been consistent but just worse when I go out. 29F:01:XX:XX

4.3.4.9. LIGHT SENSITIVE

Eyes very sensitive to light better in the dark, Had a glass of sweet cranberry juice –it helped. 16F:20:XX:XX

4.3.4.9.1. ARTIFICIAL LIGHT, AGG

Eye- last night eyes were sensitive. Too much pc? 16F:01:XX:XX

I have a very blurry vision, everything in front of me seems white, the light is very bright white and it comes and goes for the past few minutes. I can't look at the tv or computer screen without my vision being blurred. 17M:00:10:00

15h00- serious headache, wow what is wrong here, been experiencing a few of these over the past few days. Also, my eyesight is blur looking into any light, especially the TV or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying; my eyes feel like it is popping out through my face. 17M:13:15:00

4.3.4.10. OPENING LIDS, DIFFICULT, SNEEZING; AFTER

Had a terrible sinus just now again, was it programmed to start again when the research is about to concluded. Sneezed for about an hour, it was rather a dry day and that caused my throat and nose to have an itchy sensation. Wake up this morning with my left eye failing to open easily, and it was red. Like I had lack of sleep or a terrible hangover. To add to that it was burning and I only felt like rubbing it which caused it to irritate me much more 17M:33:08:00

4.3.4.11.PAIN

4.3.4.11.1. BURNING

Eyes watering bilaterally & slight burning of eyes. This lasted for up to +/- 2 hours. I lay down for a nap (about half an hour) where after I woke up & the symptoms were gone. 04F:08:XX:XX

My eyes are actually burning and started to pop out, even failing to write this down right now. 17M:11:XX:XX

Had a terrible sinus just now again, was it programmed to start again when the research is about to concluded. Sneezed for about an hour, it was rather a dry day and that caused my throat and nose to have an itchy sensation. Wake up this morning with my left eye failing to open easily, and it was red. Like I had lack of sleep or a terrible hangover. To add to that it was burning and I only felt like rubbing it which caused it to irritate me much more 17M:33:08:00

My eyes are burning and my head is really painning. 17M:33:22:00

Eyes- burning, can't keep them open. 21F:14:XX:XX

Eyes -burning (afternoon 1pm), C-cough, L-eyes, A-x, M>closing eyes, sleeping, I-5, T-1pm, S-burning, lachrymation 21F:30:13:00

Eyes: my eyes are watery and red. It is burning and poking a bit. I just feel like I want to close it coz that is when it feels better. 23F:06:XX:XX

Sneezing continuously ears blocked and eyes burning bilateral> > gurgling motion. Discharge is clear like water (a lot). 26F:XX:XX:XX

Eyes burning. 26M:04:20:17

Teary eyes in open or outdoors from cool room to warm room, teary both sides, clear tears, then it would burn, when I walked into the shop I was told that my eye was red. 27F:XX:XX:XX

4.3.4.11.1.1. LEFT

Still my left eye continues to burn and sinus is back in season. 17M: 34:06:00

My eye and head is painning, my left eye pains and burns every time I blink. It is still red and think this is causing my head to pain as well. Got a severe headache again like someone is continuously banging my head on a wall. 17M:34:22:00

4.3.4.11.2. POKING

Eyes: my eyes are watery and red. It is burning and poking a bit. I just feel like I want to close it coz that is when it feels better. 23F:06:XX:XX

4.3.4.11.3. SORE

Sore eyeballs. 01F:39:XX:XX

4.3.4.11.3.1. SLEEPLESSNESS AGG

Eyes painful without sleep. 01F:39:XX:XX

Eyes -burning (afternoon 1pm), C-cough, L-eyes, A-x ,M>closing eyes, sleeping, I-5,T-1pm,S-burning, lachrymation 21F:30:13:00

4.3.4.12. PHOTOPHOBIA

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:XX:XX

4.3.4.12.1. PHOTOPHOBIA DECREASED

I went to church and I definitely feel like I can do anything. I woke up with strength and was ready to take on the world. I noticed that I feel like I don't mind the light anymore, it doesn't affect me or my sleep, last night I slept with the light on and surprisingly it didn't bother me, I feel like my sleep pattern has changed. 09F:37:XX:XX

4.3.4.13. PROTRUSION

My eyes are actually burning and started to pop out, even failing to write this down right now. Eye, protrusion, vomiting after ns 17M:11:XX:XX

These headaches are very annoying, my eyes feels like it is popping out through my face.17M:13:XX:XX

4.3.4.14. PUFFY

Woke up with a sore, dry throat, blocked nose and puffy eyes at 8:30 am. 04F:11:XX:XX

I am displaying symptoms: peri- orbital puffiness. 06F:26:XX:XX

4.3.4.14.1. SHOWERING AMEL

7:30 am woke up with left blocked nose & puffy eyes. After showering, the symptoms went away. 04F:26:07:30

4.3.4.15. RUBBING

7:30 woke up with sinuses. I have a runny nose and can't stop sneezing and I'm rubbing my nose and eyes. My eyes have become very watery. 12F:02:07:30

My eyes are red, I was rubbing them because they were itchy. My nose is running and my throat is itchy. It feels like I have a flu. 12F:06:XX:XX

Had sinuses in the morning, running nose, rubbing my eyes and nose and can't stop sneezing. 12F:11:XX:XX

I had sinuses in the morning, rubbing my eyes and nose and the eyes become red, runny nose and can't stop sneezing. 12F:12:XX:XX

4.3.4.16. TWITCHING

My left lower eyelid twitched about 5 times around 4pm too. And then again for 20 minutes from 10pm. 11F:13:XX:XX

4.3.4.16.1. RIGHT

16:30 – right eyelid twitched for about 30 seconds. 11F:18:16:30

4.3.4.17. WATERY

Eyes watering bilaterally & slight burning of eyes. This lasted for up to +/- 2 hours. I lay down for a nap (about half an hour) where after I woke up & the symptoms were gone. 04F:08:XX:XX

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:XX:XX

7:30 woke up with sinuses. I have a runny nose and can't stop sneezing and I'm rubbing my nose and eyes. My eyes have become very watery. 12F:02:07:30

Eyes -burning (afternoon 1pm), C-cough, L-eyes, A-x, M>closing eyes, sleeping, I-5, T-1pm, S-burning, lachrymation. 21F:30:13:00

Eyes: my eyes are red and itchy. It is also very watery. 23F:03:XX:XX

Eyes: my eyes are red and watery. 23F:04:XX:XX

Eyes: my eyes are watery and red. It is burning and poking a bit. I just feel like I want to close it coz that is when it feels better. 23F:06:XX:XX

12:00 eyes; BURNING and watery. My eyes are red and itchy. 23F:06:12:00

Eyes- eyes are watery and red they feel heavy and tired, I feels better when I close them. 23F:07:XX:XX

My eyes are red and watery both sides. The liquid is clear. 23F:08:XX:XX

Sneezing continuously ears blocked and eyes burning bilateral > > gurgling motion. Discharge is clear like water (a lot). 26F:XX:XX:XX

Sneezing continuously, mucus, clear watery, eyes leaking (discharge) and itching of the back of my throat 26M:04:12:10

Teary eyes in open or outdoors from cool room to warm room, teary both sides, clear tears, then it would burn, when I walked into the shop I was told that my eye was red. 27F:XX:XX:XX

After taking the remedy in the morning I went out to the supermarket and it was quite windy outside. My eyes just became watery and despite wearing my glasses I had to squint a little to see properly and to avoid air coming into my eyes. The same happened when I took the powder in the afternoon and had to go out to collect my niece from pre-school. 29F:00:XX:XX

My eyes have still been quite watery like yesterday, there hasn't been a great change. They still feel heavy and I feel sleepy and just want to close the all the time. The headache that was occurring with the eye problem had completely disappeared by morning evening the temperature dropped down to normal. 29F:02:XX:XX

My eyes have been feeling way much better. They are still slightly watery but it has tremendously gone down. I am stilling quite sleep, even after an hour of waking up, I just feel like going back to bed. 29F:03:XX:XX

4.3.4.17.1. WIND AGG

I have noticed my eyes have become more watery for the last 2 days it's worse in the morning and worse for wind. It's a thin clear, watery fluid. 15M:23:XX:XX

My eyes have been very watery. It is not intense bit every uncomfortable. I felt like I had to keep my eyes closed. Concomitants- my head was pulsation (pulsating) very lightly on the forehead and I felt slightly dizzy and just had to sleep. Location- on both eyes. Aetiology- it started immediately after 1 stopped outside in open air and worse it has been windy. Modality – it gets worse when I'm outside or when wind blows, when there is an open window, just the wind it worse, felt better when I closed eyes and slept covering my head. Sensation- my eyes felt itching and feels like a distant burning irritation. Intensity – it has not been very intense, it's just uncomfortable but very serious. Time – it only started in the morning when I left the house. It has been consistent but just worse when I go out. 29F: 01: XX: XX

4.3.5. VISION

4.3.5.1. BLUR

Had a bout of blurred vision after rising from a seated position. 15M:14:XX:XX

4.3.5.1.1. HEADACHE WITH

I have a headache, it's affecting the eyes, I can't see clearly. 13F:01:XX:XX

15h00- serious headache, wow what is wrong here, been experiencing a few of these over the past few days. Also, my eyesight is blur looking into any light, especially the tv or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying; my eyes feel like it is popping out through my face. 17M:13:15:XX

4.3.5.1.2. BLINKING AMEL

Blur vision- have to blink continuously to regain. 24F:XX:XX:XX

4.3.5.1.3. CLOSING EYES AMEL

10h00 I have a very blurry vision, everything in front of me seems white, the light is very bright white and it comes and goes for the past few minutes. I can't look at the tv or computer screen without my vision being blurred 17M:00:10:00

4.3.5.1.4. LIGHT AGG

Also, my eyesight is blur looking into any light, especially the tv or phone, and it makes my eyes burn and my head pain even more. These headaches are very annoying; my eyes feel like it is popping out through my face. 17M:13:15:00

I can't look at the tv or computer screen without my vision being blurred. 17M:00:10:00

4.3.6. EARS

4.3.6.1. BLOCKED

Blocking in my ears. 10F:12: XX: XX

4.3.6.1.1. ACCOMPANIED BY SNEEZING

Sneezing continuously ears blocked and eyes burning bilateral> > gurgling motion. Discharge is clear like water (a lot). 26F:XX:XX:XX

4.3.6.2. HEAT

Post auricular redness-4 on the left side at top- Post auricular of left ear, M-> Cold application, redness, T 5pm, S- Heat sensation but ear felt cold. 21F:05:17:00

Ears, still feels like it is on fire, my left ear. Short time frame (5-10 mins). Only left ear. It was red when I inspected. Increase random times 21F:08:XX:XX

Left ear has a slight burning sensation with dull pain, worse for opening my mouth, feel like it is not inside also my left side of my throat feels like there is a pain (dull like spasm). 27F:01:XX:XX

4.3.6.3. ITCHING

My eyes were a bit itchy, the itchiness was coming from my inner ear and up to my throat as well. It felt as though I was about to catch a cold but my nose was clear and I couldn't figure out what might have caused it. It was just itching and got worse as the day went by but it disappeared by the evening when I was going to bed. 27F:07:XX:XX

4.3.6.4. PAIN

4.3.6.4.1. HEADACHE FROM

Headache- local occipital, painful on touch > rest < feeling – worried, surging pain on head on both sides, inner earache, stitching pain, R inner ear canal. 22F:XX:XX:XX

4.3.6.4.2. SHARP

My ears are blocked and my left side is paining a bit. It has a sharp pain and it comes and goes. 23F:08:XX:XX

4.3.7 NOSE

4.3.7.1. BURNING

Nose /sinuses- nose burning, running 21F:20:XX:XX

Nose: my nose is blocked and I feel like I can't breathe properly. My nose is red and burns. 22F:06:XX:XX

4.3.7.1.1 BLOWING NOSE, AFTER

Mucus and nose: my nose paining now, because I have to blow it and it is red, I feel like I cannot breathe properly. All my flu symptoms started on Sunday morning at my aunties house. It was on a scale of 8. 23F:06:XX:XX

Nose: my nose is burning due to blowing it a lot. It is leaking and I started sneezing and it is annoying, both my nostrils are blocked, and it is uncomfortable and it is on a scale of 9.5. 23F:06:19:30

My nose feels horrible, it is blocked. My nose is leaking, my mucus of watery and runny, it is clear in colour in, and it just drops like water. My nose is burning due to the wiping and blowing it. It feels better when I put hot water on my face. 23F:07:17:00

4.3.7.2. CONGESTION

Nose congestion. 03F:22:15:00

I can't do anything because my nose is stuffed. My nose and cheeks are red!! OMG, it's the worst thing ever. Even worse because I have a test in a few days' time.
09F:47:XX:XX

Blocked nose. 10F:14:XX:XX

My nose is congested. 13F:01:XX:XX

Nose, blocked. 22F:18:XX:XX

Sinuses blocked. 22F:18:XX:XX

Nose: my nose is blocked and I feel like I can't breathe properly. My nose is red and burns. 22F:06:XX:XX

Nose; my nose is still blocked, I feel like I can't breathe. It feels so tight and congested inside. 23F:05:XX:XX

4.3.7.2.1. MORNING

Still have blocked nose in the morning. Better after showering and better when standing up. 01F:25:XX:XX

Went back to sleep because I wasn't feeling great & woke up again at 10am – symptoms had mostly subsided, my nose felt a little blocked (worse on the right) but this subsided with activity during the morning & was gone by midday. 04F:11:10:00

Slight nasal congestion and sore throat in the morning. 10F:24:XX:XX

Breathing through my nose is easier this morning although still congested.
11F:01:XX:XX

Right nostril been blocked in the morning again since 4pm. 11F:09:16:00

4.3.7.2.1.1. WAKING ON

Have runny nose and blocked nose in morning when waking up but decreased as time goes by. Almost no snot by noon. 01F:27:XX:XX

8:00 am woke up with a runny nose & feeling slightly congested. 04F:08:08:00

Woke up with a sore, dry throat, blocked nose and puffy eyes at 8:30 am. 04F:11:XX:XX

7:30 am woke up with left blocked nose & puffy eyes. After showering, the symptoms went away. 04F:26:07:30

Blocked nose LHS on waking. 04F:39:XX:XX

Wake up with a blocked nose >in night. 22F:32:XX:XX

4.3.7.2.2. AFTERNOON

Right nostril been blocked in the morning again since 4pm. 11F:09:16:00

4.3.7.2.3. EVENING

Nose congested again very tired at 18:00 even fell asleep watching TV for 10 minutes. 11F:00:18:00

4.3.7.2.4. LEFT

Blocked nose LHS on waking. 04F:39:XX:XX

7:30 am woke up with left blocked nose & puffy eyes. After showering, the symptoms went away. 04F:26:07:30

4.3.7.2.5. RIGHT

Right nostril been blocked in the morning again since 4pm. 11F:09:16:00

Sinuses blocked, R nostril. 22F:18:XX:XX

4.3.7.2.6. COLD AGG

Nose: my nose is blocked on both sides.it started on Sunday (01/05/2016) because it was cold the dust and the cold makes it worse, when I put pressure and keep it warm then it feels better. 23F:06:XX:XX

4.3.7.2.7. DIFFICULTY BREATHING WITH

Nose: my nose is blocked, and I feel like I can't breathe properly. My nose is red and burns. 23F:01:XX:XX

Mucus and nose: my nose paining now, because I have to blow it and it is red, I feel like I cannot breathe properly. All my flu symptoms started on Sunday morning at my aunties house. It was on a scale of 8. 23F: 06: XX:XX

Nose: my nose is burning due to blowing it a lot. It is leaking and I started sneezing and it is annoying, both my nostrils are blocked, and it is uncomfortable and it is on a scale of 9.5. 23F:06:19:30

4.3.7.2.8. LYING ON RIGHT SIDE AGG

Blocked nose when lying on right side. 01F:24:XX:XX

4.3.7.2.9. WARM APPLICATIONS AMEL

My nose feels horrible, it is blocked. My nose is leaking, my mucus of watery and runny, it is clear in colour in, and it just drops like water. My nose is burning due to the wiping and blowing it. It feels better when I put hot water on my face. 23F:07:17:00

4.3.7.2.10. SHOWERING AMEL

7:30 am woke up with left blocked nose & puffy eyes. After showering, the symptoms went away. 04F:26:07:30

4.3.7.3. DISCHARGE

Have got flu – runny nose (watery discharge), little/no cough. 01F:20:XX:XX

Nose less runny but discharge still watery. 01F:21:XX:XX

Runny nose. 01F:22:XX:XX

Runny nose and sneezing. 01F:23:XX:XX

Runny nose 01F:25:XX:XX

My nose is running and my throat is itchy. It feels like I have a flu. 12F:06:XX:XX

Nose /sinuses- nose burning, running 21F:20:XX:XX

Nose – running, excessive 8, post nasal drip 21F:22:XX:XX

Nose/sinuses – running, post nasal drip (one toilet paper in 2 days just for nose).
21F:23:XX:XX

11:00- nose leaked on/off 22 F: 00: 11: XX

Nose: I am suffering with my sinuses and it is irritating me. My eyes are red and nose is running. My mucus is like water; it just drips like water. I feel very miserable.
23F:02:12:00

Nose: my nose feels blocked and stuffy. Mucus is still runny and clear. 23F:03:XX:XX

Nose: my nose is burning due to blowing it a lot. It is leaking and I started sneezing and it is annoying, both my nostrils are blocked, and it is uncomfortable and it is on a scale of 9.5. 23F:06:19:30

My nose feels horrible, it is blocked. My nose is leaking, my mucus of watery and runny, it is clear in colour in, and it just drops like water. My nose is burning due to the wiping and blowing it. It feels better when I put hot water on my face. 23F:07:17:00

Nose- my nose, the mucus is still building up, but it is not bad and the colour is white. 23F:13:XX:XX

Nose little discharge clear like water droplet (left side). 24F:XX:XX:XX

Nose - running nose, mainly left nostril, doesn't happen often, worse when nose is blocked, leak a little bit (few drops), occurs mostly at morning and night, cold is irritating. 24F:02:XX:XX

4.3.7.3.1. MORNING

Had sinuses in the morning, running nose, rubbing my eyes and nose and can't stop sneezing. 12F:11:XX:XX

I had sinuses in the morning, rubbing my eyes and nose and the eyes become red, runny nose and can't stop sneezing. 12F:12:XX:XX

4.3.7.3.1.1. WAKING ON

Have runny nose and blocked nose in morning when waking up but decreased as time goes by. Almost no snot by noon. 01F:27:XX:XX

Wake up sneezing and runny nose. 01F:28:XX:XX

8:00 am woke up with a runny nose & feeling slightly congested. 04F:08:08:00

7:30 woke up with sinuses. I have a runny nose and can't stop sneezing and I'm rubbing my nose and eyes. My eyes have become very watery. 12F:02:07:30

4.3.7.3.2. COLD AGG

Nose - running nose, mainly left nostril, doesn't happen often, worse when nose is blocked, leak a little bit (few drops), occurs mostly at morning and night, cold is irritating. 24F: 02: XX: XX

4.3.7.3.3. COPIOUS

Sinuses has gone out of its way to annoy me for about, how thoughtful of you'll I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. Argh feel like cutting it out and leaving it aside. 17M: 01:14:00

Excessive mucus and post nasal drip. 21F:22:XX:XX

My nose is paining and I have a cold. I feel horrible. It leaks non-stop and the mucus is thick and yellow. 23F:06:XX:XX

4.3.7.3.4. LYING AGG

Runny nose better but worsens when lying down. 01F:26:XX:XX

4.3.7.3.5. THICK

Nose. My nose is paining and I have a cold. I feel horrible. It leaks non-stop and the mucus is thick and yellow. 23F:06:XX:XX

Nose- nose is still sore, it is red and painful due to the blowing. It is leaking nonstop. The mucus is thick and yellow. I feel better when I'm in the shower or under hot water. 23F:08:XX:XX

Nose- my nose is blocked on both nostrils, it is hard to breathe at times, it burns and the mucus is clear and watery, it leaks non-stop and sometimes it gets thick. My nose feels better when I put hot water on my nose and when I am in the shower it feels better, it gets worse around dust, then I sneeze one way. 23F:09:XX:XX

4.3.7.3.6. WATERY

Nose: my nose feels blocked and stuffy. Mucus is still runny and clear. 23F:03:XX:XX

My eyes are red and nose is running. My mucus is like water; it just drips like water. I feel very miserable. 23F:02:12:00

My nose is leaking, my mucus is watery and runny, it is clear in colour, and it just drops like water. 23F: 07: 17: 00

Nose- my nose is blocked on both nostrils, it is hard to breathe at times, it burns and the mucus is clear and watery, it leaks non-stop and sometimes it gets thick. 23F:09:XX:XX

Nose little discharge clear like water droplet (L). 24F:XX:XX:XX

Sneezing continuously, mucus, clear watery, eyes leaking (discharge) and itching of the back of my throat 26M:04:12:10

4.3.7.3.7. WHITE

Nose- my nose is getting better; my mucus is now white in colour and my nose is not blocked anymore. 23F:12:XX:XX

Nose- my nose, the mucus is still building up, but it is not bad and the colour is white. 23F:13:XX:XX

My nose has cleared but the mucus still comes out. It is white and thick. 23F:15:XX:XX

Nose- still thick and white but not blocked or paining. It's normal. 23F:16:XX:XX

Nose- better and the mucus is still thick and white but it is not disturbing me.
23F:17:XX:XX

4.3.7.4. DISCOLOURATIION, RED

My nose is red and burns. 23F: 01: XX: XX

4.3.7.5. DRY

Nose- running yet feels dry 21F:29: XX:XX

4.3.7.6. ITCHY/ TINGLING

The tip of my nose tingled throughout the morning. Was like an itchy feeling with tingling which simply never went away even with scratching. Tip of my nose is now slightly red.
11F:15:XX:XX

4.3.7.7. MUCUS BUILD UP

A lot of buildup of mucus in the nasal and throat passage -> I've had this problem for a very long time – usually suppressed but now its showing up again. 10F:24:XX:XX

4.3.7.8. PAIN

Nose. My nose is paining and I have a cold. I feel horrible. It leaks non-stop and the mucus is thick and yellow. 23F:06:XX:XX

4.3.7.9. POSTNASAL DRIP

Nose running, excessive, post nasal drip. 21F:22:XX:XX

Excessive mucus and post nasal drip 21F:22:XX:XX

Running (nose), post nasal drip (one toilet paper in 2 days just for nose). 21F:23:XX:XX

Nose- post nasal drip, running (right side more). 21F:25:XX:XX

Nose- running -post nasal drip. 21F:25:XX:XX

Nose - post nasal drip running. 21F:28:XX:XX

Nose- running yet feels dry, PND. 21F:29:XX:XX

Nose-running post nasal drip. 21F:30:XX:XX

Nose – runny post nasal drip. 21F:32:XX:XX

Nose- running – post nasal drip. 21F:33:XX:XX

Nose- running – post nasal drip. 21F:34:XX:XX

Throat- my throat feels scratchy and it pains. All my mucus is like at the back of my throat and it feels thick and ugly. It feels better when I drink hot tea. 23F:07:XX:XX

My mucus is no longer building in my nose. It is in the back of my throat and it is annoying. I have to clear my throat all the time. 23F:18:08:00

4.3.7.10. RUBBING

7:30 woke up with sinuses. I have a runny nose and can't stop sneezing and I'm rubbing my nose and eyes. My eyes have become very watery. 12F:02:07:30

Had sinuses in the morning, running nose, rubbing my eyes and nose and can't stop sneezing. 12F:11:XX:XX

I had sinuses in the morning, rubbing my eyes and nose and the eyes become red, runny nose and can't stop sneezing. 12F:12:XX:XX

4.7.3.11. SINUSITIS

7:30 woke up with sinuses. I have a runny nose and can't stop sneezing and I'm rubbing my nose and eyes. My eyes have become very watery. 12F:02:07:30

Had sinusitis in the night just before I went to sleep 21h00. 12F:29:XX:XX

14h00 Sinuses has gone out of its way to annoy me for about, how thoughtful of you! I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. Argh feel like cutting it out and leaving it aside. 17M:01:14:00

07h00- boring day? The wear is moving on. had a horrible sinus after a long time... took more than an hour to get over it. Sneezed like a million times, hard not to ease it without medication. 17M:32:07:00

Had a terrible sinus just now again, was it programmed to start again when the research is about to concluded. Sneezed for about an hour, it was rather a dry day and that caused my throat and nose to have an itchy sensation. Wake up this morning with my left eye failing to open easily, and it was red. Like I had lack of sleep or a terrible hangover. To add to that it was burning and ii only felt like rubbing it which caused it to irritable me much more 17M:33:08:00

SINUS CURED

Anyway, up this morning with no sinus at all, not a sneeze to note, nor an irritating nose, first time in ages that I remember this. Went outside just to make sure, well maybe the drugs is good for something after all. 17M:03:XX:XX

No sinus 2 days now, miracles are possible after all. 17M:04:XX:XX

3 days in a row, no sign of this sinus acting up. 17M:05:09:30

Feeling good about the sinus though, never felt air so clear in recent times as this, feels good to breathe free. 17M:05:21:00

06h00- No sinus. 17M:06:06:00

Except not having sinus for a few days, and that is good. 17M:06:22:00

Sinus is not present for a while now. 17M:08:06:00

6:30No sinus once again. 17M:10:06:30

No sinus again this morning. That feels good. 17M:11:06:30

07h00 so sinuses too again, magnificent feeling this. 17M:12:07:00

Again, no sinuses to note of .17M:13:07:00

No sinuses today 17M:17:XX:XX

4.3.7.13. SNEEZING

Runny nose and sneezing. 01F:23:XX:XX

Sneezed a lot throughout the day. 04F:05:XX:XX

Sneezing throughout the day, bowel movements still occurring regularly at +/- 6 pm. 04F:06:XX:XX

I went to the beach. I feel refreshed, so much better. I feel my throat is sore, like I'm about to catch the flu. I'm sneezing too, I think it is because of the breeze.

09F:45:XX:XX

4.3.7.13.1. MORNING

Had sinuses in the morning, running nose, rubbing my eyes and nose and can't stop sneezing. 12F:11:XX:XX

I had sinuses in the morning, rubbing my eyes and nose and the eyes become red, runny nose and can't stop sneezing. 12F:12:XX:XX

4.3.7.131.1. WAKING ON

7:30 woke up with sinuses. I have a runny nose and can't stop sneezing and I'm rubbing my nose and eyes. My eyes have become very watery. 12F:02:07:30

Wake up sneezing and runny nose. 01F:28:XX:XX

4.3.7.13.2. AFTERNOON

Small bout of sneezing around 2:15pm. 04F:10:14:15

Sneezed a few times throughout the day (most significant around 2:00 pm).

04F:26:XX:XX

4.3.7.13.3. EVENING

Noticed I've been sneezing more. Mainly at night between 6 – 9pm. 11F:11:18:00

4.3.7.13.4. ACCOMPANIED BY

4.3.7.13.4.1. HEADACHE

I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. Argh feel like cutting it out and leaving it aside. 17M:01:14:00

4.3.7.13.4.2. EYES DISCOLOURATION RED

Nose: I am suffering with my sinuses and it is irritating me. My eyes are red and nose is running. My mucus is like water, it just drips like water. I feel very miserable.

23F:02:12:00

4.3.7.13.4.3. EYE DISCHARGE

12:10pm – sneezing continuously, mucus, clear watery, eyes leaking (discharge) and itching of the back of my throat. 26M:04:12:10

4.3.7.13.4.4. THROAT ITCHINESS

12:10pm – sneezing continuously, mucus, clear watery, eyes leaking (discharge) and itching of the back of my throat 26M:04:12:10

4.3.7.13.5. FREQUENT

14h00 Sinuses has gone out of its way to annoy me for about, how thoughtful of you'll I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. Argh feel like cutting it out and leaving it aside. 17M:01:14:00

Sneezed like a million times, hard not to ease it without medication. 17M:32:07:00

Sneezed for about an hour, it was rather a dry day and that caused my throat and nose to have an itchy sensation. 17M:33:08:00

It is leaking and I started sneezing and it is annoying, both my nostrils are blocked, and it is uncomfortable and it is on a scale of 9.5. 23F:06:19:30

My nose feels better when I put hot water on my nose and when I am in the shower it feels better, it gets worse around dust, then I sneeze one way. 23F:09:XX:XX

Sneezing continuously ears blocked and eyes burning bilateral > > gurgling motion. Discharge is clear like water (a lot). 26F:XX:XX:XX

Sneezing continuously, mucus, clear watery, eyes leaking (discharge) and itching of the back of my throat. 26M:04:12:10

4.3.8 FACE

4.3.8.1. DISCOLOURATION RED

I can't do anything because my nose is stuffed. My nose and cheeks are red!! OMG, it's the worst thing ever. Even worse because I have a test in a few days time. 09F:47:XX:XX

4.3.8.2. DRYNESS

The tip of my nose is getting dry and flakey. 11F:22:XX:XX

My skin has been a bit dry around my face. 15M:11:XX:XX

Skin was a bit dry on the face. 15M:12:XX:XX

4.3.8.3. HEAT

11h30. Now my face feels hot, like it is on fire, though to my neck, absolutely hot. Sitting in front of the fan trying to cool it down. It has been like this a few minutes now, not sweating just burning hot feeling. How long will this last? Can't stand this, never happened before. 17M:00:11:30

Tiny, pimples, on entire face, middle clear and watery, disappeared within an hour. Opened freezer and stood in front of it for quite some time face felt so hot, fan on high speed. Extreme increase thirst for ice cold water in large gulps 17M:00:11:00

4.3.8.4. ERUPTIONS

4.3.8.4.1. PIMPLES

Tiny, pimples, on entire face, middle clear and watery, disappeared within an hour. Opened freezer and stood in front of it for quite some time face felt so hot, fan on high speed. 17M:00:11:00

Nothing has changed with the pimples some have dried out but new ones are still coming out. 29F:15:XX:XX

4.3.8.4.1.1. CHEEKS

Skin: my skin feels horrible. My pimples have not gone away. It is still on the side of cheeks and my face feels rough and dry. 23F:06:XX:XX

Skin- multiple pimples, random forehead places on the face cheeks (both sides) mainly R, hard not the ones you can bust, no pus, 2cm < touch. 24F:XX:XX:XX

4.3.8.4.1.2. CHIN

Have had a breakout – chin – over the past 3 days. 11F:23:XX:XX

Skin changes- increased pimples and white heads, around the mouth, under the chin, mainly left hand side. Under the skin type of pimples. Very sore and painful. 11F:44:XX:XX

Skin: rash on neck and left side of face, maxillary region 21F:17:XX:XX

4.3.8.4.1.3. FOREHEAD

Face, eruption, small Skin: rash on forehead and axilla (small pustules) on left side (axilla). according to (C- no other symptoms L- left axilla and forehead on left side A-, M- better for cold applying. S- No sensation, I didn't bother me. I- small rash hardly noticeable. 21F:03:XX:XX

Broke out into pimples, small sized pimples on forehead, and medium sized pimples on left cheek. Only happens before my period, more pimples appear at night when I'm

sleeping, only noticed the next day, pink tough pimples. Pain when I touch them, like when you get poked by a pin. More at night and morning. Poking pain. 23F:02:XX:XX

Skin- multiple pimples, random forehead places on the face cheeks (both sides) mainly R, hard not the ones you can bust, no pus, 2cm < touch. 24F:XX:XX:XX

Broke out into pimples, small sized pimples on forehead, and medium sized pimples on left cheek. More pimples appear at night when I'm sleeping, only noticed the next day, pink tough pimples. Pain when I touch them, like when you get poked by a pin. More at night and morning. Poking pain 24F:02:XX:XX

Eruption between eyebrows in centre crease. Medial top part of the nose, cold water makes it worse if it's dry, no pain no burning, happened twice and disappear within 2 days. 27F:XX:XX:XX

Had an eruption of pimples on my forehead. They are tiny, multiple eruptions with white (pus) inside, I popped them and white gooey things came out. It felt better when took a damp facecloth with hot water and applied to my face but it burned a lot. Location- entire forehead mainly on the right side. Modalities- damp face cloth alleviated the burning. Sensation- they are not painful at all. Intensity- faint piercing pain when washing my face. Time- I noticed it in the morning the previous day and they had become many today morning. Some of the pimples have whitish colour like they have pus in them so I squeezed it out. It wasn't a lot and it all came out till a clear water liquid came out as well. 29F:13:XX:XX

4.3.8.4.1.4. MOUTH, AROUND

More pimples around the corners of mouth. 01F:XX:XX:XX

4:00 pm noticed a small blister on left inner lip aggravated by my tooth touching it. Looks like a white round circle. 04F:27:16:00

Blister still present on inner lip – burns when eating & drinking acidic or salty foods. 04F:29:XX:XX

4.3.8.4.2. RASH

Skin: rash on forehead and axilla (small pustules) on left side (axilla). 21F:03:XX:XX

Skin-fine rash on forehead. 21F:13:XX:XX

Skin: my face has a rash, more prominent in between the eyes. It irritates me and It make me feel quite conscious about myself. 27F:15:XX:XX

My face has a rash, more prominent in between the eyes. It irritates me and It make me feel quite conscious about myself. 27F:14:XX:XX

4.3.9. MOUTH

4.3.9.1. ABCESS GUM

Swelling of my right upper jaw, around the canine, felt as if there was fluid, soft, pain, sharp, popped and clear fluid appeared for 1-2 days, 27F:XX:XX:XX

4.3.9.2. BITTERNESS

Bitter taste in mouth @ back of my tongue. 03F:00:XX:XX

Woke up this morning with a sour taste in my mouth and with bad breath.
15M:17:XX:XX

My tongue feels like thick and bitter at the sides. 23F:00:XX:XX

My tongue feels like thick after taking the powder and bitter at the sides. 23F:XX:XX:XX

4.3.9.3. BURNING TONGUE

Tingling sensation on the left side of my tongue, felt as if I burnt my tongue.
21F:00:08:35

Mouth, tongue and teeth- after taking the powder – tongue felt dry, thick, like something is on it, (like it is burnt). 23F:XX:XX:XX

4.3.9.3.1. SALT WATER AMEL

Redness of the left side of tongue is still present and tongue still feel burned. Tingling sensation is gone. Light indentation of teeth on the left side of tongue. Rinsed with salt water 3 times today. Feels better of salt water 21F:01:XX:XX

4.3.9.4. DISCOLOURATION, TONGUE

White coating on tongue. 03F:10:XX:XX

Redness of the left side of tongue is still present and tongue still feel burned.
21F:01:XX:XX

C – loss of taste (slight) and redness l- left side of tongue – after I ate lays chips m- > running tongue against my pallet. 21F:00:08:35

4.3.9.5. DRY

Dry tongue 05M:00:XX:XX

Dry tongue. 05M:01:XX:XX

Dry tongue. 05M:02:XX:XX

Dry tongue. 05M:03:XX:XX

Sinuses has gone out of its way to annoy me for about, how thoughtful of you'll I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. 17M:01:14:00

My tongue feels like thick and bitter at the sides. (Mouth, tongue and teeth- after taking the powder – tongue felt dry, thick, like something is on it, like it is burnt. 23F:XX:XX:XX

Thirsty for tap water, need it now, large gulps through the entire proving, mouth dry, tongue stuck on roof. 26M:XX:XX:XX

4.3.9.5.1. WAKING ON

Waking in the morning with dry eyes and a very dry tongue. 05M:02:XX:XX

Didn't sleep well last night, was woken by the wind. And woke up with a very dry mouth. 11F:07:XX:XX

Slept well 6.5 hours. Woke up with a dry mouth. 11F:17:XX:XX

4.3.9.6. LIPS

Lips- not so dry, I have a habit of licking my lips constantly and applying lipstick every 10/15 mins. The urge is less. I was constantly aware of my lips this I was always putting something on/ licking them. Now I find myself forgetting to apply lipstick as often / licking them. 21F: 11: XX: XX cs

4.3.9.7. INDENTATION TEETH OF

Light indentation of teeth on the left side of tongue. 21F:01:XX:XX

Mouth- ridging on front of tongue. 21F:34:XX:XX

4.3.9.8. PAIN

The teeth my gums are only painful in the morning and the better for the rest of the day. 27F:02:XX:XX

4.3.9.9. ROUGH TONGUE

Tingling sensation on the left side of my tongue, felt as if I burnt my tongue. It feels rough on the left side of my tongue when I run my finger over the area. There is also a slight loss of taste. 21F:00:08:35

Redness of the left side of tongue is still present and tongue still feel burned. Tingling sensation is gone. Light indentation of teeth on the left side of tongue. Rinsed with salt water 3 times today. Feels better of salt water. 21F:01:XX:XX

4.3.9.10. SALIVATION INCREASED

During sleep when I sleep on my left side, I still, I seem to salivate a lot. 27F:02:XX:XX

When I get to bed as soon as I sleep on my left side I fast fall asleep and I later on wake up to find that I am drooling actually, I think the old saliva wakes me up and then I turn on the right side on my right side / on my tummy. 27F:03:XX:XX

4.3.9.11. STIFFNESS JAW

Teeth were stiff when I woke up but got better as the morning progressed. (N)- Jaws were locked felt as if someone was pressing against my jaw. 27F:04:XX:XX

4.3.9.12. TASTE LOSS OF

C – Loss of taste (slight) and redness (my tongue was red and felt raw, the papillae on my tongue were raised and felt raw). 21F:00:08:35

4.3.9.13. THICK

My tongue feels like thick and bitter at the sides. 23F:00:XX:XX

Mouth, tongue and teeth- after taking the powder – tongue felt dry, thick, like something is on it, like it is burnt. 23F:XX:XX:XX

4.3.9.14. TINGLING

Tingling of the tongue 30 mins after the first remedy (first dose- 8:00). 21F:00:08:35

Tingling sensation on the left side of my tongue, felt as if I burnt my tongue. It feels rough on the left side of my tongue when I run my finger over the area. There is also a slight loss of taste. 21F:00:08:35

After taking the remedy my thirst increased, I had a tingling going sensation of my front teeth more of the gums on my hard pallet. I had ice cream and my teeth were so sensitive to the coldness, like it hurt but the. It gave me a very cool effect. 27F:00:XX:XX

Tingling sensation is gone. Light indentation of teeth on the left side of tongue. Rinsed with salt water 3 times today. Feels better of salt water 21F:01:XX:XX

4.3.10. TEETH

4.3.10.1. BROKEN TOOTH

Appetite normal - I was eating popcorn and a piece of my tooth broke off. 21F:09:XX:XX

4.3.10.2. PAIN

4.3.10.2.1. MORNING

Mild toothache C – No other symptom, L- Right upper molar tooth, A – Cold drink, M- < Cold,> heat, applying pressure to right cheek, I – 4, t- Morning 11: 00, s- throbbing.

21F:01:11:00

4.3.10.2.1.1. WAKING ON

When I woke up my teeth felt stiff and about painful. 27F:02:XX:XX

The teeth my gums are only painful in the morning and the better for the rest of the day.

27F:02:XX:XX

4.3.10.3. SENSITIVE COLD TO

After taking the remedy my thirst increased, I had a tingling going sensation of my front teeth more of the gums on my hard pallet. I had ice cream and my teeth were so sensitive to the coldness, like it hurt but the. It gave me a very cool effect.

27F:00:XX:XX

4.3.11. THROAT

4.3.11.1. CHOCKING

I thought I should record this. I was in bed watching a movie with my family. I was not eating or drinking, just sitting when I chocked, I felt like I was being chocked by my own saliva, like when I was swallowing, my saliva, it went down the wrong way. It was very brief, with a short coughing spasm after 5 seconds. 21F:00:XX:XX

4.3.11.2. CONSTRICTION

Throat- feels like there is something around it/ constricted. Difficulty swallowing, difficult breathing. 21F:30:XX:XX

4.3.11.3. DRYNESS

Dry mouth/ throat 03F:00:XX:XX

Woke up with a very dry throat (7:30 am) & feeling very tired, along with the craving for a cold beverage. 04F:06:07:30

Woke up with a sore, dry throat, blocked nose and puffy eyes at 8:30 am. 04F:11:XX:XX

Dryness in the throat. 10F:00:XX:XX

Very thirsty throughout the day – dry throat. 10F:18:XX:XX

My throat feels very dry and itchy. 13F:01:XX:XX

Throat: feels dry, but no thirst for water, feels dry and scratchy as if I'm about to get the flu. 21F:20:XX:XX

Throat – dry and scratchy. 21F:24:XX:XX

Throat dry. 21F:25:XX:XX

Throat – dry sore. 21F:26:XX:XX

Throat – dry and scratchy. 21F:27:XX:XX

Throat dry. 21F:28:XX:XX

Throat – dry sore. 21F:29:XX:XX

Throat dry- Throat, dryness. 21F:31:XX:XX

Throat- dry starchy. 21F:32:XX:XX

Throat, feels dry as if sometimes stuck. 21F:33:XX:XX

Throat dry. 21F:34:XX:XX

As I am walking throat dry, slight hammering feeling, throat, dryness. 22F:28:XX:XX

4.3.11.3.1. ACCOMPANIED BY HEADACHE

Sinuses has gone out of its way to annoy me for about, how thoughtful of you'll I seem to have a very runny nose and I can't stop sneezing, this has caused my head to pain and my mouth and throat seems to be really dry. 17M:01:14:00

4.3.11.3.2. SWALLOWING DIFFICULT

Throat- very dry, hard to swallow. 21F:22:XX:XX

Throat- dry something logged difficulty swallowing. 21F:23:XX:XX

4.3.11.3.3. DRINKING AMEL

8 am slightly dry throat on waking. Coughed throughout the night (dry cough). After drinking water the dryness was relieved. 04F:27:08:00

Dry throat in the morning on waking better after I drink water. 04F:40:XX:XX

Dry itchy throat feels better when I cough. Feels better when I drink lots of water.
13F:09:XX:XX

Throat sensitivity. When I took my 5th powder. I had to have a sip of water to sooth.
16F:01:XX:XX

4.3.11.4. INFLAMMATION

Sore and inflamed throat. 03F:10:XX:XX

My throat is no longer sore and my tonsils/ throat is no longer inflamed. 28M:00:XX:XX

EATING, AMEL

After eating breakfast and getting ready for the day my throat felt fine (around 10 am).
04F:06:10:00

4.3.11.5. ITCHING

My throat feels very dry and itchy. 13F:01:XX:XX

My nose is running and my throat is itchy. It feels like I have a flu. 12F:06:XX:XX

My throat feels itchy and a little bit painful. The only thing that makes it better is hot liquids. It soothes it for a while. 23F:06:XX:XX

Throat- my throat is also very itchy all the time and it gets very annoying. 23F:07:XX:XX

Throat itching. 23F:09:XX:XX

Chest is sore I am coughing a lot. My cough started getting worse at 14:00pm, every time I cough my chest hurts and throat feels litchi and painful. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling.
23F:09:14:00

Sneezing continuously, mucus, clear watery, eyes leaking (discharge) and itching of the back of my throat 26M:04:12:10 (OS)

4.3.11.5.1. COUGH AMEL

Dry itchy throat feels better when I cough. Feels better when I drink lots of water.
13F:09:XX:XX

4.3.11.6. OBSTRUCTION

Want my throat to be free of cough. Feel as though something is stuck + needs to come out. The more I try to suppress it the more it wants to come out. 03F:14:XX:XX

Need to get whatever's stuck in my throat out! 03F:23:XX:XX

Feels as though I need to always clear my throat. When I talk, the cough wants to come up with my words. The more I suppress it the more it needs to come out. 03F:24:XX:XX

4.3.11.7. PAIN

Really cold in Drakensburg today. Seems to be causing a headache and throat ache. 06F:14:XX:XX

Throat, pain, burning 28M:00:XX:XX

4.3.11.7.1. DULL PAIN

Left ear has a slight burning sensation with dull pain, worse for opening my mouth, also my left side of my throat feels like there is a pain (dull like spasm).

4.3.11.7.2. SORE

Have a sore throat but no flu – more like sore throat due to dehydration. Drinking water does not help. Improves when have fruits. 01F:19:XX:XX

Sore and inflamed throat. 03F:10:XX:XX

Woke up with a sore, dry throat, blocked nose and puffy eyes at 8:30 am. 04F:11:XX:XX

I went to the beach. I feel refreshed, so much better. I feel my throat is sore, like I'm about to catch the flu. I'm sneezing too, I think it is because of the breeze. 09F:45:XX:XX

Slight nasal congestion and sore throat in the morning. 10F:24:XX:XX

Throat – dry sore. 21F:26:XX:XX

Throat – dry sore. 21F:29:XX:XX

4.3.11.7.3. COUGH FROM

Hard cough, hurts my throat. 03F:13:XX:XX

4.3.11.7.4. WARM DRINKS AMEL

My throat feels itchy and a little bit painful. The only thing that makes it better is hot liquids. It soothes it for a while. 23F:06:XX:XX

4.3.11.8. MUCUS

A lot of buildup of mucus in the nasal and throat passage -> I've had this problem for a very long time – usually suppressed but now it's showing up again. 10F:24:XX:XX

4.3.11.9. SENSATION, LUMP IN

Throat- felt tight in throat like a lump, usually when praying>> screeching throat, extends to neck. 27F:XX:XX:XX

4.3.11.10. SCRATCHING

Throat quite scratchy at around 19:00. 11F:00:19:00

My throat got scratchy again was a bit more chesty too was more like an increased pressure in the upper chest region. 11F:11:XX:XX

Woke up with a scratchy throat been scratchy throughout the day. 11F:12:XX:XX

Throat was a bit scratchy today again. Again in the late afternoon from about 4pm. 11F:13:16:00

Although I did wake up with a scratchy throat. Lasted for no more than 30minutes. 11F:28:XX:XX

My throat is scratchy. 13F:01:XX:XX

Slight scratchy throat that got a bit worse in the evening. Scratchy throat worse in closed and compact settings. 15M:07:XX:XX

My throat was a bit scratchy. 15M:11:XX:XX

Throat: feels dry, but no thirst for water, feels dry and scratchy as if I'm about to get the flu. 21F:20:XX:XX

Throat- dry and scratchy. 21F:24:XX:XX

Throat – dry and scratchy. 21F:27:XX:XX

Throat- dry starchy. 21F:32:XX:XX

Throat- my throat feels scratchy and it pains. All my mucus is like at the back of my throat and it feels thick and ugly. It feels better when I drink hot tea. 23F: 07: XX: XX

4.3.11.10.1. MORNING

Scratchiness at the back of the throat @ 4/5pm or on waking. 11F:44:XX:XX

4.3.11.10.2. AFTERNOON

Since about 2pm started getting a scratchy feeling in the back of my throat.

11F:09:14:00

From about 4pm got the scratchy feeling in my throat again continued into the night.

11F:10:16:00

4.3.11.10.3. EVENING

Scratchiness at the back of the throat @ 4/5pm or on waking. 11F:44:XX:XX

4.3.11.11. SWALLOWING DIFFICULT

Trouble swallowing food, it feels irregular and weird. Worse when eating.

15M:23:XX:XX

Throat- feels like there is something around it/ constricted. Difficulty swallowing, difficult breathing 21F:30:XX:XX

4.3.11.12. TICKLING

Getting a bit chesty, slight tickle in my throat. Even coughing a tad today. 11F:40:XX:XX

4.3.12. STOMACH

4.3.12.1. APPETITE

4.3.12.1.1. DECREASED

Skipped lunch today (only had snacks). No desire to eat. 01F:03:XX:XX

Need for food and water is decreased a little. 01F:05:XX:XX

Desire less food 01F:08:XX:XX

Not much appetite. 01F:10:XX:XX

No lunch. Desire (need) for food and water is decreased. 01F:11:XX:XX

Have a decrease in appetite but increase desire to bite stuff. 01F:28:XX:XX

Wants to bite on food but not hungry. 01F:39:XX:XX

No appetite. 03F:12:XX:XX

No appetite in the morning. 07F:00:XX:XX

No appetite. 07F:01:XX:XX

Didn't eat that much, was not feeling hungry. 09F:09:XX:XX

Skipped breakfast in the morning- just had tea and then water. (was not hungry). Had a late lunch as well. Wasn't hungry. 10F:05:XX:XX

Decreased appetite today. 11F:00:XX:XX

Appetite was also decreased in the last 3 days. 11F:12:XX:XX

My appetite levels were decreased. Didn't really want to cook or eat anything much. 11F:32:XX:XX

Been feeling quite energetic for the past few hours. I did not have an as strong appetite as usually, I just wanted to do my schoolwork. My hunger caught up with me I ended up eating a large supper. 15M:10:XX:XX

Was feeling extremely fatigued in the middle of the day. Appetite was not so great. 15M:17:XX:XX

Been feeling thirsty throughout the day. Appetite was low today and I have not been to gym all week. 15M:21:XX:XX

Appetite is usually very high during exam time however now it is much less, but I have been craving starchy food as well as sweet things, like chocolates and cakes. I have noticed that I'm eating much healthier now. 15M:23:XX:XX

Very sudden loss of appetite. 16F:00:XX:XX

I have not eaten anything since breakfast and have only been drinking water and eating fruit (an apple and mango). 17M:00:15:00

Had a vegetable burger for breakfast and an apple and a mango during the day. Never eat anything else up till now. 17M:11:XX:XX

I have been drinking water but will try and eat soon but I don't feel like consuming any food or drink. 17M:11:XX:XX

Significant decrease in appetite, due to pain from chewing. 18F:XX:XX:XX

APPETITE –decreased. 21F:01:XX:XX

Appetite – decreased. 21F:07:XX:XX

Appetite - decreased, I eat once a day now. 21F:11:XX:XX

Appetite- decreased. 21F:14:XX:XX

Appetite decreases. 21F:18:XX:XX

Appetite: decreased / two meals a day. 21F:18:XX:XX

Appetite-decreased 2 meals a day. 21F:19:XX:XX

Appetite- eating once a day (decreased). 21F:23:XX:XX

Appetite- once a day, liquids (soup). 21F:25:XX:XX

Appetite- decreased. 21F:27:XX:XX

Appetite decreased. 21F:28:XX:XX

Appetite decreased. 21F:29:XX:XX

Appetite decreased. 21F:31:XX:XX

Appetite decreased. 21F:32:XX:XX

Appetite decreased. 21F:33:XX:XX

Appetite decreased. 21F:34:XX:XX

Energy – 8/10 Very energetic. Wide awake whole day even though I didn't eat, Very focused on my paper. 23F:01:XX:XX

I only feel hungry towards the afternoon. In the morning, I don't feel like eating. 23F:23:XX:XX

I ate at 14; 00pm, my first meal for the day. 23F:25:XX:XX

Generalities – my appetite is normal; I don't eat in the morning. I am not feeling hungry. I will eat at supper time. 23F:26:XX:XX

Appetite – full feeling. 24F:03:XX:XX

Appetite- full (night). 24F:04:XX:XX

Appetite- not hungry, drank water. 24F:14:XX:XX

Appetite- not hungry, ate ice cream. 24F:15:XX:XX

I was hyper managed without food. I was absolutely energetic with very little sleep. 24F:XX:XX:XX

I had no appetite just felt like ice cream too bad the machine at the shop (wasn't working). 27F:04:XX:XX

My thirst was increased and as I drank water, I became more thirsty so I resorted to ice cream Which suppressed my appetite but my thirsty was quenched. 27F:07:XX:XX

Haven't been having a great appetite, only had 4 slices of toasted bread and a cup of tea all day. 27F:09:XX:XX

Did not eat, had no appetite, my friend asked me to accompany her to buy food and did but I just wanted to leave. 27F:13:XX:XX

Appetite – was okay today but after having lunch at my friends place. I just didn't feel like anything else. 27F:14:XX:XX

Appetite- not much of it I only ate once at night because I was quite hungry and I could not sleep. 27F:15:XX:XX

Appetite- not much but I ate when I was hungry late afternoon and I slept 27F:16:XX:XX

Appetite - Not much of it as it felt lazy and I was just tired of eating the same thing. 27F:25:XX:XX

I only ate once and after eating my stomach felt heavy I guess I ate too much and I was quite uncomfortable. 27F:28:XX:XX

I did not have much of an appetite but I bought myself dessert and just enjoy my lunch and I didn't eat anything after that, I was quite constipated as I had a restless night. 27F:29:XX:XX

I only ate once and after eating my stomach felt heavy I guess I ate too much and I was quite uncomfortable. 27F:28:XX:XX

I did not have much of an appetite but I bought myself dessert and just enjoy my lunch and I didn't eat anything after that. 27F:30:XX:XX

Craved for salty food even though wasn't hungry, I just had to find something to with lots of salt. 29F:01:XX:XX

Didn't have much of an appetite, only had breakfast in the morning and two cups of tea later on in the day. 29F:05:XX:XX

Have had no appetite at all. Couldn't eat all day. 29F:17:XX:XX

I have been craving salty stuff today, especially pizza. I managed to get a medium sized one and that's all I have had for the day, and a couple of cups of tea. 29F:19:XX:XX

4.3.12.1.1.1 MORNING

08:30 appetite decreased. 22F:20:08:30

I don't eat in the morning. I ate today at 12:00 after I finished do my house work. 23F:28:XX:XX

4.3.12.1.1.1.1. HEADACHE WITH

10:45 AM HEADACHE: on the left temporal region-dull pain and aching, probably due to the heat and not eating 26M:06:10:45

4.3.12.1.1.2. NOON

12:00 rice cakes X 3, cream cheese, not hungry. 22F:14:12:00

4.3.12.1.1.3. AFTERNOON

Not hungry. 22F:15:XX:XX

4.3.12.1.1.4. EVENING

Increased appetite at breakfast, wasn't too hungry in the evening. 11F:19:XX:XX

18:00 my appetite poor- feels nauseous, didn't feel like waiting friends. 22F:13:18:00

19:00 no appetite, haven't had supper properly. 22F:14:19:00

4.3.12.1.1.5. NIGHT

20: 00 Appetite lack, had a bit of lamb curry, husband made, smell lovely 22F:11:20:00

4.3.12.1.1.6. ANGER DURING

Food I didn't have much of an appetite today, after the argument I had in the morning, I just couldn't eat anything. 29F:00:XX:XX

4.3.12.1.1.7. ANXIETY DURING

Was feeling very nervous in the morning before I left for the exam, couldn't even eat and kept on trying to pass out stool but nothing came out. 29F:26:XX:XX

4.3.12.1.1.8. SKIPPED MEALS

Skipped lunch today (only had snacks). No desire to eat. 01F:03:XX:XX

Skipped breakfast (less need for food). 01F:18:XX:XX

Skipped breakfast. 01F:24:XX:XX

Skipped lunch 01F:25:XX:XX

Skipped lunch 01F:26:XX:XX

Skipped breakfast in the morning- just had tea and then water. (was not hungry). Had a late lunch as well. Wasn't hungry. 10F:05:XX:XX

4.3.12.1.1.9. DESIRE TO SNACK

Skipped lunch today (only had snacks). No desire to eat. 01F:03:XX:XX

Discovered a trait (which have continued during time after taking proving med)- desire to bite on something rather than eat a meal– nails, food, chips, but not on paper, pen or anything that is not edible. 01F:28:XX:XX

I rewarded myself with some food and snacks because I was quiet hungry.
27F:13:XX:XX

No motivation to wake up but sleeping gets me more tired so I woke up and made myself breakfast, I ate a lot maybe out of boredom but I was enjoying myself.
27F:17:XX:XX

4.3.12.1.2. INCREASED

Increased appetite throughout the day, eating only temporary satisfies hunger.
04F:04:XX:XX

Increased thirst and appetite starting from the morning. 04F:05:XX:XX

Good appetite now. 05M:02:XX:XX

Good appetite. 05M:03:XX:XX

Hungry all the time. 10F:05:XX:XX

My appetite has increased over these weeks – eat a lot – mostly unhealthy foods.
10F:10:XX:XX

Have an increased appetite today. 11F:01:XX:XX

Appetite picked up again. 11F:02:XX:XX

Been quite hungry today. 11F:03:XX:XX

I was quite hungry today and hadn't drunk much water (not so thirsty). 11F:06:XX:XX

Been very hungry this morning too. 11F:10:XX:XX

Second remedy at 15h09, I've been eating more than usual, I have already eaten 2 times today, I usually only eat once a day and generally have to force myself to eat.
12F:00:XX:XX

Took the second powder at 16:19, I have already eaten 2 times right now and it does not seem like I'm getting full. And I keep feel like eating chocolate. 12F:01:XX:XX

I ate 3 times today, that's way more than usual. 12F:07:XX:XX

Drinking a lot of water and eating way too much. 12F:09:XX:XX

I'm happy since I was able to see my friends from high school. I'm not tired at all today. I ate 3 times today. 12F:10:XX:XX

Had 3 meals today, eating way too much. 12F:14:XX:XX

Had 3 meals, way more than usual and still craving for ice cream. 12F:15:XX:XX

Had three meals, still increased appetite. 12F:16:XX:XX

Had a lot to eat. Still hungry. 12F:20:XX:XX

Eating a lot all the time. 12F:25:XX:XX

Drinking a lot of water. Eating a lot too. 12F:26:XX:XX

Eating many meals. 12F:27:XX:XX

Also today was craving a lot of starch and sugar and never seemed to be quite full. 15M:11:XX:XX

Woke up feeling refreshed although I slept late last night. Spent most of the day quite hungry. Kept getting the sense or feeling of being dehydrated. 15M:16:XX:XX

Feel really hungry. 17M:05:09:30

Appetite- increased / normal. 21F:20:XX:XX

Tingling sensation in my stomach. Makes me hungry. Increased appetite. Giving me craving to eat things I don't usually eat. 24F:00:XX:XX

Appetite- hungry, feels like eating McDonalds. 24F:01:XX:XX

Appetite – extremely hungry, going to eat hot dog, drank juice. 24F:01:XX:XX

Appetite- was very hungry, ate chicken and mayo pie, drank water. 24F:04:06:15

Increased appetite excessively. 24F:XX:XX:XX

I had a very high appetite I ate a large lunch and cooked later and had supper. 27F:05:XX:XX

I rewarded myself with some food and snacks because I was quite hungry. 27F:13:XX:XX

Appetite – today I had a huge one as I sort ate a lot and I think I was also comforting myself because I felt like I didn't do too well. 27F:13:XX:XX

No motivation to wake up but sleeping gets me more tired so I woke up and made myself breakfast, I ate a lot maybe out of boredom but I was enjoying myself. 27F:17:XX:XX

Even though I have a great appetite I am trying to limit myself on the amount of food I eat. I only had cornflakes for breakfast and about 5 cups of tea with milk for the rest of the day. I also had a salad in the evening. 29F:12:XX:XX

4.3.12.1.2.1. MORNING

Increased appetite at breakfast, wasn't too hungry in the evening. 11F:19:XX:XX

Morning started off good. Was very hungry after waking up that I felt quite nauseous after not having eaten for 20minutes after waking up. 11F:25:XX:XX

4.3.12.1.2.2. ANXIETY DURING

just feeling quite anxious about my exam. My first exam is just 5 days away and all I feel like I still haven't studied enough and do not have enough time. It's hard to study when I am anxious and stressed out and I stress out even more when im not studying but I can't because I am stressed out. I end up resorting to eating a lot of food, it helps me calm down for a while then I can return to my studying. 29F:21:XX:XX

My appetite has increased greatly. I am eating more than usual and everytime I feel nervous I just get myself a packet of chips or just something to snack on. 29F:25:XX:XX

4.3.12.1.3. CHANGEABLE

Have been hungry but with no desire to eat. 11F:16:XX:XX

Have been quite hungry today but haven't had much of a desire to eat – i.e. nothing has been appealing enough to eat. 11F:26:XX:XX

Appetite has been weird today, somewhat hungry but also not hungry at the same time. Unusual feeling. 11F:36:XX:XX

Have been feeling nauseously hungry though. Like I'm quite hungry but feeling nauseous at the same time, like anything I want to eat does not appeal to me in the slightest. 11F:38:XX:XX

Appetite – I had a very high appetite I ate a large lunch and cooked later and had supper. But had no appetite in the morning for breakfast. 27F:05:XX:XX

4.3.12.1.3.1. ENERGY EXCESS WITH

My appetite and energy simultaneously increase. 24F:00:19:35

4.3.12.1.3.2. HEADACHE, WITH

Took the last one at 20:15. I'm tired and just want to go to sleep. I have a headache at 20:30 but it's not too bad, I think it's caused because I'm so hungry. 12F:01:XX:XX

4.3.12.1.3.3. HEAT DURING

Eating the entire day due to the heat. 17M:30:23:00

4.3.12.1.3.4. LIGHT HEADEDNESS WITH

I wake up very thirsty but a bit light headed as I was hungry. I was hungry I ate and started doing my assignment, I skipped class and again I went to the library later to continue. 27F:07:XX:XX

4.3.12.1.3.5. NAUSEA WITH

Morning started off good. Was very hungry after waking up that I felt quite nauseous after not having eaten for 20minutes after waking up. 11F:25:XX:XX

Have been feeling nauseously hungry though. Like I'm quite hungry but feeling nauseous at the same time, like anything I want to eat does not appeal to me in the slightest. 11F:38:XX:XX

4.3.12.1.4. RAVENOUS

Took the second powder at 16:19, I have already eaten 2 times right now and it does not seem like I'm getting full. And I keep feel like eating chocolate. 12F:01:XX:XX

Drinking a lot of water and eating a lot too. I'm eating anything and everything but I like cooked food more. 12F:02:XX:XX

I'm eating a lot, eating whatever is put in front of me. 12F:06:XX:XX

Had a lot to eat. Still hungry. 12F:20:XX:XX

Had 3 meals today, still hungry. 12F:23:XX:XX

Woke up with abdominal pains, C- diarrhoea constant hunger (unsatisfied with hungry), L-abdomen, stress, M- >passing stool , warm drinks , warm applications ,I-8,S- Cramping sharp pains, stomach feels like it is turning, hungry but I do not feel full after eating. 21F:12:XX:XX

Appetite - Extremely hungry. 24F:00:XX:XX

I have an increase in appetite. I get very hungry to a point that I feel like something is wrong and in will not be able to carry out any task of I don't eat. 27F:01:XX:XX

My appetite has been increased. Even after a fun breakfast, I still kept going back more. 29F:03:XX:XX

4.3.12.2. CHURNING

Woke up with abdominal pains, C- diarrhoea constant hunger (unsatisfied with hungry),L-abdomen, stress,M- >passing stool , warm drinks , warm applications ,I-8,S-

Cramping sharp pains, stomach feels like it is turning, hungry but I do not feel full after eating. 21F:12:XX:XX

Stomach- feels upset, feels like going to the toilet, stomach is turning inside. Symptoms occur after I take the powder. 24F:00:XX:XX

4.3.12.3. GURGLING

In mid – late afternoon I had a lot of gurgling in my intestines. 11F:04:XX:XX

Was feeling good for the whole morning. Went to a birthday celebration. Somewhat late lunch time. Possibly ate too much but stomach wasn't happy thereafter. Had an urgent, very loose bowel movement once getting home. Stomach gurgled a lot until then. Had some chocolate about 8pm and the gurgling continued until I went to bed.

11F:08:XX:XX

Went out for lunch to look at a wedding venue and stomach started acting up again- no pain or discomfort just gurgling with some flatulence and once I got home I had a loose stool again, not diarrhea though. 11F:09:XX:XX

Stomach been gurgling quite a lot too. 11F:10:XX:XX

4.3.12.4. HEAT SENSATION OF

15h00 My chest going down to my stomach is now absolutely hot, while my limbs and especially my feet feel absolutely cold. My stomach feels as if I have stood against something hot. I have an ice pack on my stomach right now and I can't seem to sit still. Stomach feel hot, legs feel cool, felt like standing. 17M:00:15:00

4.3.12.5. HEAVINESS

I only ate once and after eating my stomach felt heavy I guess I ate too much and I was quite uncomfortable. 27F:28:XX:XX

4.3.12.6. HYPERACIDITY

Other than heartburn after a bit of an oily lunch, no other symptoms still. 06F:02:XX:XX

Slight heartburn. 10F:20:XX:XX

4.3.12.7. NAUSEA

Feeling moderately to severely nauseous in waves. 06F:19:XX:XX

Been very nauseous. 06F:27:XX:XX

Great day at home after travelling to PMB. Still feeling slightly nauseous. However, no vomiting yet. 06F:28:XX:XX

Feeling a little nauseous. 09F:05:XX:XX

Wasn't sure if I'd throw up. The feeling went away about 20 minutes later.
11F:20:XX:XX

- STOMACH- nausea. 16F:00: XX: XX

4.3.12.7.1. MORNING

9:30pm starting to feel nauseous. 11F:02:XX:XX

4.3.12.7.1.1. WAKING ON

Wakes up feeling nauseous. 01F:XX:XX:XX

4.3.12.7.2. ACCOMPANIED BY HEAD PAIN

Pain was a dull ache with associated photophobia, mild nausea & watering of the left eye. 04F:19:XX:XX

4.3.12.7.3. COITION, AFTER

Painful uncomfy sex, made me nauseous. 16F:03:XX:XX

4.3.12.7.4. COLD DURING

Really cold in Drakensburg today. Seems to be causing a headache and throat ache. Also seem to be slightly queasy and tender breasted. 06F:14:XX:XX

4.3.12.7.5. CHOCOLATE AFTER

Finished my chocolate and started feeling nauseous. 11F:09:XX:XX

4.3.12.7.6. COUGH DURING

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm, S- Hoarse cough, headache on cough, nausea but not vomiting. Unable to expectorate. Feels as if mucus is stuck in throat. 21F:00:20:00

Respiratory – cough, rattling, wet, unable expectorate, nausea with cough.
21F:26:XX:XX

Coughing too much every time i go to the bathroom thinking I am going to throw up. But no vomiting. 21F:29:XX:XX

4.3.12.7.7. DIARRHOEA WITH

Still having loose stool / stomach bug and feeling nauseous. 06F:18:XX:XX

4.3.12.7.8. FOOD AVERSION TO

19:00 – feel nauseous didn't feel like eating. 22F:11:19:00

18:00 my appetite poor- feels nauseous, didn't feel like waiting friends. 22F:13:18: 00

4.3.12.7.9. HEADACHE WITH

Had a headache upon waking up. Made me feel nauseous later on. Slept for a little and when I woke up the headache was practically gone. 11F:06:08:00

At 8pm started feeling nauseous and then started to get a headache. 11F:39:XX:XX

Experiencing nausea – feels like a drop in BP, sometimes causes dizziness and headache. 11F:41:XX:XX

4.3.12.7.10. HUNGER WITH

Ate lunch quite late so got drowsy and began feeling nauseous at 2pm – only ate at 2:30pm. 11F:20:XX:XX

Have been feeling nauseously hungry though. Like I'm quite hungry but feeling nauseous at the same time, like anything I want to eat does not appeal to me in the slightest. 11F:38:XX:XX

4.3.12.7.11. MILK AGG

I drank some milk and felt a little nauseous, c- No other symptoms, l- Gastro. A -milk drank, m < milk, eating, l-4, T-evening 8pm, s- Nausea. 21F:02:20:00

4.3.12.7.12. ONIONS AGG

My supper had a strong onion after taste which didn't help with the nausea. 11F:09:XX:XX

4.3.12.7.13. SMELLING FOOD

Was somewhat stressed for my prac test this morning. Nauseous on smelling food. That became better or wasn't the case anymore once the test was done. 11F:04:XX:XX

Smell and thought of food makes me nauseous. 16F:00:XX:XX

4.3.12.7.14. WAKING, DREAMS FROM

I had a dream that I was at campus with a few friends and class mates and we were having a drink and playing some card. Energy felt great, was very fun, everyone was sharing jokes and talking in general, until 2 people started fighting over cards. Eventually a person (all known) hurt someone and only blood could be seen everywhere, lots and lots of blood. Actually felt like throwing up when I broke sleep at that point as I don't really feel comfortable looking at blood but all is cool. (Blood makes me feel weak, I have the description in my head that someone is losing their life, blood is something that holds them together). 17M:10:06:30

4.3.12.7.15. WATER AMEL

Been drinking lots of water to try keep the nausea at bay. 11F:03:XX:XX

4.3.12.7.16. VERTIGO WITH

Experiencing nausea – feels like a drop in BP, sometimes causes dizziness and headache. 11F:41:XX:XX

4.3.12.8. OVEREATING

Possibly ate too much but stomach wasn't happy thereafter. Had an urgent, very loose bowel movement once getting home. Stomach gurgled a lot until then. Had some chocolate about 8pm and the gurgling continued until I went to bed. 11F:08:XX:XX

Probably ate too much over the last few days anyway. 17M:33:22:00

I only ate once and after eating my stomach felt heavy I guess I ate too much and I was quite uncomfortable. 27F:28:XX:XX

4.3.12.9. PAIN

Went home to Pietermaritzburg today. Overate a bit so had minor bloating and stomach ache, otherwise no symptoms. 06F:00:XX:XX

Stomachache returned at 19:00. 11F:21:XX:XX

Again, had a slight stomach pain later today. 15M:01:XX:XX

I had a little pain in my stomach and my back was pulsating every time I stood up or when I was walking. 29F:05:07:00

4.3.12.9.1. CRAMPING

Same cramps again around 10:30 pm. 04F:01:10:30

Been eating poorly today, had some stomach cramps mainly in the evening from 5pm onwards. 11F:22:17:00

After taking the remedy I had a rather transient stomach cramp which resolved within minutes. 15M:00:00:00

4.3.12.9.2. DIARRHEA WITH

Have a bit of a running stomach and cramps. 06F:15:XX:XX

Had a runny tummy, caused my stomach cramps obviously ate something funny- 16F:00:XX:XX

4.3.12.9.3. STANDING AMEL

Stomach cramps/pain is back after a while, just before a game too utterly annoying, looks like I can't play. There cramps are bad only on the left side and more towards the kidneys. Been drinking lots of water since the start of it. Also feeling rather drowsy and tired. Hope it goes away quickly and soon too. Finding it hard to be in a sitting position or even crouching down and is causing a serious pain in my tummy now. Feel better if I stand up straight or let flat on my back. Stomach, pain, erect, amel. 17M:02:XX XX

4.3.12.9.4. SITTING FORWARD AGG

(NS) 9:00 am stomach cramps lasting a few minutes – upper abdomen, aggravated by sitting forward & relieved / eased by stretching out the stomach area. 04F:01:09:00

Stomach cramps/pain is back after a while, just before a game too utterly annoying, looks like I can't play. There cramps are bad only on the left side and more towards the kidneys. Been drinking lots of water since it start of it. Also feeling rather drowsy and tired. Hope it goes away quickly and soon too. Finding it hard to be in a sitting position or even crouching down and is causing a serious pain in my tummy now. Feel better if i stand up straight or let flat on my back. 17M:02:XX:XX

4.3.12.9.5. TEA AMEL

Drank more water and had a tea and stomach cramps subsided substantially. 11F:09:XX:XX

4.3.12.10. RETCHING

Coughing too much every time i go to the bathroom thinking I am going to throw up. But no vomiting. 21F:29:XX:XX

4.3.12.11. THIRST

4.3.12.11.1. DECREASED

Need for food and water is decreased a little. 01F:05:XX:XX

No lunch. Desire (need) for food and water is decreased. 01F:11:XX:XX

Water intake minimum (about 4 glasses). 10F:05:XX:XX

I was quite hungry today and hadn't drunk much water (not so thirsty). 11F:06:XX:XX

No thirst. 21F:17:XX:XX

Throat: feels dry, but no thirst for water, feels dry and scratchy as if I'm about to get the flu. 21F:20:XX:XX

Drink less water, not thirsty. 22F:05:XX:XX

Left clinic, realized I had not drinking as much of water I usually do. 22F:25:12:00

Wasn't feeling thirsty at all but I managed to drink about 3 glasses of water and about 2 cups of tea. 27F:06:XX:XX

I wasn't quite thirsty though I really wanted tea with lemon so bad. I only had about 2 glasses of water and 2 cups of tea. 27F:11:XX:XX

It was a cold day and I didn't feel thirsty at all, had only one glass of water. 29F:00:XX:XX

Haven't felt thirsty at all. Didn't drink any water, only had 3 cups of tea and a glass of juice. 29F:01:XX:XX

Didn't feel any thirst, I think I only had 2 glasses of water. 29F:02:XX:XX

Haven't felt any thirst but I just remind myself to drink water every now and again. Had about at least 5 glasses of water and 3 cups of tea. 29F:04:XX:XX

Didn't feel thirsty but just had to remind myself to drink water. About 5 or 6 glasses. 29F:05:XX:XX

4.3.12.11.2. INCREASED

Increased thirst throughout the day 04F:01:XX:XX

Increased thirst throughout the day. 04F:02:XX:XX

Increased thirst and appetite starting from the morning. 04F:05:XX:XX

Very thirsty. 10F:12:XX:XX

Thirsty. 10F:15:XX:XX

Very thirsty throughout the day – dry throat. 10F:18:XX:XX
Dry skin and prolonged thirst throughout the day. 10F:21:XX:XX
Frequent thirst. 10F:22:XX:XX
Been very thirsty. 11F:36:XX:XX
Been very thirsty tonight. 11F:39:XX:XX
Had a 2L bottle of coke all by myself. Really thirsty. I also really like sugary things now.
12F:20:XX:XX
Noticed that I have been getting quite thirsty the past few days. Feeling dehydrated.
15M:12:XX:XX
Was very thirsty in the morning. 15M:13:XX:XX
Been feeling thirsty throughout the day. Appetite was low today and I have not been to gym all week. 15M:21:XX:XX
Very thirsty. 16F:13:XX:XX
During the day I was very thirsty. 17M:20:XX:XX
Thirsty fatigue. 26M:02:17:27
Drink water feel dehydrated. 26M:13:16:16
After taking the remedy my thirst increased. 27F:00:XX:XX
I had a bowel movement but above all I had increased thirst. 27F:00:XX:XX
After taking the remedy, my thirst increased 27F:02:XX:XX
My thirst has increased but not so much on urination. 27F:03:XX:XX
Thirst increased. 27F:04:XX:XX
I ate a lot more during the movies and my thirst increased and I urinated a lot. 27F: 24: XX: XX
Appetite- I ate a lot more during the movies and my thirst increased and I urinated a lot.
27F:25:XX:XX
I craved chocolate so I bought it but it made me very thirsty so I went and bought ice cream. 27F: 27: XX: XX

4.3.12.11.2.1. WAKING ON

Slept well. Woke up thirsty. 11F:18:XX:XX

I woke up feeling quite thirsty, the feeling went away about 20 minutes after rising.
11F:22:XX:XX

Wake up, water –thirsty. 26M:07:01:18

Wake up- water (thirsty), toilet. 26M:20:07:15

I wake up very thirsty. 27F:07:XX:XX

I got home, ate and slept to regain my energy, I then woke up extremely thirsty and I went to buy ice cream and had dinner and we talked with friends, I studied after and slept at midnight. 27F:09:XX:XX

I felt quite thirsty when I woke up brushing my teeth. I only had about 4 glasses of water today. 29F:12:XX:XX

4.3.12.11.2.2. UNQUENCHABLE

Feels thirsty whole day today. Drinking doesn't help much. 01F:37:XX:XX

Drinking water continuously. 05M:01:XX:XX

I'm very thirsty, I can drink bottles full of cold water, yet still be thirsty. 15M:24:XX:XX

Extra thirsty- cold tap water in large gulps, unquenchable 26M:01:12:34

Thirsty for tap water, need it now, large gulps through the entire proving, mouth dry, tongue stuck on roof. 26M:XX:XX:XX

I did not urinate much today but my thirst was increased and as I drank water, I became more thirsty so I resorted to ice cream Which suppressed my appetite but my thirsty was quenched. 27F:08:XX:XX

I had an unquenchable thirst and ended up buying ice cream because I for thirsty and it got better. 27F:11:XX:XX

4.3.12.11.2.3. EATING, AMEL.

Thirst better after lunch (provita; hummus; ham). 03F:00:XX:XX

4.3.12.11.2.4. COLD DRINKS

Increased thirst – water/ anything cold. 03F:00:XX:XX

Increased thirst for cold water. 03F:07:XX:XX

Sooooooo thirsty -> cold icy drinks. 03F:10:XX:XX

Sooo thirsty, need cold icy drinks. 03F:24:XX:XX

Intense thirst – for ice cold drinks. 03F:22:XX:XX

Extreme increase thirst for ice cold water in large gulp. 17M:XX:XX:XX

Been drinking water ice cold water, 1 cup gulp, being still, lying down, feels as if something is contracting, worse heat. 17M: XX:XX:XX

Extra thirsty- cold tap water in large gulps, unquenchable. 26M:01:12:34

I didn't like and I felt like I was talking a lot after taking the last remedy. Which made me thirsty even more. Thirst is relieved by small sips of tap cold water. 27F:02:XX:XX

4.3.12.11.2.5. ICE CREAM AMEL

I did not urinate much today but my thirst was increased and as I drank water, I became more thirsty so I resorted to ice cream which suppressed my appetite but my thirsty was quenched. 27F:08:XX:XX

I had an unquenchable thirst and ended up buying ice cream because for thirst and it got better. 27F:11:XX:XX

I got home, ate and slept to regain my energy, I then woke up extremely thirsty and I went to buy ice cream and had dinner and we talked with friends, I studied after and slept at midnight. 27F:10:XX:XX

4.3.12.11.2.6. LARGE QUANTITIES

Extreme increase thirst for ice cold water in large gulps. 17M:XX:XX:XX

Been drinking water ice cold water, 1 cup gulp, being still, lying down, feels as if something is contracting, worse heat. 17M:XX:XX:XX

Thirst – increased for large quantities. 21F:20:XX:XX

Extra thirsty- cold tap water in large gulps, unquenchable. 26M: 00:12:34

Thirsty for tap water, need it now, large gulps through the entire proving, mouth dry, tongue stuck on roof. 26F:XX:XX:XX

4.3.12.11.2.7. SLEEP DURING

I had a good refreshing sleep although with my increased thirst I urinated a lot which made me wake up at times. That I usually don't. 27F:00:XX:XX

4.3.12.11.2.8. SMALL QUANTITIES

Thirst: increased, small quantities at a time. 21F:16:XX:XX

Thirst – small sips of room temperature/ tap water. 21F:22:XX:XX

Thirst- small quantities of water. 21F:24:XX:XX

Thirst – small quantities. 21F:25:XX:XX

Thirst – small quantities of liquid. 21F:27:XX:XX

Thirst- small quantities of liquid. 21F:28:XX:XX

I enjoyed engaging with my fellow brothers and sisters. I seem to be uncreative to things I didn't like and I felt like I was taking a lot after taking (talking) the last remedy. Which made me thirsty even more. Thirst is relieved by small sips of tap cold water. 27F:02:XX:XX

4.3.12.11.2.9. TEA FOR

Although desire to drink 5 roses tea has increased in the last 3 days. 11F:12:XX:XX

Increased tea consumption, 3 cups, 2 of which were 2 hours apart and the other was later in the evening. 11F:16:XX:XX

I managed to have about 4 glasses of water and 2 cups of lemon tea. 27F:08:XX:XX

I managed to get myself to drink 4 glasses of water wanted and only one cup of tea. 29F:03:XX:XX

4.3.12.11.2.10. WATER

Drinking a lot of water and eating a lot too. I'm eating anything and everything but I like cooked food more. 12F:02:XX:XX

Drinking a lot of water and eating way too much. 12F:09:XX:XX

Been drinking a lot of water today. 12F:19:XX:XX

Drinking a lot of water today. 12F:24:XX:XX

Drinking a lot of water. Eating a lot too. 12F:26:XX:XX

I'm feeling very thirsty for water. 13F:06:XX:XX

I have not eaten anything since breakfast and have only been drinking water and eating fruit (an apple and mango). Hot and cold feels ironic, it's like me in every aspect of life right now. 17M:00:15:00

Extra thirsty- cold tap water in large gulps, unquenchable. 26M:01:12:34

Extra thirsty, STILL TIRED. 26M:02:13:07

Feels extra thirsty for tap water. 26M:05:18:23

Feel thirsty for tap water. 26M:07:12:37

Wake up, water –thirsty. 26M:07:01:18

Drink water- thirsty. 26M:14:11:27

Wake up- water (thirsty), toilet. 26M:20:07:15

Wake up – water. 26M:28:01:22

Water extra thirsty for tap water. 26M:34:11:02

Thirsty for tap water, need it now, large gulps through the entire proving, mouth dry, tongue stuck on roof. 26M:XX:XX:XX

Increased thirst (need to have my water bottle). 27F:01:XX:XX

Thirst is relieved by small sips of tap cold water. 27F:02:XX:XX

I drink a lot of water as I have increased thirst. 27F:06:XX:XX

Managed to get myself to drink 5 glasses of water. 27F:09:XX:XX

I did feel quite thirsty. I managed to finish 2x500ml bottle water. 27F:07:XX:XX

I felt extremely thirsty after excising in the morning and I had 2 glasses of water then I had another 2 later on the day. 27F:10:XX:XX

I woke up early to get ready for church and drank water as I was very thirsty. 27F:23:XX:XX

4.3.12.12. TINGLING

Tingling sensation in my stomach. Makes me hungry. Increased appetite. Giving me craving to eat things I don't usually eat. 24F:00:XX:XX

4.3.12.13. ULCERS CURED

I use to suffer with my ulcers but since I had those powders I've never suffered once with the cramps or burning pains. I think it cured my ulcers. 09F:56:XX:XX

4.3.12.14. VOMITTING

Threw up twice before not sure why. I feel so angry and weak but yet I am feeling like I can't consume anything properly. Probably ate too much over the last few days anyway. 17M:33:22:00

4.3.12.14.1. HEADACHE DURING

15h00- just got home about 30 mins ago, feeling absolutely sick, continuously throwing up and a pounding headache. In terms of throwing up, even when I have had water just now, I threw up, very liquid like is the vomit and very yellow. 17M:11:15:00

4.3.13. ABDOMEN

4.3.13.1. BLOATEDNESS

Very bloated lower abdomen. 04F:09:XX:XX

Felt slightly bloated today. 06F:04:XX:XX

Feel less bloated than usual. 06F:11:XX:XX

Feels like I have some gas that's . . . uhhm. . . stuck (I Don't know if that's possible).

10F:00:XX:XX

Bloated/ gas. 10F:03:XX:XX

End of day bloated. 10F:06:XX:XX

Bloatedness throughout the day. 10F:26:XX:XX

Feeling quite bloated and gassy. 11F:14:XX:XX

Bloated abdomen- better for being massaged 16F:00:XX:XX

Bowel: still constipated, tried to pass stool a few times, unable to. Feeling bloated.

21F:17:XX:XX

4.3.13.1.1. MORNING

Felt slightly bloated in the morning but it was better and eventually disappeared in the evening. 29F:01:XX:XX

4.3.13.1.1.1. WAKING ON

I woke up feeling slightly bloated but it disappeared quite quickly in the morning.

27F:07:XX:XX

I woke up feeling quite bloated today as if there was a huge air bubble in my stomach. Concomitants- I had a little pain in my stomach and my back was pulsating every time I stood up or when I was walking. Location- lower abdomen, stomach. 29F:05:07:00

4.3.13.1.2. EVENING

Bowel movements still regular. Slight bloating in the evening (from around 7pm).

04F:08:19:00

4.3.13.1.3. EATING AFTER

Went home to Pietermaritzburg today. Overate a bit so had minor bloating and stomach ache, otherwise no symptoms. 06F:00:XX:XX

Was feeling quite bloated throughout the day from all the rich food that was available at the conference. 11F:15:XX:XX

4.3.13.1.4. GREEN TEA AMEL

Green tea helped bring relief to the bloatedness. Hopefully it will help keep constipation away too. 06F:04:XX:XX

4.3.13.1.5. MENSES DURING

At first I thought I was bloated but it was way too low in my pelvis to be bloating in my colon. I wasn't sure if it was period pain until I saw the menstrual blood started to come out late in the evening and that's when the feeling of bloated disappeared as well. 29F:16:XX:XX

4.3.13.2. DRYNESS

Solid stool for the first time in a while although I still have the weird dry patches on my lower left quadrant of the abdomen, under my right breast and in the crease line of my under breast. 06F:22:XX:XX

I discovered some dry areas of skin in the region below my umbilicus. Had a bout of blurred vision after rising from a seated position. 15M:14:XX:XX

4.3.13.3. FLATULANCE

Increased passage of gas (fart?) 01F:05:XX:XX

A lot of gas moving in tummy. 01F:42:XX:XX

Feels like I have some gas that's . . . uhhm. . . stuck (I don't know if that possible). 10F:00:XX:XX

Bloated/ gas. 10F:03:XX:XX

Been quite gassy this morning. 11F:01:XX:XX

Went out for lunch to look at a wedding venue and stomach started acting up again- no pain or discomfort just gurgling with some flatulence and once I got home I had a loose stool again, not diarrhea though. 11F:09:XX:XX

Feeling quite bloated and gassy. 11F:14:XX:XX

Bowel- difficult to have a stool today and my stomach was full of gas. 27F:06:XX:XX

I finally had a bowel movement – it was gasey and the stool was quite hard but this brought me relief. 27F:20:XX:XX

I am quite constipated as I have been eating beans a lot these days, my stomach is full of gas. 27F:21:XX:XX

Git – I felt a bit constipated and I only had a small hard stool and after that I still felt, I needed to relieve myself but only gas comes out. 27F:25:XX:XX

4.3.13.4. GRUMBLING

Abdomen is constantly grumbling even though not hungry. 01F:42:XX:XX

Went out for lunch to look at a wedding venue and stomach started acting up again- no pain or discomfort just gurgling with some flatulence and once I got home I had a loose stool again, not diarrhea though. 11F:09:XX:XX

4.3.13.5. PAIN

GIT- woke up due to abdominal pains. 21F:08:XX:XX

C-diarrhoea, L-GIT, A-Menstruation pain, M- > hot (water) bottle on abdomen, > rest/ staying in bed, < movement, T-morning on waking, I-4, S-mild bearing down sensation. Dull pain. 21F:20:XX:XX

4.3.13.5.1. LEFT

6:10 pm LUQ (left upper quadrant) pain & discomfort (+/- 40 mins) deep ache 5/10 intensity. 04F:00:06:10

Cramps in the abdomen LQ (LEFT QAUDRANT) <pressure, < cold. 19F:20:XX:XX

Stomach has a throbbing pain on my left side, just under my rib cage. It has like a poking feeling. It started around midday and it is still paining. 23F:06:XX:XX

4.3.13.5.2. CRAMPING

Really bad abdominal cramps today. Couldn't go to university or eat at all. 06F:18:XX:XX

Cramping badly but forced myself to go to school. 06F:19:XX:XX

Around 12pm I had some cramping in the abdomen. (an uncomfortable feeling) – Probably because I didn't pass a stool in the am but then it went away after 5 minutes. Didn't feel like I needed to pass stool though – just cramping in mid-abdomen. Pain did not move or radiate. 07F:02:XX:XX

Terrible abdominal cramps, better when I apply pressure, took long time to go away, from 1pm till night, constipation? Gas? 16F:09:13:00

Cramps in the abdomen LQ (LEFT QUADRANT) <pressure, < cold. 19F:20:XX:XX

17:00 Cramps around umbilical area, comes and goes. 22F:14:17:00

4.3.13.5.2.1. GROIN PAIN WITH

Experienced some hesitation today while urinating. Slight groin pain as well. This was in the morning and was accompanied by a general feeling of cramping in the abdomen.

15M:18:XX:XX

4.3.13.5.3. DIARRHOEA WITH

9:18 am cramps throughout abdomen & discomfort (4/10). Increased bowel movement in the morning which mildly relieves the discomfort. Associated mild nausea.

04F:31:09:18

Bad abdominal cramps seem to be from diarrhea. 06F:17:XX:XX

4.3.13.5.4. LYING AMEL

9:18 am cramps throughout abdomen & discomfort (4/10). Discomfort is also relieved by lying down. Increased bowel movement in the morning which mildly relieves the discomfort. Associated mild nausea. 04F:31:09:18

GIT- woke up due to abdominal pains. C- Diarrhoea. L- Gastro Diarrhoea was brown, watery foul smelling. Abdominal pain, in hypogastrium and iliac region on both sides- sharp knives with urgency to pass stool, Explosive diarrhoea. Burn was in anus after passing stool. Abdominal pain was better for hot water bottle and keeping warm lying in bed. Pain better after passing stool a 2 times.M> passing stool> warm drinks,Morning - 6:05,S- sharp burning pain, I felt I needed to relieve myself urgently. GIT- woke up due to abdominal pains. 21F:08:06:05

4.3.13.5.5. MENSES DURING

The pain in the pelvic region is increased. pulling down pain, > during day, active, heat, shower , heat bag feels heavy like there is pressure. 18F:09:XX:XX

C-diarrhoea, L-GIT, A-Menstruation pain, M- > hot (water) bottle on abdomen, > rest/ staying in bed, < movement, T-morning on waking, I-4, S-mild bearing down sensation. Dull pain. 21F:20:XX:XX

Have been experiencing period pains since midnight. Sensation- it feels as though my uterus is being twisted or like someone is squeezing it very hard.it is much worse on the right side. 29F:16:XX:XX

4.3.13.5.6. PRESSURE

4.3.13.5.6.1. AMEL

Terrible abdominal cramps, better when I apply pressure, took long time to go away, from 1pm till night, constipation? Gas? 16F:09:13:00

4.3.13.5.6.2. AGG

Cramps in the abdomen LQ (LEFT QUADRANT) <pressure, < cold. 19F:20:XX:XX

4.3.13.5.7. PULLING DOWN/ BEARING DOWN

The pain in the pelvic region is increased, pulling down pain, > during day, active, heat, shower, heat bag. 18F:09:XX:XX

C-diarrhoea, L-GIT, A-Menstruation pain, M- > hot (water) bottle on abdomen, > rest/ staying in bed, < movement, T-morning on waking, I-4, S-mild bearing down sensation. Dull pain. 21F:20:XX:XX

4.3.13.5.8. SHARP

Had quite sharp abdominal pain during the night. Not in any specific area, just very sharp (like cutting knives). 06F:08:XX:XX

Stabbing gut pain at 17:00. 11F:20:XX:XX

Sharp abdominal pain, ovulation? 16F:17:XX:XX

S- sharp burning pain, I felt I needed to relieve myself urgently. GIT- woke up due to abdominal pains. 21F:08:06:05

Stomach has a throbbing pain on my left side, just under my rib cage. It has like a poking feeling. It started around midday and it is still paining. 23F:06:XX:XX

GIT- before going to bed I had a sharp abdominal pain which got better after I took a stool. 27F:02:XX:XX

4.3.13.5.9. STOOL AMEL

GIT- woke up due to abdominal pains. C- Diarrhoea. L- Gastro Diarrhoea was brown, watery foul smelling. Abdominal pain, in hypogastrium and iliac region on both sides- sharp knives with urgency to pass stool, Explosive diarrhoea. Burn was in anus after passing stool. Abdominal pain was better for hot water bottle and keeping warm lying in bed. Pain better after passing stool 2 times. M> passing stool> warm drinks, Morning - 6:05, S- sharp burning pain, I felt I needed to relieve myself urgently. GIT- woke up due to abdominal pains. 21F:08:06:05

Woke up with abdominal pains, C- diarrhoea constant hunger (unsatisfied with hungry), L-abdomen, stress, M- >passing stool , warm drinks , warm applications , I-8, S- Cramping sharp pains, stomach feels like it is turning, hungry but I do not feel full after eating. 21F:12:XX:XX

GIT- before going to bed 1 had a sharp abdominal pain which got better after I took a stool. 27F:02:XX:XX

4.3.13.5.10. THROBBING PAIN

Stomach has a throbbing pain on my left side, just under my rib cage. It has like a poking feeling. It started around midday and it is still paining. 23F:06:XX:XX

4.3.13.5.11. HYPOGASTRIUM REGION

GIT- woke up due to abdominal pains. C- Diarrhoea. L- Gastro Diarrhoea was brown, watery foul smelling. Abdominal pain, in hypogastrium and iliac region on both sides- sharp knives with urgency to pass stool, Explosive diarrhoea. Burn was in anus after passing stool. Abdominal pain was better for hot water bottle and keeping warm lying in bed. Pain better after passing stool 2 times. M> passing stool> warm drinks, Morning - 6:05, S- sharp burning pain, I felt I needed to relieve myself urgently. GIT- woke up due to abdominal pains. 21F:08:06:05

4.3.13.5.12. RIBCAGE UNDER

Abdomen, sucking , throbbing, pressing pain, radiating to my lower back 24F:XX:XX:XX

4.3.13.5.13. UMBILICAL REGION

Now there's pain across my umbilicus mostly. 06F:08:XX:XX

17:00 Cramps around umbilical area, comes and goes. 22F:14:17:00

4.3.13.5.14. WARMTH AMEL

The pain in the pelvic region is increased, pulling down pain, > during day, active, heat, shower, heat bag. 18F:09:XX:XX

4.3.14. RECTUM

4.3.14.1. CONSTIPATION

Did not have stool. 01F:32:XX:XX

No passage of stool. 01F:33:XX:XX

Difficulty passing stool. 01F:34:XX:XX

No bowel movements today. 04F:12:XX:XX

Felt sluggish in the morning and felt constipated. 06F:01:XX:XX

Felt slightly bloated today. Green tea helped bring relief. Hopefully it will help keep constipation away too. 06F:04:XX:XX

Slightly constipated but otherwise fine. 06F:23:XX:XX

Slightly constipated. 06F:31:XX:XX

Slight constipation. 10F:00:XX:XX

23:30 – defecated – slight pain – slight constipation at the beginning. 10F:01:XX:XX

Constipated. 10F:03:XX:XX

A little constipated in the afternoon. 10F:04:XX:XX

Constipation. 10F:09:XX:XX

Constipation in the morning. 10F:16:XX:XX

Felt constipated towards the end of the day. 10F:18:XX:XX

Constipated in the morning right till the night (although I ate a pear and even drank hot chocolate). 10F:19:XX:XX

Slight constipation. 10F:22:XX:XX

Slight constipation in the morning. 10F:26:XX:XX

Had a bowel movement, haven't had one in the past 2 days. 11F:12:XX:XX

I haven't passed a stool today, not normal. 13F:01:XX:XX

Bowel habit- did not pass stool today. 21F:07:XX:XX

Bowel habit- did not pass stool today. 21F:11:XX:XX

Bowel habits: constipated. 21F:11:XX:XX

Bowel movement: nothing. 21F:13:XX:XX

Bowel habits – no still. 21F:15:XX:XX

I haven't had a bowel movement. 27F:01:XX:XX

No bowel movement. 27F:08:XX:XX

I am slightly constipated as I have not had a bowel movement in the last 2 days. 27F:18:XX:XX

Still constipated and no bowel movement. 27F:21:XX:XX

4.3.14.1.1. BANANA AMEL

Diet- increased fruit intake, bananas practically helped with the constipation.
21F:18:XX:XX

4.3.14.1.2. BEANS AGG

I am quite constipated as I have been eating beans a lot these days, my stomach is full of gas. 27F:20:XX:XX

4.3.14.1.3. BLOATEDNESS WITH

Bowel- difficult to have a stool today and my stomach was full of gas. 27F:06:XX:XX

Bowel: still constipated, tried to pass stool a few times, unable to. Feeling bloated.
21F:17:XX:XX

4.3.14.1.4. BREAD AGG

Constipated whole day (could be after I ate whole wheat bread, but I have ate this bread before and it didn't cause constipation...weird...). 10F:17:XX:XX

4.3.14.1.5. EATING AMEL

Defecated only after I ate a pear and some samosas. 10F:16:XX:XX

4.3.14.1.6. FLATUS WITH

I am quite constipated as I have been eating beans a lot these days, my stomach is full of gas. 27F:20:XX:XX

I felt a bit constipated and I only had a small hard stool and after that I still felt, I needed to relieve myself but only gas comes out. 27F:25:XX:XX

4.3.14.1.7. URGING INNEFFECTUAL

Didn't pass stool in the morning, even though I tried. 07F:02:XX:XX

Bowel- I am constipated, I have the urge to pass stool, but I am unable to.
21F:02:XX:XX

Bowel- no stool, have urge to pass stool but constipated. 21F:16:XX:XX

Bowel: still constipated, tried to pass stool a few times, unable to. Feeling bloated.
21F:17:XX:XX

I felt a bit constipated and I only had a small hard stool and after that I still felt, I needed to relieve myself but only gas comes out. 27F:25:XX:XX

I pass out the stool till I feel like I have nothing left in my stomach to pass out. But still feel the urge and need to empty my bowel. 29F:25:XX:XX

I was feeling very nervous in the morning before I left for the exam, couldn't even eat and kept on trying to pass out stool but nothing came out. 29F:26:XX:XX

4.3.14.2. DIARRHOEA

Still having loose stool. 06F:19:XX:XX

Still have running tummy. 06F:19:XX:XX

Slightly runny stool. 06F:29:XX:XX

Have a runny tummy. 12F:28:XX:XX

Running tummy again. 16F:01:XX:XX

Very upset tummy – runny late at night 16F:04:XX:XX

4.3.14.2.1. ACCOMPANIED BY NAUSEA

9:18 am cramps throughout abdomen & discomfort (4/10). Discomfort is also relieved by lying down. Increased bowel movement in the morning which mildly relieves the discomfort. Associated mild nausea. 04F:31:09:18

Still having loose stool / stomach bug and feeling nauseous. 06F:18:XX:XX

4.3.14.2.2. ANXIETY DURING

I had a runny stomach this morning the stool was loose and had a foul smell. I think it was because I was nervous and it was quite explosive. 27F:12:XX:XX

When I'm nervous I also tend to have a running tummy. 29F:25:XX:XX

4.3.14.2.3. BLOODY

Diarrhea 18:00. Dull pain in lower left quadrant before diarrhea. Blood in diarrhea and on tissue when wiping. 01F:46:XX:XX

4.3.14.2.4. COLD DRINKS AMEL

Didn't eat very much so as to not aggravate my stomach. Had sips of coco cola it seemed to help. 06F:29:XX:XX

4.3.14.2.5. EATING AGG

Running stomach worse. Eating once a day to try avoid diarrhea. 06F:17:XX:XX

Didn't eat very much so as to not aggravate my stomach. 06F:29:XX:XX

Had an urgent, very loose bowel movement once getting home. Stomach gurgled a lot until then. Had some chocolate about 8pm and the gurgling continued until I went to bed. 11F:08:XX:XX

4.3.14.2.6. EXPLOSIVE

Bowel- twice, light brown (morning), stool was loose, C- Diarrhoea, L- Gastro Diarrhoea was brown, watery foul smelling. Abdominal pain, in hypogastrium and iliac region on both sides- sharp knives with urgency to pass stool, Explosive diarrhoea. Burn was in anus after passing stool. Abdominal pain was better for hot water bottle and keeping warm lying in bed. Pain better after passing stool a 2 times. M> passing stool> warm drinks, Morning -6:05,S- Sharp burning pain, I felt I needed to relieve myself urgently. 21F:08:06:05

I had a runny stomach this morning the stool was loose and had a foul smell. I think it was because I was nervous and it was quite explosive. 27F:12:XX:XX

4.3.14.2.7. MENSES DURING

Diarrhea with arrival of period, burning sensation. 12F:37:XX:XX

Bowel habits: Diarrhoea, loose dark brown still, passed 4 times. diarrhoea L-GIT ,A- Menstruation pain ,M- > hot (water) bottle on abdomen , > rest/ staying in bed, < movement, T-morning on waking , I-4,S-mild bearing down sensation. Dull pain. 21F:20:XX:XX

4.3.14.2.8. PAIN WITH

4.3.14.2.8.1. BURNING

Diarrhea with arrival of period, burning sensation. 12F:37:XX:XX

Explosive diarrhoea. Burn was in anus after passing stool. 21F:08:06:05

4.3.14.2.8.2. CRAMPING

Had a runny tummy, caused my stomach cramps obviously ate something funny. 16F:00:XX:XX

Bad abdominal cramps seem to be from diarrhea. 06F:17:XX:XX

Have a bit of a running stomach and cramps. 06F:15:XX:XX

4.3.14.2.9. SPICY FOOD AGG

At the beginning of the proving due to spicy food, explosive diarrhoea, towards the end of the proving I could handle spicy food. Spicy food no longer aggravate me. Pain – burning in abdominal area before stool, burning stool bright brown, more solid there after loose stool, it even changed the colour of water. 27F:XX:XX:XX

4.3.14.3. PAIN

23:30 – defecated – slight pain – slight constipation at the beginning. 10F:01:XX:XX

23:00 defecated, Little strain. 10F:03:XX:XX

Slight pain and difficulty when passing stool. 10F:16:XX:XX

Defecated in the morning – little pain and some difficulty. 10F:20:XX:XX

4.3.14.4. REGULAR BOWEL MOVEMENTS

Bowel movements have become more regular, the past 1 ½ weeks was quite irregular. 11F:27:XX:XX

Bowel movements still regular. Also seem to have now adapted to one specific time, not so random anymore where I would need to go to the toilet at any point throughout the day. 11F:28:XX:XX

4.3.14.5. URGING

EATING AFTER

Immediately after eating, I feel like I need to rush to the toilet. 29F: 25: XX: XX

4.3.15. STOOL

4.3.15.1. BLOODY

Passed bloody stool [was an old symptom that came back during the proving]. 01F:10:XX:XX

Diarrhea 18:00. Dull pain in lower left quadrant before diarrhea. Blood in diarrhea and on tissue when wiping. 01F:46:XX:XX

4.3.15.1.2. BROWN

Stool: I went to the toilet after I had a cup of tea. My stool was firm and long. It was brown. 23F:06:XX:XX

My stool was very loose, looked like bubbles with Brown colour. 27F:00:XX:XX

4.3.15.1.2.1. LIGHT

Bowel: once light brown. 21 F:00:XX:XX

Stool, brown, light. 21F:05:XX:XX

Bowel habits - once, light brown (morning). 21F:08:XX:XX

Bowel habits – once light brown. 21F:25:XX:XX

Bowel habits- twice light brown. 21F:26:XX:XX

Bowel habits- once light brown stool. 21F:27:XX:XX

Bowel- 2 times, light Brown. 21F:32:XX:XX

Stool- light brown, hard, looked like sausage. 24F:04:XX:XX

Stool- light brown, soft lumpy. 24F:08:21:45

Stool- soft and mushy (like porridge), light brown. 24F:15:XX:XX

Stool- light brown, hard and long. 24F:17:XX:XX

I'm passing a lot of watery stool, very light brownish colour, and it smells terrible. It feels worse when I am passing out the stool and a few minutes afterwards. 29F:25:XX:XX

4.3.15.2.2. GREENISH

Passed out stool in the evening. I was quite hard to pass out and it came out in small bits and looked like multiple grapes, it was like light brownish-greenish colour.

27F:09:XX:XX

4.3.15.3. DARK

C- diarrhoea. L- Gastro Diarrhoea was brown, watery foul smelling. 21F:08:06:05

Bowel habits – finally passed stool (morning), still as dark brown and dry continuous.

21F:18:XX:XX

Stool: dark brown, floating balls. 21F:12:XX:XX

Stool- dark brown, looks like long rocks. 24F:07:XX:XX

4.3.15.4. DIFFICULT

Passed stool with great effort. 01F:35:XX:XX

Passed stool quite easily today, there is slight straining but not very much.

01F:37:XX:XX

Defecated in the morning – little pain and some difficulty. 10F:20:XX:XX

4.3.15.5. DRY

Bowel habits – finally passed stool (morning), still as dark brown and dry continuous.

21F:18:XX:XX

4.3.15.6. FLATULENCE WITH

Finally had a bowel movement – it was gassy and the stool was quite hard but this brought me relief. 27F:19:XX:XX

4.3.15.7. FLOATING

Stool: dark brown, floating balls. 21F:12:XX:XX

4.3.15.8. FREQUENT

Passed stool three times today. Definite increase. 01F:05:XX:XX

Passed stool 2 times 01F:06:XX:XX

Bowel habits: passed stool 3 times (once is loose, diarrhea-like stool). 01F:07:XX:XX

Increased bowel movements over the past three days. 04F:03:XX:XX

Increased bowel movements, soft stool. Generally have needed to go around 6pm. 04F:04:XX:XX

Increased bowel movement (this mildly relieves the period pain) also tiredness. 04F:09:XX:XX

Bowel movements regular over the past few days - generally have to go in the morning on waking (between 7 – 9 am) stool soft and easy to pass. 04F:14:07:00

Bowel- twice, light brown (morning), stool was loose. 21F:08:XX:XX

Had watery stool twice. 22F:15:XX:XX

Bowel- when I woke up I felt like I needed to make a stool but I felt constipated and in between my sleep I would wake up and have a movement. At the 3rd stool, it was loose and I relived. 27F:10:XX:XX

I had a few bowel movement today and I do not feel as constipated anymore. 27F:28:XX:XX

4.3.15.9. HARD

Slightly hard stool. Slightly inflamed hemorrhoids. Odd combination after having diarrhea. 06F:30:XX:XX

Passed hard stool. 22F:30:XX:XX

Stool- yellow with some parts brown, hard, looks like rolls. 24F:00:XX:XX

Stool- yellow like mustard looks like sausage, hard. 24F:03:XX:XX

Stool- light brown, hard, looked like sausage. 24F:04:XX:XX

Stool- yellow, like sausage, was hard and long. 24F:05:10:15

Stool- light brown, hard and long. 24F:17:XX:XX

Passed out stool in the evening. I was quite hard to pass out and it came out in small bits and looked like multiple grapes, it was like light brownish-greenish colour.

27F:09:XX:XX

4.3.15.10. LOOSE

Went out for lunch to look at a wedding venue and stomach started acting up again- no pain or discomfort just gurgling with some flatulence and once I got home I had a loose stool again, not diarrhea though. 11F:09:XX:XX

Bowel- when I woke up I felt like I needed to make a stool but I felt constipated and in between my sleep I would wake up and have a movement. At the 3rd stool, it was loose and I relived. 27F:10:XX:XX

GIT- I had a runny stomach this morning the stool was loose and had a foul smell.

27F:13:XX:XX

4.3.15.11. LONG

Bowel habits – finally passed stool (morning), still as dark brown and dry continuous.

21F:18:XX:XX

Stool- light brown and yellow, long and looks like rolls. 24F:01:XX:XX

Stool- yellow, looks like rolls. 24F:01:XX:XX

Stool- mustard like rolls. 24F:01:XX:XX

Stool- yellow, like sausage, was hard and long. 24F:05:10:15

Stool- yellow, soft, long like sausage. 24F:05:14:05.

Stool- bright yellow, long (like sausage). 24F:09:XX:XX

Stool- light brown, hard and long. 24F:17:XX:XX

Stool- brownish yellow, long and fragile. 24F:17:XX:XX

4.3.15.12. MULTIPLE GRAPES LIKE

Passed out stool in the evening. I was quite hard to pass out and it came out in small bits and looked like multiple grapes, it was like light brownish-greenish colour.

27F:09:XX:XX

4.3.15.13. MUSTARD

Stool- mustard like rolls. 24F:01:XX:XX

Stool mustard colour- big rolls. 24F:02:XX:XX

Stool- yellow like mustard looks like sausage, hard. 24F:03:XX:XX

Stool- mustard, hard round. 24F:08:06:30

Stool- mustard – soft and mushy. 24F:16:XX:XX

4.3.15.14. ODOR

GIT- I had a runny stomach this morning the stool was loose and had a foul smell. I think it was because I was nervous and it was quite explosive. 27F:12:XX:XX

I'm passing a lot of watery stool, very light brownish colour, and it smells terrible. It feels worse when I am passing out the stool and a few minutes afterwards. 29F:25:XX:XX

4.3.15.15. ROUGH

Stool- poop look rough not regular smooth balls. 16F:02:XX:XX

4.3.15.16. ROUND

Stool- my stool looks like balls, it is brown in colour but it is round, my stool has been round recently and like balls every time, my wisdom tooth starts to come up and now my wisdom is troubling me. It started yesterday. 23F:10:XX:XX

Stool- yellow, fragile, looks like small, round rocks. 24F:00:XX:XX

Stool- yellow, soft, thin, round. 24F:04:XX:XX

Stool- mustard, hard round. 24F:08:06:30

4.3.15.17. SINKS TO THE BOTTOM

Stool-yellow in colour and sinks to the bottom, looks like Rat stool. 27F:03:XX:XX

4.3.15.18. SOFT / MUSHY

Increased bowel movements, soft stool. Generally have needed to go around 6pm. 04F:04:XX:XX

Stool- yellow, soft, thin, round. 24F:04:XX:XX

Stool- yellow, soft, long like sausage. 24F:05:14:05

Stool- light brown, soft lumpy. 24F:08:21:45pm

Stool- soft and mushy (like porridge), light brown. 24F:15:XX:XX

Stool- mustard – soft and mushy. 24F:16:XX:XX

Stool- soft and mushy (like porridge), light brown. 24F:15:XX:XX

Stool- dark yellow and soft. 24F:11:XX:XX

Stool- dark yellow and soft. 24F:12:XX:XX

4.3.15.19. URGING

Increase urge to pass stool. 01F:07:XX:XX

4.3.19.1. WAKING ON

Bowel- when I woke up I felt like I needed to make a stool but I felt constipated and in between my sleep I would wake up and have a movement. At the 3rd stool, it was loose and I relived. 27F:10:XX:XX

4.3.15.20. WATERY

Had watery stool twice. 22F:15:XX:XX

I'm passing a lot of watery stool, very light brownish colour, and it smells terrible. It feels worse when I am passing out the stool and a few minutes afterwards. 29F:25:XX:XX

4.3.15.21. YELLOW

Stool- yellow, fragile, looks like small, round rocks. 24F:00:XX:XX

Stool- light brown and yellow, long and looks like rolls. 24F:01:XX:XX

Stool- yellow like mustard looks like sausage, hard. 24F:03:XX:XX

Stool- yellow, soft, thin, round. 24F:04:XX:XX

Stool- yellow, like sausage, was hard and long. 24F:05:10:15

Stool- yellow, soft, long like sausage. 24F:05:14:05

Yellow, soft, looked like hurdhee mixture. 24F:06:16:59

Stool- yellow, very soft, looks like mud. 24F:06:XX: XX

Stool- bright yellow, long (like sausage). 24F:09:XX:XX

Stool- dark yellow and soft. 24F:11:XX:XX

Stool-yellow in colour and sinks to the bottom, looks like Rat stool. 27F:04:XX:XX

4.3.15.21.1. ALTERNATING WITH BROWN

Stool- yellow with some parts brown, hard, looks like rolls. 24F:00:XX:XX

4.3.16. URINARY SYSTEM

4.3.16.1. BLADDER

4.3.16.1.1. BURNING PAIN

I can't stop itching on my private part and a white liquid thing is coming out which is new to me. And when I pee there's a burning feeling. 12F:03:XX:XX

4.3.16.1.2. URINATION

4.3.16.1.2.1. DECREASED

Less urge to urinate 01F:13: XX: XX

Hardly urinate as often. 10F:04:XX:XX

4.3.16.1.2.2. FREQUENT

Frequent urination. 10F:11:XX:XX

Been needing the toilet more today. 11F:23:XX:XX

Urination - 4 times, odorless, light, yellow. 21F:07:XX:XX

Urination - 5 times, light yellow, odorless. 21F:11:XX:XX

Urination - 4 times tonight - total of 9 for today. 21F:11:XX:XX

Urination -increase 6 times. 21F:20:XX:XX

The first time I emptied my bladder in the morning the urine was a dark coloured yellow and I couldn't pick up any unusual distinct odour. I emptied the bladder about 6 or more times today. 27F:07:XX:XX

Yellowish colour, frequent, about 4- 5 times. 27F:09:XX:XX

Emptied my bladder a couple of times. 29F:01:XX:XX

It has been quite frequent today, the urine is quite clear as well. I have been passing small amounts of urine frequently. 29F:03:XX:XX

Quite frequent, urine is a clear colour. 29F:04:XX:XX

I emptied my bladder quite often today and the urine was very clear colour. 29F:05:XX:XX

I have been urinating quite frequent, clear yellow colour. 29F:12:XX:XX

4.3.16.1.2.2.1. NIGHT

Urinary- I realised that I urinate a lot at night and I woke up a few times to go take a pee-normally I only pee before going to bed (N), normally I only pee before going to bed and after I wake up in the morning. 27F:04:XX:XX

My urine in the morning is quite strong than it used to be and now I urinate a lot, I remember waking up at night to go urinate. 27F:12:XX:XX

4.3.16.1.2.2.2. COLD AGG

Sleep- I does off immediately I get into bed, it does not take me long but I always feel much colder when I get into bed as if the blanket are wet I only wake up to urinate. 27F:07:XX:XX

4.3.16.1.2.3. HESITATION

Experienced some hesitation today while urinating. Slight groin pain as well. This was in the morning and was accompanied by a general feeling of cramping in the abdomen. 15M:18:XX:XX

4.3.16.1.2.4. URGING

Once writing the test felt much better although I did find I needed to urinate urgently – something which doesn't happen to me during a test. But I had been drinking a lot of water. 11F:03:XX:XX

4.3.17. MALE

4.3.17.1. ITCHY

My pubic area has been extremely itchy the past few days. 15M:14:XX:XX

4.3.17.2. PAIN

Groin pain worse at night. 15M:02:XX:XX

4.3.17.2.1. SHARP

Transient groin pain – sharp in nature, ropey feeling. 15M:24:XX:XX

4.3.17.2.2. NIGHT AGG/ SLEEP AGG

Slight groin pain again today that was a bit aching in quality today. Worse at night. 15M:03:XX:XX

Had a bit of groin pain today again, a bit irritable at night and I didn't manage to get sleep until late. 15M:15:XX:XX

4.3.17.2.3. ACCOMPANIED BY ABD CRAMPS/ HESTITATION WHILE 4.3.17.3. URINATING

Experienced some hesitation today while urinating. Slight groin pain as well. This was in the morning and was accompanied by a general feeling of cramping in the abdomen. 15M:18:XX:XX

4.3.17.3.1. PRESSURE, CLOTHES FROM AGG/ WALKING AGG

Had some moderate groin pain earlier today as well. The pain was worse when I was walking and wearing tight clothing. 15M:20:XX:XX

4.3.18. FEMALE

4.3.18.1. ITCHING

I can't stop itching on my private part and a white liquid thing is coming out which is new to me. And when I pee there's a burning feeling. 12F:03:XX:XX

4.3.18.2. LEUKORRHOEA

4.3.18.2.1. BROWN

Period is not the usual bleeding with period pain, instead it is more like the excretions on the last day of period. It is light brown, toffee like in colour with slight streaks of red within. No pain, no blood, just excretions. Never had this kind of excretions before. 01F:04:XX:XX

Period almost stopped now, there is still bits of dark /brown blood or discharge otherwise everything else is normal. 01F:09:XX:XX

4.3.18.2.1.1. BATHING

COLD, AMEL/ HEAT, AGG

Still no sign of period (Bleeding- the brown – black- red discharge is still present). Better for cold bath or shower, worse for hot bath/ shower. 01F:05:XX:XX

4.3.18.2.2. CLEAR

Discharge - clear odourless. 21F:07:XX:XX

Discharge- clear odourless. 21F:08:XX:XX

4.3.18.2.3. SCANTY

Discharge: Discharge from vagina small quantity but frequent every time I went to toilet the first few days of proving. Discharge was gooey. 21F:04:XX:XX

4.3.18.2.4. WHITE

I can't stop itching on my private part and a white liquid thing is coming out which is new to me. And when I pee there's a burning feeling. 12F:03:XX:XX

Still have white thing coming out of my private parts but no itching any longer. 12F:05:XX:XX

White thing is still coming out of my private parts. I ate 3 times today. Going up stairs still makes me out of breath. 12F:08:XX:XX

White thing still coming out of my private part. 12F:11:XX:XX

White thing still coming out of my private part. 12F:12:XX:XX

The white thing is coming out of my private part. 12F:14:XX:XX

White discharge still coming out of my private part. 12F:19:XX:XX

White thing is still coming out of my private part. 12F:23:XX:XX

I had a discharge after my period, white and thick, it only went away when my next period began. 12F:37:XX:XX

Discharge; thick white and odourless. 21F:03:XX:XX

Discharge - thick, white, odourless. 21F:05:XX:XX

4.3.18.2.5. YELLOW

Discharge- dull, yellow, ¼ glass. 24F:00:XX:XX

4.3.18.3. MENSES

4.3.18.3.1. AS IF MENSES WOULD APPEAR

In the morning around 7. Felt as though my menstruating but it was not about to occur. 19F:20:XX:XX

4.3.18.3.2. BLOATING DECREASED

Menstrual cycle day 4. Very light flow, reddish brown blood. No pain or bloating. 04F:12:XX:XX

4.3.18.3.3. BROWN

Blood, is brown, cloths – gelatinous, varied in size, can feel the cloths passing. 18F:09:XX:XX

Menstruation ended, just panty liner that is stained brown. 22F:14:XX:XX

4.3.18.3.3.1. DARK

Menstruation- started this morning, dark brown blood, small quantity, I was aware of the cloths passing through., craved coffee, energy started to decrease thereafter.

21F:19:XX:XX.

Menstrual cycle- 3 days, light flow panty liner, dark brown, bright red. 22F:XX:XX:XX

The menstrual blood was very dark red /brownish in colour with a lot of cloths and I was bleeding quite heavy for the first hour or 2 but it became better afterwards.

29F:16:XX:XX

4.3.18.3.3.2. LIGHT

Menstruation – light brown. 21F:26:XX:XX

4.3.18.3.4. CLOTTED

Period: less smell, less clots, bleeding same as normal (normal = before taking meds).

01F:07:XX:XX

Menstrual cycle day 1. Started at around 10 am. Blood was bright red & fairly clumpy.

04F:09:10:00

Still bleeding slightly heavier than usual especially for day $\frac{3}{4}$ Clotting as well present in the blood. 06F:20:XX:XX

The menstrual blood was very dark red /brownish in colour with a lot of cloths and I was bleeding quite heavy for the first hour or 2 but it became better afterwards.

29F:16:XX:XX

4.3.18.3.4.1. GELATINOUS

Blood, is brown, cloths – gelatinous, varied in size, can feel the cloths passing

18F:09:XX:XX

4.3.18.3.4.2. HARD

Menstruation- delayed by 3 days, 2 pads a day, dark deep red, lot of hard cloths.

24F:XX:XX:XX

4.3.18.3.4.3. SENSATION OF CLOTT PASSING

Menstruation- started this morning, dark brown blood, small quantity, I was aware of the cloths passing through., craved coffee, energy started to decrease thereafter.

21F:19:XX:XX.

4.3.18.3.5. CONSISTENT FLOW

My flow has been a bit different this month. Quite a bit lighter than normal but more constant than before. 11F:27:XX:XX

My periods have changed now I bleed more consistently but the blood is lighter in colour. 12F:37:XX:XX

4.3.18.3.6. COPIOUS

Menstrual cycle day 2, period heavy with bright red blood. 04F:10:XX:XX

Gone through more than 7 strong tampons today so I'm bleeding a LOT. 06F:19:XX:XX

Still bleeding slightly heavier than usual especially for day ¾ Clotting as well present in the blood. 06F:20:XX:XX

Bleeding is heavy, well to me, changed 3 sanitary pads for the day. 18F:09:XX:XX

Flow is still heavy. (3 sanitary pads). 18F:10:XX:XX

Menstruation – bright red, heavy flow, 5 pads. 21F:20:XX:XX

Menstruation: bright red, no clots, heavy flow 5 pads 21F:21:XX:XX

Menstruation – red 3 pads, no clotting. 21F:23:XX:XX

Period is very heavy. I am bleeding a lot, there are no pains, I normally have pains, I feel normal. 23F:13:19:00

The menstrual blood was very dark red /brownish in colour with a lot of clots and I was bleeding quite heavy for the first hour or 2 but it became better afterwards. 29F:16:XX:XX

4.3.18.3.6.1. MOTION, AGG

Bleeding is only heavy during the day or it's because I am active. At night the bleeding is not heavy. 18F:09:XX:XX

4.3.18.3.7. EARLY

Time of period is slightly earlier. 01F:03:XX:XX

4.3.18.3.8. LATE

I just started to realise I didn't get my period, and it was late, I should have gotten it around the 18/19 March. But I got it later today Female: menses, late; too. 18F:09:XX:XX

I am probably getting my menses late because of all the stress. 18F:09:XX:XX

Got my period 2 weeks later than the usual time. 24F:14:17:30

4.3.18.3.9. LIGHTER

The colour of the blood is not as dark as it use to be. Now it's a light red and only lasts 3-4 days rather than a week long. 09F:55:XX:XX

My flow has been a bit different this month. Quite a bit lighter than normal but more constant than before. 11F:27:XX:XX

Period became lighter but went on for longer. 11F:43:XX:XX

My periods have changed now I bleed more consistently but the blood is lighter in colour. 12F:37:XX:XX

4.3.18.3.10. RED

4.3.18.3.10.1. BRIGHT

Menstrual cycle day 1. Started at around 10 am. Blood was bright red & fairly clumpy. 04F:09:10:00

Menstrual cycle day 2, period heavy with bright red blood. 04F:10:XX:XX

I feel much better. No period pains still. Blood is much lighter red than before and less blood flow than usual. 09F:30:XX:XX

Menstruation – bright red, heavy flow, 5 pads. 21F:20:XX:XX

Menstrual cycle- 3 days, light flow panty liner, dark brown, bright red. 22F:XX:XX:XX

4.3.18.3.10.2. DARK

Menstrual cycle day 3. Medium flow, darker red blood. 04F:11:XX:XX

Delayed by 3 days, 2 pads a day, dark deep red, lot of hard cloths. 24F:XX:XX:XX

The menstrual blood was very dark red /brownish in colour with a lot of cloths and I was bleeding quite heavy for the first hour or 2 but it became better afterwards. 29F:16:XX:XX

4.3.18.3.10.3. REDDISH BROWN

Menstrual cycle day 4. Very light flow, reddish brown blood. No pain or bloating. 04F:12:XX:XX

4.3.18.3.11. SCANTY

06:30 started menstruating (small drops, poor flow, used a panty liner). 22F:12:06:30

4.3.18.3.12. SMELL

Period: less smell, less clots, bleeding same as normal (normal = before taking meds). 01F:07:XX:XX

4.3.18.3.13. PAIN

Menses pain still as severe, usually i take ponstan for the pain but haven't taken anything due to being on proving. 18F:10:XX:XX

4.3.18.3.13.1. BENDING AMEL

Got my period 2 weeks later than the usual time, my stomach, M- worse when I sleep, and better when I press my hand on my stomach, better for pressure, bending. 24F:14:17:30

Menstruation- have been experiencing period pains since midnight. Modalities- felt better for bending double, hard pressure, to and extent of taking my right arm and pressing hard against my abdomen, felt worse for movement after eating. 29F:16:XX:XX

4.3.18.3.13.2. EATING AMEL

Got my period 2 weeks later than the usual time, my stomach, M- worse when I sleep, and better when I press my hand on my stomach, better for pressure, bending, I- extremely painful, unbearable pain, like something is twisting or outing my stomach, T- generally before I eat, S- its throbbing and shooting. 24F:14:17:30

4.3.18.3.13.3. LYING AMEL

At midnight I felt I needed to pee. Then I had my period with some sort of pains. Felt like someone is pulling me felt better when I lie on my belly. 09F:05:XX:XX

4.3.18.3.13.4. MOTION AGG

Modalities- felt better for bending double, hard pressure, to and extent of taking my right arm and pressing hard against my abdomen, felt worse for movement after eating. 29F:16:XX:XX

The period pain has reduced. Can only feel it after moving around a lot or after exercising. Still feels as if my uterus is being squeezed and it twisting. 29F:17:XX:XX

4.3.18.3.13.5. PHYSICAL ACTIVITY AMEL

Period pains decreased to 4/10 – relieved by heat, pressure and physical activity. 04F:10:XX:XX

4.3.18.3.13.6. PRESSING PAIN

The pain is so severe. Starts my lower back, travels to my pelvic region, like a pressing pain, and feels heavy like there is pressure. Better for heat - either hot water, heat pack. 18F:09:XX:XX

Have been experiencing period pains since midnight. Sensation- it feels as though my uterus is being twisted or like someone is squeezing it very hard. it is much worse on the right side. 29F:16:XX:XX

4.3.18.3.13.7. PRESSURE AMEL

Period pains decreased to 4/10 – relieved by heat, pressure and physical activity. 04F:10:XX:XX

Got my period 2 weeks later than the usual time, my stomach, M- worse when I sleep, and better when I press my hand on my stomach, better for pressure, bending, I- extremely painful, unbearable pain, like something is twisting or outing my stomach, T- generally before I eat, S- its throbbing and shooting. 24F:14:17:30

Modalities- felt better for bending double, hard pressure, to and extent of taking my right arm and pressing hard against my abdomen, felt worse for movement after eating. 29F:16:XX:XX

4.3.18.3.13.8. PULLING PAIN

At midnight I felt I needed to pee. Then I had my period with some sort of pains. Felt like someone is pulling me felt better when I lie on my belly. 09F:05:XX:XX

4.3.18.3.13.9. SHOOTING PAIN/ THROBBING

Got my period 2 weeks later than the usual time, my stomach, M- worse when I sleep, and better when I press my hand on my stomach, better for pressure, bending, I- extremely painful, unbearable pain, like something is twisting or outing my stomach, T- generally before I eat, S- its throbbing and shooting. 24F:14:17:30

4.3.18.3.13.10. WARM APPLICATIONS AMEL

Premenstrual- dull, achy pain, bearing down, > hot water bottle, cry, emotional. 21F:19:XX:XX

4.3.18.3.14. PAINLESS

Period seem to have arrived sometime at midnight + (official period with bleeding) but no period pain. 01F:06:00:00

No period pain. 01F:33: XX: XX

Period pains decreased to 4/10 – relieved by heat, pressure and physical activity. 04F:10:XX:XX

No period pain. 04F:11:XX:XX

Menstrual cycle day 4. Very light flow, reddish brown blood. No pain or bloating. 04F:12:XX:XX

No period pain entire morning. Period started today. 04F:39:XX:XX

No period pains. Woke up with 2/10 discomfort only in the lower abdomen which went away after a few minutes. I'm absolutely mind blown. I usually suffer immensely with period pain, especially on the first day. 04F:40:XX:XX

Period pains not there anymore. 09F:07:XX:XX

I was feeling a lot better today. I got my period today but surprisingly I didn't experience any premenstrual pains. It's weird to not have any pains in my tummy. 09F:30:XX:XX

I feel much better. No period pains still. Blood is much lighter red than before and less blood flow than usual. 09F:30:XX:XX

I'm so surprised that I have no pain at all when I have my period now!!! There's no cramping at all. 09F:55:XX:XX

I took the remedy at 6:29 and I have not been in a bad mood since, also do not have any period pains as yet. I'm just feeling tired, I wish I could go to sleep. 12F:00:00:00

Still no period pains. 12F:00:XX:XX

There are no period pains. 12F:37:XX:XX

Period is very heavy. I am bleeding a lot, there are no pains, I normally have pains, I feel normal. 23F:13:19:00

4.3.18.3.15. PREMENSTRUAL SYMPTOMS REDUCED

Less premenstrual symptoms. 04F:40:XX:XX

I'm so surprised that I have no pain at all when I have my period now!!! There's no cramping at all. There also isn't any premenstrual symptoms, so when the period came this time around it felt sudden because there were no signs beforehand. The colour of the blood is not as dark as it use to be. Now it's a light red and only lasts 3-4 days rather than a week long. 09F:55:XX:XX

Got my period, very strangely- did not experience usual PMS (boobs were not extra sensitive, little to no bloatedness, no back pains). 10F:15: XX: XX

My period came all of a sudden because I didn't have any premenstrual signs. No pains before the period. No mood swings. No breast tenderness. Even during the period I didn't experience any cramping. I was in a good mood throughout. 13F:09:XX:XX

Still have my menses. Pain has subsided. 18F:11:XX:XX

4.3.18.4. PAIN

4.3.18.4.1. COITION DURING

Painful uncomfy sex, made me nauseous. 16F:03:XX:XX

4.3.18.4.2. UTERUS

Had 1 severe uterine cramp around 1pm. Lasted possibly 10 sec. was piercing in nature. 11F:28:XX:XX

4.3.18.5. SENSATION OF OVARIES

Towards the end of the afternoon could feel something is up in my right lower quadrant by my ovary. I am more aware of it. Its not painful I just have a sense of it.
11F:17:XX:XX

4.3.18.6. SEXUAL DESIRE,

4.3.18.6.1. DECREASE

Notable – libido decreased reason? Altitude, tired, hormonal. 16F:02:XX:XX

4.3.18.6.2. INCREASE

Libido increased. 16F:12:XX:XX

Sexuality - increased sexual feelings. 21F:13:XX:XX

4.3. 19. LARYNX TRACHEA

4.3.19.1. VOICE

4.3.19.1.1. LOSS OF

My voice is gone!!! 09F:47:XX:XX

4.3.19.1.2. SOFT

Wants to open up a business during my presentation I was being told to speak louder, voice was too soft (usually talk a lot). 27F:XX:XX:XX

4.3.20. RESPIRATION

4.3.20.1. DIFFICULT

Slight difficulty breathing (NOT TOO MAJOR). 03F:00:XX:XX

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath. 06F:26:XX:XX

4.3.20.1.1. ACCOMPANIED BY HEART PALPITATIONS

Heart - palpitations 8, heart felt like it was beating way too fast. I could feel the palpitations in my (R) arm and chest wall. (Felt like beating was not localised). I also had to take in deep breaths it was difficulty breathing 3. Palpitations > deep inhalation and exhalation 21F:11:XX:XX

4.3.20.1.2. ASCENDING, STAIRS, AGG

Feeling really tired, when walking up the steps I feel like I'm out of breath and like I have been running for hours. 12F:06:XX:XX

White thing is still coming out of my private parts. I ate 3 times today. Going up stairs still makes me out of breath. 12F:08:XX:XX

I've noticed that walking upstairs has become difficult. I feel heavy. Breathing becomes difficult and I need air. 12F:37:XX:XX

4.3.20.1.3. EATING, AMEL

Breathing eased after breakfast (buttered toast and orange juice). 03F:00:XX:XX

4.3.20.1.4. NERVOUS, DURING

I just feel even more nervous, my first exam is 3 days away and I am really- really nervous. I am having a hard time breathing properly and like I have constantly take deep breaths as if feel like running out of breath, feels as if I had been running or exercising and my breathing rate has increased. 29F:25:XX:XX

4.3.21. COUGH

Cough quite a bit today. 01F:26:XX:XX

Cough is getting worse. 03F:13:XX:XX

Cough !! ugh!! 03F:15:XX:XX

Still coughing. 03F:18:XX:XX

WORK, COUGH, TIRED ... 03F:20:XX:XX

Cough still annoying me. 03F:23:XX:XX

Cough. 03F:25:XX:XX

Getting a bit chesty, slight tickle in my throat. Even coughing a tad today. 11F:40:XX:XX

12:30 remedy 2, start coughing. 22F:00:12:30

4.3.21.1. AFTERNOON

Chest is sore I am coughing a lot. My cough started getting worse at 14:00pm, every time I cough my chest hurts and throat feels itchy and painful. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling.

23F:09:14:00

4.3.21.2. NIGHT

8 am slightly dry throat on waking. Coughed throughout the night (dry cough). After drinking water the dryness was relieved. 04F:27:08:00

I have the flu now. My head feel like it's on fire. My entire body is sore. I coughed the entire night. 09F:46:XX:XX

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm ,S- Hoarse cough, headache on cough, nausea but not vomiting. Unable to expectorate. Feels as if mucus is stuck in throat. 21F:23:20:00

Chest/ respiratory system- my chest is sore, due to coughing. It pains each time I cough and I cough often. The cough started on Wednesday and gets worse during the night. 23F:09:XX:XX

4.3.21.3. ACCOMPANIED BY

4.3.21.3.1. HEADACHE

L-respiratory A-change in weather M->warth, warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm ,S- Hoarse cough, headache on cough, nausea but not vomiting. Unable to expectorate. Feels as if mucus is stuck in throat. 21F:23: 20:00

Head – headache only on coughing, feel light headed on looking down/ changing position of head. 21F:25:XX:XX

4.3.21.3.2. KNEE PAIN

Cough and knee persists. 03F:19:XX:XX

4.3.21.3.3. NAUSEA

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm ,S- Hoarse cough, headache on cough, nausea but not vomiting. 21F:23:20:00

4.3.21.4. CHOKING

I thought I should record this. I was in bed watching a movie with my family. I was not eating or drinking, just sitting when I chocked, I felt like I was being chocked by my own

saliva, like when I was swallowing, my saliva, it went down the wrong way. It was very brief, with a short coughing spasm after 5 seconds. 21F:00:XX:XX

4.3.21.5. COLD, AIR, AGG

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm. 21F:23:20:00

Cough, exposed to cold draft (outside at night) very next day (running nose, cough). 23F:XX:XX:XX

4.3.21.6. COLD DRINKS AGG

Dry cough, no pain caused by the ice cold water. 17M: 00:12:30

C – cough- wet, can't Expectorate -nose, A-change in weather ,M->blowing nose, water,<cold drinkI-6,T-morning. 21F:22:XX:XX

Chest is sore I am coughing a lot. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling. 23F:09:14:00

4.3.21.7. CONSTANT

Throat tighten up- keep on coughing and increase phlegm, clear thick and nose was blocked. 22F:18:XX:XX

My chest is sore, due to coughing. It pains each time I cough and I cough often. The cough started on Wednesday and gets worse during the night. 23F:09:XX:XX

Chest is sore I am coughing a lot. My cough started getting worse at 14:00pm, every time I cough my chest hurts and throat feels itchy and painful. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling. 23F:09:14:00

4.3.21.8. DECREASED ENERGY AGG

The more I tired I feel the worse my cough gets. 03F:24:XX:XX

4.3.21.9. DRY

Cough – started dry. 03F:10:XX:XX

Dry cough, no pain caused by the ice-cold water. 17M:00:12:30

4.3.21.10. DRINKING AMEL

8 am slightly dry throat on waking. Coughed throughout the night (dry cough). After drinking water the dryness was relieved. 04F:27:08:00

4.3.21.11. HOARSE

S- Hoarse cough, headache on cough, nausea but not vomiting. Unable to expectorate. Feels as if mucus is stuck in throat. 21F:23:20:00

Respiratory- cough (hoarse). 21F:32:XX:XX

4.3.21.12. INTERMITTENT

22:00 Cough on and off +/- phlegm. 22F:31:22:00

4.3.21.13. IRRITABILITY WITH

Cough !! ugh!! 03F:15:XX:XX

Cough still annoying me. 03F:23:XX:XX

4.3.21.14. PAIN

Hard cough, hurts my throat. 03F:13:XX:XX

Chest is sore I am coughing a lot. My cough started getting worse at 14:00pm, every time I cough my chest hurts and throat feels itchy and painful. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling. 23F:09:14:00

Chest/ respiratory system- my chest is sore, due to coughing. It pains each time I cough and I cough often. The cough started on Wednesday and gets worse during the night. 23F:09:XX:XX

4.3.21.15. RATTLING

Respiratory – cough, rattling, wet, unable expectorate, nausea with cough. 21F:26:XX:XX

4.3.21.16. SPASMODIC

I thought I should record this. I was in bed watching a movie with my family. I was not eating or drinking, just sitting when I choked, I felt like I was being choked by my own saliva, like when I was swallowing, my saliva, it went down the wrong way. It was very brief, with a short coughing spasm after 5 seconds. 21F:00:XX:XX

4.3.21.17. SUPPRESSION AGG

Want my throat to be free of cough. Feel as though something is stuck + needs to come out. The more I try to suppress it the more it wants to come out. 03F:14:XX:XX

Feels as though I need to always clear my throat. When I talk, the cough wants to come up with my words. The more I suppress it the more it needs to come out. 03F:24:XX:XX

4.3.21.18. TALKING AGG

When I talk, the cough wants to come up with my words. 03F:24:XX:XX

4.3.21.19. WARM DRINKS AMEL

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm. 21F:23:20:00

Chest is sore I am coughing a lot. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling. 23F:09:14:00

4.3.21.20. WET

Slightly wet cough now. 03F:13:XX:XX

C – cough- wet, can't expectorate-nose, A-change in weather ,M->blowing nose, water,<cold drinkI-6,T-morning ,S- excessive Post nasal drip, feels if mucus from the post nasal drip is getting stuff in. 21F:22:XX:XX

4.3.21.21. WEATHER CHANGE FROM

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm. 21F:23:20:00

C – cough- wet, can't expectorate-nose, A-change in weather. 21F:22:XX:XX

4.3.22. EXPECTORATION

4.3.22.1. BROWN

Chest and respiratory – my chest is sore, every time I cough my chest start to pain a lot, and the cough is gone bad, every time I cough, thick phlegm comes up and the phlegm is brown in colour. 23F:10:XX:XX

4.3.22.2. CLEAR

Still coughing, phlegm still a little at times, hard to cough up, clear 21F:02:10:00

24:00 exercise makes me cough up (clear). 22F:06:XX:XX

Throat tighten up- keep on coughing and increase phlegm, clear thick and nose was blocked. 22F:18:XX:XX

4.3.22.3. DIFFICULT

Still coughing, phlegm still a little at times, hard to cough up, clear. 21F:02:10:00

C – cough- wet, can't expectorate-nose, A-change in weather ,M->blowing nose, water,<cold drinkI-6,T-morning ,S- excessive Post nasal drip, feels if mucus from the post nasal drip is getting stuff in. 21F:22:XX:XX

L-respiratory A-change in weather M->warmth , warm drinks, < cold night ,I-7,T- whole day but worse at night after 8pm ,S- Hoarse cough, headache on cough, nausea but not vomiting. Unable to expectorate. Feels as if mucus is stuck in throat. 21F:23:20:00

Respiratory – cough, rattling, wet, unable expectorate, nausea with cough.
21F:26:XX:XX

Can't expectorate, feel I would feel better if I cough just expectorate. 21F:29:XX:XX

4.3.22.4. EATING AGG

20:30 – Still have phlegm in throat < after eating. 22F:13:20:30

Had a mucus attack after supper for +/- an hour. 22F:18:XX:XX

4.3.22.5. EXERTION DURING

24:00 exercise makes me cough up (clear). 22F:06:XX:XX

4.3.22.6. GREEN

Expectation- green stringy, gooey. 21F:XX:XX:XX

4.3.22.7. WHITE

Chest is still sore, my cough is still bad, every time I cough white phlegm comes up now and my chest pains a lot. 23F:11:XX:XX

4.3.22.8 THICK

Throat tighten up- keep on coughing and increase phlegm, clear thick and nose was blocked. 22F:18:XX:XX

Chest and respiratory – my chest is sore, every time I cough my chest start to pain a lot, and the cough is gone bad, every time I cough, thick phlegm comes up and the phlegm is brown in colour. 23F:10:XX:XX

4.3.23. CHEST

4.3.23.1. CONGESTION

Chest tight, (it feels congested). 22F:00:XX:XX

Chest very tight, scratchy, rough. Starting just after rising. 22F:01:XX:XX

Congested. Through feel like closing, and pulling on breathing. 22F:06:XXXX

Chest- my chest feels tight and congested. My chest has a slight pain when I cough. It feels better when I rub Vicks on it. 23F:08:XX:XX

4.3.23.1.1. EATING AGG

Still congested (had this symptom last year) <after eating> not eating. 22F:09:XX:XX

4.3.23.2. DRYNESS

Tour to the Drakensburg with the orchestra. Seem to have a large patch of dry skin under my left breast and extending onto my left rib cage. It isn't itchy but its quite dry. 06F:13:XX:XX

4.3.23.3. ERUPTIONS, AXILLA

Had a pimple under my left armpit before the proving, now the pimple under left armpit appears again 01F:27:XX:XX

Pimple less painful and smaller. 01F:29:XX:XX

Pimple not painful anymore but still present. 01F:30:XX:XX

Pimple almost disappeared. Not sore anymore. 01F:31:XX:XX

Pimple popped, there was no pain this time and popped without any sign only noticed that it popped because have blood on towel after wiping left armpit. 01F:36:XX:XX

Skin: rash on forehead and axilla (small pustules) on left side (axilla). according to follow up (C- no other symptoms L- left axilla and forehead on left side A-, M- better for cold applying. S- No sensation, I didn't bother me. I- small rash hardly noticeable. T- Can't remember.) 21F:03:XX:XX

4.3.23.3.1. PAINFUL

Pimple is bigger and more painful. Better for lubricant. 01F:28:XX:XX

Pimple dull pain worse for touch, pressure, friction and heat, better for shower, lubricant (or something that doesn't cause friction). 01F:28:XX:XX

4.3.23.4. HEAT

15h00 My chest going down to my stomach is now absolutely hot, while my limbs and especially my feet feel absolutely cold. My stomach feels as if I have stood against something hot. I have an ice pack on my stomach right now and I can't seem to sit still. 17M:00:15:00

4.3.23.5. ITCHING

Chest itching. 22F:01:XX:XX

4.3.23.6. PALPATIONS

Heart - palpitations, heart felt like it was beating way too fast. I could feel the palpitations in my (R) arm and chest wall. (Felt like beating was not localised). I also had to take in deep breaths it was difficult breathing. Palpitations > deep inhalation and exhalation. 21F:11:XX:XX

Heart: increased in palpitations, I am very aware of my heart beat,>removing my bra and wearing loose clothing,>sitting up, <laying down. 21F:18:XX:XX

4.3.23.7. PAIN

4.3.23.7.1. COUGH DURING AGG

S- rattling cough, substernal pain, feel extremely exhausted from continuous coughing. 21F: 24:XX:XX

Chest- my chest feels tight and congested. My chest has a slight pain when I cough. It feels better when I rub Vicks on it. 23F:08:XX:XX

My chest is sore, due to coughing. It pains each time I cough and I cough often. The cough started on Wednesday and gets worse during the night. 23F:09:XX:XX

Chest is sore I am coughing a lot. My cough started getting worse at 14:00pm, every time I cough my chest hurts and throat feels litchi and painful. It feels better when I drink hot liquids, I drank cold drink and it made it worse. My chest has a burning feeling. 23F:09:14:00

My chest is sore, every time I cough my chest start to pain a lot, and the cough is gone bad, every time I cough, thick phlegm comes up and the phlegm is brown in colour. 23F:10:XX:XX

Chest – chest is still sore, my cough is still bad, every time I cough white phlegm comes up now and my chest pains a lot. 23F:11:XX:XX

Chest, sharp burn on the end of the sternum, boring pain as if something was going in, like pins is inside. This occurred 3 times in the same place. << INSPIRATION, pain decreases on expiration. Pain lasted 20 mins. 27F:XX:XX:XX

4.3.23.7.2. MAMMAE

Also seem to be slightly queasy and tender breasted. 06F:14:XX:XX

Breast- tender [scale 1-10 = 7]. 21F:11:XX:XX

Breast sensitive, < movement or touch. 22F:06:XX:XX

4.3.23.8. PERSPIRATION

Perspiration; Increased odor axillary region. 21F:02:XX:XX

Perspiration- increased, in odour, axillary region. 21F:03:XX:XX

Sweaty Underarms – excessive. 24F:XX:XX:XX

4.3.24. BACK

4.3.24.1. HEAT

10:28 am had a hot flush lasting about 2-3 minutes. Feels like the heat started at the back of my neck & spread down my back, across my shoulders & down both arms. No sweating. I had just drunk some cold appetizer & eaten an egg. 04F:00:10:28

Woke up at 6 am feeling very hot which lasted until just after 7 am. Heat mostly around the neck and upper back – middle. 04F:02:06:00

4.3.24.2. PAIN

Muscle pain in back. 10F:14:XX:XX

My back hurts, it's like I need a massage. 12F:01:XX:XX

4.3.24.2.1. ACHING

I feel like there's a weight on my shoulders, there is just too much, even my back is aching. I even checked my symptoms on the internet because I'm getting so worried. 09F:35:XX:XX

4.3.24.2.2. BURNING

My back is sore, it pains at the shoulder blade, it burns and the pain is on the inside. 23F:04:XX:XX

4.3.24.2.3. EATING AGG

Eating/chewing causes pain, slightest movement causes pain. 18F:15:XX:XX

Cannot eat/chew without feeling discomfort. 18F:17:XX:XX

4.3.24.2.4. JARRING AGG

Jarring movement make it worse, better for heat pack. 18F:13:XX:XX

4.3.24.2.5. LUMBAR REGION

Have had some lower back pain. 11F:27:XX:XX

Low - mid back been oddly sore today. 11F:36:XX:XX

The pain is so severe. Starts my lower back, travels to my pelvic region, like a pressing pain, and feels heavy like there is pressure. 18F:09:XX:XX

4.3.24.2.6. MENSES DURING

The pain is so severe. Starts my lower back, travels to my pelvic region, like a pressing pain, and feels heavy like there is pressure. 18F:09:XX:XX

4.3.24.2.7. MOTION AGG

Neck sprain on my left side. I can't turn my neck to the left. I can't bend forwards it b Rest is better- no movement. 18F:13:XX:XX

Movement is restricted. 18F:14:XX:XX

Making me sit upright or stand upright and usually i have bad posture. Its goes to my upper back. It's difficult to see patients because examining them is quite difficult. 18F:14:XX:XX

Any movement causes pain- unbearable. 18F:16:XX:XX

Unable to work with the pain in the neck, had to cancel clinic and did not attend lectures. Pain still causing restriction of movement, heat pack still helps. 18F:16:XX:XX

Neck sprain starting to improve. Restrictions is still here, but the pain is not as bad. 18F:17:XX:XX

4.3.24.2.8. NECK

Woke up this morning with quite a sore neck. Pain went away after about 30 minutes. 11F:10:XX:XX

Neck pain, sides and back of neck. 11F:42:XX:XX

Woke up with neck sprain on my left side. I can't turn my neck to the left. I can't bend forwards it backwards. 18F:13:XX:XX

Neck sprain is not improving, thought I sleep on the same side. It would go away. But it didn't work. 18F:14:XX:XX

Unable to work with the pain in the neck, had to cancel clinic and did not attend lectures. 18F:16:XX:XX

4.3.24.2.8.1. CRAMPING

Pain is a cramping 18F:14:XX:XX

4.3.24.2.8.2. SHARP

Sharp pain. 18F:14:XX:XX

4.3.24.2.9 PIERCING

My back is sore, right by my shoulder blade on both sides. It is like a piercing pain. 23F:16:XX:XX

4.3.24.2.10. POUNDING

Whole back is paining. It feels like a pounding feeling. It feels better when I apply a hot water bottle to it. 23F:08:XX:XX

4.3.24.2.11. PRESSING PAIN

The pain is so severe. Starts my lower back, travels to my pelvic region, like a pressing pain, and feels heavy like there is pressure 18F: 09: XX: XX Back, pain, menses, during, pressing pain. 18F:09:XX:XX

4.3.24.2.12. PULSATING

I had a little pain in my stomach and my back was pulsating every time I stood up or when I was walking. 29F:05:07:00

4.3.24.2.13. SACROILIAC JOINT

Throughout the day I have been experiencing the most intense lower back pain located on the right over the sacroiliac joint, it was excruciating. 15M:22:XX:XX

4.3.24.2.14. SHOOTING

My whole back is sore, the pain started when I woke up and it is like a shooting pain all over my back. I need a hot water bottle and I will put it there. It's the only thing that helps. 23F:18:XX:XX

4.3.24.2.15. SITTING AGG

My back started to be sore just on the level of T12 on the left and it was after a while that I have sitting on a chair typing my assignment. 27F:13:XX:XX

4.3.24.2.16. SLEEP, DURING

Neck was sore again. Pain goes away soon after waking up and only occurs if I sleep on my stomach. 11F:17:XX:XX

Kept moving into a weird position in the last hour of my sleep that when I do wake up my neck hurts a little. 11F:18:XX:XX

4.3.24.2.17. SORE

Woke up this morning with quite a sore neck. Pain went away after about 30 minutes.
11F:10:XX:XX

Low - mid back been oddly sore today. 11F:36:XX:XX

My back is sore, it pains at the shoulder blade, it burns and the pain is on the inside.
23F:04:XX:XX

Back- my back is really sore at my shoulder on my right side. It is like a burning. It feels better when the shower is hitting my back. 23F:10:XX:XX

My whole back is sore, the pain started when I woke up and it is like a shooting pain all over my back. I need a hot water bottle and I will put it there. It's the only thing that helps. 23F:18:XX:XX

4.3.24.2.17.1. LEFT

My back started to be sore just on the level of T12 on the left and it was after a while that I have sitting on a chair typing my assignment. 27F:13:XX:XX

4.3.24.2.18. TORTICOLLIS

Neck sprain - torticollis still. 18F:15:XX:XX

4.3.24.2.19. WARM APPLICATIONS, AMEL

The pain in the pelvic region is increased. Pulling down pain, > during day, active, heat, shower, heat bag. 18F:09:XX:XX

Better for heat pack. 18F:13:XX:XX

Pain- no improvement constantly using heat pack. 18F:14:XX:XX

Heat pack is helping. 18F:17:XX:XX

Neck feels better than the day before. Heat pack is helping a great deal. Movement is not as restricted. 18F:18:XX:XX

Back- whole back is paining. It feels like a pounding feeling. It feels better when I apply a hot water bottle to it. 23F:08:XX:XX

My whole back is sore, the pain started when I woke up and it is like a shooting pain all over my back. I need a hot water bottle and I will put it there. It's the only thing that helps. 23F:18:XX:XX

4.3.25. EXTREMITIES

4.3.25.1. COLDNESS

My legs being cool feels great especially on a hot day like this. The feeling is totally externally and from within. Body is not experiencing any other pain but it is rather annoying. I have not eaten anything since breakfast and have only been drinking water and eating fruit (an apple and mango). Hot and cold feels ironic, it's like me in every aspect of life right now. 17M:00:15:00

When I go to bed I was quite chilly more especially my arms but I woke up in the early hours of the morning (3:00) and I was quite hot and I was sweaty so I removed the blanket and it was much better but my feet were burning and they felt better when I uncovered them 27F:12:03:00

4.3.25.2. DRYNESS

The “cold rash” by my thumb web has come back and is now along all my knuckles on my left hand. 11F:30:XX:XX

“Dry rash” is still on my left hand and is feeling a bit tender today. 11F:31:XX:XX

My hands have been very dry today. Particularly my left hand finger webs.
11F:36:XX:XX

4.3.25.2.1. COLD AGG

Also starting to get a bit of a “rash” by my left thumb web. Worse on colder days, (use to happen in winter before, but never went further than my left thumb knuckle) now noticed it on my right hand, between each of the knuckles, like excess dryness on the skin.
11F:17:XX:XX

Skin got very dry, especially between the knuckles worse in winter worse on colder days. Looks and feels dry and scaly. 11F:44:XX:XX

4.3.25.2.2. PEELING

I noticed today that my feet are starting to peel – mainly by the balls of my feet and almost in the toe webs – no itching involved. 11F:18:XX:XX

4.3.25.3. ERUPTIONS

4.3.25.3.1. BOILS, NATES

Skin infection came up, on the buttocks (left cheek). Painful to touch, < sleeping on it. Skin- boil on left gluteal region, when it burst it was full of pus, difficult to walk, and sit, extreme pain and sensitivity to localised area < SLEEPING, LYING ON BACK
19F:18:XX:XX

4.3.25.3.1.1. DISCHARGE AMEL

Butt feels better now that I have removed the pus. 19F:20:XX:XX

4.3.25.3.2. PIMPLES

Just got a bucket load of pimples on my right hand, they are absolutely white and itchy, looks like they are full of liquid. Trying not to pay attention to it but they are absolutely ugly, as I am writing and looking at it. It makes me sick to the gut. Some of them look like they are turning yellow, like they have full matter (pus) in them. They are all over my right arm, except my palm and extremely itchy. I don't know what could have aggravated it only been having water and, a cup of tea and a cheese toast. It's just very itchy and very liquidy, feels like touching but avoid doing so, no pain associated, only on my right hand. 17M:06:16:00

Full fine pimples have appeared on my left hand (Forearm) where I have put my tattoo. Does not look to major but thought I'd note it down. Those pimples stayed on for a few good minutes, they were red and fine all throughout my left arm. They had no itch or sensation but it just looked very annoying to say the least. 17M:00:10:00

4.3.25.4. GANGLION

The ganglion I have seen to be going down. 27F:02:XX:XX

I had a ganglion that has now disappeared on the proving. On my wrist between the PIP of my left baby finger and right finger, it was raised and quite prominent, < movement then it disappeared in the proving. 27F:XX:XX:XX

4.3.25.5. HEAT

Been feeling very hot and sweaty whilst everyone else has been cool. Not wearing very warm clothes on reception duty at varsity. Lasted from 12:30 till about 13:15. Was almost like a hot flush. My feet were particularly warm. 11F:00:12:30

As the day went on my feet were getting really sore, also seemed a bit swollen and hot. My feet at 23:00 are still feeling quite hot which is very unusual. 11F:34: XX: XX

When I go to bed I was quite chilly more especially my arms but I woke up in the early hours of the morning (3:00) and I was quite hot and I was sweaty so I removed the blanket and it was much better but my feet were burning and they felt better when I uncovered them. 27F:12:XX:XX

4.3.25.6. HEAVINESS

My legs just felt heavy as if I had to drag them when I had to move, I couldn't lift them up properly and I failed to finished my leg of jogging in the morning, I just felt super exhausted and gave up (energy zero). 29F:01:XX:XX

Legs still feeling heavy and I just can't seem to lift them up. I just have to drag myself. 29F:02:XX:XX

4.3.25.7. ITCHY

My arms and legs also feel itchy, similar to my head but there's no rash on my arms or legs. 05M:04:XX:XX

4.3.25.8. NUMBNESS

I've been sleeping weirdly, so I've been waking up with a dead arm. I think I have been sleeping on the arm, then I wake up scared because the hand can't move and feels numb. I go into a state of irrational panic and start freaking out in case the hand never works again. 15M:23:XX:XX

Had a numbing pain in right leg inside shine bone. 22F:30:XX:XX

4.3.25.9. PAIN

Feels good this morning with the exception of my leg pain. 17M:04:9:30 Leg is still paining. 17M:11:23:00

My thigh is so painful right now. Anyway, enough of complaining just got to deal with it. 17M:12:15:00

4.3.25.9.1. ACHING

Bit of general aches and pains, though my RIGHT wrist and RIGHT and LEFT big toes are painful. 06F:02:XX:XX

4.3.25.9.2. BURNING

No headache, sinuses but my finger is still swollen and pains, hope it is not fractured, would be rather disappointed (red, hot like fire coming out). 17M:19:07:15

My back is sore, it pains at the shoulder blade, it burns and the pain is on the inside. 23F:04:XX:XX

My back is really sore at my shoulder on my right side. It is like a burning. It feels better when the shower is hitting my back. 23F:10:XX:XX

4.3.25.9.3. COLD APPLICATION

Thigh strain is acting up I see. Paining like hell. I will ice it down now. 17M:06:XX:XX

Wrist pain deceased with each day, Ice pack helped. 18F:00:XX:XX

My wrist feels better, but if I try to strain or move the wrist it hurts. Ice pack still works. 18F:03:XX:XX

4.3.25.9.4. CRAMPING

Leg is paining like hell though absolutely cramping had to stay put for a few minutes before I could move out of bed. This is becoming rather frustrating, have these on and off pains. 17M:11:XX:XX

4.3.25.9.5. DULL

Right knee is also hurting tonight – right above the patella somewhat dull pain. 11F:18:XX:XX

4.3.25.9.6. INJURY

Played a game of soccer today, played through the pain for a while but then it stopped. Not too happy with the game, hate losing and sometime get too passionate. But we lose and we learn, just got out of the bath and think I have picked up an injury. Thigh strain, this is sudden, left thigh, felt no symptoms during or directly after the game. Not to please with this, hate the muscular injuries they usually bad news. Anyway, going to ice it down for a while now as I watch the LFC game. Hopefully that is not a big problem, feeling the pain on my left thigh right above my knee running up, just going to numb it and lay still for a while. 17M:02:XX:XX

Might need some ice, my finger got hurt and is awfully swollen (right pointing finger), don't even know how. 17M:18:22:00

4.3.25.9.7. INTERMITTENT

Thigh strain come and go as it pleases but surely that get better soon. 17M:08:06:XX

4.3.25.9.8. MOTION AGG

Thigh strain from last night still remains, left thigh is bad, hope it is not torn, will take a bath and ice it down again. Hopefully that makes it better. 17M:03:07:00

Thigh strain still here and is annoying. 17M:04:08:30

Thigh strain can be felt when movement in the leg. 17M:05:21:00

Wrist see to be getting better. Rotation and bending without much discomfort.
18F:01:XX:XX

My wrist feels better, but if I try to strain or move the wrist it hurts.
Ice pack still works. 18F:03:XX:XX

4.3.25.9.9. PIERCING

My back is sore, right by my shoulder blade on both sides. It is like a piercing pain.
23F:16:XX:XX

4.3.25.9.10. POUNDING

This thigh strain is still here, doubt it has any intension of disappear any time soon.
Hope the muscle is not torn, because I would then be idle for longer periods in the day.
Pain feels like something is moving in my thigh pounding from inside. 17M:03:23:00

4.3.25.9.11. PUNCHING

My legs are paining. It feels like someone is punching it hard. 23F:06:XX:XX

4.3.25.9.12 SORE

Sore right shoulder probably from sleeping weirdly. 06F:09:XX:XX

As the day went on my feet were getting really sore, also seemed a bit swollen and hot.
My feet at 23:00 are still feeling quite hot which is very unusual. 11F:34:XX:XX

Except my thigh strain which doesn't want to leave I know have a pain in my right ankle.
Feel absolutely sore, can't place it on the floor without the pain. 17M:04:23:00

My fingers is rather sore 17M:19:07:15

My back is really sore at my shoulder on my right side. It is like a burning. It feels better
when the shower is hitting my back. 23F:10:XX:XX

My back is sore, right by my shoulder blade on both sides. It is like a piercing pain.
23F:16:XX:XX

4.3.25.9.13. THINKING AGG

Still feeling this thigh strain, think it's getting worse and my ankle as well. Hope it comes
right soon, thinking about that makes my head pain. 17M:05:21:00

4.3.25.9.14. WALKING AGG

Exhausted, did more walking than usual, feet hurt, knees hurt, exhausted!
16F:03:XX:XX

Right foot painful on walking on ball (heel) side of foot but > to the small the heel feel like walking on a stone 22F:08:XX:XX

4.3.25.9.15. KNEES

Cough and knee persists. 03F:19:XX:XX

Right knee is also hurting tonight – right above the patella somewhat dull pain.
11F:18:XX:XX

Exhausted, did more walking than usual, feet hurt, knees hurt, exhausted!
16F:03:XX:XX

Left knee hurt – very sore. 16F:19:XX:XX

4.3.25.9.16. SHOULDER

Sore right shoulder probably from sleeping weirdly. 06F:09:XX:XX

There is a kind of muscular spasm in between my shoulder blades but more on the right side. 11F:18:XX:XX

My back is sore, it pains at the shoulder blade, it burns and the pain is on the inside.
23F:04:XX:XX

My back is really sore at my shoulder on my right side. It is like a burning. It feels better when the shower is hitting my back. 23F:10:XX:XX

Left shoulder still paining, stinging pain 24F:00:XX:XX

4.3.25.10. STIFFNESS

(L) Knee gets stiff if I cross my legs for a long time difficult to walk immediately need to limber up. It is a stiff pulling pain in the knee. Better for heat. Worse for cold.
03F:18:XX:XX

Thigh strain still existing, leg is actually tight right now, can move it very less right now. Will take a shower and ice it down for a while. 17M: 09: 06: XX

4.3.25.11. TWITCHING

Had 2 to 3 twitches on my left shoulder blade around 2pm. 11F:14:XX:XX

4.3.25.12. WEAKNESS

Felt quite faint and weak, mainly in my arms around lunch time, also a bit shaky.
11F:37:XX:XX

Today I was going up the stairs and my legs felt weak. 27F:27:XX:XX

4.3.25.13. NAILS

Nails feel like they're getting weaker 06F:39:XX:XX

Hair- my hair grew longer, nails grew longer and faster, I had to cut my nails weekly, feels fuller. 27F:XX:XX:XX

4.3.26. SLEEP

4.3.26.1. DAYTIME

Took nap in the afternoon. 01F:38:XX:XX

I was battling to stay awake especially around 2:30 – 4:00pm. 04F:25:14:30

Woke up feeling a bit weak and more tired than usual so slept most of the day.
06F:07:XX:XX

Felt sleepy around 2pm which is unusual. 07F:02:XX:XX

Increased exhaustion. I spent most of the day sleeping or relaxing in bed. I slept from 10pm till 7 am..... woke up for a little then went back to bed for the rest of the day. I just feel so tired. 09F:53:XX:XX

Barely been able to keep my eyes open whilst studying. Fell asleep twice for 10 minutes already. Had a nap for an hour. Fell asleep twice more after lunch during studies. Walking around for 5 minutes helped a bit but my concentration span doesn't last long at all. 11F:01:XX:XX

Energy levels dropped at 10:15. Had a 20 minute nap. 11F:05:10:15

Energy levels dropped at 3pm. Slept for about 45minutes. 11F:09:15:00

Slept for about 1.5 hours on the couch when I eventually got home. 11F:16:XX:XX

Took the next remedy at 7:30, I had to force myself to wake up today. My energy level is low. I went to only one class today cousin I was just too tired to be in class. When I got to my res I slept for almost the whole day. 12F:01:XX:XX

A bit tired. I have been in bed the whole day. I feel so drained and so very sleepy.
12F:18:XX:XX

Sleeping the whole day. 12F:25:XX:XX

I'm really tired and I did not do anything the whole day, I just wanted to sleep. I don't want to be around people or noise. 12F:35:XX:XX

What a day it has been, had a good long nap from 3 till 7 feel so relaxed now but doubt I am going to get some sleep anytime soon. 17M:03:XX:XX

Had a lovely nap from 2-4pm, that was refreshing. 17M:04:XX:XX

I want to sleep the whole day. I feel tired and sleeping makes it feel better. I usually sleep on my left side, but now my nose is dripping so I have to have my body on my left side and my head has to be facing upwards. It is really uncomfortable. 23F:06:XX:XX

Slept for about 7 hours and slept again in the afternoon for 4 hours and I still felt like I needed more sleep. I slept flat out peacefully. 27F:10:XX:XX

Had an afternoon nap, upon waking up my head felt heavy and eye also upon opening them and it was better if I squint eye. 27F:12:XX:XX

I slept for about 5 hours during the night and had another 2 hour nap in the afternoon. I slept quite peaceful and I woke up well rested. 29F:00:XX:XX

I have been feeling quite sleepy all day I had to take an afternoon nap. Sleep for about 6 hours in the afternoon. Felt well rested after sleeping and had to cover my head and entire body. 29F:01:XX:XX

4.3.26.2. DIFFICULT, FALLING OFF

Battled to fall asleep last night – although I fell asleep watching TV at around 11:30pm (for 30 mins), once I got into bed I could not fall asleep for about 2 hours. 04F:30:XX:XX

Battled to fall asleep last night despite being tired – I got into bed at 11pm & only fell asleep after 12:30am. 04F:31:XX:XX

Woke up at 4:50am & didn't fall asleep again until 5:30 am. 04F:31:04:50

Couldn't fall asleep last night and had what seemed like quite an interrupted sleep thereafter. It wasn't very nice. 11F:37:XX:XX

Struggled to sleep again, actually just don't feel tired – 23:00. 11F:37:XX:XX

Would love to get some sleep right now but seems highly impossible. So I'm just going to lie here and stay still hoping that at least the headache goes away or sleep arrives soon. Good night. 17M:01:21:00

07h00- Indifferent morning and sleep that was, feel off to sleep eventually at 1h30 this morning, even though I slept late but don't feel tired, lazy or sleepy at all. 17M:13:07:00

02:00 can't fall asleep. 21F:03:02:00

24:15 – cannot fall asleep. 21F:03:00:15

Sleep- I did not sleep well at all, my mind was on my house and if everything was alright. I did not sleep at my house, so I was very uneasy. 23F:11:XX:XX

I had 9 hours of sleep. I was about restless when I went to bed. It took about 3 hrs got me to fall asleep, I was feeling hot and not comfortable at all but after that I slept well and there were no interruptions. I slept on right side and woke up on left side. 23F:14:08:00

Sleep – 6 hrs, quality7, took long to fall asleep. 21F:18:XX:XX

Sleep- I was abit restless when I went to bed. It took me 3 hours to fall asleep and I slept for 5 hours. I was feeling tired when I woke up. I slept on my left side and woke up on my back. 23F:20:XX:XX

Terrible, got disturbed, could not fall asleep again, had 5.5 hours of sleep, slept on tummy 24F:04:06:30

I dosed off immediately I get into bed, it does not take me long but I always feel much colder when I get into bed as if the blanket are wet I only wake up to urinate. 27F:06:XX:XX (CS)

Poor night's sleep as I battled to fall asleep and spent most of the night dozing but not falling into a deep sleep so I had a very long night and even longer day seeing patients. Extremely lethargic and grumpy as I just went a full night's sleep. 28M:06:XX:XX

4.3.26.3. DISTURBED

Woke up very early today. Very interrupted sleep. I didn't sleep as well as what I usually do. 11F:04:XX:XX

Didn't sleep well last night, was woken by the wind. And woke up with a very dry mouth. 11F:07:XX:XX

Woke up groggy, slept terribly though from unusual sounds outside so was quite alarmed about that. 11F:20:XX:XX

Couldn't fall asleep last night and had what seemed like quite an interrupted sleep thereafter. It wasn't very nice. 11F:37:XX:XX

My sleep still breaks in the early parts of the morning. Sleep is still unrefreshing. 18F:08:XX:XX

Constantly waking up at 4:30 19F:05:XX:XX

Sleep- I slept good, I had 6 hours of sleep, my sleep was interrupted by annoying cough at around 2am. 23F:08:XX:XX

Sleep- I slept okay, sleep was interrupted by my cough and blocked nose, at times I felt like I could not breathe and wake up. I sleep on my left side and I woke up either on my left side or right side, but mostly woke up on my right side 23F:09:XX:XX

Sleep-I did not sleep well, my sleep was interrupted by my cough. I was tired when I woke up. I always sleep on my left side and I woke up on my right side, and I woke up on my left side. I had about 6 hours of sleep. 23F:10:11:00

I kept drifting into sleep and waking up. 27F:10:XX:XX

4.3.26.4. POSITION

4.3.26.4.1. ABDOMEN/STOMACH

Sleep on tummy, and fell asleep on hands once or twice. 03F:26:XX:XX

Sleeping position: stomach / abdomen 21F:00:XX:XX

Sleeping position: on my side at first, then my back with arms over my head and I woke up on my stomach 21F:03:XX:XX

Sleeping position - woke up on my abdomen 21F:06:XX:XX

Terrible, got disturbed, could not fall asleep again, had 5.5 hours of sleep, slept on tummy 24F:04:06:30

4.3.26.4.1.1. AGG

Neck was sore again. Pain goes away soon after waking up and only occurs if I sleep on my stomach. 11F:17:XX:XX

4.3.26.4.2. BACK

Sleeps on back facing up, arms above head. 22F:XX:XX:XX

I slept on my left and woke up on my back. 23F:06:XX:XX

I had a good sleep- no interruptions, 8 hours, I slept on my left and woke up on my back. 23F:18:08:00

Sleep- I was a bit restless when I went to bed. It took me 3 hours to fall asleep and I slept for 5 hours. I was feeling tired when I woke up. I slept on my left side and woke up on my back. 23F:20:XX:XX

I slept well, I had 10 hours of sleep, I slept on my left side and got up on my back. No interruptions. 23F:22:12:00

4.3.26.4.3. CHANGED FREQUENTLY

Kept moving into a weird position in the last hour of my sleep that when I do wake up my neck hurts a little. 11F:18:XX:XX

4.3.26.4.4. EXTREMEITIES ON

Sleep on tummy, and fell asleep on hands once or twice. 03F:26:XX:XX

I've been sleeping weirdly, so I've been waking up with a dead arm. I think I have been sleeping on the arm, then I wake up scared because the hand can't move and feels numb. I go into a state of irrational panic and start freaking out in case the hand never works again. 15M:23:XX:XX

4.3.26.4.5. RIGHT/ LEFT SIDE

Slept in a bad position so left side of neck is sore. 06F:23:XX:XX

I slept on my left side and I woke up either on my left side or right side, but mostly woke up on my right side. 23F:09:XX:XX

I slept well, I had 10 hours of sleep and I slept on my left side and woke up on my right side. 23F:13:11:00

I slept on right side and woke up on left side. 23F:14:08:00

Slept well, I had 10 hours of sleep. I slept on my left and woke up on my right. 23F:15:09:00

I had a good sleep, I slept for 9 hour without interruptions. I slept on my left and woke up on my left. 23F:16:09:00

Had a nice sleep. Slept for 9 hours with no interruptions. I sleep on my right side and got up on my right side. 23F:17:09:00

I slept well. I had 9 hours of sleep. I slept on my left and woke up on my left side. I had no interruptions. 23F:19:00:00

I had 8 hours of sleep, my sleep was interrupted at 02:25 am there was a loud bang sound in my kitchen but I don't know what it was. I was I slept on my left side and got up on my left side. 23F:24:15:00

I slept well, I had 10 hours of sleep and no interruptions. I slept on my left and woke up on left side. 23F:26:12:00

I had a good sleep in my husband's arms. I had 9 hour of sleep and no interruptions. I slept on my left side and got up on my right side. 23F:28: XX:XX

4.3.26.4.5.1. RIGHT SIDE, AGG

I no longer sleep on my right side, it is quite uncomfortable, but I sleep better now. I don't recall any dreams. 27F: 26:XX:XX

4.3.26.5. PROLONGED

I slept well, I had 9 hrs of sleep and I feel relaxed. I cannot remember my dreams.
23F:01:XX:XX

I had 9 hours of sleep. I feel rested. 23F:05:09:00

9 hours of sleep. 23F:06:XX:XX

I slept well, I had 10 hours of sleep and I slept on my left side and woke up on my right side. 23F:13:11:00

I had 9 hours of sleep. I was about restless when I went to bed. It took about 3 hrs got me to fall asleep, I was feeling hot and not comfortable at all but after that I slept well and there were no interruptions. I slept on right side and woke up on left side.
23F:14:08:00

Slept well, I had 10 hours of sleep. 23F:15:09:00

I had a good sleep, I slept for 9 hour without interruptions. 23F:16:09:00

Had a nice sleep. Slept for 9 hours with no interruptions. 23F:17:09:00

I had a good sleep- no interruptions, 8 hours, I slept on my left and woke up on my back. 23F:18:08:00

I slept well. I had no interruptions. 23F:19:00:00

I slept well, I had 10 hours of sleep. No interruptions. 23F:22:12:00

I had 8 hours of sleep, my sleep was interrupted at 02:25 am there was a loud bang sound in my kitchen but I don't know what is was. I was I slept on my left side and got up on my left side. 23F:24:15:00

I slept well, I had 10 hours of sleep and no interruptions. 23F:26:12:00

My sleeping was 10 hours I sleep on my left side and got up on my right side.
23F:26:XX:XX

I had a good sleep in my husband's arms. I had 9 hour of sleep and no interruptions.
23F:28:XX:XX

Slept for about 8 hours. It is still slightly longer than I usually sleep. Even though I didn't nap in the afternoon. I was well rested when I woke up and the sleep was quite peaceful. 27F:06:XX:XX

Slept quiet well for about 7 hours .I still felt like I wanted to sleep more though when I woke up but I had to wake up to be on campus on time. 27F:07:XX:XX

Slept for about 7 and a half hours I still felt quite sleepy when I woke up, but the sleep was quite peaceful, didn't have any distractions. 27F:09:XX:XX

Slept got quite a long time. Slept early with the intent of waking up early to go jogging but I ended up not being able to wake up so I slept for about 10 hours and I still felt sleepy when I woke up. The sleep itself was very peaceful. I had not interruption it all. 27F:11:XX:XX

No motivation to wake up but sleeping gets me more tired so I woke up and made myself breakfast, I ate a lot maybe out of boredom but I was enjoying myself. 27F:17:XX:XX

Sleep- I have been feeling quite sleepy all day I had to take an afternoon nap. Sleep for about 6 hours in the afternoon. Felt well rested after sleeping and had to cover my head and entire body. 29F:01:XX:XX

I slept more than usual, it was for about 10 hours and still had a 2 or 3 hour nap in the afternoon. 29F:02:XX:XX

I still slept for long than usual though it didn't get to have an afternoon nap. I slept for 9 hours in today although I did wake up at around 2 am after having a rather weird dream. 29F:04:XX:XX

I have been sleeping more than usual again. I slept for about 9 hours, it was quite a peaceful night, I didn't have any disturbances during my sleep. 29F:12:XX:XX

4.3.26.6. REFRESHING

Comfortable sleep, no difficulty. 05M:01:XX:XX

Found that I can now sleep peacefully for a full 8 hours, no interruptions. 05M:02:XX:XX

Good sleep. 05M:03:XX:XX

Woke up at 6am. Feel refreshed. No headache. 07F:02:XX:XX

Slept very well though. 11F:24:XX:XX

Had a really good sleep last night so felt really good and refreshed ready to conquer the day. 11F:27:XX:XX

Today was a good day, slept really well, about 8 hours, feeling refreshed. Was full of energy. 11F:28:XX:XX

Had an incredible sleep, the responsibility of taking care of the other house had vanished and I feel quite good this morning. 11F:34:XX:XX

Slept very well even managed to wake up to my first alarm at 6:00am was awake properly. 11F:39:XX:XX

Had a lovely sleep, no dreams that I can remember, feels so nice. 17M:XX:XX:XX

Had a lovely nap from 2-4pm, that was refreshing. 17M:04:XX:XX.

Sleep - excellent 9. I had a busy dream but can't remember the dream. 21F:12:XX:XX

Sleep – 8 hrs quality 7. Refreshed. 21F:19:XX:XX

Feels refreshed despite having very little sleep. 22F:XX:XX:XX

I slept well, I had 9 hrs of sleep and I feel relaxed. I cannot remember my dreams.
23F:01:XX:XX

Sleep; I slept very well, I had 9 hours of sleep, and it was quite peaceful, I woke up energised. 23F:07:XX:XX

I had a good refreshing sleep although with my increased thirst I urinated a lot which made me wake up at times. That I usually don't. 27F:00:XX:XX

Slept for about 8 hours. It is still slightly longer than I usually sleep. Even though I didn't nap in the afternoon. I was well rested when I woke up and the sleep was quite peaceful. 27F:06:XX:XX

I woke up very refreshed and nicely early, I arrived at church and did my part and I was prepared for church. 27F:09:XX:XX

Slept for about 7 hours and a half hours I still felt quite sleepy when I woke up, but the sleep was quite peaceful, didn't have any distractions. 27F:09:XX:XX

Slept got quite a long time. The sleep itself was very peaceful. I had not interruption it all. 27F:11:XX:XX

I had a refreshing rest. 27F:12:XX:XX

I slept like a baby and it was a peaceful night. 27F:31:XX:XX

Slept well again last night, could be the combination of working out again or spending the night at Jess. 28M:08:XX:XX

My sleep has improved since starting this I think I read the exercise and to be exhausted in order to sleep better. 28M:12:XX:XX (cs)

Woke up feeling pretty good after a long sleep. 28M:18:XX:XX

I slept for about 5 hours during the night and had another 2 hour nap in the afternoon. I slept quite peaceful and I woke up well rested. 29F:00:XX:XX

I have been feeling quite sleepy all day I had to take an afternoon nap. Sleep for about 6 hours in the afternoon. Felt well rested after sleeping and had to cover my head and entire body. 29F:01:XX:XX

Slept for about 7 hours and I rested quite well. 29F:05:XX:XX

Sleep- slept of about 5 hours. It was peaceful and I felt well rested afterwards.
29F:13:XX:XX

4.3.26.7. RESTLESS

I had 9 hours of sleep. I was about restless when I went to bed. It took about 3 hrs got me to fall asleep, I was feeling hot and not comfortable at all but after that I slept well and there were no interruptions. I slept on right side and woke up on left side.
23F:14:08:00

I had a late night but I was quite restless as I kept on waking up. 27F:28:XX:XX

4.3.26.8. SENSITIVITY, LIGHT/ NOISE TO

I noticed that I am more sensitive to noise during sleep although. I can fall asleep regardless of noise. 27F:02:XX:XX

4.3.26.9. SHORT/ NAPPING

Took nap in the afternoon. 01F:38:XX:XX

Nose congested again very tired at 18:00 even fell asleep watching TV for 10 minutes.
11F:00:18:00

Barely been able to keep my eyes open whilst studying. Fell asleep twice for 10 minutes already. Had a nap for an hour. Fell asleep twice more after lunch during studies. Walking around for 5 minutes helped a bit but my concentration span doesn't last long at all. 11F:01:XX:XX

Energy levels dropped at 10:15. Had a 20 minute nap. 11F:05:10:15

Energy levels dropped at 3pm. Slept for about 45minutes. 11F:09:15:00

Slept for about 1.5 hours on the couch when I eventually got home. 11F:16:XX:XX

Woke up feeling refreshed although I slept late last night. 15M:16:XX:XX

What a day it has been, had a good long nap from 3 till 7 feel so relaxed now but doubt I am going to get some sleep anytime soon. 17M:03:XX:XX

Had a lovely nap from 2-4pm, that was refreshing 17M:04:XX:XX

Mood is still bad, slept for barely 2 hours last night. 17M:09:XX:XX

Eyes- my eyes were blood shot but no pain or anything, just be because I did. Was not get (getting) enough sleep. 27F:00:XX:XX

4.3.26.9.1. SLEEP, SHORT AMEL

Woke up early to study. Got about 4.5 hours of sleep. Was feeling fine. 11F:03:XX:XX

07h00- Indifferent morning and sleep that was, feel off to sleep eventually at 1h30 this morning, even though I slept late but don't feel tired, lazy or sleepy at all. 17M:13:07:00

Feels refreshed despite having very little sleep. 22F:XX:XX:XX

Didn't have enough sleep but I can manage, slept for 3.5 hours 24F:09:06:15

Energy –highly energetic on the first powder, I could study from 7:30 pm to 2am non-stop without any distractions. I was hyper managed without food. I was absolutely energetic with very little sleep. 24F:XX:XX:XX

I slept for about 5 hours during the night and had another 2-hour nap in the afternoon. I slept quite peaceful and I woke up well rested. 29F:00:XX:XX

4.3.26.10. SLEEPINESS

Want to sleep. 03F:10:XX:XX

Want sleep + warmth.03F:12:XX:XX

Want to into boardroom turn lights off + sleep on carpet.03F:12:XX:XX

My eyes feel heavy and I'm getting sleepy during the day. 05M:04:XX:XX

Desire to sleep, + close eyes. 07F:01:XX:XX

I took the remedy at 6:29 and I have not been in a bad mood since, also do not have any period pains as yet. I'm just feeling tired, I wish I could go to sleep. 12F:00:00:00

Took the last one at 20:15. I'm tired and just want to go to sleep. I have a headache at 20:30 but it's not too bad, I think it's caused because I'm so hungry. 12F:01:XX:XX

What a relaxed day, slept almost the entire day, woke up when I needed to eat and bath 17M:05:21:00

I want to sleep the whole day. I feel tired and sleeping makes it feel better. I usually sleep on my left side, but now my nose is dripping so I have to have my body on my left side and my head has to be facing upwards. It is really uncomfortable. 23F:06:XX:XX

I feel miserable I still got the flu, so I'm not feeling good. I want to climb into bed and be in a warm place. 23F:08:XX:XX

Energy – 3.5/10, very tired, very sleepy. 24F:09:XX:XX

Feeling extremely sleepy. 26M:00:12:05

I got to bed and passed out. 27F:04:XX:XX

I dosed off immediately I get into bed, it does not take me long but I always feel much colder when I get into bed as if the blanket are wet I only wake up to urinate. 27F:06:XX:XX

Slept quiet well for about 7 hours. I still felt like I wanted to sleep more though when I woke up but I had to wake up to be on campus on time. 27F:07:XX:XX

I still couldn't get myself to wake up a go jogging. It's been almost a week since I last jogged now, all I want to do is sleep or just watch TV. 27F:08:XX:XX

Slept for about 7 hours and slept again in the afternoon for 4 hours and I still felt like I needed more sleep. I slept flat out peacefully. 27F:10:XX:XX

I woke up today still in need of sleep, as I was working on my assignment and I am just trying to be optimistic about today as it is going to be a long day. 27F:13:XX:XX

I have been dragging myself around the place all day. All I wanted to do was sleep and not do anything. 29F:01:XX:XX

My mood has been good, although didn't interact with people at lot, I was indoors and asleep most of the time. 29F:02:XX:XX

I slept for about 10 hours again today though didn't have an afternoon nap, I have been struggling to stay awake. 29F:03:XX:XX

I am still feeling quite sleep, even after an hour of waking up, I just feel like going back to bed. 29F:03:XX:XX

4.3.26.10.1. STUDYING DURING

Barely been able to keep my eyes open whilst studying. Fell asleep twice for 10 minutes already. Had a nap for an hour. Fell asleep twice more after lunch during studies. Walking around for 5 minutes helped a bit but my concentration span doesn't last long at all. 11F:01:XX:XX

Still not feeling very energetic. Couldn't wake up early in the morning. I have been studying but dozing off a lot. 29F:12:XX:XX

I felt very chilly, couldn't study because I had to sleep, when I got to bed my blanket seem to be very light. 27F:02:XX:XX

4.3.26.10.2. OVERPOWERING

@ work today felt very sleepy. Not normally sleepy @ work. Very tired and lethargic. 03F:12:XX:XX

I was battling to stay awake especially around 2:30 – 4:00pm. 04F:25:14:30

Very slow, minimal energy so I slept in both of lectures. 06F:31:XX:XX

Slept at 10:30pm because I felt tired. Would have liked to stay up later. 07F:03:XX:XX

At 13:00 I feel so tired that I don't want to do anything like I can't cope I need to take a taxi back home to sleep. 09F:26:13:00

Didn't go to campus, not ill but extremely tired. Just want to sleep in. 09F:34:XX:XX

Nose congested again very tired at 18:00 even fell asleep watching TV for 10 minutes. 11F:00:18:00

Barely been able to keep my eyes open whilst studying. Fell asleep twice for 10 minutes already. Had a nap for an hour. Fell asleep twice more after lunch during studies. Walking around for 5 minutes helped a bit but my concentration span doesn't last long at all. 11F:01:XX:XX

Once the seminar started (chiropractic congress this weekend) the fatigue set in and I was battling to keep my eyes open (9:15 – 10:30). 11F:14:XX:XX

Slept for about 1.5 hours on the couch when I eventually got home. 11F:16:XX:XX

At 22:00 started getting heavy eyes. Just wanted to fall asleep on the spot. 11F:21:22:00

Studying was somewhat more successful. Although after 25 minutes I would get extremely tired and sometimes I would doze off in-between. However, I managed to get more done today. 11F:23:XX:XX

At 5pm I was exceptionally tired and could barely keep my eyes open. 11F:36:XX:XX

Took the next remedy at 7:30, I had to force myself to wake up today. My energy level is low. I went to only one class today cousin I was just too tired to be in class. When I got to my res I slept for almost the whole day. 12F:01:XX:XX

Sleeping the whole day. 12F:25:XX:XX

I'm really tired and I did not do anything the whole day, I just wanted to sleep. I don't want to be around people or noise. 12F:35:XX:XX

Feeling a bit tired this morning and it went on all day. I even crashed in the afternoon when I fell asleep for an hour at 5pm. 15M:09:XX:XX

Tired by 10pm for the last few days, I have to go to sleep by then. I wake up refreshed but by midday my energy is to an all-time low. 15M:23:XX:XX

What a relaxed day, slept almost the entire day, woke up when I needed to eat and bath 17M:05:21:00

I woke up very late and still tired, so I made breakfast and ate, after eating I felt drowsy and slept again to wake up during midday and refreshed and cooked, I ate and watched movies. 27F:16:XX:XX

Sleep- I have been feeling quite sleepy all day I had to take an afternoon nap. Sleep for about 6 hours in the afternoon. Felt well rested after sleeping and had to cover my head and entire body. 29F:01:XX:XX

I slept for about 10 hours again today though didn't have an afternoon nap, I have been struggling to stay awake. 29F:03:XX:XX

I am still feeling quite sleep, even after an hour of waking up, I just feel like going back to bed. 29F:03:XX:XX

4.3.26.11. SLEEPLESSNESS

10 November 2015 – 2;35 am – no desire to go to bed yet even after 00;00.
01F:04:02:35

Went to bed at 2;00 (26 November). 01F:20:02:00

Feel tired but no desire to sleep. 01F:20:XX:XX

No urge to sleep. 01F:39:XX:XX

Usually falls asleep at 2/3am. 01F:39:XX:XX

Battled to fall asleep last night – although I fell asleep watching TV at around 11:30pm (for 30 mins), once I got into bed I could not fall asleep for about 2 hours. 04F:30:XX:XX

Battled to fall asleep last night despite being tired – I got into bed at 11pm & only fell asleep after 12:30am. 04F:31:XX:XX

Could not sleep. 07F:02:XX:XX

Wide awake at 23:09pm. 10F:00:XX:XX

Did not sleep last night, was wide awake till 3:00am. 10F:01:XX:XX

Not very sleepy. 10F:01:XX:XX

Struggled to sleep again, actually just don't feel tired – 23:00. 11F:37:XX:XX

Had a bit of groin pain today again, a bit irritable at night and I didn't manage to get sleep until late. 15M:15:XX:XX

Sleep: insomnia, its 02:51, I feel wide awake 21F:11:02:51

Sleep insomnia. 21F:21:15:00

I could not sleep today; it took me a great while to feel drowsy. 27F:07:XX:XX

4.3.26.11.1.COUGH FROM,

Sleep- can't sleep, coughing a lot 21F:22:XX:XX

Sleep- 3hrs, quality 4, cough unable to sleep, <laying down, night time 21F:23:XX:XX

Sleep- insomnia, due to coughing. 21F:26:XX:XX

Sleep- can't sleep, slept at 4 am, tossing and turning. Coughing too much every time I go to the bathroom thinking I am going to throw up. But no vomiting. 21F:29:XX:XX

4.3.26.12. UNREFRESHING

Sleep is very unrefreshing. 01F:XX:XX:XX

My sleep isn't refreshing, I'm always feeling tired and exhausted. 12F:37:XX:XX

My sleep still breaks in the early parts of the morning. Sleep is still unrefreshing.
18F:08:XX:XX

Sleep- quality 2. Slept for 4 hrs, poor sleep. 21F:12:XX:XX

Sleep- 3hrs, quality 4, cough unable to sleep, <laying down, night time. 21F:23:XX:XX

Sleep-5 hrs quality 4. 21F:24:XX:XX

Sleep – 5hrs, quality5. 21F:29:XX:XX

Sleep-5 hrs, quality 6. 21F:30:XX:XX

Sleep, I had 6 hours of sleep, my sleep was interrupted by annoying cough at around 2am. 23F:08:XX:XX

Sleep- I slept okay, sleep was interrupted by my cough and blocked nose, at times I felt like I could not breathe and wake up. I sleep on my left side and I woke up either on my left side or right side, but mostly woke up on my right side. 23F:09:XX:XX

Sleep-I did not sleep well, my sleep was interrupted by my cough. I was tired when I woke up. I always sleep on my left side and I woke up on my right side, and I woke up on my left side. I had about 6 hours of sleep. 23F:10:11:00

Sleep- I was abit restless when I went to bed. It took me 3 hours to fall asleep and I slept for 5 hours. I was feeling tired when I woke up. I slept on my left side and woke up on my back. 23F:20:XX:XX

Terrible, got disturbed, could not fall asleep again, had 5.5 hours of sleep, slept on tummy 24F:04:06:30

Eyes- my eyes were blood shot but no pain or anything, just be because I did. Was not get (getting) enough sleep. 27F:00:XX:XX

Slept for about 5 hours. It is normal but didn't feel well rested, although the night was peaceful, didn't have any disturbance. 27F:08:XX:XX

I woke up late not very refreshed but ate and continued to watch movies and series- energy levels is 4/10. 27F:18:XX:XX

Poor night's sleep as I battled to fall asleep and spent most of the night dozing but not falling into a deep sleep so I had a very long night and even longer day seeing patients. Extremely lethargic and grumpy as I just went a full night's sleep. 28M:06:XX:XX

Fairly poor night's sleep. So I've been fairly tired today, 28M:05:XX:XX

4.3.26.13. WAKING

4.3.26.13.1. DIFFICULT

Trouble waking up this morning. 03F:03:XX:XX

Got 7 hours of good sleep, struggled to wake up though. 11F:06:XX:XX

Slept well but struggled to get up. 11F:16:XX:XX

Really starting to have a problem waking up in the mornings. Only got up at 8am. 11F:38:XX:XX

Took the next remedy at 7:30, I had to force myself to wake up today. When I got to my res I slept for almost the whole day. 12F:01:XX:XX

Slept for quite a long time. Slept early with the intent of waking up early to go jogging but I ended up not being able to wake up so I slept for about 10 hours and I still felt sleepy when I woke up. 27F:11:XX:XX

Still not feeling very energetic. Couldn't wake up early in the morning 29F:12:XX:XX

I have been sleeping more than usual again. I slept early again hoping to be up early and go jogging but I could not seem to get myself out of bed when my alarm went on and I ended up waking up 3 hours later. 29F:12:XX:XX

4.3.26.13.2. EARLY

Woke up at 4:50am & didn't fall asleep again until 5:30 am. 04F:31:04:50

Managed to wake up early today maybe its due to less carbohydrate intake. 06F:10:XX:XX

Woke up early today (6:45), sleep broke early. 06F:21:XX:XX

Body in the habit of waking up early now. 06F:22:XX:XX

Woke up at 5:30am. Refreshing sleep. No dreams. 07F:00:XX:XX

Woke up at 5:30am. Felt refreshed. 07F:01:XX:XX

Woke up at 3:30am. Feel very good/ fresh/ energetic. Energy 9/10. 07F:03:XX:XX

Woke up very early today. Very interrupted sleep. I didn't sleep as well as what I usually do. 11F:04:XX:XX

Woke up somewhat easily this morning. Was feeling good. 11F:14:XX:XX

Slept very well even managed to wake up to my first alarm at 6:00am was awake properly. 11F:39:XX:XX

Early get up again, feels like a good morning today. 17M:10:06:30

My sleep still breaks in the early parts of the morning. Sleep is still unrefreshing. 18F:08:XX:XX

Waking up was not a problem because I woke up before my alarm went off 27F:02:XX:XX.

I managed to wake up early, study and go to the gym. I feel accomplished, like this is a first step for me to be able to control myself and accomplish my goals. I am still feeling lazy but I have been able to wake myself up early and that's an accomplishment for me. 29F:13:XX:XX

4.3.26.13.3. LATE

More awake today but still woke up late. 01F:18:XX:XX

Overslept this morning. 11F:02:XX:XX

Slept in a bit longer than normal today. 11F:12:XX:XX

Slept tightly last night. Overslept a bit again. 11F:13:XX:XX

Really starting to have a problem waking up in the mornings. Only got up at 8am. 11F:38:XX:XX

Got up late for work today, it's okay will report to that an hour late. 17M:25:07:XX

I woke up very late and still tired, so I made breakfast and ate, after eating I felt drowsy and slept again to wake up during midday and refreshed and cooked, I ate and watched movies. 27F:16:XX:XX

I woke up late not very refreshed but ate and continued to watch movies and series- energy levels is 4/10. 27F:18: XX: XX

I woke up so late today and I panicked as I normally don't oversleep today was my first in years. I hurried to get ready and I just managed to make it by a little while late than I expected. I felt bad for being late at church as I had committed to being early.

27F:30:XX:XX

4.3.26.13.3.1. SHOWER AFTER. AMEL

Still continue with tiredness but wakeful (especially after shower). 01F:27:XX:XX

4.3.26.13.4. NOISE FROM

Was awoken abruptly by the neighbors arriving home fell asleep quickly again.

11F:08:XX:XX

Woke up groggy, slept terribly though from unusual sounds outside so was quite alarmed about that. 11F:20:XX:XX

This morning I was constantly being woken up by someone's alarm which must have been someone's actual phone alarm. It sounded like various alarms and it frightened me at first. So being woken up wasn't too much fun. 11F:30:XX:XX

I had 8 hours of sleep, my sleep was interrupted at 02:25 am there was a loud bang sound in my kitchen but I don't know what it was. 23F:24:15:00

My sleep is easily disturbed by noise and it leaves me confused. But I had an early night. 27F:07:XX:XX

4.3.26.13.5. SALIVATION FROM

When I get to bed as soon as I sleep on my left side I fast fall asleep and I later on wake up to find that I am drooling actually , I think the old saliva wakes me up and then I turn on the right side on my right side / on my tummy. 27F:03:XX:XX

4.3.26.13.6. SHOCKED,

Had to wake up exceptionally early this morning to work at a sports event. Didn't get more than 5 hours of sleep. Was quite startled by my alarm. Had lots of energy from 5am till 8am. 11F:09:XX:XX

Was woken up abruptly at 2:50am when the alarm went off. Proceeded to go off repeatedly within the next 20 minutes so my levels of anxiety and panic shot through the roof. Didn't sleep until 4:45. 11F:26:02:50

I had a dream that I was in a rural area, hut made of mud, all alone, by myself, I was attacked by a black dog, the dog was very vicious, rage and stood up of its rare feet .When I woke up I was scared, woke up when the dog came to attack me , my heart was beating very fast, it felt so real. 29F: XX:XX:XX.

4.3.26.13.7. DREAM STATE IN

I did wake up at around 2 am after having a rather weird dream I had a very colourful dream. I was beginning to run out of breathe in the water and at that instant I woke up and it felt as though I was drowning in real life. I was being unable to breathe in real life. 29F: 05:2: 00

4.3.26.13.8. URINATION, DESIRE TO

I had a good refreshing sleep although with my increased thirst I urinated alot which made me wake up at times. That I usually don't. 27F:00:XX:XX

I realised that I urinate a lot at night and I woke up a few times to go take a pee- normally I only pee before going to bed (N), normally I only pee before going to bed and after I wake up in the morning. 27F:03:XX:XX

4.3.26.13.9. YAWNING

I feel like I'm just always yawning, just so tired. 09F:54:XX:XX

4.3.27. DREAMS

4.3.27.1. ACCIDENTS

Just woke up, had a dream that I was travelling by car to Durban, and then suddenly was hit by a motorbike on the passenger side, where I was sitting, I was traveling with a close cousin in a white vehicle, which could easily be identified. The person who was driving the motorbike could easily be seen. That person did not speak and was bleeding really badly. The weird part was when the person wrote with their blood on the white vehicle that "this is just the start of a war". Too much of game of thrones? 17M:01:06:00

The next dream I had was of another accident, where I was driving my sister's vehicle and I had knocked into someone. At the point of the sound in the dream, I woke up to be covered in sweat. At that point I never slept. I let the day continue. 17M:01:06:00

I did wake up at around 2 am after having a rather weird dream I had a very colourful dream. The only colours I could see where pink, a very bright shades and red. I was learning how to drive but I had my two little sisters in the car. I was driving a pink car on a red glass bridge. I was unable to control the steering and I tried to stop the car but it just kept on moving until I crashed on the side of the bridge and crashed the glasses and the car fell into the water. I managed to get my two sisters out of the car and they started swimming out towards land but I got stuck and couldn't move. I was beginning to run out of breath in the water and at that instant I woke up and it felt as though I was drowning in real life. I was being unable to breathe in real life. 29F:05:02:00

4.3.27.2. ANGER

Dreams – I was at home (PE) and my family, who I have not seen in many years were visiting. It was my birthday, I remember thinking I was celebrating my birthday very

early, (in march when it is October), they bought me a gift, it was a strange box, it was blue on the sides and opaque on the top. I also gave them gifts. I gave my one aunt a pair of black shoes and my cousins gold hand bags with lip-gloss and other make-up accessories inside. My one aunt, who is younger than me decided to stay for a few days with my grandmother (all my father's side family). There was a point in the dream I felt really angry, I'm not sure whom my anger was directed at, but I remember thinking, "why am I getting so angry in the dream", I remember thinking it must be the remedy because I felt extremely angry which is very uncharacteristic me. 21F:02:XX:XX

Dreams- I was at home(PE) my younger cousin was home with me (having a very loving relationship normally), I went outside to hang up washing and told her not to let anyone in. When I got back there was a guy, he stays on my street, he was sitting in the lounge, in his blue underpants/ brief, nothing else. I was very upset and started shouting and swearing my cousin for disobeying me. She didn't seem to pay much notice to me, so I tried talking to him asking him to leave but he refused. I started sweeping a mat feeling very frustrated. I don't know what the above dream could mean to me, I don't swear/ get upset especially with her (my cousin). We were alone the sun was shining, time frame, morning during the week 21F:02:XX:XX

I was at a house, a double story white houses. It was my house/home in the dream but I have never seen this house before. We were having a family lunch. Family kept on ringing the door bell, I went to check who it was at the door but before getting it i walked past the pool with people I didn't recognise, swimming in formal dresses (evening gowns). The pool was in the lounge area. When I finally opened the door, it was the police, my neighbours complained about the bell that keep ringing. I didn't remember anything else. I felt a little frustrated that no-one answers the door when the bell stand the first few times. 21F:07:XX:XX

4.3.27.3. ANIMALS

Had a good sleep, had a good dream to, dreamt that I was taking a road trip. Felt so good. Could see a lot of grass lands, trees and animals. Kept seeing pink roses though in my dream and a goat every now and again. 17M:03:XX:XX

06h00- just had a terrible dream, I was locked in a building all alone, one which was a high and empty building with no roof. The sky was visible and dead birds kept on falling through the roof. The body of the bird fell first then the head followed. I could only see blood of the birds along with the bird. The birds were all black, with the head being white and the floor was red from all the blood. Then a headless but an alive chicken fell through and this chicken was running around and even gave birth. At that point in the dream, I threw up but the colour was green. I then broke sleep, I felt like really throwing up, I was stinking with perspiration. What a horrible stench, like something had died in the room. Shirt and upper body were soaking wet. This is the first time this happened during a dream, a piece of that site gives me the creeps. Feel horrified by that site. On

the good part I have no sinus which is good but a minor cause for celebration in comparison to that horrific dream. Like a whole bunch of birds just falling, what did I cause the apocalypse in dream. Had a good shower, feel much better that, hope I did seeing that is/ was almost an hour, I felt extremely dirty and creeped out. 17M:28:06:00

Dreams - I dreamt about a white and brown abandoned kitten. I found the kitten on the stairs outside my home in PE. I was tempted to taken the kitten in but did not due to fair (fur) of animal's . I kitten gave me a longing/ hopeful look, hoping I would take him in but I could not take the kitten as I put him down, his claws went to my legs. Trying to hold on to me. I woke up after that. 21F:08:XX:XX

4.3.27.4. ANXIOUS

Dream- also unfamiliar different people. Both I started of feeling anxious and felt better when the dream went on. 16F:14:XX:XX

Woke up recalling a dream so I decided to record it right away instead of the end of the day like I normally record. In the dream Y and I find ourselves stuck somewhere, my dreams are usually not so vivid so I'm unsure of where I just had the sensation we were stranded and couldn't get out or back home. During the dream, I recall feeling very stressed and on the verge of panic but once I woke up from it I was instantly aware of it being a dream so that stress subsided. 28M:04:XX:XX

4.3.27.5. BEATEN, BEING

Had a dream of my boyfriend saying that I was cheating on him and he hit me really hard and I just woke up from that. It was really frightening. 12F:36:XX:XX

0h30- just had a weird dream, dreamt I was learning how to play music and because I was not catching on very quickly the music coach hit me with the guitar over my head. The funny part was even though the guitar was over my head I was still trying to play it. The weird part was I was learning this at a wedding, where someone was getting married, and I could hear people "booing" me but could not see any one of them. The place was pitch dark with a while light hitting from me back. Also a few days ago, I was telling to someone I would like to learn to play musical instruments. 17M:17:XX:XX

4.3.27.6. BETRAYED, HAVING BEEN

I dreamt that my boyfriend and I had a fight which lead us to breaking up. It was because I found out that he was cheating on me so I broke up with him and then he pulled out a gun on me, told me that if he can't have me then no one can and just before he could shoot me I woke up. Which is why I'm so down today because I can't stop thinking about the dream. I called my boyfriend and he said he would never do such a thing. 12F:04:XX:XX

I dreamt I caught my bf (boyfriend) cheating and I hit him and that girl so hard, tense and scary atmosphere, dull colours, grey, brown, peach. 24F:15:XX:XX

4.3.27.7. BLOODY

Just woke up, had a dream that I was travelling by car to Durban, and then suddenly was hit by a motorbike on the passenger side, where I was sitting, I was traveling with a close cousin in a white vehicle, which could easily be identified. The person who was driving the motorbike could easily be seen. That person did not speak and was bleeding really badly. The weird part was when the person wrote with their blood on the white vehicle that "this is just the start of a war". Too much of game of thrones? 17M:01:06:00

I had a dream that I was at campus with a few friends and class mates and we were having a drink and playing some card. Energy felt great, was very fun, everyone was sharing jokes and talking in general, until 2 people started fighting over cards. Eventually a person (all known) hurt someone and only blood could be seen everywhere, lots and lots of blood. Actually felt like throwing up when I broke sleep at that point as I don't really feel comfortable looking at blood but all is cool. (Blood makes me feel weak, I have the description in my head that someone is losing their life, blood is something that holds them together). 17M:10:06:30

I had a horrible dream. Dreamt that I witnessed someone being stabbed in my presence. It happened inside my yard among other people there as well. The person who was stabbed and the person who was stabbing could not be seen. Everyone else in the dream, all known showed no concern towards the incident, everyone carried on as normal. I could only see blood on the floor and sprayed out of the person on the ground. Rather horrific that as I do not like the site of blood in general (I feel weak and uneasy) actually shiver thinking of it right now. This dream makes me feel like something bad is on the horizon and actually frightened that something might actually happen. 17M:12:07:00

06h00- just had a terrible dream, I was locked in a building all alone, one which was a high and empty building with no roof. The sky was visible and dead birds kept on falling through the roof. The body of the bird fell first then the head followed. I could only see blood of the birds along with the bird. The birds were all black, with the head being white and the floor was red from all the blood. Then a headless but an alive chicken fell through and this chicken was running around and even gave birth. At that point in the dream, I threw up but the colour was green. I then broke sleep, I felt like really throwing up, I was stinking with perspiration. What a horrible stench, like something had died in the room. Shirt and upper body were soaking wet. This is the first time this happened during a dream, a piece of that site gives me the creeps. Feel horrified by that site. On the good part I have no sinus which is good but a minor cause for celebration in comparison to that horrific dream. Like a whole bunch of birds just falling, what did I cause the apocalypse in dream. Had a good shower, feel much better that, hope I did seeing that is/ was almost an hour, I felt extremely dirty and creeped out. 17M:28:06:00

4.3.27.8. CALM

A new dream, some like before, started very uneasy almost scary ended v.nicely (very nice) warm fuzzy feeling, not familiar venue or people, 16F:17:XX:XX

Dreamt that I was learning for an exam that was to be written the next day, kept on dropping my stationary on the floor during my dream, not sure why, but the surrounding seemed different but rather quiet. There was no one else in the dream to note. So it was very quiet and lonely but also very peaceful. 17M:11:XX:XX

Dreams – I was with old high school friends that I have not seen in years. Not the same friends as in the previous dream. We were at the same sort of pool but was in the middle of nowhere. The pool was in front of a mountain /some large rock was surrounded by a lot of large rocks. (The) pool was not man made but the floor was made up of rocks and there was grass on the side, not covered by rock. I don't remember any colours in the dream except. Everything looked very earthy brown, my friends and I were diving into the pool from the rocks. I dove into the water hoping I would not knock into any of the rocks in the water and hurt myself. I did not feel any fear/ anxiety, but felt carefree and happy to jump into the pool even though I could not see what lay below the water. 21F:01:XX:XX

Dreams – I dreamt that I was at the beach with my husband and my cousins. We were relaxing on the sand and talking nonsense like we always do. It was lovely. I was relaxed and calm. 23F:20:12:00

I had a late night and had a nice calm dream of me at a country house surrounded by water and I was just sitting outside watching the waves. 27F:22:XX:XX

Had a dream last night of the holiday jess and I went for at the beginning of October. It was a very relaxed dream where I remember us driving through the Midlands and just feeling very much at peace has a very simple and nice dream to experience as if I was reliving the holiday 28M:12:XX:XX

4.3.27.9. CELEBRATION

Dreams- I dreamt my family and that we were going for a party, atmosphere was lively and a lot of bright colours (red, pink). 24F:01:XX:XX

Dreams- dreamt I went to a party with my friends, atmosphere was lively, bright colours, yellow, pink red, sliver, grey blue. 24F:10:XX:XX

4.3.27.10. CHANGE OF

Had a dream. I was happy. I wanted to bring change and was ready for it. 09:02:XX:XX

4.3.27.11. COITION

I had a weird dream where I was having sexual encounter with someone I consider part of my past, I did not sleep well. 27F:17:XX:XX

4.3.27.12. COLOURFUL

Had a good sleep, had a good dream to, dreamt that I was taking a road trip. Felt so good. Could see a lot of grass lands, trees and animals. Kept seeing pink roses though in my dream and a goat every now and again. 17M:03:XX:XX

I dreamt my family and that we were going for a party, atmosphere was lively and a lot of bright colours (red, pink). 24F:01:XX:XX

dreamt about my boyfriend, he took me on a holiday, romantic atmosphere, pretty colour – pink-red lilac. - 24F:02:XX:XX

I dreamt that my family and I went for a wedding, excited atmosphere, bright colours, red, pink, orange, blur, silver. 24F:05:XX:XX

Dreamt about my cousin and that we playing dress up, pretty colours, pink, purple, lilac 24F:06:XX:XX

Dreams- dreamt I went to a party with my friends, atmosphere was lively, bright colours, yellow, pink red, silver, grey blue. 24F:10:XX

Dreams- dreamt about my family and friends that we all went for a wedding, atmosphere was very lively, bright colours, gold/silver, red, pink, turquoise and yellow. 24F:11:XX:XX

Dreams – I dreamt my boyfriend bought me pink flowers for me, romantic gestures, pretty colours, pink, red, purple. 24F:12:XX:XX

Dreams- dreamt one guy was holding me like his gf, romantic atmosphere, pretty colours, red, pink, lilac. 24F:16:XX:XX

Dreams- I dreamt my boyfriend and I went to the movies and had such a nice time, romantic atmosphere- pink, lilac, blue, grey. 24F:17:XX:XX

I did wake up at around 2 am after having a rather weird dream I had a very colourful dream. The only colours I could see were pink, a very bright shades and red. 29F:05:02:00

4.3.27.12.1. BLACK/ BROWN/ DULL

Dreams: strange! I was in the middle of nowhere. There were hills and sand. It looked like a desert area. Everything was earthy (brown). However there was also a beach/ water source close by. I never saw it, but was aware it was there. In my dream there was this person (girl) I'm not sure who she was but she was radiating with jealousy. Her jealousy was directed at me. I was afraid of her and tried to get away from her in the

dream you were there too (the researcher). You told me to look at my surroundings and tell you what I see. I told you I see hills, sand and there is water close by (blue). I looked at the girls clothes, they were red and she was holding a snake. You told me to look tell you what type of snake she was holding. But when I looked she was holding a snake skin and not an actual snake. I told you it was a cobra, it was black with white patterns on it. You told me you try and move away while you distract the girl. I got away and you were blowing black sand / powder in her direction. I woke up after that.

21F:14:XX:XX

I dreamt I over slept and missed writing my paper, tensed atmosphere, greyish colour.

24F:04:XX:XX

Dreamt I failed one paper, colours were very dull and grey 24F:07:XX:XX

Dreamt I was studying for my paper, atmosphere was tensed and stressful, dull colours like grey and white. 24F:07:XX:XX

Dreamt I caught my boyfriend stealing drugs and I hit him, tense atmosphere, colours-blue, green, black and brown. 24F:14:XX:XX

I dreamt I caught my bf cheating and I hit him and that girl so hard, tense and scary atmosphere, dull colours, grey, brown, peach .24F:15:XX:XX

I had a dream that seemed to have disturbed me but I tried so hard to remember and I could. The only thing I could remember was the room I was in. it was a round hut that was painted with black all right around and had very tiny windows. I don't quite remember all the events that occurred. 27F:07:XX:XX

4.3.27.13. COMMUNICATION (WHATSAPP)

The second dream was weird but also funny, I was just dreaming that I was chatting on whatsapp, couldn't see who I was chatting to but could see the date and time of the one message from the chat which was sent to me. "29/12/15 at 8:37". The message read, "sorry to do this but it's time we cut our ties, sorry that it ends like this and thanks for what you have done for me, I can't be more thankful for it but in recent times you have become surplus to my requirements and don't need you as a friend anymore. Sorry but I don't wish to have any form of communication with you anymore as I don't wish to carry these shit friendships in 2016. I wish you everything of the best for your life ahead and thanks for helping me with what I needed, goodbye!!!" It's a long message to remember right, but imagine how shit it feels on my end to remember that. Just when I thought the last day of November would be kind to me. Anyway I just want to go back to sleep, but with the dreams I am having I rather just stay awake and wait for them to happen.

17M:06:06:XX

I dreamt about whatsapp. I dreamt about my phone and chatting but I couldn't recognise the surroundings. 23F:28:XX:XX

4.3.27.14. COOKING

Dreams of cooking and restaurants “le good Life”. 03F:03:XX:XX

4.3.27.15. DEAD PEOPLE

Dreams- I was at home in PE visiting family, talking about my studies and how I’m doing in Durban. I also saw my brother (died last year), reality dream [dreams of dead people] 21F:19:XX:XX

Dreamt of dead people- my brother and grandfather- woke up confused. 24F:XX:XX:XX

4.3.27.16. DISAPPEARING

Had a weird dream that I was trying to do magic, not sure why, am I trying that hard to disappear. No really I was trying to do magic to make my money accumulate. The when I failed to do so the roof from the house disappeared. Haha, not sure what that means. 17M: 23:8: XX

4.3.27.17. DRIVING

I dreamt of me, I was driving my own car, but the car was going faster and faster and I could not stop. I tried to stop it but I was so scared then I woke up and my heart was racing. 23F:06:XX:XX

Had a dream last night of the holiday jess and I went for at the beginning of October. It was a very relaxed dream where I remember us driving through the Midlands and just feeling very much at peace has a very simple and nice dream to experience as if I was reliving the holiday. 28M:12:XX:XX

I did wake up at around 2 am after having a rather weird dream I had a very colourful dream. The only colours I could see where pink, a very bright shades and red. I was learning how to drive but I had my two little sisters in the car. I was driving a pink car on a red glass bridge. 29F:05:02:00

4.3.27.18. DROWNING / FALLING

I dreamt that I was back in highschool. During break a friend of mine and I took chairs from a classroom and decided to go sit on the ledge just under the roof on the 3rd floor. A gust of wind arose and I watched my friend teeter on her chair and then fall to her death. I heard a cry of grief, quite close to me and realized that her father was also on the roof. I edged my chair cautiously forward toward him because I am terribly afraid of heights. As I moved closer, I too lost my balance and caught a hold of his trouser leg. He was too grief stricken to help me back up. Just before I let go one of the maintenance men used a ladder to reach us. As soon as we were both down, I rushed over to my friend and saw her broken body. I too left in grief. 06F:23:XX:XX

I dreamt that I was in a house. I realised the house I was in belonged to an old crush of mine. As I was talking to him I realised that he had a small son. The boy's father went to run the child a bath while leaving him seated on the toilet unattended. When he came back the child had drowned in the toilet bowl after falling in. he rushed him to the bathtub and threw him in the warm water hoping to revive him, but it didn't work. As he started to cry, I took the child and started to perform CPR; despite his father discouraging me. After a few cycles and assistance with breathing, the child was revived. Soon after that armed gunmen entered the house and tried to kill me and my only escape was a small window. 06F:33:XX:XX

Dreamt that I fell down the stair case at my sister's house, and broke my two legs and bust my head. Don't remember much after that I broke sleep. 17M:30:XX:XX

Subconsciously feel that I am falling and wake up. Go back to sleep thereafter. 26M:14:22:09

Feel like I am falling as I am subconsciously sleeping, wake up with a shock. 26M:33:12:31

Dreams- dreams of falling in my sleep, I feel like I was kicking something and falling, shocked on awakening. 26F:XX:XX:XX

I did wake up at around 2 am after having a rather weird dream I had a very colourful dream. The only colours I could see were pink, a very bright shades and red. I was learning how to drive but I had my two little sisters in the car. I was driving a pink car on a red glass bridge. I was unable to control the steering and I tried to stop the car but it just kept on moving until I crashed on the side of the bridge and crashed the glasses and the car fell into the water. I managed to get my two sisters out of the car and they started swimming out towards land but I got stuck and couldn't move. I was beginning to run out of breath in the water and at that instant I woke up and it felt as though I was drowning in real life. I was being unable to breathe in real life. 29F:05:02:00

4.3.27.19. DRUGS

Dreamt I caught my boyfriend stealing drugs and I hit him, tense atmosphere, colours- blue, green, black and brown 24F:14:XX: XX

4.3.27.20. EXAMS/ STUDYING

Dreamt that I was learning for an exam that was to be written the next day, kept on dropping my stationary on the floor during my dream, not sure why, but the surrounding seemed different but rather quite. There was no one else in the dream to note. So it was very quiet and lonely but also very peaceful. 17M:11:XX:XX

I dreamt I over slept and missed writing my paper, tensed atmosphere, greyish colour. 24F:04:XX:XX

Dreamt I failed one paper, colours were very dull and grey 24F:07:XX:XX

Dreamt I was studying for my paper, atmosphere was tensed and stressful, dull colours like grey and white. 24F:07:XX:XX

I dreamt someone was teaching me new things I had not studied and all these felt new but somehow I could understand and this person asked me questions and I knew my work. 27F:10:XX:XX

4.3.27.21. FIGHTING

I had a dream that I was at campus with a few friends and class mates and we were having a drink and playing some card. Energy felt great, was very fun, everyone was sharing jokes and talking in general, until 2 people started fighting over cards. Eventually a person (all known) hurt someone and only blood could be seen everywhere, lots and lots of blood. Actually felt like throwing up when I broke sleep at that point as I don't really feel comfortable looking at blood but all is cool. (Blood makes me feel weak, I have the description in my head that someone is losing their life, blood is something that holds them together). 17M:10:06:30

Dreamt I caught my boyfriend stealing drugs and I hit him, tense atmosphere, colours-blue, green, black and brown 24F:14:XX:XX

4.3.27.22. FOREST/JUNGLE

Dream- trapped in a house – escaped – into forest – being chased – found a way out except the pathway is full of snails (so weird). 10F:09:XX:XX

I had I dream where I was kidnapped, and taken to a forest where there was a monster that eats people. And I was being guarded by these two men with guns, but I influenced them to help me escape before the boss came back. And they did, but the boss came to where I lived and tried to kill them. So I run into the house went straight to the safe where my dad keeps his gun to kill him before he killed me and when I pulled the trigger the gun did not go off. And that was when I woke up. But the guy looked like someone I know but just can't really remember who. 12F:01:XX:XX

I dreamt about some guy wanting to kill me and first he tried to rape me but I fought him and tried to run away from him. It started in a jungle and I kept running trying to escape. He released his lions to catch me and eat me and I woke up screaming because one of them was trying to eat me alive. 12F:10:XX:XX

Had a good sleep, had a good dream to, dreamt that I was taking a road trip. Felt so good. Could see a lot of grass lands, trees and animals. Kept seeing pink roses though in my dream and a goat every now and again 17M:03:XX:XX

4.3.27.23. FRIGHTFUL

Had a nightmare, was like a psychotic dream, about good and evil, it was scary, I can't remember the details 5M:05:XX:XX

Had a nightmare.... don't remember much, other than the fact that I was terrified and someone killed me. 06F:05:XX:XX

Had nightmare last night. 06F:24:XX:XX

Had a dream of my boyfriend saying that I was cheating on him and he hit me really hard and I just woke up from that. It was really frightening. 12F:36:XX:XX

Noticed that I have been having many nightmares about people hurting me or wanting to kill me. I feel weak in the dreams and I cannot defend myself so I wake up scared just before being killed. 12F:37:XX:XX

Dream- terrible. Snakes!!!! Felt long and drawn out torture. Just recalling it makes me feel anxious and fearful. Uneasy. 16F:05:XX:XX

The next dream I had was of another accident, where I was driving my sister's vehicle and I had knocked into someone. At the point of the sound in the dream, I woke up to be covered in sweat. At that point I never slept. I let the day continue. 17M:01:06:XX:XX

I had a horrible dream. Dreamt that I witnessed someone being stabbed in my presence. It happened inside my yard among other people there as well. The person who was stabbed and the person who was stabbing could not be seen. Everyone else in the dream, all known showed no concern towards the incident, everyone carried on as normal. I could only see blood on the floor and sprayed out of the person on the ground. Rather horrific that as I do not like the site of blood in general (I feel weak and uneasy) actually shiver thinking of it right now. This dream makes me feel like something bad is on the horizon and actually frightened that something might actually happen. 17M:12:07:00

06h00- just had a terrible dream, I was locked in a building all alone, one which was a high and empty building with no roof. The sky was visible and dead birds kept on falling through the roof. The body of the bird fell first then the head followed. I could only see blood of the birds along with the bird. The birds were all black, with the head being white and the floor was red from all the blood. Then a headless but an alive chicken fell through and this chicken was running around and even gave birth. At that point in the dream, I threw up but the colour was green. I then broke sleep, I felt like really throwing up, I was stinking with perspiration. What a horrible stench, like something had died in the room. Shirt and upper body were soaking wet. This is the first time this happened during a dream, a piece of that site gives me the creeps. Feel horrified by that site. On the good part I have no sinus which is good but a minor cause for celebration in comparison to that horrific dream. Like a whole bunch of birds just falling, what did I cause the apocalypse in dream. Had a good shower, feel much better that, hope I did seeing that is/ was almost an hour, I felt extremely dirty and creeped out. 17M:28:06:00

I dreamt of me, I was driving my own car, but the car was going faster and faster and I could not stop. I tried to stop it but I was so scared then I woke up and my heart was racing. 23F:06:XX:XX

I slept well, I dreamt about the beach, I was walking on the beach, on the shore and these huge waves come crashing on me and there was a lot of people sitting on the walls at the sand and nothing was happening to them, but the waves still so scary and big. I was scared and my sleep broke. My heart was racing. 23F:07:XX:XX

I dreamt that I was running from someone but I could not see their face but I know I was scared. I was in a place that I do not recognise. 23F:23:XX:XX

4.3.27.24. HAPPY

Had a dream. I was happy. I wanted to bring change and was ready for it. 09:02:XX:XX

Dream made me feel a little happier to help. 16F:XX:XX:XX

Had a good sleep, had a good dream to, dreamt that I was taking a road trip. Felt so good. Could see a lot of grass lands, trees and animals. Kept seeing pink roses though in my dream and a goat every now and again. Anyway, up this morning with no sinus at all, not a sneeze to note, nor an irritating nose, first time in ages that I remember this. Went outside just to make sure, well maybe the drugs is good for something after all. 17M:03:XX:XX

Dreams- I was with old high school friends that I have not seen in years. Not the same friends as in the previous dream. We were at the same sort of pool but was in the middle of nowhere. The pool was in front of a mountain /some large rock was surrounded by a lot of large rocks. (The) pool was not man made but the floor was made up of rocks and there was grass on the side, not covered by rock. I don't remember any colours in the dream except. Everything looked very earthy brown, my friends and I were diving into the pool from the rocks. I dove into the water hoping I would not knock into any of the rocks in the water and hurt myself. I did not feel any fear/ anxiety, but felt carefree and happy to jump into the pool even though I could not see what lay below the water. 21F:01:XX:XX

Dreams- I dreamt I was eating KFC and I was with my cousin at KFC, and we were eating chicken and rolls. I felt so happy and nice. 23F:13:XX:XX

I went to bed early and I had a nice dream, I was playing with my niece and she was quite older and we were very happy but I don't recall of it. 27F:25:XX:XX

4.3.27.25. HOME

4.3.27.25.1. RETURNING HOME DIFFICULT

I had a dream last night. It was a university function but a lot of people from my school was there. We had to go somewhere so I went to move my car, but I was going to this venue with my friends so I just moved it closer to where we would be dropped off. When I was walking towards them for some reason I was quite upset with my friends and then I had to go back to my car. That is when I noticed all of my tyres were flat. I also noticed I parked in front of some German boutique so I mentioned that my car would be staying there and if they could please keep an eye on it. And then suddenly we were driving into Durban. Then next thing I was waking up at one of my friends' houses cause I couldn't get home. 11F:02:XX:XX

4.3.27.25.2. SMALL WINDOWS

I dreamt that I was in a house. I realised the house I was in belonged to an old crush of mine. As I was talking to him I realised that he had a small son. The boy's father went to run the child a bath while leaving him seated on the toilet unattended. When he came back the child had drowned in the toilet bowl after falling in. he rushed him to the bathtub and threw him in the warm water hoping to revive him, but it didn't work. As he started to cry, I took the child and started to perform CPR; despite his father discouraging me. After a few cycles and assistance with breathing, the child was revived. Soon after that armed gunmen entered the house and tried to kill me and my only escape was a small window. 06F:33:XX:XX

I had a dream that seemed to have disturbed me but I tried so hard to remember and I could. The only thing I could remember was the room I was in. it was a round hut that was painted with black all right around and had very tiny windows. I don't quite remember all the events that occurred. 27F:07:XX:XX

4.3.27.26. JEALOUSY

Dreams: strange! I was in the middle of nowhere. There were hills and sand. It looked like a desert area. Everything was earthy (brown). However there was also a beach/ water source close by. I never saw it, but was aware it was there. In my dream there was this person (girl) I'm not sure who she was but she was radiating with jealousy. Her jealousy was directed at me. I was afraid of her and tried to get away from her in the dream you were there too (the researcher). You told me to look at my surroundings and tell you what I see. I told you I see hills, sand and there is water close by (blue). I looked at the girls clothes, they were red and she was holding a snake. You told me to look tell you what type of snake she was holding. But when I looked she was holding a snake skin and not an actual snake. I told you it was a cobra, it was black with white patterns on it. You told me you try and move away while you distract the girl. I got away and you were blowing black sand / powder in her direction. I woke up after that. 21F:14:XX:XX

4.3.27.27. MONEY

Had a weird dream that I was trying to do magic, not sure why, am I trying that hard to disappear. No really I was trying to do magic to make my money accumulate. The when I failed to do so the roof from the house disappeared. Haha, not sure what that means. (He literally wants to escape the present, actually dreaming of it). 17M:23:08:00

I had a very weird dream, I was visiting another room with a sister from church and there was a fellowship meeting and she was rolling these white looking plitted cloths and her husband was talking about honour and I had R100 in my pocket but I didn't give it away so this troubled me in the morning. 27F:32:XX:XX

4.3.27.28. MURDER

Had a nightmare..... don't remember much, other than the fact that I was terrified and someone killed me. 06F:05:XX:XX

I dreamt about someone trying to kill me again, but I can't remember what really happened. 12F:03:XX:XX

I dreamt that my boyfriend and I had a fight which lead us to breaking up. It was because I found out that he was cheating on me so I broke up with him and then he pulled out a gun on me, told me that if he can't have me then no one can and just before he could shoot me I woke up. Which is why I'm so down today because I can't stop thinking about the dream. I called my boyfriend and he said he would never do such a thing. 12F:04:XX:XX

I dreamt about some guy wanting to kill me and first he tried to rape me but I fought him and tried to run away from him. It started in a jungle and I kept running trying to escape. He released his lions to catch me and eat me and I woke up screaming because one of them was trying to eat me alive. 12F:10:XX:XX

Noticed that I have been having many nightmares about people hurting me or wanting to kill me. I feel weak in the dreams and I cannot defend myself so I wake up scared just before being killed. 12F:37:XX:XX

I had a horrible dream. Dreamt that I witnessed someone being stabbed in my presence. It happened inside my yard among other people there as well. The person who was stabbed and the person who was stabbing could not be seen. Everyone else in the dream, all known showed no concern towards the incident, everyone carried on as normal. I could only see blood on the floor and sprayed out of the person on the ground. Rather horrific that as I do not like the site of blood in general (I feel weak and uneasy) actually shiver thinking of it right now. This dream makes me feel like something bad is on the horizon and actually frightened that something might actually happen. 17M:12:07:00

4.3.27.29. POLICE, HE IS

I dreamt that I was a police detective, working undercover in a big bus and I had two colleagues with me, but I did not recognise who they are. It felt so good. I felt good and alive. 23F:19:XX:XX

4.3.27.30. PREGNANT WOMEN

16h00- feeling absolutely hot, had a small nap and a dream of someone being pregnant, don't know why. Don't enjoy this feeling, 2015 has been a lovely year, hasn't it? 17M:24:16:00

Dreamt about children, that I was at my house and I was pregnant. My kids were there and my husband and we were happy. 23F:27:XX:XX

4.3.27.31. PROPHETIC

Just woke up, had a dream that I was travelling by car to Durban, and then suddenly was hit by a motorbike on the passenger side, where I was sitting, I was traveling with a close cousin in a white vehicle, which could easily be identified. The person who was driving the motorbike could easily be seen. That person did not speak and was bleeding really badly. The weird part was when the person wrote with their blood on the white vehicle that "this is just the start of a war". Too much of game of thrones? (a month later, the prover met an accident with the same cousin, a white van on the opposite lane had a tire blow out that hit the side that he was sitting on) 17M:01:06:00

4.3.27.32. PURSUED

I dreamt about some guy wanting to kill me and first he tried to rape me but I fought him and tried to run away from him. It started in a jungle and I kept running trying to escape. He released his lions to catch me and eat me and I woke up screaming because one of them was trying to eat me alive. 12F:10:XX:XX

I had a weird dream. I dreamt that there was a man who injects girls with some sort of drug and the girls would then become unconscious and they would rape them and leave them on the side of the road and they were coming for me and my sleep broke. I was so scared. 23F:12:XX:XX

I dreamt that I was running from someone but I could not see their face but I know I was scared. I was in a place that I do not recognise. 23F:23:XX:XX

4.3.27.32.1. ANIMALS, BY,

4.3.27.32.1.1. BLACK DOG

I had a dream that I was in a rural area, hut made of mud, all alone, by myself, I was attacked by a black dog, the dog was very vicious, rage and stood up of its rare feet. 29F:XX:XX:XX

4.3.27.32.1.2. LION

I dreamt about some guy wanting to kill me and first he tried to rape me but I fought him and tried to run away from him. It started in a jungle and I kept running trying to escape. He released his lions to catch me and eat me and I woke up screaming because one of them was trying to eat me alive. 12F:10:XX:XX

4.3.27.33. RAPE

I dreamt about some guy wanting to kill me and first he tried to rape me but I fought him and tried to run away from him. It started in a jungle and I kept running trying to escape. He released his lions to catch me and eat me and I woke up screaming because one of them was trying to eat me alive. 12F:10:XX:XX

I had a weird dream. I dreamt that there was a man who injects girls with some sort of drug and the girls would then become unconscious and they would rape them and leave them on the side of the road and they were coming for me and my sleep broke. I was so scared. 23F:12:XX:XX

4.3.27.34. ROBBERS

Had a dream of a robbery at current (or not< have 5 floors instead of 2, and have an underground floor) house which was brought by one of the guests staying over. The guest was the same age as me but really spoiled. We gave her a very valuable item but she wanted more so talked about us having more “treasures” at home and where she saw it. Robber(s) overheard this. I was over at my parent’s room when I heard something wrong. Walked over to my cousin’s home to tell him that someone has broke in when my dad walked out of my cousins home with my little niece. My cousin had also just came out of the house and I told both of them this news. My dad went to my parents room – my mom is resting there- and my cousin told me to take my little niece in as he is going upstairs to tell my cousin-in-law. As we parted, the robbers came and started shooting (end). 01F:11:XX:XX

I dreamt that I was in a house. I realised the house I was in belonged to an old crush of mine. As I was talking to him I realised that he had a small son. The boy’s father went to run the child a bath while leaving him seated on the toilet unattended. When he came back the child had drowned in the toilet bowl after falling in. he rushed him to the bathtub and threw him in the warm water hoping to revive him, but it didn’t work. As he started to cry, I took the child and started to perform CPR; despite his father discouraging me. After a few cycles and assistance with breathing, the child was revived. Soon after that armed gunmen entered the house and tried to kill me and my only escape was a small window. 06F:33:XX:XX

I now recall having a dream (from sleeping after 4:45am) about my house being burgled. This person would keep jumping over the fence coming into my property and jumping back into the neighbours garden. And the neighbours were completely oblivious to it, which really infuriated me. 11F:26:XX:XX

I had I dream where I was kidnapped, and taken to a forest where there was a monster that eats people. And I was being guarded by these two men with guns, but I influenced them to help me escape before the boss came back. And they did, but the boss came to where I lived and tried to kill them. So I run into the house went straight to the safe where my dad keeps his gun to kill him before he killed me and when I pulled the trigger the gun did not go off. And that was when I woke up. But the guy looked like someone I know but just can't really remember who. 12F:01:XX:XX

Had a dream that I was going for a function and was held up by robbers and the funny part is it was know people. I woke up immediately and didn't know whether to be shocked or not, anyway time to get a move on with things. 17M:16:XX:XX

Dreamt I caught my boyfriend stealing drugs and I hit him, tense atmosphere, colours- blue, green, black and brown. 24F:14:XX:XX

4.3.27.35. RUNNING

Dreams of running "always running" and very terrified in my dreams. 06F:39:XX:XX

Dreams- I dreamt that I was running from someone but I could not see their face but I know I was scared. I was in a place that I do not recognise. 23F:23:XX:XX

4.3.27.36. SHOT

Dreams- dreamt I got shot on my back and my school friends rushed me to the hospital but no one was attending to me, scary atmosphere. Dreams, shot, being, wounded by a shot, being 24F:13:XX:XX

4.3.27.37. SNAILS

Dream- trapped in a house – escaped – into forest – being chased – found a way out except the pathway is full of snails (so weird). 10F:09:XX:XX

4.3.27.38. SNAKES

Dream- terrible. Snakes!!!! Felt long and drawn out torture. Just recalling it makes me feel anxious and fearful. Uneasy. 16F:05:XX:XX

Dreams- of a snake, cobra snake black and white patterns, it was a person looked jealous emanating through the snake and coming towards me, I noticed the surroundings, deserted hills, water source, she was dressed red, sacred, stand and trying to get away, palpitation, I was in the dream watching. 21F:XX:XX:XX

Dreams: strange! You told me to look at my surroundings and tell you what I see. I told you I see hills, sand and there is water close by (blue). I looked at the girls clothes, they were red and she was holding a snake. You told me to look tell you what type of snake she was holding. But when I looked the was holding a snake skin and not an actual snake. I told you it was a cobra, it was black with white patterns on it. You told me you

try and move away while you distract the girl. I got away and you were blowing black sand / powder in her direction. I woke up after that. 21F:14:XX:XX

4.3.27.39. SPIDERS

Dreams- dreamt there was a big spider in my room and it disappeared when I tried to kill it. I felt so scared because I hate spiders (scared of them), there was a dull atmosphere. 24F:03:XX:XX

4.3.27.40. TRAPPED/ STRANDED

Dream- trapped in a house – escaped – into forest – being chased – found a way out except the pathway is full of snails (so weird). 10F:09:XX:XX

Woke up recalling a dream so I decided to record it right away instead of the end of the day like I normally record. In the dream Y and I find ourselves stuck somewhere, my dreams are usually not so vivid so I'm unsure of where I just had the sensation we were stranded and couldn't get out or back home. During the dream I recall feeling very stressed and on the verge of panic but once I woke up from it I was instantly aware of it being a dream so that stress subsided. 28M:04:XX:XX

I did wake up at around 2 am after having a rather weird dream I had a very colourful dream. The only colours I could see were pink, a very bright shades and red. I was learning how to drive but I had my two little sisters in the car. I was driving a pink car on a red glass bridge. I was unable to control the steering and I tried to stop the car but it just kept on moving until I crashed on the side of the bridge and crashed the glasses and the car fell into the water. I managed to get my two sisters out of the car and they started swimming out towards land but I got stuck and couldn't move. I was beginning to run out of breath in the water and at that instant I woke up and it felt as though I was drowning in real life. I was being unable to breathe in real life. 29F:05:02:00

4.3.27.41. UNREMEMBERED

Dream- weird dream- not scary but weird, actually can't remember details, just a memory of having a dream. 16F:18:XX:XX

No dreams, well if I dream I can't remember me dreaming. 18F:08:XX:XX

Dreams: can't remember. 21F:07:XX:XX

Dreams: can't remember. 21F:13:XX:XX

Dreams: can't remember. 21F:15:XX:XX

Dreams: can't remember. 21F:16:XX:XX

Dreams – can't remember. 21F:28:XX:XX

Dreams- busy but can't remember them. 21F:32:XX:XX

I cannot remember my dreams. 23F:01:XX:XX

Dreamt – I can't remember what I dreamt about. 23F:22:XX:XX

Dream- I do not recall my dream. 23F:24:XX:XX

Don't remember any dreams I had. 27F:06:XX:XX

I had a dream but when I woke up in the morning, I tried so hard to remember it but I couldn't. 29F:00:XX:XX

Nothing unusual, I don't really remember what I dreamt about. 27F:11:XX:XX

DREAMS, unremembered. 27F:XX:XX:XX

4.3.27.42. WATER

I dreamt that I was in a house. I realised the house I was in belonged to an old crush of mine. As I was talking to him I realised that he had a small son. The boy's father went to run the child a bath while leaving him seated on the toilet unattended. When he came back the child had drowned in the toilet bowl after falling in. he rushed him to the bathtub and threw him in the warm water hoping to revive him, but it didn't work. 06F:33:XX:XX

Dreams – I was with old high school friends that I have not seen in years. Not the same friends as in the previous dream. We were at the same sort of pool but was in the middle of nowhere. The pool was in front of a mountain /some large rock was surrounded by a lot of large rocks. (The) pool was not man made but the floor was made up of rocks and there was grass on the side, not covered by rock. I don't remember any colours in the dream except. Everything looked very earthy brown, my friends and I were diving into the pool from the rocks. I dove into the water hoping I would not knock into any of the rocks in the water and hurt myself. I did not feel any fear/ anxiety, but felt carefree and happy to jump into the pool even though I could not see what lay below the water. 21F:01:XX:XX

I was at a house, a double story white houses. It was my house/home in the dream but I have never seen this house before. We were having a family lunch. Family kept on ringing the door bell, I went to check who it was at the door but before getting it i walked past the pool with people I didn't recognise, swimming in formal dresses (evening gowns). The pool was in the lounge area. When I finally opened the door, it was the police, my neighbours complained about the bell that keep ringing. I didn't remember anything else. I felt a little frustrated that no-one answers the door when the bell stand the first few times. 21F:07:XX:XX

Dreams: strange! I was in the middle of nowhere. There were hills and sand. It looked like a desert area. Everything was earthy (brown). However, there was also a beach/ water source close by. I never saw it, but was aware it was there. I told you I see hills, sand and there is water close by (blue). 21F:14:XX:XX

I dreamt about water, it felt like I was drowning and there was a flood. It was just scary and my heart was racing when I woke up. 23F:05:XX:XX

4.3.27.42.1. OCEAN

Dreams at the ocean, I am the observer, seeing my friends on the beach. All the people ran into the water leaving 1 person behind. It felt so sad, that person was now all alone. 03F:XX:XX:XX

I dreamt that I was at the beach with my husband and my cousins. We were relaxing on the sand and talking nonsense like we always do. It was lovely. I was relaxed and calm. 23F:20:12:00

I dreamt about the beach, I was walking on the beach, on the shore and these huge waves come crashing on me and there was a lot of people sitting on the walls at the sand and nothing was happening to them, but the waves still so scary and big. I was scared and my sleep broke. My heart was racing. 23F:07:XX:XX

I had a late night and had a nice calm dream of me at a country house surrounded by water and I was just sitting outside watching the waves 27F:21:XX:XX

4.3.27.43. WEAKNESS

Noticed that I have been having many nightmares about people hurting me or wanting to kill me. I feel weak in the dreams and I cannot defend myself so I wake up scared just before being killed. 12F:37:XX:XX

4.3.27.44. WEDDING

0h30- just had a weird dream, dreamt I was learning how to play music and because I was not catching on very quickly the music coach hit me with the guitar over my head. The funny part was even though the guitar was over my head I was still trying to play it. The weird part was I was learning this at a wedding, where someone was getting married, and I could hear people “booing” me but could not see any one of them. The place was pitch dark with a while light hitting from me back. Also a few days ago, I was telling to someone I would like to learn to play musical instruments. 17M:17:XX:XX

Dreams- I dreamt that my family and I went for a wedding, excited atmosphere, bright colours, red, pink, orange, blur, sliver. 24F:05:XX:XX

Dreams- dreamt about my family and friends that we all went for a wedding, atmosphere was very lively, bright colours, gold/silver, red, pink, turquoise and yellow. 24F:11:XX:XX

4.3.28. FEVER

C-fever (38.2) slight-respiratory cough, M>bed, warmth, sweating, <night, I-8, T-whole day < night, S- rattling cough, substernal pain, feel extremely exhausted from continuous coughing. 21F:24:XX:XX

19:30 Temperature: I am feeling so hot and miserable now, I am sweating on my face and arms. It started about 15 mins ago. 27:XX:XX:XX

4.3.29. PERSPIRATION

4.3.29.1. MORNING

In the early morning hours, I woke up because feel hot and I am sweating. 27F:18:XX:XX

4.3.29.1.1. WAKING ON

When I go to bed I was quite chilly more especially my arms but I woke up in the early hours of the morning (3:00) and I was quite hot and I was sweaty so I removed the blanket and it was much better but my feet were burning and they felt better when I uncovered them. 27F:12:03:00

4.3.29.2. INCREASED

Right armpit smells more sweaty than left armpit. 01F:18:XX:XX

Always feels hot and sweaty (sweated more than usual). 01F:28:XX:XX

Did feel flushed again at around 1pm. Lasted about 3 minutes. Felt so hot that I had to fan myself & started sweating on the upper lip and hairline. 07F:03:XX:XX

Perspiration; Increased odor axillary region. 21F:01:XX:XX

Perspiration- increase in odour, strong sweaty smell. 21F:03:XX:XX

I sweat a lot and it feels like I am salty, I just want to take a shower when I have perspired a lot. 27F:01:XX:XX

4.3.29.3. OFFENSIVE

Perspiration- increase in odour, strong sweaty smell 21F:03:XX:XX

Perspiration- odor, offensive. 21F:07:XX:XX

4.3.29.4. SALTY

I sweat a lot and it feels like I am salty, I just want to take a shower when I have perspired a lot. 27F:01:XX:XX

4.3.30. SKIN

4.3.30.1. DRYNESS

Dry skin present despite using lotion. 06F:23:XX:XX

I am displaying symptoms: peri- orbital puffiness, dry skin. 06F:26:XX:XX

Dry skin and prolonged thirst throughout the day. 10F:21:XX:XX

My whole body is becoming dry. 12F:02:XX:XX

Skin: my skin feels dry and rough. It feels weird. It feels lumpy. 23F:06:XX:XX

Skin- my skin still feels ugly. It is dry. It feels horrible. I washed it and it still feels the same. 23F:07:XX:XX

4.3.30.2. ERUPTIONS

4.3.30.2.1. INFLAMMED

White blister still present & slightly more swollen/ inflamed (redness around it). 04F:28:XX:XX

4.3.30.2.2. RASH

Skin- rash still, skin is oily. 21F:20:XX:XX

Skin: oily, rash improving. 21F:20:XX:XX

Skin-I got a rash, it has not improved it sometimes gets itchy but not intensely. I feels rough on touch. 27F:00:XX:XX

4.3.30.3. ROUGH

Skin: my skin feels dry and rough. It feels weird. It feels lumpy. 23F:06:XX:XX

Skin-I got a rash, it has not improved it sometimes gets itchy but not intensely. It feels rough on touch. 27F:00:XX:XX

4.3.30.4. SOFT

Skin- feels better, it is not so pimply and not rough. It feels softer now. 23F:20:XX:XX

Skin- my skin feel soft and its look much better. 23F:21:XX:XX

4.3.31. GENERALS

4.3.31.1. MORNING AGG

I use to be really active in the morning, it was my best, most refreshed and active time, but now I am at my worst in the morning, more tired than ever. 09F:53:XX:XX

4.3.31.2. COLD

4.3.31.2.1. AGG

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath, weight gain + lack of concentration, cold intolerance, muscular aches, pains and stiffness and dry skin. 06F:26:XX:XX

4.3.31.2.2. DESIRE

Have to have fan on even during cool temperature. 01F:28:XX:XX

Haven't been dealing well with the heat today. Heat just doesn't work with me anymore, I prefer sitting in a cold room. 11F:39:XX:XX

22h00- still boiling hot, humid, this weather makes me feel miserable that's why I prefer the rain and/or winter. Too much of heat is to much to handle. 17M:24:22:00

Anyway of to get some sleep, probably will just sit in front of the aircon until I die or fall of too sleep. 17M:25:22:00

4.3.31.3. COLDNESS

Perspiration – not much today in fact I felt a bit chilly. 27F:02:XX:XX

When I go to bed I was quite chilly more especially my arms but I woke up in the early hours of the morning (3:00) and I was quite hot and I was sweaty so I removed the blanket and it was much better but my feet were burning and they felt better when I uncovered them. 27F:12:03:00

4.3.31.4. DEHYDRATED

Dehydrated feeling throughout the day. 10F:19:XX:XX

Feeling very dehydrated. 10F:27:XX:XX

Noticed that I have been getting quite thirsty the past few days. Feeling dehydrated. 15M:12:XX:XX

Kept getting the sense or feeling of being dehydrated. 15M:16:XX:XX

Drink water feel dehydrated. 26M:13:14:16

4.3.31.4.1. FRUITS AMEL

I feel like I need to take in a lot of vitamin c to help all the dryness. I increased the amount of fruits and fruit juices and that seemed to help. 05M:02:XX:XX

4.3.31.5. ENERGY

4.3.31.5.1. DECREASED

Feel very tired the whole day today but stayed up until 00;00 after having a nap at 19;00. 01F:19:00:00

Tired throughout the day. 01F:39:XX:XX

Energy levels are very low. 01F:XX:XX:XX

Very tired, drained, exhausted. 03F:00:XX:XX

Very tired and lethargic. 03F:11:XX:XX

Working today. So tired. Can't wait to get home. 03F:19:XX:XX

WORK, COUGH, TIRED ... 03F:20:XX:XX

Woke up with a very dry throat (7;30 am) & feeling very tired, along with the craving for a cold beverage. 04F:06:07:30

Increased bowel movement (this mildly relieves the period pain) also tiredness. 04F:09:XX:XX

Very tired throughout the day. 04F:25:XX:XX

Lacked energy today. 06F:20:XX:XX

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy. 06F:26:XX:XX

Feeling a bit tired. 09F:20:XX:XX

Feel a bit tired and drained. But I don't understand why. 09F:21:XX:XX

I feel much better but I'm still tired. I thought it was my diet, but even after eating enough I still feel so tired and drained!!!! 09F:23:XX:XX

I feel like I'm just always yawning, just so tired. 09F:54:XX:XX

Symptoms same as yesterday. Just a lot tired down. 10F:01:XX:XX

Fatigue. 10F:14:XX:XX

Lethargic and tired towards the afternoon and at night. 10F:18:XX:XX

Energy levels definitely started to drop. Very tired. 11F:20:XX:XX

Only had an about average amount of energy, it drops quickly. 11F:22:XX:XX

I can't remark on any changes today. Although energy levels were a bit low.
11F:24:XX:XX

Have been feeling very drained today. 11F:30:XX:XX

Third remedy at 21:00, feeling tired and still no period pains and my mood is ok I'm talking a lot more than usually. 12F:00:XX:XX

I'm still tired as hell but better than what I was yesterday. 12F:02:XX:XX

I feel tired. 12F:05:XX:XX

Really tired today. 12F:06:XX:XX

Feeling really tired, when walking up the steps I feel like I'm out of breath and like I have been running for hours. 12F:06:XX:XX

I'm a little bit tired. 12F:09:XX:XX

Feeling a bit tired. 12F:24:XX:XX

In bed the whole day, very exhausted. 12F:26:XX:XX

Feeling very tired. 12F:27:XX:XX

Very exhausted. 12F:28:XX:XX

Feeling very tired. 12F:36:XX:XX

My sleep isn't refreshing, I'm always feeling tired and exhausted. 12F:37:XX:XX

I was feeling a bit lethargic. 15M:11:XX:XX

I couldn't help but feel tired again today and a bit nervous about exams. 15M:20:XX:XX

Hot day, feeling really, really tired and I never do anything at all 17M:17:07:00

22:00 hot day, feeling really, really tired and I never do anything at all. 17M:17:XX:XX

Feels so lazy, don't what to get any work done. 18F:05:XX:XX

Energy levels are average. 18F:08:XX:XX

Energy 5- I have been up very early to study for a test as the day goes my energy is decreasing, energy 5 at 11:00. 21F:13:11:00

So so tired, try to do research reading but can't find ideas. 22F:05:23:00

Took warm water and lemon, don't feel myself, feel very tired. 22F:15:XX:XX

Energy -low 5. 21F:06:XX:XX

Energy – 3, decreased, few like sleeping, yawning whole day. 21F:20:XX:XX

Energy- 3/10. 24F:00:09:02

Energy – 4/10. 24F:07:09:30

Energy – 3.5/10, very tired, very sleepy. 24F:09:XX:XX

Anxious, nervous, tired. 24F:07:20:15

Thirsty fatigue. 26M:02:17:27

My energy level were 5/10. I was so slow. 27F:02:XX:XX

My energy was quite low today 27F:06:XX:XX

I was just feeling too tired. 27F:07:XX:XX

My energy levels was 5/10 and I was tired but with work to be done there was no rest. I got ready and went to school and I started working on my assignments, it was quite difficult to get a head start. 27F:13:XX:XX

I've been fairly tired today. 28M:05:XX:XX

I felt de-energised today and felt weak throughout the day. 29F:00:XX:XX

Felt tired at all today. 29F:04:XX:XX

I just felt super exhausted and gave up (energy zero). 29F:01:XX:XX

4.3.31.5.1.1. MORNING

I feel so tired again today. I feel like the tiredness is so much worse in the morning. I feel like I could do anything but I'm too tired to do it at the same time. I know there is a lot of work to do but I just have no energy. 09F:22:XX:XX

Didn't go to campus, not ill but extremely tired. Just want to sleep in. 09F:34:XX:XX

Noticed energy levels to drop at about 9:30 – peaked around 12. 11F:20:XX:XX

Fatigue started to set in at around 8am although I do feel like I can conquer the world today! 11F:39:XX:XX

Feeling a bit tired this morning and it went on all day. I even crashed in the afternoon when I fell asleep for an hour at 5pm. 15M:09:XX:XX

This morning I have been feeling very tired, I did not go to the gym and took the morning off. 15M:12:XX:XX

My legs just felt heavy as if I had to drag them when I had to move, I couldn't lift them up properly and I failed to finished my leg of jogging in the morning, I just felt super exhausted and gave up (energy zero). 29F:01:XX:XX

Still not feeling very energetic. Couldn't wake up early in the morning. 29F: 12: XX: XX

4.3.31.5.1.1. WAKING ON

Wakes up tired. 01F:39:XX:XX

Wake up-tired and fatigued. 26M:06:07:22

I woke up late not very refreshed but ate and continued to watch movies and series-energy levels is 4/10. 27F:18:XX:XX

4.3.31.5.1.2. NOON

Was feeling extremely fatigued in the middle of the day. Appetite was not so great. 15M:17:XX:XX

Feeling quite tired in the middle of the day. 15M:19:XX:XX

Tired by 10pm for the last few days, I have to go to sleep by then. I wake up refreshed but by midday my energy is to an all-time low. 15M:23:XX:XX

Had an interesting day. Completely fatigued by the middle of the day, but went out with friends. 15M:03:XX:XX

4.3.31.5.1.3. AFTERNOON

From about 2pm I was exhausted. 11F:03:14:00

Energy dropped at 2pm, I was finished again. Slept and chilled a bit and regained some energy just after 4pm. 11F:21:14:00

At around 11am the fatigue wore off. It however set in again at approximately 2:30pm. 11F:39:14:30

I no longer have energy at the afternoon. 27F:01:XX:XX

4.3.31.5.1.4. EVENING

Energy levels lowered at 5pm. 11F:19:17:00

At 5pm I was exceptionally tired and could barely keep my eyes open. 11F:36:XX:XX

Feeling a bit tired this morning and it went on all day. I even crashed in the afternoon when I fell asleep for an hour at 5pm. 15M:09:XX:XX

4.3.31.5.1.5. NIGHT

Was extremely exhausted last night. 15M:08:XX:XX

I got to bed and passed out. 27F:04:XX:XX

I had an early night as I was quite tired and my body was a bit sore. 27F:27:XX:XX

4.3.31.5.1.6. EXERTION AGG

Since I walked a lot today I was quite tired so I an early night. 27F: 14: XX: XX

My legs just felt heavy as if I had to drag them when I had to move, I couldn't lift them up properly and I failed to finished my leg of jogging in the morning, I just felt super exhausted and gave up (energy zero). 29F:01:XX:XX

Exhausted, did more walking than usual, feet hurt, knees hurt, exhausted!
16F:00:XX:XX

4.3.31.5.1.7. HEADACHE DURING

Debilitating, throbbing pain, can feel the pain towards my forehead, like someone is hitting my head with a hammer, feeling very weak and lifeless. 17M:11:15:00

Headache- vertex- throughout spine, just feel weak, went to do work, had H/A worse throughout the evening. 22F:20:18:30

4.3.31.5.1.8. INFUENZA DURING

I seem to have picked up the flu, I feel tired and down. 13F:01:XX:XX

I feel miserable I still got the flu, so I'm not feeling good. I want to climb into bed and be in a warm place. 23F:08:XX:XX

4.3.31.5.1.9. IRRITABILITY WITH

I feel miserable, my whole body is sore, I just want to climb into bed. I feel cold and I don't want to do any work. I just feel tired and irritable. I feel better when I lie down under the blanket. It gets worse when I am doing house work and washing dishes and cloths. 23F:09:XX:XX

4.3.31.5.1.10. MENSES DURING

Menstruation- started this morning, dark brown blood, small quantity, I was aware of the cloths passing through., craved coffee, energy started to decrease thereafter.
21F:19:XX:XX

4.3.31.5.1.11. POOR CONCENTRATION

Energy levels have been relatively average. Struggled to study a bit but was not as much as previous days. 11F:27:XX:XX

Got home feeling quite drained so I just chilled and never got around to studying.
11F:37:XX:XX

4.3.31.5.1.12. RAIN AGG

Exhausted due to traffic in the rain. 10F:25:XX:XX

4.3.31.5.1.13. SHOWER AMEL

Still continue with tiredness but wakeful (especially after shower). 01F:27:XX:XX

4.3.31.5.1.14. SITTING AMEL

I am still feeling quite tired and I just want to sleep. I feel more relaxed and at peace when I am just sitting and not doing any anything. 29F:03:XX:XX

4.3.31.5.1.15. SLEEP, DESIRE TO

Increased exhaustion. I spent most of the day sleeping or relaxing in bed. I slept from 10pm till 7 am.... woke up for a little then went back to bed for the rest of the day. I just feel so tired. 09F:53:XX:XX

Woke up feeling a bit weak and more tired than usual so slept most of the day.
06F:07:XX:XX

Very slow, minimal energy so I slept in both of lectures. 06F:31:XX:XX

At 13:00 I feel so tired that I don't want to do anything like I can't cope I need to take a taxi back home to sleep. 09F:26:13:00

In the morning I was still tired. I didn't want to come out of bed. I enjoyed my sleep too much. As I woke up I was so tired, it just doesn't get better. 09F:27:XX:XX

Stayed in bed the whole day. So exhausted. 09F:29:XX:XX

Nose congested again very tired at 18:00 even fell asleep watching TV for 10 minutes.
11F:00:18:00

Energy levels dropped at 10:15. Had a 20-minute nap. 11F:05:10:15

Energy levels dropped at 3pm. Slept for about 45minutes. 11F:09:15:00

I took the remedy at 6:29 and I have not been in a bad mood since, also do not have any period pains as yet. I'm just feeling tired; I wish I could go to sleep. 12F:00:00:00

Took the next remedy at 7:30, I had to force myself to wake up today. My energy level is low. I went to only one class today because I was just too tired to be in class. When I got to my res I slept for almost the whole day. 12F:01:XX:XX

Took the last one at 20:15. I'm tired and just want to go to sleep. 12F:01:XX:XX

A bit tired. I have been in bed the whole day. I feel so drained and so very sleepy.
12F:18:XX:XX

I'm really tired and I did not do anything the whole day, I just wanted to sleep. I don't want to be around people or noise. 12F:35:XX:XX

Tired by 10pm for the last few days, I have to go to sleep by then. I wake up refreshed but by midday my energy is to an all-time low. 15M:23:XX:XX

Feel tired , I'm just drop on bed and I'm gone. 22F:10:21:00

Extremely, tired and sleepy, body is tired, want to sleep Energy – 3/10, very tired.
23F:01:XX:XX

I want to sleep the whole day. I feel tired and sleeping makes it feel better. I usually sleep on my left side, but now my nose is dripping so I have to have my body on my left side and my head has to be facing upwards. It is really uncomfortable. 23F:06:XX:XX

When I got to res, I was just tired and not interested in studying as it was a lot and I felt overwhelmed so I just slept and woke up pretty late and started studying than. I covered most of it but I was going to deprive myself of sleep so I slept when I felt tired.
27F:08:XX:XX

I have been dragging myself around the place all day. All I wanted to do was sleep and not do anything. 29F:01:XX:XX

My energy levels have been extremely low. All I want to do all day is just sit in front TV or just sleep. 29F:02:XX:XX

I am still feeling quite tired and I just want to sleep. I feel more relaxed and at peace when I am just sitting and not doing any anything. 29F:03:XX:XX

4.3.31.5.1.16. SLEEPLESSNESS WITH

Feel tired but no desire to sleep. 01F:20:XX:XX

Still continue with tiredness but wakeful (especially after shower). 01F:27:XX:XX

4.3.31.5.1.17. STOMACH PAIN DURING

Stomach cramps/pain is back after a while, just before a game too utterly annoying, looks like I can't play. Also feeling rather drowsy and tired. 17M:02:XX:XX

4.3.31.5.1.18. VERTIGO WITH

At approximately 7pm I suddenly felt extremely weak as if I was about to pass out.
11F:29:XX:XX

I was shivering a lot in the morning and felt quite faint/ weak. Happened around 9am – 11:30 am. 11F:16:09:00

13h50 while I was walking my eyes went totally black (like a blackout) and I felt dizzy. The rest of the day I felt really tired and it seems like everything I do takes a lot of efforts. 12F:04:13:50

Energy levels are low and tending to be dizzy when I try to move. I am actually hungry but I don't have the energy to eat, not sure if an empty stomach is causing my head to pain. 17M:11:15:00

4.3.31.5.2. INCREASED

I also feel like I'm on a buzz. 10F:00:XX:XX

More energy today than yesterday. Energy @ 8/10 today. 03F:02:XX:XX

I feel a bit energetic. Energetic, cleaned the whole house and worked (also a first). 09F:06:XX:XX

Feels like I could start over. Fresh as an ice cream. I feel a lot of energy in my system, like I can take on the world. 09F:26:XX:XX

I feel much better and I feel like I can take on the world. The energy seems to be there. 09F:32:XX:XX

I feel better, my mood feels lifted, I feel like I can take on the world, but the confidence to do so is just not there, only the energy seems to be there. 09F:33:XX:XX

I had the energy to do everything. I studied for my second test. Emotionally I feel a bit down. 09F:43:XX:XX

Studying has been much easier today in terms of fatigue. 11F:02:XX:XX

No real qualms about today. Had some increased energy after lunch. 11F:11:XX:XX

Today was a good day, slept really well, about 8 hours, feeling refreshed. Was full of energy. 11F:28:XX:XX

Not tired at all, feel energetic and ready. 12F:14:XX:XX

Not tired at all. 12F:15:XX:XX

I feel very active today. 12F:34:XX:XX

I have lots of energy. 13F:01:XX:XX

My energy levels are very high. 13F:06:XX:XX

Been feeling quite energetic for the past few hours 15M:10:XX:XX

Woke up feeling great. Had a fantastic day treating patients at a sports event and was not tired at the end of the day. 15M:02:XX:XX

Quiet energised 16F:00:XX:XX

07h00- Indifferent morning and sleep that was, fell off to sleep eventually at 1h30 this morning, even though I slept late but don't feel tired, lazy or sleepy at all. 17M:13:XX:XX

My energy levels seem to be balanced. 18F:06:XX:XX

Energy -10. I feel very restless, can't sit too long without having the urge to get up and do something. 21F:11:XX:XX

Abundant physical energy. 21F:11:XX:XX

I feel happy, I have lots of energy. I did all the work and cleaned the outside of my house. 21F:21:12:00

My energy levels are 9. Changed, normally I don't have energy at this time, but now I feel energised. 23F:00:XX:XX

Energy – 8/10 Very energetic. Wide awake whole day even though I didn't eat, Very focused on my paper 23F:01:XX:XX

I feel energised and good. 23F:12:XX:XX

I feel energised and I can't stop smiling. I have so much life brought back into me. I feel really good. 23F:14:XX:XX

I feel very energised today. Today I am going to do all the ironing and vacuum the whole house. I want to set the kids wardrobe and cook. I have energy today; I feel like I can do a lot today. 23F:18:08:00

I feel relaxed and I have energy. I did lot of work today. Cleaned the whole house and the fridge, washed clothes and cooked now, I want to relax and listen to music. 23F:20:XX:XX

I have a lot of energy and I feel like cleaning the house a lot. 23F:23:XX:XX

I feel happy and energised. I am so HAPPY and it's all because I got a call for a JOB and I got IT. So I am so happy. 23F:25:XX:XX

I feel energised. 23F:26:XX:XX

I feel happy and energised. I feel like doing a lot of house a working and cooking. So I am going to busy myself with all of that. 23F:27:XX:XX

Very happy, energetic, feeling excited to study, I can concentrate more (attention span has increased, I studied from 7 pm till 12 am without any disturbances, and I remembered my work to the tee, I was like an energy bunny) 24F:00:19:35

Energy – 9/10. I'm very hyper, feel like doing a lot of crazy like: swimming (I can't swim), scuba diving, mountain climbing, dancing in the rain, screaming, talking to a parrot
24F:00:19:35

My appetite and energy simultaneously increase. 24F:00:XX:XX

Stomach and brain. Seeing my books set off my energy to studying- feeling very excited and motivated to study, I can concentrate more, t- 10 mins after I took time dose, this is very unusual to me s- it's a jumping /thrilling sensation, like adrenalin rush.
24F:00:19:35

Energy – 8/10. 24F:06:20:15

I was hyper managed without food. I was absolutely energetic with very little sleep.
24F:XX:XX:XX

Energy increased, used to have motion sickness and I used to sit in the back seat of the car, now I love the adrenaline rush I want to sit in the front seat of the cars and love fast car driving. 24F:XX:XX:XX

Today I was very energetic and driven to do task I have been putting off. 27F:01:XX:XX

I felt refreshed and had a buzz to get going, used it all for studying. 27F:03:XX:XX

My energy level were high. 27F:03:XX:XX

I was quite energetic. 27F:07:XX:XX

My energy levels were back to normal and I am feeling almost 100% after the flu.
28M:00:XX:XX

Fairly full of energy today. 28M:08:XX:XX

Great sleep last night and I woke up and went for a jog on the road for the first time in months. Ive been meaning to get back into road running again in ages but haven't had the time or energy to do so. Felt great to be back and I hope to keep it up as I find I had to feel good for the rest of the day and have more energy. 28M:10:XX:XX

Although I didn't manage to wake up early to go jogging I was feeling quite energetic.
29F:04:XX:XX

4.3.31.5.2.1. MORNING

Had to wake up exceptionally early this morning to work at a sports event. Didn't get more than 5 hours of sleep. Was quite startled by my alarm. Had lots of energy from 5am till 8am. 11F:09:XX:XX

I feel good despite the fact that I am sick, I got up around 5am and started doing house work. I washed all the mats in my house and all the blankets, I have energy now.

23F:07:XX:XX

I had a late morning. I was feeling quite energetic (6/10) more than the other days.

27F:19:XX:XX

4.3.31.5.2.1.1. WAKING ON

Woke up at 3:30am. Feel very good/ fresh/ energetic. Energy 9/10. 07F:03:XX:XX

Woke up with a lot of energy – slept again and then woke up tired – terrible idea.

11F:19:XX:XX

I woke up energised. 23F:07:XX:XX

4.3.31.5.2.2. NOON

Noticed energy levels to drop at about 9:30 – peaked around 12. 11F:20:XX:XX

4.3.31.5.2.3. AFTERNOON

Was “active” again at 4pm. 11F:39:16:00

4.3.31.5.2.4. EVENING

Energy levels high around 5pm. 10F:22:XX:XX

4.3.31.5.2.5. MENSES DURING

I feel very irritable because of my menstruation. I have a lot of energy so I decided to spring clean my whole room and scrub the yard. I feel like I want to be busy all the time.

23F:12:XX:XX

4.3.31.6. FEELING FAT/ THIN

Also feeling very fat today. 11F:31:XX:XX

I would have said that I was going for a jog but who am I kidding. I am already fit enough and if I got any more thin I would disappear. 17M:23:16:00

4.3.31.7. FOOD AND DRINKS

4.3.31.7.1. ALCOHOL

4.3.31.7.1.1. AGG

On the other hand, had a hectic headache, that could have been a hangover, might have had too much to drink last night. 17M:23:08:00

4.3.31.7.1.2. AVERSION

Really in need of something to put my mood in the right place, the way it used to be- thought drinking for 3 days recently would make it better but drinking alcohol makes matters worse- it just makes you think more and wont to say the truth more (in that I mean the things you actually feel, which I try to avoid but in recent times I start to speak). 17M:28:22:00

I seem to just lose my temper around my husband, he drinks every day. Alcohol annoys me now. 23F:22:XX:XX

4.3.31.7.1.3. DESIRE

Actually feel like having a drink now, double brandy on the rocks would go down well. 17M:09:22:00

It's December and I can't believe I am feeling this way. Hate it, definitely need to do something today, perhaps a drink (alcohol) 17M:17:XX:XX

Still felt like having a drink, cracked that deal on a 10-year-old brandy, had 3 doubles, awkward and strange drinking with no company but still went down rather smoothly. Sometimes the best company to keep is no company. Felt like drinking more but let's save some if I know things well, it's only a slight drizzle now so let's keep some for some upcoming thunderstorm. 17M:19:22:00

08h00- got up today, had a drink last night again for 2 days a row now. 17M:23:08:00

22h00- been drinking from 8pm again. 10-year-old brandy, rather smooth and mellow. Will have a few more than go to bed. This probably not good for the research but I honestly don't care. 17M:23:22:00

4.3.31.7.1.4. WINE DESIRE

Had a glass of red wine. 22F:07:18:30

I am craving some red wine today, nice natural sweet red wine and nik nak chips. 23F:16:XX:XX

4.3.31.7.2. BASMATHI RICE DESIRE

Craves tea, coffee, chocolates, sweet stuff, basmathi rice. 11F:40:XX:XX

4.3.31.7.3. BREAD

Today I felt like peanut butter with bread and I ate just that. 27F:08:XX:XX

4.3.31.7.4. CAKES DESIRE

Craving for cakes. 03F:29:XX:XX

Appetite is usually very high during exam time however now it is much less, but I have been craving starchy food as well as sweet things, like chocolates and cakes. I have noticed that I'm eating much healthier now. 15M:23:XX:XX

Appetite- significantly craved Ice cream, craved cake, missed home cooked food. Av to oily food. 27F:XX:XX:XX

4.3.31.7.5. CANNIBIS DESIRE

Craved – smoking weed. 24F:XX:XX:XX

4.3.31.7.6. CARBONATED DRINKS DESIRE

Had nice coke for work past no time 22F:05:XX:XX

CRAVE – FIZZY DRINKS. 24F:XX:XX:XX

I woke up feeling like drinking a cool drink and I bought it. 27F:31:XX:XX

4.3.31.7.7. CHEESE CRAVES

Generalities- I do feel like eating some pasta, nice cheesy pasta with hot sauce. I am also craving hot sauce. 23F:08:XX:XX

4.3.31.7.8. CHICKEN DESIRE

Craving fast food – KFC, PIZZA, CHICKEN LICKEN. 03F:22:XX:XX

Dreams- I dreamt I was eating KFC and I was with my cousin at KFC, and we were eating chicken and rolls. I felt so happy and nice. 23F:13:XX:XX

Ate chicken and mushroom pie (I stopped eating pie for many years as it used to cause me to throw up and funny enough I began to crave pie and ate it without any side effects) 24F:00:19:35

Feeling for chicken and mayo pie. 24F:03:15:25

Ate 2 roasted chicken pies, drank cold drink (I used to aggravate on eating pie- I used to vomit when I used to eat it. Now I craved pie and love it so much that I eat it every Friday.) 24F:15:16:35

Craved Buffalo wings, craved spicy crunch burger. 24F:XX:XX:XX

Craved- Fried chicken, chips. 26M:30:21:22

Craved – water, pizza, all sorts of chicken. 26F:XX:XX:XX

4.3.31.7.9. CHIPS

4.3.31.7.9.1. AGG

Lays chips agg. 21F:00:XX:XX

4.3.31.7.9.2. CRAVE

I am craving some red wine today, nice natural sweet red wine and nik nak chips
23F:16:XX:XX

My appetite has increased greatly. I am eating more than usual and every time I feel nervous I just get myself a packet of chips or just something to snack on. 29F:25:XX:XX

4.3.31.7.10. CHOCOLATE

4.3.31.7.10.1. AMEL

I ate a chocolate “instead” of sleeping – the sugar helped me stay awake/alert

Slept at 9:45pm. 07F:02:XX:XX

4.3.31.7.10.2. DESIRE

Crave chocolates, chips and junk food. 01F:27:XX:XX

Easter Monday. Went looking for eggs in the garden (Easter tradition). So much chocolates to last till forever. Love chocolate. 03F:07:XX:XX

Want to eat junk (chocolates) and salty foods. 10F:08:XX:XX

Been craving a lot of chocolate today. 11F:13:XX:XX

Still craving chocolate. Predominantly around early afternoon and dinner time.
11F:14:XX:XX

Was really craving chocolate today. Mainly around meal times and late afternoon – 5pm was probably the most prominent time. 11F:27:XX:XX

Still craving chocolate. More towards the morning though. Before lunch. 11F:28:XX:XX

Been craving chocolate more than usual. 11F:30:XX:XX

Took the second powder at 16:19, I have already eaten 2 times right now and it does not seem like I’m getting full. And I keep feel like eating chocolate. 12F:01:XX:XX

I really want something with chocolate. 12F:12:XX:XX

Appetite is usually very high during exam time however now it is much less, but I have been craving starchy food as well as sweet things, like chocolates and cakes. I have noticed that I’m eating much unhealthier now. 15M:23:XX:XX

Craved a dark chocolate. 22F:18:21:45

Appetite-craving for chocolate, feeling for junk food. 24F:02:16:20

I craved chocolate so I bought it but it made me very thirsty so I went and bought ice cream. 27F:27:XX:XX

4.3.31.7.11. COFFEE DESIRE

Craves tea, coffee, chocolates, sweet stuff, basmathi rice. 11F:40:XX:XX

Increased tea and coffee intake today (3 cups tea + 1 cup coffee). 11F:23:XX:XX

Craving coffee. 21F:09:XX:XX

Menstruation- started this morning, dark brown blood, small quantity, I was aware of the cloths passing through., craved coffee, energy started to decrease thereafter.

21F:19:XX:XX.

4.3.31.7.12. COLD DRINKS DESIRE

Woke up with a very dry throat (7;30 am) & feeling very tired, along with the craving for a cold beverage. 04F:06:07:30

4.3.31.7.13. DONUTS

Generals: 11:15 I have been craving for some donughts, so I made some, it was good. It satisfied me. 23F:00:11:15

4.3.31.7.14. DRIED FISH

I felt like eating dry fish chutney kitchery. So I am going to make some. 23F:27:XX:XX

4.3.31.7.15. EGGS AVERSION

Aversion to the smell of eggs. 11F:43:XX:XX

4.3.31.7.16. FOOD THAT AGG, DESIRE

Tingling sensation in my stomach. Makes me hungry. Increased appetite. Giving me craving to eat things I don't usually eat. 24F:00:XX:XX

Ate chicken and mushroom pie (I stopped eating pie for many years as it used to cause me to throw up and funny enough I began to crave pie and ate it without any side effects). 24F:00:19:35

Ate 2 roasted chicken pies, drank cold drink (I used to aggravate on eating pie- I used to vomit when I used to eat it. Now I craved pie and love it so much that I eat it every Friday.) 24F:15:16:35

4.3.31.7.17. FRIED FOOD

4.3.31.7.1. AGG

Went out for dinner, had fried food which made me need the toilet urgently. 11F:06:XX:XX

4.3.31.7.17.2. DESIRE

Dreams- I dreamt I was eating KFC and I was with my cousin at KFC, and we were eating chicken and rolls. I felt so happy and nice. 23F:13:XX:XX

Craved- Fried chicken, chips. 26M:30:21:22

4.3.31.7.18. GUM DESIRE

Also wanting to chew bubblegum, it has been a real craving. It's become a habit now to chew gum whilst studying so now associate studying with chewing bubblegum. 11F:27:XX:XX

4.3.31.7.19. HEALTHY FOOD DESIRE

I've reduced my carbohydrate intake; I need to be healthy and keep active. 06F:10:XX:XX

I have not eaten anything since breakfast and have only been drinking water and eating fruit (an apple and mango). 17M:00:15:00

Even though I have a great appetite I am trying to limit myself on the amount of food I eat. I only had cornflakes for breakfast and about 5 cups of tea with milk for the rest of the day. I also had a salad in the evening. 29F:12:XX:XX

4.3.31.7.20. ICE CREAM DESIRE

Craving ice cream. 03F:22:XX:XX

Had 3 meals, craving for ice cream. 12F:15:XX:XX

Full, craving magnum ice cream 24:05:21:30

Not hungry, ate ice cream. 24F:15:19:55

ICE CREAM. 26M:03:03:32

Appetite- significantly craved Ice cream, craved cake, missed home cooked food. Av to oily food. 27F:XX:XX:XX

I had no appetite just felt like ice cream too bad the machine at the shop. (machine stopped working) 27F:04:XX:XX

I did not urinate much today but my thirst was increased and as I drank water, I became more thirsty so I resorted to ice cream Which suppressed my appetite but my thirsty was quenched. 27F:07:XX:XX

I know that today I was going to spoil myself so I rested and waited till the sun went down and took a walk to a centre and bought myself pizza and some yogurt but I actually craved ice cream but it was okay. 27F:21:XX:XX

Appetite- craved ice cream. 27F:21:XX:XX

I craved ice cream. 27F:29:XX:XX

Significantly craved Ice cream. 27F:XX:XX:XX

4.3.31.7.21. MEAT DESIRE

Really feeling for some meat (meat /steak/chops). 16F:00:XX:XX

Generals: I feel like eating hot stew, nice mutton stew with full veggies, with a nice cup of hot tea makes me feel better, my appetite is normal. 23F:06:XX:XX

I just wanted something meaty and salty. 27F:08:XX:XX

Woke up craving meat and made mince for breakfast to go with the bread and lemon tea. 27F:10:XX:XX

I had a craving for meat- and I ate it then I went to buy some spicy meat and then I had ice cream. 27F:17:XX:XX

4.3.31.7.22. ROAST LAMB DESIRE

Craving roasted lamb and garlic. 03F:19:XX:XX

4.3.31.7.23. OILY FOOD

4.3.31.7.23.1. AGG

Went out for dinner, had fried food which made me need the toilet urgently. 11F:06:XX:XX

4.3.31.7.23.2. AVERSION

Appetite- significantly craved Ice cream, craved caked, missed home cooked food. Av to oily food. 27F:XX:XX:XX

Aversion to oily food. 27F:XX:XX:XX

4.3.31.7.24. PASTA DESIRE

Generalities- I do feel like eating some pasta, nice cheesy pasta with hot sauce. I am also craving hot sauce. 23F:08:XX:XX

Full, ate macaroni, drank cold drink, feeling for chicken and mayo pie. 24F:03:15:25

4.3.31.7.25. PASTRY DESIRE

Ate chicken and mushroom pie (I stopped eating pie for many years as it used to cause me to throw up and funny enough I began to crave pie and ate it without any side effects) 24F:00:19:35

Full, ate macaroni, drank cold drink, feeling for chicken and mayo pie. 24F:03:15:00

Ate 2 roasted chicken pies, drank cold drink (I used to aggravate on eating pie- I used to vomit when I used to eat it. Now I craved pie and love it so much that I eat it every Friday.) 24F:15:16:35

4.3.31.7.26. PEANUT BUTTER

Today I felt like peanut butter with bread and I ate just that. 27F:08:XX:XX

4.3.31.7.27. PIZZA DESIRE

Crave pizza. 03F:28:XX:XX

Went for pizza's on the beach- Had chicken and lobster for lunch. 22F:01:XX:XX

20: 00 felt like having pitzas (pizza). 22F:12:20:00

Feel like eating margarita pizza. 24F:00:19:35

Craved – water, pizza, all sorts of chicken. 26M:XX:XX:XX

I had been craving pizza. 27F:06:XX:XX

I have been craving salty stuff today, especially pizza. I managed to get a medium sized one and that's all I have had for the day, and a couple of cups of tea. 29F:19:XX:XX

4.3.31.7.28. SALT

4.3.31.7.28.1. AMEL

I really felt like eating sand today but I couldn't find the one I had in the house that's why I ended up having salty stuff which made me feel a little better. 27F:11:XX:XX

4.3.31.7.28.2. DESIRE

Salty foods ++. 03F:10:XX:XX

Craving for heavily flavoured chips. 03F:22:XX:XX

Desire for salt. 03F:27:XX:XX

Want to eat junk (chocolates) and salty foods. 10F:08:XX:XX

I think i have an electrolyte imbalance. I'm feeling quite dizzy and weak and I've been really craving salty food lately which I only noticed today. Had some popcorn with salt at 4pm and feeling much better now. (6:00pm). 11F:38:XX:XX

I had been craving salty food so I bought myself pizza. 27F:06:XX:XX

I still craved for something salty and I actually had chicken samosa for breakfast. My lunch was bread with butter and ham and I could have supper, I was just feeling too tired. 27F:07:XX:XX

I just wanted something meaty and salty. 27F:08:XX:XX

I craved very starchy and salty food, I had pizza on my way from church and had rice with beef stew and mixed vegetables in the evening. 27F:11:XX:XX

Craved for salty food even though wasn't hungry, I just had to find something to with lots of salt. 29F:01:XX:XX

I wanted to only eat salty food and mostly carbs. 29F:02:XX:XX

I have been craving salty stuff today, especially pizza. I managed to get a medium sized one and that's all I have had for the day, and a couple of cups of tea. 29F:19:XX:XX

4.3.31.7.29. SAND

I really felt like eating sand today but I couldn't find the one I had in the house that's why I ended up having salty stuff which made me feel a little better. 27F:11:XX:XX

Craving for sand but didn't manage to get some. 29F:13:XX:XX

4.3.31.7.30. SARDINES DESIRE

Craving tinned sardines (very weird). 10F:08:XX:XX

4.3.31.7.31. SOUR MILK

I felt like sour milk one of my favourite meal and it reminds me of home. 27F:32:XX:XX

4.3.31.7.32. SPICY FOOD DESIRE

Generalities- I do feel like eating some pasta, nice cheesy pasta with hot sauce. I am also craving hot sauce. 23F:08:XX:XX

I drink a lot of tea, I love tea and now that it is cold o drink even more tea. I am still craving spicy food. 23F:10:XX:XX

Still feel like eating hot and spicy food. I love tea I drink anything hot, I like. 23F:11:XX:XX

Craved Buffalo wings, craved spicy crunch burger. 24F:XX:XX:XX

4.3.31.7.33. STARCH DESIRE

Also today was craving a lot of starch and sugar and never seemed to be quite full. 15M:11:XX:XX

Was very thirsty in the morning. Still craving starch/sugar quite a bit today. 15M:13:XX:XX

Woke up feeling a bit groggy today. Craving for starch and sweet things. Feeling quite tired in the middle of the day. 15M:19:XX:XX

Appetite is usually very high during exam time however now it is much less, but I have been craving starchy food as well as sweet things, like chocolates and cakes. I have noticed that I'm eating much unhealthier now. 15M:23:XX:XX

Feel like eating roti, pumpkin and beans. So I cooked some. I enjoying it a lot. 23F:20:XX:XX

I felt like eating dry fish chutney kitchery. So I am going to make some. 23F:27:XX:XX

I craved very starchy and salty food, I had pizza on my way from church and had rice with beef stew and mixed vegetables in the evening. 27F:11:XX:XX

I wanted to only eat salty food and mostly carbs. 29F:02:XX:XX

4.3.31.7.34. SNACKING DESIRE

Discovered a trait (which have continued on during time after taking proving med)- desire to bite on something rather than eat a meal– nails, food, chips, but not on paper, pen or anything that is not edible. 01F:28:XX:XX

Skipped lunch today (only had snacks). No desire to eat. 01F:03:XX:XX

I rewarded myself with some food and snacks because I was quite hungry. 27F:12:XX:XX

My appetite has increased greatly. I am eating more than usual and every time I feel nervous I just get myself a packet of chips or just something to snack on. 29F:25:XX:XX

4.3.31.7.35. STEW DESIRE

Generals: I feel like eating hot stew, nice mutton stew with full veggies, with a nice cup of hot tea makes me feel better, my appetite is normal. 23F:06:XX:XX

I craved very starchy and salty food, I had pizza on my way from church and had rice with beef stew and mixed vegetables in the evening. 27F:11:XX:XX

4.3.31.7.36. SUGARY FOOD

4.3.31.7.36.1. AGG

Sugary foods have also started to make me feel quite ill. We had a waffle at wimpy and although it tasted nice I for once in my life would have preferred a savoury meal. 11F:37:XX:XX

4.3.31.7.36.2. DESIRE

Had a 2L bottle of coke all by myself. Really thirsty. I also really like sugary things now. 12F:20:XX:XX Craves tea, coffee, chocolates, sweet stuff, basmathi rice. 11F:40:XX:XX

Been having serious sugar cravings as well. 15M:04:XX:XX

Also today was craving a lot of starch and sugar and never seemed to be quite full.
15M:11:XX:XX

Was very thirsty in the morning. Still craving starch/sugar quite a bit today.
15M:13:XX:XX

I had a very strong craving for sugar today. A headache came up at the middle of the afternoon. 15M:15:XX:XX

Woke up feeling a bit groggy today. Craving for starch and sweet things. Feeling quite tired in the middle of the day. 15M:19:XX:XX

Feeling stuffed now and had a piece of cheesecake for dessert. That was awesome. 17M:19:22:00

Found some cheese cake, my favourite – home-made but tasted lovely, wasn't enough to have seconds there. 17M:28:22:00

Got a bad sweet tooth recently, probably will end up being a diabetic if I keep eating so much of sugar. 17M:28:22:00

Took a fig at 22:00 felt like having something sweet, don't keep sweet things in house.
22F:15:XX:XX

Generals: 11:15 I have been craving for some donughts, so I made some, it was good. It satisfied me. 23F:00:11:15

I did not have much of an appetite but I bought myself dessert and just enjoy my lunch and I didn't eat anything after that 27F:30:XX:XX

4.3.31.7.37. TEA

4.3.31.7.37.1. AMEL

Generals: I feel like eating hot stew, nice mutton stew with full veggies, with a nice cup of hot tea makes me feel better, my appetite is normal. 23F:06:XX:XX

4.3.31.7.37.2. DESIRE

Increased thirst for tea. 03F:28:XX:XX

Increased tea consumption, 3 cups, 2 of which were 2 hours apart and the other was later in the evening. 11F:16:XX:XX

Increased tea and coffee intake today (3 cups tea + 1 cup coffee). 11F:23:XX:XX

Craves tea, coffee, chocolates, sweet stuff, basmathi rice. 11F:40:XX:XX

I drink a lot of tea, I love tea and now that it is cold o drink even more tea. I am still craving spicy food. 23F:10:XX:XX

Still feel like eating hot and spicy food. I love tea I drink anything hot, I like.
23F:11:XX:XX

Even though I have a great appetite I am trying to limit myself on the amount of food I eat. I only had cornflakes for breakfast and about 5 cups of tea with milk for the rest of the day. I also had a salad in the evening. 29F:12:XX:XX

4.3.31.7.38. UNHEALTHY FOODS DESIRE

Desire unhealthy foods. 03F:27:XX:XX

Craving fast food – KFC, PIZZA, CHICKEN LICKEN. 03F:22:XX:XX

My appetite has increased over these weeks – eat a lot – mostly unhealthy foods.
10F:10:XX:XX

Ate a lot of unhealthy food today. 11F:21:XX:XX

I ate very unhealthily for supper. 11F:33:XX:XX

Been eating very unhealthy recently. 11F:44:XX:XX

I have noticed that I'm eating much healthier now. 15M:23:XX:XX

I just like to sit around all day eating junk and watching TV, now worse than an over reacting teenage girl. 17M:25:22:00

Ate a lot of junk 17M:33:22:00

Dreams- I dreamt I was eating KFC and I was with my cousin at KFC, and we were eating chicken and rolls. I felt so happy and nice. 23F:13:XX:XX

Appetite- hungry, feels like eating McDonalds. 24F:01:XX:XX

Appetite-craving for chocolate, feeling for junk food 24F:02:16:20

I did not have much of an appetite but I bought myself dessert and just enjoy my lunch and I didn't eat anything after that. 27F:30:XX:XX

4.3.31.8. HEAT

4.3.31.8.1. AGG

Haven't been dealing well with the heat today. Heat just doesn't work with me anymore, I prefer sitting in a cold room. 11F:39:XX:XX

What a long day, lovely trip and good time as well. Long drive and but nice to see a different area. Feeling very humid and sticky even though it was very cloudy. Sound barrier in my ears just opened up when I reached Durban, felt nice but is usual whenever I travel. 17M:15:XX:XX

22:00 hot day, feeling really, really tired and I never do anything at all. 17M:17:XX:XX

22h00- still boiling hot, humid, this weather makes me feel miserable that's why I prefer the rain and/or winter. Too much of heat is too much to handle. 17M:24:22:00

4.3.31.9. HOT BATH DESIRE

12: 30 Glad to announce that disappeared, can normality return now, just going to have a bath and cool down. For a while. 17M:00:12:30

4.3.31.10. HEAT SENSATION

Still feel quite hot – had the fan on the whole day today, only switched off at night. But switched fan back on before going to sleep. 01F:03:XX:XX

Increase body temperature (feels hot instead of cold) 01F:07:XX:XX

Still feels hot- have fan on. 01F:28:XX:XX

Have fan on the whole night, directly on me but still feel hot. 01F:28:XX:XX

Have to have fan on even during cool temperature now. 01F:28:XX:XX

Still feels hot today have fan on. 01F:38:XX:XX

Felt quite warm this evening again. At around 18:00. The warm sensation tonight was a little more uncomfortable. 11F:00:18:00

Was feeling quite hot and flustered between 9:30 and 10:30. 11F:34:XX:XX

Feeling quite hot whilst treating my patient. 11F:39:XX:XX

I'm in a bad mood I don't feel like talking to anyone, I don't know why. It feels like I don't have friends and everyone is my enemy today. I'm feeling quite hot today although it's really cold. 12F:03:XX:XX

4.3.31.10.1. MORNING

Woke up at 6 am feeling very hot which lasted until just after 7 am. Heat mostly around the neck and upper back – middle. 04F:02:06:00

When I go to bed I was quite chilly more especially my arms but I woke up in the early hours of the morning (3:00) and I was quite hot and I was sweaty so I removed the blanket and it was much better but my feet were burning and they felt better when I uncovered them. 27F:12:03:00

4.3.31.10.2. DESIRE COLD

Still feel quite hot – had the fan on the whole day today, only switched off at night. But switched fan back on before going to sleep. 01F:03:XX:XX

Have to have fan on even during cool temperature. 01F:28:XX:XX

Still feels hot today, have fan on. 01F:31:XX:XX

Still feels hot today have fan on. 01F:38:XX:XX

Haven't been dealing well with the heat today. Heat just doesn't work with me anymore, I prefer sitting in a cold room. 11F:39:XX:XX

Did feel flushed again at around 1pm. Lasted about 3 minutes. Felt so hot that I had to fan myself & started sweating on the upper lip and hairline. 07F:03:XX:XX

4.3.31.11. FLUSHES

10:28 am had a hot flush lasting about 2-3 minutes. Feels like the heat started at the back of my neck & spread down my back, across my shoulders & down both arms. No sweating. I had just drunk some cold appletizer & eaten an egg. 04F:00:10:28

Took next dose in the afternoon – felt a burst of heat after – like a flushing which lasted about 1 minute then subsided. 07F:00:XX:XX

Did feel flushed again at around 1pm. Lasted about 3 minutes. Felt so hot that I had to fan myself & started sweating on the upper lip and hairline. 07F:03:XX:XX

Hot flushes – lasts a few minutes. 10F:14:XX:XX

Been feeling very hot and sweaty whilst everyone else has been cool. Not wearing very warm clothes on reception duty at varsity. Lasted from 12:30 till about 13:15. Was almost like a hot flush. My feet were particularly warm. 11F:00:12:30

When I go to bed I was quite chilly more especially my arms but I woke up in the early hours of the morning (3:00) and I was quite hot and I was sweaty so I removed the blanket and it was much better but my feet were burning and they felt better when I uncovered them. 27F:12:03:00

4.3.31.12. HEAVINESS

Still not feeling very energetic. Couldn't wake up early in the morning. I have been studying but dozing off a lot. My body just feels heavy when I want to try and do something like cleaning or going to the shops and just feel so lazy and end up deciding just stay inside and not do anything or go anywhere. 29F:12:XX:XX

4.3.31.13. INFLUENZA

Have got flu – runny nose (watery discharge), little/no cough. 01F:20:XX:XX

Feeling fluey 03F:00:XX:XX

Feeling fluey. 03F:10:XX:XX

Received a call from home that my stepmom just passed on. Was so devastated, I felt broken. I began to get flu symptoms that went on for the whole entire day.

09F:28:XX:XX

I have the flu now. My head feel like it's on fire. My entire body is sore. I coughed the entire night. 09F:46:XX:XX

I seem to have picked up the flu, I feel tired and down. 13F:01:XX:XX

My eyes are red, I was rubbing them because they were itchy. My nose is running and my throat is itchy. It feels like I have a flu. 12F:06:XX:XX

4.3.31.14. PAIN

I have the flu now. My head feel like it's on fire. My entire body is sore. I coughed the entire night. 09F:46:XX:XX

My body is still aching, but most other symptoms are gone. 09F:48:XX:XX

I am displaying symptoms: peri- orbital puffiness, Constipation + lack of energy, anaemia + shortness of breath, weight gain + lack of concentration, cold intolerance, muscular aches, pains and stiffness and dry skin. 06F:26:XX:XX

Body hurting form taichi from Thursday. 16F:17:XX:XX

Mind/mood; I am irritable this morning because I have a cold and my whole body is sore. My legs are painning. It feels like someone is punching it hard. 23F:06:XX:XX

I feel miserable, my whole body is sore, I just want to climb into bed. 23F:09:XX:XX

My body felt sore as if I have been over-resting. 27F:15:XX:XX

I had an early night as I was quite tired and my body was a bit sore. 27F:27:XX:XX

4.3.31.15. RAIN

Nice weather we had, had some good rain for about 3 hours, hopefully it can continue throughout the night, really need it. 17M:12:23:00

22h00- still boiling hot, humid, this weather makes me feel miserable that's why I prefer the rain and/or winter. Too much of heat is too much to handle. 17M:24:22:00

The rain is around, got caught in the rain before, and was soaked but actually feels nice playing football in the rain, lovely feeling 17M: 28:22:00

4.3.1.16. SHAKEY

Feeling a little “shaky” 03F:00:XX:XX

For about 20 minutes at about 2pm I was feeling quite weak or rattle shakey.
11F:23:XX:XX

Felt quite faint and weak, mainly in my arms around lunch time, also a bit shakey.
11F:37:XX:XX

4.3.31.17. SLEEP AFTER AMEL

What a day it has been, had a good long nap , from 3 till 7 feel so relaxed now but doubt I’m going to get some sleep anytime soon 17M:03:XX:XX

Slept got quiet a long time, slept early with the intent of waking up early to go jogging but ended up not being able to wake up so I slept for about 10 hours and I still felt sleepy when I woke up. The sleep itself was very peaceful. I had not interrupted it at all
27F:11:XX:XX

Woke up feeling significantly better again. 28M:00:XX:XX

Woke up feeling pretty good after a long sleep. 28M:18:XX:XX

Fair night’s sleep and been feeling pretty good spirits for the past few days.
28M:22:XX:XX

4.3.31.18. SLUGGISHNESS

Very tired and lethargic. 03F:11:XX:XX

Felt sluggish in the morning and felt constipated. 06F:01:XX:XX

Felt a bit sluggish throughout the day. 07F:02:XX:XX

Lethargic and tired towards the afternoon and at night. 10F:18:XX:XX

I was feeling a bit lethargic. 15M:11:XX:XX

Poor night’s sleep as I battled to fall asleep and spent most of the night dozing but not falling into a deep sleep so I had a very long night and even longer day seeing patients. Extremely lethargic and grumpy as I just went a full night’s sleep. 23M:06:XX:XX

Extremely lethargic and grumpy as I just went a full night’s sleep. 28M:06:XX:XX

4.3.31.19. STIFFNESS

I am displaying symptoms: muscular aches, pains and stiffness and dry skin.
06F:26:XX:XX

4.3.31.20. SUPPRESSED COMPLAINTS

Had a very bad headache for the first time in years (used to suffer regularly from headaches). 06F:06:XX:XX

A lot of build up of mucus in the nasal and throat passage -> I've had this problem for a very long time – usually suppressed but now its showing up again. 10F:24:XX:XX

4.3.31.21. WARMTH DESIRE

Want sleep + warmth.03F:12:XX:XX

4.3.31.22. WEIGHTLOSS

My mother said I look like I've lost a bit of weight. 01F:33:XX:XX

My sister are complaining that I'm losing too much weight. 09F:44:XX:XX

4.4. The Repertory of *Garcinia cambogia* 30CH

Rubrics were converted to the standard repertory format: CHAPTER – RUBRIC – sub rubric – sub-sub-rubric. Rubrics were derived from existing rubrics in the *Synthesis Repertorium Homoeopathicum Syntheticum* repertory (Schroyens, 2004). All new rubrics are indicated by NR i.e. New Rubric

The grading of rubrics utilised by Ross (2011: 164) was employed:

- ☐ 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 (indicated by NR) will automatically be graded as Grade 1.

4.4.1. MIND

RUBRIC	FREQUENCY	GRADING	PAGE
Mind, absentminded, dreamy	15	1	1
Mind, abusive	10, 16	1	2
<i>Mind, affectionate</i>	3, 3, 4, 4, 9, 11, 15	2	3
Mind, affectionate, returns affection	3, 4	1	3
Mind, ailments from, anger, suppressed	27	1	4
Mind, ailments from, anxiety	9	1	4
Mind, ailments from, discords, friends between, ones	11	1	4
Mind, ailments from, grief	9, 27	1	5

Mind, alert	1	1	7
Mind, ambition, competitive	10	1	7
<i>Mind, ambition, increased</i>	4, 9, 9, 9, 9, 9, 10, 10, 10, 11, 11, 11, 11, 11, 15, 15, 19, 24, 24, 27, 27, 27, 27, 27, 29	2	7
<i>Mind, ambition, loss of</i>	3, 9, 9, 10, 11, 11, 27	2	7
<i>Mind, anger</i>	10, 10, 11, 16, 16, 16, 16, 17, 17, 17, 17, 17, 17, 17, 17, 17, 23, 23, 24, 24, 28, 29, 29, 29	2	7
Mind, anger, alternating with, cheerfulness	10	1	8
Mind, anger, alternating with, sadness	23	1	9
<i>Mind, anger, easily</i>	10, 16, 16, 23	2	9
Mind, anger, husband with	16, 23, 23, 23, 23, 23, 23	1	NR
Mind, anger, menses before	16, 16	1	10
Mind, anger, sleep, amel	23	1	NR
<i>Mind, anger, trifles at</i>	9, 11, 10, 16, 23	2	10
<i>Mind, anticipation examinations, before</i>	3, 9, 11, 11, 11, 12, 15, 15, 17, 24, 24, 24, 26, 27, 27, 27, 29, 29, 29, 29	2	13
<i>Mind, anticipation examinations, before</i>	9, 10, 10, 15, 27	2	CS
Mind, anticipation, exams from accompanied by nausea	11	1	NR
<i>Mind, antisocial</i>	1, 10, 17, 17, 27, 29	2	14
<i>Mind, anxiety</i>	4, 4, 4, 4, 6, 6, 9, 9, 10, 11, 17, 17, 21, 21, 23, 24	2	14
Mind, anxiety, causeless	4	1	16
Mind, anxiety, family, about his	15, 27	1	18
<i>Mind, anxiety, future about</i>	4, 9, 10, 11, 15, 17, 17, 17, 21, 23, 27	2	18
<i>Mind, anxiety, health about</i>	6, 6, 6, 9, 9, 11, 15, 17	2	18

<i>Mind, anxiety, sudden</i>	4, 9, 17, 17	2	21
Mind, anxiety, weather, stormy weather, during	11, 11, 11	1	22
Mind, attached, fictional characters to	10	1	NR
<i>Mind, aversion, family to members of</i>	11, 11, 11, 11, 1, 17, 23	2	23
Mind, aversion, friends to	11, 11, 11, 17	1	23
<i>Mind, bed, remain in bed, desire to</i>	3, 9, 27	2	25
<i>Mind, benevolence</i>	9, 11, 15, 16	2	25
Mind, biting, desire to	1, 1, 1, 3	1	25
Mind, busy	3, 22	1	27
Mind, cannabis, desire	24	1	NR
<i>Mind, carefree</i>	3, 10, 10, 15, 17, 17	2	27
Mind, change, desire, for	17, 21, 21, 26	1	29
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Mind, cheerful, menses during	13	1	31
Mind, chew, desire to chew	1, 11	1	NR
Mind, clinging, person or furniture, to	26	1	32
<i>Mind, communicative</i>	3, 4, 12, 15	2	34
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Mind, company, aversion to, desire for solitude	1, 3, 10, 11, 12, 12, 13, 17, 17, 21, 23, 27, 29, 29, 29	3	34
Mind, company, aversion, menses during	12	1	34
Mind, company, aversion to, strangers, aversion to the presence of	1	1	34
Mind, company, desire for	3, 3, 3, 3, 9	1	34
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Mind, company, family, amel	3, 27	1	NR
<i>Mind, concentration, active</i>	5, 7, 9, 11, 13, 15, 15, 15, 15, 15, 24, 24, 24, 24, 26, 27, 27, 27, 27, 29	2	35
<i>Mind, concentration, difficult</i> 36	3, 6, 6, 6, 9, 9, 11, 11, 11, 11, 11, 11, 15, 21, 22, 22, 27, 27, 27, 29	2	36
Mind, concentration, difficult, attempting to concentrate	6, 11	1	36
<i>Mind, concentration, difficult, attention, cannot fix</i>	6, 11, 11, 15, 21, 29	2	36
Mind, concentration, difficult, headache with	11	1	36
<i>Mind, concentration, difficult, studying</i>	6, 11, 15	2	36
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<i>Mind, conscientious about trifles</i>	15, 16, 17	2	40
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Mind, delusions, obese, she is	11	1	NR
Mind, delusion, shaking	3	1	NR
Mind, delusion, trapped, he is	23	1	79
<i>Mind, determination</i>	4, 6, 9, 9, 9, 9, 9, 11, 11, 11, 27, 27, 27, 27, 29	2	85
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<i>Mind, dullness</i>	3, 11, 27, 27	2	90
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<i>Mind, ease, feeling of</i>	9, 9, 9, 11, 27, 29	2	93
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Mind, estranged, family from his	11, 17	1	95
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<i>Mind, excitement, nervous</i>	9, 10, 10, 11	2	97

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4.4.2. PHYSICAL RUBRICS

4.4.2.1. VERTIGO

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4.4.2.3. EYE

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4.4.2.4. VISION

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4.4.2.5. EAR

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4.4.2.6. NOSE

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Nose, itching tip	11	1	526
Nose, obstruction, right	11	1	527
Nose, pain	21, 23, 23	1	530
Nose, pain, blowing the nose after	23, 23, 23, 23	1	531
Nose, pain, burning	21, 23, 23	1	531
Nose, pain, pressure, amel	23	1	532
Nose, pain, warm, air, inspiration, amel	23	1	532
Nose, smell, wanting	23	1	538
<i>Nose, sneezing</i>	1, 4, 4, 4, 4, 9, 11, 12, 17, 22	2	539
Nose, sneezing, morning	1, 12, 12	1	539

Nose, sneezing, afternoon	4	1	539
Nose, sneezing night	11	1	539
Nose, sneezing, cold, after taking a	9	1	539
Nose, sneezing, coryza with	1, 1	1	539
<i>Nose, sneezing, frequent</i>	22, 23, 26	2	540
Nose, sneezing, frequent	17	1	540
			CS
Nose, tingling, tip	11	1	542

4.4.2.7. FACE

RUBRICS	FREQUENCY	GRADING	PAGE
Face, discoloration, red, cheeks	9	1	557
<i>Face, dryness</i>	11, 15, 15, 23, 23	2	559
Face, dryness, nose, tip	11	1	560
Face, eruption, night	24	1	560
Face, eruptions, cold application, amel	21	1	NR
Face, eruption, burning	29	1	562
Face, eruption, moisture, amel	27	1	NR
Face, eruptions, nodular	24	1	564
Face, eruptions, nodular, forehead	24	1	564
Face, eruption, painful	24, 24	1	564
Face, eruption, painful, piercing pain	29	1	NR
Face, eruptions, painful, prickling	24	1	NR
Face, eruptions, painful, touch; agg	24	1	564
Face, eruption, painless	27, 29	1	NR
Face, eruptions, pimples	23, 23, 23	1	565
Face, eruptions, pimples cheeks	23, 23, 23	1	NR
Face, eruptions, pimples, chin	11	1	565
Face, eruptions, pimples, forehead	27	1	565
Face eruptions, pimples, mouth, around	11	1	565
Face, eruptions, pimples, mouth, corners of	1	1	565
Face, eruptions, pimples, painful	11	1	565
Face, eruptions, pustules	21	1	566
Face, eruptions, pustules, forehead	21, 29	1	566
Face, eruptions rash	21, 21, 21	1	566
Face, eruption, rash, left side	21	1	NR
Face, eruptions, rash, forehead	21	1	566
Face, eruptions, rash, maxillary	21	1	NR
Face, eruption, small	24, 29	1	567
Face, eruptions, sun, from	27	1	NR
Face, eruptions, vesicles	17, 21	1	567
Face, eruption, warmth, agg	27, 29	1	568
Face, eruptions, white	29	1	NR
Face, eruption, cheeks	23, 23, 23, 23, 24	1	568

Face, eruptions, cheeks	24	1	NR
Face, eruptions, chin	11	1	568
<i>Face, eruptions, forehead</i>	<i>21, 21, 24, 29, 29</i>	<i>2</i>	<i>569</i>
Face, eruptions, forehead, right side	29	1	NR
Face, eruption, nose, inside, right	19	1	566
Face, eruption, forehead, menses, before	24	1	569
Face, greasy	21, 21	1	572
Face heat	17	1	572
Face, heat, accompanied, extreme thirst	17	1	NR
Face, heat, burning	17	1	573
Face, heat, cold, air, amel	17, 17	1	NR
Face, heat, drinking, cold water, amel	17	1	NR
Face pain	17	1	578
Face, pain burning	17	1	581
Face, perspiration, lips, upper	7	1	594
Face perspiration, hairline, along	7	1	NR
Face, rough skin	23, 23	1	595
Face, stiffness, jaws	27	1	596
Face, stiffness, jaw, morning, waking on	27	1	NR

4.4.2.8. MOUTH

RUBRIC	FREQUENCY	GRADING	PAGE
Mouth, discoloration, tongue, white	3	1	615
<i>Mouth, dryness</i>	<i>3, 5, 11, 17, 23</i>	<i>2</i>	<i>619</i>
Mouth, dry, morning, waking on	11, 11	1	620
Mouth, dryness, accompanied by headache	17	1	NR
Mouth, dryness, drinks, amel	5	1	620
Mouth, dryness, tongue	5, 5, 5, 5, 5, 23	1	621
Mouth, dryness, tongue, morning, waking on	5	1	621
Mouth, eruptions, vesicles, lips, inner, side of	4	1	622
Mouth, eruptions, vesicles, lips, lower lip, inside	4	1	622
Mouth, eruptions, vesicles, lips, white	4	1	NR
Mouth, eruptions, vesicles, painful	4	1	622
Mouth, eruptions, vesicles, burning	4	1	622
Mouth, eruptions, burning, eating agg	4	1	NR
Mouth, eruptions, vesicles, burning, salt, agg	4	1	NR
Mouth, eruptions, vesicles, burning, acids agg	4	1	NR
Mouth, indented, tongue	21, 21	1	625
Mouth, indented, tongue, water, salty, amel	21	1	NR
Mouth, mucus membrane, excoriation, tongue	21	1	627
Mouth, mucus membrane, excoriation,	21	1	627

tongue, movement, tongue, agg			
Mouth, odor, bad	15	1	629
Mouth, pain	21	1	630
Mouth, pain, tongue, burnt, as if	21, 21, 23	1	635
Mouth, pain, tongue, motion, amel	21	1	635
Mouth, pain, tongue, burn, as if; water, salty, amel	21	1	NR
Mouth, prickling, gums	27	1	638
Mouth, prickling, palate	27	1	638
Mouth, roughness	21	1	639
Mouth, roughness, tongue	21	1	639
Mouth, salivation, night	27, 27	1	640
Mouth, taste, bitter	3, 23	1	649
Mouth, taste, bitter, tongue, root of	3	1	651
Mouth, taste, sour, morning	15	1	654
Mouth, taste, wanting, loss off taste	21	1	655
Mouth, thick, sensation as if; tongue was	23	1	656
Mouth, tongue, complaints of, one side	21, 23	1	NR

4.4.2.9. TEETH

RUBRIC	FREQUENCY	GRADING	PAGE
Teeth, breaking off	21	1	661
Teeth, breaking off/ eating after	21	1	NR
Teeth, grinding, sleep, agg	27	1	664
Teeth pain	21, 27, 27, 27	1	666
Teeth, pain, morning	27	1	666
Teeth, pain, morning, 11h	21	1	NR
Teeth, pain, cold, drinks, agg	21	1	670
Teeth, pain, cold, food, agg	27	1	670
Teeth, pain, heat, amel	21	1	672
Teeth, pain, pressure, amel	21	1	673
Teeth, pain, molar, upper; right	21	1	679
Teeth, pain, molar, upper, right, throbbing pain	21	1	NR

4.4.2.10. THROAT

RUBRIC	FREQUENCY	GRADING	PAGE
Throat choking	21	1	683
Throat, choking, esophagus, swallowing, agg	21	1	685
Throat – constriction	21, 22	1	685
<i>Throat, dryness</i>	3, 4, 10, 10, 16, 17, 21, 21, 21, 21,	2	688

	21, 21, 21, 21, 21, 21, 21, 21, 21		
Throat, dryness, morning, waking on	4, 4, 4	1	688
Throat, dryness, accompanied by head, pain	17	1	NR
Throat dry, cough during amel	13	1	688
Throat, dryness, eating, amel	4	1	688
Throat, dryness, itching	13	1	689
Throat, dryness, painful	4, 21, 21	1	689
Throat, dryness, thirst, without	21	1	689
Throat, inflammation	1, 3	1	692
Throat, inflammation, alternating with, eyes, sore	28	1	392 CS
Throat, inflammation, painful	1, 3	1	692
Throat, itchy	12, 23, 23	1	694
Throat, pain, fruits, amel	1	1	NR
Throat, irritation, cough, with	3, 3	1	693
Throat, lump, sensation of a	27	1	694
Throat, obstruction	3, 3, 21	1	697
<i>Throat pain</i>	4, 6, 9, 21, 22, 25, 27	2	697
Throat, pain, morning, sore	4	1	698
Throat pain left	27	1	698
Throat pain burning	28, 28	1	699 CS
Throat, pain, cold, after taking a	6, 9	1	700
<i>Throat, pain, sore</i>	4, 9, 10, 21	2	702
Throat, pain, warm drinks, amel	23	1	704
<i>Throat, scratching</i>	11, 11, 11, 11, 11, 11, 13, 15, 15, 21, 21, 21, 21, 21, 23	2	709
Throat, scratching, morning	11, 11	1	709
Throat, scratching, afternoon	11	1	NR
Throat, scratching, evening	11, 15	1	709
Throat, scratching, closed room agg	15	1	NR
Throat, swallowing, difficult	15, 21, 21, 21	1	710
Throat, tickling	11	1	713

4.4.2.11. STOMACH

RUBRIC	FREQUENCY	GRADING	PAGE
Stomach, acidity	10	1	723
Stomach, air, filled with air; as if	29	1	723
Stomach, appetite, capricious	11, 11, 11	1	723
Stomach, appetite, diminished	1, 1, 1, 1, 1, 1, 1, 1,	3	723

	3, 7, 7, 9, 10, 11, 11, 11, 15, 15, 15, 15, 16, 16, 17, 17, 17, 17, 17, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 21, 22, 22, 22, 22, 22, 22, 23, 23, 23, 23, 23, 23, 24, 24, 24, 24, 26, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 29, 29, 29, 29		
Stomach, appetite, diminished, evening	11	1	724
Stomach, appetite diminished, accompanied by biting, desire to	1, 1	1	NR
<i>Stomach, appetite, increased</i>	4, 4, 5, 5, 10, 10, 11, 11, 11, 11, 12, 12, 12, 12, 12, 12, 12, 12, 12, 12, 12, 12, 12, 15, 15, 21, 23, 24, 24, 24, 24, 24, 27, 27, 27, 27, 27, 27, 29, 29, 29, 29, 29	2	724
Stomach, appetite, increased morning	11, 11	1	724
Stomach, appetite, increased, accompanied by nausea	11, 11	1	725
Stomach, appetite, increase, diarrhoea, with	29, 21	1	725
Stomach, appetite increased, headache, during	12	1	725
<i>Stomach, appetite, ravenous</i>	12, 12, 12, 12, 21, 29	2	726
Stomach, appetite, ravenous, diarrhoea, during	21, 21	1	726
Stomach, appetite, wanting, headache, during	26	1	728
Stomach, distension	6, 6, 29, 29	1	732
Stomach, distention, morning	29	1	732
Stomach, distension, sensation of	29	1	733
Stomach, eating, overeating agg	6, 11	1	734
Stomach, flatulence of stomach	27, 27	1	744
Stomach, gurgling	11, 11, 11, 11	1	745
Stomach, heat, sensation off, accompanied by cold limbs	17	1	NR

Stomach, heat sensation of, accompanied by restlessness	17	1	NR
Stomach, heat, cold applications, amel	17	1	NR
Stomach, heat, sensation, standing, amel	17	1	NR
Stomach, heaviness, eating, after; agg	27	1	748
<i>Stomach, nausea</i>	6, 6, 6, 6, 11, 11, 11, 11, 16, 17	2	754
Stomach, nausea, morning, waking on	1	1	755
Stomach, nausea, evening	21	1	755
Stomach, nausea, chocolate after	11	1	NR
Stomach, nausea, cough, during, agg	21, 21, 21	1	758
Stomach, nausea, dreams, from	17	1	758
Stomach, nausea, drinking, water amel	11	1	758
Stomach, nausea, eating , after	22, 22	1	758
Stomach, nauseous, food, smell off	16	1	759
Stomach, nauseous, food, thought of	16	1	759
Stomach, nausea, menses, during, agg	9	1	760
Stomach, nausea, milk, agg	21	1	760
Stomach, nausea, motion, agg	24	1	760
			CS
Stomach, nausea, onions, agg	11	1	NR
Stomach, nausea, pain during, abdomen, in	4	1	761
<i>Stomach, pain</i>	15, 16, 17, 21, 29	2	764
Stomach pain morning	29	1	764
Stomach, pain, evening, cramping	11	1	765
Stomach, pain, night	11	1	765
Stomach, pain, aching	6	1	766
Stomach, pain, bending forward, agg	17	1	767
Stomach, pain, burning, food, after	6	1	768
<i>Stomach, pain, cramping</i>	4, 11, 15, 16, 17	2	769
Stomach, pain, cramping, left	17	1	NR
Stomach, pain, drinking agg	29	1	770
Stomach, pain, drinking amel	11	1	770
Stomach, pain, dull pain	29	1	770
Stomach pain, eating, after, agg, cramping	16	1	770
Stomach, pain, lying, back, on, amel	17	1	773
Stomach pain pressure amel	29	1	774
Stomach pain, pressure, hard pressure amel	29	1	774
Stomach pain pulsating	29	1	775
Stomach, pain, sitting, agg	17	1	775
Stomach, pain, standing, agg	29	1	776
Stomach, pain, standing erect, amel	17	1	776
Stomach, pain, stool, amel	21	1	776
Stomach, pain, stool, causing urging to	24	1	776
Stomach pain, tea, amel	11	1	NR

Stomach, pain, walking agg	29	1	778
Stomach, pain, water, agg	29	1	NR
Stomach, pain, water, desire for	17	1	778
Stomach, pain, extending to, back	29	1	779
Stomach, pain, extending to, back, pulsating pain	29	1	NR
Stomach, retching, cough, with	21	1	782
Stomach, stool, during, amel	27	1	785
Stomach, thirst	1, 3, 4, 5, 10, 10, 10, 10, 11, 11, 12, 12, 12, 12, 12, 15, 16, 16, 17, 17, 17, 17, 21, 26, 26, 26, 26, 26, 26, 26, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 27, 29, 29, 29, 29, 29	3	785
<i>Stomach, thirst, morning</i>	11, 11, 15, 26	2	785
Stomach, thirst, night, waking on	27	1	786
Stomach, thirst, accompanied by fatigue	26	1	NR
Stomach, thirst, cold, water	3, 17	1	787
Stomach, thirst, decreased	1, 1	1	787
<i>Stomach, thirst, extreme</i>	1, 3, 3, 3, 4, 4, 4, 5, 10, 10, 13, 15, 26, 26, 26, 26	2	787
Stomach, thirst, heat, during	17	1	788
<i>Stomach, thirst, large quantities for</i>	1, 15, 15, 15, 17, 21, 24, 26	2	788
<i>Stomach, thirst, small quantities for</i>	21, 21, 21, 21, 21, 21, 27, 27	2	788
<i>Stomach, thirst, unquenchable</i>	1, 15, 17	2	788
Stomach, thirst, waking on	26, 26, 26, 27, 27	1	788
<i>Stomach, thirstless</i>	10, 11, 21, 22, 22, 29, 29, 29, 29, 29, 29, 29	2	788
Stomach tingling	24	1	789
Stomach, ulcers	9	1	790
			CS
Stomach, ulcers, painful, burning	9	1	790
			CS
Stomach vomiting	17	1	790
Stomach, vomiting-drinking after, cold water, agg: immediately after	17	1	793

Stomach, vomiting: type of, headache; during	17	1	796
Stomach, vomiting, type, liquids	17	1	799
Stomach, vomiting, type of, yellow	17	1	801
Stomach, vomiting, type of, yellow, headache, during	17	1	801

4.4.2.12. ABDOMEN

RUBRIC	FREQUENCY	GRADING	PAGE
<i>Abdomen, distension</i>	6, 10, 10, 10, 10, 11, 16, 29, 29, 29	2	809
Abdomen, distension, morning	16	1	809
Abdomen, distension	6	1	809
			CS
Abdomen, distension, evening	4	1	809
Abdomen, distension, evening 19h	4	1	809
Abdomen, distension, eating after	11	1	810
Abdomen, distension, menses, during, agg	4	1	810
Abdomen, distension, menses, before, agg	10	1	810
			CS
Abdomen, distension, pressure, amel	16	1	NR
Abdomen, eruptions, dryness	15	1	NR
Abdomen, eruptions, dryness, left	6	1	NR
<i>Abdomen, flatulence</i>	1, 10, 11, 11, 11, 27, 27, 27, 27	2	815
Abdomen flatulence, obstructed	1, 10	1	815
Abdomen, pain	4, 6, 7, 11, 15, 16, 16, 18, 19, 21, 21, 21, 21, 21, 22, 27	3	826
Abdomen, pain, right	29	1	826
Abdomen, pain, left	19, 22	1	826
Abdomen, pain, morning	21	1	826
Abdomen, pain, noon	23	1	827
Abdomen, pain, night	6	1	828
Abdomen, pain, bed, amel	21	1	NR
Abdomen, pain, bending double, amel	29	1	830
Abdomen, pain, cold, agg	19	1	832
<i>Abdomen, pain, cramping</i>	4, 4, 6, 6, 6, 7, 16, 19, 22, 21, 21	2	832
Abdomen, pain, cramping, accompanied by dysuria	15	1	NR
Abdomen, pain, cutting pain	6, 11	1	833
Abdomen, pain, diarrhea, before	1	1	834
Abdomen, pain, diarrhea, before, cramping	1, 6, 6	1	834

Abdomen, dragging, bearing down	18	1	834
Abdomen, pain, dull pain	21	1	835
Abdomen, pain, lying, amel	4	1	838
Abdomen, pain, menses, before, agg	9	1	838
Abdomen, pain, menses, during, agg	18	1	839
Abdomen, pain, motion, agg	29	1	840
Abdomen pain motion amel	18, 21	1	840
Abdomen, pain, paroxysmal	23	1	840
Abdomen, pain, pressure, agg	19, 29	1	840
Abdomen, pain, pressure, amel	16	1	841
Abdomen, pain, pressure, hard amel	29	1	NR
Abdomen pain, pulling pain	18	1	NR
Abdomen, pain rest amel	29	1	841
Abdomen, pain, sharp	16, 21, 21, 23, 27	1	NR
Abdomen, pain, stool, after, amel	4, 21	1	843
Abdomen, pain, stool, after, amel, cramping	21	1	843
Abdomen, pain, stool, before, agg	1, 4	1	843
Abdomen, pain, throbbing	23	1	NR
Abdomen, pain, waking on	21, 21, 21	1	845
Abdomen, pain, warm, drinks amel	21, 21	1	846
Abdomen pain warmth amel	18, 21, 21, 21	1	846
Abdomen, pain, hypochondria, left	4	1	848
Abdomen, pain, hypogastrium	4, 21	1	856
Abdomen, pain, hypogastrium, sitting, agg	4	1	857
Abdomen, pain, hypogastrium, sitting, bent forward, agg	4	1	858
Abdomen, pain, hypogastrium, stretching, amel	4	1	858
Abdomen, pain, iliac region	21	1	859
Abdomen, pain, pelvis, menses, during, agg	18	1	869
Abdomen, pain, ribs, below false	23	1	870
Abdomen, pain, umbilicus, cramping	22	1	876
Abdomen, pain, umbilicus, cutting pain	6	1	876
Abdomen, rumbling	1	1	886

4.4.2.13. RECTUM

RUBRICS	FREQUENCY	GRADING	PAGE
<i>Rectum, constipation</i>	1, 1, 6, 6, 6, 6, 6, 7, 10, 10, 10, 10, 10, 10, 10, 10, 10, 10, 11, 13, 21, 21, 21, 21, 21, 27, 27	2	898

Rectum, constipation	4, 11	1	898
			CS
Rectum, constipation, bread from	10	1	NR
Rectum, constipation, difficult stool	1, 1, 10, 10	1	900
Rectum, constipation, eating, banana, amel	21	1	NR
<i>Rectum, constipation, ineffectual urging and straining</i>	21, 21, 21, 27, 29	2	900
Rectum, constipation, menses, during, agg	4, 12, 12	1	901
<i>Rectum diarrhea</i>	1, 6, 6, 6, 6, 16, 16, 16, 16, 16, 21, 21, 27	2	902
Rectum, diarrhea, morning, 6h	21	1	903
Rectum, diarrhea, night	21	1	904
Rectum, diarrhea, accompanied by nausea	6	1	904
Rectum, diarrhea, burns after	12	1	906
Rectum, diarrhea, eating, after, agg	6, 6, 6, 11	1	907
Rectum, diarrhea, fright after	6	1	908
<i>Rectum, diarrhea, nervous emotions, agg</i>	6, 27, 29	2	909
Rectum, diarrhea, sudden	21	1	910
Rectum, flatus	1	1	913
Rectum, flatus, stool after	27	1	915
Rectum, pain, burning	21	1	923
Rectum, pain, tenesmus	1, 10, 10, 10, 10	1	929
Rectum, pain, anus, burning	21	1	931
Rectum, urging, eating after, agg	29	1	935
Rectum, urging, frequent	1, 21	1	935
Rectum, urging, waking on	27	1	936

4.4.2.14. STOOL

RUBRIC	FREQUENCY	GRADING	PAGE
<i>Stool, balls like</i>	16, 23, 29	2	939
Stool, bloody, menses, during	1	1	939
Stool, brown	23, 24, 24	1	940
Stool, brown, bright	24	1	NR
Stool, brown, dark	21, 21, 21, 24, 24	1	940
<i>Stool, brown, light</i>	21, 21, 21, 21, 21, 21, 21, 24, 24, 24, 24, 24, 24, 24, 29	2	940
Stool, dry	21	1	941
Stool, fatty	27	1	941
Stool, floating in water	21	1	941
Stool, forcible	21	1	941
Stool, forcible, explosion, like an	27	1	941
<i>Stool, frequent</i>	1, 1, 1, 4, 4, 11, 21,	2	941

	29		
Stool, frequent	11	1	941
			CS
Stool, frequent, menses, with	4	1	NR
Stool, green, brownish	29	1	942
<i>Stool, hard</i>	21, 24, 24, 24, 24, 24, 24, 24, 24, 24, 29	2	942
Stool, heavy	24	1	943
Stool, long narrow	23, 24, 24, 24	1	944
Stool lumpy	24	1	944
Stool, muddy	24	1	945
Stool, mushy	11, 24, 24, 24	1	945
Stool, mustard	24, 24, 24, 24, 24, 24, 24	1	NR
<i>Stool, odor, offensive</i>	21, 27, 29	2	945
Stool, rat stool	24	1	NR
Stool, rolls like	24, 24, 24, 24	1	NR
Stool round	24	1	NR
Stool, rough	16	1	NR
Stool, sausage	24, 24, 24, 24, 24, 24, 24, 24	1	NR
Stool, shooting, out	21	1	946
<i>Stool, soft</i>	4, 6, 24, 24, 24, 24, 24, 24, 24, 24, 24	2	947
Stool, soft, then hard	6	1	947
<i>Stool, thin</i>	1, 1	2	947
Stool, thin, pouring, out	21	1	948
Stool, watery	1, 21	1	948
Stool, watery, bloody	1	1	948
Stool yellow	24 24 24 24 24 24 24 24 24	1	949
Stool, yellow, bright	24	1	949
Stool, yellow, brownish	1, 24	1	949
Stool, yellow, dark	24, 24, 24	1	NR

4.4.2.15. BLADDER

RUBRIC	FREQUENCY	GRADING	PAGE
Bladder, pain, urination, during, agg, burning	12	1	956
Bladder, urination, dysuria, painful	15	1	962
<i>Bladder, urination, frequent</i>	10, 11, 21, 21, 21, 21, 27, 27, 27, 29, 29, 29, 29, 29, 29, 29, 29	2	962

Bladder, urination, frequent, night	27, 27	1	963
Bladder, urination, seldom	1, 10	1	967
Bladder, urination, urging	11	1	967

4.4.2.16. URINE

RUBRIC	FREQUENCY	GRADING	PAGE
Urine colour, yellow	24, 29, 29, 29, 29	1	1003
Urine, colour, yellow, bright	24, 24, 24, 24, 24, 24, 24, 24, 24	1	1003
Urine, colour, yellow, dark	27, 29	1	1003
Urine, colour, yellow, light	21, 21, 21, 21, 21, 21, 21, 21, 21, 24, 24, 24, 24, 24, 24, 24, 24, 24, 24	1	1003
Urine, colourless	24, 24, 24	1	1003
Urine, concentrated	27, 27, 29, 29	1	NR
Urine, odor, bloody	29	1	NR
Urine odor offensive	24, 24, 27	1	1006
Urine, odor, expired alcohol	24	1	NR
Urine, odor fishy	24	1	1006
Urine, odourless	21, 21, 21, 21, 21, 21, 21, 29, 29, 29, 29, 29, 29	1	1006
Urine, scanty	24, 24, 29, 29	1	1007
Urine, scanty, afternoon	24	1	1007
Urine, scanty, frequent, and	29	1	1007

4.4.2.17. MALE

RUBRIC	FREQUENCY	GRADING	PAGE
Male genitalia/sex, itching	15, 15	1	1024
Male genitalia/sex, pain	15, 15	1	1025
Male genitalia/ sex, pain, night	15, 15, 15	1	1025
Male genitalia/sex, pain, aching	15	1	1025
Male genitalia/sex, pain, cutting pain	15	1	1026
Male genitalia/sex, pain, pressure agg	15	1	NR
Male genitalia/sex, pain, sleep, agg	15	1	NR
Male genitalia/sex, pain, walking agg	15	1	1026

4.4.2.18. FEMALE

RUBRIC	FREQUENCY	GRADING	PAGE
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Female, genitalia/sex- coition, painful	16	1	1045
Female, genitalia/sex, itching	12	1	1051
Female genitalia/sex, leucorrhoea, albuminous	21, 21	1	1053
Female genitalia/sex, leucorrhoea, brown, menses before	1	1	1054
Female genitalia/sex, leucorrhoea, black	1	1	1054
Female genitalia/sex, leucorrhoea, brown	1	1	1054
Female genitalia/sex, leucorrhoea, bloody	1	1	1054
Female genitalia/sex, leucorrhoea, cold water, amel	1	1	NR
Female genitalia/sex, leucorrhoea, hot water, agg	1	1	NR
Female genitalia/sex, leucorrhoea, menses, instead of	1	1	1056
Female genitalia/sex, leucorrhoea, odorless	21, 21, 21, 21	1	NR
Female genitalia/sex, leucorrhoea, scanty	21	1	1057
Female genitalia/sex, leucorrhoea, thick	21, 21	1	1057
Female genitalia/sex, leucorrhoea, toffee coloured	1	1	NR
Female, genitalia/ sex, leucorrhoea, white	12, 12, 21, 21	1	1057
Female genitalia/sex, leucorrhoea, yellow	24	1	1058
Female, genitalia/sex menses, appear, as if menses would appear	19	1	1060
Female genitalia/sex, menses, bright red	4, 4, 21, 21	1	1060
<i>Female genitalia/sex, menses, brown</i>	1, 4, 18, 29	2	1060
Female, menses, brown dark	1, 21	1	NR
Female, menses, brown, light	21	1	NR
<i>Female genitalia/ sex, menses, clotted</i>	6, 18, 18, 21, 29	2	1060
Female genitalia/sex, menses, clotted	1, 4	1	1060
			CS
Female, menses, clots, dark clots	29	1	1060
Female, genitalia/sex, menses, clotted, first day	18	1	1060
Female, genitalia/sex, menses, clotted, gelatinous, bright blood	18	1	1060
Female, menses, clots, hard	24	1	NR
Females, menses, clotted, followed by, weakness	21	1	NR
<i>Female genitalia/sex, menses, copious</i>	4, 6, 6, 18, 18, 21, 21, 21, 21, 29	2	1061
			CS
Female, genitalia/sex, menses, copious, motion, agg	18	1	1061
<i>Female genitalia/sex, menses, dark</i>	4, 16, 18, 21, 24, 29	2	1062

Female genitalia/ sex, menses, dark	9, 11, 11	1	1062 CS
Female genitalia/sex, menses, early too	1	1	1062
Female, genitalia/sex menses, late; too	18	1	1063
Female genitalia/sex, menses, offensive	1	1	1064 CS
Female genitalia/sex, menses, painful	9, 18, 18, 18, 18	1	1064
<i>Female genitalia/ sex, menses, painful</i>	1, 1, 1, 4, 4, 9, 9, 12, 12, 12, 13, 23	2	1064 CS
Female genitalia/sex, menses, painful, bending double, amel	24	1	1064
Female genitalia/sex, menses, painful, eating, amel	24	1	NR
Female genitalia/sex, genitalia/sex, painful, motion amel	18, 21, 21	1	1065
Female genitalia/sex, menses, painful, pressure, amel	9, 24	1	1065
Female genitalia/sex, menses, painful, sleep, amel	24	1	NR
Female genitalia/sex, genitalia/sex, menses, painful, warmth amel	18, 18, 21	1	1065
Female genitalia/sex, menses, scanty	4, 21, 21	1	1066
Female, genitalia/sex, menses, scanty	11, 11	1	1066 CS
Female genitalia/sex, menses, short too	11	1	1066 CS
Female genitalia/sex, pain, dull	21	1	NR
Female genitalia/sex, pain, exertion, physical, amel	4	1	NR
Female genitalia/sex, pain, heat, amel	4	1	NR
Female, pain, menses, before	21	1	1074
Female, pain, menses, during, pressing pain	18	1	1074
Female, pain, menses during, squeezing	24	1	NR
Female, pain, menses during, stitching	24	1	1074
Female, pain, menses during, throbbing	24	1	NR
Female, genitalia/sex, pain, motion, agg	21, 29	1	1074
<i>Female genitalia/sex, pain, pressure, amel</i>	4, 9, 24	2	1075
Female, genitalia/sex, pain, pulling	18	1	NR
Female, pain, uterus, cramping	11	1	1080
Female genitalia/sex, pain, uterus, menses, during, agg, squeezed as if	29, 29	1	1081
Female genitalia/sex, sensitiveness ovaries	11	1	1088
Female, genitalia/sex, sexual- desire, diminished	16	1	1088
Female, genitalia/sex - sexual desire,	16	1	1088

increase

4.4.2.19. LARYNX AND TRACHEA

RUBRIC	FREQUENCY	GRADING	PAGE
Larynx and trachea, voice, lost	9	1	1109
Larynx and trachea, voice, low	27	1	1109

4.4.2.20. RESPIRATION

RUBRIC	FREQUENCY	GRADING	PAGE
<i>Respiration, difficult</i>	3, 5, 6, 21, 29	2	1120
Respiration, difficult, morning	5	1	1120
Respiration, difficult, breakfast, amel	3	1	1122
Respiration, difficult, palpitations, during	21, 23	1	1125
Respiration, difficult, walking, agg	12	1	1127
Respiration, difficult, walking upstairs, agg	12, 12	1	NR

4.4.2.21. COUGH

RUBRIC	FREQUENCY	GRADING	PAGE
Cough, afternoon, 14h	23	1	1136
<i>Cough, night</i>	4, 9, 21, 23	2	1136
Cough, choking	21	1	1140
Cough, cold, air, agg	21	1	1140
Cough, cold, water, agg	21	1	1141
Cough, constant	1, 22	1	1141
<i>Cough, dry</i>	3, 4, 17, 17	2	1143
Cough, dry, night	4	1	1144
Cough, dry- cold, drinks, agg	17	1	1144
Cough, dry, drinking, after, amel	4	1	1144
Cough, expectoration, amel	21, 22	1	1146
Cough, expectoration, impossible	21	1	1146
Cough, hard	3	1	1148
Cough, hoarse	21, 21	1	1149
Cough, intermitting	22, 22	1	1150
Cough, irritable	3	1	1150
Cough, loose	3, 3, 21	1	1151
Cough, loose, expectoration, loose	21	1	1152
Cough, loose, expectoration, without	21	1	1152
Cough, motion, agg	3	1	1153
Cough painful	21	1	1154
Cough, painful, night, agg	21	1	1154
Cough, painless	17	1	1154

Cough, rattling	21	1	1156
Cough, spasmodic	21	1	1160
Cough, suppression, agg	3, 3	1	1162
Cough, talking, agg	3, 3	1	1162
Cough, tickling throat in	4	1	1163
Cough, tired, agg, when	3	1	1163
Cough, warm, drinks, amel	21, 21	1	1165
Cough, weather, change of weather	21, 21	1	1165

4.4.2.22. EXPECTORATION

RUBRIC	FREQUENCY	GRADING	PAGE
Expectoration, brownish	23	1	1171
Expectoration, clear	22	1	NR
Expectoration, copious	22	1	1171
Expectoration difficult	21, 21, 22, 22	1	1171
Expectoration, difficult, weak to cough out; too	21, 22	1	1171
Expectoration easy	22	1	1171
Expectoration, eating, after	22, 22	1	1172
Expectoration, exertion, agg	22	1	NR
Expectoration, thick	22, 23	1	1175
Expectoration, watery	22, 22, 22	1	1176
Expectoration, white	23	1	1176

4.4.2.23. CHEST

RUBRIC	FREQUENCY	GRADING	PAGE
<i>Chest, congestion</i>	11, 11, 11, 11, 22, 22, 22, 23	2	1183
Chest, congestion, eating, agg	22	1	NR
Chest, constriction	11, 15	1	1183
Chest, constriction, expiration, agg, during	11	1	1184
Chest, dryness	6	1	1187
Chest, eruptions, dry	6	1	1188
Chest, eruptions, axilla, left	21	1	1189
Chest, eruptions, dry, mammae below	6	1	NR
Chest, heat, accompanied by cold feet	17	1	NR
Chest, itching	22	1	1199
Chest, mucus, lungs	11	1	1201
Chest, oppression: accompanied by respiration difficult	17	1	1203
<i>Chest, pain</i>	9, 9, 21, 21, 21, 22, 22, 23, 23, 23, 23, 23, 23	2	1205

Chest, pain, right	9	1	1205
Chest, pain, left	9	1	NR
Chest, pain, afternoon	23	1	1206
Chest, pain, night 1206	9, 9	1	1206
Chest, pain, burning	23	1	1208
Chest, pain, boring pain	23	1	1208
Chest, pain, cough, during; agg	23, 23, 23, 23	1	1209
Chest, pain, cutting	27	1	1210
Chest, pain, home, agg	9	1	NR
Chest, pain, lying, back on, amel	9	1	1212
Chest, pain, pressing pain	9	1	1213
Chest, pain, sleep, during	9	1	1215
Chest, pain, sore	23, 23, 23	1	1215
Chest, pain, stitching pain	9, 9, 27	1	1215
Chest, pain, warm drinks, amel	23	1	1217
<i>Chest, pain, mammae</i>	6, 9, 21, 22	2	1229
Chest, pain, mammae, menses, before, agg	10, 13	1	123
			CS
Chest, pain, mammae, motion, agg	22	1	1231
chest, pain, mammae, sore	6	1	1231
Chest, pain, mammae, touch, agg	22	1	1231
Chest, pain, sternum	21, 27	1	1246
Chest, pain, sternum, cough, with	21	1	1247
Chest, pain, sternum, inspiration, agg	27	1	1247
Chest, pain, sternum, stitching pain	27	1	1248
Chest, palpitation of heart	6, 21, 21	1	1250
Chest, palpitation of heart, right side	21	1	NR
Chest, palpitations of the heart, breathing, deep, amel	21	1	1252
Chest, palpitations, headache during	21	1	1253
Chest, perspiration, axillae	1	1	1256
Chest, perspiration, axillae, offensive	1, 21, 22	1	1257
Chest, perspiration, axillae, offensive, right	1	1	NR

4.4.2.24. BACK

RUBRIC	FREQUENCY	GRADING	PAGE
Back, heat, morning, waking on	4	1	1277
Back, heat, cervical region	4, 4	1	1277
Back, heat, cervical region, extending down back	4	1	1277
Back heat, flushes	4	1	1277
Back, heat, flushes, morning	4	1	1277
Back, heat, flushes, extending to – up the back	4	1	1277

<i>Back, pain</i>	9, 10, 11, 12, 15, 18, 18, 18, 18, 18, 23, 23, 27	2	1282
Back, pain, morning, bed, agg, in	11	1	1282
Back, pain, cold, agg	18	1	1285
Back, pain, jar, agg	18	1	1287
Back, pain, menses, during, beginning of menses; agg	18	1	1288
Back, pain, pounding	23	1	NR
Back, pain, pressing pain	18	1	1289
Back, pain, pulsating pain	23, 29	1	1289
Back, pain, sharp pain	18	1	NR
Back, pain sore	23	1	1290
Back, pain, stitching	23	1	1291
Back, pain, walking, agg	29	1	1292
Back, pain, warm, application, amel	23, 23	1	1293
Back, pain, cervical, region	11, 18	1	1294
Back, pain, cervical region, left	18	1	1295
Back, pain, cervical region, left, sprained; as if	18	1	1295
Back, pain, cervical region, morning	11, 11	1	1295
Back, pain, cervical region, morning, waking on	18	1	1295
Back, pain, cervical region, cramping	18	1	1296
Back, pain, cervical region, heat, amel	18, 18, 18	1	NR
Back, pain, cervical region, motion, agg	18, 18	1	1297
Back, pain, cervical region, sitting, erect, amel	18	1	NR
<i>Back, pain, lumbar region</i>	11, 18, 27	2	1315
Back, pain, lumbar, menses, during, agg	10	1	1321 CS
Back, pain, lumber region, sitting agg	27	1	1323
Back, pain, lumbar, sore	11	1	1324
Back, pain, lumbar region, extending to groin, menses; during		1	1327
Back, pain, sacroiliac region, right	15	1	1333

4.4.2.25. EXTREMITIES

RUBRIC	FREQUENCY	GRADING	PAGE
Extremities, coldness	17	1	1356
Extremities, coldness, legs, heat; with body of	17	1	1362
Extremities, coldness, upper arms	27	1	1364
Extremities, coldness, upper limb, bed in	21	1	1364

Extremities, dryness, cold, agg	11	1	NR
Extremities, dryness, feet, soles	11	1	1384
Extremities, dryness, hands	11, 11, 11, 11	1	1384
Extremities, eruptions	17, 17, 17, 21	1	1385
Extremities, eruption red	17	1	1386
Extremities, eruptions, forearm	17	1	1388
Extremities, eruptions, forearm, tattoo on	17	1	NR
Extremities, eruptions, hands, rash	11	1	1390
Extremities, eruption, painless	17	1	NR
Extremities, eruptions, upper arms	1, 21	1	1396
Extremities, eruptions, upper arm, pustules	17, 21	1	1396
Extremities, eruptions, upper limb	17, 17, 21	1	1397
Extremities, eruptions, upper limb, painless	17	1	NR
Extremities, eruptions, upper limb, pustules; large	17	1	1398
Extremities, eruption- upper limb, right	17	1	NR
Extremities, eruptions, upper limb, red	17	1	1398
Extremities, eruptions-upper limb, vesicular, itching	17	1	1398
Extremities, ganglion, wrist, on	27, 27	1	1404
			CS
Extremities, heat, feet	11, 11	1	1405
Extremities- heat- feet- burning, uncovering them	27	1	1405
Extremities heaviness	29	1	1409
Extremities, heaviness, legs	29	1	1411
Extremities, heaviness, leg, morning	29	1	1411
Extremities, heaviness, leg, walking agg	29	1	1411
Extremities, heaviness, shoulders	9	1	1412
Extremities, inflammation feet	11	1	1413
Extremities, itching, legs	5	1	1419
Extremities, itching, upper limbs	5	1	1423
Extremities, numbness	22	1	1430
Extremities, numbness, waking on	15	1	1431
<i>Extremities pain</i>	3, 6, 11, 16, 17, 17, 17, 17, 17, 17, 17, 18, 22, 23, 23, 23, 23, 24, 24	2	1437
Extremities, pain, burning	23, 24, 24	1	1439
Extremities, pain, cramping	17	1	1440
Extremities, pain, pounding	17	1	NR
Extremities, pain, pulsation	17	1	1442
Extremities, pain, shooting	17	1	1444
Extremities, pain, sore	17	1	1444
Extremities, pain, ankle, right	17	1	1446

Extremities, pain, ankle, sore	17	1	1449
Extremities, pain, ankle, stepping	17	1	1449
Extremities, pain, feet	21	1	1456
Extremities, pain, feet, heels, right	21	1	1461
Extremities, pain, feet, heel, walking agg	21	1	1463
Extremities, pain, feet, sore	11	1	1458
Extremities, pain, fingers	17, 17, 17, 17, 17, 17	1	1467
Extremities, pain, finger, right	17, 17	1	1468
Extremities, pain, finger, sore	17	1	1469
Extremities, pain, fingers, first	17, 17	1	1470
Extremities, pain, finger, first, right	17, 17	1	1470
Extremities, pain, finger, first, broken; as of	17	1	1470
Extremities pain knee	16	1	1499
Extremities, pain, knees, right, dull pain	11	1	1500
Extremities, pain, knee, left	3, 16	1	1500
Extremities, pain, knee, left, sore	16	1	1500
Extremities, pain, knees, night	11	1	1501
Extremities, pain, knees, crossing legs, agg	3	1	1502
Extremities, pain, leg	17, 17, 17, 23	1	1510
Extremities, pain, leg, cramping	17	1	1512
Extremities, pain, shoulders	22	1	1532
Extremities, pain, shoulders, right	6, 11, 23	1	1532
Extremities, pain, shoulder, right, burning	23	1	1532
Extremities, pain, shoulder, burning	23, 23, 24, 24	1	1535
Extremities, pain, shoulder, shooting pain	23	1	1537
Extremities, pain, shoulders, warmth, amel	23	1	1538
Extremities, pain, thighs	17, 17, 17, 17, 17, 17	1	1540
Extremities, pain, thigh, cold application	17	1	NR
Extremities, pain, thigh, lingering	17	1	NR
Extremities, pain, thigh, motion, agg	17	1	1543
Extremities, pain, and thigh, pounding	17	1	NR
Extremities, pain, thigh, pulsating	17	1	1544
Extremities, pain, thigh, recurring	17	1	NR
Extremities- pain, thigh, sensation, something moving inside, as if	17	1	NR
Extremities, pain, toes, first	6	1	1557
Extremities, pain, wrist	6, 18, 18, 18	1	1575
Extremities, pain, wrists, right	6	1	1575
Extremities, pain, wrist, left	18	1	1575
Extremities, pain, wrist, bending, agg	18	1	1576
Extremities, pain, wrist, cold application, amel	18	1	NR
Extremities, pain, wrist, motion, agg	18, 18	1	1576

Extremities, pain, wrist, rotation, agg	18	1	NR
Extremities, perspiration, foot, burning with	27	1	1584
Extremities, perspiration, upper limb	21, 21	1	1586
Extremities, stiffness, knees	3	1	1595
Extremities, stiffness, knees, cold, agg	3	1	NR
Extremities, stiffness, knees, heat, amel	3	1	NR
Extremities, twitching, shoulders	11	1	1618
Extremities, weakness, legs, ascending stairs agg	27	1	1628
Extremities, weakness, upper limbs	11	1	1631
Extremities, nails, brittle	6	1	1635
Extremities, nails, growth of nails, slow	5	1	1636
			CS

4.4.2.26. SLEEP

RUBRIC	FREQUENCY	GRADING	PAGE
Sleep, comatose	22	1	1641
Sleep, deep	22, 27	1	1642
<i>Sleep, disturbed</i>	11, 11, 11, 11, 11, 18, 21, 23, 24, 24, 27	2	1643
Sleep, disturbed, morning	18	1	1643
Sleep, disturbed, coldness during	23	1	1643
Sleep, disturbed, noise by slightest	27	1	1644
<i>Sleep, falling asleep, difficult</i>	4, 6, 11, 21, 22, 23, 24, 27, 27, 28	2	1646
Sleep, falling asleep difficult	5, 5, 5	1	1646
			CS
Sleep, falling asleep, late	1	1	1646
Sleep, heavy	27	1	1647
Sleep, interrupted	21, 27, 27	1	1647
Sleep, light	23, 27	1	1647
Sleep, need of sleep, great	3, 3, 3, 3	1	1648
<i>Sleep, position, abdomen on</i>	3, 11, 21, 21, 21, 24	2	1648
Sleep, position, back on, arm, head; lying over	22	1	1648
Sleep, position, back; on, hands- head, over the	21	1	1648
<i>Sleep, position, changed frequently</i>	5, 6, 21, 21, 23	2	1649
Sleep, position, limbs on	3, 15	1	NR
<i>Sleep, prolonged</i>	1, 11, 11, 17, 17, 23, 23, 23, 23, 23, 23, 23, 23, 23,	2	1650

	23, 23, 23, 23, 23, 23, 23, 23, 23, 23, 24, 27, 27, 28, 28, 29, 29, 29, 29, 29, 29 29, 29		
Sleep, prolonged, day time	17, 17	1	1650
Sleep, restlessness	27, 27	1	1650
Sleep, semi- conscious	23, 27	1	1651
<i>Sleep, short</i>	1, 4, 11, 11, 11, 11, 11, 11, 11, 15, 15, 17, 22	2	1652
<i>Sleep, sleepiness</i>	11, 12, 17, 17, 17, 27, 27, 27, 27, 29, 29, 29, 29, 29, 29, 29	2	1652
<i>Sleep, sleepiness, daytime</i>	4, 5, 6, 7, 9, 9, 9, 11, 11, 11, 12, 12, 12, 12, 27, 21, 29	2	1652
Sleep, sleepiness, morning	3	1	1653
<i>Sleep, sleepiness, afternoon</i>	17, 21, 29, 29, 29, 29	2	1653
Sleep, sleepiness, afternoon, 13h	21	1	1653
Sleep, sleepiness, afternoon 15h	17	1	1653
Sleep, sleepiness, evening, 19h	1	1	1654
Sleep, sleepiness, headache, during	1	1	1656
<i>Sleep, sleepiness, overpowering</i>	3, 3, 3, 7, 9, 9, 9, 11, 11, 11, 11, 11, 11, 11, 11, 12, 12, 12, 12, 15, 15, 26, 27, 27, 27, 29, 29, 29, 29, 29, 29, 29, 29	2	1657
Sleep, sleepiness walking about amel	11	1	1658
<i>Sleep, sleeplessness</i>	7, 10, 17, 21, 21, 21, 21, 21, 21, 21, 21	2	1658
Sleep, sleeplessness, morning 4h	21	1	1659
<i>Sleep, sleeplessness, night</i>	4, 7, 10, 10, 11, 15	2	1659
Sleep, sleeplessness, night, midnight before	4	1	1659
Sleep, sleeplessness, night, midnight until	1	1	1659
Sleep, sleeplessness, night, midnight, before, 2h until	1	1	1659
Sleep, sleeplessness, midnight before – 2 or 3h until	1	1	1660

Sleep, sleeplessness, midnight before, 3h until	10	1	1660
Sleep, sleeplessness, accompanied by, heart complaints of	21	1	1661
Sleep, sleeplessness, cough; from	21, 21, 21, 21, 23, 23, 23	1	1662
Sleep, sleeplessness, headache from	21	1	1663
Sleep, sleeplessness, heat, sensation of, from	1	1	1663
Sleep, sleeplessness, pain; from: abdomen	21	1	1664
Sleep, sleeplessness, showering after	1	1	NR
<i>Sleep, unrefreshing</i>	1, 1, 12, 18, 21, 21, 21, 23, 23, 27, 27	2	1667
<i>Sleep, unrefreshing</i>	5, 7, 7, 11, 11, 21, 22, 23, 23, 23, 23, 23, 23, 23, 23, 23, 23, 24, 27, 28, 29, 29, 29, 29, 29, 29, 29, 29	2	1667 CS
<i>Sleep, unrefreshing fever during</i>	21, 21, 27, 28, 28	2	1667
Sleep, waking, night	27	1	1668
<i>Sleep, waking difficult</i>	1, 3, 11, 11, 11, 11, 11, 12	2	1669
<i>Sleep, waking, early too</i>	4, 6, 6, 6, 7, 7, 7, 7, 11, 11	2	1669
Sleep, waking, early too, asleep late and falling	4	1	1669
Sleep, waking, easy	11	1	1669
Sleep, waking frequently	11, 11	1	1669
Sleep, waking, frequent	5	1	1669 CS
Sleep, waking, fright as from	6	1	1670
<i>Sleep, waking, late too</i>	1, 11, 11, 11, 27, 27, 27, 28	2	1670
Sleep, waking, noise from slightest	11, 11, 11	1	1670
Sleep, waking, pain with	6	1	1671
Sleep, waking, pain, with, neck in	6	1	NR
Sleep, waking, shocks from	11, 11	1	1671
Sleep, waking, sudden	6, 11	1	1671
Sleep, yawning	9	1	1671

4.4.2.27. DREAMS

RUBRIC	FREQUENCY	GRADING	PAGE
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Dreams, accidents	17, 17, 29	1	1675
Dreams, accident, car with a	17	1	1675
Dreams, anger	21,21, 21	1	1676
<i>Dreams, animals</i>	16, 17, 17, 21, 21, 24	2	1676
Dreams animal goat	17	1	NR
Dreams, anxious	16, 28	1	1677
Dreams, beaten, being	12, 17	1	1677
Dreams, betrayed, having been	12, 24	1	1677
Dreams, black	24, 27	1	NR
Dreams, blood	17, 17, 17	1	1677
Dreams, brown	21	1	NR
Dreams, pink	17, 24, 24 ,24 ,24 , 24 ,24 , 24	2	NR
Dreams, buildings, big seeing	1	1	1678
Dreams, calm	16, 17, 21, 23, 27, 28	1	NR
Dream, carefree	21	1	NR
Dreams, cats	21	1	1678
Dreams, change of	9	1	NR
Dreams, children, rescuing of	6	1	1679
Dreams, coition	27	1	1679
Dreams, control loss of	29	1	NR
Dreams, cooking	3	1	1681
<i>Dreams, colour</i>	17, 21, 24, 24, 24, 24, 24, 24, 24, 24, 24, 24, 29	1	NR
Dreams, communication	17, 23	1	NR
Dreams, dead, birds	17	1	NR
<i>Dreams, dead of the</i>	21, 24	1	1680
Dreams, dead, people of the, relatives	24	1	1681
Dreams, death	6	1	1681
Dreams, death of a friend	6	1	1381
Dreams, disappearing	17	1	NR
Dreams, disobeyed	21	1	NR
Dreams, driving	11, 17,17, 23, 28, 29	1	NR
<i>Dreams, drowning, people are drowning</i>	6, 23, 29	2	1682
Dreams, drugs, of	24	1	NR
Dreams, duality	5	1	NR
Dreams, eating, chicken	23	1	NR
Dreams, escape	6,10,12,28,	1	NR
Dreams, evil of	5	1	1683
Dreams, examination, failing an exam	24	1	NR
Dreams, examination, missing an exam,	24	1	1683

oversleeping from			
Dream, examinations, stationary, falling	17	1	NR
<i>Dreams, examinations, unprepared for an exam</i>	17, 24, 24, 24, 27	2	1683
<i>Dreams, falling</i>	6, 17, 17, 26, 26	2	1683
Dreams, falling, height, from a	6	1	1683
Dreams, family	13, 24	1	1684
<i>Dreams, fear followed by</i>	16, 17, 21, 23	2	1684
<i>Dreams, fights</i>	12, 13, 17, 21, 24	2	1684
<i>Dreams, forest</i>	10, 12, 12, 17	2	1684
<i>Dreams, forsaken</i>	17, 19, 28	2	1684
<i>Dreams, frightful</i>	5, 6, 6, 12, 12, 12, 12, 16, 16, 16, 17, 17, 17, 17, 23, 23, 23, 24	2	1685
Dreams, grief	6	1	1685
<i>Dreams, happy</i>	9, 16, 17, 21, 23, 27	2	1686
Dreams, helping, people	16	1	1686
Dreams, high places	21	1	1686
Dream jealousy	21	1	NR
Dreams, money	17, 27	1	1689
Dream, mountains	28	1	NR
Dreams, murder	6, 12, 17	1	1689
Dreams, murdered being	6, 12, 12, 12, 12	1	1689
<i>Dreams, nightmares</i>	5, 6, 6, 12, 12	2	1689
Dreams, parties, pleasure off	24, 24	1	1690
Dreams: police	23	1	1690
Dreams, pregnant, being	23	1	1690
<i>Dreams, pursued, being</i>	10, 12, 23, 23	2	1691
Dreams, pursued, dog, by	29	1	1691
Dreams, pursued, animals, by lion	12	1	NR
Dreams, rape	12, 23	1	1691
Dreams, responsibility, lack off	21	1	NR
Dreams, restaurant	3	1	NR
Dreams, returning home, difficult	11	1	NR
<i>Dreams, robbers</i>	1, 6, 11, 12, 17, 24	2	1692
Dreams, robbers, fathers house, in his,	1	1	1692
Dream, romantic	24, 24, 24	1	1692
<i>Dreams, sea</i>	3, 21, 23, 23, 27	2	1693
<i>Dreams, shooting about</i>	1, 6, 24	2	1692
Dreams, shot, being, wounded by a shot, being	24	1	1692
Dreams, snails	10	1	NR
Dreams, snakes	16, 21, 21	1	1693

Dreams, speeding	23	1	NR
Dreams, spiders	24	1	1693
Dreams, success	9	1	NR
Dreams, trapped	6,10,27, 29	1	NR
<i>Dreams, unremembered</i>	16, 18, 21, 21, 21,21,21,21,23, 23,23,27, 27, 27, 29	2	1695
Dreams, vivid	1, 28, 29	1	1695
<i>Dream water</i>	6,21, 21, 23, 27	2	1696
Dreams, waves	23, 27	1	1696
Dream, wedding	17, 24, 24	1	1696
Dream, windows small	6,29	1	NR
Dreams, weakness	12	1	1696

4.4.2.28. CHILL

RUBRIC	FREQUENCY	GRADING	PAGE
Chill, night, bed, in bed, amel	27	1	1702
Chill, eating, after, agg	27	1	1707

4.4.2.29. FEVER

RUBRIC	FREQUENCY	GRADING	PAGE
Fever, evening, 20h	21	1	1718
Fever, bed, in bed, amel	21	1	1720
Fever, perspiration	27	1	1728
Fever, perspiration, amel	21	1	1728

4.4.2.30. PERSPIRATION

RUBRIC	FREQUENCY	GRADING	PAGE
Perspiration, morning	27	1	1735
Perspiration, night	22	1	1736
Perspiration, night, waking on	27	1	1737
Perspiration, bathing, desire	27	1	NR
<i>Perspiration, odor, offensive</i>	1, 21, 22	2	1741
<i>Perspiration, profuse</i>	1, 21, 22	2	1741

4.4.2.31. SKIN

RUBRIC	FREQUENCY	GRADING	PAGE
<i>Skin, dry</i>	6, 6, 6, 10, 10, 10, 12, 23, 23	2	1754

<i>Skin eruptions</i>	11, 17, 19, 21, 23, 24, 27, 29	2	1754
Skin greasy	21	1	1775
Skin, hair, growth, excessive	11, 27	1	1775
Skin, hair, falling out	11	1	1775
Skin, rough	23, 23	1	1782
Skin, sensitive, pressure, to	19	1	1783
Skin, sensitiveness, touch; to	19	1	1783

4.4.3. GENERALS

RUBRIC	FREQUENCY	GRADING	PAGE
Generals, bathing, desire for	17	1	1804
Generals, chewing, desire to	1	1	NR
Generals, cold, agg	6	1	1812
Generals, cold air, agg	9	1	1812
Generals, cold, air, amel	1, 1, 1, 1, 11, 17, 17	1	1812
Generals, cold becoming amel	1, 11	1	1814
Generals, cold, becoming, bed in	27	1	NR
Generals, coldness	27, 27	1	1815
Generals, constipation, agg	10	1	1817
Generals, dehydration ailments from	1	1	NR
Generals, eating, after, amel	3	1	1835
Generals, energy, excess of energy	9, 9, 10, 11, 11, 11, 11, 11, 12, 12, 12, 13, 13, 15, 15, 16, 18, 21, 21, 22, 23, 23, 23, 23, 23, 23, 23, 23, 23, 23, 24, 24, 24, 24, 24, 24, 24, 24, 27, 27, 27, 28, 28, 28, 29, 29, 29	3	1838
Generals, energy, excess of energy, night	24	1	NR
Generals, energy, excess of energy, accompanied by, appetite increase	24	1	NR
Generals, energy, excess of energy, menses, before	23	1	NR
Generals, food and drinks, alcoholic drinks, agg	17	1	1845
Generals, food and drinks, alcoholic drinks, aversion	17, 23	1	1846
<i>Generals, food and drinks, alcoholic drinks, desire</i>	17, 17, 17, 17, 22, 23	2	1846

Generals, foods and drinks, apples, desire	17, 17	1	1846
Generals, food and drinks, banana, amel	21	1	NR
Generals, food and drinks, basmathi rice	11	1	NR
Generals, food and drinks, beans, agg	27	1	1846
Generals, food and drinks, beans, desire	23	1	1846
Generals, food and drinks, breakfast, aversion	1, 1, 7	1	1848
Generals, food and drinks, carbonated drinks, desire	22, 26, 26, 26, 26, 26, 27	1	1848
Generals, food and drinks, cheese, desire	23	1	1848
Generals, food and drink, chewing gum, desire	11	1	NR
<i>Generals, food and drinks, chicken, desire</i>	3, 22, 22, 22, 24, 24, 24, 24, 24, 26, 26, 26, 26, 26, 26, 26, 26, 26	2	1848
Generals, food and drinks, chips, desire	1, 23	1	NR
Generals, food and drinks, chocolate, agg	27	1	1848
Generals, food and drinks, chocolate amel	7	1	1848
<i>Generals, food and drinks, chocolate desire</i>	1, 3, 3, 10, 11, 11, 11, 11, 11, 11, 12, 12, 15, 21, 22, 24, 27	2	1849
Generals, food and drinks, chocolate desire, bitter chocolate	22	1	1849
Generals, food and drinks, coffee, desire	11, 11, 21, 21	1	1849
Generals, food and drinks, cold drinks, amel	6	1	1850
Generals, food and drinks, cold drink, cold water, desire	3	1	1850
<i>Generals, food and drinks, cold drinks, desire</i>	3, 4, 5	2	1850
Generals, food and drinks, eggs, aversion, smell of	11	1	1851
<i>Generals, food and drinks, farinaceous food, desire</i>	15, 15, 15, 23, 23, 29, 29	2	1852
Generals, food and drinks, fat agg	11	1	1852
Generals, food and drinks, fat desire	15	1	1852
Generals, food and drinks, fig, desire	22	1	NR
Generals, food and drinks, fish, desire	23	1	1852
Generals, food and drinks, food, aversion accompanied by hunger	11	1	1852
Generals, food and drinks, food, desire, worse which makes him	24	1	1853
<i>Generals, food and drinks, fruit, desire</i>	22, 17, 22, 17	2	1853
Generals, food and drinks, grapes, desire	22	1	NR

Generals, food and drinks, green tea, amel	3, 6	1	NR
<i>Generals, food and drinks, ice cream, desire</i>	3, 12, 24, 26, 27, 27, 27, 27, 27, 27	2	1854
<i>Generals, food and drinks, liquid food, desire</i>	21, 22, 23	2	1854
Generals, food and drinks, mango, desire	17, 17, 22	1	1855
<i>Generals, food and drinks, meat- desire</i>	16, 27, 29	2	1855
Generals, food and drinks, meat, desire, minced meat	16, 29	1	1855
Generals, food and drinks, milk, desire; hot	23	1	1856
Generals, food and drinks, milk, sour, desire	27	1	1856
Generals, food and drinks, mutton, desire	23	1	1856
Generals, food and drinks, pastry, agg	24	1	1857
			CS
<i>Generals, food and drinks, pastry, desire</i>	3, 15, 17, 23, 24, 24, 24, 24, 24	2	1857
Generals, food and drinks, peanut butter, desire	27	1	1857
<i>Generals, food and drinks, pizza, desire</i>	3, 3, 22, 24, 26, 29, 29, 29	2	1857
Generals, foods and drinks, potatoes, desire	22	1	1857
Generals, food and drinks, pumpkin, desire	23	1	NR
Generals, food and drinks, rice, desire	26	1	1858
Generals, food and drinks, roast lamb, desire	3	1	NR
Generals, food and drinks, roti, desire	23	1	NR
Generals, food and drinks, salad desire	22		1858
Generals, food and drinks, salt, amel	3, 11, 11	1	1858
<i>Generals, food and drinks, salt desire</i>	3, 3, 10, 11, 29, 29, 29, 29, 29, 29	2	1858
Generals, food and drinks, sand, desire	29	1	1858
Generals, food and drinks, sardines, desire	10	1	1858
Generals, food and drinks, seafood, desire	22	1	1858
Generals, food and drinks, shellfish, desire	22	1	1858
Generals, food and drinks, snacks desire	29	1	NR
Generals, food and drinks, soup, desire	22	1	1895
<i>Generals, food and drinks, spices, desire</i>	3, 17, 23, 23, 23, 23	2	1859
Generals, food and drinks, steak, desire	16	1	NR
Generals, food and drinks, stew, desire	23	1	NR
Generals, food and drinks, sugar, agg	11	1	1860
<i>Generals, food and drinks, sugar desire</i>	12, 15, 15, 15, 15, 15, 21, 22	2	1860
Generals, food and drinks, sweets, desire	11, 21, 22	1	1860

<i>Generals, food and drinks, tea, desire</i>	3, 3, 5, 11, 11, 11, 17, 23, 29	2	1861
Generals, food and drinks, tea, lemon agg	29	1	NR
Generals, food and drinks, unhealthy food, desire	1, 3, 10, 11, 11, 11, 15	1	NR
Generals, food and drinks, vegetable, desire	22, 23	1	1861
Generals, food and drinks, wine, desire	22, 23	1	1862
<i>Generals, heat, flushes of</i>	4, 7, 7, 10, 11, 11	2	1865
Generals, heat, flushes of, morning	4	1	1865
<i>Generals heat sensation of</i>	1, 11, 11, 12	2	1867
Generals, heated, becoming	1, 1, 1, 1, 1, 1, 23	1	1868
Generals, heaviness	29, 29	1	1868
Generals, inflammation, sinuses of	17, 17, 17, 17, 17, 17, 17, 17	1	1875
<i>Generals, influenza</i>	3, 3, 9, 9, 12, 13	2	1876
Generals, lassitude	12	1	1880
Generals, loss of fluids	12, 12	1	1884
Generals, menses, during, amel	23	1	1887
Generals, obesity	11	1	1894
<i>Generals, pain</i>	9, 16, 23, 23, 27	2	1896
Generals, pain, aching	9	1	1897
<i>Generals, pain, sore</i>	9, 23, 23, 27, 27, 27	2	1904
Generals, restlessness	21	1	1932
Generals, running, desire	17	1	NR
Generals, seaside, amel	9	1	1935
Generals, sleep, long sleep, agg	27	1	1940
<i>Generals, sleep, short amel</i>	1, 4, 11, 15, 22, 24	2	1940
<i>Generals, sluggishness</i>	3, 3, 6, 7, 10, 15, 27	2	1940
Generals, smoke, inspiration of, agg	27	1	1941
Generals, stiffness	6	1	1942
Generals, sun, exposure to the sun	27	1	1945
Generals, suppressed complaints, ailments from	10	1	1945
Generals, travelling, amel	17	1	1952
Generals, walking, agg	16	1	1960
Generals, warm agg	1, 11, 11	1	1961
Generals, warm, desire, for warmth	3	1	1962
Generals, weakness	1, 1, 3, 6, 9, 10, 10, 10, 11, 11, 11, 11, 11, 12, 12, 12, 12, 12, 13, 15, 17, 17, 17, 17, 17	3	1963

	21, 21, 21, 21, 21, 21, 22, 22, 23, 23, 23, 24, 24, 24, 24, 26, 26, 26, 27, 27, 29, 29, 29, 29, 29, 29, 29, 29, 29		
<i>Generals, weakness, morning</i>	9, 9, 11, 24	2	1964
<i>Generals, weakness, morning, waking on</i>	4, 5, 6	2	1964
<i>Generals, weakness, rising after, agg</i>	26	1	1964
<i>Generals, weakness, noon</i>	15, 15, 15	1	1964
<i>Generals, weakness, afternoon</i>	9, 10, 11, 11, 11, 11, 18, 27	2	1965
<i>Generals, weakness, evening</i>	11, 11, 11	1	1965
<i>Generals, weakness, night</i>	7, 15, 15	1	1965
<i>Generals, weakness, accompanied by, sleeplessness</i>	1, 1	1	NR
<i>Generals, weakness, cough, after</i>	21, 21	1	1967
<i>Generals, weakness, cough, from</i>	21	1	1967
<i>Generals, weakness, diarrhea, from</i>	21, 22	1	1967
<i>Generals, weakness, disease after</i>	23	1	NR
<i>Generals, weakness, eating after amel</i>	11	1	1967
<i>Generals, weakness, excessive</i>	1, 1, 3, 4, 4, 9, 9, 9, 9, 9, 9, 11, 11, 12, 12, 12, 12, 12, 12, 12, 12, 15, 15, 15, 17	2	1968
<i>Generals, weakness, faint-like</i>	11, 11, 11, 12	1	1968
<i>Generals, weakness, headache during</i>	7, 17, 22, 27	2	1968
<i>Generals, weakness, menses, during, agg</i>	4, 6	1	1969
<i>Generals, weakness, mental exertion, agg</i>	22, 27, 27	1	1969
<i>Generals, weakness, rain, agg</i>	10	1	NR
<i>Generals, weakness, sitting amel</i>	11	1	1971
<i>Generals, weakness, sudden</i>	11	1	1971
<i>Generals, weakness, vertigo with</i>	11, 11, 17	1	1972
<i>Generals, weakness, vomiting, after</i>	17	1	1972
<i>Generals, weakness, waking; on</i>	27	1	1972
<i>Generals, weakness, walking, agg</i>	27	1	1972
<i>Generals, weariness</i>	1	1	1973
<i>Generals, weather rainy, amel</i>	17	1	NR

4.5. The repertorisation of proving symptoms of *Garcinia cambogia* 30CH

A total of 17 rubrics were selected and used in the repertorisation process. These rubrics were essential to the dynamic of the remedy and formed the “minimum

characteristic syndrome” and thus represented the essence of the remedy, as suggested by Candagabe (1997). The following rubrics were utilized:

RUBRIC

MIND- IRRITABILITY
MIND- ANGERS- easily
MIND- ANTICIPATION- examination, before
MIND- ANXIETY- future, about
MIND- COMPANY- aversion to- desire for solitude
MIND- TIME- quickly, appears shorter, passes too
MIND- VIOLENT
MIND- WASHING- desire to wash
VERTIGO- SUDDEN
EYE- LIGHT; from artificial light, aggravate
THROAT- SCRATCHING
STOMACH- THIRST- unquenchable
RECTUM- CONSTIPATION- ineffectual urging and straining
SLEEP- SLEEPINESS- overpowering
GENERALS- FOOD AND DRINKS- chocolate, desire
GENERALS- HEAT- flushes of
GENERALS- WEAKNESS- excessive

Table 4.5. List of rubrics for repertorisation

4.5.1. The results of the repertorisation of *Garcinia cambogia* 30CH

The resultant remedies which emerged with the highest numerical value and had the most symptoms in common with *Garcinia cambogia* 30CH were: *Sulphur*, *Sepia officinalis*, *Lachesis mutus*, *Arsenicum album*, *Phosphorus* and *Natrum muriaticum*.

Sulphur had 14 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC

MIND- IRRITABILITY
MIND- ANXIETY- future, about
MIND- COMPANY- aversion to- desire for solitude
MIND- TIME- quickly, appears shorter, passes too
MIND- VIOLENT
MIND- WASHING- desire to wash
VERTIGO- SUDDEN
EYE- LIGHT; from artificial light, aggravate
THROAT- SCRATCHING
STOMACH- THIRST- unquenchable
RECTUM- CONSTIPATION- ineffectual urging and straining
SLEEP- SLEEPINESS- overpowering
GENERALS- FOOD AND DRINKS- chocolate, desire

GENERALS- HEAT- flushes of

Table 4.5.1.1. Rubrics common with *Sulphur*

Sepia officinalis had 13 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC

MIND- IRRITABILITY

MIND- ANGERS- easily

MIND- ANXIETY- future, about

MIND- COMPANY- aversion to- desire for solitude

MIND- VIOLENT

MIND- WASHING- desire to wash

VERTIGO- SUDDEN

EYE- LIGHT; from artificial light, aggravate

THROAT- SCRATCHING

RECTUM- CONSTIPATION- ineffectual urging and straining

SLEEP- SLEEPINESS- overpowering

GENERALS- FOOD AND DRINKS- chocolate, desire

GENERALS- HEAT- flushes of

Table 4.5.1.2. Rubrics common with *Sepia officinalis*

Lachesis mutus had 13 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC

MIND- IRRITABILITY

MIND- ANXIETY- future, about

MIND- COMPANY- aversion to- desire for solitude

MIND- TIME- quickly, appears shorter, passes too

MIND- VIOLENT

VERTIGO- SUDDEN

EYE- LIGHT; from artificial light, aggravate

THROAT- SCRATCHING

STOMACH- THIRST- unquenchable

RECTUM- CONSTIPATION- ineffectual urging and straining

SLEEP- SLEEPINESS- overpowering

GENERALS- FOOD AND DRINKS- chocolate, desire

GENERALS- HEAT- flushes of

Table 4.5.1.3. Rubrics common with *Lachesis mutus*

Arsenicum album had 13 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC

MIND- IRRITABILITY
 MIND- ANGERS- easily
 MIND- ANXIETY- future, about
 MIND- VIOLENT
 MIND- WASHING- desire to wash
 VERTIGO- SUDDEN
 EYE- LIGHT; from artificial light, aggravate
 STOMACH- THIRST- unquenchable
 RECTUM- CONSTIPATION- ineffectual urging and straining
 SLEEP- SLEEPINESS- overpowering
 GENERALS- FOOD AND DRINKS- chocolate, desire
 GENERALS- HEAT- flushes of
 GENERALS- WEAKNESS- excessive

Table 4.5.1.4. Rubrics common with *Arsenicum album*

Phosphorus had 12 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC

MIND- IRRITABILITY
 MIND- ANGERS- easily
 MIND- ANXIETY- future, about
 MIND- VIOLENT
 EYE- LIGHT; from artificial light, aggravate
 THROAT- SCRATCHING
 STOMACH- THIRST- unquenchable
 RECTUM- CONSTIPATION- ineffectual urging and straining
 SLEEP- SLEEPINESS- overpowering
 GENERALS- FOOD AND DRINKS- chocolate, desire
 GENERALS- HEAT- flushes of
 GENERALS- WEAKNESS- excessive

Table 4.5.1.5. Rubrics common with *Phosphorus*

Natrum muriaticum had 12 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC

MIND- IRRITABILITY
 MIND- ANGERS- easily
 MIND- ANXIETY- future, about
 MIND- COMPANY- aversion to- desire for solitude

MIND- VIOLENT
 MIND- WASHING- desire to wash
 STOMACH- THIRST- unquenchable
 RECTUM- CONSTIPATION- ineffectual urging and straining
 SLEEP- SLEEPINESS- overpowering
 GENERALS- FOOD AND DRINKS- chocolate, desire
 GENERALS- HEAT- flushes of
 GENERALS- WEAKNESS- excessive

Table 4.5.1.6. Rubrics common with *Nat mur*.

4.5.2. Results of the analysis of the Plant Kingdom

The three prominent remedies which arose from the reportorial analysis of the remedies within the Plant kingdom were: *Thuja occidentalis*, *Ruta graveolens* and *Nux vomica*.

Thuja occidentalis had 12 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC
 MIND- IRRITABILITY
 MIND- ANGERS- easily
 MIND- ANTICIPATION- examination, before
 MIND- ANXIETY- future, about
 MIND- COMPANY- aversion to- desire for solitude
 MIND- TIME- quickly, appears shorter, passes too
 MIND- VIOLENT
 MIND- WASHING- desire to wash
 VERTIGO- SUDDEN
 RECTUM- CONSTIPATION- ineffectual urging and straining
 GENERALS- FOOD AND DRINKS- chocolate, desire
 GENERALS- HEAT- flushes of

Table 4.5.2.1. Rubrics common with *Thuja occidentalis*

Ruta graveolens had 12 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC
 MIND- IRRITABILITY
 MIND- ANGERS- easily
 MIND- ANXIETY- future, about
 MIND- COMPANY- aversion to- desire for solitude
 MIND- TIME- quickly, appears shorter, passes too
 MIND- VIOLENT
 EYE- LIGHT; from artificial light, aggravate

STOMACH- THIRST- unquenchable
 RECTUM- CONSTIPATION- ineffectual urging and straining
 GENERALS- FOOD AND DRINKS- chocolate, desire
 GENERALS- HEAT- flushes of
 GENERALS- WEAKNESS- excessive

Table 4.5.2.2. Rubrics common with *Ruta graveolens*

Nux vomica had 11 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC
 MIND- IRRITABILITY
 MIND- ANGERS- easily
 MIND- ANTICIPATION- examination, before
 MIND- ANXIETY- future, about
 MIND- COMPANY- aversion to- desire for solitude
 MIND- VIOLENT
 THROAT- SCRATCHING
 STOMACH- THIRST- unquenchable
 RECTUM- CONSTIPATION- ineffectual urging and straining
 SLEEP- SLEEPINESS- overpowering
 GENERALS- HEAT- flushes of

Table 4.5.2.3. Rubrics common with *Nux vomica*

4.5.3. Results of the analysis of the Animal Kingdom

The three prominent remedies which arose from the reportorial analysis of the remedies within the Animal kingdom were: *Sepia officinalis*, *Lachesis mutus* and *Tarentula hispanica*

Sepia officinalis had 13 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC
 MIND- IRRITABILITY
 MIND- ANGERS- easily
 MIND- ANXIETY- future, about
 MIND- COMPANY- aversion to- desire for solitude
 MIND- VIOLENT
 MIND- WASHING- desire to wash
 VERTIGO- SUDDEN
 EYE- LIGHT; from artificial light, aggravate
 THROAT- SCRATCHING
 RECTUM- CONSTIPATION- ineffectual urging and straining
 SLEEP- SLEEPINESS- overpowering

GENERALS- FOOD AND DRINKS- chocolate, desire
 GENERALS- HEAT- flushes of

Table 4.5.3.1. Rubrics common with *Sepia officinalis*

Lachesis mutus had 13 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC

MIND- IRRITABILITY
 MIND- ANXIETY- future, about
 MIND- COMPANY- aversion to- desire for solitude
 MIND- TIME- quickly, appears shorter, passes too
 MIND- VIOLENT
 VERTIGO- SUDDEN
 EYE- LIGHT; from artificial light, aggravate
 THROAT- SCRATCHING
 STOMACH- THIRST- unquenchable
 RECTUM- CONSTIPATION- ineffectual urging and straining
 SLEEP- SLEEPINESS- overpowering
 GENERALS- FOOD AND DRINKS- chocolate, desire
 GENERALS- HEAT- flushes of

Table 4.5.3.2. Rubrics common with *Lachesis mutus*

Tarentula hispanica had 10 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC

MIND- IRRITABILITY
 MIND- ANXIETY- future, about
 MIND- VIOLENT
 MIND- WASHING- desire to wash
 VERTIGO- SUDDEN
 STOMACH- THIRST- unquenchable
 RECTUM- CONSTIPATION- ineffectual urging and straining
 SLEEP- SLEEPINESS- overpowering
 GENERALS- FOOD AND DRINKS- chocolate, desire
 GENERALS- HEAT- flushes of

Table 4.5.3.3. Rubrics common with *Tarentula hispanica*

4.5.4. Results of the analysis of the Mineral Kingdom

The three prominent remedies which arose from the reportorial analysis of the remedies within the Mineral kingdom were: *Sulphur*, *Arsenicum album* and *Phosphorus*.

Sulphur had 14 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC

MIND- IRRITABILITY
 MIND- ANXIETY- future, about
 MIND- COMPANY- aversion to- desire for solitude
 MIND- TIME- quickly, appears shorter, passes too
 MIND- VIOLENT
 MIND- WASHING- desire to wash
 VERTIGO- SUDDEN
 EYE- LIGHT; from artificial light, aggravate
 THROAT- SCRATCHING
 STOMACH- THIRST- unquenchable
 RECTUM- CONSTIPATION- ineffectual urging and straining
 SLEEP- SLEEPINESS- overpowering
 GENERALS- FOOD AND DRINKS- chocolate, desire
 GENERALS- HEAT- flushes of

Table 4.5.4.1. Rubrics common with *Sulphur*

Arsenicum album had 13 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC

MIND- IRRITABILITY
 MIND- ANGERS- easily
 MIND- ANXIETY- future, about
 MIND- VIOLENT
 MIND- WASHING- desire to wash
 VERTIGO- SUDDEN
 EYE- LIGHT; from artificial light, aggravate
 STOMACH- THIRST- unquenchable
 RECTUM- CONSTIPATION- ineffectual urging and straining
 SLEEP- SLEEPINESS- overpowering
 GENERALS- FOOD AND DRINKS- chocolate, desire
 GENERALS- HEAT- flushes of
 GENERALS- WEAKNESS- excessive

Table 4.5.4.2. Rubrics common with *Arsenicum album*

Phosphorus had 12 rubrics in common with the chosen rubrics of *Garcinia cambogia*.

RUBRIC

MIND- IRRITABILITY
MIND- ANGERS- easily
MIND- ANXIETY- future, about
MIND- VIOLENT
EYE- LIGHT; from artificial light, aggravate
THROAT- SCRATCHING
STOMACH- THIRST- unquenchable
RECTUM- CONSTIPATION- ineffectual urging and straining
SLEEP- SLEEPINESS- overpowering
GENERALS- FOOD AND DRINKS- chocolate, desire
GENERALS- HEAT- flushes of
GENERALS- WEAKNESS- excessive

Table 4.5.4.3. Rubrics common with *Phosphorus*

CHAPTER 5

DISCUSSION OF THE RESULTS

5.1. INTRODUCTION

This chapter aims to discuss the overall proving results. Sherr (1994) describes the significance of perceiving the entire proving group as if they were one individual experiencing the whole symptom picture. Hence this chapter will amalgamate the disjointed constituents of this proving in order to provide a clear, descriptive and comprehensive understanding of *Garcinia cambogia* 30CH in its totality. The most prominent and specific mental and physical themes experienced during this proving will be deliberated upon. These characteristic symptoms or essence of the remedy will be used as the basis for the comparative study with those remedies yielding the highest numerical values and total number of rubrics on repertorisation of the proving symptoms.

It was hypothesised that the proving of *Garcinia cambogia* 30CH would produce clearly observable signs and symptoms in healthy proving participants. It was further hypothesised that the proving of *Garcinia cambogia* 30CH would descriptively clarify the symptom picture and therapeutic range of the remedy by a comparative study of the remedy to its reportorial differentials. The data obtained from this study presented evidence to justify the above hypotheses and it is therefore concluded that the hypotheses are valid.

5.2. THE RUBRICS

The data collected from the proving symptoms yielded a total of 1431 rubrics. Of this total, 1196 rubrics were existing and 235 were newly formulated. There were 969 Grade 1 rubrics, 216 Grade 2 rubrics and 11 Grade 3 rubrics. The rubrics were distributed throughout 33 sections of the repertory. There was a predominance of symptoms in the Mind, Head, Generals, Extremities, Stomach and Dream sections. The rubrics are distributed throughout the sections of the repertory as follows:

SECTION	EXISTING RUBRIC	NEW RUBRIC	TOTAL	SECTION	EXISTING RUBRIC	NEW RUBRIC	TOTAL
Mind	167	17	184	Urine	11	3	14
Vertigo	13	0	13	Male	6	2	8
Head	128	17	145	Female	39	16	55
Eye	43	4	47	Larynx	2	0	2
Vision	7	1	8	Respiration	5	1	6
Ear	20	5	25	Cough	31	0	31
Nose	45	16	61	Expectoration	9	2	11
Face	35	17	52	Chest	36	7	43
Mouth	27	8	35	Back	29	4	33
Teeth	9	3	12	Extremities	77	15	92
Throat	27	4	31	Sleep	59	3	62
Stomach	77	12	89	Dreams	57	31	88
Abdomen	48	9	57	Chill	2	0	2
Rectum	21	2	23	Fever	4	0	4
Stool	29	9	38	Perspiration	5	1	6
Bladder	6	0	6	Skin	8	0	8
				Generals	114	26	140
				TOTAL	1196	235	1431

TABLE 5.2.1. DISTRIBUTION OF RUBRICS

This information is further illustrated in the graph below as a visual representation for quantitative analysis.

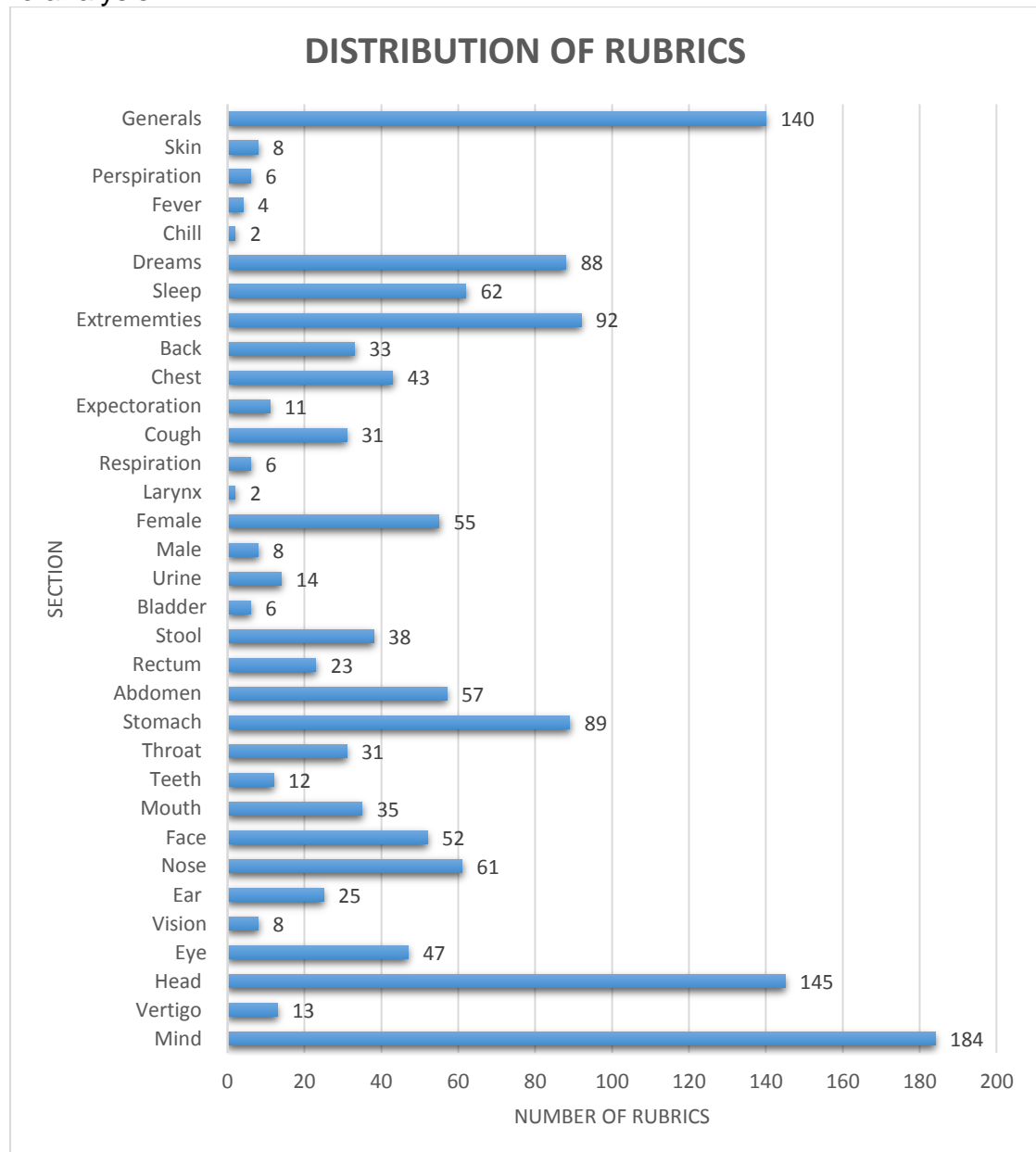


FIGURE 5.2. Graph showing the distribution of rubrics in sections of the repertory.

5.3. ABBREVIATION OF THE REMEDY

The recommendations made by Schroyens in the *Synthesis Repertorium Homoeopathicum* (2004) have been utilised in order to follow a logical and coherent

method of arriving at remedy abbreviations. The Latin name of the remedy, *Garcinia cambogia*, serves as the root for the abbreviation. Further letters are added on to it to distinguish it from a substance which would be abbreviated with the same root. The researchers have chosen the unique root *Gar*, and the extension „-c’, creating the abbreviation *Gar-c* for *Garcinia cambogia*.

5.4. THE SYMPTOMS

As recommended by Jeremy Sherr (1994), the discussion that follows is an attempt at unifying the proving symptoms from all the provers as though one ideal prover had experienced it. The proving symptoms of *Garcinia cambogia* have been considered together for each of the various sections of the Materia medica, so as to explicate the common themes that run throughout the remedy, providing a fuller picture of it.

It is also conceivable that ‘positive’ symptomology were curative in nature. For example, **Prover 9** recorded that her panic attacks had disappeared during the proving. These panic attacks were typically caused by exam stress. “I use to be a big stresser, I use to stress and panic about every little thing, especially exams and tests but now I’m super chilled, I can’t understand why I’m so relaxed about everything.” (09F). Some provers who had not previously experienced excess stress or panic developed this symptomatology during the proving. Hence **Prover 9**’s absence of her typical reaction to stress shows that the *Garcinia cambogia* 30CH was of therapeutic value to her and the panic was a curative symptom. Many other provers experienced the therapeutic effects of *Garcinia cambogia* 30 CH, below is a table showing the cured symptoms of provers during the proving:

RUBRIC	FREQUENCY
Mind, anticipation examinations, before	9, 10, 10, 15, 27
Mind, emotions suppressed	10, 11
Mind, excitement, nervous	9, 10, 10, 11
Mind, fear, failure, examinations in	9
Mind, irritability	10, 12
Mind, irritability, menses, before agg	4, 12
Mind, laziness	11
Head, pain	5, 4
Eyes, photophobia	9, 16, 17, 20
Nose, sneezing, frequent	17
Throat, inflammation, alternating with, eyes, sore	28
Throat pain burning	28, 28
Stomach, nausea, motion, agg	24
Stomach, ulcers	9
Stomach, ulcers, painful, burning	9
Abdomen, distension	6
Abdomen, distension, menses, before, agg	10

Rectum, constipation	4, 11
Stool, frequent	11
Female genitalia/sex, menses, clotted	1, 4
Female genitalia/sex, menses, copious	4, 6, 6, 18, 18, 21, 21, 21, 21, 21, 29
Female genitalia/ sex, menses, dark	9, 11, 11
Female genitalia/sex, menses, offensive	1
Female genitalia/ sex, menses, painful	1, 1, 1, 4, 4, 9, 9, 12, 12, 12, 13, 23
Female, genitalia/sex, menses, scanty	11, 11
Female genitalia/sex, menses, short too	11
Chest, pain, mammae, menses, before, agg	10, 13
Back, pain, lumbar, menses, during, agg	10
Extremities, ganglion, wrist, on	27, 27
Extremities, nails, growth of nails, slow	5
Sleep, falling asleep difficult	5, 5, 5
Sleep, unrefreshing	5, 7, 7, 11, 11, 21, 22, 23, 23, 23, 23, 23, 23, 23, 23, 23, 23, 24, 27, 28, 29, 29, 29, 29, 29, 29, 29, 29, 29
Sleep, waking, frequent	5
Generals, food and drinks, pastry, agg	24

5.4.1. MIND

The proving of *Garcinia cambogia* 30CH elicited a wide array of symptomatology on the mental and emotional spheres. A total of 184 Mind rubrics arose together with some contradictory themes, this was seen in the polarity of the thoughts and emotions of numerous provers.

These polarities are clearly represented in the following groups:

- Anger/irritability vs. calmness/tranquility;
- Anxiety vs. calmness in stressful situations;
- Depression/sadness vs. cheerfulness;
- Confusion vs. concentration/clarity of mind;
- Connection vs. disconnection;
- Company desire vs. company aversion;
- Concentration increased vs. concentration decreased;
- Exertion desire vs exertion aversion;
- Loquacity vs. communication aversion;
- Motivation increased vs. motivation decreased;
- Positivity vs. pessimism;

- Studying easily vs. studying difficult

These themes can be further divided into two groups depending on the polarity, i.e. the High or Low of the remedy

GROUP A/ HIGH

- Connection
 - Affectionate
 - Caring
 - Attached
 - Empathetic
 - Company desire/ ameliorate
 - Consolation desire
 - Extroverted/ social
 - Openness/ communicative
 - Loquacity
- Calmness/ tranquility
- Carefree
- Cheerfulness
- Concentration increased
- Studying easily
- Motivated/ determined
- Exertion desire
- Cleaning desire
- Positivity
- Productiveness
- Appearance
- Planning/ control
- Creative
- Music desire
- Self
- Praying

GROUP B/ LOW

- Disconnection
 - Reserved/ closed
 - Emotionless
 - Company aversion
 - Solitude desire
 - Communication aversion
 - Consolation aversion

- Time/ Confusion/ indecisiveness
- Anger
- Irritability
- Violence
- Anxiety
- Fear
- Delusions
- Sadness/ depression
- Poor concentration
- Difficulty studying
- Procrastination
- Laziness
- Exertion aversion
- Lack of motivation
- Pessimism
- Noise aversion to
- Overthinking/ Overwhelmed
- Sensitivity to criticism

GROUP A

5.4.1.1. CONNECTION

5.4.1.1.1. AFFECTIONATE/ CARING/ ATTACHED/ EMPATHETIC

During the proving provers reported that they were more affectionate. Provers were friendlier towards others and found it easier to establish connections with others. “Been very friendly since the proving (03F).” Provers 09F, 11F, 15M and 16F were more inclined to assist or help others. Prover 04F whom previously considered herself as reserved and closed became more affectionate and even began embracing others, “Very affectionate, hugging everyone, especially at the beginning of the proving.” Provers, 09F and 11F were more caring towards the feelings and emotions of others. Prover 09 began to reach out to people whom she never got along with before, “emotionally I am more caring towards others...I find myself less harsh on others and I have more love to give, even though my family were against me showing her compassion.” Prover 11F noted a drastic change within her personality, “I’ve been sharing my food now, I use to hate sharing food, now I happily allow my friends to try my food.” A few provers also became attached towards others, prover 10F became attached to fictional characters suggesting that this was the case because the proving made her more connected with her feelings. Prover 26M became clingy towards the researcher and mentioned in the follow up consult that he craved the affection and attention. Prover 03F expressed more empathy during the proving, resulting in an improved relationship with her grandmother and boyfriend.

5.4.1.1.2. COMPANY DESIRE/ EXTROVERTED

Provers described being more sociable and extroverted. Prover 03F, 04F and 15M were more outgoing, they enjoyed making better interactions with people and desired company. These provers desired to be in the company of others and even felt better when being around people. Prover 17M whom, prior to the proving, felt uncomfortable in crowded places began to enjoy the atmosphere at a busy mall. Prover 27F recorded that her mind was at its peak whilst engaging with her peers and sharing jokes. Prover 03F desired being to be in groups of people rather than with just a few close friends.

5.4.1.1.2.1. FAMILY

Prover's 03F, 23F and 27F desired the company of their families. "It just makes me so happy to be around my kids." (23F). "I feel free and like I got no worries in the world my family just knows how to make me feel loved and just forget about all my troubles. I love being around my family they just motivate and love me." (23F). Provers 03F and 27F experienced homesickness, Feel like I need to be home. (03F). Sad to be away from home. (03F). I can't wait to get home. (03F). I miss home, everyone at home. (27F). Today I really wished I could be home, I was home sick. (27F). Prover's 23F, 24F and 28M dreamt about spending time with their families, which made them feel relaxed and happy. "I dreamt that I was at the beach with my husband and my cousins. We were relaxing on the sand and talking nonsense like we always do. It was lovely. I was relaxed and calm." (23F).

5.4.1.1.3. COMMUNICATIVE/ LOQUACIOUS

After taking the remedy provers 12F and 27F became very talkative. I felt like I was talking a lot after taking the last remedy. Which made me thirsty even more. (27F). Prover 12F whom is usually averse to talking became very chatty after taking the first powder.

Prover 17M and 27F opened up to others about their feelings and emotions, they were able to communicate and convey their feelings to others with ease. "Just had a long conversation, feels so nice actually speaking to someone, not to use to that but will try to get used to it." (17M). "I talked to my brother we had a great talk about the future. I must say I was quite happy because the week was approaching." (27F). Prover 15M had "good interactions with people" and started "blogging more, blogged daily in fact."

5.4.1.2. CALMNESS

Provers experienced a general theme of calmness and a sense of tranquility. They described feeling calm and at ease through the proving. They reported being less stressed than regular and their emotions were at ease and less reactive than usual. Prover 04F recorded being "more calm and content with family," and prover 11F was "not so annoyed with family anymore." Prover 10F noted, "Feeling relatively stress free" and "completely chilled out and lazy" after her first set of powders. "Generally found

myself not stressing about things as much as at the end of a usual day. Feeling a whole lot better about myself today.” (15M). “Mood feels lifted. Feel better and good and at ease.” (09F). “Peace is what I feel, I no longer wonder of tomorrow It feels like life is happening right now and I am just high spirited and feel like I can take on anything.” (27F). “Had a calm day today...My mind was at ease.” (29F).

The theme of calmness carried through in the dreams of provers 16F, 17M, 21F, 23F, 27F and 28M. In all of the dreams the provers are in what they consider as a calm atmosphere, “There was no one else in the dream to note. So, it was very quiet and lonely but also very peaceful.” (17M). “I dreamt that I was at the beach with my husband and my cousins. We were relaxing on the sand and talking nonsense like we always do. It was lovely. I was relaxed and calm.” (23F). “It was a very relaxed dream where I remember us driving through the Midlands and just feeling very much at peace has a very simple and nice dream to experience as if I was reliving the holiday.” (28M). “I had a late night and had a nice calm dream of me at a country house surrounded by water and I was just sitting outside watching the waves.” (27F).

5.4.1.2.1. CALMNESS IN TIMES OF STRESS

Many provers professed a sense of calm during stressful situations. Prover 09F, whom generally experienced extreme pressure, stress and even panic attacks before and during exams was calm and collected, her mind was clear and at ease. “I was writing the test but I was not scared, I had a “just do it and get it over with attitude.” Surprising because I usually get nervous. I wrote the test and feel good, it was OK.” (09F), “I use to be a big stresser, I use to stress and panic about every little thing, especially exams and tests but now I’m super chilled, I can’t understand why I’m so relaxed about everything.” (09F). “I don’t study in advance anymore, usually I start days or weeks before but now I’m so chilled and lazy I just study the day before. I feel like it takes long to grasp things but in fact I grasp things well because I cope well with the content in the test, I remember with ease.” (09F). “I feel more relaxed at times of pressure. I know I’m supposed to be stressed or pressured by certain things but I just don’t feel that way anymore.” (09F). Prover 11F and 15M also noticed calmness prior to exams, “I have a really big test on Monday and considering that I am quite relaxed and not very perplexed about it.” (11F). “I am not stressed about exams. It’s weird though because stress drives me to study, being “carefree” is what I am now. I do anything that grasps my attention, or takes it away from studying.” (15M). Prover 27F’s sense of calm came through in a dream where she was relaxed and at ease in a learning and testing environment. Prover 10F experienced this sense of calm whilst learning how to drive, “From 1-3pm – went driving, was relatively calm and not nervous.” (10F). “Drove on the road for the first time – very chilled out.” (10F). “Generally found myself not stressing about things as much as at the end of a usual day. Feeling a whole lot better about myself today.”(15M). Prover 27F noted calmness in demanding situation, “I can now think better in a pressured situation.”

5.4.1.2.2. CAREFREE

The calm and tranquil sensation was expressed as a “CAREFREE” nature in many provers. They express no concern or worry, “I feel free . . .,” “Not stressed, carefree.” (10F). “It’s weird though because stress drives me to study, being “carefree” is what I am now.” (15M). “I feel like I don’t worry about nothing and will not be in the least bothered about any other person. I feel in a good mood that’s all.” (17M). “Excellent still feeling the same but for some reason people don’t believe me, but I finally don’t care.” (17M). This carefree sensation also comes through in a dream, “I did not feel any fear/ anxiety, but felt carefree and happy to jump into the pool even though I could not see what lay below the water.” (21F).

5.4.1.3. CHEERFULNESS

Provers expressed a sense of cheer and happiness during the proving. They describe feeling uplifted and in a good mood. “I feel energised and I can’t stop smiling. I have so much life brought back into me. I feel really good.” (23F). “Fair night’s sleep and been feeling pretty good spirits for the past few days.” (28M). “My mood has been good, although didn’t interact with people at lot, I was indoors and asleep most of the time.” (29F). “I am in quite in a great mood.” (29F). “I’m talking a lot more than often today and I seem happy.” (12F). “Mood on point. Excited, nothing bothering me.” (09F).

They also conveyed happiness, with no legitimate cause, as an overwhelming feeling of cheer. “Disposition is rather cheerful.” (04F). “Current mood is happy and excited (well that’s a first). I feel very happy.” (09F). “I’m very happy today I don’t know for what reason, but it feels like I’m on top of the world.” (12F). “The thing is absolutely great I am still in a good mood. I have just found this feeling out of nothing.” (17M). “Woke up feeling absolutely happy this morning for what reason I don’t know. I feel like I don’t worry about nothing and will not be in the least bothered about any other person. I feel in a good mood that’s all.” (17M). “Today I felt very light and I was laughing, I felt really happy as though I heard good news, it has been a while since I felt that humorous.” (27F).

Prover 04F recognized feeling a sense of contentment throughout the proving, “Still have a pretty content disposition.” (04F). “Very happy and content.” (04F). “Noticed I have become more calm and content with family. (04F). “Very happy and content feeling.” (04F).

Provers 12F and 13F experienced happiness during and before their menses rather than their usual moodiness and irritability, “I took the remedy at 6:29 and I have not been in a bad mood since, also do not have any period pains as yet. I’m just feeling tired, I wish I could go to sleep.” (12F). “My period came all of a sudden because I didn’t have any premenstrual signs. No pains before the period. No mood swings. No breast

tenderness. Even during the period I didn't experience any cramping. I was in a good mood throughout." (13F).

The theme of happiness and joy also arose in the dreams of many provers. They expressed feeling a sense of delight and cheer during the dream as well as when awaking from the dream state. The following statements were documented; "Had a dream, I was happy." (09F), "Dream made me feel a little happier." (16F), "Had a good sleep, had a good dream too, dreamt that I was taking a road trip. Felt so good." (17M), "I did not feel any fear/ anxiety, but felt carefree and happy" (21F), "I dreamt I was eating kfc and I was with my cousin at kfc, and we were eating chicken and rolls. I felt so happy and nice." (23F), "I went to bed early and I had a nice dream... we were very happy but I don't recall of it." (27F).

5.4.1.4. CONCENTRATION INCREASED

Various provers indicated a rise in their levels of concentration and focus. 10 minutes after taking the first dose of the remedy Prover 24F recorded that her "concentration level is increasing..., this is very unusual to me- it's a jumping /thrilling sensations, like adrenalin rush." "I can concentrate more (attention span has increased, I studied from 7 pm till 12 am without any disturbances, and I remembered my work to the tee, I was like an energy bunny)" (24F). Other provers also recognised similar experiences; "Studying is a little easier, I'm able to concentrate for longer now." (09F) "I have good concentration, I listen well and understand easily." (13F) "My thoughts were quite focused today but there has not been a lot of work done." (15M) "Very focused on my paper." (24F). "I could study from 7:30 pm to 2am non-stop without any distractions." (24F) "As the proving began, I began to concentrate a lot better." (26F) "My concentration levels were good and I managed to do lot of work today." (27F)

5.4.1.5. STUDYING EASILY

Together with improved focus provers also commented on finding it easier to study with a greater desire to learn. "Studying is a little easier." (09F) "Studying came easier in the afternoon." (11F) "Studying has been much easier today." (11F) "Studying went well finally found a system which seems to work for me this exam period." (11F) "Felt quiet motivated to study yesterday. Spent the night at a friend's residence and we were up for most of the night studying. This helped me feel quite confident when I went for the exams and it was not bad at all." (29F) "Very happy, energetic, feeling excited to study, I can concentrate more (attention span has increased, I studied from 7 pm till 12 am without any disturbances, and I remembered my work to the tee, I was like an energy bunny)" (24F)

Curiously, Prover 09F found that she spent less time studying as it was easier to grasp things, “I don’t study in advance anymore..., I grasp things well because I cope well with the content in the test, I remember with ease.” Prover 15M commented on a similar experience, “surprisingly it’s easy to grasp stuff when I’m studying so last minute. I am not stressed about exams.” Prover 27F was concerned about failing a test in which she studied very shortly for, but when her results were out she was very pleased with how much she had grasped in the short space of time.

5.4.1.6. MOTIVATED/ DETERMINED

There was a notable intensification in the drive and determination of the participants. “I feel determined though and want to push myself harder to accomplish everything I want... I really feel the drive to want to do everything.” (29F). “Now set on my ambition and Travel, excited about my new job opportunity, looking forward to doing a photography course and making my dream a reality. Spent more time now thinking about my future and actually planning for it.” (11F). “Motivation levels => high. “gangster – like” behavior.” (10F). “Wakeup feeling motivated, strong, brave.” (19F). “Ambitious-adventurous, wanted like to do fun things like drinking and living on the edge.” (24F). “Been more motivated today, especially in the late afternoon – which isn’t the usual case.” (11F). “Couldn’t fall asleep thinking how I could make it happen. Had a dream and I felt motivated to do it.” (09F). “Feeling happy and motivated, I woke up with strength and was ready to take on the world.” (09F).

5.4.1.7. EXERTION DESIRE

A common theme that arose was the desire for exertion, prover’s craved activity and movement. The following accounts were recorded; “Sitting has been quite uncomfortable. My whole body just wants to move all the time.” (11F). “I went for a jog today, and hopefully going to gym tomorrow. Need to find something to do, feels really frustrating doing nothing but I guess patience is a virtue.” (17M). “Energy -10. I feel very restless, can’t sit too long without having the urge to get up and do something.” (21F). “I feel like I want to be busy all the time.” (23F). “I feel more active.” (03F). “Started exercising, looking for a job too.” (04F). “More outdoorsy, I like cycling on the beach now, I like being active.” (04F). “Now I’m very active, I want to be active, I’ve even been going to the gym.” (06F). “Great sleep last night and I woke up and went for a jog on the road for the first time in months.” (28M).

5.4.1.8. CLEANING DESIRE

Various provers displayed an urge to clean. Prover 09F “cleaned the whole house and worked” which she indicated was unusual and a first for her. “I did all the work and cleaned the outside of my house.” (21F). “I feel good despite the fact that I am sick, I got up around 5am and started doing house work. I washed all the mats in my house and all the blankets, I have energy now.” (23F). “I have a lot of energy so I decided to spring clean my whole room and scrub the yard.” (23F). “Today I am going to do all the ironing and vacuum the whole house. I want to set the kids wardrobe and cook.” (23F).

5.4.1.9. POSITIVITY

Provers were inclined towards positive thinking, they were optimistic and philosophical in their notions. “I have just read this and wish to follow this as always “learn to get in touch with the silence within yourself and know that everything in life has a purpose” on that note, a positive one goodnight.” (17M). “As it is said, your fate is written from the first day to your life, so just got to be patient for the good day and accept that it will not always be as such. Anyway, hopeful that tomorrow is good, looking forward to the public holiday tomorrow, the day of Reconciliation.” (17M). “I was excited and filled with much anticipation but overall I was inspired by the beauty of our country, the cultural outfits were filled with so many bright colours and this inspired so much happiness and it was made me proud of my culture and heritage.” (27F). “I woke up with a new hope for the future and I am just grateful to be alive at such a time I woke up and started studying and I had a productive day.” (27F). “I keep thinking that as many things can fall, being able to rise and start again is the winning recipe of life. With that I feel a lot of relief to do anything and as long as I try I am winning till I stop as that is when I fail.” (27F).

Prover 03F and 10F had a positive outlook on beginning campus after the holidays, “First day of second term. Happy + excited for a new start.” (03F), “Started campus for 2nd semester – was very energetic and excited the entire day.” (10F). Other provers showed a general sense of optimism; “General feeling very good about life and everyone.” (28M), “Very amped, more positive outlook in life.” (04F), “Mentally – feeling positive.” (07F), “Mood- changed – optimistic, looking forward to life, can now think better in a pressured situation, ambitious – wants to open up a business.” (27F).

5.4.1.10. PRODUCTIVENESS

Provers were industrious and worked more productively, “Got lots of work done.” (07F). “Had an overly productive day, managed to get a lot of work done.” (15M). “Very productive day, found out exams are postponed, will use this time to push research.” (15M). “Productive day, can’t wait to finish my PG2 and hand it in.” (15M). “Was a good start to the morning. Whilst I didn’t study, I got a shift sorted which needed to be addressed for varsity and a possible job next year =).” (11F). There was an evident

desire to do work without giving in to any distractions, “Been feeling quite energetic for the past few hours. I did not have an as strong appetite as usually, I just wanted to do my schoolwork.” (15M). “I woke up and started studying for my exam and I just studied till I was tired and slept. I managed to get most of the work done.” (27F). “I woke up and started studying and I had a productive day.” (27F). “Spent the night at a friend’s residence and we were up for most of the night studying.” (29F).

5.4.1.11. APPEARANCE

Provers were inclined to make aesthetically appealing changes to their physical appearance during the proving. These were unusual or spontaneous changes. “Being spontaneous!!! I cut my hair during the proving which was so random, cut hair shoulder length,” and painted nails blue.” (21F). Prover 26F changed his “complete attire,” he began taking pride in his dressing, started wearing perfume and also cut his hair. Prover 24F commented that her cousin noticed that she “started buying more dark red lipsticks.” She emphasized that those colours increased her energy and confidence through the proving.

5.4.1.12. CONTROL/ PLANNING

Provers 15M, 21F and 29F all felt a sense of control, they had their grips on things and were more organized. “I feel like now I’m also learning self-control.” (15M). “I am even making plans for May and June month. I am much more organised, so I’m always planning. I plan everything, even which days I will go out to spend with my friends and I am much disciplined. Example, if in the weekend, my friends want to go out, and if it is not marked in my calendar for going out, I would not be able to go. I feel anxious if I didn’t follow my calendar and also lost.” (21F). “I feel accomplished, like this is a first step for me to be able to control myself and accomplish my goals.” (29F).

5.4.1.13. CREATIVE

The imaginations of provers were broader and more active. Provers were stimulated to think creatively. “starting my own art doodles” – I want to paint and draw intricate design with black and gold.” (03F). “Started crocheting, started Knitting.” (16F). “I was given a task to sow beads into my skirt it made me thing of making my own clothes.” (27F). Prover 27F and Prover 03F both wanted to start up business, “Many ideas to start my own business. I need more creativity in my life.” (03F).

5.4.1.14. MUSIC DESIRE

During the proving provers displayed a liking or desire for music, “I just love to listen to music I feel so uplifted.” (13F). “Music gives me energy. I love listening, to music, it puts me in another world.” (21F). “I feel good despite the fact that I am sick, I got up around 5am and started doing house work. I am listening to music so I think that’s why I got so much of energy. I love music, it just puts me in a good mood, and I love it. I like good music, RNB, HIP HOP, gangster rap and slow jams, I hope I have my energy throughout the day.” (23F). “Kept thinking about listening to music but could not get around it.” (27F). Prover 03F also showed a keen liking for music and was disposed towards singing, “oh I wish I was a punk rocker with flowers in my hair...

In ’77 & 69’ revolution was in the air....

I was born to lead

In a world that doesn’t care ...

Oh I wish I was a punk rocker with flowers... in... my... hair!”

HAPPY.” (03F).

5.4.1.15. SELF

During the proving it was found that a great deal of focus was put on the “self,” “Sudden realization to find myself.” (10F). “Not bothered about anyone else right now, just myself.” (17M). “Was feeling well, generally thinking about how I can improve in certain areas like research and relationships with family.” (15M). “I feel like I don’t worry about nothing and will not be in the least bothered about any other person. Well if it doesn’t make me happy by the 31 December 2015, I will be leaving it in 2015. Adios for now, till I have a few complains.” (17M). “I’m over people’s crap, hate their criticism towards me so I cut it off before it can happen.” (11F).

5.4.1.16. PRAYING

Provers 9F and 27F found comfort in prayer, “Went to church, mood feels lifted.” (09F), “I got to church and I was so glad that I made it as it changed my spirit (lifted).” (27F), “I had peace of mind knowing that I had taken out all my burden through prayer.” (27F).

GROUP B

5.4.1.17. DISCONNECTION

5.4.1.17.1. CLOSED/ INDEPENDENT

Provers were emotionally disconnected. They displayed detachment and were less sensitive or reactive than normal. Prover 27F exhibited apathy in multiple situations, “I felt emotionless, like there was nothing inside, I even felt like watching a movie because there was a high possibility of catching feelings when watching anything. Felt like being alone.” (27F), “Not happy and not sad.” (27F), she also displayed an aversion to consolation when her granny passed away as she just could not express any emotions. Prover 13F was more “reserved when with friends.”

Provers were also less dependent on others and didn’t crave the attention or affection of others. They desired their independence, “Relationships, does things with family at my own pace, don’t feel obligated to my parents. Stand tall, firm priority to my own family (I was unacknowledged by my mother, no matter what I did, I was always unacknowledged).” (16F), “broke up with my boyfriend, and try to move on by concentrating on my work, nothing came out of the relationship, I had so much of expectation, frustrated, I put myself out there and he just did not care. I want my own space, it is best we are not together, I won’t go back to him, all THE FIGHTS, and fights are always about time!!! He has no time for me. I found myself reading a lot, “women of fortune”, “my sisters keeper”, reading keeps me calm, distracted from everything else, try not to think about it, don’t want to be upset.” (19F), “I have been very reluctant to form new relationships whether friends or romantically.” (27F), “I shouted out a guy who was asking me out because I just don’t want to be in a relationship- I feel like I am good this way.” (27F).

5.4.1.17.2. COMPANY AVERSION/ SOLITUDE DESIRE

Provers displayed disconnection and detachment as an aversion to company (01F, 03F, 10F, 11F, 12F, 13F, 17M, 19F, 21F, 23F, 27F, 29F). Provers were withdrawn in company and longed for isolation. The following statements were recorded, “Don’t want to be around people at times.” (03F), “Have now been beckoned to come back home for cake and tea. I am looking forward to the cake but not actually being there.” (11F), “In no mood for company today. Still don’t want to be around people.” (12F), “I am not in the mood to talk or be around people.” (23F). There was also an extreme desire for solitude noted (01F, 10F, 11F, 12F, 13F, 17M, 19F, 21F, 23F, 27F, 29F). The following were documented, “want to be alone.” (01F, 13F, 19F, 21F, 27F), “I feel withdrawn, I want to be alone, antisocial, irritable.” (10F), “Less sociable now, not keen on going out, rather stay in.” (11F), “I just like to go for a holiday, to a remote destination, with enough to eat, drink and something to watch, oh and did I mention alone.” (17M), “I love being to myself under my blanket. I don’t want to be around people I just want to curl up and be by myself.” (23F).

Prover 17M completely shut himself out from the world, “For some reason I feel like I have pushed myself away from the world so far that there is no way back for me. I shut myself sealed from everything and everyone, not a good thing I know but I have become used to it that I can’t change. I just go into a mood that I don’t wish anyone to

go into. I feel like I can hurt anyone and anything without even focusing too much on the consequences.” (17M). Prover 27F became intolerant towards others to the point where she entirely avoided and ignored people, “I just did not feel like company today so I chose to ignore all calls or texts and stayed indoors. Someone knocked and I just ignored it and went about with my own business” (27F). Similarly prover 29F expressed this sense of withdrawal, “My mood has been good, although didn’t interact with people a lot, I was indoors and asleep most of the time.”

Provers 11F and 17M showed a particular repugnance towards their family and friends during the proving, “Haven’t really wanted to see my family or speak to any of them.” (11F), “Had a braai with some family and friends at my house, not that much in the part-taking of it, not very social with all these people right now, I have less to say or speak to or with them.” (17M).

Prover 12F noted that her abhorrence towards people escalated during her menses.

5.4.1.17.3. TALKING/ COMMUNICATION

Provers expressed an aversion to communicating with others (12F, 17M, 23F, 24F, 27F, 29F). They avoided social interaction and conversation. The following were reported, “I don’t feel like talking to anyone, I don’t know why.” (12F, 23F, 24F), “don’t want to initiate any conversation at all right now.” (17M), “I chose to ignore all calls or texts and stayed indoors. Someone knocked and I just ignored it and went about with my own business.” (27F), “I struggled responding to messages on my phone because I was annoyed by everyone trying to talk to me.” (29F).

Peculiarly provers used WhatsApp texting to communicate even in times when they were averse to speaking or were avoiding social interaction (17M, 23F, 27F, 29F). The researcher suggests that WhatsApp communication was used as a method of social alienation where provers isolated themselves from a social settings because they felt uncomfortable interacting with others. They used WhatsApp as an escape mechanism, thus avoiding socialization with others and achieving self-estrangement or detachment from society. Provers 17M and 23F also had dreams of WhatsApp. In prover 17M’s dream he could not see whom he was chatting to but the context of the dream suggests that the person was breaking off all ties with him in a message, “Sorry but I don’t wish to have any form of communication with you anymore”

5.4.1.17.4. TIME

The sense of disconnection extended beyond being disconnected from others. Provers described feeling disconnected in general, often together with a sense of disorientation, feeling very, “confused” (27F) and “daydreaming” (15M). There was a great disorientation of time, “I felt very lost and like time was not on my side.” (27F). “I was a bit confused about class time. I thought I had a class at 1pm but it was Wednesday my orientation was off scheduled, I ended up waiting for a class that was not there.” (27F).

"I woke up confused when my alarm went off. I thought it was still Tuesday afternoon and not Thursday morning 7:00." (21F). Provers also felt like time was moving too fast. "Time moves too fast, in a rush to get ready for campus." (03F), "Day went by very fast" (16F), "ANOTHER WEEK DAY PASSED QUICKLY SPENT ON PC." (16F), "Early morning, can't believe 10 days of December are gone 2015 has gone fast right." (17M), "Time seemed to go too fast and I started panicking as I had to go to church and running late." (27F), "I feel like I do not have enough time." (29F).

5.4.1.18. ANGER/ IRRITABILITY/ VIOLENCE

There was an evident theme of irritability resulting in anger and aggression. A total of 14 provers experienced various accounts of anger, moodiness and irritability. Provers were easily agitated and wanted to vent their anger by being verbally aggressive and physically violent.

Provers described feeling, "annoyed and moody." (17M), "pissed off at small things." (10F), "very cranky and irritable." (16F), "grumpy" (16F, 28M, 29F), "very short tempered and extremely irritated." (16F), "so angry and frustrated." (23F, 18F), "very angry and I seem to lose my temper a lot." (23F), "agitated, no time for bullshit feeling." (10F).

In various accounts the anger was directed towards their family members, husbands, boyfriends and loved ones. "Hypersensitive & moody towards family members." (04F). "Was in a grumpy mood with husband." (16F). "I feel angry, my husband just makes me so mad... Seeing him like this makes me angry. Just the mere thought of him gets ME SOOO MAD. He is a horrible person and my kids are suffering because of him. I am starting to not like him very much." (23F). "Kids getting on my nerves, especially baby v. cranky, throwing tantrums!" (16F). "Annoyed irritated with boyfriend." (24F). "I'm in a bad mood I don't feel like talking to anyone, I don't know why, it feels like I don't have friends and everyone is my enemy today." (12F). Prover 11F described feeling "more of an aggressive energy" when staying home.

Curiously, provers 12F, 22F and 24F noted anger of unknown origin, "very angry not sure why" (24F). Prover 29F exhibited disappointment and frustration towards herself for not being able to accomplish her goals, "Not in a great mood today, so disappointed in myself. I haven't been able to meet the goals I set out for myself and it's so frustrating, I am really annoyed with myself." (29F). Provers 17M, 18F and 29Fs' annoyances were easily aggravated by everyone around them. "I am really starting to be annoyed by certain people, for some are just being nice to me for no reason but then again it could be all in my head." (17M). "Irritable and annoyed by everyone." (29F). "People can be so difficult at times it's frustrating." (18F).

Prover 21F's anger came through on 3 occasions within her dream state, "There was a point in the dream I felt really angry, I'm not sure whom my anger was directed at, but I remember thinking, why am I getting so angry in the dream", I remember thinking it

must be the remedy because I felt extremely angry which is very uncharacteristic of me.” (21F). “I started sweeping a mat feeling very frustrated. I don’t know what the dream could mean to me, I don’t usually swear/ get upset especially with her (my cousin).” (21F). The researcher postulates that the provers anger was stimulated and expressed in a more evolved manner as the prover had stated it was atypical for her to get angry.

Several provers were cantankerous and exhibited quarrelsomeness as a result of this anger and irritability, they stirred up arguments with friends and their siblings. “Had a fight with my friends, feel like my friendship with them won’t be the same again.” (11F). “I’ve been fighting with my siblings a lot.” (13F). “Very irritable, took off with everyone, very short temper, no longer a people pleaser, lashing out at everyone.” (16F). “Day at the pool started off with a fight, again short temper.” (16F). “Mood is still bad, had a big argument yesterday but choose not to write down personal problems here... feel terrible but what needed to be said has been.” (17M). “During the course of the proving, I was very moody and fought a lot with my sister and boyfriend over silly things.” (29F).

There was an increased impulse to snap at people, lash out at them and even a desire to strike or hit. “Snapped at kids, very short tempered.” (16F), “feeling very moody, I have this feeling that I am going to snap at any time. I am trying to be calm but it is very hard.” (17M), “Irritated, annoyed, my boyfriend is not listening to me..., feel like swearing him.” (24F), “I feel like giving him a good tongue lashing.” (17M), “very irritable, took off with everyone... lashing out at everyone.” (16F), “Smacked son- feeling guilty but still very angry.” (16F), “I feel like I can hurt someone right now, if I hit them. Mood is not very good, feeling very angry.” (17M), “I feel like I am going to hit something right now.” (17M), “I feel like I can hurt anyone and anything without even focusing too much on the consequences.” (17M), “not in the best state of mind mentally, feel like I can burst and give someone a good hiding right about now.” (17M), “My husband is drunk again... I am so mad, I want to punch him poke his leg so he won’t be able to go out and drink some more.” (23F), “I want to beat him up today.” (23F), “I feel so angry, I could just SCREAM and it is all because of my husband. He is so inconsiderate and irresponsible, I want to punch and kick him.” (23F). “I am angry today, my husband just pisses me off and stresses me out to the max... I want to PUNCH him really hard.” (23F), “boyfriend not answering my calls, feel like hitting him.” (24F).

In contrast to the anger expressed throughout the proving 3 provers documented a decrease in their temper and moodiness during and prior to menses, “Generally I have a very short fuse before my period (PMS) now it lasts for a very short while.” (04F), “I took the remedy at 6:29 and I have not been in a bad mood since, also do not have any period pains as yet.” (12F), “My period came all of a sudden because I didn’t have any premenstrual signs. No mood swings. I was in a good mood throughout.” (13F).

5.4.1.19. ANXIETY/ PANIC

The feelings of anxiety in the proving of *Garcinia cambogia* ranged from cases of generalized feelings of anxiousness, where provers were unable to pin point the actual source (04F, 10F, 11F, 21F, 24F), to more trigger specific concerns for example public speaking (27F) and apprehensiveness to the weather (11F).

One of the major anxieties observed between numerous provers was an anticipatory anxiety about exams and tests (03F, 09F, 11F, 12F, 15M, 17M, 24F, 26F, 27F, and 29F). Due to the anticipation anxiety prover 11F began to feel sick before tests, she documented having urgent stools and nausea on smelling food which abated after the test. Prover 12F began to experience stress related headaches. Provers 24F and 27F described sleeplessness as a result of the tension and stress. The anxiety improved prover 26F's concentration, but caused her to become pedantic in her learning method, she had to "memorise and perfect it" to overcome her fear of forgetting her work. In contrast to this Prover 29F found it increasingly difficult to concentrate with all the stress and as a result studying in advance was impossible.

Provers 17M and 24F reported having dreams about studying, "the atmosphere was tensed and stressful" (24F).

There was also much anxiety and pressure surrounding what the "future" holds for provers (04F, 09F, 10F, 17M, 21M, 23F and 27F). They were overwhelmed by thoughts of finding a job, becoming successful and making well-intentioned decisions, as prover 27F describes, "Scattered thoughts mostly about the future that each decision I make now will be very impactful on the future" (27F). Prover 04F explained that "the anxiety is aggravated by thinking & talking about potential future plans but somewhat relieved by writing things down e.g.: plans for the next few days such as going for interviews, joining allied health, etc."

Provers 15M and 27F felt an intensification in the concern for the general well-being of their family members.

Another theme of anxiety was excess distress placed on the provers own health. Provers were determined that they had illnesses and were resorting to self-diagnosis. The following occurrences were recorded "I thought I am anemic maybe I am just suffering from slight hypothyroidism." (06F). "I've been sleeping weirdly, so I've been waking up with a dead arm. I think I have been sleeping on the arm, then I wake up scared because the hand can't move and feels numb. I go into a state of irrational panic and start freaking out in case the hand never works again." (15M). "I even checked my symptoms on the internet because I'm getting so worried." (09F). "I thought I was dying. I got soooo scared. Totally freaked out!!" (09F). Provers 06F, 09F and 15M's anxieties would result into a state of panic.

Interestingly Prover 27F noticed that she had begun to startle very easily, a common sign of overactive adrenal glands. Prover 27F was in a state of fright or flight.

5.4.1.20. FEAR

Fears came through in various provers and was perceived as a sense of danger or a threat that “something bad is about to happen” (17M, 21F). Prover 03F had become terrified that every illness she had was potentially cancer. The darkness became an issue for prover 27F, “I woke up very early and I was supposed to leave the house at 4:45 but when I looked outside I got scared so I decided to sleep and leave at 6am.” (27F). Provers 17M and 26F revealed fears of failure. For the first time prover 17M experienced anxiety about exam results, he was curious to open his results but his fear provoked him to wait. Prover 26F felt like she was losing her mind, she began to panic over the fear that she might forget her work. Prover 24F’s fear of failure was exposed in her dreams. She dreamt that she had overslept and missed her test and in a later occurrence she dreamt about failing her test (24F). Prover 16F’s fear of snakes intensified, to a point where just the thought of snakes made her feel “anxious, fearful and uneasy.” Provers 15M, 18F and 24F felt alone and feared losing their boyfriend/ girlfriend, “Fear of losing my girlfriend, thinking more about our relationship now and she asked for space which is scaring me.” (15M), “felt pushed, did not get to spend time with him when he came back, felt pushed aside.” (18F), “Scared, tired, feel like I am going to lose my boyfriend.” (24F).

5.4.1.21. DELUSIONS

Delusions of persecution was observed in prover 12F, “it feels like I don’t have friends and everyone is my enemy today.”

Feeling forsaken and abandoned was seen in many provers (09F, 11F, 15M, 18F, 24F, 27F). Feel good but lonely. (09F), “Been feeling quite isolated by everyone at the moment... I’m also feeling quite left out.” (11F), “I feel like no one understands my current place.” (11F), “I feel like no one will ever understand me” (27F).

5.4.1.22. SADNESS/ WEEPING

Provers described feeling sad (09F, 10F, 17M), not so great (09F), down (11F) and depressed (15M, 27F). Prover 17M compared his gloominess to “another warm day” where “things are looking brighter outside than inside.” He also embellished this point by saying, “I don’t know why but I have a feeling of discontent and emptiness, just like to walk away without looking back, sometimes I just have to convince myself that things are fine but we know it’s not true.” (17M). Provers 19F and 27F described feeling

depressed, “feeling sad, upset, could be depressed, and want to be left alone.” (19F), “I think I am borderline depressed. I stay in my room, if I go out it is only for a while and I do not want to interact with anyone.” (27F). Being emotionally drained and a bit low is how prover 29F described her sense of sadness. Prover 27F became “antisocial-withdrawn” and “depressed due to other people’s problems.” (27F). Prover 23F described feeling like “screaming and crying” due to the conflict with her husband. Prover 21F noted becoming very emotional and even weeping during her menses.

5.4.1.23. CONCENTRATION POOR

Poor concentration featured prominently in this proving. Provers commented, “I’m finding it a bit hard to concentrate.” (06F), “my concentration span doesn’t last long at all.” (11F), “struggling to concentrate for more than 30 minutes at a time.” (11F), “struggling to keep focused, I focus only when it’s too late.” (15M), “can’t focus.” (22F), “my concentration levels were very short, it took much longer to focus.” (27F), and “I am having a hard time concentrating and being able to focus properly” (29F).

Together with this lack of focus provers found that their attention was easily diverted. The following instances were noted, “mind distracted” (06F), “I get distracted very easily now.” (11F), “My mind is racing, I’m thinking about “110 things”. I will be sitting and studying (try to at least) then I will get up to do something and study for another 5/10 min.” (21F), “I do anything that grasps my attention, or takes it away from studying.” (15M).

5.4.1.24. DIFFICULTY STUDYING

Studying had become very difficult due to the lack of focus and being easily distracted but provers also commented that a lack of energy and motivation also contributed to this struggle. Prover 26M found it impossible to start studying. “As I was studying I felt like I wasn’t able to grasp everything, it took a longer time than usual.” (09F), “While studying fatigue would set in very quickly and I get distracted very easily now.” (11F), “Struggled to study” (11F), “not sure what or how to study. Feel overwhelmed trying to establish how to study.” (18F), “learnt but nothing going in” (22F). Prover 29F also commented on her difficulty trying to study which began to stress her out as there just was not enough time to cover all the work she needed to learn.

5.4.1.25. PROCRASTINATION

Procrastination appeared apparent in the proving of *Garcinia cambogia*. Provers became habituated to postponing things to the very last minute (03F, 11F, 15M, 24F, 27F, 29F). “Been procrastinating a lot, trying to push research but the procrastination wins. Not sure how I’m going to bring myself to do work this week.” (15M), “many ideas

but a lot of procrastination when it comes to starting up.” (03F), “I haven’t really seen any progress. I am really annoyed with myself. I really feel the drive to want to do everything but I feel so tired and lazy such that I end up not doing anything. It is really frustrating.” (29F).

5.4.1.26. LAZY/ PHYSICAL EXERTION AVERSION

The feeling of laziness and lethargy was common between several provers (03F, 09F, 10F, 11F, 12F, 13F, 15M, 17M, 18F, 22F, 24F, 27F, and 29F). They complained that every task felt like too much work and effort (12F, 13F). “I really feel the drive to want to do everything but I feel so tired and lazy such that I end up not doing anything.” (29F). A total of four provers were averse to physical exertion (12F, 15M, 27F, 29F) and four were averse to mental exertion (09F, 10F, 11F, 13F). Provers discontinued their usual physical activities during the proving, “I have not been to gym all week.” (15M), “I still couldn’t get myself to wake up and go jogging. It’s been almost a week since I last jogged now, all I want to do is sleep or just watch TV.” (27F), “I slept early again hoping to be up early and go jogging but I could not seem to get myself out of bed when my alarm went on and I ended up waking up 3 hours later.” (29F).

5.4.1.27. LACK OF MOTIVATION

A lack of motivation was evident. Provers were easily discouraged (09F) and lacked initiative (03F). The following was recorded, “I don’t feel motivated to do anything.” (09F), “Motivation levels very low.” (10F), “I’ve had a serious lack of motivation to study.” Almost as if there is no urgency to start which scares me. (11F), “Motivation to work is low.” (11F).

5.4.1.28. PESSIMISM

Pessimism surfaced in 2 provers. Prover 11F became opposed to optimism and optimistic people, she stated that she was tired of being positive. (11F). Prover 17M started to take an extremely negative outlook on his life, the following statements were recorded, “terrible day and have a feeling it’s going to get worse only from here,” “everyone has bad days, I have two bad days then a 100 bad ones,” “the entire world has bad days, but I on the other hand have months that go wrong. You know they say”. There’s only one place from down, and that’s up”, guess what I’ve found a way to go underground.” (17M).

5.4.1.29. MUSIC/ NOISES AVERSION

One prover exhibited an aversion to music in contrast to the general theme being a liking or desire for music. Prover 27F explains, “I seem to be less interested in my music (I did not listen to even one song).” (27F). She also stated becoming very sensitive to noise during the proving. Similarly prover 12F displayed an aversion to noise.

5.4.1.30. OVERTHINKING

Most provers mentioned that they were inclined to overthinking and overanalyze situations. Their minds were overactive and flooded with countless thoughts. There was specific emphasis on past decisions and future outcomes. The following were logged, “never knew that the past could get to me like that after pushing it away for so long, and now that I am not involved in it, it actually gets to me. Really unexplainable.” (17M), “regrets on past life decisions.” (10F), “It has been a rather annoying, not so good, can’t stop thinking, thoughts have been diverged in many directions (job, expectations of results).” “Scattered thoughts mostly about the future.” (27F), “deep in thought about my future.” (10F), “My mind is racing, I’m thinking about “110 things.” (21F), “Recent times have been different for me, I have started thinking much more about things, I shouldn’t, I read too much into situations, I react faster to things that I should not, I say what I feel about something without much thought. Feel it hard to hold back... Seriously not even sure why I am writing these things down, why? I have no valid reason, at some point I might want to just stop and rip this book into shreds, don’t blame me if I do.” (17M), “Going to sleep, tired of thinking, thought the entire day.” (17M), “I had a thought. That I do overthink things to myself, I do up people very seldom and I make mountains out of molehills.” (17M).

Interestingly, together with overthinking prover 27F observed moments of indecisiveness alternating with clear thinking in moments of pressure.

5.4.1.31. HYPERSENSITIVE

A hypersensitivity was exhibited by several provers. They felt overwhelmed by situations and were emotionally reactive. The following was stated, “conscientious over little things, little things irritates me, get upset over little things.” (16F), “I make mountains out of molehills.” (17M), “Feeling emotional. Feel like a baby... Nothing is bothering me except my emotions. Overwhelming.” (09F), “I feel like there’s too much stuff to handle” (09F), “very emotional.” (10F), “I find I’ve become a lot more emotional recently. I can become emotional about many small things.” (11F), “more emotional throughout the proving. More sensitive.” (11F), “I’m a little bit more emotional.” (15M), “the past few days have been extremely emotionally trying. Unable to stay calm.” (16F),

Prover 27F became particularly sensitive to criticism. She stated feeling discouraged when people compared themselves to her and pointed out her shortcomings, “It made

me feel small and unable to accomplish simple things and I was hurt... It really shocked me and made me feel incompetent.” (27F). Prover 11F displayed ignorance towards criticism stating that she was, “over people’s crap” and “cut it off before it could happen.”

5.4.2. DREAMS

An abundance of dreams emerged from the proving of *Garinia cambogia*. These dreams conveyed the subconscious state of the mind during the proving. Many of the dreams centered around life or near death situations. The common themes that arose are as follows;

5.4.2.1. COLOUR

Colour plays a vital role in how we experience the world. It causes a psychological impact on our moods and emotions. It is evident that specific colours trigger similar emotional responses in people of varying diversities. Hence it can be conjectured that colours in the dream state add emotional content to the dream as well as gives us deeper insight and understanding of the dream. Provers noted seeing vibrant colours in their dreams, pink came through prominently (17M, 24F, 29F). According to Color Psychology (2017), pink is seen as a contradictory colour, it has many positive associations as a calming, non-threatening color, linked to innocence, hope, optimism, nurture and kindness but its negative sides are weakness, vulnerability and shallowness. A few provers also experienced, dull, dark, gray, or black dreams (21F, 24F, 27F). Black is associated with mystery and concealment and gray is associated with lack of emotion and unresponsiveness (Color Psychology, 2017).

5.4.2.2. NEW BEGINNINGS

Provers dreamt of new life and new beginnings. There were many dreams of weddings (17M, 24F), celebrations (24F), birthdays (21F) pregnancy (17M, 23F) and new starts (09F). On one occasion Prover 17M dreamt of a dying, headless chicken giving birth to new offspring. The researcher ventures that this is a symbolic representation of the life and death theme, where the headless chicken represents death or the end and it is giving birth to new offspring symbolizes the birth of something new, a new start or growth and potential.

5.4.2.3. LOSS OF CONTROL

Provers had dreams of driving (17M, 23F, 28M, 29F), speeding uncontrollably (23F), losing control of their vehicles and consequently meeting horrific accidents (17M, 29F). They also experienced dreams of falling down stairs (17M), falling from a height (06F, 17M, 26F) and instances of drowning (06F, 29F). These dreams depict a pattern of lack

of control. Likewise provers 03F and 17M also experienced a lack control in the mental and emotional spheres.

5.4.2.4. VULNERABLE

A great number of provers described having dreams where they were murdered (06F, 12F, 17M, 24F), pursued (12F, 23F, 29F), beaten (12F, 17M), deceived (12F, 24F) and raped (12F, 23F). These dreams depict a state of vulnerability and weakness. Provers were defenseless and in danger as prover 12F describes, “Noticed that I have been having many nightmares about people hurting me or wanting to kill me, I feel weak in the dreams and I cannot defend myself so I wake up scared just before being killed.”

5.4.2.5. ROBBERS

Being robbed or burgled emanated in the dreams of various provers (01F, 06F, 11F, 12F, 17M, 24F).

5.4.2.6. BLOODY / GRUESOME/ FRIGHTFUL

Multiple provers experienced nightmares and horrific dreams (5M, 06F, 12F, 16F, 17M, 23F). Prover 5M describes having “a psychotic dream, about good and evil,” and prover 17M defines having an apocalyptic dream. Prover 17M’s dreams were gruesome in nature with the central focus on blood, these dreams caused him to become nauseated and made him feel petrified of falling asleep again.

5.4.2.7. ANIMALS/ INSECTS/ REPTILES

Three provers’ denoted dreams of creatures they were most terrified of, snakes (16F, 21F) and spiders (24F). Prover 21F describes a cobra with black and white patterns and jealousy “emanating through the snake.” Prover 16F explains that her dream was long and torturous. Prover 10F recorded a dream of a pathway full of snails. The researcher proposes that this reveals a deeper level of sluggishness and lethargy which correlates to the physical and mental state of the prover during the proving. Prover 17M kept seeing goats in a pleasant dream and Prover 21F dreamt about an abandoned kitten which she could not take in.

5.4.2.8. DEAD RELATIVES

Dreams of dead people came through in two provers. Prover 21F dreamt of her brother whom passed away last year. Prover 24F dreamt about her late grandfather and her late brother.

5.4.2.9. UNREMEMBERED

Provers noted having “just a memory of having a dream” (16F) but they were unable to recall the events in the dream (16F, 18F, 21F, 23F, 27F, 29F).

5.4.2.10. WATER

Various provers had dreams of pools of water (06F, 21F, 23F) and the ocean (03F, 23F, 27F). Prover 23F and 27F perceived large waves crashing against the shore, prover 23F felt terrified by this whilst 27F said it was calming.

5.4.2.11. TRAPPED/ STRANDED/ ESCAPING

Several provers noted dreams where they were stranded, trapped or trying to escape and run away. Prover 10F dreamt that she was trapped inside a house and prover 29F dreamt that she was trapped inside a car. A few provers mentioned dreams where they were trapped and escaped into the forest (10F, 12F), jungle (12F) and grasslands (17M). The theme of being trapped was likewise experienced on the emotional plane in Prover 23F, she felt trapped in her own home.

Prover 28M recalled feeling very anxious in a vivid dream where he was stranded and could not find his way back home. Similarly prover 11F expressed discomfort in a dream where she just could not reach home. Provers 06F and 23F mentioned that in their dreams they are “always running,” trying to escape and felt “very terrified.” Peculiarly provers 06F and 27F both experienced dreams where they were trapped in a room with small windows being the only route to escape. Prover 17M mentions a dream where he is trying to perform magic to make himself disappear. The researcher construes that this is a method of escaping his situation in the dream. In the mental and emotional spheres prover 17M and 27F also felt the need to “runaway”, “leave”, “get out” and escape from home and other situations. Hence it can be deduced that the dreams in provers 17M and 27F depict the mental state of the provers during the proving and reveal those emotions on a subliminal level.

5.4.2.12. DRUGS

Two provers elicited dreams centered on drugs. Prover 23F dreamt of a man injecting girls with drugs and Prover 24F dreamt that she had caught her boyfriend stealing drugs.

5.4.2.13. FATHER ISSUE

It appears that an issue with the father figure came through in the dreams of prover 06F. Symbolically fathers embody strength, support, courage and offer protection. On two occurrences she had dreams where a father was unable to protect his child and safeguard them from injury and death.

5.4.3. PHYSICALS

5.4.3.1. VERTIGO

There was a sensation of dizziness experienced by multiple provers (06F, 11F, 12F, 15M, 17M, 21F, 29F). It was often described as a general sense of weakness with dizziness and light headedness (06F, 11F, 17M, 27F). Provers also experienced blackouts and vertigo (12F). These sensations were often ameliorated by eating (11F, 12F) and aggravated by hunger (27F). The vertigo was described as if the room was spinning around (11F) or light headedness when looking down or moving the head (21F). Provers also experienced loss of balance and difficulty standing or moving around (17M). Sleep also ameliorated the dizziness (29F). Prover 24F whom use to suffer from motion sickness found relief after taking the remedy, she now enjoys the adrenaline rush of sitting in the front seat of a fast car.

5.4.3.2. HEAD

5.4.3.2.1. ERUPTIONS

A rash appeared on the head (05M) and forehead (27F) areas. It was aggravated by heat and sun exposure, causing it to become itchy (05M).

5.4.3.2.2. PAIN

Headaches were a prominent feature throughout the proving. Most headaches occurred in the morning (11F, 17M, 22F), on waking (04F, 11F) and in the afternoon (07F, 12F, 15M, 16F, 17M, 26M). There was a return of headaches in a prover whom use to suffer from severe headaches previously (06F).

Pains were described as severe (26M) excruciating (16M), debilitating (17M) and massive (17M). Most pains were identified in the temporal (04F, 07F, 10F, 11F, 12F, 13F, 17M, 19F, 23F, 24F, 26M, 27F, 28M), frontal (01F, 04F, 09F, 11F, 17M, 19F, 24F, 26M, 29F) and occipital regions (04F, 21F, 22F). Provers also presented with pain in areas of the right side (11F, 17M, 26M, 27F), left side (04F, 10F, 11F, 26M, 27F) and vertex (22F, 23F) of the head.

The pain sensations were characterized as dull aches and pains (01F, 04F, 11F, 26M), band like sensations (11F, 21F, 26M), bursting and exploding pains (26M), throbbing (10F, 17M, 26M, 28M), hammering (17M, 23F), pounding (12F, 17M, 23F), punching (17M), pulsating (11F, 12F, 19F, 29F), sharp (11F, 26M), shooting (24F, 26F), stabbing (13F) and stitching pains (22F). Provers also noted feeling burning sensations (01F, 09F, 19F, 29F) and heaviness in the head which was described as a bearing down or pulling sensation (09F, 21F, 27F).

Prover 17M specified that he experienced periods of constant pain and then days where the pain was intermittent. The following factors were specified as causes of the headaches, hunger (12F, 24F, 26M), lack of sleep (21F, 26M), studying (09F, 26M, 27F), sneezing (09F, 17M), coughing (21F), and sun exposure (12F). Prover 29F suffered headaches due to wind exposure, she stated that this was alleviated by covering her head.

It was reported that the headaches often caused lachrymation (04F, 29F), nausea (04F, 11F), blurred vision (13F, 17M), lightheadedness (21F), drowsiness (17M, 24F), dizziness (11F, 17M, 29F), vertigo (21F) and photophobia (04F, 11F, 16F, 24F), especially provoked by artificial light (17M, 22F, 27F).

Stress, anxiety (12F, 22F, 23F), noise (04F, 12F, 17M, 23F), heat (13F, 17M) and movement (04F, 11F, 17M) were identified as elements that intensified the headaches.

It was also noted that drinking water (07F, 13F, 16F, 17M), especially iced water (16F, 17M), lying down (04F, 17M, 22F, 23F), eating salty food (11F) and sleeping (11F, 12F, 29F) lessened the intensity of the headaches.

Two provers reported a reduction in the amount of headaches since taking the proving substance (04F, 05M).

5.4.3.2.3. HAIR

Prover 11F noticed that her hair had been “molting” excessively, but in the follow-up she revealed that although her hair was falling at a faster rate it appeared much thicker than before the proving. Prover 27F also note that her hair was growing at a rapid rate and felt fuller. It was also recorded that the hair became “oilier and greasier much faster” (24F).

5.4.3.3. EYES

Increased lachrymation was marked in provers (04F, 12F, 21F, 23F, 26M, 27F, 29F) together with redness (11F, 12F, 17M, 23F, 27F), burning (04F, 17M, 21F, 23F, 26M, 27F), dryness (05M, 11F), itchiness (11F, 12F, 23F, 27F, 29F), soreness (01F), poking (23F) and a sense of droopiness and heaviness of the eyelids (03F, 05M, 11F, 23F, 27F, 29F). The eyes were particularly sensitive to, and aggravated by, wind (15M, 27F, 29F) and light (04F, 16F), especially artificial light (16F, 17M). One prover with photophobia noted becoming desensitized to light during the proving (09F).

Agglutination of the left eye was noted and a feeling as if the eyes were protruding from its sockets (17M). Two provers experienced puffy eyes (04F, 06F), especially on waking (04F), this was usually abated after taking a hot shower (04F). Provers described feeling gunky or fuzzy as if something was inside the eye (11F). There was also a case reported of an itchy, dark eruption around the orbits of the eyes (27F). Prover 11F observed that her eyelids began to twitch for periods at a time. There was an increased desire to rub the eyes (12F, 17M) however this exacerbated the situation. Sleep (04F, 21F, 29F) and closing the eyes (21F, 23F, 29F) was found to ease the problem. Peculiarly for one prover squinting the eyes made her feel better (27F).

5.4.3.4. VISION

Blurred vision was noted in a few provers (13F, 15M, 17M, 24F). Prover 15M experienced blurred vision when rising from a seated position. It was also noticed when watching TV or using the computer (17M). Provers 13F and 17M noted an aggravation during headaches. Blinking continuously (24F) or closing the eyes (17M) helped clear the image.

5.4.3.5. EARS

A blocked sensation was felt in the ears (10F, 23F 26F). There was also redness of the left ear and a hot, burning sensation (21F, 27F). Itching in the inner ear was noted by one prover (27F). Provers also described stitching (22F) and sharp pains (23F) inside the ear.

5.4.3.6. NOSE

Various nasal symptoms occurred throughout the proving. Provers noted nasal congestion (01F, 03F, 04F, 09F, 10F, 11F, 22F, 23F), runny nose (01F, 12F, 17M, 21F, 22F, 23F, 24F, 26M), post nasal drip (21F, 23F) and sneezing (01F, 04F, 09F, 11F, 12F, 23F, 26M). Exacerbations of

the nasal symptoms occurred in the mornings (01F, 04F, 10F, 11F, 12F), especially on waking (01F, 04F, 12F, 22F). Provers also complained of experiencing a burning sensation (21F, 22F, 23F) and redness of the nose (22F, 23F). Hot showers (01F, 04F, 23F), standing up (01F) and being active (04F) had a tendency to improve nasal symptoms, whilst cold (23F, 24F), lying down (01F) and dust (23F) provoked the situation. Prover 09F recorded intense sneezing after being exposed to the cold sea breeze. One prover commented that the tip of her nose began to tingle tremendously to the point where her nose became itchy, however the tingling and itchy sensation didn't subside when she scratched it (11F). Prover 10F noted having a buildup of mucus in the nasal and throat passages, she mentioned that she had this problem in the past but managed to suppress it up until the proving. Prover 17M was astonished after taking the proving substance and waking up relieved from his usual sinusitis attacks, the following were recorded, "up this morning with no sinus at all, not a sneeze to note, nor an irritating nose, first time in ages that I remember this...never felt air so clear in recent times as this, feels good to breathe free." (17M).

5.4.3.7. FACE

Provers presented with roughened skin (23F), eruptions (01F, 04F, 11F, 17M, 21F, 23F, 24F, 29F) and facial dryness (11F, 15M, 23F). Prover 11F noticed that the tip of her nose became exceedingly dry causing the skin to flake off. Prover 17M experienced heat and burning sensations throughout the face and neck regions, after which he broke out into a vesicular eruption and the heat intensified. Prover 09F noticed her cheeks and nose had become very red before she experienced cold-like symptoms. There was an increase in comedones (11F) and pimples (11F, 23F, 24F, 29F) on the chin (11F) cheeks (21F, 23F, 24F), forehead (23F, 24F, 29F) and around the mouth (01F). The eruptions were painful (11F, 23F) and aggravated by touch (04F, 23F, 24F, 29F). Prover 04F developed a blister on her inner lip which burned with salty and acidic foods. There was also skin rashes (21F, 27F), prominent on the forehead (21F, 27F) and neck regions (21F).

5.4.3.8. MOUTH AND TEETH

There was an alteration in taste, bitterness (03F, 15M, 23F) in the mouth, loss of taste (21F) and bad breath (15M) after taking the remedy. Prover 03F noted a white coating on her tongue. Prover 27F noted a tingling sensation on her gums and palate after taking the first dose of the substance. Prover 21F also described a tingling sensation on the left side of her tongue, 30 minutes after the first dose, making it seem as if her tongue was burnt. Peculiarly prover 23F also described feeling as if her tongue was burnt, she explained it felt dry and thickened after taking the powder. Prover 27F later discovered an abscess arose on the right upper gum around the canine (27F). Dryness of the mouth was also noted (05M, 11F, 17M, 23F, 26M) on various occasions, prover 26M defined the intensity of dryness by stating that his tongue became stuck on the roof

of his mouth. In contrast to this, prover 27F experienced increased salivation and drooling and prover 21F noted her mouth and lips weren't as dry as usual. There was also indentation of teeth on the gums (21F), stiffness of the jaws (27F) and cold sensitivity (21F, 27F). Prover 21F recorded that a piece of her tooth broke whilst eating popcorn.

5.4.3.9. THROAT

The throat was dry (01F, 03F, 04F, 10F, 13F, 16F, 17M, 21F, 22F), but often alleviated by eating fresh fruit (01F) and drinking water (04F, 13F, 16F). There was pain, soreness (01F, 03F, 04F, 06F, 09F, 10F, 21F, 22F, 23F, 28M) and inflammation of the throat and tonsils (04F, 03F, 28M), which was improved by eating (04F). Itchiness (12F, 13F, 23F, 26M), tickling (11F) and a scratchy throat (11F, 13F, 15M, 21F, 23F) was also mentioned and was ameliorated by coughing (13F), and drinking water (13F) or hot beverages (23F). Provers described feeling sensations of something stuck inside the throat (03F, 10F, 21F), constriction and tightness felt around the throat (21F, 27F) and a lump in the throat (27F). There was also difficulty swallowing (15M, 21F) and choking caused by this difficulty (21F).

5.4.3.10. STOMACH

Many provers displayed a decrease in appetite (01F, 03F, 07F, 09F, 10F, 11F, 15M, 16F, 17M, 18F, 21F, 22F, 23F, 24F, 26M, 27F). They had "no desire to eat" (01F), no appetite (01F, 03F, 07F, 10F, 27F, 29F), a "sudden loss of appetite" (16F) and skipped meals (01F, 10F, 17M, 21F, 23F, 27F, 29F). They were just not hungry (09F, 10F, 17M, 21F, 22F, 23F, 24F, 29F). Curiously 3 provers whom had a decreased appetite became accustomed to snacking, they desired to bite (01F), chew (11F) or just have a little snack (27F, 29F). Changeability of appetite was seen in provers 11F and 27F. Prover 11F described it as an "unusual feeling" of being "somewhat hungry but also not hungry at the same time" and being "hungry but with no desire to eat." Accounts of increased appetite prevailed in many provers (04F, 05M, 10F, 11F, 12F, 15M, 17M, 21F, 24F, 27F, 29F). Prover 29F noted becoming extremely hungry when she was stressed or nervous. There were also occasions where provers experienced an insatiable hunger and a ravenous appetite (12F, 21F, 24F, 27F, 29F). The following were recorded, "Eating only temporarily satisfies hunger" (04F), "It does not seem like I'm getting full" (12F), "I do not feel full after eating." (21F). A few provers had an inclination towards overeating (11F, 17M, 27F).

Provers experienced churning sensations (21F, 24F), tingling (24F), grumbling (01F) and gurgling (11F) inside the stomach. Prover 17M recorded feeling a sensation of heat over the stomach area while his limbs felt extremely cold.

Two provers noted heartburn and indigestion during the proving (06F, 10F), whilst one prover noted a remarkable improvement in her ulcers after taking the powders, she indicated that she hadn't suffered once with pain or burning while on the proving (09F).

Nausea (04F, 06F, 09F, 11F, 16F) was experienced on waking (01F), after coitus (16F), while coughing (21F) and after drinking milk (21F). Provers also described "severe and moderate waves" of nausea (06F) with an aversion to food (11F, 22F). The smell of food (11F, 16F) and taste of onions (11F) commonly aggravated the nausea. Drinking sips of water often alleviated the sensation (11F). Prover 17M experienced severe vomiting followed by a pounding headache.

There were stomachaches (06F, 11F, 15M, 29F) worse for walking or standing up (29F) and transient stomach cramps (04F, 11F, 15M, 17M) especially with diarrhea (06F, 16F), worse for sitting or crouching (04F, 17M), better for lying flat (04F, 17M) and drinking tea (11F).

A few provers explained that their need or desire for water was decreased during the proving (01F, 10F, 11F, 21F, 22F, 27F, 29F). However there were also many provers whom felt extremely thirsty (04F, 10F, 11F, 12F, 15M, 16F, 17M, 26M, 27F). Prover 12F was so thirsty that she had drank a 2L bottle of coke all by herself. There was also a feeling of being dehydrated (15M, 26M). Thirst was prominent in the morning on waking (11F, 26M, 27F, 29F). Provers noted having an unquenchable thirst (01F, 05M, 26M, 27F). Uniquely prover 27F commented that eating ice cream appeased her thirst and prover 03F's thirst was eased after eating. There was an increased desire for cold drinks (03F, 17M, 26M, 27F), large quantities (17M, 21F, 26M), small sips (21F, 27F), tea (11F, 17M, 27F, 29F) and water (12F, 13F, 26M, 27F).

5.4.3.11. ABDOMEN

Bloating (04F, 06F, 10F, 11F, 16F, 21F, 27F, 29F) and flatulence (01F, 10F, 11F, 27F) was marked during the proving. Bloating was worse after eating (06F, 11F) and was eased by drinking green tea (06F) or massaging the abdomen (16F).

Two provers discovered dry patches of skin on the abdomen, in the region of the umbilicus (15M) and below the ribcage (06F).

There was a lot of pain in the abdominal area. Most pain was felt on the left side (04F, 19F, 23F), umbilical region (06F, 22F), hypogastrium and iliac regions (21F) and extending to the back (24F). Pain was often associated with diarrhea (04F, 06F). The sensations varied from cramping (04F, 06F, 07F, 15M, 16F, 19F, 22F), bearing down (18F, 21F), sharp (06F, 11F, 16F, 21F, 23F, 27F) and throbbing (23F, 24F). In one prover abdominal pain was accompanied by groin pain (15M). Pressure (16F), lying down (04F, 21F), heat (18F, 21F), warm drinks (21F), and passing stool (21F, 27F) often improved the pain. Cold aggravated the pain (19F).

5.4.3.12. RECTUM AND STOOL

There were many accounts of constipation (01F, 04F, 06F, 10F, 11F, 13F, 21F, 27F), difficult stool (01F, 10F) and ineffectual urging (07F, 21F, 27F, 29F). The constipation was accompanied by bloating (21F, 27F) and flatulence (27F). Prover 21F noted that eating bananas reduced the constipation. However beans (27F) and bread (10F) provoked it.

Provers also had occasions of loose stool (11F, 27F), watery stool (22F, 29F), runny tummy and diarrhea (04F, 06F, 12F, 16F). There was associated nausea (04F, 06F), pain, burning (12F, 21F) and cramping (06F, 16F). Provers noted that diarrhea was triggered by anxiety (27F, 29F). There were two accounts of explosive diarrhea (21F, 27F) and diarrhea during menses (12F, 21F). Provers took caution towards eating as this aggravated the stomach (06F, 11F, 27F), especially spicy food (27F). Prover 01F discovered blood in her stool and when wiping. Drinking cola lessened the runny tummy (06F).

Prover 29F recorded increased urging, mainly, immediately after eating something. Provers also reported more frequent bowel movements (01F, 04F, 21F, 22F, 27F). Prover 11F noted that her bowel movements became more regular and less erratic after taking the substance, she has now adapted to one specific time.

Provers noted changes in the colour, shape and texture of their stool. There was light brown (21F, 24F, 29F), greenish (27F), yellow (24F) and very dark stool (21F, 24F) noted. Provers described having dry (21F), hard (06F, 22F, 24F, 27F), rough (16F), floating (21F), round (04F, 23F, 24F), small, grape-like (27F), mushy (24F), soft (24F, 27F), sinking (27F), long and continuous (21F, 24F) and foul-smelling stools (27F, 29F).

5.4.3.13. URINARY SYSTEM, BLADDER AND URINATION

There was changes in the urge and frequency to urinate, some provers expressed decreased urgency to urinate (01F, 10F), whilst some had to urinate more frequently (10F, 11F, 21F, 27F, 29F). Prover 27F noticed that she was waking often at night to urinate (27F), especially when under cold blankets and there was an increased urge to urinate while under pressure of a test (11F). One prover noted a burning sensation when urinating (12F). Prover 27F mentioned passing dark yellow urine. However prover 29F stated that her urine cleared up. Prover 15M experienced hesitation while urinating together with slight groin pain.

5.4.3.14. MALE GENITALIA/ SEX

Prover 15M experienced itchiness in the pubic area and sharp groin pain. The groin pain was accompanied by abdominal cramps. It was more severe at night and made sleeping difficult. Walking and the pressure from clothes intensified the pain.

5.4.3.15. FEMALE GENITALIA/ SEX

Symptoms pertaining to the female reproductive system, genitalia and sex were plentiful.

Prover 12F experienced itching in the pubic area together with a white discharge and a burning sensation while urinating. She clarified that the itchiness and burning soon vanished however the white discharge that appeared after her period (i.e. 3 days after taking the substance) only disappeared on the start of her next menstrual bleed. A brown discharge was discovered by prover 01F prior to and following menstruation. This discharge increased with hot showers and decreased after taking cold showers. Prover 21F noted a recurrent thick white or clear leucorrhoea every time she went to the toilet after taking the substance. Prover 24F described having copious amounts of yellow leucorrhoea.

Prover 11F's sense of her ovaries were heightened, she became more aware of it. Oddly prover 19F experienced a phantom period, she felt as though she was menstruating however she was not in that phase of her cycle so there was no bleeding or discharge, just a false sensation.

Prover 16F noted an unexplained decrease in libido early on in the proving followed by discomfort with coition. However a few days later she stated having a much-increased libido.

Numerous provers noted a change in their menstrual cycle. Two provers noted the late arrival of their menses (18F, 24F). The flow was heavier, with provers going through an increased amount of sanitary pads and tampons per a day (04F, 06F, 18F, 21F, 23F, 29F). Prover 18F illustrated that bleeding was heavier throughout the day and with motion or activity but much lighter during the nights while resting. Provers who previously had passed copious amounts of blood during menses expressed relief while on the proving as their flow was lighter than normal and more consistent (09F, 11F, 12F). Menstrual blood during the proving was described as brown (18F, 21F, 22F), dark (04F, 21F, 22F, 24F, 29F) or bright red (04F, 09F, 21F, 22F). Clotting was evident (04F, 06F, 18F, 21F, 24F, 29F). Clots were described as hard (24F) and gelatinous (18F). Two provers were hypersensitive and aware of each clot being passed (18F, 21F). Prover 01F noted a reduction in the amounts of clots as she previously had an abundance of clots. She also noticed the odor was reduced.

There were pressing (18F, 29F) and shooting (24F) pains experienced during menstruation. These pains were intensified by motion (29F) and were decreased by

bending forward (24F, 29F), eating (24F), and by applying pressure (24F, 29F) or heat (21F, 24F). Provers whom usually suffered with period pain noted a remarkable reduction in the pain, most of them experienced very little to no pain whatsoever (01F, 04F, 09F, 11F, 12F, 23F). There was also a distinctive decrease in premenstrual symptoms (04F, 09F, 10F, 13F, 18F).

5.4.3.16. RESPIRATION

Difficulty while breathing was documented by 5 provers (03F, 06F, 12F, 21F, 29F). There was marked difficulty when ascending stairs (12F) and while under pressure. Eating ameliorated the difficulty (03F).

5.4.3.17 COUGH

Coughing occurred in 9 provers (01F, 03F, 04F, 09F, 11F, 17M, 21F, 22F, 23F). It was generally worse at night (04F, 09F, 21F, 23F). Coughs were often accompanied by headaches (21F), knee pain (03F), nausea (21F) and hoarseness (21F). Prover 21F also recorded that she had a tendency towards unexplainably choking. Coughing was provoked or intensified when provers were exposed to cold air or change of weather (21F, 23F), from drinking cold drinks (17M, 21F, 23F), exhaustion (03F) or when trying to suppress the cough (03F). Provers experienced chest pain and tightness due to constant coughing (03F, 22F, 23F). Two provers stated that their coughs were dry (03F, 17M) and one prover explained that her cough was wet, spasmodic and rattling (21F). Often drinking warm drinks soothed the cough (04F, 21F, 23F).

5.4.3.18. EXPECTORATION

There was great difficulty expectorating. The phlegm was thick (22F, 23F) and tenacious (21F, 22F, 23F). Prover 23F described expectorating thick brown, green and white phlegm on varying occasions. Two provers noted excess clear phlegm (21F, 22F). Expectorations were aggravated by eating (22F) and ameliorated by exertion (22F).

5.4.3.19. CHEST

Congestion and tightness was recognized (22F, 23F). The congestion was exaggerated after eating (22F). One prover experienced palpitations which caused difficulty when breathing. This was improved by sitting up and removing tight clothes (21F). There were cases of pain caused by persistently coughing (21F, 23F). Prover 27F noted burning sensations and sharp pains on the sternum worse on inspiration. Three provers displayed increased tenderness and sensitivity of breasts (06F, 21F, 22F). Painful

pimples presented in the axillary region (01F, 21F). There was an increased in perspiration and foul odor in the axilla (21F, 24F).

5.4.3.20. BACK

Soon after taking the remedy prover 04F document experiencing hot flushes and heat sensations over the neck and upper back and shoulders.

Pain was experienced in the neck (11F 18F), shoulders (23F), sacroiliac joint (15M) and lower back (11F, 18F), radiating to the pelvic region (18F). Pain sensations were described as aching (09F), burning (23F), cramping (18F), pounding (23F), pulsating (29F), sharp (18F, 23F), shooting (23F) and sore (10F, 11F, 12F, 18F, 23F, 27F). Prover 18F sprained her neck which caused unbearable pain and a restriction of movement. Eating (18F) and any jarring movements (18F) increased the pain. Applying heat to the affected area alleviated it (18F, 23F).

5.4.3.21. EXTREMITIES

An unusual sensation of heat was felt in the feet noted together with minor swelling and flushing. (11F). Two provers experienced coldness in the limbs. (17M, 27F).

Prover 11F developed a cold rash on her hands. It was apparent on the left hand along the knuckles and finger webs. She noticed that it became more severe during the cold and the skin even began to peel off making it feel dry and scaly, she thereafter noticed a similar pattern on her feet.

Prover 19F developed a boil on the left side of her buttocks. It was worse for touch, pressure and made it difficult to walk due to the pain.

Fine pimples appeared on prover 17M's left arm, in the area of his tattoo, they had no sensation or itch. Six days later tiny white vesicles appeared on his right arm, these however, felt extremely itchy. Prover 05M experienced itchiness on the legs, however no rash or pimples were evident.

Prover 27F had a ganglion on her wrist prior to the proving, this disappeared on the proving.

Heaviness of the lower limbs was reported by prover 27F, she mentioned having to drag herself as it was so difficult to lift up her legs. Prover 22F felt numbness in the right leg and prover 15M reported waking up in a panic due to a numb sensation in his arm. There were also cases of weakness of limbs reported. Prover 27F documented feeling weakness in the legs, made worse by ascending stairs and prover 11F experienced weakness of her arms together with a lightheaded sensation.

There was also pain and stiffness (03F, 17M) noted. Pain sensations were described as burning (17M, 23F), dull (11F), piercing (23F), pounding (17M), punching (23F), twitching (11F) and stinging (24F). Pain was described in the legs (17M), thighs (17M), ankles (17M), knees (03F, 11F, 16F), wrists (06F, 18F) shoulders (06F, 11F, 23F, 24F), feet (16F, 22F) and big toes (06F) of provers. Pains were generally intensified by movement (03F, 16F, 17M, 18F, 22F) and pressure (17M, 22F). Oddly prover 17M noted that thinking about the pain usually exaggerated it. Applying a cold compress lightened the pains (17M, 18F).

Prover 27F reported that her nails grew rapidly after taking the substance.

5.4.3.22. SLEEP

Sleep patterns were drastically changed during the proving. Contrasting symptoms arose. There was increased sleepiness and desire for sleep (03F, 05M, 07F, 12F, 17M, 23F, 24F, 26M, 27F, 29F) with an excessive urge to sleep while studying (11F, 27F, 29F). For some provers the urge to sleep was overpowering and uncontrollable (03F, 04F, 06F, 07F, 09F, 11F, 12F, 15M, 17M, 27F, 29F).

There was an increased inclination towards sleeping during the daytime (01F, 06F, 04F, 05M, 07F, 09F, 11F, 12F, 17M, 23F, 27F, 29F). Most provers noted feeling extremely sleepy in the afternoons (01F, 04F, 07F, 11F, 17M, 27F) and felt good after taking short naps (01F, 11F, 15M, 17M, 22F, 24F, 29F). Provers noted sleeping excessively, for many hours and oversleeping, even after napping during the day (23F, 27F, 28M, 29F). Most provers managed to have many nights of peaceful and refreshing sleep (05M, 07F, 11F, 17M, 21F, 22F, 23F, 27F, 28M, 29F).

A few provers noted difficulty trying to fall asleep at night (04F, 11F, 17M, 21F, 23F, 24F, 28M) and some provers found their sleep to be interrupted and disturbed (11F, 18F, 19F, 23F, 27F). There were cases of sleep being unrefreshing (01F, 12F, 18F, 21F, 23F, 24F, 27F, 28M).

Some provers experienced excess energy with no desire to sleep (01F, 07F, 10F, 11F, 15M, 21F). Prover 27F claimed that now she falls asleep immediately whereas prior to the proving she would struggle to fall asleep.

Falling asleep on the abdomen was common in various provers (03F, 11F, 21F, 24F). However prover 11F found that her neck aches when sleeping in this position, the pain disappears soon after waking. Provers 22F and 23F would wake up lying flat on their backs, usually with arms above their head. Prover 23F also noted occasions of falling asleep on the left-hand side and waking up on the right. Prover 03F and 15M had a tendency to lie over one arm which caused the arm to become numb.

Waking up was a struggle for a few provers (03F, 11F, 12F, 27F, 29F) causing them to wake up late (01F, 11F, 17M, 27F). Conversely there were occasions where provers would wake up early in the morning with ease and feeling refreshed (04F, 06F, 07F, 11F, 17M, 18F, 27F, 29F). Prover 11F became hypersensitive to noise, her sleep would often abruptly break with the slightest noise.

5.4.3.23. FEVER AND CHILL

Two provers developed a fever which caused increased perspiration and discomfort (21F, 27F). Prover 27F also experienced chilliness especially the arms.

5.4.3.24. PERSPIRATION

Five provers reported an increase in perspiration (01F, 07F, 17M, 21F, 27F), especially in the morning on waking (17M, 27F). Prover 07F and 17M experienced flushing. Other provers noted increased perspiration in the axilla (01F, 21F), hairline (07F) and upper lip (07F). Provers 01F, 17M and 21F commented that the perspiration was offensive and 27F said that her perspiration felt very salty.

5.4.3.25. SKIN

The skin was increasingly dry throughout the proving (06F, 10F, 12F, 23F). However prover 21F mentioned having excess oiliness together with a rash. The texture of the skin changed to a rough, lumpy feel (23F, 27F).

5.4.4. GENERALS

The proving of *Garcinia cambogia* elicited a total of 140 rubrics in the Generals section.

Throughout the proving aggravations were noted in the mornings, one prover reported the following, “I use to be really active in the morning, it was my best, most refreshed and active time, but now I am at my worst in the morning, more tired than ever.” (09F).

There was an increased desire for cold air (01F, 07F, 11F, 17M). The following were noted, “Have to have fan on even during cool temperature.” (01F), “Heat just doesn’t work with me anymore, I prefer sitting in a cold room.” (11F), “probably will just sit in front of the aircon until I die or fall of too sleep.” (17M). Prover 17M also desired rain, and went out to play in the rain on one occasion as he enjoyed the way it felt.

There was a notable aggravation by heat (01F, 11F, 17M). Provers also documented feeling sensations of heat, regardless of climate conditions (01F, 04F, 11F, 12F, 27F).

They also described experiencing hot flushes that usually lasted a few minutes (04F, 07F, 10F, 11F, 27F).

Four provers experienced dehydration together with increased thirst and a feeling of dryness (05M, 10F, 15M, 26M). Increase consumption of fruits decreased the dehydration (05M).

Contradictory feelings were expressed by provers of both increased and decreased energy on varying occasions. Provers documented feeling lethargic (03F, 10F, 15M, 23F, 28M), sluggish (06F, 07F), exhausted (03F, 12F, 29F), fatigued (10F, 15M, 26M), drained (03F, 09F, 11F), tired (01F, 03F, 04F, 09F, 10F, 11F, 12F, 15M, 17M, 22F, 24F, 27F, 28M, 29F) and very little energy (01F, 06F, 11F, 18F, 21F, 22F, 27F, 29F). Two provers noted feeling weak and “shaky” after taking the substance (03F, 11F). This exhausted sensation frequently commenced in the mornings (09F, 11F, 15M, 29F), especially on waking (01F, 26M, 27F). It often provoked sleepiness (06F, 09F, 11F, 12F, 15M, 22F, 23F, 27F, 29F), reduced concentration levels (11F) and vertigo (11F, 12F, 17M). Weakness was also noted during headaches (17M, 22F), influenza (13F, 22F), rainy weather (10F) and menses (21F). Exertion usually further decreased the energy (16F, 27F, 29F). However, after taking showers (01F) and resting (29F) an increase in energy was felt.

Alternatively provers felt as if they were on a buzz (10F, 27F). They felt energetic (03F, 09F, 10F, 11F, 12F, 13F, 15M, 16F, 17M, 18F, 21F, 23F, 24F, 27F, 28M, 29F) and desired activity (09F, 11F, 12F, 21F, 23F, 24F, 28M).

Most provers revealed that they had a greater inclination towards eating unhealthy foods during the proving (03F, 10F, 11F, 15M, 17M, 23F, 24F). There was significant cravings for sugary foods (11F, 12F, 15M, 17M, 22F, 23F, 27F), cakes (03F, 15M, 23F, 27F), pastry (24F), starch (15M, 23F, 27F, 29F), pizza (03F, 22F, 24F, 26M, 27F, 29F), pasta (23F, 24F), ice cream (03F, 12F, 24F, 27F), chips (23F, 29F) and chocolates (01F, 03F, 10F, 11F, 12F, 15M, 22F, 24F, 27F).

Conversely a few provers became more inclined towards a healthier diet (06F, 17M, 29F), they increased fresh fruit and vegetable consumption while limiting calorie and carbohydrate intake.

There was an increased desire for salt (03F, 10F, 11F, 27F, 29F), spicy food (23F, 24F) and oddly sand (27F, 29F). Provers also desired chicken (03F, 23F, 24F, 26F), meat (03F, 16F, 23F, 27F), dried fish (23F) and sardines (10F).

A desire for coffee (11F, 21F), tea (03F, 11F, 17M, 23F, 29F), carbonated drinks (22F, 24F, 27F) and alcohol (17M, 22F, 23F) was also noted. Prover 17M craved brandy whilst provers 22F and 23F desired wine. Curiously one prover yearned for cannabis (24F).

Prover 24F began to crave foods that usually caused an aggravation, she noted craving pies which usually produced nausea and vomiting, however after taking the remedy she ate it without undergoing her usual reaction.

Provers 11F and 27F became averse to oily and fried foods. Strangely prover 11F became averse to the smell of eggs. Prover 07F documented an amelioration in her energy levels and sleepiness after eating chocolate.

The onset of influenza was evident in the proving (01F, 03F, 09F, 12F, 13F). Provers commonly noted experiencing aches, pains, runny nose and exhaustion.

There was also an increase in general aches and pains, provers described feeling sore and miserable (06F, 09F, 16F, 23F, 27F). One prover noted feeling overcome by a sensation of heaviness (29F). These feelings often prompted rest.

Provers commonly documented feeling significantly better after awakening from a good sleep (17M, 27F, 28M).

During the proving there was cases of suppression that was undone. Prover 10F noted that her past buildup of nasal mucus recurred on the proving and prover 06F experienced severe headaches once again.

There were a few cases where a decrease in weight was recognized. The following were reported, “My mother said I look like I’ve lost a bit of weight.” (01F), “My sisters are complaining that I’m losing too much weight.” (09F). On inspection, there were a few provers who lost weight during the proving (01F, 04F, 06F, 09F, 11F).

5.5. THE COMPARISON OF *GARCINIA CAMBOGIA* 30CH TO ITS REPERTORIAL DIFFERENTIALS

5.5.1 Repertorisation of the 17 characteristic rubrics – top remedies

A repertorisation of 17 characteristic rubrics produced the following remedies; *Sulphur*, *Sepia officinalis* (*Sepia*), *Lachesis mutus* (*Lachesis*), *Arsenicum album* (*Ars alb*), *Phosphorus* (*Phos*) and *Natrum muriaticum* (*Nat mur*) as the top six remedies that arose. Subsequently *Thuja occidentalis* (*Thuja*), *Ruta graveolens* (*Ruta*) and *Nux vomica* (*Nux vom*) emerged as the top three remedies of the plant kingdom, *Sulphur*, *Ars alb* and *Phosphorus* emerged as the top three remedies of the mineral kingdom and *Sepia officinalis*, *Lachesis mutus* and *Tarentula hispanica* (*Tarentula*) emerged as the prominent remedies of the animal kingdom

5.5.1.1. *Garcinia cambogia* and *Sulphur*

Sulphur emerged as the most prominent remedy after the repertorisation of the 17 symptoms representing the essence of *Garcinia cambogia*.

The several common symptoms that occurred between *Garcinia cambogia* and *Sulphur* on repertorisation include; a sense of irritability, a tendency towards violent behaviour, an aversion towards company together with a desire for solitude, an anxiety towards the future, a sensation that time passed too quickly, and a need to clean or wash. There were also sudden spells of weakness and vertigo, sensitivity towards artificial lighting, a scratchy sensation in the throat, unquenchable thirst, constipation with ineffectual urging and straining, an overpowering sense of sleepiness, a great craving for chocolate and flushes of heat.

Sulphur is one of the most commonly prescribed remedies (Morrison, 1993:368). It has a marked affinity for the skin and the left side (Vermeulen, 2002:1305). According to Scholten (1993:69) *Sulphur* personalities cannot integrate love and harmony in their lives and there is the impression of everything or nothing, which clarifies that there are in fact two types of *Sulphur*. They are either untidy, dirty and disorderly or too tidy, clean and polished (Scholten, 1993:69). These characteristics can also be found in one person, neat and orderly at work and messy at home or mess a lot and then suddenly clean everything impeccably, there is a lack of balance (Scholten, 1993:69). This disharmony can also be expressed in their love life, where their relationships are not well integrated into their life. *Sulphur's* are often loners or get absorbed in their work, they become depressed and will either start to neglect themselves or pretend not to care (Scholten, 1993:69).

Vermeulen (2002:1305), defines *Sulphur* as philosophical, a hopeful dreamer with countless ideas and great ideas but no focus and no real depth, with no time or too much trouble to realize these ideas. Similarly, in *Garcinia cambogia*, provers had an abundance of thoughts and ideas, especially regarding their future. Many provers reassessed their lives and decided on making many changes towards a better future. Likewise, they exhibited a lack of focus towards achieving these goals. There was also an evident issue with time, a sensation that it passed by too quickly, thus not having a sufficient period to carry out all their great ideas.

Sulphur is very forgetful and has a poor memory, although *Garcinia cambogia* exhibited poor concentration and lack of focus, similar to *Sulphur*, there was no evidence supporting forgetfulness. In fact, provers noticed improved short-term memory recall while on the remedy.

Sulphur is also very imaginative and this often leads to an anxiety about health (Vermeulen, 2002). In *Garcinia cambogia* this is also seen in provers. They were terrified that they had serious health problems due to the minor physical symptoms they exhibited. Provers even Googled their symptoms and were afraid that they had terminal illnesses.

Sulphur is well known for its selfishness and disregard for others. They are self-centered, egotistic, proud and they prefer to be the center of attention (Vermeulen,

2002:1305-1308). *Garcinia cambogia* on the other hand is far more introverted and prefers to be alone in the safety of his familiar space.

Generally, *Sulphur* is slow, lazy, hungry and always tired (Vermeulen, 2002). *Garcinia cambogia* likewise exhibited extreme laziness and lethargy with lack of motivation and indifference causing procrastination. In *Sulphur* there is either complete loss of hunger or an excessive hunger which often leads to weakness (Vermeulen, 2002). Both *Sulphur* and *Garcinia cambogia* share those sensations as well as the craving for spicy food, alcoholic drinks and sweets.

Sulphur is well known for its dry, itchy and burning skin that is aggravated by becoming heated and ameliorated by open air (Vermeulen, 2000:1492-1505). These symptoms are also evident in *Garcinia cambogia*. Both remedies experience marked dryness of the skin, mouth and the eyes. Eruptions in *Garcinia cambogia* looked papular in nature or were dry and scaly. *Sulphur* also has pimple like pustules and dry scaly skin. *Garcinia cambogia* eruptions similarly became aggravated by washing.

In *Sulphur* there are heat and burning sensations, especially the head, face, palms of hands and soles of feet, with burning pains (Vermeulen, 2002:1307). These sensations were also prominent in *Garcinia cambogia*. Provers experienced sensations of heat and had hot flushes. The eyes in *Garcinia cambogia* were also burning and itching (Vermeulen, 2000:1492-1505) much like *Sulphur*.

The *Sulphur* headache is beating in nature and accompanied by vertigo (Boericke, 1999). Similarly, *Garcinia cambogia* experienced the beating sensation with heat and vertigo. Both remedies also experienced bloating, constipation and flatulence. Provers also commented on having a bitter taste in the mouth. This is also noted in *Sulphur*.

Both *Sulphur* and *Garcinia cambogia* easily awaken to even the slightest of noise. *Sulphur* has dreams of being pursued and dreams of murder. In *Garcinia cambogia* provers had dreams of witnessing people being murdered or trying to escape a villain.

5.5.1.2. *Garcinia cambogia* and *Sepia officinalis*

Sepia officinalis was the second most prominent remedy that emerged after the repertorisation of the 17 symptoms representing the essence of *Garcinia cambogia*.

The common symptoms after the repertorisation were feelings of irritability, anxiety, anger, violence and an aversion to company. There was also vertigo, aggravation from light, a scratching sensation in the throat, constipation, an extreme sense of sleepiness, flushes of heat and desire to wash as well as a craving for chocolate.

According to Sankaran (1997:179), *Sepia* has a delusion that her body is disfigured and that she is unattractive. This consequently leads to the main issue in *Sepia*, a feeling of being forced to undertake things opposed to her intentions and doing things against her will. She often feels dominated and dependent either on an emotional or financial level due these feelings of inadequacy (Sankaran 1997:179). This leads to a state of

melancholy. There is a split in being, that urges her to become independent. She becomes busy on the mental and emotional planes resulting in exhaustion. As a result, progressive detachment from her family and community takes place, with the development of depression, indifference, irritability, and anger which is generally directed at her family (Morrison 1993:343). Sexual intercourse often feels forced as it is done against her will and out of dependence (Sankaran 1997:179).

Vithoulkas described the central theme of *Sepia* as being that of “stasis”. This reflects itself in the mental sphere as mental dullness, sluggishness and confusion (Vermeulen, 2002:1227-1231) (Morrison, 1993:344-346). *Garcinia cambogia* displays features of tiredness, apathy, a difficulty in concentration and excessive sleepiness, although, its changeability distinguishes it from *Sepia*. The marked irritability is a common feature of both remedies (Morrison, 1993:344-346). *Sepia* and *Garcinia cambogia* becomes incredibly irritable with everyone, including their own children and family, which leads to anger.

In *Sepia* there is a marked sense of indifference and disconnectedness from the family and as a result an aversion to company, especially towards family (Morrison, 1993:344-346). Yet *Sepia* dreads solitude (Vermeulen, 1994). In *Garcinia cambogia* there's also a disconnectedness and indifference, however there is a preference and desire to be alone and in a familiar, safe environment. Much like *Sepia*, *Garcinia cambogia* desires freedom and independence. However, *Garcinia cambogia* proves to be independent by making self-dependent and self-reliant decisions.

Garcinia cambogia, like *Sepia*, has delusion of being fat, however, unlike *Sepia* there are no feelings of inadequacy but rather a desire for change. Both remedies experience great prostration and weariness. There's also anxiety about health, seen as a hypochondriac behavior of provers. *Sepia* and *Garcinia cambogia* share features of emotionally sensitive, are very easily offended and sensitive to criticism. *Sepia* is excessively nervous (Vermeulen, 1994). *Garcinia cambogia* likewise experiences a lot of anxiety.

Physically, *Sepia* is well recognized as a female remedy due to its affinity for the female hormonal system. *Garcinia cambogia* shares similar female symptomatology with *Sepia* like the dark menses, pulling and twisting pains during menses and thick leucorrhoea (Vermeulen, 2000:1412-1422). *Sepia* however generally has profuse bleeding during menses (Vermeulen, 2000:1412-1422), whereas *Garcinia cambogia* depicts a much lighter flow. *Sepia* presents with a strong aversion to sex, being touched sexually, uterine prolapse with bearing down sensations (Morrison 1993:346). In *Garcinia cambogia* there is an increased awareness of the ovaries and uterus, though, there is no apparent bearing down sensation like that of *Sepia*. The sexual drive and libido of *Garcinia cambogia* is not as evident or clearly depicted. Further provings of *Garcinia cambogia* will provide more symptoms of the male and female systems thus to expand the materia medica and provide increased comparative information for analysis.

In both remedies headaches are commonly accompanied by nausea and vertigo. There is also great weakness and faintness.

There is a sensation, as if a plug is lodged in the throat when swallowing in *Sepia* (Vermeulen, 1994). *Garcinia cambogia* similarly experiences obstruction in the throat, difficulty swallowing and pain in the throat. Tickling and hoarseness in larynx (Vermeulen, 1994) as well as back pain is common to both remedies. *Sepia* has constant hunger (Vermeulen, 2002) and *Garcinia cambogia* experiences changeability with hunger. Provers described experiencing either diminished appetite or ravenous hunger. *Sepia* describes cramping sensations in the stomach (Vermeulen, 1994), equivalent to *Garcinia cambogia*. They also share common complaints of acidity, dyspepsia and bloating (Boericke, 1999).

Physical stasis is reflected in *Sepia* as constipation of large, dark brown, hard stools (Vermeulen, 1994). Both remedies experience difficult stools.

Whilst coldness and numbness of the extremities is seen in *Sepia* (Morrison 1993:344), *Garcinia cambogia* displays the opposite; heat sensations and flushes of heat are felt in the extremities.

Generally, in the sluggish state, *Sepia* is better for physical exertion (Vermeulen, 2002), whereas *Garcinia cambogia* feels exhausted and too tired. Both remedies have a desire for chocolate and an aversion towards fats. However, *Sepia* also craves vinegar, pickles, sour and bitter foods (Jouanny 1984:371) whilst *Garcinia cambogia* prefers sweet things. *Sepia* experiences flushes of heat with perspiration (Morrison, 1993:344-346) much like that of *Garcinia cambogia*.

5.5.1.3. *Garcinia cambogia* and *Lachesis muta*

Lachesis muta was the third most prominent remedy that emerged after the repertorisation of the 17 symptoms representing the essence of *Garcinia cambogia*.

The common symptoms after the repertorisation were a feeling of irritability, a tendency towards violent behaviour, an aversion towards company together with a desire for solitude, an anxiety towards the future and a sensation that time passed too quickly. There were also sudden spells of weakness and vertigo, sensitivity towards artificial lighting, a scratchy sensation in the throat, unquenchable thirst, constipation with ineffectual urging and straining, an overpowering sense of sleepiness, a great craving for chocolate and flushes of heat.

Lachesis is well-known for their jealousy, envy, anger, aggression and haughtiness (Morrison, 1993:215-218). According to Sankaran (1997:113): “*Lachesis* is very jealous and wants to get ahead of its rival, especially in terms of a relationship where competition is necessary, as there is a feeling of not being good enough internally. She is very suspicious of people around her and feels as if they are plotting against her. She

compensates by talking eloquently, using intelligence to her advantage, attracting and captivating by use of wit, sarcasm, loudness, animated, vivid, excited mannerisms. She is perceptive of her audience, and when they do not notice, she strikes, leaving them spellbound long after she is gone. When her best endeavor to win the competition fails, and she feels she will soon die, she becomes more spiritual in nature. She is interested in the beauty of nature, and the main theme is show.” *Garcinia cambogia*, on the other hand, are more irritated by people. They are not animated or captivating but prefer to be withdrawn and desire solitude. The aggressiveness between the two remedies are comparable. *Garcinia cambogia* expresses irritability and anger but to a much lesser degree than *Lachesis*. *Garcinia cambogia* feels like being violent but they would rather stay away than attack whereas *Lachesis* would act on their anger and strike as a result of its venomous quality due to its snake nature (Sankaran, 1997:113).

In *Lachesis* there is classically sleepiness with an inability to sleep due to an overactive mind, especially at night (Vermeulen, 2004:804). This was also common in *Garcinia cambogia*. Both *Lachesis* and *Garcinia cambogia* experienced confusion, mental dejection, melancholy, anxiety and feelings of dullness and laziness. The characteristic elements of jealousy, fanaticism and the intense sexuality of *Lachesis* was absent in *Garcinia cambogia*. However physical appearance and attention to aesthetic appeal came through in *Garcinia cambogia*. *Lachesis* is commonly recognized for exhibiting loquacity whilst *Garcinia cambogia* showed loquacity together with periods of taciturnity. Like *Lachesis*, *Garcinia cambogia* also experienced dreams of murder and snakes.

Lachesis muta exhibits vertigo which is worse in the morning and from movement, with sensations as if would fall (Vermeulen, 2000:920). *Garcinia cambogia* has vertigo, also worse from movement and exhaustion, with sensations of falling. However, in *Garcinia cambogia* there is an apparent aggravation from hunger. *Lachesis* is extensively recognised as a headache and migraine remedy. *Garcinia cambogia* reproduced *Lachesis*-like headache symptoms with pains through the head on waking, often extending to the neck and shoulders or to the eyes (Vermeulen, 2000:920). Both remedies experienced pulsating and bursting pains (Morrison, 1993:215-218). There were also accounts of pressure and burning in the vertex (Boericke, 1999), as well as a full, congested sensation and heaviness of the head. Headaches were often accompanied by lachrymation, nausea, vertigo and blurred vision (Boericke, 1999). In contrast, *Lachesis* headaches are often ameliorated by some form of discharge. This was not evident in *Garcinia cambogia*.

Lachesis muta has symptoms of lachrymation, photophobia, blurred vision and an increased sensitivity to sounds. (Vermeulen, 2000:921). *Garcinia cambogia* has similar symptomatology with a more pronounced sensitivity to artificial lighting and a heightened sensitivity to sound during sleep. Both remedies exhibited extreme dryness of the throat and general pain and soreness. There was also a sensation of a lump in the throat with difficulty swallowing and a sense of constriction around the throat. *Lachesis* throat symptoms are aggravated by hot beverages (Boericke, 1999), whereas *Garcinia cambogia* throat symptoms are alleviated by hot drinks. Coryza, sneezing and

epistaxis with offensive bloody discharges and vesicular eruptions about the nose are typical of *Lachesis muta* (Vermeulen, 2000:922) while *Garcinia cambogia* has excessive watery discharge, sneezing and congestion of the nose but no epistaxis or eruptions.

There is cramping in the epigastrium in *Lachesis muta* (Vermeulen, 1994); this differs from *Garcinia cambogia*, as cramps were experienced in the lower part of the abdomen. Both remedies had a great amount of nausea, however, in *Lachesis muta* there is nausea with great flow of saliva (Vermeulen, 1994). A sensation of bloating in the abdomen is evident in both remedies, yet it is more pronounced in *Lachesis muta* with an intolerance of tight clothing (Vermeulen, 1994). *Lachesis* and *Garcinia cambogia* equally exhibit great hunger and thirst. *Lachesis muta* is hungry and can't wait for food, with a good appetite at one time, and none at all in the other (Vermeulen, 1994), *Garcinia cambogia* likewise experiences this changeability of appetite. Constipation and ineffectual urging were also common between the two remedies. In the female section, both remedies presented with dark menstrual bleeding and many dark clots.

In *Lachesis muta* there is the sensation of oppression or restriction in the chest with difficulty breathing (Morrison, 1993:215-218). There are also palpitations and irregular beats (Boericke, 1999). These symptoms are common in *Garcinia cambogia*, though *Lachesis muta* experiences more pronounced symptoms with venous congestion and labored breathing (Vermeulen, 2000:927).

Like *Garcinia cambogia*, *Lachesis* experiences marked aggravation in the morning on waking and to heat (Morrison, 1993:215-218). Both remedies experience flushes of heat especially to the face and cravings for alcohol and chocolate (Morrison, 1993: 215-218) (Vermeulen, 2002:802-805).

5.5.1.4. *Garcinia cambogia* and *Arsenicum album*

Arsenicum album (*Ars alb*) was the fourth most prominent remedy that emerged after the repertorisation of the 17 symptoms representing the essence of *Garcinia cambogia*.

The common symptoms after the repertorisation were; a sense of irritability, being easily angered, a tendency towards violent behaviour, an anxiety towards the future, and a need to clean or wash. There were also sudden spells of weakness and vertigo, sensitivity towards artificial lighting, an unquenchable thirst, constipation with ineffectual urging and straining, an overpowering sense of sleepiness, a great craving for chocolate, flushes of heat and excessive weakness and fatigue.

According to Sankaran (1997:19), *Arsenicum album* patients experience the world as threatening and chaotic due to an underlying feeling of insecurity, lonesomeness and not belonging. They have an overwhelming longing to constantly maintain control of either themselves or their environments to compensate for the insecurity and ensure they feel more secure (Morrison 1993:3). Despite being mistrustful and suspicious of everyone he needs people and is dependent on them (Coulter 1986:274). The

symptoms of anxiety, restlessness and panic attacks are lightened in the company of others.

In contrast to *Arsenicum album*'s desire for company we see an aversion to company with a great desire for solitude in *Garcinia cambogia*. Both remedies share a marked sense of anxiety. However, there is no evidence of suspicion or paranoia in *Garcinia cambogia*. The anxiety in *Arsenicum album* is often due to varying factors, such as fear of ill health, poverty and relationships (Sankaran 1997:19). Similarly, *Garcinia cambogia* displays these anxieties and a shared anxiety towards the future. *Garcinia cambogia* and *Arsenicum album* are hypochondriacal in nature. In *Garcinia cambogia* proves expressed exaggerated distress over minor symptoms. There was a desire to keep fit, eat healthy and make positive lifestyle changes in the proving of *Garcinia cambogia*. However, this differed from the compulsive tendencies of *Arsenicum album* where, strict diet, regular exercise and a healthy lifestyle was as a result of the fear of losing health and a fear of death. This compulsive behaviour, fastidiousness and strong fear of death were not present in *Garcinia cambogia*.

Arsenicum album, headaches are congestive in nature and described as the brain being beat against the skull during motion, often accompanied by restlessness, intense pain and great weakness with an icy feeling of the scalp ameliorated by warm applications (Vermeulen 2000:168). *Garcinia cambogia* exhibited headaches of a throbbing nature with burning sensations in the head. both remedies displayed sensitivity of the head in open air. Intense photophobia, burning eyes and lachrymation were common in both remedies. They also experienced nasal congestion, excessive sneezing and fluent coryza. However, *Arsenicum album* experienced burning nasal discharges (Boericke, 2005:80), whereas *Garcinia cambogia* discharges were of a bland nature.

Arsenicum album is well recognized for its gastrointestinal indications. It is commonly used in gastritis, peptic ulceration and gastric malignancies (Morrison 1993:42). There are intense burning sensations (Vermeulen 2000:171), often with a desire to sip on water, however liquids are poorly tolerated (Morrison 1993:42) and there is nausea with frequent vomiting (Vermeulen 2000:171). *Garcinia Cambogia* displayed great nausea, distension, indigestion and flatulence. However, the frequent vomiting and intense burning sensations didn't feature as prominently. Both remedies experienced oppression of the chest. Although, *Arsenicum album* experienced respiratory symptoms of a greater severity with suffocative attacks, dyspnea, cyanosis of face and cold sweating accompanied by great anxiety (Vermeulen 2000:173).

Arsenicum album presents with general symptoms of debility, exhaustion, and restlessness (Boericke, 1999). *Garcinia cambogia* also experiences a great deal of exhaustion after even the slightest exertion much like *Arsenicum album*. Both have an overwhelming sense of sleepiness. They also share a sense of extreme, unquenchable thirst and have a tendency towards seaside complaints (Boericke, 1999). Both experience burning sensations and have a predisposition towards flushing.

5.5.1.5. *Garcinia cambogia* and *Phosphorus*

Phosphorus was the fifth most prominent remedy that emerged after the repertorisation of the 17 symptoms representing the essence of *Garcinia cambogia*.

The common symptoms after the repertorisation were; a sense of irritability and anger, with a tendency towards violent behaviour, and an anxiety towards the future. There was also sensitivity towards artificial lighting, a scratchy sensation in the throat, unquenchable thirst, constipation with ineffectual urging and straining, an overpowering sense of sleepiness, a great craving for chocolate, flushes of heat and excessive weakness.

According to Vithoulkas (1988:154-159), there are four stages of *Phosphorus*;

Stage 1- largely physical manifestations. There are symptoms of easy bleeding, increased thirst, burning pains, cravings for salt, sweets and chocolate and easy amelioration from sleep.

Stage 2- subsiding physical symptoms with an increase in anxieties and fears. There are concerns typically regarding their health and the safety of others.

Stage 3- anxieties and fears become overwhelming and it becomes increasingly difficult to relax, until the anxiety becomes constant and “free-floating”. Symptoms at this point are often ameliorated by company and reassurance.

Stage 4- the mind has broken down completely, resulting in a poor concentration, inability to think coherently and poor comprehension. The body and mind become weak resulting in an indifference towards company and surroundings. This is a state characterised by depression, despondency and indifference.

Within the mental sphere *Phosphorus* is noted for themes of diffusion, sympathy, affection, sensitivity and extroversion (Vermeulen, 2004:1056). They are typically outgoing, suggestible, scattered and have attention seeking tendencies with a desire for travel as well as great anxiety and fear (Vermeulen, 2004:1056). *Garcinia cambogia* is noted to exhibit great changeability, provers described being more affectionate and extroverted. However, there were greater occasions where they were completely averse to company and craved solitude. Much like *Phosphorus*, *Garcinia cambogia* expressed a great desire for travel. The longing for change was significant in *Garcinia cambogia*. Both remedies have an overactive mind and experience great prostration especially after slight mental effort (Kent, 2004). There is commonly anxiety, gloomy forebodings and fear that something bad will happen (Kent, 2004).

Phosphorus experiences vertigo in relation primarily to cardiovascular disturbances with the sensation of blood rushing to the head often accompanied by faintness and nausea (Vermeulen, 2000:1228). *Garcinia cambogia* experiences vertigo in relation to hunger with a sensation of the room spinning and often accompanying fatigue, lethargy and weakness. The headaches of *Phosphorus* are congestive and throbbing in nature and are often accompanied by great hunger, facial flushing, nausea, vomiting and stiffness

in the muscles of the face and jaws (Kent, 2004:826). Headaches are brought on by mental exertion (Kent, 2004). They are ameliorated from cold and worse from heat (Kent, 2004:826). *Garcinia cambogia* headaches were throbbing and pounding in nature, accompanied by lachrymation, vertigo and photophobia. They were often brought on from hunger, studying and sneezing. Heat also aggravated *Garcinia cambogia* headaches. The eyes are greatly affected in *Phosphorus* with sensations of enlarged eyeballs, heat, burning, and heaviness in the eyes (Vermeulen, 2000:1229). There is notable redness (Kent, 2004), and lachrymation (Vermeulen, 2000). Both remedies experience redness, burning, lachrymation and marked photophobia. *Garcinia cambogia* has pronounced sensitivity towards artificial lighting.

The nose symptoms of *Phosphorus* are numerous, there is catarrh, with cold in the chest and coryza with constant sneezing, running nose and copious bright red nasal bleeding (Kent, 2004). In *Garcinia cambogia* there is coryza with thin, watery discharge, nasal congestion and constant sneezing. The common epistaxis and descending of colds to the chest of *Phosphorus* are absent in *Garcinia cambogia*. In *Phosphorus* there is facial neuralgia and flushes of heat to the face (Vermeulen, 2000:1230). Whilst *Garcinia cambogia* experiences facial flushing, neuralgic pains of the face are absent. Both remedies have dryness of the tongue, accompanied by a great thirst for cold water (Vermeulen, 2000:1231).

There is a distinct thirst for cold water in both remedies that is insatiable at times. Both have a capricious appetite and increased hunger. Distension of the abdomen and flatulence is exhibited in both remedies, while there is also burning in *Phosphorus* as well as a greater sensitivity of the liver (Vermeulen, 2000:1231). In *Phosphorus* respiration is difficult, oppressed and there is heaviness as of a great weight on the chest (Kent, 2004:833). The cough symptoms are pronounced with tickling in the throat, an intensification from cold air, and a hacking, hard, dry tight cough (Vermeulen, 2000:1235). There may be palpitations, especially accompanied by anxiety (Vermeulen, 2000:1235). *Garcinia cambogia* has symptoms of oppression, congestion and heaviness in the chest with difficulty breathing but only a fraction of the intensity seen in *Phosphorus*. It also has palpitations from anxiety. The tickling sensation is present however coughing was not as pronounced. In *Garcinia cambogia* difficult respiration was aggravated by ascending stairs.

Both remedies share symptoms of sleep disturbances: restless sleep, feeling tired on waking, difficulty falling asleep due to excitement and thoughts of the day (Kent, 2004:835) and being sleepy by day with sleeplessness at night; while *Phosphorus* also has somnambulism (Vermeulen, 2000:1237) and *Garcinia cambogia* has a tendency towards oversleeping. They both are ameliorated by open air and experience excessive weakness.

5.5.1.6. *Garcinia cambogia* and *Natrum muriaticum*

Natrum muriaticum (*Nat mur*) emerged as the sixth most prominent remedy after the repertorisation of the 17 symptoms representing the essence of *Garcinia cambogia*.

The several common symptoms that occurred between *Garcinia cambogia* and *Natrum muriaticum* on repertorisation include; a sense of irritability, becoming easily angered, a tendency towards violent behaviour, an aversion towards company together with a desire for solitude, an anxiety towards the future, and a need to clean or wash. There was also an unquenchable thirst, constipation with ineffectual urging and straining, an overpowering sense of sleepiness, a great craving for chocolate, flushes of heat and excessive weakness.

Scholten (1993:65), describes the essence of *Natrum muriaticum* to be an idea that there is no mother, he explains that bereavement is the standard situation in this remedy, a theme of being all alone in the world, feeling insecure and not nurtured. A key feature of *Natrum muriaticum* is that they have disappointment in love. The disappointment comes from a feeling of betrayal or being let down by a loved one, they fear being emotionally hurt and therefore become reserved and unapproachable (Vermeulen, 2002). Irritability, anger, bitterness and malice often develop as a result of these feelings and they end up dwelling on past disagreeable occurrences. They become sad and sentimental, they grieve in silence and are sensitive to music, they are responsive to the grief of others which they absorb and brood over when alone and are averse to consolation (Vermeulen, 2002).

There is much similarity between *Natrum muriaticum* and *Garcinia cambogia* on all levels. In both remedies we see great introversion throughout. However, in *Natrum muriaticum* we see an extreme sensitivity as well as grieving and loss, it is often a real loss that has been experienced in many cases and the individual broods over this loss and does not seem to want to move on (Morrison, 1993:258-261). This is not the case in *Garcinia cambogia*, the extreme sensitivity is absent and there is no sense of loss, but rather a desire for independence and self-discovery.

In both remedies we see the distinct aversion to company and a strong desire to be alone (Morrison, 1993:258-261). *Natrum muriaticum* avoids company as he anticipates that he might easily annoy others or people might pity him for his misfortunes (Vermeulen, 2002), and the strong desire for solitude is so that he can brood alone. Whilst, in *Garcinia cambogia* the aversion towards company and desire for solitude is as a result of them becoming easily annoyed and irritated by others and desire for independence. In times of grief, however, *Garcinia cambogia* desired consolation whereas *Natrum muriaticum* was averse. Both remedies featured taciturnity, in *Garcinia cambogia* provers even when as far as to isolate themselves from social media.

In *Natrum muriaticum* there is great vulnerability (Vermeulen, 2002). In the subconscious dream state of *Garcinia cambogia* the vulnerability is depicted. There are dreams of being isolated, weak and helpless in the face of danger. Both remedies also

have a tremendous insecurity and fear of robbers as well as dreams of robbers (Sankaran, 1997).

In both remedies we see fastidiousness and perfectionism (Morrison, 1993:258-261), however in *Natrum muriaticum* it is more intense and extends in all their daily activities, whereas in *Garcinia cambogia* it appears to only revolve around their home, with a desire to clean. In *Garcinia cambogia* music often featured to provide energy and upliftment as well as comfort during sadness.

Natrum muriaticum is a well-known remedy for headaches and migraines. Both remedies experience hammering and bursting pains which is worse for reading, motion, light and noise (Vermeulen, 2002). Headaches commonly occur in the morning and are accompanied by nausea and vomiting (Boericke, 1999).

Both remedies have burning of the eyes, but the sensations experienced by *Natrum muriaticum* are described as of sand in the eyes. *Garcinia cambogia* were itchy and burning with poking sensations. Photophobia was exhibited in both remedies, in *Garcinia cambogia* the sensitivity to artificial light was more pronounced. There was also blurry vision in both remedies. There is coryza in *Natrum muriaticum* with thin, watery discharge and associated sneezing in the morning, similar to *Garcinia cambogia*. The two remedies have violent sneezing and congestion of the nasal passages.

Both remedies have a sore or blister on the lip resembling a fever blister. In *Garcinia cambogia* there was a tingling sensation of the lip, especially when the sore had come into contact with salt. This burning sensation was also present in *Natrum muriaticum*.

In *Natrum muriaticum* there is abdominal distension and cutting pains (Boericke, 1999). This was also found in *Garcinia cambogia*. Fluttering palpitations are common to *Natrum muriaticum*, with the heart and chest feeling constricted (Boericke, 1999). *Garcinia cambogia* experiences palpitations in response to anxiety. There is also a heaviness and pressure felt on the chest.

Both remedies exhibit similar generalities, like the craving for salt, chocolate and coffee and a great thirst, especially for cold drinks (Boericke, 1999). There is sleepiness during the day and waking up unrefreshed. There is also dehydration and dryness in *Natrum muriaticum* and *Garcinia cambogia*, mostly affecting mucous membranes, provers experienced dryness of the skin, tongue and throat. Both remedies are also worse for heat (Vermeulen, 2002).

5.5.2. Comparisons of *Garcinia cambogia* to remedies from the Plant Kingdom

The repertorial analysis of the prominent remedies of the Plant kingdom yielded *Thuja occidentalis* (*Thuja*), *Ruta graveolens* (*Ruta*) and *Nux vomica* (*Nux vom*) as the top three plant remedies that showed repertorial similarity. *Thuja occidentalis* was the most prominent remedy that emerged after the repertorisation of the 17 symptoms

representing the essence of *Garcinia cambogia* were subjected to a further delimitation of only the remedies from the plant kingdom. The other two remedies that were most similar were *Ruta graveolens* (*Ruta*) and *Nux vomica* (*Nux vom*).

5.5.2.1. *Garcinia cambogia* and *Thuja occidentalis*

The common symptoms between *Thuja occidentalis* and *Garcinia cambogia* after the repertorisation were; a sense of irritability, becoming easily angered, a tendency towards violent behaviour, an aversion towards company together with a desire for solitude, an anxiety towards the future, as well as an anticipatory anxiety mainly before examinations, a sensation that time passed too quickly, and a need to clean or wash. There were also sudden spells of weakness and vertigo, constipation with ineffectual urging and straining, a great craving for chocolate and flushes of heat.

According to Vermeulen (2004), *Thuja occidentalis* has low self-esteem, inner hidden feelings of self-contempt, guilt and ugliness. *Thuja occidentalis* often feel they are frail or fragmented, as if there is a weakness within oneself or a sensation of something is “wrong” with oneself (Sankaran, 1997). These feelings of weakness, guilt or poor self-esteem were absent in *Garcinia cambogia*. *Thuja occidentalis* are rigid thinkers with fixed ideas and adhere to religious norms for social security (Boericke, 1999). *Garcinia cambogia* desires religious worship and is ameliorated by it, though there is no extremism. Hypochondriacal characteristics are seen in both remedies. In *Garcinia cambogia* there is a desire to make healthy lifestyle changes and anxiety of ill health, but it was not depicted to the extreme degree seen in *Thuja occidentalis*, where there is a fanaticism about health, diet, and an obsessive self-interest (Vermeulen, 2004). *Thuja occidentalis* have an inner fear of being exposed or falling from grace hence they become extremely cautious around strangers and avoid being exposed (Sankaran, 1997). This results in the prominent theme of isolation and alienation. This disconnection from society is depicted in *Garcinia cambogia*, who avoids company and desires solitude due to being easily annoyed and angered whereas *Thuja occidentalis* avoids company as a result of the fear of being exposed. In *Thuja* there is a desire to be secretive but in *Garcinia cambogia* there is a desire to be independent.

Often *Thuja occidentalis* has dreams of falling, this symbolizes their strong fear of falling from his elevated position. Dreams of falling were common in *Garcinia cambogia*, however this symbolized the adrenaline rush seen in the remedy. In *Garcinia cambogia* there was a desire to be spontaneous, this is absent in *Thuja*. The fragile nature is seen *Garcinia cambogia*, as a sensitivity to criticism and concerns over trifles, much like *Thuja occidentalis*. *Thuja occidentalis* can be deceptively charming and polite whereas *Garcinia cambogia* is honest.

Both remedies have trouble expectorating and experience rumbling in the stomach with bloating and flatulence. In *Thuja occidentalis* there is complete loss of appetite

(Boericke, 1999). *Garcinia cambogia* shows changeability of appetite. There is profuse leucorrhoea in both remedies. *Thuja* has greenish leucorrhoea whereas *Garcinia cambogia* has white leucorrhoea.

5.5.2.2. *Garcinia cambogia* and *Ruta graveolens*

The common symptoms between *Ruta graveolens* and *Garcinia cambogia* after the repertorisation were; a sense of irritability, becoming easily angered, a tendency towards violent behaviour, an aversion towards company together with a desire for solitude, an anxiety towards the future and a sensation that time passed too quickly. There was also sensitivity to artificial lights, unquenchable thirst, constipation with ineffectual urging and straining, a great craving for chocolate, excessive weakness and flushes of heat.

Both remedies have a tendency to contradict and quarrel (Kent, 2004). There is anxiety and irritability seen in the two remedies. *Ruta graveolens* has a disposition to aggravate in the evening whereas *Garcinia cambogia* tends to be worse in the morning on waking. Both remedies exhibit extreme thirst for cold water. *Ruta graveolens* and *Garcinia cambogia* both experience lachrymation especially after exposure to cold wind or draft to the eyeballs.

5.5.2.3. *Garcinia cambogia* and *Nux vomica*

The several common symptoms that occurred between *Garcinia cambogia* and *Nux vomica* on repertorisation include; a sense of irritability, becoming easily angered, a tendency towards violent behaviour, an aversion towards company together with a desire for solitude and an anxiety towards the future. There was also a scratchy sensation in the throat, unquenchable thirst, constipation with ineffectual urging and straining, an overpowering sense of sleepiness and flushes of heat.

Nux vomica demonstrates a marked oversensitivity to all stimuli. The main expression of this oversensitivity is seen in their highly irritable and impatient nature (Morrison, 1993:272-275). They are ambitious and hardworking and center life around achievement and work (Sankaran 1997:153). Although both remedies share the sense of irritability and ambition, *Nux vomica* is far more driven, hardworking and competitive (Morrison, 1993:272-275), while *Garcinia cambogia* desires to complete tasks but often procrastinates. Compulsivity in all aspects of life as well as a hypochondriacal nature is found in *Nux vomica* (Morrison 1993:272). The proving of *Garcinia cambogia* similarly produced anxiety about the health and futures matters. Both remedies show an aversion towards company. However, *Garcinia cambogia* desires consolation whereas *Nux vomica* exhibits anger in response to being consoled.

The sensitivity of both remedies is seen on the physical level as a sensitiveness to light, sound and smells (Vermeulen 2000:1152). Both remedies experience confusion of the mind with reduced levels of concentration. There is fluent coryza, violent sneezing and marked lachrymation seen in both remedies (Vermeulen 2000:1155). *Nux vomica* has an affinity for the digestive system (Vermeulen, 2002:9981001). There is indigestion, bloating, flatulence and cramping sensations in the abdomen, all of which are present in *Garcinia cambogia*. Commonly, there are strong feelings of nausea and a bitterness in the mouth. Both remedies also share increased levels of thirst and have a ravenous appetite (Boericke 2005:476). Both remedies experience sleeplessness with sleepiness during the day, irritability on waking and an aggravation in early morning (Morrison, 1993:998-1001).

A symptom that differentiates these two remedies is the amelioration from heat in *Nux vomica* compared to an aggravation from heat in *Garcinia cambogia*.

5.5.3. Comparisons of *Garcinia cambogia* to remedies from the Animal Kingdom

The repertorial analysis of the prominent remedies of the Animal kingdom yielded: *Sepia officinalis*, *Lachesis mutus* and *Tarentula hispanica* as the top three animal remedies that showed reportorial similarity. *Sepia officinalis* was the most prominent remedy that emerged after the repertorisation of the 17 symptoms representing the essence of *Garcinia cambogia* were subjected to a further delimitation of only the remedies from the Animal kingdom. The other two remedies that were most similar were *Lachesis mutus* and *Tarentula hispanica*. The comparisons to *Sepia officinalis* and *Lachesis mutus* was made earlier in this chapter.

5.5.3.1. *Garcinia cambogia* and *Tarentula Hispanica*

The several common symptoms that occurred between *Garcinia cambogia* and *Tarentula hispanica* on repertorisation include; a sense of irritability, a tendency towards violent behaviour, an anxiety towards the future and a need to clean or wash. There were also sudden spells of weakness and vertigo, unquenchable thirst, constipation with ineffectual urging and straining, an overpowering sense of sleepiness, a great craving for chocolate and flushes of heat.

Anxiety and restlessness is a keynote feature of *Tarentula hispanica* (Kent, 2004). These features are seen in *Garcinia cambogia* as well. There is hyperactivity with a great desire to run about, jump and dance in *Tarentula hispanica* (Kent, 2004). *Garcinia cambogia* shows changeability with excess energy and desire to be active and run or extreme lack of energy and laziness. Both remedies are creative. *Tarentula hispanica* exhibits sensitivity to music and often music ameliorates symptoms (Boericke, 1999). In *Garcinia cambogia* there is a great desire for music and increased energy in response to music. *Tarentula hispanica* is very dramatic in nature, they not only imagine

themselves sick but also feigns all sorts of illnesses (Kent, 2004). *Garcinia cambogia* exhibits anxiety about health however they do not fake illness. Open air ameliorates symptoms in both remedies (Boericke, 1999). Both remedies show an aversion to being talked too and an aversion to company (Boericke, 1999). Violence is seen in both remedies. In *Garcinia cambogia* there is a desire to be violent, but the feelings are easily averted and subsided. Violence is a stronger feature in *Tarentula hispanica* with constant complaining, threatening, striking and even tearing of his clothes (Kent, 2004). *Tarentula hispanica* weeps from consolation and *Garcinia cambogia* find amelioration from consolation.

Both remedies experience frequent attacks of dizziness. *Tarentula hispanica* has dizziness with rushes of blood to the head. *Garcinia cambogia* feels like the room is spinning (Kent, 2004). They also experience headaches that often come on in the morning on waking with hammering and burning sensations in the head (Kent, 2004). There is commonly itching and burning of the eyes with lachrymation and photophobia. *Tarentula hispanica* has the sensation of splinters in the eyes and often the right eye is worse than the left. Common nasal symptoms include, dryness, burning, sneezing and coryza. However, there is bleeding from the nose in *Tarentula hispanica*, this was not evident in *Garcinia cambogia*. Both remedies experience, a burning sensation in the stomach, nausea, distention and flatus. *Tarentula hispanica* portrays violent, uncontrollable sexual desire. This was not evident in the proving of *Garcinia cambogia*.

Both remedies exhibit sleeplessness before midnight and are ameliorated in open air (Kent, 2004). Both remedies have dreams of spiders.

5.5.4. Comparisons of *Garcinia cambogia* to remedies from the Mineral Kingdom

The repertorial analysis of the prominent remedies of the Mineral kingdom yielded: *Sulphur*, *Arsenicum album* and *Phosphorus* as the top three Mineral remedies that showed reportorial similarity. *Sulphur* was the most prominent remedy that emerged after the repertorisation of the 17 symptoms representing the essence of *Garcinia cambogia* were subjected to a further delimitation of only the remedies from the Mineral kingdom. The other two remedies that were most similar were *Arsenicum album* and *Phosphorus*. The comparisons to *Sulphur*, *Arsenicum album* and *Phosphorus* was made earlier in this chapter.

5.6. THE MIASMATIC INDICATION OF *GARCINIA CAMBOGIA* 30CH

The researcher proposes that *Garcinia cambogia* 30CH may exhibit themes of both the Tubercular and Acute miasms, as symptoms derived from the proving study corresponds to both these miasms.

5.6.1. The Tubercular miasm

The tubercular miasm is commonly acknowledged as “pseudo-psora”. It displays features of the psoric, sycotic and syphilitic miasms (Sankaran 1994). The main sensation in the tubercular miasm is a feeling of oppression. The mind is weighed down by unhappiness, cares and worries (Sankaran 1994). There is great restlessness and impulsivity. This manifests as physical and mental changeability. Dissatisfaction and discontentment comes through markedly in the tubercular miasm but they also express great hope for a better future. The tuberculinic personality does not learn to adjust to circumstances but instead becomes averse to company, leaves or feels restricted and this leads to restlessness seen as anxiety or fear of being restrained (Van der Zee 2001). The end stage of the tuberculinic miasm is where there is confinement to one spot leading to wasting, and hopelessness (Van der Zee 2001).

The following symptoms of *Garcinia cambogia* 30CH closely correlate to the tuberculinic miasm:

- Anxiety
- Anger
- Quarrelsome
- Depression
- Irritability
- Changeable mood
- Aversion towards company
- Desire for change
- Desire for travel
- Desire to bite
- Hopefulness
- Inability to concentrate
- Feeling Trapped
- Desire to escape
- Selfishness
- Independent and indifferent
- Photophobia
- Worse for artificial light
- Lachrymation
- Itchy eyes
- Coryza
- Sinusitis
- Violent sneezing
- Dry, itchy throat
- Constipation

- Dysmenorrhea
- Chest pains
- Congestion
- Difficulty breathing
- Weight fluctuations
- Desire for activity
- Weakness and fatigue
- Craving salt
- Craving the things which make them sick
- Closed room aggravates
- Desire for open air

5.6.2. The Acute miasm

The Acute personality perceives situations as an acute threat and reacts instinctively and intensely (Morrison, 2007). They become excitable and hyperactive or sometimes they can become completely shut off and insensitive. They have dreams of excitable, acute or threatening situations (Morrison, 2007). Their defense reactions can be abnormal excessive loud laughter, bursts of courage and cheerfulness or sudden, impulsive violence (Morrison, 2007). Physical manifestations appear suddenly and violently (Morrison, 2007).

The following symptoms of *Garcinia cambogia* 30CH closely correlate to the Acute miasm:

- Anger
- Violence
- Quarrelsomeness
- Aversion to company
- Sharp, shooting sensations
- Dreams of murder and danger
- Dreams of a violent nature and threatening situations
- Flushes of heat

5.7. CLINICAL INDICATIONS FOR *GARCINIA CAMBOGIA* 30CH

In the proving of *Garcinia cambogia* 30CH a wide array of symptoms arose that correlate with the symptomatology of certain clinical conditions. Hence it can be hypothesized that this remedy will be of value clinically in the homoeopathic management of the following conditions:

- Anger
- Anxiety

- Depression
- Vertigo
- Headaches
- Photophobia
- Allergic rhinitis
- Sinusitis
- Nasal congestion
- Nausea
- Abdominal cramps
- Bloating
- Heartburn
- Palpitations
- Chest pain
- Back and neck pain
- Constipation
- Diarrhea
- Irritable bowel syndrome
- Dark bleeding
- Dysmenorrhea
- Leucorrhoea
- Premenstrual symptom
- Eating disorders
- Chronic fatigue syndrome/ adrenal fatigue syndrome
- Sleep disorders
- Hot flushes
- Influenza

It is however recommended that the efficacy of *Garcinia cambogia* 30CH, in the treatment of the above-mentioned conditions, be verified through further studies.

CHAPTER SIX

RECOMMENDATIONS AND CONCLUSION

6.1. INTRODUCTION

As hypothesised, a transient, apparent change, was witnessed in the state of health of the proving participants, in response to the administration of *Garcinia cambogia* in the thirtieth centesimal potency [30CH]. The symptoms thus produced were utilized to produce a complete materia medica and repertory for *Garcinia cambogia*. In addition, the wide-ranging symptoms produced were comparable to the remedies of repertorial similarity that emerged from various repertory analyses.

6.2 LIMITATIONS AND RECOMMENDATIONS

6.2.1. THE PROVERS

6.2.1.1. The Prover Group

Homoeopathic provings offer the foundations for Materia Medica as well as homoeopathic philosophy. Hence it can be deduced that the quality of homoeopathic provings is essentially dependent on the individual prover with regards to the documentation of their individual experiences whilst on the proving substance. This research study design encompassed a diverse prover population consisting of students from the Durban University of Technology, students of various other institutions and members of the general public.

Although comprehensive and thorough training instructions were provided to provers for detailed symptom journaling (i.e. Letter of Information and Preliminary Letter), some provers documented symptoms that were vague, incomplete or indistinct in nature. This could possibly be attributed to their limited knowledge and understanding of homoeopathic provings, their sense of self-awareness or self-expression and poor prover compliance for the duration of the study. This being noted, however, majority of provers exhibited precise and detailed symptom documentation. This also provided a rich source of diverse perspectives of the remedy.

The baseline period of the proving serves as a basis for comparison of data. This allows for elimination of unqualifying symptomatology. With the

high influx of symptoms during data collection, the researcher recommends that the baseline phase be extended henceforth allowing for a more precise set of symptoms and therefore providing a clearer remedy picture.

The researcher observed that homoeopathic provings enlisting a prover population of homoeopathic practitioners and students procured more comprehensive and precise descriptions of proving symptomatology. This can be accredited to their comparatively greater knowledge, and familiarity of homoeopathy and the homoeopathic proving process, than members of the general public.

Hence it is recommended, by the researcher, that in forthcoming provings, individuals knowledgeable or experienced with homoeopathic provings be considered as participants for the study. This will provide a foundation for undoubtedly descriptive symptomatology, as well as increased characteristic value and hence a higher quality proving.

6.2.1.2. Prover Ethnicity and Prover Gender

The age, ethnicity and gender of provers show significant value in formulating and maintaining a well-balanced and thorough proving. The diversity of these characteristics within a proving population make allowances for variation of cultural traditions, dietary patterns and individual lifestyle. Hence contributing towards the formulation of a more comprehensive Materia Medica.

In this proving study, there was a predominance of Indian and African provers and a lack of members of Caucasian ethnicity. As a result, there were limitations on the cultural descriptions produced during the proving period. It is recommended to incorporate all available ethnic groups into a proving population. However, this does not affect the accuracy of the results but rather diversifies the experience of the symptomatology.

There was also an evident difference in the ratio of female to male provers during the course of the study. 77% of the proving population were females and the remaining 23% were males. Due to this, symptoms within the Male genitalia/ sex section of the Repertory was poorly represented. It is advised that an equal ratio of male to female provers be represented within the proving population to get a better reflection of the substance.

6.2.1.3. Long Term Monitoring of Provers

Sherr (1994) and Vithoulkas (1986) advise that provers be monitored on a long-term basis, by having follow-up consultations, for at least three months after administration of the proving remedy, as it is common for provers to experience symptoms for several months after the proving has ended (Sherr, 1994). While it is often impractical for researchers to schedule multiple follow-up consultations with provers after the proving has ended, it is suggested that these consultations do take place when possible.

6.2.2 Further Provings of *Garcinia cambogia*

With the aim of obtaining greater insight and understanding of the mental, emotional and physical planes of a recently proven remedy, Vithoulkas (2002) proposes that a broader selection of potencies be applied. Sherr (2003) advises that conducting proving studies with several different potency levels of a substance allows us to gain in-depth knowledge and information that would support and benefit in prescribing the accurate and appropriate potency for a patient. Therefore, it is suggested that supplementary investigations of the 6CH, 9CH, 200CH and 1M potencies of *Garcinia cambogia* be conducted in future as symptomatology formulated from varied potencies might differ from the symptomatology produced by the 30CH potency. The researcher advises that future research into *Garcinia cambogia* be regulated under the following guidelines:

- A comparative investigation of other remedies from the Guttiferae family that have previously been proven to determine the distinctions between the different species within the same family;
- A re-proving of existing remedies from the Guttiferae family that have not been proven comprehensively;
- Clinical trials in treating the indicated clinical conditions with *Garcinia cambogia* 30CH.

In addition, it is suggested that a newer, more contemporary analysis of the Guttiferae family be conducted once sufficient proving studies have been conducted within this family. The appropriate miasmatic classification can be determined if the remaining Guttiferae family members are comprehensively proven.

6.2.3 Publication

The homoeopathic proving of *Garcinia cambogia* 30CH produced a wide array of symptoms on the mental, emotional and physical planes. Considering the

therapeutic value of this proving, information and data relating to the study should be made accessible to practicing homoeopathic physicians both nationally and internationally. According to Sherr (1994), new provings tend to be lost as they are not published in journals or included in repertories.

It is thus recommended by the researcher that this proving study and materia medica of *Garcinia cambogia* 30CH be published as articles in homoeopathic journals, so that practitioners may use this information to prescribe this remedy in a clinical practice. Clinical use of this remedy will further assist in verification of symptoms, and provide greater insight into other possible clinical indications.

6.3. RESEARCHERS CONCLUSION

This proving study aimed to investigate the homoeopathic indications of *Garcinia cambogia* 30CH. The results of the investigation provided evidence to support the main hypothesis that this medicinal plant would produce clearly observable signs and symptoms in healthy individuals.

A wide variety of symptoms was yielded in response to the substance, these were presented on the mental, emotional and physical planes. This symptomatology is indicative of the wide therapeutic potential of the remedy as it may be beneficial in the treatment of several ailments. On the mental and emotional planes *Garcinia cambogia* may be advantageous in the treatment of nervous disorders, anxiety, irritability, anger, disconnected or detached feelings, poor focus and memory. On the physical level, the substance demonstrated pounding headaches, abdominal discomfort, light sensitivity, nasal congestion, vertigo, weakness, sleep disorders, menstrual complaints and eating disorders. The overall picture extracted from this proving of *Garcinia cambogia* 30CH suggests that this substance may be a significant homoeopathic remedy in clinical scenarios.

The comparative study of the remedies yielding the highest numerical value and total number of rubrics on repertorisation of the proving symptoms provided evidence to confirm the secondary hypothesis. This investigation highlighted a distinct differentiation between remedies similar to *Garcinia cambogia* thus creating a greater understanding of the remedy and eliminating any doubt when prescribing.

The proving of *Garcinia cambogia* 30CH was an enduring and insightful process for the provers, the researcher and the supervisor. Throughout the journey of exploring the medicinal uses of this homoeopathic remedy a number of insights have been gleaned. Further clinical use will facilitate better understanding of the remedy and verify its application in more specific conditions for cure rather than partial treatment.

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APPENDIX A

PROVERS NEEDED



ARE YOU BETWEEN THE AGES OF 18-75? CURRENTLY NOT ON MEDICATION? AND IN A GENERAL GOOD STATE OF HEALTH?

WOULD YOU LIKE TO BE PART OF SOMETHING EXTRAORDINARY?

Join our Homoeopathic Drug Proving

Learn exciting new things and be a part of history in the making

Don't hesitate, call now:

Kristica Diplal : 074 555 8163

Leshmee Ramdiyal: 084 670 1690

Homoeopathic Day Clinic: 031 373 2041

APPENDIX B



SUITABILITY FOR INCLUSION IN THE PROVING

All information will be treated as strictly confidential

PROVER CODE: _____

Surname: _____

First name: _____

Sex: _____

Telephone number: _____

PLEASE MARK THE APPROPRIATE BOX WITH AN X

1. Are you between the ages of 18 and 75 years?

YES		NO	
-----	--	----	--

2. Do you consider yourself to be in a general state of good health?

YES		NO	
-----	--	----	--

3. Are you currently taking or in need of any medication?

- Chemical / Allopathic

YES		NO	
-----	--	----	--

- Homoeopathic

YES		NO	
-----	--	----	--

- Other (e.g. Herbal)

YES		NO	
-----	--	----	--

4. Have you been on the birth control pill or Hormone Replacement Therapy in the last six months?

YES		NO	
-----	--	----	--

5. Are you pregnant or nursing?

	YES		NO	
--	-----	--	----	--

6. Have you had surgery in the last six weeks?

YES		NO	
-----	--	----	--

7. Have you had any recreational therapy in the last six months?

YES		NO	
-----	--	----	--

8. If you have participated in a previous proving or any conventional clinical trial: has there been at least a period of six weeks since the end of the last trial?

YES		NO	
-----	--	----	--

9. Do you use any recreational drugs such as: marijuana, LSD, MDMA (ecstasy)?

YES		NO	
-----	--	----	--

10. Do you consume more than:

- Two measures of alcohol per day?
(1 measure = 1 tot, 1 beer, ½ glass wine)

YES		NO	
-----	--	----	--

- 10 cigarettes per day?

YES		NO	
-----	--	----	--

- 3 cups of tea, coffee or herbal tea?

YES		NO	
-----	--	----	--

11. Are you willing to follow the procedures for the duration of the proving?

YES		NO	
-----	--	----	--

12. Is English your first language and/or are you fluent in English?

YES		NO	
-----	--	----	--

This appendix has been adapted from Webster, H. 2002. *A Homoeopathic drug proving of Sutherlandia frutescens*. M. Tech. Hom. Dissertation. Durban Institute of Technology.

APPENDIX C



PRELIMINARY LETTER OF INFORMATION

Title of the Research Study: A HOMEOPATHIC DRUG PROVING

Principal Investigator/s/researcher: Leshmee Ramdiyal (B. Tech: Homoeopathy), Kristica Diplal (B. Tech: Homoeopathy)

Supervisor/s: Dr. M Maharaj (M. 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. Provings are 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 – 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. You 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 you can withdraw themselves at any time should they wish to do so. You will however be excluded if you do not meet the inclusion criteria, in addition should you fall ill or require any treatment during the study you may be excluded by the researchers.

Remuneration:

You will not be remunerated for participation in this proving.

Costs of the Study:

There will be no costs on you for partaking in this research.

Confidentiality:

All of the above will be conducted in private; and all information is kept strictly confidential, only 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: Leshmee Ramdiyal (084 670 1690)
- Co-researcher: Kristica Diplal (074 555 8163)
- 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.



INFORMED 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



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

☐

incl. hypertension, heart disease, etc.

Cerebrovascular disease

☐

incl. stroke, TIA, etc.

Diabetes mellitus

☐

Tuberculosis

☐

Mental illness

☐

incl. depression, schizophrenia, suicide, etc.

Cancer

☐

Epilepsy

☐

Bleeding disorders

☐

Please list any other medical conditions within your family:

	Grand-	
--	---------------	--

Mother		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:

Cravings	
Aversions	
>	
<	

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	
----------	--	----------	--

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"/>		

Specific System Examinations:

Consultation Date:		Signature:	

Freely adapted from Ross, A. 2011. *An appraisal of homoeopathic proving methodology as a bridge between the indigenous and rationalist-scientific understandings of medicinal plants: the case of Stychnos henningsii*. D. Tech: Homoeopathy. Dissertation, Durban University of Technology.

APPENDIX E



INSTITUTIONAL RESEARCH ETHICS COMITEE (IREC)

LETTER OF INFORMATION: MAIN INFORMATION LETTER

Title of the Research Study: A HOMOEOPATHIC DRUG PROVING

Principal Investigator/s/researcher: Leshmee Ramdiyal (B.Tech Homoeopathy); Kristica Diplal (B.Tech Homoeopathy)

Co-Investigator/s/supervisor/s: Dr. M. Maharaj (M.tech: Homoeopathy)

Brief Introduction and Purpose of the Study:

Thank you for agreeing to participate in this proving. We would like to welcome you to an exciting experience, as you will be part of the advancement and growth of homoeopathy and you will derive great benefit from the experience. The purpose of this study is to ascertain the unique symptoms of the proving in order to determine whether this substance may be used as an effective treatment in Homoeopathy.

The only way to expand our armamentarium of homoeopathic remedies is through comprehensive provings. Many provings have already been conducted to reveal remedies' individual characteristics, but in order to keep expanding the therapeutic range of homoeopathy it is necessary to continually conduct provings on new substances.

Each homoeopathic prescription is unique to the individual patient. The totality of symptoms of the patient are matched up with the symptoms a particular remedy produced in healthy subjects during a proving study. Provings are therefore the main source of data for the homoeopathic materia medica.

Outline of the Procedures:

Responsibilities of the provers:

Before the proving:

Ensure that you have:

- An assigned prover number and a corresponding journal
- Read and understood these instructions
- Had a case history taken and a physical examination performed
- Signed the informed consent form.
- Been given a set of powders.

The principal investigator will contact you with the date required to commence the pre proving observation period, and the date that you are required to start taking the remedy. You will also agree on a daily contact time for the researcher to contact you.

Should there be any problems, or anything you do not fully understand, please do not hesitate to contact your proving supervisor.

Beginning the proving:

After speaking to your supervisor, you can begin to record your symptoms daily in the journal for one week prior to taking the remedy. This will help you get into the habit of observing and recording your symptoms on a daily basis and it will also bring you into contact with your normal state. This is very important as it forms the baseline of the proving.

Taking the remedy:

Begin taking the remedy on the day you and your supervisor have agreed upon. It is very important to record the time that you take each dose. Time keeping is an important element of the proving.

The remedy should be dissolved under the tongue on an empty stomach and with a clean mouth. Neither food nor drink should be taken for half an hour before and after taking the remedy. The remedy should not be taken for more than 3 doses a day for two days (six powders maximum).

In the event that you experience symptoms or those around you observe any proving symptoms **do not take any further doses of the remedy.**

By proving symptoms we mean:

1. **Any new symptoms**, i.e. ones that you have 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 you have not experienced for more than one year

If in doubt please contact your supervisor. Be on the safe side and do not take any further doses. **Our experience has shown again and again that the proving symptoms usually begin very subtly, often before the prover recognises that the remedy has begun to act.**

Lifestyle during the proving:

Try to remain within your usual framework and maintain your usual habits. Respect the need for moderation in the following areas; work, alcohol, exercise and diet. Avoid all antidoting factors such as **coffee, camphor, menthol and mints**. If you normally use these substances, please stop taking those two weeks before, and for the duration of, the proving.

Protect the powders you are proving as you would any other potentised remedy by storing it in a cool, dark place, away from any strong smelling substances and electronic equipment i.e. cell phones.

Avoid taking medication of any sort, especially antibiotics, vitamin or mineral supplements, herbal or homoeopathic remedies. In the event of a medical or dental emergency of course common sense should prevail. Contact your doctor, dentist or local hospital as necessary. Please contact your supervisor or proving coordinator as soon as possible

Recording of symptoms:

When you commence the proving, note down carefully any symptoms that arise, whether they are old or new, and the time of day or night at which they occurred. This should be done as vigilantly and frequently as possible so that the details will be fresh in your memory. Make a note even if nothing happens.

Please start each day on a new page with the date noted at the top of each page. Also note which day of the proving it is. The day that you took the first dose is day zero. Write neatly on alternate lines, in order to facilitate the extraction process which is the next stage of the proving.

Please keep your journal with you at all times to ensure you record symptoms as soon as they occur.

Please be as precise as possible. Note in an accurate, detailed, but brief manner, your symptoms in your own language.

Information about **location, sensation, modality, time and intensity** is particularly important:

Location: Try to be accurate in your anatomical descriptions. Simple clear diagrams may help here. Be attentive to which side of the body is affected.

Sensation: Describe the type of sensation as thoroughly as possible i.e. burning, dull, shooting, stitching, throbbing etc.

Modality: > (better) or < (worse) from weather, food, smells, dark, lying, standing, light, people, etc. Try different things out to see if they affect the symptom and record any changes.

Time: Note the time of onset of the symptoms, and when they cease or are altered. Is it generally > or < at a particular time of day, and is this unusual for you?

Intensity: Briefly describe the sensation and effect of the symptom on you.

Aetiology: Did anything seem to set off or cause the symptom and does this occur frequently?

Concomitants: Do any symptoms occur simultaneously or do some symptoms appear to alternate with each other?

Remember **CLAMITS**

- C** - Concomitants
- L** - Location
- A** - Aetiology
- M** - Modality
- I** - Intensity
- T** - Time
- S** - Sensation

On a daily basis you should run through the following check list to ensure that you have observed and recorded all your symptoms:

- ✓ Mind/ mood
- ✓ Head
- ✓ Ears/ hearing
- ✓ Eyes/ vision
- ✓ nose
- ✓ back
- ✓ chest and respiratory system
- ✓ digestive system
- ✓ skin
- ✓ extremities
- ✓ urinary organs
- ✓ genitalia
- ✓ sex/ menstruation
- ✓ temperature
- ✓ sleep
- ✓ dreams
- ✓ generalities

As far as possible try to classify each of your symptoms by making a notation according to the following key in brackets next to each entry:

(RS) - Recent symptom i.e. a symptom that you are suffering from now, or have been suffering from in the last year.

(NS) - New symptom.

(OS) - Old symptom. State when the symptom occurred previously.

(AS) - Alteration in a present or old symptom. (E.g. used to be left side, now on the right side)

(US) - An **unusual symptom** for you.

If you have any doubts, discuss them with your supervisor.

Please give full descriptions of dreams, and in particular note the general feeling or impression the dream left you with.

Mental and emotional symptoms are important, and sometimes difficult to describe - please take special care in noting these.

Reports from friends and relatives can be very enlightening. Please include these if possible. At the end of the proving please make a general summary of the proving. Note how the proving affected you in general. How has this experience affected your health? Would you do another proving?

Please remember that detailed observation and concise, legible recording is crucial to the proving.

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).
- An Informed Consent Form will be given to the selected provers and a physical examination will be conducted on a scheduled date. The meeting will take place between each prover and the researchers.
- A thorough case history 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

- 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:

- ✓ Must be between the ages 18 and 75
- ✓ Must be willing and able to comply with the daily keeping of a journaling which symptoms are recorded
- ✓ Must be in a relatively good state of health
- ✓ Must be willing to follow the proper procedures for the duration of the proving
- ✓ Must be able to maintain your normal lifestyle and usual daily routine as closely as possible and have no major lifestyle changes (e.g. moving housing, marriage or divorce) planned during the proving period.
- ✓ Must not be on or in need of any medication; homeopathic or other
- ✓ Must not have been on the birth control pill or hormone replacement therapy in the previous six months
- ✓ Must not be pregnant or nursing
- ✓ Must not have had surgery in the previous six weeks
- ✓ Must not have any surgical or medical procedures planned for the duration of the proving period
- ✓ Must not use recreational drugs such as cannabis
- ✓ Any consumption of stimulants (alcohol, coffee, tea, cigarettes) must be in moderation

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 and are functional and sensational in nature. 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.

All provers 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.

Participants 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:

Participation in this study is purely voluntary and provers can withdraw at any given time. However, provers will be excluded if:

- 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 will be offered to participants.

Costs of the Study:

There is no expense to the prover for participating in the proving

Confidentiality:

It is important for the quality and credibility of the proving that you discuss your symptoms only with your supervisor. Keep your symptoms to yourself and do not discuss them with fellow provers or anyone that may have contact with fellow provers.

Your privacy is something that we will protect. Your identity will be known only by your supervisor and on completion of the proving all identifiable information will be removed and destroyed.

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: Leshmee Ramdiyal (084 670 1690), Kristica Diplal (074 555 8163), my supervisor: Dr. M. Maharaj (083 388 2688) 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, _____, 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	Date	Time	Signature/Right Thumbprint

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	Date	Signature

(If applicable)

**Full Name of Legal Guardian
(If applicable)**

Date

Signature

APPENDIX F

METHODS OF PREPARATION OF REMEDY

This has been adapted from the *German Homoeopathic Pharmacopeia* (GHP). 2005. Stuttgart: Medpharm Scientific Publishers.

I. Method 6 : Trituration

Preparations made according to Method 6 are triturations of a solid basic drug material with lactose as the vehicle unless otherwise prescribed. Triturations up to and including the 4th dilution are triturated by hand or by machine in a ratio of [1 to 10 (dilution) or]⁹ 1 to 100 (centesimal dilution). Unless otherwise stated, the basic drug material are reduced to the particle size given in the Monograph a (Mesh aperture). Quantities of more than 100og are triturated by mechanical means.

The duration and intensity of the trituration should be such that the resulting particle size of the basic drug material in the 1st [1 decimal or] centesimal dilution is below 10µg at 80 percent level; no drug particle should be more than 50µg.

Trituration up to the 4th [decimal or] centesimal are produced at the same duration and intensity of trituration.

Triturated by hand:

Divide the vehicle (lactose 19.800g)^b into 3 parts and triturate the first part [6.600g] for a short period in a porcelain mortar. Add the basic drug material[0.200g] and triturate for 6 minutes, scrape down for 4 minutes with a porcelain spatula, triturate for a further 6 minutes, scrape down for 4 minutes with a porcelain spatula, add the second part [6.600g] of the vehicle and continue as above. Finally add the third part of [6.600g] and proceed as before. The minimum time required required for the whole process will thus be 1 hour. The same method is followed for subsequent dilutions.

[For trituration above the 4x or 4c dilute is 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 lactose mix until homogenous, and repeat for the last third.]

[Triturated by machine- not applicable]

II. Method 8a: liquid preparation made from triturations

The preparation made by Method 8a are liquid preparations produced from triturations made by Method 6.

[To produce a 6x liquid dilution, 1 part of the 4x trituration is dissolved in 9 parts of water and succussed. 1 part of this dilution is combined with 9 parts of ethanol 30 percent to produce the 6x liquid

dilution by succession. In the same way, the 7x liquid dilution is made from the 5x trituration, and the 8x liquid dilution is made from the 6x triturate. From the 9x upwards, liquid decimal dilution are made from the previous decimal dilution with the ethanol 43 percent in ratio of 1 to 10.]

To produce a 6c liquid dilution, 1 part of 4c trituration is dissolved in 99 parts of water and succussed. 1 part of the dilution is combined with 99 parts of ethanol 30 percent to produce the 6c liquid dilution by succussion..[In the same way, the 7c liquid dilution is made from the 5c trituration , and the 8c liquid dilution from the 6c trituration.] From the 9c [7c] upwards , liquid centesimal dilution are made from the previous centesimal dilution with ethanol 43 percent in the ratio 1 to 100.

[The 6x, 7x, 6c, 7c liquid dilutions produces from the above method must not be used to produce further liquid dilutions]

Modified Method 8a

To produce a 4CH liquid dilution, 1 part [0.200g] of the 3c trituration is dissolved in 49 parts [9.800g] of water and dissolved. To this add 50 parts [10,000g] of ethanol 60 percent. This mixture is succussed to produce the 4c liquid dilution. 1 part of this dilution [30ul] is combined with 99 percent [2.970ml] to produce the 5c liquid dilution by succession. From the 6c upwards, liquid centesimal dilutions are made from the previous centesimal dilution with ethanol 96 percent in the ratio of 1 to 10.

- a. *[Italics]* indicates portions of the methods which are not applicable to the preparation of **XXXX 30C**.
- b. ***[bold italics]*** indicates specific details applications to the preparation of **XXXX 30C**.

APPENDIX G

The following list of criteria will determine whether any symptomatology should be included or rejected.

Inclusion Criteria:

- New symptom that is unfamiliar to the prover (ICCH, 1999: 36).
- Usual or current symptoms that are intensified to a marked degree (ICCH, 1999: 36).
- Current symptoms that have been modified or altered – with clear description of current and modified components (ICCH, 1999: 36).
- Old symptoms that have not occurred for at least one year – note the time of last appearance (ICCH, 1999: 36).
- Present symptoms that have disappeared during the proving (curative action) (ICCH, 1999: 36).
- The time of day at which the symptom occurred should only be included if there is repetition of such times in one or more provers (ICCH, 1999: 36).
- If a symptom is in doubt – include it in brackets. If another prover experiences the same symptom, it could be valid. Otherwise it must be included (ICCH, 1999: 36).
- A symptom occurred after taking the medication on at least 2 (two) occasions 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, 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 are proving symptoms (Sherr, 2003: 76).

Exclusion Criteria:

- Symptoms should not be included if they have occurred in recent history i.e. In one year or less (Sherr, 2003: 76).
- Symptoms that are usual or current for the prover should be excluded (Sherr, 2003: 76).
- If there is any serious doubt as to the validity of the symptom, it should be excluded.

Any information that is collected will then be collated. “Collating” is the process of combining all the information obtained from each prover and putting it together ‘as if one person’ (Sherr, 2003: 76); this collated information will then be written in standard

materia medica and repertory format to be added to synthesis repertory. Homoeopaths both locally and internationally will be able to use *Garcinia cambogia* in clinical practice.

APPENDIX H

PROVER		Random	
CODE:		NO:	



Follow Up Case History & Physical Examination*

ALL INFORMATION WILL BE TREATED AS STRICTLY CONFIDENTIAL

Background Personal History:

Allergies:

Vaccinations:

Medication (including supplements):

Estimation of daily consumption:

Alcohol:

Cigarettes:

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
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Sleep:

Quantity:

Quality:

Position:

Dreams:

PROVER CODE:		Random NO:	
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<u>Nature of bleed:</u> Duration:		Days		
		Meno-	Metro-	
				<u>Post-menstrual:</u>
<u>Pain:</u>				

Head-to-toe and Systems Overview:

Head:

Eyes and Vision:

Ears and Hearing:

Nose and Sinuses:

Mouth, Tongue and Teeth:

Throat:

Respiratory System:

PROVER CODE:		Random NO:	
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Hair and Nails:

Other:

Mental Overview:

Disposition:
Fears:
Relationships:

Social interaction:
Ambition / Regret:
Hobbies/Interests:

PROVER CODE:		Random NO:	
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Consultation Date:		Signature Investigator/ Supervisor:	
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FOLLOW UP:

- ☐ There are no ongoing proving symptoms ⇒ Prover back to normal state
- ☐ There are ongoing symptoms, details / explanation:

Final Consultation Date:		Signature of Investigator/ Supervisor:	
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APPENDIX I

This analysis contains 824 remedies and 17 symptoms.
Intensity is considered

Sum of symptoms (sorted degrees)

		sulph.	sep.	lach.	ars.	phos.	nat-m.	thui.	ruta	nux-v.	lyc.	bry.	petr.	puls.	plat.	calc.	nit-ac.	sil.	carb-n-s.	hep.	tarent.	nat-c.	spong.	tub.	kola	f
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
	14	13	13	13	12	12	12	12	11	11	11	11	10	10	10	10	10	10	10	10	10	10	10	10	10	
	26	26	25	20	25	21	19	15	24	22	21	15	21	19	18	18	18	15	15	15	14	14	14	13	13	
6. Clipboard 6																										
▶ 1. MIND - IRRITABILITY (645) 1	3	3	2	3	3	3	3	2	3	3	3	3	3	3	3	3	3	3	3	2	3	1	2	1	3	
▶ 2. MIND - ANGER - easily (78) 1		1		1	2	1	2	1	3	3	1			2	1	1		1	1		1	1				
▶ 3. MIND - ANTICIPATION - examinatio... (13) 1							1		1	1							1									
▶ 4. MIND - ANXIETY - future, about (201) 1	2	2	2	1	3	2	1	1	2		4	1	2	1	3	2	2	1	1	1	2	3	1	2	2	
▶ 5. MIND - COMPANY - aversion to - de... (95) 1	1	1	2			3	1	1	1	1			1	2	2				1		1	1	1	1	1	
▶ 6. MIND - TIME - quickly, appears shor... (44) 1	1		1				1	1															2	1		
▶ 7. MIND - VIOLENT (134) 1	2	2	2	1	2	2	1	1	3	2	2	2		1	1	1	1	2	3	2	1	1	2	1		
▶ 8. MIND - WASHING - desire to wash (27) 1	2	1		1		1	1						1	1			2			1			1			
▶ 9. VERTIGO - SUDDEN (44) 1	1	1	1	1			1				1	1						1		1			1			
▶ 10. EYE - LIGHT; from - artificial light ... (34) 1	1	3	2	1	1			2		1		1	3	1	1				1							
▶ 11. THROAT - SCRATCHING (84) 1	2	2	2		2				3	2	2	1	1	2		2	1	1	2			2		1		
▶ 12. STOMACH - THIRST - unquenchable (95) 1	2		2	3	3	2		1	1		2	1				2	1		2		2	1	1		1	
▶ 13. RECTUM - CONSTIPATION - ineffec... (256) 1	3	3	3	2	2	3	3	2	3	3	2	1	3	3	2	3	3	1	1	3	2	1		1	1	
▶ 14. SLEEP - SLEEPINESS - overpowering (146) 1	1	2	2	2	1	1			2	1	2	1	2		1	1	2	1	1	1	1		1	2	1	
▶ 15. GENERALS - FOOD and DRINKS - ... (128) 1	2	2	1	2	2	1	1	1		2	1		1		1		1			1	1	1	1	1	1	
▶ 16. GENERALS - HEAT - flushes of (363) 1	3	3	3	1	3	1	3	1	2	3	1	2	3	3	3	3	2	2	1	1	1	2	3	1	1	
▶ 17. GENERALS - WEAKNESS - excessive (30) 1				1	1	1		1								1						1			1	